



**St. Leo
Catholic Church**

**Palm Sunday of the
Passion of the Lord
March 27-28, 2021**

P.O. Box 93, 2109 Sulphur Springs Rd, Inwood WV 25428 (304)229-8945



**PALM SUNDAY OF THE
PASSION OF THE LORD**

So they brought the colt to Jesus and put their cloaks over it. And he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut from the fields. - Mk 11:7-8

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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PASTOR: Fr. Alfred Obiudu
DEACON: Rev. Mr. Brian Crim
MASS TIMES-Saturday-5:00PM
Sunday-10:00AM

CONNECT:
On-line: Stleo.com
Facebook: <https://www.facebook.com/stleoinwoodwv>
Email: Secretary@stleo.com
Mail :P.O. Box 93, Inwood WV 25428

Saturday, March 27

5:00pm The People of the Parish

Readings: Ez 37:21-28/Jer 31:10, 11-12abcd, 13[cf. 10d]/Jn 11:45-56

Sunday, March 28

10:00am +Carlo Cataldi by Charles & Carla Hopkins

Readings: Mk 11:1-10 or Jn 12:12-16/Is 50:4-7/Ps 22:8-917-18, 19-20, 23-24 [2a]/Phil 2:6-11/Mk 14:1-15:47 or 15:1-39

Monday, March 29

Readings: Is 42:1-7/Ps 27:1, 2, 3, 13-14 [1a]/Jn 12:1-11

Tuesday, March 30

Readings: Is 49:1-6/Ps 71:1-2, 3-4a, 5ab-6ab, 15 and 17 [cf. 15ab]/
Jn 13:21-33, 36-38

Wednesday, March 31

Readings: Is 50:4-9a/Ps 69:8-10, 21-22, 31 and 33-34 [14c]/
Mt 26:14-25

Thursday, April 1 **HOLY THURSDAY**

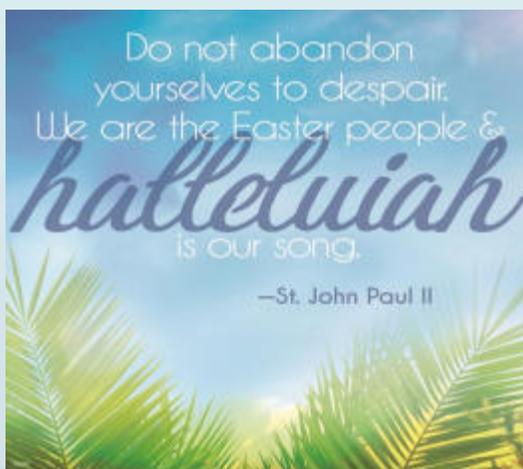
7:00pm +Connie Quigley by The McDonagh Family

Readings: Ex 12:1-8, 11-14/Ps 116:12-13, 15-16bc, 17-18 [cf. 1 Cor 10:16]/
1 Cor 11:23-26/Jn 13:1-15

Friday, April 2 **GOOD FRIDAY OFFICE CLOSED**

7:00pm Veneration of the Cross

Readings: Is 52:13-53:12/Ps 31:2, 6, 12-13, 15-16, 17, 25 [Lk 23:46]/
Heb 4:14-16; 5:7-9/Jn 18:1—19:42



Saturday, April 3 **EASTER VIGIL**

8:00pm The People of the Parish

Readings: Gn 1:1-2:2/Ps 33:4-5, 6-7, 12-13, 20-22 [5b]
/Ex 14:15—15:1/Ex 15:1-2, 3-4, 5-6, 17-18 [1b]
Rom 6:3-11/Ps 118:1-2, 16-17, 22-23/Mk 16:1-7

Sunday, April 4 **EASTER SUNDAY**

10:00am +Daniel Gargano by The Gargano Family

Readings: Acts 10:34a, 37-43/Ps 118:1-2, 16-17,
22-23 [24]/Col 3:1-4 or 1 Cor 5:6b-8/
Jn 20:1-9 or Mk 16:1-7 or Lk 24:13-35

COLLECTIONS

General (first collection used for operating expenses) \$3009.00

Debt Reduction (second collection used to pay the mortgage) \$2156.00

Pantry \$25.00

Priest Retirement \$80.00

Catholic Relief Services \$50.00

On-line donations \$3786.00 (\$2176.00/

general; \$1010.00/debt; \$50.00/Easter

Flowers; \$50.00/Easter; \$50.00/priest

retirement; \$200.00/Catholic Relief; \$250.00/

pantry

Thank you to everyone that has mailed in their contributions and donated online. Your support is critical and much appreciated during this difficult time. God Bless you for your generosity!

If you wish to donate online, please visit our website-www.stleo.com-and scroll down to the donate button. You can choose a one time donation or set up a recurring donation.

If you wish to mail a donation into the church, please us the following address: P.O. Box 93, Inwood, WV 25428.

Thank you for your continued support!

ATTENDANCE

Saturday 5:00PM-66

Sunday 10:00AM-125

The Altar wine for the month of March is offered by Kasey Wigginton in honor of Allen Greene.

The sanctuary candles for the month of March are offered by Kasey Wigginton in honor of Allen Greene.

The hosts for the month of March are offered by Bob & Pam Pampe in honor of our parish family.

9 Tips for Spring Cleaning Your Health



Spring is a great time to rethink your diet, physical activity, sleep routine, and much more. With milder temperatures, more sun, and wildlife sprouting everywhere, the arrival of spring in and of itself can put an extra kick in your step. Spring is also a good time to form new habits that help you become a better version of yourself. If you want to pay your health and well-being a little extra attention this spring, but don't know where to start, here are nine tips to get you started.

1. Fill Your Plate With Fresh, In-Season Fruits and Vegetables. Spring and summer are a great time to incorporate more fresh, in-season fruits and vegetables into the diet.
2. Be Mindful of Opportunities to Overindulge. Warmer weather often brings outdoor gathering like picnics and barbecues, which can come with unhealthy foods, like grilled and processed meats and fatty snacks. A lot of foods that we barbecue are very fatty. You don't have to forgo these foods all together. Look for leaner meat and poultry options and avoiding fried snacks and fatty dips when you can to help reduce your intake of artery-clogging unhealthy fats.
3. Stay Hydrated. When it's warmer outside, your body can lose more moisture through sweating, even if you don't feel yourself getting sweaty. Dehydration can pose serious health risks if severe, and even if you're just mildly dehydrated, it can cause fatigue, low energy, and headaches. To help prevent dehydration, it's important to take proactive steps to drink enough water throughout the day, such as by keeping a water bottle handy at all times. Another potential benefit of drinking enough water is that it may help you avoid overeating. Drinking a glass of water prior to eating sometimes helps crush some of those hunger cues.
4. Get Outside and Get Moving Getting enough physical activity every day is very important. It can be as simple as taking a walk down the block or spending some time gardening. Any activity that gets your bones and muscles moving can help.
5. Soak Up the Sun Bright light exposure helps release serotonin in the body, which can boost your mood. Exposure to sunlight also helps the skin produce vitamin D, which is good for bone health and other functions in the body. Provided you're being diligent about using sunscreen. Remember even if you're walking or hiking in the shade or on a cloudy day, there's still going to be plenty of light to stimulate your mood.
6. Protect Skin and Eyes From Damaging UV Rays Even though getting a certain amount of sunlight is healthy and beneficial, too much sun exposure can damage your eyes and skin. It's important to use appropriate sun protection, which includes wearing sunglasses, protective clothing, and sunscreen. Sunscreen needs to be reapplied every couple of hours, especially if you're sweating or swimming. Use a water-resistant, broad-spectrum sunscreen (one that blocks both UVA and UVB rays) with an SPF of 30 to 50.
7. Reset Your Sleep Schedule If dark, cold winter days have thrown your sleep schedule off track, use spring as a reset. One bad habit to break is spending lots of time in front of a computer or phone or laptop just before bed. These devices turn on your brain and make you think it's time to wake up. Other ways to clean up your pre-sleep routine include: not exercising or eating large meals within two hours before bedtime, avoiding alcohol for at least four hours before bed, and avoiding caffeine in the afternoon. Try to get up at the same time each day, ideally with exposure to light right away. Consistently waking up at the same time day after day gets your body into a routine. If you're having trouble falling or staying asleep, keeping the place where you sleep really dark and cool can be helpful.
8. Watch for Allergens (Both Indoors and Out) Springtime brings a spike in outdoor allergens like pollen, but it's also a good time to minimize your exposure to allergens indoors, where most of us spend a lot of our time. For allergies, a big spring cleaning in your house, (vacuuming rugs and carpets, and a deep cleaning of dust) can be beneficial. If you experience outdoor allergies, it's a good idea to reduce your effective exposure level by using a nasal saline solution after spending time outside. Saline sprays are available over-the-counter in stores.
9. Check In With Your Doctor Spring is a great time to make sure you're up to date with recommended health screenings and immunizations, and to check in with your doctor to discuss any health concerns you have. Go through your medication list with your doctor. To make sure prescription drugs are working as they should and to see if any are still needed. The benefit of being in regular contact with your doctor is that your provider will be familiar with your health history if you do get sick at some other point throughout the year.

Resource: Everyday Health

Prayer to St. Michael

Saint Michael the Archangel,
Defend us in battle.
Be our protection against the wickedness and snares
of the devil;
May God rebuke him, we humbly pray;
O Prince of the Heavenly Host,
by the power of God,
Thrust into hell Satan and all evil spirits
Who wander through the world for the ruin of souls.
Amen.



St. Leo's Homeless Ministry continues to offer meals for the community once a month, alternating between Immanuel House in Martinsburg and Bunker Hill United Methodist Church in Bunker Hill. We appreciate your continued support of food cards and donations to the Homeless Ministry to help us keep this outreach going. Please note that donations to the Homeless Ministry are separate from donations to the Food Pantry and used exclusively for Homeless Ministry needs and functions.

Additionally, we have learned of an upcoming need by Immanuel House for tents and sleeping bags in the near future. If you wish to donate to this cause, please drop your donations in the Blue Bucket in the narthex or if purchasing the items, they can also be dropped off at church for delivery to Immanuel House.

We also continue to take donations of dry and canned goods for St. Leo's Food Pantry. Please check expiration dates on all foods before donating them to the pantry. By law, we cannot distribute expired food.

As always, thank you for your continued support for this ministry and for all who are in need.

St. Leo's Gift Card Ministry has Weis, Target, Sheetz, Lowes, Martins, Food Lion, Walmart, and Amazon cards on hand in the office. Cards are available to purchase Monday through Thursday, 9:00am to 4:00pm. You can call the office at 304-229-8945 or email Joseph Ash at business@stleo.com.

If you would like to order cards for certain retail stores or restaurants, a list is available on our website, www.stleo.com. You can email Melanie Nesselrodt with your order at nesselrodtmelanie@gmail.com.

A percentage of each card sold goes toward paying down our building debt. This is one of the easiest ways to help St. Leo and we thank all who participate in this ministry!

Don't forget-if you shop on Amazon frequently, use smile.amazon.com and choose St. Leo as your charity of choice! St. Leo recently received a check for \$161.52 from this program!

Please Pray For Our Military

S/Sgt. Christopher Woynicz, Ft. Bragg, NC
Ryan Toelle, Army, Ft. Sam Houston, San Antonio, TX
Cpt. Philip Allen, Marines, deployed
Mason Willett, Army
Lari Bittinger, Air Force,
Zane Craighead, Marines,
Ryan Christopher Walker, Navy
Joshua Tristan Walker, Navy
Conor Clapsaddle, Coast Guard
John Posadas, Army
Lt. Melanie Arehart, Army, deployed
Valerie Herndon, Navy
Joseph Zygmunt, Air Force
2nd Lt. Kaige Edgar, Army
SrA James Rand, Air National Guard
PV2 Carlos Jared Sanchez, Army,
Fort Leonard Wood MO.

Do you have a family member or friend currently serving? Please let us know. Call the office at 304-229-8945 or email secretary@stleo.com.

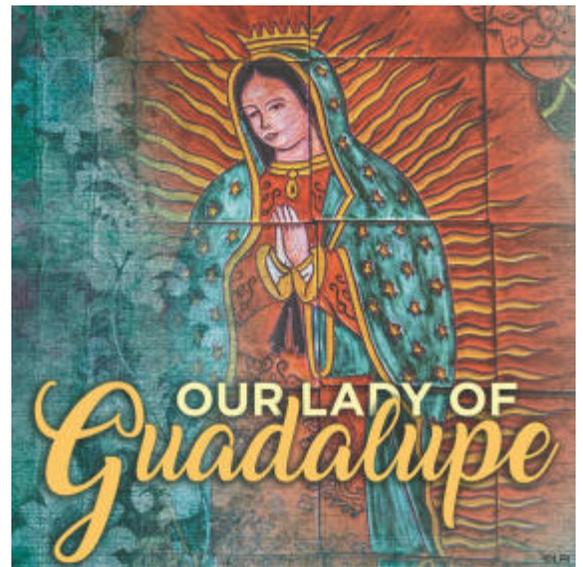


Please pray for the repose of the soul of Milton Sloan, Sr., beloved father of Claudia Bell. Mr. Sloan died on March 17, 2021.

We ask our Heavenly Father to watch over this family and comfort them during this difficult time.



Holy Virgin of Guadalupe,
 Queen of the Angels and Mother of the Americas.
 We fly to you today as your beloved children.
 We ask you to intercede for us with your Son,
 as you did at the wedding in Cana.
 Pray for us, loving Mother,
 and gain for our nation and world,
 and for all our families and loved ones,
 the protection of your holy angels,
 that we may be spared the worst of this illness.
 For those already afflicted,
 we ask you to obtain the grace of healing and deliverance.
 Hear the cries of those who are vulnerable and fearful,
 wipe away their tears and help them to trust.
 In this time of trial and testing,
 teach all of us in the Church to love one another and to be patient and kind.
 Help us to bring the peace of Jesus to our land and to our hearts.
 We come to you with confidence,
 knowing that you truly are our compassionate mother,
 health of the sick and cause of our joy.
 Shelter us under the mantle of your protection,
 keep us in the embrace of your arms,
 help us always to know the love of your Son, Jesus. Amen.



[Hershey park tickets](#)

It's time to think about spring and summer fun! Saint Joseph School is selling discounted Hershey park tickets for ages 3 and older. They cost \$36.95 each, which is more than 50% off the regular gate price. The order forms and payments are due to the school office by Friday, April 23.

For every 10 tickets sold, the school gets a free one. The free tickets are given to SJS eighth-graders, and if there are any left over, they will be sold in an online auction to raise funds for the school.

If you would like an order form, please contact Meg Partington at 304-267-6447 or mpartington@sjsvw.org.

ST. LEO'S PRAYER LIST

Amy Verge Grant	Dennis Kordyak baby Evelyn	Nikki Moore Gress	Maggie Barrow	Joshua Shirk	Karen Hartless	Kelly Stone
Tom & Genie Tobin	Tracey Potts	Jean Burkhardt	Joe Mauk, Jr.	Dina Cirone	Tim Muia	Luke Baca
Stacy Huffman & family	Fritz Eagan	John Mollica	Glenda Bonfili	Vicky Hinchman	Alice Cooke	Bart Rogers
Merle Betts, Sr.	Wayne Damon	Barbara Beatty	Betty Fries	Rosetta Talton	Jane Cohen	Wesley Rabens
Mary Beth Parsons	Brian Burke	Amy Hatfield	Marianne Bere	Ann Carran	Pat Shelly Jencks	Brian Clevenger
Charles Emery	Kristin Dunbar	Lisa Dieterich	Jim Clifford	Anthony Imperatrice	Connie Marino	
Andrew Staley	Tom Restifo	Mark Woynicz	Lois Gargano	Pat Whitacre	Pat Baginsky	
Patty Caudell	Elizabeth Rand	Kathy Kuchinsky	Ginny Cox	Vincent Imperatrice	Ron	
Jeanne Zirk	Martha Torlone	John & Eva Dearth	Shirley Cadigan	Susan Woodward	Tim & Crisra Hacker	
Ellaine Harris	Brenda Desmond	Jay Imperatrice	Elise Anderson	Chris Burke	Timothy Desmond	
Terry Antonacci	Ken Tromm	Debbie Bandy	Jim & Joan Kee	Blanche Blanchette	Tracy Rice	
Glen Dieterich	Sheila Keebaugh	Sue Rich	Linda Packard	Walter Golden	Paula Frank	
Teri Maykrantz-Richmond	Amy Kee	Nate Nagy	Nancy Wachter	Robert Menghi	Daniel Mulhearn	
Elaine Henke	Joseph Muia	Lynda Hines	Ted Keenan	Marita Barnes	Bret Twigg	
Albert Sine	Monica Cressin	John Lease	Linda Packard	Diane Domenico	Thomas Arehart	
John Tilley	Ken Kuscsik	Manny & Rebecca Alvarez		Pam Sells	Brian Rhodes	
Priscilla Thiel	Kathleen Busch	Brenda Leake Shoger	Ron & Dorothy Atkinson	George Busch	Mary Hougasian	
Edward Robertson	Stephen Busch	Frank Berta	Tammy Wingerd	Val Divincenzo	Colleen Samuel	

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Open My Eyes That I May
See Wonderful Things.

Psalms 119:16

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After being diagnosed with multiple sclerosis, the disease continued to progress. I was spiraling downhill. I got to the point where I just existed. Nothing made me feel better. I lost interest in doing anything, and had no motivation. My girls, being my only reason to live, depended on me even if I wasn't necessarily present there physically or mentally. MS was ruining my life and my marriage. I was losing the battle. If I can't win this battle, how on earth am I supposed to win the war? I made get out of this depressive state of mind for my family. I couldn't let this disease win. Confronting life, I finally started leaning on God after dealing with this debilitating disease for so many years.

By Mary Ann Lacia-Cincinnati
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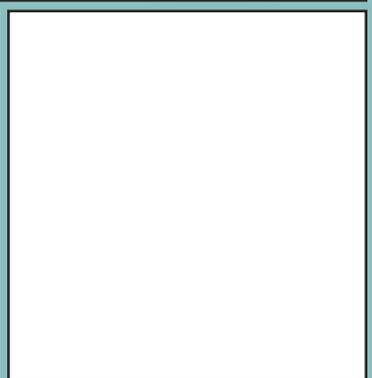
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MARY'S CORNER

Have you given any thought to what Mary was feeling during the Passion of her beloved son, Jesus? She was there with Jesus as He carried His cross. She was there as blood poured down His face. She was there when the nails were hammered into his hands. She was there when the soldier pierced His side. She was there when the soldier pierced His side. She was there at the foot of the cross when Jesus drew His last breath. Think of the sorrow that Mary experienced each time the Passion of Christ is read this week.



Dispensation from the obligation to attend Mass

The dispensation from the obligation to attend Mass is still in effect for the Diocese of Wheeling-Charleston. Due to the conditions of the current pandemic, this dispensation applies to those that are 65 and older, those with underlying health conditions that may be exacerbated by COVID-19, and those who have difficulty wearing a mask, which is required to attend Mass here at St. Leo. For those unable to attend, Mass is live streamed via our website, www.stleo.com, and our Facebook page.

Office: 304-229-8945 Rectory: 304-229-5994

Office Hours Mon-Thurs 9am-4pm /Friday 9am-3pm

Website: www.stleo.com

Pastor.....Fr. Alfred Obiudu
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deaconbrian@stleo.com

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music@stleo.com

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Faith Formation /Family Life Coordinator.....
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Custodian.....Russell Harp
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Housekeeper.....JoAnne Muia

RCIADeacon Brian Crim
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brighteyes195005@gmail.com

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