

ST. MICHAEL PARISH

1225 National Road, Wheeling, WV 26003 www.stmikesparish.org

Facebook: St. Michael Parish - Wheeling, "Almost Heaven"
West Virginia

FOURTH SUNDAY OF

Lent

MARCH 22, 2020

*I was blind
and now I see.*

John 9:25

St. Michael Parish Mission Statement:

In the tradition of St. Michael the Archangel, Guardian of all, we are a Roman Catholic community called to bear witness to Christ through sacrament, stewardship, worship, and proclamation of the Gospel.

ST. MICHAEL PARISH STAFF

Rev. Carlos L. Melocoton Jr., Pastor
cmelocoton@dwc.org

Rev. Martin J. Smay, Associate Pastor msmay@dwc.org

Wendy F. Hinerman, Business Manager
whinerman@stmikesparish.org

Kathleen Dieffenbauger, Stewardship Director
kathleen@stmikesparish.org

Cindy R. Barone, Secretary/Admin
secretary@stmikesparish.org

Mark and Amy Phillips, Parish Catechesis Coordinators
mark.anthony.phillips@gmail.com

Chad Carter, Liturgical Music Director, Organist
ccarter@dwc.org

Jenny Imer, Youth Director jimer@stmikesparish.org

PARISH CONTACT INFORMATION

Our Parish Office is across the street from the church

Parish Office: 304.242.1560
Parish Fax: 304.243.5710
Clergy Residence: 304.243.5454
Website: www.stmikesparish.org
Email: stmikes@stmikesparish.org
Facebook: St. Michael Parish - Wheeling,
"Almost Heaven" West Virginia

ST. MICHAEL PARISH SCHOOL STAFF

Kim Burge, Interim Principal mrsburge@smpswv.org

Shandi Nodurft, Advancement mrsnodurft@smpswv.org

Sis Richardson, Administrative Advisor

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mrsdpatterson@smpswv.org

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Michelle Koval, SMPS Receptionist mrskoyal@smpswv.org

ST. MICHAEL PARISH SCHOOL ADVISORY BOARD

Tami Magruder - President

PARISH SCHOOL CONTACT INFORMATION

School Office: 304.242.3966 Fax: 304.214.6578
Website: www.smpswv.org
Facebook: <https://www.facebook.com/>

PARISH COUNCILS & COMMITTEES

Pastoral Council - Leslie Kosanovic, Chairperson
Stewardship Council - Janet Boyle, Chairperson
Buildings & Grounds - Denny Wilson, Chairperson
Finance Council - Tom Galinski, Chairperson
Personnel Council - John Moore, Chairperson

Office of Safe Environment: To report an incidence of suspected child sexual abuse, please contact your local law enforcement agency, or you may confidentially contact WV Child Protective Services at 800.352.6513. To report suspected cases of sexual abuse by personnel of the Diocese of Wheeling-Charleston to the Diocese, please contact one of the Bishop's designees at 888.434.6237 or 304.233.0880: Sister Ellen Dunn, ext. 264; Mr. Bryan Minor, ext. 263, Mr. Tim Bishop, ext. 353; Fr. Dennis Schuelkens, ext. 270 or call the Office of Safe Environment at 304.230.1504.

READINGS FOR THE WEEK

Monday: Is 65:17-21; Ps 30:2, 4-6, 11-13b; Jn 4:43-54
Tuesday: Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16
Wednesday: Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10;
Lk 1:26-38
Thursday: Ex 32:7-14; Ps 106:19-23; Jn 5:31-47
Friday: Wis 2:1a, 12-22; Ps 34:17-21, 23;
Jn 7:1-2, 10, 25-30
Saturday: Jer 11:18-20; Ps 7:2-3, 9bc-12; Jn 7:40-53
Sunday: Ez 37:12-14; Ps 130:1-8; Rom 8:8-11;
Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

SAINTS AND SPECIAL OBSERVANCES

Sunday: Fourth Sunday of Lent
Monday: St. Turibius of Mogrovejo
Tuesday: World Day for Truth Concerning Human Rights Violations
Wednesday: The Annunciation of the Lord
Friday: Abstinence

Fourth Sunday of Lent - March 22, 2020

The LORD is my shepherd; I shall not want. — *Psalms 23:1*



If you wish to receive email from St. Michael Church, please email Cindy at secretary@stmikesparish.org.

CANDLE OF PEACE

This candle burns in spirit with everyone whose trust was betrayed by the Church that we love. We pray for the grace to forgive and to act with justice. Grant that all who have been harmed may find peace.



Mass Intentions for the Week

Saturday, March 21st

7:30am †Ruth Drinkard
4:30pm †Tom Knorr

Sunday, March 22nd

7:30am People of the Parish
9:00am †Steve Rovnak
11:30am †Jo Clarke

Monday, March 23rd

7:30am †Jerry A. Yuhase
5:30pm †Robert Schmitt

Tuesday, March 24th

7:30am †Frank Scenna
5:30pm †Helen Mahlke

Wednesday, March 25th

8:30am Galey Wilson & Family
5:30pm †CMA

Thursday, March 26th

7:30am People of the Parish
5:30pm †Susie Saseen

Friday, March 27th

7:30am People of the Parish

Saturday, March 28th

7:30am †Mary Podeszwa
4:30pm Victims of COVID-19

Sunday, March 29th

7:30am †Joey "Tuna" Allen
9:00am People of the Parish
11:30am †Rosamund Grubler

† - For the repose of souls

**ALL MASS INTENTIONS ARE BEING
CELEBRATED IN PRIVATE
BY FATHER CARLOS AND FATHER SMAY.**



**Your lilies will be presented at our altar with or without
the public celebration of Mass.**

On Sunday, March 22, our second collection is for Easter flowers. This income will help cover the expense of palms and palm plants on Palm Sunday, and all plants and flowers used during Holy Week and Easter.

This year, we are offering our parishioners the opportunity to sponsor one of the Easter lilies. The lilies may be in memory of a loved one or in honor of someone special. The names of those remembered with a lily will be published in the Easter bulletin. A total of 30 gorgeous lilies will be a welcome site in our celebration of the Resurrection of our Lord on Easter.

To sponsor a lily for **\$50.00**, please contact Cindy at 304.242.1560. ext. 0 or secretary@stmikesparish.org.

Deadline is March 30, 2020.

**ALL YOUTH GROUP ACTIVITIES, INCLUDING
MEETINGS & THE YOUTH MASS HAVE BEEN
CANCELLED UNTIL FURTHER NOTICE.**

*St. Michael Parish acknowledges with gratitude
a memorial contribution from*

Maureen McNabb

*in memory of
Nora Antlake*

*May she rest in peace oh Lord, and may
eternal light shine upon her and all the souls of the
faithfully departed.*

St. Michael Parish extends sincere condolences to the
friends and families of

*Frank Scenna
and
Jerry A. Yuhase*

May they rest in peace Lord,
and may Eternal Light shine upon them.

The Sanctuary Candle beside the
tabernacle burns this week



*in memory of
Patricia Gompers*

*May she rest in peace Lord, and may
eternal light shine upon her.*



Church Calendar

ALL ST. MICHAEL CHURCH AND SCHOOL MEETINGS & EVENTS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE, UNLESS NOTED IN THE BULLETIN

Our Pastoral Council Steak Fry that was scheduled for April 18 is now rescheduled for Saturday, October 3, 2020.

MEN'S RETREAT: POSTPONED UNTIL FURTHER NOTICE

For more info, call Don Klamut at 304-280-4626 or visit the website at: <http://www.laymensretreatleague.org/>.

Prepare to Celebrate the 25th Anniversary of St. John Paul II's Encyclical, *Evangelium Vitae* (Gospel of Life)

“...Today there exists a great multitude of weak and defenseless human beings, unborn children in particular, whose fundamental right to life is being trampled upon.

... infamies indeed. They poison human society, and they do more harm to those who practice them than to those who suffer from the injury. Moreover, they are a supreme dishonor to the Creator.

The end result of this is tragic.

Conscience itself, darkened as it were by such widespread conditioning, is finding it increasingly difficult to distinguish between good and evil in what concerns the basic value of human life...”

EVANGELIUM VITAE (GOSPEL OF LIFE). SAINT POPE JOHN PAUL II, MARCH 25, 1995 [HTTP://WWW.VATICAN.VA/CONTENT/JOHN-PAUL-II/EN/ENCYCLICALS/DOCUMENTS/HF_JP-](http://WWW.VATICAN.VA/CONTENT/JOHN-PAUL-II/EN/ENCYCLICALS/DOCUMENTS/HF_JP-)



SPEAK FOR THOSE WITHOUT A VOICE

Please pray for these men and women currently serving and also those who have served our country in the military (not listed), and for their families:

- ◆ Petty Officer First Class Eric J Auber, US Navy
- ◆ Staff Sergeant Robert Michael Baker, US Marine Corps
- ◆ Major Jeremy Deguzman, US Air Force
- ◆ Sergeant Anthony DiBias, US Army
- ◆ Technical Sergeant Andrew G. Futey, US Air Force
- ◆ Specialist Matthew Graney, US Army
- ◆ Lieutenant Andrew Klug, US Navy
- ◆ Captain Zach Lehman, US Marine Corps
- ◆ Capt. Michael Neuman, US Army
- ◆ Major Christopher Nodurft, US Marine Corps
- ◆ Seaman First Class Cody Patterson, US Navy
- ◆ Specialist Seth Sleime, US Army
- ◆ Warrant Officer 1 (W01) Christopher Snyder
- ◆ Sergeant Major Stephen Spohn, US Army
- ◆ Sergeant First Class Wendy Spohn, US Army
- ◆ Lieutenant Colonel Aaron P Tillman, US Air Force
- ◆ Airman First Class Taylor Wilkinson, US Air Force
- ◆ Senior Airman Sierra E. McKenna, US Air Force
- ◆ PFC Jacob Ulevich, US Army

There will be no First Friday Mass at Mount Calvary Cemetery Bishops' Chapel on April 3rd, 2020.

Weekend Data for March 14/15, 2020

Collection Data:

1st Collection: \$1,020.00

2nd Collection: \$100.00

Online: \$816.50

DWC Priest's Retirement Fund: \$275.00

TOTAL: \$2,211.50

If you wish to continue to contribute to our weekly collections, please mail your contribution to:

**St. Michael Church
1225 National Road
Wheeling, WV 26003**



**St Mike's Bulletin
Deadlines:**

Tuesday, March 24th - Due for April 5th, 2020 Palm Sunday issue

Tuesday, March 31st - Due for April 12th, 2020 Easter issue

Don't Miss the
DEADLINE!

An Act of Spiritual Communion

This is a simple and loving act of Spiritual Communion we are called to make in these times, while we are unable to attend Mass and receive the Eucharist:

Spiritual Communion

My Jesus,

I believe that you are present
in the Most Holy Sacrament.

I love you above all things,
and I desire to receive you into my soul.

Since I cannot at this moment
receive you sacramentally,
please come spiritually into my heart.

I embrace you now
as if you were already there
and I unite myself wholly to you.

Never permit me
to be separated from you.

Amen.

**Get Informed About Coronavirus! Take steps to protect yourself!
Take steps to protect others!**



Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

Avoid close contact with people who are sick

Put **distance between yourself and other people** if COVID-19 is spreading in your community.

This is especially important for people who are at higher risk of getting very sick.



Stay home if you're sick

Stay home if you are sick, except to get medical care. Learn what to do if you are sick.



Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.



Clean and disinfect! **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.



Options include: Diluting your household bleach. To make a bleach solution, mix: 5 table-spoons (1/3rd cup) bleach per gallon of water. OR 4 teaspoons bleach per quart of water. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. **Alcohol solutions.** Ensure solution has at least 70% alcohol.

Other common EPA-registered household disinfectants. Products with [EPA-approved emerging viral pathogens pdf icon](#)[7 pages][external icon](#) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

Arm Yourself with Information! Manage Anxiety & Stress; Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. **Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include. Older people and people with chronic diseases who are at higher risk for COVID-19 Children and teens. People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders. People who have mental health conditions including problems with substance use. **If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911.**

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Stress during an infectious disease outbreak can include

Fear and worry about your own health and the health of your loved ones, Changes in sleep or eating patterns, Difficulty sleeping or concentrating, Worsening of chronic health problems, Increased use of alcohol, tobacco, or other drugs.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration (SAMHSAexternal icon) website. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

For Parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

Excessive crying or irritation in younger children, Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting), Excessive worry or sadness, Unhealthy eating or sleeping habits, Irritability and "acting out" behaviors in teens, Poor school performance or avoiding school, Difficulty with attention and concentration Avoidance of activities enjoyed in the past, Unexplained headaches or body pain, Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child. Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand. Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you. Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand. Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities. Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include :

Mixed emotions, including relief after quarantine

Fear and worry about your own health and the health of your loved ones

Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19

Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious

Guilt about not being able to perform normal work or parenting duties during quarantine

Other emotional or mental health changes

For more information, you can access the Centers for Disease Control website at: www.cdc.gov.