

THE CATHOLIC
Spirit

Bishop Brennan's Pastoral Letter for Lent



Colleen Rowan Photo

On Ash Wednesday, Bishop Mark Brennan and Father Martin Smay distribute ashes at the noon Mass at the Cathedral of St. Joseph in Wheeling.

Dear brothers and sisters in Christ,

We enter the season of Lent with hope and determination: hope that God's grace may touch us and determination to engage seriously in the work of moral and spiritual renewal. We do this so that we may live our Christian faith with greater integrity and celebrate the Lord Jesus' death and resurrection with true joy. I believe that the rivers of grace, which never run dry, flow even more abundantly in this holy season. We should all bathe in that grace, for by it we may be cleansed of sin and refreshed in mind and spirit.

The terms used for Lent in different languages emphasize various aspects of this penitential season. *Quadragesima* in Latin points to the forty days Jesus fasted and battled against temptations in the desert; the Italian *Quaresima*, the Spanish *Cuaresma* and the French *Carême* follow the Latin. The Germans call it *Fastenzeit* or "Fasting Time," underlining

the penitential aspect of the season. (In Malta the Catholics call Lent "Randam," from the Moslem practice of fasting.) The English Lent refers to the gradual lengthening of daylight in the northern hemisphere as we embrace spring and leave winter behind. For most of us, overcoming sin and learning to love better are a gradual process, not accomplished overnight, so our English term suggests that.

St. Leo the Great wrote: "What the Christian should be doing at all times should be done now with greater care and devotion, so that the Lenten fast enjoined by the Apostles may be fulfilled not simply by abstinence from food but above all by the renunciation of sin." The great challenge in Lent is to address sin in our lives. On a personal level, I recommend a focused approach. As a laser beam is effective by concentrating its power narrowly, a focus on what I call an embedded sin can lead

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to its weakening or elimination.

An embedded sin is one that we just can't seem to get rid of or perhaps don't really want to renounce. It may be a constant habit of criticizing others, a refusal to reconcile with someone, a prejudice against people of another race, religion or national origin, a tendency to lie to get our way, a sin of impurity or other form of self-indulgence. We first must desire to be rid of it. We need an honest talk with ourselves: do we want to do God's will or not? Then we must admit that we have not been able by our own efforts to overcome that sin – in fact, as St. Paul would say, we are enslaved by it. We must implore God's help each day in our prayers.

The Sacrament of Penance has great value in this effort, for it not only forgives sin but, if received sincerely, it keeps us from hardening in sin. Some embedded sins, like wounds that require frequent applications of a salve and new bandages, need frequent confession, each confession and absolution weakening the hold of that sin on us. We may also benefit in confession or apart from it from the advice a priest may give us. Some priests (and others) have much experience and wisdom to offer a person who genuinely wants to overcome an embedded sin.

The traditional Lenten practices of prayer, fasting and almsgiving serve us well in overcoming personal sin. Prayer to an unbeliever seems to be a waste of time, but to us who believe in the living God, it is a daily lifeline that connects us with the One who created, redeemed and loves us. As a monk once said, "Pray as you can, not as you can't." Traditional prayers are valuable for their simplicity and depth. God will listen to our own words as well and, in some fashion – by an inspiration He gives us, by a Scripture passage we hear or read, by a remark made by a friend, by something that happens – God will respond to us. The important thing is to give Him the opportunity and that is what prayer does.

Fasting, whether from food or from a form of entertainment or from buying something we really don't need, is like a silent prayer that cries out to God, saying we recognize our need for Him above all else. We hunger more for His Word than for bread. Almsgiving helps, too, for Scripture says: *As water quenches a flaming fire, so alms atone for sins* [Sirach 3:29]. Any kind of good work is a form of almsgiving: patiently listening to a distressed person, shoveling the snow off the steps and sidewalk of an elderly couple, calling up a friend who is sick to encourage her. Good works take us out of ourselves and strike a blow at the self-centeredness that is at the heart of all sin.

There is also a social dimension to sin that is found at more than one level. At a very personal level, I may indulge in bigotry against a group because of its race, religion, political affiliation or other identifying mark. Even if I never say or do anything overtly that could be called bigoted, my interior disdain for the group makes me unwilling to protest injustices toward its members or to do them any good. If the Samaritan in Jesus' parable, giving into Samaritan bigotry toward Jews (which they reciprocated) had passed by the Jew beaten by the robbers, his interior bigotry would have led to a sin of omission. He overcame bigotry and helped the wounded man. Conversion starts within. If we want to be fair and charitable to all, as our faith teaches us to be, then we must confront negative attitudes we may have toward others.

At another level, the social dimension of sin is evident in the corrupting of public morals. Many are calling today for peace and an end to divisions in our

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To Report Suspected Cases of Sexual Abuse of Children

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.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. 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 Very Rev. Dennis Schuelkens, Jr., V.E., ext. 270. 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. 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 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 Dr. Patricia Bailey at 304.242.6988.

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 (USCCB) requires that all Dioceses/Eparchies have in place 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 for adults. Sexual abuse awareness training may be completed online or via live workshop. For more information on the Office of Safe Environment, please go to www.dwc.org, click "Diocese," then "Offices," then "Office of Safe Environment."

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country but social peace is not possible as long as our people cannot agree on the most basic moral values. Sinful behavior in private is bad enough, but laws and publicly approved and applauded behavior that are morally wrong are worse, because they corrupt the impressionable, especially the young.

Aborting unborn babies is barbaric, the strong overpowering the weak, even when the mother's situation is very difficult. Gay persons deserve respect and fair treatment, but sexual relations between members of the same sex cannot fulfill the fundamental purpose of our sexuality – to produce offspring – and are therefore inappropriate, as are heterosexuals' intimate relations if they deliberately frustrate their procreative dimension. Harsh rhetoric and cruel actions directed at immigrants demean their humanity and reveal a national selfishness that conveniently forgets how much immigrants have contributed to this country. Allowing large corporations to trample on the poor in rural parts of our country, like Appalachia, making their profit while giving little or nothing back to those areas, is unjust and immoral.

We Catholics are equipped to challenge these and other manifestations of social corruption. As St. Paul said in another context: *there have to be factions among you in order that those who are approved among you may become known* [I Corinthians 11:19].

Our strength is in our Catholic anthropology, which starts from the principle that every human being is endowed by God with a genuine human nature that is both personal and social. That principle leads us to favor treating fairly members of different races, religions, sexual orientations and national origins. It leads us to promote the good of marriage and the family and to defend parents' right to educate their children as they judge best. It leads us to oppose ideologies and acts which harm human beings and their communities: abortion, racist activities and discriminatory practices held over from the past, domestic violence and the death penalty, among others. The same principle keeps us from embracing harmful departures from a correct view of human nature, such as measuring human beings essentially in economic terms or thinking that we can choose our sex in defiance of our body or insisting that equality of opportunity must, regardless of effort and circumstances, always result in equality of outcomes. If we can hold to the basic principle of a God-given human nature that unfolds in community, we have a way to thread our way through the clashing viewpoints on these issues and to promote a sane understanding that leads to true human flourishing.

So, what can we do about social sins? Again, the traditional Lenten practices of prayer, fasting and almsgiving come to our aid. Do you believe in the efficacy of prayer? Read Luke 18:1-8, where a persistent widow obtains her rights from an unjust judge. Jesus comments: *Will not God then secure the rights of his chosen ones who call out to him day and night? Will he be slow to answer them? I tell you, he will see to it that justice is done for them speedily.* Make it a habit this Lent to pray that our people may awaken to the signs of moral decay in our society. Fasting for this purpose is also effective, a prayer of the body telling God we mean what we say in our vocal prayer. St. Leo the Great said, "What we save by fasting we give to feed the poor," so fasting leads to actions that help others.

Which brings me to almsgiving. How can that help in dealing with social sin? First, we can support groups that serve those ignored by the elites that control our society. We have a number of pregnancy centers in the state that help families to have and take care of their children. They need volunteers and money! Catholic Charities West Virginia has stepped up heroically during this pandemic to help those left aside by our economy. CCWV needs volunteers, too, especially as many have had to stay home because of age or illness.

A second form of almsgiving is advocacy. We can take individual action by contacting those who represent us in local, state and federal government. The more of us who contact them about issues that are affecting the moral welfare of our country, the more they will take notice. We can also join with others who advocate for social justice issues. West Virginians for Life advocates for the unborn and their parents, the Catholic Committee of Appalachia addresses issues of poverty and cultural and environmental degradation in our region, Catholic Education Partners advocates for fair treatment by government of our young people in Catholic schools. Other groups are also working to put our nation on a better course. Common efforts often bear more fruit than individual ones, so consider supporting or joining such a group. In various ways we can make a difference in overcoming the corrupting of public morals in our land.

Finally, nourish your faith by religious practices typical of Lent: daily Mass, the Stations of the Cross, the Rosary or the Liturgy of the Hours (prayed with others, if possible), Bible study and especially the beautiful liturgies of Holy Week. Consult your parish or go online for other resources. Keep in mind that some West Virginians, never baptized or baptized in other Christian churches or baptized Catholic but never raised in the faith, are completing their preparations for the sacraments of Christian initiation in Lent. In the early Church, the baptized would join the elect (that is, the catechumens "elected" for full initiation at Easter) in their fasting and prayers as a sign of solidarity with them. What you do this Lent is not for you alone. Pray for the elect and the candidates for full communion with our Catholic Church in support of their holy intentions.

As I close this letter, I remind you that Jesus Christ died and rose from the dead to make us a new creation. St. Paul wrote: *From now on we regard no one according to the flesh . . . So, whoever is in Christ is a new creation: the old things have passed away; behold new things have come* [II Corinthians 5:16-17]. Lent is a privileged time to slough off our corrupt old self and put on Christ, the truly new man in history. For some, this will be their last Lent. Others will have more, but why wait to do what's right? Forty days of fasting, prayer and good works, striving to eradicate embedded sins and counteract social sins, will make this a good Lent for us. As St. Junipero Serra, the Franciscan Apostle of California said, "¡Siempre para adelante, nunca atrás!" (Always go forward, never go back!). May that be our spirit this Lent.

Faithfully yours in Christ,

Mark E. Brennan

+Mark E. Brennan
Bishop of Wheeling-Charleston

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VIRTUAL GALA

Save the Date
March 16, 2021



For Lent, Ask if One's Life is Centered on God or Oneself, Pope Says

By Carol Glatz Catholic News Service

VATICAN CITY (CNS) — Lent is a time to reconsider the path one is taking in life and to finally answer God's invitation to return to him with one's whole heart, Pope Francis said.

"Lent is not just about the little sacrifices we make, but about discerning where our hearts are directed," he said, "toward God or toward myself?"

The pope's remarks came in his homily at Mass Feb. 17 for Ash Wednesday, which included the blessing and distribution ashes, marking the beginning of Lent for Latin-rite Catholics.

Because of ongoing measures in place to reduce the spread of the coronavirus, the Mass and distribution of ashes took place with a congregation of little more than 100 people at the Altar of the Chair in St. Peter's Basilica.

Pope Francis did not do the traditional walk from the Church of St. Anselm to the Basilica of Santa Sabina on Rome's Aventine Hill to prevent large crowds of people from gathering along the route.

In St. Peter's Basilica, the pope received ashes on his head from Cardinal Angelo Comastri, archpriest of the basilica, and he distributed ashes to about three dozen cardinals, as well as the priests and deacons assisting him at the Mass. In his homily, the pope said one must bow to receive ashes sprinkled on the crown of the head, which reflects the "humble descent" one makes in reflecting on one's life, sins and relationship with God.

"Lent is a journey of return to God," especially when most people live each day ignoring or delaying their response to God's invitation to pray and do something for others.

"It is a time to reconsider the path we are taking, to find the route that leads us home and to rediscover our profound relationship with God, on whom everything depends," he said.

"The journey of Lent is an exodus from slavery to freedom," he said, noting the easy temptations along that journey, including yearning for the past, or hindered by "unhealthy attachments, held back by the seductive snares of our sins, by the false security of money and appearances, by the paralysis of our discontents. To embark on this journey, we have to unmask these illusions."

The way back to God, he said, starts with understanding, like the prodigal son, how "we have ended up with empty hands and an unhappy heart" after squandering God's gifts "on paltry things, and then with seeking God's forgiveness through confession.

The pope again reminded confessors that they must be like the father in the story of the prodigal son and not use "a whip," but open their arms in a welcoming embrace.

"The journey is not based on our own strength. Heartfelt conversion, with the deeds and practices that ex-

press it, is possible only if it begins with the primacy of God's work" and through his grace, the pope said.

What makes people just is not the righteousness they show off to others, "but our sincere relationship with the Father," after finally recognizing one is not self-sufficient, but in great need of him, his mercy and grace.

The pope asked people to contemplate daily the crucified Christ and see in his wounds, "our emptiness, our shortcomings, the wounds of our sin and all the hurt we have experienced."

"We see clearly that God points his finger at no one, but rather opens his arms to embrace us," he said.

It is in life's most painful wounds, that God awaits with his infinite mercy because it is there "where we are most vulnerable, where we feel the most shame" and where he comes to meet his children again.

"And now," the pope said, "he invites us to return to him, to rediscover the joy of being loved."



CNS Photo/Guglielmo Mangiapane, Reuters
Pope Francis sprinkles ashes on the head of a priest during Ash Wednesday Mass in St. Peter's Basilica at the Vatican Feb. 17.



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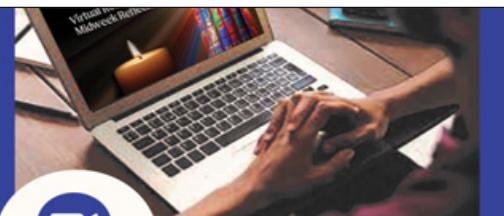
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House Bill Recognizes Fetal Pain, Would Bar Most Abortions after 20 Weeks

By Catholic News Service
WASHINGTON (CNS) — Citing leading experts in the field of fetal pain, U.S. Rep. Chris Smith, R-New Jersey, said the proposed Pain-Capable Unborn Child Protection Act would end the “excruciating suffering and physical pain of unborn babies” by barring most abortions after 20 weeks gestation.

Smith, a Catholic, who is co-chair of the Congressional Pro-Life Caucus, was joined by 142 other members of the U.S. House in introducing the measure Feb. 15.

“We know that by 20 weeks unborn babies killed by abortion experience excruciating suffering and physical pain,” Smith said a statement.

“The dismemberment abortion — the most common abortion method used during the second trimester — involves cutting and dismembering the child’s fragile body including severing his or her arms and legs,” he said. “Until rendered unconscious or dead, the baby feels every cut.”

He called this “unconscionable human rights abuse” that “must stop.”

“Pain, we all dread it. We avoid it. We even fear it,” Smith said. “And we all go to extraordinary lengths to mitigate its severity and its duration for ourselves. Yet every day, a whole segment of human beings is being subjected to painful — and deadly — procedures.”

Saying that today “we are not living in uninformed times,” Smith cited reports on fetal pain by a number of medical experts, including Dr. Colleen Malloy, assistant professor in the Division of Neonatology/Department of Pediatrics at Northwestern University’s Feinberg School of Medicine.

“When we speak of infants at 20 weeks post-fertilization, we no longer have to rely on inferences or ultrasound imagery, because such premature patients are kicking, moving and reacting and developing right before our eyes in the neonatal intensive care unit,” Malloy said

in testimony before the House Judiciary Committee in May 2012.

“In other words, there are children the same age who, in utero, can be painfully killed by abortion who have been born and are now being given life-saving assistance,” said Malloy, who similarly testified in March 2016 before the Senate Judiciary Committee, which at the time was considering its own version of the Pain-Capable Unborn Child Protection Act.

“I firmly believe, as the evidence shows, that the fetal pain experience is no less than the neonatal

pain experience or even than that which you or I would experience from dismemberment or other physical injury,” she told the Senate committee.

“One of the most basic of government principles is that the state should protect its members, including all born infants, from harm. ... We should not tolerate the gruesome and painful procedures being performed on the smallest of our nation,” Malloy said.

Carol Tobias, president of National Right to Life, said Feb. 16 that the Pain Capable Unborn Child Protection Act “would pre-

vent cruel and excruciating abortions from being performed on innocent children.” She was grateful that Smith and a third of House members who back “the unborn child should not die painfully and brutally.”

Results of a Knights of Columbus/Marist Poll released in late January showed that 55% of respondents supported banning abortions after 20 weeks of pregnancy, except to save the life of the mother. The percentage included 69% of pro-lifers, 55% of Independents and 45% of those who self-identified as “pro-choice.”

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Biden Reestablishes White House Faith-Based Partnership Office

By Carol Zimmermann, Catholic News Service

WASHINGTON (CNS) — President Joe Biden signed an executive order Feb. 14 reestablishing the White House Office of Faith-Based and Neighborhood Partnerships as a means to work with religious and secular organizations to help with COVID-19 and economic recovery and confront systemic racism. The office was established 20 years ago by President George W. Bush, who said the government can and should welcome religious and community organizations as partners.

The Obama administration continued this initiative with work on preventing foreclosures, increasing the amount of summer meals served to children in need and helping communities with disaster recovery.

Under the Trump administration, this office was vacant. President Donald Trump instead created the Center for Faith and Opportunity Initiatives, led by the Pentecostal preacher Paula White. The group, according to its website, was a liaison for grassroots organizations, faith-based groups and the Department of Health and Human Services with a focus on “religious liberty in all HHS programs and initiatives.”

Melissa Rogers, who was executive director of the Office of Faith-Based and Neighborhood Partnerships during President Barack Obama’s second term, from 2013 to 2017, will again take the helm as its executive director along with her role as senior director for faith and public policy in the White House Domestic Policy Council.

Josh Dickson, White House senior adviser for public engagement, will serve as the office’s deputy director. He served as the national faith engagement director in the Biden presidential campaign. During the Obama administration, he was director of the Center for Faith-Based and Neighborhood Partnerships at the Department of Commerce.

Just after the announcement about the White House office’s relaunch, John Gehring, Catholic program director at Faith in Public Life, described Rogers and Dickson on Twitter as “two smart, authentic people who will play an important role helping the Biden administration partner with diverse faith communities.”

And in an email to Catholic News Service Feb. 16, he said: “Melissa Rogers has deep relationships with religious leaders and is the ideal person to lead this office.”

He said Biden “wants to reclaim faith as a force for justice and the common good” and said this office would “play a critical role in connecting diverse faith communities with the administration’s efforts to confront systemic racism, poverty and respond to the pandemic.”

In a statement about the reestablished office, Biden said the pandemic, economic insecurity, racism and the climate crisis affects not just Democrats or Republicans but all Americans. “This is not a nation that can, or will, simply stand by and watch the suffering around us. That is not who we are. That is not what faith calls us to be. That is why I’m reestablishing the White House Office of Faith-Based and Neighborhood Partnerships to work with leaders of different faiths and backgrounds who are the front lines of their communities in crisis and who can help us heal, unite, and rebuild.”

A White House news release about the office, working within federal agencies, will focus on: Addressing COVID-19 pandemic and boosting economic recovery; Combating systemic racism; Increasing opportunities for historically disadvantaged communities; Advancing international development and global humanitarian work; Strengthening pluralism and protecting Constitutional rights of faith communities. It said the office will respect church-state separation and freedom for people of all faiths and those with no faith.

The White House materials also said the office will “not prefer one faith over another or favor religious over secular organizations” but will work with willing partners “to promote the common good, including those who have differences with the administration.”

On ‘Today’ Show, Cardinal Gregory Reflects on His Faith Journey, Racism



CNS Photo/Andrew Biraj, Catholic Standard
Washington Cardinal Wilton D. Gregory is interviewed by Al Roker, weather forecaster and co-host of NBC’s “Today” show Jan. 21 at the Archdiocese of Washington’s Pastoral Center chapel in Hyattsville, Md. The interview aired Feb. 15 as part of the show’s “Black Voices” series during Black History Month, observed every February.

By Catholic Standard staff, Catholic News Service

HYATTSVILLE, Md. (CNS) — In a Feb. 15 segment for the “Today” show’s “Changemakers” and “Black Voices” series, Cardinal Wilton D. Gregory of Washington reflected on his faith journey and on his own experiences with racism.

He described his race as a common denominator for how he is judged, along with “every other African American man in Washington,” when he is not wearing the clothes that identify him as a member of the clergy.

The interview was conducted by Al Roker, weather forecaster and co-host of the “Today” show. Roker asked the cardinal about his path to the priesthood, which began when he was a student in Catholic school in Chicago and was inspired by the example of the priests and women religious there; about his pastoral role in relation to the president of the United States; about his status as the first African American to be made a cardinal; and whether he has experienced racism. “I don’t know of any African American who hasn’t tasted the bitter cup of discrimination,” Cardinal Gregory said. He added that as long as he is dressed as a member of the clergy, “I’m treated with great respect and affection. But if I take off my clerics to go out, to go shopping or run an errand, I’m in the pool of every other African American man in Washington.”

The cardinal told of one occasion, perhaps 15 years ago, when he was invited to a Palm Springs golf club. Dressed to play golf, he went to open the trunk of his car. Someone approached and said to him, “You can put my clubs on the golf cart. I had to say, ‘Well, I can have somebody retrieve your clubs, but I’m here to play golf.’ I never forgot that.”

Such experiences are healthy reminders for him, he said. “It’s good for me not to lose a grounding in the experience of what it means to be an African American man in our country.”

The interview with Roker, who noted that he is Catholic, was recorded in January at the chapel in the Archdiocese of Washington’s Pastoral Center in Hyattsville, Maryland, just outside the District of Columbia.

Cardinal Gregory and Roker also discussed how the cardinal would interact with President Joe Biden as a Catholic in his archdiocese. The cardinal said he knows there will be times when they will disagree, but he doesn’t expect their paths to cross frequently.

“He’s not going to be on speed dial, and I hope I’m not on his speed dial,” he said. “But there will be moments when I will be able to speak to him about faith, about the works that he is trying to accomplish that we can be supportive of, but also areas where we’re not going to agree. But I’m going to always try to do it in a respectful way.”

A clip was shown of Cardinal Gregory offering a prayer at a memorial service Jan. 19 at the Lincoln Memorial Reflecting Pool to remember the 400,000 Americans who had died of the coronavirus at that point. Standing nearby at the memorial service were Biden and Kamala Harris, joined by their spouses, one day before the new president and vice president were inaugurated.

Cardinal Gregory said his message to the nation at that service was: “If we’re going to heal, we have to remember we have to heal together.”

The cardinal said that while he was at the Vatican for his elevation as cardinal in November, “there were so many thoughts going through my heart and mind. I thought about my mom and dad, family members, my grandmother. It was very humbling.” Noting that some people wondered why it took so long for an African American to be made a cardinal, Washington’s archbishop said it was a reminder that the Catholic Church, like the rest of the world, continues to grapple with racism and exclusion.

The Catholic Standard is the newspaper of the Archdiocese of Washington.

‘Catholic Appalachian Experience’ Zoom Program Open to All

SHEPHERDSTOWN — Bishop John Stowe and Father Marc Bentley, both of the Diocese of Lexington, will be special guests of St. Agnes Parish in Shepherdstown and will be presenting (virtually) an introduction to the people of Appalachia. The “Catholic Appalachian Experience” will be presented via Zoom Feb. 25 from 7-8:30 p.m.

Rooted in the pastoral letters, Bishop Stowe and Father Bentley

will speak to the complex history of the Appalachian region, the lives and spirituality of the people, and the work that still is needed to counter discrimination and outside cultural assumptions about the people of this region.

The pastoral letters include *This Land is Home to Me* (1975) and *At Home in the Web of Life* (1995) from the bishops of Appalachia and the Catholic Committee of Appalachia (CCA) and the most re-

cent document written by CCA, called *The People’s Pastoral, The Telling Takes Us Home: Taking Our Place in the Stories That Shape Us* (2015).

Bishop Stowe is a nationally known advocate for the people of Appalachia and has consistently spoken out for the needs of the poor, the immigrant and in support of social justice teachings of the Church.

To attend the online Zoom pres-

entation, registration is required. The presentation is free; however, if you would like to make a free will offering to the West Virginia Chapter of the Catholic Committee of Appalachia, you can do so when you register.

To register for the Zoom presentation, visit St. Agnes Parish’s website at <https://stagnesshepherdstown.org>. For more information, call St. Agnes Parish office at (304) 876-6436.

Permanent Diaconate Aspirant and Family Receive Blessing



Courtesy Photo

Michael Kawash, his wife Jane, and his sons Michael and Timothy, receive a special blessing from Very Rev. Donald X. Higgs, Assoc. V.F., rector of the Basilica of the Co-Cathedral of the Sacred Heart in Charleston, at a recent Mass at the basilica. The blessing was bestowed upon the family and Michael has he began his study for the Permanent Diaconate. He is one of 24 aspirants to the permanent diaconate for the Diocese of Wheeling-Charleston. In August, the aspirants began their journey toward ordination as deacons to a ministry of service, assisting the bishop and his priests in many areas, especially in the ministry of charity but also in liturgical celebrations, distributing Holy Communion at Mass, baptizing, witnessing marriages, presiding at some funeral rites, proclaiming the Gospel and preaching. Deacons often teach and counsel as well.

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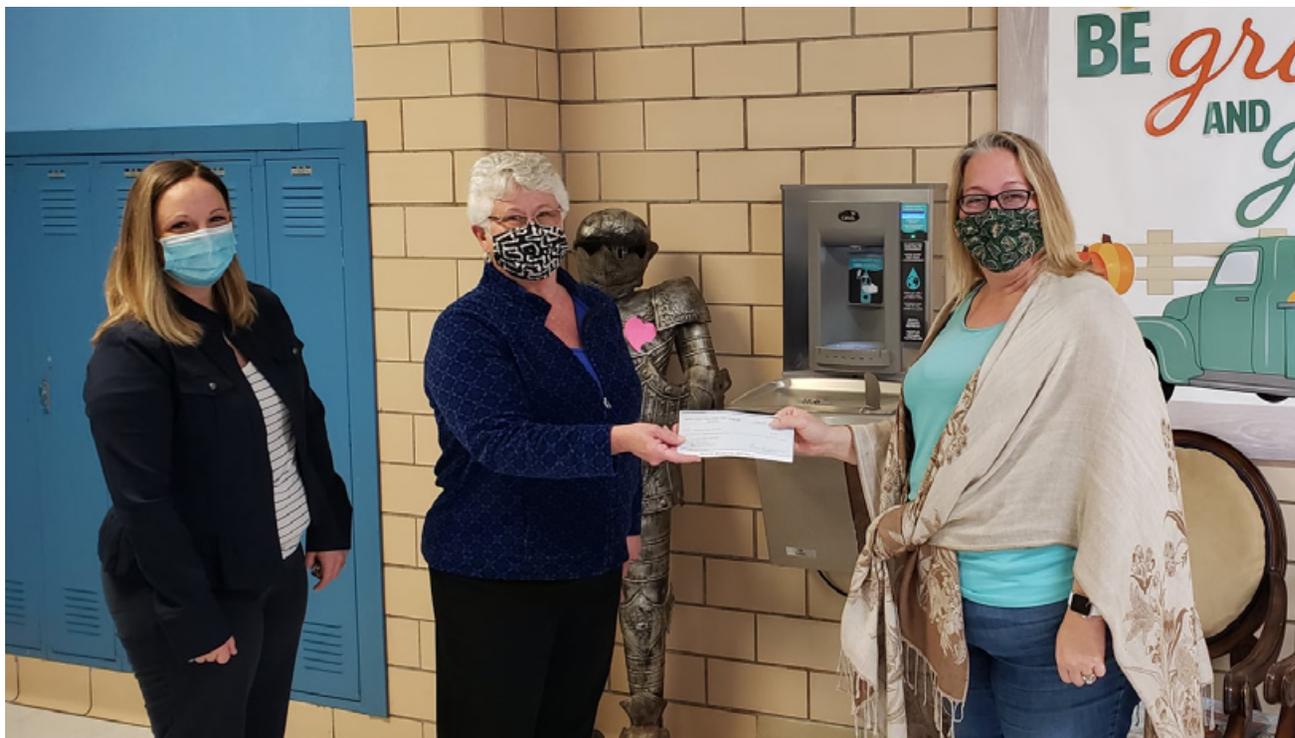
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PCHS Students Have Access to Touchless Water Bottle Filling Stations Amid Pandemic



Courtesy Photo

Since November, students at Parkersburg Catholic High School have had access to five, touchless water bottle filling stations thanks to support from community organizations. The stations were purchased in response to the coronavirus pandemic. Above, Laura Hall of the Rotary Club of Wood County, presents a check to PCHS Principal M.C. Hefner, right, last fall to help fund the project. Also pictured, at left, is Erica Jackson of the Rotary Club. PCHS also received funds for the project from the Highmark Foundation. The stations were installed Nov. 3.

Weston's St. Patrick School to Host Blood Drive March 2

WESTON—St. Patrick School in Weston will hold its Spring Blood Drive March 2.

"We did an awesome job with our last blood drive and really helped our community," school officials posted on St. Patrick's Facebook page. "Let's keep the energy up and make our Spring Blood Drive even better than our Fall one!"

The blood drive will be held in the school gym at 224 Center Ave. from 1:30-7 p.m. Those who wish to participate are asked to make an appointment to donate blood by visiting RedCrossBlood.org and use the sponsor code: StPatrick. For more information, call the school at (304) 269-5547.

Ss. Peter and Paul Students in Oak Hill Supporting Gabriel Project for Lent

OAK HILL—Students at Ss. Peter and Paul Catholic School in Oak Hill are supporting the Gabriel Project of West Virginia for their Lenten service project. The organization provides assistance to pregnant women and families with children 2 years of age and younger.

The school is collecting the following items: diapers, especially sizes 5, 6, and 7; pull-ups; training pants; and wipes (must be fragrance free and nonallergenic). There will be drop off bins in both the upstairs and downstairs hallways.

For information about making a donation, call the school at (304) 465-5045.

Dreams: 'Speech of the Soul' to be Explored in Online Event Presented by St. Joseph Retreat Center

WHEELING—The St. Joseph Retreat Center in Wheeling will present Dreams: "Speech of the Soul," a virtual retreat Feb. 26-27.

"This program journeys into the world of dreams, exploring their images and metaphors that express our soul's desires. We will consider how dreams guide the soul's destiny and enrich our everyday lives by creating an inner balance that nurtures healthy relationships with self and others," program officials said.

The retreat will be facilitated by Sister Helen Skormisley, CSJ; Sister Kathleen Durkin, CSJ; and Dr. John Spiesman, EdD, MSW, LISW.

Sister Helen is a certified spiritual director and dream process leader. Sister Kathleen is a trained spiritual and

retreat director, and a certified dream work facilitator from the Haden Institute. Spiesman is on the faculty of The Haden Institute, and presently serves as a spiritual companion and dream worker in addition to his work as an educator and clinical social worker in Ohio.

The cost of participation in Dreams: "Speech of the Soul" virtual retreat is \$40. Scholarships are available.

The retreat will be held on the first night from 7-9 p.m., and the next day from 9 a.m.-5 p.m. There is a limit of 25 participants.

Those interested are asked to RSVP by contacting Anna Marie Troiani, executive director of the St. Joseph Retreat Center, by email to atroiani@csjoseph.org.

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Fairmont Catholic Grade School Opens Pre-K, Kindergarten Enrollment for 2021-2022

FAIRMONT — Enrollment for pre-kindergarten and kindergarten is open at Fairmont Catholic Grade School for the 2021-2022 school year. Fairmont Catholic is dedicated to providing students in pre-kindergarten through eighth-grade with an education that nurtures the whole person—mind, body, and soul.

Fairmont Catholic teachers are committed to making a difference in students' lives, both in the classroom and beyond. The school's website states: "Here at Fairmont Catholic, we feel that serving our students starts with cultivating a community of faith and ensuring a secure and comfortable environ-

ment for learning and growing."

The school's mission statement says: Fairmont Catholic Grade School develops the whole person, promotes Gospel values and service, inspires a love of learning, and upholds academic excellence in a safe nurturing community of diverse learners.

The enrollment form is available on the school's website at fairmontcatholic.com.

For more information about Fairmont Catholic Grade School, contact Principal Diane Burnside by e-mail to dburnside@fairmontcatholic.com or call the school at (304) 363-5313.



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Obituary—Father Patrick J. (Xavier) Cooney, SVD

Father Patrick J. (Xavier) Cooney, SVD, died Feb. 11, 2021. He was born July 16, 1941, in Pittsburgh to the late Patrick J. Cooney, Sr. and Bridget (Lynch) Cooney. He was the devoted brother of Martin Cooney, John P. Cooney, and the late Lt. Colonel James Cooney, Mrs. Catherine Quinn.



Father Cooney attended Catholic schools in Pittsburgh and graduated from Southern Illinois University. He completed his theological studies at St. Paul's National Seminary in Sydney, Australia and was ordained for the Society of the Divine Word by Auxiliary Bishop John Ward on Dec. 8, 1983, at St. Rose of Lima Church in Simi Valley, Calif.

Before coming to the Diocese of Wheeling-Charleston, Father Cooney served in parishes and as vocations director at Divine Word College in Iowa. In the Diocese of Wheeling-Charleston, he served as pastor of St. Anne Parish in Webster Springs, Christ the King Parish in War, St. Peter Parish in Welch, St. John the Evangelist Parish in Summersville; and as temporary administrator of Ss. Peter and Paul Parish in Oak Hill and Holy Family Parish in Richwood. He also was chaplain of the Knights of Columbus Council #7772. Father Cooney retired from active ministry in 2017.

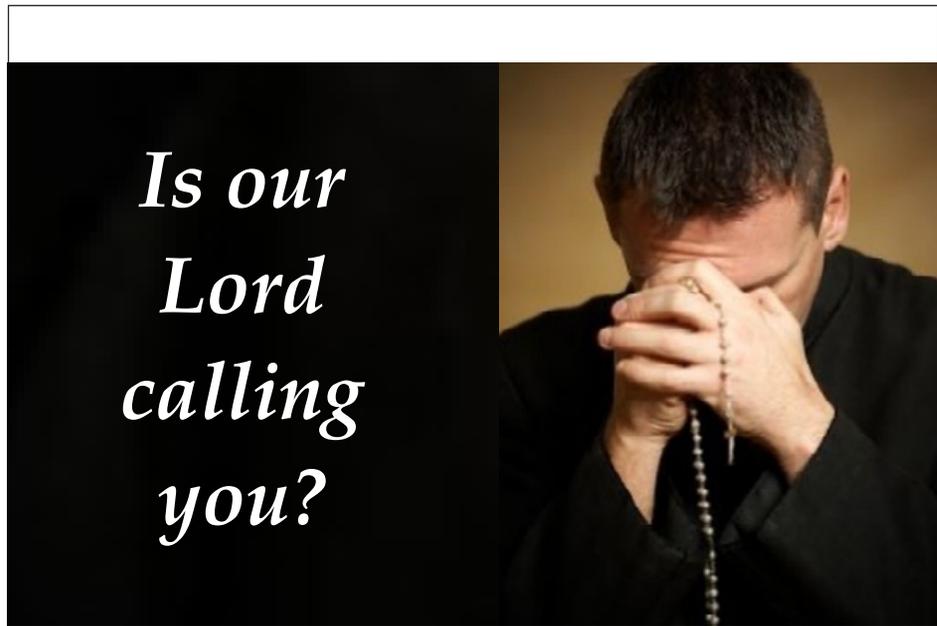
The Resurrection Mass will be celebrated at 10:30 a.m. Friday, Feb. 19, 2021, at Divine Word Residence, Illinois. Attendance at the Mass is strictly limited due to Covid-19 restrictions. Arrangements are by N.H. SCOTT & HANEKAMP FUNERAL HOME, 847-998-1020. In lieu of flowers, memorials may be made in Father Cooney's name for the care of retired Divine Word Missionaries and infirmed missionaries c/o Divine Word Residence, P.O. Box 6000, Techny, IL 60082-6000.

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Men's Priestly Discernment Retreat

Saturday, March 20

St. John XXIII Pastoral Center
Charleston, WV

For college-age young men
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*Presented by the Vocation Office
Diocese of Wheeling-Charleston*



Mount Calvary Cemetery

Wheeling, W.Va.

Cemetery Spring Clean-Up

We will be conducting our Spring clean-up at Mount Calvary Cemetery in Wheeling, W.Va., weather permitting, beginning March 1 and concluding March 15.

All items will be removed throughout the entire cemetery (graves and mausoleums).

Items in vases on the graves will be removed too.

Please remove any items you wish to keep by February 28.

After February 28 all items will be removed.

Please do not place any items in the cemetery until March 16th.

**Further information is available at
Mount Calvary Cemetery Office by calling (304) 242-0460.**



Copies of the rules and regulations are available at Mount Calvary Cemetery's Main Office.

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Mount Calvary offers grave space, mausoleum crypts, niche space and a full line of monuments, grave markers, benches and cameos.

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The annual diocesan Men's Priestly Discernment Retreat will be held on Saturday, March 20 at the Pope St. John XXIII Pastoral Center (100 Hodges Rd, Charleston, WV 25314) from 10AM – 5PM. This event is open to men 18 years and older who are simply open to reflecting on God's will for them in their lives. The day will consist of Holy Mass, prayer, reflections on the priesthood, and the opportunity for the Sacrament of Confession.

For any men interested in attending, email Rick Teachout at rteachout@dwc.org or call (304) 233-0880, ext. 442.



In the generous spirit of **SAINT JOSEPH**, our Diocesan Patron, we give thanks for our priests who serve the People of God in West Virginia.



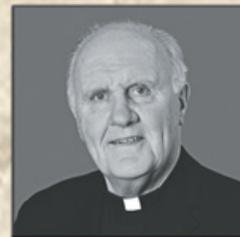
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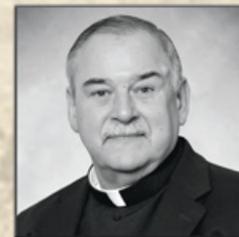
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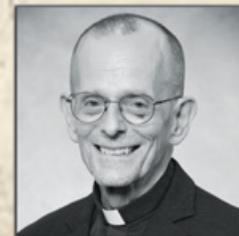
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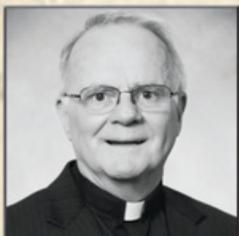
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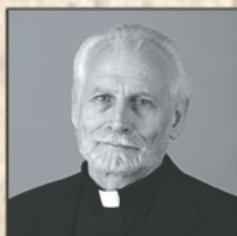
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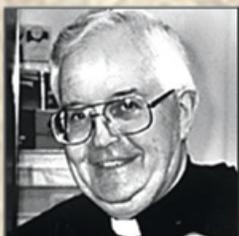
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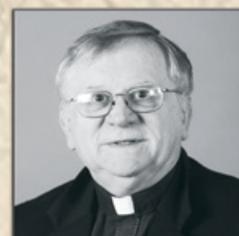
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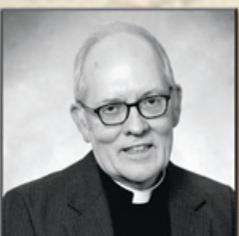
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Message from Our CEO

By Beth Zarate, Catholic Charities West Virginia President and Chief Executive Officer

Recently, when delivering a meal route for the Catholic Charities Neighborhood Center, I encountered a neighbor outside his home anxiously waiting for me – the volunteer with lunch. As a last minute “jump in” volunteer, not familiar with the neighborhoods, I was running late and saw his relief to see me arrive. He told me that his neighbor is an amputee; every day he watched for her lunch to arrive, took it in his home and heated it up when she was ready to eat. He then delivered a warm lunch and the day’s news to his neighbor. He stole my heart with his kindness – truly what Christ meant when he said, “Love your neighbor.”

As we celebrate Ash Wednesday, this encounter reminds me that our lives are short, and we must live them to the fullest. We are called to be incredible, yet we know we are broken. The ashes we receive re-



Beth Zarate

mind us that we are sinners, but the cross lets us know that there is a God who fully believes in us.

At Catholic Charities, we often begin our meetings with a prayer. I am always stilled by one line:

“Grant us wisdom to respond effectively to the needs of your people with grace and compassion.” I reflect on it often. “Who we serve” depends on where we connect with someone in his or her life journey. At times in our lives, we may need a handout, but at other times, we can be the hand up that another person needs. “How we serve” is the meaningful question. From those who seek us, to our funders, donors, community partners and parishes, the expectations are varied and vast.

Guided by Catholic Social Teaching and our Gospel call to be the hands and feet of Christ, we strive to serve with compassion and caritas. Our professional staff is held to best practices in many areas, including social work, educational standards, children’s services and immigration law. Our resources are limited and sometimes restricted; yet we carry the hope of serving the most vulnerable of our

citizens. Our goal is to engage the Catholic community and beyond in our mission and work.

My experience with the neighbor’s kindness reminds me that there are thousands in our community who are working quietly to serve God and one another. These faithful servants multiply the effectiveness of Catholic Charities. As we reflect on Ash Wednesday and the intimacy of Lent, let us remember that the Gospel call to serve is our privilege. They will know we are Christians by our love.

To learn more about Catholic Charities West Virginia, visit www.CatholicCharitiesWV.org.

The Mission of Catholic Charities West Virginia: Guided by God’s love, Catholic Charities collaborates with community partners, parishes and families to provide caring and compassionate services to people in need and work toward lasting and meaningful change.

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Papa: Para la Cuaresma, pregunte si su vida se centra en Dios o en usted mismo

Por Carol Glatz, Catholic News Service

CIUDAD DEL VATICANO (CNS)—La Cuaresma es un momento para reconsiderar el camino que uno está tomando en la vida y finalmente responder a la invitación de Dios de regresar a él con todo el corazón, dijo el papa Francisco.

"La Cuaresma no es hacer un ramillete espiritual, es discernir hacia dónde está orientado el corazón", dijo, "¿Hacia dónde me lleva el navegador de mi vida, hacia Dios o hacia mí yo?"

Los comentarios del papa se produjeron en su homilía en la misa del 17 de febrero para el Miércoles de Ceniza, que incluyó la bendición y distribución de las cenizas, que marcó el comienzo de la Cuaresma para los católicos de rito latino.

Debido a las medidas para reducir la propagación del coronavirus, la misa y la distribución de cenizas tuvieron lugar con una congregación de poco más de 100 personas en el altar de la Catedral de la Basílica de San Pedro.

El papa Francisco no hizo la caminata tradicional desde la Iglesia de San Anselmo hasta la Basílica de Santa Sabina en el Aventino de Roma para evitar que grandes multitudes de personas se reunieran a lo largo de la ruta.

En la Basílica de San Pedro, el papa recibió cenizas en la cabeza del cardenal Angelo Comastri, arcipreste de la basílica, y distribuyó cenizas a unas tres docenas de cardenales, así como a los sacerdotes y diá-

onos que lo asistieron en la misa.

En su homilía, el papa dijo que hay que inclinarse para recibir las cenizas rociadas sobre la coronilla, lo que refleja el "abajamiento humilde" que uno hace al reflexionar sobre la vida, los pecados y la relación con Dios.

"La Cuaresma es un viaje de regreso a Dios", especialmente cuando la mayoría de la gente vive cada día ignorando o retrasando su respuesta a la invitación de Dios de orar y hacer algo por los demás.

"Es el momento para verificar las sendas que estamos recorriendo, para volver a encontrar el camino de regreso a casa, para redescubrir vínculo fundamental con Dios, del quien todo depende todo", dijo.

"El viaje de la cuaresma es un éxodo, es un éxodo de la esclavitud a la libertad", dijo, señalando las fáciles tentaciones a lo largo de ese viaje, incluido el anhelo por el pasado, u obstaculizado por "nuestros apegos malsanos, se frena por los lazos seductores de los vicios, de las falsas seguridades del dinero y del aparentar, del lamento victimista que paraliza. Para caminar es necesario desenmascarar estas ilusiones".

El camino de regreso a Dios, dijo, comienza con la comprensión, como el hijo pródigo, de cómo "hemos quedado con las manos vacías y el corazón infeliz" después de malgastar los dones de Dios "por cosas insignificantes".

El papa recordó nuevamente a los confesores que deben ser como el padre en la his-

toria del hijo pródigo y no usar "un látigo", sino abrir los brazos en un abrazo de bienvenida.

"El camino no se basa en nuestras fuerzas; nadie puede reconciliarse con Dios por sus propias fuerzas, no se puede, no se puede. La conversión del corazón, con los gestos y las obras que la expresan, sólo es posible si parte del primado de la acción de Dios", y a través de su gracia, dijo el papa.

Lo que hace que las personas sean justas no es la justicia que muestran a los demás, "sino la relación sincera con el padre", después de reconocer finalmente que uno no es autosuficiente, sino que tiene una gran necesidad de él, su misericordia y gracia.

El papa pidió a la gente que contemple diariamente al Cristo crucificado y vea en sus llagas, "nuestro vacío, nuestras faltas, las heridas del pecado, los golpes que nos han hecho daño".

"Precisamente allí vemos que Dios no nos señala con el dedo, sino que abre los brazos de par en par", dijo.

Es en las heridas más dolorosas de la vida, que Dios espera con su infinita misericordia porque es allí es "donde somos más vulnerables, donde más nos avergonzamos" y donde viene a encontrarse de nuevo con sus hijos.

"Y ahora", dijo el papa, "que ha venido a nuestro encuentro, nos invita a regresar a Él, para volver a encontrar la alegría de ser amados".

Para denunciar presuntos casos de abuso sexual de niños: La Diócesis de Wheeling-Charleston alienta a informar ante las autoridades civiles ante todo si se ha cometido un delito. También alentamos a utilizar www.reportbishopabuse.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, comuníquese con las autoridades civiles de la jurisdicción correspondiente y visite www.reportbishopabuse.org.

Para informar a las autoridades civiles: comuníquese con la policía local; los números variarán según su ubicación. Si cree que alguien está en peligro inmediato, llame al 911. Para informar confidencialmente cualquier incidencia de sospecha de abuso o negligencia infantil, incluido el abuso sexual, comuníquese con la Oficina de Servicios de Protección Infantil de Niños y Familias de West Virginia llamando a la línea directa de abuso infantil al 800.352.6513. Puede informar anonimamente a esta línea directa si lo prefiere.

Para informar a las autoridades diocesanas: La diócesis alienta a informar a las autoridades civiles apropiadas, ante todo, si se ha cometido un delito. La diócesis también alienta a informar a las autoridades eclesiales apropiadas. Para reportar casos sospechosos de abuso sexual de niños por parte del personal de la Diócesis de Wheeling-Charleston a la Diócesis, comuníquese 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 Muy Reverendo Dennis Schuelkens, Jr., V.E., ext. 270. También puede llamar a la Oficina de Am-

biente Seguro de la Diócesis al 304.230.1504. También puede llamar a la línea directa de abuso sexual de la Diócesis al 833.230.5656. Los formularios de queja están disponibles en línea en www.dwc.org, haga clic en "Diócesis" en la barra de menú, 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, Diócesis de Wheeling-Charleston, PO Box 230, Wheeling WV 26003.

Para informar al Coordinador de Asistencia a Víctimas de la Diócesis: llame a la Dra. Patricia Bailey al 304.242.6988.

Además de los métodos enumerados anteriormente para denunciar el abuso sexual, la Diócesis también 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, diácono, religioso, o empleado laico de la Diócesis o cualquier parroquia o escuela católica en West Virginia. Se puede acceder a la plataforma EthicsPoint a través de www.dwc.org, en "Rendición 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 información: Departamento de Salud y Recursos Humanos de WV: <https://www.wvdhhr.org/report.asp>. Policía Estatal de Virginia Occidental, Unidad de Crímenes contra Niños: 304-293-6400.

Employment Opportunities

Director of Human Resources

The Roman Catholic Diocese of Wheeling-Charleston is seeking to hire a Director of Human Resources, a full-time position based at the Chancery Building in Wheeling, West Virginia. Reporting to the Vicar General of the Diocese, the Director of Human Resources develops policy and directs and coordinates human resources activities such as employment, compensation, labor relations, benefits, training and employee services. Essential duties includes overseeing the employee onboarding system, providing data on wage and salary information, explaining policy directives to department managers, consulting with legal counsel on a regular basis regarding employment issues, managing records in compliance with law or governmental authorities, delivering presentations to department directors regarding human resources policies and practices, administering all benefit programs and government regulatory standards, and maintaining all records required by the Affordable Care Act, including all necessary ACA reporting requirements.

Qualification requirements include a Bachelor's degree (Master's preferred), 4-10 years of experience in an administrative position, expertise in federal and state employee legislation, excellent interpersonal and communication skills, ability to provide direction on personnel issues, familiarity with payroll databases and Microsoft Office suite, ability to work within a team environment and the successful candidate must adhere to the teachings of the Magisterium of the Church and possess a clear sense of a Catholic Theology of work and compensation. Position will remain posted until filled. Applications may be directed to the Human Resources Office, Diocese of Wheeling-Charleston, P.O. Box 230, Wheeling WV 26003.

Accountant II Catholic Charities West Virginia

Catholic Charities West Virginia is seeking a full-time Accountant II, who will be responsible for recording and summarizing the Agency's transactions and reporting financial information accurately and timely.

The essential job duties include: verify and post transactions from regional E/A accounts to general ledger; reconcile bank accounts, investments, depreciation and billings for Homecare Department monthly; prepare monthly Nutrition Department report and reconcile agency fund-raising events; and assist with budget preparation. Additional duties include: assist in the accounts payable function; assist with deposits; and perform spot audits within the various agency regions.

Qualifications include: Bachelor's Degree in accounting; 1-2 years related experience; working knowledge of Microsoft Excel, Word and Quickbooks; ability to maintain confidentiality; ability to work collaboratively in a team environment.

Please email resume, cover letter, and three professional references on or before Monday, March 1, 2021, to: Application materials can also be delivered to: Danielle Doerr, Catholic Charities WV, 2000 Main Street, Suite 214, Wheeling, WV 26003.

Early Childhood Associate - TRAILS Child Care Resource Center

Catholic Charities West Virginia is seeking a full-time Early Childhood Associate-TRAILS in its Child Care Resource Center office in Wheeling, WV. The TRAILS Associate is responsible for keeping inventory clean and up to date in the WASP inventory tracking system, safely operate and maintain the TRAILS van, communicate with child care providers linking them to resources as needed, and represent CCRC in a professional manner. The TRAILS Associate must be able and willing to work cooperatively and meet the expectations of West Virginia Department of Health and Human Resources Bureau of Children and Families Division of Early Care and Education Policy and Procedure Manual for Child Care Resource and Referral Services. In addition the TRAILS associate must follow CCWVa, CCRC and TRAILS Policy and Procedure. This individual works collaboratively with other members of the Professional Development Team.

Qualifications: Must possess a High School diploma or GED with prior experience working with young children. Must be willing to register or be registered on the WV STARS Career Pathway for professional Development. Must hold a valid driver's license and have the ability to drive agency van throughout service area and state. Must be able to maintain confidentiality. Must subject to a background check prior to hire and any time after.

Please send cover letter, updated resume, and three professional references by March 1, 2021, to Brittany Lucci, Child Care Resource Center Director, 965 Hartman Run Road, Suite 1103, Morgantown, WV 26505, or submit via email to brittany.k.lucci@wv.gov

Case Manager/Recovery Retention Specialist Catholic Charities West Virginia

Catholic Charities WV is seeking a full-time Case Manager/Recovery Retention Specialist for its Catholic Charities Community Center of Huntington. This grant-funded position will be responsible for providing high quality case management services to individuals with varied social backgrounds, experiences, and traditions; including those who are in recovery from substance use disorder and/or mental health conditions.

The Case Manager/Recovery Retention Specialist will: 1) perform a comprehensive intake process with all enrolled adult learners, 2) work with each learner and Instructor(s) to create, monitor, and evaluate an individualized learning plan, 3) provide referrals to community supports, resources, and service providers to address barriers to goal achievement, 4) assist learners in advancing on their chosen career pathway, 5) counsel learners individually or in small groups on life skills, and 6) perform additional duties as assigned by the supervisor.

The position will be primarily focused on providing case management services to individuals recovering from substance use disorder and/or mental health conditions. However, this position may also serve learners in recovery from a variety of sources/factors.

Qualified individuals will have a Bachelor's Degree in Social Work or related field, familiarity and comfort working with persons of varied social, economic, and ethnic backgrounds, excellent communication and interpersonal skills, and knowledge of federal, state, and local resources. Preference will be given to applicants who have experience in case management and/or counseling at-risk, adult populations.

Please email a resume, cover letter and three professional references on or before March 1, 2021, to Application materials can also be delivered to Bill Hagy, Western Regional Director, Catholic Charities West Virginia, 1024 Quarrier Street, Charleston, WV 25301.

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Wheeling Hospital Offers Post-COVID Outpatient Rehab Program

WHEELING—Recovery from COVID-19 is an ongoing process for many, especially after a stay in the hospital, and Wheeling Hospital has initiated a rehabilitation program to help post-COVID patients.

Post-COVID symptoms vary, but may include shortness of breath, fatigue, generalized or localized weakness, cardiac deficits, decreased ability to concentrate, and memory issues.

Suzanne Holsen, Occupational Therapy director, said, "These symptoms can result in difficulty returning to your everyday life and participating in daily activities such as dressing, bathing, grooming, toileting, cooking, cleaning, shopping, driving, returning to work or school, swallowing, communicating or walking."

The rehabilitation process actually begins in the hospital, based on current needs/deficits, and continues with transition to home health or the Outpatient Rehabilitation program.

"Outpatient Rehab may be the first step for those recovering from COVID

at home," Curt Neel, director of Physical Therapy, said.

The program addresses weakness, decreased balance, decreased activity tolerance, swallowing difficulties, speech deficits, cognitive impairments, limb numbness, pain, dizziness, difficulty walking and decreased ability to participate in meaningful everyday activities. In addition, telehealth services allow treatment to be completed from home, if desired.

"We provide a multidisciplinary approach with physical, occupational and speech therapy," Sheila Archer, senior director of Rehabilitation Services, said. "The individualized treatment is based on patients' specific goals, needs and deficits."

Those who are experiencing post-COVID symptoms and believe they may benefit from the program should discuss it with their physician. For more information, call one of Wheeling Hospital's outpatient rehabilitation departments: Occupational Therapy (304) 243-3195; Physical Therapy (304) 243-3307; Speech Therapy (304) 243-3770.

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