

# FIFTH SUNDAY OF LENT

March 29, 2020



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

1009 STAFFORD AVENUE - FREDERICKSBURG, VIRGINIA

# upcoming



## March

**29 SUNDAY, FIFTH SUNDAY OF LENT**

**30 Monday, Lenten Weekday**

**31 Tuesday, Lenten Weekday**

## April

**1 Wednesday, Lenten Weekday**

**2 Thursday, Lenten Weekday** [Saint Francis of Paola, Hermit]

**3 Friday, Lenten Weekday**

**4 Saturday, Lenten Weekday** [Saint Isidore, Bishop and Doctor of the Church]

**5 SUNDAY, PALM SUNDAY DAY OF THE PASSION OF THE LORD**

**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](mailto: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](mailto: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

## stmaryfred.org

**HOLY CROSS ACADEMY** 540-286-1600  
250 Stafford Lakes Parkway  
Fredericksburg, Virginia 22406-7234  
Principal - Dr. Stephen Fry,  
[sfry@holycrossweb.com](mailto: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](mailto:tbeltran@stmaryfred.org)  
Tatiana Beltran

**YOUNG ADULTS** [stmaryya@gmail.com](mailto:stmaryya@gmail.com)  
540-847-1872

**OUTREACH** 540-373-6491  
Elena Doyle - [edoyle@stmaryfred.org](mailto: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](mailto:bulletin@stmaryfred.org). Thanks!

Dear Folks,

We are now into our second weekend without public Masses and communion. It seems like two years.

Today, I'd like to just give an update, and ask you to consider how you might continue to support the parish financially. I have avoided this until now, because there are much more pressing matters at hand, and I am aware that everyone is financially impacted right now.

In the 2 weekends prior to this (one with limited attendance, one with no public Masses), the parish Sunday collection is down about \$40,000.

More specifically, this past week we received \$5,800 in envelopes mailed in, compared to an average of about \$35,000 per week in the collection baskets. Thank you to all who have gone out of their way to mail or drop off envelopes.

The Governor's mandate of 10 people maximum is already extended to April 23rd. Therefore we will be unable to gather and pray Mass today, Palm Sunday, Easter, and Divine Mercy Sunday. That will also likely mean a lost offertory of \$120,000 or more since Easter is always the largest collection of the year.

Thus far, we are trying to keep staff employed, and have moved to the maximum amount of tele-work possible. Our number one expense is salary for the people who generously serve you, and like you they need their jobs!

St. Mary's is maintaining our charitable works. We have definitely seen an uptick in the number of folks coming by and asking for food, and we continue to support feeding/outreach programs throughout the region.

**How can you help?**

1. Faith Direct is the company that manages online direct giving. Prayerfully consider if you might switch your offertory to this mode of giving. The steady nature of these disbursements is a great assistance to our budget and cash flow. This method also allows for the best social distancing!

2. If you still prefer the envelope system, perhaps you might mail in the envelopes.

3. The office is currently on reduced hours for drop off only: 8:30am to 4:30pm on weekdays. This is to allow our staff to answer questions, and provide assistance with good social distancing principles!

4. Yes, there is a drop-box outside the office, so technically you could drop envelopes in any time, but we prefer not to have donations in the drop-box for obvious security reasons.

Additionally, much is still happening here at the parish: live-streaming multiple prayers daily, priests and teachers reaching out via distance learning for Holy Cross Academy, preparing talks for online, and holding some meetings via zoom, and hearing confessions with social distancing.

Many parishioners have written me with how reassuring it is to be able to see the faces of our priests and pray together.

Holy Week is coming! The church is open for Adoration during the day, and all confessions scheduled for this week and next are ON in the PLC!!! Social distancing is the norm for both confessions and adoration, but please stop by to get ready for Easter!

Palm Sunday, in addition to Masses, we will stream Evening Prayer and a concert by our music director that will begin at 5pm.

Links to Faith Direct and all of our live-streaming can be found on the parish website.

You remain in my prayers!

Pax et bonum,

*Fr Mosimann*  
Fr Mosimann



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](http://stmaryfred.org) and click on the "Enroll in Faith Direct" link. Your generosity is appreciated!

**A Message from Dr. Fry**

For our teachers and me, the announcement about schools in the Commonwealth being forced to close through the end of the school year was devastating news. We are in this profession to work with students to help them grow in knowledge and faith. Like educators across Virginia and the nation, we are adjusting to a new normal -- distance education.

Fortunately at HCA, we are blessed with a community of dedicated teachers and parents, collaborating to keep our students learning and growing in their faith. Our teachers are connecting with students online, posting assignments, assigning and grading student work, and supporting their students and parents. With trust in the loving guidance of our Lord during this difficult time, we have confidence that we will preserve learning opportunities for our students. Since we can't interact in person, we invite everyone to stay connected by visiting us remotely through social media. May God bless you and keep you safe.

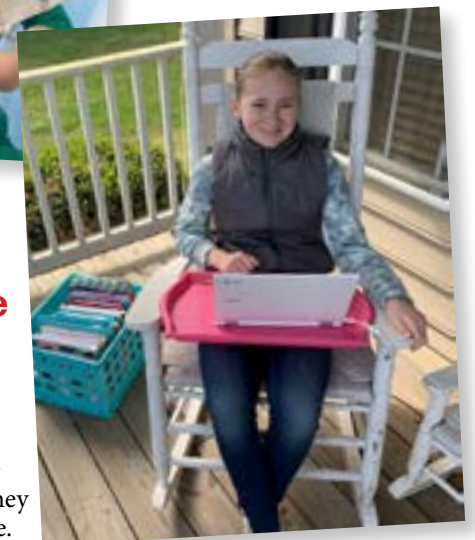
In Christo,

Steven M. Fry  
Principal

**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](http://holycrossweb.com). You may also give us a call at 540-286-1600 or email [acarroll@holycrossweb.com](mailto:acarroll@holycrossweb.com). For more information about our preschool, please contact Sheri Castellarin, Director, at 540-373-7553 or [preschool@holycrossweb.com](mailto: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**



**Financial Aid Deadline Extended**

The deadline for 2020-2021 elementary FACTS Grant & Aid applications has been extended to Friday, April 17, 2020. Families are encouraged to submit as soon as they are able in advance of that deadline. In addition, families should know that applications received after the new deadline in April will be considered on an as-available basis determined by any remaining available funds.

The Office of Catholic Schools remains committed to doing everything possible to make Catholic education possible for families in need.

# fifth sunday of lent

# mass readings

## 1st Reading — Ezekiel 37:12-14

Thus says the Lord GOD:

O my people, I will open your graves  
and have you rise from them,  
and bring you back to the land of Israel.  
Then you shall know that I am the LORD,  
when I open your graves and have you rise from them,  
O my people!  
I will put my spirit in you that you may live,  
and I will settle you upon your land;  
thus you shall know that I am the LORD.  
I have promised, and I will do it, says the LORD.

## Responsorial Psalm – Psalms 130:1-2, 3-4, 5-6, 7-8

**R.** With the Lord there is mercy and fullness of redemption.  
Out of the depths I cry to you, O LORD;  
LORD, hear my voice!

Let your ears be attentive  
to my voice in supplication.

**R.** With the Lord there is mercy and fullness of redemption.  
If you, O LORD, mark iniquities,  
LORD, who can stand?

But with you is forgiveness,  
that you may be revered.

**R.** With the Lord there is mercy and fullness of redemption.  
I trust in the LORD;  
my soul trusts in his word.  
More than sentinels wait for the dawn,  
let Israel wait for the LORD.

**R.** With the Lord there is mercy and fullness of redemption.  
For with the LORD is kindness  
and with him is plenteous redemption;  
And he will redeem Israel  
from all their iniquities.

**R.** With the Lord there is mercy and fullness of redemption.

## Second Reading – Romans 8:8-11

Brothers and sisters:

Those who are in the flesh cannot please God.  
But you are not in the flesh;  
on the contrary, you are in the spirit,  
if only the Spirit of God dwells in you.  
Whoever does not have the Spirit of Christ does not belong to him.  
But if Christ is in you,  
although the body is dead because of sin,  
the spirit is alive because of righteousness.  
If the Spirit of the one who raised Jesus from the dead dwells in you,  
the one who raised Christ from the dead  
will give life to your mortal bodies also,  
through his Spirit dwelling in you.

# fifth sunday of lent

# march 29, 2020

## Gospel – John 11:1-45

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet

come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

St. Augustine wrote, “Among all the miracles wrought by our Lord Jesus Christ, the resurrection of Lazarus holds a foremost place in preaching. But if we consider attentively who did it, our duty is to rejoice rather than to wonder. A man was raised up by Him who made man: for He is the only One of the Father, by whom, as you know, all things were made. And if all things were made by Him, what wonder is it that one was raised by Him, when so many are daily brought into the world by His power? It is a greater deed to create men than to raise them again from the dead. Yet He deigned both to create and to raise again; to create all, to resuscitate some. For though the Lord Jesus did many such acts, yet all of them are not recorded; just as this same St. John the evangelist himself testifies, that Christ the Lord both said and did many things that are not recorded; but such were chosen for record as seemed to suffice for the salvation of believers. Thou hast just heard that the Lord Jesus raised a dead man to life; and that is sufficient to let thee know that, were He so pleased, He might raise all the dead to life. And, indeed this very work has He reserved in His own hands till the end of the world. For while you have heard that by a great miracle He raised one from the tomb who had been dead four days, “the hour is coming,” as He Himself saith, “in the which all that are in the graves shall hear His voice, and shall come forth.” He raised one who was putrid, and yet in that putrid carcase there was still the form of limbs; but at the last day He will by a word reconstitute ashes into human flesh. But it was needful then to do only some such deeds, that we, receiving them as tokens of His power, may put our trust in Him, and be preparing for that resurrection which shall be to life and not to judgment. So, indeed, He saith, “The hour is coming, in the which all that are in the graves shall hear His voice, and shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.”

We have, however, read in the Gospel of three dead persons who were raised to life by the Lord, and, let us hope, to some good purpose. For surely the Lord’s deeds are not merely deeds, but signs. And if they are signs, besides their wonderful character, they have some real significance: and to find out this in regard to such deeds is a somewhat harder task than to read or hear of them. We were listening with wonder, as at the sight of some mighty miracle enacted before our eyes, in the reading of the Gospel, how Lazarus was restored to life. If we turn our thoughts to the still more wonderful works of Christ, every one that believeth riseth again: if we all consider, and understand that more horrifying kind of death, every one who sinneth dies. But every man is afraid of the death of the flesh; few, of the death of the soul. In regard to the death of the flesh, which must certainly come some time, all are on their guard against its approach: this is the source of all their labor. Man, destined to die, labors to avert his dying; and yet man, destined to live for ever, labors not to cease from sinning. And when he labors to avoid dying, he labors to no purpose, for its only result will be to put off death for a while, not to escape it; but if he refrain from sinning, his toil will cease, and he shall live for ever. Oh that we could arouse men, and be ourselves aroused along with them, to be as great lovers of the life that abideth, as men are of that which passeth away! What will a man not do who is placed under the peril of death? When the sword was overhanging their heads, men have given up every means of living they had in reserve. Who is there that has not made an immediate surrender of all, to escape being slain? And, after all, he has perhaps been slain. Who is there that, to save his life, has not been willing at once to lose his means of living, and prefer a life of beggary to a speedy death? Who has had it said to him, Be off to sea if you would escape with your life, and has delayed to do so? Who has had it said to him, Set to work if you would preserve your life, and has continued a sluggard? It is but little that God requires of us, that we may live for ever: and we neglect to obey Him. God says not to thee, Lose all you have, that you may live a little time oppressed with toil; but, Give to the poor of what you have, that you may live always exempt from labor. The lovers of this temporal life, which is theirs, neither when, nor as long as they wish, are our accusers; and we accuse not ourselves in turn, so sluggish are we, so lukewarm about obtaining eternal life, which will be ours if we wish it, and will be imperishable when we have it; but this death which we fear, notwithstanding all our reluctance, will yet be ours in possession.”

Yep, I just quoted someone else’s sermon. Why? Well because you should read them. All these old saints have left you a spiritual treasury. A Sunday sermon from me, will never be as good. I’m not dogging my own talents, I telling the truth. Drink deep from the Fathers. There is so much that they write that rolls from their pen and into the heart. Have a good week, I’ll be praying for you and your family.

# religious education

## Magnifikid

**I confess to almighty God**  
 These are the first words of a prayer we often say at the beginning of Mass to prepare ourselves to hear the Word of God and receive Holy Communion. This prayer is called ‘Confiteor’ because that’s the first word of it in Latin. In this prayer, we recognize that we are sinners and ask others to pray for us.



FORMED

## PICK OF THE WEEK



## Lectio: Salvation with Dr. Michael Barber

At every Sunday Mass, Catholics confess that Jesus came down from heaven “for us men and for our salvation.” But what does “salvation” mean?

### JOIN FORMED

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

If you are in need of financial assistance during this stressful time, please visit our website at [stvdpredericksburg.com](http://stvdpredericksburg.com) or call our answering machine hot line at 540-898-8065

We will start calling for phone interviews on Thursdays starting March 26th

## CRS Rice Bowl | Fifth Week of Lent

“Trinh will be different than me. I want her to be fully educated and not drop out of school. It’ll be hard for us at home—but I’m prepared to work to make Trinh’s dreams come true. -Tien, Trinh’s mother  
 Trinh dreams of becoming a doctor. “I want to be a doctor to help poor patients,” says Trinh. “When my father is in pain, I want to cure him.” She knows that if she wants to achieve her dream, she’ll need to attend university. Trinh’s parents are ready to help her get there. “Trinh will be different than me,” her mother, Tien, says. “I want her to be fully educated and not drop out of school. It’ll be hard for us at home—but I’m prepared to work to make Trinh’s dreams come true.”



Maria Ana also wants to help people; she wants to be a nurse. To do this, she will need more education and training beyond the opportunities available in her community.



She’s already preparing. Several times a week, she travels two hours to the nearest city where she earns money cleaning homes. She is also very careful to save money and spend it only on what’s necessary.

Maria Ana feels called to help people be healthy, especially the children she sees in her community who suffer from malnutrition and lack of proper hygiene. “I want to make my family proud,” she says. “And I want to help my family move forward.”

And Yvone? She wants to be a hairdresser so that she can earn money to help her family. She dreams of one day being able to buy a car and give rides to her family, so they won’t have to walk far distances. Through CRS, we’re helping all three girls—and their families—achieve their dreams



# 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. Preschoolers 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 cui-  
dado  
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.**

**Crísto, 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.**



**Weekly Offertory**

**Offertory Collections - March 15**

Offertory Collection (add'l)	\$6,425
Parish Building Fund (add'l)	\$1,503
Catholic Relief Services	\$860
St. Vincent de Paul Poor Box	\$103

*We are very grateful for your continued support during these uncertain times. You may mail in your contributions, or set up donations through Faith Direct or your personal banking institution. Thank you and God bless you.*

**Important BLA Note**

Thank you to all our parishioners who have donated to the Bishop's Lenten Appeal. If you have signed up to make monthly payments to the BLA, please be sure to send your monthly payment directly to the BLA. Any payments made through Faith Direct or sent to the parish will cause a delay in processing and in recording your payment with the Diocese.

**Choose Life Reflection**

The Passion of Christ was far more horrible than our crucifixes portray. He suffered to rescue the human life He had created, to snatch it from the kingdom of death and bring it into His kingdom of life. Let us remember this Lent that Jesus endured His Passion for every unborn child in the womb. He endured every pain that the unborn might be saved as well as the born. Lord, lessen my fear and increase my courage, that I may suffer with You for the sake of life.

**Children's Charity for April**

The children's charity that will benefit from offerings in April is the Operation Purple Program of the National Military Family Association. When you hear "Operation Purple Camp," you should think: Kids Serve Too! The camps are a time for having fun, making friends, and reminding military kids that they are the Nation's youngest heroes.

The Operation Purple program was created in 2004 to fill a need identified by military parents to "help us help our kids." The mission of the Operation Purple program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment. We do this through a variety of means, including the healing and holistic aspect of the natural world. The program is joint or "purple"—encompassing all Service branches, including the National Guard and Reserve.

Since its creation in 2004, the Operation Purple program has grown to serve approximately 62,000 military children and teens. The Operation Purple program also includes family retreats at national parks and specialized family camps geared to address the needs of children and families of our nation's wounded service members.

For more information, visit their website at [militaryfamily.org/kids-operation-purple/camps/](http://militaryfamily.org/kids-operation-purple/camps/)

**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.

**Catholic Charities Counseling Services**

Please note that we are continuing to counsel our clients via virtual and telephone technologies. If you are interested in speaking with us please call our NEW South Region intake line at 703-859-3147.

God bless you.

**Saint Mary Prayer List**

**Please pray for those who are sick or in need, especially:** 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, Zeldia 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 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, Zachary Payne, Ernalina Kyle, Betty Curtis, Patrick Sherba, Sr., Dennis Farmer, Ernalina Kyle, Maria Wood, Margie Hougaskan, 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, Daniel Foster and the Foster Family

**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, Mandy 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.**

**AI Anon Surviving the Weekend Group**

AI 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 AI 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**

**30 MONDAY**

6:30am Megan Brady  
9:00am Marie Jessup  
Dn 13:1-9, 15-17, 19-30, 33-62

**31 TUESDAY**

6:30am Louise Mays+  
9:00am Alex Ratte+  
Nm 21:4-9/Jn 8:21-30

**1 WEDNESDAY**

6:30am Alex Salustri  
9:00am Rebecca Delphia  
Dn 3:14-20, 91-92, 95/Jn 8:31-42

**2 THURSDAY**

6:30am Maticide Theodore+  
9:00am Jeanne Moomaul  
Gn 17:3-9/Jn 8:51-59

**3 FRIDAY**

6:30am In Reparation  
8:15am\* In Reparation  
9:00am In Reparation  
12:00pm In Reparation  
8:00pm In Reparation  
Jer 20:10-13/Jn 10:31-42

**4 SATURDAY**

9:00am Frances Wildman+  
5:00pm Patricia Gasper+  
7:00pm Peg Larose+  
Ez 37:21-28/Jn 11:45-56

**5 SUNDAY**

7:00am Deacon Delio  
8:30am Barbara Walor+  
10:30am Those Who Died in March  
10:30am\* For Our Parish  
12:30pm John Murphy+  
2:30pm Consuelo Villagrana Rivera+  
5:00pm Herbert McCeney+  
7:00pm Felix Mroto+  
Mt 21:1-11/Is 50:4-7/Phil 2:6-11/Mt 26:14-27:66

*\* 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.*

**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.

# 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 and Spanish during 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
<b>March</b>						
1 1st SUN	2	3	4 12:30pm 6:30pm	5	6	7 8am 3:30pm
8 2nd SUN	9	10	11 12:30pm 6:30pm	12	13	14 8am 3:30pm
15 3rd SUN	16	17	18 12:30pm 6:30pm	19	20	21 8am 3:30pm
22 4th SUN	23	24	25 12:30pm 6:30pm	26	27	28 8am 3:30pm
29 5th SUN	30 12:30pm 6:30pm	31	<b>April</b>		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

**LOCATION for ALL Confessions has changed to the PARISH LIFE CENTER to adhere to social distancing mandates.**

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 concludes Eucharistic Adoration in the Activity Center.

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)

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

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 (BUNTING RITUAL)

The Blessing of the Holy Cross at the Parish Life Center

PLEASE NOTE: there will be NO 2:30pm Mass on Holy Saturday or 7pm Mass on Easter Sunday! Masses will not be held at the church or at Holy Cross Academy on Easter Sunday.

**Holy Week Liturgies will be live-streamed. Specifics will be shared in next weekend's bulletin and via our website.**



# vida parroquial

# noticias en español

## Horario Especial

La Parroquia St. Mary va a estar transmitiendo en vivo la misa y devociones diarias. Vaya a la siguiente dirección para que pueda ver las transmisiones en vivo o grabadas de la misa, el Rosario, la Coronilla de la Divina Misericordia y el Vía Crucis. [facebook.com/stmaryfred/](https://facebook.com/stmaryfred/)

No necesita tener una cuenta de Facebook para poder verlo. Sólo use el enlace.

## Itinerario:

**Misa diaria**- 9am todos los días

**Misa dominical**- 9am en inglés y 12 mediodía en español

**Coronilla de la Divina Misericordia**- 3pm todos los días

**Rosario**- 6:30pm todos los días

**Vía Crucis**- 7pm los viernes de la Cuaresma

Las grabaciones estarán disponibles después de la transmisión en vivo, por lo que lo puede verlas a la hora que le sea conveniente.

## Comunión Espiritual

*Creo Jesús mío,*

*que estás realmente presente en el  
Santísimo Sacramento del altar.*

*Te adoro, te amo y deseo vivamente  
Recibirte.*

*Pero no pudiendo hacerlo ahora sacramentalmente,  
Ven espiritualmente a mi corazón.*

*Y como si ya te hubiera recibido, me uno y me abrazo  
Enteramente a Ti.*

*No permitas Jesús mío, que jamás me separe de Ti.*

*Amén*