

**Twenty-seventh
Sunday in
Ordinary Time**

05 oct 2014

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



what's coming



october

5 TWENTY-SEVENTH SUNDAY IN ORDINARY TIME

Coffee Shop after Morning Masses, Parish Life Center (Girl Scouts).
11:30-3:30pm, Receptions welcoming Fr. Lino to the Arlington Diocese, Parish Life Center.
2-3:30pm, Annual Life Chain, meet outside Parish Life Center.
3:15pm, Spanish Marriage Preparation, Parish Life Center 204.
3:30-4:45pm, *Making Intentional Disciples* (Called and Gifted) Discussion Group with Fr. Rooney begins, church.
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.
Scrip Sales after Masses.

6 Monday, Weekday

7:30pm, RCIA/RICA program, Church. All invited to class at 7:30.

7 Tuesday, Our Lady of the Rosary

8 Wednesday, Weekday

1pm, Mary Bible Study continues, Courtyard Meeting Room.
6pm, Catechist Training, Parish Life Center.
7:15pm, Keeping in Balance Bible Study continues, Courtyard Meeting Room.
6:30pm, YOUCAT, John Paul II House.

9 Thursday, Weekday (Saint Denis, bishop, martyr, and Companions, martyrs)

9:45am, Craft Group, Parish Life Center 100.
9:45am, Matthew Bible Study continues, Courtyard Meeting Room.
7pm, Spanish Prayer Group, John Paul II House.
7:30pm, Parish Advisory Board Meeting, Courtyard Meeting Room.

10 Friday, Weekday

9:30am, St. Anne's Sisters in Faith (Moms' Group), JP II House.

11 Saturday, Weekday

9:30am, Health Ministry Walking Program continues, Saint Mary Parking Lot.
Scrip on sale after 5pm Mass.

12 TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

Coffee Shop after Morning Masses, Parish Life Center (Youth Ministry).
3:30-4:45pm, *Making Intentional Disciples* (Called and Gifted) Discussion Group with Fr. Rooney, church.
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.

13 Monday, Weekday

Columbus Day, parish offices closed, no religious education.
7:30pm, RCIA/RICA program, Church. All invited to class at 7:30.
8:15pm, TAIZE Ecumenical Prayer Service, Church. All invited.

14 Tuesday, Weekday (Saint Callistus I, pope, martyr)

10am, Saint Mary Book Club, JP II House, downstairs.
12pm, Senior Luncheon, Parish Life Center.
7:30pm, Life in the Spirit Gathering, Courtyard Meeting Room.

15 Wednesday, Saint Teresa of Jesus, virgin, doctor

6:30pm, YOUCAT, John Paul II House.

16 Thursday, Weekday (Saint Hedwig, religious; Saint Margaret Mary Alacoque, virgin)

9:45am, Craft Group, Parish Life Center 100.
7pm, Spanish Prayer Group, John Paul II House.
7:30pm, Confirmation Year II Meeting, Church.

17 Friday, Saint Ignatius of Antioch, bishop, martyr

9:30am, St. Anne's Sisters in Faith (Moms' Group), JP II House.
7pm, Bunco, Parish Life Center.

18 Saturday, Saint Luke, evangelist

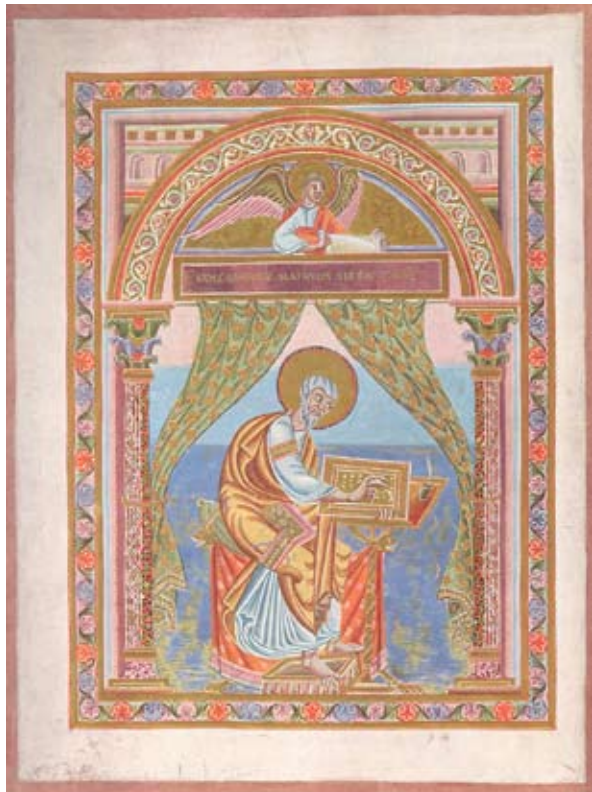
9:30am, Health Ministry Walking Program continues, Saint Mary parking lot.
6-8:30pm, Knights of Columbus Family Dinner, Parish Life Center.
World's Finest Chocolate Sales (HCA) after Masses this weekend.
SCRIP Sales after 5pm Mass.

nota bene (*note well, please*):

✚ Please remember to return your completed Commitment Cards soon so that we may compile our lists of responses and ask our Ministry Leaders to contact you in a timely manner.

✚ We have a lot of meetings and classes this week and ask that you read the bulletin carefully so as not to miss anything!

✚ SCRIP is on sale this weekend in the Parish Life Center after most Masses. Please use SCRIP and help our school.



On the cover and above: illuminations from the Bible Codex Aureus of Echternach, 11th century. The cover illustration is of the parable of the vineyard owner.

1009 Stafford Ave., Fredericksburg, VA 22401

SUNDAY MASS Saturday Vigil 5 & 7pm
Sunday 7, 8:30, 10:30am, 12:30, 2pm (Spanish), 5pm, 7:01pm
10:30am at Holy Cross Academy

DAILY MASS Mon.-Fri.: 6:30 & 9am; Sat., 9am
First Friday 8pm
Holy Days of Obligation, as announced

DEVOTIONS 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

CONFESSION Wed., 7-9pm; Sat., 8am & 3:30pm, or by appt.

PARISH OFFICE 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

HOLY CROSS ACADEMY 540-286-1600
250 Stafford Lakes Parkway
Fredericksburg, Virginia 22406-7234
Principal, Sr. Susan Louise Eder, O.S.F.S.

ST. MARY PRESCHOOL 373-7553
Director, Nanci Scharf

RELIGIOUS EDUCATION OFFICE 373-6491
Director, Aristides Lucas
Associate Director, Karen Sturtevant

YOUTH MINISTRY 373-6491
Director, Leo Chavarria

HEALTH MINISTRY 845-3031
Steven Haughton, RN, and Beth Palacios, RN

BAPTISMS Parish registration (90 days) and class required.
Please contact the parish office to schedule the date at least four weeks in advance.

MARRIAGE Parish registration required; contact parish six months in advance to begin preparation.

JOIN US New Family Registration meetings held in the church on fourth Sundays, following the 10:30 Mass. Please notify us of any contact changes.

Articles must be submitted two weeks prior to publication.
Send articles to stmary@stmaryfred.org. Thanks!

this week's bulletin:

4 from our pastor

5 holy cross academy

6 religious education

7 youth

8 health

10 community

12 operations & outreach

from our pastor



Dear Good People of Saint Mary,

Pope Francis, in his message for this year's World Day of Prayer on January 1, wrote:

"Fraternity is an essential human quality, for we are relational beings. A lively awareness of our relatedness helps us to look upon and to treat each person as a true sister or brother; without fraternity it is impossible to build a just society and a solid and lasting peace. We should remember that fraternity is generally first learned in the family, thanks above all to the responsible and complementary roles of each of its members, particularly the father and the mother. The family is the well-spring of all fraternity, and as such it is the foundation and the first pathway to peace, since, by its vocation, it is meant to spread its love to the world around it."

Last Sunday night our Diocesan Commission on Ecumenical and Interreligious Affairs hosted our annual dialogue on peace at St. Francis of Assisi parish in Triangle, and this year we took this quote as our theme. Four women, representing the Hindu, Muslim, Buddhist and Catholic (Sr. Clare Hunter, FSE) faiths, spoke about the values of family, relationship, brokenness, and how our world might, as Pope Francis seems to suggest, apply the same kind of fraternal values to world situations between nations to seek a new kind of tolerance, even forgiveness and reconciliation.

Those who were present not only remarked about the power of the theme, but also the remarkable power of hearing these four women's voices speaking from the same place, a common value of family, and expressing the same concerns and hopes.

You see, dialogue isn't so much about all of us trying to be the same. Such an activity would be not only meaningless, but untrue. We are not the same. But as we approach one another and speak honestly what is true, and seek to act in truth, and really listen to what each other has to say, divergences begin emerge. Our commonality becomes clear, despite our

diversity and distinctions of culture, race and religion. Such distinctions still exist, but co-exist with the greater reality that is shared, and become less reasons for divisions as opportunities to learn, and grow.

Nobody had all the answers—any answers, really—to the big questions of what would a family of nations do to try to reconcile their own? How would one culture approach another in the accepting stance of a kind of adoption? How would an enduring love based in our common humanity and unity be able to overcome the pain of separation and rivalry, of pride and jealousy? At the end of the day, aren't all the members of the family equal in rank and role? Doesn't that relationship of brother and sister count for something?

Sometimes when I am in the confessional I hear children always refer to their brothers and sisters as "siblings." How clinical and impersonal! I always ask them what they mean by that. I am always my brother's keeper, but I've never thought much about being my sibling's keeper.

Such valued relationships require a new set of considerations. When your brother sins against you you must first go to him and seek to be reconciled, Jesus said. How often do we go directly to the tribunal and seek damages?

There was a great moment when Pope Francis was speaking to a group of Pentecostal pastors in Texas earlier this year. He was telling the Bible story of Joseph and his brothers, who had sold him into slavery, short of killing him. "They came to Egypt to buy food in the middle of a famine," the Pope relates. And it so happened that their long-lost brother was in charge of the food. "What brought them all back together was hunger. Clearly, they had money, they came to Egypt to *buy* food."

All of us have our riches of our cultures and our systems of faith. But, as the Pope adds, "*You can't eat money*. It is within the context of the relationship that we are fed."

God bless you.

Fr. Dom

holy cross academy



That extra boost

Once a week, Middle School teachers at HCA offer extra help to students who may need some additional assistance with their school work. Middle School students have an 'extra help' class period each Thursday after Mass. Teachers at all levels make themselves available before and after school and during recess for the children in their class. The achievement and success of every student is very important to us.

Learning study skills at the beginning of the school year is a great help as students take up their classes once again. During the first few weeks of school, the Middle School teachers provided students with a course in study skills that will assist them across the curriculum. Students went over techniques for organization, note taking and time management. Our Middle School students are prepped for success.

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. For St. Mary Preschool, please call 540-373-7553. Our school 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.

Ways to give to HCA and our Preschool

You can contribute through a variety of convenient programs. We participate in several programs that offer you simple, easy ways to benefit the students at our school. See all of your options for donating directly on our website at: www.holycrossweb.com/fundraising.htm. If you have any questions or need help, please call the office at 540-286-1600 or email Mrs. Baskett at hcaoffice@holycrossweb.com.

- **AmazonSmile Program** – Register your account at smile.amazon.com to support HCA and a portion of the purchase price is donated to us! You can register an existing account or it's easy to set a new one up. Visit smile.amazon.com and search for Holy Cross Academy as your charity of choice. Be sure to bookmark the link as only purchases on AmazonSmile will earn donations.
- **Register Your Giant Rewards Card** – Register your My Giant Rewards card and every shopping trip benefits HCA! Your My Giant card needs to be registered each school year to keep benefitting us. Our school number is 02320. You can either visit www.giantfood.com/aplus to register or let us do it for you! Just email us your last name, your 12 digit Giant number and your home phone number at hcaoffice@holycrossweb.com.
- **Target® REDcard Take Charge of Education Program** – Target offers credit cards and debit cards that donate 1% of your purchases to Holy Cross Academy. To learn more, visit <https://www-secure.target.com/redcard/tcoe/faq>.
- **Box Tops for Education Program** – Clip the Box Tops from participating brands of numerous products and then hand them in to the office, the church or mail them to us at your convenience! We earn 10¢ for every box top. Learn more at www.bboxtops4education.com.
- **Campbell's Labels for Education Program** – This 41-year-old program is still going strong! Clip the label or proof of purchase from participating products and either hand them in at the office or mail them to us at your convenience. We're able to use your donations of labels to purchase equipment for the playground, science labs, and other classes. Learn more at www.labelsforeducation.com.

We also recycle printer cartridges and log-in Coca-Cola products for the benefit of our children. Thanks for your support.



*A National
Blue Ribbon
School, 2012*

education

religious education

RE Classes this week

Monday: Religious Education classes.
Tuesday: Teaching Mass at 6:30pm in the church
Wednesday: No Religious Education classes
Thursday: Teaching Mass at 6:30pm in the church

All Students are expected to attend one of the Teaching Masses. Attendance will be taken at each Teaching Mass.

Catechist Training

The next catechist training session will be on Wednesday, October 8, at 6pm in the Parish Life Center. The meeting will begin with dinner.

In the August training session Fr. Christopher Vaccaro and Mr. John Knutsen introduced us to our mission to proclaim the Gospel. In the next three training sessions Fr. Cummings will continue to in us the gifts of the Holy Spirit so we can be better joyful messengers and models of the Good News.

Adults: Forming Intentional Disciples Starts this weekend with Fr. Don

Join us for a bookstudy working with the "Called and Gifted" program that will be led by Fr. Don Rooney beginning this weekend, Sundays

3:30–4:45pm in the church. There is a \$10 fee for the book and study guide, there is still time to order the book if you want to join us

Adult confirmation classes Dec/Jan

We will begin Adult Confirmation classes for all those who have already been baptized and received First Communion, but have not been confirmed. There will be an introductory meeting and then six class sessions led by Deacon Dick, each lasting about one hour on Tuesday nights. The tentative schedule is: December 9, 16, January 6, 13, 20, 27 finishing on February 3. If you would like to sign up for these classes, or to just come to the introductory meeting to hear more, please call the Parish Office to register, leaving your name, phone number and email address.

St. Anne Sisters in the Faith schedule

Please join us this Friday, October 17, as we continue with Matthew Kelly's *Rediscovering Catholicism*. Learn how you can become the best version of yourself. Join us for 9am Mass followed by refreshments at the JP II house. Our meeting promptly begins at 10am. Babysitting is available. If you have any questions, please contact Rocio at Rocio.o.atkinson@gmail.com or Suzi Eggleston at 540-834-0752

*You are cordially invited,
all who have volunteered at
Saint Mary or Holy Cross
during the past year,
to come to our eighth annual
Volunteer Appreciation Dinner*

*Dinner and dancing,
Thursday, the 23rd of October
6pm at Holy Cross Academy*



High School YOUCAT program

Our Wednesday night YOUCAT program has resumed for the 2014-15 school year. All high school students are invited to join us at the John Paul II house for a powerful night of scripture, Church teaching, fellowship and prayer. We meet Wednesdays from 6:30–8pm.

CYM Dinner Volunteers

Before every Sunday night High School Youth Group we provide a dinner for our teens as well as an opportunity for fellowship and socialization with their peers and the Youth Ministry adult staff. The only way these dinners can happen is if we get enough parent volunteers to make it happen. Each CYM Dinner team is responsible for a dinner every 5–6 weeks. If you are interested in participating or would like more information please contact our CYM Dinner Coordinator, Mrs. Jane Stoecker at jfstoeckerclnc@yahoo.com

High School Youth Group

High School Youth Group started Sunday September 7. Please mark your calendar as we begin a new year filled with lots of blessings, fun, faith and joy. Make sure you register!

CYM Foodbank day of service

We still have a few spots left for any high school teen interested in volunteering at the FoodBank on Saturday, October 4 from 8:15am to 11am. We will be helping with their "Food for Life" program which is for low-income elderly 60 years of age and older. Volunteers help pack in an assembly-line process to sort food that will then go out to people. You must contact the Office of Youth Ministry to sign up.



Middle school Youth Group

We kick off this Sunday, October 5 from 3:30pm – 4:30pm. All 7th and 8th graders are invited to a power-hour of fun, friends and faith. *Please note that we typically meet in the Parish Life Center but in October we will meet in the John Paul II house.*

High School Rally

Join us for the Diocesan High School Rally on Sunday, October 19 from 10am-9pm. This event is a celebration of our faith and love of the Lord. We will gather for over eight hours of live music, games, inspirational speakers, and Sunday Mass with Bishop Loverde. Cost is \$25 and a permission slip. RSVP by no later than Thursday, October 2. There will be no CYM events at Saint Mary October 19 due to the Rally.



This is our way of saying "Thank you for all that you do!"
There is no cost for the meal and dress is casual. Seating is limited, adults only, please. To make your reservation, please RSVP to the parish office, 540-373-6491 or to Fr. Rooney at frrooney@stmaryfred.org by Monday, October 20.

health watch



From your parish nurses

*The air is crisper, it's that time of year.
Flu season is here.*

*The single best way to protect against the flu
is to get vaccinated each year.*

Ask your medical provider or your Parish Nurse what type of flu vaccine is appropriate for you if you have underlying medical conditions.

Why should people get vaccinated against the flu?

SOURCE: CDC.gov.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Who should get vaccinated?

Everyone from 6 months & older.

What are the benefits of flu vaccination?

While how well the flu vaccine works can vary, there are a lot of reasons to get a flu vaccine each year.

- Flu vaccination can keep you from getting sick from flu. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness.
- Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination also may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations and deaths.

—A recent study* showed that flu vaccine

reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.

—One study showed that flu vaccination was associated with a 71% reduction in flu-related hospitalizations among adults of all ages and a 77% reduction among adults 50 years of age and older during the 2011-2012 flu season.

—Flu vaccination is an important preventive tool for people with chronic health conditions. Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year. Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

—Vaccination helps protect women during pregnancy and their babies for up to 6 months after they are born. One study showed that giving flu vaccine to pregnant women was 92% effective in preventing hospitalization of infants for flu.

—Other studies have shown that vaccination can reduce the risk of flu-related hospitalizations in older adults. A study that looked at flu vaccine effectiveness over the course of three flu seasons estimated that flu vaccination lowered the risk of hospitalizations by 61% in people 50 years of age and older.

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

To avoid this, people should stay away from sick people and stay home if sick. It also is important to wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately. Further, frequently touched surfaces should be cleaned and disinfected at home, work and school, especially if someone is ill.



**Your Saint Mary
Health Ministry
Team:**
*Committee Chairs
Gail Russell and
Donna Phillips,
and Parish Nurses
Beth Palacios and
Steven Haughton*

The flu is contagious.

Most healthy adults may be able to infect other people beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.

Cold or flu—what is the difference—?

SOURCE: WebMD

When you wake up sneezing, coughing, and have that achy, feverish, can't move a muscle feeling, how do you know whether you have cold symptoms or the flu?

It's important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for days to weeks. The flu can also result in serious health problems such as pneumonia and hospitalizations.

What are common cold symptoms?

Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Nasal symptoms, runny nose, and congestion follow, along with a cough by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

With cold symptoms, the nose teems with watery nasal secretions for the first few days. Later, these become thicker and darker. Dark mucus is natural and does not usually mean you have developed a bacterial infection, such as a sinus infection. Several hundred different viruses may cause your cold symptoms.

How long do cold symptoms last?

Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious. This means you can pass the cold to others, so stay home and get some much-needed rest.

If cold symptoms do not seem to be improving after a week, you may have a bacterial infection, which means you may need antibiotics.

Sometimes you may mistake cold symptoms for allergic rhinitis (hay fever) or a sinus infection. If cold symptoms begin quickly and are improving after a week, then it is usually a cold, not allergy. If your cold symptoms do not seem to be getting better after a week, check with your doctor to see if you have developed an allergy or sinusitis.

What are common flu symptoms?

Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of flu include sore throat, fever, headache, muscle aches and soreness, congestion, and cough. Swine flu in particular is also associated with vomiting and diarrhea.

Most flu symptoms gradually improve over two to five days, but it's not uncommon to feel run down for a week or more. A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems. If you notice shortness of breath, let your doctor know. Another common sign of pneumonia is fever that comes back after having been gone for a day or two.

Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes, or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms.

happening here

**Respect Life Sunday
National Life Chain, 2-3:30PM**

Saint Mary Parish welcomes all our parishioners and local churches as well to participate in the Annual Life Chain. We will meet outside the Parish Life Center at 2pm to pick up our signs and walk up to Route 1, where we will form a chain along Route 1 from Route 3 to College Avenue. Please join us and take a stand for the unborn.

Celebration for Fr. Lino this weekend

All parishioners are invited to celebrate with Father Lino who, although serving in our diocese for a decade, has just recently been *incardinated*, or accepted fully by Bishop Loverde as a priest of the Catholic Diocese of Arlington, no longer on loan from the Diocese of San Luis Potosi in Mexico. Congratulations, Fr. Lino! Receptions are this weekend, Sunday, October 5, following the 10:30am and 12:30 and 2pm Masses.

**Retreat Day at the Basilica
with Young Adults Oct. 11**

Saint Mary Young Adults are taking our annual trip to the Basilica of the National Shrine of the Immaculate Conception for a retreat day on Saturday, October 11. Please join us for a day of prayer and exploration of the largest church in North America. Among the activities: Mass, Confessions, group and individual prayer time, and a tour of the Basilica. Carpooling will be available. Please join our email list by emailing Allison Gatrone at StMaryYA@gmail.com

Senior Luncheon October 14

The next parish senior luncheon will be held at the Parish Life Center on Tuesday, October 14 from Noon to 3pm. All Seniors in the parish are invited. If you plan to attend, please call Maria D'Amico at 540-785-3580 by October 13 so we can best prepare for the luncheon. Entertainment will be provided. Come and enjoy the company of your fellow seniors in the parish.

Parish Book Club October 14

The parish book club will meet at 10am October 14 at the John Paul II House to discuss *What Is the Point of Being a Christian* by Fr. Timothy Radcliffe, OP. The book was awarded the 2007 Michael Ramsey Prize for theological writing. More information: Kathleen Mahoney, 540-371-2073 or bmah761569@aol.com

November Family Dinner on October 18

The November Family Dinner, sponsored by the Knights of Columbus, will be held two weeks early on Saturday, October 18 from 6 to 8:30pm in the Parish Life Center. The menu includes meatloaf, macaroni and cheese, green beans, and bread pudding. The proceeds will be used to help pay for the cost of a diabetic alert service dog for one of our parishioners, A. J. Schalk, who is a freshman at Stafford High School. The dinner is open to the public and pay-at-the-door. Takeouts are available. The cost is Adults \$7; Seniors (60&up) \$6; Teens \$6; Children (7-12) \$5, Children (under 7) Free. The maximum cost per family is \$25.

FASL Junior Cotillion

Having good manners can put your child on the right path in life. Register your 6th, 7th, and 8th grader for the Junior Cotillion of Fredericksburg, where they will learn how to treat others with dignity, grace, and respect for better relationships with family, friends, and adults. Classes begin October 19. For information, please call 540-736-7068 or email mannersmat-terva@gmail.com.

November 14-16: Men's and Women's Retreat

at Loyola on the Potomac in Faulkner, Maryland, "Behold the Face of God" is this year's theme. Explore the Ignatian principles of being contemplatives in action, finding God in all things. Contact Len or Sylvia Fontenot, 540-663-2261 or email lensyl1966@verizon.net. To register go to www.loyolaonthepotomac.com.

The retreats begin on Friday with check in and Confessions from 5-6:30pm, an orientation at 6:45pm and dinner at 7pm and conclude with lunch on Sunday following Mass. The suggested offering for the Retreat is \$235, but only \$185 for first-time retreatants. A payment plan is available.

other Saint Mary retreat dates:

Men's Retreat: 6-8 March 2015 (during Lent).

Women's Retreat: 13-15 March 2015 (during Lent).

Plan now for CCW Pilgrimage

All parishioners are welcome to join in the annual pilgrimage, sponsored by Saint Mary CCW, this year to America's First Cathedral, the Basilica of the National Shrine of the Assumption of the Blessed Virgin Mary in Baltimore. The trip will include Mass

community around beyond

celebrated by Fr. Lino, a tour of the Basilica as well as visiting the beautiful Pope John Paul II Prayer Garden adjacent to the Basilica, and the lovely gift shop. You are invited to experience one of America's most historic houses of worship restored in 2006 to its original design, as envisioned by America's first bishop John Carroll and renowned architect Benjamin Henry Latrobe. There will be time in the afternoon for lunch and to enjoy the Inner Harbor of Baltimore.

The bus will be leaving Saint Mary at 8am on Saturday, November 15, returning by 6pm. Cost will be \$24 which includes the bus and entrance donation of \$2. You may reserve a seat (\$24) at the parish office or at the CCW meeting in September or October. Please reserve early as we expect the bus to fill quickly.

Marriage Encounter Weekends this fall

"Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God." Don't let the world's way tear your marriage apart. The next Worldwide Marriage Encounter Weekend is November 14-16 in Herndon. For more information or to apply, visit our website at renewmarriage-vanorth.org or contact us at applications@renewmarriage-vanorth.org or 703-378-4150.

Encuentro Matrimonial Mundial

El sábado 22 y domingo 23 de noviembre se llevará a cabo el fin de semana del Encuentro Matrimonial Mundial en el Hotel Holiday Inn Dulles Expo, en Chantilly, Virginia. Inicia el sábado a las 7:15 de la mañana y termina el domingo a las 5 de la tarde. Si desea más información comuníquese al 703-273-0875 o al correo electrónico macastrober@gmail.com

St. Mary Prayer List

Please pray for those who are sick or in need, especially: Dory Henderson, Robert Epp, Mina Logan, Romalie Vonaime, David Vonaime, Helen Kozyra, Debbie Lloyd, Nathan Tarantino, James Calpin, Rebecca Johnston, Mary Damato, Julie Fabula, Amelia McDevitt, Gerald Gardiner, Richard Romagnoli, John Castagna, Eleanor Mitchell, Hall Family, Kelly Keiser, John Nash, Keith Snellings Sr., Patricia Snellings, Jan Kozyra, Melvyn Schreckinger, Linda Klein, Kevin Ahern, Angie Calloway, Holly Smith, Cathy Thompson, Joseph Bozicevic, Charlie and Esther White, Martha Clemens, Veronica Johnson, Wilma Evans, Phyllis Timms, Tyler Hansen, Dawn Vigil, Michael Wood, Bob Young, Katy Cornell, Thomisita Devilla, Robert Lyman, Anna Castagna, Beth Malaby, John Paul Baksy, Dan Owens, David Arnold, Steve Keene, Daniel Bustamonta, Joseph Rooney, Dianne Stephens, MaryBeth Stephens, the Clasen Family, Mary Jean and Don Williams, Stephen Dittmer, Mary Ullmer, Charlie Catalano, Billie Stewart, Lisa Storm, Charles Lee, Irene Sweeney, Marcella Sowiejka, Carlita Aberle, Daniel and Forrest Theiss, Ed Buzicky, Kati Johnston, Marianne Ford, Richard Fadden, the Carlos Ortiz Family, Martha Ferrara, Harold Gardner, Betty Ann & Bill Dateno, the Goldsmith Family, Shaun Williams, Lori Horner, Heidi Wilbrandt, Josephine Kreider, Sr. Marie de Chantal, Jo Ann James, Frances Scott, Dennis Hahn, Barbara Leone

Please pray for all the men and women in our military and civilian support services overseas, especially: 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 Ebenal, 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, Raymund Haskell, 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, Geoff Mann, 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, Nicholas Oltman, Bryce Parson, Joshua K. Pastell, Sean Penczak, Dominick Joseph Petro, Nick Schulz, Duayne Scott, Tim Smetek, Andrew Smith, Douglas Stransky, Shawn Tupta, Heidi Urben, Christopher Williamson, Daniel Zeytoonian, Justin Carter, Julianne Rogers, Jamal Williams

Please pray also for those who have died, especially the benefactors of Saint Mary Church.

Daily Mass Intentions and Readings

october

6 MONDAY

6:30 + Ellen C. Savage
9am The Burke-Derouin Family
Gal 1:6-12, Lk 10:25-37

7 TUESDAY

6:30 + Joseph F. Petrucilli
9am + Francois Astier
Gal 1:13-14, Lk 10:38-42

8 WEDNESDAY

6:30 + Jean Baptiste
9am + Barbara Mertens
Gal 2:1-14, Lk 11:1-4

9 THURSDAY

6:30 + Meeko Harandiuk
8:30* + Patrick Grady
9am + Timothy Hanlon
Gal 3:1-5, Lk 11:5-13

10 FRIDAY

6:30 + Trung Trinh
9am John Elwell
Gal 3:7-14, Lk 11:15-26

11 SATURDAY

9am + Ken Schmitz
5pm Khang Nguyen Family
7pm For the Parish
Gal 3:22-29, Lk 11:27-28

12 SUNDAY

7am + Asencion Alvarez
8:30 + Mark McKeown
10:30 + Lorey & Kim Wright
10:30* + Timothy E. Hanlon
12:30 + Nick Kennedy
2pm Father Lino
5pm Brian & Stephanie Cook
7:01 + Deb Sehl
Is 25:6-10, Phil 4:12-14,
Mt 22:1-14

Please remember that Mass intentions may be requested at the parish office for any remaining Masses of the year. If dates are no longer available, you are welcome to request an intention that is "unscheduled," and one of the priests will gladly celebrate Mass for your intention at an extra Mass during the week or as a concelebrant.

*indicates Mass at Holy Cross Academy

operations given in love

Weekly Offertory

28 Sept. 2014 Offertory	31,360.
Catholic Univ. Collection	11,372.
Parish Building Fund (add'l)	1,854.
Poor Box / Vincent de Paul	206.

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

THE SECOND COLLECTION
FOR OCTOBER 11-12 IS FOR
OUR PARISH BUILDING FUND.

Children's October charity

The charity that will benefit from Children's Offertory Envelopes in October is Safe Harbor Child Advocacy Center in Spotsylvania. This organization strives to strengthen the coordinated community response to situations of child maltreatment, including sexual abuse, severe physical abuse, severe neglect and fatalities, by integrating the existing resources of law enforcement, child protection, prosecution, medical and therapeutic agencies so that perpetrators are held accountable for their actions and children are not further traumatized by the investigative process. Children's Offertory Envelopes are available through Religious Education.

Attention Crafters

It's that time of year again! Our Annual Craft Bazaar is October 25—26. We need your hand-made crafts. If you have items you have made and wish to donate them you can bring them to us on Thursday mornings in Room 100, Parish Life Center or to the church office. Any questions get in touch with [Wanda Cushing at wcushing@verizon.net](mailto:WandaCushing@verizon.net) or call her at 373-9184.



Help serve local low-income children this fall!

Stafford Junction is a local faith-based nonprofit that strives to help low income children and their families fulfill their maximum potential. Twice a week from October 6 thru May we offer Brain Builders, an after-school tutoring program that engages low income children grades K-8th. We are seeking tutors ages 7th grade thru retirement to work one-on-one with children. Tutoring is as easy as listening to a child read, and can be done as frequently as your schedule permits (once or twice a week, every other week, etc.). Brain Builders program is offered at the following schools: Kate Waller Barrett (off Rt. 610), Rocky Run (off Rt. 17), Falmouth (off Rt. 1), and Ferry Farm (off Ferry Rd.) Elementary Schools, and Drew Middle School (off Rt.1). To volunteer this fall please call 540-368-0081 or email info@staffordjunction.org. Thank you for making a local difference today!

REAP Scholarship Grants

The Religious Education Assistance Program (REAP) is

a scholarship grant program developed and administered by Fredericksburg Council #4034 of the Knights of Columbus to support Catholic school education by providing financial assistance in the form of grants to families who, because of financial difficulties, are unable to fully pay the current year's tuition at Holy Cross Academy, Saint John Paul the Great High School, or St. Michael High School. The student's effort and potential for academic success is also an important consideration. This program does not provide financial assistance for students enrolled in the parish Religious Education Program.

Grants up to the amount of \$2,000 will be awarded. Grants are for the current academic year only. Families may reapply for new grants in succeeding academic years if financial difficulties persist or recur. Scholarship grants awarded under this program will be paid directly to the appropriate school.

For information about eligibility, information required, and how to start the process, registered Saint Mary families should contact Mr. Kevin Doyle,

called in love

Council 4034 Church Activities Director, at kgdoyle@verizon.net. Applicants must act quickly, applications must be postmarked by Tuesday, October 21.

Pro-life reflection

"God's infinite love for each one of us helps us to grasp our identity and our worth. The recognition of this dignity leads us to respect and protect each person's life..." (USC-CB Secretariat of Pro-Life Activities) *We pray for the world that all people may recognize and treat each person as a masterpiece of God's creation.*

PRAYER TO OUR LADY OF GUADALUPE

Virgin of Guadalupe, Patroness of unborn children, we implore your intercession for every child at risk of abortion. Help expectant parents to welcome from God the priceless gift of their child's life. Console parents who have lost that gift through abortion, and lead them to forgiveness and healing through the Divine Mercy of your Son. Teach us to cherish and to care for family and friends until God calls them home. Help us never to see others as burdens. Guide our public officials to defend each and every human life through just laws. Inspire us all to bring our faith into public life, to speak for those who have no voice. We ask this in the name of your Son, Jesus Christ, who is Love and Mercy itself. Amen.

October is month of the Holy Rosary

By Apostolic Brief at the Eucharistic Congress of Bologna, in September 1927, a Plenary Indulgence is granted to all the faithful who recite the Holy Rosary in the presence of the Blessed Sacrament, either exposed for veneration or reserved in the Tabernacle.

Welcome to SHARE at St. Mary Parish!

Order Deadline: 13 October
Food Pick-Up: 25 October

This is a food cooperative program with a community service requirement. Package Pick-up is typically the fourth Saturday of the month at the Parish Life Center between 8:00am and 9:00am. The following month's menu will be available at the time of pick-up.

Please contact Rick Caporali for more information and details, rcaporali@stmaryfred.org.

Shopping for September:

Value Package (\$21 + 2 hrs community service)

Potatoes, onions, and all the fresh, nutritious produce we can find, plus your featured proteins:

- Chicken thighs
- Ground chuck, all beef hamburgers
- One dozen fresh eggs
- Harvestland kielbasa
- Turkey breast strips

Top Round Roast Beef (\$27 + 2 hrs community service)

- FULLY COOKED, 7 to 9 lbs., vacuum packed.

Smoked Chicken Halves (8) (\$21 + 2 hrs community service)

- 10 lbs. breast, wing, leg, and thigh, individually packed.

Maple Leaf Canadian Boneless Smoked Ham

- (\$6 + 2 hrs community service)
- 10 lbs. breast, wing, leg, and thigh, individually packed.

Menu items are always subject to change. When we must substitute, we try to give better value.



SHARE Order Form

Value Package (\$21)
_____ x \$21. = \$ _____

Top Round Roast Beef (\$27)
_____ x \$27. = \$ _____

8 Smoked Chicken Halves (\$21)
_____ x \$21. = \$ _____

Boneless Smoked Ham (\$6)
_____ x \$6. = \$ _____

TOTAL: \$ _____

Name _____

Address _____

City _____ ST _____ zip _____

email _____

cell/phone _____

Community Service Hours:

____ hrs Church	____ Host site
____ hrs Youth	____ Transport
____ hrs Shelter	____ Comm. Dinner
____ hrs Seniors	____ Vincent de Paul
____ hrs Micah	____ MW Hospital
____ hrs School	____ Parish Ministry
____ hrs Community Service	
____ hrs Other	____ hrs Other

PAYMENT METHODS:

CASH, MONEY ORDER, or EBT.
No CHECKS; Payment due when order is placed.

Money Orders should be made to: SHARE FOOD NETWORK.