

**Fourth Sunday  
of Lent**

**6 march 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

## march

### 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

**Saint Joseph Novena begins today, through March 19.**

9am, St. Anne Sisters in Faith, John Paul II House.  
6-7:30pm, Lenten **Soup Supper**, Parish Life Center.  
7:30pm, **Stations of the Cross** (English), Church.  
8pm, **Via Crucis** (español), Church.

### 12 Saturday, Lenten Weekday

9am, Spanish Prayer Workshop, Courtyard Meeting Room.  
Noon, Health Ministry's Fall Prevention Presentation, Parish Life Center.  
**Manna Food Project** after all Masses.  
SCRIP on sale after the 5pm Mass.

### 13 FIFTH SUNDAY OF LENT

*Little Sisters of the Poor will speak at all Masses.*

**Manna Food Project** after all Masses.

Coffee Shop after morning Masses, Parish Life Center. (Troop 1410)  
SCRIP on sale after all Masses except 2pm Mass.  
CYM Dinner and Youth Group meeting following the 5pm Mass.

### 14 Monday, Lenten Weekday

7:30pm, RCIA/RICA class, Church and Parish Life Center.  
8:15-9pm, **Taize Prayer** Gathering, Church.

### 15 Tuesday, Lenten Weekday

10am, CCW General Meeting, Courtyard Meeting Room.  
7:30pm, Life in the Spirit Prayer Gathering, Courtyard Meeting Room.

### 16 Wednesday, Lenten Weekday

### 17 Thursday, Lenten Weekday (Saint Patrick, Bishop)

9:30am, CCW Craft Group, Parish Life Center, Room 100.  
7pm, Extra Lenten Confessions, Church.  
7pm, Spanish Prayer Group, John Paul II House.  
7:30pm, Parish Council Meeting, Courtyard Meeting Room.

### 18 Friday, Lenten Weekday (Saint Cyril of Jerusalem, Bishop, Doctor of the Church)

6-7:30pm, Lenten **Soup Supper**, Parish Life Center.  
7pm, Extra Lenten Confessions, Church.  
7:30pm, **Stations of the Cross** (English), Church.  
8pm, **Via Crucis** / Estaciones de la Cruz (español), Church.

## nota bene (*note well, please*):

- ✚ The **second collection** this weekend is the **Catholic Relief Services Collection** which serves Jesus through 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. Please give generously to the Catholic Relief Services Collection.



- ✚ The miraculous digital replica of **Our Lady of Guadalupe** returns to visit the church **this Thursday, March 10 from 3-8pm**.
- ✚ Please mark your calendars for the Saint Mary **Manna Project Food Drive** to be held the weekend of **March 12-13**. For more information, see the article on p.7.
- ✚ Join us next week for the **Taize Prayer Service** on Monday, **March 14 at 8:15pm**. Now in our 9th year, we have met each month to pray for Christian unity in our community and in the world. All Christians are warmly invited; invite your friends!
- ✚ **SCRIP is on sale** this weekend in the Parish Life Center after most Masses. Please use SCRIP and help our school.

1009 Stafford Ave., Fredericksburg, VA 22401

<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,</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
<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 Lois Sullivan, RN, FCN
<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,

Everything we do in the spiritual life orients us both toward God and toward one another as Church; it would never be a turning inward, or a self-centered act. All God's many gifts are given to us as individuals to form us *together* as Christ ("*conform*" us into the person of Christ, *members* of his Body), which would have as the goal always to turn toward others in service ("*...not to be served, but to serve*"). Made in God's image, his self-emptying love is seen in our actions of self-emptying love.

At first glance I think everyone would agree with this statement. But sometimes it isn't, actually, the reality of our actions. And Lent is a good time for us to consider the way that God calls us together.

Take, for example, the way so many people say they don't really need to confess sins to a priest: "*I just go directly to God.*" Many people can convince themselves that sin is only a personal issue and avoid sacramental reconciliation for years. But the Church has always taught that our sins have two dimensions, the vertical one where we sin against God, and the corresponding horizontal dimension where every sin we commit also impacts every other person to whom we are united, not only by our humanity, but especially in the Body of Christ. The process of reconciliation requires absolution that originates from both dimensions. Both must be healed.

For that reason, throughout the early centuries of the Church, confession of sins was always made publicly. You would, literally, stand before the entire assembly and confess. I wonder how that would go over today. Would we desire reconciliation that much that we had to admit our faults openly? It is a practice that can still be found in some religious orders today.

Thankfully, today the Church allows reconciliation to take place in absolute confidentiality, but the confession must be made out loud, still, and

the absolution comes from God *and the Church*, through the instrumentality of the sacrament of Holy Orders, or priesthood. Aren't you glad this changed?

But we can't forget that the act of confession is *not* just a private act of forgiveness between you and Jesus, despite the fact that it is done privately. Every time, you can be certain of reconciliation to God and to the Communion of Saints.

Communion, like reconciliation, takes place on both dimensions. It can be a blind spot for me that I might focus only on the Communion that takes place between me and God, and I can ignore all those other people who surround me at that moment in church. I could actually find myself wishing that they were not there at all! How noisy and unpleasant they can be, right?

How contrary this is to the reality of Communion! God has not called all of us into an infinite number of exclusive relationships so that we can ignore one another. Our Communion is with God in that vertical sense, certainly, but the entire action of Communion is that we are called *together* into a new reality: diverse members of one Body who is Christ for the world. That is one of the reasons we sing: like it or not, we are called to act together in the prayer of Jesus (one voice) and the mission of Jesus in the Church (one heart). It isn't the time for self-focus.

One of the ideas called forth from the Second Vatican Council was to restore a theology of the active participation of the lay faithful in the mystery of salvation and how the Mass constitutes that work. It is about receiving, of course, and bringing ourselves to God, present to him as he is present to us. But receiving is the means to an end that is the consecration of the world: *we receive in order to become*: Christ made present to the world, Christ who will become all in all, not through *me*, but through *us*. Literally *incorporated* in baptism, we live the new life of the triune God.

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 9 Rev. Aaron Dobyne (Shiloh Old Site Baptist) preaches at the Presbyterian Church.

March 16 Rev. Allen Fisher (Presbyterian Church) preaches at Fredericksburg Methodist Church.

# holy cross academy



*A National  
Blue Ribbon  
School of  
Excellence,  
2012*

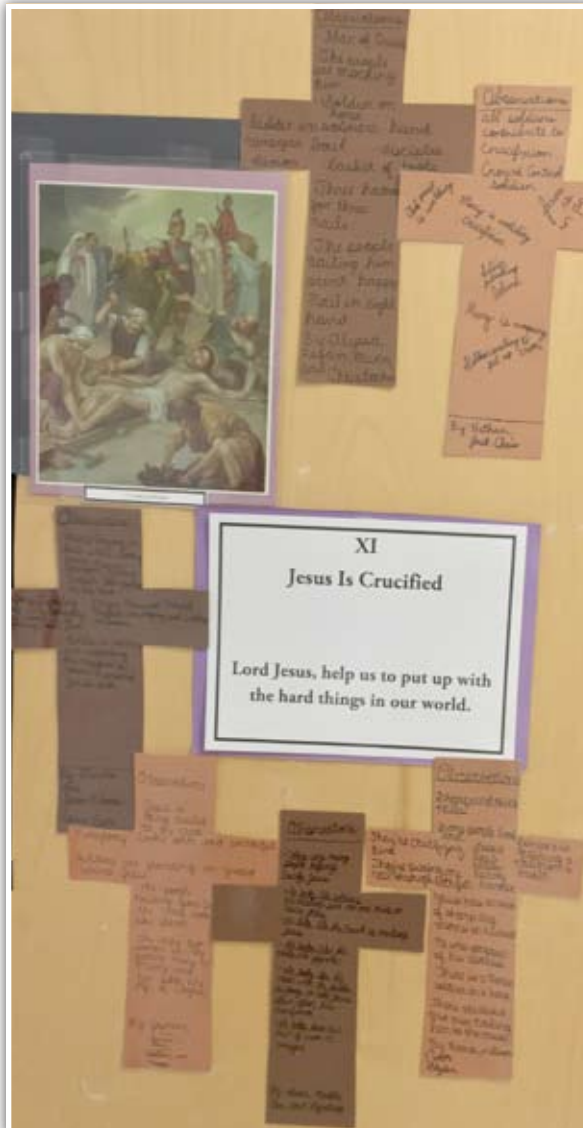
## Lenten small groups explore Jesus's mercy and love

Our Holy Cross Academy faculty and staff are joining other St. Mary Parish Lenten small groups to make use of this time to grow spiritually and prepare for the great feast of Easter. During this jubilee year of mercy, we are focusing on the many examples of Jesus's mercy and love in the Gospels.

Our students in kindergarten through sixth grade have created a path for the Stations of the Cross by posting one station on each classroom door. The students have added their reflection to the picture of the station and the prayer that goes along with it.

Our HCA eighth graders are leading our Middle School students in reflections on the Spiritual Works of Mercy. The students are using Gospel passages and the lives of three saints of mercy, St. John Bosco, St. Léonie Aviat and Blessed Titus Brandsma. Focusing on these examples of faith-filled living, while reading Jesus' challenge to be apostles of mercy and love, reminds each of us that Lent is a time to grow closer to Jesus and one another.

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](http://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.



## education

# religious education

### Preparing for First Communion: Real Presence

Friends are very important to your children. They enjoy being in the company of friends. Your child's experiences of friendship can be used to help him/her better understand the Eucharist.

Some pointers for conversation:

- Our love for our friends grows when we are with them.
- When we celebrate the Eucharist and spend time in Jesus' presence, our love for him grows.
- Discuss John 15:15. Jesus calls us friends. In the Eucharist Jesus makes it

possible for your child to spend time with Him.

- Jesus is really present in the Eucharist under the forms of bread and wine.

### CRS Rice Bowl 2016

#### Week 4: Call to Family, Community and Participation

Catholic social teaching inspires and guides how we are to live and work in the world. The "Call to Family, Community and Participation" helps us remember that human beings are social by nature—we need each other. We, like the early disciples, are called to come together and grow as a community—whether that community is in our classroom, workplace or family.



This week we travel to Honduras and visit 11 year old Myra Martinez who lives with her 62 year old grandmother.. Learn how Myra's communities at home and school helped her become an ambitious student. [crsricebowl.org/stories-of-hope/week-4](http://crsricebowl.org/stories-of-hope/week-4)

Try a dish from Honduras, Bean Soup with Chayote Squash and Rice at [crsricebowl.org/recipe/bean-soup-with-chayote-squash-and-rice](http://crsricebowl.org/recipe/bean-soup-with-chayote-squash-and-rice)



## youth ministry

Connect with more than your phone.



follow stmarycym



### 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](mailto: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.

[facebook.com/stmarycym](https://facebook.com/stmarycym)  
[instagram.com/stmarycym](https://instagram.com/stmarycym)  
[twitter.com/StMaryCYM](https://twitter.com/StMaryCYM)  
[#GetInvolvedBeTransformed](https://twitter.com/StMaryCYM)



# parish life happening here

## 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.

## 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](mailto:bmah761569@aol.com).

## Manna Project food drive

**On March 12 and 13, the Manna Project will collect non-perishable food and monetary donations** for the Fredericksburg Regional Food Bank, a member of Feeding America. Volunteers will be available at all Masses and at Holy Cross Academy.

Each month, the Food Bank feeds more than 20,000 people locally and they rely on our community to help carry out this important mission. According to the 2014 Hunger Study, 1 in 7 Americans turns to Feeding America for food assistance. Client households often survive on limited budgets and are confronted between paying for food or paying for other essentials such as

housing, utilities, and medical care. Other coping strategies include purchasing inexpensive unhealthy food, watering down food/drinks, and selling/pawning personal property.

Please help us answer Christ's call to feed the hungry during our Food Drive! **Needed items include but are not limited to:** canned meat and fish, peanut butter, beans, pasta and sauce, mac and cheese, soup, canned vegetables, instant potatoes, rice, and personal items such as shampoo and paper towels. **For each donation of \$10, the Food Bank is able to provide 20 meals for hungry families!** Thank you for helping us put food on the table of those in need.

## 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](mailto: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](mailto:info@yogafredericksburgva.com).

## CCW Guest Speaker

On **Tuesday, March 15**, the guest speaker at the CCW meeting will be **Cathy Anderson from Empower House**. The meeting starts at 10am in the Courthouse Meeting Room. Come enjoy a powerful talk, refreshments and pleasant company as well as a short business meeting.

## 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 [adddor72@gmail.com](mailto:adddor72@gmail.com) if you are willing to serve or know someone who might like to. Thank you!

## Monthly Taizé Prayer Gathering

You are invited to a monthly gathering of prayer in the ecumenical tradition of the Taizé community in France. **Join us March 14 from 8:15-9pm in the Church**. It is our hope that this monthly prayer gathering brings together Christians of all churches as we realize a bit more each day that we must rely upon God's power to bring about unity among all who follow Jesus, "as he and the Father are one."

# people of thankfulness

Join us for the Novena at the end of Masses every day, or include this in your prayers at home as we entrust our parish and school to good Saint Joseph.

## Novena to St. Joseph

**"O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. O Saint Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.**

**O Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while he reposes near your heart. Press him in my name and kiss his fine head for me, and ask him to return the kiss when I draw my dying breath. Saint Joseph, we place our parish of Saint Mary and our school Holy Cross Academy**

**under your watchful care and protection. Grant us all we ask of you today so that we may grow in holiness and that our works may prosper and grow. We offer this prayer through Christ, our Lord. Amen."**

**Join the prayer March 11-19**



## 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](http://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 [HCAuction@holycrossweb.com](mailto:HCAuction@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!"

## Start your Spring cleaning

Spring is coming—even though it may not feel like it—so start cleaning now! Clear out the clutter and pack up all those no-longer-needed possessions. **Donate these unused treasures to the CCW annual yard sale.** Proceeds help the parish and community charities that the CCW supports. The annual yard sale is the Saturday after Easter—**April 2 from 8am-2pm in the Parish Life Center.**

**Donations will be accepted** at the Parish Life Center on **Wednesday, March 30 and Thursday, March 31** from 9:30-11:30am and 4:30-7pm, and on **Friday, April 1 between 9:30am-7pm.**

**We are accepting** plants, books, DVD's, jewelry, toys, baby and children's items (but not clothing), handbags, luggage, medical items, electronics, furniture and other household items.

## Subscribe to our website

Subscribe to [stmaryfred.org](http://stmaryfred.org) and receive announcements via email. The subscription box is on the homepage, below the Mass schedule. Enter your email address and click on "subscribe."



# sowing seeds of mercy

## 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/](http://stmaryfred.org/ministries-liturgy/) or pick up our flyer in the church vestibule. Contact David Mathers, Director of Sacred Music at [dmathers@stmaryfred.org](mailto: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.

## Diocese of Arlington Teacher Job Fair

The Office of Catholic Schools invites prospective teachers 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 discuss openings for the 2016-17 year. All teachers must be certified or ready to seek certification. Paul VI High School is located at 10675 Fairfax Boulevard (Rt. 50) in Fairfax. For more information visit [arlingtondiocese.org/catholicschools](http://arlingtondiocese.org/catholicschools) or call (703) 841-2519.



## 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!

Activate your inner Fred and  
Ginger and make some NEWS!

NEW memories waiting to be  
made with old friends

NEW friends waiting to be met

NEW menu, appetizers and  
three-course dinner with the  
same beauty and charm of the  
Jepson Center.

NEW door prizes: wine and  
champagne packages, gift  
certificates, theater tickets and  
more.

# st. therese society

## Praying for Vocations

The St. Therese Society is a group of men and women who pray for vocations and for the individuals in formation as priests and religious in our diocese. The Society gives these men and women the knowledge that hundreds of their brothers and sisters in Christ are praying for them. **Members of the society receive a calendar in the mail several times a year that lists someone in formation to pray for each day.**

There are no dues or meetings—only the promise of your prayers. **To sign up, visit [ArlingtonDiocese.org/StTherese](http://ArlingtonDiocese.org/StTherese).**

## Diocesan Seminarians

- Brian Accettullo
- Tony Bennett
- Nicholas Blank
- Rev. Mr. Colin Davis
- Raymel de los Santos
- Jonathan Fioramonti
- Michael Folmar
- Rev. Mr. Thomas Gallagher
- Dominick Gilbert
- Edouard Guilloux
- John Paul Heisler
- Joseph Jacobeen
- Sean Koehr
- Elder Maldonado
- Jacob Mason
- Mike Mathews
- Sam McIlheran
- Peter McShurley
- Daniel Mitchell
- Joe Moschetto
- Will Nyce
- Steven Oetjen
- Charles Pavlick
- Nicholas Petersen

- Jeff Petroski
- Luke Poczatek
- Mauricio Portillo
- Blaise Radel
- Ian Radel
- Joseph Rampino
- Daniel Rice
- Cory Russman
- Nicholas Schierer
- Jonathan Smith
- Christopher Tipton
- Joe Townsend
- Stephen Vaccaro
- James Waalkes
- Robert Wagner
- Jordan Willard

## Diocesan Men in Formation

- Br. Aquinas Beale, OP
- Br. Thomas Davenport, OP
- Br. John Baptist Hoang, OP
- Br. Peter Totleben, OP
- Br. Michael Baggot, LC
- Br. Robert Wills, LC

## Praying in Color

Prayer is central to a Christian's life, therefore also central to one's ability to heal and be *well*. We pray for many things: for family, friends, and often, in gratitude for some unexpected blessing.

And then there is the rest of the time. Have you ever found yourself intending to pray about something or for someone and instead find your thoughts wandering? It happens to us all.

Author Sybil MacBeth has written interesting and useful material on this topic. She talks about how we all at various times in our prayer lives tend to drift off. But she has a practical suggestion. She referees to this process as "Praying in Color." With this process, we can develop a tool that can transform our prayer life.

Our Health Ministry member, Peg Larose, invites you to join us to

explore this tool. **Join us Sunday, April 10 from 3:30-4:30pm** as we will gather in the Courtyard Meeting Room for a one-hour look at this inspired way to pray. You don't need to be an artist or need any supplies. They are provided.

Just show up with an open, prayerful heart and experience this hands-on "Praying in Color" for yourself.

Space is limited to 10 participants, so sign up soon. Email the Health Ministry at [lsullivan@stmaryfred.org](mailto:lsullivan@stmaryfred.org) or call **845-3031** to sign up. If this date doesn't work for you, you can add your name to the "interested" list and you will be notified of upcoming workshops.



# praying for vocations

- John Killackey (FSSP)
- Saul Soriano (OFMCap)
- Guillermo Gonzales (DCJM)
- Dom Maximus Marie Kennedy, O.Cart.
- Br. Jason Wooleyhan, TOR
- Br. Brendan O'Reiley, CP
- Lewis Rabayda (EparchPassaic)
- Thomas Francis (FJ)
- John McFadden (OSB)
- Aaron Richardson (OFM)
- Stephen Sonon (OSA)
- Larson Gore (OSB)
- Joseph DeCant (OCSO)
- William Manaker, nSJ
- Nicholas Albin, nSJ
- Samuel Beardslee (Dio. Lincoln)
- Brian Vaccaro (CSsR)
- Br. Joseph Gannon of the Holy Family, OCD
- Ernesto Gonzalez (Arch. Puerto Rico)
- David Ray (Arch. Baltimore)
- Matthew Coleman (Dio. of Richmond)
- Andrew Murray (Dio. Wheeling-Charleston)
- Brian O'Hanlon (Arch. Boston)

## Diocesan Women in Formation

- Madre Therese Elizabeth Dodge, RSCJ
- Sr. Mary Josefa, OSB
- Sr. Miriam Esther Podlinsek, OSB
- Christina Maria MacCabe (OCD)
- Sr. Auriesville Pennefather, SSVM
- Sr. Agnes Mary Quartararo, OP
- Sr. Brigid Ancilla Heisler, SV
- Sr. Mary Magdalene of Jesus Crucified Gilbert, OCD
- Sr. Adriana Medina, OCD
- Sr. Mary Jo Crooks, LSP
- Sr. Grace Dominic Gomes, SV
- Sr. Ann Catherine Koner, SV
- Sr. Maeve Nativitas O'Doherty, SV
- Sr. Mary Lawrence Payne, OP
- Sr. Alison Van de Voorde, HM
- Sr. Ann Dominic Mahowald, OP
- Sr. Cathy Murphy, FSO
- Sr. Marie Benedict Elliott, FSE
- Sr. John Frances LaFever, FSE
- Sr. Mary Peter Ryan, FSE
- Sr. Jeanne D'Arc Piquette, FSE
- Sr. Mary Bernard Palmer, OP
- Sr. Kathryn Teresa Clemmer (IHM)
- Sr. Maria Thalassa Davidson, SSVM
- Marie Tansioco (OCD)
- Sr. Mary Agatha Hester, OP
- Sr. Mary Grace of Jesus, OP
- Katrina Peller (OP)
- Sr. Grace Augustine Heisler, Carmel DCJ
- Sr. Maryrose Hibl, FJ
- Sr. Immaculata Scheidler, FJ
- Sr. Philomena Luke of Mary, Mother of the Eucharist, CFR
- Nancy Williams (OP)
- Sr. Eunice Teresa of the Divine Mercy, OCD
- Eneyda Martinez (PSSJ)
- Sr. Miriam Fidelis (RSM)
- Teri Tolpa (SV)
- Kelsey Ingold (SV)
- Daniella Talamante (OP)
- Angela Helm (OCD)
- Annie Berry (OP)



## 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!**





# operations given in love

## Weekly Offertory

28 February Offertory \$34,176.  
Mission Appeal for Oblate Sisters' Africa Missions 11,205.  
Parish Building Fund (add'l) 3,120.  
Poor Box / St. Vincent de Paul 80.

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](http://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.

## Choose Life reflection

"The mercy of God is his loving concern for each one of us. [...] He desires our wellbeing and he wants to see us happy, full of joy, and peaceful. [...] Just as he is merciful, so we are called to be merciful to each other." *Pope Francis, Misericordiae Vultus, no. 9 © 2015 Libreria Editrice Vaticana. Used with permission.*

*We pray for women and men suffering after abortion that God may grant them courage to seek healing and peace through the Church's post-abortion healing ministry.*

**For information about Project Rachel and post abortion assistance**, contact Project Rachel in the Diocese of Arlington at 703-841-2504 or [projectrachel@arlingtondiocese.org](mailto:projectrachel@arlingtondiocese.org) or call the Helpline at 1-888-456-HOPE.

**Healing Retreat for Women on Saturday, March 12:** This retreat is a safe place to renew and rebuild hearts broken from abortion. It offers a confidential environment where you can begin the process of healing. For more info or to register, email: [info@helpafterabortion.org](mailto:info@helpafterabortion.org), visit: [www.helpafterabortion.org](http://www.helpafterabortion.org) or call: 888-456-HOPE (4673).

## 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 mediations—visit [www.stmaryfred.org](http://www.stmaryfred.org).

## Operation Rice Bowl: Hungering to Learn

We journey with CRS Rice Bowl to the Central American country of Honduras, where we meet students who are learning that it's better to help your neighbor learn and grow than to leave him or her behind. To whom are we called to extend a hand this week? Visit [www.csricebowl.org](http://www.csricebowl.org) for more information.

## 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.

## Did you know?

When you write a check, if the numerical amount is different than the written words for the amount, the legal amount accepted by the Bank is the amount written out in words. So if the numbered amount is \$20.00, but the written words are "twenty five and 00/100", the Bank will legally accept the amount as \$25.00. Please review your check before placing it in your envelope or the collection basket to make sure that both amounts are the same.

## called in love



## Little Sisters of the Poor Collection

### March 12–13

During the weekend of March 12 and 13, a second collection will be taken to help the **Little Sisters of the Poor**, who have provided a home and compassionate care for Virginia's elderly poor since 1874.

**The Sisters will be present at all the Masses to explain their mission and to ask for your support.**

Because their residents are of limited financial means, the Little Sisters depend upon the charity of friends and benefactors to operate their Home. Your generosity will enable the Sisters to continue welcoming the needy elderly and providing them with the love and dignity they deserve.

For more information, visit their website at [littlesistersofthepoorvirginia.org](http://littlesistersofthepoorvirginia.org).

## Saint Mary prayer list

**Please pray for those who are sick or in need, especially:** 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, 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, 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 Chewning, 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, John Haas, Jim Matarese, Tommy Davis

**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

### 12 March—SATURDAY

5pm Fr. Cummings  
7pm Fr. Holmes

### 13 March—SUNDAY

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

## Daily Mass intentions and readings

### march

#### 7 MONDAY

6:30 +Joe O'Connor  
9am Rhiannon Stewart  
Is 65:17-21; Jn 4:43-54

#### 8 TUESDAY

6:30 Michael & Susan Goldsmith  
9am Kayleigh Stewart  
Ez 47:1-9,12; Jn 5:1-16

#### 9 WEDNESDAY

6:30 +John Lynch  
9am Robert Derouin  
Is 49:8-15; Jn 5:17-30

#### 10 THURSDAY

6:30 +Pia DiNinno  
8:15\* Peggy and Mary Fegan  
9am +Justin Armitage  
Ex 32:7-14; Jn 5:31-47

#### 11 FRIDAY

6:30 Fr. Lino Rico Rostro  
9am +Odilon Barrios  
Wis 2:1,12-22; Jn 7:1-2,10,25-30

#### 12 SATURDAY

9am +Virginia Clay  
5pm +Theodore Zbrzezni  
7pm +Bob Willis  
Jer 11:18-20; Jn 7:40-53

#### 13 SUNDAY

7am For the Parish  
8:30 +Joe O'Connor  
10:30 Edward Holzworth  
10:30\*+John Lynch  
12:30 +Joann James  
2pm +Eduardo Vega  
5pm +Tom Leavitt  
7:01 +Antonio Barone  
Is 43:16-21; Phil 3:8-14; Jn 8:1-11

*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