



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

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

Christine Arroyo (Vice Chair)

christinevarroyo539@gmail.com

PARISH SCHOOL

703-221-3868

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

Dr. Sally Nicholson, Principal

snicholson@stfas.org

Elizabeth Rayhel, Assistant Principal

erayhel@stfas.org

Liz Orille, Director of Admissions

lorille@stfas.org

Megan Quinn, Operations Administrative Assistant

mquinn@stfas.org

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

x227

frjscullion@stfrncis.org

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

x228

frgcorrigan@stfrncis.org

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

x229

frcdunn@stfrncis.org

PERMANENT DEACON

Dcn. Michael Gomes (Leave messages at Parish phone)

dcnmike@stfrncis.org

HISPANIC MINISTRY

x229

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

frcdunn@stfrncis.org

PARISH STAFF

703-221-4044

Lisa Bongiorno, Business Manager

x223

lbongiorno@stfrncis.org

Chanel Marquis, Compliance Officer

x222

cmarquis@stfrncis.org

Jessica Ulsenheimer, Bookkeeper

X232

julsenheimer@stfrncis.org

Lina Morales, Receptionist

X221

lmorales@stfrncis.org

FAITH FORMATION MINISTRY

703-221-3127

Sheila Noble, Director of Faith Formation

x238

snoble@stfrncis.org

Angelica Silva, CRE

x236

asilva@stfrncis.org

Elizabeth Brack, Secretary

x234

lizb@stfrncis.org

MUSIC MINISTRY

703-221-4044

Nikole Giraldi, Director

x231

nikoleg@stfrncis.org

Colleen Wells, Assistant Director

x237

cwells@stfrncis.org

CYM

540-273-0777

Brandon Jubar, Coordinator of Youth Ministry

bjubar@stfrncis.org



February 14th
Ash Wednesday

- 6:00 a.m.—** Prayer Service with Distribution of Ashes
- 8:45 a.m.—** Mass with Distribution of Ashes
- 12:00 p.m.—** Prayer Service with Distribution of Ashes
- 5:00 p.m.—** Prayer Service with Distribution of Ashes
- 7:00 p.m.—** Mass with Distribution of Ashes
- 8:30 p.m.—** La Misa con distribución de las cenizas

Ashes will only be distributed during the above listed services.

The Regulations on Lenten Fasting and Abstinence

The dual disciplines of fasting and abstinence have a long history in the Catholic Church. Going back to the early Church, the purpose behind the custom of self-denial is not punishment; it is to simplify our lifestyles so that we create a certain emptiness. In this way, freed from all distractions, we are able to hear and respond to God's continued call to conversion and holiness.

Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics from the age of 18 until age 59. On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

Abstinence from meat is to be observed by all Catholics who are 14 years of age and older. Ash Wednesday, all the Fridays of Lent, and Good Friday are days of abstinence.

Note: If a person is unable to observe the above regulations due to ill health or other serious reasons, they are urged to practice other forms of self-denial that are suitable to their condition. Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.



Simple Soup Supper
6:00 pm in the
Dining Facility

Each Friday in Lent - Join us for Fellowship and Worship



Stations
of the
Cross

7:00 pm in the Church
(Bilingual)

Fridays (starting February 16th) during Lent.



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

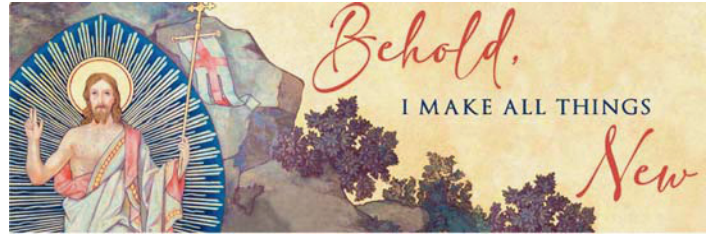
Phone: 703-221-3127 Fax: 703-221-3246
 Office Hours: Monday—Thursday: 8:00 a.m.—2:00 p.m.
 Friday: **Closed**

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.

Children's Faith Formation for 2023-2024

Feb. 4	Sunday CFF Session
8	Thursday CFF Session
11	Sunday CFF Session
15	NO CFF (President's Day Weekend)
18	NO CFF (President's Day Weekend)
22	Thursday CFF Session
25	Sunday CFF Session
29	Thursday CFF Session

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 or scan the QR code:

**SCAN ME****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.

SPONSOR OF THE WEEK

We would like to thank
Lake Ridge Automotive
 for sponsoring an ad in our weekly bulletin.



February 4, 2024 | Fifth Sunday in Ordinary Time

Jb 7:1-4, 6-7 | 1 Cor 9:16-19, 22-23 | Mk 1:29-39

Written by
 THE
 FAITHFUL
 DISCIPLE

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

Why me? It could be a flat tire, a lost job or a serious illness. When inconvenient, unpleasant or even downright horrible things happen, it is understandable to wonder why God allows it. I know that is what goes through my head in extreme adversity. God can do all things, so why wouldn't he change "this thing" for me? In the Gospel, we see Jesus curing Simon Peter's mother-in-law of her illness, but many of us don't have our prayers answered like that. Instead, we may relate more to Job in today's first reading when he says life is a "drudgery" and he "shall not see happiness again." The reality is that God's ways are not our ways, so we can't know why some people endure hardship while others receive miracles. But we can change how we respond to those hardships when they arrive. Just as this passage from Job is understood better within the context of the whole book, discrete events in our lives are part of something larger than ourselves. Praying with Scripture, including reading more of Job, can help us understand how God is molding, refining, and yes – always loving us.

PRAY Offering up our sufferings and difficulties is a way to participate in the redemptive work of Christ. It is a simple way to pray and can keep our focus on God throughout the day. There isn't any one specific prayer for doing this. Instead, when something unpleasant or painful happens, take a moment to acknowledge it and give it to the Lord. It can be as simple as saying, "Lord, I am happy to endure this for the benefit of others." You may want to insert a specific intention or offer it for the souls in purgatory. It's not always easy – especially when your suffering is great – but give it a try this week.

GO EVANGELIZE**PRAYER, INVITATION, WITNESS, ACCOMPANIMENT**

When we are tempted to feel like Job is a good time to embrace the age-old practice of "offering it [suffering] up." As a child, my parents explained that offering it up meant I was telling God I would happily suffer in exchange for it helping someone else. What does this really mean? Everything stems from our being united to Christ in our baptism and being participants in his priestly, prophetic and royal office. We offer ourselves, our whole being, including our worship, praise, joy, gratitude, bodies and even sufferings to God as sacrifice. So, to "offer it [suffering] up" is a powerful way of taking a bad situation and allowing it to be used for something good; to give our inconvenience, pain and grief to the Lord and ask him to unite it to Christ's suffering for the good of others. It is a redemptive act, a form of love-in-action. St. Paul is a great example of someone who suffered gladly, and in today's second reading he shares that "to the weak [he] became weak, to win over the weak."



St. Francis of Assisi Catholic School An Exemplary High Performing National Blue Ribbon School for 2019



Sally A. Nicholson, Principal
snicholson@stfas.org

School News

The Knights of Columbus sponsored the “Keep Christ in Christmas” poster contest. The winners received a framed certificate and a cash prize for their efforts. Congratulations to the winners and thank you to the Knights from Potomac Council 9259 for promoting the true spirit of Christmas!



Join our team!

Catholic schools are an important teaching ministry of the Catholic Church. Become a part of the Catholic education tradition. We welcome new applicants to apply for Spanish Teacher, Substitute Teachers, Extended Care Staff, and Lunchroom Staff.





Mass Intentions

SATURDAY, February 3—Weekday

4:00 PM Reconciliation
5:30 PM †Tony O. Lopez
†Alice Tippit
†Steven Evans

SUNDAY, February 4—5th Sunday in Ordinary Time

8:00 AM †Eileen Bolen
People of the Parish
9:30 AM †Steve Eastved
†Terry Goodale, Jr.
†Bob McGowan
11:00 AM †Janet Sarsfield
12:30 PM †Narciso Varela
5:30 PM †Rita Loebach
†Francisca Miravalles
†Conchita and Teopisto Alorro

MONDAY, February 5—St. Agatha

8:45 AM †Jerri Gall
†Conrado Servellon
†Imelda Pine

TUESDAY, February 6—St. Paul Miki and Companions

8:45 AM †Imelda Pine
†Audrey Proscia

WEDNESDAY, February 7—Weekday

8:45 AM †Marv Floom

THURSDAY, February 8—Weekday

8:45 AM †Eileen Bolen

FRIDAY, February 9—Weekday

8:45 AM †Janet Sarsfield

SATURDAY, February 10—St. Scholastica

4:00 PM Reconciliation
5:30 PM †Tony O. Lopez
†Alice Tippit
Olympia Santomero

Mass Intentions on Sunday, February 11, 2024

8:00 AM †Miriam Longo
9:30 AM †Spencer and †Nieves Sagudan
†Patricia McCormack
11:00 AM People of the Parish
12:30 PM †Eduarda Quezada
5:30 PM †Rita Loebach
†Suellen Morgan
†Glorieta Estiller

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 (all brand new). See one of the ushers, parish staff, or come to the sacristy before Mass.



Readings for the Week of February 4, 2024

Monday 1 Kings 8:1-7, 9-13; Mark 6:53-56
Tuesday 1 Kings 8:22-23, 27-30; Mark 7:1-13
Wednesday 1 Kings 10:1-10; Mark 7:14-23
Thursday 1 Kings 11:4-13; Mark 7:24-30
Friday 1 Kings 11:29-32; 12:19; Mark 7:31-37
Saturday 1 Kings 12:26-32; 13:33-34; Mark 8:1-10
Sunday Leviticus 13:1-2; 44-46;
1 Corinthians 10:31—11:1; Mark 1:40-45

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.

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.**



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.**

PW Catholic Business Network Speed Networking—February 21st


The Prince William Chapter of the Catholic Business Network of Northern Virginia invites YOU to our next event on Wednesday, February 21st, from 5:30 p.m.—7:00 p.m., at KO Distilling (10381 Central Park Dr. STE 105, Manassas). **Please join us for an exciting speed networking event and get to know your fellow Catholic business people! Light refreshments will be provided. Three** sponsorship opportunities available for \$150, includes complimentary ticket, business promo at event, and your logo/link on our website for one year. Members: \$25 / Non-members, door, or less than 48 hours before the event: \$35. Register today through the CBN-PW website at: <https://cbnova.org/event-5382849>.







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Basil
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