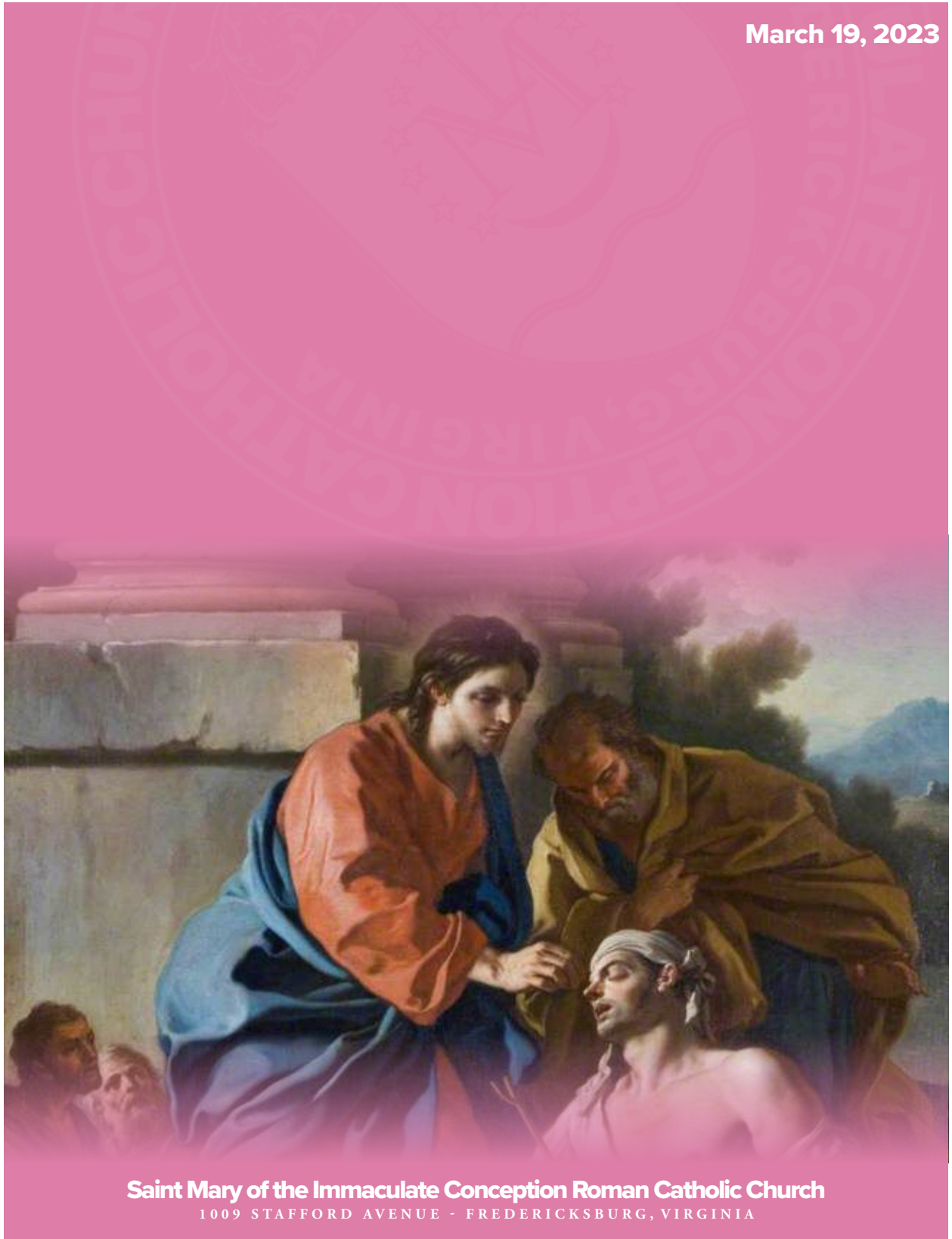


## FOURTH SUNDAY OF LENT

March 19, 2023



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

# capital campaign

# Growing Our Legacy of Faith



## Growing Our Legacy of Faith Capital Campaign

### ENCOURAGEMENT FROM THE PEWS

The St. Mary Campaign Committee recently received two updates regarding the campaign. They are included here:

*Good Afternoon Fr. Mosimann and Dr. Fry,*

*Belinda and I are amazed by how much has been raised for the Capital Campaign thus far! We have visited with Father Mosimann, have prayerfully considered the amount of our donation, and are happy to report that we submitted our pledge and first quarterly check at the parish office yesterday. Looking forward to seeing all the wonderful changes at the church and HCA!*

*Respectfully,*

*Ryan and Belinda Leonen*

*Before the fall, my family were called and we were asked to receive a visit. Why did my family and I receive a visit? My family and I love our church and our parish school! St. Mary's parish and the school have been two "great" blessings in our lives. We talked together about it and reflected. We quickly came to realize how St. Mary and Holy Cross depend on all of us moving forward. We did not know Father Mosimann very well when he visited us and it turned out to be a wonderful opportunity to sit down with him and just talk. We shared a meal that we cooked on our gas grill and then after dinner, Father outlined the vision for Holy Cross Academy and the parish campus and showed us what parish leadership hoped to accomplish.*

*Father was very gracious! After looking at a gift chart, he asked us to prayerfully consider making a pledge that was a sacrifice but one that fit our household's ability. Inspired by the generosity of many families that had received a visit before us and understanding the needs of the parish and the school, we prayed about it as a family and decided to make a pledge over five years to support the projects that we feel will meet the needs of all parishioners and generations of students and their families well into the future.*

*In gratitude for the many blessings that we have received and for all those here at St. Mary who have touched our lives by their goodness and prayers,*

*Howard and Mary Owen*

## 2022 Capital Campaign

*Growing Our Legacy of Faith*

### CONTACT US

To schedule an appointment or if you have any questions about the "Growing Our Legacy of Faith" Capital Campaign

**540-735-4506**

**[capitalcampaign@stmaryfred.org](mailto:capitalcampaign@stmaryfred.org)**



# from our pastor

Dear Folks,

So we have cleared the halfway point of Lent! Next week we start our added confessional schedule, with as many opportunities to schedule confessions as I could manage to work onto the calendar. I am grateful for the work of Fr. Riley, during our parish retreat as we were able offer hours and hours of extra confession opportunities!

As I was looking for inspiration for this week's bulletin note, I came across these words of Our Lord to St. Faustina recorded in her diary.

*"I am love and mercy itself. ... Let no soul fear to draw near to Me, even though its sins be as scarlet. ... My mercy is greater than your sins, and those of the entire world. ... I let My Sacred Heart be pierced with a lance, thus opening wide the source of mercy for you. Come then with trust to draw graces from this fountain. ... The graces of My mercy are drawn by the means of one vessel only, and that is trust. The more a soul trusts, the more it will receive."*

"Let no soul fear to draw near to me." I was afraid of going to the dentist as a child. One conversation with an older sister brought out that she too was scarred by our childhood dentist! I sometimes said, "I am an unrepentant dentist hater!" Ouch! But as a priest, I have found a dentist that I trust who is gracious and kind and who doesn't inflict mountains of pain! I know that so many people have had an unpleasant moment

in confession, and are afraid to go back. On behalf of every priest, I ask for mercy for the times we are tired, or grumpy, or just fail to understand! And I exhort you to not be afraid to draw near to Jesus.

More Trust = More Mercy. I was struck there that Jesus says there is only one vessel that can draw his mercy from the fountain of grace: trust. Sometimes I bring my own coffee mug over to the school in the morning, because I want the biggest mug of coffee I can handle! If we want to know how to fill up our souls with His mercy; here he gives us a hint. Put aside doubts, fear, even anxiety to trustingly come to Jesus. By 'put aside' I don't mean eliminate entirely because that is probably not in your power. I mean don't let them stop you from choosing to draw near to Jesus, that itself is an act of trust and opens fountains of mercy.

pax,



Fr. Mosimann

## PILGRIMAGE TO IRELAND

WITH FR. MOSIMANN & MARGARET FORD  
MAY 20-JUNE 3, 2023

Stay at Kilkea Castle, Waterford, Killarney, Galway, and Dublin among others and visit the beautiful Cliffs of Moher, Blarney Castle, Our Lady of Knock Shrine, St. Bridget's Well, Klymore Abbey and many more sites — including DAILY MASS!

For a full itinerary and to reserve your ticket, contact Margaret Ford at Fredericksburg Travel 540-373-6900 or via email at [fredtvl@aol.com](mailto:fredtvl@aol.com).

# lent & holy week

## calendar

### Confession Schedule Lent and Holy Week



The complete schedule of confessions is found in the calendar to the right. →

**STATIONS of the CROSS**  
in English at 6:30pm Fridays of Lent

### Horario para Confesiones durante Cuaresma y Semana Santa



Puede encontrar el horario completo de confesiones en el calendario a la derecha. →

*Favor de planificar sus confesiones lo más pronto posible para evitar dificultades a última hora.*

*Tendremos **EL VIA CRUCIS** en español cada viernes durante la cuaresma a las 7pm*

SUN	MON	TUE	WED	THU	FRI	SAT
<b>March</b>		<b>14</b>	<b>15</b> 11:30am - 12pm & 6:30pm - 8:30pm	<b>16</b>	<b>17</b>	<b>18</b> 8:00am - 8:30am & 3:30pm - 4:30pm
<b>12</b> 3rd SUN						
<b>19</b> 4th SUN	<b>20</b>	<b>21</b>	<b>22</b> 11:30am - 12pm & 6:30pm - 8:30pm	<b>23</b>	<b>24</b>	<b>25</b> 8:00am - 8:30am & 3:30pm - 4:30pm
<b>26</b> 5th SUN	<b>27</b> 11:30am - 12pm & 6:30pm - 7pm	<b>28</b>	<b>29</b> 11:30am - 12pm & 6:30pm - 8:30pm	<b>30</b>	<b>31</b> 11:30am - 12pm & 6:30pm - 7pm	<b>April</b>
<b>2</b> PALM SUNDAY	<b>3</b> 11:30am - 12pm & 6:30pm - 7pm	<b>4</b> 11:30am - 12pm & 6:30pm - 7pm	<b>5</b> 11:30am - 12pm & 6:30pm - 7pm	<b>6</b> HOLY THURS	<b>7</b> GOOD FRIDAY	<b>8</b>
<b>9</b> EASTER SUNDAY	<b>10</b>	<b>11</b>	<b>12</b> 11:30am - 12pm & 6:30pm - 8:30pm	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>

*The discipline of the Church includes abstaining from meat on Fridays during Lent (solid purple days) and fasting and abstaining from meat on Ash Wednesday and Good Friday. Fasting includes one regular meal, and the other two small meals are not to exceed a regular meal in quantity, with nothing between meals.*



## Holy Thursday

**APRIL 6**

(No 6:30am or 9am Masses)

**8AM - St. Mary Church**  
**Office of Readings & Morning Prayer (Liturgy of the Hours)**

**7:30PM - St. Mary Church**  
**Mass of the Lord's Supper**

*The concelebrated Mass of the Lord's Supper commemorates the institution of the Eucharist and the Priesthood by Jesus at the Last Supper. The commandment of love is symbolized by the Mandatum, or footwashing, where Jesus teaches, "As I have done, so must you also do." Parishioners are encouraged to join in the ancient procession of the Blessed Sacrament to Saint Mary Church, where adoration will continue until midnight as we accompany Jesus in his agony in the Garden of Gethsemane.*

**Following Mass**  
**Adoration in the Parish Life Center**  
*Followed by Night Prayer beginning at 11:45pm. (Liturgy of the Hours)*

## Good Friday

**APRIL 7**

(No 6:30 or 9am Masses)

**8AM - St. Mary Church**  
**Office of Readings & Morning Prayer (Liturgy of the Hours)**

**12 - 2:30PM - St. Mary Church**  
**"Tre Ore," The Seven Last Words**

*Although not a part of the formal observance of the Sacred Triduum Rites as such, this is a traditional custom of many churches. The seven last words of Jesus as he is crucified on the cross are presented every 25 minutes, each with a congregational hymn and choral selections. Clergy will give a reflection for each of the words of Jesus and the Three Hours will conclude with the public praying of the Stations of the Cross.*

**3PM - St. Mary Church**  
**The Passion and Veneration of the Holy Cross (English)**

*We assemble in observance of Christ's saving death, by reading the narrative of his Passion, praying for the Universal Church, venerating his Cross in this ancient Rite and receiving Holy Communion which was consecrated on the previous evening at the Mass of the Lord's Supper.*

*The Good Friday collection assists the maintenance of the Shrines in the Holy Land.*

**6:30PM - St. Mary Church**  
**Stations of the Cross (English)**

**7PM - St. Mary Church**  
**El Via Crucis (Español)**

**8PM - St. Mary Church**  
**Night Prayer**

## Holy Saturday

**APRIL 8**

(No 9am, 5pm or 7pm Masses or Confessions)

**8AM - St. Mary Church**  
**Office of Readings & Morning Prayer (Liturgy of the Hours)**

**11AM - St. Mary Church**  
**The Blessing of Easter Food**

*For those who practice the beautiful Eastern European custom of having Easter foods blessed, please place baskets of traditional foods on the steps along the front of the altar.*

**8:30PM - St. Mary Church**  
**The Easter Vigil**

*What Sunday is to the week, Easter Sunday is to the year. This holiest of nights we celebrate the victory over death and promise of eternal life given to us by Jesus Christ in his resurrection from the dead. The Liturgy includes the Service of Light, the Vigil of Readings and Psalms, the Celebration of the Sacraments of Baptism and Confirmation for those who have prepared all year for initiation in the Catholic Church, and Liturgy of the Eucharist. Please note the unusual time that we begin: it marks the end of twilight and the beginning of the Solemnity of Easter Sunday.*

## Easter Sunday

**APRIL 9**

**8AM, 10:15AM, 12:30PM (BILINGUAL)**

**The Resurrection of the Lord**

**ALL Easter Masses will be celebrated at the Fredericksburg Expo Center**

*Please note: there will be NO 2pm, 5pm or 7pm Masses on Easter Sunday!*

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

# announcements



## contact us

### SUNDAY MASS

Saturday Vigil 5 & 7pm  
Sunday 7, 8:30, 10:30am, 12:30,  
2:30pm (Spanish), 5pm, 7pm  
8:30 & 10:30am at Holy Cross Academy

### DAILY MASS

Monday - Friday 6:30am, 9am, & 12pm  
Saturday 9am  
Holy Days of Obligation, as announced

### DEVOTIONS

Adoration, Daily between 6:30am & 9am Mass,  
Wednesday 12:30pm - Friday 9am  
Miraculous Medal Novena, Monday, after 9am Mass  
Divine Mercy, Wednesday, 3pm  
First Friday 7pm Norvus Ordo (Latin Mass)  
First Saturday 8:00am – Fatima Prayers & Rosary  
followed by 9am Mass

### CONFESSION

Wednesday 11:30am-12pm, 6:30 - 8:30pm;  
Saturday, 8-8:30am & 3:30 - 4:30pm

### PARISH OFFICE

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

Fr. John Mosimann, Pastor  
Fr. Sean Koehr, Parochial Vicar  
Fr. Scott Sina, Parochial Vicar  
Fr. Phillip Cozzi, Parochial Vicar  
Fr. Robert Renner, Parochial Vicar  
Deacon Alberto Bernaola  
Deacon Dick Delio

Business Manager, Elaine Stanislawski  
Director of Operations, Chris Lanzarone  
Facilities, Late-Lawson Drackey  
Custodial Services, Carmen Sanchez  
Parish Secretary, Giovanni Camacho

## stmaryfred.org

### MUSIC

Director of Music, David Uschold  
Assistant to the Music Ministry, Malinda Jones

### HOLY CROSS ACADEMY

540-286-1600  
250 Stafford Lakes Parkway  
Fredericksburg, Virginia 22406-7234  
Principal - Dr. Stephen Fry,  
sfry@holycrossweb.com

### HOLY CROSS PRESCHOOL

540-373-7553  
Director, Sheri Castellarin

### RELIGIOUS EDUCATION

Director, Aristides Lucas  
Associate Director, Mary Buer  
Administrative Asst, Lori Barlow

### YOUTH MINISTRY

Director, Tatiana Beltran  
Assistant Youth Minister, Catie Espiritu

### OUTREACH

Director, Elena Doyle

### 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 the parish six  
months in advance to begin preparation.

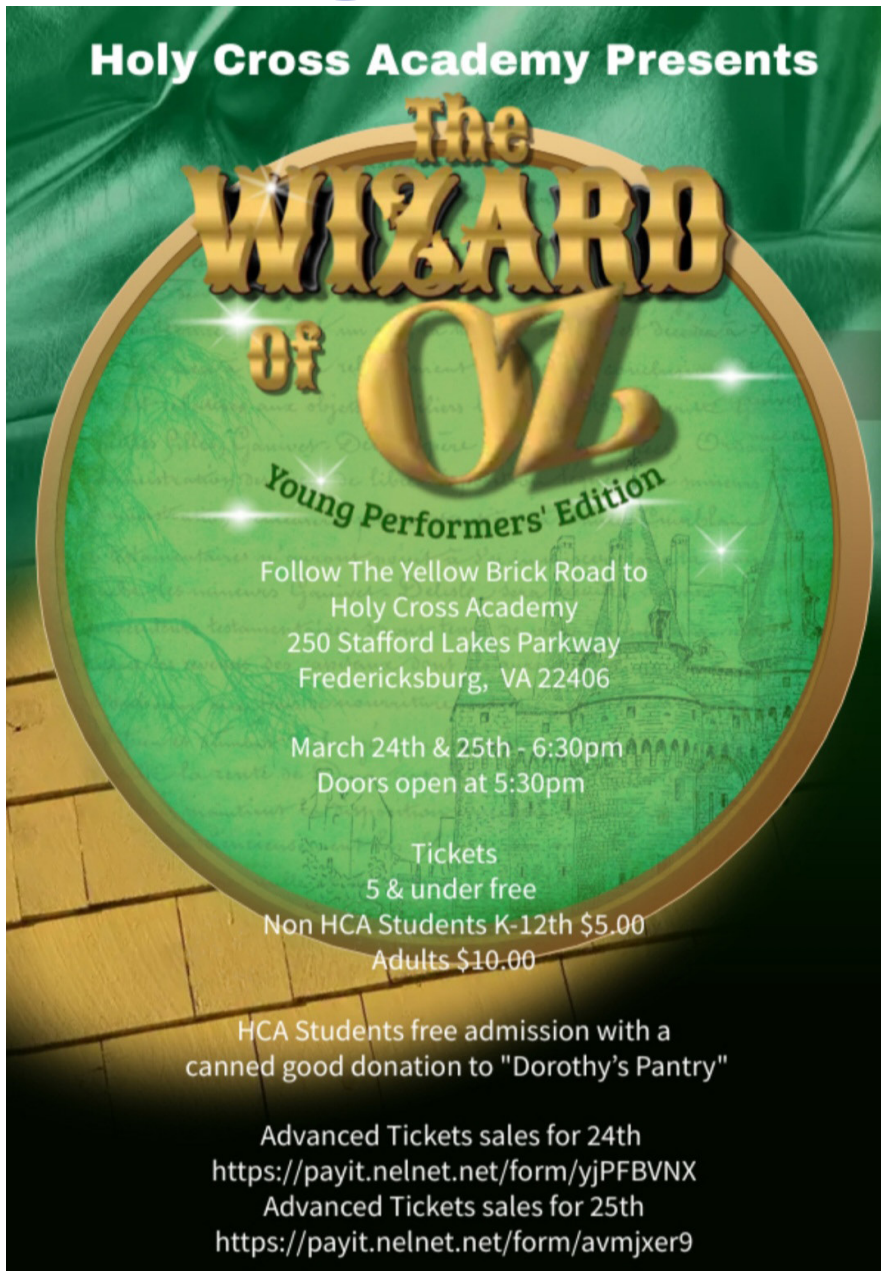
**Articles must be submitted two weeks prior to publication.**  
Send articles to [bulletin@stmaryfred.org](mailto:bulletin@stmaryfred.org). Thanks!

Saint Mary of the Immaculate Conception  
1009 Stafford Avenue  
Fredericksburg, VA 22401



# education

# holy cross academy



## 2023-2024 Applications/ Tours

We are now accepting applications for 2023-2024. Some of our grades are full but we are still accepting applications, including Kindergarten. Application information can be found on our school website at [holycrossweb.com/admissions](https://holycrossweb.com/admissions).

If you would like to learn more about Holy Cross Academy (K-8), please contact Mrs. Deena Lanier, Admissions Coordinator, at [dlanier@holycrossweb.com](mailto:dlanier@holycrossweb.com) or 540-286-1600.

If you are interested in HCA Preschool at St. Mary, please contact Mrs. Sheri Castellarin at [HCAPreschool@holycrossweb.com](mailto:HCAPreschool@holycrossweb.com) or call 540-373-7553.

## Open Positions at Holy Cross Academy

Interested in joining our team? Holy Cross Academy has openings for a Guidance Counselor and a Middle School Science Teacher. For more information on this position and others in the Diocese of Arlington, please visit [bit.ly/32w7x3T](https://bit.ly/32w7x3T)

Holy Cross Academy is proud to present the production of "The Wizard of Oz".

Please review the flyer above with important dates and times. You may also click on the links below for additional information and to purchase tickets for March 24th & March 25th. Separate tickets are needed for each performance date. We hope to see you all there!

March 24th | Advanced tickets | [payit.nelnet.net/form/yjPFBVNX](https://payit.nelnet.net/form/yjPFBVNX)

March 25th | Advanced tickets | [payit.nelnet.net/form/avmjxer9](https://payit.nelnet.net/form/avmjxer9)

"There's no place like Holy Cross Academy"

# education

# religious education



## We Need Adult Volunteers!

If you are interested in helping our kids learn more about their Catholic faith in a fun and exciting way during Vacation Bible School, please email Caryn Vezina at [cevezina@gmail.com](mailto:cevezina@gmail.com).

VBS will be held June 26-30, 2023

The VBS theme is: Cool Kingdom Party: Mary Leads Me Closer to Jesus.

## CRS Rice Bowl

### A Story of Hope from Kenya

Turkana, Kenya is very hot and dry. Temperatures reach the mid-90s year-round. Most people in this area raise livestock such as goats and camels, and a few are farmers. But the climate makes this work difficult—and climate change is making it even harder.

Rebecca and her husband, Lotiang, have farmed and raised goats for years. They rely on rain and river water to irrigate their crops and feed their animals. But it is raining less and less in Turkana, and—when it does rain—it can be unpredictable and intense, leading to floods that wash away the seeds.

“We struggled to water our farms,” Rebecca says.

Rebecca and Lotiang have worked hard so their family can thrive. Their determination—and hope for their children’s futures—helped them overcome the challenges they faced.

They participated in a Catholic Relief Services program that installed a water well in their village and trained them in new farming techniques. With the well and solar-powered pump, they can irrigate their fields regularly and take care of their goats. Their children love to help with the goats!

Lotiang learned to grow kale, which provides nutrition for his family and can be sold for a high price at the market. Rebecca is grateful that her children can eat healthy food every day. She is also happy that she can send them to school using money from the produce Lotiang sells at the market.

Rebecca and Lotiang have become leaders in their community and teach others what they learned so that everyone can benefit.

“I learned much in CRS’ program,” Rebecca says. “It is a program that has changed my life. I am trying to show my community what I am able to do so that they can emulate it for a better future. Through that I will change my community.”



## First Holy Communion: What do Catholics Believe About the Eucharist?

A quick overview of the Eucharist highlights its unique place in the sacramental economy as the “source and summit” of the Christian life and the sacrament to which the other six are ordered. The reason for this can be summed up very succinctly by recognizing that the Eucharist is “Christ fully present.”

This video is particularly for parents. It explains our belief in the Eucharist for adults so they can better discuss the mystery of the Eucharist with children.

Thorough and clear summary explaining the historical background to the Catholic Church’s teaching on Transubstantiation. Learn what the term means and the rich history of Saints devoted to the Eucharist.

What Is Transubstantiation & its History? Catholic Belief of the True Presence Explained: [youtube.com/watch?v=ObaBxmykNl8](https://www.youtube.com/watch?v=ObaBxmykNl8)



# our parish happenings

## Legion of Mary

Active and Auxiliary Members are invited to attend the ACIES. There will be a latin mass prior to the ceremony at 9am.

### ACIES

**Saturday, March 25th - 10:30am**  
**St Anthony of Padua Catholic Church**  
10299 Millbank Road  
King George, VA 22485

## Spring into Spring with Scrip Gift Cards

Spring is here. Many important dates will be occurring during the Spring, including teacher appreciation, Mother's Day, Father's Day, graduations, weddings, and a birthday or two. Give the gift of a gift card and support Holy Cross Academy. Can't decide which gift card is best? We have Scrip Gift Certificates available. For more information, just send an Email to the Scrip Coordinator at [scripcoordinator@holycrossweb.com](mailto:scripcoordinator@holycrossweb.com) or stop by the scrip table after mass. Thanks for using script gift cards!

## St. Mary's Catholic Young Adult Group

Are you between the ages of 18 and 39 and looking to meet new friends in your community? Join the St. Mary's Catholic Young Adult Group! We strive to bring glory to God by serving the young adult population of our parish through faith building activities, opportunities to volunteer in the wider community and relationship building social events. To join us please contact Norvilia at [stmaryyava@gmail.com](mailto:stmaryyava@gmail.com) - we would love to have you!

## Traveling Blessed Mother Statue

If your family would like the Blessed Mother to visit your home, please call or email Mary Lou Felts to schedule a time. Call 571-723-3333 or email at [maryloufelts@gmail.com](mailto:maryloufelts@gmail.com).

## Lenten Faith Based Sharing Time

Join us as we grown in our faith together...

**Who:** Everyone: men, women, younger to older adults

**What:** Lenten Faith Sharing

**Where:** The Father Rooney Room at St. Mary Church

**When:** Each Thursday, Mass at Noon, followed by directed discussion

**Why:** To strenthen our daily walk with Christ, our Catholic Faith, and our discipleship

We will begin with prayer and directed conversation each Thursday during Lent. The time will be limited to one hour or as close as possible. For information or questions, email [theresemarx@yahoo.com](mailto:theresemarx@yahoo.com) or [tammiechute@hotmail.com](mailto:tammiechute@hotmail.com) We hope you will join us!

## Cursillo Weekend

All Catholic women are invited to join in the next Arlington Diocese 156th Women's Cursillo Weekend. Cursillo is a short course in discipleship. It is a retreat weekend with 10-12 talks by laity and Spiritual Directors on daily life and grace. It is inspirational and directed to those seeking to strengthen their faith, join in community, and to make a closer daily walk with Christ. The 156th Women's Weekend will be held at Missionhurst Retreat House, Arlington, VA, April 20-23, 2023. The cost is \$300. and there are financial need based scholarships. For information email [theresemarx@yahoo.com](mailto:theresemarx@yahoo.com) or [tammiehute@hotmail.com](mailto:tammiehute@hotmail.com). Please put 'Cursillo' in the memo line.

## St. Vincent de Paul

The St. Vincent de Paul Society is an all-volunteer Catholic ministry that serves those in need while bearing witness to the Love of Christ.

### Ways to Volunteer:

- Be a store cashier or a donations sorter
- Carry recyclables to the dump
- Drop off textiles we can't use at Goodwill
- Become an interviewer after training
- Join our phone committee
- Lots of other jobs

If you would like to share your talents for the Love of Christ by serving those in need, please call 540-898-8065 (an answering machine) and say, "I would like to volunteer." and leave your name and phone number. A volunteer will call you back.

To learn more about our ministry, visit [stvdpfredericksburg.com](http://stvdpfredericksburg.com).

## CCW to Host Sister Lucia Treanor

Please join your Council of Catholic Women in the Father Rooney Community Room on the church courtyard Tuesday, March 21 at 10am, when we welcome Sister Lucia Treanor, FSE, author of Elwood: The Story of a Catholic World War II Hero. Sister will discuss the book she wrote about her uncle Elwood Euart and will autograph a copy of her book to be raffled off to a lucky winner. We will have delicious refreshments, our usual 50/50 \$\$ drawing, and a brief business meeting as well. Tell your friends and family! Everyone is welcome.

It's time to nominate candidates for officer positions for the 2023-24 CCW activity year. Read all the "position descriptions" and see a photo of Sister Lucia on our website, [stmaryccw.org](http://stmaryccw.org). Visit us on Facebook at [facebook.com/StMaryCCW](https://facebook.com/StMaryCCW). And sign up to receive all the latest info, prayer requests and more at [StMaryCCWNews@aol.com](mailto:StMaryCCWNews@aol.com).

## Save Your Stuff for the CCW Yard Sale

The CCW's Annual Yard Sale is back! It will be held Saturday, July 15th, at the Parish Life Center, with donation drop off hours on the 13th and 14th. We will be accepting all sorts of items (except for clothing and shoes): Gently used baby gear, handbags, luggage, furniture, medical accessories, electronics, toys, jewelry, kitchen ware and other household items, books, DVDs and CDs. Proceeds from Council of Catholic Women fundraisers go to our parish and school and local charities. Your old dust collector may be someone else's new treasure! Start spring cleaning now and set aside a box of "stuff" to donate!

# our parish happenings

## Easter Baskets for Our Seniors

The Outreach Ministry is collecting items to create sweet Easter baskets for our seniors in nursing homes and/or assisted living facilities. Please consider dropping off your donations to the parish office by April 3rd. If you know of anyone who would appreciate a basket and/or visit please email Elena Doyle at [edoyle@stmaryfred.org](mailto:edoyle@stmaryfred.org).

**Items need for the baskets** (any of these items happily accepted)

### Baskets

Dollar Store has great medium plastic tubs that are versatile (see picture for idea)

Tissues (small purse size)

Hand sanitizer

Lotion

Lip balm

Playing cards

Colored pencils

Sugar free mints and/or hard candies

Granola bars (soft ONLY)

Easter Eggs with chocolate treats (like Hershey Kisses)

Prayer cards – Holy Cards





PLEASE RESPECT OUR  
SANCTUARY AND  
DON'T LEAVE USED OR  
UNWANTED ITEMS IN  
THE CHURCH

**DONATE TO  
ST. VINCENT  
DE PAUL!**

<http://www.stvdppfredericksburg.com/>

**DONATIONS ACCEPTED:  
MONDAY, WEDNESDAY, FRIDAY  
& SATURDAY ~ 10:00AM-4:00PM**

142 Olde Greenwich Drive  
Fredericksburg, Virginia 22408

**Eight Annual Roses of Castile Gala**  
in support of

**The Gaudalupe Free Clinic  
of Colonial Beach**

**May 6**

**Old Hickory Golf Club**

more information & tickets found at  
**[guadalupefreeclinic.org](http://guadalupefreeclinic.org)**

Now in its 18th year, demand for the services of the Clinic (the first Catholic free clinic in the diocese) continues to increase. Join us for an evening of fine dining, auctions, music & dancing.

**Seating is limited so order tickets early!**



# our parish happenings

## SPRED News

Our SPRED class met on Saturday, March 11th. We were blessed to have 10 students in attendance of which many are preparing to receive their First Communion and Confirmation in June. We worked on learning the Our Father, participated in Sacred Space and shared snack together. It was a wonderful class enjoyed by all.

## Manna Project FOOD DRIVE

### THIS WEEKEND

Please help us fight hunger this weekend! Bring non-perishable items and/or monetary donations to Mass at St. Mary or Holy Cross Academy this Saturday and Sunday, March 18th and 19th. Our volunteers will be outside to take your donations. All items collected will help the Fredericksburg Regional Food Bank provide nutritious food and supplies to the 31,000 people living in poverty in our community. Thank you for your support!



### Help us get to WorkCamp!

**WHO:** The teens of St. Mary Youth Ministry

**WHAT:** Your spring yardwork tasks DONE!

**WHEN:** On YOUR schedule!

**WHERE:** On YOUR property!

**WHY:** To fundraise for Diocesan WorkCamp and our mission trip to Banica, Dominican Republic this summer!

*To get a quote and request a crew, contact  
Catie Espiritu or Tatiana Beltran*

cespiritu@stmaryfred.org  
tbeltran@stmaryfred.org



## St. Mary Emergency Food Pantry

St. Mary's has a small Food Pantry located within our parish office. It is open to ANYONE seeking food M-F 8:30am-9:00pm and Sat. 9am-1pm. A few years ago, we reorganized and made changes to how we feed our neighbors. We no longer accept miscellaneous food donations, but instead give bags of specific food items that will feed with dignity, those seeking assistance. When our supply is low, we let our parishioners know, and like magic – the food pantry fills back up again! Well, it's that time again. If you would like to contribute, please pick up a special ST. MARY FOOD PANTRY BLUE BAG in the back of the church (in the pull-out cabinet located across from the women's restroom). Please purchase ALL ITEMS listed on the stapled list and return the bag, at your convenience, to the parish office. Thank you and may God bless you!

### List of Items:

- Box of cereal
- Spaghetti sauce & pasta
- 2 cans of tuna or chicken
- 2 cans of HEARTY Soup
- 2 cans of ravioli
- 2 cans of fruit
- 2 cans of veggies
- 2 boxes of mac and cheese
- 1 lb bag of white rice
- 2 cans of black beans
- 1 jar peanut butter
- 1 jar jelly



# our parish happenings

## MISSIONARIES TO THE FAMILY

AN INITIATIVE TO REVITALIZE THE DOMESTIC CHURCH

Do you desire to share the joy you've found in married life with others? Do you want to study your faith as a couple and serve your parish? Can you make a 2 hour per week commitment? Discover this amazing invitation to discern, prepare, and accompany families in your parish and community.

**Virtual Info Sessions for Couples - Sign up below!**



March 30 at  
7PM CT



April 12 at  
7PM CT

Missionaries to the Family Class of 2021



### Initiative Includes:

- A Year of Catholic Formation
- Weekend Retreats
- Training in Accompaniment

In partnership with the McGrath  
Institute for Church Life at the  
University of Notre Dame

PARADISUS DEI®

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# the holy rosary women's retreat

## Sorrowful Mysteries

of the Holy Rosary

*"Your sorrow will  
be turned into joy."*

As we prepare for Holy Week,  
join Fr. Morey for a walk through  
the Sorrowful Mysteries  
with a glimpse of the joy  
and glory on Sunday  
as we celebrate the  
Annunciation —  
for Our Lady of  
Sorrows is also the  
Cause of our Joy.



**WOMEN'S SILENT RETREAT**

**Friday through Sunday**

**March 24-26**

**San Damiano Retreat Center**

**White Post, Virginia**



Fr. Noah Morey grew up in Seattle, the sixth of eight children. He attended Christendom College and Mount St. Mary's Seminary. Having served for four years as parochial vicar at All Saints in Manassas, he currently serves as chaplain at Bishop Ireton High School in Alexandria.

Retreat cost is \$285. Financial assistance may be available.

For more information or to register, please email Deacon Mark Maines:

[mark.maines@arlingtondiocese.org](mailto:mark.maines@arlingtondiocese.org) or visit our website at [ArlingtonDiocese.org/Retreat](http://ArlingtonDiocese.org/Retreat)



# our parish youth ministry



## March

Month of St. Joseph

SUN	MON	TUE	WED	THU	FRI	SAT
26	40 HOURS LENTEN RETREAT			2	3 MS CYM	4 NO FIGHT CLUB
5 HS CYM	6	7	8 YOUCAT	9 FEMININE GENIUS	10	11 FIGHT CLUB
12 HS CYM	13	14	15 YOUCAT	16	17 MS CYM	18 FIGHT CLUB
19 HS CYM	20	21	22 YOUCAT	23 FEMININE GENIUS	24	25 FIGHT CLUB
26 HS CYM	27	28	29 YOUCAT	30	31	1



LEADERSHIP  
MINISTRY

### HS CYM

#### HIGH SCHOOL YOUTH GROUP (9th-12th)

Every Sunday, 6:00 - 8:30pm  
Parish Life Center  
Dinner, friends, and faith formation for high school!

### MS CYM

#### MIDDLE SCHOOL YOUTH GROUP (6th-8th)

1st and 3rd Fridays, 6:30 - 8:00pm  
Parish Life Center  
Dinner, friends, and faith formation for middle school!

### YOUCAT (9th-12th)

Every Wednesday, 6:30 - 8:00pm  
John Paul II House  
Dive deeper into your Catholic faith!

### FIGHT CLUB (7th-12th BOYS)

Every Saturday, 6:30-8:00am  
Parish Life Center  
Explore what it means to be a Man of God!

### FEMININE GENIUS (6th-12th GIRLS)

2nd and 4th Thursdays, 6:30 - 8:00pm  
John Paul II House  
Explore what it means to be a Woman of God!

### SENIOR MINISTRY (12th)

Monthly Potluck Dinner & Discussion  
John Paul II House (5:30-7:00pm)  
Prepare to live out your faith beyond high school!

### LEADERSHIP MINISTRY (9th-12th)

Monthly Sunday Meetings, 4:00-5:00pm  
Parish Life Center  
Build your confidence and peer leadership skills!



# vida parroquial

# noticias en español

## Invitación a participar en la Legión de María



### ¿PARA MÁS INFORMACIÓN?

Presidente: Samuel Meza  
571-723-3807

[samuelseza1230@gmail.com](mailto:samuelseza1230@gmail.com)

Vicepresidenta: Martha Tueros  
703-499-1044  
[mtueros@hotmail.com](mailto:mtueros@hotmail.com)

### LUGAR Y HORA DE REUNIÓN:

Todos los viernes a las 8:00 p.m.  
en el Salón Father Rooney,  
ubicado detrás de la iglesia.

### ¿QUÉ ES LA LEGIÓN DE MARÍA?

La Legión de María es una asociación internacional de miembros de la Iglesia Católica que sirven de forma voluntaria. Fundada en Dublín en 1918 por el laico y Siervo de Dios Frank Duff.

### ¿QUÉ HACE LA LEGIÓN DE MARÍA?

Los miembros sirven en la vida parroquial a través de un programa equilibrado de oración y servicio. Las actividades de trabajo incluyen evangelización de puerta en puerta, visitas a feligreses, visitas a enfermos o ancianos, contacto callejero, educación religiosa, promover y enseñar el rezo del Rosario, rotaciones de la estatua de la Virgen Peregrina. Todo bajo la guía del Sacerdote asignado.

### ¿CÓMO FUNCIONA LA LEGIÓN DE MARÍA?

Los miembros se reúnen una vez a la semana para orar, planificar y asignar las actividades de trabajo de dos horas cada semana en parejas.

### ¿QUIÉN PUEDE PERTENECER A LA LEGIÓN DE MARÍA?

La Legión de María está abierta a todos los católicos que practican fielmente su religión, tengan los respectivos sacramentos, y están preparados para cumplir con todos y cada uno de los deberes que implica la membresía de legionario activo o auxiliar.

## Requisitos para recibir los Sacramentos

### BAUTISMO

- Debe ser miembro de la Parroquia 90 días antes de solicitar el Bautismo
- Tomar las clases previo al bautizo
- Las clases son el primer sábado del mes a las 12 del mediodía

Llame a Gio a la oficina parroquial al (540) 373-6491, para programar la fecha del Bautismo al menos cuatro semanas por adelantado.

### MATRIMONIO

- Debe ser miembro de la Parroquia
- Contactar a la Parroquia seis meses antes para iniciar la preparación

### PRIMERA COMUNIÓN

- Niños de 1ro y 2do grado
- Preparación de 2 años

Inscripciones abiertas julio 2022  
llamar a la oficina parroquial

### CONFIRMACIÓN

- Jóvenes de 6to -8vo grado
- y Secundaria (High School)
- Preparación de 3 años

Inscripciones en la oficina julio 2022

### RECONCILIACIÓN

- Miércoles 11:30 am - 12:00 pm, 6:30 - 8:30 pm
- Sábados 8:00 - 8:30 am y 3:30 - 4:30 pm

### QUINCEAÑERA

- La quinceañera necesita tener el Sacramento de la Confirmación
- No hay misas privadas
- Sólo hacemos una Misa de quinceañera al mes

Para más información comunicarse con la oficina parroquial al (540) 373-6491

# operations given in love

## Weekly Offertory

### Donations Received March 1 to March 6

Sunday Offertory	\$29,847.00
Turkey/Syria Earthquake Victims	\$22,199.50
Parish Debt Reduction	\$505.00
Church in Central/Eastern Europe	\$180.00
Black & Indian Missions	\$190.00
Poor Box for St Vincent de Paul	\$1,046.00

### Faith Direct Donations March 4

Sunday Offertory	\$83,955.63
Parish Debt Reduction	\$5,987.00
Black & Indian Missions	\$2,433.50
Catholic Relief Services	\$3,397.00
Manna Project for Food Bank	\$695.00

*Thank you for your generosity.*

## Pro-Life Reflection

Saint Joseph is a model for all fathers in his example of faithfulness and protection of his family. Thousands of times a day, children are aborted because of the choice of a father who fails to show that faithfulness and willingness to protect the child he has helped conceive. *Lord, bless all fathers so that they may welcome every child and join the child's mother in saying yes to life.*

## Children's Charity - March

The children's charity that will benefit from the offering in March is parish support for Stafford Junction, a faith-based nonprofit organization tasked with improving the lives of children and families living in poverty in Stafford County, through programs focusing on education, empowerment, and healthy living. Stafford Junction partners with residents, local churches, service agencies, and businesses to connect lives, build relationships, and foster understanding across socioeconomic lines. This organization is a mission project of our parish and children's donations will assist the parish in providing much needed support for their programs. For more information, visit their website at [staffordjunction.org](http://staffordjunction.org).

## Easter Flowers

Remember someone you love, either living or deceased, with a donation for our beautiful Easter Flowers. Envelopes are available in your envelope packets and in the Church.

## Bishop's Lenten Appeal (BLA) Important Notice

### Please DO NOT use Faith Direct Electronic Giving for BLA Payments

Thank you for supporting the 2023 Bishop's Lenten Appeal. Any BLA pledges or payments should NOT be made through our Parish's electronic giving program, Faith Direct, because this delays transmission of the payments to the Diocese by at least four to six weeks. You may make a one-time gift or set up recurring BLA payments at [arlingtondiocese.org/bla](http://arlingtondiocese.org/bla). Thank you.

## ADORATION OF THE BLESSED SACRAMENT

Adoration of the Blessed  
Sacrament at St. Mary's EVERY  
Wednesday following the  
12 noon Mass ALL DAY – ALL  
NIGHT Wednesday & Thursday  
Concluding on Friday Mornings at  
the 9am Mass.

*"To be alone with Jesus in adoration  
and intimate union with Him is the  
GREATEST GIFT OF LOVE – the  
tender love of Our Father in Heaven"  
- St. Mother Teresa of Calcutta*

Contact: Serena Nguyen,  
Coordinator  
[Adoration@stmaryfred.org](mailto:Adoration@stmaryfred.org)

# liturgy daily bread

## Saint Mary Prayer List - March

**Please pray for those who are sick or in need, especially:**

Anna Gawlik, Anthony Yantiss, Bonnie Toboz, Chris & Re McArthur, Chris Breth, David Smetek, Eileen McVicar, Joanne O'Brien, John Gawlik, Joseph Krieg, Karl Eugene, Keith and Theresa Kovalefsky, Larry Dillman, Lina Frescas Dobbs, Lusia Gawlik, Maxwell Ayers, Michael (Mikey) Walh, Monika Gawlik, Shirley Bozicevic, William (Liam) David Jackson, Slawek Gawlik, Gary Rolla, Kati Ryan, Valerie Barcheski, Charlie Clawson

**Please pray for all the men and women in our military and civilian support services overseas, especially:**

Joseph Gardner, Glenn Dickinson, Paul Fischer, John Moring, Jamal Williams, Lance Schulte, Brian Hellman, Patrick Fenton, David James, Shawn Tupta, Vincent Petillo, Christopher Johnson III, Patrick Desmond, Andrew M. Smith, Mindy Hakenson, Xavier Alas, Anthony Howell, John Anthenor, Andrew Dowdy, Sean McCullum, Josue Bermudez, Julio A. Alarcon, Gabe Gonzalez, David Oechslein, Shawn Herr, Logan Mullins, Greg Feroldi, Tyler Wood, Frank Spatt Jr., Thomas Wickham, Hunter Keiser, Sean Jobs, Michael Scott, Samuel Hoffman, Andrew Qualls, Matt Gioia, Jennifer Brothers, Jack Merker, Lieutenant Ashton Briganti, 2nd Lieutenant Tazman Briganti, Davon Bare, John Fartro, Michael Fedowitz Jr., Eric Menser, Sean Penczak, Will Atkins, LT Scott C. Boyd

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

## St. Mary Prayer List

As a reminder, we will update our prayer list in the bulletin as a monthly listing. If you would like to include a person on the prayer list, please email [stmary@stmaryfred.org](mailto:stmary@stmaryfred.org) or call the office at 540-373-6491.

Your intention will be included for the month. If you would like your intention to remain, please reach back out and we will happily include it for an additional month.

Thank you.

## Are You Affected By A Loved Ones' Addiction to Drugs?

If you are, please be aware that there is a program at St Mary that offers support to family members and friends of loved ones struggling with this problem. The program is called Nar-Anon.

One of the best benefits of Nar-Anon is that you will find compassion and support from others who are experiencing similar problems and struggles as well as people who have made it through these struggles. You will have the opportunity to hear stories from other members who have addicts in their families as well and see what coping mechanisms worked for them.

All information and discussion at the meetings are non-judgmental, informative, and strictly confidential. The meetings are in Room 100 in the Parish Life Center on Thursday from 7-8 pm and are open to the community at large. For more information, 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

### March

#### 20 MONDAY

6:30am Kathy Frasher+  
9:00am Christopher Ducic+  
2 Sm 7:4-16/Rom 4:13-22/Mt 1:16-24a

#### 21 TUESDAY

6:30am Margaret and Scott Quinn  
9:00am Zona Gordon+  
Ez 47:1-9, 12/Jn 5:1-16

#### 22 WEDNESDAY

6:30am Mac and Family  
8:15am\* Vincent R. Sullivan+  
9:00am Florence Barrett+  
Is 49:8-15/Jn 5:17-30

#### 23 THURSDAY

6:30am Joseph Stanisławski  
9:00am Barbara Walor+  
Ex 32:7-14/Jn 5:31-47

#### 24 FRIDAY

6:30am Kelvin McCray Scoter and  
Ms. Maria Montalbo McCray+  
9:00am Ruth Stellino+  
Wis 2:1a, 12-22/Jn 7:1-30

#### 25 SATURDAY

9:00am Alfredo Corazon Sr.+  
5:00pm Michael Coughlin+  
7:00pm Evelyn and Lester Latourelle+  
Is 7:10-14; 8:10/Heb 10:4-10/Lk 1:26-38

#### 26 SUNDAY

7:00am Antonia and Hannah Jenkins  
8:30am For Our Parish  
8:30am\* CW Chambers  
10:30am Ashley Holzworth  
10:30am\* Richard Santo+  
12:30pm Our Military Living & Deceased  
2:30pm Jachebel Rios  
5:00pm Pete Romani+  
7:00pm David Toigo+  
Ez 37:12-14/Rom 8:8-11/Jn 11:1-45

*\* Indicates Mass at Holy Cross Academy.  
Please remember, Mass intentions may be requested at the parish office for any remaining Masses of the year. If a desired date is no longer available, you are welcome to request an intention that is "unscheduled," and one of the priests will gladly celebrate Mass for your intention at an extra Mass during the week or as a concelebrant.*