



2nd Sunday of Lent

6222 Franconia Road,
Alexandria VA 22310
703-971-4378 www.stlawrencealex.org

February 25, 2024

ST LAWRENCE CATHOLIC CHURCH

HOLY SACRIFICE OF THE MASS AND CONFESSION SCHEDULE

SUNDAY

Saturday Vigil: 5:00 pm
Sunday: 7:30, 9:00 and 11:00am

WEEKDAY

M - F: 6:15 and 9:00 a.m. Saturday 9:00 a.m.

CONFESSIONS

M 9:30am, W 7-7:45pm; F 6:45am; Sat 3:30-4:30pm

Parish Clergy

Rev. Ronald J. Gripshover, Jr., Pastor
office@stlawrencealex.org

Rev. Maurice Mei Akwa, Parochial Vicar
fadamau1963@yahoo.com

Msgr. Patrick Dempsey, Visiting Clergy

Deacon Michael A. Waters
Permanent Deacon - Office & Finance Manager
703-971-4378 deacon@stlawrencealex.org

Parish Staff

Parish Secretary
703-971-4378

Dir of Religious Ed
703-971-8541

Youth Ministry
703-971-8541

Music Director
703-971-4378

Sacristan

Cynthia Dreslin
office@stlawrencealex.org

Joseph Stakem
religioused@stlawrencealex.org

James Stakem
youth@stlawrencealex.org

Raymond St. Pierre
music@stlawrencealex.org

Tatyana Nguyen

February 25, 2024 2nd Sunday of Lent

MASS SCHEDULE & INTENTIONS

MON 2/26 - Saint Porphyrius

6:15amLisa O'Loughlin

9:00amJane Palladino †

TUE 2/27 - Saint Gabriel of our Lady of Sorrows

6:15amPablo Maldonado †

9:00amAnn Wisniewski †

WED 2/28 - Saint Hilary

6:15amCabral Selam †

9:00amAnn Mika

THU 2/29 - Saint Oswald

6:15amMarianela Javier †

9:00amMary Ciarlo Alm †

FRI 3/01 - Saint David

6:15amMichael Dunn †

9:00amLiz Compton

SAT 3/02 - Blessed Charles the Good

9:00amDominic De Nguyen †

Sat Vigil (Meets Sunday Obligation)

5:00pmParishioners of Saint Lawrence

SUN 3/03 - Third Sunday of Lent

7:30amDorothy Monroe †

9:00amAntoine

11:00amRoberto Dy-Liacco †

Liturgical and Ministry Activity This Week At a Glance

Mon 2/26 **CCD Classes Grades 1-8 7-8:15pm**
OLPH Novena 7:15pm

Tue 2/27 **RCIA Classes 6:30 H.S. CCD 7-8:15pm**
Legion of Mary 7:30pm

Wed 2/28 **Fatima Prayer Cell after 9am Mass**
Eucharistic Adoration 9:30am-1pm
Confessions 6:30pm
CCD Classes Grades 1-8 7-8:15pm
Holy Hour 7:15pm

Thu 2/29 **11am Choir Practice 7:00pm**
Women's Bible Study 7:00pm

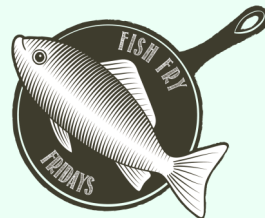
Fri 3/01 **Confessions 6:45am and 6:30pm**
K of C Fish Fry - 5:30 - 7:00pm
Stations of the Cross 7:30pm
Eucharistic Adoration St. Mary's 10-11pm

Sat 3/02 **First Saturday Devotions begin 8:30am**
Confessions 3:30-4:30pm

Knights of Columbus - FFFF

KofC "Famous Friday Fish Fries" are an iconic feature of Lenten Fridays, and are held from 5:30 - 7:00 pm in Hammond Hall. Enjoy a delicious meal with your fellow parishioners and support the Charitable activities of the KofC.

Meal includes baked or fried fish, French fries, mac and cheese and green beans. Price is \$15 for a full plate, \$10 for a half.



Join us after
dinner for
Confessions
and Stations of
the Cross



Please Pray for our Confirmation Class 2024 and their Families. **Mandatory Confirmation Retreat** for all Confirmandi and their parents on Saturday, March 9, from 8:45 - 3:30 pm. Confirmation Mass will be celebrated by Bishop Burbidge at 7pm on Thursday, March 14th. All are welcome to attend!

ATTENTION TEENS AND PARENTS:

Things to do:

- ♦ Every Tuesday High School Youth Class from 7 -8:15pm.
- ♦ Family Fish Fry Fridays of Lent from 5:30 - 7:00pm.
- ♦ Lenten talks on God's Mercy and Love by Fr. Bill Casey, March 11-14 at 7pm each night at the Basilica of St. Mary in Old Town Alexandria. Please contact the youth office at 703-971-8541 or youth@stalwarencealex.org for more info.

Pray Daily for a Future Priest or Sister:

See the parish pamphlet rack for a brochure explaining the Diocese of Arlington's St. Therese Vocation Society. Members commit to praying daily for vocations and for individuals in formation as priests and religious. Those who join receive a quarterly calendar in the mail which lists the name of one person to pray for each day. There are no dues or required meetings. The prayers can be done at home on your own time. To see a sample prayer calendar or to sign-up on-line go to <https://www.arlingtondiocese.org/vocations/pray/st--therese-society/>. Also, please continue to pray for seminarian **Sean Mazary** who was here with us at St. Lawrence a few summers ago and for **Nhung Vu**, daughter of Tien Vu and Lan Do who is a postulant with the Daughters of Holy Mary of the Heart of Jesus in Ohio.

LENT BEGINS

What is Lent?

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING FASTING ABSTINENCE



What is fasting?



One meal a day, and two smaller meals which if added together would not exceed one full meal

What is abstinence?



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

Days of fast?

Ash
Wednesday

Good
Friday

Days of abstinence?

Ash
Wednesday

All Fridays
of Lent

Good
Friday

Who are required?

Catholics from age **< 18 to 59 >**



The sick are excused from fasting

Who are required?

Mandatory for everyone



older than **14** years old

Source: Code of Canon Law

ABS CBN NEWS

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Lent 2024 Dates To Know

February 14, 2024 - [Ash Wednesday](#) | Lent begins | Day of Fasting | No meat

February 16, 2024 - [Lent Friday](#) | No Meat

February 23, 2024 - [Lent Friday](#) | No Meat

March 1, 2024 - [Lent Friday](#) | No Meat

March 8, 2024 - [Lent Friday](#) | No Meat

March 15, 2024 - [Lent Friday](#) | No Meat

March 19, 2024 - [Feast of St. Joseph](#)

March 22, 2024 - [Lent Friday](#) | No Meat

March 24, 2024 - [Palm Sunday](#)

March 27, 2024 - [Spy Wednesday](#)

March 28, 2024 - [Holy Thursday](#) | Lent Ends

March 29, 2024 - [Good Friday](#) | Day of Fasting

March 30, 2024 - [Holy Saturday](#)

March 31, 2024 - [Easter Sunday](#)

April 7, 2024 - [Divine Mercy Sunday](#)

April 8, 2024 - [The Annunciation of the Lord](#)

May 12, 2024 - [The Ascension of the Lord](#)

May 19, 2024 - [Feast of Pentecost](#) | Easter Season ends

Entrepreneurship at the Service of the Human Person: Celebrating the Dignity of Work

Join Bishop Michael Burbidge on Saturday, March 9, and learn from former Swiss Guard, mentor, author, and business entrepreneur Andreas Widmer, from the Catholic University of America, how embracing creativity and the spirit of entrepreneurship celebrates the dignity of work and helps us -- and our neighbors -- thrive. Sponsored by the diocesan Peace and Justice Commission, this event begins at 5 p.m. with Mass at the Church of the Nativity, followed by dinner, then the special talk by Mr. Widmer and an 8-8:30 p.m. Q&A session. Mr. Widmer is author of *The Pope and the CEO: Pope St. John Paul's Lessons to a Young Swiss Guard*, and *The Art of Principled Entrepreneurship: Creating Enduring Value*. To register, go to <https://PeaceandJustice2024.eventbrite.com>.

English for Child Care - Online Classes

Begin your path towards a career in Early Childhood Education. This is a 48-hour course online Monday and Wednesday mornings from 9:30-11:30 a.m. Students learn how to communicate with parents, prevent accidents, report incidents, and treat common illnesses and injuries. Students receive American Red Cross Adult and Pediatric First Aid/CPR/AED certification. To learn more: (571) 208-1572 ewd@ccda.net.

Bishop's Lenten Appeal Each household is asked to make a BLA pledge or gift. This appeal provides an opportunity to unite as a Catholic family to support programs, ministries and services helping tens of thousands of people. After reflecting upon God's blessings to you, please consider a pledge to the BLA. Each donation is vital to the success of the appeal and the important work that it funds. You may complete a pledge card at Mass, mail in your pledge, go online to www.arlingtondiocese.org/BLA or scan the QR code at right to make a gift.



SCAN ME

Annual Arlington Diocesan Men's and Women's Conferences

St. Joseph Catholic Church in Herndon.

Price is \$80. For more information or to register go to: arlingtondiocese.org/men or arlingtondiocese.org/women

Sign Up For the Diocesan E-Newsletter!

Receive special video messages from our bishop, learn about unique opportunities to get involved, and be the first to know the news about our Diocese - straight to your inbox. Sign up here: arlingtondiocese.org/email.



THANKS to all who donated or helped with last weekend's larger-than-usual **Share Sunday!** Koinonia reports our pantry donations, including those from the Narthex bin, totaled 413 for the month of January. Your generosity is greatly appreciated!

Please mark your calendars-- A Drive-thru Drop-off for Koinonia is planned for Sat afternoon, March 16th from 1-4pm, coinciding with our next Share Sunday weekend. We will collect new and gently-used Spring/Summer clothing (adults and children, all sizes) as well as food and pantry goods to help our neighbors in need. Watch the bulletin for further details

THIS PARISH IS SUBSCRIBED TO *FORMED.ORG*

FORMED brings beautiful and faithful Catholic content to parishes, families, and individuals. There is something for everyone here: award-winning studies and parish programs, inspiring audio content, movies, e-books, and family-friendly kid's programming. ***PROVIDED FREE TO OUR PARISHIONERS!*** Go to **Formed.org** and put in "St Lawrence" to enjoy learning about your Faith!!!

Please Pray for the Sick of our parish family, including: Anne Marie Pierce, Dr. Ronald Gripshover, Giovanna Faustina Annarella, Jenny Antoun, Lorenzo Betia, Leah Bloom, Maria Bonfanti, Betty Bonifer, Melanie Brady, Luis Cristian Carranza, Joan Charters, Pat Childers, Barry Childers, Baby Reese Clasen, Renate Craft, Nancy Crowley, Joan Curley, John D'Adamo, Anna Deaver, Felicia DiFeo, Kevin Donaleski, Evan Duncan, Hilda Elizondo, Jay Farabaugh, Francis Flaherty, John Forrester, Barbara Gaul, William Geoghegan, Julia Delli Gatti, Patricia Gilcrest, Jaime Guzman, Karina Hanna, Christal Eve Herrera, Judy and Kevin Jackson, Judith Jackson, Mary Kirby, Tom Kirby, Jr., Richard Kuron Sr., Donald Lawson, Antonio Yu An Leng, Patricia Lewis, Kathleen MacQueeney, Rita MacQueeney, Jack Marzan, Martha Mastic, Deborah Miller, Nhung "Kim" Miller, Robert Nguyen, Matthew Peters, Robert Pettiti, Justin Pham, Aubrey Polson, Ginny Rauer, Joanne Robertson, Vin Rosano, Eduardo San Diego, Hannelore Smallfield, Randy Souther, Raymond Stanekenas, Kurt Steinbacher, Donna Sullivan, Henry Taylor, Zemui Teklu, Jun Tolentino, Anthony Torres, Minh Tran, David Verbano, and Marie Victorino.



Mother of God, we seek your intercession for our sick!!!

PRAY FOR OUR BELOVED DEAD We pray for those who have gone before us, marked with the sign of faith, most recently we remember: **Stella Henderson, Eduardo Barrios, Msgr. Roy Cosby, Palbo Maldonado, Jim Weaver, Wilfredo Picardo, Rowene Valdellon, Raymond W. Jackson, Sr., and Anna Carmichael.**

We also pray for the souls of the following deceased loved ones on this month's anniversary of their deaths:

February:

Louis Santone, Sr. (d. February 20, 1999)
Lawrence Joseph Mader (d. Feb. 1, 1984)
Frances Watts (d. Feb. 1, 2022)
James Lawrence Conrad (d. Feb. 3, 2022)
George E. Chapman, Jr. (d. Feb. 4, 2020)
Janice Faye Albany (d. Feb. 5, 2017)
Joseph Paul Rogers (d. Feb. 7, 2022)
John Robert Conklin (d. Feb. 14, 2013)
Charles Leo Cook (d. Feb. 14, 2007)
Timothy Brennan (d. Feb. 15, 2017)
Elizabeth Ann Dateno (Feb. 16, 2017)
Vincetta Bruce (D. Feb. 17, 2015)
Louis C. Santone, Sr. (d. Feb. 20, 1999)

(If you have a memorial of a death you wish remembered in the Parish please contact the office, giving the name and anniversary date.)



The 11am choir is looking for additional members. If you enjoy prayer through song, please join us for practice Thursdays at 7pm and for Mass at 11am on the 1st and 3rd Sunday of each month. There are no 'try-outs' and all are welcome !

We have More New pledges!

Only \$29,000 in Pledges to GO!

Lets End our Narthex Campaign by Easter!!

Pledge today!!

We Now Have Building Project Pledges in the Amount of

\$1.974 Million



Nominations for the CCW Board are being accepted now through March 10th. CCW will continue only if the roles of president, vice president, secretary, and treasurer are filled. Please consider this service as a way you can joyfully serve our Lord and our

community. Contact ccw@stlawrencealex.org to learn more about these opportunities for yourself or someone whom you wish to recommend.

MAKE ROSARYS TO SPREAD THE FAITH

If you would like to assist in spreading the use of the Rosary, we are in need of persons who would like to make Rosaries which we provide for free by the Book Rack and which are very popular. No experience necessary, if you can tie a knot, you can spread Mary's love for Christ. Call the Office for information.

Can We Count on You???

It is important we have Sunday Counters to help with reporting the collection and depositing funds entrusted to the Church in the collection. If you can help count Sunday morning after the 730 Mass (from Post-Mass to 9:45, once every 6 weeks) please contact the office!

PARISH RETREAT AT LOYOLA RETREAT HOUSE



**Men's Weekend:
MARCH 15th – 17th, 2024
Women's Weekend:
MARCH 8th -10th, 2024**

Renew your spirit during Lent with a retreat at the Loyola Retreat House in

southern Maryland. This year's retreat theme is: "Just a Closer Walk with Thee". To reserve your room, call Loyola at 301-392-0800. The suggested offering for the weekend is \$245. (\$195 for first timers or young adults under age 35). You can review the retreat schedule and also reserve a room online at www.loyolaonthepotomac.com.

For more info on the weekend experience, contact parishioners Mark Krause (703-971-7146) or Chuck Wipperfurth (571-385-9699). Take some time to Come Away and Rest Awhile and spend some prime time during Lent with God.

SENIOR PARISHIONER "GET TOGETHERS"

The Seniors meet biweekly at 10:15 a.m. in the parish hall. Our biweekly "get togethers" will include fellowship, as well as discussions about relevant issues facing the elderly. **The next meeting of the St. Lawrence Senior Group will be on Thursday, March 7 at 10:15 a.m.**

For questions, please contact Anne McCray at springfield.ed@sunriseseniorliving.com.

Altar servers wanted

No experience required. Graces await. If you are a young man who has received the Sacrament of the Eucharist and are interested in learning to serve at the altar, please have your parents contact the parish office at office@stlawrencealex.org or call (703) 971-4378 to RSVP."



**MEN-REINVIGORATE YOUR FAITH
TMIY IS LOOKING FOR GOOD MEN
WHO ARE TRYING TO BE GOOD
CATHOLICS IN A COMPLEX WORLD
EVERY Saturday Morning-7am**

Meetings Every Saturday!!!

**A Program Designed to help Men
Seeking SPIRITUAL PEACE**

That Man is You! Call the office for info.

KOINONIA'S Clothing Closet

will begin accepting **Spring and Summer clothes beginning Feb. 15** so they can build a supply for the first wave of clients to make their clothing selections. All sizes of adult and children's clothing are needed in new or gently used condition (no stains, tears, or missing buttons). *If you choose to drop-off a clothing donation in the Narthex bin, please bag in manageable size/weight bags out of consideration for our volunteers.* Thank you!



The Parents Ministry is preparing to offer childcare in the parish hall during confession one Saturday a month. If you love kids and are interested in volunteering, please email parents@stlawrencealex.org or contact the parish office. We welcome volunteers of all ages and will be in touch with more information soon.



PRIME TIME SINGLE CATHOLICS (PTSC)

We are a social group, mostly age 60 and over. (35 to 59? Ask about our free associate membership group). Meet us for: Tour of Gadsby's Tavern (Feb 25); concert at St. Thomas More Cathedral (March 3); dinner in Alexandria (March 10); Thursday lunches (March 14 & 28); St. Patrick celebration at St. Raymond Church (March 16); walk at Rutherford Park (March 21); feeding the hungry at Christ House (March 23); USMC concert (March 24); Easter dinner (March 31). For details, visit our website: bit.ly/ptsc. With questions or to RSVP, email Tom at ptscnva@gmail.com.