

# SAINT LAWRENCE CATHOLIC

May 23, 2021



## Pentecost Sunday

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

### 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)

### 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 7-7:45pm; F 6:45am; Sat 3:30-4:30 pm

#### Parish Clergy

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

**Rev. Daniel S. Sychala, Parochial Vicar**  
vicar@stlawrencealex.org

**Msgr. Patrick Dempsey, Visiting Clergy**

**Rev. Joseph Okwei Ocran, In Residence**

**Deacon Michael A. Waters**  
Permanent Deacon – Office & Finance Manager  
703-922-0233 deacon@stlawrencealex.org

#### Parish Staff

<b>Parish Secretary</b> 703-971-4378	Cynthia Dreslin office@stlawrencealex.org
<b>Director of Religious Ed</b> 703-971-8541	Anne-Marie Pierce religioused@stlawrencealex.org
<b>Youth Minister</b> 703-971-5715	Joseph Stakem youth@stlawrencealex.org
<b>Music Director</b>	Raymond St. Pierre music@stlawrencealex.org



## The Year of St Joseph

Dear faithful, the Pope has declared this the year of St Joseph, with that in mind, you may wish to pray to Jesus' Foster Father for his intercession in your prayers! Here is an example of an appropriate prayer:

Bless me, Oh dearly beloved father, St. Joseph; bless my body and my soul; bless my resolutions, my words and deeds, all my actions and omissions, my every step; bless all that I possess, all my interior and exterior goods, that all may redound to the greater honor of God. Bless me for time and eternity and preserve me from every sin. Obtain for me the grace to make atonement for all my sins by love and contrition here on earth, so that after my last breath I may, without delay, prostrate at thy feet return thee thanks in heaven for all the love and goodness thou, O dearest father, hast shown me here below. Amen.

*St Joseph, Protector of families....Pray for us  
St Joseph, Protector of the Church....Pray for us*

# May 23, 2021

## Pentecost Sunday

### MASS INTENTIONS

**MON 5/24 - BVM, Mother of the Church (OFM)**

6:15am .....Agnes Sylvester †

9:00am .....Christine Creaven

**TUE 5/25 - St. Bede the Venerable (OFM)**

6:15am .....Bill Durkin †

9:00am .....Dr. Donald Van Pelt Waddington †

**WED 5/26 - St. Philip Neri (OFM/EFM)**

6:15am .....William J. Benson †

9:00am .....Hatseinesh Kidane †

**THU 5/27 - St. Augustine of Canterbury (OFM)**

6:15am .....Thomas Connors †

9:00am .....Judy Justinson Stranch †

**FRI 5/28 - St. Bernard of Montjoux (Historic)**

6:15am .....Repose of the Souls in Purgatory  
most in need †

3:00pm .....George H. Seitz †

**SAT 5/29 - St. Paul VI (OFM)**

9:00am .....President Donald Trump

**Vigil Mass (Meets Sunday Mass Obligation)**

5:00pm .....Poor Souls in Purgatory †

**SUN 5/30 - Trinity Sunday (OFM/EFM)**

7:30am .....Maria Anderko †

9:00am .....Irma Ingrassia †

11:00am .....Parishioners of Saint Lawrence

12:30pm .....Rose Ann Haggerty †



**Save the Date - May 30, 2021**  
**We will have a reception for Fr. Gripshover's 25th Ordination Anniversary after the morning Masses, May 30. Details to follow.**

### Liturgical and Ministry Activity This Week At a Glance

Mon 5/24 **Confessions** 9:30am  
**Religious Ed Classes** 7:00-8:15pm  
**Perpetual Help Novena** 7:15 pm

Tue 5/25 **High School Religious Ed** 7:00 pm  
**Legion of Mary** 7:30pm

Wed 5/26 **Eucharistic Adoration** 9:30am-1pm  
**Fatima Prayer Cell** after 9:00am Mass  
**Religious Ed Classes** 7:00-8:15pm  
**Confessions** 7-7:45pm  
**Exposition Begins** 7pm and ends with..  
 ...**Holy Hour** 7:15-8:15pm .....

Fri 5/28 **Confessions** 6:45am

Sat 5/29 **Confessions** 3:30-4:30pm

### This Week in Our Parish

All Scheduled Public Masses are still being celebrated-- other Parish liturgical activities are also starting. Come to our Monday evening Novena and Exposition on Wednesday (9:30am-1pm) and Holy Hour starting with Exposition at 7pm! The Main Church is open 7 Days a Week until 9pm for private prayer.

*(Please wear a mask and wash your hands thoroughly before entering church. Please maintain social distancing. We undertake all these measures, in an abundance of caution, for your safety).*



#### Join your fellow Parishioners for First Friday Nocturnal Adoration!

Eucharistic Adoration provides a fervent response to Christ's invitation to keep prayerful vigil with Him; to deepen the experience of communion with our Eucharistic LORD, as He continues His self-offering and saving influence; and to live more consciously and actively the full significance of the Eucharist as the Sacrament of charity and unity for the Church and the world. 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. The vocal prayers follow the *Little Office of the Blessed Sacrament* by praying several Psalms and beautiful Eucharistic meditations. 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!



The Knights of Columbus will be handing out Tootsie Rolls after all Masses this weekend for their annual KOVAR fundraiser. KOVAR helps Virginians with intellectual disabilities to live independently through home loans, as well as grants for skills training and transportation. Due to the pandemic the Knights were unable to hold this event last year, so please contribute extra generously this year!



### CHRISTENDOM GRADUATE SCHOOL

Registration for Christendom Graduate School's summer semester is open, with both prerecorded online courses and onsite classes available. The online session will be open between May 17 and August 14. Graduate theology and classical language courses may be attended in-person between June 20 and July 30 at Christendom College's undergraduate campus in Front Royal, Virginia. Those in consecrated life are welcome to join us in Front Royal for our annual Vita Consecrata Institute, which runs between June 28 and July 23. Courses this summer will feature studies in Scripture, philosophy, theological anthropology, patristics, and more. Courses may be taken for credit toward a Master's degree or certificate. Casual students and auditors are also welcome. There is a special discounted audit rate for catechists, seniors and religious. For details, please visit our website <<https://Daduate.christendom.edu>> or contact the office at 703-658-4304 / [graduate@christendom.edu](mailto:graduate@christendom.edu).

**Welcome Back to Religious Education School. Registration is now open for Grades 1-12 for the 2021-22 school year.**

**Forms are available at the parish office and Religious Education office. For further information, please contact Anne-Marie Pierce at 703-971-8541 or [religioused@stlawrencealex.org](mailto:religioused@stlawrencealex.org).**

**Opportunity to Teach Our Catholic Faith.**

**Catechists, Teen Assistant Catechists and Adult Assistant Catechists needed for 2021– 2022 school year. Please contact Anne-Marie Pierce [religioused@stlawrencealex.org](mailto:religioused@stlawrencealex.org)**

Our parish garden is one of the most beautiful gardens in Alexandria thanks to the loving attention of Tien Vu, our talented Facilities Manager. I 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 contact Anne-Marie Pierce at 703-971-8541 if you wish to volunteer 20 -30



minutes a week to this ministry. God bless you.

**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. 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. We are updating this Garden with the addition of new statues and memorial stones you can purchase anonymously that are engraved with names of children lost during pregnancy or due to abortion.



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

**Signature Rock:** 3" -5" for \$40, suitable for 1-3 words (e.g.: name + date + graphic)

**Small Rock:** 7" -11" for \$90, accommodating a brief inscription of up to 8-10 words

All stones are natural and engraved to last many years. In addition to selecting the size, you will choose the font, wording, and graphics (Cross, heart, angel, rose, etc) to design your memorial. Your final design will be sent to you and the Pastor for approval before the stone is engraved (without any personal information attached to the proof sent to the pastor). The memorial stone will then be completed and shipped with others directly to St. Lawrence Church for installation in the Garden. Of course, you are free to order a second stone shipped to your home, if desired.

**Your confidentiality is important!** Identifying information will not be shared with the Pastor or other church staff in any part of the ordering, approval or shipping process. However, all memorial stones are subject to approval before being included in the Garden (as noted above). The initial ordering window is open now through May 31. To purchase a memorial stone through [Engraved-rock.com](http://engraved-rock.com):

**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!



As a reminder, the following resources are available for those needing assistance:

- > Pregnancy Assistance - Gabriel Project 703/841-3810
- > Confidential help after abortion - Project Rachel 703/841-2504 (for women); 703/841-3833 (for men)
- > Support after Miscarriage or Stillbirth - A Mom's Peace 703-347-4805

# NARTHEX PLEDGE FUNDRAISING REPORT

A humble "Thank you" to for the generosity of all Parishioners Who Continue to Meet--and, Yes, Even Exceed--Their Pledges for the Beautiful Construction of our Narthex.

New Goal - \$2 million

\$1,750,000

\$1,500,000

\$1,250,000

Original Goal \$1.2 Mil

\$1 million

\$750,000

\$500,000

\$250,000

We are now at \$1,406,912

**Electronic giving can be made via Faith Direct.**

See: [www.faithdirect.net](http://www.faithdirect.net)

**-Your Pledges have made your Renovation project happen -- now help pay for the extra costs NOW!! Donate either electronically or "in pew". Every little bit helps--in anonymous donations we have received over \$4000!**

***NOTE: If you have already made your donation and/or paid off your pledge, your additional donations can be made at any time and we will update your pledged/donated amount!!!***

***(Contact Deacon Mike for more info.)***



## PARISH SACRAMENTAL INFORMATION AND SERVICES

**Baptisms** - Baptisms are held the 1st and 3rd Sundays at 1:45 pm. 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. Parents are encouraged to attend this class before the birth of their child; please call to register. The Godparent(s) must provide a Sponsor Certificate from their parish before the Baptism. 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](mailto: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 the Religious Education Office, Anne-Marie Pierce, 703-971-8541 or email [religioused@stlawrencealex.org](mailto: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 (on HOLD due to COVID), or if you need to receive the Sacrament of the Anointing of the Sick, please contact the rectory to make arrangements.

## Mental Health Awareness Month

May is mental health awareness month. We pray for those suffering from mental disorders. Note that there is a course on **Formed.org** (see below) called *The Sanctuary Course for Catholics: Exploring the Intersection of Faith and Mental Health*. Here is the course description: One in four people will be affected by a mental health problem at some point in their lives, yet the stigma surrounding mental illness silences many and prevents faith communities from responding compassionately and effectively. This eight-session course--designed for use in small groups--explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists. The course also includes a Leader's Guide, Participant's Guide, and additional educational and spiritual resources.)

We call your attention to the **Narthex pamphlet rack for mental health resource information**. There you will find materials from organizations which specifically integrate compassionate, effective mental health care with the Catholic faith. They serve those struggling with addiction, anxiety, depression, domestic violence, eating disorders, grief, marital or parenting issues, post-abortion stress, trauma, or work-related issues. We encourage you to stop by and pick up information.

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

**USE FORMED.ORG**

**JUST TWO EXAMPLES!**

Watch "St Joseph-a 4 Part Series"

Or watch FORMED's "PRESENCE, The Mystery of the Eucharist"

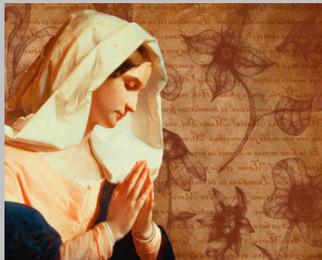
Teach Your Children (and Yourself) About Our Faith -

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

No Cost -- We  
subscribed for  
you!!

*While we are still dispensed from physically attending Holy Mass on Sundays and other Holy Days by our Bishop because of COVID--if one feels unable to be in public during these COVID times--and even though nothing can replace being physically present at Holy Mass--the dispensation requires us to set aside time on these days to view Holy Mass virtually, or to perform some other specific devotion (a special Rosary, Reading of the Bible...etc.), to meet our obligation.*

**Know that 9am Holy Mass for Sundays will be recorded and posted Online each day by 11am, and the 12:30 EFM Mass will be online by 2pm) to assist those who cannot make it physically so they can meet their obligations to honor these Holy Days under the Bishop's dispensation.**



### Please Pray for the Sick

of our parish family, including Jay Farabaugh, Melanie Brady, Justin Pham, Raymond Stanekenas, Rita MacQueeney, Donald Lawson, Minh Tran, Anthony Torres, Leah Bloom, Richard Kuron, Sr., Jack Marzan, Matthew Peters, Patricia Lewis, John Bonfanti, Chris Henderson, Leah,

Francis Flaherty, Barbara Gaul, John Forrester, Bud Shatzer, Bon Le, William Geoghegan, Donna Sullivan, Kurt Steinbacher, Joan Curley, Renate Craft, Mary Kirby, Zemui Teklu, Kathleen MacQueeney, Ty Hamilton, Duyen Tran, Randy Souther, Robert Nguyen, Antonio Yu An Leng, Evangeline Azarraga, and Maria Victorino.

**Mary, Mother of Christ, we seek your Intercession for our sick!!!**

### Weekend Discernment Retreat for Women

Could Christ be calling you to the religious life? Take a step to find out. The annual diocesan discernment retreat for single women who feel called to a religious vocation is Friday-Sunday, June 18-20. The Dominican Sisters of St. Cecilia will be leading the retreat this year, which will aim to help you know yourself and discover the amazing woman God has created you to be. It will also include tools to aid your prayer and discernment, as well as opportunities for prayer, confession, spiritual direction and Q&A with the sisters. Cost is \$60 (financial assistance is available). For more information or to register, contact Fr. Michael Isenberg at [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org). Space is limited; deadline to register is Friday June 4.

## PRAY THE HOLY ROSARY

**Faith Direct Electronic Giving:** We encourage the use of Faith Direct for our Parishioners. The option to make your contributions to the parish electronically adds convenience and consistency to your contribution, and saves the cost of mailing envelopes -- so more of your Church donations goes toward pastoral needs vice administrative costs. In order to show your support, especially as an example to your children and others, Faith Direct provides cards you can place in the baskets passed in Church. Visit [faithdirect.net](http://faithdirect.net) and enroll securely online or call 1-866-507-8757. Note: Our parish code is VA325.