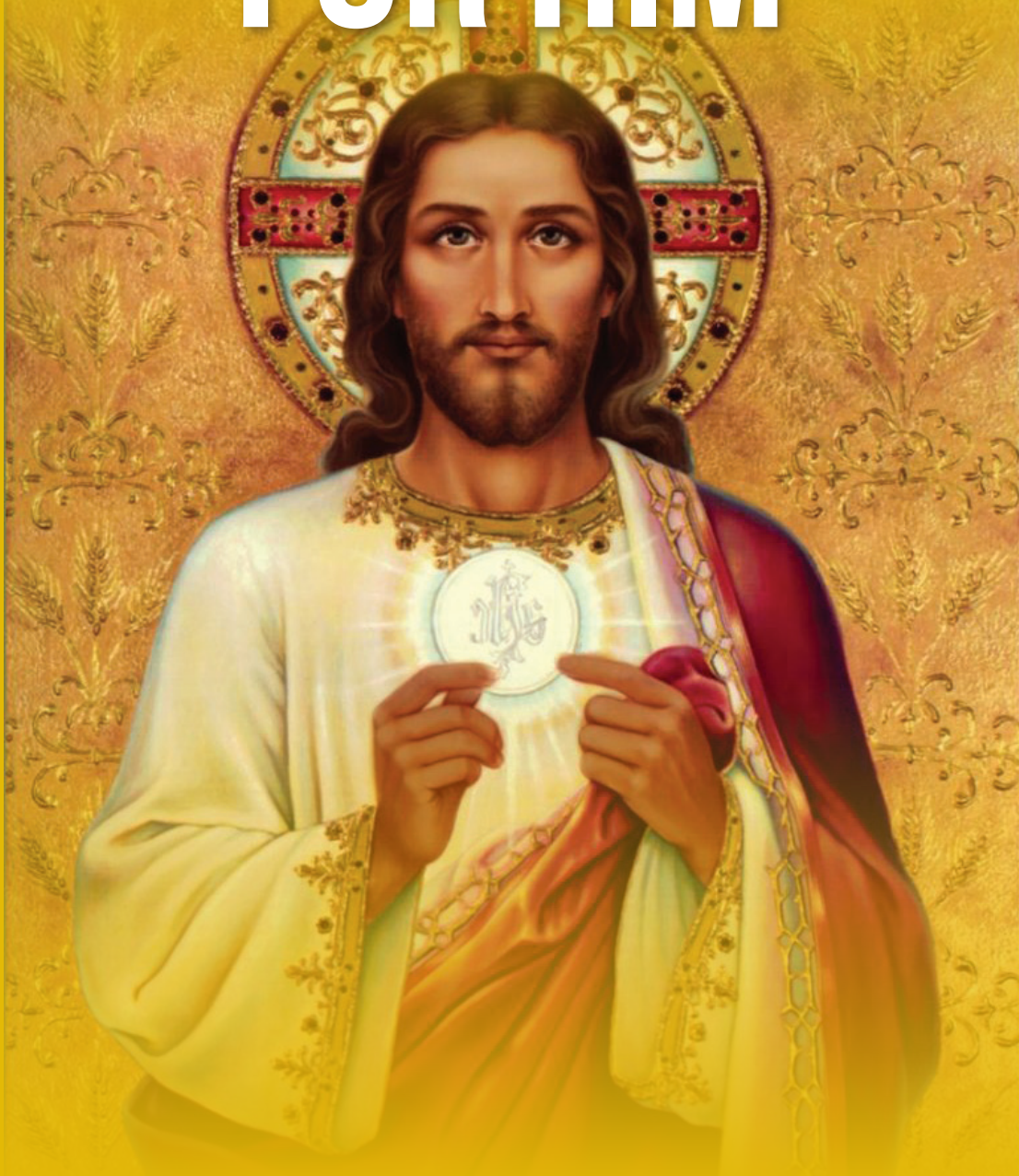


HUNGER & Thirst FOR HIM



ST. MARY
of the
IMMACULATE
CONCEPTION
Roman Catholic Church



HUNGER
& Thirst
FOR HIM



ST. MARY
of the
IMMACULATE
CONCEPTION
Roman Catholic Church

HOLY CROSS ACADEMY

October 2021

Dear Brothers and Sisters of St. Mary's,

This year's parish theme invites each of us to *"Hunger and Thirst for Him."*

First, as we have come back to Mass from the pandemic, many have shed tears of joy when they are finally able to receive Holy Communion again. The pandemic enforced separation, should have increased your hunger for Him.

Second, several studies in recent years have pointed to significant percentages of Catholics losing their faith in Jesus' real presence in the Eucharist. We cannot love that which we do not know.

Third, this is the food for your soul that God planned from all eternity. In college, I remember reading a novel that described the 'sun hanging like a host in the sky.' Which is the greater reality, the host or the sun? Maybe the Lord made the sun look as it does from earth, because He knew that He would veil Himself in a host that would be lifted up.

This year you are invited to consider how you might increase both your hunger and thirst for Jesus. We can increase our hunger and thirst by feeding our intellects with truth of His presence and fixing our wills on loving Him on every altar and in every tabernacle.

Every soul filled and satisfied with Him will in turn respond generously giving the divine love it has received. The many ministries in this booklet are some of the concrete ways that your brothers and sisters are already living this invitation and response.

Everything we do in this parish must flow to and from the Eucharist. He is the source and summit of our faith. You will be restless until you rest in Him.

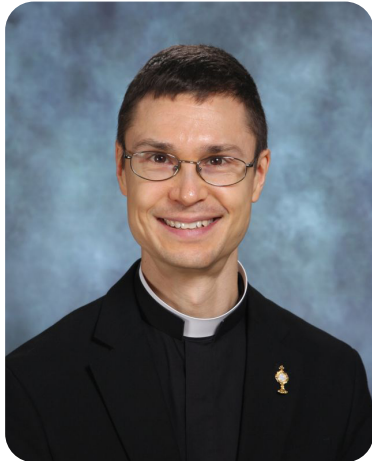
Pax et Bonum,

Fr. John Mosimann
Pastor

1009 STAFFORD AVE. FREDERICKSBURG, phone 540-373-6491
VIRGINIA 22401-5418 fax 540-371-0251



Rev. John Mosimann



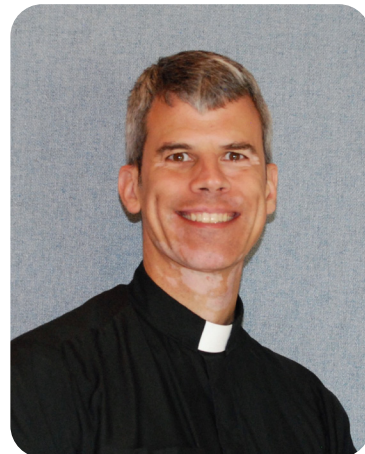
Rev. Michael Folmar



Rev. Sean Koehr



Rev. Scott Sina



Rev. Phillip Cozzi



Deacon Alberto Bernaola



Deacon Dick Delio

HUNGER & Thirst FOR HIM

2021 - 2022 Saint Mary of the Immaculate Conception Church Ministry Catalogue

We Welcome Your Unique Gifts!



Are you seeking...

- ... a way to deepen your relationship with Christ?
- ... to feel connected to your parish family?
- ... to be a part of something greater than yourself?

You are needed at St. Mary!

With over 80 ministries, there is something for everyone... so many ways to grow and share your faith.
NOW is the time to become an active participant in your parish family!

How does one even begin to discern how or where to serve? We can help! Members of the Stewardship Committee are happy to meet with you and discuss your gifts and talents, and how they match up with current needs within the many ministries and opportunities here at St. Mary's. (The following page has many ministries listed within particular charisms.)

Take the first step by filling out the form below. Return it to the parish office or put it into the collection basket at Mass so that we can schedule a time to meet with you and help you decide!

Name: _____

E-mail: _____

Best Phone Number: _____

Address: _____

Preference to Meet (i.e. day of the week/morning/afternoon/evenings)

Identify below any area(s) that you can relate to:

☐ I like teaching/evangelizing

☐ I am drawn to pro-life work

☐ I feel drawn to working with the poor/homeless

☐ I am organized and like planning

☐ I have and/or yearn for a deeper prayer life

☐ I love music

☐ I am a writer and like to encourage others

☐ I like spending time with the elderly

☐ I am outgoing and welcoming

☐ I like spending time with children

☐ other (write below)

☐ I am crafty

Esta página está disponible en español. Por favor, visite la oficina parroquial.
Please contact the Stewardship Committee with your questions: stewardship@stmaryfred.org.

St. Mary Ministries within Identified Charisms

TEACHING & ENCOURAGEMENT

Rite of Christian Initiation
Vacation Bible School
Holy Cross Academy
Prison Ministry
Home Schoolers
Book Club
Council of Catholic Women
Confirmation Leaders
Moms' Group
Bible Studies

POOR & HOMELESS

Micah Community Dinners
Migration & Refugee Services
Manna Food Project
St. Vincent De Paul
Work Camp
Outreach Committee
Brisben Homeless Shelter Dinner

SERVICE/HELPS

Knights of Columbus
Migration & Refugee Assistance
Work Camp
Scrip
Garden Committee
Council of Catholic Women
Operation Committee
Ancient Order of Hibernians

ELDERLY

EM to Sick & Homebound
Senior Luncheons
Nursing Home Visits
Outreach Committee

PRO LIFE

Respect Life
Birthright
Mary's Shelter

CRAFTS & FOOD

Holy Cross Academy
Youth Ministry
Work Camp
Seasonal Decorators
Prayers & Squares
Council of Catholic Women
Parish Food Chain
Senior Luncheon
Shelter Dinners
Community Dinners
Funeral Committee
Garden Committee
Parish Life
Outreach Committee
Knights of Columbus

ORGANIZATION

Bishop's Lenten Appeal
Development

OUTGOING/ WELCOMING/ HOSPITALITY

Youth Ministry
Greeters
Ushers
Lectors
Council of Catholic Women
Circle of Love
Prayers & Squares
Parish Life
Moms' Group
Funeral Committee
Senior Luncheons
Outreach Committee
Shelter/Community Dinners
New Parishioner Welcome
Young Adults
Over 40 Singles Group
Men's Group

CHILDREN & YOUTH

Catechists
Vacation Bible School
Moms' Group
Holy Cross Academy
Youth Ministry
GSA/BSA Trail Life
American Heritage Girls
Special Blessings

MUSIC

Choirs (6)
Senior Luncheons
Cantors
Youth Ministry

PRAYER LIFE

Adorers of the Lamb
Cursillo
Legion of Mary
Magdalenes
Global Prayer
Spanish Prayer Group
Life in the Spirit
Seven Sisters
Prayers and Squares
Secular Franciscans
Retreats
Men's Group
Moms' Group
Adult Bible Study

MERCY

Catholic Charities
St. Vincent De Paul
Shelter Dinners
Community Dinners
Outreach Committee

WRITING

Prison Ministry

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2021-2022 Parish Ministries



‘... and one of them [a scholar of the law] tested him by asking, “Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”’

Matthew 22: 35-40

Love the Lord your God with all you heart, all your soul, and all your mind, and love your neighbor as yourself. That is the mission of every single ministry at St Mary. Whether serving at the altar of the heavenly banquet, or serving at the shelter dinners for the homeless and in need members of our community, our service and ministry is always dedicated to loving God and neighbor. This booklet is designed to help you find the ways your unique gifts will help contribute to our parish mission of bringing Christ to others and bringing ourselves closer to Christ. Please pray and discern how you may be of service to God’s church, whether it’s as a lector, a homeless shelter volunteer, or a member of the Legion of Mary (or all three!). Our parish depends on you!

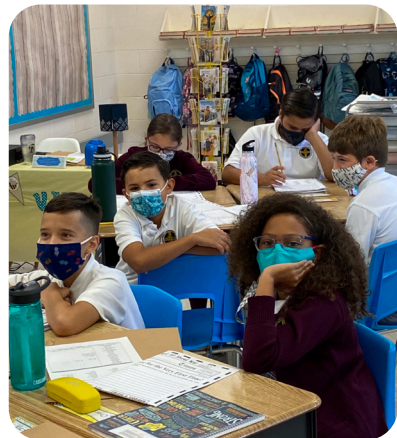


Parish Council

The Parish Council makes the parish vision a reality by working with the Stewardship Committee to form concrete goals and lived expressions in the parish of the faith we profess. There are subcommittees in Education, Liturgy, Operations, Outreach and Parish Life all working toward these goals in their own way, according to their gifts and disciplines. They work as an advisory board to help Fr. Mosimann in meeting the needs of the parish. They recognize and collaborate with the particular gifts of each individual volunteer who is discerning the best way God is calling them to serve.

President: Mary Collins-Morton
marmarmorts@gmail.com





EDUCATION

- Adult Religious Education
- Faith Formation K-12 Religious Education
- Holy Cross Academy
- RCIA: Rite of Christian Initiation For Adults
- SPRED: Special Religious Education
- Vacation Bible School

Catholic Youth Ministry (CYM)

- High School Youth Group
- Middle School Youth Program
- Work Camp Volunteers
- Youth Group Parent Volunteers



At St. Mary, we strive to provide the best possible religious education for our parish community. Together, our programs work as a resource, preparing our children, young adults, and adults for the sacraments and continuing to nourish our communities' faith formation. The Parish Council Education Committee Chair is Aristides Lucas, alucas@stmaryfred.org (and it is moderated by Fr. John Mosimann).

Adult Religious Education

Mission: To support and enrich educational efforts for adults within our parish community. This includes guest speakers, educational series, retreats or days of reflection for parishioners.

Time: Meet regularly, varies by program activities

Coordinator:
Aristides Lucas, DRE
540-373-6491
alucas@stmaryfred.org

Adult Bible Studies Coordinator:
Suzette Young, agingcoastrkid1@yahoo.com

Walking with Purpose Coordinator:
Dr. Lisa Sarber, lisakymi@aol.com



Faith Formation K-12 Parish Religious Education

*Catechists
Catechist Aides
Prayer Aides
Office Assistants*

Mission: To assist in our children's faith formation. There is a large range of responsibilities undertaken by the parish in serving over 1,200 children in their faith formation and sacramental preparation.

Time: Weekly commitment (if possible), plus initial training, including VIRTUS and ongoing formation as needed. As much or as little time as you can give is appreciated.

Talent: A love of faith and children is foremost, and a desire to fill a needed role in an environment where Christ is our focus. Training and certification are made available to all to ensure that we are educated in the faith we teach. Volunteer opportunities include; catechists/teachers, teacher aides, prayer aides, office and clerical volunteers.

Coordinator:

Aristides Lucas, DRE
540-373-6491
alucas@stmaryfred.org

Holy Cross Academy

*Tutors
After school care
Library Aides
Art Room Aides
Garden Care
Lunch room and playground volunteers*

Holy Cross is blessed to have extremely talented teachers who are always looking for new ways to help our students. All our teachers are certified in the area in which they instruct. Many hold Master's degrees or are currently enrolled in a graduate program. All our teachers of Religion hold Catechist certification with many at the advanced level. Our faculty members are experienced, dedicated and innovative. Our teachers are supported in all they do by dedicated staff in the office, classrooms, kitchen, maintenance and extended care program. They make our school the wonderful place that it is.

We are always happy to welcome additional help to facilitate one-on-one learning or assistance as needed in other areas. If you are called to work with students in any capacity, we would love to have you!

Mission: To provide support for the Catholic education of our children.



Time: Weekly commitment (if possible), plus initial training, including VIRTUS and ongoing formation, as needed. As much or as little time as you can give is deeply appreciated.

Talent: A love of education and children is foremost and a desire to fill a needed role in an environment where Christ is our focus. A full spectrum of opportunities is available.

Coordinator:
Angie Tomayko
atomayko@holycrossweb.com



RCIA: Rite of Christian Initiation for Adults Team

We are blessed with a faithful formation team for adults who are seeking to live new faith, toward the ultimate goal of full sacramental initiation in the Church at the Easter Vigil Mass.

Mission: To facilitate the process of initiating new members into our Roman Catholic community of faith through Baptism, Confirmation and Eucharist. Providing personal presence which seeks to accompany inquirers throughout the process of coming to the Sacraments.

Time: Thursdays 7:30-9:00 pm leading small groups, supporting Fr. Sina.

Talent: An ability to share your love of Christ and the Catholic faith with those seeking to become Catholic. Some teaching and leading of discussion groups is possible, along with priests and other faculty.

Coordinators:
Jim Florio
Adele Falardeau
rciastmaryfred@gmail.com

En Español Coordinators (RCIA): *Página 31*
Deacon Alberto Bernola,
abernaola@stmaryfred.org

Leticia Gonzalez, lettyg59@aol.com

SPRED: Special Religious Education

Mission: The SPRED program serves children and young adults with developmental disabilities such as, down syndrome, autism and learning disabilities. During each session, the students participate in catechesis and joyful activities designed to lead them closer to Jesus, and prepare them to receive the Sacraments of Initiation (Baptism, Confirmation, Holy Eucharist) and Penance.

The program will meet for twelve (12) Saturday's between October-April. For more information and to register contact Karen Sturtevant.

Contact: Karen Sturtevant,
ksturtevant@stmaryfred.org

Vacation Bible School (VBS)

Mission: To create a fun-filled environment where participants are immersed in a particular Bible theme, where knowledge and love of the Lord and each other are fostered.

Time: One full week in the summer, with planning and preparation in advance.

Talent: A love for young children. Must be energetic, loving and kind spirited, VIRTUS trained. Teachers, aides and caregivers needed.

Coordinator:
Karen Sturtevant, Assistant DRE,
ksturtevant@stmaryfred.org

Catholic Youth Ministry (CYM)

Mission: Our primary mission as a Youth Ministry program is to bring young people into an intimate, personal relationship with Jesus Christ and His Church. We believe that lives are transformed when young people are invited to encounter, connect and grow in their relationship with God. Some of the organizations that benefited from our ministry are: Greenfields nursing home, Micah Ecumenical Ministries, Mary's Shelter, Woodmont Nursing Home, Refugee Services, and St. Vincent de Paul. Several opportunities to facilitate our youth program are listed below.

Coordinator for ALL CYM Programs is:
Tatiana Beltran, tbeltran@stmaryfred.org

Note: The Diocese mandates that all CYM adult volunteers (18+ years of age) be compliant with OPCYP Programs. Contact Tatiana Beltran for more information.



Youth Ministry High School Youth Group

We average 50-60 youth at each of our Sunday night meetings and about 30 of our youth participate in our Wednesday night YOUCAT study. Our high school WorkCamp numbers about 40 youth.

Mission: To engage young people in their faith, the Church, and current issues occurring in their lives through small group discussions and speakers.

Time: Meetings held Sundays after 5pm Mass and other activities as planned.

Youth Ministry Middle School Youth Program

Mission: We engage young people in discussing topics about their faith, the Church, and current issues occurring in their lives through small group discussions and speakers. 6th-8th graders are welcome.

Time: 1st and 3rd Fridays from 6:30-8:00 p.m. in Parish Life Center (see youth calendar).



Youth Ministry WorkCamp Volunteers

Mission: To assist in the preparation, coordination and participation of our youth's WorkCamp experiences.

Time: Varies based on area of support. Can include volunteering the week of camp, weekend fundraising activities or planning meetings.

Talent: Many opportunities are available such as: contractor, team leader, fundraising coordinator, stakeholder, security, lunch prep, etc. All share in the coordination and execution of a powerful week-long service-oriented WorkCamp experience. Volunteers are needed to attend WorkCamp and provide leadership. Always in need of contractors or someone who is very handy. The Diocese requires that each parish have one or two contractors attend WorkCamp - we need you! **No experience necessary but a willingness to witness Christ through your example to our youth is a must.**

Youth Ministry Youth Group Parent Volunteers

Mission: To help with the faith and personal development of young people. Moderating small group discussions, chaperoning/assisting with retreats, helping prepare/serve Sunday Night Youth Dinner etc.

Time: Weekly High School night is Sunday, following the 5pm Mass, as well as activities during the week. A weekly commitment is desired but any time is appreciated.

Talent: Capacity to build community by inspiring youth to be involved. Specific talents are welcome, not required.

Dinner Coordinator:
Lynne Motta, cymdinners@gmail.com





LITURGY

Altar Servers

Senior Altar Servers/Funerals

Altar Society

Extraordinary Ministers of Holy Communion

Ministry to the Homebound/Sick

Hospitality: Greeters & Ushers

Lectors

Music Ministry

Seasonal Decorators

The Holy Sacrifice of the Mass is the source and summit of everything we do. The Liturgy Committee assists our parish in keeping the Mass as the center of our worshiping community. All those who volunteer for liturgical ministries witness to the presence of Christ in our midst and strengthen us as a community centered on Jesus present in the Eucharist and in his living Word.

There are many Liturgical Ministries which assist the priest in the celebration of the Mass. We sing His praises, proclaim His Word, serve at His altar, welcome His people, care for His altar and His house, and assist in the distribution of Holy Communion, at Mass and to the homebound. There are many ministries and many gifts needed to support the liturgy in our parish.

The Liturgy Committee Chair is Fr. John Mosimann, frmosimann@stmaryfred.org.

Altar Servers

Mission: A unique ministry by which boys and girls fourth grade and older can help to spread the word and the love of Christ through their actions and words by assisting the principal celebrant during Mass. To be an Altar Server is a special honor and a great privilege. Opportunities are available for other liturgies as well, such as weddings, funerals, benediction, etc.

Time: Generally two Masses per month. Arrive 15 minutes prior to the start of Mass. Initial training and formation sessions. Schedule is flexible and finding a substitute if needed is required.

Talent: A desire to serve God. Attentiveness and reverence at Mass. Must be dependable.

Coordinators:
Lara Traylor, stmaryfxbg@gmail.com

Senior Altar Servers for Funerals

Mission: Seniors in the parish created this beautiful ministry to serve at the altar for funerals during the week.

Time: One of four pairs of servers generally cover a week each month, with one or two funerals a week. Funerals usually are in the morning. Interested servers should inquire for consideration to be added to the roster as needed in the future.

Talent: A desire to serve God, and provide outreach to families who have experienced loss.

Coordinator:
Ann Graf, altegraf@aol.com

Altar Society

Mission: To clean the sanctuary and sacred vessels, take home used vestments, altar cloths, purificators and towels to be cleaned, pressed or repaired.

Time: Every Friday, approximately 1-2 hours. Cleaning of linens, monthly.

Talent: A caring eye for detail.

Coordinators:
Ginny Christina,
ginchristina@gmail.com

Extraordinary Ministers of Holy Communion

Mission: To assist in the distribution of the Holy Eucharist on Sundays, Holy Days and/or daily Mass, and to share ministry with the homebound.

Time: Weekly commitment (if possible). Schedule is flexible and finding a substitute is required. Formation and training sessions also required.

Talent: Love and reverence for the Holy Eucharist; Catholic in good standing who has received the Sacraments of Initiation (Baptism, Eucharist and Confirmation). Must be formally mandated by Bishop Burbidge, usually annually in May. If you are interested, please contact Fr. Mosimann directly for an appointment.

Coordinators:
Chris Lanzarone,
clanzarone@stmaryfred.org

Fr. John Mosimann,
frmosimann@stmaryfred.org

Extraordinary Ministry to the Homebound/Sick

Mission: To bring the Holy Eucharist, pray and visit with those who are homebound.

Time: Weekly commitment (if possible). 1-2 hours weekly. Annual training.

Talent: Love and reverence for the Holy Eucharist; friendly and compassionate with the ability to comfort. Catholic in good standing who has received the Sacraments of Initiation (Baptism, Eucharist and Confirmation). Must be formally mandated by Bishop Burbidge, usually annually in May. If you are interested, please contact Fr. Mosimann directly for an appointment.

Coordinator: Chris Lanzarone,
clanzarone@stmaryfred.org



Hospitality Greeters

The greeters are both inside and outside the church, opening the doors, welcoming everyone with a warm smile and helping the ushers pass out liturgy sheets when needed. We welcome people who come to Mass on Saturday evening, Sundays and other special liturgies.

Mission: Welcome all parishioners and visitors to Mass with a warm smile and friendly greeting. Greeters may be asked to help people who need assistance from their cars to their pew. Distribute liturgy sheets and assist ushers as needed. Adults and teens welcome.

Time: Weekly commitment desired, not required (arrive 20-25 minutes prior to Mass). Schedule is flexible and finding a substitute or notifying the greeter coordinator is recommended. Initial training and annual meeting.

Talent: An ability to help people be aware they belong, with compassion and a deep sense of Christ in all people.

Coordinator:
Pat Fish, patfish53@gmail.com



**Hospitality
Ushers**

Mission: To provide assistance to our fellow parishioners during regular Masses, Holy Days and also during special liturgical events. This assistance includes a variety of tasks such as extending greeting to all those that enter, seating people, assisting during Communion, taking up the collection and distributing the church bulletin at the conclusion of Mass.

Time: Weekly commitment (arrive 15 minutes prior to Mass). Initial training

Talent: An ability to help people be aware they belong; a deep sense of Christ in all people.

Coordinators:
Tom Fish, fishtbrx@gmail.com

Spanish Mass Coordinator:
(en Español, página 31)
Javier Flores, javier112690@yahoo.com

**Music
Ministry
Parish
Choir**

The St. Mary Parish Choir provides music primarily for the 10:30 a.m. Sunday liturgy as well as all solemnities. In the past, the Parish Choir has presented programs at other area churches and in 2017, made a performing tour in Italy. The repertoire of the Parish Choir includes a broad range of choral literature from chant and polyphony through contemporary compositions of the 20th and 21st centuries. Members of high-school age and above welcome.

Time: The Parish Choir rehearses on Thursday evenings from 7:00 – 9:00 p.m. and on Sunday mornings at 9:50 a.m. prior to singing at 10:30 a.m. Mass.

Choirmaster:
David Uschold,
Director of Music and Organist,
uschold@stmaryfred.org
540-373-6491, ext. 217

**Music
Ministry
Schola
Antiqua**

The St. Mary Schola Antiqua is a smaller mixed ensemble which provides music for special liturgical celebrations and concert programs. With a concentration on more advanced choral repertoire, and an emphasis on early-music polyphonic compositions, membership to Schola Antiqua is by invitation or audition only.

Choirmaster:
David Uschold,
Director of Music and Organist,
uschold@stmaryfred.org
540-373-6491, ext. 217

**Music
Ministry
Festival
Choir**

The St. Mary Festival Choir is a group composed of members of the Parish and Magnificat Choirs as well as singers who wish to be a part of special liturgies and choral programs presented by the music ministry. Often times individuals, for various reasons, can't commit to the weekly rehearsal and Mass schedule of the Parish Choir for the entire year. The Festival Choir gives those interested an exciting opportunity to be involved with the music ministry with a limited rehearsal and performance commitment. Often the programs are presented in conjunction with other musical ensembles and are part of Concerts at St. Mary.

Choirmaster:
David Uschold,
Director of Music and Organist,
uschold@stmaryfred.org
540-373-6491, ext. 217

Lectors

Mission: To proclaim the Scripture readings at Masses, Holy Days and at other special liturgical events with reverence and understanding. This requires spending time with the Word before your assigned Mass, prayerful contemplation and an openness to letting the Holy Spirit lead. Adults and teens eligible.

Time: Usually one Mass every two weeks, with one annual formation session. Schedule is flexible and finding a substitute is required.

Talent: A love for God's Word. A clear speaking voice and ease speaking in front of people.

Coordinator:
Karin Lea, lea.karin.j@gmail.com
David James, us1fedvet@msn.com

Spanish Mass Coordinator:
(en Español, página 31)
Alvin Romero, alvinromero@hotmail.com

**Music
Ministry**

The Music Ministry welcomes singers and instrumentalists who want to share their gifts to help foster the sung prayer of our parish. Over 100 adults and children participate in one or more of the six choral ensembles, which provide music for weekend liturgies as well as all solemnities and special occasions. The Music Ministry also provides musical leadership, through our cantors and organists, for all weddings and funerals. In addition to choral, instrumental and cantor programs, St. Mary continues to foster the performing arts through Concerts at St. Mary, a concert series which features internationally renowned solo recitalists and performing ensembles as well as programs presented by the choirs of St. Mary.

Talent: Love of music and wanting to share your musical talents in prayer.



Music Ministry St. Cecilia Choir

The St. Cecilia Choir provides music primarily for the 8:30 a.m. Sunday liturgy and, on occasion, for solemnities and special occasions throughout the church year. The St. Cecilia choir follows the instructional model set forth by the Royal School of Church Music (RSCM). The RSCM model implements instruction of proper vocal production, music theory and liturgical aspects. Membership is open to children grades 2-8.

Time: The St. Cecilia Choir rehearses on Thursday evenings from 4:45 – 6:00 p.m. and on Sunday mornings at 7:50 a.m. prior to singing at 8:30 a.m. Mass.

Choirmaster:
David Uschold,
Director of Music and Organist,
duschold@stmaryfred.org
540-373-6491, ext. 217

Music Ministry Spanish Coro

The Spanish Coro is a group of singers who provide music for the 2:30 p.m. Spanish liturgy on Sunday and various solemnities and events throughout the church year. Singers who enjoy singing in Spanish are most welcome to join.

Time: The Coro rehearses on Saturday evenings from 7:00 – 8:30 p.m. and on Sundays at 1:00 p.m. prior to 2:30 p.m. Mass

Coordinator: (en Español, página 31)
David Garrison,
dmg3312@gmail.com or 540-376-1401

Seasonal Decorators

Mission: To prepare the church for primary liturgical seasons, creating designs that lead those attending Mass to enter more deeply into the Mysteries we celebrate.

Time: Usually the day before a major feast day. Other dates as needed throughout the year.

Talent: An eye for design, able to lift, use ladders.

Coordinator:
Angela Murphy,
amcmurphy128@gmail.com





OPERATIONS

Administrative Support

Bishops' Lenten Appeal Committee

Development

- Scrip Volunteers

Operations Committee

Just as in any organization, there is a lot of “behind the scenes” work that must be done in order for our community events and projects to be completed. We are always in need of physical help, whether it is setting up, or cleaning up, stuffing envelopes, or answering phones. We are also responsible for keeping our facilities in working condition and making improvements as necessary. The Parish Council Operations Committee Chair is Chris Lanzarone.

Administrative Support

***Mission:** To assist in office tasks; help with large mailings, bulletin inserts, data entry, answering phone calls, etc.*

***Time:** Varies with needs. Many one-time projects several times a year.*

***Talent:** A warm and kind disposition and willingness to serve.*

***Coordinator:** Chris Lanzarone,
clanzarone@stmaryfred.org*

Bishop's Lenten Appeal Committee

Mission: To plan and organize the annual Lenten Appeal at St. Mary. Encourage full participation through planning, publicity, and reporting.

Time: Annual event, January-May.

Talent: Organization and leadership. Willingness to speak at Mass helpful.

Contact:

Furman McCormick
furman@thefarmva.com

Development

St. Mary looks forward to new methods of soliciting financial support to gather resources for pastoral ministry and faith formation, both in the parish and at Holy Cross Academy.

Mission: To cultivate the financial resources of our parish and community by developing and maintaining programs that secure funds for the continued service and maintenance of parish programs and facilities.

Talent: Fundraising experience. Organized and friendly.

Coordinators:

Fr. John Mosimann,
frmosimann@stmaryfred.org
Nanci Scharf,
nnscharf@verizon.net

Development SCRIP Volunteers

The SCRIP Program is a gift card purchase program that directly benefits our parish school, Holy Cross Academy. Gift cards can be purchased for over 75 local and national retailers who in turn provide a percentage of the gift card face value back to the school. Our goal is to greatly expand the program so that more parishioners will purchase gift cards for routine weekly expenses like groceries, gas, and restaurants. This year we will be emphasizing the use of the convenient on-line sales program, and focusing on new ways to advertise and promote the program to generate more sales.

Mission: To manage this ongoing fundraiser which supports our parish school.

Time: 30 minutes per week to sell gift cards after weekend Masses at St. Mary and Holy Cross Academy; before Friday morning Mass at HCA, or during afternoon carpool at HCA.

Talent: Organization and a willingness to staff the sales table after Mass or at HCA.

Coordinator: Lloyd Keeton,
scripcordinator@holycrossweb.com

Seeking volunteers!



Operations Committee

Often there is a great need for assistance to accomplish the goals set by many of the other committees and ministries, and the Operations Committee facilitates their successful outcome.

Mission: To organize and coordinate volunteers as they are needed; to facilitate the Lenten Small Groups program; to assist in communications and publicity of parish events; to develop a directory of parishioners' businesses; to assist in the planning and managing of maintenance and improvements of parish property. Also, facilitating the physical needs of major parish events/functions.

Time: Varies with needs. Some committee meetings.

Talent: No training is necessary; however, a diversity of expertise is very helpful.

Coordinator: Chris Lanzarone,
clanzarone@stmaryfred.org





OUTREACH

Catholic Advocacy Committee

Ecumenical/Interreligious Commission

Catholic Charities Counseling Services

Homeless Shelter Dinner

Jail/Prison Ministry

Food Bank Manna Project

Micah Ecumenical Ministries

- Cold Night Shelter
- Community Dinners
- Furniture Bank
- Hospitality Center

Parish Outreach Committee

Catholic Charities Migration & Refugee Services

St. Vincent de Paul Society

Believing in the presence of God in our midst, we proclaim the sanctity of human life and the dignity of each person. We work together to meet the needs of those in our community and beyond -- happy to be the hands and feet of Christ!

The Parish Council Outreach Committee Chair is Torie Baldwin, and our Staff Director of Outreach is Elena Doyle.

Outreach Committee

Members of this committee support a variety of programs throughout the year that offer hope and encouragement to those in need. Some programs included are:

- Brain Builders (lunch/meal program)
- Christmas Adopt-a-Family
- Dressing Days
- Fredericksburg Schools Meal Back-Packs
- Head Start (reading program)
- Nursing Home Visits
- Parish sacrament cards
- Migration & Refugee Services (Thanksgiving Celebration)
- "Souper" Bowl (emergency food pantry)
- Stella Marina Project (medical kits-Haiti)

Time: Meetings are held the 1st Saturday of each month at 8:00 a.m. in the Parish Life Center. All are welcome. Additional time based on program support as able.

Coordinators:
Torie Baldwin, keetongirl2@yahoo.com
Elena Doyle, edoyle@stmaryfred.org

Catholic Advocacy Committee

Our Advocacy Committee attends Catholic Advocacy Day in Richmond in January and has promoted the most successful Virginia Catholic Conference registration drive in Virginia.

Mission: To serve as liaison to the Virginia Catholic Conference in coordinating parish activities to promote Catholic values in the public square according to the guidance of the United States Conference of Catholic Bishops. The Committee organizes our attendance at the annual Catholic Advocacy Day in Richmond and coordinates parish awareness on issues such as life, predatory lending, human trafficking and immigration reform.

Time: Periodic meetings and events as they occur.

Talent: A passion to bring awareness to the parish and to actively participate in the promotion of Gospel values in society.

Coordinator:

Jeff Caruso, via VA Catholic Conference
jeff@vacatholic.org

Ecumenical/ Interreligious Commission

Fredericksburg enjoys one of the richest relationships among the Christian churches of the downtown area, whose fruit has yielded numerous ministries of outreach and prayer which have inspired the community repeatedly to seek ways of deeper unity and understanding.

Mission: To organize and promote unity among people of Christian faiths and between world religions represented in the Fredericksburg community.

Time: Periodic meetings and events as they occur.

Talent: A desire to bring unity to those separated by religious profession.

Coordinator:

Tom and Joyce O'Toole,
tjotoole@verizon.net

Catholic Charities Counseling Services

We've served over 300 clients and provided 2,465 counseling sessions. This is up from 250 clients and 1,499 sessions last year. We've partnered with Mary's Shelter, Hope House, and Empower house to strengthen the parent-child relationships in families served by those programs. We've increased our total number of available clinical hours by adding new clinicians. We've provided talks and trainings on mental health issues to many parishes, schools, and local non-profits.

Mission: To serve as a volunteer in daily schedule of the Catholic Charities office on the parish campus.

Time and Talent: Depending on need, volunteer service could be in the office, or helping with clients.

Coordinator:

LeeAnn Pompeii, leeann.pompeii@ccda.net

Jail/Prison Ministry

Mission: To serve the 'poverty of hope' of the imprisoned by offering spiritual support, emotional assistance, and compassion to inmates with a focus on the dignity and respect of the individual. Our pen-pal program allows our volunteers to engage in positive and loving correspondence that extends Christ's forgiveness, love, and hope for a better future. Through the death row mercy program, our volunteers encourage inmates to seek redemption and Christ's forgiveness with the hope of eternal salvation.

Time: Monthly 1-2 hours

Talent: Willingness to share your faith in written letters.

Note: All members of this ministry MUST complete a training session. All privacy is respected and all communication is sent/returned via the St. Mary parish office to maintain complete anonymity between our volunteers and the inmates.

Coordinator:

Jim Shall, jimshall1@yahoo.com

Food Bank Manna Project

The Manna Project coordinates food collections at St. Mary that benefit the Fredericksburg Regional Food Bank twice a year. Volunteers are encouraged to reach out to the food bank directly if they wish to assist further in the way of volunteering. Our ministry has also recently begun assisting Catholic Charities with monthly deliveries to 3 food pantries in the Northern Neck, though participation is not a requirement of this ministry.

Mission: The Manna Project serves the Fredericksburg Regional Food Bank in food collection and volunteer areas.

Time: Major collections are made twice yearly (2-3 hours). Opportunities beyond our two collections are available and the time commitment is flexible.

Talent: Willingness to help with food collection at the church, some physical labor may be required. (If you are interested in delivering food to the pantries, a large vehicle and availability to deliver during work hours is helpful.)

Coordinator: Susan Hamann,
susanlmauney@yahoo.com

stmarymannaproject@gmail.com

HUNGER & Thirst FOR HIM

Micah Ecumenical Ministries

Micah Ministries is a Christ-centered community response led by Fredericksburg area churches to serve our neighbors in need of shelter and related care. Micah 6:8 challenges us to do justice, love kindness and walk humbly with God. *Several programs within Micah are listed below.*

Micah Cold Night Shelter

Mission: To provide a warm, safe environment for homeless individuals on all evenings of the cold weather season.

Time: November-March 1st. St. Mary team will be assigned one evening per week and teams will be scheduled for each week to serve 2 ½ - 3 hours.

Talent: Help make-up beds, bring socks and snacks. Welcome guests and assist in check-in.

Coordinator:
Greg Wheatley
stmary.cws@outlook.com

Micah Community Dinners

Through the organization of Micah Ministries there is a free hot meal served each evening by various churches for those who are in need in the Fredericksburg area. St. Mary Church is one of the churches whose volunteers cook and serve dinner not just for the homeless of our community but also for anyone who needs a hot meal and some fellowship, including the lonely, the widowed, and struggling families. In the past year 5,000+ meals were served at these community dinners.

**** Due to COVID restrictions, the program has changed. ****

Time: St. Mary provides meals on the 1st and 5th Monday of every month at St. George's Episcopal Church. Volunteers are organized into teams that are scheduled to serve meals three to four times per year. We work in shifts of approximately 1-2 hours to set-up, serve, clean-up after the meal.

Talent: Volunteers only need to be friendly and compassionate as we serve and visit with our guests.

Coordinator:
Torie Baldwin, keetongirl2@yahoo.com

Micah Furniture Bank

Mission: To provide furniture to those in need including former Micah clients moving into permanent housing.

Time: Once a month. 3rd Saturday of the month 8:30am-11:00

Talent: The ability to move furniture and/or drive a pick-up truck or large vehicle to help. Great service for teens and parents!

Coordinator:
Rich LaRoche, stone48@verizon.net

Micah Hospitality Center

Mission: Provides resources for homeless individuals such as food, showers, clothing and assistance with employment (resume and searches), education, housing, legal affairs and health related issues among others. Volunteers needed to greet and check-in clients at the front desk, sort donations and help with a variety of needs.

Time: M-F 10am-2pm (any time between these hours)

Talent: Ability to listen with compassion. Office skills are a plus.

Coordinator:
Joanie Alberto, joanie.alberto@gmail.com

Catholic Charities Migration & Refugee Services

Mission: To assist in providing support for new arrivals to our country. Language support, tutoring and transportation.

Time: Whatever time may be available; volunteers may also contact the office of Migration and Refugee Services for other opportunities in helping the refugee population with daily needs.

Talent: Willingness to meet needs of clients.

Coordinator:
Christy Escher, christy.escher@ccda.net

St. Vincent de Paul Society and Thrift Store

We are an all-volunteer mission. We annually give financial aid to over 1,200 families for rent, utilities, medicine, transportation, clothing, and furniture, as well as food. In addition, we helped families with counseling and other non-financial support. Many families were helped at Christmas as well. Our store supplements donations enabling the Society's work. It is open six days a week from 10am-4pm, and is supported by an all-volunteer staff. Our inventory is all donated. We offer interviews and counseling every Thursday night at 6pm to help our clients make real systemic changes in their condition and thus improve their lives. This is a large operation requiring many talents but the spiritual rewards are great.

Mission: To offer tangible assistance to those in need on a person-to-person basis. The thrift store located in the Olde Greenwich neighborhood of Fredericksburg sells clothing and household items and the Society provides funds for those struggling financially.

Time: Whatever you are able to give.

Talent: Sort clothes, cashier, pick-up and deliver furniture. Ability to interview applicants seeking financial assistance. Friendly demeanor and compassion for those in need of help.

Coordinators:
Bill Smith, 540-898-9066
bsmith170@cox.net

Thurman Brisben Homeless Shelter Community Dinners

Mission: To cook and serve a meal to the 90+ residents residing at the Thurman Brisben Shelter.

Time: Must be available between 3-5pm or 5-7pm. We prepare dinners once or twice per month on Wednesdays.

Talent: Must be over 16 years of age. Willingness to prepare and serve a meal. We also welcome monetary donations for food and supplies.

Coordinators:

Gustavo Guzman

gustavoguzmansilva74@gmail.com

Juan Chaves, juan.chaves@jpthegreat.org

Thurman Brisben Bridges Program

Mission: To encounter and reflect Christ by playing with the children who are residents at the homeless shelter.

Time: Every Monday 7-8pm (must sign-up)

Talent: A love of children. Must like having fun!

**** Program on hold due to COVID. ****

Coordinator:

Aaron Sawyer, bridges.fxbg@gmail.com

To sign-up directly and for more information follow the link below: <https://m.signupgenius.com/#!/showSignUp/70a0f4facaf2aa3f85-bridges>

PARISH LIFE

Adorers of the Lamb

Ancient Order of Hibernians

Book Club

Council of Catholic Women (CCW)

- Circle of Love
- Craft Group
- Prayers & Squares

Cursillo

Funeral Receptions Committee

Gardens Committee

Homeschoolers Group

Hispanic Ministry

Knights of Columbus

Legion of Mary

Magdalenes

Marriage Ministry

Men's Group

- That Man is you (TMIY)

Moms' Group

(St. Anne Sisters in Faith)

Over 40 Single Catholics

Parish Life Committee

Prayer Groups

• Global Prayer Ministry

• Life in the Spirit Gathering

• Seven Sisters Apostolate

• Spanish Prayer Groups

Respect Life Ministry

• Birthright of Fredericksburg

• Mary's Shelter

Retreats

Secular Franciscan Order

Senior Luncheons

Special Blessings

Welcoming New Parishioners

Young Adults Youth Organizations

(Sponsored by parish/school)

• American Heritage Girls

• Boy/Cub Scouts of America

• Girl Scouts of America

• Trail Life USA Troop

We welcome, connect and foster fellowship in the parish community. Parish Life is the very essence of Christ in action - loving, serving, praying and building God's kingdom through each other and the family of St. Mary Parish. The Parish Council Parish Life Committee Chair is Christina Anderson.

The Adorers of the Lamb

Mission: Adoring the Eucharistic presence of Christ. St. Alphonsus Liguori shared, "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us".

Time: One hour per week. Anytime between Wednesday noon – Friday 9am (excluding Mass times)

**NEEDS NEW
COORDINATOR**

Contact:

stmary22401@gmail.com

"How great is the value of conversation with Christ in the Blessed Sacrament, for there is nothing more consoling on earth, nothing more efficacious for advancing along the road of holiness!" (Pope Paul VI, *Mysterium Fidei*)

Ancient Order of Hibernians

The Ancient Order of Hibernians is America's oldest Irish Catholic Fraternal Organization. The General Thomas F. Meagher group is one of 13 divisions in the Commonwealth of Virginia. Fr. John Munley of St. Mary was instrumental in founding our Division in 1987 and named it for the Commander of the famed Irish Brigade. We participate in Irish cultural events including the Rose of Tralee contest, St. Patrick Day celebrations and parades and area international festivals.

Mission: To bring Irish Heritage, culture and traditions to the forefront and support several Irish, Catholic local area charities and local Catholic education. Our motto is "Friendship, Unity and Christian Charity."

Time: Monthly meetings 3rd Tuesday of the month at 7:30pm at the Knights of Columbus Hall 4724 Harrison Rd. The meetings include a formal business meeting followed by a social segment often including guest speakers and/or discussions on current issues in Ireland, Irish/Irish-American history, genealogy, and Irish culture and traditions. Additional charitable and community events are held throughout the year.

Special Skills: Irish, Catholic men, 18 years or older seeking friendship and fellowship in Christian character.

Coordinator: David McLaughlin,
dave.mcl@verizon.net

Book Club

The parish book club meets on the second Tuesday of the month at 10am at the John Paul II House to discuss works with Christian themes. The selections, both ancient and new, are determined by the membership and include both fiction and non-fiction. For the annual December meeting readers choose a book from the parish library's extensive collection. Observers are always welcome as listeners at our discussions. Members believe that Catholics need to take responsibility for themselves in continuing their education throughout life, and the parish book club exists for all who have an interest in reading and joining in fellowship for lively, stimulating discussions.

Mission: To read and discuss books which have a Christian focus.

Time: the 2nd Tuesday of the month at 10am.

Coordinators:
Maureen Guilfoyle, maureenpsg@verizon.net

Council of Catholic Women (CCW)

The Council of Catholic Women is a national organization. Ours is one of the few parishes in this part of Virginia to have its own Council; all women registered at St. Mary are members. Together we do great things for our parish and community. We donate thousands annually to worthy causes through fund-raisers like craft bazaars, bake sales, yard sales and charity baby

showers. The Circle of Love provides help for parishioners in crisis situations, and the Prayers and Squares ministry offers comfort with symbols of God's healing love to those who are ill or homebound. We have chartered and sponsor American Heritage Girls Troup VA0126; award a yearly scholarship to a girl attending St. John Paul the Great High School; and host a Mother- Daughter Tea (which is really for everyone). Our monthly meetings, September through May, feature uplifting speakers. We enjoy serving food at the Parish Picnic and ice cream at the Ice Cream Social. Each year we organize a day-trip pilgrimage for all parishioners. Please keep in touch with us through meeting minutes and newsletters at StMaryCCWNews@aol.com.

Mission: With Our Lady of Good Counsel as our guide, we support, empower and educate women in spirituality, leadership and service.

Time: Monthly meetings with speakers and fellowship. Support of parish life activities, many opportunities to volunteer where your interests lie.

Talent: Willingness to share time and individual gifts. Desire to learn and deepen faith in a relaxed, friendly setting.

Coordinator:
CCW President Karen LaRoche,
addor72@gmail.com

CCW Circle of Love

Short term support for parishioners in crisis situations as needed—meals, rides, sitter help, home visits. All aid is service related, not financial.

Mission: To put Christ's love into action by supporting those experiencing a life-changing event.

Time: Whatever time you have to offer. It might be making a meal, giving a ride, or visiting for an hour.

Talent: A loving and caring heart. We can use cooks, drivers, visitors, gardeners, homework helpers, etc.

Coordinators:
Kathy Saladino, (meals, visits)
dockstarterny@gmail.com
Loli Ibarra, lacasablanca2@gmail.com

CCW Craft Group

We make the items sold at the CCW's annual bazaar, one of our most important fundraisers. We meet Thursday mornings most of the year, and welcome participation by men! Each crafter works on projects of her or his choosing—but if you don't have a project, we can usually offer you something to work on. Our Thursday meetings are great social get-togethers, but folks are welcome to work on bazaar crafts at home if they are unable to attend.

Mission: To inspire one another through arts and crafts, and share in the joy of creativity.

Time: Weekly meetings or crafting from home.

Talent: Needlework, painting, woodworking, glass art or jewelry—you name it!

Coordinator:
Wanda Cushing, wandasj823@gmail.com

CCW Prayers & Squares

Prayers & Squares is a nationwide interfaith & outreach ministry. Here at St. Mary we have created and presented hundreds of quilts to people in need of healing prayers. With a minimum of 69 prayers per quilt (often there are many double or triple knots), that means thousands of prayers have been offered. With the help of all parishioners we are able to give these beautiful symbols of faith and love to those who are ill or homebound.

Mission: To combine the gift of a hand tied quilt and the gift of prayer for someone in need. How does it work? Heavy thread is run through quilt layers, the ends left for parishioners to tie off; for each knot tied, a silent prayer is offered for the quilt recipient.

Time: Our P&S Chapter meets as a group once a month. Individuals can cut fabric or sew at home as often as they like. Quilt "sitters" must be available after Sunday Masses.

Talent: Many roles require no particular skills. We need people who sew, but also need people to cut fabric squares and to "sit" with the quilts on Sundays as parishioners tie knots and pray.

Coordinator:

Dian Epp, dbep65@outlook.com

Cursillo

Mission: To create small groups that allow opportunities for Catholics to grow in their faith by sharing their experiences, successes, and failures in the ordinary moments of their everyday lives.

Time: Cursillo begins with a three-day re-treat; it follows with the invitation to meet with others who have attended a Cursillo weekend to share and grow in their faith together, either weekly or quarterly.

Talent: A desire to grow stronger in your faith and help others do the same.

Coordinator:

Tammie Chute, tammiechute@hotmail.com

Funeral Reception Committee

Mission: To provide support for families in grief by setting up and serving receptions held in the Parish Life Center following funerals.

Time: As needed when funerals occur. Weekdays or Saturdays.

Special Skills: A desire to support a family in grief.

Coordinators:

Mary Ellen Wheeler, melonqu@aol.com
Ann Duhamel, sing4you2@yahoo.com

Gardens Committee

Mission: To enhance the gardens and landscape of St. Mary and Holy Cross Academy.

Time: Seasonal. Specific activities in late spring, summer and early fall.

Special Skills: Enjoyment of gardening. Plant knowledge is helpful.

Coordinators:

Arlene and Joe Wilkinson,
jbwilkinson@verizon.net

Hispanic Ministry Ministerio Hispano

Nuestro Ministerio Hispano tiene el propósito de promover la participación de nuestros hermanos de habla hispana en cada uno de los ministerios de la parroquia. (Página 31)

Misión:

- Amar a Dios y el deseo de servirle a través de su iglesia.
- Ayudar al gran numero de hermanos hispanos a crecer en la fe y a sentirse bienvenidos en St. Mary.
- Ser bilingüe serviría de ayuda.

Coordinador:

Padre Sean Koehr,
frkoehr@stmaryfred.org

Asistente de Comunicación:

Erika Paquette, erpaquette@msn.com

Home- schoolers Group

Mission: To support parish families who educate their children at home. Provides fellowship, guidance and resources.

Talent: Homeschooling families interested in the opportunity to participate in extra-curricular activities and to socialize.

Contact:

Eve Muggeridge, evedisrael@yahoo.com



Knights of
Columbus

The KofC is a Catholic men's organization designed to assist the parish through charity, unity, and fraternity. Fredericksburg Council 4034 supports St. Mary in many ways throughout the year. Knights are Catholic men committed to charity in action. You will find the Knights participating as ushers, choir members, extraordinary ministers of Holy Communion, lectors, as well as some lesser known, but very important ministries. The Council raises funds for the Religious Education Assistance Program (REAP), sponsors and helps organize the annual March for Life, holds monthly family dinners at the parish, with the going to various charities, organizes the annual Life Chain, gathers for a quarterly Corporate Communion and monthly Adoration, in addition to many other things. The Council co-sponsors and helps organize the Parish Picnic. The Council also helps those in need through parish referrals, and supports family, youth, community, and Church in prayer, treasure, and action.

Mission: To live by the principles of charity, unity, fraternity and patriotism within the community of St. Mary Parish. The Knights of Columbus has the potential of being one of the most profound presences of charity and leadership in the parish, with your membership.

Time: Meetings held monthly. Additional charitable and community events are held throughout the year. Visit our public web page at www.kofc4034.org/index.html

Special Skills: Catholic men over 18 years of age seeking fellowship and having a desire to grow in their faith and community outreach.

Coordinator:
Anthony DeMaio,
anthony.demaio85@gmail.com



Coordinator:
Donna Harring, donnaharring2@gmail.com
Spanish Coordinator:
Samuel Meza, samuelmeza1230@gmail.com

Magdalenes

The Magdalenes are a ministry consisting of parishioners who provide spiritual support for bereaved families since 1996. When notified upon the death of a parishioner, the Magdalenes attend the funeral Mass and remain afterwards to pray the rosary for the repose of the soul of the deceased parishioner. If there is a viewing at the funeral home, they will attend and lead the rosary in the absence of clergy. Families of the deceased have often expressed their gratitude for this ministry. We welcome new members!

Mission: To pray for the deceased members of our parish at funerals.

Time: As needed, when funerals are scheduled. Weekdays or Saturday mornings.

Special Skills: A desire to support families in grief. Participate in funerals and vigils through prayer.

Coordinators:
Dennis Kuhl, rickuhl@cox.net
Doris Inguanti, singuanti@comcast.net

Legion of
Mary

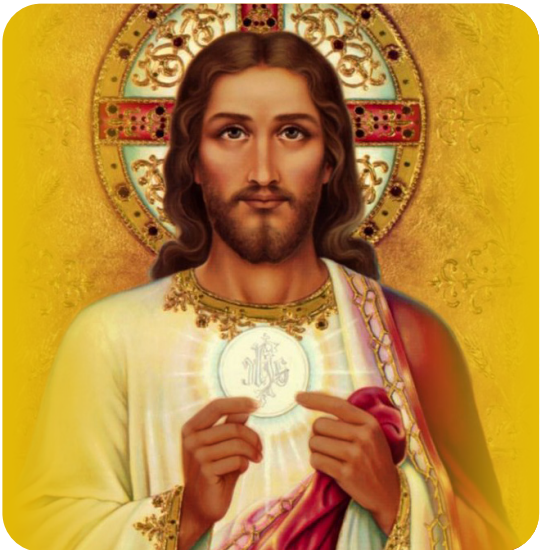
The Legion of Mary is a lay Catholic organization whose members give service to the Church on a voluntary basis in almost every country. Weekly meetings are held where prayer and instruction are intermingled with reports and discussion. Additionally, every legionary completes a weekly apostolic work. These works include religious education, and visitation of families and the sick, in their homes, hospitals, and nursing facilities. The Legion also collaborates in apostolic and missionary undertakings sponsored by the parish.

Mission: To magnify the glory of God through the holiness of its members developed by prayer and active co-operation in the Church's work, under the guidance of a priest.

Time: Weekly meetings with additional apostolate works, about a four-hour weekly commitment.

Special Skills: Commitment to prayer and service.

Moderator:
Fr. Michael Folmar,
frfolmar@stmaryfred.org



Marriage Ministry

Mission: To provide support for married and engaged couples to clearly understand, strengthen and nurture the beauty of their sacramental marriage.

Time: Monthly Date Night gatherings in the Parish Life Center covering a variety of topics. All married and engaged couples are welcome!

Coordinators:

Elena Doyle, edoyle@stmaryfred.org

Note: This ministry has a Marriage Core Team which helps plan and host events. If you are interested in joining the Team please contact Elena.



Marriage Ministry Teams of Our Lady

Mission: Teams of Our Lady is an international lay movement in the Catholic Church, designed to enrich marriage spirituality and make good marriages better. Teams provide a proven method of increasing and improving prayer life, which will help couples grow closer to God and each other. At the same time, their family will reap the benefits as well.

A team is comprised of 5-7 married couples. The team meets one time per month, rotating from one home to another. The team shares a simple meal, prayer, and strives to become a close community that can inspire one another through their living examples of faith.

Coordinators:

Ted & Holly Born, za_borns@hotmail.com



Men's Group

Through discussing issues relevant to work, family and friendship, men of the parish have an opportunity to reinforce and strengthen their Catholic faith.

Mission: To offer men an opportunity for fellowship, discussion and prayer in a casual environment.

Time: Group meetings monthly at varying times. Held at area breweries or homes. Contact the coordinator to be placed on the distribution list and receive the date, times, and locations each month.

Coordinator:

Michael Bostain, mrhostain@gmail.com

Men's Group That Man Is You

Interactive men's program combining the best research from science with the teachings of the Catholic faith and the wisdom of the saints to develop the vision of man fully alive. All men of the parish are invited to join this 13 week program.

When: Saturday mornings 6:30am-8:00am

Where: Parish Life Center & Church

Contact:

Stephen Jones, stephenj0524@gmail.com

Peter Paquette, paquettepeter@yahoo.com



**Moms' Group
(St. Anne's Sisters in Faith)**

Book study, fellowship, discussion on a variety of topics, social events and pot luck dinners with our families.

Mission: To strengthen and support women in their vocation as Catholic wives and mothers through prayer, education and fellowship.

Time: Meetings held every Friday 9:40 - 11:30am (September-May) at the John Paul II house, young children welcome, babysitting provided.

Coordinator:
Rocio Atkinson, rocio.o.atkinson@gmail.com

Over 40 Singles

Mission: To develop and coordinate activities for single, widowed or divorced Catholics over 40 years old. To foster spirituality and friendships in the community and in service to the parish.

Time: Newsletter sent once a month informing members of dates to meet for Mass and get together for a meal afterward as well as attend parish dinners together. Attend various social events as a group such as shows and events in Fredericksburg. No meetings per se.

Special Skills: Creativity, ability to work with a team and enjoy life.

Coordinator: **NEEDS NEW COORDINATOR**
Contact edoyle@stmaryfred.org if interested.

Parish Life Committee

Mission: To promote and organize activities that build up our parish community in fellowship and sharing, as well as organizing social events that promote community, such as Ice Cream Social, Parish Picnic, etc.

Time: As parish calendar dictates, typically 3 or 4 events each year.

Special Skills: Ability to work together as a team and provide warm and welcoming hospitality to parish community.

Coordinator:
Christina Anderson, ckasiak@verizon.net

**Prayer Groups
Global Prayer Ministry**

Mission: With firm faith in the power of prayer (as we have seen astounding results with thousands praying at once), and the ability for social media to connect people in a common intention, this prayer group will commit to 10 minutes of prayer simultaneously each week, for an intention determined by St. Mary and the coordinator and communicated as the time begins.

Time: 10 minutes of prayer, wherever you happen to be at that time.

Coordinator: Peg Larose, larva2@cox.net

**Prayer Groups
Life in the Spirit Gathering**

The Life in the Spirit Prayer Gathering met about every Tuesday last year, averaging between 15-20 attendees. We just completed our second introduction to Renewed Catholic Life in the Spirit with about 30 participating (not counting the Team of 15) in some part of the eight weeks. About 20 participated in the full eight weeks.

Mission: To praise, pray and open our hearts to the Lord Jesus Christ and the movement of the Holy Spirit, including His gifts and charisms. All are welcome to attend and participate in these gatherings.

Time: The 1st and 3rd Tuesday of every month (check the bulletin, dates may change from month to month) at 7:30pm.

Contacts:
Walter and Claire Matthews,
wmatthews@nsc-chariscenter.org

**Prayer Groups
Seven Sisters Apostolate**

The Seven Sisters Apostolate is a worldwide mission of prayer for priests and bishops. Seven women form a prayer team for one priest and commit to one Holy Hour of Eucharistic Adoration on a fixed day of the week for one year. St. Mary's has five teams, one for each of our priests as well as the bishop. More information is available in English and Spanish on the apostolate's website: sevensistersapostolate.org.

Mission: To intercede for the needs and intentions of priests and bishops, supporting them in their vocation and ministry.

Time and Talent: Team members commit to one day of the week to offer a Holy Hour of prayer for one priest for one year. No specific time of day is required, but it is strongly preferred that the hour be made in a Catholic Church so as to adore the Lord in the monstrance or tabernacle. Substitute members provide coverage in the event that a permanent member cannot fulfill her hour.

Coordinator:
Kara Horne, karahorne@gmail.com

**Prayer Groups
Spanish Prayer Groups**

(en Español, página 31)
Grupo de Oración

Contacto:
Ulises Reyes, ulicesmreyes@gmail.com

Grupo Mariano
Contacto:
Gustavo Guzman,
gustavoguzmansilva74@gmail.com

Respect Life Ministry

Mission: To promote pro-life and pro-family values, facing trends in today's culture with mercy, action and support. This year we will promote new initiatives for education and the dignity of the person, with emphasis on a culture of support and adoption.

Time: Flexible, as able.

Special Skills: An ability to reach out to others in a spirit of love and forgiveness, an intention to heal and transform hearts.

Coordinators: NEEDS NEW COORDINATOR
Elaine Stanislowski,
estanislowski@stmaryfred.org

Respect Life Birthright

Birthright of Fredericksburg is an inter-denominational ministry committed to providing free, confidential, non-judgmental support to any woman who is pregnant or thinks she might be pregnant, no matter her age, race, circumstances, religion, marital status or financial situation. Birthright is a 501(c)(3) charitable organization.

Mission: To provide caring, non-judgmental support to girls and women who are distressed by an unplanned pregnancy and to help her make a realistic plan for her future and the future of her unborn child.

Time: There are many volunteer opportunities. Time is Flexible and Varies according to need.

Contact: Rosmary O'Grady
540-898-4670, birthrightfred@gmail.com
2006 Lafayette Blvd., Fredericksburg VA
22401

Respect Life Mary's Shelter

Mary's Shelter provides an expectant mother, and any additional children she may have, with housing for up to three years in order to further her education and/or secure employment. She must receive counseling, attend in-house parenting and life-skills classes and adhere to the program covenants which offer structure, self-discipline and guidance. Mary's Shelter is run almost exclusively by volunteers. Regular volunteer brunches are offered to explain to potential volunteers our mission and needs. Our hope is that many will answer the call to get involved in this pro-life ministry. A few options are mentoring, providing transportation

Mission: To provide housing and all necessary support to women faced with a crisis pregnancy.

Time: Flexible. Any time that you are able to give is appreciated.

Special Skills: Compassionate individuals who are willing to help with the many needs associated with pregnancy, giving birth, early days after birth and helping new mothers to become independent providers.

Note: Mary's Shelter is assisted in the community by several local churches.

Coordinator:
Kathleen Wilson, Director
marysshelterva.volunteers@gmail.com
540-374-3407

Retreats

Mission: To encourage participation in local retreats designed to temporarily leave behind the usual distractions we all face. To refresh, revitalize and

give an opportunity for prayer and contemplation in order to rekindle and deepen one's relationship with Christ.

Time: As scheduled, usually varies from 1-3 days/ nights.

Coordinator for Loyola Retreat Center
(Faulkner, MD): Len and Sylvia Fontenot,
lensyl1966@verizon.net

Note: St. Ignatius emphasized that Prayer is the Essence of our life as Christians. We are taught time and time again that communication is the key to any successful relationship. The Ignatian Weekend retreat is open to any adult who wants to grow in their relationship with God. It is conducted in an atmosphere of prayerful silence and includes generous times for personal prayer and rest.

For more info go to: loyolaonthepotomac.com
The schedule for the 2021-2022 includes retreat dates from September-April.

Secular Franciscan Order

Mission: To live the Gospel life in the manner of St. Francis of Assisi as lay men and women. Canonically established in 2005, the Immaculata Fraternity is a local fraternity of the worldwide Secular Franciscan Order.

Time: The Fraternity meets monthly for communal prayer, ongoing formation in Catholicism and Franciscanism and social fellowship. Members of the fraternity are committed to daily personal prayer and apostolic activity in the various parishes to which members belong. At St. Mary, the fraternity coordinates the Franciscan Prayer Chain and assists with the coordination of Divine Mercy devotions. The fraternity also supports the pro-life apostolic work of the Paul Stefan Home.

Talent: An interest to learn more about the order and to discern whether the Lord may be calling you to live for Him in the world—but not of the world—as members of a recognized order in the Church.

Coordinator: Ed Semeia,
esemeia117@gmail.com

Senior Luncheon

Four times a year, Seniors of the parish gather in the Parish Life Center to enjoy a meal prepared by our loving volunteers. The camaraderie among the volunteers is good as they plan, work and eat together. Attendance is usually 80 to 100. A great sense of fellowship happens when we all get together. Entertainment is always provided, and admission is free. Last year we added an additional date for Bingo.

Mission: To create opportunities for the Seniors in our parish to gather for social interaction in a relaxed environment with fellowship and to let them know we care about them and they are not forgotten.

Time: Luncheons held quarterly. Approximately 4-5 hours. **Special Skills:** A desire to serve others, organizing, cooking, and providing transportation.

Coordinator: Lara Traylor,
gueydangirl@gmail.com

Special Blessings

Mission: The Special Blessings ministry is a support group for parents of special needs children. Our gatherings give parents an opportunity to share practical suggestions and resources as it relates to our Catholic faith.

Time: Meetings take place every other month in the evenings.

Coordinators:
Joyce Bodoh, joycebodoh@gmail.com
Vivian Heltemes, vivi0775@gmail.com
Johanna Merino,
johanna_merino@hotmail.com

Welcoming New Parishioners

Mission: To welcome and inform our new parishioners about the many ways in which they can get involved, to grow and develop their faith and feel a part of the family that is St. Mary parish.

Time: Monthly welcome meeting/reception 1-2 hours per month.

Talent: A warm and welcoming spirit.

Coordinators:
Elizabeth Dominguez,
elizabethdom@hotmail.com

Lynda Retterer, retterlyn@aol.com

Young Adults

Hosting bi-weekly men's' and women's' bible studies, game nights, book discussions, prayer and social events and outdoors excursions.

Mission: To connect young adults with the mission of the Church in the world with a peer community in which faith is nurtured and strengthened. Ages 21-39.

Time: Meetings, service and special events as planned.

Special Skills: A desire to minister to young adults in all stages of life and activity planning skills according to time, ability and needs of members.

Coordinators:
Patrick Clark,
patrickmichaelclark@gmail.com

Beau Lovdahl, brlovdahl@gamil.com

Young Adults Grizzly Bears

Mission: To encourage young single men to find their identity in Christ. We support and facilitate a scripture study group and create an opportunity for bonding and fellowship with other young single men in the parish.

Talent: A desire to know our Lord. Single young men ages 22-35.

Time: Tuesday evenings 7:00-8:30pm in the JPIL House

Coordinator:
Chris Vomund, chrisvomund@gmail.com

Youth Organizations (sponsored) American Heritage Girls

Mission: To build women of integrity through service to God, family, community and country. The nonprofit national organization offers badge programs, service projects, girl leadership opportunities, and outdoor experiences.

Time: The troop meets three times a month, on Thursday evenings, with other activities once or twice a month.

Talent: Opportunities available for Troop leaders also!

Coordinator:
Maureen Siegmund, Coordinator,
ahgva0128@yahoo.com

Youth Organizations (sponsored) Boy Scouts of America

Mission: The Boy Scouts of America provides a programming for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness. Cub Scouting is a program of the Boy Scouts of America—so in that sense, Cub Scouts and Boy Scouts are both members of the same organization. However, they are entirely different programs: Cub Scouting is a family-oriented program designed specifically to address the needs of younger boys.

Time: Please contact listed leaders for each group's schedule.

Cub Scout Pack 1410:
Frank Guzman, cubmaster1410@gmail.com

Boy Scout Troop 1410:
Carlton Land, t1410sm@gmail.com

Youth Organizations (sponsored) Girl Scouts of America

Mission: Girl Scouts is a "girl-led" organization where girls take charge, under the guidance of and partnership with committed volunteers, to make decisions and discover the fun, friendship, and power of girls teaming together in a supportive, nurturing environment.

Time: Please contact for group schedule.

Contact:
Shannon Bayne, bayne4@gmail.com

Youth Organizations (sponsored) Trail Life USA Troop

Mission: Sponsored by the Knights of Columbus Council, Troop VA-4034 is a Christian adventure, character, and leadership program for young men. The K-12 program centers on out-door experiences that build a young man's skills and allow him to grow on a personal level and as a role model and leader to his peers. Living the Trail Life is a journey established on timeless values derived from the Bible.

Coordinator:
Mark Gardner, troopmasterva4034@gmail.com



Ministerio Hispano

Nuestro Ministerio Hispano tiene el propósito de promover la participación de nuestros hermanos de habla hispana en cada uno de los ministerios de la parroquia.

Misión:

- Amar a Dios y el deseo de servirle a través de su iglesia.
- Ayudar al gran número de hermanos hispanos a crecer en la fe y a sentirse bienvenidos en St. Mary.
- Ser bilingüe serviría de ayuda.

Coordinador:

Padre Sean Koehr,
frkoehr@stmaryfred.org

Asistente de Comunicación:

Erika Paquette, erpaquette@msn.com

Liturgia

Ujieres: Representan a la iglesia de manera visible, asisten en la preparación a la feligresía y ayudan con el desarrollo fluido de la celebración.

Contacto:

Javier Flores, javier112690@yahoo.com

Monaguillos: Niños que ya hayan recibido la primera comunión. Atienden al servicio del altar. Ayudan al obispo, sacerdote y al diácono.

Contacto: Maria Addis, miaaddis@gmail.com

Coro: Anima a la congregación a cantar y la dirige a través de la música litúrgica, fortaleciendo y realizando su canto.

Compromiso: Semanalmente estar al servicio de este ministerio acudiendo a los ensayos en preparación para la misa dominical.

Contacto:

David Garrison, dmg3312@gmail.com

Sacramentos

Bautismo: Primer sacramento de Iniciación Cristiana. Clases conducidas el primer sábado del mes, excepto cuando indicado.

Contacto:

Diácono Alberto, abernaola@stmaryfred.org

Matrimonio/Convalidaciones: Equipo de parejas que a través de un programa de varias semanas, ayudan a las parejas a reconciliarse con Dios, a vivir una nueva vida en Cristo Jesús y su Iglesia. Les enseñan sobre el sacramento del matrimonio, la iglesia

doméstica, la experiencia del cuerpo, la persona humana, etc.

Contacto:

Diácono Alberto, abernaola@stmaryfred.org

RCIA: Facilitan el proceso de iniciación de nuevos miembros a nuestra comunidad católica de fe a través del Bautismo, Confirmación y Eucaristía. Acompañan de manera presencial siendo un apoyo durante todo el proceso de formación.

Hora: Jueves, 7:30-9:00pm

Contacto:

Diácono Alberto, abernaola@stmaryfred.org
Leticia Gonzales, lettyg59@aol.com

Vida Parroquial

Parejas: Las parejas aprenden través del curso matrimonial diseñado por el Padre Ignacio Larrañaga y dirigido por el programa de TOV, a mejorar su comunicación.

Contacto:

Betsy y Miguel Correa,
miguelcorrearealtor@gmail.com

Grupo de Oración: Se reúnen semanalmente en asamblea de oración y alabanza, el rezo del rosario, la escucha de la palabra y formación.

Hora: Viernes, 7:00pm, Casa Juan Pablo II

Contacto:

Ulises Reyes, ulicesmreyes@gmail.com

Grupo Mariano: Todos los lunes rezan el rosario a las 7:00 p.m. por Zoom. Se reúnen semanalmente para orar, cantar y reflexionar la palabra de Dios. Preparan a las personas que quieran consagrarse a Jesús por María según el método de San Luis María de Montfort.

Hora: Jueves de 7:00pm, a 8:30pm

Contacto:

Gustavo Guzman
gustavoguzmansilva74@gmail.com

Legión de María: Es una organización de laicos católicos cuyos miembros sirven a la Iglesia de forma voluntaria en casi todo el mundo. Se reúnen semanalmente para orar, recibir instrucción y evaluar el trabajo realizado. Cada legionario completa trabajo apostólico semanalmente. Trabajos como educación religiosa, visitar a las familias y los enfermos en sus casas, hospitales y casa de ancianos.

Hora: Viernes, 7:00 p.m.

Contacto: Samuel Meza,
samuelmeza1230@gmail.com



HUNGER
& Thirst
FOR HIM





Anima Christi, sanctifica me.

Corpus Christi, salva me.

Sanguis Christi, inebria me.

Aqua lateris Christi, lava me.

Passio Christi, conforta me.

O bone Iesu, exaudi me.

Intra tua vulnera absconde me.

Ne permittas me separari a te.

Ab hoste maligno defende me.

In hora mortis meae voca me.

Et iube me venire ad te,

*Ut cum Sanctis tuis laudem te
in saecula saeculorum.*

Amen.

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Thy wounds, hide me.

Separated from Thee let me never be.

From the malignant enemy, defend me.

At the hour of death, call me.

To come to Thee, bid me,

That I may praise Thee in the company
Of Thy Saints, for all eternity.

Amen.

2021-2022 Parish Leadership

Parish Staff

PASTOR

Rev. John Mosimann
frmosimann@stmaryfred.org

PAROCHIAL VICARS

Rev. Michael Folmar
frfolmar@stmaryfred.org

Rev. Sean Koehr
frkoehr@stmaryfred.org

Rev. Scott Sina
frsina@stmaryfred.org

Rev. Phillip Cozzi
frcozzi@stmaryfred.org

PERMANENT DEACONS

Deacon Alberto Bernaola
abernaola@stmaryfred.org

Deacon Dick Delio
ddelio@stmaryfred.org

BUSINESS MANAGER

Elaine Stanislawski,
estanislowski@stmaryfred.org

EXECUTIVE ASSISTANT and OUTREACH DIRECTOR

Elena Doyle
edoyle@stmaryfred.org

DIRECTOR OF MUSIC AND ORGANIST

David Uschold, duschold@stmaryfred.org

MUSIC ASSISTANT

Malinda Jones, mjones@stmaryfred.org

ASSISTANT ORGANISTS

David Garrison
David Thielman

HOLY CROSS ACADEMY

Dr. Stephen Fry, Principal
sfry@holycrossweb.com

Mrs. Angie Tomayko, Assistant Principal
atomayko@holycrossweb.com

SAINT MARY PRESCHOOL

Sheri Castellarin, Director
preschool@holycrossweb.com

RELIGIOUS EDUCATION

Aristides Lucas, Director
alucas@stmaryfred.org

Karen Sturtevant, Assistant Director
ksturtevant@stmaryfred.org

Tatiana Beltran, Director Youth Ministry
tbeltran@stmaryfred.org

PARISH OFFICE

Lori Barlow, Administrative Aide
lbarlow@stmaryfred.org

Jachebel Rios, Parish Receptionist
jgarcia-rios@stmaryfred.org

Ann Skinner, Office Assistant
askinner@stmaryfred.org

FACILITIES, OPERATIONS and TECHNOLOGY MANAGER

Christopher Lanzarone
clanzarone@stmaryfred.org

FACILITIES ASSISTANT

Late Lawson Drackey
llawsondrackey@stmaryfred.org

Parish Council

Mary Collins-Morton, **Chair**
marmarmorts@gmail.com

Nanci Scharf, **Vice Chair**
nnscharf@verizon.net

EDUCATION COMMITTEE

Aristides Lucas, Chair
alucas@stmaryfred.org

LITURGY COMMITTEE

Fr. John Mosimann, Chair
frmosimann@stmaryfred.org

OPERATIONS COMMITTEE

Chris Lanzarone, Chair
clanzarone@stmaryfred.org

OUTREACH COMMITTEE

Torie Baldwin, Chair
keetongirl2@yahoo.com

PARISH LIFE COMMITTEE

Christina Anderson, Chair
ckasiak@verizon.net

FINANCE COMMITTEE

Sky Turpin, Chair
skyturpin@outlook.com

MEMBERS AT LARGE

Elena Doyle
Brian Fannin
Len Fontenot
Dr. Stephen Fry
Chris Kaila
Kristy McDowell
Erika Paquette

Parish Finance Council

Sky Turpin, **CHAIR**

Tibor Baksy
Deacon Alberto Bernaola
Deacon Dick Delio
Dr. Stephen Fry

Summer Hughes
Chris Lanzarone
Elaine Stanislawski
CJ Stewart
Scott Vezina
Kathy Whetzel



Stewardship Committee

The primary role of Stewardship is to engage and encourage new and existing parishioners to get involved and find their home at St. Mary's. It is composed of parishioners who have volunteered in a variety of ways over several years. They are happy to meet with any parishioner to listen and help them discern where their gifts and talents might be utilized within existing ministries. They also support all ministries and facilitate the parish leadership dinner and parish life weekend.

Tom and Pat Fish, **CHAIR**
fishtbrx@gmail.com
patfish53@gmail.com

Alvin Romero
alvinromero@hotmail.com

Elena Doyle
edoyle@stmaryfred.org

Rich and Karen LaRoche
stone48@verizon.net

Mary Jo Medosch
maryjo.medosch@gmail.com

Rocio Atkinson
rocio.o.atkinson@gmail.com

Tuan Nguyen
tuanb2005@yahoo.com

Lynda Retterer
retterlyn@aol.com

David James
us1fedvet@msn.com

Furman McCormick
furman@thefarmva.com

Eileen Lanzarone
elanzarone@holycrossweb.com



THE GRACES OF HOLY COMMUNION

WHEN ONE RECEIVES HOLY COMMUNION, ONE RECEIVES THE BODY, BLOOD, SOUL, AND DIVINITY OF JESUS CHRIST. BUT WHAT DOES THAT REALLY MEAN TO THE RECIPIENT? ASSUMING ONE IS IN A STATE OF GRACE AND ONE TAKES TIME TO PROPERLY PREPARE FOR THE RECEPTION OF HOLY COMMUNION:

For a few moments, you are able to have an intimate prayerful moment with Jesus Christ, the author of all natural and spiritual life as the Sacred Host abides in your body.

You receive a special joy, sweetness, and comfort of being close to Jesus Christ.

You receive an increase in the spiritual virtues of Faith, Hope and Charity.

You receive a special increase of sanctifying grace, which make your soul more pleasing to God.

You receive sacramental grace, which entitles you to special help in times of temptation and in the discharge of your daily duties.

Your soul is offered the particular graces needed to grow in holiness.

Your venial sins are wiped away.

You receive a special preserving influence against the sins of passion and lust.

Your soul is offered victory over some fault or sinful passion if you desire to overcome it.

Depending on your disposition, temporal punishment due to sin is in part or fully remitted.

Your body is prepared for the glory of the resurrection on the Last Day.

Your soul is given a greater degree of potential joy to possess in Heaven for all eternity.

If you offer the graces of your Communion for another person who is living, his or her soul may be more inclined to conversion from sin or receive a special grace needed for their material or spiritual good.

If you offer the graces of your Communion for a relative or friend who has died, he or she receives a special gift of Divine Mercy toward their release from Purgatory by purifying them of their worldly affections and attachments to sin.

QUESTIONS FOR REFLECTION:

Do I recognize the presence of Jesus in the gift of Holy Communion?

Do I open my heart to receive the graces of Holy Communion?

Do I spend sufficient time in prayer preparing for and thanking God for the graces of Holy Communion?



Saint Mary of the Immaculate Conception Roman Catholic Church

FREDERICKSBURG, VIRGINIA

1009 Stafford Avenue, Fredericksburg VA 22401
540-373-6491, www.stmaryfred.org