



ST. FRANCIS OF ASSISI

Roman Catholic Church
18825 Fuller Heights Road

Triangle, Virginia 22172

703-221-4044

www.stfrncis.org

Parish Office Hours - Mon.-Thurs. 9:00 AM—3:00 PM

Fri. 9:00 AM—12:00 PM

Phone 703-221-4044

Fax 703-221-3246

In a Sacramental Emergency—703-468-1180

EUCCHARIST

Saturday Vigil - 5:30 PM (with Live Stream)

Sunday - 8:00 AM; 9:30 AM; 11:00 AM; 5:30 PM

12:30 PM - Español (with Live Stream)

Monday - Friday - 8:45 AM

BAPTISM

Baptismal preparation is required of all parents who have not attended a class within the last three years prior to the celebration of baptism. Please call the parish office.

RECONCILIATION

Saturday: 4:00 PM—5:00 PM and by appointment (English)

Saturday: 4:00 PM—5:00 PM and by appointment (Spanish)

MARRIAGE

Arrangements are made with the parish office.

VISITS TO AND ANOINTING OF THE SICK

Inform the office when someone needs a visit from a Communion Minister or one of the Friars.

PARISH MEMBERSHIP

To register in the parish, please fill out a registration form found in the vestibule, at the parish office, or on the Parish website, and return it to the office.

PARISH COUNCIL

Terry Danner (Chair) 703-680-0860

Maggie Eves (Vice Chair) 703-304-8058

PARISH SCHOOL 703-221-3868

Grades Pre-school—8th FAX 703-221-0700

Dr. Tricia Barber, Principal

tricia.barber@verizon.net

Elizabeth Orille, Office Coordinator/Admissions

orillee.sfas@gmail.com

FRANCIS HOUSE: 703-221-6344

(Emergency Financial Assistance)

Francia Salguero, Director

francias@stfrncis.org

2606 Heth Court, Dumfries, VA 22026

FRANCISCAN FRIARS

703-221-4044

Fr. John O'Connor, O.F.M., Pastor

x226

frjoconnor@stfrncis.org

Fr. James Scullion, O.F.M., Parochial Vicar

x227

frjscullion@stfrncis.org

Fr. George Corrigan, O.F.M., Parochial Vicar

x228

frgcorrigan@stfrncis.org

Fr. Lalo Jara, O.F.M., Parochial Vicar

x229

frljara@stfrncis.org

PERMANENT DEACON

Dcn. Michael Gomes (Leave messages at Parish phone)

dcnmike@stfrncis.org

HISPANIC MINISTRY

x229

Fr. Lalo Jara, O.F.M., Parochial Vicar

frljara@stfrncis.org

Angelica Silva, Pastoral Associate

703-221-6344

asalquero@stfrncis.org

PARISH STAFF

703-221-4044

Maureen Deutermann, Receptionist

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mdeutermann@stfrncis.org

Chanel Marquis, Compliance Officer

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cmarquis@stfrncis.org

Barbara Stouffer, Bookkeeper

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FAITH FORMATION MINISTRY

703-221-3127

Elizabeth Brack, Secretary

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lizb@stfrncis.org

Marianne Hayes, DRE

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Sheila Noble, Assistant DRE

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703-221-4044

Kathy Walker, Director of Stephen Ministry

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kwalker@stfrncis.org

MUSIC MINISTRY

703-221-4044 x231

Nikole Giraldi, Director

nikoleg@stfrncis.org

Colleen Wells, Assistant Director

703-221-4044 x231


cwells@stfrncis.org

CYM

540-273-0777

Brandon Jubar, Coordinator of Youth Ministry

bjubar@stfrncis.org



From the Friars

Recently a number of individuals have come to me with their concerns as to the functioning of the sound system in the Church. Some have said that it is too loud, others have said it is not loud enough.

The problem is that of the design of the Church, as beautiful as it is, creates challenging acoustics. It is the combination of the hard surfaced tile floor, the wood ceiling, and the wooden oak pews.

The reason that the original pews had cloth seats was to help balance the sound in the Church.

We are planning to seek the advice of professionals as to the possibility of installing sound panels on the walls of the Church, similar to what is found in some concert halls.

What is holding us up right now is the cost. As you may be aware, because of COVID, and the months of no weekend Masses, our parish finances are "tight" right now.

Once we get beyond the situation with COVID, and return to a "sense of normal", we will proceed to get bids for these acoustic panels.

Sincerely in Christ,

Fr. John O'Connor, O.F.M.

Mass for Jubilarians

Are you celebrating your **Silver or Golden Marriage Jubilee** this year?
Were you married in **1971 or 1996?**



Then please contact the Parish Office to make sure that you are registered for the "2021 Mass for Jubilarians." This Mass will be celebrated by *Bishop Michael F. Burbidge* at **3:00 p.m. on October 17th** at the **Cathedral of St. Thomas More in Arlington, VA.** The Parish Office must submit all registrations to the *Office for Family Life* as soon as possible. Registrations forms are available in the vestibule of the Church and on the parish website (www.stfrancis.org). Please contact **Chanel Marquis** at cmarquis@stfrancis.org or **703-221-4044, ext. 222** with any questions.

Do not delay. **Registration is due no later than Friday, September 24th.**

**LEAVING IT BETTER
THAN YOU FOUND IT**



August 8, 2021 | Nineteenth Sunday in Ordinary Time

1 Kgs 19:4-8 | Eph 4:30—5:2 | Jn 6:41-51

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

We have apps that monitor our sleep and calories, and remind us to get our steps in. Short on time? We order takeout or subscribe to a meal service. Yet, despite these modern conveniences, I would guess that most of us don't sleep enough or consistently eat well. And we pay the price, whether in the short or long term. Enter Elijah, who had reached his limit physically and mentally. Yet after an angel provided him food and drink, Elijah found the strength to walk 40 days and 40 nights. Impressive! But that's God for us! And in the provision of his Son, we have food and drink – bread from heaven – that not only sustains us for our journey on earth but offers the possibility of eternal life. This is our belief; this is what Jesus says to us. And that alone can give us strength, and hope, even when we're having an "Elijah" moment. For at each and every holy Mass, Jesus invites us to the table, offering us food that not only sustains but also transforms us. Taste and see the goodness of the Lord, indeed!

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Just as a good night's sleep and proper nutrition help us function our best, the Word of God and the Eucharist, and our communal life of faith, provide the spiritual nourishment we need as we strive to be imitators of God in our daily lives, as Saint Paul says. As we partake of Christ in the Eucharist, perhaps we can say a prayer of thanksgiving and ask Jesus to help us grow in the ways of love that Paul outlined: kindness, compassion, and forgiveness toward the people we encounter. It could mean letting go of a grudge, becoming more conscious of the needs of others, listening respectfully to someone with whom we disagree, or perhaps forgiving ourselves. The Holy Spirit will guide us.

REFLECT Think about the ways the Mass transforms you. It may be something subtle – the spirit of consolation and the feeling that things are right in your world – or you may have been particularly moved by the readings, homily, music, or silent prayer. Tell someone about it!

St. Francis House Corner



St. Francis House an Outreach Program
from St. Francis of Assisi Parish
2606 Heth Court, Dumfries, VA 22026
703-221-6344
Francia Salguero and Angelica Silva



St. Francis House will be collecting much needed school supplies for St. Francis House, during the weekends of **July 24th and 31st**. Boxes will be located in the vestibule for your generous contributions of these items (glue sticks, black and white marble composition books, wide-ruled notebook paper, pink erasers, etc.). Thank you for your continuing support and generosity. For more information, please contact **Francia Salguero** at 703-221-6344 or francias@stfrncis.org.

Meals for the Shelter

Thank you very much for your continuing support with the homeless shelter. For more information or to sign-up, please visit the following Sign-Up Genius link: <https://www.signupgenius.com/go/904094EA5A622A3FD0-shelter> or Sign-Up Genius forms can be found on the parish website: www.stfrncis.org under Meals for the Shelter.

For more information or to support our meal program for the shelters in Prince William County, please contact the Director of St. Francis House and Meals Coordinator, **Francia Salguero** at francias@stfrncis.org or 703-221-6344.



prayers of the faithful who live in the body of Christ!

There is a book located in the **Blessed Sacrament Chapel** next to the Tabernacle for you to write your own prayers of petition. During the *Prayer of the Faithful* during weekend liturgies, an intercession will call to mind those prayers in a general way. In this manner, the public prayer of the church is bound to the many

Boletín Semanal

Despensa de Comida de La Casa de San Francisco
Casa St. Francisco Un Programa de Ayuda Social de la
Parroquia de St. Francisco de Asís
2606 Heth Court, Dumfries, VA 22026
703-221-6344

Ministerio de Asistencia Social de San Francisco de Asís

La Casa de St. Francisco estará recolectando útiles escolares durante el fin de semana del 24 y 31 de julio. En el vestíbulo de la iglesia se ubicarán cajas para sus generosas contribuciones de estos artículos (barras de pegamento, libros de composición de mármol blanco y negro, papel de cuaderno de renglones anchos, borradores rosas, etc.). Gracias por su continuo apoyo y generosidad.

Para obtener más información, no dude en comunicarse con nosotros al 703-221-6344 o francias@stfrncis.org.

Please Pray For

All those who are sick:

Estrella Monzon; Harry Wahl;
Faye Ergenbright; Chad Burns; Bill Myers; Sue Long;
Lilly Diaz; Laurie Zeiszler; Aaron Childs; Gary Ward; and
Richard McClevey.

Please pray for the following who are serving abroad in harm's way: Leo N. Company; and S. Defibaugh.



The third annual Virginia March for Life will start with a rally at the State Capitol at 12:00 p.m. ET, followed by a march at 1:00 p.m. More details, including a list of speakers, to be announced soon.

Learn more and R.S.V.P. at virginia.marchforlife.org.

Are You New to the Parish??? Welcome!!

Registration forms are available on the tables in the vestibule, from the Parish Office or from the parish website www.stfrncis.org.

Respect Creation Live Simply

Faith Formation Office

Phone: 703-221-3127 Fax: 703-221-3246

Office Hours: Monday—Thursday: 8:00 a.m.—2:00 p.m.

Friday: **Closed**

Religious Education for 2021-2022



Religious Education Registration for the fall is up and running on our website! Classes will be in person. For the online option, payment must be made either by credit card or debit card. We also will have the paper forms up on the website so that you can pay with a check by mail or cash or drop off at the church.

<https://www.stfrncis.org/welcome-and-introduction/>.

****Just a reminder that registration for RE is encouraged for all children grades 1st-8th and not just for sacramental years. The curriculum used depends on a continuation of classes to ensure a proper faith foundation. So much information and spiritual growth is lost when there are skipped years! For more information, please call our RE Office at 703-221-3127.**

Religious Education is in need of Catechists (Teachers) for the upcoming 2021-22 School year. Many long time Catechists are moving from the area. Training and materials provided and no experience is necessary. Please contact **Marianne Hayes, DRE at 703-221-3127 or recoor@stfrncis.org**. All RE fees are waived for Catechists and Co-Catechists.



Keep those used printer cartridges coming!

Faith Formation has been helping to be good stewards of our earth by recycling. With your contribution of used ink cartridges, we can help care for the earth and it is so easy to do.

Please do not drop the cartridges in the Catch-All Slot.
(No laser cartridges.)

**You can drop the cartridges off in the basket
on the table in the vestibule
or stop by the Faith Formation Office.**

Thank you for your continued support!



Did you know that Amazon will donate 0.5% of your eligible purchases to St. Francis of Assisi School? It is very easy to set up!

AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to St. Francis of Assisi School if you select the school as your charitable organization of choice.

Every item available for purchase on www.amazon.com is also available on AmazonSmile (smile.amazon.com) at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

For more information about the AmazonSmile program, please visit <http://smile.amazon.com/about>. Thank you for choosing St. Francis of Assisi School as your charitable organization of choice!!!!

Golfing with Wolves

Saint John Paul the Great Catholic High School invites you to a fun day of golf, friends, and food at Potomac Shores Golf Club on **Thursday, September 16, 2021**. This is a "best ball" tournament with a shotgun start at 10:30 a.m. If you cannot play, consider donating a ticket for a priest, buying dinner tickets, or making a donation online. For more information, please email golf@jpthegreat.org or see our website: www.saintjohnpaulthegreatgolf.org.



CHANGE OF ADDRESS If you are moving/changing your address, please notify the Parish Office so that we may be able to keep our records up-to-date. **Change forms are also available on the tables in the vestibule**, from the Parish Office, or from the parish website www.stfrncis.org. If you are changing your phone number because you are using a cellular phone and/or forgoing your land phone, the Parish Office would also like that information. **Please call us at 703-221-4044, ext. 222. Thank you.**

The Lion's Club has 2 donation drop boxes located on the window sill in the vestibule. Please consider donating your used eyeglasses to the Lion's Club. Your unwanted glasses will help someone see better. Thank you for always being so generous.



The Real Presence of Jesus in the Eucharist

By: Fr. George Corrigan, O.F.M.

In our previous article we addressed how “transubstantiation” was an apt description of “how” the bread and wine



Photo Credit: CNS photo/Jorg Loeffke, KNA

become the Precious Body and Blood of Jesus—and noted along with the 13th Session of the Council of Trent, that the real “ancient and true” teaching was that of the Real Presence. So... what do we mean by the Real Presence?

As the Gospel of Matthew tells us:

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. (Mt 26:26-28) (with similar language in Mk 14:22-24, Lk 22:17-20, and 1 Cor 11:23-25)

It is based on the ancient understanding of those Scriptures and the Sacred Tradition which handed on that understanding, that the Catholic Church professes that in the celebration of the Eucharist, bread and wine become the Body and Blood of Jesus Christ through the power of the Holy Spirit and the instrumentality of the priest. And still, we want to know how. St. Ambrose says about this becoming:

Be convinced that this is not what nature has formed, but what the blessing has consecrated. The power of the blessing prevails over that of nature, because by the blessing nature itself is changed... Could not Christ’s word, which can make from nothing what did not exist, change existing things into what they were not before? It is no less a feat to give things their original nature than to change their nature.

That understanding is further enhanced by the Gospel of John, Chapter 6, the *Bread of Life Discourse*, in which Jesus said: *“I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world... For my flesh is true food, and my blood is true drink”* (Jn 6:51-55). From this the Church has always understood that the whole Christ is truly present, body, blood, soul, and divinity, under the appearances of bread and wine. This is what the Church means when she speaks of the “Real Presence” of Christ in the Eucharist.

Paragraph 1374 of the Catechism of the Catholic Church beautifully explains: “...In the most blessed sacrament” of the Eucharist “the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained.” “This presence is called ‘real’—by which is not intended to exclude the other types of presence as if they could not be ‘real’ too, but because it is presence in the fullest sense: that is to say, it is a substantial presence by which Christ, God and man, makes himself wholly and entirely present.”

St. John Chrysostom understood what the Church means when it declares “Christ...makes himself wholly and entirely present.” Chrysostom wrote:

It is not man that causes the things offered to become the Body and Blood of Christ, but he who was crucified for us, Christ himself. The priest, in the role of Christ, pronounces these words, but their power and grace are God’s. This is my body, he says. This word transforms the things offered.

Not long after I was ordained a friend asked me “how it felt to have the power to make the Eucharist?” I understood the question was really, “what it like the first time you celebrated the Mass.” But sometimes our language betrays some of our “soft” thinking about the Eucharist. I have no power to “summons” Jesus body and blood, soul and divinity to our celebration of the Eucharist. I do have the promise of Christ, his instructions on what we are to do, and the Sacred Tradition of how to understand it all—and then I can pray, “By the power of the Holy Spirit...” Maybe simply said: “Lord, you promised, I believe and because of that belief I trust that you will fulfill your promises to be really present—wholly and entirely present—body and blood, together with the soul and divinity.



Mass Intentions

SATURDAY, 4:00 PM 5:30 PM	August 7—Weekday Reconciliation †Alice Tippet †Spencer Sagudan †Art Slavinski
SUNDAY, 8:00 AM 9:30 AM 11:00 AM 12:30 PM 5:30 PM	August 8—19th Sunday in Ordinary Time †Dwayne E. Gonsorcik †Richard Rehling †Kevin Dillon †Elsa Santos †Paulino Burgas Alvarado †Perfecto Baz Osorio †Jose Roque Villalovos People of the Parish
MONDAY, 8:45 AM	August 9—Weekday †Romy Mangubat
TUESDAY, 8:45 AM	August 10—St. Lawrence, Deacon Wanda Orsini †Lorraine Brunelle
WEDNESDAY, 8:45 AM	August 11—St. Clare †Dwayne E. Gonsorcik
THURSDAY, 8:45 AM	August 12—Weekday †Stacy Williams †Betsy Dennison
FRIDAY, 8:45 AM	August 13—Weekday
SATURDAY, 4:00 PM 5:30 PM	August 14—St. Maximillian Kolbe Reconciliation †Alice Tippet †Rocco Nuzzo †Art Slavinski

Mass Intentions on Sunday, August 15, 2021

8:00 AM	†Dwayne E. Gonsorcik
9:30 AM	†Grace Lechleitner †George H. Crossett
11:00 AM	†Imelda Pine
12:30 PM	†Paulino Burgas Alvarado †Alejandro Medina †Eduardo Cardoza
5:30 PM	People of the Parish



Hearing Assistance Earphones are available for use during the Mass, for those who would like sound amplification. They have been checked and are functioning well. See one of the friars or come to the sacristy before Mass.

SPONSOR OF THE WEEK

We would like to thank
Lupi Orthodontics
for sponsoring an ad in our weekly bulletin.

Readings for the Week of August 8, 2021

Monday	Deuteronomy 10:12-22; Matthew 17:22-27
Tuesday	2 Corinthians 9:6-10; John 12:24-26
Wednesday	Deuteronomy 34:1-12; Matthew 18:15-20
Thursday	Joshua 3:7-10a, 11, 13-17; Matthew 18:21—19:1
Friday	Joshua 24:1-13; Matthew 19:3-12
Saturday	Joshua 24:14-29; Matthew 19:13-15; 1 Chronicles 15:3-4, 15-16; 16:1-2; 1 Corinthians 15:54b-57; Luke 11:27-28
Sunday	Revelation 11:19a; 12:1-6a, 10ab; 1 Corinthians 15:20-27; Luke 1:39-56

New and Veteran Ushers! We seriously need your help!!

The role of the usher/greeter is one of offering a friendly presence to those coming to Mass, of providing leadership during emergencies and performing such tasks as taking up the collection, presenting the gifts, and assisting parishioners during Communion—always conscious of Christ's words "For I was...a stranger and you welcomed me," (Matthew 25:35) Interested? Please contact **Chanel** (cmarquis@stfrncis.org).



USHERS



St. Francis now live streams Masses, special events, and upon request, weddings and funerals. **We need to expand our team of camera and sound operators.** If you are interested in serving our community in this way, please contact Colleen Wells (cwells@stfrncis.org). No experience is required though basic computer skills are necessary. We can train you on the rest!

Dear God: I need you more than ever. Please bring



peace to my confusion, joy to my sadness, hope to my heart and a Stephen Minister to help me sort things out. In Jesus' name. Amen. Please contact **Kathy Walker** at kwalker@stfrncis.org for more information on how a Stephen Minister is waiting to help.

Votive Candles

Envelopes are provided for candle money. **Please place them in the boxes located on the wall (next to the candles) in the church.**



< KID'S > KORNER

Gospel Today

Nineteenth Sunday in Ordinary Time | John 6:41-51

Jesus continues trying to make the people understand, "I am the bread that came down from Heaven". John 6: 41

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BIBLE WORD SEARCH

Find all the words...
left, right, up, down
or diagonally.



I AM THE BREAD OF

L i f e

— JOHN 6:48

Jesus
Living
Bread
Came
Down
From
Heaven
Heard
Father
Draws
Them
Raise
Up
Last
Day
Written
Learned
Eternal
Life
Believes
Forever
Give
World
Taught
God

H	E	A	V	E	N	M	O	T	J	G	O	D
I	M	E	U	V	E	N	T	H	E	M	T	E
D	A	Y	H	L	T	A	I	D	S	M	O	N
I	C	U	R	R	T	C	A	A	U	P	M	R
F	U	B	E	L	I	E	V	E	S	E	B	A
O	E	D	H	A	R	S	T	E	A	V	A	E
E	A	K	T	B	W	V	S	V	T	S	A	L
T	G	N	A	T	R	I	G	I	G	I	M	O
E	N	H	F	D	A	E	R	G	N	W	O	D
R	E	V	E	R	O	F	O	P	I	E	R	C
N	H	F	T	A	U	G	H	T	V	B	F	H
A	I	E	A	W	R	E	H	T	I	A	P	E
L	T	P	O	S	T	D	R	D	L	R	O	W

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**Learn more at [oig.ssa.gov/scam](http://oig.ssa.gov/scam)**

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