



JULY 16, 2023 | 15<sup>TH</sup> SUNDAY IN ORDINARY TIME

## HOLY FAMILY PARISH

312 Tazewell Avenue, Tazewell, VA 24651

(276) 988-4626 | [parishoffice@holyfamilyswva.org](mailto:parishoffice@holyfamilyswva.org) | facebook: search Holy Family SWVA

### ST. THERESA'S

312 Tazewell Ave.  
Tazewell, VA 24651

### ST. ELIZABETH'S

160 Merrick Lane  
Pocahontas, VA 24635

### ST. MARY'S

1122 Farmer Street  
Richlands, VA 24641

### ST. JOSEPH'S

1007 Independence Rd.  
Grundy, VA 24614

## Blessed: My Life Story

**I**F I HAVE to use one word to describe my life, it would be “blessed”. Thinking about what I’ve been through over the past forty years of my life, it has been most challenging, learning, memorable and fun. The best thing that I appreciate in all those things is that I well-realized the presence and love of God in my life and my priestly ministry. Indeed, I am truly blessed!

My story started one Sunday morning of January 2, 1983 when I was born in our home at Igang, Pototan, Iloilo. I am the third eldest among eight children endowed to the couple, Mr. Rene Supranes (†) and Mrs. Roberta Tion. I have two sisters, and five brothers, two of whom (Rodney and Rodeo) died in an accident. My family never failed in showing me the meaning of love and respect. They have always been my inspiration, especially my late Lola (grandmother) Agrifina, who was very religious and kind. She was

a very outstanding model of piety, firmness and holiness of life. I owe my educational foundation to my mother. I remembered how my mother had been so strict in tutoring me how to read and write. It makes me smile every time I think about the pinches, my protestations, and my endless shedding of tears. I guess my mother’s sacrifices paid off.

Early during childhood, my uncle, Rev. Fr. Antonio Supranes, used to visit us in our home. In my innocent mind, I came to admire his ways and habits; the clothes he wears, the influence he makes, and the aura of authority and respect he possesses. Due to his influence, I was drawn to the Church and I participated in the pastoral and liturgical activities of our place. People would choose me to lead in devotional activities such as prayers, rosaries, novenas, etc. Moreover, when I stayed with my uncle at his parish assignment, I also worked as his sacristan. During my free time, I assisted him in every liturgical activity. In due time my uncle confided to me if I wanted to enter the seminary and become a priest. I seriously thought about it and my desire for priesthood was kindled.

I started my formation as a high school seminarian at Santo Niño (Holy Child) Seminary in Numancia, Aklan, Philippines from 1996 to 2000. I proceeded to earn my degree in philosophy also in the same seminary in year 2004. At Santo Niño Seminary, my vocation was nurtured and developed.

However, I was also attracted to sports and other new things. One such thing is my fondness of aerobics. My friends and I used to discuss the latest designs, operations and characteristics of different aircrafts. I would have been an air force pilot, but the vocation to the priesthood is too strong to ignore.

I entered the Central Seminary of the University of Santo Tomas (UST) in Manila, Philippines to continue my theological formation. On March 20, 2010, I completed my studies and earned my Licentiate and Master of Arts in Theology degrees at the Faculty of Theology—University of Santo Tomas (UST). Prior to that, I graduated with my Bachelor’s Degree in Theology in 2007.

On September 26, 2011, the present Bishop of Kalibo, Most Rev. Jose Corazon Tala-oc, D.D., ordained me to the Sacred Order of Deacons. The same bishop ordained me to the Order of the Priesthood exactly six months later on March 26, 2012. After the priestly ordination, I was assigned as the Coordinator of the Christian Formation and Development Department at Aklan Catholic College in Kalibo, Aklan, Philippines. I served the diocesan school for ten years. I had also served as the Master of Liturgical Ceremonies and the Director of the Diocesan Liturgical Ministry (DLM) in the Diocese of Kalibo. Priesthood is a gift; it is a life of grace, but sometimes it could be truly difficult. The daily set of priestly



*Fr. Renier Supranes*



challenges which I struggle to control could be too demanding. Nonetheless, I take courage and strength in the Lord's promise that the Holy Spirit will "guide, remind and teach me all things (cf John 14:26)."

Last year 2022, a decade after my priestly ordination, I was sent to continue my priestly ministry in the Diocese of Richmond, Virginia. I served as Parochial Vicar for one year at Saint Michael the Archangel Catholic Church at Glen Allen, VA, then I was transferred as the Parish Administrator here at Holy Family Parish. I believe that God's hands are in control of my ministry. I have sensed the Lord's presence and His guidance. Even my favorite saints have made their presence felt. First, there was Saint Michael the Archangel (Glen Allen). Now, I have Saint Therese of the Child Jesus (Tazewell) and Saint Stephen of Hungary (Pocahontas). It

was they who led me to where I am and what I am today; I will not ask for more because the blessings and graces I received are innumerable.

I am very thankful to all whom God sent me as blessings. I express my sincere gratitude to Bishop Barry Knestout for the trust he has given me. I also appreciate all the kind and generous parishioners of Saint Michael the Archangel in Glenn Allen; I learned a lot from them, especially from the pastor, Father Dan Brady. Lastly, I am grateful to all the parishioners of Holy Family Parish for the warm welcome. I promise to do my best to serve and to minister to the parish. But I cannot do it alone. My wish and prayer is for us to work together, like one real family, for our Holy Family Parish to be a genuine sign of God's presence, love and compassion to the community.



## **PRIEST ADMINISTRATOR**

Fr. Renier Supranas  
rsupranas@richmonddiocese.org  
(276) 385-7312

## **OFFICE MANAGER/ BOOKKEEPER**

Lydia St. Peter

## **OFFICE HOURS**

Mon–Fri 9:30AM – 2:30PM

Please call the parish office to make arrangements for the **Sacraments of Baptism, Anointing of the Sick or Holy Matrimony** as well as funerals. **Reconciliation** is available from 30 minutes before a scheduled Mass.

## **MASS TIMES**

### **SATURDAY**

4PM – St. Joseph's  
6PM – St. Mary's

### **SUNDAY**

9AM – St. Elizabeth's  
11:30AM – St. Theresa's

### **TUESDAY & FRIDAY**

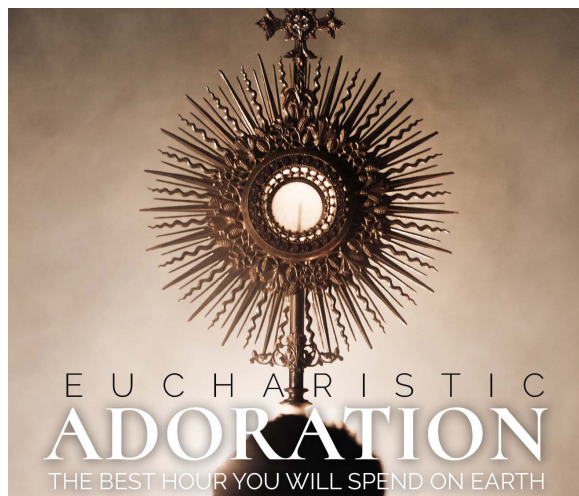
10AM – St. Theresa's

Cover image:

Jean Francois Millet, *The Sower*,  
1865

# Making a happy Holy Hour

By Joseph Tuttle, [wordonfire.org](http://wordonfire.org)



**V**ENERABLE Fulton J. Sheen was famous for his daily Holy Hour before the Blessed Sacrament. On his ordination to the priesthood, he made a vow to make a Holy Hour every day of his life. He kept this promise to the very end. He recommended priests, religious, and laity alike to try, if possible, to make a daily or at the very least weekly Holy Hour since our Blessed Lord asked for it in the Garden of Gethsemane: “Then he said to them, ‘My soul is sorrowful even to death. Remain here and keep watch with me’ . . . When he returned to his disciples he found them asleep. He said to Peter, ‘So you could not keep watch with me for one hour?’” (Matthew 26:38, 40).

The Holy Hour is often systematized by theologians in order to help one structure their time so that it may be well spent with the Lord. Fulton Sheen made three recommendations for those making the Holy Hour, which during this time of Eucharistic Revival may prove helpful to many. These recommendations were given in his book *The Priest is Not His Own* and were originally intended for priests but can also be applied to the laity as well.

**The first recommendation is to go to the Holy Hour as if you were going to talk with a friend:** Some spiritual writers recommend a mechanical division of the hour into four parts: thanksgiving, petition, adoration,

and reparation. This is unnecessarily artificial. An hour’s conversation with a friend is not divided into four rigid segments or topics. The Holy Hour is not an official prayer; it is personal. . . . The unique heart must make up the content of his prayer.

For Sheen, the Holy Hour is time spent with our Lord in conversation. It is also time spent talking with a Friend. Indeed, God tells us we are his friends in the Gospel of John: “You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father” (John 15:14-15). We do not go up to our friends with an already set itinerary on what we are going to talk about. Our conversation is organic and flows from the heart.

**The second recommendation is to bring and read Sacred Scripture or a commentary on Scripture while making the Holy Hour:** Read the Scriptures or a commentary or any solid spiritual book, until a thought strikes you. Then close the book, and talk to Our Lord about it. But do not do all the talking. Listen also. “Speak on, Lord, Thy servant is listening” (1 Kings 3:10) must not be “Listen, Lord, Thy servant speaketh.” We learn to speak through listening, and we grow in love of God through listening.

Since Scripture is the Word of God, God speaks to us through it. A great and ancient practice for praying with the Bible and learning to listen to the Lord is *lectio divina*. Numerous saints and desert Fathers have recommended this practice. *Lectio Divina* is divided into a number of parts.

**Lectio:** Read the text. What does the biblical text say in itself?

**Meditatio:** What does the biblical text say to me?

**Oratio:** What is my response to our Lord’s Word?

**Contemplatio:** What conversion of mind, heart, and life is the Lord asking of me?

**Actio:** Movement of the believer to offer his or her life as a gift for others in charity.

*(Continued on last page)*

# THE TABLE

**AUGUST 5, 9 AM-2 PM  
MAIN STREET UMC**

What does it mean for us in the 21st century to sit with our brothers and sisters of various Christian traditions at the Table? At this conference, we will address this and related questions. Topics covered include:

Ministry: Inviting Others to the Table  
The Domestic Church: The Table in Our Families  
The Table: Can it unite us in 2023?  
Panel on the Lord's Supper

Tickets are \$15 at the door and include admission, a locally catered lunch, childcare on site, and access to a display area highlighting ministries in area churches.

Main St UMC (118 Main St, Tazewell, VA 24651). For questions, contact Bond Strong at 276-202-5567 or [sarahbondstrong@gmail.com](mailto:sarahbondstrong@gmail.com)

mass intentions

Date	Intention
<b>7/15 SATURDAY</b>	
4PM	Pharmacy & law students
6PM	Shirley Hylton ☩

**7/16 SUNDAY**

9AM	Bishop Knestout
11:30AM	St. Theresa parishioners

stewardship of treasure

Donations Received as of July 9 (Week 2)		
CHURCH	ATTENDANCE	OFFERINGS
St. Joseph's	10	\$391
St. Elizabeth's	25	\$715
St. Mary's	20	\$777
St. Theresa's	60	\$1,691
Total	123	\$3,574
Outside Donations		\$487
Year to Date Received		\$7,567
Goal		\$5,654
Ahead/Behind Goal		+ \$1,913

**OUTSIDE DONATIONS—THANK YOU!!**

St. Francis, Staunton, VA: \$487

please pray for

Louise Serreno*	Mary Muncy
Gerry Hankins	Cindy Lambert
Clarence Moore	Jean St. Clair
Lexi Cox	Helen Petro
Sarah Wall	Clinard Coleman
Tammy Bennett	Joan Harrison
Margaret Wasilewski	Joe & Yvonne Blevins
Nic Ulate	Kyle Brown
Frannie & Rayburn Minton	Bobby Cole
Sue Bailey	Jeffrey Parkhurst
Christian Lambert	Sarah Walters
Shane Neal	Everly Duns
Pete Belcher	Amelia Proffit
Lucas Boyd	Maurice Law
Ralph Heldreth	Zac Carter
Chris Jessie	Dennis & Frances Savage
Leo Brown	Nancy Jo Testerman
Carolina Ferrare	Donnie Neal
Junior Aiken	Josh Cornwell
Jeanne Hash	John Shumate
Lara Marshall	Doug Vance
Carol & Jim Shumate	Russ Hatfield
Andrew Satmary	Connie Pace
Glenn Harrison	Jody Hamilton
Donna Petro	Jeanne Ameli
Christian Marshall	Bella Tester
Tina Rocchetti	Annette Pike
Alice Godin	Everett Neese
Randy Snyder	Pam White
Bryan Gunter	Sharon Mullady
Michael Beavers	Veronica Ross
Natalie Dodge	Skip Reynolds
Roger Empson	Danny McNamara
Dreama Ritter	Louie Negroni
Marco Warner	Angela Dalton
Chris Lambert	Anna Wright
Virginia Dy	

council members

<b>PARISH COUNCIL:</b>
Tonya Hylton, Frannie Minton, Ralph Shawver, Barbara Jones, Donna Lambert, Maria Farris, Debbie Parkhurst
<b>FINANCE COUNCIL:</b>
Kathy & Bob Buchanan, Randy Bolling, Doug Vance, Anne Danko, Jim Talbert, Jackie Shawver, Lydia St. Peter



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## parish news & events

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**Grants Received:** The Catholic Diocese of Richmond awarded our parish with three Home Mission Grants. These grants are funded in part by the Annual Diocesan Appeal:

- St. Joseph's - \$2,640 for floor repairs and a new water heater
- St. Mary's - \$5,400 to replace carpet in the sanctuary
- St. Theresa's - \$9,785 to remove basement tile and sand the floor

The John C. Fricano Foundation in Fairfax, Virginia also awarded St. Mary's Backpack Ministry a grant of **\$10,000!** This money will be used to feed our local students through the weekends. We are immensely grateful!

The Backpack Ministry is funded solely through grants and private donations. If you would like to donate, please make checks payable to 'St. Mary's Backpack Ministry c/o Holy Family Parish'.

**Serving the parish:** Within the next few weeks, we will be coordinating church committees. If you are interested in serving, please contact your parish council representative.

Please take a moment to **review the prayer list**. If any names can come off, please email the office.

**Congratulations** to Rocco Ranallo of St. Joseph's on his additional certification for IT security!



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## birthdays & anniversaries:

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**JULY 17:** Fr. Eric Anokye (Ordination Anniversary) | **18:** Steve & Sandy Hankins (Anniversary)  
**21:** Fr. Felix Amofa (Ordination Anniversary) | **22:** Sheila Ryan

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The seed is the word of God, Christ is the sower.  
All who come to him will have life forever.

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LORETTA HAMMOND

*(Making a happy Holy Hour, cont.)*

**The third and final recommendation that Sheen offers is to make the Holy Hour on one's knees (health and age providing):** Sheen begins by discussing the various postures of standing, sitting, and kneeling during prayer. He notes, however, that when our Lord made the very first Holy Hour in the Garden of Gethsemane, he is recorded as kneeling: "He advanced a little and fell prostrate in prayer, saying, 'My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will'" (Matthew 26:39). With Christ himself as the prime example, Sheen concludes by stating: "The conclusion is obvious. It is best to kneel during the Holy Hour, for it indicates humility, follows the example of Our Lord in the Garden, makes atonement for our failings and is a polite gesture before the King of kings."

All three of these recommendations are just that—recommended. There is no sure or fixed system for making the Holy Hour. Later in life, Sheen would write that there are no rules for the Holy Hour except to show up and do it.

*(Please note that our First Friday Holy Hours will resume at St. Theresa's on August 4! –Ed.)*