



SPIRIT OF THE MOUNTAIN CLUSTER

March 8/9, 2025

1st Sunday of Lent (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 March 11 Mass 5 PM

Friday March 14 Stations/Mass 4 PM

Good Shepherd Catholic Church

890 W Main St., PO Box 730

Lebanon, VA 24266-0730

Sunday Mass 11 AM

Reconciliation Sunday 10:30 AM

Wednesday March 12 Mass 6 PM

Friday March 14 Stations/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 AM

CLUSTER CONTACT INFORMATION

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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 1st Sunday of Lent, Year C

Theme: Overcoming Temptations

As we begin this season of Lent, the Gospel takes us into the wilderness with Jesus. After fasting for forty days, He is weak and hungry, and it is in this vulnerable moment that the devil comes to tempt Him. He offers Jesus food, power, and security, things that seem desirable, yet Jesus resists. He does not rely on His own strength but on the Word of God, showing us that true fulfillment comes not from earthly things but from trust in the Father.

This passage invites us to reflect on our own temptations. What are the things that pull us away from God? The world constantly offers false promises of happiness, wealth, success and comfort but none of these can truly satisfy our hearts. Just as the devil tempted Jesus to put His trust in things other than God, we too are often tempted to seek security in material things or human approval rather than in God's love. But Jesus reminds us that "man does not live on bread alone", our deepest hunger can only be satisfied by God.

The first reading from Deuteronomy calls us to remember God's faithfulness. The Israelites were once enslaved, but God delivered them. During Lent, we are invited to recall how God has been present in our own lives. When faced with struggles, do we remember His goodness, or do we let fear and doubt take over?

Paul, in the second reading, reassures us that salvation is not complicated. "Everyone who calls on the name of the Lord will be saved." Sometimes we feel unworthy of God's love, but Lent is not about proving ourselves, it is about returning to God with a sincere heart.

As we begin this Lenten journey, let us ask ourselves: What temptations keep us from fully trusting in God? How can we turn back to Him with renewed faith? May this season be a time of grace, where we learn to rely not on ourselves, but on the one who alone can satisfy our hearts.

Peace and Joy!!

Readings for this Week (March 9-15, 2025)

09 MAR SUN	Deuteronomy 26:4-10; Psalm 91; Romans 10 :8-13; Luke 4:1-13
10 MAR MON	Leviticus 19:1-2,11-18; Psalm 19; Matthew 25:31-46
11 MAR TUE	Isaiah 55:10-11; Psalm 34; Matthew 6:7-15
12 MAR WED	Jonah 3:1-10; Psalm 51; Luke 11:29-32
13 MAR THU	Esther C:12, 14-16, 23-25; Psalm 138; Matthew 7:7-12
14 MAR FRI	Ezekiel 18:21-28; Psalm 130; Matthew 5:20-26
15 MAR SAT	Deuteronomy 26:16-19; Psalm 119; Matthew 5:43-48

Next Sunday Readings – 2nd Sunday of Lent - March 16, 2025

Genesis 15:5-12, 17-18; Psalm 27; Philippians 3:20-4:1; Luke 9:28-36

STATIONS OF THE CROSS

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.**

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.

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 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! A RECOMMITMENT TO
END HUNGER.** Since 1975, Catholics across the United States have come together each
Lent to respond to global hunger through the CRS Rice Bowl program. Learn how people
like you have made a local and global impact on the lives of our sisters and brothers in
need and why our prayers and almsgiving are still needed today. During this holy season,
let us recommit to sharing bread for life with our global family so that all people can reach
their God-given potential. Visit crsricebowl.org/week-1 to read this week's Story of Hope.

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

In the middle of February, many of you received a letter from Bishop Knestout asking for
your support of the 2025 Appeal. 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 this weekend and next.

WAYS TO GIVE:

Scan the QR code on the form in the envelope in the pews of the church **OR**
Complete form in the pew-envelope, enclose check, seal envelope, drop in basket **OR**
Drop loose cash/check in the basket at the back of the church.
THANK YOU FOR YOUR DONATION. NO GIFT IS TOO SMALL.

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 list of ministries supported
by the Appeal are listed in the pew-envelope. **Remember, half of what you give is
returned to the parish.**

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
Thursday, March 20th 11:00 AM—St. Mary's Knights
Thursday, March 20th 2:00 PM—First Assembly of God
Saturday, March 22nd 11:00 AM —Midpoint prayer gathering
Wednesday, March. 26th 3:30 PM—Rosary with Fr. Tom Lawrence
Thursday, April 3rd 11:00 AM—St. Mary's Knights
Thursday, April 5th 5:00 PM—First Assembly of God
Saturday, April 5th 11:00 AM—Rosary with Fr. Chris Masla
Thursday, April 11th 11:00 AM—St. Mary's Knights

Sunday, April 13th, 4:00 PM—Closing prayer gathering led by Pastor Carico from First Assembly of God, Bristol, VA.

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>

SAVE THE DATE: July 6, 2025, SUNDAY, Noon, is the date of our Cluster Picnic. The picnic will be held in the large shelter at the back of the parking lot at the Lebanon Town Park (45 Gibson St, Lebanon, VA 24266). Please plan on being there for good food and lots of fun and fellowship.

PRAY FOR VOCATIONS: "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 Giving appreciated stock you have held for more than a year is better than giving cash. If you donate stock that has increased in value since you bought it more than a year ago – and if you itemize deductions -- you can take a charitable deduction for the stock's fair market value on the day you give it away. To donate a gift of stock, please contact the parish office.

Discipleship Week: Though registration is not yet live, this is the time to start thinking of which teens you want to invite to apply this year for D-Week! Every parish is asked to invite 1-3 teens to come to this Diocesan retreat for post-Confirmation rising 11th and 12th graders. Who in your parish is starting to step up as a leader? Who would benefit from some personal discipleship skills? This is a great retreat for the teen who is solid in their faith and is looking for more or is asking what comes next. Or maybe you have a teen who attended EPIC as a middle schooler who's stepping up; this could be a cool full-circle moment. A change from past years is that we hope to have a track for teens who want to attend D-Week a second time. If you have a teen who wants to come again, take it to prayer and see if you want to invite them to apply! Discipleship Week is August 6-9 in the Richmond area. It concludes with EPIC, our summer middle school rally. We will be posting more information on our website this month!

EPIC: If you're wondering how to spend time with your middle school youth, look no further than EPIC. This event is a great way to create some energy and gear up for fall

kickoffs! In particular, it is an opportunity to bridge the gap between 5th and 6th grade. Make sure to talk it up with the kids who will be rising 6th graders before the end of religious education this spring – registration will open this month! EPIC is August 9 at Saint Joseph’s Villa in Richmond. Stay tuned for the information drop later this month!

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

March 1 Offertory Collection	\$ 225.00	Attendance 16
CORRECTION February 22 Offertory	\$480.00	
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

March 2 Offertory Collection	\$ 255.00	Attendance 25
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MASS INTENTION: For the repose of the soul of + **Francis Molinary**

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)

- Please pray for the repose of the soul of **Francis Molinary** who died Monday. Frank many years ago was a long-time parishioner of St. Therese. Viewing is from 11 AM to 1 PM Saturday, March 8, at Castlewood Funeral Home followed by a burial service. A Memorial Mass will be held Sunday, March 9, at St. Therese Catholic Church at 8:30 AM Sunday, March 9. Breakfast will follow. Our prayers are with his wife, Connie, and our beloved parishioner, Therese Fields.

GOOD SHEPHERD CATHOLIC CHURCH

March 2 Offertory	\$ 863.00	Attendance 13
February 16 Votive Candles Offering	\$ 11.35	

MASS INTENTION: For the repose of the soul of + **Olive Brawley**

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)

- 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.

Lector Schedule:	March 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



Sunday Gospel Activities

Lead Jesus out of the desert.

