



AUGUST 11, 2024
NINETEENTH 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.

Mt Carmel Catholic Cemetery
Low Moor, Virginia
Contact: Mr. Carl Withrow (540) 968-3267

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 Dille, Tom Greenwood, Rita Luther, Sally Putnam, Carol Turner, Bob Umstead, Terry Windsor.

Sacred Heart

Pam Austin, Josephine Brown, Mack Brown, Wanda Callahan, 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, John W. Smith, Clarissa Westenburger

Diocese of Richmond Seminarian

Mr. Avention Grimes



WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph

Sunday Offertory	\$1,769.00
Sister Bernie	806.00

Sacred Heart

Sunday Offertory	\$4,320.00
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Shrine of the Sacred Heart

Sunday Offertory	\$2,267.00
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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, Adoration and Benediction at
10:45AM followed by Mass at 12Noon

The Assumption of the Blessed Virgin Mary (Holy
Day of Obligation)

Wednesday, April 14:

Vigil Mass at the Shrine of the Sacred Heart at
5:00PM.

Thursday, August 15:

Mass at Shrine of the Sacred Heart at 9:00AM,
St. Joseph at 12Noon;
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

St. Joseph's weekly Bible Study will start again
beginning Tuesday, September 10, immediately
following the noon mass. The group will meet in the
parish hall and participants are asked to bring a bag
lunch. Coffee, tea and water will be provided.
Parishioners from all three parishes are invited to
attend. The daily mass readings and commentaries
from The Word Among Us are used for the study. If
you plan to attend, please contact Libby Burger (540-
691-6618) so a booklet will be available for everyone.

Sacred Heart - St. Joseph Knights of Columbus
Council collected \$948 this past weekend for KOVAR.
Learn more about KOVAR at kovarva.org.

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 the Malone picnic shelter 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. The video will be shown
during each session with closed captioning in
addition to sound. 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. 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
Mon. Aug. 12	Ezekiel 1: 2-5, 24-28c; Psalms 148: 1-2, 11-12, 13, 14; 2 Thessalonians 2: 14; Matthew 17: 22-27
Tues. Aug. 13	Ezekiel 2: 8 – 3: 4; Psalms 119: 14, 24, 72, 103, 111, 131; Matthew 11: 29; Matthew 18: 1-5, 10, 12-14
Wed. Aug. 14	Ezekiel 9: 1-7; 10: 18-22; Psalms 113: 1-2, 3-4, 5-6; 2 Corinthians 5: 19; Matthew 18: 15-20
Thurs. Aug. 15	First Chronicles 15: 3-4, 15-16; 16: 1-2; Psalms 132: 6-7, 9-10, 13-14; 1 Corinthians 15: 54b-57; Luke 11: 28 Luke 11: 27-28
Fri. Aug. 16	Revelation 11: 19a; 12: 1-6a, 10ab; Psalms 45: 10, 11, 12, 16; 1 Corinthians 15: 20-27; Luke 1: 39-56
Sat. Aug. 17	Ezekiel 18: 1-10, 13b, 30-32; Psalms 51: 12-13, 14-15, 18-19; Matthew 11: 25; Matthew 19: 13-15
Sun. Aug. 18	Proverbs 9: 1-6; Psalms 34: 2-3, 10-11, 12-13, 14-15; Ephesians 5: 15-20; John 6: 56; John 6: 51-58

VOCATIONS

“Do not grieve the Holy Spirit.” Your faithful response to your vocation gives joy to the heart of God. Perhaps priesthood or consecrated life awaits you. Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



THE LIVING BREAD

Jesus tells us in our Gospel that He is this Food that sustains us as He says, “I am the living bread that came down from heaven...and the bread that I will give is my flesh for the life of the world.” This bread He is referring to is His Body, Blood, Soul and Divinity that we receive. This bread becomes the flesh of Christ Himself.

And in consuming Him, we receive every grace we need to live forever in eternal life. We are strengthened in virtue and united more closely to Christ. This is the Food that will fill us as we journey through this life. Mistakenly we often take the Eucharist for granted. Maybe we come to Mass to “check the box” instead of actively partaking in this intimate exchange or we receive Jesus in the Eucharist and then forget about Him the second we leave the church after Mass.

To receive all that God wants to give us in the Eucharist, we must do our part in being receptive to His grace and living out active discipleship in our day-to-day lives. Let us approach the Lord acknowledging His Divine Presence and be open to all the graces He desires to pour out on us. Then we must go forth, being attentive to the moments that the Holy Spirit is calling us to act as He acts — in total love and sacrifice.

The Eucharist affects our lives more than we can comprehend. We are receiving God Himself. Let us strive to receive Him reverently and with open hearts.