



## **SPIRIT OF THE MOUNTAIN CLUSTER**

**July 19/20, 2025**

**16<sup>th</sup> Sunday in Ordinary Time (Year C)**

**Reverend Emmanuel Darfour Appah, Pastor**

### **Saint Mary Catholic Church**

109 Beech Ave., PO Box 1724

Coeburn, VA 24230

Saturday Vigil Mass 5 PM

Reconciliation Saturday 4:30 PM

Tuesday Weekday Mass July 22 - 5 PM

### **Saint Therese Catholic Church**

16661 Wise St., PO Box 56

St. Paul, VA 24283

Sunday Mass 8:30 AM

Reconciliation Sunday After Mass

### **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 Weekday Mass July 23 - 6 PM

### **CLUSTER CONTACT INFORMATION**

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[profile.php?id=100078972283533](https://www.facebook.com/profile.php?id=100078972283533)

**SACRAMENTAL EMERGENCY CALL 1-804-631-9027**

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

## **Reflection for the 16th Sunday in Ordinary Time Year C**

### **Theme: “The One Thing That Matters Most”**

It is a short and simple Gospel today, but it speaks volumes about something we all wrestle with: the tension between doing and being, between activity and presence. Martha is doing everything right, at least on the surface. She is serving, she is hosting, she is working hard for Jesus. But somewhere along the way, her service becomes heavy, anxious, resentful. And it shows.

Mary, on the other hand, is simply sitting at Jesus' feet, listening. That is what unsettles Martha. Not that Mary is doing something wrong, but that she is doing something different. Something quieter. Something harder to measure.

Beloved in Christ, we have all had a “Martha moment.” We get overwhelmed by tasks, pulled in too many directions. We measure our value by our output. We even start comparing ourselves to others, “Why am I doing all the work?” or “Why isn’t anyone else helping?” And it can happen in homes, in parishes, in ministries, in life.

Jesus responds with such tenderness: “Martha, Martha, you are anxious and worried about many things. There is need of only one thing.” He is not scolding her; He is inviting her. He is not saying service is wrong. He is saying that without presence, without prayer, without relationship, even good things can become burdens.

Mary was not lazy, she was attentive. She recognized that this was a moment not to miss. Jesus was in her home. This was not a time to rush, it was a time to receive. This is what this Gospel is asking us: Are we making room to sit at the feet of Jesus? Or are we so busy doing things for Him that we forget to just be with Him?

The truth is, we need both Martha and Mary in our lives. The world needs generous hands like Martha’s, but hearts like Mary’s are what keep our service rooted in love, not burnout. Work is holy. So is rest. But the holiest thing of all is being with Christ and letting everything else flow from that.

Peace and Joy!!

### **Readings for this Week (July 20-26, 2025)**

|             |   |
|-------------|---|
| 20 JULY SUN | Genesis 18:1-10; Psalm 15; Colossians 1:24-28; Luke 10:38-42        |
| 21 JULY MON | Exodus 14:5-18; Exodus 15:1-5; Matthew 12:38-42                     |
| 22 JULY TUE | Song of Songs 3:1-4; Psalm 63; John 20:1-2, 11-18                   |
| 23 JULY WED | Exodus 16:1-5, 9-15; Psalm 78; Matthew 13:1-9                       |
| 24 JULY THU | Exodus 19:1-2, 9-11, 16-20; Daniel 3:52-53, 54-56; Matthew 13:10-17 |
| 25 JULY FRI | 2 Corinthians 4:7-15; Psalm 126; Matthew 20:20-28                   |
| 26 JULY SAT | Exodus 24:3-8; Psalm 50; Matthew 13:24-30                           |

### **Next Sunday Readings – 17<sup>th</sup> Sunday in Ordinary Time - July 27, 2025**

Genesis 18:20-32; Psalm 138; Colossians 2:12-14; Luke 11:1-13

**Diocesan Mission Cooperative Program.** Next weekend July 26-27, our Pastor, Father Emmanuel will be traveling to Roanoke and visiting the Basilica of Saint Andrew to carry a mission appeal. In his absence Father Andrew Clark will celebrate the cluster Masses at all three parishes. Father Clark is newly ordained in 2025 and is the new parochial vicar at the Basilica. Please make Father Andrew fill welcome.

**PRAY FOR VOCATIONS:** “It is He whom we proclaim.” Are you being called to proclaim Christ and the word of God? Call the Vocations Office, (804) 359-5661, to speak with Fr. Matthew Kiehl, Vicar for Vocations; or write to [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

**Food Donations** Good Shepherd Catholic Church continues to collect food from Cluster parishioners for the Lebanon Community Food Pantry. Thank you for your continued support.

**LIBRARY – Spirit of the Mountain Cluster Library.** Be sure to stop by the living room at Good Shepherd and pick out your books and/or CDs. All you want, **FREE** for the taking.

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](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 5 Offertory Collection</b>     | <b>\$ 695.00</b> | <b>Attendance 19</b> |
| <b>July 5 Peter’s Pence Collection</b> | <b>\$ 45.00</b>  |                      |
| <b>July 12 Offertory Collection</b>    | <b>\$ 615.00</b> | <b>Attendance 15</b> |
| <b>July 12 Donation</b>                | <b>\$ 50.00</b>  |                      |
| <b>July 12 Votive Candles</b>          | <b>\$ 9.00</b>   |                      |

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

**July Birthdays:** Rachael Bates (6), Alton Lawson, Jr. (22), Gregory Perry (24), Patty Nauss (27)

- St. Mary received a **Home Mission Grant from the Catholic Diocese of Richmond Office of the Propagation of the Faith** in the amount of **\$4,000**. The funds were used to build the wall at the back of the church.

- \* **Invitations and signup sheets** have been sent to each of our Cluster Parishes for the August 2nd St. Mary's 70th Anniversary Mass and dinner to follow. Please sign up and celebrate with us. We hope several can come.

### **SAINT THERESE CATHOLIC CHURCH**

|  |                  |                      |
|--|------------------|----------------------|
| <b>July 6 Offertory Collection</b>     | <b>\$ 333.00</b> | <b>Attendance 11</b> |
| <b>July 6 Peter's Pence Collection</b> | <b>\$ 75.00</b>  |                      |
| <b>July 6 Donations</b>                | <b>\$ 220.00</b> |                      |

**PRAYERS REQUESTED FOR:** Jackie White, James White, Brayn Whited, JoAnn Detta, and Rodney Altizer

**July Birthdays:** Angel David Cardenas (14), Bill White (20), Marty Huber (31)

- St. Therese received a **Home Mission Grant from the Catholic Diocese of Richmond Office of the Propagation** of the Faith in the amount of **\$3,841**. The funds are to be used to paint the outside of the church building.
- Invitations and signup sheets have been sent to each of our Cluster Parishes for the August 2nd St. Mary's 70th Anniversary Mass and dinner to follow. Please sign up and celebrate with us. We hope several can come.

### **GOOD SHEPHERD CATHOLIC CHURCH**

|                                     |                    |                      |
|-------------------------------------|--------------------|----------------------|
| <b>July 6 Offertory Collection</b>  | <b>\$ 1,155.34</b> | <b>Attendance 24</b> |
| <b>Votive Candles Offering</b>      | <b>\$ 3.00</b>     |                      |
| <b>July 18 Offertory Collection</b> | <b>\$ 288.75</b>   |                      |
| <b>July 18 Votive Candles</b>       | <b>\$ 2.00</b>     |                      |

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

**July Birthdays:** Francisco Hernandez (12), Feliza Ruby Dorton/Maggie Lindvall (14), Ximena Castro (18), Carmenza Clark/Shyann Hubbard (30)

- Good Shepherd received a **Home Mission Grant from the Catholic Diocese of Richmond Office of the Propagation of the Faith** in the amount of **\$10,000**. The funds will be used to replace the gutters and place leaf guards on the church building.
- Invitations and signup sheets** have been sent to each of our Cluster Parishes for the **August 2nd St. Mary's 70th Anniversary Mass** and dinner to follow. Please sign up and celebrate with us. We hope several can come.