

SAINT FRANCIS OF ASSISI ROMAN CATHOLIC CHURCH

(Diocese of Wheeling-Charleston)

524 Holley Street, St Albans, WV 25177 304-727-3033

www.stfranciswv.org parish@stfranciswv.org www.facebook.com/stfrancisofassisisaintal



MARCH 16, 2025 SECOND SUNDAY OF LENT

OUR MISSION

-In the spirit of Saint Francis, we, the church family, strive to discover Christ's peace in us and in each aspect of creation by welcoming and walking hand in hand with our brothers and sisters on our faith journey-



"IF GOD CAN WORK THROUGH ME, HE CAN WORK THROUGH ANYONE." - SAINT FRANCIS OF ASSISI

A WARM WELCOME TO SAINT FRANCIS OF ASSISI PARISH!

To register as a new or returning member of the parish, please contact the parish office at 304-727-3033. The parish community will be indeed delighted to have you.



17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday	23 Sunday
Dn 9: 4b-10 Lk 6: 36-38 (23) St. Patrick Bishop	Is 1:10, 16-20 Mt 23: 1-12 (231) St. Cyril	2 Sm 7: 4-5a, 12-14a Mt 1:16, 18-21, 24a St. Joseph	Jer 17: 5-10 Lk 16: 19-31 (233)	Gn 37: 3-4, 12-13a Mt 21: 33-43, 45-46 (234)	Mi 7: 14-15, 18-20 Lk 15: 1-3, 11-32 (235)	Ex 3:1-8a, 13-15 1 Cor 10:1-6, 10-12

PARISH INFORMATION

Date	Mass Time	Mass Intention	Lector	Extraordinary Minister(s)	Altar Servers	Rosary Leader
Sat Mar 15	5:00 pm	John Hebb & Cecil Broom By Donna Hebb	Fred Heindl	Leslie Huffman (X) Midge Butler (C) Helen Musrock (C)	Volunteers	Midge Butler
Sun Mar 16	11:00 am	Intentions of the people of the parish	Tom Williams	Paul Niedbalski (X) Mary Sanney (C) John Carnell (C)	Emma Vaughan Rylee Fenimore Evelyn Winiesdorffer	Lynn Fenimore
Mon Mar 17	—	—	—	—	—	—
Tue Mar 18	6:00 pm	Patricia A. Cain By Tony & Mary Jane Gertz	Pat Romanosky	Suzanne Farley	—	—
Wed Mar 19	8:15 am	In Memory of Miguel Matheus	Pat Tabor	Lynn Fenimore	School Students	—
Thu Mar 20	8:15 am	John Rogers By Kathy Shomo	School Students	Jennifer Lopez (X)	—	—
Fri Mar 21	6:00 pm	Frank Murray & John Bess By Barb Murray	Dawna Kessler	Midge Butler	—	—
Sat Mar 22	5:00 pm	Marilyn Arose By Kim Kieffer	Lisa Desposito	Midge Butler (X) Helen Musrock (C) Tom Liberatore (C)	Volunteers	Dave DeLuca
Sun Mar 23	11:00 am	Intentions of the people of the parish	Dawna Kessler	Bill Tabor (X) Mark Muchow (C) Shaun Lopez (C)	Mary Pauley Lily Palmer Hadley Heumann	Midge Butler

LITURGY SCHEDULE

Saturday

Rosary: 4:30 pm
Mass: 5:00 pm

Sunday

Rosary: 10:30 am
Mass: 11:00 am

Weekdays

Tue: 6:00 pm
Wed: 8:15 am
Thurs: 8:15 am
Fri: 6:00 pm

Adoration

Friday 5:00 pm

For rental of church facilities (parish center, gym, cafeteria), please contact:

Mary Nichols
304-727-9832

St Francis of Assisi Parish And School Staff

Father Sojan Xavier, Pastor..... (304) 435-4342 / sxavier@dwc.org
Liz Liberatore, Parish Secretary..... (304) 727-3033 / parish@stfranciswv.org
Gwen Muchow, Bookkeeper..... (304) 727-3033 / gwenbmuchow@stfranciswv.org
Nanette Martin, Music Director..... (304) 727-3033 / nmartin@stfranciswv.org
Sandi Hudson, Religion Director.....(304) 549-4009 / shudson@stfranciswv.org
Erin Sikora, Principal..... (304) 727-5690 / esikora@sfsww.com
Kelly Oxley, School Office Manager..... (304)727-5690 / koxley@sfsww.com
Paul Niedbalski, Knights of Columbus.....(304)545-5100 / ginoffice@aol.com
Shaun Lopez, Pastoral Council President..... (681) 439-0421 / shnlopez@gmail.com
Fred Heindl, Property Manager.....(304)415-5942

Pastoral Availability

Father Sojan is available any time of day or night for spiritual guidance. If you or a family member is sick / homebound & require Communion or Sacrament of Anointing, contact him (304-435-4342) or the parish office.

Marriage Preparation

Engaged couples planning to marry at St. Francis should be practicing Catholics & are required to participate in a Marriage Preparation Program. 6 months notice is required. Contact the office to discuss date of marriage.

Order of Christian Initiation

Children ages 7-17& adults who have not been baptized or baptized but not confirmed go through a faith formation program before they are admitted to the sacraments.

Parish Office Hours Tues-Fri 9:00 am to 1:00 pm

TRANSFIGURATION AND AGONY—TWO SIDES OF THE SAME COIN



As we journey through Lent, we walk with Jesus through moments of radiant glory and moments of deep suffering. As we journey through Lent, we walk with Jesus through moments of radiant glory and moments of deep suffering. Today's Gospel invites us to see that the Transfiguration and the agony of Jesus are not separate events but intimately connected—two sides of the same coin. This paradox is at the heart of our faith: the glory of Christ does not erase the suffering of the cross; rather, it reveals its meaning.

The Transfiguration: A Glimpse of Glory: On Mount Tabor, Jesus is transfigured before His disciples. His face shines like the sun, His clothes become dazzling white, and Moses and Elijah appear, speaking of His coming “exodus” (Luke 9:31)—a foreshadowing of His Passion in Jerusalem. This moment of divine radiance is not an escape from suffering but a revelation of what lies beyond it. The Father's voice thunders: **“This is my beloved Son, listen to Him!”** (Luke 9:35).

But why is this moment of splendor given to us during Lent—a season marked by penance and sacrifice? Because it was given to the disciples just before they would witness Jesus' suffering. It was meant to strengthen them for the road to Calvary, just as it strengthens us on our own Lenten journey.

The Agony: The Cost of Love: The Transfiguration and Jesus' agony in Gethsemane mirror each other in striking ways:

Both take place on a mountain—Mount Tabor and the Mount of Olives.

Both are witnessed by the same three disciples—Peter, James, and John.

In both, Jesus is in deep prayer.

In both, the disciples struggle to stay awake.

Yet the contrast is profound. On Tabor, Jesus is bathed in light; in Gethsemane, He is covered in sorrow. On Tabor, His divine glory is revealed; in Gethsemane, His human weakness is laid bare. On Tabor, the Father proclaims, **“This is my beloved Son”**; in Gethsemane, the Son cries out, **“Father, let this cup pass from me”** (Luke 22:42).

The same Jesus who shines in glory will soon sweat drops of blood in agony. His suffering is not a failure of His divinity but the very path to His ultimate glory. The cross is not the end; it is the means by which redemption is won.

Our Lives: Between Mountains and Valleys: Like Jesus, we too experience both transfigurations and agonies. There are moments when God's presence feels so close—through prayer, a sacrament, a moment of grace. These are our Tabor moments. But there are also moments of struggle, doubt, and suffering—our Gethsemane experiences.

Abraham's journey in Genesis 15 reflects this tension. God promises him descendants as numerous as the stars, yet his journey is marked by waiting and sacrifice. Faith grows in this interplay between promise and trial.

Lent: A School of Transformation: St. Paul reminds us: **“Our citizenship is in heaven”** (Philippians 3:20). Lent prepares us for this heavenly reality. Through prayer, fasting, and almsgiving, we are transfigured—not by escaping the cross, but by embracing it.

Prayer draws us up the mountain, helping us seek God's face.

Fasting detaches us from worldly comforts, awakening a deeper hunger for God.

Almsgiving invites us into the agony of others, mirroring Christ's compassion.

These practices do not remove suffering but transform it into a path toward glory.

Walking the Lenten Path with Hope: Peter wanted to build tents on the mountain, to remain in the glory of the Transfiguration. But Jesus led him down, back to the journey toward Jerusalem. Lent is not about escaping trials but meeting God within them. When we face darkness, let us remember the light of Tabor. When we experience joy, let us stay rooted in the humility of the cross.

As the ashes of Lent remind us of our mortality, the Transfiguration whispers of our destiny: to be glorified in Him. This Lent, let us embrace both the mountaintop and the garden, knowing that each step—whether in light or shadow—leads us closer to the Resurrection.

MASS EXPLAINED...

THE BREAKING OF THE BREAD...THE FRACTION RITE IN THE MASS



The *Breaking of the Bread*, or the **Fraction Rite**, is a deeply significant moment in the Mass. It is not a mere practical action, but a sacred act filled with theological and historical meaning, tracing back through salvation history. This ritual recalls the breaking of bread by the ancient Jews, Jesus' own actions in the Gospels, the early Church's Eucharistic celebrations, and its continued practice today.

1. The Breaking of Bread in Jewish Tradition: For the ancient Jews, breaking bread was more than just a way to eat—it was a symbolic act of sharing and communion. Bread was a fundamental part of daily life, and to break bread with others signified unity, hospitality, and fellowship.

At the Passover meal, unleavened bread was broken and eaten as a sign of their hasty departure from Egypt (Exodus 12:15-20).

In Jewish blessings over meals, the father of the household would take the bread, bless it, break it, and distribute it, an act that foreshadowed what Jesus would do at the Last Supper.

Thus, the breaking of bread was already a well-established practice among the Jews, one that carried deep spiritual significance.

2. The Breaking of the Bread in the Gospel (Four Key Occasions): In the New Testament, the act of breaking bread takes on even greater meaning. Jesus Himself performs this action on several key occasions:

The Feeding of the Five Thousand (Matthew 14:13-21, Mark 6:30-44, Luke 9:10-17, John 6:1-15)

Jesus takes the loaves, blesses them, breaks them, and distributes them to the people.

This miraculous feeding prefigures the Eucharist, where He will again take, bless, break, and give.

The Last Supper (Matthew 26:26-29, Mark 14:22-25, Luke 22:19-20)

At the Passover meal, Jesus takes the bread, blesses it, breaks it, and gives it to His disciples, saying, "*This is my Body.*"

This is the institution of the Eucharist, in which Christ makes Himself truly present under the form of bread and wine.

The Road to Emmaus (Luke 24:13-35)

After His Resurrection, Jesus walks with two disciples and teaches them the Scriptures, but they do not recognize Him.

When He sits at table with them and breaks bread, their eyes are opened, and they recognize Him.

This event shows how Jesus is made known through the breaking of the bread, just as He is in the Eucharist.

Jesus Appearing to the Disciples (Luke 24:36-43)

When Jesus appears to His disciples after His Resurrection, He eats with them.

Though not explicitly a Eucharistic meal, it highlights the importance of sharing a meal in recognizing Jesus' presence.

These moments show how Jesus used the breaking of bread as a sign of His presence, His teaching, and ultimately, His gift of the Eucharist.

3. The Breaking of the Bread in the Early Church: After Jesus' Resurrection and Ascension, the first Christians continued His practice of breaking bread:

- **Acts 2:42, 46** – "*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer... They broke bread in their homes and ate together with glad and sincere hearts.*"
- **Acts 20:7** – "*On the first day of the week we came together to break bread.*"

The term "**Breaking of the Bread**" became a common name for the Eucharist in the early Church.

This shows that from the very beginning, Christians understood the Eucharist as the fulfillment of Jesus' words and actions.

4. The Significance of the Fraction Rite in the Mass: When the priest breaks the consecrated Host during Mass, he is not simply dividing the bread—he is participating in this great tradition:

- It **reminds us of Christ's Passion and Death** – Just as Jesus' body was broken on the Cross, so too is the Eucharistic Host broken.
- It **signifies our unity as the Body of Christ** – Though the Host is broken, Christ remains fully present in each piece. This reflects how the Church, though composed of many members, remains one in Christ.

It **connects us with the past** – From the Old Testament, to Jesus, to the apostles, to the early Church, and down to today, the breaking of bread is a continuous sign of God's covenant with His people.

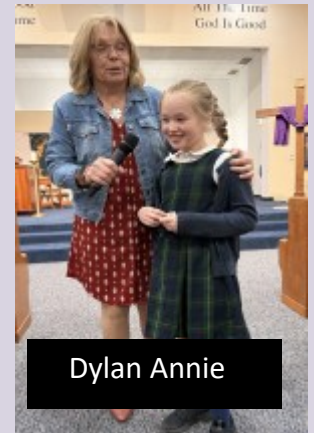
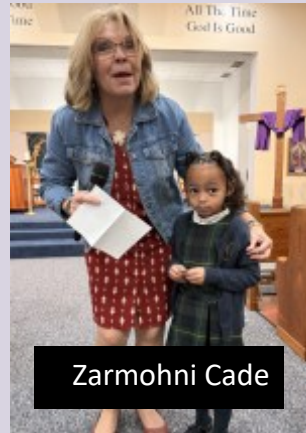
Thus, the Fraction Rite is no small ritual—it is a sacred moment that connects us to the entire history of salvation, reminding us that we, too, are called to partake in the Body of Christ.

NEWS AND UPDATES

KUDDOS TO THE KNIGHTS OF COLUMBUS AND THEIR RECORD BREAKING FISH FRY. OVER 500 PEOPLE WERE SERVED FRIDAY! THE WOMEN'S CLUB PROVIDED HOMEMADE DESSERTS AND THE 5TH GRADERS WERE WONDERFUL HELPERS!



GOOD SAMARITAN AWARD WINNERS!



Lenten and Easter Dates—Note your calendars!

Ash Wednesday -March 5

Palm Sunday -April 13

Penitential Service -April 15

Holy Thursday—Chris Mass -April 17

Good Friday -April 18

Easter Vigil -April 19

Easter Sunday -April 20

Singing through the Seasons:

Music for the Easter Season, Ordinary Time, funerals and the Psalms

FREE for those involved in music ministry (music & choir directors, cantors, choir members, music teachers, etc.) in the Diocese of Wheeling-Charleston



Tuesday, March 25 at 6:00 PM

Blessed Sacrament Parish
South Charleston



Conducted by David Anderson, nationally-known presenter and Editor at Large for GIA publications

To Reserve Your Spot Today:

Please email bkime@dwc.org or call 304-230-1558



Sponsored by the Diocese of Wheeling-Charleston



David Anderson also serves as Organist and Director of Pastoral Music and Liturgy at Ascension and St. Edmund Parish in Oak Park, Illinois where he conducts three parish choirs of various sizes and age groups. David completed a Master of Church Music at Concordia University, and a Master of Liturgy and Ministry at Catholic Theological Union, both in Chicago. In 2024, he received the Doctor of Pastoral Music degree at Southern Methodist University in Dallas.

ST. FRANCIS
OF
ASSISI
SCHOOL

NOW
ENROLLING
FOR
6TH GRADE

525 Holley St.
St. Albans, WV 25177
304-727-5690

VISIT OUR WEBSITE TO APPLY
WWW.SFSWV.COM

~Providing Excellence in Education~

NEWS AND UPDATES

A heartfelt thank you to Bishop Mark Brennan who presided over the blessing of our new Baptismal Font and Tabernacle on Sunday!

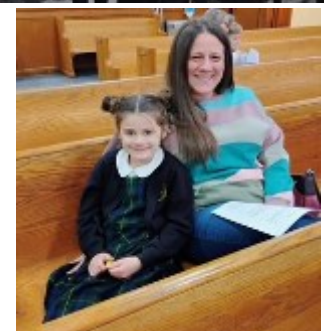


Thank you Tamara's Dancers! Beautiful job girls!

Thank you Mary Nichols for arranging our Thanksgiving Lunch after the Blessing of the Church pieces



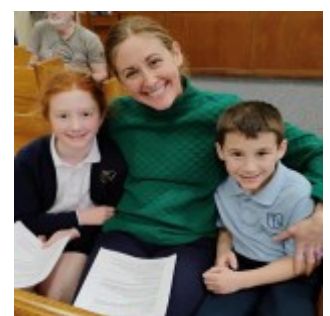
ASH WEDNESDAY ASHES



S T A T I O N S OF THE C R O S S



"Remember that you are dust and to dust you shall return"



NEWS AND UPDATES

Saint Patrick, Bishop March 17

“May it never befall me to be separated by my God from His people whom He has won in this most remote land. I pray God that He gives me perseverance, and that He will deign that I should be a faithful witness for His sake right up to the time of my passing.” From his memoirs, *The Confession*.



Scan Here for Tickets!

St. Francis of Assisi School
Ceili Dinner
& Silent Auction

Saturday, March 29, 2025 🍀 6-10 p.m.

Angela's on the River
2 6th Avenue, Saint Albans, West Virginia




Saint Joseph, Spouse of the Blessed Virgin Mary March 19

St Joseph, the spouse of Mary, the mother of Jesus, and the legal father of Jesus according to Jewish law, is a model of humility and obedience to God's will. He followed God's instructions, given by angels in dreams, and took the pregnant Mary into his home as his wife, protected her and Jesus at the child's birth in Bethlehem through the family's sojourn in Egypt, and provided for them as a carpenter in Nazareth. Though he is rarely mentioned in the Bible, the Church has seen St. Joseph as a role model and guide for centuries. A popular tradition on St. Joseph feast day is the St. Joseph Altar or St. Joseph Table. Arkansas Catholic describes the tradition in parishes and organizations in our diocese. There are several online resources to help you put together this celebration at home, including: "St. Joseph Altar For Beginners," "Foods for St. Joseph's Altar" and a "Blessing of the Saint Joseph Altar."

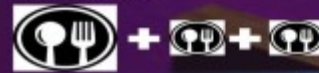
Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

What is FASTING ABSTINENCE

Catholics@Work

One full meal per day and two smaller meals if added together would not exceed one full meal.



Refraining from eating meat. Fish, seafoods, egg, and milk are allowed.



WHEN

✓ Ash Wednesday
✓ Good Friday

✓ Ash Wednesday
✓ Good Friday and
✓ All Fridays of Lent

WHO ARE REQUIRED

18-59
years old

14
years old and above

SECOND COLLECTION

March 22-23— Diocesan Priests' Retirement fund

-Uphold them in your prayers-

David DeLuca, Jay Dlugos, Suzanne Farley, Nona Fields, Jo Fletcher, Debbie Flinger, Liz Gadd, Barbara George, Alaina Rae Gilbert, Robin Gothard, Aubrie Hebb, Donna Hebb, Nancy Hillen, Diane Holley-Brown, Jane Howley, Max Huck, Kenny Huck, Virgil Huck, Bud Humphreys, Carmelina Kessler, Dawna Kessler, Tooter Kirk, Barbara Lambert, Larry Lerosé, Madison Lopez, Susan Lopez, Nanette Martin, Sue Martin, Brent Marsteller, Mary McNeely, Joe McQuaide, Lillian Matheny, Kim McBurney, Mario Mendez, Jack Myatt, Susan Robinson, Diana Rossi, Scarlett (child), Lillian Schilling, Michael Scott, Peggy Shelton, Matt Sowers, Becky Vannatter Smith, Elizabeth Stonestreet, Joseph Swanson, Valerie Tabit, Pat Tabor, Colleen Ullmer, Joyce Weiskircher, Roberta VanHorn, Pat Vannatter, Robbie Vannatter, Barbara Yeager, Jack Myatt, Kraig Stutes, Teresa Tomas

Immediate Prayer List

Matthew Velazquez
Nanette Martin
Alaina Rae Gilbert
Rick Robinson
Terry DeLuca
Margaret McEvoy
Anna Ng
John Carnell

Josephine Fletcher
Chuck Powers
Matt Sowers
Dave Lucas
Ralph Holand
Darlene Holland
Mary Sanney
Michele Sturgeon

Patty Young
Peggy Shelton
Jason Haught
Katie Sayre
Sara Huffman



NEWS AND UPDATES

Sharing our Treasury

Listed below are collections for March 8 & 9, 2025

Collection for Church Operation.....	\$4,694.57
School.....	\$1,129.00
Diocese.....	\$40.00
Votive Candles.....	\$135.00

Total.....\$5,998.57
Weekly Mass Attendance

Sat- 73 Sun- 135 TOTAL-208

Collections for Church Operations



Collections for Church Operations as of
March 9, 2025

\$15 PER PERSON
KIDS 5-11 \$5

FRIDAY
MARCH 21ST
5:00PM-7:00PM

**ST FRANCIS OF ASSISI
KNIGHTS OF COLUMBUS**

FISH FRY

Dinner Includes: Fish (baked or fried), Shrimp, French Fries, Hush Puppies, Baked Potatoes, Green Beans, Mac & Cheese, Cole Slaw, Rolls, Homemade Desserts and Drinks

Homemade Desserts!

COME AND ENJOY THE BEST FISH FRY IN THE VALLEY

STATIONS OF THE
CROSS WILL BE HELD
EVERY FRIDAY DURING
LENT AT 1:30 WITH
THE SCHOOL STU-
DENTS & AT 6:30pm
FOLLOWING THE 6pm
MASS



St. Francis Blessing Box is located at the corner of 6th Avenue and Park Street. Your donation is a gift to someone in need. A blue bin has been placed in the back of church to collect donated items. Items greatly needed are canned goods, noodles, toiletries, and socks.

Safe Environment Reporting Statement

The Diocese of Wheeling-Charleston maintains an Office of Safe Environment in accordance with the USCCB's Charter for the Protection of Children and Young People. **To Report Suspected Cases of Sexual Abuse of Children:** The Diocese of Wheeling-Charleston encourages reporting to civil authorities first and foremost if a crime has been committed. We also encourage utilizing www.reportbishopabuse.org to make a report about any bishop in the U.S. If you have reason to believe that a bishop has engaged in sexual misconduct, please contact civil authorities in the applicable jurisdiction and visit www.reportbishopabuse.org. **To Report to Civil Authorities:** Contact your local law enforcement; numbers will vary based on your location. If you believe someone is in immediate danger, call 911. **To confidentially report any incidence of suspected child abuse or neglect, including sexual abuse,** contact the West Virginia Bureau for Children and Families' Child Protective Services by calling the Child Abuse Hotline at 800.352.6513. **To Report to Diocesan Authorities:** In addition to civil authorities, the diocese encourages reporting to the appropriate church authorities. **To report suspected cases of sexual abuse of children by personnel of the Diocese of Wheeling-Charleston to the Diocese,** contact one of the following designees at 1.888.434.6237 or 304.233.0880: Mr. Bryan Minor, ext. 263; Mr. Tim Bishop, ext. 353; Sr. Martha Gomez, ext. 264. Or you may call Rev. Don Higgs, 304.685.2367, the Office of Safe Environment at 304.230.1504, or Victims Assistance Coordinator Erin McFarland at 304.559.6742. In addition to the methods listed above for reporting sexual abuse, the Diocese also has partnered with Navex Global to offer the **EthicsPoint** platform to report other, additional concerns, such as suspected financial, professional, and personal misconduct of a priest, deacon, religious, or lay employee of the Diocese or any Catholic parish or school in West Virginia. The EthicsPoint platform can be accessed via www.dwc.org, under "Accountability", then "Report Misconduct" or by calling 844.723.8381. EthicsPoint is a third-party reporting system that reports to civil authorities where applicable and Diocesan authorities, and the identity of the person reporting is protected.