

February 24 & 25, 2024

Sunday Mass is livestreamed

Office Hours:
Mon - Thu 9 am - 2 pm

**2nd Sunday in
Lent**



Sacred Heart Catholic Church

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

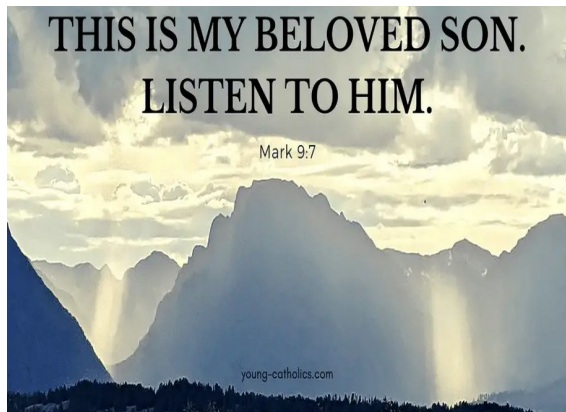
304-425-3664

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

Saturday 3:00 - 3:30 pm

www.facebook.com/sacredheartprinceton
(@shprinceton) • Instagram photos and videos

Pay Attention



The echo of "Here I am" (hineni) throughout the Scriptures, from Abraham to Samuel, and echoed by Isaiah, serves as a powerful testament to the attitude of readiness and submission expected of God's servants. This phrase in the first reading for the 2nd Sunday of Lent Year B is not merely a statement of presence but a declaration of total availability to God's call, signaling a readiness to act according to His will.

This posture of obedience is crucial in the Lenten journey, as it invites believers to attune their ears and hearts to God's voice, ready to respond with the same immediacy and trust as those who walked the path of faith before us. It underscores

the importance of discernment and willingness to embrace God's will, even when it leads us into the unknown or demands sacrifices that test the depth of our faith.

Ref: <https://young-catholics.com/3165/2nd-sunday-of-lent-year-b/>

Staff

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Youth Ministry: Lorin Albin
lorinjalbin@gmail.com

Mass Intentions:

Saturday, Feb 24, 4pm -

✠ **Dr Abdias Villamor**

By Dr. Victor Trinidad

Sunday, Feb 25, 11am -

✠ **Bill Tooley**

Tuesday, Feb 27, 6pm -

People of the Parish

Thursday, Feb 29, Noon -

No Mass

Saturday, Mar 2, 4pm -

Available

Sunday, Mar 3, 11am -

✠ **Loretta & Joseph Scarpati**

by Mary Ann & John Shay

Upcoming Events:

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

Feb, 25, Parentheses postponed more
information soon

Tue, Feb 27, 6:30 pm Synod Vicariate

Listening Session @ St. Francis de Sales

Mar 1, Noon First Friday Mass followed by
Stations of the Cross (led by Anchor Prayer
Group).

Sat, Mar 2, 8:00 am Family Retreat by
Missionary Sisters

Mar 8, Noon Stations of the Cross (led by
Altar Society group)

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

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

SECOND SUNDAY OF

Lent

Dear beloved Sacred Heart family,

This week, we celebrate the second Sunday of Lent. I encourage you to stay strong in your Lenten observances! Last week, we focused on the spiritual practice of prayer. This week, we will add the spiritual practice of fasting, which is a powerful way to deepen our spiritual connection with God.

First, what is God saying to us in this week's readings? We hear Abraham's faith is tested by his willingness to sacrifice his son Isaac. This reading invites us to reflect on our faith and willingness to trust God's plan for our lives. The second reading is a reminder that God's love for us is so great that He did not spare His own Son. I invite you to spend time contemplating God's love for you and offer Him an expression of your gratitude for this immeasurable gift. In the Gospel, we hear the story of the Transfiguration, where Jesus reveals His divine nature to His apostles. This reading summons us to meditate on the glory of God. It also challenges us to listen to Jesus' words and follow His example daily. If we ponder these readings, we understand how the longing for trust, faith, and love strikes a chord deep within us. Our hearts do not rest until they rest in God.

Secondly, let us examine the spiritual practice of fasting. It reminds us of our dependence on God for sustenance and we are better able to focus on our spiritual needs. Fasting can also help us to detach from our material desires and to focus on our spiritual well-being. In addition to deepening our spiritual connection, fasting can help us to practice self-discipline and self-control. Spiritually, we can fast from negative thoughts or emotions, such as anger or jealousy, and instead focus on positive virtues like love and compassion. We can also fast from distractions, such as social media or entertainment, and instead spend more time praying and reflecting. When we fast, we learn to resist temptation and overcome our physical desires. Physically, we can fast food to discipline our bodies and focus our minds on God. This can take different forms, from abstaining from meat on Fridays to longer fasts on certain days or during certain seasons. However, it is essential to remember that fasting should never harm our health or well-being. Fasting can also be a way to show solidarity with those who experience hunger and poverty. By experiencing hunger ourselves, we can gain a greater empathy and understanding for those who suffer from food insecurity. Fasting can also inspire us to take action to help those in need.

Lastly, I assure you of my humble prayers and hope we all draw closer to God through prayer and fasting this Lenten season. May we consider the spiritual beauty of fasting lies in its ability to help us deepen our connection with God, practice self-discipline and self-control, and empathize with those who suffer from hunger and poverty. As we observe Lent, we incorporate fasting into our spiritual practice and experience its benefits. It helps us to cultivate a temperament of humility and gratitude.

Let us pray:

Dear loving Father,

As we fast from food and distractions, may we be filled with your love and grace.

May your Spirit transform our hearts and draw closer to you each day.

Please help us cultivate a spirit of humility and gratitude,
and may our fasting be a source of spiritual growth and transformation.

We ask this in the name of Jesus Christ, our Lord. Amen.

Yours in Christ,
Fr. Sebastian

HOW WILL YOU FAST DURING LENT ?



The Diocese requests the honor of your presence!

The Synod on Synodality Continues

Towards October 2024

The Interim Stage

For a Synodal Church: Community, Participation, Mission

After three years of the Universal Church's journey of Synodality, we *still* must ask ourselves...
Do we yet know how to be a synodal Church in mission?

We must identify the paths to follow and the tools to adopt
to empower all of **the baptized** to contribute to the Church's one...

MISSION: To Proclaim the Risen Lord and His Gospel to the World Today

Let us remember what Pope Francis has taught, regarding this Synod:
"The important thing is *how* the reflection is done, that is, in a synodal way."

Diocesan-Wide Listening Sessions

The Bishops are asking us to hold more listening sessions – at the Diocesan level – to deepen our reflection.

Therefore, we will be conducting six (6) listening sessions, one in each vicariate, starting at 6:30 PM. They are:

- Wednesday, February 21st: St. John XXIII P.C., Charleston
- Thursday, February 22nd: St. Leo, Inwood
- Tuesday, February 27th: St. Francis de Sales, Beckley
- Wednesday, February 28th: Immaculate Conception, Clarksburg
- Thursday, February 29th: St. Francis Xavier, Parkersburg
- Thursday, March 7th: St. Michael, Wheeling

The Nature of This Year's Sessions

More than just *listening* sessions, these gatherings are to be "**Conversations in the Spirit**" to **discern** the Will of God for our Church, by listening both to the stirrings of the Holy Spirit, within, and the contributions of one another.

Two Guiding Questions

The Bishops have provided us with two (2) guiding questions that we are going to discern responses to, together.

1. Where have I seen or experienced successes—and distresses—within the Church's structure(s)/organization/leadership/life that encourage or hinder the mission?
2. 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?

Preparing Yourself for These Sessions

We need to prayerfully and spiritually prepare for these sessions, by personally reflecting upon synodality.

We ask that you read and reflect upon some Scripture, in preparation for the listening session:

John 14, Romans 12, and Isaiah 61.

Entrust yourself to the Father, converse with the Lord Jesus, & listen to the Holy Spirit, about these questions.



February 25

Eucharistic Reflection: The Gift:

As we continue to welcome people back to the communal celebration of the Mass, it must be acknowledged that no document can exhaust the mystery of the gift of the Eucharist. Nevertheless, at various times, it is desirable to reflect on certain facets of the mystery that are relevant to contemporary issues and challenges and that help us to appreciate more deeply the gift of grace that has been given to us. At this particular moment for the Church in the United States, with its many challenges, we would like to reflect on Christ's *gift* of himself in the Eucharist and our *response* to that gift.

Thank You!!



I would like to express my gratitude to Fr. Sebastian and the parish family for the wonderful surprise party and thoughtful cards.

Love & Prayers,
Virginia Manley

To our non-Catholic friends, we extend a warm invitation to for you to come forward and receive a Blessing when our Catholic brothers and sisters come forward to receive Holy Communion.

Please come up to the Priest or Eucharistic Minister with your hands folded across your chest, so we will know that you wish to receive a Blessing. We are

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 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.

Lenten program by Daniel Maul: Sunday, March 10 at 4 pm

Lent: Repent and believe. Fighting Sin and Trusting the Lord: Our Path to Holiness

Daniel will be talking about: trusting in the grace of God to work to make us holy, as we fight against temptation

Family Retreat /Dia de Familia

Mini Retreat
FAMILY DAY!!!
March 2, 2024
TIME : 8AM- 2PM

Place: 507 Harrison St, Princeton, WV
24740 (Parish Hall)
RSVP: +(304)890-3386

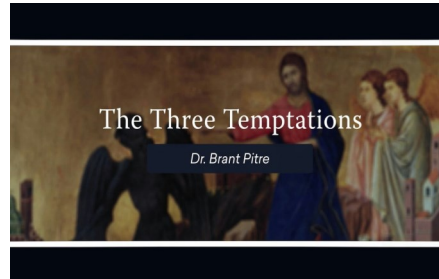
Sacred Heart
Catholic Church

Religious Ed Schedule of Events

- Feb 25 - **Faith Formation** | Class
- Feb 25 - **OCIA** | Class
- Feb 25 - **YM** | 6:00 pm Parentheses
- Feb 29 - **Women's Prayer group** | 10:15 am Conf. room
Bible Study | 1:00 pm Narthex
WWP | 7:00 pm ZOOM
- Mar 7 - **Women's Prayer group** | 10:15 am Conf. room
Men's Group | 10:15 am Narthex
Bible Study | 1:00 pm Narthex
WWP | 7:00 pm ZOOM
- Mar 14 - **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 7 - **Women's Prayer group** | 10:15 am Conf. room
Men's Group | 10:15 am Narthex
Bible Study | 1:00 pm Narthex
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 Three Temptations with Dr. Brant Pitre



Reflect with Dr. Brant Pitre on the temptations of Jesus in the desert as he gets to the heart of the meaning of Lent.

<https://watch.formed.org/videos/the-three-temptations>

Religious Education

Order of Christian Initiation of Adults (OCIA)

Feb 18 - Intro. To Sacraments & Sacrament of Baptism

Our topic is an **overview of the sacraments**. We will also focus on the first of the three sacraments of initiation: **baptism**. Eucharist and confirmation are the other two.

Walking with Purpose (WWP)

Lesson 12 - What Does the Eucharist have to do with my Friendship with Christ?

Join us Feb 29 @ 7 pm
 Invite a Friend!

The Journey of Lent: As Lent is a season of reflection, penance, and preparation, how do these themes and questions guide you in your Lenten journey? What specific steps can you take to align your life more closely with the lessons of faith, sacrifice, and divine revelation highlighted in these readings?

Faith Formation



<https://watch.formed.org/lent-with-brother-francis/season:1/videos/day-15-a-time-to-think-about-high-towers>

Youth Ministry

Our next YM night will be on Mar 15, which will be Stations of the Cross (Silhouettes). Lorin will provide more information as the time comes closer.



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

"Thank you, Lord, for all the people in my life who have planted the seeds of Faith."

February 24-25, 2024
DID YOU KNOW?
Diocese of Wheeling-Charleston

Proper Standing Posture during Mass



From the start of Mass
until the first reading



From the Gospel
acclamation to the end
of the Gospel



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



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



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

(Maintain a prayerful posture.)



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

(Maintain a prayerful posture.)

Next weekend we will review the posture
of PRAYING IN UNISON and THE SIGN
OF PEACE.

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)

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PRAYERFUL POSTURE

When assuming a prayerful standing posture the body is upright with prayer hands above the waist (hands should not be draped over the pew rail).

COMMUNION RITE

And so, I (Bishop Bernard W. Schmitt) decree that, in the Diocese of Wheeling-Charleston, the **faithful will stand during the Communion Rite, from the Great Amen until the beginning of the Communion Procession.** In other words, the faithful will remain standing after the Lamb of God.

Upon the return of each one from receiving Communion, the members of the faithful are free to choose that posture which is best suited to their personal adoration of and devotion to the Body and Blood of Christ they have just received. Those members of the faithful who wish to sit or kneel following the reception of Holy Communion are to be permitted to do so; those who wish to stand until all have received Holy Communion are likewise permitted to do so.

Why We Fast...There's A Purpose!



Quick idea for a Friday meal?

Lemony Steamed Fish

Ingredients

- 6 (6 ounce) halibut fillets
- 1 tablespoon dried dill weed
- 1 tablespoon onion powder
- 2 teaspoons dried parsley
- ¼ teaspoon paprika
- 1 pinch seasoned salt, or more to taste
- 1 pinch lemon-pepper seasoning
- 1 pinch garlic powder
- 2 tablespoons lemon juice

Directions

1. Preheat the oven to 375 degrees F (190 degrees C). Cut six squares of aluminum foil large enough for each fillet.
2. Center each fillet on a foil square. Season with dill, onion powder, parsley, paprika, seasoned salt, lemon-pepper seasoning, and garlic powder, then sprinkle with lemon juice. Fold the foil squares around the fillets to make pockets. Fold the edges to seal. Place sealed packets onto a baking sheet.
3. Bake in the preheated oven until fish flakes easily with a fork, about 30 minutes.



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 25, 2024 Mass of Christ the Savior
Mass Readings on pg. 398
Word & Eucharist

Entrance: G475
"Tree of Life" vs. 1
Responsorial Psalm 116:
I will walk before the Lord, in the land of the living.
Presentation of Gifts: G724
"I Heard the Voice of Jesus

Say"
Communion: G590
"Christ, Be Our Light"
Closing Hymn: G479
"Lord, Who Throughout These Forty Days"

Weekly Collections

	weekend Feb 17/18	YTD Actual	YTD Budget
Envelopes	3,363.00	25,675.00	26,000.00
Loose Offertory	255.00	1,476.68	1,600.00
Easter Flowers	70.00	280.00	0.00
Maintenance	50.00	6,465.00	500.00
Total Contributions	\$ 3,738.00	\$ 33,896.68	\$ 28,100.00
Fundraising Income	50.00	325.00	0.00
Dioc: Home Missions	60.00	525.00	500.00
Dioc: Black & Native American Mission	60.00	373.00	250.00
Attendance:	4pm: 55	11am: 137	

February Ministry Schedule

Date/Time	Lector	Extraordinary Minister	Greeter	Livestream	Altar Server	Counter
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	