

March 9 & 10, 2024

Sunday Mass is livestreamed

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

**4th 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](https://www.instagram.com/shprinceton) • Instagram photos and videos

The Significance of the Miracle



In the gospel for the 4th Sunday of Lent Year A, Jesus uses saliva and dirt to heal the man, very ordinary things. By healing the blind man with a simple gesture, Jesus shows his divine power and authority over creation. The use of spit and dirt, which were considered unclean in Jewish culture, further emphasizes Jesus' ability to transform and sanctify all things.

Some scholars suggest that the use of water and mud in this healing story may symbolize baptism. In early Christianity, baptism was seen as a symbolic washing away of sin and a new birth into a life of faith. Just as the blind man's eyes were opened, so too is baptism seen as a spiritual awakening and renewal.

The story of the man born blind is also significant in terms of theological debates around sin and suffering. In Jewish culture, it was believed that physical disabilities were the result of sin, either of the individual or their parents. However, Jesus challenges this view by stating that the man's blindness was not caused by sin, but rather was an opportunity for God's power to be displayed. Ref: <https://young-catholics.com/2533/4th-sunday-of-lent-year-a/>

Mass Intentions:

Saturday, Mar 9, 4pm -
✠ **Catherine Kaminski**
By Joe Kamenski
Sunday, Mar 10, 11am -
Tristen Wyatt (Birthday)
By Laura & Rick Wyatt
Tuesday, Mar 12, 6pm -
People of the Parish
Thursday, Mar 14, Noon -
✠ **Mary Jane Wheby Bowling**
By William Bowling
Saturday, Mar 16, 4pm -
✠ **Willie Constantino**
By Virginia Manley
Sunday, Mar 17, 11am -
✠ **Jane & John Pope**
By Lorin Albin

Upcoming Events:

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
Tue, Mar 12, 6:45 pm Parish Council
Fri, Mar 15, 7:00 pm Stations of the Cross (Silhouettes led by Youth Ministry)
Sun, Mar 17, 1:00 pm Hunger Challenge
Fri, Mar 22, Noon Stations of the Cross (led by OCIA)
5:00 - 7:00 pm Fish Fry
5:30, Transformational Stations

Staff

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FOURTH SUNDAY OF
Lent

Dear brothers and sisters in Christ,

As we approach the Fourth Sunday of Lent, we reach the midpoint of the Lenten season. We, as a community, are called to reflect on our spiritual journey and renew our commitment to living a life of faith.

The first reading from 2 Chronicles is a testament to God's unwavering faithfulness and mercy. It tells us of the Israelites' disobedience and subsequent exile in Babylon. Despite their failures, God remained faithful to his people and offered them a path to redemption. This serves as a powerful reminder that no matter how far we may have strayed from God's path, there is always a way back through repentance and belief.

In the second reading from Ephesians, St. Paul teaches us that we are called to live as children of light, avoiding the darkness of sin and striving for holiness. This requires us to be honest with ourselves, examine our lives, acknowledge our faults, and seek forgiveness. We are called to fight against sin and trust in the Lord's mercy and grace.

In the Gospel reading, we hear the story of Nicodemus, who seeks guidance from Jesus on living a life of faith. Jesus tells Nicodemus that he must be born again to enter the kingdom of God, emphasizing the need for spiritual renewal and a turning away from sin. This call to repentance and belief is at the heart of the Lenten season, reminding us that it is a time to reflect on our lives and to trust in the Lord as our path to holiness.

As we continue journeying toward Easter, I am pleased to announce that Daniel Maul, the Director of Evangelization and Catechesis, will present a highly anticipated Lenten Program on Sunday, March 10th, at 4 pm in Princeton Sacred Heart and on Monday, March 11 from 6-7pm in Bluefield Sacred Heart. Daniel will speak about the Lenten season and how it is a time to repent, believe, fight sin, and trust in the Lord. I encourage you to participate in this Lenten opportunity; deepen your faith and grow closer to God.

Let us pray:

Heavenly Father,

We come before you with humble and contrite hearts, seeking your forgiveness for our sins.

We ask that you help us to turn away from sin and to trust in your mercy and grace.

Please give us the strength to fight against temptation and to live as children of light,
striving for holiness and seeking to do your will in all things.

We ask this through Christ our Lord. Amen.

Yours in Christ,
Fr. Sebastian

HOW WILL YOU REFLECT ON YOUR SPIRITUAL JOURNEY DURING
LENT ?

March 9-10, 2024
DID YOU KNOW?
SHCC Princeton Bulletin

**Sitting
Kneeling
Silence**

SITTING

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.

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KNEELING

In the early Church, kneeling signified penance. So thoroughly was kneeling identified with penance that the early Christians were forbidden to kneel on Sundays and during the Easter season, when the prevailing spirit of the Liturgy was one of joy and thanksgiving. In the Middle Ages kneeling came to signify homage, and more recently this posture has come to signify adoration, especially before the presence of Christ in the Eucharist. It is for this reason that the bishops of this country have chosen the posture of kneeling for the entire Eucharistic Prayer.

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**Next weekend:
Genuflecting, Bowing, Singing,
Processions**

BEING SILENT

“Silence in the Liturgy allows the community to reflect on what it has heard and experienced, and to open its heart to the mystery celebrated”. We gather in silence, taking time to separate ourselves from the concerns of the world and enter into the sacred action. We reflect on the readings in silence. We may take time for silent reflection and prayer after Holy Communion. These times of silence are not merely times when nothing happens; rather, they are opportunities for us to enter more deeply in what God is doing in the Mass, and, like Mary, to keep “all these things, reflecting on them” in our hearts (Lk 2:19).

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Before Mass, speak to God.

**During the Mass,
let God speak to you.**

**After the Mass, take time to
speak to one another in the
Narthex or outside.**



March 10

Eucharistic Reflection: The Gift:

The mission of the Lord's entire life on earth was to glorify the Father by bringing us salvation. In the Nicene Creed recited at Mass, we profess "For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man." The salvation offered in the Life, Death, and Resurrection of Christ is nothing less than sharing in the very life of God, in the communion of love among the Father, the Son, and the Holy Spirit. There is no greater gift that God could possibly give us. In Christ, we are *sharers in the divine nature* (2 Pt 1:4). The Church Fathers referred to this participation in the divine life as "divinization." The eternal Son of God made this possible by becoming man and uniting humanity to his divine Person. St. Augustine explained, "the maker of man was made man, so that man might be a receiver of God."⁷ In fact, Pope Francis reminds us that "in the bread of the Eucharist, 'creation is projected towards divinization, towards the holy wedding feast, towards unification with the Creator himself.'"⁸

⁸ Pope Francis, *Laudato Si'*, no. 236, citing Pope Benedict XVI, Homily on the Solemnity of the Sacred Body and Blood of Christ (June 15, 2006).



CONGRATULATIONS TO:

*Efren Martinez and
Yaretzi Martinez on their
First Holy Communion*

Saturday, March 9, 2024



Stations of the Cross

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, Noon – Stations of the Cross followed by Holy Communion – led by RCIA. 5:30 - Transformational Stations

Spring Forward

Don't Forget to Change Your Clock

+1 hour

at 2 a.m. on
Sunday, March 10



*Sending all prayers and our
deepest condolences to
MaryAnn Shay, whose husband
John Shay,
passed away. May our Lord
comfort and send you all of the
angels and saints, peace to all
who mourn, and may John rest
eternally in the arms of Jesus
and in the company of all the
angels and saints.*

**MAY GOD BLESS YOU AND REST IN PEACE!
YOUR SACRED HEART FAMILY**



Religious Ed Schedule of Events

- Mar 10, 17, 24 - **Faith Formation** | Class
- Mar 10, 17, 24 - **OCIA** | Class
- 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 21 - **Women's Prayer group** | 10:15 am Conf. room
Men's Group | 10:15 am Narthex
Bible Study | 1:00 pm Narthex
- Mar 22 - **OCIA** | 5:30 pm Transformational Stations
- Mar 28 - **Women's Prayer group** | 10:15 am Conf. room
Bible Study | 1:00 pm Narthex
- Apr 4 - **Women's Prayer group** | 10:15 am Conf. room
Men's Group | 10:15 am Narthex
Bible Study | 1:00 pm Narthex

- 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 - Week Four | Restore: Lent with Sr. Miriam James Heidland, SOLT



In week four of Restore, Sr. Miriam James Heidland, SOLT, reflects on almsgiving and how it heals your relationships with others. One of the most powerful ways to heal your brokenness is to give—not only money or clothing, but also your presence and love—to those whom

God has placed in your life, even those who have wounded you.
<https://watch.formed.org/videos/restore-week-four-the-healing-balm-of-almsgiving>

Religious Education

Order of Christian Initiation of Adults (OCIA)

Mar 10 - Sacrament of the Confirmation

In our topic we will cover the sacrament of confirmation from a **Catholic point of view.**

Walking with Purpose (WWP)

Will break until April 11

We will start with

Lesson 14/ Connect Coffee Talk 4: Priority Three Marriage



Laetare Sunday:

Today is the 4th Sunday of Lent and that means it is Laetare Sunday! Laetare is the first word — meaning “rejoice” — in the Latin text. On Laetare Sunday (as similarly with the Third Sunday of Advent’s Gaudete Sunday) the Church expresses hope and joy in the midst of our Lenten fasts and penances. At Mass, you will notice that the priest will wear Rose vestments instead of Purple Vestments! .

Faith Formation

Here are some ideas for things your kids can give up or take on for Lent:
<https://www.teachingcatholickids.com/fasting/>

1. Give up the usual suspects.

Sweets, video games, soda, junk food, social media, and other creature comforts.

10. Practice being present.

Teens can commit to putting down their phone (or other electronic device) when someone is present with them. Even better: create phone-free zones (like the dinner table).

Youth Ministry

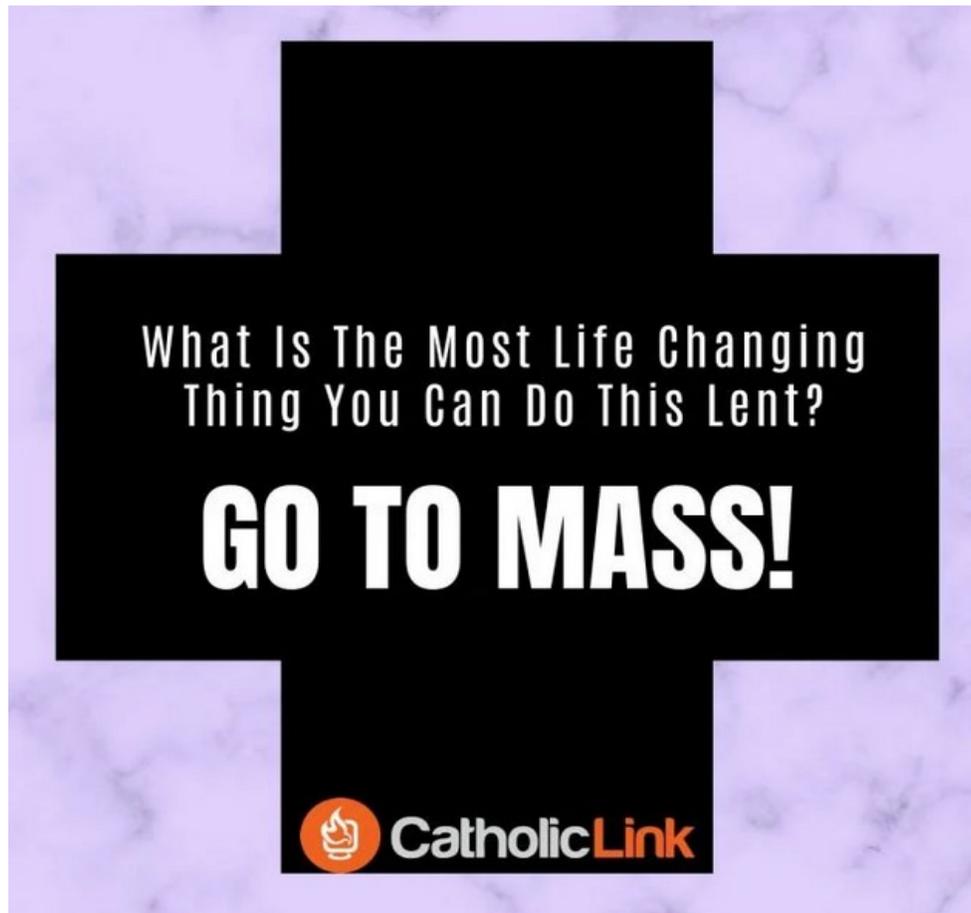
Our next YM night will be on Mar 15 at 7:00 pm, which will be Stations of the Cross (Silhouettes) and the Hunger Challenge on March 17 at 1:00 pm.

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” - Week Four by Fr Augstino Torres, CFR

“Our actions do impact those around us, but blaming others is not how Jesus teaches us to approach things. Instead, we must learn to forgive and show mercy, just as Jesus did. Remember, even in our darkest moments, God’s love and mercy shines through.”



Quick idea for a Friday meal?

Ellen's Vegan Stuffed Peppers

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 teaspoons minced garlic
- ½ cup kasha (toasted buckwheat groats)
- 1 ¼ cups vegetable broth
- 2 tomatoes, chopped
- ¼ cup chopped fresh parsley
- ½ teaspoon red pepper flakes, or to taste
- salt and ground black pepper to taste
- 4 large green bell peppers



1. Heat oil in a saucepan over medium-high heat. Saute onion and garlic until onion is almost clear but not browning, about 5 minutes. Add buckwheat; stir until coated, about 1 minute. Add broth and bring to a boil. Simmer until liquid is absorbed, about 15 minutes. Add tomatoes, parsley, red pepper flakes, salt, and pepper. Cook and stir until heated through, about 3 minutes.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. Remove tops and seeds from peppers. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add peppers, cover, and steam until tender, about 5 minutes.
4. Stand peppers up in a casserole dish and fill them with the buckwheat mixture.
5. Bake in the preheated oven until browned, about 15 minutes.

Ref: <https://www.allrecipes.com/recipe/261725/ellens-vegan-stuffed-peppers/>

KNIGHT OF COLUMBUS

**FISH
FRY**



FRIDAY
MARCH 22
5:00PM-7:00PM

\$10
PER PERSON

All includes fish,
fries, coleslaw,
desert and drink

Dine-in or
out

The Knights of
Columbus is hosting
a Fish Fry at
Sacred Heart
Catholic Church

Enjoy
Every
Crunchy
Bite of It

For more information or to buy a ticket , please
contact a Knight

To place your order please call Kirt: **+304-327-6966**

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
March 9 & 10, 2024
Mass of Christ the
Savior**
Mass Readings on pg.
217
Word & Eucharist

Entrance: G475
"Tree of Life"
Responsorial Psalm 23:
Shepherd me O God
Presentation of Gifts: G578
"How Great Thou Art"

Communion: G916
"I Receive the Living God"
Closing Hymn: G645
"Amazing Grace"

Weekly Collections

	Mar 2-3 weekend	YTD Actual	YTD Budget
Envelopes	4,545.00	34,940.00	32,750.00
Loose Offertory	257.28	1,934.96	2,025.00
Easter Flowers	140.00	980.00	0.00
Total Contributions	\$ 4,942.28	\$ 37,854.96	\$34,775.00
Abel crisis center	115.00	115.00	150.00
Tender Mercies	285.00	310.00	750.00
Dioc: Holy Land	200.00	427.00	725.00
Diocesan Priest Retirement Fund	1,140.00	1,140.00	1,000.00
Attendance:	4pm: 66	11am: 146	

March Ministry Schedule

Date/Time	Lector	Extraordinary Minister	Greeter	Livestream	Altar Server	Counter
9 4pm	B. Schumacher	V. Manley T. Byron K. Bailey	TBA	n/a	L. Kessinger	J. Cosgrove
10 11am	G. Boggess L. Wyatt (Scrutiny)	J. Cosgrove K. Suehs Y. Suehs	Blankenship's	W. Picknally	Ja Flanigan Jo Flanigan	
16 4pm	M. Tinio	TBA	J. Gaspersich	n/a	C. Pace	J. Choate
17 11am	B Fanning L. Wyatt (Scrutiny)	W. Picknally L. Wyatt G. Cosgrove	J. Verespie A. Verespie	K. Carter	A Albin BJ Carter	