

Our Lady of Fatima Bulletin January 19-20, 2013

Father J.D. Zatalava, Pastor 2010 12th Avenue Altoona, PA 16601 814-942-0371 www.ourladyoffatimaaltoona.com

Like Mary said:

**You want miracles
in your life?
“Do what He
tells you.”**



So, What does He tell you?
Well, for starters, how about:

- + Join the Church I founded
- + It's the one with the Pope as my earthly Vicar
- + Eat my body and drink my blood
- + Convert all nations
- + Get to Confession for Reconciliation
- + Teach all nations everything I taught
- + Venerate my Mother
- + Love your neighbor as yourself
- + Pray always ...

Mon. 01/21	<u>A Day of Prayer for Victims of Cancer</u>
Feast	Saint Agnes, virgin and martyr
8:00 AM Mass	Theresa M. McCall, <i>M/M Jay Bistline</i>
Tues. 01/22	<u>A Day of Prayer for Victims of Heart Diseases</u>
Feast	US Day of Prayer for the Legal Protection of the unborn
8:00 AM Mass	Denise Keagy, <i>Bernie & Peggy McLucas</i>
Wed. 01/23	<u>A Day of Prayer for Victims of Arthritis</u>
Feast	Saint Vincent, Deacon and Martyr
8:00 AM Mass	Poor Souls in Purgatory, <i>Carol Smith</i>
Thur. 01/24	<u>A Day of Prayer for Victims of Nervous Disorders</u>
Feast	Saint Francis de Sales, Bishop and Doctor of the Church
8:00 AM Mass	Marguerite Frederick, <i>Theresa & Don Bernard</i>
Fri. 01/25	<u>A Day of Prayer for Victims of Emotional Disorders</u>
Feast	The Conversion of Saint Paul the Apostle
8:00 AM Mass	Helen Kasun, <i>Maria Czarnik</i>
Sat. 01/26	<u>A Day of Prayer for Victims of Diabetes</u>
Feast	Third Sunday in Ordinary Time
4:30 PM Mass	Elizabeth Greinader, <i>Paul and Adaline Cassarly</i>
Sun. 01/27	<u>A Day of Prayer for Victims of Addictions</u>
Feast	Third Sunday in Ordinary Time
9:00 AM Mass	Liv/Dec Members of Our Lady of Fatima Parish
11:00 AM Mass	Healing of Sons of Dr. and Mrs. Fred Petrunak, <i>Family</i>

Lord
Jesus
Christ
Son
Of
God
Have
Mercy
On
Me
a
Sinner

Happy Birthday:

01/22	Karen Conrad
	BeBe Milliron
01/24	Joe Ianniello
01/25	Steve Kasun
	Lisa Smith
01/27	George Barry
01/28	Dana Smith

FRIED FISH AND SHRIMP DINNER FUNDRAISER
 Friday, January 25th 4:00 — 7:00 p.m.
 St. Vincent DePaul Soup Kitchen
 2201 Union Avenue
 Tickets \$6.00 TAKE OUTS ONLY
 Includes Fried Fish, Fried Shrimp, Baked Macaroni,
 Green Beans, Cake, Roll
 Tickets may be purchased at the Soup Kitchen
 Monday — Friday 8:00 a.m. - 11:00 a.m or at the door

MONEY MATTERS

The Baptism of the Lord, (Sunday, January 13,2013)

205 people Celebrated Liturgy at O.L.F. contributing \$ 2,347.05 of which \$ 205.05 accounted for non-envelope contributions.

Envelopes In Circulation

190

Used

94

Unused

96

Collection for March for Life-this Weekend. Be generous.

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Roger Love's *vocal* **POWER**

*Speaking with Authority,
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By listening to this program and practicing Roger's simple techniques, you will learn:

- How to focus your voice, mind and body to create the kind of star presence that will magnetize support for your ideas and keep your teams motivated.
 - How to master the power of breathing to create a level of communication that possesses authority, clarity, and conviction.
 - How to successfully re-direct any negative inner dialogue into positive thoughts.
 - How to care for and feed your voice, separating folklore from fact.
 - **How to finally overcome your fear of speaking in public.**
 - How to maintain excellent posture, gesture correctly, and make a much more memorable connection with your audience.
- Vocal Power will change you from the inside out. Improving your voice enhances the way you feel and the way other people feel about you. As you learn to communicate the clarity, certainty, and emotion that your heart feels, the resulting energy is positively charismatic.

Finally, a practical Lenten program which will produce observable and measurable results in six weeks!

Father Z originally designed this program for OLF's present and future Lectors. That is still the main focus although the more he thought and prayed about it the more he came to realize that today, perhaps more than ever before, we need articulate lay Catholics in the market place [management and labor] and in the political sphere.

More and more Catholics (especially at OLF) are getting smarter and smarter. But most of them are too chicken to speak up. Gallop does a poll every couple of years and it always comes out the same. Most people would rather die than speak in public. Our recorded professor, Roger Love, right in the first session, asserts and proves "all speaking is public speaking." He is an expert in helping almost anybody courageously confront and creatively channel that fear of Public Speaking into memorable speeches.

In the short run Fr. Z expects this program to help our already good Lectors become better, while increasing their number. In the longer short run he expects to see it inspire our parishioners to become Civic officials, Union leaders, Business entrepreneurs, Church spokesman, and Model citizens.

Come to OLF every Wednesday (including Ash Wednesday) in Lent to learn, encourage, support, practice, be inspired and have fun – 6:30 to 8ish.

Fr. Z would like to offer everybody a money-back-guarantee. But ... it's free! **Google: Roger**

Roger Love's vocal POWER

Speaking with Authority, Clarity, and Conviction

CLASS ONE Session 1: Understanding Influential Communication

1. All speaking is public speaking
2. Some interesting research
3. Developing star quality
4. A secret understanding of the human voice
5. An exercise to get started

CLASS ONE Session 2: Exercises for Vocal Power

6. Where it all starts — breathing
7. The two types of breathing techniques
8. How your vocal cords work
9. Getting past stomach tension
10. Three breathing exercises

CLASS TWO—Session 3: Your Chest, Middle, and Head Voices

1. An explanation of chest, middle, and head voices
2. Don't be trapped in a voice
3. The zipper effect
4. The male goog and gug exercises
5. The female goog and gug exercises

CLASS TWO Session 4: The Six Voice Types

6. The larynx
7. The low larynx exercise
8. The Nutty Nasal Professor
9. The Rocky Balboa
10. The Squeaky Hinge
11. The Marilyn
12. The Big Brass and the Husky Voice

CLASS THREE—Session 5: The Building Blocks of Voice: Volume and Melody

1. Volume
2. Controlling two key variables
3. Melody
4. The Sing-Song and Happy Birthday exercises
5. Use the News

CLASS THREE Session 6: The Building Blocks of Voice: Pitch, Tone, and Pace

6. Pitch
7. Tone
8. The Nay exercise
9. The no low larynx exercise

CLASS FOUR Session 7: Overcoming Stage Fright for Life

1. Stage fright—a fabulous thing
2. A visualization exercise
3. Breathing by the Numbers
4. The key — preparation

CLASS FOUR Session 8: The Inner Sounds of Success

5. Redirecting the negative voice
6. Developing inner confidence
7. The End Game
8. The Sound Wave

CLASS FIVE—Session 9: Diet, Myths, Dos, and Don'ts

1. The number one thing to do to keep your voice in shape
2. Nodes and nodules
3. How other kinds of drinks affect the voice
4. Sugar, acids, and alcohol
5. Dairy products, hot drinks, and red meat
6. Lozenges, throat sprays, and humidifiers
7. Smoking

CLASS SIX Session 10: Physiology, Hand Movement, Body Movement

8. Parallel gestures
9. An exercise in parallel gestures
10. Your mouth
11. Eye contact
12. Posture

CLASS SIX—Session 11: Essential Extras

1. Never lose your voice again
2. The goog and gug exercises
3. What to do if you're hoarse
4. Fed up with fillers
5. Interruptisitis virus
6. Practicing a speech and using a microphone

CLASS SIX Session 12: Intentional Changes for Intentional Results

7. Matching your voice to your message
8. Some sample profiles
9. Acing a job interview
10. Asking for a raise
11. Recording your voicemail message
12. Embracing passion and change

What does it mean to pray always?



Christogram (labarum) with Jesus Prayer in Romanian.

Jesus Prayer in Romanian Doamne Iisuse Hristoase, Fiul lui Dumnezeu, miluieste-ma pe mine pacatosul.

**English translation = Lord Jesus Christ, Son of God,
have mercy on me, A sinner.**

The prayer has been widely taught and discussed throughout the history of the Eastern Churches. It is often repeated continually as a part of personal ascetic practice, its use being an integral part of the eremitic tradition of prayer known as Hesychasm (Ancient Greek: ἡσυχάζω, hesychazo, "to keep stillness"). The prayer is particularly esteemed by the spiritual fathers of this tradition (see Philokalia) as a method of opening up the heart (kardia) and bringing about the Prayer of the Heart (Καρδιακή Προσευχή). The Prayer of The Heart is considered to be the Unceasing Prayer that the apostle Paul advocates in the New Testament. St. Theophan the Recluse regarded the Jesus Prayer stronger than all other prayers by virtue of the power of the Holy Name of Jesus.

Our Lady of Fatima Pleaded That we pray the Holy Rosary Daily
At O.L.F. before each Mass and privately from 8:30am to 7:00pm

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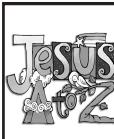
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