

March 26, 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: 434.589.5201

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



5TH SUNDAY OF LENT

Jesus told her, "I am the resurrection and the life;
whoever believes in me, even if he dies, will live."

- Jn 11:25

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

CLP

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 26, 2023

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

Monday: Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62/Ps 23:1-3a,
3b-4, 5, 6/Jn 8:1-11

Tuesday: Nm 21:4-9/Ps 102:2-3, 16-18, 19-21/Jn 8:21-30

Wednesday: Dn 3:14-20, 91-92, 95/Dn 3:52, 53, 54, 55, 56/Jn 8:31-42

Thursday: Gn 17:3-9/Ps 105:4-5, 6-7, 8-9/Jn 8:51-59

Friday: Jer 20:10-13/Ps 18:2-3a, 3bc-4, 5-6, 7/Jn 10:31-42

Saturday: Ez 37:21-28/Jer 31:10, 11-12abcd, 13/Jn 11:45-56

Next Sunday: Is 42:1-7/Ps 27:1, 2, 3, 13-14/Jn 12:1-11

Observances for the Week of March 26, 2023

Sunday: 5th Sunday of Lent

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday: April Fools' Day

Next Sunday: Palm Sunday of the Passion of the Lord, Holy Week begins

This Easter, we donate flowers in memory of our loved ones:

Joseph M. Novak	Anna Capuano	Giovanni Capuano
Julia Bruno	Jim Frawley	The Knopick Family
Tom McKinney, Sr.	Peter Heffernan	The Taylor Family
The Lupenowicz Family	The McCreedy Family	The Zbikowski Family
Alma Kehoe	Eric Liebezeit	Herb & Judy Kinney
Henry & Agnes Strong	Gerald Alletto, Sr.	Kenneth Maher
Jean Maher	The Ronnenberg Family	Jim Kelly
George Frederick	Mary & Richard Doerler	Barbara Doerler
The Tavormina Family	Sal Barcia	Laurie Barcia
Helen Bergman	Oscar Bergman	Eleanor Stillwell
Thomas Didio	Eleanor Ponso	Vieyra & Rae Families
JB & Marie Buff	Robert & Virgie Bridges	Julia Gonzalez
The Duffy Family	Joe Schaefer	Daniel Mau
The Maher Family	Laura W. Miller	Joanne Kirk Henry
The Christ Family	The Sorber Family	The McHugh Family
Tony & Josephine DePhillips	Concepcion Rodriguez	Luis Rodriguez
Virginia Claude Lapp	Scott Vazsil	Rhetta Rogers
Roasario Alletto	The Walton Family	The Alletto Family
Dominick Capuano	Janie Doerler	The Lynch Family
Russ & Margaret Frawley	Ellen Gross	Jim Brammer
The Czarzasty Family	Stephen Stillwell	Ismael Rodriguez
Eleanor Schwalb	Maximilian Kolbe	Glenda Frederick
Charles & Dorothy Kinney	The Ringlehan Family	The Erickson Family
The Klinke Family	Jim Davis	George Soule



FIFTH SUNDAY OF LENT
March 26, 2023

“Did I not assure you that if you believed you would see the glory of God?” Do you believe Christ may be calling you to see the glory of the Blessed Trinity 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

GOSPEL MEDITATION -

Of all Jesus’ miracles, the most unsettling might be when he made a dead person alive. We know of three times when he did so: a girl, a young man, and Lazarus. The miracle teaches us he has the power of life and death. He anticipates his resurrection. Sin hurts us. Some sin kills us, spiritually. The three miracles reveal to us that no matter our circumstances, Jesus can give life to us.

The three miracles are instructive of the three ways we feel dead. The little dead girl symbolizes sin before it has time to mature. She’s in bed and, once alive, gets right back to her life. The young man is lying in his casket in a funeral procession. This is sin allowed to fester, to grow and become somewhat normalized. Once raised, he has a short walk back home. Lazarus, a full-grown dead man, lies wrapped in burial bands in the tomb. Once he is raised, much needs to be done. He’ll need to remove those bands, find new clothes, and travel all the way back home. That is sin allowed to go all the way, unchecked for months or years. It’s the most spectacular of the three and reveals Jesus’ glory more than the others.

What hope that should give us, for us and those whom we love! Jesus knows our sin hurts us and can even kill us spiritually. No matter the extent of the damage, he is always ready for the miracle of making the dead fully alive.

— Father John Muir



A WALK THROUGH HOLY WEEK

Guest speaker
FR. WALTER WAGNER, O.P.

“He is not here; he has risen, as he said.” - Matthew 28:6

SATURDAY, APRIL 1 2023 | 2-7:30 PM

INCLUDES 5:15 PM VIGIL MASS

FOR YOUNG ADULTS (21-38)

DINNER PROVIDED | \$10 SUGGESTED DONATION

ST. THOMAS AQUINAS PARISH

401 ALDERMAN ROAD, CHARLOTTESVILLE VA 22802

QUESTIONS? EMAIL FRASSATI@STAUVA.ORG

FREE OVERNIGHT LODGING INQUIRES - EMAIL WIMURRAY1117@GMAIL.COM



Walk Through Holy Week is a half-day retreat taking place at St. Thomas Aquinas parish in Charlottesville next Saturday, April 1st. It begins at 2pm with a special talk from Fr. Walter Wagner O.P., followed by small group discussions, adoration, Vigil Mass and dinner. This is a great way for young adults to get together in fellowship and start Holy Week with the right mindset.

PARISH YOUTH

FIFTH 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, April 15
- ◆ 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

If your sister is very sick, pray for her. Ask God to send his healing power to make your sister feel better. Decorate a card to make her feel better. Fix her a bowl of chicken noodle soup on a tray with a few crackers. Put a cool damp cloth on her forehead to keep her fever down. Put a colorful blanket on her to keep her warm. Your loving care will help her feel better.

PRAYER

Jesus, please heal the sick in our church community.

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

Though weighed down by grief, Martha rushes out to meet Jesus. She may not understand why he was absent upon the death of her brother, but her faithfulness is undeterred. In the hour of her heartbreak, she knows her only solace is in the embrace of the Lord.

©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.

- ◆ **APRIL 29TH** - INTERNATIONAL NIGHT DINNER
- ⇒ QUILT RAFFLE
- ⇒ SILENT AUCTION
- ⇒ SIGN UP TO **BRING AN INTERNATIONAL DISH TO SHARE**

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 25 - APRIL 2, 2023

* Represents Saint Joseph's Parish

Day	Date	Mass	For	Status	Requested By
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
Tuesday	3/28	12noon			
Wednesday	3/29	9am	James Frawley	D	The Frawley Family
Thursday	3/30	9am	Dorothy Makoutz	D	The Mackin Agency/Goosehead Insurance
Thursday	3/30	5pm*			
Friday	3/31	9am			
Saturday	4/1	5pm	Misa Pro Populo		
Sunday	4/2	9am*	Louise Stewart	D	John & Christine Stewart
Sunday	4/2	11am	Thomas Paunovich	D	Eric Salopek

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 Kuhlrow, 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.



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 Ingilleri, Sue Ingilleri, Margaret Johnson, Ron Johnson, Janessa Jones, Carolyn Kerrigan, Tom Kinter, Marie Knighting, Jackie Kraemer, Judi Kuhlrow, Marcia Lagomarsino, Annie & Joe Lodato, Art Menard, Brigid Markle, Joan Merk, Rose Meyer, Irene Nadig, Rosario Nixon, Rose Patterson, Donald Raab, 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 wedding anniversary in March there will be a special marriage blessing at Mass on April 2nd

The deadline was 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!**

Catholic Health Initiatives for Uganda is a 501(c) (3)

EVERDAY STEWARDSHIP

Pew Count Sat. - 109 Sun. - 188	March 18 - 19
First Offering	\$ 3,202
First Offering: Faith Direct	\$ 1,813
Total	\$ 5,015
March MTD Debt Reduction	\$ 4,289

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

Our next DEBT REDUCTION Collection is

NEXT WEEKEND

Thank you and God bless you for your continued support.

THE NEXT BAKE SALE IS **NEXT WEEKEND.** 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

The 6 Characteristics of an Everyday Stewardship for Lent – Committed

I remember Jim Valvano, Jimmy V to many, saying the iconic words, "Don't give up; you can never give up." The former coach of the NC State men's basketball team was dying of cancer, yet he refused to throw in the towel and give in to his disease. His words exemplified the best of the human spirit we all share. Sometimes, living out those words seem much more difficult than saying them.

These words are also important for our faith life. The life Jesus calls us to is not easy. When working toward a life of greater generosity and surrender of all to God, we are prone to fall flat on our face many times. We are not called to this life only when we are strong. It is how we respond when times are the most difficult that truly defines us as disciples and stewards. The world may think we are down for the count, but rising again gives testimony that in Christ we are stronger.

Commitment takes a willingness to do the things needed to get stronger and build our spiritual muscles. We cannot expect to find success in the spiritual life unless we continue to work on our resolve and grow in our knowledge of the faith. A marathon runner would never be able to make it to the finish line unless they have trained and prepared in advance. We must work hard to stay the course and prepare for the race at hand. No matter what this life may have in store for us, we are called to not give up. God will never give up on us.

— Tracy Earl Welliver, MTS



We hope all who attended Daniel Kearns' discussion on The Society of St. Vincent DePaul found it enlightening. This society is a network of friends, inspired by Gospel values, growing in holiness and building a more just world through personal relationships with and service to people in need. Those in need are aided with food, rent, utilities, emergency needs and spiritual support. The Society is in urgent need of members who can speak Spanish to help support and communicate with many Spanish-speaking friends in need. If you would like to help by joining the Society, please reach SVDP@saintspeterpaul.org. You may also visit www.svdp-rvacouncil.org or contact Frank Pilk, 571-239-3373, for more information.

Thank you for your prayerful consideration.

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	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
Mon	27-Mar	K of C Officers	7:00p	E
		Confirmation Rehearsal	7:00p	St. Thomas
Tues	28-Mar	Yoga	11:00a	F
		Mass	12:00p	Church
		Choir Rehearsal	5:30p	Church
Wed	29-Mar	Mass	9:00a	Church
		Confirmation	7:00p	St. Thomas
		Troop 138/1138	7:00p	F
Thurs	30-Mar	Mass	9:00a	Church
		Mass	5:00p	St. Joseph's
		Cursillo	6:00p	123
Fri	31-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
		Parishioner-led Stations	6:30p	St. Joseph's
Sat	1-Apr	Confession	4:00	Church
		Vigil Mass - Palm Sunday	5:00p	Church
		Bake Sale After Mass	6:00p	Church
Sun	2-Apr	Confession	8:30a	St. Joseph's
		Mass - Palm Sunday	9:00a	St. Joseph's
		CCD/Adult Formation	9:30a	Hall/Church
		Mass - Palm Sunday	11:00a	Church
		Bake Sale After Mass	12:00p	C
		Mass in Spanish	2:00p	St. Joseph's
<p>Room Ledger: F - St. Francis (Parish Ctr) R - St. Raphael Church E - St. Elizabeth (Parish Ctr) M - St. Michael Church C - Commons (Church)</p>				



BIBLE STUDY

NO Bible Study Monday, March 27th.
Please join us in Room E in the Parish Hall.



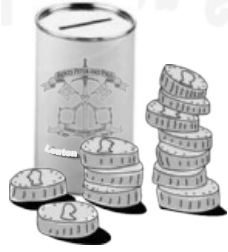
SIGN UP TO SPEND AN HOUR WITH JESUS

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.

Lenten Spare Change Cans



RETURN YOUR CANS

March 25th & 26th

Thanks for your support!

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.



LAST DAY

March 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

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!



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



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

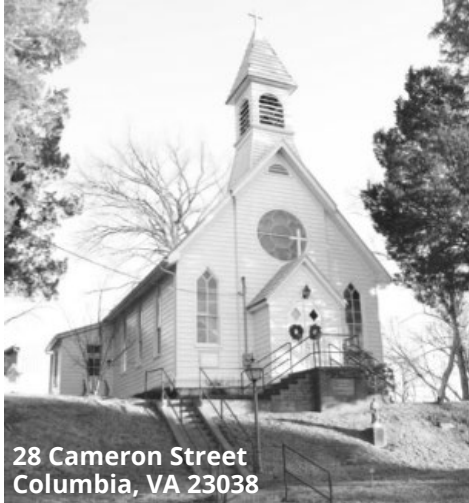
Email: allblessingsflow@yahoo.com



**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

Offerings

Offer it up. My grandmother used this phrase with her children, and my mother, in turn, used it with me. It's a kind of verbal heirloom, a gift of wisdom from a generation that knew suffering all too well. We know it to be true that God will work through our suffering if we invite him to. We know it and we have seen it — we have only to look at Lazarus and his sisters Martha and Mary.

But, often, I invite God into my suffering only to tell Him where I want Him to stand. I make an offering of suffering but expect God to do something very specific with it. Teach me this, please. Give me this specific grace. Show me this specific answer. The happy ending in today's Gospel is not the alleviation of the sorrow Martha and Mary feel because it isn't alleviated, Lazarus is still human, and death still awaits him. Someday, his sisters will have to mourn at his tomb. That loss and pain will not be avoided.

The happy ending is that he is resurrected now, and in doing so, brings so many to belief. The happy ending is that Martha and Mary do not abandon discipleship because things didn't work out exactly the way that they wanted. They run out to meet Christ, eyes dim with tears. They fling themselves into his company and onto his providence. They made an offering of their suffering, and their happy ending is that their offering was accepted.

“You are not in the flesh, on the contrary, you are in the spirit.”

— Romans 8:9



OUR 140 YEAR ANNIVERSARY CELEBRATION

Upcoming Events*



<u>Date</u>	<u>Time</u>	<u>Event</u>
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.



OFFERTORY*

March 19th \$973

Thank you for your generosity!



Lenten coin cans are available in the parish hall to collect loose change. Your coins will go to the needs of the poor in our community.

Thank you very much for your continued support!

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/

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.



STATIONS of the CROSS

FRIDAY SOUP & STATIONS OF THE CROSS

During Lent, come join us for a potluck soup dinner starting at 5:30pm with parishioner-led Stations beginning at 6:30pm.

Feel free to bring a soup, bread or other meatless dish, OR just come for the Stations.

Please see Will Kulick for more info.



**World Youth Day
Upcoming Events**

◆ **April 29th - Int'l Night Dinner**

- ⇒ Quilt Raffle
- ⇒ Silent Auction
- ⇒ Sign up to bring an **international** dish to share.

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



- 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.

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