



**SPIRIT OF THE MOUNTAIN CLUSTER**  
**AUGUST 17 & 18, 2024**  
**20<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**  
*Tuesday Mass @ 5PM*

**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**  
*Wednesday Mass @ 6 PM*

**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 20<sup>th</sup> Sunday in Ordinary Time (August 17,18, 2024)**

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

**Readings for 21<sup>st</sup> Sunday in Ordinary Time (August 24, 25, 2024)**

Joshua 24:1-2a, 15-17, 18b; Psalm 34; Ephesians 5:21-32; John 6:60-69

**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)**.

**July financial reports** will be emailed to parishioners by the end of the week. If you do not receive a copy, please contact the office. **Thank you** to the cluster finance councils for meeting and reviewing the annual reports for them to be forwarded to the Diocese’s Finance Office by the August 15 deadline.

**Attention Ladies of the Spirit of the Mountain Cluster:** In case you missed this information here

is a **repeat for all the ladies of our cluster**: Our Cluster has been contacted by a parishioner from Father Emmanuel’s former parish to let us know of a program that asks for special prayers for our priest. The program is called the Seven Sisters Apostolate. The Seven Sisters Apostolate is a call to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest. We are asking for our ladies to step up to this call to pray in front of the Blessed Sacrament for one hour on one day of the week (each lady would choose one day per week to pray or to be a substitute in case someone cannot do their prayers in front of the Blessed Sacrament) for the sole intention of our priest. We need a minimum of 7 ladies to commit so that each day of the week would be covered for one hour. BUT we also need substitutes who could pray on days when the original lady may not be able to get to the Church. Of course, ladies may pray at any Catholic Church with the Blessed Sacrament there. So, if someone is traveling, the prayers can be offered for the priest at a Catholic Church that one may find on the road. Please pray for guidance as each lady answers the call to prayer for our priest. Remember without a priest, there is NO Eucharist! If you can commit to this prayerful support of our priest, please **text Donna Bates at 276-337-8279**. Thank you! Four ladies have volunteered—we only need three more. We can always use more as substitutes but three is what we need right now to get this underway.

**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**

<b>August 10 Offertory</b>	<b>\$530.00</b>	<b>Attendance: 19</b>
<b>Donations</b>	<b>\$300.00</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)

Tuesday Mass will resume as normal, 5:00 pm, Tuesday, August 20, 2024.

\*\*\*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 the blessed Sacrament is available. Thank you!

**\*\*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 11 Offertory** **\$140.00** **Attendance: 6**  
**Donations** **\$ 500.00**

**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 11 Offertory** **\$632.00** **Attendance: 24**  
**Donations** **\$ 10.00**

**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)

Wednesday Mass will resume as normal, 6:00 pm, Wednesday, August 21, 2024.

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 18/25 – Bill French

September 01/08 – Dave Britten

September 15/22 – Janice Halsey

September 29/October 06 – Frank Taylor

## 20th Sunday In Ordinary Time Year B

Theme: The Eucharist as the source of eternal life.

In the first reading from the Book of Proverbs (9:1-6), we see Wisdom personified as a woman who prepares a feast and invites the simple and those lacking understanding to come and eat her bread and drink her wine. This imagery reminds us that wisdom is not just about knowledge but about a deep, lived understanding that guides us towards righteousness and life. The invitation to "come, eat of my bread and drink of the wine I have mixed" points us towards a higher spiritual nourishment that only God can provide.

Our Gospel reading from John (6:51-58) directly connects to this theme as Jesus presents Himself as the "living bread that came down from heaven." He invites us to eat His flesh and drink His blood, promising that those who do will have eternal life. This is one of the most profound and mysterious teachings in Christianity, as Jesus identifies Himself with the bread and wine of the Eucharist. He is not offering mere physical sustenance but a spiritual one that leads to eternal life.

For many, this teaching was difficult to accept, just as it can be challenging for us today. It calls for faith that transcends our understanding, a faith that believes in the real presence of Christ in the Eucharist. It challenges us to look beyond the physical and material and recognize the spiritual nourishment that Christ offers us daily in the Eucharist.

In the context of the liturgy and our lives, these readings challenge us to reflect on our approach to the Eucharist. Do we approach it with the reverence and understanding that it is the true body and blood of Christ, the source of eternal life? Do we allow this divine wisdom to transform our lives, guiding our actions and decisions?

This Sunday is a call to deepen our faith and understanding of the Eucharist. It is an invitation to respond to Jesus' offer of eternal life, not just with our minds, but with our hearts and lives. Just as Wisdom invites the simple to her feast, Jesus invites us to His table to partake in the divine life. Let us respond with faith and a deeper commitment to live out the wisdom and life that He offers us.

Peace and Joy!!

Fr. Emmanuel