

**Twenty-Ninth  
Sunday in  
Ordinary Time**

**16 October  
2016**

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



*Grandparent's Day  
and Living Rosary  
Holy Cross  
Academy*

# what's coming



**SAINT  
MARY**  
*of the*  
IMMACULATE  
CONCEPTION  
*Roman Catholic Church*

HOLY CROSS ACADEMY

## october

- 17 Monday, Saint Ignatius of Antioch, Bishop and Martyr**  
7:30pm, RCIA/RICA class, Church
- 18 Tuesday, Saint Luke, Evangelist**  
10am, Council of Catholic Women, General Meeting, Fr. Don Courtyard Meeting Room  
7:30pm, 2018 Confirmation Year 1 Meeting, Church
- 19 Wednesday, Saints John de Brebeuf & Isaac Jogues, Priests & Companions, Martyrs**  
7pm, The Gospel of Mark with Deacon Delio, Parish Office Library
- 20 Thursday, Weekday (Saint Paul of the Cross, Priest)**  
**6pm, Volunteer Appreciation Dinner, Holy Cross Academy, RSVP by Monday, Oct. 17**  
7:15pm Walking with Purpose, Parish Life Center, Rms 100 & 204  
7:15pm Walking with Purpose, Parish Life Center, Rm 203 (*En Espanol*)  
7pm, Nar-Anon meeting, John Paul II House
- 21 Friday, Weekday (Saint Paul of the Cross, Priest)**  
9am, St. Anne Sisters in Faith, John Paul II House
- 22 Saturday, Weekday (Saint John Paul II, Pope; BVM)**  
9am, Talleres De Oracion, Fr. Don Rooney Community Room  
10am, CPR/AED Training, registration and fee required, Parish Life Center - *contact Parish Office*  
**Holy Cross Academy World's Finest Chocolate Sale continues this weekend**
- 23 THIRTIETH SUNDAY in ORDINARY TIME**  
Coffee Shop after morning Masses, Parish Life Center. (**American Heritage Girls**)  
CYM Diocesan Youth Rally, arrive at Eagle Village parking lot (Giant, Route 1) 10am for 10:30am departure  
SCRIP on sale after all Masses except 2pm Mass
- 24 Monday, Weekday (Saint Anthony Mary Claret, Bishop)**  
7:30pm, RCIA/RICA Class, Church
- 25 Tuesday, Weekday**  
12pm, Senior Luncheon/Bingo, Parish Life Center  
7:30pm, 2017 Confirmation Year 2 Meeting, Church
- 26 Wednesday, Weekday**  
7pm, The Gospel of Mark with Deacon Delio, Parish Office Library
- 27 Thursday, Weekday**  
7pm, Nar-Anon meeting, John Paul II House  
7:15pm Walking with Purpose, Parish Life Center, Rms 100 & 204  
7:15pm Walking with Purpose, Parish Life Center, Rm 203 (*En Espanol*)  
7pm, Spanish Prayer Group, John Paul II House (upstairs)
- 28 Friday, Weekday (Saints Simon and Jude, Apostles)**  
9am, St. Anne Sisters in Faith, John Paul II House
- 29 Saturday, Weekday**  
9am, Talleres De Oracion, Parish Life Center  
SCRIP on sale after all masses except 7pm Sat. & 2pm Sun.
- 30 THIRTY-FIRST SUNDAY in ORDINARY TIME**  
Coffee Shop after morning Masses, Parish Life Center. (**Council of Catholic Women**)  
6pm, CYM Dinner and HS Youth Group, Parish Life Center
- 31 Monday, Weekday**  
6pm, **All Saints Mass**, Vigil, Church  
7:30pm, **All Saints Mass**, Vigil, Church  
7:30pm, RCIA/RICA Class, Church

## nota bene (note well, please):

- ✂ Saint Mary **Volunteer Appreciation Dinner** is 6pm, Thursday, October 20, Please **RSVP no later than Monday, October 17**. See invitation on page 8-9.
- ✂ **Parish directories have arrived!** Please stop by the parish office **after 2pm Monday–Friday** to pick up your copy. The 2016 Parish Directories are available to those individuals and families who participated in the program.
- ✂ **Nar-Anon Support group** is now meeting on Thursdays at St. Mary at 7pm. Help is offered by sharing experiences, strengths and hopes; please continue to pray for those individuals and families, directly or indirectly, affected by addictions.
- ✂ We are pleased to announce that the **Noon Mass** will become included in our weekly Mass schedule effective **October 3, 2016**.
- ✂ This year our **Teaching Masses** will be held on **Wed, Nov. 9 at 6:30pm** and on **Thur, Nov. 10 at 5pm**. *All Religious Education students are expected to attend one of these Masses.*

1009 Stafford Ave., Fredericksburg, VA 22401

<b>SUNDAY MASS</b>	Saturday Vigil 5 & 7pm Sunday 7, 8:30, 10:30am, 12:30, 2pm (Spanish), 5pm, 7:01pm 10:30am at Holy Cross Academy
<b>DAILY MASS</b>	Mon.-Fri.: 6:30 & 9am; Sat., 9am First Friday 8pm Holy Days of Obligation, as announced
<b>DEVOTIONS</b>	Adoration & Benediction, Wed., 7-9pm Novena with Exposition, Mon., 7-7:30pm All Night Adoration, First Friday Miraculous Medal Novena, Mon., after 9am Mass Divine Mercy, Wed., 3pm
<b>CONFESSION</b>	Wed., 7-9pm; Sat., 8am & 3:30pm, or by appt.
<b>PARISH OFFICE</b>	540-373-6491, fax 371-0251 stmary@stmaryfred.org Mon.-Fri., 8:30am - 4:30pm; <i>students staff office weekdays until 9pm, Saturdays 9-5pm, Sundays 9:30-1:30pm</i>  Pastor, Fr. John Mosimann Fr. Keith Cummings Fr. Stephen Holmes Fr. Colin Davis 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:

**4**  
from the pastor

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liturgy

**12**  
operations

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outreach

from the pastor

# pax et bonum



SAINT  
MARY

*of the*  
IMMACULATE  
CONCEPTION  
*Roman Catholic Church*

HOLY CROSS ACADEMY

Dear Folks,

Since I am in the Holy Land as this goes to press, I want to share with you an email. Last week we started singing the Salve Regina as was the custom at my previous parish. After some time of the parish learning the chant, a parish mother wrote me this email which expresses beautifully one of the reasons why I have directed that we sing the Marian Antiphons, especially the Salve Regina.



pax,

Fr. Mosimann-

I wanted to tell you how much I love that we sing the Salve Regina after mass. I love that my kids and I know it by heart now.

Today, I had a new reason to love it. We were sitting behind an elderly woman and her adult son. She appeared very infirm and somewhat "not here." He was wonderful to her, finding the music/readings for her, putting his arm around her at times, etc.

He helped her get to communion and back to her seat. Then the Salve started and all of a sudden this beautiful, clear voice rang out—she was singing! I looked up and her son was staring at her with this smiling, gaping, open mouth, just like me, I'm sure. Then her son and I had to stop signing because it's very hard to sing the Salve Regina with a lump in your throat.

We chatted with them after mass and she had a stroke 8 years ago, and doesn't have much short-term memory, but her long-term memory is very solid. She was telling us about being taught by the Dominican nuns in France during her childhood and how they would always sing the Salve in school.

I love how that piece of music ties us to Catholics all over the world, but also to Catholics out of time and place and to Mary. Amazing mass today.

- Mom





# holy cross academy

## It's About the Children

### *National Blue Ribbon School of Excellence*

Smiling faces and happy voices are filling the classrooms at the Parish Life Center as our preschool children come to school each day. Do you ever wonder what our children do in preschool? Well, that is a very good question and one that we are happy to answer. Making new friends is an important part of the children's day, along with learning how to take turns and listen to others. Great life skills, for sure!

Over the past few weeks, our preschoolers have been busy investigating trains, exploring the water table, and learning their prayers. They are also taking advantage of these beautiful autumn days to sit around the campfire. A campfire in preschool? That's right. Our creative preschool teachers created a special campfire for the children so that they could read stories together and roast marshmallows.

So what do we do all day in preschool? We learn, but most important of all, we have a lot of fun.



We invite you to visit our newly redesigned school 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 or to let us tell you all about Holy Cross Academy, our parish school. Don't forget to sign up for GIANT Bonus Bucks. Go to [www.giantfood.com/aplus](http://www.giantfood.com/aplus) and enter our school code 02320. Every time you use your Giant member number, our children benefit.



*A National  
Blue Ribbon  
School of  
Excellence,  
2012*



## **Holy Cross Academy's Alumni/Parent Flag-Football Game & Chili Cook-Off**

**Saturday, Nov. 5th 12-4pm at Holy Cross Academy.** Come out and enjoy the fall weather, meet up with your old HCA friends and play in the flag-football tournament! All the exciting details are on the HCA website [www.holycrossweb.com](http://www.holycrossweb.com)! Don't Miss This FANTASTIC Event! Register Today! This event supports the HCA Expansion Fund - *all donations welcome!*

# catholic education tax credit program

## Give a Student the Gift of a Catholic Education and Gain a Tax Credit

The Virginia Education Improvement Tax Credit Program awards a 65% tax credit to individuals or businesses that make a monetary donation to an approved foundation.

- The Diocese of Arlington Scholarship Foundation is an approved foundation under this program.
- The donation will be used to provide scholarships to low income students to our Catholic schools.
- These donations, in addition to give you, the donor, a tax benefit; it will provide a life-changing education for our new students.



**Diocese of Arlington**  
Scholarship Foundation

200 N. Glebe Road, Suite 811  
Arlington, Virginia 22203  
703-841-2764

[j.combos@arlingtondiocese.org](mailto:j.combos@arlingtondiocese.org)

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

## Frequently Asked Questions about How to Donate

### Who is eligible for the tax credit?

Any individual or business entity may receive a tax credit for eligible donations.

### What kind of donations qualify for the credit?

Eligible donations include monetary donations by cash, checks, or marketable securities. Donations of goods, services or property are not eligible for the tax credit.

### How are donations limited?

In order to receive a tax credit, donors must contribute a minimum of \$500. For individuals, including married couples, the eligible maximum donation is \$125,000 per taxable year. Therefore, the maximum credit of an individual's donation is \$81,250 (65% of \$125K). Business entities, including sole proprietorships,

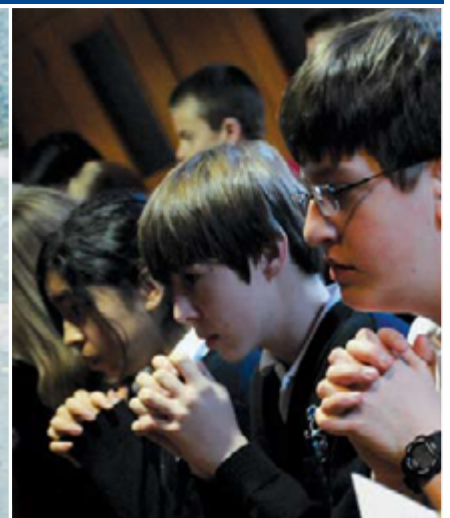
have no maximum donation amount.

### How does a donor apply for a tax credit?

In order to qualify for a tax credit, donors must request pre-authorization from the Department of Education. Donations made without pre-authorization will not be eligible for the tax credit. Pre-authorization requests are processed on a first-come, first-served basis. Pre-authorization requests will only be granted for the first 25 million dollars in total donations. The Department of Education will issue a preauthorization notice to the donor indicating approval of the donation.

### How does a donor obtain a pre-authorization form?

The pre-authorization form can be downloaded from the Department of Education website: [http://www.doe.virginia.gov/school\\_finance/scholarships\\_tax\\_credits](http://www.doe.virginia.gov/school_finance/scholarships_tax_credits)





## Effect of Scholarship Tax Credit (Based of tax laws of 2015)

### Individuals

	No Contribution	Contribution
Income before contribution	\$100,000	\$100,000
Contribution	0	\$1,000
Taxable Income	\$100,000	\$99,000
<b>Virginia Taxes:</b>		
Virginia Personal Tax Rate (5.75%)	\$5,750	\$5,692
VA Personal Tax Savings	0	\$58
VA Scholarship Tax Credit	0	\$650
Total VA Tax Savings	0	\$708
<b>Federal Taxes:</b>		
Federal taxable income	\$100,000	\$99,000
Add back:		
Reduction of state tax deduction	0	\$708
Net Federal Taxable income	\$100,000	\$99,708
Federal taxes (25% marginal rate)	\$25,000	\$24,927
Federal Tax Savings	0	\$73
Total Tax Savings		\$781
<b>Net cost to contribute</b>	<b>\$1,000</b>	<b>\$219</b>

### Corporations

	No Contribution	Contribution
Income before contribution	\$1,000,000	\$1,000,000
Contribution	0	\$10,000
Taxable Income	\$1,000,000	\$990,000
<b>Virginia Taxes:</b>		
Virginia Corporate Tax Rate (6%)	\$60,000	\$59,400
VA Corporate Tax Savings	0	\$600
VA Scholarship Tax Credit	0	\$6,500
Total VA Tax Savings	0	\$7,100
<b>Federal Taxes:</b>		
Federal taxable income	\$1,000,000	\$990,000
Add back:		
Reduction of state tax deduction	0	\$7,100
Net Federal Taxable income	\$1,000,000	\$997,100
Federal taxes (34% marginal rate)	\$340,000	\$339,014
Federal Tax Savings	0	\$986
Total Tax Savings		\$8,086
<b>Net cost to contribute</b>	<b>\$10,000</b>	<b>\$1,914</b>

Note: Illustrative tax calculation

Please consult your tax advisor for specifics based on your situation.



## Follow these steps to get your Tax Credit:

1. Go Online:  
[www.doe.virginia.gov/school\\_finance/scholarships\\_tax\\_credits](http://www.doe.virginia.gov/school_finance/scholarships_tax_credits)  
to receive your pre-authorization form (approx. 2 weeks' wait).
2. Once your pre-authorization form is received, mail the completed and signed form with a check to:  
  
Diocese of Arlington Scholarship Foundation,  
200 North Glebe Road, Suite 811  
Arlington, VA 22203
3. Please make checks payable to: Diocese of Arlington Scholarship Foundation. If the donation is marketable securities, please contact us for a stock donation form and instructions.
4. An acknowledgement letter from the Diocese of Arlington Scholarship Foundation will be sent to you for your tax deduction.

5. The State of Virginia will send a tax credit certificate directly to you. The tax credit may be claimed for the same tax year in which the donation is made. Any unused tax credits may be carried over to the next five succeeding tax years or until the total amount of the credit has been taken, whichever is sooner.



# parish life happening here

## Calling all Crafters and Bakers

**Donations for the Annual Craft Bazaar (October 29-30) can be taken to Room 100** in the Parish Life Center (next to the kitchen) any Thursday morning or to the church office with Wanda Cushing's name on it. **Our fabulous bake sale is also part of the Craft Bazaar as is our plant sale.** If possible, all bake-sale items should be in by Friday afternoon, October 28. CCW Bake Sale should be noted on things left in the kitchen. Please bring any donated plants Friday afternoon as well. All money raised is used for CCW annual charitable donations. **Questions:** Contact Wanda at [373-9184](tel:373-9184) or [wcushing@verizon.net](mailto:wcushing@verizon.net).

## Essay Contest

KoC Council #4034 is sponsoring an essay contest. All Catholic students, in grades 8-12, are invited to participate in the 2016 Knights of Columbus Catholic Citizenship Essay Contest. Students are encouraged to type a 500-750 word essay on the theme of "The Importance of Religious Freedom." All contestants on the local level are recognized for their participation in the contest and prizes will be provided to the top 3 in each grade level. **Essays must be completed by October 31.** Participants are required to furnish written parental consent. **Contact** [youthdirector@kofc4034.org](mailto:youthdirector@kofc4034.org) for entry form and more information.

## Pilgrimage to Cathedral of the Sacred Heart

The CCW is sponsoring a St. Mary pilgrimage to the

Cathedral of the Sacred Heart in Richmond to enter through the Door of Mercy. This will take place on **Saturday, November 5, 2016.** After the tour and either a Mass or a lecture about the cathedral's history, we will proceed to the Lewis Ginter Gardens for a short tour and lunch. **The cost will be \$30** which will include the bus trip (bus leaves at 8:30am), driver tip and entrance to Ginter Gardens. Lunch is available there, which is on your own, the cost ranges between \$5 and \$10. **Registration will be taken at the church office.** For more information call Carleen Delio at [540-412-9608](tel:540-412-9608).

## Election 2016: Forming your conscience

With the Presidential election a few months away, Bishop Loverde is writing a series of articles that will guide us in making decisions based on our core values as Catholics. The series is called *Forming Our Consciences*. Look for the third article in this weeks' Arlington Catholic Herald, or online at [catholicherald.com](http://catholicherald.com).

## CCW Meeting

**Tuesday, Oct. 18** the CCW meeting will feature speaker Alice Bones, Dietician at Mary Washington Hospital who should have a lot of good information for us. Please join us at 10:00 a.m. in the Father Don Courtyard Meeting Room to hear this great speaker, enjoy our refreshments and stay for a short business meeting which will include information on the trip to the Richmond Cathedral.

## Upcoming Ultreya for Cursillo

**Sunday, Nov. 6 from 5-8 pm** at the home of Lily Alarcon, 6 Stratford Hall Ct., Fred., 22406. This is a potluck dinner! A-G Main Dish, H-P Salads, R-Z Desserts. For directions call Lily at 540-834-3186. For information regarding Cursillo, Group Reunions, or Ultreya call Tammie or Doug Chute at 540-785-0570. De Colores!



## Marriage Enrichment Evening

Married and engaged couples of all ages welcome to attend *Love For a Lifetime: Keys to Building a Joyful, Lasting Marriage*. Featuring popular speakers, **David and Margaret Bereit**, who have helped hundreds of couples prepare for marriage, conducted relationship classes, and led numerous marriage enrichment programs. **Friday, November 11, from from 7-9pm at St. Annes Parish Hall, Arlington, VA.** Desserts and drinks provided. \$15 per couple. **Register** at [loveforever.eventbrite.com](http://loveforever.eventbrite.com). **Questions:** contact Nancy McKeague at the Office for Family Life, [703-841-3807](tel:703-841-3807).



The Knights of Columbus at Saint Mary is holding a **fresh citrus fruit fundraiser** this Fall to support our charitable activities. The fruit comes from the citrus groves in Florida and is shipped soon after it is picked so you can be assured of its freshness. **It is great to eat and a great holiday gift.**

You may **place orders up until November 20** and pickup will be the weekend of December 10-11 at the Scott Insurance & Financial Services Building at 2115 Lafayette Boulevard.

**For more information**, contact Wayne Cushing at (540) 840-5230.

### To place an order:

1. Cut out the order form on the right.
2. Fill in the order form and drop it off along with your payment at one of the following places:
  - **On the weekend**, at the KofC Fruit Sale table in the Parish Life Center after Mass
  - **During the week** (M-F, 8:30am–5:30pm), at the Scott Bldg at 2115 Lafayette Blvd.
  - **By mail**, send your order form with your check to: Knights of Columbus, P.O. Box 146, Fredericksburg, VA 22404.
3. Orders must be received by Sunday, November 20.
  - Payment methods are **cash or check**.
  - Make checks payable to: Knights of Columbus.
  - Payment is due when the order is placed.

### Fruit Options:

**Navel Oranges:** 4/5 Bushel: \$35

2/5 Bushel: \$23

**Red Grapefruit:** 4/5 Bushel: \$30

2/5 Bushel: \$19

**Tangelos:** 4/5 Bushel: \$29

2/5 Bushel: \$19

**Sunburst Tangerines:** 2/5 Bushel: \$29

**Citrus Variety Pack:** \$29

(8 Oranges/8 Tangerines/8 Grapefruit)

### Pickup:

December 10-11 from 9am-2pm at the Scott Insurance and Financial Services Bldg, across from Paul's Bakery, next to Family Dollar, located at 2115 Lafayette Boulevard.



### Citrus Fruit Sale Order Form

#### Navel Oranges

4/5 Bushel: \$35 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

2/5 Bushel: \$23 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

#### Red Grapefruit

4/5 Bushel: \$30 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

2/5 Bushel: \$19 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

#### Tangelos

4/5 Bushel: \$29 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

2/5 Bushel: \$19 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

#### Sunburst Tangerines

2/5 Bushel: \$29 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

#### Citrus Variety Pack

(8 Oranges/8 Tangerines/8 Grapefruit)

2/5 Bushel: \$29 Qty Ordered \_\_\_\_\_ Cost \_\_\_\_\_

**Total Cost:** \_\_\_\_\_

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: Home \_\_\_\_\_

Cell \_\_\_\_\_

# education

# religious education

## Teaching Masses

This year our Teaching Masses will be held on **Wednesday, Nov. 9 at 6:30pm and on Thursday, Nov. 10 at 5pm.** All Religious Education students are expected to attend one of these Masses.

Teaching Masses are important because:

- God asks us to give Him the first day of the week and the best of who we are.
- We go to Mass to praise God and thank Him for all the good things He has given us.
- The Mass or Eucharist is a banquet to which Jesus personally invites each one of us. It is important that we understand the music, dialogues, acclamations, gestures, responses, postures and shared silence that make the Mass "the principal sacramental celebration of the Church, established by Jesus at the Last Supper" CCC pg. 887.

## FORMED

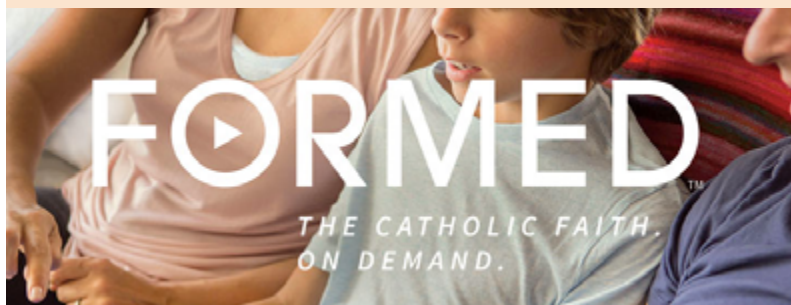
On October 5, 75 parishioners had registered for FORMED

**FORMED.org** is an online platform featuring the best Catholic video programs, movies, audio talks and eBooks. Catechism and personal faith formation is now easily available to every parishioner. Some titles include:

This resource is **FREE**  
to **ALL PARISHIONERS**

### To start using FORMED:

1. Go to [formed.org](http://formed.org)
2. Enter Parish Code - **F6F228**
3. Complete your profile to receive ID and Password.
4. Log in and begin enjoying content!



# youth ministry

follow StMaryCYM



**#GetInvolvedBeTransformed**



## Confirmation 2017

We are meeting with our second year Confirmation candidates on **Tuesday, October 25 at 7:30pm** in the Church. We will be discussing year 2 of Confirmation formation. Any missing forms that have not been submitted should be turned in that night. One parent and the candidate must attend.

## Still need Confirmation Team Leaders for 2018

As part of our Confirmation formation, each candidate is placed in a team of 10 youth broken up according to the neighborhoods that they live in. Each team requires at least one, background checked and virtue certified adult to guide our youth in corporal and spiritual works of mercy. If interested contact Leo in the Youth Ministry Office.

## WorkCamp 2017

Our WorkCamp application for summer 2017 is now available on our website. This is a powerful week of prayer, service, friendships, encountering Jesus, music, fun and much more. If you are interested in participating please fill out the application and turn in asap. **Applications are due Nov. 13th at the first meeting.**

## happening here

## Loyola Men and Women's Retreat Nov 11-13

The Ignatian Weekend Retreat is conducted in silence and includes generous amounts of time for prayer, personal reflection and the cultivation of a deep relationship with God. Each year the retreat focuses on a different theme. This year's retreat is entitled:

### "Entering into the Father's Joy"

In the Parable of the Prodigal Son, Jesus invites every disciple of every age into God's loving embrace. Through that embrace we enter into the Father's joy, which transforms us.

This retreat invites us into the mystery of God's action in our lives, relying on the Spiritual Exercises of St. Ignatius and the spiritual wisdom of other Christian teachers of prayer. The retreat is open to anyone who desires to grow in their relationship with God through prayer. More info at [loyolaonthepotomac.com](http://loyolaonthepotomac.com).

## Dear Saint Mary & Holy Cross Volunteers

*You are cordially invited,*  
all who have volunteered at  
*Saint Mary or Holy Cross*  
*during the past year,*  
to come to our twelfth annual

### Volunteer Appreciation Dinner

Dinner and dancing,  
Thursday, the 20th of October  
6pm at Holy Cross Academy

**Please RSVP**  
**no later than Monday,**  
**October 17**

## Saint Mary prayer list

**Please pray for those who are sick or in need,**

**especially:** Sadie Harder, Elizabeth Grant, Wayne Culbertson, Providence & Thomas Moeller, David Davenport, Brian Yednock, Gretchen Schuster, Dick Fadden, Elise Velez, Jim Canty, Regina Gaudreau, Jessica Gaudreau, Denise Pooler, Gerard Fitzpatrick, Jamila Alarcon, Betty & John Gil, Daniel Burke, John Druiett, Margaret Gralton, Cheryl Wood, Barbara McCoy, Leroy Spangler, Francine Ochman, Veronica Johnson, John Storm, Joshua Oltman, Gladys Bowen, Frances Schwab, Martha Clemens, Lynn Dennis, Anne Shelton, Barbara Gillette, John Gannon, Maureen Mizzles, Miles Wood, Smoot Major, Marian Wolinski, Holly Smith, Mike Harwich, Larry Dillman, Jerome Murphy, Jim Evans, Keith Kovalesky, Patrick Clarke, Cody Harrell, Janie Sherry, Michael Tallarita, Chris Szynal, Judith Cantell, Delores Renninger, Phil Kronsberg, Tamlyn Leaf, Paul Godwin, Patricia Phillips, The Valconi Family, Tim Murphy & family, Matt Dombro, Regina "Gina" Wood, Amber Hedegty, Josephine Kreider, Theresa Aguilar, Darlene Guinn, Boyd Woodside, Lillian Held, Karen Danis, Duska Green, Mary Jean and Don Williams, O'Neta Shorter, Alice Rowles, Melvyn Schreckinger, Mary Ulmer, Mary Branham, Jessica Dowling, Kelly Keiser, Lauren McKeever, Janese Morris, Mary Keaton, Montgomery Wood, Ron Tarrell, Harold Gardiner, Gerald Gardiner, Betty Ann & Bill Dateno, Jennifer Smith, Patricia Von Nieda, Corrine Gardine, David Arnold, Matt, Elsie and Riley Seidlinger, Jeanette Ann Williams, Maureen Flanagan, Fannie Manning, April Gray, Tim Conway, Andy Costa, Ellen Cupka, Cheryl Kellett, Jim Matarese, Hugh Fleming

**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 M. Smith, Nelly Garcia, Mindy Hakenson, Xavier Alas, Gary Rotsch, Anthony Howell, John Anthenor

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

## Electronic Offertory

*Faith Direct* enables your family to make your parish contributions through either direct debit to your checking account or through credit cards. With *Faith Direct*, you can apply the convenience of direct debit to your parish offerings. The parish gains predictable cash flow which helps us with planning our parish needs and programs. *Faith Direct* also offers you personalized offertory cards to replace your envelopes for the collection basket. You may enroll securely online by visiting [www.faithdirect.net](http://www.faithdirect.net). Our parish code is VA635.

## Daily Mass intentions and readings

### october

#### 17 MONDAY

6:30am +Frances V. Haker  
9:00am +Richard Flemming  
Eph 2:1-10, Lk 12:13-21

#### 18 TUESDAY

6:30am +Babette Bolger  
9:00am +Michael Gemmillo  
2 Tm 4:10-17, Lk 10:1-9

#### 19 WEDNESDAY

6:30am +Isaac Hartland  
9:00am +Jason Mooney  
Eph 3:2-12, Lk 12:39-48

#### 20 THURSDAY

6:30am +Peter Kapitan  
9:00am +Fred Gasper  
Eph 3:14-21, Lk 12:49-53

#### 21 FRIDAY

6:30am +Ronald Joseph Cullen  
8:15am\* +Hannah McDowel  
9:00am +Bon Ban Than  
Eph 4:1-6, Lk 12:54-59

#### 22 SATURDAY

9:00am +Jacquelin Sheffield  
5:00pm Ethan Sturtevant  
7:00pm +Stella Stofko  
Eph 4:7-16, Lk 13:1-9

#### 23 SUNDAY

7:00am +Charles & Cecelia Lee  
8:30am +Ludovic & Edgnor  
Marcelin/+Thorn Raton  
10:30am For Our Parish  
10:30am\* Stephanie Cook  
12:30pm Our Military Living & Deceased  
2:00pm +Josephine Sumpolec  
5:00pm Gonzalo Guacena, Jr.  
7:01pm +Josephine Sumpolec  
Sir 35:12-14, 2 Tm 4:6-8, Lk 18:9-14

*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



# operations given in love

## Weekly Offertory

October 9 Offertory \$31,215.25.  
Porto Charities (add'l) 817.36  
PoorBox-St. Vincent de Paul 287.33

Second collection next week is for our 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 October

The children's charity in October is **Safe Harbor Child Advocacy Center** in Spotsylvania. This organization strives to strengthen the coordinated community response to situations of child maltreatment, including sexual abuse, severe physical abuse, severe neglect and fatalities, by integrating the existing resources of law enforcement, child protection, prosecution, medical and therapeutic agencies so that perpetrators are held accountable for their actions and children are not further traumatized by the investigative process.

## October—The Month Of The Holy Rosary

By Apostolic Brief at the Eucharistic Congress of Bologna, in September 1927, a Plenary Indulgence is granted to all the faithful who recite the Holy Rosary in the presence of the Blessed Sacrament, either exposed for veneration or reserved in the Tabernacle.

## Gain a 65% tax credit

### ...and Give a Student the Gift of a Catholic School Education!

A new Virginia Education Improvement Scholarships Tax Credit Program will award a 65% tax credit on top of current state and federal tax deductions for donations made to the **Diocese of Arlington Scholarship Foundation**, which will, in turn, provide scholarships for new students wishing to attend our diocesan Catholic Schools. Please call **703-841-2764** or visit [www.arlingtondiocese.org/catholicschools/Scholarship\\_Foundation.aspx](http://www.arlingtondiocese.org/catholicschools/Scholarship_Foundation.aspx) for more information.

## Pro Life Reflection

"Pope Francis challenges us to be protectors of all creation, to be stewards of all God's gifts. We begin to exercise this responsibility when we defend human life -- especially the unborn and the vulnerable. When we affirm the sacredness of all human life, we acknowledge God's plan for each human being, and we work to defend the gift of life from every form of abuse. Similarly, when we affirm that everything God made is good and worthy of our reverence and respect, we look differently on all God's creation." (Archbishop Robert J. Carlson, Archbishop of St. Louis, MO, "Caring for God's creation is good stewardship," St. Louis Review, July 11, 2013) *We pray for all those who defend the unborn, that they may be persistent and faithful in their witness as they strive to build a culture of life.*

## A Prayer to Our Lady of Guadalupe

Virgin of Guadalupe, Patroness of unborn children, we implore your intercession for every child at risk of abortion. Help expectant parents to welcome from God the priceless gift of their child's life. Console parents who have lost that gift through abortion, and lead them to forgiveness and healing through the Divine Mercy of your Son. Teach us to cherish and to care for family and friends until God calls them home. Help us never to see others as burdens. Guide our public officials to defend each and every human life through just laws. Inspire us all to bring our faith into public life, to speak for those who have no voice. We ask this in the name of your Son, Jesus Christ, who is Love and Mercy itself. Amen.

## All Souls Novena

The Holy Sacrifice of the Mass is the best way to remember your deceased loved ones. **Our All Souls Novena will begin on Wednesday, November 2, All Souls Day.** An intention envelope is included with your bimonthly envelope packet; additional envelopes are available in the Parish Office and in the vestibule of the Church. There is no collection on All Souls Day. Envelopes should be turned in early and will be placed near the altar during the Novena.



# outreach happening here

## Providing New Opportunities

Last year St. Mary parishioners were asked to consider donating used sewing machines to Catholic Charities Migration and Resettlement (MRS) Office here in Fredericksburg. In all 11 machines were donated and with the help of volunteers, many were refurbished free of charged.

After receiving training on the machines clients encouraged to take the machines home so that they could improve their skills by making products for their families. Love 2 Sew was born and the newly formed women's sewing group was established comprised of women who recently came to the United States as refugees.

Several of the women were interested in further showcasing their talents, and took the next step, and formed a group to help bring their products to market. The ladies went to work making clothes, baby blankets, aprons, eyeglass cases, pillows, purses and customized products. They have sold these items at the local 'Art in the Park' in Fredericksburg and continue to use their sewing talents to create beautiful, unique, quality products for the community.

The goals for the program are to increase participation in the community through attending markets, craft fairs, and community events and to increase sales to provide supplemental income to women and families. The group hopes to grow membership to involve more women and grow the business.

The group plans to host a booth at the upcoming Craft Fair at Salem Baptist Church. Stop by

and check out handiwork. If you are interested in volunteering or becoming involved in this effort please contact Laurel Collins, at [lcollins@ccda.net](mailto:lcollins@ccda.net) or [love2sew900@gmail.com](mailto:love2sew900@gmail.com).

Catholic Charities would like to thank St. Mary for their ongoing support for their office and the resettlement ministry. Many of the successes can be directly attributed to the assistance of St. Mary and its wonderful volunteers.

## AED Locations at St. Mary Church And Parish Life Center

An AED (automated external defibrillator) is a lightweight and battery powered piece of medical equipment that can be potentially lifesaving. An AED is used to treat ventricular fibrillation, the most common cause of sudden cardiac arrest. Anyone is a potential victim of sudden cardiac arrest, man or woman, young or old. Survival of a sudden cardiac arrest is related to how quickly a victim is defibrillated. AED units are seen in most public places such as libraries, swimming pools, airports, shopping malls...and St. Mary's.

### St. Mary's has two AED units located in the following areas:

- Main entrance to the church on the left side of the entrance in the closet opposite the men's restroom.
- Main floor of the PLC on the wall next to the large Crucifix

These AED units are only lifesaving if people are trained in CPR and AED use. Trained responders are the key to potentially saving another person's life. *You too can be a life saver!*

## Spirit Rock needed

**Holy Cross Academy is looking for the donation of a very large rock—essentially a boulder—to be used at the HCA "Spirit Rock."**

Similar to the way the local public schools have painted rocks on their campuses, the Student Strength Society will be hosting several athletic contests throughout the school year for the students to win the right to paint the Spirit Rock as a class and share their school/class pride. **Questions?** Contact Jaime Cammack, [jvbcammack@gmail.com](mailto:jvbcammack@gmail.com).

## Paper Towel Drive

The Thurman Brisben Center is a full service residential emergency homeless shelter located in Fredericksburg, Virginia. It services the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford. The shelter relies heavily on the generosity of the community and at this time The Thurman Brisben Center is in need of paper towels. There will be **collection boxes for paper towels located in St. Mary's Parish Life Center and at Holy Cross Academy**. If you can find it in your budget and your heart, **please leave donated paper towels in the collection boxes during October 10th–19th.**

## SCRIP gift cards

Set up an account today and continue earning rebates for HCA! Email Torie Baldwin at [scripcoordinator@holycrossweb.com](mailto:scripcoordinator@holycrossweb.com) for the school enrollment code so HCA gets credit for your purchase. **Thanks for using SCRIP gift cards!**