



SPIRIT OF THE MOUNTAIN CLUSTER

March 1/2, 2025

8th Sunday in Ordinary Time (Year C)

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 Ash Wed Vigil Mass 5 PM

Friday March 7 4 PM Stations/Mass

Saint Therese Catholic Church

16661 Wise St., PO Box 56

St. Paul, VA 24283

Sunday Mass 8:30 AM

Reconciliation Sunday 8 AM

Ash Wednesday Mass 8:30 AM

Good Shepherd Catholic Church

890 W Main St., PO Box 730

Lebanon, VA 24266-0730

Sunday Mass 11 AM

Reconciliation Sunday 10:30 AM

Ash Wed Mass 6 PM

Friday March 7 6 PM Stations/Mass

CLUSTER CONTACT INFORMATION

Office Telephone: 1-276-889-1690

Office e-mail: office@spiritofthemountain.org

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

Facebook: <https://www.facebook.com/profile.php?id=100078972283533>

SACRAMENTAL EMERGENCY CALL 1-804-631-9027

or eappah@richmonddiocese.org

Reflection for 8th Sunday in Ordinary Time Year C

Theme: Blind leading the Blind

Have you ever caught yourself quickly pointing out someone else's flaws while ignoring your own? It is so easy to do that. Maybe it is a habit, maybe it is pride, or maybe it just feels easier to focus on what others need to change instead of looking inward. But in this Sunday's Gospel, Jesus challenges us to take a step back and examine our own hearts first.

He asks, "Can a blind person guide a blind person?" It is a simple but powerful image. How can we lead others if we are not seeing clearly ourselves? How often do we correct, criticize, or judge, without first allowing God to work on our own weaknesses? Jesus isn't saying we should ignore the faults of others, but He is reminding us that true wisdom and leadership start with self-awareness and humility.

Then He takes it even deeper: "From the fullness of the heart, the mouth speaks." That is a tough one because it means that what we say, whether in moments of frustration, gossip, or even sarcasm, comes from what is stored up inside us. If we are holding onto anger, resentment, or bitterness, it will eventually come out in our words and actions. But if our hearts are filled with love, patience, and kindness, that's what will overflow.

So maybe this week, instead of being quick to criticize, we can pause and ask: What is in my heart? What am I storing up inside? Am I filling my heart with God's love, or am I letting

negativity take root? Maybe it's time to invite God into those places that need healing. Maybe it's time to let go of the things that are making us bitter and start speaking words that bring life, not destruction.

Jesus is calling us to be people who bear good fruit, not just in what we do but in how we speak and treat one another. So let us ask Him to help us see clearly, to work on our own hearts first, and to make sure that what flows from us is something that truly reflects His love.

Peace and Joy!!

Readings for this Week (February 23-March 1, 2025)

02 MAR SUN	Sirach 27:4-7; Psalm 92; 1 Corinthians 15:54-58; Luke 6:39-45
03 MAR MON	Sirach 17:20-24; Psalm 32; Mark 10:17-27
04 MAR TUE	Sirach 35:1-12; Psalm 50; Mark 10:28-31
05 MAR WED	Joel 2:12-18; Psalm 51; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18
06 MAR THU	Deuteronomy 30: 15-20; Psalm 1; Luke 9:22-25
07 MAR FRI	Isaiah 58:1-9; Psalm 51; Matthew 9:14-15
08 MAR SAT	Isaiah 58:9-14; Psalm 86; Luke 5:27-32

Next Sunday Readings – 1st Sunday of Lent - March 2, 2025

Deuteronomy 26:4-10; Psalm 91; Romans 10:8-13; Luke 4:1-13

CLUSTER ASH WEDNESDAY MASS/DISTRIBUTION OF ASHES

St. Mary – Tuesday, March 4, 2025, 5 pm

St. Therese – Wednesday, March 5, 2025, 8:30 am

Good Shepherd – Wednesday, March 5, 2025, 6 pm

STATIONS OF THE CROSS: (NOTE Change in Scheduling)

St. Mary – 4 PM - each Friday during Lent beginning March 7, 2025, Stations of the Cross will be recited followed by Mass.

Good Shepherd -- 6:00 PM – each Friday during Lent beginning March 7, 2025, Stations of the Cross will be recited followed by Mass.

Since we will be in Lent during the Friday Stations/Masses and the pillars of Lent are **Fasting, Praying and Almsgiving**, we need to make some sacrifices. It won't be compulsory, but for those who can and want to, the **collection basket** will be passed during these **Friday Lent Masses**.

Regulations for Fast and Abstinence During Lent

Fasting is to be observed by all 18 years of age and older, who have not yet celebrated their 59th birthday. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices are allowed.

Abstinence is observed by all 14 years of age and older. On days of abstinence no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige.

When in doubt concerning fast and abstinence, the parish priest should be consulted.

Ash Wednesday, March 5 and Good Friday, April 18, are days of fast and abstinence.

ALL the Fridays of Lent are days of abstinence.

JOIN US FOR CRS RICE BOWL'S 50TH ANNIVERSARY! CRS Rice Bowl is celebrating 50 years of helping Catholic faith communities bring Lent to life and encounter God through our global family. During the 40 days of Lent, let us journey together through CRS Rice Bowl to meet people in Nigeria, Guatemala and Bangladesh who are rising above the challenges of hunger and malnutrition. Pick up your rice bowl today at the back of the church or contact the church office.

Welcome to the 2025 Annual Diocesan Appeal – Sharing His Love with Others.

Since the middle of January, you have been hearing about the 2025 Annual Diocesan Appeal: Sharing His Love with Others. This year's theme, Sharing His Love with Others, is such a great reminder of what the Lord calls us to do.

Your continued generosity to the Appeal and your faith in our ministries are proof that by offering the Lord what we can, He will provide what we need. It is with this in mind that I hope each of you will prayerfully consider supporting the 2025 Annual Diocesan Appeal. Our parishes are blessed because of the assistance of the Appeal. We have received Home Mission grants at St. Therese to put a new roof on the church building, replace the old heat pump; at St. Mary to add a parish hall/confessional and install a handicapped accessible bathroom; at Good Shepherd to renovate bathrooms in their community room and remove the steeple which was causing water damage in the church. Good Shepherd has also received from the Appeal funds Fuel and Hunger grants which have allowed them to respond to cluster requests for food and assistance with electric and water bills.

In the middle of February, many of you received a letter from Bishop Knestout asking for your support of the 2025 Appeal. We hope you will prayerfully consider this request and some already have. For those of you who did not receive a mailing or have not had time to respond to it, we will conduct our In-Pew Process at all Masses during the weekends of March 8/9 and March 15/16. This will give you an opportunity to give your donation for the Appeal. Remember, half of what you give is returned to the parish.

This year we hope at St. Therese to raise funds to build up the checking account balances, at St. Mary build a retaining wall and do landscaping, and at Good Shepherd install leaf guards.

If you are writing a check for the Appeal, it should be paid to the order of the Catholic Diocese of Richmond with 2025 Appeal in the memo section. A full list of ministries supported by the Appeal may be viewed at richmondcatholicfoundation.org/appeal.

Daylight Saving Time 2025 begins Sunday, March 9. On Sunday, March 9, most Americans will be changing their clocks by springing them forward an hour in observance of daylight saving time, which lasts until Nov. 2, when they fall back to standard time **Clocks are turned ahead** one hour Saturday night, March 8.

40 Days for Life. From March 5th-April 13th, the 40 Days for Life vigil is taking place in over 600 cities worldwide. Join us as we fast and pray at home and publicly for the end of abortion. If you would like to join this ministry, please contact Angie Bush at 423-482-2123 or go to www.40daysforlife.com/bristol.

Below is a list of some times groups will be praying near the Bristol Women's Health abortion business, which is located at 2603 Osborne Street, Bristol VA.

Saturday, March 8th 11:00 AM—Rosary with Fr. Chris Masla
Wednesday, March. 12th 3:30 PM—Rosary with Fr. Tom Lawrence
Saturday, March 22nd 11:00 AM —Midpoint prayer gathering
Wednesday, March. 26th 3:30 PM—Rosary with Fr. Tom Lawrence
Saturday, April 5th 11:00 AM—Rosary with Fr. Chris Masla
Sunday, April 13th, 4:00 PM—Closing prayer gathering

Food Donations continue to be collected by the Cluster for the Lebanon Community Food Pantry. If St. Therese or St. Mary parishes have food donations, Father Emmanuel will be happy to transport same to Good Shepherd. Thank you for your continued support.

Meg Hunter-Kilmer - Speaking at the National Eucharistic Congress. You are invited to join us at St. Anne for three nights of talks with Meg Hunter-Kilmer, March 9-11. Each night there will be dinner before the talk, the attached flyer has the specific schedule. Meg was one of the speakers at the Eucharistic Congress last summer and we are excited to host her in Southwest Virginia. The topic for her talks is "Because of the Great Love He Had for Us": God's Goodness in Scripture and Today. She makes the strong request that all attendees bring their Bibles!

We do ask that you **RSVP if you plan to attend dinner** so we can get an accurate head count for food. **RSVP link:** <https://linktr.ee/stannefaithformation>

PRAY FOR VOCATIONS: "Therefore ... be firm, steadfast, always fully devoted to the work of the Lord," Are you considering devoting your work to the Lord as a priest? "If today you hear his voice, harden not your hearts." Are you discerning a call to follow the Lord? Call the Vocations Office, (804) 359-5661, to speak with Fr. Matthew Kiehl, Vicar for Vocations; or write to vocations@richmonddiocese.org.

Catholic Community Foundation of the Diocese of Richmond's topic for March is Gifts of Stock Gifts of stock avoid capital gains tax! If you own appreciated stock, you may wish to consider giving the stock to the parish rather than cash. You are able to deduct the full value, avoid the capital gain tax and make a substantial gift to the parish. A good steward uses his or her assets in a way that does the most good.

Diocesan Work Camp. June 21-27. Saint Anne Catholic Church, Bristol, VA. There are plenty of great ways for your teens to do service and learn to be Christ's hands and feet in the world, but Work Camp is unique:
In the way it immerses teens in Christian community while serving next to each other. Days start with Mass, end with Night Prayer, and place a big emphasis on Reconciliation, Eucharistic Adoration, and Lectio Divina throughout the week.
In the way it helps teens see an area in need within their own diocese and build relationships with residents. They don't just work on a project, they get to know the resident they're serving as well as learn about the challenges the community experiences.
In the way it allows teens to work on big projects that change residents' quality of life by training them in basic power tools and being led by a compassionate and dedicated team of volunteer contractors.

In the way it connects teens to peers throughout the Diocese. Every crew has a mix of teens from different parishes, and they learn how to build good teamwork from the ground up while giving them all moments to be leaders and followers.

To help keep costs low for parishes, we are offering an Early Bird option through Saint Joseph the Worker's feast day on March 19. If you are planning on coming to Diocesan Work Camp, please have your Group Leader register during the Early Bird time so they are kept in the loop asap! For further details visit

<https://evangelizerichmond.org/events/diocesan-work-camp-2/>

The Spirit of the Mountain Cluster and our Catholic Diocese of Richmond 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 or visit the Diocese's Child Protection/Safe Environment page at <https://richmonddiocese.org/protecting-gods-children/>

SAINT MARY CATHOLIC CHURCH

February 22 Offertory Collection \$ 390.00 Attendance 16

February 22 Donations \$ 250.00

March 1 MASS INTENTION: For the repose of the souls of + Romona Smith and + Linda Greene.

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

March Birthdays: Rosie Nauss (12), David Nauss (27)

SAINT THERESE CATHOLIC CHURCH

February 23 Offertory Collection \$ 200.00 Attendance 9

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

March Birthdays: Terry Meade (21), Sydney Laney (25), Debbie Laney (26)

GOOD SHEPHERD CATHOLIC CHURCH

February 23 Offertory \$ 412.00 Attendance 24

February 16 Votive Candles Offering \$ 6.77

MASS INTENTION: For the repose of the soul of + Dawn Borth.

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

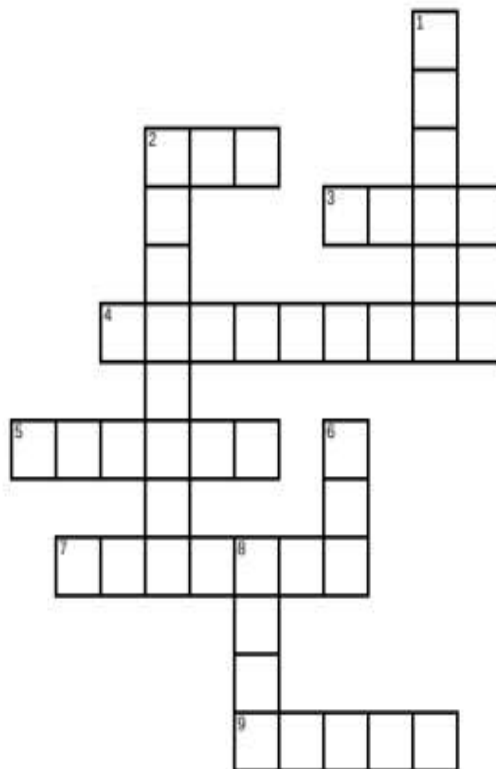
March Birthdays: Janice Halsey (19), Camila Mendoza (23), Sebastian Onate (26)

- Eternal rest grant unto **Dawn Broth**, O Lord; and let perpetual light shine upon her. Dawn Broth, **sister of parishioner Bill French**, passed away February 20. Please keep the family in your prayers.
- Parish **potluck meal** will follow **March 23 Mass**. Sign-up at the back of the church.
- Good Shepherd has been awarded **Diocesan Fuel and Hunger grant funds**. These funds are available through the generous support of the Bishop's Annual Appeal by our parishioners and other people of the Diocese. **If you have a need for assistance, please contact the church office.**
- **Clean out your closets** and save items no longer needed or wanted (and in decent shape) for our **YARD SALE** scheduled for **APRIL 5**. There is a **SIGN-UP SHEET** at

the back of the church. We need people at 7 AM on April 5 to help set up tables and begin carrying yard sale material outside. It would be good then if we had some volunteers to come perhaps around 10, 12 or 1 o'clock to relieve those working the yard sale. In case of bad weather on April 5th the yard sale may be postponed to the following month. It would be appreciated if all parishioners could pitch in and help make the yard sale a success.

Lector Schedule:	March 2 and 9, 2025	--	Giovanni Hernandez
	March 16 and 23, 2025	--	Frank Taylor
	March 23 and 30, 2025	--	Janice Halsey
	April 6 and 13, 2025	--	Dave Britten

8th Sunday in Ordinary Time



Across

- 2 A action that hurts God and others
- 3 The opposite of bad
- 4 The followers of Jesus
- 5 No longer good to use or eat
- 7 Stories Jesus told to teach people
- 9 We use this to speak

Down

- 1 To take away
- 2 A very small piece of something, like wood
- 6 We use these to see
- 8 A large, flat piece od wood