



That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

Reflect

Why does helping another lift our own spirits?



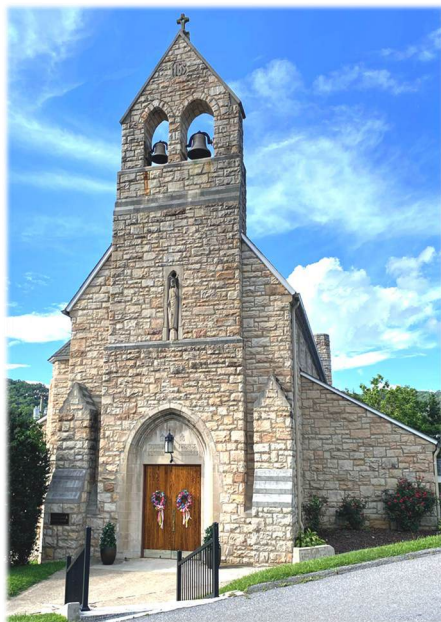
"Your light shall break
forth like the dawn,
and your wound shall
quickly be healed."

ISAIAH 58:8

SACRED HEART CATHOLIC CHURCH

1003 WYOMING ST, BLUEFIELD, WV 24701

FEBRUARY 7-8, 2026



MASS SCHEDULE & INTENTIONS

Saturday, February 7 - 6:00 PM

✠ People of the Parish (Pro Populo)

Sunday, February 8 - 9:00 AM

✠ Terry Lampert by Betty Rice

NO DAILY MASS

Communion Service with Deacon Mike

Thursdays at 10 AM

Saturday, February 14- 6:00 PM

✠ Mayra Jones by Maria Zalduondo

Sunday, February 15 - 9:00 AM

✠ People of the Parish (Pro Populo)

Sacred Heart

Princeton

Mass Times

Tuesdays:

5 pm - Adoration &
Confession

6 pm - Mass

Thursdays:

12 Noon - Mass

First Fridays:

12 Noon

Saturdays:

3:30 pm - Confession

4:00 pm - Mass

Sundays:

10:30 am - Confession

11:00 am - Mass

Confession: 8:30 AM on Sundays ~ 5:45 PM on Saturdays ~ 5:00 PM on Wednesdays ~ By Appointment

UPCOMING EVENTS

February 7-8: 2nd Collection: Church Missions in the U.S.

February 8: Centering Prayer Group 5 pm

February 9: Knights of Columbus Meeting 6 pm

February 10: OCIA Meeting 5 pm

February 10: Men's Prayer Group 6:30 pm

February 12: Communion Service 10 am

February 12: St. Anne's Altar Society Meeting at 11 am

February 14-15: St. Anne's Bake Sale

February 15: Faith Formation Children's Mass 9 am

February 15: Centering Prayer Group

February 17: OCIA Meeting Cancelled/Attend Mardi Gras

February 17: Mardi Gras Party 6 pm in Gym

February 18: Ash Wednesday Masses 10 am & 5 pm

February 19: Stations of the Cross at 6 pm

CHURCH STAFF

PASTOR: Rev. Joseph Mandokkara Augustine, J.C.L.
jaugustine@dwc.org Office: 304-327-7218

PASTORAL ASSOCIATE: Julia Harrison, M.A.A.T.
julia@sacredheartblfd.org

PARISH SECRETARY: Lucy Brinegar
lbrinegar@sacredheartblfd.org

YOUTH MINISTRY DIRECTOR: Wendi Aiello
w.aiello@yahoo.com 304-320-2150

PARISH BOOKKEEPER: Kim Hickman
Khickman@sacredheartblfd.org

Office Hours: 304-327-5623
Monday- Thursday 9:00am-4:00pm
Friday 9:00am-12:00pm

Food Pantry Hours:
Wednesday 10:00am -2:00 pm

To our non-Catholic friends, we extend a warm invitation to for you to come forward and receive a Blessing when our Catholic brothers and sisters come forward to receive Holy Communion. Please come up to the Priest or Eucharistic Minister with your hands folded across your chest, so we will know that you wish to receive a Blessing. We are grateful for your presence.

FEBRUARY MASS SCHEDULE

During the month of January we will **NOT** be having Daily Mass
February 9-February 13

However, Deacon Mike will be providing
Communion Services on
Thursdays at 10 am in Bluefield
and 12 Noon in Princeton

**A BIG Thank- You to
Fr. Jim Conyers
for presiding for our
weekend Masses!
We very much appreciate
you!**



Ash Wednesday February 18, 2026

Bluefield

10:00 AM

5:00 PM

Princeton

12:00 Noon

7:00 PM

Ashes for the Homebound

Attention Families with Homebound Loved Ones
If you would like Ashes brought to your
homebound family members
in honor of Ash Wednesday this year
please call the parish office at 304-327-5623
or contact Linda Mariotti, head of Homebound

St. Anne's



Valentine's Day Bake Sale

February 14-15, 2026



Oh No! You forgot Valentines Day and that special someone! Don't worry, St. Anne's has the solution to keep you out of the doghouse.

We will be having our first ever Valentine's Bake Sale on February 14-15 after each Mass.

Get some sweet goodies for your sweetheart!

2nd Collection:

Catholic Missions in the United States
February 7-8

This Appeal strengthens the Catholic Church in the United States and its territories in 85 Latin and Eastern Catholic dioceses.



The Subcommittee on the Catholic Home Missions funds a wide range of pastoral services, including evangelization, religious education, and the maintenance of mission parishes, the training of seminarians and lay ministers, and ministry with ethnic groups.

If anyone is interested in sponsoring or contributing to a Saturday Social Meal, please contact Sherry Ciccolini at

304-320-0397





OCIA SCHEDULE

February 10: Meeting at 5 pm
(weather permitting)

February 17: No Meeting. We encourage all to attend the Mardi Gras Party at 6 pm in the gym.

February 18: We encourage all to attend the Ash Wednesday Masses at 10 am or 5 pm.

Please pray for our candidates & catechumen who will attend the Rite of Election on February 22nd.



Faith Formation 2026
LIFELONG AND ONGOING

Faith Formation 2026
Every Sunday at 10:15 am
in the School Building

Schedule

February 8, 15, 22 ~ Regular Sessions

February 15 ~ Children's Mass at 9 am

Men's Prayer Group!



All Men of the Parish are invited to our bimonthly Men's Prayer group meetings. The structure for the group consists of prayer, formation, and fraternity.

Next Meetings

NEW TIMES: Now at 6:30 pm on February 10th

Sacred Heart Adult Grief Support Group



Our volunteer run Adult Grief Support Group is a chance to talk and not face grief alone. The group will be taking a break during the winter season and will resume meeting in March.



Centering Prayer Group

What is centering prayer?

Centering prayer is a silent, contemplative prayer method rooted in Catholic tradition, aiming to foster a deeper relationship with God. It is a way to cultivate a deeper awareness of God's presence and action within oneself. **The Centering Praying Group gather every Sunday at 5 pm to converse and to participate in centering prayer.**

St. Anne's Altar Society

St. Anne's will meet the 2nd Thursday of the month at 11 am after morning Mass. All Ladies of the Parish are welcome to attend!

Next Meeting will be

February 12 at 11 am, weather permitting



**Beware of
Txt Message & Email
Scams
Impersonation Alert!**

RECENT SCAMS

Recently, there has been an alarming increase in scams involving individuals impersonating priests or other religious figures. These fraudsters contact unsuspecting individuals through text messages or emails, often using a sense of urgency and emotional appeal to request cash or gift cards.

Please know that Fr. Joseph, the parish office staff, other priests or the Diocesan staff will never reach out requesting cash or gift cards.

How the Scam Works

- **Impersonation:** Scammers pose as trusted clergy members, claiming to need immediate financial assistance.
- **Urgency:** They often cite emergencies, like needing funds for a parishioner in distress or urgent church repairs.
- **Method of Payment:** They request payments through untraceable means, such as gift cards or wire transfers.

Protect Yourself

- **Verify the Source:** Always contact the church or religious institution directly using verified contact numbers to confirm any requests.
- **Be Skeptical:** Be wary of any unsolicited message asking for money or personal information.
- **Report:** If you suspect you've been targeted, report the scam to local authorities



February Ministry Schedule

Mass Date Time	Sacristan	Rosary Leader	Altar Servers	Lectors	Eucharistic Ministers	Hospitality	Collection Counters	Music
Sat. 2/7 6 PM	P. Peretti	D. Crigger	1. D. Kelley 2. A. Froy	1.D. Crigger 2.A. Peretti	1.T. Behrmann 2.P. Peretti	1. Pascasio		Dan Debbie
Sun 2/8 9 AM	M. Malamisura	L. Ajulo	1.R. West 2.K. Oakes	1. B. Buzzo 2. J. Barber	1.M. Romeo 2.C. Havens	1.R. Ciccolini 3.C. Asbury	The Albert's	Jack Roland
Sat. 2/14 6 PM	J. McCloud	D. Garton	1. A. Peretti 2. E. Peretti	1.V. Hager 2.D. Garton	1.J. McCloud 2. L. Mariotti	1. L. Bolyard		Dan Debbie
Sun. 2/15 9 am Kids Mass	The Winfree's	B.Musolin	1. T. Brown 2. K. Wills	Children to Read	1.K. Kidd 2. K. Kirk	1.K. Brown 2.R. Kidd 3.T.J. Longworth	D. Duritza R. Malamisura	Jack Mary-Ann
Ash Wed. 10 am	J. McCloud	No Rosary			1.J. McCloud 2. L. Mariotti	L. Bolyard	No Counters	Jack Debbie
Ash Wed. 5 pm					1.V. Hager			
Sat. 2/21 6 pm	P. Peretti	D. Crigger	1.D. Kelley 2.A. Froy	1.T. Behrmann 2M. Zalduondo	1.P. Peretti 2.C. Saunders	1. I. Pascasio		Dan Roland
Sun. 2/22 9 am	C. West	L. Ajulo	1.R. West 2.K. Oakes	1.T. Bales 2.R. Albert	1.A. Robinson 2.S. Copolo	1.C. Havens 2.D. Rebuck 3.R. Ciccolini	D. Shumate M.McCoy	Jack Hobe
Sat. 2/28 6 pm	J. McCloud	V. Hager	1. A. Peretti 2. E. Peretti	1. D. Garton 2.M. Zalduondo	1.V. Hager 2. L. Mariotti	1. L. Bolyard		Dan Gray
Sun. 3/1 9 am	M. Malamisura	B. Musolin	1. R. Aiello 2. K. Wills	1.M. Rebuck 2.A. Rebuck	1. G. Aiello 2. W. Aiello	3. R. Albert 4. B. Buzzo 5. C. Asbury	The Aiello's	Jack Theresia

ASH WEDNESDAY

Attention Ministry Volunteers

Our Ash Wednesday Masses will be on Wednesday, February 18th at 10 am and 5 pm.

If you would like to participate in these masses as readers, Eucharistic Minister, Sacristan, Altar Server, or Hospitality please call or email Lucy.

Sacred Heart Prayer List

Parishioners: Stephanie Blevins, George Bowling, Mary Bruch, Ron Ciccolini, Benny Disibbio, Carolina Ferrare, Angie Genovesi, Julia Harrison, Daniel Kirk, Claire Lampert, Tommie Jo Longworth, Mary Malamisura, Sabrina Mazol, Aalannah McPeak, Feleesha Moran & Family, Annette & Claude Morgan, Sharon Rothausen, Audrey Snyder, Chris Taylor

Homebound Parishioners: Linda Angelelli, Joanne Ercoline, Lou Ercoline, Mary Claire Keenan, Sue Mazol, Joan Monaco, Ernesto Pascasio, Barbara Pickett, Rosalie Rochetti, Mitzi Romeo, Miriam Salaita, Anna H. Switch

Friends & Family: Leia Allen, Ethan Atwell, Lane Austin, Vera Lee Austin, Ann Beck, Mark Burnette, John Burton, Bill Cinadr, Patrick Clark, John Clark, Fr. Chapin Engler, George "Hooger" Fisher, John Genovesi, Skip Harless, Tom Heneger, Linda Henegar, Rick Longworth, Conner McKenzie, Walt "Buddy" Pierce, Annette Pike, Dee Puckett, Nick Pullano, Dr. Amanda Hale Reese, Nicole Romano, Kandi Stephenson

Thank you

Your support means the world to us.

This past week, Flocknote donation statements from Sacred Heart were emailed to all parishioners. If you do not have an email address in Flocknote, your statement was mailed to you. If you received an email copy and would prefer a printed copy, please email, text or call Kim Hickman.

khickman@sacredheartblfd.org
304-920-2440

Altar Flowers

February 7-8, 2026:

In Memory of
Joseph & Mary Falasinnu



Please Note:
We will not be doing flower sponsorship during the season of Lent.

Weekly Collection	weekend Jan 31 - Feb 1	YTD Actual	YTD Budget
Envelopes	1,610.00	21,962.00	19,358.00
Maintenance	123.00	546.00	997.00
Loose Offertory	59.00	1,774.45	1,976.01
Total Collection	1,792.00	24,282.45	22,331.01
Food Pantry	150.00	3,861.00	6,639.00
DWC: Latin American/Home Missions	5.00	456.00	659.50
DWC: Central and Eastern Europe	5.00	417.00	224.00
DWC: Church in Africa	5.00	764.00	175.00
ATTENDANCE:	6PM: 18	9AM: 25	

IN CASE OF AN EMERGENCY AND A PRIEST IS NEEDED, PLEASE CALL:

Parish Office (304) 327-5623 Princeton Office (304) 425-3664

In case of serious or life-threatening sickness or the actively dying: {Please consider, if Fr. Joseph out of town, it will take longer to contact a priest. Please call the church office as soon as you can} The church should be contacted as soon as possible. People deserve the opportunity to confess their sins, profess their faith, be anointed, and receive Holy Communion – the foretaste and pledge of eternal life. PLEASE don't wait until after the person is unconscious or so sedated that he or she cannot communicate. It is imperative with current situations, that there be enough time for Fr. to go through the appropriate protocol to visit the actively dying.

In case of illness: Please call the parish office to let us know if you, a family member, or a parishioner is sick. We can place your name on the prayer list. If requested, Fr Joseph will arrange for distributing Holy Communion in the home.

Nursing homes & Hospitals: are not permitted to contact the church. If someone you know is in the hospital, please call the church office.

MARDI GRAS CELEBRATION

Tuesday, February 17
6:00 PM in GYM

Come celebrate **FAT TUESDAY**
with your Sacred Heart family!

Come dressed in your best Mardi Gras **OUTFIT**

Parish will provide fried chicken, meatloaf, mashed potatoes, green beans, rolls, and beverages.

PLEASE BRING A SIDE DISH OR DESSERT TO SERVE 12.

(Please note what food the church is providing
as you choose your side dishes)

RSVP by 12 NOON Tuesday, February 10th
to our parish office at 304-327-5623.

(this helps our social committee in preparing for this event)



Dear Padre,

Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.

The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

From The Eucharist: 50 Questions from the Pews by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications



GOOGLE GEMINI

A WORD FROM POPE LEO XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



MILJAN ZIVKOVIC / SHUTTERSTOCK

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

Monday

February 9
Weekday
1 Kgs 8:1-7, 9-13
Mk 6:53-56

Tuesday

February 10
St. Scholastica, Virgin
1 Kgs 8:22-23,
27-30
Mk 7:1-13

Wednesday

February 11
Weekday
1 Kgs 10:1-10
Mk 7:14-23

Thursday

February 12
Weekday
1 Kgs 11:4-13
Mk 7:24-30

Friday

February 13
Weekday
1 Kgs 11:29-32;
12:19
Mk 7:31-37

Saturday

February 14
Sts. Cyril, Monk, and
Methodius, Bishop
1 Kgs 12:26-32;
13:33-34
Mk 8:1-10

Sunday

February 15
Sixth Sunday in
Ordinary Time
Sir 15:15-20
1 Cor 2:6-10
Mt 5:17-37
or 5:20-22a, 27-28,
33-34a, 37