



JANUARY 29, 2023  
FOURTH 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**

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven".*

**Matthew 5:1-12a**

## 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	Vacant	
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	Tom O'Doherty	202-373-9571

**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



PLEASE PRAY FOR OUR  
MILITARY MEN & WOMEN:

Sacred Heart – Arthur Headley, Jessie (Jesus) Morals, Joel Moscoso  
St. Joseph – Michael Buchanan, Joshua Crawford, Andy Shepard

## PRAYER LIST

**St. Joseph**

Brian Albrecht, Kevin Albrecht, Clair Dilley Tom Greenwood, Larry Griffith, Rita Luther, Sally Putnam, Terry Windsor.

**Sacred Heart**

Josephine Brown, Kevin Brown, Mack Brown, Wanda Callaham, Robert Childs, Lisa Dickson, Esther Ewing, Tony Forbes, Roberta Frampton, Arthur Headley, Robert Hoke, Marcella Jordan, David Palance, Maria and Bob Perron, Michael Rybka, Cathy Savage, Maureen Stec, Thomas Wade, Bill Withrow

**Shrine of the Sacred Heart**

Margaret Fields, Dorothy Miller, Bill and Molly Sasser, John W. Smith, Clarissa Westenburger



## WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

<b>St. Joseph</b>	
Sunday Offertory	\$548.00
<b>Sacred Heart</b>	
Sunday Offertory	\$557.00
COPE Food Pantry	378.00
<b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$941.69

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph - 12NOON Tuesday and Thursday  
Sacred Heart - 11:30AM Wednesday  
11AM Mass this Friday followed by 8 hours of Adoration beginning at 12NOON and ending with Benediction at 8PM.  
First Saturday Mass will be celebrated at Sacred Heart in honor of the Blessed Mother this Saturday, February 4th. Service starts at 9:00AM with the Rosary and Litany of the Blessed Mother followed by Mass.

Contact Fr. Tom (540-588-8492) to schedule a time for weekday Mass at the Shrine of the Sacred Heart.

## WHOEVER BOASTS

People who brag about themselves often do so because of low self-esteem. Others are really so self-centered that they brag to advertise. Either case is an example of a sin against humility. No one is truly self-made. We are the result of the contributions of dozens, probably hundreds of other people. Our greatest talents come from God. Paul is writing about a group of self-important missionaries in Corinth. They have been bragging that they have "secret knowledge" from Jesus that no one else possesses. Paul rightfully acknowledges God's dominant role in everything that he has accomplished.

## NOTICES

There will be no Sunday Mass at the Shrine of the Sacred Heart on 29<sup>th</sup>.

Comfort Care Women's Health Centers of Lexington, Staunton, & Waynesboro are having their annual BABY BOTTLE CAMPAIGN once again. Our Sacred Heart/St. Josephs Knights of Columbus Council #17457 is the sponsor. If you have not done so already, please take one after Mass today & fill it with spare change, bills, and/or checks made out to Comfort Care Women's Health. Keep them for several weeks, then return the filled bottles before Mass on the Sundays of February 19 & 26. Visit [www.supportcc.org](http://www.supportcc.org) for more information.

Following First Saturday Mass, there will be a hot breakfast of scrambled eggs, sausage, biscuits, coffee, milk, and orange juice in the parish hall for all attending.

The sign-up sheet for First Friday Adoration can be found in the vestibule (of Sacred Heart Covington). If you would like to sign up for one of the one-hour slots between 12noon and 8pm, you can either use the sign-up sheet or email Thomas O'Doherty at [thomasodoherty22@gmail.com](mailto:thomasodoherty22@gmail.com), and he will be happy to fill in the slot for you.

St. Elias Maronite Catholic Church invites you to St. Maron's Dinner!

WHERE: 4730 Cove Road, Roanoke in the church hall  
WHEN: Saturday, February 11, Dinner seating at 6:00PM

(carryout also available)

MENU: Lamb & Rice -or- Chicken & Rice, Kibbee, Spinach Feta Roll, Fattoush Salad, Hummus, Bread Assorted Sweets, Iced Tea, Lemonade, and Coffee

PRICE: Tickets on sale through Sunday, February 5

Adults - \$28 (Lamb), \$24 (Chicken)

Children 10 and under - \$12 (Chicken)

FOR TICKETS, CALL 540-562-0012

Blessed are the poor in spirit; the kingdom of heaven is theirs!

## DAILY READINGS

Sun. Jan. 29	Zephaniah 2: 3; Psalms 146: 6-7, 8-9a, 9bc-10; 1 Corinthians 1: 26-31; Matthew 5: 12a; Matthew 5: 1-12a
Mon. Jan. 30	Hebrews 11: 32-40; Psalms 31: 20, 21, 22, 23, 24; Luke 7: 16; Mark 5: 1-20
Tues. Jan. 31	Hebrews 12: 1-4; Psalms 22: 26b-27, 28, 30, 31-32; Matthew 8: 17; Mark 5: 21-43
Wed. Feb. 1	Hebrews 12: 4-7, 11-15; Psalms 103: 1-2, 13-14, 17-18a; John 10: 27; Mark 6: 1-6
Thurs. Feb. 2	Malachi 3: 1-4; Psalms 24: 7, 8, 9, 10; Hebrews 2: 14-18; Luke 2: 32; Luke 2: 22-40
Fri. Feb. 3	Hebrews 13: 1-8; Psalms 27: 1, 3, 5, 8b-9abc; Luke 8: 15; Mark 6: 14-29
Sat. Feb. 4	Hebrews 13: 15-17, 20-21; Psalms 23: 1-3a, 3b-4, 5, 6; John 10: 27; Mark 6: 30-34
Sun. Feb. 5	Isaiah 58: 7-10; Psalms 112: 4-5, 6-7, 8-9; 1 Corinthians 2: 1-5 John 8:12; Matthew 5: 13-16

## VOCATIONS

"God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong." God doesn't call the qualified, He qualifies the called. Could He be calling you? Call Father Brian Capuano 804-359-5661



## SERMON ON THE MOUNT

The Gospel Reading for today is what is popularly called the Sermon on the Mount. Many think it is the absolute epitome of Jesus' teachings. To be sure it tells us how we are to live our lives, the attitudes we are to have. We must remember that those who were waiting and hoping for the Messiah expected a military leader, one who would lead them in battle against their oppressors.

In His Sermon on the Mount Jesus gives a more accurate perspective of Who He is. He begins what we call the Beatitudes (the word means "blessings") with "Blessed are the poor in spirit, for theirs is the kingdom of heaven." In a sense we are all "poor in spirit." Without the guidance and strength provided us by the Lord there is no way we can escape this poverty of spirit, of spirituality, if you will.

That is why we often say that living God-centered lives is at the very core of stewardship. Being a disciple of Christ translates into being a steward of our many gifts and blessings. Some scholars believe that Jesus may have given this sermon often during His ministry. Those who followed Jesus and became the earliest Christians, the first members of the Church, were fond of quoting and referring to what the Lord said on this occasion. As stated, Jesus provides us with the secret of living a good life. If we rely on Him and follow Him, we will be blessed.