

# FIRST SUNDAY OF LENT

February 18th, 2024

## Week One: Three keys to making holiness a habit during Lent

**JOE PAPROCKI, Published March 10, 2014**

Lent is a time to rid ourselves of habits that are doing little good, or even causing harm, to ourselves and others, and to replace them with habits that are life-giving. Unfortunately, old habits die hard. And contrary to the popular notion that habits can be changed in 21 days, experts tell us that it can take up to a year to change old habits and develop new ones. Lent is 40 days for a reason—holiness is a habit, and habits take time to take hold.

In his book [The Power of Habit: Why We Do What We Do in Life and Business](#) (Random House), Charles Duhigg explains that when we perform an action for the first time, the brain works very hard to collect all the pertinent information involved, from start to finish, and to store the information in the part of the brain called the basal ganglia. If we continue to do the same action every day, the basal ganglia fills in the details so the rest of the brain can turn its attention to other things. Eventually, the action can be performed “without thinking.” In short, our brains are looking for ways to save effort, and forming habits is the key to achieving this. Lent is a time to interrupt this habit loop and, in order to do so, we need to get our brains “thinking” and not just acting on automatic pilot. To do so, we focus on three actions that can be thought of as “keystone habits”—habits which, according to Duhigg, are so key that when changed they cause a ripple or domino effect in other areas and other habits of our lives. These three keystone habits are, of course, prayer, fasting, and almsgiving.

**Prayer:** One of the best ways to extinguish our old self—our ego self—is to take some time away from words. When our words cease, the ego is neutralized. At the same time, a space opens up into which God can speak instead. The essence of prayer is silence—which douses the ego as surely as water does fire. It also creates a space into which a host of other good and selfless habits can flow.

**Fasting:** When babies are hungry, they cry. That’s how we are born: obsessed with our own needs. A consumer society perpetuates this infantile state. When we intentionally put the brakes on consuming—whether it be food, drink, sex, or material goods—we are introducing a new habit that challenges the old: We are shifting the focus away from ourselves and our own “needs” and enabling ourselves to be more attuned to the needs of others.

**Almsgiving:** Few things in life force us to put aside our own needs more than becoming a parent. And yet, we do it because we gain more than we give. In a similar way, during Lent, we increase our generosity toward others, not to earn grace, please God, or draw attention to our own holiness, but to experience grace. Generosity enables us to rise above ourselves and to live, as St. Ignatius of Loyola said, as a person for others.

When these three keystone habits are practiced, a ripple effect of selflessness occurs: We no longer view ourselves as the center of the universe. And that is the beginning of the habit of holiness.

### Lent Schedule

#### Stations of the Cross

Wednesday 12:30 school  
Friday 6:00 p.m.

#### Confession

In addition to our regular times for Confession, Father Ondeck will hear confession Wednesday and Friday after Stations of the Cross.

#### Adoration of the Blessed Sacrament

Wednesday 1:00 - 5:00 p.m.  
This is in addition to our regular times of Adoration on Tuesday and Wednesday from 5:00 - 5:45 p.m.

### ST. PATRICK CATHOLIC CHURCH

210 CENTER AVE.  
WESTON, WEST VIRGINIA 26452  
304-269-3048

### WEEKLY BULLETINS VIA E-MAIL

IF YOU ARE NOT RECEIVING OUR CHURCH BULLETIN EACH WEEK THROUGH EMAIL, PLEASE CONTACT THE PARISH OFFICE TO HAVE YOUR EMAIL ADDRESS ADDED TO OUR FILES.



# WE'RE GLAD YOU'RE HERE

**Rev. Fr. Douglas A. Ondeck**

ondeck.douglas@gmail.com

*"Forward, always forward, everywhere forward! We must not be held back by debts, bad years or by difficulties of the times. Man's adversity is God's opportunity." - Archbishop Boniface Wimmer, O. S. B.*

## **St. Patrick Catholic Church**

[www.spchurchweston.org/](http://www.spchurchweston.org/)

[www.facebook.com/StPatsChurch](https://www.facebook.com/StPatsChurchWestonWv)

[WestonWv](#)

**210 Center Ave.**

**Weston, West Virginia 26452**

**304-269-3048**

**Religious Ed. & Sacramental Prep**

Megan White

[mwhite@saintpatricks.school](mailto:mwhite@saintpatricks.school)

**Secretary**

Sandra Mick

[secretary@spchurchweston.net](mailto:secretary@spchurchweston.net)

## **Parish Office Hours**

Monday & Tuesday, 9 - 4

Wednesday, 12 - 5

Thursday and Friday, 9 - 1

## **Mass Schedule**

Monday - 8:15 p.m.

Tuesday - 6:00 p.m.

Wednesday - 6:00 p.m.

Thursday - 8:15 a.m.

Friday - 8:15 a.m.

Saturday Vigil - 5:30 p.m.

Sunday - 10:30 a.m.

*(See the Weekly Schedule for  
changes to Mass times or location!)*

## **St. Patrick Catholic School**

<https://stpatswv.org/>

[www.facebook.com/StPatsSchoolW](https://www.facebook.com/StPatsSchoolWestonWv)

[estonWv](#)

**Pre-School – 8th Grade**

**224 Center Ave.**

**Weston, WV 26452**

**304-269-5547**

**Pastor**

Rev. Fr. Douglas A. Ondeck

**Principal**

Mr. John Riley IV

[jriley@saintpatricks.school](mailto:jriley@saintpatricks.school)

**Secretary**

Mrs. Regina Frazier

[RFrazier@saintpatricks.school](mailto:RFrazier@saintpatricks.school)

## **Sacrament of Reconciliation**

Tuesday & Wednesday 5:00 - 5:45 p.m.

Saturday 5:00 - 5:20 p.m.

Sunday 10:00 - 10:20 a.m.

## **Adoration**

Tuesday & Wednesday - 5 - 5:45 p.m.

For **anointing of the sick**, please see

Fr. Ondeck after Mass.

For last rites, please call **304-691-0537**

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## **Protecting God's Children**

St. Patrick Church takes seriously this 'VIRTUS' pursuit of excellence in our community. With the Diocese of Wheeling-Charleston, we are committed to making every environment – a safe environment. All employees and volunteers are required to complete VIRTUS Training. Participants of this training complete short video modules to learn how to best protect the vulnerable in our community. These short sessions empower participants to accurately identify and correctly report all instances of suspected child abuse. To create or update your account, please go to [virtusonline.org](http://virtusonline.org).

We thank all of the employees and volunteers for their continued support in making the environment at St. Patrick Church safe for all.

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. In addition to civil authorities, to report suspected cases of sexual abuse by personnel of the Diocese of Wheeling-Charleston to the Diocese, please contact one of the Bishop's designees at 888.434.6237 or 304.233.0880: Mr. Bryan Minor, ext. 263; Mr. Tim Bishop, ext. 353; Fr. Dennis Schuelkens, ext. 270 or call the Office of Safe Environment at 304.230.1504. Please visit [www.dwc.org](http://www.dwc.org) under "Accountability" for additional information and reporting methods.



## WEEKLY MASS SCHEDULE

Saturday, February 17, 2024	5:30 PM	Mass for the People of the Parish
Sunday, February 18, 2024	10:30 AM	Mass for †Davita Alfred Kisner by family
Monday, February 19, 2024	8:15 AM	Mass for †J. R. Rowan and †John Broschart by family
Tuesday, February 20, 2024	5:50 PM	Celebrant's Intentions
Wednesday, February 21, 2024	5:50 PM	Mass for †James Henry Stichweh
Thursday, February 22, 2024	8:15 AM	Mass for †Marcia Lee Tucci by Linda Kennedy
Friday, February 23, 2024	8:15 AM	Mass for †Michael F. Tierney by Marjorie Tierney
Saturday, February 24, 2024	5:30 PM	Mass for the People of the Parish
Sunday, February 25, 2024	10:30 AM	Mass for †Mary Catherine Fallon by St. Pat's Class of 1956

**The sanctuary lamp is burning in memory of J. R Rowan by family., February 11 - 24, 2024.**

### Prayer List

**Those who are sick:** Robert and Sophia Anisko, Hernan Ayala, Violet Angotti, Jill Balser, Dan Brannon, Jamie Breen, Dorothy Butcher, John Butcher, Courtney Clevenger, Brad Curtis, Rose Determan, Bonnie Detamore, Josiah Eagle, Libby Ferrell, Sara Ferrell, Greg Garton, Marsha Garton, Andrea Heath, Coretta Jefferson, Ellen Ketron, Alesha Lehman, David Lewis, Rochelle Long, Shirley Murchland, Susan Murray, Judy Nicholas, Sue Nutter, Mary Oldaker, Michael Pugh, Raylee Rahming, Brenda Riley, Dan Rittenhouse, Helen Tomaro, Dorothy Valdez, Diane Walker, Kathy Watson, Audrey Westfall

- **Those who have died:** Msgr. P. Edward Sadie, Vicci Tucci, May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.
- **All Veterans, and Military Personnel:** Bobby Summers
- **Vocations to the Priesthood and Religious Life**
- **All seminarians:** Especially Joe Derico.
- **All studying for the diaconate program:** Especially Mike Brumley.
- **Former priests and religious of and from our parish**
- **Those who are homebound, in assisted living or nursing homes.**
- **All struggling with infertility.**
- **Those preparing for First Communion:** Especially, Claire Cid, Grayson Clevenger, Zeke Deaton, Brody Donaldson, Bailey Farnsworth, Christian Greathouse, Mason Karp, Isaiah Messer, Marcileen Queen, Kaedalyne Riley, and Ricky Walsh

### Why Can't Non-Catholics Receive Holy Communion?

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are not admitted to Holy Communion.

For those who cannot receive Eucharist at this time, we welcome you to join in our liturgy, to pray and sing with us. Please remain in the pew during the Communion Procession, offering your heartfelt prayers to our God of love and mercy. We eagerly await the time when you will join us at the Eucharistic table!

### When Should Catholics Not Receive Holy Communion?

- If you have a mortal sin on your soul. Some serious sins include (but are not limited to) being married outside the church, being unmarried but living together or purposely not attending Sunday Mass or holy days of obligation. For more info on what constitutes a mortal sin, refer to the Catechism of the Catholic Church 1857 - 1859.
- If you have not observed the Eucharistic Fast one hour before receiving. Mints and gum break your fast.
- If you have not yet received First Communion.

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### Special Collection March 2 & 3 Diocesan Priests Retirement Fund

Our retired priests dedicated themselves over many years to the service of God's people, and we are grateful for the service they have rendered to our community. They were there for us. Let's be there for them now. **Please prayerfully consider a gift for our retired priests.**

Weekend Collections	
Saturday	102
Sunday	227
Total	329
Saturday	\$1727
Sunday	\$3459
Mail/Drop Box	\$2165
Total	\$7331
School	\$215
Votives	\$71
Maintenance	\$180
Loan	\$70
Organ	\$50
<b>Wesbanco Balance</b>	<b>\$47,795.23</b>
<b>Organ Loan Bal.</b>	<b>\$67,859.98</b>





# Eucharistic Testimony

## A Eucharistic Revival Initiative

When coming back to the Church, I remember clearly thinking that there were things that I didn't agree with. I thought it was okay because it seemed like many "Catholics" rejected Church teachings. Depending on who you talked with in the church about things like birth control, abortion, same-sex relationships, and assisted suicide, you could get very different responses. I believed that these teachings were archaic and outdated. I thought the church would at some point realize this and catch up.

I can't recall when or how my thinking changed. It's been a journey. There have been many people & encounters that have led me to my change of heart. Looking back, I see this journey began way before I came back to the faith. It began in my childhood. I encountered many people who loved and cared for me throughout the struggles I had growing up. Through these acts of kindness, I can see that God has always been with me. He is the one who sent me those people.

After coming back to the faith and becoming more involved with parish life, I made friends with a couple who had returned to the Catholic faith after me, so we had a commonality. We could talk about our journeys back and compare notes. Although, they understood the faith and church teachings in a way that I never had, especially the husband in the relationship. I think it wasn't that he knew more than his wife but he was certainly more outspoken about it. She quietly lived her faith in everything she did but he would share it and back it up with scripture, the Catechism, and numerous other documents. When it came to the things that I had problems with, I said to him, "All of these people can't be wrong, the church is changing!" That was my argument. Nothing based on fact just based on how I felt. I really thought that I was right and he was wrong! I didn't plan to change my thinking on these things, but without even meaning to I did. Through these friends, God opened my eyes to see that the teachings of his Church have everything to do with love. True love.

I am by no means a saint. I struggle every day. But I no longer try to convince myself that I am justified in my selfish thinking. I don't seek out people who I know will agree with me to make myself feel better. Instead, I turn to God in prayer, Confession, Adoration, Mass, and the Eucharist. I look to what the Church teaches as God's gift to us. I love attending the Stations of the Cross during Lent. If you haven't attended, I encourage you to do so. But don't get caught up in feeling like you have to do the motions perfectly-- listen and feel what our Lord encountered on this journey. Everything he suffered and endured for us so that we can receive him in the Eucharist.

So, how is this a Eucharistic testimony? I wish to urge people to not take receiving the Eucharist lightly as I once did. It is so much more than a wafer, or piece of bread. It is Jesus Christ – body, blood, soul, and divinity that we are receiving. By receiving communion we are declaring that we believe that and EVERYTHING the church teaches. Not just the parts we want to believe or the things that are easy. But everything. It is not just a symbol it is Jesus Christ that we receive and then take to others. It should never be taken lightly or without reverence. If we receive like that, we put ourselves in mortal danger. 1 Corinthians 11: 27 says, "Whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord."

Just to be clear, I don't know that bible verse verbatim. I had to google it. But at least now I know it's in there. Who knows, maybe someday I will know as much as my friend who I insisted was wrong. Maybe.

That dear friend has since passed away. Please pray for the repose of his soul. That's one of the last things he said to me. "Pray for me after I die."





## Pro-Life Rally

Our parish was well represented in at the state capital for the annual Pro-Life Rally Day.

The young generation at St. Patrick's is ready to stand for life, protecting mothers and babies from the evils of abortion.

If any teens/youth would like to Join St. Patrick's Students for Life, email [mwhite@saintpatricks.chool](mailto:mwhite@saintpatricks.chool) to be connected with the group leader.

## Camp Carlo Dates 2024

Week #1 June 30th - July 6th  
(Rising Freshman to HS Seniors)

Week #2 July 7th - July 13th

Week #3 July 14th - July 20th

Week #4 July 21st - July 27th

For a week of adventure, register campers at:

<https://campcarlowv.org/>

To apply to be a summer counselor or activity staff, email: Director of Youth and Young Adult Discipleship, Nick Chancey: [nchancey@dwc.org](mailto:nchancey@dwc.org)



## Square Dance

March 23  
6:30 - 8:30 p.m.

You do not have to have a partner to attend. Please see Mary Tillman for more information.

## Lent Mass Music

### Kyrie

*Cunctipotens genitor Deus*

**K** Y-ri- e \* e- lé- i-son. bis. X. s.

Christe e- lé- i-son. bis. Ký- ri- e

e- lé- i-son.

### Saint Michael Hymnal

Sanctus #101

Memorial Acclamation #102

Amen #103

Agnes Dei #104

Lent Mass Music sheets are available in the vestibule.



# SCHOOL NEWS

From Mardi Gras to Ash Wednesday, St. Patrick's students were fully immersed in the liturgical life of the Church this week!



## Gratitude

Congratulations to our January Virtue winners!

Prudence is care and good sense that someone shows when making a decision or taking action.

The virtue for February is prudence.



Macie Smith



Reece Cunningham



Ella Minnich

### Calendar Cash Winners

Day	Amount	Winner	Sold By
9	\$ 75.00	Becky Markley	L. Clevenger
10	\$ 75.00	Tina Cunningham	B. Craig
11	\$100.00	Jennifer Oldaker	B. Oldaker
12	\$ 75.00	D. C. Bean	Church Office
13	\$ 75.00	Sarah Huntz	J. Lipps
14	\$400.00	Stephanie Barker	M. Barker
15	\$ 75.00	Debbie Blatt	A. Gillespie

## Admission Open for the 24-25 School Year!

### Rigorous Curriculum

- Christ-centered
- 21st century technology
- Virtues in Practice

### After-School Activities

- Math Club
- Choir
- Golf
- GAP (Daily)

### HOPE Scholarship?

The scholarship allows K-12 students to receive financial assistance that can be used for tuition and other qualifying expenses. More info at <https://hopescholarshipwv.com/>

To schedule a visit of our campus give us a call at 304-269-5547

APPLY AT - [www.stpatswv.org](http://www.stpatswv.org)



"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence."

Saint Mother Teresa

*During the holy season of Lent, we will leave Mass in silence.*

## Easter Flower Fund

Donations are now being accepted for our Easter Flower Fund.

If you use contribution envelopes, an envelope is in your packet. For those who do not use envelopes please specify EASTER FLOWERS when you make your donation.

### Sponsors Needed for Donut Sunday Gatherings

Sponsors are needed for our Donut Sunday gatherings. To volunteer, please contact the parish office. Our next Donut Sunday will be Sunday, March 12.

Thank you to our February sponsor, Bob McDonald!

### Jerusalem Carvings



Beautiful olive wood carvings from Bethlehem and the Holy Land will be on sale at our parish dinner on Sunday, March 17.

Profits from these sales are a major source of income for Christians in the Holy Land.

### Parish Dinner

When: Sunday, March 17  
Time: 1:00 - 3:00 p.m.  
Where: gymnasium

If you wish to help, please contact the parish office.

This is a covered dish dinner with meats, hot rolls, drinks and paper goods provided.



### Congratulations to our newest parishioner Elizabeth Belle Jerden!

She is the third child of Jon and Abbie Jerden, and the little sister of Andrew and Alex Jerden.

**Left:** Elizabeth with her Godparents, Jayna Jerden and Joe Jerden, Fr. Ondeck, her parents and big brother Andrew.



## ON DECK

### Monday, February 19

6:00 p.m., Catholic Daughters meeting, cafeteria

Sunday, March 12

Donut Sunday

### Sunday, March 17

1:00 p.m., Parish Dinner

### Saturday, March 23

6:30 - 8:30 p.m., Square Dance, gym

### Sunday, March 24

Palm Sunday

### Sunday, March 31

Easter Sunday

### Saturday, April 6

Spring Bash, gym

Sponsored by the Knights of Columbus and the Catholic Daughters

### Our Neighbor Collection

February: Bath and Dish Soap, Laundry Supplies

Items can be placed in the cabinet on the back porch of the parish office.

# STOP

We need you to sign up for adoration each Wednesday of Lent! Currently, only 3 of the 7 time slots are filled. Please sign-up after Mass today.



## Brooks' Body Shop

20 Brookview Drive  
Weston, WV 26452  
304-269-7257  
Cell 304-266-2143  
brooksbodyshop41@aol.com



John White, parishioner  
95 US-19S  
304-269-2952 - 304-931-9379  
jmgfrfx2@gmail.com

## Foster Feed

202 Bland St  
Weston, WV  
304-269-1333

## Stonewall Veterinary Hospital, Inc.

Tonya Pickens, DVM  
(304) 997-8059  
3080 Old Route 33  
Horner, WV 26372  
Stonewallvethospital@gmail.com



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## Lewis County Senior Center

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**304-269-5738**

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**\$650 per year**



**Catholic Daughters of the**  
**Americas**

**Court Victory 379**

Third Monday (Sept—May).  
6:00 p.m., Cafeteria



**Knights of Columbus**  
**Council 1415**

First Tuesday of each month.  
7:00 p.m., Cafeteria