



# ST. FRANCIS OF ASSISI

Roman Catholic Church  
18825 Fuller Heights Road

Triangle, Virginia 22172

703-221-4044

[www.stfrncis.org](http://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

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

12:30 PM - Español

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**

Dan Sullivan (Chair)

[dan\\_irene@icloud.com](mailto:dan_irene@icloud.com)

Christine Arroyo (Vice Chair)

[christinevarroyo539@gmail.com](mailto:christinevarroyo539@gmail.com)

## **PARISH SCHOOL**

**703-221-3868**

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

Dr. Sally Nicholson, Principal

[snicholson@stfas.org](mailto:snicholson@stfas.org)

Elizabeth Rayhel, Assistant Principal

[erayhel@stfas.org](mailto:erayhel@stfas.org)

Liz Orille, Director of Admissions

[lorille@stfas.org](mailto:lorille@stfas.org)

Megan Quinn, Operations Administrative Assistant

[mquinn@stfas.org](mailto:mquinn@stfas.org)

## **FRANCIS HOUSE:**

**703-221-6344**

(Emergency Financial Assistance)

Francia Salguero, Director

[francias@stfrncis.org](mailto:francias@stfrncis.org)

2606 Heth Court, Dumfries, VA 22026

## **FRANCISCAN FRIARS**

**703-221-4044**

Fr. James Scullion, O.F.M., Pastor

x227

[frjscullion@stfrncis.org](mailto:frjscullion@stfrncis.org)

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

x228

[frgcorrigan@stfrncis.org](mailto:frgcorrigan@stfrncis.org)

Fr. Chris Dunn, O.F.M., Parochial Vicar

x229

[frcdunn@stfrncis.org](mailto:frcdunn@stfrncis.org)

## **PERMANENT DEACON**

Dcn. Michael Gomes (Leave messages at Parish phone)

[dcnmike@stfrncis.org](mailto:dcnmike@stfrncis.org)

## **HISPANIC MINISTRY**

x229

Fr. Chris Dunn, O.F.M., Parochial Vicar

[frcdunn@stfrncis.org](mailto:frcdunn@stfrncis.org)

## **PARISH STAFF**

**703-221-4044**

Lisa Bongiorno, Business Manager

x223

[lbongiorno@stfrncis.org](mailto:lbongiorno@stfrncis.org)

Chanel Marquis, Compliance Officer

x222

[cmarquis@stfrncis.org](mailto:cmarquis@stfrncis.org)

Jessica Ulsenheimer, Bookkeeper

X232

[julsenheimer@stfrncis.org](mailto:julsenheimer@stfrncis.org)

Lina Morales, Receptionist

X221

[lmorales@stfrncis.org](mailto:lmorales@stfrncis.org)

## **FAITH FORMATION MINISTRY**

**703-221-3127**

Sheila Noble, Director of Faith Formation

x238

[snoble@stfrncis.org](mailto:snoble@stfrncis.org)

Angelica Silva, CRE

x236

[asilva@stfrncis.org](mailto:asilva@stfrncis.org)

Elizabeth Brack, Secretary

x234

[lizb@stfrncis.org](mailto:lizb@stfrncis.org)

## **MUSIC MINISTRY**

**703-221-4044**

Nikole Giraldi, Director

x231

[nikoleg@stfrncis.org](mailto:nikoleg@stfrncis.org)

Colleen Wells, Assistant Director

x237

[cwells@stfrncis.org](mailto:cwells@stfrncis.org)

## **CYM**

**540-273-0777**

Brandon Jubar, Coordinator of Youth Ministry

[bjubar@stfrncis.org](mailto:bjubar@stfrncis.org)





Did you know that each day one of our friars prepares and posts a reflection on the readings for the daily Mass? Make it part of your spiritual practice to reflect on the Word of God. To explore, please visit: <https://stfrncis.org/category/friar-reflection/>.

### 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](http://www.stfrncis.org).

**BE A FRANCIS-CAN  
NOT A  
FRANCIS-CAN'T**



### Craft Ministry

If you like to knit, crochet, quilt, or sew to help spread God's love and comfort to those in need, please join us:



**What:** Fellowship while working on our own "unplugged" projects for charity. The Craft Ministry also provides baptismal stoles and prayer shawls for the parish, along with other parish related projects.

(no sewing machines or irons, please)

**When:** Tuesday, **January 30th** 6:30 p.m. – 8:00 p.m.

**Where:** Dining Facility (Parish Center)

**Who:** Adults (ONLY) who sew, knit, quilt, crochet, etc.  
(No childcare is provided)

For more information, please contact Michelle Pippin at [daperfectmix@gmail.com](mailto:daperfectmix@gmail.com).

### Tithing Information

**End of Year Statements:** Due to the high cost of postage, we have decided that the end of year tax statements for 2023 will not be automatically sent to each parishioner. We will provide a tax statement to any parishioner that requests one by contacting Chanel Marquis at [cmarquis@stfrncis.org](mailto:cmarquis@stfrncis.org).



January 28, 2024 | Fourth Sunday in Ordinary Time

Dt 18:15-20 | 1 Cor 7:32-35 | Mk 1:21-28

Written by  
THE  
FAITHFUL  
DISCIPLE

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

Oh, to not be anxious! What would that be like – to not have to worry about how we'll pay the bills or whether our kids are safe or if our health will fail? While anxiety is a very human emotion, we can take comfort in knowing that our God is more powerful than anything that may worry us. It is also important to note that in today's reading from St. Paul's Letter to the Corinthians, what he means by "anxious" is not a modern psychological concept with only a negative connotation. The connotation is more "to be concerned with," or "caring about" something, and can refer to things that are very good – including spouses and families! But when we care for many things, including our relationship with God, it is only natural for us to be anxious at times. But Jesus Christ gives us the assurance that the troubles of this world are temporary, and the peace of God eternal. Paul is encouraging the Corinthians, and us, to understand the importance of an undivided devotion to God, to care for him above all things – no matter if we are married or single – so that our whole life is devoted to holiness.

**PRAY** Today's psalm (Ps 95:1-2, 6-7, 7-9) is a beautiful prayer of thanksgiving and encouragement. It helps us steer our minds from those things which may make us anxious. Spend time in the morning or evening each day of the coming week, praying and reflecting on the words.

### GO EVANGELIZE

#### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

I am always thankful when something good that has been anticipated, or predicted, comes to pass: The sunshine and mild weather holds true for that outdoor event I hosted; or the generous gift that a longtime friend mailed arrives unscathed. There is some anxiety in the waiting for, but relief in the fulfillment of, these beneficent promises. And while these are somewhat superficial examples, they do point us in the same direction of hope and gratitude that the divine gifts of God elicit in us. In today's first reading, Moses promises the people that the Lord will raise up for them, from among their own kin, a prophet who will speak God's own words and to whom the people will listen. And the Lord did provide numerous prophets, and kings, and judges, and eventually his only begotten Son, to call his people back to himself, and to save them from the wages of sin and death. The hope and anticipation God's chosen people had was fulfilled in Jesus' life, death and resurrection. We share in that gift of hope and of gratitude for our salvation.





An outreach  
ministry of  
the parish



Francia Salguero  
(703)-221-6344  
francias@stfrncis.org

Located at  
2606 Heth Court  
Dumfries, VA 22026

## Food Pantry Needs:

- Spaghetti Sauce

Thank you for all that you do!

Francia Salguero  
(703)-221-6344  
francias@stfrncis.org

## Items of the Month:

Sugar  
Salt  
Coffee

If you or your family find yourself in need, please do not hesitate to reach out to us. Francis House is open:

- Tuesday 9:00 am until 12:00 pm
- Wednesday 9:00 am until 1:00 pm
- Thursday 9:00 am until 1:00 pm

## Meals for Prince William County Homeless Shelter

### Dinners for the Shelter at The Ferlazzo Building

Winter is here, and it is a very rough season for the homeless. Our parish is committed to provide dinners for the homeless shelter. At this moment, we are in great need of dinners. If you would like to provide support for the homeless shelter, please scan the QR code below.

Sign up to  
provide  
breakfast for  
the shelter



Don't have time, but want to help? It is okay!  
You can donate the following items milk,  
juice, fresh fruit, desserts, bags of green salad,  
other deli salads. **Or donate gifts cards from  
BJs, Costco, Sams, Food Lion or Walmart.**



### **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**

### **Children's Faith Formation**



Registration for the 2023-2024 year is now closed, unless you are transferring in from another program. **Questions?** Please contact **Sheila Noble** at [snoble@stfrncis.org](mailto:snoble@stfrncis.org).

#### **Children's Faith Formation for 2023-2024**

<b>Jan.</b>	<b>28</b>	<b>NO CFF (Sunday Session)</b>
<b>Feb.</b>	<b>1</b>	Thursday CFF Session
	<b>4</b>	Sunday CFF Session
	<b>8</b>	Thursday CFF Session
	<b>11</b>	Sunday CFF Session
	<b>15</b>	<b>NO CFF (President's Day Weekend)</b>
	<b>18</b>	<b>NO CFF (President's Day Weekend)</b>
	<b>22</b>	Thursday CFF Session
	<b>25</b>	Sunday CFF Session
	<b>29</b>	Thursday CFF Session



Please join us on Sunday, February 4th after the 9:30 am Mass in the Parish Center. The topic is: "*Lent: A Season of Repentance.*" It is sure to be a thoughtful and mindful way to begin the Lenten Season—which begins February 14th with Ash Wednesday.



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



The Music Ministry and Choirs are open to all parishioners who have the desire to sing and worship the Lord. The Ministry provides an avenue through which individuals may share their gifts and be an integral part of the worship. We have several different choirs. For more information, please visit: <https://stfrncis.org/music-ministry-choirs/>.

#### **The weekend of February 3rd-4th the memorial of St. Blaise, *blessing of throats will be conferred after all the Masses.***

The custom began in the 16th century, although Blaise lived in the fourth century. He was the bishop of Sebaste in Armenia who, according to legend, saved the life of a boy who was choking on a fish bone. He is now the patron saint of all who have diseases of the throat. Please join us and receive a blessing of your throat as a sign of God's care for his people.



**Please note that the presider for each Mass will give the blessing to all assembled (NOT individually) by extending hands, without the crossed candles, over the people while saying the prayer of blessing.**



#### **CALLING ALL YOU IRISH LADIES By BIRTH OR MARRIAGE**

The Fr. Mychal Judge, O.F.M. Ladies Division of the Ancient Order of Hibernians wish to invite all Catholic women at least 16 years of age or older, Irish descent OR married to an Irish gentleman, to join their organization.

Once a part of this Irish Catholic Organization—all we would ask is for you to live our motto of:

**"Friendship, Unity, and Christian Charity"**

We would enjoy meeting you and having you JOIN us. **For more information or/and if you are eligible and interested in joining, please contact Collette White at [collette4547@gmail.com](mailto:collette4547@gmail.com).**

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.





## Day of Reflection

**Hosted by St. Francis of Assisi Fraternity of Triangle, Virginia**  
**Saturday, February 10, 2024, from 9:15 a.m. - 3:00 p.m. EST**

**Theme:** "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." (Mark 1:15)

In preparation for Lent, St. Francis of Assisi (OFS) Fraternity of Triangle, Virginia will host a Day of Reflection on February 10, 2024. Fr. Jim Scullion OFM, the pastor of St. Francis of Assisi Parish, will lead two 90-minute reflections focusing on Mark 1:15. Fr. Jim will reflect on the topics of repentance and faith. Lunch will be provided between the morning and afternoon sessions. Please join us in this opportunity for prayerful reflection as we ready our hearts to make this Lenten season spiritually fruitful.

<i>Time</i>	<i>Title</i>
9:15 a.m. – 9:30 a.m.	<i>Opening Remarks &amp; Prayer – St. Francis of Assisi School Cafeteria Minister Clarence Neason/Formation Director Jim O'Shaughnessy</i>
10:30 a.m. – 12:00 p.m.	<i>St. Francis of Assisi School Cafeteria Repentance: Living Mark 1:15 in our lives</i>
12:00 p.m. – 1:00 p.m.	<i>Lunch/Reflection Time</i>
1:00 p.m. – 2:30 p.m.	<i>St. Francis of Assisi School Cafeteria Faith: Living Mark 1:15 in our lives</i>
2:30 p.m. – 2:45 p.m.	<i>Closing Remarks and Prayer</i>



Fr. James Scullion OFM was born in Paterson, NJ on August 18, 1953. He professed final vows on July 21, 1979 at St. Francis of Assisi Church in Manhattan, NY. He was ordained to the priesthood by Bishop Frank Rodimer at St. Camillus Church in Silver Spring, MD on May 10, 1980. From 1982 to 1990, Fr. Jim pursued graduate studies at the Catholic University of America. From 1990 to 2008, he served as a professor, Academic Dean, and Vice President of Academic Affairs at the Washington Theological Union in Washington D.C. He became pastor of St. Francis of Assisi Parish in Triangle, VA on August 1, 2023.

**Administrative Note** - If you wish to attend the Day of Reflection and you are not a member of the Secular Franciscan Fraternity in Triangle, VA, please RSVP at [ofstriangleva@gmail.com](mailto:ofstriangleva@gmail.com) **no later than Tuesday, January 30, 2024** so that the fraternity has an accurate count of attendees for the catering order.





## Mass Intentions

<b>SATURDAY,</b> 4:00 PM 5:30 PM	<b>January 27—Weekday</b> Reconciliation †Tony O. Lopez †Alice Tippit †Margie Lipari
<b>SUNDAY,</b>  8:00 AM 9:30 AM  11:00 AM 12:30 PM 5:30 PM	<b>January 28—4th Sunday in Ordinary Time</b> †Eileen Bolen †Cpt. Andrew Ross †Lydia Back Dottie Gray †Armando Andaya †Aliro Cardenas People of the Parish
<b>MONDAY,</b> 8:45 AM	<b>January 29—Weekday</b> David Trudnak Donald Trudnak †Laurence O'Brien
<b>TUESDAY,</b> 8:45 AM	<b>January 30—Weekday</b> †Jim Toner †David Schanuel †Dario C. Jimeno
<b>WEDNESDAY,</b> 8:45 AM	<b>January 31—St. John Bosco</b> †Bernard Moran, Jr.
<b>THURSDAY,</b> 8:45 AM	<b>February 1—Weekday</b> †Paul Rossmark †Rosemary Clawson
<b>FRIDAY,</b> 8:45 AM	<b>February 2—Presentation of the Lord</b> †Miriam Longo
<b>SATURDAY,</b> 4:00 PM 5:30 PM	<b>February 3—Weekday</b> Reconciliation †Tony O. Lopez †Alice Tippit †Steven Evans
<b>Mass Intentions on Sunday, February 4, 2024</b>	
8:00 AM	†Eileen Bolen
9:30 AM	†Steve Eastvedt †Terry Goodale, Jr. †Bob McGowan
11:00 AM	†Janet Sarsfield
12:30 PM	†Narciso Varela
5:30 PM	†Rita Loebach

The lost and found drawers in the Church vestibule are overflowing. If you are missing keys, gloves, umbrellas, books, water bottles, baby toys/stuffed animals, etc., please check the drawers. **All items remaining at the end of February will be donated.**



### SPONSOR OF THE WEEK

We would like to thank  
**Mullins and Thompson Funeral Service**  
for sponsoring an ad in our weekly bulletin.

### Readings for the Week of January 28, 2024

<b>Monday</b>	<b>2 Samuel 15:13-14, 30; 16:5-13;</b> <b>Mark 5:1-20</b>
<b>Tuesday</b>	<b>2 Samuel 18:9-10, 14b, 24-25a, 30-19:3;</b> <b>Mark 5:21-43</b>
<b>Wednesday</b>	<b>2 Samuel 24:2, 9-17; Mark 6:1-6</b>
<b>Thursday</b>	<b>1 Kings 2:1-4, 10-12;</b> <b>1 Chronicles 29:10, 11ab, 11d-12a, 12bcd; Mark 6:7-13</b>
<b>Friday</b>	<b>Malachi 3:1-4; Ps 24:7, 8, 9, 10;</b> <b>Hebrews 2:14-18; Luke 2:22-40 or Luke 2:22-32</b>
<b>Saturday</b>	<b>1 Kings 3:4-13; Mark 6:30-34</b>
<b>Sunday</b>	<b>Job 7:1-4, 6-7;</b> <b>1 Corinthians 9:16-19, 22-23;</b> <b>Mark 1:29-39</b>

### Please Pray For

**All those who are sick:** Bill Saliski; Dolly Brunk; Sarah Morgan; Maria Suarez; Jean C. Tekverk; Joseph Keady; Jeff Dietze; Jonathan Hernandez Mata; Phyllis Mitchell; Kate Schell-Smith; Cecilia Fellner; Butch Asselin; Mary Kay Jones; Gaston Gianni; Mirian Yanet Segovia; Maira Pena; Larry Evans; Andrew Wagner; Jim Riordan; Randy Chapman; Kevin Sliwinski; Estrella Monzon; JJ Powell; Michelle Fornelli; Collin Callahan; Solange Wahl; Ricardo Sayson; Recaredo Monzon; Juliet Erasmo; Maureen Caddigan; S.J. Defibaugh; Corazon N. Atienza; Eric Brown; Jan Bond; Delores Baytan; Tomas Bernardo; David Back; Chad Burns; Bill Myers; Sue Long; Gary Ward; and Ted Zamerski.

**And for those recently deceased:** Lydia Back (mother of David Back).

### 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.**



### 2024 BISHOP'S LENTEN APPEAL (BLA) BEGINS!



The 2024 BLA mailing was recently sent to parishioners. The theme this year is shared with the theme of our Diocesan Jubilee: "*Behold, I make all things new.*" After reflecting upon the blessings God has given you, please prayerfully consider a pledge. As we look forward to the celebration of the 50-year Golden Anniversary of our diocese, let us renew our commitment to the Lord and be inspired to share what we have received from Him. You make a gift at: [www.arlingtondiocese.org/BLA](http://www.arlingtondiocese.org/BLA) or scan the QR code:



FOURTH SUNDAY IN ORDINARY TIME

< KID'S >  
KORNER

Gospel Today  
Fourth Sunday in Ordinary Time | Mark 1:21-28  
Jesus teaches and heals with authority in the synagogue.

Year B



J \_\_\_\_\_  
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with \_\_\_\_\_ u \_\_\_\_\_  
in the s \_\_\_\_\_.

Fill in the blanks with the underlined words from above.

Just like the people in Jesus' community, we still ask Jesus to help and heal us through daily prayer and attending mass.

- Where can we hear the Good News?
- How can praying help us in our daily lives?
- Who in our community can help us keep our bodies healthy?



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