



LENT

MARCH 10, 2024  
FOURTH SUNDAY OF LENT

**CLUSTERED CATHOLIC PARISHES OF  
THE ALLEGHANY HIGHLANDS**

**SACRED HEART CHURCH**

255 W. Main St (office - 214 W. Locust St.) Covington, VA 24426  
540-962-6541 [sacredheartcovington.org](http://sacredheartcovington.org)  
Mass Schedule: Sunday 11:00 AM

**ST. JOSEPH CHURCH**

620 Jefferson Ave. Clifton Forge, VA 24422  
540-863-5371 [stjosephcf.org](http://stjosephcf.org)  
Mass Schedule: Sunday 9:00 AM

**SHRINE OF THE SACRED HEART**

1499 Shady Ln. (P.O. Box 38) Hot Springs, VA 24445  
540-839-2603 [shrineofthesacredheartparish.org](http://shrineofthesacredheartparish.org)  
Mass Schedule: Saturday 5:00 PM; Sunday 9:00 AM

**Fr. Augustine Lukenge, Pastor**

434-755-1208

**Fr. Tom Collins, Retired Priest In-Residence**

540-588-8492

**Fr. Dan Kelly, Retired Priest In-Residence**

434-270-6037

**Sacrament of Reconciliation:**

Confessions are available before each Mass at all churches.

**Sacrament of Matrimony:**

In order for a Catholic to enter a sacramentally valid marriage, he/she must respect and follow the Church's discipline regarding this sacrament. Call the parish office for specific information. Normally, about six months should be allowed to prepare for this sacred covenant. Parish registration is necessary.

**Sacrament of Confirmation:**

Students are required to be registered in the parish & be participating in the parish Rel. Ed. Program. Confirmation classes are separate and obligatory.

**Sacrament of Baptism:**

Parents are required to attend one Baptism preparation class (seminar). Baptism is celebrated within the weekend Mass. Call the parish offices for a seminar date.

**Today's Gospel**

*"...so must the Son of Man be lifted up,  
so that everyone who believes in him may have eternal life."*

**John 3:14-21**

## CHURCH CONTACT INFORMATION

### St. Joseph Parish 540-863-5371

Office Hours: Call for appointment

In Emergency	Fr. Lukenge	434-755-1208
Council Chair	Paul Cormier	540-968-6410
Vice Chair	Libby Burger	540-691-6618
Secretary	Mary Asma	540-965-5551
Worship	Paul Cormier	540-968-6410
Community Life	Kathy Smestad	540-862-5333
Justice & Peace	Mary Asma	540-965-5551
Grds & Maint.	Jimmy Withrow	540-494-3987

### Sacred Heart Parish 540-962-6541

Office Hours: Call for appointment

In Emergency	Fr. Lukenge	434-755-1208
Council Chair	Laurie O'Doherty	703-282-9203
Vice Chair	Leo Mulcahy	540-862-3021
Secretary	DeDe Rogowski	540-962-7344
Worship	Tom O'Doherty	540-962-6795
Community Life	Alvina Nida	540-747-2211
Justice & Peace	John Stec	540-862-1917
Grds & Maint.	Ron Brunetti	540-962-1565
Religious Educ.	Dianne Garcia	540-691-4896
K of C Contact	Don Rogowski	540-962-7344

### Shrine of the Sacred Heart Parish 540-839-2603

Office Hours: Call for appointment

In Emergency	Fr. Lukenge	434-755-1208
Council Chair	Herb Godschalk	540-255-3690
Vice Chair	Beth Eley	646-842-1555
Secretary	Sue Godschalk	540-255-2499
Worship	Eileen Judah	540-968-6409
Community Life	Deborah Lambert	540-468-3438
Justice & Peace	Tom Misiak	540-997-1478
Grds & Maint.	Louis Pokrywka	540-925-2413



PLEASE PRAY FOR OUR  
MILITARY MEN & WOMEN:

Sacred Heart – Arthur Headley, Jessie (Jesus) Morals, Joel Moscoso

St. Joseph – Michael Buchanan, Joshua Crawford, Andy Shepard

## PRAYER LIST

### St. Joseph

Mark Asma, Clair Dilley, Tom Greenwood, Rita Luther, Sally Putnam, Carol Turner, Bob Umstead, Terry Windsor.

### Sacred Heart

Pam Austin, Nola Beach, Josephine Brown, Mack Brown, Wanda Callaham, Robert Childs, Esther Ewing, Jay Ewing, Tony Forbes, Roberta Frampton, Paulino Gutierrez, Arthur Headley, Raphael Lopez, Heidi Mulcahy, David Palance, Maria Perron, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, Sophia Veras, Karen Wenke, Bill Withrow, Becky Woodson

### Shrine of the Sacred Heart

Margo Oxendine, Molly Sasser, John W. Smith, Clarissa Westenburger

### Diocese of Richmond Seminarian

Mr. Avention Grimes



## WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

<b>St. Joseph</b>	
Sunday Offertory	\$1,403.00

<b>Sacred Heart</b>	
Sunday Offertory	\$4,191.00
Various 2 <sup>nd</sup> Collections	105.00

<b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$2,693.63

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon  
Sacred Heart - Wednesday at 11:30AM. The Rosary will be prayed after Mass.  
Friday – Adoration and Benediction begin at 10:45AM followed by Mass at 12Noon.

### Stations of the Cross

Shrine of the Sacred Heart: 5:00PM on Wednesdays;  
St. Joseph: 6:00PM on Wednesdays;  
Sacred Heart: 5:30PM on Fridays followed by a meatless soup supper in the parish hall.

### Lenten Luncheon Schedule

March 13 – First Christian Church  
March 20 – Parrish Court UM Church  
All lunches begin at 12 Noon and end prior to 1pm. A free will offering is collected each Wednesday to support a local mission or ministry. Each week a different minister will bring us a message. Join together with brothers and sisters of all denominations to worship and glorify God.

## MEALS ON WHEELS

Sacred Heart is responsible for delivering Meals on Wheels, March 25<sup>th</sup> – 28<sup>th</sup>. There is a sign-up sheet as you enter the church. Please consider volunteering for this important ministry.

## SPRING LIFE CHAIN

**SAVE THE DATE:** The Alleghany Highlands Spring Life Chain will be held on Sunday - April 7, 2024, from 1:30 pm to 2:45 pm at the intersection [light], on the sidewalk entrance to Wal-Mart Industrial Park.

## NOTICES

Sacred Heart will have a St. Patrick's Day potluck following Mass next Sunday, March 17<sup>th</sup>. Please bring a dish of your choice and join in good food and fellowship. You are welcome to come even if you cannot bring a dish. All clustered parishes are invited.

The next Adult Faith Formation, Lectio: Prayer: Finding Intimacy with God, uses the discipline of Lectio Divina to show you how to make prayer an effective effort of love and intimacy. In six sessions, Finding Intimacy with God captures the secret to opening our hearts and minds to Scripture as the means to hear from God and then respond in conversation, basking in his presence and resolving to live in and through his love. Sessions begin on Tuesday, April 9 @ 6:30 PM in Sacred Heart Parish Hall and continue each Tuesday until May 14. If you would like a free Participant Guide (over 100 pages), contact Don Rogowski @ 540-962-7344 or [formed@sacredheartcovington.org](mailto:formed@sacredheartcovington.org) by Monday, March 25. View the trailer at <https://watch.formed.org/lectio-prayer-with-dr-tim-gray/videos/lectio-prayer-trailer>

The theme of this year's Annual Lenten Appeal is "Sharing His Love With Others". Gifts to the Annual Diocesan Appeal help to build up the Church and answer the call to Share His Love with Others.

Scan here to donate  
to the 2024 Annual  
Diocesan Appeal



## DAILY READINGS

Sun. Mar. 10	2 Chronicles 36: 14-16, 19-23; Psalms 137: 1-2, 3, 4-5, 6; Ephesians 2: 4-10; John 3: 16 John 3: 14-21
Mon. Mar. 11	Isaiah 65: 17-21; Psalms 30: 2, 4, 5-6, 11-12a, 13b; Amos 5: 14; John 4: 43-54
Tues. Mar. 12	Ezekiel 47: 1-9, 12; Psalms 46: 2-3, 5-6, 8-9; Psalms 51: 12a, 14a; John 5: 1-16
Wed. Mar. 13	Isaiah 49: 8-15; Psalms 145: 8-9, 13cd-14, 17-18; John 11: 25a, 26; John 5: 17-30
Thurs. Mar. 14	Exodus 32: 7-14; Psalms 106: 19-20, 21-22, 23; John 3: 16; John 5: 31-47
Fri. Mar. 15	Wisdom 2: 1a, 12-22; Psalms 34: 17-18, 19-20, 21 and 23; Matthew 4: 4b; John 7: 1-2, 10, 25-30
Sat. Mar. 16	Jeremiah 11: 18-20; Psalms 7: 2-3, 9bc-10, 11-12; Luke 8: 15; John 7: 40-53
Sun. Mar. 17	Jeremiah 31: 31-34; Psalms 51: 3-4, 12-13, 14-15; Hebrews 5: 7-9; John 12: 26; John 12: 20-33

## VOCATIONS

"God did not send the Son into the world to condemn the world, but in order that the world might be saved through Him." Are you being invited to share the mission of Jesus as a priest, deacon or in the consecrated life? Call Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



## GRATITUDE

It has been said many times over and in a variety of ways that stewardship is based upon gratitude. Gratitude for what, we might ask? For the variety of blessings each of us receives, understanding full well that each of us is gifted in different ways and perhaps even in different measures. However, there is one gift in which we all share equally.

"For God so loved the world that he gave his only son, so that everyone who believes in him might not perish but might have eternal life" (John 3:16). It is difficult for us to even conceive of the magnitude of that multifaceted gift, from God's unconditional love for us to the extraordinary gift of his son Jesus to the fabulous gift of everlasting life.

Stewardship calls us to appreciate all of God's gifts, but if we only focus on the gifts listed above, our gratitude should know no bounds. Pope Francis has said, "God never gives someone a gift they are not capable of receiving. We all have the ability to understand and receive God's gifts." We need to recognize God's gifts and especially during our preparations for Easter, find ways to show and live out our gratitude.