

**Exaltation
of the
Holy Cross**

14 sept 2014



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



Parish Leadership at Called and Gifted Workshop, September 6

what's coming



september

14 Sunday: THE EXALTATION OF THE HOLY CROSS

Coffee Shop after morning Masses, Parish Life Center (Troop 1410)
Manna Food Drive for Fredericksburg Food Bank, outside Masses all weekend.
4-7pm, **Parish Ice Cream Social, Cakewalk and Dance**, Holy Cross Academy.

15 Monday, Our Lady of Sorrows

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

16 Tuesday: Saints Cornelius, pope, and Cyprian, bishop, martyrs

10am, **CCW General Meeting**, Fr. Don Rooney, speaker, Courtyard Meeting Room.
7:30pm, Life in the Spirit Gathering, Courtyard Meeting Room.

17 Wednesday, Weekday (St. Robert Bellarmine, bishop and doctor)

6pm, YOUCAT, John Paul II House.

18 Thursday, Weekday

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

19 Friday, Weekday (St. Januarius, bishop and doctor)

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

20 Saturday: Saints Andrew Kim Tae-gon, priest, and Paul Ha-Sang, and Companions, martyrs

PARISH LIFE WEEKEND: Parish Ministry Representative are present in tents outside church at Masses.
SCRIP Sales after Masses.

21 TWENTY-FIFTH SUNDAY IN ORDINARY TIME

PARISH LIFE WEEKEND: Parish Ministry Representative are present in tents outside church at Masses.
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.
Scrip Sales after Masses.

22 Monday, Weekday

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

23 Tuesday, St. Pius of Pietrelcina ("Padre Pio"), priest

24 Wednesday, Weekday

6pm, YOUCAT, John Paul II House.

25 Thursday, Weekday

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

26 Friday, Weekday (Saints Cosmas and Damian, martyrs)

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

27 Saturday, St. Vincent de paul, priest

9:30am, Health Ministry Walking Program, Saint Mary Parking Lot.
PARISH LIFE COMMITMENT SUNDAY at Vigil Masses: Offer your commitments of time, talent and treasure at the second collection.
"Risk Jesus 2014," Diocesan Evangelization Program at Hylton Memorial Chapel, Woodbridge.

28 TWENTY-SIXTH SUNDAY IN ORDINARY TIME

PARISH LIFE COMMITMENT SUNDAY at all Masses: Offer your commitments of time, talent and treasure at the second collection.
11:30am, New Parishioner Welcome and Registration, Church.
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.
6:45pm, "Fraternity: Foundation and Pathway to Peace" Interreligious program, St. Francis of Assisi, Triangle

nota bene (*note well, please*):

☞ **TODAY, Sunday 4-7pm:**
**Our Parish Ice Cream Social,
Cakewalk and Dance.**

4pm doors open, ice cream, live music begins. 4:30pm judging for cakes contest, cakewalk begins.

Enter the contest for best decorated cakes: most unique, most delicious looking, best "family project" cake, and prettiest cake. Cakes must arrive for judging by 4:30pm. Dance to live music and chill.

☞ Our **Manna Food Project** is also this weekend. Please bring non-perishable food donations to the van outside church all weekend for the Fredericksburg Area Food Bank.

☞ **Parish Life Weekend** is next weekend, September 20-21. Watch your mail for our Parish Renewal Handbook with ministry catalog and prayerfully consider which ministry might be perfectly suited for you this year. Everyone, please get involved!

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

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
youth

7
religious ed

8
community

11
health survey

12
operations

13
share order

from our pastor



Dear Good People of Saint Mary,

Watch for it... watch for it...

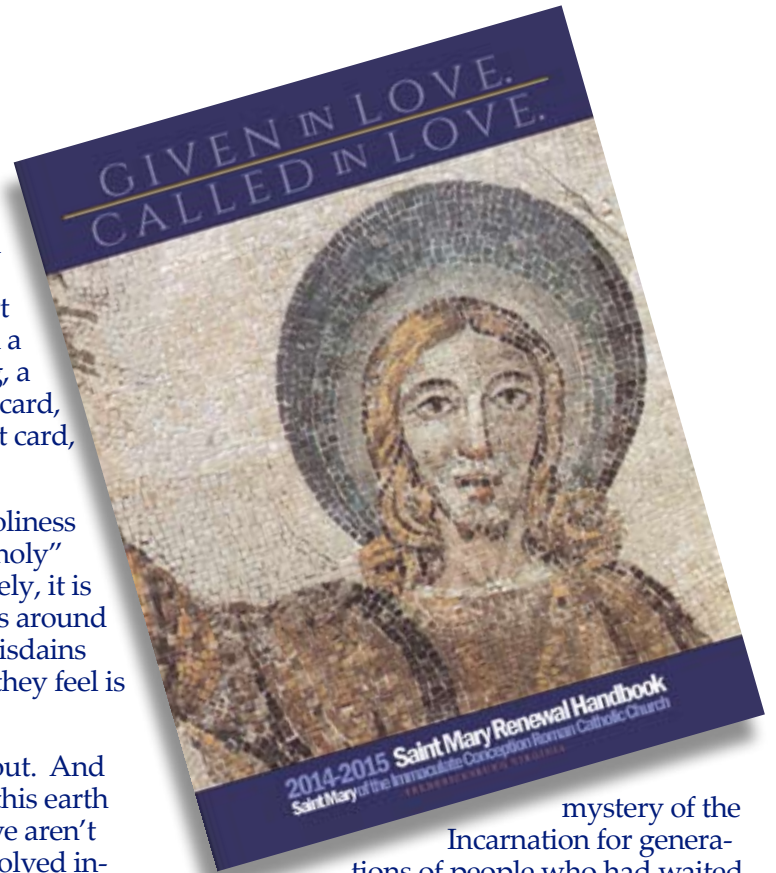
It's that time of year again when you will be receiving our new Parish Renewal Handbook and Annual Report in the mail. The packet will arrive in a large envelope, including the catalog, a cover letter from me, a commitment card, a reply envelope for the commitment card, and a prayer card.

Our goal this year is to learn what holiness means, and to be holy. What does "holy" mean to you? For many, unfortunately, it is the caricature of the one who walks around with his eyes gazing upward, who disdains the world and avoids anything that they feel is unworthy of them.

Well, that is not what I'm talking about. And that isn't Jesus. God put us here on this earth to change it, and it won't change if we aren't involved. His call requires us be involved intimately, to enter into suffering and pain—not so that we can change it (we can't), but so that *he* can transform it from within—through us.

A healthier definition of holiness, I believe, is to be exactly the person who God made you to be, to discover what he has given you so that you can fulfill a particular task in his Kingdom that only you can accomplish with your mixture of gifts and talents. It requires a radical openness to God, and to other people, too. Especially the people who might not agree or follow the same values and faith that we have. If we hold others at arms length, then how is the embrace of Christ through us going to break down the alienation of distance and hatred?

You see, God has a plan. It's been from the beginning and always, and it unfolds over time in places and generations without exception. It is activated through the gifts that he has placed in all his people, without exception, because that is what he makes. People with gifts. At the right moment, when the need arises, these gifts make themselves available and effective to serve him and his people through us. Mary's gift of openness to God's will unlocked the



mystery of the Incarnation for generations of people who had waited for the Messiah. Peter's embedded gift of evangelism (clarity) was activated in that moment when, in his encounter with Jesus, he was asked, "Who do you say that I am?" And on that rock Jesus built his Church. Look to the great figures of saints anywhere in the great tradition of the history of salvation—even to those who are living today—and you will find people everywhere who are responding with open hearts, simply responding to this encounter with God, letting those gifts go to work. Holy people (saints) aren't people who accomplished great things: holy people (saints) are the ones who allowed God to accomplish great things through them, just by becoming who God called them to be from the foundation of the world.

So, if the gifts are seeds in us that are already planted by God then all we need is good soil to grow in. Let Saint Mary be your garden, your vineyard. We are in the world in order to transform the world and cannot shy away from the ministry. So, please, get involved and become fully who you are called to be.

God bless you. *Fr. Don*

holy cross academy



*A National
Blue Ribbon
School, 2012*

“...it’s that new math...”

With the new school year, Holy Cross implemented a new Math program, Math in Focus, in kindergarten through 5th grade. It is based on the very successful Singapore Math curriculum. Each lesson begins with an anchor problem which teaches the concept being introduced. The program aims to develop greater mathematical understanding and number sense in the students by moving them from the concrete to the pictorial to the abstract in carefully constructed steps. Our teachers highlight problem solving as the focus of the math curriculum. This is supported by our continued integration of technology through the use of eBooks, ActivBoards, both concrete and online manipulatives and online lessons. We know that it will be an adjustment for all of us but we know that it will be worth it!

On this Feast of the Exultation of the Holy Cross, we ask your prayers for our school, that each of us will draw closer to Jesus through this coming school year. We hope to see you at Saint Mary’s Ice Cream Social and Cake Walk this afternoon!

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.holycross-web.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.



youth



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!

“God saved my life through Youth Ministry.”

Youth Minister, Leo Chavarria

Maybe that sounds dramatic, but it is true. I was raised in Prince George’s County, MD and my adolescent years were surrounded with violence, gangs and uncertainty. I remember not being sure if I would live to be 18—it was that crazy. My family did everything they could to overcome those obstacles, but it was difficult. We had emigrated from Argentina and Dad’s job opportunities were limited. Mom sacrificed her income to stay at home to keep three boys in line. I remember very clearly the day that I got into BIG trouble at school and my father decided he had enough. Dad drove me to our Church to meet with the Pastor and Youth Minister because that was the one place we had experience peace and community. It was familiar and the only constant that we had as immigrants. “Fix him” is what my dad said as he explained to Father what I had done. The Pastor looked at his Youth Minister then turned towards us and said, “We’ll see what we can do.”

Life was never the same again.

It was through the Youth Ministry at that Church that I began to recognize that God had called me to more than what I had settled for. Catholicism actually began to make sense. My Youth Minister, who is now one of my greatest friends, guided me through the messiness of my life. I thank God every day for the gift of that Church, that Pastor and that Youth Minister; without them there is a good chance I would not be alive today.

Two weeks ago you read an article from a teen whose faith has been strengthened through their participation in Youth Ministry. Last week, you read a parent’s take on how his children’s faith has been strengthened through this awesome community and our Youth Ministry program. Today you read my story. I am a living testimony of the impact Youth Ministry can have on a young person. I pray that your teenagers are nothing like I was, but even if they are perfect angels I believe there is much they can benefit from Youth Ministry. We have a saying in Youth Ministry: “Get involved. Be transformed.” It’s true. I see it all the time. I encourage all parents to have their teens get involved in our program. We can all use a little transformation in our lives.

rite of christian initiation for adults

The RCIA Program has begun.

Come and See! – The Catholic Church offers you an opportunity to see what being a Catholic is all about through the Rite of Christian Initiation of Adults (RCIA).

The St. Mary RCIA program began only last week. We will meet every Monday evening from 7:30 to 9:15pm in preparation to receive the Sacraments of Initiation at the Easter Vigil on April 4, 2015. The RCIA program also welcomes baptized Catholics who have not received Holy Eucharist and Confirmation. The parish will offer a separate Adult Confirmation class in late fall for baptized Catholics who have received Holy Eucharist but have not been confirmed.

Please contact the Parish Office at 540-373-6491 to sign up. For more information about RCIA, please email rciastmaryfred@gmail.com. There is no obligation; come and see what it’s all about. You are welcome!

Evangelization Conference 2014

Join Bishop Paul S. Loverde for this unique opportunity to deepen your faith, and bring a friend who might be searching. With one in ten Americans self-identifying as “former Catholics” and one in five adult Americans identifying as “Nones” (no religious affiliation), spiritual poverty is widespread even as spiritual hunger continues to intensify. The speakers and music at this diocesan evangelization conference will emphasize witness, testimonials, and practical sharing of the faith, so answer Bishop Loverde’s challenge to “Invite One” – take the first step, get out of your comfort zone, and bring a friend! In addition to the talks and music, attendees will have the opportunity to encounter Christ through a Holy Hour, Confessions, and prayer, and speak with ministry leaders.

Registration is \$25 and includes the option to bring one friend or family member for free, and to register additional individuals for \$20 each. If you would like to serve as a parish ambassador, five tickets are open for free if you will do a follow-up with parish organizations. The Diocese of Arlington does not wish to turn away individuals for whom the cost of Risk Jesus ‘14 may present an obstacle. Should you have need of scholarship assistance, please contact the diocese. <http://www.arlingtondiocese.org/riskjesus/index.aspx>



Thanks to Catechists: Special thanks to the catechists in our parish, especially those who answered the call when we needed more catechists. Let us pray that they will be true ambassadors of Christ.

Children’s Envelopes Offering

At the first class each child receives a pack of “Children’s Envelopes.” Please encourage them to put a quarter in an envelope and bring it to Mass on Sunday. The money collected is the “Children’s Offertory.” Each month this offering is donated to a different local children’s charity. Please read the “Children Envelopes” section of the bulletin and find out who will the Children Offertory Contributions for the month.

If each child in the Religious Education program gave a quarter each week the each children’s charity would get at least one thousand dollars.

CATHOLIC DIOCESE OF ARLINGTON EVANGELIZATION CONFERENCE 2014



**TAKE THE
FIRST STEP.
BRING A
FRIEND.**

Join Bishop Paul Loverde,
Jennifer Fulwiler, Fr. Dwight
Longenecker, Marie Miller,
and Fr. Juan Puigbo
at Hylton Memorial Chapel,
Woodbridge, VA 27 SEPT

[www.arlingtondiocese.org/
riskjesus](http://www.arlingtondiocese.org/riskjesus)

education around the parish

Announcing some of the adult ed classes that will be held this fall

Why not continue your Adult Education by taking a class this year? We will have several offerings to choose from this year:

RCIA

Rite of Christian Initiation of Adults
Mondays starting September 8
7:30–8:15pm in the church.

Classes are taught by all priests and members of the RCIA Team. All adults are welcome—you can already be Catholic/don't have to become Catholic to attend.

Matthew: The King and His Kingdom

Catholic Bible study of Matthew's Gospel. Class includes a one hour DVD given by Jeff Cavins with discussion with facilitator Tess Thome.

Thursdays starting September 25 (23 weeks)
9:45–11:45am, Courtyard Meeting Room.

\$20 is requested at registration: Tess Thome at 757-870-8176 or via email tessnmike@cox.net by September 15.

Two Walking with Purpose Bible Studies led by Lori Mattson. Home study and a weekly meeting in a small group for discussion or a video.

Choosing the Better Part: Walking with Purpose 101

Thursdays starting October 2 (22 weeks)
7:15–8:30pm in Parish Life Center 204.

Choosing the Better Part Bible study touches on all aspects of faith and encourages us to deepen our relationship with Christ.

Keeping in Balance

Wednesdays starting October 1 (22 weeks)
7:15–8:30pm in the Courtyard Meeting Room.

Bible study for those who have completed the Walking with Purpose 101 class.
\$30 is requested at registration: Lori Mattson at lori@acumen-ea.com or the church office.

Mary: A Biblical Walk with the Blessed Mother

Wednesdays starting October 1 (8 weeks)
1–3pm in the Courtyard Meeting Room.

Filmed on location in the Holy Land, experience the powerful drama of Mary's earthly life, taking you through her joys and her sorrows. DVD by

Edward Sri and homework and discussion as a group led by Suzette Young.

\$10 requested at registration: contact Suzette Young at agingcoastrkid@yahoo.com or the church office by September 15.

Forming Intentional Disciples: The Path to Knowing and Following Jesus

is a bookstudy that will be led by Fr. Don Rooney
Sundays beginning October 5

3:30–4:45pm in the church

Six Sundays in the Fall and five Sundays after the first of the year. One of the most significant books on community formation of our generation, this book by Sherry Weddell is a product of her international workshop movement called "Called and Gifted," to which Saint Mary will be deeply committed during the coming year. We will seek the life of faith not as a concept, but as a relationship with a Person who loves and calls each of us to our full, planned potential.

\$10 for the book, register by September 26.



Health-Wellness and a Walk

St Mary Health Ministry is responding to God's call to care of our body, our mind, and our spirit.

Our Saint Mary Health Walking Group is going to meet on six consecutive Saturday mornings
9/27, 10/4, 10/11, 10/18, 10/25, 11/01
following the 9am Mass. Come and join us!

"Do you not know that you are God's temple and that God's Spirit dwells in you?" (I Cor 3:16)

These words alone give us the spiritual desire, courage and focus to begin to make healthy choices in our day-to-day activities.

It is well established that these choices have the greatest impact on our health and wellness. For example, an increase in our physical activity reaps enormous benefits not only for our physical health but our mental and spiritual health as

well. Even something as simple as a short daily walk can make a difference. Walking has been shown to increase the potential for a healthy weight, decrease stress, improve strength and flexibility, and a whole host of other benefits. Read more at the American Heart Association's web site *Start Walking Now*. If you can't resist a scholarly read, try *Spark*, by John J. Ratey, MD for an easy-to-read, long list of the mental health benefits of walking.

Our Health Ministry Team here at Saint Mary is inviting those of you who may not have taken up the habit of walking to begin this simple program. Our program can take many paths. You can join us for a weekly walk together. Beginning Saturday, September 27, we will meet in the Church parking lot following the 9am Mass for a 50 minute walk together. Even if walking is a habit for you, you too are welcome. Come cheer the rest of us on.

You can also take up walking on your own. Walk in your neighborhood. The city has many designated paths and the larger Fredericksburg area has many great places to start. Spotsylvania Towne Centre opens early especially for walkers, so there is no excuse on a rainy day. You do, however, need to register at the Town Centre Office to get your walker's bracelet for early access. Call the office at 540-845-3031 for details.

Any way you choose, you are welcome to stop by the Parish Office for some useful Starter's Tips as well as some prayers and scripture used by many as a meditative focus to your stroll. Remember too, if you have any chronic health concerns, you will want to let your primary care physician know you are starting a walking program. Chances are he/she has already recommended walking and will be happy to get your report.

We believe you will find an amazing benefit coming from this simple step. And don't forget the additional benefits of a friend — walk and share the experience with a friend and share the many spiritual blessings that come with a walk.

Saint Anne's Sisters in Faith

Please join us Friday, September 19 as we continue our year of study and fellowship. We are studying the book, *Rediscovering Catholicism* by Matthew Kelly. Join us for 9am Mass followed by fellowship and study at the JPPII house. Fellowship from 9:45–10am. Morning prayer and study from 10–11:30 am. Childcare is available. Please contact Rocio at

Rocio.atkinson@gmail.com or Suzi Eggleston at 540-834-0752 if you have any questions.

Don't forget ESL (English as a Second Language) Classes!

St. Mary participates in the regional program of classes for people of all nationalities seeking to learn the English language. Two levels of English classes are offered, and are held in the St. Mary Parish Life Center on Sundays from Noon to 2pm. For more information, please contact the coordinator, Ray Hought at rjdhoupt@msn.com

Plan ahead to attend a weekend retreat at Loyola on the Potomac

Loyola retreats 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. The retreat is open to anyone who is seeking a deeper relationship with God in prayer. It also provides for daily Eucharist and celebrating the Sacrament of Reconciliation on Friday and Saturday. Loyola on the Potomac is located in Faulkner, Maryland.

This year's retreat theme is entitled: **"Behold the Face of God"**. This theme invites our retreatants to explore the Ignatian Principles of being **"Contemplatives in Action"** and **"Finding God in all Things."**

The invisible God is made visible through his creative work. Everything is made and continues in existence by God's creative/ salvific work in Christ (John 1: 1-18). By seeing what God does, we come to know who he is. All that we see is a reflection of God leads us to God and yet God is not contained in or limited to any created thing. The retreat helps us to deepen our ability to see and understand with the eyes of Faith. The retreat is open to *anyone who desires to grow in their relationship with God through prayer.*

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.

St. Mary retreat dates:

Men & Women's Retreat: 14-16 November 2014.

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

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

Contact Len or Sylvia Fontenot for more info: 540-663-2261 or email lensyl1966@verizon.net. To register go to www.loyolaontheptomac.com

community invitations

Manna Project Food Drive TODAY

This weekend we will once again have the opportunity answer Christ's call to feed the hungry. The St. Mary Manna Project is collecting non-perishable food items and financial donations for the Fredericksburg Area Food Bank. Volunteers are available before and after all Masses on Saturday and Sunday in front of the church and at Holy Cross Academy.

Join the Choir!

Saint Mary Music Ministry invites those interested in joining one of our choirs, or in just finding out more, to contact David Mathers, our Director of Sacred Music, at the parish office, 540-373-6491 x217 or dmathers@stmaryfred.org.

Choirs for adults: Mr. Mathers directs the Adult Choir (10:30 Mass at the church, Thursday evening rehearsal.) Mrs. Donna Green directs the Folk Choir (5pm Saturday Mass, Wednesday evening rehearsal), and Mr. Domingo Bautista directs the Coro Hispano (the Spanish Choir, 2pm Mass, Friday evening rehearsal).

Choirs for young people: Mr. Mathers directs the Childrens' Choir (2nd – 7th grade, 8:30 Mass, Thursday afternoon rehearsal) and the Youth Choir (8th – 12th grade, 5pm Sunday Mass, Tuesday evening rehearsal).

Matrimonios comunitarios en esta parroquia

La Parroquia de Saint Mary of the Immaculate Conception ofrecerá la oportunidad de convalidar su matrimonio a todas la parejas que están viviendo juntas por varios años o solo casadas por el civil. Serán un total de 8 clases que se tomarán únicamente los domingos después de la misa en español (3:15–4:30pm). Las clases comienzan el 28 de Septiembre y terminan el 16 de Noviembre. Al final la celebración de estos matrimonios serán comunitarios. Interesados contactar al Sr. Ismael Bermúdez 540-295-3093 o a la Sra. Leticia Gonzáles 703-473-7218. La fecha límite para inscribirse es el 21 de Septiembre.

Respect Life Sunday National Life Chain, Oct. 5

The Life Chain is a peaceful, prayerful, silent demonstration. Hundreds of Christians stand 25 to 50 feet apart to form a prayer chain and

hold signs. This powerful, visual impact not only raises community awareness but has also been credited with saving children's lives.

St. Mary Parish will again participate in the Annual Life Chain on Sunday, October 5 and welcomes all our parishioners and local churches as well. We will meet in 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.

Birthright evening Open House

Birthright of Fredericksburg, Inc. invites interested men and women to an evening dessert at 7:30pm on Monday, September 29, to learn more about Fredericksburg's first pro-life pregnancy center that has been operated totally by volunteers since 1976. A short film and a discussion of the Birthright Charter will give attendees a clear idea of its mission. For those who choose to continue volunteer training, two sessions at the office on Lafayette Boulevard will be scheduled in October. Come and learn more about this international organization and how you might contribute your time and talent. Registration is a must by Sept. 26: Email birthrightfred@gmail.com or leave a message on the office phone: 540-898-8558.

Plan now for CCW Pilgrimage

All parishioners are welcome to join in the annual pilgrimage, sponsored by St. 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 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, and a masterpiece of American architecture, built from 1806-1821, and restored in 2006 to its original design, as envisioned by America's first bishop John Carroll, and as planned by 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 St. 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.



Parish Health Ministry Survey, 14 Sept 14

Please fill out this survey, return it and help us define the needs of the community.

THERE ARE FIVE AREAS OF WELLNESS

Spiritual View of Life

*Am I comfortable with my spiritual life?

Yes

No

*What help would you need with your spiritual life?

Physical

*Do I need to change my diet?

Yes

No

Do I get enough exercise? ("work" activity dose not count*)

Yes

No

*Do I check my blood pressure, heart rate, or blood sugar?

Yes

No

Social

*Is it unusually stressful at home?

Yes

No

*Do my friends seem to be out of step with me?

Yes

No

*Do I feel involved in community resource decisions?

Yes

No

Emotional

*Do I feel trapped by the ups and downs of my life?

Yes

No

*Do my coping skills work every time I want them to?

Yes

No

*Do I feel in touch with those around me?

Yes

No

Environmental

*Do I spend enough time caring for the environment?

Yes

No

*Do I have a quiet space for rest and/or prayer?

Yes

No

*Have I done enough to be safe from danger?

Yes

No

Are there any particular health-related, spiritually-based programs that you would like to have presented?

| | | | |
|---|-------|---|-------|
| 1 | <hr/> | 4 | <hr/> |
| 2 | <hr/> | 5 | <hr/> |
| 3 | <hr/> | 6 | <hr/> |

Please place this survey in the vestibule of the church or you may mail it to the parish office.

Thank you, Parish Health Ministry

SGH-5/15/14

operations through our gifts

Daily Mass Intentions and Readings

september

15 MONDAY

6:30 + Margaret Clancy
9am + Evelyn Derouin
1 Cor 11:17-26, Jn 19:25-27

16 TUESDAY

6:30 + Kenneth Schmitz
9am + Joseph Trung Trinh
1 Cor 12:12-14, 27-31, Lk 7:11-17

17 WEDNESDAY

6:30 Sister Frances Carol OSFS
9am Father Don Rooney
1 Cor 12:31-13:13, Lk 7:31-35

18 THURSDAY

6:30 + Nicholas Reisinger
8:30* Keith Britton
9am + Shirley Alrutz
1 Cor 15:1-11, Lk 7:36-50

19 FRIDAY

6:30 + Nancy Olah
9am Henry Eastman
1 Cor 15:12-20, Lk 8:1-3

20 SATURDAY

9am + Timothy Hanlon
5pm + Owen Lea
7pm Evelyn and + Nick Ferro
1 Cor 15:35-49, Lk 8:4-15

21 SUNDAY

7am + Timothy Hanlon
8:30 + Nick Kennedy
10:30 Chris Clay Family
10:30* + Anne Anderson
12:30 + Mark and Bill Lenzi
2pm + Maria Garcia Najera
5pm For the Parish
7:01 + Robert Stevenson
Is 55:6-9, Phil 1:20-27,
Mt 20:1-16

Masses were offered in August for the following unscheduled intentions: Lisa Storm, The Harkins Family, +Francis Cawley, +Ruth Benjamin, +Tess Bury, +Timothy Hanlon, +Rose Mergenthal, Katie Hamilton, Mary Hamilton, Jason Stanislawski, Holy Cross Faculty & Staff and Parish Staff, +Fred Brems, +Ken Schmitz, and +Guillermo Vasquez

*indicates Mass at Holy Cross Academy

St. Mary Prayer List

Please pray for those who are sick or in need, especially: Lily Rubbo, Ellen Carag, Krystal Finch, Dory Henderson, Robert Epp, Josephine Kreider, Mina Logan, Romalie Vonaime, David Vonaime, Helen Kozyra, Debbie Lloyd, Sr. Marie de Chantal, Nathan Tarantino, James Calpin, Rebecca Johnston, Mary Damato, Julie Fabula, Amelia McDewitt, 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, Sr. Marie de Chantal, 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 Fatina

Please pray for all the men and women in our military and civilian support services overseas, especially: 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 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

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

Weekly Offertory

| | |
|---|---------|
| Offertory Collection | |
| 7 September 2014 | 36,908. |
| Special Collection for the Middle East Crisis | 7,060. |
| Poor Box / Vincent de Paul | 218. |

Thank you for your 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.

THE SECOND COLLECTION NEXT WEEK IS FOR THE PARISH BUILDING FUND.

Children's Offertory for September

Children's Offertory Envelope donations in September will benefit Rappahannock Council for Children and Parents (RACCAP). The Council has been helping and supporting parents and children for over a decade, providing education and supportive services to the community. They help educate parents about positive parenting techniques. RACCAP works with other local, state and national organizations to help families by implementing new and innovative child abuse prevention and awareness programs. Children's Offertory Envelopes are available through the Religious Education Office.

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](#)

we are called to share

Cushing at wcushing@verizon.net or call her at 373-9184.

Halfway to Saint Patrick's Day Party

St. Mary participates in the regional program of classes for people of all nationalities seeking to learn the English language. Two levels of English classes are offered, and are held in the St. Mary Parish Life Center on Sundays from Noon to 2pm. For more information, please contact the coordinator, Ray Houpt at rjdhoupt@msn.com

Bunco Season: get ready

On Friday evening, September 26 at 7pm, this season's Bunco games begin. All Parish adults are invited to come join in the fun. It's an easy game to learn if you've never played before. Cost is \$6 most of which is returned in the form of prizes, a small amount goes toward refreshments. We play in the Parish Life Center and will be happy to have you join us!

Pro-life reflection

Today is the Feast of the Triumph of the Holy Cross. Because his death destroyed our own, the Cross is a symbol of ultimate triumph over evil and a symbol we must embrace in everyday life. Especially if we work to save the unborn, we are subject to ridicule and rejection. Our plans for pro-life activity should not be geared towards avoiding rejection but rather should count on it. *Lord may we see the cross as our triumph today and forever.* (Pro-life Reflections for Every Day)

Welcome to SHARE at St. Mary Parish!

Order Deadline: 15 September
Food Pick-Up: 27 September

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)

Fresh produce including potatoes and onions, and the season's best fruits and vegetables, and your featured proteins:

- Split Chicken Breasts
- Chicken Drums
- Bacon (low sodium)
- Pollock Filets
- All natural Chicken Nuggets

Sirloin Steaks (8 steaks)

(\$13 + 2 hrs community service)

- ranch style, all natural beef sirloin

Breakfast Flatbread (20)

(\$13 + 2 hrs community service)

- Easy to prepare, delicious, Schwann's breakfast flatbread sandwiches of egg, turkey sausage and cheese, each individually wrapped. Great for a quick breakfast or afternoon snack.

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. = \$_____

8 Sirloin Steaks (\$13)

_____ x \$13. = \$_____

20 Breakfast Flatbreads (\$13)

_____ x \$13. = \$_____

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.