



JUNE 23, 2024  
TWELFTH 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**

*"Who then is this whom even wind and sea obey?"*

**Mark 4:35-41**

## 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
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, 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, Mitchell Garcia, Paulino Gutierrez, April Headley, Arthur Headley, Raphael Lopez, Heidi Mulcahy, David Palance, Paul Perron, Shaun Perron, Pam Poole, Michael Rybka, Cathy Savage, Maureen Stec, 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	\$801.00
Special Collection	1,210.00
Peter's Pence	70.00

### Sacred Heart

Sunday Offertory	\$1,209.00
COPE Food Pantry	312.00

### Shrine of the Sacred Heart

Sunday Offertory	\$ 937.00
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## CALENDAR

### WEEKDAY MASS SCHEDULE

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

Friday – Adoration and Benediction at 10:45AM followed by Mass at 12Noon.

Sacred Heart - First Friday beginning with 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.

## NOTICES

St. Joseph will have a Brunch on Sunday, June 30th, following the 9:00 am Mass to honor and say goodbye to our Pastor, Fr. Augustine Lukenge, as he leaves for his new assignment as Pastor of Christ the King Church in Norfolk, Virginia on July 1st. Our newly assigned Administrator, Fr. Ernest Dugah, will arrive in Alleghany County on July 1st to take up his pastoral duties at our three clustered parishes."

There will be a potluck to say goodbye to Fr. Lukenge at Sacred Heart on Sunday, June 30<sup>th</sup>, in the parish hall following Mass. Bring a dish of your choice and join us as we wish our beloved pastor God Speed and God Bless. You are welcome to come even if you can't bring a dish. Mass will begin at 11:15AM on Sunday June 30<sup>th</sup> to allow Fr. Lukenge to spend time at St. Joseph after their 9AM Mass before coming to Sacred Heart to celebrate Mass.

The next Adult Faith Formation, Lectio: Mark: Faith Not Fear, walks through each chapter of the Gospel of Mark in his action-packed story. Sessions begin on Tuesday, August 20 @ 6:30 PM in Sacred Heart Parish Hall and continue each Tuesday until November 19 (14 sessions, each ~1 hour). If you would like a free Participant Guide (over 200 pages) , contact Don Rogowski @ 540-962-7344 or [formed@sacredheartcovington.org](mailto:formed@sacredheartcovington.org) by Monday, August 5. View the trailer at <https://vimeo.com/282582579>

### **Guardian Angel Prayer**

Angel of God, my guardian dear,  
To whom God's love commits me here,  
Ever this day, be at my side,  
To light and guard, Rule and guide.

## *What Will Your Legacy Be?*

You can ease some of that stress by acting now to put your estate plan in order. Who will be executor of your estate? Who will decide how your personal treasures are distributed? In addition to their own grief, can you imagine your loved ones struggling to find life insurance papers, bank accounts and other vital documents?

## AMEN APP

Peace of mind isn't only attainable; it's in your hands. Amen is the free Catholic app that brings you beautiful prayers, faithful meditations and nourishing Scripture to draw your mind, body and soul to rest in God.

<https://amenapp.org/>

## DAILY READINGS

Sun. June 23	Job 38: 1, 8-11; Psalms 107: 23-24, 25-26, 28-29, 30-31; 2 Corinthians 5: 14-17; Luke 7: 16 Mark 4: 35-41
Mon. June 24	Isaiah 49 :1-6; Psalms 139: 1b-3, 13-14ab, 14c-15; Acts 13: 22-26; Luke 1: 76; Luke 1: 57-66, 80
Tues. June 25	2 Kings 19: 9b-11, 14-21, 31-35a, 36; Psalms 48: 2-3ab, 3cd-4, 10-11; John 8: 12; Matthew 7: 6, 12-14
Wed. June 26	2 Kings 22: 8-13; 23: 1-3; Psalms 119: 33, 34, 36, 37, 40; John 15: 4a, 5b; Matthew 7: 15-20
Thurs. June 27	2 Kings 24: 8-17; Psalms 79: 1b-2, 3-5, 8, 9; John 14: 23; Matthew 7: 21-29
Fri. June 28	2 Kings 25: 1-1; 2 Psalms 137: 1-2, 3, 4-5, 6; Matthew 8: 17; Matthew 8: 1-4
Sat. June 29	Acts 12: 1-11; Psalms 34: 2-3, 4-5, 6-7, 8-9; 2 Timothy 4: 6-8, 17-18 Matthew 16: 18 Matthew 16: 13-19
Sun. June 30	Wisdom 1: 13-15; 2: 23-24; Psalms 30: 2, 4, 5-6, 11, 12, 13; 2 Corinthians 8: 7, 9, 13-15; 2 Timothy 1: 10; Mark 5: 21-43

## VOCATIONS

“Who then is this, that even wind and sea obey him?” Is the Lord calling you to the priesthood or consecrated life? Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## GOD IS WITH US ALWAYS

Our readings today remind us that God always has our best interests in mind. No matter what is going on in our lives, God is with us. In our Gospel today, Jesus and His disciples are traveling in a boat when heavy winds and violent waves begin to overwhelm the boat. Jesus was there sleeping in the boat in the midst of this horrific storm.

The disciples woke Jesus and questioned Him, “Teacher, do you not care that we are perishing?” Jesus calms the wind and the waves, and then asks them in return, “Why are you terrified? Do you not yet have faith?” Think back to a time that you endured great suffering, a hard trial or felt overwhelmed with life. How did you respond?

In moments of trial, we often live our days in a panic. We see the water coming into our boat and we do all that we can in our power to stay afloat. We are frantic, so we fail to stop and recognize that our Savior is in the same boat with us. Although it might feel like He is sleeping and His presence is lacking, He is right there suffering with us.

God won’t allow anything that we cannot handle. In a moment of suffering, we might feel trapped. Yet, He sees the moment of peace and still waters. During our trials, cling to Jesus. Know that there is an end, and whether we see the end in this life or the next, God allows it all for our salvation. Today, let us thank God for His presence in our lives, and ask for the eyes of faith to see that He is right here with us always.