



# St. John University Parish Mountaineer Catholic

On the Campus of West Virginia University



*"I am the Bread of Life; he who comes to me shall not hunger, and he who believes in me shall never thirst." (John 6:35)*



Dear Mountaineer Catholic Family,

A new semester is upon us! We have some new faces who have joined our St. John's family. First, we welcome our new Parochial Vicar, Fr. Freddie D'Souza. Fr. Szabo has finally received his first parish assignment on his own. We loved having him here with us for the past 3 years, and we wish him well! We are excited to have Fr. Freddie with us. He has dived headfirst into the ministry and has been enjoying getting to know the parishioners and students. We also welcome our new campus minister, Sammy Lopez. Colleen Criste, our previous campus

minister, has decided to spend more time with family. She did an amazing job over the past four years, and we wish her well! Sammy has also hit the ground running. I have enjoyed watching our students get to know him. Reflecting back on last semester, I am thankful for all the events we did, the growth of faith I witnessed among our students, and the friendships that developed. Thank you for your continued prayers and financial help in making our campus ministry fruitful.



**Rev. Fr. Brian Crenwelge**  
Pastor

## VOL. VII

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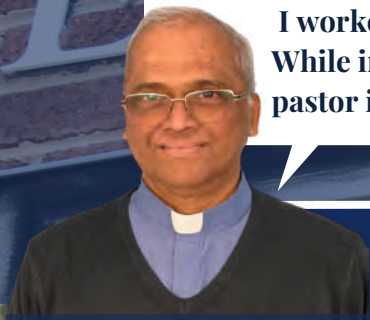
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# Meet Your New Campus Ministry Team

*"to equip the holy ones for the work of ministry, for building up the body of Christ,"  
(Ephesians 4:12)*

My full name is Fr. Frederick Julian D'Souza. People call me 'Fr. Freddie'. I was born on February 13, 1957 in India. I am a priest of Diocese of Delhi in India. I was ordained May 4, 1985. This year is my 40th year of the priesthood. I had all my formative studies with Jesuits in India. I have a Bachelors degree in theology and two Masters degrees in Social Studies: one from India and one from The Netherlands. I came to St. John's after my assignment at Wheeling University as a Chaplain and Director of Campus Ministry. Before that, as my first assignment in this country I worked as an Associate Pastor at St. Michael's Parish and School in Wheeling, WV. While in India I was head of Catholic Charities at the national level and had been a pastor in a parish there. I thank you and look forward meeting you all!



**Fr. Frederick D'Souza,**  
Parochial Vicar

[fdsouza@dwc.org](mailto:fdsouza@dwc.org)

Hi, my name is Sammy Lopez!! I have a Bachelors in Psychology and Masters in Education from Fairmont State and two Certificates of Theology from Sophia Institute. I have been active in ministry for over 10 years with my most recent experience as the Religious Education Coordinator at the Saint Mary's School in Clarksburg as well as Ministry Assistant at the Clarksburg Mission. Some other fun things about myself is that I have done missionary work in Zambia, Brazil, and Cambodia. I love working out, hiking, jogging, and reading. Most importantly, I love Jesus! I am blessed to be a lifelong West Virginian who by the Grace of God has served our Lord in many different ways, and my heart's desire is for all to know Jesus in an intimate way. I love our Lord Jesus Christ and His Church. I am excited to share the Love of God with the students and the Saint John's Parish as a whole."



[sammy.lopez@mountaineercatholic.com](mailto:sammy.lopez@mountaineercatholic.com)

**Sammy Lopez,**  
Director of Programs and Development for Campus Ministry

My name is Amanda Emerson, and I am the new Team Director for the WVU FOCUS Team! This is my third year with FOCUS, after previously serving as a missionary at the University of Pittsburgh. I went to James Madison University where I graduated in 2022 with my Masters in Elementary Education. I am from Vienna, VA and I am so excited to be here in Morgantown to walk with students in their relationship with Jesus. I love spending time with friends, coffee dates, attending sporting events (especially baseball!!), and going on walks by the water.



**Amanda Emerson,**  
Team Director, FOCUS

[amanda.emerson@focus.org](mailto:amanda.emerson@focus.org)  
703-987-8192



# Our Spring 2024 Graduates

*"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope." (Jeremiah 29:11)*



## Our MOCA Vocations

*"For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope." (Jeremiah 29:11)*



*We are happy to announce that 5 young men from Mountaineer Catholic will be entering seminary in the fall. Christian Davis, Andrew Dean, and Reece Lopatka will be entering seminary with the Diocese of Wheeling-Charleston. Adam Marquart will be entering into the The Byzantine Catholic Seminary of Ss. Cyril and Methodius with the Archeparchy of Pittsburgh. Austin Smay will be entering seminary with the Priestly Fraternity of St. Peter in Nebraska.*



# MOCA Student Officers

"... I have called you by name, you are mine." (Isaiah 43:1)

President



Zack Bromley

**Major:** Political Science  
**Hometown:** Virginia Beach, VA  
**Interests/Hobbies:** Camping, hiking, hunting, and all outdoor activities

Vice President



Katrina Mullen

**Major:** Music Education  
**Hometown:** San Antonio, TX  
**Interests/Hobbies:** reading, going on walks, music, having a good laugh with friends

Secretary



Morgan Schwartz

**Major:** Psychology  
**Hometown:** Tehachapi, CA  
**Interests/Hobbies:** Reading, praying, dancing, and hanging out with friends

Service Projects Chair



Emily Bennett

**Major:** Wildlife and Fisheries Resources  
**Hometown:** Brush Valley, PA  
**Interests/Hobbies:** Sewing, embroidering, singing, and hunting

Treasurer



Colin Parker

**Major:** History  
**Hometown:** Pasadena, MD  
**Interests/Hobbies:** Long distance running

Pro-Life Chair



Brenna Cavanaugh

**Major:** Forensic Biology major  
**Hometown:** Farmington Hills, MI.  
**Interests/Hobbies:** I love to play and watch tennis, hang out with my family and dog, and go to live music or sporting events. I love to waterski, tube, wakeboard, or jetski any chance I get!

Media Chair



Sabrina Vignola

**Major:** Wildlife & Fisheries  
**Hometown:** La Plata, MD  
**Interests/Hobbies:** Playing trombone, photography, drawing, going in the woods, daydreaming

Evangelization Chair



Jacob Zimmerman

**Major:** Communication Sciences & Disorders  
**Hometown:** Martinsburg, WV  
**Interests/Hobbies:** Playing ping-pong in the Newman lounge, among other things



# Grow in Relationship with the Lord

“And this is eternal life, that they know thee the only true God, and Jesus Christ whom thou hast sent.” (John 17:3)

## SACRAMENTS

efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us (CCC 1131)



Receiving the Holy Eucharist

Going to Confession

Daily Mass

Praying the Rosary

Praying the Divine Mercy Chaplet

Praying Novenas

Eucharistic Adoration

Fasting



## DEVOTIONS

acts of the will which concerns the worship and service of God.

One Our Father



Ten Hail Mary's

One Glory Be & One Fatima Prayer

## PRACTICE

*the actual application or use of a belief*



Read Spiritual Books

“Why We're Catholic” by Trent Horn

“Story of a Soul” by St. Thérèse of Lisieux

Works of Mercy

Feed the hungry  
Visit the sick  
Clothe the naked

“But grow in grace and in the knowledge of our Lord and savior Jesus Christ. To him be glory now and to the day of eternity.” (2 Peter 2:18)



# “Those who look to Him are radiant...” (Psalms 34:5)





# Weekly Events

**Sun.**

8:30a Mass  
11:00a Mass  
1:00p Mass  
6:30p Mass

**Mon.**

4:15p Conf.  
5:15p Mass  
6p-10p Ador.

**Tues.**

4:15p Conf.  
5:15p Mass

**Wed.**

8a-5p Ador.  
7:00a Mass  
4:00p Conf.  
5:15p Mass

**Thurs.**

4:15p Conf.  
5:15p Mass  
6p-10p Ador.

**Fri.**

4:15p Conf.  
5:15p Mass  
6p-12a Ador.

**Sat.**

9:00a Mass  
3:30p Conf.  
5:00p Mass



- ~ Weekly Bible Studies
- ~ Upper Room
- ~ Annual SEEK Conference

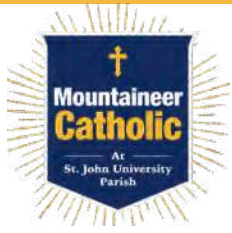
**MOUNTAINEER CATHOLIC**  
**BACK TO SCHOOL BBQ**  
AUGUST 29, 2024 | 6:00 PM  
FOOD | GAMES | MUSIC  
Saint John University Parish  
1401 University Avenue  
PRIZES! FREE ENTRY



- ~ Thursday Dinner for a Dollar
- ~ Fall & Spring Retreats
- ~ WVU Football Tailgate
- ~ Brunch Fundraiser
- ~ Game Nights
- ~ Guest Speakers

Stay on top of all MOCA activities and events by following our Facebook, GroupMe, and Instagram!





MOCA Campus Ministry  
St. John University Parish  
1481 University Ave.  
Morgantown, WV 26505

Phone: 304-296-8231 Ext. 12  
[mountaineercatholic.com](http://mountaineercatholic.com)



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