

Catholic Parishes of St. Anthony and Our Lady of the Hills

February 21, 2021

First Sunday of Lent

Issue No. 227



St. Anthony Catholic Church
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Our Lady of the Hills Catholic Church
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Office

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Email: secretary@stanthonywv.com Phone: 304-342-2716

Office Hours:

Monday-Tuesday-Thursday-Friday from 9:00 am to 12:00 pm; Closed Wednesday and holidays.

Sacrament of Reconciliation:

St Anthony by appointment. Our Lady of the Hills by appointment.



Why fasting, penance and prayer are recommended during Lent?

1) Fasting reduces our “spiritual obesity” or the excessive accumulation of fat in our soul in the form of evil tendencies and evil habits. 2) It gives us additional moral and spiritual strength and encourages us to share our blessings with the needy people. 3) Fasting also gives us more time to be with God in prayer. 4) We need to do prayerful fasting and acts of penance for our sins, following the example of Jesus before his public ministry. 5) When we fast, we are imitating the people of Nineveh and the Syrian

King, Ben Hadad who fasted pleading for God’s mercy and forgiveness, and Queen Esther who fasted for her people.

Acts of penance during Lent a) remove the weakness left by sin in our souls and give us more self control, b) pay the temporary debt caused by sin, and c) make our prayers more fruitful. Besides, it is Jesus’ teaching: “*If any one wishes to follow me, let him deny himself, take up his cross and follow me.*”

Prayer is necessary at all times because God has commanded it, and because, without it, we do not receive the graces necessary to persevere to the end. “It is necessary for adults as a means of salvation; that is to say, that a person who does not pray, and neglects to ask of God the help requisite for overcoming temptations, and for preserving grace already received, cannot be saved.” (St. Alphonsus – CCC 2744). In essence, prayer is talking to God and listening to Him. Jesus gives us the model of penitential prayer by his forty days in the desert in preparation for his public life. Prayer during the Lent Prayer, 1. Unites us to God; 2. Makes us heavenly minded; 3. Strengthens us against evil; 4. Gives us zeal and energy for good; 5. Comforts us in adversity; and 6. Obtains help for us in time of need, and the grace of perseverance unto death.

Mass Schedule February 20 — 28

Saturday 02/20: <small>1st Sunday of Lent</small>	SA Mass 5:30 p.m. People of the Parish
Sunday 02/21: <small>1st Sunday of Lent</small>	OLH Mass 8:30 a.m. †Anna Paezold Corbin (F. & C. Mosier) SA Mass 10:30 a.m. †Shannon Thornton (M. Tyler)
Monday 02/22:	No Mass
Tuesday 02/23:	OLH Stations 6:00 p.m.—Mass 6:30 p.m.
Wednesday 02/24:	SA Mass 9:00 a.m.
Thursday 02/25:	SA Mass 9:00 a.m. †Holy Souls in Purgatory (prayer gift)
Friday 02/26:	SA Mass 9:00 a.m. †Mary Canterbury (M. J. Zsoldos & B. Williams) SA Stations 6:00 p.m.
Saturday 02/27: <small>2nd Sunday of Lent</small>	SA Mass 5:30 p.m. People of the Parish
Sunday 02/28: <small>2nd Sunday of Lent</small>	OLH Mass 8:30 a.m. †Marilyn Spencer (F. & C. Mosier) SA Mass 10:30 a.m. †Ray & Catherine DePaulo (E. Jordan)



Safe Environment—The Diocese of Wheeling-Charleston maintains an Office of Safe Environment in accordance with the USCCB’s *Charter for the Protection of Children and Young People*. **To Report Suspected Cases of Sexual Abuse of Children:** The Diocese of Wheeling-Charleston encourages reporting to civil authorities first and foremost if a crime has been committed. We also encourage utilizing www.reportbishopabuse.org to make a report about any bishop in the U.S. If you have reason to believe that a bishop has engaged in sexual misconduct, please contact civil authorities in the applicable jurisdiction & visit www.reportbishopabuse.org. **To Report to Civil Authorities:** Contact your local law enforcement; numbers will vary based on your location. If you believe someone is in immediate danger, call 911. To confidentially report any incidence of suspected child abuse or neglect, including sexual abuse, contact the West Virginia Bureau for Children and Families’ Child Protective Services by calling the Child Abuse Hotline at 800.352.6513. **To Report to Diocesan Authorities:** In addition to civil authorities, the diocese encourages reporting to the appropriate church authorities. To report suspected cases of sexual abuse of children by personnel of the Diocese of Wheeling-Charleston to the Diocese, contact one of the following designees at 1.888.434.6237 or 304.233.0880: Mr. Bryan Minor, ext. 263; Mr. Tim Bishop, ext. 353; or Very Rev. Dennis Schuelkens, Jr., V.E., ext. 270. You may also call the Diocese’s Office of Safe Environment at 304.230.1504. In addition to the methods listed above for reporting sexual abuse, the Diocese also has partnered with Navex Global to offer the **EthicsPoint** platform to report other, additional concerns, such as suspected financial, professional, and personal misconduct of a priest, deacon, religious, or lay employee of the Diocese or any Catholic parish or school in West Virginia. The EthicsPoint platform can be accessed via www.dwc.org, under “Accountability”, then “Report Misconduct” or by calling 844.723.8381. EthicsPoint is a third-party reporting system that reports to civil authorities where applicable and Diocesan authorities, and the identity of the person reporting is protected.

Mass Intentions—In accordance with the guidelines from the Diocese of Wheeling-Charleston, Mass stipends are deposited in a separate checking account. **If you are writing a check, please make it payable to St. Anthony Mass Account.**

The current suggested level of giving is **\$20 for a weekend Mass or \$10 for a daily Mass**. Any offering, however, is most welcome, and, if you do not have funds to offer, you are encouraged to request your Mass intention.

Prayer List for the Sick & Homebound

St. Anthony—Mary Hanson, David Dodd, Nazira Joseph, Zachariah Kushner, Christina Lopez, Michael McCallister, Maya Clark, Robin Holly, Michael Bee, William Ashworth

Our Lady of the Hills—Bert Zodorozny, Margaret Hancock, Violet Edwards, William Spencer, Katie Caroli, Jeanne Rollins, Steven Spencer, Harry Crede, Doug Rollins, Vickie Ayob

Please call Father Tijo George at 304-342-2716, ext. 406 if you would like a visit and to receive communion or a home blessing.

Stewardship Report for February 13 & 14, 2021

St. Anthony

Offering	\$ 1,509.50
St. Anthony Caring Fund	67.00
Other	30.00

Attendance Saturday—24 Sunday—34

Our Lady of the Hills

Offering	\$ 825.00
St. Anne’s Outreach	35.00
Other	80.00

Attendance Sunday—22

Thank you for your generosity! Please remember to continue to support your parish during this difficult time. May God bless you!



Healing Prayers Offered for Covid-19 Victims

If you have a family member/friend who has been infected by the Coronavirus, Fr. Tijo would like to pray for the infected person during the private daily Masses and Sunday Masses. A votive candle will also be lit for his/her healing. Please call the parish office or Fr. Tijo to have their names included in his prayers and a votive candle lit.

Music for Liturgy

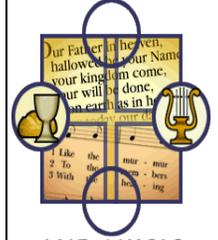
LITURGY



AND MUSIC

Entrance:	Led by the Spirit — #120
Offertory:	Only This I Want — #505
Holy:	Sanctus — #857
Communion:	The Supper of the Lord — #348
Recessional:	Christ Before Us — #407

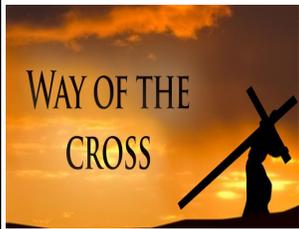
LITURGY



AND MUSIC

Bulletin & Mass Announcements—The deadline this week for bulletin announcements is **Wednesday at 5:30 p.m.** and for Mass announcements is **Friday at 9:00 a.m.** Thank you!

Schedule for Stations of the Cross during Lent



St. Anthony

Fridays: Stations of the Cross at 6:00 p.m.

Our Lady of the Hills

Tuesdays: Stations of the Cross at 6:00 p.m. followed by Mass at 6:30 p.m.

Black & Indian Missions: February 27 & 28—Mandated by the III Plenary Council in 1884, the 135+-year-old National Collection for Black and Indian people continues as the embodiment of the Church’s concern 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.

Diocesan Priests’ Retirement Fund: March 6 & 7 — A special second collection is scheduled for **March 6-7, 2021**, to support the **Priests’ Health and Retirement Association (PHRA)**, a fund that provides health insurance and retirement benefits to retired priests of the Diocese of Wheeling-Charleston. Please take a moment to reflect on the many years of service by our priests and how we can take this opportunity to thank them in a very particular way with a gift to the PHRA collection.

TEENS ENCOUNTER CHRIST (TEC)

TEC is a diocesan spiritual movement for older high school teens and young college students. It begins with a retreat weekend filled with dynamic reflections, music, sacraments, adoration, small group dialogue, prayer, and community building. Afterwards, the TEC community (TECITES) evolves into a network of mutual support that both reinforces their parish involvement and personal spiritual growth. TEC leads participants to integrate Christ’s Paschal Mystery (dying, rising, and going forth) at a time of passage through which they are preparing for adult life after high school and college.

TEC is effective in helping young people focus on their spiritual life as well as their secular life. It also empowers them to speak openly and courageously to their friends about their faith in Christ and their living out of Christian values.

TEC began in the Diocese of Wheeling-Charleston in the late sixties under the leadership of Fathers Ed Bell and Jody DeBias (both deceased). Father Leon Alexander was a team member of the very first TEC in Wheeling, serving as a confessor for the Sacrament of Reconciliation.

In recent years, TEC became dormant, but it is currently being revived under the leadership of Mr. Daniel Maul, the Diocesan Director of Evangelization, Catechesis, and Youth. Daniel has formed a Diocesan TEC Steering Committee consisting of Ralph Modena of Princeton, Kathy Lynch of Beckley, Theresa O’Leary of Charleston, Fr. Leon Alexander of Charleston, Father John McDonough of Morgantown, and many more. They are meeting often via ZOOM.

A Simple Plan for Lent: KISS and the 1-1-1 Plan

Here’s a helpful acronym to help you stay focused during Lent: Keep • It • Simple • Sinner.

The best Lent is one in which we enter the season wholeheartedly. All too often, people either take on too much or don’t take on enough. The solution is to simplify our disciplines, focus our intentions and concentrate more clearly on our spiritual goals.

(continued on page 4)

A Simple Plan for Lent: *(continued from page 3)*

To keep it simple this Lent, try the “1-1-1 Plan”: one sin, one add-in, one give-up. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossibly busy schedule!). Deny yourself something you really like or are attached to.

One sin

Most of us, if we are honest, know at least one area of sin to focus on during Lent. If you aren't sure, or are having trouble narrowing it down, use the traditional seven deadly sins as a guide.

In fact, some of the other deadly sins are even deadlier, especially pride, or self-love, which St. Thomas Aquinas called, “the cause of every sin.”

If you need help in identifying which sin to concentrate on this year, ask God in prayer to reveal it to you. If you still aren't sure, ask your family or close friends. Just be sure you are willing to listen to them and accept their assessment.

One add-in

The next step in 1-1-1 Lent is to add one thing of God to your routine that you haven't been doing. Because we are all so busy, it's a good idea to not just pick an add-in, but to schedule a regular time when you put it on your calendar so you don't “forget.”

Ideas for add-ins are pretty much endless, but some include:

- ▶ Go to Mass in the middle of the week
- ▶ Attend the Stations of the Cross as a family
- ▶ Read a Gospel
- ▶ Volunteer at a social ministry
- ▶ Get up early to pray

One give up

Giving up something for Lent has been part of the Church almost since the beginning. While giving up sweets and alcohol are time-honored, consider giving up one thing that you really like or enjoy. Just make sure it is something that lets you feel the deprivation and is at least a little bit challenging. Make it difficult but doable.

- ▶ Fast from fault finding and nagging, and fast from a critical tongue or a closed mind.
- ▶ Give up impulse purchases.
- ▶ Give up an unhealthy habit, like smoking.
- ▶ Limit the time you watch television or surf the Web.
- ▶ Give up eating out and donate the money you save.

~ **Father James Shafer**

Come and Strengthen your Faith....!

**Join us at St. Anthony Parish Center
on Wednesday at 6:00 p.m.**

The Topic is “**PENANCE AND ANOINTING
OF THE SICK: God's Mercy Revealed**”

This Session will cover:

- Why Catholics confess their sins to a priest
- How Jesus gave the power to forgive sin to his Apostles
- Exactly what Confession is and how to do it
- What we mean by the Seal of Confession
- And finally, what happens in the Anointing of the Sick

Pope Francis' Prayer to SAINT JOSEPH

Hail, Guardian of the Redeemer, spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy and courage, and defend us from every evil. Amen.

Prayer to SAINT MICHAEL THE ARCHANGEL

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.