



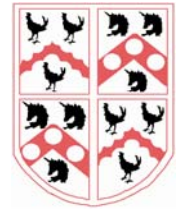
The Cathedral of Saint Thomas More

3901 Cathedral Lane, Arlington, Virginia 22203-3600

703.525.1300

www.cathedralstm.org

March 7, 2010



The west windows are dedicated to St. Thomas More. The bronze statue of Christ the Redeemer overlooks the traffic on Route 50.

Clergy

Most Rev. Paul S. Loverde, Bishop of Arlington

Rev. Robert J. Rippy, Rector
Rev. Jamie R. Workman, Parochial Vicar
Rev. Paul F. deLadurantaye, In Residence
Rev. Mr. Jason Weber
Deacon Samuel M. Taub (Ret.)
Deacon Claudio Benedi (Ret.)

Staff

Saint Thomas More Cathedral School
Mrs. Eleanor McCormack, Principal 703.528.6781

Director of Religious Education
Mr. Luke A. Swantek 703.528.7104

Director of Christian Initiation
Rev. Jamie R. Workman 703.525.1300

Cathedral Music Ministry 703.524.2815
Dr. Richard P. Gibala, Director of Music
Mr. Scott D. Matthias, Associate Organist
Mrs. Patricia M. Coppolino, Director of Youth Choir

Director of Youth Ministry
Mr. Ronnel A. Cristobal 703.525.1300 ext. 25

Sunday Masses

Sat. Vigil Mass 5:30 p.m., Sun. 8:00, 9:30,
11:00 a.m., 12:45 p.m. (Spanish) and 5:00 p.m.

Weekday Masses

Mon. through Fri. 7:00 a.m., beginning on Feb. 18:
8:15 a.m., and 12:05 p.m.
Sat. 9:00 a.m.

Holy Day and Holiday Masses as announced.

Sacrament of Penance

Sat.: 4:00 to 5:00 p.m. and by appointment
Sun.: 12:00 to 12:25 p.m. (Spanish)

Sacrament of Baptism

Third Sun. of each month, 2:30 p.m.
Third Sat. of each month, 10:30 a.m. (Spanish)
Contact the Rectory beforehand for baptismal instructions.

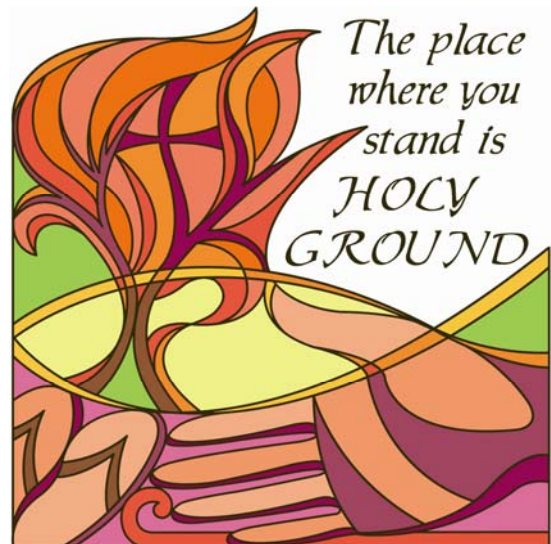
Sacrament of Matrimony

Diocesan regulations require that you contact one of the Cathedral clergy at least six months before the wedding to begin preparations.

Letters of Recommendation to act as sponsors, etc. will be issued only to parishioners in good standing.

Bulletin Deadline

Items are due in writing not later than noon **two** Fridays before publication. Send to secretary2@cathedralstm.org.



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**The Cathedral of
Saint Thomas More
LENTEN SCHEDULE**

This bulletin insert is for the convenience of our parishioners and visitors, so that you will have advance notice of our schedule of Lenten Services and Programs.

It is our hope that you will plan to take part in the services and programs offered and thus enrich your spiritual lives during this holy season of Lent.

ASH WEDNESDAY

February 17, 2009

Masses: 7:00 — 8:15 — 10:00 a.m. — 12:05 — 7:30 p.m.
(Ashes distributed during all Masses.)

WEEKDAY MASSES DURING LENT

7:00 — 8:15 a.m. — 12:05 p.m.

WEEKDAY CONFESSIONS

Wednesdays of Lent beginning February 24, 2010

6:00 p.m. Holy Hour

6:30 through 8:00 p.m. Confessions

7:00 Lenten Talks

HOLY HOURS

1st and 3rd Thursdays — 7:30 p.m.

STATIONS OF THE CROSS

Fridays of Lent (through March 26) at 2:00 p.m. and 7:30 p.m. (English)
and 8:30 p.m. (Spanish)

DAYS OF FAST AND ABSTINENCE DURING LENT

Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence (no meat). Ash Wednesday and Good Friday, in particular, are the **most important** penitential days of the liturgical year. They are days of both fast and abstinence.

The rules of fasting state that only **one** full meal a day can be taken. Two small meals, “SUFFICIENT TO MAINTAIN STRENGTH,” are allowed, but together they should not equal another full meal. Eating between meals breaks the fast, but drinking liquids does not. The rule of fasting obliges Catholics from age 18 to 59. The rule of abstinence binds ALL Catholics 14 years old or older.

The Cathedral of Saint Thomas More
LENTEN SERIES
2010

**THE MASS:
ITS HISTORY, MYSTERY, AND MEANING**

Week I: THE MASS IN SCRIPTURE
Feb. 24, 7:00 p.m.

Week II: THE MASS IN HISTORY
March 3, 7:00 p.m.

Week III: SIGNS AND SYMBOLS OF THE MASS
March 10, 7:00 p.m.

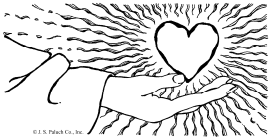
Week IV: THE STRUCTURE OF THE MASS
March 17, 7:00 p.m.

Week V: THE HEART OF THE MASS
March 24, 7:00 p.m.

Week VI: THE MASS NEVER ENDS
March 31, 7:00 p.m.

THIRD SUNDAY OF LENT
March 7, 2010

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Merciful and gracious is the LORD,
slow to anger and abounding in
kindness.
— Psalm 103:8

The Mass Intentions for the coming week are:
Note: (D) deceased. (A) anniversary of death.

Vigil Mass, Sat., Mar. 6

5:30 p.m. Richard McKone (D)

Sun., Mar. 7, Third SUNDAY OF LENT

8:00 a.m. Carole Schmidt (D)

9:30 a.m. Julieta Fuster

11:00 a.m. Elia Pardo (D)

12:45 p.m. Celebrant's Intention

5:00 p.m. All Parishioners

Mon., Mar. 8, John of God, religious

7:00 a.m. Michael Gretz (D)

8:15 a.m. Felicisimo Llacuna (D)

12:05 p.m. Celebrant's Intention

Tues., Mar. 9, Francis of Rome, religious

7:00 a.m. Anna Johnson (D)

8:15 a.m. Celebrant's Intention

12:05 p.m. Dr. Ellie Min

Weds., Mar. 10,

7:00 a.m. Elizabeth Rose Coggins (D)

8:15 a.m. Veronica Cook (D)

12:05 p.m. Celebrant's Intention

Thurs., Mar. 11,

7:00 a.m. Bernice & Herb (D)

8:15 a.m. Celebrant's Intention

12:05 p.m. Rev. Robert J. Rippy

Fri., Mar. 12,

7:00 a.m. Mary W. Resendes (D)

8:15 a.m. Rev. Robert J. Rippy

12:05 p.m. Rev. Msgr. Richard J. Burke (D)

Sat., Mar. 13,

9:00 a.m. Joseph Tuoc Nguyen (D)

The Scripture Readings for next Sun.: Jos 5:9a,10-12;
Ps 34:2-7; 2 Cor 5:17-21; Lk 15:1-3,11-32

Set your clocks ahead before going to bed Sat. night:
Daylight Savings Time begins at 2:00 a.m., Mar. 14.



Marriage Help – Retrouvaille (pronounced retro-vi) has helped tens of thousands of couples at all stages of disillusionment or misery in their marriage. This program can help you too. For confidential information about or to register for the March program beginning with a weekend on **March 19**, call 703.351.7211 or see HelpOurMarriage.com.



Lord, hear the prayers for the sick in our parish family, especially

Kimberly Bush, Rita Ann McGuire, Richard Padgett, Tammy Smith, John and Marie Sitterson, Timothy Taylor, Rita Turelli, and Edmond White.

Your prayers are also requested for our service personnel and those serving in the Diplomatic Corps: Katherine L. Alley, USMC; Mr. Stuart Bowen, Jr. (Special IG for Iraq Reconstruction); ETC (SS) Bryan C. Brooks, USN; Eddie

Chapman, USA; Capt. Anthony Colella, USAF; SFC Michael Creed, USA; LTC Richard Creed, USA; Mr. Louis Crishock (FSO); SPC Christopher J. Cwieka, ARNG; MAJ Matthew Dooley, USA; COL Craig Ekman, USA; SGT Laura Elkins, USA; Bryan Flores, USMC; CPT Roland Foss, USA; Maj. Gerald Kearney, USMC; 2LT Scott Lardinois, USAR; PFC Yolanda Lazo, USMC; Maj. William P. Malloy, USAF; SGT Steven May, USA; Daniel Bruce McCausland, II, USN; MMCN (SW) Ryan McDonough, USN; 1LT Shannon McDonough, USA;



1LT Gerard C. Philip, USA; LT Josh Pollak, USN; PFC Gilberto Rodriguez, Jr., USMC; SPC Richard Schuck, Jr., USA; PFC Constance Smith, USA; MAJ Paul J. Veneziano, USA; 2nd Lt. Thomas J. Wissler, USMC, and LCPL Matthew Wright, USMC.



“We have loved them in life—let us not forget them in death.” We wish to

commend to the charity of your prayers John Ackourey, Brother David Eddy, C.F.X.; Anna Johnson; and Bill Vogolson.

The 40 Days for Life Campaign. From Feb. 17 through March 28, our community will be

Pro-Life



uniting with many others from coast to coast—and internationally—for a major simultaneous pro-life mobilization – the 40 Days for Life campaign.

Faithful believers across America are praying that these efforts will mark the beginning of the end of abortion in America.

STM Cathedral Parish will pray at the Alexandria clinic on Thurs., March 18, 7 a.m.-10:00 p.m. Please note that this is a different clinic location than we visited in the fall. Sign up sheets will be available in the church exits everyday from March 6 through March 14. Directions will be available.

On Sat., March 27 there will be a special Rosary and Procession at the Falls Church Clinic. This event starts with a 7 a.m. Mass at St. James Church followed by a procession from the church to the Falls Church clinic where Fr. Hanley will lead us in praying the rosary.

Car pools from the Cathedral can be arranged. For more information regarding either activity call Gertrude Creed 703.920.0622.

The Victim Assistance Ministry is a program of outreach to victims/survivors of childhood sexual abuse by clergy, religious, or lay employees of the Catholic Church, as well as those abused through incest, by acquaintances, or through violent attack. We encourage both victims/survivors and the entire Catholic community to join us at a bilingual Mass (English/Spanish) to pray for healing for those who have been sexually abused on **Mar. 10, 7:30 p.m.**, at St. Rita Church, 3815 Russell Rd., Alexandria. Bishop Loverde will preside. For more information about the Mass or other services offered through the Victim Assistance Ministry, please visit arlingtondiocese.org or call Pat Mudd 703.841.2530 or Kathryn Kramer 703.841.2759. All calls are confidential.

We do NOT accept clothes! Please do not leave bags of used (or new) clothes at the church or rectory. We have no staff for handling nor facilities to store your old clothes. You can give them to Goodwill Memorial on the other side of route 50 or to any other charitable organization that **wants** clothing. **But, please do not leave bags of clothing anywhere on the church property.**



Join the Youth Group in the **STM School Gymnasium** tonight from 6:00–8:00 p.m. Bring a friend and free (Lent appropriate!) snacks and drinks will be provided. All are welcomed! Next week join us for **CREDO on Sun., Mar. 14** in the School Cafeteria and Gymnasium.

Dinner starts at 6 p.m., speaker/activity at 6:45, and open gym/games at 7:15.

Homework. Cell Phones. Sports. Friends. Facebook. Do you have any room left for God? STM Youth Ministry will be offering a **Spring Retreat on April 16-18**. There will be time for faith, fun, fellowship, food and focus on your relationship with Jesus Christ. This retreat is open to all rising high school youth to graduating seniors. The cost will be \$60, which will include lodging, five meals and an obstacle course challenge during the retreat. The deadline to sign up will be **Fri., Apr. 2**. Contact the Cathedral's Office of Youth Ministry for details or to register.

STM WorkCamp has a few spots left for the taking. If you are interested in joining in this 20-year tradition of the youth serving our home diocese, contact our office as soon as possible.

The **Diocesan WorkCamp** is looking for **Contractors (or skilled workers)**, who can lead or assist in planning for projects for the Diocesan WorkCamp, to volunteer part of a week to work alongside youth from all over the Diocese. You do not have to be licensed, but know your way around a Home Depot. Contact the Cathedral's Office of Youth Ministry for more details.

The **Nail Sale** is back this weekend and through the month of March, after the morning Masses. Consider joining us in prayer and support of the teens attending WorkCamp this year. Plain nails are worth \$5, silver nails are \$15 and gold nails are \$25. We will also have the nail crosses available for \$20 each. All proceeds go directly to WorkCamp.

Spring time is coming and do you need any tasks around the house that you need help with? Come enlist some help with our **"Rent-A-Teen"** program to come help with yard work or small household tasks. Any donations from the program go directly to the costs for the Diocesan WorkCamp! Teens will be available through for 2-hour blocks on March 20 and 27. Please contact the Office of Youth Ministry for more information!

STM Youth Ministry aims to know, love, and serve God and His people, by providing opportunities for community building, faith formation, service, and prayer for the young parishioners of the Cathedral. If you are interested in serving in this rewarding mission, contact Ronnel Cristobal at ym@cathedralstm.org or 703.525.1300 x25.

Student Art Competition and Exhibition. Students in grades 6–12 are invited to submit their faith-inspired works of art to be included in the first annual, diocesan-wide, art competition and exhibition hosted by Pope John Paul the Great High School. The contest theme is "Through Him, With Him, In Him: One in Christ." All mediums accepted. Accepted entries will be reviewed by a panel of experts from The Foundation for Sacred Arts, and selected pieces will be exhibited during a month-long celebration of the arts at JP the Great. **The submission deadline is Mar. 31**; the exhibition is Apr. 30-May 31. For more info, visit jpthegreat.org or contact William O'Connor, Art Department Chair, william.oconnor@jpthegreat.org or 703.445.0360.



"I AM has sent me to you." Could the Lord be calling you to proclaim His name as a priest, deacon or in the consecrated life? Call Father Brian Bashista at 703.841.2514, or write b.bashista@arlingtondiocese.org.

The **annual 8th Grade Vocations Mass** will be celebrated on **Tues., March 9** by Bishop Loverde at Holy Spirit Church in Annandale at 11 a.m. All priests of the diocese are welcome to concelebrate.



STM is a Blue Ribbon School with a nationally-recognized academic program (students' reading and math scores are in the top ten percent, nationally). It offers strong academics and a variety of extracurricular activities including basketball, track, tennis, and an award-winning band program. The class of 2009 was offered nearly \$100,000 in academic scholarships by private Catholic high schools. Parents comment St. Thomas More students are happy and respectful. Come see for yourself and experience the friendly, welcoming atmosphere of this exceptional school! STM is now accepting applications for the academic year 2010/2011. Please call the school 703.528.6781 and arrange a tour of this fine facility. Visit our website at www.stmschool.org.

STM Cathedral School Free Year of Tuition Early Bird Special. In these uncertain economic times, imagine the impact a free year of tuition could have for you, or another family. The STM Cathedral School auction committee is having a raffle for up to a year of STM tuition. Tickets are \$25 each, or five for \$100. Early Bird Special until **Mar. 19**: six tickets for \$100. Please contact Vicki Justice at 571.243.0736 or varj@att.net.



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Cathedral Concerts presents The City Choir of Washington on Sun., Mar. 14, at 7:30 p.m. Join The City Choir of Washington, directed by Robert Shafer, for an evening of delicious French Music. The program features the Duruflé Requiem, Poulenc's Litanies of the Black Virgin, and Hymn to the Sun by Lili Boulanger. Guest organist Paul Skevington will accompany the City Choir on the Cathedral's majestic 3,054 –pipe organ. A reception will follow. This concert was rescheduled from Feb. 12 due to severe weather.

Annual Pilgrimage to Lourdes. The 56th U.S. National Pilgrimage to Lourdes will take place June 29–July 8. This pilgrimage is accompanied by a **medical staff, clergy, and volunteers to assist the needs of the pilgrims** and is open to all. For details, contact Fr. Carl DeSouze rafiki_757@msn.com or the Lourdes Pilgrimage Office. Call toll free 1.877.276.7279, email lourdespilgrimageoffice@comcast.net, or visit website lourdes-pilgrimage.com.

A Ministry of Prayer and Reconciliation. As part of the diocese's Lenten initiative, "The Light is on for You," we are making a commitment to pray in a special way for family members, friends, colleagues, and neighbors who are alienated from the Church or who are inactive in the practice of their faith. Join us for Adoration on Weds. evenings from 6:00-7:00 to pray for the grace of reconciliation that can bring lasting peace to our hearts, homes, and communities. We will have a talk at 7:00 on "Signs and Symbols of the Mass." Confessions will be ongoing from 6:30-8:00 p.m. during the Holy Hour and the talk.



Damage

Hatred does more damage to the person in whom it is stored than to the person on whom it is poured.

— Anonymous

Come to the Diocese of Arlington's 2010 Men's Conference. On **Sat., Mar. 13**, the Office for Family Life will host a Men's Conference at St. Joseph Church, Herndon. The conference will be an opportunity for men of the diocese to recommit themselves to living out their faith in their daily lives, to be inspired by Catholic speakers, and to gather together with their brothers in Christ. Mass will be celebrated by Bishop Loverde. To attend, register now at arlingtondiocese.org. At this time, no on-site registrations will be accepted. If you have any questions, please contact Tom O'Neill at familylife@arlingtondiocese.org or 703.841.2550.

Abortion Recovery Retreats for Women. A Day of Prayer and Healing on **Sat., Mar. 13** and a Rachel's Vineyard Weekend Retreat is scheduled for **Apr. 30-May 2**. These retreats are a safe place to renew, rebuild, and redeem hearts broken from abortion. They offer a supportive, confidential, and non-judgmental environment where you can express, reconcile, and release painful post-abortion emotions to begin the process of restoration, renewal, and healing. For more info or to register, please call Project Rachel 703.841.2504 or email projectrachel@arlingtondiocese.org.

Teacher Job Fair. The Office of Catholic Schools invites prospective teachers to a Teacher Job Fair on **March 13** at Paul VI High School, 9 a.m.-Noon. Principals from over 40 Diocesan elementary and high schools will be on hand to talk with you about openings for the 2010-2011 school year. Representatives from the Office of Catholic Schools will answer questions about the application process. New teachers and those returning to teaching are welcome. (All teachers must be certified or ready to seek certification.) Paul VI High School is located at 10675 Fairfax Blvd. (U.S. Route 50) in Fairfax. Parking is available. For more info, visit arlingtondiocese.org. We believe in our teachers! Join our excellent schools for a faith-filled experience.

Gabriel Project Training. Gabriel Project Arlington (GPA), the diocesan parish-based pregnancy assistance ministry of the Office for Family Life, is holding a training session for interested volunteers on **Sat., Mar. 13**, at St. Theresa Church, in Ashburn, after the 8 a.m. Mass; training will be 9 a.m.-12:00 p.m. Please contact the GPA main office to **RSVP by Mar. 12** at 703.841.2755 or register on line arlingtondiocese.org/gpavolunteer.

Prime Time Single Catholics (PTSC) is open to single Catholics, over age 40, who are single, divorced with an annulment, or widowed. Upcoming events for **March**:

Every Mon.	10:00 a.m. (social) Golf at the Burke Lake Golf Course. Call Rose 703.644.4841.
Sun. 7th	5:00 p.m. Dinner-Dance Elks Lodge in Fairfax. Call Delores 703.391.8426.
Mon. 8th	Book Study Group in Arlington. Call Joan 703.536.4330.
Fri., 12th	6:30 p.m. Sacred Music from the Vatican in an Arlington home. Call Bob 703.549.7366.
Sat., 13th	10:45 a.m. Terra Cotta Warrior Exhibit in DC. Call Ann 703.476-3975.
Sun., 14th	5:30 p.m. Dinner at Guamos in Arlington. Call Tom 703.313.8388.
Mon., 15th	Scripture Study Group meet in Fall Church. Call Diane 703.256.3191.
Weds., 17th	6:00 p.m. Dinner-Dance at Fr. Myer Officers' Club. Call Celeste 703.560.8547.

Anyone interested in PTSC may call Jack for more information at 703.961.8665.

Next week our parish will take up The Catholic Relief Services Collection which helps fund six Catholic organizations that improve the quality of life and protect human dignity. Your gift will support agricultural development to strengthen economies and create food sustainability, provide outreach services to survivors of human trafficking, and supply pastoral care. By helping the marginalized and impoverished, you **give hope to Jesus in disguise**. Please be charitable in next week's CRS collection.

Living Stewardship Now

Put aside the lists and waste some time with God—pray, take a nap, play with the kids, admire nature. It may not be productive, but it will be fruitful.

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This Week in Our Parish

Sun., Mar. 7, after morning Masses:
Coffee & Donuts (School Cafeteria)
10:45 a.m. CCD Sacramental (School)
1:45 p.m. English as a Second Language (School)
4:30 p.m. WorkCamp Meeting (School Cafeteria)
6:00 p.m. Youth Group (School Cafeteria/Gym)
6:30 p.m. Young Adult Bible Study (Rectory Conf. Rm.)

Mon., Mar. 8
7:00 p.m. English Legion of Mary (Rectory Conf. Room)
7:30 p.m. RCIA (School)


Tues., Mar. 9
6:45 p.m. English as a Second Language (School)
7:30 p.m. Bell Choir (Church)

Weds., Mar. 10
6:00 p.m. Lenten Holy Hour
6:30-8:00 Confessions
6:45 p.m. CCD Classes (School)
7:00 p.m. Lenten Talk
7:30 p.m. English Baptism Class-reservations required.

Thurs., Mar. 11
3:00 p.m. Youth Choir (Gym)
6:00 p.m. Cathedral Concert Rehearsal
7:00 p.m. Youth Group Cupertino Hours (Rectory)
8:00 p.m. Choir (School)

Fri., Mar. 12: NO SCHOOL
2:00 p.m. Stations of the Cross
6:00 p.m. Spanish Legion of Mary (Rectory Conf. Room)
7:30 p.m. Stations of the Cross
8:30 p.m. Spanish Stations of the Cross
9:15 p.m. Spanish Confessions

Sat., Mar. 13
10:00 a.m. Jr. Legion of Mary (Rectory Conference Room)
1:00 p.m. Cathedral Concert Rehearsal

 **If you would like to make an altar flower donation** in memory of a loved one, or as a donation to the church for a Sunday or holy day, please call Barbara Ilacqua 703.528.5306.

Sponsor of the Week

For sponsoring an ad in our weekly bulletin, we thank:

CHEVYS FRESH MEX

If you have a business that would benefit from advertising in our bulletin, please call 800-524-0263.