



THE EUCHARIST GIVES US LIFE AND HOPE

“In that little Host is the solution to all the problems of the world.”

This powerful quote from Pope Saint John Paul II is a fitting focus as we honor his feast day, Oct. 22, during this Diocesan Year of the Eucharistic Revival. He knew the power in the name of Jesus and the power in the Eucharist - the bread of heaven, the Body, Blood, Soul, and Divinity of Christ. He tirelessly emphasized throughout his religious life that the Eucharist is the Source and Summit of our lives and the life of the Church.

“The Eucharist is too great a gift to tolerate ambiguity and depreciation,” he said on April 17, 2003, in his encyclical letter, *ECCLESIA DE EUCHARISTIA*, given at St. Peter's in Rome.

The following quotes are excerpts from his letter that we can read as if the great pope was speaking directly to us:

“The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church. In a variety of ways she joyfully experiences the constant fulfilment of the promise: ‘I am with you always, to the close of the age’ (Mt 28:20), but in the Holy Eucharist, through the changing of bread and wine into the body and blood of the Lord, she rejoices in this presence with unique intensity. Ever since Pentecost, when the Church, the People of the New Covenant, began her pilgrim journey towards her heavenly homeland, the Divine Sacrament has continued to mark the passing of her days, filling them with confident hope.

“The Second Vatican Council rightly proclaimed that the Eucharistic sacrifice is ‘the source and summit of the Christian life. For the most holy Eucharist contains the Church’s entire spiritual wealth: Christ himself, our Passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men’. Consequently, the gaze of the Church is constantly turned to her Lord, present in the Sacrament of the Altar, in which she discovers the full manifestation of his boundless love.

“By the gift of the Holy Spirit at Pentecost the Church was born and set out upon the pathways of the world, yet a decisive moment in her taking shape was certainly the institution of the Eucharist in the Upper Room. Her foundation and wellspring are the whole Triduum paschal, but this is as it were gathered up, foreshadowed and ‘concentrated’ forever in the gift of the Eucharist. In this gift Jesus Christ entrusted to his Church the perennial making present of the paschal mystery. With it he brought about a mysterious ‘oneness in time’ between that Triduum and the passage of the centuries.

“The thought of this leads us to profound amazement and gratitude.... This amazement should always fill the Church assembled for the celebration of the Eucharist

“I would like to rekindle this Eucharistic ‘amazement’.... To contemplate the face of Christ, and to contemplate it with Mary, is the ‘programme’ which I have set before the Church at the dawn of the third millennium, summoning her to put out into the deep on the sea of history with

the enthusiasm of the new evangelization. To contemplate Christ involves being able to recognize him wherever he manifests himself, in his many forms of presence, but above all in the living sacrament of his body and his blood. The Church draws her life from Christ in the Eucharist; by him she is fed and by him she is enlightened. The Eucharist is both a mystery of faith and a ‘mystery of light’. Whenever the Church celebrates the Eucharist, the faithful can in some way relive the experience of the two disciples on the road to Emmaus: ‘their eyes were opened, and they recognized him’ (Lk 24:31).

“When I think of the Eucharist, and look at my life as a priest, as a Bishop and as the Successor of Peter, I naturally recall the many times and places in which I was able to celebrate it.... I have been able to celebrate Holy Mass in chapels built along mountain paths, on lakeshores and seacoasts; I have celebrated it on altars built in stadiums and in city squares... This varied scenario of celebrations of the Eucharist has given me a powerful experience of its universal and, so to speak, cosmic character. Yes, cosmic! Because even when it is celebrated on the humble altar of a country church, the Eucharist is always in some way celebrated on the altar of the world. It unites heaven and earth.

“The Eucharistic Sacrifice is intrinsically directed to the inward union of the faithful with Christ through

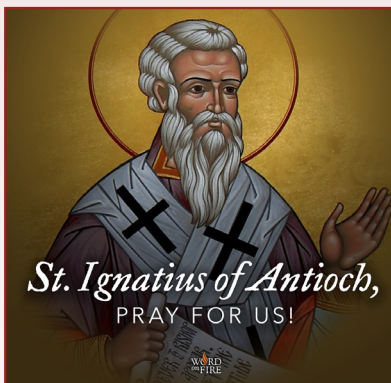
communion; we receive the very One who offered himself for us, we receive his body which he gave up for us on the Cross and his blood which he ‘poured out for many for the forgiveness of sins’ (Mt 26:28). We are reminded of his words: ‘As the living Father sent me, and I live because of the Father, so he who eats me will live because of me’ (Jn 6:57). Jesus himself reassures us that this union, which he compares to that of the life of the Trinity, is truly realized. The Eucharist is a true banquet, in which Christ offers himself as our nourishment. When for the first time Jesus spoke of this food, his listeners were astonished and bewildered, which forced the Master to emphasize the objective truth of his words: ‘Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life within you’ (Jn 6:53). This is no metaphorical food: ‘My flesh is food indeed, and my blood is drink indeed’ (Jn 6:55).... Eucharistic Prayers honor Mary, the ever-Virgin Mother of Jesus Christ our Lord and God, the angels, the holy apostles, the glorious martyrs and all the saints. This is an aspect of the Eucharist which merits greater attention: in celebrating the sacrifice of the Lamb, we are united to the heavenly “liturgy” and become part of that great multitude.... The Eucharist is truly a glimpse of heaven appearing on earth.”

The document includes six chapters and can be read in its entirety by [CLICKING HERE](#).

LET CHRIST BE ON YOUR LIPS, IN YOUR HEART, AND VISIBLE THROUGH YOUR ACTIONS

In his writings and preaching, he emphasized the great need for all Catholics to believe in the True Presence of Christ in the Eucharist. On Oct. 17th, we honor Saint Ignatius of Antioch, one of the most important men of the early Church next to the Apostles, served as the was the third bishop of Antioch, succeeding St. Evodius, who was the successor of St. Peter. Antioch was an ancient city considered “Rome of the East.” Not much is known about this early saint from the first to second century, but many refer to him as the Apostolic Father of the Church, because he was a follower of Apostle John. He wrote seven epistles during 110 A.D., just before he was fed to the lions for his faith.

The epistles present a summarized story of his life and illustrate his great love of the Church and continued pray for Christian unity not a division of churches. In fact, it was St. Ignatius who is credited for first using the formal term, “Catholic Church”.



He taught us through his letters the True Presence of Christ in the Eucharist offered to all through His suffering, death, and resurrection.

He said many can speak eloquently of the Church, of Christ, and of their faith, but it means accounts for nothing if you do not live it: “Do not have Jesus Christ on your lips, but the world in your hearts.

“We recognize a tree by its fruit, and we ought to be able to recognize a Christian by his action,” he wrote. “The fruit of faith should be evident in our lives, for being a Christian is more than making sound professions of faith. It should reveal itself in practical and visible ways. Indeed, it is better to keep quiet about our beliefs, and live them out, than to talk eloquently about what we believe, but fail to live by it.”

Let us pray that Jesus Christ remains on our lips and in our hearts, and undeniably visible to all through our actions.

ST. MARGARET MARY'S DEVOTION TO BLESSED SACRAMENT REVEALED JESUS' MOST SACRED HEART

If you read the autobiography of St. Margaret Mary Alacoque, it may be difficult, and some say impossible to relate to her especially if you read with blinders on about how she despised herself so much that she would perform acts of self-mortification. However, what she had to deal with in life would make the strongest person crumble. It was through her misery and suffering, as well as witnessing the horrific struggles her mother faced, that St. Margaret Mary was drawn to the Most Blessed Sacrament and persistent prayer. She cried out to God, pleading with Him, but also apologizing to Him because she thought she did not know how to pray eloquently. Despite how much she put herself down, Jesus chose to appear to her, proving she, who considered herself the least among us, is worthy of both love and mercy. He chose her to share the message and gift of his Sacred Heart.

But why? Many theologians can offer profound explanations, but know this – no matter how broken we are, no matter how unworthy we tell ourselves we are, God loves us unconditionally. His heart is full of love of the faithful. How do we know this? Never lose sight of his Passion, suffering, death, and Resurrection. Never lose sight of the Sacred Heart of Jesus – His love for us.



Run to Him in the Eucharist, and Adoration of the Blessed Sacrament.

When St. Margaret Mary was 24, she entered religious life, and became a nun in the order founded by St. Francis de Sales – the Order of the Visitation.

She spent long hours in prayerful meditation, kneeling before the tabernacle.

According to her, Jesus told her, “My Divine Heart is so inflamed with love for men, and for you in particular.” His heart was so full and on fire with love for all humankind that he wanted St. Margaret Mary to share that love through his Sacred Heart for it contains graces for eternal life. He went on and asked for her heart. Then he put it within his own. Upon putting it back within her it appeared like a flame. Her life did not get easier. Religious doubted her, called her possessed, and she punished herself for struggling in prayer. It was when she went to her confessor, St. Claude de Colombiere, he believed her and in her visions. She died at 43.

Let us pray. God let our hearts be on fire for the love of Christ, and as we pray at Adoration before the Holy Eucharist, let that flame grow bigger as we come to know your unconditional love and mercy. Amen.

SACRED HEART NOVENA

This nine-day prayer is said on the days leading up to the Feast of the Sacred Heart, but it can be said anytime.

Note, there are other versions of the novena; this is the one that Saint Margaret Mary offered:

O my Jesus, you have said: “Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you.” Behold, I knock, I seek, and ask for the grace of (name your request).

Follow this prayer with The Our Father, the Hail Mary, and the Glory Be prayers.

Do this for nine days. God bless!

EUCCHARISTIC REVIVAL DAYS OF REFLECTION BEING SCHEDULED

Eucharistic Revival Days of Reflection are being offered through the Office of Evangelization and Catechesis.

The Day of Reflection is a mini retreat for the faithful to gather to focus on the Eucharist and our Eucharistic nature of the faith and our Church, nurturing a deeper understanding of the celebration, Christ's true presence, and our call and ability to live it.

Daniel Maul, director of Evangelization and Catechesis, said the retreat highlights key insights found in the writings of Bishop Robert Barron, Joseph Cardinal Ratzinger (Pope Benedict XVI), and University of Notre Dame theology professor Timothy P. O'Malley. The presenter will explore Catholic beliefs about the Eucharist, especially along the themes of Eucharist as Sacred Meal, Sacrifice, and Real Presence.

"We will also explore what it means to become a Eucharistic people, and how we are to live the Eucharist, not only believe in it and receive it," Maul said. "After we examine the nature of the Love that we receive in the Eucharist, we will seek to describe the character of the Love we are called to give away to our neighbors, because of the Eucharist. Through prayer, presentation, silent reflection, and personal sharing, attendees will have the opportunity to draw closer to the Eucharistic Lord and to one another."

Maul has made all parish priests in the diocese aware of this opportunity being offered through June 10, 2023. So far his office has announced six Days of Reflection. The following schedule was coordinated with the pastors of the parish:

December 3rd

Ascension Parish, Hurricane.

Tentative time is 1:30 PM to 5:30 PM

December 10th

Immaculate Conception Parish, Clarksburg

9 AM to noon

February 25th

St. Vincent de Paul Parish, Berkeley Springs

9 AM to noon

March 11th

St. Peter Parish, Welch

3 PM to 5 PM

March 12th

Sacred Heart Mission, Powhatan

10 AM to noon

Holy Rosary Parish in Buckhannon is also planning a mini retreat with Maul. Area residents should contact the parish for more information.

Any parish or Catholic organization in the diocese interested in hosting a Day (or evening) Reflection can contact Maul at (304)233-0880 ext. 376 or email him at dmaul@dwc.org.



Diocese of Wheeling-Charleston



HOW TO LIVE & BE A EUCCHARISTIC PEOPLE

A DAY OF REFLECTION

OFFERED BY:

THE OFFICE OF EVANGELIZATION AND CATECHESIS



DIocese OF
WHEELING-CHARLESTON

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OPEN INVITATION FROM PITTSBURGH DIOCESE FOR TWO EVENTS

Members of the Diocese of Wheeling-Charleston parishes are invited to attend events held in the Diocese of Pittsburgh in November.

The first is a Retreat with Immaculée to be held on November 4-5, at St. Aidan Parish, Wexford, Pa. This two-day retreat features Immaculée Ilibagiza, Rwandan American author and survivor of the Rwandan genocide. She has written several books, including the best seller *Left to Tell*, *Discovering God Amidst the Rwandan Holocaust*. The retreat presents Ilibagiza's witness of the power of prayer, miracles of the Rosary, and inspirational music. According to promoters, "No one will leave this retreat the same as when they came."

The cost for the two-day event is \$57, or \$76 for two people. For more information and to register go to immaculee.com/retreats.

During the same weekend Joan of Arc Ministries Women's Conference will host RESTORE, a one-day women's retreat on Saturday, Nov. 5, beginning at 8:30 am (doors open at 7:30 am) and concluding with Mass at 4pm. The retreat will be held at North Catholic High School in Cranberry Township, Pa.

The day will include inspiring talks by Heather Khym from the Abiding Together Podcast, Katie Prejean McGrady from Sirius XM radio, and Father Joe Freedy. Gather with hundreds of women for Eucharistic Adoration, confession, a time of prayer devoted to Our Lady. Bishop Mark Eckman will be the celebrant for the closing Mass. Ticket price of \$50 includes breakfast and lunch. Seating is limited. For more information, breakout details, and registration to to: WWW.JOANOFARCMINISTRIES.COM.

SAINT AIDAN PARISH
INVITES YOU TO JOIN US

Retreat with Immaculée

This retreat includes Immaculée's witness of the power of prayer, miracles of the Rosary, and inspirational music. No one will leave this retreat the same as when they came.

NOVEMBER 4-5, 2022
SAINT ALEXIS CHURCH
WEXFORD, PA



Scan the QR code for more information and to register or visit <https://tinyurl.com/immaculee-retreat>



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restore

Saturday, November 5, 2022



Katie Prejean McGrady

Sirius XM Radio

NORTH CATHOLIC HIGH SCHOOL

Space is limited - Register today!
joanofarcministries.com

EARLY RATE - \$40/PERSON



Heather Khym

Abiding Together Podcast

TWENTY-NINTH SUNDAY IN ORDINARY TIME

First Reading: Exodus 17:8-13

Do not cease to call upon God. In today's first reading we learn that as the battle of Israel against Amalek was waged, Joshua and Israel were winning as long as Moses kept his arms raised in prayer, glory, and praise to God. If Moses rested his arms, and therefore his focus on God, the battle turned away, and the Israelites suffered. Aaron and Hur came to the aide of Moses, supported his arms, and brought a rock close to him to lean on. This continued until sunset the moment Joshua was able to proclaim victory.

Responsorial Psalm: Psalm 121

"Our help is from the Lord, who made heaven and earth."

Second Reading: 2Timothy 3:14-4:2

St. Paul teaches us in his letter to Timothy - No matter the struggle, joy, suffering, or distraction we must remain faithful to Christ and share His Word for it is then we will be able to do all things and bear all things.

Gospel: Luke 18:1-8

With the parable of the widow who was successful in her unceasing pleas to a corrupt and disrespectful judge, we hear Jesus telling us that as we seek justice for ourselves, we must not slack in our prayers. Day and night we need to be confident that God is with us and hears our prayer - our cries.

[CLICK HERE FOR FULL SCRIPTURE TEXT](#)

BIBLE.USCCB.ORG/BIBLE/READINGS/100922.CFM

PRAYER INTENTIONS

For the Church during this first year of the Eucharistic Revival, let us be persistent in our intentions to be fully conscious of Christ's true presence in the Eucharist and in our lives as we go forth proclaiming His Word, let us pray to the Lord. . .

For world leaders, that they hear the unceasing pleas of the faithful, letting it infuse their hearts and minds in order respect all human life from womb to natural death, let us pray to the Lord. . .

For the faithful, let us learn from the saints we celebrate this week - Ignatius, Gerard, Paul of the Cross, and may others, that God's love and mercy is end, let us pray to the Lord. . .

For all who have been drawn away from the Church and the Eucharist, let their hearts be awakened with the desire to return to Your presence, let us pray to the Lord. . .

Lord hear our prayer

HONOR ST. LUKE ON HIS FEAST DAY - OCT. 18TH



This week we celebrate the feast day of St. Luke. He wrote the third book of the New Testament and the Acts of the Apostles.

He was not one of the original 12. He was however one of the dedicated followers after Christ's ascension.

Saint Luke left his profession as physician

to become an evangelist with the other Apostles, after Paul inspired him. He was intelligent and loved being emersed in the life of Christ. His writings make it obvious that he enjoyed talking to countless people who knew Jesus and witnessed his miracles. He is often referred to as one of the Church's first historians.

It is believed that the story of our Savior's birth he

presents, was based on St. Luke's personal conversations with Our Blessed Mother Mary.

His first lines in Chapter 1 of his gospel he even notes he wrote it "after investigating everything accurately anew...." Luke 1:3. He relates the teachings of Jesus with the early church as told in Old Testament.

His writings are descriptive and reveal Jesus' mercy. He writes as one who in convincing others that we should all know and love Jesus - our God. His illustrates Christ's mercy, healing, and compassion. He details how Jesus saved all people through the Passion and Resurrection.

His writings urge us to be Christian disciples and model ourselves after Jesus, and for us to seek salvation and peace through prayer. He even used Jesus as the example in Luke 23:34, when Jesus asked forgiveness of his crucifiers.

Let us all be inspired by St. Luke, seeking to know as much as we can about the life of Christ and want to share that good news with others through our actions and words.

Editor's note: the painting of St. Luke is by Jen Olson Illustrations available on Etsy.

EMERGENCY ASSISTANCE KEEPING THE LIGHTS ON FOR MARY



Catholic Charities West Virginia provides emergency rental and utility assistance to those in need.

As the days get shorter and the nights get colder, many of our sisters and brothers are struggling. Catholic Charities West Virginia provides the services people need to experience safety and security.

Our Emergency Assistance program is one example. We can act quickly when a client receives a shut-off notice for electricity or gas. As winter approaches, these are truly lifesaving utilities.

“Mary” is one client who benefitted from Emergency Assistance.

When Mary got hurt at work, she had to undergo major surgery because of her injury. She was in a particularly vulnerable situation because her worker’s compensation benefits ran out before she fully recovered.

She couldn’t earn money. So Mary fell behind on her electric bill. And when she got a shutoff notice from the power company, her stress level skyrocketed.

She reached out for help.

Catholic Charities West Virginia staff collaborated with other organizations to get her bill taken care of. Through a combination of grant funds and generous donations, we were able to offer Mary some of the safety and security she deserves.

For Mary, being “safe and secure” means she can keep the lights on as she focuses on her recovery. It means she is part of a loving community that cares.

To learn more about Catholic Charities West Virginia and how to support your neighbors in need, please 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.*



2022
Middle & High School
Youth Rally
Oct. 29
@Camp Carlo

<https://dwc.org/youth-rally-registration/>

Eucharistic Reflections

IN WORD & SONG

AN EVENING FOCUSED ON CHRIST'S
TRUE PRESENCE IN THE EUCHARIST

7 pm, Oct. 19th
St. John XXIII
Pastoral Center

100 Hodges Road,
Charleston

FREE AND OPEN TO THE PUBLIC

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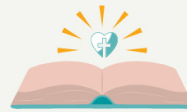
Berkeley Springs - Hancock, MD	FM	96.3
Berkeley Springs	FM	107.9
Clarksburg-Bridgeport	FM	97.5
Dunbar - Charleston	AM	1450
Eastern Panhandle	AM	740
Eastern Panhandle	FM	106.5
Grafton - Clarksburg	AM	1190
Montgomery - Beckley	FM	89.7
Purgitsville	FM	98.7
St. Marys - Parkersburg	FM	105.3
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Liturgy of the Hours LITURGY OF THE HOURS

Pray the prayer for this day, this hour!

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.