

The
Season
of
Lent



MARCH 23, 2025
Third SUNDAY OF LENT

**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	202-373-9571
Community Life	Alvina Nida	540-747-2211
Justice & Peace	John Stec	540-862-1917
Grds & Maint.	Leo Mulcahy	540-862-3021
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
Justice & Peace	Tom Misiak	540-997-1478
Grds & Maint.	Louis Pokrywka	540-925-2413



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, 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	\$854.00
Sacred Heart	
Sunday Offertory	\$827.00
COPE Food Pantry	324.00
Shrine of the Sacred Heart	
Sunday Offertory	\$1,150.63

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
First Friday: Mass at 11AM followed by Adoration;
Benediction at 5:00PM.
First Saturday: Rosary and Litany of Our Lady
prayed at 9AM followed by Mass at 9:30AM

STATIONS OF THE CROSS

Wednesday: Shrine of the Sacred Heart: 5:00PM and
Mass;
St. Joseph: 6:00PM
Friday: Sacred Heart: 5:30PM followed by a meatless
soup supper

LENTEN LUNCHEON SCHEDULE

March 26 - Good News Christian Fellowship
April 2 – Parrish Court UM Church
April 9 - Gospel Tabernacle COGC
All lunches begin at 12 Noon and end prior to 1pm.
A free will offering is collected to support a local
mission or ministry. Each week a different minister
will bring us a message. Join together with brothers
and sisters of all denominations to worship and

BAPTIZED INTO MOSES

Paul makes an analogy between the Crossing of the Red Sea and Christian Baptism. He talks about the cloud--a symbol of God's presence--which overshadowed the Israelites and the sea water. They were sort of a baptism into Moses. This means that they were immersed into the life that God sent them through Moses. As Christians we enter into God's presence by baptism in which we are immersed in Christ. His point is that some of those who followed Moses later fell away through sin. As followers of Jesus, we could meet the same fate, unless we remain strong in our faith.

NOTICES

Tuesday, March 25th, is the Solemnity of the Annunciation of the Lord. Mass will be celebrated at St. Joseph at 12Noon and at Sacred Heart at 6:30PM. This is not a holy day of obligation. There will not be a Faith Formation class at Sacred Heart on that night.

Sacred Heart-St. Joseph Knights of Columbus Council provides spiritual and financial support to Mr. Aventon Grimes, a Second Year Seminarian of the Diocese of Richmond. An Easter card for Mr. Grimes will be available for signing at St. Joseph and Sacred Heart on March 23 and 30. All are invited to sign this card.

WELCOME TO THE 2025 ANNUAL DIOCESAN APPEAL: Sharing His Love with Others

The 2025 Annual Diocesan Appeal – Sharing His Love with Others is underway. The Appeal not only provides an opportunity for you to support important ministries that impact many programs outside of our parish boundaries, it also supports the services the Diocese provides directly to our parish such as Fuel and Hunger Fund grants, Home Mission grants and International Priests. . Our parishes receive back 50% of the funds collected. All donations are appreciated.

Mountain Gateway Community College is participating in the 2025 VCCS Peanut Butter Drive! Donate PLASTIC containers of any brand or type of nut butter and place in the box in entry to church or between the two glass doors at the Locust St entrance to the parish hall by next Sunday, March 29. The collection will benefit food pantries in our service area, as well as the Roadrunner Cafe (which provides free food/snacks to students on campus). Rachael Garcia Thompson will pick up our donations.

DAILY READINGS

Sun. Mar. 23	Exodus 17: 3-7; Psalms 95: 1-2, 6-7, 8-9; Romans 5: 1-2, 5-8; John 4: 42, 15; John 4: 5-42
Mon. Mar. 24	2 Kings 5: 1-15; Psalms 42: 2, 3; 43: 3, 4; Psalms 130: 5, 7; Luke 4: 24-30
Tues. Mar. 25	Isaiah 7: 10-14; 8: 10; Psalms 40: 7-8a, 8b-9, 10, 1; Hebrews 10: 4-10; John 1: 14ab; Luke 1: 26-38
Wed. Mar. 26	Deuteronomy 4:1, 5-9; Psalms 147: 12-13, 15-16, 19-20; John 6: 63c, 68c; Matthew 5: 17-19
Thurs. Mar. 27	Jeremiah 7: 23-28; Psalms 95: 1-2, 6-7, 8-9; Joel 2: 12-13; Luke 11: 14-23
Fri. Mar. 28	Hosea 14: 2-10; Psalms 81: 6c-8a, 8bc-9, 10-11ab, 14 and 17; Matthew 4: 17; Mark 12: 28-34
Sat. Mar. 29	Hosea 6: 1-6; Psalms 51: 3-4, 18-19, 20-21ab; Psalms 95: 8; Luke 18: 9-14
Sun. Mar. 30	1 Samuel 16: 1, 6-7, 10-13; Psalms 23: 1-3a, 3b-4, 5, 6; Ephesians 5: 8-14; John 8: 12; John 9: 1-41

VOCATIONS

"I AM has sent me to you." Could the Lord be calling you to proclaim His name as a priest, deacon or in the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



HOW DO YOU SPEND TIME?

Today's Gospel passage reminds us that life is precious and the gift of time on this earth is just that — a gift. None of us knows how much time will be granted to us, so we must use this gift intentionally to glorify God and serve our neighbor.

Jesus offers the parable of the fig tree to further illustrate this truth. The owner of the orchard came searching for fruit on a fig tree he had planted in his orchard. Finding no fruit on the tree after three years, he told the gardener to cut it down. But the gardener intercedes and asks for one more year to cultivate and fertilize the tree in hopes it would bear fruit in the future. The fig tree was not dying; it simply wasn't doing much of anything at all. Can this be said of us and our lives as well?

The season of Lent is a time to carefully reflect on the way we spend our time. Do we make God our first priority, tending to our spiritual growth and sacramental life with diligence? Do we give the next priority to our loved ones, focusing intentionally on them each day without distractions from phones, screens, or thoughts of work? If not, now is the moment to repent of our waste of time or of misplaced priorities on our use of time. God is merciful but just. Let's turn to Him and ask Him to make our lives fruitful while we still have time to do so.