



JUNE 30, 2024  
THIRTEENTH 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**

*"Do not be afraid; just have faith."*

**Mark 5:21-43**

## 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

<b>St. Joseph</b>	
Sunday Offertory	\$
 <b>Sacred Heart</b>	
Sunday Offertory	\$834.00
2 <sup>ND</sup> Collections	383.00
 <b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$1,155.63

## 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.

Sacred Heart - First Friday beginning with 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.

## *What Will Your Legacy Be?*

By creating a legal Will or Trust, you can provide your next-of-kin with a peace of mind, knowing that you have already determined how your estate will be distributed and who will care for minor children. They will still grieve, but they won't face the daunting task of making decisions that you could have made.

## TOUCH HIS CLOTHES

As Jesus is going to Jairus' home a woman walks behind him in the crowd. She has been ill for a dozen years and thinks, "If I but touch his clothes, I shall be cured." Then she touches Jesus' cloak. This article of clothing is probably his "tallith" or prayer shawl. It is worn by every Orthodox Jew during prayer. It is traditionally a long sheet of cloth with tassels on each corner. It is a miniature of the Meeting Tent where Moses worshipped. In a sense it is a private "church" where one can retreat into prayer. The woman came into contact with the church of Jesus and gained healing. (Note the parallel between "tallith" [prayer shawl] and "talitha" [Jesus' word])

## NOTICES

There will be a potluck to say goodbye to Fr. Lukenge at Sacred Heart today, in the parish hall following Mass. Join us as we wish our beloved pastor God Speed and God Bless. You are welcome to come even if you can't bring a dish.

St. Joseph will have a Brunch on Sunday, this morngin following the 9:00 am Mass to honor and say goodbye to our Pastor, Fr. Augustine Lukenge, as he leaves for his new assignment as Pastor of Christ the King Church in Norfolk, Virginia on July 1st. Our newly assigned Administrator, Fr. Ernest Dugah, will arrive in Alleghany County on July 1st to take up his pastoral duties at our three clustered parishes."

Do you know someone who might be inquiring about the Catholic Faith or may want to become a Catholic? If yes, beginning in August that someone can start the process of learning more about the Catholic Faith with the possibility of becoming Catholic at the Easter Vigil 2025 (April 19, 2025). To learn more contact Don Rogowski at 540-962-7344 or Janice Campbell at 540-969-9073

The next Adult Faith Formation, Lectio: Mark: Faith Not Fear, walks through each chapter of the Gospel of Mark in his action-packed story. Sessions begin on Tuesday, August 20 @ 6:30 PM in Sacred Heart Parish Hall and continue each Tuesday until November 19 (14 sessions, each ~1 hour). If you would like a free Participant Guide (over 200 pages) , contact Don Rogowski @ 540-962-7344 or [formed@sacredheartcovington.org](mailto:formed@sacredheartcovington.org) by Monday, August 5. View the trailer at <https://vimeo.com/282582579>

## DAILY READINGS

Sun. June 30	Wisdom 1: 13-15; 2: 23-24; Psalms 30: 2, 4, 5-6, 11, 12, 13; 2 Corinthians 8: 7, 9, 13-15; 2 Timothy 1: 10; Mark 5: 21-43
Mon. July 1	Amos 2: 6-10, 13-16; Psalms 50: 16bc-17, 18-19, 20-21, 22-23; Psalms 95: 8; Matthew 8: 18-22
Tues. July 2	Amos 3: 1-8; 4: 11-12; Psalms 5: 4b-6, 7, 8; Psalms 130: 5; Matthew 8: 23-27
Wed. July 3	Ephesians 2: 19-22; Psalms 117: 1bc, 2; John 20: 29; John 20: 24-29
Thurs. July 4	Amos 7: 10-17; Psalms 19: 8, 9, 10, 11; 2 Corinthians 5: 19; Matthew 9: 1-8
Fri. July 5	Amos 8: 4-6, 9-12; Psalms 119: 2, 10, 20, 30, 40, 131; Matthew 11: 28; Matthew 9: 9-13
Sat. July 6	Amos 9: 11-15; Psalms 85: 9ab and 10, 11-12, 13-14; John 10: 27; Matthew 9: 14-17
Sun. July 7	Ezekiel 2: 2-5; Psalms 123: 1-2, 2, 3-4; 2 Corinthians 12: 7-10; Luke 4: 18; Mark 6: 1-6

## VOCATIONS

"Do not be afraid; just have faith." Does your faith include being called to serve Jesus as a priest, deacon or in the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## DO NOT BE AFRAID

Our readings today remind us that our God is a tender and loving God.

In our Gospel, Jesus heals an ill child. An anxious and loving father sought after Jesus so that his daughter might be cured of her illness. As Jesus was traveling to heal her, they got word that the daughter had died. In that deeply painful moment, a moment no parent wants to experience, Jesus turned and said, "Do not be afraid; just have faith."

Recall a moment when you felt like you hit rock bottom. Maybe you received devastating news, someone died, you lost your job, you were fighting addiction, or you were suffering mentally, spiritually or physically. Maybe you are living that moment or maybe that moment is yet to come.

In that time, imagine Jesus looking at you and saying, "Do not be afraid; just have faith." Remember this verse. May it bring you peace and comfort. Recall that in our First Reading, God does not rejoice in our suffering and death. He rejoices in our faith and our trust in His glorious plan for our lives.

Whether we are healed like the little girl in our Gospel in this life, or we carry our suffering with us until we reach the next, if we remain faithful, Jesus will one day say to us, "Little girl or little boy, I say to you, arise!"

Today, let us reflect on how much our Good and Gracious God loves us. Remember that whatever we are suffering in this life, do not be afraid, God is right there with us.