



# LENT

## A TIME WHEN WE GET TO SHOW GOD OUR LOVE

LENT is a time to be a doer – giving and giving up - for the love of God.



As we approach Ash Wednesday let's focus on what we get to do, because we love God. From Ash Wednesday to sundown on Holy Thursday we are to pray, fast, and give alms. We do this as an act of penance, because we love God and want Him to see our acts of giving, giving up, and being a doer out of love for God in preparation of the joy of Easter.

As we pray, pray wholeheartedly not only for our 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.

When it comes to fasting, think broader. Most of us think of fasting as giving up a meal or meals, Pope Francis also encourages us to:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with gratitude.
- Fast from anger and be filled with patience.

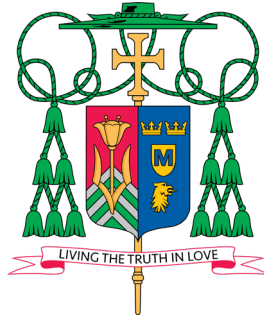
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints - contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness - fill your heart with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled
- Fast from words - be silent and listen.

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 many local needs for us to assist, but there are also several special opportunities for almsgiving through donations to Church ministries for which special collections are conducted during the Lenten season including:

- Collection for the Church in Central and Eastern Europe
- National Black and Indian Mission Collection
- Catholic Relief Services Collection
- Collection for the Holy Land
- CRS Rice Bowl

Let's take advantage of Lent 2022, choosing to not look at it as what we have to do, but what we choose and get to do!





## BISHOP BRENNAN PENS PASTORAL LETTER FOR LENT

Bishop Mark Brennan shares his Pastoral Letter to the faithful for Lent. In his own words he urges all of us to look at Lent as a time for renewal.

The six-page letter encourages the faithful to rid ourselves of the “rust” that we let accumulate “on our soul during the year,” he wrote. “Lent gives us a focused opportunity to examine ourselves in the light of God’s love and to see where we fail to respond to His love.”

Further he explains that the Church also needs Lent in order to renew unity and evangelization.

“It seems to me that some Catholics in West Virginia, as elsewhere in our nation, have let divisive issues in our society color their perception of their brothers and sisters in the faith,” he wrote. “Hard lines are drawn, not only on social issues such as abortion and immigration but on liturgical matters....

“St. Paul wrote: I urge you in the name of our Lord Jesus Christ, that all of you agree in what you say and that there be no divisions among you but that you be united in the same mind and in the same purpose [I Corinthians 1: 10]. We must resist, then, the temptation to let political and social divisions in our society infiltrate our Church. We must cherish our unity, holding fast to fundamental teachings while respecting the freedom God gives His children in areas of less importance. As St. Augustine put it: ‘In essential things, unity; in non-essential things, liberty; in all things, charity.’”

Bishop Brennan defined evangelization as “bringing the Gospel to others,” both Catholic and non-Catholic, especially the hundreds of thousands of our fellow West Virginians who have no religious affiliation. As for our Catholic brothers and sisters, in 2000, there were 118,000 Catholics in our diocese. Today there are approximately 70,000.

“We cannot judge their faith; only God can do that, but we miss them,” he wrote. “In many instances, with good will and mutual cooperation, even serious problems can be resolved.... It is – they are – worth the effort.”

As he further addresses prayer, fasting, and almsgiving, he notes, “If we take Lent seriously this year, we can truly become better Christians.”

Read Bishop Brennan’s Pastoral Letter for Lent in its entirety at [WWW.DWC.ORG](http://WWW.DWC.ORG).

# ST. KATHARINE DREXEL ADVOCATE FOR SOCIAL JUSTICE

Saint Katharine Drexel is a saint for all people – Catholics and non-Catholics. She was an advocate for social justice - faith-filled, compassionate, persistent, determined, and generous.

How can we be more like her? Use our gifts to serve others and value the dignity of human life.

Saint Katharine was courageous in her desire to stop the plight of Native Americans and the unjust treatment of African Americans, who were far from free and being denied a quality education and constitutional rights. In her lifetime she began the congregation of the Sisters of the Blessed Sacrament and opened 145 missions, 50 schools for African Americans, 12 schools for Native Americans, and Xavier University of Louisiana, the first Catholic college for African Americans in the US. Historians said she spared no expense and made sure students had the best materials available.

It is true that St. Katharine was an heiress of great fortune stemming from her immigrant grandfather, who an artist switched gears and along with his sons became the most prominent bankers in American history. It is also true that she inherited much more than money from her family, she grew up knowing that their fortune was indeed a blessing to be shared; and to keep God first through prayer, sacraments, and the social teaching of Jesus.

Her life spanned 96 years. Those years were filled with pivotal historical events that definitely molded her character and motivated her calling – the Civil War, the assassination of President Abraham Lincoln, Jim Crow Laws, World War I, the Great Depression, World War II, and the beginning



of the Cold War. She died in 1955, the same year Rosa Parks refused to give up her seat in the white section of a bus in Montgomery, Alabama.

She was always a social activist, but at the age of 31 became a nun. Without hesitation she lovingly accepted the vows of chastity, poverty, and obedience, adding a fourth vow of service to the “Indian and Black Races,” she declared. Her congregation’s purpose was to serve the Native American and African American people, nurturing them in the Catholic faith. Her entire worth, an estimated \$20 million was spent on building her missions, schools, and even Catholic churches for Native Americans and African Americans.

Despite ridicule, threats and attacks from anti-desegregation groups, anti-Catholics, the Klu Klux Klan, and even within the Church and other faith communities, Drexel and her congregation forged ahead with their plans and convictions.

“If we wish to serve God and love our neighbor well, we must manifest our joy in the service we render to Him and them. Let us open wide our hearts. It is joy which invites us. Press forward and fear nothing,” she said.

A rainy grey sky loomed over St. Peter’s Square on the day of her canonization, but when her name was announced the audience of more than 300,000 people stood in awe as the sky opened, the sun came out, and a rainbow appeared. Katharine Drexel was declared a saint and the heavens rejoiced. Her feast day is March 3.

St. Katharine Drexel, pray for us!



## Blessed Carlo Acutis Youth Adventure Camp

*With Him on the Mountain*

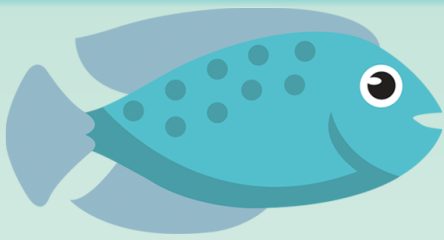
We are a Catholic youth adventure camp that ministers to youth through rock climbing, equestrian activities, archery, Adoration, overnight backpacking, outdoor Mass and more!

Register your camper at [CampCarlowv.org](http://CampCarlowv.org) by **June 1st** to receive our early bird rate of \$275.

Contact Assistant Director, Sadie Shields, for more information: [sshields@dwc.org](mailto:sshields@dwc.org) or 1 (304) 476-9015







# Time to get HOOKED!



## LENTEN FISH FRIES, SPECIAL MASS TIMES, & MORE FEATURED ON [DWC.ORG](https://dwc.org)

We have created a page on our website to provide the details on Lenten fish fry information, Mass times and more.

Go to [DWC.ORG/FISH-FRIES](https://dwc.org/fish-fries) to see a list of our parishes that have provided us with their Lenten events, including fish fries.

Many faithful volunteer, donate, and support parish fish fries in an effort to make the Lenten season more meaningful.

In her 2022 Lenten journal, *Restore*, Sr. Miriam James Heidland, SOLT, encourages the faithful to look at Lent as a time for penance that leads to great healing. According to Sr. Miriam we can we come to know God's mercy, love, and life within us through our Lenten

- **Prayer** is the means of healing our relationship with God.
- **Fasting** disciplines us in healing our relationship with ourselves.
- **Almsgiving** leads us to healing our relationships with others.
- **Sacrifice** shows us the path to heaven and union with God.

The Church calls us to fast and abstain from meat during Lent, specifically on Ash Wednesday and Good Friday. Additionally, Fridays during Lent are obligatory days of abstinence.

Obligatory fasting is for those in the Church from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding for members 14 and older. A paschal fast if from Good Friday and continues until the Easter Vigil (Holy Saturday night) as a way to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

For more information on fasting and abstinence, visit [USCCB.ORG](https://usccb.org).

Pope Francis has asked us all to participate in a "synodal process" in our parishes and Church organizations. Synod listening sessions are in full swing across the Diocese of Wheeling-Charleston for the faithful to engage in sharing about Church life. Bishop Mark Brennan and our parish priests encourage everyone to be alert to their parish's routine means of communication, such as bulletins, websites, social media pages, and emails, which will announce specific details about their local synod process.

In a recent letter to the faithful Bishop Mark wrote, "I am grateful to you for your interest in this synodal process. It speaks of your love for the Lord and for your Church. Let us keep the intention of a fruitful synodal process in our daily prayers. May the Lord Jesus, with the intercession of Mary, Mother of the Church, and St. Joseph, patron of our Diocese, guide us through his Holy Spirit to the fullness of truth and life."

Find a listening session near you at: [dwc.org/synod-sessions/](https://dwc.org/synod-sessions/)

## Synod Listening Sessions Continue Across WV





# CELEBRATE THE FEAST OF ST. JOSEPH

WITH A PILGRIMAGE TO THE BASILICA OF THE CO-CATHEDRAL OF THE SACRED HEART

**FRIDAY, MARCH 18**

An Evening of Music and Prayer ~ **7 p.m.**  
to Honor Saint Joseph at Saint John XXIII  
Pastoral Center (*light reception will follow*)

**SATURDAY, MARCH 19**

Celebration to Close the  
Diocesan Observance of the Year of Saint Joseph

Arrive and Check-In ~ **9:30 a.m.**

Prayer/Adoration/Confessions ~ **10 a.m.**

Reflections and Presentations on Saint Joseph/Tours of the Basilica ~ **11 a.m.**

Boxed Lunch ~ **12:30 p.m.**

Reflections and Presentations on Saint Joseph ~ **1:15 p.m.**

Music Program/Concert ~ **2 p.m.**

Closing Mass with Bishop Mark Brennan ~ **3 p.m.**

**Please register at [www.dwc.org/pilgrimage](http://www.dwc.org/pilgrimage) or by scanning the QR code.**

Overnight accommodations available at Saint John XXIII Pastoral Center  
located at 100 Hodges Road, Charleston. Please call 304-342-0507.

*The Basilica of the Co-Cathedral of the Sacred Heart is located at 1114 Virginia Street East, Charleston*





## FOOD PANTRY ON WHEELS “SERVES THE WHOLE PERSON”

“We have the best volunteers in the whole world,” said Jeremy Lessner, the Catholic Charities West Virginia (CCWVa) Mobile Food Pantry Outreach Coordinator. “At the very beginning of the pandemic, we weren’t sure how we could serve safely. So I called each volunteer, and almost everyone came back.”

The CCWVa Mobile Food Pantry travels to six counties in West Virginia which are considered ‘food deserts.’ In these spots, grocery stores are miles away from where people live. And that distance makes it difficult for people to feed their families. “Starvation is worse than any disease,” Lessner said, so it’s critical to continue serving despite obstacles presented by COVID.



*CCWVa volunteers unload food from the Mobile Food Pantry van in Smithville, WV*

The beauty of the Mobile Food Pantry goes beyond meeting peoples’ very basic need for food. When volunteers learned that ‘Tom,’ a guest of the pantry, wanted help finishing his High School diploma, they connected him with CCWVa’s Adult Learning program.

“He came for food,” said Jeremy of Tom. “But this is the kind of thing we do. We serve the entire person.” Staff and volunteers encouraged Tom, who completed his studies. And when jobs started opening back up, the team worked with him to make sure he found a job that matched his skill set.

Jeremy noted that many of the leading causes of death in the U.S. every year can be attributed to diet. “Good nutrition improves – and may even save – lives,” said Lessner.

To learn more about Catholic Charities West Virginia and our Mobile Food Pantry, please visit [WWW.CATHOLICCHARITIESWV.ORG](http://WWW.CATHOLICCHARITIESWV.ORG).

*The Mission of Catholic Charities West Virginia: Guided by God’s love, Catholic Charities collaborates with community partners, parishes, and families to provide caring and compassionate services to people in need and work toward lasting and meaningful change.*

Catholic Charities West Virginia  
*Shining a Light on Hope*

*Save the Date*  
April 21, 2022

**VIRTUAL GALA**





OFFICE OF THE BISHOP

## DIOCESE OF WHEELING-CHARLESTON

1311 BYRON STREET  
POST OFFICE BOX 230  
WHEELING, WEST VIRGINIA 26003

February 24, 2022

Dear brothers and sisters in Christ,

Throughout the COVID-19 pandemic, the Diocese of Wheeling-Charleston has implemented a number of protocols designed to keep members of the faithful, volunteers, and clergy members safe and healthy.

These protective measures have worked well as to this date there have been no traceable outbreaks due to Catholic Masses throughout the state. This is a testament to the hard work you have done to protect yourself and others. I thank you.

We have worked closely with health officials in our state and nation. As their guidance has changed, so too can our protocols. In adherence to those updated guidelines from health officials, the Diocese of Wheeling-Charleston advises parishioners that masking is now optional at all of our churches throughout the Diocese.

We must remember to be respectful of others' choices and be sensitive to those who continue to make use of facial coverings.

The following masking protocols remain in place for priests, deacons, Extraordinary Ministers of Holy Communion:

1. Priests, deacons and Extraordinary Ministers of Holy Communion must both sanitize their hands before distributing the Body of Christ and wear masks while distributing the Sacrament. They must also sanitize their hands after giving Holy Communion to a person on the tongue before moving to the next communicant. Masking must also be used when administering other Sacraments in which close contact is required as well. Ministers must wear masks during the distribution of ashes on Ash Wednesday.
2. Priests and deacons should wear masks if altar servers are close to them (e.g., holding the missal for the opening and closing prayers).

All other protocols put in place by the Diocese on June 11, 2021, (linked [here](#)) remain in effect.

We will continue to monitor this situation and discern future direction that we may safely celebrate the Eucharist together. Let us continue to offer our prayers for an end to this pandemic—that God will spare the loss of more lives and the serious illness of others.

Sincerely in Christ,

+Mark E. Brennan

Bishop of Wheeling-Charleston

## EIGHTH SUNDAY IN ORDINARY TIME

### First Reading SIRACH 27:4-7

When a sieve is shaken, the husks appear; so do one's faults when one speaks. As the test of what the potter molds is in the furnace, so in tribulation is the test of the just. The fruit of a tree shows the care it has had; so too does one's speech disclose the bent of one's mind. Praise no one before he speaks, for it is then that people are tested.

### Responsorial PSALMS 92:2-3, 13-14, 15-16

**R. (cf. 2a) Lord, it is good to give thanks to you.**

It is good to give thanks to the LORD, to sing praise to your name, Most High, To proclaim your kindness at dawn and your faithfulness throughout the night.

**R. Lord, it is good to give thanks to you.**

The just one shall flourish like the palm tree, like a cedar of Lebanon shall he grow. They that are planted in the house of the LORD shall flourish in the courts of our God.

**R. Lord, it is good to give thanks to you.**

They shall bear fruit even in old age; vigorous and sturdy shall they be, Declaring how just is the LORD, my rock, in whom there is no wrong.

**R. Lord, it is good to give thanks to you.**

### Second Reading 1 CORINTHIANS 15:54-58

Brothers and sisters:

When this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about:

*Death is swallowed up in victory.*

*Where, O death, is your victory?*

*Where, O death, is your sting?*

The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ.

Therefore, my beloved brothers and sisters, be firm, steadfast, always fully devoted to the work of the Lord, knowing that in the Lord your labor is not in vain.

### Alleluia Philippians 2:15d, 16a

**R. Alleluia, alleluia.**

Shine like lights in the world as you hold on to the word of life.

**R. Alleluia, alleluia.**

### Gospel LUKE 6:39-45

Jesus told his disciples a parable, "Can a blind person guide a blind person? Will not both fall into a pit? No disciple is superior to the teacher; but when fully trained, every disciple will be like his teacher. Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own? How can you say to your brother, 'Brother, let me remove that splinter in your eye,' when you do not even notice the wooden beam in your own eye? You hypocrite! Remove the wooden beam from your eye first; then you will see clearly to remove the splinter in your brother's eye. "A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit. For people do not pick figs from thornbushes, nor do they gather grapes from brambles. A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks."

### PRAYER INTENTIONS

For the Church, that it may always bear good fruit, giving generously to all those in need, drawing in the curious and questioning, and demonstrating to the world the store of goodness in our hearts, let us pray to the Lord. . .

For world leaders, that they may be guided by the wisdom of God as they make decisions that affect their citizens and their neighbors, let us pray to the Lord. . .

That the coming Lenten season may be a fruitful one for Christians everywhere, a time of repentance and renewal for each of us individually and for the world at large, let us pray to the Lord. . .

For those who will be welcomed into the Church at Easter, that they may grow in wisdom and resolve during these final weeks of preparation, let us pray to the Lord. . .

*Lord hear our prayer*

### SPIRITUAL COMMUNION

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,  
and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.

I embrace You as if You were already there  
and unite myself wholly to You.

Never permit me to be separated from You. Amen.



# #FaithInWV



Faith is a lifelong journey  
*It begins with prayer.*

Faith In WV provides resources to help inspire and refresh your prayer life.

Enhance your prayer life through

- Family Devotions
- Finding Peace
- Catholic Tradition
- Resources

Inspire your life by reading stories about fellow Catholics throughout the state of West Virginia spreading joy and sharing God's word.

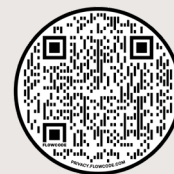
**FaithInWV.org**

## *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.



## WV CATHOLIC RADIO 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
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)~

WV Catholic Radio [www.WVCatholicRadio.org](http://www.WVCatholicRadio.org)

## ENROLL TODAY

WV Catholic Schools

*Empowered  
by knowledge.  
Transformed  
by faith.*



**Register today**

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



## 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).

Below are four options for enriching your spirit through daily Mass online.

- EWTN airs daily Mass from Our Lady of Angels Chapel, in Irondale, Alabama, at 8am, noon, and 7pm: [HTTPS://WWW.EWTN.COM/TV/WATCH-LIVE](https://www.ewtn.com/tv/watch-live)
- St. Patrick's Cathedral in New York has daily Mass live streamed at 7am: [HTTPS://SAINTPATRICKSCATHEDRAL.ORG/LIVE](https://saintpatrickscathedral.org/live)
- Catholic TV also streams its daily Mass: [HTTP://CATHOLICTV.ORG/MASSES/CATHOLICTV-MASS](http://catholicTV.org/masses/catholicTV-mass)
- Daily Mass Online at Notre Dame' Basilica of the Sacred Heart is live at 11:30 am Monday-Friday: [HTTPS://CAMPUSMINISTRY.ND.EDU/MASS-WORSHIP/BASILICA-OF-THE-SACRED-HEART/WATCH-MASS/SPECIAL-MASSSES/](https://campusministry.nd.edu/mass-worship/basilica-of-the-sacred-heart/watch-mass/special-masses/)