

FIRST SUNDAY OF LENT

March 10, 2019



Church of the Holy Sepulcher, the Burial Site of Christ, in Jerusalem

Saint Mary of the Immaculate Conception Roman Catholic Church

1009 STAFFORD AVENUE - FREDERICKSBURG, VIRGINIA

upcoming

March



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

10 SUNDAY, FIRST SUNDAY OF LENT

*Coffee Shop After 7am, 8:30am, 10:30am, Mass
Scrip on Sale after all Masses Except 2:30pm
6pm, CYM Dinner and high School Youth Group*

11 Monday, Lenten Weekday

10:15am, Legion of Mary Our Lady of Perpetual Help Presidio in Parish Life Center, Room 100
12:45pm, Bible Study, Courtyard Meeting Room
4:45pm, Religious Education Classes, Church
6:30pm, Religious Education Classes, Church
7:30pm, RCIA, Church

12 Tuesday, Lenten Weekday

10am, St Mary Book Club, John Paul II House
4:45pm, Religious Education Classes, Church
6:00pm, Religious Education Classes at Holy Cross Academy
6:30pm, Religious Education Classes, Church
7:30pm, Adult Confirmation Class with Deacon Alberto, Parish office Library
7:30pm, Life in the Spirit Prayer Gathering, Courtyard Meeting Room

13 Wednesday, Lenten Weekday

9:30am, Prayers and Squares in Parish Life Center, Room 204
3:00pm, Divine Mercy Devotions, Church
4:45pm, Religious Education Classes, Church
6:30pm, Religious Education Classes, Parish Life Center
6:30pm, Bishop Barron Bible Study, Courtyard Meeting Room
6:30pm, YOUCAT, John Paul II House
7:30pm, Young Adults Meeting, Parish Office Library

14 Thursday, Lenten Weekday

9:30am, Craft Group in Parish Life Center, Room 100
10am, ProLife Forum, Courtyard Meeting Room
6:30pm, Walking with Purpose, Parish Life Center
6:30pm, CYM ASL and Cued, John Paul II House
7pm, Nar-Anon in Parish Life Center, Room 100

15 Friday, Lenten Weekday

9:00am, St Anne's Sisters in Faith, John Paul II House
6:00pm, Lenten Soup Supper, Parish Life Center
6:30pm, Spanish Legion and Junior Legion of Mary, Courtyard Meeting Room
6:30pm, Middle School Youth Group
7:00pm, Spanish Prayer Group, John Paul II House
7:00pm, Stations of the Cross
7:30pm, Estaciones de la Cruz

16 Saturday, Lenten Weekday

8am, Confessions, Church
10am, Prison Ministry Meeting, Courtyard Meeting Room
10am, Baptisms, Church
10am, Al-Anon in Parish Life Center, Room 204
3:30pm, Confessions, Church

17 SUNDAY, SECOND SUNDAY OF LENT

*Coffee Shop After 7am, 8:30am, 10:30am, Mass
Scrip on Sale after all Masses Except 2:30pm
11:30am, Evangelization Meeting, Courtyard Meeting Room
6pm, CYM Dinner and High School Youth Group*

pulpit announcements

nota bene (note well, please):

■ **Virginia March for Life - SAVE THE DATE: April 3**
More information on page 4

■ **Noticias en Español**
Más información en la página 8

■ **St. Mary's Lenten Program - "Put Out Into the Deep"** *More information on page 9*

Easter Flowers - *Remember someone you love, either living or deceased, with a donation for our beautiful Easter Flowers. Envelopes are available in your envelope packets, in the Church and in the Parish Office.*

Stations of the Cross and Lenten Soup Suppers

Stations of the Cross take place every Friday evening during Lent. Stations are at 7pm in English and at 7:30pm in Spanish. On April 5 the First Friday Evening Mass will follow the Spanish Stations of the Cross.

Our Lenten Soup Suppers also take place in the Parish Life Center on each Friday during Lent from 6 to 7:30pm. Share a Lenten penitential meal of soup and bread with your parish family, and share what you would have spent on dinner that night with those in need. All free-will offerings received are given to charity. Bring the whole family to enjoy good soup and good fellowship.... and then spend time with Our Lord in prayer.

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

Business Manager, Elaine Stanislawski
Parish Secretary, Jachebel Rios
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 - edoyle@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 Parishioner Welcome meetings held
in the Parish Life Center on fourth Sun
days, following the 10:30 Mass. Please
notify us of any contact changes.

Articles must be submitted two weeks prior to publication.
Send articles to bulletin@stmaryfred.org. Thanks!

stmaryfred.org

lent & holy week calendar

Confession Schedule Lent and Holy Week



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

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

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

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

Horario para Confesiones durante Cuaresma y Semana Santa



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

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

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

Tendremos **EL VIA CRUCIS** en español cada viernes durante la cuaresma a las 7:30pm (Primero Viernes, 10 de marzo, a las 7:30pm)

SUN	MON	TUE	WED	THU	FRI	SAT
March	11	12	13	14	15	16
10 1st SUN						8am 3:30pm
17 2nd SUN	18	19	20 6:30 - 8:30pm	21	22	23 8am 3:30pm
24 3rd SUN	25	26	27 6:30 - 8:30pm	28	29	30 8am 3:30pm
31 4th SUN	April 1	2	3 6:30 - 8:30pm	4	5	6 8am 3:30pm
7 5th SUN	8	9 Extra Confessions 6:30-8:30pm	10 Extra Confessions 6:30-8:30pm	11 Extra Confessions 6:30-8:30pm	12 Extra Confessions 6:30-8:30pm	13 8am 3:30pm
14 PALM SUNDAY	15 Extra Confessions 6:30-8:30pm	16 Extra Confessions 6:30-8:30pm	17 Extra Confessions 6:30-8:30pm	18 HOLY THURS	19 GOOD FRIDAY	20 No Confessions
21 EASTER SUNDAY	22	23	24	25	26	27

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



Holy Thursday

APRIL 18

(No 6:30 or 9am Masses)

8:00AM

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

7:30PM

Mass of the Lord's Supper

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

11:45PM

Night Prayer (Liturgy of the Hours)

Night Prayer will conclude Eucharistic Adoration in the Activity Center.

Good Friday

APRIL 19

(No 6:30 or 9am Masses)

8:00AM

Office of Readings / Morning Prayer

12:00 - 2:30PM

"Tre Ore," The Seven Last Words

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

3:00PM

The Passion and Veneration of the Holy Cross (English)

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

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

7:00PM

Stations of the Cross

7:30PM

El Via Crucis (En Español)

10:00PM

Night Prayer (Liturgy of the Hours)

Holy Saturday

APRIL 20

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

8:00AM

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

11:00AM

The Blessing of Easter Food

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

8:30PM

The Vigil of the Resurrection of the Lord

What Sunday is to the week, Easter Sunday is to the year. This holiest of nights we celebrate the victory over death and promise of eternal life given to us by Jesus Christ in his resurrection from the dead. The Liturgy

includes the Service of Light, the Vigil of Readings and Psalms, the Celebration of the Sacraments of Baptism and Confirmation for those who have prepared all year for initiation in the Catholic Church, and Liturgy of the Eucharist. Please note the unusual time that we begin: it marks the end of twilight and the beginning of the Solemnity of Easter Sunday.

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

Easter Sunday

APRIL 21

8:00, 10:15AM, AND

12:30PM (BILINGUAL/BILINGUE)

The Resurrection of the Lord

ALL Masses will be at the Fredericksburg Expo Center

Please note: there will be NO 2pm nor 5pm or 7pm Mass on Easter Sunday!

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

from our pastor

pax et bonum

Dear Folks,

Having just celebrated Ash Wednesday, I was reminded that it is pretty much the only day of the year I think about ashes.

Did you know that soap can be made from ash? I didn't. I only know that you buy it at WalMart.

But Wood Ash, with water and some oil can be combined to make soap. What seems dead, dry and exhausted of all energy, now gives one more time to cleanse and renew!

And did you know that ash can be used in compost to enrich the fertilizer? Wood having given its whole life to warm and illuminate, but even beyond the ash helps nourish and bring forth new life.

And did you know that ash can also help gardeners keep insects away when sprinkled around the perimeter? Worms, slugs and snails are deterred by the dry ash protecting the plant life growing in the garden.

And did you know that ash can be used to polish tarnished metals when combined with water? It can bring shine and beauty to that which is worn, tired, and dull.

Ash: in Soap it cleanses, in compost it nourishes, in gardens it protects against pests, in cupboards it restores shine, AND on Ash Wednesday it marks our repentance and desire to return to Christ. That repentance, by the grace of Christ pouring out His life on the wood of the cross: nourishes you, protects you, shines your soul, and cleanses you.

What appears to be useless is useful in so many ways. I had no idea. I guess folks who were more connected with making their own soap/compost/polish/insecticide in the 2000 years prior to the invention of WalMart might have better known this. No wonder folks have used ashes for millennia as a sign of repentance and renewal. And now my understanding of the riches of this liturgical gesture? Boom!

pax et bonum,



Fr Mosimann

VIRGINIA
MARCH FOR LIFE

SAVE THE DATE
WEDNESDAY,
APRIL 3,
2019
RICHMOND, VA



VirginiaMarchforLife.org

**JOIN US TO STOP PRO-ABORTION
EXTREMISM IN VIRGINIA!**

St. Mary's parishioners are strongly encouraged to attend the VA March for Life! We will be providing bus service. Details for the March are still being confirmed. If you are interested in transportation, please email stmary@stmaryfred.org and include the number of people in your party. You may sign-up via email or by calling the parish office at 540-373-6491. *11am Rally at State Capital - 12pm March for Life*

Donations will be accepted to help cover the cost of transportation

WE MUST NOT REMAIN SILENT!

education holy cross academy

READ READ READ!

March 1 was "Read Across America Day" and we celebrated it at Holy Cross in a number of ways. We had a Character Dress Up Day where all students in kindergarten to 5th grade dressed up like their favorite book character, and we had a visit from Cruella DeVille and the 101 Dalmatians (our amazing HCA teachers and staff) during the parade. Our 2nd grade class read 100 books for the 100th day of school and if you happen to visit you are likely to see a teacher reading a story book to a group of rapt students. Often the lower grades will have the pleasure of a "mystery reader" who could be a parent, a community member or even a middle school student. We encourage our students to read as much as they can and we have a club that participates in the "Battle of the Books" a diocesan-wide competition, where Holy Cross always makes a great showing. Feel free to come see us and see our readers in action!

Saint Mary Preschool and Holy Cross Academy are a wonderful place to learn and grow. Stop in some time to see us or give us a call at 540-286-1600 and we will tell you all about our wonderful parish school where we learn each day to *Live Jesus and to love and care for one another.*



**A National
Blue Ribbon
School of
Excellence**



What is the HCA SCRIP Program?

Holy Cross Academy has a program that provides a wonderful way to provide some financial support for Holy Cross Academy. Even if you do not have children who attend Holy Cross Academy, the SCRIP program provides financial support that goes directly to Holy Cross Academy for such costs as assistance for books, uniforms, and supplies, especially for families who need assistance.

This is 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 and some very popular area restaurants such as Olive Garden, Red Lobster, IHOP and Outback. There is a complete list at the following website 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 you information and help you purchase gifts cards. Checks or cash are

accepted. You can also go online and order gift cards for delivery to either HCA (after 10:30 Mass or during school hours when school is in session) or for pickup after Saturday or Sunday Masses at the Church. And for a way that is most convenient, set up a PayPal account and order gift cards on line for receipt through email. You will need St. Mary's enrollment code to set an account up at shopwithscrip.com but it is easy to do. For the enrollment code or assistance, please contact the Scrip Coordinator at scripcoordinator@holycrossweb.com or call 540-369-8354 (text okay as well). The Scrip Coordinator will walk you through the process and get you started.

Another advantage to using Scrip is you can prevent scammers from accessing your bank account. When you shop at Target, Walmart or at the gas pump, by using a scrip card instead of your bank card, scammers cannot gain access to your bank account information and thereby access your bank account. The funds are limited to the amount of the Scrip gift card only. Your bank account is safe.

our parish religious education

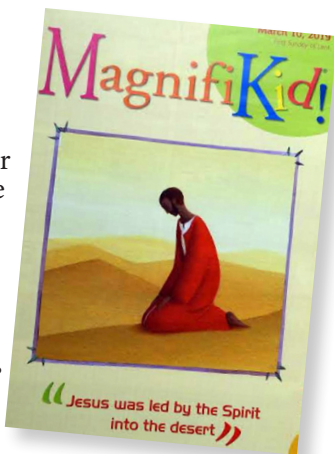
Magnifikid

Change your habits

The forty-day countdown has begun. This week, take a look at the different bad habits in your life. As a sign of your desire to draw closer to God, break one or two of these habits.

Meet God in the desert

Jesus went to the desert alone to pray and prepare for his mission. This week, try to spend a few minutes alone in silence each day. Pray to God in your heart and entrust all your cares to him.



Religious Education First Holy Communion 2019

The sacraments mark the most sacred transitions – indeed, transformations – that we undergo! Baptism offers us a new life in Christ and a new identity as children of God. And each sacrament that follows it brings new graces for growth to our life lived in faith.

In the Eucharist, we find the most profound transformation – bread and wine transubstantiated into the Body and Blood, Soul and Divinity, of Jesus Christ. In receiving the Eucharist, we experience the closest communion with Jesus that is possible.

FORMED PICK

Into the Desert

A Lenten Study on Prayer

Transform Your Prayer Life

Dr. Tim Gray masterfully uses the prayer discipline of *Lectio Divina* to show you the secret to opening your heart and mind to God through Scripture.

Into the Desert

A Lenten Study on Prayer



"So simple and so profound!"

—Frances D., Carmel, IN

Watch on [formed.org](https://www.formed.org)



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

WE WELCOME YOU HOME. 540-373-6491



For young families living in the mountains of Guatemala, raising a baby can be hard. Most families grow corn and beans for a living, but a long-standing drought has caused harvests to shrink. There are few job opportunities, which means putting food on the table is a daily challenge. That's why when Norma discovered she was pregnant; she wondered how she would manage. She found it in a CRS-sponsored program that teaches young mothers how to raise healthy children, grow nutritious food in small gardens and manage a healthy diet. Plus, CRS provided Norma with food throughout her pregnancy and monthly medical check-ups during Victor's first two years of life — crsricebowl.org/stories-of-hope/week-1

our parish youth ministry

Youth Craft Group

All children between the ages of 4-11 are invited to participate. Meetings are 3:30pm in the Parish Life Center, room 204. There is a small fee for each craft to offset the cost of materials.

March 23 - Beaded bracelets and Rosaries - \$5

April 13 - Easter crafts - \$5

April 27 - Photo frame craft - \$5

May 11 - Fabric Bag Painting (\$10)

Please Email Ms. Julia at Julia.Apicella@gmail.com or call 540-394-1212 if you are interested in joining the craft group. Children may attend one or all the activities we have planned for the year.

Stay Up-to-Date

Be sure to stay in the know with St. Mary CYM by visiting stmaryfred.org/youth-ministry

Fitness Club

Open to youth in 6th - 8th grade

April 13

May - No meet up

June 8

July 13

August 9

Contact Rachael Luciani for more info at lucianir@comcast.net

ASL and Cued Speech Club - ALL kids 4-8

March 7, 14, 28

April 4, 11

May - 2, 9

We will share our faith and learn to talk with our hands! We will teach American Sign Language (ASL) and Cued Speech. To register or for more information, contact Mrs. Lauren McAdams at lauren.mcadams2@protonmail.com

6:30 - 7:30pm | John Paul II House

StMaryCYM    
#GetInvolvedBeTransformed

SAINT MARY OF THE IMMACULATE CONCEPTION PARISH NIGHT OUT

4.26.19

ANDREW THIELEN BIG BAND JEPSON ALUMNI CENTER AT UMW

Reserve Your Table Today
CALL MARTY FOR TICKETS (540) 373-0259
MORE TICKET INFORMATION ON PAGE 12

parish life get involved

The Manna Project Food drive is this weekend!

Please bring non-perishable food and monetary donations to Mass on March 9 and 10. Donations will serve the Fredericksburg Regional Food Bank, a member of Feeding America. If you forget food items, monetary donations are accepted and go a long way! For each \$10 donation, they are able to provide 20 meals for hungry families. Other needed items include: canned meat/fish, peanut butter, pasta/sauce, canned goods, instant potatoes, rice, and personal items such as paper towels. Please help us feed the hungry!

St. Mary Book Club

The next meeting of St Mary Book Club will be on Tuesday, March 12 at 10am in the John Paul II house. We will be discussing Abandonment to Divine Providence by Jean-Pierre de Caussade S.J. For more than 250 years this simple classic of inspiration has guided readers of all faiths to the open-hearted acceptance of God's will. A great book for lent. For more info please call Mary Kenney at 540-898-0372

Wednesday - Friday Adoration of the Blessed Sacrament

**From Wednesday 12:30pm to
Friday 9am**

"Jesus speaks in the silence of the mystery of the Eucharist and reminds us each time that following him means going out of ourselves and making our lives not something we 'possess,' but a gift to him and to others."

— Pope Francis

Come and adore Our Lord in the most beautiful Blessed Sacrament of the Altar. We have continuous

Exposition of the Blessed Sacrament every Wednesday after the 12 Noon Mass until Friday morning before the 9am Mass. At least two people must be present with Our Lord at all times during Adoration.

Attention Wednesday afternoon adorers. We need you to update your information. Please email adoration@stmaryfred.org with your current email, phone number, and time and day that you adore. If you adore on Wednesdays from 1-6pm please send us an email so we can contact you.

Men's Lenten Weekend Retreat at Loyola

This year's theme is: "God's Dream". St. Ignatius Loyola knew that any human experience can reveal God's dream to us. So, he encouraged others to seek God in all things, and He was convinced that they could find God. This retreat will invite us to seek God in creation; in Scripture; in our living relationship with Jesus and the generosity it inspires; and in the future God opens up before us.

Men's Retreat March 15-17. The retreats begin on Friday's with check in and Confessions from 5-6:30pm, an orientation at 6:45pm and dinner at 7pm and concludes with lunch on Sunday following Mass. The suggested offering for the Retreat is \$245. A payment plan is available. Special Retreat Fee of \$195 for any retreatant making their first retreat at Loyola and to "young adults" retreatants up to age 30. Contact Len or Sylvia Fontenot for more info: 540-663-2261 or email lensyl1966@verizon.net. To register, go to loyolaonthepotomac.com

Calling all Crafters

Boy Scout Troop 1410 is hosting a Spring No Frills Scrapbook Crop-A-Thon Saturday, March 30 from 9am-9pm at HCA. Only \$35 per person! You bring your photos and supplies and we will provide a 6-foot table, snacks/drinks (meals on your own), and Boy Scouts to carry your supplies to and from your car. Please contact Torie Baldwin at keetongirl2@yahoo.com to register by March 23.

Cursillo

Cursillo is an active community, alive in the Arlington Diocese and across the world! We are given a chance to participate in a fun, fast paced 3 day weekend, followed by small group reunions which foster community within the local church. The small groups meet to enrich each other's lives and bring accountability in the areas of piety, study and action - the main tripod on which Cursillo is built. Currently in the diocese there are weekends planned for men and women at the San Damiano Retreat Center in White Post, Va. The cost of a weekend is \$250 which covers the lodging and meals. Upcoming weekends are for women: March 28-31 and a September TBD. For men: May 2-5, and the fall is TBD.

Please visit arlingtoncursillo.org or call Tammie Chute 540-370-6343 for more information.

CCW Parish Pilgrimage Update

The CCW-sponsored Parish Pilgrimage is **sold out**. We'd like to update the information in the bulletin to reflect this. **Also, the departure time has changed to 8am, gathering at 7:45am.**

around the parish get involved

Council of Catholic Women Yard Sale

Spring is coming, even though it may not seem like it now! This is a good time to start your cleaning out and putting your no longer needed possessions to good use.

This is the opportunity to donate those unused treasures to help the parish and community charities that CCW supports. The Council of Catholic Women is planning the annual yard sale for Saturday April 27, 8am-2pm, the Saturday after Easter, in the Parish Life Center.

You may drop off items at the Parish Life Center during:

Wednesday, April 24 and Thursday, April 25 from 9:30-11:30am and 4:30-7pm

You may also drop off items all day Friday, April 26 – 9:30am-7 pm

We are accepting plants, books and DVD's, jewelry, toys, baby and children's articles (no clothing), handbags, luggage, medical, electronics, furniture, and other household items.



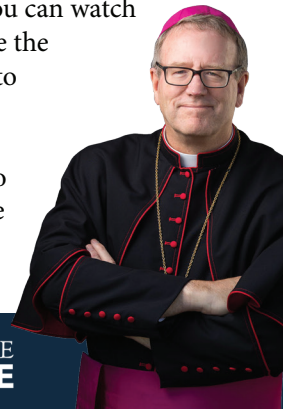
Join your parish family as we journey together with Bishop Barron and learn about the **SEVEN DEADLY SINS AND HOW TO COUNTERACT THEM.**

Sign-up to receive a weekly video (at no cost) that you can watch with your family or small lenten group. You will have the opportunity to comment and ask questions directly to Fr. Mosimann as the material is presented.

Just text **2019Lent** to **84576** to get started OR go to **stmaryfred.org** and join Flocknotes via email. Make sure to join/select the “**2019 Lenten Parish Retreat**” JOIN TODAY and journey with us this lent!

8 short videos. Sent right to you.
Join our parish discussion

WORD on FIRE
ENGAGE



We invite all Christians to gather in the peace of Christ at St. Mary **Monday, March 11** 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.

around the parish get involved

Guadalupe Free Clinic

Medical Volunteers Needed for the Guadalupe Free Clinic (GFC)
The Clinic is a 100% free medical clinic founded in 2004 by Fr. Jerome Magat, to serve the indigent and medically-uninsured population of Westmoreland County, Southeast of Fredericksburg. The Clinic is part of the Catholic Diocese of Arlington and operates on the grounds of St. Elizabeth of Hungary Catholic Church in Colonial Beach. The Clinic is seeking medical volunteers; Doctors, Physician Assistants, Nurse Practitioners, Nurses, Phlebotomists, Pharmacists, and PharmTechs. The clinic is only open on Wednesdays and Saturdays, so our volunteers normally work once a month or every other month. For more information, please go to our website at guadalupefreeclinic.org or contact us via email: lcarrington@guadalupefreeclinic.org, or by phone at (804)-224-0571.

Micah Cold Weather Shelter

The Micah Cold Weather Shelter is open and will remain in operation until mid- to late-March. Teams of Saint Mary volunteers assist on Tuesday evenings by greeting and checking in clients, setting up sleeping areas, and providing hospitality for the 30+ individuals that utilize the facility. **Each participating church is asked to bring 3 dozen items (white socks, thermal underwear, boxer briefs and t-shirts).** Please consider how you might be able to support this need—all donations are gratefully accepted at our Parish Office. Although it is a good thing that the temporary shelter is available during the harsh winter months, it highlights the continuing need for sustainable housing and support mechanisms in our community. For more information about community efforts to help the homeless, please visit **Micah**

Ecumenical Ministries, dolove-walk.net or Thurman-Brisben Homeless Shelter, bridges.fxbg@gmail.com

Drivers Needed for Cold Weather Shelter

Volunteers are needed to pick up guests at 6:15pm on Tuesday nights from the community dinner downtown and transport them to the Cold Weather Shelter, using Micah's 15-passenger bus. Any number of nights you can help would be greatly appreciated. No special license or experience necessary. Micah will provide a short orientation and add you to their insurance. Please prayerfully consider this much needed role and contact Greg Wheatley at stmary.cws@outlook.com if interested.

Help Needed at Homeless Shelter

The Thurman Brisben Homeless Shelter has a program called Bridges. This program operates every Monday from 7-8pm and is designed to provide fun activities for the children staying at the homeless shelter. We are seeking volunteers to lead the kids in activities such as ball, tag etc. and if the weather isn't cooperating, to lead indoor activities (provided by the shelter). A Sign-Up Genius allows

groups or individuals to sign-up easily for evenings available. Please consider helping our community.

Please note, this program requires all participants to arrive early. Volunteers **MUST** complete a registration form and provide a photo ID in an effort to protect the children staying at the shelter.

<https://m.signupgenius.com/#/showSignUp/70a0f4facaf2aa3f85-bridges> For more information contact Aaron Sawyer bridges.fxbg@gmail.com

Volunteer Drivers Needed

Catholic Charities of the Diocese of Arlington, VA, Migration and Refugee Services program in Fredericksburg is looking for volunteer drivers and front office receptionist. For more information please contact **Kristen Larcher, 703-399-0066**.

Parish Night Out Tickets On Sale!

Last year our popular Parish Night Out was sold out—don't miss your chance! Join us for a great night of fun and catching up with parish family and friends. Includes dinner and dancing to the music of The Andrew Thielen Big Band, at the Jepson Alumni Center at UMW. Tickets are \$75 per person. Cash bar 6-11pm, Dinner 7-8pm, dancing until 11:30pm. Not only a great value for the money with the great food and orchestra—the night includes drawings for great door prizes throughout the evening—wine and champagne packages, movie tickets, restaurant gift certificates, Theater passes, and more... Please join us! For info or tickets, please call **Marty at 540-373-0259** to reserve your table!

nuestra parroquia involucrarse



**UNASE A LEGAL AID WORKS® EL DIA
24 DE MARZO A LAS 3:30 PM PARA
QUE USTED Y SU FAMILIA PUEDAN
ESTAR PREPARADOS PARA LO
INESPERADO**



El evento será después de la Misa de las 2:30 PM y terminará a las 5 PM. Los niños son bienvenidos (se proporcionará cuidado de niños).

Un abogado de Legal Aid Works® le explicará cómo preparar un documento legal llamado "Poder Legal", el cual usted puede utilizar para especificar qué quiere que ocurra con sus hijos y/o sus propiedades si usted se enferma, tiene una discapacidad o no está presente en los Estados Unidos. Tener un Poder Legal es algo bueno, sin importar su estatus migratorio en este país. Este taller le ayuda a prepararse lo más posible para lo inesperado.

El evento es **gratuito**: NO hay que pagar para asistir al taller ni para la creación el Poder Legal.

Si usted quiere hacer un Poder Legal para sus hijos, usted necesitará la siguiente información el día 24 de Marzo:

- Su identificación oficial (carnet de identificación con fotografía expedido por un organismo oficial del Estado, su pasaporte, su matrícula consular, etc.)
- El nombre de un adulto en el cual confía para que tome decisiones por usted. Asegúrese de que esta persona es un residente legal permanente o ciudadano de este país. Necesitará el nombre completo de este adulto tal y como aparece en su identificación oficial y la dirección del domicilio actual del mismo.
- No es necesario que la persona que será su Apoderado lo acompañe o firme ningún documento, pero hable con ellos antes del taller.

Si usted quiere hacer un Poder Legal para su propiedad, usted necesitará todo lo mencionado aquí arriba MÁS la siguiente información:

- Para cada cuenta bancaria que usted desee que su Apoderado pueda utilizar, escriba el nombre del banco y el número de cuenta;
- Para cada vehículo que usted desee que su Apoderado pueda registrar o vender, necesitará: marca (fabricante), modelo, año, número de identificación del vehículo (VIN) y título;
- Los títulos o escrituras de cualquier propiedad que usted desee que su Apoderado pueda vender o alquilar;
- Cualquier contrato de arrendamiento u otro contrato que usted quiera que su Apoderado pueda terminar o renegociar por usted.

Usted tendrá la oportunidad de verificar los formularios con un abogado. Firmará los formularios una vez se hayan completado y su firma se notificará ante un notario autorizado.

Estas conversaciones serán confidenciales. Usted se llevará el Poder Legal a casa y deberá mantenerlo en un lugar seguro. El abogado con el que hablará el 24 de Marzo NO compartirá este documento con el gobierno, la Iglesia o ninguna otra persona.



**VIRGINIA
MARCH FOR LIFE**

SAVE THE DATE

**WEDNESDAY,
APRIL 3,
2019
RICHMOND, VA**



VirginiaMarchforLife.org

**Marcha por la Vida
en Richmond, VA**

miércoles, 3 de abril de 2019

Invitamos a los miembros de nuestra parroquia a que asistan a esta marcha. La iglesia St. Mary's proverá transportación. Para separar su espacio llame al: 540-373-6491

Se aceptarán donaciones para ayudar a cubrir el costo del transporte.

**¡No debemos permanecer
silenciosos!**

happenings get involved

THE WORK OF SILENCE

Integrating Silence in Daily Life

Saturday, March 16
8:30 – 11am
St. James Catholic Church
Heller Hall

Saturday, March 30
8 – 11am
All Saints Catholic Church
Parish Activity Center

"Silence is more important than any other human work."
Cardinal Robert Sarah

March 16

*Fr. Stephen Vaccaro, Parochial Vicar,
Nativity Catholic Church, Burke*

*John Knutsen, Coordinator for
Adult Faith Formation*

March 30

*Fr. Thomas Cavanaugh, Parochial Vicar,
Our Lady of Angels, Woodbridge*

*Soren Johnson,
Director of Evangelization*

**RSVP by March 13 to Soren Johnson at
soren.johnson@arlingtondiocese.org or 703-841-2533**



CATHOLIC DIOCESE OF
ARLINGTON

Catholic Scholarship Opportunity

The Associates of St. John Bosco, Inc., is pleased to announce our \$3,000 (x3) and \$4,000 (x1) scholarships for the academic year 2019-2020 to be awarded to college students pursuing a course of study that will ultimately lead to rendering a service to the Church in their adult years. The scholarships will be granted to a Roman Catholic student with a permanent residence within the Catholic Diocese of Arlington who seek to give back to the Church through service in their adult years. The criteria of the scholarship, submission requirements, and application can be found on our website at asjb.org. Deadline is May 1, 2019.

Christian Music Unites Us All

The Christian Music Café started in October 2012. It is a unique celebration of Christian Music that is spiritually fulfilling. Come to listen or share your talent by singing up to three songs. The Café is in the "OpenMic" format for individuals and groups. For those singing, you can bring your instrument. If you can sing, but do not play an instrument, you can bring a CD with "music only". There will be a digital piano. Performer sign-up starts at 6:30pm.

The cost is free! We do not charge anyone to come to a sung prayer event! There are free snacks and beverages. All those under age 18, MUST be accompanied by an adult.

Please visit our website for details and a gallery show from past events by clicking on this link: ChristianMusicCafe.org. Also, please visit our Facebook Page and Like & Follow us at [facebook.com/ChristianMusicCafe](https://www.facebook.com/ChristianMusicCafe).

happenings get involved

Pope Clement - Office of Reading for Ash Wednesday

From a letter to the Corinthians by Saint Clement I, Pope and Martyr

Repent

Let us fix our attention on the blood of Christ and recognize how precious it is to God his Father, since it was shed for our salvation and brought the grace of repentance to all the world.

If we review the various ages of history, we will see that in every generation the Lord has offered the opportunity of repentance to any who were willing to turn to him. When Noah preached God's message of repentance, all who listened to him were saved. Jonah told the Ninevites they were going to be destroyed, but when they repented, their prayers gained God's forgiveness for their sins, and they were saved, even though they were not of God's people.

Under the inspiration of the Holy Spirit, the ministers of God's grace have spoken of repentance; indeed, the Master of the whole universe himself spoke of repentance with an oath: As I live, says the Lord, I do not wish the death of the sinner but his repentance. He added this evidence of his goodness: House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, "Father", and I will listen to you as a holy people.

In other words, God wanted all his beloved ones to have the opportunity to repent and he confirmed this desire by his own almighty will. That is why we should obey his sovereign and glorious will and prayerfully entreat his mercy and kindness.

We should be suppliant before him and turn to his compassion, rejecting empty works and quarreling and jealousy which only lead to death.

Brothers, we should be humble in mind, putting aside all arrogance, pride and foolish anger. Rather, we should act in accordance with the Scriptures, as the Holy Spirit says: The wise man must not glory in his wisdom nor the strong man in his strength nor the rich man in his riches. Rather, let him who glories glory in the Lord by seeking him and doing what is right and just. Recall especially what the Lord Jesus said when he taught gentleness and forbearance. Be merciful, he said, so that you may have mercy shown to you. Forgive, so that you may be forgiven. As you treat others, so you will be treated. As you give, so you will receive. As you judge, so you will be judged. As you are kind to others, so you will be treated kindly. The measure of your giving will be the measure of your receiving.

Let these commandments and precepts strengthen us to live in humble obedience to his sacred words. As Scripture asks: Whom shall I look upon with favor except the humble, peaceful man who trembles at my words?

Sharing then in the heritage of so many vast and glorious achievements, let us hasten toward the goal of peace, set before us from the beginning. Let us keep our eyes firmly fixed on the Father and Creator of the whole universe, and hold fast to his splendid and transcendent gifts of peace and all his blessings.



Life and Dignity of the Human Person

For young families living in the mountains of Guatemala, raising a baby can be hard. Most families grow corn and beans for a living, but a long-standing drought has caused harvests to shrink. There are few job opportunities, which means putting food on the table is a daily challenge. That's why when Norma discovered she was pregnant; she wondered how she would manage.

She found it in a CRS-sponsored program that teaches young mothers how to raise healthy children, grow nutritious food in small gardens and manage a healthy diet. Plus, CRS provided Norma with food throughout her pregnancy and monthly medical check-ups during Victor's first two years of life — crsricebowl.org/stories-of-hope/week-1

operations given in love

Weekly Offertory

Collection Figures for March 3

Offertory \$XXXXX

Micah "Love Your Neighbor" (add') \$1,564

St. Vincent de Paul Poor Box \$139

Thank you for your generosity!

Choose Life Reflection

In Lent, the Church enters more deeply into meditation on the suffering, death, and Resurrection of the Lord Jesus. Life was sacred because He made it, and by His Passion and Resurrection it is even more sacred because it is now raised to the heights of Heaven to reign with Him. *Lord, I am filled with wonder at Your love for human life – everyone, born and unborn! May our laws and practices treat humans with the highest respect due them.*

March Children's Charity

The children's charity that will benefit from the offering in March is Stafford Junction, a faith-based nonprofit organization tasked with improving the lives of children and their families in low-income neighborhoods in Stafford County through programs focusing on education, nutrition, and healthy living. With the intervention of Stafford Junction, the crime rate in the Olde Forge neighborhood dropped by more than 50% within two years. Stafford Junction is a mission project of our parish and children's donations will assist the parish in providing much needed support for their programs. For more information, visit their website at staffordjunction.org.

Al Anon Surviving the Weekend Group

For those 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. Especially at this time of year, it's important to know that you are not alone and there is help. **There is an Al Anon meeting every Saturday at 10am in Room 204 of St. Mary's Parish Life Center.**

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 100 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 or Wayne at 540-840-5230.**

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

Diocesan Mass with Anointing of the Sick March 23

Bishop Burbidge will celebrate a special Mass and Anointing of the Sick Saturday, March 23. All members of the diocese (and companions) who are sick or physically/mentally challenged are invited to attend. 11am, Saint Ambrose Church, 3901 Woodburn Rd., Annandale. Lunch will follow for all attendees, at no charge, provided by the Knights and Dames of Malta. Please RSVP (call or text) to Kevin Fischer at 703-475-2906 or email to moonfish3@verizon.net (with name, number attending and contact phone number or email).

UMW CATHOLIC
CAMPUS MINISTRY

DINNER & AUCTION GALA

April 13 | 6:30-10pm

University Center Ballroom
University of Mary Washington

Tickets available online
umwcatholic.org/gala

All proceeds go to fund programming, scholarships, service trips and retreats for our student community

liturgy

daily bread

Saint Mary Prayer List

Please pray for those who are sick or in need, especially: 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, Dorie Lee, Christopher Szynal, Joy Zerby, Mariah Ceidlinger, Kelly Carperter-Silvers, Suzi Eggleston, Bernad Castillo, Michael Durant, Matthew Gomer, Tricia Davis, Martha Clements, 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, 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, Robert L Gomer, Carla J Gomer, Lorena Hernandez, Thomas Moeller, Lorraine Becker, Gerald Gardiner, Larry Delaney, James Keddie, Lorena Hernandez, Miguel Hernandez and Edgar Giovanni Castro, Julio Diaz, Kelly Murray, Marianne Ford, Ortiz Family, James Derouin, Karen Danis, Jim Mann, Muriel Bovat, Gina Wood, Michelle & Lawrence Hudson, Monica White & Patrick White, Betty McKee, Arturo Mendoza Sanchez, Vickie Coburn, Susana Rios-Villagrana, Jeff Shinrock, Mary Ulmer, John Michaelides, Joyce Tally, Dona Tally, Thomas Biddulph, Pat Tholen, Fernando Guadarrama, Margaret Dougherty, Betty Gil, Adrienne Menjivar, Deanna White, David Mares, Mary Dudash, Chuck Boyer, Daniel Bustamonte, Hector Rios-Villagrana & Family, Miguel Correa & Family, Tamlyn Leaf, Gordon Leffel, Graciela Chavez, Nico Luiggi, Vickie Coburn, Ana B. Rojas, Maria Mangini, Melanie and Chris Koumentakos, Maryanne Schram, Jackie Davia Johnson, Jenna Cappello, Matt Seidlinger, Benjamin Grillo, Gavin Menteer, Jim Seidlinger, Mary Ellen Kearney, Kurt Gutzmann, Lois Michell, Albert Lemanski, Frank Pollack, Leslie and Charlotte Heagney, Joseph Daley, Carolyn Shebora, Melvin Schreckinger, Stephen Inguanti, Karen Scanlon, Rhonda Wolfe, JJohn Druiett, Delia Flores, Bruce Berry, Glen Gress, Bobby Blankenship & family, Buddy & Vincent Yerkie & Family and William Davis III, Carolyn Allen, Elise Dutton, Nancy Firestone, Mitchell Wood, Felicity Peletier, Leah Sanford, Dawn Dittmer, Jason Stoker, Makenna Anne Koetzle

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, Jason Cullinan, Estrella Bernaola, Frank Spatt Jr., Thomas Wickham, Hunter Keiser

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

Daily Mass Intentions and Readings

March

11 MONDAY

6:30am David Gellerman
9:00am Odilon Barrios+
Lv 19:1-2, 11-18/Mt 25:31-46

12 TUESDAY

6:30am Frank Hodapp+
9:00am Virginia Clay+
Is 55:10-11/Mt 6:7-15

13 WEDNESDAY

6:30am Fred Gasper+
9:00am Mary Ann Holzworth
Jon 3:1-10/Lk 11:29-32

14 THURSDAY

6:30am Marge Dixon+
9:00am William Burke+
Est C:12, 14-16, 23-25/Mt 7:7-12

15 FRIDAY

6:30am Madeline Dolan+
8:15am* Arthur Sonnick
9:00am Catie LeBouton
Ez 18:21-28/Mt 5:20-26

16 SATURDAY

9:00am Christine G. McWhirt+
5:00pm George B. McWhirt III+
7:00pm Michael J. Bonder+
Dt 26:16-19/Mt 5:43-48

17 SUNDAY

7:00am For Our Parish
8:30am Clayton Tillapaugh+
10:30am Smith and Gasper Families
10:30am* Jack Walker+
12:30pm Virginia Lee Marengo+
2:30pm Peter and Erica Paquette
5:00pm Tam Nguyen
7:00pm For the Unborn
Gn 15:5-18/Phil 3:17-4:1/Lk 9:28b-36

* 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?

540-898-8558

24hour help line:

1-800-550-4900

All Services are FREE



Birthright
Fredericksburg

Feeling trapped and alone?

Know someone who may be?

Make us your first call

-Non-Judgemental

-Confidential

-Supportive

Pregnancy tests available

2006 Lafayette Blvd, #202, Fredericksburg, VA 22401
birthrightoffredericksburg.com