



MARCH 30, 2025  
FOURTH 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

Sacred Heart – St. Joseph Knights of Columbus Council 17457

Next Meeting: Thursday, April 24 @ Sacred Heart Parish Hall

Rosary: 6:25 PM, Meal: 6:45, Meeting: 7:10 PM

## 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	202-373-9571
Community Life	Alvina Nida	540-747-2211
Justice & Peace	John Stec	540-862-1917
Grds & Maint.	Leo Mulcahy	540-862-3021
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. Avention Grimes

## WEEKLY DONATIONS BUDGETED NEEDS: \$1400.00

St. Joseph	
Sunday Offertory	\$1,120.00
Sacred Heart	
Sunday Offertory	\$1,659.00
Shrine of the Sacred Heart	
Sunday Offertory	\$1,542.88

## CALENDAR

### WEEKDAY MASS SCHEDULE

St. Joseph – Tuesday and Thursday at 12Noon  
Sacred Heart – Wednesday at 11:30AM followed by the Rosary;  
First Friday, April 4th Mass at 11AM followed by Adoration; Benediction at 5:00PM. There is a signup sheet for Adoration as you enter the church.  
First Saturday, April 5th: Rosary and Litany of Our Lady prayed at 9AM followed by Mass at 9:30AM

### 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

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.

Having trouble finding the time to go to the Sacrament of Reconciliation? Your problems may be solved. We will have a Parish Penance Service on Wednesday, April 9th at 5:30pm at Sacred Heart.

Beginning April 4th and continuing each subsequent First Friday a family will be chosen for special prayer intentions during the hours of Adoration. Family members are requested to be present for Benediction at the conclusion of Adoration. Please see Fr. Dugah or Tom O'Doherty if you would like your family to be selected for a particular month

## NOTICES

Sacred Heart-St. Joseph Knights of Columbus Council provides spiritual and financial support to Mr. Avention Grimes, a 2nd Year Seminarian of the Diocese of Richmond. An Easter card for Mr. Grimes will be available for signing at St. Joseph and Sacred Heart on March 30.

Sign in to FORMED for the daily Mass readings and insightful reflections This is a great way to start your day!

On the last Sunday of each month, Fr. Dugah will ask anyone celebrating a Birthday and/or an Anniversary in that month to stand for a special Blessing at the end of Holy Mass.

## Life Chain - Spring 2025

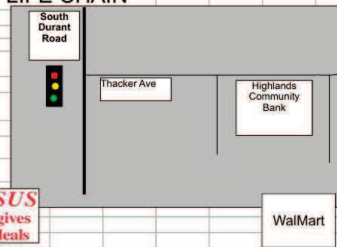
Yet another way to save Moms and their babies from ABORTION

ALLEGHANY HIGHLANDS LIFE CHAIN

Sunday - April 6, 2025

1:30 pm to 2:45 pm

At intersection ([light], on sidewalk  
- entrance to WalMart



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 13, 2025

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.

## DAILY READINGS

Sun. Mar. 30	1 Samuel 16: 1, 6-7, 10-13; Psalms 23: 1-3a, 3b-4, 5, 6; Ephesians 5: 8-14; John 8: 12; John 9: 1-41
Mon. Mar. 31	Isaiah 65: 17-21; Psalms 30: 2, 4, 5-6, 11-12a and 13b; Amos 5: 14; John 4: 43-54
Tues. April 1	Ezekiel 47: 1-9, 12; Psalms 46: 2-3, 5-6, 8-9; Psalms 51: 12a, 14a; John 5: 1-16
Wed. April 2	Isaiah 49: 8-15; Psalms 145: 8-9, 13cd-14, 17-18; John 11: 25a, 26; John 5: 17-30
Thurs. April 3	Exodus 32: 7-14; Psalms 106: 19-20, 21-22, 23; John 3: 16; John 5: 31-47
Fri. April 4	Wisdom 2: 1a, 12-22; Psalms 34: 17-18, 19-20, 21 and 23; Matthew 4: 4b; John 7: 1-2, 10, 25-30
Sat. April 5	Jeremiah 11: 18-20; Psalms 7: 2-3, 9bc-10, 11-12; Luke 8: 15; John 7: 40-53
Sun. April 6	Ezekiel 37: 12-14; Psalms 130: 1-2, 3-4, 5-6, 7-8; Romans 8: 8-11; John 11: 25a, 26; John 11: 1-45

## VOCATIONS

“God is making His appeal through us.” Does a life dedicated to furthering the grace of reconciliation in Christ for others appeal to you? Contact Father Matthew Kiehle (804)359-5661 email: vocations @richmond diocese .org.



## LESSON OF THE PRODIGAL SON

For too many of us, Lent is a season of doom and gloom, a time to feel bad about all the ways we are not “measuring up” in our spiritual lives. But this view could not be further from the truth. Lent is a season of refreshment and love, of awakening and rebirth. The Gospel Reading, the parable of the Prodigal Son, is filled with this theme of awakening and the extravagant, life-changing love that the Father has for each one of us.

We are all familiar with this amazing story — the bratty younger son who has the audacity to ask his dad for his inheritance early, only to squander it sinfully away. It makes us bristle instinctively at his nerve when we read it. But isn’t that exactly what we do when we selfishly turn away from God (in big or small ways) in our own lives? We squander away the inheritance of grace He has given us. In desperation from the mess he had made of his life, the son finally “comes to his senses” — awakening to the truth that he is a beloved son of a loving and merciful father — and decides to return home. His contrition is faltering and imperfect and seems motivated in large part by his growling stomach. But it is enough for the loving father.

In fact, as soon as the father catches sight of his son he is “filled with compassion for him” and immediately sets about preparing a feast and fine clothes for this son. What an extravagance of love! What a beautiful picture Jesus gives us of our Father’s love and mercy. Oh, how this should fill us with gratitude for such a Father! And how it should inspire us — with just the tiniest bit of spiritual “spring cleaning” we can be sure we will be swept up in our Father’s loving embrace and find ourselves feasting in His presence. That is what lent is all about.