

**7th Sunday in Ordinary Time ~ February 19, 2023**  
*Blessed Sacrament Catholic Church*

*1427 West Braddock Road ~ Alexandria, Virginia 22302*

*completeness*



©JPPC



***President's Day ~ Monday, February 20th***  
*Our regular schedule of Masses, Confessions & Rosary will be observed.*  
Parish Office will be closed Sunday & Monday.

**LENTEN SCHEDULE**

**\*DAILY MASSES** (beginning **February 23rd**)

**Monday – Thursday:** 6:30 & 8:30 am & 7:00 pm ~

**Friday:** 6:30 & 8:30 am (No evening Mass, only Stations)

**Saturday:** 8:30 am

**\*STATIONS OF THE CROSS**

**Fridays:** 2:30 pm (with school),

7:00 pm, 8:00 pm in Spanish



**\*CONFESSIONS**

**Monday - Thursday:** 7:00 - 8:00 am & 7:30 pm

**Friday:** 7:00 - 8:00 am (No evening confession)

**Saturday:** 3:30 - 4:30 pm

**\*ROSARY**

**Monday - Saturday:** 8:00 am

**\*EUCCHARISTIC ADORATION**

**Fridays:** 9:00 am - 5:00 pm



**February 22nd ~**

**MASSES:**

6:30 am, 8:30 am, 12 Noon, 7:00 pm

**CONFESSION:** 7:00 - 8:00 am

**PARISH CLERGY:**

Rev. John D. Kelly, Pastor  
 Rev. Mark Carrier, Parochial Vicar  
 Rev. Peter St. George, Parochial Vicar  
 Rev. Thomas Yehl, Y.A., Parochial Vicar

**PARISH STAFF:**

John McCrary, Director of Music/Coordinator of Liturgy  
 Susan Doyle, Director of Religious Education  
 Marie Niernberger, Bulletin Editor / Liturgical Environment

**YOUTH RELIGIOUS EDUCATION (CCD):** (September - May)**Grades Pre-K-8**

See the **FAITH FORMATION** page of the parish website for further information.

**BAPTISM OF CHILDREN:** Celebrations are held on one Saturday per month. A parent and godparent preparation program is required. Arrangements should be made at least 3 months prior to the baby's due date. Call the parish office.

**SACRAMENT OF MARRIAGE:** The preparation program must begin *not less than* six (6) months in advance. For weddings celebrated in this church, we cannot confirm a wedding date until after the first appointment with a priest. Call the parish office.

**CHRISTIAN INITIATION OF ADULTS (RCIA):** Questions? Call parish office or email: [sdoyle@bscva.org](mailto:sdoyle@bscva.org)

**PRAYERS AT MASS FOR THE SICK OR RECENTLY DECEASED:** Call the parish office for mention at (2) Sunday Masses.

**MASS CARDS:** Available, in person, at the parish office during regular hours.

**BLESSED SACRAMENT SCHOOL & EARLY CHILDHOOD CENTER**

1417 West Braddock Road, Alexandria, VA 22302

703-998-4170 [www.bssva.org](http://www.bssva.org)

*"To create an educated community to serve Christ and one another with integrity and respect."*

Katherine Chelak, principal

**JESUS LOVES THE LITTLE CHILDREN****...and so does our NURSERY!**

Sundays, during the 9 & 11 a.m. Masses  
 in the ECC of the school. Adult supervision of your children.  
*They play so you can pray! Come & give us a try!*

**SUNDAY MASSES:** Church

Vigil Mass **Saturday:** 5:00 pm

**Sunday:** 7:30, 9:00\*, 11:00\*, 12:30 pm, 5:00 pm

\*NURSERY: At ECC through main school entrance

**Sunday in Spanish:** 2:00 pm

**WEEKDAY MASSES:** Church

Monday - Friday, 6:30 & 8:30 am

Saturday, 8:30 am only

**SACRAMENT OF RECONCILIATION:** Chapel

Monday thru Friday, 7am - 8 am

Saturday, 3:30 - 4:30 pm (except Holy Saturday)

Spanish Community, Sundays, 1:15-1:45 pm

**ROSARY:** Church, Monday - Saturday, 8:00 am

**EUCCHARISTIC ADORATION:** Chapel, Fridays, 9 am- 5 pm

**PARISH OFFICE:** 703-998-6100

**Hours:** Mon. - Fri., 9:00 am - Noon, 1:00 pm - 5:00 pm,  
 7:00 - 9:00 pm; **Sunday,** 9:00 am - 12:30 pm

*The church BUILDING closes at 9:00 pm, Mon. - Fri.  
 & following 5:00 pm Masses on Sat. & Sun.*

**PARISH WEB SITE:**

[www.blessedsacramentcc.org](http://www.blessedsacramentcc.org)

**PARISH E-MAIL:** [parish\\_office@bscva.org](mailto:parish_office@bscva.org)

**FACEBOOK:** <https://www.facebook.com/Blessed-Sacrament-Catholic-Church-210791706782/>

**INSTAGRAM:** @blessed\_sacrament\_youth

**DIOCESE OF ARLINGTON:**

[www.arlingtondiocese.org](http://www.arlingtondiocese.org)



## MASS INTENTIONS

### SUNDAY, FEBRUARY 26 - 1st SUNDAY OF LENT

7:30 am ~ Laurence Bobbin+ (Jill Bobbin)  
 9:00 am ~ Mass for the People  
 11:00 am ~ Patrick & Marie Walsh+ (Family)  
 12:30 pm ~ Mary Ann Fischer+ (Joe Fischer)  
 2:00 pm ~ Spec Int - Rodriguez Family (Irma Cosme)  
 5:00 pm ~ Steven Han+ (Amee & Steve Patterson)

### MONDAY, FEBRUARY 20 - Weekday (President's Day)

6:30 am ~ Barbara Starr+ (Steinmetz & Ankenbauer)  
 8:30 am ~ Perla Dujardin+ (Paolo Rosales)

### TUESDAY, FEBRUARY 21 - Saint Peter Damian

6:30 am ~ Patricia Lynch+ (Julie Huebsch)  
 8:30 am ~ For the Welfare & Intentions of Pope Francis

### WEDNESDAY, FEBRUARY 22 - ASH WEDNESDAY

6:30 am ~ Jimmy Abston+ (Seferina)  
 8:30 am ~ Maureen O'Hara+ (Jan Chase)  
 Noon ~ Mass for the People  
 7:00 pm ~ Michael Joseph Parra+ (Virginia Britton)

### THURSDAY, FEBRUARY 23 - Saint Polycarp

6:30 am ~ Spec Int - Paul Huebsch (Julie Huebsch)  
 8:30 am ~ Charlotte Helms+ (Sue Knight)  
 7:00 pm ~ Mother of Chris Walsh+ (Peggy Horne)

### FRIDAY, FEBRUARY 24 - Lenten Weekday

6:30 am ~ Palamon William Hornung+ (A Friend)  
 8:30 am ~ Greg Baboso+ (Harrington Family)  
 7:00 pm (English) & 8:00 pm (Spanish) ~ Stations of the Cross

### SATURDAY, FEBRUARY 25 - Lenten Weekday

8:30 am ~ Souls in Purgatory+ (April Garcia)  
 5:00 pm ~ Eleanor Kircher+ (Deborah Kircher)

### SUNDAY, FEBRUARY 26 - 1st SUNDAY OF LENT

7:30 am ~ Laurence Bobbin+ (Jill Bobbin)  
 9:00 am ~ Mass for the People  
 11:00 am ~ Patrick & Marie Walsh+ (Family)  
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 2:00 pm ~ Spec Int - Rodriguez Family (Irma Cosme)  
 5:00 pm ~ Steven Han+ (Amee & Steve Patterson)

## Readings for the Week

**Sunday, February 19, 7th Ordinary:** Lv 19:1-2, 17-18; Ps 103:1-2, 3-4, 8, 10, 12-13; 1 Cor 3:16-23; Mt 5:38-48

**Monday:** Sir 1:1-10; Ps 93:1ab, 1cd-2, 5; Mk 9:14-29

**Tuesday:** Sir 2:1-11; Ps 37:3-4, 18-19, 27-28, 39-40; Mk 9:30-37

**Wednesday:** Jl 2:12-18; Ps 51:3-4, 5-6ab, 12-13, 14, 17; 2 Cor 5:20 — 6:2; Mt 6:1-6, 16-18

**Thursday:** Dt 30:15-20; Ps 1:1-2, 3, 4, 6; Lk 9:22-25

**Friday:** Is 58:1-9a; Ps 51:3-4, 5-6ab, 18-19; Mt 9:14-15

**Saturday:** Is 58:9b-14; Ps 86:1-2, 3-4, 5-6; Lk 5:27-32

**Sunday, February 26, 1st Lent:** Gn 2:7-9; 3:1-7; Ps 51:3-4, 5-6, 12-13, 17; Rom 5:12-19 or 5:12, 17-19; Mt 4:1-11



## FAST AND ABSTINENCE ~

The norms, according to the USCCB:

Everyone, age 14 and over, is bound to obey the law of **abstinence from eating meat**. Abstinence is to be observed on all **Fridays** within the season of

Lent. On **Ash Wednesday** and **Good Friday**, everyone over 18 and up to the beginning of their 60th year is also bound to observe the law of **fast**.

On these two days only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs, but together they should not equal another full meal.

**Ash Wednesday and Good Friday, therefore, are the only days of both fast and abstinence.**



## FRIDAY EUCHARISTIC ADORATION

Visit with our Lord in the Blessed Sacrament on **Fridays**. Come to pray any time, but **mid-day & afternoon** visits are most needed. The **Daily Chapel** is open from

**Exposition at 9 am until Benediction & Reposition at 5 pm.**

(Please notify the parish office know if the chapel is empty and you have to leave.)



## Turkey & Syria Earthquake COLLECTION

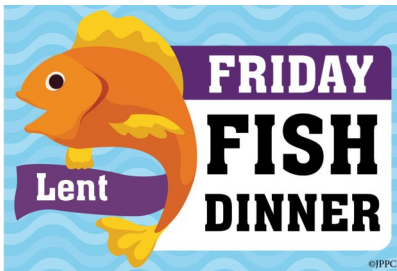
Next week - February 25th & 26th

Benefits the

### BISHOP'S DISASTER RELIEF FUND

to aid in immediate emergency needs such as food, water, shelter, medical care, and aid in long-term rebuilding and recovery efforts. Please make checks payable to Blessed Sacrament with "Earthquake" on the memo line, use your **FaithDirect** account, or this QR code.

Thank you.



**February 24th ~ 5:00 - 7:00 pm ~ Quinn Hall**

**Dine-In ~ Carry-Out ~ Pre-Order**

**\$10 Adult ~ \$30 Family**

**Email: [gk11947@vakofc.org](mailto:gk11947@vakofc.org) Name & Number of meals  
(or call parish office) Thank You!**

### **Invitation to Women of Blessed Sacrament**

**Magnificat for Women** presents

**MYSTERY ~ A Study of the Mysteries of the Rosary.**

Written for & by women, **MYSTERY** encourages us to ponder each of the mysteries and prayerfully examine our lives in relation to vocation, community, home, God, and family. The Spring session will explore the Sorrowful and Glorious mysteries with scripture and conversation. Let's walk together with our Blessed Mother!

Join us for 11 sessions beginning **February 27th**. There is a Monday morning and evening session.

If you already registered in the Fall, then no need to re-register.

For new participants, please learn more and register by February 20 via <https://forms.gle/hbUX7QJ497C1CDMc7>  
or the parish website page: **Magnificat for Women** found under **GROUPS** tab.



### **Financial Benefits Evening ~ Will and Estate Planning**

The Knights of Columbus Blessed Sacrament Council 11947 cordially invites **ALL** parishioners  
**Monday, February 27th ~ 7:00 p.m. ~ Quinn Hall**

Our guest speakers will be: Attorney **Sonia Rustici**, Attorney-at-law with Seidl Law Offices, PC  
Please contact: Field Agent Dan Garrigan 703-494-0967 or [daniel.garrigan@kofc.org](mailto:daniel.garrigan@kofc.org)  
or Grand Knight Christopher Foley 703-980-5145 for further details



Blessed Sacrament School is seeking a **full-time 8th grade homeroom/middle school science teacher** for the remainder of the 2022-2023 school year. The 8th grade homeroom teacher is responsible for teaching science to one class each of 6th, 7th, and 8th grades. If possible, the 8th grade teacher also teaches 8th grade

literature to one class. Ideal candidates have a deep devotion to the Catholic faith, strong classroom management skills, and practice communicating with parents. Applicants must submit a completed application to the Diocese of Arlington and be certified to teach in Virginia. Interested candidates should also submit a cover letter with professional references and resume to Ms. Kate Chelak (school principal) at [kchelak@bssva.org](mailto:kchelak@bssva.org)

### *Pray for the Sick of the Parish*

**MARIA JUAREZ ASCENCIO, AIDA BALDERAMA, IAN BALLUTIS, JUDY BOWMAN, J. COLLINS, ZACHARY DOYLE, DOLORES GOETZ, MICHAEL HART, FRANCES HOLLAND, PATSY LAYER, NOREEN LOPEZ, FRANK Mc DERMOTT, BRUCE & MARY MILLER, LAURA OGDEN, LYNN POOLE, DONNA RAFFAELE, NORMA RAFFAELE, HARRY THOMPSON, Jr., TIMOTHY TOBIN, MICHAEL UNDERWOOD, MAUREEN WAHL, VINCE WHITMORE, ANGELA WILSON, BONNIE WOODS.** (Please call the parish office with additions & deletions)



**Please join us in prayer as we ask for God's guidance & protection of troops, law enforcement, EMT's, firefighters, healthcare workers or anyone serving in harm's way.**

(Please call the parish office to include or delete a name on this list.)

Ryan Barnett, Michael Bouffard, Jason Brooks, Macine Browning, Joseph R. Byrns, Nicholas Cale, Adam Conlan, Robert Corso, Analee Cuellar, Nathalia Cuellar, Bradley Cundari, Matthew Cundari, Nuno Cunha, Richard Demarais, Dennis Donley, Maddy Dooley, George C. Fletcher, Nicholas Fletcher, Tommy Gadell, Victor Gaetan, Joshua Hindenburg, Faith Holman, David Jordan, Jonathan Jordan, Matthew Kitzerow, Steven Kitzerow, James Kunder, Allison Landsman, Joseph Lim, Christopher Love, Alexa Mastrostefano, Grace McCaffery, Sam Mills, Timothy Mills, Lisa Mullaney, Hanna Porterfield, Gray Posey, Thomas Rands, Jamie Reynolds, Erik Rogers, Mary Severs, Ryan Stancik, Jared Steen, Travis A. Stoffer, Kyle Thomas, Josh Truman, Michael Voigt, Abby Warden, Thomas Warring.



**Saint Joseph, Pray for Us and Pray for Our Priests**

**Pray for the defense, advocacy & protection of priests.**

**Let us pray each day for a priest of the diocese**

**Sunday, 02/19 - Rev. Ramon A. Baez**

**Monday, 02/20 - Very Rev. James S. Barkett, VF**

**Tuesday, 02/21 - Rev. Nicholas R. Barnes**

**Wednesday, 02/22 - Rev. Brian G. Bashista**

**Thursday, 02/23 - Rev. Michael J. Bazan**

**Friday, 02/24 - Rev. Kevin J. Beres**

**Saturday, 02/25 - Rev. Paul A. Berghout**



## Offertory Collection ~ Thank you!

Our Offertory Collection including *FaithDirect* of *February 5th* was \$32,635.53.

We also received \$160.00 - *Poor Box*, \$150.00 - *Building Repairs Fund*, and \$1,255.00 - *The Arlington Catholic Herald* (without *FaithDirect*).



### 2023 Bishop's Lenten Appeal (BLA)

### "My Soul Rejoices in the Lord"

*The 2023 BLA is underway!* The BLA theme this year is "My soul rejoices in the Lord," which is shared with the second preparatory year of the Diocesan Jubilee. After reflecting upon the blessings God has given you, please prayerfully consider a pledge. The BLA funds programs and ministries that serve thousands of people in our diocese. Through the inspiration of the BLA theme, let us joyfully make a pledge to support God's Kingdom in our diocese! You make a gift at: [www.arlingtondiocese.org/BLA](http://www.arlingtondiocese.org/BLA) or scan the QR code:



If you have ever wanted to read the Bible all the way through, join us every week! We will read for an hour straight each session, and Fr. Carrier will remain afterwards to answer questions - the goal is to read the Holy Scriptures in a year. We will use the Revised Standard Version (RSV) Catholic Edition for the reading, but bring whatever bible you have and read along.

**Tuesday evenings, 7:00 p.m. or Wednesday mornings, 9:15 a.m.**

**MEETING ROOM** (Drop-in: No registration) **Detailed materials provided, but Bring your Bibles!**

Questions? email: [mfcaime@cs.com](mailto:mfcaime@cs.com) **ALSO:** Visit Fr. Carrier's blog ~ [sanctiscriptores.blogspot.com](http://sanctiscriptores.blogspot.com)

### Blessed Sacrament's VBS returns July 10-14th

Join us for our wilderness adventure!

Stay tuned for details!



### Take advantage of the rich resources of FORMED.ORG

You can enjoy all the offerings available without creating an account. *Formed* is now accessible to every parishioner by simply using our custom URL:

<https://blessedsacramentcc.formed.org> (code: nr1029)

### Annual Men's Conference - "My Soul Rejoices in the Lord"

**Saturday, March 4th** from 8:30 a.m. - 2:30 p.m. at St. Joseph Catholic Church, 750 Peachtree Street, Herndon. Join Catholic men from around the Diocese for a day of prayer, fellowship and reflection. Keynotes include: Fr. Thomas Petri, OP, President of the Pontifical Faculty of the Immaculate Conception and prolific writer; and Tim Staples, Convert Apologist at Catholic Answers and author of *Behold Your Mother*. Sign-in at 7:30 a.m. with confessions, coffee & pastries. Mass celebrated by Bishop Michael Burbidge at 11:15 a.m. \$80. [familylife@arlingtondiocese.org/men](mailto:familylife@arlingtondiocese.org/men)

### Annual Women's Conference - "Love Rejoices in Truth"

**Saturday, March 11th** ~ Join women from around the diocese for an opportunity to be inspired, to connect with likeminded women and to raise our voices together in prayer. Come and hear Nikki Kingsley's remarkable conversion story. Hear how she, a devout Muslim, was guided by the voice of the Blessed Virgin Mary that would eventually lead her to Jesus and into the Catholic Church. 8:30 a.m. to 2:30 p.m. Sign-in begins at 7:30 a.m. with confession, coffee and pastries. Mass will be celebrated by Bishop Michael Burbidge at 11:15 a.m. St. Joseph Catholic Church, 750 Peachtree Street, Herndon, VA. \$80. Inquiries, email [familylife@arlingtondiocese.org/women](mailto:familylife@arlingtondiocese.org/women) or (703) 841-2550.

**Irish "Hooley" ~** The Alexandria division of the Ancient Order of Hibernians and the Basilica of Saint Mary will host the annual **Saint Patrick's Day "Hooley"** on **Sunday, March 12th** from 3-6 p.m. in the gym of the Saint Mary's School (400 Green St.) All proceeds from ticket sales benefit **Christ House** in Alexandria. There will be Irish food and drink catered by **Murphy's**, Irish dancers, music by Pat Garvey, bagpipes, a silent auction and a raffle for a trip to Ireland. Tickets are \$25 for adults and \$5 for children and may be purchased via:

**AOH St. Patrick's Day Hooley - Ancient Order of Hibernians - Alexandria** ([aohalexandria.org](http://aohalexandria.org))

ANCIENT ORDER OF



HIBERNIANS

**2023 Ancient Order of Hibernians Mass in Gaelic ~ The 45th Annual Mass in Gaelic** in honor of St. Patrick will be held on **Monday, March 13th**, at 7 p.m. at St. James Catholic Church (905 Park Avenue, Falls Church, VA 22046). The Mass is organized and hosted by the Col. John Fitzgerald Division of the Ancient Order of Hibernians (AOH). 'Sean O' Riada Mass' in its original Gaelic will be celebrated with organ, harp, and chorus accompaniment. The celebrant will be Rev. M. Valentine Keveny from County Mayo, Ireland. A reception will follow. Contact Alex Wilson [ajwilzn@gmail.com](mailto:ajwilzn@gmail.com) with any questions.



## Blessed Sacrament Prayer Shawl Knitting & Crochet Ministry

MEETING: THURSDAY, MARCH 2nd ~ 7:00 pm ~ MEETING ROOM / PARISH LIBRARY (weather/storms permitting!)

We continue our work on lap blankets, baby blankets, prayer shawls, hats & scarves. Thanks to our anonymous crafters! We have yarn if you need it. Drop-off your hand-made donations at the parish office any time.

Questions? Call Lana at 703-299-8389 (or email Marie at [mniernberger@bscva.org](mailto:mniernberger@bscva.org))



**Blessed Sacrament 39+ Singles:** Contact: Tom Palumbo - [tomtal1@verizon.net](mailto:tomtal1@verizon.net) 703-313-8388

**PRIME TIME SINGLE CATHOLICS (PTSC):** We are single Catholics 40 & over.

Meet us for: Thursday lunches and much more!

For details, visit our website: [bit.ly/ptsc](http://bit.ly/ptsc) Questions or to RSVP, email Tom at [ptscnva@gmail.com](mailto:ptscnva@gmail.com)

♦ **BRIDGE is BACK on TUESDAYS at the PARISH CENTER!** ~ 12 Noon to 3 pm

Contact Ann Corro for more information (703) 370-3664

♦ **SAINT MARTIN de PORRES SENIOR CENTER** ~ 4650 Taney Avenue, Alexandria 22304

All Alexandria residents, 60+ years old are welcome! Daily activities & lunch. Transportation will be provided, but you must RSVP ~ **Call 703-751-2766**

♦ **SENIOR SERVICES of ALEXANDRIA (SSA)** ~ Join "SSA Connection" to get a weekly email with the latest videos, information on activities & services, TED Talks, recipes & much, much more for Seniors in Alexandria! Email to: [communications@seniorservicesalex.org](mailto:communications@seniorservicesalex.org)



## Blessed Sacrament Seniors Health Ministry

Join us & learn ways to improve your **BALANCE, STRENGTH & FLEXIBILITY**

Safe Exercise, Low (No) Impact, Certified Instructor

**Wednesdays ~ 9:30 - 10:30 a.m. Quinn Hall**

Come anytime you can ~ Continuous Instruction ~ No Cost (donations gratefully accepted)



## MEN'S GROUP ~ All men of the parish are welcome!

Saturdays ~ 7:00 - 8:30 am ~ QUINN HALL

Questions? [bsmensgroup@gmail.com](mailto:bsmensgroup@gmail.com)

Join us whenever you can to grow in faith, fraternity & fellowship!



## Expectant moms (and dads): How can we help you?

We are forming a **Visitation Ministry** to serve mothers for the first 40 days after birth by bringing meals, running errands, babysitting older children, etc.

Contact Maureen Tovey at (734) 395-0862 or [tovey.maureen@gmail.com](mailto:tovey.maureen@gmail.com)

OR...are you someone who would like to serve in our **Visitation Ministry**? Contact us!



**Thank you to all who contributed to our Polar Plunge Council Team!**

The team raised almost **\$2,000.00** to help support **Virginia Special Olympics**. It's the Special Athletes and their families that make the Polar Plunge really worthwhile.

Join us at the next one by plunging, praying or donating!



**KNIGHTS  
OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

**E-membership in the Knights of Columbus for eligible Catholic men (age 18+) is available.**

Visit <https://www.kofc.org/secure/en/join/join-the-knights.html> to learn more. Potential members also can send an email to [gk11947@vakofc.org](mailto:gk11947@vakofc.org) or call the Parish Office and leave a message. A Knight will return your call. **Vivat Jesus!**



**Authentic Catholic Mission Trips - Where will your faith take you in 2023?** **Jamaica**, April 22-29 with Fr. James Waalkes; **DR & Haiti**, May 13-20 with Fr. Stephen McGraw; **Kenya**, July 6-15 with Fr. Joseph Moschetto; **Peru**, Aug. 3-12 with Fr. Rich Miserendino; **Vietnam**, Oct. 25 – Nov. 4 with Fr. Vincent Dinh. More info & register: [www.cbc-missions.org](http://www.cbc-missions.org)



*"Forming adults and families to serve and partake in the works of mercy."*

## COMMISSIONED BY CHRIST

[www.commissionedbychrist.org](http://www.commissionedbychrist.org) CBC is a ministry within the Catholic Diocese of Arlington that organizes LOCAL & OVERSEAS & VIRTUAL mission trips for families and adults.

VIRTUAL EVENTS NOW! Visit the website for info.



### The CARPENTER'S SHELTER BAG LUNCH PROGRAM ~ We need lunches!

**Next Month's Distribution: Sunday, MARCH 12th**

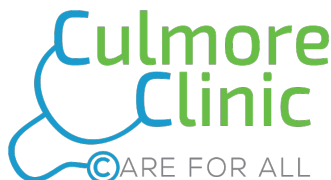
Individuals & families are invited to make & donate bag lunches for distribution on the 2nd Sunday of each month to the residents of **The Carpenter's Shelter** in Alexandria. We need a dedicated, monthly crew to insure we have enough to supply the clients lunches for the following week. Items are dropped off on the 2nd Sunday by 10 am to a cart outside Quinn Hall. Each bagged lunch to include - a sandwich (preferably meat and/or cheese with NO dressing), a dessert & a piece of fruit. Donations of bulk items are also welcomed.

Please call to sign up or with questions - Lana at 703-299-8389 **Thank you!**



### Blessed Sacrament Carpenter's Shelter Monthly Dinner Program

Blessed Sacrament parishioners provide dinner for the residents of **The Carpenter's Shelter** the third Monday of every month. A menu is set and a sign up genius request is emailed asking for volunteers to cook or buy the food and drop it off at the Shelter. Volunteers to help serve the dinner are also needed. If you are interested in volunteering please send your email address to [mbbersani@outlook.com](mailto:mbbersani@outlook.com) You will receive a monthly request where you can sign up to provide food and or be a server. Any questions please contact **Maribeth** at 703-346-5778. **Thank you!**



**Culmore Clinic**, a non-profit, interfaith healthcare clinic in Bailey's Crossroads, seeks medical professionals and multi-lingual individuals interested in volunteering to support the delivery of compassionate care to vulnerable adults, *Licensed Physicians, Nurse Practitioners, Physicians Assistants, Nurses, Medical Assistants, Counselors, Social Workers, and Nutritionists* as well as *language interpreters (Spanish, Arabic, Vietnamese)* are needed. Please contact **Culmore Clinic** at [info@culmoreclinic.org](mailto:info@culmoreclinic.org) More information available at [www.culmoreclinic.org](http://www.culmoreclinic.org)



### ALIVE!, Inc. NEIGHBORS HELPING NEIGHBORS!

[www.alive-inc.org](http://www.alive-inc.org)

703-837-9300

Monetary donations are greatly needed & gratefully accepted. Please visit the website for more information on how to help. Interested in **volunteering?** Contact **Xiomara Hernandez** at [xhernandez@alive-inc.org](mailto:xhernandez@alive-inc.org)

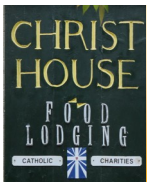


### Mother of Light Center [www.motheroflightcenter.com](http://www.motheroflightcenter.com)

421 Clifford Ave., Alexandria, Monday-Saturday, 10 am-2 pm. (703) 850-6701

**Volunteers greatly accepted!**

Email: [motheroflightcenter@gmail.com](mailto:motheroflightcenter@gmail.com)



### CHRIST HOUSE ~ 131 S. West Street, Old Town

You can help serve the vulnerable from this Alexandria-based facility. **Contact:** Sister Annie Juan - [aniliza.juan@ccda.net](mailto:aniliza.juan@ccda.net) Blessed Sacrament parish provides dinner casseroles & serving help (Covid-Safe!) to **Christ House Alexandria** on the first Wednesday of every month! Volunteer casserole preparers &/or helpers are needed—discover the best way you can help. Families, & teens needing service hours are especially welcome! Contact: **Mary Kilkenny** 571-296-6969 [mary.kilkenny@yahoo.com](mailto:mary.kilkenny@yahoo.com)



Listen to **CATHOLIC RADIO**

**WMET 1160 AM**

and via the (free) **Ave Maria Radio APP!**

Visit: [www.grnonline.com](http://www.grnonline.com)



**Weekly Diocesan TV Mass**

**10:30 & 11:00 am** Sundays on **Channel 50 (WDCW)**

Other Masses on Cable & Satellite stations:

**6:30 am** on **UPTV (Passionist Fathers)**

**& 8:00 am, Noon & 7:00 pm** on **EWTN**



## RESPECT LIFE

Helpful Resources: [www.arlingtondiocese.org](http://www.arlingtondiocese.org)  
[www.usccb.org](http://www.usccb.org) (~search~) "religious liberty"  
[www.vacatholic.org](http://www.vacatholic.org) (Virginia Catholic Conference)  
 #WhyWeMarch [MarchForLife.org](http://MarchForLife.org)

**40 DAYS FOR LIFE ~ 40DaysForLife.com [www.PrayForLife.org](http://www.PrayForLife.org)**

**GABRIEL PROJECT:** Gabriel Project (GP) provides financial & spiritual assistance to pregnant women in need. If you know someone who can benefit from GP services, or if you would like to volunteer, please contact us at (703) 841-3810 or go online at: [www.arlingtondiocese.org/gpavolunteer](http://www.arlingtondiocese.org/gpavolunteer)

**PROJECT RACHEL:** Share the good news of God's merciful love post abortion.

*Project Rachel* can make a confidential referral to a priest and/or counselor: (888) 456-HOPE (4673) or [www.helpafterabortion.org](http://www.helpafterabortion.org)

**'FIRST SATURDAY' Rosary Team** Did you know that the 'no-show' rate can go up by 70% when there are people peacefully praying outside an abortion facility? Please join the prayer team **every First Saturday** to pray the rosary at 10:30 am at Falls Church facility at 900 S. Washington Street, Falls Church, VA. For inquiries, Amy McInerney at (703) 841-3817 or [respectlife@arlingtondiocese.org](mailto:respectlife@arlingtondiocese.org)

### ROSARY for LIFE

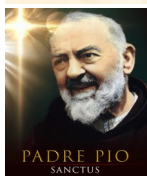
**Every Saturday** ~ around 9-9:15 am ~ women's clinic at 2839 Duke St (near Bishop Ireton H.S.) ~ Our "turn" to lead is 2nd Saturday of the month.

### PRAISE and WORSHIP HOLY HOUR

Join us for prayer, praise and worship on the **2nd Tuesday of each month**, at St. Leo the Great Catholic Church in Fairfax from 7:30-8:30 p.m. Prayer along with music. Special intention will be for the conversion & healing in families. The Sacrament of Reconciliation will be available. All are welcome. Watch livestream at: [arlingtondiocese.org/healingandconversion](http://arlingtondiocese.org/healingandconversion)

### FREE Ultrasound Exam COUPON

Pregnant (or think you might be) and considering abortion? Please call or text 703-946-3077 to schedule your free ultrasound today with **ABC Women's Health and Ultrasound Center**. If you need a ride we can help with transportation. *Se habla español*. Visit [abcwomenshealth.com](http://abcwomenshealth.com). This coupon is valid for one free ultrasound. Limit one per client.



### The SAINT PADRE PIO PRAYER GROUP of Northern Virginia

Meets at 2:30 p.m. on the 4th Sunday of every month in the Daily Chapel.

Please call the Parish Office for more information. (703) 998-6100



**St. Monica, diamond of unwavering faith, pray for us!** It is estimated that 20 million Americans consider themselves to be lapsed Catholics. More than likely, we all know someone within each of our own families who simply no longer practices the faith or has not yet come to know Jesus. St. Monica is patroness & powerful intercessor. ~ **Join us today, & everyday, along with 130+ petitioners as we pray for the return of fallen-away Catholics;** ~ **Unite your loved ones into our daily prayers through our prayer list found in the Sacred Heart Chapel (specify 'St. Monica prayers');** ~ **Pray!** **Greg Golubin 202-437-1274**



Have you ever thought that you would like to do a little more for God?

You, with God's Holy Spirit, may help Jesus, Mary, and yourself with Spiritual Works of Mercy!

### THE LEGION OF MARY

**Meeting day & time: Wednesdays at 7:30 pm in the Meeting Room / Parish Library**

Questions? Call or email the parish office with your contact information. (703) 998-6100 par-



**Free the Slaves** ~ A call for support for victims of human trafficking in our community **"An open wound on the body of contemporary society."** ~ So says Pope Francis on human trafficking - also known as modern slavery. 50 million people around the world are held in human trafficking, made to work through force, fraud, or coercion. January is national human trafficking prevention month, and the community of Blessed Sacrament can take action to spread the word and raise awareness. Victims of human trafficking in our community need help and support in mental health, shelter, foods, health care and other basic needs.

**Free the Slaves** has tools to help: <https://freetheslaves.net/take-action/how-to-take-action-2/>

Contact **Free the Slaves** at [info@freetheslaves.net](mailto:info@freetheslaves.net) to learn how you can help raise awareness in the community this month! See the Arlington diocese's official statement on human trafficking here: <https://www.youtube.com/watch?v=Nb0JwT0sFh8>





**Victim Assistance Program for Those Sexually Abused as a Minor** ~ The Catholic Diocese of Arlington provides comprehensive assistance to anyone who as a minor was sexually abused by a priest, deacon, teacher, employee or representative of the diocese. Parents, guardians, children and survivors of sexual abuse are invited and encouraged to contact the diocesan Victim Assistance Coordinator, who will provide support, consultation, referrals. The Catholic Diocese of Arlington is committed to assisting victims/survivors throughout the healing process.

For further information, call (703) 841-2530 Or visit: [www.arlingtondiocese.org/Child-Protection/](http://www.arlingtondiocese.org/Child-Protection/)

### *Find Heaven in Your Home*

Did you know that putting your Catholic faith at the heart of family life makes everything else you're worried about come together?

So don't wait any longer! Check out Trinity House Community's free workshop, letters, & other tools for living out your Catholic faith in a well-run & joyful home! Co-Directors Soren & Ever Johnson invite you to learn more by visiting [trinityhousecommunity.org](http://trinityhousecommunity.org).



### *Our Fruitful Love*

**Resource for Couples struggling with Infertility.** The Diocese of Arlington, through the *Office of Marriage, Family and Respect Life*, has developed a website called Our Fruitful Love to better accompany those suffering infertility and infant loss.

To learn more about on-line resources and mentors, or if you would like to share your story, visit [www.ourfruitfullove.com](http://www.ourfruitfullove.com)



### *Sign Up For the Diocesan E-Newsletter!*

Receive special video messages from our bishop, learn about unique opportunities to get involved, and be the first to know the news about our Diocese - straight to your inbox.

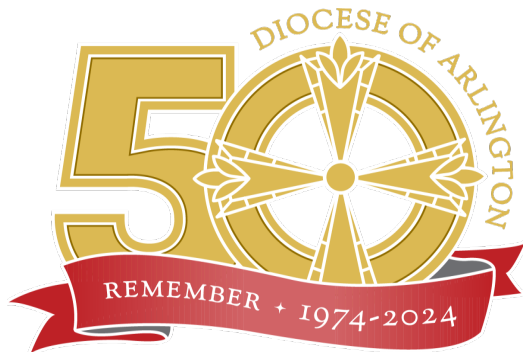
Sign up at: [arlingtondiocese.org/email](http://arlingtondiocese.org/email)

**2 BUSY 2 PRAY?** Try 2 minutes 2 virtue  
Sign up NOW! [www.arlingtondiocese.org/2minutes2virtue](http://www.arlingtondiocese.org/2minutes2virtue)

### *Gifts for Seminarian Education Endowment Fund (SEEF)*



Please support our seminarians and SEEF, a permanent endowment fund established in 2011. SEEF's income provides funding for annual seminarian expenses such as room, board, tuition, health insurance and books, which total almost \$45,000 per seminarian. Please give generously! To donate, make checks payable to: "Foundation for the CDA - SEEF." Mail to: The Foundation, 200 N. Glebe Road, Suite 811, Arlington, VA 22203 Contact John French [john.french@arlingtondiocese.org](mailto:john.french@arlingtondiocese.org) or (703) 841-3819



### *"Sundays with the Sisters" Rejoice Tour 2023*

Witness the joy of our religious sisters during the "Sundays with the Sisters" Rejoice Tour 2023! An initiative for the year of preparation for our diocesan jubilee in 2024, the tour will showcase the religious women of our diocese who, like Mary, rejoice in the Lord by their daily surrender. The tour features an event at a different convent each month, bringing together sisters and lay women for prayer and community. **For single women ages 18-50.** Upcoming: February 5: Sisters, Servants of the Immaculate Heart of Mary; March 26: Franciscan Sisters of the Eucharist. RSVP by the Monday before each event to [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org).

More info at [ArlingtonDiocese.org/RejoiceTour](http://ArlingtonDiocese.org/RejoiceTour)

**Multicultural Cookbook** ~ Do you love to cook? Have a special cultural dish you love to share at family gatherings? We need you! As part of the Golden Jubilee for the Diocese of Arlington, the Multicultural Sub-Committee is producing a multicultural cookbook! It will include recipes from every culture, submitted by those who call the Diocese of Arlington home! Recipes will be reviewed and selected by a diverse panel, and then published in a keepsake cookbook in commemoration of the Diocesan Golden Jubilee. Recipes will be arranged according to the liturgical calendar so that, from years to come, folks will be able to open their cookbook at any time in the liturgical year and find a special recipe to enjoy! Find out more here and access the submission form: <https://www.arlingtondiocese.org/jubilee-gather-at-the-table>