



MARCH 31, 2024
EASTER SUNDAY
THE RESURRECTION OF THE
LORD

**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
Mass Schedule: Sunday 11:00 AM

ST. JOSEPH CHURCH

620 Jefferson Ave. Clifton Forge, VA 24422
540-863-5371 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
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

"Truly this man was the Son of God!"

Mark 14:1-15:47

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
Organist	Dr. Leszek Fiutowski	304-456-



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

St. Joseph

Sunday Offertory	\$903.00
Rice Bowl	256.04

Sacred Heart

Sunday Offertory	\$1,124.00
2 nd Collection	20.00

Shrine of the Sacred Heart

Sunday Offertory	\$ 1,245.63
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CALENDAR

WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon
Sacred Heart - Wednesday at 11:30AM followed
by the Rosary.
Friday - 10:45AM Adoration and Benediction;
Mass at 12Noon

Sacred Heart - First Friday Mass is this Friday, April
5th, beginning with Mass at 11am followed by 8
hours of Adoration. Benediction will be at 8PM;
There is a sign-up sheet for adoration as you enter
the church.

First Saturday Mass is this Saturday, April 6th,
beginning with the Rosary and Litany of Our Lady
at 9AM followed by Mass at 9:30AM.

A LITTLE YEAST

If you've ever used a bread making machine or fixed
bread by hand, you know what yeast does. It makes
the dough rise and soft. We usually get yeast from
the supermarket in cake or dried form. Bread makers
in the bible didn't have this luxury. They had to make
their own yeast. Here's how:

They would begin with a batch of slightly moist flour.
Then they would cover it with cloth and leave it in a
warm spot. Yeast is a microscopic plant that is in the
air all around us. Eventually the yeast would start
growing in the wet flour. After a few days it would
give off a pungent aroma and turn gray.

This all took some time, so normally they would save
a bit of "starter" batch to speed up the process. We
call bread made from this natural yeast "sourdough".
Once a year, at Passover time, they would throw out
all the old yeast to start fresh. During this time they
would eat yeast-less or "unleavened" bread.

Saint Paul uses this image to teach that Christians
have to throw out their old attitudes and ways of
living. These could spread in us just like a bad yeast.
We must live new risen lives with Jesus.

NOTICES

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](https://watch.formed.org/lectio-prayer-with-dr-tim-gray/videos/lectio-prayer-trailer)

Sacred Heart - St. Joseph Council Knights of
Columbus thank all who are collecting aluminum
cans and dropping them off in the orange bin
located along the side of the Sacred Heart
Rectory garage. Over 900 lbs. or more than
29,000 cans have been recycled. Currently, the
recycling rate is about 650 pounds per year. The
proceeds from recycling aluminum cans are used
to fund Council charitable efforts. Be creative
and ask your friends, neighbors, or a business to
save aluminum cans for you to drop off at the
Rectory garage.

The Sara Lu Snyder Memorial Concert, featuring
Nicholas Mitchell Garcia, is this Thursday, April
4th, at 5:30PM at First Presbyterian Church in
Covington. A reception will follow in the Chapel.
RSVP to fpccovingtonva@aol.com

DAILY READINGS

Sun. Mar. 31	Acts 10: 34a, 37-43; Psalms 118: 1-2, 16-17, 22-23; Colossians 3: 1-4; 1 Corinthians 5: 7b-8a; John 20: 1-9
Mon. Apr. 1	Acts 2: 14, 22-33; Psalms 16: 1-2a and 5, 7-8, 9-10, 11; Psalms 118: 24; Matthew 28: 8-15
Tues. Apr. 2	Acts 2: 36-41; Psalms 33: 4-5, 18-19, 20 and 22; Psalms 118: 24; John 20: 11-18
Wed. Apr. 3	Acts 3: 1-10; Psalms 105: 1-2, 3-4, 6-7, 8-9; Psalms 118: 24; Luke 24: 13-35
Thurs. Apr. 4	Acts 3: 11-26; Psalms 8: 2ab and 5, 6-7, 8-9; Psalms 118: 24; Luke 24: 35-48
Fri. Apr. 5	Acts 4: 1-12; Psalms 118: 1-2 and 4, 22-24, 25-27a; Psalms 118: 24; John 21: 1-14
Sat. Apr. 6	Acts 4: 13-21; Psalms 118: 1 and 14-15ab, 16-18, 19-21; Psalms 118: 24; Mark 16: 9-15
Sun. Apr. 7	Acts 4: 32-35; Psalms 118: 2-4, 13-15, 22-24; 1 John 5: 1-6 John 20: 29; John 20: 19-31

VOCATIONS

“God anointed Jesus of Nazareth with the Holy Spirit and with power.” Are you being called to proclaim the life of the resurrected Christ to the world? Call Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



REFLECT ON THE LIFE OF CHRIST

Today, we celebrate the Resurrection of Christ! Our readings today reveal how we can live out the joy of Easter all year long in our day-to-day lives. Our Gospel portrays the third day after Jesus' death when Mary of Magdala visits Jesus' tomb. Once she saw the stone removed, she ran to tell Simon Peter and John. They ran to the tomb as well, and upon seeing, they believed. We can tell the relationship that these disciples had with Jesus because of the way they responded about Him — they “ran.” Mary didn't see the empty tomb and think, “someone else will figure it out.” Peter and John didn't hear the news and think, “I will check on it later.” They each responded with conviction as they “ran” for Jesus.

We must ask ourselves, “Do I have a relationship with Christ to the point where I am running to Him each day?” The way these disciples responded is how we should respond to Christ. We must avoid complacency, and as intentional disciples, we must stop rationalizing our choices by telling ourselves we will someday get around to putting God first. Every moment throughout our day is an opportunity to respond to God in gratitude, compassion and eagerness. And although there will be moments when we do not “feel” like responding to Him, it is in those moments when we faithfully respond anyway that matters the most.

Let us celebrate this glorious day with prayer and feasting, for Christ is risen! And let us strive to carry this Easter joy with us all year long by how we respond to Christ each day. Happy Easter!