



FEBRUARY 18, 2024  
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](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**

*"This is the time of fulfillment. The kingdom of God is at hand.  
Repent, and believe in the gospel."*

**Mark 1:12-15**

## 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

<b>St. Joseph</b>	
Sunday Offertory	\$987.00
 <b>Sacred Heart</b>	
Sunday Offertory	\$1,107.00
 <b>Shrine of the Sacred Heart</b>	
Sunday Offertory	\$1,100.35

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph - Tuesday and Thursday at 12Noon  
Sacred Heart - Wednesday at 11:30AM. The Rosary will be prayed after Mass.  
Friday - 10:45AM Adoration and Benediction; Mass at 12Noon

First Friday Mass at 11am followed by 8 hours of Adoration. Benediction will be at 8PM; First Saturday Mass at 9AM beginning with the Rosary and Litany of Our Lady followed by Mass at 9:30AM.

### Stations of the Cross

Shrine of the Sacred Heart: 5:00PM on Wednesdays;  
St. Joseph: 6:00PM on Wednesdays;  
Sacred Heart: 5:30PM on Fridays followed by a meatless soup supper in the parish hall.

### Lenten Luncheon Schedule

February 21 – McAllister Presbyterian Church  
February 28 – Gospel Tabernacle COGC  
March 6 – Good News Christian Church  
March 13 – First Christian Church  
March 30 – Parrish Court UM Church  
All lunches begin at 12 Noon and end prior to 1pm. A free will offering is collected each Wednesday 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.

Heavenly Father, As I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the best-version-of-myself, honestly admitting my shortcomings and sins.  
Amen

## NOTICES

All Fridays of Lent: Everyone of age 14 and up must abstain from consuming meat.

CRS Rice Bowl is one way Catholics can enhance their Lenten fasting practice by giving up meals and donating the cost of those meals to Catholic Relief Services in order to help those who do not have enough to eat. Pick up your family's CRS Rice Bowl at the back of the church.

Visit [csrricebowl.org/families](https://csrricebowl.org/families) to learn more.

The theme of this year's Annual Lenten Appeal is "Sharing His Love With Others". Gifts to the Annual Diocesan Appeal help to build up the Church and answer the call to Share His Love with Others. Your gifts to the Appeal provide food and shelter for families throughout the diocese, and support for young men as they study to become our future priests. Your gifts enable elderly and disabled individuals to live with dignity. Your gifts support faith formation for youth and young adults, and so much more. When you support the Annual Diocesan Appeal, you help transform the lives of people who, like you, seek to be united in God's love and mercy.

Scan here to donate to the 2024 Annual Diocesan Appeal



### WHAT WILL BE YOUR LEGACY

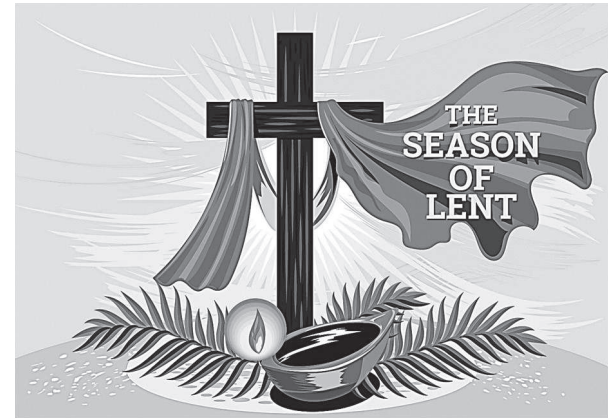
Have you remembered the good works of the church in your will? A bequest of part of your estate will ensure the works of the parish will continue.

## DAILY READINGS

Sun. Feb. 18	Genesis 9: 8-15; Psalms 25: 4-5, 6-7, 8-9; 1 Peter 3: 18-22; Matthew 4: 4b; Mark 1: 12-15
Mon. Feb. 19	Leviticus 19: 1-2, 11-18; Psalms 19: 8, 9, 10, 15; 2 Corinthians 6: 2b; Matthew 25: 31-46
Tues. Feb. 20	Isaiah 55: 10-11; Psalms 34: 4-5, 6-7, 16-17, 18-19; Matthew 4: 4b; Matthew 6: 7-15
Wed. Feb. 21	Jonah 3: 1-10; Psalms 51: 3-4, 12-13, 18-19; Joel 2: 12-13; Luke 11: 29-32
Thurs. Feb. 22	1 Peter 5: 1-4; Psalms 23: 1-3a, 4, 5, 6; Matthew 16: 18; Matthew 16: 13-19
Fri. Feb. 23	Ezekiel 18: 21-28; Psalms 130: 1-2, 3-4, 5-6, 7-8; Ezekiel 18: 31; Matthew 5: 20-26
Sat. Feb. 24	Deuteronomy 26: 16-19; Psalms 119: 1-2, 4-5, 7-8; 2 Corinthians 6: 2b; Matthew 5: 43-48
Sun. Feb. 25	Genesis 22: 1-2, 9a, 10-13, 15-18; Psalms 116: 10, 15, 16-17, 18-19; Romans 8: 31b-34; Matthew 17: 5; Mark 9: 2-10

## VOCATIONS

"Christ suffered for sins once for all." Is He asking you to suffer with Him and bring others to God as a priest, deacon or in the consecrated life? Call Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## PREPARE FOR THE LENTEN JOURNEY

Today's readings remind us why we partake in this 40-day Lenten journey — to prepare our hearts for the resurrection of Christ on Easter. St. Peter reminds us in our Second Reading of the blessings we receive from Christ's passion, death, and resurrection — "Christ suffered for sins once... that he might lead you to God." And again, "[Baptism] is... an appeal to God for a clear conscience, through the resurrection of Jesus Christ."

To receive the blessings more readily from Christ's passion, death, and resurrection, we too are called to endure 40 days "in the desert." In our Gospel, Jesus was led by the Spirit into the desert where He was tempted by Satan. Jesus was called to face trials and to confront evil. During this time, He committed to intense prayer and fasting. It was not necessary for Jesus to go into the desert so that He might be purified, but rather, to endure the temptations of man for our sake. He was fully man, and experienced temptations just like us, yet responded to them perfectly, never falling into sin.

We should strive to fully participate in this Lenten season by mirroring Jesus, the model steward by Whom we are called to imitate. Through our time in the desert, we will confront evil by weeding out the roots of sin in our lives through fasting. And we will be sustained and nourished in the desert by prayer. Let us strive to purify our hearts so that we might be ready to receive the glorious gift of Christ and partake in the riches that pour forth from this Gift.