



JUNE 22, 2025
The Solemnity of the
Most Holy Body and Blood of Christ

**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, Pastor

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

Sacred Heart – St. Joseph Knights of Columbus Council 17457

Next Meeting: Thursday, July 17 @ Sacred Heart Parish Hall

Rosary: 6:25 PM, Meal: 6:45, Meeting: 7:10 PM

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
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

Prayer Request

"Be joyful in hope, patient in affliction, faithful in prayer."

St. Joseph

Maria Amerio, Clair Dilley, Tom Greenwood, Ed and Sandra Haverlack, Rita Luther, Sally Putnam, Carol Turner, Terry Windsor, Elaina Wright, Katie Greenwood White

Sacred Heart

Pam Austin, Josephine Brown, Mack Brown, Wanda Callaham, Janice Campbell, Karen Cody, Jeanette Deardorff, John Dziedzic, Esther Ewing, John Gordon, Rev. David Hanks, Tony Forbes, April Headley, Arthur Headley, Annabella LaPosta, 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

Molly Sasser

Diocese of Richmond Seminarian

Mr. Aventon Grimes

WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$1,026.00
Sacred Heart	
Sunday Offertory	\$1,063.00
COPE Food Pantry	262.00
Shrine of the Sacred Heart	
Sunday Offertory	\$872.00

CALENDAR

WEEKDAY MASS SCHEDULE

St. Joseph – Tuesday and Thursday at 12Noon

Sacred Heart – Wednesday at 11:30AM;

Friday: Benediction and Adoration at 4:15PM followed by Mass at 5:30PM.

First Friday on July 4th will be the same as First

Saturday: Rosary and Litany of Our Lady at 9AM followed by Mass at 9:30AM;

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CORPUS CHRISTI

The solemnity of the Body and Blood of Christ (Corpus Christi), which the Church celebrates today, reminds us all of the beautiful gifts of God to us through Jesus Christ in the Blessed Sacrament. While the primary focus of this solemnity is on the spiritual nourishment that Christ gives us, its secondary focus is on the Body of Christ, which is the Church.

The Body and Blood of Christ (the Eucharist) is the most excellent gift ever given to us by Christ. It also shows how much God loves and cares for both our temporal and spiritual welfare. Therefore, what we celebrate today is the sacramental presence of Christ in his Church.

Today as ever before, Christ offers himself sacramentally to us. This is simply a way of expressing his unconditional love for us. He commands us: "Do this in memory of me!" Hence the church teaches us: "The command of Jesus to repeat his actions and words until he comes does not only ask us to remember Jesus and what he did. It is directed at the liturgical celebration, by the apostles and their successors, of the memorial of Christ (CCC 1341).

NOTICES

The Feast of the Sacred Heart of Jesus is on Friday, June 27th. This is the Patronal Day for Sacred Heart Parish. Holy Mass will be celebrated at 5:30pm at Sacred Heart followed by a potluck dinner. Please bring a dish of your choice and join us in good food and fellowship. Since this Friday is a Solemnity, dishes need not be meatless. We hope you will come even if you cannot bring a dish. There will not be a 12Noon Mass on this Friday. Adoration and Benediction will be from 4:15pm to 5:15PM

Do you know someone who might be inquiring about the Catholic Faith or may want to become a Catholic? If yes, beginning Monday, August 18 that someone can start the process of learning more about the Catholic Faith with the possibility of becoming Catholic at the Easter Vigil 2026 (April 5, 2026). To learn more contact Don Rogowski at 540-962-7344 or Janice Campbell at 540-969-9073.

SAVE THE DATE: The Tri-Parish picnic is scheduled for Sunday, September 28th, at the large picnic shelter at the Jackson River Sports Complex in Covington. Sacred Heart is hosting the picnic this year. More information will be available in future bulletins.

Music on the Corner
First Presbyterian Church
185 N Maple Ave
Covington Virginia

We cordially invite you to an Organ Concert by Mitchell Garcia in Honor of Sandra Dodd Minter on Wednesday July 2, 2025, at 7:00pm.

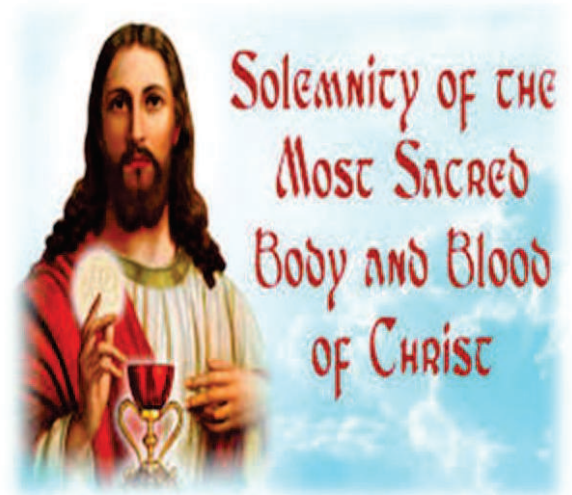
Donations will go to the Alleghany Highlands Arts Council.

DAILY READINGS

Sun. June 22	Genesis 14: 18-20; Psalms 110: 1, 2, 3, 4; 1 Corinthians 11: 23-26; John 6: 51; Luke 9: 11b-17
Mon. June 23	Genesis 12: 1-9; Psalms 33: 12-13, 18-19, 20 and 22; Hebrews 4: 12; Matthew 7: 1-5
Tues. June 24	Jeremiah 1: 4-10; Psalms 71: 1-2, 3-4a, 5-6ab, 15ab and 17; 1 Peter 1: 8-12; John 1: 7; Luke 1: 17; Luke 1: 5-17
Wed. June 25	Genesis 15: 1-12, 17-18; Psalms 105: 1-2, 3-4, 6-7, 8-9; John 15: 4a, 5b; Matthew 7:15-20
Thurs. June 26	Genesis 16: 1-12, 15-16; Psalms 106: 1b-2, 3-4a, 4b-5; John 14: 23; Matthew 7: 21-29
Fri. June 27	Ezekiel 34: 11-16; Psalms 23: 1-3a, 3b-4, 5, 6; Romans 5: 5b-11; Matthew 11:29ab Luke 15: 3-7
Sat. June 28	Genesis 18: 1-15; Luke 1: 46-47, 48-49, 50 and 53, 54-55; Luke 2: 19; Luke 2: 41-51
Sun. June 29	Acts 3: 1-10; Psalms 19: 2-3, 4-5; Galatians 1: 11-20; John 21: 17; John 21: 15-19

VOCATIONS

"You give them something to eat." Do these words of Christ challenge you to give your all for Him as a priest, deacon or in the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



THE GIFT OF THE EUCHARIST

Today we observe the Solemnity of the Most Holy Body and Blood of Christ. This beautiful feast celebrates the gift of the Eucharist, which the Catechism of the Catholic Church teaches is the source and summit of our Christian faith. "For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ Himself" (CCC paragraph 1324).

The very word, Eucharist, means "thanksgiving" or "gratitude" and so this feast is especially meaningful to all of us who are striving to live as grateful stewards of all God's blessings to us. Surely the Eucharist is the greatest of all blessings because it is not only from God, it is God — the Body, Blood, Soul, and Divinity of our Lord, Jesus Christ.

Today's second reading from St. Paul's letter to the Corinthians reminds us of the depths of love our Lord has shown us in the gift of the Eucharist, recalling Christ's words at the very first Eucharistic celebration. "The Lord Jesus... took bread, and, after he had given thanks, broke it and said, 'This is my body that is for you.'" In that moment, and at every celebration of the Mass thereafter, Jesus gives us His very self in an act of complete humility and perfect love. How can we possibly show our gratitude for such a sublime gift?

We can receive the gift of the Eucharist with the greatest possible reverence and love. And, following our Lord's example, we can give ourselves generously to others in the week ahead.