

"To know, to love, and to serve God"



March 22, 2020: Fourth Sunday of Lent

MASS SCHEDULE*

Saturday Vigil: 5:00 pm & 7:00 pm (Vietnamese)
Sunday: 7:30 am, 9:00 am, 10:45 am & 5:00 pm;
2:00 pm & 7:00 pm (both Vietnamese)

Monday-Friday (weekdays): 8:30 am & 12:15 pm
Wednesday & First Friday: 7:30 pm
Friday (except 1st Friday): 7:00 pm (Vietnamese)
Saturday: 8:30 am

HOLY HOUR SCHEDULE*

Wednesday: 7:00 pm (includes Exposition, Holy Rosary, Benediction & Mass)

CONFESSION SCHEDULE*

Monday & Friday: 11:30 am—Noon
Wednesday: 6:30 pm—7:30 pm
Saturday: 9:00 am—10:00 am & 3:30 pm—4:30 pm
First Friday: After the 8:30 am Mass & 6:30 pm

EUCHARISTIC ADORATION**

Monday: 9:00 am—**Saturday:** 8:00 am

* Please listen to pulpit announcements & parish office recordings, and consult current bulletin & website homepage for schedule changes.

** Call Adoration Chapel Hotline for up-to-date information on Chapel schedule: 703-773-2033.

SACRAMENTAL INFORMATION



Marriage: Congratulations on your engagement. Please contact the parish office at least six months prior to the wedding date. It is best for us to hear from you as soon as you become engaged to set up your initial appointment.



Baptisms: We welcome your new child. Generally, baptisms take place at 12:15 pm the first and third Sunday of each month, with some flexibility based on circumstances. Baptism preparation instruction is required for first-time parents or parents who have not previously attended a class. Please call the parish office to begin the process of scheduling the baptism.



Holy Communion & Anointing of the Sick: God bless you. If you or someone you know would like to receive Holy Communion or Anointing of the Sick at Fair Oaks Hospital, Sunrise Assisted Living at Fair Oaks, Dulles Health & Rehabilitation Center, Harmony at Chantilly, Arbor Terrace Fairfax in Chantilly, or at home, please call the parish office to arrange a visit.



Parish Registration: Welcome. To register as a parishioner of St. Veronica, please pick up a registration form in one of the church vestibules or in the parish office. Upon completion, you may drop the form in the Sunday collection basket, or mail it. If you are moving out of the parish or have a change of address, please let the parish office know.



Initiation of Adults & Children: The RCIA process leads adults into full communion with the Catholic Church. Please call the parish office or email RCIA@stveronica.net for details.


PARISH OFFICE
www.stveronica.net

3460 Centreville Road
Chantilly, VA 20151
Phone: 703-773-2000
Fax: 703-773-2001
Email: info@stveronica.net

Office Hours:
Monday-Friday: 9:00 am - 5:00 pm
Closed: 12:15 pm - 12:45 pm

Office Manager: Mrs. Mary Sadick
Receptionists: Mrs. Kathy Bean & Mrs. Kitty Lochbaum
Ministry & Events Coordinator: Mrs. Ana Riddell


PARISH SCHOOL
www.stveronica.net/school

3460-B Centreville Road
Chantilly, VA 20151
Phone: 703-773-2020
Fax: 703-991-9103
Email: info@stveronicaschool.org

Office Hours:
Monday-Friday: 7:30 am - 3:30 pm

Principal: Mr. Michael Busekrus

FOURTH SUNDAY OF LENT

MASS INTENTIONS

Father Kleinmann and Father Dyer will offer private Masses on the indicated date for the following intentions:

Saturday, March 21

- * Lisa Brady +
- * Dwight Heinzelman

Sunday, March 22: Fourth Sunday of Lent

- * Joe+ and Mary Jane+ Leonard ++
- * The People of St. Veronica
- * Mr. and Mrs. John J. Bole on Their 50th Wedding Anniversary
- * Mark Krutz +

Monday, March 23: Saint Turibius of Mogrovejo

- * Johnathan Cambell +
- * Don McCue

Tuesday, March 24

- * Alicia Acker Damon
- * Meghan Ward Ho

Wednesday, March 25: The Annunciation of the Lord

- * Kristin Smith +
- * Alexandra and Chris Dunn
- * John and Frances Ochenkowski

Thursday, March 26

- * John Acker Family
- * Katherine Irwin +

Friday, March 27

- * John W. Headley +
- * Roy and Jean Stout

Saturday, March 28

- * Terri and Grace O'Rielly
- * Jorge Obien +

Sunday, March 29: Fifth Sunday of Lent

- * Richard and Mary Irwin and Family
- * Helena Nguyen
- * The People of St. Veronica
- * Dorcas R. Hardy +

WEEK AT A GLANCE

*By order of Bishop Burbidge,
all scheduled activities, except confessions,
on St. Veronica Parish property are suspended until
further notice. Please see the
rose colored Guide to Confession
on pages 7 & 8 of this bulletin*

*The church remains open for
Adoration of the Holy Eucharist in private prayer.
Limit of ten people in the church at a time, 6 feet apart.*

PARISH VOLUNTEER CONTACTS & FACILITATORS

Adoption Support Group

Jill Bender: Jill_Bender2000@yahoo.com

Adoration Chapel

Linda Frances Loch: 301-728-7855

Altar Boys (Grades 5 - 12)

Father Richard Dyer: frdyer@stveronica.net

Aslan's Army

Shannon Branly/Cherie Sherrier:
aslansarmy@stveronica.net

Charismatic Prayer Group

Cecilia Lauchengco: cessvausa@gmail.com

Extraordinary Ministers of Holy Communion

Deacon J. Paul Ochenkowski: 703-773-2004

50 & Over Women's Bible Study

Phyllis Simard: psimard001@gmail.com

Floral Director

Kathleen Pedati: kpedati@aol.com

Food & Faith Organic Garden

Barbara Seng/Blaise Farina:
garden@stveronica.net

Hearts Afire

Jean Heinzelman: stvheartsafire@gmail.com

Homeschool Information

Irene Starrs: lmno123bird@gmail.com

Hospitality Apostolate

Pamela Cave/Kathy Pedati: hospitality@stveronica.net

Knights of Columbus

Kevin Schneider: kps.schneider@gmail.com

Lectors

Deacon J. Paul Ochenkowski: 703-773-2004

Legion of Mary

Lou Perna: legionofmary@stveronica.net

Linen Ministry

Michele Sharon : msharon@stveronica.net

LINK

Patty Bartnick: 703-476-0442

Luminaries of Holy Mary

Frank Spicer: 571-334-5925/
praydailyrosary@gmail.com

Meals Apostolate

mealsapostolate@stveronica.net

Men's Group

Kelly Dobson: TMIY@stveronica.net

Music Director

Emily Mason: emason@stveronica.net

NFP Coordinator

Meg Kilgannon: 703-507-5998

Norbertine Third Order

Wes & Madeleine Marchesseault:
sixmarches@cox.net

Our Lady of La Vang Mission

Fr. Thomas Luan Q. Pho, O.P.:
lavang@cttdva.com

Parish Community Circles

Francis Thomas: PCCStVeronica@gmail.com

Prison Ministry Book Apostolate

Lou Perna: legionofmary@stveronica.net

Parish Library

Marie O'Brien: bureaucrat2@yahoo.com

Pro-Life Apostolate

Steven Grist: steve.grist@cox.net

PTO President

Monina Nguyen: pto@stveronicaschool.org

Rangers (Ages 9-17)

Kirby Smith: rangercompanyguide@gmail.com

RCIA

Scott Bradford: RCIA@stveronica.net

Religious Education Coordinator

Deacon J. Paul Ochenkowski: re@stveronica.net

Sacristan

Gina McCue: stvsacristan@gmail.com

Saint Mother Teresa Outreach

Virginia Perna: stvsmtoa@gmail.com

Separated or Divorced Catholics

Susan McCullough: sw.mccullough@outlook.com

St. Catherine of Siena Ladies Faith Group

Ann Schierer: ann@schierer.org

St. Veronica Spirituality Book Club

Amy Robinson: amy.dh333@gmail.com

Sunrise Assisted Living Ministry

Pat Rouleau: prouleau@cox.net

Ushers

Dave Pacia: davepacia@yahoo.com

Vacation Bible School

Jessica Straessle: vbs@stveronica.net

Young Mothers

youngmothers@stveronica.net

Youth Apostolate

Erin Johnson: youthminister@stveronica.net

WORSHIP

FROM GREEN TO GOLD—MARCH 22, 2020

Little did I know that as I offered our 12:15 pm Mass here this past Monday it would be the *last* public Mass at St. Veronica's until further notice. I did have some apprehension, knowing that we pastors were scheduled for a teleconference with Bishop Burbidge at 3:00 pm that afternoon, that he might announce what he did. I really was hoping that wouldn't be the case, but as most of you who might now be reading this column know our bishop officially declared that there would be no public Masses offered anywhere in our diocese. It doesn't help much, I guess, that nearly if not all dioceses across our nation did the same. I had been monitoring the Archdiocese of Portland, Oregon, where it had been announced by that state's governor that assemblies of people were greatly restricted. I attended the seminary with the archbishop of Portland, although he was ahead of me a few years. He is a solid bishop, a holy man, and a very courageous soul. He defied his governor's orders last week and kept his churches open and all Masses were offered. But even *he* relented this past week and cancelled all Masses in his diocese. No doubt this is very sad and quite disturbing. I understand the dilemma the bishops are facing. They want to be prudent. They want to protect us. They want to obey the law. Regretfully then, we are left with this situation which is hardly ideal and we have to make the best of it.

Thankfully, our bishop is allowing our churches to remain open for prayer and Adoration. The Blessed Sacrament is exposed, as it is through the week, but not in the chapel, instead in the church. The reason for this is that it provides more space so that the six foot distancing can be more easily achieved. We are to abide by the ten person limit, however. Additionally, we are allowed to maintain our schedule of confessions. We thus have all our regular Lenten times: Mondays and Fridays starting at 11:30 am, Wednesday evenings 6:30 through 8:00 pm, Friday evenings 6:30 to 7:30 pm, and Saturdays 9:00 to 10:00 am and 3:30 to 4:30 pm. Here too we are required to limit the number of people in church at any one time to ten, and they are to be six feet away from each other. We are not allowed to have Stations or any other devotion, including a Communion Service as some of you have requested. In fact we (priests only) are only allowed to distribute Holy Communion to the dying or to those who have the coronavirus, if they request it. We are not to take Communion to the sick or visit the hospital or nursing homes.

All of our scheduled Masses with their intentions will be offered. This will happen in private without a congregation. It will be done typically at times other than the scheduled time, most often in the chapel at our rectory. You, the faithful, are strongly encouraged to watch the Mass on TV or the diocesan website. We will have the information about this in the bulletin. In that regard as there are no public Masses, the bulletin will still be available on our parish website and in print in the church each week for anyone who does stop by. There won't be many parish or diocesan events to publicize as most of them are cancelled, so we will publish some spiritual pieces which hopefully will be helpful. There may be some other videos or similar items available. Personally, I am basically "digitally-challenged," Fr. Dyer on the other hand is not, so he may post a thing or two for your benefit.

One item I want to bring to your attention is the grace of a "Spiritual Communion." When one is unable to receive Communion the Church encourages us to make a Spiritual Communion. This is the fervent desire to receive Our Eucharistic Lord when it is impossible sacramentally. The purpose is to keep the soul united with Jesus. It thankfully brings us special graces, although not sacramental ones, from God. The prayer to be said is: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen

While this column this week has been rather matter-of-fact, I wanted to get all of this information out to you. Next week's will be more spiritual in nature. I am extremely saddened by all of this—the virus and the resulting no public Mass policy. As priests we were ordained to serve God above all but you our parishioners as well under the guidance of and with obedience to our bishop. As such this week's decisions cause me great consternation, as I know they do our bishop. Please know all of you are in my prayers AND remembered at the Masses Fr. Dyer and I are offering. Please pray for us as well and for our bishop. May we all pray for deliverance from this pestilence and invoke the intercession of Our Lady of Monte Berico. (Despite my comment last week, more about her *next* week.)

~ In Christ, Fr. Kleinmann

FROM THE PARISH OFFICE

CRAFT FAIR AT ST. VERONICA?

We are exploring the possibility of scheduling a craft fair at St. Veronica. Please email Ana Riddell, ariddell@stveronica.net, if you might be interested in hosting a table, helping to organize the fair, and/or attending the event..

40 DAYS FOR LIFE

From **now** through April 5th, the Lenten 40 Days for Life Campaign – 40 days of peaceful prayer and fasting for an end to abortion – will occur outside abortion mills throughout the world. Because the nearest high volume abortion mill is located in Falls Church, 40 Days for Life is again asking St. Veronica's parishioners to commit to offering intercessory prayers for one hour each weekday before the Blessed Sacrament to pray for families harmed by abortion. In addition, we are asking parishioners to join Steven Grist each Saturday morning during 40 Days from 9:00 am to noon in a peaceful prayer vigil outside the mill on 900 S. Washington Street in Falls Church.

To sign up, please contact Steven Grist at 703-973-6528 or steve.grist@cox.net, or go to <https://40daysforlife.com/>.

LENTEN CROSS CAMPAIGN CONTINUES

St. Veronica parish invites you to participate in the Lenten Cross of Mercy to support of the mission of the House of Mercy in Manassas. The Lenten Cross, found in the north vestibule, provides us with an opportunity to take part in prayer and almsgiving during Lent. It contains a variety of tags, for either spiritual or corporal works of mercy. Please select one or more tags and help make Christ's mercy visible for those in need in our community. Return material items to the foot of the cross and monetary items to the parish office or mail them to the House of Mercy in the envelopes found at the foot of the cross. Your donations that make it possible to share God's love.

\$1000 RICHARD J. MARRONE MEMORIAL SCHOLARSHIP ACCEPTING APPLICATIONS

The Knights of Columbus Council 12579 is pleased to announce the Richard J. Marrone Memorial Scholarship for 2020. This \$1,000 award will be made to a deserving parishioner of St. Veronica Catholic Church, Chantilly Virginia, who will graduate from high school in the year of the award and study engineering in his/her first year of

college. For details and an application, please visit our web site at <https://tinyurl.com/y9sfqe7u> and select the link on the left "News & Announcements." Applications will be accepted until April 15th.

ATTENTION PARISH APOSTOLATES AND MINISTRIES:

INTERESTED IN CONTINUING TO MEET?

Don't let suspension of activities on the parish grounds stifle your good works, spiritual growth and fellowship. Erin Johnson, our Youth Minister, is using Zoom, an online meeting platform that can accommodate up to 100 devices logging on at a time for face-to-face gatherings. Please contact her at youthapostolate@stveronica.net for more information.

~ Fast & Pray for Persecuted Christians ~

CAR RAFFLE UPDATE

Ticket sales are underway. Please sell or purchase the tickets mailed to you. There are 20 chances to win cash, \$100 to \$5,000, and 5 chances for 2020 vehicles; Honda Civic, Buick Encore, GMC Canyon Truck, Honda CRV SUV, and Honda Odyssey Van. Mail your ticket stubs and payment to "All Saints Church" using the addressed envelope provided. For extra tickets, contact Spencer Rainey at sjrainey@verizon.net.

2020 BISHOP'S LENTEN APPEAL

Steadfast in Faith and Joyful in Hope

The Bishop's Lenten Appeal is critical to our diocesan needs, and we are asking every household in our parish to support this appeal to the extent that they are able. The BLA funds many programs, services and ministries that serve people in need and furthers the Gospel mission of Jesus Christ in our diocese. Let us join together to do the Lord's work – works that touch the lives and souls of thousands of people. Thank you!

CORNERSTONE

Sunday Offertory

Weekend of 3/15/2020	\$ 7,144.96
Faith Direct 1 of 5 Weeks/March (projected)*	\$ 12,468.89

Monthly Mortgage

Weekend of 3/15/2020	\$ 2,202.00
Faith Direct 1 of 5 Weeks/March (projected)*	\$ 3,945.48

Special Collections

Mother Teresa/Poor Box 3/15/2020	\$ 169.08
Faith Direct/March	\$ 1,435.00

401 Families Donating through Faith Direct

Thank you, and may God bless you for your continued support and generosity.

As of 2/29/2020

Principal paid to date	\$ 3,476,906.60
Mortgage balance	\$ 4,937,693.57
Monthly payment	\$ 38,968.67

*Contributions via Faith Direct are deposited in the parish bank account once a month. The total deposit designated for Sunday Offertory and Monthly Mortgage has been divided by the number of Sundays for that month and added to the weekly totals.

SPONSOR OF THE WEEK

Ross Tree Service

Tree & Stump Removal • Pruning • Crown Maintenance • Fertilization

"15% Off Any Service"

Please see their ad in our bulletin, and support all those who make this bulletin possible. We are grateful for their support of our parish.

EDUCATION, CATECHESIS, AND EVANGELIZATION

STAY IN TOUCH WITH YOUR FAITH

Summary of Readings for the Fourth Sunday of Lent

First Reading: 1 Samuel 16:1b, 6-7, 10-13a

In seeking a King for the Israelites, Samuel traveled to Jesse of Bethlehem, who had seven sons. Commanded by God to ignore the elder sons, Samuel anointed the youngest, David.

Second Reading: Ephesians 5:8-14

Paul exhorts the Ephesians to live as “children of light” in goodness and truth and to avoid evil deeds “done in darkness.”

Gospel: John 9:1-41

Jesus performs the miracle of giving sight to the man born blind. Because Jesus performed this miracle on the Sabbath, the Pharisees called him a “sinner,” but the blind man said, “He is a prophet.” Jesus later reveals to the blind man that He is the Son of Man.

Televised Sunday and Daily Masses

The Arlington Diocese co-sponsors a televised Sunday Mass with the Archdiocese of Washington. It takes place at the Basilica Shrine of the Immaculate Conception in Washington and is available at 10:30 am on Sundays on two local TV stations as well as online. Go to <https://adw.org/parishes-masses/sunday-tv-mass/> for more information or to view the Mass.

Eternal Word Television Network broadcasts Mass each day at 8:00 am and 12:00 noon, and on Sunday at 12:00 noon. The network also carries a variety of spiritual and educational programming for adults and children throughout the day and night. Go to ewtn.com/tv/weekly-grid for the complete schedule. The “Channel Finder” tab will help you find your local station.

Father Dyer Has Podcasts!

Go to Surprised by Grace Fr. Dyer. In addition to spiritual reflections, Father has recorded his Lenten reflection on the Scrutiny Gospel “The Man Born Blind,” which was scheduled to be delivered last Wednesday.

Learn More about Your Faith for Free

Make the most of this break from the routine and normal activities by digging deeper into your Catholic Faith. The parish’s subscription to Formed allows you access to a constantly changing and updated library of Catholic resources including books, podcasts, studies, movies. Visit www.formed.org.

The Institute of Catholic Culture also has a vast collection of in-depth courses, Gospel reflections, and live webinars (see below, for example). Browse at instituteofcatholicculture.org.

WEEKLY READINGS

Fourth Sunday of Lent

Sunday

1 Sm 16:1b, 6-7, 10-13a; Eph 5:8-14;

Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

Monday

Is 65:17-21; Jn 4:43-54

Tuesday

Ez 47:1-9, 12; Jn 5:1-16

Wednesday

Is 7:10-14, 8:10; Heb 10:4-10;

Lk 1:26-38

Thursday

Ex 32:7-14; Jn 5:31-47

Friday

Wis 2:1a, 12-22; Jn 7:1-2, 10, 25-30

Saturday

Jer 11:18-20; Jn 7:40-53

Sunday

Ez 37:12-14; Rom 8:8-11; Jn 11:1-45

or 11:3-7, 17, 20-27, 33b-45

THE HOLY FATHER’S MARCH PRAYER INTENTION

Evangelization: Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.



INSTITUTE OF
CATHOLIC
CULTURE

~ PRESENTS ~

THE HOUR HAS COME

A Meditation on Christ’s High Priestly Prayer

~ With ~

Msgr. Charles Pope

Saturday, April 4, 6:30 p.m.

Webinar Lecture Begins 7:30 p.m.

~ Register at

<https://instituteofcatholicculture.org/events/the-hour-has-come~>

WWW.INSTITUTEOFCATHOLICCULTURE.ORG | (540) 635 - 7155

BALTIMORE CATECHISM

- Q. Does the First Commandment forbid the honoring of the Saints?**
- A.** The First Commandment does not forbid the honoring of the Saints, but rather approves of it; because by honoring the Saints, who are the chosen friends of God, we honor God Himself.
- Q. Does the First Commandment forbid us to pray to the Saints?**
- A.** The First Commandment does not forbid us to pray to the Saints
- Q. What do we mean by praying to the Saints?**
- A.** By praying to the Saints we mean the asking of their help and prayers.

**Now enrolling for the
2020-2021 school year**

Contact Mrs. Mary Jo Smith for more
information or to schedule a tour:
mjsmith@stveronicaschool.org
703-773-2020 ext. 150.



St. Veronica offers an academically challenging curriculum within a small class setting. Our test scores are historically above the Diocesan and state averages. We provide academic excellence in a Christ-filled setting. Our students participate fully in the life of the Church and are encouraged to live their faith in every aspect of their lives.

Bus service from South Riding is available to and from school. Before-care begins at 6:30 AM and after-care is available until 6PM.

For more information go to: stveronicaschool.org/admissions

**Physical tours are cancelled until further notice - please e-mail
Mary Jo Smith for more information:
mjsmith@stveronicaschool.org**

StVeronicaSchool.org



[StVeronicaSchool](https://www.instagram.com/StVeronicaSchool)

3460-B Centerville Rd. Chantilly, VA 20151 703-773-2020

St. Veronica Confession Times during Lent 2020

~ Through Saturday, April 4th ~

Mondays, 11:30 am to Noon

Wednesdays, 6:30 to 8:00 pm

Fridays, 11:30 am to Noon, 6:30 to 7:30 pm & First Friday, 9:00 to 9:30 am

Saturdays, 9:00 to 10:00 am & 3:30 to 4:30 pm

~ Holy Week, April 5th through April 11th ~

Monday, April 6th, 11:30 am to Noon & 6:30 to 8:00 pm;

Tuesday, April 7th, 6:30 to 8:00 pm;

Wednesday, April 8th, 6:30 to 8:00 pm;

Good Friday, April 10th, 8:30 to 10:30 am & Noon to 2:00 pm;

Holy Saturday, April 11th, 9:00 to 10:00 am

No Confessions Scheduled on Holy Thursday, April 9th

A Guide to Confession

Five Steps for a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

Procedure in the Confessional

The priest may begin with a scripture reading. After he finishes, you say:

"Bless me, Father, in this confession. It has been - (state the length of time) - since my last confession. I accuse myself of the following sins."

Then tell your mortal sins and the number times committed. If you have no mortal sin to confess, then confess the venial sins you have committed since your last confession. When you have finished telling your sins, you should say:

"For these and all the sins of my past life especially for my sins of _____, I am truly sorry."

The priest now gives the necessary advice, assigns your penance and asks you to say the Act of Contrition (in some form). Then wait and listen as the priest gives the absolution.

Then say *Thank you, Father*, leave the confessional and perform the penance assigned by the priest.

An Act of Contrition

"O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and

deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen."

The Differences in Sin

There are two major kinds of sin: original and actual.

Actual sin is sin which people commit. There are two kinds of actual sin, mortal and venial.

Mortal sin is a horrible offense against God, so horrible that it destroys the life of grace in the soul. Three simultaneous conditions must be fulfilled for a mortal sin: (1) the act must be something very serious; (2) the person must have full knowledge and (3) the person must give full consent of the will. So I cannot commit a mortal sin if the matter is not serious (e.g., if I stole a small amount of money from my employer), or if I did not know what I was doing (e.g., if I were to hurt someone accidentally or unthinkingly), or if I did not act with full freedom (e.g., I was under great physical or emotional pressure.)

A Catholic should know well the difference between mortal and venial sins and, if mortal sins have been committed since the last confession, he should identify them as mortal when confessing.

Examination of Conscience

1. I am the Lord your God. You shall not have strange gods before me.

Do I give God time every day in prayer?

Do I seek to love Him with my whole heart?

Have I been involved with superstitious practices or have I been involved with the occult?

Do I seek to surrender myself to God's Word as

taught by the Church?

Have I ever received Communion in the state of mortal sin?

Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

2. You shall not take the name of the Lord your God in vain.

Have I used God's name in vain: lightly or carelessly?

Have I been angry with God?

Have I wished evil upon any other person?

Have I insulted a sacred person or abused a sacred object?

3. Remember to keep holy the Lord's Day.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I tried to observe Sunday as a family day and a day of rest?

Do I do needless work on Sunday?

4. Honor your father and your mother.

Do I honor and obey my parents?

Have I neglected my duties to my spouse and children?

Have I given my family good religious example?

Do I try to bring peace into my home life?

Do I care for my aged and infirm relatives?

5. You shall not kill.

Have I had an abortion or encouraged anyone to have an abortion?

Have I physically harmed anyone?

Have I abused alcohol or drugs?

Did I give scandal to anyone, thereby leading them into sin?

Have I been angry or resentful?

Have I harbored hatred in my heart?

Have I mutilated myself through any form of sterilization?

Have I encouraged or condoned sterilization?

6. You shall not commit adultery.

Have I been faithful to my marriage vows in thought and action?

Have I engaged in any sexual activity outside of

marriage?

Have I used any method of contraception or artificial birth control?

Has each sexual act in my marriage been open to the transmission of new life?

Have I been guilty of masturbation?

Have I sought to control my thoughts?

Have I respected all members of the opposite sex, or have I thought of other people as objects?

Have I been guilty of any homosexual activity?

Do I seek to be chaste in my thoughts, words and actions?

Am I careful to dress modestly?

7. You shall not steal.

Have I stolen what is not mine?

Have I returned or made restitution for what I have stolen?

Do I waste time at work, school or at home?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

Do I seek to share what I have with the poor?

8. You shall not bear false witness against your neighbor.

Have I lied?

Have I gossiped?

Have I spoken behind someone else's back?

Am I sincere in my dealings with others?

Am I critical, negative, or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

9. You shall not desire your neighbor's wife.

Have I consented to impure thoughts?

Have I caused them by impure reading, movies, conversation, or curiosity?

Do I seek to control my imagination?

Do I pray at once to banish impure thoughts and temptations?

10. You shall not desire your neighbor's goods.

Am I jealous of what other people have?

Do I envy other people's families or possessions?

Am I greedy or selfish?

Are material possessions the purpose of my life?

Do I trust that God will care for all of my material and spiritual needs?

APOSTOLIC SERVICE, PRAYER, AND FELLOWSHIP



We're Still Here in the Midst of COVID-19: At this point in time, all in-person youth activities have been cancelled for the next two weeks. However, we are so excited to share that we are still holding many gatherings online using video conferencing! We invite all youth in grades 6-12 to join us. We have updated the Youth Apostolate Page of the parish website with a schedule of events and log in information. Join us for a DAILY devotional at 1:30 pm, Friday night IGNITE ministry at 7:30 pm, our ENDOW middle school girls ministry on Thursdays at 3:15 pm and more. If you have not connected with us before but are interested in being a part of this exciting opportunity, please join us! For more information, contact youthapostolate@stveronica.net.

Contacting us during COVID-19 Telework: Please feel free to contact Erin Johnson, the Director of Youth Ministry at 540-533-8237 or youthapostolate@stveronica.net. We send out regular email updates. If you would like to be on our distribution list, please let us know. We are also posting up to date information on the Youth Apostolate page of the parish website.

High School Work Camp Meeting: We will be holding our High School Work Camp meeting through online conference call at 6:00 pm on Sunday, March 22nd. Contact us for log in information.

Bonds of Love: Dear Parish Family, Youth Apostolate would like to invite everyone to participate in our "Bonds of Love" spiritual exercises over the coming weeks. Here's what we need to do. In these days of uncertainty, and for as long as the social distancing protocols have us physically separated, we invite you to join us in our efforts to remain spiritually connected. Every day, as a community, we have the opportunity to engage in spiritual and corporal works of mercy, acts of love where we can extend mercy to one another. We would like to create a physical representation of all of the works of mercy that we will each complete as we pray for one another. Therefore, we are asking everyone to create a paper chain representing their prayers, sacrifices, and works of mercy offered for an end to the COVID-19 situation and all other related intentions. Each day, write down your works of mercy on thin strips of paper, attached them together using staples, tape, or glue to make a chain. Keep adding to your chain every day. At the end of the COVID-19 situation, we will hold a great celebration where we will all come together and attach our individual prayer chains into one long physical expression of our union in these difficult times. Use whatever color or style of paper you want . . . just keep praying and engaging in works of mercy! Let's see if we can make a chain long enough to surround our parish building! Contact us at youthapostolate@stveronica.net for more information or inspiration.

"And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body." -Colossians 3:14-15

PRAY FOR A PRIEST EACH DAY

We continue our daily prayers for priests by praying each day this week for:

March 22	Rev. Donald Planty
March 23	Rev. Jerry Pokorsky
March 24	Rev. Christopher Pollard
March 25	Rev. Marcus Pollard
March 26	Rev. Ramel Portula, C.I.C.M.
March 27	Very Rev. Patrick Posey, V.F.
March 28	Rev. Juan Puigbó

PROJECT RACHEL RETREATS UPDATE

Both the English and Spanish Day of Prayer and Healing retreats for women; suffering after abortion are encouraged to seek reconciliation and healing in the sacrament of confession during this Lenten season.

HISPANIC RESOURCES

The Arlington diocese offers many opportunities for the Hispanic population to be able to grow in their faith through their various ministries (Hispanic Confessions, ongoing Faith Formation, Hispanic Vocation notices, Citizenships/Language classes, Quincianieras retreats,

among others). For more information, go to <https://www.parishesonline.com/find/arlington-diocese-spanish-apostolate>.

La Diócesis Católica de Arlington ofrece muchas oportunidades para que la población hispana pueda crecer en su fe a través de sus diversos ministerios (confesiones hispanas, formación continua de fe, avisos de vocación hispana, clases de ciudadanía/idiomas, retiros de Quincianieras, entre otros). Para obtener más información, visite <https://www.parishesonline.com/find/arlington-diocese-spanish-apostolate>.

DIVINE MERCY CORNER

"The loss of each soul plunges Me into mortal sadness. You always console Me when you pray for sinners. The prayer most pleasing to Me is prayer for the conversion of sinners. Know, My daughter, that this prayer is always heard and answered." Jesus to St. Faustina, *Diary* 1397. JESUS, I TRUST IN YOU!

WORDS OF OUR LADY OF FATIMA

"O Jesus, this is for love of Thee, for the conversion of sinners, and in reparation for offences committed against the Immaculate Heart of Mary." —to be said when offering a sacrifice.

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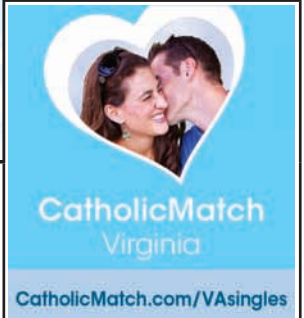


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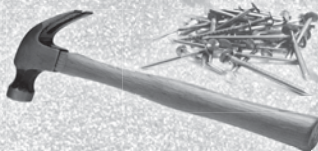
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