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# 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*  
Established 1848



## 3 Essential Practices for the Lenten Season

By Dr. Edward Sri

What are the three essential practices that all Catholics are called to embrace during the Lenten Season? What does the desert have to do with these practices?

This Lenten season, let’s commit wholeheartedly to the three disciplines of fasting, prayer and almsgiving. By doing so, we go into the desert of our hearts to encounter our Lord and hear his spirit prompting, challenging, and encouraging us.

**Snippet from the Show**  
*Fasting isn’t about proving how disciplined we are to God; it’s an act of love. God doesn’t simply want our discipline—he wants our hearts.*

**Why the desert?**  
*“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry.”  
Matthew 4:1-2*

Why is God constantly leading people into the desert? There’s no food, no water, and it’s extremely desolate. However, it’s in that solitude that we recognize our thirst for God’s heart and can unite ourselves in relationship with him, away from the distractions of life.

*“And you shall remember all the way which the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments, or not.”  
Deuteronomy 8:2*

## The 3 Main Practices of Lent

**1. Fasting:**  
Fasting allows us to make room in our hearts for Jesus, creating space to encounter him. Fasting doesn’t just have to be about food! (e.g. You could fast from screens, a specific show, video games, etc.)

*“But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.”  
Matthew 6:17-18*

**2. Prayer:**  
Try adding more prayer to your day, whether it’s going to daily Mass, sitting with the Scriptures, or adding an extra fifteen minutes of chapel time to your day.

*“But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.”  
Matthew 6:6*

**3. Almsgiving:**  
Almsgiving isn’t just about giving money! Almsgiving is simply encountering Christ in the poor by being generous with our time, possessions, and love.

*“But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you.”  
Matthew 6:3-4*

<https://media.ascensionpress.com/podcast/3-essential-practices-for-the-lenten-season/>





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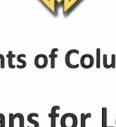
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# 10 THINGS TO DO WHEN YOUR LENT PLAN FAILS

 <p><b>ACCEPT IT</b> ACCEPT IF AND HOW YOUR PLAN HAS FAILED</p>	 <p><b>GO TO CONFESSION</b> MAKE AN EXAMINATION OF CONSCIENCE AND START OVER</p>	 <p><b>GET BACK UP</b> REMEMBER YOUR LENTEN RESOLUTIONS AND BEGIN AGAIN</p>	 <p><b>WHAT WENT WRONG?</b> PONDER ON THE SERIES OF EVENTS THAT LED YOU HERE</p>	 <p><b>PRAY</b> PRAYER HELPS YOU REVIVE YOUR SOUL. LISTEN TO GOD'S VOICE</p>
				



40

Cans

+

40

Days

## Knights of Columbus Council 1415

# 40 Cans for Lent - Food Drive

### What is "40 Cans for Lent"?


An opportunity for each of us to turn a small sacrifice into a big help for someone in need...donate, collect, and give what you can. Together we CAN fight hunger!

### The Mission:

We aspire to have each parishioner at St. Patrick's to contribute at least one can of food per day for each of the 40 days of Lent to help feed the hungry...40 cans ~ 40 days.


Collection will take place during the 40 days of Lent beginning Ash Wednesday through Palm Sunday. Please bring all donations to the church to be placed at Saint Joseph's altar.

All food items, as well as any monetary donations, will be donated to our local community food banks.



"JESUS KEEPS KNOCKING ON OUR DOOR IN THE FACES OF OUR BROTHERS AND SISTERS, IN THE FACES OF OUR NEIGHBORS, IN THE FACES OF THOSE AT OUR SIDE."

—POPE FRANCIS



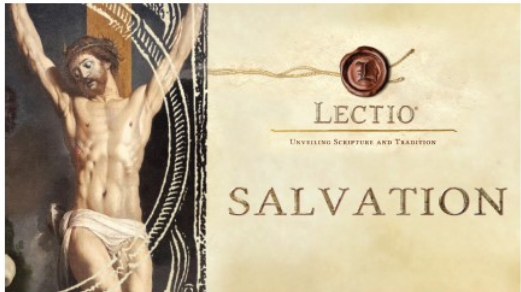
<p style="text-align: center;"><b><u>Lenten Reflection Booklets</u></b></p> <p>Little Black Lenten Reflection booklets are available in the church vestibules. Please pick one up today and carry with you to assist on your Lenten journey.</p>
<p style="text-align: center;"><b>Area Lenten Penance Services</b></p> <ul style="list-style-type: none"> <li>• Thursday, March 5, 7:00 p.m. – St. Boniface Church, Camden</li> <li>• Tuesday, March 17, 7:00 p.m.—Holy Rosary Church, Buckhannon</li> <li>• Monday, March 23, 7:00 p.m.—St. Brendan’s Church, Elkins</li> <li>• Tuesday, March 24, 7:00 p.m. – St. Patrick’s Church, Weston (There will not be Adoration, Confessions or Mass at St. Boniface on this day.)</li> <li>• Thursday, April 2, 7:00 p.m. – Good Shepherd Mission, Glenville</li> </ul>
<p style="text-align: center;"><b><u>Stations of the Cross</u></b></p> <p>Wednesdays, 6:00 p.m., St. Boniface (March 4, 11, 18, 25, April 1, and 8)</p> <p>Fridays, 6:00 p.m., St. Patrick’s (February 28, March 6, 13, 20, 27, April 3)</p>

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**WHAT TO WATCH THIS LENT**



**Lectio: Salvation**  
with Dr. Michael Barber

At every Sunday Mass, Catholics confess that Jesus came down from heaven "for us men and for our salvation." But what does "salvation" mean?


In this remarkable 10-part video series, Scripture scholar and theologian, Dr. Michael Barber provides a thorough, deeply Catholic, and deeply biblical answer.

## **RECOMMENDED READING FOR LENT**

- *No Greater Love, A Biblical Walk Through Christ's Passion*, Edward Sri
- *Jesus of Nazareth, vol.2 Holy Week*, Pope Benedict XVI
- *Cross-Shattered Christ: Meditations on the Seven Last Words*, Stanley Hauerwas
- *Jesus and the Jewish Roots of Mary*, Brant Pitre
- *Resisting Happiness*, Matthew Kelly
- *Ordinary Lives, Extraordinary Mission-5 Steps to Winning the War Within*, John R. Wood
- *Great Lent: Journey to Pascha*, Alexander Schmemmann
- *The Sermons of St Francis de Sales for Lent*, St Francis de Sales
- *Meditations for Lent*, Jacques-Benigne Bossuet
- *The Imitation of Christ*, Thomas a Kempis
- *Divine Intimacy*, Fr. Gabriel of St. Mary Magdalene
- *Humility of Heart*, Fr. Cajetan Mary da Bergamo
- *True Devotion to Mary*, St. Louis de Montfort
- *The Spiritual Combat*, Dom Lorenzo Scupoli
- *A Lenten Journey with Jesus and St. Paul of the Cross*, Fr. Victor Hoaglund
- *Happy Are You Poor*, Fr. Thomas Dubay
- *Letter to Friends of the Cross*, St. Louis de Montfort
- *Love of Eternal Wisdom*, St. Louis de Montfort

# LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



## DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent.

- VOLUNTARY AMENDMENT OF LIFE:** Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!  
Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

*In this category I am going to do \_\_\_\_\_*

- ACTS OF PENANCE:** Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!  
Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc...

*In this category I am going to do \_\_\_\_\_*

- WORKS OF CHARITY:** Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!  
Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures \_\_\_\_\_ minutes a day, spend \_\_\_\_\_ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady.

*In this category I am going to do \_\_\_\_\_*

**I plan on making a good confession by this day during Lent \_\_\_\_\_**



# FORMED®

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## March 2020 Liturgical Calendar

3/1

**First Sunday of Lent**

*\*Study:* Forgiven: Session 1 - Where are You?/Perdonado: Sesión 1 - ¿Dónde estás?

*Read:* Meditations for Lent

3/7

**Saints Perpetua and Felicity**

*\*Watch:* The Passion of Saint Perpetua/La pasión de Santa Perpetua

*\*Kids:* The Story of Saint Perpetua/La historia de Santa Perpetua

3/8

**Second Sunday of Lent**

*Watch:* Ready Reasons: Was Jesus' Sacrifice Enough?

*Listen:* My Beloved Son

3/13

**Anniversary of the Election of Pope Francis**

*Watch:* Francis: Pope of the Renewal

*Listen:* The Pope by Dr. Scott Hahn

3/15

**Third Sunday of Lent**

*Watch:* Did Jesus Really Rise from the Dead?

*Listen:* The Passion of Christ in Light of the Holy Shroud of Turin

3/17

**Saint Patrick**

*Watch:* In the Footsteps of Saint Patrick

*Listen:* The Trials of Saint Patrick

3/19

**Saint Joseph**

*\*Watch:* Joseph of Nazareth/José de Nazaret

*Listen:* St Joseph: Patron of the Universal Church

*Listen:* Parenting for Purity by Jason Evert

3/22

**Fourth Sunday of Lent**

*Read:* The Year and Our Children

*Listen:* The Year and Our Children (Audio Version)

3/25

**The Annunciation**

*\*Study:* Symbolon, Knowing the Faith: Session 4: The Story of Salvation

*\*Study:* The Bible and the Virgin Mary: Lesson 2 - The Handmaid of the Lord

*Listen:* The History of Salvation

3/29

**Fifth Sunday of Lent**

*Study:* Lectio: Salvation - Not Just a Legal Transaction

*Kids:* Brother Francis - Let's Learn about Lent

*\*available in both English and Spanish*





## DIOCESE OF WHEELING-CHARLESTON

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

Lent 2020

Dear People of the Diocese of Wheeling-Charleston,

The season of Lent is fast approaching. Once again the Church provides us an opportunity to become all that God calls us to be. The Gospel passage proclaimed on Ash Wednesday calls us to embrace the traditional practices of prayer, fasting and almsgiving. As we enter Lent, I encourage you to look at these traditional practices to formulate a personal plan, as I will do, that will enable us to grow as faithful followers of the Lord Jesus.

Certainly, we may increase the amount of time we give to prayer. Perhaps, more importantly, we can look at how we pray – the quality of our prayer. It is appropriate to make known our needs and the needs of others in prayer – that's intercessory prayer.

At the heart of prayer is opening ourselves up to the Father's love, wisdom and guidance. What is more important: that God hears us or that we hear God? I am sure you would respond the latter. If that is the case, why is it that we do so much talking and so little listening when we pray? God knows our needs. We need to discover his will and his plan. Let us take time for reflective prayer and for disciplined silence. Let us hear with our minds and hearts the words we pray. The scriptures, in particular, the Gospel for the day, are an excellent source for reflective prayer. Let us celebrate Mass, the heart of who we are as a community of faith, more deeply and frequently. Plan now to celebrate the Sacred Triduum – Holy Thursday, Good Friday and Easter Sunday.

Fasting is a discipline that strengthens our wills. It helps us to say no not only to what is wrong but also to what is good for a greater good. Lent invites us to fasting and abstinence. It calls us to forego self-satisfaction for the sake of building the Kingdom of God. More important than fasting from food is fasting from evil. As we begin Lent, it is a good time to look at what we are doing that we should not be doing and the good we could be doing that we have avoided doing. The major part of our Lenten fast and abstinence should be turning away from sin so that we may live the Gospel more fully.

Lent is also a time for almsgiving. It is an opportunity to focus on the needs of others, particularly the poorest and most vulnerable. It is a time to share ourselves and our resources in the service of others. We live in a world where the focus is often the self and personal wants. The Church is a community of disciples following Christ, reaching out to others in spiritual and physical need. One form of almsgiving all of us can embrace is asking ourselves what we should be doing that we are not doing and call ourselves to action.

I pray that this Lent, we will all engage in meaningful prayer, significant fasting and generous almsgiving. I pray that when this Lent comes to an end and we begin the celebration of the Sacred Triduum we will become one with Christ in the giving of self for the sake of others. God help you keep a holy Lent this year!

Sincerely in Christ,

*† Mark E. Brennan*

Most Reverend Mark E. Brennan  
Bishop of Wheeling- Charleston

## 2020 Holy Week Schedule

### Palm Sunday

#### Saturday, April 4

4:00 p.m., Good Shepherd

6:30 p.m., St. Patrick's

#### Sunday, April 5

8:30 a.m., St. Boniface

10:30 a.m., St. Patrick's

12:30 p.m., St. Patrick's (Latin)

### Monday of Holy Week

8:15 a.m., St. Patrick's

4:00 p.m., Chrism Mass, Basilica of the Co-Cathedral of the Sacred Heart, Charleston

### Tuesday of Holy Week

4:30 p.m., Confessions, St. Boniface

6:00 p.m., St. Boniface

### Wednesday of Holy Week (Spy Wednesday)

4:30 p.m., Confessions, St. Boniface

6:00 p.m., St. Patrick's

### Holy Thursday

6:00 p.m., Mass of the Lord's Supper, St. Boniface

6:00 p.m., Mass of the Lord's Supper, St. Patrick's

\*The Blessed Sacrament will remain in repose for a period of Adoration from the end of Mass until Midnight.

### Good Friday

6:00 p.m., Commemoration of the Lord's Passion, St. Boniface

6:00 p.m., Commemoration of the Lord's Passion, St. Patrick's

### Holy Saturday

8:00 p.m., The Easter Vigil, St. Boniface

8:00 p.m., The Easter Vigil, St. Patrick's

### Easter Sunday

8:30 a.m., St. Boniface

10:30 a.m., Good Shepherd

10:30 a.m., St. Patrick's

12:30 p.m., St. Patrick's (Latin)