



MARCH 16, 2025  
SECOND 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) email: [stjoseph@ntelos.net](mailto:stjoseph@ntelos.net)  
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. Ernest Dugah, Administrator**  
540-620-9309

**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.

**MT CARMEL CATHOLIC CEMETERY**

Low Moor, Virginia  
Contact: Mr. Carl Withrow (540) 968-3267

## CHURCH CONTACT INFORMATION

**St. Joseph Parish 540-863-5371**

Office Hours: Call for appointment

In Emergency	Fr. Dugah	540-620-9309
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. Dugah	540-620-9309
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. Dugah	540-620-9309
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, Katie Greenwood, Tom Greenwood, Ed and Sandra Haverlack, Rita Luther, Sally Putnam, Carol Turner, Terry Windsor, Elaina Wright.

**Sacred Heart**

Pam Austin, Josephine Brown, Mack Brown, Wanda Callahan, Janice Campbell, Esther Ewing, Rev. David Hanks, Tony Forbes, Roberta Frampton, April Headley, Arthur Headley, Rosina Headley, Raphael Lopez, Brooke Nogueira, David Palance, Paul Perron, Michael Rybka, Cathy Savage, Maureen Stec, Rayvi Veras, Patricia Whitlow, Bill Withrow, Becky Woodson, Francine Young

**Shrine of the Sacred Heart**

Margo Oxendine, Molly Sasser

**Diocese of Richmond Seminarian**

Mr. Aventon Grimes

## WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$820.00
Sacred Heart	
Sunday Offertory	\$1,156.00
Easter Flowers	420.00
Shrine of the Sacred Heart	
Sunday Offertory	\$897.74

## 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

Wednesday, March 19 is the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary

11:30AM Mass at Sacred Heart;  
5:30PM Mass at St Joseph (following Stations of the Cross)

### STATIONS OF THE CROSS

Wednesday: Shrine of the Sacred Heart: 5:00PM and Mass; St. Joseph: 6:00PM

Friday: Sacred Heart: 5:30PM followed by a meatless soup supper

### LENTEN LUNCHEON SCHEDULE

March 19 - First Christian Church

March 26 - Good News Christian Fellowship

April 2 - Parrish Court UM Church

April 9 - Gospel Tabernacle COGC

All lunches begin at 12 Noon and end prior to 1pm. A free will offering is collected 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.

Scan here to donate  
to the 2025 Annual  
Diocesan Appeal .



## NOTICES

Sacred Heart-St. Joseph Knights of Columbus Council provides spiritual and financial support to Mr. Aventon Grimes, a Second Year Seminarian of the Diocese of Richmond. An Easter card for Mr. Grimes will be available for signing at the Shrine on March 15 & 16 and at St. Joseph and Sacred Heart on March 23 and 30. All are invited to sign this card.

### **WELCOME TO THE 2025 ANNUAL DIOCESAN APPEAL: Sharing His Love with Others**

We are conducting the 2025 Annual Diocesan Appeal – Sharing His Love with Others. The Appeal not only provides an opportunity for you to support important ministries that impact many programs outside of our parish boundaries, it also supports the services the Diocese provides directly to our parish such as Fuel and Hunger Fund grants, Home Mission grants and International Priests. The entire list of ministries supported by the 2025 Appeal can be found in the brochures. Our parishes receive back 50% of the funds collected. You can also use the QR code to make your donation. Scan the code, select “Donate Now”, then scroll to make a gift. Please make sure you select your parish from the drop-down menu.

Sacred Heart is responsible for delivering Meals on Wheels, March 24-28. There is a sign-up sheet as you enter the church.

As we celebrate CRS Rice Bowl’s 50th anniversary, the program is a tradition for millions of Catholics in the U.S. who answer the Gospel call, supporting families experiencing hunger around the world. 25% percent of every donation stays in your community to fight hunger and poverty. Rice Bowl boxes are on the tables at the back of the church.

## DAILY READINGS

Sun. Mar. 16	Genesis 15: 5-12, 17-18; Psalms 27: 1, 7-8, 8-9, 13-14; Philippians 3: 17 – 4: 1 or 3: 20 – 4:1; Matthew 17: 5; Luke 9: 28b-36
Mon. Mar. 17	Daniel 9: 4b-10; Psalms 79: 8, 9, 11 and 13; John 6: 63c, 68c; Luke 6: 36-38
Tues. Mar. 18	Isaiah 1: 10, 16-20; Psalms 50: 8-9, 16bc-17, 21 and 23; Ezekiel 18: 31; Matthew 23: 1-12
Wed. Mar. 19	2 Samuel 7: 4-5a, 12-14a, 16; Psalms 89: 2-3, 4-5, 27, 29; Romans 4: 13, 16-18, 22; Psalms 84: 5; Matthew 1: 16, 18-21, 24
Thurs. Mar. 20	Jeremiah 17: 5-10; Psalms 1: 1-2, 3, 4 and 6; Luke 8: 15; Luke 16: 19-31
Fri. Mar. 21	Genesis 37: 3-4, 12-13a, 17b-28; Psalms 105: 16-17, 18-19, 20-21; John 3: 16; Matthew 21: 33-43, 45-46
Sat. Mar. 22	Micah 7: 14-15, 18-20; Psalms 103: 1-2, 3-4, 9-10, 11-12; Luke 15: 18; Luke 15: 1-3, 11-32
Sun. Mar. 23	Exodus 17: 3-7; Psalms 95: 1-2, 6-7, 8-9; Romans 5: 1-2, 5-8; John 4: 42, 15; John 4: 5-42

## VOCATIONS

“This is my Son, my Chosen; listen to him!” If in your listening to the Lord you are sensing the invitation to follow Christ as a priest, deacon, sister or brother, contact Father Matthew Kiehle (804)359-5661 email: vocations@richmond diocese .org.



## BE REAWAKENED TO GOD

In last week’s Gospel, we followed Jesus into the desert where He fasted and prayed. This week, He leads us up a mountain to witness His Transfiguration. Why both of these experiences? He is preparing us to go with Him in a few short weeks to a hilltop — Golgotha — where He will lay down His life for our sake, and then finally to take us to an empty cave where He triumphed over sin and death once and for all.

Jesus perfectly understands our humanity. He knows we need desert experiences — times of self-denial and testing — in order to arrive at mountain-top moments when we see and feel His glorious presence in our lives. The purpose of these two types of experiences is summed up in the description of the Apostles who were with Jesus at that mountain-top experience in today’s Gospel: “Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory....”

The reason for all of our fasting and prayer and almsgiving during lent is to be reawakened to all God has done for humanity, and to all that He has done for each of us personally. It is all too easy to get lulled into complacency in our daily routines, to “sleepwalk” through life, getting up and getting ourselves out the door, going to work, returning home for dinner and dishes, meetings, or sports activities, and finally flopping on the couch to watch TV until bedtime. While there is nothing inherently sinful in this routine, as Christian stewards, we are called to so much more!

This lent, let us train ourselves, or more precisely, allow Him to train us to say “Yes” to His will and to offer our lives back to Him in gratitude. In so doing, we, too, will become “transfigured.” This is what it means to live fully awake; this is a stewardship way of life and it is glorious indeed.