

Sacred Heart

PO Box 1310, 507 Harrison St.
Princeton, WV 24740
304-425-3664

Confessions: Saturday 3:00 - 3:45 pm
Sunday 10:30 - 11:00 am
and by appointment

Office Hours:
Mon - Thu 9 am - 2 pm

Pastor: Rev. Sebastian Devasya, V.E.

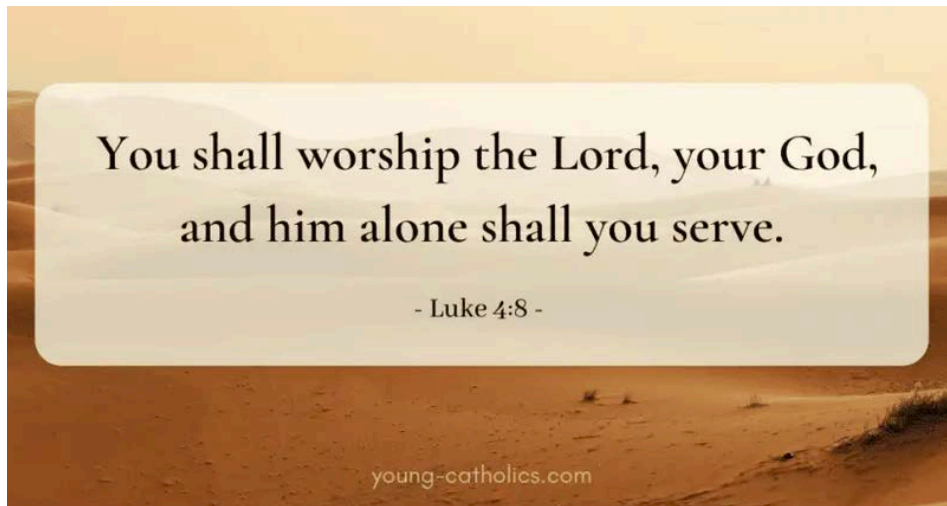
Mass Times: Saturday - 4:00 pm | Sunday - 11:00 am | Tuesday - 6:00 pm | Thursday - Noon | First Friday - Noon

Sunday Mass is livestreamed



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

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 grateful for your presence.



Mass Intentions:

Saturday	Mar 8	4 pm	✝ Katherine Kaminski	by Joe Kaminski
Sunday	Mar 9	11 am	OCIA Participants	by OCIA team
Tuesday	Mar 11	6 pm	✝ Denise Campbell	by Dumapit Family
Thursday	Mar 13	Noon	✝ B. Santon	by Jacinda Santon Smith
Saturday	Mar 15	4 pm	Tristen Wyatt (Birthday)	by Laura & Rick Wyatt
Sunday	Mar 16	11 am	✝ Mary Jane Wheby Bowling	by William Joseph Bowling

Upcoming Events:

Fri	Mar 7	Noon	First Friday Mass & Stations of the Cross followed by Lenten Lunches
Tue	Mar 11	6:45 pm	Parish Council
Wed	Mar 12	3:00 pm	Altar Society meeting
Fri	Mar 14	7:00 pm	Silhouette Stations of the Cross followed by Lenten Dinner
Sat	Mar 15	10:00 am	Baptismal Preparation Class
Sun	Mar 16	11:00 am	Youth Sunday
Wed	Mar 19	6:00 pm	Baptismal Preparation Class
Fri	Mar 21	Noon	Stations of the Cross followed by Lenten Lunches

FIRST SUNDAY OF *Lent*

My Dear Brothers and Sisters in Christ,

As we enter this holy season of Lent, we are reminded of the forty days that Jesus spent in the desert, preparing Himself for His public ministry. In the Gospel of Luke (4:1-13), we read how the Holy Spirit led Jesus into the wilderness, where He fasted and prayed, enduring great hunger, temptation, and solitude. In His isolation, Jesus experienced the full weight of human weakness and temptation, yet He remained faithful to His Father, trusting in His strength.

This time of retreat into the desert was not a moment of weakness, but of profound spiritual growth. Jesus withdrew from the distractions of the world to align His heart fully with the will of His Father. The desert, with all its desolation, became a place of clarity where He faced the devil's temptations with unwavering faith. Jesus teaches us that prayer, fasting, and penance are not meant to be burdensome but are avenues to deepen our relationship with God and prepare our hearts for the joys of Easter.

As we embark on our own Lenten journey, we are called to follow Jesus' example of retreat, fasting, and prayer. Our world today, filled with distractions and busyness, can make it difficult to create space for God. Yet, Lent offers us the precious opportunity to step away from our daily routines and focus on our spiritual needs. Let us take this time to pause, reflect, and return to God with renewed hearts.

Scripture Reflection

This week, I invite you to reflect on the words of Jesus in the Gospel of Matthew (6:16-18), where He teaches us about fasting and prayer: "When you fast, do not look gloomy like the hypocrites, for they disfigure their faces to show others they are fasting. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is in secret; and your Father who sees in secret will reward you."

Three Questions for Reflection:

1. What are the distractions or attachments in my life keep me from a deeper relationship with God? How can I let go of them this Lent?
2. How can I incorporate more intentional prayer into my daily life during this season of Lent?
3. How can I serve the poor and those in need, both within and outside my community, during Lent?

I humbly ask for your prayers for those journeying through the Order of Christian Initiation of Adults (OCIA). These men and women are preparing to enter the Catholic faith, and we are called to support them with our prayers, love, and encouragement. Let us also join them in celebrating the Rite of Election, which will take place on the First Sunday of Lent. May the Holy Spirit guide and strengthen them on their path toward full initiation into the Church.

Heavenly Father,
As we begin our journey through this holy season of Lent,
we come before You with humble hearts.
We thank You for the example of Your Son, Jesus,
who fasted and prayed in the desert to prepare for His ministry.
Lord, help us follow His example of retreat, fasting, and prayer.
Grant us the strength to turn away from the distractions of the world
and seek You in the silence of our hearts.
May our fasting bring us closer to You.
May our almsgiving reflect Your love for the poor and the needy.
We pray for those journeying through the OCIA and ask that
You continue to guide them on their path toward full initiation into the Church.
We ask all this in the name of Your Son, Jesus Christ.
Amen.

In Christ's love and peace,
Father Sebastian Devasya

HOW WILL YOU PRAY DURING LENT ?

Think fast! It's Lent

Lent is underway, here are a few fun facts (can the facts be called "fun" during Lent?) that may make its observation more fruitful.

What is Lent?

Derived from the word *lencten*, which is Anglo-Saxon for springtime, Lent is the 40-day season of preparation prior to Easter. It begins on Ash Wednesday.

Why is Lent 40 days?

In the Bible, the number 40 represents a period of testing or judgment. Lent's duration of 40 days reflects several other times of trial, testing and hardship found in the Scriptures:

- The story of Noah tells of rain falling on the earth for 40 days and 40 nights (see Gn 7:11-23).
- Moses fasted for 40 days before beginning his mission (Ex 34:28).
- The Hebrews wandered for 40 years in the desert after leaving Egypt (Jos 5:6).
- Jesus fasted and prayed in the desert for 40 days before beginning his ministry (Mt 4:2; Mk 1:12; Lk 4:1-2).

In Church history, penitents — usually guilty of public scandals such as murder or adultery — were temporarily expelled for the entire season in imitation of God's expulsion of Adam and Eve from the Garden of Eden. They were sent away with the admonition, "Remember, you are dust and to dust you shall return." They lived isolated for the 40 days of Lent. This temporary separation gave us the word quarantine, whose root is Latin for the number 40. You can hear the association in Spanish. The word for the number 40 is *cuarenta* while the name for Lent is *cuaresma*.

Fasting vs. Abstinence

Also of biblical origins are the Lenten customs of fasting and abstinence. Although often used interchangeably, fasting refers to the amount of food consumed, while abstinence describes the type of food denied, such as meat on Fridays.

Why are the statues covered during Lent in my parish?

The draping of statues and crucifixes in purple cloth is a sign of mourning. This symbolically hides the heavenly glory realized by the saints. Commencing with the Fifth Sunday of Lent, the covering of the sacred images adds to the sense of introspection and contrition. Some parishes no longer partake in this tradition.

My parish prays the Stations of the Cross during Lent. How did this custom originate?

The Stations of the Cross originated during the Crusades, when it was popular to visit Jerusalem to follow the steps to Calvary. After the Holy Land was captured, making pilgrimages there became a very dangerous affair. A desire arose to reproduce these holy places in other lands as a substitute pilgrimage.

It soon became popular to have outdoor markers indicate not only the scenes in Christ's path to Golgotha, but also the actual distances from location to location. Crude markers eventually gave way to elaborate artwork depicting the events of Jesus' trial, torture and execution. By the middle of the 18th century, the Stations were allowed inside churches and served as a focus for Lenten devotions.

The Stations help the participant make a spiritual pilgrimage to the major scenes of Christ's sufferings and death. Prayers are said until the entire route is complete, enabling the faithful to more literally take up their cross and follow Jesus.

Dan Gonzalez writes the blog, Mass Explained.

STATIONS OF THE CROSS

March 7, Noon, - First Friday Mass followed by Stations of the Cross – led by Walking with Purpose Group.

March 14, 7 pm – Silhouette Stations of the Cross followed by Holy Communion – led by our Youth.

March 21, Noon, Stations of the Cross followed by Holy Communion led by the Knights of Columbus.

March 28, Noon, Stations of the Cross followed by Holy Communion – led by the Pastoral Council.

April 4, Noon – Stations of the Cross followed by Holy Communion – led by the Altar Society.

April 11, Noon – First Friday Mass followed by Stations of the Cross – led by Anchor Prayer Group.



YOU ARE INVITED TO OUR:

LENTEN LUNCHES

EVERY FRIDAY AFTER
STATIONS OF THE CROSS
IN THE CHURCH HALL

You will be provided a booklet for each session

- lite lunch
- opening prayer & sharing
- reflection & sharing
- closing prayer

WHAT WEEDS ARE YOU GOING TO PULL UP...



..AND WHAT SEEDS ARE YOU PLANTING THIS LENT?



Seder

A SALVATION HISTORY
TUESDAY, APRIL 15 - 6:30 PM

SIGN UP IS REQUIRED



Join us for a very special Seder Meal. Those gathered will engage in the rituals associated with the Passover meal Jesus shared with his disciples, the traditional foods and the meanings behind them will be presented, and an ancient song of deliverance will be sung. The meal will end with Holy Communion, pointing to the Lamb who has slain for us on the cross.

Are YOU prepared to protect God's Vulnerable?



Sacred Heart & Diocese of Wheeling - Charleston

PROGRAM AND SERVICE OF THE NATIONAL CATHOLIC RISK RETENTION GROUP, INC.

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→ → THIS ONLINE PROGRAM IS REQUIRED FOR ALL VOLUNTEERS IN THE DIOCESE OF WHEELING CHARLESTON AND SACRED HEART

- VIRTUS Requirements:**
- yearly training video
 - Initial training documents
 - background check every 3 years
 - Monthly training bulletins



Local VIRTUS Coordinator:

Kim Hickman, 304-920-2440
khickman@sacredheartprinceton.org

FLORENCE | SIENA
ASSISI | ROME

FATHER SEBASTIAN DEVASYA HOLY YEAR ITALY PILGRIMAGE SCHOLARSHIP

Limited Scholarships Available for Active High School Students from Princeton Sacred Heart

For those interested in the Jubilee of Hope pilgrimage to Italy – September 2nd -11th Please contact Laura Wyatt at 304-425-3664 for more information.

BOOK ONLINE:
[HTTPS://BIT.LY/DEVASYAITALY](https://bit.ly/devasyaitaly)



Why do you want to make this pilgrimage?

Explain why attending the Jubilee Pilgrimage to Italy is important to you. Consider reflecting on the opportunity to grow spiritually, deepen your connection to your faith, or how visiting sacred sites would impact your personal faith journey.

What does your faith mean to you?

Describe the significance of your faith in your life. Think about how it shapes your daily actions, decisions, and values. Share any personal experiences where your faith has guided or supported you.

What activities are you involved in at our church?

Provide information on the ways you actively contribute to your church community. This could include ministry involvement, volunteer work, attending Mass, participating in youth groups, or any other relevant activities demonstrating your commitment to your faith and the church.



Altar Society
MEETING

Ladies please join us

Wednesday, March 12

at 3:00 pm

in the Conference Room

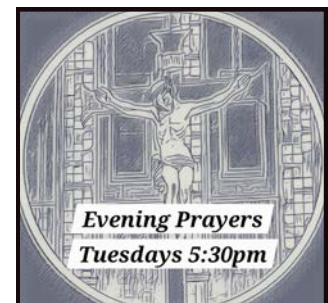
Upcoming Baptismal Preparation Class:

This class is for all expecting parents and new parents preparing for the baptism of their child. Please contact church office at 304-425-3664 to inquire about scheduling your child's baptism.

Saturday, **March 15** - Time: 10:00 am
Location: Conference room
Wednesday, **March 19** - Time: 6 pm -
Location: Conference Room

Walking in Grief Support Group:

Struggling with grief? Join our parish's grief support group and find comfort in community. Join us on **March 26** at 5:30 pm in the Narthex.



Sacred Heart invites you to join us in reciting the Evening Prayer on Tuesdays at 5:30 PM, just before the 6:00 PM Mass. Together, we will provide a guide to help you connect and engage.

Please be aware that on days when there is no daily Mass, we will not hold evening prayer.

Faith Formation (K-5):

Parents please discuss Lent with your children.

What can kids fast from for Lent? Here are some ideas:

1. Give up the usual suspects

Consider these tried-and-true fasting favorites: Sweets, video games, smartphones (or create “quiet zones” free of phones), soda, junk food, social media, and other creature comforts. LifeTeen has posted several fun lists of [teen-specific fasting ideas](#), some of which would be good for older kids, too.

Youth Ministry (MS/HS):

Be sure to Save the Date, on Mar 14th we will have “**Silhouette Stations of the Cross.**” If you youth would like to participate please let Laura Wyatt know as soon as possible.

Children’s Liturgy of the Word (K-5):

Our next C.L.O.W. is happening on **Mar 16**. Please encourage your child to join us for a fun and engaging time, where they’ll hear the liturgy in a way that’s just right for them. It’s a wonderful opportunity for them to connect with Scripture in a kid-friendly way!



Woman’s Prayer Group
Thursday - 10:15 am

Mantra for the 1st Week of Lent
“Renew me, Lord, and revive my soul.”
... from Praying with the Psalms

Read, Reflect, Discuss Readings
Reading 1: Deuteronomy 26:4-10
Psalm 91:
“Be with me Lord when I am in trouble.”
Reading 2: Romans 10:8-13
Gospel: Luke 4:1-13

“Wilderness Within”

During Lent we warmly invite you to join us every Sunday at 9:30 AM in the upstairs conference room, where we will explore the wilderness of your heart as a place to be explored.

Please feel free to come any Sunday that feels right for you, whether it's just one or all of them. We look forward to sharing the 40 days of Lent with you!

Walking with Purpose:

We’re really excited to see all of you. Here’s what we’ll be diving into in our next chapters!

Opening Your Heart: Lesson 18/
Can God Really Change Me Or Is That Just Wishful Thinking?

Touching the Divine: Lesson 18/
Jesus, the Intercessor



Order of Christian Initiation:

This week will will discuss: **“Catholic Teaching and Sexuality Issuest”** Catholic Social Teaching (CST) is often called the Catholic Church's "best kept secret." Living as a disciple means treating our neighbors as we want to be treated, both as individuals and in how our society operates.

Life Issues:
Our focus in this session is an assortment of topics falling under the broad category of "Life Issues."

For information please contact Laura Wyatt at 304-425-3664 or lw Wyatt@sacredheartprinceton.org

POINT OF CONTACT

Faith Formation	Laura Wyatt
Adult Education	Laura Wyatt
OCIA	Laura Wyatt
Youth Ministry	Lorin Albin
Women’s Prayer Group	Susie Pace
Men’s Group	Jim Cosgrove Bill Picknally
Walking with Purpose (WWP)	KD Coleman Laura Wyatt

Religious Education Schedule of Events

Mar 13	Women’s Prayer Group Men’s group WWP	conference room Narthex Narthex	10:15 am 10:15 6:30 pm
Mar 14	Silhouette Stations by Youth Ministry	church	7:30 pm
Mar 16	Faith Formation class Lenten Journey (Wilderness Within) Youth Sunday Children’s Liturgy of the Word	classroom conference room	9:30 am Mass
Mar 17	OCIA	conference room	5:30 pm
Mar 23	Faith Formation class Lenten Journey (Wilderness Within)	classroom conference room	9:30 am
Mar 24	OCIA	conference room	5:30 pm
Mar 30	Women’s Prayer Group WWP	conference room Narthex	10:15 am 6:30 pm

March Ministry Schedule

Date/Time	Lector	Extraordinary Minister	Greeter	Livesteam	Altar Server	Counter
Mar 8 4 pm	M. Gaspersich	<u>V. Manley</u> - K. Bailey - T. Byron	J. Gaspersich		L. Kessinger	LaMothe
Mar 9 11 am	D. LaMothe	<u>D. Richardson</u> - L. Dumapit - J. Cosgrove	S. Neri	W. Picknally		
Mar 15 4 pm	B. Schumacher	<u>L. Pendleton</u> - C. Pace - K. Bailey	C. Prox		T. Byron	
Mar 16 6 pm	K. Carter M. Reiger	<u>H. Cofer</u> - J. Lintz - L. Wyatt	Youth	Youth	E. Coleman	
Mar 22 4 pm	M. Gaspersich	<u>T. Marx</u> - M. Marx - C. Pace	J. Gaspersich		L. Kessinger	Settle
Mar 23 11 am	K. Roberts G. Saffel	<u>K. Suehs</u> - Y. Suehs - M. Flanigan	TBA	W. Picknally	Ja Flanigan Jo Flanigan	
Mar 29 4 pm	C. Jones	<u>C. Pace</u> - L. Pendleton - L. Wyatt	C. Prox	n/a	T. Byron	S. Pace
Mar 30 11 am	A. Dumapit C. Cofer	<u>M. Shay</u> - Z. Romano - H. Cofer	TBA	W. Picknally	TBA	

Black Bean Soup

Ingredients

- 3 cans (15 ounces each) black beans, rinsed and drained, divided
- 3 celery ribs with leaves, chopped
- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth or vegetable broth
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, undrained
- 3 teaspoons ground cumin
- 1-1/2 teaspoons ground coriander
- 1 teaspoon Louisiana-style hot sauce
- 1/4 teaspoon pepper
- 1 bay leaf
- 1 teaspoon lime juice
- 1/2 cup reduced-fat sour cream
- 1/4 cup chopped green onions



Directions

- In a small bowl, mash 1 can black beans; set aside. In a large saucepan, saute the celery, onion, red pepper and jalapeno in oil until tender. Add garlic; cook 1 minute longer.
- Stir in the broth, tomatoes, cumin, coriander, hot sauce, pepper, bay leaf, mashed black beans and remaining whole beans. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.
- Discard bay leaf. Stir in lime juice. Garnish each serving with 1 tablespoon sour cream and 1-1/2 teaspoons green onion.

Please include the following in your Daily Prayers

- Lorin Albin
- Bernadette Baer
- Margaret Bryan
- Ronnie Blankenship
- Matthew Bowles
- Pat Caccamo
- Raybeth Durham
- Fr. Chapin Engler
- Maria Franco
- Peggy Friedrichson
- Dr. Billy Garcia
- MaryLu Geiger
- Kyle Geiger
- Kylena Harless
- Johnathan Harding
- Kenna Johnston
- Patricia Gupton
- Wylie Rae Henson
- Nancy Larkin
- Jim Lintz
- Tanya Marx
- Lisa Mendoza
- Joshua Poorman
- Sara Poorman
- Teresa Settle
- Agnes Tokarski

	weeknd Mar 1-2	YTD Actual	YTD Budget
Envelopes	3,797.00	33,797.63	34,000.00
Loose Offertory	262.08	1,705.95	1,840.00
Easter Flowers	100.00	100.00	1,000.00
Maintenance	10.00	619.55	500.00
Total Contributions	4,169.08	36,223.13	37,340.00
Votive Candles	163.16	163.16	100.00
Abel crisis center	140.00	160.00	125.00
Tender Mercies	360.00	360.00	750.00
DWC: Disaster Relief Collections	1,351.85	5,650.85	-
ATTENDANCE:	4PM: 60	11AM: 152	



To report an incidence of suspected child sexual abuse, please contact your local law enforcement agency, or you may confidentially contact WV Child Protective Services at 800.352.6513. To report suspected cases of sexual abuse by personnel of the Diocese of Wheeling-Charleston to the Diocese, please notify civil authorities first and then please contact the Diocese at 888.434.6237 or 304.233.0880.

Music for
March 8 & 9, 2025
Celtic Mass

Mass Readings Year C
on pg. 581
Word & Eucharist

Entrance: G475
"Tree of Life"

Responsorial Psalm 91
Be with me Lord

Presentation of Gifts: G484
"Come Back to Me"
Communion: G724
"I heard the Voice of Jesus"
Closing Hymn: G483
"Forty Days and Forty Nights"

STAFF

Pastor: Fr. Sebastian Devasya
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Office Manager: Kim Hickman
khickman@sacredheartprinceton.org

Secretary: Laura Wyatt
lw Wyatt@sacredheartprinceton.org

Religious Education: Laura Wyatt
lw Wyatt@sacredheartprinceton.org

Pastoral Ministries & Anchor
Prayer Group: Gina Boggess
gina@sacredheartprinceton.org

Youth Ministry: Lorin Albin
lorinjalbin@gmail.com

In case of emergency and 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.