



February 16, 2025 | The Sixth Sunday in Ordinary Time

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



MASS TIPS

How long is a person supposed to fast before Communion?

The Church asks us to fast for one hour before Communion, but there are no indications of how long to fast after Communion. Growing up, I was taught that the “species” of the holy Eucharist remains in us (in our stomach) for 10 to 15 minutes until digested; for that reason, pious common sense suggests not eating or drinking for 10 to 15 minutes after holy Communion. Here is what the Code of Canon Law states: “A person who is to receive the Most Holy Eucharist is to abstain for at least one hour before holy communion from any food and drink, except for only water and medicine.

“A priest who celebrates the Most Holy Eucharist two or three times on the same day can take something before the second or third celebration even if there is less than one hour between them.

“The elderly, the infirm, and those who care for them can receive the Most Holy Eucharist even if they have eaten something within the preceding hour” (Canon 919).

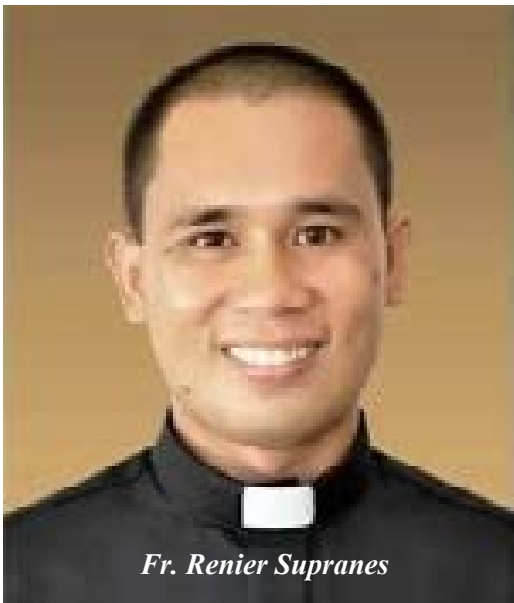
BEATITUDES

By Fr. Renier Supranes

In contrast to the Sermon on the Mount in the Gospel of Matthew (Matthew 5: 3-12) which mentions ‘eight beatitudes’, the Gospel of Luke pronounces only ‘four beatitudes’. But Saint Luke adds ‘four woes’ that counterbalance the beatitudes. The four woes are specifically directed at those who makes people poor, hungry, weep and hated.

We may ask why those who are poor, hungry, weeping and those people being hated are blessed? The poor that are mentioned by Jesus in the Gospel are blessed because they rely and depend on God. They take God as their treasure, as what they truly need in life. The hungry that Jesus refers to is the need and desire for God. It is spiritual hunger for the Kingdom of God. To weep for others is to sympathize, to care for those who are less fortunate. Being hated and persecuted for Jesus is to imitate and follow the footsteps of Jesus. It is not to compromise the teachings of Jesus. It is not to run away from the cross or suffering. Rather it is to undergo and relive what Jesus did here on earth.

Why are the rich, those who are filled, those who laugh now and those who are well-spoken of unfortunate? Why did Jesus say woe to them? It is because of the danger of riches or wealth. Riches or wealth can make people feel self-sufficient, secured, and without need for God. It may create a spirit of arrogance and a false sense of superiority. The rich may consider wealth as their only security that fills their stomach and would get them whatever they need. They may take wealth as the ultimate source of their happiness. Thus, woe is to those who are very much preoccupied with material things and forget the ardent desire for God. Woe is to those who are blinded by their present comfortable and pleasant situation that they do not even look forward to the words and will of God. Woe is to those who trust in their material possessions and no longer hope for God’s intervention and providence. Woe is to him or her who forgets what God has done in his or her life. Let us ask ourselves these following questions. Would Jesus pronounce the word blessed for us? At this stage of life we are in, are we favorable before the Lord?



Fr. Renier Supranes

Luke 6:17, 20-26

Jesus came down with the Twelve
and stood on a stretch of level ground
with a great crowd of his disciples
and a large number of the people
from all Judea and Jerusalem
and the coastal region of Tyre and Sidon.
And raising his eyes toward his disciples he said:

“Blessed are you who are poor,
for the kingdom of God is yours.

Blessed are you who are now hungry,
for you will be satisfied.

Blessed are you who are now weeping,
for you will laugh.

Blessed are you when people hate you,
and when they exclude and insult you,
and denounce your name as evil
on account of the Son of Man.

Rejoice and leap for joy on that day!

Behold, your reward will be great in heaven.

For their ancestors treated the prophets in the same way.

But woe to you who are rich,
for you have received your consolation.

Woe to you who are filled now,
for you will be hungry.

Woe to you who laugh now,
for you will grieve and weep.

Woe to you when all speak well of you,
for their ancestors treated the false prophets
in this way.”

PASTOR

Fr. Renier Supranes

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(276) 385-7312

OFFICE STAFF

Bookkeeper: Lydia St. Peter

Secretary: Eric Burns

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 10am – St. Theresa’s

Thursday 10am – St. Mary’s

Friday 10am – St. Theresa’s

Monthly First Friday Adoration
at St. Theresa’s 10am w/Mass

Cover image:

Andrei Mironov, *The Sermon on
the Mount*, 2022

Fighting Acedia: Choosing God at All Times

Fr. Harrison Ayre, Simplycatholic.com

It happens all the time: we know what we must do, and yet we fail to do it. Then we cast blame: tiredness, a lack of motivation, a need to rest from a busy life, a lack of inspiration, being easily distracted or a whole host of other scapegoats. What we do not understand is that this is often not rooted so much in the above excuses we too often make, but it's rooted, rather, in a deeper spiritual condition, what the Desert Fathers called *acedia*.

Acedia is the Christian East's way of talking about sloth. But it is much more than a simple laziness or lack of desire to do anything worthwhile. It is an infliction of the soul that attacks desire: we listen to it and become unable to follow through on our intentions. Because we don't act on intentions, we feel dull, numb and spiritual dead. To put the definition in a more pithy fashion: *acedia* creates in us the inability to choose the good.

Let's break this down a bit more. Desire resides both in the soul and in the body. And *acedia* attacks desire. But it doesn't misplace desire — as can happen with other sins such as lust, greed and avarice. *Acedia* is more subtle: it attempts to reduce desire. Instead of misguiding desire, it wants us to not experience desire at all. It creates a state of soul in which we simply would prefer to not choose anything at all. Hence, *acedia* gets expressed in its more popular form known as sloth — a laziness, an inability or lack of desire to choose to do the task or duty of the moment.

But *acedia* can also take us in the opposite direction. In an attempt to reduce our desire, it fills our mind with the idea that busyness is a good thing. By doing many tasks, it dulls our senses to the essential tasks of life. By being busy with activities, hobbies — all which seem good! — the *acediac* avoids the duties that are essential to life: the duties that build up his vocation and the duties of seeking out God through prayer and liturgy.

Ultimately, *acedia*, as a spiritual malady, creates in us a spiritual malaise. By reducing our de-



sire, it limits our capacity for God. It inspires us to not choose the duty of the moment but instead to choose whatever is self pleasing — whether we avoid the task through laziness or busyness. By doing so, we reduce our desire for God, who reveals and makes himself present to us through our tasks that build up our vocation. To avoid the duties of the day, to avoid choosing the good, we avoid choosing God. The choice for God is never direct, but is always mediated through the duties and responsibilities of life. Hence why *acedia* is one of the most dangerous and subversive sins of our age: it creates in us a spiritual malaise that slowly dulls our sense for perceiving and choosing God.

Taking the above general overview into account, it must be noted that this sin, though it is more spiritual in nature since it deals with desire, has a remarkably long litany of practical tools to overcome it. The key is rediscovering that one has a freedom to choose the good, and orienting actions around this. The following tips are not exhaustive. And they all must be read in the light of building new habits. This means that, at times, there will be failures, at times you will still give into *acedia* and choose the bad instead of the good. Do not beat yourself up! Building new habits in the fight against *acedia* is akin to training for a marathon. You do not begin to train for a marathon by running a marathon. You start with a few blocks, and even then may have limited success. So it is with this sin: start with one thing, grow in it, and then move on to another habit to build or vice to fight.

Schedule Your Life

So often we can go about our days listlessly.

It is easy to put off checking our emails at work, getting back to phone calls, spending time in prayer, etc. By the time the end of the day comes, we see all the tasks we failed to do.

While people may be able to schedule their life to differing degrees according to their state of life, a schedule is a great way to keep ourselves accountable. A schedule helps remind us what we are to choose in a given moment.

When building your schedule, the best thing to do is to ensure the day begins with prayer. If you don't have a regular prayer routine together, choose a 15-minute period for the same time every day — mornings are encouraged though. Choose those essential duties of each day and try to fit them in at the same time. When you get to work, perhaps spend the first 20 minutes every day with emails as another example. Be flexible and patient with yourself, but you'll find that if you do the same thing at the same time every day, the task gets much easier to choose to do. Ritual can be greatly to your benefit.

Manual Task

The Desert Fathers loved to say that one of the great cures to acedia is manual labor, such as yard work, chores around the house, or working on a hobby project or doing something with our hands, etc. Such work helps us discover that we need not give into our emotions in front of a task, but that we really can, with God's grace, gain control over our bodies to offer them to God in worship in all things.

There are many other tools to achieve victory over acedia. Remain patient with yourself, choose one thing to improve at a time and be gentle with yourself when failure happens, because it will happen. Choosing the good of the moment, even if it is something we do not want to do, will begin to open our hearts. And we will begin more deeply to God and to see his goodness in all things, that in every action, it is ultimately God whom we are choosing.

What is the Origin of the St. Michael Prayer?

Fr. Ray Ryland, Simplycatholic.com

On Oct. 1, 1884, Pope Leo XIII had a deeply disturbing mystical experience at Mass. He had just finished celebrating in his private chapel when he suddenly stood transfixed in front of the altar. For perhaps 10 minutes he stood there as if in a trance, his face drained of color. Then he went to his office and composed a prayer to St. Michael. He told his staff the prayer should be offered throughout the Church.

He explained that he had heard two voices in the vicinity of the tabernacle. He believed they were the voices of Our Lord and of Satan. Pope Leo heard Satan boast that he could destroy the Church in 75 or 100 years, if given the opportunity. Then he heard Our Lord give Satan permission to try. (This sounds somewhat similar to what we read in Job 1.)

The prayer which Pope Leo XIII composed was 10 times the length of the version we use today. Use of the prayer was discontinued in 1964. Thirty years later, in his Regina Coeli address, Pope John Paul II revived use of the prayer. He said, "Although the prayer is no longer recited at the end of Mass, I ask every one not to forget it and to recite it to obtain help in the battle against the forces of darkness and against the spirit of the world." The pope clearly intended that we should offer this prayer in our homes as well. The prayer, by the way, is as follows:

*St. Michael the Archangel,
defend us in battle.
Be our defense against the wickedness and snares
of the devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen.*

Mass Intentions

02/15 SATURDAY

4PM

6PM

02/16 SUNDAY

9AM David Kyle Brown †

11:30AM Felex Cabrera † & Rita Louise †

Stewardship of Treasure

Donations Received for February 09 (Week 32)		
CHURCH	ATTENDANCE	OFFERINGS
St. Joseph's	3	\$172.10
St. Elizabeth's	21	\$1,185
St. Mary's	11	\$650
St. Theresa's	55	\$1,451
Total	90	\$3,458.10
Budgeted Weekly Collection		\$3,558
Ahead/Behind Goal		(-\$99.90)
Outside Donations		\$1,237

OUTSIDE DONORS—THANK YOU!

Virginia Beach, VA Donor: \$100

St. Francis, Staunton, VA: \$1,137

BUILDING & MAINTENANCE FUND

St. Mary's: \$195

St. Theresa's: \$208

Total: \$403

MARY, MOTHER OF GOD DONATIONS

St. Elizabeth's: \$20

Please Pray for

Louise Serreno*

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

Chris Jessie

Junior Aiken

Jeanne Hash

Lara Marshall

Carol & Jim Shumate

Andrew Satmary

Christian Marshall

Alice Godin

Bryan Gunter

Michael Beavers

Roger Empson

Dreama Ritter

Chris Lambert

Clinard Coleman

Joan Harrison

Joe & Yvonne Blevins

Kyle Brown

Amelia Proffit

Maurice Law

Nancy Jo Testerman

Josh Cornwell

The Dalton Family

John Shumate

Doug Vance

Jody Hamilton

Annette Pike

Sharon Mullady

Veronica Ross

Skip Reynolds

Allen & Melody James

Betty Tabor

Joseph Romeo

Joelle Bolling

Sara Griffith

Chuck Blevins

Juanita Sharrock

Mary Ann Lavender

Bob Robinette

Beth Wright

Bernie Spencer

Brenda Pierallini

Michael Kroll

Ray Vance

Audra Dalton

Cecilia Miller

Sandy Hampton

Cathy Bolling

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Betty Jones

Lee Shelton

Lori Palombo

Beth George

Brad Belcher

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Parish News & Events

Come and Have Breakfast

Fr. Eric invites you to share in his daily scripture reflection beginning on Sunday, December 1st. Each video is no more than 2-3 minutes long and can be found on YouTube at the link below.
<https://www.youtube.com/@Comeandhavebreakfast>

Parish Pastoral Council Meeting

The next Parish Pastoral Council Meeting will be on February 25th at 10:30AM.

No Mass on February 21, 2025

There will be no Mass celebrated on Friday, February 21 as Fr. Renier will be attending the Strategic Planning Town Hall.

Appalachian Highlands Men's Conference

	<p>Coming March 8th, the fourth annual Catholic Men's Retreat at St. Dominic Parish in Kingsport.</p> <p>Celebrate the sacraments, get to know other men of faith. Hear from three keynote speakers and choose from eight breakout sessions. Enjoy a hot breakfast and lunch. Let's grow in faith together!</p>
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Birthdays & Anniversaries

February 16: Nick Ulate | **17:** Ralph & Jackie Shawver (anniversary) | **18:** Karl Lewis
19: David Parchman & Donna Lambert | **21:** Traci Vidrick

***"Rejoice and be glad;
your reward will be great in heaven."***

– Luke 6:23ab

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