

Bishop Brennan Celebrates Fifth Anniversary as Bishop of Wheeling-Charleston

By Colleen Rowan

In his celebration of Mass on the fifth anniversary of his installation as bishop of the Diocese of Wheeling-Charleston Aug. 22, Bishop Mark Brennan thanked God for the privilege of serving here.

"I have been so encouraged by the vibrant faith of our West Virginia Catholics," he said. "That is really what stands out to me."

The bishop celebrated the Mass at the Cathedral of St. Joseph in Wheeling on the Feast of the Queenship of Mary with 17 priests from around the diocese concelebrating and many faithful attending. In welcoming all, the bishop remembered his first Mass in the cathedral. He thanked all who have helped him over the years—the people in the parishes, the priests and deacons, those who work in the chancery, and many more.

The celebration of the Queenship of Mary is just a week after the Feast of her Assumption body and soul into heaven, the bishop said. "Mary is light that reflects the glory and the goodness of her divine son as the moon reflects the light of the physical sun," he said, adding that her Assumption also gives us hope in God's promise of our future resurrection from the dead. Her crowning as queen of heaven and earth assures us of her continued and efficacious intercession for us, the bishop said.

See "Anniversary" on Page 2



Colleen Rowan photo

During the celebration of Mass at the Cathedral of St. Joseph in Wheeling on the fifth anniversary of his installation as bishop of the Diocese of Wheeling-Charleston Aug. 22, Bishop Mark Brennan receives the gifts from Gerri Wright, director of St. John XXIII Pastoral Center in Charleston (left), and Joyce Bibey, manager of Writing and Social Media for the diocese. With the bishop are Tyler Greenwood, pastoral associate at the cathedral (left), and Deacon Paul Lim, vice president for Mission Integration at WVU Medicine Wheeling Hospital.

Eucharist Satisfies Hunger for Hope, Truth, Salvation, Pope Says

By Cindy Wooden, Catholic News Service

VATICAN CITY (CNS) — When receiving the Eucharist, Catholics should respond with gratitude and awe that Jesus offers himself as nourishment and salvation, Pope Francis said.

Jesus "becomes true food and true drink," the pope said. "Thank you, Lord Jesus! Let's say, 'Thank you, thank you' with all our heart," he told visitors and pilgrims who joined him in St. Peter's Square Aug. 18 for the midday recitation of the Angelus prayer.

In the day's Gospel reading from St. John, Jesus tells the crowd that he is "the living bread that came down from heaven" and that whoever eats his flesh and drinks his blood will have eternal

life

Some were surprised by Jesus' words, and not in a good way, the pope said. But for Catholics, "the bread from heaven is a gift that exceeds all expectations."

"The heavenly bread, which comes from the Father, is the Son himself made flesh for us," he said. More than the bread that human beings need to survive, the gift of Jesus in the Eucharist "satisfies the hunger for hope, the hunger for truth and the hunger for salvation that we all feel not in our stomachs, but in our hearts."

"Every one of us needs the Eucharist," Pope Francis said.

"He saves us, nourishing our lives with his

own, and he will do this forever," the pope said. "And it is thanks to him that we can live in communion with God and with each other."

The Eucharist, he said, is not "something magical, no. It is not something that will immediately solve all problems, but it is the very body of Christ that gives hope to the poor and overcomes the arrogance of those who gorge themselves at their expense."

Pope Francis asked Catholics to ponder two questions: "Do I hunger and thirst for salvation, not just for myself, but for all my brothers and sisters? When I receive the Eucharist, which is the miracle of mercy, do I stand in awe before the body of the Lord, who died and rose again for us?"

Inside:

Death Penalty Fuels 'Poison' of Revenge in Society, Pope Says, Page 4

Sanctuary Renovation Project Begins at St. Peter Claver Church in Huntington, Page 11

Anniversary...

Cont'd from Page 1

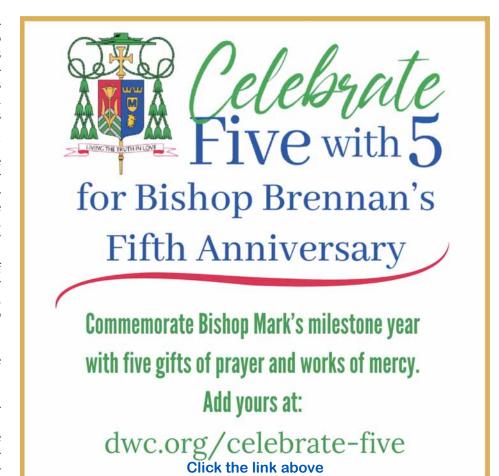
"Counting on Mary's prayers and God's grace we can be the light people need to see, the gospel they need to hear," Bishop Brennan said. " For nothing is impossible for God. I said it in my first Mass. I say it again today: We have light that we need to share with others. We know who the world's savior is. We know his name, Jesus. We have to share our faith in him with others. ... It's the job of every one of us to share our faith in Christ and help them experience the light of Christ that we've experienced in our lives."

Bishop Brennan also spoke of the many good things that have come about with the help of so many in the last five years. He spoke of the strengthening of the Diocesan Finance Council and establishing the Diocesan Pastoral Council, which was brought back through the work of Msgr. Eugene Ostrowski, the former vicar general. He continued, saying the diocese has been very blessed with a good vocations director, Father Brian J. Crenwelge. And with prayers from the people, the diocese has gone from having only a few seminarians five years ago to 18 men in formation this year. The bishop also noted the success of the diocese's Catholic schools, not just in enrollment increasing the last few years but the quality of the teaching and the formation of the faith that is given to students.

"All of these are good signs," Bishop Brennan said, "and we have something good to share about our Catholic Church here in West Virginia. So, let us do that. Let us share our faith in Christ with others and see our church grow. Mary, I know you're listening. Hear our prayer. Pray for this, our little Diocese of Wheeling-Charleston, that we may grow in our faith in your son and grow in the number of people who respond to him."

The bishop prayed, "Mary, mother of the church..." And the congregation joined him in saying, "Pray for us."

To celebrate the bishop's anniversary, parishes, Catholic schools, and the faithful across the state have been participating in Celebrate Five with 5. This is "an opportunity for us to commemorate Bishop Mark's milestone year with gifts Christ taught us were the greatest to give—prayer and works



of mercy. Throughout the year faithful will be able to go online ... at https://dwc.org and gift your

five," program officials state on the website. The link to the page is in the ad above.

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 or has interfered with an investigation into sexual misconduct, please contact civil authorities in the applicable jurisdiction and visit www.reportbishop abuse.org. To Report to Civil Authorities: Contact your local law enforce**ment:** 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. You may report anonymously to this hotline if you prefer. **To Report to Diocesan Authorities:** The diocese

encourages reporting to the appropriate civil authorities first and foremost if a crime has been committed. The diocese also 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; or Sr. Martha Gomez, ext. 264. You may also call the Diocese's Office of Safe Environment at 304.230.1504. You may also call the Diocese's sexual abuse hotline at 833.230.5656. Additional methods of reporting are available at www.dwc.org, under "Accountability." Complaint forms are available online at www.dwc.org, click "Diocese" on the menu bar, then "Offices," then "Safe Environment", then "Download Files and Forms." The form is, titled "Complaint Form for Allogations of Sayual Abuse of "Complaint Form for Allegations of Sexual Abuse of a Minor." The form may be returned via U.S. mail to: Office of Safe Environment, Diocese of Wheeling-

Charleston, PO Box 230, Wheeling WV 26003. To Report to the Diocese's Victim Assistance Coordinator: please call Erin McFarland, M.Ed., LPC, 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. Links and information: WV Department of Health and Human Resources: https://www.wvdhhr.org/report.asp. West Virginia State Police, Crimes Against Children Unit: 304-293-6400.

Sexual Abuse Awareness Training

The U.S. Conference of Catholic Bishops requires all Dioceses/Eparchies have a Safe Environment Program for the protection of children and young people. In accordance with these requirements, the Diocese of Wheeling-Charleston's Safe Environment Program consists of the following components for persons seeking employment or to volunteer, directly or indirectly, with children; background check; receipt of the Diocese's Policy Relating to Sexual Abuse of Children; and sexual abuse awareness training may be completed on awareness training for adults. Sexual abuse awareness training may be completed online or via live workshop. For more information, go to www.dwc.org, click "Diocese", then "Offices," then "Office of Safe Environment."



Office: 1322 Eoff St. Mailing: PO Box 230 Wheeling, WV 26003 (304) 232-0444

AF # F B .

Web site: www.thecatholicspiritwv.org Diocesan Web site: www.dwc.org August 23, 2024 Vol. 55, No. 33

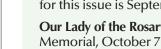
Publisher: Bishop Mark E. Brennan.....

Executive Editor: Colleen Rowan, Ext. 347 crowan@dwc.org

Advertising: contact Colleen Rowan

Freelance Writers: Martina Hart, John Sherwood

Member: Catholic Press Association, West Virginia Press Association



Published every Friday by e-mail and printed 10 times a year (see schedule, right). All issues sent to each registered Catholic household free of charge. Donations to help offset the cost of producing The Catholic Spirit are welcomed. Out-of-diocese subscriptions are \$25 annually. The Catholic Spirit intends its news reports to be fair and accurate in every regard. The opinions of correspondents do not necessarily reflect the opinions of The Catholic Spirit. Submission of news releases, stories and color photos welcomed and encouraged. Not responsible for unsolicited material.

The Catholic Spirit's Print Schedule for 2024

(Digital issues will continue to be published by date every Friday, delivered by e-mail and posted on the catholic spiritwv.org)

This is the new print publication schedule for The Catholic Spirit. Each print issue is named for a memorial, feast day, or celebration of the Church within the month of publication. The following provides the name of the issue; the date of the memorial, feast day, or celebration; and the publication date of the issue.

Exaltation of the Holy Cross

Feast Day, September 14 The Catholic Spirit publication date for this issue is September 6

Our Lady of the Rosary

The Catholic Spirit publication date for this issue is October 4

First Sunday of Advent, December 1 The Catholic Spirit publication date for this issue is November 29

Christmas

Feast Day, December 25 The Catholic Spirit publication date for this issue is December 20

WRITE TO LET YOUR SEMINARIANS **KNOW** YOU'RE PRAYING FOR THEM

Mount St. Mary's Seminary 16300 Old Emmitsburg Road, Emmitsburg, MD 21727



Dominic Re Birthday: February 10



Bryan Tedeschi Travis Moger Birthday: October 17



Birthday: **June 25**



Birthday: September 16



Birthday: January 20



Michael Aiello Nathan Schmidt Christian Davis Birthday: October 4



Andrew Dean Birthday: November 14

The Pontifical College Josephinum 7625 N High Street, Columbus, OH 43235



Timothy Kawash Birthday: July 22



Peter Russman Birthday: April 16



David Hensler Birthday: July 29



Donvito Cortese Birthday: August 30



Reece Lopatka Birthday: June 5



Sebastian Lasko Birthday: September 18

Pope St. John Paul II College Seminary 145 Taylor Street NE, Washington, DC 20017

Pontifical North American College 00120 Vatican **City State Europe**



Michael J. Tupta Birthday: April 24



Joe Derico Birthday: February 16



Chris Nelson Birthday: **December 4**

Pope St. John XXIII **National Seminary 558 South Avenue** Weston, MA 02493



Clifton Mastran Birthday: May 1



Pro-Life Democrats Urge Their Party to Seek Alternatives as Convention Spotlights Abortion

By Kate Scanlon, OSV

(OSV News) — The prolife group Democrats for Life of America urged their party to work on policies that offer women and families support in an effort to reduce abortion at an event near the Democratic National Convention in Chicago, where support for abortion was very much on display.

"We cannot push people out of the party," said Kristen Day, executive director of Democrats for Life and a Catholic, arguing Democrats should demonstrate "empathy and care" on the issue to broaden their coalition.

The Democratic group hosted an offsite event in Chicago to discuss their party's "increasing hostility" toward pro-life voters, while highlighting areas of possible cooperation, such as advocacy for an expanded child tax credit and the Democrats for Life and Americans United for Life's proposal to eliminate out-of-pocket medical costs surrounding childbirth.

Democrats released their party platform Aug. 18, the day prior to the start of their convention. The 92-page platform cements the party's position on expanding access to abortion, and comes as its nominee, Vice President Kamala Harris, has made increasing access to abortion a key part of her presidential campaign.

"With a Democratic Congress, we will pass national legislation to make Roe the law of the land again," the document states.

In a sign of the Democratic Party's strong ties with Planned Parenthood, a local affiliate of the nation's

largest abortion provider said it planned to provide free vasectomies, medication-based abortions and emergency contraceptives to attendees of the convention via its mobile bus Aug. 19 and 20.

The platform also pledged the party will oppose policies including the Hyde Amendment, which prohibits public funding of elective abortions as one such policy.

A 2022 study by the Pew Research Center found that nearly one in five Democrats and Democratic-leaning independents said abortion should be illegal in all or most circumstances. Among respondents who answered that way, a higher share were women. The study also found that Democrats who oppose legal abortion are much more likely than those who support it to be highly religious and to identify as Christian, including Catholic and Protestant.

But the pro-life Democrats at the Democrats for Life event said the party was pushing out these voters with its current abortion platform.

Former Rep. Dan Lipinski, a Catholic and a Democrat from Chicago who lost his U.S. House seat after a primary challenge from a proabortion rival in 2020, said that the party "cannot keep pushing voters away, but that is exactly what the Democratic Party is doing with pro-life voters."

Day pointed to losses for Democrats in down-ballot state and local offices as an area where the party could reverse its losses by working with voters who oppose abortion, but agree with the **See "Pro-Life" on Page 5**

Death Penalty Fuels 'Poison' of Revenge in Society, Pope Says



CNS photo/Vatican Media

Pope Francis greets Dale Recinella, a lay Catholic minister in Florida who works with prisoners on death row, during a meeting with members of the Pontifical Academy for Life at the Vatican Sept. 27, 2021. Archbishop Vincenzo Paglia, president of the Pontifical Academy for Life, center, introduced Recinella to the pope.

By Justin McLellan, Catholic News Service

VATICAN CITY (CNS) — Capital punishment promotes a deadly attitude of revenge and denies the possibility of change in the lives of incarcerated people, Pope Francis said.

"The death penalty is in no way the solution to the violence that can strike innocent people," the pope wrote in the preface to a new book on prison chaplaincy.

Capital executions, "far from bringing justice, fuel a sense of revenge that becomes a dangerous poison for the body of our civil societies," the pope wrote. And rather than continue the cycle of violence, governments "should focus on allowing prisoners the opportunity to truly change their lives, rather than investing money and resources in their execution, as if they were human beings no longer worthy of living and to be disposed of."

The book featuring the pope's preface, titled "A Christian on Death Row," shares the experiences of Dale Recinella, a lay Catholic prison chaplain and licensed attorney who, along with his wife, has accompanied people on death row and in solitary confinement in Florida prisons since 1998. The

book, published by the Vatican publishing house, was set to go on sale Aug. 27.

Pope Francis called Recinella's work a "living and passionate witness to God's school of infinite mercy," and he said it is a "great gift to the church and to society in the United States."

In light of the upcoming Holy Year 2025, the pope wrote, Catholics should "collectively call for the abolition of the death penalty."

"As the Extraordinary Jubilee of Mercy taught us, we must never think that there could be a sin, a mistake, or an action of ours that distances us permanently from the Lord. His heart has already been crucified for us," he wrote. "And God can only forgive us."

In 2018, the pope formally changed the Catechism of the Catholic Church to unambiguously oppose the death penalty. While the previous language allowed for the death penalty in extreme cases, the revised entry in the catechism calls the death penalty "inadmissible" and states that the church "works for determination for its abolition worldwide."

In his preface, Pope Francis said that God's infinite mercy toward each

See "Pope" on Page 5



LEWIS GIANOLA PLLC

Webester J. Arceneaux • Matthew R. Bowles • James A. Gianola John F. Gianola • Sandra H. Kinney • Mark A. Sadd

> Charleston | Morgantown A West Virginia law firm www.lewisgianola.com



The U.S. Conference of Catholic Bishops's teaching document on political engagement, "Forming Consciences for Faithful Citizenship," provides guidance to Catholic voters during a presidential election year.

(OSV News/Courtesy USCCB)

Click here to read the document

Pro-Life...

Cont'd from Page 4

party on other policy matters.

Chelsey Youman, national legislative advisor with Human Coalition Action, told OSV News that "Planned Parenthood performing abortions outside the DNC is both horrifying and telling."

She noted that Illinois had seen one of "the biggest surges in abortion since Dobbs" and that abortion advocates "also want to fund women's abortions with our taxpayer dollars, \$700 million of which already goes to Planned Parenthood."

"Instead of offering free sonograms, mammograms or gynecological care, they offer death. Instead of helping women resolve their economic and relational struggles, they help kill their children," she said. "This stunt reminds us that pregnancy centers are the only ones who take women seriously and help transform their lives for the better."

In contrast to the Planned Parenthood abortion bus, Democrats for Life hosted a diaper drive to support local Chicago families in need

Pro-life advocates have seen a recent weakening of their position in the Republican Party, although nowhere near to the extent that their counterparts in the Democratic Party have experienced. In July, at the direction of its presidential nominee, former President Donald Trump, delegates at the Republican National Convention approved a new party platform that removed a longstanding call for federal abortion restrictions at 20 weeks and stated that Republicans will "protect and defend a vote of the people, from within the states, on the issue of life."

That document stated the party believes the 14th Amendment "guarantees that no person can be denied Life or Liberty without Due Process, and that the States are, therefore, free to pass Laws protecting those Rights," but that the party would seek to "advance Prenatal Care, access to Birth Control, and IVF (fertility treatments)."

The Democratic National Convention concludes in Chicago Aug. 22.

(Kate Scanlon is a national reporter for OSV News covering Washington)

Pope...

Cont'd from Page 4

person "can also be scandalous," noting the many criticisms and rejections Recinella has faced for his prison ministry. "But is it not true that Jesus welcomed in His embrace a thief condemned to death?" the pope asked.

"Even the most heinous of our sins does not mar our identity in God's eyes: we remain His children, loved by Him, protected by Him and considered precious."

Pope Francis explained that in one loving gaze, "like that of Christ on the cross," incarcerated people "may find a new meaning in their lives and indeed, in their deaths."







SAINT JAMES THE GREATER, CHARLES TOWN

END OF LIFE: CATHOLIC QUESTIONS & ANSWERS

August 31, 2024

8 am Mass & Gathering in the Saint James Social Hall
Continental Breakfast Provided

Now and at the Hour of our Death

We prepare for eternal life by choosing to love and follow God now, in our daily lives and decisions. For example, through prayer and regular reception of the sacraments, especially Confession and the Eucharist, we obtain grace to live in ever-deeper communion with God and with one another in lives of faith, charity, and justice. We ask for Our Blessed Mother's help now, and we entrust ourselves to her further as we "surrender 'the hour of our death' wholly to her care."

Forming Our Consciences

Our journey with Christ naturally includes equipping our consciences to make morally good judgments and acting accordingly. Learning about the dignity of human life and the indispensable respect for it, as well as applicable principles for medical care, is particularly important in preparing for our eventual passing.

Some bishops offer guides applying moral principles to local legal options. Parish and online resources are also widely available for careful and prayerful study, and the Ethical and Religious Directives from the United States Conference of Catholic Bishops give direction for health care services to those who are seriously ill or dying.

https://www.usccb.org/committees/pro-life-activities/catholic-considerations-our-earthly-passing

- PASTORAL CARE OF THE SICK & DYING
- CATHOLIC BIOETHICS: FORMING OUR CONSCIENCES
- FUNERAL & CEMETERY PLANNING
- CHARITABLE LEGACY PLANNING
- LEGAL CONSIDERATIONS



We will take questions on the day of the seminar. We also invite you to send in questions, thoughts, and concerns about end of life issues. Your submissions will remain confidential and will be answered during the in-person presentation.

If you prefer to send them by email, please send your questions to stewardship@stjameswv.org

Catholic Medical Association Applauds Statements from American Society of Plastic Surgeons Regarding Treatment of Gender Dysphoria in Adolescents

By Gina Christian, OSV News

(OSV News) — A group of Catholic medical professionals is hailing recent remarks by U.S. plastic surgeons questioning surgical interventions for teens experiencing gender dysphoria.

The physician-led Catholic Medical Association — which represents some 2,600 health care professionals — stated in an Aug. 15 press release that it "applauds the recent statements from the American Society of Plastic Surgeons ... regarding the treatment of gender dysphoria in adolescents."

In an Aug. 12 article published by the Manhattan Institute's quarterly City Journal, ASPS was cited extensively with regard to the performance of "chest and genital surgical interventions for the treatment of adolescents with gender dysphoria."

The article's author, Manhattan Institute fellow Leor Sapir, quoted a July acknowledgment he had received from ASPS that "the existing evidence base (for the practice) is viewed as low quality/low certainty," and that there is "considerable uncertainty as to the long-term efficacy" of such procedures.

Sapir noted that "plastic surgeons are increasingly finding themselves in the hot seat of gender medicine lawsuits" filed by those seeking to reverse the interventions, with "at least seven" ASPS members named as defendants in close to two dozen lawsuits.

In 2017, one ASPS member performed a double mastectomy on a plaintiff who at the time was just 13 years old, and had received less than a total of two hours of evaluation from the surgeon and a psychologist — despite demonstrating a long history of mental and emotional distress, wrote Sapir, citing details from the legal complaint.

The City Journal article, titled "A Consensus No Longer," said ASPS comments marked the "first big fracture" in the apparent U.S. medical consensus over gender interventions for teens, a unity that had been forged particularly by the

World Professional Association for Transgender Health and the Endocrine Society — and one that has so far withstood a growing trend among European nations to halt the use of puberty blockers, hormones and surgeries in adolescents with gender dysphoria, due to concerns over problematic evidence.

The Cass Review — a final report issued in April by Dr. Hilary Cass, a former president of the Royal College of Pediatrics and Child Health, whom the U.K.'s National Health Service appointed in 2020 to conduct an independent analysis of its gender identity services — found that evidence supporting gender interventions for children and teens was both insufficient and fraught.

Additionally, the Cass Review noted that WPATH and the Endocrine Society had engaged in a "circularity" of approach by citing each other's statements, rather than, as Sapir wrote, "conducting a scientific appraisal of the evidence."

In its press release, CMA said that current treatment recommendations by WPATH, the Endocrine Society and the American Medical Association "only make the suffering of these patients worse, and are contrary to the treatments now adopted by many countries including England, Scotland, Sweden, Finland, Denmark, Norway, France, Australia and New Zealand.

"These countries have prioritized psychological care over medical gender affirming interventions," said CMA.

While "gender dysphoria is a psychological diagnosis," said CMA, "gender ideology is a belief system based on a false human anthropology which undermines the intrinsic value and uniqueness of the human person."

Dr. Michelle Stanford, CMA president, said in the press release that "gender ideology is blind to the abundant scientific data already published on the treatment of gender dysphoria."

She added that "physicians promoting it ignore the harms this belief causes to thousands of confused

young patients."

CMA said in its release that it "understands that these patients are indeed suffering and deserve the most compassionate and best medical care, as was noted in CMA's position paper, 'The Ideology of Gender Harms Children,' released last year."

The association said "systematic studies show that compassionate psychological care allows up to 85-90% of these adolescents to resolve their dysphoria without the harmful and irrevers-

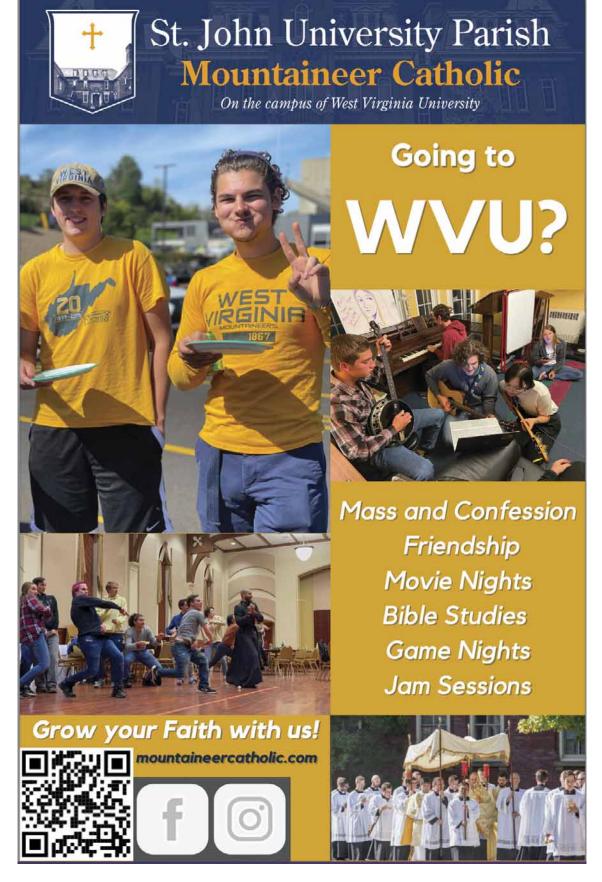
ible effects of pubertal blockers, cross-sex hormones and mutilating surgery."

CMA's upcoming annual educational conference, which will be held Sept. 5-7 in Orlando, will include speakers "who have been hurt by this ideology and the long term health problems they now suffer as a result," said the organization in its release.

"From our first days in plastic surgery residency training, we were taught that there are no surgical solutions to psychological problems and that remains true today," said CMA board member and plastic surgeon Dr. Al Oliva, who is also a member of ASPS, in the press release.

"CMA stands with ASPS and other medical associations that bravely speak the truth about evidence-based treatment of gender dysphoria in adolescents," said CMA in its release.

(Gina Christian is a multimedia reporter for OSV News.)



New Jersey Diocese, Priests Sue Federal Government over Religious Worker Visa Rule Change

By Gina Christian, OSV

(OSV News) — A New Jersey diocese and several priests are suing the federal government over a rule change in religious worker visas, in a case that highlights the perfect storm created by the nation's shifting immigration policies and the Catholic Church in the United States' increased reliance on foreign-born clergy amid a downward trend of domestic vocations to the priesthood.

The Diocese of Paterson, New Jersey, and five of its diocesan priests filed the lawsuit Aug. 8 in the U.S. District Court in Newark, New Jersey. Four of the priests — Father Regin Nico Dela Cruz Quintos, Father Joemin Kharlo Chong Parinas, Father Armando Diaz Vizcara Jr. and Father Joseph Anthony Aguila Mactal — are citizens of the Philippines. The fifth priest, Father Manuel Alejandro Cuellar Ceballos, is a Colombian national.

Named in the suit as defendants are the State Department, the Department of Homeland Security and U.S. Citizenship and Immigration Services, along with their respective heads, Secretary Antony Blinken, Secretary Alejandro Mayorkas and Director Ur Mendoza Jaddou.

The suit alleges that the agencies and their leaders have placed the priests in the position of having to "count the days until they have no lawful choice but to abandon their congregations" in the U.S.

At issue is what the diocese's legal counsel described in an Aug. 16 statement as an unlawful and unconstitutional alteration of how visa availability is calculated for certain noncitizens, which creates "profound immigration delays for noncitizen religious workers."

Under U.S. immigration law, two types of visas are available for religious workers. The employmentbased EB-4, or special immigrant religious worker, visa permits qualified religious workers to immigrate to the U.S on a permanent basis and to potentially become citizens. The R-1 visa, by contrast, allows religious workers to enter the country on a temporary basis and to perform services for up to five years.

However, in March 2023, the State Department announced a sudden change in the allocation of EB-4 visas, thereby significantly lengthening for most applicants the time required to qualify.

In an explanatory note about the revision on its website, the U.S. Conference of Catholic Bishops observed, "One indirect impact of this change is that many more religious workers on a nonimmigrant religious worker (R-1) visa, who might otherwise have sought adjustment of status under the EB-4 category, will be forced to leave the United States upon reaching the maximum five-year period of stay allowed for an R-1 visa."

In March, President Joe Biden extended the EB-4 non-minister special immigrant religious worker program through Sept. 30, although those entering the U.S. solely as ministers, along with their spouses and children, are not affected by the sunset date.

In its legal filing, the diocese noted that the R-1 visas for four of the priests will expire in May 2025, while that of a fifth will lapse in April 2026.

The diocese alleges the rule change by the federal

government was "arbitrary, capricious, misguided, unlawful, conducted without notice or comment and ... an incorrect interpretation of the Immigration and Na-

tionality Act.'

The complaint also holds that the federal government's "implementation of immigration law discriminates against religious employers and favors nonreligious employers," explained the diocese in its Aug. 16 statement.

Violations of the Administrative Procedures Act, the Congressional Review Act, the Religious Freedom Restoration Act, the free exercise clause of the First Amendment, and the due process and equal protection clauses of the Fifth Amendment are all alleged in the lawsuit.

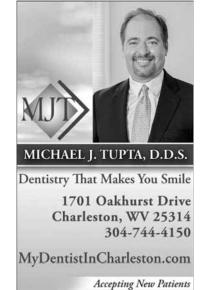
"Our Catholic communities rely on our international clergy to shepherd our flocks and nourish their spiritual journey,"

said Paterson Bishop Kevin J. Sweeney in the diocese's statement. "The State Department's change to the regulations threatens our mission to serve our communities."

Bishop Mark J. Seitz of El Paso, Texas, who chairs the USCCB's Committee on Migration, said during the U.S. bishops' spring 2024 general assembly in Louisville, Kentucky, that the religious worker visa issue "is only expected to worsen with time, if not addressed" — especially since close to 90% of the nation's Catholic dioceses rely on foreignborn clergy and religious.

"This is simply not sustainable for our ministries — and it is especially devastating for parishes that will be left without a pastor when he is forced to depart the country at the end of his R-1 visa," Bishop Seitz told the assembly.

(Gina Christian is a multimedia reporter for OSV News.)









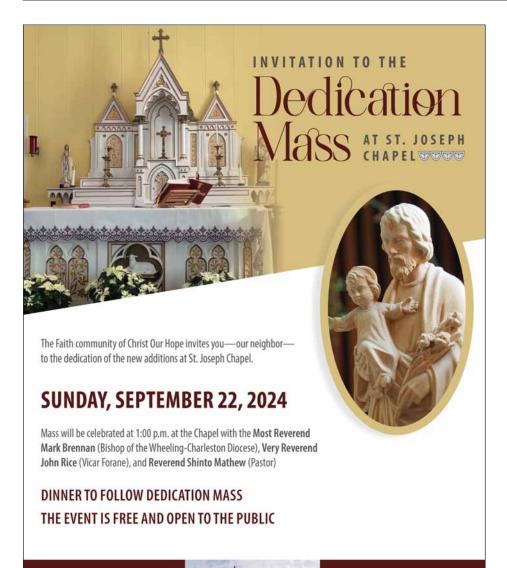


Blessings for a New School Year



Colleen Rowan photo

Father Jeeson Stephan, MCBS, pastor of St. Vincent de Paul Parish and School in Wheeling, blesses SVS students and their backpacks at the end of the first Warrior Mass of the 2024-2025 school year on Sunday, Aug. 19. Students in the Diocese of Wheeling-Charleston's Catholic schools around the state have been heading back to the classroom for the new school year.



RSVP BY SEPTEMBER 15

FOR MORE INFORMATION:

GEORGETTE HEALY

304-477-3301 GBHEALY1@GMAIL.COM

ST. JOSEPH CHAPEL

102 WEST PENN AVENUE

FIND US ON FACEBOOK

@ STJOEPENNSBORO

PENNSBORO, WEST VIRGINIA 26415



St. Monica Mass for the Conversion of Lost Souls to be Celebrated at Cathedral

WHEELING—The Cathedral of St. Joseph in Wheeling will celebrate a Mass for the Conversion of Lost Souls on the Memorial of St. Monica on Tuesday, Aug. 27 at 6 p.m.

In addition to being one of the patron saints of mothers, St. Monica is most often invoked for the conversion of those who have left the practice of the Faith. Following the Mass, the Cathedral will launch a new St. Monica Ministry—a prayer group dedicated to praying for fallenaway loved ones and friends.

Everyone is welcome.

Parkersburg Knights Hosting Family Rosary Sept. 12

PARKERSBURG—Knights of Columbus Council 594 is hosting a family rosary. "Join us as we honor our Blessed Mother by praying Her Most Holy Rosary together as one family," council members said.

The rosary will be prayed at 7 p.m. on Sept. 12 at Council Hall, 1010 Market St.

"Please bring your family and join us!" council members said.

All are welcome! Refreshments will be served following the rosary.

10th Annual Mid-Ohio Valley Rosary Rally Oct. 12

PARKERSBURG—Knights of Columbus councils in the Mid-Ohio Valley announce the 10th Annual Mid-Ohio Valley Rosary Rally, which will be held at Parkersburg City Park band shell on Saturday, Oct. 12 at 11 a.m., rain or shine. In the event of foul weather, the rally will be moved to the adjacent sheltered horseshoe pit.

Anyone interested in helping, or for additional information, contact Jim Udell at (304) 483-1438.

Immaculate Conception Parish in Clarksburg Welcomes Missionary Servants of the Word



Courtesy photo

Immaculate Conception Parish in Clarksburg welcomes Missionary Servants of the Word missionaries for the "term." Susan Jacquelyn Clemente Santos "Jackie," left, has returned. She is known for her awesome job as the soccer referee at the St. Joseph Feast Day Soccer Game. Jackie hails from Columbus, Ohio, and has a goal to help people "have an encounter with the Word of God which is alive and powerful." Joining Jackie this term is Emily Raquel Gonzalez Arellano, right, from Bealeton, Va. Emily is bi-lingual and has a goal to help others "get a close relationship with God through His Word and that they may share that with others." The parish asks all to pray for their work and their journey as missionaries.



Mass Celebrated on Solemnity of the Assumption of the Blessed Virgin Mary at Historic Chapel Marking 185th Anniversary



Courtesy photo Catholics of Monroe County and the region attend Mass at St. John Chapel in Sweet Springs for the Solemnity of the Assumption of the Blessed Virgin Mary Aug. 15.



Jim Copolo photo During Mass at St. John Chapel in Sweet Springs for the Solemnity of the Assumption of the Blessed Virgin Mary Aug. 15 are, from left, Father James Conyers, former pastor; Seán Quirk, altar server; and Msgr. Kevin Quirk, pastor.

atholics of Monroe County and the region gathered at the historic St. John Chapel in Sweet Springs on Aug. 15 for Mass on the Solemnity of the Assumption of the Blessed Virgin Mary. The chapel is celebrating its 185th anniversary this year and is the oldest standing Catholic church in West Virginia still in use.

Gathering for the Mass were members of St. Catherine of Siena Parish in Ronceverte and St. Charles Borromeo Parish in White Sulphur Springs as well as faithful from Virginia and beyond.

The Mass was celebrated by Msgr. Kevin Quirk, pastor of the parishes, St. John's, Chapel of the Immaculate Conception of the Blessed Virgin Mary in Williamsburg, and St. Louis King of France Chapel in Lewisburg. Concelebrating was Father James Conyers, who served as pastor of the parishes and chapels for the last 10 years. Father Conyers retired from active ministry in July. Also concelebrating was Msgr. John Williams of the Diocese of Raleigh, N.C., who is also retired from active ministry. His sister is a local historian.

The earliest records indicate that St. John Chapel was being built and was in use in 1839. Much of the history of the church has been completed by Father Harry Winters, OMI, the last resident Catholic priest in Monroe County. St. John's is now a chapel of St. Charles Borromeo, which joins with St. Catherine of Siena serving most of northern Monroe County.

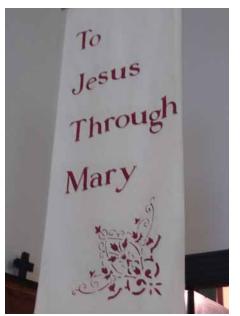
Music for the Mass was provided by the Hymns and Hers, the choir of St. Catherine of Siena and the newly organized choir at St. Charles Borromeo. The day also included an ice cream social and public tours of the chapel.



Courtesy photo During Mass at St. John Chapel in Sweet Springs for the Solemnity of the Assumption of the Blessed Virgin Mary Aug. 15 are Msgr. John Williams of the Diocese of Raleigh, N.C., left, and Father James Conyers, former pastor.



Jim Copolo photo Catholics of Monroe County and the region enjoy the ice cream social following Mass at St. John Chapel in Sweet Springs for the Solemnity of the Assumption of the Blessed Virgin Mary Aug. 15.



Jim Copolo photo A banner hangs inside of St. John Chapel in Sweet Springs on the Solemnity of the Assumption of the Blessed Virgin Mary Aug. 15.

Sanctuary Renovation Project Begins at St. Peter Claver Church in Huntington



Courtesy photo

Shown above is a promotional web banner for the sanctuary renovation project at St. Peter Claver Parish in Huntington.

HUNTINGTON — St. Peter Claver Parish in Huntington announced "great news" on social media Aug. 19. "The renovation of our beloved sanctuary has begun!" the parish posted on Facebook.

The project will include new flooring, paint, updated lighting, replacing ceiling tiles, and a deep cleaning of the wooden surfaces. Father Paul Vazhapilly, administrator of the parish, listed these upgrades and more information about the project in a letter to the

faithful titled "Continuing Our Legacy at St. Peter Claver Parish."

"We do not have to look far to see the Lord's work in Huntington," Father Vazhapilly said. "St. Peter Claver Catholic Church is a pillar in our community because of the generations of faithful who have called it home.

"It was October 1980 when Fr. Pat broke ground for our current church," he wrote. "Forty-four years later with feedback from many of you, we are renovating our

sanctuary, vestibule, and sacristy."

The renovation will address the wear and tear of time, ensuring that this cherished space remains a welcoming and inspiring environment for years to come, Father Vazhapilly said in information on the parish's website.

The goal is to restore the beloved sanctuary to its former glory, creating a more welcoming and inspiring environment for worship and community, Father Vazhapilly said in his letter. "Your donation, no matter the size, will make a significant difference. Together, we can ensure that St. Peter Claver Catholic Church remains a vibrant and enduring spiritual home for generations to come," he said.

Parishioners can donate through the Catholic Sharing Appeal. Everything pledged through the end of 2024 stays at St. Peter Claver.

For more information or to donate, click here.

Hurricane Parish to Host 10-Week VLCFF Course

HURRICANE — A 10-week course is being offered through the University of Dayton's Virtual Learning Community for Faith Formation (VLCFF). This is a live, in-person course which is being held at Ascension Parish in Hurricane on 10 consecutive Wednesdays from Sept. 4 to Nov. 13 (no class Oct. 17).

Two class times will be offered: 5 p.m.-6:30 p.m. and 7 p.m.-8:30 p.m. The course, "Sacraments," is an introductory overview of the theology of the sacraments—the public, liturgical

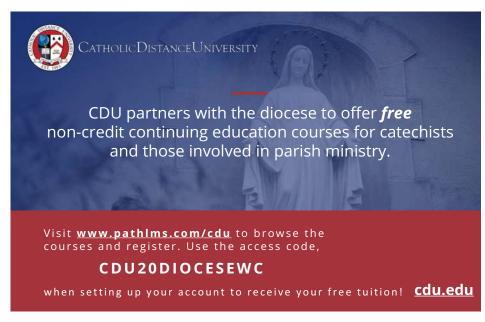
prayer of the Church. Jesus Himself is Sacrament, the visible sign of the invisible God. Eucharist is the sacrament for it contains all that we are, all that the Church is, and all that Jesus says of God. Each of the sacraments will be discussed within the context of its role in the lives of the faithful: initiation into God's life, healing and reconciliation, and service to God's community.

The course is being underwritten by the Diocese of Wheeling-Charleston's Office of

Evangelization & Catechesis, which pays 100% of the tuition and the cost of the books associated with the course. The course facilitator is Gerri Wright.

To register or for questions, please contact Wright at gwright@dwc.org or (304) 342-0507 with your name, address, phone number, and email. Please register as soon as possible, but no later than Tuesday, Aug. 27.

There are limited spots available in each section.





Upcoming Faith Formation and Catechetical Certification Opportunities

Two five-week courses are being offered through the University of Dayton's Virtual Learning Community for Faith Formation (VLCFF). These courses are hybrid models. They are composed of both weekly live two-hour zoom lectures as well as a rich variety of online course materials and discussion experiences through the University of Dayton's Virtual Learning Community For Faith Formation (VLCFF). The courses are being underwritten by the Diocese of Wheeling-Charleston's Office of Evangelization & Catechesis, who pays 100% of the tuition and the cost of any books associated with the courses. The course instructor is Dr. Rodica Stoicoiu. For further information or to register, contact Stoicoiu rodicastoicoiuphd@gmail.com

Catechetical Certification courses are designed for volunteer catechists, Catholic school religion teachers and all those who would be enriched by formal training in this field. For further information regarding the VLCFF certification program, contact Stoicoiu. There are six required courses for level one certification including the class below:

Sacraments

This is an introductory overview to the theology of the sacraments, the public, liturgical prayer of the Church. The Church is never so much the Church as when it is gathered together for liturgy. Jesus Himself is Sacrament, the visible sign of the invisible God. Eucharist is THE sacrament for it contains all that we are, all that the Church is, and all that Jesus says of God. Each of the sacraments will be discussed within the context of its role in the lives of the faithful: initiation into God's life, healing and reconciliation, and service to God's community. In this course we will gain a deeper understanding of the liturgy, the power of symbols, the history of the sacraments including baptism and the OCIA. We will study the Eucharist as Source and Summit of ecclesial life and be able to explain the Sacraments of Initiation, Healing and Vocation. This course will include online materials and a two-hour weekly zoom meeting on Wednesday evenings 7-9 p.m. beginning Sept. 4.

Faith Formation: Study of The Joy of the Gospel: Evangelii Gaudium

Pope Francis has a dream of a Church walking without hesitation on a path of pastoral and missionary conversion with a joyful attitude that is personal and communal. This joy will transform habits, language, and facilities, directing them towards evangelization rather than self-preservation. (EG#27, 192) This dream is the focus of his Apostolic Exhortation, "The Joy of the Gospel," which is the fruit of the October 2012 Synod of Bishops on The New Evangelization for the Transmission of the Faith. Though spurred by the recommendations of the Synod Fathers, the Pope's intentions go beyond it. There is a sense of newness in The Joy of the Gospel that radiates from the document's originality, style, and character. Pope Francis writes, "I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them." (EG#3) The Pope encourages the Christian faithful to embark upon a new chapter of evangelization marked by a joy ever new, a joy which is shared.

As part of our studies, we will look at this Exhortation as it relates to other Church documents, look at the meaning of "New Evangelization" and what it means to be "mission oriented." Of special interest this Fall, in light of the next Synod session, we will discuss the role and responsibility of the laity in the Church under the inspiration of the Holy Spirit and look at what it means to be "Spirit-filled evangelizers" today. The course materials are online and there is a two-hour weekly class discussion on Monday evenings from 7-9 p.m. beginning Sept 2.

Diocese of Wheeling-Charleston CONFIRMATION SCHEDULE – Fall 2024 Bishop Mark E. Brennan, Celebrant

Saturday, September 21: Sacred Heart, Chester, 5 p.m.

Saturday, September 28: St. Mary, Petersburg; 4 p.m.

Sunday, October 6: St. Agnes, Shepherdstown; 10:30 a.m.

Sunday, October 20: Ascension, Hurricane; 11 a.m.

Sunday, October 27: All Saints, Bridgeport; 10 a.m.

Saturday, November 9: St. Peter the Fisherman, Fairmont; 10:30 a.m.

Saturday, November 16: Sacred Heart, Williamson; 7 p.m.

Tuesday, November 19: St. Anthony, Follansbee; 6 p.m.

Employment Opprotunity

Assistant Director for Marriage & Family Life Ministries

The Asst. Director for Marriage & Family Life Ministries will be responsible for all initiating, planning, implementing and executing all of the diocesan efforts in the areas of Marriage and Family Life Ministries, especially as detailed in the Vatican's "Catechumenal Pathway for Married Life" and the USCCB, "Called to the Joy of Love."

This will include marriage preparation efforts.

Required job qualifications: Three years experience in professional parish ministry and/or Catholic theology teaching; Catholic Faith; bachelor's degree in theology, religion, ministry, or catechetics, commitment to the Catholic understanding of marriage; excellent communication skills written and oral.

Please submit your resume along with three professional references to Daniel Maul at dmaul@dwc.org

We Are Now A Full Service Hardware Store!



We Also Specialize n Plumbing, Heating & Cooling Lou W. Nau, Inc.

69 Edgington Lane, Wheeling Phone (304) 242-6311

louwnau.doitbest.com

JOHNSON BOILER WORKS, INC

53 Marshall St. Benwood, WV 26031 (304) 232-3070 Steam Boiler Repairs

Jarvis-Williams Funeral Homes

Weldon P. Williams, FD & LIC "Boots" Jarvis, Co-Owner & Sec 1224 S. Bridge Street, New Martinsville, WV

> 309 N 4th Avenue, Paden City, WV (304) 337-2311



Empowered by Knowledge Transformed by Faith

Gifts to the CSA support tuition assistance, school-based health programs and the Catholic school grant program for all 24 Catholic schools across the state.



Click the Link to Donate Today!

dwc.org/CSA

La pena de muerte alimenta el 'veneno' de la venganza en la sociedad, dice el Papa

CIUDAD DEL VATICANO (CNS) — La pena capital promueve una actitud mortal de venganza y niega la posibilidad de cambio en la vida de las personas encarceladas, dijo el Papa Francisco.

"La pena de muerte no es en absoluto la solución a la violencia que puede sobrevenir a personas inocentes", escribió el Santo Padre en el prefacio de un nuevo libro, publicado en italiano, sobre la capellanía de prisiones.

Las ejecuciones, "lejos de hacer justicia, alimentan un sentimiento de venganza que se convierte en un veneno peligroso para el cuerpo de nuestras sociedades civilizadas", escribió el Papa.

Y en lugar de continuar el ciclo de violencia, los gobiernos "deberían preocuparse por dar a los presos la oportunidad de cambiar realmente de vida, en lugar de invertir dinero y recursos en reprimirlos, como si fueran seres humanos que ya no merecen vivir y de los que hay que deshacerse".

El libro que lleva el prefacio del Papa, titulado "Un cristiano nel braccio della morte", comparte las experiencias de Dale Recinella, capellán católico laico y abogado licenciado que, junto con su esposa, ha acompañado a personas en el corredor de la muerte y en régimen de aislamiento en prisiones de Florida desde 1998.

El libro, publicado por la editorial del Vaticano, iba a salir a la venta el 27 de agosto. A la luz del próximo Año Santo 2025, escribió el Papa, los católicos deberían "pedir con voz inequívoca la abolición de la pena de muerte".

La Eucaristía sacia el hambre de esperanza, verdad y salvación, dice el Papa

Por Cindy Wooden, Catholic News Service

CIUDAD DEL VATICANO (CNS)— Al recibir la Eucaristía, los católicos deben responder con gratitud y admiración al hecho de que Jesús se ofrezca a sí mismo como alimento y salvación, dijo el Papa Francisco.

Jesús "se convierte en verdadera comida y verdadera bebida", dijo el Papa. "Con el corazón podemos decir: 'Gracias, gracias'", dijo a los visitantes y peregrinos que se unieron a él en la Plaza de San Pedro el 18 de agosto para el rezo

del Angelus

En la lectura del Evangelio de San Juan, Jesús dice a la multitud que él es "el pan vivo bajado del cielo" y que quien coma su carne y beba su sangre tendrá vida eterna.

Algunos se sorprendieron por las palabras de Jesús, y no en el buen sentido, dijo el Papa. Pero para los católicos, "el pan del cielo es un don que supera todas las expectativas".

"El pan celestial, que viene del Padre, es el mismo Hijo hecho carne por nosotros", dijo. Más que el pan que el ser humano necesita para sobrevivir, el don de Jesús en la Eucaristía "sacia el hambre de esperanza, el hambre de verdad y el hambre de salvación que todos sentimos, no en el estómago, sino en el corazón".

"La Eucaristía nos es necesaria, a todos", dijo el Papa Francisco.

"Él nos salva, alimentando nuestras vidas con la suya, y lo hará para siempre", dijo el Papa. "Y gracias a él podemos vivir en comunión con Dios y entre nosotros".

La Eucaristía, dijo, no es "algo mágico, no. No es una cosa que resuelve de repente todos los problemas, sino que es el Cuerpo mismo de Cristo, que da esperanza a los pobres y vence la arrogancia de los que se jactan en su detrimento".

El Papa Francisco pidió a los católicos que reflexionen sobre dos preguntas: "¿Tengo hambre y sed de salvación, no sólo para mí, sino para todos mis hermanos? Cuando recibo la Eucaristía, que es el milagro de la misericordia, ¿soy capaz de maravillarme ante el Cuerpo del Señor, muerto y resucitado por nosotros?"

Para denunciar presuntos casos de abuso sexual de ninos:

La Diocesis de Wheeling-Charleston alienta a informar ante las autoridades civiles ante todo si se ha cometido un delito. Tambien alentamos a utilizar www.report bishopabuse.org para hacer un informe sobre cualquier obispo en los EE. UU. Si tiene motivos para creer que un obispo ha cometido una conducta sexual inapropiada, comuniquese con las autoridades civiles de la jurisdiccion correspondiente y visite www.reportbishopabuse.org.

Para informar a las autoridades civiles: comuniquese con la policia local; los numeros variaran segun su ubicacion. Si cree que alguien esta en peligro inmediato, llame al 911. Para informar confidencialmente cualquier incidencia de sospecha de abuso o negligencia infantil, incluido el abuso sexual, comuniquese con la Oficina de Servicios de Proteccion Infantil de Ninos y Familias de West Virginia llamando a la linea directa de abuso infantil al 800.352.6513. Puede informar anonimamente a esta linea directa si lo prefiere.

Para informar a las autoridades diocesanas: La diocesis alienta a informar a las autoridades civiles apropiadas, ante todo, si se ha come- tido un delito. La diocesis tambien alienta a informar a las autoridades eclesiasticas apropiadas. Para reportar casos sospechosos de abuso sexual de ninos por parte del personal de la Diocesis de Wheeling-Charleston a la Diocesis, comuniquese con uno de los siguientes designados al 1.888.434.6237 o 304.233.0880: Sr. Bryan Minor, ext. 263; Sr. Tim Bishop, ext. 353; o Sor Martha Gómez, ext. 264. Tambien puede llamar a la Oficina de Ambiente Seguro de la Diocesis al

304.230.1504. Tambien puede llamar a la linea directa de abuso sexual de la Diocesis al 833.230.5656. Los formularios de queja estan disponibles en linea en www.dwc.org, haga clic en "Diocesis" en la barra de menu, luego en "Oficinas", luego en "Ambiente seguro", luego "Descargar archivos y formularios". El formulario se titula "Formulario de queja para denuncias de abuso sexual de menores". El formulario se puede devolver por correo de EE. UU. A: Office of Safe Environment, Diocesis de Wheeling-Charleston, PO Box 230, Wheeling WV 26003.

Para informar al Coordinador de Asistencia a Victimas de la Diocesis: llame a la Erin McFarland, M.Ed., LPC, al 304.559.6742.

Ademas de los metodos enumerados anteriormente para denunciar el abuso sexual, la Diocesis tambien se ha asociado con Navex Global para ofrecer la plataforma EthicsPoint para informar otras inquietudes adicionales, como sospecha de mala conducta financiera, profesional y personal de un sacerdote, diacono, religioso, o empleado laico de la Diocesis o cualquier parroquia o escuela catolica en West Virginia. Se puede acceder a la plataforma EthicsPoint a traves de www.dwc.org, en "Rendicion de cuentas", luego "Informar mala conducta" o llamando al 844.723.8381. EthicsPoint es un sistema de informes de terceros que informa a las autoridades civiles cuando corresponda y a las autoridades diocesanas, y la identidad de la persona que informa esta protegida. Enlaces e informacion: Departamento de Salud y Recursos Humanos de WV: https://www.wvdhhr.org/report.asp. Policia Estatal de Virginia Occidental, Unidad de Crimenes contra Ninos: 304-293-6400.

20 Ways for Busy People to Converse with God

By Megan Nye, OSV News

(OSV News) — Boisterous children, unwashed dishes, office deadlines and a cozy bed at the end of a long day — all of these can call to us more loudly than the quiet voice of God inviting us into prayer. We constantly juggle the urgent tasks of this earthly life, so it's easy to miss beautiful moments to connect with our ever-present heavenly Father.

How can you make time for God when you don't know how to drop everything and truly pray? Here are some ways you can satisfy your thirsty soul by injecting prayer into your busy life:

- **1. Start the day right.** Your day may start off with a bang and not end until you collapse in bed at the end of the day. Set yourself on the right course by beginning your day with some spiritual reading alongside your bowl of cereal.
- **2. Set an alarm.** You use an alarm clock to wake up. Some people wear an activity alert band to remind them to stand up at set intervals of time. Why not take the same approach to your spiritual health that you take with your physical health? Set alarms throughout the day to remind yourself to pray even if it's only a few words spoken with God.
- **3. Use your commute.** Speak to God in the car. If you can talk to a passenger while you're driving, why not talk aloud to God? If you take public transit, use the opportunity to engage in silent conversation with your savior.
- **4. Take advantage of audio.** Listen to audio recordings of the Bible, spiritual podcasts or a daily devotional. Tune in while commuting, exercising, stacking the dishwasher or taking a bath. Fill your ears with the sound of God's word.
- **5. Open your email.** Many websites offer to send you a daily email containing a mediation, saint story, prayer or text of the day's Mass readings. Take advantage of this automation. The technology that can so easily distract you will now alert you to the day's prayer.
- **6. Use your lunch break.** Eat while reading the day's readings, listening to a Catholic podcast or an online video. Keep a Bible or religious book in your desk to pull out at the beginning of each lunch.
- 7. Keep your Bible on your nightstand. Reach for it first thing in the morning or right before you go to bed to take in as much of God's word as you can in that moment. Choose a chapter or pick a verse on which to meditate throughout your day.
- **8. Create a mental association.** Place a sticky note on your bathroom mirror to remind yourself to pray every time you brush your teeth. Hang a sign at the base of your home's

stairs encouraging you to walk in prayer with God as you ascend the stairs. Soon, you will have established a habit of prayer.

- **9. Stay five minutes after Mass.** If you don't have the time or opportunity to make a special trip for Eucharistic adoration, stay after the recessional hymn to enjoy one-on-one time with the Blessed Sacrament. Avoid parking lot traffic and conclude your time at Mass by fortifying yourself before venturing back into the world.
- 10. Make an appointment with God. We can get so busy that we sometimes need to schedule date time with our spouses or jot down a reminder to call our loved ones. Our relationship with God is precious, too. If there's no such thing as "free time" in your world, set up one more appointment this time with God. Carve out time for daily prayer, weekly adoration, monthly Bible study whatever you can do.
- 11. Pray before meals. There's always time for gratitude. Before digging into a meal at home or on the go, pause to thank God for his many blessings and offer prayer for those in need.
- **12. Make it a family affair.** Sit around the table and read a short devotional after each dinner or each Sunday lunch. Kneel down together for bedtime prayers. Establish a daily rotation so that each family member can choose a prayer intention.
- 13. Create traditions around prayerfulness. Celebrate your family's patron saints' feast days with intercessory prayers. Use symbols of the liturgical year, such as an Advent wreath in Advent. Place a bowl of holy water by the front door so that your family members can bless themselves when they come and go.
- **14. Pray on the road.** My first grade teacher, an Immaculate Heart of Mary sister, taught me to say a prayer for the souls in purgatory each time I went past a cemetery. Consider the good you can do over time for your brothers and sisters waiting to enter heaven. Or remind yourself to pray whenever you pass a church.
- 15. Say a morning offering prayer. Pledge your day's activities to God in your own words or memorize an existing prayer like the morning offering penned by Father François-Xavier Gautrelet. By dedicating your day to the intentions of the pope, the salvation of our souls, the reunification of Christians and more, you infuse purpose into your experiences.
- **16. Offer it up.** Sometimes life hands us trials that we must bear. Offer them up even the small frustrations in life as prayer.
- **17. Pick up some prayer cards.** Prayer cards needn't be procured only at the funeral of

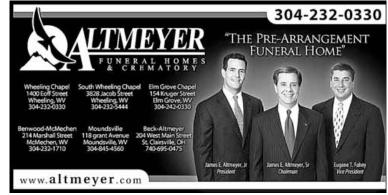
a friend or loved one (though we should dust those off and pray them from time to time). Order some prayer cards of saints to whom you feel connected or who are patrons of a cause near and dear to you and your family. Keep the cards in your wallet or purse and pray the prayers while standing in line at the grocery store or stopped at a traffic light.

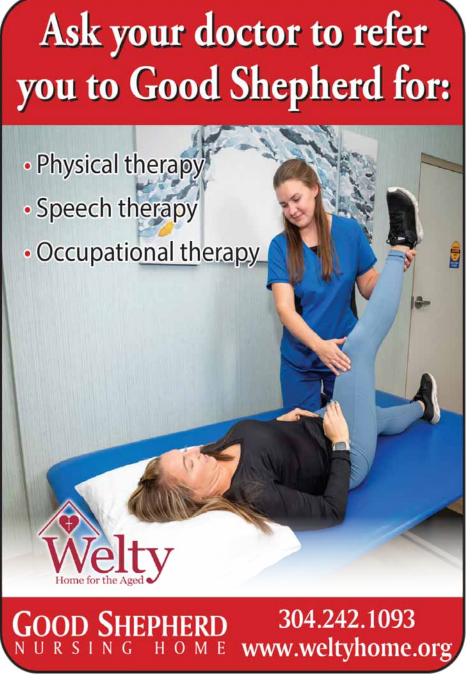
- **18. Tap into ready-made prayers.** Sometimes our minds overflow with so much activity that it's a challenge to formulate prayerful thoughts to God. Use a prayer book or a search engine to find a prayer that suits your mood or your spiritual need. Pray about the stress, sorrow, anger or pain that is keeping your mind from being still. Take advantage of the words that others have crafted in guiding you toward your own conversation with God.
- 19. Take a walk. Even if you're just walking the perimeter of your house while holding the baby monitor, create some quiet time for yourself in the presence of God's creation. Let him speak to your heart and share your thoughts with him.
- **20. Change your tune.** Do you sing in the shower or while tidying the kitchen? Instead of opting for the latest hits, try a hymn. If you think you don't know any well enough by heart, consider Christmas carols no matter the time of year. Singing of the glory of the Nativity is never out of season.

(Megan Nye writes from New Jersey.)

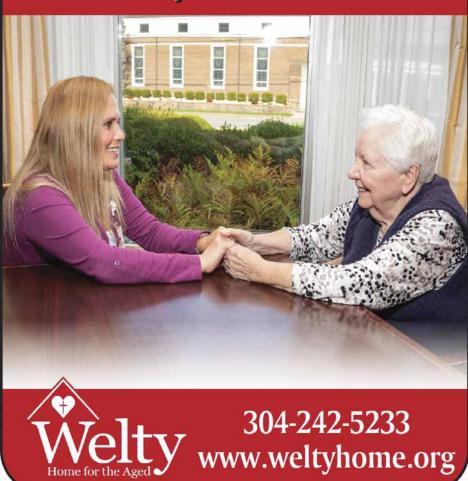


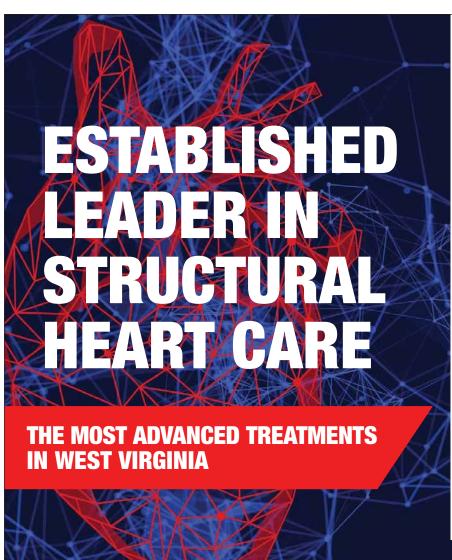






The higher level of care I need... and everyone is so kind.





The nation-leading cardiologists and surgeons of the WVU Heart and Vascular Institute Structural Heart Program at Wheeling specialize in problems with the heart's valves, walls, or chambers.

We have a multidisciplinary team of experts, including interventional cardiologists, cardiac and vascular surgeons, dedicated nursing staff, and other specialists, to ensure our patients receive the most comprehensive care available for common and complex structural heart conditions.

The WVU Heart and Vascular Institute Structural Heart Program is the only program in West Virginia that offers eight specialized, structural heart procedures and is one of the few programs in the United States (and the only one in West Virginia) offering cerebral embolic protection during transcatheter aortic valve replacement (Protected TAVR) and transcatheter mitral valve replacement.

Our expert team uses the latest catheter-based techniques to treat all forms of structural heart disease, including aortic, mitral, and tricuspid valve diseases and conditions and congenital defects.

OUR TEAM



David Michael Campsey MD Interventional Cardiology



Deepak Hooda MD



Sushant Sharma MI Cardiology

Learn more at: My**WVU**Heart.com

Appointments: 304-243-8362

