

**February 17 & 18, 2024**

**Sunday Mass is livestreamed**

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

**1st Sunday in  
Lent**



## **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

## **IN THE WILDERNESS**



The Gospel of Mark for the 1st Sunday of Lent Year B presents a compelling juxtaposition to the story of Noah with Jesus' temptation in the wilderness.

This narrative is rich in symbolism, portraying Jesus as the new Adam who, unlike His predecessors, withstands the temptations of Satan. His time in the wilderness, among wild beasts and attended by angels, echoes the harmony of creation envisioned in Isaiah's prophecy. This setting underscores the peace and reconciliation that Christ brings to all creation, including humanity and the natural world.

Jesus' resistance to temptation in the wilderness is emblematic of the Lenten journey. It challenges us to confront our own wilderness, the deserts of temptation, and spiritual dryness we may face. His victory offers us hope and a model for overcoming our own struggles with sin and temptation. By following Jesus' example of prayer and reliance on God's word, we can navigate the wilderness of our lives, fortified by the grace of God.

Ref: <https://young-catholics.com/3144/1st-sunday-of-lent-year-b/#themes>

### **Staff**

**Pastor:** Fr. Sebastian Devasya  
sdevasya@dwc.org

**Office Manager:** Kim Hickman  
khickman@sacredheartprinceton.org

**Secretary:** Laura Wyatt  
lwyatt@sacredheartprinceton.org

**Religious Education:** Laura Wyatt  
lwyatt@sacredheartprinceton.org

**Pastoral Ministries:** Gina Boggess -  
gboggess@sacredheartprinceton.org

**Youth Ministry:** Lorin Albin  
lorinjalbin@gmail.com

### **Mass Intentions:**

Saturday, Feb 17, 4pm -

✠ **Charley Manley**

By Virginia Manley

Sunday, Feb 18, 11am -

**People of the Parish**

Tuesday, Feb 20, 6pm -

**No Mass**

Thursday, Feb 22, Noon -

✠ **Souls in Purgatory**

By Maria Franco

Saturday, Feb 24, 4pm -

**Available**

Sunday, Feb 25, 11am -

**Available**

### **Upcoming Events:**

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

Tue, Feb 27, 6:30 pm Synod Vicariate Listening Session @ St. Francis de Sales

Sat, Mar 9, 9:00 am Father/Son Retreat by Missionary Sisters

Sun, Mar 10, 4:00 pm Lenten Program by Daniel Maul

Tue, Mar 12, 6:45 pm Parish Council

Sun, Mar 17, 1:00 pm Hunger Challenge

FIRST SUNDAY OF

# Lent

Dear brothers and sisters,

As we begin the first week of Lent, we are called to deepen our spiritual lives and draw closer to God. One of the most powerful ways we can do this is through prayer. Prayer is not simply the act of asking for something or reciting words, but rather a way to connect with our Creator and deepen our relationship with Him.

In the Gospel reading for this Sunday, we understand the significance of prayer as Jesus went to a deserted place to pray. We hear the story of Jesus spending 40 days in the desert, praying and fasting before beginning His public ministry. This serves as a reminder to us of the importance of prayer in our own lives. Jesus recognized the need for solitude and reflection to communicate with God and receive His guidance.

There are many ways to pray, and each person may find that certain methods resonate more with them than others. Some people prefer to recite traditional prayers, while others may prefer to use their own words to speak to God. Some may find solace in meditative practices such as centering prayer or the rosary, while others may prefer to simply sit in silence and listen to their inner voice. The important thing is to find what works best for us and to make prayer a regular part of our lives. Many Catholics love to pray the Rosary. This is a meditative prayer that involves the recitation of prayers and the contemplation of the mysteries of the life of Jesus and Mary. The Rosary is a powerful way to deepen our faith and to draw closer to God. Another powerful form of prayer is the Divine Mercy Chaplet. This prayer is based on the revelations of Jesus to St. Faustina Kowalska and involves the recitation of prayers and the contemplation of the passion of Jesus and His mercy. The Divine Mercy Chaplet is a beautiful way to seek God's mercy and to offer our own prayers for the needs of the world.

During Lent, we are called to deepen our spiritual lives and prayer is an essential way to do so. By setting aside time each day to pray, we can reflect on our lives, seek forgiveness for our shortcomings, and ask for God's guidance on our journey. May we all find the time and space to engage in this important spiritual practice during this season of Lent.

Let us pray:

Lord Jesus,

During Lent, I seek spiritual renewal and a deeper connection with you.

Fill me with your Holy Spirit, cleanse my heart, and draw me closer to your love and grace.

Amen

Yours in Christ,  
Fr. Sebastian

HOW WILL YOU PRAY DURING LENT ?

## The Synod Continues in the Diocese of Wheeling-Charleston

Continuing on our journey as a Synodal Church, faithful from around the Diocese of Wheeling-Charleston are asked to attend a gathering in their vicariate (Charleston, Martinsburg, Beckley, Clarksburg, Parkersburg, and Wheeling) between Feb. 21- March 7. Each gathering will be a synodal listening session to address two questions posed by the General Assembly of the Synod of Bishops, who met in Rome last October.

- Where have I seen or experienced successes—and distresses—within the Church's structure(s)/organization/leadership/life that encourage or hinder the mission?
- How can the structures and organization of the Church help all the baptized to respond to the call to proclaim the Gospel and to live as a community of love and mercy in Christ?

The sessions will be held Feb. 21 at the Saint John XXIII Pastoral Center in Charleston, Feb. 22 at St. Leo Church in Inwood, Feb. 27 at St. Francis de Sales Church in Beckley, Feb. 28 at Immaculate Conception Church in Clarksburg, Feb. 29 at St. Francis Xavier Church in Parkersburg, and March 7 at St. Michael Church in Wheeling. All sessions will begin at 6:30 p.m. and everyone is encouraged to attend.



For a synodal Church

communion | participation | mission



### LENTEN LISTENING SESSIONS 2024

Feb. 21 at the Saint John XXIII Pastoral Center, Charleston

Feb. 22 at St. Leo Church, Inwood

Feb. 27 at St. Francis de Sales Church, Beckley

Feb. 28 at Immaculate Conception Church, Clarksburg

Feb. 29 at St. Francis Xavier Church, Parkersburg

March 7 at St. Michael Church, Wheeling.

All sessions begin at 6:30 p.m.



February 18

**Eucharistic Reflection: The Gift:**

*Yet, we also know that he is present to us in a way that binds us together as one body, which we proclaim by our "Amen" in responding to the invitation: The Body of Christ. Again, we call on the words of the beloved Polish pope: "For this presence to be properly proclaimed and lived, it is not enough that the disciples of Christ pray individually and commemorate the death and Resurrection of Christ inwardly, in the secrecy of their hearts. Those who have received the grace of baptism are not saved as individuals alone, but as members of the Mystical Body, having become part of the People of God."*<sup>5</sup>

<sup>5</sup> Pope John Paul II, *Dies Domini*, no. 31.

**Second Collection - Mar 2 & 3 Diocesan Priests' Retirement Fund**

It provides the support for retirement benefits, medical expenses, assisting in the cost of nursing homes stays, and group living expenses for the diocesan priests who have served the people of our diocese as their vocation in life.

## Stations of the Cross

**February 16, Noon**, Stations of the Cross followed by Holy Communion led by the Knights of Columbus.

**February 23, Noon**, Stations of the Cross followed by Holy Communion – led by the Men's Prayer Group.

**March 1, Noon** – First Friday Mass followed by Stations of the Cross – led by Anchor Prayer Group.

**March 8, Noon** – Stations of the Cross followed by Holy Communion – led by the Altar Society.

**March 15, 7 pm** – Silhouette Stations of the Cross followed by Holy Communion – led by our Youth.

**March 22, 7 pm** – Stations of the Cross followed by Holy Communion – led by RCIA.

### 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.

## 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.

**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.

## Religious Ed Schedule of Events

- Feb 18, 25 - **Faith Formation** | Class
- Feb 18, 25 - **OCIA** | Class
- 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 15 - **YM** | 7:00 pm Stations of the Cross (Silhouettes)
- Mar 17 - **YM** | 1:00 pm Hunger Challenge Johnston Chapel
- 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



Week One | Restore: Lent with Sr. Miriam James Heidland, SOLT In the Week One video for the Restore Lent series, Sr. Miriam James Heidland, SOLT, reflects on the theme of the week—the desert. She explains that Jesus is inviting you to move beyond your comfort zone and into the deepest places of your heart with him. It is Jesus who helps you root out the sin, sickness, and self-hatred in your life. Sr. Miriam assures us that we can look to him for comfort, love, and healing.

<https://watch.formed.org/videos/restore-week-one-the-desert>

## Religious Education

### Order of Christian Initiation of Adults (OCIA)

**Feb 18** - Catholic Social Teachings & Life Issues

Every human being is **created in the image of God** and worthy of respect. Human dignity comes from being a child of God, not from what the person does or who the person is. **This is the core foundation of all Catholic social teaching.**

### Walking with Purpose (WWP)

**Lesson 11** - "What Does The Sacrament of Penance Have to Do With My Friendship with Christ?"

Join us Feb 22 @ 7 pm  
 Invite a Friend!

### Lenten Lunches

Date TBD

After The Stations of the Cross  
 Meet in the conf. room

### Faith Formation Week 1

#### Offering Up : Fasting and Abstinence

Consider the ways food is wasted or consumed carelessly. This week, make an effort to eat only until you feel satisfied rather than full.

#### Offering To : Sharing Your Resources with Others

Give up something you usually buy for yourself, such as a cup of coffee or a song downloaded from the Internet. Double the amount you would have spent and place it in the collection basket at church.

### 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.

Our Lenten Journey with...  
**"Made for HEAVEN"**

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

*"Lord Jesus, you fasted 40 days. Help me to break away from the things that keep my eyes from being fixed on you."*

February 17-18, 2024  
**DID YOU KNOW?**  
 Diocese of Wheeling-Charleston

Questions have been asked consistency with postures (standing vs. kneeling vs. sitting). In an attempt to answer some of these questions, information has been gathered from the Diocese of Wheeling-Charleston and the United States Conference of Catholic Bishops. That information will be shared with you in the coming weeks.

This week we share information on proper posture at Mass which was promulgated by +Bernard W. Schmitt in 2003. In the coming weeks we will look more closely into the postures of standing, sitting, kneeling and some gestures during Mass.

**Proper Posture of the Congregation at Mass**



From the start of Mass until the first reading



From the preparation of the gifts until the priest has finished washing his hands or the deacon has incensed the congregation



During the readings and Psalm



From the priest's invitation, "Pray, brothers and sisters ..."



From the Gospel acclamation to the end of the Gospel



From the end of the Holy, Holy, Holy until after the amen of the Eucharistic prayer



During the homily



From the start of the Our Father until the reception of Communion



From the profession of faith until the end of the general intercessions



Or  Or   
 After receiving Communion



From the start of the prayer after Communion until the end of Mass

Promulgated by Bishop Bernard W. Schmitt  
 Solemnity of All Saints, November 1, 2003

+**Bernard W. Schmitt**  
**Most Reverend Bernard W. Schmitt**  
**Bishop of Wheeling-Charleston**  
**November, 2003**

"The who question of posture reminds us that the nature of the Mass is to be an act of the whole people gathered together as one. The actions and the posture of the faithful should be a visible sign of their unity in faith and spirit. For this reason, the liturgical posture and actions of the faithful are best called communal (not public). Within this communal action there are profoundly personal moments; indeed, within the communion of faith, the communal is personal and the personal is communal. The structure of the Liturgy takes this reality into account, balancing moments of silent reflection with moments of communal prayer and response. Similarly, the balancing of the communal and the personal are reflected in posture; there are times when all are called to do the same thing and times when personal expressions are allowed."

**SITTING (USCCB)**

Sitting is the posture of listening and meditation, so the congregation sits for the pre-Gospel readings and the homily and may also sit for the period of meditation following Communion. All should **strive to assume a seated posture during the Mass that is attentive** rather than merely at rest.

**STANDING (USCCB)**

Standing is a sign of respect and honor, so we stand as the celebrant who represents Christ enters and leaves the assembly. From the earliest days of the Church, this posture has been understood as the stance of those who have risen with Christ and seek the things that are above. When we stand for prayer, we assume our full stature before God, not in pride but in humble gratitude for the marvelous things God has done in creating and redeeming each one of us. By Baptism we have been given a share in the life of God, and the posture of standing is an acknowledgment of this wonderful gift. We stand for the proclamation of the Gospel, which recounts the words and deeds of the Lord. (USCCB)

**Next weekend we will review the posture of STANDING in depth.**

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## Creative and simple things to make the best of Lent



Quit taking  
selfies (More  
God, less me)



Delete one app  
from your phone  
that distracts you



If you buy a snack,  
get one for  
someone else



Fast from water  
(In the shower)



Use words to  
express how you feel  
instead of emojis



Take out the trash  
without being asked



Don't know what to cook on Friday?

## Roasted Veggie Pasta

### Ingredients

¼ pound fresh asparagus  
2 red bell pepper, sliced  
¼ pound crimini mushrooms, sliced  
10 cloves roasted garlic, chopped  
½ tomato, quartered  
½ teaspoon chopped fresh rosemary  
½ teaspoon chopped fresh oregano  
2 tablespoons olive oil  
8 ounces dry fettuccini noodles  
¼ cup grated Parmesan cheese  
2 tablespoons tapenade



- Preheat oven to 350 degrees F (175 degrees C). Prepare asparagus by trimming woody base and cutting diagonally into 4 inch pieces.
- In a roasting pan, combine asparagus, bell pepper, mushrooms, roasted garlic and tomato. Sprinkle with rosemary and oregano, then drizzle with olive oil. Bake in preheated oven for 15 minutes.
- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with Parmesan cheese, tapenade and roasted vegetables.

**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 18, 2024 Mass of Christ the Savior**

Mass Readings on pg. 396  
Word & Eucharist

Entrance: G475  
"Tree of Life" vs. 1

Responsorial Psalm 25:  
Your ways, O Lord

Presentation of Gifts: G484  
"Hosea"

Communion: G486  
"Deep Within"

Closing Hymn: G487  
"Again We Keep This Solemn Feast"

**Weekly Collections**

	weekend Feb 10-11	YTD Actual	YTD Budget
Envelopes	2,163.00	22,211.00	23,000.00
Loose Offertory	131.00	1,221.68	1,400.00
Easter Flowers	50.00	210.00	0.00
Maintenance	20.00	6,415.00	500.00
<b>Total Contributions</b>	<b>\$ 2,364.00</b>	<b>\$ 30,057.68</b>	<b>\$ 24,900.00</b>
Fund Raisers (Mommy Ministry t-shirts)	60.00	275.00	0.00
Dioc: Home Missions	188.00	465.00	500.00
Dioc: Black & Native American Mission	288.00	313.00	250.00
<b>Attendance:</b>	<b>4pm: 44</b>	<b>11am: 135</b>	

**February Ministry Schedule**

Date/Time	Lector	Extraordinary Minister	Greeter	Livestream	Altar Server	Counter
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	G. Kaklis 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	





February 15, 2024

Dear Parishioners of Sacred Heart Princeton,

In compliance with the Policy of the Diocese of Wheeling- Charleston, please find a copy of the 2023 Operating Account Financial Statement.

Please note that the attached Financial Statement reflects the church has again operated with a negative cash flow necessitating us to invade our savings to pay our normal and recurring bills. Our 2024 budget also reflects a need to invade savings to pay our bills in 2024. This is an unhealthy trend. Hence, we request that you examine your personal financial condition and, if possible, consider increasing your weekly giving level.

We thank you for all you have given and done for the church during the 2023 year. If you have any questions regarding the finances of your church, please contact Charlie Pace, our Finance Council Chairman or Kim Hickman.

Sincerely,

Fr. Sebastian Devasya  
Charlie Pace, Finance Council Chairman  
Gina Boggess  
Kevin Garrett  
Shelby Neri  
Gene Richardson  
Bob Schumacher  
Frank Sinicrope  
Fred St. John  
Kirt Suehs

#1316 Sacred Heart Catholic Church

January - December 2023

Income		
10001 Envelopes	167,015.91	
10002 Loose Offertory	11,501.28	
Flowers	2,231.00	
Holy days	9,860.00	
Maintenance	4,527.00	
Total 10005 Offerings & Contributions		<b>\$ 195,135.19</b>
10006 Benefits (Fund Raisers)		2,292.56
10011 Stock Dividend Income		17.40
10012 Rent Income		6,500.00
10015 Votive Candles (Gross)		970.66
20018 Stipends and Stole Fees		2,578.62
20021 Drawn from Reserve Fund	Oliver Estate	12,000.00
	Major improvements	37,367.00
	DWC grant	18,000.00
Total 20021 Drawn from Reserve Funds		<b>67,367.00</b>
20023e Faith Formation/Youth Ministry		7,504.31
20023f non-diocesan collections		5,361.00
20023g Memorial Contributions		8,178.00
Total 21041 DIOCESAN COLLECTIONS		17,069.00
Total Income & donations		<b>\$ 312,973.74</b>
Expenses		
Salary, insurance, taxes, workers comp		114,118.32
30110 Rectory Food and Supplies		3,971.20
30111 Transportation		1,357.87
Total 30112 Office Expense		13,097.73
Total 30113 Liturgical Expenses(non-Wages)		5,875.83
30116 Faith Formation RCIA, Youth Ministry		15,165.82
Total 30119 Social Concerns		5,929.61
Total 30120 Other Program Expenses		1,888.61
Total 30121 Utilities		35,855.88
30123 Insurance Expense		15,112.00
Total 30124 Maintenance and Repairs		22,249.46
30125 Equipment & Furnishings <\$5000		688.65
30126 Major Improvements	security cameras system	36,367.00
	Church Apex Roof	19,000.00
Total 30126 Major Improvements		<b>55,367.00</b>
30131 Diocesan Collection Payments		17,069.00
30132 Cathedraticum		2,820.37
30133 PHRA Assessment		5,640.72
Total 30134-7 Other Expenses		12,297.22
30139 Cost of Benefits (Fund Raisers)		687.00
30141 Other Rental Prop. Expenses		5,356.64
Total Expenses		<b>\$ 334,548.93</b>
Net Operating Loss		<b><u>\$ (21,575.19)</u></b>