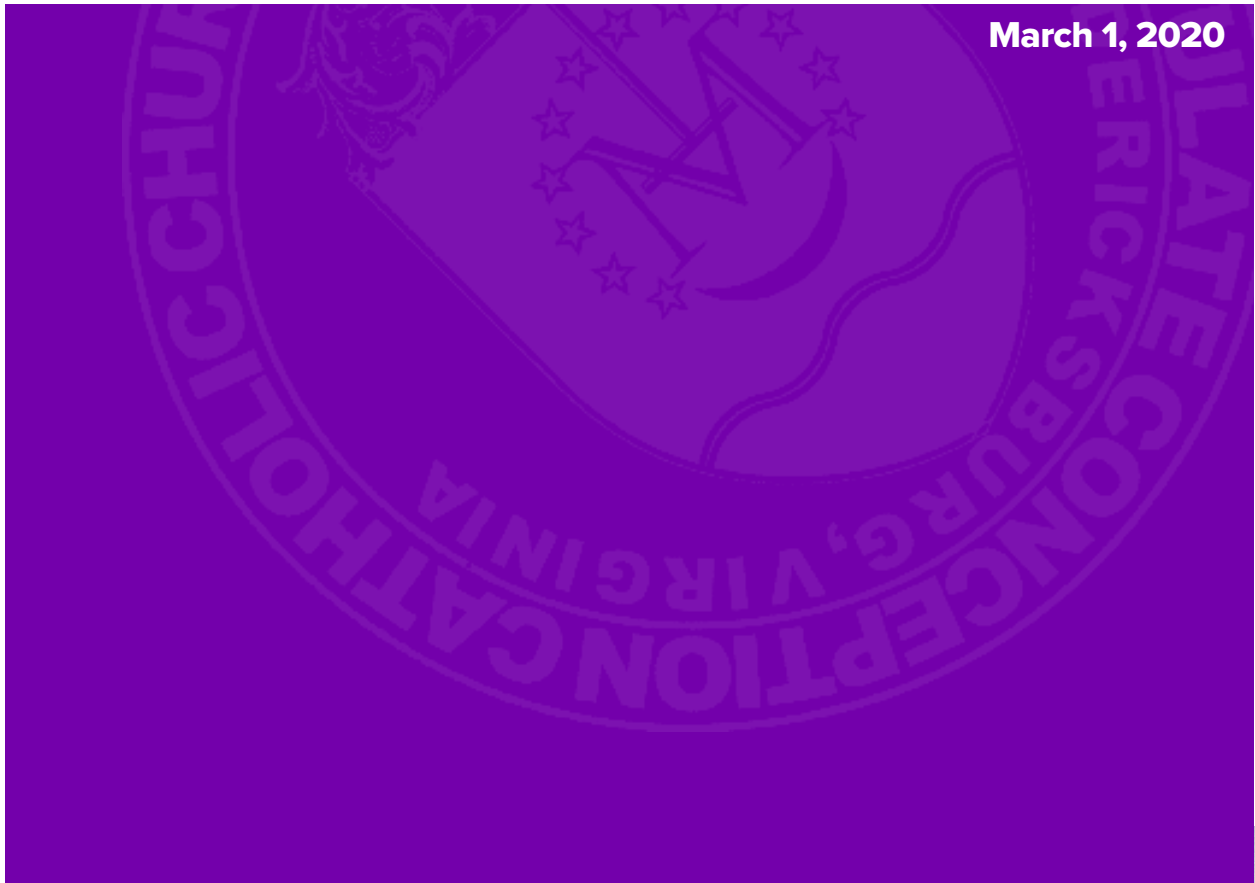


FIRST SUNDAY OF LENT

March 1, 2020



Saint Mary of the Immaculate Conception Roman Catholic Church
1009 STAFFORD AVENUE - FREDERICKSBURG, VIRGINIA

upcoming

February



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

1 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, Parish Life Center*

2 Monday, Lenten Weekday

10:15am, Legion of Mary Our Lady of Perpetual Help Praesidium, Parish Life Center, Room 100
4:45pm, RE Class, Parish Life Center
6:30pm, RE Class, Parish Life Center
7:30pm, RCIA in the Church

3 Tuesday, Lenten Weekday [Saint Katharine Drexel, Virgin]

4:45pm, RE Class, Parish Life Center
6pm, RE Class at HCA
6:30pm, RE Class, Parish Life Center
7:30pm, Life in the Spirit Prayer Gathering in the Courtyard Meeting Room

4 Wednesday, Lenten Weekday [Saint Casimir]

10am, Weekly Bible Study in the Courtyard Meeting Room
12:30pm, Confessions in the Church
3pm, Divine Mercy Devotions in the Church
6pm, Bishop Barron Bible Study in the Courtyard Meeting Room
6:30pm, YOUCAT, John Paul II House
6:30pm, Confessions in the Church
7:30pm, Young Adults Meeting in the Parish Office Library

5 Thursday, Lenten Weekday

9:30am, Craft Group, Parish Life Center, Room 100
9:45am, Bible Study in the Courtyard Meeting Room
12pm, Cursillo Meeting, John Paul II House
6pm, Walking With Purpose, Parish Life Center
7pm, Nar-Anon, Parish Life Center, Room 100
7pm, Baptism Class in the Courtyard Meeting Room

6 Friday, Lenten Weekday

9am, St Anne's Sisters in the Faith, John Paul II House
6pm, Lenten Soup Supper, Parish Life Center
6:30pm, Spanish Junior Legion of Mary in the Courtyard Meeting Room
6:30pm, Middle School Youth Group, Parish Life Center
7pm, Stations of the Cross in the Church
7:30pm, Spanish Stations of the Cross in the Church
8pm, Spanish Legion of Mary in the Courtyard Meeting Room

7 Saturday, Lenten Weekday [Saints Perpetua and Felicity, Martyrs]

8am, Confessions in the Church
8:30am, SPRED Classes, Parish Life Center
10am, Baptisms in the Church
10am, Al-Anon, Parish Life Center, Room 204
2pm, Spanish Baptism Class in the Courtyard Meeting Room
3:30pm, Confessions in the Church
6pm, Knights of Columbus Family Dinner, Parish Life Center

8 SUNDAY, SECOND 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, Parish Life Center*

pulpit announcements

nota bene (note well, please):

▪ Lent & Holy Week Calendar

More information on page 16

▪ CRS Rice Bowl

More information on page 6

▪ Stations of the Cross & Soup Suppers

More information on page 8

▪ Pictures from our 2020 High School Retreat

More information on page 13

▪ Noticias en Español

Más información en la página 14

▪ Following the Call of Christ with Bishop Robert Barron during Lent - *More information on page 14*

Ushers Needed

We are in need of ushers at the 5pm Mass on Saturdays. Please consider serving your pariah family in this way. If interested contact Tom Fish at fishtbrx@gmail.com. Thank you

Adoration of the Blessed Sacrament

O Come Let Us Adore Him in Eucharistic Adoration!

"The shepherds hastened to Bethlehem, where they found Mary and Joseph, and the baby lying in a manger" (Lk 2:16). 'We fall down in adoration before the Son of God. As we adore Christ, born in a stable... we feel the shepherds' same amazement and their same joy" (Saint John Paul II). Please 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.

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

Monday - Friday: 6:30am, 9am
M/W/F: 12 Noon
Saturday: 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

Wednesday, after 12pm Mass, 6:30-8:30pm; Sat., 8am & 3:30pm, or by appt.

PARISH OFFICE

540-373-6491, fax 371-0251
stmary@stmaryfred.org
Monday - Friday, 8:30am - 4:30pm;
students staff office weekdays until 9pm,
Saturdays 9-5pm, Sundays 9:30-1:30pm

Pastor, Fr. John Mosimann
Fr. Sean Koehr
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 - Dr. Stephen Fry,
sfry@holycrossweb.com

ST. MARY PRESCHOOL

540-373-7553
Director, Sheri Castellarin

RELIGIOUS EDUCATION OFFICE

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

YOUTH MINISTRY

tbeltran@stmaryfred.org
Tatiana Beltran

YOUNG ADULTS

stmaryya@gmail.com
540-847-1872

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!

from our pastor

pax et bonum

Dear Folks,

A few things. :-)

BLA 1: Thanks for your generous response. A few folks said, with smiles, that I had too much fun giving that appeal. And I admit to using some of the same jokes every year! Moreover, I do believe firmly in the importance of all the charitable works supported.

BLA 2: Thanks to the folks who help so much, from the lay speakers at Mass, the ushers, arriving an hour early for Mass, to the count team that sorted the envelopes and had them sent to the diocese within 36 hours! We will let you know when we have the calculated results of this appeal.

Lent 1: So many good penances. This year I came up with a new one, "not buying anything, unless absolutely necessary (i.e. food etc)." I am going to have someone be my conscience and approve any purchase I make!

Lent 2: See the graphic to the right? It came from the Focus Missionary website. I like how it lays out the minimum fasting abstinence requirements in simple form.

Lent 3: Our Flocknotes Series with Bishop Barron "Following Christ". This is a great resource that I encourage you to watch with your family, or small group setting. Receive the free weekly video by registering on our website stmaryfred.org - join the 2020 Lenten Group in English or Spanish.

Skiing 1: Lots of folks have asked, so.... 'yes the ski trip was great. Snow was lousy, but the 50 degree sunny skies we beautiful, the priestly fraternity was energizing, and the food was amazing!'

pax et bonum,

Fr Mosimann

Fr Mosimann

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.

ABSTINENCE

NO MEAT
Mammals or Fowl

FISH IS OK
So are Amphibians and Reptiles

FASTING

1 REGULAR MEAL

AND

2 SMALLER MEALS
(not together do not equal the regular meal in size)

NO SNACKS

WHEN

ASH WEDNESDAY

GOOD FRIDAY

FRIDAYS IN LENT

FASTING AND ABSTINENCE

ABSTINENCE

INTERESTING NOTE:
Canon 1250 names Fridays all year long as penitential days which should be marked by some sort of sacrifice and penance. While abstinence from meat is a traditional sacrifice, Canon 1253 leaves the decision for the particular sacrifice up to the local conference of Bishops. The United States Conference of Catholic Bishops has obtained permission from the Holy See for Catholics in the USA to substitute a different penitential, or even a charitable, practice for abstinence from meat during the year, if they so choose.
Abstinence from meat is obligatory during Lent everywhere.

WHO

CATHOLICS 14+
ARE OBLIGED TO PRACTICE ABSTINENCE

CATHOLICS 18-58
ARE OBLIGED TO FAST

THOSE OUTSIDE THE AGE LIMITS

and those whose state in life (e.g. pregnant women, manual laborers, those who are ill) may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

PLEASE NOTE

These guidelines are the minimum requirements for Lenten sacrifices. All are encouraged to impose some sort of personal penance or act of charity or piety on top of these minimums.

You could increase the number of days you practice fasting and/or abstinence, or abstain from a favorite food or activity for all of Lent. You could add things, such as committing to read the Bible for 20 minutes a day.

As in all things, Lenten penance and mortification calls for prudence.

It is wise to consult your spiritual director before undertaking additional Lenten practices.

education holy cross academy



Impressive research from our 7th and 8th graders



Fourth Grade teacher Mrs. Wiley organized a Science, Technology, Engineering, Art, and Math (STEAM) on-campus field trip for our students



**A National
Blue Ribbon
School of
Excellence**



HCA Registration for the 2020-21 School Year Now Open

As the parish school of St. Mary, we encourage parishioners to consider Holy Cross Academy for your family. HCA is pre-K-3 through 8th grade National Blue Ribbon School of Excellence offering a strong academic program, daily religious instruction, character formation, numerous extracurricular opportunities, a variety of music and art programs, and so much more. Our students are blessed to receive weekly religious instruction from our parish priests and Mass on Fridays. Holy Cross Academy students and their families support the Fredericksburg community through a variety of service projects throughout the year.

We recognize that Catholic education can seem out of reach for some families. It is our goal to never turn away a family seeking a Catholic education for their child(ren). The Diocese of Arlington offers tuition assistance and scholarships to students accepted by or attending a diocesan Catholic elementary school. The deadline to apply for assistance is March 18 so if you're interested in pursuing this opportunity then please apply to HCA as soon as possible. Details can be found on our website, holycrossweb.com. You may also give us a call at 540-286-1600 to get your questions answered and schedule a private tour. For more information about our preschool, please contact Sheri Castellarin, Director, at 540-373-7553 or preschool@holycrossweb.com. We would love to learn how Holy Cross Academy can be a blessing for your family!



Kindergarten students enjoy hands-on learning.



Congratulations to our Science Fair winners!

religious education

Magnifikid

The Desert

The desert is an important place in the Bible. It is a quiet place to meet God, to think deeply, and have a change of heart. It also a place of hunger, thirst, or attack from some dangerous creature. The desert is thus a symbol for those times in life when our faith is tested. Though such times are difficult, they also help us grow closer to God. Lent is our yearly retreat to the desert."



CRS Rice Bowl

First Week of Lent

As we continue our Lenten journey, may our fasting be a hunger for justice, our alms an offering of peace, and our prayers a reflection of humble and grateful hearts. We ask the Holy Spirit to accompany us as we spend these 40 days reflecting on our responsibility to share what we have with our global human family. May our Lenten reflection inspire us to reach out to those most in need? May our prayers, fasting and almsgiving support people worldwide, especially those who are hungry and lack proper nutrition?



Lectio Divina for Catechists

The Catechist Training session held on February 18 was on "Lectio Divina." It is a "method of praying the Scriptures, the Word of God" in about four steps: Reading, Meditation, Prayer and Contemplation. Our pastor, Fr. John Mosimann explained and guided us through the steps.



God is the source of every blessing. May we be mindful of His presence now and as we use these CRS Rice Bowls in prayer, fasting and almsgiving. May they be instruments of encounter, bringing us closer to our God, and to our neighbors both near and far? May our Lenten journey inspire us to bring hope to the most vulnerable— particularly those experiencing hunger, and a lack of economic opportunity? Through these 40 days, may we deepen our faith in God and our love for one another, as we prepare for the great celebration of Easter?

Hunger in Our World

When Jesus fed the 5,000, he said, "Give them some food yourselves." Reflect on the challenge of global hunger. How can you contribute to support the hungry in your community? Visit crsricebowl.org for more.



watch.formed.org/the-jesus-stories

our parish youth ministry



Fitness Club

Middle Schoolers!

Join us for some faith, fun and fitness! All fitness levels welcome.

We meet at Green Fitness and Wellness 9am-10am.

Meets Saturday:

- ~~Feb 8th~~
- March 7th
- April 18th
- May 9th

Please contact: Rachel Luciani for more info: lucianir@comcast.net

Come & join us for a Steubenville Conference

June 12-14 2020! We will be going to Franciscan University of Steubenville in Ohio for a youth conference where thousands of teens will gather for fellowship, fun and to praise our Loving Father!

The 2020 theme is "Restored" where we will encounter the God who calls us out of darkness and into his marvelous light. Lift your eyes to the glory of God. Be restored! Only for high school students, we have limited spots. Please email Tatiana for more info: tbeltran@stmaryfred.org.



SUMMER 2020

RESTORED

PSALM 80:3

St. Mary's Craft Club

Free! All ages 3 and up can join us for a fun time creating craft projects with the "St. Mary's Craft Club".

We meet the last Saturday of each month 9:45 - 10:45am in the Pope John Paul II house kitchen area. (Just go up the steps to the porch and enter through the door and you'll be there!)

March 28
Easter crafts

Each craft club includes faith formation activities as well. To complete a Craft Club enrollment form, just come to a class and we'll give it to you. RSVP to Julia. Apicella@gmail.com.

StMaryCYM    

#GetInvolvedBeTransformed

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

Assistant Director for Youth Ministry

St. Mary of the Immaculate Conception

St. Mary Parish is seeking a full-time Assistant Director of Youth Ministry. The position requires collaboration with the Director in guiding the overall ministry to teens in 7th-12th grade as well as directing the middle school program, coordination of Confirmation program and retreats for both middle and high school students. The Assistant Director assists in the leadership of the High School Youth Ministry program which includes; Life Teen, retreats, WorkCamp, bible study and other events. Administrative tasks, programming and coordination of schedules are included. For more information on the position and requirements visit our website stmaryfred.org.

parish life get involved

Stations of the Cross – Lenten Soup Suppers

Stations of the Cross take place every Friday evening during Lent. Stations are at 7:00pm in English and at 7:30pm in Spanish. On March 6th and April 3rd 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.

Manna Project Food Drive is set for March!

On March 7 and 8, Manna Project Volunteers will collect non-perishable food and monetary donations outside of Mass for the Fredericksburg Regional Food Bank, a member of Feeding America. 1 in 7 Americans turns to Feeding America for food assistance and households often survive on limited budgets. Needed items include: canned meat/fish, peanut butter, pasta/sauce, canned goods, instant potatoes, rice, and personal items such as paper towels. The Food Bank currently feeds over 20,000 people monthly. For each \$10 donation, they are able to provide 20 meals for hungry families. Please help us feed the hungry, your support is greatly appreciated.

Senior Luncheon

The next parish senior luncheon will be held in the Parish Life Center on Monday, March 16th. We invite all seniors to come to the 12 noon Mass and join us after for a traditional St. Patrick Shepherd's Pie hot lunch. All seniors in the

parish are invited and admission is free. Come and enjoy the company of your fellow seniors. If you have questions, call Lara Traylor at 504-491-3029 (note area code!).

St. John Paul the Great Shrine Visit

Knights of Columbus members and all parishioners are invited for a day of retreat at the Shrine of St. John Paul The Great in Washington DC, March 21.

A carpool sign-up sheet is available below. Those carpooling can meet at St. Mary's and travel to the shrine for 10am. We'll gather as a group in the large open area inside the front doors. A guide is assigned for a tour of the shrine. After we'll have time for reflection, prayer and an opportunity to attend Mass at 12pm. Sign up at bit.ly/kofcshrine2020

The Shrine is located at 3900 Harewood Road, NE Washington, DC 20017. Free parking on site for cars and buses.

Saint Mary Book Club

We will discuss "A Life Observed, A Spiritual Biography of C. S. Lewis" by Devin Brown. C. S. Lewis is one of the most influential Christian writers of our time. "A Life Observed" tells the inspiring story of Lewis' spiritual journey from cynical atheist to joyous Christian. Drawing on Lewis' autobiographical works, books by those who knew him personally, and his apologetic and fictional writing, this spiritual biography brings the beloved author's story to life while shedding light on his best-known books.

Please join us for Saint Mary Book Club on Tuesday March 10 in the Father Rooney Community Room at 10am.

Blood Mobile at St Mary's

Please consider giving blood on Wednesday 4 March at St. Mary of the Immaculate Conception Parish from 4-6pm. The Blood Mobile will

be in the Church Parking lot. Your support is Urgently needed. Thank you for your kind consideration of this urgent need.

Please sign up to give at redcross-blood.org/give.html/donation-time. Drop in's are acceptable!

Cursillo of the Arlington Diocese

It is registration time for the Women's Cursillo to be held March 19-22, 2020 at San Damiano Retreat House in White Post VA. The cost is \$250 for meals and lodging. The word Cursillo means short course. This is a three day short course to revitalize your faith, your Catholic connections, and increase your time with God, study skills, and action in the church and home community. Following the retreat all will be invited and encouraged to join a small group gathering call a Group Reunion. There are several groups already meeting in the greater Fredericksburg area. There will be a Men's Cursillo in May. For registration and more information please contact: Tammie Chute at tammiechute@hotmail.com.

Men's Registration for Diocesan Cursillo

It is registration time for the Men's Cursillo to be held May 28-31 at San Damiano Retreat House in White Post, VA. The cost is \$250 for meals and lodging. The word Cursillo means short course. This is a three day short course to revitalize your faith, your Catholic connections, and to increase your time with God by study skills and action within the church and your home community. Following the retreat all will be invited and encouraged to join a small group gathering called a Group Reunion. For more information contact Tammie Chute at tammiechute@hotmail.com.

parish life get involved

Plan to Attend a Lenten Weekend Retreat at Loyola on the Potomac

Loyola retreats are conducted in an atmosphere of prayerful silence and include generous amounts of time for prayer, personal reflection and the cultivation of a deep relationship with God. The retreat is open to anyone who is seeking a deeper relationship with God in prayer. It also provides for daily Eucharist and celebrating the Sacrament of Reconciliation on Friday and Saturday. Loyola on the Potomac is in Faulkner, Maryland 20632.

The theme this year is: "Lord, Teach Us to Pray". St. Ignatius emphasized that Prayer is the Essence of our life as Christians. We are taught time and time again the communication is the key to any successful relationship.

If we accept both premises, this retreat will be a welcomed companion on our faith journey. Successful communication relies on both speaking and listening. On our retreat we will learn to more effectively communicate with God as we listen in the prayerful silence and as we speak from our heart and experience.

Men's Retreat March 6-8. Women's Retreat March 13-15 (Both during Lent). 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 1st 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. Register at loyolaonthepotomac.com.

ST. PATRICK'S DAY DINNER & SOCIAL

Saturday, March 7 Immediately following the 5pm Mass until 8:30pm in the Parish Life Center. Menu: Irish Soda Bread, Corned Beef, Cabbage and Carrots, Red Potatoes, Irish Whiskey Bread Pudding. Dinner is pay-at-the-door. Take-outs available. Adults/Teens: \$8, Seniors (60&up): \$7, Children (7-12): \$5, Children (under 7): Free. Max Cost Per Family: \$25. Beer & Wine Cash Bar - Must be 21 or older to purchase or consume alcohol.

RSVP by March 4 at

Dinner@KofC4034.org

We've got Script Gift Cards for That

Do you buy groceries at Giant, Walmart or Weis? We have Script Gift cards for that. Buy breakfast or Lunch at Chipotle, Taco Bell, Wendy's, or Panera Breads? We have Script Gift cards for that. Enjoy fine dining at Red Lobster, Outback, Bonefish, Carrabba's, Bob Evans, or Cracker Barrel. We have Script Gift Cards for that. Need gas or groceries we have gift cards for Sheetz and Wawa or Giant, Weis, Target, and Walmart. Stop by the Script Gift Card table in the PLA after mass and purchase gift cards or to review the list of all the Script Gift Cards that are available. Set up an account today and continue earning rebates for HCA! Email the Scrip Coordinator at scripcoordinator@holycrossweb.com for the school enrollment code so HCA gets credit for your purchase or with any questions. Thanks for using script gift cards!

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

Monday, March 9
*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.

parish life happenings

HOPE For The Incarcerated

The loneliness, despair, and hopelessness of someone currently serving a prison sentence can be devastating and lead to depression and feelings of worthlessness. Do you have a family member, a relative, or a friend who is incarcerated? Do you have a relative or friend who knows of someone in prison? We can help.

The St. Mary Prison Ministry Pen Pal Program brings HOPE (Helping Others thru Positive Encouragement) to those in prison who feel they have lost everything and see no future. It is our mission to offer words of compassion, caring, hope, friendship, and faith by engaging in uplifting and loving communication that extends Christ's forgiveness, love and hope for a better future. We do not focus on the circumstances; rather, we focus on the dignity & respect of the individual. Our message is that God never stops loving us, never gives up on us, and it is never too late to change the direction of your life.

If you know of someone in prison who needs positive encouragement and hope, they can write to our parish office and request a pen pal. Or, the family or friend can contact our Prison Ministry Leader, Jim Shall at jimshall1@yahoo.com God bless you!

Tea at "The Vatican"

Your St. Mary Council of Catholic Women is sponsoring "Tea in the Vatican Gardens" on Saturday, April 4th from 2-4pm at Holy Cross Academy. High tea with delicious Italian treats, Vatican inspired live music and decor, prizes and surprises, and a photo op with "Pope Francis." Bring your favorite hat and come celebrate the special bond between mothers and daughters, aunts and nieces, grandmothers and granddaughters, and best friends! Tickets are \$10 per person or \$13 for a gluten free option. Purchase yours today after Mass or through this website, motherdaughtertea.org

Stress/Anger Management Group!

This 8-week group is a psycho-educational supports group designed to help you identify, process and incorporate skills to help you respond (not react) to stress and anger in healthier and more constructive ways.

1101 Stafford Ave. Fredericksburg
(next St. Mary Immaculate Conception Church)

Wednesday March 25 to Wednesday May 13
8 Consecutive weeks from 6pm – 7:30pm

Adult Male and Females Only

Anonymity will be enforced!
Certificate upon completion!

To Join this group or for more information,
please contact Lee Ann at 540-371-1124



MARCH 4 | UNITED METHODIST CHURCH
REV. AARON DOBYNS

MARCH 11 | SHILOH OLD SITE BAPTIST
REV. DAVID CASEY

MARCH 18 | ST. MARY'S | REV. LOU FLORIO

MARCH 25 | CHRIST LUTHERAN CHURCH
REV. JOHN MOSIMANN

APRIL 1 | PRESBYTERIAN CHURCH
REV. JOE HENSLEY

MICAH ECUMENICAL LENTEN PRAYER SERVICE

All St. Mary parishioners are welcome to join our Christian brothers and sisters in prayer this Lenten season. All prayer services take place on Wednesday's during lent at noon and are followed by a light luncheon.



parish life happenings

VIRGINIA VESPERS Evening Prayer for the Commonwealth

THURSDAY, MARCH 5 | 5-6PM

As we advocate for the common good during the 2020 Virginia General Assembly session, Arlington Bishop Michael Burbidge and Richmond Bishop Barry Knestout invite you to join them, public officials, Catholic clergy, parishioners and people of all faiths as we come together for prayer for and with our legislators and the people of Virginia. Held in Richmond's historic cathedral, evening prayer draws on ancient Christian liturgy and includes Scripture, music and song.

Following Vespers, join us for wine and appetizers reception, 6-7:30pm, VCU's Shafer Hall, directly across Cathedral Place.

Hourly parking available at the garage, corner of North Laurel & West Main streets, adjacent to Altria Theatre. On-street parking may also be available.

DATE NIGHTS AT SAINT MARY'S



SAINT MARY OF THE IMMACULATE CONCEPTION

marriage ministry

JOIN US FOR THIS POWERFUL SESSION

6:30-7pm Wine & Cheese Social | 7-9pm Gathering

Through Mary to Jesus: Saying Yes to the Lord | March 14

All gatherings are at the St. Mary's Parish Life Center

In need of a babysitter? We have a list of High School Youth Group Students that might be available to help you. Please contact Elena Doyle at edoyle@stmaryfred.org.

*All are welcome Last name A-M bring an appetizer N-Z a dessert to share.
The sessions require a book (shared between each couple) Please bring \$10.*

All married and engaged couples are warmly invited to attend!
No reservations necessary-just show up!

noticias en español

2020 Cuaresma

Siguiendo la Llamada de Cristo

Únase a su familia parroquial mientras viajamos juntos con el obispo Barron. Regístrese para recibir un video semanal (sin costo) que pueden ver con su familia y / o un pequeño grupo de cuaresma. Tendrá la oportunidad de comentar y hacer preguntas directamente a nuestros sacerdotes a medida que se presente el material.

Para inscribirse, visite el sitio web de St. Mary, stmaryfred.org y haga clic en el enlace para Flocknotes/ Cuaresma y regístrese para la Serie de Cuaresma 2020 en español.

Siguiendo la Llamada de Cristo

El obispo Robert Barron ilumina seis historias bíblicas de conversión, demostrando cómo Jesús se acercó a la gente común, como usted, en una amplia variedad de circunstancias y llamó a una vida mejor a través de él. Experimente cómo Jesús conoció y cambió para siempre a personas como el apóstol Mateo, la mujer del pozo, el joven rico y hasta los tres reyes que vinieron a verlo como un bebé recién nacido en Belén. El tema común en cada historia es orientar toda la atención y la energía hacia una conexión más profunda y personal con Jesucristo. En su estilo característicamente enérgico, el obispo Barron explica cómo la conversión no es tanto un evento único, sino un proceso de toda la vida que Dios ofrece a todos. "Jesucristo nos llama de miles de maneras diferentes para seguirlo, mientras nos esforzamos en el camino hacia la excelencia espiritual", explica el obispo Barron. ¿Dónde te encuentras con Jesús ahora y cuál es tu respuesta?

Se necesitan donaciones de tela

Casos de Amor, que es parte del Ministerio de Servicios a la Comunidad de nuestra parroquia, quienes se dedican a hacer y donar fundas de almohadas para niños y adultos sin hogar en el área de Fredericksburg necesitan las siguientes donaciones de tela:

-tela 100% algodón o franela- 1 yarda de 42-44 pulgadas de ancho para el cuerpo de la funda.

-tela 100% algodón o franela – ½ yarda de largo de 42-44 pulgadas de ancho de un color que haga contraste con la otra tela.

Las telas para los niños pueden ser en colores brillantes y coloridos.

También aceptan donaciones de tarjetas de regalo especialmente Script.

Por favor, deje sus donaciones en la oficina parroquial.

Si desea ser parte de este ministerio comuníquese con Adele Falardeau asfalardeau49@gmail.com

Nuevo horario de confesiones

Día- miércoles (excepto los días de obligación)

Hora: después de la misa del mediodía

Rosario en Comunidad

Día: domingos

Hora: 1:55 pm (antes de la misa)

Lugar: iglesia

CCW Presenta

Té en los jardines del Vaticano

Reserve su espacio – asientos limitados – boletos se venden por orden de llegada y de antemano. ¡Traiga a su hija, madre, abuela, tía o a su mejor amiga!



Compre los boletos en línea en

motherdaughtertea.org (sin cuota adicional) o después de las misas de fin de semana en marzo. Haga los cheques a nombre de "St. Mary CCW"

Sábado, 4 de Abril 2020

2:00 – 4:00 pm

Auditorio father brisson

Academia holy cross

Boletos \$10 ó \$13 gluten free

Reservación con precio fijo

Nuevo menú

Entretenimiento Sorteos

Siguiendo la tradición de eventos para madres e hijas

youth ministry high school retreat



operations given in love

Weekly Offertory

Offertory Collections - February 23

Offertory Collection \$31,416

Micah "Love Your Neighbor" (add'l) \$1,449

St. Vincent de Paul Poor Box \$147

*Next week's second collection
will support Parish Building Fund.*

Thank you for your generosity!

Pro-Life Reflection

*"The mercy of God is his loving concern for each one of us. ...he desires our well being and he wants to see us happy, full of joy, and peaceful. ... Just as he is merciful, so we are called to be merciful to each other." Pope Francis, Misericordiae Vultus, no. 9
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We pray for women and men suffering after abortion that God may grant them courage to seek healing and peace through the Church's post-abortion healing ministry.

For information about Project Rachel and post abortion assistance, contact Project Rachel in the Diocese of Arlington at 703-841-2504 or projectrachel@arlingtondiocese.org or call the Helpline at 1-888-456-HOPE

Children's Charity for March

The children's charity that will benefit from the offering in March is Stafford Junction, a faith-based nonprofit organization tasked with improving the lives of children and their families in low-income neighborhoods in Stafford County through programs focusing on education, nutrition, and healthy living. With the intervention of Stafford Junction, the crime rate in the Olde Forge neighborhood dropped by

more than 50% within two years. Stafford Junction is a mission project of our parish and children's donations will assist the parish in providing much needed support for their programs. For more information, visit their website at stafford-junction.org.

Pilgrim Virgin Statue

Would you like the Blessed Mother to visit your family for two weeks? Please contact Mary Lou Felts at 571-723-3333 or maryloufelts@gmail.com to schedule a time.

Human Trafficking Awareness and Education

Join us as we welcome Michele Trampe, Executive Director of the Central Virginia Justice Initiative for a presentation on Human Trafficking Thursday, March 26 at 7 pm in the Courtyard meeting room. Human trafficking is on the rise in our area. This presentation will assist you in recognizing potential traffickers and victims, red flags and how to report this crime. Educating oneself is the best defense and you might save a life. For further information please contact Linda Komp at lkomp78@gmail.com

2020 Lenten Series

Following the Call of Christ

Join your parish family as we journey together with Bishop Barron. Sign-up to receive a weekly video (at no cost) that you may watch with your family and/or small Lenten group. You will have the opportunity to comment and ask questions directly to our priests as the material is presented.

To sign-up, please visit the St. Mary website stmaryfred.org and click the link for Flocknotes/Lenten Program and register for the 2020 Lenten Series in English OR Spanish.

Following the Call of Christ

Bishop Robert Barron illuminates six biblical stories of conversion, demonstrating how ordinary people, just like you, were approached by Jesus in a wide variety of circumstances and called to a better life through him. Experience how Jesus met and forever changed people like the apostle Matthew, the woman at the well, the rich, young man, and even the three kings who came to see him as a newborn baby in Bethlehem. The common theme in each story is the turning of all one's attention and energy toward a deeper, more personal connection to Jesus Christ. In his characteristically energetic style, Bishop Barron explains how conversion is not so much a one-time event, but a life-long process that God offers to everyone. "Jesus Christ calls us in thousands of different ways to follow him, as we strive on the path for spiritual excellence," explains Bishop Barron. Where are you meeting Jesus now and what is your response?

liturgy daily bread

Saint Mary Prayer List

Please pray for those who are sick or in need, especially: 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, Nikolai & Bridget Sherba, Randy McNulty, Riley Horstick, David A., Marty T., Janet Yerkie, Brittany Yerkie, Elizabeth Stoehr, David Semeglo, Robert L Gomer, Carla J Gomer, 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, Thomas Biddulph, Fernando Guadarrama, Margaret Dougherty, Betty Gil, Adrienne Menjivar, Deanna White, David Mares, 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, Frank Pollack, Leslie and Charlotte Heagney, Joseph Daley, Carolyn Shebora, Melvin Schreckinger, Stephen Inguanti, Rhonda Wolfe, Delia Flores, Bruce Berry, Glen Gress, Bobby Blankenship & family, Buddy & Vincent Yerkie & Family, Carolyn Allen, Mitchell Wood, Felicity Peletier, Leah Sanford, Jason Stoker, Makenna Anne Koetzle, Peggy Silverman, Jack Ryan, Amy Peretta, Janet Fisher, Paul Scott, Wendy Vann, Michael Vann, Michelle Thomas, Jerry Hall, Zelda Meyer, Jack Ryan, Robert Boggio, Ryan McNichol, Bianca Sanchez, Jackeline Sanchez & Family, Mary Hope Burkett, Dick Geary, Sean Duarte, Linda Schaaf, Dave & Joy Zerby, David Silberman, Mrs. Joann A. Formeller, Jim Matarese & Son, Paula Hass, Leony Scott, Catherine Laski, Winifred Herrin, Brenda Leffel, Deborah Nunez, Larry Hays, Alma Keyes, Mary Carr-John, Phil Fuller, Jean Guinn, Sylvia Littlepaige, Alma Keyes, Andy Johnston, Jacoby Smith, Andrew Prybys, Richard Epp, Mary Wehman, Barbara Sisbarro, Maria Atkins. Santo Domingo Hernandez Gomez & family, Otilia Dogmoc, Linda Rager, Samantha Stumpf, Lonnie Dalton, Gail Erickson, Brenda Dudley, Debbie Beebe, Blanca Garcia, Rildo Ribelino Soto, Giles Morgan, Kim Matkovsky, Frances Conn, Christine Frescas, James Murphy, Daniel Burke, Joan Baker, Stephen O'Byrne, Marian Wilinski, Martha Clements, Bernard Cruz, Margaret Krebbel, Floyd Carver, Jr., Michael Sharkey, Jerry Werline, Patricia Johnston, Claire Matthews, Isabelle McLoone, Kensington McLoone, Zachary Payne, Ernalina Kyle, Betty Curtis, Patrick Sherba, Sr., Dennis Farmer, Ernalina Kyle, Maria Wood, Margie Hougasian, Maria Wood, Robert Gibson, Mary Brussell, Karen Danis, Bruce Mattern, Miles Wood, Roseanne Nash, Jeanne Burke, Prudy Tarpey, Danielle McCarty, Scott Robey, Kellan Moran, Mary Bostain, Dilma Magalhaes Da Silva, Carol Mauro

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, 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, Frank Spatt Jr., Thomas Wickham, Hunter Keiser, Sean Jobes, Michael Scott, Samuel Hoffman, Andrew Qualls, Matt Gioia, Jennifer Brothers, Jack Merker, Daniel Algert

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

Al Anon Surviving the Weekend Group

Al Anon is 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.**

Daily Mass Intentions and Readings

March

2 MONDAY

6:30am Caleb Kinney+
8:15am* In Reparation
9:00am William Novick+
Lv 19:1-2, 11-18/Mt 25:31-46

3 TUESDAY

6:30am Jose Silva+
9:00am Joshua Caleb Watson+
Is 55:10-11/Mt 6:7-15

4 WEDNESDAY

6:30am Fr. Michael J.R. Kelly
9:00am Harris Lucas, Jr.+
Jon 3:1-10/Lk 11:29-32

5 THURSDAY

6:30am Manual Silva
9:00am Robert Willis+
Est C:12, 14-16, 23-25/Mt 7:7-12

6 FRIDAY

6:30am In Reparation
9:00am In Reparation
12:00pm In Reparation
8:00pm In Reparation
Ez 18:21-28/Mt 5:20-26

7 SATURDAY

9:00am Rhiannoh Stewart
5:00pm Corina Rozwadaska+
7:00pm For Our Parish
Dt 26:16-19/Mt 5:43-48

8 SUNDAY

7:00am Travis Watkins+
8:30am Providence Armenia+
10:30am David Uschold
10:30am* George Graf+
12:30pm Dope Afanoukoe
2:30pm Reymunda Marin+
5:00pm Fr. Robert Rippy
7:00pm Holly Adamic
Gn 12:1-4a/2 Tm 1:8b-10/Mt 17:1-9

** 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.*

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

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 9

(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 10

(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)

Holy Saturday

APRIL 11

(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 initia-

tion 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 12

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.