

**Fifth Sunday  
of Lent**

**22 march 2015**

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



# what's coming



SAINT  
MARY

of the  
IMMACULATE  
CONCEPTION  
Roman Catholic Church

HOLY CROSS ACADEMY

## march

### 22 FIFTH SUNDAY OF LENT

Lenten Small Groups "BETRANSFORMED" Preparation begins for Week 6.  
Coffee Shop after morning Masses, Parish Life Center (Girl Scout Troop 5225).  
3:30pm, *Intentional Disciples* Final Discussion Group with Fr. Rooney, Courtyard Room.  
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.  
SCRIP sales after all Masses.

### 23 Monday, Lenten Weekday (Saint Turibius of Mogrovejo, Bishop)

### 24 Tuesday, Lenten Weekday

7pm, Additional parish confessions, Church.

### 25 Wednesday, The Annunciation of the LORD

Noon, Fredericksburg Micah Churches Lenten Prayer & Lunch, Fredericksburg Baptist Church.  
6pm, YOUCAT, John Paul II House.  
7pm, Additional parish confessions, Church.  
7:15pm, Keeping in Balance Bible Study continues, Courtyard Meeting Room.

### 26 Thursday, Lenten Weekday

9:30am, CCW Craft Group, Parish Life Center 100.  
6:30pm, Parent Gathering Series with guest speaker Sr. Clare Hunter, Parish Life Center.  
7pm, Additional parish confessions, Church.  
7pm, Spanish Prayer Group, John Paul II House, upstairs.  
7:15pm, Choosing the Better Part Bible Study, Parish Life Center, 204.

### 27 Friday, Lenten Weekday

9:30am, St. Anne's Sisters in Faith (Moms Group), John Paul II House  
6pm, Lenten Soup Supper, Parish Life Center.  
7pm, Additional parish confessions, Church.  
7:30pm, Stations of the Cross, Church.  
8pm, Estaciones de la Cruz, Iglesia.

### 28 Saturday, Lenten Weekday

9am, Spanish Prayer Workshop, Courtyard Meeting Room.  
6pm, Knights of Columbus Monthly Family Dinner, Parish Life Center.  
SCRIP sales after 5pm Mass.

### 29 PALM SUNDAY OF THE PASSION OF THE LORD

Coffee Shop after morning Masses, Parish Life Center (American Heritage Girls).  
CYM Dinner and HS Youth Group following 5pm Mass, Parish Life Center.  
SCRIP sales after all Masses, except 2pm Mass.  
No ESL class.

### 30 Monday of Holy Week

There will be no Religious Education classes this week.  
7pm, Additional parish confessions, Church.

### 31 Tuesday of Holy Week

7pm, Additional parish confessions, Church.  
7:30pm, Life in the Spirit Prayer Gathering, Courtyard Meeting Room.

## april

### 1 Wednesday of Holy Week

6pm, YOUCAT, John Paul II House.  
7pm, 6th Grade presentation of "The Three Trees," Church.  
7:30pm, Additional parish confessions, Church.

### 2 Holy Thursday, The Sacred Triduum of the LORD

**No morning Masses:** 8am, Office of Readings and Morning Prayer, Church.  
9:30am, CCW Craft Group, Parish Life Center 100.  
**7:30pm, Mass of the Lord's Supper,** Church, procession to Parish Life Center, adoration until midnight.

nota bene (*note well, please*):

- ✂ Several additional opportunities for **confession** have been scheduled this week: **Tuesday through Friday starting at 7pm**. Confessions will continue Holy Week Monday through Wednesday at 7, and between Noon and 3 on Good Friday. *There will be no confessions after 3pm on Good Friday.*
- ✂ Please make note of our annual **Easter Sunday schedule**, which is very different. The Church permits only one Vigil, ours will be Holy Saturday night from 8:30–11:30pm. *There is no 5pm or 7pm Mass on Holy Saturday.* We then joyfully welcome more than 9,000 people to three beautiful Masses on Easter Sunday at the Fredericksburg Expo Center, 8am, 10:15am and 12:30pm. *There are no Masses in the church on Easter Sunday, and no afternoon and evening Masses after the 12:30pm Mass.*
- ✂ Don't forget the final **Lenten Ecumenical Prayer Service and Lunch**, this Wednesday at noon at Fredericksburg Baptist Church: Rev. Aaron Dobynes, pastor of Shiloh Old Site Baptist Church, is preaching.
- ✂ **SCRIP is on sale** this weekend.
- ✂ Remember someone you love, either living or deceased, with **a donation for our beautiful Easter Flowers**. Envelopes are available in your envelope packets, in the Church and in the Parish Office.

1009 Stafford Ave., Fredericksburg, VA 22401

<b>SUNDAY MASS</b>	Saturday Vigil 5 & 7pm Sunday 7, 8:30, 10:30am, 12:30, 2pm (Spanish), 5pm, 7:01pm 10:30am at Holy Cross Academy
<b>DAILY MASS</b>	Mon.-Fri.: 6:30 & 9am; Sat., 9am First Friday 8pm Holy Days of Obligation, as announced
<b>DEVOTIONS</b>	Adoration & Benediction, Wed., 7-9pm Novena with Exposition, Mon., 7-7:30pm All Night Adoration, First Friday Miraculous Medal Novena, Mon., after 9am Mass Divine Mercy, Wed., 3pm
<b>CONFESSION</b>	Wed., 7-9pm; Sat., 8am & 3:30pm, or by appt.
<b>PARISH OFFICE</b>	540-373-6491, fax 371-0251 stmary@stmaryfred.org Mon.-Fri., 8:30am - 4:30pm; <i>students staff office weekdays until 9pm, Saturdays 9-5pm, Sundays 9:30-1:30pm</i>  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 Secretary, Mary Fitch
<b>HOLY CROSS ACADEMY</b>	540-286-1600 250 Stafford Lakes Parkway Fredericksburg, Virginia 22406-7234 Principal, Sr. Susan Louise Eder, O.S.F.S.
<b>ST. MARY PRESCHOOL</b>	373-7553 Director, Nanci Scharf
<b>RELIGIOUS EDUCATION OFFICE</b>	373-6491 Director, Aristides Lucas Associate Director, Karen Sturtevant
<b>YOUTH MINISTRY</b>	373-6491 Director, Leo Chavarria
<b>HEALTH MINISTRY</b>	845-3031 Steven Haughton, RN, and Beth Palacios, RN
<b>BAPTISMS</b>	Parish registration (90 days) and class required. Please contact the parish office to schedule the date at least four weeks in advance.
<b>MARRIAGE</b>	Parish registration required; contact parish six months in advance to begin preparation.
<b>JOIN US</b>	New Family Registration meetings 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 bulletin@stmaryfred.org. Thanks!

this week's bulletin:

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## from our pastor



HOLY CROSS ACADEMY

Dear Good People of Saint Mary,

Last week I was in a conversation with someone and we were speaking about music after Mass. This person obviously was not current with all that is being written about liturgy and life (who is?) and was speaking out of her own grassroots spirituality as a Catholic who has gone to Mass all her life. She, as you might imagine, had well-established opinions. "I don't think we should have to sing anything after they take up the collection," she said. "I just want to pray in silence in the presence of my God, and not have to think about everyone else, what they are thinking of me, or what I'm supposed to be doing."

I tried my best to explain the reasons behind the music, but I'm not sure I got very far. Opinions can become so strong sometimes that you can still have them and not remember why. We default to lines like, "Well, that's the way we've always done it." One of my favorites of all time was once when somebody actually said to me, "Well, if Latin was good enough for the Apostles, then it is good enough for me." (The secret is, of course, that the Apostles didn't speak Latin. Maybe Peter and Paul, later, when they went to Rome. But the language of the New Testament Scriptures is Greek, maybe some Hebrew.)

It makes me wonder, though, why singing can seem so tentative at times when it should be most robust? For example, the Great Amen at the completion of the Eucharistic Prayer before the Lord's Prayer—the great Affirmation of the faithful (you) for the prayer that has just been completed—thrice Amen in response to the prayer which began with the angels, "Holy, holy, holy..." It is often barely whispered. Did you know that the book says *"the people respond..."*? It isn't the priest's line, it is the people's Amen.

I asked my interlocutor if this theory might have merit. "Is this why, do you think," I asked, "that people don't respond with the sung Memorial Acclamation at that precise moment that bread and wine is consecrated into the Body and Blood of Jesus: Jesus is now present on the altar.?"

"Precisely," said she, "because we are silent in the presence of the Lord, at this most holy moment."

My good people, it is at this moment that we are to be overcome with joy, with response. As present to Jesus as he is to us. At that moment we can cry out, "Save us, Savior of the world, for

by your cross and resurrection you have set us free!" That isn't a whispered line! It is called the "Memorial" Acclamation because we acclaim our personal memory of the Great Story of Jesus: suffering, death and resurrection, NOT simply *that* it happened, but that God loved us so much that he did it *for me, for us*. Next time you are in the church for your silent moment, pick up the hymnal and find #685. I'm not crazy about the tune, but you could spend a week on the words!

And the moment of consecration isn't the most holy moment of the Mass. The moment begins with consecration, yes, but isn't fulfilled until the last person in the church has received that holy Food! God the Son becomes Man, becomes bread, not to exist as bread, but to be consumed by us. He is waiting, he is hungry. The consecration exists for the moment of Communion. It does no good for God to become present if there is not a desire that fills us to receive him! To be one with him, and in the sacrament, to be his chosen people and become one with each other, too.

Yes, even with the people that you might rather wish weren't there, with the cell phone or the screaming kids. Even with enemies. It can be a challenge. We are called to be Christ and to find Christ in others, no matter how difficult it may be with all the distractions. Being in Christ to others involves patience and kindness, but it also requires the courtesy to help others to focus. We need to be more mindful of each other, too.

If it is silent prayer time you seek in a silent church in the presence of the Lord, the church building is open all day...pick any time you like whenever Mass *isn't* happening. But the Mass is the coming together of the Body of Christ with that great cry to the Father that comes from the Cross, across the chasm of death, the Word which came forth (first half of the Mass) and the word that returns to the Father in the form of Christ who unites himself to us in holy Communion, so that you and I may be caught up in that great offering to God *for us* and for our salvation.

Music exists for a purpose; it is clearly not for our entertainment. Anyone who has had training in a choir understands. When voices blend in song they can become one voice (in a way that can't nearly be as perfect as when spoken), and that voice, with no single voice standing out, becomes the voice of Jesus himself. May we be so.

Still, put away the phones. God bless you. *Fr. Dom*

**JOIN US for LENT in  
FREDERICKSBURG  
each Wednesday:**  
*Ecumenical prayer  
at 12 noon, Lunch  
following:*

**25 March**  
Rev. Aaron Dobyne  
(Shiloh Old Site  
Baptist Church)  
leads prayer at  
**Fredericksburg  
Baptist Church**



# holy cross academy



*A National  
Blue Ribbon  
School of  
Excellence,  
2012*



## Delighting in the Digital

Last Friday, HCA joined schools around the country to celebrate Digital Learning Day. Activities all week led up to the final day when student work and class projects were on display. With digital images lining the hallways and foyer, students had the opportunity to see what is happening throughout the school.

All classes were invited to focus on the digital aspects of learning across the curriculum. 8th graders finalized reports on their Confirmation saints. Students throughout the grades were introduced to basic programming with Lightbox. 2nd graders composed letters to Farmer Brown and 6th graders created trading cards featuring computer pioneers. All of them proudly displayed their work and shared it with their friends.

Our students enjoyed focusing on the digital elements of their classes on Digital Learning Day. It was fun and everyone felt that they learned a lot as well.

If you want to learn about our school and what we can do for your child, make an appointment to come see our school by calling us at 540-286-1600. We are currently registering all grades for the 2015-2016 school year. You can also visit 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, grow and learn. 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.

# education

# religious education

## Parent Gathering Series

Our next Parent Gathering Series is **Thursday, March 26, from 6:30 to 8pm** in the Parish Life Center and features Sr. Clare Hunter, F.S.E. Sister Clare Hunter is Director of the Respect Life Office of the Diocese of Arlington. Sister is a member of the Franciscan Sisters of the Eucharist and is the Director of the Respect Life Office for the Arlington Diocese.



She has a bachelor's degree in Corporate Communication and Media, from Southern Connecticut State University; a Masters in Theological Studies from the John Paul II Institute for Studies on Marriage and Family, in Washington, D.C.; a Master's in Education Administration from the University of St. Thomas, in Houston, TX.

Her talk, "Living Out Love: The Catholic Church and Homosexuality," will address the misconceptions and truths about the Catholic Church's understanding and teachings on the issues of same-sex attraction and the sacrament of marriage. Sister will also share advice on what parents can do when their child comes to them with confusion about homosexuality, or expressing that they may be struggling with a same sex attraction.

## Deacon Alberto with Spanish Speaking Parents

On March 9, Deacon Alberto hosted his third discussion with Spanish speaking parents. Besides discussing the Spanish version of Bishop Loverde's Pastoral Letter on the New Evangelization, he also discussed patron saints, the Mass, Holy Week and the Easter Triduum.



## Operation Rice Bowl

Visit the Democratic Republic of Congo and learn how farmers work to keep their plantations healthy and disease resistant, [www.crsricebowl.org/stories-of-hope/week-5/](http://www.crsricebowl.org/stories-of-hope/week-5/)



## Hungering for a healthy harvest

When banana trees die, Hamuli Kahati has nothing to sell. And his family has nothing to eat. That's why it's so important for farmers like Hamuli in the Democratic Republic of Congo to be able to care for their crops. Sometimes it isn't safe for Hamuli to tend his trees—the DRC has a long history of war and conflict. Other times, the trees themselves get sick with a banana wilt disease. When the disease devastated the trees on Hamuli's farm, his income dropped from \$150 a month to only \$7. He struggled to give his three daughters even one meal per day.

## Try a recipe

Be sure to try the delicious recipe from Democratic Republic of Congo, "Fried Plantains with Beans." Watch its preparation at CRS Rice Bowl's Global Kitchen with Fr. Leo Patalinghug at [www.crsricebowl.org/recipe/fried-plantains-and-beans/](http://www.crsricebowl.org/recipe/fried-plantains-and-beans/)

## Reflections

Spend 5 minutes a day reflecting on this week's calendar entries from Sunday, March 22-28. [www.crsricebowl.org/reflections/](http://www.crsricebowl.org/reflections/)



## The Proclamation of the Passion on Palm Sunday and Good Friday

Again this year, one of our parish lectors will read the words of the crowd during the Passion. Some have asked for an explanation of this change from recent tradition. In our liturgical celebrations we remember events that took place in time, especially the events surrounding the self-offering of Jesus: his entry into Jerusalem, the Last Supper, the Passion, and his resurrection and ascension. In our Holy Week liturgies we trace these events as if they were happening again today, even distributing them across the week at the “correct” date and time. But our recalling of these happenings, together as worshipping Church, mystically makes these saving realities present to us – able to effect our salvation here and now! And these events made present now is what we are really thanking God for in our worship.

It’s a subtle thing to negotiate the difference between “reenacting” an event from the past and remembering it in way that makes the spiritual reality of it present and active. This is true of the Eucharist itself. At Mass, we don’t reenact the Last Supper, we, the Body of Christ, recall it together, and reality of God’s grace is thus made truly present.

When the New Testament Passion account is proclaimed, it’s easy to see why it might be understood as a reenactment. We do it at the same time it happened historically; it’s attended by a large group of people; it’s been traditional to divide the “lines” of the different characters among several people like a play; even the choir sometimes sings the words of the crowd, just like a Greek chorus. As part of the 20th-century reform of the liturgy, many parishes (and publishing companies) began encouraging the congregation to say or sing everything the choir had sung at the old “High Mass.” That included the crowd parts of the Passion. It’s been a profound experience to do that, as we all know. And

many of us have identified our own sinfulness, already on our mind during Lent, with the failure of many Jews of Jesus’ day to recognize him as the Messiah.

In more recent years we have come to recognize several things: First, the proclamation of the Passion is not a reenactment, but the proclamation of the Gospel message. The assembled body of Christians participates in both proclaiming this message and in receiving it. This is what makes the Gospel message spiritually active and present on Palm Sunday just like every Sunday. Second, in taking part in this proclamation, it is always appropriate to listen to the

readings without following along in the missalette; but this is impossible if the congregation is expected to recite the lines of the crowd. Third, some people would simply prefer not to say the words of the crowd (or follow in the missalette) and, unlike with, say, the Creed, they are not liturgically required to do so.

Further, when the congregation reads the part of the Jewish crowd, we tend to associate the motivations that the Gospel author ascribes to the Jews to the Christians assembled for worship. When we Christians all say as a group, “crucify him,” it’s hard to know, in the context of the Mass, what that really means. If we all say “his blood be upon us

and upon our children,” do we really mean that? When we say these things it becomes about us rather than the Gospel message.

Finally, when the entire worshipping assembly says these words, the idea may arise that all the Jews were, or even are, responsible for the death of Jesus. Because the Church clearly teaches that that is not the case, it’s probably wise to avoid any liturgical practice that could cause confusion in this regard. For all these reasons we again this year will have on of our parish lectors read the words of the crowd during the Passion.



*Next sunday, March 29, is Palm Sunday Of The Passion Of The Lord.*

# community happening here

## BETRANSFORMED



We would like to thank our Saint Mary's Small Group organizers and all of you

that have participated in the **BETRANSFORMED** Lenten program. As we enter the sixth week of Lent, all hosts should have returned their Host packets with their group lists and the monies collected for participant fees. We would like to forward our funds to St. Matthew by the end of the month so please get the materials and monies in to the office **no later than 27 March**. Please look for an email to be sent soon regarding the **BETRANSFORMED** program evaluations to be completed by each participant and Host.

## March Family Dinner

The March Family dinner, sponsored by the Knights of Columbus, will be held on **March 28 from 6 to 8:30pm** in the Parish Life Center.

The menu includes chicken enchilada casserole, rice & beans, avacado-corn salad, chips and salsa, and churros (sweet Mexican fritters). The profit will be donated to REAP (Religious Education Assistance Program). 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 max cost per family is \$25.**

## Men's Group

Looking for a chance to strengthen your faith while enjoying some good food & drink? Come join with other men of the parish to discuss issues relevant to work, family, and friendship in a casual environment at the Blue & Gray Brewing Co. each month.

Since the Church is often called a "hospital for sinners" isn't it fitting we have our own Doctors of the Church? For the next several months we're going to be reading about each of them and discussing their lives & contributions to the Church. **We meet on the LAST Friday of the month at 7:30pm.** Contact Mike Bostain ([mrbbostain@verizon.net](mailto:mrbbostain@verizon.net)) for more information.

## Join St. Mary for these solemn observances of Jesus' Passion, Death and Resurrection for all people.

- PALM SUNDAY** 29 March *Regular Mass schedule: Sat.: 5 & 7pm; Sun.: 7, 8:30, 10:30, 12:30pm, 2pm en español, 5 & 7:01pm, and 10:30am at Holy Cross Academy. Confessions continue Mon., Tues., Wed. at 7pm (7:30pm on Wed.)*
- HOLY THURSDAY** 2 April *No morning Masses, no confessions 7:30pm, Sacred Triduum: Mass of the LORD's Supper, and adoration until midnight.*
- GOOD FRIDAY** 3 April *No morning Masses 12-2:30pm, Tre Ore, The Seven Last Words of Jesus in Word and music. 2:30pm, The Stations of the Cross. 12-3pm, Confessions (ending at 3pm) 3pm, Sacred Triduum: The Lord's Passion & Veneration of the Cross. 5:30pm, Triduo Sagrado: La Pasión y Veneración de la Santa Cruz. 7:30pm, Sacred Triduum: The Lord's Passion & Veneration of the Cross (repeated).*
- HOLY SATURDAY** 4 April *No morning Masses, no confessions 11am, Blessing of Easter Food 8:30pm, Sacred Triduum: The Solemn Vigil of the Resurrection of the LORD (until 11:30pm).*
- EASTER SUNDAY** 5 April *We welcome everyone to join us at the Fredericksburg Expo Center 8am, 10:15pm & 12:30pm, Celebration of the Resurrection of the LORD There will be NO other Masses at the Church on Easter Sunday. There will be plenty of seats and parking for all at the Expo Center behind Central Park at 2371 Carl D. Silver Parkway.*



# community happening here

## VIRTUS training

**Attention all HCA and St. Mary Volunteers:** If it has been over a year since you took the initial 4 hour class or the refresher class for VIRTUS, then you need to take one of these refresher classes at HCA. You do not have to pre-register, just come to one of the classes. If you receive the monthly online bulletins, you do not need to take the class. This 30-minute class is a requirement to keeping up your VIRTUS paperwork.

The dates for the refresher classes are: Tuesday, **March 24 at 6:30pm**, Wednesday, **March 25 at 8:15am** and Monday, **March 30 at 2:15pm**. All the VIRTUS classes will take place in the library. You need to attend only one of these classes. Due to the content of the video, no children will be permitted. If you have any questions, please contact Mrs. Jeffers at [hcasecretary@holycrossweb.com](mailto:hcasecretary@holycrossweb.com).

## Diocesan Women's conference, March 28

All women are invited to the annual diocesan Women's Conference on **March 28, 2015**. This year's conference will feature speaker Kerri Caviezel and Kathleen Wilson. Go to [www.arlingtondiocese.org/women](http://www.arlingtondiocese.org/women) for more details or to register.

## Cursillo weekends

Come and discover the Cursillo community! The **Men's Weekend is April 16-19**. The retreat is wonderful opportunity to deeply reflect on your relationship with Christ and to grow as a member of

the Christian community. The retreats will be held at the Missionhurst retreat center in Arlington. To register or for more information, please contact Joyce Bodoh at 540-521-0588 or [joycebodoh@gmail.com](mailto:joycebodoh@gmail.com).

## Renewed Catholic Life in the Spirit

*"I invite all Christians to a renewed encounter with Jesus Christ."*  
—Pope Francis

**Every other Tuesday evening From Easter to Pentecost from 7:15- 9pm** in the Church we will have "An Introduction to Renewed Catholic Life in the Spirit." The Introduction is a formation experience that invites participants to establish or deepen their relationship with Jesus Christ, leads them to experience an awakening of the gifts and fruits of the Holy Spirit bestowed in Baptism and Confirmation, and to life lived in the power and presence of the Holy Spirit.

Save the dates: **April 14, 28; May 12, 26**. More information next week.

## ESL Class schedule

Please note that there will be **no ESL classes** on March 29 or April 5. The rest of the schedule remains unchanged. The last ESL Class for this academic year is April 26.

## Annual yard sale

**Start saving items**—but no shoes or clothing—for the annual CCW Yard Sale which will be held on **April 11, 2015**. Details of when you can bring the items to the Parish Life Center will be forthcoming.

## TICKETS ON SALE



## Saint Mary Parish Night Out 2015

this  
could  
be you

**Saturday, 25 April 2015**  
**UMW Jepson Center**

**Cash Bar 6:30pm**  
**7pm Dinner & Dancing**

**Tickets are \$75 each.**  
**Information? Call Marty**  
**Bridi 540-373-0259**  
**Entertainment by the**  
**Andrew Thielen Big Band**

# looking ahead



## Pope Francis: Homily The announcement of the Holy Year of Mercy

This year as last, as we head into of the Fourth Sunday of Lent, we are gathered to celebrate the penitential liturgy. We are united with so many Christians, who, in every part of the world, have accepted the invitation to live this moment as a sign of the goodness of the Lord. The Sacrament of Reconciliation, in fact, allows us with confidence to draw near to the Father, in order to be certain of His pardon. He really is "rich in mercy" and extends His mercy with abundance over those who turn to Him with a sincere heart.

To be here in order to experience His love, however, is first of all the fruit of His grace. As the Apostle Paul reminds us, God never ceases to show the richness of His mercy throughout the ages. The transformation of the heart that leads us to confess our sins is "God's gift", it is "His work" (cf. Eph 2:8-10). To be touched with tenderness by His hand and shaped by His grace allows us, therefore, to approach the priest without fear for our sins, but with the certainty of being welcomed by him in the name of God, and

understood notwithstanding our miseries. Coming out of the confessional, we will feel God's strength, which restores life and returns the enthusiasm of faith.

The Gospel we have heard (cf. Lk 7:36-50) opens for us a path of hope and comfort. It is good that we should feel that same compassionate gaze of Jesus upon us, as when he perceived the sinful woman in the house of the Pharisee. In this passage two words return before us with great insistence: love and judgment.

There is the love of the sinful woman, who humbles herself before the Lord; but first there is the merciful love of Jesus for her, which pushes her to approach. Her cry of repentance and joy washes the feet of the Master, and her hair dries them with gratitude; her kisses are pure expression of her affection; and the fragrant ointment poured out with abundance attests how precious He is to her eyes. This woman's every gesture speaks of love and expresses her desire to have an unshakeable certainty in her life: that of being forgiven. And Jesus gives this assurance: welcoming her, He demonstrates God's love for her, just for her! Love and forgiveness are simultaneous: God forgives her much, everything, because "she loved much" (Luke 7:47); and she adores Jesus because she feels that in Him there is mercy and not condemnation. Thanks to Jesus, God casts her many sins away behind Him, He remembers them no more (cf. Is 43:25). For her, a new season now begins; she is reborn in love, to a new life.

This woman has really met the Lord. In silence, she opened

her heart to Him; in pain, she showed repentance for her sins; with her tears, she appealed to the goodness of God for forgiveness. For her, there will be no judgment except that which comes from God, and this is the judgment of mercy. The protagonist of this meeting is certainly the love that goes beyond justice.

Simon the Pharisee, on the contrary, cannot find the path of love. He stands firm upon the threshold of formality. He is not capable of taking the next step to go meet Jesus, who brings him salvation. Simon limited himself to inviting Jesus to dinner, but did not really welcome Him. In his thoughts, he invokes only justice, and in so doing, he errs. His judgment on the woman distances him from the truth and does not allow him even to understand who guest is. He stopped at the surface, he was not able to look to the heart. Before Jesus' parable and the question of which a servant would love his master most, the Pharisee answered correctly, "The one, to whom the master forgave most." And Jesus does not fail to make him observe: "Thou hast judged rightly. (Lk 7:43)" Only when the judgment of Simon is turned toward love: then is he in the right.

The call of Jesus pushes each of us never to stop at the surface of things, especially when we are dealing with a person. We are called to look beyond, to focus on the heart to see how much generosity everyone is capable. No one can be excluded from the mercy of God; everyone knows the way to access it and the Church is the house that welcomes all and refuses no one. Its doors remain wide

open, so that those who are touched by grace can find the certainty of forgiveness. The greater the sin, so much the greater must be the love that the Church expresses toward those who convert.

Dear brothers and sisters, I have often thought about how the Church might make clear its mission of being a witness to mercy. It is journey that begins with a spiritual conversion. **For this reason, I have decided to call an extraordinary Jubilee that is to have the mercy of God at its center. It shall be a Holy Year of Mercy.** We want to live this Year in the light of the Lord's words: "Be merciful, just as your Father is merciful. (cf. Lk 6:36)"

This Holy Year will begin on this coming Solemnity of the Immaculate Conception and will end on November 20, 2016, the Sunday dedicated to Our Lord Jesus Christ, King of the Universe – and living face of the Father's mercy. I entrust the organization of this Jubilee to the Pontifical Council for Promotion of the New Evangelization, that [the dicastery] might animate it as a new stage in the journey of the Church on its mission to bring to every person the Gospel of mercy.

I am convinced that the whole Church will find in this Jubilee the joy needed to rediscover and make fruitful the mercy of God, with which all of us are called to give consolation to every man and woman of our time. From this moment, we entrust this Holy Year to the Mother of Mercy, that she might turn her gaze upon us and watch over our journey.

[www.news.va/en/news/pope-francis-homily-with-announcement-of-year-of-m](http://www.news.va/en/news/pope-francis-homily-with-announcement-of-year-of-m)

## Healthy Reminders from Saint Mary's Health Ministry

### 10 tips for healthy meals

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

#### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

#### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



#### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

#### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



#### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

#### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

#### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

#### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

#### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



#### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

## My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 1800 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	VEGETABLES	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	2½ cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)		cups
	FRUITS	Select fresh, frozen, canned, and dried fruit more often than juice	1½ cups (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)		cups
	DAIRY	Include fat-free and low-fat dairy foods every day	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)		cups
	PROTEIN FOODS	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	5 ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry or seafood; 1 egg; 1 Tbsp peanut butter; ½ cup cooked beans or peas; or ½ ounce nuts or seeds)		ounce equivalents
	PHYSICAL ACTIVITY	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 150 minutes each week.	Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	minutes

Visit [www.choosemyplate.gov/supertracker-tools/daily-food-plans.html](http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html) to download this Daily Food Plan worksheet.



# operations given in love

## Weekly Offertory

15 March Offertory	39,987.
FaithDirect Offertory Deposit	33,732.
Catholic Relief Services	8,514.
Little Sisters of the Poor (add'l)	6,841.
Faith Direct - Parish Bldg. Fund	2,546.
St. Vincent dePaul Poor Box	123.

**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.

## Children's Offertory Envelopes For March

The children's charity that will benefit from the offering in March is Stafford Junction, a faith-based nonprofit organization tasked with improving the lives of children and their families in low-income neighborhoods in Stafford County through programs focusing on education, nutrition, and healthy living. With the intervention of Stafford Junction, the crime rate in the Olde Forge neighborhood dropped by more than 50% within two years. Stafford Junction is a mission project of our parish and children's donations will assist the parish in providing much needed support for their programs. For more information visit their website at [www.staffordjunction.org](http://www.staffordjunction.org).

## Choose Life reflection

"Be kind, especially with the infirm. Love them well ... Oh yes! Be kind. It is a great grace God is giving you. In serving the aged, it is he himself whom you are serving." —St. Jeanne Jugan, Founder of the Little Sisters of the Poor

*We pray for Christians who have become discouraged in their efforts to promote the dignity of human life: May the Lord give them a hope that sustains them in their mission and the grace to renew their spirits.*

## Order SCRIP cards

Set up an online account today at [www.shopwithscrip.com](http://www.shopwithscrip.com) to order gift cards from your favorite retailers. When you order cards through the SCRIP program, the retailers give a percentage back to the school and church. The best way to start is by placing an order online for your gas and/or grocery purchases. Your order can be picked up in the office or after Masses on the weekend. **We are excited to announce that we now have FOOD LION in our inventory!** To set up an account at [www.shopwithscrip.com](http://www.shopwithscrip.com) email the SCRIP coordinator to get our school code, so Holy Cross Academy gets credit for your purchase. Questions: Email Torie Baldwin at [scripcoordinator@holycrossweb.com](mailto:scripcoordinator@holycrossweb.com).

## Easter flowers

Remember someone you love, either living or deceased, with a donation for our beautiful Easter Flowers. Envelopes are available in your envelope packets, in the Church and in the Parish Office.

## Feast of the Annunciation of Our Lord—March 25

"When the Divine Child was conceived, Mary's humanity gave Him hands and feet, eyes and ears, and a body with which to suffer. Just as the petals of a rose, after a dew, close on the dew as if to absorb its energies, so too Mary as the Mystical Rose closed upon Him Whom the

Old Testament had described as a dew descending upon the earth. When finally she did give Him birth, it was as if a great ciborium had opened, and she was holding in her fingers the Guest Who was also the Host of the world, as if to say, 'Look, this is the Lamb of God; look, this is He Who takes away the sins of the world.'" —*Life of Christ*, Fulton J. Sheen

## Eucharistic Adoration

All Night Adoration and the First Friday Masses **will not take place on April 3**, because it is Good Friday. We hope you will join us for the beautiful liturgies taking place that day. Eucharistic Adoration and Benediction take place **every Wednesday evening from 7-9pm**, and we hope you will take the opportunity to spend time with Our Lord during this Holy Lenten Season.

*"Eucharistic Adoration outside Mass should become a particular commitment for individual parish and religious communities. Let us take the time to kneel before Jesus present in the Eucharist, in order to make reparation by our faith and love for the acts of carelessness and neglect, and even the insults which our Savior must endure in many parts of the world."* —Saint John Paul II, Anniversary of Death April 2

## Unscheduled February Masses

Masses were offered in February for the following unscheduled intentions: Ann Thomas Gardiner, +Gina Lenox, +Patricia Lillibridge, Conor & Frances O'Donoghue, +Victor Bridi, +Mary Beatty, +Edward Tomas, +Robert Sullivan, Bob Willis, Janie Sherry, +Chloe Troyer, +Philip Booty, and +Peter Chang Son Du.

# called in love



## Stations of the Cross

**Stations of the Cross** take place every Friday evening during Lent **until March 27**. Join us in the Church for Stations at 7:30pm in English and at 8:00pm in Spanish.



## Lenten soup suppers

Our **Lenten Soup Suppers** take place in the Parish Life Center on each Friday during Lent, **until March 27**, from 6–7:30pm. Share a Lenten penitential meal of soup and bread with your parish family, and share what you would have spent on dinner that night with those in need. All free-will offerings received are given to charity. Bring the whole family to enjoy good soup and good fellowship—and then spend time with Jesus in prayer.

## Saint Mary prayer list

Please pray for those who are sick or in need, especially:

Ed Buzicky, Kati Johnston, Marianne Ford, Richard Fadden, the Carlos Ortiz Family, Martha Ferrara, Harold Gardiner, Betty Ann & Bill Dateno, the Goldsmith Family, Shaun Williams, Lori Horner, Heidi Wilbrandt, Josephine Kreider, Sr. Marie de Chantal, Jo Ann James, Frances Scott, Barbara Leone, Debbie Lloyd, Chris Balut, Linda Kaila, Rose Sisco, Jeff Shinrock, Donald Estes, Johnny Wharton, Phyllis Woolverton, Helen Kozyra, Glenn Nichols, Sr., Thomas Schulsky, Julie Fabula, Amelia McDevitt, Gerald Gardiner, Prov Moeller, The Girth Family, Marie Rooney, Dylan and Brandon Meade, Barbara Stauble, Michael Coughlin, Karen Danis, Marian Wilinski, Mary Ellen Normand, John Castagna, Kristy Fairbanks, Peggy Silberman, Florence DesRoches, Keith Snellings, Sr., Debra Wood, Danny Terrant, Roberta Mullins-White, Maureen Flanagan, Wilma Evans, Joseph Bozicevic, Meredith Adams, Anne Shelton, Holly Smith, Lois Merrill, Janie Sherry, Martha Clemens, Teresa Hopkins, Art Gabler, Pat Arvai, Veronica Johnson, William Herr, Bob Willis, Naomi Russo, Marie Savage, Deacon Richard Smith, Anna Castagna, John Paul Baksy, Eva Scelzo, Joanne Sanford, Trevor Wood, Beth Malaby, Rhonda Seidlinger, Margaret McAleavey, David Arnold, Tracy Biddulph, Carole Page, Christopher Kelly, Hollie Santay, Richard Romagnoli, Donna Huff, Ann Dunsmore, Lisa Herr, Madeline Doyle, Elizabeth Ames, Elise Valez, Mary Ullmer, Virginia Bare, Bobbi Palumbo, Joanne Deangeous

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

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, 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, Stephen Wilson, Emmanuel Morales, Colin Carpenter, Josh Marsillo, Xavier Alas, Julio A. Alarcon, Lance Schulte

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

## Daily Mass intentions and readings

### march

#### 23 MONDAY

6:30 + Thomasina DeCarbo  
9am Joseph Stanislawski  
Dn 13:1-9, 15-17, 19-30, 33-62;  
Jn 8:1-11

#### 24 TUESDAY

6:30 + Isabelle Seftis  
9am Abigail Ibarra  
Nm 21:4-9; Jn 8:21-30

#### 25 WEDNESDAY

6:30 Michael Coughlin  
9am Michael Gardner  
Is 7:10-14, 8:10; Heb 10:4-10;  
Lk 1:26-38

#### 26 THURSDAY

6:30 + Carmen Bapple  
8:15\* + Joe Rehme  
9am + Barbara Mertens  
Gn 17:3-9; Jn 8:51-59

#### 27 FRIDAY

6:30 + Marjorie Britton  
9am Claire Chavarria  
Jer 20:10-13; Jn 10:31-42

#### 28 SATURDAY

9am + George B. McWhirt III  
5pm + Robert Kaila  
7pm + Robert Carducci  
Ez 37:21-28; Jn 11:45-56

#### 29 SUNDAY

7am + Mark Smolen  
8:30 Marie Jessup  
10:30 For the Parish  
10:30\*+ Elinor Mae Avery  
12:30 + Charles Bates  
2pm + David A Brown  
5pm Kristine and Dennis Kuh  
7:01 + Hannah Grace Schultz  
Mk 11:1-10; Phil 2:6-11; Mk 14:1-15, 47

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 for the date you desire, 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