

## Sixteenth Sunday in Ordinary Time

July 22, 2018



*Youth Group on mission trip to Banica, 2018. Photo Credit: Catie LeBouton*

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

# upcoming events

## July



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

HOLY CROSS ACADEMY

### **22 SUNDAY, SIXTEENTH SUNDAY IN ORDINARY TIME**

*Coffee Shop after the 7am, 8:30am, 10:30am, and 12:30pm, Mass*

*Scrip on Sale after all Masses except for 2:30pm*

11:30am, New Family Welcome Meeting, Parish Life Center

12pm, Spanish Legion of Mary, Parish Life Center, Room 204

### **23 Monday, Weekday [Saint Brigid, Religious]**

10:15am, Legion of Mary Our Lady of Perpetual Help Presidio, Parish Life Center, Room 100

1pm, Psalms Bible Study, Courtyard Meeting Room

### **24 Tuesday, Weekday [Saint Sharbel Makhlûf, Priest]**

6pm, CYM Spirits Tuesday at Old Mill Park

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

### **25 Wednesday, Saint James, Apostle**

3pm, Divine Mercy Devotions, Church

5pm, CYM Bible Timeline Bible Study, John Paul II House

6pm, Associates of St John Bosco College Night, Parish Life Center

6:30pm, Bishop Barron Bible Study, Courtyard Meeting Room

6:30pm, Spanish Junior Legion of Mary, Parish Life Center

6:30pm, Confessions, Church

### **26 Thursday, Saints Joachim and Anne, Parents of the Blessed Virgin Mary**

9:30am, Craft Group, Parish Life Center, Room 100

5pm, Seminarian Series Youth Talk, John Paul II House

7pm, Nar-Anon, Parish Life Center, Room 204

### **27 Friday, Weekday**

**9am, Diocesan Youth Mass with Bishop Burbidge followed by Youth trip to Kings Dominion**

7pm, Spanish Prayer Group, John Paul II House

### **28 Saturday, Weekday**

8am, Confessions, Church

10am, Baptisms, Church

10am, Al-Anon, Parish Life Center Room 204

3:30pm, Confessions, Church

6pm, Scrip on Sale, Parish Life Center

### **29 SUNDAY, SEVENTEENTH SUNDAY IN ORDINARY TIME**

*Scrip on Sale after all Masses except 2:30pm Coffee Shop after 7am, 8:30, 10:30, and 12:30pm, Mass*

12pm, Spanish Legion of Mary, Parish Life Center, Room 204

# pulpit announcements

## nota bene (note well, please):

- **Seminarian Series for High School students**

*More information on page 7*

- **Summer Youth Group activities**

*More information on page 7*

- **Important information for all parish organizations**

*More information on page 8*

- **Join in the engaging Call to Evangelization series**

*More information on page 8*

- **Foster Care Orientation Meeting**

*More information on page 12*

- **Join Flocknote for RE Notifications!**

Text 'StMaryFredRE' to **84576** to automatically receive text messages and emails when RE Classes are canceled. Or go online and register by following the link at the parish website, **stmaryfred.org** on the right hand side at the top of the information panel.

## Parish Trips - Save the Dates:

**India with Fr. Sunny & Fr. Mosimann**

**October 14 - 28, 2018**

**Cost: \$3300**

**Holy Land with Fr. Mosimann**

**January 28 - February 8, 2019**

**Cost: To be determined**

## contact us

### SUNDAY MASS

Saturday Vigil 5 & 7pm  
Sunday 7, 8:30, 10:30am, 12:30,  
2:30pm (Spanish), 5pm, 7pm  
10:30am at Holy Cross Academy

### DAILY MASS

Mon.-Fri.: 6:30am, 9am  
M/W/F: 12 Noon  
Sat.: 9am  
First Friday 8pm  
Holy Days of Obligation, as announced

### DEVOTIONS

Adoration, Daily between 6:30am &  
9am Mass,  
Wednesday 12:30pm - Friday 9am  
Miraculous Medal Novena, Mon., after  
9am Mass, Divine Mercy, Wed., 3pm

### CONFESSION

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;  
students staff office weekdays until 9pm,  
Saturdays 9-5pm, Sundays 9:30-1:30pm

Pastor, Fr. John Mosimann  
Fr. Colin Davis  
Fr. Michael J.R. Kelly  
Fr. Michael Folmar  
Deacon Alberto Bernaola  
Deacon Dick Delio

Operations Manager, Jim Florio  
Business Manager, Elaine Stanislowski  
Parish Secretary, Elizabeth Tellez  
Director of Music, David Uschold

### 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

540-373-7553  
Director, Sheri Castellarin

### RELIGIOUS EDUCATION OFFICE

540-373-6491  
Director, Aristides Lucas  
Associate Director, Karen Sturtevant

### YOUTH MINISTRY

540-373-6491  
Director, Leo Chavarria  
Tatiana Beltran

### OUTREACH

540-373-6491  
Elena Doyle - outreach@stmaryfred.org

### 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 Parish Life Center 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](mailto:bulletin@stmaryfred.org). Thanks!

## stmaryfred.org



# from our pastor

# pax et bonum

Dear Folks,

What would you do to save your children from slavery?

Anything.

This week I was away at a Scripture conference retreat, and one of the themes was Mercy. Our notion of mercy is often just too thin: "Lord, don't give me what I deserve. You are a nice guy, be nice to me, please." It is not just God saying, "that's ok, I don't mind."

In the scriptures, mercy is much, much more. Mercy is covenant faithfulness. A covenant is a blood oath bonding persons in a family relationship. By the blood and water of the cross washing us in baptism, we are made brothers and sisters of the Lord, and sons and daughters of the Father. The oath that the Father has promised us is to rescue us from slavery. If we are taken in slavery, he promises to seek us out, and pay the price of our ransom to the slaveholder to set us free. This is what a redeemer does.

So when we ask for mercy, we are confessing our enslavement to sin, and asking God to remember the promise He made to set us free! We are asking Him to redeem us by His eternal enduring faithful love because we are His blood brothers and sisters. Every invocation of mercy, is a proclamation of suffering, death, and resurrection of Our Lord and a making present of that mystery.

By remembering the price paid, we can value and treasure the gift of Mercy.

What does the Lord do to save His children from slavery?

You know the answer. Live accordingly.

pax,



Fr Mosimann



## Health Ministry

### **MEN! Take Care**

We often hear about men leading the way in a variety of ways. But there is one area men would do well to catch up with the ladies: Healthy Living. Women lead the way in taking care of their health. Perhaps that is because they may be more conscious about how they look, or because they may be seeing their doctor more frequently during their childbearing years. Whatever the reason, men need to step up! In every state, statistics from the Kaiser Family Foundation tell us that more men are overweight or obese than woman and we all know the cascade of health related problems that comes with those pounds. Additionally, according to the CDC, unintended injuries such as those from accidental fires, car crashes and falls account for the third leading cause of death among men following heart disease and cancer. Women rank sixth in that category.

Volumes have been written on the healthy steps to take, but let's keep it simple for now. Consider the following list and pick 4 steps you believe you can reasonably follow for the next month. Keep track of your "score" and adapt your plan as needed to insure improvement.

- 1. Check in with your doctor. Don't skip that annual physical. Let him/her know your healthy living plan.**
- 2. Limit red meat.**
- 3. Limit white bread and white rice. Stick with high fiber products.**
- 4. Make water your number one drink. Check with your doctor for any restrictions that may apply for you.**
- 5. Read up on the DASH or American Plate diets. Both are available on line.**
- 6. Exercise 30 mins five or more times a week; walking is a good start.**
- 7. Make prayer a part of your "healthy" routine. God knows your struggles.**
- 8. Sleep at least seven hours a day.**
- 9. Drink alcohol in moderation.**
- 10. Hang with people who lift you up. Stay away from whiners and complainers.**

For more ways to expand your healthy living, check with your local YMCA for scores of exercise/activity/learning options by visiting [family-ymca.org](http://family-ymca.org)

# education

# holy cross academy

## Preschool Teacher Opening

Holy Cross Academy/St. Mary's Preschool is seeking a teacher for the three year old half day program for the coming school year. A preschool teacher must have a Bachelor's Degree in a child related field and either a teaching certificate or a minimum of six months of experience as a lead teacher in a preschool setting. Interested applicants should email their resumes to Sheri Castellarin at [preschool@holycrossweb.com](mailto:preschool@holycrossweb.com)

## Part Time Aide Opening

Holy Cross Academy/St. Mary's Preschool is seeking a part time aide for the four year old program for the coming school year. A preschool aide must have an Associate's Degree in a child related field. Interested applicants should email their resumes to Sheri Castellarin at [preschool@holycrossweb.com](mailto:preschool@holycrossweb.com)



*A National  
Blue Ribbon  
School of  
Excellence*

# altar server picnic

Bishop Burbidge invites all altar servers to join him along with other priests and seminarians for the annual picnic on July 26 from 10am-2pm at Lake Fairfax Park. There's a cookout, sports, games and prizes.

Call your parish office for details. If a group is not attending from your parish, you may call the Office of Vocations at 703-841-2514 or email [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org). Please be sure to mention the server's name and parish, the adult attending, and your name and email. All servers must be accompanied by adults.



# parish life religious education

## Magnifikid

**"It's vacation time!"**

"God wants us to have times of vacation. Jesus invites his disciples to take a vacation when he says, "Come away ... and rest

a while." Vacation can be a time to become closer to God. How? By going to Mass on Sunday, of course, but also by beginning each day with a simple prayer. ... and by praising him for the beauty of his creation. ... Thank You, Lord!"

## Religious Education Classes

Religious Education classes resume the week of September 10-12 on Mondays, Tuesdays and Wednesdays. There will be no Religious Education on Thursdays.

Classes in the Parish Life Center are from 4:45pm to 6pm and from 6:30-7:45pm. Classes at Holy Cross Academy are on Tuesdays from 6-7:15pm.

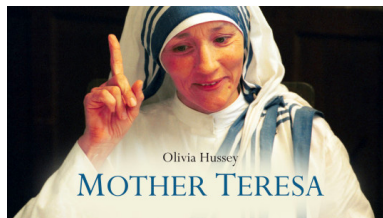
On Mondays, the classes from 6:30-7:45pm are for students from Grades 3-12 who are not up to date with their sacraments (Baptism, Reconciliation, Holy Eucharist and Confirmation). All other classes are for students from Grade One to Grade Eight. In grades one and two students prepare for the sacraments of Reconciliation and Holy Eucharist and in Grades seven and eight students prepare for the sacrament of Confirmation. One Kindergarten class is held on Tuesdays at Holy Cross Academy from 6-7:15pm.

## DO NOT TAKE A VACATION FROM YOUR FAITH THIS SUMMER!

**Have a Family Movie Night with FORMED!**

By God's design, the family is the first and most effective school of Christianity. Inspire and enrich your family by watching these epic feature films about holy men and women who devoted their lives to following Christ. Discover the power of virtue, prayer, service, and resilience in the face of opposition.

Visit [formed.org/watch](http://formed.org/watch) to watch the suggested titles below plus so many more!



### FORMED PICK OF THE WEEK

## True Reformers: St. Ignatius of Loyola

### A Soldier by Trade, A Saint by God's Grace

In this episode of the True Reformers series, meet St. Ignatius of Loyola, a soldier in Spain whose conversion led him to found the Jesuit order and offer the Church a new spirituality of devoted service to Christ.

Watch on [formed.org](http://formed.org)

**FORMED** THE CATHOLIC FAITH, ON DEMAND.



"Another excellent production on the life of a saint we all think we know. Keep up the great work Augustine Institute team!"

—Tina M, Winter Garden, FL



**JOIN FORMED — 1. [formed.org](http://formed.org) 2. click register 3. enter parish code: F6F228**

WE WELCOME YOU HOME. 540-373-6491



# our parish youth group

## College Night

We at St. Mary's will be hosting a College Night this summer on July 25th from 7 to 9pm. We would like to invite all graduating high school seniors and your friends to our College Night. The night is free of charge to all students. These Nights have proven to help students focus on something that many students heading off to college often overlook--namely, our Catholic faith. We want to help make sure that is part of your transition!

The Associates will be in the front of the church with a sign-up table outside after Mass. Please feel free to speak with them if you are a recent high school graduate and would like to sign-up for the night. Additionally, if you are a rising senior in high school, please feel free to sign up for alerts about

next year's schedule of College Nights.

Lastly, if you are interested in more of what the Associates of Saint John Bosco does or if you're inspired to support their efforts, please stop by the table for more information or visit their website at [asjb.org](http://asjb.org). We hope all of you rising college students will take advantage of this wonderful, faith-filled opportunity!

## Summer Youth Group Sports Tuesdays

Every Tuesday, through August 14 from 6pm-8pm come out to Old Mill Park (2401 Caroline St) to play sports: soccer, flag football or ultimate frisbee. All middle school and high school age teens are invited. Bring friends and a water bottle!

## Teen Bible Timeline Study

Open to high school teens. Wednesdays in July & August from 5-7pm, in the John Paul II house (includes pizza dinner. Bring \$4 to contribute). The Teen Timeline—or T3—is the teen version of the revolutionary Great Adventure Bible Timeline learning system that hundreds of thousands of Catholic adults have used to learn the Bible. Dynamic teen presenter Mark Hart makes the Bible come alive for Catholic teens by unpacking God's Word in a way they can relate to. T3 teaches teens the Bible by showing them the "big picture" of salvation history. When young students of the Bible first understand the "story," they are eager to learn more. The net result: teens begin to wrap their minds and hearts around the Scriptures. They come to see the Bible as a relevant part of their lives.

## Seminarian Series

Discussion, social and food with Seminarians Jonathan and Frankie who will speak on human sexuality in today's culture and the impact of Pope Paul VI and his papal document "On Human Life" in honor of the 50th anniversary of its publication

## Stay Up-to-Date

Be sure to stay in the know with St. Mary CYM by visiting [stmaryfred.org/youth-ministry](http://stmaryfred.org/youth-ministry)

## StMaryCYM




#GetInvolvedBeTransformed

SEMINARIAN SERIES:

# STANDING IN THE BREACH OF HUMAN SEXUALITY

FOR HIGH SCHOOL STUDENTS



JULY 26 + AUG 9  
5:00-7:00 PM  
JP2 HOUSE  
PIZZA PROVIDED

# parish life get involved

## Attention All Parish Organizations

Your calendar for the use of parish facilities from September 2018 to August 2019 should be submitted to Elaine in the Parish Office no later than July 31. Please make sure you submit your request to Elaine, in writing, as soon as possible, either by regular mail, or by email to [estanislawski@stmaryfred.org](mailto:estanislawski@stmaryfred.org). In setting up your schedule, please note that evening activities cannot be scheduled before 8pm Monday through Wednesday, and not before 6pm on Thursdays from September through May, due to Religious Education classes in the Parish Life Center and the John Paul II House.

## School Dressing Days

This program, created by the Interfaith Council. Serves children in need grades K-12 in the Fredericksburg Region with clothes and school items. This year the event will take place Friday, August 10-Saturday, August 11 from 9am-3pm at the Church of Jesus Christ of Latter-Day Saints, 1710 Bragg Road, Fredericksburg, VA 22407. Volunteers are needed to set-up days ahead, help meet and shop with the students/parents and clean-up. Various dates and times available. To volunteer, go to [tinyurl.com/SDD2018](http://tinyurl.com/SDD2018) and follow the simple steps. Just select the shift and date you prefer then click 'Submit and Sign Up' You do not need to have an existing account with SignUpGenius to do this. Any questions or problems signing up please call Jaye Anastasio at (540) 412-1622.

## Micah Furniture Bank

The Furniture Bank provides furniture for clients of Micah

Ecumenical Services, formally homeless individuals who are moving into housing. We need help delivering and/or picking up donated items. St. Mary's serves on the 3rd Saturday of the month from 9am-12. This is a great ministry for teens as we need muscle to move items! Please contact Rich LaRoche to join the crew at [stone48@verizon.net](mailto:stone48@verizon.net). To donate furniture visit [micahfredericksburg.org](http://micahfredericksburg.org).

## Micah Café

Enjoy a delicious lunch with your family/friends/ministry groups at the Micah Café and know that you are engaging with the homeless and lonely in our community. The Café was created this year to offer food service training for our homeless population so that they can go on and secure a job in the food industry after receiving certification. The Café also serves as a vehicle to create community for many who are lonely. The Café is a "Pay-As-You-Can" and donations are accepted at the door. Located 1016 Caroline Street is open Tuesday and Thursday from 11am-2pm. Check it out!

## Call to Evangelization

Empower your witness! Every day we have opportunities to share our story about why we love being Catholic, but do we? Or, do we hide our light under the proverbial bushel?

This small group's purpose is to support and encourage each other in our efforts to share our faith. We discuss opportunities we've had to evangelize, what worked and what didn't, or what prevented us from trying.

If you want to engage others in conversation about our faith, join us. *We meet every 3rd*

*Sunday between the 10:30am and the 12:30pm masses* (except on holiday weekends) in the Courtyard Meeting Room. For more information contact Bryan Richardson at [br22406@cox.net](mailto:br22406@cox.net)

## St. Vincent de Paul Thrift Store

Due to Volunteer Vacations, we will not be accepting clothing donations during the month of July. All other donations are welcome and accepted during July. Thank you for understanding!

## Fellow Parishioners

The summer season is upon us. With this, comes many visitors to the Fredericksburg area. Communion procedures can be confusing to those people who are not familiar with St. Mary. They do not realize that the people in the front pew do not get Communion first. To reduce confusion, we will begin Communion from the FRONT, with the alcoves receiving Communion LAST, starting this weekend. This will continue until further notice. We appreciate your cooperation and understanding.

## Adoration of the Blessed Sacrament

**Wednesday 12:30pm - Friday 9am**

Come and adore Our Lord in the most beautiful Blessed Sacrament of the Altar and honor His Holy Mother by saying the Rosary in His Divine Presence. We have continuous Exposition of the Blessed Sacrament every Wednesday after the 12 Noon Mass until Friday morning before the 9am Mass. We also have Exposition of the Blessed Sacrament 7-9am.



# parish life get involved

## Revelation: The Kingdom Yet to Come

Revelation is the first "ongoing" study in The Great Adventure Bible Study Program. In this intriguing look at one of the most talked-about books in Scripture, Jeff Cavins explores Revelation to demonstrate how the kingdom established by Christ in his Church is intimately connected with the kingdom of heaven, especially through the celebration of the Mass.

You will learn what all the mysterious figures and images of Revelation present, as well as what will happen during the Second Coming of Christ, what has already happened, and what is happening now in salvation history.

Join Jeff Cavins, Suzette Young and fellow parishioners for Revelation: The Kingdom Yet to Come at St. Mary of the Immaculate Conception in Fredericksburg, VA beginning September 10 at 12:45pm and continuing every Monday for eleven weeks.

To register for this study, please go to the parish office by August 24. The cost for materials is \$23, collected at the first class. Class size is limited to 40 people.



## Catholic Charities

Interested volunteers can start by submitting their information on [ccda.net](http://ccda.net) and clicking on 'volunteers' and they can also contact the volunteer manager, Arielle Reynoso at 703-778-9128, or through email, [areynoso@ccda.net](mailto:areynoso@ccda.net).

## HCA Fun Run/Walk

The 3rd annual HCA Fun Run/Walk is right around the corner. Please join us for the annual 1-Mile and "just added" 5K Fun Run/Walk right before the Parish Ice Cream Social, September 9 at 3pm. We will start and finish at Holy Cross Academy. Registration is \$5 for the 1-Mile and \$10 for the 5K, with all proceeds going to support the HCA building expansion. The 1-Mile event is primarily for children, ages 11 and under, but open to everyone. The 5K event is open to all ages. Both events are stroller friendly! We will have awards for the 1st and 2nd place finishers in male and female age groups: 12-14 and 15-17 in the 5K only. For Registration Information Contact Pearl: [crypea@aol.com](mailto:crypea@aol.com) or stop by the registration table.



## Knights of Columbus Freedom 5K

The Knights of Council 4034 are planning another fundraising run/walk lined up for Sunday, October 7.

*We invite all Christians to gather in the peace of Christ at St. Mary Monday, August 13 as we "prepare a place for unity and peace" together.*



**You are invited to a monthly gathering of prayer in the ecumenical tradition of the Taizé Community in France, the second Monday of every month at 8:15pm.**

It is our hope that this monthly prayer brings together Christians of all churches, pastors and flocks, as together we realize a bit more each day that we must rely upon God's power to bring about Unity among all who follow Jesus, "as he and the Father are one." It is something we are unable to do ourselves.

This Unity which embraces all people stands at the very heart of Christ's mission...and belongs to the essence of our community. Let us provide a place where his Spirit can come and fulfill his plan for us.

# beat the heat

Right now school is out, summer is finally here and a day spent in the garden, at the beach or playing outdoor sports all day sounds ideal. The temptation to spend excessive amounts of time outside in the hot sun and high temperatures is inviting. However this can easily lead to dehydration and heat stroke, which you definitely need to avoid.

And why is that? This is because approximately 75% of your body weight is water. Your brain and heart are 73% water, your lungs are approximately 83% water, your muscles and kidneys are 79% water and even your bones contain 31% water. Why do we need water? Water is a vital nutrient of every living cell in our bodies and we have 37.2 trillion cells in your body. We need water:  
To help regulate your internal body temperature, when you breathe and perspire  
To transport all the nutrients that you eat through your bloodstream  
To act as a shock absorber for your brain, spinal cord and unborn child.  
To form saliva to help you to start digesting your food  
To lubricate your joints so that you can walk

How much water should we drink to keep our body cells happy? Everyone is unique, but a good rule of thumb is to consume half your body weight in ounces of water per day e.g. 140 lbs / 2 = 70 ounces of water.

We lose water every day in for form of water vapor when we breathe out and in the form of water when we sweat. Along with water, small amounts of salts or electrolytes (calcium, magnesium, and potassium) are lost. Our bodies are constantly readjusting the balance between water and electrolyte losses with fluid intake. We need to drink more water and electrolytes during the hot summer days, so that our bodies stay balanced and avoid symptoms of dehydration and heat stroke  
Drinking sufficient water is important to daily health but you can also eat several fruits and vegetables that will keep you hydrated and provide you with essential electrolytes during the hot weather.

**Watermelon:** 92% water and contains vitamins A and C, B1 and B6, one cup = 1.5 mg sodium, 1.5 mg potassium, 170 mg magnesium, 15.2 mg calcium, 10.6 mg phosphorus).

**Strawberries:** 91% water and contains vitamin C and folate. 1 cup = 1.5mg sodium, 233mg potassium, 19.8mg Magnesium, 24.3 gm calcium, 36.5 mg phosphorus

**Celery:** 96% water; contains vitamins A, C, K and folate, iron and zinc; one stalk contains sodium 32 mg, potassium, 4 mg, magnesium, 216 mg calcium, 10 mg phosphorus.

**Cucumber:** 96% water; one medium cucumber contains vitamin K, 4 mg sodium, 273 mg potassium, 24.1 mg magnesium, 28.1 mg calcium, 42.2 mg phosphorus along with a healthy dose of vitamin K.

**Coconut water:** One cup contains, 252 mg sodium, 600 mg potassium, 60 mg magnesium, 48 mg phosphorus, 0.24 mg zinc. Coconut water is an excellent source of rehydration, since the electrolyte content closely matches that of human body fluids.

Remember to keep your body hydrated during the hot summer!

In Health,  
Patricia Diefenbach, ND, CNS, CPT

# paul stefan home biking for babies



**COME JOIN FATHER STAPLES  
STARTING JULY 16<sup>TH</sup> THRU  
AUGUST 3<sup>RD</sup> AS HE TAKES A  
1,400 MILE TOUR ACROSS  
AMERICA TO SAVE BABIES!!**



## **PRO-LIFE FUNDRAISER**

Join Father Staples, Father Stefan, and Priests, Deacons, Pastors, along with 80 other churches from around the state of Virginia as Father Staples bikes across America to raise \$100,000. **FOR THE PAUL STEFAN REGIONAL MATERNITY HOUSING AND EDUCATIONAL CENTER.** This 23 bed, 40 room facility, inclusive of an education center, dinner hall, chapel, library and day care center, is nearly completed! We need your help to finish. Remember, a 90% complete facility is still 100% closed!

To support, donate, and follow Father on his trip, go to:

[www.paulstefanhome.org](http://www.paulstefanhome.org)

**BIGGEST PRO-  
LIFE FUNDRAISER  
THIS YEAR!!**

**BE A PART OF  
THE SOLUTION...**

**"TO SAVE  
BABIES, ONE  
MOTHER AT A  
TIME"**

**SUPPORT  
FATHER STAPLES  
AS HE RAISES  
MONEY FOR THE  
UNBORN AND  
HOMELESS  
PREGNANT  
WOMEN IN OUR  
COMMUNITY!**

**PAUL STEFAN  
HOME  
PO BOX 754,  
LOCUST GROVE, VA  
22553  
540-854-2300**



# operations given in love

## Weekly Offertory

*Collections for July 15*

Offertory	\$58,804
Building Fund	4,562
Peter's Pence Collection	2,236
Church in Africa	1,814
Diocese Mission Appeal	1,516

*The regular Financial Report will be published in the July 29th Bulletin*

*Thank you for your generosity!*

## Choose Life Reflection

After the abortion, I never would have believed things could get better. But, amazingly, since my post-abortion counseling, I have experienced hope and healing and self-forgiveness. — A mother who lost a child in an abortion (Visit [www.hopeafterabortion.com](http://www.hopeafterabortion.com) if you or someone you know has been affected by an abortion.) *We pray for all those suffering from the effects of abortion, that they may be healed.*

## Foster Care Orientation Meeting

Commonwealth Catholic Charities is hosting a Foster Care Orientation on Saturday, August 4, from 10am to noon in the Courtyard Meeting Room. If you are interested in becoming a foster parent and making a difference in the life of a child, please contact BeBe Tran, Foster Parent Specialist at (804) 545-5949 or at [bebe.tran@cccofva.org](mailto:bebe.tran@cccofva.org) to reserve a seat. Commonwealth Catholic Charities is the only non-profit foster care agency in Virginia that provides services to refugee and immigrant children.

## Al Anon Surviving the Weekend Group

All who have been affected by someone else's drinking, and members come together to learn a better way of life and how to find happiness. It's important to know that you are not alone and there is help. **Al Anon meetings are every Saturday at 10am in Room 204 of St. Mary's Parish Life Center.**

## Children's Offertory Envelopes for July

Children's Offertory Contributions for the month of July will be donated to Families of the Wounded Fund. This fund was created in 2005 to help the families of service members who come to McGuire Veterans Affairs Medical Center in Richmond with traumatic brain injuries and spinal-cord injuries from combat in Iraq and Afghanistan. Former Army Captain William Haneke, a wounded Vietnam Veteran, and some colleagues recognized the need to assist family members who were away from home tending to their loved ones when they saw two young mothers with babies arrive from across the country with no money and barely enough gas to make the trip. The organization gives 100 percent of all tax-deductible donations to the families to help with food, lodging, transportation, child care, diapers and long-distance calling cards during the many weeks a family is in the Richmond area, and each family currently receives \$7,500.00. For more information, visit their website at [fotwf.org](http://fotwf.org).

## Nar Anon Support Available

Nar Anon is a program that offers support to family members and friends of loved ones struggling with substance abuse. All information and discussion is non-judgemental, informative and strictly confidential. Our meetings are in **Room 204 in the Parish Life Center on Thursday from 7-8pm** and are open to the community at large. **Contact Cathy at 703-201-8821, [burgh757@gmail.com](mailto:burgh757@gmail.com) or Wayne at 540-840-5230.**

## SCRIP Helping HCA

**How it works:** Most of us shop at various local vendors that are supported through SCRIP. These include Giant, Weis, Wawa, Starbucks, Wal-Mart, Target as well as popular restaurants like Olive Garden, Red Lobster, IHOP and Outback. Complete list at [shopwithscrip.com](http://shopwithscrip.com). There are several ways you can order/purchase gift cards through the SCRIP program. One is to visit a SCRIP table after most Masses (including HCA). There is a volunteer who will provide info and help you purchase gift cards. Checks or cash accepted. You can also order online for delivery to either HCA (after 10:30am Mass or during school hours when school is in session) or for pickup after Saturday or Sunday Masses at the Church. And the most convenient way, set up a Presto Pay account and order gift cards online. You will need St. Mary's enrollment code to set an account. For the enrollment code and assistance, please contact Christi Greenwell at [scripcoordinator@holycrossweb.com](mailto:scripcoordinator@holycrossweb.com) or 703-994-2142. She will help get you started.

# liturgy daily bread

## Saint Mary Prayer List

Please pray for those who are sick or in need,

**especially:** Stephen Daley, Deanna White, Maria Stein, Elizabeth Davis, Jeanette Williams, Deborah June King, Ann Gallagher, Robert & Brittani Horner, Mary Ulmer, Antonio Christianson, Thomas Moeller, Marianne Ford, Ortiz Family, Maryann Seidlinger, William Hackbarth, John Michael Ides, Sylvia Pressley, Tamlyn Leaf, Matthew Roberts, Deanna Uperti, Gabriela Mason, Maria Stine, Joy & Larry Kligman, David Duke, Dennis Morris, James Murphy, Joan Cheek, Ted Mayor, Tim Conway, Billy LaPietra, Daniel Bustamonta, Maryann Devenas, Frank Spatt, Micheal Chen, Joseph Stefano, Fred Becker, Chuck Boyer, Maria Celia Brandao Lage, Leah Sapphire, Felicity Stanfield, Michael Kraljevich, Steve Zawisa, Casey Roby, Calvin Mills, Mary Jean Mills, Elise Velez, Tracey Hansen, Elizabeth Ames, Aleisa Barber, David Arnold, Maryann Greatsinger, Antonio Ferrara, Wilson and Joan Parker, Emma Gilbert, Virginia Gannon, Daniel Burke, Katherine Perusi, Dorie Lee, Christopher Szynal, Joy Zerby, Mariah Ceidlinger, Kelly Carperter-Silvers, Suzi Eggleston, Bernad Castillo, Nancy Buhite, Michael Durant, Matthew Gomer, Tricia Davis, Martha Clements, Dolores Renninger, Donna Long, Mary Ann Maynard, Zachary Payne, Margaret Krebbel, Adrianna Pruitt, Deanna Pruitt, Montgomery Wood, Gail Russell, Patricia Russo, Charles Dittmer, Bruce Mattern, Dorothy Simmons, Lillian Kendall, Nikolai Sherba, Sharon S., Barbara Clarke, Roseanne Nash, Jeanne Burke, Prudy Tarpe, Maureen Mizzles, Miles Wood, Mary Ellen Kearney, Kay Simmons, Robert Meyer, Marc and Susan Wood, John Gil, Lita Mary Mamboyo, Nathan Apicella, Timothy Travis, Kaden Sabo, Robert Nathan Servetnick, Dianne Clancy, The Chevchuc Family, Christina Bolt, Bruce Bates, Richard Casaldi, Alex Tonn, James Evans, Larry Dillman, Theresa Kovalefsky, Amber Moser, Erin Krieg, Matthew Meyer, Brittany Meyer, Sara Meyer, Douglas & Dorothy Meyer, Karla Dorsey, Mary Jean & Don Williams, Linda & Frank Walter, Cathleen Mihalaki, Re Macarthur, Jordan Tackett, Bridget Sherba, Randy McNulty, Riley Horstick, David A., Marty T., Janet Yerkie, Brittany Yerkie, Elizabeth Stoehr, David Semeglo

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, Anthony Howell, John Anthenor, Andrew Dowdy, Sean McCullum, Josue Bermudez, Monica Hannan, Julio A. Alarcon, Gabe Gonzalez, David Oechslein, Shawn Herr, Logan Mullins, Greg Feroldi, Tyler Wood, Kelsey Cullinan, Jason Cullinan, Estrella Bernaola, Frank Spatt Jr.

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

## Daily Mass Intentions and Readings

### July

#### 23 MONDAY

6:30am Duane Calvin Bock II+

9:00am Teresita Canizares+

Mi 6:1-8/Mt 12:38-42

#### 24 TUESDAY

6:30am Koffi Semeglo

9:00am Joan Doherty

Mi 7:14-20/Mt 12:46-50

#### 25 WEDNESDAY

9:00am Joseph Dougherty+

6:00pm Ruth Stellino+

2 Cor 4:7-15/Mt 20:20-28

#### 26 THURSDAY

6:30am Mary Ann Ruffino+

9:00am Marilyn Stodola+

Jer 2:1-13/Mt 13:10-17

#### 27 FRIDAY

6:30am Lori Sturtevant

9:00am Francis Niederkofler+

Jer 3:14-17/Mt 13:18-23

#### 28 SATURDAY

9:00am Matthew Jacobeen

5:00pm Anna Marie Rivardo+

7:00pm Royal P. & Florence Schmidt+

Jer 7:1-11/Mt 13:24-30

#### 29 SUNDAY

7:00am Keith Michael Buxton+

8:30am Lucia Stanislawski

10:30am Felicidad Quiachon-Lim+

10:30am\* George Graf+

12:30pm Our Military Living & Deceased

2:30pm(sp) Pedro and Ana Alvarez+

5:00pm For Our Parish

7:00pm Isaac Cramer+

2 Kgs 4:42-44/Eph 4:1-6/Jn 6:1-15

\* Indicates Mass at Holy Cross Academy

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.

**Pregnant?**

Feeling trapped and alone? Know someone who may be?

**Make us your first call**  
Confidential  
non-judgemental  
Supportive  
All services are FREE

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