



Faith IN WV

MARCH 8, 2026
DIOCESE OF WHEELING-CHARLESTON

God's Love is Unconditional Even When All Our Noise is Complaints

“Why did you ever make us leave Egypt?”
“Was it just to have us die here of thirst?”
“Is the Lord with us or not?”

Talk about bickering and demanding crowd. These demanding questions are from the Israelites in our first reading this Third Sunday of Lent (Exodus 17:3-7).

Honestly though, aren't we much like them?

When applying this reading to Lent maybe we should concentrate on it as our example of how we should choose sacrifice over sin, trust in God over complaining.

We have to give a little grace to the Israelites though. They were literally dying of thirst.



But their faith was wavering. They were exhausted, frustrated, angry. . . Their hope had run dry.

They weren't abandoned. They were heard, and Moses prayed in desperation on their behalf.

God had Moses strike the rock and water began to flow from it for the people.

Unlike the Israelites - we know we walk with Jesus. We say we trust God, but we still “want what we want and we want it now!”

God knows our needs. He responds with unconditional love.

As St. Paul tells us in the letter to Romans (5:1-2, 5-8): “hope does not disappoint. . . God proves his love for us in that while we were still sinners Christ died for us.”



Sunday Mass can't be our only touchpoint with God. Beyond Sunday is a guide to living the Catholic faith more fully each day through Catholic media, podcasts, art, gifts, and trusted voices from the Church to help nourish our own prayer, reflection, and mission.

Resources for you this week:

NEWS - USCCB - The United States Conference of Bishops' website offers a variety of resources and provides us with the latest Catholic news, letters from our Catholic bishops, bible readings, prayers, the whole bible, and so much more. Make it a part of your daily news search: WWW.USCCB.ORG



RADIO/ONLINE RESOURCE - Relevant Radio - brings us deeper into our Catholic faith through inspiring podcasts, powerful prayers, and live broadcasts. Listen to inspiring conversations, grow spiritually with powerful devotions, and embrace

Make time to read your bible and go “BEYOND SUNDAY” reflecting on God’s Word and what He wants from us in this life, so we reach His Promised Land!

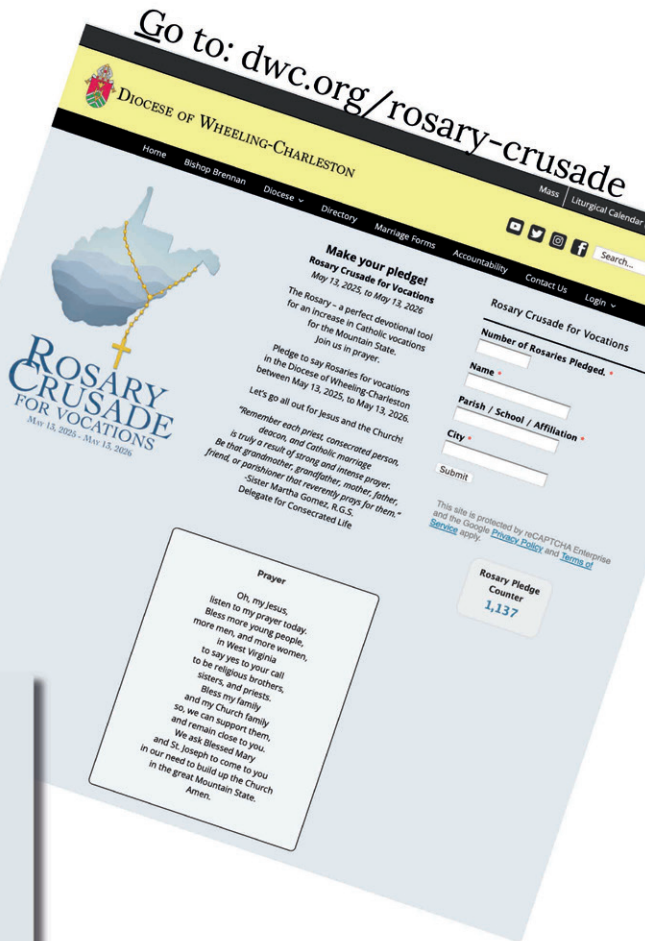
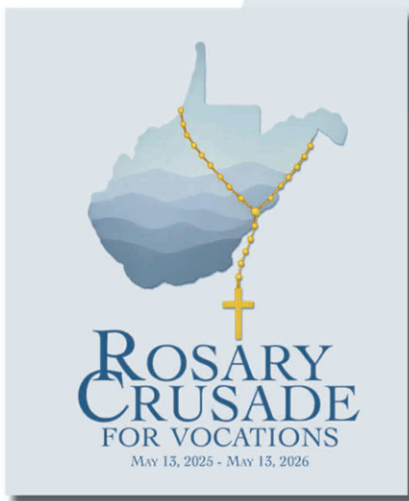
Think of what advice your priest would steer you to think, just like Fr. Justin Golna did for the writer of this FaithInWV Lenten reflection. Don’t hesitate to ask your pastor, religious sister, or deacon to help you interpret a deeper reflection and personal connection.

Lent can feel like a desert season, but it’s preparing us for the joy of Easter. When life feels dry or tough, remember we can always turn to the Rock who gives us living water.

God never fails us.

IT’S NOT TOO LATE - JOIN THE CRUSADE!!!

**CLICK HERE
FOR DIRECT LINK!**



From May 13, 2025, to May 13, 2026, faithful around the world can join our Rosary Crusade for Vocations in WV.

PRAYER WORKS!

Step up for Jesus and His Church!

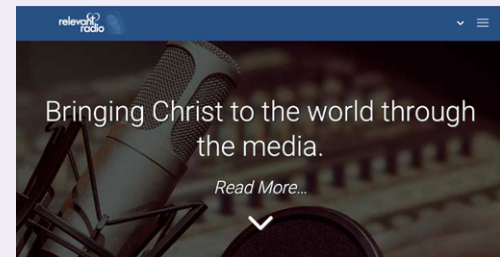
Pledge. Share. Pray.

REMINDER

THIS WEEKEND’S SPECIAL COLLECTION IS FOR OUR RETIRED PRIESTS’S FUND.

You can donate online at: DWC.ORG/PHRA

your journey to become closer to God. Tune in to the Relevant Radio App RELEVANTRADIO.COM



HOME ACCENTS - Corda Candles - a Catholic, saint-inspired candle company based in Kansas City. It is owned and operated by the husband-and-wife team, Anna and Michael Camacho. The company specializes in handcrafted, small-batch coconut wax candles designed to evoke the lives of saints and facilitate prayer, featuring scents called Fiat, Carpenter Shop, Restless Hear, and Gifts for a King among many others. CORDACANDLES.COM



Podcasts - Abiding Together - a weekly podcast hosted by Michelle Benzinger, Sr. Miriam James Heidland, and Heather Khym, providing a place of connection, rest and encouragement for people who are on the journey of living out their passion and purpose in Jesus Christ. BUT WAIT THERE’S MORE - find resources, events, books, recipes, music, and more at: WWW.ABIDINGTOGETHERPODCAST.COM



BLESSED BY THEIR MISSION:

CELEBRATING CATHOLIC SISTERS WEEK MARCH 8-14

For 52 weeks a year our religious sisters stand with the poor and immigrants, teach children, fight injustice, heal the sick, share spirituality, empower women, defend the planet, promote peace, create community, offer hope, and much more.

In WV we are blessed with 18 congregations of Religious Sisters from all over the world. Keep them in your prayers. Celebrate them. Invite them to your parish, school, or organization to honor them and hear how to support their ministries.

Pray for more religious sisters and strong Catholic vocations for our Mountain State through the ROSARY CRUSADE FOR VOCATIONS:

<https://dwc.org/rosary-crusade/>

*Oh, loving and merciful God,
May the lives of our religious sisters inspire others to join them in membership and mission.
Bless all women religious, that they might be faithful in their call to make our world a better place with their gifts and talents you have given them.*

Show grace for all who are discerning a call to vowed religious life, and all those who support women religious and their good works so that their lives and ministries continue to be a source of hope to all of your creation.

Also bless all those served by women religious, whose lives are more hopeful, more peaceful, and more loving, because of the work of the religious sisters in their lives. Amen



“YOU HAVE BEEN CHOSEN”

461 ANSWER THE CALL TO ENTER THE CHURCH IN WV

“You have been chosen. . . Your duty, like ours, is to be faithful to God. Christ will be your way, your truth, and your life!”

With these powerful words at the Rite of Election, Bishop Mark E. Brennan reminded Catechumens and Candidates of a beautiful truth: entering the Catholic Church begins not with our choice alone, but with God’s loving invitation.



Each year, the Rite of Election gives visible witness to Christ’s words in the Gospel of John (15:16): “You did not choose me, but I chose you.”

It is a moment when the Church joyfully affirms that God calls each person by name into a life of grace, love, mercy, and hope. The Catholic faith is not simply something we decide to join—it is a relationship initiated by Christ, who draws hearts to His Church.

This year, that call is being answered in a significant way across the Diocese of Wheeling-Charleston. A total of 461 men, women, and children are preparing to enter fully into the life of the Church. Among them are 210 Catechumens (unbaptized) and 251 Candidates (validly baptized Catholic or in another Christian Church and uncatechized in the Catholic faith) who are preparing to fully enter the Church at Easter.



The Rite of Election was celebrated in three locations across our diocese - the Basilica of the Co-Cathedral of the Sacred Heart in Charleston, St. Leo Church in Inwood, and St. Alphonsus Church in Wheeling -

gathering faithful from every corner of West Virginia. Together, we witnessed something deeply hopeful, Christ is alive and at work here.

Recent studies (i.e. the Fides Agency Study) show the Catholic Church continues to grow on every continent, welcoming more than 15 million new faithful in just one year. Even in a world that often seems to avoid or drift away from God, the Holy Spirit continues to move powerfully, drawing people toward the Sacraments of Baptism, Confirmation, and the Eucharist.



Just as we pray together as a diocese for an increase in vocations, Bishop Mark and all those who participated faithfully in the National Eucharistic Revival have steadily prayed for an increase of those entering or returning to the Church Jesus created. Through the Holy Spirit more are listening to the call.

From this day forward, our Catechumens and Candidates are known as “the elect,” a title to reflect the Church’s recognition of God’s call in their lives. As Bishop Mark shared with them:



“I rejoice and all of us already in the Catholic Church family rejoice that you want to join with us in this pilgrimage of faith to the heavenly kingdom. We continue to pray for you and sacrifice for you this Lent, looking forward to Easter when we welcome you into the Church.”

Their “yes” strengthens us all.

Their journey reminds us that God is still calling. . . and choosing.

Steps Toward the Priesthood

Charleston's Michael Tupta Instituted as Acolyte in Rome

ROME - From the Immaculate Conception Chapel at the Pontifical North American College (NAC), Wheeling-Charleston seminarian Michael J. Tupta received the Ministry of Acolyte on Sunday, March 1, with Celebrant: Archbishop Samuele Sangalli, Adjunct Secretary of the Dicastery for Evangelization.

Once termed a minor order, the ministry acolyte was established by Pope Paul VI in 1973 with the apostolic letter *Ministeria Quaedam*. Acolytes are entrusted with attending to the altar, assisting the deacon and priest at Mass, and distributing Holy Communion during the liturgy and to the sick.

In the rite, each candidate is handed a symbol of the ministry to which he is being instituted. Tupta received a paten, a precious Eucharistic vessel, as shown in the photos from the NAC.

Attending the Mass was Fr. John Trigilio, a priest from his former seminary, Mount St Mary's.

After the Mass, fellow WV seminarian, Joe Derico, pause for a photo with Fr. Jesse Burish, Tupta's former spiritual director who is from the Diocese of La Crosse (WI), and currently working in the Vatican as a Secretary in the Dicastery of Eastern Churches.



Weston's Joe Derico Shares Reflection After Installation of Lector

Read and Hear God's Living Word

It Never Stops Getting Deeper

By Joseph Derico, NAC seminarian

About two months ago I was installed in the ministry of Lector at the Pontifical North American College, what follows is a reflection borne out of prayer during this time, reflecting on the new ministry which the Church has called me to.

St. Augustine, that towering father of the early Church in his prolific writings describes a certain gift of sacred scripture that is often lost on us in the modern world. He says that sacred scripture can always be read "*non nova, sed noviter*"—not new, but newly. Each verse of scripture contains a truly numberless quantity of

fruits which have been borne out in the prayer of the faithful for millennia, and which will continue to be borne out until the end of time. Indeed, nearly every non-martyr saint of the early church wrote extensive commentaries on the sacred scriptures in order to explain them to the faithful in their preaching and perhaps no era produced more than the medieval period.

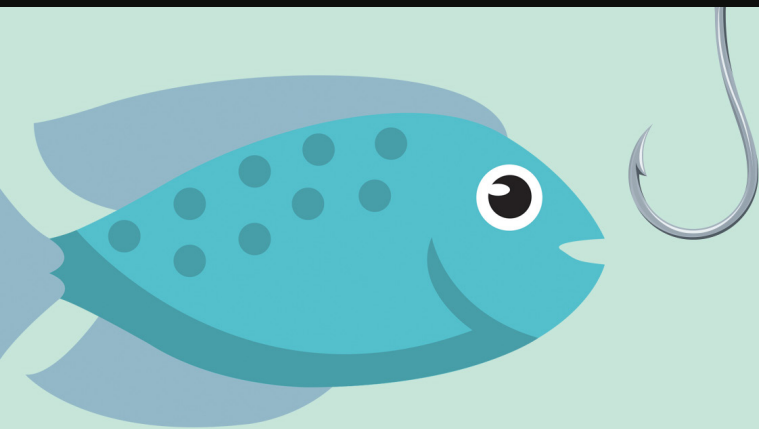
As a result of our contemporary co-existence with search engines and artificial intelligence chatbots, we are not often able to conceive that the answer to a

question may be more nuanced or varied than what a quick search might lead us to believe. The scriptures cannot be treated in this way. They are not antiquated stories whose meaning has been exhausted by the men of old, but rather the living, breathing words of God, which, when treated with respect and given the precious gift of our time spent with them—studying them, praying with them—offer to us a treasure trove which cannot ever be exhausted. No man has in the past, or will ever, draw all the meaning and gift out of so much as a single word of scripture. The Lord consistently uses his Word to teach us new lessons, to help us love anew, to call us to repentance and to educate us in his truth.

The greatest gift of spending time with the scriptures, however, is the perpetual reward of a deeper love for God. Each time a new insight is given, or connection drawn, it is as if, yet another new gift has been given, a breath of life which is an irreplaceable grace offered by the Lord to a particular hearer. This is the very reason why the Church's liturgy since time immemorial has retained the proclamation of the scriptures. The words written on the page, when proclaimed become the Word, living and breathing which must be received and acted upon by the hearer. If the Church were merely attempting to impart knowledge of scripture, then perhaps it would not be so clearly insistent on this point, but it is not about individual reading of



the words, but about hearing the Word. And the Word which is heard is given in such a way that it does not simply impart intellectual knowledge of the Word, but experiential and relational knowledge of Him who is the living Word of the Father. Mary conceived by the Holy Spirit through her hearing the Word of God spoken by the Archangel Gabriel. Let us allow that same Word to penetrate our minds, hearts, and lives. For reading is not enough alone, hearing however opens the portal to the soul that we too, like our blessed Mother, may receive the Word, begotten before all ages, and allow Him to take up His dwelling within us.



Time to get HOOKED!
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 FOR LENTEN SCHEDULES
 AND FISH FRIES NEAR YOU

LENTEN SEASON



MARCH
29

PALM SUNDAY



APRIL
2

HOLY THURSDAY



APRIL
3

GOOD FRIDAY



APRIL
4

HOLY SATURDAY



APRIL
5

EASTER SUNDAY



DIocese OF
WHEELING-CHARLESTON

www.dwc.org
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Turning to Christ's Mercy

St. John of God and the Power of True Conversion

“Labor without stopping, do all the good works you can, while you still have the time.”

These are wise words from St. John of God. We celebrate his memorial on March 8.

Saint John of God lived much of his formation years and young adulthood carelessly and it wasn't until he reached dire straits that he looked to change his ways.

He was born in Portugal on March 8, 1495. Sadly, at the age of 8 he was somehow separated from his parents and grew up on an opposite coast along the Spanish peninsula.

At the age of 22 he was a reckless soldier – drinking, self-centered, and wild. As the story goes, he had stolen a horse and was fleeing from authorities, when he was thrown off. He feared he would be killed or captured. It was in that moment of desperation he pleaded to God that he would not be caught. He knew he had to change his ways.

He traveled to the shrine of St. James of Compostela in Spain. It is the burial place of the Apostle St. James the Great. This trek is still famous today called the Camino de Santiago (the Way of St. James). It is also believed that the hike is a way to reset your life. So, that he did.

He confessed his sinful ways and professed not only his love of God. He committed to serving the rest of his life doing good as penance for all of his previous wrongdoings. He immersed himself into reading Scripture and religious books.

Years later he had a vision of the Child Jesus. He had been traveling and came upon a child who was barefoot and disheveled. The boy asked John to carry him, so he did. When the two stopped at a fountain to take a drink the boy transformed into the Christ Child. Before disappearing, He said, “John of God, Granada shall be your cross.” Granada is a city in southern Spain. John went to the city and opened a bookstore to sell religious books and holy cards. It was in Granada he also heard Saint John of Avila preach. His words influenced John of God so strongly he felt even more remorseful for his sins – for hurting God. He gave away all his possessions. People believed he was insane. For 40 days he suffered cruel treatment in a hospital area for lunacy. It was St. John Avila who had him moved to a better part of the hospital.

He became dedicated to sheltering the homeless and poor. He also opened a hospital. He helped all he could. When he heard that a hospital was on fire, he impulsively ran inside and began carrying patients out. After all were safe, he ran back in to start saving equipment in the hospital. When the building collapsed all believed he died, but he walked out of the billowing smoke unharmed.

He died in 1550, on his 55th birthday from pneumonia he suffered after rescuing a boy from the river. He was found in the infirmary kneeling before a crucifix.

He is the patron saint of booksellers, printers, firefighters, heart patients, hospitals, nurses, mental illness, and the sick.



Serve God Where You Are

Honor the Memorial of St. Frances of Rome

We don't always get to do what we want, but keep our heart with Christ, and we will find joy like St. Frances of Rome. Honor her on her memorial, March 9.

She was born in Rome in the year 1384. Her family was respected and wealthy. As a child St. Frances wanted nothing more than to enter religious life, but her father arranged a marriage to a young nobleman, Lorenzo Ponziani. Although she didn't want to marry, she obeyed her father and vowed to glorify God in all she did. She married at the age of 13.

Saint Frances was devoted to her kind husband and her faith. The latter is how she formed a strong bond with her sister-in-law Vannozza. The two would pray together and with their husbands' approval would help the poor in their community.

Frances and her husband had three children – two sons and a daughter – Battista (for John the Baptist), Giovanni, and Agnes.

A terrible plague took over Rome, taking the lives of many including Giovanni and Agnes.

In their honor St. Frances worked harder to help the poor and sick. She sold her possessions and she and Vannozza would even go door to door for donations and supplies.

She founded a group of lay women dedicated to prayer and helping the poor.

Catholic Online shares this story about her:

Frances gave orders that no one asking for alms would be turned away and she and Vannozza went out to the poor with corn, wine, oil and clothing. Her father-in-law, furious that she was giving away their supplies during a famine, took the keys of the granary and wine cellar away from her.

Then just to make sure she wouldn't have a chance to give away more; he sold off the extra corn....

Finally, Frances was so desperate for food to give to the poor she went to the now empty corn loft and sifted through the straw searching for a few leftover kernels of corn. Lorenzo came in later, stunned to find the granary filled with corn. Frances had drained the last of the wine in the cask for the poor. Her father-in-law screamed at Frances. After prayer, she led them to the cellar, out of the same cask flowed the most wonderful wine.

She died on March 9, 1440.

These are just highlights of her life, but if you remember anything about her remember her advice – serve God where you are and in all you do.

Editor's note: the image with this article is an oil painting of St. Frances of Rome by Neilson Carlin and is featured in the church named in her honor in Cicero, IL. He is from Pennsylvania. You can find this and other paintings at: WWW.NEILSONCARLIN.COM



Unbreakable Faith and Courage

The story of the Forty Martyrs of Sebaste, whom the Church celebrates on March 10, illustrates faith, unity, and courage in the face of suffering. These martyrs were Roman soldiers of the “Thundering” (Lightning) Legion who lived around 320 A.D. It’s important to understand that this was an era when Eastern Roman Emperor Licinius ordered his soldiers to worship pagan gods. These soldiers refused. Their punishment? They were forced to stand naked on a frozen lake during the bitter winter night. To tempt them to abandon their faith, warm baths and fires were prepared on the shore, offering an escape from their suffering if they renounced Christ.

Saint Basil the Great often retold the story, citing that one soldier gave in to weakness and ran to the warm bath. Seeing the steadfast faith of the other 39 and reportedly after having a vision of heavenly brilliant light descending upon the freezing men, one of the guards on land, declared himself a Christian and joined them on the ice.

By morning there was still life among the group, so the ruler had them burned to death.

Ultimately, the Forty Martyrs of Sebaste remind us that true faith requires sacrifice and perseverance. Their story shows that even in suffering, unity in Christ and trust in God can turn tragedy into a powerful testimony, inspiring believers throughout the centuries.



Gentle Holiness, Quiet Endurance

Honor St. Seraphina on March 12



Violets are the perfect flower to represent sweet St. Seraphina - one of the first flowers of March to burst from the recently frozen ground. They are a fragile, but beautiful sign of new life, hope, and beauty. St. Fina as she is affectionally known, was just as breathtakingly beautiful.

She was born into a poor family in 1238 in San Gimignano, Italy. She loved and celebrated God by her words and actions. From a young age she developed a devotion to St. Gregory the Great. He was known for his kindness, love of music, care for those in need, and a “watchful” shepherd who protected children.

At the age of 10, St. Fina contracted a mysterious paralyzing and distorting illness. Her parents died in that same year, and she was left in the care of a neighbor. However, the neighbor was neglectful and unkind. It was a child known as “Beldia” who would visit her and bring her food. For five years she lay flat on a board unable to move, but without one complain as she said her suffering was a connection to and sacrifice for Christ.

She died on March 12, 1253. Tradition says that the church bells in her town miraculously began ringing at the moment of her death. Additionally, when her body was moved for burial, the decayed wooden board was found covered in white, fragrant flowers. To this day, the white violets that bloom in her town in March are called “Santa Fina’s flowers”.

THE FOUR PILLARS OF Brain Longevity®



Our program at St Joseph Retreat Center will delve into the four pillars of brain health. We will learn the latest information, learn activities and strategies to enhance our overall health.

**Diet and
Supplements**



**Stress
Management**



**Exercise:
Physical and Mental**

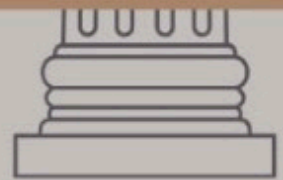
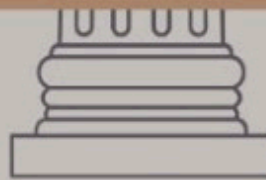
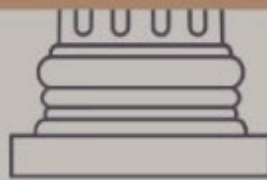
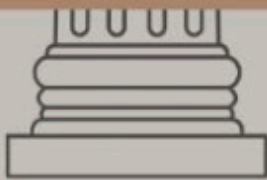


Spiritual Fitness



Presenter: Judy Romano, MD

Judy is a physician, a Certified Yoga Medicine teacher and a Brain Longevity Specialist with the Alzheimer's Research and Prevention Foundation. She will bring practical information informed by scientific research on how to support brain health throughout the lifespan. We will engage in gentle movement, meditation and discussion leaving with an uplifted spirit and tools you can use.



DATE: March 14, 2026

TIME: 10 a.m. - 3 p.m.

LOCATION: St. Joseph Retreat Center

COST: \$50

(Limited Scholarship Available)



Reserve your spot today:

Contact Anna Marie Troiani

Phone: 304-907-0171

Email: atroiani@csjoseph.org

THIRD SUNDAY OF LENT

First Reading: Exodus 17:3-7

The Israelites were nearly dying of thirst, when God had Moses strike the rock and water began to flow from it for the people.

Responsorial: Psalm 95

“If today you hear his voice, harden not your hearts.”

Second Reading: Romans 5:1-2, 5-8

Hope does not disappoint. While we are helpless and sinful, God proves his love for us – Christ.

Gospel: John 4:5-42

God’s voice was heard from the heavens, “This is my beloved Son, with whom I am well pleased. Listen to Him.”

[CLICK HERE FOR FULL SCRIPTURE TEXT](#)

PRAYER INTENTIONS

For the Church, that we always may be a source of life-giving water to those thirsting for the unconditional love of God, let us pray to the Lord. . .

For world leaders, that they unite for peace with the protection of St. Michael the Archangel against the wickedness of the devil and all the evil souls prowling about the earth, let us pray to the Lord. . .

For women religious, that they may be blessed and strengthened in their ministries, let us pray to the Lord. . .

That those whose have fallen away from the Church that they may awaken to the light of Christ, the mercy of God and the hope that does not disappoint, let us pray to the Lord. . .

Lord hear our prayer



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Dunbar - Charleston	AM	1450
Grafton - Clarksburg	AM	1190
Keyser - coming soon	FM	98.9
Montgomery - Beckley	FM	89.7
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Liturgy of the Hours

LITURGY OF THE HOURS

Pray the prayer for this day, this hour!

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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.