



AUGUST 18, 2024  
TWENTIETH 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.

**Mt Carmel Catholic Cemetery**  
Low Moor, Virginia  
Contact: Mr. Carl Withrow (540) 968-3267

## 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, Debbie Brokaw, Josephine Brown, Mack Brown, Wanda Callaham, Robert Childs, Esther Ewing, Jay Ewing, Tony Forbes, Roberta Frampton, Mitchell Garcia, Erin Gutierrez, 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	\$873.00
Special Collection	620.00

### Sacred Heart

Sunday Offertory	\$863.00
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### Shrine of the Sacred Heart

Sunday Offertory	\$1,581.00
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## 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

First Friday at Sacred Heart 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.

## HIS FLESH TO EAT?

Jesus has been teaching about what he calls "The Bread of Life". The church teaches that he is referring to Holy Communion--the bread and wine that become his blood. The audience does not have this insight and imagines the unthinkable: Jesus is calling for people to consume his flesh. This sparks a wave of argument and disgust.

How would we react without knowing the church teaching? Would we have revulsion at the thought? But then, how do we view Communion? Do we really stop and think what is happening, or has Communion become a mechanical action for us?

## NOTICES

St. Joseph's weekly Bible Study will start again beginning Tuesday, September 10, immediately following the noon mass. The group will meet in the parish hall and participants are asked to bring a bag lunch. Coffee, tea and water will be provided. Parishioners from all three parishes are invited to attend. The daily mass readings and commentaries from The Word Among Us are used for the study. If you plan to attend, please contact Libby Burger (540-691-6618) so a booklet will be available for everyone.

## NOTICES

There will be a covered dish luncheon to welcome Fr. Dugah after Mass today in the parish hall. Please join us in welcoming Fr. Dugah to our Tri-Parishes. All are welcome to attend.

The Tri-Parish Picnic will be on Sunday, September 15, at the Malone picnic shelter 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. St. Joseph will need an approximate head count from each church in order to provide enough hamburgers and hot dogs.

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 begins this 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. The video will be shown during each session with closed captioning in addition to sound. 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.

Thank you to our Sacred Heart volunteers who delivered Meals on Wheels last week. We could not participate in this important program without you.

## DAILY READINGS

Sun. Aug. 18	Proverbs 9: 1-6; Psalms 34: 2-3, 10-11, 12-13, 14-15; Ephesians 5: 15-20; John 6: 56; John 6: 51-58
Mon. Aug. 19	Ezekiel 24: 15-23; Deuteronomy 32: 18-19, 20, 21; Matthew 5: 3; Matthew 19: 16-22
Tues. Aug. 20	Ezekiel 28: 1-10; Deuteronomy 32: 26-27ab, 27cd-28, 30, 35cd-36ab; 2 Corinthians 8: 9; Matthew 19: 23-30
Wed. Aug. 21	Ezekiel 34: 1-11; Psalms 23: 1-3a, 3b-4, 5, 6; Hebrews 4: 12; Matthew 20: 1-16
Thurs. Aug. 22	Ezekiel 36: 23-28; Psalms 51: 12-13, 14-15, 18-19; Psalms 95: 8; Matthew 22: 1-14
Fri. Aug. 23	Ezekiel 37: 1-14; Psalms 107: 2-3, 4-5, 6-7, 8-9; Psalms 25: 4b, 5a; Matthew 22: 34-40
Sat. Aug. 24	Revelation 21: 9b-14; Psalms 145: 10-11, 12-13, 17-18; John 1: 49b; John 1: 45-51
Sun. Aug. 25	Joshua 24: 1-2a, 15-17, 18b; Psalms 34: 2-3, 16-17, 18-19, 20-21, 22-23; Ephesians 5: 21-32; John 6: 63c, 68c; John 6: 60-69

## VOCATIONS

Are you trying to "... understand what is the will of the Lord?" Consider how you are being called to serve the Lord! Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## BE THANKFUL FOR THE GIFT OF THE EUCHARIST

Jesus said to the crowd, "Whoever eats my flesh and drinks my blood has eternal life..." We can hardly blame the crowd for their shock at this statement — eating the Flesh and drinking the Blood of our Lord should cause us a bit of a shock. Yet how easy it is to show up at Mass Sunday after Sunday, receiving the Eucharist as simply part of a weekly routine.

If we really spent time contemplating the gift our Lord is offering us in this sacrament, we would be awestruck at the love and power in this gift. Through it, our Lord is giving us the very best He has to give — Himself. Not even the greatest theological scholar or the holiest of saints can fully understand this mystery.

Thankfully we don't need to be a saint or a scholar to receive this gift. But we should do our best to receive the Eucharist with gratitude. And we can look to today's readings to glean two fundamental principles for becoming better Christian stewards.

The Eucharist is the foundation for a stewardship way of life. Through His gift of the Eucharist, God fills us with His love and strength. This love and strength empower us to live as generous stewards — to be faithful to the ministries we serve in, joyful in material giving, and offer our very best to our families and secular work.

The Eucharist is the ultimate inspiration for a stewardship way of life. When we contemplate this gift of God, we will want to make a joyful return to Him. Mass will become anything but routine and we will live each day as His passionate disciples.