

**"May the God of Love and Peace Set Your Heart At Rest"
St. Raymond**



Welcome to St. Raymond of Peñafort Roman Catholic Church

**8750 Pohick Road
Springfield, VA 22153**

WEEKEND MASSES:
Saturday Vigil: 5:00 pm
Sunday: 7:00 am, 9:00 am (Latin-
English), 11:00 am and 1:00 pm

WEEKDAY MASSES:
Monday - Friday:
6:30 am & 8:30 am
7:00 pm on Wednesdays
Saturday: 9:00 am

Website: www.straymonds.org

Rev. John C. De Celles, Pastor
Rev. Joseph D. Bergida, Parochial Vicar
Rev. Edward R. Horkan, In Residence
Elisabeth Turco, Director of Liturgical Music
Jeanne Sause, Director of Youth Apostolate
Virginia Osella, Director of Religious Education
Mary Hansen, Religious Education Secretary
Michael Thompson, Plant Manager
Maerose Naduvilekunnel, Business Manager
Elizabeth Frazee, Secretary
Mary Butler, Parish Secretary
Dominique Murray, Office Assistant

PARISH OFFICE

Telephone Numbers:

Rectory: 703-440-0535
Rel. Education: 703-440-0537
Fax: 703-440-0538

Office Hours

Monday-Friday 9:30 am - 4:30 pm

Email

Church: Office@straymonds.org
Pastor: fdc@straymonds.org
Rel. Ed.: ReligiousEducation@straymonds.org

TUITION ASSISTANCE: Please inquire with our office about the availability of partial scholarships for the children of active St. Raymond parishioners attending local Catholic grade schools and high schools.

Angelus Academy
7644 Dynatech Ct, Springfield, VA 22153
703-924-3996

Angelus Academy is a fully-accredited pre-K through 8th grade Catholic School affiliated with the Diocese of Arlington. Although it has no official connection with St. Raymond's, the parish has a longstanding close relationship with Angelus Academy. Many of our parish children already happily attend school there.

SACRAMENT OF PENANCE (Reconciliation/Confession)

Wednesday Evening

6:15 - 7:00 pm (during Exposition)

Saturday Morning

8:00 - 9:00 am

Saturday Afternoon

3:30 - 5:00 pm

Sunday Morning

8:30-9:00 am and 10:30-11:00 am

EXPOSITION OF THE BLESSED SACRAMENT

Wednesday from 9:00 am to 7:00 pm

Friday from 9:00 am to 3:00 pm

First Fridays 9:00 am Friday - 9:00 Saturday (Overnight)

MARRIAGE: Couples wishing to marry must contact a parish priest at least 6 months prior to the desired wedding date. Couples who are living together will be expected to live separately at least during the 3 months prior to the wedding.

RCIA: The Rite of Christian Initiation of Adults is the process by which adults (and children who have reached the age of reason) are instructed in the Doctrine of the Church and are prepared to receive the Sacraments of Baptism, Confirmation, and Holy Eucharist. If you or someone you know, would like to inquire about becoming a Catholic, please call the Parish Office.

BAPTISM: Parents are requested to make arrangements with the Parish Office ONE MONTH in advance. Parents must participate in a one-session pre-Baptismal program and are encouraged to do so before the birth of their child. You must be REGISTERED in the Parish 3 MONTHS prior to the Baptism.

BULLETIN DEADLINE: Please submit announcements to bulletin@straymonds.org 10 days prior to publication date.

Pastor's Corner

Colds and Flus. There's been some nasty flus/colds/viruses going around the last few weeks. Two weeks ago I heard that some schools had closed for a couple of days because so many kids were calling in sick. Angelus told me that they had 20% of their kids out one week. I finally caught a terrible cold myself and it knocked me out of service for about a week. So let's keep praying for each other to not get sick and/or to recover quickly if we do.

Pope Francis. Of course, we've all read about the Holy Father's hospitalization for double pneumonia. As I write this on Wednesday, he has been sick for almost 2 weeks. Here is this morning's update from Catholic World News:

"Pope Francis remains alert and in good spirits, but his symptoms "continue to present a complex picture," doctors at Gemelli Hospital reported on February 19.

"On the 6th day of the Pope's hospital stay, Vatican spokesman Matteo Bruni said: "He had a tranquil night, work up and had breakfast." He spent part of the day sitting up in a chair, did work, "received the Eucharist, and throughout the day, alternated between rest, prayer, and reading."

"Vatican sources said that the Pope has not required supplemental oxygen, and his heart function has remained steady.

"However doctors continue to battle what they have described as a "polymicrobial respiratory-tract infection"—meaning that they are fighting several different bacteria and/or viruses simultaneously. What was originally envisioned as a 3-4 day hospital stay may now stretch to two or three weeks."

They don't sound too worried. Unfortunately, the Vatican is always overly upbeat when it comes to reporting any pope's health. And at 88 years old pneumonia is extremely dangerous, often deadly. **So we need to pray for him in a particular way.**

Now, let me be perfectly frank. A lot of people tell me that they don't like the Pope, or that they are often angry with him, because of some of the things he says and does. For example, a few days ago he took the unusual step of writing the US Bishops to encourage them to oppose President Trump's enforcement of US immigration laws—many American Catholics strongly disagreed with him (they were free to do so, in as much as it was merely his prudential judgment).

But let me remind you that you can disagree with many things the Pope says and does (except when he teaches the constant doctrine of the Church), and you are free, even, not to like him as a person. But you must always love him.

Of course, many Catholics *do* like him and find it *easy* to love him. But not everyone. So if you find yourself struggling to love him, remember that Jesus tells us to even "love your enemies." And the pope is surely not our enemy: the term "pope" comes from the Italian for "father"—Pope Francis is our Holy Father.

Again, let me be frank. When my father was alive, sometimes he and I disagreed, especially when I was a very young man. We were very much alike, and both stubborn and willful, so we could sometimes have strong disagreements. And sometimes I didn't always like what he did, and vice versa. But he was always my Father, and so I always loved him as my father, even when we disagreed and even argued.

Fortunately, as I grew older, we figured each other out and were able to like each other a lot more and argue a lot less. But that was because we continued all those years to love each

other as father and son.

Remember, "love," in this sense, doesn't mean lots of smiles and warm feelings. Rather, it means "willing and striving for the good of the other." So in loving my father, I always tried to want good things for him and do good things for him. Most importantly, I prayed for him. Even when I was mad at him for something, I prayed for him.

So, whether you like him or dislike him, agree or disagree with him, love our Holy Father, and pray for him. Especially now, in this illness, which may be his last. Pray for God's will, pray for the forgiveness of any of his sins, pray for his recovery, and pray, when/if it is time in God's plan, for his "happy death."

Sexagesima Sunday. In the "old days" (60 or so years ago) the 3 Sundays before Ash Wednesday were called Septuagesima ("seventieth"), Sexagesima ("sixtieth") and Quinquagesima ("fiftieth") Sundays, respectively, referring to the days left before Easter (approximately). This was done to remind us that Lent ("Quadragesima," "forty") was approaching, in order that we might begin to prepare for Lent.

There was a lot of wisdom of this practice in the "old calendar." Preparing for Lent doesn't involve beginning to do extra penances, etc. of Lent, but it can involve thinking about what those penances should be. Considering, what sins I really need to work on, whether particular mortal sins, or even particular venial sins that are habitual, i.e., a "vice." And then figuring out what sacrifices, prayers and acts of charity I should adopt as Lenten penances to help me to overcome them, with Christ's grace. Or maybe I want to grow in a particular virtue. Maybe you want to be kinder to your spouse, or more honoring of your parents. What penance(s) would help me to do this?

Last Sunday was Septuagesima Sunday and today is Sexagesima Sunday, and Ash Wednesday is 10 days away. So start to think and pray about what you can do for Lent that it may be truly fruitful.

Trump is Very Wrong on IVF. Did you see this last Tuesday, as reported by Catholic News Agency?

"President Donald Trump frustrated pro-life activists Tuesday afternoon with an executive order that directs the United States Domestic Policy Council to examine ways to lower costs for in vitro fertilization (IVF) and expand access to the procedure.

"...The move to expand access to IVF and lower its costs fulfills one of Trump's campaign promises but puts him at odds with many members of the pro-life community who oppose IVF because the process has destroyed millions of human embryonic lives.

"IVF is a fertility treatment opposed by the Catholic Church in which doctors fuse sperm and eggs to create human embryos and implant them in the mother's womb, which deviates from the natural procreative process. To maximize efficiency, doctors create excess human embryos and routinely destroy [kill] undesired embryos [babies].

"...Edward Feser [a widely respected Catholic Moral Philosopher] said in a series of posts on X that 'there should be no funding for it whatsoever, and no Trump supporter who would fail vigorously to resist such a move can claim to be genuinely pro-life... 'Catholics and other pro-lifers: Ask yourself what you would say and do if a Democrat had done this....If you will not say and do the same thing when Trump does it, then you are a hypocrite whose loyalty to your party has trumped loyalty to your religion and to the natural law.'

Oremus pro invicem. Fr. De Celles

MASS INTENTIONS

Monday, February 24th

6:30 Wilmer Hoopes III +
 8:30 Noah Shealy

Tuesday, February 25th

6:30 am Francisco & Virginia
 Suniega +
 8:30 am Jaxon Perricone

Wednesday, February 26th

6:30 am Daniel Reilly
 8:30 am Denise Anesin
 7:00 pm Priest's Intentions

Thursday, February 27th

6:30 am Paulette Harlow
 8:30 am John Hinshaw

Friday, February 28th

6:30 am Anastasia Leffas
 8:30 am Tricia Cloos +

Saturday, March 1st

9:00 am Christopher
 MacLoughlin
 LaBuy

Vigil Mass

5:00 pm **Fr. Bergida**
 Allie Schweitzer

Sunday, March 2nd

7:00 am **Msr. Rippy**
 Bob & Bev Ward

9:00 am **Fr. De Celles**
 Parishioners

11:00 am **Fr. Bergida**
 Betsy Daugherty

1:00 pm **Fr. Horkan**
 Martin Griffith +

Please pray for our parishioners serving in Combat Zones and their families. If you have a relative serving in harm's way and would like to have his/her name included in our prayer list, please contact the parish office.

Brian Groth Peter Pacheco

Please pray for the sick of our parish

Glenn Bliss	Debra Henkel	Helen Zogaib
Tom Dietz	Gaudencio Dizon	Margaret Norton
Michael O'Neill	Paul Haynes	Effie Mutumanje
Cindy Laird	Ted Tolpa	Jose Lavina
Patricia Lewis	Nena Brennan	Helen Estabrooks
Mai Pham	Serrin Foster	Annette Haynes
Jason Saenz	Donald Trayer	Beth Fitzgibbons
Phyllis Zitnik	Ellen Trayer	Jean Keegan
John Florio	Arlene Pietraszko	Joann Alba
Carolina Baker	Virginia Cummings	Margaret M. Hill
		Bill Roche

Upcoming Events at St. Raymond Church

- Feb 22-23 AHG Bake Sale Fundraiser after all Masses this weekend
- Feb 23-24 CCD Classes
- Feb 24 RCIA
- Feb 25 Adult Bible Study Parish Hall
- Feb 25 Junior Legion of Mary 4:15-5:15pm Maurer Room
- Feb 25 Legion of Mary 6:30pm Library
- Feb 26 Adoration 9am-7pm
- Feb 28 Adoration 9am- 3pm
- Feb 28 Cursillo 7pm Parish Hall
- Mar 1 Communal First Saturday Devotions
- Mar 1 WAY Pre Lenten Women's Retreat
- Mar 1 Men's Prayer Group
- Mar 2 Donut Sunday
- Mar 5 **Ash Wednesday**— Masses at 6:30am, 8:30am, Noon, 5:00pm and 7:00pm
- Mar 7 Soup Supper (5:30-7pm) & Stations of the Cross (7pm)
- Mar 15 St. Patrick and St. Joseph Dinner, Parish Hall

View livestreaming of the Holy Mass at St. Raymond's!

www.straymonds.org

Monday - Friday Daily Mass at 8:30 am
Saturday at 9:00 am
Sunday Mass at 9:00 am & 11:00 am
 (See the website for Holy Days)

Daily Family Rosary leaders needed! St. Raymond's has a Daily Family Rosary in the church: Mon-Fri at 6:30pm and Saturday and Sunday after the 9am Mass. **Please visit our website to sign up to lead during February!** All are invited to attend.

Family of Jesus Prayer Group: Weekly meetings are in the Church on Mondays at 3:00 pm. If you have any prayer requests, please us know by emailing Elaine Perricone at jpebtp@verizon.net or by calling the parish office. You may also write down your prayer requests and drop them in the "Prayer Box" on the table in the narthex of the church.

St. Raymond's Pre-Lenten Women's Retreat invites women to a retreat led by the Women's Apostolate to Youth (WAY) on Saturday, **March 1st** - Topic: **"Obedient Unto Death: Evangelical Counsels for Women"**. Time : 8:30am -1:30 pm; Location: St. Raymond of Peñafort Parish Hall (8750 Pohick Rd, Springfield, VA 22153). Check in: 8:30am - 8:50am downstairs at the parish hall before going to 9:00am Mass, followed by continental breakfast, talks, confession/adoration, periods of silence, lunch, brief reflection and resolutions. Please rsvp by Feb. 24th on St. Raymond's parish website <https://straymonds.org/2025-way-pre-lenten-womens-retreat/> or contact St. Raymond's Parish Office (703) 440-0535 or email mary.butler@straymonds.org. **No cost to attend but please register early.**



AHG Bake Sale Fundraiser. Stop by the Narthex after all masses **THIS WEEKEND** to enjoy a homemade sweet treat or snack item at the Bake Sale hosted by St Raymond's American Heritage Girls Troop VA0683.

CURSILLO Meeting February 28 at 7pm in the Parish Hall. All are invited. Cursillo is a lay movement in the Church which aims to help Catholics grow in their faith through Community, Piety, Study, and Action. Come find out more February 28!

ADORERS URGENTLY NEEDED— Both Wednesday and Friday. Wednesday adorers are needed for 1 pm and 5 pm. Friday Adorers needed at all time slots between 9am and 2pm. Please consider spending an hour with Our Lord during Exposition of the Blessed Sacrament. If you are interested to sign up for Wednesdays, please call Leslie Schratz at 703-569-1940. If you would like to sign up for Fridays, please call Elizabeth Frazee in the parish office at 703-440-0535.

First Saturday Devotion to the Immaculate Heart of Mary: We invite you to join for Communal First Saturday Devotions on **March 1st**. Immediately following 9am Mass, we pray the Holy Rosary in the Church as a part of the Daily Family Rosary; and then we proceed to the MAURER ROOM for Fatima prayers & a special meditation on the mysteries, with the intention of consoling our Blessed Mother in reparation for sins and conversion of poor sinners. Concludes by 10:45am. Please join us!

Lenten Soup Suppers: Please join your fellow parishioners for a delicious but simple meal each Friday during Lent, 5:30-7pm. Bring your family or a friend and either a pot of homemade meatless soup, macaroni & cheese, fruit, salad or bread to share. **Stations of the Cross** takes place in the church at 7pm each Friday. Please join us!



... BE HE NE'ER SO VILE, /THIS DAY SHALL GENTLE HIS CONDITION—

What? Ever wonder what that line from the famous “band of brothers” speech means? Well, in view of the hard-favored odds the men at Agincourt faced, these verses tendered hope: “And gentlemen in

England, now a-bed/Shall think themselves accursed they were not here, /And hold their manhoods cheap whiles any speaks/That fought with us on Saint Crispin’s day.” To gentle one’s condition thus means to gain the mark of service among the few who will someday “strip [their] sleeves and show [their] scars” received in this “royal battle.” Our battle is charity, and it is a royal one. **GENTLE YOUR CONDITION: Go to <https://www.kofc.org/joinus> or use the QR code below** to experience the Knights for one year free of dues. Click “Add” and complete the form. Leave the representative code blank, but enter our council # **12846** for local information upon registration. Please contact our Deputy Grand Knight, John Larvie at cell (571) 356-4170 if you have any questions or wish to learn more about the many benefits of being a Knight.



UPCOMING EVENTS

- 3/1-2 St. Patrick’s and St. Joseph’s Day Dinner Ticket Sales #1
- 3/8-9 St. Patrick’s and St. Joseph’s Day Dinner Ticket Sales #2
- 3/10 Exemplification and Meeting (7:30 PM, Parish Hall)
- 3/15 St. Patrick’s and St. Joseph Dinner

ST. PATRICK’S AND ST JOSEPH’S DINNER: The Knights of Columbus are hosting a parish dinner on Saturday, March 15th in honor of St. Patrick (Feast day - March 17th) and St. Joseph (Feast day - March 19th). Knights will be selling tickets in the narthex on the weekends of March 1-2 and 8-9. Please come and join in on the fun. Erin go Brah!

Junior Legion of Mary. Children between the ages of 7 – 12+ at St. Raymond’s who have received their First Holy Communion and parents seeking an extracurricular activity that enriches a young person’s spiritual life and engages them in age-appropriate spiritual works of mercy under the spiritual direction of Father Bergida, please consider joining the Junior Legion of Mary. Meetings will be every Tuesday, 4:15-5:15pm, in the rectory Maurer Room. Two adult members of the Legion (Virtus certified) lead the meetings. Parents are welcome to attend / participate. Please email Patty Miller, pamiller35@gmail.com, or call / text her at: C - 703-663-0480.

Men’s Prayer Group: On the first and third Saturdays of each month a group of men meet in the parish hall to pray and read the Scriptures. **Our next meeting will be March 1st.** For more information, call Dave Wilson, 703-966-5327 or email maryndavew7705@gmail.com.

Support Trail Life Troop 0683 - buy mulch and topsoil! Trail Life Troop 0683, the troop sponsored by St. Raymond of Peñafort, is kicking off its annual mulch and topsoil sale to help parish families prepare for spring lawn and garden care. Your support will help our growing troop buy camping gear, advancement and recognition badges and instructional materials. You can mail in your order or order online. Ordering instructions can be found at this website, <https://straymonds.org/trail-life/>. We offer home delivery for an extra donation. Questions? Contact Keith Oswald at 202-941-9457. Thank you very much!

2025 BISHOP’S LENTEN APPEAL (BLA) BEGINS! The 2025 BLA mailing was recently sent to parishioners. This year’s theme is: “Abounding in Hope.” After reflecting upon the blessings God has given you, please prayerfully consider a pledge. Sharing your gifts with the 40+ ministries and programs funded by the BLA truly impacts the lives of thousands across our diocese. You can make a gift at: www.arlingtondiocese.org/BLA or scan the QR code on the right:



SCAN ME

SAINT RAYMOND’S RESPECTS LIFE

A great moral injustice of IVF is that many of the embryonic children brought about by the process will either be discarded, having been deemed undesirable, or frozen, having been deemed desirable but unnecessary. As practiced, IVF both creates life and destroys life. The most obvious moral difficulty of IVF, that despite giving rise to new life it also destroys many others, is a reality knowable by human reason. Bishop Burbidge, Pastoral Letter, *The Christian Family, In Vitro Fertilization and Heroic Witness to True Love*



Save the date! The Virginia March for Life will take place on **Wednesday April 2** in Richmond. St Raymond’s will be sending one bus. To stay up to date on life issues in Virginia, please visit <https://vacatholic.org/>. **Stay informed. Stay engaged. Make phone calls. Write letters.** Visit your Legislators. Lives are on the line.



The spring campaign of **40 Days for Life** will take place from 5 March – 13 April. **St Raymond’s witness weekend will be 5-6 April** in front of the Falls Church ‘Healthcare’ Center. We will also be present for an hour every Friday afternoon throughout the campaign. Stay tuned for more information.

MaRiH Pregnancy Care Center. We proudly partner with MaRiH (**Mary Rose in Haste** – to help Elizabeth) as they serve local expectant mothers in need. Knowing each child has an unrevealed holy purpose, MaRiH volunteers strive to see the face of God in the mothers and families they help. **Thank you for generously supporting this work of mercy.** Donations welcome in the narthex collection box near the elevator. marih.org. Please do not leave bouncy seats, walkers, gates or jogging strollers. Thank you for your understanding.

Regret often follows when a woman ingests the ‘abortion pill’. If you know someone in this situation, contact abortionpillreversal.com 24/7 helpline: 877-558-0333. **It may not be too late.**

Tepeyac Pro Life OB/GYN: Transforming Hearts Through Healthcare. tepeyacobgyn.com 703-273-9440. The center strives to be an instrument of the healing power of God’s mercy and love, to nurture a deeper respect for all human life. **Thank you for your referrals and your support.**

Have you had an abortion? The Father of Mercy is waiting to welcome you in reconciliation. For confidential inquiries, **Project Rachel Ministry:** (703) 841-2504 or info@helpafterabortion.org **Please offer a prayer of thanksgiving that those who were imprisoned for peacefully standing up for the lives of the unborn have been released.**

Give a Gift for Life! No woman should ever feel that she is alone or that abortion is her only choice. **Gabriel Project** helps pregnant moms welcome their babies. For more info, call 866-444-3553 or contact GabrielProject@arlingtondiocese.org

A society will be judged on the basis of how it treats its weakest members; and among the most vulnerable are surely the unborn and the dying.” St John Paul II

St. Raymond's Youth Apostolate

<https://straymonds.org/ministries-and-groups/youth-apostolate/>

*All are welcome to participate in Youth Apostolate events.
Make sure forms are signed and on file. <http://bit.ly/YAforms>



Sun. 2/23 BOTH YOUTH GROUPS 3:30-5pm

3:30-5pm High School & Jr. High Youth Group: Adoration (Confession available!) Join us for a special holy hour for 7-12th graders! Exposition with a short talk given by Fr. Bergida, followed time for silent prayer (bring a journal, pen, rosary, and Bible or spiritual reading) the opportunity for Confession and closing with Benediction. Dinner will be served in the hall afterwards. *Parents/families are encouraged to stay for the holy hour as well.*



Sunday 3/2: Youth Group & CCD

Youth Group meets in the Parish Hall. All are invited!

3:30-5pm Jr. High Youth Group—Grades 7 & 8 (Sip & Paint!)

5-6:30pm 7-12th Grade CCD

6:30-8pm HS Youth Group—Grades 9-12 (Sip & Paint!)



EVERY Friday in February 6:30am Mass & Breakfast

All 7-12th graders are invited to join us for 6:30am Mass & breakfast with Fr. Bergida & Fr. Horkan in the hall after. **RSVP** so we have enough food. <https://bit.ly/FRIDAYRSVP> RSVP by Wed. if you need a ride to school.

Quo Vadis Days and FIAT Camps are great opportunities for current 9-12th graders to have fun while deepening their faith and exploring their vocations. Quo Vadis (for boys) is staffed by Arlington seminarians, priests and religious, and runs July 13-17. FIAT (for girls) is staffed by religious sisters and runs from July 20-24. Both are held at Mount St. Mary's Seminary in Emmitsburg, MD. **The registration lottery is open February 3-28.** See pics & videos from past years, get more info. & register for the lottery at ArlingtonDiocese.org/QuoVadis or ArlingtonDiocese.org/FIAT

Associates of St. John Bosco Scholarship applications are now open! These scholarships are open to **high school seniors through college juniors** who have demonstrated an intense desire to live out their faith on their college campus and who seek to serve the Church in some capacity after graduation. Website for more information. <https://bit.ly/ScholarshipsAndContests>
Deadline: May 19



Jeanne Sause

Director of the Youth Apostolate (Grades 7-12)

youth@straymonds.org Call/Text: 571-334-9890

Email Jeanne to be added to the weekly email list for the most updated info on Youth Apostolate news & upcoming events!

RELIGIOUS EDUCATION

Parents of 7th Grade Confirmation candidates: if you have not already done so, please turn in the **Confirmation Registry form with Birth Certificate and Baptism Certificate attached** (unless your child was baptized here at St. Raymond's) to the Religious Education office - it was due February 6th.

Parents of 8th Grade Confirmation candidates: please make note of the following documents due to the Religious Education office by **March 20:** Sponsor Eligibility Letter and Statement of Sponsor form. Please contact us ASAP with any questions about sponsors. **Service Hour Forms were due in January.**

* **Please mark your calendars:**

Confirmation rehearsal is scheduled for May 18th at 2:30 pm
Confirmation is scheduled to be celebrated May 19th at 7 pm

2024-25 Adult Bible Study: St. Raymond's will study the Gospel of John on Tuesday mornings from 9:30 to 10:30 A.M. and again on Tuesday evenings from 7:00 to 8:00 P.M. (except for holidays) in the Parish Hall, from Tuesday, September 10, 2024 through Tuesday, May 13, 2025.

March 7-9 -- Weekend Lenten Retreat-Start your Lent off learning from St. John the Baptist and spending some quiet time with the Lord. Fr. Peter St. George will preach this silent retreat which is sponsored by the Office of Vocations for men ages 18-35. Cost is \$150 and includes overnights and all meals. Retreat starts Friday at 6:30 p.m. and concludes Sunday after lunch. For more information or to register, contact Fr. Michael Isenberg at 703-841-2514 or vocations@arlingtondiocese.org. Deadline to register is Monday February 17. (There is a similar retreat for women June 20-22.)

SUPPORT THE CLOISTERED NUNS OF ST. DOMINIC'S MONASTERY: Laetare Benefit, Sunday, March 10, 2024. Bishop Burbidge and members of the Host Committee cordially invite you to attend the Laetare Benefit, our annual fundraising dinner for the nuns of St. Dominic's Monastery in Linden, VA. As cloistered nuns, they depend on the charity of the people of God for their existence. Please show your support and join us for a reception, dinner, raffle, and auction, which will be held on Sunday, March 10, 2024 from 5:00 pm to 8:00 pm at the Westwood Country Club, 800 Maple Avenue East, Vienna, Virginia. Seating is limited. RSVP by February 23, 2024. Tickets are \$200 each and table sponsorships are available, starting at \$2,000 for 10. Cocktail attire. For more info, please contact: friendsofstdominicsmonastery@gmail.com

Fasting and Abstinence

Ash Wednesday and Good Friday are days of both fasting and abstinence, and every Friday in Lent is a day of abstinence. Failure to "substantially" keep these penances is grave matter (e.g., potentially a mortal sin). The law of abstinence requires that no meat may be eaten on these days, and binds all Catholics who are 14 years old or older. No other penance may be substituted. The law of fasting binds those who are between the ages of 18 and 59. The Church defines "fasting" for these purposes, as having only one full meal a day, with two additional smaller meals permitted, but only as necessary to keep up strength and so small that if added together they would not equal a full meal. Snacking is forbidden, but that does not include drinks that are not of the nature of a meal. Even though these rules do not bind all age groups, all are encouraged to follow them to the extent possible. Children in particular learn the importance of penance from following the practice of their older family members. The sick, pregnant or nursing mothers, and other folks with special physical circumstances may be partially or totally exempt from these rules—use good judgment and take care of yourself.

CHURCH PERSECUTED

Sometimes we find heroic stories of individuals who do extraordinary things. Today, we have someone living among us, Sr. Deirdre Byrne, M.D. Her story is told in the newly published book *Sister, Soldier, Surgeon* (Sophia Press, 2024). One doesn't need to go beyond the jacket and back cover to see where the story is going. Her biographer, Leisa Marie Carzon, Ph.D., writes "Whether in scrubs, camouflage, or a religious habit, Sr. Dede Byrne, in her threefold calling as a professed religious sister, renowned surgeon, and U.S. Army colonel, inspires us to both virtue and action."

The endorsements in the book come from a wide range of personalities from President Trump ("Sister Dede is an American hero.") to Bishop Joseph Coffey of the Archdiocese of the Military Service ("This incredible, must-read book by Dr. Carson chronicles the life of one's of our nation's finest heroes and shows us what it means to be Christ's hands in a world desperate for His love.") to Dr. Steve White, M.D., President of Catholic Health Care Leadership Alliance and former President of the Catholic Medical Association ("Over the course of two thousand years and in every era of Church history there have been those who responded heroically to God's call to ministry in defense of life and human dignity.")

You may remember her at the Republican National Convention on August 26, 2020, when on national television before millions of listeners she proclaimed that "As followers of Christ, we are called to stand up for life against the politically correct or fashionable of today. We must fight against a legislative agenda that supports and even celebrates destroying life in the womb."

For people like Sister and those who she inspires, it is not enough only to pray,..."The way I figure it, we can either cower or we can stand with our Lord...It's time to choose Christ."



Get In-Formed!

See the Formed bulletin board by the central doors of the vestibule for additional suggestions.

New to Formed! *Lectio: Confirmation* Biblical scholar Dr. Brant Pitre uses Scripture and Tradition to deep dive into the sacrament of Confirmation in this 9-part series.

New to Formed! *How to Lent* Mark your calendars! This new Lenten series from the Augustine Institute will help you better understand and implement prayer, fasting, and almsgiving this Lent.



For Kids! Watch *The Saints and Heroes Collection*. Kids will learn the stories of various saints and Christian heroes to help grow their love for our Catholic faith.

Available for FREE! To set up an account, visit formed.org/signup and select our parish. Questions? Need help? Email us at: formed@straymonds.org



Angelus Academy

Where the truth of Catholic teaching takes flesh in the lives of Pre-K - 8th graders and their families.

There are limited spots available in some grades for the 2024-25 school year, but spaces are going fast!

Apply soon!

AngelusAcademy.org/admissions-overview/applying/

Call or Email Julie Maimone, Director of Admissions, at Admissions@angelusacademy.org for more information or to schedule a tour.

Come visit us and see why our students love coming to school. Thank you for your continued prayers and support.

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Scholarships to Catholic Schools are still available!

Please send requests for tuition assistance to Fr. De Celles or contact the parish office for more information. We can also help cover homeschooling expenses.

Quo Vadis Days and FIAT Camps are great opportunities for Catholic high school students (current freshmen through seniors) to have fun while deepening their faith and exploring their vocations.

Quo Vadis (for boys) is staffed by Arlington seminarians, priests and religious, and runs July 13-17. FIAT (for girls) is staffed by religious sisters runs July 20-24. Both are held at Mount St. Mary's Seminary in Emmitsburg, MD. The registration lottery will be open February 3-28; only one entry per person is needed, and it can be done anytime between Feb. 3-28. See the videos and photos from past years, get more information and register for the lottery at ArlingtonDiocese.org/QuoVadis or ArlingtonDiocese.org/FIAT

The Parish Library is located outside the Parish Hall. Staffed by Parish Volunteers, it is open on Saturdays from 1-5 and Sundays from 10-2. With over 5,000 Catholic items for adults and children in written and AV form, there's something for everyone! Come and see! "You will not find anyone who is truly striving after his spiritual advancement who is not given to spiritual reading." St Athanasius

St Athanasius

Support Trail Life Troop 0683 - buy mulch and topsoil!

Trail Life Troop 0683, the troop sponsored by St. Raymond of Peñafort, is kicking off its annual mulch and topsoil sale to help parish families prepare for spring lawn and garden care. Your support will help our growing troop buy camping gear, advancement and recognition badges and instructional materials. You can mail in your order or order online. Ordering instructions can be found at this website, <https://straymonds.org/trail-life/>. We offer home delivery for an extra donation. Questions? Contact Keith Oswald at 202-941-9457. Thank you very much!

VOLUNTEERS NEEDED! We are looking for volunteers to help with the upcoming Donut Sundays on 4/6, 5/4 and 6/1. Please contact the parish office if interested, call 703-440-0535.

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