

Dear Padre,

Who decided that fish isn't meat? I really dislike fish; also, it bugs me when my friends eat lobster for dinner on Fridays in the name of "sacrifice."

Latin is the official language of the Catholic Church. Canon law, as written in Latin, states that we must abstain from *carne* (meat), a word that refers to warm-blooded animals that walk on the ground. By that definition, fish is allowed.

You make an excellent point about the lobster dinners and the nature of sacrifice. In the document "Questions and Answers About Lent and Lenten Practices," the United States Conference of Catholic Bishops states, "While fish, lobster, and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer."

As we enter Lent, we must remember that our acts of penance should be more than thinking about just giving something up, like meat. Our fasting isn't just an external discipline—sacrifice for the sake of checking a box. It's supposed to be a sacrifice that leads us closer to God. When we take that deeper step ourselves, then we can invite our friends to go deeper, too. ●



SWEET MARSHALLOW / SHUTTERSTOCK

Fr. Paul Borowski, CSsR / DearPadre.org

A WORD FROM POPE FRANCIS

Jesus opposes the attractions of evil...by responding to temptations with the word of God, which says not to take advantage...to obtain privileges. Because true happiness and true freedom are not found in possessing, but in sharing; not in taking advantage of others, but in loving them; not in the obsession of power, but in the joy of service.



VATICAN MEDIA

ANGELUS, ROME, MARCH 6, 2022

Monday March 10 <i>Lenten Weekday</i> Lv 19:1-2, 11-18 Mt 25:31-46	Thursday March 13 <i>Lenten Weekday</i> Est C:12, 14-16, 23-25 Mt 7:7-12	Saturday March 15 <i>Lenten Weekday</i> Dt 26:16-19 Mt 5:43-48
Tuesday March 11 <i>Lenten Weekday</i> Is 55:10-11 Mt 6:7-15	Friday March 14 <i>Lenten Weekday</i> Ez 18:21-28 Mt 5:20-26	Sunday March 16 <i>Second Sunday of Lent</i> Gn 15:5-12, 17-18 Phil 3:17-4:1 or 3:20-4:1 Lk 9:28b-36
Wednesday March 12 <i>Lenten Weekday</i> Jon 3:1-10 Lk 11:29-32		

Do you have a question for the Padre?

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

Our Parish COMMUNITY

March 9, 2025

First Sunday of Lent (C)

Deuteronomy 26:4-10 / Romans 10:8-13 / Luke 4:1-13

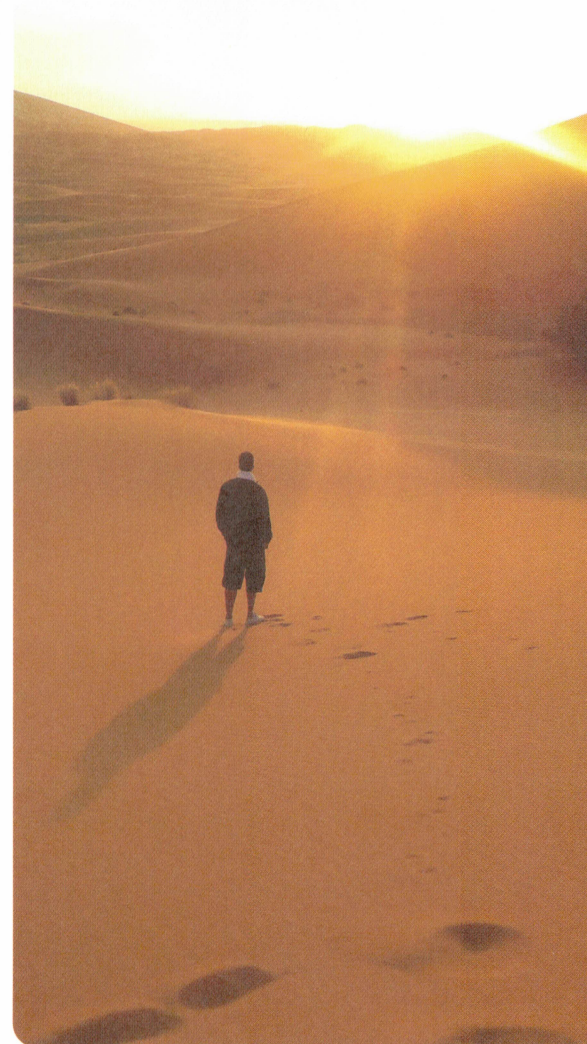


Living in Fantasy

FR. JOSEPH JUKNIALIS

Filled with the Holy Spirit,
Jesus returned from the Jordan
and was led by the Spirit into the desert
for forty days, to be tempted by the devil.

LUKE 4:1-2A



If *I Were a Horse* by Elizabeth Bridgman is a children's story about Jenny, who daydreams about being a horse and

then accepts her true reality, as she realizes no one will recognize her as a horse. In the end, she finds that she likes herself as she truly is.

The story may also be a metaphor for our human fantasy about sin, by which we try to redefine the world on our own terms, only to realize that life does not go so well when we do this. It is our stealing by which we pretend that something belongs to us rather than to another. It is our lying that attempts to redefine truth in terms of what we want life to be, rather than in what life really is. It is our addictions that redefine the source of meaning and life not as God, but as ourselves and our wants. Lent brings us face to face with who we are—which is not a horse (real or otherwise), but, by God's design, is a daughter or son of God.

The temptations Jesus experienced in the desert were temptations to define life on his own terms, just as we are often tempted to do. Yet, Jesus was the one who got it right. For him, stones were stones, not bread. Power and glory were God's, not his. He would not put God to the test, thinking he could manipulate God and get God to do what Jesus wanted. Jesus was the faithful one. ●

Reflect

What about my life do I struggle to accept?



The
Catholic Church
in Pocahontas County
West Virginia

OUR MISSION

Love the Lord your God
with all your heart,
soul, mind,
and strength.

Love your neighbor as yourself.
(Mark 12:30-31, 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



Charlie & Patty Bryant
Margaret Bryant
Ann Burke
Phillip Cobb
Drema Moore
Cynthia Olson
Quinn Riffle

EUCHARIST THIS WEEK

Monday 8:00 a.m. St. John
Wednesday 8:00 a.m. St. John
Friday 8:00 a.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 shall worship the Lord, your God, and him alone shall you serve."
(Luke 4:8, NAB-RE, cf. Deuteronomy 6:13)*

ANNOUNCEMENTS & NOTES

- **R.I.P. Sally Logan** of St. John Neumann Church.
- And we thought that **daylight saving time** was going to be gone – but remember, it is still here, so move your clocks ahead 1 hour at 2 a.m. this Sunday (March 9).
- **The Cabrini Grant** is a new program of the Diocese of Wheeling-Charleston designed to financially help needy families who are seeking to adopt or become legal guardians of children in need. Information sheet and application forms are available at all our Churches. While West Virginia does not have abortions, West Virginia has a high rate of teenage pregnancy, and the highest rate in the U.S.A. of children in foster care. Hopefully, some of our families can help with this crisis.
- Ash Wednesday **letters on life issues and forgiveness of sins** from the U.S.A. Catholic Bishops and Bishop Brennan are included in the on-line version of our weekly bulletin.
- Grab your *Catholic Relief Services* **Operation Rice Bowls** now, and save a little, little by little, during Lent.
- **The Word Among Us** for Lent is available now for the taking, and includes daily Mass readings and reflections.
- **Stations of the Cross** is every Friday during Lent at 5 p.m. at St. John Neumann and St. Mark the Evangelist. Stations will include Exposition and Benediction at St. Mark the Evangelist this week.
- Knights of Columbus **Friday Fish Fry** in White Sulphur Springs is March 7, 14, 21, 28, April 4, 11.
- **Community Lenten Service** is this Wednesday (March 12) at noon at Marlinton Presbyterian Church, and brown bag lunch will follow for those who can remain. This week's message is on the *Cleansing of the Temple*, by Pastor Carmel LaRue of the United Methodist Church.
- **Family Resource Network Mobile Food Pantry** at BFD fire station in Green Bank is Thursday (March 13) from 11 a.m. to 1 p.m. *Please remain in your vehicle and have your vehicle trunk or back empty and clean, to help us load quickly and safely.*

LAST WEEKEND

	<u>attendance</u>	<u>collection</u>
St. John Neumann	33	\$1,235.00
West Virginia Flood Relief		\$1,170.00
St. Mark the Evangelist	12	\$580.00
West Virginia Flood Relief		\$70.00
Church Missions in the U.S.A.		\$10.00
St. Bernard of Clairvaux	39	\$1,302.00
West Virginia Flood Relief		\$193.00
total	84	\$4,560.00

FIRST SUNDAY OF LENT - YEAR C

First Reading (Deuteronomy 26:4-10)

Moses spoke to the people, saying:

“The priest shall receive the basket from you and shall set it in front of the altar of the LORD, your God.

Then you shall declare before the Lord, your God, ‘My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien.

But there he became a nation great, strong, and numerous.

When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the LORD, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression.

He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products of the soil which you, O LORD, have given me.’ And having set them before the LORD, your God, you shall bow down in his presence.”

Responsorial Psalm (Psalm 91:1-2, 10-11, 12-13, 14-15,

Grail translation, 1963)

Response: Be with me, Lord, when I am in trouble.

He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: “My refuge, my stronghold, my God in whom I trust!”

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him,
protect him for he knows my name.
When he calls I shall answer: “I am with you.”
I will save him in distress and give him glory.

Second Reading (Romans 10:8-13)

Brothers and sisters:

What does Scripture say?

*The word is near you,
in your mouth and in your heart*

– that is, the word of faith that we preach –,
for, if you confess with your mouth
that Jesus is Lord
and believe in your heart
that God raised him from the dead,
you will be saved.

For one believes with the heart and so is justified,
and one confesses with the mouth and so is saved.

For the Scripture says,

No one who believes in him will be put to shame.

For there is no distinction between Jew and Greek;
the same Lord is Lord of all,
enriching all who call upon him.

For “everyone who calls on the name of the Lord
will be saved.”

Gospel Acclamation (Matthew 4:4b)

One does not live on bread alone,
but on every word that comes forth
from the mouth of God.

Gospel (Luke 4:1-13)

Filled with the Holy Spirit,
Jesus returned from the Jordan
and was led by the Spirit into the desert for forty days,
to be tempted by the devil.
He ate nothing during those days,
and when they were over he was hungry.

The devil said to him,
“If you are the Son of God,
command this stone to become bread.”
Jesus answered him,
“It is written, *One does not live on bread alone.*”

Then he took him up and showed him
all the kingdoms of the world in a single instant.

The devil said to him,

“I shall give to you all this power and glory;
for it has been handed over to me,
and I may give it to whomever I wish.
All this will be yours, if you worship me.”

Jesus said to him in reply,

“It is written

*You shall worship the Lord, your God,
and him alone shall you serve.”*

Then he led him to Jerusalem,
made him stand on the parapet of the temple,
and said to him,

“If you are the Son of God,
throw yourself down from here, for it is written:

*He will command his angels concerning you,
to guard you,*

and:

*With their hands they will support you,
lest you dash your foot against a stone.”*

Jesus said to him in reply,

“It also says,

You shall not put the Lord, your God, to the test.”

When the devil had finished every temptation,
he departed from him for a time.

Reflection (2022)

We all know that the *Covid-19* pandemic has been longer than we thought, and have put burdens and demands on us that we would rather not have. But being careful and listening to those who are knowledgeable are our best defense.

Some, however, take a different point of view.

They insist that they have faith in a God who said he will protect us, and so they have no need to follow the guidance of those who tell us to wear masks, or wash our hands, or get vaccinated. They sound pretty faith-filled and faithful to God, don't they?

But actually they sound more like the devil, like Satan himself, who is the crafty deceiver and liar.

Listen to the Gospel today. The devil even quotes scripture and tells the Lord himself that the Father said he will protect him, so he, the Lord, should throw himself down from the parapet of the temple. The Lord's response was also right out of scripture: “You shall not put the Lord, your God, to the test.” In other words, you have no right to demand of God that he act on your behalf.

Those who claim faith in God's protection are testing the Lord, by demanding that he act on their behalf, all the while being irresponsible themselves. And God does act to protect us, and he does that by sending us people who can protect us. In a flood or tornado, he sends rescue workers to guide us to safety. In times of prejudice or persecution, he sends brave people to speak up on our behalf and even risk their lives to defend us. In times of hunger and need, he sends generous people to provide for us. And in a pandemic, he sends us physicians and scientists who figure out what is best to protect us and those around us. They are God's hands protecting us.

Reflection (2025)

The truth is hard to bear, because it challenges us to change our ways. Lies are more attractive, because they feed our desires. But the commandment is “do not bear false witness,” – do not lie.

Satan is the Bible's liar. And his lies feed our desire for food, for power and glory, for comfort and security. But the price is that we worship him, Satan, and not the Lord God.

There are so many lies promoted in our world today, and so many people willing to follow lies rather than truth. It is tempting. But “do not bear false witness,” – do not lie.

9 March 2025
First Sunday of Lent - Year C

Penitential Rite

I confess to almighty God, and to you, my brothers and sisters,
that I have greatly sinned, in my thoughts and in my words,
in what I have done, and in what I have failed to do,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin, all the Angels and Saints,
and you, my brothers and sisters, to pray for me to the Lord our God.
May almighty God have mercy on us, forgive us our sins,
and bring us to everlasting life.

Prayer of the Faithful

Merciful Father, we come before you in humility, asking you to hear our prayers:

- for Pope Francis, for his strength and well being, we pray
- for politicians everywhere, that they will be honest and truthful, we pray
- for all of us who are afflicted with temptations, that we will be strengthened by God's grace, we pray
- for peace throughout the world, and for reconciliation among those who are in conflict, we pray
- for all of us gathered for Eucharist, that our prayer, fasting and almsgiving will lead to a renewal of our faith, we pray
- for those who have died, that they will be saved, we pray
- and for your other intentions

(pause)

for all our intentions spoken and unspoken, we pray

Almighty Father, we ask you to hear our prayers, and we ask for the strength and grace to change our ways and follow your truth. We pray through Christ our Lord. Amen.

Terms and Conditions 2025 Cabrini Grant

1. Requirement for a Letter of Support from the Pastor

Each applicant must obtain a letter of support from their pastor. This letter should affirm:

- The applicant's good standing within the parish.
- The pastor's endorsement of the family's commitment to adopting or becoming legal guardians.
- Any relevant observations regarding the family's readiness to provide a loving and stable home for children.
- **Commitment to Family Life:** Families must express a genuine commitment to fostering a nurturing and supportive environment for children, reflecting the values of the Catholic faith.
- Additional information from the pastor verifying the financial needs of the applicants.

2. Documentation of the Adoption or Legal Guardianship Process

Applicants are required to provide comprehensive documentation outlining their progress in the adoption or legal guardianship process. This documentation should include:

- Copies of any legal paperwork related to adoption or guardianship.
- Completed home study reports or assessments conducted by licensed professionals.

4. Indication of the Requested Amount and Reasons for Financial Shortfall

Applicants must clearly indicate the amount of funding they are requesting from the Cabrini Grant. Additionally, they should provide:

- A detailed explanation of any financial shortfall they are experiencing in the adoption or guardianship process.
- A breakdown of anticipated expenses, including legal fees, home studies, and other related costs.

5. Interview with Cabrini Grant Committee

All applicants are required to participate in an in-person or remote interview with the grant committee. The Office of Social Ministry will call to schedule a convenient time.

6. Notification Process for Grant Recipients

Once applications are reviewed, the notification process for grant recipients will proceed as follows:

- Recipients will be notified via a formal letter outlining the grant amount awarded and any conditions attached to the funding.
- The notification will include information on how and when the funds will be disbursed.
- Recipients may be invited to participate in a follow-up meeting to discuss their journey and the impact of the grant on their family.

7. Taxation of Grant Payments

Successful applicants should understand that the Diocese of Wheeling-Charleston (hereinafter “Diocese”), as a 501(c)(3) not for profit organization, can provide grants to individuals given that the grant is consistent with the Diocesan mission. The grant is not considered a taxable transaction to grant recipients. Since it is not taxable to individuals, grant recipients are not able to take advantage of any individual income tax credits related to adoption expenses.

The Diocese will keep these records and operate in the following ways to show that the funds were used appropriately:

- determine that such assistance is a reasonable way of furthering the Diocese’s charitable purpose.
- base its selection of grantees on an objective determination of need (best evidenced by appropriate written criteria);
- determine the criteria for when to discontinue assistance to a particular grantee (generally, once the family becomes self-supporting), if the charity allows a grantee to receive ongoing assistance (subsequent grants).
- use either an independent selection committee or substitute procedure adequate to ensure that any benefit to the grantee is incidental.
- set forth conditions on the use of the grant (pursuant to a grant agreement) to ensure the Diocese’s funds must be used as intended and not supporting impermissible activities like electioneering; and
- determine what records it will document (which will inform any reporting requirements for the Diocese) and maintain.

These guidelines aim to ensure a fair and transparent process for awarding the Cabrini Grant, fostering a spirit of community support and commitment to the welfare of children in need. Priests are encouraged to assist families in navigating this process and to provide pastoral care throughout their journey.

Last Name _____

The Cabrini Grant Application
Diocese of Wheeling-Charleston
for those seeking adoption/ legal guardianship.

Last Name _____ First Name _____

Spouse Last Name _____ Spouse First Name _____

Phone _____ Email _____

Address _____

City _____ Zip Code _____

Parish _____ City _____

Please attach your pastor's referral letter.

Have you contracted with or received approval from the state, court system, consultant agency or a placement agency? _____

Please attach certification or a letter that the above has accepted you as a prospective parent/guardian.

Are you seeking adoption? _____ or legal guardianship? _____

Is this a kinship placement? _____

- If so, please explain.

How much financial assistance are you seeking? _____

Please explain the current circumstances that are creating this financial hardship.

Have you received financial assistance for this placement from other sources? _____

- If so, from whom and how much?

What else could we do for you to assist this process? _____

Signature of Applicant _____ Date _____

Please submit this application to:

Kathy Barton
Office of Social Ministry
Diocese of Wheeling-Charleston
PO Box 230
Wheeling, WV 26003



OFFICE OF THE BISHOP

DIOCESE OF WHEELING-CHARLESTON

1311 BYRON STREET
POST OFFICE BOX 230
WHEELING, WEST VIRGINIA 26003

February 7, 2025

Dear brother priests and deacons,

Ash Wednesday falls this year on March 5. As we all know, many people who ordinarily do not come to Mass do so on Ash Wednesday. This reflects a real, if at times inchoate, sense that they fall short of what God calls them to be. There is among many a desire to repent and turn over a new leaf.

The attached letter from the Bishops' Conference's Pro-Life Committee, on which I serve, highlights a particular opportunity to address one of the misconceptions that impedes Catholics' growth in faith and virtue: that abortion is the unforgiveable sin. This misconception leads some women (and men) to abandon the faith but, even for those who remain in the Church, it heavily burdens their spiritual lives. It is estimated that about eleven million Catholic women in the United States have procured abortions. Some of them and some of the men who have encouraged, facilitated or simply acquiesced in abortion will be in your pews on Ash Wednesday.

We cannot deny the evil of abortion, but we must assure women and men involved in abortions that, beginning with remorse and repentance, genuine healing and peace are possible. My service in the Project Rachel ministry has taught me that. Here Jesus' words apply: *You shall know the truth and the truth shall set you free* (John 8:32). The truth that a procured abortion is always unjust and cruel needs to be accepted but so must the truth that God is merciful and forgives the repentant sinner. If a woman or man is treated with respect and compassion and allowed to tell their story, God's grace can flow into their lives.

I encourage you to find a way to include this topic in your homily, not as the main topic, but as an example of God's mercy, and in the Universal Prayer on Ash Wednesday. Thank you and God bless you.

Fraternally in Christ,

+Mark E. Brennan

Bishop of Wheeling-Charleston



January 31, 2025

Your Eminence/Excellency,

Research reveals that attendance at Ash Wednesday Mass is double that of a typical Sunday. A homily on Ash Wednesday or anytime during Lent may be a fitting opportunity to speak of God's forgiveness and healing after abortion, especially for those who may attend Mass infrequently. In addition to a homily sharing how God greatly desires that we turn to Him for mercy after abortion, highlighting the Jubilee Year of Hope may be another helpful way to reach people in need.

To assist such outreach on Ash Wednesday, March 5, and throughout the Season of Lent, here are some resources to help share Christ's message of mercy and healing:

- Chairman's Statement on Roe v. Wade anniversary [printable bulletin inserts/flyer](#) – both English and Spanish available. Shareable link [here](#).
- [Homily Considerations for Healing After Abortion](#) – both English and Spanish versions available.
- Customizable [bulletin notices](#) – for inserting your local contact information.
- Prayers of the Faithful – [in English and Spanish](#)
- Print Resources –available on the [Abortion Healing page](#) of the Respect Life Store.

Please consider sharing these resources with priests, deacons, diocesan staff, Project Rachel Ministry leaders, and others who may help spread the message of mercy and healing on Ash Wednesday, during Lent, and on the Second Sunday of Easter, the Sunday of Divine Mercy. For more information and assistance, I encourage you or your staff to contact our staff member, Mary McClusky, at mmclusky@usccb.org.

Thank you for your dedication to the Church's mission of forgiveness and healing. Through the vital ministry of diocesan abortion healing, may our parishes be transformed into what Pope Francis calls "islands of mercy in the midst of the sea of indifference."

Fraternally yours in Christ Jesus,

Most Reverend Daniel Thomas
Bishop of Toledo
Chairman
USCCB Committee on Pro-Life Activities