



MAY 26, 2024  
SOLEMNITY OF THE  
MOST HOLY TRINITY

**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**

*"And behold, I am with you always, until the end of the age."*

**Matthew 28:16-20**

## 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
Organist	Dr. Leszek Fiutowski	304-456-5473



PLEASE PRAY FOR OUR  
MILITARY MEN & WOMEN:

Sacred Heart – Arthur Headley, Jessie (Jesus) Morals, Joel Moscoso  
St. Joseph –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, Mitchell Garcia, Paulino Gutierrez, April Headley, Arthur Headley, Raphael Lopez, Heidi Mulcahy, David Palance, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, Bill Withrow, Becky Woodson

### 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

### St. Joseph

Sunday Offertory \$1,425.00

### Sacred Heart

Sunday Offertory \$1,011.00  
COPE Food Pantry 279.00

### Shrine of the Sacred Heart

Sunday Offertory \$ 1,194.00

## 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 begin at 10:45AM followed by Mass at 12NOON.

First Friday Mass will be celebrated on Friday, June 7th, at 11AM followed by 8 hours of Adoration and Benediction at 8PM. There is a sign-up sheet for Adoration as you enter the church.

First Saturday Mass will be celebrated this Saturday, June 1st, beginning with the Rosary and Litany of Our Lady at 9AM followed by Mass at 9:30AM.

## A TRINITY THOUGHT EXPERIMENT

No one except God can understand how there are three distinct persons in one God. We can, however, understand why it is important to us. Here is a theological thought experiment or analogy to explain the meaning of the Holy Trinity.

Imagine a fan with three blades. On each of the blades picture signs labeled "Father", "Son" and "Spirit." Suppose that the "Father" blade is on top. It represents the one life of God. The Father knows about the Son and loves him, so he gives his entire life to his Son. He does not divide his life, he gives it all. Imagine the "Son" blade turning to the top.

When the life is not in the Father and not yet in the Son, it has to be somewhere. It is in the Holy Spirit. (Remember that this is only an illustration of something far more complicated.) So the "Spirit" blade comes to the top of the fan.

Now how can the one life of God be in all three persons at the same time? Imagine turning on the fan. The blades spin so fast that it is impossible to see which is on top. You might say, from this example, that God is a dynamo of love, constantly sharing one life.

If the Father can give his life to two other persons, why not four or ten or a billion? If the Father wants to do this he can. The message of the Trinity is that he wants to do it. The Father wants to include you.

## NOTICES

The Knights of Columbus invites all Knights, Parishioners, Families, and Friends to join in paying tribute to our Veterans at Mt. Carmel Catholic Cemetery on Memorial Day Monday 29th at 9:00am. We will place American Flags on Veteran graves and recite the Rosary.

The Feast of Corpus Christi will be celebrated on Sunday, June 2nd. The feast of Corpus Christi is one time when our Lord in the Blessed Sacrament is exposed not just to faithful Catholics but to all the world. This is a time when Catholics can show their love for Christ in the Real Presence by honoring Him in a very public way. It is also a wonderful way in which we can show our love for our neighbors by bringing Our Lord and Savior closer to them. Sacred Heart Covington will have its own Eucharistic Procession immediately following Mass on June 2nd. We will process around the block and conclude with a solemn blessing in the Church.

The Annual Lebanese Festival will be held from May 31-June 2nd at St. Elias Maronite Catholic Church, 4730 Cove Road NW, Roanoke Va. There will be delicious Lebanese food, Arabic music, dancers and tours of the church covering the rich history of Maronite Catholicism.

The Centennial weekend will kick off on Friday, June 7<sup>th</sup>, with Mass at 6PM followed by a pizza party in the parish hall. All Sacred Heart parishioners are invited to attend. Please let us know if you are coming to the pizza party. There is a sign-up sheet on the podium as you enter the church.

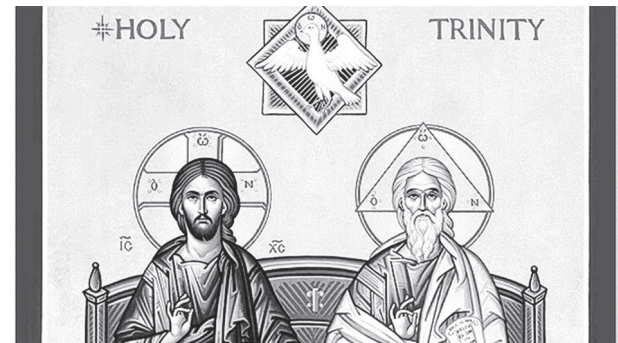
Join Catholics on the Amen app worldwide next week for the Novena to the Sacred Heart of Jesus. Download the AMENapp to opt in.

## DAILY READINGS

Sun. May 26	Deuteronomy 4: 32-34, 39-40; Psalms 33: 4-5, 6, 9, 18-19, 20, 22; Romans 8: 14-17; Revelation 1: 8; Matthew 28: 16-20
Mon. May 27	1 Peter 1: 3-9; Psalms 111: 1-2, 5-6, 9, 10c; 2 Corinthians 8: 9; Mark 10: 17-27
Tues. May 28	1 Peter 1: 10-16; Psalms 98: 1, 2-3ab, 3cd-4; Matthew 11: 25; Mark 10: 28-31
Wed. May 29	1 Peter 1: 18-25; Psalms 147: 12-13, 14-15, 19-20; Mark 10: 45; Mark 10: 32-45
Thurs. May 30	1 Peter 2: 2-5, 9-12; Psalms 100: 2, 3, 4, 5; John 8: 12; Mark 10: 46-52
Fri. May 31	Zephaniah 3: 14-18a; Isaiah 12: 2-3, 4bcd, 5-6; Luke 1: 45; Luke 1: 39-56
Sat. June 1	Jude 1: 17, 20b-25; Psalms 63: 2, 3-4, 5-6; Colossians 3: 16a, 17c; Mark 11: 27-33
Sun. June 2	Exodus 24: 3-8; Psalms 116: 12-13, 15-16, 17-18; Hebrews 9: 11-15; John 6: 51; Mark 14: 12-16, 22-26

## VOCATIONS

“We suffer with Him so that we may also be glorified with Him.” How are you being called to glorify the Lord in response to His love? Could God be inviting you to the priesthood or consecrated life? Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



## THE MOST HOLY TRINITY

Today, we celebrate an essential doctrine of our Catholic faith — the Most Holy Trinity. It expresses God as three Divine Persons, unified in One Divine nature. It is a topic we could never exhaust nor fully understand until we see God face to face. Although it is incomprehensible, it is still deeply personal.

Our Second Reading, from St. Paul, expresses the relationship of the three Divine Persons — Father, Son and Holy Spirit. By our Baptism, we received the Holy Spirit becoming adopted children of God. It is by the grace of the Holy Spirit that we call God, “Abba, Father!” And it is with the Holy Spirit that we can unite all of our sufferings to Christ so that we might one day rise with Him.

Our relationship with God is right before us. As we became God’s adopted children, we received His endless grace. We can cry out to our Father in a moment of joy or sorrow, invite the Holy Spirit in to all that we do throughout our days, and suffer every hardship with Christ Himself. All we need to do is invoke His name in each moment.

As we celebrate this glorious Solemnity of the Most Holy Trinity, may we praise God in word and deed and may we seek moments to encounter the Father, Son and Holy Spirit each day — through Scripture, prayer, sacraments and blessings throughout our day, as Jesus tell us, “I am with you always, until the end of the age.”