

Dear Padre,

Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.



The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

From *The Eucharist: 50 Questions from the Pews* by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications

A WORD FROM POPE LEO XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

Monday February 9 Weekday 1 Kgs 8:1-7, 9-13 Mk 6:53-56	Thursday February 12 Weekday 1 Kgs 11:4-13 Mk 7:24-30	Saturday February 14 Sts. Cyril, Monk, and Methodius, Bishop 1 Kgs 12:26-32; 13:33-34 Mk 8:1-10
Tuesday February 10 St. Scholastica, Virgin 1 Kgs 8:22-23, 27-30 Mk 7:1-13	Friday February 13 Weekday 1 Kgs 11:29-32; 12:19 Mk 7:31-37	Sunday February 15 Sixth Sunday in Ordinary Time Sir 15:15-20 1 Cor 2:6-10 Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37
Wednesday February 11 Weekday 1 Kgs 10:1-10 Mk 7:14-23		

Our Parish COMMUNITY

February 8, 2026

Fifth Sunday in Ordinary Time (A)

Isaiah 58:7-10 / 1 Corinthians 2:1-5 / Matthew 5:13-16



That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●



LEARN ABOUT THE AUTHORS OF OUR PARISH COMMUNITY

Reflect

Why does helping another lift our own spirits?



"Your light shall break forth like the dawn, and your wound shall quickly be healed."

ISAIAH 58:8



The
Catholic Church
in Pocahontas County
West Virginia

OUR MISSION
Amen, I say to you,
whatever you did
for one of these
least brothers of mine,
you did for me.
(Matthew 25:40, NAB-RE)

ST. JOHN NEUMANN PARISH & CHURCH OFFICE, 714 Tenth Avenue, Marlinton WV 24954
ST. MARK THE EVANGELIST MISSION, 92 Catholic Church Road, Rts 250 & 92, Bartow WV 24920
ST. BERNARD OF CLAIRVAUX CHAPEL, 6332 Snowshoe Drive, Snowshoe WV 26209
Telephone: St. John Neumann 304-799-6778, St. Bernard of Clairvaux 304-572-0847
Website: PocahontasCatholic.org
E-mail: Pastor@PocahontasCatholic.org



Patty Bryant
Margaret Bryant
Ann Burke
Danielle Cade
Dick Connor
Cynthia Olson
Quinn Riffle
Tristan Sizemore

EUCHARIST THIS WEEK

Monday	8:00 a.m.	St. John
Wednesday	8:00 a.m.	St. John
Friday	8:00 p.m.	St. John
Saturday	5:30 p.m.	St. Bernard
Sunday	9:00 a.m.	St. John
	11:30 a.m.	St. Mark



St. John Neumann Church is open for private prayer every day during daylight.

The Sacrament of Reconciliation is offered before each Eucharist or by appointment, and at St. Bernard on Saturdays 4:30-5:00 p.m.

The Sacrament of Anointing of the Sick is available any time upon request.



Please call the Church office (304-799-6778) if you know of a parishioner who is sick, in the hospital or nursing home, homebound, deployed, or in prison.

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 contact the Diocese at 888-434-6237 or 304-233-0880.
To report suspected cases of sexual misconduct or sexual abuse by a bishop or eparch, please contact ReportBishopAbuse.org or call 800-276-1562.

TODAY'S SCRIPTURE PASSAGE
"You are the salt of the earth...You are the light of the world."
(Matthew 5:13, 14, NAB-RE)

ANNOUNCEMENTS & NOTES

- **Funeral service for Dreama Moore** will be at Van Reenan Funeral Home in Marlinton on Wednesday (February 11) at 2 p.m.
- **Second collection this Sunday** at St. John Neumann and St. Mark the Evangelist is for Catholic missions within the U.S.A., and will be divided equally among the African American & Native American Missions, and the Catholic Home Missions.
- **Everyone is welcome** to help take down our Christmas decorations this Sunday at St. John Neumann and St. Mark the Evangelist.
- **Acknowledgment letters** have been sent to all 2025 parishioner and visitor donors, including finance report and Fund for the Poor report. Additional copies are available for the taking at all our Churches.
- **Senior lunch** is this Tuesday (February 10) beginning at 11:30 a.m. at Marlinton United Methodist Church. You *don't* have to consider yourself old to come!



LAST WEEKEND

	<u>attendance</u>	<u>collection</u>
St. John Neumann	37	\$340.00
Fund for the Poor		\$1,000.00
St. Mark the Evangelist		\$175.00
Church in the Developing World		\$10.00
Fund for the Poor		\$540.00
St. Bernard of Clairvaux		\$100.00
total	37	\$2,165.00



- **Family Resource Network Mobile Food Pantry** at BFD fire station in Green Bank is Wednesday (February 11) from 10-11:30 a.m. *Please remain in your vehicle and have your vehicle trunk or back empty and clean, to help us load quickly and safely.*
- **Community Dinner and Marlinton Care Team** planning meeting is this Thursday (February 12) at 5:30 p.m. at Marlinton Presbyterian Church. We welcome new volunteers and new ideas.

Lectionary for Mass for use in the Dioceses of the United States, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine; Psalm refrain © 1968, 1981, 1997, International Committee on English in the Liturgy, Inc. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Used with permission.

FIFTH SUNDAY IN ORDINARY TIME - YEAR A

First Reading (Isaiah 58:7-10)

Thus says the LORD:
Share your bread with the hungry,
shelter the oppressed and the homeless;
clothe the naked when you see them,
and do not turn your back on your own.
Then your light shall break forth like the dawn,
and your wound shall quickly be healed;
your vindication shall go before you,
and the glory of the LORD shall be your rear guard.
Then you shall call, and the LORD will answer,
you shall cry for help, and he will say: Here I am!
If you remove from your midst
oppression, false accusation and malicious speech;
if you bestow your bread on the hungry
and satisfy the afflicted;
then light shall rise for you in the darkness,
and the gloom shall become for you like midday.

Responsorial Psalm (Psalm 112:4-5, 6-7, 8-9,
Grail translation, 1995)

Response: The just one is a light in darkness
to the upright.

They are lights in the darkness for the upright;
they are generous, merciful and just.
Good people take pity and lend,
They conduct their affairs with honour.

The just will never waver,
they will be remembered for ever.
They have no fear of evil news;
with firm hearts they trust in the LORD.

With steadfast hearts they will not fear;
Open-handed, they give to the poor;
their justice stands firm for ever.
Their heads will be raised in glory.

Second Reading (1 Corinthians 2:1-5)

When I came to you, brothers and sisters,
proclaiming the mystery of God,
I did not come with sublimity of words or of wisdom.
For I resolved to know nothing while I was with you
except Jesus Christ, and him crucified.
I came to you in weakness and fear and much trembling,
and my message and my proclamation
were not with persuasive words of wisdom,
but with a demonstration of Spirit and power,
so that your faith might rest not on human wisdom
but on the power of God.

Gospel Acclamation (John 8:12)

I am the light of the world, says the Lord;
whoever follows me will have the light of life.

Gospel (Matthew 5:13-16)

Jesus said to his disciples:
"You are the salt of the earth.
But if salt loses its taste, with what can it be seasoned?
It is no longer good for anything
but to be thrown out and trampled underfoot.
You are the light of the world.
A city set on a mountain cannot be hidden.
Nor do they light a lamp
and then put it under a bushel basket;
it is set on a lamp stand,
where it gives light to all in the house.
Just so, your light must shine before others,
that they may see your good deeds
and glorify your heavenly Father."

Reflection (2023)

Good *words* are important, but not by themselves. Good *deeds* make a difference. Often when something goes wrong, we hear our leaders *say* “our thoughts and prayers are with you.” But then they *do* nothing to change the situation that allowed the wrong to happen. Or when we want to be affirming, we *say* to a veteran, “thank you for your service.” But so many veterans languish homeless on our streets, or are confined to prisons, and we don’t even realize it, and we don’t *do* anything about it.

The Lord says “your light must shine before others, that they may see your good deeds.” What we do makes a difference, and through our deeds the light of God shines on others. Isaiah points out some specific good deeds: “share your bread with the hungry, shelter the oppressed and the homeless, clothe the naked when you see them.” And there are so many other ways we can do good deeds, and we should.

Don’t ignore good *words*, but join them with good *deeds*.

Reflection (2026)

The Gospel speaks of salt and light.

Salt has no function in itself, except to have an effect on something else. Salt can be a preservative or a disinfectant. Salt can flavor or enhance the flavor of other foods. So if we are the salt of the earth, it is not about ourselves, but about the effect we have on others.

Light doesn’t seem to be a physical entity that we can hold, although physics and photons might have something to say about that. But light has an effect on everything on which it shines. Light can reveal what we wouldn’t see in the dark. Light can heat what might otherwise be cold. So if we are the light of the world, it is not about ourselves, but about the effect we have on others.

So the effect we have, as salt or light, is important, and what is important is that the effect we have is to bring about what is good: good example, good deeds, and generally just goodness, in a world where that is so often absent.

8 February 2026
Fifth Sunday in Ordinary Time - Year A

Penitential Rite

Lord Jesus, you teach us to follow your ways: Lord, have mercy.

Christ Jesus, you teach us the way of service: Christ have mercy.

Lord Jesus, you teach us to be humble disciples: Lord, have mercy.

May almighty God have mercy on us, forgive us our sins,
and bring us to everlasting life.

Prayer of the Faithful

Merciful Father, you fill our days with blessings in answer to our prayers. We turn now to you with our needs:

- for the leaders of the Church and the leaders of nations, that they will work together for the common good, we pray
- for the athletes competing in the winter Olympics, that they will develop bonds with people of different nations and tongues and races, we pray
- for those who are homeless, hungry, and unemployed, that they will find shelter, food, and work, we pray
- for peace in places of war, and for justice for those who are oppressed, we pray
- for all of us gathered for Eucharist, that we will be salt of the earth and light of the world, we pray
- for Drema Moore and for all those who have died, that they will enjoy eternal salvation in heaven, we pray
- and for your other intentions
(pause)
for all our intentions spoken and unspoken, we pray

Almighty Father, draw us ever closer to you, and hear our prayers and answer them in your mercy. We pray through Christ our Lord. Amen.