HOLY SACRIFICE OF THE MASS
SUNDAY
Saturday Vigil: 5:00 pm
Sunday: 7:30, 9:00 and 11:00am and
12:30pm (Extraordinary Form Latin Mass)
WEEKDAY
M - F: 6:15 and 9:00 a.m. Saturday 9:00 a.m.
CONFESSIONS M 9:30am & 7pm; W 7:00-7:45pm; Th 4:15pm; F 6:45am & 7pm; Sat 3:30-4:30 pm

Parish Clergy
Rev. Ronald J. Gripshover, Jr., Pastor
office@stlawrencealex.org
Rev. Daniel S. Spychala, Parochial Vicar
vicar@stlawrencealex.org
Rev. Joseph Okwei Ocran, In Residence
Deacon Michael A. Waters
Permanent Deacon & Finance Manager
703-922-0233    deacon@stlawrencealex.org

Parish Staff
Parish Secretary    Cynthia Dreslin
                    office@stlawrencealex.org
Director of Religious Ed Anne-Marie Pierce
703-971-8541    religioused@stlawrencealex.org
Youth Minister    Joseph Stakem
703-971-5715    youth@stlawrencealex.org
Music Director    Raymond St. Pierre
                    music@stlawrencealex.org

Prayer to St. Joseph for the Narthex Update-Expansion Project
O glorious St. Joseph, you were chosen by God to be the foster father of Jesus; the most pure spouse of Mary ever Virgin; and the head of the Holy Family, and you have been chosen by Christ’s Vicar as the heavenly patron and protector of the Church founded by Christ.
Therefore, it is with great confidence that we implore your powerful assistance for our narthex update-expansion project. By your great intercession for us, St. Joseph, help us to build up Christ’s Church by guiding this project to its completion. O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, we place this our intention for our parish in your hands.

St. Joseph, Protector of the Holy Church…
Pray for us!
St. Lawrence…Pray for us!
This Week in Our Parish

Mon. Confessions after 9:00 am Mass
Religious Education Classes 7:00 - 8:15 pm
Novena to OLPH - 7:15 pm

Tues. High School CCD - 7:00 - 8:15 pm
RCIA - 7:00 pm
Legion of Mary 7:30 pm

Wed. Eucharistic Adoration 9:30 am - 6:00 pm
Fatima Prayer Cell after 9:00 am Mass
Divine Mercy Chaplet - 3:00 pm
Confirmation 7:00 pm
No Rel. Ed., Holy Hour or Confessions

Thurs Contemporary Choir Practice - 7:30 pm
Knights of Columbus Meeting 7:30 pm

Friday Confessions 6:45 am and 7:00 pm
Fish Fry 5:30 - 7:00 pm
Little Office of the Blessed Virgin Mary 7 pm
Stations of the Cross 7:30 pm

Sat. Pro-Life Rosary - 9-10 am
(2839 Duke St. Alex)
Confessions 3:30 - 4:30 pm

The Annual Saint Lawrence Lenten Fish Fry Dinners are held Fridays and run through April 12. Tickets will be sold at the door from 5:30 - 7:00 PM. Our Fish Fries are among the best in town and priced modestly with a full Fish Platter just $10.00 and a half platter at $6.00. Take-out dinners are also available. These events are hosted by our parish’s Knights of Columbus Council and all proceeds will go to support one of their K of C sponsored charities. Please support this worthwhile cause.

Council of Catholic Women - March 17
1:30 pm CCW Business Meeting, 2:00 pm
Guest Speaker, Alice Eggers of Fairfax County Police will address cybersecurity and internet safety. 3:00 pm Mary’s Way of the Cross, a special Stations of the Cross as seen through Mary’s eyes. Please bring a snack or light refreshment to share. All St. Lawrence parishioners and their guests are welcome.

Public Vespers During the Lenten Season
Beginning on Fridays of Lent, at 7pm before the Stations of the Cross, we will chant the "Little Office of the Blessed Virgin Mary" (according to the Extraordinary Form). During Lent the Office will be chanted mostly in English, and then in the Easter Season we will chant it in Latin.

Please Pray for the Sick of our parish family including Jay Farabaugh, Melanie Brady, Helen Mekenie, Justin Pham, Raymond Stanekenas, Joan Chapman, Brian Padfield, Rita MacQueeney, Donald Lawson, Alice O’Connor, Minh Tran, Anthony Torres, Leah Bloom, Richard Kuron, Sr., Jack Marzan, Matthew Peters, Cindy Kuron, Patricia Lewis, Christian Escoto, John Bonfanti, Chris Henderson, Baby Leah, Chris Bacon and Barbara Gaul.

2019 Bishop’s Lenten Appeal Together in the Light of Christ  The Bishop’s Lenten Appeal is critical to our diocesan needs and we are asking every household in our parish to support this appeal to the extent that they are able. The BLA funds many programs, services and ministries that serve people in need and furthers the Gospel mission of Jesus Christ in our diocese. Let us join together to do the Lord’s work – works that touch the lives and souls of thousands of people. Thank you!

From the Vocations Office “The priest shall receive the basket from you and shall set it in front of the altar of the LORD, your God.” Are you considering a call from the Holy Spirit to become a priest in front of the altar of our LORD? Call Fr. Michael Isenberg, (703) 841-2514, or write: michael.isenberg@arlingtondiocese.org.
NARTHEX FUND UPDATE
WE NEED YOUR HELP!

HELP--In our 19th Week of the Financial Campaign we had a modest increase to $866,368 in pledges (Again, only 343 families of our 1804 registered families in the Parish have donated).

WE REALLY ALL PARISHIONERS NEED TO PARTICIPATE TO MEET OUR GOAL!

All should pray and give as they are able--but know that a donation of $10 a month for 3 years, made by the remaining 1500 families, will meet our goal--just use the small envelopes included in the display pouches in the back of church. Any and All donations help!!

Giving Note: It's TAX TIME, as you receive your tax refunds, consider giving a portion to this project!

Donation NOTE: If you would like to have your pledge made and paid via electronic transfer (e.g.; from your Credit Card or Bank Acct) ...Visit Faith Direct and enter your pledge and your proposed payment plan!! Our parish code is VA325. For More Information See www.faithdirect.net

SACRAMENTAL INFORMATION AND SERVICES

Baptisms - Baptisms are held the 1st and 3rd Sundays at 1:45 pm by appointment. Please contact the office at least one month in advance. Parents must be registered members of the parish and first time parents must attend a one session pre-Baptismal class, usually held on the second Saturday of the month at 10:00 a.m. in the Rectory office. Please call to register for a class. Parents are encouraged to attend this class before the birth of their child. Baptisms in the Extraordinary Form may be requested by calling the parish office.

Sponsor Certificates - These are Parish testimonies to the fact you are a practicing Catholic in the parish and are issued to those wishing to be a Godparent or sponsor for a Confirmation candidate. You must be registered in the parish and first time Godparents must attend a class before a certificate will be issued.

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. Note that living together before marriage is sinful and harmful to future marriage. Couples who are living together will be asked to live separately during the marriage preparation time.

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. Call the Religious Education Office at (703) 971-8541 for details or email religioused@stlawrencealex.org

R.C.I.A. - 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 Anne-Marie Pierce, 703-971-8541 or email religioused@stlawrencealex.org

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, please contact the rectory to make arrangements.
The CCW would like to honor a woman of the parish for her dedication and volunteerism to the parish over this year. In a separate award, the CCW also would like to recognize a woman of the parish for a lifetime of service. Please see the nomination forms on the web page: www.stlawrencealex.org. You can also get nomination forms in the rectory and in the ladies restroom in the church. Nominations should be placed in the suggestion box in the ladies restroom.

**Consider Judging the 2019 Diocesan Science Fair**
The Diocesan Science Fair needs individuals with a science background to help judge 7th and 8th grade students’ projects for the 2019 Diocesan Science Fair from 8 a.m.-12 p.m. on Saturday, April 13, 2019 at St. Paul VI High School. Interested? Call Hiliary Mildrew at the Office of Catholic Schools (703-841-2519) or email h.mildrew@arlingtondiocese.org

**PRIME TIME SINGLE CATHOLICS (PTSC)** serves single Catholics 40 and over. Enjoy these upcoming events with us: lunch (every Thursday); Lunch with Spiritual Advisors, Bungalow Lakehouse, Sterling (March 9); Roving Restauranteers, Ireland’s Four Provinces, Falls Church (March 24); Lunch at Panjshir, Falls Church (March 26); Walk at Fort Ward Park, Alexandria (March 30); “August: Osage County” at James Lee Community Theatre (March 31). RSVP to Tom at ptscnva@gmail.com. For details, see our website: bit.ly/ptsc.

**Eucharistic Holy Hour** The Arlington Division of the World Apostolate of Fatima (the Blue Army) will sponsor a diocesan-wide Eucharistic Holy Hour on Sun., March 24 3 - 4 pm in the Perpetual Adoration Chapel at Our Lady of Angels Church, 13752 Mary's Way, Woodbridge. We hope you can join us to pray for world peace through the conversion of souls.

**The Associates of St. John Bosco, Inc.** are pleased to announce our $3,000 (x3) and $4,000 (x1) scholarships for the academic year 2019-2020 to be awarded to a college student pursuing a course of study that will ultimately lead to rendering a service to the Church in their adult years. The scholarship will be granted to a Roman Catholic student with a permanent residence within the Catholic Diocese of Arlington who seeks to give back to the Church through service in his or her adult years. The scholarship and the application can be found on their web site www.asjb.org

**FROM THE VOCATIONS OFFICE:**

**Weekend Discernment Retreat for Men** April 12-14 for men ages 18-55. Cost is $60 and includes overnights and all meals. Deadline to register is March 29. **A similar retreat for women is held June 14-16.**

**Ropes Course Vocations Events for High School Students** at Sandy Springs Adventure Park. For boys (Quo Vadis on March 30) or for girls (FIAT) April 6th.

**Quo Vadis and FIAT Discernment Camp** Quo Vadis (for boys) is staffed by Arlington seminarians, priests and religious, and runs July 7-11. FIAT (for girls) is staffed by religious sisters runs July 14-18. Both are held at Mount St. Mary’s Seminary in Emmitsburg, MD. Registration is by lottery only. **Registration Lottery is open March 1 - 31** to register or see photos and videos from last year ArlingtonDiocese.org/QuoVadis or .../FIAT.

For more information on these events, please contact: Fr. Michael Isenberg, Director of Vocations (703) 841-2514, or write: michael.isenberg@arlingtondiocese.org.

Peruse the parish book rack for reading materials this Lent! You will find books for a variety of ages and interests including "Lent and Easter Wisdom from the Saints" and "Why we are Catholic." The lowest three shelves contain quality children's gift Bibles and books about the Catholic faith and prayers for little ones. Suggested donations for these materials are on the back of each book.

**ST LAWRENCE PARISH RETREAT:** Men’s weekend March 15th-17th. The Retreat is at the Loyola Retreat House in southern Maryland. This year’s retreat theme is: “God’s Dream: Seeking God in all Things”. To reserve your room, call Loyola at 301-392-0819. The suggested offering for the weekend is $245. ($195 for first timers or young adults under age 30). You can review the retreat schedule and reserve a room online at www.lyolaonthepotomac.com. For more info, contact Mark Krause (703-971-7146) or Chuck Wipperfurth (571-385-9699). Take some time to “Come Away and Rest Awhile” and spend a weekend during Lent with God.

Our next Share Sunday is the weekend of March 16-17. Please consider bringing one or two pantry items from our list when you come for Mass that weekend to help others in need. Even small donations go a long way! Most needed: Canned soup, canned fruit, mayo, cooking oil, spaghetti sauce, " Helpers" (Hamburger, Chicken, Tuna), coffee, hot chocolate packets, snacks, laundry detergent, baby wipes, and Dollar Tree or grocery store gift cards. Thank you!
**Narthex Project NEWS**

Good news! We have received notice from the Arlington Diocese Finance Office that our request for the construction loan for the Narthex addition has been approved. This will enable us to complete the construction project in a timely manner and to pay the architect and contractor for their work.

Whitener Jackson has received all of the bid proposals from their sub contractors, and they are compiling a final construction cost, which should be finalized in the next week or two. Unfortunately, we expect the total cost to be significantly higher than our original estimates, due primarily to the unanticipated storm water management requirements, the need to update the entire fire alarm to meet current code for our Church building, and also due to the increased cost of construction in the current commercial contracting market.

**ATTENTION TEENS AND PARENTS: High School CCD class is held every Tuesday night in Hammond Hall from 7 - 8:15 pm. All teens are welcome. We will be watching and discussing the movie “Saint Philip Neri: A 16th Century “Apostle of Rome” known as a great friend of the Youth and for his charity, deep prayer life and tremendous humor. Parents can also watch at home on Formed.org (see info at right to create a free account). Contact Joseph Stakem youth@stlawrencealex.org or at 703-971-5715 for more details.**

**Attention Parishioners!** The teens of St. Lawrence will be holding a Silent Auction on Friday, April 5th through Sunday, April 7th to raise money to go to WorkCamp 2019 in June. Donations will be accepted by the Youth Office. Please contact Joseph Stakem at youth@stlawrencealex.org or 703-971-5715.

**Mass and Anointing of the Sick**  The Order of Malta, Northern Virginia Region, will host a special Mass and Anointing of the Sick on Saturday, March 23 at 11 a.m. at St. Ambrose Catholic Church, Annandale. Bishop Burbidge will be the principal celebrant and homilist. Attendees are encouraged to arrive by 10:30 a.m. All are invited but those planning to stay for lunch are requested to RSVP to Kevin Fischer, KM, at 703.475.2906 or moonfish3@verizon.net

**Healing Your Love: Tools for Overcoming Obstacles in Marriage** - A Christ-Centered Marriage Renewal Workshop for couples looking to reconnect, repair and re-energize their Marriage. Two weekends offered: March 9/10 or November 16/17. For more details, contact Our Lady of Bethesda Retreat Center at 301-365-0612 or www.ourladyofbethesda.org

**Religious Education Donations Wanted** - It’s not to early to be thinking about our next All Saints Day CCD Party. We need small Gift Bags with handles (10” or so). Also, donations of small stuffed animals, religious books, rosaries, medals, etc. would be greatly appreciated. Please drop these off at the Religious Education Office in Hammond Hall. Call Anne-Marie Pierce with questions at 703-971-8541 or email religioused@stlawrencealex.org

**Religious Education**  Please keep our religious education students in your prayers, especially those preparing to receive Sacraments this year. The Sacrament of Confirmation will be conferred on our St. Lawrence students Wednesday, March 13 at 7:00 pm by Bishop Paul S. Loverde, Bishop Emeritus. We invite all parishioners to join us for the Confirmation and a light reception afterward to celebrate our newly Confirmed youth.

**FORMED.ORG**  
Study...Watch...Listen...Read

PLEASE USE THIS VALUABLE RESOURCE (provided at no additional cost to you)

St. Lawrence Parish maintains a subscription to FORMED.ORG which provides access to the best Catholic audio talks, movies, ebooks and video-based studies from trusted providers like Augustine Institute, Ignatius Press, Catholic Answers, St. Paul Center and more!

You can look at several great videos this month. For example, here is what is being used in CCD Classes:

- **Movie:** Saint Philip Neri, Apostle of Rome
- **And under Study:**
  - The Bible and the Virgin Mary--Journey Through Scripture
  - Forgiven, the Transforming Power of Confession
  - Elements of the Mass

We are called to put our Faith into practice. To learn more and to grow in Faith, go to the following site: www.formed.org to create your free account and to access great information and videos on our Faith. Use access Code Z2NDHT.

0706  March 10, 2019