



## **SPIRIT OF THE MOUNTAIN CLUSTER**

**AUGUST 04, 2024**

**18<sup>th</sup> SUNDAY IN ORDINARY TIME (Year B)**

**Reverend Emmanuel Darfour Appah, Administrator**

### **Saint Mary Catholic Church**

109 Beech Ave., PO Box 1724  
Coeburn, VA 24230

**Saturday Vigil Mass 5 PM**

**Reconciliation Saturday 4:30 PM**

**Weekday Mass Tuesday 5 PM Mass**

### **Good Shepherd Catholic Church**

890 W Main St., PO Box 730  
Lebanon, VA 24266-0730

**Sunday Mass 11:00 AM**

**Reconciliation Sunday 10:30 AM**

**Weekday Mass Wednesday 6 PM Mass**

### **Saint Therese Catholic Church**

16661 Wise St., PO Box 56  
St. Paul, VA 24283

**Sunday Mass 8:30 AM**

**Reconciliation Sunday 8:00 AM**

### **CLUSTER CONTACT INFORMATION**

**Telephone Office: 1-276-889-1690**

**Office e-mail: [office@spiritofthemountain.org](mailto:office@spiritofthemountain.org)**

**Website: <https://spiritofthemountain.org/>**

**Facebook: <https://www.facebook.com/spirit-of-the-Mountain-Cluster-107130504274408>**

**EMERGENCY: NEED A PRIEST? CALL 1-804-631-9027**

or [eappah@richmonddiocese.org](mailto:eappah@richmonddiocese.org)

### **Readings for 18<sup>th</sup> Sunday in Ordinary Time (August 03, 04, 2024)**

Exodus 16:2-4, 12-15; Psalm 78; Ephesians 4:17, 20-24; John 6:24-35

### **Readings for 19<sup>th</sup> Sunday in Ordinary Time (August 10,11, 2024)**

I Kings 19:4-8; Psalm 34; Ephesians 4:30-5:2; John 6:41-51

**PRAY FOR VOCATIONS:** “My grace is sufficient for you.” Consider a calling to the priesthood or consecrated life. God’s grace is all you need. Talk to your priest or reach out to the Office of Vocations at (804) 359-5661 or via email: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

**Fiscal Year 2025 Parish Budgets and Fiscal Year 2024 Annual Reports.** The FY 2025 Budgets for St. Mary, St. Therese, and Good Shepherd have been prepared, signed off on by Finance Councils, and submitted to the Diocesan Finance Office in Richmond. The FY 2024 Annual Reports are in the process of being prepared and approved by the councils. If any parishioner would like to have a copy of these documents, please contact the office at 276-889-1690 or e-mail [officeatspiritofthemountain.org](mailto:officeatspiritofthemountain.org).

**FreeWill. Make-A-Will Month** is here! The cluster office has received from the Diocese's Catholic Community Foundation resources to assist you in preparing your will. You are invited to join 250 parishioners in the Diocese who have made a free will to protect their family and faith. FreeWill is a value-added resource to your legacy program, and it is FREE for anyone to use. In addition, it is legal in every state, and you can consider leaving a lasting gift of faith to your parish or another Catholic ministry in your planning. If you are interested, please contact the office.

Weekday Masses will resume at their regular dates and times next week.

2024 Annual Diocesan Appeal. This past week our parishes received their first parish share checks from the Diocese because of the generosity you showed in giving to the Annual Appeal. If you have not given, there is still time. Just place your donation in an envelope or mark it on the check memo line APPEAL. Also, we are blessed to have received contributions from donors outside our parishes. These donations helped us meet our goals. Please keep our benefactors in your prayers.

**SWVA 50<sup>th</sup> Anniversary Celebration:** Father Emmanuel would like to know how many parishioners will be able to attend the Saturday, October 19 celebration at St. Anne's Catholic Church in Bristol. If you are planning on attending, drop a note for Father in the collection basket. It is hoped as many as possible will be there to represent our Cluster.

**CLUSTER BULLETIN:** While Cathy is having surgery and recovering, Janice Halsey will be doing the church bulletin. Please use the following email to send information: [emmadalane69@outlook.com](mailto:emmadalane69@outlook.com). Phone number is 276-596-0785 (been having issues with cell), if necessary, you may use direct line at work 276-883-5187.

**The Spirit of the Mountain Cluster and our Bishop Knestout encourages anyone aware of sexual abuse of minors on the part of clergy or staff of our diocese to notify civil authorities, call the Attorney General's Clergy Abuse Hotline at 1-833-454-9064 and reach out to the Diocesan Victim Assistance Coordinator at 1-877-887-9603, or email [vac@richmonddiocese.org](mailto:vac@richmonddiocese.org) or visit the Diocese's Child Protection/Safe Environment page at <https://richmonddiocese.org/protecting-gods-children/>**

**SAINT MARY CATHOLIC CHURCH**

<b>July 27 Offertory</b>	<b>\$ 270.00</b>	<b>Attendance: 14</b>
<b>2024 Annual Appeal 06/30/24 Parish Share</b>	<b>\$1,297.00</b>	

**PRAYERS REQUESTED FOR:** Alton Lawson, Jr., Sister Stacey Hanrahan, Lillie Peters, Billy Hunsaker, Charles Bennett, and Bobby Kyle.

*The Sacrament of Reconciliation will be available 30 minutes before weekend masses.*

**August Birthdays:** Carol Perry (5)

**\*\*Mass will resume as normal Tuesday, August 6, 2024**

**SAINT THERESE CATHOLIC CHURCH**

<b>July 28 Offertory</b>	<b>\$165.00</b>	<b>Attendance: 7</b>
<b>July 28 Votive Candles</b>	<b>\$ 10.00</b>	
<b>July 21 Donation</b>	<b>\$500.00</b>	
<b>2024 Annual appeal 06/30/24 Parish Share</b>	<b>\$662.50</b>	

**PRAYERS REQUESTED FOR:** Tim Long, Jackie White, Helen Moretz, James F. White, Brayn Whited, JoAnn Detta, and Rodney Altizer.

*The Sacrament of Reconciliation will be available 30 minutes before weekend masses.*

**August Birthdays:** Eusebio Cardenas (15)

**GOOD SHEPHERD CATHOLIC CHURCH**

<b>July 28 Offertory</b>	<b>\$ 905.00</b>	<b>Attendance: 31</b>
<b>July 28 Votive Candle Offerings</b>	<b>\$ 9.50</b>	
<b>Donation</b>	<b>\$ 250.00</b>	
<b>2024 Annual Appeal 06/30/24 Parish Share</b>	<b>\$1,200.00</b>	

**PRAYERS REQUESTED FOR:** Valerie Christian, James White, Bob Dorton, JoAnn Detta, Jackie White, Phyllis Dotson, and Sherry Hubbard.

*The Sacrament of Reconciliation will be available 30 minutes before weekend masses.*

**August Birthdays:** Sandy Altenbach/Ruby Hernandez (1), Seth Dorton/Dawn Figueiras (2), Franciso Hernandez (Senior) (18), Alexa Mendoza (28), Dave Britten/Robert Dorton (31)

**\*\*Weekday Mass will resume as normal Wednesday, August 7, 2024**

The **Finance Council** will meet next **Sunday, August 11, after Mass.**

**REMINDER:** Basket at the back of the church for **Lebanon Community Food Pantry donations.**

**June monthly financial reports** were emailed to parishioners. If you have not seen the report and wish a copy, please contact the church office.

If any **of women at Good Shepherd** have questions or are interested in learning more about participating as a **Seven Sisters Apostolate** praying for one hour each week for **Father Emmanuel**, please **sign the sheet at the back of the church** with your phone number.

A suggestion was made that the lectors plan to come early to church on those days that they are scheduled to read so that they can open the lectionary to the correct reading for that Mass. The readings can be found in the Word Among Us booklet at the back of the church and/or The United States Catholic Conference of Bishops website <https://bible.usccb.org/daily-bible-reading>.

**Good Shepherd Lector Schedule:**

August 4/11 – Frank Taylor

August 18/25 – Bill French  
September 01/08– Dave Britten  
September 15/22 – Janice Halsey

## **18th Sunday in Ordinary Time, Year B**

**Theme: Jesus our true source of sustenance and satisfaction**

Our first reading from the Book of Exodus recounts the Israelites' journey through the desert and their complaints about hunger. Despite the miraculous provision of manna from heaven, their grumbling reveals a deeper issue: a lack of trust in God's ability to provide for their needs.

In our Gospel reading from St. John, Jesus speaks to the crowds who have followed Him after witnessing the miracle of the loaves and fishes. He tells them that He is the "bread of life," shifting their focus from physical nourishment to spiritual fulfillment. The crowd's desire for more miracles reflects a misunderstanding of the deeper hunger they are experiencing—one that cannot be satisfied by mere bread.

Jesus challenges us to recognize that our true nourishment comes from Him. The material world offers temporary satisfaction, but only through a relationship with Christ can we find lasting peace and fulfillment. Just as the Israelites needed to trust in God's provision in the desert, we are called to trust in Jesus as the source of eternal life.

In our own lives, we might find ourselves chasing after material success, comfort, or recognition, hoping that these things will bring us ultimate happiness. Yet, just as the manna in the desert was a temporary solution, these pursuits often leave us longing for something more. Jesus invites us to shift our focus from these fleeting desires to the deeper, more enduring satisfaction found in Him.

This week, let us examine where we place our trust and seek our fulfillment. Are we looking for meaning in material things, or are we turning to Christ, the true Bread of Life? As we approach the Eucharist, let us remember that it is not just a symbol but a profound participation in the divine life of Jesus, who feeds and sustains us beyond our physical needs.

May we deepen our trust in God's provision and recognize that in Jesus, we find the ultimate source of our nourishment and peace.

Peace and Joy!!  
Fr. Emmanuel