

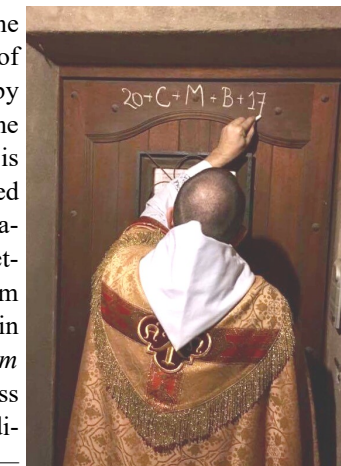
The Lewis County Catholic Times

A Weekly Bulletin for Saint Patrick Catholic Church, Weston, West Virginia

Established 1848

Manifesting our Faith at Home

As the Christmas Season draws to a close, Holy Mother Church celebrates the great Feast of the Epiphany of the Lord. "Epiphany" literally means a manifestation or a showing forth. As the original Christmas, this was the day more highly regarded and celebrated because, while the birth of Christ brings great joy, on Epiphany he was made known to the world, represented by the Magi. Traditionally this is the day on which gifts are given, in imitation of the gifts given to the Child Jesus by the Magi. In addition to this, the Church continues one of her most ancient traditions, that of the blessing of homes. Most of us have probably had our homes blessed at one time or another. But Epiphany gives the opportunity for a unique and special blessing particular to the day. Along with the prayer of blessing, which can be done by a priest or by the head of the household, the door lentil is "chalked"—marked in blessed chalk with a sign of the Epiphany: the year along with the letters C, M, and B. The acronym CMB stands for both a Latin prayer, *Christus Mansionem Benedicat* (May Christ Bless this House) as well as the traditional names of the Magi—Caspar, Melchior, and Balthasar.



This year we are presented with another opportunity to "chalk the doors," as the expression goes. This outward sign of our celebration of Epiphany is a visible sign to all who enter our homes that they are entering the home of faithful Christian, one who rejoices in the manifestation of Christ in the world as its King and Savior, and one who proclaims year-round the joy that is the message of Christmas. As we have all been marked with the sign of the Holy Spirit in Baptism and Confirmation, this marking of our homes lets it be known to the all the world. True, the chalk mark will fade with time. But as it does we permit what the sign represents—our Faith—to sink more deeply into our hearts and mind, that it may be manifested more fully in our thoughts and actions.

Below is a very brief Rite of Blessing for Epiphany, and I encourage all our families at some point this week to take a moment to gather as a household, to offer this prayer, and to "chalk the doors" in celebration of Our Lord's Epiphany.

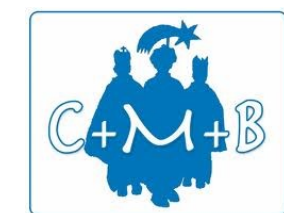
Epiphany Blessing

Gathering near the main entrance to the home, the head of the household leads the family in this short prayer service.

- V.\ In the name of the Father ✠ and of the Son and of the Holy Spirit.
- R.\ Amen.
- V.\ May peace dwell in this house.
- R.\ And in all who live here.
- V.\ O God, by the guidance of a star you revealed your Only Begotten Son to the nations. Grant that we who know you by Faith in this life may come to live in your presence in the next.
- R.\ Amen.
- V.\ Let us pray. Bless this home, Almighty God, that it may be a dwelling of health, chastity, self-conquest, humility, goodness, mildness, obedience to the Commandments, and thanksgiving to God the Father, Son, and Holy Spirit. May this blessing remain upon this home, and upon all who live here, throughout this year. Through Christ our Lord.
- R.\ Amen.

The head of the household then takes the blessed chalk and writes above the main door of the house, on the exterior, the following inscription:

20 ✠ C ✠ M ✠ B ✠ 17



Liturgical Musings Pg. 5
"UpFront" with Mary Hendricks Pg. 2
Weekly Schedule Pg. 3

Weston Veterinary Hospital
 Dr. Bill Moodispaw, DVM
 Sunset Acres—US 33 W
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Erie Insurance
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 Phone:(304) 269-5330

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 132 First St., Weston
 269-3304
 John E. Law- CPA, Betty Hill,-CPA, Tom Stark

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 Weston, WV 26452
 304-269-1333

Real Estate Marketing
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 372 US Hwy 33 E
 304-269-5975

Hickory House Restaurant
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 Hwy 19
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 11 am—9 pm Daily

Interested in Advertising in The Lewis County Catholic News?
 Contact Mary Hendricks:
 304-269-3048

Peking Chinese Buffet
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 John Paletti Owner
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St. Patrick Catholic Church
 210 Center Avenue
 Weston, West Virginia 26452
 www.spchurchweston.net
 304-269-3048

Parish Staff:
 Rev. James R. DeViese, Jr., J.C.L.
 pastor@spchurchweston.net
 Mary Mazza Hendricks, Pastoral Associate
 pa@spchurchweston.net
 Sandra Mick, Parish Secretary
 secretary@spchurchweston.net

St. Patrick Catholic School
 Pre-School – 7th Grade
 224 Center Ave.
 Weston, WV 26452
 www.stpatswv.org
 304-269-5547
 Maureen Gildein, Principal
 Regina Frazier, Secretary
 email: st.pats@stpatswv.org

Sunday Masses: 6:00 p.m., Saturday; 9:30 a.m. & 12:30 p.m. (Latin), Sunday
Weekday Masses: 8:15 a.m., Mon, Tue, Thu, Fri; 6:00 p.m., Wed.
Confessions: 5:00 p.m., Wednesday & Saturday; 8:45 a.m. and 11:45, Sundays.
Eucharistic Adoration: 9:00 a.m. to 12:00 p.m. Noon, Friday.

PARISH OFFICE HOURS

Sunday: 10:30 - 12:30
Monday: 9 - 4
Tuesday: 9 - 4
Wednesday: 9 - 1
Thursday: 1 - 8
Friday: 9 - 1

UpFront

with Mary Hendricks

The Epiphany of the Lord

Matthew 2:1-12

Do you have the SkyView app on your phone? With it, you can hold your phone up to the sky, and it will identify the constellations. Each grouping of stars is outlined with its celestial name, and you also can locate the Hubble telescope, the International Space Station, and the Walmart. Oh, wait. That's just my view.

It's fun, and if you have an obsession with the night sky, as I do, it's informative. I could look at the moon and stars for hours and just dream...

Other people in today's Gospel had a star obsession—the Magi. They could have been kings, philosophers, wise men, or astrologers, we don't know for sure. We assume there were three in the party because of the number of gifts—gold, frankincense, and myrrh. We know this for sure: they didn't have SkyView or modern transportation. What they did have was perseverance and tenacity.

The passage says they arrived "from the east" after seeing a king's star at is rising. Historians estimate that their trip to Jerusalem could have taken more than a year, perhaps as long as two years, by camel, not including research and prep time. St. Matthew tells us that they found

Joseph and Mary with Jesus in a house, so they were out of the barn and settled by the time the Magi arrived.

Determined to find the newborn king, the Magi went to the current king, mean old Herod, and asked him. Herod wasn't ready to give up the throne, but he put on a good show. "Tell me where to find the child, and I will worship him, too," he suggests to the seekers. Yeah, right. He's out for blood.

So, the Magi keep following the star and end up in Bethlehem, the Holy Family before them. They present their gifts, their mission accomplished, and instead of informing Herod, go home another route.

Perseverance. Those men had this virtue in spades. Right in front of me, taped to my monitor, is this quote by Calvin Coolidge: "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full on educated derelicts. Persistence and determination alone are omnipotent." I truly believe this.

In our house, the motto was: Wish. Work. Wait. We avoided instant gratification for the boys as much as we could and encouraged patience and persistence. Hey, it didn't always work, and we often were the meanest parents in the world. But we persisted. We didn't believe in Nintendos (THE game system of that era), GameBoys, or a

television set in the bedroom. If they started a sport, they finished it, never missing practices. They worked for their dad in the summertime and learned to cook with me in the kitchen. When I sewed their Halloween costumes, they pushed the foot pedal for me. We played board games, and, when they were too old for nighttime stories, played cards on my bed until it was time to go to sleep—SlapJack, War, Blackjack...so much fun. When they were old enough to drive, they saved their money and bought their own cars or trucks.

I used to tell them only two things mattered to me: their relationship with God and their education. So, when their time at St. Pat's ended, we drove the Interstate to St. Mary's and Notre Dame for eight years. Every minute in the car was worth it. We fussed, talked, fought, gossiped, listened to every rap song ever made, and bonded tighter than any three people could be. It's just my opinion, but the result was two happy, hard-working, consistent, intelligent, persistent young men. And very handsome, I might add.

Throughout the Bible are stories of persistence, about people who refused to give up: Moses, Ruth, Joseph (the guy with the coat of many colors), Jeremiah, David, Job, Samson, Peter, Paul. And today, the Magi. No matter how long our faith journey is, we will find exactly what we are looking for...if we have persistence.

Parish Prayer List

Of your charity, please offer prayers for...

- ◆ **Those who are sick:** Shelly Kraus, Larry Lowe, Shannon Kiro, George Kiro (Nick Kiro's sister and father), Randy Campbell, Shawn Campbell, Sal Carmona, Rose Determan, Robert Fealy, Carl Ford (Lynne Shaver's father), Sara Jane Huntz, Mary Ann Murray, Matt McCauley, Julieta Rilling, Burke Riley, Mike Riley, Jane Taylor, and Megan Westfall.
- ◆ **Those who have died:** May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.
- ◆ **Vocations to the Priesthood and Religious Life**
- ◆ **All Military Personnel:** Ryan Faulkner, Fr Jeff Paveglio, Alan Hamilton

NOTEWORTHY EVENTS

January – Soup

- 8 Sun: Dead Theologians Society
- 15 Sun: 10:30, GIFT, cafeteria DTS-6pm
- 19 Thu: 6pm, SoulCore exercise, cafeteria
- 22 Sun: 10:30, Confirmation Class, Cafeteria
- 22 Sun: DTS-6pm
- 29 Sun: DTS-6pm

Thank you to all who donated so generously to the poinsettia tress. The poinsettias will be available for you to take beginning Monday, January 9.

John and Sissie Riley by Pam, Sharon, Sally & John; **Mary Ann Murray and Mary Taylor** by T. J. and Mindi Hall; **John J. Jordan Jr.** by J. J. and Melissa Jordan; **Susan Allen D'Annunzio** by Larry and Carol Dodson; **Charles Garton** by Rusty and Melissa Allison; **Bob and Teresa Moran** by Marvin and Judy Stewart; **Danny Elliott** by Chris and Jesse Cunningham; **Dan and Edith Messeneger, Fr. O'Donovan and Fr. Murphy** by Mike and Rose Neal; **Mrs Kraus** by Rose, Briana and Kami; **Susan Allen D'Annunzio** by Larry and Carol Dodson; **Minnich and Wagoner Families** by Joe and Mary Wagoner; **Fred Turner Sr.** by Fred and Michele Turner; **Louie Byrd and Otto Paugh** by Eric and Barb Paugh; **Judy Edwards** by Gene Edwards; **Bob and Teresa Moran, The Kenney Sisters** by John and Janice McCarty; **Bob Rittenhouse, James and Brenice Garton, Bob and Dolly Rittenhouse & Eileen Garton** by Mary Ellen Rittenhouse; **Clarence Weber and Marie Sims** by Bob and Kathy Sims; **J.B.Parker** by Mary Jane Parker; **John Angotti** by Violet Angotti; **Hines and Brumley families** by Junior and Veronica Brumley; **Matt McCauley** by Frances McCauley and Barbara King; **Jack White** by Jeremy and Jenny Garton; **Mary Jo Franklin, Gary Franklin, The Kenney Sisters** by Mike and Sharon Franklin; **Rose Ann Swiger, Therese Calabrese and Antoineete Biggs, Stanley and Delcie Moneypenny, Mary Sloan** by Tim and Beth Moneypenny; **Wilt, Kraus, Snyder and Marlow families** by Stanley and Lisa Marlow; **Deceased family members** by Dale and Micki Snyder, **Matthew and Catherine Linger** by Edwards/Linger families; **Deceased family members** by Dr. and Emma Pascasio; **Robert Joseph Hines** by Helen Tomaro; **Deceased family members** by Barbara Daugherty; **Deceased Members of the Shearer and Shock families** by Garry Lynne Shearer; **William Rowan, Edna Broschart and Isabelle Nutter** by Dan and Sandra Mick; **Rose Ann Swiger** by Bob Swige; **Bill and Rosemary Ballard, Lawrence and Pauline Pickens** by Susie Pickens; **Paul, and Catherine Jakubec and Cathy Jakubec Markham** by Paul John Jakubec, MD; **Murray and Swiger families** by Mary Ann Murray; **Deceased family members and friends** by Larry and Luanne Bowers; **Marjorie Ruppert** by Tom Ruppert.

Additional donors are: Jim and Patty Bohan; Nicholas and Erica Kiro; Sam and Marissa Aman; Mark and Kathy Ruppert; Faye Mullooly; Frank Lydon; Tim and Kim Derico; Paul and Helen Derico; Jimmy and Kay Butcher; Bob and Pam Thompson; Jim Weber; John and Kathy Weber; Greg and Mary Walker; Mike and Marge Tierney; Ruth Thompson; Bill and Brenda Riley; Martin and Peggy Riley; Jim and Tanya Riley; Tony and Najat Naim; Jim Myers; Ed and Sue Lydon; Ed and Mary Lough; Dave and Becky King; Pat Karp; Ed and Shirley Hubbs; Rock and Dorothy Garton; Judy Foster; Sarah and Grant Riffle; Frank Angotti; Don and Sheila West; and Butch Cain.

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 Jane Lew WV 26378
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 www.patboylefuneralhome.com

TEC Time

North Central West Virginia Teens Encounter Christ invites everyone ages 16-24, to spend three days on a retreat that will change your life: January 14, 15 and 16, 2017 at Immaculate Conception Church, Fairmont, WV. Cost: \$50, but don't let the expense keep you away; financial assistance is available. Come over and spend some time talking and learning about faith with people your age. Questions? Please contact Becky DeVito at 304-657-8357; John Yaquina at 304-838-1987; or Marge McCawley at 304-376-4188. For registration information, email ncwvtec@gmail.com.

Sacrificial Giving Envelopes for 2017 were mailed directly to your home. If you do not receive a set of envelopes (for the First Quarter), please contact the parish office. If you have received envelopes and prefer not to (for example, if you use E-giving), please place the entire packet into the collection basket, and we will remove you from the list.



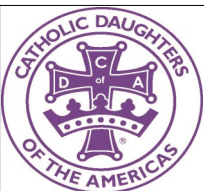
Knights of Columbus

In service to One, In service to all

Monthly Meeting is the first Tuesday of the each month @ 7 pm.

Officers' Meeting (everyone is welcome!) is the last Tuesday of each month @ 7 pm. (01/31/17)

Join us for service, fellowship, and spiritual growth!



Catholic Daughters of the Americas

The Catholic Daughters of the Americas (CDA) meet on the third Monday at 6pm in the parish meeting room.

The next regular monthly meeting will be Monday, January 16. ALL Catholic women 18 and older are invited to join the Catholic Daughters. Find out more by going to catholicdaughters.org.

2017 CALENDARS

The 2017 parish calendars are in the vestibule. Please pick one up today.

The Traditional Latin Mass at St. Patrick's

The Traditional Latin Mass (Extraordinary Form of the Roman Rite) is celebrated every Sunday at 12:30 p.m. here at St. Patrick's. All are welcome to attend.



MULLADY SCHOLARSHIP TIME AGAIN

Applications are now being accepted for the Mullady Scholarship Award. This fund was started by Edwin and Mary Mullady to help Catholic students in Lewis County go to an accredited college. Applications are in the vestibule and can be emailed to you. Please contact the parish office to receive an application.

Applicants must be Lewis County residents and enrolled in college or graduate school (no high school students). Application deadline is February 1, 2017. Checks will be mailed to the student's address. Completed applications can be returned in the church collection basket or to the parish office. Funds will be distributed in February or March.

G.I.F.T (Growing In Faith Together)



Our next inter-generational faith formation session will be Sunday, January 15 at 10:30 in the cafeteria. We will be learning about vocations. Each G.I.F.T. session begins with a delicious meal. If you have never been to a session, now is the time. If you have been, bring a friend—the more the merrier!

Weekly Attendance & Collection (01/01/2017)

Sat: 106 Sun: 148
 General: \$3863
 Loan: \$270
 School: \$300
 Latin Mass: \$341

Upcoming Collections and Appeals
 Jan 28/29: Church in Latin America

This Week's Liturgical Calendar

Saturday—January 7th

Christmas Weekday

5:00p Confessions
 6:00p **Mass for the Vigil of Epiphany** for †Anthony Kestel by Tom Ruppert
 RDGS: 1 Jn 5:14-21; Ps 149:1-2, 3-4, 5 and 6a and 9b; Jn 2:1-11

Sunday — January 8th

The Epiphany of the Lord

8:45a Confessions
 9:30a Mass for People of the Parish
 RDGS: Is 60:1-6; Ps 72:1-2, 7-8, 10-11, 12-13; Eph 3:2-3a, 5-6; Mt 2:1-12
 11:45 Confessions
 12:30p Mass (Latin) for All priests, living and deceased by Cristina Crim
Feast of The Holy Family

Monday — January 9th

THE BAPTISM OF THE LORD

8:15a **No Mass**
 RDGS: Is 42:1-4, 6-7 or Acts 10:34-38; PS Ps 29:1-2, 3-4, 3, 9-10; Mt 3:13-17

Tuesday — January 10th

Tuesday of the First Week in Ordinary Time

8:15a Mass for †Marjorie Ruppert by Junior and Veronica Brumley
 RDGS: Heb 2:5-12; PS 8:2ab and 5, 6-7, 8-9; Mk 1:21-28

Wednesday — January 11th

Wednesday of the First Week in Ordinary Time

5:00p Confessions
 5:30p Rosary and Miraculous Medal Novena
 6:00p Mass for †William Rowan by Ed and Shirley Hubbs
 RDGS: Heb 2:14-18; PS 105:1-2, 3-4, 6-7, 8-9; Mk 1:29-39

Thursday — January 12th

Thursday of the First Week in Ordinary Time

8:15a Mass for † Fred Dunham by Scott and Janie Garton
 RDGS: Heb 3:7-14; PS 95:6-7c, 8-9, 10-11; Mk 1:40-45

Friday — January 13th

Friday of the First Week in Ordinary Time

Saint Hilary, Bishop, Doctor of the Church
 8:15a Mass for † Clarence Weber by the White family
 RDGS: Heb 4:1-5, 11; PS 78:3 and 4bc, 6c-7, 8; Mk 2:1-12

Saturday—January 14th

Saturday of the First Week in Ordinary Time

5:00p Confessions
 6:00p Anticipated Sunday Mass for People of the Parish
 RDGS: Heb 4:12-16; PS 19:8, 9, 10, 15; Mk 2:13-17

Sunday — January 15th

Second Sunday in Ordinary Time

8:45a Confessions
 9:30a Mass for †Edwin and Mary Mullady
 RDGS: Is 49:3, 5-6; Ps 40:2, 4, 7-8, 8-9, 10; 1 Cor 1:1-3; Jn 1:29-34
 11:45 Confessions
 12:30p Mass (Latin) for Community of the Monastere Saint-Benoit
2nd Sunday after Epiphany

Liturgical Calendar for the Traditional Latin Mass During the Week		
	1/11	St. Hyginus, Pope & Martyr
	1/12	Feria after the Epiphany
1/9	1/13	Commemoration of the Baptism of the Lord
	1/14	St. Hilary, Bishop, Confessor & Doctor
1/10		Feria after the Epiphany

Ministry Schedule for January 14 and 15, 2017

Saturday, Jan. 14, 2017

Greeters: Junior and Veronica Brumley
Servers: Makenna West and Madison Hall
Reader: Rudy Pascasio
Offertory: Sheila West and family
EMHC: Larry and Luanne Bowers, John Weber
Cantor: Rudy Pascasio

Sunday, Jan. 15, 2017

Greeters: Children's Mass
Servers: Dylan O'Sullivan and Erin Turner
Reader: Joe Derico
Offertory: Children's Mass
EMHC: Jacob Aman, Danielle Mick, Jim Mehr
Cantor: Joe Derico

January Linens:

Barbara King
January Funeral Greeters: Gennette Casto, Barbara King

Calendar Cash Tickets Available Now

The annual February “Calendar Cash” fundraiser for the St. Patrick School PTO is under way. A winner will be chosen by random draw every day in February. If you win, your name will be put back in the bin so you are eligible for future drawings. The total prize money is \$3100 in cold, hard cash. The minimum amount you can win is \$75.

Tickets are \$5 and can be purchased through the church and school offices or through any student or staff member of the school.

Confirmation Class

Confirmation class will meet on Sunday, January 22 at 10:30 in the cafeteria. This class is for baptized Catholics in the 6th grade or older who have not been confirmed. The Confirmation instructor is Judy Jerden.

The Dead Theologians Society



The Dead Theologians Society is a Catholic apostolate for high school-aged teens. “Through the Saints of yesterday, the Dead Theologians Society inspires the youth of today to become the saints of tomorrow.” A chapter of the DTS has recently been chartered here at St. Patrick’s in order to provide a solid catechetical environment where our high school youth may gather to grow in holiness together through social activity, prayer and reflection, and deepening their understanding of the Faith.

An organizational meeting will take place on **Sunday, January 8, immediately after Mass in the Parish Office Conference Room.**

All high school teens from St. Patrick’s and the surrounding parishes are invited and encouraged to attend.

For more information, check out www.deadtheologiansociety.com

Need Help? Get Help!

Alcoholics Anonymous

AA - Tues., Thurs., & Sat., 8pm school basement.

Narcotics Anonymous

NA - Mon., 8pm school basement

Use the door on the side of the school building facing the rectory for AA and NA meetings.

Pope Francis “Tweets” @ Pontifex

“Let us entrust the new year to Mary, Mother of God, so that peace and mercy may grow throughout the world.”

Mass Intentions

The Holy Sacrifice of the Mass is the most effective prayer that we as Christians can offer. Mass may be offered for the intentions of the living or deceased. Please contact the parish office to schedule your Mass Intentions. Intentions are assigned on a first-come, first-served basis.

St. Patrick Catholic Church Christmas Ornaments

Decorate your Christmas tree this year with a little piece of St. Patrick’s. These Limited Edition, hand-etched brass and enameled ornaments are the first in our series of annual parish ornaments. Only 250 have been commissioned, so get yours today!

Ornaments are **\$25 each,**
or **3 for \$60.**

Available in the Parish Office.



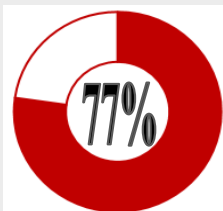
I’M IN! CAMPAIGN UPDATE

Goal: \$345,000.00

145 Pledges and gifts to Date: \$266,504.50

If you prefer not to make a pledge, please give through the diocese to the Catholic Sharing Appeal. Since we have reached the 50% mark of that goal, all donations given will be returned 100% to our parish throughout the coming months.

“For it is in giving that we receive.”



Liturgical Musings

Pulling Back the Veil (1)

Few things are as satisfying as unwrapping a gift or the curtain opening on a staged production. We humans have always had a fascination with uncovering that which is obscured. A covering denotes mystery and secrecy, and it often enlivens in us an overwhelming anticipation. Part of our nature is having an insatiable desire to know as much as possible. The very concept of mystery is one that eludes us because we fear the unknown—even when we know that which is being obscured.

A particular item of interest that has come up in conversation recently concerns the subject of veils. A veil in any form is simply something which covers something else. In fact, when we speak of the concept of Divine Revelation, God manifesting himself to humanity, the word “revelation” literally means to pull back the veil, to show that which was hidden. This topic is especially apropos of the Feast of the Epiphany, in which God manifests His Salvation to the world in the Child Jesus.

Since ancient times, veils have been used as a means of covering that which is sacred. Whether it was originally intended as protection, a barrier, a warning, or a decoration, the effect has largely been the same: a degree of awe and reverence for that which is covered up. It creates a de-

sire to see, a yearning to know that which is behind the veil. A veil creates a certain poetic mystery that is also a contradiction, for we both know and do not know what is on the other side of it—like Schrodinger’s cat!

But modern man has seen fit to unveil all things, in the hope of proving them through reason. The poetry of much of our devotion is gone, and it is largely through the efforts of modernists to seek to demystify the mysteries of our Faith, one presumes that we might somehow be even more convinced of them.

Throughout the Old Testament, reference is made to the Veil of the Temple, the barrier which separated the rest of the Temple from the Holy of Holies, the inner sanctum in which resided the Ark of the Covenant and the True Presence of God. The sanctity of that space, filled with incense and lit by seven lampstands, was so imposing that even the hardest of hearts trembled and melted in its presence. If there had been no veil, the Ark most likely would have become merely a show-piece—a casual furnishing of no substance.

When one considers the appointment of the Catholic sanctuary, it is of paramount importance to note that it, too, is the Holy of Holies, the place where the Most High God truly resides in the Blessed Sacrament. Kept in the tabernacle is the Savior and Creator of the world. I cannot help but speculate if perhaps we, too, have lost a certain reverence for that most sacred of spaces because of a certain demystifying that comes with making all

things visible and present. Much ink has been spilt on this very subject, as more and more are becoming convinced that the poetry and mystery of our Faith has begun to take a back seat to reason, incursion, and nonchalance. And so, the question must be posed: how do we behave in the House of God? Seeing before us the Holy of Holies, unveiled but nonetheless permeated with the True Presence of the Living and True God, are we more struck with awe or apathy, with wonder or weariness? And can we, as a Church, rekindle the poetic romance of mystery contained in that which is known but not seen, perceived but not felt?

Over the coming weeks, we will explore the various types of veils that have come down to us through the liturgical traditions of the Church in the hopes of gaining a better understanding of how this ancient practice can help and hinder a fuller understanding of the Church and the mysteries of Our Faith.

SoulCORE

SoulCore is coming to Saint Patrick’s beginning in January

2017. Rachel Weber from Holy Rosary Catholic Church in Buckhannon, daughter of George and Sandra Garton, will be offering SoulCore classes on the 1st and 3rd Thursdays of every month at 6:00 p.m. in the school cafeteria. She will also be offering classes at Holy Rosary Catholic Church in Buckhannon. A \$10 donation is requested per session.

SoulCore is a contemporary core workout that pairs exercise with the prayers of the rosary. It is not yoga, nor are yoga poses referenced at any time. It is a new movement that consists of core strengthening and isometric exercises. It

is a sensory experience that combines candlelight, music, reflection, and movement to nourish body, mind and soul and to encourage deeper meditation of the mysteries of the rosary.

The workouts are typically 55-60 minutes long and involves a combination of core exercises, stretching, and overall strengthening of the entire body. You do not need to know the rosary to participate, and it is a wonderful way to learn the rosary. During the workout, Rachel will announce each mystery, a scripture verse, and a reflection on the mystery. She will then recite the first part of each prayer aloud to guide you through the workout, and the second part of every prayer is said in silence. If you do not know the prayer, you can reflect on the mysteries until you learn the prayer. This structure allows participants to be reflective in the prayers

and to go deeper in their meditation.

Since spiritual fitness through prayer is the main focus of the SoulCore workout, there is no specific fitness level required. All exercises are simply invitations and it is very important to honor your body. Rest and exercise modification are encouraged if the work is too intense. The prayers are the focus of this workout and the exercises are simply to enhance the prayer experience. The strength and endurance will come over time.

Feel free to check out the website: www.soulcore.com for additional information, or contact Rachel at [rachelfweber@yahoo.com!](mailto:rachelfweber@yahoo.com)