



St. Vincent De Paul Church
21 Rosary Road
New Martinsville WV 26155
Office/Rectory 304-455-4615



St. Joseph Catholic Church
64 Frohnappfel Ln
Proctor WV 26055
Rectory 304-447-3999

Rev. John P. McDonough

Pastor

[*papajohnwv@msn.com*](mailto:papajohnwv@msn.com)

December 18, 2016
Fourth Sunday of Advent

Mass Schedule St. Vincent's

Saturday evening @ 5 pm
Sunday morning @ 10:30 am
Monday evening @ 6:30 pm
Tuesday morning @ 11:30 am
Thursday morning @ 9:30 am

Mass Schedule St. Joseph's

Sunday morning @ 8:30 am
Tuesday evening @ 6:30 pm
Wednesday morning @ 8:30 am

Sacrament of Reconciliation

Saturdays 4:15 - 4:35 pm (SV)
Anytime by request (SV & SJ)
Seasonal Communal Celebrations

The Diocese of Wheeling-Charleston is committed to the protection of its children and young people. The Diocese complies with the United States Conference of Catholic Bishops' *Charter for the Protection of Children and Young People* by maintaining an 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 the West Virginia Bureau for Children and Families/Child Protective Services by calling the Child Abuse Hotline 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 (toll free) or 304.233.0880: Sister Ellen Dunn, ext. 264; Mr. Bryan Minor, ext. 263; Msgr. Frederick Annie, ext. 267, or Msgr. Anthony Cincinnati, 270. For more information on the Diocese's Office of Safe Environment, please go to www.dwc.org, then click the "Diocese" tab, then click "Office of Safe Environment" under the "Offices" menu. To learn more about the Catholic Church's efforts in preventing sexual abuse of children in the United States, please visit <http://www.usccb.org>. Under "Issues and Action," click "Child and Youth Protection" from the drop down menu.

Klug Hall 304-455-3555

Fax 304-455-4617

Website www.svdpm.org

Parish Office (SV) 304-455-4615

Office Manager Ellen M. Spencer/Denise Klug
Monday-Friday 9 am to 4:30 pm

Parish email office@svdpm.org

Maintenance (SV) Fred Emch

Custodian (SV) John Pierce

Parish Nurse Karen Dean 304-771-1118

Jdean1181@suddenlink.net

PSR Debra Freeland (SV) 304-455-1654 or
304-771-1654

PSR Cindy Fox (SJ)

Music Ministry Gail Haight, Ben Nice,
John Tomaszewski

Sacrament of Baptism

Infants: Please make arrangements with the pastor. Adults: After RCIA preparation.

Sacrament of Marriage

Please make arrangements with the pastor. Nine-month minimum notice required.

Sacrament of the Sick

Call the Parish Office

Raphael Committee

Pat Lilkendey 304-455-5208

Eva Roodalski 304-455-5176

MASS SCHEDULE

Day	Date	Time	Location	Intention	Requested By
Saturday	Dec. 17	5 pm	SV	Okey & Clara, Bob & Paul Tuttle	Carolyn Moore
Sunday	Dec. 18	8:30 am	SJ	Raymond Blatt	Blatt Nephew
Sunday	Dec. 18	10:30 am	SV	For the People	
Monday	Dec. 19	6:30 pm	SV	Bob Horn Sr.	Holy Name
Tuesday	Dec. 20	11:30 pm	SV	Frankie Davison	Joan Block
Tuesday	Dec. 20			NO MASS	
Wednesday	Dec. 21	8:30 am	SJ	Nathan Hassig	Mom & Dad
Thursday	Dec. 22	9:30am	SV	Ann Standiford	Fred Emch and Family
Friday	Dec. 23			NO MASS	
Saturday	Dec. 24	5 pm	SV	Francis Piekarski Joseph and Mary Balcerek	Piekarski and Balcerek Families
Saturday	Dec. 24	8:30 pm	SJ	Anna and Albert Estep	John & Jane Batten
Saturday	Dec. 24	10:30Pm	SV	Joel Glover	Richard and Barb Klug
Sunday	Dec. 25		SJ	NO MASS	
Sunday	Dec. 25	10:30 am	SV	For the People	

PLEASE REMEMBER IN PRAYER – Cathy Pryor, Larry Mall, Josh Kirkland, Jim Richthammer, Bob Dalrymple, Don Durig, Tara Moonshadow, Katrina Stevens, Theresa Ice, Helen Shutler, Margie Whiteman, Stan Maslowski, Nathan Link, Scott Richter, Diane Beucke, Don Hohman, Joseph Picinotti, Dorothy Maury, Rex Young, Eleanor Miller, Gary Slider, Karen Richmond, George Templeton, Darlene Johnston, Bob Clark, Randy Eller, Mark Fox, Albert Hohman, Chuck Darrow.

Evangelical Corner
December 10/18

“Lord, make me an instrument of
your Peace; where there is hatred,
let me sow love, where there is
injury, pardon, where there is
doubt, faith; where there is
despair, hope; where there is
darkness, light and where there is
sadness, joy.”
St. Francis

SJ PARISH COUNCIL AND FINANCE COUNCIL will meet on Tuesday evening, December 13 after Mass. All members are asked to attend.

NEEDED – Greeters for SV Saturday evening Mass. Please sign up in the vestibule if you are able to assist in this ministry.

SV PARISH LIFE MEETING 6:30PM ON DEC. 21ST, 2016

GABRIEL PROJECT – The Gabriel Project is in need of diapers in sizes 3, 4, 5. **(In desperate need of size 5)** Please drop off donations in the vestibule of the church or at Community Resources located in office adjacent to Parish Office.

CHRISTMAS FLOWER DONATIONS – Envelopes are available for you to make donations towards the cost of Christmas flowers. Please indicate if your donation is in memory or honor of a loved ones. Please drop in the collection basket.

SV COFFEE & DONUTS SOCIAL – Volunteer host/hostess needed for Sunday December 18. Sign up in vestibule.

NEW YEAR'S EVE DANCE – Tickets are on sale now, either through Relay For Life, Little Flower, OR you can stop in the Parish Office, we have tickets here as well.

COLLECTION SUMMARY

St. Vincent

Weekend of 12/11/16

Envelopes...\$2108.00

Loose...\$350.00

Building Fund....\$50.00

Immaculate Conception.....\$200.00

Christmas Flowers.....\$75.00

COLLECTION SUMMARY

St. Joseph

Weekend of 12/11//16

Envelopes...\$700.00

Loose...\$77.00

Maintenance & Development \$60.00

Christmas Flowers.....\$225.00

Share in the Care.....\$330.00

Immaculate Conception....\$70.00

Patron Saints....\$1.25

SCRIPTURE READINGS

Date	First Reading	Second Reading	Gospel
<i>December 18, 2016</i>	<i>Isaiah 7:10-14</i>	<i>Romans 1:1-7</i>	<i>Matthew 1:18-24</i>

RCIA – Inquiry classes are on Monday evenings after the 6:30 pm Mass in the De Paul Room.

BAGS OF BOUNTY – Our parish has been asked to provide juice boxes for the Bags of Bounty which provides weekend meals for needy children in Wetzel County. Please put your donations in the vestibule.

2017 CALENDARS – Through the generosity of Grisell Funeral Home and Jarvis Funeral Home, we have 2017 calendars in the vestibule. Please take one per family. Please express your gratitude to these businesses for their generosity.

****Beginning January 2017 the LF will meet on the second Wednesday of the month.**

Advent Communal Penance Mater Delrosa in Paden City: Will be held on Tuesday December 20, 2016 @ 7:00pm

FAREWELL PARTY FOR ELLEN SPENCER: DECEMBER 17, 2016, immediately following 5 pm Mass.

The Parish will provide the meat and cake. Each Parishioner should bring a covered dish & BYOB,

St. Joseph's Giving Wreath will be placed in the Church. As Always, 100% of the proceeds will be given to a family in need or a worthy charitable cause.

Please stop by the Klug Hall and pick up any dishes that you may have left in the kitchen for bereavements luncheons, etc.

Happy Anniversary to Dave and Linda Franklin

Community Prayer Service

Sunday
Dec. 18
4 p.m.



First Baptist Church

Also, upcoming prayer van times:

Wednesday, Dec. 14, 8:45 a.m.

Tuesday, Dec. 20, 6 p.m.

Wednesday, Dec. 28, 8:45 a.m.

Tuesday, Jan. 3, 6 p.m.

Wednesday, Jan. 11, 8:45 a.m.

Follow "CommUNITY United" on Facebook

This weekend Dec 17th & 18th: LITTLE FLOWER will be selling FRESHLY BAKED Nut Rolls and Banana Bread in the Vestibule!!!!!!

DECORATING OF THE CHURCHES:

SJ – DEC. 21ST AFTER 8:30 AM. MASS

SV—DEC. 22ND @ 10AM AFTER 9:30 MASS

PLEASE COME AND HELP BEAUTIFY OUR CHURCH HOUSES TO WELCOME THE SWEET BABY JESUS, OUR SAVIOR!!!

Christmas Mass Schedule for both Parishes' :

Dec 24th, Christmas Eve: SV @ 5pm

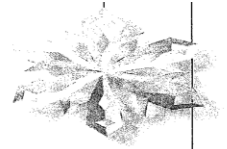
SJ @ 8:30pm

SV @10:30pm

Dec. 25th, Christmas Day SV @ 10:30am



**American
Red Cross**



Give the perfect gift.

Give blood.

**Blood Drive
St. Vincent DePaul Catholic
Church**

**Klug Hall
21 Rosary Road
New Martinsville, WV**

**Thursday, December 29, 2016
12:00 PM to 5:30 PM**

Sponsored by the New Martinsville Ministerial Association.

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: NMSTVincent to schedule an appointment.



Free long-sleeve Red Cross T-shirt when you come to donate Dec. 22-Jan. 4, while supplies last!



Give Something that Means Something.®

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

Red Cross will be giving T-shirts to the first 35 Donors. Realizing this is a hectic time of year -BUT- Blood is always in need. Please let's give them a great turn out and the gift of life. Hopefully we will exceed their expectations. <3

NURSE'S NOTES, by Karen Dean R.N.

This easy Dip is a winner for both taste and nutrition. The base of the creamy dip is artichokes, which provide Fiber, vitamin C, folate and magnesium. Low fat cottage cheese replaces much of the mayonnaise used in traditional recipes, Serve with Whole-Wheat Pita Crisps (see recipe below) or whole-grain crackers.

INGREDIENTS:

3 tsp. olive oil	1(14oz) can artichoke hearts, drained and rinsed
1 cup chopped onion (1 Medium)	¾ cup 1% low-fat cottage cheese
2 cloves garlic, minced	2 Tbsp low-fat mayonnaise
1/8 tsp crushed red pepper	¼ tsp salt
6 cups baby or mature spinach stems Trimmed, washed and dried	2 tsp. Dijon mustard
	1/ cup grated Parmesan cheese

1. Preheat oven to 400 degrees. Coat a 4-cup baking dish with cooking spray. Alternatively, use several smaller baking dishes, such as onion-soup crocks, to hold 3 cups dip total.
 2. Heat 2 tsp oil in large skillet over medium heat, Add onion: cook, stirring often, until softened and just starting to turn golden, 2-4 minutes. Add spinach (with just the water clinging to the leaves after washing) and garlic; cook stirring until spinach has wilted, 1-2 minutes. Remove from heat.
 3. Place artichokes, cottage cheese, mayonnaise, mustard, salt and black pepper in a food processor, process until smooth. Add spinach mixture and parmesan, pulse just until blended. Scrape artichoke mixture into prepared baking dish. (The dip will keep, covered in the refrigerator for up to 2 days).
 4. Bake, uncovered, until heated through, 25-35 minutes. Drizzle remaining 1 tsp. oil over top. Serve hot.
- Yield: 12 (1/4) cup servings.

Per Serving: Calories 90, Total fat: 4.5 grams, Saturated Fat: 1.5 grams, Cholesterol: 5 milligrams, Sodium: 370 milligrams, Carbohydrates: 7 grams, Fiber: 1 gram, Protein: 5 grams.

Whole-Wheat Pita Crisps: Cut each of 4 (6 or 8 inch) whole-wheat pita breads into 6 triangles. Separate each triangle into 2 halves at the fold. Arrange, rough side up on 2 large rimmed baking sheets. Spritz pitas lightly with olive oil cooking spray. Bake at 400 degrees until crisp, 5-8 minutes. Makes 48 pita crisps; 15 calories each.

LEARNING FROM LABELS: Those Nutrition Fact panels can reveal some surprises. Even snack products from the same manufacturer can vary widely in their nutritional pros and cons. Popular brands of cereal bars, for instance, can vary widely in calories, saturated fat and sodium, with higher counts for those designed to make you feel “fuller.”

As for chips, baked potato chips really are lower in saturated fat than fried chips, but the difference isn't as much as you might think—typically one gram per serving. They're best considered a splurge. Don't count on the label term “natural” to make chips any better for you by the way.

POPPING SMARTS: Even with close reading of Nutrition Facts labels, it's hard to beat doing it yourself for healthy snacking. Compare, for example, a popular packaged microwave popcorn with plain DIY kernels:

Packaged “butter” style popcorn (2 Tbsp. kernels, about 405 cups popped) –180 calories, 2.5 g saturated fat, 310 mg sodium.

Plain popcorn (2 Tbsp kernels) –124 calories, 0.2 saturated fat, 2 mg sodium. To add a little butter flavoring to your DIY popcorn, without the fat, spritz the popped kernels with a little buttered flavored cooking-oil spray, and of course go easy on the salt.

TUFTS UNIVERSITY – Friedman School of Nutrition Science and Policy

Dear St. Joseph Parishioners: *There are several boxes of envelopes in the back of the church. They are numbered but have no names. If they belong to you and your family please take the ones that are yours and pretty please, let me know what number is yours. If perhaps you need envelopes, please feel free to get a box, again let please let me know what number you selected. I currently am receiving a couple of envelopes that I have no name to cross reference with, so if you could please for the next couple of weeks write your name on your envelopes, so that the office can figure out just a couple of things. I would greatly appreciate this. Thank You :) Denise*

Grandprize Drawing: **A \$315.00 value gift cards.....Ed Estep**

2nd prize.....Alaskan Carving, “Go Steelers”....Joe Herrick

3rd prize.....\$50.00 American Express Card.....Pat Lilkendey

4th prize.....\$25.00 Visa Gift Card....Ella Bartrug