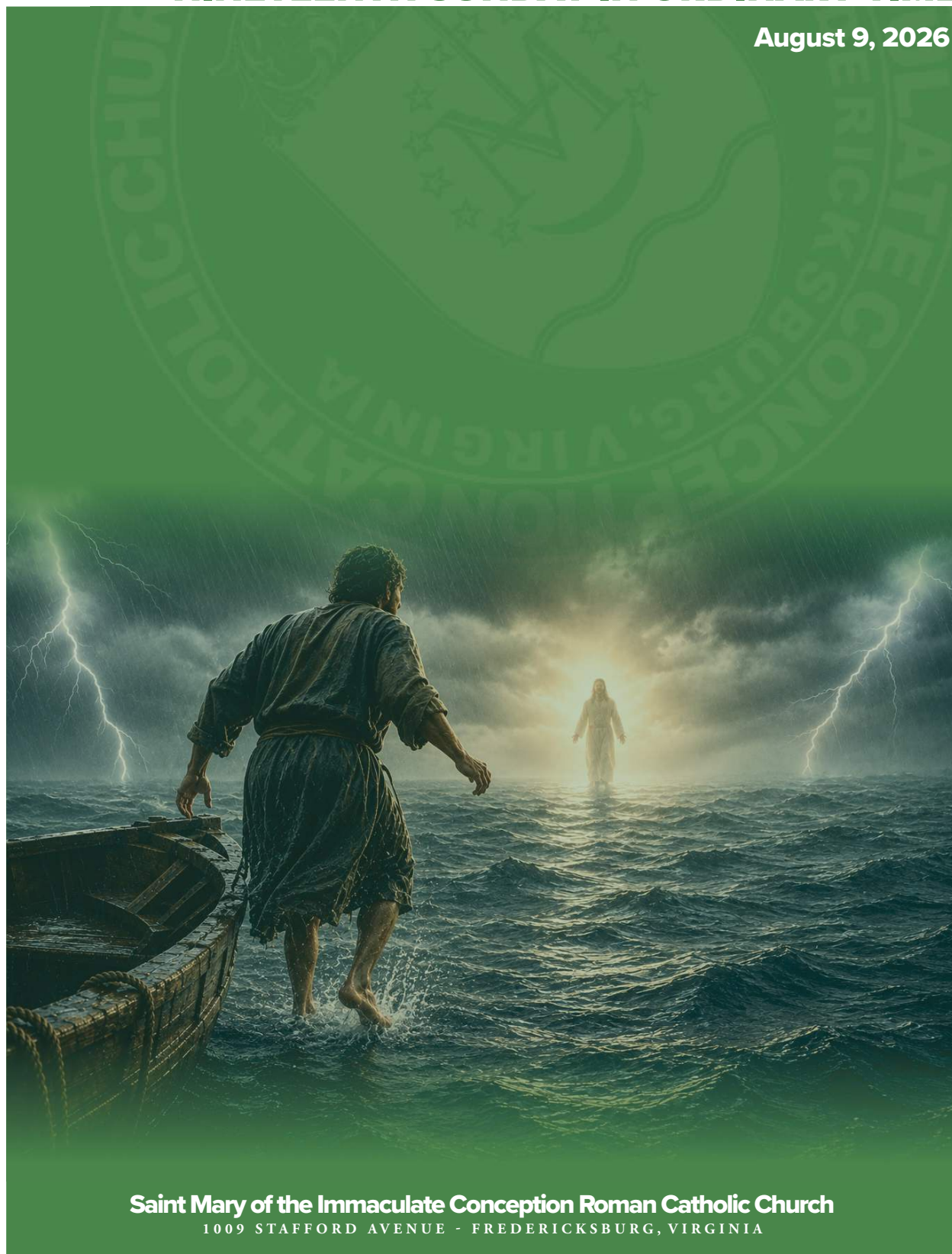


NINETEENTH SUNDAY IN ORDINARY TIME

August 9, 2026



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

capital campaign

grow our legacy in faith

Thank You for Your Continued Faithful Stewardship!

As we continue through the redemption phase of our Growing Our Legacy of Faith campaign, we remain deeply grateful to the 1,199 families whose total pledges of \$7,378,373.54 are actively transforming our parish campus. Your ongoing commitment ensures our projects remain fully funded and on schedule.

Financial Progress at a Glance

- Total Pledges Committed: \$7,378,373.54 across 1,199 families and donors
- Total Funds Collected to Date: \$5,580,745.85 (76% of our total pledged amount collected!)
- Fulfillment Milestones: 548 donors (46%) have fully paid their multi-year pledges!
- Remaining Balance to Collect: \$1,797,627.69

What This Means for Our Parish

Thanks to your consistent delivery on campaign pledges, our cash flow continues to exceed our initial forecasts. These funds directly support our vital parish infrastructure projects, such as the Divine Mercy Adoration Chapel.

Divine Mercy Adoration Chapel Open House Weekend of August 15 & 16 (After All Masses):

You are warmly invited to a parish-wide Open House for our new Divine Mercy Adoration Chapel! Come tour the sacred space and view the altar, statues, the Adoring Angels stained-glass windows, and previews of additional windows currently in design and production.



from our pastor

Dear Folks,

Last week I let you know that Deacon Alberto had requested from the bishop a release from his assignment to our parish so that he could move to Texas to be closer to family. Did you know that deacons, like diocesan priests, are incardinated into a diocese? Hence the need to request a release from the bishop's assignment.

What I learned this week is that the housing market in our area, is definitely a seller's market! Deacon Alberto received an offer within 24 hours of putting his home on the market. As a result, he and Miralba, will be moving to Texas in less than three weeks! I can hardly believe those words as I type them.

Deacon Alberto has been an extraordinary gift and blessing to our parish family. He has walked with you all through so many of life's sacred moments—baptizing our children, proclaiming God's Word and preaching at Holy Mass, bringing Our Lord in Holy Communion to the homebound, comforting families as they laid loved ones to rest, blessing our homes, teaching our faith, and, time and again, generously going far beyond the call of duty as a faithful servant.

I will miss Deacon Alberto deeply—not only as a dedicated collaborator in ministry, but as a friend. We are equally grateful for his wonderful wife, Miralba, whose quiet strength, generous heart, and joyful spirit have blessed our parish in countless ways. Through her active involvement in many ministries and her unwavering support of Deacon Alberto's vocation, she has been a beautiful witness of Christian love and selfless service.

Together, Deacon Alberto and Miralba have reflected the beauty, fidelity, and joy of the Sacrament of Marriage. Their partnership in faith and ministry has enriched our parish beyond measure, and their witness has inspired so many. While we will greatly miss their presence among us, we are profoundly grateful for the love, dedication, and countless blessings they have shared with our parish family.

Here are plans to bid Deacon Alberto farewell:

- On **Sunday August 23rd**, he will serve as deacon at the **10:30am English Mass and the 2:30pm Spanish Mass**.
- Farewell Reception: **Monday, August 24. A 5pm Mass**, followed by a reception in the PLC from 5:30 to 8pm. We understand that not everyone will be able to attend the Mass, which is why the reception will continue afterward so that you can stop by whenever you are able during that time.

Also, are you interested in going to World Youth Day in Korea?

With the arrival of Fr. Lee, we have a unique opportunity to have some of our youth and young adults join him on the diocesan pilgrimage to **World Youth Day 2027 in Korea!**

Plans are well underway. That means that if there is sufficient parish interest, we will need to make commitments within the next week or two. World Youth Day is truly a pilgrimage, centered on prayer, catechesis, and the sacraments, culminating in the celebration of Mass with Pope Leo XIV at the end of the week.

Friday, July 30 – Monday, August 9, 2027

11 days, 10 nights

Estimated cost: \$4,925

Please contact Tatiana as soon as possible if you are interested in learning more!

Pax et Bonum,



Very Reverend John P. Mosimann, V.F.

Pastor

All Are Welcome

Mass of Thanksgiving for Deacon Alberto and Miralba Bernaola

5pm Monday, August 24
Followed by a Reception

5:30pm-8pm

All are welcome to bring a dish or snack to share!



announcements

St. Mary Coffee & Donut Shop

Following ALL Morning Masses
Come and enjoy some fellowship!

Masses for the Feast Day Assumption of the Blessed Mother

August 14 6pm Vigil Mass (Latin)
August 15 7:30am, 9am, 10:30am

As the feast day falls on a Saturday, it is not a Holy Day of Obligation. However, all are encouraged to attend Mass in honor of our Blessed Mother.

All Masses at St. Mary Church

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 and 9am
Monday, Wednesday & Friday - 12 noon
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 Tim Courtney, Parochial Vicar
Reverend Kevin Dansereau, Parochial Vicar
Reverend Joseph Connor, Parochial Vicar
Reverend Stan Lee, Parochial Vicar
Deacon Alberto Bernaola

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

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 ACADEMY PRESCHOOL

Director, Allison Gardner
540-286-1600

RELIGIOUS EDUCATION

Director, Dr. Katherine Evans
Administrative Assistant, Sonia Spencer

YOUTH MINISTRY

Director, Tatiana Beltran

ORDER OF CHRISTIAN INITIATION FOR ADULTS (OCIA)

Director, Dr. Katherine Evans
kevans@stmaryfred.org

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 or Margaret Bereit
margaret@stmaryfred.org

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

Holy Cross Academy 2026 Back-to-School Playdate: A Joyful Start to a New Year

The Holy Cross Academy community gathered this week for our much-anticipated 2026 First Playdate, and the afternoon could not have been more perfect. Sunshine, laughter, and the unmistakable excitement of a new school year filled the air as families arrived ready to reconnect, play, and meet the classmates who will share the year ahead.

Students enjoyed full access to both playgrounds—an extra treat for our younger Crusaders, who delighted in exploring the preschool jungle gym and tiny playhouses. Their imaginations ran wild as they climbed, cooked pretend meals, and played house with new friends. Meanwhile, the majority of students flocked to the big school playground, where the energy was high and the reunions were even higher. Old classmates spotted each other across the mulch and ran to greet one another, eager to swap stories about summer adventures, vacations, and all the shenanigans that make childhood summers unforgettable.

But the heart of the afternoon wasn't just about reconnecting—it was about new beginnings. Watching students meet their new classmates for the first time was a highlight for everyone. Shy smiles quickly turned into shared giggles, and by the time the ice pops came out, many had already formed the first bonds of friendships that will grow throughout the year.

Parents enjoyed their own time of connection as well. The playdate offered a relaxed space for families to catch up, share life updates, celebrate milestones, and welcome new members of our HCA community. Conversations flowed easily, and the sense of togetherness reminded us all why Holy Cross Academy is such a special place to learn, grow, and belong.

The afternoon was filled with playing, laughing, storytelling, and simple joy—a beautiful reminder that community is built not only in classrooms and events, but in moments like these where families gather, children play freely, and friendships begin.

As we look ahead to the 2026–2027 school year, this playdate set the perfect tone: warm, welcoming, faith-centered, and full of the spirit that makes Holy Cross Academy a true family.

Current, New, & Prospective Families

As we prepare for a new school year rooted in Christ's love, we invite our families to visit holycrossweb.com to access the 2026–2027 School Supply List, Summer Reading List, Summer Math List, and PTO used uniform sale, all found under the Current Families tab.

If you—or someone you know—is interested in becoming part of our wonderful school community, please reach out to Dina James at 540-286-1600 or djames@holycrossweb.com. If you have any questions or suggestions, our HCA office is open throughout the summer, Monday–Friday, 9am–1pm, and we are always happy to assist you.



*A National
Blue Ribbon
School of
Excellence*



education

religious education

SUMMER VIEWING on FORMED

Children naturally love stories of heroes—brave knights who defend what is good and true, and noble princesses who demonstrate courage, kindness, and faith. These two animated series from FORMED invite young viewers to discover that the greatest adventures are found in following Christ. Through engaging stories of brave and beautiful saints, God's Knights and God's Princesses encourage children to grow in virtue and to become the heroes God created them to be.



The "God's Knights" series tells the true stories of brave men and boys who followed God with courage and faith and are now honored as mighty knights in God's Kingdom.

5 episodes available! tinyurl.com/godsknights



"God's Princesses" is a new series from the creators of Brother Francis, with fun, faith-filled stories that remind all young Catholic girls that they, too, are part of God's Royal Household.

4 episodes available! tinyurl.com/godsprincess

STILL SEEKING CATECHISTS & ASSISTANTS

We still have openings for lead and assistant catechists for the coming school year. Contact Katherine Evans, DRE, to volunteer: kevans@stmaryfred.org, 540-373-6491 x 230.

2026-2027 R.E. REGISTRATION IS OPEN!

Registration forms are available in the parish office, or you can register your child online at:



ENGLISH:



<https://tinyurl.com/3atjhr22>

SPANISH:



<https://tinyurl.com/mhtcjf2x>

In-demand classes and sessions are filling up! REGISTER NOW!

our parish youth ministry

Kings Dominion Diocesan Day!

Our teens joined hundreds of young people from across the Diocese for an awesome day of adventure, laughter, and memories! A perfect way to end the summer before school starts, and we were blessed to have Fr. Lee join in on the fun!



St. Mary is excited to offer a pilgrimage to World Youth Day 2027 in Seoul, South Korea, in partnership with the Diocese of Arlington Office of Youth & Young Adult Ministries.

This once-in-a-lifetime pilgrimage will include prayer, daily catechesis, the sacraments, fellowship with diocesan priests, seminarians, and religious sisters, and unforgettable encounters with young Catholics from every corner of the globe. The pilgrimage culminates with Mass celebrated by Pope Leo XIV, an experience you'll never forget!

Dates: July 30 – August 9, 2027

Duration: 11 days, 10 nights

Estimated Cost: \$4,925

High School Students who are 16 or older at the time of pilgrimage OR 14-15 years old at the time of pilgrimage with a parent attending. Open to all young adults.

Interested in joining us? We'd love to hear from you! Email tbeltran@stmaryfred.org for more information. Don't wait spots are limited.

WORLD YOUTH DAY 2027

Diocese of Arlington Pilgrimage

our parish happenings

Snack Bag Program is BACK!

St. Mary's will be providing snack bags for the children of Hugh Mercer Elementary who suffer food insecurity on the weekends. Snack bags will be provided on the 2nd THURSDAY of every month.

Our bags include; juice, granola bars, beef jerky, crackers, fruit snacks etc. For a complete list of items needed and to sign-up to donate please visit bit.ly/4wbzvtD

For **SEPTEMBER** we ask that all donations be dropped off **NO LATER THAN TUESDAY, SEPTEMBER 8**. Please drop off food donations directly to the Parish Office.

Your support is appreciated



NEW PARISHIONER WELCOME

Welcome to St. Mary's! Fr. Mosimann and members of our Welcoming Committee are looking forward to meeting you and introducing you to the many fantastic ministries at St. Mary so that you (and your family) can share your gifts and talents with your new parish family.

Please sign-up for a time slot on Sunday, September 20 from 10am-1pm for yourself and/or family to spend time with our Welcome Committee Team and with your pastor.

Meetings will take place in the PARISH LIFE CENTER (PLC).

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

Sign up at bit.ly/4fE3O7c

St. Mary Food Pantry

St. Mary's has a small Food Pantry located within our parish office. It is open to ANYONE seeking food M-F 8:30am-9pm and Sat. 9am-1pm. We reorganized and made changes to how we feed our neighbors. We no longer accept miscellaneous food donations, but instead give bags of specific food items that will feed with dignity, those seeking assistance. When our supply is low, we alert our parishioners. Well, it's that time again. If you would like to contribute, please pick up a special ST. MARY FOOD PANTRY BLUE BAG in the back of the church (the blue bags are placed on the entrance table in the narthex of the church - first come first serve). Please purchase ALL ITEMS listed on the stapled list and return the bag, at your convenience, to the parish office. Thank you and may God bless you!

List of Items:

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



St. Mary's is Seeking Nominations for Outstanding Volunteers

Our parish is beyond blessed with fantastic volunteers who give of themselves in so many generous ways. We are seeking nominations from fellow parishioners for exceptional volunteers. If you would like to nominate an individual as an outstanding volunteer, please email ed Doyle@stmaryfred.org and include the name and a short description of service by August 24th.

See the list of folks below who have already been honored!

Appleton Julie - 2014
Atkinson Rocio - 2014
Bailey Amy - 2023
Bain Sue - 2014
Baker Peg - 2007
Baksy Tibor - 2011
Baldwin Tori - 2011
Balint Barbara - 2011
Beltran Keiry - 2024
Bergeron Jeanne - 2010
Bernaola Deacon Alberto & Miralba, Lifetime
Bernaola Deacon Alberto & Miralba - 2010
Bibby Sylvia - 2010
Breen Kate - 2019
Brinza Mike - 2023
Burdan Jim - 2024
Bussard Joe - 2012
Cameron Mary Beth - 2012
Canizares Roberto - 2013
Caporali Rick - 2015
Carneal John & Barbara, Lifetime
Carneal Gregg - 2014
Cascio Lenny - 2023
Cascio Joe, Lifetime
Christina Ginny - 2023
Clark Lorie - 2017
Conroy Pearl - 2012
Cook Brian - 2006
Corbett Patricia - 2005
Correa Miguel & Betsy - 2024
Craig Doug & Nancy - 2012
Crisp Harry & Bobby - 2006

Crisp Bill - 2007
Crockett James - 2011
Cross John - 2011
Cushing Wayne & Wanda - 2005
D'Amico Maria - 2016
Davis Donna - 2018
DelRosso Eileen - 2009
Desilets Louise - 2024
Devine-Tetor Anne - 2019
Diaz Balmore - 2019
Dionne Claire & Marcel - 2025
Doherty Joan - 2013
Duhamel Ann - 2012
Engbert Jim - 2023
Espiritu Angelo - 2019
Evans Wilma - 2008
Falardeau Adele - 2019
Farrell Louis & Carolyn - 2010
Fartro Sara - 2008
Featherson Dale, Lifetime
Finnegan Julie - 2025
Fish Tom & Pat - 2017
Fitzgerald Jeff - 2010
Flaig Barbara - 2023
Florio Jim & Leigh - 2012
Ford Margaret - 2013
Ford Margaret, Lifetime. - 2025
Fowlkes Lori - 2016
Frasher Barb - 2007
Gallagher Jane - 2016
Gardner Mark & Heather - 2017
Glancy Paul & Sandra - 2006
Gonzalez Leticia - 2014
Gonzalez Leticia, Lifetime - 2025
Gordon Celine - 2023
Guzman Gustavo & Kathryn - 2025
Graf Ann - 2007
Graninger Hugh, Lifetime
Greenwall Christi - 2014
Grey Rochelle - 2009
Hagerty Jim & Irene, Lifetime
Halloway LaVaughn, Lifetime
Hamann Susan - 2016
Hamann Mike - 2025
Harring Donna - 2024
Hart Donna - 2016
Hays Maria - 2010
Hellmann Brian - 2024
Hellmann Judy - 2009
Herbeck Charlie - 2006
Hetrick John & Donna, Lifetime

Hohenberg Bob & Susan - 2007
Horan Tina - 2013
Hughes Summer - 2016
Inguanti Doris - 2024
Janis Kay, Lifetime
Jennings Rose - 2018
Jones Maureen - 2014
Kaila Chris - 2005
Kaila Patti - 2014
Keddie Regis - 2007
Keddie Susan - 2017
Keene Steve - 2012
Keeton Mary - 2010
Keeton Lloyd - 2018
Kennedy Nick - 2009
Kenney Ed & Mary, Lifetime
Knapp Ed & Marilyn - 2005
Kopcak Jack & Vicky - 2010
Kroko Ken - 2008
Kurtz Donna - 2005
Lanzarone Eileen - 2011
LaRoche Rich & Karen - 2015
LaRose Peg - 2009
Lemus Yesi - 2025
Lucini Rachel - 2025
Lupi Jennifer - 2010
Lynch Charlotte - 2012
Lynch Maggie - 2012
Mahoney Kathleen - 2015
Matarese Margaret, Lifetime - 2024
Mattson Lori - 2018
McCormick Furman - 2010
McKenna Sharon, Lifetime
McMorland Bob & Lyn - 2017
Medosch Dave - 2009
Medosch MaryJo - 2016
Merriman Beth - 2010
Miller Dawn - 2009
Miller Norka - 2023
Moulton Angela - 2025
Moure Roger, Lifetime
Muggeridge Matt & Eve - 2012
Mukunnamkeril Tom - 2016
Naley Bruce - 2024
Nguyen Tuan & Serena - 2023
Nini Jerry & Sandi, Lifetime
O'Connor Joe & Julia, Lifetime
O'Toole Tom & Joyce, Lifetime
Owen Mary - 2024
Paquette Peter & Erika, Lifetime
Paquette Dianne - 2008

Pechin Nikki Corey, Lifetime
Pereira Katherine - 2008
Pickerel Glenn - 2007
Podlesny Mary - 2008
Prohaska Matt - 2024
Rager Arlene - 2024
Reschick Rick & Dayle - 2018
Retterer Lynda - 2016
Roche Wendy - 2019
Rolla Gary - 2023
Romero Alvin & Lilian - 2017
Rubino Dolores - 2008
Russell Gail - 2011
Schlachter Theresa - 2009
Schlachter Margaret - 2013
Schlosser Bernice - 2018
Schlosser LuAnn - 2018
Schlosser-Pfeiffer Carol - 2018
Scott Paul, Lifetime
Sewell Mark & Doris - 2016
Shall Jim - 2025
Sheckels Marie - 2012
Shorter Bill - 2008
Simons Robert - 2025
Simms Lori - 2016
Skaggs Annalisa - 2018
Slaughter Luisa - 2011
Sollohub RJ & Sheryl - 2010
Speier Bob - 2013
Stoecker Steve & Jane - 2017
Thielman Judy - 2011
Thome Tess - 2013
Tompkins Angie - 2017
Traylor Lara - 2023
Vezina Caryn & Scott - 2025
Waineo Teresa & Al - 2023
Walor Joe & Barbara, Lifetime
Walor Barbara - 2006
Walor Joe - 2013
Wheatley Greg - 2023
Wheeler Mary Ellen - 2012
Wilkinson Joe & Arlene, Lifetime
Wilkinson Joe & Arlene - 2010
Williams Gladys - 2016
Young Suzette - 2017
Zawisa Karen & Steve - 2013

our parish happenings

Trail Life & American Heritage Girls

Do you have a son or daughter age 5 to 17 wanting to participate in a variety of activities such as: camping, archery, shooting, fire building/safety, bike rodeo, pinewood derby, service projects, and so much more while also learning about their faith?

Trail Life Troop VA-4034, chartered through HCA, and American Heritage Girls Troop VA0128, chartered through St Mary's CCW, are having a parent information meeting at Holy Cross Academy on Thursday, August 20 at 7pm. TL and AHG are Christian adventure, character, integrity, and leadership programs for young men and women, respectively. The K-12 programs build skills and allow growth on a personal level and as a role model and leader for peers and to support the Church. For more information visit traillifeusa.com or americanheritagegirls.org

Questions? Email troopmasterva4034@gmail.com for Mark Gardner (Trail Life) and va0128ahg@gmail.com for Jeanne Alexander (American Heritage Girls).

St Mary's Singles Group

An open invitation to everyone single and 40 years of age or older for monthly group social gatherings like dinners, movies, plays, works of charity, prayers, Mass and other church and social events.

Contact Eileen at emw5348@gmail.com to get on the email newsletter list. There is a gathering each month at the Wegmans upstairs meeting space at 10 am to plan activities. Our next meeting will be September 12.

Calling All Scouts Ages 11-17!

Grow in your faith while earning a nationally recognized Catholic Religious Emblem.

Registration is now open for the Ad Altare Dei (AAD) and Pope Pius XII (PPXII) Catholic Religious Emblems programs. Classes will be held via Zoom on Wednesday evenings

beginning August 12. Each program runs approximately 7-8 weeks, with weekly sessions lasting 30-45 minutes.

Participants must purchase the required student workbook before the first class. Both programs conclude with a Board of Review through St. Mary's Youth Ministry in Fredericksburg.

Ad Altare Dei (AAD)

Grades 6-12 - Explores the Sacraments and the Catholic faith.

Pope Pius XII (PPXII)

Grades 9-12 - Focuses on vocations, Christian leadership, and living your faith.

Completion of either program makes eligible Scouts to apply for National Catholic Committee on Scouting (NCCS) college scholarships.

These are the only Catholic Religious Emblems programs that will be offered this school year. For more information or to register, contact Dan Paré at dan.pare.us@gmail.com.

Catholic Charities St. Lucy Food Project ~ Seeking Help with Harvest!

Each summer and fall we have gleaning sessions with Healthy Harvest in the Colonial Beach area. Gleaning is the Biblical practice of harvesting left-over or donated produce from a field after the farmer has completed the main harvest. The fresh produce is then distributed by St. Lucy food Project to people in need across our entire diocese.

All ministries and families of St. Mary are welcome to assist! We have six more dates this year. There is more information and sign up at volunteer.ccca.net/custom/501/opp_details/6688

our parish happenings

St. Michael's Lent – Begins August 15

Did you know that many saints observed additional periods of prayer and fasting throughout the year beyond the Lenten season before Easter?

One of these traditions is St. Michael's Lent, a devotional practice closely associated with St. Francis of Assisi. Deeply devoted to St. Michael and the holy angels, St. Francis would retreat to Mount La Verna for forty days of prayer, fasting, and contemplation as he sought to imitate Christ and prepare himself for greater spiritual challenges.

Rich in history and meaning, this Franciscan devotion dates back to the 13th century. Observed from the Feast of the Assumption (August 15) until Michaelmas (September 29), St. Michael's Lent is traditionally regarded as a forty-day period of prayer and penance, following the ancient custom of excluding Sundays from the count. Michaelmas is now celebrated in the Church as the Feast of Saints Michael, Gabriel, and Raphael, Archangels.

Today, this period is commonly known as St. Michael's Lent. Preserved and promoted by the Franciscans over the centuries, the devotion has inspired many of the faithful to honor St. Michael and seek his protection. During St. Michael's Lent in 1224, St. Francis received the extraordinary grace of the Stigmata—the Five Wounds of Christ—while praying on Mount La Verna.

Although not part of the Church's official liturgical calendar, St. Michael's Lent remains a beautiful opportunity to grow closer to Christ through prayer, penance, and devotion.

Brief informational meeting on Sunday, August 9, from 6:15–6:45pm in the Parish Life Center for men who would like to learn more. If you have any questions or would like more information, please contact Jack McGowan at 571-659-3030.

Public Rosary

Please join other parishioners to Pray the public Rosary on Saturday August 15 at noon at St. Mary of the Immaculate Conception. Please RSVP to michaelgkasey@verizon.net or call (540)760-3885

Micah Eccumenical Services Seeking Pick-Up Truck!

If you have a pick-up truck to donate to Micah to help neighbors in need of moving, pick up needed supplies and donated furniture, please reach out to Elena at edoyle@stmaryfred.org

ST. MARY PARISH
— PHOTO CONTEST —

CELEBRATING
AMERICA'S
250TH
ANNIVERSARY

*Capture the Spirit of
America the Beautiful!*

As our nation celebrates 250 years of freedom, St. Mary Parish invites photographers of all ages and skill levels to participate in our **America the Beautiful Photo Contest!**

We're looking for photographs that showcase what you love most about the United States and the blessings of freedom we enjoy as a gift from God.

WE WANT TO SEE

- ★ Majestic landscapes and scenic beauty
- ★ Family traditions and community celebrations
- ★ Baseball games, backyard barbecues, and summer fun
- ★ Fireworks lighting up the night sky
- ★ Hot dogs, apple pie, and small-town charm
- ★ Veterans, service, and sacrifice
- ★ Flags waving proudly in the breeze
- ★ Reflections of the beauty, joy, and freedom of life in America

RULES

Submit pictures by email to frmosimann@stmaryfred.org
Please submit one picture per email | Max 10 photos per person
Include photographer's name, age (only if under 18 for young photographer category), where and when the photo was taken

DEADLINE SEPTEMBER 15, 2026

ONE NATION UNDER GOD.
Beautiful. Blessed. Free.

our parish happenings



Walking with Purpose is a Catholic women's ministry that develops Bible studies that aim to bring us to a deeper relationship with Christ. Books can be purchased online at walkingwithpurpose.com. For more information and to register for a class contact Lisa Sarber at lisakymi@aol.com. Come and see what we're all about.

Opening Your Heart: The Starting Point:
Mondays 9:30-11:30am in the Parish Life Center
(9/21/26 to 4/12/27)

Passionate Discipleship:
Mondays 9:30-11:30am in the Parish Life Center
(9/21/26 to 4/12/27)

Living in the Father's Love:
Tuesdays 6-7:30pm in the HCA Library (9/22/26 to 4/20/27)

Touching the Divine:
Thursdays 6:30-8pm via ZOOM (10/1/26 to 4/8/27)

Grounded in Hope:
Thursdays 6-7:30pm in the Parish Life Center
(10/1/26 to 4/8/27)

Spiritual Motherhood:
Thursdays 6-7:30pm in the Parish Life Center
(10/1/26 to 4/8/27) OR
Fridays 10-11:30am in the JPPII House (9/11/26 to 6/11/27)

TMIY IS BACK!

12 SEPTEMBER!

APOSTLES OF THE NEW SPRINGTIME

Journey from the birth of the early Church to the call of Christ that echoes in our own day. From Christ to the Apostles, from the Apostolic Fathers to the men of our time, the voice of God has never fallen silent.

NOW THE CALL IS OURS TO ANSWER.

Let us become the men we were created to be and set the world ablaze.

SATURDAY MORNING

- 6:00 AM** Hot Breakfast / Fellowship
PLC Room
- 6:40 AM** Video Presentation
In the Church
- 7:15 AM** Small Groups
Grow. Share. Become.
- 8:00 AM** Final Blessing
We promise to have him out by 8am!

FIGHT CLUB

BRING YOUR MIDDLE SCHOOL & HIGH SCHOOL SONS!

FAITH. BROTHERHOOD. DISCIPLINE. BUILT FOR YOUNG MEN.

SCAN TO LEARN MORE!

ALL MEN ARE WELCOME

JOIN US FOR FOOD, FELLOWSHIP & FAITH.
WIVES, WE PROMISE TO HAVE HIM OUT BY 8AM!

ST. MARY OF THE IMMACULATE CONCEPTION
PLC Room & Church

TMIY IS FOR EVERY MAN.
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Para más información, contactar a Wilnelia González:
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conmigo?
— MATEO 26:40

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CONFESIONES

MARTES,
11 DE AGOSTO

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OF THE
IMMACULATE CONCEPTION

7:00 PM

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Buscamos facilitadores bilingües (inglés/español) para grupos de apoyo en el duelo. Se ofrecerá capacitación. Las responsabilidades de un facilitador de grupo incluyen: dar la bienvenida a los participantes, ayudar a mantener la fluidez de la conversación, asegurar que todos tengan la oportunidad de participar y proponer temas de discusión. Los requisitos para ser facilitador de grupo son:

- Haber perdido a un ser querido hace más de un año
- Poder comprometerse a dirigir un grupo mensual
- Poder superar una verificación de antecedentes

Si le interesa, por favor comuníquese con Mary Beaven, Enlace Comunitario de Apoyo en el Duelo, a través del correo electrónico mary.beaven@mwhc.com o llamando al 540-205-0502.

holy cross academy



OFFICE OF
SCHOOL AND COMMUNITY
NUTRITION PROGRAMS
VIRGINIA DEPARTMENT OF EDUCATION

MEDIA RELEASE 2026-2027 POLICY FOR PROVIDING FREE OR REDUCED-PRICE MEALS

Date: July 1, 2026

School Division: Holy Cross Academy

Today Holy Cross Academy is announced its policy for providing free or reduced-price meals for children served under the National School Lunch, and/or School Breakfast Programs. Each school and/or central school nutrition office has a copy of the policy, which may be reviewed by any interested party.

Household size and income will be used to determine eligibility for free or reduced-price meal benefits. Children from households whose income is at or below the Federal Income Eligibility Guidelines, shown in the chart below, may be eligible for either free or reduced-price meals. Children who are members of households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or who receive Temporary Assistance for Needy Families (TANF) may be automatically eligible for free meals. Children who are homeless, migrant, or runaway may also be automatically eligible for free meals. Foster children, who are the legal responsibility of a welfare agency or court, are eligible for free meals regardless of the income of the household with whom they reside. Children who are members of households participating in WIC may also be eligible for free or reduced-price meals based on the household's income.

Household Size	Maximum Household Annual Income For Free Meals	Household Annual Income For Reduced-Price Meals
1	\$20,748	\$20,748.01 - \$29,526
2	\$28,132	\$28,132.01 - \$40,034
3	\$35,516	\$35,516.01 - \$50,542
4	\$42,900	\$42,900.01 - \$61,050
5	\$50,284	\$50,284.01 - \$71,558
6	\$57,668	\$57,668.01 - \$82,066
7	\$65,052	\$65,052.01 - \$92,574
8	\$72,436	\$72,436.01 - \$103,082
For Each Additional Family Member - ADD	\$7,384	\$10,508

Effective from July 1, 2026 to June 30, 2027



holy cross academy

Application forms are being distributed to all households with a letter informing households of the availability of free or reduced-price meals for their children. Applications are also available at the principal's office in each school and at the central office. To apply for free or reduced-price meals, households must only fill out one application per household and return it to the school division. Applications may be submitted at any time during the school year. The information households provide on the application will be used for determining eligibility and verification of data. Applications may be verified at any time during the school year by school or other program officials. For school officials to determine eligibility for free or reduced-price benefits, households receiving Supplemental Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) only have to list their child(ren)'s name and SNAP or TANF case number and an adult household member must sign the application. Households who do not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the amount and frequency of the income received by each household member, and the last four digits of the social security number of the adult household member who signs the application. If the household member does not have a social security number, the household member must indicate that a social security number is not available. The application must be signed by an adult household member in order to be approved.

Under the provisions of the free and reduced-price meal policy, Holy Cross Academy will review applications and determine eligibility. An application for free or reduced-price meals cannot be approved unless it is complete. Households dissatisfied with the ruling of the eligibility determining official may wish to discuss the decision with the official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either verbally or in writing to: Mary Beall 250 South Stafford Lake parkway Fredericksburg, VA 22406 540-390-4215 **Hcakitchen@holycrossweb.com**

Households may apply for free or reduced-price meals at any time during the school year. If a household is not eligible now but has a change, such as a decrease in household income, an increase in household size, becomes unemployed or qualifies for SNAP or TANF, the household should contact the school for an application. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility Guidelines.

Households that receive Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) may not

have to complete an application for free or reduced-price student meals. School officials will determine eligibility for free meals based on documentation, obtained directly from the Virginia Department of Social Services, that a child is a member of a household currently receiving SNAP or TANF. School officials will notify these households in writing of their eligibility. Households who are notified of their eligibility, but who do not want their children to receive free meals, must contact the school. SNAP and TANF households must complete an application if they are not notified in writing of their automatic eligibility within the first 10 days of the new school year.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: **program.intake@usda.gov**.

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In Pew & Mail Donations Received July 22 to July 27

Sunday Offertory	\$24,907.00
Diocese Mission Appeal	\$18,905.00
Debt Reduction	\$385.00
Venezuela Earthquake	\$275.00
Poor Box for St. Vincent de Paul	\$328.00

*The Second Collection Next Week is for the Church in Africa.
Thank you for your generosity!*

Little Sisters of the Poor Collection August 22 & 23

During the weekend of August 22 & 23, 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 littlesistersofthepoorwashingtondc.org. Thank you for your generosity and support.

Pro Life Reflection

"The Almighty One has done great things for me.." (Luke 1:49) In the human family there can be no closer bond than mother and child. They belong together; their destinies are intertwined. That is one of the central messages of the pro-life movement. To love and care for a mother necessarily means protecting, loving, and caring for her child. Blessed Virgin Mary, on the joyous day of your Assumption, we honor you. Pray for us and for the victory of life!"

Children's Charity for 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 10 acre farm in the Fredericksburg, Virginia area, 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.

Society of Saint Vincent de Paul- July

Did you know that the Poor Box located in the back of our church helps to fund the good work of our local Society of St. Vincent de Paul?

The Society of Saint Vincent de Paul provides financial grants, prayers and emotional support every Thursday evening to folks right here in our community encountering emergency situations. Proceeds from the all-volunteer Thrift Store located at 142 Olde Greenwich Road, Fredericksburg, along with private donations and the Poor Box make this assistance possible. Over the course of the month of July, 92 families (totaling 207 people) were interviewed, and the Society provided \$36,139 in financial assistance to these families.

If you would like to volunteer with the Society, either working at the Thrift Store or being trained to interview clients on Thursday nights, please contact Amy at ramrap94@hotmail.com or Maureen at mjones@mckcompany.com. On top of English-speaking volunteers, we need of bilingual, Spanish speaking volunteers to assist our Hispanic neighbors. To provide financial assistance, please continue to use the Poor Box.



liturgy daily bread

Saint Mary Prayer List - August

Please pray for those who are sick or in need, especially: Aaron Deditch, Andy Gaeta, Bruce Smith, Carlos Enrique, Charles Boyer, Cheryl Cooch, Christopher Cooch, Christopher Risetto, Don Anderson, Drew LoRusso, Efrén Pérez Gutiérrez, Ethan (Mary's Shelter Child), Glenn Cunningham, Helen Hayden, Jack Smith, Jacob Moser, Jason Stoker, Joe Debernard, Joseph Krieg, Justin McGuire, Logan Leslie, Loretta Dice, Lourdes Interiano, Margaret Hein, Margaret Murphy, Margie Renner, Mary Ann Seidlinger & Mike Seidlinger, Maryann Carroll, Michael Fedowitz III, Michael Huie, Michael Lanzarone, Reena Rizvi, Robert Hein, Robin Assouad, Shirley Bozicevic, Sonia Sosa, Steve DeWitt, Sue Moorefield, Tammy Kehoe, Teresa Lopez, Theresa & Keith Kovalefsky, Veronica Bonde, Wayne Winters, Xavier Ronan, Xiomara Macia, Yvonne Kamakaris

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

Joseph Gardner, Glenn Dickinson, Paul Fischer, Jamal Williams, Lance Schulte, Brian Hellmann, 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, Kenneth Linstrom, Lt. Gregory Odland, Andrew Doyle, Olav Brooks, Gabriel Sanger, Josh Lawson, David Brown, Annah Brown, Joshua Brown, Diego Esparza, Brian Inguanti, John Paul Frasher, 1LT Justin Addis, Liam Crowley, Josh Martin, Benjamin Matarese, Matthew P. Sampson, Benjamin Whatley, Devlin Buszta

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 Ann Skinner at askinner@stmaryfred.org

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

August

10 MONDAY

6:30am Julie Diggs+
9:00am Ken Kroko+
2 Cor 9:6-10/Jn 12:24-26

11 TUESDAY

6:30am Judy Rossi+
9:00am Gaetano & Nicolena Recupero+
Ez 2:8—3:4/Mt 18:1-5, 10, 12-14

12 WEDNESDAY

6:30am Heather Wilcox+
9:00am Gabby Elyse Jones
Ez 9:1-7; 10:18-22/Mt 18:15-20

13 THURSDAY

6:30am Tim Malinski
9:00am Carla Christenson+
Ez 12:1-12/Mt 18:21—19:1

14 FRIDAY

6:30am Jesus & Dolores Guzman+
9:00am Judy Rossi+
6:00pm Arturo Bazan+
Ez 16:1-15, 60, 63/Mt 19:3-12

15 SATURDAY

7:30am Roger McGovern+
9:00am Ann Skinner
10:30am Alicia Henriquez+
5:00pm Christine Cormier+
7:00pm Maria & Otto Ramsay+
Rv 11:19a; 12:1-10ab/1 Cor 15:20-27/Lk 1:39-56

16 SUNDAY

7:00am Father Joseph
8:30am Joseph & Elaine Stanislawski
8:30am* Jean & Steven Claus+
10:30am Ray Rivera
10:30am* Louis Fonda+
12:30pm Dennis Regan+
2:30pm For Our Parish
5:00pm Marta Silvana Tueros
7:00pm Judith Rossi+
Is 56:1, 6-7/Rom 11:13-15, 29-32/Mt 15:21-28

* Indicates Mass at Holy Cross Academy.

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