



JULY 14, 2024  
FIFTEENTH SUNDAY IN  
ORDINARY TIME

**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. Ernest Dugah, Administrator**  
804-914-4977

**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**

*"Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits."*

**Mark 6:7-13**

## CHURCH CONTACT INFORMATION

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

Office Hours: Call for appointment

In Emergency	Fr. Dugah	804-914-4977
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. Dugah	804-914-4977
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. Dugah	804-914-4977
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	304-456-5473



PLEASE PRAY FOR OUR  
MILITARY MEN & WOMEN:

Sacred Heart – Arthur Headley, Jessie (Jesus) Morals, Joel Moscoso  
St. Joseph –Joshua Crawford, Andy Shepard



**St. Joseph**

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

**Sacred Heart**

Pam Austin, Josephine Brown, Mack Brown, Wanda Callaham, Robert Childs, Esther Ewing, Jay Ewing, Tony Forbes, Roberta Frampton, Mitchell Garcia, Paulino Gutierrez, April Headley, Arthur Headley, Raphael Lopez, Sandra Minter, Heidi Mulcahy, David Palance, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, Bill Withrow, Becky Woodson

**Shrine of the Sacred Heart**

Margo Oxendine, Molly Sasser, Clarissa Westenburger

**Diocese of Richmond Seminarian**

Mr. Avention Grimes



### WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

<b>St. Joseph</b>	
Sunday Offertory	\$1,078.00
<b>Sacred Heart</b>	
Sunday Offertory	\$2,512.00
COPE Food Pantry	80.00
<b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$ 2,818.00

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon  
Sacred Heart - Wednesday at 11:30AM followed by the Rosary.

Friday – Adoration and Benediction at 10:45AM followed by Mass at 12Noon.

Sacred Heart - First Friday beginning with Mass at 11am followed by 8 hours of Adoration. Benediction will be at 8PM; First Saturday 9AM Rosary and Litany of Our Lady followed by Mass at 9:30AM.



*Save the date*

The Tri-Parish Picnic will be on Sunday, September 15, at Douthat State Park. The picnic is hosted by St. Joseph this year. St. Joseph will be grilling hot dogs and hamburgers and will provide the beverages. Sacred Heart parishioners are asked to bring side dishes. Shrine of the Sacred Heart parishioners are asked to bring desserts. Food will be served starting at 2PM but all are welcome to come early for fellowship. More information to come.

## LIVE OFF THE LAND

After having trained his apostles in his teachings, Jesus sends them on a trial missionary journey. He instructs them to be "free spirits" by living off the land and charity. They are not to carry anything that could encumber them in their work. Baggage is a handicap for a person with a mission. The very fact that they will be living by faith will be a sign to others of the efficacy of their message.

We also see that Jesus institutes the Christian sacrament of anointing by giving his apostles power to heal with oil.

## NOTICES

The Knights of Columbus in White Sulphur Springs is hosting their areawide Catholic picnic 2 PM Sunday, July 21, at Greenbrier State Park. The Knights will provide meat, drinks, plates and flatware for the dinner. Participants are asked to bring a vegetable dish or dessert. It will be a great opportunity welcome the new pastors at St Charles Borromeo (Msgr. Kevin Quirk) and the Alleghany Highlands cluster of Sacred Heart, St. Joseph and the Shrine of the Sacred Heart (Fr. Ernest Dugah). Be sure to join us!

Do you know someone who might be inquiring about the Catholic Faith or may want to become a Catholic? If yes, beginning in August that someone can start the process of learning more about the Catholic Faith with the possibility of becoming Catholic at the Easter Vigil 2025 (April 19, 2025). To learn more contact Don Rogowski at 540-962-7344 or Janice Campbell at 540-969-9073

The next Adult Faith Formation, Lectio: Mark: Faith Not Fear, walks through each chapter of the Gospel of Mark in his action-packed story. Sessions begin on Tuesday, August 20 @ 6:30 PM in Sacred Heart Parish Hall and continue each Tuesday until November 19 (14 sessions, each ~1 hour). If you would like a free Participant Guide (over 200 pages), contact Don Rogowski @ 540-962-7344 or [formed@sacredheartcovington.org](mailto:formed@sacredheartcovington.org) by Monday, August 5. View the trailer at <https://vimeo.com/282582579>

Please note that remote participation will be available via FaceTime. An Apple device is not required to utilize FaceTime

## DAILY READINGS

Sun. July 14	Amos 7: 12-15; Psalms 85: 9-10, 11-12, 13-14; Ephesians 1: 3-14; Ephesians 1: 17-18; Mark 6: 7-13
Mon. July 15	Isaiah 1: 10-17; Psalms 50: 8-9, 16bc-17, 21, 23; Matthew 5: 10; Matthew 10: 34 – 11: 1
Tues. July 16	Isaiah 7: 1-9; Psalms 48: 2-3a, 3b-4, 5-6, 7-8; Psalms 95: 8; Matthew 11: 20-24
Wed. July 17	Isaiah 10: 5-7, 13b-16; Psalms 94: 5-6, 7-8, 9-10, 14-15; Matthew 11: 25; Matthew 11: 25-27
Thurs. July 18	Isaiah 26: 7-9, 11, 16-19; Psalms 102: 13-14ab and 15, 16-18, 19-21; Matthew 11: 28; Matthew 11: 28-30
Fri. July 19	Isaiah 38: 1-6, 21-22, 7-8; Isaiah 38: 10, 11, 12abcd, 16; John 10: 27; Matthew 12: 1-8
Sat. July 20	Micah 2: 1-5; Psalms 10: 1-2, 3-4, 7-8, 14; 2 Corinthians 5: 19; Matthew 12: 14-21
Sun. July 21	Jeremiah 23: 1-6; Psalms 23: 1-3, 3-4, 5, 6; Ephesians 2: 13-18; John 10: 27; Mark 6: 30-34

## VOCATIONS

“My grace is sufficient for you, for power is made perfect in weakness.” If you think you may be called to serve Jesus as a priest, deacon or in the consecrated life, consider the power of His grace at work in you. Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## SURRENDER TO GOD

Our readings today remind us to live our lives in total surrender to God's care. The Gospel recounts when Jesus instructs His twelve apostles to begin their missionary work two by two. He encouraged them to take very little — a walking stick and sandals. If you can recall a time you packed for a trip, or even left the house for a day's travel, you might remember making a list or packing days in advance. We tend to pack so we know we will be comfortable.

If we extend this concept of "comfort" into other areas of our lives, we will most likely find a few instances where we ensure life is comfortable. It could be buying extra food at the grocery store, making sure we have the most updated technology, or even feeling safe in our bank accounts.

It is not bad to have extra food in the pantry or a new phone. And it isn't bad to save money. These things can be good when used properly. But what if we are looking to these things for comfort, security or even happiness?

Imagine if Jesus approached you and said, "Go out and do my work, but you can only bring a walking stick and shoes." Would you be willing to surrender all the rest? A key component of living out our call as Christian stewards is total surrender. It is trusting in God during our best moments and our hardest. It is looking to Him for security, comfort and happiness.

Reflect on the ways you might be looking for comfort in the things of this world. Tangibly find a way to become independent from that "thing" so that you can become more dependent on God.