



SPIRIT OF THE MOUNTAIN CLUSTER

June 21/22, 2025

**Solemnity of The Most Holy Body and
Blood of Christ (Corpus Christi) (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

NO WEEKDAY MASS Tuesday June 24 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

NO WEEKDAY MASS Wednesday June 25 6 PM

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

SACRAMENTAL EMERGENCY CALL 1-804-631-9027

or eappah@richmonddiocese.org

Solemnity of the Most Holy Body and Blood of Christ, Year C

Theme: "The Gift That Changes Everything"

Today we come face to face with one of the most intimate truths of our faith: that Jesus does not just want to teach us, inspire us, or save us from a distance. He wants to feed us. He wants to become part of us. He gives us His Body and Blood, not as a symbol or reminder, but as a real, living gift of Himself. That is not something we are meant to merely understand with our minds. It is something we are meant to receive with our hearts, to taste with reverence, and to live with gratitude.

The Gospel tells the story of Jesus feeding the five thousand. They had nothing. Just a few loaves and fish. And yet He fed them all. Not only that, but there were also leftovers. That story is not just about physical hunger; it is a sign of the spiritual hunger we all carry. Hunger for love, for meaning, for forgiveness. And the truth is, there is no amount of money, success, or distraction that fills that deep emptiness inside. Only Jesus can. And He does it not by sending something, but by giving Himself.

Think of how we treat a shared meal with those we love. The best moments around the table are not about the food, it is about presence. Relationship. Communion. The Eucharist is Christ's table. And we are not just guests, we are family. In this meal, heaven touches earth. We do not just remember what Jesus did, we receive it, we enter into it. Every time we come forward to receive the Eucharist, it is not out of habit. It is Jesus saying again, "I am with you. I am in you. I am for you."

And maybe today is a reminder we need. That the Eucharist is not something we deserve, it is a gift. A miracle that happens at every Mass. That when we say “Amen,” we are saying yes to becoming what we receive. We are saying yes to becoming Christ in the world, broken for others, poured out in love, present in compassion.

Today, the question is not just what the Eucharist is, but who is the Eucharist. It is Jesus. And He is still giving Himself to us. Still trusting us to carry Him into the world. Let us not take it for granted. Let us not let it become routine. Let us receive Him with hearts ready and let Him feed the places in us that need healing, hope, and strength.

Peace and Joy!!

Readings for this Week (June 22-28, 2025)

| | |
|-------------|---|
| 22 JUNE SUN | Genesis 14:18-20; Psalm 110; 1 Corinthians 11:23-26; Luke 9:11-17 |
| 23 JUNE MON | Genesis 12:1-9; Psalm 33; Mathew 7:1-5 |
| 24 JUNE TUE | Isaiah 49:1-6; Psalm 139; Acts 13:22-26; Luke 1:57-66, 80 |
| 25 JUNE WED | Genesis 15:1-12, 17-18; Psalm 105; Matthew 7:15-20 |
| 26 JUNE THU | Genesis 16:1-12, 15-16; Psalm 106; Matthew 7:21-29 |
| 27 JUNE FRI | Ezekiel 34:11-16; Psalm 23; Romans 5:5-11; Luke 15:3-7 |
| 28 JUNE SAT | Genesis 18:1-15; Luke 1:46-50, 53-55; Matthew 8:5-17 |

Next Sunday Readings – Solemnity of Saints Peter and Paul, Apostles - June 29, 2025

Acts 12:1-11; Psalm 34; 2 Timothy 4:6-8, 17-18; Matthew 16:13-19

Father Emmanuel will be **out of town several days** the week of June 22. He will be welcoming and spending time with the Archbishop of Accra, Ghana. The **Most Rev. John Bonaventure Kwofie** is visiting Richmond to attend meetings. Pray for safe travels for Archbishop Kwofie and Father Emmanuel. **NOTE:** There will be no weekday Masses on June 24 and 25.

Peter Pence Diocesan Collection. **Next weekend** we will take up the Peter’s Pence Collection to support the Universal Church and the work of the Holy See, including the charitable works of Pope Francis. These works benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Please be generous. For more information, visit www.obolodisanpietro.valen.html. Special envelopes are provided with bulletin this week.

CLUSTER PICNIC - July 6, 2025, SUNDAY, Noon, is the date set for our Cluster Picnic. The picnic will be in the large shelter at the back of the parking lot at the Lebanon Town Park (45 Gibson St, Lebanon, VA 24266). Games are planned along with bingo (if prizes to donate, please bring) and egg toss. The pool will be open. When you go into swimming just mention you are with the Cluster churches and you will not have to pay. Also, there is a splash pad, pickleball court, corn hole board, soccer and basketball goals. Of course, lots of good food. Hope to see you all there. **Sign up at your church** so we know how many to expect.

Seminarian William Yearout will be at the **Diocesan Youth Work Camp** held at Saint Anne’s in Bristol this year, June 21 through June 27. St. Mary parishioners, Patty, Daniel, and Rosie ,

will be attending the camp this year. The teens will be working on projects at houses that were damaged in last year's flood. Please pray for a spirit filled experience for all.

With the bulletin this weekend you will find our **“Parish Vote Report”** prepared by the **Virginia Catholic Conference** – which represents our Commonwealth’s bishops at our state capitol in Richmond. The report shows how your legislators who represent our parish area voted on some highly consequential issues earlier this year. Note all three parishes share the same Senator (Todd E. Pillion). St. Therese and St. Mary reports show Terry G. Kilgore as the House representative whereas Good Shepherd shows Isarel D. O’Quinn. One key vote was the ongoing attempt to add an extreme so called “right to abortion” amendment to the Virginia Constitution – a matter you will continue to hear much more about. Many people took an active part in these debates. Knowing the outcomes and how your legislators voted is a critical part of staying informed and engaged. **Please review the vote report and join the Virginia Catholic Conference email network at vacatholic.org/action.**

August 2 – 70th Anniversary Celebration at St. Mary, Coeburn 5 PM Mass. 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.

PRAY FOR VOCATIONS: “They all ate and were satisfied.” Are you called to feed his flock as a priest? Call the Vocations Office, (804) 359-5661, to speak with Fr. Matthew Kiehl, Vicar for Vocations; or write to vocations@richmonddiocese.org.

2025 Annual Diocesan Appeal: Sharing His Love with Others. A Message from Father Emmanuel: I want to provide a brief update on our 2025 Annual Diocesan Appeal effort at our three parishes of St. Mary, St. Therese, and Good Shepherd. I am pleased to tell you that all three of our cluster churches have exceeded their goals of the 2025 Parish Targets. towards our parish goals. Please note below the amounts raised by each parish.

| | <u>St. Therese</u> | <u>St. Mary</u> | <u>Good Shepherd</u> |
|-------------------------|--------------------|-----------------|----------------------|
| 2025 Appeal Goal | \$ 630 | \$ 1,760 | \$ 2,230 |
| Amount Raised | \$ 2,510 | \$ 2,667 | \$ 4,725 |
| % to Goal Raised | 398% | 152% | 212% |

For many of you who have not yet had the opportunity to support the Appeal, you should have recently received a letter from me requesting your support of this year’s effort. I sincerely hope you will join me in helping to not just exceed this year’s goal but increase participation. Please visit richmondatholicfoundation.org/appeal to make a secure online donation or visit our parish office for a hard copy pledge card. Every gift, no matter the amount, makes a difference. **If more convenient for you, it is alright to just place your donation in one of the envelopes at the back of the church, mark it APPEAL, and drop in the collection basket** Thank you very much for your prayerful consideration of support. God bless.

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.

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/>

- 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.
- There will be **no Wednesday, June 25 6 PM Mass** at Good Shepherd.
- **June 22 Lector** – Frank Taylor.