



MARCH 31, 2024  
EASTER SUNDAY  
THE RESURRECTION OF THE LORD

**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**

*"Truly this man was the Son of God!"*

**Mark 14:1—15:47**

## 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, 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	\$903.00
Rice Bowl	256.04

### Sacred Heart

Sunday Offertory	\$1,124.00
2 <sup>nd</sup> Collection	20.00

### Shrine of the Sacred Heart

Sunday Offertory	\$ 1,245.63
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# Life Chain - Spring 2024

Yet another way to save Moms and their babies from ABORTION

## ALLEGHANY HIGHLANDS LIFE CHAIN

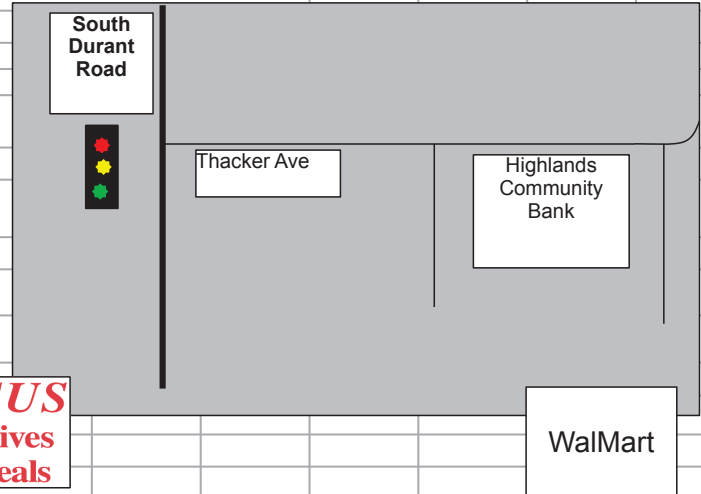
Sunday - April 7, 2024

1:30 pm to 2:45 pm

At intersection [light], on sidewalk

- entrance to WalMart

Industrial Park



Pray silently while holding a sign explaining a truth about abortion.

Over 700 Alleghany County/Covington/CF babies were surgically aborted in the last 25 years.

- Embryonic stem cell research kills a tiny baby (living human being at embryonic stage - Jesus was an embryo), and has yet to produce any benefits. Adult stem cell research uses undifferentiated cells from an adult and has produced cures and alleviated symptoms in over 90 types of illnesses/diseases.
- Devices, 'the pill', & chemicals that prevent implantation may allow fertilization, thus destroying a new human life at least some percentage of the time....something to strongly ponder.

**PRAY TO  
END  
ABORTION**

Rain date is: Sunday, April 14, 2024

**Life**  
the first  
**INALIENABLE  
RIGHT**

Please arrive at 1:15 pm, pick up your sign & take your place **on the sidewalk** in the LIFE CHAIN.

Please bring a folding chair if you would prefer to sit than stand.

Park at the Highlands Community Bank

Not a sponsor, but permission has been granted to park there.

The necessary permit was obtained through Covington City Hall. A code of conduct is printed on the back of many of the Life Chain signs, along with helpful prayers.

For more information about the Life Chain, please call 862-1917 or 962-1565.

## 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

Sacred Heart - First Friday Mass is this Friday, April  
5th, beginning with Mass at 11am followed by 8  
hours of Adoration. Benediction will be at 8PM;  
There is a sign-up sheet for adoration as you enter  
the church.

First Saturday Mass is this Saturday, April 6th,  
beginning with the Rosary and Litany of Our Lady  
at 9AM followed by Mass at 9:30AM.

## A LITTLE YEAST

If you've ever used a bread making machine or fixed  
bread by hand, you know what yeast does. It makes  
the dough rise and soft. We usually get yeast from  
the supermarket in cake or dried form. Bread makers  
in the bible didn't have this luxury. They had to make  
their own yeast. Here's how:

They would begin with a batch of slightly moist flour.  
Then they would cover it with cloth and leave it in a  
warm spot. Yeast is a microscopic plant that is in the  
air all around us. Eventually the yeast would start  
growing in the wet flour. After a few days it would  
give off a pungent aroma and turn gray.

This all took some time, so normally they would save  
a bit of "starter" batch to speed up the process. We  
call bread made from this natural yeast "sourdough".  
Once a year, at Passover time, they would throw out  
all the old yeast to start fresh. During this time they  
would eat yeast-less or "unleavened" bread.

Saint Paul uses this image to teach that Christians  
have to throw out their old attitudes and ways of  
living. These could spread in us just like a bad yeast.

We must live new risen lives with Jesus.

## NOTICES

The next Adult Faith Formation, Lectio: Prayer:  
Finding Intimacy with God, uses the discipline of  
Lectio Divina to show you how to make prayer an  
effective effort of love and intimacy. In six  
sessions, Finding Intimacy with God captures the  
secret to opening our hearts and minds to  
Scripture as the means to hear from God and  
then respond in conversation, basking in his  
presence and resolving to live in and through his  
love. Sessions begin on Tuesday, April 9 @ 6:30  
PM in Sacred Heart Parish Hall and continue each  
Tuesday until May 14. If you would like a free  
Participant Guide (over 100 pages), contact Don  
Rogowski @ 540-962-7344 or [formed@  
sacredheartcovington.org](mailto:formed@sacredheartcovington.org) by Monday, March 25.  
View the trailer at [https://watch.formed.org/  
/lectio-prayer-with-dr-tim-gray/videos/lectio-  
prayer-trailer](https://watch.formed.org/lectio-prayer-with-dr-tim-gray/videos/lectio-prayer-trailer)

Sacred Heart - St. Joseph Council Knights of  
Columbus thank all who are collecting aluminum  
cans and dropping them off in the orange bin  
located along the side of the Sacred Heart  
Rectory garage. Over 900 lbs. or more than  
29,000 cans have been recycled. Currently, the  
recycling rate is about 650 pounds per year. The  
proceeds from recycling aluminum cans are used  
to fund Council charitable efforts. Be creative  
and ask your friends, neighbors, or a business to  
save aluminum cans for you to drop off at the  
Rectory garage.

The Sara Lu Snyder Memorial Concert, featuring  
Nicholas Mitchell Garcia, is this Thursday, April  
4<sup>th</sup>, at 5:30PM at First Presbyterian Church in  
Covington. A reception will follow in the Chapel.  
RSVP to [fpccovingtonva@aol.com](mailto:fpccovingtonva@aol.com)

## DAILY READINGS

Sun. Mar. 31	Acts 10: 34a, 37-43; Psalms 118: 1-2, 16-17, 22-23; Colossians 3: 1-4; 1 Corinthians 5: 7b-8a; John 20: 1-9
Mon. Apr. 1	Acts 2: 14, 22-33; Psalms 16: 1-2a and 5, 7-8, 9-10, 11; Psalms 118: 24; Matthew 28: 8-15
Tues. Apr. 2	Acts 2: 36-41; Psalms 33: 4-5, 18-19, 20 and 22; Psalms 118: 24; John 20: 11-18
Wed. Apr. 3	Acts 3: 1-10; Psalms 105: 1-2, 3-4, 6-7, 8-9; Psalms 118: 24; Luke 24: 13-35
Thurs. Apr. 4	Acts 3: 11-26; Psalms 8: 2ab and 5, 6-7, 8-9; Psalms 118: 24; Luke 24: 35-48
Fri. Apr. 5	Acts 4: 1-12; Psalms 118: 1-2 and 4, 22-24, 25-27a; Psalms 118: 24; John 21: 1-14
Sat. Apr. 6	Acts 4: 13-21; Psalms 118: 1 and 14-15ab, 16-18, 19-21; Psalms 118: 24; Mark 16: 9-15
Sun. Apr. 7	Acts 4: 32-35; Psalms 118: 2-4, 13-15, 22-24; 1 John 5: 1-6 John 20: 29; John 20: 19-31

## VOCATIONS

"God anointed Jesus of Nazareth with the Holy Spirit and with power." Are you being called to proclaim the life of the resurrected Christ to the world? Call Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



## REFLECT ON THE LIFE OF CHRIST

Today, we celebrate the Resurrection of Christ! Our readings today reveal how we can live out the joy of Easter all year long in our day-to-day lives. Our Gospel portrays the third day after Jesus' death when Mary of Magdala visits Jesus' tomb. Once she saw the stone removed, she ran to tell Simon Peter and John. They ran to the tomb as well, and upon seeing, they believed. We can tell the relationship that these disciples had with Jesus because of the way they responded about Him — they "ran." Mary didn't see the empty tomb and think, "someone else will figure it out." Peter and John didn't hear the news and think, "I will check on it later." They each responded with conviction as they "ran" for Jesus.

We must ask ourselves, "Do I have a relationship with Christ to the point where I am running to Him each day?" The way these disciples responded is how we should respond to Christ. We must avoid complacency, and as intentional disciples, we must stop rationalizing our choices by telling ourselves we will someday get around to putting God first. Every moment throughout our day is an opportunity to respond to God in gratitude, compassion and eagerness. And although there will be moments when we do not "feel" like responding to Him, it is in those moments when we faithfully respond anyway that matters the most.

Let us celebrate this glorious day with prayer and feasting, for Christ is risen! And let us strive to carry this Easter joy with us all year long by how we respond to Christ each day. Happy Easter!