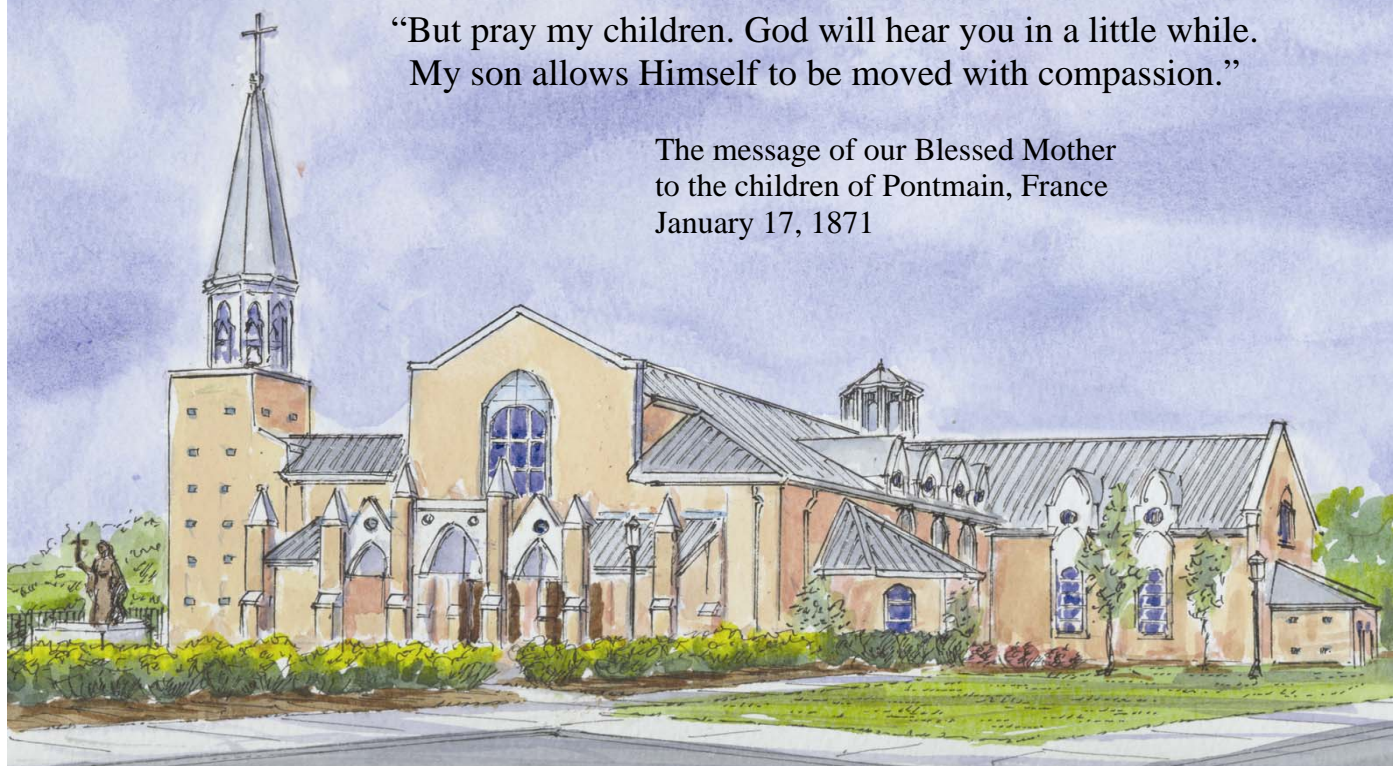


Our Lady of Hope Catholic Church

“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

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.

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

MASSES OF THE WEEK

Sunday, March 3rd: 3rd 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

Monday, March 4th: St. Casimir

6:45 a.m. Tom Hoover by the 2012 Confirmation Class
 8:30 a.m. Carmella Ott by the R. E. Office

Tuesday, March 5th

6:45 a.m. Greg Miller by the 2012 Confirmation Class
 8:30 a.m. ☩ Margaret Laybourne by Kathleen McInerney

Wednesday, March 6th

6:45 a.m. ☩ Ann Godfrey by the Saunders Family
 8:30 a.m. David Sly by the 2012 Confirmation Class

Thursday, March 7th: Ss. Perpetua and Felicity

6:45 a.m. Rebecca Sly by the 2012 Confirmation Class
 8:30 a.m. Carol Anne Jones by Cheryl Forbes

Friday, March 8th: St. John of God

6:45 a.m. ☩ Poor Souls in Purgatory by Patty Rodgers
 8:30 a.m. ☩ Ted Rullo by Bob Venezia

Saturday, March 9th: St. Frances of Rome

8:30 a.m. Rev. William P. Saunders by the Saunders Family
 5:00 p.m. ☩ Stephen Paino by Joe & Barbara Orandello

Sunday, March 10th: Laetare Sunday

7:30 a.m. ☩ Pia Lyzinski by Larry Zawalick
 9:00 a.m. ☩ John Ford by the Our Lady of Hope Lectors
 10:30 a.m. Living & Deceased Parishioners
 12:15 p.m. ☩ T-Sol Johnson by Andrew Groelinger

PARISH GROUP COORDINATORS

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

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 III)

These Lenten fasting rules also evolved. Eventually, a smaller repast was allowed during the day to keep up one's strength from manual labor. Eating fish was allowed, and later eating meat was also allowed through the week except on Ash Wednesday and Friday. Dispensations were given for eating dairy products if a pious work was performed, and eventually this rule was relaxed totally. (However, the abstinence from even dairy products led to the practice of blessing Easter eggs and eating pancakes on Shrove Tuesday, the day before Ash Wednesday.)

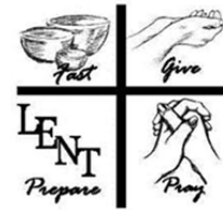
Over the years, modifications have been made to the Lenten observances, making our practices not only simple but also easy. Ash Wednesday still marks the beginning of Lent, which lasts for 40 days, not including Sundays. The present fasting and abstinence laws are very simple: On Ash Wednesday and Good Friday, the faithful fast (having only one full meal a day and smaller snacks to keep up one's strength) and abstain from meat; on the other Fridays of Lent, the faithful abstain from meat. People are still encouraged “to give up something” for Lent as a sacrifice. (An interesting note is that technically on Sundays and solemnities like St. Joseph's Day [March 19] and the Annunciation [March 25], one is exempt and can partake of whatever has been offered up for Lent.)

Nevertheless, I was always taught, “If you gave something up for the Lord, tough it out. Don't act like a Pharisee looking for a loophole.” Moreover, an emphasis must be placed on performing spiritual works, like attending the Stations of the Cross, attending Mass, making a weekly holy hour before the Blessed Sacrament, taking time for personal prayer and spiritual reading and most especially making a good confession and receiving sacramental absolution. Although the practices may have evolved over the centuries, the focus remains the same: to repent of sin, to renew our faith, and to prepare to celebrate joyfully the mysteries of our salvation.

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. 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.



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.

St. Joseph's Feast Day Celebration



The Ladies of Hope invite you to join them for their annual St. Joseph's Day celebration on Tuesday, March 19, 2013. We will begin our evening in the Church at 7:30 p.m. with Vespers and Benediction followed by a St. Joseph's Day celebration in the Parish Hall. Please consider joining us to honor our dear St. Joseph. Contact Marie Kennedy at 703-433-0864 for additional information.

Please Pray For...

The full list of the sick and homebound of our parish is on our website, www.ourladyofhope.net. Please call the parish office to have a name added or removed.

RELIGIOUS EDUCATION

703-433-6564

**THE RELIGIOUS EDUCATION OFFICE IS
CLOSED ON FRIDAYS**

Winter Calendar Highlights

March 5th/6th	Confirmation Pre-Test (<i>During Class</i>)
March 26, 27	No RE Classes
April 27	Confirmation Exam
April 28	Confirmation Parents' Meeting (current 7th graders)
May 4	First Communion Retreat
May 16	First Communion Rehearsal – 5:30 p.m.
May 18	First Communion Liturgy – 11:00 a.m.

Young Adults

Join us on Facebook to receive all the latest event invitations! www.facebook.com/groups/flatyoungadults/

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 9th and 10th.

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 9th, at 6:30 p.m. in the parish hall. Tickets are on sale in the narthex after all Masses. For more information and online ticket sales, please visit,

www.oloh-council.org/stpats.

Book Club

Our current selection is, Citadel of God: A Novel about Saint Benedict, by Louis de Wohl. We invite all interested men and women of the parish to read the book, and join us for a discussion in the St. Elizabeth Ann Seton Room on Tuesday, March 19th at 7:00 p.m. For more information please contact Grace Jeglum at 703-404-0997 or gjeglum@gmail.com.

“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.

YOUTH MINISTRY

703-433-6770

Youth@ourladyofhope.net

Like us on Facebook – “OLOH Youth Group”

High School Youth(9th -12th Graders)

Mother Teresa Mondays - (*meet at the parish office at 5:45 p.m.*)

March 4th – Falcon's Landing

March 18th – Sportsplex

Tuesday Night Meetings

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

March 5th – Let's Elect a New Pope! Papal Conclave - Potomac Falls Edition

Junior High Youth

Our next meeting is this Sunday, March 10th from 6:30-8 p.m. in the school gym.

Fish Fry – March 15th

We are having our second Parish Lenten Fish Fry on Friday, March 15th from 5-7:30 p.m. (before Stations of the Cross) in the parish hall. Tickets will be available for purchase after Masses on March 2/3 and 9/10 for \$10 for adults and \$5 for children 10 and under.

Senior Trips

March 8th – Philadelphia Flower Show, “Brilliant England” features displays from England, Scotland and Wales. Cost is \$94 - \$28 additional for formal Tea.

April 25th – “Mystery Day Trip” – This is about an hour away – famous person, lunch at their home, “step on” guide for more surprises for \$109. For information or to reserve a place, call Mary Ann at 703-404-8677.

Monthly Men's Conference – “Man to Man”

All men are invited to the next meeting of “Man to Man” from 7 – 8:15 a.m., Saturday, March 9th in the parish hall. The topic this month is, “Money Matters,” presented by Shawn McLaughlin. We will have coffee and donuts and break in time for the 8:30 a.m. Mass followed by the Sacrament of Penance.



Blessed be the Lord, my rock,
who makes my arms for battle,
who prepares my hands for war. He
is my love, my fortress;
he is my stronghold, my savior
my shield, my place of refuge--
PSALM 44:1-2

ICC Lecture with Bishop Loverde

His Excellency Paul S. Loverde, D.D., Bishop of Arlington, will speak at St. Ambrose Church Hall, 3901 Woodburn Rd., Annandale, on Sunday, March 3rd at 7:30 p.m. The topic is, “Light of the World: The Church and Vatican II.” All are welcome.