

# ST. LAWRENCE CATHOLIC CHURCH

*"Blessed are the poor in spirit,  
for theirs is the Kingdom of  
Heaven"*

4<sup>th</sup> Sunday  
in Ordinary Time  
January 29, 2023

6222 Franconia Road ,  
Alexandria, VA 22310  
703-971-4378 (office)  
[www.stlawrencealex.org](http://www.stlawrencealex.org)

## HOLY SACRIFICE OF THE MASS- SUNDAY

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

## HOLY SACRIFICE OF THE MASS- WEEKDAY

M - F: 6:15 and 9:00 a.m. Saturday 9:00 a.m.  
**CONFESSIONS**  
M 9:30am, W 7-7:45 pm; F 6:45am; Sat 3:30-4:30pm

### Parish Clergy

**Rev. Ronald J. Gripshover, Jr., Pastor**  
[office@stlawrencealex.org](mailto:office@stlawrencealex.org)  
**Msgr. Patrick Dempsey, Visiting Clergy**  
**Rev. Maurice Mei Akwa, Parochial Vicar**  
[fadamaul963@yahoo.com](mailto:fadamaul963@yahoo.com)  
**Rev. Joseph Okwei Ocran, In Residence**  
**Deacon Michael A. Waters**  
*Permanent Deacon - Office & Finance Manager*  
703-971-5363 [deacon@stlawrencealex.org](mailto:deacon@stlawrencealex.org)

### Parish Staff

<b>Parish Secretary</b> 703-971-4378	Cynthia Dreslin <a href="mailto:office@stlawrencealex.org">office@stlawrencealex.org</a>
<b>Dir of Religious Ed</b> 703-971-8541	Joseph Stakem ( <i>Interim Director</i> ) <a href="mailto:religious@stlawrencealex.org">religious@stlawrencealex.org</a>
<b>Youth Minister</b> 703-971-8541	Joseph Stakem <a href="mailto:youth@stlawrencealex.org">youth@stlawrencealex.org</a>
<b>Music Director</b> 703-971-4378	Raymond St. Pierre <a href="mailto:music@stlawrencealex.org">music@stlawrencealex.org</a>
<b>Sacristan</b>	Tatyana Nguyen

# January 29, 2023, 4th Sunday in Ordinary Time

## MASS SCHEDULE & INTENTIONS

**MON 1/30 - Saint Martina**  
 6:15am..... Dr. Romeo Perez †  
 9:00am..... Herman Verbano †

**TUE 1/31 - Saint John Bosco**  
 6:15am..... Carole Koritko †  
 9:00am..... Adamo † & Sophia Medillo †

**WED 2/01 - Saint Ignatius of Antioch**  
 6:15am..... Lawrence Dsouza †  
 9:00am..... Mike Washlack †

**THU 2/02 - The Presentation of the Lord**  
 6:15am..... Catalina & Jose Gomez †  
 9:00am..... Larrie Bart †

**FRI 2/03 - Saint Blaise / Blessing of Throats**  
 6:15am..... William S. Irvine †  
 9:00am..... Rommel Ong

**SAT 2/04 - Saint Andrew Corsini**  
 9:00am..... Ester De La Rosa †

**VIGIL MASS - Meets Sunday Obligation**  
 5:00pm..... Carole Koritko †

**SUN 2/5 - The Fifth Sunday in Ordinary Time**  
 7:30am..... Dorothy Monroe †  
 9:00am..... Parishioners of Saint Lawrence  
 11:00am..... Carlos Vidanes †



## ANNUAL BLESSING OF THE CANDLES

Candlemas Day is Thursday, February 2. Candles will be blessed at the beginning of (and part of) the 9:00 am Mass. Parishioners who wish to bring candles from home for a special blessing on this Feast of the Presentation of our Lord should come early and place their candles on the tables provided in the Narthex.

**Book Rack News:** February **Magnificats** are in as well as **\$4 Lenten Companions**. Materials by and about Pope Emeritus Benedict arrived, but they may move quickly! Remember



**FORMED.ORG** is a great on-line resource free to all parishioners and currently featuring an array of videos and books to further our understanding and appreciation for Pope Benedict as we continue to mourn his passing.

**Used books** will be available the rest of January-- We appreciate those who pass on their books to the Parish Office for the benefit of others, as well as you who make financial contributions to the book rack ministry when giving these books a second home.

## Liturgical and Ministry Activity This Week At a Glance

**Mon 1/30** Confessions after 9am Mass  
 Perpetual Help Novena 7:15pm  
 Religious Education Classes - 7-8:15pm

**Tue 1/31** Parents Ministry Playgroup 10-11:30am  
 Legion of Mary 7:30 pm  
 Religious Education Classes 7-8:15pm

**Wed 2/01** Eucharistic Adoration After 9am Mass - 1pm  
 Fatima Prayer Cell after 9am Mass  
 Confessions 7-7:45pm  
 Religious Education Classes 7-8:15pm  
 Holy Hour 7:15-8:15pm

**Thu 2/02** 11am Choir Practice 7:30pm  
 Knights of Columbus 7:00 pm

**Fri 2/03** Confessions 6:45  
 First Friday Nocturnal Adoration St. Mary (St. Lawrence's time is 10-11pm)

**Sat 2/04** First Saturday Devotions begin at 8:30 am  
 Confessions 3:30-4:30 pm

**Sun 2/05** Knights of Columbus Breakfast after the 7:30 and 9:00 am Masses

## DID YOU KNOW...

...That your efforts in donating food items on Share Sunday have resulted in Koinonia receiving more than **3 tons** of food in 2002 (and that does not include the 50 food baskets provided during the holidays)!!

**Your Generosity Makes a Difference!**

## YOUNG MEN NEEDED TO SERVE ON THE ALTAR

### ALTAR BOYS NEEDED FOR ALL MASSES

ATTENTION! Parents encourage your young men, those who have received their First Holy Communion, to join the "Knights of the Altar"--it is both fun and interesting!! Help your children be involved in Holy Mass

Let the Office know if you are interested!!!



### Parents with Babies & Young Children

NEW Parents' Ministry Group at St. Lawrence! We will meet on **Tuesdays, from 10:00 AM – 11:30 AM** in the back classroom of the parish hall. We hope to meet every Tuesday. You are invited to bring your babies and small children for a fun time socializing with other parish families. Feel free to bring any toys you'd like to donate for use during the play group. Please contact the parish office with any questions.

### MOTHER-DAUGHTER RETREAT

The Women's Apostolate to Youth invites you to a Mother-Daughter retreat, **"On the Road to Joy- the True Meaning of Friendship"** (for girls in grades 7-9) on February 4, 2023. Join us for this wonderful opportunity to forge a stronger bond with your daughter by sharing and deepening your devotion to the great Archangel St. Raphael--chosen by God to accompany young women on their journey through life and to bring them safely to their destination and to the companions God has prepared for them.

The retreat includes talks, activities (fun!), as well as opportunities for confession, adoration, and Mass and begins at 8:30 am and concludes at 3:30 pm at St. Raymond of Penafort Church, 8750 Pohick Rd. Springfield. The \$60 fee includes materials, breakfast, and lunch for both mother and daughter and \$15 per additional daughter.

For more information and to register by January 28, 2023 visit [www.WAYwomen.com/daystar](http://www.WAYwomen.com/daystar)

Sorry, we cannot accept registrations at the door.

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

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

**That Man is You! Call the office for info.**

### PRAY FOR OUR BELOVED DEAD

We pray for those who have gone before us, marked with the sign of faith, most recently we remember: **Gloria Norton, Maureen Schreiner, Maria Lenore, Chaslava and Edmund Spurhiash, Peter DeMarco, Michael Sorbera, Vivian May Haecherl, Edgardo C. Javier Parveen Teresa, and Martin Swann.**

**We also pray for the souls of the following deceased loved ones on the anniversary month of their deaths**

Cindy Kuron (d. January 3, 2020)  
John Lent (d. January 7, 2011)  
Chu Pham (d. January 13 2022)  
John Wayne Melvin (d. January 16, 2022)  
Charles Cotte (d. January 17, 2021)  
Mui Pham (d. January 19, 2005)  
Wilson "Bud" Shatzer (d. January 21, 2022)

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



Knights of Columbus parish breakfast is next Sunday after the 7:30 and 9:00 am Masses. Join us for a delicious breakfast prepared by the Knights of Columbus and take the opportunity to get to know your fellow parishioners while supporting the Knights' charitable efforts.

### DESPERATE NEED FOR CLOTHING!

**Koinonia's Clothing Closet** is now accepting gently used **FALL and WINTER** clothes. There is a need especially for:

- \* Men's small and medium sized clothing,
- \* Winter Coats (mens, womenswear, children)
- \* Boys clothing sizes 6-16
- \* Ladies small clothing sizes 6-9

Drop clothes at  
Koinonia, 6037  
Franconia Rd,  
MTWF 9am-12



**Thank you!**

**LOOKING FOR GREAT RESOURCES TO IMPROVE YOUR  
(and your children's) PRAYER LIFE, and INCREASE YOUR  
KNOWLEDGE OF THE FAITH??**

**USE FORMED.ORG**

**Watch "I Prefer Heaven, the St. Philip Neri Story" (A Study of Sainthood) — Or have your kids watch FORMED's "Our Lady of Guadalupe, Littlest Saints" so they can relate to sainthood!**

**Go to Formed.org and put in "St Lawrence" to enjoy learning about your Faith!!!**

## Baby Cradle Baby Items Needed

The MaRiH Center serves pregnant women and their children, to give options especially for women in crisis. Donations such as those listed below 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:

- Baby clothes up to size 2T
- Baby equipment; e.g., **MOST NEEDED** are non-expired car seats and strollers that collapse easily.
- Maternity and nursing clothes
- Formula, baby food, and diapers
- 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. Please visit their site [marih.org](http://marih.org) to see other needs. Thank you for your generosity!

## Vocational Discernment Retreat for Men -

Could Christ be calling you to the priesthood? Take a step to find out. Attend the weekend discernment retreat for men (ages 18-50) Friday-Sunday, February 24-26, 2023. This is a great opportunity for prayer and discernment, confession, and talking with priests and seminarians. Cost is \$100 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](mailto:vocations@arlingtondiocese.org). Deadline to register is Monday February 13. There is a similar retreat for women June 16-18.

## Save the Dates: Arlington Diocesan Conferences for Men (March 4th) & Women (March 11) .

For Registration and details email: [familylife@arlingtondiocese.org](mailto:familylife@arlingtondiocese.org) or call 703-841-2550

## PRIME TIME SINGLE CATHOLICS (PTSC)

We are single Catholics, 40 and over, who are free to marry by Catholic standards. Meet us for: Square



Dancing at Greenspring Village (Jan 31 and Feb 7) Lunch at Sweetwater Tavern, Falls Church (Jan 26); Christ House (Jan 28); "Almost Maine" at the T.J. Community Theatre (Feb 5); Lunch at Bonefish Grill (Feb 9). For details,

visit our website: [bit.ly/ptsc](http://bit.ly/ptsc). With questions or to RSVP, email Tom at [ptscnva@gmail.com](mailto:ptscnva@gmail.com).

**Sundays with the Sisters Rejoice Tour 2023** Witness the joy of our religious sisters during the Sundays with the Sisters Rejoice Tour 2023! The tour will showcase the religious women of our diocese who, like Mary, rejoice in the Lord by their daily surrender. The tour features an event at a different convent each month, bringing together sisters and lay women for prayer and community. For single women ages 18-50. RSVP by the Monday before each event. **Next event February 5th.** to [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org). More info at [ArlingtonDiocese.org/RejoiceTour](http://ArlingtonDiocese.org/RejoiceTour).

**Please Pray for the Sick** of our parish family, including: Anne Marie Pierce, our DRE, Dr. Ronald Gripshover, Jerry Alexander, Giovanna Faustina Annarella, Jenny Antoun, Leah Bloom, Melanie Brady, Marie Bonfanti, Luis Cristian Carranza, Joan Charters, Robert Corgan, Renate Craft, Nancy Crowley, Joan Curley, John D'Adamo, Bob Farabaugh, Jay Farabaugh, Francis Flaherty, John Forrester, Barbara Gaul, William Geoghegan, Jaime Guzman, Karina Hanna, Christal Eve Herrera, Judy and Kevin Jackson, Mary Kirby, Peter Kupstas, Richard Kuron Sr., Donald Lawson, Antonio Yu An Leng, Patricia Lewis, Bernadette Litz, Kathleen MacQueeney, Rita MacQueeney, Jack Marzan, Martha Mastic, Robert Nguyen, Matthew Peters, Justin Pham, Reyes Ponce, Eduardo San Diego, Hannelore Smallfield, Randy Souther, Raymond Stanekenas, Kurt Steinbacher, Donna Sullivan, Zemui Teklu, Jun Tolentino, Anthony Torres, Minh Tran, David Verbano, Marie Victorino and Bob Volkert.

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

**Quo Vadis Father-Son Seminary Visit** - Ever wondered what college seminary is like? Join Fr. Isenberg and Quo Vadis on Saturday, February 11, 2023, to experience it firsthand on a visit to St. John Paul II Seminary in Washington, D.C. Meet the seminarians and their formators, see where they live, pray, eat and study, celebrate Mass together and tour parts of Catholic University where they have classes. Dads are welcome but not required. Deadline to submit registration form is February 3. Visit [ArlingtonDiocese.org/QuoVadis](http://ArlingtonDiocese.org/QuoVadis), or contact the Office of Vocations, [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org) or 703-841-2514. Quo Vadis events are for high school boys interested in growing in their spiritual life and exploring their vocations.

**PREGNANT or POST-ABORTION** -- For those who know an expectant woman in need or individuals impacted by an abortion experience, confidential help and support are available: **Pregnancy Hotline:** 703/841-3810 [helpforpregnantwomen.org](http://helpforpregnantwomen.org) ; **Help After Abortion** 703/841-2504, 703/841-3833 (men), <https://helpafterabortion.org>

*Mother and baby both are precious to God who is loving and merciful.*

**Join your fellow Parishioners for First Friday Nocturnal Adoration!** The Nocturnal Adoration Society, of which St. Lawrence has participated in for over 40 years, has all-night Adoration of the Blessed Sacrament every First Friday of the month at the Basilica of St. Mary in Old Town Alexandria. St. Lawrence is responsible for the 10:00 PM – 11:00 PM hour. During this hour, both silent and vocal prayer are incorporated in the time spent with our Eucharistic LORD. Security is provided by Alexandria Police officers. We warmly invite you to come and join us for this special time with our LORD Jesus in the Blessed Sacrament!

## PLEASE PRAYERFULLY CONSIDER HELPING YOUR CHURCH MEET ITS GOAL TO PAY OFF THE NARTHEX PROJECT COSTS

We Now Have Building Project Pledges in the Amount of  
**\$1.74 Million, Just short of our \$2m GOAL**

*Thank you for those giving new pledges and to those giving more than their original pledge, and those who have pledged anew!*

**MEMORIALIZE A LOST CHILD.** Within our Fr McAfee Memorial Garden, there is a small area surrounded by a circle of red roses, the symbol of life and the Right to Life. Originally designed by our Knights of Columbus Council 9407, this **Memorial Garden for Unborn Children** honors the memory of all souls lost to abortion, miscarriage, and still-birth. The Garden provides a peaceful place of prayer for an end to abortion, for all little ones lost prior to birth, and for those seeking hope and healing due to their loss.

Several new memorial stones have already been installed in this garden. Please visit the garden to see these memorials. You can purchase memorial stones anonymously that are engraved with names of children lost during pregnancy or due to abortion.



Arrangements have been made with [Engraved-rock.com](https://engraved-rock.com) in Washington state to take orders for personalized memorial stones to be included in this Garden. There are two options:

**Signature Rock:** 3" -5" for \$45, suitable for 1-3 words (e.g.: name + date + graphic)

**Small Rock:** 7" -11" for \$115, accommodating a brief inscription of up to 8-10 words

All stones are natural and engraved to last many years. The completed memorial stone will be shipped directly to St. Lawrence Church for installation in the Garden.

**Your confidentiality is important!** Identifying information will not be shared with the Pastor or church staff in any part of the ordering, approval or shipping process. To purchase a memorial stone:

**Via PHONE: 509-715-0630;** Inform Linda Greene your order is for the St. Lawrence Church Memorial Garden (*Remember that Pacific Time is 3 hours behind us*).

**Via Internet:** Go to: <https://engraved-rock.com> Select "Order Personalized Garden Stones," choose the small or medium rock size and enter design information. If you need help, use the CONTACT tab in the main menu. After entering your billing information, select "Ship to a different address." For first/last name enter: Memorial Garden; Company: Saint Lawrence Church; Address: 6222 Franconia Rd, Alexandria, VA 22310. In the "Order Notes" box write: For the St. Lawrence Memorial Garden. Feel free to contact the Office if you have any questions!

## JOIN SATURDAY PRO-LIFE 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.