



JULY 21, 2024  
SIXTEENTH 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. Ernest Dugah, Administrator**  
804-914-4977

**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**

*"Come away by yourselves to a deserted place and rest a while."*

**Mark 6:7-13**

## CHURCH CONTACT INFORMATION

### St. Joseph Parish 540-863-5371

Office Hours: Call for appointment

|                 |               |              |
|-----------------|---------------|--------------|
| In Emergency    | Fr. Dugah     | 804-914-4977 |
| 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        | 804-914-4977 |
| 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. Dugah            | 804-914-4977  |
| 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, 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, Sandra Minter, 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   | \$719.00 |
| Special Collection | 150.00   |
| Roof Fund          | 200.00   |

### Sacred Heart

|                  |            |
|------------------|------------|
| Sunday Offertory | \$2,746.00 |
|------------------|------------|

### Shrine of the Sacred Heart

|                  |            |
|------------------|------------|
| Sunday Offertory | \$1,775.00 |
|------------------|------------|

## 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 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 9AM Rosary and Litany of Our Lady followed by Mass at 9:30AM.

## THANK YOU

Sacred Heart - St. Joseph Council Knights of Columbus thank all who are collecting aluminum cans and dropping them off in the orange bin located along the side of the Sacred Heart Rectory garage. Over 1100 lbs. or more than 37,000 cans have been recycled. Currently, the recycling rate is about 670 pounds per year. The proceeds from recycling aluminum cans are used to fund Council charitable efforts. Be creative and ask your friends, neighbors, or a business to save aluminum cans for you to drop off at the Rectory garage.

## YOU WHO WERE FAR OFF

Paul writes to a group of converts in Ephesus, Turkey. He tells them that before their conversion they were "far off" from God. God had chosen the Jewish people as his special people--pagans were isolated from this choice. This does not mean that he did not love the rest, but that he lavished particular attention on the descendants of Abraham. Now this exclusion has been removed. Jesus has united Jew and non-Jew in himself by the sharing of the sacraments. These sacraments flow from the blood shed on the cross. The law of the Old Testament has been replaced by a new law of love. Now we all have equal access to God.

## NOTICES

Sacred Heart is responsible for Meals on Wheels August 12-16, 2024. There is a sign-up sheet as you enter the church.

There will be a covered dish luncheon to welcome Fr. Dugah on Sunday, August 18 in the Sacred Heart parish hall following mass. Please bring a dish of your choice and join us in welcoming Fr. Dugah to our Tri-Parishes. You are welcome to come even if you can't bring a dish.

The Tri-Parish Picnic will be on Sunday, September 15, at Douthat State Park. The picnic is hosted by St. Joseph this year. St. Joseph will be grilling hot dogs and hamburgers and will provide the beverages. Sacred Heart parishioners are asked to bring side dishes. Shrine of the Sacred Heart parishioners are asked to bring desserts. Food will be served starting at 2PM but all are welcome to come early for fellowship. More information to come.

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>

Please note that remote participation will be available via FaceTime. An Apple device is not required to utilize FaceTime

## DAILY READINGS

|                |   |
|----------------|---|
| Sun. July 21   | Jeremiah 23: 1-6; Psalms 23: 1-3, 3-4, 5, 6; Ephesians 2: 13-18; John 10: 27; Mark 6: 30-34   |
| Mon. July 22   | Songs 3: 1-4b; Psalms 63: 2, 3-4, 5-6, 8-9; John 20: 1-2, 11-18                               |
| Tues. July 23  | Micah 7: 14-15, 18-20; Psalms 85: 2-4, 5-6, 7-8; John 14: 23; Matthew 12: 46-50               |
| Wed. July 24   | Jeremiah 1: 1, 4-10; Psalms 71: 1-2, 3-4a, 5-6ab, 15 and 17; Matthew 13: 1-9                  |
| Thurs. July 25 | 2 Corinthians 4: 7-15; Psalms 126: 1bc-2ab, 2cd-3, 4-5, 6; John 15: 16; Matthew 20: 20-28     |
| Fri. July 26   | Jeremiah 3: 14-17; Jeremiah 31: 10, 11-12abcd, 13; Luke 8: 15; Matthew 13: 18-23              |
| Sat. July 27   | Jeremiah 7: 1-11; Psalms 84: 3, 4, 5-6a and 8a, 11; James 1: 21bc; Matthew 13: 24-30          |
| Sun. July 28   | 2 Kings 4: 42-44; Psalms 145: 10-11, 15-16, 17-18; Ephesians 4: 1-6; Luke 7: 16; John 6: 1-15 |

## VOCATIONS

"He had compassion for them, because they were like sheep without a shepherd." Will you respond to the hunger of Christ's sheep as a priest, deacon or in the consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## TRUE HAPPINESS IS GOD

Today's readings remind us of how our God is compassionate and passionately loves us. "Woe to the shepherds who mislead and scatter the flock of my pasture, says the Lord." Our First Reading from the prophet Jeremiah addresses false prophets who had misled God's people away from the Lord. The Lord declares that He will restore His people by bringing back those who have gone astray and providing for them new shepherds so that they will "no longer fear and tremble."

This reading portrays God's infinite care and concern for our lives. We can see that God is the one who loved us first. Oftentimes, we are like the people who are blind to His goodness and enticed by sin — something we think will make us happy but does not. God is the one who constantly pursues us and gives us opportunities to say "yes" to Him. He wants to win us back, and ultimately, He will make us happy.

So, we must ask ourselves, who or what is blinding us or leading us away from our ultimate happiness? Stop for a moment and name that thing — money, status, a person, career, laziness, addiction, self-image, health, etc. — that could be leading you away from a full and happy relationship with God.

As Christian disciples, deep down we really know that our true happiness is God. So, what are we waiting for? Take the leap of faith and allow yourself to radically love God in return.

As we begin this new week, let us name the things in our lives that are robbing us of our ultimate happiness, work to let go of them and let us strive to make Jesus our true shepherd by seeking Him in our daily lives.