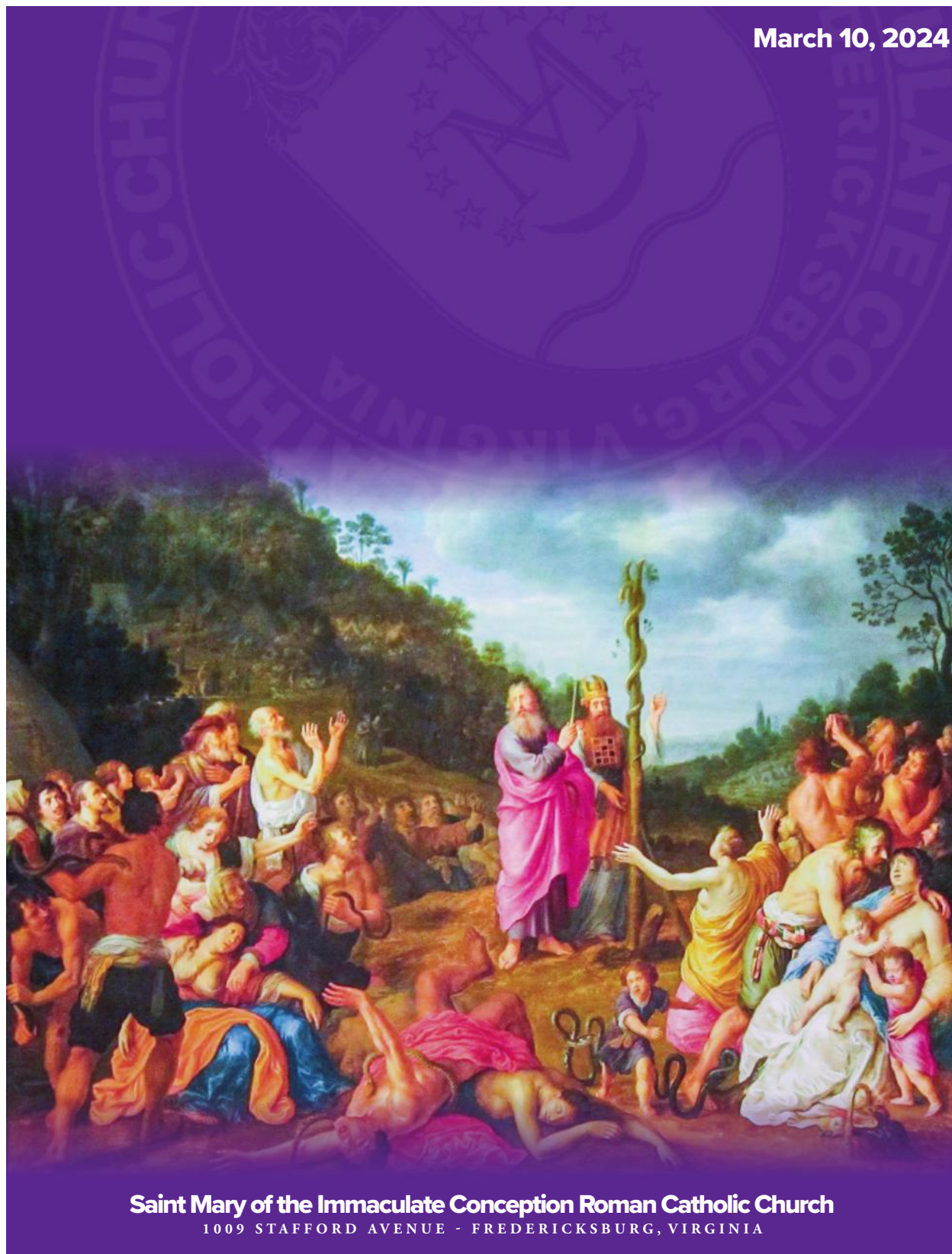


FOURTH SUNDAY OF LENT

March 10, 2024



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

capital campaign

grow our legacy in faith

CAPITAL CAMPAIGN FINANCIAL UPDATE

Number of Pledges to date: **1182**

Amount Pledged to date: **\$7,244,215.86**

Total Amount Paid: **\$2,579,177.07**

Percent of 5-year pledges collected to date: **36%**

THANK YOU! THANK YOU! THANK YOU! 36% of pledged dollars have been received!

Campaign Envelopes

Please check your monthly Offertory envelope packages that all parishioners receive in the mail for campaign payment envelopes as they should be enclosed. Additional campaign envelopes can also be found in the vestibule of the church. Please feel free to drop them into the Sunday Offertory basket (first collection) or at the front desk of the parish office.

Exciting Update on the return of Loaves and Fishes Cards

It is coming together! Many thank you's to all who have returned their cards and/or verified their submissions on their commemorative brick which will be placed on the Commemorative Wall in the new cafeteria at Holy Cross Academy. *It is so exciting to see all the family names!!* If you did not have a chance to return your Loaves and Fishes card or would like to participate in remembering your family, children, or a loved one and want to be a part of Crusader History, please submit the Loaves and Fishes form ASAP. If you have questions about this honorary project or would love to participate, please feel free to call us at (540) 373-6491.



from our pastor

Dear folks,

Tuesday is the last day to sign up for the Unbound conference that we are hosting this coming Friday/Saturday!

I have received a few puzzled inquiries, "is this Catholic?" Absolutely.

Understanding spiritual warfare is just something that is a gap in the formation of many Catholics. I recall a movie where the devil says mockingly, "if you never see me coming, I have already won the battle." But we also can grossly overestimate his power and influence, as he is ultimately a weak bully, deceiver, and confuser. Sometimes I derisively call him sparky, to take away even the dignity of a scary name.

Jesus taught us to pray every day "Deliver us from evil." As Catholics, we believe that there are evil spirits who are trying to destroy God's plans for us. St. Paul warns us that the *"devil is prowling around like a roaring lion looking for someone to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings."*

When we were baptized, when we are a godparents, when parents baptize their children, and every single Easter we promise, by one formula or another, to "renounce Satan and all of his works." All of sparky's works attempt to deceive us, enslave us, and separate us from Our Loving Father. But he can not do this without our consent, and so he must lie, confuse, and obfuscate.

The Unbound conference, and the 5-keys methodology are a tool to help you see how you may have opened doors that allow evil spirits to have greater power over you than just through temptation. We can open doors though repeated unconfessed mortal sin, addictions, self protective mechanisms like

manipulation and control, and especially unforgiveness and sexual sin. Our holding onto these, can give evil spirits access to our imaginations and memories, to use them against us.

Through confession and renunciation of those particular spirits and forgiveness of those who have hurt you, you will be able to exercise your baptismal authority to command them to leave. This renunciation is consciously exercising the promise and power of Baptism, restoring our hearts, minds, and memories to the Kingdom of God!

The Unbound prayer model has been used in the Diocese for over 13 years to help people gain the freedom Christ died to bring them. It has been used across the world, and is a fitting way to live more fully our Catholic life.

As Jesus went into the wilderness, Lent is a great time to face our own isolation, fear and attachment to sin. Only God can fulfill all of our needs and the deepest desires of our heart. The Unbound deliverance model is a gentle, logical prayer tool that can help you to pull together what you have been taught in scripture and the teachings of the Church to help set you free and keep you free to do the good that God asks of you.

Consider if Jesus is inviting you to greater freedom: *"And because you are sons, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So through God you are no longer a slave but a son, and if a son then an heir"* (Galatians 4:6-7).

pax et bonum,

Pastor

Following in the Footsteps of St. John Paul II & St. Faustina

Pilgrimage to Poland & Lithuania with Fr. Mosimann

PRICE INCLUDES:

- Round-trip airfare from Washington DC (IAD), for
- departure from other airports please contact us
- All airport taxes & fuel surcharges
- 11 nights in Centrally located hotels 4* and 5*:
- Hotel Vilnia or similar, Vilnius (3 nights)
- Hotel Radisson Collection or similar, Warsaw (2 nights)
- Hotel Arche or similar, Czestochowa (1 night)
- Hotel Leonardo, or similar, Krakow (5 nights)
- Tour leader
- English-speaking guides for all sightseeing visits
- according to the program
- Full board some days Half board; Breakfast, Lunches,
- and or Dinners according to the program

\$4800 (based on double occupancy)

\$1040 (extra single supplement)

- Transportation by air-conditioned motor coach
- Transfers as per itinerary
- Sightseeing and admissions fees as per itinerary
- Mass daily & Spiritual activities
- Headphones
- 81 Tours backpack & portfolio of all travel documents
- and much more!

NOT INCLUDED:

- Personal expenses (pocket money)
- Meals not specifically noted; Beverages
- Single supplement (limited availability)
- Tips to your guide, driver and hotel staff,
- Travel Insurance; we recommend insuremytrip.com



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 members of our Welcoming Committee are looking forward to spending time with you, to get to know you, and see how you (and your family) can share your gifts and talents with your new parish family.

Please sign-up for a time slot on Sunday, March 24 from 9am-12pm for yourself and/or family to spend time with our Welcome Committee Team and with your new pastor.

bit.ly/46pMXhh

Meetings will take place in the Courtyard Meeting Room (Fr. Rooney Room) behind the church - the room with all the crucifixes on the wall!

If you have any questions, please email
Elena Doyle at edoyle@stmaryfred.org.

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
Divine Mercy, Wednesday, 3pm
First Friday 7pm Novus 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 - 9pm;
Students staff office weekdays until 9pm,
Saturdays 9-5pm, Sundays (Closed)

Very Reverend John P. Mosimann, Vicar Forane, Pastor
Reverend Phillip Cozzi, Parochial Vicar
Reverend Robert Renner, Parochial Vicar
Reverend Tim Courtney, Parochial Vicar
Reverend 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

stmaryfred.org

MUSIC

Director of Music, David Uschold
Assistant to the Music Ministry, Emma Atkinson

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, Katherine Evans
Administrative Asst, Lori Barlow

YOUTH MINISTRY

Director, Tatiana Beltran
Assistant Youth Minister, Catie Espiritu

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)

Director, Katherine Evans

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

education holy cross academy

Character Dress Up Day

Elementary students and teachers let their creativity show as they dressed as the characters who inspire them. The day was filled with excitement, laughter, and unforgettable memories.

Annual Father Daughter Dance

Fathers and their daughters enjoyed this special time together. Young ladies dressed in their finest and donned corsages, twirled and danced with their dads. Thank you to our wonderful PTO and parent volunteers for providing a special night for dads and their daughters.

2024-2025 Applications/Tours

We are now accepting applications for the 2024-2025 school year. Application information can be found on our school website at 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 or 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 HCA

Interested in joining our team? Holy Cross Academy has the following open positions.

- Elementary Teacher
- Part-time Spanish Teacher
- Full-time Instructional Aide
- Morning/Afternoon Extended Day Aides
- Substitute teachers (for this year and next)
- Part-time Preschool Teacher
- Part-time Preschool Aide

Resumes for HCA positions should be sent to Dr. Fry at sfry@holycrossweb.com. Resumes for preschool positions should be sent to Sheri Castellarin (preschool@holycrossweb.com).



*A National
Blue Ribbon
School of
Excellence*



our parish religious education

Upcoming Events

Monday to Friday, Registration of Religious Education students at the Parish Office.

Monday to Saturday, March 1-31 (all month): Year 2 Confirmation Interviews

Monday to Wednesday, March 11-13
Religious Education Classes, Special Lenten Activity for St. Mary Religious Education students.

Tuesday, March 12
Lenten Confessions for Grades 3-8 Religious Education students at HCA,

Saturday, March 16
SPRED classes in the PLC 10am-12noon

Monday to Wednesday, March 18-20
Religious Education Classes, Last Week of Classes before Easter Break

Saturday, March 23
SPRED classes in the PLC 10am-12 noon

Saturday, March 23
Catechist Certification Classes in the St. Joseph House 9:30am-3:30pm

Monday to Wednesday, March 25-27
No Religious Education Classes, Easter Break

Friday, March 29
Good Friday

Sunday, March 31
Easter Sunday

Monday to Wednesday, April 1-3
No Religious Education Classes, Easter Break

CRS RICE-BOWL



Located in Southeast Asia between the Pacific and Indian Oceans, Indonesia has beautiful beaches, diverse cultures and nearly 280 million people—the fourth highest population in the world!

Many of the country's more than 17,000 islands are in the Ring of Fire, a region around the rim of the Pacific Ocean where volcanic eruptions and earthquakes are common. Climate-related disasters such as cyclones also threaten the islands and are becoming more frequent and destructive.

Strong rains and wind from these storms—combined with long periods without rain, called drought—make it difficult for people like Evita Tiro Wada to grow food. Evita and her family live on Flores Island, where she keeps a home garden for food and income.

To help her family and community become more resilient against natural disasters and have more reliable access to food, Evita participated in a Catholic Relief Services' program, through which she joined a disaster preparedness group. The group helps their community stay safe during emergencies like cyclones and earthquakes. They created a system to warn people to evacuate and identified evacuation routes, assembly points and resources they can use during a crisis.

The group also maintains a community garden. They grow vegetables like beans, eggplant, and water spinach to provide healthy food for their families. They use a drip irrigation system that conserves water so the vegetables can grow even during a drought. Evita and her group members use the garden to teach people from other communities how to start their own.

To protect their garden from the wind and prevent erosion from the ocean waves, Evita and her group planted trees. They also cleaned up the river and other areas in their town by picking up trash, which helped prevent flooding.

Evita says, "When I first joined the village disaster preparedness group, I thought, 'What will I do or give to help the community?' After I've been involved, I see the benefits of what the community and I did." [crsricebowl.org/stories-of-hope/week-4](https://www.crsricebowl.org/stories-of-hope/week-4)



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. VBS will be held **July 15-19, 2024**. The VBS theme is: *A Wilderness Adventure Through the Sacraments*.

our parish happenings

UNBOUND

HEART OF THE FATHER

Freedom in Christ Conference

Based on the 5 Keys to Freedom by Neal Lozano

- Are you anxious or fearful?
- Holding on to past hurts?
- Stuck in a cycle of sin?
- Feel that you are “no good”?

**Receive the freedom and love
that Christ intends for you!**



ST. MARY
of the
IMMACULATE
CONCEPTION
Roman Catholic Church

For more
information:
stmaryfred.org
540-373-6491

March 15-16, 2024

Friday, March 15 6:30pm-9pm

Saturday, March 16 8:00am Mass
8:30am-6pm

Holy Cross Academy

250 Stafford Lakes Parkway
Fredericksburg, VA 22406

\$80
per person

Includes food & materials
Financial aid available

Register



<https://bit.ly/3vQ8B0U>

fr. renner's mission trip

Last week I was away on a mission trip with young adults from all over the Diocese in Piura, Peru. We were building houses, distributing food and clothing, teaching children, and celebrating the sacraments in the various 30 neighborhood chapels in the parish. Our time in the hot desert led to two good Lenten reminders. In the face of poverty, there is little more we need in the world than Jesus Christ. Many families are in dire need and have very little, even by way of housing, yet they had great joy in attending Mass and receiving a priest to their house for a blessing. The second was the universality of the Church. Although I was in a different hemisphere, God's answer to our humanity was the same, His Church. Whenever I began the various rites, I felt right at home providing the sacraments for those in need. It was a blessing to be there and see the growth in the missionaries I went with. However, I will say I am very happy to be back home at St. Mary with the people I know God wants me to serve, and not sweating through my shirt every other hour.



lent and easter schedule

STATIONS OF THE CROSS & CONFESSIONS

Stations of the Cross | Every Friday of Lent

6:30pm & 7pm (Spanish) in the church

Regularly Scheduled Confessions

Every Wednesday from 11:30am-12pm, and from 6:30pm-8:30pm; and every Saturday from 8am-8:30am, and 3:30pm-4:30pm

ADDITIONAL LENTEN CONFESSIONS

Monday, March 18 | 11:30am-12pm, 6:30pm-7pm

Wednesday, March 20 | 11:30am-12pm, 6:30pm-7pm

Friday, March 22 | 11:30am-12pm, 6:30pm-7pm

Monday, March 25 | 11:30am-12pm, 6:30pm-7:30pm

Tuesday, March 26 | **ONLY** at 6:30pm-7:30pm

Wednesday, March 27 | 11:30am-12pm, 6:30pm-7:30pm

PALM SUNDAY OF THE LORD'S PASSION

Palms are distributed and blessed at All Masses

Saturday, March 23

5pm and 7pm

Sunday, March 24

7am, 8:30am, 10:30am, 12:30pm,
2:30pm Spanish, 5pm, and 7pm

Sunday March 24

AT HOLY CROSS ACADEMY

250 STAFFORD LAKES PARKWAY FREDERICKSBURG 22406

8:30am and 10:30am

HOLY THURSDAY

Thursday, March 28

8am Morning Prayer and Office of Readings in the Church

7:30pm Evening Mass of the Lord's Supper at the Fredericksburg Expo Center followed by Adoration in the Parish Life Center (PLC) until 11:45pm

11:45pm Night Prayer in the Parish Life Center

GOOD FRIDAY

Friday, March 29

8am Morning Prayer and Office of Readings in the Church
12pm-3pm The Tre Ore The Seven Last Words of Christ at the Fredericksburg Expo Center

3pm Passion and Veneration of the Holy Cross at the FXBG Expo Center

6:30pm Stations of the Cross at the FXBG Expo Center

7:15pm Stations in Spanish at the FXBG Expo Center

8pm Night Prayer in the Church

HOLY SATURDAY

Saturday, March 30*

***NO CONFESSIONS ON SATURDAY**

8am Morning Prayer and Office of Readings at the FXBG Expo Center

11am Blessing of Easter Food at the Church

8:30pm The Easter Vigil at the FXBG Expo Center

EASTER SUNDAY

Sunday, March 31

**ALL EASTER MASSES ARE AT THE
FREDERICKSBURG EXPO CENTER**

2371 CARL D. SILVER PKWY, FREDERICKSBURG VA 22401

8am Easter Mass at the FXBG Expo Center

10:15am Easter Mass at the FXBG Expo Center celebrated by Most Rev. Michael Burbidge, Bishop of Arlington

12:30pm Bilingual Easter Mass at the Expo Center

our parish
happenings

SAVE THE DATE

ST. MARY OF THE IMMACULATE CONCEPTION

PARISH PICNIC

CELEBRATING HOLY CROSS ACADEMY'S 25TH ANNIVERSARY!

FORMING, SAINTS, SCHOLARS AND LEADERS

SATURDAY, APRIL 20TH

4-8PM | FIREWORKS START AT DARK

FIREWORKS PRESENTED BY COLDWELL BANKER ELITE

FREE
EVENT!

"BEHOLD I MAKE ALL THINGS NEW"
GROUNDBREAKING CEREMONY

SOMETHING FOR EVERYONE!

LIVE MUSIC, ROCK CLIMBING WALL, MOON BOUNCE,
FACE PAINTING, FOODS & DRINKS!

JOIN US AT HOLY CROSS ACADEMY - 250 STAFFORD LAKES PARKWAY

VOLUNTEERS NEEDED

VOLUNTEERS NEEDED! TO SIGN-UP VISIT [BIT.LY/3P8XPOF](https://bit.ly/3P8XPOF)
QUESTIONS: CONTACT ANTHONY DEMAIO ANTHONY.DEMAIO85@GMAIL.COM



our parish happenings

St Mary Young Adults

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 Tyler at stmaryyava@gmail.com - we would love to have you!

Public Rosary

Join other parishioners at noon in front of St. Mary on Saturday (3rd Saturday of the month) too pray the Rosary as requested at Fatima by our Lady for Peace. RSVP to michaelgkasey@verizon.net. Our next meeting will be March 16 at noon.

St Mary's Singles Group

An open invitation to everyone single and 40 years of age or older for monthly group gathering's like dinners, movies, plays, works of charity, prayers, Mass, and other church events. Contact Eileen Walts at emw5348@gmail.com to get on the email newsletter list.

Meeting monthly to plan events at Wegmans upstairs meeting space at 10am. Next meeting is Saturday, March 23 at Wegmans – upstairs meeting area.

St. Mary Book Club

Our next meeting will be Tuesday, March 12 at 10am in the Father Don Rooney Community Room. Our selection is another timely one - Purgatory is for Real: Good News about the Afterlife for Those Who Aren't Perfect Yet by Karlo Broussard. The author gives you evidence that purgatory is neither contrary to Scripture nor some fantastical dogma that Rome invented. Come along and be encouraged! All are welcome.



Come Join Us April 7th!

David Uschold, our fabulous music director's last day is April 7th. Join us in song at the 10:30am Mass (practice 9:50am in the PLC) followed by a farewell reception.

CCW to Hear From Lance Carrington

Lance Carrington, Executive Director of the Guadalupe Free Clinic in Colonial Beach, will be our special guest at this month's meeting of the St. Mary Council of Catholic Women. Please join us at 10am on Tuesday, March 19, in the Father Rooney Community Room on the church courtyard. We will have a brief business meeting, an opportunity to buy chances in a 50/50 \$\$ drawing, and refreshments. (Any and all contributions to the snacks table will be welcome.) Lance will join us for his presentation at about 10:30am. All parishioners are welcome; we hope to see you there! If you would like to serve on our nominating committee—or nominate yourself for any of our officer positions, please contact President Adele Falardeau at (757) 277-6076 or asfalardeau49@gmail.com. Research the offices by visiting stmaryccw.org and clicking on "Find Out More" at the bottom of the home page. Please consider volunteering, for "together we accomplish great things."

KNIGHTS OF COLUMBUS #4034 PRESENT

St. Patrick's Family Dinner

SATURDAY, MARCH 16
5-8PM IN THE PARISH LIFE CENTER

Adults/Teens: \$15 ||| Seniors (60+) \$12 ||| Children (7 to 12) \$10
MAXIMUM COST PER FAMILY: \$40.00.

Cash Bar (beer and wine). Must be 21 years of age or older to purchase or consume alcohol. All alcohol must be consumed on premises.

MENU
IRISH SODA BREAD, CORNED BEEF, CABBAGE,
RED POTATOES, DESSERT

ALL PROCEEDS WILL BE USED TO UPGRADE
THE PARISH LIFE CENTER KITCHEN EQUIPMENT

our parish happenings

St. Augustine Chastity Integration Group

What?

In-Person Therapy Support
Group

Where?

Catholic Charities Family
Services Bldg 1101 Stafford
Ave Fredericksburg, VA [at
house left side of St. Mary's
IC Church]

When?

Resuming Mon Mar 11th to
Mon June 10th for 12 weeks
from 5:30pm to 7pm

Who?

Any Male 18+ and older
Confidentiality will be
strictly protected.

Manna Project FOOD DRIVE is next weekend: March 16th and March 17th.

Please help us fight hunger next weekend! Bring non-perishable items or monetary donations to Mass at St. Mary or Holy Cross Academy next weekend, March 16 and 17. For every \$10 donation, the Fredericksburg Regional Food Bank is able to provide 20 meals for hungry families. Checks should be made out to St. Mary Catholic Church. All non-perishable food items and toiletries collected will help the Food Bank provide nutritious food and supplies to the 31,000 people living in poverty in our community. Thank you for your support!

Legion of Mary Auxiliaries

We are pleased to announce that the Acies Ceremony will occur on Saturday, March 23 at St. Anthony's Catholic Church in King George, VA. The day will begin with a Latin Mass at 9am, followed by the Acies ceremony at 10:15am in the Church. After the ceremony, you are invited to a luncheon in the St. Anthony's Fellowship Hall. No RSVP is required, and you don't need to bring anything.



**ADORACIÓN
EUCARÍSTICA**

HABRÁN CONFESIONES

MARTES 12 DE MARZO | 7:00PM

ST. MARY OF IMMACULATE CONCEPTION

EL SEÑOR PERDONA TUS PECADOS Y CURA TUS ENFERMEDADES;
ÉL RESCATA TU VIDA DEL SEPULCRO Y TE COLMA DE AMOR Y DE TERNURA. SALMO 103:3



our parish youth ministry

Month of St. Joseph
March 2024
Youth Ministry Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1 MS YOUTH GROUP	2 HS FIGHT CLUB
3 WORKCAMP FORMATION	4	5	6 YOUCAT	7	8 SENIOR MINISTRY	9 MS FIGHT CLUB
10 HS YOUTH GROUP	11	12	13 YOUCAT	14 FEMININE GENIUS	15 MS YOUTH GROUP	16 HS FIGHT CLUB
17 HS YOUTH GROUP	18	19	20 YOUCAT	21	22	23 MS FIGHT CLUB
24 HS YOUTH GROUP	25	26	27 YOUCAT	28 NO FEM. GENIUS	29 CROSS	30 NO FIGHT CLUB
31 NO HSYG EASTER	1	2	3	4	5	6

HIGH SCHOOL YOUTH GROUP (9th-12th)

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

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!

HIGH SCHOOL FIGHT CLUB (9th-12th BOYS)

1st & 3rd Saturdays, 6:30-8:00am
Parish Life Center
Explore what it means to be a Man of God!

MIDDLE SCHOOL FIGHT CLUB (7th-8th BOYS)

2nd & 4th Saturdays, 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!



@stmarycym



flocknote

IMPORTANT CHANGE TO FIGHT CLUB

Starting in Lent, Fight Club will have a new schedule:

HIGH SCHOOL BOYS (9th-12th grade) will meet on the 1st and 3rd Saturday of the month

MIDDLE SCHOOL BOYS (7th & 8th grade) will meet on the 2nd and 4th Saturday of the month

This will help focus conversations and foster better small group communities!

our diocese
happenings

*Join Bishop Burbidge
and his brother bishops at the*

10TH NATIONAL EUCHARISTIC CONGRESS

INDIANAPOLIS
JULY 17-21, 2024

Diocese of Arlington



Participate in this pivotal moment in the Church and draw into a deeper intimacy with our Lord. Join our diocese by registering today! Scan the QR code or click Book Now to attend this historic event.



[BOOK NOW!](#)



our diocese happenings



NATIONAL Eucharistic Congress

Adult Pricing*

\$949

Triple/Quad

\$1,149

Double

\$1,649

Single

*Price per person for the
next 50 people to register

Family Pricing

-\$300

off prices above for children
ages 3-12

FREE

for lap children (0-2) when
rooming with two paying
adults in double occupancy

A CATHOLIC EXPERIENCE UNLIKE ANY OTHER

This historic 5-day gathering of missionary disciples will be a new Pentecost, a powerful anointing and personal commission to invite others to know Christ.

Tour Inclusions

- NEC Congress Pass (5 Days)
- Four (4) nights' accommodations in Indianapolis
- Continental breakfast daily (pending hotel allocation)



Optional Air Package (selection to be made during registration)

- Roundtrip flights from Arlington to Indianapolis

Tour Does Not Include

- Meals and beverages not specifically identified
- Items not specifically mentioned above



3 Step Registration Process

1. Scan the QR Code on the cover of the flyer or click [HERE](#) to access our online registration site.
2. Follow the prompts to enter your personal information, select your rooming configuration, enter payment information, and acknowledge our terms and conditions.
3. Upon completion, you will receive a confirmation email with your diocesan code and a video tutorial providing instructions for finalizing your registration on the official National Eucharistic Congress' website.



Payment Schedule:

\$750 per person deposit due upon registration

Remaining balance due April 17th, 2024

All payments are non-refundable. By registering for this tour, you understand and agree to CTS Terms and Conditions and accept our CTS Liability Release. All cancellations must be received in writing.

Travel Insurance: Cancel for any reason ("CFAR") travel protection is highly recommended

See Travel Insured link: www.travelinsured.com/agency?agency=47907&p=CTS21



CORPORATE
TRAVEL

866.468.1420 | NEC@CTSCENTRAL.NET



NATIONAL
Eucharistic
Congress

operations given in love

Donations Received February 13 - 20

Sunday Offertory	\$25,445.68
Church in Central/Eastern Europe	\$10,624.00
Black & Indian Missions	\$6,727.00
Parish Debt Reduction	\$220.00

Donations Received February 21 - 26

Sunday Offertory	\$34,408.50
Micah Love Your Neighbor	\$4,281.00
Church in Central/Eastern Europe	\$150.00
Black & Indian Missions	\$360.00
Parish Debt Reduction	\$560.00
Poor Box for St Vincent de Paul	\$599.00

Faith Direct Donations February 15

Sunday Offertory	\$20,759.00
Arlington Catholic Herald	\$257.00
Black & Indian Missions	\$350.00
Parish Debt Reduction	\$785.00
Church in Central/Eastern Europe	\$365.00
Micah Love Your Neighbor	\$375.00

The Second Collection on March 16 & 17 is for Parish Debt Reduction. Thank you for your generosity!

Pro-Life Reflection

Lent is a time to pray for the catechumens of the Church who are preparing to be baptized at the Easter Vigil. The rest of us will renew our Baptismal Promises. In these vows, we reject the empty promises of the devil. One of those empty promises is abortion. *Thank You, Lord, for the power of baptism in my life by which I am able to affirm life each day against the power of death.*

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 socio-economic 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.



Easter Flowers

REMEMBER SOMEONE YOU LOVE,
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A DONATION FOR OUR BEAUTIFUL
EASTER FLOWERS. ENVELOPES ARE
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Pilgrim Virgin Statue

Please add the attached picture of the Blessed Mother. Can you please include in the bulletin for the next eight weeks.

If your family would like the Blessed Mother to visit your home, please call or email Mary Lou Felts to schedule a time. 571-723-3333 or maryloufelts@gmail.com.



liturgy daily bread

Saint Mary Prayer List - March

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

Albert Leander Cabudil, Chris Breth, David Smetek, Drew LoRusso, Jack Smith, Jason Stoker, Jennifer Redman Davis, Jessica Ingram, Joanne O'Brien, Karl Eugene, Kathy Rice, Maryjane McMary, Michael Fedowitz III, Michael John Gallagher, Nancie Ames, Sarah Scannell, Shirley Bozicevic, William Pell

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, 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, Elijah Hornback, Dominic Marsillo, Fr. Sean Koehr, Staff Sergeant Sean Walker Brown, Matthew Sampson

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.

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 6-7pm and are open to the public at large. For more information **call or text Wayne (540)840-5230 or Wanda (540)538-6978**

Daily Mass Intentions

March

11 MONDAY

6:30am Cornelius Hegarty+
9:00am John Wrobel+
Is 65:17-21/Jn 4:43-54

12 TUESDAY

6:30am Estella Stock+
9:00am Virginia Clay+
12:00pm Frances Boczoń
Ez 47:1-9, 12/Jn 5:1-16

13 WEDNESDAY

6:30am Caroline Prohaska
8:15am* Luis Martin Garcia+
9:00am Stephen Stock+
12:00pm Jose Bonilla+
Is 49:8-15/Jn 5:17-30

14 THURSDAY

6:30am Samuel Reyes+
9:00am Mary Anne Wehrum+
Ex 32:7-14/Jn 5:31-47

15 FRIDAY

6:30am Thomas P. Vavrick+
9:00am Catie Espiritu
Wis 2:1a, 12-22/Jn 7:1-30

16 SATURDAY

9:00am Virginia Lee Marengo+
5:00pm Christine G. McWhirt+
7:00pm For Our Parish
Jer 11:18-20/Jn 7:40-53

17 SUNDAY

7:00am Julia and Sandra Alvarez
8:30am Jose David Bonilla+
8:30am* Mary Ann Seidlinger
10:30am Sarah Radel
10:30am* The Wolf Family
12:30pm Mary Jo and Tom Mathew
2:30pm Jose Bonilla+
5:00pm Theresa Zaunick
7:00pm Mary Tuat Thi Nguyen+
Jer 31:31-34/Heb 5:7-9/Jn 12:20-33

** 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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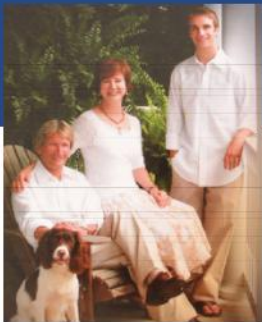
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