

PALM SUNDAY OF THE PASSION OF THE LORD

April 13, 2025



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

capital campaign

grow our legacy in faith

The Divine Mercy Message and Devotion

The Divine Mercy message is simple. It is that God loves us - all of us. And, He wants us to recognize that His mercy is greater than our sins, so that we can call upon Him with trust, receive His mercy, and let it flow through us to others.

The Great Mercy Pope

In his writings and homilies, St. Pope John Paul II has described Divine Mercy as the answer to the world's problems and the message of the third millennium. He beatified and canonized Sr. Maria Faustina Kowalska, a nun associated with the message, and he did it in Rome and not in Poland to underscore that Divine Mercy is for the whole world. He also surprised the world by establishing Divine Mercy Sunday (the feast day associated with the message) as a feast day for the entire Church. This year, Divine Mercy Sunday falls on April 27, 2025.

The Chaplet of Divine Mercy as a Novena

The Chaplet of Divine Mercy can be said anytime. The Lord, though, asked that it be said as a novena starting on Good Friday for nine days and ending on Saturday before Divine Mercy Sunday. **The Lord told St. Faustina: "By this Novena (of Chaplets), I will grant every possible grace to souls" (796).** We can pray the Chaplet of Divine Mercy for our

own intentions or we can offer it together with the prayers in the Novena to Divine Mercy for the intentions dictated by our Lord to St. Faustina. **To pray the daily novena prayer, search: The Novena to Divine Mercy - Day 1. Then, don't forget to recite the Chaplet of Divine Mercy!**

For each of the nine days of the novena, our Lord gave Saint Faustina a different intention:

All mankind, especially sinners; the souls of priests and religious; all devout and faithful souls; those who do not believe in God and those who do not yet know Jesus; the souls who have separated themselves from the Church; the meek and humble souls and the souls of little children; the souls who especially venerate and glorify His mercy; the souls detained in purgatory; and souls who have become lukewarm. **"I desire that during these nine days you bring souls to the fountain of My mercy, that they may draw therefrom strength and refreshment and whatever grace they have need of in the hardships of life, especially at the hour of death" (Diary, 1209).**

"Share" opportunities available

In response to requests from parishioners who want to support purchasing larger items, such as the altar and stained-glass windows, we have created manageable "shares" on some items so that several families can co-sponsor a memorial opportunity.

Divine Mercy Adoration Chapel

St. Mary's Church

Pews

3 shares/\$5k each

Stained Glass Windows* (2)

\$25k each

More items may be identified as we finalize the design of the Adoration Chapel.
*Subject to final design approval by the Bishop.

Contact Us - Availability is limited

Memorials are supplemental to your generous pledge. Thank you!

These opportunities are on a first-come, first-served basis.

All memorials will be acknowledged on our Holy Cross Academy cafeteria memorial wall.

Please get in touch with Donna Harring at the Parish Office at 540-373-6491.



from our pastor

Dear folks,

It is already Palm Sunday... I can hardly believe it, and I am ready to shave this beard come Easter! I know that many folks say, "keep the beard!" But as the weather warms up, I find having a beard to be miserable! By the end of Lent, it has become the penance that I joke about it being on Ash Wednesday! When Jesus rises from the dead, so will my face!

This week, I give you the words of our Holy Father Pope Francis at a Vatican Penance service:

The Sacrament of Reconciliation, in fact, allows us with confidence to draw near to the Father, in order to be certain of His pardon. He really is "rich in mercy" and extends His mercy with abundance over those who turn to Him with a sincere heart...To be touched with tenderness by His hand and shaped by His grace allows us, therefore, to approach the priest without fear for our sins, but with the certainty of being welcomed by him in the name of God, and understood notwithstanding our miseries. Coming out of the confessional, we will feel God's strength, which restores life and returns the enthusiasm of faith.

Good words to hopefully strengthen your hearts as you make plans to prepare your soul for Holy Week.

Please remember that almost all of our Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday celebrations will be at the Fredericksburg Convention Center. It's name is new, but it is the same place we have been for many Easters. I am proud of the work that staff does so that it is beautifully set up so that we can reverently worship the Lord!

pax,



Very Reverend John P. Mosimann V.F.
Pastor

PLEASE JOIN US FOR OUR MOTHER'S DAY BREAKFAST

SPONSORED BY THE KNIGHTS OF COLUMBUS #4034

Sunday, May 11 | 8 am - noon | Parish Life Center

We will also be holding a Baby Bottle Campaign and will collect items for Mary's Shelter. Please bring any donations (diapers, formula, wipes, etc.) to the Parish Life Center during the breakfast.

The breakfast is open to the public. Donations appreciated.

Please join us and treat your Mom this Mother's Day!

announcements

St. Mary Coffee & Donut Shop

Following ALL Morning Masses

Come and enjoy some
fellowship!



*We're here to
Serve*

We are in need of **USHER'S** at St. Mary. If you are willing to help, please reach out to Tom Fish at headusher@stmaryfred.org

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
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, Retired

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

MUSIC

Joseph Ciskanik
Director of Music, musicdirector@stmaryfred.org
Assistant, Music Ministry, Emily D'Isidoro

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, Dr. Katherine Evans
Administrative Assistant, Lori Barlow

YOUTH MINISTRY

Director, Tatiana Beltran
Assistant Youth Minister, Catie Espiritu

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)

Director, Dr. Katherine Evans
kevans.stmaryfred@gmail.com

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

Preparing for Easter

At preschool this month, we are participating in a number of long term projects. To prepare for Easter, the children are collecting coins when they help out at home, sharing special prayer intentions, and participating in acts of kindness. The children are also really into March Madness preschool style - we call it the Battle of the Books. We can't wait to see which picture book will reign supreme!

We have also been learning about transportation, weather, and spring. We get to do so many fun activities with these themes. From making our own cars out of boxes and driving them on a virtual racetrack to doing cool experiments where we take a close look at rainbows, clouds, and the water cycle - preschool is definitely the place to be for fun and learning!

Enrollment for the 2025-2026 school year is now open. With us moving up to the "big school" next year, there are options for both partial day and extended day preschool and prekindergarten, but spots are going fast! If you have a three or four year old child, please contact our preschool director, Mrs. Sheri Castellarin via phone at 540-373-7553 or by email at preschool@holycrossweb.com to learn more about our programs.



A National
Blue Ribbon
School of
Excellence



our parish triduum 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

Tuesday, April 8 | 6:30pm-7pm

Thursday, April 9 | 6:30pm-7pm

Monday, April 14 | 11:30am-12pm, 6:30pm-7pm

Tuesday, April 15 | 6:30pm-7:30pm

Wednesday, April 16 | 11:30am-12pm, 6:30pm-7:30pm

PALM SUNDAY OF THE LORD'S PASSION

Palms are distributed and blessed at All Masses

Saturday, April 12

5pm and 7pm

Sunday, April 13

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

Sunday, April 13 at Holy Cross Academy

8:30am and 10:30am

**ALL TRIDUUM MASSES ARE TAKING PLACE AT THE FREDERICKSBURG EXPO CENTER
2371 CARL D SILVER PKWY, FREDERICKSBURG, VA 22401**

HOLY THURSDAY

Thursday, April 17

8am Morning Prayer and Office of Reading | Church
7:30pm Evening Mass of the Lord's Supper | Expo Center
9-11:45pm Adoration | Parish Life Center
12am Night Prayer | Parish Life Center

GOOD FRIDAY

Friday, April 18

8am Office of Reading and Morning Prayer | Church
12-2:30pm The Tre Ore | Expo Center
3pm The Passion & Veneration of the Cross | Expo Center
6:30pm Stations of the Cross | Expo Center
7:15pm Stations of the Cross in Spanish | Expo Center
8pm Night Prayer in the Church

HOLY SATURDAY

Saturday, April 19*

8am Office of Reading and Morning Prayer | Expo Center
11am Blessing of Easter Food | Church
8:30pm The Easter Vigil | Expo Center

EASTER SUNDAY

Sunday, April 20

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

2371 CARL D. SILVER PKWY, FREDERICKSBURG VA 22401

8am Easter Mass | Expo Center
10:15am Easter Mass | Expo Center
12:30pm Bilingual Easter Mass | Expo Center

our parish sign-up sunday



SPRING SIGN-UP SUNDAY!

WE NEED YOU! Several of our ministries are seeking more members in order to complete their good work. Please consider sharing your gifts and talents this lent by saying YES! and reach out directly!

EDUCATION

Holy Cross Academy – JOIN OUR FANTASTIC TEAM!

Faculty & Staff OPENINGS 2025-2026 School Year
Seeking Substitute Teachers ENROLLMENT FOR NEXT YEAR IS UNDERWAY! Hurry space is limited!
Contact: Angie Tomayko, atomayko@holycrossweb.com

SCRIP Program

A gift card purchase program that directly benefits Holy Cross Academy, making Catholic education more affordable to families. Volunteers sell the cards following weekend Masses (30 minutes only) Training available.
Contact: Lloyd Keeton, scripcoordinator@holycrossweb.com

Religious Education – Faith Formation

Catechists & Aides needed to assist in our children's faith formation. A love of faith and children is required and a desire to be in an environment where Christ is our focus.
Director: Aristides Lucas, alucas@stmaryfred.org

Order of Christian Initiation for Adults (OCIA)

Join our faith formation team of committed small group leaders and assist those seeking to enter the Catholic Church. We need volunteers that are willing to share their love of Christ and the Catholic faith and encourage and listen to others.

Director: Katherine Evans, kevans@stmaryfred.org

Vacation Bible School (VBS)

We create a fun-filled environment where children are immersed in a particular bible theme. A love for children and a kind spirit!

VBS is scheduled for August 4-8, 2025!

Coordinator: Katherine Resendez,
katherine.m.resendez@gmail.com

YOUTH MINISTRY

Adult Dinner Teams

Help plan and prepare a meal for our youth group. Join a dinner team and serve every 2-3 months!
Contact: Kerry Feroldi, cymdinners@gmail.com

Welcoming 8th Graders!

Now is the time to join youth group! Once you receive the sacrament of Confirmation, you are welcome to join this AMAZING program!

Director: Tatiana Beltran, tbeltran@stmaryfred.org

LITURGY

Music Ministry

Welcoming singers and instrumentalist who want to share their gifts to help foster the sung prayer in our parish. Share your talents!

Choirmaster: Joseph Ciskanik, musicdirector@stmaryfred.org

our parish sign-up sunday

Greeters

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

Coordinator: Pat Fish, patfish53@gmail.com

Ushers

Provide assistance to our fellow parishioners during regular Masses, Holy Days and liturgical events. This assistance includes a variety of tasks, such as; extending a greeting to all who enter, seating people, assisting with the collection and during Holy Communion and distributing bulletins after Mass.

Coordinator: Tom Fish, headusher@stmaryfred.org

OPERATIONS

HELP NEEDED TO SET-UP/TEAR DOWN FRED EXPO CENTER FOR TRIDUUM CELEBRATIONS!

Director: Chris Lanzarone, clanzarone@stmaryfred.org

PARISH LIFE

St. Vincent de Paul

Seeking volunteers to offer interviews, prayers and emotional support to help the poor in our area find a way out of emergency situations while planning for a sustainable way forward. Training is provided. Thursday evening hours.

Contact: Bill Smith, bsmith170@cox.net

Catholic Council of Women

All women registered in the parish are members! Join us for our monthly meetings and get connected to the fabulous women in our parish, supporting many good programs in our community and each other!

Contact: Arlene Rager, President, hrager@cox.net

Knights of Columbus

What does it mean to be a Knight? We are Catholic men who lead, serve, protect and defend. We share a desire to be better husbands, fathers, sons, neighbors and role models. And put charity and community first. If this sounds like an organization that you would like to be a part of, reach out today!

Contact: Grand Knight, Mark Gardner, gkkofc4034@gmail.com

Legion of Mary

Seeking members to visit the sick, elderly and lonely in our parish. Bringing Christ's joy to our community. Weekly meetings.

Contact: Donna Harring, donnaharring2@gmail.com

That Man is You (TMIY)

Interactive men's program focused on developing authentic male leadership. Each week we encourage men to grow in the image of Christ to strengthen our families and communities.

Contact: Peter Paquette, paquettepeter@yahoo.com

Seven Sisters Apostolate

Join one of our prayer teams committed to praying for our priests at a Holy Hour of Eucharistic Adoration weekly. We intercede for their needs and support their vocation and ministry. A true gift.

Contact: Kara Horne, karahorne@gmail.com

En Español

Legión de María

Buscamos más miembros para visitar a los enfermos, ancianos y personas solitarias. Nos reunimos semanalmente para orar y formarnos para servir.

Contact: Samuel Meza, samuelseza1230@gmail.com

Grupos de Oración Confiados en Jesús y María

Se reúnen semanalmente en asamblea de oración y alabanza, el rezo del rosario, la escucha de la palabra y formación. Viernes 7pm

Contact: Gustavo Guzman, gustavoguzmansilva74@gmail.com

Grupo Mariano

Se reúnen para orar, rezar el rosario, cantar y reflexionar la palabra de Dios. Toda la familia esta bien venida.

Lunes 7-9pm

Contact: Gustavo Guzman, gustavoguzmansilva74@gmail.com

Grupo de Jovenes ~ Adultos de 21-40

Buscamos más miembros para nuestro grupo de jóvenes adultos. Nos reunimos cada domingo para orar, aprender y servir a la comunidad.

Contact: Marina Lopez, mariperezjimenez48@gmail.com

our parish resources



This Week on Formed

Week of April 13, 2025



Triduum: A Spiritual Pilgrimage

Triduum: A Spiritual Pilgrimage cinematically walks through the locations of the Holy Week story, representing the most important days of human history. Immersed in the Holy Land, the pilgrim is brought tangibly nearer to the story, the landscape, and the reality of the Passion, Death, and Resurrection of Jesus Christ.



The Last Days: The Passion and Death of Jesus the Christ w/ Jonathan Roumie

This filmed presentation of the theatrical production movingly recreates the final moments of Jesus' earthly ministry as a teacher through His crucifixion and death. The play has been seen by thousands worldwide, not only as a live performance but also in live streams and televised broadcasts.



How to make a Palm Sunday Cross

Have you ever wondered how to make a cross with palms? Join Lyn Dam from the Archdiocese of Denver on how to make a palm leaf cross for Palm Sunday!

Our parish has a Formed subscription.
Visit signup.formed.org and select our parish name.

OUR PARISH SUBSCRIPTION CODE: F6F228

our parish
youth ministry

Big Board Fundraiser!
to benefit WorkCamp



April 26 and 27

Take a number from the "Big Board" outside of all Masses and make a donation in that amount to help our WorkCamp teens make homes warmer, safer, and drier this summer!

Thank you for your generosity!



You can choose to be entered into a raffle for our handcrafted Adirondack chairs once for every \$10 you donate!

our parish march for life

A Profound Witness to Faith and Life

On Wednesday, April 2nd, over 50 of our middle school students made a heartfelt journey to Richmond to participate in the Virginia March for Life. By uniting in prayer and action, they stood boldly for the beauty and dignity of every human life. This event provided a powerful opportunity for our students to live out their faith and to embody the mission of the March for Life: promote the beauty and dignity of every human life by working to end abortion- uniting, educating, and mobilizing pro-life people in the public square. Their advocacy reflects the deepest values of Holy Cross Academy, grounded in faith and compassion.

We are deeply thankful to Mrs. Tomayko, Ms. Olsen, Mr. Krueger, and our devoted parent volunteers for their generous support and guidance in chaperoning this significant trip. Your leadership exemplifies the spirit of Holy Cross Academy—a community that stands together in faith, courage, and unwavering compassion.

Let us continue to pray for the protection of life in all its stages and to remain steadfast in our mission to witness God's love and mercy in the world. May our shared commitment inspire others to embrace the sanctity of life and reflect hope and faith in action.



St. Mary's is FOR LIFE

We showed up BIG at the VA March for Life on April 2nd in Richmond and marched together with Governor Youngkin, Bishop Burbidge and thousands standing up for the culture of life in VA. Thank you to many who travelled and those who were united in prayer with us. May we continue to stand for life in all stages! God bless you!

our parish happenings



American Heritage Girls Eucharistic Patch

On Saturday, March 29, girls from American Heritage Girls AHG VA0128 help a Eucharistic Revival badge workshop at St Mary's. A highlight of the workshop was a tour of the sacristy by Father Cozzi. We learned a lot about what the priests do on the altar during consecration. An interesting fact learned was that they change the Eucharist in the beautiful monstrance about once a week. It is really big! There were many laughs from the girls at Father Cozzi's "dad jokes". There was also envy at the moving vestment closet! In addition to the tour, the girls studied and discussed various saints with special devotions to the Eucharist, watched videos on the Mass, and worked together on a project for the upcoming first communion masses. Learning about the Source & Summit of our faith was enlightening, especially as we approach Holy Thursday and the Last Supper.

-By Evelyn Gardner, AHG VA 0129 Explorer unit level member

For more information about AHG, email va0128ahg@gmail.com



JOIN OUR FANTASTIC TEAM!

ASSISTANT DIRECTOR OF RELIGIOUS ED

The Assistant Director of Religious Education provides oversight of evening Religious Education classes (Monday, Tuesday, and Wednesday) and assists with student sacramental preparation and special events. Serves as diocesan liaison to the Office of Child Protection to ensure that all St. Mary's volunteers and staff are compliant.

A Master's degree in Religious Education, Theology, or related field is preferred; Specialized or Master Catechist Certification is required. (This can be completed online within the first year of employment). Must be a practicing Catholic in good standing, age 18 or older, in full compliance with the Office of Protection of Children/Young People. Must be committed to present and witness to the authentic teachings of the Church, and sign an Oath of Fidelity.

The ideal candidate will possess strong leadership qualities and be organized, reliable, detail-oriented, friendly, approachable, and have a heart for children and families. Proficiency in Microsoft Word and Excel is required. Bilingual in Spanish/English is preferred.

ADMINISTRATIVE ASSISTANT

The Administrative Assistant handles all administrative tasks of the Religious Education Office including registration, maintaining student files, recording attendance, and placing supply orders. Schedule will include Tuesday evenings and 1-2 Saturday mornings per month, leading the SPRED Program. The ideal candidate will be organized, with extreme attention to detail, and have proficiency in Microsoft Word and Excel. Must be friendly and have a heart for children and families. Bilingual in Spanish/English is required.

Send cover letter and resume prior to April 28 to Fr. John Mosimann at frmosimann@stmaryfred.org.

our parish happenings

Grief Support Group

A grief support group can offer those who are coping with the loss of a loved one:

- Information about the grief process.
- Education on ways to cope with grief.
- Support for sharing grief and memories.
- Opportunities to be with others grieving the death of a loved one.



Family Expressions

2nd Thursday of the month
(beginning April 10th)

6 pm – 8 pm

Meeting location at Stafford Hospital

This ongoing support group is for families with elementary-aged children impacted by the death of a parent or sibling. Parents/guardians and children will attend together.

For questions or to register please contact:

Mary Beaven, LCSW

Mary.Beaven@mwhc.com

540.205.0502

There is no fee to participate in any programming, but registration is required for groups.



Mary Washington

Grief Support Services

GriefSupport.mwhc.com



our parish

noticias en español

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, 3-11
- Preparación de 2 años

CONFIRMACIÓN

- Jóvenes de 6to -8vo grado
- y Secundaria (High School)
- Preparación de 2 años

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

Prepárese Para Emergencias/ Entrenamiento Gratis

04.26.2025

Lugar:

Para Reservar:

Heartsaver RCP/ Primeros Auxilios/ DEA Con certificado (Gratis) 09:00 A.M- 01:00 PM
Rappahannock EMS Council,
Fredericksburg VA
250 Executive Center Parkway,
Fredericksburg VA 22401
Envíe su nombre completo y número de teléfono a Tatiana Pedroza via email tpedroza@va-ems.org

AHA Heartsaver Adulto/ Niño/ Lactante RCP y Primeros Auxilios-Español

El curso de la AHA (pors sus siglas en Inglés) Heartsaver Primeros Auxilios, RCP DEA entrena a los participantes para proveer Primeros Auxilios, RCP y usar un Desfibrilador externo automático(DEA) de una manera segura, rápida y efectiva. Este curso refleja las guías científicas y educativas actualizadas de la AHA para reanimación cardiopulmonar (RCP) y Atención cardiovascular de emergencia (ACE).

¿Quién debe tomar este curso?

Dirigido a personas con poco o ningún entrenamiento médico que necesitan una tarjeta de finalización del curso por exigencias laborales, cuestiones normativas o por otros motivos. Estos cursos también puede realizarlos cualquier persona que quiera estar preparada en caso de una emergencia en cualquier situación.

¿Qué enseña este curso?

- Describir los pasos fundamentales en los primeros auxilios
- Emergencias médicas
- Heridas de emergencia
- Emergencias ambientales
- Prevención de enfermedades y heridas
- RCP para adulto/niños/ lactantes y el uso de un DEA
- Emergencias asociadas con opioide que amenazan la vida

easter flowers for those we love

in memory of..

A Robert Kerr
Adrian Cabrera
Agnes R Flores
Agustin Mendez
Albert Cabudil
Alda Bellotti & Gerald
Alejandra E Garcia
Alexandra Kuchta
Alfio Cardillo
Alice Bartolomucci
Alice Zischkau
All The Faithful Departed
All Who Died Before Baptism
Alvaro Portillo
Amaro Rodrigues
Amelia Rodrigues
Ana Mendez
Angelina Portillo
Angelina Semia
Angelo & Stella Miloni
Ann & John Cunningham
Ann Ban Nguyen
Ann M Jordan
Anna Angelini & Claudio
Anne Azaltovic
Anne Doodan
Anne Marie Walsh
Anthony Thanh Nguyen
Antonia Ma Orlandi
Antonio Coelho
Antonio Duque
Antonio Garcia
Antonio Go
Arch Specht
Ascencio Alvarez
Ashley Magness
Aurlio Cabudil
Awes Duque
Azcue-Balbina Quinto
Barb Pompeii
Barbara Parker
Barbara, Anthony & Anthony Fasulo
Beatriz Romao
Bernadette Dubois
Bernadette Nichols
Bernice E Green
Bette Kennedy
Betty Wright
Bev Keddie
Bill & Dorothy Anderson
Bill & Theresa Morton
Bill Adams , Sr.
Brad Weiss
Brannon Family

Bridget Gallogly
Burke Family
Callisto Semeia
Capt. Donald Mccarthy
Cara Wolfe
Carl Vorder Bruegge
Carmela Casado
Carmen Arevalo
Carmen D Flores
Carol Humenick
Carrera-Fabian Estraden
Cassidy A Lynch
Cecil Daniel
Cesar A Godoy
Charles K White
Charles La Placa
Charles Reedy
Chester Organist
Chris Farrell
Christine Macleod
Cindy Feroldi
Claire & John Mccormack
Clara Egan
Clementing Glaya
Cliff Colleenkilpatrick
Connie Konczyk
Connie Mervine
Daniel C Hall
David Andrew Frasher
David G Faltisco
David Muzzo
David Toigo
Dawn Johns
Debbie Mcgee
Delight & Manny Lifchez
Dennis Regan
Derouin Family
Diane Seile
Dianne Herrin
Dick Family
Dolores Santos
Don Nicholson
Donald Cook, Sr.
Donna Cook Montalbano
Dora Garcia
Doris Larrimoro
Doris May
Dorothy Langmack
Dr Wl & Martha Sewell
Dwayne Albert
Earl & Geraldine Duncanson
Earle Macleod
Ed & Angie Miller
Edward Kopel

Edwin Herr
Edwin J Sherry
Eileen P Mcvicar
Elaine T Macmaster
Eleanor & Paul Kutzner
Elicia Garcia
Elisie Mathes
Elizabeth Hegarty
Elizabeth Henkel
Elizabeth Mccluskey
Ella J Hall
Ellen Maggs
Emiliano Rios-Esteban
Emilio Flores
Enrique & Olga Cabrereo
Enrique Mendez , Jr.
Estela Valle
Ester Tamayo
Ethel Larue
Eugenia O'donnell
Eugoni Bonilla
Evelyn Hagen Locker
Fanny Baggett
Faulkner & Linthicum Family
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Fernando Ruz
Fernando Vazquez
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Freddy Arevalo
Gabriel Bencomo
Gardner Barcinas
George & Emily Lopes
George Hagen Locker
George Nichols
George Stiegler
Geri Simmons
German Sanchez
Gerry & Jean Keogh
Gladys Gorman
Gordon Ruleman, Sr.
Gregg Mervine
Harris Lucas, Jr.
Harvin & Ryckley Families
Heather Wilcox
Hector Gonzalez
Helen Butler



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in memory of..

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Helen Kopel
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Herman Hugh Hiatt
Herman Senterfit
Hue Hoang
Hugh B Graninger
Ilona Bailey
Irene M Desmarais
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Isaiah Green
J Hernandez
Jack & Virginia Morfey
Jack Mackenn
Jackie Morfey
Jacob Dudash
James & Beverly Aldredge
Jane & Paul Anderson
Jane Austin
Janet Intemann
Janice Towne
Jean Weeks
Jeanne & Steve Dewhurst
Jeffrey Hoyle
Jerian & Barbara Wille
Jerry Jones
Jerry Martinez
Jesus Portillo
Jim Matarese
Joan , Paul, Peter & Marie Morin
Joan Herr
Joan M Sampson
Joanna Beger
Joanne L Wetmore
Joe & Virginia Dettori
Joe & Gladys Wilkinson
Joe & Rose Remacle
John & Evelyn Collins
John & Joan Cleary
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John & Nancy Buckland
John & Rose Tholen
John & Susan Zurchik
John Altuater
John Anthony Sewell
John C Deacon
John Childress
John F Finnegan
John L Wharton
John Maier Family
John Mcgee
John Pascarella, Jr.
John Sakovich
John Simons

John, Janet & James Macdougall
Jose A Rivera
Jose E Bonilla
Jose Macicdia Chan
Jose Manuel Garcia
Josefa Reyes
Joseph & Anna Levandowski
Joseph & Helen Faltisco
Joseph & Margaret Conley
Joseph Mc Cary
Joseph Ngon Vu
Joseph Thanh Vu
Joseph Trinh Trung
Joseph Trung Trinh
Joseph Trung Vu
Josephine Kuchta
Josephine Robinson
Juan Fuentes
Julianne Kelsey
Justin S Roscoe
Karen Adams
Katherine & Edwin Bruce
Kathleen Sober
Kathy Fryer Mccomb
Kathy Pitt
Katriona La Pietra
Kattie Rodrigues Pacheco
Kenneth Organist
Kevin Andrew Garrett
King Family
Kramer & Knee Family
Larry Delaney
Laurence Lynch
Len Uller
Leo S Roscoe
Leon & Elizabeth Maciejczyk
Leon Vorst
Lester & Evelyn Latourelle
Lina Musola & Guerry
Lina Musola & Guerry
Linda Hoarle
Lisa Oddy
Lloyd L & Rose Matilda Specht
Lloyd Wright
Lorenzo Samboy
Ly Hoang
Madison Faltisco
Marc Laroche
Marcia Edwards
Margaret & Earl Jackson
Margaret Macleod
Maria A Cruz Barahona
Maria Isabel Rivera
Maria Ngat Vu

Maria Nu Pham
Marian Cabudil
Marietta Peters
Marion Carroll
Mark Willett
Martha Patricia Garcia
Martha Wilcox
Mary Cook
Mary Garlitz
Mary Herron Kazlauskas
Mary Humenick
Mary Mortosewicz
Maryann & Warren Kwiecinski
Maureen Weeks
Mauro Flores
Mel Martinez
Mildred & John Kelly
Mirtala Bonilla
Mom & Dad Cabrera
Mr & Mrs D.L. Douglas
Mr & Mrs Edward Sowa
Mr & Mrs Florencio Martinez
Mr & Mrs George Mcknight
Mr & Mrs John O'connor
Mr & Mrs John Quirke
Mr & Mrs Raymond Hart
Mr & Mrs Sam Picicalli
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Mr Henry St. Pierre
Mr Velma O White
Mrs Emma Belanger St. Pierre
Nelda Keeton
Nhat Hoang
Noon, Petronak & Clem Families
Norm Eline , Sr.
Novick Family
Osterhold Family
Osting & Siebeneck Families
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Patricia Zelanis
Patrick M Clarke
Paul Duhamel
Paul Feroldi
Paul Shebora, Sr.
Peter & Frances Finnegan
Peter J Sampson
Phil Keddie
Ponciana Portillo
Poorbaugh Family
Rafaela Montoya

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in honor of..

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Alyssa, Devon, Sydni, Bruce & Cole
Anemas Avenar
Antonia Duque
Beatriz Gutierrez & Manuelo Castillo
Brittany Durst
Burke Family
Carlos F Martinez
Chris Berte Farrell & Family
Derouin Family
Diaz-Soledad Family
Dr & Mrs Roberto Canizares
Edward Godlewski
Esperanza Martinez
Farrell Pape Family
Father Cozzi
Father Koehr
Father Sina
For The Capital Campaign
Genaro Cabrera
George Goodman
Grace & Thomas Kogler
Grace Sherry
Guacena Family
Hector & Carmen Camacho
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Janet L Brown
Joaquin Cobezas
Joni & Paul Arcuri
Jose David Bonilla
Judy Jones
Kristi Durst
Larry J Brown, Sr.
Laura A O'Leary
Maria De Los Angeles Hernandez
Mery Godlewski
Michael A O'Leary
Michael Avenar
Michalski Family
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Mr & Mrs Alfredo Ortega Montes De Oca
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Mr & Mrs Benjamin Bell
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Mr & Mrs David Belliveau
Mr & Mrs Edward Minniear, Jr.
Mr & Mrs Ernest Dawson
Mr & Mrs Gustav Bjorklund
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Mr & Mrs Harvey Glover
Mr & Mrs John J Tait
Mr & Mrs Jose Antonio Martinez
Mr & Mrs Joseph Alexander
Mr & Mrs Joshua Freeland
Mr & Mrs Juan Chaves
Mr & Mrs Juan Velasquez
Mr & Mrs Juan Zavala
Mr & Mrs Kevin Truong
Mr & Mrs Luis Vaquerano
Mr & Mrs Mario Alas
Mr & Mrs Michael Pukish
Mr & Mrs Peter A Ducas
Mr & Mrs Phoang Nguyen
Mr & Mrs Raul Pena
Mr & Mrs Roderick Estrada
Mr & Mrs Ronald Startzel, Jr.
Mr & Mrs Sosa
Mr & Mrs Stephen L Meyer
Mr & Mrs Thanh-Hai Nguyen
Mr & Mrs William A Temple
Mr & Mrs William F Von Nieda
Mr Adam Vu
Mr Balmoris Diaz
Mr David Gragan
Mr Edward Sheehan
Mr Furman McCormick
Mr George Flynn
Mr Herman Peguese
Mr Hugo & Erika Garrido Ruiz
Mr Jaime Ramirez & Ms Deysin Funes
Mr Jeff Everett
Mr Jose & Yajaira Flores Galeano
Mr Matthew Beck
Mr Mike Bizier
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Mr Richard McMullen
Mr Robert Ochman
Mr Santos Portillo & Ms Natividad Lovo
Mr Thomas Connelly
Mrs Anna Wrobel
Mrs Anne Vossenber
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The Driskill Family
The Francis Family
The Gagne Family
The Gantoch Family
The Gardner & Clark Family
The Gwertin Family
The Perry Family
The Quinn Family
The Very Reverend John Mosimann
Tim Sherry
Toni Vega
Yolanda Hill



our parish
happenings



DATES

- May 30
- June 13
- July 11
- August 8

7:30 PM - 8:45 PM



Music led by St. Mary's parishioner Jeff Mazzone

Exposition

Evening Prayer

Adoration with Music

Benediction

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Donations Received March 26 - 31

Sunday Offertory	\$29,274.86
Catholic Relief Services	\$8,546.00
Manna Food Project	\$7,087.01
Parish Debt Reduction	\$245.00

*Our Second Collection for Easter is our Annual Parish Appeal for Development and Maintenance
Thank you for your generosity!*

Pontifical Good Friday Collection for The Holy Land 800 Years of Franciscan Presence, Care, Service

At this special time of year, the entire Catholic community participates in the support of Christians in the Holy Land. The daily news reminds us of the violence and instability plaguing the Middle East, but we rarely hear of the shrinking Christian community that struggles to remain in the land of Christ's birth, death and resurrection. Since the 13th Century, the Order of St. Francis has been walking in Jesus' footsteps, working not only to make Christianity's holiest sites accessible to all the faithful, but preserving the Holy Land's precious Christian community, the "living stones of the Church", through education and scholarships, charity and assistance to the poor and pastoral ministry in 29 parishes, 4 homes for orphans and 3 academic institutions. The Good Friday Collection is the primary means of support for this work. It is a Pontifical Collection requested by Pope Francis, and your generosity is truly appreciated. For more information, visit myfranciscan.org/good-friday.

Choose Life April

The Passion of Christ was far more horrible than our crucifixes portray. He suffered to rescue the human life He had created, to snatch it from the kingdom of death and bring it into His kingdom of life. Let us remember this Lent that Jesus endured His Passion for every unborn child in the womb. He endured every pain that the unborn might be saved as well as the born. *Lord, lessen my fear and increase my courage, that I may suffer with You for the sake of life.*

Children's Charity - April

The children's charity that will benefit from offerings in April is the Operation Purple Program of the National Military Family Association. When you hear "Operation Purple Camp" you should think: Kids Serve Too! The camps are a time for having fun, making friends, and reminding military kids that they are the Nation's youngest heroes.

The Operation Purple program was created in 2004 to fill a need identified by military parents to "help us help our kids." The mission of the Operation Purple program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment. We do this through a variety of means, including the healing and holistic aspect of the natural world. The program is joint or "purple"—encompassing all Service branches, including the National Guard and Reserve.

Since its creation in 2004, the Operation Purple program has grown to serve nearly 70,000 military children and teens. The Operation Purple program also includes family retreats at national parks and specialized family camps geared to address the needs of children and families of our nation's wounded service members.

For more information, visit their website at militaryfamily.org/programs/operation-purple/

Bishop's Lenten Appeal (BLA) Important Notice Please Do Not Use Faith Direct Electronic Giving for BLA Payments

Thank you for supporting the 2025 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. Thank you.



liturgy

daily bread

Saint Mary Prayer List - April

Please pray for those who are sick or in need, especially: Gennaro Balletta, Bonita and Charles Boyer, Michael Fedowitz III, Ann Graf, Mary Ann Gragan, Sandra Maria Gonzalez, Joseph Krieg, Keith & Theresa Kovalefsky, Jacob Moser, William Pell, Deanie Ryder, Gregory Ruth, Laverne Ruth, Mary Ann Seidlinge, Bernice Schlosser, Jack Smith, Jason Stoker, Haley Venable, Riley Wheaton, Bob Young

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 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, Elijah Hornback, Dominic Marsillo, Fr. Sean Koehr, Staff Sergeant Sean Walker Brown, Matthew Sampson, Kenneth Linstrom, Lt. Gregory Odland

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.

Did you know.... Our parishioners gather every Wednesday at 3pm – The Hour of Great Mercy - to pray the Divine Mercy Chaplet?

All are warmly welcome to spend time in Adoration in the church and join in this powerful devotion.

"Jesus, I trust in You"



Mass Intentions

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.

Daily Mass Intentions

April

14 MONDAY

6:30am Julie Diggs+
9:00am Lillian and Him Khristofferson+
12:00pm Basil Abeyratne+
Is 42:1-7/Jn 12:1-11

15 TUESDAY

6:30am Jack Grey+
9:00am Walter Weir+
12:00pm Don and Joanne Osowski
Is 49:1-6/Jn 13:21-33, 36-38

16 WEDNESDAY

6:30am Carlos Valdez+
9:00am Brad Weiss+
12:00pm Lottie Stanislawski+
Is 50:4-9a/Mt 26:14-25

17 THURSDAY

7:30pm All Priests
Is 61:1-3a, 6a, 8b-9/Rv 1:5-8/Lk 4:16-21

18 FRIDAY

Is 52:13—53:12/Heb 4:14-16:9/Jn 18:1—19:42/
Ex 14:15—15:1/Is 54:5-14/Is 55:1-11/Bar 3:9-15,
32—4:4/Ez 36:16-28/Rom 6:3-11/Lk 24:1-12

19 SATURDAY

8:30pm OCIA Catechumens & Candidates
Gn 1:1—2:2/Gn 22:1-18

20 SUNDAY

8:00am For Vocations to the Priesthood & Religious Life
10:15am For Our Parish
12:30pm For World Peace, Religious Freedom, and the Sanctity of All Life
Acts 10:34a, 37-43/Col 3:1-4/Jn 20:1-9/Lk 24:1-12

** Indicates Mass at Holy Cross Academy.*

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