



AUGUST 4, 2024
EIGHTEENTH 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
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. 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

*"I am the bread of life; whoever comes to me will never hunger,
and whoever believes in me will never thirst."*

John 6:24-35

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

PRAYER LIST

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

St. Joseph	
Sunday Offertory	\$580.00
Sister Bernie	50.00
Sacred Heart	
Sunday Offertory	\$1,007.00
Shrine of the Sacred Heart	
Sunday Offertory	\$ 1,054.45

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

Tuesday, August 6, 2024 – The Transfiguration of the Lord – Mass at the Shrine of the Sacred Heart at 9:00 am

The Assumption of the Blessed Virgin Mary:
Wednesday, April 14, Vigil Mass at the Shrine of the Sacred Heart at 5:00PM; Thursday, August 15, Mass at St. Joseph at 12Noon; at Sacred Heart at 6:00PM

First Friday at Sacred Heart 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.

NOTICES

Sacred Heart is responsible for Meals on Wheels August 12-16, 2024. There is a sign-up sheet as you enter the church.

There will be a covered dish luncheon to welcome Fr. Dugah on Sunday, August 18, in the Sacred Heart parish hall following mass. Please bring a dish of your choice and join us in welcoming Fr. Dugah to our Tri-Parishes. You are welcome to come even if you can't bring a dish.

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.

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 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

NOTICES

Ross and Claire Noel will be confirmed during 11AM Mass at Sacred Heart this morning. They will have the convalidation of their marriage at 6PM at Sacred Heart. We will have a reception for them in the parish hall following the 6PM service.

Each year, Silver Roses are stewarded by Knights of Columbus councils along routes from Canada to Mexico. Every stop the Silver Rose makes throughout the pilgrimage is a rosary-centered occasion for Knights, parishioners, and community members to pray for respect for life, for the spiritual renewal of each nation, and for the advancement of the message of Our Lady of Guadalupe. Sacred Heart - St. Joseph Council will be hosting a Silver Rose at St. Joseph and Sacred Heart on Sunday, August 11. A Rosary will be prayed before Mass at St. Joseph starting at 8:40 AM and at Sacred Heart starting at 10:40 AM.

DAILY READINGS

Sun. Aug. 4	Exodus 16: 2-4, 12-15; Psalms 78: 3-4, 23-24, 25, 54; Ephesians 4: 17, 20-24; Matthew 4: 4b; John 6: 24-35
Mon. Aug. 5	Jeremiah 28: 1-17; Psalms 119: 29, 43, 79, 80, 95, 102; Matthew 4: 4b; Matthew 14: 13-21
Tues. Aug. 6	Daniel 7: 9-10, 13-14; Psalms 97: 1-2, 5-6, 9; 2 Peter 1: 16-19; Matthew 17: 5c; Mark 9: 2-10
Wed. Aug. 7	Jeremiah 31: 1-7; Jeremiah 31: 10, 11-12ab, 13; Luke 7: 16; Matthew 15: 21-28
Thurs. Aug. 8	Jeremiah 31: 31-34; Psalms 51: 12-13, 14-15, 18-19; Matthew 16: 18; Matthew 16: 13-23
Fri. Aug. 9	Nahum 2: 1, 3; 3: 1-3, 6-7; Deuteronomy 32: 35cd-36ab, 39abcd, 41; Matthew 5: 10; Matthew 16: 24-28
Sat. Aug. 10	2 Corinthians 9: 6-10; Psalms 112: 1-2, 5-6, 7-8, 9; John 8: 12bc; John 12: 24-26
Sun. Aug. 11	1 Kings 19: 4-8; Psalms 34: 2-3, 4-5, 6-7, 8-9; Ephesians 4: 30 – 5: 2; John 6: 51; John 6: 41-51

VOCATIONS

“Do not work for food that perishes, but for food that endures for eternal life.” Are you being chosen to help feed and give life to the people of God as a priest, deacon or in the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



THE BREAD OF LIFE

Often, we live our lives working for temporary happiness. But today, Jesus reminds us to “not work for food that perishes, but for the food that endures for eternal life.” Our Eucharistic meal is the Spiritual Food that we consume — Jesus Himself, Body, Blood, Soul, and Divinity. It will satisfy us as Jesus says, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”

We all have the need to be satisfied. It is in our humanity. And in that incompleteness, we grab at what surrounds us to satisfy our hearts. It could be the next job promotion, the comforts in our homes, the next trip we plan to take. The list goes on. We might think to ourselves, ‘then I will be happier.’ Or maybe we don’t even realize how we are relying on those things or events in our lives.

And while many of those things are good and bring us joy, they are only a small glimpse of the deeper, lasting happiness that the Lord offers us. They are gifts that should remind us of our Good and Gracious Creator. Instead of placing undue importance on those things or people, place it on Jesus, as He says, “Whoever comes to me will never hunger, and whoever believes in me will never thirst.” He is the One who fills our hearts.

As you go about your day-to-day lives this week, try to recognize the times you are “working for food that perishes” by seeking things of the world to satisfy your heart. In those moments, recall that everything we have is a gift from God. Instead of misusing that gift, offer a prayer of thanksgiving for all He has given to you.