

## Holy Rosary Catholic Church Sacred Heart Chapel

### Lenten Project Finally Completed!

Our Holy Rosary Lenten project was paused because of Covid, but we were able to get a few donations of items and money for “Sleep in Heavenly Peace,” the volunteers who make beds for children. Sarah Ziems, project coordinator, was able to meet with Dave Lang in Bridgeport, WV to deliver several sheet sets, pillows, blankets and throws for the children to use on their new beds. Dave was very appreciative of our donations and sends his sincere thanks for our parish donations.



Holy Rosary Catholic Church  
34 Franklin Street  
Buckhannon, WV 26201  
304-472-3414

Parish Administrator  
Reverend Edward Tetteh, SVD  
Deacon  
Reverend Mr. Rue Thompson

Website  
[www.holyrosarywv.org](http://www.holyrosarywv.org)  
Facebook  
Holy Rosary Catholic Church  
Email  
[HRCCWV@gmail.com](mailto:HRCCWV@gmail.com)

Eucharistic Liturgies  
Vigil: Saturday – 7 p.m.  
Sunday – 9 a.m.

### Eucharistic Liturgies

**Saturday, Aug. 8** - Parishioners (Holy Rosary)

**Sunday, Aug. 9**

9 a.m. – Brandi Merrett (Holy Rosary)

**Monday, Aug. 10** – Mary Kimberly Moore

**Tuesday, Aug. 11** – Ike Hackey

**Wednesday, Aug. 12** – Theodore Moore (7 p.m. at Holy Rosary) Silent Adoration begins at 6:30 p.m.

**Thursday, Aug. 13** – For conversions

**Friday, Aug. 14** – Tom Rosenbury (7 p.m. in the church, mass for Feast of the Assumption)

**Saturday, Aug. 15**

7 p.m. – Parishioners (Holy Rosary)

**Sunday, Aug. 16**

9 a.m. – Charles Sandreth (Holy Rosary)

SHINE  
ON!

## 19th Sunday In Ordinary Time

Theme: *“TAKE COURAGE, IT IS I; DO NOT BE AFRAID”*

I read a story a couple of years ago that reminds me of the Readings today, particularly the First Reading. Here is the story: One day, God gathered his archangels and told them he was going to hide from men. He asked them to help him find a good hiding place. Some of the archangels suggested the highest mountain on the earth, while others advised him to hide in the deepest ocean or the farthest corner place on the earth--there men would not be able to find him. God laughed at them and said, “Men are smart. With their technology, they would be able to locate me.” So then, God told his great archangels, the only place, men would not find him is in their hearts.

In the First Reading, we are told that the prophet Elijah, fleeing for his life from Queen Jezebel, decided to hide in the cave. It was there that God appeared to Elijah in a gentle breeze, not in a strong thundering, lightning, strong wind, or fire as God had appeared to Moses and other prophets. Prophet Elijah expected to see God, not in a calm environment, but in a rough, stormy place. Yes, God wants Elijah and all of us to know that he/God continues to appear to us not only in a strong wind, fire, or earthquake, but also in a calm wind. God can reveal himself to us in a peaceful life situation, but also in storms of life.

We see in the Gospel reading that Jesus appeared to his disciples in the storm on the sea. St. Matthew tells us that Jesus went out to the mountain to pray in the evening while he left the disciples alone by themselves. During the fourth watch of the night which is between 3 a.m. and 6 a.m., Jesus came toward them walking on the sea. When the disciples saw him walking on the sea, they were terrified, afraid. “It is a ghost,” they said, and they cried out in fear.

Then Jesus told them, “TAKE COURAGE; IT IS I, DO NOT BE AFRAID.” Peter being Peter said to Jesus, “Lord, if it is you, command me to come to you on the water.” Jesus honored his request. Peter started walking on the water toward Jesus until he met the storm and began to sink. He cried to his divine master, “Lord save me!” Immediately, Jesus saved him and said, “O you of little faith why did you doubt?”

Like Peter, we must always learn to turn to Jesus when we are going through storms of life. The storms of life may be health problems, separation/divorce, death of your beloved one, loss of a job, financial crisis, betrayal, etc. Jesus continues to say to you, “TAKE COURAGE; IT IS I, DO NOT BE AFRAID.” Jesus wants you to stop doubting and have faith in him. Like Peter and the rest of the disciples Jesus rescued from the storm, he would certainly rescue you from whatever storms of life you are going through.

Do not allow fear to ruin your life. In the Bible, you will find the words “Do not be afraid” or “Have no fear” 365 times. What does that tell you about our fears in regard to these words from the Bible?

As we all know, fear can be a positive or negative feeling/thought. Fear as positive serves as a warning sign for impending dangers and helps us to be alert, cautious, and take appropriate means to protect ourselves from the physical, emotional, spiritual adverse effects of it. So fear assists you to fight the danger or take flight, to move away from imminent dangers.

Fear becomes negative when it leads to destruction in our relationship with ourselves and others. From studies, we do know that if fear is not addressed in a healthy way, it may lead to psychosomatic ailments like stomach cramps, headache, insomnia, low self-esteem, lack of appetite, to mention a few.

This explains why it is very important to manage your fears in a healthy way. Here are a few suggestions/skills you can use to manage your fears in healthy ways:

First, be aware of your fear. Do not pretend it doesn't exist or deny it. Once you accepted it, try to find out

what is causing that fear in you that is adversely affecting you?

Here you may ask your trusted friend, a clergy, or even to ask for professional assistance, like consulting a counselor or

your health care provider.

Secondly, daily exercise like walking, healthy diet, meditation, good sleep may take away or reduce your fear.

Thirdly, beloved, focus on the positive aspects of life, not on the negative sides of life. It is interesting to know that studies have shown that almost eighty percent of what we are afraid of or worried about never happens. God forbid, even if it does happen, it does not occur the way we thought it would.

The last but not the least, sometime, we must learn how to live with certain amount of fear. As my senior confrere Fr. Martin Padovani, SVD, a family therapist and a psychologist puts it, “Anxiety and fear are aspects of living. If we are alive, we experience them.”

Precious one, if God saved the life of Elijah, and his beloved Son Jesus Christ also saved the lives of Peter and his brother disciples, don't you think, he also will save you from whatever storms of life you may be going through?

Like Peter who cried out to Jesus, “Lord, save me,” be patient with Jesus and continue to cry out to Jesus, He will listen to your cry when you least expect it. He says, “Do not doubt and have faith in me.”

When you are experiencing the storms of life, listen to Jesus saying, “TAKE COURAGE; IT IS I, DO NOT BE AFRAID.”



## Notes from Father Ed

A big Thank You to Ed Poach for repairing the commode seat in the ladies room in the Marist Hall.

We appreciate your dedication to the Parish. God bless!

The next mass at Sacred Heart Chapel is scheduled for Sunday August 16 at 12 pm.

Fr. Ed will celebrate Mass at Sacred Heart Chapel, Pickens every First and Third Sunday of each month.

## Feast of the Assumption

August 15 is the Feast of the Assumption of the Blessed Virgin Mary. We will have *only* a vigil mass for this feast on Friday, August 14 at 7 p.m. in the church. The weekend liturgies will remain the same. Please join us for a celebration of this special feast.

## Crosslines Update

Crosslines has been operating in a definitely safe way during the pandemic. We may be able to open our doors to neighbors starting in August. Any lunches we serve will be brown bag only until this virus is under control. In the meantime, we are in need of the following items:

Deodorant

Any canned veggies except corn

Size 5 diapers

Our own Holy Rosary Diaper Bank should resume operations in September.

The annual Backpack School supplies program will be in the last week in August on Wednesday, Thursday, and Friday of that week. The hours will be from 1 to 4 p.m. We are still in need of the following items:

Loose leaf notebook paper

3 ring binders

Magic markers

Pocket folders

Backpacks

If it is easier for you, you can put \$10 in an envelope and mark it "SCHOOL SUPPLIES" and drop it in the regular collection basket at church. We will make sure it is taken to crosslines to be used for this program. A box will be placed by the front door of the church for all other donated supplies.

One more note: It will be a shame if our Holy Rosary Wednesday Meals at Crosslines would fold because Brother Roy is gone. This has been such a worthwhile project and so many of you have enjoyed being a part of it. Won't someone or a group of people please volunteer to make this happen again? Let Jalna know ASAP if you can take this on for our parish and our neighbors. Thank you!

## Last Week's Collection

Envelopes: \$1,825.00

Loose: \$220.00

Thank you very much for supporting our parish!

## August Celebrations!

*Do you have a birthday or special celebration in your family for August? Celebrate with your parish family! Just drop a note in the collection basket or give it to Fr. Ed.*

*Happy Birthday to the following people who celebrate their birthdays in August:*

Sal Carmona – Aug. 8

David Jack – Aug. 15

Rachael Lofton – Aug. 18

Mary Hendricks – Aug. 20

Jim Walker – Aug. 20

Jennifer Nanners – Aug. 21

Scotty McCartney – Aug. 22

Joann Huffman - Aug. 26

Maddie Nanners – Aug. 29

Michael Ellis – Aug. 31



## Congratulations, Sister!

*Congratulations to Sister Francesca Lowis who celebrates 60 years as a Pallottine Missionary Sister! She took her vows on August 15th!*

*Congratulations, Sister, and may God continue to bless you in your service to the church.*

## SoulCore Resumes

SoulCore will be held outside on the side lawn of Holy Rosary Catholic Church on Tuesdays at 6:30 p.m. Bring a mat and light hand weights! If it is raining, class will not be held.

## Lector's Schedule

8/8: Maria Gjolberg

8/9: Linda Hicks

8/15: Mary Blake

8/16: Andrea Ellis

## Greeter's Schedule

Sat. 8/8 – Cheryl and Jerry Moore

Sun. 8/9 – Frank Girard

Sat. 8/15 – Mary Blake

Sun. 8/16 - TBA

## Please remember in your prayers

Bertha Small, Kate Deasy, Rosemary Austin, Phil Halligan, Randy Trent, Macyah Riley, Karen Trent, Jack Call, Joe Morton, Matthew Linger, David Vincent, Seth Poling, Cathy Lipscomb, Hugh Hensil, Barbara Elmore, Freddy Caimotto, James Barton, Mike Cerullo, Darell Hyre, Diane Hyre, Lorene Hardman, Freda Cawthon, Vicki Dibble, Eric Harkness, Pat Daigneault, Duane Lohr, Jeff Ball, Linda Hicks, Jane Baxter, Shaelyn Posey, Bill Baxa, P.T. Garton, John Egress, Jalen Welcome, Ron Byrd, Helena Bessinger, Dennis Cortes, Kay Sienkiewicz, Danny Morgan.

*Please pray for all men and women serving in the military.*

## Please pray for our homebound

Gene & Mary Stump, Denna Bayless, Anna Stalnaker, Ron Frye, Rocena Asbury, John Sneberger, Lorraine McLean, James McCartney, Nancy Beverlin, Shirley Linger, Rosie Ketterman, Shirley Helmick, William McLean, Lorene Hardman, Anna Powell, Barbara Elmore, Gerry Stankus.

## HOMEBOUND PARISHIONERS VISITS

If any homebound parishioner would like Fr. Ed to visit and bring Holy Communion to him/her, please call the parish office (304) 472 3414 or Fr. Ed's cell phone (609) 510 1090. Due to the Covid 19 pandemic, Fr. Ed will wear a face mask, face shield and gloves when visiting a homebound parishioner. In case you would not like a visit but would just like to talk on the phone, please do not hesitate to reach out to Fr. Ed.

### WHAT IS FLOCKNOTE?

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