

# Dwell in the Heart of Jesus

2017 Saint Mary  
Parish Renewal Handbook  
and Ministry Catalog







# Dwell in the Heart of Jesus

2017 Saint Mary of the Immaculate Conception Ministry Catalogue

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# DWELL...



in the HEART of Jesus.



29 August 2017

Dear Brothers and Sisters of St. Mary's,

This year, we are invited to "*Dwell in the Heart of Jesus.*"

What a beautiful continuation in the theme of renewal through Christ. Last year, as we contemplated how Christ "*makes all things new*", we discerned the transforming power of the Eucharist. This year, we contemplate how His loving heart offers us both the strength to live Christian lives, and mercy for our failures. As Christ loves us, so we learn to live genuine lives of love. We must allow Him to transform our lives.

Let us come to our Lord and Dwell in His Heart. Jesus calls us into Communion with Himself, so that His Heart and our hearts may begin to beat as one. We learn to love as we ought: a complete giving of ourselves, as Christ gave all for us through His Passion. Let us listen to His heartbeat and humbly acknowledge that everything we have, *everything we are*, is a gift from our Lord. Further, may we come to understand that we must use our gifts in His service. This is the essence of Stewardship: a complete giving of self out of Love for God and love of neighbor. No longer can we say "we have no time", for what little time we have is a gift from God to be used to help His children in need. Our talents must not just be utilized to further our own careers, but must be used in service to our neighbor. Our treasure, after providing for our family and our future, must also be returned to our Lord with a grateful heart. After all, Christ did not tell the rich young man merely to *sell ten percent of his possessions and give it to the poor...* (cf. Mt 19: 16-21) Christ honored the poor widow who only gave two coins, *for it was all she had.* (cf. Mk 41-44, Lk 21: 1-4) ...To love is to sacrifice. When we discern how to give, how to love, we should look to the Cross. Only in dying to self can we really live for Christ.



Let us Dwell in the Heart of Jesus. Let us be transformed, and truly enter into Communion with our Lord. We are not just called to meet on Sundays, and then trudge through our mundane lives. We are called to be Christ to the world! In sharing our gifts, we continue the mission of our Lord: feeding the poor, clothing the naked, healing the sick, visiting the imprisoned... Our good works bring others to Christ, and grow His Body on earth: The Church. This is evangelizing. This is our ultimate charge. Ours is a constant battle against the powers and temptations of this world. The Graces received through the Sacraments strengthen us for our mission. Let us also pray unceasingly for the Holy Spirit to guide us, and for our Mother to intercede for us!

Yes, today let us Dwell in the Heart of Jesus. Let us grow in Faith, Hope, and Love. Let us grow in confidence in our Lord, so that tomorrow we may go forth. We dwell in the Heart of Jesus so that we, rather *Christ acting through us*, may "make disciples of all nations," (Mt 28:19) beginning with our own. May God bless us on our journey!

Pax et Bonum,

Father John Mosimann



# from our principal

V + J

Dear Saint Mary Families,

This year we are blessed to focus on the theme “Dwell in the Heart of Jesus.” What a wonderful way to begin a new year of ministry together. We are called to contemplate the Heart of Jesus who loves each of us infinitely. It is not enough, though, to simply contemplate; we must dwell in this loving Heart of Christ.



We have many occasions as a parish family to dwell with Jesus. Of course, our most important action is gathering together each Sunday (or Saturday evening) to celebrate the Eucharist. Through our active participation in the Mass, we dwell together as the Body of Christ near his Heart. Throughout the week, we can continue to seek Jesus at daily Mass, Adoration of the Blessed Sacrament, or by participating in other prayerful opportunities.

In our homes, with our families, we are also called to dwell in the Heart of Christ in very powerful ways. When we pray together and for one another, we share the love of Jesus and bring his love to life. We must remember that we are never called to make our spiritual journey alone. By loving and supporting one another, we dwell with Jesus and help those we love most to grow in intimacy with him as well.

called to make our spiritual journey alone. By loving and supporting one another, we dwell with Jesus and help those we love most to grow in intimacy with him as well.

St. Francis de Sales taught us to seek Jesus within our own souls and all those we meet. Let us pray often with our spiritual father:



*May your heart dwell always in our hearts!  
May your blood ever flow in the veins of our souls!  
O sun of our hearts, you give life to all things by the rays of your goodness!  
I will not go until your heart has strengthened me, O Lord Jesus!  
May the heart of Jesus be the king of my heart!  
Blessed be God. Amen.*



Wishing you a blessed year at Saint Mary as together we draw closer to Jesus and dwell in his loving Heart.

In Christ Jesus,

Sr. Susan Louise Eder, OSFS  
Holy Cross Academy Principal

Holy Cross Academy + 250 Stafford Lakes Parkway + Fredericksburg, VA 22406  
540-286-1600 + [www.holycrossweb.com](http://www.holycrossweb.com)

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## 2017-2018 Parish Ministries



It is the goal of all ministries at St. Mary parish to develop in such a way so as to welcome the unique gifts of each person in the parish—and to serve people through the parish—of all ages, languages, countries of origin and cultures. For this reason, we especially encourage you to bring your cultural heritage to ALL of our ministries and committees so that all work may flourish in a multi-cultural way, keeping sacred the unity we seek as ONE parish family, all of us included in the one Body of Christ.



### **Parish Advisory Board (Parish Council)**

*The Parish Council makes the parish vision a reality by working with the Stewardship Committee to form concrete goals and lived expressions in the parish of the faith we profess. The five committees who form the Parish Council—Education, Liturgy, Operations, Outreach and Parish Life—all work toward these goals in their own way, according to their gifts and disciplines. They work as an advisory board to help Fr. Mosimann interpret the parish mission in a way that is relevant to the community and effective in meeting the needs of the parish. They recognize and collaborate with the particular gifts of each individual volunteer who is discerning the best way God is calling them to serve. Through the Parish Council the call of Christ to serve is extended to all, and the service of Christ is made real among us.*

**President:** Luis Perez, [lperez1975@msn.com](mailto:lperez1975@msn.com)

### **Ministry in Spanish**

*Toward this end, a Spanish Ministry Team has been established to promote a Spanish-speaking dimension in every ministry in the parish.*

**Mission:** To promote the involvement of Spanish-speaking parishioners with the different ministries, and to welcome the involvement of non-Spanish-speaking parishioners in the social and cultural activities sponsored by the Spanish Ministry Team. **Time:** Flexible. Lots of activities and events.

**Talent:** The only talent you need is love of God and the Church, and a desire to assist our ever-growing number of Spanish-speaking parishioners to grow in their faith and feel welcome at St. Mary. Bi-lingual skills are helpful.

**Coordinator:** Mario Alias, [wingsco5@gmail.com](mailto:wingsco5@gmail.com)





At St. Mary, we strive to provide the best possible religious education for our parish community. Together, our programs work as a resource, preparing our children, young adults, and adults for the sacraments and continuing to nourish our communities' faith formation. The Parish Council Education Committee Chair is Sr. Susan Louise Eder, OSFS, [principal@holycrossweb.com](mailto:principal@holycrossweb.com) (and it is moderated by Fr. John Mosimann).

## EDUCATION

- Adult Religious Education
- Faith Formation K-12 Religious Ed.
- Holy Cross Academy

- RCIA:  
Rite of Christian Initiation for Adults
- Vacation Bible School
- Catholic Youth Ministry (CYM)

- Confirmation Team Leaders
- High School Youth Group
- Middle School Youth Program
- Work Camp Volunteers
- Youth Group Parent Volunteers

### Adult Religious Education

St. Mary is always seeking ways to enrich adult education/faith formation. Last year we invited all adults to come to periodic presentations offered (watch the bulletin!) as well as scheduled series of classes throughout the week, including: RCIA – all are invited to the weekly catechesis portion with all priests participating, 7:30-8:15pm Mondays in the Church; Possible Classes include: “Doors of Mercy: Exploring God’s Covenant With You”, 8-week journey through Salvation History with Fr. Jeffrey Kirby and others in a

DVD format - Wednesday evenings, 7pm, starting in September.

Several “Walking with Purpose” Women’s 22-week Bible studies on Wednesday and Thursday evenings, “Choosing the Better Part” and “Keeping in Balance,” with more to come this year;

“Revelation”, DVD Bible study format. “Follow Me: Meeting Jesus in the Gospel of John”, Experiencing the Joy of following Christ.





*One-Day opportunities for topics such as End of Life Decisions, Annulment, and much more.*

*Lenten small groups program,  
Called and Gifted Workshop*

*Other opportunities as Advertised*

**Mission:** To support and enrich educational efforts for adults within our parish community. This includes guest speakers, educational series, retreats or days of reflection for parishioners.

**Time:** Meet regularly, varies by program activities

**Coordinators:** Sr. Susan Louise Eder, OSFS, [principal@holycrossweb.com](mailto:principal@holycrossweb.com)  
(and Fr. John Mosimann, [frmosimann@stmaryfred.org](mailto:frmosimann@stmaryfred.org))

## **Faith Formation K-12 Parish Religious Education**

*Catechists*

*Catechist Aides*

*Prayer Aides*

*Office Assistants*

**Mission:** To assist in our children's faith formation. There is a large range of responsibilities undertaken by the parish in serving over 1,200 children in their faith formation and sacramental preparation.

**Time:** Weekly commitment (if possible), plus initial training, including VIRTUS and on-going formation as needed. As much or as little time as you can give is appreciated.

**Talent:** A love of faith and children is foremost, and a desire to fill a needed role in an environment where Christ is our focus.

Training and certification are made available to all to ensure that we are educated in the faith we teach. Volunteer opportunities include; catechists / teachers, teacher aides, prayer aides, child care providers, office and clerical volunteers.

**Director:** Aristides Lucas, MRE, 540-373-6491, [alucas@stmaryfred.org](mailto:alucas@stmaryfred.org)

## Holy Cross Academy (our parish school)



Tutors  
After school care  
Garden Care  
Lunch room and playground volunteers

Library Aides  
Art Room Aides

Our Holy Cross Academy community had cause for a lot of celebration this year. Our students won awards in writing, art, music, science and religion. Five of our students applied to and were accepted in Governor's School and two are headed for the IB program in Stafford County. We also had a great year in sports, winning championships in soccer, basketball and field hockey. Overall, we are thrilled with all that our children accomplished with the support of their parents and teachers. Amazing team work!

Our self-study, Design for Excellence, was very successful. The committee complimented our school on our evident commitment to providing a sound Catholic education, with an emphasis on excellence in academics. They were very pleased with the energetic teaching taking place at every level. Our strong sense of community was notable, as well as the support of our parish and families. Preparing for our reaccreditation visiting team was a lot of work, but it was worth it in the end.

During this school year, we concretized, no pun intended, our expansion plans. With the beautiful drawings from the architect, we find ourselves in a position to move forward. The support we received during the Community Give was very gratifying and is helping us to proceed with our long-awaited expansion.

After many planning meetings and a lot of hard work, our auction committee outdid themselves, treating all of us to a magnificent evening in the golden land of Oz. The success of this endeavor is also a large contributor to our soon-to-be realized expansion. It is also a notable indicator of the strength and energy of our school community.

Holy Cross is blessed to have extremely talented teachers who are always looking for new ways to help our students. All our teachers are certified in the area in which they instruct. In addition to our principal, fifteen teachers hold Master's degrees and two are currently enrolled in a graduate program. All our teachers of Religion hold Catechist certification with eight at the advanced level. Our average teacher has seventeen years teaching experience and ten members of our faculty have taught here since our school opened in 1998. Our faculty members are experienced, dedicated and innovative. Our teachers are supported in all they do by dedicated staff in the office, classrooms, kitchen, maintenance and extended care program. They make our school the wonderful place that it is.

**Mission:** To provide support for the Catholic education of our children.

**Time:** Weekly commitment (if possible), plus initial training, including VIRTUS and on-going formation, as needed. As much or as little time as you can give is deeply appreciated.

**Talent:** A love of education and children is foremost and a desire to fill a needed role in an environment where Christ is our focus. A full spectrum of opportunities is available.

**Coordinator:** Sister Susan Louise, OSFS, 540-286-1600, [principal@holycrossweb.com](mailto:principal@holycrossweb.com)

## RCIA: Rite of Christian Initiation for Adults Team

We are blessed with a faithful formation team for adults who are seeking to live new faith, toward the ultimate goal of full sacramental initiation in the Church at the Easter Vigil Mass.

**Mission:** To facilitate the process of initiating new members into our Roman Catholic community of faith through Baptism, Confirmation and Eucharist. Providing personal presence which seeks to accompany Inquirers throughout the process of coming to the Sacraments.

**Time:** Mondays Teaching 7:30-8:15pm, then leading small group discussion after snacks 8:30-9:15pm; weekly meetings and some other weekend activities, planning meetings.

**Talent:** An ability to share your love of Christ and the Catholic faith with those seeking to become Catholic. Some teaching and leading of discussion groups is possible, along with priests and other faculty.

**Coordinators:** Eileen Lanzarone, and Mary Beth Cameron, [rciastmaryfred@gmail.com](mailto:rciastmaryfred@gmail.com),

**Spanish Coordinators (RICA):** Leticia Gonzalez, [lettyg59@aol.com](mailto:lettyg59@aol.com) and Fr. Colin, [frcolin@stmaryfred.org](mailto:frcolin@stmaryfred.org)

**Mission:** To create a fun-filled environment where participants are immersed in a particular Bible theme, where knowledge and love of the Lord and each other are fostered.

**Time:** One full week in the summer, with planning and preparation in advance.

**Talent:** A love for young children. Must be energetic, loving and kind spirited, VIRTUS trained. Teachers, aides and caregivers needed.

**Coordinator:** Karen Sturtevant, Assistant DRE, [ksturtevant@stmaryfred.org](mailto:ksturtevant@stmaryfred.org)

## Vacation Bible School (VBS)

## Catholic Youth Ministry (CYM)

**Mission:** Our primary mission as a Youth Ministry program is to bring young people into an intimate, personal relationship with Jesus Christ and His Church.



## Catholic Youth Ministry (CYM)

We believe that lives are transformed when young people are invited to encounter, connect and grow in their relationship with God. Some of the organizations that benefited from our ministry are: Greenfields nursing home, Micah Ecumenical Ministries, Mary's Shelter, Woodmont Nursing Home, Refugee Services, and St. Vincent de Paul. Several opportunities to facilitate our youth program are listed below.

**Coordinator:** Leo Chavarria, Director of Youth Ministry, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)

**Note:** The Diocese mandates that all CYM adult volunteers (18+ years of age) be compliant with OPCYP Programs. Contact Leo Chavarria for more information.

## Youth Ministry Confirmation Team Leaders

### Confirmation Team Leaders

We have over 200 8<sup>th</sup> grade youth receiving Confirmation this year and a new group of rising 7<sup>th</sup> graders that need to be formed into teams. **Mission:** To serve as a team leader to 7-10 seventh and eighth graders who are preparing for the sacrament of Confirmation. Leaders serve as spiritual mentors and coordinators of corporal and spiritual works of mercy projects which lead candidates into serving in the life of the Church, reflect on their involvement and connect. Loving adults are needed to witness their own faith and commitment to the Church and inspire our young people to grow in their faith.

**Time:** 15-18 month commitment. Monthly meetings with team members to complete spiritual and corporal works of mercy and accompany youth to the Confirmation retreat. Several formation meetings with staff and other Team Leaders.

**Talent:** An ability to act as a mentor, witnessing your love of God and our life in the Church. Able to share freely and appropriately, and inspire faith.

**Coordinator:** Leo Chavarria, Director of Youth Ministry, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)

## Youth Ministry High School Youth Group

### High School Youth Group

We average 50-60 youth at each of our Sunday night meetings and about 20 of our youth participate in our Wednesday night YOUCAT study. Our high school WorkCamp numbers about 40 youth.

**Mission:** To engage young people in their faith, the Church, and current issues occurring in their lives through small group discussions and speakers.

**Time:** Meetings held Sundays after 5pm

Mass and other activities as planned.

**Coordinator:** Leo Chavarria, Director of Youth Ministry, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)

## Youth Ministry Middle School Youth Program

### Middle School Youth Program

**Mission:** We engage young people in discussing topics about their faith, the Church, and current issues occurring in their lives through small group discussions and speakers. 7<sup>th</sup>-8<sup>th</sup> grade boys and girls welcome. **Time:** Select Sundays 3:30-4:30pm (see youth calendar).

**Coordinator:** Leo Chavarria, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)

## Youth Ministry Work Camp Volunteers

### WorkCamp Volunteers

**Mission:** To assist in the preparation, coordination and participation of our youth's WorkCamp experiences.

**Time:** Varies based on area of support. Can include volunteering the week of camp, weekend fundraising activities or planning meetings.

**Talent:** Many opportunities are available such as: contractor, team leader, fundraising coordinator, stakeholder, security, lunch prep, etc. All share in the coordination and execution of a powerful week long service oriented WorkCamp experience. Volunteers are needed to attend WorkCamp and provide leadership. Always in need of a contractor or someone who is very handy. The Diocese requires that each parish have one or two contractors attend WorkCamp—we need you!

*No experience necessary but a willingness to witness Christ through your example to our youth is a must.*

**Coordinator:** Leo Chavarria, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)

## Youth Ministry Youth Group Parent Volunteers

### Youth Group Parent Volunteers

**Mission:** To help with the faith and personal development of young people.

Moderating small group discussions, chaperoning/as-sisting with retreats, helping prepare/serve Sunday Night Youth Dinner etc.

**Time:** Weekly High School night is Sunday, following the 5:00pm Mass, as well as activities during the week. A weekly commitment is desired but any time is appreciated.

**Talent:** Capacity to build community by inspiring youth to be involved. Specific talents are welcome, not required.

**Coordinator:** Leo Chavarria, [leo@stmaryfred.org](mailto:leo@stmaryfred.org)





*The Liturgy Committee assists our parish in keeping the Mass as the center of our worshiping community. All those who volunteer for liturgical ministries witness to the presence of Christ in our midst and strengthen us as a community centered on Jesus present in the Eucharist and in his living Word.*

*Within our liturgical ministries, we rely upon the gifts of the presider to lead us in worship, and the gifts of God's people to sing his praises, proclaim his Word, serve at his altar, welcome his people, care for his altar and his house, and assist in the distribution of Holy Communion, at Mass and to the homebound. There are many ministries and many gifts needed to support the liturgy in our parish.*

*This year our Liturgy Committee worked with the Education Committee in encouraging and assisting our youth to participate in a focused way during Family Week, reflecting on God's goodness and mercy. Families joined together to create a reminder of all God has done for them. After completing their craft, they donated their scissors to children in Missions. The Liturgy Committee Chair is Sr. Susan Louise, [principal@holycrossweb.com](mailto:principal@holycrossweb.com)*

## LITURGY

- Altar Servers
  - Senior Altar Servers (Funerals)
- Altar Society
- Extraordinary Ministers of Holy Communion
  - Ministry to the Homebound/Sick

- Hospitality:
  - Greeters
- Hospitality: Ushers
- Lectors
- Music Ministry
  - Adult Choir

- Folk Choir
- Spanish Choir
- Children's Choir (Gr. 2-6)
- Youth Choir (Gr. 7-12)
- Seasonal Decorators

**Altar Servers** **Mission:** A unique ministry by which boys and girls fifth grade and older can help to spread the word and the love of Christ through their actions and words by assisting the principal celebrant during Mass. To

be an Altar Server is a special honor and a great privilege. Opportunities are available for other liturgies as well, such as weddings, funerals, benediction, etc.

**Time:** Generally two Masses per month. Ar-



rive 15 minutes prior to the start of Mass.  
Initial training and formation sessions.  
Schedule is flexible and finding a substitute if needed is required.

**Talent:** A desire to serve God.  
Attentiveness and reverence at Mass. Must be depend-able.

**Coordinators:** Jack & Vicky Kopcak,  
[test08vic265@gmail.com](mailto:test08vic265@gmail.com)

### Senior Altar Servers for Funerals

**Mission:** Seniors in the parish created this beautiful ministry to serve at the altar for funerals during the week.

**Time:** One of four pairs of Servers generally cover a week each month, with one or two funerals a week. Funerals usually are in the morning. Interested servers should inquire for consideration to be added to the roster as needed in the future.

**Talent:** A desire to serve God, and provide outreach to families who have experienced loss.

**Coordinator:** Ann and George Graf,  
[altegraf@aol.com](mailto:altegraf@aol.com)

### Altar Society

**Mission:** To clean the sanctuary and sacred vessels, take home used vestments, altar cloths, purificators and towels to be cleaned,

pressed or repaired.

**Time:** Every Friday, approximately 1-2 hours. Cleaning of linens, monthly.

**Talent:** A caring eye for detail.

**Coordinator:** Sr. Miriam Elizabeth, OSFS,  
[aviatcare@holycrossweb.com](mailto:aviatcare@holycrossweb.com)

### Extraordinary Ministers of Holy Communion

**Mission:** To assist in the distribution of the Holy Eucharist on Sundays, Holy Days and/or daily Mass, and to share ministry with the homebound and institutionalized.

**Time:** Weekly commitment (if possible). Schedule is flexible and finding a substitute is required. Formation and training sessions also required.

**Talent:** Love and reverence for the Holy Eucharist; ease in public settings, Catholic in good standing who has received the Sacraments of Initiation (Baptism, Eucharist and Confirmation). Must be invited to serve by the Pastor and formally mandated by Bishop Burbidge, usually annually in May. *If you are interested, please contact Fr. Mosimann directly for an appointment.*

**Coordinators:** Chris Lanzarone,  
[clanzarone@stmaryfred.org](mailto:clanzarone@stmaryfred.org), Fr. John Mosimann, [frmosimann@stmaryfred.org](mailto:frmosimann@stmaryfred.org)



**Extraordinary  
Ministry  
to the Home-  
bound/Sick**

**Mission:** To bring the Holy Eucharist, pray and visit with those who are homebound or institutionalized.

**Time:** Weekly commitment (if possible). 1-2 hours weekly. Annual Training.

**Talent:** Love and reverence for the Holy Eucharist; friendly and compassionate with the ability to comfort. Catholic in good standing who has received the Sacraments of Initiation (Baptism, Eucharist and Confirmation). Must be invited to serve by the Pastor and formally mandated by Bishop Burbidge, usually annually in May. *If you are interested, please contact Fr. Mosimann directly for an appointment.*

**Coordinator:** Chris Lanzarone, [clanzarone@stmaryfred.org](mailto:clanzarone@stmaryfred.org)

**Hospitality:  
Greeters**

*The role of a greeter is different from an usher, who works inside the church helping people find seats and facilitating the flow of the collection(s) and Communion procession. The greeters are at both inside and outside doors, opening the doors, welcoming everyone with a warm smile and helping the ushers pass out liturgy sheets when needed. To date we have not had much response to this ministry, which could be the most effective of all, giving welcome to people who come to Mass on Saturday evening, Sundays and other special liturgies.*

**Mission:** Welcome all parishioners and visitors to Mass with a warm smile and friendly greeting. Greeters may be asked to help people who need assistance from their cars to their pew. Some greeters distribute liturgy sheets and assist ushers as needed. Adults and teens welcome.

**Time:** Weekly commitment desired, not required (arrive 20-25 minutes prior to Mass). Schedule is flexible and finding a substitute or notifying the greeter coordinator is recommended. Initial training and annual meeting.

**Talent:** An ability to help people be aware they belong, with compassion and a deep sense of Christ in all people.

**Coordinator:** Pat Fish [patfish53@gmail.com](mailto:patfish53@gmail.com)

**Hospitality:  
Ushers**

**Mission:** To provide assistance to our fellow parishioners during regular Masses, Holy Days and also during special liturgical events. This assistance includes a variety of tasks such as extending greeting to all those that enter, seating people, assisting during Communion, taking up the collection and distributing the church bulletin at the conclusion of Mass.

**Time:** Weekly commitment (arrive 15 minutes prior to Mass). Initial training

**Talent:** An ability to help people be aware they belong; a deep sense of Christ in all people.

**Coordinator:** Joe Cralle, [jacralle@gmail.com](mailto:jacralle@gmail.com)

**Spanish Mass Coordinator:** Mario Alas, [wingsco5@gmail.com](mailto:wingsco5@gmail.com)

**Lectors**

**Mission:** To proclaim the Scripture readings at Masses, Holy Days and at other special liturgical events with reverence and understanding. This requires spending time with the Word before your assigned Mass, prayerful contemplation and an openness to letting the Holy Spirit lead. Adults and teens eligible.

**Time:** Usually one Mass every two weeks, with one annual formation session. Schedule is flexible and finding a substitute is required.

**Talent:** A love for God's Word. A clear speaking voice and ease speaking in front of people.

**Coordinator:** Christi Greenwell, [greenwell1956@cox.net](mailto:greenwell1956@cox.net)

**Spanish Mass Coordinator:** Alvin Romero, [alvinromero@hotmail.com](mailto:alvinromero@hotmail.com)

**Music  
Ministry**

*The Music Ministry welcomes singers and instrumentalists who want to share their gifts to help foster the sung prayer of our parish. Over 120 adults and children participate in one or more of the six choral ensembles, which provide music for weekend liturgies as well as all solemnities and special occasions. The Music Ministry also provides musical leadership, through our cantors and organists, for all weddings and funerals. In addition to choral, instrumental and cantor programs, St. Mary continues to foster the performing arts through its' Concert Series which features internationally renowned solo recitalists and performing ensembles as well as programs presented by the choirs of St. Mary. Also, monthly, the St. Mary Music Ministry presents Taizé, a contemplative form of ecumenical worship combining sung and chanted prayers, readings and meditation.*

**Talent:** Love of music and wanting to share your musical talents in prayer.



**Music  
Ministry  
Parish  
Choir**

*The St. Mary Parish Choir provides music primarily for the 10:30 a.m. Sunday liturgy as well as all solemnities. In addition, the Parish Choir presents special programs throughout the year as part of the St. Mary Concert Series. In the past, the Parish Choir has presented programs at other area churches and in 2016, made a performing tour in Italy. The repertoire of the Parish Choir includes a broad range of choral literature from chant and polyphony through contemporary compositions of the 20th and 21st centuries. Members of high-school graduate age and above welcome.*

**Time:** Sunday, 9:45 a.m. warm-up rehearsal with Mass following at 10:30 a.m. Rehearsal on Thursday, 7:00 – 9:00 p.m. **Choirmaster:** David Uschold, Director of Music and Organist, [duschold@stmaryfred.org](mailto:duschold@stmaryfred.org) or 540-373-6491, ext. 217.

**Music  
Ministry  
Magnificat  
Choir**

The Magnificat Choir provides music primarily for the 12:30 p.m. Sunday liturgy and, on occasion, for solemnities and special occasions throughout the year. The repertoire of the Magnificat Choir ranges from early music of the church through contemporary compositions. Membership is open to young adults from grade 7-12.

**Time:** Sunday, 11:45 warm-up rehearsal with Mass following at 12:30 p.m. Rehearsal on Tuesday, 7:00 – 8:30 p.m. **Choirmaster:** David Uschold, Director of Music and Organist, [duschold@stmaryfred.org](mailto:duschold@stmaryfred.org) or 540-373-6491, ext. 217.

**Music  
Ministry  
St. Cecilia  
Choir  
(Youth)**

The St. Cecilia Choir provides music primarily for the 8:30 a.m. Sunday liturgy and, on occasion, for solemnities and special occasions throughout the church year. The St. Cecilia choir follows the instructional model set forth by the Royal School of Church Music (RSCM). The RSCM model implements instruction of proper vocal production, music theory and liturgical aspects. Membership is open to children grades 2-6.

**Time:** Sunday, 8:00 a.m. warm-up rehearsal with Mass following at 8:30 a.m. Rehearsal on Thursday, 4:45 p.m. – 6:00 p.m. **Choirmaster:** David Uschold, Director of Music and Organist, [duschold@stmaryfred.org](mailto:duschold@stmaryfred.org) or 540-373-6491, ext. 217.

**Music  
Ministry  
Contemporary  
Ensemble**

The Contemporary Ensemble is a group of singers and musicians whom provide music of more modern repertoire. The group provides music for the 5:00 p.m. liturgy on Saturday and participates in special liturgies and events throughout the church year. Singers and instrumentalist of all abilities are welcome.

**Time:** : Saturday, 4:00 warm-up rehearsal with Mass following at 5:00 p.m. Rehearsal on Wednesday, 7:00 – 8:30 p.m.

**Choir Director:** Donna Green, Assistant Director of Music, [dgreen@stmaryfred.org](mailto:dgreen@stmaryfred.org) or 540-373-6491, ext. 207

**Music  
Ministry  
Spanish  
Choir**

The Spanish Choir is a group of singers and instrumentalists whom provide music for the 2:30 p.m. Spanish liturgy on Sunday and various solemnities and events throughout the church year. Singers who enjoy singing in Spanish and players of appropriate instruments are most welcome to join.

**Time:** Sunday, 12:30 warm-up rehearsal with Mass following at 2:30 p.m. Rehearsal on Friday, 7:00 p.m.

**Coordinator:** Balmore Diaz, [balmoritodiaz@gmail.com](mailto:balmoritodiaz@gmail.com) or 540-993-8739

**Seasonal  
Decorators**

**Mission:** To prepare the church for primary liturgical seasons, creating designs that lead those attending Mass to enter more deeply into the Mysteries we celebrate.

**Time:** Usually the day before a major feast day. Other dates as needed throughout the year.

**Talent:** An eye for design, able to lift, use ladders.

**Coordinators:** Sister Susan Louise, OSFS, [principal@holycrossweb.com](mailto:principal@holycrossweb.com) and Fr. John Mosimann, [frmosimann@stmaryfred.org](mailto:frmosimann@stmaryfred.org)



*Just as in any organization, there is a lot of “behind the scenes” work that must be done in order for our community events and projects to be completed. We are always in need of physical help, whether it is setting up, or cleaning up, stuffing envelopes, or answering phones. We are also responsible for keeping our facilities in working condition and making improvements as necessary. The temporary Parish Council Operations Committee Chair is Mike Anastasio, [mikeanastasio1@mac.com](mailto:mikeanastasio1@mac.com).*

## OPERATIONS

- Administrative Support
- Bishop’s Lenten Appeal Committee

- Communications Committee
- Development

- Scrip Volunteers
- Operations Committee

### Administrative Support

**Mission:** To assist in office tasks; help with large mailings, bulletin inserts, data entry, answering phone calls, etc.

**Time:** Varies with needs. Many one-time projects several times a year.

**Talent:** A warm and kind disposition and willingness to serve.

**Coordinators:** Jim Florio, [jflorio@stmaryfred.org](mailto:jflorio@stmaryfred.org)

### Bishop’s Lenten Appeal Committee

**Mission:** To plan and organize the annual Lenten Appeal at St. Mary. Encourage full participation through planning, publicity, and reporting.

**Time:** Annual event, January-May follow-ups. A few additional meetings.

**Talent:** Organization and leadership. Willingness to speak at Mass helpful.

**Contacts:** Mike Lewis, [mlewis22406@gmail.com](mailto:mlewis22406@gmail.com)

### Communications Committee

or Jane Gallagher, [jgallagher@unitedsprinkler.com](mailto:jgallagher@unitedsprinkler.com)

**Mission:** To spread the word about the good things happening here at St. Mary through-

out the community. Help keep Parish Life announcements/ Calendar of Events current in the *Free Lance Star*, and bring our news to local assisted living facilities, hotels/motels and visitors’ locations.

**Time:** varies; 30 minutes to an hour weekly depending on the size of the ministry team.

**Talent:** Great at Hospitality and knowledgeable of the Parish Community, able to deliver bulletins and flyers when necessary. Assist with getting announcements into the newspaper and local media as needed.

**Contacts:** Looking for new leadership





## Development

*St. Mary looks forward to new methods of soliciting financial support to gather resources for pastoral ministry and faith formation, both in the parish and at Holy Cross Academy.*

**Mission:** To cultivate the financial resources of our parish and community by developing and maintaining programs that secure funds for the continued service and maintenance of parish programs and facilities.

**Talent:** Fundraising experience. Organized and friendly.

**Coordinators:** Fr. John Mosimann, [frmosimann@stmaryfred.org](mailto:frmosimann@stmaryfred.org) and Nanci Scharf, [nscharf@stmaryfred.org](mailto:nscharf@stmaryfred.org)

## Development SCRIP Volunteers

*The SCRIP Program is a gift card purchase program that directly benefits our parish school, Holy Cross Academy. Gift cards can be purchased for over 75 local and national retailers who in turn provide a percentage of the gift card face value back to the school. Our goal is to greatly expand the program so that more parishioners will purchase gift cards for routine weekly expenses like groceries, gas, and restaurants. This year we will be emphasizing the use of the convenient on-line sales program, and focusing on new ways to advertise and promote the program to generate more sales.*

**Mission:** To manage this ongoing fundraiser which supports our parish school.

**Time:** 30 minutes per week to sell gift cards after weekend Masses at St. Mary and Holy Cross Academy; before Friday morning Mass at HCA, or during afternoon carpool at HCA.

**Talent:** Organization and a willingness to staff the sales table after Mass or at HCA.

**Coordinator:** Torie Baldwin, [scripcordinator@holycrossweb.com](mailto:scripcordinator@holycrossweb.com)

## Operations Committee

*Often there is a great need for assistance to accomplish the goals set by many of the other committees and ministries, and the Operations Committee facilitates their successful outcome.*

**Mission:** To organize and coordinate volunteers as they are needed; to facilitate the Lenten Small Groups program; to assist in communications and publicity of parish events; to develop a directory of parishioners' businesses; to assist in the planning and managing of maintenance and improvements of parish property. Also, facilitating the physical needs of major parish events/functions.

**Time:** Varies with needs. Some committee meetings.

**Talent:** No training is necessary, however, a diversity of expertise is very helpful.

**Coordinator:** Mike Anastasio, [mikeanastasio01@mac.com](mailto:mikeanastasio01@mac.com).





*Believing in the presence of God in our midst, we proclaim the sanctity of human life and the dignity of the person by sharing in the mission of Jesus given to the Church. To this end, St. Mary Church works with individuals, families and communities to help them meet their needs, eliminate oppression, and build a just and compassionate society. The Parish Council Outreach Committee Chair is Beth Merriman, [bethmerriman1@verizon.net](mailto:bethmerriman1@verizon.net).*

## OUTREACH

- Catholic Advocacy Committee
- Ecumenical/Interreligious Commission
- Family Services (Catholic Charities)
- Health Ministry
- Homeless Shelter Dinners
- Jail/Prison Ministry
- Manna Food Project
- Micah Ecumenical Ministries
- Cold Night Shelter
- Community Dinners
- Parish Outreach Committee
- Refugee Assistance
- SHARE Program
- St. Vincent de Paul Society

### Catholic Advocacy Committee

*Our Advocacy Committee attends Catholic Advocacy Day in Richmond in January and has promoted the most successful Virginia Catholic Conference registration drive in Virginia.*

**Mission:** To serve as liaison to the Virginia Catholic Conference in coordinating parish activities to promote Catholic values in the public square according to the guidance of the United States Conference of Catholic Bishops. The Committee organizes our attendance at the annual Catholic Advocacy Day in Richmond and coordinates parish awareness on issues such as life, predatory lending, human trafficking and immigration

reform.

**Time:** Periodic meetings and events as they occur.

**Talent:** A passion to bring awareness to the parish and to actively participate in the promotion of Gospel values in society.

**Coordinator:** In need of Leader. Please contact Elena Doyle, [outreach@stmaryfred.org](mailto:outreach@stmaryfred.org).

### Ecumenical/interreligious Commission

*Fredericksburg enjoys one of the richest relationships among the Christian churches of the downtown area, whose fruit has yielded numerous ministries of outreach and prayer which have inspired the community repeatedly to seek ways of deeper unity and understanding. This year*



*we gathered for the Week of Prayer for Christian Unity, as well as our Lent Wednesdays prayer services throughout the city and other events. We have called upon leaders of churches in several ways to look at the many ways the churches can stay effective in the work with our homeless population and the poor, and issues such as immigration reform and human trafficking.*

**Mission:** To organize and promote unity among people of Christian faiths and between world religions represented in the Fredericksburg community.

**Time:** Periodic meetings and events as they occur.

**Talent:** A desire to bring unity to those separated by religious profession.

**Coordinator:** Fr. John Mosimann, [frmosimann@stmaryfred.org](mailto:frmosimann@stmaryfred.org).

## Family Services Catholic Charities

*We've served over 300 clients and provided 2,465 counseling sessions. This is up from 250 clients and 1,499 sessions last year.*

*We've partnered with Mary's Shelter, Hope House, and Empower house to strengthen the parent-child relationships in families served by those programs. We've increased our total number of available clinical hours by adding new clinicians. We've provided talks and trainings on mental health issues to many parishes, schools, and local non-*

**Mission:** To serve as a volunteer in the daily schedule of the Catholic Charities office on the parish campus.

**Time and Talent:** Depending on need, volunteer service could be in the office, or helping with clients.

**Coordinator:** Lee Ann Pompeii, [lpompeii@ccda.net](mailto:lpompeii@ccda.net)

## Health Ministry at St. Mary

*Our Health Ministry Team is made up of physicians, nurses, health professionals, and interested individuals. This group aims to follow Christ's command to bring healing as well as health teaching and wellness strategies to our fellow Parishioners, thus enabling all to strengthen the light of Christ within our Parish and our community.*

**Mission:** To provide parishioners with information helpful in maintaining good health such as health fairs, seminars and other services. Volunteers are needed to facilitate and support events throughout the year. Our hope is to create teams that may be interested in relieving caregivers, providing transportation to medical appointments or visit a family member in the hospital.

**Time:** Commitment varies. Our committee meets monthly and events are scheduled throughout the year.



**Talent:** Patient and caring disposition, health care background helpful but not required, comfortable with short lead times for requests.

**Coordinator:** Mary Gondek,  
[healthministry@stmaryfred.org](mailto:healthministry@stmaryfred.org)

### Homeless Shelter Dinner

**Mission:** To cook and serve a meal to the 90+ residents residing at the Thurman Brisben Shelter.

**Time:** Must be available between 3-5pm or 5-7pm. We prepare dinners once or twice per month on Wednesdays.

**Talent:** Must be over 16 years of age. Willingness to prepare and serve a meal. We also welcome monetary donations for food and supplies.

**Coordinator:** Patti Kaila

[home@bestappraisal.com](mailto:home@bestappraisal.com)

*Note: Currently this ministry is not in need of additional volunteers. Please consider serving in another ministry which is need of your goodness. Thank you.*

### Jail/Prison Ministry

**Mission:** To serve the "poverty of hope" of the imprisoned by offering spiritual support and emotional assistance to inmates of the Rappahannock Regional Jail. Our pen-pal program allows our volunteers to engage in positive and loving communication that extends Christ's forgiveness, love and hope for a better future with a focus on the dignity and respect of the individual.

**Time:** Monthly 1-2 hours

**Talent:** Willingness to share your faith in written letters.

**NOTE:** All members of this ministry MUST complete training a session. All privacy is respected and all communication is sent/returned via St. Mary to maintain complete anonymity between our volunteers and the inmates.

**Coordinator:** Jim Shall, [jimshall1@yahoo.com](mailto:jimshall1@yahoo.com)

### Manna Project (Food Bank)

*The Manna Project coordinates food collections at St. Mary that benefit the Fredericksburg Regional Food Bank twice a year. Volunteers are encouraged to reach out to the food bank directly if they wish to assist further in the way of volunteering. Our ministry has also recently begun assisting Catholic Charities with monthly deliveries to 3 food pantries in the Northern Neck, though participation is not a requirement of this ministry.*

**Mission:** The Manna Project serves the Fredericksburg Regional Food Bank in food collection and volunteer areas.

**Time:** Major collections are made twice yearly (2-3 hours). Opportunities beyond our two collections are available and the time commitment is flexible.

**Talent:** Willingness to help with food collection at the church, some physical labor may be required. (If you are interested in delivering food to the pantries, a large vehicle and availability to deliver during work hours is helpful.)

**Coordinator:** Susan Hamann,  
[susanmauney@yahoo.com](mailto:susanmauney@yahoo.com) or  
[stmarymannaproject@gmail.com](mailto:stmarymannaproject@gmail.com)

### MICAH Ecumenical Ministries

*Micah Ministries is a Christ-centered community response led by Fredericksburg area churches to serve our neighbors in need of shelter and related care. Micah 6:8 challenges us to do justice, love kindness and walk humbly with God. Several programs within Micah are listed below.*

### Micah Cold Night Shelter

**Mission:** To provide a warm, safe environment for homeless individuals on all evenings of the cold weather season.

**Time:** November-March 1<sup>st</sup>. St. Mary team will be assigned one evening per week and teams will be scheduled for each week to serve 2 ½ - 3 hours.

**Talent:** Help make-up beds, bring socks and snacks. Welcome guests and assist in check-in.

**Coordinator:** Greg Wheatley,  
[greg\\_wheatley@hotmail.com](mailto:greg_wheatley@hotmail.com)

### Micah Community Dinners

*Through the organization of Micah Ministries there is a free hot meal served each evening by various churches for those who are in need in the Fredericksburg area. St. Mary Church is one of the churches whose volunteers cook and serve dinner not just for the homeless of our community but also for anyone who needs a hot meal and some fellowship, including the lonely, the widowed, and struggling families. In the past year 5,000+ meals were served at these community dinners.*

*Note: Currently this ministry is not in need of additional volunteers. Please consider serving in another ministry that is in need of your goodness. Thank you.*

**Time:** St. Mary provides meals on the 1<sup>st</sup> and 5<sup>th</sup> Monday of every month at St. George's Episcopal Church. Volunteers are organized into teams that are scheduled to serve meals three to four times per year. We work in shifts of approximately 1-2 hours to set-up, serve, clean-up after the meal.

**Talent:** Volunteers only need to be friendly and compassionate, as we serve and visit with our guests.

**Coordinators:** Sheri Castellarin,  
[fburgmeals@gmail.com](mailto:fburgmeals@gmail.com)



## Micah Furniture Bank



**Mission:** To provide furniture to those in need including former Micah clients moving into permanent housing. Volunteers needed to repair donated items, help with administrative and Saturday deliver teams are being formed to work once a month from 9am-12 to pick up or deliver items.

**Time:** Varies

**Talent:** A willingness to help and/or handyman or furniture repurpose skills. Folks with pick-up trucks.

**Coordinator:** New ministry in need of a leader. Contact: Elena Doyle

[outreach@stmaryfred.org](mailto:outreach@stmaryfred.org)

## Micah Micah Cafe

**Mission:** To provide food preparation, cooking and service skills and training to Micah clients in order that they may seek employment in the food industry and to provide companionship and community.

**Time:** Varies. Café will be operating M-F during the day beginning October 1<sup>st</sup>.

**Talent:** Culinary skills are not needed, but would be great. Ability to listen, encourage and help where needed.

**Coordinator:** New ministry in need of a leader. Contact: Elena Doyle

[outreach@stmaryfred.org](mailto:outreach@stmaryfred.org)

## Micah Hospitality Center



**Mission:** Provides resources for homeless individuals such as food, showers, clothing and assistance with employment (resume and searches), education, housing, legal affairs and health related issues among others. Volunteers needed to greet and check-in clients at the front desk, sort donations and help with a variety of needs.

**Time:** M-F 10am-2pm (any time between these hours)

**Talent:** Ability to listen with compassion. Office skills are a plus.

**Coordinator:** Elena Doyle

[outreach@stmaryfred.org](mailto:outreach@stmaryfred.org)

## Parish Outreach Committee

*Our ministry has implemented many new initiatives this past year; monthly visits to nursing homes, hand-written cards to recipients of a Sacrament, inaugural year of the SHARE program, a parish nature hike, and support of Catholic Charities, Mary's Shelter, and St. Vincent de Paul.*

**Mission:** To lead the parish in increasing awareness of Catholic social teachings; motivate parishioners to reach out in service, justice, advocacy and solidarity.

**Time:** Monthly meeting the 1st Saturday of the month at Wegman's Central Park, at 8:15 top floor. Efforts discussed during meeting require participation during the month.

**Talent:** Compassion, determination.

**Coordinators:** Connie Wiley, [msceejay29@gmail.com](mailto:msceejay29@gmail.com), Beth Merriman, [bethmerriman1@verizon.net](mailto:bethmerriman1@verizon.net).



## Refugee Assistance

**Mission:** To assist in providing furnishing and household supplies for new arrivals.

**Time:** Whatever time may be available; volunteers may also contact the office of Migration and Refugee Services for other opportunities in helping the refugee population with daily needs.

**Talent:** Willingness to meet needs of clients.

**Coordinator:** Elena Doyle  
[outreach@stmaryfred.org](mailto:outreach@stmaryfred.org)



## SHARE Program

*Self Help And Resource Exchange (SHARE is a cooperative food distribution program that was introduced last year at St. Mary Church.*

**Mission:** To provide wholesome and nutritious food to families and individuals at a reduced cost while at the same time promoting volunteer service within our Parish and





### St. Vincent de Paul Society and Thrift Store



building partnerships with other community organizations. Several areas for volunteering are available: coordination and order placement, pick up of bulk food at the local distribution center here in Fredericksburg, packaging teams to assemble and distribute the packages from the Parish Life Center and of course marketing/promotion of the program. This is a perfect opportunity for team building within an existing ministry or youth program with the potential to make a significant difference for all that participate.

**Time:** Most areas of this ministry require a commitment of one to two hours per month with the distribution of packages taking place the fourth Saturday of the month from 6am to 9am.

**Talent:** Attention to detail at the ordering and fulfillment stage of the process; light lifting, willingness to serve others, early riser with a pleasant demeanor before the first cup of coffee!

**Coordinator:** Rick Caporali,  
[rcaporali@stbernpar.org](mailto:rcaporali@stbernpar.org)

*The Society of St. Vincent de Paul of St. Mary and St. Jude Conference is in its 37<sup>th</sup> year of serving this community. We are an all volunteer mission. We annually give financial aid to over 1,200 families for rent, utilities, medicine, transportation, clothing, and furniture, as well as food. In addition, we helped families with counseling and other non-financial support. 40 families were helped at Christmas as well. Our store supplements donations enabling the Society's work. It is open six days a week from 10am-4pm, and is manned by an all-volunteer staff. Our inventory is all donated. We offer interviews and counseling every Thursday night at 6pm at St. Jude's Activity Center to help our clients make real systemic changes in their condition and thus improve their lives. This is a large operation requiring many talents but the spiritual rewards are great.*

**Mission:** To offer tangible assistance to those in need on a person-to-person basis. The thrift store located in the Olde Greenwich neighborhood of Fredericksburg sells clothing and household items and the Society provides funds for those struggling financially.

**Time:** Whatever you are able to give.

**Talent:** Sort clothes, cashier, pick-up and deliver furniture. Ability to interview applicants seeking financial assistance. Friendly demeanor and compassion for those in need of help.

**Coordinator:** Maureen Jones, 540-898-9066,  
[mjones@mckcompany.com](mailto:mjones@mckcompany.com), or Carol Byram,  
[csbyram@gmail.com](mailto:csbyram@gmail.com)













*We welcome, connect and foster fellowship in the parish community. Parish Life is the very essence of Christ in action - loving, serving, praying and building God's kingdom through each other and the family of St. Mary Parish. The Parish Council Parish Life Committee Chair is Barbara Walor, [dhs321@comcast.net](mailto:dhs321@comcast.net).*

## PARISH LIFE

- Ancient Order of Hibernians
- Book Club
- Called and Gifted Program
- Council of Catholic Women (CCW)
  - Circle of Love
  - Craft Group
  - Prayers and Squares
- Cursillo
- Funeral Receptions Committee
- Gardens Committee
- Homeschoolers Group
- Knights of Columbus
- Legion of Mary
- Lenten Small Groups Program
- Magdalenes
- Men's Groups
- St. Anne Sisters in the Faith (Moms' Group)
- Over 40 Single Catholics
- Parish Food Chain
- Parish Life Committee
- Prayer Groups
  - Global Prayer Ministry
  - Life in the Spirit Gathering
  - Spanish Prayer Group
- Respect Life Ministry
  - Birthright
- Mary's Shelter
- Retreats
- Secular Franciscan Order
- Senior Luncheons
- Vocations Committee
- Welcoming New Parishioners
- Young Adults
- Youth Organizations (parish/school sponsored)
  - American Heritage Girls
  - Boy Scouts Troop
  - Girl Scouts Troop
  - Squires/Roses



## Ancient Order of Hibernians

*The Ancient Order of Hibernians is America's oldest Irish Catholic Fraternal Organization. The General Thomas F. Meagher group is one of 13 divisions in the Commonwealth of Virginia. Fr. John Munley of St. Mary was instrumental in founding our Division in 1987 and named it for the Commander of the famed Irish Brigade. We participate in Irish cultural events including the Rose of Tralee contest, St. Patrick Day celebrations and parades and area international festivals.*

**Mission:** To bring Irish Heritage, culture and traditions to the forefront and support several Irish, Catholic local area charities and local Catholic education. Our motto is "Friendship, Unity and Christian Charity."

**Time:** Monthly meetings 3rd Tuesday of the month at 7:30pm at the Knights of Columbus Hall 4724 Harrison Rd. The meetings include a formal business meeting followed by a social segment often including guest speakers and/or discussions on current issues in Ireland, Irish/Irish-American history, genealogy, and Irish culture and traditions. Additional charitable and community events are held throughout the year.

**Special Skills:** Irish, Catholic men, 18 years or older seeking friendship and fellowship in Christian character.

**Coordinator:** Pat Fogarty  
[pfogarty3234@gmail.com](mailto:pfogarty3234@gmail.com)

## Book Club

*The parish book club meets on the second Tuesday of the month at 10am at the John Paul II House to discuss works with Christian themes. The selections, both ancient and new, are determined by the membership and include both fiction and non-fiction. For the annual December meeting readers choose a book from the parish library's extensive collection. Observers are always welcome as listeners at our discussions. Members believe that Catholics need to take responsibility for themselves in continuing their education throughout life, and the parish book club exists for all who have an interest in reading and joining in fellowship for lively, stimulating discussions.*

**Mission:** To read and discuss books which have a Christian focus.

**Time:** the 2nd Tuesday of the month at 10am.

**Coordinators:** Maureen Guilfoyle,  
[maureenpsg@verizon.net](mailto:maureenpsg@verizon.net), and Mary Kenney.



## Called and Gifted Program

*Christ is calling you; Christ needs you to carry his love to others in a way only you can do. In Baptism, each of us received spiritual gifts from the Holy Spirit. Called and Gifted will guide you in discovering your gifts, exercising them in your life, and sharing these gifts with others.*

**Mission:** Chances are that you never fully received Christ's teachings on lay participation in the Church's mission, and have never received an opportunity to discover for yourself how Christ is calling you, uniquely and personally, to use your gifts to enrich your spiritual life, family, parish, community, and workplace.

**Time:** Primarily based on a variety of programmed events throughout the year and a commitment to consciously incorporate your spiritual gifts throughout your daily life. **Talent:** Emphasis on completing the Called and Gifted program and events.

**Coordinators:** Mary Podlesny, [mbpodlesny@gmail.com](mailto:mbpodlesny@gmail.com) and Mary Jo Medosch, [maryjo.medosch@gmail.com](mailto:maryjo.medosch@gmail.com).

## Council of Catholic Women (CCW)

*The Council of Catholic Women is a national organization. Ours is one of the few parishes in this part of Virginia to have its own Council; all women registered at St. Mary are members.*

*Together we do great things for our parish and community. We donate thousands annually to worthy causes through fund-raisers like craft bazaars, bake sales, yard sales and charity baby showers. The Circle of Love provides help for parishioners in crisis situations, and the Prayers and Squares ministry offers comfort with symbols of God's healing love to those who are ill or homebound. We have chartered and sponsor American Heritage Girls Troup VA0126; award a yearly scholarship to a girl attending St. John Paul the Great High School; and host a Mother-Daughter Tea (which is really for everyone). Our monthly meetings, September through May, feature uplifting speakers. We enjoy serving food at the Parish Picnic and ice cream at the Ice Cream Social. Each year we organize a day-trip pilgrimage for all parishioners. Please keep in touch with us through meeting minutes and newsletters at [StMaryCCWNews@aol.com](mailto:StMaryCCWNews@aol.com).*

**Mission:** With Our Lady of Good Counsel as our guide, we support, empower and educate women in spirituality, leadership and service.

**Time:** Monthly meetings with speakers and fellowship. Support of parish life activities, many opportunities to volunteer where your interests lie.

**Talent:** Willingness to share time and individual gifts. Desire to learn and deepen faith in a relaxed, friendly setting.

**Coordinators:** Denice Whatley, VP (Membership), [eeewhatley@gmail.com](mailto:eeewhatley@gmail.com); Donna L. Davis, President, [LadyDee519@aol.com](mailto:LadyDee519@aol.com).

## CCW Circle of Love

*Short term support for parishioners in crisis situations as needed — meals, rides, sitter help, home or nursing home visits. All aid is service related, not financial.*

**Mission:** To put Christ's love into action by supporting those experiencing a life-changing event.

**Time:** Whatever time you have to offer. It might be making a meal, giving a ride, or visiting for an hour.

**Talent:** A loving and caring heart. We can use cooks, drivers, visitors, gardeners, homework helpers, etc.

**Coordinator:** Kathy Saladino, [ksaladino2009@comcast.net](mailto:ksaladino2009@comcast.net) (meals, visits); Loli Ibarra, [lacasablanca2@gmail.com](mailto:lacasablanca2@gmail.com).

## CCW Craft Group

*We make the items sold at the CCW's annual bazaar, one of our most important fundraisers. We meet Thursday mornings most of the year, and welcome participation by men! Each crafter works on projects of her or his choosing — but if you don't have a project, we can usually offer you something to work on. Our Thursday meetings are great social get-togethers, but folks are welcome to work on bazaar crafts at home if they are unable to attend.*

**Mission:** To inspire one another through arts and crafts, and share in the joy of creativity.

**Time:** Weekly meetings or crafting from home.

**Talent:** Needlework, painting, woodworking, glass art or jewelry—you name it! **Coordinator:** Wanda Cushing, [wandasj823@gmail.com](mailto:wandasj823@gmail.com)

## CCW Prayers & Squares

*Prayers & Squares is a nationwide interfaith outreach ministry. Here at St. Mary we have created and presented hundreds of quilts to people in need of healing prayers. With a minimum of 69 prayers per quilt (often there are many double or triple knots), that means thousands of prayers have been offered. With the help of all parishioners we are able to give these beautiful symbols of faith and love to those who are ill or homebound.*

**Mission:** To combine the gift of a hand tied quilt and the gift of prayer for someone in need. How does it work? Heavy thread is run through quilt layers, the ends left for parishioners to tie off; for each knot tied, a silent prayer is offered for the quilt recipient.

**Time:** Our P&S Chapter meets as a group once a month. Individuals can cut fabric or sew at home as often as they like. Quilt “sitters” must be available after Sunday Masses.

**Talent:** Many roles require no particular skills. We need people who sew, but also need people to cut fabric squares and to “sit” with the quilts on Sundays as parishioners tie knots and pray.

**Coordinator:** Barbara Walor,  
[dhs321@comcast.net](mailto:dhs321@comcast.net)

### Cursillo

**Mission:** To create small groups that allow opportunities for Catholics to grow in their faith by sharing their experiences, successes, and failures in the ordinary moments of their everyday lives.

**Time:** Cursillo begins with a three-day retreat; it follows with the invitation to meet with others who have attended a Cursillo weekend to share and grow in their faith together, either weekly or quarterly.

**Talent:** A desire to grow stronger in your faith and help others do the same.

**Coordinator:** Joyce Bodoh,  
[joycebodoh@gmail.com](mailto:joycebodoh@gmail.com)

### Funeral Reception Committee

**Mission:** To provide support for families in held in the Parish Life Center following funerals.

**Time:** As needed when funerals occur. Weekdays or Saturdays.

**Special Skills:** A desire to support a family in grief.

**Coordinators:** Mary Ellen Wheeler,  
[melonqu@aol.com](mailto:melonqu@aol.com) and Ann Duhamel,  
[twoduhamels@aol.com](mailto:twoduhamels@aol.com)

### Gardens Committee

**Mission:** To enhance the gardens and landscape of St. Mary and Holy Cross Academy.

**Time:** Seasonal. Specific activities in late spring, summer and early fall.

**Special Skills:** Enjoyment of gardening. Plant knowledge is helpful.

**Coordinator:** Kayla Weaver,  
[kayla.coan@gmail.com](mailto:kayla.coan@gmail.com)

### Homeschoolers Group

**Mission:** To support parish families who educate their children at home. Provides fellowship, guidance and resources.

**Talent:** Homeschooling families interested in the opportunity to participate in extra-curricular activities and to socialize.

Contact: Heather Gardner,  
[uvafeather@gmail.com](mailto:uvafeather@gmail.com)

### Knights of Columbus

*The KofC is a Catholic men’s organization designed to assist the parish through charity, unity, and fraternity. Fredericksburg Council 4034 supports St. Mary in many ways throughout the year. Knights are Catholic men committed to charity in action. You will find the Knights participating as ushers, choir members, extraordinary ministers of Holy Communion, lectors, as well as some lesser known, but very important ministries. The Council raises funds for the Religious Education Assistance Program (REAP), sponsors and helps organize the annual March for Life, holds monthly family dinners at the parish, with the going to various charities, organizes the annual Life Chain, gathers for a quarterly Corporate Communion and monthly Adoration, in addition to many other things. The Council co-sponsors and helps organize the Parish Picnic. The Council also helps those in need through parish referrals, and supports family, youth, community, and Church in prayer, treasure, and action.*

**Mission:** To live by the principles of charity, unity, fraternity and patriotism within the community of St. Mary Parish. The Knights of Columbus has the potential of being one of the most profound presences of charity and leadership in the parish, with your membership.

**Time:** Meetings held monthly. Additional charitable and community events are held throughout the year. Visit our public web page at <http://www.kofc4034.org/index.html>

**Special Skills:** Catholic men over 18 years of age seeking fellowship and having a desire to grow in their faith and community outreach.

**Coordinator:** Grand Knight Steve Stoecker,  
[sjstoecker@yahoo.com](mailto:sjstoecker@yahoo.com); or  
[grandknight@kofc4034.org](mailto:grandknight@kofc4034.org)

### Legion of Mary

*The Legion of Mary is a lay Catholic organization whose members give service to the Church on a voluntary basis in almost every country. Weekly meetings are held where prayer and instruction are intermingled with reports and discussion. Additionally, every legionary completes a weekly apostolic work. These works include religious education, and visitation of families and the sick, in their homes, hospitals, and nursing facilities. The Legion also collaborates in apostolic and missionary undertakings*



sponsored by the parish.

**Mission:** To magnify the glory of God through the holiness of its members developed by prayer and active co-operation in the Church's work, under the guidance of a priest.

**Time:** Weekly meetings with additional apostolate works, about a four-hour weekly commitment.

**Special Skills:** Commitment to prayer and service.

**Moderator:** Fr. Stephen Holmes,  
[frholmes@stmaryfred.org](mailto:frholmes@stmaryfred.org)

**Monday Morning Coordinator:**

Mary Felts, [maryfelts@verizon.net](mailto:maryfelts@verizon.net);

**Monday Evening Coordinator:**

Gregg Carneal, [gcarneal@cox.net](mailto:gcarneal@cox.net);

**Spanish Coordinator:**

Luisa Slaughter,

[luisa\\_slaughter@verizon.net](mailto:luisa_slaughter@verizon.net)

## Lenten Small Groups

**Mission:** To develop and encourage small groups to gather weekly during Lent 2015 to share their faith and build community.

"Affinity" Groups will be invited to meet in their homes or at work, or after work, and if they are comfortable doing so, participants may take turns acting as facilitator. "For where two or three are together in my name, there I am in the midst of them" (Mt 18:20). Small groups are a great way to make big churches feel smaller. Our Faith is very relationship oriented. Christ taught us that when we are present to each other, know one another, share what we have, support and encourage each other in love and faith, God will be with us in extraordinary ways.

**Time:** Groups will meet weekly throughout the season of Lent, (six weeks), approximately one or one and one-half hours per session.

**Talent:** Roles to fill include Coordination, Group Leaders and Communication/Promotion to the Parish. Willingness to explore faith in a small group setting—open to sharing. Groups are suggested to gather around common interests as a means collegiality but not required (affinity groups) and committed to the six-week program.

**Coordinator:** looking for a coordinator, [stmary@stmaryfred.org](mailto:stmary@stmaryfred.org)

## Magdalenes

*The Magdalenes are a ministry consisting of women and men parishioners who provide spiritual support for bereaved families since 1996. When notified upon the death of a parishioner, the Magdalenes attend the funeral Mass and remain afterwards to pray the rosary for the repose of the soul of the deceased parishioner. If there is*

*a viewing at the funeral home, they will attend and lead the rosary in the absence of clergy. Families of the deceased have often expressed their gratitude for this ministry. We welcome new members!*

**Mission:** To pray for the deceased members of our parish at funerals.

**Time:** As needed, when funerals are scheduled. Weekdays or Saturday mornings.

**Special Skills:** A desire to support families in grief. Participate in funerals and vigils through prayer.

**Coordinator:** Susan Huthmaker,  
[shuthmaker@hotmail.com](mailto:shuthmaker@hotmail.com); Nell Allen,  
[nallen4061@verizon.net](mailto:nallen4061@verizon.net)

## Men's Group

*Through discussing issues relevant to work, family and friendship, men of the parish have an opportunity to reinforce and strengthen their Catholic faith.*

**Mission:** To offer men an opportunity for fellowship, discussion and prayer in a casual environment.

**Time:** Two group meetings monthly at varying times. One is held at Adventure Brewing South, and the another at different breweries or homes. Contact the coordinators to be placed on the distribution list and receive the date, times, and locations each month. **Coordinators:** Michael Bostain, [mrbbostain@gmail.com](mailto:mrbbostain@gmail.com) and Kevin Wilkinson [kwlknsn@yahoo.com](mailto:kwlknsn@yahoo.com)

## St. Anne Sisters in Faith (Moms' Group)

*Book study, fellowship, discussion on a variety of topics, social events and pot luck dinners with our families.*

**Mission:** To strengthen and support women in their vocation as Catholic wives and mothers through prayer, education and fellowship.

**Time:** Meetings held every Friday 9:40 - 11:30am (September-May) at the John Paul II house, young children welcome, babysitting provided.

**Coordinator:** Rocio Atkinson,  
[rocioatkinson@yahoo.com](mailto:rocioatkinson@yahoo.com)

## Over 40 Singles

**Mission:** To develop and coordinate activities for single, widowed or divorced Catholics over 40 years old. To foster spirituality and friendships in the community and in service to the parish.

**Time:** Newsletter sent once a month informing members of dates to meet for Mass and get together for a meal afterward as well as attend parish dinners together. Attend various social events as a group such as shows and events in Fredericksburg. No meetings *per se*.

**Special Skills:** Creativity, ability to work with a team and enjoy life.

**Coordinator:** Kathy Saladino,  
[ksaladino2009@comcast.net](mailto:ksaladino2009@comcast.net)

**Parish Food Chain** **Mission:** To support parish life by preparing food and/or desserts for receptions throughout the year.  
**Time:** As needed.  
**Special Skills:** A love of baking and preparing finger foods.  
**Coordinator:** Margaret McMillen, [mcmillenf1@aol.com](mailto:mcmillenf1@aol.com)

**Parish Life Committee** **Mission:** To promote and organize activities that build up our parish community in fellowship and sharing, as well as organizing social events that promote community, such as Ice Cream Social, Parish Picnic, etc. **Time:** As parish calendar dictates, typically 3 or 4 events each year.  
**Special Skills:** Ability to work together as a team and provide warm and welcoming hospitality to parish community.  
**Coordinator:** Barbara Walor, [dhs321@comcast.net](mailto:dhs321@comcast.net)

**Prayer Groups Global Prayer Ministry** **Mission:** With firm faith in the power of prayer (as we have seen astounding results with thousands praying at once), and the ability for social media to connect people in a common intention, this prayer group will commit to 10 minutes of prayer simultaneously each week, for an intention determined by St. Mary and the coordinator and communicated as the time begins.  
**Time:** 10 minutes of prayer, wherever you happen to be at that time.  
**Coordinator:** Gail Russell, [gail.russell2011@gmail.com](mailto:gail.russell2011@gmail.com)

**Prayer Groups Life in the Spirit Gathering** *The Life in the Spirit Prayer Gathering met about every other Tuesday over the last year averaging between 15-20 attendees. We just completed our second Introduction to Renewed Catholic Life in the Spirit with about 30 participating (not counting the Team of 15) in some part of the eight weeks. About 20 participated for the full eight weeks*  
**Mission:** To praise, pray and open our hearts to the Lord Jesus Christ and the movement of the Holy Spirit, including His gifts and charisms. All are welcome to attend and participate in these gatherings.  
**Time:** The 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month (check the bulletin, dates may change from month to month) at 7:30pm.  
**Contact:** Walter and Claire Matthews, [wcmatthews@aol.com](mailto:wcmatthews@aol.com)

**Prayer Groups Spanish Prayer Group** **Mission:** To gain knowledge of our Catholic faith through the teachings of Jesus Christ. Allows participants to acknowledge the gifts that God gives us and the sacrifice that Jesus made for us.  
**Time:** Thursday evenings, 7pm  
**Coordinator:** Santana Isabel Bermudez, [isabelbermudez17@gmail.com](mailto:isabelbermudez17@gmail.com)

## Respect Life Ministry

**Mission:** To promote pro-life and pro-family values, facing trends in today's culture with mercy, action and support. This year we will promote new initiatives for education and the dignity of the person, with emphasis on a culture of support and adoption.  
**Time:** Flexible, as able.  
**Special Skills:** An ability to reach out to others in a spirit of love and forgiveness, an intention to heal and transform hearts.  
**Coordinators:** Donna Hart, [d.hart@vapropertiesinc.com](mailto:d.hart@vapropertiesinc.com), Elaine Stanislawski, [estanislawski@stmaryfred.org](mailto:estanislawski@stmaryfred.org), Karen Sturtevant, [ksturtevant@stmaryfred.org](mailto:ksturtevant@stmaryfred.org)

## Respect Life Birthright

*The essence of Birthright is love. In 1976, Irene Hagerty, then president of the St. Mary Council of Catholic Women in Fredericksburg, along with some like-minded church friends, felt the area needed a pro-life center where girls and women faced with an unplanned pregnancy could go for help in maintaining their pregnancies. Rather than telling women "Don't have an abortion," these early organizers wanted to be able to say, "Let us help you have your baby."*  
*Birthright is non-profit 501 (c)3 charitable organization established in Toronto, Canada 1968. Currently there are chapters across Canada, the United States and Africa, as well as a 24/7 North American toll-free Helpline. Birthright is staffed entirely by devoted unpaid volunteers and supported through private donations, churches, civic groups, fraternal organizations, and individuals both young and old.*  
**Mission:** To provide caring non-judgmental support to girls and women who are distressed by an unplanned pregnancy and to help her make a realistic plan for her future and the future of her unborn child.  
**Time:** Flexible. Varies according to need. Training offered throughout the year.  
**Contact:** Lily Alarcon, Lafayette Blvd., Fredericksburg VA 22401. 540-898-4670 (can leave messages). [bofoffice@gmail.com](mailto:bofoffice@gmail.com) 2006  
**Note:** This is a non-denominational community ministry.



## Respect Life Mary's Shelter

*Mary's Shelter provides an expectant mother, and any additional children she may have, with housing for up to three years in order to further her education and/or secure employment. She must receive counseling, attend in-house parenting and life-skills classes and adhere to the program covenants which offer structure, self-discipline and guidance. Mary's Shelter is run almost exclusively by volunteers. Regular volunteer brunches are offered to explain to potential volunteers our mission and needs. Our hope is that many will answer the call to get involved in this pro-life ministry. A few options are mentoring, providing transportation to appointments, babysitting, seasonal yard work, spiritual adoption, and many more.*

**Mission:** To provide housing and all necessary support to women faced with a crisis pregnancy.

**Time:** Flexible. Any time that you are able to give is appreciated.

**Special Skills:** Compassionate individuals who are willing to help with the many needs associated with pregnancy, giving birth, early days after birth and helping new mothers to become independent providers.

**Coordinator:** Kathleen Wilson, Director, marysshelterva.volunteers@gmail.com or 540-374-3407

**Note:** Mary's Shelter is assisted in the community by several local churches

**Retreats** *The Parish Retreat Ministry is dedicated to making St. Mary parishioners aware of the opportunities and benefits of (1-3 day) retreats at St. Mary and nearby locations, such as Loyola on the Potomac. Temporarily leave behind the usual distractions we all face for a time, long enough to allow relaxation and for an inner change to occur: the ongoing conversion of heart that is critical to deepening of faith. This year's efforts have continued to be fruitful. Over 15 Parishioners attended this year's retreats at Loyola where the themes of "Entering into the Father's Joy" and "The Healing Power of Forgiveness" were the focus. This year's (2017-18) retreat is entitled "Come, Follow Me!" The life of a disciple of Jesus is a life of commitment.*

**Mission:** To refresh, revitalize and give the opportunity for more time in prayer and contemplation and rekindle and deepen one's relationship with God.

**Time:** As scheduled, usually varies from 1-3 days/nights.

## Secular Franciscan Order

**Special Skills:** A desire to take an opportunity to more clearly hear God's call, to seek God's healing grace, to attain a degree of spiritual renewal.

**Coordinator for Loyola Retreat Center (Faulkner, MD):** Len and Sylvia Fontenot, [lensyl1966@verizon.net](mailto:lensyl1966@verizon.net) For more info go to: [www.loyolaonthepotomac.com](http://www.loyolaonthepotomac.com).

**Mission:** To live the Gospel life in the manner of St. Francis of Assisi as lay men and women. Canonically established in 2005, the Immaculata Fraternity is a local fraternity of the worldwide Secular Franciscan Order. **Time:** The Fraternity meets monthly for communal prayer, ongoing formation in Catholicism and Franciscanism and social fellowship. Members of the fraternity are committed to daily personal prayer and apostolic activity in the various parishes to which members belong. At St. Mary, the fraternity coordinates the **Franciscan Prayer Chain** and assists with the coordination of Divine Mercy devotions. The fraternity also supports the pro-life apostolic work of the Paul Stefan Home.

**Talent:** An interest to learn more about the order and to discern whether the Lord may be calling you to live for Him in the world-but not of the world-as members of a recognized order in the Church.

**Coordinators:** MaryAnne Buccigrossi, [mamabelieve@verizon.net](mailto:mamabelieve@verizon.net)

## Senior Luncheons

*Four times a year, Seniors of the parish gather in the Parish Life Center to enjoy a meal prepared by our loving volunteers. The camaraderie among the volunteers is good as they plan, work and eat together. Attendance is usually 80 to 100. A great sense of fellowship happens when we all get together. Entertainment is always provided, and admission is free. Last year we added an additional date for Bingo.* **Mission:** To create opportunities for the Seniors in our parish to gather for social interaction in a relaxed environment with fellowship and to let them know we care about them and they are not forgotten.

**Time:** Luncheons held quarterly. Approximately 4-5 hours.

**Special Skills:** A desire to serve others, organizing, cooking, and providing transportation.

**Coordinator:** Maria D'Amico, [mmdv61@comcast.net](mailto:mmdv61@comcast.net)

**Note:** All Seniors in our parish are warmly invited to attend these events filled with great food, music and fun!

## Vocations Committee

**Mission:** To coordinate parish activities to promote particular vocations to the priesthood and religious life, in collaboration with

the diocesan vocations promoter.

**Time:** Quarterly planning committee meeting, activities as determined by the group.

**Special Skills:** A love for the Church and a willingness to encourage and support, building a context in which vocations are a normal part of parish life.

**Coordinator:** Sharon Malay, [shmalay@cox.net](mailto:shmalay@cox.net)

### Welcoming New Parishioners

**Mission:** To welcome and inform our new parishioners about the many ways in which they can get involved, to grow and develop their faith and feel a part of the family that is St. Mary parish.

**Time:** Monthly welcome meeting / reception 1-2 hours per month.

**Talent:** A warm and welcoming spirit.

**Coordinator:** Elizabeth Dominguez,

### Young Adults

*Hosting bi-weekly men's' and women's' bible studies, game nights, book discussions, prayer and social events and outdoors excursions.*

**Mission:** To connect young adults with the mission of the Church in the world with a peer community in which faith is nurtured and strengthened. Ages 21-39.

**Time:** Meetings, service and and special events as planned.

**Special Skills:** A desire to minister to young adults in all stages of life and activity planning skills according to time, ability and needs of members.

**Coordinator:** Allison Gatrone, [8allison8@gmail.com](mailto:8allison8@gmail.com)

### Youth Organizations (sponsored) American Heritage Girls

**Mission:** To build women of integrity through service to God, family, community and country. The nonprofit national organization offers badge programs, service projects, girl leadership opportunities, and outdoor experiences.

**Time:** The troop meets three times a month, on Thursday evenings, with other activities once or twice a month.

**Talent:** Opportunities available for Troop leaders also!

**Coordinators:** Margaret Matarese, CCW Liaison, [jimquail@aol.com](mailto:jimquail@aol.com), and Heidi Adams, Coordinator, [AHGva0128@vahoo.com](mailto:AHGva0128@vahoo.com)

### Youth Organizations (sponsored) Boy Scouts of America

**Mission:** The Boy Scouts of America provides a programming for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness.

Cub Scouting is a program of the Boy Scouts of America—so in that sense, Cub Scouts and Boy Scouts are both members of the same organization. However, they are entirely different programs: Cub Scouting is a family-oriented program designed specifically to address the needs of younger boys. **Time:** Please contact listed leaders for each group's schedule.

**Cub Scout Pack 1410:** Frank Guzman, [cubmaster1410@gmail.com](mailto:cubmaster1410@gmail.com)

**Boy Scout Troop 1410:** Carlton Land, [t1410sm@gmail.com](mailto:t1410sm@gmail.com)

### Youth Organizations (sponsored) Girl Scouts of America

**Mission:** Girl Scouts is a "girl-led" organization where girls take charge, under the guidance of and partnership with committed volunteers, to make decisions and discover the fun, friendship, and power of girls teaming together in a support-ive, nurturing environment.

**Time:** Please contact listed leaders for each group's schedule.

**Brownie Troop 430:** Santina Thelen, [s.maethelen@gmail.com](mailto:s.maethelen@gmail.com)

**Brownie Troop 5377:** Susana Torres, [sgarcia@vitomar.com](mailto:sgarcia@vitomar.com)

**Girl Scout Troop 522:** Shannon Bayne, [bayne4@gmail.com](mailto:bayne4@gmail.com)

**Girl Scout Troop 5225:** Anne Marie Theriot, [amtheriot@gmail.com](mailto:amtheriot@gmail.com)

### Youth Organizations (sponsored) Trail Life USA Troop

**Mission:** Sponsored by the Knights of Columbus Council, Troop VA-4034 is a Christian adventure, character, and leadership program for young men. The K-12 program centers on out-door experiences that build a young man's skills and allow him to grow on a personal level and as a role model and leader to his peers. Living the Trail Life is a journey established on timeless values derived from the Bible.

**Coordinator:** Mark Gardner, [troopmasterva4034@gmail.com](mailto:troopmasterva4034@gmail.com)





# 2017–2018 Parish Leadership



## Parish Staff

**PASTOR**  
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Deacon Dick Delio

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## Parish Advisory Board

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**PARISH LIFE COMMITTEE**  
Barbara Walor, **CHAIR**  
dhs321@comcast.net

**MEMBERS**  
Maria D'Amico Patti  
Kaila Luis Perez  
Andre Simons Mary  
Wheatley Ben Keddie  
Connie Wiley

**ALTERNATE MEMBERS**  
Mario Alas  
Mary Collins-Morton CJ  
Stewart



**Parish** Regis Keddie, CHAIR  
**Finance** Sue Bridi, SECRETARY  
**Council** John Izzo

Beverly Cameron  
Summer Hughes

**Stewardship  
Committee**

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d.hart@vaproperties.com  
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Global Prayer Ministry, Pro-Life Committee,  
Little Flower*

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jflorio@stmaryfred.org  
*Contact for: Ecumenical and Interreligious  
Commission, Micah Ministries, Cold Night  
Shelter, SHARE, Refugee Assistance, Bishop's  
LentenAppeal, Catholic Advocacy*

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Ushers*

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Chain, Altar Society, Spanish Legion of Mary*  
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tion, Catholic Charities, Baby Closet, Pre-  
school, Development Committee, Book Club,  
Called and Gifted*

Mike Huie abbyconstr@aol.com  
*Contact for: Homeless Shelter Dinners, Parish  
Life Committee, Gardens Committee, Ancient  
Order of Hibernians, Manna Project, Men's  
Groups, St. Lucy's Food Distribution, Catholic  
Business Network*

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*Contact for: Legion of Mary, St. Ann's Sisters  
in Faith, Life in the Spirit, Extraordinary  
Ministers of Holy Communion*

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*Contact for: Over 40 Catholics, Circle of Love,  
Religious Education CCD / RCIC, Operations  
Committee Volunteers, Micah Community  
Dinners*

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Franciscans, Prayers and Squares, Vacation  
Bible School, CCW, Cursillo*

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Decorators, Holy Cross Academy, ESL, Youth  
Ministry / Confirmation / WorkCamp ,  
SCRIP*

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Magdalenes, Craft Group, Parish Nursing  
Program, Mary's Shelter, Welcoming New  
Parishioners*

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Hospitality Greeters, Young Adults, Knights  
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# We are your Church. We welcome you home.

We can't participate fully and actively as a community  
without everyone here.

Have you been away from the Catholic Church?

Has it been a while since you've joined us for Mass  
or any other parish activities?

Do You Have Questions Like These?

- + Is my own spirituality enough, or do I need something more?
- + What am I missing by not actively practicing my Catholic?
- + I have been away from the Church for a long time. Is it too late to return?
- + A lot has changed in the Church. Can I really get caught up?
- + What if I disagree with some of the Church's teachings?
- + What if I am divorced? Or married / remarried outside of the Catholic Church?
- + I feel guilty about my past. How can returning to the Church help me?
- + I left the Church because I was hurt. Why should I return now?

If you are asking these or similar questions, you may be hearing God's loving call to return to the active practice of your Catholic faith. We can help you find answers.

Our Catholic community cares about you. *We miss you!*



If you want to talk with someone about returning the practice of the Catholic faith, please contact us, using the information below. Our parish representative will be in touch with you soon.

If you don't want to speak with anyone right now, please join us for Mass and pick up a bulletin. Look at our parish activities and choose a place to start that is right for you. We look forward to seeing you.

Let us pray together to God for guidance. Your response to this invitation could be the first step to a new beginning in your life.

St. Mary of the Immaculate Conception  
540-373-6491  
[stmary@stmaryfred.org](mailto:stmary@stmaryfred.org)





**Saint Mary of the Immaculate Conception Roman Catholic Church**  
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