



# LENT

## BE FEARLESS FOR A SUCCESSFUL LENT

As Lent begins on Ash Wednesday, keep your Lenten journey energized!  
Control what you can control – YOU!

### GIVE UP – GIVING UP!

Take on a fearless mindset. So many voices including our own fill our thoughts with negativity and doubt – fear and anxiety. Stop giving your energy away, and listen to God's voice in the Bible. Yes, read the Bible! Strengthen your focus with the attitude God wants us to have – confidence and faithful to Him.

“Do not fear,” is one of the most repeated messages He tells us over and over in the Old and New Testaments. No matter the circumstance, God wants us to have perseverance.

In Isaiah 41:10-13, we hear, “Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.”

This doesn't mean nothing bad is going to happen – but it's also not false hope – it is God's declaration that He will always be with us. No one can kill our soul when we love God. He knows our trials and challenges.

In St. Paul's letter to the Romans (5:3-4) we hear that our sufferings are not in vain, “And not only that, but we also boast in our sufferings knowing that suffering produces endurance, and endurance produces character, and character produces hope.”

### BE A DOER

Lent is a time to be a doer. Think about approaching it as what we “get” to do versus what we “have” to do. Tackle a Spiritual or Corporal Work of Mercy (for a refresher go to: [WWW.SADLIER.COM/RELIGION/BLOG/WORKS-OF-MERCY-FOR-CATHOLIC-FAMILIES](http://WWW.SADLIER.COM/RELIGION/BLOG/WORKS-OF-MERCY-FOR-CATHOLIC-FAMILIES)).

Pray God leads you to make a difference by being a doer. Pray wholeheartedly not only for your own needs, but the needs of others. Pray for our enemies as Jesus taught us in last Sunday's readings. That is a hard thing to do for sure, but it shows we trust God. For prayer resources go to [FAITHINWV.ORG](http://FAITHINWV.ORG), created especially for us in the Diocese of Wheeling-Charleston.

### FAST FROM MORE...

When it comes to fasting, think broader than fasting from meat, meals, and treats. Pope Francis also encourages us to:

- Fast from hurting words and say kind words.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled

### MINDFUL GIVING

As we consider almsgiving this Lent, we are to consider donating money or goods to the poor and performing other acts of charity. There are several special collections during the Lenten season including a collection for Retired Diocesan Priests and one for the Holy Land. There are also many local needs in our parishes, schools, Catholic organizations, and community nonprofits, who would appreciate the gifts of time, talent, and money. Ask God to guide you in your selection and give to honor God.

## SUCCESS IS IN YOUR HANDS

Have a backup plan! If you start losing focus you can re-energize your Lenten prayer, meditation, and journey in the palm of your hand! Download apps to your phone or tablet to help you make these 40 days of Lent successful. Here are four of our favorites that are free:



**LAUDATE** – promoted as the top free Catholic app. You get daily Mass readings, Liturgy of the Hours, Prayer for the Day, Rosary and Chaplets, the New American Bible, Catechism of the Catholic Church, Stations of the Cross, Podcasts and more. Very complete and easy to use but without the trendy graphics.



**AMEN** – an app by The Augustine Institute – the people who brought our parishes those *Lighthouse* media racks and *Formed* used by many parishes for formation resources. This app is “To help you encounter God through meditative prayer from the time you wake up to the time you go to sleep.” It is most like the subscription based *Hallow* app. It offers soothing meditative experience in prayer, sleep aids designed to calm your mind and body, and a variety of other valuable Catholic audio/text resources – Mass reflections, children’s stories, audio rosary, Bible in a year program, sermons by saints, and more.



**PRAY AS YOU GO** – has audio retreats brought to you by Jesuit Media Initiatives. If you fancy a British accent this app is perfect – it was created in Britain. The app encourages you to spend at least 10 minutes in meditative prayer each day and you can follow their format to make it easy. The content is different every day, but keeps to the same format weaving together music, scripture, and personal reflection prompts.



**THE CHOSEN** – This app gives you access to *The Chosen* – has an app where you can access all three seasons of the episodes free. Don’t know what *The Chosen* is? It’s the first ever tv series on the life of Jesus. It was created by protestant writer, director Dallas Jenkins and features Catholic actor Jonathan Roumie as Jesus. Creators promote it as – “Not everyone owns a Bible and the ones who do rarely crack it open, so this brings the Word of God to life.” The creators say upfront that *The Chosen* does not pretend to be the exact interpretation of the bible, but it does open the door to an ongoing encounter with Christ.

# SAINTS WE HONOR THIS WEEK

## SAINTS FRANCISCO AND JACINTA MARTO, ST. PETER DAMIAN, & ST. POLYCARP



February 20th is the Feast Day of the Little Shepherds of Fatima - **Saints Francisco and Jacinta Marto**. They were two of the three Portuguese children to whom the Angel of Peace appeared three times in 1916, and Mary, Our Lady of Fatima, appeared six times in 1917.

It was during World War I, when anti-Christian forces were determined to abolish even the thought of God and Christianity in Portugal and eastern Europe. For the Marto family prayer became increasingly important. Praying the rosary for peace became a beautiful ritual especially for the children, who often prayed while out tending sheep on their family’s land.

According to memoirs written by their cousin Lucia, who was also with them, the Angel of Peace taught them the prayer, “My God, I believe, I adore, I hope, and I love

You. I ask pardon for those who do not believe, do not adore, do not hope, and do not love You.”

The angle stressed the importance of continuous prayer, begging for mercy for sinners, sacrificing for God, and the significant graces received from adoration of the Blessed Sacrament.

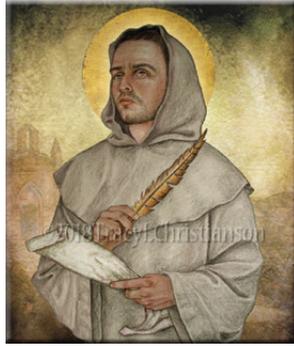
In 1917, Our Blessed Mother appeared to them in Fatima from May 13 to October 13.

Saints Francisco died at the age of 11, and Jacinta died at the age of 10, just as Our Lady of Fatima said they would. Pope Francis canonized Francisco and Jacinta together on May 13, 2017, at a Mass in Fatima.

On Feb 21st, the Church honors the Feast Day of **St. Peter Damian**. He was a humble monk of the 11th Century, wanting to live quietly in prayer and away from any limelight, but his love of God, leadership skills, peaceful nature, and theological intelligence could not be kept a secret. He was appointed Cardinal Bishop of

Ostia to help reform the Church. He took the position only out of obedience for the faith. He worked in that role for 10 years before being allowed to return to life in the monastery.

However, two years later the Church called upon St. Peter Damian again. This time, he was sent to Frankfurt for it was believed he was the only one who could prevent Henry IV from divorcing his wife Bertha. Four years later after fulfilling other missions of the Church, he was returning to his beloved hermitage, when he fell ill. He was taken in by a Benedictine monastery, where he ultimately died.



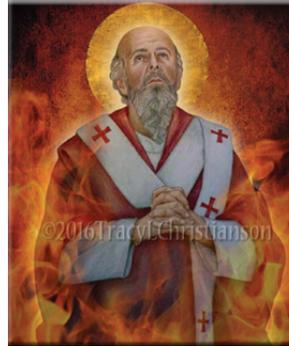
St. Peter Damian is an example of one who was blessed with the gift of counsel, compassion, and leadership among believers and non-believers; and was obedient to God by sharing those gifts even if it meant going out of his comfort zone, being away from the place he loved most, and down a path that was way more challenging than one he would have chosen for himself.

Let his words echo in our hearts - "May Christ be heard in our language, may Christ be seen in our life, may he be perceived in our hearts."

On Feb. 23rd we honor the Feast Day of **St. Polycarp**, bishop of Smyrna on one of the last disciples of the Apostle St. John. He lived from 69 AD to 156 or 157 AD. He was a praised holy man to whom people flocked to wanting to hear from the one who learned about Christ right from the apostles' mouths. But it is his death that he is most known.

When he was about 87, he was arrested and sentenced to death for his Christianity and refusing to curse Christ. The story of his execution is astounding, recorded by witnesses in the publication *The Martyrdom of St. Polycarp*. As the story goes, the bishop was charged for being an atheist of the gods of Rome and Caesar. He was taken to a stadium to be burned to death in a front of a huge crowd.

Fires were lit at his feet, but he didn't burn. In fact, there was a sweet incense aroma that filled the air of the stadium, according to the Smyrnaeans that witnessed the events only explained as miracles.



"And as the flame blazed forth in great fury, we, to whom it was given to witness it, beheld a great miracle.... For the fire, shaping itself into the form of an arch, like the sail of a ship when filled with the wind, encompassed as by a circle the body of the martyr. And he appeared within not like flesh, which is burnt, but

as bread that is baked, or as gold and silver glowing in a furnace. Moreover, we perceived such a sweet odor [coming from the pile], as if frankincense or some such precious spices had been smoking there."

A soldier was ordered to stab the bishop and with that the blood of St. Polycarp extinguished the fire and a dove appeared as he died.



## CATHOLIC CHARITIES WEST VIRGINIA

*Shining A Light On*

**HOPE**  
*Gala*

**BACK IN PERSON!**

**March 4, 2023**

Glessner Auditorium  
Oglebay Resort • Wheeling, WV

Tickets available at  
[www.CatholicCharitiesWV.org/Gala](http://www.CatholicCharitiesWV.org/Gala)

# BULLETIN ANNOUNCEMENT

## ASH WEDNESDAY SPECIAL COLLECTION

On February 6, a 7.8 magnitude earthquake devastated large areas of southern Turkey and northwest Syria. The death toll has surpassed 20,000 and continues to climb. Thousands of people have been injured and many are trapped beneath the rubble. The earthquake is the worst to strike Turkey this century. Within the subsequent 24 hours, the region experienced multiple aftershocks and a second 7.5 magnitude quake.

Across affected areas, apartment buildings and schools have been leveled. Telecommunications are disrupted, preventing families from identifying and accounting for missing loved ones. In Syria, displaced people are seeking shelter in schools and community centers in areas already devastated by years of war. Across southern Turkey, schools are closed, airport transportation is impaired and hospitals have been declared unusable.

Catholic Relief Services is supporting local partners in their efforts to provide urgent relief and assistance for long-term recovery. CRS has partnerships with Caritas Turkey and Caritas Syria, as well as other local partners. To support the efforts of these organizations, Most Rev. Mark Brennan, Bishop of the Diocese of Wheeling-Charleston, has approved a special collection

to be held on Ash Wednesday, February 22, 2023, and for collection baskets to remain available for the collection through the first Sunday of Lent. Bishop Brennan appreciates your generosity this past summer to those affected by the severe storms and flooding in Eastern Kentucky and Southern West Virginia. But he feels impelled once again to ask you to do what you can to help those affected by this most recent disaster.

All funds collected in the Diocese of Wheeling-Charleston will be given to Catholic Relief Services with the special designation for use in the Turkey/Syria Earthquake Recovery Effort.

Checks can be made out to your respective parish with “Disaster Relief” on the memo line. Donations can also be made on the diocesan website at [DWC.ORG/DISASTER-RELIEF/](https://DWC.ORG/DISASTER-RELIEF/).

As we hold the victims and first responders in our prayers during these critical days, let us also spend time in prayer and discernment as we prepare for this upcoming collection. Let us come together now to support our brothers and sisters in Christ who are suffering this horrible loss.



## SEVENTH SUNDAY IN ORDINARY TIME

**First Reading: Leviticus 19:1-2, 17-18**

God tells Moses – “You shall love your neighbor as yourself.”

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**Responsorial Psalm: Psalm 103**

“The Lord is kind and merciful.”

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**Second Reading: 1 Corinthians 3:16-23**

The Holy Spirit dwells in the faithful like a temple of God. We belong to God.

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**Gospel: Matthew 5:38-48**

Jesus expands on the command to love thy neighbor, proclaiming we must also love our enemies. Replace hatred with love and mercy.

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[CLICK HERE FOR FULL SCRIPTURE TEXT  
BIBLE.USCCB.ORG/BIBLE/READINGS/021923.CFM](http://BIBLE.USCCB.ORG/BIBLE/READINGS/021923.CFM)

## PRAYER INTENTIONS

For the Church, that our efforts are genuine as we continue on with the worldwide Synod and our national Eucharistic Revival all for the glory and honor of God, let us pray to the Lord. . .

May all leaders work to promote peace and cast out evil and hatred with the help of the Holy Spirit, let us pray to the Lord. . .

For all the faithful as we enter the Lenten season that we remain energized in our journey of prayer, fasting, and almsgiving, let us pray to the Lord. . .

For all who are suffering a battle we cannot see, may they have comfort in knowing God will never abandon them, let us pray to the Lord. . .

*Lord hear our prayer*

# LENTEN SEASON



FEB.  
22

ASH WEDNESDAY



FEB.  
26

FIRST SUNDAY  
OF LENT



APR.  
02

PALM SUNDAY



APR.  
06

HOLY THURSDAY



APR.  
07

GOOD FRIDAY



APR.  
08

HOLY SATURDAY



APR.  
09

EASTER SUNDAY



DIOCESE OF  
WHEELING-CHARLESTON

www.dwc.org



## EXPERIENCED WITH CURSILLO?

**HELP US RENEW THE MOVEMENT!**

Have you ever experienced a Cursillo weekend? Are you a cursillista?

The Diocese of Wheeling-Charleston is trying to resurrect the Cursillo Movement in the diocese and is looking for people who have experience with the apostolic movement.

If you are experienced with Cursillo and would like to join the diocesan efforts in bringing it back to the diocese, please contact Daniel Maul, in the Office of Evangelization and Catechesis, at 304-233-0880, ext. 376, or by email at [DMAUL@DWC.ORG](mailto:DMAUL@DWC.ORG), or communicate with Joe Pangilinan, at [JOEYPANG@AOL.COM](mailto:JOEYPANG@AOL.COM)



# NATIONAL Eucharistic Revival



Diocese of Wheeling-Charleston

## Christ is Present! Will you be?

*WV Eucharistic Congresses - Spring 2023*

### DATE & LOCATION

April 21-22  
St. James Church  
Charles Town

### KEYNOTE SPEAKER



Fr. Luke Spannagel

April 28-29  
Cathedral of St. Joseph  
Wheeling



Fr. Timothy Anastos

June 2-3  
Basilica of the Co-Cathedral  
of the Sacred Heart  
Charleston



Fr. Joe Freedy

WATCH FOR MORE DETAILS COMING SOON AT [DWC.ORG](http://DWC.ORG)  
and in the FaithInWV e-bulletin, The Catholic Spirit,  
and our diocesan social media.



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[www.dwc.org](http://www.dwc.org)



# Catholic Men of West Virginia, Married or Single, Consider the Vocation of a Deacon



Deacons are ordained to a ministry of service, assisting the bishop and his priests in many areas, especially in the ministry of the liturgy, of the word, and of charity.

The Diocese of Wheeling-Charleston opened a new Diaconate Formation Program for all Catholic men who will be 35 by June of 2027. Bishop Mark Brennan has made the 2023-2028 Diaconate Formation Program free to the men who apply, and the cost will be covered by the diocese.

Permanent deacons may be married. They must be faithful Catholics. Most work at secular jobs and must be willing to be open to an assignment outside of their parish.



**DIOCESE OF WHEELING-CHARLESTON**

To apply and for more information, click the link below:

<https://dwc.org/directory-listing/permanent-diaconate-formation-office-of/2275/>

**The Diocese of Wheeling-Charleston is accepting applications for the next class of permanent deacons. The deadline is April 15.**

Applications may also be obtained by contacting Tina High in the Office of the Episcopal Vicar for Clergy for the Diocese of Wheeling-Charleston at (888) 434-6237 or for the Wheeling area at (304) 233-0880, ext. 271. Completed applications must be sent to the Office of the Episcopal Vicar for Clergy for the Diocese of Wheeling-Charleston: Very Rev. Dennis R. Schuelkens, Jr., V.E. Diocese of Wheeling-Charleston, P.O. Box 230, Wheeling, WV 26003.

JUNIORS IN HIGH SCHOOL  
THROUGH FRESHMAN IN COLLEGE

JOIN US FOR



JUNE 10-12, 2023

SATURDAY MORNING THRU MONDAY AFTERNOON

ST. MARY PARISH

3346 University Avenue, Morgantown

**COST: \$40/** per person

Cost includes lodging, food & supplies

**SCHOLARSHIP FUNDS AVAILABLE!**



**SCAN QR CODE  
TO LEARN MORE  
AND REGISTER**

FOR MORE INFORMATION, PLEASE CONTACT  
DANIEL MAUL AT [DMAUL@DWC.ORG](mailto:DMAUL@DWC.ORG) OR AT 304-233-0880, EXT. 376  
OR RALPH MODENA AT [RALPHMODENA@GMAIL.COM](mailto:RALPHMODENA@GMAIL.COM)

Join us July 23rd- July 29th for

# CAMP CARLO SUMMER VACATION!

at 225 Catholic Conference Center  
Huttonsville, WV 26273

**Cost: Free!**

**Ages: 7-12**

Your camper will enjoy horseback riding, rock climbing, ziplining, faith formation, overnight backpacking, and more!

Contact Assistant Director, Maggie Moran, for more information:  
[mmoran@dwc.org](mailto:mmoran@dwc.org) or 1 (757) 995-4486

Register at [campcarlowv.org](http://campcarlowv.org)



## BROUGHT TO YOU BY YOU

|                                |    |       |
|--------------------------------|----|-------|
| Berkeley Springs - Hancock, MD | FM | 96.3  |
| Berkeley Springs               | FM | 107.9 |
| Clarksburg-Bridgeport          | FM | 97.5  |
| Dunbar - Charleston            | AM | 1450  |
| Eastern Panhandle              | AM | 740   |
| Eastern Panhandle              | FM | 106.5 |
| Grafton - Clarksburg           | AM | 1190  |
| Montgomery - Beckley           | FM | 89.7  |
| Purgitsville                   | FM | 98.7  |
| St. Marys - Parkersburg        | FM | 105.3 |
| Star City -Morgantown          | FM | 89.7  |
| Summersville                   | FM | 91.3  |
| Wheeling - Martins Ferry, OH   | FM | 90.7  |
| Weirton - Steubenville         | FM | 97.7  |

~Also Streaming in WV at [www.rdo.to/WLOL](http://www.rdo.to/WLOL)~

## ENROLL TODAY

WV Catholic Schools

Empowered  
by knowledge.  
Transformed  
by faith.



Register today

[wvcatholicschools.org](http://wvcatholicschools.org)



*Liturgy of the Hours*

# LITURGY OF THE HOURS

Pray the prayer for this day, this hour!

[EBREVIARY.COM](http://EBREVIARY.COM) LITURGY OF THE HOURS

Scan the QR code or visit the link below to view a PDF version of the Liturgy of the Hours.



## MASS ONLINE

Saturday 6pm Masses will continue to be livestreamed from the Cathedral of St. Joseph, and will be available on our website each Sunday at [DWC.ORG](http://DWC.ORG).