



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

EUCCHARIST

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

frijoconnor@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 Girdali, Director

nikoleg@stfrncis.org

Colleen Wells, Assistant Director 703-221-4044 x231

cwells@stfrncis.org



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.

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).



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.



Light a candle

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.**

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.

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.



Please Pray For All those who are sick:

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

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.

The **Rosary Guild** meets on the 2nd and 4th Wednesdays of the month. Please join us at our next meeting on **Wednesday, February 26th** 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.



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!



With much gratitude the **St. Francis of Assisi Anti-Human Trafficking Committee** would like to THANK the Parish for all their support in our Fair

Trade Awareness Sale on Sunday, February 9th. With your generous support we were able to donate to the Central Virginia Justice Initiative (CVJI) and assist their efforts to provide backpacks of comfort items needed.



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.stfrancis.org/prison-ministry>. Any number of cookies are appreciated and they can be dropped off at the Parish Office up to **March 16th**.

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.

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).

Grupo de Jóvenes—Si eres un Joven en los Grados de Noveno a Doceavo (High School), te invitamos a reunirse 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@stfrancis.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. 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)

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, February 23rd
6:30 p.m.—8:30 p.m.
St. Catherine Room

REAL Time (Youth Group)
All Teens Grades 9-12

Sunday, March 1st
6:30 p.m.—8:30 p.m.
St. Catherine Room

REAL Time (Youth Group)
All Teens Grades 9-12

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

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

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 for

the course description and to register for the study. Contact **Sheila Noble** (snoble@stfrncis.org) with any questions.

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.stfrncis.org/small-groups or please contact **Sheila Noble** (snoble@stfrncis.org) with any questions.



The Lion's Club has **2 donation drop boxes located on the window sill in the vestibule**. Please consider donating your used eyeglasses to the Lion's Club. Your unwanted glasses will help someone see better. Thank you for always being so generous.

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 **DeLux Nails and Spa** for sponsoring an ad in our weekly bulletin.



CAR RAFFLE 2020

All Saints Church (Manassas, VA) has invited us once again to participate in their **5-Car Raffle**. Prizes include five 2019 vehicles from Koons of Manassas (Honda Civic, Buick Encore, GMC Canyon Truck, Honda CRV SUV and Honda Odyssey Van). **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 Monday, February 24, 2020.*

Any questions, please contact Chanel Marquis at 703-221-4044, ext. 222 or cmarquis@stfrancis.org.

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.

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!



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.

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!

2020 Lenten Soup Suppers

Fridays During Lent

6:30 p.m. in the Parish Center Dining Hall

- **Friday, February 28th**
Hosted by ChristLife
- **Friday, March 6th**
Hosted by the Columbiettes
- **Friday, March 13th**
Hosted by the Pastoral Council and the Friars
- **Friday, March 20th**
Hosted by the Secular Franciscans
- **Friday, March 27th**
Hosted by Religious Education
- **Friday, April 3rd**
Hosted by the Ladies Ancient Order of Hibernians



Soup Suppers are followed by the Bilingual Stations of the Cross at 7:30 p.m. in the Church. For any questions or more information, please call 703-221-4044, ext. 222.



Mass Intentions

SATURDAY, 4:00 PM 5:30 PM	February 22—Chair of St. Peter Sacrament of Reconciliation †Helen O'Connor †Lee Orsini †Anthony Baggetta
SUNDAY, 7:30 AM 9:00 AM 10:45 AM 12:15 PM 1:30 PM 5:30 PM	February 23—7th Sunday In Ordinary Time †Alice Tippit †James Longuemare Mooney †Marguerite M. Mooney †Dwayne E. Gonsorcik Marie Chery †Rosa Garza †Janet Sarsfield †Theresa Lee People of the Parish Misa en español †Jane Wilson †Violeta Figueroa †Samuel Mendez
MONDAY, 8:45 AM	February 24—Weekday †Phyllis Dumoulin
TUESDAY, 8:45 AM	February 25—Weekday †Nolan Reid Butrim
WEDNESDAY, 6:30 AM 8:45 AM 5:00 PM 7:30 PM 8:30 PM	February 26—Ash Wednesday Prayer Service with Ashes Mass with Ashes †Dwayne E. Gonsorcik †Kathryn Gonsorcik †Albert Symes Prayer Service with Ashes Mass with Ashes Misa en español
THURSDAY, 8:45 AM	February 27—Lenten Weekday †Sindulfo Obdulio DeLeon
FRIDAY, 8:45 AM	February 28—Lenten Weekday †Kevin Ryan Herrmann
SATURDAY, 4:00 PM 5:30 PM	February 29—Lenten Weekday Sacrament of Reconciliation †Mary Wood †Samantha Alvarez †Raymond Battista

Mass Intentions on Sunday, March 1, 2020

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	†Eileen Bolen
1:30 PM	Misa en español
5:30 PM	†Jane Wilson

Readings for the Week of February 23, 2020

Monday	James 3:13-18; Mark 9:14-29
Tuesday	James 4:1-10; Mark 9:30-37
Wednesday	Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18
Thursday	Deuteronomy 30:15-20; Luke 9:22-25
Friday	Isaiah 58:1-9a; Matthew 9:14-15
Saturday	Isaiah 58:9b-14; Luke 5:27-32
Sunday	Genesis 2:7-9, 3:1-7; Romans 5:12-19 or Romans 5:12, 17-19; Matthew 4:1-11

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!



Counseling at St. Francis of Assisi



Family Services Fredericksburg - Catholic Charities of the Diocese of Arlington Counseling Services Offered at St. Francis of Assisi Parish Every Tuesday.

Please call Catholic Charities' Intake Coordinator, **Lee Ann Pompeii at 540-371-1124** with questions or to schedule an appointment. **Cost is based on a sliding scale (income and dependents). Insurance accepted.**

St. Francis of Assisi Parish and Catholic Charities are partnering to offer Catholic Charities Counselor **Peter Drabbant's** services to St. Francis of Assisi parishioners every **Tuesday between the hours of 10:00 a.m. and 6:00 p.m. by appointment, in the Parish Office.**

Peter, a native of Canada, is licensed as both a professional counselor (LPC) and a drug/alcohol counselor (CAADC / IC-RC). He is new to the region and to Catholic Charities for the Diocese of Arlington. Residing and providing therapy services in Michigan for 15 years, he ran a Catholic private practice for a few years and in 2006, joined a CMH (Community Mental Health) agency for 12 years providing individual therapy and crisis intervention for both adults and youth; treating those affected with depression, anxiety, obsessive compulsive disorder and scrupulosity; trauma; anger; behavioral issues; substance use; and couple/marital issues. He has provided group therapy for those with personality disorders (DBT), substance use disorders (IOP) and Anger Management groups.



< KID'S > KORNER

Gospel Today Seventh Sunday in Ordinary Time / Matthew 5:38-48

God offers **love**, **forgiveness**, and **compassion** for everyone, both good and bad. We are told to follow God's example and **offer more** than what it asked.

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Give to the one who asks of you, and do not turn your back on one who wants to borrow.

Matthew 5:42

1] Your neighbor's snow shovel just broke, and they ask to borrow yours.

- a] Say no, you need to use it. b] Let them borrow your shovel.
c] Follow God's example - help your neighbor shovel the snow.

2] Your playdate accidentally spills some juice.

- a] Help clean it up. b] Help clean it up and offer more juice. c] Have them clean the spill themselves.

3] A classmate is cold and asks to borrow your sweater.

- a] Say no, you might get cold later. b] Let them wear it just to warm up.
c] Let them wear it all day and return it another time, if they are still cold.

4] Due to a family emergency, your cousin needs to sleep at your house.

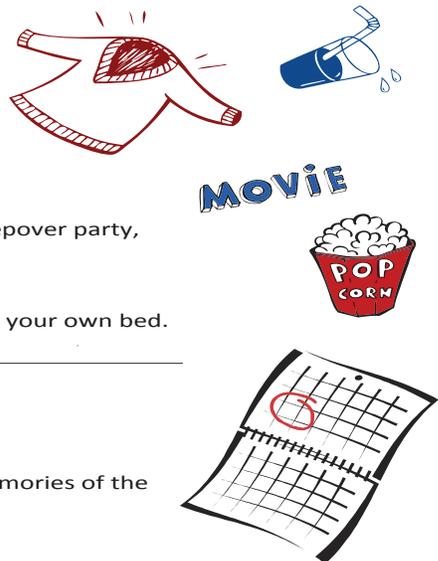
- a] Bring out 2 sleeping bags, 2 pillows, extra sleepwear and turn it into a sleepover party, telling funny family stories.
b] Tell your cousin to sleep in their clothes.
c] Give your cousin a sleeping bag, pillow and sleepwear, then go to sleep in your own bed.

5] Your best friend is moving and asks you to come visit before moving day.

- a] You go and say goodbye and quickly leave.
b] You go and visit and spend the day helping your friend pack and share memories of the good times you've spent together.
c] You ignore your friend and make other plans.

Read the situations below and circle the letter that best describes how God would expect us to act with love, forgiveness and compassion.
Remember: **offer more** than what is asked.

Answers: c, b, c, b, a, b



★ Always 2 5 1 4 3 your time, talents & treasure, and give more than is asked. ★★

Do your answers above best describe how God expects us to act? There is a bold, underlined letter in your answer for the 1-5 situations. Put that letter above in the matching space. Example - Situation #2 answer goes in the first space.

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Christopher K. Brown, CPA, PLLC
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