

April 9, 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:

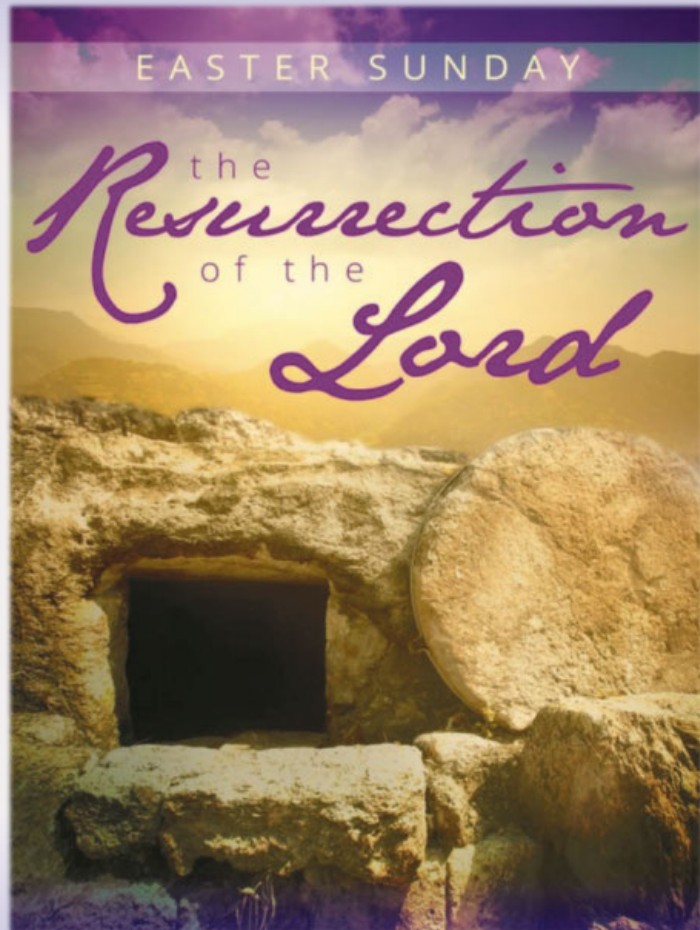
Call Parish Office

or Rectory: 434.589.5200

HOMEBOUND:

Call Parish Office

to schedule Communion



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 April 9, 2023

Sunday: Acts 10:34a, 37-43/Ps 118:1-2, 16-17, 22-23 (24)/Col 3:1-4 or 1 Cor 5:6b-8/Jn 20:1-9 or Mt 28:1-10
 Monday: Acts 2:14, 22-33/Ps 16:1-2a and 5, 7-8, 9-10, 11/Mt 28:8-15
 Tuesday: Acts 2:36-41/Ps 33:4-5, 18-19, 20 and 22/Jn 20:11-18
 Wednesday: Acts 3:1-10/Ps 105:1-2, 3-4, 6-7, 8-9/Lk 24:13-35
 Thursday: Acts 3:11-26/Ps 8:2ab and 5, 6-7, 8-9/Lk 24:35-48
 Friday: Acts 4:1-12/Ps 118:1-2 and 4, 22-24, 25-27a/Jn 21:1-14
 Saturday: Acts 4:13-21/Ps 118:1 and 14-15ab, 16-18, 19-21/
 Mk 16:9-15
 Next Sunday: Acts 2:42-47/Ps 118:2-4, 13-15, 22-24 (1)/1 Pt 1:3-9/
 Jn 20:19-31

Observances for the Week of April 9, 2023

Sunday: Easter Sunday
 Monday:
 Tuesday:
 Wednesday:
 Thursday:
 Friday: Tax Day
 Saturday:
 Next Sunday: 2nd Sunday of Easter (Divine Mercy)

APRIL 2023

HONOR YOUR LOVED ONE WITH A SPECIAL MEMORIAL

BREAD & WINE

Donor

Bob & Angela Maher

MEMORIAL

Bill & Patti Markle



ALTAR FLOWERS

Donor

Bob & Angela Maher

MEMORIAL

Bill & Patti Markle



SANCTUARY CANDLE

Donor

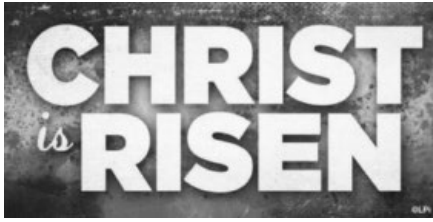
Bob & Angela Maher

MEMORIAL

Bill & Patti Markle



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



ENCOUNTER

THE RESURRECTION OF THE LORD EASTER SUNDAY

April 9, 2023

"The Lord is risen, it is true!" Through our baptism He calls us to proclaim new life to the world. Pray for those who herald he Good News as priests, brothers and sisters. Are you being called to proclaim the Lord's resurrection?

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

Or write

vocations@richmonddiocese.org



CHRIST HAS RISEN! HE HAS RISEN INDEED!

The following are excerpts from a Homily by Pope Francis at Easter 2022:

"Brothers and sisters, ...as the shadows of night were dispelled before the quiet coming of the light, the women set out for the tomb, to anoint the body of Jesus. There they had a disconcerting experience. First, they discovered that the tomb was empty; then they saw two figures in dazzling garments who told them that Jesus was risen. Immediately they ran back to proclaim the news to the other disciples. They saw, they heard, they proclaimed. With these three verbs, may we too enter into the passover of the Lord from death to life."

"The women saw. The first proclamation of the resurrection was not a statement to be unpacked, but a sign to be contemplated. In a burial ground, near a grave, in a place where everything should be orderly and peaceful, the women "found the stone rolled away from the tomb; but when they went in, they did not find the body". Easter begins by upsetting our expectations. It comes with the gift of a hope that surprises and amazes us. At times – we must admit – this hope does not find a place in our hearts. Like the women in the Gospel, we are overtaken by questions and doubts, and our first reaction before the unexpected sign is one of fear:"

"We fix our gaze only on this passing day, disenchanted by the future, concerned only with ourselves and our needs, settled into the prison of our apathy, even as we keep complaining that things will never change. The Lord wants to give us different eyes, alive with hope that fear, pain, and death will not have the last word over us. Thanks to Jesus' paschal mystery, we can make the leap from nothingness to life."

"In the second place, the women heard. After they had seen the empty tomb, the two men in dazzling garments said to them, "Why do you look for the living among the dead? He is not here but has risen". We do well to listen to those words and to repeat them: He is not here! Whenever we think we have understood everything there is to know about God and can pigeonhole him in our own ideas and categories, let us repeat to ourselves: He is not here! Whenever we seek him only in times of emotion, so often passing, and moments of need, only to set him aside and forget about him in the rest of our daily life and decisions, let us repeat: He is not here!"

"Finally, the women proclaimed. What did they proclaim? The joy of the resurrection. Easter did not occur simply to console those who mourned the death of Jesus, but to open hearts to the extraordinary message of God's triumph over evil and death."

"How beautiful is a Church that can run through the streets of our world, without fear, without schemes and stratagems, but solely with the desire to lead everyone to the joy of the Gospel. That is what we are called to do: to experience the risen Christ and to share the experience with others; to roll away the stone from the tomb where we may have enclosed the Lord, in order to spread his joy in the world."

"Our hope has a name: the name of Jesus. He entered the tomb of our sin; he descended to those depths where we feel most lost; he wove his way through the tangles of our fears, bore the weight of our burdens and from the dark abyss of death restored us to life and turned our mourning into joy. Let us celebrate Easter with Christ! He is alive!"



PARISH YOUTH

Food & Drink

Music
50/50 Raffle

INTERNATIONAL FOOD NIGHT!

SATURDAY, APRIL 29TH; 6:00 - 8:30PM

STS. PETER & PAUL PARISH HALL

Let's celebrate the diversity of the cultures around the world!

Bring a dish from your home country or a country you love, to share with others, or just make a donation at the door! Please scan the QR code within and let us know what dish you will be bringing so we can ensure a diverse selection of dishes for everyone to enjoy. If you prefer to sign up in person, there is a sheet on the kitchen door in the Commons. Looking forward to seeing everyone there!



Quilt Raffle
Basket Raffle
Silent Auction

children's Dessert Contest



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

- ◆ Saturday, April 15
- ◆ Saturday, April 29

A special youth Mass will be celebrated on Sunday, April 30th. All in this age group are encouraged to join. Contact Sr. Madrine at 434.589.5201.



CCD CLASSES SUNDAYS AT 9:30AM

Sr. Madrine: 434-589-5201

New **ALTAR SERVER TRAINING** sessions will be held in April. If your child has received their First Holy Communion and is interested in assisting with Mass in an important way, please contact Nicole Amato at joeandncoleamato@gmail.com

WHY CHOOSE CATHOLIC EDUCATION?

A Catholic education is unlike any other learning experience. Why? Catholic Schools educate to develop the **whole child** in a community rooted in the Gospel of Jesus Christ and the traditions of the Catholic Church. The educational process is an opportunity to cultivate the entire person by engaging the human need for physical, mental, social, and spiritual nourishment. It is the mission of Catholic Schools to do just that.

Charlottesville Catholic School continues to accept applications for the 2023-2024 school year. While some older grades have waitlists, we currently have openings in Junior Kindergarten through 2nd grade. We encourage you to call our Admissions Coordinator, Christine Fowlkes, for more information, or stop by any Wednesday between now and the end of the school year (**with the exception of April 12**) between 9:00AM and 1:00PM for See Why Wednesdays Tours. We look forward to hearing from you!

Ms. Mandy Kowalski
Administrative Assistant
Charlottesville Catholic School
434-964-0400 ext. 327
1205 Pen Park Rd.
Charlottesville, VA 22901

"Be strong and steadfast! Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go." --Joshua 1:9



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: APRIL 8 - 16, 2023

* Represents Saint Joseph's Parish

Day	Date	Mass	For	Status	Requested By
Holy Saturday	4/8	8pm	No Intentions		
Easter Sunday	4/9	7am	Misa Pro Populo		
Easter Sunday	4/9	9am*	Elmer & Laverne Keyser	D	Carol Hannum
Easter Sunday	4/9	11am	Jim & Eileen Davis	D	Michael & Nancy King
Wednesday	4/12	9am	Larry Eickenhorst	D	Chris Brown
Thursday	4/13	9am	Thomas Horan	D	Don & Eileen Tyler
Thursday	4/13	5pm*			
Friday	4/14	9am	Linda Alletto	D	Bob & Angela Maher
Saturday	4/15	5pm	Anna & Giovanni Capuano	D	Jerry & Linda Zink
Sunday	4/16	9am*	Petryk Bukowski	D	Will & Julie Kulick
Sunday	4/16	11am	Misa Pro Populo		

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.

April

Wedding Anniversaries

If you are celebrating your wedding anniversary in April and wish to be part of the marriage blessing at Mass on either May 6th or 7th, please contact the office no later than Wednesday, April 26th.

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) non-profit entity. All donations are tax deductible.

Thank you for your support!

EVERDAY STEWARDSHIP

Contributions from April 1 - 2 are not posted due to early publication deadlines. Thank you, always, for your generosity and support!

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

Tom Miglas	Wassil & Mary Miglas
Edward & Josephine Rebarchak	Joseph Tracy

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

Our next DEBT REDUCTION Collection is

MAY 6TH & 7TH

Thank you and God bless you for your continued support.

THE NEXT BAKE SALE IS MAY 6TH & 7TH. 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

Easter Sunday and Object Permanence

By Colleen Jurkiewicz Dorman

When you play peekaboo with a very young baby who has not yet developed object permanence, you actually feel kind of mean. As soon as your hands obscure your face, their little eyes widen with alarm and their expression crumbles into confusion and despair. Because they can no longer see you, they believe you no longer exist. Their little brains are unable to understand that just because a thing cannot be seen, it is still there, still alive, still full of love and care and protection.

Aw, man, you can hear them thinking. I guess I don't have a mom anymore.

On Easter morning, Mary Magdalene sees the burial cloth but no body. Her human mind makes sense of the situation the best way it knows how, she assumes the Lord has been taken. I'm sure I would have thought the same thing, in her position. She can't conceive, on her own, the reality that Christ has risen from the dead. It doesn't matter that he has told his disciples again and again that this will happen. They were not ready to understand then.

In many ways, Easter is when the human race really achieved object permanence. But we still struggle with it, don't we? I certainly do. So often I can be heard accusing God: "You weren't there. Where were you? I couldn't find you."

But I looked for him in the flesh. I looked for him in the stale yeast of the world — in money or success or affirmation or (worst of all) convenience and pleasure. Of course, I would not find him there, among the dead.

Think of what is above, not of what is on earth. — Colossians 3:2



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	8-Apr	Liturgy of the Hours	9:00a	Church
		Blessing of Easter Foods	5:00p	Church
		Easter Vigil Mass	7:00p	Church
Sun	9-Apr	Confession	8:30a	St. Joseph's
		Mass - Easter Sunday	7:00p	Church
		Mass - Easter Sunday	9:00a	St. Joseph's
		Mass - Easter Sunday	11:00a	Church
Mon	10-Apr	Easter Monday - Office is Closed		
		Rejoice Bible Study	1:00p	123
Tues	11-Apr	Yoga	11:00a	F
Wed	12-Apr	Mass	9:00a	Church
		Troop 138/1138	7:00p	F
Thurs	13-Apr	Mass	9:00a	Church
		Mass	5:30p	St. Joseph's
		Cursillo	7:00p	123
Fri	14-Apr	Mass	9:00a	Church
		Adoration	9:30a	Church
		Benediction	3:00p	Church
Sat	15-Apr	Confession	4:30p	Church
		Vigil Mass	5:00p	Church
Sun	16-Apr	Confession	8:30a	St. Joseph's
		Mass	9:00a	Church
		CCD - Last Class	9:30a	Parish Hall
		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.



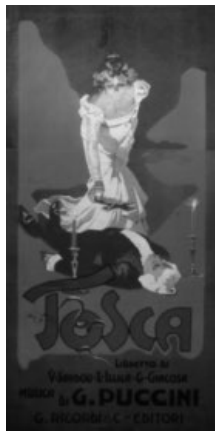
SIGN UP TO SPEND AN HOUR WITH JES in the Adoration Chapel M - Th, 6am - 8pm

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



The Resurrection OF THE LORD



Get ready for. . . .

**A NIGHT AT THE
OPERA**

FRIDAY, MAY 12TH

at 6:30 p.m.

Get ready for another “night at the opera” with the production of Puccini’s “**Tosca**,” a political thriller, set in Rome in June 1800 during the Napoleonic wars and a time of great political unrest.

Written over 120 years ago, *Tosca* still thrills with the perfect pulse of a taut crime drama that portrays humanity at its best and very worst.

The heroine is a renowned prima donna, her hero is a charismatic artist, and the villain is the corrupt head of the secret police. Sublime one moment and gut wrenching the next, Puccini’s music overflows with emotion and iconic tunes.

Secrets • Lies • A lethal ultimatum

Come join us!



Through God’s love, HopeTree empowers families, youth and adults to lead fulfilling lives by providing:

- Therapeutic Foster Care
- HopeTree Academy - day school providing safe educational environment
- Therapeutic Group Homes
- Developmental Disabilities Ministry

For more information, call De’jene’ Young-el, 804.201.9006 or Email: Dejene.Youngel@hopetreefs.org

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

The Knights of Columbus would like to wish you and your family a Blessed Easter. Please consider joining the Knights as we work to improve our Parish and our community. Ask any Knight for info on joining or call:

Doug Mullinex at 434-981-6950

THANK YOU

Many thanks to ALL who contributed, in any way, to the Lenten Lunches and Fish Frys during this Lenten season. We are so appreciative of your assistance this year. It would not be possible without you. We pray for a fruitful Easter season for you! God bless.



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



Did You Know?

- Easter always falls between March 22nd and April 25th.
- In the 13th century, the church prohibited eating eggs during Holy Week to emulate Jesus' fasting. Chickens continued to lay eggs, so specially identifying those as Holy Week eggs brought about their decoration. The egg itself became a symbol of the resurrection.
- ♦ Americans eat about 16 million jellybeans each Easter.

MINISTRY SPOTLIGHT



WE WANT YOU!

Will return soon!

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.

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.

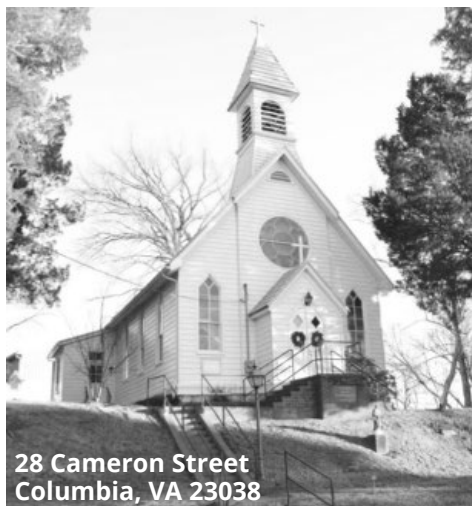
PARISH NURSE NEWS

One of our guest speakers at our 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).

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: 434.589.5201
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

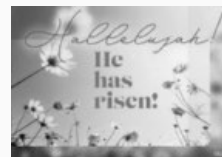
“When Jesus had risen, early on the first day of the week, he appeared first to Mary Magdalene, out of whom he had driven seven demons.” (Mark 16:9)

Popular Catholic piety sometimes posits that the newly risen Jesus appears first to the Blessed Virgin Mary. It is a happy thought, but it's simply not what the scriptures report. We are told quite directly that he appeared first to Mary Magdalene, “out of whom he had driven seven demons.”

Why would the gospel writer remind us of this unsavory detail of Mary's past? Historians tell us women were not qualified to give legal testimony. On top of that, to be possessed by not just one, but seven demons, is unsavory and terrifying. What damage had they done to her? What did she do to allow herself to be home to such evil? It doesn't seem to matter. Jesus chose Mary Magdalene to be the first one who saw him risen from the dead. He decided she was qualified.

Do you think that you are disqualified from seeing and announcing the risen Jesus because of your past demons? Maybe they are the demons of despair, confusion, self-hatred, pride, addiction, failure, boredom, laziness, or other sins. Well, don't. In the light of the Risen Jesus, all these past demons make our witness that much more believable — only if we allow ourselves to be touched by the liberating hand of Christ, just as Mary Magdalene did.

— Father John Muir



OUR 140 YEAR ANNIVERSARY CELEBRATION

Upcoming Events*



Date

Time

Event

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.



April Anniversary Celebration

If you are celebrating your wedding anniversary in April and wish to be part of the marriage blessing at Mass on May 7th, please contact the office by Wednesday, April 26th.



RESURRECTION SUNDAY

OFFERTORY*

April 2nd \$

*Unavailable due to early publication.

Thank you for your generosity!

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 *



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



**THE KNIGHTS OF
COLUMBUS ROUNDTABLE &
LADIES AUXILIARY
MEET ON THE FIRST THURSDAY
OF EACH MONTH**

6:00 PM POTLUCK DINNER

Come join us!

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.

LIVE THE LITURGY - INSPIRATION FOR THE WEEK

We are witness of all that Christ has done -- in our lives, in our souls, in our hearts. We have seen the empty tomb. We've touched the abandoned burial cloths. "Go tell my brothers," Jesus commands us. "Do not be afraid."



World Youth Day

Upcoming Events

◆ **April 29th - Int'l Night Dinner**
6:00 pm - 8:30 pm



Celebrating diverse world cultures. Bring an ethnic dish to share or just donate at the door! Plan on:

- Food and Drink
- Music
- Basket & Quilt Raffle
- Silent Auction
- Kids' Dessert Contest
- 50/50 Raffle

◆ **June 3rd - Car Wash**

For more info, contact:

Melissa Kenney,
kenneymg@gmail.com or
Linda Mangiaracina,
lmangiaracina@k12albemarle.org

SHARE THE GOSPEL

It was very early in the morning on Sunday. The tomb stone was rolled away. Jesus was gone. All that was left inside were the strips of linen cloth. When John and Peter saw it, they were amazed. They did not understand all the promises the prophets wrote about Jesus yet. However, they knew he was alive. He had risen from the dead!

PRAYER

God, I thank you for bringing Jesus back to life.



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