

Bishop's visit welcome

Our new bishop, Douglas Lucia, is set to come to our parish the weekend of Feb. 22-23. We look forward to this getting-to-know-you visit.

Celebrating Masses that weekend, along with the pastor, should be enlightening as well as enjoyable.

Although our faith reminds us that because of our baptismal character we are all called to be a priestly people invited to be instruments of the Lord's presence, the bishop still holds a special place and role in the life of the church.

Reaching all the way back to Jesus naming St. Peter as the head of the early community in the company of the Apostles, Peter was the first bishop, so to speak.

Today, the challenges and opportunities set before our American bishops are more than ever. We are fortunate to have as the shepherd

of our Syracuse diocese a fairly young and

energetic person who has had much parish experience and just recently was consecrated as bishop — really, one from the ranks.

Of course, he will without a doubt encourage and remind everyone that sharing the worship and work and parish ministry of any Catholic community is for all of us to take part in —

even if only to pray each day for the health and blessings of your parish.

The bishop is in the line of the original apostles charged to guard, increase and reach out with our wonderful doctrines, traditions and rituals that inspire deeper faith among the people of God is in care.

In these days when about 35 percent of registered parish members practice their faith regularly on the weekend, and when only about 7 percent become involved in parish life other than just attend Mass, it will be a welcome and helpful visit

from our bishop to share words of blessing and inspiration in this new year.



FATHER JIM



Christmas gala raises \$1,040 for veterans

The Italian Christmas Gathering took place Friday, Dec. 13, at Delta Hotels by Marriott Utica in downtown Utica. The event was sponsored by the Mount Carmel Social Committee and the Italian Heritage Club. Entertainment was provided by Anthony LaBarbera. The gala raised \$1,040 for the Veterans Outreach Center. Pictured from left, are: Laurie Siniscarco, Anna Scalise (mother of Vince Scalise who runs the center) and Joann Campbell.

CELEBRATING THE SAINTS

St. Agatha

Feast Day: Feb. 5

As in the case of St. Agnes, another virgin-

martyr of the early church, almost nothing is historically certain about this saint except that she was martyred in Sicily during the persecution of Emperor Decius in 251.

Legend has it that Agatha, like Agnes, was arrested as a Christian, tortured and sent to a house of prostitution to be mistreated. She was preserved from being violated, and was later put to death.

She is claimed as the patroness of Palermo and Catania. The year after

her death, the stilling of an eruption of Mt. Etna was attributed to her intercession. As a result, apparently, people continued to ask her prayers for protection against fire.

Reflection

The scientific modern mind winces at the

thought of a volcano's might being contained by God because of the prayers of a Sicilian girl. Still less welcome, probably, is the notion of that saint being the patroness of such varied professions as those of foundry workers, nurses, miners and Alpine guides. Yet, in our historical precision, have we lost an essential human quality of wonder and poetry, and even our belief that we come to God by helping each

other, both in action and prayer?

St. Agatha is the patron saint of diseases of the breast and nurses.

PARISH WEBSITE

Visit www.mountcarmelblessedsacrament.com for the latest parish news and announcements. There's even a mobile version for your smart phone. You can donate online and check out our social media sites and more.

PHOTO GALLERIES



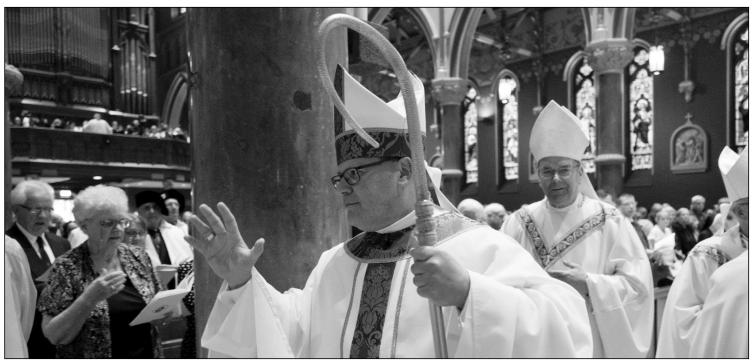
BULLETIN



... AND MORE

- Father Jim's "Wise and Otherwise"
- History of the parish
- Lector, minister, altar server schedules
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- Parish news
- Ministries
- Event calendar
- Weekly reflection on Sunday's readings
- "More Good News" articles
- Links to our social media sites such as Facebook, Twitter, Instagram and YouTube.





COVER PHOTO, ABOVE PHOTO BY CHUCK WAINWRIGHT / THE CATHOLIC SUN (COURTESY OF THE SYRACUSE DIOCESE)

Bishop Douglas Lucia at his installation Aug. 8, 2019, at the Cathedral of the Immaculate Conception in Syracuse. "I really believe that the role of a bishop is to be a pastor," Bishop Lucia says. "So through my work in parishes, the people trained me to be a pastor. My work in the various diocesan offices has given me experience in the workings of a diocese."

One moment in time

Young Douglas Lucia was about to leave the seminary until a semester break changed his life forever

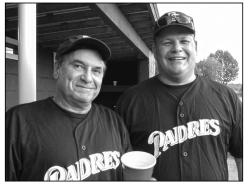
On June 4, 2019, Pope Francis appointed Douglas Lucia to be the 11th bishop of the Roman Catholic Diocese of Syracuse. He succeeds Bishop Robert Cunningham, who retired. The new bishop shepherds more than 220,000 Catholics who reside in seven counties of the diocese covering 5,479 square miles. It's been quite a journey for a man who wasn't sure he wanted to be a priest. At one point he decided to leave the seminary with hopes of marrying and starting a family — that is until a moment serving in a soup kitchen changed his life.

You were born in Plattsburgh and grew up in Altona, which is north of Plattsburgh. You have a twin brother, sister and a younger brother. What was it like in a busy household?

We had our chores to do around the house, but somehow we got along. If things got too crazy, I would escape to my grandmother's house next door. As I look back, somehow we managed to respect each other enough, providing some privacy.

Is there a special connection between you and your twin brother?

Absolutely. He was my partner, playmate, confidant. We did a lot of things together — although we learned to be independent early on when we were separated in school beginning in



Father Jim and Bishop Douglas Lucia at the Men in Black Softball game July 28, 2019, at Notre Dame Junior-Senior High School.

kindergarten.

What are some of your fondest memories as a child growing up?

Sunday Mass as a family followed by breakfast with our paternal grandmother; camping and Sunday hikes as a family; extended family gatherings at holiday time.

Living close to the Canadian border means harsh, cold, snowy winters. Now you're living in Syracuse, dubbed the snow capital of New York. Are you following the snow or is it following you?

I thought since I moved south, it would be milder! Actually, as a kid I liked the snow. These days I prefer a white, warm, sandy beach.

When did you realize you that the priesthood was calling? Was it one moment in time when it became clear or a gradual process?

It was a gradual process. I was inspired at a young age by our parish priest, Father Howard McCasland. I then had other ideas like a policeman or lawyer. In my senior year I felt I needed to go to seminary to find out whether God was calling me or not. While at seminary I made the decision to leave because I wanted to marry and have a family. However, before exiting, I did a semester break program in the inner city of Buffalo. While working in a soup kitchen, I had an experience that I confirmed what God wanted me to do. That is why I am a priest and bishop today.

Is there one person who influenced you most in your journey?

Father Howard McCasland, who baptized me and was a hard-working, people-loving, holy parish priest.

You served at a number of parishes and in different positions. How did that background prepare you for your current ministry as bishop?

Please see BISHOP LUCIA, Page 8

IN THE PEWS

A CONVERSATION WITH ... JENNIFER TRAN

Rediscovering faith

After having her doubts, becoming a Eucharistic minister changed her life

Jennifer Tran was baptized Catholic as a baby and has been going to Mass all her life. She made her First Communion and was confirmed, but something was missing. She had her doubts about the faith. It wasn't until she became a Eucharistic minister that everything fell into place and she found her way.

You like to sing, play music and write songs. From where did you get your love of music?

Music has been a big part of my life since I was 12 years old. At that age, I was going through some rough times with myself. I was depressed. I suffered through depression at that age, until one day, I heard a song (on the radio) that helped me through my rough time. That song was "Because You Live" by Jesse Mc-Cartney. I still remember it to this day. Though Jesse McCartney's meaning of the song is about a girl he loves and tells her that he's so grateful for her being there in the world and that she means everything to him, I took his meaning into something greater.

Instead of a lover, I see the song in the perspective of family relationships and friendships instead of romantic relationships. A parent or guardian could be the one singing the lyrics in their viewpoint to their child. And the song would mean that the parent or guardian is so grateful for their child being here in this world and that their child means everything to them.

The same goes for friendships — best friends would be so thankful to have each other and love that they exist in this world, and they just mean so much to each other. From that, I was inspired to write music similar to this style. I started to think about the music that I liked listening to and turn the meaning of the songs into something more meaningful in life that can help not only me but also others, too.

What kind of songs do you write?

I write songs about life struggles and how to power through particular struggles in life, such as struggling with identity, struggling with friendships, struggling with family and struggling with hate and love. I also write Christian songs, mostly about ways to empower our faith and knowing how to love God.

You are learning to play the acoustic guitar and are an amateur pianist. What attracted you to those instruments, and what propelled you to learn how to play?

When I was 6 years old, it was required for



Jennifer Tran and her mother, Hanh Lam. Jennifer says her mom never gave up on her when she had her doubts about her faith. "She kept me going forth with praying every day and going to church," Jennifer says. "My mom also prayed for me, too, to make sure that one day I will be able to truly believe in God, to love Him, to learn more about Him and find Him in my path that God had planned for me."

my school that students needed to learn how to play one instrument. There were three options: the piano, the triangle and the recorder. I decided to choose the piano because it seemed like an interesting instrument and I liked the way it sounds. My peers and I would learn how to play our chosen instrument at school for an hour every week for one school year.

After school, I would practice playing on my electric piano. I kept doing that for a few years until I stopped because as the years go by, classes get harder, and I would have to devote my time to studying. I stopped playing until I was 12, and I played my piano again. I decided writing songs at that age to help me through my struggles and needed an instrument to do that, which is why I played my piano again.

After 12 years old, I kept playing my piano up until I was 18. I was in Proctor High School and was offered to take a music class for an elective and I had two choices, orchestra or guitar. I decided on guitar class because during my teen years. I had listened to a lot of music that involves the acoustic guitar, and it sounds beautiful to my ears. So, I wanted to learn it.

Your mother is 100 percent Vietnamese Please see JENNIFER, Page 7

Jennifer Tran

Family: Living with my mother, Hanh. Education: Graduate of Thomas R. Proctor High School in 2014; associate degree from Mohawk Valley Community College in 2016; bachelor of science degree in business administration from SUNY Polytechnic Institute in December 2018; master's degree in business administration in December 2019.

Things you like to do: Sing, play music and write songs; play basketball, volleyball, badminton, swimming and bowling. Favorite movie: "The Letters: The Untold Story of Mother Teresa."

Favorite book: "The Vow" by Kim Carpenter.

Favorite TV show: "Family Feud." Favorite musical performer: Britt Nicole. Favorite quote: "The struggle you're in today is developing the strength you need for tomorrow. Don't give up." -Robert Tew.

Double or nothing

Vincent and Anthony recognize being a twin is something very special

Vincent and Anthony T. are twins. Some of their interests are the same, while others are different. What they both agree on is they have a special connection.

Vincent: Your favorite hobby is arts and crafts, and for a year you have had a Facebook page called "Vincent's Corner." What's the website all about and why did you create it?

Vincent's Corner is where I bring the community together and show them how to create wreaths and centerpieces and mugs, shirts and many more items, and where I sell the items I create at an affordable cost. The reason I created this Facebook page was to show everyone what I really enjoy doing and what I love to do as my passion in life.

Vincent: How did you become interested in arts and crafts and what are some of your favorite things you have created?

I became interested in arts and crafts from just seeing little things in stores and just thinking to myself, "I can create that," so I sat down and created things and kept doing it so I can keep getting better and better. Some of the favorite things that I have created were a beach wreath and a couple sunflower centerpieces I made for one of my good friends

Vincent: Another interest is cooking. How did you become interested in working in the kitchen?

I became interested in cooking at a very young age by watching my mom and my grandmother cook 24/7 making everything homemade and by hand.

Anthony: You have played the violin since fourth grade. What got you interested in that instrument and why do you like it so much.

Many things inspired me to play the violin such as listening to music and also singing, too. Singing at St. John's of East Utica encouraged me as well. It always cheered me up and gave me a sense of joy so I thought if I could sing, maybe I could try an instrument, and seven years later here I am.

Anthony: You're a bowler on your high school team. How did you get started bowling and what does it mean to be part of a team?

I started bowling at a young age of 5 at Vista Lanes of Yorkville. I bowled there for several years and eventually moved to Pin O Rama lanes of Utica. Now at age 16, I have a high game of 279 and high series of 697; it is good, but there is always room for improvement. A team is many things and it's very important to work together as a team because you always need to pick up one another. It's also fun, but when we all bowl extravagantly, it makes me so happy and it is uplifting to be around all of these people who have common goals or inter-



Vincent, left, and is twin brother, Anthony. Both agree being a twin is special. "I feel as if I have someone by my side seven days a week no matter what happens," Vincent says. "It does make life more enjoyable because no matter what, I have someone there and someone to talk to and enjoy my time with," Anthony says.

Note to readers

Diocesan guidelines prohibit the publication of last names, parents and siblings names, and any other personal information for people younger than 18.

ests because it does show what a team truly is.

Anthony: Also at school, you love to act

Anthony: Also at school, you love to act in plays and sing. Why is that so special for you.

Acting is so special to me because it allows me to be someone I'm not and make others joyful and happy.

As twins, do you feel a special connection? Vincent: Yes. I feel as if I have someone by my side seven days a week no matter what happens.

Anthony: Yes. I feel as if I have someone who I am able to connect with and be with 24/7, and it does make life more enjoyable because no matter what, I have someone there and someone to talk to and enjoy my time with.

You're currently studying to make your Confirmation. What does that sacrament mean to you.

Vincent: It means to me that I can finally make a bigger and better step into the hands of God and help me understand Him a lot more.

Anthony: Confirmation means a big deal to me because it isn't just a step toward completing more sacraments, it's a way of understanding and getting closer to God in our Catholic religion — and not to mention the Faith Formation classes at Mount Carmel aren't just class-

es; they are fun and it makes learning the teachings of God just that much more enjoyable.

What does Mount Carmel / Blessed Sacrament mean to you?

Vincent: It means that I will always have a place to go when I need someone to talk to or just when I need to pray to God about something that may be bothering me or if I just want to talk to Him.

Anthony: It means a lot because our community is very strong here and many people do work very hard to keep the parish up to date and up to our time; however, the church is a symbol of why Utica is so great — the diversity and cultural aspects impact my life and many others around the Central New York area. This parish does mean a great deal of importance of my life.

What do you hope the future holds?

Vincent: I hope that I can graduate high school and college and be able to have and support my family and own a crafting business — and on the side to be a nurse practitioner and go to church once a week.

Anthony: With the near future I hope to graduate in Proctor's top 10 percent so I am able to receive a free two years of schooling at MVCC as well as hopefully become very successful in medicine and or business. I do hope one day to successfully open either my own practice or business. Many things are positively impacting my life such as family and friends who supports me every step of the way.

Italian immigrants cornerstone of parish



Bishop Scalabrini blesses the cornerstone on Sept. 15, 1901, at St. Mary of Mount Carmel Church.

Beginning with this issue of "More Good News" and continuing for the next several issues, we will highlight the history of our parish leading to its 125th anniversary.

We mark a significant milestone in 2021 — the 125th year of the birth of our parish.

Although the first Mass celebrated in our build-

ing was in 1896, we can trace our lineage as far back as 1865. In that year, Michael Kernan returned to his hometown of Utica from the Civil War with his new wife, Cecelia Rapetti Kernan, the daughter of an Italian broker living in New York City. She took it upon herself to help the new Italian families of the city of Utica become part of the St. John's Church on John Street.



A.J. VALENTINI

Over the succeeding years, the West Shore Railroad (1883), the Utica brickyards and later the textile mills attracted hundreds of Italian immigrants to become the workforce in the town's booming economy.

By 1887, the Italian-American community had its own priest, Father Antonio Castelli, who was an as-

sistant to Monsignor James M. Lynch of St. John's. It was Father Castelli who inspired the Italians of St. John's to build their own church. To that end, Monsignor Lynch donated an old school building on Catherine Street. Father Castelli turned it into a temporary house of worship and meeting place.

Having this great gift from Monsignor Lynch and having pride of ownership instilled in the Italian community a greater desire to build a real church. It was decided that the new building would be dedicated to the Madonna, a familiar presence in the lives of the community. She was an image to which they turned in times of need in their homeland, throughout the arduous journey to their new country and during their adjustment to their new land.

With the help of Bishop Ludden of the Diocese of Syracuse, Monsignor Lynch and important persons in the community such Cecelia Rapetti Kernan the church of Santa Maria di Monte Carmelo was incorporated into the Syracuse Diocese in July 1895.

Source: History of St. Mary of Mount Carmel (prepared by the History Committee for the 1996 centennial celebration)

Beverly receives Immaculata



Father Jim and Beverly Franz at the Immaculata Medallion ceremony Dec. 8 at the Cathedral of the Immaculate Conception in Syracuse.

Beverly Franz received the Immaculata Medallion at a vesper service Dec. 8 at the Cathedral of the Immaculate Conception in Syracuse.

The Immaculata Medallion is an award recognizing and honoring lay people who generously and unselfishly volunteer time and service to their parish. It was instituted in December 2011 as a component of the celebration of the 125th anniversary of the founding of the diocese.

Beverly was chosen because she has volunteered in the parish for more than 13 years. She began to volunteer in the parish office at Blessed Sacrament, and when

the two parishes combined she began to help here, working in the office every Thursday and Friday and has done so to the present time.

In addition to answering the phones and doorbell, she processes Prayer Remembrances and opens mail. She records and makes reports to the Hope Appeal Office and has worked on the Festival Finance Committee. She also is a monthly money counter and helps with many other parish functions. In short, she has been a loyal, longtime valuable volunteer that helps when and where she is needed. She is beloved by the staff and parishioners alike.

JENNIFER

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and your father is 50 percent American and 50 percent Vietnamese. You were born and raised in Utica. Your parents were born and raised in Vietnam. Please tell us a bit more about your family background and how the decision was made to come to the United States.

Both of my parents were born and raised in poor villages in South Vietnam. Though they lived in Vietnam, they didn't know each other yet. They knew each other when they came to the United States, specifically in Utica. When they still lived in Vietnam, they were both struggling to live off of the very little money that they earned from their jobs.

Back in the 1980s, South Vietnam jobs were meager at paying a good wage compared to the United States. They made very little money. There was no such thing as minimum wage, but there was such a thing as a couple of bucks for an hour. They couldn't live off with such little money for so long, and so they both wanted to move out of Vietnam and go to the United States to find a job that pays good enough for them to be able to live off of.

Both of my parents had to start working at a young age because their families were struggling. So everyone in their families had jobs. They all worked as farmers. My father and his family moved to the United States when he was a kid, sometime in the late 1970s. My mother made her decision to go to the United States by having to leave her family because she needed money to take care of her mother. My mom needed money for my grandmother to be well and healthy. That's why my mom had to go to the United States.

My mom came to the United States in 1994. She was able to get help in learning some basic English in order to have a job. My dad, during that time, was working at a nail salon to earn money to support his parents and siblings. My parents then met in 1995, and a year later they

got married and had me.

How do you believe becoming a Eucharistic minister and becoming a catechist in the Faith Formation program changed you?

For the majority of my life, my mother raised me to become a part of the Catholic faith. I was baptized Catholic. I had my First Communion in St. Peter's Catholic School and had my Confirmation in our parish.

I admit that for the majority of my life, I was not committed to the Catholic faith even though I had gone to Mass and I had prayed with my mother. I wasn't feeling God's presence around me, not until Father Cesta gave me the opportunity to become a Eucharistic minister.

Since the day Father Cesta gave me that opportunity, I've felt like it was God's calling to reel me into the Catholic faith by getting involved with the church. I am very grateful for the opportunity and the experience that I get to have in being a Eucharistic minister. I've been a Eucharistic minister for a few years now, and I still enjoy it, and I've been able to connect with some of our parishioners because of it, and I enjoy having to connect with them.

I recently was given the opportunity to become a co-teacher catechist for our Faith Formation this year, and I'm enjoying it so far. With having these experiences so far in my life, I've been able to feel God's presence around me since, and I'm very grateful for these experiences and grateful to the people who've given me the opportunities. Feeling God's presence has helped me build my Catholic faith, and I can proudly say that I am a Catholic that's dedicated to her faith.

You mentioned your mom raised you Catholic and is very devout. Now that your faith has deepened, how do you think your mother's guidance early in life affected you?

Early in life, my mom's guidance affected me much because my mom never gave up on me even when I had my doubts about our faith. She kept me going forth with praying every day and going to church. My mom also prayed for me, too, to make sure that one day I will be able to truly believe in God, to love him, to learn more about him and find him in my path that God had planned for me.

Sometimes, people your age aren't interested in religion. What is one thing you would tell them about the importance of faith?

Faith can be defined as a strong belief to trust in God. God is good all the time. We need to put our trust in God, to trust that God will be there for us, to be there for people who need him, to trust that God will protect us. We must have faith that we are going to be OK, knowing that God is with us. No matter what happens to us, to anyone in our lives, we must trust God, trust that in His power that they and we will be OK.

With your faith as an anchor, what have you learned about life with its ups and downs?

Life with its ups and downs are necessary. I've learned that the hard way. It is essential to go through hardships, challenges and suffering. Honestly, depending on how much a person trusts in God will determine whether it is necessary or unnecessary to go through the downs in life. For me, I trust in God, and for trusting Him, I know that I'm going through these trials to strengthen myself. Sometimes, I may not even know that I'm being tested by God, but I always end up getting stronger after the hardships. I then appreciate all the good things in life. A person doesn't realize, doesn't appreciate, isn't grateful for the good things they have until they go through such hardship.

What do you hope the future holds for you and what do you plan to do?

I hope that the future holds a place for me to be a missionary. I've always liked helping people to the best of my abilities, help anyone in need to restore their life in any kind of way, by performing ministries of service. I'd like to be a missionary one day.

BISHOP LUCIA

Continued from Page 3

I really believe that the role of a bishop is to be a pastor. So through my work in parishes, the people trained me to be a pastor. My work in the various diocesan offices has given me experience in the workings of a diocese.

You spent time studying canon law in Rome, Italy. What was that experience like?

It was a great experience and one I never expected. However, to learn Italian and go to an Italian university opened my eyes to a bigger world. I now think globally and have a broader vision of the church.

You also served as a part-time chaplain at a correctional facility? What was that like and what did you learn from the inmates?

My work as a chaplain in prison helped me to meet people where they were at. It also taught me to be less judgmental and to be more understanding of people's situations in life, both the incarcerated and the personnel. From the inmates and guards I learned the importance of faith.

At age 56, you're a very young bishop. Did the appointment come as a surprise and what was your first reaction?

An absolute surprise! I was actually in the Syracuse cathedral the day before the call came and had no clue what was about to happen. My reaction was one of shock, but because of my experience in the soup kitchen, I know now to say "yes" when God calls.

One of the things you did in one of your first visits to our area was play in the Men in Black softball game at Notre Dame Junior-Senior High School in Utica. It's a gathering to help foster vocations to the priesthood. What did your appearance there mean to you and what do you hope in meant to the other priests, seminarians and others in attendance?

I enjoy life and I like it when people gather to share and enjoy life's moments. So for me, it was a moment to do something I enjoy, playing ball. I also helped it showed the priesthood is fun, too, but what makes it work is teamwork.

One of your first acts as bishop was to send out a letter discussing the clergy sex abuse scandal. We all realize what has happened, the lives it has affected and the stain it put on the church. What have you learned about the way things were handled and what can you promise the people of the diocese going forward?

It has taught me that the past way these things were handled were insufficient in addressing the true nature of the problem. Today, it must be faced openly and aggressively to prevent such harm to youth and vulnerable adults.

What is your leadership philosophy in guiding our diocese?

I want to lead by example and invited others to share in tending the flock. This is not about me. It is about us.





PHOTOS BY CHUCK WAINWRIGHT / THE CATHOLIC SUN (COURTESY OF THE SYRACUSE DIOCESE)

TOP PHOTO: New York Archbishop Timothy Dolan and Syracuse Bishop Douglas Lucia at Lucia's installation. ABOVE: Bishop Lucia during the ceremony.

Bishop Douglas J. Lucia

Age: 56.

Things you like to do in your spare time: Read biographies, history, novels; work out at the gym; hike and kayak.

Family: Parents Leonard and Betty; two brothers and sisters-in-law: David and Laurie, Paul and Krista; one sister and brother-in-law: Ann and Barry; four nephews and nieces.

Favorite book: "Death Comes for the Archbishop" by Willa Cather.

Favorite TV show: "Hogan's Heroes."

Favorite movie: "Invictus."

Favorite musical genre or artist: Pop, country, contemporary religious; Audrey Assad,

Kenny Chesney, Coldplay.

Favorite quote: "God writes straight with crooked lines."