

Saint Mary

OF THE ANNUNCIATION CATHOLIC CHURCH



BIENVENIDOS

ALL ARE WELCOME
TODOS SON BIENVENIDOS
VŠETCI SÚ VÍTANÍ

VITANI

SIXTH SUNDAY IN ORDINARY TIME

FEBRUARY 11, 2024

MASS INTENTIONS

SATURDAY 5:00 PM

SUNDAY 8:30 AM

SUNDAY 11:00 AM

WEEKLY SCHEDULE

(Office Hours 9 AM - 1 PM Tuesday - Thursday)

Monday, Feb. 12	OFFICE CLOSED
Tuesday, Feb. 13	9:00 AM Adoration; 10:00 AM MASS ; 11:00 AM Prayer Shawl Ministry; 6:00 PM - 7:30 PM Food Pantry
Wednesday, Feb. 14	10:00 AM & 7:00 PM - ASH WEDNESDAY MASS (<i>Obligatory day of fasting and abstinence</i>)
Thursday, Feb. 15	9:00 AM Adoration; 10:00 AM MASS ; 6:00 PM - 7:30 PM Food Pantry
Friday, Feb. 16	Church closed for cleaning in AM; 7:00 PM Stations of the Cross (<i>Obligatory day of abstinence</i>)
Saturday, Feb. 17	4:00 PM - 4:50 PM Confessions; 5:00 PM MASS
Sunday, Feb. 18	1st Sunday of Lent - 8:30 AM MASS ; 9:30 AM Religious Education; 9:45 AM Spanish Rosary; 11:00 AM MASS

Season of Lent

Like Advent, where we prepare for Jesus's birth at Christmas, Lent is also a liturgical season of preparation, as we get ready for Easter—the Church's greatest celebration.



And just like our weather seasons have unique characteristics, so too do seasons within the Church.

In contrast to Advent and Easter, Lent is more solemn. The sacrament of reconciliation—where we ask God for forgiveness—becomes more popular. It's a time when Christians and Catholics discover how to confess—and the power of God's forgiveness.

The Stations of the Cross, a tradition often taking place on Fridays during Lent, allow us to pray with Jesus. The station of the cross service is always at 7pm in the parish church.

More solemn songs replace celebratory hymns during Mass. Singing our most joyful hymns during Lent would be like throwing an outdoor pool party in the dead of winter: It just doesn't fit with the season.

Lent is far too important of a season to skip over or treat like any other time of the year.

The first day of Lent is always Ash Wednesday, in which we use ashes on our forehead in the shape of a cross to remember our own mortality and begin our journey of penance.

But the story of Lent begins in the Bible.

Lent: The Biblical Roots

Where does Lent come from? Lent draws its inspiration from the 40 days Jesus spent in the desert.

The Gospels tell us that after his baptism, Jesus fasted in the desert and then was tempted by the devil. He resisted these temptations and then went to Galilee to begin his public ministry.

Then the devil took him up to a very high mountain and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and behold, angels came and ministered to him. Matthew 4: 8-11

What to Give Up for Lent

As Ash Wednesday draws near, many Catholics often find themselves wondering what they ought to "give up" for Lent.

Lenten sacrifices can be valuable if they help increase our reliance on Jesus and if the void we create by giving something up opens up space in our hearts for God to fill.

As much as we consider something to abstain from during Lent, we ought to consider what we can commit to as well. What outside actions can we take to better ignite the flame of our faith within us?

Prayer, Fasting and Almsgiving: The Three Pillars

Three key pillars characterize the Lenten season: prayer, fasting, and almsgiving (charity).

The USCCB tells us that during Lent, "we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting."

While most Catholics are familiar with "no meat on Fridays" during Lent, fasting and abstinence are important components throughout Lent. This may look like giving up things like gossip, your favorite coffee order, or forgoing music in the car and replacing it with prayer.

Almsgiving reminds us of Jesus's call to serve and connects us in solidarity with our brothers and sisters in need. This past vacation I visited Saint Joseph's Aid Society in Uganda which takes care of the poor, abandoned, neglected and orphans. It was so touching to see that the home lacks beds, mattresses, blankets, and sheets for many of these children. How about giving alms for this cause?

And lastly: Prayer. Formed is a great resource available free of charge for the parishioners to explore. Click on "FORMATION" on our website.

Lent: Liturgical Changes

Purple (or violet) is the color of the Lenten season and this is reflected in the vestments (chasuble) that a priest wears for most of Lent, starting on Ash Wednesday.

The "Gloria in Excelsis," normally sung in a celebratory manner, is omitted, as is the "Alleluia" normally sung before the Gospel. "Praise to you, Lord Jesus Christ, King of Endless Glory" often serves as the replacement.

These are subtle reminders to us that we are in the desert with Jesus, inviting God to work in us during this time of sacrifice.



Lenten Schedule

Wednesday, February 16th – **Ash Wednesday**

Obligatory day of fasting and abstinence

10:00 AM, 7:00 PM Masses

Every Friday, Feb 16th– March 22nd

Obligatory day of abstinence

7:00 PM Stations of the Cross

Sunday, March 24th - **Palm Sunday**

Regular Mass schedule for Saturday and Sunday

Thursday, March 28th -**Holy Thursday**

7:00 PM Mass

8:00 PM to Midnight Adoration of the Blessed Sacrament

Friday, March 29th -**Good Friday**

Obligatory day of fasting and abstinence

2:15 PM Stations of the Cross

3:00 PM Veneration of the Cross

Saturday, March 30th - **Easter Vigil**

8:00 PM Saturday Mass

Sunday, March 31st - **Easter**

8:30 AM Sunday Mass

11:00 AM Sunday Mass

Fasting Guidelines

Everyone 14 years of age or older is bound to abstain from meat on Ash Wednesday, all the Fridays of Lent and Good Friday. Everyone 18 or older, and under 59 years of age, is bound to fast on Ash Wednesday and Good Friday.

O Immaculate Virgin Mary, Mother of Mercy, you are the refuge of sinners, the health of the sick, and the comfort of the afflicted. You know my wants, my troubles, my sufferings.

By your appearance at the Grotto of Lourdes you made it a privileged sanctuary where your favors are given to people streaming to it from the whole world. Over the years countless sufferers have obtained the cure for their infirmities - whether of soul, mind, or body. Therefore I come to you with limitless confidence to implore your motherly intercession.

Obtain, O loving Mother, the grant of my requests.

Through gratitude for Your favors, I will endeavor to imitate Your virtues, that I may one day share in Your glory. Amen.

Prayer to Our Lady of Lourdes



Feast Day - 11 February

Meatless Fridays

On Fridays during Lent, we particularly remember the sacrifice of Christ on the cross. In memory of this great sacrifice, we continue the tradition of penance and sacrifice – abstaining from meat on Fridays is an outward manifestation of an interior reality: the conversion of our hearts. As Pope John Paul II has said, “In fact, the external aspects of fasting, though important, do not convey the full measure of the practice. Joined to the practice should be a sincere desire for inner purification, readiness to obey the divine will and thoughtful solidarity with our brothers and sisters, especially the very poor.” Christ himself fasted and prayed in the desert. Through fasting and praying, we unite ourselves with the sacrifice of Christ and offer him reparation for our sins and failings. It’s a little thing to give him in the face of his ultimate sacrifice, but what a grace that our God accepts and loves little gifts!

Looking for something to “give up” for Lent

Most want to give up something for lent. Here are some suggestions:

1. In addition to giving up something, do something such as attend Adoration and Mass on Tuesday, Wednesday and Thursday. Adoration is at 9:00 AM and Mass is at 10:00 AM.
2. Every Friday is Stations of the Cross at 7:00 PM.
3. Read the Bible. 2 ½ chapters of Mark’s Gospel will take you through the entire Gospel during the 6 weeks of Lent devoting only 15 minutes a day.

The
Season
of
Lent



LITTLE BLACK BOOKS

Pick one or more up as you leave today. This is a wonderful 5-minute daily meditations for Lent.



WEEKLY MASS READINGS

12 FEBRUARY 2024 : **James 1:** 1-11; **Psalms 119:** 67, 68, 71, 72, 75,76; **Mark 8:** 11-13

13 FEBRUARY 2024 : **James 1:** 12-18; **Psalms 94:** 12-13a, 14-15, 18-19; **Mark 8:** 14-21

14 FEBRUARY 2024 : **Ash Wednesday, Begin Lenten Preparation for the Easter Triduum, Not a Holy Day of Obligation, Day of Fast (Ages 18-59) and Abstinence from Meat (Age 14 and Up)**
Joel 2: 12-18; **Psalms 51:** 3-4, 5-6ab, 12-13, 14 and 17; **Second Corinthians 5:** 20 -6:2; **Matthew 6:** 1-6, 16-18

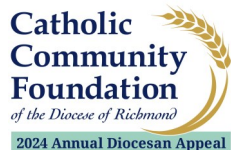
15 FEBRUARY 2024 : **Deuteronomy 30:** 15-20; **Psalms 1:** 1-2, 3, 4 and 6; **Luke 9:** 22-25

16 FEBRUARY 2024 : **Day of Abstinence from Meat (Age 14 and Up) : Isaiah 58:** 1-9a; **Psalms 51:** 3-4, 5-6ab, 18-19; **Matthew 9:** 14-15

17 FEBRUARY 2024 : **Isaiah 58:** 9b-14; **Psalms 86:** 1-2, 3-4, 5-6; **Luke 5:** 27-32

18 FEBRUARY 2024 : **First Sunday Of Lent**
Genesis 9: 8-15; **Psalms 25:** 4-5, 6-7, 8-9; **First Peter 3:** 18-22; **Mark 1:** 12-15

Community/Diocesan Events



Welcome to the 2024 Annual Diocesan Appeal – *Sharing His Love with Others*

Recently, many of you received a letter from Bishop Knestout asking for your support of the 2024 Annual Diocesan Appeal. We hope you will prayerfully consider this request. For those of you who did not receive a mailing or have not had time to respond to it, we will conduct our **In-Pew Process** at all Masses during the weekends of February 17th/18th and February 24th/25th.

An important aspect of the Appeal is that all parishes receive back a portion of their funds collected to be used for important local priorities. Thank you in advance for your support of the 2024 Appeal.

Social Activities Committee St. Patrick's Day Family Dinner and Dance

March 16-Saturday, after 5 pm Mass - Music by our fabulous Leprechaun DJ Ron & Annette! Bring your family and an Irish dish to share. Start planning your Wearin' of the Green! Space is limited. If this sounds like something you would like to attend, please call or text Bette Moore 703-371-9400.



Pray for the Sick of our Parish



Amber Wilber Anderson, David Arnold, Rosemary Baez, Thad (Pete) Beach, Susan Bennett, The Biddulph Family, Robert Bingaman, Joe Blackburn, Jr., Emily Bolecek, John Bolecek, Maria Bridge, Theresa Buchanan, Emilyynn Butler, Barry Carrington, Aiden Christensen, Daniel Clarke, Nancy Coffield, Jack Cook, Doreen Distensa, Brian Eckert, Levie Edmond, Eleanor Elletson, Jessica French, Andrew Fresler, Deacon Dave Geary, The Hannick Family, Laura Harris, Paula Hass, The Jayger Family, Alice Karkutt, Tony Ketrick, J. & Sketter Lambert, Deacon Frank Leaming, Nina Leaming, Barbara Litten, Dawn Long, Vikki Mahoney, Carly Max, Luke McFadden, Andrew Newchok, Peggy Opel, Eva Ortiz, Robert Pecht, Bill Pickett, Marge Polivka, Shirley Riden, Chole Rochester, Ritchie Rodebaugh, Elisa Rodriguez, Christina Russell, Victoria Russell, Beverly Schnarrs, Cindy Schwind, Marjie Schwind, Helen Simulcik, William Simulcik, Isabel Sipe, Rodney Smith, Laurie Snowman, Linda Stanton, Barbara Storen, Ron Summers, The Taylor Family, The Townsend Family, Janie Wagner, Pedro Welsh, Bethany Wheaton, The Wheeler Family, Joan Williams, Judy Yanes

As always, prayer is an important way Catholics can respond to any crisis as we express our dependence on God. We ask parishioners to keep these people in mind in your daily prayers.

*Names will be removed after 6 months. If you would like to add/remove someone to the Sick of our Parish list, please call Chris Nowark at 804-448-9064 or email her at office@saintmarycc.org. Thank you. **GOD BLESS***

Bishop Knestout encourages anyone aware of sexual abuse of minors on the part of clergy or staff of our diocese to notify civil authorities, call the Attorney General's Clergy Abuse Hotline at 1-833-454-9064, and reach out to the Diocesan Victim Assistance Coordinator, Jennifer Sloan at 1-877-887-9603.

PARISH OFFICE

Office Hours: Tuesday, Wednesday & Thursday 9:00AM to 1:00PM
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 Finance Council Chairperson, *Tina Sebak*.....540-842-4608

Food Pantry, *Barbara & Don Logan*.....804-449-1811
 Knights of Columbus, *David Frank*.....540-295-7588
 Children's Liturgy of the Word, *Deacon Dave*.....804-448-9064
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 RCIA, *Deacon Frank Leaming*.....804-761-5714
 Prayer Shawl Ministry, *Penny Geary*.....honeybepenny@comcast.net
 Liturgical Ministries, *Deacon Frank Leaming*.....804-761-5714
 Social Activities Committee Chairperson, *Bette Moore*..703-371-9400
 St. Mary and Sts. Cyril and Methodious Cemetery Inquiries,
Gloria Bolecek.....804-633-4320
 Oliver Cemetery Inquiries, *Joan Cormier*.....804-466-0458

Sacraments of Baptism, Matrimony (a minimum of 6 months preparation is typical), and Anointing of the Sick, or to receive a home visit or home blessing. Call the office at 804-448-9064.