

**FIRST SUNDAY
OF LENT**

05 March 2017



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

05 SUNDAY, FIRST SUNDAY OF LENT

Coffee Shop after morning Masses sponsored by Trail Life
9:30-11am, Health Ministry Lecture Series Praying in Color, Fr. Don Community Room
6-7pm, CYM Dinner, Parish Life Center
7-8:30pm, High School Youth Group, Parish Life Center

06 Monday, Lenten Weekday

07 Tuesday, Lenten Weekday (Saints Perpetua & Felicity, Martyrs)

7:30-8:30pm Life in the Spirit Prayer Gathering, Fr. Don Community Room

08 Wednesday, Lenten Weekday (Saint John of God, Religious)

6:30-8pm, YOUCAT, John Paul II House

09 Thursday, Lenten Weekday (Saint Frances of Rome, Religious)

9:30am, Craft Group, Parish Life Center, Room 100
7pm, Legion of Mary Our Lady of Grace Meeting, Parish Life Center, Room 201
7pm, Nar-Anon Meeting, Father Rooney Room
7:15-8:30pm, Walking With Purpose Women's Bible Study, Parish Life Center

10 Friday, Lenten Weekday

11 Saturday, Lenten Weekday

12 SUNDAY, SECOND SUNDAY OF LENT

Coffee Shop after morning Masses sponsored by Girl Scouts Troop 522
6-7pm, CYM Dinner, Parish Life Center
7-8:30pm, High School Youth Group, Parish Life Center

13 Monday, Lenten Weekday

14 Tuesday, Lenten Weekday

15 Wednesday, Lenten Weekday

6:30-8pm, YOUCAT, John Paul II House

16 Thursday, Lenten Weekday

9:30am, Craft Group, Parish Life Center, Room 100
7pm, Nar-Anon Meeting, Father Rooney Room
7:15-8:30pm, Walking With Purpose Women's Bible Study, Parish Life Center

17 Friday, Lenten Weekday (Saint Patrick, Bishop)

18 Saturday, Lenten Weekday (Saint Cyril of Jerusalem, Bishop & Doctor of the Church)

19 SUNDAY, THIRD SUNDAY OF LENT

Coffee Shop after morning Masses sponsored by CYM
6-7pm, CYM Dinner, Parish Life Center
7-8:30pm, High School Youth Group, Parish Life Center

20 Monday, Saint Joseph, Spouse of the Blessed Virgin Mary

nota bene (*note well, please*):

✂ Save the date for our **9th Annual Parish Night Out on May 5th!** Enjoy a great night of fun with parish family and friends at the Jepson Alumni Center, with dinner and dancing to the music of the Andrew Thielen Big Band. **Call Marty at 540-373-0259** or the parish office and reserve your table! **Take advantage of our "early bird" special: buy a table of 10 tickets for the price of 9.**

✂ The **St. Mary Manna Project Food Drive** will be held the weekend of **March 11th/12th** in front of the church before and after all Masses.

✂ Complete some of your shopping by purchasing **SCRIP gift cards!** Set up an account today and earn rebates for HCA. Email **Torie Baldwin** at scripcoordinator@holycrossweb.com for the school enrollment code.

✂ **Subscribe to the Saint Mary website, stmaryfred.org** and receive important updates via email. The subscription box is on the homepage. Enter your email address, click "**subscribe.**"

✂ **For Lent and the Season of Easter**, we will be adding **additional weekday Masses** on **Tuesdays and Thursdays at Noon**, as well as a **7pm Mass on Monday Evenings**. We will also be adding **additional Confessions from 6:30pm-7pm on Monday Nights**. This change is for **Lent and the Season of Easter only**, and will end with Pentecost (June 4).

Additionally, **Confessions on Wednesday will start at 6:30pm and end at 8:30pm** in order to align with the Diocesan 'The Light is on for You' initiative, where every parish in the Diocese will have Confessions at 6:30pm on Wednesdays in Lent. **This change will be permanent and extend after Lent and Easter.**

contact us www.stmaryfred.org

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.: 6:30am, 9am, Noon (M,W,F) 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	Mon., 6:30-7pm; Wed., 6:30-8:30pm; 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, 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 Jim Florio, Operations & Facilities Manager Business Manager, Elaine Stanislawski Parish Secretary, Tatiana Beltran
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

5
education

7
parish life

10
lent & holy week special

16
operations

17
liturgy

from the pastor

pax et bonum



SAINT
MARY

of the
IMMACULATE
CONCEPTION
Roman Catholic Church

HOLY CROSS ACADEMY

Dear Folks,

As this week is the first Sunday of another Lent, I'd like to remind you of Church discipline during this penitential season:

We are called to a spirit of penance, above all fasting, prayer and almsgiving, "which express conversion in relation to oneself, to God, and to others" (CCC 1969, 1434.) To foster the spirit of penance and of reparation for sin, to encourage self-denial, and to guide us in the footsteps of Jesus, Church law requires the observance of fast and abstinence (CCC 1249-1253):

1. Abstinence: All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday and all Fridays of Lent.

2. Fasting: Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. Fasting is generally understood to mean eating one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. The USCCB (our Bishops Conference) says that these partial meals can be taken "if necessary." Eating between meals is not permitted, but liquids are allowed.

Frankly folks, these are the minimum. Yes everyone does well to embrace more, and try to be a spiritual champion. In fact, you will notice that this minimum does not explicitly require the other forms abstinence that mark much of our Lenten observance, i.e.: from alcohol, television, video games, sweets, Internet use, social media or the many creative ideas you have. These are of true spiritual value and are strongly encouraged.

And finally we come to the "Sundays off" theory that has cropped up lately (and about which priests and people have been known to vehemently disagree)! Notice that the law only specifies abstaining from meat on Fridays. When decide to have sweets on Sundays during Lent, we are not breaking church law. However, I would exhort you to go the whole way. Also notice that the Church in her sacred liturgy on Lenten Sundays omits the Gloria, the word before the gospel that begins with "Alle....," and there are no flowers permitted.

On Lent Sundays: one should not fast (limiting food intake as described above), but one can abstain (the small Lent sacrifices we make). Honestly, if you commit to abstaining from something for the entirety of Lent, your enjoyment on Easter Sunday will be that much better! Make your plan and stick to it whether you commit to either way. We need Saints. We need keep our eyes on Christ, not the supposed difficulty of what we give up. Jesus does not ask for 'time off' from the Cross. Why should I?

Pax,

Fr Mosimann



Wednesday Noon Lenten Ecumenical Prayer Services

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

March 8 Christ Lutheran

Meghann Cotter (*Executive Servant Leader Michah*)

March 15 Saint George

Rev. Elizabeth Dowdy (*FBC MWH Chaplain*)

March 22 Baptist Church

Don Rooney

March 29 Presbyterian Church

Larry Davies (*Methodist Church*)

April 5 Methodist Church

Brittany Tamminga (*Presbyterian Church*)

holy cross academy

National Digital Learning Day

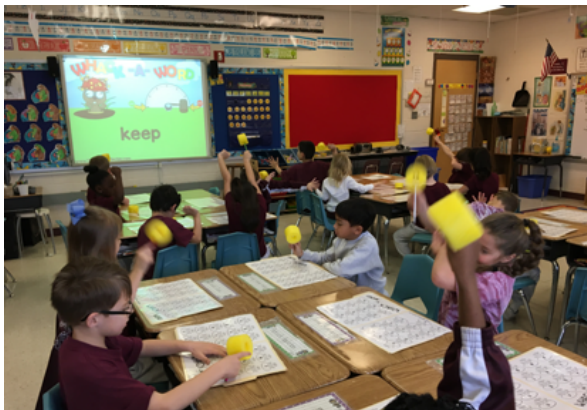
This past Thursday, Holy Cross Academy students joined classrooms throughout the country in focusing on using digital resources as part of every lesson. Students learned new applications, including the very popular and competitive Quizizz. Teachers enjoyed seeing students concentrate as they challenged themselves to move up the leader board.

First Graders love playing Whack-a-Word as they learn their sight words and perfect their decoding skills. Our kindergarteners got into the action as they navigated through their literacy and math lessons.

Our focus this year was on challenging each teacher to use a new program or skill in the classroom. We are all learners in the digital world.

In addition to digital learning, the sixth graders are exploring osmosis and diffusion as they observe the blue dyed water molecules moving across the cell membrane to higher and lower levels of concentration. Decorative Orbi beads provided the polymer necessary for this interesting observation. It is always better to see and observe the process than just to read about it.

As we send this article to the bulletin, the surveyors are at HCA moving our Expansion Project ahead one more baby step. Next stop on our fundraising tour? Tickets went on sale March 1st for the Holy Cross Academy Spring Golf Classic! The outing will take place on Monday, May 15, 2017 at the prominent Gauntlet Golf Club in Fredericksburg. Check the HCA website or call the office for more information.



*A National
Blue Ribbon
School of
Excellence,
2012*

Registration for the 2017-2018 School Year is Open

To learn more, we invite you to visit our school website, 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.

religious education

First Penance

Students preparing to receive their First Holy Communion this spring will make their First Confession this week at the church.

The schedule for First Confessions

Tuesday, March 7

6:30pm: Mon. & Tue. 4:45 2nd grade students

7:00pm: Wed. & Thu. 4:45 2nd grade students

Wednesday, March 8

6:30pm: Mon. 6:30 2nd grade students

7:00pm: Mon. 6:30 Year 2 1st communion students

Thursday, March 9

6:30pm: Tues. 6:00 and 6:30 2nd grade students

7:00pm: Wed. 6:30 & Home Taught 2nd graders

Parents are asked to have their children in the church at least 10 minutes early.

Rice Bowl Week One: Option for the Poor

Catholic social teaching inspires and guides how we are to live and work in the world. In this principle, Option for the Poor, Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to give a voice to those who are unheard and to help those who are most vulnerable.

Encounter the Singh Family in India

When the Malaguni River in East India floods, Megha and Raj Singh, their two children and their extended family cannot get to the nearest market—nearly five miles away—to buy and sell food. If the waters do not recede quickly, their rice fields fail, and their animals become sick from diseases spread through dirty water. The family faces financial danger.

That's why CRS is helping the Singh family prepare for flooding with new farming tools and techniques. Now Raj plants his fields worry-free using a special type of rice that can survive flooding. He can collect and save his seeds for future use. And he now has the resources he needs to vaccinate his cows, ensuring they, too, survive the floods.

Megha grows vegetables in a

kitchen garden, so her family has healthy meals even when she can't visit the market. During past floods, the family had to survive solely on rice. But now, planting veggies in special sacks, she is able to raise the plants above flood lines, ensuring her family has reliable access to nutritious food.

Just as important, Megha has learned new ways of growing food, so that the entire family gets the most nutrition out of every meal. Now, the whole Singh family is healthier, and with these new ways of farming, they can continue to thrive, even during floods. crsricebowl.org/stories-of-hope/week-1

JOIN FORMED — 1. formed.org 2. click register 3. enter parish code: F6F228

youth ministry

StMaryCYM



#GetInvolvedBeTransformed



High School Retreat 2017

Our high school students enjoyed not only the beautiful weather this past weekend but the company of fellow high schoolers.



knights of columbus



TRAIL LIFE USA

The Trail Life Troop and American Heritage Troop put 500 care packages together for the March for Life marchers, including those leaving on buses from St. Mary's and the Youth Group. Members of both Troops attended the scout Mass with Bishop Burbidge with Erin Gardner of St. Mary's as Lector of the 1st reading.



Saint Mary Knights

The council has been supporting Saint Mary for 62 years and we are proud of those Knights that have leaned forward to apply our principles of Charity, Unity, Fraternity and Patriotism.

This year we have undertaken a program to review all of our service programs and to create a five-year strategic plan that lays out our goals and objectives for the future and examines new approaches that will provide more opportunities for our Knights and their families to make a greater difference. We have a strong foundation, now it is time to focus on the future. We could use your ideas, please join us.

Young Woman and Young Man of the Year Award

Each year, the Knights of Columbus recognizes a Young Man and Young Woman of the Year. The purpose of the awards program is to recognize the excellence of outstanding young men and women of our community and to promote the recognition of their contributions to our community. We are looking for a young man and a young woman who is 12 to 18 year-old that excel in the following: Academic excellence; Involvement in civic, religious and/or school-related programs; Participation in extracurricular activities; and, any other Special achievements or outstanding contributions. If you meet some of these qualities, please email youthdirector@kofc4034.org and grandknight@kofc4034.org. This is a great opportunity to be recognized in the Fredericksburg area and possibly the State. It looks great on a resume or a college application!

The Father Bader Scholarship

The Knights of Columbus' Father Bader Scholarship honors the memory of Fr. Michael J. Bader. The program awards monetary scholarships in two different categories: **(1) Brother Knight Financial Need Program:** Brother Knights in good standing and their wives, or the widows of brother Knights, who resided in Virginia at time of death and were in good standing, can apply for a scholarship to assist them in their educational goals. The amount of the scholarship will be based on the dire financial need of the applicant. Scholarships under this category can be made by an

applicant at any time during the fraternal year and the number of awards each year is at the discretion of the Virginia State Deputy and is governed by the available balance of the scholarship program fund account(s).

(2) High School Graduate Program:

Annual competition is among eligible graduating High School seniors who are going on to higher education in the fall. This program is open to all children and grandchildren of Knights who are in good standing in a council in Virginia, or were in good standing at the time of death. Scholarship awards under this category will be based on the whole person and the financial status of the applicant. The application period opens annually on January 1st of each year and closes on March 31. Go to vakofc.org/scholastic-programs.html For more information.



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Council 4034 Wants You

Interested in transforming your life? As a Knight, you have the opportunity to support your parish, give back to your community, grow in your faith and gain exclusive access to our top-rated insurance program to protect your family. Learn more about becoming part of the fraternal brotherhood at kofc4034.org.

happening here

Stations of the Cross & Lenten Soup Suppers

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

Our Lenten Soup Suppers also take place in the Parish Life Center on each Friday during Lent from 6 to 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.

Virgin Statue of Fatima

The International Pilgrim Virgin Statue of Fatima will be **visiting St. Mary on March 20**. The statue will arrive around 9:15am and stay until 4pm, when it will be transferred to the Cathedral of St. Thomas More in Arlington. All are encouraged to visit.



Encounter Ourselves, Encounter Our Neighbor, Encounter Our God. Join our faith community – and nearly 14,000 Catholic communities across the United States – in a life-changing Lenten journey of encounter with CRS Rice Bowl. Pick up your family's CRS Rice Bowl from vestibule of the Church, and don't forget to download the CRS Rice Bowl app! May these 40 days better prepare us to encounter ourselves, our neighbors and our God. For more information and resources, visit crsricebowl.org/families.

Little Sisters of the Poor

During the weekend of **March 11-12**, a second collection will be taken to help the **Little Sisters of the Poor**, whose mission provides a home where the neediest elderly of every race and religion are welcomed as Christ and cared for as family since 1874 in the Commonwealth of VA. The Sisters will be present at all the Masses to explain their mission and to ask for your support. They go out to the community to beg for the needs of the Home. They count on your generosity to continue their work of mercy as much as you can count on their grateful prayers for you and your loved ones. You are invited to visit the web site, littlesistersofthepoor.org



LITTLE SISTERS of the POOR

Strength and Balance Workshop

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 here at **St. Mary's and will last for one hour on Saturday, April 1 from 10-11:30am.**

"Falls" is a major medical risk today for many people and educating ourselves on how to prevent them and our own personal risk is a good way to prevent such falls.

Prevention starts with awareness so let's get started so that future accidents and disabilities can be avoided. Sign up now! **540-845-3031** or send us an email at lsullivan@stmaryfred.org to let us know of your interest.

Parish Book Club

Thomas Merton's *No Man Is an Island* is the March 14 selection for discussion at the parish book club when it meets at the JPPII House at 10am. The work is a collection of sixteen essays dealing with spiritual reflections. Merton, considered by many to be the most influential American Catholic author of the 20th Century, was a monk of the Order of Cistercians (Trappists) at the Abbey of Gethsemani in Kentucky. More info: **Kathleen Mahoney at 540-371-2073 or bmah761569@aol.com**

happening here

Campbell Labels and Box Tops

Parishioners, thank you for your generous support of the Labels for Education (Campbell's labels) and Box Tops programs for Holy Cross Academy. The Labels for Education program is ending this year. Please take a few minutes to empty out your pantry of any additional Labels for Education you might still have. We only need the UPC and logo part of the label. Please deposit them in the back of church in the closet in the container with the Box Tops for Education by the end of April so we can make our final deposit of the year for the program. We greatly appreciate your continued support and generosity. The Box Tops program will be continuing and the collection bin will remain in the vestibule closet.

Loyola Retreats 2017

Loyola retreats are conducted in an atmosphere of prayerful silence and include generous amounts of time for prayer, personal reflection and the cultivation of a deep relationship with God. The retreat is open to anyone who is seeking a deeper relationship with God in prayer. It also provides for daily Eucharist and celebrating the Sacrament of Reconciliation on Friday and Saturday. Loyola on the Potomac is located in Faulkner, Maryland.

This year's retreat theme 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.

The retreats begin on Friday's with check in and Confessions from 5-6:30pm, an orientation at 6:45pm, dinner at 7pm and concludes with lunch on Sunday following Mass. **Men's Retreat:** March 3-5 (during Lent). **Women's Retreat:** March 10-12 (during Lent). The suggested offering for the Retreat is \$235. Payment plans available. Special Retreat Fee of \$185 for 1st retreatant at Loyola and to "young adults" up to age 30. Please contact **Len or Sylvia Fontenot** for more info: 540-663-2261 or email lensyl1966@verizon.net. Register at loyolaonthepotomac.com

Special this Year! A Lenten Retreat for Women, entitled "The Healing Power of Forgiveness", offering opportunity for group discussion, along with silent prayer time—24-26 March, 2017. This retreat is limited to only 25 women. The suggested offering for the Retreat is \$235.

Global Prayer Ministry

Please join and pray with us. With firm faith in the power of prayer and through the convenience of social media, Please pray with us by joining "Global Prayer Ministry."

Once a week, we will send out a specific intention to all who are registered by your choice of email or text. Our hope is that we all will pray **at the same**

time at Noon on Fridays for five or ten minutes for the intention that was sent.

Simply text "Prayer" to 845-76.

You will receive a confirmation message AND another message asking you to CLICK a link to give your name and email address to join our group.

For those that do not have a cell phone but wish to join, you can do so via the internet.

Please visit new.flocknote.com/StMaryCatholicChurchFre1/GlobalPrayerMin.

It's Registration Time!

We have a few openings left in the 3 and 4 year old classes at St. Mary Preschool for the 2017-2018 school year. Classes meet either mornings or afternoons. Come join in the fun! St. **For more information, please contact Mrs. Scharf at 373-7533 or nscharf@stmaryfred.org.**

New Bible Study Classes Coming Soon!

Unlocking the Mystery of the Bible begins on March 15 or 16 at 9:45am in the Father Rooney Community Room. This is an eight part study that provides the easiest way to understand the Bible. This study makes the complex simple. It helps you uncover the story woven throughout the Scripture so that you can get the "big picture" of the Bible and understand what it's about.

The Bible is a story about the Father's unfailing love for you – a love that you will be eager to share with others.

Cost for materials is \$20. Please sign up at the Parish Office by March 13 for Unlocking the Mystery of the Bible.

Upcoming studies: March 15/16 - May 10/11, July 5 - August 23, July 6 - August 24

happenings

Cursillo Weekends

Upcoming weekends are announced for the Arlington Diocese Men's and Women's Cursillo Weekends for spring! They will be held at Missionhurst Retreat House in Arlington, VA. For women, the dates are March 23-26 or May 18-21. For men, the dates are April 27-30. Cursillo can be a life changing experience that begins with this 3 day weekend and carries on into your daily walk of faith. Many who attend the Cursillo continue to meet with others to review and renew their faith weekly or monthly to live a life focused on Christ and to serve Him in their daily life. For more information, please call or email **Tammie** or **Doug Chute** 540-785-0570, tammiechute@hotmail.com

Micah Cold Weather Shelter

The Micah Cold Weather Shelter opened for the winter season on November 15 and will remain open each evening until mid- to late-March. Teams of Saint Mary volunteers assist on Tuesday evenings by greeting and checking in clients, setting up sleeping areas, and providing hospitality for the 30+ individuals that utilize the facility. Each participating church is asked to bring 3 dozen items (white socks, small toiletries, etc.). **Saint Mary is asked to collect donations of men's boxer underwear sizes medium and large.** Please consider how you might be able to support this need. All donations are gratefully accepted at our Parish Office. Although it is a good thing that the temporary shelter is available during the harsh winter months, it highlights the continuing need for

sustainable housing and support mechanisms in our community. For more info about community efforts to help the homeless, please visit **Micah Ecumenical Ministries**, dolovewalk.net or **Thurman-Brisben Homeless Shelter**, thurmanbrisbencenter.org.

Social Action Linking Together (SALT)

SALT will sponsor a Richmond Wrap-Up on Saturday, March 11, from 9-11:15am, hosted by the Virginia International University (VIU), in Conference Room (VD-102), 4401 Village Drive, Fairfax, Virginia. Northern Virginia legislators will discuss safety net issues in the 2015 General Assembly session. Bring your questions. Join the discussion. Hear from our state legislators what happened regarding the successes and challenges of the 2017 General Assembly Session. **All are welcome. Free and open to the public.** For more information, visit **S-A-L-T.org** or contact **John Horejsi** at jhorejsi@cox.net or **Dr. Bilgin** at kbilgin@viu.edu.

Help us to support the Bishops' Initiative on Marriage!

Couples who attend Worldwide Marriage Encounter weekends not only rediscover the joy, intimacy and romance in their relationships, but also become more active in their parish. Together, we are making marriages, families and our Church stronger and healthier. **The next Worldwide Marriage Encounter weekend is March 31 - April 2 in Herndon, VA.**

"But seek first the kingdom of

God and his righteousness, and all these things will be given you besides."

Early sign up is recommended. For more info visit **RenewMarriage-VANorth.org** or contact us at applications@renewmarriage-vanorth.org or 703-646-1521.

Care Packages for St. Mary's Young Adult Catholics

This fall St. Mary's families will once again "launch" young adult members to college and service in the military. As they move forward, St. Mary's hopes to send our children small care packages offering prayerful support and encouragement to sustain their Catholic faith in their new environments. We need donations and volunteers! With so many young adults leaving the Catholic faith, please consider getting involved and supporting our family members. **Email Beth Merriman at bethmerriman1@verizon.net** to find out how you can help or donate to this initiative.

Birthright of Fredericksburg

If you're pregnant or know someone who may be that is feeling trapped or alone, Birthright is here to help. Make us your first call — All calls are confidential, non-judgemental, supportive, and all services are free. For more information, please call 540-898-8558, visit **birthrightoffredericksburg.com**, or stop in at 2001 Lafayette Blvd., Suite 201.

Schedule for Lent and Holy Week 2017

Tiempo de Cuaresma y Semana Santa

Fasting and Prayer: Stations of the Cross and Family Soup Supper Fridays



Lent is a special time of quiet and personal reflection as well as a time in which the parish comes together to observe special devotions and gatherings. At Saint Mary we gather every Friday — Fridays are days of abstinence from meat—for a **Soup Supper** prepared by different groups in the parish, a simple meal of meatless soups and bread in a spirit of penitence and fraternity. Give to the poor what you might have spent on dinner! All free-will offerings are given to charity. Following Soup Supper we go to the church to celebrate the Way of the Cross, or the **Stations of the Cross** at 7:30pm. Stations of the Cross in Spanish are celebrated at 8pm. **On the night of First Friday (March 6), we will have Mass at 7:30pm, Stations in English at 8pm, and Stations in Spanish at 8:30pm.**

Ash Wednesday and Good Friday are days of fasting *and* abstinence, which means we eat only one full meal and two small meals not equalling one full meal, with no snacks in between.



2017 Parish Mission during 40 Hours



Parish 40 Hours information to come. Please see next week's for full details.

“Hungering for the Journey” - Can you spare your change for the missions?



Join our parish community—and more than 13,000 Catholic communities across the United States—in a life-changing Lenten journey with **Catholic Relief Services (CRS) Operation Rice Bowl.**

A little change can make a huge difference throughout the season of Lent as you set it aside for the many international outreach ministries of one of the most reliable and successful NGOs for world relief, upon whom nations and peoples depend for assistance in the face of persecution, natural disaster and poverty.

Pick up your family's rice bowl, and don't forget to download the CRS Rice Bowl app! Or visit www.crsricebowl.org for more information and lots of ideas for family activities. Remember, your Lenten sacrifices change lives.



lent & holyweek calendar

Confession Schedule Lent and Holy Week



The complete schedule of confessions is found in the calendar to the right.



All Parishioners are kindly requested to please plan confessions as early as possible in the season of Lent in order to avoid overwhelming last-minute crowds.

Please note: There are no confessions during Masses in the church. Also, there will be NO confessions after 2:00pm on Good Friday, nor on Holy Saturday.

STATIONS of the CROSS
in English are prayed on
Fridays of Lent at 7:30pm.

Horario para Confesiones durante Cuaresma y Semana Santa



Puede encontrar el horario completo de confesiones en el calendario a la derecha. ➔

Favor de planificar sus confesiones lo más pronto posible para evitar dificultades a última hora.

Recuerde, que NO habrá confesiones después de 2pm el Viernes Santo, NI en Sábado Santo.

Tendremos EL VIA CRUCIS
en español cada viernes
durante la cuaresma a las 8pm
(Primero Viernes, 10 de marzo, a las 8:30pm)

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
5 1st SUN	6	7	8	9	10	11 8am 3:30pm
12 2nd SUN	13	14	15 7-9pm	16	17	18 8am 3:30pm
19 3rd SUN	20	21	22	23	24	25 8am 3:30pm
26 4th SUN	27 Parish Mission 40 Hours	28 40 Hours	29 7-9pm	30	31	APRIL 1 8am 3:30pm
2 5th SUN	3 RE Confessions	4 Extra Confessions RE Confessions	5 7-9pm RE Confessions	6 Extra Confessions RE Confessions	7 Extra Confessions	8 8am 3:30pm
9 PALM SUNDAY	10 Extra Confessions	11 Extra Confessions	12 7-9pm	13 HOLY THURS	14 GOOD FRIDAY	15 8am 3:30pm
16 EASTER SUNDAY	17	18	19	20	21	22

The discipline of the Church includes abstaining from meat on Fridays during Lent (solid purple days) and fasting and abstaining from meat on Ash Wednesday and Good Friday. Fasting includes one regular meal, and the other two small meals are not to exceed a regular meal in quantity, with nothing between meals.



Holy Thursday

APRIL 13

(No 6:30 or 9:00am Masses)

8:00AM

Office of Readings and Morning Prayer (Liturgy of the Hours)

7:30PM

Mass of the Lord's Supper

The concelebrated Mass of the Lord's Supper commemorates the institution of the Eucharist and the Priesthood by Jesus at the Last Supper. The commandment of love is symbolized by the Mandatum, or footwashing, where Jesus teaches, "As I have done, so must you also do." Parishioners are encouraged to join in the ancient procession of the Blessed Sacrament to its place of repose in the Activity Center, where adoration will continue until midnight as we accompany Jesus in his agony in the Garden of Gethsemane.

11:45PM

Night Prayer (Liturgy of the Hours)

Night Prayer will conclude Eucharistic Adoration in the Activity Center.

Good Friday

APRIL 14

(No 6:30 or 9:00am Masses)

8:00AM

Office of Readings / Morning Prayer

12:00 - 2:30PM

"Tre Ore," The Seven Last Words

Although not a part of the formal observance of the Sacred Triduum Rites as such, this is a traditional custom of many churches. The seven last words of Jesus as he is crucified on the cross are presented every 25 minutes, each with a congregational hymn and choral selections. Clergy will give a reflection for each of the words of Jesus and the Three Hours will conclude with the public praying of the Stations of the Cross.

3:00PM

The Passion and Veneration of the Holy Cross (English)

We assemble in observance of Christ's saving death, by reading the narrative of his Passion, praying for the Universal Church, venerating his Cross in this ancient Rite and receiving Holy Communion which was consecrated on the previous evening at the Mass of the Lord's Supper.

The Good Friday collection assists the maintenance of the Shrines in the Holy Land.

6:00PM

Stations of the Cross

7:00PM

El Via Crucis (En Español)

10:00PM

Night Prayer (Liturgy of the Hours)

Holy Saturday

APRIL 15

(No 9:00am, 5:00 or 7:00pm Masses)

8:00AM

Office of Readings and Morning Prayer (Liturgy of the Hours)

11:00AM

The Blessing of Easter Food

For those who practice the beautiful Eastern European custom of having Easter foods blessed, please place baskets of traditional foods on the steps along the front of the altar.

8:30PM

The Vigil of the Resurrection of the Lord

What Sunday is to the week, Easter Sunday is to the year. This holiest of nights we celebrate the victory over death and promise of eternal life given to us by Jesus Christ in his resurrection from the dead. The Liturgy includes the Service of Light, the Vigil of Readings and Psalms, the Celebration of the Sacraments of Baptism and Confirmation for those who have prepared all year for initiation in the Catholic Church, and Liturgy of the Eucharist. Please note the unusual time that we begin: it marks the end of twilight and the beginning of the Solemnity of Easter Sunday.

A reception welcoming new members of the Church follows in the Activity Center.

Easter Sunday

APRIL 16

8:00, 10:15AM, AND

12:30PM (BILINGUAL/BILINGUE)

The Resurrection of the Lord

**ALL Masses will be at the
Fredericksburg Expo Center**

**Please note: there will be NO 2:00PM
nor 5:00 or 7:01PM Mass
on Easter Sunday!**

Masses will not be held at the church or at Holy Cross Academy on Easter Sunday.



Jueves Santo

EL 2 DE ABRIL

(No hay Misa a las 6:30 ni 9:00 por la mañana)

8:00AM Oficio de Lectura y Laudes
(Liturgia de las Horas en inglés)

7:30PM

Misa de la Cena del Señor

(Misa Bilingüe) La Misa de la Última Cena del Señor, recuerda la institución de la Eucaristía y el Sacerdocio por Jesús.

Su mandamiento de Amor está simbolizado por el Mandatum, o la Lavadura de los Pies, cuando Jesús enseña: "Como he hecho, como deben hacer también." Todos son invitados para participar en la procesión del Santísimo Sacramento a su lugar de reposición en el Activity Center, donde adoración va a continuar hasta a medianoche, y acompañamos a Jesús en su agonía en el Jardín de Getsemané.

11:45PM Completas
(Liturgia de las Horas en inglés)

Completas concluye la adoración Eucarística en el Activity Center.

Viernes Santo

EL 3 DE ABRIL

(No hay Misa a las 6:30 ni 9:00 por la mañana)

8:00AM Oficio de Lectura y Laudes
(en inglés)

12:00 - 2:30PM

"Tre Ore," (Tres Horas), Las Siete Últimas Palabras

(en inglés) Aunque no es una parte de la observancia formal del Santo Triduo Pascual, "Las Tres Horas" es un costumbre tradicional en muchas iglesias. Las últimas palabras

de Jesús durante su crucifixión, se presentarán cada 25 minutos, cada una con un himno y selecciones del coro. Los cleros dan una reflexión sobre cada palabra de Jesús.

2:30PM

Stations of the Cross

(en inglés)

3:00PM

The Passion and Veneration of the Holy Cross (en inglés)

5:00PM

La Pasión y Veneración de la Santa Cruz (en español)

En la liturgia de Viernes Santo, nos reuniremos en observancia de la muerte salvífica de Cristo, y leeremos el evangelio de su Pasión, oraremos por la iglesia universal, y veneraremos su Cruz en un rito muy antiguo. Recibimos, también, la Eucaristía, preparada en la Misa de Jueves Santo.

La ofrenda hoy es para el mantenimiento de los lugares santos en Tierra Santa.

7:30PM

The Passion and Veneration of the Holy Cross (en inglés)

Same liturgy as 3pm.

10:00PM Completas

(en inglés)

Sábado Santo

EL 4 DE ABRIL

(No hay Misa a las 9:00 por la mañana ni a las 5:00 o 7:00 por la noche)

8:00AM Oficio de Lectura y Laudes
(en inglés)

11:00AM

La Bendición de Comida Pascual

(en inglés) Para los que practiquen el costumbre del este de Europa para bendecir las comidas de la Pascua, por favor, que traigan las comidas tradicionales en canastas al frente del altar in la iglesia.

8:30PM

La Vigilia de la Resurrección de Jesús

(Misa Bilingüe) Lo que el Domingo es para la semana, el Domingo de Pascua es para el año. Esta noche más santo celebramos la victoria sobre la muerte y el promesa de la vida eterna dado a nosotros por Cristo en su resurrección de la muerte. La liturgia incluye el Servicio de la Luz, la Vigilia de las Lecturas y Salmos, la Celebración de los Sacramentos de la Iniciación, el Bautismo y la Confirmación para los que han preparado todo el año para ser recibidos por la iglesia Católica, y la Liturgia de la Eucaristía.

Una recepción sigue la Misa para dar bienvenidos a los miembros nuevos de la iglesia, en el Activity Center.

Domingo de Pascua

EL 5 DE ABRIL

8:00, 10:15AM, AND

12:30PM (BILINGUAL/BILINGUE)

La Resurrección de Jesús

TODAS las Misas del Domingo de la Pascua, se harán en el Fredericksburg Expo Center

Note bien: NO HAY Misas a las 2:00PM, ni a las 5:00PM por la tarde, en la iglesia ni en Holy Cross Academy.

pull out and save this special section

happenings

THEOLOGY ON TAP

featured speaker

BRENDAN GOTTA

Discussion Topic

BEHOLD YOUR MOTHER

ADVENTURE BREWING SOUTH

3300 Dill Smith Dr. Fredericksburg, VA 22408

MONDAY, MARCH 20 | 6-9PM

Food, Drinks & Fellowship start at 6pm – Talk starts at 7:30pm



YOUNG ADULTS MINISTRY
SAINT MARY FREDERICKSBURG

SAINT MARY PARISH NIGHT OUT

FRIDAY MAY 5TH

UMW JEPSON ALUMNI CENTER

CASH BAR 6-11PM

DINNER 7PM & DANCING 8-11:30PM

\$75/PERSON

INCLUDES DINNER & DOOR PRIZES

Please join us again this year for another great evening of music, fun, and fellowship with friends and parishoners.

Take advantage of our "early bird" special: buy a table of 10 tickets for the price of 9. Respond by March 12th and you will be in a drawing for the "early bird door prize" (to be announced March 14th).

Please respond early and we will save your favorite table.

This is a great value for the cost...dinner, dancing, fantastic music... and don't forget the door prizes the night of our event....last year we gave away wine and champagne packages, movie tickets, restaurant gift certificates, Riverside Dinner Theater passes and more! So please again join us...

Our Parish Night Out is not complete without YOU!!!

Don't be fooled by the name. Shows such as "Dancing with the Stars" use Big Bands. We will again have a 12 piece band consisting of trumpets, trombones, saxaphones, guitar, drums, plus two vocalists...all combined to give dance music high-octane energy for a great evening of music.

Andrew Thielen Big Band have played for audiences from the Kentucky Derby to Saturday Night Live to Betty White's Animal Foundation.

Check out their website at BigBandOnline.com for a sampling of tunes from yesterday to today...from swing to Motown...from Bennie Goodman to Bruno Mars.

CALL MARTY 540.373.0259 OR

THE PARISH OFFICE 540.373.6491

TO BOOK YOUR TABLE!

ANDREW THIELEN
BIG BAND

**EARLY BIRD TICKET SALE
ENDING SOON!**

operations given in love

Weekly Offertory

Offertory Collection February 26

Offertory Collection \$28,845

Parish Building Fund \$3,194

St. Vincent de Paul Poor Box \$216

Thank you for your generosity!

Little Sisters of the Poor Collection

March 11 & 12

During the weekend of March 11 and 12, 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.

Please note that this collection will be taken up after the Sisters speak at the end of Mass.

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.

Choose Life Reflection

"The mercy of God is his loving concern for each one of us. ... he desires our well being 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 or call the Helpline at 1-888-456-HOPE.

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.

SCRIP gift cards

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

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.



2017 Bishop's Lenten Appeal

The Bishop's Lenten Appeal is in full swing and we are asking every household in our parish to support this appeal to the extent that they are able. The BLA funds many programs, services and ministries that serve people in need and further Jesus' Mission in our diocese. Let us join together to do the Lord's work – works that touch the lives and souls of thousands of people in our diocese. Thank you!

happenings

Celebrate New Life**Will You Say "YES!" Like Mary Did?**

A donation drive to benefit four local, pro-life charities (Mary's Shelter, Birthright of Fredericksburg, Catholic Charities Baby Closet and the Paul Stefan Home) will be held after all Masses the weekend of the Solemnity of the Annunciation of our Lord (Saturday and Sunday, March 25 and 26). Items needed include: diapers, wipes, formula, baby food, bottles, onesies and sleepers, socks, booties, bibs, pacifiers and teething toys, new/gently used kids' clothing (especially summer items), women's shampoo and conditioner, baby soap and lotion, laundry detergent, washcloths and bath towels. Consider using SCRIP to purchase a Walmart or Target gift card, as many of these organizations have storage constraints. No cash can be accepted that weekend. All checks must be made out to the charity of your choice. Any questions can be directed to **Jessica Stewart at (540) 656-7108 or hokiegirl07@gmail.com**. Thank you in advance for your generosity, on behalf of the Council of Catholic Women!

TV Mass for the Homebound

The Diocese of Arlington, in partnership with the Archdiocese of Washington, produces a weekly Sunday TV Mass filmed in the Basilica of the National Shrine of the Immaculate Conception. Watch the TV Mass every Sunday from 10:30-11am on the DCW50. For more information, visit: arlingtondiocese.org/tv-mass.

Saint Mary prayer list

Please pray for those who are sick or in need,

especially: 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 Szydal, 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, Darlene Guinn, Lillian Held, Duska Green, Mary Jean and Don Williams, O'Neta Shorter, Melvyn Schreckinger, Mary Ulmer, Mary Branham, Jessica Dowling, Kelly Keiser, Lauren McKeever, Janese Morris, Mary Keaton, Montgomery Wood, 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, Thomas Moeller, Marianne Ford, Ortiz Family, Diane Beverly, Jaiden Scelzo, Elisea Opeka, Adrian Foshay, Claire Matthews, Matt Traugh, Jonathan Nogueira, Jim Mann, Ted Major, Maggie Lampman, Chuck Boyert, Adrienne Foshay, Stephanie Downing, Ray Heath, Anna Marie Johnson, Emma Gilbert, Tracey Hansen, Bill Herr, Richard Fadden, Michelle Williams, Diana and Mike Pabrinkis, Zachary Payne, David Nimmer, Linda Kaila, Adrienne Foshay, Maggie Lampman, Keri Nelson, Marc Wood, Jack Brush, Sanra Frietas, Elise Velez, Ray Dart-eze, Virginia Gannon, Daisy McGuiney, Russell Mcguiney, Robert Yednock, Kari Nelson, Ellen GilHool, Patricia Russo, Gail Russell, Urbano Negre, Nimfa Cloud, Daniel Burke, Prudy Tarpey, Barbara McCoy, Lee Bishop, Nora Ellen Lloyd, Tanh Lam, Joseph Mikulka, Lillian Kendall, Martha Clements, Judy Diehl, Terry Givens

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, Christopher Johnson III, Patrick Desmond, Andrew M. Smith, Nelly Garcia, Mindy Hakenson, Xavier Alas, Gary Rotsch, Anthony Howell, John Anthonor, Andrew Dowdy, Sean McCullum, Josue Bermudez

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

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Join your other parishioners who have subscribed to stmaryfred.org. By subscribing, you will receive announcements via email. The subscription box is on the homepage, below the Mass schedule. Enter your email address and click on "subscribe."

Daily Mass intentions and readings**february****06 MONDAY**

6:30am Jose Gontang+

9:00am Lois Sullivan

Lv 19:1-18/Mt 25:31-46

07 TUESDAY

6:30am Greg Faltin+

9:00am Irene Phyllis Stout+

Is 55:10-11/Mt 6:7-15

08 WEDNESDAY

6:30am Kayleigh Stewart

9:00am Frank & Patricia Wiederman

Jon 3:1-10/Lk 29-32

09 THURSDAY

6:30am Jeremy Strader+

9:00am Robert Derouin

Est C:12-25/Mt 7:7-12

10 FRIDAY

6:30am Alicia Bridgeman

8:15am* Sr. Frances Carol

8:00pm Justin Armitage+

Ez 18:21-28/Mt 5:20-26

11 SATURDAY

9:00am Bill Von Geldern+

5:00pm Lorraine Ryan+

7:00pm For the Parish

Dt 26:16-19/Mt 5:43-48

12 SUNDAY

7:00am Marion Vonnegut+

8:30am Vu Sang Family

10:30am Fred Pechin+

10:30am* MaryAnn Holzworth

12:30pm Grace Sherry

2:00pm Gelacia Hernandez+

5:00pm Katherine Niemostenski

7:01pm Jacquelyn Janney+

Gn 12:1-4a/Tn1:8b-10/Mt 17:1-9

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*