



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. 9:00 AM—3:00 PM

Fri. 9:00 AM—12:00 PM

Phone 703-221-4044

Fax 703-221-3246

In a Sacramental Emergency—703-468-1180

EUCCHARIST

Saturday Vigil - 5:30 PM ([Live Streamed](#))

Sunday - 9:00 AM (Must Pre-Register); 11:00 AM (Must Pre-Register);

5:30 PM (Must Pre-Register)

1:30 PM - Español (Must Pre-Register and Live Streamed)

Monday - Friday - 8:45 AM (maximum seating 50 people)

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: 3:30 PM—4:30 PM and by appointment (English)

Saturday: 3:30 PM—4:30 PM and by appointment (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)

Francis Salguero, Director

francias@stfrncis.org

2606 Heth Court, Dumfries, VA 22026

FRANCISCAN FRIARS

703-221-4044

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

x226

frjoconnor@stfrncis.org

Fr. James Scullion, O.F.M., Parochial Vicar

x227

frjscullion@stfrncis.org

Fr. George Corrigan, O.F.M., Parochial Vicar

x228

frgcorrigan@stfrncis.org

Fr. Lalo Jara, O.F.M., Parochial Vicar

x229

frljara@stfrncis.org

PERMANENT DEACON

Dcn. Michael Gomes (Leave messages at Parish phone)

dcnmike@stfrncis.org

HISPANIC MINISTRY

x229

Fr. Lalo Jara, O.F.M., Parochial Vicar

frljara@stfrncis.org

Angelica Silva, Pastoral Associate

703-221-6344

asalguero@stfrncis.org

PARISH STAFF

703-221-4044

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Chanel Marquis, Compliance Officer

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Barbara Stouffer, Bookkeeper

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703-221-3127

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Marianne Hayes, DRE

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Sheila Noble, Assistant DRE

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STEPHEN MINISTRY

703-221-4044

Kathy Walker, Director of Stephen Ministry

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MUSIC MINISTRY

703-221-4044

x231

Nikole Giraldi, Director

nikoleg@stfrncis.org

Colleen Wells, Assistant Director

703-221-4044

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cwells@stfrncis.org

CYM

540-273-0777

Brandon Jubar, Coordinator of Youth Ministry

bjubar@stfrncis.org



IMPORTANT!

Due to our abundant supply of ashes here at the church, **please DO NOT bring in palms** this year, as they are NOT needed. Thank you.

February 17th
Ash Wednesday



Please visit www.stfrancis.eventbrite.com to reserve a seat for one of the services listed below:

- 8:45 a.m.— Mass with Distribution of Ashes
- 5:00 p.m.— Prayer Service with Distribution of Ashes
- 7:00 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. *'Drive-By' Ashes will also be distributed from 5:30 p.m.-6:30 p.m., in front of the church (please remain in your vehicle).*

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).



Lenten Small Groups/Adult Faith Reflections

Please join us virtually during Lent "Around the Lenten Circle" as we gather to share readings and reflections to help quiet our hearts and better hear God's message for us during this Lenten season. This time together will help us be more

alert to His presence in our lives each day. Please contact **Sheila Noble** (snoble@stfrancis.org) for more information or to receive the link to access the sessions.

RESPECT FOR LIFE 40 DAYS FOR LIFE

As we approach the Holy season of Lent, please consider adding your voice to the millions of voices at 40 Days for Life (www.40DaysForLife.com). In our three-fold mission of prayer, fasting, and peaceful vigil to end abortion in our country.

A fresh perspective on the Sunday Readings

HIS WORD TODAY

By Rev. William J. Reilly



"Rising very early before dawn, he left and went to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said: 'Everyone is looking for you.' He told them, 'Let us go on to the nearby villages that I may preach there also. For this purpose I have come.'"

Once again we find Jesu at prayer. Everything He did from the beginning of ministry at the Jordan to the tear filled agony at Gethsemane, prayer is the beginning and end to fortify, direct and strengthen Him. He was aware of His mission and strove to complete it.

We too begin each day in prayer seeking the help we need. Each evening, we pause and thank the Lord for the blessing of the day and ask pardon for shortcomings.

May we also pray for priests and all church ministries, that we meet, hear and learn what it is the Lord asks of us, our own particular mission which He places in our hands.

Please Pray For All those who are sick:

Lily Diaz-Salas; Sean Mullan; Sarah Hutto; Robert Schaul; Joann Winston; Stephanie; Bruce Schechter; Nina; Kathleen Schechter; Nancy; Emily Clemente; LeAnne Floom; Charles Dennison; Bob Ashburn; Sue Long; Charles Brown; Alda Kelly; Betsy Dennison; Imelda Pine; David Back; Aaron Childs; Denise Liss; Dale Hudson; Gary Ward; and Richard McClevey.

And for those recently deceased: James Toner (husband of MaryPat Toner); and Alfred DeCarli.

Please pray for the following who are serving abroad in harm's way: Leo N. Company; and S. Defibaugh.

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



St. Francis House an Outreach Program
from St. Francis of Assisi Parish
2606 Heth Court, Dumfries, VA 22026
703-221-6344
Francia Salguero and Angelica Silva

St. Francis of Assisi Outreach Ministry

During the year 2021, we will continue to support the individuals and families in need in the Eastern PWC.

As follows are some of the many services the we are providing at St. Francis House every week:

- Food assistance for more than 100 families. Around 3600 pounds of food that consist of non perishable food and perishable food like milk, meat, cheese, vegetables, and fruit.
- Baby diapers and wipes and adult diapers and wipes.
- Rental assistance.
- Utility assistance.
- Prescription assistance.
- 60 lunches and 60 dinners every Saturday for the Overnight shelter.
- From Sunday, November 29th until Saturday, December 5th we provide breakfast, lunch, and dinner for 30 residents at the Hilda Barg shelter.
- Support with monetary donations and home items donations for 3 families in Triangle who lost everything in an apartment fire.

Un-Trim-A-Tree-Program

- Christmas presents for families in Dumfries and Triangle E.S.
- Donations of extra gifts for families in PWC through the Volunteers of PWC program
- Christmas gifts and gift cards for our brothers and sisters at the Overnight shelter.
- Christmas bags for the seniors at the Envoy Nursing Home.

St. Francis of Assisi Church Outreach Ministry is possible due to the generosity of all the parishioners and individuals who provide their time, talents, and donations to support our brothers and sisters in need.

Thank you very much from the bottom of our hearts!

SPONSOR OF THE WEEK

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

Boletín Semanal

Despensa de Comida de La Casa de San Francisco
Casa St. Francisco Un Programa de Ayuda Social de la
Parroquia de St. Francisco de Asís
2606 Heth Court, Dumfries, VA 22026
703-221-6344

Ministerio de Asistencia Social de San Francisco de Asís

A medida que nos acercamos al final del año 2020, continuamos apoyando a las personas y familias necesitadas en la PWC del Este.

Los siguientes son algunos de los muchos servicios que brindamos en La Casa de St. Francisco cada semana:

- Asistencia alimentaria para más de 100 familias. Alrededor de 3600 libras de alimentos que consisten en alimentos no perecederos, alimentos perecederos como leche, carne, queso, verduras y frutas.
- Pañales y toallitas húmedas para bebés y pañales y toallitas húmedas para adultos.
- Asistencia de alquiler.
- Asistencia de servicios públicos.
- Asistencia con recetas medicas.
- 60 almuerzos y 60 cenas todos los sábados para el refugio de noche.
- Desde el domingo 29 de noviembre hasta el sábado 5 de diciembre proporcionamos desayuno, almuerzo y cena para 30 residentes en el refugio Hilda Barg.
- Estamos apoyando con donaciones monetarias y donaciones de artículos para el hogar para 3 familias en Triangle que perdieron todo en el incendio de un apartamento.

Programa Un-Trim-A-Tree

- Regalos de Navidad para familias en Dumfries y Triangle E.S.
- Donaciones de regalos adicionales para familias en PWC a través del programa Voluntarios de PWC
- Regalos de Navidad y tarjetas de regalo para nuestros hermanos y hermanas en el refugio de noche.
- Bolsas navideñas para personas mayores en el Hogar de Ancianos Envoy.

El Ministerio de Asistencia Social de la iglesia de San Francisco de Asís es posible gracias a la generosidad de todos los feligreses e individuos que brindan su tiempo, talentos y donaciones para apoyar a nuestros hermanos y hermanas necesitados.

¡Muchas gracias desde el fondo de nuestro corazón!



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

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**

BROTHER JUNIPER



**Coloring Contest for Children
Grades K-4
St. Patrick**

Apostle of Ireland
AD C.389-461



Legend has it that St. Patrick used the little **green shamrock** to teach about the Trinity. Just as there are three leaves that form one plant, the Three Persons of the Trinity are one God.

The Virginia Ancient Order of Hibernians invites all area **K through 4th grade** students to enter the St. Patrick Coloring Contest.

Three winners will be chosen from each grade in addition to **ONE** Grand winner. The Grand Prize is \$25

CONTEST RULES

- All school children in grades K-4 may enter the contest
- Entries must be completed with **WAX CRAYON ONLY**
- The child must sign the form to attest that they did all the coloring
- The Shamrock on St. Patrick must be colored green
- All coloring must stay within the lines
- Artistic expression is encouraged
- Only one entry per child. All entries must be submitted by **Monday, February 15, 2021**
- Entry Forms can be found at www.stfrancis.org

Learn about St. Patrick and the Ancient Order of Hibernians at:

<https://mychal-judge-va-aoh.org/>



High School Youth Ministry

REAL Youth Ministry is happening ONLINE!

REAL Time Online (Youth Group)

Wednesday, February 10th—8:00 p.m.-9:30 p.m.
Leadership Team

REAL Time Online (Youth Group)

Wednesday, February 17th—8:00 p.m.-9:30 p.m.
All Teens Grades 9-12

SIGN-UP for REAL Faith Online!
Self-paced High School Faith Formation
All Teens Grades 9-12

Register at keepingitreal.club/realfaith

Text @sfacym to 81010 to sign-up for Remind and get texts with meeting information.

Questions? Please contact Brandon Jubar at bjubar@stfrancis.org.

St. Francis Clean Up Day



Have you ever seen litter around the parish and other places in Prince William? Does it bother and annoy you? Be a good environmental steward! Please join the Care for Creation Ministry on **Saturday, February 13th from 10:30 a.m.-12:30 p.m. at Fuller Heights Park** to help clean up the area around St. Francis Church. We are teaming up with Keep Prince William Beautiful to take care of our planet by picking up trash along Fuller Heights Rd. Dress for the weather and please wear a mask. Gloves, trash pickers, bags, and reflective vests will be provided. Please contact **Scott Deane** for more information: vadeanes@yahoo.com.

Lenten Habits for a Clean Heart



Back in the day when I was working in the world and spending way too much time on airplanes accumulating way too many frequent-flyer miles, it seemed to me business travelers did three things on longer flights: sleep, work, or read Stephen Covey's "The 7 Habits of Highly Effective People." The book argues that one should align universal and timeless principles with one's values. Covey sees principles as external natural laws, while values remain internal and subjective. Covey asserts that values govern people's behavior, but principles ultimately determine the consequences. If sales volume is a measure of the usefulness of this self-help book, then 25+ million copies sold says something. Maybe there are some possibilities for a parallel book about the best practices and habits for Catholics. Might be a Lenten best seller! "The 7 Habits of a Clean Heart".

I suspect we humans under-appreciate the impact and power of habits – good and bad. Nature hates a vacuum. So, we either form Christian habits of the heart or other habits of the heart will surely find their own place in our hearts and shape our identities. What would be your list for the habits that will form our heart as Christian people? Here is my list:

Read the Word of God – have the Word ever in your mind and heart. In those grey moments when you are wondering what to do, the answer to WWJD (what would Jesus do) is written in the Sacred Scriptures. Where to start? Start with one of the three synoptic ("see with the same eye") gospels: Mark, Matthew, or Luke – and simply learn the stories – not verbatim, but in your own words. Let telling gospel stories become a habit of your heart.

Cultivate an active prayer life – no sense falling in love with Jesus if you're not going to talk with Him. God cannot effectively change, shape and mold our lives unless we share it with Him in prayer. We Catholics are awesome at standard prayers. We Catholics are less comfortable with prayer as conversation with God. It does not have to be dramatic or poetic. Sit in a moment of quiet (*says the priest with no kids!...*) and tell God about your day and how you experienced the day. "That person at work just annoyed me again today. I don't know what it is about them. They just press my buttons in all the wrong ways. What it is about me that gets so riled up and flummoxed?" And wait for a response. Perhaps you might hear the voice of God, experience of Wisdom that comes to mind, or have grace walk into your life on two feet to help you answer the questions. The habit of prayer is what keeps us tuned in to God. Without the habit of prayer, the noisy demands of the world and our impulses are all we can ever hear.

Set spiritual goals – "If you don't plan for success, you are planning to fail." Whether it is a business or a school, a family or a sports team, everyone needs to plan. What makes us think it is any different for our spiritual lives? The well-formed heart asks that we set personal spiritual goals and actively work towards them, making the necessary sacrifices to eventually reach them. Katie Ledecky and Michael Phelps set their goals long before they stood on the Olympic medal stand. What is your plan to form a loving heart?

Know what God calls you to do – We are all members of the Body of Christ, hopefully doing what we do best. We all seem to have natural dispositions, talents, and skills. St. Paul recognizes this in his letter to the Ephesians when he tells us that, as a community, God's purpose is to "equip the holy ones for the work of ministry, for building up the body of Christ." (Eph 4:12). We need to have the habit of recognizing, cultivating, and encouraging our talents and the talents of others. And not assume that what we know best is the best we have to offer the harvest of the Kingdom of God. There is the self that the world knows and loves – the engineer, the artist, the teacher, the businessperson, the accountant, hospice nurse, the butcher, the baker, and the candlestick maker. And there is the person being formed by habits of the heart. The businessman who experienced great success in the technology sector and was known as a "rocket scientist" – and took a deep breath, volunteering to be a mentor at Cristo Rey High School. He begins to wonder, "why didn't I do this earlier, this is amazing." We are asked to know what God calls us to do at various points in our life.

Take Responsibility – because we are all members of the Body of Christ, we are called to take responsibility for our own souls – with the help of the community and priests – but in the end each one of us is responsible. The history of the people of God in the Hebrew Scriptures has a recurring theme of the people letting someone else "take care of religion" leaving the other to be responsible for holiness. As much bad press as the Pharisees get, they were a movement that stood up and said, "No, holiness is not just for the Temple. We need to live holiness at home, in the fields, in all we do." Responsibility begins with the well-formed heart, the habit of choosing the good for souls, and spending our energies on what is most precious to our heart's desire.

Serve Others – "...The Son of Man did not come to be served, but to serve..." (Mt 20:28). It has been said that your heart's desire is the seedbed of passion and that service is connecting your passion to someone else's need. When you get home, do a search of "ted talk on service to others." There is an amazing array of talks and reflections that focus on not just the benefit to others, but how service to others is at the same time a benefit to you. The habit of selfless service to others for their good is the means to develop the understanding that service is a way of life born out of love for Jesus. When asked why we serve, we naturally respond, "*I am compelled by the love of Christ.*" (cf. 2 Cor 5:14)

Take time to know where your feet are – One of my favorite parables is "The Parable of the Sower": "A sower went out to sow... Some (seed) fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it." (Mt 13:3-7). A good habit for Christians is to be attentive and to always check your feet. Do you find yourself in shallow soil or among the thorns of life? The everyday includes worry about deadlines, debts, health, family, busyness in work and activities, pandemic, emergencies, and a whole host of other things that take our attention, our energy, and maybe our heart. A well-formed heart has the habit of ever looking for the "*rich soil, [to produce] fruit, a hundred or sixty or thirtyfold.*" (Mt 13:8). Sometimes just move your feet!

Develop faith-filled habits for a lifetime; habits that become a natural part of our lives. Nature hates a vacuum. So, we either form Christian habits of the heart or other habits will surely find their own place in our hearts. This Lent start the habits that clean the heart and make a place for Jesus to live and the Spirit to abide.



Mass Intentions

SATURDAY, February 6—St. Paul Miki and Companions
3:30 PM Sacrament of Reconciliation
5:30 PM †Alice Tippit
†Audrey Ann Proscia
†Robert Young Fernandez

SUNDAY, February 7—5th Sunday In Ordinary Time
9:00 AM †Dwayne E. Gonsorcik
†William Jones
†Carolyn Daly
11:00 AM †Mr. and †Mrs. Ha
1:30 PM Misa en español
5:30 PM People of the Parish

MONDAY, February 8—Weekday
8:45 AM

TUESDAY, February 9—Weekday
8:45 AM †Joe Leis
†Carolyn Daly
Sarah Ecklund

WEDNESDAY, February 10—St. Scholastica
8:45 AM †Dwayne E. Gonsorcik
†Kathryn Gonsorcik

THURSDAY, February 11—Weekday
8:45 AM †Fran Laskofski
†Alfred DeCarli

FRIDAY, February 12—Weekday
8:45 AM

SATURDAY, February 13—Weekday
3:30 PM Sacrament of Reconciliation
5:30 PM †Alice Tippit
†Alfred DeCarli
†Frank Jensen

Mass Intentions on Sunday, February 14, 2021

9:00 AM †Dwayne E. Gonsorcik
†Robert Laychak
†Carolyn Daly
11:00 AM People of the Parish
1:30 PM Misa en español
5:30 PM

Readings for the Week of February 7, 2021

Monday Genesis 1:1-19; Mark 6:53-56
Tuesday Genesis 1:20—2:4a; Mark 7:1-13
Wednesday Genesis 2:4b-9, 15-17; Mark 7:14-23
Thursday Genesis 2:18-25; Mark 7:24-30
Friday Genesis 3:1-8; Mark 7:31-37
Saturday Genesis 3:9-24; Mark 8:1-10
Sunday Leviticus 13:1-2, 44-46;
1 Corinthians 10:31—11:1; Mark 1:40-45



There is a book located in the Blessed Sacrament Chapel next to the Tabernacle for you to write your own prayers of petition. During the *Prayer of the Faithful* during weekend liturgies, an intercession will call to mind those prayers in a general way. In this manner, the public prayer of the church is bound to the many prayers of the faithful who live in the body of Christ!



The Public Mass Schedule for Sunday, February 14th is as follows:

9:00 a.m.
11:00 a.m.
1:30 p.m. (Spanish)
5:30 p.m.

Please visit www.stfrancis.eventbrite.com to reserve a seat for one of the Masses.

Please visit <http://www.stfrancis.org/wp-content/uploads/2020/06/How-to-Use-Eventbrite-At-a-Glance.pdf> for Printable Instructions – Includes English and Spanish.

Reserved Seating Video Instructions

Go to <https://youtu.be/9KZ-Q49uG88> to learn how to Select Seats for Mass in Eventbrite.

Go to <https://youtu.be/SKpg09Nlsqw> to learn how to Select Seats Using the Map in Eventbrite.

Go to <https://youtu.be/S7973o14sfA> to learn how to Return/Cancel a Seat Ticket Order.

When attending a public Mass, please be advised of the follow:

- Please arrive at least 20 minutes before the start of Mass
- Each person attending Mass must have a ticket (hard copy or on cell phone)
- **A face mask is required for anyone 2 years of age or older**
- Each person attending Mass will be required to have a temperature check before entering the church
- Sit in assigned seating areas only
- Avoid touching your face
- Stay home if you have any symptoms of a fever, cough, difficulty breathing, or may have been exposed to COVID-19

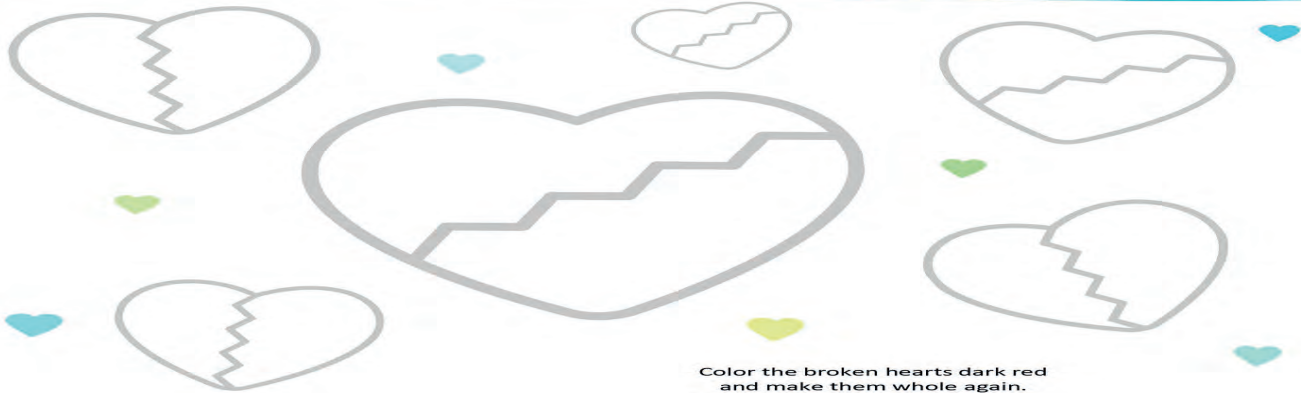
Please Note: All the faithful of the Diocese of Arlington are **dispensed from the obligation to attend Mass on Sundays and holy days of obligation until further notice.** We will continue to Live Stream Mass on Saturdays at 5:30 p.m. until further notice.

< KID'S KORNER >

Gospel Today
Fifth Sunday in Ordinary Time | Mark 1:29-39

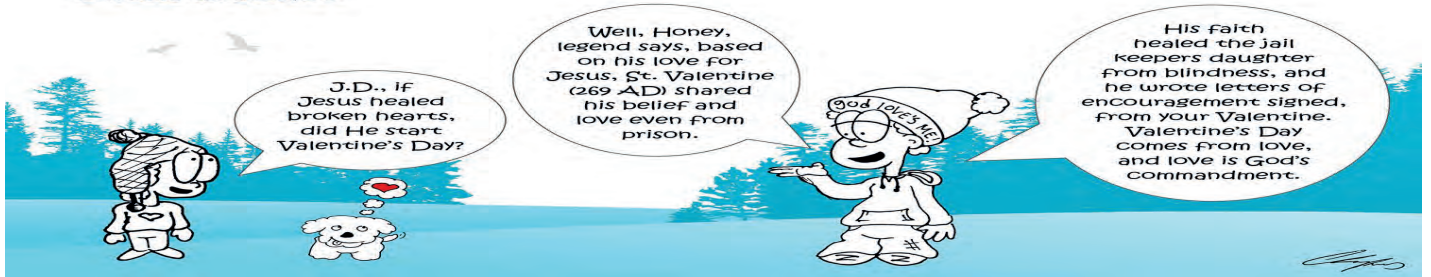
Jesus healed many people as He and His disciples moved from town to town.

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Color the broken hearts dark red and make them whole again.

SWEET as HONEY



J.D., if Jesus healed broken hearts, did He start Valentine's Day?

Well, Honey, legend says, based on his love for Jesus, St. Valentine (269 A.D.) shared his belief and love even from prison.

His faith healed the jail keepers daughter from blindness, and he wrote letters of encouragement signed, from your Valentine. Valentine's Day comes from love, and love is God's commandment.

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CHRISTOPHER K. BROWN
 Certified Public Accountant

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 Dumfries, VA 22026
christopherkbrowncpa@gmail.com

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