



## No More Than Enough

FR. JOSEPH JUKNIALIS

**“Y**ou 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. ●

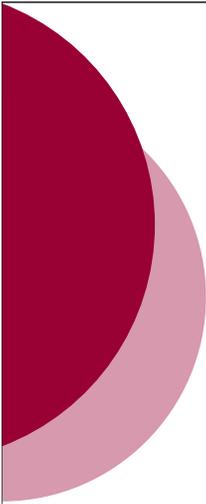
### Reflect

***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

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**February 4 & 5, 2023**

CONFESSION BY APPOINTMENT ONLY, PLEASE CALL THE  
CHURCH OFFICE

SUNDAY MASS IS AVAILABLE ON LIVESTREAM

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

Office Hours: Mon - Fri 9 am - 2 pm

## Mass Intentions:

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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

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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

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**Pastor**-Fr. Sebastian Devasya  
[sdevasya@dwc.org](mailto:sdevasya@dwc.org)

**Office Manager:** Kim Hickman  
[khickman@sacredheartprinceton.org](mailto:khickman@sacredheartprinceton.org)

**Secretary:** Laura Wyatt  
[lwyatt@sacredheartprinceton.org](mailto:lwyatt@sacredheartprinceton.org)

**Faith Formation:** Laura Wyatt  
[lwyatt@sacredheartprinceton.org](mailto:lwyatt@sacredheartprinceton.org)

**Youth Ministry:** Lorin Albin  
[lorin@sacredheartprinceton.org](mailto:lorin@sacredheartprinceton.org)

**Newman Center:** Paul Krause  
[pkrause@dwc.org](mailto:pkrause@dwc.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 – 5<sup>th</sup> 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 silene 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.



FOR YOUR MARRIAGE

National Marriage Week

Every Feb 7-14

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?

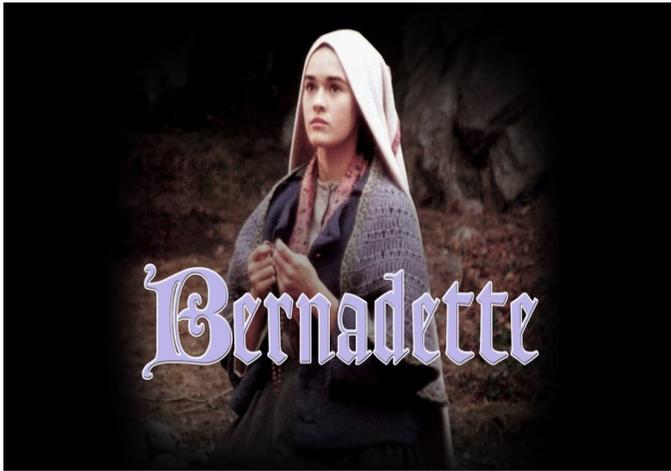
Come join us for a weekend of prayer and discernment

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](http://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>



**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>



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](https://togetherinholiness.org) or email [TH@forlifeandfamily.org](mailto: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
<b>Total Contributions</b>	<b>\$ 2,077.00</b>	<b>\$ 15,762.25</b>	<b>\$ 14,400.00</b>
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?***

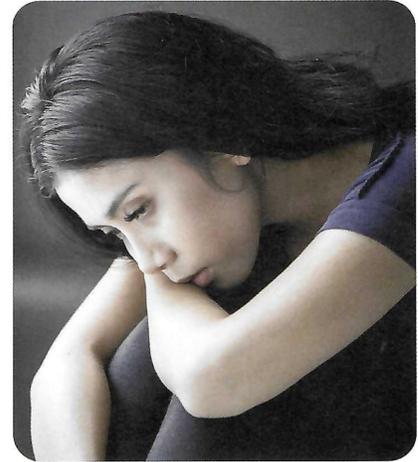
Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
February 6	February 7	February 8	February 9	February 10	February 11	February 12
<i>St. Paul Miki and Companions, Martyrs</i>	<i>Weekday</i>	<i>Weekday</i>	<i>Weekday</i>	<i>St. Scholastica, Virgin</i>	<i>Weekday</i>	<i>Sixth Sunday in Ordinary Time</i>
Gn 1:1-19 Mk 6:53-56	Gn 1:20-2:4 Mk 7:1-13	Gn 2:5-9, 15-17 Mk 7:14-23	Gn 2:18-25 Mk 7:24-30	Gn 3:1-8 Mk 7:31-37	Gn 3:9-24 Mk 8:1-10	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](http://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**