



**SPIRIT OF THE MOUNTAIN CLUSTER**  
**AUGUST 10 & 11, 2024**  
**19<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**

**\*\*No Tuesday Mass @ 5PM Aug. 13**

**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**

**\*\*No Wednesday Mass @ 6 PM Aug 14**

**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 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

**Readings for 20<sup>th</sup> Sunday in Ordinary Time (August 18, 25, 2024)**

Proverbs 9:1-6; Psalm 34; Ephesians 5:15-20; John 6:51-58

**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).

**The Assumption of the Blessed Virgin Mary-Holy Day of Obligation:**

St. Mary will celebrate the Solemnity of the Feast of the Assumption on Wednesday August 14 at 5PM. Good Shepherd will celebrate on Thursday, August 15 at 6PM. More information under each parish schedule.

Ladies, we still need a minimum of 3 more ladies to volunteer to pray one day a week, 1 hour a day

before the Blessed Sacrament for Father Emmanuel as part of the Seven Sisters Apostolate. Please contact Donna Bates at 276-337-8279 if you would be able to join us. Please prayerfully consider joining us. You can pray anywhere where the Blessed Sacrament is available. Thanks!

**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.

**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

**August 3 Offertory** \$ 791.00 **Attendance: 21**

**Donation St. John Neumann** \$2,000.00

**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)

**The Assumption of the Blessed Virgin Mary-Holy Day of Obligation:**

St. Mary will celebrate the Solemnity of the Feast of the Assumption on **WEDNESDAY, AUGUST 14 at 5 pm**. There will be NO TUESDAY, August 13 Mass.

**\*\*St. Mary will not have a Saturday, October 19 Mass so that parishioners may attend the SWVA**

*50th Anniversary Celebration in Bristol at St. Anne's Catholic Church.*

**SAINT THERESE CATHOLIC CHURCH**

**August 4 Offertory** \$311.00 **Attendance: 7**

**August 4 Donation** \$ 10.00

**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**

**August 4 Offertory** \$537.00 **Attendance: 22**

**August 4 Votive Candle Offerings** \$ 9.00

**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)

**The Assumption of the Blessed Virgin Mary-Holy Day of Obligation:** There will be NO, WEDNESDAY MASS August 14 this week. The holy day Mass will be on Thursday, AUGUST 15, at 6 PM, to celebrate the Solemnity of the Assumption of the Blessed Virgin Mary.

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 3/10 – Frank Taylor

August 18/25 – Bill French

September 01/08– Dave Britten

September 15/22 – Janice Halsey

19th Sunday in Ordinary Time Year B

Theme: Spiritual Nourishment

In the reading from 1 Kings, we encounter Elijah in a moment of despair, fleeing from Jezebel and seeking refuge. He collapses in exhaustion, feeling as if his mission is over. However, God provides him with sustenance, a miraculous meal of bread and water that gives him the strength to continue his journey to Mount Horeb. This story is a powerful reminder that even in our moments of weakness and despair, God provides the strength we need. Just as Elijah was nourished for the journey ahead, we too are given what we need to persevere through our own challenges. This divine provision encourages us to trust in God's care and to seek His sustenance in our daily lives.

Paul's letter to the Ephesians in our second reading challenges us to embody the virtues of kindness, compassion, and forgiveness. He calls us to rid ourselves of bitterness and anger and to live a life of love, following the example of Christ. This exhortation is particularly relevant as we strive to build communities of love and understanding. In a world often marked by division and strife, Paul's call to live out love in practical ways, by being kind, forgiving, and being compassionate can transform our relationships and communities. It invites us to reflect on how we can more fully embody these virtues in our interactions with others, fostering a spirit of unity and grace.

In the Gospel of John, Jesus reveals Himself as the Bread of Life, coming down from heaven to give life to the world. This declaration highlights Jesus' role as our ultimate source of spiritual nourishment. Just as bread sustains our physical bodies, Jesus offers Himself as the essential sustenance for our souls. He invites us to partake in this divine nourishment, which is a source of eternal life. This passage calls us to deepen our relationship with Jesus, recognizing Him as the true Bread of Life who satisfies our deepest spiritual hunger. It challenges us to approach the Eucharist with reverence and to allow Christ's presence to transform and sustain us.

As we reflect on these readings, let us be mindful of the ways God provides for us, commit to living out love and compassion, and embrace Jesus as our ultimate source of spiritual nourishment. May this Sunday inspire us to grow in faith and love, drawing strength from God's provision and grace.

Peace and Joy!!

Fr. Emmanuel