



If we are too busy to pray and read the Bible, we are too busy.

There are popular social media graphics and quotes from theologians, reminding us that the devil will do whatever he can to turn us away from Christ and keep us so busy we do not make time for the Word of God.

Though we may say, “But I religiously turn to God in all my struggles, pain, and anxiety.” Some can even boast, “I make a good habit to turn to Him with my joy and thanksgiving.” But are we choosing to turn to the pages of His book to guide us to live life to its fullest and to remind us who we are and that God the true author of the greatest book is with us always?

Saint Jerome taught us, “When we pray, we speak to God; and when we read Scripture, God speaks to us.”

In September of 2019, on the 1600th anniversary of St. Jerome’s death, Pope Francis instituted the Word of God Sunday for the Church to be celebrated on the third Sunday of Ordinary Time to accentuate not only the importance that sacred Scripture has in our faith, prayer, and lives; but also the importance of taking time to personally read and turn to the Word of God.

It was St. Jerome, who translated the Bible into Latin in the fourth century, because he believed, “Ignorance of Scripture is ignorance of Christ.”

Sure, Scripture is not always easy to understand and can be cumbersome. That is exactly when we need humble ourselves and ask the Holy Spirit to guide us with the

grace to understand what He is saying to us.

Saint Jerome preached that we are all so precious to God that he assigned each one of us our very own guardian angel - a spirit that is invisible but always with us to protect and guide our soul, as well as pray for us and present our prayers to God. Let your guardian angel nudge you to open the Bible.

Start by getting to know your Bible - the introduction/ the contents page - some have topical indexes to help you navigate life. Start the book of Psalms for guidance on how to pray and praise. Start by spending time with the evangelists Matthew, Mark, Luke, and or John for their accounts of the life of Christ. Just start. There is no perfect way to start that is one size fits all here. God knows us and our individual strengths and weaknesses.

We are blessed to live in an age where we have so many resources to help us along our resolve to read the Word of God and understand it in a way that it is much easier to live as God wants us.

Give yourself the gift of time - the gift to spend time with the Word of God.

Take St. Jerome’s challenge to read the Bible, break it down, meditate on it, speak it with a joyful heart, and act on it, mirroring Christ.

Let’s call upon our guardian angel to open our hearts and minds to His word in the Scriptures. Keep picking up the Bible - read it, return to it, and repeat it.

PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN

Adapted prayer from Together for Good (TFGOOD.ORG)

Lord Jesus, we know each child is precious to you.

We pray for their protection while they are in their mother's womb.

We ask that mothers, fathers, families, doctors, counselors, and governments honor the sanctity of life.

God, we know you create every life on purpose and with a purpose.

May we, the faithful, rise up and take sacrificial, gospel-motivated action to live out the truth that every single life is valuable and God-created.

Please surround those experiencing an unplanned pregnancy right now.

We pray that their family, friends, and all of us they encounter support them.

Let these beautiful mothers know how fiercely You love them.

We pray all shame, guilt and fear would break off of them in Jesus' name.

Give them the strength, wisdom, and capacity they need to be a wonderful mother.

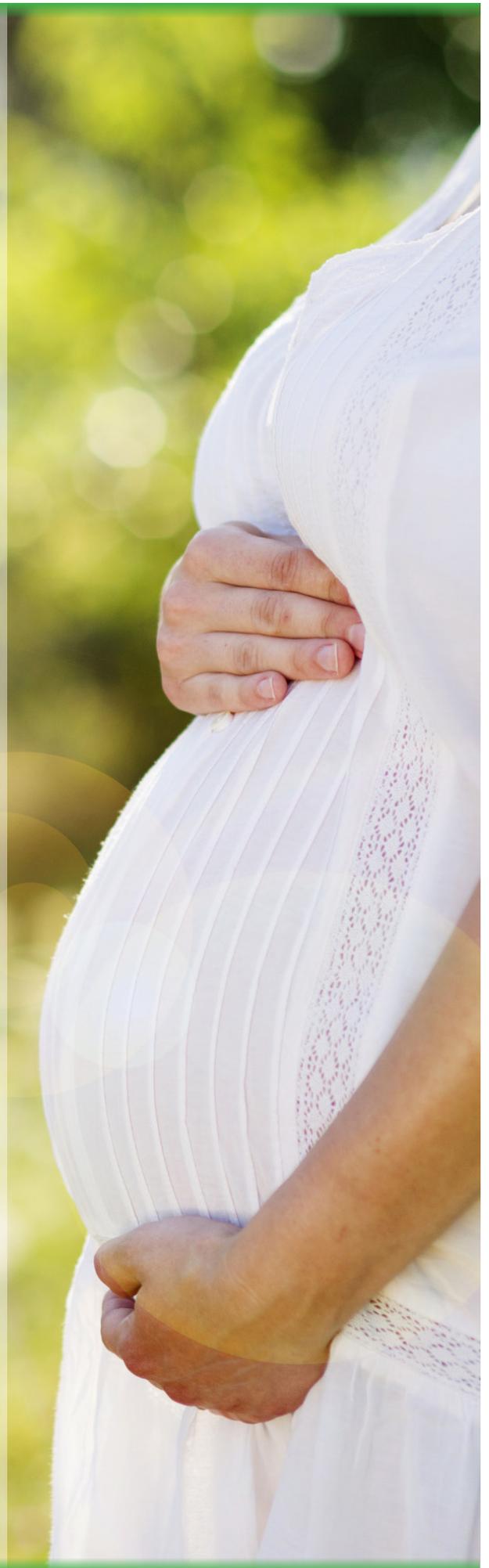
Awaken all of us to see the needs of mothers and families experiencing unplanned pregnancies.

Let us step out in generosity and carry Jesus' extravagant love, to care for mothers and families from the moment their baby is conceived to the day that precious little one is born and throughout all that their life brings.

We pray mothers receive the wrap-around care and resources they need.

We trust that you are on the move on behalf of each unborn child and their mother. We commit them into Your care, Jesus. Thank you for making a way. Amen

(Note: The Day of Prayer for the Legal Protection of Unborn Children is honored on Jan. 23, 2023. Typically, this day is Jan. 22 unless it falls on a Sunday, then it is moved to the 23rd.)



CELEBRATE THE FEAST OF ST. FRANCIS DE SALES ON JANUARY 24

“Half an hour’s meditation each day is essential, except when you are busy. Then a full hour is needed.” – St. Francis de Sales



We can all learn from the wit and wisdom of St. Francis de Sales. He was a writer, bishop, spiritual guide, and declared a Doctor of the Church for his written words that influence and evangelize countless souls. His works 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.

His teachings center around the belief that sainthood is for all people who love God. He is often referred to as the gentleman saint, who 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 reflection *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 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.

St. Francis 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.”

As we awaken our own soul to be more genuinely faithful in this Eucharistic Revival in our country let us be mindful of St. Francis’ advice as we approach the sanctuary to receive Christ in the Eucharist. The saint said at the same time we receive Him we need to give thanks for all of our blessings received and those we will receive by His Grace.

St. Francis de Sales wrote, “When you have received Him, stir up your heart to do Him homage; speak to Him about your spiritual life, gazing upon Him in your soul where He is present for your happiness; welcome Him as warmly as possible; and behave outwardly in such a way that your actions may give proof to all of His Presence.”

Remain grateful to Him for saving us from sin and death, receiving eternal life with Him in heaven.

“Be what we are and be that well, in order to bring honor to the Master Craftsman whose handiwork we are.” – St. Francis de Sales.

WV CATHOLIC SCHOOLS CONTINUE TO BE HIGH ACHIEVING

As West Virginia Catholic school students continue to outperform their public-school counterparts on the state and national levels, Catholic school administrators are aiming to do even better.

This fall the U.S. Department of Education National Center for Education Statistics (NCES) reported public schools' standardized assessments are "appalling and unacceptable." While education experts attribute increasing rates in decline as a snowball effect to the COVID-19 pandemic, Catholic school administrators are able to tout steady increases in student achievement. During and since the pandemic Catholic schools in West Virginia have been able to continue to move forward instead of catching up.

NCES and The National Assessment of Educational Progress (NAEP), a congressionally authorized project sponsored by the U.S. Department of Education, reported that math and reading results for the nation are down, and like many of the states, West Virginia's public-school scores are lower than the national average. Meanwhile Catholic schools scores remain higher than the state and national averages according to the Nation's Report Card reported by NAEP.

"Private and Catholic schools are expected to outperform public schools, so that is not the grabbing headline, but what is important to highlight is that when we faced a crisis situation, we were ready from the top down to quickly work together to problem solve - turn a challenge into an opportunity, because we did that and continue to do so - our students have not fallen through the cracks," Superintendent of Catholic Schools in West Virginia Mary Ann Deschaine, Ed.S. said. "Our principals and teachers turned on a dime to provide lessons remotely, while reaching out to our students and families to monitor progress and their well-being. We responded without hesitation and then put our heads together on how to safely get back into the classroom as soon as possible."

It was that swift and decisive faith filled decision making to prioritize our students' academic progress, as well as mental and physical health that set them apart, she said.

"We are not perfect, nor do we pretend to be, but with a steadfast focus on our faith we trust God will continue to guide us to help our children reach their full potential," Deschaine said.

To learn more about Catholic education in West Virginia go to: wvcatholicschools.org.



WORD OF GOD SUNDAY
THIRD SUNDAY OF ORDINARY TIME

First Reading: Isaiah 8:23-9:3

The prophet Isaiah assures the Israelites that God will never abandon His people, though we may walk in darkness, God will restore peace and the faithful will see His great light.

Responsorial Psalm: Psalm 27

“The Lord is my light and my salvation.”

Second Reading: 1 Corinthians 1:10-13, 17

In his letter to the Corinthians St. Paul pleads to the people to not be a divided people. Let go of rivalries that take you away God – do not allow the Cross to be meaningless.

Gospel: Matthew 4:12-23

Matthew shares the story of the first disciples Andrew and Peter. The two abandoned their nets to follow Jesus. For God’s plans for them are far greater than their own.

[CLICK HERE FOR FULL SCRIPTURE TEXT
BIBLE.USCCB.ORG/BIBLE/READINGS/012223.CFM](http://BIBLE.USCCB.ORG/BIBLE/READINGS/012223.CFM)



NEWS FROM
CATHOLIC CHARITIES WEST VIRGINIA

CELEBRATING MARTIN LUTHER KING, JR. DAY

“In today’s world, which increasingly faces the challenges of social injustice, division and conflict that hinder the realization of the common good, Dr. King’s vision of harmony and equality for all people, attained through nonviolent and peaceful means, remains ever timely.” – Pope Francis

On Martin Luther King, Jr. Day, we reflect on Dr. King’s legacy of non-violent struggle against racial injustice. We acknowledge the progress made toward a just society without failing to recognize that work remains.

Underlying much of Dr. King’s work is the idea that as human beings – daughters and sons of God – we have inherent dignity. At Catholic Charities West Virginia, we recognize that dignity in one another and in all whom we serve.

As we celebrate Martin Luther King Jr. Day, let us continue to address racial disparities in our society today. Let us treat one another with the dignity to which we are all entitled.

“I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream....I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream that...one day right there in Alabama, little Black boys and Black girls will be able to join hands with little white boys and white girls as sisters and brothers.” – Dr. Martin Luther King, Jr.

What is your dream?

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.*

PRAYER INTENTIONS

For the Church, that we speak the Word of God with such love and compassion that all who hear it seek to live a life of Christ, let us pray to the Lord. . .

For governing officials, that they are guided by the Scriptures as they enact laws and policies to protect all people as Christ taught us, let us pray to the Lord. . .

For all who share the Word of God – including our priests, deacons, religious, lectors, catechists, and cantors, let us pray to the Lord. . .

For all suffering visibly or silently, may God send them legions of angels to lighten their heavy load of grief and anxiety, so they know Christ is helping them carry their cross, let us pray to the Lord. . .

Lord hear our prayer





BLESSED CARLO ACUTIS YOUTH CAMP

225 Catholic Conference Center, Huttonsville WV 26273 • (757) 995-4486 • www.campcarlo.org

So you want to be a Camp Carlo Counselor?



If you're committed to growing in faith, modeling faithful Catholic community life to young people, and living the adventure of His Creation, we want YOU at Camp Carlo for Summer 2023!



Contact Assistant Director, Maggie Moran, for more information: mmoran@dwc.org or 1 (757) 995-4486



EXPERIENCED WITH CURSILLO?

HELP US RENEW THE MOVEMENT!

Have you ever experienced a Cursillo weekend? Are you a cursillista?

The Diocese of Wheeling-Charleston is trying to resurrect the Cursillo Movement in the diocese and is looking for people who have experience with the apostolic movement.

If you are experienced with Cursillo and would like to join the diocesan efforts in bringing it back to the diocese, please contact Daniel Maul, in the Office of Evangelization and Catechesis, at 304-233-0880, ext. 376, or by email at DMAUL@DWC.ORG, or communicate with Joe Pangilinan, at JOEYPANG@AOL.COM

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
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
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/WL0L~

ENROLL TODAY

WV Catholic Schools

Empowered
by knowledge.
Transformed
by faith.



Register today

wvcatholicschools.org



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.