



JANUARY 28, 2024
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
Mass Schedule: Sunday 11:00 AM

ST. JOSEPH CHURCH

620 Jefferson Ave. Clifton Forge, VA 24422
540-863-5371 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
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

"Quiet! Come out of him!"

Mark 1:21-28

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



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

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, Paulino Gutierrez, Arthur Headley, Raphael Lopez, Heidi Mulcahy, David Palance, Maria Perron, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, Sophia Veras, Karen Wenke, Bill Withrow

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	\$792.00

Sacred Heart	
Sunday Offertory	\$938.00
Respect Life Appeal	410.00
Votive	148.00

Shrine of the Sacred Heart	
Sunday Offertory	\$905.63

CALENDAR

WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon
Sacred Heart - Wednesday at 11:30AM followed by the Rosary.

Friday - 10:45AM Adoration and Benediction; Mass at 12Noon

First Friday Mass is this Friday, February 2nd, beginning with Mass at 11am followed by 8 hours of Adoration. Benediction will be at 8PM; First Saturday Mass is this Saturday, February 3rd, at 9AM beginning with the Rosary and Litany of Our Lady followed by Mass at 9:30AM.

WITH AUTHORITY

Jesus preaches his first sermon in Caphernaum. It elicits a favorable response from the congregation. They admire the fact that he speaks "with authority" in contrast to the scribes. The latter could read and write, but were afraid to be pinned down on specifics. When asked a question, they would merely quote the opinions of others. They would not give a definitive response. They would answer one question with another.

Jesus does give specifics; standing on his own authority to teach. This impresses his audience even more when he works a miraculous healing. There is definite power to his words.

Christ is probably reluctant to work a miracle because it will throw focus on his healing power rather than his teachings. In a sense he is entering his first battle with Satan. The devil wants to distract people away from Jesus' message. The powers of evil win the first battle, but will lose the war.

NOTICES

The first Saturday Mass at Sacred Heart on February 3rd will be a Knights of Columbus quarterly Mass. All Mass attendees are invited to a free breakfast of biscuits, scrambled eggs, sausage, coffee, milk, and orange juice in the Parish Hall following Mass.

If you are writing a check for the ComfortCare Baby Bottle Campaign, please make your check to KNIGHTS OF COLUMBUS COUNCIL #17457. The Supreme KofC will contribute \$100 for each \$500 raised by the Council, so checks need to be written to the Knights and not Comfort Care. Don't forget to return your bottles by Sunday, February 18th.

Ash Wednesday is February 14th. Please bring your 2023 palms and place them in the back of the Church on February 4th or 10th.

On Shrove Tuesday, February 13th, there will be burning of the palms followed by a potluck dinner and dessert in the Sacred Heart parish hall.

VIRGINIA PRO-LIFE DAY

Meet lawmakers in the morning; March for Life in the afternoon on February 21, 2024, in Richmond, VA. For more information and to register, visit vaprolifeday.org

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.

DAILY READINGS

Sun. Jan. 28	Deuteronomy 18: 15-20; Psalms 95: 1-2, 6-7, 8-9; 1 Corinthians 7: 32-35; Matthew 4: 16; Mark 1: 21-28
Mon. Jan. 29	2 Samuel 15: 13-14, 30; 16: 5-13; Psalms 3: 2-3, 4-5, 6-7; Luke 7: 16; Mark 5: 1-20
Tues. Jan. 30	2 Samuel 18: 9-10, 14, 24-25a, 30 – 19: 3; Psalms 86: 1-2, 3-4, 5-6; Matthew 8: 17; Mark 5: 21-43
Wed. Jan. 31	2 Samuel 24: 2, 9-17; Psalms 32: 1-2, 5, 6, 7; John 10: 27; Mark 6: 1-6
Thurs. Feb. 1	1 Kings 2: 1-4, 10-12; 1 Chronicles 29: 10, 11ab, 11d-12a, 12bcd; Mark 1: 15; Mark 6: 7-13
Fri. Feb. 2	Malachi 3: 1-4; Psalms 24: 7, 8, 9, 10; Hebrews 2: 14-18; Luke 2: 32; Luke 2: 22-40
Sat. Feb. 3	1 Kings 3: 4-13; Psalms 119: 9, 10, 11, 12, 13, 14; John 10: 27; Mark 6: 30-34
Sun. Feb. 4	Job 7: 1-4, 6-7; Psalms 147: 1-2, 3-4, 5-6; 1 Corinthians 9: 16-19, 22-23; Matthew 8: 17; Mark 1: 29-39

VOCATIONS

“Let each of you lead the life that the Lord has assigned, to which God has called you.” Do you think the the Lord is calling you to the consecrated life or priesthood? Call Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



GOD IS IN CONTROL

Our readings today remind us of God’s authority.

As we reflect on our Gospel, we recognize that God possesses all authority and that we want to give Him all authority. Jesus was teaching in the synagogue on the Sabbath. All were fixed on His words and astonished at what He had to say. Suddenly everyone’s attention shifted to a man with an unclean spirit who began to question Jesus and His authority. Jesus responded, “Quiet, come out of him!” and removed the evil spirit from the man. All were amazed at the healing of this man.

Life can sometimes look like the synagogue in Capernaum. We are living as disciples of Christ when we suddenly recognize evil around us — through events in our lives, temptations we are enduring, or by falling into sin. It can distract us, consume our attention, or even cause us to despair. In these moments of trial, we must remember the Healer in our Gospel today. Recall His words, “Quiet, come out of Him!” Jesus has the power and authority over evil, for He has conquered sin and death. He also has the power and authority over us. And when we invite Him to have that authority, He will heal us and help us persevere.

Today, we are reminded that God is in control and that we want Him to be in control. He is the loving Healer Who will work miracles in our lives if we give Him the authority to do so.