



MARCH 10, 2024 | 4TH SUNDAY OF LENT

HOLY FAMILY PARISH

312 Tazewell Avenue, Tazewell, VA 24651

(276) 988-4626 | 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



Bowing

Bowing signifies reverence, respect, and gratitude. In the Creed we bow at the words that commemorate the Incarnation. We also bow as a sign of reverence before we receive Communion. The priest and other ministers bow to the altar, a symbol of Christ, when entering or leaving the sanctuary. As a sign of respect and reverence even in our speech, we bow our heads at the name of Jesus, at the mention of the Three Persons of the Trinity, at the name of the Blessed Virgin Mary, and at the name of the saint whose particular feast or memorial is being observed (see GIRM, no. 275).

Jesus & Nicodemus

The words of the Gospel this Sunday were addressed to a man called Nicodemus. Nicodemus was a Pharisee. He was said to be “a ruler of the Jews.” He was most likely a member of the Sanhedrin, a Jewish Council which acted as the supreme court during the time of Jesus. Nicodemus was a good man. He was an honest searcher of the truth. He came to see and consult Jesus at night. He came at night because he probably did not want to risk damaging his reputation as a high-ranking member of the Sanhedrin by being seen in public with Jesus, who was very controversial at that time. It seemed Nicodemus showed himself a bit of a coward the first time he met Jesus. However, he did come and consult Jesus. Such action proved his basic goodwill.

Later in the Gospel of John, Nicodemus was mentioned again. This time he was more daring. When his fellow Pharisees tried to arrest Jesus, Nicodemus exposed himself by defending Jesus’ right to a hearing. From night visitor, Nicodemus had gone a step further, to a daytime defender of Jesus. In his final appearance in the Gospel, Nicodemus’ spiritual journey was completed. When Jesus died, he came forward publicly with myrrh and aloes to anoint Jesus’ body. In short, Nicodemus followed his conscience and acted honestly as he could. He “did what is true,” he “came to the light.”

Nicodemus may represent many people of goodwill who, while being not Catholics or even Christians, are nonetheless honestly trying to live according to the promptings of their conscience. Such people are found in great numbers even among non-Christians. They “live the truth” to the best of their efforts.

Let us extend a helping hand and warm salutation to all those who cross our path and who, without sharing our faith, are good people and are honestly trying to follow their conscience as best they can. They are beloved brothers and sisters and, as such, deserve all our respect and love.



Fr. Renier Supranes

John 3:14–21

Jesus said to Nicodemus:

“Just as Moses lifted up the serpent in the desert,
so must the Son of Man be lifted up,
so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son,
so that everyone who believes in him might not perish
but might have eternal life.

For God did not send his Son into the world to condemn the
world,

but that the world might be saved through him.

Whoever believes in him will not be condemned,
but whoever does not believe has already been condemned,
because he has not believed in the name of the only Son of God.

And this is the verdict,
that the light came into the world,
but people preferred darkness to light,
because their works were evil.

For everyone who does wicked things hates the light
and does not come toward the light,

so that his works might not be exposed.

But whoever lives the truth comes to the light,
so that his works may be clearly seen as done in God.

PRIEST ADMINISTRATOR

Fr. Renier Supranes
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(276) 385-7312

OFFICE MGR/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

DAILY MASS

Tuesday 6PM – St. Theresa's

Friday 10AM – St. Theresa's

Monthly First Friday Adoration

at St. Theresa's 10AM w/Mass

Thursday 10AM—St. Mary's

Cover image:

Adriaen Backer, *The Elevation of
the Cross*, 1683

What should take priority in the Examination of Conscience?

By Msgr. Charles Pope, simplycatholic.com

In the Sacrament of Penance, Catholics are obliged to confess serious (mortal) sins in kind and number since their last confession. If one is uncertain of the number, then an estimate is acceptable. Hence, one should always begin there: What are the more serious sins I have committed that may likely be mortal sins? No exact list of mortal sins can be given here since circumstances are important and because many sins have a range between serious and lighter matter. For example, gossip is usually not a mortal sin, but it might become so if reputations are ruined. Regarding lies, there are serious lies that cause harm and smaller lies that do less harm and are told merely to avoid awkward situations.

That said, we could generate something of a “hot list” of sins that tend to be more serious. There are sins against faith, such as idolatry and serious superstition. There is the sin of missing Mass without a serious reason, refusing the worship that is God’s due and refusing holy Communion, which is essential for us. There is invoking the name of God to curse rather than to bless, or making false oaths invoking God’s name. Serious disrespect to parents and lawful authority or the refusal to obey significant and just laws can become serious. Significant neglect of parents in their old age can also be serious.

Endangering the lives of others through reckless behavior can be serious as is the harboring of hateful and vengeful feelings, violent outbursts and other forms of destructive anger, whether verbal or physical. Abortion, or helping others to procure abortion, is gravely sinful, and so is the neglect to assist or warn others whose lives are endangered physically or spiritually. The willful viewing of pornography and the masturbation that often accompanies this, engaging in fornication, adultery and homosexual acts, are all mortal sins.

Stealing significant items or the intellectual or creative property of others can be mortal, as is damaging the goods or property of others in significant ways. Withholding the truth and lying can become serious, especially if the matter involves the reputation of others or important information they must have. Greed (coveting), too, can become serious when we act on it in ways that harm others significantly.

Circumstances will sometimes reduce culpability even in objectively serious matters. But these sorts of sins are a place to begin.

Another way to focus when going to confession when mortal sins are not a huge problem is to focus on a particular part of our life, such as family relationships, or on a particular sin, such as gluttony. Perhaps, too, we can look to sins of omission, not merely to what we have done. Attitudes such as fear, prejudice, pettiness, ingratitude and so forth can also be a particular focus to bring to the sacrament.





Eucharistic Revival MARCH Retreat 25-27



Please join us for a three day retreat, as we reawaken the mystery of the Eucharist! Hosted by Christ the King Parish and Led by motivational speaker and owner of Wings to Fly, **Carrie Delaney**, "The Eucharistic Revival Retreat," will explore God's faithful love for us which propels us into mission.

Event Schedule

MONDAY 25th

- 6:00PM** Retreat Introduction
Carrie's Testimony
Talk 1: God's Covenantal Love
Group Session -
Questions to Reflect & Share

TUESDAY 26th

- 6:00PM** Talk 2: Do We Really Believe?
6:45PM Break: Transition to Sanctuary
7:00PM Adoration/Guided Meditation
Confession

WEDNESDAY 27th

- 6:00PM** Talk 3: God is Building up an Army
Sharing Graces of the Retreat -
Q&A with Carrie
7:00PM Mass

PRESENTATIONS

1. God's Covenant of Love

God wants us to experience him in the Blessed Sacrament. To understand God's abundant love for us, we will unpack what it means to be in a covenantal relationship with Him. Throughout the biblical text, God flows into the marriage metaphor of lover and beloved, as found in the Song of Songs. We will uncover the characteristics of God's nature, revealing His unshakable love for us found in the Eucharist.

2. Do We Really Believe?

In 2016, the Pew Research Center reported that 69% of Catholics do not believe in the real presence of Jesus in the Eucharist and 74% of those individuals under the age of 40 believe it is just a symbol. The Eucharist is the source and summit of the Christian life and the witness of the martyrs has been strengthened by it down through the centuries. A mere symbol would not have the power to inspire such heroic witness. We will look at the miracles of those faithful souls that laid down their lives for the Eucharist. We will also look at the teachings of St. Ignatius of Loyola to learn how to resist the Enemies' temptations of disbelief.

3. God is Building up an Army

We live in a time where the darkness of evil seems to be prevailing. People are being led astray by what is most popular in the culture. Confusion and distortion have muddled the truth and we find ourselves in a world that rejects the core beliefs of our faith. God needs disciples that will witness the truth amid hardship and persecution. We do not need to look very far to find those that will oppose us. They might even be found in our own families. Learn how to love the unforgivable as we adore our Lord in the Blessed Sacrament who gives us the strength to be his disciples in His army.



Carrie Delaney

is in Lynchburg, Virginia and is the owner of a professional ministry called Wings to Fly. The mission of Wings to Fly is to provide retreats, Christian Spiritual Mentorship and Direction to people of faith who are potential or current leaders who are looking for growth in the spiritual life, need spiritual refreshment, and/or are suffering from ministry burnout. Wings to Fly aims to inspire, empower, and motivate leaders to develop a proper life through one-on-one consistent spiritual direction throughout life's journey.



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Carrie Delaney

mass intentions

Date Intention

3/9 SATURDAY

4PM Brian, Amy & Logan Presley by Doug Vance

6PM

3/10 SUNDAY

9AM

11:30AM

stewardship of treasure

Donations Received as of March 3 (Week 36)		
CHURCH	ATTENDANCE	OFFERINGS
St. Joseph's	8	\$140
St. Elizabeth's	23	\$1,862
St. Mary's	16	\$950
St. Theresa's	73	\$1,358
Total	120	\$4,310
Outside Donations		
Year to Date Received		\$116,064
Goal		\$101,772
Ahead/Behind Goal		+ \$14,292

please pray for

Louise Serreno*
Gerry Hankins
Clarence Moore
Lexi Cox
Sarah Wall
Tammy Bennett
Margaret Wasilewski
Nick Ulate
Frannie & Rayburn Minton
Sue Bailey
Christian Lambert
Shane Neal
Pete Belcher
Lucas Boyd
Ralph Heldreth
Chris Jessie
Leo Brown
Carolina Ferrare
Junior Aiken
Jeanne Hash
Lara Marshall
Carol & Jim Shumate
Andrew Satmary
Christian Marshall
Alice Godin
Bryan Gunter
Michael Beavers
Natalie Dodge
Roger Empson
Dreama Ritter
Chris Lambert
Mary Muncy
Cindy Lambert
Helen Petro
Clinard Coleman

Joan Harrison
Joe & Yvonne Blevins
Kyle Brown
Sarah Walters
Amelia Proffit
Maurice Law
Dennis & Frances Savage
Nancy Jo Testerman
Josh Cornwell
John Shumate
Doug Vance
Russ Hatfield
Connie Pace
Jody Hamilton
Annette Pike
Sharon Mullady
Veronica Ross
Skip Reynolds
Danny McNamara
Louie Negroni
Mary Gobble
Karen Hart
Allen & Melody James
Betty Tabor
Joseph Romeo
Denise Campbell
Joelle Bolling
Sara Griffith
Chuck Blevins
Kim Shoun
Tommy Dye
Juanita Sharrock
Mary Ann Lavender
Keylam Leippi
Bob Robinette

council members

PARISH COUNCIL:
Tonya Hylton, Frannie Minton, Ralph Shawver, Barbara Jones, Donna Lambert, Maria Farris, Zach Hash

FINANCE COUNCIL:
Kathy & Bob Buchanan, Randy Bolling, Doug Vance, Anne Danko, Jim Talbert, Jackie Shawver, Lydia St. Peter

parish news & events

Fr. Ritche Sarabia will assist Fr. Renier with a **Penitential Service on Tuesday, March 19 at 5PM**, followed by Mass at 6PM at St. Theresa's. The Church mandates that Catholics receive the Sacrament of Reconciliation at least once per year. **You won't get a better opportunity!**

All parishioners are invited to attend the Chrism Mass on March 29 at 6PM at Sacred Heart Cathedral in Richmond

HOLY TRIDUUM SCHEDULE

Holy Thursday (March 28):	6PM at St. Mary, Richlands
Good Friday (March 29)	3PM at St. Elizabeth, Pocahontas
Easter Vigil (March 30)	7:30PM at St. Theresa, Tazewell
Easter Sunday (March 31)	9AM at St. Elizabeth, Pocahontas 12PM at St. Joseph, Grundy 6PM at St. Mary, Richlands

Scan here to donate
to the 2024 Annual
Diocesan Appeal



We continue the **2024 Annual Diocesan Appeal**. Our goal as a parish this year is **\$9,140**.

Our parish gifts to date total **\$6,460 from 18 donors**.

Thank you for your continued generous support of the Annual Diocesan Appeal!

birthdays & anniversaries:

MARCH 14: Pam Belcher | **15:** Paul Guliani

"God so loved the world that he gave his only Son,
so that everyone who believes in him might have eternal life."

-Jn 3:16



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