



ST. FRANCIS OF ASSISI
 Roman Catholic Church
 18825 Fuller Heights Road
 Triangle, Virginia 22172
 703-221-4044
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
 Elizabeth Orille, Office Coordinator/Admissions
orillee.sfas@gmail.com

FRANCIS HOUSE: 703-221-6344
 (Emergency Financial Assistance)
 Francia Salguero, Director
francias@stfrncis.org
 2606 Heth Court, Dumfries, VA 22026

CYM 540-273-0777
 Brandon Jubar, Coordinator of Youth Ministry
bjubar@stfrncis.org

FRANCISCAN FRIARS 703-221-4044
 Fr. John O'Connor, O.F.M., Pastor x226
frjoconnor@stfrncis.org
 Fr. John Alderson, O.F.M., Parochial Vicar
Rochester14220@gmail.com
 Fr. Ignacio Harding, O.F.M., Parochial Vicar x229
ihardingofm@stfrncis.org
 Br. Henry Fulmer, O.F.M., Deacon/Pastoral Associate x227
friarhenry@stfrncis.org

PERMANENT DEACON
 Dcn. Michael Gomes (Leave messages at Parish phone)
dcnmike@stfrncis.org

HISPANIC MINISTRY x229
 Fr. Ignacio Harding, O.F.M., Parochial Vicar
ihardingofm@stfrncis.org
 Angelica Silva, Pastoral Associate 703-221-3127 x237
asalquero@stfrncis.org

PARISH STAFF 703-221-4044
 Marcia Connolly, Receptionist x221
marciac@stfrncis.org
 Chanel Marquis, Compliance Officer x222
cmarquis@stfrncis.org
 Barbara Stouffer, Bookkeeper x232
barbaras@stfrncis.org

FAITH FORMATION MINISTRY 703-221-3127
 Elizabeth Brack, Secretary x234
lizb@stfrncis.org
 Marianne Hayes, DRE x236
recoor@stfrncis.org
 Sheila Noble, Assistant DRE x238
snoble@stfrncis.org

STEPHEN MINISTRY 703-221-4312
 Kathy Walker, Director of Stephen Ministry x233
kwalker@stfrncis.org

MUSIC MINISTRY 703-221-4044 x231
 Nikole Girdaldi, Director
nikoleg@stfrncis.org

Colleen Wells, Assistant Director 703-221-4044 x231
cwells@stfrncis.org

FIRST SUNDAY OF LENT

A fresh perspective on the Sunday Readings
HIS WORD TODAY
By Rev. William J. Reilly



“For if by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance grace and of the gift of justification, come to reign in life through the one Jesus Christ. In conclusion just as through one transgression condemnation came upon all. So through one righteous act acquittal and life came to all.”

We begin the season of Lent, a time of prayer, fasting, sacrifice and good works. It is not just a time to shift gears and remember, but to allow the saving work of Jesus to take place in our hearts.

Do I see the need for the abundant grace of Jesus in the world today? Am I able to move from what is around me needing salvation in Jesus, and see my own personal need for His saving, His amazing grace?

I begin my Lenten journey in a serious way, asking that the next few weeks will find me caring for my soul, my spiritual life, the spiritual well being of other, my children. I ask forgiveness for what I have done and what I have failed to do.



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.**



Communal Reconciliation—will be held on **Wednesday, March 11th, from 7:30 p.m.-9:30 p.m.** We trust this will help all who respond, to have a sacred encounter with the God of mercy. There will be extra clergy on hand to assist that evening.



Confession Schedule for Lent

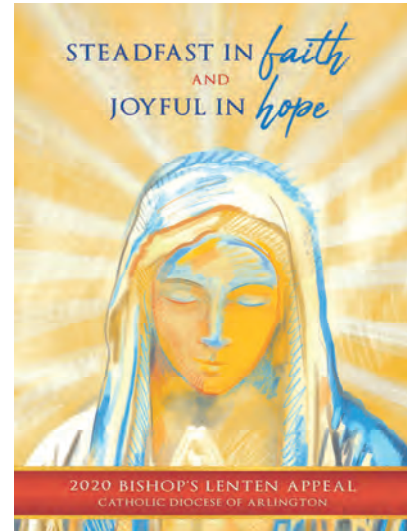
Confessions will be heard every Wednesday during Lent from **7:30 p.m. until 8:30 p.m.**
In addition to Saturday's from 4—5pm.

We are in need of Eucharistic Ministers and Altar Servers to serve at **First Communion Masses on Saturday, April 25th at 9:00 a.m. and 11:00 a.m.** and for **Confirmation Masses on Saturday, May 2nd at 10:00 a.m. and 1:30 p.m.** Please contact Sheila Noble (snoble@stfrncis.org) if you are able to help, your assistance is greatly appreciated!



2020 BISHOP'S LENTEN APPEAL

Steadfast in Faith and Joyful in Hope



This weekend every household in our parish will be asked to complete a Bishop's Lenten Appeal (BLA) pledge form at Mass. The BLA provides an opportunity to unite as a Catholic family and support programs, ministries and services that no single individual or parish could offer by itself. After reflecting upon the many blessings that God has given you, please prayerfully consider making a pledge of support to this important appeal that furthers the Mission of Jesus Christ in our diocese. Your gift is very important! Every donation, regardless of the amount, is vital to the success of the BLA.

Soup Suppers and Bilingual Stations of the Cross

Fridays during Lent we will celebrate Soup and Stations at **6:30 p.m.** with



a soup and bread dinner in the **Parish Center Dining Facility**, followed by the **Bilingual Stations of the Cross (English and Spanish) in the Church at 7:30 p.m.** Each week a different group will sponsor the dinner and St. Francis Lectors will lead the Stations that evening. Please join us in this time of fellowship and prayer.



Marriage Preparation

Marriage Preparation Class will be held on **March 28, 2020 from 9:00 a.m.-3:00 p.m. (Br. Juniper Room).** *The next class will be held in the Fall.*

For more information, please contact the Parish Office at **703-221-4044.**

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.

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!



Kairos Prison Ministry Asks for Your Support

The purpose of the Kairos Program is to build a Christian community within a prison. From **March 19th-22nd**, John Cipparone will be supporting a Kairos weekend. You can assist him in two ways:

Sign up for Prayer Chain. Intercessory prayer is powerful for those incarcerated and their families. A Prayer Chain is a visible way to show offenders that people are praying for them. It is done by linking paper strips around walls with people's names who are praying for them (any amount of time), during this weekend. A sign-up sheet will be available after Masses on March 7th-8th. **Please contact John if you have any questions: (H: 703-580-6406; C: 603-512-9680; e-mail: johncip11@verizon.net).**

Bake Cookies. Kairos volunteers bring cookies as a metaphor for abundant love. If this is something you desire to do, please use only the required recipes, due to prison restrictions, that are available on the parish website <http://www.stfrncis.org/prison-ministry>. Any number of cookies are appreciated and they can be dropped off at the Parish Office up to **March 16th**.

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. 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.**



Boletín Semanal

Charlas Bautismales—Las próximas charlas bautismales en español serán el **viernes, marzo 13, 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.

Tiempo de Cuaresma—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).

Grupo de Jóvenes—Si eres un Joven en los Grados de Noveno a Doceavo (High School), te invitamos a reunirte con nuestro Grupo de Jóvenes el Primer y Ultimo Viernes de cada mes, de 7:00 a 9:00 p.m. En el Salón del Hermano Juniper. Tocamos temas de interés para tu vida centrados en nuestra fe Cristiana. Para mas información por favor contactarse con la Señora **Angelica Silva al 703-221-6344** o asalguero@stfrncis.org.

Hearing Assistance Earphones are available for use during the Mass, for those who would like sound amplification. They have been checked and are functioning well. See one of the friars or come to the sacristy before Mass.



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

- Mar. 1 Sunday RE Session
- 5 Thursday RE Session
- 8 Sunday RE Session

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

VBS is fast approaching and we are looking for a team of parents to help! VBS will be held June 15th-19th for children age 4- 6th grade. Several months are necessary to plan and coordinate. We have an easy to follow kit with a director's guide and tons of support!! In addition to coordinator(s), we will need adults as group leaders, music, craft, games, snack, decorating, bible story, registration.



If you can help coordinate or in any other capacity please fill out a volunteer form. Volunteer forms are available in the back of the church, website and RE Office. Caravan with Moses and find out what it was like for the Israelites traveling to the promise land! **Please contact Marianne Hayes recoor@stfrncis.org** for more information.

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, March 1st
Sorry, Change of Plans
NO REAL ACTIVITIES

Sunday, March 8th
6:30 p.m.—8:30 p.m.
St. Catherine Room
REAL Leadership
Leadership Team ONLY

Sunday, March 15th
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**

SAVE THE DATE!

Please join us for the annual **Taste of Assisi—Spaghetti Dinner, Silent Auction and Raffle** on **Saturday, March 21st** at **6:30 p.m. in the Parish Center Gymnasium.** *The cost is \$10 per person (ages 12 and up) and \$6 for children ages 3 to 11.* Price includes spaghetti, salad, bread, and beverages. Beer and wine will be available for purchase.



Included among this year's auction items: Gift Certificates, Autographed Books, Art, Jewelry, and so much more!

For more information, please contact **St. Francis of Assisi School at 703-221-3868.**

COKE GIVES PROGRAM

Turn Coke product caps into cash for St. Francis School! Look for Coke Rewards stamps on *Coke, Sprite, Dasani, Fanta, Barq's, Fresca, Mr. Pibb, Mello Yello, Fuze, Seagram's Ginger Ale, and Tab.* Simply bag the caps and bring them to the school. We will take it from there. For more information, please contact **William Sharp at 571-408-5213 or youcandance5678@yahoo.com**. **God bless!**



NO MORE CLIPPING



The next generation of Box Tops is here!

Please download the Box Top App.

Instead of clipping from packages and checking expiration dates, the Box Top App now allows you to scan your store receipt, find participating products, and instantly add Box Tops to **St. Francis of Assisi School** earnings online.

Still have some traditional Box Tops in your home right now? Simply bag the Box Tops and place them in the Catch-All Slot in the vestibule of the Church. **Thank you for supporting St. Francis of Assisi School!**

Questions? Or for more information, please contact **Chanel Marquis (Box Top Coordinator) at cmarquis@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 **Eastgate Apartments** for sponsoring an ad in our weekly bulletin.



St. Francis' Cub Scout Pack 1385 and Boy Scout Troop 138 would like to thank the Parishioners of St. Francis for making their 7th annual **Undie Sunday** a big success. Thanks to your overwhelming generosity and support, the scouts were able to collect and deliver **over 350 pounds** of [men's and/or women's underwear](#) to Bill Mehr Drop-In Shelter. **Thank you!**



Christ Centered Yoga Classes will begin a five-week session on **Tuesday, March 3rd**. Adults of all levels are welcome. Please come and experience a moving meditation of heart and body. To register, please contact Rita Evans at 540-270-0667 or breathofheavenyoga@outlook.com.

Also on **Sunday, March 22nd**, there will be a **Christ Centered Yoga retreat** with Tracy Morgan and Rita Evans in the **Parish Center Dining Facility from 2:00 p.m.—5:00 p.m.** If you are interested, please contact Tracy Morgan at spiritualyogava@gmail.com or Rita Evans at breathofheavenyoga@outlook.com.

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.**




Please Pray For All those who are sick:
Ellen Orlando; Ninfa Carpino;
Sue Long; Gary Ward; Phyllis Mitchell; Jeanne Schuman;
Jesse Fiorbes; and S. Jamorski.

And for those recently deceased: Jimmy Newell (Brother of Mary Kay Jones).

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

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.



CALLING ALL YOU IRISH LADIES
By BIRTH OR MARRIAGE



The Fr. Mychal Judge, O.F.M. Ladies Division of the Ancient Order of Hibernians **will be meeting on Monday, March 9, 2020** in the **Parish Center Library!** We will gather at 6:45 p.m. The meeting will last from 7:00 p.m.-8:00 p.m.

Criteria to join this group of ladies? You must be an Irish Catholic female of 16 years of age or older, Irish descent OR married to an Irish gentleman.

Once a part of this Irish Catholic Organization—all we would ask is for you to live our motto of:

"Friendship, Unity, and Christian Charity"

Come by and see what is going on within our group! We would enjoy meeting you and having you JOIN us. **For more information or/and if you are eligible and interested in joining, please contact Collette White at 703-405-2558 or collette4547@gmail.com.**



L.A.O.H. Bake Sale: After all the Masses n **Sunday, March 15th** The Ladies of the Ancient Order of Hibernians will sponsor a bake sale and an Irish Basket Raffle. Proceeds will go towards the needs of the Parish. Donated baked goods are appreciated. Please contact **Ginny Murphy at ginmurphy28@gmail.com** with any questions about donating baked goods.

The parishes responsible for emergency anointings are:

- INOVA—Lorton—**Our Lady of Angels**, Woodbridge
- INOVA—Mt. Vernon—**Good Shepherd**, Alexandria
- INOVA—Fairfax (**Hospital's Chaplain's office 24/7**)
- INOVA—Fair Oaks—**St. Veronica's**, Chantilly
- INOVA—Alexandria—**Blessed Sacrament**, Alexandria
- Mary Washington Hospital—**St. Mary's**, Fredericksburg
- Prince William Hospital—**All Saints**, Manassas
- Sentara Hospital—**Our Lady of Angels**, Woodbridge
- Spotsylvania Hospital—**St. Jude**, Fredericksburg
- Stafford Hospital—**St. William of York**, Stafford
- Virginia Hospital—**St. Ann's**, Arlington

**BE A FRANCIS-CAN
NOT A
FRANCIS-CAN'T**



First Sunday of Lent

SATURDAY, February 29—Lenten Weekday
4:00 PM Sacrament of Reconciliation
5:30 PM †Mary Wood
†Samantha Alvarez
†Raymond Battista

SUNDAY, March 1—1st Sunday of Lent
7:30 AM †Carol Freeman
†Alice Tippit
†Donald Meredith Fehlings
9:00 AM †Dwayne E. Gonsorcik
†Thomas Herrmann
†Cheryl McNierney
10:45 AM †Cecelia R. Harlan
People of the Parish
12:15 PM †Matias Saabedra Ruiz
†Eileen Posch
1:30 PM Misa en español
5:30 PM †Jane Wilson
†George and Helen Callaway

MONDAY, March 2—Lenten Weekday
8:45 AM Jan Floom

TUESDAY, March 3—Lenten Weekday
8:45 AM Gretchen May
†George and †Helen Callaway
†Harry Rodman

WEDNESDAY, March 4—Lenten Weekday
8:45 AM †Dwayne E. Gonsorcik
†Kathryn Gonsorcik

THURSDAY, March 5—Lenten Weekday
8:45 AM Ryan Staten

FRIDAY, March 6—Lenten Weekday
8:45 AM †Kevin Ryan Herrmann
†Lee Dixon

SATURDAY, March 7—Lenten Weekday
4:00 PM Sacrament of Reconciliation
5:30 PM †Thomas Austin, Sr.
†Gloria Mangiaracina
†Connie and †Jerry O'Shea

Mass Intentions on Sunday, March 8, 2020

7:30 AM †Alice Tippit
†Lawrence Larke
†Sandy Callaway-Ferguson
9:00 AM †Dwayne E. Gonsorcik
†Joaquin Gonzales
†Jimmy Newell
10:45 AM †Shawn T. Endler
12:15 PM †Alfred Russillo
People of the Parish
1:30 PM Misa en español
5:30 PM †Jane Wilson

Readings for the Week of March 1, 2020

Monday Leviticus 19:1-2, 11-18;
Matthew 25:31-46
Tuesday Isaiah 55:10-11; Matthew 6:7-15
Wednesday Jonah 3:1-10; Luke 11:29-32
Thursday Esther C:12, 14-16, 23-25;
Matthew 7:7-12
Friday Ezekiel 18:21-28; Matthew 5:20-26
Saturday Saint Perpetua and Felicity, Martyrs
Deuteronomy 26:16-19; Matthew 5:43-48
Sunday Genesis 12:1-4a; 2 Timothy 1:8b-10;
Matthew 17:1-9

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 **Pequitte Schwerin** for individual training at wislady@comcast.net or please call 703-590-8492.

CAR RAFFLE 2020

Car raffle tickets have been mailed to each family. Once again we are participating with All Saints Catholic Church. **One \$5.00 ticket offers** a more generous venture than purchasing a vehicle on our own and each purchaser has a chance to win five cars plus \$20,000 in cash drawings! This makes "selling" at work or to family and friends more like an opportunity—just show them the ticket—it will sell itself!



Prizes include five 2020 vehicles from Koons of Manassas (Honda Civic, Buick Encore, GMC Canyon Truck, Honda CRV SUV and Honda Odyssey Van).

Please take note—All tickets (used or unused and money) can be mailed back directly to ALL SAINTS CATHOLIC CHURCH.; turned into the Parish Office; placed in the collection plate; or the Catch-All Slot. St. Francis will STILL receive the normal proceeds from the Raffle. This is our Parish's largest fundraiser and we thank you in advance for your support.

< KID'S > KORNER

Gospel Today First Sunday of Lent / Matthew 4:1-11

In today's Gospel the Holy Spirit and angels came to help Jesus through His suffering in the desert. Jesus spent 40 days and nights with no food or shelter and the Holy Spirit and angels **lent** Him spiritual and physical support.

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Lent

The season of being sorry for sin, asking forgiveness and helping others.

lend / lent

The act of giving assistance or support to helping others.

WEEK 1

Dear God,
This week I...

LEND
for
LENT

Love,

L
E
N
T

Examples

Donate food to food pantry or shelter

Donate clothing or jackets

Help cook dinner

Drop a few coins in the poor box in church

Jesus knows how it feels to be cold and very hungry.

Think of a way you can lend support to a cold, hungry person and write your lend/lent action in the space on the cross. Color in the cross.



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