

**Thirtieth  
Sunday in  
Ordinary Time**

**26 oct 2014**



# what's coming



## october

### 26 THIRTIETH SUNDAY IN ORDINARY TIME

Coffee Shop after Morning Masses, Parish Life Center (CCW).  
CCW BAZAAR, Parish Life Center.  
11:30am, New Parishioner Welcome and Registration Meeting, Church.  
Noon, English as a Second Language class, Parish Life Center 203.  
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.

### 27 Monday, Weekday

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

### 28 Tuesday, Saints Simon and Jude, apostles

7:30pm, Life in the Spirit Gathering, Courtyard Meeting Room.

### 29 Wednesday, Weekday

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

### 30 Thursday, Weekday

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

### 31 Friday, Weekday

Diocesan Institute, No School.  
9:30am, St. Anne's Sisters in Faith (Moms' Group), JP II House.  
6pm, Special All Saints' Day Mass.

## november

### 1 Saturday, All Saints' Day (not a holy day of obligation, this year)

9:30am, Health Ministry Walking Program continues, Saint Mary parking lot.  
12pm, Special All Saints' Day Mass.  
5 & 7pm, Vigil Masses, observing All Souls' Day, Church.  
8pm, Reception following Mass in Parish Life Center for all families/friends of those who died in 2104.  
SCRIP Sales after 5pm Mass.

### 2 SUNDAY, THE COMMEMORATION OF ALL THE FAITHFUL DEPARTED (All Souls' Day)

Coffee Shop after Morning Masses, Parish Life Center (Troop 1410).  
Noon, English as a Second Language class, Parish Life Center 203.  
3:30-4:45pm, *Making Intentional Disciples* Discussion Group with Fr. Rooney, Courtyard Meeting Room.  
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.  
Scrip Sales after Masses.

### 3 Monday, Weekday (Saint Martin de Porres, religious)

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

### 4 Tuesday, St. Charles Borromeo, bishop

7:30pm, Life in the Spirit Gathering, Courtyard Meeting Room.

### 5 Wednesday, Weekday

6:30pm, YOUCAT, John Paul II House.  
7:15pm, Keeping in Balance Women's Group, Courtyard Meeting Room.

### 6 Thursday, Weekday

9:45am, Craft Group, Parish Life Center 100.  
6:30pm, Bishop's United in the Heart of Christ Reception, Parish Life Center.  
7pm, Baptism Preparation Class, Parish Life Center 202.  
7pm, Spanish Prayer Group, John Paul II House.  
7:15pm, Choosing the Better Part Women's Group, Parish Life Center 204.

### 7 Friday, Weekday

9:30am, St. Anne's Sisters in Faith (Moms' Group), JP II House.  
8pm, First Friday Mass followed by all-night adoration, Church.

### 8 Saturday, Weekday

Virginia Catholic Conference Sign-up Weekend  
7am, Health Ministry Walking Program "Know Your Numbers" follow up, Courtyard Meeting Room.  
Confirmation Retreat I: Basilica of the National Shrine, Washington D.C.

*nota bene (note well, please):*

✠ **There will be special All Saints' Day Masses at 6pm Friday evening, October 31 (Vigil) and Noon on Saturday, November 1.** Although not a Holy Day this year, join us to honor the Saints.

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

**coming soon**

✠ **Sign-up weekend with the Virginia Catholic Conference** is November 8-9, when we will be able to register actively as Catholics in Virginia who seek to make known our Catholic beliefs to lawmakers. Please plan to register.

✠ **Special Taize day and time celebrating 8 years - prayer and reception** Friday, November 14, 7:30pm. Friends from all churches invited!

✠ **Mass with the sacrament of the Anointing of the Sick**, Saturday, November 15 at the 9am Mass .

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 from our bishop**

**7 education**

**8 outreach**

**10 community**

**12 operations & liturgy**



## from our pastor



Dear Good People of Saint Mary,

Brothers and Sisters, if we are going to call ourselves followers of Jesus Christ in Name and in act, then we have to love.

Think of a time, perhaps in your life, when a situation demanded a change. Maybe in behavior, or circumstance, maybe heardhead- edness or hardheartedness, misunderstanding, downright error? What is the one thing that can convince us to think again, to make adjustments in our lives, even to make a 180 degree change in course in our thoughts and actions? It is only the loving concern of another person. Love is the only thing that can break through darkness.

Love is the thing that Jesus says we must do. St. Paul says that love is the one thing that will remain, even after all else ceases to be. "Love never fails."

If you've been following the coverage of the Synod in Rome with the rest of the world, you have heard some confusing things, probably, because the world listens with ears that hear only what they are listening for. Not the whole message, or all the words. All of us have a selective ability to receive truth, and consider ourselves clever while we are at it. But there is a truth that lies at the foundation of all of these deliberations, and it is something that Pope Francis has said from the first day of his papacy, that the love of Christ must lie at the foundation of all that we say, all that we do, all that we are. Every person is deserving of love, without exception.

Christ was pretty clear that he came to change a sinful world, to save the lost and bring back those who don't know him. On some level, that is all of us, and we don't yet realize that nothing is going to satisfy us, that is, anything less than a real loving relationship with him. He, in pretty dramatic fashion, made that love known to us, to the point of his terrible death, taking our place on the Cross.

Unfortunately, it has been our cultural experience too often to "circle the wagons." This expression is a reference to the pioneers who "settled" the "wilderness" which they "discovered" in a recurring world-wide drama that

has always replayed itself throughout history as one culture replaces another. We have so many romantic images of "us against them." In reality, our pioneers were expansionists who went West to take and occupy the lands of the people who were already living in this country, either by killing them, or relocating them to refugee camps we still call "reservations" today. We were indoctrinated as children (remember all the Western TV shows) that we were the good guys, and all these "savages" were the bad guys. Our culture is polarized between "us and them" so easily, because it is easier to stay in that comfortable place and judge where I am right and you are wrong. We come to our camp at night, we circle our wagons around the light of our fire to keep everyone else away, the savages, the coyotes, the sinners, the people who don't think like we do. We don't trust our supplies, we don't like to share. We set up a barrier.

Reconciliation and conversion will never take place unless somebody reaches across the barrier in love. If we truly believe in Truth, then we should not have the lack of confidence, the insecurity, to step out and let Truth do its work. We just carry the word. Don't shoot the messenger, right? Well, sometimes it happens, as we well know. But the message is now out there. We don't change Truth, but sometimes it requires a heroic dose of love to communicate it. Jesus knew that. He spent his time and, literally, his life because he knew that only this was required: "To act justly and to love mercy, and to walk humbly with your God" (Mic 6:8).

To love a person who does not agree with you doesn't mean you are giving up what you believe. In reality, it means that you are living what you believe. Jesus went out and ate dinner at the houses of great sinners, and spent his time seeking the lost, because he knew the potential there for glory and grace. He knew that their dignity made in his image required that their voice be heard, just as his deserved to be heard. So let us allow Truth to do its work.

St. John of the Cross said, "Where there is no love, let me put love, and there I will find love." Reconciliation has to begin with *me*, not because I love me, but because I love *you*.

God bless you. *Fr. Dom*

# holy cross academy



*A National  
Blue Ribbon  
School of  
Excellence,  
2012*

## A preschool degree in paleontology?

Saint Mary Preschool students frequently take advantage of our beautiful campus to learn all about the world God created and the wonder of each living thing, past and present.

If you come to Saint Mary during the day, you will often find our preschoolers playing outdoors on the recess equipment or their lovely field beyond the parking lot. This green space allows them to run and play, as all children should do. They also have the opportunity to plant vegetable and flower seeds in their own little garden space.

Recently they have been learning about dinosaurs, fossils, and the job of paleontologists. The children loved digging for fossils and dinosaur bones. This is one of the many activities woven into their day. In their learning centers, they compare and contrast, follow directions and discover patterns.

Saint Mary Preschool is a place to discover and learn, all under the guidance of their dedicated teachers and staff.

If you want to learn about our school, plan to come to our November 16 Open House. You can

learn about all that we can do for your child by calling us at 540-286-1600 or visiting our website, [www.holycrossweb.com](http://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 opportunities we provide for our students.







## A letter from Bishop Paul S. Loverde



October 17, 2014

Dear Brothers and Sisters in Christ,

"Let nothing disturb you. Let nothing frighten you." This advice from St. Teresa of Avila, Doctor of the Church, whose feast day we celebrated this past Wednesday, has been on my mind and heart as I contemplate the commentary in the media about the Extraordinary Synod on the Family taking place in Rome. There has been a significant amount of attention paid to the gathering of bishops from both secular and religious media outlets. Headlines, op-eds, and tweets alike are contributing to a cacophony of speculation about the Church's teaching on marriage, divorce, same-sex unions, and cohabitation. The noise is deafening – and it moves me, as your shepherd, to encourage you to heed St. Teresa's advice and remain undisturbed.

The Extraordinary Synod is a two-week meeting at which the Pope and bishops are discussing the challenges that face the family in our current times. Next year, they will meet again at an Ordinary Synod to develop clear pastoral approaches to these challenges. So far, the bishops have released an interim report, known as a *relatio post disceptationem*, which notes some of the themes and topics they have discussed and will revisit at the Ordinary Synod.

Many have read this document – which is merely a report summarizing discussions that were held in the sessions and not an authoritative text on Church teaching– and have speculated that the Church will change its 2,000 year-old teaching on the biblical view of marriage. That is simply not the case. We have consistently taught that the design of human sexuality is ordered toward marriage and children. And even when people do not accept or follow Church teaching, nonetheless they deserve compassion and understanding in our interactions.

What has been noted in the document by the bishops is that there are many challenges and trials facing married persons and families today. This interim document is divided into three parts, each of which reflects the synod fathers' initial goals: *listening* to the personal testimonies of the faithful, *looking* at those who are in difficult circumstances with mercy and compassion; and *discussing* how to accompany those who are searching for Christ while proclaiming to them the demands of the Gospel. Unfortunately, it seems that many commentators are starting with the last part – discussion – instead of thoughtfully considering the document in light of the mission of the Church.

I conclude by reminding us that a final document summarizing the bishops' reflections will be published at the end of the Extraordinary Synod and is intended as a preparation for next October's Ordinary Synod. Instead of giving in to speculation or hysteria, I urge you to remain patient. Pray for your shepherds, the Holy Father and the bishops, who seek to work in accord with the movement of the Holy Spirit in order to meet the needs of their flocks. Do not be disturbed. Do not be frightened. Do not give into the temptation to interpret the proceedings of the Synod through an ideological lens. Have faith that the Lord Jesus is with the Church until the end of the age, as He promised. And continue to witness to others the joy of living the Gospel in its fullness.

Faithfully Yours in the Heart of Christ,

*+ Paul S. Loverde*  
Bishop Paul S. Loverde

## WorkCamp 2015 applications are available!

WorkCamp preparations will begin very soon! If you are interested in joining us for the 2015 summer trips please visit our website and print out a WorkCamp application: <http://stmaryfred.org/workcamp/>.



workcamp/. November 9 is the deadline as well as the mandatory meeting for all who want to participate. See website for more details.



*Saint Mary teens pitched in at the Fredericksburg Area Food Bank on Saturday, October 4.*

# religious education

## Thanksgiving Food Drive

Each year Religious Education families donate food to make Thanksgiving Food Boxes. The items are packaged along with other donations from the parish and distributed to families a few days before Thanksgiving. Last week our children took home a list of the items each grade is to donate. This week you will get an email reminder. The drive is two weeks in length, between November 3-14. Early donations will be accepted.

### *List of Thanksgiving Food Drive Items by Grade*

- K – Canned Cranberry Sauce
- 1st – Boxed Cake or Brownie Mix
- 2nd – Canned Corn, Black, Kidney or Pinto Beans
- 3rd – Canned Yams or Sweet Potatoes
- 4th – Boxed Biscuit or Muffin Mix
- 5th – Boxed or Bagged Rice
- 6th – Boxed Potatoes
- 7th – Canned Green Beans
- 8th – Boxed Stuffing Mix
- 9th – 12th Canned Cranberry Sauce

## Catholic Prayer for Catholic Families

This is one of the two prayer books each child received at the beginning of the school year. This year every child got a copy; as of next school year only first grade students will receive it.

As stated in the introduction: "Although this book contains many prayers, it is not primarily a prayer book. Rather, it is a guide to prayer. ...

*Catholic Prayer for Catholic Families* provides direction for you and your child as you develop and maintain a relationship with God through a life of prayer."

"This guide is designed to assist you as a parent in your own prayer life.

- *Catholic Prayer for Catholic Families* offers some ideas to help you understand what prayer is.
- It provides you with practical information that can help you find the types of prayer you can practice by yourself as well as with your child...
- It serves as a valuable and convenient source of traditional Catholic prayer and devotions."

## 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.





### **Missions of the Oblate Sisters of Saint Francis de Sales**

The Oblate Sisters of Saint Francis de Sales who serve here in Saint Mary Parish maintain Missions in South Africa, Namibia, Ecuador and Colombia. In their 23 mission posts, our Sisters provide whatever the people of that area most need. It may be education for children or adults, food and clothing, medication and health care, or life skills. In each case, our Sisters work with the people to lift them out of the cycle of poverty.

Malnutrition is a serious problem in each of these countries. Due to the extreme poverty with the average person living off of less than \$2.00 a day, disease is rampant and child mortality rates are high. Our Sisters meet the day-to-day needs of their people while working to provide them with a brighter future.

Saint Mary Parish has been very generous to our Oblate Missions and we are grateful for your support. Two important construction projects are currently taking place in Ecuador, at Rocafuerte

and Alausi. Both Missions run schools that need extensive repairs and renovations. The work in Alausi is nearly completed and was sponsored in large part by the generosity of our people in the United States, both here and elsewhere. Although the project in Rocafuerte is not yet fully funded, the Sisters are beginning the work and will continue to solicit funds from their friends in Europe and the USA. Our parish held a collection for this Mission in June and has made a generous contribution to the repair of this school, allowing for the construction of two new classrooms for the preschoolers in the Mission. Their future is already brighter due to your generosity.

Two years ago, Saint Mary parishioners were very generous in donating funds to build a new convent in Pella, South Africa. That work began just one week ago. We will publish pictures of the new convent as the work takes shape. Our missionaries work extremely hard, in very difficult conditions. It is an honor for us to support their work and to assist the beautiful people whom they serve. Thank you for helping us to work alongside them.





## 2015 World Meeting of Families

We are beginning to receive exciting news about the upcoming World Meeting of Families (WMOF) which will be hosted by the Archdiocese of Philadelphia from September 22–25, 2015. The goal of this Meeting is to underscore the importance of the family and to emphasize its positive impact on society. The 2015 theme is “Love is Our Mission: The Family Fully Alive.”

Registration is opening soon, so if you would like to attend, now is a good time to start considering options for participation.

The WMOF will be held at the Philadelphia Convention Center from Tuesday through Friday and organizers are expecting anywhere from 10,000 to 15,000 people to attend. There are 6,000 rooms on hold for the conference and with another 4,000, (10,000 total) on hold for a papal visit which has not yet been made official. There are also opportunities for families to stay with host families.

The event/festivities will include:

- Daily Mass
- Blessed Sacrament will be on reserve all week.
- 2 to 3 keynotes each day, including a youth track, and a young adult track.
- Family Fest, sponsored by Philadelphia’s leading cultural institutions (for example, among others, the Philadelphia Museum of

Art and the Franklin Institute are each planning family-themed exhibits and extended hours during the week. Every evening there will be film festivals, concerts, etc.

- There will a market place for an exchange of ideas and goods (similar to what was done at the last conference in Milan...about 80,000 people passed through)
- Day Care

Pope Francis is expected to arrive the last day of the conference, Friday, September 25, when he will be greeted by thousands at Independence Hall in Philadelphia. The following day (Saturday morning), more than 40,000 young people will be gathering for a rally with Pope Francis on the grounds of Citizens Bank Park. Later that evening, over a million people are expected for the festival of families and another million people for the Papal Mass on Sunday morning. The festival and Mass will held along the Benjamin Franklin Parkway in the heart of Philadelphia.

In advance of the meeting, MWOFF organizers have provided catechetical materials in both English and Spanish (<http://www.worldmeeting2015.org/about-the-event/catechesis/>) for schools and parishes to help Catholics of all ages to prepare for the conference.

All information presently available for the World Meeting of Families, including prayers and catechetical materials, can be found at <http://www.worldmeeting2015.org/>

# here and beyond

## Concerts at Saint Mary: Season opens Friday, November 21

Concerts at Saint Mary kicks off its third season, Friday, November 21 at 8:00 PM with organist David Brian Lang. Mr. Lang is a prominent choral conductor, accompanist and concert



organist throughout the Washington, DC area. Beginning his sixth season as artistic director for The Reston Chorale, Mr. Lang also serves as keyboard artist for Washington Hebrew Congregation and has previously served as director of music for Saint

John Catholic Church in McLean, as organist for Saint John's Episcopal Church - Lafayette Square (The Church of the Presidents) and the Cathedral of the Assumption in Louisville, Kentucky. Mr. Lang will perform a dynamic and varied program including works of Bach, Louis Vierne and William Mathias. The concert is free and a reception will follow where you can "meet the artist."

## 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 World-wide Marriage Encounter Weekend is November 14-16 in Herndon. For more information or to apply, visit our website at [renewmarriage-vanorth.org](http://renewmarriage-vanorth.org) or contact us at [applications@renewmarriage-vanorth.org](mailto: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](mailto:macastrober@gmail.com)

## Saint Anne's Sisters in Faith

Please join us this Friday, October 31 2014, as we continue our journey with Matthew Kelly's *Rediscovering Catholicism*. Come learn how you can become the best version of yourself. Come rediscover the beauty and wonder of our Catholic faith in a loving and caring environment. We invite you to join us for 9am Mass followed by refreshments at the JPPII house. Our meeting promptly begins at 10am. We invite you to come share with us as we grow in our Catholic faith. Babysitting is available. If you have any questions, please contact Rocio at [Rocio.o.atkinson@gmail.com](mailto:Rocio.o.atkinson@gmail.com) or Suzi Eggleston at 540-834-0752.

## "Optio Secundus" Men's Group

The next meeting of the Optio Secundus or "Second Option" of the Catholic Men's Group will be Wednesday, October 29 at the Blue and Gray Brewery. We strive to bring Catholic men together in an ever-increasingly secular world to discuss daily applications of our faith, duties and responsibilities to our families and communities. Happy hour at 6:30pm followed by our guest speaker and then open discussion and optional dinner from 7:30-9:30pm. This month's speaker is Nicholas Grevas from Focus Ministries at the University of Mary Washington's Catholic Student Center. His topic is "Keeping Catholic Kids Catholic in College." Come join like-minded Catholic men for camaraderie, fellowship, great food and drink in a relaxed environment. Any questions contact Kevin Wilkinson at 540-898-8353.

## November 14-16: Men's and Women's Retreat at Loyola

Join us 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](mailto:lensyl1966@verizon.net). To register go to [www.loyolaonthepotomac.com](http://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).**





## From your Parish Nurse

Are you getting too much of the sweet stuff?

### *Too Much Sweet Stuff, Period!*

The American Heart Association recommends limiting intake of added sugar to 5 teaspoons for women and 9 teaspoons for men. For reference, one 12-ounce can of cola contains about 8 teaspoons of added sugar, for about 130 calories. Most American women should eat or drink no more than 100 calories per day from added sugars, and most American men should eat or drink no more than 150 calories per day from added sugars. Unfortunately, Americans are consuming 22–30 teaspoons of the sweet stuff each day.

“Anything that ends in syrup or –ose, such as maltose or glucose, they’re all sugars,”

The American Heart Association does not distinguish between sources of sugar, instead focusing on overall intake and how it affects heart health and other conditions such as diabetes.

“Sugars don’t cause diabetes. Overeating leads to being overweight and obesity, which are risk factors for diabetes.” Other sugar hazards include kidney & cardiac diseases.

### *Tracking Added Sugars*

Here are the important numbers to remember: There are 4 calories per gram of sugar and 4 grams per teaspoon. So if the label says it has 20 grams of sugar, that’s 5 teaspoons, or about 80 calories from sugar. Examples: 6 oz. of yogurt has 26 grams of sugar, 8 oz. of lemonade has 29.

Not all sugar is added sugar. For example, sugars found in whole fruit or milk are naturally occurring. And you can easily avoid the added sugar in canned fruits by looking for those packaged in their own juices instead of syrup.

Limit your added sugar, but also remember that moderate use is OK in the context of an overall healthy eating plan.

Source: American Heart Association

## Reminder: Political campaigns

As the November elections approach, it is likely that political candidates or groups will once again seek to conduct campaign activities – leafleting and flyers, candidate appearances, etc. – on parish property. For this reason, it is a good time to review our diocesan policies regarding political activities on Church property. A more complete discussion of these policies is available online at VCC Political Activity Guidelines.

A few principles to keep in mind:

- Distribution of partisan campaign literature (e.g. leaflets, bumper stickers, etc.) on Church property is not permitted. If you discover someone engaging in such activity, politely ask them to stop and escort them off the property. If they will not comply with a polite request, the police (or sheriff) may be called to assist.
- Candidates for political office may not be endorsed or opposed, either at Mass or through any official Church channel.
- If one candidate in a particular race is invited to speak at a parish event, his or her opponent(s) should also be invited.
- Voter guides or election-related materials other than those prepared by Bishop Loverde, the Virginia Catholic Conference or the USCCB, may not be distributed.



*Fr. Lino was recognized at school Mass recently by the school, with a presentation of congratulations for his incardination in the diocese by Assistant Principal, Mrs. Ellen Sandkuhler.*

# operations given in love

## Weekly Offertory

19 October 2014 Offertory	31,228.
Faith Direct/October	26,870.
World Mission Sunday	5,887.
Building Fund (add'l) (incl. \$2,481 Faith Direct)	5,816.
Poor Box / Vincent de Paul	220.

*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.*

## All Souls' Novena

The Holy Sacrifice of the Mass is the best way to remember your deceased loved ones. Our All Souls Novena will begin on Sunday, November 2, All Souls Day. An intention envelope is included with your bimonthly envelope packet; additional envelopes are available in the Parish Office and in the vestibule of the Church. Envelopes may be turned in early and will be placed near the altar during the Novena.

## Retirement Fund for Religious November 1-2

*"Give to those who  
have given a lifetime."*

As you recall the people who have most shaped your life, you may remember the Sister who prepared you for First Holy Communion or the Brother who coached your high school basketball team. Never counting the cost, these religious shared with you love, faith, and a belief in all that you could be – choosing to invest in your future rather than their own. Today, these Sisters, Brothers and religious order Priests may be elderly or infirm. Today, they need you. Roughly 35,000 senior



women and men religious living in the United States benefit from this collection. Ninety-three percent of every donation to the National Religious Retirement Office aids senior religious. Please give generously to next weekend's second collection, which benefits the many deserving religious who served our diocese and who now need our help meeting the overwhelming costs of elder care. Checks should be made payable to St. Mary Catholic Church. To learn how your gift helps, visit [www.retiredreligious.org](http://www.retiredreligious.org)

## Children's Charity for November

Children's Offertory Contributions in November will be used for Christmas gifts for teenagers in foster care in the City of Fredericksburg. This age group is often overlooked at Christmas, and the contributions made in November will be sent to Social Services for gifts or gift cards. Children's Offertory Envelopes are available in the Religious Education Office. All proceeds from these envelopes go to a different children's charity each month.

## National Vocations Awareness Week November 2-8

National Vocation Awareness Week will be celebrated in our country November 2-8. Please ask Our Lord for more dedicated, holy priests, deacons and consecrated men and women. May they be inspired by Jesus

Christ, supported by our faith community, and respond generously to God's gift of a vocation.

## Legion of Mary Mass with Bishop November 7

The Legion of Mary Arlington Regia invites you to a Mass to commemorate the life and to pray for the beatification and eventual canonization of Servant of God Frank Duff. Most Rev. Paul S. Loverde will preside: Friday, November 7, 7:30pm at the Cathedral of Saint Thomas More.

Frank Duff founded the Legion of Mary in 1921 in Ireland. Today the Legion is actively evangelizing the Catholic faith in almost every country in the world.

## First Friday - November 7

*All night adoration.*

Friday, November 7, is First Friday, and All Night Adoration will take place immediately following the 8pm Mass. Come and adore Our Lord and pray for the Holy Souls in Purgatory in this month dedicated to the Holy Souls. Please sign up today.

*"If a tiny spark of God's love already  
burns within you, do not expose it to  
the wind, for it may get blown out.  
Keep the stove tightly shut so that it  
will not lose its heat and grow cold.  
In other words, avoid distractions as  
well as you can. Stay quiet with God."  
—St. Charles Borromeo (Feast Day  
November 4)*

## Stafford Junction Fund-raiser November 8

You are invited to the "Taste of Fall: Chili Cook off and Bake Sale" Saturday, November 8, 12-3pm, at 791 Truslow Road. Taste some of the best chili Stafford County has to offer!



# liturgy called in love

In this friendly competition, every \$1 donation equals a vote toward your favorite chili. Awards go to the organization with most donations and the people's choice. All proceeds support Stafford Junction. The cost is \$5 Per person or \$20 bottomless souvenir mug, and includes tastings, 1 chili bowl, condiments and beverages; \$2 hot dogs also available.

## Cursillo Ultreya Gathering November 8

All Cursillistas and those interested in Cursillo are invited to our next Ultreya gathering, to be held November 8, from 6 to 9pm. Ultreyas are wonderful opportunities to gather with others to pray and share personal stories about living a Christian life. For directions and to RSVP, contact Lily Alarcon at 540-742-0974. Please bring a dish to share.

## Saint John Paul High School Open House

All are invited to the Fall Open House at Saint John Paul the Great Catholic High School on Sunday, November 16, from 1-4pm. Meet the entire team of educators, tour the beautiful building, and learn more about John Paul's successful programs and welcoming community. A presentation begins at 1:15 in the Theater. Pep-rally and House games begin at 3pm. For more information, please visit [jpthegreat.org](http://jpthegreat.org) or call 703-445-0300.

## Pro-life reflection

*"The credibility of a healthcare system is not measured solely by efficiency, but above all by the attention and love given to the person, whose life is always sacred and inviolable."* (Pope Francis, "Address of Holy Father Francis to Participants in the Meeting Organized by the International Federation of Catholic Medical Associations," September 20, 2013)

## St. Mary Prayer List

Please pray for those who are sick or in need, especially: Mary Damato, Julie Fabula, Amelia McDervitt, 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, Debbie Lloyd, Nancy Hursey, Chris Balut, Linda Kaila, Rose Sisco, Jeff Shinrock, Donald Estes, Johnny Wharton, Phyllis Woolverton, Ellen Kozyra

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, 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

#### 27 MONDAY

6:30 + Emmanuel Lucia  
9am Jessica Chavarria  
Eph 4:32-5:8, Lk 13:10-17

#### 28 TUESDAY

6:30 Michael Bain  
9am + Sarah Harkins  
Eph 2:19-22, Lk 6:12-16

#### 29 WEDNESDAY

630 + Christopher Ford  
9am + Avyn Jarvis  
Eph 6:1-9, Lk 13:22-30

#### 30 THURSDAY

6:30 + Harry Eastman, Sr.  
8:30\* M/M Bart M. Bukas  
9am Leo Chavarria  
Eph 6:10-20, Lk 13:31-35

#### 31 FRIDAY

6:30 + Estella Stofko  
9am + Marian Mosher  
6pm Lauri Wilson  
Phil 1:1-11, Lk 14:1-6

### november

#### 1 SATURDAY

9am Matilde Gusdilo  
Noon + George J. Boas  
5pm + Ana Rosa Bernaola  
7pm + Patricia Maria Shupp  
Rev 7:2-14, 1 Jn 3:3-1, Mt 5:1-12

#### 2 SUNDAY

7am + All Souls' Novena  
8:30 + All Souls' Novena  
10:30 For the Parish  
10:30\* + All Souls' Novena  
12:30 + All Souls' Novena  
2pm + All Souls' Novena  
5pm + All Souls' Novena  
7:01 + All Souls' Novena  
Wis 3:1-9, 1 Rom 5:5-11, Jn 6:37-40

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