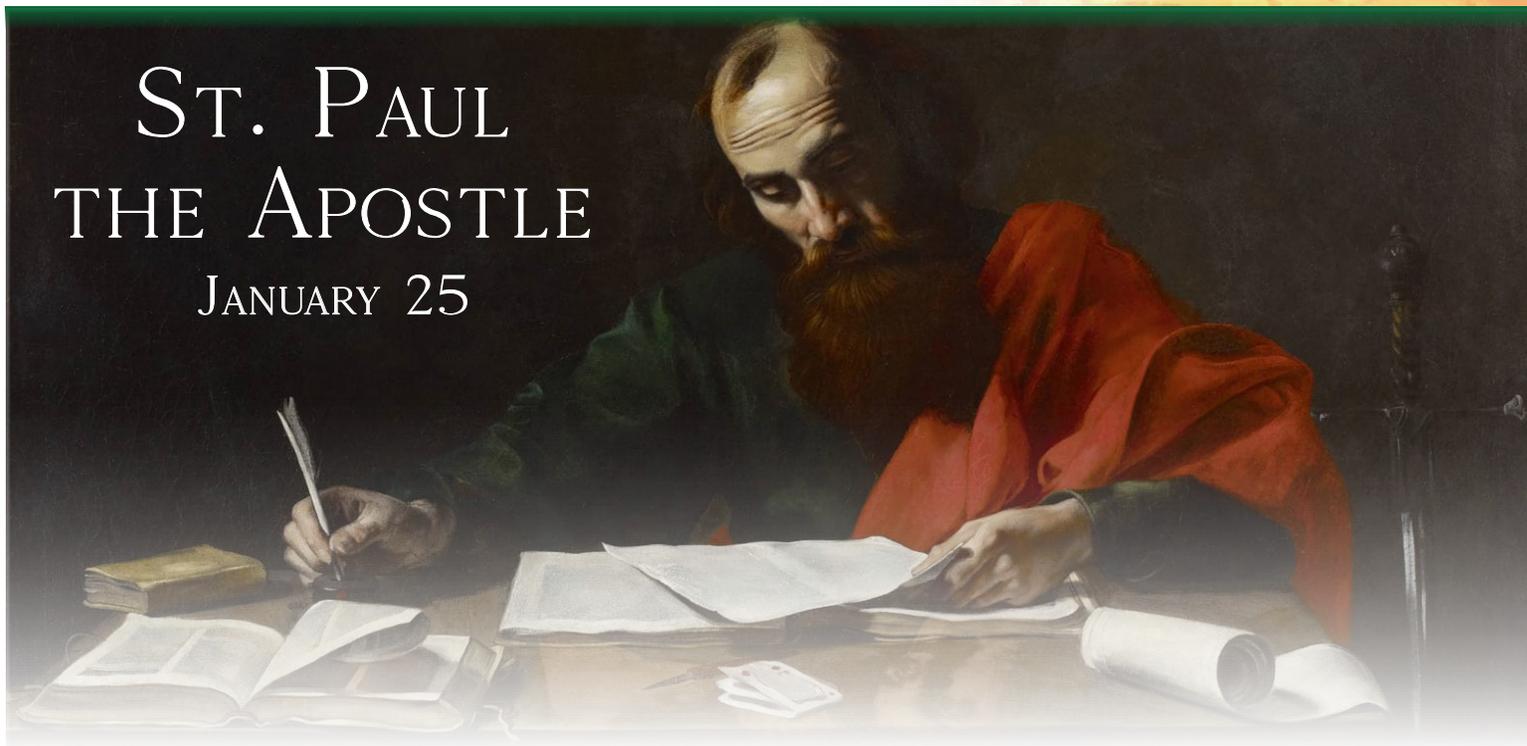




ST. PAUL THE APOSTLE JANUARY 25



It is one of the most widely known conversion stories in history. Paul (or Saul), feared by the early Christians for persecuting them and denying the teachings of Christ, is thrown from his horse along the road to Damascus. While on the ground he encounters Christ (Acts of the Apostles 9:1-19, Galatians 1: 13-14). Jesus asked, "Saul, Saul, why are you persecuting me?" Paul replied, "Who are you, sir?" Jesus responded, "I am Jesus whom you are persecuting" (Acts 9: 4 - 5). Jesus then sent Saul into Damascus to wait for further instructions. Saul was shaken and blinded by the experience. When a Christian named Ananias came and baptized Saul, his blindness went away. As a result of this encounter Saul became a follower of Christ.

Called by Christ, Paul would go on to proclaim the Gospel to the Gentiles. He spent the rest of his life travelling, establishing churches, and is the author of numerous epistles to the people to whom he ministered. Paul's letters are the earliest records of the life and history of the early Church. As inspired by the Holy Spirit Paul's letters are part of the New Testament and are a record of the happenings in the early Church and its expansion.

He was the author of first and second Thessalonians, Galatians, Philippians, first and second Corinthians, Romans, and Philemon. The epistles to the Ephesians, Colossians, Titus, and first and second Timothy bear Paul's name, but it is believed that they were written after his death.

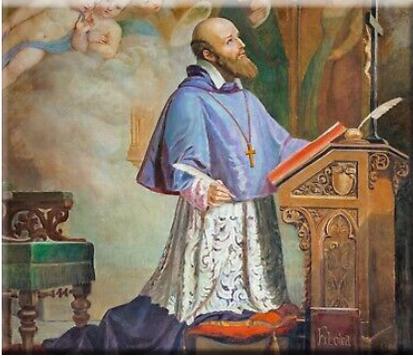
Christ's words to St. Paul remind us that when we persecute others, we persecute Christ. Just as his letters helped strengthen and guide the early Church, so too can they guide and strengthen our own faith.



Prayer to St. Paul

St. Paul, we ask for your openness to conversion when we hear the Lord speak to us as He spoke to you. Assist us in responding with great faith to every invitation we receive to love the Lord more fully, to know Him more deeply, and to spread his word more broadly to those who need it.

ST. FRANCIS DE SALES ~ JANUARY 24



His teachings center around the belief that sainthood is for all people who love God. St. Francis de Sales, the gentleman saint, dedicated his life preaching that we are all called to be saints despite our failures.

In our current unsettled times, we should heed the words of this 16th century saint.

He preached with great optimism and hope. His sermons repeatedly focused on placing our trust in God, especially when doubt tries to take over our thoughts.

Knowing these very struggles, St. Francis wrote the prayer Be at Peace to help calm our minds:

*Do not look forward in fear to the changes and chances
of this life;*

*Rather, look to them with full confidence that, as they
arise,*

*God, to whom you belong will in His love enable you to
profit by them.*

*He has guided you thus far in life, and He will lead you
safely through all trials;*

*and when you cannot stand it, God will bury you in
His arms.*

*Do not fear what may happen tomorrow;
the same everlasting Father who cares for you today
will take care of you then and every day. He will either
shield you from suffering or will give you unfailing
strength to bear it.*

*Be at peace, then, and put aside all anxious thoughts
and imaginations. Amen.*



He faced his own times of doubt and confusion, but through prayer sought the wisdom of God. When he was 17, after a disturbing theology class on the idea of predestination - fate of one's soul - he became completely distraught. He knelt before the Black Madonna at St. Stephen the Great Parish in Paris. He prayed the Memorare, a prayer for help before the Blessed Mother.

The Memorare:

*Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.*

Inspired by this confidence I fly unto thee,

O Virgin of virgins, my Mother.

To thee do I come, before thee I stand, sinful and sorrowful.

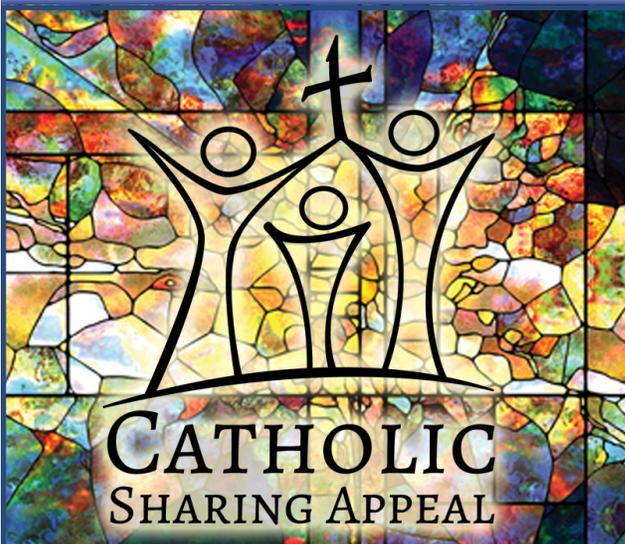
*O Mother of the Word Incarnate, despise not my petitions,
but in thy mercy hear and answer me.*

Amen.

The reflection on the words of the prayer and his sincere cry for help restored calm and peace within him. Moments like these in his life lead him to his preaching, "Worry disturbs reason and good judgment and prevents us from doing well the very things we are worried about."

He preached caution to those who proclaim to be faithful, but enjoy finding fault in others, judge, and stir trouble. He said, "to be an angel in prayer and a beast in one's relations with people is to go lame on both legs."

His books include: The Art of Loving God; Roses Among Thorns; The Sign of the Cross; and Philothea (Lover of God) - An Introduction to the Devout Life, which is his most famous work.



The Catholic Sharing Appeal enlivens shared ministries throughout West Virginia. It strengthens families, enriches parish life, and expands our charitable outreach efforts.

Your participation and feedback is essential to helping meet the needs of others across our state. We invite you to take a few moments to complete this brief survey by Tuesday, February 1st. Thank you in advance for your support!

[HTTPS://SURVEY.ALCHEMER.COM/S3/6672755/DWC](https://survey.alchemer.com/s3/6672755/DWC)

LIVING OUR VALUES WHILE SUPPORTING CARRIE'S RECOVERY

This week, we celebrated Martin Luther King Jr. and his important work for social justice. King was a powerful speaker whose words continue to inspire us as we create opportunities for our neighbors across West Virginia to thrive. One quote stands out to us in particular: "Life's most persistent and urgent question is, 'What are you doing for others?'"

At Catholic Charities West Virginia, we answer Dr. King's question through our Mission of Love. Our work for justice — toward the Kingdom of God — is guided by our core values. Our commitment to these values ensures that people, like "Carrie," feel the love of God through our service.

Carrie came out of a recovery program and immediately sought out our services. She knew we would care for her since we honor the gift of every human life. (We serve with Dignity.)

Upon her return home, Carrie was met with an eviction notice. This put her in a particularly vulnerable place. We advocate for a society that honors basic human rights, and so finding affordable housing for Carrie became our priority. (We promote Justice.)

We quickly realized that the best way to help Carrie was to address two intertwined problems — her lack of transportation and employment. (We show Compassion.) Lo and behold, things started to look up for Carrie! We helped her obtain a car so she could get to and from her new job, which allowed her to begin supporting herself. (We offer the gift of Hope.)

Through our relationships with our clients, we give of ourselves generously, without expectations. We are here to support Carrie through her lows, and celebrate each of her accomplishments! (We serve with Charity.) All the while, we strive for excellence, using our knowledge, skills, and talents to carry out our responsibilities with professionalism, integrity, and commitment. (We value Quality.)

We meet every person with dignity, justice, compassion, hope, charity, and quality. To learn more about Catholic Charities West Virginia, or to join us in our Mission of Love, please visit www.CatholicCharitiesWV.org.

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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.



POVERTY AWARENESS MONTH

PovertyUSA.org/PobrezaUSA.org

JANUARY IS POVERTY AWARENESS MONTH!

During Poverty Awareness Month, join the [U.S. BISHOPS](#), the [CATHOLIC CAMPAIGN FOR HUMAN DEVELOPMENT](#), and the Catholic community in the United States in taking up Pope Francis' challenge to live in solidarity with the poor! In addition to the [CALENDAR](#), longer [DAILY REFLECTIONS](#) are also available. All of these resources are also en Español. You can [SIGN UP](#) to have the daily reflections emailed to you during Poverty Awareness Month!

THIRD SUNDAY IN ORDINARY TIME

First Reading Nehemiah 8:2-4a, 5-6, 8-10

Ezra the priest brought the law before the assembly, which consisted of men, women, and those children old enough to understand. Standing at one end of the open place that was before the Water Gate, he read out of the book from daybreak till midday, in the presence of the men, the women, and those children old enough to understand; and all the people listened attentively to the book of the law. Ezra the scribe stood on a wooden platform that had been made for the occasion. He opened the scroll so that all the people might see it — for he was standing higher up than any of the people —; and, as he opened it, all the people rose. Ezra blessed the LORD, the great God, and all the people, their hands raised high, answered, “Amen, amen!” Then they bowed down and prostrated themselves before the LORD, their faces to the ground. Ezra read plainly from the book of the law of God, interpreting it so that all could understand what was read. Then Nehemiah, that is, His Excellency, and Ezra the priest-scribe and the Levites who were instructing the people said to all the people: “Today is holy to the LORD your God. Do not be sad, and do not weep”— for all the people were weeping as they heard the words of the law. He said further: “Go, eat rich foods and drink sweet drinks, and allot portions to those who had nothing prepared; for today is holy to our LORD. Do not be saddened this day, for rejoicing in the LORD must be your strength!”

Responsorial PSALM 19:8, 9, 10, 15

R. (cf John 6:63c) **Your words, Lord, are Spirit and life.**

The law of the LORD is perfect, refreshing the soul; The decree of the LORD is trustworthy, giving wisdom to the simple.

R. Your words, Lord, are Spirit and life.

The precepts of the LORD are right, rejoicing the heart; The command of the LORD is clear, enlightening the eye.

R. Your words, Lord, are Spirit and life.

The fear of the LORD is pure, enduring forever; The ordinances of the LORD are true, all of them just.

R. Your words, Lord, are Spirit and life.

Let the words of my mouth and the thought of my heart find favor before you, O LORD, my rock and my redeemer.

R. Your words, Lord, are Spirit and life.

Second Reading 1 Corinthians 12:12-30 or 1 Cor 12:12-14, 27

Brothers and sisters:

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.

Now the body is not a single part, but many. If a foot should say, “Because I am not a hand I do not belong to the body, “it does not for this reason belong any less to the body. Or if an ear should say, “Because I am not an eye I do not belong

to the body, “it does not for this reason belong any less to the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God placed the parts, each one of them, in the body as he intended. If they were all one part, where would the body be? But as it is, there are many parts, yet one body. The eye cannot say to the hand, “I do not need you, “nor again the head to the feet, “I do not need you.” Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this. But God has so constructed the body as to give greater honor to a part that is without it, so that there may be no division in the body, but that the parts may have the same concern for one another. If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy. Now you are Christ’s body, and individually parts of it. Some people God has designated in the church to be, first, apostles; second, prophets; third, teachers; then, mighty deeds; then gifts of healing, assistance, administration, and varieties of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work mighty deeds? Do all have gifts of healing? Do all speak in tongues? Do all interpret?

Alleluia Luke 4:18

R. Alleluia, alleluia.

The Lord sent me to bring glad tidings to the poor, and to proclaim liberty to captives.

R. Alleluia, alleluia.

Gospel Luke 1:1-4; 4:14-21

Since many have undertaken to compile a narrative of the events that have been fulfilled among us, just as those who were eyewitnesses from the beginning and ministers of the word have handed them down to us, I too have decided, after investigating everything accurately anew, to write it down in an orderly sequence for you, most excellent Theophilus, so that you may realize the certainty of the teachings you have received. Jesus returned to Galilee in the power of the Spirit, and news of him spread throughout the whole region. He taught in their synagogues and was praised by all. He came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the sabbath day. He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written:

The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.

Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, “Today this Scripture passage is fulfilled in your hearing.”

PRAYER INTENTIONS

For the Church, that we may be bearers of the Good News to those who are poor or oppressed or ill or in despair, and that we may reflect God's compassion and generosity to those whom we touch, let us pray to the Lord. . .

For all those members of the body of Christ who are often regarded as weaker or unworthy, that they may be recognized as necessary and valuable and treated with dignity and worth, let us pray to the Lord. . .

For a renewed reverence for all human life from conception to natural death, especially for the unborn, let us pray to the Lord. . .

For those who suffer from the bitter cold of winter, especially those who are homeless, let us pray to the Lord. . .

Lord hear our prayer



SPIRITUAL COMMUNION PRAYER

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.

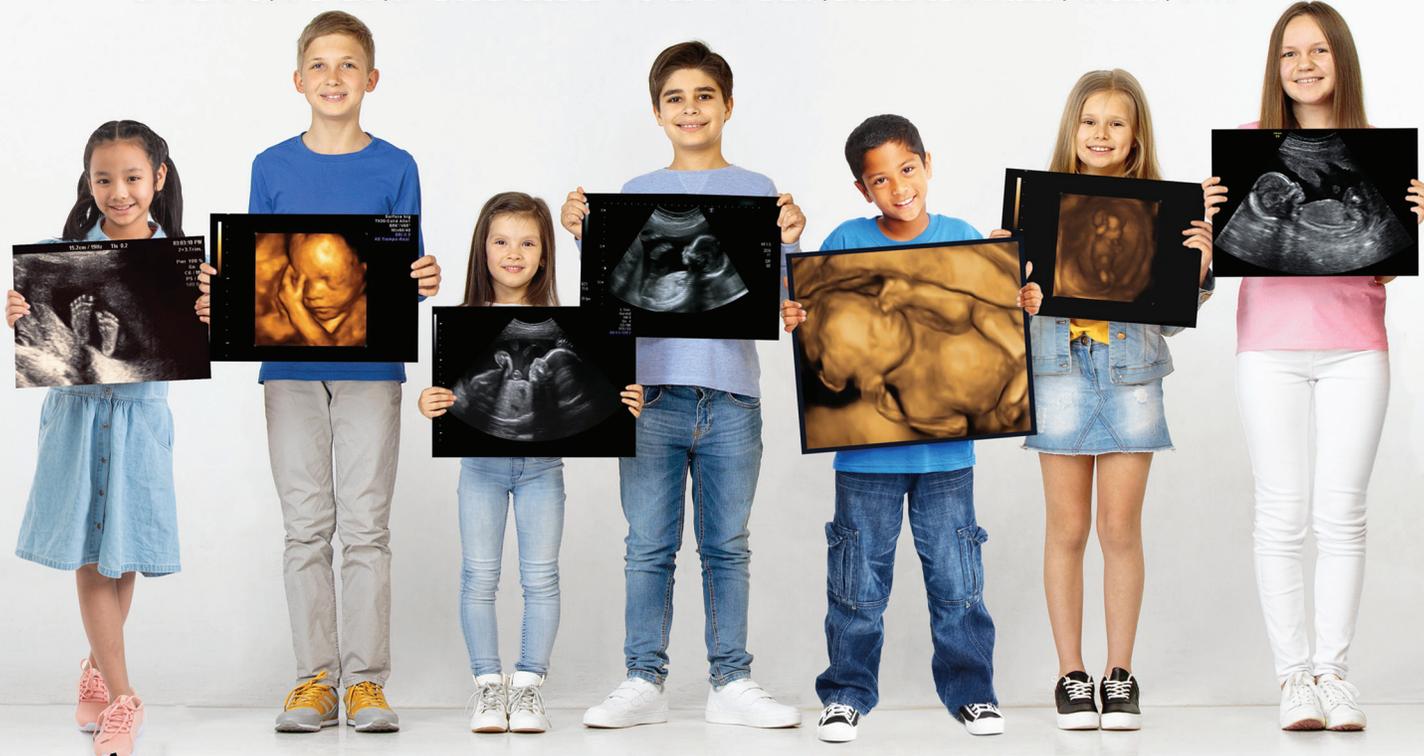
Never permit me to be separated from You.

Amen.



ABORTION

DOES NOT END THE LIFE OF A POTENTIAL HUMAN BEING...



**ABORTION ENDS THE LIFE OF AN ACTUAL
HUMAN BEING WITH GREAT POTENTIAL**



DIocese of WHEELING-CHARLESTON

If you or someone you know is facing an unplanned pregnancy,
get support at 888-550-1588 (call/text)

 **love line**
when you love first, life follows

LET US GO *Rejoicing* TO THE HOUSE OF THE LORD.

PSALM 122



UPDATED GUIDELINES RELEASED

Bishop Mark E. Brennan released updated guidelines for our churches and facilities.

- New Norms for Reopening Parish Facilities for Meetings and Gatherings
- Updated Liturgical Guidelines
- Music Protocols for Liturgical Celebrations

These are available online at www.dwc.org.

Liturgy of the Hours

LITURGY OF THE HOURS

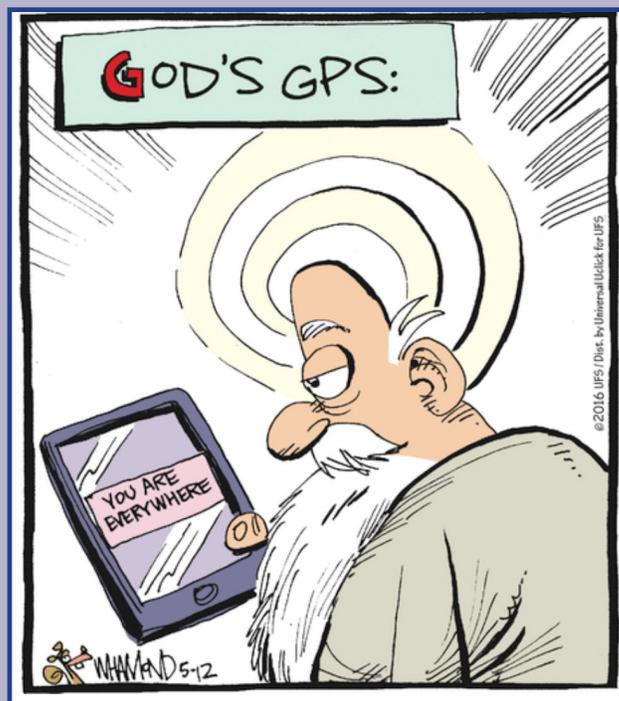
Pray the prayer for this day, this hour!

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

EBREVIARY.COM [LITURGY OF THE HOURS](#)



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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~

WV Catholic Radio www.WVCatholicRadio.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.

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/)