

January 13, 2019

# The Lewis County Catholic Times

A Weekly Bulletin for the parishes of Saint Patrick Catholic Church, Weston, Saint Boniface Catholic Church, Camden and Good Shepherd Mission, Glenville, West Virginia

# The Baptism of the Lord

Precursor, proposes adult Jesus. This mystery is infinitely Trinitarian nature of the Christian linked to the Solemnities of the Lord's God. The true and unique God, Fabirth and the Epiphany that we have just ther, Son, and Holy Spirit, shows celebrated, as in some ways it takes up Himself in Christ, through Him, with and represents their significance to us.

At Christmas we have contemplated The Baptism in the Jordan returns to the human birth of the Word incarnate by the great Christmas theme of the Virgin Mary. In the 4th century, the 'Christification,' Jesus of Nazareth's Fathers of the Church deepened the spiritual anointing, His presentation as understanding of the faith with regard to the Anointed One par excellence, the the Christmas mystery in the light of Messiah or the One sent by the Father Jesus' Humanity. They spoke of the for the salvation of mankind. The Incarnation of the Word already working Spirit that descended on Jesus shows like the 'Christification' of that humanity and seals in an incontrovertible way that he had assumed from His mother. Or the 'Christification' of Jesus' put in simpler terms: Jesus is the Christ humanity that the Word had already from the first instant of conception in fulfilled from the first moment of His Mary's spotless womb because He miraculous conception by Mary. Jesus, Himself, with His Divine Power, from the very beginning, was always the consecrated, anointed and 'Christified' Lord's Christ, He was always God. Yet, that human nature with which He became His one, true humanity, that which is incarnate.

Magi, the wise men from the East, who favour with God and with men' (Lk2:52). came to adore the Child.

Baptism in the Jordan River, we again a master. Jesus came of age and the Lord's incarnation and His manifestation definitively consecrated His whole being as the Christ. Jesus' Baptism is in fact as the Christ. His definitive manifestation as the

# **Epiphany: Feast of the Holy Family**

# them" (Gospel).

So-called "modern" ideas and practices are evicting Christ from the **Commentary for the Readings in the** home. As an antidote, at the family meal let us read aloud from the **Extraordinary Form: Second Sunday after** New Testament. Let the word of Christ dwell in your home (Epistle). Then will your family, even though living in "obscurity" as did the Holy Family, advance in wisdom and ... grace before God and men (Gospel). "(Jesus) came to Nazareth, and was subject to - Excerpted from My Sunday Missal, Confraternity of the Precious Blood Subject to them is the awe-inspiring phrase which sums up His Life. What's Inside... Humbly did He abide by the decrees of human law! Obedience to My Father's business must come first, as a guide to all other business, if Liturgical Calendar Pg. 2 heaven is to find our family unbroken (Prayer) Ministry Schedule Pg. 5 If Jesus withdraws from us as a test of our love, or if we lose Him Prayer List Pg. 5 by the commission of sin, we will not regain the joy of His Presence amid the distractions of relatives and acquaintances; but we will find Scripture Readings Pg. 2 Him in the temple at Confession and Communion. Upcoming Events Pg. 5

Established 1848 Here we find the dimension of the Epiphany which was His manifestation to all nations. The The mystery of Christ's baptism Father's voice from heaven shows in the Jordan by St John, the that Jesus of Nazareth is the eternal the Son and the descent of the Holy Spirit contemplation of an already in the form of a dove shows the Him and in Him.

Therefore, the Baptism in the Jordan presents yet another truth: that Jesus has started a new creation. He is the second man (1 Cor 15:47) or the last Adam (1 Cor 15:45), that comes to repair the first perfect in every way, as the Gospel In the mystery of the Epiphany, we records, constantly grew in natural and Adam's guilt. He does this as the Lamb then meditated on Christ's manifestation supernatural perfection. 'And Jesus inof God that takes away our sins. to all nations that was represented by the creased in wisdom, in stature, and in 'Looking at the events in light of the Cross and Resurrection, the Christian people realised what happened: Jesus In Israel at 30 years of age, one reached loaded the burden of all mankind's guilt Now, in the mystery of Christ's full maturity and therefore could become upon His shoulders; he bore it down into encounter and represent the truth of the Spirit, descending and remaining on Him, his public activity by stepping into the place of sinners' (Joseph Ratzinger, Jesus of Nazareth, Bloomsbury 2007, p 18). The same Spirit, that descended on the Excerpted from the Congregation for the

Messiah or Christ to Israel, and as the water of the River Jordan wafted over the Clergy Son of the Father to the entire world. waters during the first creation (Gen 1:2).

Baptism of the Lord

Volume IIII, Issue 2



# St. Patrick **Catholic Church 210 Center Avenue** Weston, West Virginia 26452 www.spchurchweston.org 304-269-3048 304-269-1244 (fax)

**Pastor:** Rev. James R. DeViese, Jr., J.C.L. pastor@spchurchweston.net

**Associate Pastor:** Fr. Binny Thomas Mulackal (304) 462-7130 bmulackal@dwc.org

Secretary: Sandra Mick, Parish Secretary secretary@spchurchweston.net

> **Parish Office Hours:** Sunday, 10:30 - 12:30 Monday, 9 - 4 Tuesday, 9 - 4 Wednesday, Noon - 5:00 Thursday, 9 - 1 Friday, 9 - 1

**Prayer Chain:** Micki Snyder, 304 269-3688 or 304 476-8819

> Weekend Masses: Saturday, 6:00 p.m., Sunday, 9:30 a.m., 12:30 p.m. (Latin)

#### Weekday Masses:

Mon., Tues., Thurs., Fri., 8:15 a.m. Wed., 6:00 p.m.

#### **Reconciliation:**

Wednesday and Saturday, 5:00pm, Sunday, 8:45 & 11:45 a.m.

**Eucharistic Adoration:** Wednesday, 5:00 to 5:45p.m.

(See Weekly Schedule for any changes to times or location!)

#### **Bulletin Deadline**

Announcements for the Lewis County Catholic Times must be submitted by 4pm on Tuesday. Email submissions to: secretary@spchurchweston.net.

# Weekly Mass Intentions

Saturday—January 12 5:00 p.m. Confessions 6:00 p.m. Mass for People of the Parish

Sunday — January 13 8:45 a.m. Confessions 9:30 a.m. Mass for Glenn Durham by Durham family 11:45 a.m. Confessions 12:30 p.m. (Latin Mass) Mass for <sup>†</sup>Msgr. Franck Quoex

Monday — January 14 8:15 a.m. Mass for Joseph Cavallo

Tuesday — January 15 8:15 a.m. Mass for Rose Calabretta

Wednesday — January 16 5:00 p.m. Confessions 6:00 p.m. Mass for †John Wallace

Thursday — January 17 8:15 a.m. Mass for †Most Rev. Francis B. Schulte, D.D.

Friday — January 18 8:15 a.m. Mass for †Mary Virginia Karp by Diana Thompson

Saturday— January 19 5:00 p.m. Confessions 6:00 p.m. Mass for †Martin and Agnes Riley

Sunday — January 20 8:45 a.m. Confessions 9:30 a.m. Mass for †Sonny Walker by Dan and Sandra Mick 2:30 p.m. Confessions 3:00 p.m. (Latin Mass) Mass for **People of the Parish** 

**Mass Intentions** 

Having the Holy Sacrifice of Mass

offered is more effective than flowers

or memorial gifts for your deceased

loved ones or as a special intention for

a living person or special occasion.

come, first serve" basis.

#### Weekly Liturgical Calendar & Scripture Readings

2019 Jan 14 Mon: Monday of the First Week in Ordinary Time: Heb 1:1-6/Ps 97:1, 2b, 6, 7c, 9/ Mk 1:14-20

2019 Jan 15 Tues: Tuesday of the First Week in Ordinary Time: Heb 2:5-12/ Ps 8:2ab, 5-9/ Mk 1:21-28

2019 Jan 16 Wed: Wednesday of the First Week in Ordinary Time: Heb 2:14-18/Ps 105:1 -4, 6-9/ Mk 1:29-39

2019 Jan 17 Thu: Saint Anthony, Abbot Heb 3:7-14/Ps 95:6-11/Mk 1:40-45

2019 Jan 18 Fri: Friday of the First Week in Ordinary Time: Heb 4:1-5, 11/Ps 78:3, 4bc, 6c-8/Mk 2:1-12

2019 Jan 19 Sat: Saturday of the First Week in Ordinary Time: Heb 4:12-16/Ps 19:8-10, 15/ Mk 2:13-17

2019 Jan 20 SUN: SECOND SUNDAY IN ORDINARY TIME: Is 62:1-5/Ps 96:1-3, 7-10/1 Cor 12:4-11/Jn 2:1-11

#### Liturgical Calendar for Traditional Latin Mass

- 1/14St. Hilary, Bishop, Confessor & Doctor
- St. Paul, the First Hermit, Confessor 1/15
- St. Marcellus I, Pope & Martyr 1/16
- 1/17 St. Anthony, Abbot
- St. Prisca, Virgin & Martyr 1/18 1/19 St. Canute, King & Martyr
- 1/20 Second Sunday after Epiphany

# **St. Patrick Catholic School**

Pre-School – 8th Grade 224 Center Ave., Weston, WV 26452 304-269-5547 www.stpatswv.org email: st.pats@stpatswv.org

> Dr. Ian E. Scheu, Principal Regina Frazier, Secretary

# Sanctuary Lamp Memorialization

Mass Intentions can be placed in a The Sanctuary Lamp is burning "Mass Intention" envelope and placed in memory of Cathy Snuffer in the collection basket or dropped off Jan. 7 - 20, 2019. If you would to the parish office. Please indicate if like to memorialize the the person is living or deceased and sanctuary lamp in honor/ the date you would like the Mass to be memory of someone for a twosaid. Mass dates are filled on a "first week period, please call the parish office at 304 -269-3048.

# **Prayer List**

#### Of your charity, please offer prayer

- Those who are sick: Rodney Stalnaker (UHC), Sam Aman (H Mike Allman, Norma Aman, Tim Armentrout, Nick Bakas, Alic Burkhammer, Hampton Castleberry, Judi Conell, Sharon Corath Madison Jane Cunningham, Ed and Grace deLorenzo, Paul Deri Droppleman, Rose Anita Duley, Amanda Engstrom, Robert Feal Hines, James Shaver & Carl Ford (Lynne Shaver's dad and step-Horne, Ed Hubbs, Robbie Klotz, Kent Kral, Agnes Kraus, Ryan ger, Mary Ann McClain, Betty Maddix, Philomena Martin, Julia Ann Murray, Susan Murray, Jean Ott, Emma Pascasio, Sara Que Amanda Roberts, Donna Roberts, Greg Stark, Mary Stillwell, B Timmer, Sherry VanLeewen, Aimee Wehrman, George Whelan Woodruff
- Those who have died: May the souls of all the faithful de God, rest in peace. Amen.
- All Military Personnel: Alan Hamilton, Aaron Hamilton, Springer
- Vocations to the Priesthood and Religious Life
- Those battling addiction
- Those who are homebound, in assisted living or nursing hom

# **Ministry Schedule for Weekend Masses Janu**

#### Saturday, January 19, 2018

Servers: Joseph and Hunter Blake, Lily Davis Reader: Theresa Francis EMHC: Mike & Anna Lee Determan, John Weber Cantor: Donna Lake

#### Sunday, January 20, 2018

Servers: Jayna Jerden, Makenna West, Michael Riley Reader: Mitchell Oueen EMHC: Jeremy Garton, Judy Foster, Steve Corley, Morgan Turner, Cantor: Brenda Riley

January Linens: Barb King January Funeral Greeters: Gennette Casto and Barb King **January Rosary Leaders:** Wednesday: Gary Riley Saturday: Tom Ruppert Sunday: Jeremy Garton

# **Ministry Schedule for Weekend Masses Janu**

Saturday, January 26, 2018 Servers: Joe & Tom Derico, Blake Francis Reader: Jimmy Fealy EMHC: Barb King, Pam Thompson, Micki Snyder Cantor: Diane Collins

**Opening Mass for Catholic Schools Week—Sunday, Janua** Greeters: St. Patrick School Students Servers: Ian Droppleman, Dylan O'Sullivan, Brady Jordan Reader: Morgan Turner Offertory: St. Patrick School Students EMHC: Fr. Binny, Devin O'Sullivan, Ethan Mehr, Jim Mehr, Erin Cantor: Dr. Ian Scheu

Please arrive at least 20 minutes prior to the beginn scheduled for a ministry.

# **Brunch and Open House for Catholic**

We will kick off the 2019 Catholic Schools week with a brunch a Sunday, January 27 at 10:30. Everyone is invited to join us and che and amazing things happening in our school.



	UPCOMING EVENTS
s for	<u>January</u>
Health South), Ann Alderman, e Blake, Pete Beer, Patty ers, Anna Crim, Brad Curtis, co, Rose Determan, Anita ly, Lori Hamrick, Eddie Joe -dad), Margaret Holmes, John Kreitzer, Jack Lang, Jeff Lin- Marsh, Louise Mehr, Mary een, Buck Ratliff, Mike Riley, ob Swiger, Mike Tierney, Ben , Jane White, Luke White, Judy eparted, through the mercy of Forrest Moodispaw, R. Brody	<ul> <li>17, 24, 31 Thu: 6:00 p.m., SoulCore, cafeteria</li> <li>13 Sun: 11:00 a.m.—3:00 p.m., Knights Free Throw Competition, gym</li> <li>21 Mon: 6:00 p.m., Catholic</li> <li>Daughters of the Americas meeting, parish meeting room</li> <li>24 Thu: 6:00 p.m., Finance Council meeting, parish meeting room</li> <li>27 Sun: No CCD</li> <li>27 Sun: 10:30 a.m., St. Patrick</li> <li>School Brunch and Open House for Catholic Schools Week</li> </ul>
	<u>February</u>
les.	7, 14, 21, 28 Thu: 6:00 p.m., SoulCore, cafeteria
<u>1ary 19 &amp; 20, 2019</u> Joe Derico	1 Fri: Mullady Scholarship Application deadline 3 Sun: 6:00 p.m., Pursuit, cafeteria 5 Tue: 7:00 p.m., Knights of Columbus meeting, cafeteria 14 Thu: 6:00 p.m., Pastoral Council meeting, Parish meeting room
	Weekly Attendance & Collection
<u>1ary 26 &amp; 27, 2019</u>	Saturday: 69 Sunday: 170 Latin Mass: 41
	General:         \$3840.6           Loan:         \$340           School:         \$606
ry 27, 2018	<ul> <li>Loan Balance: \$111,043.31</li> <li>Second and Special Collections</li> <li>Jan 26 &amp; 27: Church in Lati America</li> </ul>
Furner	Mark Your Calendars
ning of Mass if you are	The Traditional Latin Mass (th Extraordinary Form of the Roma
Schools Week	Rite) is offered weekly at St. Patric Church in Weston. On January 2
and open house at the school on ack out all of the super, awesome	and February 24, Latin Mass wi begin at 3:00 p.m. with confession beginning at 2:30 p.m. Fr. Tin Grassi will be the celebrant.

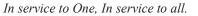


# **Catholic Daughters of the** Americas **Court Victory 379**

The Catholic Daughters are women of Faith under the patronage of the Blessed Virgin Mary, glorifying the Lord, and serving others! The Court is not exclusive to St. Patrick Church. Members can be from any parish that does not have a court. Join us at our next meeting on Monday, January 21 at 6:00 p.m. in the parish meeting room of St. Patrick Church. Yearly dues are \$30 and are due now. Checks can be made payable to CDA 379 and mailed to P. O. Box 764, Weston, WV 26452.

# **Knights of Columbus**

The Knights of Columbus meet on the 1st Tuesday of each month at 7pm in the St. Patrick School cafeteria. All Catholic men, 18 and older are encouraged to get involved in this vital organization.



www.kofc1415.org Join us for service, fellowship, and spiritual growth!

#### St. Patrick Church & School Are Registered with **Amazon Smile**

We are now registered with Amazon Smile! Simply go to smile.amazon.com and link St. Patrick Church & School to your account. Every time you shop through Amazon Smile, we will receive 0.5% of your purchases. It's an easy way for you to give to the church and school without spending any extra money.

# West Virginia Catholic Radio

**St Paul Radio** [an EWTN affiliate] internet/mobile device streaming

WLUX AM 1450 Dunbar/Charleston WNUX FM 89.7 Montgomery/Beckley WOUX FM 105.3 St. Marys/Parkersburg/Marietta OH

**Evangelist Communications** [an EWTN affiliate] WSJE FM 91.3 Summersville

**Light of Life Radio Ministry** [an EWTN affiliate] internet/mobile device streaming at www.rdo.to/WLOL

WVUS AM 1190 North Central WV-Fairmont/Clarksburg/ Bridgeport

WLoL-FM 89.7 Morgantown WV

WDWC FM 90.7 Upper Ohio Valley-Wheeling/Moundsville

#### **Parish Membership & Benefits:**

To be considered an "active" member of any parish (and thus eligible for Sacraments, sponsor eligibility, and the "Active Parishioner Rate of tuition" at a Catholic school), the parish takes into account family & individual involvement in parish life and ministries, and Mass attendance. Mass attendance is only able to be tracked accurately via collection envelopes. If you are not receiving envelopes currently, please contact the appropriate person at your parish office. Parishioners over 18 are encouraged to register as their own household to help us keep records accurate and up-to-date.



# The Dead Theologians Society Saints of Yesterday Inspiring

# Youth of Today

The Dead Theologians Society is a national organization that seeks to engage high school students through prayer, catechesis, and social activity that is rooted in the Catholic tradition and based on the Lives of the Saints. DTS meetings are open to all Catholic high school students and are held in the parish meeting room of St. Patrick Church in Weston.. For more info, text @dts-weston to 81010. The next meeting will be January 13.

# SoulCore

SoulCore at St. Patrick Church in Weston is each Thursday at 6:00 p.m.. We strengthen our bodies by exercising through the prayers of the rosary. Contact Sandy Mick at St. Patrick Church office (304-269-3048) for more info.



CCD is every Sunday for all students in grades 1 through 8 and for all adults. Class begins at 8:30, please arrive in St. Patrick School cafeteria by 8:20 a.m. so class can begin on time! Children will go with their teachers to and from class. Children must be picked up by a parent or guardian to be able to leave. Sacramental prep for First Holy Communion will take place exclusively through the CCD program.

# **Parish Store**

Don't forget to check out our parish store, located in the Parish Office Building! There are many religious articles, books, rosaries, statues, etc. available. Catalogs are available for ordering.



Meetings are held in the basement of St. Patrick School, 224 Center Ave., Weston. Use the door on the side of the school building facing the rectory for AA and NA meetings.

	Narcotics	Anonymous	Alcoholics Anonymous
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NA - Mon. at 7pm

AA - Tues., Thurs., & Sat. at 8pm

#### Parking

Just a gentle reminder, for parishioners and visitors of St. Patrick Church and School, not park in the lot of the Danser Hardware Building. That lot is private property and we do not have permission to park there. Thank you for respecting the wishes of the property owner.

# Mullady Scholarship Applications Available Now for **College Students from Lewis County**

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. Applicants must be Lewis County residents and enrolled in college or graduate school (no high school students).

Application deadline is February 1, 2019. Completed applications should be returned to St. Patrick Church, 210 Center Ave., Weston, WV 26452. Applications are in the vestibule. Funds will be distributed in February or March.

# Calendar Cash Tickets Available in Parish Office

Calendar Cash tickets are available now! Your \$5 donation gives you twenty-eight chances to win. The student who sells the most tickets will get to put a pie in Fr. DeViese's face.

# **Contribution Statements**

Giving statements for everyone who gave more than \$250 will be mailed out this month. If you didn't receive an Advent mailing, we may not have the correct address on file for you. Please contact the church office to update your address. Thank you!

# Poinsettias

Beginning Monday, January 14, poinsettias in the back of church will be available for pick up to take home or to give to someone as a continuation of the spirit of the Christmas Season. Any poinsettias not taken will be disposed of.

# **The Winter Seasons**

The opening days of January may be cold and nature bleak, but the domestic church still glows warm with the peace and joy of Christmas. We dedicate the New Year to Mary on the January 1st Solemnity honoring her as Mother of God; and on January 7, the Solemnity of Epiphany, we rejoice with her, as her Son is adored by the three Wise Men.

Herald John, who ushered in the Advent season, is present once again to close Christmastide on the feast of the Baptism of Our Lord (The First Luminous Mystery) and to open the Season of Ordinary Time. He points to Jesus, the Lamb of God who unites time and eternity in the Eucharistic Sacrifice, and even January's diminishing darkness seems to echo St. John's prayer: "He must increase and I must decrease."

In this liturgical season the Church eagerly follows Our Lord as he gathers his apostles and announces his mission. At Cana's wedding feast (The Second Luminous Mystery) he performs his first public miracle at the request of his Mother, and his disciples saw his glory and believed in him.

We, his present-day disciples pray for a like faith as we contemplate the eternal wedding feast of the Lamb and the unique role of the Blessed Mother in the plan of salvation. May we wholeheartedly obey her words of counsel: "Do whatever he tells you."

#### FORMED PICK

# Feminism Misunderstood By Jane Brennan

Journey into Truth

Jane Brennan shares her powerful story of abortion and her final conversion to the Catholic Church. Men and women alike will be moved as they listen to the reconciliation, healing, and hope Jane found in Christ and his Church.

# **Reminder:**

The parish office is open Sundays from 10:30 a.m. to 12:30 p.m.

4





"Jane's ability to tell her story so clearly makes this an excellent talk that will inform and inspire." -Bonnie F. Harrisburg, PA

We will not have adult religious education classes or CCD on Sunday, January 27.

# ScripNow<sup>®</sup> eGift cards for your **Evervdav Purchases**

Scrip is not just for those with kids in the school. Everyone can participate and raise money for St. Patrick School. If you have not signed up for Scrip, contact Missy Jordan at 304-517-8619. Raising money anytime is easy thanks to ScripNow. Over 380 retailer brands offer ScripNow, which are eGift cards that you can buy and receive instantly. Then you can print them off or redeem them from your phone when you're on-the-go.

# ShopWithScrip\*

# **Catholic Daughters of the Americas**

The Catholic Daughters of the Americas will meet on Monday, January 21 at 6:00 p.m. in the parish meeting room.

# Pursuit

# Feb. 3rd @6pm- St. Patrick Parish, Weston, WV

# Who should attend:

The evening is specifically designed for middle school and high school age students and their parents.

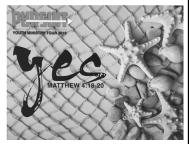
#### What is Pursuit?

What are you pursuing in your life? There are so many things in this world vying for our attention, but we are made for more. Pursuit is a 90 minute "miniature retreat" to start the conversation between young people and their parents about the greater pursuits of life.

# **2019 Pursuit Theme:**

As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will make you fishers of men." At once they left their nets and followed him. Mathew 4:18-20

Join us as we explore what it means to say "YES" to the Lord's call within our own lives.





Encouraging, empowering, and equipping families and marriages.

WHAT WIVES SAY ...

... go to the store; lay down

get the kids at school; rent some

videos, and finish the rest of

the dishes.

WHAT HUSBANDS HEAR ...

... GO to the store; LAY DOWN the multh

wash AND wax cor; GET the Kids at school; rent

SOME videos, and finish the REST

the dishes.

the mulch; wash and wax the car;

#### A monthly resource for the entire parish family

# New Year, New Beginning

When I was little, there was a big hill by my house. My friends and I would take our bikes and ride to the edge knowing that, in just a moment, the hill would create an opportunity for us to simply let go and fly down to the bottom. I couldn't possibly pedal my bike as fast as the hill enabled me to go. There would be a moment at the bottom of the hill where I would have to pedal again or I would fall off my bike. Riding that fast was amazing, but I would not have gotten to enjoy that momentum if I hadn't pedaled to the hill in the first place. Of course, going down the hill meant we would eventually have to go back up the next hill. I would pedal as fast as I could to see how far up the hill I could go before I'd have to get off my bike, exhausted and disappointed. Walking the rest of the way seemed so frustrating after flying down the hill so fast. But, dragging a bike up the hill was part of the journey. There are ups and downs in life, and there are a few things I've learned along the way.

### 1. If you don't like the road you are on, you can change your route.

I think there is something about starting over that appeals to us. We like a fresh start. Not that our

previous efforts were in vain or without effect, but we just like the possibility of new beginnings. I believe in a God of new beginnings. He isn't waiting for January first to help you achieve your goals, and we shouldn't either. If you don't like the path you are on then you are free to change direction.

So often people obsess about how poor their health is, how overweight they've become, or how simple and routine their lives are, and they think that the momentum of a new year will suddenly be able to change what has taken years to achieve. You didn't instantaneously gain a bunch of weight, become lethargic, or settle into the monotony of life. That took years to occur, and you fed and maintained those bad habits with consistency. You pedaled faithfully to the hill of bad habits. To change all of those years of poor choices in a month is not realistic. What I want you to realize is that you can have a new beginning right now and it doesn't have to end. It will take a bit of effort.

www.catholicfam.org

January 2019

### A monthly resource for the entire parish family

#### New Year, New Beginning (Continued)

#### 2. Assess the situation

We all like momentum. We like to fly down the hill. But we will never have that momentous experience if we don't pedal to the hill in the first place. You have to have both movement and momentum in order to get to where you are going. We won't make any progress if we don't properly assess the situation. Are there potholes in the way? Barriers or obstacles we need to maneuver around? Be aware of what direction you are going and what may be problematic. Do you see a hill you will be flying down in the near future? Is there one you will have to climb? Be aware of your surroundings.

Momentum isn't going to keep you in the long game. You have to move. Your path is going to be filled with hills along the way. You can't continue with only momentum because you need movement to climb the next hill. The problem is that people stop putting movement in when momentum fades. They want momentum to continue but the next hill hinders that.

It isn't just pedaling to the hill, but it is also allowing the hill to help you along the way. You can enjoy the beauty of starting over this very moment, but if we want to keep the momentum going, we must maintain our decision to begin again moment by moment. Movement must work with momentum. After the passion of starting over fades, you must have movement to keep you going in order to find the next hill. That next hill may be farther off than you imagined, but movement will get you there.

#### 3. Be prepared.

Is your bike in good shape? Have you got proper air in the tires? So often, we neglect the basic maintenance needed to get to where we want to go. Usually, bringing in the New Year is often connected with self-examination. That reflection often reminds us that we need to fix a few things in our life. Prepare yourself for a long journey.

#### 4. Help along the way

You need people to help you along the way. There are times when you are so tired that it seems impossible to go on. Don't give up. There are many people who have been where you are and want to help. If you are willing, they can often offer great insight about the journey you are on and will help you make better choices. Lean on others who have been on this road before.

In the end, God placed you on this earth to not merely survive but to thrive. There will be many hills to ascend and descend, and he is with you the entire way. Lean on him and know that the joy of the journey is a gift for you. Feel the wind in your hair, enjoy the speed of the bike and laugh with those around you, but don't give up when you have to climb. It all is part of what it means to be alive.

THE CATHOLIC FAMILY & MARRIAGE

# Bring the BAR to your Parish Community

The BAR is a ministry designed to provide community and encouragement to married couples of all ages and life experiences. These monthly gatherings were created and implemented by Chris and Linda Padgett in their home parish. The program is now available in video form to make it easy for any parish to implement in its own community.

# CHECK OUT OUR ONLINE MAGAZINE AT WWW.CATHOLICFAM.ORG