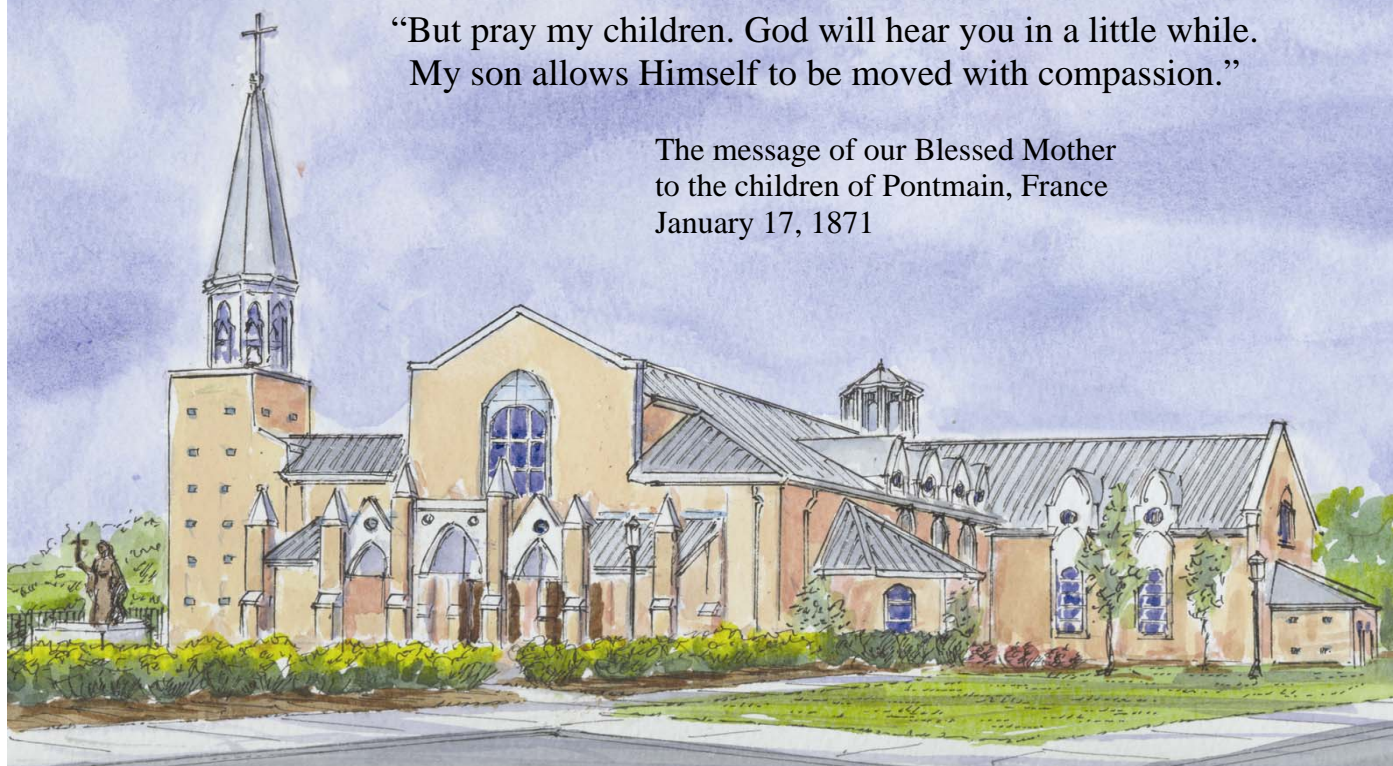


# Our Lady of Hope Catholic Church

“But pray my children. God will hear you in a little while.  
My son allows Himself to be moved with compassion.”

The message of our Blessed Mother  
to the children of Pontmain, France  
January 17, 1871



## Parish Staff

The Rev. William P. Saunders, Pastor  
The Rev. William B. Schierer, Parochial Vicar  
The Rev. Randolph W. Sly, Resident  
Cathy Plummer, Director of Religious Education  
Cathy Barshop, Religious Education & Youth  
Ministry Assistant  
Pat Sabas, Business Manager  
Ben Zumdahl, Director of Technology  
Alfonso Pena, Facilities Supervisor  
Suzanne Yerks, Director of Music  
Nancy Burgess, Parish Secretary

## The Church & Parish Office

Address: 46639 Algonkian Parkway  
Potomac Falls, Virginia 20165  
Office Hours: 9:00 a.m. - 4:00 p.m.,  
Monday - Friday  
Telephone: 703-433-6770  
Website: [www.ourladyofhope.net](http://www.ourladyofhope.net)

## Parish Registration

We invite you to register and become part of our parish community. Forms are available at the parish office or on the table in the narthex.

## Sunday Mass Schedule

Saturday Evening Vigil: 5:00 p.m.  
Sundays: 7:30, 9:00, 10:30 a.m., 12:15 p.m. &  
5:00 p.m.

## Daily Masses

Monday - Friday at 6:45 & 8:30 a.m.  
Saturday: 8:30 a.m.  
On Federal Holidays Mass is at 8:30 a.m. only.

## Sacrament of Penance

Confessions are heard on Saturdays after the 8:30 a.m. Mass, during the Thursday evening Holy Hour, and by appointment.

## Adoration of the Blessed Sacrament

Every Thursday from 9:00 a.m. until 8:00 p.m.

## Holy Hour

Thursday evening from 7:00 – 8:00 p.m.

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## Our Lady of Hope Catholic School

Mary Beth Pittman, School Principal  
Angela Sus, Administrative Assistant  
Address: 46633 Algonkian Parkway  
Potomac Falls, Virginia 20165  
Telephone: 703-433-6760  
Website: [www.crusaders.ourladyofhope.net](http://www.crusaders.ourladyofhope.net)

**MASSES OF THE WEEK**

**Sunday, February 24<sup>th</sup>: 2<sup>nd</sup> Sunday of Lent**

7:30 a.m. ☩ Jack Kern by Dan & Kathy Hughes  
 9:00 a.m. Robert Waning by the Perkins Family  
 10:30 a.m. Living & Deceased Parishioners  
 12:15 p.m. ☩ Jack Ford by the Lawson Family

**Monday, February 25<sup>th</sup>**

6:45 a.m. Kate Dunn by the 2012 Confirmation Class  
 8:30 a.m. Donna Bongiovanni by the R. E. Office

**Tuesday, February 26<sup>th</sup>**

6:45 a.m. Evelyn Flores by the 2012 Confirmation Class  
 8:30 a.m. ☩ John Ford by Paul & Trish Gilmore

**Wednesday, February 27<sup>th</sup>**

6:45 a.m. Anthony Foster by the 2012 Confirmation Class  
 8:30 a.m. Stephanie Behrends by Cheryl Forbes

**Thursday, February 28<sup>th</sup>**

6:45 a.m. Viviane Castaneda by the R.E. Office  
 8:30 a.m. ☩ John Ford by the Jeffrey Family

**Friday, March 1<sup>st</sup>**

6:45 a.m. Dcn. Thomas Haan by the 2012 Confirmation  
 8:30 a.m. Cheryl Forbes by the R. E. Office

**Saturday, March 2<sup>nd</sup>**

8:30 a.m. Joe Hickman by the 2012 Confirmation Class  
 5:00 p.m. ☩ Peter De Cicco by Peter & Carol Oliveri

**Sunday, March 3<sup>rd</sup>: 3<sup>rd</sup> Sunday of Lent**

7:30 a.m. In Praise and Gratitude  
 9:00 a.m. ☩ Juanita Morales by Adams-Green Funeral Home  
 10:30 a.m. Living & Deceased Parishioners  
 12:15 p.m. ☩ Juanita Morales by the Forbes Family

**PARISH GROUP COORDINATORS**

<b>Altar Flowers:</b>	Jennifer McCabe	404-5580
<b>Altar Servers:</b>	Jeff Grado	477-9177
<b>Altar Society:</b>	Alfonso & Janeth Pena	406-9835
<b>American Heritage Girls:</b>		
	Heather Ward	571-331-4394
<b>Birthright:</b>	Marsha Slick	433-0034
<b>Boy Scouts:</b>	Gina DeCrisci-Farmer	406-2341
<b>CYO Sports:</b>	Ralph Peluso	729-3385
<b>Girl Scouts:</b>	Jennifer McCabe	404-5580
<b>Homeschoolers:</b>	Stacy Byrne	948-7845
<b>Knights of Columbus:</b>		
	John Jorgensen	282-3874
<b>Ladies of Hope:</b>	Marie Kennedy	433-0864
<b>Lectors:</b>	Paul Gilmore	444-2293
<b>Legion of Mary:</b>	Deborah Baird	430-8554
<b>Pro-Life:</b>	Bruce Gnatowski	433-5290
<b>St. Joseph's League:</b>		
	Mike & Vicki Egan	430-2651
<b>Seniors:</b>	Mary Ann Murphy	404-8677
<b>Ushers:</b>	John Grzechowiak	444-0023
<b>Young Adults:</b>	Megan White	843-685-5235

**Sacrament of Baptism**

Parish Registration and the Baptism class are required. Baptisms are held every Sunday of each month at 1:30 p.m. in the Church Baptistry. Please contact the parish secretary to register for the Baptism classes.



Plan to attend the classes before the birth of the child.

**Holy Father's Prayer Intentions for March**



**Respect for Nature** That respect for nature may grow with the awareness that all creation is God's work entrusted to human responsibility.

**Clergy** That bishops, priests, and deacons may be tireless messengers of the Gospel to the ends of the earth.

**Sacrament of Matrimony**

In accordance with the regulations of the Bishop of Arlington, couples must contact a priest and begin preparation at least six months prior to the wedding. Parish registration and active participation for a minimum of 3 months is required *before* preparation may begin. Living together before marriage is sinful and harmful to the future marriage. Couples who are living together will be asked to live separately during the preparation time.



**What does it mean to be an active Catholic?**

Frequently, those seeking to celebrate Marriage, have children baptized, or serve as sponsors for Confirmation or Baptism request a letter stating that they are parishioners and active, practicing Catholics. *To receive such a letter, one must be registered in the parish for at least 3 months, attend Mass regularly, and be committed to a stewardship of time, talent, and treasure.* We



encourage all parishioners to become active in one of the parish organizations. In a community as large as Our Lady of Hope, one means of verifying participation is through the use of parish offertory envelopes. If you choose not to participate in the support of the parish, or are unable to contribute at this time, please at least note your prayerful support on your envelope and place it in the weekly offertory. We will then be aware of your continued participation, and you will not be noted as "inactive" on our parish roster.



## Ask Your Pastor

Fr. Saunders

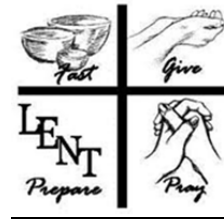
*“What are the origins of Lent? Did the Church always have this time before Easter?” (Part II)*

Lent becomes more regularized after the legalization of Christianity in A.D. 313. The Council of Nicea (325), in its disciplinary canons, noted that two provincial synods should be held each year, “one before the 40 days of Lent.” St. Athanasius (d. 373) in this “Festal Letters” implored his congregation to make a 40-day fast prior to the more intense fasting of Holy Week. St. Cyril of Jerusalem (d. 386) in his Catechetical Lectures, which are the paradigm for our current RCIA programs, had 18 pre-baptismal instructions given to the catechumens during Lent. St. Cyril of Alexandria (d. 444) in his series of “Festal Letters” also noted the practices and duration of Lent, emphasizing the 40-day period of fasting. Finally, Pope St. Leo (d. 461) preached that the faithful must “fulfill with their fasts the Apostolic institution of the 40 days,” again noting the apostolic origins of Lent. One can safely conclude that by the end of the fourth century, the 40-day period of Easter preparation known as Lent existed, and that prayer and fasting constituted its primary spiritual exercises.

Of course, the number “40” has always had special spiritual significance regarding preparation. On Mount Sinai, preparing to receive the Ten Commandments, “Moses stayed there with the Lord for 40 days and 40 nights, without eating any food or drinking any water” (Ex 34:28). Elijah walked “40 days and 40 nights” to the mountain of the Lord, Mount Horeb (another name for Sinai) (1 Kgs 19:8). Most importantly, Jesus fasted and prayed for “40 days and 40 nights” in the desert before He began His public ministry (Mt 4:2).

Once the 40 days of Lent were established, the next development concerned how much fasting was to be done. In Jerusalem, for instance, people fasted for 40 days, Monday through Friday, but not on Saturday or Sunday, thereby making Lent last for eight weeks. In Rome and in the West, people fasted for six weeks, Monday through Saturday, thereby making Lent last for six weeks. Eventually, the practice prevailed of fasting for six days a week over the course of six weeks, and Ash Wednesday was instituted to bring the number of fast days before Easter to 40. The rules of fasting varied. First, some areas of the Church abstained from all forms of meat and animal products, while others made exceptions for food like fish. For example, Pope St. Gregory (d. 604), writing to St. Augustine of Canterbury, issued the following rule: “We abstain from flesh, meat, and from all things that come from flesh, as milk, cheese and eggs.”

Second, the general rule was for a person to have one meal a day, in the evening or at 3 p.m. (*Next week, Part III*)



**Stations of the Cross** will be offered each Friday during Lent at 2:15 and 7:30 p.m. in the Church. Take time to participate in this venerable tradition of the Church and meditate on our Lord’s sacrifice for our sins.

**Confessions** will be heard every Wednesday evening during Lent from 6:30-8 p.m., on Thursdays, from 7-8 p.m., during the Holy Hour and on Saturday mornings after the 8:30 a.m. Mass. **The Light is on for You.**

### Adoration of the Blessed Sacrament

All through Lent, we will offer Adoration from after the Thursday, 8:30 a.m. Mass throughout the day and into the evening, ending at 6:45 a.m. on Friday. A Holy Hour will be offered and Confessions will be heard from 7-8 p.m. on Thursday evening. Adorers are needed, especially men, to fill the late night, early morning hours! Please sign up in the narthex.

**Regulations for Fasting and Abstinence** are as follows: Ash Wednesday and Good Friday are days of penance observed by both fasting (only one full meal during the day) and abstinence from meat. All other Fridays during Lent are days of abstinence; we forgo the eating of meat to make ourselves conscious of our Lord’s sacrifice of Himself for our sins. The law of fasting is binding for those who are 18 years old but not yet 60; the law of abstinence is binding for those 14 years of age and older.

### Eucharistic Adoration – Adorers Needed!

**Thursday 9 a.m. – Friday 6:45 a.m.**



Thank you to all adorers who visit with our Lord. Your dedication is most appreciated. However, Eucharistic Adoration still has a need for scheduled adorers, especially during Lent when Adoration continues throughout the night.

Please prayerfully consider scheduling an hour with our Lord. Sign-up sheets are on the Adoration Table in the narthex.

### Marriage Help

Is your marriage in trouble? Retrouvaille can help; please visit [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com) or call 703-351-7211.

**RELIGIOUS EDUCATION**

703-433-6564

**THE RELIGIOUS EDUCATION OFFICE IS  
CLOSED ON FRIDAYS****Thank you!**

A special thank you to all parishioners who donated to the Winter Coat Drive. More than 300 coats were collected! Many thanks to catechists, Chris Melnick and Dennis Kelleher, for organizing the drive!

Thank you to all the CCD families who participated in our Religious Education Program winter outreach food drive for Catholic Charities in Leesburg. 467 pounds of food was collected!

**Winter Calendar Highlights**February 26<sup>th</sup> & 27<sup>th</sup>: First PenanceMarch 5<sup>th</sup> & 6<sup>th</sup>: Confirmation Pre-Test**Young Adults**

Join us on Facebook to receive all the latest event invitations! [www.facebook.com/groups/fiatyoungadults/](http://www.facebook.com/groups/fiatyoungadults/)

***Please Pray For...***

The full list of the sick and homebound of our parish is on our website, [www.ourladyofhope.net](http://www.ourladyofhope.net). Please call the parish office to have a name added or removed. *Please pray for Joanna Buckley.*

**Support Our Youth Ministry!**

All Saints Church in Manassas has invited us to participate in their 5-car raffle again this year. Prizes include five 2013 vehicles (Honda CR-Z, Honda Accord, GMC Sierra Truck, Honda CRV sport utility and Honda Odyssey Van). One \$5.00 ticket offers the purchaser a chance to win all five vehicles plus \$20,000 in cash prizes. This is a fundraiser to benefit teens from our parish who are attending WorkCamp this summer. Tickets have been mailed to parish families. Tickets will also be available after Masses the weekend of March 9<sup>th</sup> and 10<sup>th</sup>.

**Ladies of Hope Meeting**

The Ladies of Hope invite all ladies to hear our guest speaker, Kathleen Guthrey on February 26 at 7:15 p.m. in the parish hall. Kathleen has been appointed by the National Shrine of Blessed Francis Xavier Seelos, as the "ambassador" of the Seelos Shrine. She will give a presentation on the life of Blessed Francis X. Seelos that promises to be both spiritually enlightening and very informative. Fr. Seelos was a Redemptorist priest stationed in the U.S. in the mid to late 1800's. "Many miracles are attributed to his intercession both during his life and after his death."

**YOUTH MINISTRY**

703-433-6770

Youth@ourladyofhope.net

Like us on Facebook – "OLOH Youth Group"

**High School Youth**(9<sup>th</sup> -12<sup>th</sup> Graders)

**Mother Teresa Mondays** - (meet in parking lot at 5:45 p.m.)

March 4<sup>th</sup> – Falcon's LandingMarch 18<sup>th</sup> – Sportsplex**Ski Trip!**

March 2<sup>nd</sup> – 8 a.m.-9:30 p.m. at Whitetail Ski Resort

Meet at Our Lady of Hope and carpool to Whitetail for a day full of skiing/snowboarding. The cost is \$74/person for all-day lift tickets, ski/snowboard rental, and lessons (if desired). Invite your friends and make some new ones! Please turn in permission forms and payment to Fr. Schierer or the parish office

**Tuesday Night Youth Group Meetings**

Tuesdays from 7:30-9 p.m. in the school gym!

**Junior High Youth Group**

Our next meeting is this Sunday, February 24<sup>th</sup> from 6:30-8 p.m. in the school gym.

**"Catholicism"**

The popular DVD series will be shown in the parish hall on Wednesdays at 7:30 p.m. The Ladies of Hope invite you to join your fellow parishioners in learning more about your faith through this incredible series.

**Lenten Supper**

Join the WorkCamp teens for a meatless Lenten dinner, Friday, March 1<sup>st</sup>, from 6-7:30 p.m. before Stations of the Cross. Tickets may be purchased after Masses this weekend for \$5 each or \$20 per family. Proceeds will benefit this summer's WorkCamp. Thank you for your support.

**Parish St. Patrick's Party**

Join your fellow parishioners for fun food and entertainment at the fourth annual Saint Patrick's Party held Saturday March 9<sup>th</sup>, at 6:30 p.m. in the parish hall. Tickets are on sale in the narthex after all Masses.

For more information and online tickets sales, please visit, [www.oloh-council.org/stpats](http://www.oloh-council.org/stpats).

**Second Collection**

The collection for the Church in Latin America was \$2,429.10. Thank you for your generosity.