

SAINT THOMAS AQUINAS PARISH

Mission: OUR LADY OF MERCY

St. Thomas Aquinas
Thomas, West Virginia

Our Lady of Mercy
Parsons, West Virginia



Pastor: Rev. Timothy J. Grassi,

P.O. Box 300, Thomas, WV 26292 —Tel: 304-463-4488

Parish Website:

www.stsite.com

Sacrament of Baptism:

Please contact the priest to make arrangements. Instructions for both parents are required.

Sponsors from outside the Parish need a letter of eligibility from their Pastors.

Sacrament of Matrimony:

Arrangements should be made with the Pastor at least six months in advance of the intended date of marriage. Preparation classes with the Pastor are required.

Sacrament of Anointing of the Sick:

If you know of anyone who is seriously ill, hospitalized, shut-in, or about to undergo surgery, Please contact the Pastor or the Parish office to let us know

Sacrament of Penance:

Saturday 4:00 – 4:30 p.m., and 30 minutes before all weekday Masses and anytime upon request.

1st Sunday of Lent, March 05, 2017

THE TRADITIONAL LATIN MASS

During the month of **March**, the Tridentine Mass will be offered at the following times and church:

St. Thomas - 7:30 AM, (Low Mass) Sunday 03/12/17;

Our Lady of Mercy - 12:30 PM, Sunday 03/19/17.
(Low Mass)

PRO-LIFE CORNER

As God recognized each of us before we were born, and called us by name, so too may we recognize the value of each human life and pledge ourselves to continue to defend and nurture God's greatest gift to us.

— NCCB 1992 Respect Life Manual

KNIGHTS OF COLUMBUS LENTEN FISH FRY



Please come to our delicious Fish Fry on ALL Fridays during Lent!

Dinner includes an 8 oz fish fillet with tartar or cocktail sauce; dinner roll with butter; coleslaw; green beans; macaroni n' cheese; fruit dessert; coffee or punch.

Cost: Adults \$8.00 Kids 12 & under \$4.00 CARRY OUTS AVAILABLE!

The dinner will be at both locations from 4:00 PM - 7:00 PM, at the St. Thomas Center and Our Lady of Mercy church social hall on Mar. 10, Mar. 17, Mar. 24, Mar. 31, and Apr. 7.

CHECK IT OUT!

Sign up for Best Lent Ever, a **FREE**, video-based email program featuring internationally acclaimed speaker and *New York Times* bestselling author Matthew Kelly. From Ash Wednesday to Easter Sunday, Matthew will help you identify what stands between you and happiness . . . and what to do about it.

Are you ready for your best Lent ever?

PIES FOR SALE!

The Our Lady of Mercy Women's Guild will once again be making three different homemade pies to sell just in time for Easter: chocolate, coconut cream & lemon meringue! The cost is \$10. Please see one of the guild members to reserve a pie or simply add your name to the pie fundraiser form in the back of the church. You may also call Melinda at 478-3814.

LENTEN SACRIFICE

During Lent, the Knights of Columbus suggest one of these sacrifices:

a) 40 Cans of Food for the Food Pantry; or **b) a Monetary donation, (suggested donation: \$20).**

Of course any amount of canned foods or money is greatly appreciated, the important thing is that all of us can have the opportunity to practice the corporal works of mercy, one of which is feeding the Hungry.

LENT SCHEDULE - Stations of the Cross

WEDNESDAYS - immediately after the 5:00 PM Mass at Our Lady of Mercy. (*Wednesday Mass during Lent will be at 5:00 PM.*)

FRIDAYS - immediately after the 5:00 PM Mass at St. Thomas.

EVENTS ON THE HORIZON!!!

- March 5** - Second collection today for Catholic Missions among Black and Native Americans.
- March 8** - Knights of Columbus monthly meeting at 6:00 PM in Parsons at Our Lady of Mercy.
- March 12** - Daylight savings time begins.
- March 12** - Women's Guild Meeting immediately following the 11 AM Mass.
- March 26** - No CCD - afternoon Stations of the Cross in Parsons following Mass.

CONTRIBUTIONS FOR FEBRUARY 26, 2017

St. Thomas: \$1577.58

Our Lady of Mercy: \$801.00

BLACKWATER MINISTRY FOOD PANTRY

The Food Pantry is in need of "valued" food items. This month we are seeking **"tuna & ravioli."** Each month we will let you know the items that are most needed. (PLEASE NO OUTDATED ITEMS.)

DON'T WASTE YOUR LENT: 7 WAYS TO HAVE A GOOD LENT

By: Sam Guzman

Lent is a season of penance and ascetical warfare. The enemy is concupiscence, the world, and the devil. The goal is pure hearts so that we can joyfully celebrate the resurrection of our Lord at Easter, the greatest feast of the liturgical year. In a way, Lent should be a microcosm of our entire struggle on earth, just as the Paschal feast of Easter is a microcosm of our heavenly triumph in Christ. Yet, a good Lent takes focus and discipline, and it can easily be wasted.

In my own experience, I often begin the Lenten season with the best of intentions. I imagine myself going into full monk mode, fasting and praying as ardently as one of the monastic fathers in the desert. And maybe for the first week I succeed through sheer strength of will. Then, just when I am feeling good about myself, everything falls apart and I come face to face with my own weakness.

We've all been there at some point, and so today I'd like to share 7 practical ways to have a good Lent.

1. Have a plan – The fastest way to ruin Lent is to have good intentions but no plan. Be specific. "I'm going to pray more," isn't good enough. Determine what you are going to do and then stick to it every single day. One word of advice: Make it doable. Often, we are overly ambitious and commit to way too much. When we fail in our Lenten goals, we grow discouraged and give up completely. This is a victory for the devil. Make your commitments modest and practical, and your Lent will be the better for it.

2. Read a good book – The saints are constantly exhorting us to read good spiritual books, and there is no better time to begin this practice than during Lent. Reading Scripture or the writings of the saints is a great place to start. (Ask Fr. Grassi for suggestions for Lenten reading.)

3. Examine yourself – Lent is an excellent time to take an inventory of the state of your soul. What are your predominant faults? Do you have any hidden idols in your life? What is keeping you from following the will of God with all your heart? Use a thorough examination of conscience to help you assess your spiritual health.

Remember, Lent is not ultimately about giving up sweets or other things we enjoy, it is first and foremost about repentance, which means giving up sin and returning to God, our loving Father. While taking inventory of your sins may be painful, it is a healthy pain that restores the soul.

4. Confess your sins – After examining your conscience, the logical next step is to go to confession. Before receiving the sacrament of penance, though, remember the five requirements for a good confession: 1) Examination of conscience 2) True contrition for having offended God 3) Firm resolution to sin no more 4) Clear confession (don't hold any sins back) 5) Penance for the sins you have committed

5. Pray – Let's face it, we can all pray more, and Lent is a great time to plan and implement a daily prayer rule that can guide you the rest of the year. During this season, however, we should especially focus our prayers on repentance and contrition for our sins.

6. Fast – I've written before about the importance of prayer and fasting, so suffice it to say that it is something we should be doing all year round, not just during Lent. Still, Lent is a very good time to refocus our efforts and renew our commitment. We should especially focus on fasting from things related to our predominant sins.

Are you addicted to Instagram or Facebook? Fast from them. Maybe you're binge watching shows on Netflix. Give it up. On the other hand, maybe you're addicted to criticizing others. Make a special effort to fast from negative speech. The point is, while fasting from certain foods is an excellent ascetical practice, we do not have to limit our Lenten fasting to things we eat. Remember the words of Jesus: "If your eye offends you, pluck it out." Nothing should stand between us and the heavenly kingdom, and we should be intentional about cutting off those things that are causing us to sin.

7. Give alms – During Lent, we especially remember the sacrifice of our Lord Jesus Christ on the cross. This is the greatest act of generosity in history, for Jesus died not just for his friends, but for his enemies. "God shows his love for us in that while we were yet sinners Christ died for us" (Romans 5:8).

The generosity of God in Christ should impel us to be generous and merciful to others, especially those poor and in need. This Lent, find a way to give, whether it is supporting a religious order or helping at a homeless shelter. Remember the promise of Jesus, "And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward."

YOU CANNOT FAIL - I began this post by talking about my own failure, and yet, when it comes to Lenten disciplines, true failure is not really possible. I mean that even failing in our commitments can help us grow in humility and knowledge of our own spiritual poverty—and growth in these is always spiritual advancement. This Lent, do your best. Strive to root out sin and cultivate holiness. But when you fail, realize that even those who can be considered righteous fall seven times daily (Prov. 24:16). Let your failure be a lesson in humility that drives you back to the grace of God flowing from the pierced heart of Jesus—for that is the true heart of Lent.

MASSES FOR THE WEEK

First Sunday of Lent

Mar. 06 Monday	*Chris Johnson	7:15 AM Thomas
Mar. 07 Tuesday	Martine Zareski	5:00 PM Thomas
Mar. 08 Wednesday	Helen Hoke	5:00 PM Parsons
Mar. 09 Thursday	People of the Parish	5:00 PM Thomas
Mar. 10 Friday	Fee Detamore	5:00 PM Thomas
Mar. 11 Saturday	Victor Bluj	9:00 AM Parsons
Mar. 11 SATURDAY	People of the Parish	5:00 PM Thomas
Mar. 12 SUNDAY	Manuel Jesus Parada	9:00 AM Thomas
Mar. 12 SUNDAY	Sr. Patricia Marren	11:00 AM Parsons

THOMAS	EXTRAORDINARY MINISTERS	READERS	ALTAR BOYS
03/11	Rita Johnson	Beth Spencer	
03/12	Brittany Cross	Diane Rader	Nathaniel Rader

PARSONS	EXTRAORDINARY MINISTERS	READER	ALTAR BOYS
03/12	Lillian Plumley & Becca Siler	Tom Gutshall	Any and all Available!
Cleaning:	03/05 - 03/11: Cindy Long & Betty DiBacco		

PRAYER LINE

**If you would like to place someone on our prayer line call Mary Frances Evans - Thomas (463-4413)
Paula Siler - Parsons (478-4104) or Cindy Long - Parsons (478-4833)**

The Diocese of Wheeling-Charleston is committed to the protection of its children and young people. The Diocese complies with the United States Conference of Catholic Bishops' Charter for the Protection of Children and Young People by maintaining an Office of Safe Environment. To report an incidence of suspected child sexual abuse, please contact your local law enforcement agency, or you may confidentially contact the West Virginia Bureau for Children and Families/Child Protective Services by calling the Child Abuse Hotline at 800.352.6513 Å FREE. 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, Å FREE (toll free) or 304.233.0880: Sister Ellen Dunn, ext. 264; Mr. Bryan Minor, ext. 263; Msgr. Frederick Annie, ext. 267, or Msgr. Anthony Cincinnati, 270. For more information on the Diocese's Office of Safe Environment, please go to www.dwc.org, then click the "Diocese" tab, then click "Office of Safe Environment" under the "Offices" menu. To learn more about the Catholic Church's efforts in preventing sexual abuse of children in the United States, please visit <http://www.usccb.org>. Under "Issues and Action," click "Child and Youth Protection" from the drop down menu.

HOLY COMMUNION: *We welcome to the Holy Mass all who share our faith in the Lord Jesus Christ. While all are welcome here, we cannot extend to all an invitation to receive Holy Communion. This is not for lack of Christian hospitality. Rather, it is the recognition by the Catholic Church that real divisions of faith and practice do sadly exist among Christians. Practicing Catholics who go to Confession whenever needed are invited to receive Holy Communion. Non-Catholic Christians and those Catholics who should not receive Holy Communion (including those married outside the church and those in need of the sacrament of Penance) are asked to pray for a spiritual communion with the Lord Jesus and for the unity of His Church. Those who are not receiving Holy Communion but who would like to receive a blessing are invited to indicate this desire by crossing their arms across their chests as they approach the priest in the Communion procession.*

Let us remember in prayer all of our sick and shut-ins: Champ Sedmock, "Sob" Gennantonio, Eleanor James, J. Pat Nichols, Mary Moore, Vincent DiBacco, Dan Ingram, Mary Johnson, Joe Sagace, Jim Willis, Jean Lomanto, Edward Brobst, Frank Hoffner, JoDella Stahl and Charles Siler.

We offer a hearty welcome to all of our visitors! If you would like to make a contribution to our parish, please use the visitor's envelope in the pew.