



BISHOP BRENNAN TO LEAD NATIONAL HOLY HOUR



Bishop Mark Brennan of the Diocese of Wheeling-Charleston will lead a live streamed holy hour at 5 a.m., Friday, January 29, from the Cathedral of St. Joseph in Wheeling as part of the United States Conference of Catholic Bishops' Prayer for Life event.

Catholics across the country are encouraged to observe a nationwide prayer vigil Jan. 28-29, marking the 48th anniversary of the U.S. Supreme Court's 1973 decisions in *Roe v. Wade* and *Doe v. Bolton* legalizing abortion through the

ninth month of pregnancy. As a Church family we pray for an end to abortion and a greater respect for all human life.

The vigil begins with a live broadcast at 8 pm on Jan. 28th from the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. with a rosary, followed by Mass. The principal celebrant and homilist for the opening Mass will be Archbishop Joseph F. Naumann of Kansas City in Kansas, who is chairman of the Committee on Pro-Life Activities for the U.S. Conference of Catholic Bishops (USCCB). After the Mass throughout the night, bishops from around the country, including Bishop Mark, will lead holy hours to be broadcast on the USCCB's website www.usccb.org.

The vigil concludes at 8:00 AM on Friday, January 29 with Mass celebrated by Archbishop William E. Lori of Baltimore.

"Now, more than ever, our nation is in need of prayer for the protection of the unborn and the dignity of all human life," said Archbishop Naumann. "I am happy to be joined by bishops in dioceses across the country who are hosting pro-life prayer events, including during the overnight hours of Eucharistic adoration. I invite all Catholics to spend time with Our Lord and join in this nationwide vigil for life."

The live television broadcasts on January 28 from 8-11 p.m., and on January 29 from 8-9 a.m. will be provided by the Eternal Word Television Network (EWTN) and will also be available via live-stream on the Basilica's website (Nationalshrine.org). Live-streaming information for the overnight bishop-led holy hours from various dioceses will be provided at USCCB.ORG.

MARCH FOR LIFE 2021 TO BE VIRTUAL

The following is from the USCCB:

The organizers for the annual March for Life announced that the 2021 rally would take place in a virtual format. Archbishop Joseph F. Naumann of Kansas City in Kansas, chairman of the U.S. Conference of Catholic Bishops' Committee on Pro-Life Activities has issued a statement about the change and invited participation in the virtual format:

"As long-time participants in the annual March for Life, my brother bishops and I commend the march organizers for their concern for the lives and safety of all participants. The countless, peaceful, pro-life marchers who would normally gather each year should not be put at risk.

"Peaceful prayer and witness must and will continue this year—just in a different format. I have the honor this year of opening the March for Life Virtual Rally in prayer, so please join me at MARCHFORLIFE.ORG/2021-VIRTUAL-EVENTS."

Additionally, the Virtual Youth Rally and Mass for Life will be live streamed beginning at 8:30 a.m. for the rally and 10 a.m. for the Mass in Washington, D.C. with Cardinal Wilton Gregory as celebrant. For more information go to YOUTHRALLYANDMASSFORLIFE.ORG/FAQS/.

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.

LET PHILOTHEA ~ INTRODUCTION TO THE DEVOUT LIFE INSPIRE YOU



Saint Francis de Sales' book - Introduction to the Devout Life - remains a great resource for growing in faith and the Church. His advice 400 years ago is still relevant today. In the book St. Francis de Sales explains how we all need to keep in mind God is with us.

"Therefore, when you make ready to pray, you must say with your whole heart, 'God is indeed here,'" he wrote.

It doesn't matter if you are a cradle Catholic or one who is considering entering the Church, let the "Gentleman Saint" speak to you with his writings, and let his wisdom help give your life balance.

"Don't lose your inner peace for anything whatsoever, even if your whole world seems upset."

ST. THOMAS AQUINAS ~ FEAST DAY JAN. 28

On January 28th the Church celebrates the feast day of St. Thomas Aquinas.

He is the patron saint of students, Catholic schools, and universities. He is described by theologians as a humble and brilliant man – a writer, teacher, and preacher of God and his Church. His writings were so influential he was named a Doctor of the Church.



Although he was born into a wealthy family in Italy in the 13th century, St. Thomas Aquinas did not have an easy road. He shocked his noble family when he chose to become a Dominican. The family was so upset they had his brothers kidnap him from the Dominicans and then they held him captive in the family's castle for a year. They tried everything to change his mind, but all failed. He loved God with his whole heart. It was his mother who helped him "escape" from home to rejoin the Dominicans. He was a devout student, but quiet. Because of his demeanor his peers called him a "dumb ox," believing he was ignorant since he was not outgoing in class. St. Thomas Aquinas didn't let that thwart his goal and his teacher St. Albert

the Great told him and his class that St. Thomas Aquinas would do great things and be very influential. He was right.

Not only did he succeed to evangelize his own family into the faith; but his thinking, homilies, and writings inspired countless others.

Three quotes to reflect upon from St. Thomas Aquinas:

- *The things we love tell us what we are.*
- *Three things are necessary for the salvation of man: to know what he ought to believe; to know what he ought to desire; and to know what he ought to do.*
- *To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.*

One of his greatest works is *The Summa Theologiae* (*Summa Theologica*) published in well after his death. This book illustrates how the Catholic faith is in accord with all branches of knowledge. This book alone is one of the most influential works of philosophy and the Church. It is presented in a scholarly question and answer format.

Calling it a "masterpiece," Pope Benedict XVI noted the saint's "serene confidence in the harmony of faith and reason, and in the ability of reason, enlightened by faith, to come to an understanding of God and his saving plan."

He went on to say that through St. Thomas Aquinas' writings, the saint "illustrates the working of divine grace, which perfects our natural gifts and enables us, through the practice of the virtues and the gifts of the Holy Spirit, to attain the eternal happiness for which we were created."

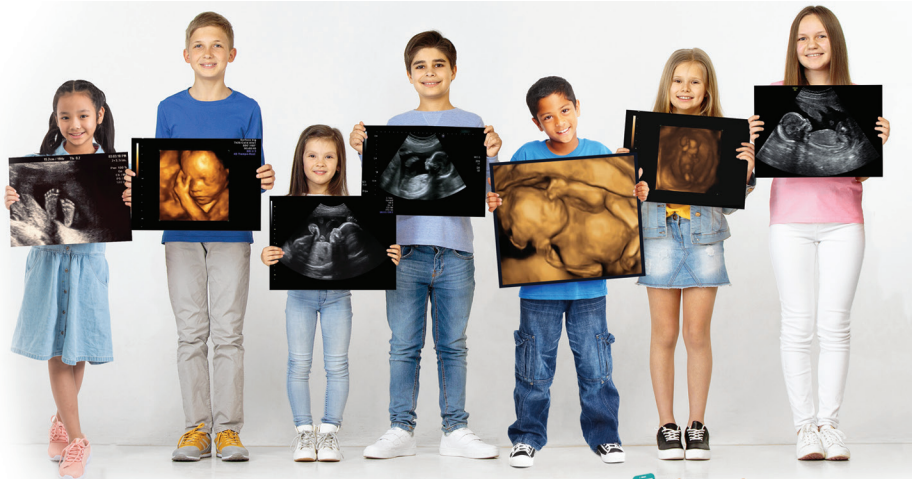
St. Thomas Aquinas, pray for us. Help us to share your great love and devotion to God, seeking to enrich our souls so we too can be great students and teachers of God and the Church.

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

THE VALUE OF PROVIDING SERVICE TO OTHERS

By: Katie Hinerman Klug, Catholic Charities West Virginia
Marketing Communications Specialist



Carol Meador has been volunteering at the Catholic Charities West Virginia Elkins Outreach Office for over two years

Every year, Catholic Charities West Virginia serves tens of thousands of people in West Virginia. Providing the breadth of services we offer to such a vast number of people would not be possible without the commitment and compassion of our dedicated volunteers.

“Seeing our neighbors with food insecurities is a very humbling experience,” said volunteer Carol Meador. “I feel honored and blessed to help provide food for these folks.”

Volunteers not only allow our staff to focus on coordinating services, but they also show those we serve that they matter. The generosity of volunteers sends a powerful message to our clients: you are a valuable part of our society, and we care about your well-being.

Catholic Charities West Virginia provides a range of opportunities – from the traditional to the innovative – for volunteers to make a difference in their communities.

Individuals and groups can give of their time stocking food pantry shelves, collecting hygiene items, welcoming refugee families and providing meals to struggling families. Other opportunities include tutoring adult learners, providing administrative assistance and serving as regional advisory council members.

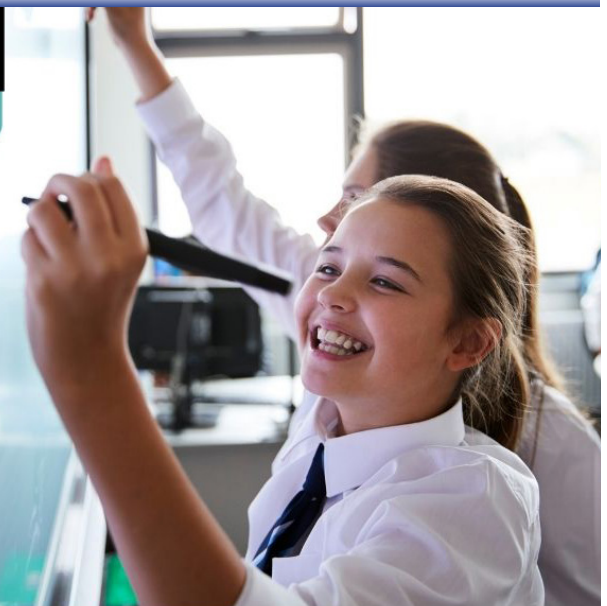
To learn more about Catholic Charities West Virginia, visit WWW.CATHOLICCHARITIESWV.ORG.

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.

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VIRTUAL GALA

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THIRD SUNDAY IN ORDINARY TIME

SUNDAY OF THE WORD OF GOD

First Reading JOHN 3:1-5, 10

The word of the LORD came to Jonah, saying:

“Set out for the great city of Nineveh, and announce to it the message that I will tell you.” So Jonah made ready and went to Nineveh, according to the LORD’S bidding. Now Nineveh was an enormously large city; it took three days to go through it. Jonah began his journey through the city, and had gone but a single day’s walk announcing, “Forty days more and Nineveh shall be destroyed, “when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth. When God saw by their actions how they turned from their evil way, he repented of the evil that he had threatened to do to them; he did not carry it out.

Responsorial PSLAMS 25:4-5, 6-7, 8-9

R. (4a) Teach me your ways, O Lord.

Your ways, O LORD, make known to me; teach me your paths,
Guide me in your truth and teach me, for you are God my savior.

R. Teach me your ways, O Lord.

Remember that your compassion, O LORD, and your love are from
of old. In your kindness remember me, because of your goodness,
O LORD.

R. Teach me your ways, O Lord.

Good and upright is the LORD; thus he shows sinners the way.
He guides the humble to justice and teaches the humble his way.

R. Teach me your ways, O Lord.

Second Reading 1 CORINTHIANS 7:29-31

I tell you, brothers and sisters, the time is running out. From now on, let those having wives act as not having them, those weeping as not weeping, those rejoicing as not rejoicing, those buying as not owning, those using the world as not using it fully. For the world in its present form is passing away.

Alleluia MARK 1:15

R. Alleluia, alleluia.

The kingdom of God is at hand. Repent and believe in the Gospel.

R. Alleluia, alleluia.

Gospel MARK 1:14-20

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: “This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” As he passed by the Sea of Galilee, he saw Simon and his brother Andrew casting their nets into the sea; they

were fishermen. Jesus said to them, “Come after me, and I will make you fishers of men.” Then they abandoned their nets and followed him. He walked along a little farther and saw James, the son of Zebedee, and his brother John. They too were in a boat mending their nets. Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him.

PRAYER INTENTIONS

For the Church, trusting in Jesus’ constant presence, that we may act to bring the reign of God to realization in the world, loving God and loving our neighbor as we love ourselves, let us pray to the Lord. . .

For our nation, that we may repent for the wrongs we have done, whose repercussions continue to be felt, and the wrongs that we continue to do, and turn to the source of life and goodness, let us pray to the Lord. . .

For all those who suffer from want, from lack of shelter, heat, adequate nutrition, or health care, that they may find sustenance and hope in the generosity of those with plenty, let us pray to the Lord. . .

For women religious, who have taken to heart Jesus’ call to follow him, that they may be blessed in the work that they do, 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.

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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WV Catholic Radio www.WVCatholicRadio.org

A LITTLE CATHOLIC HUMOR



THE LATEST AND UPCOMING NEWS FROM THE CATHOLIC *Spirit*

THE CATHOLIC SPIRIT IS NOW AVAILABLE BY E-MAIL!!

Join our e-list to receive The Catholic Spirit by e-mail. To be added, please e-mail Colleen Rowan, CROWAN@DWC.ORG, with

"The Catholic Spirit e-list" in the subject line. Please provide your preference of: "E-mail only" or "E-mail and Printed Copy."

Those selecting e-mail only, will no longer receive a printed copy. The Catholic Spirit is available under "Downloadable Spirit" at

THECATHOLICSPIRITWV.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/)