

March 19, 2023

"We are the Eucharistic Church serving the Family of Christ"



STS. PETER & PAUL PARISH

4309 Thomas Jefferson Parkway
Palmyra, VA 22963

OFFICE HOURS

Monday-Friday 9:00am-3:00pm

p: 434.589.5201 parish office

f: 434.589.4463

e: office@saintspeterpaul.org
pastor@saintspeterpaul.org
karen.davidson@saintspeterpaul.org

w: saintspeterpaulpalmyra.org

OUR VISION

To expand and strengthen the Christian Community in which the Gospel of Jesus Christ is demonstrated and fulfilled.

OUR MISSION

In the spirit of our patron saints and missionaries, we commit ourselves to a pilgrimage of faith through Evangelization, Sanctification and Social Service ministries.



ST. JOSEPH'S

SHRINE OF
ST. KATHARINE DREXEL

P.O. Box 808
28 Cameron Street
Columbia, VA 23038
p: 434.842.3970

Celebrating 140 years!

e: pastor@saintspeterpaul.org

MASS SCHEDULE

WEEKENDS

Saturday 5pm: SPP

Sunday 9am: St. Joseph's
11am: SPP

WEEKDAYS

Wednesday-Friday 9am: SPP
Thursdays 5pm: St. Joseph's

HOLY DAYS

Vigil 7pm: SPP

Holy Day 9am: St. Joseph's
Noon: SPP

CONFESSION

Saturday 4pm: SPP

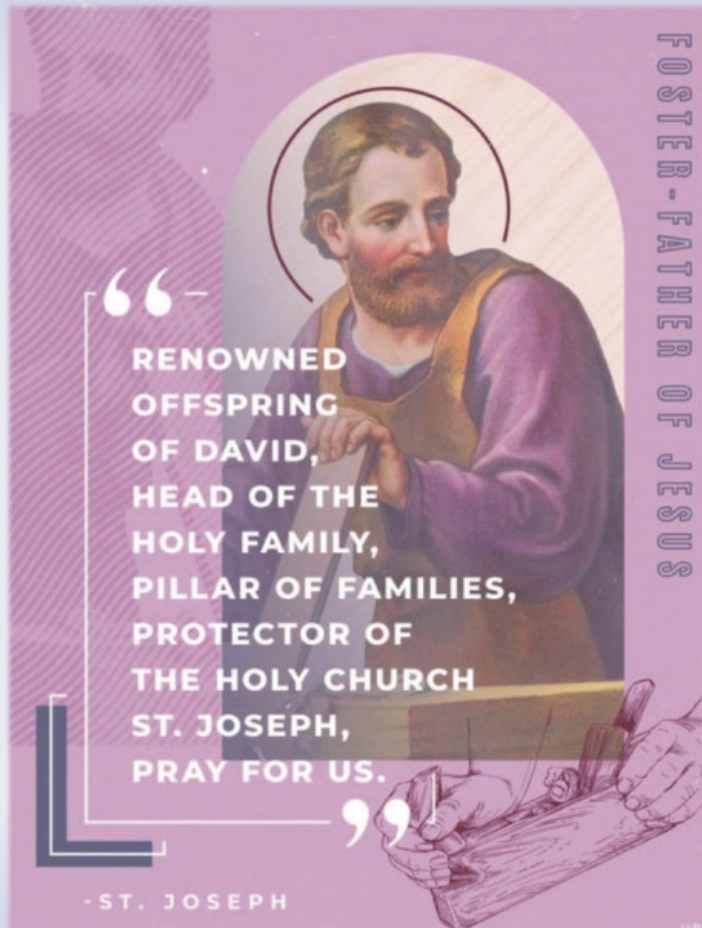
Sunday 8:30 am: St. Joseph's
(or by appointment)

HOSPITAL VISITS:

Call Parish Office
or Rectory: 434.589.5200

HOMEBOUND:

Call Parish Office
to schedule Communion



FOSTER-FATHER OF JESUS

EVANGELIZE

SANCTIFY

SERVE

WELCOME



ADMINISTRATION

PASTORAL COUNCIL CHAIR

Doug Mullinex | 434.981.6950

FINANCE COUNCIL CHAIR

Steve Momper | 434.977.5453

BUILDINGS AND GROUNDS

Rich Scampoli | 434.326.2151

CEMETERY

Mandy Tolano | 540.595.7173

PARISH LIFE

Pat Amato | 434.589.7811

JUSTICE & PEACE

Mitzi Crane | 434.589.2552

RESPECT LIFE

David Cauffield | 814.525.0594

PRISON MINISTRY

Will Kulick | 540.308.5152

GOOD SHEPHERDS

Frank Feliciano | 434.242.0735

PARISH NURSE

Catherine Heffley | 757.813.1992

LITURGY & WORSHIP

DIRECTOR OF MUSIC

Sid D'Amico | 434.996.4325

USHERS

Frank Pilk | 571.239.3373

LECTORS

Cynthia Aycock | 434.996.6065

EXTRAORDINARY MINISTERS

Dianna Campagna | 434.286.3665

ALTAR SERVERS

Deacon Bob | 434.589.0941

SACRISTY

Mary Ann Mason | 434.589.6141

GREETERS

Rose Meyer | 434.589.5018

EVANGELIZATION & EDUCATION

CCD/YOUTH GROUP

Sr. Madrine Mukaluziga | 434.589.5201

RCIA/BIBLE STUDY

Cynthia Aycock | 434.996.6065

SUPPORTED GROUPS

CURSILLO

Ellie Henrietta | 434.981.3551

KNIGHTS OF COLUMBUS

Doug Mullinex | 434.981.6950

PASTOR

Rev. David M. Ssentamu | 434.589.5200

DEACON

Rev. Mr. Robert Allen | 434.589.0941

ADMINISTRATIVE ASSISTANT

Karen Davidson | 434.589.5201

RECEPTIONIST

Marianne Stewart-Carbocci

FAITH FORMATION

Sr. Madrine Mukaluziga

CUSTODIAN

Deloris Douglas

Whether you are a visitor or new to our parish, interested in becoming Catholic, seeking to return to the practice of your faith, or an active member of our parish, we are pleased that you have come.

BULLETIN & ANNOUNCEMENTS DEADLINE

Fridays-1 week in advance-In writing to

karen.davidson@saintspeterpaul.org

READINGS FOR THE WEEK OF MARCH 19, 2023

Sunday: 1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 (1)/
Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38
Monday: 2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27 and 29/
Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a
Tuesday: Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/Jn 5:1-16
Wednesday: Is 49:8-15/Ps 145:8-9, 13cd-14, 17-18/Jn 5:17-30
Thursday: Ex 32:7-14/Ps 106:19-20, 21-22, 23/Jn 5:31-47
Friday: Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23/Jn 7:1-2,
10, 25-30
Saturday: Is 7:10-14; 8:10/Ps 40:7-8a,8b-9, 10, 11/Heb 10:4-10/
Lk 1:26-38
Next Sunday: Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8 (7)/Rom 8:8-11/
Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

OBSERVANCES FOR THE WEEK OF MARCH 19, 2023

Sunday: 4th Sunday of Lent
Monday: St. Joseph, Spouse of the Blessed Virgin Mary
Tuesday:
Wednesday:
Thursday: St. Turibius of Mogrovejo, Bishop
Friday:
Saturday: The Annunciation of the Lord
Next Sunday: 5th Sunday of Lent

MARCH 2023

HONOR YOUR LOVED ONE WITH A SPECIAL MEMORIAL

BREAD & WINE

Donor

ALTAR FLOWERS

No Flowers
during Lent

SANCTUARY CANDLE

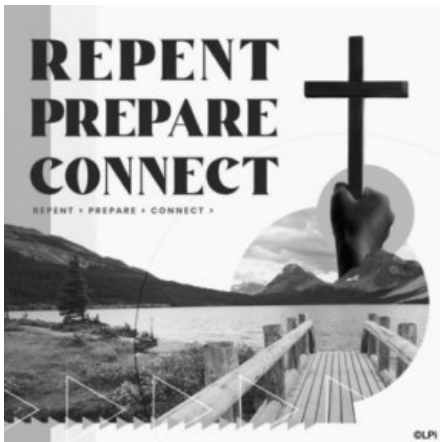
Donor

MEMORIAL

MEMORIAL



Or have a Mass said for a loved one. Contact the office for availability.



FOURTH SUNDAY OF LENT

March 19, 2023

“The Lord looks on the heart.” A you called to bring the Light of Christ to the world through a vocation to the priesthood or consecrated life?

Call the Vocations Office to speak with Father Brian Capuano at 804-359-5661

Or write

vocations@richmonddiocese.org



ENCOUNTER

In Honor of Adrian . . .

Fellow parishioners, Michael and Barbara Cary, created the “Adrian Maurice Scholarship Foundation” in honor of their youngest son, Adrian, who passed in 2019 from heart surgery complications. This scholarship is under the umbrella of PRIDE, Inc. (Providing Resources to Inspire, Develop & Empower) which is a 501(c)(3) non-profit organization to help Fluvanna County students with college expenses. Over the last three years they were able to raise \$11,000 to help students in need. We have an opportunity to provide additional support on Saturday, April 15th from 10:00am to 2:00pm at Fluvanna Country High School. Pledges and donations are also welcomed.

A copy of the flyer below has the details. Please consider helping the Carys give back to the community in honor of Adrian, and may God bless you for your generosity.

Adrian Maurice Cary Scholarship Foundation

FREE Spectators For Spectators

LOTS of RAFFLES including a BIG SCREEN LG AND TV, DVD'S and more!

2ND CAR, BIKE, & TRUCK SHOW

15 APRIL 2023 10AM - 2PM
 Fluvanna County High School
 1918 Thomas Jefferson Parkway, Palmyra, VA 22963
 (Rain Date-22 April 2023)

BEST IN SHOW People's CHOICE

1st, 2nd, & 3rd Place Car, Bike, & Truck

\$20.00 Entry Fee & Vendors

MORE Categories Added This Year!

JUDGING IS 8:00 A.M. - 1:30 P.M.
AWARDS PRESENTATION 1:30 P.M. - 2:00 P.M.

All proceeds will be for the AMC Scholarship Foundation for a High School Graduate

For More Information Or To Make A Donation, Contact
 Michael Cary 434-642-3395
 Barbara Cary 434-992-8828
 Email: amcinfo@gmail.com
 for early registration or donation mail to
 Providing Resources to Inspire, Develop, & Empower (PRIDE) Inc.
 501(C)3 Non-Profit Organization
 268 New Fork Church Ln., Palmyra, VA 22963
<http://www.facebook.com/4499102>

This is our way of honoring our son and giving back to the community in his memory

PARISH YOUTH

FOURTH WEEK OF LENT

©LPi



RELIGIOUS
EDUCATION

CCD CLASSES
SUNDAYS AT 9:30AM

Please contact Sr. Madrine with questions at
434.589.5201

A Youth Group for ages 12 and up will resume with start-up activities scheduled from 2-4pm on:

- ◆ Saturday, March 25
- ◆ Saturday, April 8
- ◆ Saturday, April 22



A special youth Mass will be celebrated on Sunday, April 23rd. All in this age group are encouraged to join.

SHARE THE GOSPEL

Select a partner. Take turns blindfolding each other and walking from one room to another. It may be a little scary not being able to see where you are going. You will find that you use your hand to feel and listen for sounds to help you decide where to move. When you take the blindfold off, you will be very happy. Imagine how excited a blind person would be if he or she could see.

PRAYER

Holy Spirit, please help me see the good things about others.

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

The blind man showed great bravery by speaking of Christ's miracle in the face of the Pharisees' disdain. But then, how could he ignore the truth, once he had seen it? It would be a form of blindness worse than the absence of physical sight. To deny Christ would be a blindness he chose for himself.

©LPi



Our Diocesan World Youth Day 2023 Pilgrimage, offers an exciting experience for Catholic youths everywhere you turn - in the healing waters at Lourdes, on the fields of Fatima where the sun danced, and at the multi-lingual prayer sessions led by Pope Francis.

NEXT ON THE AGENDA:

- ◆ **APRIL 29TH** - INTERNATIONAL NIGHT DINNER
- ◆ **JUNE 3RD** - CAR WASH

For more info, contact: Linda Mangiaracina at:
lmangiaracina@k12albemarle.org

JOIN SCOUTING!

Do you have a son or daughter between the ages of 11 and 17? Now is the perfect time to sign him or her up for Scouts. The Scouting program helps youth develop academic skills, self-confidence, ethics, leadership skills and citizenship skills that influence their adult lives.

For more information contact:

Boy Scouts Troop 138 (boys):

Chuck Palmer

charleswpalmeriv@gmail.com

571.212.4445

INTENTIONS

MASS INTENTIONS: MARCH 18 - MARCH 26, 2023

* Represents Saint Joseph's Parish

Day	Date	Mass	For	Status	Requested By
Saturday	3/18	18-Mar	Bob Burger	D	Bob & Muriel Toepfert
Sunday	3/19	9am*	Joseph Gunnels	D	Wil & Julie Kulick
Sunday	3/19	11am	Misa Pro Populo		
Tuesday	3/21	12noon			
Wednesday	3/22	9am			
Thursday	3/23	9am	Daniel Mackin	D	The Mackin Agency/Goosehead Insurance
Thursday	3/23	5pm*			
Friday	3/24	9am	Rededication of Ukraine & Russia for Peace		
Saturday	3/25	5pm	Peter Heffernan	D	David & Michele Cauffield
Sunday	3/26	9am*	Misa Pro Populo		
Sunday	3/26	11am	Ernest Czarnecki	D	Ed & Kathy Seroskie

REMEMBER IN YOUR PRAYERS

All those who serve our country particularly . . .



Michael Bohtelo, Devon Burger, Gerard Holodak, Sarah and Taylor Graese, Raymond Markle, Connor Dobbins, Kevin and Kathleen O'Malley, Katie Marron, James Fulford, Rhett Hartwell, Andrew Thompson, Sasha and Lonnie Kuhlow, William Furst, Matt Hendl, Luke Marron, Damien LaForenza, Mark Mason, Russ Marron, Christopher McCarthy, Zach Marron, Josiah Noble, Jose Langoria, Joseph Ayuso, Alex Ostrowski, Adam Warren, and Matthew Reinitz.

Pray God keeps them in His care.



REMEMBER in your prayers

PLEASE PRAY FOR THE SICK

Michael Amato, Maria Boice, Melissa Bowling, Sharon Cassidy, Nicole Colley, The Compton Family, Jean Dalsky, Connie D'Amico, Emily Desgrosiellier, Me'Shelle Durant, Bill Ellis, Patricia Golgosky, Patrick Granville, Bob Griffin, Mary Anne Grimes, Phyllis Guthrie, Joan Hansen, Jack Hartwell, John Hobby, Regina Humanitzki, Tony & Sue Inghilleri, Margaret Johnson, Ron Johnson, Janessa Jones, Carolyn Kerrigan, Tom Kinter, Marie Knighting, Jackie Kraemer, Judi Kuhlow, Marcia Lagomarsino, Annie & Joe Lodato, Art Menard, Brigid Markle, Joan Merk, Rose Meyer, Irene Nadig, Rosario Nixon, Rose Patterson, Donald Raab, Marc Ramirez, Carol Scampoli, Mary Ellen Scango, Barbara Sipress, Carol & Ted Starowicz, Marylou Stock, Anna Sturhann, Claire van Nierop, Cornelia Waters, and Mike Waters.

Please call the office at **434.589.5201** for homebound or hospital visits.

March

Wedding Anniversaries

If you are celebrating your marriage anniversary in March and wish to be part of the marriage blessing at Mass on either April 1st or 2nd, Please contact the office by Thursday, March 23rd.

Catholic Health Initiatives for Uganda

Do you have old sneakers you no longer wear? **Catholic Health Initiative for Uganda** can use them! There is a box at the front door where they may be placed. **Just sneakers, please!**

Note: Catholic Health Initiatives for Uganda (CHI) will be holding an Open House on Saturday, March 18th, at 10am in the Commons. Speakers will be discussing the latest trip to St. Francis Clinic in Uganda and sharing pictures from their visit. We will have light refreshments. We look forward to seeing you there as we share the latest news from Uganda.

EVERDAY STEWARDSHIP

Pew Count Sat. - 115 Sun. - 205	March 11 - 12
First Offering	\$ 4,575
First Offering: Faith Direct	\$ 1,717
Total	\$ 6,292
March MTD Debt Reduction	\$ 3,220


The Debt Reduction collection occurs at the beginning of each month.

Our next DEBT REDUCTION Collection is

APRIL 1ST & 2ND

Thank you and God bless you for your continued support.


THE NEXT BAKE SALE IS APRIL 1ST & 2ND. BAKED GOODS ARE ACCEPTED BEFORE MASS.



As we approach Easter, we focus our daily activities on growing closer to Christ through an increase in prayer, fasting and almsgiving. May this extend into our lives beyond this liturgical season. Signing up with Faith Direct is a great way to focus on almsgiving throughout the year. It is a secure and convenient way to make a conscious decision about your financial support of our many wonderful ministries. Sign up today by visiting faith.direct/VA249, or text "Enroll" to (Text-to-Give Number) or call Faith Direct customer service at 866-507-8757. You'll provide us with consistent support that helps us always be at the ready with program, services and ministries for our church families and for those in need throughout the community.

Thank you for your continued support of our parish family. God Bless You!

- Visit faith.direct/VA249 or Call Faith Direct Customer Service at 866-507-8757



Daniel Kearns, Richmond Council's Executive Director for the Society of St. Vincent DePaul, will visit on March 22nd at 7:00 pm in the Commons to discuss the Society, its background, mission and to provide tips on how we can get started. There also will be time for Q&A. If you're a past Vincentian looking to get re-involved or already know you would like to be involved with this society of service, send your contact info to SVDP@saintspeterpaul.org. Questions, comments, and suggestions are also welcomed. Refreshments will be provided.

Visit www.svdp-rvacouncil.org or contact Frank Pilk (571-239-3373) for more information.

Not As Man Sees

I don't know Fr. Stu personally, but I've heard a fair number of his homilies. I think it is safe to assume that if he and I were to get into a discussion on any number of things, from church history to liturgical music to stand-up comedy, each of us would cringe at the opinions of the other. But Fr. Stu happens to offer just about the only confession time within 20 miles of me that consistently works with my schedule. That means that, quite by accident, Fr. Stu is my regular confessor. For years now, he's sat patiently on the other side of the grille, listening to me pour out the details of my transgressions, from the pathetic to the embarrassing, and he absolves me of my sins.

In the Gospel, Christ links vision with humility and pride with blindness. We see again and again in Scripture how God delights in surprising us, in revealing himself through people, places, and experiences we not only didn't expect but perhaps had totally written off. We are right to be proud of the truth, but we are wrong if the truth causes us to be proud of ourselves. The truth no more belongs to the one who believes it than sight belongs to the blind man in the Gospel. A gift does not reflect on the recipient. It reflects on the giver.

After a great deal of thought, I've decided to be grateful that God contrived to give me a confessor whom I strongly disagree with on so many things. It's a powerful reminder of how much I must receive from other people, even those I may think are wrong. In that confessional, Fr. Stu is only a priest, and I am only a sinner.

"Not as man sees does God see." — 1 Samuel 16:7

UPCOMING EVENTS



ADULT FORMATION CHRISTIAN EDUCATION

AFCE replaces RCIA to offer instruction to unbaptized and non-Catholic persons with interest in being members of the Catholic faith. If you, a spouse or friend wishes to learn more about Catholicism, you may contact the office at 434-589-5201 for more info.

Group meets every Sunday at 9:30am in St. Elizabeth in



the Parish Hall.

ROOM SCHEDULE

Sat	18-Mar	CHIU Open House	10:00a	Commons
		Confession	4:00p	Church
		Vigil Mass	5:00p	Church
Sun	19-Mar	Confession	8:30a	St. Joseph's
		Mass	9:00a	St. Joseph's
		CCD/Adult Formation	9:30a	Hall/Church
		Mass	11:00a	Church
Mon	20-Mar	Rejoice Bible Study	1:00p	E
Tues	21-Mar	Yoga	11:00a	F
		Mass	12:00p	Church
		W C Meeting	7:00p	123
Wed	22-Mar	Mass	9:00a	Church
		Society of St. Vincent De Paul	7:00p	Commons
		Troop 138/1138	7:00p	F
Thurs	23-Mar	Mass	9:00a	Church
		Mass	5:00p	St. Joseph's
		Cursillo	6:00p	123
Fri	24-Mar	Mass	9:00a	Church
		Adoration	10:00a	Church
		Stations of the Cross	12:00p	Church
		Lenten Lunches	12:40p	C
		Benediction	3:00p	Church
		Fish Fry (Eat-in/Drive Thru)	5:30p	E/F
Sat	25-Mar	Mass - Annunciation	10:00a	Church
		Youth Group	2:00p	Hall
		Confession	4:00p	Church
		Vigil Mass	5:00p	Church
Sun	26-Mar	Confession	8:30a	St. Joseph's
		Mass	9:00a	St. Joseph's
		CCD/Adult Formation	9:30a	Hall/Church
		Mass	11:00a	Church
Room Ledger:		F - St. Francis (Parish Ctr)	R - St. Raphael Church)	
		E - St. Elizabeth (Parish Ctr)	M - St. Michael Church)	
			C - Commons (Church)	



BIBLE STUDY

Bible Study meets each Monday from 1:00pm to 2:00pm
Please join us in Room E in the Parish Hall.



SIGN UP TO SPEND AN HOUR WITH JES in the Adoration Chapel M - Th, 6am - 8pm


The Adoration Chapel Schedule is posted in the vestibule on the wall for all to see. You can choose your own slot.

Contact: Denise Minor
dminor92@gmail.com

Parish Yard Sale: June 9 & 10. Set up starts Sunday, June 4th.

**Virginia Department of
Veterans' Services**

Are you a U.S. Veteran in need of help? Visit the Fluvanna Community Center, 5725 James Madison Hwy by appointment only. Appointments are only available on the first Wednesday of each month from 9am to 11:30am. Call Pamela Zirkle & Jeannette Flint at 434-529-6431 to schedule your appointment. Visit www.dvs.Virginia.gov

 **Does your marriage need a boost? A Worldwide Marriage Encounter Experience will help you enjoy life with a new closeness to each other and God. You don't need it -- you DESERVE a Marriage Encounter Experience! For more info or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location. Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with questions.**

Upcoming Dates:

September 22-24, 2023 in Herndon, VA

Nov 17-19, 2023 in VIRGINIA BEACH, VA

Early sign up is recommended.

**FIRST EVER MEMORY ALBUM
OF STS. PETER & PAUL CHURCH**

Many exciting things are happening as we prepare for our 40th Anniversary, and there is so much history to honor!

In continued preparation for our 2026 Celebration, we invite you to share your special thoughts and memories about Sts. Peter & Paul Church. What is your first recollection? When did you arrive? Who was our Pastor at that time? What significant experiences here hold a special place in your heart?

Our goal is to create an archive of your presence in our parish family for today and for future generations. If you have something to share with us, contact Eileen or Tim Monahan at emttouch@gmail.com.

Thank you for your participation in this fun, and memorable journey!



SPRING

Campaign

March 1 - 28

10 - 11AM

A group of parishioners meet at Jefferson Pharmacy at 9am to carpool every Wednesday, leaving promptly at 9am. Parking is available across the street from Planned Parenthood if you want to drive yourself. Contact John Condon (434.509.1246) with questions.



What is it?
A peaceful prayer vigil for the protection of the unborn
Where is it?
2964 Hydraulic Rd,
Charlottesville
In front of Planned Parenthood



Is getting closer to God on your bucket list for 2023? We can help! A **Women's Cursillo Weekend** will be held

Thursday, May 18 (7pm) through Sunday, May 21 (5pm), at Massanetta Springs Conference Center in Harrisonburg, VA, and the theme is "Blessed, Broken, and Shared". Cursillo is a 3-day encounter to take a "Deeper Dive" into your Spiritual Journey with other Catholic women and be filled with the Joy Christ offers each one of us. Applications and more info about Cursillo will be available at the table in the Commons next week. Contact Ellie Henrietta 434.589.2552 for more information.
The application deadline is April 26th!



**THE KNIGHTS' KORNER
UPCOMING EVENTS**

Desserts are needed for Friday Fish Frys.
Anyone interested in helping, please contact Doug Mullinex at 434-981-6950.

FRIDAYS

DURING LENT

STATIONS OF THE CROSS

12 Noon followed by

LENTEN LUNCHES

Calling all soup and sandwich makers. The sign-up sheet is posted on the kitchen door. Please sign up for either soup or sandwiches.

Thank you for your help!

For more info, contact:

Pat Amato, 434.589.7811



MINISTRY SPOTLIGHT



WE WANT YOU!

Now that the Lenten Season is upon us, it's a great time to join our Music Ministry's Saturday or Sunday choir. This is the crescendo to the Easter Vigil and Easter Sunday Masses. What a wonderful time to start singing and learning the hymns leading up to this most beautiful event in our Liturgy.

Reading music is not essential, but it does help. We have rehearsals every few weeks on Tuesdays at 5pm for about an hour and half, and we would like more participation in our Saturday and Sunday choir each week.

The reward is a tremendous feeling that only you can describe as we sing our praises to God as one voice at each Mass. As Jesus has said, "Come follow me and live, and I will be your guide." If you play an instrument and would like to perform with our choir, please let me know.

If interested in joining our choir group, please contact me at 434-996-4325, or see me before or after Mass, or call our parish office at 434-589-5201.

ALL ARE WELCOME!

Sid D'AMICO Music Director

Saints Peter and Paul Catholic Church

4309 Thomas Jefferson Parkway (Rt. 53), Palmyra VA

EAT IN OR TAKE OUT



\$13 PER PERSON

Pick up a delicious meal and help us help others!

FRIED FISH
BAKED FISH
FRENCH FRIES
HUSHPUPIES
COLESLAW
DESSERT

ICED TEA AND LEMONADE

Sponsored by Sal Filippelli

Knights of Columbus
The Abbate Agency
www.abbatekofc.com - 866-868-1492

FRIDAYS!
5:00 PM to 7:00 PM
FEB. 24, MAR. 3, 10, 17, 24, 31

PARISH NURSE NEWS

One of our guest speakers at our recent Health Promotion event here was Dr. Ryan McKinney. He is a Physical Therapist and the clinical director of our local Pivot Physical Therapy office. He talked about prevention of debilitating SARCOPENIA. This is part of the aging process which causes loss of muscle mass, along with increased amounts of fat in and around muscles. This process can be accelerated by lack of activity and exercise. A poor diet is thought to be contributory. It will eventually cause loss of muscle strength and decreased ability to perform activities of daily living. Some symptoms are low hand strength, a slowed walking pace, poor balance, increased injuries and falls, difficulty swallowing, and eventually a loss of independence. Combatting Sarcopenia consists of getting regular exercise, (about 30 min. or more of moderate exercise at least 5 days/week). Including strength training at least twice a week has been shown to impede the process of Sarcopenia, as well as eating a good diet with adequate protein, (about 25 grams/meal).

ALL BLESSINGS FLOW

Used Medical Equipment

All refurbished medical items are given at no charge, but monetary donations to help with operating expenses are gratefully accepted.

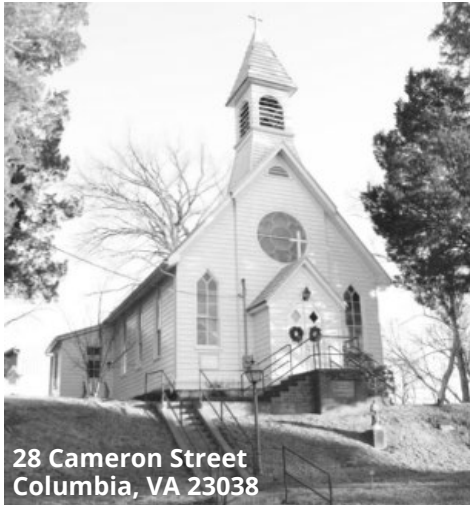
Please visit: www.allblessingsflow.org or
Call 434-422-8888

Email: allblessingsflow@yahoo.com



**Yoga instruction is available at Sts. Peter & Paul,
Tuesdays from 11-12pm in St. Francis; bring a mat.
Contact Renata Miller @ 757.536.8408.**

ST. JOSEPH'S Shrine of St. Katharine Drexel



28 Cameron Street
Columbia, VA 23038

p: 434.842.3970
e: pastor@saintspeterpaul.org
w: saintjosephcolumbia.org

PASTOR, Fr. David Ssentamu | 434.589.5200
ASST., Marianne Stewart-Carbocci | 434.589.5201

ADMINISTRATION

PASTORAL COUNCIL CHAIR

Debbie Blackburn | 804.815.3732

FINANCE COUNCIL CHAIR

Fred Gunnels | 434.960.6092

LITURGY & WORSHIP

DIRECTOR OF MUSIC

Denny Barberio | 434.981.0678

REFRESHMENT COMMITTEE

Pat Morse | 434.589.4106

USHERS

Marvin Jackson

Carroll Morse | 434.589.4106

LECTORS

Melissa Kenney | 434.589.3416

ALTAR SERVERS

Michael Cary | 434.842.3095

Melissa Kenney | 434.589.3416

FORMATION & EDUCATION

CCD

Celeste Shapiola | 434.981.1405

PRISON MINISTRY

Will Kulick | 540.308.5152

KNIGHTS OF COLUMBUS

ROUNDTABLE CHAIRMAN

Denny Barberio | 434.981.0678

LADIES AUXILIARY

INTROSPECTIVE

GOSPEL MEDITATION

God asks a rhetorical and slightly sarcastic question to Samuel, the prophet: "How long will you grieve for Saul, whom I have rejected as king of Israel?" Like us, Samuel is depressed that the old king failed. It's painful to admit that the old regime is done. But God won't let us wallow our pity-party forever. "I am sending you to Jesse of Bethlehem," announces the Lord, "for I have chosen my king from among his sons." Samuel finally goes and anoints the young David as the new king. And his kingdom is glorious; it's the golden age of Israel's earthly history.

How discouraging to see that my own selfish ego is no longer in charge! How long will I grieve that money, power, pleasure, and reputation have been rejected as the ruler of my life? How wonderful that God has a new future in store for you and me. He is sending us to Bethlehem to anoint the new David as our king. His kingdom won't fail us. He'll slay our goliaths, unite our dispersed energies, and build a Temple where God himself will dwell.

So how long will you grieve? How long?

— Father John Muir



OUR 140 YEARS ANNIVERSARY CELEBRATION

Upcoming Events*

Date	Time	Event
March 19, 2023	9:00 am - 11:00 am	Solemnity of Saint Joseph
April 23, 2023	10:30 am - 11:30 am	Visit Camp Wakeham
May 21, 2023	9:00 am - 10:00 am	Children's Mass
June 11, 2023	11:00 am - 12:00 pm	Corpus Christi Mass
July 9, 2023	TBD	Parish Homecoming

* Each event is themed with a focus on our history, faith or community.



March Anniversary Celebration

If you are celebrating your wedding anniversary in March and wish to be part of the marriage blessing at Mass on April 2nd, please contact the office by Thursday, March 23rd.



SICK & HOMEBOUND MINISTRY

If you or someone you know is sick or homebound and would like to receive the Eucharist, or if you wish to bring the Host to a sick or homebound person, please contact Deacon Bob. If someone needs to be added to our parish sick list, please fill out the short form on our parish's "Pray for Our Sick" page. If you'd like to join our parish email list to keep up with our parish and the needs of parishioners, please sign up on our website: www.saintjosephcolumbia.org/

PLEASE PRAY FOR THE SICK

- MaryEllen Agolia * Bradford Barrows *
- Maria Correa * Nona Dooley *
- Alice Galvez-Sobral *
- Mauricio Granados Andy Mallory *
- Angelica Motta * Odila Motta *
- Oscar Motta * Thelma Motta *
- Denise Pillar * Jordan Watkins *
- Diane Wolfe *



OFFERTORY*
 March 12th \$ 1,585
 March 5th-Spanish Mass \$128
Thank you for your generosity!

 Lenten coin cans are available in the parish hall to collect loose change. Your coins will go to our Maintenance and Repair Fund.
Thank you very much for your continued support!



If you have pictures or ministry information to be added to St. Joseph's website, please email Melissa at: kenneymg@gmail.com

If you would like to honor a loved one by having a Mass said for them, contact the office at Sts. Peter and Paul at 434.589.5201 to arrange an available date at least 6 months out.




**World Youth Day
 Upcoming Events**

- ◆ April 29th - Int'l Night Dinner
- ◆ June 3rd - Car Wash

For more info, contact: Melissa Kenney, kenneymg@gmail.com or Linda Mangiaracina, lmangiaracina@k12albemarle.org

Did You Know?

- The original meaning of the word "Lent" was "spring."
- The Gloria is omitted from Mass during Lent.
- One word never said or sung during Lent is "Alleluia."
- Pretzels originated as a snack during Lent because it contains only flour, water and salt.
- The Bishop traditionally blesses holy oils for the year on Holy Thursday.
- "Triduum" comes from the Latin word for three, and it includes the three holiest days of the Church year from sundown on Holy Thursday, through Good Friday and Holy Saturday, to sundown on Easter Sunday.


**STATIONS of the CROSS
 & Potluck SOUP dinner**

Please bring soup, bread, and/or other meatless items for Potluck dinner from 5:30-6:30pm. Stations will be parishioner-led starting at 6:30.

March 17-**NO SOUP & STATIONS**
 March 24-SOUP & STATIONS
 March 31-SOUP & STATIONS

Please see Will Kulick for more info.

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