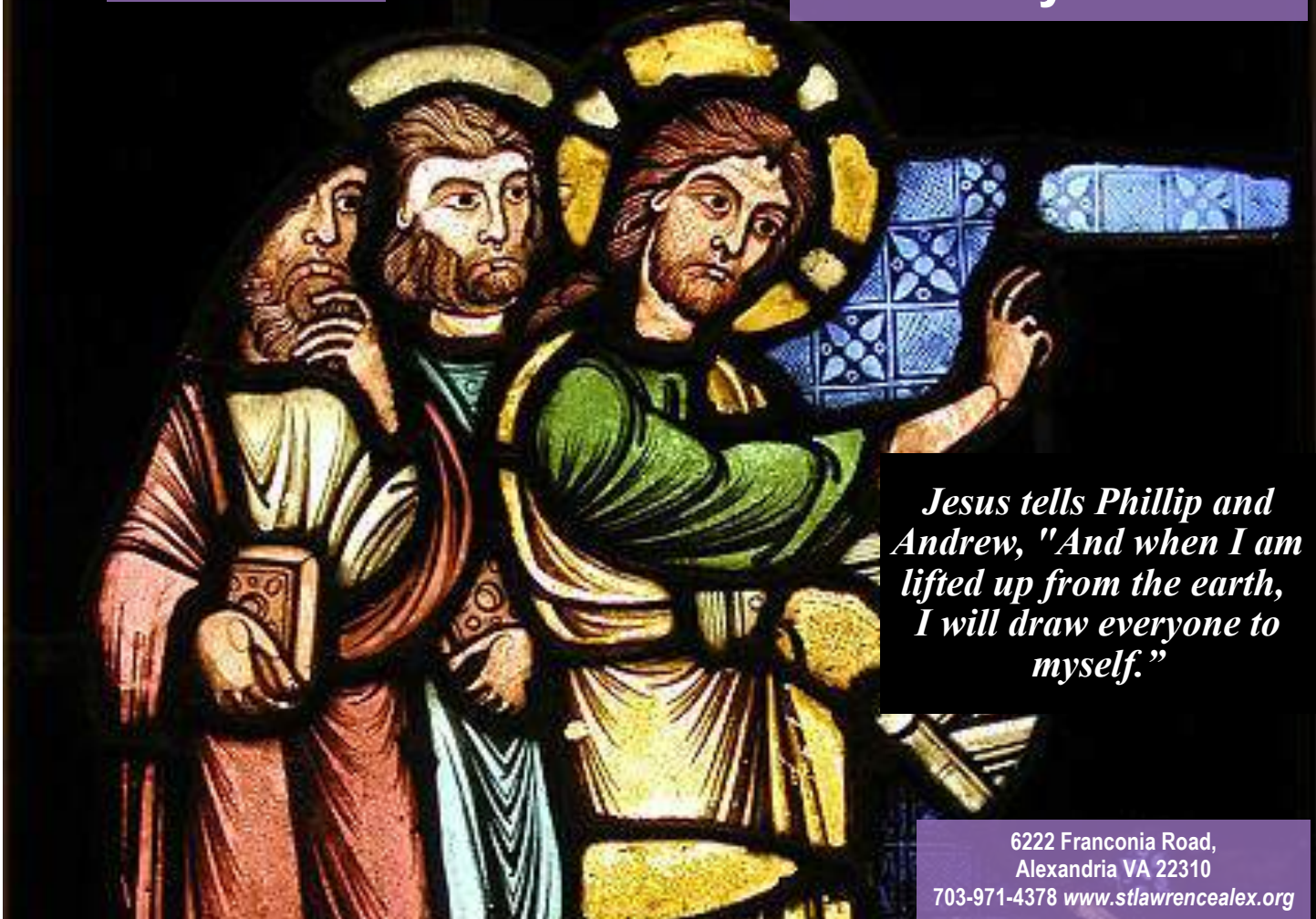


ST LAWRENCE CATHOLIC CHURCH

March 17, 2024

5th Sunday of Lent



Jesus tells Phillip and Andrew, "And when I am lifted up from the earth, I will draw everyone to myself."

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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

Cynthia Dreslin
office@stlawrencealex.org

Dir of Religious Ed
703-971-8541

Joseph Stakem
religiouse@stlawrencealex.org

Youth Ministry
703-971-8541

James Stakem
youth@stlawrencealex.org

Music Director
703-971-4378

Raymond St. Pierre
music@stlawrencealex.org

Sacristan

Tatyana Nguyen

March 17, 2024 5th Sunday of Lent

MASS SCHEDULE & INTENTIONS

- MON 3/18 - Saint Cyril of Jerusalem**
 6:15am..... Dolores Potosnak †
 9:00am..... Edwin Caperal †
- TUE 3/19 - Saint Joseph**
 6:15am..... Joseph Potosnak †
 9:00am..... Fr. Ronald Gripshover
- WED 3/20 - Saint Wulfran**
 6:15am..... Ahmed Qadeer
 9:00am..... Anne-Marie Pierce
- THU 3/21 - Saint Benedict**
 6:15am..... Diane, Gene, Cassidy & Cole
 9:00am..... Stanley Soja III †
- FRI 3/22 - Saint Isidore the Farmer**
 6:15am..... Ann Mika
 9:00am..... Celestine Schamel †
- SAT 3/23 - Saint Turibius of Mongrovejo**
 9:00am..... Joseph E. Potosnak †
Sat Vigil (Meets Sunday Obligation)
 5:00pm..... Thomas Eppolito
- SUN 3/24 - Palm Sunday of the Passion of the Lord**
 7:30am..... Parishioners of Saint Lawrence
 9:00am..... Brother Matthew Nylund, O.S.B. †
 11:00am..... Pixie Bell †

Confirmation Class 2024

Congratulations to our Religious Education students who were Confirmed by Bishop Burbidge last Thursday. *Dear Lord, We ask that you fill them with the joy of your presence and increase in them the fruits of your Spirit. Amen.*



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.
- ◆ **Bonfire, Prayer and Pizza** Sunday, March 17 (St. Patrick's Day) 3-5 pm in picnic area behind Hammond Hall

Please contact the youth office at 703-971-8541 or youth@stlawrencealex.org for info.

Liturgical and Ministry Activity This Week At a Glance

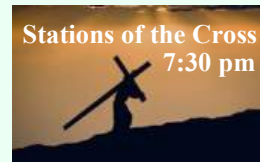
- Mon 3/18 **CCD Classes Grades 1-8** 7-8:15pm
OLPH Novena 7:15pm
- Tue 3/19 **RCIA Classes** 6:30 **H.S. Class** 7-8:15pm
Legion of Mary 7:30pm
- Wed 3/20 **Fatima Prayer Cell** after 9am Mass
Eucharistic Adoration 9:30am-1pm
Confessions 6:30pm
CCD Classes Grades 1-8 7-8:15pm
Holy Hour 7:15pm
- Thu 3/21 **11am Choir Practice** 7:00pm
Women's Bible Study 7:00pm
Knights of Columbus 7:00pm
- Fri 3/22 **Confessions** 6:45am and 7:00pm
FINAL K of C Fish Fry - 5:30 - 7:00pm
Stations of the Cross 7:30pm
- Sat 3/23 **"That Man is You" Meeting** 7am
Confessions 3:30-4:30pm

Knights of Columbus - FFFF



K of C "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 plate.

Join us after dinner for **Confessions** and **Stations of the Cross**



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



Source: Code of Canon Law

ABS-CBN NEWS

NEWS.ABS-CBN.COM @ABS-CBNNEWS

MEN'S BOOK GROUP

INFORMATION SESSION - SUNDAY, 3/24 AT 7PM

As Catholic Christians, we are called to live in the world but not of the world, which makes it important to consider how we can best live our lives each day. To educate men, we are considering a group for men to help us better live out the strengths to which our Lord calls us daily – whether in the single or married life. Please join us for an information session on Sunday, March 24, at 7:00 PM in the parish hall to discuss the logistics of and to gauge in interest such a group. If you are interested but cannot join us for this meeting, please call or email the parish office.

Nine-Month Novena to Our Lady of

Guadalupe: Cardinal Raymond Burke issued a worldwide call to prayer seeking the intercession of the Virgin Mary to combat "the darkness of our age". Those wishing to enroll in this 9-month novena which culminates in a consecration to Our Lady of Guadalupe on her feast day December 12th may do so now at <https://novena.cardinalburke.com>



A beautiful daily prayer card the Cardinal prepared specifically for this novena is available for download at the same website.

Quo Vadis and FIAT Camps Registration Lottery

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 will be held Sunday-Thursday, July 7-11. FIAT (for girls) is staffed by religious sisters and will be held Sunday-Thursday, July 14-18. Both will be at Mount St. Mary's Seminary in Emmitsburg, MD. The registration lottery will be open March 1-29; only one entry per person is needed, and it can be submitted anytime between March 1-29. See the videos and photos from past years, get more information and register for the lottery at ArlingtonDiocese.org/QuoVadis or ArlingtonDiocese.org/FIAT

Spring Open House - St. Martin de Porres

Seniors who stay active and continue to engage with other people live fuller and happier lives. Begin your Spring season on Wednesday, March 27, by becoming a new participant at St. Martin de Porres Senior Center, which serves the City of Alexandria residents, 60 years or older. Meet the staff and experience a typical day at the senior center. RSVP no later than March 25 to Maria.Mellor@ccda.net or call 703-751-2766 from 9 a.m.-12 p.m. Address: 4650 Taney Avenue, Alexandria.

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This is PROVIDED FREE TO OUR PARISHIONERS!

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Two Lenten Formed Video "Offerings":

"Lent Week 5" for our adult catholics
"The Story of St Perpetua and Felicity" for kids



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 !

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.

Please join us on March 21st at 10:15 a.m. in the parish hall for the next meeting of the St. Lawrence Senior Group! We will be having a presentation by Matt Melton from Edward Jones on financial planning in retirement. All are welcome! For questions, please contact Anne McCray at springfield.ed@sunriseseniorliving.com.

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, Dave Bocchino, 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, and Raymond W. Jackson, Sr.**

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

Aileen Marie Sullivan (d. March 2, 2013)
Hung Tran (d. March 8, 2022)
Joseph Bosch (d. March 9, 2002)
Msgr. Frank E. Mahler (d. March 13, 2019)
(founding pastor of St. Lawrence)
Sergio Annarella (d. March 14, 2014)
Willy Canonizado (d. March 18, 2023)
Celestine Schamel (d. March 22, 2010)
Carolyn Gotzens (d. March 24, 2018)
Joseph Ho Yuen (d. March 25, 1984)
Gil Coquia (d. March 25, 2015)
Mauricia "Rory" Tenorio (March 27, 2018)

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

Bishop's Lenten Appeal



SCAN ME

The theme for the 2024 BLA is shared with the theme of our Diocesan Jubilee: "Behold, I make all things new." After reflecting upon the blessings God has given you, please prayerfully consider a pledge. As we look forward to the celebration of the 50-year Golden Anniversary of our diocese, let us renew our commitment to the Lord and be inspired to share what we have received from Him.

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We have More New pledges!

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Pledges to GO!**

**Lets End our Narthex
Campaign by Easter!!
Pledge today!!**

**We Now Have Building Project
Pledges in the Amount of
\$1.98 Million**

Twelve Seminarians to be Ordained Transitional Deacons

On Saturday, April 6, Bishop Burbidge will ordain 12 seminarians to the Transitional Diaconate: Timothy Banach, Emmanuel Carreño-García, Joseph Connor, Jordan Evans, John Fimmuchime, Raymond Goins, Andrew Lewandowski, Richard Malebranche, John Meyerhofer, Christian Njodzela, Michael Sampson and Alfredo Tuesta. The Mass will be held at St. Theresa Catholic Church in Ashburn at 11 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!



Sacristan Assistants/ Substitutes

We are looking for someone who can fill in when our regular sacristan is away. The basic responsibilities are:

- ◆ Set up the Altar for 9:00 AM weekday and Sunday Masses
- ◆ Change the candle and the Altars cloths when needed
- ◆ Soak, rinse, launder, and iron the linens used for Holy Mass once a week
- ◆ Keep the Altar and the floor of the sanctuary clean
- ◆ Water plants once a week

If you would like to volunteer for this wonderful work, please either call or email the parish office.



Our parish garden is one of the most beautiful gardens in Alexandria thanks to the loving attention of Tien Vu, our talented Facilities Manager. We would like a team of volunteers called "Our Lady's Gardeners" to help Tien pick up the leaves, especially those large magnolia leaves in front of Our Blessed Mother. Please see Mr. Vu if you wish to volunteer 20 -30 minutes a week to this ministry. God bless you.

Parents Ministry

If you're bringing home a newborn, recovering from illness or surgery, or facing any other major life event and could use some help with meals, your St. Lawrence family would love to support you with a Meal Train. Contact the parish office or email parents@stlawrencealex.org, and we will set up a Meal Train page for you to coordinate your fellow parishioners bringing you dinners.

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: walk at Rutherford Park (March 21); feeding the hungry at Christ House (March 23); USMC concert (March 24); Thursday lunches (March 28); Easter dinner (March 31). For details, visit our website: bit.ly/ptsc. With questions or to RSVP, email Tom at ptscnva@gmail.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."

ATTENTION! COMING SOON! CONVERSATION CLASSES IN SPANISH AND FRENCH.

Weekly classes begin April 11th and 12th. More details to come! If interested, call the Rectory.

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 info.



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