



MARCH 2, 2025
EIGHTH 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 email: stjoseph@ntelos.net
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
540-620-9309

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	540-620-9309
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	540-620-9309
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	540-620-9309
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 –Joshua Crawford, Andy Shepard



St. Joseph

Mark Asma, Clair Dilley, Katie Greenwood, Tom Greenwood, Ed and Sandra Haverlack, Rita Luther, Sally Putnam, Carol Turner, Terry Windsor, Elaina Wright.

Sacred Heart

Pam Austin, Debbie Brokaw, Josephine Brown, Mack Brown, Wanda Callaham, Janice Campbell, Esther Ewing, Rev. David Hanks, Tony Forbes, Roberta Frampton, April Headley, Arthur Headley, Rosina Headley, Raphael Lopez, Brooke Nogueira, David Palance, Paul Perron, Michael Rybka, Cathy Savage, Maureen Stec, Rayvi Veras, Patricia Whitlow, Bill Withrow, Becky Woodson, Francine Young

Shrine of the Sacred Heart

Margo Oxendine, Molly Sasser

Diocese of Richmond Seminarian

Mr. Aventon Grimes



WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$712.00
Sacred Heart	
Sunday Offertory	\$1,282.00
Votive	32.00
Shrine of the Sacred Heart	
Sunday Offertory	\$1,458.88

CALENDAR

WEEKDAY MASS SCHEDULE

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

First Friday Mass is March 7 at 11AM, followed by 5 hours of Adoration. Benediction at 5:00PM. There is a signup sheet for Adoration as you enter the church. First Saturday Mass is this Saturday, March 1st – Rosary and Litany of Our Lady are at 9:00AM followed by Mass at 9:30AM

Lent begins on Ash Wednesday, March 5th. Mass schedule is as follows:

St. Joseph at 5:00PM with Stations of the Cross
Sacred Heart at 6:30PM; (There is no 11:30AM Mass)
Shrine of the Sacred Heart at 5:00PM.

Stations of the Cross:

St. Joseph: 6:00PM on Wednesdays

Sacred Heart: 5:30PM on Fridays followed by a meatless soup supper

Shrine of the Sacred Heart: 5:00PM on Wednesdays

On Ash Wednesday, Good Friday, and all Fridays of Lent: Everyone of age 14 and up must abstain from consuming meat. On Ash Wednesday and Good Friday: Everyone of age 18 to 59 must fast, unless exempt due to a medical reason. Children, adults with physical and mental illness, pregnant women and those nursing are all exempt. Fasting rules allow Catholics to eat only one full meal and two smaller meals which, combined, would not equal a single normal meal.

Scan here to donate
to the 2025 Annual
Diocesan Appeal .



NOTICES

As we celebrate CRS Rice Bowl's 50th anniversary, the program is a tradition for millions of Catholics in the United States who continue to answer the Gospel call, supporting families experiencing hunger around the world. 25% percent of every donation stays in your community to fight hunger and poverty. Operation Rice Bowl boxes are on the tables at the back of the church.

The Season of Lent begins on Ash Wednesday. Please bring your palms from last year and place them on the table at the back of the Church. At Sacred Heart, we will burn the palms on Shrove Tuesday, March 4th at 6:30pm, followed by a Dessert Reception in the Parish Hall. Please bring the dessert of your choice. You do not have to provide a dessert to attend

WELCOME TO THE 2025 Annual Diocesan Appeal: Sharing His Love with Others
The 2025 Appeal will provide critical funding to three key areas of our Diocesan Church: Empowering the Next Generation, Providing for Those in Need, and Strengthening Catholic Communities. Our clustered parishes continue to receive 50% back from all our contributions.

Knights of Columbus Fish Fries
Mar. 7, Apr. 11, May 9
Eat-in or Take-out. Fish from 5-7 pm. Church of the Transfiguration, 7624 Roanoke Rd., Fincastle. \$12, Ages 7 and under are free.

Please pray for the repose of the souls of Clarissa Westenburger, wife of John Westenburger of the Shrine of the Sacred Heart and for Mary Ann Showalter, mother of Patty Howard of Sacred Heart.

DAILY READINGS

Sun. March 2	Sirach 27: 4-7; Psalms 92: 2-3, 13-14, 15-16; 1 Corinthians 15: 54-58; Philippians 2: 15d, 16a; Luke 6: 39-45
Mon. March 3	Sirach 17: 20-24; Psalms 32: 1-2, 5, 6, 7; 2 Corinthians 8: 9; Mark 10: 17-27
Tues. March 4	Sirach 35: 1-12; Psalms 50: 5-6, 7-8, 14 and 23; Matthew 11: 25; Mark 10: 28-31
Wed. March 5	Joel 2: 12-18; Psalms 51: 3-4, 5-6ab, 12-13, 14 and 17; 2 Corinthians 5: 20 – 6:2; Psalms 95: 8; Matthew 6: 1-6, 16-18
Thurs. March 6	Deuteronomy 30: 15-20; Psalms 1: 1-2, 3, 4 and 6; Matthew 4: 17; Luke 9: 22-25
Fri. March 7	Isaiah 58: 1-9a; Psalms 51: 3-4, 5-6ab, 18-19; Amos 5: 14; Matthew 9: 14-15
Sat. March 8	Isaiah 58: 9b-14; Psalms 86: 1-2, 3-4, 5-6; Ezekiel 33: 11; Luke 5: 27-32
Sun. March 9	Deuteronomy 26: 4-10; Psalms 91: 1-2, 10-11, 12-13, 14-15; Romans 10: 8-13; Matthew 4: 4b; Luke 4: 1-13

VOCATIONS

“Shine like lights in the world as you hold on to the word of life.” Are you called to belong to Christ alone as a priest, deacon or through the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



IMITATE CHRIST

Today's readings exhort us Christian disciples to form ourselves — mind and heart — in imitation of Christ so we can better reflect His goodness in our daily lives.

The first reading from Sirach offers timeless counsel: “the fruit of a tree shows the care it has had: so too does one's speech disclose the bent of one's mind. Praise no one before he speaks.” Jesus uses the very same analogy in today's Gospel reading from Luke: “A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit. For every tree is known by its own fruit.”

Everything we have is a gift from God to be used for His honor and glory. This includes the gift of speech and, even more broadly, all forms of modern-day communication — email, text, TikTok, Twitter, Instagram, Facebook, and the rest. What comes forth from our mouths, or keyboard, or phone, reflects what is in our minds and hearts. Our ability to communicate with each other is itself a gift which we must steward well.

In the same Gospel passage, Jesus reminds us, “No disciple is superior to the teacher; but when fully trained, every disciple will be like his teacher.” The more time we spend with Jesus, our teacher, through regular prayer and a strong sacramental life, the more we will become like Him. Then all that we do and say (and tweet and post) will bring others to closer to Him. This is the life's work of the Christian steward. It is privileged work indeed.