



No More Than Enough

FR. JOSEPH JUKNIALIS

“You are the salt of the earth.” Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence our word *salary*. “You are the light of the world.” Like salt, light also is a valuable and necessary part of life. Without light, living plants die and human beings grow depressed.

Curiously, we only become aware of salt and light when they are absent. Food tends to be less tasty and bland without salt. And without light in the room we stumble and trip. Yet too much salt ruins food, while too much light blinds us, like when we drive facing headlights at night or stare at the sun. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of “us” in the mix and we become the center of life, our egos blinding others to the workings of God. Yet absent, a world without persons of faith grows flat for lack of values and wisdom.

Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes to the background. Without the Church’s wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough. ●

Reflect

How do I keep a balance between too much of me in the picture and too little?



**Your light must shine
before others, that they
may see your good deeds
and glorify your heavenly
Father.**

MATTHEW 5:16



Sacred Heart Catholic Church

Fr. Sebastian Devasya, Pastor
P.O. Box 1310
507 Harrison St.
Princeton, WV 24740-1310

February 4 & 5, 2023

CONFESSION BY APPOINTMENT ONLY, PLEASE CALL THE
CHURCH OFFICE

SUNDAY MASS IS AVAILABLE ON LIVESTREAM

www.facebook.com/sacredheartprinceton

[Sacred Heart](#)
[Princeton \(@shprinceton\)](#) • Instagram photos and videos

Office Hours: Mon - Fri 9 am - 2 pm

Mass Intentions:

Saturday, February 4, 4pm - † **Matt Yurkovich** by Yurkovich Family

Sunday, February 5, 11am - † **Deceased Members of Sacred Heart**

Tuesday, February 7, 6pm - † **Deceased Members of Sacred Heart**

Thursday, February 9, Noon - No Mass

Saturday, February 11, 4pm - † **"Pacie" Pace** by Susie Pace

Sunday, February 12, 11am - † **Rey Jose** by Melanie Robinson

Upcoming Church Events

Fri, Feb 3, Noon, First Friday Mass, Devotion to the Sacred Heart of Jesus and Benediction

Sat, Feb 4, 4 pm, Fr. Sebastian will have a Blessing of the Throat

Sun, Feb 5, 4 pm, Fr. Sebastian will have a Blessing of the Throat

Tue, Feb 7, 6:30 Finance Council

Feb 8-9, No Mass, Fr. Sebastian at Presbyteral Council

Feb 11-12, Second Collection for the Church Missions within the United States

Tue, Feb 14, 6:45 pm Parish Council

Tue, Feb 21, **6:30 Ash Wednesday Vigil Mass**

Wed, Feb 22, 12 Noon, Ash Wednesday Mass

Fri, Mar 10, 7 pm, Silhouette Stations of the Cross by our Youth

Church Staff

Pastor-Fr. Sebastian Devasya
sdevasya@dw.org

Office Manager: Kim Hickman
khickman@sacredheartprinceton.org

Secretary: Laura Wyatt
lw Wyatt@sacredheartprinceton.org

Faith Formation: Laura Wyatt
lw Wyatt@sacredheartprinceton.org

Youth Ministry: Lorin Albin
lorin@sacredheartprinceton.org

Newman Center: Paul Krause
pkrause@dw.org

The Feast of

St. Blaise

February 3



Saint Blaise is recognized as the Saint of throat disorders. During Mass this weekend Father Sebastian will offer a blessing of the throats.



February 5, 2023 – 5th Sunday in Ordinary Time

"...I urge you to cultivate silence. In this age, we talk, we talk... Silence. Especially before the celebrations – a moment that is at times taken for a social gathering. We talk: "Ah, how are you? Is everything going well? Why not?". Silence helps the assembly and concelebrants to concentrate on what is to be done. Often sacristies are noisy before and after celebrations, but silence opens and prepares for the mystery: it is silence that enables you to prepare for the mystery, it permits its assimilation, and lets the echo of the Word that is listened to resound. Fraternity is beautiful; greeting one another is beautiful, but it is the encounter with Jesus that gives meaning to our gathering, to our coming together. We must rediscover and cherish silence!"

...taken from ADDRESS OF HIS HOLINESS POPE FRANCIS TO PARTICIPANTS IN THE COURSE "LIVING LITURGICAL ACTION FULLY" *Friday, 20 January 2023 printed in Heart of the Revival.*




National Marriage Week

Every Feb 7-14

FOR YOUR MARRIAGE

HELP
NEEDED :)

Fr. Greg will be coming home. His sister is looking for someone to help take care of him. If you or someone you know is interested please contact Jeanne Schmauss at 540-969-9718



Do you want a life of Heroic Sacrifice?

Is God Calling YOU to be a Priest of Jesus Christ?

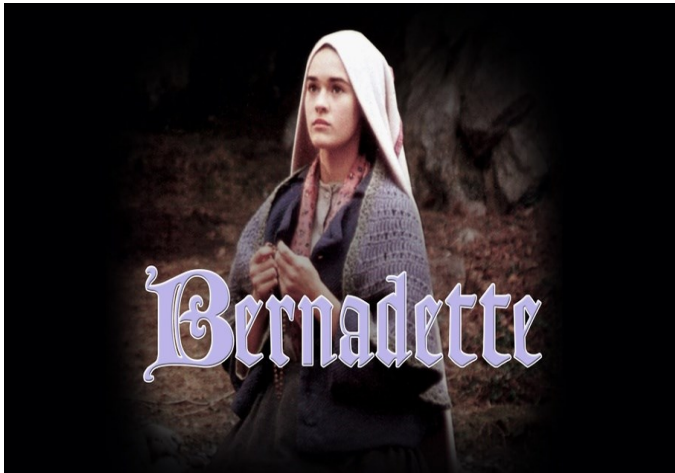
Come join us for a weekend of prayer and discernment

March 3-5

Priest Field Pastoral Center
4030 Middleway Pike, Kearneysville, WV 25430

Do you desire a life of service to God? Are you open to giving yourself completely to God in a life of consecration and sacrifice in building up the kingdom of God here in West Virginia? Could the Lord be calling you to be a Priest of Jesus Christ in the Diocese of Wheeling-Charleston? The annual diocesan Men's Priestly Discernment Retreat will be held on March 3-5 at the Priest Field Pastoral Center (4030 Middleway Pike, Kearneysville, WV 25430). This event is open to men 18 years and older who are simply open to reflecting on God's will for them in their lives. The weekend will consist of Holy Mass, prayer, reflections on the diocesan priesthood, and the opportunity for the Sacrament of Confession. For any men interested in attending, please sign up at wvpriests.org.

This Week On Formed



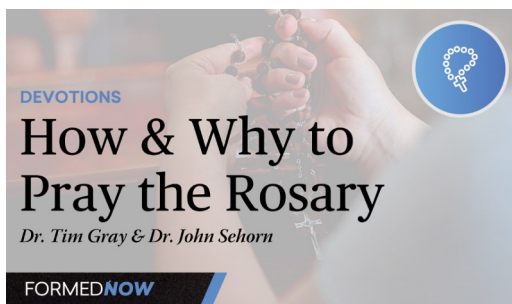
Bernadette Millions of people each year go on pilgrimage to Lourdes, a place where miracles frequently occur. Explore the origins of this miraculous place of encounter with the Lord in this movie which depicts Mary's apparitions to St. Bernadette.

<https://watch.formed.org/videos/bernadette-1>



Bakhita: From Slave to Saint Bakhita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.

<https://watch.formed.org/videos/bakhita-from-slave-to-saint>



DEVOTIONS

How & Why to Pray the Rosary

Dr. Tim Gray & Dr. John Sehorn

FORMED NOW

How and Why to Pray the Rosary As we celebrate Our Lady of Lourdes this week, we invite you to learn more about the Rosary! Join Dr. Tim Gray and Dr. John Sehorn as they discuss how they pray the Rosary and how it has changed their lives!

<https://watch.formed.org/videos/formed-now-how-and-why-to-pray-the-rosary>



TOGETHER IN HOLINESS™ CONFERENCE SERIES

Join us for the **second annual Together in Holiness marriage conference** presented by the St. John Paul II Foundation and Diocese of Wheeling-Charleston. This one-day conference provides an opportunity for quality time with your spouse and includes dynamic presentations, Mass, Eucharistic Adoration, Reconciliation, on-site childcare, and more.

February 11, 2023 | 10:30 AM – 5:30 PM

St. Michael Church | Wheeling, WV

Mass Celebrant: Most Rev. Mark E. Brennan

Speakers: Deacon Harold Burke-Sivers and more!

Registration: \$27/couple and \$18/individual. Early Bird discount available through January 9. Scholarships available upon request. On-site childcare (2-12yrs) available with pre-registration. For more information, please visit togetherinholiness.org or email TH@forlifeandfamily.org.

Religious Education

Faith Formation

Schedule:

Faith Formation

Feb 5, 12, 19

Youth Sunday:

Feb 19

Mar 19

Youth Ministry:

Mar 10 @ 7 pm

K-2

Lesson Theme:

Jesus' followers are like salt and light.

Word of the Week:

Promise: Service

Grades: 3-6

Lesson Theme:

Jesus calls us to be salt and light.

Word of the Week:

Liturgy of the Word

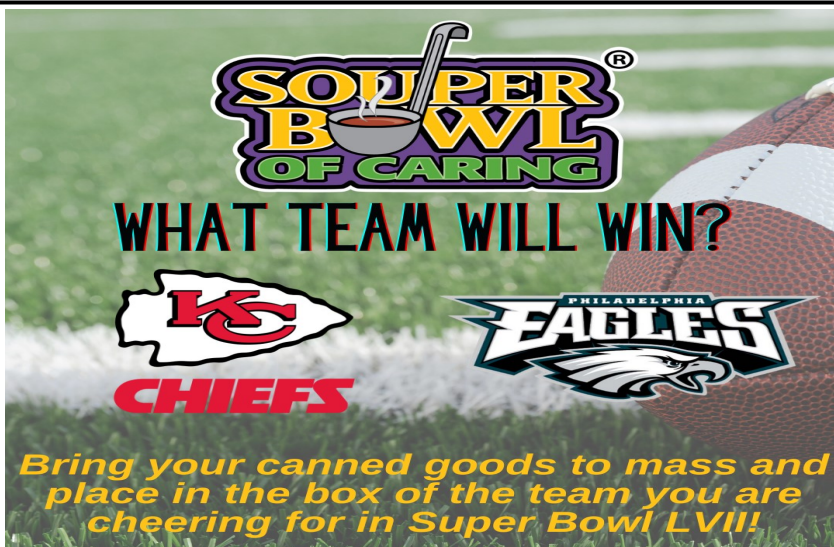
Confirmation

What are Confirmation Retreats:

Confirmation Retreats are **designed to deepen the spiritual life of the students**. Students have the opportunity for personal prayer, reconciliation, and Mass during the retreat. Talks and activities to focus on the spiritual development of the candidate and their role of living as a disciple of Christ and discerning their path.

Youth Ministry

It's Souper-Bowl time. Please help the Faith Formation team collect canned goods for Tender Mercies. Which team are you cheering for? Let's make this a winning Souper-Bowl for those in need. During the next two weeks we will collect can goods until Super Bowl Sunday, Feb 12. Please help us, by donating. We will announce which team wins the canned good game after Mass.



Adult Faith Formation

Women's Group
Thursdays at 10:15 am in
the Conference Room

Men's Group
First and Third Thursday at
10 am in the Narthex

Book Study
February 8, at 6 pm in the
Conference Room

Parish & Finance Council & Music

Pastoral Council Members:

Deb LaMothe (Chair)	Vickie Blankenship
Harold Cofer	Gerry Cosgrove
Mike Flanigan	Renee Green
Anthony Heltzel	Zack Romano
Santina St. John	
Ad Hoc:	Gina Boggess
Kim Hickman	Laura Wyatt

Finance Council Members:

Charlie Pace (Chair)	Gina Boggess
Richard Flanigan	Kevin Garrett
Shelby Neri	Gene Richardson
Frank Sinicrope	Fred St. John
Ad Hoc:	Kim Hickman

5th Sunday of Ordinary Time Music for February 5, 2023

Mass of Christ the Savior
Mass Readings on pg. 281
Word & Eucharist

Entrance: G848

“Be Not Afraid”

Responsorial Psalm: G112

The just man is a light in darkness
to the upright.

Presentation of Gifts: G803

“For the Healing of the Nations”

Communion: G590

“Christ, Be Our Light!”

Closing Hymn: G859

“God of Day and God of Darkness”

Collections

	weekend Jan 28-29	YTD Actual	YTD Budget
Envelopes	1,971.00	15,285.85	14,000.00
Loose Offertory	31.00	401.40	400.00
Maintenance	75.00	75.00	0.00
Total Contributions	\$ 2,077.00	\$ 15,762.25	\$ 14,400.00
Food for the Poor	668.00	668.00	0.00
Attendance:	4pm: 43	11am: 119	

Second Collection: February 12 ~ 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. The Collection was formerly known as The Black and Indian Home Mission Collection.

Catholic Home Missions Appeal ~ Catholic Home Missions Appeal - the Appeal strengthens the Catholic Church in the United States and its territories in 85 Latin and Eastern Catholic dioceses. The Subcommittee on the Catholic Home Missions funds a wide range of pastoral services, including evangelization, religious education, and the maintenance of mission parishes, the training of seminarians and lay ministers, and ministry with ethnic groups.

Ministry Schedule

February Ministry Schedule

DATE	Lector	Extraordinary Minister	Greeter	Video	Sacristan	Altar Server	Counter
2/4 4p	M. Tinio	K. Bailey	S. Pace	n/a	T. Byron	C. Pace	S. Pace
2/5 11a	D. LaMothe	G. Boggess	Hillyer	Picknally	M. Shay	Shay	
2/11 4p	M. Bacho	V. Manley	F. Bacho	n/a	T. Byron	Byron	J. Cosgrove
2/12 11a	J. Cox	M. Cox	S. Neri	Picknally	D. Richardson	D. Richardson	
2/18 4 p	M. Gaspersich	K. Bailey	S. Pace	n/a	T. Byron	C. Pace	J. Choate
2/19 11a	YOUTH	Picknally	YOUTH	T. Wyatt	M. Shay	Shay YOUTH	
2/21 6:30 pm Vigil Ash Wed					T. Byron	Byron	n/a
2/22 12pm Ash Wed.	L. Albin	Modena		Picknally	D. Richardson	C. Pace	n/a
2/25 4 p	G. Saffell	V. Manley	J. Gaspersich	n/a	T. Byron	Byron	T. Settle
2/26 11a	C. Cofer	H. Cofer	Blankenship	Picknally	D. Richardson	D. Richardson	

Please include the following in your Daily Prayers

Parishioners:

Catherine Belcher
Ruth Boyd
Deloris Caccamo
Ron Ciccolini
Romulo DelaRosa
Dale & Mary Lu Geiger
Angie Grbac
Cynthia & Gordon Harmon
Cyndi Jones
Nancy Larkin

Valarie Laxton
Christina Laxton
Robert Laxton
Kaitlyn Laxton
Keith Laxton
Jim Lintz
Jim & Diane Luciano
Fr. Greg Lyttle
Jaelynn Mendoza
Annette Morgan

Dr. Jun Neri
Patricia Nester
Esther Piconi
Alan Rieger
Deborah Saffell
Jacob Santon
Gareth Settle
Felomina Yongque
Carrie Yurkovich
Jane Walthall

FRIENDS AND FAMILY:

Linda Berghof (mother of Jackie Mercado)
Mary Berentes,
Lou Berentes (friend of Monica Mills)
John Bowers
John Caccamo (brother of Pat)
Rita Calhoun (Aunt of Tanya Marx)
Irene Charney
Regina Church (friend of Monica Mills)
Judy Clayton (sister of Loretta Lintz)
Matthew Cosgrove (Jim Cosgroves nephew)
Linda Cunningham
Rachel Denton
Kimiko Fetto (friend of Bill Picknally)

David Frei & Mary Piper (son-in-law & daughter of Carrie Yurkovich)
Kyle Geiger
Mike Goff
Myles Harris
Velma Hartwell
Wylie Rae Henson (Kay Bailey's granddaughter)
Brenda Ivelise
Ruby Jones (Aunt of Rachel Colosi)
Lucas Llado (grandson of Maria Franco)
Richard Lockhart
John Mills (brother of Gary Mills)
Sandy Morefield (friend of Gasper-sich family)
Tina Mullins (friend of Tanya Marx)

Wayne Mullins (brother of Delores Caccamo)
Carolyn Munther (mother of Lisa Black)
Susan Nelson (Bill Picknally's daughter),
Rex Neely
Allan Perry
Agnes Sedi
Sherry Sisk
Bryan Staten
Agnes Tokarski (Bill Picknally's sister)
Jamie Willoughby (niece of Sharon Buttaci)
Richard Wentz (brother in law of Rick & Laura Wyatt)

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

The 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.

Dear Padre,

Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?

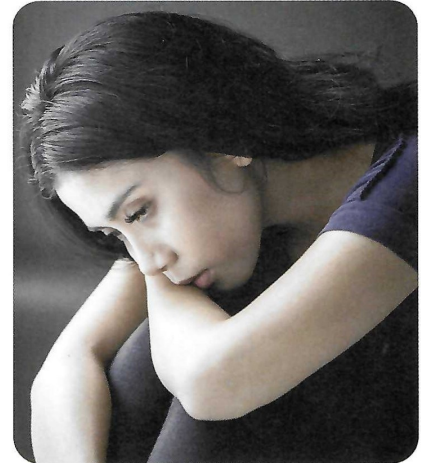
Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a "sign" that God's love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God's love is not based on wealth, fortune, or success. Rather, God loves you because you are God's own creation, God's child, and heir to God's own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine (Isaiah 43:1). ●



CREATIVA IMAGES / SHUTTERSTOCK

The Redemptorists / DearPadre.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 6 <i>St. Paul Miki and Companions, Martyrs</i> Gn 1:1–19 Mk 6:53–56	February 7 <i>Weekday</i> Gn 1:20–2:4 Mk 7:1–13	February 8 <i>Weekday</i> Gn 2:5–9, 15–17 Mk 7:14–23	February 9 <i>Weekday</i> Gn 2:18–25 Mk 7:24–30	February 10 <i>St. Scholastica, Virgin</i> Gn 3:1–8 Mk 7:31–37	February 11 <i>Weekday</i> Gn 3:9–24 Mk 8:1–10	February 12 <i>Sixth Sunday in Ordinary Time</i> Sir 15:15–20 1 Cor 2:6–10 Mt 5:17–37 or 5:20–22, 27–28, 33–34, 37

Know Someone Overly Anxious About Sin?

Since 1964, the Redemptorists' *Scrupulous Anonymous* free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit ScrupulousAnonymous.org.



CNS PHOTO / VATICAN MEDIA

A WORD FROM POPE FRANCIS

God changes the world by transforming our hearts, and this he cannot do without us. The Lord wants us to open the door of our hearts in order to enter into our lives....For when God finds an open and trusting heart, he can work wonders there.

HOMILY BAKU, AZERBAIJAN, OCTOBER 2, 2016