

# SIXTEENTH SUNDAY IN ORDINARY TIME

July 19, 2020



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

# pulpit announcements

## nota bene (note well, please):

### Public Masses - Phase 2

#### St. Mary Church

Saturday 5pm, 7pm

Sunday 7am, 8:30am, 10:30am, 12 noon, 2:30pm  
(Spanish) 5pm & 7pm

#### Holy Cross Academy

Sunday 8:30am, 10:30am

#### Daily Mass Schedule

6:30am, 9am

12pm Mass on Mondays, Wednesdays, and Fridays

#### St. Mary Streaming Schedule - St. Mary of the Immaculate Conception Facebook Page

Daily Mass 9am Rosary 6:30pm

Sunday Mass 8:30am and 2:30pm (Spanish)

### Confession Schedule (Confessions continue at the Parish Life Center ONLY)

Wednesdays 11:30am-12pm & 6:30-8:30pm

Saturdays 8-8:30am & 3:30-4:30pm

### Adoration Schedule

Wednesday 12:30pm- Friday 9am

**More information regarding Phase 2  
can be found on page 3**

## contact us

## stmaryfred.org

<b>SUNDAY MASS</b>	Saturday Vigil 5 & 7pm Sunday 7, 8:30, 10:30am, 12:30, 2:30pm (Spanish), 5pm, 7pm 10:30am at Holy Cross Academy
<b>DAILY MASS</b>	Monday - Friday: 6:30am, 9am M/W/F: 12 Noon Saturday: 9am First Friday 8pm Holy Days of Obligation, as announced
<b>DEVOTIONS</b>	Adoration, Daily between 6:30am & 9am Mass, Wednesday 12:30pm - Friday 9am Miraculous Medal Novena, Mon., after 9am Mass, Divine Mercy, Wed., 3pm
<b>CONFESSION</b>	Wednesday 11:30am-12pm, 6:30-8:30pm; Sat., 8-8:30am & 3:30-4:30pm
<b>PARISH OFFICE</b>	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 Fr. Scott Sina, Parochial Vicar 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!

# our parish happenings

## Additional Phase 2 Information

A limited Mass schedule will return to St Mary's Church this weekend. **Sign-ups will NOT be required**, Social distancing and **FACE MASKS ARE REQUIRED FOR ALL MASSES**.

**FOR MASSES AT HOLY CROSS ACADEMY GOING FORWARD, FOR THOSE AT RISK, WE WILL BE CONTINUING TO VERY STRICTLY ENFORCE MASKS AND AT HOLY CROSS COMMUNION WILL ONLY BE OFFERED IN THE HAND, SO IF YOU WANT TO COME TO MASS BUT WANT TO BE EXTRA CAUTIOUS, PLEASE CONSIDER HOLY CROSS ACADEMY.**

The church and Holy Cross Academy will be sanitized after every Sunday Mass. This means when Mass is over, please leave promptly so the cleaners can wipe down all the surfaces. Ushers will still be giving directions and seating people, please continue to give them respect and comply with their requests. Please remember to leave 6 feet between people coming in and leaving Mass. Because of the continued need for social distancing, the seating capacity will be greatly reduced. No standing room will be provided. **Please arrive early.**

## Celebrating A Silver or Golden Wedding Anniversary This Year?

Were you married in 1970 or 1995? Then join Bishop Michael F. Burbidge for the 2020 Mass for Jubilarians to be celebrated on Sunday, October 4th at 2:30pm at the Cathedral of St. Thomas More in Arlington, Va. Contact the parish office to register no later than September 18th. For more info, visit [arlingtondiocese.org/MJM](http://arlingtondiocese.org/MJM).

## Ushers Needed at All Masses

Ushers needed at all masses. If you feel comfortable performing the tasks of guiding our parishioners to their seats upon arrival and assisting with the Holy Communion reception lines, we sure could use your help! Please sign-up at [tinyurl.com/stmaryusher](http://tinyurl.com/stmaryusher). Thank you!

## St. Mary Emergency Food Pantry

We are open and distributing food Monday-Friday 9am-4pm. All are welcome! Come to the parish office and ring the bell. We are happy to help you!

## Blood Drive - July 30

Urgent Need Support the American Red Cross Blood Mobile Drive. There is an urgent need for blood due to the number of cancellations the blood mobile is experiencing due to a lack of Social Distancing space to operate within the Bloodmobile and at other locations. Previously scheduled drives are being cancelled due to COVID-19. Our next Blood Drive is July 30, 10am-4pm in the PLC. Red Cross would like to have between 30-40 donors. Social Distancing must be practiced. If you make an appointment to donate please arrive only a few minutes before your scheduled time for your appointment, if early please remain in your vehicle until a few minutes before your scheduled appointment. We will use the door furthest away from the church to enter and the door closest to the church to exit the Parish Life Center.

Remaining Red Cross Blood Drives | October 21 If you plan to donate blood please place these dates into your calendar as a reminder. Thanks in advance for giving the gift of life especially during this time of urgent need.

Schedule your appointment at [tinyurl.com/stmaryblooddrive2020](http://tinyurl.com/stmaryblooddrive2020)



# from our pastor pax et bonum

Dear Folks,

Last fall I was privileged to offer Mass at the altar where Saint Padre Pio prayed Mass every day and to see his confessional where he so faithfully cared for souls. I have included a few pictures and I hope that his intercession is making me a better confessor!

St. Padre Pio said "Temptations, discouragement and unrest are the wares offered by the enemy. Remember this: if the devil makes noise, it is a sign that he is still outside and not yet within. That which must terrify us is his peace and concord with the human soul. That which comes from Satan begins with calmness and ends in storm, indifference and apathy." I agree

that I have seen this in souls. Sometimes I try to remind folks that it is only by God's grace that we can be frustrated and disgusted by sin. If we did not have His help, we would wallow and delight in the muck. The very turmoil of the soul coming to Jesus for confession, shows that they are still, with God's help, doing battle against sin. Be encouraged

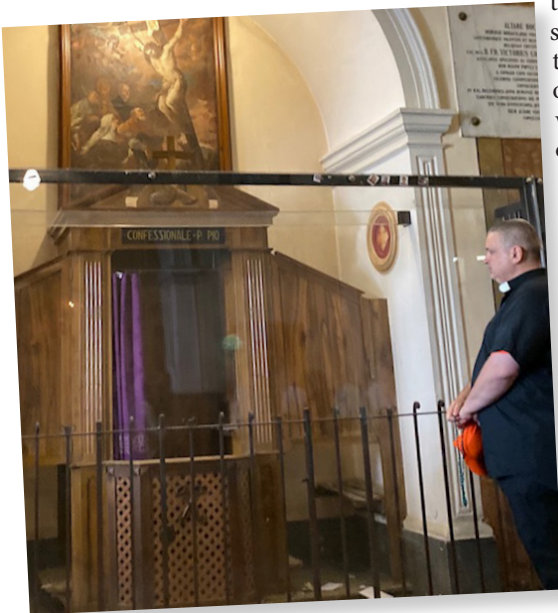
that no matter how much you may be frustrated and in turmoil, the Lord is with you.

If you don't find any turmoil and struggle against sin, ask yourself, "have I become indifferent and apathetic to 'being perfect as my heavenly Father is perfect?'" Because the indifference is the hardest to overcome. It is the diabolic indifference of: 'my life is fine. I don't need Jesus.' I for one, need him always and everywhere.

Pax et bonum,

*Fr Mosimann*

Fr Mosimann



## Alpine Europe Pilgrimage

Featuring the Passion Play of Oberammergau  
11 Days in the Fall of 2022 (Dates TBD)

Hiedelberg - Rhine Valley - Lucerne  
Innsbruck - Altötting - Salzburg - Munich  
Rothenburg - Markt Am Inn

Hosted by  
Fr. John Mosimann

For more information, please contact Elena Doyle at [edoyle@stmaryfred.org](mailto:edoyle@stmaryfred.org)

Don't Wait for 2030! Sign up today!





# holy cross academy

## 2020 Confirmation

After two years of preparing and a delay due to Covid-19, half of our 8th grade class of 2020 received the Sacrament of Confirmation on July 9, with the other half scheduled for early August. This joyous occasion was shared with sponsors, faculty and family members as we witnessed the laying on of hands and anointing with Chrism oil. We pray that by receiving the gifts of the Holy Spirit our young people will be brought deeper into communion with the Church and strengthened in service to the Body of Christ.



*Come, Holy Spirit, fill the hearts of your faithful.*

*And kindle in them the fire of your love.*

*Send forth your Spirit and they shall be created.*

*And you will renew the face of the earth.*



**A National  
Blue Ribbon  
School of  
Excellence**



## Holy Cross Academy is Seeking Qualified Candidates

We are seeking Middle School Science and Religion Teacher and Kindergarten Aides. For more information, please visit [schoolspring.com/job?3315612](https://schoolspring.com/job?3315612) (Middle School Science and Religion Teacher) or [schoolspring.com/job?3315633](https://schoolspring.com/job?3315633) (Kindergarten Aide).





# our parish religious education

## Magnifikid

### Repentance

In today's first reading, there is a sentence that says that God gives his children "hope that you would permit repentance" (Wisdom 12:19). God is gentle and forgiving, always ready to give another chance to those who have repentance. Repentance is the desire to change and do better. God does not want to destroy anyone. Jesus died on the cross even for people we consider "bad." God waits patiently for us to change our actions and attitudes.



## Sacramental Liturgies This Week

**Confirmation:** Tuesday, July 21 — 6pm

**First Holy Communion:** Friday, July 24 — 3pm

## First Holy Communion Retreat/Rehearsal

First Communion candidates and a parent attended one of the 15 ninety minutes Retreats/Rehearsals. Each began with a video on making communion hosts. This was followed by a talk by our pastor, Fr. John Mosimann. He began with reminding us that Jesus loves us and that He gives us His Body (Holy Communion) as food for our souls. After the introduction, he discussed what our hearts, minds and behaviors should be: Before receiving First Holy Communion, during the First Holy Communion Liturgy and life after First Holy Communion. His talk was followed PowerPoint presentation on our church and rehearsal led by Mrs. Karen Sturtevant.



While in one of his adventures in the Sea of Galilee, Lukas met Jesus and was so impressed and gratified that now together with his old friend Noah, a turtle survivor of Noah's Ark, gather and tell the greatest stories of all times of Jesus and all the Saints that Lukas met through the ages... Discover how these stories full of music and fun changed the lives of the youngest of the reef: Ana, Paul, Agnes and Peter.

## Daily Mass and Devotionals on Facebook

Religious Education families are asked to regularly participate in the live streaming of Daily Mass and devotionals on Facebook at [facebook.com/pg/stmaryfred/videos/](https://facebook.com/pg/stmaryfred/videos/)

**Daily Mass:** 9am Every Day

**Sunday Mass:** 9am in English, 12pm in Spanish

**Divine Mercy Chaplet:** 3pm Every Day

**Rosary:** 6:30pm Every Day

This activity is beneficial for all students but particularly essential for students preparing for sacraments of Holy Eucharist and Confirmation.

## First Holy Communion Videos of the Week

**Dynamic Catholic, Blessed: Session 5:**

**Your First Communion**

1. This Is a Special Day: 4:20

Sarah is so excited to give Hemingway a special gift that she can hardly contain herself! Her excitement reflects God the Father's excitement to share his Son, Jesus, with us in the Eucharist. View video at [tinyurl.com/stmarysession5](https://tinyurl.com/stmarysession5)

## Confirmation Video of the Week

Christians, called to love as Jesus loved, have the Beatitudes and Works of Mercy as guidelines. This video is a reflection on the Beatitudes, put together by catechists at St. Paul the Apostle Parish. [tinyurl.com/stmaryconfirvid](https://tinyurl.com/stmaryconfirvid)

## The Poco a Poco Podcast

Follow the friars and join their mailing list at: [FranciscanFriars.com](https://FranciscanFriars.com)


Join Fr. Innocent, Fr. Angelus and Fr. Mark-Mary, members of the Franciscan Friars of the Renewal, for their weekly podcast. The Poco a Poco Podcast offers "Practical Spirituality"; The friars break open the Gospel in light of their years of prayer, communal life, and work with the poor.

The Poco A Poco Podcast is a source of rest, encouragement, refreshment, and renewal for all pilgrims helping them to discern and make the next best step. Poco a Poco, little by little, step by step we're making our pilgrimage to the Father's house.


The Franciscan Friars of the Renewal are a Catholic religious order founded in the South Bronx, NY.



# youth ministry happenings




*Wednesday  
Evening  
Bible Study*



**Join us for a study of  
the great Patriarchs &  
Matriarchs of the Faith**

**July 8, 15, 22, 29  
August 5  
4-6pm  
Bring Bible & \$3 for Pizza!**



*Ignorance of Scripture is  
Ignorance of God.*

- St. Jerome



**Mass & Bible Study  
Tuesday Morning**

**July 16  
July 23  
July 30  
August 6**

**Meet in the Church**


**Bible  
Study  
after  
Mass!**

**9-11am  
Lead by Ian Heisler**



**With  
Donuts!**

**Open to:  
High Schoolers & 2020  
High School Graduates**

**ATTENTION  
CLASS OF 2020!**

COME ATTEND A

**COLLEGE  
NIGHT**

Sponsored by the Associates of St. John Bosco  
FOSTERING FRIENDSHIPS

FORTIFYING FAITH

**Wednesday, July 29th: 7pm-9pm**

**Parish Life Center**

**Register for FREE at [asjb.org](http://asjb.org)**

Join fellow Catholic students in preparing for your first year of college with a student panel, Q&A, small groups, pizza and GIVEAWAYS!! Wear a t-shirt from your future college to represent!

**Sports  
Tuesday**

**July 14  
July 21  
July 28  
August 4**

**At Holy Cross Academy  
6-8pm**

**Open to all Middle & High School Students**





# holy cross academy

# media release

## MEDIA RELEASE 2020-2021

### POLICY FOR PROVIDING FREE OR REDUCED PRICE MEALS

June 23 2020

#### HOLY CROSS ACADEMY

(School division)

today announced its policy for providing free or reduced price meals for children served under the National School Lunch, and/or School Breakfast Programs. Each school and/or central school nutrition office has a copy of the policy, which may be reviewed by any interested party.

Some schools in the division, <insert name(s) of school(s)>, will be participating in the Community Eligibility Provision (CEP) as implemented under the Healthy, Hunger-Free Kids Act of 2010. All students enrolled at these schools will be provided a nutritious meal for breakfast and lunch each day at no charge. Households with students attending these schools will not be required to submit a meal application form for these students to receive meals at no charge. Each household with students attending these schools will receive communication about CEP, including contact information for any questions.

In all other schools, household size and income will be used to determine eligibility for free or reduced price meal benefits. Children from households whose income is at or below the Federal Income Eligibility Guidelines, shown in the chart below, may be eligible for either free or reduced price meals. Children who are members of households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or who receive Temporary Assistance for Needy Families (TANF) may be automatically eligible for free meals. Children who are homeless, migrant, or runaway may also be automatically eligible for free meals. Foster children, who are the legal responsibility of a welfare agency or court, are eligible for free meals regardless of the income of the household with whom they reside. Children who are members of households participating in WIC may also be eligible for free or reduced-price meals based on the household's income.

Household Size	Maximum Household Income For Free Meals	Household Income For Reduced Price Meals
1	\$16,588	\$16,588.01 - \$23,606
2	\$22,412	\$22,412.01 - \$31,894
3	\$28,236	\$28,236.01 - \$40,182
4	\$34,060	\$34,060.01 - \$48,470
5	\$39,884	\$39,884.01 - \$56,758
6	\$45,708	\$45,708.01 - \$65,046
7	\$51,532	\$51,532.01 - \$73,334
8	\$57,356	\$57,356.01 - \$81,622
For Each Additional Family Member - ADD	\$5,824	\$8,288

Application forms are being distributed to all households with a letter informing households of the availability of free or reduced price meals for their children. Applications are also available at the principal's office in each school and at the central office. To apply for free or reduced price meals, households must only fill out one application per household and return it to the school division. Applications may be submitted at any time during the school year. The information households provide on the application will be used for determining eligibility and verification of data. Applications may be verified at any time during the school year by school or other program officials. For school officials to determine eligibility for free or reduced price benefits, households receiving Supplemental Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) only have to

# holy cross academy

# media release

list their child(ren)'s name and SNAP or TANF case number and an adult household member must sign the application. Households who do not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the amount and frequency of the income received by each household member, and the last four digits of the social security number of the adult household member who signs the application. If the household member does not have a social security number, the household member must indicate that a social security number is not available. The application must be signed by an adult household member in order to be approved.

Under the provisions of the free and reduced price meal policy,

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**Mary Beall**

(insert title of eligibility determining officials)

will review applications and determine eligibility. An application for free or reduced price meals cannot be approved unless it is complete. Households dissatisfied with the ruling of the eligibility determining official may wish to discuss the decision with the official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either verbally or in writing to:

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**250 Stafford Lake Parkway Fredericksburg VA 22406**

(insert name, address, and telephone of the hearing official).

Households may apply for free or reduced price meals at any time during the school year. If a household is not eligible now but has a change, such as a decrease in household income, an increase in household size, becomes unemployed or qualifies for SNAP or TANF, the household should contact the school for an application. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility Guidelines.

Households that receive Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) may not have to complete an application for free or reduced price student meals. School officials will determine eligibility for free meals based on documentation, obtained directly from the Virginia Department of Social Services, that a child is a member of a household currently receiving SNAP or TANF. School officials will notify these households in writing of their eligibility. Households who are notified of their eligibility, but who do not want their children to receive free meals, must contact the school. SNAP and TANF households must complete an application if they are not notified in writing of their automatic eligibility within the first 10 days of the new school year.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# around the parish happenings



## How to 'Get a Grip' on Your Emotions

This 8week online teletherapy group is a psycho-educational support group designed to help you identify, process and respond (not react) to your emotions in healthier ways individually and in your relationships.

To Join this online group or for more information, please contact 703-859-3147 in Fredericksburg OR 703-447-9402 in Fairfax.

What?  
Emotion Management Support Group

Where?  
On-Line Teletherapy Group

When?  
From Wed July 15th to Wed September 2 for  
8 consecutive weeks from 5pm – 6pm

Who?  
18+ Male or Female

Certificate Upon Completion!



## Apostolado de las Siete Hermanas

¿Le gustaría apoyar a nuestros sacerdotes y obispos en estos tiempos difíciles? ¿Te está llamando Dios a una vida más profunda de oración? ¡Por favor considere unirse al Apostolado de las Siete Hermanas!

El Apostolado de las Siete Hermanas es una misión mundial de oración por sacerdotes y obispos, formada para interceder por las necesidades e intenciones de sacerdotes y obispos, apoyándolos en su vocación y ministerio.

Siete mujeres forman un equipo de oración por un sacerdote y se comprometen a una Hora Santa de Adoración Eucarística en un día fijo de la semana durante un año. Santa María tiene ocho equipos, uno para cada uno de nuestros sacerdotes (¡incluido nuestro nuevo sacerdote, el Padre Sina!), Dos para nuestros sacerdotes diocesanos en la misión Banica, y uno para el obispo.

No se requiere una hora específica del día para el día en que se compromete. En circunstancias normales, se prefiere que se haga la hora en una Iglesia Católica para adorar al Señor en la custodia o tabernáculo. Sin embargo, mientras dure la crisis de salud de COVID o durante el tiempo que sea necesario para la salud / seguridad personal, los miembros pueden orar desde casa si así lo prefieren. Los miembros suplentes brindan cobertura en caso de que un miembro permanente no pueda cumplir con su hora. ¡Actualmente, necesitamos asistencia para todos los días de la semana!

Se puede encontrar más información en el sitio web del Apostolado, [sevensistersapostolate.org](http://sevensistersapostolate.org). Si desea inscribirse como miembro del equipo de tiempo completo o sustituto, llame, envíe un mensaje de texto o envíe un correo electrónico a Kara Horne al 202.255.3178 o [karahorne@gmail.com](mailto:karahorne@gmail.com). Muchas gracias por su generosa consideración!



# vida parroquial

# noticias en español



¿A PERDIDO SU TRABAJO? ¿NECESITA ASISTENCIA?

## LA ALACENA DE EMERGENCIA DE ST. MARY ESTÁ ABIERTA DE LUNES -VIERNES 9-4PM

Tenemos miembros de nuestra parroquia disponibles para ayudarles

**PARA MÁS INFORMACIÓN  
CONTACTE A ELENA DOYLE A  
EDOYLE@STMARYFRED.ORG  
HABLA ESPAÑOL**

## Fase dos Misas en la iglesia St. Mary's & cambios de horario

### Horario de misas Iglesia St. Mary's

sábados: 5pm y 7pm  
domingos: 7am, 8:30am, 10:30am, 12:30pm, 2:30pm (Misa en español), 5pm y 7pm

### Academia Holy Cross

domingos: 8:30am, 10:30am

### Horario de misas diarias~ Solamente en la Iglesia St. Mary's

6:30am, 9am: lunes-viernes  
12 mediodía: lunes, miércoles y viernes  
9am- sábado

### Calendario de transmisión de St. Mary

~ Página de Facebook St. Mary Fredericksburg  
Misa diaria: 9am  
Rosario diario: 6:30 pm  
Misa dominical: 8:30am y 2:30 pm (español)

### Calendario de confesiones (las confesiones continuarán ofreciéndose sólo en el Centro de Vida Parroquial)

miércoles: de 11:30am-12 mediodía y 6:30pm-8:30pm  
sábados: de 8am- 8:30am y 3:30pm- 4:30pm

### Adoración Perpetua

Comienza los miércoles después de la misa del mediodía hasta el viernes antes de la misa de las 6:30 am.

### Información Adicional

Se ha retornado a un horario de misas limitado. NO se requerirán inscripciones. Es requerido que mantenga distanciamiento social y utilice una máscara para asistir a TODAS las Misas.  
De ahora en adelante, PARA LAS MISAS EN LA ACADEMIA DE HOLY CROSS, para beneficio de aquellas personas de alto riesgo, continuaremos exigiendo, de manera estricta, el uso de máscaras y se recibirá la comunión sólo en la mano, por lo que si desea asistir a misa, de una manera extremadamente cautelosa, tenga en cuenta a la Academia Holy Cross.  
La iglesia y la Academia Holy Cross se desinfectarán después de cada Misa dominical. Esto significa que cuando termine la Misa, salga de inmediato para que el personal de limpieza pueda desinfectar todas las superficies. Los ujieres seguirán dando instrucciones y sentando a las personas. Por favor, continúen respetándolos y cumplan con sus solicitudes. Recuerde dejar 6 pies entre las personas que entran y salen de misa. Debido a la continua necesidad de distanciamiento social, la capacidad de asientos se reducirá considerablemente. No se podrá estar de pie. Por favor, llegue temprano.

### Clases de Bautismo en español

Se continúan ofreciendo por un enlace de la aplicación Zoom (no por WhatsApp). Llame a la oficina parroquial para registrarse y obtener el enlace. Sólo tiene que hacer click al enlace y automáticamente participa de la clase desde su teléfono o computadora.

**Talleres De Oración Y Vida** Te Invita A Participar Por **Whatsapp** En El Retiro De "Transfiguración" Que Se Llevará A Cabo Del 16 Al 19 De Julio 2020.

Es Un Retiro Bellísimo Que Te Ayudará A Profundizar Tu Vida De Fe Y Oración.



TALLERES DE ORACION Y VIDA

**Whatsapp**, Por Lo Que Sólo Necesitas Tener Instalada Esta Aplicación En Tu Teléfono.

Si Estas Interesada, Por Favor, Envíame Un Mensaje De Texto O Llámame Al Teléfono **217-898-8982** (Marisa) ¡No Te Lo Pierdas!

Lo Realizarás En Tu Hogar, Dedicando Aproximadamente Una Hora Y Media Diaria En El Horario Que Tú Creas Más Conveniente. Todas Las Charlas Y El Material Necesario Se Te Enviarán Por

# operations given in love

## Weekly Offertory

### Donations Received

#### July 1 - July 7

Sunday Offertory	\$23,348
Peter's Pence Collection	\$330
Parish Debt Reduction	\$4,797
St. Vincent de Paul Poor Box	\$100

#### Faith Direct Deposit July 10

Sunday Offertory	\$75,790
Parish Debt Reduction	\$7,096
Solidarity Fund for Church in Africa	\$2,032
Missionary Cooperative Appeal	\$1,764

*Thank you for your generosity.*

*Masses were offered in June for the following unscheduled intentions:*

+Edward Brinker, Lori Buckley,  
+Vincent Martin, +Thomas H. Leslie,  
+Kelly Belcastro, and All Souls (2)

## Choose Life Reflection

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

## Children's Charity for July

Children's Offertory Contributions for the month of July will be donated to Families of the Wounded Fund. This fund was created in 2005 to help the families of service members who come to McGuire Veterans Affairs Medical Center in Richmond

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

## Attention All Parish Organizations

2020 to August 2021 should be submitted to Elaine in the Parish Office no later than July 31. Please make sure you submit your request to Elaine, in writing, as soon as possible, either by regular mail, or by email to [estanislawski@stmaryfred.org](mailto:estanislawski@stmaryfred.org). In setting up your schedule, please note that evening activities cannot be scheduled before 8:00pm Monday through Wednesday from September through May, due to Religious Education classes in the Parish Life Center and the John Paul II House.

## Act of Consecration for Our Country

Most Holy Trinity — Our Father in Heaven, Who chose Mary as the fairest of Your daughters; Holy Spirit, Who chose Mary as Your spouse; God the Son, Who chose Mary as Your Mother — in union with Mary, we adore Your majesty and acknowledge Your supreme eternal dominion and authority.

Most Holy Trinity, we put the United States of America into the

hands of Mary Immaculate in order that she may present the country to You. Through her we wish to thank You for the great resources of this land and for the freedom which has been its heritage. Through the intercession of Mary, have mercy on the Catholic Church in America. Grant us peace. Have mercy on our President and on all the officers of our government. Grant us a fruitful economy born of justice and charity. Have mercy on capital and industry and labor. Protect the family life of the nation. Guard the innocence of our children. Grant the precious gift of many religious vocations. Through the intercession of our Mother, have mercy on the sick, the poor, the tempted, sinners -- on all who are in need.

Mary, Immaculate Virgin, Our Mother, Patroness of our land, we praise you and honor you and give ourselves to you. Protect us from every harm. Pray for us, that acting always according to your will and the Will of your Divine Son, we may live and die pleasing to God.

## Flos Carmeli

O beautiful flower of Carmel,  
most fruitful vine,  
splendor of heaven,  
holy and singular,  
who brought forth the Son of God,  
still ever remaining a pure virgin,  
assist us in our necessity!

O Star of the Sea, help and protect us!

Show us that you are our Mother!

*(Feast of Our Lady of Mount Carmel, July 16th)*

# liturgy daily bread

## Saint Mary Prayer List

**Please pray for those who are sick or in need, especially:** 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, Zelta 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 Her- rin, 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 Mat- thews, 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, Daniel Foster and the Foster Family, Teresa Triplett, Greg Carneal, Annie Duffy, Jimmy Duncan, Deirdre McQuade, Schauobe Johnson, Paul Lysher, Doug Johnson, Anne Graf, Deirdre McQuade, Linda Wolf, Sharon Bender, Greg Marfori, Patrick Sevbros

**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 John- son III, Patrick Desmond, Andrew M. Smith, Nelly Garcia, Mindy Hakenson, Xavier Alas, Anthony Howell, John Anthoner, 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, Jason King

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

## AI / Nar Anon Support Available

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 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 Wayne at [cushingwr@gmail.com](mailto:cushingwr@gmail.com) / 540-840-5230 or Wanda at [wandasj823@gmail.com](mailto:wandasj823@gmail.com) / 540-538-6978**

## Daily Mass Intentions and Readings

### July

#### 20 MONDAY

6:30am Doris Nori+  
9:00am Jan Gray+  
Mi 6:1-4, 6-8/Mt 12:38-42

#### 21 TUESDAY

6:30am Diane Seile+  
9:00am Elaine Stanislawski  
Mi 7:14-15, 18-20/Mt 12:46-50

#### 22 WEDNESDAY

6:30am William Burke+  
9:00am Anne Doherty  
Sg 3:1-4b/Jn 20:1-2, 11-18

#### 23 THURSDAY

6:30am Glenn Derouin+  
9:00am Michael Flores  
Jer 2:1-3, 7-8, 12-13/Mt 13:10-17

#### 24 FRIDAY

6:30am Federico Xavier Alas  
9:00am Jim Engbert  
Jer 3:14-17/Mt 13:18-23

#### 25 SATURDAY

9:00am Father Folmar  
5:00pm Theodore Zbrzezni+  
7:00pm Janice Moore Holley+  
2 Cor 4:7-15/Mt 20:20-28

#### 26 SUNDAY

7:00am William Oliver Haxton  
8:30am David Frasher+  
10:30am Mickey Collis+  
10:30am\* Renee Herge  
12:30pm Our Military Living & Deceased  
2:30pm Josefa Alvarez  
5:00pm For Our Parish  
7:00pm Robert O'Brien+  
1 Kgs 3:5, 7-12/Rom 8:28-30/Mt 13:44-52

*\* 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 "un-scheduled," and one of the priests will gladly celebrate Mass for your intention at an extra Mass during the week or as a concelebrant.*