



MARCH 9, 2025
FIRST SUNDAY OF LENT

**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
Mass Schedule: Sunday 11:00 AM

ST. JOSEPH CHURCH

620 Jefferson Ave. Clifton Forge, VA 24422
540-863-5371 stjosephcf.org email: stjoseph@ntelos.net
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
Mass Schedule: Saturday 5:00 PM; Sunday 9:00 AM

Fr. Ernest Dugah, Administrator
540-620-9309

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	540-620-9309
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	540-620-9309
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	540-620-9309
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, Katie Greenwood, Tom Greenwood, Ed and Sandra Haverlack, Rita Luther, Sally Putnam, Carol Turner, Terry Windsor, Elaina Wright.

Sacred Heart

Pam Austin, Debbie Brokaw, Josephine Brown, Mack Brown, Wanda Callahan, Janice Campbell, Esther Ewing, Rev. David Hanks, Tony Forbes, Roberta Frampton, April Headley, Arthur Headley, Rosina Headley, Raphael Lopez, Brooke Nogueira, David Palance, Paul Perron, Michael Rybka, Cathy Savage, Maureen Stec, Rayvi Veras, Patricia Whitlow, Bill Withrow, Becky Woodson, Francine Young

Shrine of the Sacred Heart

Margo Oxendine, Molly Sasser

Diocese of Richmond Seminarian

Mr. Aventon Grimes

WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$
Sacred Heart	
Sunday Offertory	\$7,326.00
Various 2 nd Collections	100.00
Shrine of the Sacred Heart	
Sunday Offertory	\$2,606.75

CALENDAR

WEEKDAY MASS SCHEDULE

St. Joseph – Tuesday and Thursday at 12Noon
Sacred Heart - Wednesday at 11:30AM followed by
the Rosary; Adoration and Benediction on Friday at
10:45AM followed by Mass at 12Noon
First Friday Mass is at 11AM, followed by 5 hours of
Adoration. Benediction at 5:00PM.
First Saturday Mass - Rosary and Litany of Our Lady
at 9:00AM followed by Mass at 9:30AM

STATIONS OF THE CROSS

WEDNESDAY

Shrine of the Sacred Heart: 5:00PM and Mass
St. Joseph: 6:00PM

FRIDAY

Sacred Heart: 5:30PM followed by a meatless soup
supper

LENTEN LUNCHEON SCHEDULE

March 12 - McAllister Memorial Presbyterian
March 19 - First Christian Church
March 26 - Good News Christian Fellowship
April 2 – Parrish Court UM Church
April 9 - Gospel Tabernacle COGC
All lunches begin at 12 Noon and end prior to 1pm.
A free will offering is collected to support a local
mission or ministry. Each week a different minister
will bring us a message. Join together with brothers
and sisters of all denominations to worship and
glorify God.

Scan here to donate
to the 2025 Annual
Diocesan Appeal .



NOTICES

There will be a potluck luncheon to celebrate the baptisms of Fisher David Noel, son of Ross and Claire Noel; and Landon Scott Clark, son of Cameron and Lauren Clark, today in Sacred Heart parish hall following Mass.

Sacred Heart-St. Joseph Knights of Columbus Council provides spiritual and financial support to Mr. Aventon Grimes, a Second Year Seminarian of the Diocese of Richmond. An Easter card for Mr. Grimes will be available for signing at the Shrine on March 15 & 16 and at St. Joseph and Sacred Heart on March 23 and 30. All are invited to sign this card.

WELCOME TO THE 2025 ANNUAL DIOCESAN APPEAL: Sharing His Love with Others

This weekend we are conducting the 2025 Annual Diocesan Appeal – Sharing His Love with Others. The Appeal not only provides an opportunity for you to support important ministries that impact many programs outside of our parish boundaries, it also supports the services the Diocese provides directly to our parish such as Fuel and Hunger Fund grants, Home Mission grants and international priests. The entire list of ministries supported by the 2025 Appeal can be found in the brochures. Our parishes receive back 50% of the funds collected. You can also use the QR code to make your donation. Scan the code, select “Donate Now”, then scroll to make a gift. Please make sure you select your parish from the drop-down menu.

Sacred Heart is responsible for delivering Meals on Wheels, March 24-28. There is a sign-up sheet as you enter the church.

Sacred Heart Pastoral and Finance council meeting is March 13, at 6:30pm in the parish hall.

DAILY READINGS

Sun. Mar. 9	Deuteronomy 26: 4-10; Psalms 91: 1-2, 10-11, 12-13, 14-15; Romans 10: 8-13; Matthew 4: 4b; Luke 4: 1-13
Mon. Mar. 10	Leviticus 19: 1-2, 11-18; Psalms 19: 8, 9, 10, 15; 2 Corinthians 6: 2b; Matthew 25:31-46
Tues. Mar. 11	Isaiah 55: 10-11; Psalms 34: 4-5, 6-7, 16-17, 18-19; Matthew 4: 4b; Matthew 6: 7-15
Wed. Mar. 12	Jonah 3: 1-10; Psalms 51: 3-4, 12-13, 18-19; Joel 2: 12-13; Luke 11: 29-32
Thurs. Mar. 13	Esther C: 12, 14-16, 23-25; Psalms 138: 1-2ab, 2cde-3, 7c-8; Psalms 51: 12a,14a; Matthew 7: 7-12
Fri. Mar. 14	Ezekiel 18: 21-28; Psalms 130: 1-2, 3-4, 5-6, 7-8; Ezekiel 18: 31; Matthew 5: 20-26
Sat. Mar. 15	Deuteronomy 26: 16-19; Psalms 119: 1-2, 4-5, 7-8; 2 Corinthians 6: 2b; Matthew 5: 43-48
Sun. Mar. 16	Genesis 15: 5-12, 17-18; Psalms 27: 1, 7-8, 8-9, 13-14; Philippians 3: 17 – 4: 1 or 3: 20 – 4:1; Matthew 17: 5; Luke 9: 28b-36

VOCATIONS

“The word is near you, on your lips and in your heart.” Jesus the Eternal Word continues to call many to lives of holiness as priests, deacons and in the consecrated life. Could you be one of them? Contact Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



THE SEASON OF LENT BEGINS

And so, it begins — the holy and, for some, daunting, season of Lent. This is the season in our liturgical year when the Church encourages us to increase our prayer, fasting, and almsgiving to help us enter more deeply into the mystery of our Lord’s Passion and Death and to celebrate more fully His Resurrection. Jesus, by His own example in today’s Gospel, demonstrates the necessity of setting aside a period devoted especially to prayer and fasting as a means of strengthening our spiritual muscles. Just before the launch of His public ministry, He is “led by the Holy Spirit into the desert for forty days, to be tempted by the devil.” In imitation of Jesus, we should ask the Holy Spirit to lead us into the desert, too — the desert of our interior lives where our thoughts and desires reside.

While our Lord was strong enough to withstand the temptations of the devil on His own, we most certainly are not! We must turn to the Holy Spirit and ask Him to show us where we need to grow and then rely on the Holy Spirit for strength and guidance throughout these 40 days of growth. Perhaps we will be led to take on a spiritual reading program, or a daily time of meditation on the Scriptures. Maybe we’ll be inspired to fast from our favorite food or social media fix and find a project that serves the poor in this community.

If these spiritual exercises hurt a little, that means we are doing them right! At the end of this season, we will be prepared to enter the grace-filled days of the Triduum, and we will, through the power of the Holy Spirit, be resurrected as a new creation with our Lord come Easter. Let us begin!