PARISH LIFE

What is True Devotion to Mary?
Who is Saint Louis Marie de Montfort? How did his spirituality change the world? Come to the Patricians Meeting and find out. Join the discussion with Fr. Peffley and the Legion of Mary on Monday, February 4th, at 7:00 p.m. in Farrell Hall. No need to sign up in advance; just drop in. Light refreshments will be served. Free literature is available. The meeting format is: brief topic introduction by a lay speaker, open discussion, talk by Fr. Peffley, wrap-up discussion. Patricians are Catholics who meet monthly to discuss the Catholic Faith with the goal of becoming educated apostles who know the Faith and are willing and able to convey it to others. For more information email 09legionofmary15@gmail.com.

St. Mary's Men's Ministry
St. Mary’s Men’s Ministry will meet on Saturday, February 9th, from 7:30 to 9:00 a.m., at the Old Church Hall. All are invited. Refreshments. For additional information please contact Dave Burke, 703-978-7530.

MASS INTENTIONS

Sunday, February 3
William Palfey †, Rupert Mitsch †,
Thomas Copeland, For the People,
Maddy Ledon (Birthday), (HC) Mark Clinton †

Monday, February 4
Deb Smith, Virginia De Los Santos Restivo

Tuesday, February 5
Władysław Krywienko †, Mark Stinard (Birthday)

Wednesday, February 6
Veronica Nagel Jimenez †, Carton Reyome †

Thursday, February 7
Jim & Ann Recasner, Carmen Pelayo †

Friday, February 8
Steve & Jean Stanley, Diane Pickett †

Saturday, February 9
Memorial Mass, Dee Cardiff †

Donations for the Week of January 6th
Sunday Collection $32,901.65
Building Fund $31,238.05
Capital Improvements $2,441.00
Christmas $3,752.50
Heat $653.00
Immaculate Conception $10.00
Solemnity of Mary $623.00

Additional Collections
Samaritan Fund $2,497.00
Catholic Charities $60.00
Retirement Fund for Religious $5.00

The Second Collection this weekend is for the Arlington Catholic Herald.

READINGS

Sun:          Jer 1:4-5, 17-19.............. 1 Cor 12:32-13:13
Lk 4:21-30


Tue:           Heb 12:1-4....................Mk 5:21-43

Wed:           Heb 12:4-7, 11-15.........Mk 6:1-6


Fri:            Heb 13:1-8..................Mk 6:14-29

Sat:           Heb 13:15-17...............Mk 6:30-34

Sun:           Is 6:1-2a, 3-8.............. 1 Cor 15:1-11
Lk 5:1-11

DONATIONS

Please Support the Squire Roses’ Valentine’s Day Bake Sale

Sunday, February 10th, following all morning Masses
In Farrell Hall.

All Proceeds Go To Charity

St. Mary's Knights of Columbus Spaghetti Dinner
The K of C will host their all-you-can-eat spaghetti dinner in Farrell Hall on Saturday, February 9th, from 6:00 p.m. until the food runs out. Donations will be graciously accepted. Proceeds go to support and establish camperships for the St. Mary’s youth participants at work camps, parish youth retreats, and other conferences. There is even Spaghetti-To-Go available. Don’t miss out!
Enjoy a Good Breakfast with the K of C
Join the K of C who will provide their famous Pancake Breakfast (plain pancakes, blueberry pancakes, french toast, bacon and sausage) in Farrell Hall on Sunday, February 10th, following the 7:30, 9, and 11:00 AM Masses. The Squires will provide breakfast at the Historic Church Hall as well, following the 9:30 AM Mass. Donations are graciously accepted and welcomed, as proceeds will benefit the Knights Pro-Life/Culture of Life programs.

Adult Confirmation Preparation
Have you been Confirmed? Classes for baptized Catholics 18 years and older who are not yet Confirmed begin on Tuesday, February 12th, at 7:30 pm in Room 8. This four week course will cover the essential and fundamental aspects of the Catholic Faith. For more information and to sign up, please contact Fr. Peffley at frpeffley@stmaryofsorrows.org, 703-407-2114, or Deacon Dave Maurer, deacondave@stmaryofsorrows.org, 703-472-1037.

Family Bingo
The Knights of Columbus will sponsor a Family Bingo in support of the Sisters of Our Lady of La Salette, on Saturday, February 16th, in Farrell Hall at 6:30 p.m. The proceeds from the Bingo will be given to the Sisters of Our Lady of La Salette in Myanmar (Burma) to build a boarding house for girls from poor Myanmar villages who are attending school in the city. It is the Sister’s goal to provide these girls a safe place while obtaining their academic, personal, social, and spiritual formation. Please support the sisters by attending Bingo on Saturday, February 16th, or by making a donation. Tickets are on sale in the Foyer after all Masses.

Scout Sunday
“Scout Sunday” is approaching. If you have any questions or would like to participate during the Mass as Lector, Usher, Altar Server, please contact Michelle Huber, Scouting Religious Awards Coordinator, at 703-323-1580 or mhhuber05@gmail.com.

Mardi Gras Sock Hop, February 17th
Please join us for an evening of food and fun at the 2019 Mardi Gras Party, sponsored by the St. Mary’s Women’s Group. The cost is $10 per person for an authentic New Orleans dinner, dessert, beads, and entertainment, featuring hits from the 1950s, in Farrell Hall. Tickets are on sale at the Parish Center, after each weekend Mass. The party is from 6 to 9 p.m. on Sunday, February 17th. For more information, contact Toni Maltagliati at tmaltag@aol.com.

LITURGY

Please Pray for the Sick
Meghan Newell Davis, Deb Smith, Grant Fulkerson, Barbara Bernard, Maria Delobe, Jason Saenz, Frank Lisle, Mary Malone, Carol McGuff, Maria Rendine, Lynn Jones, Lilly Morris, Alan Starr, Matt Menton, Paul Anderson, Betty Simms, Mary Ann Ackerman, Brendan Sutherland, Sean Sutherland, Fred Parker, John Saunders, Dena O’Leary, Allan Brown, Gigi Wassif, Mary Rommel, Don Bathurst, Amanda Kraus Wilson, Joseph Anderson, Debbie McHail, Laurel and Paul Gauthier, Eric Neifert, Cory Leitao, Patricia Parker, Vernetta Molloy, and those in our book of prayers.

Due to space limitations, names will be kept on the list for three months. We request that you write the names in the book of prayers in the Worship Center when they are removed from the bulletin list.

O Come Let Us Adore Him!
St. Mary’s offers Friday evening Holy Hours at the Historic Church on the second through fourth (or fifth) Fridays each month. The next scheduled Holy Hour is Friday, February 8th, at 7:30 pm. Come spend time with our Lord through quiet prayer and reflection before His presence in the Blessed Sacrament.

Extraordinary Ministers of the Eucharist
Have you ever desired to serve your brothers and sisters as an Extraordinary Minister of the Eucharist? If you would like to be considered for this beautiful area of service, please call Mary McKay, 703-978-4141, x112, or Fr. Barkett for more details. Diocesan training will occur in the Spring. New ministers will be commissioned in June, and begin to serve in July.

Prayer Ministry Available
Saturday February 9th
Is there something you would like God to do in your life? Would you like someone to pray for your intentions. Prayer teams are available in the Worship Center each month on the second Saturday after the 5:00 p.m. Mass.

Thinking Ahead to Lent
• Ash Wednesday, the beginning of Lent, is March 6th. Times for Masses and distribution of ashes will be published in February.
• Mark Forrest, International Irish Tenor, will be at St. Mary’s on Monday, March 18th, for an evening of Eucharistic Adoration and song. Put it on your calendar now. (Note the change in day of the week from previous years.)
• Our Parish Mission will be provided by Fr. Basil Cole, O.P., from the Dominican House of Studies. Fr. Cole will be here from March 23rd-March 27th. Look for more details in coming weeks.
• Our Lenten Penance Service will be Monday, April 8th, at 7:30 p.m.
Magnificat Lenten Companion
Lent begins on March 6th. The Parish has purchased a number of the Magnificat Lenten Companion booklets. Price for a single copy is usually $3.95, but with our bulk purchase we can offer them for just $1. Call Mary McKay at 703-978-4141, x112 to reserve your copy.

Lighthouse Catholic Media
On the kiosk this week: True Reformers: Saints of the Reformation by Jerome Williams highlights lessons from the lives of ten saints who lived at the time of the Reformation. Learn and be inspired by these witnesses to faith.

Organ Committee
A new church is not complete without an elegant pipe organ! For centuries, the organ has been the primary instrument in churches, and an excellent tool to encourage congregational singing. The warm, rich tones of a high-quality organ can inspire even the most timid churchgoer to sing, lifting his voice in thanksgiving to God.

But, each organ is unique, and finding the one to suit the needs of St. Mary’s will involve research, hard work, creativity and fund raising. That is why the music director is forming the St. Mary’s Organ Committee, which will meet once or twice monthly, on a schedule that its members will determine, beginning in February. Contact David Bond with questions, davidb@stmaryofsorrows.org, 703-978-4141, x114.

“Love is patient, love is kind. It is not jealous, it is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing, but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails.” 1 Corinthians 13:4-8. Dear Lord, please help us to love the way You love us.

ADULT FAITH FORMATION

Which is True: Creation, Evolution, or Both?
Monday, February 11th,
in Farrell Hall at 7:00 p.m.
This multimedia presentation explores key Church teachings on the biggest challenge to faith experienced by many people today, especially in college: Is evolution compatible with faith in God? Or does evolution make it possible to be an “intellectually fulfilled atheist”? While you may not have doubts about God’s role in the evolutionary process, this presentation will provide valuable information for discussion with those who do. Presented by Mr. Steve Hemler, President of CAINA (Catholic Apologetics Institute of North America). Refreshments will be served. All are invited!
CAREGIVER ESSENTIALS
Education Series: Overview

Join us for a new education series to learn more about Alzheimer’s disease, dementia, and other memory impairments and build your skills as a caregiver! Learn more about normal aging and signs of dementia, tips for better communication with someone with the disease, and local resources that are available to help.

Come for one session or the whole series!

- **Feb 15** Normal Aging vs. Dementia
- **Mar 15** Dementia 101
- **May 17** Enhancing Communication with a Loved One
- **Jun 21** Are They Doing That on Purpose: Understanding Behaviors
- **Jul 19** Taking Care of Yourself: Tips to Survive Caregiving

These programs are co-hosted by Insight Memory Care Center, Independent You Senior Services, St. Mary of Sorrows Catholic Church, and St. Leo the Great Catholic Church.

**DETAILS**
Classes will be held from 1:00 to 2:00 pm, with a light lunch served beforehand at 12:30 pm in Farrell Hall. There is no cost for the lunch or program; an RSVP is greatly appreciated.

**LOCATION**
St. Mary of Sorrows
5222 Sideburn Road
Fairfax, VA 22032

**RSVP**
Please RSVP to Independent You, Senior Services at 703-999-3006 or info@independentyou.net.

**QUESTIONS?**
Please contact Mary Beth Crosson at info@independentyou.net or 703-350-2364.

Presenter
**Lindsey Vajpeyi, Insight Memory Care Center**

Lindsey has worked to provide quality educational programs to the community, and provide support, resources, and education to those in need. She currently holds an Activity Director Certification, EssentiALZ Dementia Advanced Care certification, and a Master Trainer certification with the Best Friends Approach to Dementia Care. She is the Director of Education and Outreach at Insight Memory Care Center, a nonprofit adult day health and resource center.
CAREGIVER ESSENTIALS

Education Series: Class Details

Normal Aging versus Dementia
*Friday, February 15 from 1:00 to 2:00 pm*
Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia or memory impairment.

Dementia 101
*Friday, March 15 from 1:00 to 2:00 pm*
Learn the basics of dementia, including Alzheimer’s disease and other dementias. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes.

Enhancing Communication with a Loved One
*Friday, May 17 from 1:00 to 2:00 pm*
Communication, both expressive and receptive, often becomes difficult as you struggle to meet the needs of your loved one. Learn some communication skills that can help ease the frustration and lead to successful interactions.

Are They Doing That on Purpose?
*Friday, June 21 from 1:00 to 2:00 pm*
For those with memory impairments, sometimes the only form of communication provided is through behavior, both positive and negative. Come and learn strategies for communication and dealing with difficult behaviors.

Taking Care of Yourself: Tips to Survive Caregiving
*Friday, July 19 from 1:00 to 2:00 pm*
A caregiver’s needs are always at the bottom of the list. Learn more about the impact of caregiving, while also developing strategies for self-care, ways to deal with stress and how to maintain a healthy lifestyle and take care of yourself!
PARISH OUTREACH MINISTRY

The Samaritan Fund
Through the Samaritan Fund, we are able to help individuals and families struggling to meet basic needs by providing assistance with rent, utilities, and transportation. You can help by continuing to pray for those in need and for those who are dedicated to helping. Also, please consider making a generous monetary donation to St. Mary’s Samaritan Fund, so that we’ll be able to continue responding as we have done, with prayer and financial assistance.

Tithing Fund Organizations in Farrell Hall
This Sunday, February 3rd, representatives from one of our tithing fund organizations will be in Farrell Hall after the Masses. Come and learn about the important work of Pathway Homes, which provides non-time-limited housing and case management services to individuals with serious mental illness and co-occurring disabilities. This organization is supported in part by St. Mary’s tithing funds. We hope that parishioners will take time to meet and greet our tithing partners.

Thank you
Hypothermia Week was a Great Success!
Our Hypothermia week of January 20 - 27, went very well, thanks to the generosity of our many donations and volunteers and to the prayers of so many. Some volunteers were indeed heroic but we will refrain from calling out some and accidentally omitting others. We had nearly a full house every night. The fame of our excellent meals (elegant, fine food dinners and hot custom-fixed breakfasts) has spread across the homeless community, so we’re very popular. Thanks again to all who helped (prayer was helping) and to the parish priests and staff who gave us such excellent support!

CONFIRMATION RE/ JR. HIGH YOUTH MINISTRY

Monday Meet-Up
Monday, February 4th
Every Monday, come hang out after school in Farrell Hall from 3:00 - 4:00 p.m. All 7th - 8th graders are invited! We will have snacks, play games, and build up our Christian community. Bring your friends - all are welcome!

SERVE 2019
July 7th - 10th
All rising 7th and 8th graders are invited to join us for SERVE 2019. It’s a three day-long experience of service and prayer that takes place at St. Leo the Great. St. Mary’s will be taking a group to serve our local community in nursing homes, at local parishes, and at a food pantry. If you would like more info, please contact Mark!

Confirmation Interviews!
Attention all 8th Graders. If you haven’t yet signed up for a Confirmation Interview, be sure to do so ASAP. Contact Mark for more info.

Questions? Contact Mark, marks@stmaryofsorrows.org

HIGH SCHOOL YOUTH MINISTRY

Sunday Night Live: Laser Tag!
Sunday, February 3rd, 5:00 - 8:15 P.M.
All High School students are invited to join us for Sunday Night Live! Following Mass & dinner we will go Laser Tagging. Be sure to contact Mark for a permission form and to sign-up!

LEAD Team
Tuesday, February 5th, 7-8:30 P.M.
LEAD Team provides an opportunity for development and formation of Catholic leadership skills, deepening of one’s prayer life and living an intentional and lively relationship with Christ. Our next meeting is this Tuesday. All High School students invited!

Winter Retreat
NorthBay Adventure Camp
February 15th - 17th
The best weekend of the year. Join us for a Retreat to NorthBay, Maryland with amazing speakers, great food, and teens from six other parishes. This is not a week-end you want to miss. Contact Mark to sign-up.
For Assistance with the Government Shutdown
St. Mary of Sorrows Church invites those affected by
the Government shutdown to contact the Church for
emergency needs and food assistance. Please contact
the Parish Outreach Ministry Coordinator –
christinab@stmaryofsorrows.org or 703-978-4141, x109.

Some additional resources include:
• For information about ways Catholic Charities is assisting
individuals and families with financial needs due to
the Government shutdown, please visit: https://www.ccda.net/
• United Way supports 2-1-1, a free nationwide information
and 24/7 referral line that helps people find local resources they
may be eligible to obtain.

The 2-1-1 line can be accessed by phone or computer. A
toll-free call to 2-1-1 connects you to a community resource
specialist in your area who can put you in touch with local
organizations that provide critical services, including:
• Supplemental food and nutrition programs;
• Shelter and housing options, and utilities assistance;
• Employment and education opportunities;
• Services for veterans; and
• Health care and mental health services.

Call 2-1-1 and speak with a live, highly trained service profession-
al in your area from any cell phone or landline. All calls are private
and confidential, and assistance is available in multiple languages.

2019 Lenten Soup Supper Series

Ash Wednesday is on March 6th. St. Mary of Sorrows church
would like to again offer a Lenten Soup Supper Series for each of
the Lenten Friday evenings leading up to Easter. This is a time for
our parishioners to come together in prayer and fellowship to
share a simple meal of soup and bread in Farrell Hall, and to attend
the Stations of the Cross service in the Worship Center following. In
the past, there have been speakers at each of the suppers, who have
presented topics related to living out our Catholic faith and values.

We need your help to continue this series. Please contact Christina
Benedi at christinab@stmaryofsorrows.org if you would like to
assist in planning this series, and/or if you would like to make and
bring your favorite vegetarian soup in your slow-cooker or a loaf or
two of your favorite bread. We are in need of 4 more speakers, and
we also need volunteers to help serve & clean-up for each of the
Soup Suppers. Thank you in advance for your prayerful support.

Food Ministry Needs Help

Helping the hungry is an important corporal act of mercy. Our
food ministry is currently in need of help. Can you give two to
three hours once every four weeks, on either a Monday or a
Thursday evening, from 5:00 p.m to about 7:30 p.m to make a
difference in the lives of the less fortunate by bringing food that is
supplied by the charity Food for Others to two subsidized housing
areas in Burke? If possibly interested call Pete Garry at 703-978-
1163 or e-mail him at pgarry1@verizon.net.

Stephen Ministry News & Needs

Nine women of St. Mary’s began training on January 8 to become
St. Mary’s first Stephen Ministers. In May, they will be commissioned
by Fr. Barkett, and begin offering accompaniment to women of the
parish who may be experiencing a time of difficulty in their lives, such
as grief, divorce, financial stress, job loss, relocation, chronic illness,
loneliness. Stephen Ministry provides Christ-centered listening care
and support through lay caregivers, called Stephen Ministers.

Stephen Ministry does not provide psychological counseling or ther-
apy, psychiatric or medical services, or crisis care.

Who is missing? Men! We need some of you to volunteer,
please, so we can also offer care to men. Something to consider!

Of particular need from the parish now: someone gifted in pro-
moting this new ministry in a humorous and effective way. If that
person is you, please contact Carol Williams, 703-250-8399.

“When the people in the synagogue heard this, they were filled
with fury. They rose up, drove Him out of town, and led Him to
the brow of the hill on which their town had been built, to hurl
Him down headlong. But Jesus passed through the midst of them

Dear Lord, please forgive us for the times we haven’t recognized
You, especially in the faces of those in need. Let us always hear
and receive Your beautiful Word and honor You in all we do.

HAPPENING IN THE DIOCESE

Haven of Northern Virginia
Grief Support Groups

Suicide Loss Support Group, 1st and 3rd Saturdays of each
month, 11:00 a.m. - 12:30 p.m. No registration required. Haven
is located at 4606 Ravensworth Road, Annandale.

2019 BISHOP’S LENTEN APPEAL BEGINS!

At the end of January many of us received a mailing regarding the
2019 Bishop’s Lenten Appeal (BLA). The theme for the 2019 BLA
is “Together in the Light of Christ.” After reflecting upon the bless-
ings that God has given you, please prayerfully consider making a
pledge to this important appeal that funds many programs and
ministries that serves thousands of people in our diocese.
Together, through the BLA, let us renew our personal commitment
to furthering the Lord’s work in our diocese.

Join us for
World Marriage Sunday Mass & Reception

All married couples and their families are invited to attend the World
Marriage Sunday Mass at St. Thomas a Becket Catholic Church on
Saturday, February 9th, at 6:30 p.m with celebrant, Vicar General,
Fr. Thomas Ferguson. A dinner reception will follow in the parish
hall. Please RSVP at www.arlingtondiocese.org/wms19/. For more
information, please contact the Office for Marriage, Family and
Respect Life at 703-841-2550.
**Film Screening of “Intelligent Lives”**

Bishop O’Connell High School is happy to host a FREE viewing of Dan Habib’s new film, INTELLIGENT LIVES on Wednesday, February 20th at 7:00 p.m. This film is a catalyst to transform the label of intellectual disability from a life sentence of isolation into a life of possibility for the most systematically segregated people in America. INTELLIGENT LIVES challenges what it means to be intelligent, and points to a future in which people of all abilities can fully participate in higher education, meaningful employment, and intimate relationships. The 70-minute film will be shown in the Bishop O’Connell auditorium, located at 6600 Little Falls Road in Arlington, and will be followed by a panel discussion. The event is open to the public. For questions, please contact Susan Rinaldi, Director of Expanded Services at Bishop O’Connell High School at Srinaldi@bishopoconnell.org.

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**Save the Date for the Catholic Charities Ball**

His Excellency Most Reverend Michael F Burbidge and the Catholic Charities Ball Committee cordially invite you to the Catholic Charities Ball Friday, February 22nd, at the Ritz-Carlton, Tysons. Come enjoy a night of delicious food, dancing and learning about the great works of Catholic Charities throughout the Diocese! Reserve tickets at www.ccdanet/ball.

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**Men, Stir Up the Power Within!**

All men in the Diocese of Arlington are invited to the 2019 Men’s Conference on March 9th at St. Joseph Catholic Church in Herndon, VA. The conference is an annual gathering of more than 700 men in the diocese for a day of faith talks, Holy Mass and panel discussion with speakers and Bishop Michael Burbidge. This year’s theme is Power Within: The Secret Strength of a Deeper Interior Life. Speakers include Matt Birk, former football player for the Baltimore Ravens and an outspoken Catholic and pro-life advocate; and Fr. Donald Haggerty, former spiritual director of St. Mother Teresa’s nuns and author of best-selling books on the interior life. To REGISTER, please go to www.arlingtondiocese.org/men.

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**Have You Ever Wanted to go on a Pilgrimage?**

Fr. Staples, the pastor at St. Isidore in Orange, is hosting a pilgrimage to the Holy Land October 7-18, 2019, and a $500 deposit reserves your spot. The height of the trip will be a visit to the Church of the Holy Sepulchre, but you will also visit Mt. Nebo, where Moses was laid to rest; the ancient city of Petra, Nazareth, where you will celebrate Mass and visit Mary's well; Bethlehem, the birthplace of Jesus; and Cana, the site of Jesus’ first miracle, where married couples will have the opportunity to renew their vows. If you have any questions, or would like more information, please contact Fr. Staples at: 540-672-4933, x5, or stisidore.firstaples@gmail.com.

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**Weekly Schedule**

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<td>Lord Teach Me to Pray</td>
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