



THE MARIAN

ST. MARY'S ROMAN CATHOLIC CHURCH, ALTOONA, PENNSYLVANIA

Website: <http://stmaryschurchaltoona.wix.com/saintmarys>

Fourth Sunday of Ordinary Time – Sunday, February 1, 2026

Rev. Mariusz Gorazd

Administrator

St. Mary's Rectory 942-2416

FOCUS: ... *By proclaiming the beatitudes, Jesus turns the world's values and expectations upside down. He tells us that the poor, the meek, and the hungry are at the center of God's kingdom, not the wealthy or powerful. God's ways are not our ways, and Jesus' words invite us to live by a different set of standards than the world offers. Those who hunger for God's ways will be satisfied.*

Mass Schedule and Intentions

Weekday Mass Schedule at St. Mary's Church

Monday, February 2, 2026

9:00 AM Jack Malle by Vince Bumann

Tuesday, February 3, 2026

No MASS

Wednesday, February 4, 2026

9:00 AM Joseph Bott by Joseph & Rebecca Clark & Family

Thursday, February 5, 2026

9:00 AM – Ireneaus Foster by Kathleen Foster

First Friday, February 6, 2026 followed by Eucharistic Adoration

9:00 AM – Marty Lechner by wife Lisa

Weekend Mass Schedule at St. Mary's Church

Saturday, February 7, 2026

4:00 PM – Living & Deceased Members of St. Mary's

Sunday, February 8, 2026

8:00 AM – Jay Ward by Friends & Loved Ones

Weekend Mass at Our Lady of Fatima Church on Sunday 11:30 AM

MINISTRIES FOR THE WEEKEND OF February 7, 2026 and February 8, 2026:

DATE	ALTAR SERVERS	LECTOR	EUCCHARISTIC MINISTERS
Saturday, February 7 4:00 PM	Volunteer	Carolyn Becker	Doug Wise – Host
Sunday, February 8 8:00 AM	McKenna Snare Rylee Snare	Anita Wavrek	Tina Johnston – Host

CANDLE MEMORIAL: The Altar Candles and Sanctuary Lamp will burn the week of February 8 in memory of Sister Angelina by Trudy Schroth. If you would like to make an offering in memory of someone or a special intention, please call the rectory.

CONFESSIONS: Saturday at 3:00 PM.

PRAYER CHAIN: Please call the St. Mary's Rectory at 814-942-2416 to request a person be added to the prayer list.

LOW GLUTEN HOSTS AVAILABLE: For individuals who have Celiac Disease and want to receive Communion, please go to Father Mariusz's line for Communion and let him know by saying "Low Gluten" and he will give you the Low Gluten Host.

THE PRECIOUS BLOOD WILL NOT BE OFFERED AT MASS UNTIL FURTHER NOTICE DUE TO THE FLU.

UPDATE PARISH RECORDS: If you have any changes to your personal information such as address changes, telephone numbers, email addresses, please let the rectory office know. We need to keep the most current information in our files.

VOCATION CHALICE MINISTRY – Please sign-up to take the Vocation Chalice home for a week to prayer for Vocations to the Priesthood & Religious Life. It would be nice to see each family participate in this ministry by taking the chalice home for a week.

CATHOLIC DAUGHTERS OF THE AMERICAS – Court Prince Gallitzin #2625 serves all 11 parishes and beyond. New members are always welcome! On Monday, February 9, 2026, please come and join us for our monthly meeting in the St. Rose of Lima Community Room at 5:30 PM with the business meeting beginning at 6:00 PM. Meeting dates are February 9, March 9, April 13, May 11, and June 8. If you have any questions, please contact Regent Donna Hoover at 814-632-3509 or donna31049@gmail.com

LAST WEEKEND'S COLLECTION	
Adult Envelopes	\$ 4,617.20
Student Envelopes	\$ 13.00
Monthly	\$ 165.00
Loose	\$ 96.50
Votive Candles	\$ 10.00
Memorial Candles	\$ 10.00
Altar Society	\$ 21.00
Initial Offering	\$ 67.00
Publications	\$ 88.00
Solemnity of Mary	\$ 195.00
CMD Over Target	\$ <u>1,738.00</u>
TOTAL	\$ 7,020.70

REGISTRATION OF PARISHIONERS: We are always happy to welcome new parishioners to Saint Mary's Parish. Please introduce yourself to a member of the parish staff and register at the rectory. Registration, the practice of stewardship, and regular participation in the Eucharist indicate that a person is an active member of the parish and is eligible to act as a godparent or sponsor. As a Church community seeking to be faith-filled disciples and good stewards, the sacrifice of our time, talent and treasure is essential for the common good.

SACRAMENT OF BAPTISM: The Sacrament of Baptism for Infants normally takes place during a weekend celebration of the Eucharist or on Sundays at 9:00 AM. For the baptism of their first child, parents are expected to attend a baptismal session with Father Mariusz. Please call the rectory office for an appointment. Godparents for infants must be at least 16 years of age, confirmed, and regularly practicing the faith with the freedom to receive the Eucharist. Sponsor certificates for Godparents are necessary and can be obtained from their parish office of their current Church registration.

SACRAMENT OF HOLY MATRIMONY: Please call the Pastor/Administrator nine months in advance to arrange for instruction and planning the marriage ceremony.

SACRAMENT OF CHRISTIAN INITIATION: Anyone interested in becoming a member of the Catholic Church should contact a member of the parish staff by calling the Rectory Office.

SACRAMENT OF ANOINTING OF THE SICK: You are encouraged to notify the rectory as soon as there is a serious illness. You are also asked to notify the rectory when a relative is admitted to a hospital or nursing home.

ETERNAL PEACE – in the charity of your prayers, please pray for the eternal repose of the soul of Angie Auerbeck and Dolores (Dolly) Holzer. May they find restful peace in eternity with Christ and may their families be comforted in their faith in the consolation of God.

SEASON 2 OF "THE CHOSEN" – The group sessions on "The Chosen" facilitated by Father Mariusz will begin again Monday evening, February 2. This will begin Season 2. Sessions will continue on February 16 and 23. There will be no session on Monday, February 9 due to a Finance Council Meeting or Monday, March 2 due to the Christian Mother Meeting. Sessions will then resume March 9.

RELIGIOUS EDUCATION / SACRAMENTAL PREP SCHEDULE for February, 2026:

- February 1 – Class for Public School Students, grades K – 11
- February 8 – Class for Public School Students, grades K – 8
- February 8 – 2nd Grade Reconciliation Retreat for Catholic & Public School Students in grade 2
- February 15 – Youth Mass K – 11 and Class for Public School Students, grades K – 11
- February 22 – Class for Public School Students, grades K – 8

WHAT THE CHURCH ACTUALLY TEACHES ABOUT HAND POSTURE DURING THE OUR FATHER

The Lord's Prayer holds a unique place in the Holy Mass. It was taught by Christ Himself and is prayed immediately before Holy Communion as the common prayer of the Church.

Over recent decades, Catholics have asked whether the faithful should raise their hands, fold them, or hold hands during the Our Father.

The Traditional Catholic Practice in the Roman Rite, the customary posture of the faithful during the Lord's Prayer is hands joined or folded. This posture expresses reverence, humility, and interior recollection, and has long accompanied common prayer in the Mass.

The Orans Posture of raised and extended hands is proper to the priest, who prays in persona Christi on behalf of the Church. The General Instruction of the Roman Missal (GIRM) assigns this posture to the priest during the Collect, Prayer over the Offerings, Prayer after Communion, and the Lord's Prayer. It does not instruct the faithful to assume this posture. In liturgical law, what is not prescribed is not required.

How Raised Hands Became Common - The practice of lay people raising hands during the Our Father did not originate in the Roman Rite. It became widespread in the late 20th century through charismatic prayer movements, where raised hands are meaningful expressions of praise and surrender. While appropriate in prayer meetings and personal devotion, the Mass is the Church's public, sacramental worship, governed by liturgical norms.

Pastoral Guidance - Bishops emphasize respect for liturgical norms, unity, and charity.

What Matters Most is that this issue is disciplinary, not doctrinal. Grace does not depend on posture, and faith is not measured by gestures. Yet because the Mass is not private prayer, Catholics are invited to follow the Church's discipline out of love and obedience.

In summary: The most proper posture for the faithful during the Lord's Prayer in Mass remains hands joined, while pastoral tolerance calls for charity and unity above personal preference.

It is not the position of our hands, but the humility of our hearts, that lifts our prayer to the Father.