



FEBRUARY 4, 2024  
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](http://sacredheartcovington.org)  
Mass Schedule: Sunday 11:00 AM

**ST. JOSEPH CHURCH**

620 Jefferson Ave. Clifton Forge, VA 24422  
540-863-5371 [stjosephcf.org](http://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](http://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**

*"Let us go on to the nearby villages that I may preach there also.  
For this purpose have I come."*

**Mark 1:29-39**

## 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	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. 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

Mark Asma, Clair Dilley, Tom Greenwood, Rita Luther, Sally Putnam, Carol Turner, Bob Umstead, Terry Windsor.

### Sacred Heart

Pam Austin, Nola Beach, Josephine Brown, Mack Brown, Wanda Callaham, Robert Childs, Esther Ewing, Jay Ewing, Tony Forbes, Roberta Frampton, Paulino Gutierrez, Arthur Headley, Raphael Lopez, Heidi Mulcahy, David Palance, Maria Perron, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, Sophia Veras, Karen Wenke, Bill Withrow

### 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

<b>St. Joseph</b>	
Sunday Offertory	\$1,162.00

<b>Sacred Heart</b>	
Sunday Offertory	\$1,109.00
COPE Food Pantry	305.00

<b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$1,060.75

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon  
Sacred Heart - Wednesday at 11:30AM. The Rosary will be prayed after Mass.  
Friday - 10:45AM Adoration and Benediction; Mass at 12Noon

First Friday Mass at 11am followed by 8 hours of Adoration. Benediction will be at 8PM; First Saturday Mass at 9AM beginning with the Rosary and Litany of Our Lady followed by Mass at 9:30AM.

### Ash Wednesday, February 14<sup>th</sup>

Mass at Sacred Heart at 12Noon  
Mass at the Shrine at 5PM  
Mass at St. Joseph at 5:30PM & Stations of the Cross at 6PM

## WHAT I CAME TO DO

Jesus is exhausted. His power to cure illness made him a free doctor. At the time physicians were primitive and usually in effective. The sick were thought to be "possessed" by evil spirits, rather than germs. The devil has successfully side-tracked Christ's true ministry. This explains his somewhat strange response when Peter announces that "...everyone is looking for you." Jesus proclaims that it is time to move on to other areas. In effect, he is abandoning his home base in Capernaum. Our Lord reveals the real focus of his career. He is a teacher with the most important lessons that will ever be shared. He does not want to be a healer, but a educator. He came to teach the way to eternal life in God.

## NOTICES

If you are writing a check for the ComfortCare Baby Bottle Campaign, PLEASE MAKE YOUR CHECK TO KNIGHTS OF COLUMBUS COUNCIL #17457. The Supreme KofC will contribute \$100 for each \$500 raised by the Council so checks need to be written to the Knights and not Comfort Care. Don't forget to return your bottles by Sunday, February 18<sup>th</sup>.

Join our parishes in a transformative Lenten journey through Catholic Relief Services Rice Bowl to meet people in Uganda, El Salvador, and Indonesia who are working hard to overcome the challenges of hunger and the impact of climate change. Pick up your family's CRS Rice Bowl at the back of the church. During the 40 days of Lent, we will reflect on our connectedness as one family in Christ and work together to ensure our sisters and brothers worldwide can thrive. Visit [csrricebowl.org/families](http://csrricebowl.org/families) to learn more.

On Shrove Tuesday, February 13th, there will be burning of the palms followed by a potluck dinner and dessert in the Sacred Heart parish hall at 5:30 PM. The Jesus and the Eucharist study will begin at 6:30 PM, following the potluck.

The Foundation for Human Civilization thanks all who contributed to the success of the Uganda Water Project. A status update can be found at <https://f4hc.org/index.php/projects/>

St. Elias Maronite Catholic Church in Roanoke, VA is having a St. Maron's Dinner on Saturday, February 10. For more information visit: <https://steliaschurch.org/wp/st-marons-dinner>

## DAILY READINGS

Sun. Feb. 4	Job 7: 1-4, 6-7; Psalms 147: 1-2, 3-4, 5-6; 1 Corinthians 9: 16-19, 22-23; Matthew 8: 17; Mark 1: 29-39
Mon. Feb. 5	1 Kings 8: 1-7, 9-13; Psalms 132: 6-7, 8-10; Matthew 4: 23; Mark 6: 53-56
Tues. Feb. 6	1 Kings 8: 22-23, 27-30; Psalms 84: 3, 4, 5 and 10, 11; Psalms 119: 36, 29b; Mark 7: 1-13
Wed. Feb. 6	1 Kings 10: 1-10; Psalms 37: 5-6, 30-31, 39-40; John 17: 17b, 17a; Mark 7: 14-23
Thurs. Feb. 7	1 Kings 11: 4-13; Psalms 106: 3-4, 35-36, 37 and 40; James 1: 21bc; Mark 7: 24-30
Fri. Feb. 8	1 Kings 11: 29-32; 12: 19; Psalms 81: 10-11ab, 12-13, 14-15; Acts 16: 14b; Mark 7: 31-37
Sat. Feb. 9	1 Kings 12: 26-32; 13: 33-34; Psalms 106: 6-7ab, 19-20, 21-22; Matthew 4: 4b; Mark 8: 1-10
Sun. Feb. 10	Leviticus 13: 1-2, 44-46; Psalms 32: 1-2, 5, 11; 1 Corinthians 10: 31 – 11: 1; Luke 7: 16; Mark 1: 40-45

## VOCATIONS

"Everyone is searching for You." Is your search for the Lord is leading you to a vocation to the priesthood or consecrated life? Call Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## BE HUMBLE SERVANTS

Our readings today remind us that Christ came to serve. Jesus' entire life was focused on others. He came to fulfill His Father's mission — the salvation of mankind. He labored for this mission by becoming the humblest of servants. In today's Gospel, Simon says to Jesus, "Everyone is looking for you." Jesus did not seek after the praise. Rather, He responded by saying, "Let us go on to the nearby villages that I may preach there also." Jesus was already looking to whom He could serve next.

As Christian stewards, we are also called to be humble servants who labor for our Father's mission. We should strive to imitate the Perfect Steward, Who was constantly aware of the needs of those around Him and put His gifts to good use. For us, this begins right here in our home, parish, and community. We are called to live each moment in awareness of our Father's mission and in gratitude for all He has given us.

Jesus tells us that the way to be attentive is through prayer. Before Jesus made the decision to go to the nearby villages to preach, He first went off to pray. It is through prayer that Jesus could hear what His Father was asking of Him. We, too, are called to spend time in daily prayer — we will then become aware of the opportunities to serve the Lord.

Let us commit to finding some quiet time this week to pray. Let us ask the Lord — how can I serve You better throughout my days? And let us pray, 'Make me humble, Lord.'