

February 10 & 11, 2024

Sunday Mass is livestreamed

**Office Hours:
Mon - Thu 9 am - 2 pm**

**6th Sunday in
Ordinary Time**



Sacred Heart Catholic Church

PO Box 1310, 507 Harrison St. Princeton, WV 24740

304-425-3664

**Confessions: Saturday 3:00 - 3:30 pm and by
appointment**

Saturday 3:00 - 3:30 pm

[@shprinceton](https://www.facebook.com/sacredheartprincetonSacred) • Instagram photos and videos

The Symbolism of Ashes



Ashes hold deep symbolism in the Catholic Church, representing both our mortality and the need for repentance. This powerful symbol finds its roots in the Scriptures, where ashes were used as a sign of mourning and repentance. In the Old Testament, ashes were often associated with expressions of grief and sorrow. Job, for example, sat in ashes as a sign of his deep mourning and repentance before God. The prophet Daniel also fasted and covered himself in ashes as a way of seeking God's mercy and forgiveness for the sins of his people. These practices served as a visible reminder of the need to turn away from sin and return to God.

On Ash Wednesday, we receive ashes on our foreheads as a tangible reminder of our own mortality. As the priest or minister applies the ashes, they say the words, "Remember that you are dust, and to dust you shall return." This solemn reminder prompts us to reflect on the brevity of life and the importance of living in accordance with God's will. The ashes also symbolize the need for repentance. They serve as a visible sign of our desire to turn away from sin and seek forgiveness. Just as the ashes are a product of burning, we are called to let go of the things that hinder our relationship with God and embrace a life of holiness.

Alternatively, the priest or minister will say "Turn away from sin and be faithful to the Gospel" or "Repent and believe the Good news" when applying the ashes. This call to conversion is a central theme of Ash Wednesday. The ashes remind us that we are called to turn away from sin and be faithful to the teachings of Jesus Christ. They serve as a visible sign of our commitment to live a life of repentance and renewal.

As we begin the season of Lent this Ash Wednesday, the symbolism of ashes invites us to reflect on our own mortality and the need for repentance. It reminds us that our time on earth is limited and that we must use it wisely to grow in holiness and draw closer to God. Let us embrace this symbol as a call to turn away from sin and embrace a life of conversion and renewal. Through the symbolism of ashes, we are reminded of the importance of repentance and the opportunity for spiritual growth during the Lenten season.

Ref: <https://young-catholics.com/660/ash-wednesday/>

Staff

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gboggess@sacredheartprinceton.org

Youth Ministry: Lorin Albin
lorinjalbin@gmail.com

Mass Intentions:

Saturday, Feb 10, 4pm -

✠ **Holy Souls in Purgatory**

By Tanya Marx

Sunday, Feb 11, 11am -

✠ **Juan Carlos Avalos**

By Maria Avalos Gomez

Tuesday, Feb 13, 6pm -

✠ **Danny Keene**

By Teresa & Harry Derenge

Wednesday, Feb 14, Noon -

People of the Parish

Wednesday, Feb 14, 6pm -

✠ **"Pacie" Pace**

By Susie Pace

Thursday, Feb 15, Noon -

Teresa Derenge

By Harry Derenge

Saturday, Feb 17, 4pm -

✠ **Charley Manley**

By Virginia Manley

Sunday, Feb 18, 11am -

People of the Parish

Upcoming Events:

Feb 10-11, Blessing of throats

Feb 10, 9:00 am First Communion
Reconciliation Retreat

Feb 13, Parish Council Meeting

Feb 14, Ash Wednesday – Mass with
distribution of ashes – Noon and 6 pm

Feb 16, Noon Stations of the Cross (led
by Knights of Columbus)

Feb 19-20, Fr. Sebastian at Presbyteral
council

Feb 23, Noon Stations of the Cross (led
by The Men's Prayer group)

Sun, Feb 25, 6:00 pm Parentheses

Dear beloved brothers and sisters in Christ,

As we begin the season of Lent, I would like to take a moment to reflect on the significance of this time of year. Lent is a period of spiritual preparation leading up to Easter, during which we are called to focus on prayer, repentance, and sacrifice.

I encourage the brothers and sisters of the Sacred Heart Parish to enter the Season of Lent with real determination. Attend Holy Mass each Sunday, and during the week, if possible. Read the Word of God. Pray often in church and at home. Take seriously the call of the Church to fast and abstain, not just from food, but from other unhealthy attachments as well. Go to Confession. Support the charitable work of the Church, and engage in good deeds of charity, kindness and forgiveness.

One of the most important observances of Lent is Ash Wednesday, which marks the beginning of this solemn season. On Ash Wednesday, we receive ashes on our foreheads as a reminder of our mortality and our need for repentance. This symbol of humility and penance serves as a powerful reminder of our dependence on God and our commitment to live a life of faith.

I would like to invite all members of our congregation to join us for our Ash Wednesday services on February 14th at 12pm and 6pm at both our Princeton and Bluefield parishes. This is an important opportunity for us to come together as a community and begin our journey of spiritual reflection and renewal. I encourage each of you to take advantage of this time to deepen your relationship with God and to reflect on the many blessings in your life. May this season of Lent bring you closer to God and fill your heart with peace and joy.

In the 40 days to come, let us walk with Christ through his suffering and death and then rise to the new life, the peaceful and hopeful life, of Easter Day!

Let us pray:

***Heavenly Father, as we embark on this Lenten journey,
Guide our steps and illuminate our path with your wisdom.
May your Word be a lamp to our feet and a light to our soul.
In Jesus' name, I pray. Amen.***

With a promise of my prayers during this holy season, and a request for your prayers for me,

*Sincerely yours,
Father Sebastian*

2024 Lenten Liturgical Guidelines Diocese of Wheeling-Charleston

Lent is a special season within the Church year that focuses on the two-fold theme of repentance and Baptism. We prepare ourselves to celebrate the Paschal Mystery of Christ.

Lent begins with the celebration of **Ash Wednesday, February 14, 2024** and ends with the Evening Mass of the Lord's Supper on **Holy Thursday, March 28, 2024**.

GUIDELINES FOR ALL CATHOLICS

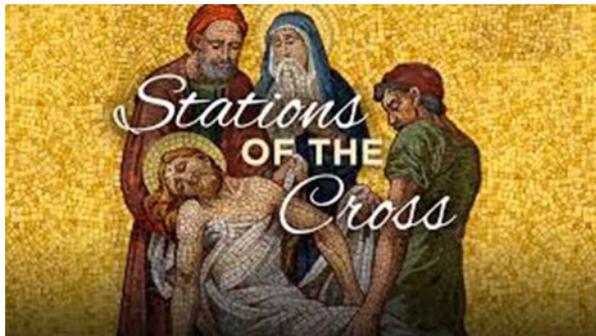
Fasting is to be observed on Ash Wednesday and Good Friday by everyone 18 years and older, who has not yet celebrated their 59th birthday. On a fast day, one full meal is allowed. Two other meals, enough to maintain strength, may be taken, according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but consuming liquids, including milk and juices, is allowed.

Abstinence is observed by everyone 14 years of age or older. On days of abstinence, no meat is allowed. Note that when health or the ability to work is affected, the law does not apply. Ash Wednesday, all the Fridays during Lent, and Good Friday are days of abstinence. If a person is unable to observe the above regulations due to ill health or other serious reasons, other suitable forms of self-denial are encouraged.

Stations of the Cross

Stations of the Cross will begin this Friday, February 16, at noon.

This week members of the Knights of Columbus will lead the Stations.





February 11

Eucharistic Reflection: *The Lord accompanies us in many ways, but none as profound as when we encounter him in the Eucharist. On our journey toward eternal life, Christ nourishes us with his very self. Once, when told by someone that she no longer saw the point of going to daily Mass, the Servant of God Dorothy Day reflected: "We go eat of this fruit of the tree of life because Jesus told us to. . . . He took upon himself our humanity that we might share in his divinity. We are nourished by his flesh that we may grow to be other Christs. I believe this literally, just as I believe the child is nourished by the milk from his mother's breast."*⁴

⁴ *The Duty of Delight: The Diaries of Dorothy Day*, ed. Robert Ellsberg (New York: Image, 2011) p. 483; see *Roman Missal*, Collect for the Nativity of the Lord, Mass during the Day: "O God, who wonderfully created the dignity of human nature and still more wonderfully restored it, grant, we pray, that we may share in the divinity of Christ, who humbled himself to share in our humanity."

February 10-11, 2024 DID YOU KNOW?

In the celebration of Mass we raise our hearts and minds to God. We are creatures of body as well as spirit, so our prayer is not confined to our minds and hearts. It is expressed by our bodies as well. **When our bodies are engaged in our prayer, we pray with our whole person.** Using our entire being in prayer helps us to pray with greater attentiveness.

During Mass we assume different postures—**standing, kneeling, sitting**—and we are also **invited to make a variety of gestures.** These postures and gestures are not merely ceremonial. They have pro-found meaning and, when done with understand-ing, can enhance our participation in the Mass.

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The next six weekends of Lent we will review how we participate in Holy Mass using our whole person.



Ash Wednesday Mass

EVERYONE IS WELCOME

NOON AND 6PM
14 FEBRUARY 2024

reflect & renew

LET'S PREPARE
TOGETHER FOR THE
CELEBRATION OF
JESUS' RESURRECTION

Second Collection - Feb 10 & 11 Church Missions within the United States

Black and Indian Missions - for evangelizing the Black and Indian peoples of the United States. The funds are distributed as grants to dioceses throughout the United States, supporting and strengthening evangelization programs which otherwise would cease.

Weekly Collections

	Feb 3-4 weekend	YTD Actual	YTD Budget
Envelopes	4,449.00	20,228.00	20,000.00
Loose Offertory	227.00	1,090.68	1,200.00
Easter Flowers	100.00	160.00	0.00
Maintenance	375.00	6,395.00	500.00
Total Contributions	\$ 5,151.00	\$ 27,873.68	\$ 21,700.00
Dioc: Black & Native Am Mission	25.00	25.00	250.00
Attendance:	4pm 68	11am: 118	

The Little Black Book



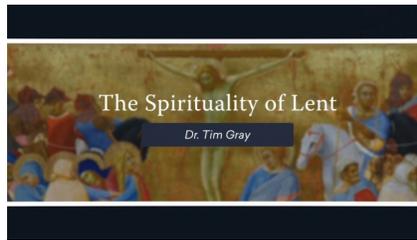
Don't forget to stop by the Narthex to pick up your copy of The Little Black Book, generously donated by Roger and Bonnie Hickman. This is a wonderful opportunity for parishioners to receive this gift and we are grateful for their generosity.

Religious Ed Schedule of Events

- Feb 11, 18, 25 - **Faith Formation** | Class
- Feb 11, 18, 25 - **OCIA** | Class
- Feb 10 - **Faith Formation** | 9:00 am Reconciliation Retreat (First Communion)
- Feb 15 - **Women's Prayer group** | 10:15 am Conf. room
WWP | 7:00 pm ZOOM
- Feb 18 - **OCIA** | 3:00 pm Rite of Election (Charleston)
- Feb 22 - **Women's Prayer group** | 10:15 am Conf. room
Men's group | 10:15 am Narthex
Bible Study | 1:00 pm
WWP | 7:00 pm ZOOM
- Feb 25 - **YM** | 6:00 pm Parentheses
- Feb 29 - **Women's Prayer group** | 10:15 am Conf. room
Bible Study | 1:00 pm
WWP | 7:00 pm ZOOM
- Mar 22 - **OCIA** | 7:00 pm Transformational Stations

- Youth Ministry** - Contact Lorin Albin
- Faith Formation** - Contact Laura Wyatt
- OCIA** - Contact Laura Wyatt
- Women's Prayer Group** - Contact Susie Pace
- Men's Group** - Contact Jim Cosgrove or Bill Picknally
- Walking with Purpose (WWP)** - Contact Laura Wyatt or KD Coleman
- Adult Education** - Contact Laura Wyatt
- Bible Study** - Contact Srs. Alexandra or Teresita

This Week on Formed - The Spirituality of Lent



Looking to take Lent more seriously this year? Join Tim Gray for ideas for a Lenten spirituality.

<https://watch.formed.org/videos/the-spirituality-of-lent>

Religious Education

Order of Christian Initiation of Adults (OCIA)

Feb 11 - Lent

Lent is the **40-day season** leading up to Easter. The number 40 calls to mind the 40 years that Moses and the Israelites wandered in the wilderness, and the 40 days that Jesus fasted in the desert.

Next weeks lesson:

February 18 - Intro. To Sacraments

Walking with Purpose (WWP)

Lesson 10 - "Connect Coffee Talk 3: Your Heart (You are Captivating)"

Join us Feb 15 @ 7 pm
Invite a Friend!



Lenten Lunches

If you were offered short lessons on different topics about Lent would you attend? A survey is being emailed to the parish, please be sure to complete it. This will determine if we will start our Lenten Lunches.

Tentative Starting DATE : Feb 23
After The Stations of the Cross
Meet in the conf. room

Faith Formation



<https://watch.formed.org/lent-with-brother-francis>

Youth Ministry

Our next YM night will be on Feb 25, which will be Parentheses. If you have questions as to why we do certain things at Mass join us at 6 pm to have your questions answered.

(Parentheses)

Woman's Prayer Group meets Thursday at 10:15 am.

Beginning our Lenten Journey

"Made for HEAVEN"
A Guided Lent Journal for Prayer and Meditation" by Fr Augustino Torres, CFR



"I have come to set the earth on fire, and how I wish it were already blazing!"
— Luke 12:49

On February 2, a group of teenagers from Sacred Heart Princeton, Bluefield, SS Peter and Paul, and St. John the Evangelist had the opportunity to attend the Mount 2000 "Fire" retreat hosted by seminarians at Mount St. Mary's. The retreat was an excellent way for them to strengthen their faith through the sacraments and insights from inspirational individuals. Seminarian Michael Tupta's valuable information and guidance made planning smoother and easier. Thanks to his help, the travel to the retreat was successful. We were privileged to have him as our guide; he has inspired our teens here at Sacred Heart Princeton.

En route to the retreat, the group visited the Basilica of the National Shrine of the Immaculate Conception and received a tour of the beautiful church. Learning about the basilica's history and significance was an unforgettable experience. After the tour, they participated in the rosary led by Seminarian Joe Durico, a peaceful and reflective moment for all. Being surrounded by fellow Catholics in such a holy place was a blessing.

It is heartening to share that our group had the privilege of welcoming Sr. Mary Pierta, who provided us with much-needed spiritual guidance. Our youth had the opportunity to have candid conversations with her regarding their faith, which was a fantastic opportunity for them to gain valuable insights and find solace.

The Mass was a beautiful moment of coming together in prayer and worship, which allowed the attendees to strengthen their connection to God and renew their commitment to living out their faith. They also went through the confirmation track, which focused on the Holy Spirit.

Over 700 attendees took the opportunity of confession, which is a testament to the power of reconciliation. It allowed them to receive the healing grace of God and begin anew in their spiritual journey.

The retreat also featured terrific speakers who shared their insights and experiences on various topics related to the Catholic faith. These speakers provided a wealth of knowledge and inspiration for the attendees, helping them to grow in their understanding of their faith and how to live it out daily.

I want to express my gratitude towards all the sponsors who supported our youth, the parents who provided their unwavering support, the chaperones who endured the challenges, our parish family, and my appreciation towards the enthusiastic teens who showed eagerness throughout the journey and of course, a special thanks to Fr. Sebastian for his unwavering support towards Faith Formation.

Overall, the Fire retreat was a truly transformative experience for the attendees. It reminded them of the power of community and the importance of coming together to support one another in our spiritual journey. It was a beautiful reminder that we are never alone in our pursuit of faith.

BIBLE STUDY:

CATHOLIC MISSIONARIES (304) 890-3386

DATE: Every Thursday from 1:00 to 2pm (starts February 15th)
BRING: Bring a Bible, notebook and willingness to learn
Where 507 Harrison St, Princeton, WV 24740



THREE-DAY ST. JUDE MISSION

PREPARING A FANTASTIC HOLYDAY MENU WITH ST. JUDE

**ST. JUDE MISSION, MASS,
& VENERATION OF THE ARM RELIC OF ST. JUDE**

MARCH 4TH - 6TH, 2024

MARCH 4TH & 5TH = 7 PM - MISSION PREACHING
MARCH 6 = 7 PM - ST JUDE MASS

ST JUDE OIL BLESSINGS & VENERATION OF
THE ARM RELIC OF ST. JUDE'S EACH EVENING

**ST JOHN THE EVANGELIST
CATHOLIC CHURCH**

1704 W. WEBSTER ROAD
SUMMERSVILLE, WV 26651-1049
CONTACT FR. RENEAT (304) 618-9165 FOR QUESTIONS

PRESENTED BY FR. MIKE FORD, O.P. - DIRECTOR OF
THE DOMINICAN SHRINE OF ST. JUDE, CHICAGO, IL

The-Shrine.org
The Dominican Shrine
of St. Jude Thaddeus

St. Francis de Sales Parish
Lent Mission for Parish Year of Eucharistic Revival

The Eucharist: We Become What We Believe

Presenter: Deacon Greg Kandra

St. Francis de Sales Catholic Church
614 S. Oakwood Ave.
Beckley, WV 25801

Retreat Schedule

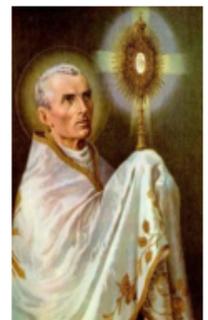
Weekend of Feb. 17-18 Retreat begins, with Deacon Greg Kandra as homilist for all three English Masses:

Sat., Feb. 17 5:00 p.m. Mass
Sun., Feb. 18 8:30 a.m., 11:00 a.m. Masses

Mon., Feb. 19
8:30 a.m. Mass (Daily Parish Mass)
5:30 p.m. Sacrament of Reconciliation
6:30 p.m. Evening Prayer followed by Conference I

Tue., Feb. 20
8:30 a.m. Mass (Daily Parish Mass)
5:30 p.m. Sacrament of Reconciliation
6:30 p.m. Evening Prayer followed by Conference II

Wed., Feb. 21
8:30 a.m. Mass (Daily Parish Mass, followed by All-Day Adoration)
5:00 p.m. Sacrament of Reconciliation
5:45 p.m. Evening Prayer and Benediction
6:30 p.m. Mass with Conference III
~7:30 p.m. Light Reception in De Sales Hall to conclude Mission



In case of an emergency and a priest is needed, please call:

- The Princeton Parish Office
(304) 425-3664
- Bluefield Parish Office
(304) 327-5623
- Kim Hickman
(304) 920-2440

In case of illness: Please call the parish office to let us know if you, a family member, or a parishioner is sick. We can place your name on the prayer list. If requested, Fr. Sebastian will arrange for distributing Holy Communion in the home.

Nursing homes, rehabilitation centers and anyone who is hospitalized are not

permitted to contact the church. If someone you know is in the hospital, please call the church office.

In case of serious or life threatening sickness or the actively dying: The church should be contacted as soon as possible. People deserve the opportunity to confess their sins, profess their faith, be anointed, and receive Holy Communion – the foretaste and pledge of eternal life. PLEASE don't wait until after the person is unconscious or so sedated that he or she cannot communicate. It is imperative with current situations, that there be enough time for Fr. to go through the appropriate protocol to visit the actively dying.

Please include the following in your Daily Prayers

George	Bowling	Jim	Lintz
Margaret	Bryan	Richard	Lockhart
Peggy	Friedrickson	Jeanne	Mancuso
Dale	Geiger	Tanya	Marx
MaryLu	Greiger	Angie	Pendleton
Kyle	Geiger	Vivian	Romano
Johnathan	Harding	Agnes	Tokarski
Kimiko	Houser	Richard	Wentz
Angie	Grbac		
Patricia	Gupton		
Wylie Rae	Henson		
Nancy	Larkin		



Music for February 11, 2024 Mass of Christ the Savior

Mass Readings on pg. 396
Word & Eucharist

Entrance: G645
"Amazing Grace"

Responsorial Psalm 147:
Praise, O Praise

Presentation of Gifts: G721
"You Are Mine"

Communion: G681
"We Remember"

Closing Hymn: G685
"How Can I keep from Singing"

February Ministry Schedule

Date/Time	Lector	Extraordinary Minister	Greeter	Livestream	Altar Server	Counter
10 4pm	M. Bacho	K. Bailey C. Pace V. Manley	F. Bacho	n/a	T. Byron	J. Cosgrove
11am	D. LaMothe	J Cosgrove G. Richardson L. Wyatt	Hillyer's	W. Picknally	A. Albin	
14 Ash Wed Noon	D. LaMothe	R. Modena T. Marx M. Marx	Prox	W. Picknally	C. Pace	N/A
14 Ash Wed 6 pm	M. Bacho	G. Boggess M. Albin M. Flanigan	F. Bacho	TBA	L. Kessinger	
17 4pm	J. Gaspersich	T. Byron K Bailey C. Pace	Prox	N/A	L. Kessinger	J. Choate
18 11am	K. Carter Jo Flanigan	G. Cosgrove W. Picknally K. Hickman	Verespie Family	TBA	E. Coleman A. Coleman	
24 4pm	M. Tinio	R. Modena T. Marx M. Marx	Bisaha	N/A	C. Pace	T. Settle
25 11am	L. Albin	K. Suehs Y. Suehs G. Boggess	Neri	W. Picknally	BJ Carter Ja Flanigan	