

SEVENTEENTH SUNDAY IN ORDINARY TIME

July 30, 2023



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

capital campaign

Growing Our Legacy of Faith

UPDATE FROM THE BUILDING COMMITTEE

HCA Expansion

Over the month of June and into July the Building Committee and staff members from HCA have participated in ten in-depth design meetings with the architecture team for the expansion of Holy Cross Academy.

The meetings covered varied topics such as security; chapel design; kitchen; furnishings; fixtures and equipment; final finish materials; door and door hardware; final classrooms, maker space, cafeteria, lounge etc; playground relocation/expansion; admin area layout and function and mechanical equipment (ie HVAC).

Currently the architectural team is finalizing the design based on the output of the meetings. We anticipate the final design to be sent to Stafford County for permitting no later than September around the same time, request to obtain bids are submitted. Our plan is to break ground in the spring of 2024

We have approached a very critical phase of fundraising where we have to more accurately budget expenses in order to begin the next phases. Since Fr. Mosimann has consistently promised to “build what the parish is willing to support financially”, it’s crucial that we obtain as many pledges in the coming weeks as possible so that our dreams and plans can be realized!

We are grateful to all who have received a visit, and if you’re still contemplating your sacrificial pledge and/or whether to schedule a meeting, the sooner you act the more benefit it will be for the planning phases and future Diocesan approval requests. Thank you.



This rendering has been provided as a draft of what a technology lab (maker space) might look like at Holy Cross Academy. This is not the final product.

ALL ST. MARY PARISH FAMILIES ARE INVITED
“GROWING OUR LEGACY OF FAITH” CAPITAL CAMPAIGN

GROUP INFORMATION

**Come & Learn About All the Wonderful Plans for
St. Mary & Holy Cross Academy!**

Join Fr. Mosimann and the Capital Campaign Team
~ Listen, Ask Questions & Discern ~

August 7 | 7pm PLC

**Children Invited &
Childcare Provided**

Scan to RSVP



**Or call the office
540-373-6491**

from our pastor

Folks,

Let me renew an exhortation that I share from time to time, because we can all use a reminder. I grew up living in a court and the unwritten law of the land was that you didn't park in front of your neighbor's house. This seems to be a 'suburbs thing.' I do recall how annoyed I was when folks parked in front of our house. Sometimes it seemed intentional, like when there was a spot open in front of their own house. I had to learn to 'offer it up,' as we all learn to deal with being human and annoying one another.

Ok, now St. Mary's. We are surrounded on all sides by a residential neighborhood. And as good neighbors, we must be aware that our parking needs can and sometimes do annoy our neighbors. If you worry that you can't go to the store on weekends because there will be no parking near your home when you return, yeah.... that is difficult.

There are times when our parking spills out into the neighborhood, and becomes a pain point for our neighbors. As pastor I have tried to address that in part by adding Masses at Holy Cross Academy, especially on our most congested days. We have the tradition of celebrating Easter at the Expo Center. And the City recently added spaces along William Street to help with extra parking.

Additionally, sometimes we are so full of the Holy Spirit at the end of the Mass that we want to fly.... and we fly out of the parking lot with the speed of the eagles. We must not drive through residential side-streets in a manner that is not safe. There have been accidents on William Street!

What can we all do?

1. Please use the parking lot as much as possible. Many folks park along other residential streets when there are still plenty of parking spaces in the lot (obviously b/c it allows for a quicker departure and not having to deal with the lot).

2. When you do park on residential streets, be sure that you are parking where it is permitted! For example, weekday parking is residential only on certain streets. Law enforcement has a duty to ticket this behavior and often does!

3. When you encounter neighbors, remember that you represent Jesus and His Catholic Church!

4. When you drive on residential streets, especially Stafford Avenue, remember this is a neighborhood with children at play.

Let's be good neighbors, as charity begins with the Lord, and continues as we exit the parking lot and into all of our daily lives.

pax,



Fr. Mosimann

announcements

St. Mary Coffee & Donut Shop

Following ALL
Morning Masses

Come and enjoy some
fellowship!

New Parishioner Welcome

Welcome to St. Mary's! Fr. Mosimann and a few members of our Welcoming Committee are looking forward to spending some time with you, to get to know you a bit and see how you (and your family) might be interested in sharing your gifts and talents with your new parish family.

Please sign-up for a time slot for yourself and/or family to spend time with our Welcome Committee Team and with your new pastor. **Sunday, August 20th.** Meetings will take place in the Courtyard Meeting Room (located behind the church, next to the parish office - it's the room with the crucifixes on the wall)

If you have any questions, please email Elena Doyle at edoyle@stmaryfred.org or call 540-373-6491.

bit.ly/newparishioners-august-2023



contact us

stmaryfred.org

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. Phillip Cozzi, Parochial Vicar
Fr. Robert Renner, Parochial Vicar
Fr. Tim Courtney, Parochial Vicar
Fr. Kevin Dansereau, 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

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. Thanks!

Saint Mary of the Immaculate Conception

1009 Stafford Avenue
Fredericksburg, VA 22401

holy cross academy

HCA Used Uniform Sales

Mark your calendars HCA families (1-8). There will be at least three used uniform sales before school starts. These are scheduled for Thursday, August 10 and Monday, August 21. All will run from 9:30am until noon at Holy Cross Academy. Cash, checks and credit cards are accepted.

Uniform turn-ins are being accepted. There will be a bin located in the lobby of HCA. Please use the turn-in form that was sent home at the end of school. There are also extra forms in the drop-off bin. In order to receive credit a form must be completed. Credits will be available for July 25 for items turned in before July 21.

2023-2024 Applications/Tours

If you have considered making an academic change for your student, it's not too late. We still have room in some of the grades. Please contact Mrs. Lanier by email (dlanier@holycrossweb.com) or call the school office (540-286-1600).

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

Open Positions at Holy Cross Academy

Interested in joining our team? Holy Cross Academy Preschool has openings for Part-time Lead Teachers/ Aides for the 2023-24 school year. Interested candidates should contact Sheri Castellarin at 540-373-7553 or preschool@holycrossweb.com.



*A National
Blue Ribbon
School of
Excellence*



our parish parish night out

Come out for St. Mary's Night at the Ballpark!!

Reserve your seats in the St. Mary section by using the QR code below!

Let's GO FREDNATS!

**ST MARY OF THE IMMACULATE
CONCEPTION CHURCH NIGHT**



WITH THE *FredNats*



THURSDAY, AUG. 3RD • 7:05PM

Join your parish at the ballpark and experience a night of fun!

Head to Virginia Credit Union Stadium and catch a FredNats baseball game with your friends and family.



**PLAN YOUR GAME
NIGHT TODAY! ★ ★ ★**

Purchase your tickets here:
<https://fevo.me/41ZjpnK>
or by scanning the
QR Code:



For more information, contact Austin Byrd at abyrd@frednats.com or 540-681-1536

Follow the FredNats:



/FXBGNats



@FXBGNats



@fxbgnats



WE WELCOME YOU HOME. 540-373-6491

education religious education

REGISTRATION FOR RELIGIOUS EDUCATION CLASSES IS OPEN!

Please visit the parish office TODAY to register your children!

That One Time Jesus Got Lost... And What it Taught Me About Parenting

by Becky Roach Faith & Life, Family

Seven Tips on Parenting I Learned When Mary and Joseph Lost Jesus

1. Every parent worries.

The word anxiety screamed at me during this reading. Mary and Joseph felt “great anxiety” as parents to Jesus? The thought is comforting. Not only is it normal to worry about our children, the most wonderful set of parents in all of history, the earthly parents of the Living God, experienced this type of emotion.

There is a healthy amount of anxiety that we can have about parenting. This worrying keeps us diligent and on task. When we feel anxious, we turn to God and pray for wisdom, guidance and protection. What causes you to be most anxious as a parent? Take a moment to give it over to the Lord in trust.

2. Mistakes happen.

Mary was without sin, but she still made an innocent mistake as a parent. Though the times were different then, Mary and Joseph probably should have checked in with Jesus (or whoever they thought was responsible for him) before leaving Jerusalem. It wasn't a sin, it was rather an accident or a miscommunication of some kind, but still it happened.

We make mistakes as parents all the time. In the chaos and busyness of life, we forget appointments, misplace important papers, or even leave a child behind. Learn from Mary and Joseph. Don't beat yourself up over mistakes. Apologize and do whatever is necessary to make things right again, but don't dwell on it. Show yourself mercy by not expecting perfection at all times. When have you failed to show yourself mercy? Ask for God's help and healing in those areas of parenting.
<https://catholic-link.org/6-tips-on-parenting/>

To be continued next week.

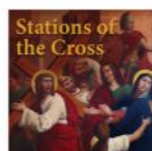
THIS WEEK ON
FORMED

Week of July 30, 2023



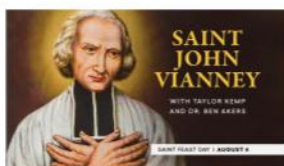
Ignatius of Loyola

This film brings to life the story of St. Ignatius of Loyola, the founder of the Jesuits. Often called “The Saint of Second Chances,” St. Ignatius was transformed from a self-obsessed sinner to a loyal and passionate soldier-saint.



Stations of the Cross by Saint Alphonsus Liguori

The Augustine Institute presents a beautiful meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum, chanting the traditional Catholic hymn Stabat Mater to aid your prayer.



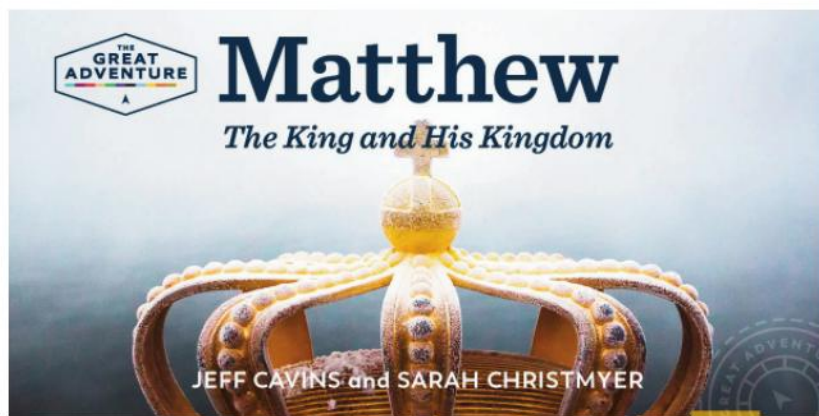
Saint John Vianney | Catholic Saints

Join Dr. Ben Akers and Taylor Kemp as they discuss St. John Vianney, the Cure d'Ars and patron saint of parish priests.

**SIGN UP FOR FREE AT [FORMED.ORG/SIGNUP](https://formed.org/signup)
CLICK REGISTER THEN ENTER PARISH CODE: F6F228**

education

adult education



The book of **Matthew** brings the history of Christ to life. We see Jesus as the awaited Messiah who fulfills the promises and prophecies of the Old Testament, establishes the New Law, and inaugurates the kingdom of heaven. *Matthew: The King and His Kingdom*, a **twenty-four-part** Bible study, explores how Jesus is challenging and empowering us to a new level of holiness and shows how we must be thoroughly immersed in the kingdom of heaven on earth, the Church, to live it.

St. Mary's will begin ***Matthew: The King and His Kingdom*** on **Monday, September 11 at 12:45 pm** in the Courtyard meeting room. Participants will meet to view an engaging video presentation followed by group discussion. Cost for materials is between \$35-\$40. Class size is limited to 25 people. Visit the Parish Office to sign up and pay for materials. Materials will be distributed at the first class. Facilitator: Bryan R.

The **Acts of the Apostles** is the story of how a few Christians empowered by the Holy Spirit were chosen to bring Christ and the Good News to the ends of the earth. *Acts: The Spread of the Kingdom* is a Bible study that traces how the gospel witness spread outward in waves from Jerusalem and reveals how the seeds of Church structure and authority took root. It shows how the joys and struggles of the early Christians in living the life of Christ apply to us today.



St. Mary's will begin a **twenty-week** Bible study ***Acts: The Spread of the Kingdom*** on **Wednesday, September 13 or Thursday, September 14 at 9:45 am** in the Courtyard meeting room. Participants will meet to view an engaging video presentation followed by group discussion. Cost for materials is between \$30-\$40. Each class size is limited to 25 people. Visit the Parish Office to sign up and pay for materials. Materials will be distributed at the first class. Facilitator: Suzette Y.

Additional Opportunity: St. Mary's will begin a twenty-week Bible study, *Acts: The Spread of the Kingdom* on Wednesday, September 13, 6:30 pm in the library at Holy Cross Academy. Participants will meet to view an engaging video presentation followed by group discussion. Cost for materials is between \$30-\$40. Class size is limited to 20 people. Visit the Parish Office to sign up and pay for materials. Materials will be distributed at the first class. Facilitator: Suzette Y.

our parish happenings

St. Mary's Warmly Welcomes Dr. Katherine Evans as Our New Assistant Director of Religious Education!

Dr. Katherine Evans is an enthusiastic convert to Catholicism, having come home to Rome in 2006. She has a master's degree in Theology from Christendom, a master's degree in Counseling, and a doctorate in Education. Most recently she served as the RCIA Director at St. Patrick Church in Fredericksburg. Prior to that she was a school principal in Haymarket for 7 years and taught in Fairfax for 8 years. She loves science fiction and is a big FredNats fan. Her husband, Dr. Michael Evans, is an aspirant in the diaconal program. They live near King George and attend St. Anthony Church.



Is Your Heart Broken by a Loved One's Addiction to Drugs?

If so, please be aware that there is a program at St. Mary that offers support to family members and friends of loved ones struggling with a drug addiction problem. The program is called NAR-ANON.

At NAR-ANON meetings, you will have the opportunity to share your story, hear stories from other members, and develop positive coping mechanisms in dealing with your addict.

Compassion and understanding are ever present at the meetings. You are not alone in this struggle! Please take the first step and come to a meeting. Just listen if you want. There is no pressure to share.

The meetings are held at St. Mary Catholic Church in Room 100 in the Parish Life Center on Thursday from 7-8pm and are open to the public at large. For more information **call or text Wayne (540)840-5230 or Wanda (540)538-6978**



Youth Mentors Needed Catholic Charities Migration Refugee Services

Making a difference in young refugee lives simply with your presence, knowledge and compassion is one of the most generous and rewarding acts you can take part in today. The opportunity to directly change the course of a young life is nothing short of inspirational when you look back on where they started to where they are today and where they may go tomorrow. Our MYVA program is an opportunity to have this type of unforgettable impact by helping young refugees navigate the many influences that surround them after arrival to the country. Having just one person to ask questions or who can help provide support and guidance is more valuable to a young refugee than you can imagine.

Please consider becoming a mentor – it requires no more experience than a giving heart and the desire to have fun while helping our youth find their way in our society. Tasks include helping with school information, college opportunities, job applications and many more. The opportunities for learning and discovery are endless. Refugee youth often have questions about our country, how to navigate community resources and even how to drive. We ask for a minimum of 6 months commitment and at least 2 hours a week as our youth are in need of stability and consistency in their relationships with new individuals. Studies show the longer the relationship the greater the impact and just a couple hours a week is enough to make a significant difference in their lives. Thank you for your consideration! Contact Kathleen Renfroe, MRS Fredericksburg site supervisor, at kathleen.renfroe@ccda.net

our parish happenings



Presented by St. Mary of the Immaculate Conception, Fredericksburg



Strangeways Brewery

350 Lansdowne Rd.
Fredericksburg, VA 22401

MON. AUGUST 7

Doors open at 5pm
Presentation at 6:30pm

This Month's Topic



So you wanna be happy, huh?

Fr. James Searby, a priest of the Diocese of Arlington and creator of Holiness for the Working Day podcast, will lead a conversation on the pursuit of happiness in our lives. Through exploration in psychology, theology, and his unique take on our cultural situation, we will ask the question, "is happiness even possible" and "what does it even look like?"



Fr. James Searby



Contact

St. Mary's Young Adult Group
fredericksburgtote@gmail.com

**FIRST 50 ATTENDEES GET
A FREE DRINK!**

Open to all! Young families welcome!

our parish happenings

SPRED

The Special Religious Education Development Program, (SPRED) serves children and young adults with developmental disabilities. The program helps them grow in their faith and prepares them to receive their sacraments. We are currently accepting registrations for the 2023-2024 school year.

There are a total of 12 classes which meet on Saturday mornings from 10am-12noon in the Parish Life Center. Our first class is scheduled for September 30th. Please stop by the parish office to register your child.

St. Mary Outreach

We are in need of a vehicle for a parish family that can seat at least 6.

If you have a mini van or SUV that you no longer need, consider donating it to St. Mary's.

We can provide you with a tax receipt.

Thank you. Please reach out to Elena Doyle edoyle@stmaryfred.org.

St. Monica Prayer Group

Adults and mature teens are welcome to join the St. Monica Prayer Group on Saturday, August 12 following the 9am Mass (10-11am) in the Courtyard Meeting Room. The mission of the St. Monica's Prayer Group is to provide a community for Catholics to pray for loved ones (children, parents, spouses, siblings, extended family) who have strayed from the faith, to provide encouragement, and to assist each other in our growth in holiness. We will pray the Seven Sorrows Rosary, then discuss the chapter titled "Sitting at the Feet of Jesus Is Doing Something" on p. 13 from The Saint Monica Club by Maggie Green, which is available on Amazon.

For more information, please contact Megan Kimbrell at st.monica.club@gmail.com.

Over 40 Singles

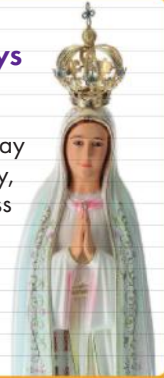
Mission: to develop and coordinate activities for single, widowed, or divorced Catholics over 40 years of age. To foster spiritual growth, friendships and service to St. Mary Parish and our community.

Time: meeting once a month to plan dates for events and get-to-togethers as a group.

For more information contact Eileen Walts with any questions emw5348@gmail.com.

Join Us for Communal First Saturdays Devotion at St. Mary's

Saturday, August 5, beginning at 8am. We'll pray the Fatima Prayers, with the Rosary immediately, then followed by the Holy Sacrifice of the Mass at 9am. Then we'll keep company to the Blessed Mother for 15 minutes after the Mass, while meditating in one of the mysteries of the Rosary.



Gather your family and friends and join us for fun-filled Monday evenings. Knights Of Columbus Council 4034 is sponsoring a Bowling League. Teams are forming now.

There will be a league meeting on Monday August 14, 2023, 7pm at the AMF Bowling Center, 12100 Killarney Drive, Fredericksburg.

Cost is \$20 per week-per player. It's a mixed league which the following can participate; men, women and teens 16 years and older. The league starts August 21, 2023 at 7pm and continues until April 15, 2024. An awards party is held at season-end. Come and enjoy a fun time!!

For more info contact **Rick Reschick at (540) 850-5587 or Ruth Wynn at (540) 371-0994**

our parish happenings

Mass for Marriage Jubilarians

Married in 1998 or 1973?
Join us for the annual Mass for couples celebrating
silver (25 year) or golden (50 year) anniversaries!

Sunday October 15, 2023
3:00 pm
St. Agnes Catholic Church | 1910 N. Randolph St., Arlington, VA

The Most Reverend Michael F. Burbidge
Bishop of Arlington | Principal Celebrant and Homilist

Catholic Diocese of Arlington | Office of Marriage, Family and Respect Life
703-841-2550 | FamilyLife@arlingtondiocese.org

Our Parish OUTREACH Participated in School Dressing Days

With Virginia's Free Tax weekend being canceled this year, School Dressing Days played an even more important role in aiding families with school supplies. SDD is a yearly 2-day event sponsored by the Interfaith Community Council - a coalition of 25 Fredericksburg-area churches and faith-based organizations. Over 1000 children from 500 families registered to "shop" for free back-to-school supplies and clothes.

The children's delight in being able to select an outfit and backpack, and parent smiles, made all preparations a labor of love.

Thank you to all St. Mary parishioners for your donations, and for those who participated as volunteers, the program was a great success!

Calling All Scouts!

The Pope Pius XII (Scouts 15 and up) religious emblems program will begin 9/3 and will meet once a month via Zoom on Sunday nights until May 2024. Ad Altare Dei (13-14) will also begin 9/3 (if there is interest) and will meet weekly for eight weeks via Zoom on Sunday nights. Age waivers can be granted.

Scouts throughout the parish that are interested should have their parents contact Mr Dan Paré at dan.pare.us@gmail.com.

Micah is Hiring!

Housing Care Coordinator (case manager)

Coordinates housing-focused care for neighbors who have moved from street homelessness to permanent housing. Includes interventions internal to Micah and across community partners.

Housing Locator (tenant agent)

Networks local landlords to enhance access to permanent housing solutions for people overcoming homelessness. The Housing Locator works across the homeless response system to provide training on housing opportunities and tenant/landlord roles and responsibilities.

SOAR Coordinator

Supports wrap-around process of preparing high-quality Social Security benefits applications using model specific to the unique needs of homeless individuals. Online, 20-hour training is required to submit strong SOAR applications and become a certified SOAR worker.

To apply, visit indeed.com/cmp/Micah-Ecumenical-Ministries-1/jobs



our parish youth ministry

August 2023

Youth Ministry Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 SPORTS TUESDAY	2 CHOSEN STUDY	3 CHESS CLUB	4	5
6	7	8 SPORTS TUESDAY	9 CHOSEN STUDY	10 CHESS CLUB	11	12
13	14	15 SPORTS TUESDAY	16 CHOSEN STUDY	17 CHESS CLUB	18	19
20	21	22 SPORTS TUESDAY	23	24 CHESS CLUB	25	26
27	28	29 SPORTS TUESDAY	30	31	1	2

Month of the Blessed Sacrament

SPORTS TUESDAY (6th-12th)

Every Tuesday, 6:30 - 8:00pm
Holy Cross Academy
Fellowship and sports for middle and high school!

CHESS CLUB (3rd-9th)

Every Thursday, 2:00-3:30pm
Parish Life Center
Play chess and grow in skill and sportsmanship!

THE CHOSEN BIBLE STUDY (9th-12th)

Every Wednesday, 6:00 - 8:00pm
John Paul II House
Watch and discuss Season 1 of The Chosen with scripture!



@stmarycym



flocknote

SUMMER

CHESS CLUB

COME PLAY
CHESS & DEVELOP
NEW SKILLS

GROW IN
SPORTSMANSHIP
AND VIRTUE

STARTS
JUNE 1ST

RISE
3RD-9TH
GRADERS

THURSDAYS 2:00-3:30PM, PLC
ALL SKILL LEVELS WELCOME

SPORTS TUESDAYS!

Holy Cross Academy
6:30-8:00pm
6th - 12th Grade

*Starts June 13th
Bring a water bottle!

vida parroquial

noticias en español



LIBERADO PARA PAREJAS

liberación libertad pertenencia

29 y 30 septiembre de 2023

29 sep 6-9pm y
30 sep 8am-9pm

\$125
por
pareja

Incluye comida y
materiales

Holy Cross Academy

250 Stafford Lakes Parkway, Fredericksburg, VA 22406

La conferencia te dará el poder

para romper el poder
de las cadenas que
atan/esclavizan tu
vida para que puedas
caminar en plena
libertad

**Cada uno de nosotros está peleando
una batalla invisible con:**

- Pensamientos negativos, pecados ocultos y relaciones no sanas
- Hábitos destructivos, ídolos y falsa identidad
- Resentimiento; heridas y amarguras que parecen nunca sanar

¿Que tal si tu vida pudiese alcanzar y
experimentar el amor de Dios?

Tu vida nunca sería igual!

**Para más Información
llamar a:**

Giovanni (540) 373-6491
Gustavo 540-229-3313

Cupo Limitado

Por la naturaleza de la conferencia
es importante no traer niños.

**Enlace
de registro:**



Conferencia Libres y Felices en Cristo Jesus

Basado en las 5 Llaves de Liberado de Neal Lozano (Unbound) • El Ministerio Liberado pone el poder de Dios en los corazones heridos

PARA TODOS LOS CARISMAS Y ESPIRITUALIDADES

**PARROQUIA
SANTA MARIA DE LA
INMACULADA CONCEPCIÓN**

ORGANIZA:
TE LIBENTER SOCIARE
DE
LA DIÓCESIS DE
ALRINGTON

JORNADA IGNACIANA

Jornada de oración en silencio para meditar, conocerse
a sí mismo y así encontrarse con Dios

12 DE AGOSTO DEL 2023
8:00 AM A 6 PM

Donación: 30\$ (incluye desayuno y almuerzo)
Lugar: Gimnasio de la escuela Holy Cross
Se recomienda venir confesado
Traer: Cuaderno, lapicero, Biblia
Último día de inscripción: Viernes antes del
evento
Solo para mayores de 18 años (no hay cuidado
de niños)
Para inscripción estaremos al final de las
misas en español o llamar al 540-373-6491
o 703-565-8986

SEÑOR QUE TODAS MIS ACCIONES, INTENCIONES Y OPERACIONES ESTÉN PURAMENTE ORDENADAS PARA
SERVICIO, GLORIA Y ALABANZA DE LA DIVINA MAJESTAD SAN IGNACIO DE LOYOLA



TALLERES DE ORACIÓN Y VIDA

Según el método del Padre Ignacio Larrañaga

- ¿Deseas aumentar tu relación con Dios?
- ¿Quieres liberarte de las angustias, miedos, ansiedades...?
- ¿Quieres dar sentido a tu labor apostólica?
- ¿Quieres descubrir el sentido de la vida?

¡VEN A VIVIR UN TALLER DE ORACIÓN Y VIDA!

"APRENDER A ORAR PARA APRENDER A VIVIR"

Inicio: 5 de Agosto 2023

Horario: 10:00am-12:00pm

Duración: 4 Meses

Información: Daisy Benitez. 703-343-3793

St. Mary of the Immaculate Conception Catholic Church
1009 Stafford Avenue, Fredericksburg, VA 22401

**¡ATREVETE A VENIR Y QUEDARAS CURADO,
RENOVADO Y ALEGRE!**



our diocese happenings

CALLED & GIFTED

w o r k s h o p

**Discern what gifts
God has given you
and use them for
His glory.**

God is calling you to a unique
purpose in life, a work of love
that only you can do.

You have received gifts in
Baptism and Confirmation
through which God intends His
love to reach others.

Come and discover these
charisms in you!

Discover GOD's call for your LIFE

Who Can Benefit From This Workshop?

- Anyone asking "What does God want me to do?"
- Parents who want to help their children live their faith and recognize their charisms.
- People in transition who might be changing jobs, adjusting to an empty nest, returning to the workplace, or retiring.
- New or returning Catholics who want to explore what it means to live their faith fully as an adult.
- People wondering, "How can I follow Jesus' plan for my life, in this time and place?"

**“I have a lot more gratitude
for how God is working in
my life.”**

*“It can't help but
permeate every aspect of
life. I encourage people
to realize it doesn't
necessarily translate into
something immediately,
but will reveal itself over a
lifetime.”*

A superb experience. ”

**Saturday,
October 7, 2023
9:00am—3:30pm**

Holy Cross Academy
250 Stafford Lakes Parkway,
Fredericksburg, VA 22406

Workshop Schedule

The Call of the Laity
Catholic Spiritual Gifts Inventory Explained
Role of the Holy Spirit
Charisms
Discernment Process
Role of Charisms in Parish, Community and World

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Weekly Offertory

Donations Received July 11 to July 17

Sunday Offertory	\$23,994.85
Church in Africa	\$813.00
Parish Debt Reduction	\$8,838.00
Diocese Mission Appeal	\$1,091.00

Faith Direct Donations July 15

Sunday Offertory	\$21,277.00
Church in Africa	\$365.00
Parish Debt Reduction	\$665.00
Diocese Mission Appeal	\$145.00

Thank you for your generosity!

Little Sisters of the Poor Collection

August 5 & 6

During the weekend of August 5 & August 6 our second collection will be for the Little Sisters of the Poor, who have provided a home and compassionate care for Virginia's elderly poor since 1874. Although the Sisters no longer have a Home in Richmond, they are able to care for the elderly poor in 24 Homes throughout the United States, including one in Washington DC and one in Baltimore, and the Parish wishes to support them as it has each year for over 25 years. Because their residents are of limited financial means, the Little Sisters depend upon the charity of friends and benefactors to operate their Homes. Your generosity will enable the Sisters to continue welcoming the needy elderly and providing them with the love and dignity they deserve. All donations should be made payable to St. Mary Catholic Church, and put in an envelope clearly marked "Little Sisters of the Poor". For those who still receive collection envelopes, an envelope for this collection is now provided in your packet. For more information, visit the Little Sisters website at littlesistersofthepoorvirginia.org. Thank you for your generosity and support.

Children's Charity - August

All Children's Charity donations for the month of August will be donated to Leashes of Valor, a national nonprofit working to provide a highly-trained service dog to every post-9/11 Veteran who needs one to ease the symptoms of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) or Military Sexual Trauma (MST), an underlying trauma to PTSD. Their mission is as simple as it is critical: bring service dogs and post-9/11 Veterans together to enrich the lives of both. Leashes of Valor was founded in May 2017 by three United States Military

Veterans with over 40 years of combined service and expertise in service dog policy and law, military canines and canine training, who know the healing power of canines because they experienced it themselves. The facility is located on a 20 acre farm in rural Virginia, with a live-in facility for training veteran and service dog teams. Training a service dog costs \$25,000.00 per dog, but thanks to the generosity of donors, veterans who receive a Leashes of Valor service dog pay nothing. For more information, visit their website at leashesofvalor.org.

Pro-Life Reflection

"Although we may feel unsure how best to comfort those who mourn, we must stand with them in their time of suffering. Miscarriage touches the lives of many people, yet all too often this tragedy remains unaddressed. This lack of response not only often leads to unresolved grief, but also fails to clearly manifest our belief that each person, from conception onward, is precious and unique." (USCCB Secretariat of Pro-Life Activities, "Solace and Strength in the Sorrow of Miscarriage")

We pray for those grieving after a miscarriage, that they may be comforted by God's everlasting love and His presence amidst their sorrow.

Prayer for Our Priests

"Only in Heaven will he be able to measure his greatness. If he were to understand it already here on earth, he would die, not of fright, but of love ... After God, the priest is all." (St. John Vianney, Patron of Parish Priests, Feast Day August 4th)

O Jesus, Eternal Priest, keep Your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, daily purpled with Your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime mark of Your priesthood. Let Your holy love surround them, and shield them from the world's contagion. Bless their labors with abundant fruit, and may the souls to whom they minister be their joy and consolation here on earth, and in Heaven, their everlasting crown. Amen.

– St. Thérèse of the Child Jesus & the Holy Face

Mary, Queen of the Clergy, we pray: obtain for us many holy priests & vocations to the priesthood.



liturgy daily bread

Saint Mary Prayer List - July

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

Adam Burgh, Andy Costa, Anthony D'Ostilio, Bobby Gibson, Chris Breth, Clifford Snipe, Ed Lombardi, Giulia Restivo, Jack Smith, Jason Stoker, William David Jackson-nickname Liam, Joanne O'Brien, Joseph Krieg, Karl Eugene, Kelsey Just, Kieth & Theresa Kovalefsky, Larry Dillman, LaVaughn Halloway, Lynette McMorland, Michael Fedowitz III, Michael Hancock, Pj Hancock

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 Jobes, 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 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.

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

Daily Mass Intentions

July

31 MONDAY

6:30am Walter Bronikowski+

9:00am Philip and Anna Ayathil+

Ex 32:15-24, 30-34/Mt 13:31-35

August

1 TUESDAY

6:30am Nancy Hardcastle+

9:00am Freddy Arevalo+

12:00pm David Bereit

Ex 33:7-11; 34:5b-9, 28/Mt 13:36-43

2 WEDNESDAY

6:30am Mark Gardner

9:00am Xavier Joseph+

12:00pm Jack Kopcak+

Ex 34:29-35/Mt 13:44-46

3 THURSDAY

6:30am Paulino and Perla Sambat

9:00am Giovanni Camacho

Ex 40:16-21, 34-38/Mt 13:47-53

4 FRIDAY

6:30am In Reparation

9:00am In Reparation

12:00pm In Reparation

7:00pm In Reparation

Lv 23:1, 4-11, 15-16, 27, 34b-37/Mt 13:54-58

5 SATURDAY

9:00am All Priests

5:00pm Ashley Vasquez

7:00pm Arthur Rohlf+

Lv 25:1, 8-17/Mt 14:1-12

6 SUNDAY

7:00am Rev. Robert J. DeMartino

8:30am Julio and Santa Alvarez

8:30am* Julianne Kelsey+

10:30am All Those Who Died in July

10:30am* Riley McNichol+

12:30pm Dorothy Simmons+

2:30pm Rafael Bernaola+

5:00pm Alyssa Green

7:00pm For Our Parish

Dn 7:9-10, 13-14/2 Pt 1:16-19/Mt 17:1-9

* 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.

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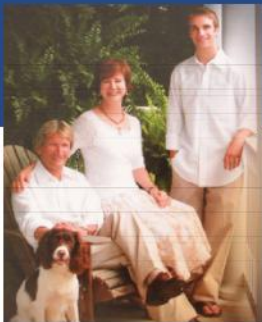
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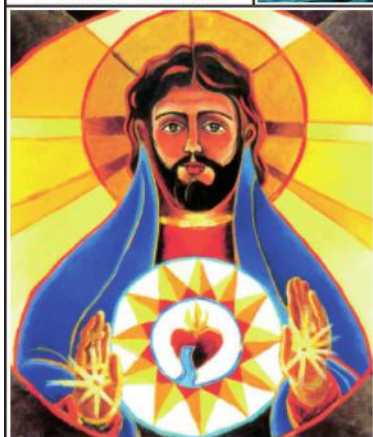
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