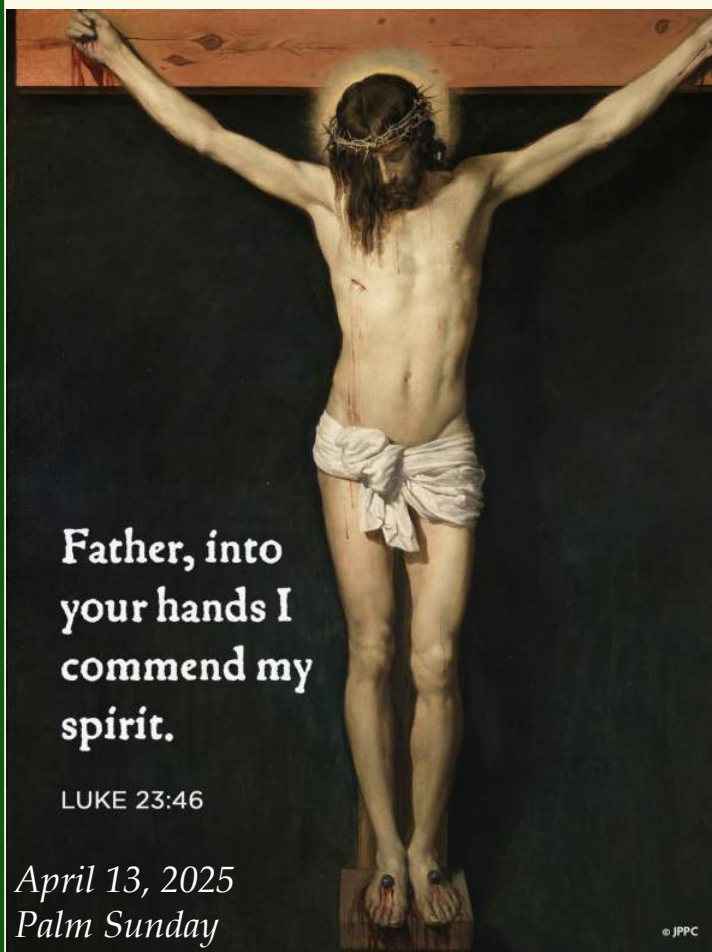


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Father, into
your hands I
commend my
spirit.

LUKE 23:46

April 13, 2025
Palm Sunday

SACRAMENTAL INFORMATION - SERVICES

Parish Registration - Prior to receiving particular services from the parish, one must be registered. You may register on the parish website or pick up a registration form at the rectory or in the vestibule of the Church.

Prayers/Visits for Ill or Homebound - If you are ill and would like to be placed on the prayer list or have Holy Communion brought to the home, or if you need to receive the Sacrament of the Anointing of the Sick, please contact the rectory to make arrangements.

Baptisms - Baptisms are generally held the 1st and 3rd Sundays at 12:30 pm. Parents must be registered members of the parish and first time parents must attend a one session pre-Baptismal class, offered once a month, usually the second Saturday of the month at 10:00 a.m.

Sponsor Affidavits attest that a parishioner is in good standing and is qualified to act as a Godparent for Baptism or Sponsor for Confirmation. See website for requirements and Parishioner Sponsor form.

Sacrament of Matrimony - Contact the office at least 6 months before your desired wedding date. Marriage Preparation is required by Church Law to enable a couple to fully understand the holiness and obligations of the Sacrament.

Religious Education (CCD) - All children not attending a Catholic School who are in the first grade and up should be enrolled in the Parish Religious Education Program. Please call for details.

O.C.I.A. - The Order 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. Contact the Religious Education Office.

Parish Clergy and Staff

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

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

Msgr. Patrick Dempsey, Visiting Clergy

Parish Office: (703) 971-4378

General inquiries: office@stlawrencealex.org

Facilities: facilities@stlawrencealex.org

Finance: manager@stlawrencealex.org

Religious Education and Youth Office: (703) 971-8541

religioused@stlawrencealex.org
youth@stlawrencealex.org

HOLY SACRIFICE OF THE MASS, LITURGICAL ACTIVITIES SCHEDULE

SUNDAY MASSES

Saturday Vigil: 5:00 p.m.

Sunday: 7:30, 9:00 and 11:00 a.m.

WEEKDAY MASSES

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

CONFESSIONS

Monday 9:30 a.m.

Wednesday 6:30 - 8:00 p.m. during Lent

Friday 6:45 a.m. and 7:00 p.m. during Lent

Saturday 3:30 - 4:30 p.m.

NOVENA to Our Lady Perpetual Help

Monday 7:15 pm

EUCCHARISTIC ADORATION Wed 9:30 - 1 p.m.

HOLY HOUR Wednesday 7:15 - 8:15 p.m.

MASS SCHEDULE & INTENTIONS

Monday, 4/14 6:15 a.m. 9:00 a.m.	Monday of Holy Week Sidney Ho + Josephine Turk +
Tuesday, 4/15 6:15 a.m. 9:00 a.m.	Tuesday of Holy Week Gary Lederer + Josephine Robb
Wednesday 4/16 6:15 a.m. 9:00 a.m.	Wednesday of Holy Week Ray Lederer + Aspen Lagman & Angela Messing
Thursday 4/17 7:30 p.m.	Holy Thursday (Maundy Thursday) Joshua Sipple
Friday 4/18 3:00 p.m.	Good Friday Service
Saturday 4/19 8:00 p.m. Vigil	HOLY SATURDAY VIGIL All Candidates and Catechumens
Sunday 4/20 7:30 a.m. 9:00 a.m. 11:00 a.m.	EASTER SUNDAY Sr. Gaudete Maria Ty Turk Family Missa Pro Populo



**Food
Pantry**

Our next Share Sunday is the weekend of Apr 19-20. Let's remember our less fortunate community members this Easter! If you will be traveling but still wish to make a pantry donation, please use

the donation bin in the narthex or bring directly to Koinonia. Most needed at this time: **Thank you.**

Cereal, Canned Fruit	Coffee
Chili, Canned Pasta	(instant and ground)
Beef Stew	Laundry Detergent
Spaghetti Sauce	Dish Detergent
Sardines, Salmon	All-Purpose Cleaners
Ketchup, Mustard, Mayo	Feminine hygiene products
Sugar and Flour (1-2 lb packages best)	Bath soap, Toothpaste
	Shampoo and Conditioner

COUNCIL OF CATHOLIC WOMEN - Save the date for the Parish Spring Brunch on May 18. We'll be having a guest speaker from Christendom College and a panel discussion on the Holy Sacrifice of the Mass. Tickets go on sale April 27th and must be purchased in advance.



**PRAY THE ROSARY
FOR THE HEALTH OF
OUR HOLY FATHER**

Liturgical and Ministry Activity

Mon 4/14	Confessions 9:30 a.m. and 7:00 p.m. OLPH Novena 7:15 p.m.
Tues 4/15	Confessions 3:00 p.m. Legion of Mary 7:30 p.m.
Wed 4/16	Fatima Prayer Cell after 9:00 Mass Eucharistic Adoration 9:30 a.m. - 1 p.m. Confessions 6:30-8:00 p.m. Holy Hour 7:15-8:15
Thu 4/17	Adoration in Hammond Hall Chapel - after Holy Mass until midnight
Fri. 4/18	Stations of the Cross 12:00 Noon Confessions 12:00 Noon - 2:30 p.m.
Sat 4/19	Confessions 9:00 - 11 a.m. and 3:00 p.m.. Blessing of Easter Food Baskets Noon Easter Egg Hunt (after the Blessing)

Blessing of Easter Food Baskets and Annual Easter Egg Hunt on Holy Saturday

The blessing of Easter food baskets is a cherished Catholic tradition, especially among families of Eastern European descent, where families prepare baskets with symbolic foods like meat, eggs, cake, and bread, which are then blessed, and shared on Easter Sunday. While tastes vary by region and family, the basket usually contains smoked meats, sausage, butter, cheese, bread, salt and decorated, colored pysanky eggs. A white candle symbolizing Jesus, the light of the world, is placed in the basket. The Blessing starts at Noon.



The Easter Egg Hunt will immediately follow the blessing. It's easy, fun, and a big hit for the parish families.

7 Churches Pilgrimage – plan your route today!

You are invited to join Jesus in the Garden of Gethsemane. **The 7 Churches Pilgrimage** is an ancient tradition within the Church to visit Jesus in the Blessed Sacrament at seven different churches on Holy Thursday evening. The Office of Youth, Campus, and Young Adult Ministries has created 3 different reflection booklets in English and in Spanish (Adult, Teen, and Parents with Children). Booklets will be available at participating parishes and online. For more information or to plan your route, please visit our website: <https://www.arlingtondiocese.org/Young-Adult-Ministry/7-Churches-Pilgrimage/>.



The Council of Catholic Women VOLUNTEERS NEEDED

Please consider volunteering for our **Christ House Ministry** through CCW. St. Lawrence provides an evening meal every second Monday of the month at Christ House in Old Town. **The next date is April 14.**

Volunteers provide ingredients for the main course, vegetables, bread, desserts, and/or their time to support this ministry. Please contact our coordinator Rita Tassa by emailing either ccw@stlawrencealex.org or office@stlawrencealex.org



Please Pray for the Sick of our

parish family, including: Anne Marie Pierce, Dr. Ronald Gripshover, Colleen Adamson, Curley Anderko, Giovanna Faustina Annarella, Jenny Antoun, Sandy Bertini, Lorenzo Betia, Leah Bloom, Dave Bocchino, Maria Bonfanti, Betty Bonifer, Melanie Brady, Luis Cristian Carranza, Joan Charters, Barry Childers, Pat Childers, Baby Reese Clasen, Josie Cofer, Renate Craft, Nancy Crowley, Ann Cullen, John D'Adamo, Anna Deaver, Gary DeMarco, Felicia DiFeo, Kevin Donaleski, Evan Duncan, Hilda Elizondo, Francis Flaherty, John Forrester, Barbara Gaul, William Geoghegan, Julia Delli Gatti, Patricia Gilcrest, Jaime Guzman, Carl Haines, Karina Hanna, Christal Eve Herrera, Elizabeth Horswell, Judy and Kevin Jackson, Judith Jackson, Norma Kemp, Mary Kirby, Tom Kirby, Jr., Richard Kuron Sr., Donald Lawson, Antonio Yu An Leng, Patricia Lewis, Luisa, Kathleen MacQueeney, Rita MacQueeney, Rose Marie Malatesta, Jack Marzan, Martha Mastic, Deborah Miller, Nhung "Kim" Miller, Robert Nguyen, Matthew Peters, Justin Pham, Steve Piscitelli, Larry Poh, Aubrey and Lori Polson, Ginny Rauer, Herman & Martha Rollandini, Vin Rosano, Eduardo San Diego, Hannelore Smallfield, Randy Souther, Raymond Stanekenas, Kurt Steinbacher, Donna Sullivan, Lily Tan, Henry Taylor, Zemui Teklu, Jun Tolentino, Anthony Torres, Minh Tran, Grace Valenciano, David Verbano, Marie Victorino and Fran Visco **Holy Mary, Mother of God, we seek your**



Preparation Lent Reflection
Fasting Sacrifice
Temptation

PRAY FOR OUR BELOVED DEAD

We pray for those who have gone before us, marked with the sign of faith, most recently we remember: **Dai Pham, Joan Curley, Mary Anne Choi, Federico Carreon, Elie Feghali, James Bennett, Balthazar Yambao, Christopher Cruz, Elvira DePaolis, Sarah Anne Valandra, Jay Farabaugh, Mulumebet Demissie, James Stakem, Jr. (Father of our DRE, Joe Stakem), John Dina, Joanne Robertson, and Benjamin Sarmiento.**

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

Joseph Son (d. April 1, 2002)
Purificacion P. Ebdani (d. April 1, 2008)
Sovanny Saray (d. April 7, 2021)
Jose Dos Ramos (d. April 7, 2022)
Robert F. Corgan (d. April 8, 2023)
Robert D. Morgan, Sr. (d. April 10, 2018)
Sidney Ho (d. April 11, 2023)
Lisa Marie Wilusz (d. April 11, 2017)
Helen P. Angelick (April 18, 1995)
Tracey Ann Taylor (April 18, 2016)
Evelyn Santone (d. April 24, 2017)

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

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 and prayers can be done at home on your own time. For a 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.

Matt Chapman, in formation for the Diaconate.

Sister Gaudete Maria, daughter of Tien Vu and Lan Do (who work in your parish). Sister Gaudete Maria has taken the second step of her vocation with the Daughters of Holy Mary of the Heart of Jesus in Ohio.

THIS PARISH IS SUBSCRIBED TO **FORMED.ORG**

Sign up now for free access to this program offering beautiful and faithful Catholic content. Simply go to www.formed.org and search for our parish by zip code (22310). Type in your name and email address and then check your email message to sign in! There is something for everyone here: award-winning studies and parish programs, inspiring audio content, movies, e-books, and family-friendly kid's programming.

St. Monica Prayer Group

Men and women are invited to attend on the first and third weeks of the month - Wednesday evenings at 6:15pm and/or Friday mornings at 8:00 am. The group meets in the Family Room in the Narthex. For more information contact the parish office at and leave your name and contact info.

Electronic giving through



Faith Direct is a highly respected and secure company. The Faith Direct program gives you a convenient way to support St. Lawrence by electing to use direct debit like many do for other payments or charitable giving. It also gives you the opportunity to support our parish even if you are absent from Mass for travel or illness. Visit the Faith Direct website www.faithdirect.org and use the parish's code **VA325** for secure online enrollment.

SATURDAY PROLIFE ROSARY PRAYER VIGIL

Please join St. Lawrence at the Rosary Prayer Vigil conducted every Saturday morning, 9:05 – 10:15 am, outside the abortion clinic at 2839 Duke Street, Alexandria. St. Lawrence has led this prayer vigil for over 30 years outside one of Virginia's largest abortion providers. For further information, contact the rectory or Bruce Borzino, 703-402-8335.



PRIME TIME SINGLE CATHOLICS (PTSC):

We are a social group, mostly aged 60 and over. (35 to 59? Ask about our free associate-membership group.) Come on out with us to: A Movie *The Chosen - Last Supper* (4/14); Lunch at Delia's Pizzeria & Grill, Springfield (4/24 - 1:00 p.m.); Christ House, Alexandria (4/26 - 3:00 p.m.); "*Legally Blond*" at Thomas Jefferson Community Theatre, Arlington (4/27 - 2:45 p.m.); For details, visit our website: bit.ly/ptsc. With questions or to RSVP, email Tom at ptscnva@gmail.com.

Koinonia is now accepting Spring and Summer clothing

in new or gently used condition. Their Clothing Closet allows eligible residents in the Franconia/Springfield area to obtain in-season clothing in good condition at no charge. **All sizes are helpful**, especially Men's small & medium and Boys' sizes 6-14. Clothing may be dropped off at their office: 6037 Franconia Rd (in the parking lot behind the Methodist Church). For hours please visit their website koinoniacares.org or call **703/971-1991**.



ORDINATION OF TRANSITIONAL DEACONS

On April 26, 2025, Bishop Burbidge will ordain twelve seminarians to the Transitional Diaconate: James Harbour, Donghan Lee, **Sean Mazary**, Eric McDade, Alexander Solsma, Teko Teko-Agbo and Aaron Zanca. The Mass will be held at The Cathedral of St. Thomas More in Arlington at 11:00 a.m. and will also be livestreamed. Visit www.ArlingtonDiocese.org/Ordinations to learn more about these men, what led them to seminary, and about the ordination events. **Pray for our future priests!**

PRAY IN SONG

The 11 am 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!



ST LAWRENCE ROSARY MAKERS

If you would like to learn to make rosaries to help spread the faith, we have a monthly meeting in Hammond Hall. No experience is necessary. If you can tie a knot, you can make a rosary to spread Mary's love for Christ! **NOTE: The Rosary Makers will meet monthly on the first Tuesday at 10 a.m. Call the parish office for more information.**



The MaRiH Center, a crisis pregnancy and pregnancy resource center, needs donations and volunteers.

Items can be left in the cradle near the entrance of the Narthex. Our volunteers make weekly pick ups and deliver the donated items to MaRiH Center: **Please note that large, heavy bags of clothing are too cumbersome to our volunteers. Smaller bags would be helpful. Thank you!**



- Baby clothes up to size 2T
- Maternity and nursing clothes
- Formula, baby food, and diapers
- Baby equipment;

e.g., **MOST NEEDED** are non-expired car seats and strollers that collapse easily.

- Other items: shoes, bottles, diaper bags, toys, books, stuffed animals, bedding
- Baby wipes -- which are in very short supply.

There is also an Amazon baby registry that MaRiH has created. Check out the website at www.marih.org to learn more. Thank you for your generosity!

Holy Week Schedule

Normal Mass, Novena and Holy Hour Schedule
Monday - Wednesday

CONFESSIONS

Monday - 9:30 a.m. and 7:00 pm.

Tuesday - 3:00 p.m.

Wednesday - 6:30 p.m.

Thursday - No Confessions

Friday, 12 Noon - 2:30 p.m.

Saturday - 9:30 - 11:00 a.m. and 3:00 p.m.

Holy Thursday

Mass of the Lord's Supper 7:30 p.m.
Adoration in the hall chapel until Midnight

Good Friday

Stations of the Cross 12 Noon
Celebration of the Lord's Passion and
Veneration of the Cross 3:00 p.m.

Holy Saturday

Blessing of the Easter Food Baskets Noon
Easter Egg Hunt

Easter Vigil

8:00 p.m.

Easter Sunday

7:30, 9:00 and 11:00 a.m.

REGULATIONS FOR FASTING AND ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of **fasting and abstinence** for Catholics.

In addition, **Fridays** during Lent are obligatory days of **abstinence**.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.



Send the Encouragement of Prayers!

Looking for a tangible way to let a loved one know you prayed for them? **Stop by our recently restocked rack of Catholic greeting cards from NovenaCards.com available for purchase in the parish narthex!** The cards cover many different Catholic devotions including praying for someone at Mass, offering a Holy Hour, and praying a Rosary, Divine Mercy Chaplet, or Novena for the intended recipient. **Special occasion cards are also available: Birthday, Thank You, Get Well, Sympathy, Mother's Day, Easter, and each of the Sacraments.** The cards are located on the small wall rack located on the left side as you enter church, adjacent to the ladies restroom. **The suggested donation is on the back of each item and Book Rack payment envelopes are provided for your use.**

PRACTICE MAKES PERFECT

note: No classes on 4/17 and 4/24

French conversation classes meet every Thursday in Hammond Hall from 10:30 - 12:00 Noon

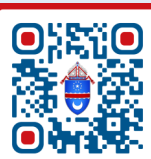
Spanish conversation classes meet every Thursday in Hammond Hall from 12:15 - 1:30 p.m.



If interested, call the parish office and leave a message. ALL ARE WELCOME

2025 BISHOP'S LENTEN APPEAL -

Thank you to those who have pledged to the Bishop's Lenten Appeal! If you have yet to make your gift, please prayerfully reflect on your blessings and consider making a commitment. The BLA unites as a diocesan family to support programs, ministries and services which help tens of thousands of people. Every donation, large or small, is essential. You may mail a pledge, go online to arlingtondiocese.org/BLA or scan the QR



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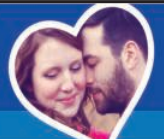
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