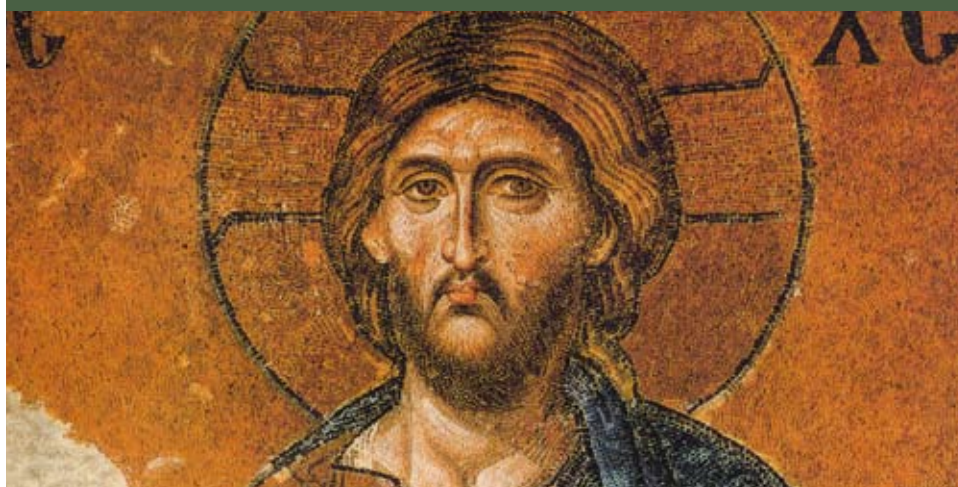


**Fifth Sunday in  
Ordinary Time**

**09 Feb 2014**

**Saint Mary of the Immaculate Conception Roman Catholic Church**  
FREDERICKSBURG, VIRGINIA



# what's coming

## february

### 9 Sunday, Fifth Sunday in Ordinary Time

Coffee Shop after morning Masses. (Troop 1410)  
SCRIP Sales after Masses.  
10am-12noon, Columbian Squires/Roses, John Paul II House.  
12noon-2pm, English as a Second Language Classes, 2nd Floor, Parish Life Center.  
6pm, Catholic Youth Ministry Dinner, Parish Life Center.  
7-8:30pm, CYM Youth Group, Parish Life Center.

### 10 Monday, St. Scholastica, virgin

10am, Legion of Mary, Room 100, Parish Life Center.  
6:30pm, Spanish-speaking Parent Discussion led by Deacon Bernaola, Parish Life Center.  
7:30pm, Rite of Christian Initiation for Adults, Church. Topic: Holy Orders, Matrimony, Vocation.  
All Parish adults welcome. 8:15pm, small group discussion continues for RCIA candidates in the Parish Life Center.  
8pm, Young Adult Ministry meeting, John Paul II House.  
8:15pm, "Preparing a Place for Unity and Peace," an ecumenical prayer service in the Taizé tradition, church. All area Christians welcome.

### 11 Tuesday, Weekday (Our Lady of Lourdes)

10am, St. Mary Book Club, John Paul II House.  
7:30pm, Parent Gathering Speaker Series, Parish Life Center. Speaker: Sr. McCormack.  
8pm, Adult Confirmation Class (6 of 6), Parish Life Center 203.

### 12 Wednesday, Weekday

6pm, YOUCAT - Youth Ministry Program, John Paul II House.  
8pm, Legion of Mary, Parish Life Center 100.  
7:30pm, Women's Bible Study, Courtyard Meeting Room. *Spaces still available!*

### 13 Thursday, Weekday

9:30am, Adult Bible Study, Courtyard Meeting. *Class is full, keep on eye on bulletin for future classes.*  
7pm, Spanish Prayer Group, John Paul II House.  
7:30pm, Parish Council Meeting, Courtyard Meeting Room.  
7:30pm, Men's Group, Blue and Grey Brewery.

### 14 Friday, Ss. Cyril, monk and Methodius, bishop

9:30am, Moms' Group "St. Anne's Sisters in Faith," John Paul II House.  
5-8pm, Art of Marriage Conference, Parish Life Center. Pre-registration required.

### 15 Saturday, Weekday

8am-4pm, Art of Marriage Conference, Parish Life Center. Pre-registration required.  
9:30am, Spanish Series on Catholicism, Courtyard Meeting Room.  
10am, Baptisms, Church.  
SCRIP Sales after 5pm Mass.

### 16 Sunday, Sixth Sunday in Ordinary Time

Coffee and Donuts after morning Masses. (CYM)  
SCRIP Sales after Masses.  
12noon, English as a Second Language Classes, Room 203, Parish Life Center.  
2pm, Korean Prayer Group, John Paul II House, upstairs.  
6pm, Catholic Youth Ministry Dinner, Parish Life Center.  
7-8:30pm, CYM Youth Group, Parish Life Center.

### 17 Monday, Weekday (The Seven Holy Founders of the Servite Order)

*Parish Office Closed for Federal Holiday.*  
10am, Legion of Mary, Room 100, Parish Life Center.





this week's  
bulletin:

5  
holy cross  
academy

6  
education

8  
parish life

10  
outreach

12  
operations

13  
liturgy

## nota bene (*note well, please*):

- ☞ Join us for our monthly **Taize Prayer Service** on Monday, February 10 at 8:15pm in the Church. All area Christians are invited to join us as we “prepare a place for unity and peace” in Fredericksburg.
- ☞ Our next **Concert Series Event** event features **Ephrem Brass Quintet** performing a free concert with organist David Mathers. Friday, February 21 at 8pm.
- ☞ Our Tuesday night (Feb. 11) **Parent Gathering Series** has been canceled due to unexpected circumstances. Please join us on April 1st for our next gathering.
- ☞ **SCRIP is on sale** in the Parish Life Center after all Masses except Saturday 7pm and Sunday 2pm. Please use SCRIP, and a percentage of what you spend will be applied to our school.
- ☞ **Sunday Coffee Shop** is open this weekend after the 7, 8:30 and 10am Masses.



## from our pastor



Dear Good People of Saint Mary,

This weekend our Saint Mary pilgrimage group is leaving for the Holy Land. I've been typing up the booklet of Scripture that we will read at each place where we go — from the Mediterranean coast and Mount Carmel to Mount Tabor and the Sea of Galilee, from Cana and Nazareth's Basilica of Annunciation, to Jericho, to Bethlehem and the Church of the Nativity. The first photo to the right above is all of us last year in the cave beneath the Church of the Nativity where Jesus Christ was born.

We get to spend a few days in Jerusalem, there is a lot to see. We will spend one day in museums, and go to the town where John the Baptist was born and where Mary traveled to the house of her cousin, Elizabeth, and the Basilica of the Visitation. The next day we go to the Mount of Olives alongside the Temple Mount of Jerusalem, where we will visit the garden of Gethsemane and the rock on which Jesus prayed the night before he was crucified. Nearby Mount Zion includes the upper room of the Last Supper, as well as the Basilica of the Assumption of Mary into heaven, and the church built on the site of Caiaphas' house where Jesus was imprisoned after his arrest, while he was awaiting overnight for his passion. The next day we go from the Pool of Bethesda (within the old city of Jerusalem to the Praetorium where Jesus was condemned to die, beginning the Way of the Cross. This is the second photo to the right. Finally, our *via dolorosa* ends with Mass alongside the tomb of Jesus, beneath the great dome of the Church of the Holy Sepulchre, celebrating resurrection.

From there we head into the Judean Desert - where we will visit Qumran, Masada and the Dead Sea. The desert continues as we cross the Jordan River into Jordan where we will travel through the desert to the land of the Moabites and the Naboteans, to Petra, the great deserts of the south near the Gulf of Aquaba and Sinai, the lands where Mo-



ses and Aaron led the people of Israel from Egypt to Madaba and Mount Nebo, where Moses saw the promised land but could not enter before his death.

Needless to say, we remember you in our prayers everywhere we go, and wish that all could join us on this adventure. I'll send more from the road next week.

God bless you. *Fr. Don*

# holy cross academy

## Celebrating Catholic Schools

Because service is such an important part of Catholic Education, Holy Cross Academy participated in our annual Jump-a-thon for a worthy cause. Mr. Sherman, our P.E. teacher, coordinated the schedules and provided the activity and Mrs. Darling, our school counselor, popped an enormous amount of popcorn while students jumped rope to raise money for those suffering in the Philippines and families serviced by Cross Catholic Ministries. Approximately \$1700 was tallied and sent on behalf of our school.

HCA first graders have been learning about animal habitats in all areas of the world. To enhance their study students chose an animal to research wrote a report and created a diorama. Their impressive work was displayed at the "First Grade

Habitat Museum" during our Family Dinner and Academic Fair. Parents were invited to come into the classrooms during the afternoon to learn all about polar bears, koi, and many woodland and desert animals. The children enjoyed presenting their habitats with their dioramas to a very captive audience.

If you want to learn about our school and all that we can do for your child, please call us at 540-286-1600 or visit our website, [www.holycrossweb.com](http://www.holycrossweb.com). For St. Mary Preschool, please call 540-373-7553. Holy Cross Academy is a place where each child can flourish and grow. We would love to hear from you and will gladly give you a tour of our National Blue Ribbon School of Excellence and tell you all about the wonderful things happening here.



*A National  
Blue Ribbon  
School, 2012*





# education youth



## SENT: High School Retreat - Feb. 21-23

Our High School retreat is coming up! We will be heading out to Williamsburg Christian Retreat Center in Toano, VA for a weekend of fun, faith, friends and growing in our relationship with God. Retreats are by far one of the greatest programs Youth Ministry offers so don't miss it! Space is limited and fills up very quickly so get your permission slip and \$40 in by Monday, February 10. Permission slips are available on our website as well as our promo video.

# adulted.

## The Book Club

The book club topic for its Feb. 11 meeting at 10am in the John Paul II House will be Pope Francis. Rather than a specific title, members can choose either a biography of the Holy Father or can choose a book written by the Pope himself. More information: Kathleen Mahoney at [bmah761569@aol.com](mailto:bmah761569@aol.com)

## You Can Make a Difference

Sign up for the Virginia Catholic Conference's Email Advocacy Network to receive regular alerts and updates on legislative issues. To join, visit [www.vacatholic.org](http://www.vacatholic.org), click "Join the Network," and complete the short form that is provided. Alerts include pre-drafted messages that you can

send ("as is" or modified to suit your own style) to your elected representatives with just a few mouse clicks. It's effective advocacy with very little time commitment!



Catholic Advocacy Day was held on January 30. More than 150 advocates showed up to defend life, marriage and work for justice, despite snowy conditions that prevented many from attending.

## Cursillo Retreats

Are you ready to spend an unforgettable weekend, spending quality time with God and being open to His message for you? Are you looking for an opportunity to grow in your faith? Experience the Women's Cursillo Retreat to be held on March 13-16, 2014. You won't be disappointed! Apply online at [www.arlingtoncursillo.org](http://www.arlingtoncursillo.org) or contact Mary Corrigan at 540-479-3683. Slots fill up quickly. The Men's weekend will be held April 3-6, 2014.

## Loyola Retreat Opportunities

Loyola on the Potomac retreats in Faulkner, Maryland are conducted in an atmosphere of prayerful silence and include generous amounts of time for prayer, personal reflection and the cultivation of a deep relationship with God. This year's retreat theme is entitled: "Rivers of Living Water."

St. Mary retreats dates:

Men's Retreat, 7-9- March 2014

Women's Retreat, 14-16 March 2014.

Contact Len or Sylvia Fontenot for more info: 540-663-2261 or email [lensyl1966@verizon.net](mailto:lensyl1966@verizon.net). To register, go to [www.loyolaontheptomac.com](http://www.loyolaontheptomac.com)

## Diocesan Women's Silent Lenten Retreat

April 3-6, 2014, led by Fr. Tom Ferguson  
Join us April 3-6 (Thursday night through Sunday afternoon) for a reflection on the Gospel of St. John entitled *We Have Seen His Glory: The Revelation of God in the Gospel of John* at San Damiano Retreat Center in White Post, Virginia. For more info. call the Office for Family Life at 703-841-2550 or visit <http://www.arlingtondiocese.org/retreatforwomen/index.aspx>.

## Natural Family Planning (NFP) Classes

The Couple-to-Couple League offers NFP classes throughout Northern Virginia. Classes consist of three 3-hour sessions spaced one month apart. Total cost for course and materials is \$160 per couple (Spanish courses are \$55). For more info, or to see upcoming class dates, visit [www.nfpvirginia.com](http://www.nfpvirginia.com). For virtual classes, visit <http://register.ccli.org/virtual>.

## First Penance & First Communion

First Penance and First Communion parents are reminded of the important meeting to be held on Thursday, February 20 at 7:30 pm in the church. Please make every effort to attend.



## Rice Bowl 2014

"Today amid so much darkness we need to see the light of hope and to be men and women who bring hope to others. To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope, it is to let a shaft of light break through the heavy clouds."

– Pope Francis, Mass for the inauguration of the Pontificate, March 19, 2013

This Lent our Religious Education families will participate in CRS Rice Bowl, a faith-in-action program that helps students and families experience Lenten spirituality by helping people in need around the world.

Before Lent each family will receive a cardboard Rice Bowl and Lenten Spiritual Guide.

Look at these materials as a family and invite each child to consider what he or she will give up for Lent. You may also consider giving something up together as a family. Have your child write his or her goal on the side of the Rice Bowl.

The Lenten Calendar has two minute reflections for each day of Lent, Stories of Hope from people around the world, and recipes for simple meatless meals. Consider reading the Lenten Calendar reflections each day at dinner or right before bedtime, and also try one or more of the recipes for a meatless Friday dinner.

<http://www.crsricebowl.org/parish/>

## The Mission for Catechists

A child's soul is looking for God, and it is our duty as parents to ensure that it finds Him, which is the mission of catechesis. As the Catholic Encyclopedia says, "The teacher should endeavor to influence the child's heart and will, and not be content with putting a certain amount of religious knowledge into its head; for, as Aristotle would say, the end of catechizing is not knowledge, but practice. Knowledge, indeed, there must be, and the more of it the better in this age of widespread secular education; but the knowledge must lead to action."

## Teacher/Catechist Reception a Wonderful Evening

Last weekend we hosted our annual Teacher/Catechist Reception thanking the faculty and staff at Holy Cross Academy as well as our catechists and volunteers in the parish Religious Education Program. It was a huge success, delicious food, great entertainment and raffles throughout the evening.

Carolyn and Louis Farrell, catechists for our confirmation program, wrote a letter to Dawn Miller, Parish Council President, and Beth Merriman, Chair of the Stewardship Committee, which gave a sense of the evening:

*Carolyn and I thank you so much for last night's teacher appreciation gathering. It was by far the finest event yet, and as Father mentioned in his remarks, it was the result of a great deal of planning and hours of advance work by you two and so many others. Please thank all those who helped to make it so special to all of us teachers.*

*So many teachers last night, both Holy Cross and CCD teachers, talked about how such an impressive event sends a strong and motivating message to us that what we are doing is both important and greatly appreciated. My father always said that signs are so important to human beings, and the sign you painted last night with all of your care and work made a huge impression on all of us. I think we all left there doubly motivated to do an even better job than ever before. We are blessed to have such strong and unselfish leaders as you two, and so many others.*

*Thank you again. Take care. Louis and Carolyn*

# parish life

## Saint Anne's Sisters in Faith

Our meeting is Friday, February 14. Please join us as we discuss the book, *Marriage, Small Steps, Big Rewards* by Dr. Ray Guarendi. We begin with 9am Mass followed by our book study and refreshments at the JPII house. Babysitting is available. Please contact Rocio at [rocio.o.atkinson@gmail.com](mailto:rocio.o.atkinson@gmail.com) or Suzi Eggleston at 540-834-0752 for further questions.

## Council of Catholic Women

Join us at our General Meeting on Tuesday, February 18. Our speaker will be Heather Ablondi who writes a weekly column in the Free Lance Star on the Religion pages of the Saturday edition. The meeting begins at 10am in the Courtyard Meeting Room. We will have light refreshments and time for fellowship.

The Annual Women's Forum will be held on Saturday, February 22 from 1 to 4pm; the topic of which will be Bread. All are welcome! There will be a bread making demonstration, displays on bible foods, whole foods and nutrition. Enjoy Scripture and Gospel Stories related to 'Bread.' Bring a favorite recipe to share for an electronic cookbook or email one to [hokiegirl07@gmail.com](mailto:hokiegirl07@gmail.com). Monetary and non-perishable donations for the local food bank will be welcome. Come enjoy an opportunity to sample homemade bread and win a raffle!

## Morning of Reflection for Spanish Speakers

La comunidad hispana de esta parroquia les invita a participar en una manana de relexion para prepararnos al tiempo cuaresmal. Cuando? Dia 22 de febrero del 2014. Donde? Centro de vida parroquial. Hora: 8am a 12md.

The Spanish community of this parish invites you to participate in a morning of reflection to prepare ourselves to celebrate the Lenten season. Please come on Saturday, February 22, from 8am to 12noon in the Parish Life Center.

## St. Mary Concert Series - February 21

Ephrem Brass, a Washington, D.C. based brass quintet, is coming to St. Mary for a free concert of original music and arrangements. To highlight this exciting program, the Ephrem Brass will team up with our own Music Director David Mathers for several works for brass and organ. Ephrem Brass members are all outstanding brass players from the premier military service bands in Washington D.C. No tickets is required. Dessert reception following. For more information, contact David Mathers at 540-373-6491 or [dmathers@stmaryfred.org](mailto:dmathers@stmaryfred.org).

## Mass Intentions

Traditionally, Mass intentions are offered for a loved one or family member, applying the saving reality of the Eucharist and the benefit of grace to anyone, living or deceased.

You may request an intention for a scheduled Mass or an "unscheduled" Mass. "Unscheduled" means that the Mass will be offered privately by one of our priests at a concelebrated Mass or a Mass away from the parish. When a surplus of Mass intentions is gathered, they may be sent to a parish in need of intentions, for example, perhaps a mission parish. It is called "unscheduled" because it will not be posted in advance in the bulletin. Unscheduled intentions that are celebrated here in the parish will be listed in the bulletin after they are said. Intentions sent to other parishes will not be listed.

Due to the large number of requests that we receive, a person is allowed to come and request intentions only once a month, and may request up to two scheduled Masses at that time in order to provide opportunity for more people to request Mass Intentions.

## Parish Night Out May 3, 2014

Cash bar, dinner & dancing.  
Held at the beautiful Jepson Alumni Center.  
Tickets are \$75 each again this year.

Our annual Parish Night Out has become a favorite tradition for parishioners as we gather in the spring for a fun, formal evening together with great food and great music and dancing.

For tickets or details please contact  
Marty Bridi 540-373-0259 or  
Vicky Kopcak 540-273-4456



# parish life

## Los Talleres de Oración y Vida

The Hispanic Ministry invites you to attend the Prayer and Life Workshops. Participants will learn how to deepen their prayer life and to enter into a personal relationship with the Lord. The series begins March 1st in the Courtyard Meeting Room. For more information, please contact: Leticia González 540-752-1263

El ministerio hispano los invita a los talleres de oración y vida. En 15 sesiones, se aprenderá a desarrollar una relación personal con el Señor, desde los primeros pasos, hasta la contemplación divina. Empezarán el 1ero de marzo en el "Courtyard Meeting Room" (detrás de la oficina parroquial). Para más información contacte a Leticia González al 540-752-1262.

## Baptism Preparation

Baptism is a great moment of celebration and recognition for the entire Christian family. Because receiving the Sacrament is such a momentous occasion, there is a requirement for preparation - for the parents in the case of an infant; for the individual in the case of someone 8 years of age or older.

### Infant Baptism

Children age 7 and younger are considered to not have yet reached the "age of reason." Therefore, preparation for the Sacrament is conferred upon the parents and/or godparents. Preparation for infant baptism is coordinated through the Parish Office.

### Baptism for Children

Children age 8 and older receive instruction from a qualified catechist for the Sacrament. Preparation for child baptism is conducted by the Religious Education department.

### Basic Requirements

The family needs to be a registered member of the parish for at least 90 days. If the family has recently moved to the area, and can provide a letter of registration from their previous parish, the 90-day requirement may be waived.

The parents must attend a Baptism Preparation Class. The classes are held once a month here at St. Mary Parish; usually the first Thursday of the month at 7pm in Room 204 of the Parish Life

Center. Classes in Spanish are held the first Saturday of the month at 2:30pm in Room 204 of the Parish Life Center.

The child must have at least one Catholic Godparent to serve as Sponsor.

### Requirements for Godparents

In order to serve as a Sacramental Sponsor (for Baptism or Confirmation) an individual must: be a registered, practicing Catholic; be at least 16 years of age; have received the Sacrament of Confirmation; and if married, have been validly married in the church.

A "Sponsor Certificate" must be provided by the Godparent's parish at least one week prior to the baptism.

### Baptisms at St. Mary

Baptisms in English are held the first, second, and third Saturdays of the month at 10am in the church. Up to five infants are baptized at a time. Baptisms in Spanish are held on the fourth Saturday at 10am in the church. Please call the Parish Office at 540-373-6491 to register for preparation classes or if you have any questions.

### Baptism Prayer

*Father in Heaven, when the Spirit came down upon Jesus at His Baptism in the Jordan, You revealed Him as Your own Beloved Son. Keep me, Your child, born of water and the Spirit, faithful to my calling. May I, who share in Your Life as Your child through Baptism, follow in Christ's path of service to people. Let me become one in His Sacrifice and hear His Word with faith. May I live as Your child, following the example of Jesus.*

## CCDA Spring Classes

Catholic Charities of the Diocese of Arlington is offering three new counseling classes this spring: Women in Transition, Anger Management and 8 Weeks to Better Behavior: Strategies for Parents. Like all of CCDA's Counseling Services, these classes will be taught in full concert with the teachings of the Catholic Church and will be anchored in the respect for the inherent dignity of every human person. Classes are held in Northern Virginia. Sign up TODAY! Classes start February 24. For more information, please call 703-841-2531 or visit [www.cdda.net](http://www.cdda.net).

# “as I have done for you

## **HCA Biennial Benefit & Auction**

We are planning and preparing for Holy Cross Academy's 7th Biennial Benefit Auction and Dinner to be held on April 5, 2014!

Sponsorship and advertisement opportunities are still available. Do you own a business or are part of a business who would like to partner with us?

We offer many different opportunities to be recognized before, during and after the event to our 350 event attendees, the families of over 500 students and our 14,000 member parish.

School and parish families can also contribute by becoming an auction sponsor, donating an item to our auction or publishing a tribute line in our catalog.

The goal of this year's event is to begin a fund for the expansion of our school. We invite you to partner with us on this signature event by becoming an event sponsor or auction catalog advertiser at our "Explore Beyond our Borders" themed fundraising event.

Please consider partnering with us by making a donation, becoming a sponsor or advertising your business in our auction catalog and/or our auction website. [www.hca2014auction.com](http://www.hca2014auction.com)

Holy Cross Academy is a tax-exempt non-profit organization under section 501(c)(3) of the Internal Revenue Code and donations is tax-deductible to the fullest extent allowed. Contact the auction committee at [HCA2014auction@holycross-web.com](mailto:HCA2014auction@holycross-web.com) with any questions.

We appreciate receiving your information by February 28, 2014.

Thank you for your kind consideration. "It's about the Children!"

## **SHARE Orders Due Feb 10**

Self Help and Resource Exchange is a cooperative food distribution program that is new this year at St. Mary Church. The ministry is multi-faceted providing wholesome and nutritious food to families and individuals at a reduced cost while at the same time promoting volunteer service in our Parish and area Community, building relationships with other community organizations is strongly encouraged.

Most areas of ministry, in or out of the parish community, typically requires a commitment of one or two hours per month. Each package ordered requires two hours of community service – as long as the community service is doing something for someone else, it is acceptable. Distribution of packages takes place the fourth Saturday of the month from 8 to 9am.

Please contact Rick Caporali, [rcaporali@stmaryfred.org](mailto:rcaporali@stmaryfred.org) for more information. Food Packages are available to everyone – no income requirements. Menus are available at the parish office.

## **Bishop's Lenten Appeal**

The mailing from Bishop Loverde regarding the 2014 Bishop's Lenten Appeal (BLA) was sent in late January. After reflecting upon the many blessings that God has given you, please

prayerfully consider making a pledge of support to this important appeal that funds many programs and ministries that serve people in need and further Jesus' Mission in our diocese.

## **Project Rachel Day of Prayer**

A one day abortion recovery retreat for women will be held Saturday, February 22. This retreat is a safe place to renew and rebuild hearts broken from abortion. It offers a supportive and confidential environment where you can begin the process of healing. For more info or to register, please contact Project Rachel at (888) 456-HOPE (4673) or [info@helpafterabortion.org](mailto:info@helpafterabortion.org).

## **Gift for Life Thank You**

Thank you for supporting the 2013 Advent Gabriel Project/ Project Rachel "Gift for Life" campaign. Arlington Diocese Parishioners donated over \$168,000 to help fund pre-natal care for mothers in need, and professional counseling and retreats for the post abortive. We cannot thank you enough for your generosity!

## **"Light the Way" Catholic Charities Annual Ball 2014**

Join us for a fun-filled evening of dining and dancing as well as our major fundraiser, providing about 10 percent of Catholic Charities annual budget. Please mark your calendar to attend or volunteer Friday, February 21. For more information, contact [ccball2014@gmail.com](mailto:ccball2014@gmail.com).

# so you must also do"

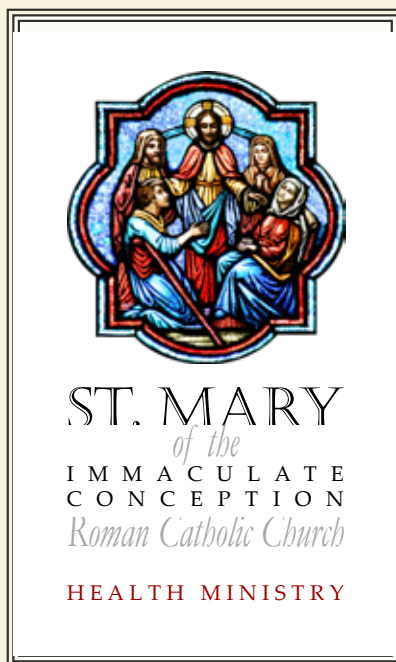
## In the next few months Saint Mary will begin to establish an exciting new ministry for our parish.

Health Care Ministry has been established in many parishes as a way to serve the whole person, body and soul following Christ's own example of reaching out to those he cares for, with faith, hope and love in his ministry of healing.

Consider your experiences with the healthcare system and its providers. What have you, your friends, and fellow parishioners experienced? Have you or they every had the following experiences?

- I have a serious health problem. I need someone to talk to who understands my physical problem and my spiritual beliefs and values. I feel alone; who can I talk to?
- A fellow parishioner confided in me about some serious physical and mental problems in her family. She needs help figuring out what steps to take next. Where do I go to help her?
- With very limited finances, where can I go to get screened for a health problem? How will I pay for care? Who will help me understand what the doctor told me to do? How do I know I am choosing the right treatment?
- Because they don't know any better, too many of the

people that I care about and interact with don't seem to understand the relationship between developing a healthy lifestyle to spiritual health and well-being. They need to see that God wants them to eat, exercise and cope in ways that are healthy. But no one is doing that for them.



- I now realize how important the care of my body, my physical and mental health is to my relationship with God. I wish I could find someone to support me becoming healthier.

These concerns and similar ones are a growing issue in today's health care system and people are looking for a better way. It is no surprise that church communities are leading the way. Many Catholic parishes have bridged the gap between physical/mental and spiritual health. Just as Jesus reached people through healing their bodies,

parishes are following Jesus by sponsoring health ministry teams and parish nurses.

The goal of a health ministry team is NOT to replace any services or resources already available to the community. It is to provide support and education, and motivate parishioners as they adopt a healthier lifestyle. The parish nurse can transform that goal into action in the following ways:

- Brings spiritual support to the experience;
- Assists parishioners in assessing a health care need or situation;
- Supports in identifying care options;
- Provides appropriate health/wellness education;
- Provides referrals to community resources.

The parish nurse concept began about 30 years ago and has expanded to Catholic parishes, as well as to many other faith-based communities throughout the U.S. Health ministries teams include volunteers who assist the parish nurse in promoting health, discovering early signs of health problems, and help parishioners navigate complex health care systems when needed. They help pastors address the needs of parishioners whose spiritual crises are related to the need for support in the midst of injury, illness or disability. They are answering God's call to heal body, mind and spirit.



# operations staff

[www.stmaryfred.org](http://www.stmaryfred.org)

1009 Stafford Ave., Fredericksburg, VA 22401

<b>SUNDAY MASS</b>	Saturday Vigil 5 & 7pm Sunday 7, 8:30, 10:30am, 12:30, 2pm (Spanish), 5pm, 7:01pm 10:30am at Holy Cross Academy
<b>DAILY MASS</b>	Mon.-Fri.: 6:30 & 9am; Sat., 9am First Friday 8pm Holy Days of Obligation, as announced
<b>DEVOTIONS</b>	Adoration & Benediction, Wed., 7-9pm Novena with Exposition, Mon., 7-7:30pm All Night Adoration, First Friday Miraculous Medal Novena, Mon., after 9am Mass Divine Mercy, Wed., 3pm
<b>CONFESSION</b>	Wed., 7-9pm; Sat., 8am & 3:30pm, or by appt.
<b>PARISH OFFICE</b>	540-373-6491, fax 371-0251 stmary@stmaryfred.org Mon.-Fri., 8:30am - 4:30pm; students staff office weekdays until 9pm, Saturdays 9-5pm, Sundays 9:30-1:30pm  Pastor, Fr. Don Rooney Fr. Keith Cummings Fr. Stephen Holmes Fr. Lino Rico Rostro Deacon Alberto Bernaola Deacon Dick Delio  Executive Assistant, Rick Caporali Business Manager, Elaine Stanislawski Director of Sacred Music, David Mathers Administrative Assistant, Kelly Keiser Secretary, Mary Fitch
<b>HOLY CROSS ACADEMY</b>	540-286-1600 250 Stafford Lakes Parkway Fredericksburg, Virginia 22406-7234 Principal, Sr. Susan Louise Eder, O.S.F.S.
<b>ST. MARY PRESCHOOL</b>	373-7553 Director, Nanci Scharf
<b>RELIGIOUS EDUCATION OFFICE</b>	373-6491 Director, Aristides Lucas Associate Director, Karen Sturtevant
<b>YOUTH MINISTRY</b>	373-6491 Director, Leo Chavarria
<b>BAPTISMS</b>	Parish registration (90 days) and class required. Please contact the parish office to schedule the date at least four weeks in advance.
<b>MARRIAGE</b>	Parish registration required; contact parish six months in advance to begin preparation.
<b>JOIN US</b>	New Family Registration meetings are held monthly in the church on fourth Sundays, following the 10:30 Mass. Please notify us of any telephone/address changes.

## Weekly Offertory

Offertory Collection 2/2/14	\$46,830.
Arlington Catholic Herald Church in Latin America (add'l)	4,576. 1,748.
Poor Box for St Vincent de Paul (wk ending 2/2/14)	200.
Children's Offertory Donations for January	293.
SCRIP Profit for the week Year to Date:	190. \$5,152.

### Please note:

End of year statments have been mailed to all registered parishioners. Only contributions received using your offertory envelopes or a household check are recorded as your contributions. Please call the office if you have any questions.

*Thank you for your continued generosity! Please remember to use your Offertory Envelopes to ensure the accuracy of your end-of-year statement. The "Children's Envelope" proceeds will not be recorded on family statements.*

## SCRIP Helps Support HCA

Don't forget to buy your Scrip cards to help raise money for our parish school, Holy Cross Academy. Scrip cards are gift cards that you purchase at face value. The retailers sell them to us at a discount, which is how we make a profit. Simply exchange your cash or check at the Scrip table for gift cards for gas and grocery purchases or even restaurants and movie retailers. You may even order online at [www.shopwithscrip.com](http://www.shopwithscrip.com). A full list of retailers is available online that can be ordered for you!

You can also purchase many great retailers online with SCRIPNow! With SCRIPNow! there is no waiting. You can order your Scrip in minutes online and have the gift card code emailed to you.

To set up an account online at [www.shopwithscrip.com](http://www.shopwithscrip.com) and use our school code, **7B876EB-B188L2**, so Holy Cross Academy gets credit for your purchase. If you have any questions about SCRIP please email Torie Baldwin at [scripcoordinator@holy-crossweb.com](mailto:scripcoordinator@holy-crossweb.com) or 571-330-3448. Thanks for using SCRIP!

## Children's Offertory envelopes for February

The children's charity for February is Hazelwild Farm's Therapeutic Riding Program. The program offers specialized horseback riding lessons for all ages of riders with a wide range of physical, cognitive and emotional disabilities. The lessons increase stability, flexibility, strength, motor skills, cognitive ability and confidence for the riders, along with providing many other physical and emotional benefits. For more information, go to [www.hazelwildfarm.com](http://www.hazelwildfarm.com).

## Spreading Hope

Remembering the Church with a gift through your estate will bring hope to future generations of faithful Catholics. For more information call the diocesan Planned Giving Office at 703-841-3819. [www.arlingtondiocese.planyourlegacy.org](http://www.arlingtondiocese.planyourlegacy.org)

Articles must be submitted two weeks prior to publication.  
Send articles to [stmary@stmaryfred.org](mailto:stmary@stmaryfred.org). Thanks!

WE WELCOME YOU HOME. 540-373-6491

## Choose Life reflection

*"This life in us, however low it flickers or fiercely burns, is still a divine flame which no man dare presume to put out, be his motives ever so humane and enlightened; To suppose otherwise is to countenance a death-wish; either life is always and in all circumstances sacred, or intrinsically of no account; it is inconceivable that it should be in some cases the one, and in some the other." ~Malcolm Muggeridge, Something Beautiful for God, 1971*

We pray that the Lord would give each of us the grace to choose what is good and pleasing to God, especially in difficult situations when human life is threatened.

## Taize Prayer Service Monday, February 10

You are invited to a monthly gathering of prayer in the ecumenical tradition of the Taize community in France, the second Monday of every month from 8:15 to 9pm.

It is our hope that this monthly prayer brings together Christians of all churches, pastors and flocks, as together we realize a bit more each day that we must rely upon God's power to bring about unity among all who follow Jesus, "as he and the Father are one." It is something we are unable to do ourselves.

This Unity which embraces all people stands at the very heart of Christ's mission...and belongs to the essence of this community. Let us provide a place where his Spirit can come and accomplish this plan for us.



## St. Mary Prayer List

Please Pray for those who are sick or in need, especially: Donald Estes, Frederick Brems, Jordan Rizer, Jeri Carone, Joseph Terreri, Dawn Walter, Anna Castagna, Tim Murray, Tom Gibbs, Douglas Moore, Bill Luck, Mary Ullmer, Georgene Burton, David Silberman, Hieu Nguyen, Katie Billing, Audrey Wolski, Morgan Wolski, Ruth Weaver, Lucy Holzworth, David Arnold, Linda Moler, Matt Miller, Wilma Evans, Hoop Hooper, Rita Wainwright, Marianne Ford, Randy and Vicky Dehr, Velda Taylor, Deborah Ellia, Linda Kaila, Monica Lantigua, Bert DeVore, Betty Ann Dateno, Frank Moehler, Harold Gardiner, Garafano Family, Grant Family, Casey Family, LaCombe Family, Cecelia and Charles Lee, Christopher Ford, Joan Baker, Barbara Leone, Mary D'Amato, Sal Detrane, Tina Beaversdorf, Robert C. Murphy, Josephine Kreider, Eleanor Mitchell, Peter Fisher, Helen Kozyra, Catherine Gordon, John Castagna, Tyler Hansen, Meredith Whatcott, Julie Fabula, Amelia McDevitt, Gerald Gardiner, Ree Messer, Joyce Webster, O'Neta Shorter, Daniel Bustamonta, Dawn Dittmer, Joseph Mascetta, David Asher, Martha Clemens, Lisa Storm, Veronica Johnson, Joseph McCormick, Patrick Wilkinson

Please Pray for all the men and women in our military and civilian support services overseas, especially: Javier Acosta, Leah April, Joel Asher, Miguel Ayala, Crystal Black, Ned Brownell, Jr., Derek Brostek, Christopher Burton, Matthew Campos, Leslie Capuano, Bruno Carriero, Jonathan Catalano, Frank Creamer, Sal Contreras, James Cook, Brad Cowan, Sam Del Grande, Glenn Dickinson, Aaron Doble, Anthony Dowden, John Dussault, Sandy Dussault, Travis Eades, Doug Ebanal, Christopher Eckert, Tim Evan, Christopher Ewers, Paul Fischer, Jonathan Fleming, Roberto Fuentes, Jason Geary, Ramon Guerra, Jr., Andrew Hamilton, Harry Hamilton, Ronnie Hamilton, Maria Harbeson, Andy Haskell, Raymond Haskell, Robert Haynes, Michael J. Herbek, James Helm, James Hoffnagle, Jr., Robert Horner, Danny L. Howard, Jr., Anthony Howell, Matthew Kearney, Daniel Kramer, Julio Laffitte III, Chris Lammers, Stephen Lammers, Scott LaRousse, Ryan Larsen, Jeffrey Lawrence, Kenneth Linstrom, Ryan Lynch, Sean Malloy, Josh Martin, Samantha Martin, Justin McClelland, Patrick McGroarty, John Moring, Nathaniel McNamara, Roger Mitchell, Joseph Moore, Joseph Muldoon, Corey Nash, Mindy Niemann, James Kevin O'Donnell, Bryce Parson, Joshua K. Pastell, Sean Penczak, Dominick Joseph Petro, Scott Price, Nick Schulz, Duayne Scott, Tim Smetek, Andrew Smith, Douglas Stransky, Shawn Tupta, Heidi Urben, Christopher Williamson and Daniel Zeytoonian.

Please pray for all the faithful departed: especially Anna Haller, and all the benefactors of St. Mary.

## Daily Mass Intentions and Readings

### february

#### 10 MONDAY

6:30 Rev. Stephen Holmes  
9am +Marcel Astier  
1 Kgs 8:1-7, 9-13; Mk 6:53-56

#### 11 TUESDAY

6:30 Amante Marinas  
9am +Jennie Curch  
1 Kgs 8:22-23, 27-30; Mk 7:1-13

#### 12 WEDNESDAY

6:30 Rev. Lino Rico Rostro  
9am +Addie Comerford  
1 Kgs 10:1-10; Mk 7:14-23

#### 13 THURSDAY

6:30 Vickie Curtin  
8:20\* Rick Caporali  
9am The Crockett Family  
1 Kgs 11:4-13; Mk 7:24-30

#### 14 FRIDAY

6:30 +Jim Flewellen  
9am +Roseanne Burke  
1 Kgs 11:29-32, 12:19; Mk 7:31-37

#### 15 SATURDAY

9am Amante Marinas III  
5pm +Meeko Harandiuk  
7pm Donna Godek  
1 Kgs 12:26-32, 13:33-34;  
Mk 8:1-10

#### 16 SUNDAY

7am +Cecelia Davis  
8:30 Joe Walor  
10:30 Dale Bain  
10:30\* +Dominic Tam Nguyen  
12:30pm Jim Florio  
2pm Paul Coleman  
5pm For the Parish  
7:01pm Frank Guzman  
Sir 15:15-20; Ps 119; 1 Cor 2:6-10; Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37

\*indicates Mass at Holy Cross Academy