

FEBRUARY 5, 2023
FIFTH 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. Augustine Lukenge, Pastor

434-755-1208

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

"Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

Matthew 5:13-16

CHURCH CONTACT INFORMATION

St. Joseph Parish 540-863-5371

Office Hours: Call for appointment

In Emergency	Fr. Lukenge	434-755-1208
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. Lukenge	434-755-1208
Council Chair	Laurie O'Doherty	703-282-9203
Vice Chair	Vacant	
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	Tom O'Doherty	202-373-9571

Shrine of the Sacred Heart Parish 540-839-2603

Office Hours: Call for appointment

In Emergency	Fr. Lukenge	434-755-1208
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 – Michael Buchanan, Joshua Crawford, Andy Shepard

PRAYER LIST

St. Joseph

Brian Albrecht, Kevin Albrecht, Clair Dilley Tom Greenwood, Larry Griffith, Rita Luther, Sally Putnam, Terry Windsor.

Sacred Heart

Josephine Brown, Kevin Brown, Mack Brown, Wanda Callaham, Robert Childs, Lisa Dickson, Esther Ewing, Tony Forbes, Roberta Frampton, Arthur Headley, Robert Hoke, Marcella Jordan, David Palance, Maria and Bob Perron, Michael Rybka, Cathy Savage, Maureen Stec, Thomas Wade, Bill Withrow

Shrine of the Sacred Heart

Margaret Fields, Molly Sasser, John W. Smith, Clarissa Westenburger



WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$867.00
 Sacred Heart	
Sunday Offertory	\$2,982.00
Various 2 nd Collections	50.00
 Shrine of the Sacred Heart	
Sunday Offertory	\$989.75

CALENDAR

WEEKDAY MASS SCHEDULE

St. Joseph - 12NOON Tuesday and Thursday
Sacred Heart - 11:30AM Wednesday
12NOON Friday (10:45AM Friday, Holy Hour with Benediction at Sacred Heart)
First Saturday Mass will be celebrated at Sacred Heart in honor of the Blessed Mother. Service starts at 9:00AM with the Rosary and Litany of the Blessed Mother followed by Mass.

Contact Fr. Tom (540-588-8492) to schedule a time for weekday Mass at the Shrine of the Sacred Heart.

Ash Wednesday is February 22nd. Please bring your 2022 palms and place them in the back of the Church on February 12th or 19th.

SALT OF THE EARTH

Salt was literally worth its weight in gold in ancient times. It was vital for preserving food before the invention of refrigeration. Also, people cooked food very quickly to preserve fuel. It did not acquire the taste that slow roasting would bring. Salt thus helped bring out the flavor of the meal. It was also used in the Kosher process, whereby excess blood was absorbed from meat. Once the salt had completely soaked up this fluid it was useless for anything except for drying icy or muddy roads. Jesus may have had several of these aspects in mind when he spoke of his followers as having to be "salt for the world."

NOTICES

THE FOUNDATION FOR HUMAN CIVILIZATION invites you to support the Uganda Water Project. The goal is to raise \$30,000 to drill a centralized well in Uganda. It will serve the remote villages of Mwera and Bugolo-Kireku. These two villages are home to about 2,000 people across 220 households and children make up more than half of the population. There is no indoor plumbing in these villages; no running water. Instead, each household must catch rainwater in a cistern to service their needs. For extra water, villagers must carry jugs to the closest natural spring. It's up to three miles away from the furthest household in the two villages.

The Uganda Water Project will drill a well in a convenient location. That way villagers won't have to make the three-mile trek to collect water each day. We will contract with Living Water Technologies to drill the well. This is a trusted company in the region. And it successfully drilled a well for a neighboring village recently.

For more information on the project, please see our site at <https://f4hc.org>. We accept online donations through a secured form on the 'Support' tab of the site.

We also would be grateful to accept physical checks. Please make checks out to Foundation for Human Civilization. Our mailing address is PO Box 82, Covington, VA 24426.

St. Elias Maronite Catholic Church invites you to St. Maron's Dinner!

WHERE: 4730 Cove Road, Roanoke in the church hall

WHEN: Saturday, February 11, Dinner at 6:00PM

(carryout also available)

MENU: Lamb & Rice -or- Chicken & Rice, Kibbee, Spinach Feta Roll, Fattoush Salad, Hummus, Bread Assorted Sweets, Iced Tea, Lemonade, and Coffee

PRICE: Tickets on sale through Sunday, February 5

Adults - \$28 (Lamb), \$24 (Chicken)

Children 10 and under - \$12 (Chicken)

FOR TICKETS, CALL 540-562-0012

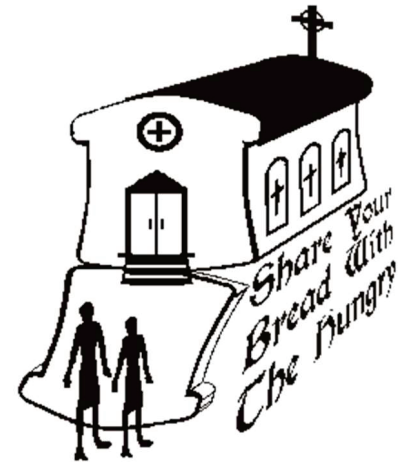
The just man is a light in darkness to the upright.

DAILY READINGS

Sun. Feb. 5	Isaiah 58: 7-10; Psalms 112: 4-5, 6-7, 8-9; 1 Corinthians 2: 1-5; John 8:12; Matthew 5: 13-16
Mon. Feb. 6	Genesis 1: 1-19; Psalms 104: 1-2a, 5-6, 10 and 12, 24 and 35c; Matthew 4: 23; Mark 6: 53-56
Tues. Feb. 7	Genesis 1: 20 – 2: 4a; Psalms 8: 4-5, 6-7, 8-9; Psalms 119: 36, 29b; Mark 7: 1-13
Wed. Feb. 8	Genesis 2: 4b-9, 15-17; Psalms 104: 1-2a, 27-28, 29bc-30; John 17: 17b, 17a; Mark 7: 14-23
Thurs. Feb. 9	Genesis 2: 18-25; Psalms 128: 1-2, 3, 4-5; James 1: 21bc; Mark 7: 24-30
Fri. Feb. 10	Genesis 3: 1-8; Psalms 32: 1-2, 5, 6, 7; Acts 16: 14b; Mark 7: 31-37
Sat. Feb. 11	Genesis 3: 9-24; Psalms 90: 2, 3-4abc, 5-6, 12-13; Matthew 4: 4b; Mark 8: 1-10
Sun. Feb. 12	Sirach 15: 15-20; Psalms 119: 1-2, 4-5, 17-18, 33-34; 1 Corinthians 2: 6-10; Matthew 11: 25; Matthew 5: 17-37

VOCATIONS

“Let your light shine before others” perhaps as a priest, deacon, sister or brother. Call Father Brian Capuano 804-359-5661
e-mail: vocations @richmonddiocese.org.



THE STEWARDSHIP WAY OF LIFE

Today's readings are part pep talk and part marching orders for us Christian stewards. They offer wonderfully clear guidance on what matters most to God in the way we prioritize our lives and the way He intends for us to use the gifts He has given us.

The first reading, from the prophet Isaiah, gives us very straightforward instructions: "Thus says the Lord: Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them, and do not turn your back on your own." The Lord gives no wiggle room here — care for our brothers and sisters in need is a "must do" for the Christian steward.

But note how generous our God is to us when we do these things. "Then your light shall break forth like the dawn and your wound shall quickly be healed." The more we give ourselves away the more we will find ourselves, and "light shall rise" for us in the form of more of God's grace in our lives and more joy and peace in our hearts.

Our Gospel passage, from Matthew sends us out on our stewardship way with a bang as Jesus declares to us, His disciples, that we are the "salt of the earth" and the "light of the world." But, He adds, salt no longer gives flavor if allowed to go stale — light cannot bring its blessed brightness if left hidden. Therefore, we must act! We must live our lives so that others will see the things that we do — the ways that we serve others, care for the vulnerable, prioritize our family relationships and above all, our love for God — and then give Him glory.

This is the stewardship way of life. Let's give it our all!