

Join Father Kevin on a trip to Greece: in the footsteps of St. Paul the Apostle which features a 3-night Greek Islands and Turkey Cruise. This is an 11 day trip which will take place **October 12–22, 2016**. Information on the trip can be found in the vestibule of the church and on the parish



website www.stfrancis.org. If you have any questions please contact to Father Kevin.

February 10th
Ash Wednesday



- 6:30 a.m.**— Prayer Service with Distribution of Ashes
- 8:45 a.m.**— Mass with Distribution of Ashes
- 12:00 p.m.**— Mass with Distribution of Ashes
- 2:45 p.m.**— Prayer Service with Distribution of Ashes
- 5:00 p.m.**— Prayer Service with Distribution of Ashes
- 7:00 p.m.**— Prayer Service with Distribution of Ashes
- 8:00 p.m.**— La Misa con distribución de las cenizas

The church will be open during the day between 8:00am and 5:00pm to distribute ashes in between services.

Fasting and abstinence are encouraged during Lent and reflect the season's penitential nature. In the U.S. all Fridays of Lent are days of abstinence, that is, days on which no meat is to be consumed. **Ash Wednesday and Good Friday** are days of fast, only one full meal during the day, as well as abstinence.

Fasting and abstinence are by no means the only types of penance. "Let us witness to our love and imitation of Christ by special solicitude for the sick, the poor, the underprivileged, the imprisoned, the bedridden, the discouraged, the lowly." (Tobit 12, Mt 6).

Car Raffle 2016

All Saints Church (Manassas, VA) has invited us to participate in their 5-Car Raffle. Prizes include **five** 2016 vehicles from Koons of Manassas. One \$5.00 ticket offers the purchaser a chance to win all five vehicles plus \$20,000 in cash prizes. **An information letter and tickets will be mailed to your home on February 8th!** Thank you in advance for your support of the largest parish fund raiser. Any questions, please contact **Kathy Greene at the school office 703.221.3868, ext. 239.**



If your compassion does not include yourself, it is incomplete. Why not take a bit of "me" time and talk with a Stephen Minister about what you cannot forgive yourself for, up your prayer life, or what needs soothing in your life. **Please call**

Kathy Walker at Stephen Ministry; 703-221-4312 and then press 4 or email at kwalker@stfrancis.org to start including yourself in the gifts you bestow on others.



Celebrate Lent with FRIENDS
Sign up today to be a host!

Welcome a small group of friends "old and new" into your midst. Most groups consist of three to ten people. These groups often meet in homes or any comfortable, casual setting.

The FACE OF MERCY is a five-week series featuring weekly messages, readings and inspiring lay testimonies.

A booklet and DVD will help guide your discussions. There is no training required. It is a short-term commitment, designed to help you connect with friends in a relaxed atmosphere and a great way to expand and strengthen your faith-filled relationships and social network. The series begins on **February 29th and runs through April 4th** with a break for Holy Week and Easter. Please consider hosting and sign up today at www.lentenfriends.org to register as a host. There is a **\$10.00 fee per participant**, to be collected at your first meeting.

CORNERSTONE
St. Francis of Assisi, Triangle, VA

Don't delay! Registration closes soon!
Women's Retreat: April 8 – 9, 2016

Cornerstone is a 26-hour retreat, held on separate dates for men and women ages 21 and over. It provides the opportunity to get away from all the stress of the outside world and enjoy all that God has to offer, while meeting others in our Christian community.

The retreat begins on Friday evening at 5:00pm and ends at approximately 7:00pm on Saturday evening with a liturgy. Cornerstone will take place at **San Damiano Spiritual Life Center in White Post, VA**. Sleeping accommodations, all meals and snacks are provided. During the weekend, there will be time for prayer, Scripture reading and the Sacrament of Reconciliation.

Register today at <http://www.stfrancis.org/cornerstone/> Women's Cornerstone retreat: April 8th at 5:00pm – April 9th at 7:00pm (\$120 for double room and \$140 for single room). Registration closes February 19th, or when all rooms have been reserved.

St. Francis' Cub Scout Pack 1385 and Boy Scout Troop 138 will be holding their 3rd annual **Undie Sunday** to collect [mens and/or womens underwear \(new-still in the unopened package please\)](#). Boxes will be located in the vestibule for your generous contributions of these items (underwear, thermals, t-shirts, socks, etc.) on **Scout Sunday, February 7, 2016**. These clothing items will be delivered to those in need at the Bill Mehr Drop-In Shelter.



Social Justice: Franciscan Action and Advocacy (FA&A)

The **U.S. Conference of Catholic Bishops** invites all to attend the **International Day of Prayer for Victims of Human Trafficking**. In the spirit of the recent Joint Declaration of Religious Leaders against Modern Slavery signed by Pope Francis, major religious traditions will gather to pray for an end to modern slavery on **Monday, February 8th, 6 p.m.**, at **St. Gabriel Church** (26 Grant Circle NW, Washington, D.C. 20011). For more information, please contact Rob. Thank you in advance for joining us in raising our voices in prayer and our minds in awareness for victims of human trafficking!

February FA&A meetings (all are welcome!): The **V.O.I.C.E.** (Virginians Organized for Interfaith Community Engagement) team here at the parish is meeting to work on community issues on **Sunday, February 7th, at 10 a.m.** in the **Br. Juniper Room**. Our **Anti-Human Trafficking Committee** (engaged in action, awareness and advocacy efforts in the fight against human trafficking) is meeting on **Wednesday, February 17th, at 7 p.m.** in the **Grade 6 Classroom**. Our **Respect Life Committee** (advocating for the consistent ethic of life from conception to natural death) is meeting on **Saturday, February 20th, at 11:45 a.m.** in the **St. Catherine Room**. Our **Care for Creation Committee** (focused on environmental work/integral ecology) is meeting on **Sunday, February 21st, at 9 a.m.** in the **Br. Juniper Room**. Our **Franciscan Action and Advocacy Council (FAAC)** is meeting on **Saturday, February 20th, at 9:30 a.m.** in the **St. Catherine Room**. (FAAC meetings are only open to council members. Parishioners are encouraged, however, to submit questions or ideas for FAAC discussion or consideration.)

For more information on any of the above and/or to get involved in justice/advocacy, please visit the FA&A section on the parish website (<http://www.stfrancis.org/welcome-introduction/>) and/or contact Rob Goraieb, O.F.S. at rgoraieb@stfrancis.org or 703-221-4978, ext. 228.

Votive Candles—Envelopes are provided for the candle money. **Please place them in the Catch-All slot located in the vestibule of the church.**



If you or a family member is in the **hospital or homebound**, please call the parish office if you would like a visit from one of the friars. The hospitals are not permitted to give out the names of patients, so the only way we will know if you are in the hospital is if you or a family member informs us.



Follow us on:

Facebook: *St. Francis of Assisi Church*
 Twitter: *@StFrancisVA*
 Instagram: *stfranchurchva*



St. Francis House Corner

Thanks to the donations from all our parishioners we were able to provide food for **40** families this week. For more information about the **St. Francis House Food Pantry**, please call Francia at 703-221-6344. Thank you for your continuing support.



Boletín Semanal

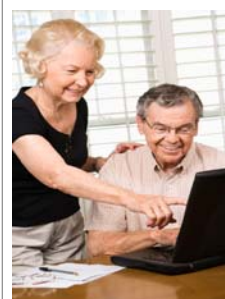
Charlas Bautismales—Las próximas charlas bautismales serán el **viernes, marzo 18** a las 7:00pm en la librería de la escuela. Para mas información por favor llamar a la **Señora Salguero al 703-221-6344.**

Despensa de Comida de La Casa de San Francis—gradecemos a todos nuestros parroquianos por todas sus ofrendas a la Despensa de Comida; con sus donaciones pudimos ayudar a **40** familias. **Muchas gracias por sus donaciones.**

Confirmaciones para Adultos en la Primavera en La Catedral de Arlington—Si usted es mayor de edad y esta interesado en hacer la Confirmación, por favor venga a una de las reuniones de información que tendremos con el Padre John Heffernan en su oficina el domingo, **febrero 7 o domingo, febrero 14 a las 12:30pm.** Si no puede venir a ninguna de estas reuniones por favor llamar al **Padre John Heffernan al 703-864-2053.**

Celebración de Matrimonios Colectivos—Si usted esta interesado en casarse en la Celebración de Matrimonios Colectivos que tendremos en nuestra iglesia San Francisco de Asís por favor llamar al **Padre John Heffernan lo mas pronto posible al 703-864-2053.**

Miércoles de Ceniza—El Miércoles, **febrero 10** celebraremos el miércoles de Ceniza con una misa en español a las **8:00pm en la iglesia.**



Due to a snow cancellation, the **Introductory Session of Cyber Seniors** will be held on **Thursday, February 4, 2016 from 9:30 a.m. to 12:00 p.m. in the St. Catherine Room.** We will help you make friends with the technology that has become such an integral part of all our lives. In the coming months we will be addressing your issues with your phone, tablet, computer, etc.... and help you make those personal electronic devices work for rather than against you!

"I am still learning." Michelangelo at age 87



Many Members One Body, a support group for gay and lesbian Catholics and their families, will be held on **Thursday, February 4th, at 7 pm in the Br. Juniper Room.** For more information, please contact Fr. Kevin Downey at **703-221-4044.**

Faith Formation Office

Phone: 703-221-3127 Fax: 703-221-3246
Office Hours: Monday—Thursday: 8:00 am—2:00 pm
Friday: 8:00 am—1:00 pm

Religious Education Calendar

Religious Education has a New Website Page! Parents please check out the new Parish website at stfrncis.org. Religious Education has a new page along with some new added features. We have a Parent Blog with insightful articles and we are on Pinterest! Please feel free to email me with Catholic resources that you have found helpful.

Email Marianne Hayes, DRE at recoor@stfrncis.org

Jan. 31	Sunday RE Sessions I&II
Feb. 4	Thursday RE Session
7	Sunday RE Sessions I&II
11	NO RE—Presidents' Day Holiday
15	NO RE—Presidents' Day Holiday
18	Thursday RE Session
21	Sunday RE Sessions I&II
25	Thursday RE Session
28	Sunday RE Sessions I&II

Project Bread for Life

On the weekend of **January 30th-31st**, our parish will host **Project Bread for Life**, a grassroots Catholic effort which sells bread in order to raise funds to support the work of the Sister of the Community of the Poor Servants of the Mother of God. The Sisters operate the HIV/AIDS Orphanage and Clinic of St. Clare in Kltui and Meru in Kenya, Africa.



call 703-445-0314.

Soccer Tournament at JP the Great John Paul is hosting a 3v3 soccer tournament for middle and high school students on **February 20th**. Boys and girls, ages 10 – 19 are encouraged to register today! Form your own team, or become part of one for the day! For more information, and to register, please visit www.jpthegreat.org or contact **Coach Beacher** (angela.beacher@jpthegreat.org) or

JP Baseball Clinic

Baseball players in grades 5 – 8 are invited to the annual Spring Training Baseball Clinic at JP the Great on **March 5th**. Athletes will learn the fundamentals of hitting, throwing, and fielding over the course of the clinic. For more information, and to register, please visit www.jpthegreat.org or contact head coach Bob.Czekaj@jpthegreat.org, or call 703-445-0314.

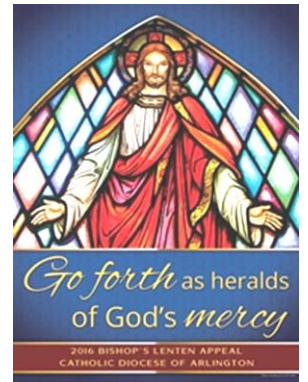
Please Pray For All those who are sick: Joseph Sheridan, Annelies Gendron, Anahel McGill, Patricia Littlefield, The Cooley Family, James Joseph, G. Kraus, Mike Creegan, Fran Phoenix, Clyde Richardson, and G.C. Kraus.

And for those recently deceased: Thomas Fogarty, Jr.; and Joan Glynn (Sister of Mary Battista).

Please pray for the following who are serving abroad in harm's way: Ian French, Jeffrey Miller, Jeffrey Monken, James Moore, Kyle McVay, Kyle Traylor, Kasey Eggie, Eustaquio Castro-Mendoza, Marc Gendron, and Darryl Saungweme.

2016 Bishop's Lenten Appeal Go forth as heralds of God's mercy!

Next weekend, every family in our parish will be asked to complete a Bishop's Lenten Appeal (BLA) pledge form at Mass. If you have already donated through the mail or online or are not able to participate, there will be places to note that on the form. Please read the newsletter being distributed with today's bulletin that contains detailed information about how the BLA funds are distributed throughout our diocese. Please prayerfully consider making a pledge to support the many programs and ministries that serve the people of our diocese. *Every gift is an expression of God's love and mercy!*



Called & Gifted Workshop

The next Called and Gifted Workshop at St. Francis will be held on **February 12th-14th in the School**. The workshop consists of three sessions: Friday night from **7-9:30pm**, **Saturday afternoon from 1:30 to 5pm**, and **Sunday 1:30 to 5pm**. Registration is **\$30, which covers the cost of the materials provided**. For more information or to register, go to the St. Francis website, sign-up after masses next week, or contact **Bill Sydow** at billsydowjr@yahoo.com.

Charism Discernment

For those parishioners that have already taken the Called and Gifted workshop, we invite you to attend a five week small group discernment program aimed at helping you sharpen your awareness of your charisms. These sessions will be held on **Wednesday evenings from February 24th through Mar 23rd**. We will meet from **7-9pm in the Parish Center Library**. You can attend as many sessions as your schedule allows. To sign-up, go to the parish website or contact **Bill Sydow** at billsydowjr@yahoo.com.

Baptismal Preparation Class—Our next class will be held on **Sunday, February 14, 2016 from 1:30p.m.—2:00p.m.** in the Br. Juniper Room. **Please call the parish office to register at 703-221-4044.**

FOURTH SUNDAY IN ORDINARY TIME



Mass Intentions

SUNDAY, 5:30 PM	January 31—4th Sunday in Ordinary Time †Ernie Gregory †Jerry Gerdaukas †Santina Guilano
7:30 AM	†Joan Rudge †Melanie Southerland †Judy Cloy
9:00 AM	†Thomas Lenhard †Dwayne E. Gonsorcik †Thomas Fogarty, Jr.
10:30 AM 12:15 PM	People of the Parish †Clara Kennedy †Dan Morris †George Kaminski †Bernard Vincent Moran, Jr.
1:45 PM 5:30 PM	Misa en español †John, †Lynne, and †Nicole Belli
MONDAY, 8:45 AM	February 1—Weekday †Eleanor Lane
TUESDAY, 8:45 AM	February 2—Presentation of the Lord Gretchen May †Ann Kovalchik
WEDNESDAY, 8:45 AM	February 3—Weekday †Wilma Jean Strati †Dwayne E. Gonsorcik
THURSDAY, 8:45 AM	February 4—Weekday †Janet Sarsfield
FRIDAY, 8:45 AM	February 5—St. Agatha †Ed Bowling †Thomas Sheehy
12:00 PM	†Joyce and †Don McVay
SATURDAY, 4:00 PM	February 6—St. Paul Miki Sacrament of Reconciliation

Mass Intentions on Sunday, February 7, 2016

5:30 PM	Dorothy Lee †Audrey Proscia
7:30 AM	Thomas Lee
9:00 AM	†Karen Mary Takacs †James Stagg †Dwayne E. Gonsorcik †Fr. Alexius Mulrenan, O.F.M.
10:30 AM 12:15 PM	People of the Parish †Clara Kennedy †Robert Ferenschak
1:45 PM 5:30 PM	Misa en español †Ed Bowling †Jonathan Cletus Ottoman

First Friday—February 5th

The celebration of Holy Hour with Benediction will take place on **Friday morning immediately following the 8:45 am Mass. Mass will also be celebrated at 12 noon.** All are welcome.



Readings for the Week of January 31, 2016

Monday	2 Samuel 15:13-14, 30; 16:5-13; Mark 5:1-20
Tuesday	Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32
Wednesday	2 Samuel 24:2, 9-17; Mark 6:1-6
Thursday	1 Kings 2:1-4, 10-12; 1 Chronicles 29:10, 11ab, 11d, 12a, 12bcd; Mark 6:7-13
Friday	Sirach 47:2-11; Mark 6:14-29
Saturday	1 Kings 3:4-13; Mark 6:30-34
Sunday	Isaiah 6:1-2a, 3-8; 1 Corinthians 15:1-11 or 15:3-8, 11; Luke 5:1-11

St. Brigid's Gala—An evening of music, dance, and camaraderie, sponsored by the Ladies Ancient Order of Hibernians in honor of the Patroness of Ireland. This event is a fundraiser and all proceeds go to local charities. **The Gala will be held on February 6th at Our Lady of Angels in Woodbridge, VA**

from 6:30pm-11:00pm. Tickets are \$20 per person or \$25 at the door. Please contact Barbara Dowd at 703-491-2622; Shirley Sullivan at 703-494-4578; or Alice Alexander at 704-497-7748 for tickets.



Valentine Dinner Dance



The Columbiettes are sponsoring **Valentine's Day Dinner/ Dance on February 13, 2016.** This special dance will be held in St. Francis of Assisi Parish Center, 18825 Fuller Heights Rd., Triangle, VA 22172. **The cost is \$38 per person. Dinner will be served at 7 pm with dancing to follow.** Cash bar will be serving beer and wine. Please come and join us in this wonderful event. All profits will be going to Parish needs. **Tickets will be sold after mass on January 30th-31st and February 6th-7th.** Please contact **Irene Sullivan** if you have any questions at dan_irene@verizon.net.



SPONSOR OF THE WEEK

We would like to thank **Precision Painting and Powerwashing** for sponsoring an ad in our weekly bulletin.