

**Third Sunday
of Lent**

28 february 2016



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

february

28 THIRD SUNDAY OF LENT

Special Collection for the Oblate Sisters' Missions in Africa, all Masses.
Coffee Shop after morning Masses, Parish Life Center. (Trail Life 4034)
11:30am, **New Family Welcome Meeting**, Church.
SCRIP on sale after all Masses except 2pm Mass.
No CYM Dinner and Youth Group meeting (CYM Annual Retreat weekend).

29 Monday, Lenten Weekday

7:30pm, The Catholic's Divorce Survival Guide, 12 Mondays, *begins tonight*, Courtyard Meeting Room.
7:30pm, RCIA/RICA class, Church and Parish Life Center.

march

1 Tuesday, Lenten Weekday

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

2 Wednesday, Lenten Weekday

Noon, Lenten Ecumenical Prayer Service: Fr. Don preaches at St. George Episcopal Church.

3 Thursday, Lenten Weekday (Saint Katharine Drexel, Virgin)

9:30am, CCW Craft Group, Parish Life Center, Room 100.
7pm, Spanish Prayer Group, John Paul II House.
7pm, Baptism Preparation Class, Parish Life Center, Room 202.

4 Friday, Lenten Weekday (Saint Casimir)

9am, St. Anne Sisters in Faith, John Paul II House.
6-7:30pm, Lenten **Soup Supper**, Parish Life Center.
6:30pm, Prayers and Squares Meeting, Parish Life Center, Room 204.
7:30pm, **Stations of the Cross** (English), Church.
8:30pm, **Via Crucis** / Estaciones de la Cruz (español), Church.

5 Saturday, Lenten Weekday

9am, Spanish Prayer Workshop, Courtyard Meeting Room
2:30pm, Spanish Baptism Class, Parish Life Center, Room 204
6-8:30pm, KofC monthly Family Dinner, Parish Life Center.
SCRIP on sale after the 5pm Mass.

6 FOURTH SUNDAY OF LENT

Coffee Shop after morning Masses, Parish Life Center. (Troop 522)
SCRIP on sale after all Masses except 2pm Mass.
3:30pm, Middle School Youth Group, Parish Life Center.
CYM Dinner and Youth Group meeting following the 5pm Mass.

7 Monday, Lenten Weekday (Saints Perpetua and Felicity, Martyrs)

7:30pm, The Catholic's Divorce Survival Guide, Courtyard Meeting Room.
7:30pm, RCIA/RICA class, Church and Parish Life Center.

8 Tuesday, Lenten Weekday (Saint John of God, Religious)

10am, Saint Mary Book Club, John Paul II House.

9 Wednesday, Lenten Weekday (Saint Francis of Rome, Religious)

Noon, Lenten Ecumenical Prayer: Rev. Dobynes (*Shiloh Baptist*) preaches at the Presbyterian Church.

10 Thursday, Lenten Weekday

9:30am, CCW Craft Group, Parish Life Center, Room 100.
3-8pm, Our Lady of Guadalupe visiting image, Church.
7pm, Spanish Prayer Group, John Paul II House.

11 Friday, Lenten Weekday

9am, St. Anne Sisters in Faith, John Paul II House.
6-7:30pm, Lenten **Soup Supper** (hosted by _____), Parish Life Center.
7:30pm, **Stations of the Cross** (English), Church.

WE WELCOME YOU HOME. 540-373-6491

nota bene (*note well, please*):

- ✠ Host *and* Participant sign-ups continue for our **Lenten/Easter Small Groups Series, "The Face of Mercy."** Information may be found on page 6 and our website, www.stmaryfred.org.
- ✠ The **special collection this weekend** is for the **Oblate Sisters' Missions in Africa**. Sr. Johanna Paula and Sr. Anne Dorothy, Oblate Sisters of Saint Francis de Sales from our African Missions, will be speaking about the work of our Oblate Sisters in Africa. If you can in any way contribute to the missions of Oblate Sisters, please know that your generosity will be greatly appreciated.
- ✠ Again, the series "**The Catholic's Divorce Survival Guide**" begins Monday, February 29, for 12 Mondays. Comfort, counsel and clarity offered, to let you know the power of healing and that you still belong here. Details p. 7.
- ✠ Don't forget the **Bishop's Lenten Appeal** for outreach in our diocese, if you are still considering a pledge or gift. Help us make our goal - every family, please.
- ✠ Please mark your calendars for the Saint Mary **Manna Project Food Drive** to be held the weekend of **March 12-13**. More information will be in next week's bulletin.

1009 Stafford Ave., Fredericksburg, VA 22401

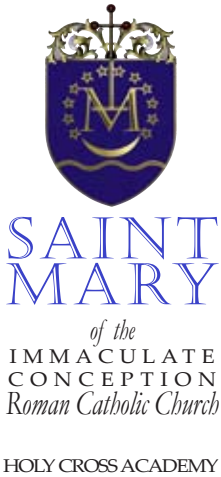
SUNDAY MASS	Saturday Vigil 5 & 7pm Sunday 7, 8:30, 10:30am, 12:30, 2pm (Spanish), 5pm, 7:01pm 10:30am at Holy Cross Academy
DAILY MASS	Mon.-Fri.: 6:30 & 9am; Sat., 9am First Friday 8pm Holy Days of Obligation, as announced
DEVOTIONS	Adoration & Benediction, Wed., 7-9pm Novena with Exposition, Mon., 7-7:30pm 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; <i>students staff office weekdays until 9pm,</i> <i>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
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:

- 4 from our pastor
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- 12 operations
- 13 liturgy

from our pastor



Dear Good People of Saint Mary,

I hope this Lent is well underway in your life, and that the time we are given has offered opportunities for you to do some serious work on turning back to God, in whatever way you might need that to happen. Every year there are those who are troubled by slow starts, or early failings in the plans they had made for Lent: *if that is you, don't give up*. There is still time: start again, maybe with something you can do more realistically. It is my experience that, if people fail in their Lenten resolutions, it is most often because they find themselves unable or unwilling to take something away from their regular routine, usually something to eat or drink, or a form of entertainment. Maybe you realize that it just isn't realistic at this point in your life to give up Brussels sprouts? Try something else. Or, better, rather than giving up something, make a resolution to do something positive, maybe something that isn't so focused on self.

I think this was the spirit of the Church when she made changes to the regular rule for Fridays. Most people are still aware that Fridays in Lent (and Ash Wednesday) are days that we must abstain from meat in our diets. But most people aren't aware any more that the dietary discipline wasn't simply done away with—it is still very much in force—but the suggestion was made by the Church 50 years ago that we consider a corporal or spiritual work of mercy *instead* (a “pious or charitable act”), in place of the dietary restriction. This is for *every other* Friday of the year: we are expected to do one of these *instead* of abstaining from meat, if we choose to eat meat. Local bishops' conferences (our USCCB, for example) were left with the role of teaching people about this.

It was one of those things that seemed to “go away” and everyone just said, “Well, that's Vatican II...” though this discipline wasn't actually dealt with in the documents of the Council at all, but by a 1966 Apostolic Constitution by Blessed Pope Paul VI. Fridays are still, very much, days

of penance for Catholics, and we should take it seriously. Many simply decide to continue to eat fish instead, though I believe that all-you-can-eat seafood platters don't actually work according to the spirit of the law. And what about vegetarians? Are they penitential *by nature*? It is true, in past generations meat was considered much more of a luxury item—as it would be in many of the poorer parts of the world today—then this sort of dietary discipline makes more sense.

So here are the classic substitutes for meat on Fridays. It gives new life to the whole idea of parish ministry and community values: these are *not just nice things to do*, they are required:

CORPORAL WORKS OF MERCY

1. To feed the hungry.
2. To give drink to the thirsty.
3. To clothe the naked.
4. To shelter the homeless.
5. To visit the sick.
6. To visit the imprisoned.
7. To bury the dead.

SPIRITUAL WORKS OF MERCY

1. To instruct the ignorant.
2. To counsel the doubtful.
3. To admonish sinners.
4. To bear wrongs patiently.
5. To forgive offenses willingly.
6. To comfort the afflicted.
7. To pray for the living and the dead

You can't help but notice, in this extraordinary year of *mercy* with our parish theme, “...Sowing seeds of *Mercy*,” that we have meaningful work to do. In the long run, you might be healthier for not eating that hamburger, and you might really enjoy lobster and it could still be on the menu, but wouldn't you—and, in turn, others—be much more likely to be touched by the life of Jesus if we made *mercy our sacrifice* of praise? No meat every Friday? Or mercy? You decide.

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.

- | | |
|----------|---|
| March 2 | Rev. Don Rooney (<i>St. Mary Catholic</i>) preaches at St. George Episcopal Church. |
| March 9 | Rev. Aaron Dobyns (<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

Dads and daughters

This past week was filled with so many wonderful events at Holy Cross Academy that it is hard to know what to write about. Our very dedicated PTO held our first ever Father-Daughter Dance. It is an understatement to say that it was a success. We are not sure who had more fun—the dads or the daughters!

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.



A National
Blue Ribbon
School of
Excellence,
2012



Shooting winning hoops

And we are very proud of our basketball teams. Our Varsity girls placed 2nd in the VCAC tournament, our JV boys placed 1st in the Grace Prep Tournament and our Varsity boys walked away with the 1st place trophy in their VCAC tournament. All those recess periods and after-school hours shooting hoops have definitely paid off. Congratulations to our HCA Crusaders!

Teddy Bear picnic

Our Saint Mary Preschoolers joined with our kindergarteners for our annual Teddy Bear Picnic. The children were entertained by Sr. Susan Louise reading, *If You Were a Bear*, Mrs. Libby Budd teaching them her original composition, *I Wish I Had a Teddy Bear*, Mrs. Scharf leading them in *Going on a Bear Hunt* and our resident puppeteer, Mrs. Lise Schmiegel, with *Goldilocks and the Three Bears*.



education

religious education

Please ensure
that your
family has a
Rice Bowl



CRS Rice Bowl

Catholic social teaching inspires and guides how we are to live and work in the world. The principles of **Sacredness and Dignity of the Human Person** remind us that when God created us, he made us in his image and likeness. That means that every human being has a special value and purpose. We need to care for each other so that we can be the people God calls us to be.



This week we travel to Rwanda. Catholic Relief Services is working with communities in Rwanda to end child malnutrition by supporting health and nutrition programs, and teaching families to grow crops that add nutritious variety to their meals. crsricebowl.org/stories-of-hope/week-3

Try a dish from Rwanda, **Kawanga**: crsricebowl.org/recipe/kawunga-cornmeal-with-beans

Prepare Your Child for First Communion: Spiritual Food

It is very important that you help your child understand and appreciate the Eucharist by relating it to his/her life.

Food is a natural starter for conversations about the Eucharist because the Eucharist:

- is a meal. Jesus feeds us with His Body and Blood, under the appearance of bread and wine.
- is spiritual food, it nourishes the soul just as food nourishes the body. It causes us to grow in Christ.

Without food we starve. Jesus wants us to know that we cannot live without him!



youth ministry

Connect with more than your phone.



YOU CAT

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

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 27-May 15 to do 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. Call **Karen Clemente** at 540-845-7403 or email at karenclemente@aol.com for more information.

Middle School Youth Group

The Middle School Youth Group will meet **March 6, at 3:30pm** in the Parish Life Center. Join us for fun, fun, fun.

follow stmarycym



facebook.com/stmarycym
instagram.com/stmarycym
twitter.com/StMaryCYM
#GetInvolvedBeTransformed

parish life happening here

Divorced?

The **Catholic's Divorce Survival Guide**

12 week program begins **Monday, February 29**, from 7:30-9pm in the Courtyard Meeting Room. Cost is \$5 per person which includes a "personal Survival Guide." This program is based on the teachings of the Catholic Church and open to anyone who needs comfort, counsel, and clarity after a divorce. The program features thirty-minute DVD presentations that cover topics of shock, denial, anger, grief, guilt, forgiveness, money, the courts, the kids, the ex, annulment, dating, sexuality, spirituality, remarriage or staying single, and much more. Whether you got divorced ten days ago or ten years ago, the program offers valuable insight for everyone. Sorry, no childcare available. Call Sue Mersch at **708-638-8383**. Please join us.

Cursillo Weekend

Come and discover the Cursillo community! **The Women's Weekend is March 3-6**. Deeply reflect on your relationship with Christ and grow as a member of the Christian community at the San Damiano Spiritual Life center in Winchester.

To register or for more information, please contact Joyce Bodoh at **540-521-0588** or joycebodoh@gmail.com or Mary Lou McGonigle at **540-972-4673** or macml@comcast.net.

Conversation and Coffee

Join us **March 6** for Conversation and Coffee. Representatives from Youth Ministry, Knights of Columbus, and Parish Life and Senior Lunch will be available in the **Parish Life Center after the 10:30am Mass** offering information about their good works and how they serve our parish and community. Join us and learn more about these ministries.

the
FACE of
MERCY

Dignity
Kindness
Love
Support
Forgiveness
Patience
Service
Compassion
Hospitality

Host and participant signup continues

The Face of Mercy Lenten Friends series **begins the week of February 29**. We invite everyone to participate in the building of our faith-based relationships, "Lenten Friends." **This five-week series**—featuring readings, teachings by area pastors, and testimonials by parishioners—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.

Please visit www.lentenfriends.org and select St. Mary Church from the drop down to sign up as a host or join a group. You can also link directly to our signup genius page by visiting our Parish Website, www.stmaryfred.org, and click on the participant link to the right to join an existing group. Hosts will be contacted when materials arrive. **All are welcome. Sign up today!** There is a \$10 participant fee.

parish life called in love

March Family Dinner

The March Family Dinner, sponsored by the Knights of Columbus, will be held on Saturday, **March 5 from 6-8:30pm** in the Parish Life Center. The menu includes meatloaf, mashed potatoes & gravy, green bean casserole, glazed carrots, and cake. The profit will be donated to Mary's Shelter. 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.**

March Book Club

The book club will discuss *The Man Who Founded California: The Life of St. Junipero Serra* by M. N. L. Couve de Murville at its **March 8 meeting**. The group gathers in the John Paul II House at 10am. More information? Kathleen Mahoney, [540-371-2073](tel:540-371-2073) or bmah761569@aol.com.

Falls prevention & balance screening, and Strength class

The Health Ministry invites you and/or your loved ones to an educational presentation on Falls Prevention which will include opportunities for balance screening performed by Courtney Sanner, a parishioner and Doctor of Physical Therapy. The presentation and screenings will be held at Saint Mary's Parish Life Center on **March 12 from noon-1 pm and repeated on March 19 from noon-1 pm**. For more information and to sign up, please contact Lois Sullivan, Parish Nurse, at lsullivan@stmaryfred.org.

To work towards decreasing the risks of falls, the Health Ministry has been working with Dr. John McLaughlin and the Yoga Foundation of Fredericksburg to create an exercise class titled, "**Seniors**

Building Strength and Balance."

The class will be on **Tuesdays from 12:15pm -1 pm beginning on March 22** at the Yoga Foundation of Fredericksburg studio, 1403 Franklin St, Fredericksburg, VA 22401. The fee for this program is \$5 per person per session when you arrive at the class. To sign up, please contact the Foundation at info@yogafredericksburgva.com.

Become a CCW Officer

The Council of Catholic Women is looking for women in the parish to be part of the CCW Board of Officers. Please contact Karen LaRoche at [540-370-4541](tel:540-370-4541) or ador72@gmail.com if you are willing to serve or know someone who might like to. Thank you!

Diocese of Arlington Teacher Job Fair Mar. 12

The Office of Catholic Schools invites prospective teachers



Holy Cross Academy Auction, 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.

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. 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!

Holy Cross Academy is a tax-exempt non-profit organization under section 501(c)(3) of the Internal Revenue Code and donations is tax-deductible to the fullest extent allowed. Contact the auction committee at HCAauction@holycrossweb.com with any questions. **We appreciate receiving your information by February 15, 2016.** Thank you for your kind consideration. "There's no place like HCA!"

parish life called in love

to a job fair March 12, 2016 **at Paul VI High School from 9 - 11am.** Principals from over 30 diocesan elementary and high schools will be on hand to talk with you about openings for the 2016-17 year. People from the Office of Catholic Schools will answer questions about the application process. All teachers must be certified or ready to seek certification. Paul VI High School is located at 10675 Fairfax Blvd. (Rt. 50) in Fairfax. Parking is available. For more information visit www.arlingtondiocese.org/catholicschools or call (703) 841-2519.

Join the Choir!

We welcome singers and instrument-talists, adults and young people (grade 2 and up). We have five choirs that sing Sunday (or Saturday evening) Mass. Find the rehearsal and Mass times for each choir at stmaryfred.org/ministries-liturgy/ or pick up our flyer in the church vestibule. Contact David Mathers, Director of Sacred Music at dmathers@stmaryfred.org or (540) 373-6491 x217.

Travel to Italy with the Choir

The Saint Mary Adult Choir will make a Pilgrimage Tour of Rome, Florence, Assisi and Orvieto, **January 25-February 3, 2017.** The choir will sing for Mass in Saint Peter's Basilica and other churches and cathedrals and tour important historical sites. **A limited number of spaces on the Pilgrimage are open to non-singing members of the parish.** If you are interested and would like more details, contact David Mathers at the Parish.



Saint Mary Parish Night Out 2016

time to
step it up,
Fred.

Purchase tickets now

Friday, 29 April 2016

at the beautiful UMW Jepson Center, two blocks from church

Cash Bar 6-11pm

7pm Dinner & Dancing

Entertainment by the Andrew Thielen Big Band

\$75/person.
Last year tickets sold out.
Reserve yours now!

Call Marty at **540-373-0259**
or the parish office and
claim your table!

Come for an evening of great friends, great food and great music. Each ticket includes door prizes which will be given away at drawings throughout the evening. Don't miss it!

knights of columbus



Supporting the National Federation of the Blind

The KofC Fredericksburg Council 4034 provided financial support to the Fredericksburg Area Chapter of the NFBV. They will use the funds to award scholarships to blind students, promote the use of Braille and assist their members to reach out to other blind people to encourage them to be independent.

Providing charity to Mary's Shelter

The Knights provided new coats to the children at Mary's Shelter and financial assistance. We were able to provide the financial assistance because of the Parish support of our Family Dinners.

Two members receive full Knighthood

The KofC Degrees are designed to assist our members in forming their Catholic faith and virtue. Our objective is for all of our members to complete their journey to full Knighthood and to reach their full potential as Catholic Gentlemen. Tom Cox and Michael Lim joined 141 other full Knights on January 30. Congratulations!

1st Lenten Soup Supper

Our council was privileged again this year to provide first Soup Supper for the Parish. We had a wide variety of very tasty soups and received over \$200 in donations for Charity.

Trail Life Supports Saint Mary at the March for Life Event

Trail Life Troop VA-4034 was proud to join American Heritage Girls (AHG) Troop VA-0128 to provide care package bags for the March for Life participants. The two troops created 360 bags for St. Patrick's Church, Saint. Mary's Youth and Saint. Mary's Church.

Saint Valentine's Dinner Social

One of our most important missions in the KofC is to assist our members in building strong Catholic families. We hold different social events and encourage families to become involved with our charitable



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!**



share order form

work. On Valentine's Day we had a wonderful dinner at the Parish Life Center and a really good time enjoying the evening together.

Join Us!

If you are interested in helping those in need, serving Saint Mary Parish, growing in your faith or having exclusive access to top rated insurance protection for your family, then the KofC, Council #4034 is the organization for you. The Council will conduct a membership drive after each Mass on March 12 and 13. Please consider joining us.

Upcoming Events

- March 5—6-8:15pm Family Dinner
- March 9—Business Meeting
- March 12-13—Council Recruiting
- March 23—Social Meeting

Awards

January Family of the Month—
Wayne and Wanda Cushing
January Knight of the Month—
Richard Reschick

The Knights of Columbus Council #4034 is comprised of Catholic men and their families, united in service with our Church, schools and neighborhoods. Along with our community non-profit organizations, we have a common core objective to help and serve those in need.

We are part of the Parish Life Ministry at Saint Mary and this is our 60th year of support.

Website: kofc4034.org

Facebook: [facebook.com/kofc4034](https://www.facebook.com/kofc4034)

E-Mail: Info@kofc4034.org

Business meeting

2nd Wednesday of each month at the Fredericksburg Columbus Club.

*Dinner: 6:30-6:45; Rosary: 7:10
Meeting 7:30-8:30.*

There is always time to be a Knight

For more information, Contact our Council's Membership Director at: MembershipDirector@kofc4034.org

Welcome to SHARE at Saint Mary Parish!

Order Deadline: March 7

Food Pick-Up: March 19

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 8am-9am. 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 March:

Value Package

\$22 + 2 hrs community service
Seasonal, healthy and nutritious menu items such as:

- Boneless, Skinless, Chicken Thighs, 1.75 lbs.
- Fresh Frozen Tuna Steak – 1 lb
- Smoked Bacon, 1 lb.
- Beef Burgers, 1 lb.
- Fully-cooked Turkey Meatballs – ¾ lb.
- And fresh, delicious produce...the best in the market at the best price!

Spiral Ham

\$20 + 2 hrs community service
• 7 lb. Average Weight Retail value \$32-40

Seafood Box

\$21 + 2 hrs community service
• 7 Pounds Of Fresh Tuna Steaks, Tuna Loin, And Tuna Medallions

Sausage, Egg & Cheese Breakfast Sandwiches On Pretzel Flatbread

\$12 + 2 hrs community service
• 12 sandwiches

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



SHARE Order Form

Value Package (\$22)
_____ x \$22. = \$_____

Spiral Ham (\$20)
_____ x \$20. = \$_____

Seafood Box (\$21)
_____ x \$21. = \$_____

Breakfast Sandwiches (\$12)
_____ x \$12. = \$_____

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.

operations given in love

Weekly Offertory

21 February Offertory \$35,056.
Parish Building Fund 10,778.
Black & Indian Missions (add'l) 2,337.
Poor Box for St. Vincent de Paul 55.

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 staffordjunction.org.

Stations of the Cross & Lenten Soup Suppers

Stations of the Cross take place every Friday evening during Lent 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 with Our Lord in prayer.

First Friday and Adoration

All Night Adoration will follow our 8pm First Friday Mass and Spanish Stations of the Cross on **March 4**. Please sign up today to adore Our Lord in the most Blessed Sacrament. *"Love our Lord Jesus Christ in the Eucharist above all things in the world."* (St. John of God, Founder of the Brothers Hospitallers and Patron of those suffering from heart disease, Feast Day March 8)

Catholic Relief Services Collection: March 5-6

"Help Jesus in Disguise"

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Mt 25:40). We are reminded that Jesus identified himself with our poorest brothers and sisters. The Catholic Relief Services Collection serves Jesus in the victims of human trafficking, in those who suffer from unjust laws, and in those who need pastoral care and humanitarian assistance across the globe. The six worldwide organizations supported by the Collection provide immediate humanitarian aid, pastoral support, and disaster relief to our suffering brothers and sisters around the globe. This Collection offers an opportunity for each of us to **help Jesus in disguise**. Please give generously to the Catholic Relief Services Collection.

"Yo les aseguro que, cuando lo hicieron con el más insignificante de mis hermanos, conmigo lo hicieron" (Mt 25:40). Hoy se nos recuerda que Jesús se identificó con nuestros hermanos y hermanas más pobres. La Catholic Relief Services Collection sirve a Jesús en las víctimas del



On February 17, Saint Mary parishioners traveled to Richmond and participated in "Catholics in the Capitol."

liturgy called in love

tráfico humano, en aquellos que sufren por leyes injustas y en los que necesitan cuidado pastoral y ayuda humanitaria alrededor del mundo. Las seis organizaciones mundiales que reciben financiamiento de la Colecta proporcionan ayuda humanitaria inmediata, apoyo pastoral y auxilio en casos de desastre a nuestros sufridos hermanos y hermanas alrededor del mundo. Esta Colecta nos ofrece la oportunidad a cada uno de nosotros de **ayudar a Jesús con otro rostro**. Por favor, contribuyan generosamente a la Catholic Relief Services Collection.

Choose Life reflection

"Our culture ... has become hardened to many who cry out. We idolize the strong and beautiful and tend to disregard the weak and imperfect. In our own lives, have we been programmed not to call for help ourselves or to look past those who do?" (Learning to Cry, Life Issues Forum, December 19, 2014, Tom Grenchik, USCCB Secretariat of Pro-Life Activities) *We pray for the courage and grace to love as Christ loves, and by bearing witness to the Truth, may others may come to know and see Christ in our world.*

Saint Mary has gone Mobile!

We now have a mobile friendly app for your IOS or Android Phone! Download the app to stay current on important upcoming events and our online version of our bulletin and recorded meditations—visit www.stmaryfred.org.

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.

Saint Mary prayer list

Please pray for those who are sick or in need,

especially: 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, Gerald Gardiner, Carla J. Gomer, Patricia Russo, Marianne Ford, Richard Sadler, Diane Beverly, Duska Green, Nancy Sokolowski, John Gabriel

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 John, son III, Patrick Desmond, Andrew Marshall Smith, Nelly Garcia

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

Masses next week

Deacon Alberto will preach at the 8:30am and 10:30am Masses.

5 March— SATURDAY

5pm Fr. Don
7pm Fr. Lino

6 March— SUNDAY

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

Daily Mass intentions and readings

february

29 MONDAY

6:30 +Joann Coffey
9am +Philip Palumbo, Jr.
2 Kgs 5:1-15; Lk 4:24-30

1 TUESDAY

6:30 The Kelly Family
9am Jack Elwell
Dn 3:25,34-43; Mt 18:21-35

2 WEDNESDAY

6:30 +Megan Brady
9am +William Novick
Dt 4:1,5-9; Mt 5:17-19

3 THURSDAY

6:30 +John Brennan
8:15* +James Fegan
9am +Bernice Downs
Jer 7:23-28; Lk 11:14-23

4 FRIDAY

6:30 +Olive Corley
9am Siena Jessup
8pm +Frank Healey
Hos 14:2-10; Mk 12:28-34

5 SATURDAY

9am Paula Shea
5pm +Patricia Ghezzi
7pm For the Parish
Hos 6:1-6; Lk 18:9-14

6 SUNDAY

7am +Maurice and Nina Canatsey
8:30 +Alma Bonner
10:30 +Those Who Died in February
10:30*+Jeremy Strader
12:30 Grace Sherry
2pm Maria Garcia Najera
5pm +Thomas Bock
7:01 +Edmund Buzicky
Jos 5:9-12; 2 Cor 5:17-21;
Lk 15:1-3,11-32

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