

FOURTH SUNDAY OF LENT

March 22, 2020



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

22 SUNDAY, FOURTH SUNDAY OF LENT

23 Monday, Lenten Weekday [Saint Turibius of Mogrovejo, Bishop]

24 Tuesday, Lenten Weekday

25 Wednesday, THE ANNUNCIATION OF THE LORD

26 Thursday, Lenten Weekday

27 Friday, Lenten Weekday

28 Saturday, Lenten Weekday

29 SUNDAY, FIFTH SUNDAY OF LENT

**All scheduled events are cancelled or
postponed until further notice**

**The church will be open daily from
6am - 10pm for private prayer**

**Adoration of the Blessed Sacrament:
Daily between 6:30-9am
Wednesday 12:30pm - Friday 9am**

**Confession Schedule:
Wednesdays | 12:30pm & 6:30-8:30pm
Saturday | 8am & 3:30pm**

PLEASE NOTE:

Confessions will be in the Parish Life Center with volunteers monitoring the number of people waiting at any one time for Confession.

pulpit announcements

nota bene (note well, please):

■ Mass Readings

More information on pages 6 & 7

■ CRS Rice Bowl

More information on page 9

■ Talking to Children about COVID-19

More information on page 10

■ Prayer from Bishop Burbidge

More information on page 11

■ Live Streaming Prayer Service

More information on page 12

■ Faith Direct Continues to Help Our Parish

More information on page 13

Note for our Seniors

During this time of caution, we are taking extra care of our over 65 population. If you are in need of assistance (picking up items at the store, errands etc) please do not hesitate to call the office at 540-373-6491 or email edoyle@stmaryfred.org. We have parishioners standing by to assist you.

God bless you and continued prayers for your safety and health.

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 Sunday, 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,

1. Life is hard.

St. Theresa of Avila describes our desire for comfort as an impediment to holiness. In the Salve Regina, we cry out to Our Lady "from this valley of tears." Years ago, I walked around the Benedictine Cemetery in Latrobe, PA and encountered the tombstones of a family. This family lost four children in one year (must have been the Spanish Flu), and they lost other children young. I stood there for thirty minutes and prayed for them and the heartache they experienced.

We just told everyone three weeks ago on Ash Wednesday, "Remember you are dust and unto dust you shall return." I guess the Church was serious.

2. Love is stronger than death.

Knowing the fragility and difficulty of life can/should lead us to greater abandonment to Him who has conquered death. The resurrection is our proof and hope that Love is victorious.

In seminary I was assigned to visit a children's hospital every week the semester I arrived. Talk about unprepared! Yet, I quickly found that the most important thing was being present and loving those who were carrying these greatest burdens. Continually, I had children say things to me like, "If Jesus did that for me, I can do this for Him." I can't recall a single child who struggled to lift their eyes to Jesus. Parents? Yes, much harder for them.



3. Signs of grace and wonder.

After we announced that public Masses were suspended, a parish mother sent me a great picture of her son play praying Mass! Now we have started streaming daily Mass at 9am each day, so the mom sent me the picture below. Notice that they had Fr. Folmar streaming on the computer to the right, and her son is 'concelebrating' with Fr. Folmar!! My smile can't be contained! Thanks mom for sharing and I hope it puts a smile on your face!

4. Stay connected.

Your priests will be streaming on the parish Facebook page. Masses and devotions are archived there, so if you can't watch live, watch when you can.

Every day: 9am Mass, 3pm Chaplet of Divine Mercy, 6:30pm Rosary.

Friday only: Stations of the Cross 7pm in English, 7:30 in Spanish.

Sundays only: 12 Noon Mass in Spanish.

5. Make lots of spiritual communions.

Finally I share with you my favorite communion prayer. You can alter the phrase "about to receive" and instead pray "unable to receive." It is from the Byzantine Rite Mass.

pax,

Fr Mosimann

Communion Prayer

O Lord, I believe and profess that You are truly Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first.

Accept me as a partaker of Your mystical supper, O Son of God, for I will not reveal Your mystery to Your enemies, nor will I give you a kiss as did Judas, but like the thief I confess to You:

Remember me, O Lord, when You shall come into Your kingdom.

Remember me, O Master, when You shall come into Your kingdom.

Remember me, O Holy One, when You shall come into Your kingdom.

May the partaking of Your Holy mysteries, O Lord, be not for my judgment or condemnation, but for the healing of my soul and body.

O Lord, I also believe and profess that this, which I am about to receive, is truly Your most precious body and Your life-giving blood, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.

O God, be merciful to me a sinner.

O God, cleanse me of my sins and have mercy on me.

O Lord, forgive me for I have sinned without number.

education holy cross academy

Planning for Online Instruction

As is the case with all schools in Virginia, Holy Cross Academy had to close for at least two weeks due to COVID-19. Faculty and staff quickly began planning for online instruction to keep the students learning. Since Google Classroom is integrated into most of our classrooms, the transition to online learning went well. Dr. Fry is even recording daily videos of our morning announcements and asking students to join him in reciting our morning prayers. We're so proud of the professionalism and dedication exhibited by our faculty and staff during this difficult time and pray for all our families.

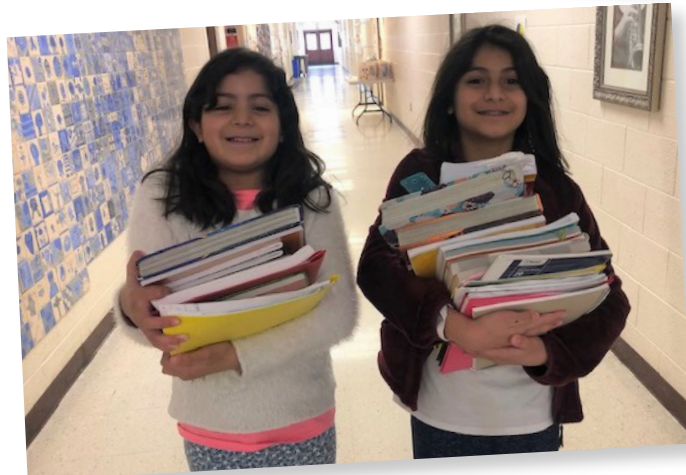
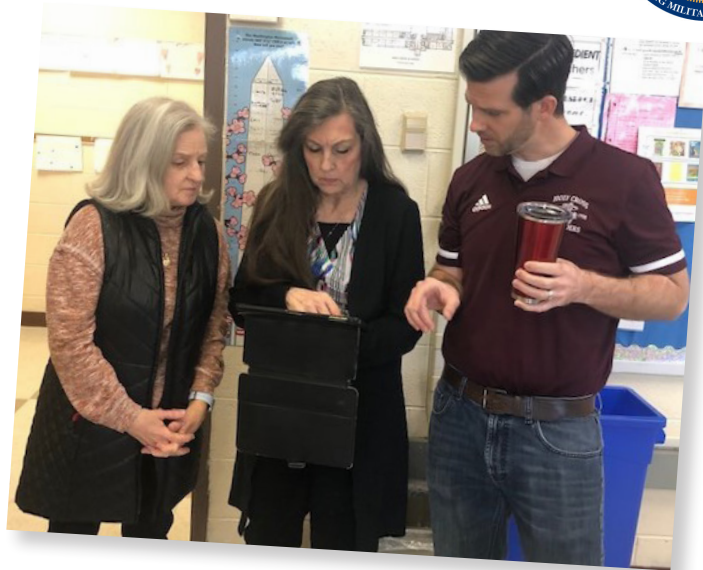
HCA Registration for the 2020-21 School Year Now Open

As the parish school of St. Mary, we encourage parishioners to consider Holy Cross Academy for your family. HCA is pre-K3 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.

More information can be found on our website, holycrossweb.com. You may also give us a call at 540-286-1600 or email acarroll@holycrossweb.com. 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!



*A National
Blue Ribbon
School of
Excellence*



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.

fourth sunday of lent

mass readings

1st Reading – 1 Samuel 16:1B, 6-7, 10-13A

The LORD said to Samuel: "Fill your horn with oil, and be on your way. I am sending you to Jesse of Bethlehem, for I have chosen my king from among his sons." As Jesse and his sons came to the sacrifice, Samuel looked at Eliab and thought, "Surely the LORD's anointed is here before him." But the LORD said to Samuel: "Do not judge from his appearance or from his lofty stature, because I have rejected him. Not as man sees does God see, because man sees the appearance but the LORD looks into the heart."

In the same way Jesse presented seven sons before Samuel, but Samuel said to Jesse, "The LORD has not chosen any one of these." Then Samuel asked Jesse, "Are these all the sons you have?" Jesse replied, "There is still the youngest, who is tending the sheep." Samuel said to Jesse, "Send for him; we will not begin the sacrificial banquet until he arrives here." Jesse sent and had the young man brought to them. He was ruddy, a youth handsome to behold and making a splendid appearance. The LORD said, "There – anoint him, for this is the one!" Then Samuel, with the horn of oil in hand, anointed David in the presence of his brothers; and from that day on, the spirit of the LORD rushed upon David.

Responsorial Psalm – Psalms 23:1-3A, 3B-4, 5, 6.

R. The Lord is my shepherd; there is nothing I shall want.
The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
beside restful waters he leads me;
he refreshes my soul.

R. The Lord is my shepherd; there is nothing I shall want.
He guides me in right paths
for his name's sake.
Even though I walk in the dark valley
I fear no evil; for you are at my side
With your rod and your staff
that give me courage.

R. The Lord is my shepherd; there is nothing I shall want.
You spread the table before me
in the sight of my foes;
you anoint my head with oil;
my cup overflows.

R. The Lord is my shepherd; there is nothing I shall want.
Only goodness and kindness follow me
all the days of my life;
and I shall dwell in the house of the LORD
for years to come.

R. The Lord is my shepherd; there is nothing I shall want.

2nd Reading – Ephesians 5:8-14

Brothers and sisters:

You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord. Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore, it says:

"Awake, O sleeper,
and arise from the dead,
and Christ will give you light."

Verse Before The Gospel – John 8:12

I am the light of the world, says the Lord;
whoever follows me will have the light of life.

fourth sunday of lent

march 22, 2020

Gospel – John 9:1-41

As Jesus passed by he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither he nor his parents sinned; it is so that the works of God might be made visible through him. We have to do the works of the one who sent me while it is day. Night is coming when no one can work. While I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him, “Go wash in the Pool of Siloam” – which means Sent -. So he went and washed, and came back able to see. His neighbors and those who had seen him earlier as a beggar said, “Isn’t this the one who used to sit and beg?” Some said, “It is,” but others said, “No, he just looks like him.” He said, “I am.”

So they said to him, “How were your eyes opened?” He replied, “The man called Jesus made clay and anointed my eyes and told me, ‘Go to Siloam and wash.’ So I went there and washed and was able to see.” And they said to him, “Where is he?” He said, “I don’t know.”

They brought the one who was once blind to the Pharisees. Now Jesus had made clay and opened his eyes on a Sabbath. So then the Pharisees also asked him how he was able to see. He said to them, “He put clay on my eyes, and I washed, and now I can see.” So some of the Pharisees said, “This man is not from God, because he does not keep the Sabbath.” But others said, “How can a sinful man do such signs?” And there was a division among them. So they said to the blind man again, “What do you have to say about him, since he opened your eyes?” He said, “He is a prophet.” Now the Jews did not believe that he had been blind and gained his sight until they summoned the parents of the one who had gained his sight. They asked them, “Is this your son, who you say was born blind? How does he now see?” His parents answered and said, “We know that this is our son and that he was born blind. We do not know how he sees now, nor do we know who opened his eyes. Ask him, he is of age; he can speak for himself.” His parents said this because they were afraid of the Jews, for the Jews had already agreed that if anyone acknowledged him as the Christ, he would be expelled from the synagogue. For this reason his parents said, “He is of age; question him.”

So a second time they called the man who had been blind and said to him, “Give God the praise! We know that this man is a sinner.” He replied, “If he is a sinner, I do not know. One thing I do know is that I was blind and now I see.” So they said to him, “What did he do to you? How did he open your eyes?” He answered them, “I told you already and you did not listen. Why do you want to hear it again? Do you want to become his disciples, too?” They ridiculed him and said, “You are that man’s disciple; we are disciples of Moses! We know that God spoke to Moses, but we do not know where this one is from.” The man answered and said to them, “This is what is so amazing, that you do not know where he is from, yet he opened my eyes. We know that God does not listen to sinners, but if one is devout and does his will, he listens to him. It is unheard of that anyone ever opened the eyes of a person born blind. If this man were not from God, he would not be able to do anything.” They answered and said to him, “You were born totally in sin, and are you trying to teach us?” Then they threw him out.

When Jesus heard that they had thrown him out, he found him and said, “Do you believe in the Son of Man?” He answered and said, “Who is he, sir, that I may believe in him?” Jesus said to him, “You have seen him, the one speaking with you is he.” He said, “I do believe, Lord,” and he worshiped him. Then Jesus said, “I came into this world for judgment, so that those who do not see might see, and those who do see might become blind.”

Some of the Pharisees who were with him heard this and said to him, “Surely we are not also blind, are we?” Jesus said to them, “If you were blind, you would have no sin; but now you are saying, ‘We see,’ so your sin remains.

from father folmar

homily

“Do you believe in the Son of Man,” Jesus Christ? Christ’s question to the man born blind, is one that we should ask ourselves as we’ve now made it to the 4th Sunday of Lent, known as Laetare Sunday. Laetare, meaning “rejoice.” Rejoice, because we’re almost to the pinnacle moment of our Faith, when we commemorate and celebrate Christ saving us from sin and death, as well as triumphantly opening the gates of Heaven.

All of which should motivate to spur us on to finish Lent strong. Sure, maybe we’ve slipped in our Lenten disciplines, or maybe we haven’t really been doing anything. Okay. Now it’s time to amp it up. Rejoice for this blessing.

Consequently, we wear this lighter color of rose, which really goes well with today’s Gospel that focuses on this blind man being illuminated and receiving sight.

And so, the man born blind is like us before our baptisms. Before we were illuminated by the power of the Holy Spirit when we had original sin. “Blindness,” as one of our Church Father hero’s, St. Augustine, said, “is lack of faith[; whereas,] . . . enlightenment [is] faith.” Faith, which takes time and is developed throughout our lives, starting in baptism when we are literally infused with this supernatural virtue as God shares His life with us, His children. Furthermore, we begin to live on a much higher plane of life by living for eternal life. The life that we were promised and strive for each and every day. All of which is carried out in a most special way during Lent, by helping us to reform our hearts, minds, and souls for this, our ultimate goal.

And so, just as this man receiving sight is a gradual process, so too with us, our faith being strengthened and deepened takes time too. All that we believe and hold to be true by Sacred Scripture, Sacred Tradition, and the Magisterium (that is, the teaching office of our Church), may need to take time for us to more fully understand the truth and wisdom behind everything.

And in all of this, as our 1st Reading rightly points out, we are to see as God sees, which is what the gift of wisdom really is. We see things as God sees them; not as man, who judges by appearances. But rather, we get to the heart of things, just as God peers into our hearts. Thus, we also live by the heart of the Church, Who is the Bride of Christ. Having our thoughts beat with the Sacred Heart of Jesus. For Jesus Christ and our Church are one.

And the illuminating effects of our baptisms challenge us to either continue to allow this light to grow deep within us and radiate out to the world burning brightly, or we stifle and snuff out this light that was meant to shine. For, this light in us is the light of Jesus Christ because we have His Spirit within us. Therefore, in all we do, we either walk towards the source of our light (Jesus), or we walk away from Him, Who is the light of the world. Therefore, when we live this life of faith that was started in our baptisms, we are more confidently able to proclaim as the man in today’s Gospel, who received sight, “I do believe, Lord,” and then we too are led to worship Him.

So, continue to follow Jesus, our bright and luminous light. Continue to have your eyes opened to Him and His Bride, our Church, as you grow in understanding Who He truly is. Believe and have faith.

our parish religious education

Magnifikid

The Anointing of David

In the Bible, a person has to be anointed in order to become king. Anointing was a beautiful gesture in which oil was poured onto the person's head. In our first reading at Mass today, God sends Samuel to Jesse's home so that he can anoint his son David and make him the first King of Israel.



CRS Rice Bowl | Fourth Week of Lent

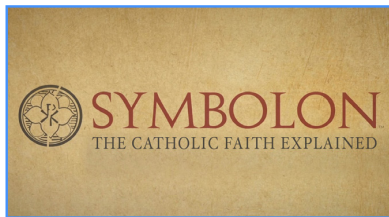
Maria Ana begins each morning by thanking God for a new day. After saying her prayers and taking a bath, she helps her mother make tortillas before she puts on her uniform and walks to school with her two younger brothers.

"I feel happy when I'm studying," says Maria Ana, whose favorite subjects are math, science and physical education. In school, Maria Ana also learns about ways she and her family can stay healthy, including washing fruits and vegetables before eating them. And, Maria Ana is able to bring some of that nutritious food home with her, thanks to the CRS school lunch program.



FORMED

PICK OF THE WEEK



Symbolon The Story of Salvation

The story of salvation began with Creation itself—and a decision that affects all of us to this present day. How did the events of an ancient past set into motion God's rescue operation to save us from eternal death?

JOIN FORMED

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

"On behalf of the Gardening Committee and the parish we'd like to extend our heartfelt thanks for all that you did on Saturday. You performed your corporal works of mercy with a "can do" attitude for anything that we asked you to do. You did these jobs with a smile, a lot of energy and a willingness to do anything that we asked. We are so grateful for your hard work in helping us beautify the parish grounds AND praising God in the process. You can't begin to imagine how grateful parishioners are that our grounds are so pleasing to look at. It also makes us good neighbors for the residents on the streets around us as they have to look at the properties across from them daily.

God bless you all as you journey through the process to Confirmation." Arlene & Joe Wilkinson

Trinh's father, Vinh, is also proud of his daughter for her studies. "My lovely daughter, Trinh, is healthy, athletic and loved by her friends at school. I hope she can get into university and be a role model for her sister." "My parents didn't send us to school," Vinh says. "Now, as a parent, I want my children educated so they can contribute to our community."



That's why Trinh rides her bike to school everyday. Her favorite subject is English, and her favorite game is tung bung, which is played with a jump rope. In addition to traditional school subjects, a special CRS program teaches students ways to keep their families and their homes safe when typhoons hit. Trinh shares this information with her parents, and now the family is better prepared for dangerous weather. They know to take cows to a safe, high place and to put food on the top shelf during storms so it will not wash away or spoil.

"Going to school," says Trinh, "helps us understand more."

Just like Trinh and Maria Ana, Yvone's family works hard to send her to school. Her grandparents believe that having an education is an advantage in life and want all of their grandchildren to have the opportunity to go to school. Her grandfather, Eliakim, sold 42 heads of cattle to pay for his children's education.

Yvone's grandmother, Patricia, says: "I have a dream for my children to study and to be able to do anything possible to earn a living."



covid-19 talking to our kids

A Message from Dr. Michael Horne

With diocesan schools closed for the next two weeks, the continued spread of COVID-19 and all the news coverage, many parents are wondering how best to talk to their children about the new coronavirus.

Here are a few tips to help your child understand and cope with the current situation.

1. Stay calm.

Children take their cues from their parents. When their parents are worried and highly stressed, they become more anxious. Manage your own anxiety. Before talking with your children, think about what you want to say, talk with your spouse, and bounce ideas off each other. Stay calm when discussing the outbreak.

Let your younger kids play with their toys while you're talking to them. Having something else to focus on helps them stay calm while they listen. On the other hand, don't try having a conversation with your children if they're watching TV, playing a videogame, or otherwise engaged in screen-based activities. These are highly distracting and can create major obstacles in communication.

2. Don't make promises you can't keep.

We want to let our children know we will do everything possible to keep them safe, but we need to be honest. Some things are outside our control. We can't promise them they won't get sick or that everyone they know will be fine. If we do, children may lose trust and confidence in us if people do begin to get sick.

Tell the truth. Lead with this: There is a very low risk children and younger adults will get COVID-19. According to Dr. Thomas Murray at the Yale School of Medicine, COVID-19 does not appear to cause severe distress in children. Most people who contract COVID-19 will have a fever and flu-like symptoms that will clear after a few days or weeks. The virus can be serious for people who are older or chronically ill; but remind children that older adults in our lives (grandparents, teachers, friends at church) are taking steps to ensure they stay healthy too. During this time of year, especially in larger families, it's not unusual for someone in the house to be sick, often with a common cold or allergies. Reassure your kids that you'll take care of them. Most children will tend to assume things are much worse than they really are if they aren't given the facts. Being honest with children, even about the risks, will reduce their anxiety.

3. Don't give too much information.

While we need to be honest, we don't want to flood our children with too much information. Start by asking kids what they've heard and then respond to their concerns. Be factual, general and brief. Then let children ask questions. Kids will ask questions when they're ready for more information.

Make sure the information you give is age-appropriate. Pre-schoolers don't need to know about pandemics or community spread. Older children may ask questions to which you don't have the answers. In those cases, either look for the answers together or tell your kids you'll find out and get back to them. Don't feel like you have to have all the answers immediately but do follow up with them. Uncertainty and the unknown fuel anxiety — answers help put things in perspective.

It's also important to know what they're hearing and seeing on TV, online or in conversations around the house. They could become overwhelmed and anxious if there is too much conversation about COVID-19 around them.

4. Make yourself available.

Keeping on top of daily life can be challenging for all of us. Even as we're trying to juggle changes in school, work schedules, or widespread cancellations of activities, we need to be continually present and available to our children. Several days after your initial conversation about COVID-19, they still might need to talk through their concerns or ask questions. Make sure you're touching base with your children at least once a day to see how they're doing.

5. Teach kids how to prevent the spread of germs.

Knowing specific steps they can take to stay healthy is an important way for children to keep them from feeling out of control. Teach them the proper way to wash their hands (sing "Happy Birthday" twice). Also teach them to wash hands after coming in from outside, after using the bathroom, and before and after meals. Show them how to sneeze or cough into their elbows rather than their hands or the air. Encourage them to keep their immune system strong by eating healthy foods, getting enough sleep and exercising.

6. Helping children cope.

During this uncertain time, praying together as a family can comfort and encourage children. Praying for anyone impacted by COVID-19 is a good way to help children feel they can help others.

Children under stress are more likely to start acting out if they aren't given appropriate outlets for that stress. Being outdoors and exercising reduces anxiety, so if possible and safe, let them play outside. Drawing, constructing or other creative projects are a great way for children to process stress. Most importantly, make sure children have the opportunity laugh. Healthy play and laughter are the best ways

Michael Horne is director of clinical services for diocesan Catholic Charities. If your child is extremely worried or prone to anxiety, consider speaking to a counselor. Catholic Charities counselors are providing sessions via teletherapy. To set up an appointment, call 703-425-0109 or 540-371-1124.

Reprinted with Permission of the Arlington Catholic Herald

from our bishop prayer to jesus

Prayer to Jesus for Healing and Guidance

Jesus, Son of God,
you were sent by the Father
to bear our weakness;
be with us in this time of crisis.

Merciful Savior,
heal and comfort the sick,
so that, with health restored,
they may give you praise.

Divine Physician,
accompany our caregivers
so that, serving with patience,
they may heal wisely.

Eternal Wisdom,
guide our leaders
so that, seeking remedies,
they may follow your light.

Christ, the Anointed,
protect us in body and spirit,
so that, freed from harm,
we may be delivered from all affliction.

Who live and reign with God the Father
in the unity of the Holy Spirit,
one God, forever and ever.
Amen.



Oración a Jesús para pedir sanación y guía

Jesús, Hijo de Dios,
a Tí que fuiste enviado por el Padre
para asumir nuestra debilidad,
te pedimos que nos acompañes
en este momento de crisis.

Salvador Misericordioso,
ayuda y consuela a los enfermos,
para que al recobrar la salud
puedan alabarte.

Médico Divino,
acompaña a nuestros proveedores de cuidado
para que al servir con paciencia
puedan sanar debidamente.

Fuente de Eterna Sabiduría,
guía a nuestros líderes
para que al buscar remedio
puedan seguir tu luz.

Cristo, el Ungido,
protégenos en cuerpo y espíritu,
para que al salir ilesos del daño
seamos librados de toda aflicción.

Tú que vives y reinas con Dios Padre,
en unidad del Espíritu Santo,
un solo Dios verdadero,
por los siglos de los siglos.
Amén.



operations given in love

Weekly Offertory

Offertory Collections - March 15

| | |
|--------------------------------|----------|
| Offertory Collection | \$24,872 |
| Building Fund & Debt Reduction | \$7,019 |
| St. Vincent de Paul Poor Box | \$231 |

March Faith Direct Deposit

| | |
|--------------------------------|----------|
| Offertory Collection | \$74,813 |
| Building Fund & Debt Reduction | \$5,787 |
| Black & Indian Ministries | \$1,967 |
| Catholic Relief Services | \$2,833 |

Next week's second collection will support the Parish Building Fund. Thank you for your generosity!

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.

Operation Rice Bowl - For Lent, For Life

Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 different countries each year. 25% of all donations to CRS Rice Bowl stay in our local diocese, supporting hunger and poverty alleviation efforts. Since 2018, CRS Rice Bowl has given your parish \$7,000.00 in grants for our emergency Food Pantry, so that we can provide food to families in need in our community.

Join our parish and school community – and more than 14,000 Catholic communities across the United States – in a life-changing Lenten journey of encounter with CRS Rice Bowl. Pick up your family's CRS Rice Bowl in the vestibule of the Church. During the 40 days of Lent, we will reflect on the challenge of global hunger and how it affects our human family.



The good work of our parish continues during this time of uncertainty. Thank you to our many generous parishioners for continuing to support it. An easy option for giving while Masses are suspended is to use Faith Direct, it's secure and easy! You may give a one-time gift or set-up monthly giving. Please visit the St. Mary website at stmaryfred.org and click on the "Enroll in Faith Direct" link. Your generosity is appreciated!

MICAH ECUMENICAL LENTEN PRAYER SERVICE

The Micah Ecumenical Lenten Prayer Service has been canceled, however Micah will be live-streaming a prayer service at noon each remaining Wednesday of Lent. Please check it out on the Micah Facebook Page.

MARCH 25 | REV. JOHN MOSIMANN

APRIL 1 | REV. JOE HENSLEY

liturgy daily bread

Saint Mary Prayer List

Please pray for those who are sick or in need, especially: 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 Stoeher, 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, 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 Ribellino 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, Zachary Payne, Ernalina Kyle, Betty Curtis, Patrick Sherba, Sr., Dennis Farmer, Ernalina Kyle, Maria Wood, Margie Hougasian, Maria Wood, Robert Gibson, Mary Brussell, Bruce Mattern, Miles Wood, Roseanne Nash, Jeanne Burke, Prudy Tarpey, Danielle McCarty, Scott Robey, Kellan Moran, Mary Bostain, Dilma Magalhaes Da Silva, Carol Mauro, Michael Robertson, Michol Durham, Maureen Mizzles, Michael Wood, Paul Remick, James Hogan, Brenda Skinner, Lourdes Jeane De Toledo Moura, Kristen Burns, Erin McMakin, Margaret Nault

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 Jobs, 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

23 MONDAY

6:30am Beth Merriman
9:00am Joseph Stanislawski
Is 65:17-21/Jn 4:43-54

24 TUESDAY

6:30am Jose Oscar Valles+
9:00am Paila Kelly+
Ez 47:1-9, 12/Jn 5:1-16

25 WEDNESDAY

6:30am Michael Coughlin+
9:00am Thomas Henry+
Is 7:10-14; 8:10/Heb 10:4-10/Lk 1:26-38

26 THURSDAY

6:30am Rose Downs+
9:00am Barbara Wallace+
Ex 32:7-14/Jn 5:31-47

27 FRIDAY

6:30am Kelly Galvin+
8:15am* Catherine Williamson+
9:00am Jachebel Rios
Wis 2:1a, 12-22/Jn 7:1-2, 10, 25-30

28 SATURDAY

9:00am Victims of Sexual Abuse
5:00pm George B. McWhirt III & Christine McWhirt+
7:00pm Nancy Danby
Jer 11:18-20/Jn 7:40-53

29 SUNDAY

7:00am Rosaria Rumore
8:30am Ruth Stellino+
10:30am For Our Parish
10:30am* David Spellman+
12:30pm Our Military Living & Deceased+
2:30pm Maerlyn Veroni Rivas
5:00pm William Strader
7:00pm Bich Dao Le+
Ez 37:12-14/Rom 8:8-11/Jn 11:1-45

** 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

English are provided
Fridays

¡Ayuda 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 | 14 |
| 15 | 16 | | 12:30pm 6:30pm | | 20 | 21 8am 3:30pm |
| 22 4th SUN | 23 | 24 | 12:30pm 6:30pm | 26 | 27 | 28 8am 3:30pm |
| 29 5th SUN | 12:30pm 6:30pm | 31 | April | | 3 | 4 8am 3:30pm |
| 5 PALM SUNDAY | 12:30pm 6:30pm | 7 6:30pm | 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.

PENDING - TO BE DETERMINED



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 symbolized by the Mandatum. Washing, where Jesus teaches "Whoever loves me must also love his brothers and sisters who remain in the world. Whoever does not love me does not know me, and whoever does not know me does not have the Father who sent me. Whoever loves me and keeps my commandments, the Father will love him, and I will love him, and I will send the Holy Spirit to him, who will remain with him forever and ever. Amen." The adoration will be accompanied by the singing of the "Agnus Dei" 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 will be in observance of the Holy Cross.

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 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 will be held in the Church at 8:00PM.

A reception will be held in the Church at 8:00PM.

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 2:30pm nor 5pm or 7pm Mass on Easter Sunday!

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