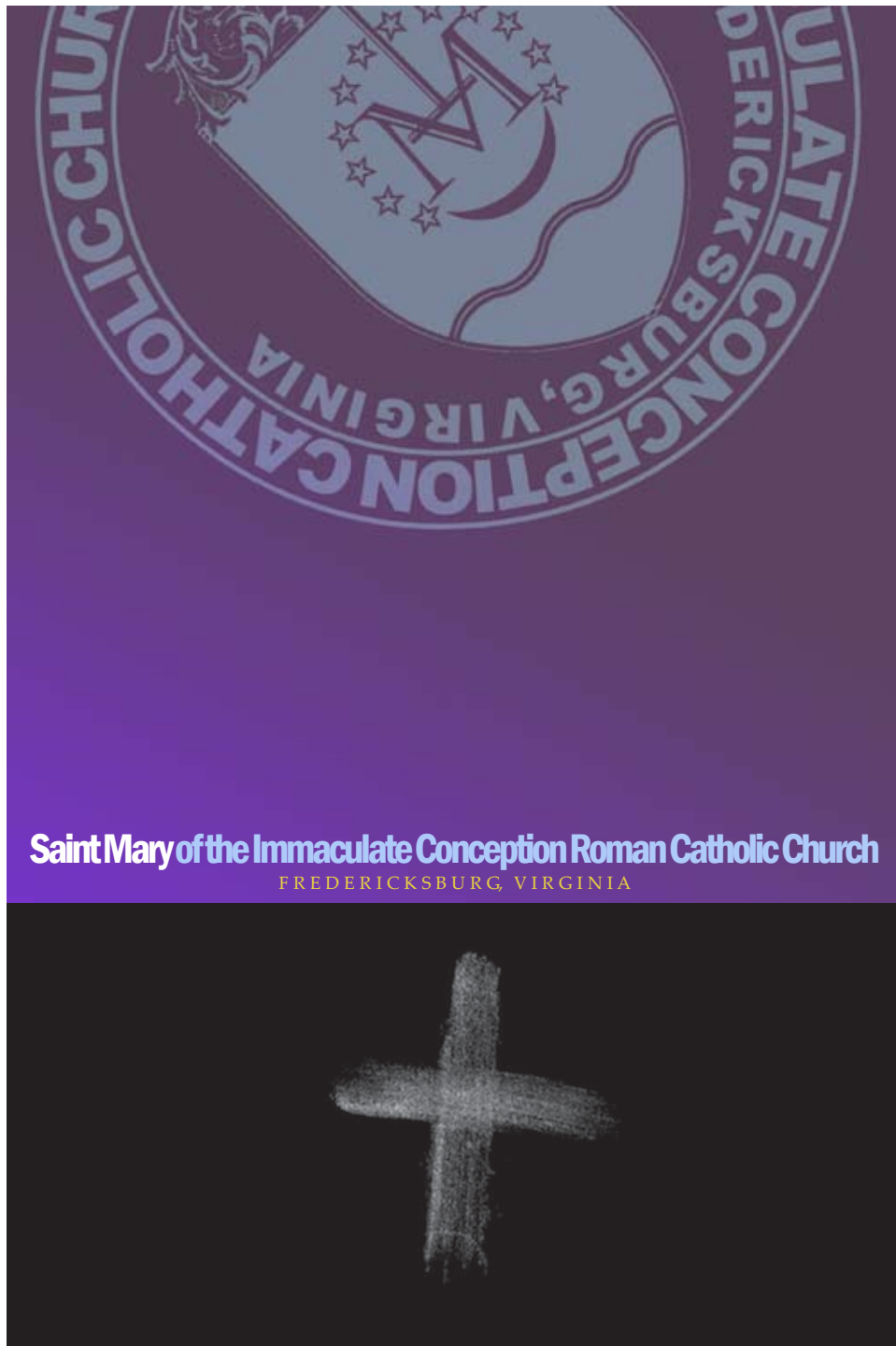


**First Sunday
of Lent**

14 february 2016



what's coming



SAINT
MARY

of the
IMMACULATE
CONCEPTION
Roman Catholic Church

HOLY CROSS ACADEMY

february

14 FIRST SUNDAY OF LENT

Coffee Shop after morning Masses, Parish Life Center. (St. Anne Sisters in Faith)

Host and Participant Sign-up for Lenten Small Groups now open.

SCRIP on sale after all Masses except 2pm Mass.

CYM Dinner and Youth Group meeting following the 5pm Mass.

15 Monday, Lenten Weekday

President's Day Holiday, Parish Office closed, no school, no Religious Education classes today only.

7:30pm, RCIA/RICA class, Church.

16 Tuesday, Lenten Weekday

10am, Council of Catholic Women (CCW) General Meeting, Courtyard Meeting Room.

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

17 Wednesday, Lenten Weekday (The Seven Founders of the Servite Order)

Virginia Catholic Conference: "Catholics in the Capitol," meetings with Legislators, Richmond.

5-6pm, **Virginia Catholic Conference: "Virginia Vespers,"** Cathedral of the Sacred Heart, Richmond.

18 Thursday, Lenten Weekday

9:30am, CCW Craft Group, Parish Life Center, Room 100.

7pm, Spanish Prayer Group, John Paul II House.

7:30pm, Parish Council Meeting, Courtyard Meeting Room.

19 Friday, Lenten Weekday

9am, St. Anne Sisters in Faith, John Paul II House.

6-7:30pm, Lenten Soup Supper (hosted by CCW), Parish Life Center.

7:30pm, Stations of the Cross (English), Church.

8pm, Estaciones de la Cruz (español), Church.

20 Saturday, Lenten Weekday

Participant Sign-up for Lenten Small Groups continues.

40 Hours / Parish Mission Talks begin at all Masses with Fr. Don.

SCRIP on sale after the 5pm Mass.

21 SECOND SUNDAY OF LENT

Coffee Shop after morning Masses, Parish Life Center. (CYM)

Participant Sign-up for Lenten Small Groups continues.

40 Hours / Parish Mission Talks begin at all Masses with Fr. Don.

SCRIP on sale after all Masses except 2pm Mass.

3:30pm, Health Ministry meeting, Courtyard Meeting Room.

8pm, **40 Hours' Adoration** begins

CYM Dinner and Youth Group meeting following the 5pm Mass.

22 Monday, THE CHAIR OF SAINT PETER THE APOSTLE - continuous Adoration of the Blessed Sacrament.

8:30am, **Office of Readings and Morning Prayer**, Church (regular daily Mass schedule).

6pm, **Vespers**, Church.

6:30pm, Special **40 Hours Mass**, Church, followed by **Parish Mission Talk** with Fr. Don.

7:30pm, RCIA/RICA class, Parish Life Center.

10pm, **Night Prayer**, Church.

23 Tuesday, Lenten Weekday (Saint Polycarp, Bishop, Martyr) - continuous Adoration of the Blessed Sacrament.

8:30am, **Office of Readings and Morning Prayer**, Church (regular daily Mass schedule).

6pm, **Vespers**, Church.

6:30pm, Special **40 Hours Mass**, Church, followed by **Parish Mission Talk** with Fr. Don.

8:30pm, **Solemn Benediction and Close of 40 Hours**, Church.

24 Wednesday, Lenten Weekday

Noon, Lenten Ecumenical Prayer Service: Rev. Joe Hensley preaches at Saint Mary Catholic Church.

7pm, **Mercy Communal Penance Service**, Church.

25 Thursday, Lenten Weekday

9:30am, CCW Craft Group, Parish Life Center, Room 100.

nota bene (*note well, please*):

✚ Host and Participant sign-ups are underway for our **Lenten/Easter Small Groups Series, "The Face of Mercy."** Information may be found on page 8 and our website, www.stmaryfred.org.



✚ We're doing something special for confessions during the Year of Mercy: Parish Lent **Mercy Penance Service, Wednesday, February 24.**

✚ The **second collection** this weekend is for the **National Collection for US Black and Indian Missions.** For more information visit, www.blackandindianmission.org/nationalcollection.

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
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
Lois Sullivan, RN, FCN

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 bulletin@stmaryfred.org. Thanks!

this week's bulletin:

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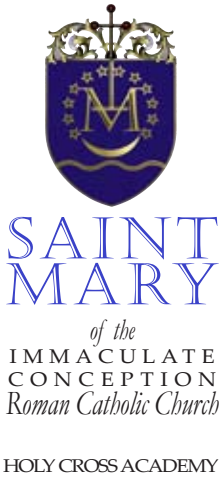
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liturgy



Dear Good People of Saint Mary,

Our Music Director, David Mathers, and I finally had a chance to sit down and talk about the shape of our liturgical expression this year during the season of Lent. Often, I think, we seek to express a somberness, maybe it is a sobriety from all our everyday distractions and entertainments that brings us to our senses and makes us realize that we have to change. You notice, probably, that music often changes key to minor chords, a “darker” sound, a greater austerity in the way we celebrate Mass. The *General Instruction* even goes so far as to say that use of instrumental music as an embellishment is to be avoided, that our singing is more bare, and simpler.

However, sometimes the word “grim” comes to mind. While there might be a sincere and appropriate sadness in our hearts when we finally begin to realize how far we have allowed our hearts to wander away from God and how much we need to come home, I think that “grim” isn’t necessarily the right response. Because that moment that we realize we are far away from God—even if that distance may seem insurmountable—we also realize that it is a moment of grace from God that allows us to see it, and therefore God is at work. God is calling. In that moment there can never be the grimness of living without hope: the moment of grace when we realize we must return to God fills us with the realization that God’s mercy calls us home, not his judgment.

It is almost as simple as the two options the minister of ashes may use while administering ashes on Ash Wednesday. “Remember, man, you are dust, and to dust you shall return” (somewhat grim, if that is all there is), or “Repent, and believe in the Gospel.” There is more than the inevitability of human death. In our class on the existence of God last week we talked a lot about what it meant to say that Jesus died on the Cross—both as God and man. When Jesus died, he really died. He really entered into the mystery of what

it means to be forsaken by God, who is love. To say that God and man *died* isn’t to say that God or man ceased *to be*: when we die, we don’t cease to exist, we are very much still alive, simply in a different state of existence, no longer limited by the time and space of this world. What that looks like, exactly, we don’t really know. But what we *do* know is that God’s lifeline for us is his mercy, and *that his mercy is the source of our hope*, even in what may be the darkest days of our lives.

“Grim” doesn’t work, because the hope given to us by the mercy of God is the beginning of joy, regardless of how sad the separation has been. If we believe in God—regardless of what that might look like for different people—our nature demands that we seek God, our faith compels us, our practice of religion shows us the way, and our expression in worship is anything but grim as our hearts long for the living God.

One of the things that we talked about in our class is the difference between saying what any religion might say, “God loves me...” or “God loves the world,” compared to the bold statement of Christianity (revealed by Christ himself), that “God is love.” Talk about a game-changer, especially if it is something you may have never really thought about before. It suddenly doesn’t work for us to convince ourselves that *I* might be so sinful that God can’t possibly love *me* anymore, or for now, or until *I* make some kind of dramatic overture to him. If he *is* love, then he can’t *not* love. His love is constant, despite our relative degree of faithfulness. It isn’t about *me* at all.

I think this gets more to the meaning of Mercy. Mercy is another word for love, particularly when we are speaking in human terms of being unloveable: God’s love endures despite us. It is always there, always waiting for us to come home. Let us make good use of God’s love and mercy during this Lent and come home.

God bless you. *Fr. Don*

Wednesday Noon Lenten Ecumenical Prayer Services

Micah Churches gather for prayer and almsgiving to the homeless. Light lunch receptions follow.

February 17	Rev. Anne Jones (<i>Christ Lutheran</i>) preaches at Shiloh Old Site Baptist Church.
February 24	Rev. Joe Hensley (<i>St. George Episcopal</i>) preaches at St. Mary Catholic Church.
March 2	Rev. Don Rooney (<i>St. Mary Catholic</i>) preaches at St. George Episcopal Church.
March 9	Rev. Aaron Dobynes (<i>Shiloh Old Site Baptist</i>) preaches at the Presbyterian Church.
March 16	Rev. Allen Fisher (<i>Presbyterian Church</i>) preaches at Fredericksburg Methodist Church.

holy cross academy



*A National
Blue Ribbon
School of
Excellence,
2012*



Celebrating Catholic Schools Week

Catholic Schools Week was a great success at Holy Cross Academy. We started the week with a beautiful reception hosted by Fr. Don and our Parish Advisory Board. They expressed their appreciation to all our parish educators with the delicious food, entertaining music and lovely door prizes.

During the week, our Student Council gave special recognition to our Cafeteria Staff and our Building Maintenance Staff. We know that Holy Cross would not be the wonderful place it is without their hard work.

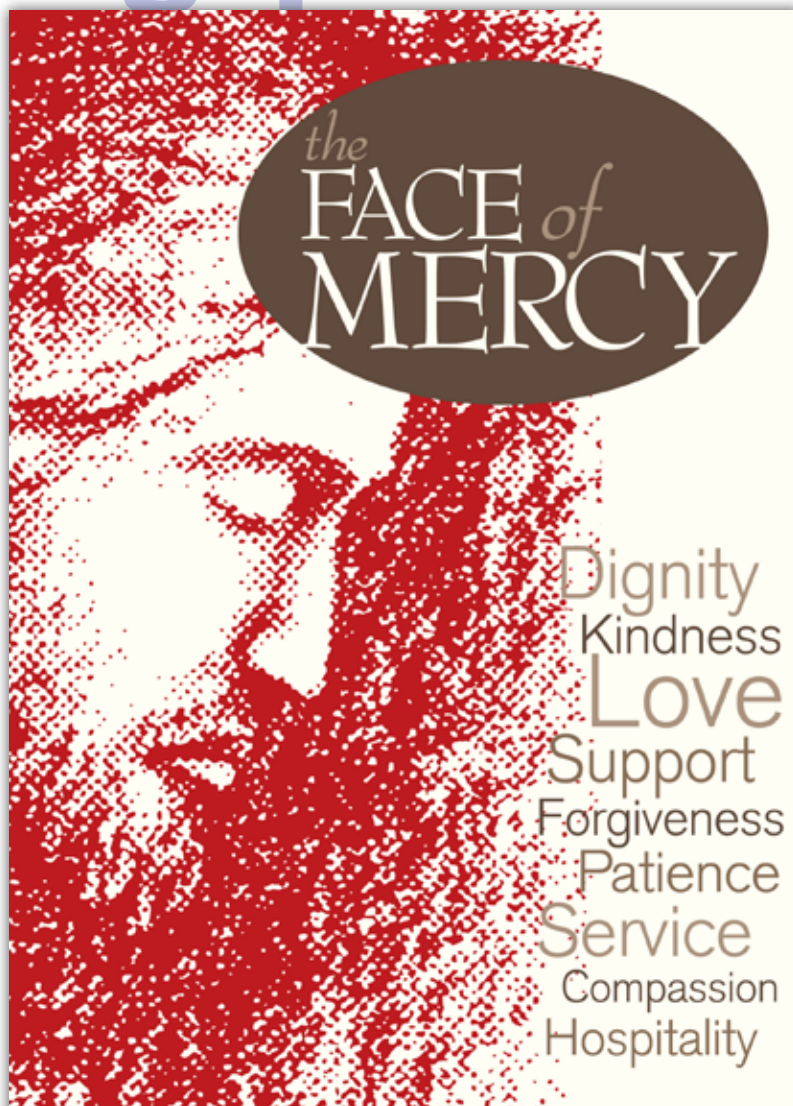
Our school community recognized our school administrators, Sr. Susan Louise, Mrs. Ellen Sandkuhler and Mrs. Nanci Scharf, on Principal Appreciation Day. The students, parents and staff showed their particular gratitude to Sr. Susan

Louise who has been in the field of education for 40 years. The children think that this is a very long time!

On Thursday evening, over 400 guests attended our Family Dinner and Academic Fair. This provides the families with a chance to see one another and to tour the classrooms. Our PTO hosts the dinner, with the assistance of our faculty and staff who serve the meal. Everyone agreed that the meal was the delicious and the entire evening was hugely successful.

Holy Cross Academy is proud to serve our parish community of St. Mary of the Immaculate Conception. We invite you to visit our website, www.holycrossweb.com. If you would like to see what we can do for your child, please call our HCA office at **540-286-1600** or St. Mary Preschool at **540-373-7553** to arrange for a tour. We hope to see you soon.

parish life coming up



Lenten Small Groups: The Face of Mercy

It's not too late to sign up to be a host or participant! We want everyone to participate in the building of our faith-based relationships, "Lenten Friends."

The Face of Mercy is a five-week series featuring reflections, teachings by pastors, and testimonials by parishioners. This program

provides time to build trust within existing friendships, and at the same time develop new ones. It's a way to help one another move forward on a path of spiritual growth. All are welcome. Sign up today! There is a \$10 participant fee.

Visit our parish website for a link or search on "find a group" at www.signupgenius.com, our group name is thefaceofmercy@stmaryfred.org.

CCW meeting and speaker

The Saint Mary Council of Catholic Women will be meet Tuesday, **February 16 at 10am** in the Parish Courtyard Meeting Room. Mary Washington Hospital Dietician Alice Bones will be our guest speaker. Please join us for what will be a very interesting and helpful presentation followed by a short business meeting. All women of the parish are welcome!

Virginia Vespers: Evening Prayer for the Commonwealth

Wednesday, February 17

5-6pm, with reception to follow. Join Bishop Paul Loverde, bishop of Arlington, and Bishop Francis X. DiLorenzo, bishop of Richmond, at the Cathedral of the Sacred Heart, 800 S. Cathedral Place, Richmond. Join lawmakers and public officials of all faiths, clergy, educators, social service practitioners, and all people of goodwill in prayer for the needs of Virginia. Wine and hors d'ouerves reception follows. You must register at www.vacatholic.org

Catholic Men's Group

Optio Secundus will meet at the Blue and Gray Brewing Co. **Thursday, February 18**. Happy hour at **6:30pm, then open discussion and optional dinner from 7-9pm**. We will be in our Lenten journey together, grateful for Deacon Alberto's willingness to guide the Optio group as we struggle in today's secular world as men, dads and some of us granddads. The Optio Group strives to bring Catholic men together in a secular world to discuss daily applications of our faith, duties and responsibilities to our families and communities. Join us Questions? Call Kevin Wilkinson at **540-898-8353** or email kwlknsn@yahoo.com.

parish life happening here

Family Holy Hour

A Family Holy Hour will be held on **Saturday, February 20, at 11:30am**. Families of all ages are invited to this event, which will include Adoration, praise and worship. Please contact Allison Gatrone at ballison8@gmail.com for any questions.

Upcoming visits: Our Lady of Guadalupe

The miraculous image of Our Lady will visit Saint Mary twice in the upcoming months: **Thursday, February 25** from 3-8pm and **Thursday, March 10** from 3-8pm in the church. This is one of the missionary images which began to circulate at St. John Paul II's request in June, 1991 at the International Rosary Congress and the National Basilica Shrine of the Immaculate Conception in Washington, DC. Image Guardian Vivian Mestey, from our parish, reports many miracles are common to those who venerate her image.

Cursillo Weekend

Come and discover the Cursillo community! **The Women's Weekend is March 3-6**. The retreat is wonderful opportunity to deeply reflect on your relationship with Christ and to grow as a member of the Christian community. The retreat will be held at the San Damiano Spiritual Life center in Winchester. **To register or for more information**, please contact Joyce Bodoh at [540-521-0588](tel:540-521-0588) or joycebodoh@gmail.com or Mary Lou McGonigle at [540-972-4673](tel:540-972-4673) or macml@comcast.net.

Men's Conference March 5

"God, the Father of Extravagant Mercy" is the theme of the Men's Conference this year, **March 5, 8:30am to 3:30pm** at All Saints Catholic Church, 9300 Stonewall

Road in Manassas. Come and hear speakers Dr. Michael Horne, Fr. David Pignato and Damon Owens. The cost is \$45 before February 4, and \$55 after. To register go to arlingtondiocese.org/men, or call the Office of Family Life **703-841-2550**.

Women's Conference March 12

"God, the Father of Extravagant Mercy" is the theme this year, **March 12, 9am to 2:15pm** at Saint Joseph Catholic Church, 750 Peachtree Street in Herndon. Confessions at 7am, Mass at 11am. Speakers Kathleen Beckman, author, radio host and spiritual director, and Sister Clare Hunter, Respect Life Director for our Diocese. The cost

is \$45 before February 4, \$55 after. Register at arlingtondiocese.org/women, or call the Office of Family Life **703-841-2550**.

Join the Choir!

With preparation for Easter getting started, now is a great time to join one of our choirs! We welcome singers and instrumentalists, adults and young people (2nd grade and up). We have five choirs that sing for Sunday (or Saturday evening) Mass. You can see the rehearsal and Mass times for each choir at stmaryfred.org/ministries-liturgy/ or pick up the Saint Mary Choirs flyer in the church vestibule. Contact David Mathers, Director of Sacred Music at dmathers@stmaryfred.org or **(540) 373-6491 x217**.

40 Hours 2016 parish mission schedule

- Saturday/Sunday, Feb. 20-21** Homilies at all Masses, short first talk of Parish Mission by Fr. Don, **"Rediscover, Reconnect"**
- Sunday, Feb 21** 8pm. Adoration of the Blessed Sacrament begins and continues until Tuesday evening
- Monday, Feb 22** Masses as usual.
8:30am. Office of Readings / Morning Prayer
6pm. Evening Prayer (Vespers)
6:30pm. Additional Mass
7:30pm. Second Parish Mission Talk, Fr. Don
8:30pm. Adoration continues all night
10pm. Night Prayer (Compline)
- Tuesday, Feb 23** Masses as usual.
8:30am. Office of Readings / Morning Prayer
6pm. Evening Prayer (Vespers)
6:30pm. Additional Mass
7:30pm. Third Parish Mission Talk, Fr. Don
8:30pm. Benediction and Closing of 40 Hours
Please join us!

education

religious education

CRS Rice Bowl 2016

This week every Religious Education family will get a CRS Rice Bowl for their Lenten alms. **Please return the Rice Bowls by the week of March 14-17.** This week we begin sharing stories of how our alms have helped our brothers and sisters all over the world.

Option for the Poor: Maria's Story

Catholic social teaching inspires and guides how we are to live and work in the world. Jesus teaches us to care for those who are most in need. He reminds us



of our Christian duty to give a voice to those who are unheard and to help those who are most vulnerable.

This week we travel to Columbia where Maria lives. Please visit:



crsricebowl.org/stories-of-hope/week-1

Featured recipe from Colombia: Cheese Empanadas with Beans! crsricebowl.org/recipe/cheese-empanadas-with-beans

youth ministry



High School retreat

Our annual High School retreat is **February 26-28**. Permission slips are available online. Check out the promo video on our page, stmaryfred.org/high-school-program/

Rent-A-Crew

Have a crew of teens do your yardwork in exchange for a donation to WorkCamp! Adult-directed teams of teen-agers will be available from February 27th through May 15th to do your yardwork for a suggested donation of \$8 per hour per teen. Your job will be pre-viewed and the number of teens will be agreed upon ahead of time, at a convenient date for you. **Please call Karen Clemente at 540-845-7403 or email at karenclemente@aol.com for more information.**

February 26 - 28

High School Retreat

One weekend could make the difference

Connect with more than your phone.

YUCAT

Wednesdays from 6:30pm- 8pm
in the John Paul II House



Ash Wednesday
February 10, 2016

Dear Brothers and Sisters in Christ Jesus,

The season of Lent will be different this year, because it occurs during a unique time: the Jubilee Year of Mercy. In itself, mercy means a generous, faithful and compassionate goodness. Mercy has a face! According to Pope Francis, “Jesus Christ is the face of the Father’s mercy” (cf. *Misericordiae Vultus*, no. 1).

When he announced the Jubilee Year of Mercy, Pope Francis asked that “the season of Lent in this Jubilee Year be lived more intensely as a privileged moment to celebrate and experience God’s mercy” (*ibid.*, no. 17). So, this Lent, we are to experience God’s mercy ourselves from God’s own Son Jesus Christ and to offer mercy to others, especially to those in real need, whatever the nature of their need. Mercy, then, has another face: the compassion, forgiveness, assistance and care given to our brothers and sisters.

Through more intentional and sustained prayer, we encounter Mercy Incarnate in His Word and through an outward sign in each of the sacraments, especially in Penance and the Holy Eucharist. The Sacrament of Penance is more available in each of our parishes each Wednesday during Lent from 6:30 - 8:30 p.m. through our participation in The Light is ON for You initiative. Moreover, through the works of penance or mortification, including fasting, we become more freed and more disciplined in order to listen to Christ’s Word and to embrace Him in prayer and the sacraments.

Almsgiving —giving generously to those in need —takes on a key focus this Lent, because, in giving alms, we manifest God’s mercy. As Pope Francis states so clearly in his message to us this Lent: “In the corporal works of mercy we touch the flesh of Christ in our brothers and sisters who need to be fed, clothed, sheltered, visited: in the spiritual works of mercy —counsel, instruction, forgiveness, admonishment and prayer —we find more directly our own sinfulness. The corporal and spiritual works of mercy must never be separated” (cf. Message of His Holiness Pope Francis for Lent 2016, no. 3). One tangible way to practice the corporal works of mercy is taking part in the Rice Bowl initiative sponsored by the United States Catholic Bishops and Catholic Relief Services. It is one way in which we can help to alleviate the scourge of global hunger.

Lent is given to us disciples of Jesus Christ and members of His Body the Church so that we can reclaim our Baptismal dignity and live more authentically as Christ’s followers. Lent is *the season* for us to draw closer to Jesus Christ, Mercy Incarnate, so that we can become and remain “convincing heralds of mercy” (cf. Op. Cit., no. 25) all year long, all life long. Yes, Lent is different this year, as each one of us encounters Jesus Christ, Mercy Incarnate, and, thus transformed, becomes mercy incarnate to everyone we encounter.

Joining you on the road of Lent, I remain,

Faithfully in the Heart of Christ,

Most Reverend Paul S. Loverde
Bishop of Arlington

En español: stmaryfred.org/bishops-2016-lenten-message-spanish/

parish life opportunities



Saint Mary Parish Night Out 2016

time to
step it up,
Fred.

St. Mary of the
Immaculate Conception
Catholic Church
Friday, 29 April 2016

UMW Jepson Center
Cash Bar 6-11pm
7pm Dinner & Dancing

Entertainment by the
Andrew Thielen Big Band

\$75./person.
Last year tickets sold
out! Reserve yours now.
Early bird special, 10 for
the price of 9 if pur-
chased **before this coming
Wednesday**. Call Marty
at **540-373-0259** or the
parish office and claim
your table!



COME WITH US TO SPAIN

September 24-October 6,
2016 13 days, \$3,750.

Join Fr. Don and the group
from Saint Mary to tour Fatima
and Spain this fall. Dinners
included, Mass in a wonderful place
everyday.

MADRID - TOLEDO - AVILA - LEON
SANTIAGO DE COMPOSTELA
FATIMA - MERIDA - SEVILLE
CORDOBA - GRANADA - VALENCIA
BARCELONA - MONTSERRAT

Please call Margaret Ford
373-6900 for information
and to make reservations!



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Saint Mary's 2016 Loyola Retreats

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. 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 20632. **This year's retreat theme is entitled: "The Way."** Ignatian Spirituality proposes principles and practices to help us walk the path set out by Jesus in the Gospel. Utilizing the Spiritual Exercises of St. Ignatius, this year's theme offers guidance in prayer and the fundamentals of discernment. The retreat is open to anyone who desires to grow in their relationship with God through prayer.

The retreats begin on Fridays with check-in and Confessions (5-6:30pm), orientation (6:45pm), and dinner (7pm) and conclude with lunch on Sunday following Mass. The **Men's Retreat is March 4-6, 2016** (during Lent) and the **Women's Retreat is March 11-13, 2016** (during Lent). The suggested offering for the Retreat is \$235. A payment plan is available. Special Retreat Fee of \$185 for any retreatant making their 1st retreat at Loyola and to "young adults" retreatants up to age 30. **Contact Len or Sylvia Fontenot for more info: 540-663-2261** or email lensyl1966@verizon.net. To register, go to www.loyolaonthepotomac.com.

Special this Year: **A Retreat for Women**, entitled "Let me Live Gracefully" on **April 15-17, 2016** offering opportunity for group discussion, along with silent prayer time. This retreat is limited to only 25 women. The suggested offering for the Retreat is \$235.

Learn more about preventing falls

As we learn more and more about preventative health measures, we continually see the topic of "falls" at the top of the list. Yes, this risk factor is highly related to the senior age group but beware of thinking that it can only happen to seniors. Preventative precautions can be put into place in all households! So, here are some interesting facts about seniors plus some "tips" for everyone.

Facts

- Every 13 seconds an older adult visits the ER for a fall-related injury.
- 1 in 3 Americans aged 65+ falls every year.
- Falls are the leading cause of fatal and non-fatal injuries for older Americans.

Most Falls are preventable

Talk to your doctor if you have fallen, have experienced the fear of falling, or have unexplained dizziness or fainting. Your doctor can assess your risk and point you in the right direction of minimizing your risk of falling. This might include physical therapy as an option. You should also discuss medications with your pharmacist or doctor as some medications or combination of medications increase risk of falls.

Keep your home safe

- Remove tripping hazards such as throw rugs and watch out for your pets. We

love them but they can be a fall hazard as they run in front of you.

- Place commonly used items at easy-to-reach levels (not top shelves).
- Keep rooms well-lit. Night lights or a small light will help to get you to the bathroom in the middle of the night.
- And talking about the bathroom, consider grab bars and always have secure bath mats.

Consider your footwear

Do your shoes fit and are they in good condition? Check with a podiatrist if you have problems with your feet!

Consider starting an exercise program to work on balance, stability, flexibility, and strength

Talk to your doctor before starting any new programs. You might consider taking an exercise class such as water aerobics or joining a walking group.

Consider what activities you like to do because you will be more likely to stick with these.

Vision and Hearing Tests

Get yearly vision and hearing checkups as these senses are necessary to prevent falls.

For more information on preventing falls, visit ncoa.org/healthy-aging/falls-prevention/

Information and research provided by Courtney Sanner, DPT, of the Saint Mary Health Ministry Team.



ST. MARY
of the
IMMACULATE
CONCEPTION
Roman Catholic Church

HEALTH MINISTRY

operations given in love

Weekly Offertory

7 February Offertory \$43,869.
Arlington Cath. Herald Collection 3,538.
Church in Latin America (add'l) 1,536.
Poor Box/St. Vincent de Paul 233.

The second collection next weekend is for the Parish Building Fund.

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 February

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

Holy Cross Academy Auction this April 23

Preparations are underway for Holy Cross Academy's 8th Biennial Benefit Auction and Dinner to be held on **April 23, 2016!** The goal of this year's event is to further fund the expansion of our school.

Sponsorship and advertisement opportunities are still available. Do you own a business or are part of a business who would like to partner with us? We offer many different opportunities to be recognized before, during and after the event to

our 350 event attendees, the families of over 500 students and our 15,000 member parish.

Do you have an item you'd like to donate to our live or silent auction? Let us hear from you!

Please consider partnering with us by making a donation, becoming a sponsor or advertising your business in our auction catalog and/or our auction website. For more information on the opportunities available check out www.hcaauction.com.

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Thank you for your kind consideration. "There's no place like HCA!"



Bishop's Lenten Appeal:

Thoughts on Giving from Mother Teresa

“You must give what will cost you something. This, then, is giving not just what you can live without but what you can't live without or don't want to live without, something you really like. Then your gift will become a sacrifice, which will have value before God. Any sacrifice is useful if it is done out of love.

This giving until it hurts-this sacrifice-is also what I call love in action. Every day I see this love-in children, men, and women. I was once walking down the street and a beggar came to me and said, "Mother Teresa, everybody's giving to you, I also want to give to you. Today, for the whole day, I got only twenty-nine paise and I want to give it to you." I thought for a moment: If I take it, he will have nothing to eat tonight, and if I don't take it I will hurt him. So I put out my hand and I took the money. I have never seen such joy on anybody's face as I saw on his-that a beggar, he too, could give to Mother Teresa. It was a big sacrifice for that poor man who'd been sitting in the sun all day and had only received twenty-nine paise. It was beautiful: twenty-nine paise is such a small amount and I can get nothing with it, but as he gave it up and I took it, it became like thousands because it was given with so much love.”

—Lucinda Vardey, *Mother Teresa, A Simple Path*

The BLA provides support to thousands of people, some of whom may be sitting next to you at Mass each week. Thank you for your consideration of a pledge for the BLA.

liturgy called in love

Stations of the Cross & Lenten Soup Suppers

Stations of the Cross take place every Friday evening during Lent. On March 4, Stations of the Cross will be at 7:30pm in English followed by our First Friday Mass at 8pm, Stations of the Cross at 8:30pm in Spanish, and All Night Adoration. On all other Fridays in Lent, Stations will be at 7:30pm in English and at 8pm in Spanish.

Our **Lenten Soup Suppers** also take place in the Parish Life Center on each Friday during Lent 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 in adoration.

Choose Life reflection

“Catholics hold that marriage is a vocation, a ‘call.’ It is a way of life that offers continual opportunities to be in loving service to the other.” (2012 USCCB Respect Life Program) *We pray for married couples that fervent love for God may continue to build and strengthen their marriage.*

Operation Rice Bowl: Hungering for Opportunity

Our journey with CRS Rice Bowl begins in Colombia, where coffee beans are changing lives! What actions can we take this Lent to change lives—at home and around the world? Visit crsricebowl.org for more information.

Saint Mary prayer list

Please pray for those who are sick or in need,

especially: John Haas, Karen Jones, Jennifer Carlson, Adelyn Wood, Elizabeth Ryan, Dave Kelly, Kevin Murray, Robin Humphries, Jimmy Zollman, Charleen Arnold, Joshua Burgh, Brian Keller, Linda Kaila, Cynthia McCready, Jesse Madison, Kelly Ann Carpenter, Martha Ferrara, Tom and Prov Moeller, Debbie Lloyd, Shana Callirgos, Cameron Richard North, Maureen Flanagan, Gretchen Maia, D.J. Smetek, Jim Evans, Megan Ramsey, Robert and Tenya Mosier, Cesar Corretjer, Josh Oltman, Donelda Wellwood, Keith Kovalefski, Bruce Bates, Joseph Bozicevic, Dyke Stabler, Meredith Dean, Bernice Douglas, Paul Johnson, Alana Cross, Joseph O’Byrne, Veronica Johnson, Hal Ehrhart, Lillian Held, Prudy Tarpey, Mike and Mary Lou Gray, Martha Clemens, Holly Smith, Byers Family, Hunsley Family, Mike Harwich, Charles Dillman, Janie Sherry, Nancy Stewart, Randy Knebal, Larry Hudson, Tracey Hansen, Connie Whatcott, John Whatcott, Patrick Clarke, Jacqui Herr, Valconi Family, Joan Carroll, Larry Dillman, Jessica Ryan, Matt Marshall, John Stehle, Jerome Murphy, Christy Charlebois, Callie Freed, Atkins Family, Paul Johnson, Sandy Martin, Ryan Mott, Tim Murray Family, Felipe and Mildred Sanchez, Dale Meyn, Raymond and Barbara Stauble, Gloria Fontenot, Paul Bartman, David Duke, Nancy Borrero, Gina Wood, David Arnold, Josephine Kreider, Ephiny Chewing, Mary Merrill, Richard Grunwald, Joseph Castro, Patrick Eggleston, Luz Dolores Butron, Susan Datta, Zachary Payne, Mary Jean & Don Williams, Sandra Infante, Maria Stine, Peter & Barbara Wood, Ronald Cullen, Mary Ulmer, Victoria Sibley, Nancy Borrero, Carmen Cardinelli, Teresa McPherson, Chris Enke, Betty Ann & Bill Dateno, Harold Gardiner

Please pray for all the men and women in our military and civilian support services overseas, especially: Glenn Dickinson, Paul Fischer, John Moring, Dominick Joseph Petro, Jamal Williams, Lance Schulte, Brian Hellman, Sean Plunkett, Roy Selvidge, Patrick Fenton, David James, Shawn Tupta, Vincent Petillo, Geoff Mann, Christopher Johnson III, Patrick Desmond, Andrew Marshall Smith, Nelly Garcia

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

Next Masses

20 February— SATURDAY

5pm Fr. Lino
7pm Fr. Cummings

Fr. Don will preach all Masses at the church this weekend as the first talk in the 40 Hours / Parish Mission Series for 2016: “Rediscover, Reconnect.”

21 February— SUNDAY

7am Fr. Holmes
8:30am Fr. Don
10:30am Fr. Cummings
HCA10:30 Fr. Holmes
12:30pm Fr. Cummings
2pm Fr. Lino
5pm Fr. Lino
7:01pm Fr. Don

Daily Mass intentions and readings

february

15 MONDAY

6:30 +Nellie Kurek
9am +Roseanne Burke
Lv 19:1-2, 11-18; Mt 25:31-46

16 TUESDAY

6:30 +John Lynch
9am +Barbara Mertens
Is 55:10-11; Mt 6:7-15

17 WEDNESDAY

6:30 Bob and Suzette Young
9am Jerome Murphy
Jon 3:1-10; Lk 11:29-32

18 THURSDAY

6:30 +Craig Lancone
8:15* +John and Karen Evans
9am +Joe O’Connor
Est C:12,14-16,23-25; Mt 7:7-12

19 FRIDAY

6:30 +Charles Jenkins
9am +William Joseph Chism
Ez 18:21-28; Mt 5:20-26

20 SATURDAY

9am +Ronald Weber
5pm +Debbie Waggoner
7pm +Craig Lancon
Dt 26:16-19; Mt 5:43-48

21 SUNDAY

7am Samantha Altamore
8:30 +Angelina Pereira
10:30 Huynh Hieu Family
10:30* Betsy Horner
12:30 +Richard Golemboski
2pm +Pedro Alvarez
5pm +Bon Van Than
7:01 For the Parish
Gn 15:5-12,17-18; Phil 3:17–4:1;
Lk 9:28-36

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