



# ST. FRANCIS OF ASSISI

Roman Catholic Church  
 18825 Fuller Heights Road  
 Triangle, Virginia 22172

703-221-4044

[www.stfrncis.org](http://www.stfrncis.org)

**Parish Office Hours - Mon.-Thurs. 8:00 AM—4:00 PM**  
**Fri. 8:00 AM—12:00 PM**  
**Phone 703-221-4044**  
**Fax 703-221-3246**  
**In a Sacramental Emergency—703-468-1180**

## EUCHARIST

Saturday Vigil - 5:30 PM  
 Sunday - 7:30 AM; 9:00 AM; 10:45 AM; 12:15 PM; 5:30 PM  
 @ 10:45 AM—Family Liturgy  
 1:30 PM - Español  
 Monday - Friday - 8:45 AM

## BAPTISM

Baptismal preparation is required of all parents who have not attended a class within the last three years prior to the celebration of baptism. Please call the parish office.

## RECONCILIATION

Saturday: 4:00—5:00 PM and by appointment  
 (English and Spanish)

## MARRIAGE

Arrangements are made with the parish office.

## VISITS TO AND ANOINTING OF THE SICK

Inform the office when someone needs a visit from a Communion Minister or one of the Friars.

## PARISH MEMBERSHIP

To register in the parish, please fill out a registration form found in the vestibule, at the parish office, or on the Parish website, and return it to the office.

## PARISH COUNCIL

Terry Danner (Chair) 703-680-0860  
 Maggie Eves (Vice Chair) 703-304-8058

## PARISH SCHOOL 703-221-3868

Grades Pre-school—8th FAX 703-221-0700  
 Dr. Tricia Barber, Principal  
[tricia.barber@verizon.net](mailto:tricia.barber@verizon.net)  
 Elizabeth Orille, Office Coordinator/Admissions  
[orillee.sfas@gmail.com](mailto:orillee.sfas@gmail.com)

## FRANCIS HOUSE: 703-221-6344

(Emergency Financial Assistance)  
 Francia Salguero, Director  
[francias@stfrncis.org](mailto:francias@stfrncis.org)  
 2606 Heth Court, Dumfries, VA 22026

## CYM 540-273-0777

Brandon Jubar, Coordinator of Youth Ministry  
[bjubar@stfrncis.org](mailto:bjubar@stfrncis.org)

## FRANCISCAN FRIARS

703-221-4044

Fr. John O'Connor, O.F.M., Pastor x226

[frijoconnor@stfrncis.org](mailto:frijoconnor@stfrncis.org)

Fr. John Alderson, O.F.M., Parochial Vicar

[Rochester14220@gmail.com](mailto:Rochester14220@gmail.com)

Fr. Ignacio Harding, O.F.M., Parochial Vicar x229

[ihardingofm@stfrncis.org](mailto:ihardingofm@stfrncis.org)

Br. Henry Fulmer, O.F.M., Deacon/Pastoral Associate x227

[friarhenry@stfrncis.org](mailto:friarhenry@stfrncis.org)

## PERMANENT DEACON

Dcn. Michael Gomes (Leave messages at Parish phone)

[dcnmike@stfrncis.org](mailto:dcnmike@stfrncis.org)

## HISPANIC MINISTRY

x229

Fr. Ignacio Harding, O.F.M., Parochial Vicar

[ihardingofm@stfrncis.org](mailto:ihardingofm@stfrncis.org)

Angelica Silva, Pastoral Associate 703-221-3127 x237

[asalquero@stfrncis.org](mailto:asalquero@stfrncis.org)

## PARISH STAFF

703-221-4044

Marcia Connolly, Receptionist x221

[marciac@stfrncis.org](mailto:marciac@stfrncis.org)

Chanel Marquis, Compliance Officer x222

[cmarquis@stfrncis.org](mailto:cmarquis@stfrncis.org)

Barbara Stouffer, Bookkeeper x232

[barbaras@stfrncis.org](mailto:barbaras@stfrncis.org)

## FAITH FORMATION MINISTRY

703-221-3127

Elizabeth Brack, Secretary x234

[lizb@stfrncis.org](mailto:lizb@stfrncis.org)

Marianne Hayes, DRE x236

[recoor@stfrncis.org](mailto:recoor@stfrncis.org)

Sheila Noble, Assistant DRE x238

[snoble@stfrncis.org](mailto:snoble@stfrncis.org)

## STEPHEN MINISTRY

703-221-4312

Kathy Walker, Director of Stephen Ministry x233

[kwalker@stfrncis.org](mailto:kwalker@stfrncis.org)

## MUSIC MINISTRY


703-221-4044 x231

Nikole Girdaldi, Director

[nikoleg@stfrncis.org](mailto:nikoleg@stfrncis.org)

Colleen Wells, Assistant Director 703-221-4044 x231

[cwells@stfrncis.org](mailto:cwells@stfrncis.org)



**From the Friars**

Many thanks to all who gave in the annual (Parish) Fall Annual Appeal. We had set a very high goal this year. We did not achieve it but we did very well raising almost 180,000 dollars.


As in past years this money will be used to meet the many financial obligations of our parish.

Again, my sincere thanks to those who so generously donated to the Annual Appeal.

Sincerely,

*Fr. John O'Connor, O.F.M.*

**For all lectors, ushers, servers, and Eucharistic ministers** who wish to serve during Lent, Easter Vigil, and/or Easter Day Masses, the **sign-up sheets are located on the bulletin board in the vestibule.**




The **Rosary Guild** meets on the 2nd and 4th Wednesdays of the month. Please join us at our next meeting on **Wednesday, February 12th** from 7:00 p.m.-9:00 p.m. in the **St. Clare Room**. All are welcome. **For more information, please call Otella Creegan at 571-264-0312.**



**REMINDER**


Please remember to bring in your blessed palms from home and leave them in the baskets in the vestibule of the church **by February 23rd**. They will be burned and used for ashes on Ash Wednesday, February 26th. Thank you.

Sunday speaker series  
**February 23, 2020**  
10:15 a.m. – 11:15 a.m.  
**Parish Center Dining Facility**



On Sunday, February 23rd our Let's Talk Faith speaker series will continue with a **presentation by Joe Mitcho** on *Ethics*. Let's Talk Faith presentations are monthly opportunities for parishioners to gather and learn about their Catholic faith, while enjoying a cup of coffee and breakfast pastry. The series compliments the book, *Believing in Jesus: A Popular Overview of the Catholic Faith* by Leonard Foley, O.F.M., which is available for purchase from Amazon. Each talk is separate, so please plan to attend one or all of them.

**February 26th**  
**Ash Wednesday**



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

**Ashes will only be distributed during the above listed services. Ashes will NOT be distributed 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).

**Be Doers of The Word and not Hearers only!**



Our community gathers to hear The Word and better understand God's love for us. Calling all who would like to be a proclaimer of The Word? New lector training will be conducted on **Saturday, March 14th from 9:30 a.m.—1:30 p.m. in the Br. Juniper Room**. If you are interested before that, please contact **Pequette Schwerin** for individual training at [wislady@comcast.net](mailto:wislady@comcast.net) or please call 703-590-8492.



**Votive Candles**

Envelopes are provided for candle money. **Please place them in the boxes located on the wall (next to the candles) in the church.**

## St. Francis House Corner



Thank you for the donations from our parishioners. The items of the month are appreciated very much by our clients. With your generosity, we will continue to serve those who are in need.

### Item of the Month: Paper Towels

- Spaghetti Sauce
- Peanut Butter and Jelly
- Canned Fruit
- Pasta
- Hamburger Helper

For more information, please call **Francia** at 703-221-6344. Thank you for your continuing support!



### OVERNIGHT SHELTER

Winter is here, and it is a very rough season for the homeless. Our parish is committed to providing dinner every Saturday, at 7:00 p.m. for our brothers and sisters at the Overnight Shelter.

At this moment we are in dire need of your help! **Please remember no minors are allowed at this shelter. Also the food needs to be at the shelter hot and ready to serve between 6:30 p.m.—6:45 p.m.**

Sign-up sheets, directions, and more information are on the table in the vestibule of the church. For more information, please contact **Francia Salguero** at [francias@stfrncis.org](mailto:francias@stfrncis.org) or 571-572-5862. Thank you very much for your support!

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 therefore, the only way we will know if you are hospitalized would be if a family member notifies us.



### **Please Pray For** All those who are sick:

Gary Ward; Phyllis Mitchell; Jeanne Schuman; Jesse Fiorbes; S. Jamorski; Ann Grant; Imelda Pine; David Back; Laurie Coligan; Aaron Childs; Ellen Orlando; and Barbara Borthwick.

**And for those recently deceased:** Thomas Ashman; and Amy Delcastillo.

**Please pray for the following who are serving abroad in harm's way:** James O'Shaunessey; and James O'Sullivan.

## Boletín Semanal

**Charlas Bautismales**—Las próximas charlas bautismales en español serán el **viernes, febrero 14, 2020**. Las charlas bautismales Son a las 7:00 p.m. en el Salón del Hermano Juniper (Br. Juniper Room). Para más información por favor llamar a la Señora Salguero al **703-221-6344**.

**Despensa de Comida de La Casa de San Francisco**—Gracias a las donaciones de todos nuestros feligreses el Artículo del mes ha sido bien recibido por nuestros clientes. Con sus donaciones podremos continuar ayudando a los más necesitados.

### Artículo del mes: Papel Toalla

- Salsa para espaguetis
- Crema de maní y mermelada
- Fruta enlatada
- Pasta
- Ayudante de Cocina (Hamburger Helper)

Muchas gracias por sus donaciones. Para más información Contactar a la **Señora Salguero** al **703-221-6344**.

**Formas en la Iglesia:** Les pedimos por favor no dejar a sus niños jugar o escribir en las formas que se encuentran en las mesas de la iglesia. Estos son documentos con información muy importante. Muchas gracias por su colaboración.

### Febrero 26 Miércoles de Cenizas

6:30 a.m.—Servicio de oración con distribución de cenizas (Ingles)

8:45 a.m.—Misa con distribución de cenizas (Ingles)

5:00 p.m.—Servicio de oración con distribución de cenizas (Ingles)

7:30 p.m.—Misa con distribución de cenizas (Ingles)

8:30 p.m.—La Misa con distribución de las cenizas (Español)

Las cenizas solo serán distribuidas durante los servicios mencionados anteriormente. Entre los servicios Las cenizas **NO** serán distribuidas.

El ayuno y la abstinencia son alentados durante la Cuaresma y reflejan la naturaleza penitencial de la temporada. En los Estados Unidos, todos los viernes de Cuaresma son días de abstinencia, es decir, días en los que no se debe consumir carne. **El Miércoles de Ceniza y el Viernes Santo** son días de ayuno, solo una comida completa durante el día, así como la abstinencia. El ayuno y la abstinencia no son de ninguna manera los únicos tipos de penitencia. "Demos testimonio de nuestro amor e imitación de Cristo con especial solicitud por los enfermos, los pobres, los desfavorecidos, los encarcelados, los postrados en cama, los desanimados, los humildes" (Tobías 12, Mt 6).

### Are You New to the Parish??? Welcome!!

Registration forms are available on the tables in the vestibule, from the Parish Office or from the parish website [www.stfrncis.org](http://www.stfrncis.org).

**Faith Formation Office**

Phone: 703-221-3127 Fax: 703-221-3246  
Office Hours: Monday—Thursday: 8:00 a.m.—2:00 p.m.  
Friday: Closed

**Religious Education for 2019-2020**

- Feb. 9 Sunday RE Session
- 13 **NO RE—Presidents' Day Holiday**
- 16 **NO RE—Presidents' Day Holiday**
- 20 Thursday RE Session
- 23 Sunday RE Session
- 27 Thursday RE Session
- Mar. 1 Sunday RE Session
- 5 Thursday RE Session
- 8 Sunday RE Session

**March 12th-22nd—NO RE**  
(Stafford County Schools Spring Break)

St. Francis High School Youth Ministry is called **REAL!** **REAL** stands for Respect, Engage, Accept, Live! **REAL** is open to all High School teens. It is a place to connect your life and your faith, to share, support and have fun with other teens who are trying to live out God's call in their everyday lives. Please come see what **REAL** is all about!



**Sunday, February 9th**  
6:30 p.m.—8:30 p.m.  
St. Catherine Room  
**REAL Time (Youth Group)**  
All Teens Grades 9-12

**Sunday, February 16th**  
Presidents' Day Weekend  
**NO REAL ACTIVITIES**

**Sunday, February 23rd**  
6:30 p.m.—8:30 p.m.  
St. Catherine Room  
**REAL Time (Youth Group)**  
All Teens Grades 9-12

Questions? Please contact Brandon Jubar at [bjubar@stfrncis.org](mailto:bjubar@stfrncis.org).

**Baptismal Preparation Class**

Our next class will be held on **Sunday, March 8, 2020 from 1:30 p.m.—2:30 p.m.** in the Br. Juniper Room. Please call the Parish Office to register at 703-221-4044.



**SPONSOR OF THE WEEK**

We would like to thank **Mountcastle Turch Funeral Home and Crematory** for sponsoring an ad in our weekly bulletin.



**Keep those used printer cartridges coming!**

Faith Formation has been helping to be good stewards of our earth by recycling. With your contribution of used ink cartridges, we can help care for the earth and it is so easy to do.

Please **do not** drop the cartridges in the **Catch-All Slot**. (No laser cartridges.)

You can drop the cartridges off in the **basket** on the table in the vestibule or stop by the **Faith Formation Office**.

Thank you for your continued support!

**Families Celebrating Mass at the Family Liturgy**

Each Sunday during the 10:45 a.m. Mass, we welcome all families, especially those with young children. Celebrated using the children's Lectionary, child/youth cantors, lectors, gift bearers, and ushers, this Mass focuses on the family staying together throughout the Mass and helping our children find an early joy in ministry. Families share together in this ministry by volunteering their time during specific weekends of their choosing throughout the year, about 8 times per year. **The Family Liturgy Ministry needs 4 families.** What a wonderful way to get the whole family working together in ministry! All materials are provided for the families ahead of time. **For more information, please contact Colleen Wells at [cwells@stfrncis.org](mailto:cwells@stfrncis.org) or 703-221-4044, ext. 231.**



**Monday Morning Bible Study**



Please join us for a Bible Study exploring Christ's Passion, *No Greater Love*, by Ascension Press on **Monday mornings from 9:30 a.m.—11:00 a.m. beginning Monday, February 24, 2020 in the St. Catherine Room.**

Please visit [www.stfrncis.org/resources](http://www.stfrncis.org/resources) for the course description and to register for the study. Contact **Sheila Noble** ([snoble@stfrncis.org](mailto:snoble@stfrncis.org)) with any questions.

If you are moving/changing your address, please notify the Parish Office so that we may be able to keep our records up-to-date. **Change forms are also available on the tables in the vestibule**, from the Parish Office, or from the parish website [www.stfrncis.org](http://www.stfrncis.org).



If you are changing your phone number because you are using a cellular phone and/or forgoing your land phone, the Parish Office would also like that information. **Please call us at 703-221-4044, ext. 222. Thank you.**

## Middle School Sport Opportunities at John Paul

# BASKETBALL CLINIC

February 15, 2020  
1:00-3:00 PM  
Grades 3-6  
\$25

Spend the afternoon with a Saint John Paul the Great Basketball coach, where you will practice your skills and receive guidance on how to develop and improve your abilities on the court!

# SOCCER 3 v 3

February 29, 2020  
11:00-6:00 PM  
Grades 5-8  
\$25

This is a great opportunity for soccer players of all levels to sharpen skills! Create your team of 4-5 players. Teams may be all girls, all guys, or coed (3/2 split). Each player should register separately, but make sure to put the TEAM NAME on the registration form. Each team is guaranteed three 20-minute games and a playoff game!

# VOLLEYBALL CLINIC

April 25, 2020  
10:00-12:00 PM  
Grades 3-6  
\$25

Girls, hone your volleyball abilities in this fun learning environment for beginner and intermediate players. The clinic focuses on fundamental skills and team activities. Specific skills include passing, setting, and serving.



**RSVP:** [www.jpthegreat.org/apps/pages/middle\\_school\\_events](http://www.jpthegreat.org/apps/pages/middle_school_events)

Questions?  
[admissions@jpthegreat.org](mailto:admissions@jpthegreat.org)  
or 703-445-0218





## Mass Intentions

<b>SATURDAY,</b>	<b>February 8—Weekday</b>
4:00 PM	Sacrament of Reconciliation
5:30 PM	†Cy Kelly †John A. Shookster †Marcus Wilson
<b>SUNDAY,</b>	<b>February 9—5th Sunday In Ordinary Time</b>
7:30 AM	†Alice Tippit Andrew Wagner †David Harrison Rawlins
9:00 AM	†Dwayne E. Gonsorcik †Andy Misenko †Steve Hudak
10:45 AM	Obdulio DeLeon People of the Parish †Loretta Napolitano
12:15 PM	†George Beck
1:30 PM	Misa en español
5:30 PM	†Jane Wilson †Colleen Brickley
<b>MONDAY,</b>	<b>February 10—St. Scholastica</b>
8:45 AM	†Jane Wilson †Bobby Estella
<b>TUESDAY,</b>	<b>February 11—Weekday</b>
8:45 AM	†Jane Wilson †Jean Stoddart †Michael and †Veronica Tokar
<b>WEDNESDAY,</b>	<b>February 12—Weekday</b>
8:45 AM	†Dwayne E. Gonsorcik †Kathryn Gonsorcik
<b>THURSDAY,</b>	<b>February 13—Weekday</b>
8:45 AM	†Eileen Bolen
<b>FRIDAY,</b>	<b>February 14—Sts. Cyril and Methodius</b>
8:45 AM	†Kevin Ryan Herrmann †Alice Tippit †Kobe and †Gianna Bryant
<b>SATURDAY,</b>	<b>February 15—Weekday</b>
4:00 PM	Sacrament of Reconciliation
5:30 PM	†Marion and †Bill Richmond †Mary and †Michael Brough †Aldo Vitali
<b>Mass Intentions on Sunday, February 16, 2020</b>	
7:30 AM	†Alice Tippit †Leroy Barton Donna Barton
9:00 AM	†Dwayne E. Gonsorcik †Dominic Milazzo Marie Chery
10:45 AM	†Mirian Diaz Norma S. Ireland Donald Kaley
12:15 PM	†Thomas V. Vitale †Mark and †Louise Condry
1:30 PM	Misa en español
5:30 PM	†Jane Wilson People of the Parish

### Readings for the Week of February 9, 2020

<b>Monday</b>	<b>1 Kings 8:1-7, 9-13; Mark 6:53-56</b>
<b>Tuesday</b>	<b>1 Kings 8:22-23, 27-30; Mark 7:1-13</b>
<b>Wednesday</b>	<b>1 Kings 10:1-10; Mark 7:14-23</b>
<b>Thursday</b>	<b>1 Kings 11:4-13; Mark 7:24-30</b>
<b>Friday</b>	<b>1 Kings 11:29-32, 12:19; Mark 7:31-37</b>
<b>Saturday</b>	<b>1 Kings 12:26-32; 13:33-34; Mark 8:1-10</b>
<b>Sunday</b>	<b>Sirach 15:15-20; 1 Corinthians 2:6-10; Matthew 5:17-37 or Matthew 5:20-22a, 27-28, 33-34a, 37</b>



### Lenten Small Faith Groups

Please join in the largest Adult Faith program of the year by hosting a few friends, family and/or neighbors into your home for an hour a week during Lent. Each year, hundreds of St. Francis of Assisi parishioners enrich their spiritual lives at this sacred time by participating in small faith groups. *The 4—10 person groups meet in Host homes, beginning the week of March 1st*, as part of a five-week study. *This year, we will consider and discuss the booklet, "Having Mercy"* from The Pastoral Center Lectionary Series. Hosts are instrumental to the program's success, and it is easy to be a Host. All you need is an open heart to invite people you already know into your home for approximately an hour a week, on a day and time that best fits your schedule. Each registered Host receives a free guide book which contains every prayer, scripture passage, reflection and discussion question. There is no training required, and it is completely up to each Host as to who to invite and when to meet. To register as a Host, receive your free copy of the guide book and learn more about the program, please visit [www.stfrancis.org/small-groups](http://www.stfrancis.org/small-groups) or please contact **Sheila Noble** ([snoble@stfrancis.org](mailto:snoble@stfrancis.org)) with any questions.

### Extraordinary Minister of Holy Communion

Workshops for new Extraordinary Ministers of Holy Communion will be held this year on:



**Saturday, February 29, 2020** at Our Lady of Hope in Potomac Falls.

**Saturday, March 14, 2020** at Precious Blood in Culpeper.

**Saturday, April 4, 2020** at All Saints in Manassas.

**Saturday, April 25, 2020** at Good Shepherd in Alexandria.

The time frame for all workshops will be from **10:00 a.m. to 11:30 a.m.**

To register for one of the workshops or if you have any questions, please contact **Chanel Marquis** at 703-221-4044, ext. 222 or [cmarquis@stfrancis.org](mailto:cmarquis@stfrancis.org).

# < KID'S > KORNER

## Gospel Today Fifth Sunday in Ordinary Time / Matthew 5:13-16

Jesus says His disciples should enhance the world with goodness, light up the world with love, and influence the world for positive change.

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"Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

Matthew 5:16



## Salt of the Earth... Light of the World



### If God's love was in a popcorn kernel...



It would get all heated up, ready to burst out and **expand** enormously.



A few tablespoons (*unpopped*) = a whole bowl (*popped*)

The aroma generates some curious attention, people gather, sensing a good thing - **just a bit of salt enhances the goodness!**



Offer Grace...  
Giving thanks  
to God...



Share the LOVE!

yum yum  
yum

### LET'S MAKE POPCORN



With adult help, pop some popcorn your favorite way... kettle, air, microwave. Think of God's love being in each kernel, bursting out with each **pop, pop, pop**.

Share your light, salty snack and your thoughts...

**Think:** What are some things you can do to make God's world a better place? Do the words you speak bring out the best in another person, like salt brings out the flavor in popcorn? Do your actions light up the world with love and kindness improving other people's lives?

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**CHRISTOPHER K. BROWN**  
Certified Public Accountant

703-221-2899

Christopher K. Brown, CPA, PLLC  
17739 Main Street, Suite 340  
Dumfries, VA 22026

[christopherkbrowncpa@gmail.com](mailto:christopherkbrowncpa@gmail.com)



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