

PARISH HANDBOOK

The Cathedral of Saint Thomas More

Arlington, Virginia



Dear Parishioners,

We are pleased to present this brochure to you. It should prove helpful in acquainting you with the many activities of St. Thomas More life. It is our fond hope that you will align yourself with one or more of the parish organizations. This is the way to share yourself with the Christian Community.

Please keep this in a handy spot for convenient and ready reference. The name and telephone number of the individual to contact for the various organizations will be found in the back of this book. This list will be updated as changes are made.

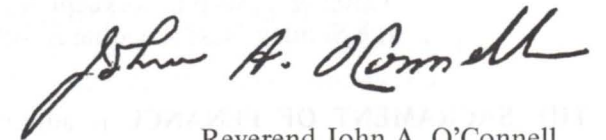
Every Catholic living within the boundaries of The Cathedral of St. Thomas More Parish should register here. This registration is very important in cases of baptisms, weddings, or funerals. Registration may be made at the Rectory Monday through Friday from 9:30 a.m. to 4:30 p.m.

The Priests, Sisters, and Staff of St. Thomas More are always ready to serve the parishioners in any way we are able.

Should you have any questions, or need assistance, please feel free to call upon us at any time.

God bless you.

Sincerely,

A handwritten signature in dark ink, reading "John A. O'Connell". The signature is fluid and cursive, with the first name "John" being the most prominent.

Reverend John A. O'Connell
Rector

September 1982

THE CATHEDRAL OF SAINT THOMAS MORE

PARISH DIRECTORY

Most Reverend Thomas J. Welsh	<i>Bishop of Arlington</i>
Reverend John A. O'Connell	<i>Rector</i>
Reverend James Buckley, S.D.S.	<i>Associate Pastor</i>
Reverend John F. X. O'Neill	<i>In Residence</i>
Reverend Mr. James A. Verrecchia	<i>Transitional Deacon</i>
Mr. Frank DeLuca	<i>Permanent Deacon</i>
Mr. Stanley L. Harding	<i>Permanent Deacon</i>
Mr. Daniel F. Resendes	<i>Permanent Deacon</i>
Mother M. Claudia, I.H.M.	<i>Minister of Religious Education</i>
Sister Vincent Mary, I.H.M.	<i>School Principal</i>
Dr. Haig Mardirosian	<i>Director of Music</i>
Mr. Robert L. Wyant	<i>Organist</i>
Mr. James E. Duffy	<i>Director of Folk Group</i>

TELEPHONES

Rectory — 525-1300 Convent — 528-0252 School — 528-6781 M.R.E. — 528-8566

MASS SCHEDULE

- Saturday* — 5:30 p.m. Vigil Mass
- Sunday* — 8:00, 9:30, 11:00 a.m. (Choir), 12:30 (Folk Group), & 5:30 p.m.
- Weekdays* — Monday through Friday, 7:00, 8:15 a.m. & 12:05 p.m. (No 12:05 p.m. Mass during June, July & August); Saturday 7:00 & 8:15 a.m.
- Holy Days* — Vigil Mass on day before Holy Day, 7:30 p.m.; 7:00, 8:15, 10:00 a.m., 12:05 & 7:30 p.m. (except for Christmas and New Year's, on which days the Sunday Mass schedule is followed).

THE SACRAMENT OF PENANCE is administered on Saturdays from 4:30 to 5:30 p.m., and from 7:30 to 8:30 p.m.

THE SACRAMENT OF BAPTISM is administered on the third Sunday of each month at 3:00 p.m. Instruction class for parents is held in the Rectory at 8:00 p.m. on the Wednesday prior to the date of Baptism. Parents should contact the Rectory beforehand.

THE SACRAMENT OF MATRIMONY: Participants must contact one of the priests at least six months before the wedding to begin the necessary preparations.

SICK CALLS, INVALIDS and SHUT-INS: In case of serious illness, call the Rectory immediately and ask for a Priest. Please notify the Rectory about shut-ins; we will be happy to visit and bring Holy Communion to those who are physically unable to come to Church. Also, please notify us about patients in the hospital.

BURIALS: Please call the Rectory to make arrangements.

SANCTUARY SOCIETY: The Sanctuary Society is composed of women of the parish dedicated to the task of keeping the Sanctuary and Sacristies in good order. Other tasks include: sewing (making and mending) large and small articles used at the altar; laundering of linens similarly used; and supplying assistance at special times, such as Holy Week and Easter, Christmas, and at other times when preparations are required.

Membership is open to all women of the parish. Meetings are held on the second Tuesday of the month, at 2:00 p.m., in the Lounge of Msgr. Burke Hall.

LECTORS: The Cathedral Lectors are members of our Parish who volunteer their services in reading scripture and commentaries during the Holy Sacrifice of the Mass. The Cathedral Lector serves in a very special manner in the liturgical celebration. He or she performs a dual role — communicating the Word of God through scripture readings of the Old and New Testaments — guiding the congregation in various commentaries and prayers, and by announcement of Parish/Diocesan activities.

USHERS aid in the direction and seating of parishioners at Sunday and Holy Day Masses, and take up the Offertory Collections.

PARISH ADVISORY BOARD: The Parish Advisory Board serves as a consultative and advisory body to the Rector in all matters pertaining to the spiritual and temporal life of the parish. The members consult with the Rector regarding the spiritual life of the parish; assist him in the maintenance, expansion, and improvement of parish properties; advise on community trends, problems and opportunities calling for apostolic cooperation; and, when requested, represent the parish in the civil community and in any other way that furthers the mission of the Church and the common good of the general community.

Membership is composed of a representative from each parish organization and members-at-large appointed by the Rector.

Meetings are held the first Monday of the months of September, November, January, March, and May at 8:00 p.m. in Msgr. Burke Hall. The Minutes of the meetings are posted on the Bulletin Boards in the vestibules of the Church to keep members of the parish informed of the Board's activities. Board members may pick up their copies of the Minutes in the Work Sacristy one week before the next scheduled Board meeting. Parishioners who wish to comment on any item in the Minutes or on other matters of parish life should leave their written comments at the Rectory, addressed to the President of the Parish Advisory Board. Any parishioner who desires to make a personal appearance before the Board should contact the President before the scheduled meeting of the Board.

CHOIR: The Cathedral Choir, composed of men and women, provides music at the Choral Mass at 11:00 a.m. on Sundays, for the major celebrations of Christmas and Holy Week, and other special Diocesan and Parish events. In addition, they sing the Festival of Lessons and Carols on the Sunday before Christmas and prepare and perform choral masterworks for concerts.

Rehearsals are held on Thursdays at 8:00 p.m. in the Choir Room in Msgr. Burke Hall. Auditions may be arranged by contacting the Director of Music.

FOLK GROUP: This group provides contemporary music at the 12:30 p.m. Mass on Sundays and at other religious and ecumenical activities.

Membership is open to interested persons of high school age and above. A weekly practice session is held on Thursdays at 7:30 p.m. in the Lounge of Msgr. Burke Hall.

THE CATHEDRAL CONCERT SERIES is a self-supporting service dedicated to bringing the work of professional musicians to the Cathedral Community (and the community-at-large). Approximately six concerts a year are sponsored on Sunday evenings at 7:30, ranging from organ recitals to choral concerts and instrumental programs. Dates are published in a season brochure and parish attendance and patronage are warmly invited.

CANTORS: The Cantors lead the congregation in the singing of hymns and responses at those Masses not served by the Choirs or the Folk Group. Both men and women serve in this important role which aids in the fuller participation of all in the Liturgy. Some vocal training and an ability to read music are requisites for those engaged for this duty.

LITURGY COMMITTEE: The Liturgy Committee exists to assist the Rector in fostering the liturgical life of the parish, by planning for the Sunday celebrations, and liturgies for special occasions. In addition to these aims, because we are a Cathedral, the Committee is called upon to assist with arrangements for the many Diocesan Liturgies held in the Cathedral annually.

There is a Priest-moderator, nine ex-officio members, and several at-large members, all appointed by the Rector.

RELIGIOUS EDUCATION PROGRAM: Our St. Thomas More Religious Education Program has one over-all objective: to deepen and strengthen the relationship with Christ of all engaged in it: students, parents, teachers; and to provide instruction in Catholic doctrine for:

- all children in St. Thomas More School
- all Catholic children attending public elementary and high school
- those adult Catholics seeking to advance their knowledge of the faith
- any non-Catholics wishing to become members of the faith.

The program encompasses these levels:

NURSERY: Children to two years of age are cared for during the 9:30 a.m. Mass. The Nursery is supervised by capable adults. This is a free service to the parents so that they and others will be able to assist at Mass in a more prayerful and reverent atmosphere.

PRE-SCHOOL: Instructions are given to children (ages 3, 4, and 5 years) during the 9:30 a.m. Mass on Sunday. Children of this age have a great interest in the world around them, and we hope to bring them a greater awareness of God's wonderful gifts to us through storytelling and religious art. The pre-school program is not a nursery class, but aims to help the children know Jesus so that they may learn to love and serve Him during their early, formative years.

ELEMENTARY SCHOOL: Instructions for all students (grades 1 through 8) who attend public school are given on Saturdays from 9:30 a.m. to 11:00 a.m. in St. Thomas More School.

HIGH SCHOOL: Instructions for public school students in grades 9 through 12 are given on Mondays from 7:00 to 8:15 p.m. in St. Thomas More School.

SACRAMENTAL PREPARATION: The preparation of children to receive the Sacraments is a fundamental right, duty, and privilege of every parent. In order to assist families in this awesome task, special instructions concerning Baptism, Penance, Holy Eucharist, and Confirmation will be given to the parents prior to the child's reception of these Sacraments.

ADULT EDUCATION: This is demanded and made urgent because the people of God are called upon constantly to deepen their insights into the mystery of Christ, to re-examine their Christian values, to refresh their attitudes, and to enter more fully into the apostolic life of the Church. To meet these demands, a variety of Adult Education programs are offered throughout the year in order to strengthen and support the on-going development in the life of faith. The goals set down for Adult Education are accomplished through the following:

- | | |
|---------------------------|-----------------------|
| a. Lecture Series | d. Philosophy Courses |
| b. Scripture Classes | e. Inquirer's Class |
| c. Theology Courses | f. Cultural Programs |
| g. Catechumenate Program. | |

"May the presence of the Holy Spirit, through the prayers of Mary, grant the Church unprecedented enthusiasm in the catechetical work that is essential for her. Thus will she effectively carry out, at this moment of grace, her inalienable and universal mission, the mission given her by her Teacher: 'Go and make disciples of all nations.' "

(Pope John Paul II)

ST. THOMAS MORE CATHEDRAL SCHOOL: St. Thomas More Cathedral School is under the direction of the Sisters, Servants of the Immaculate Heart of Mary. The staff is composed of the Principal, six Sisters, and fourteen lay teachers.

The School includes a Kindergarten and Grades One through Eight. St. Thomas More School is accredited by the State Department of Education in Virginia.

ALTAR BOYS: The Altar Boys of St. Thomas More serve all liturgical functions within the Parish. All boys from Grade Five up are welcome to join. Dates for training are announced in the Parish Bulletin.

MUSIC IN ST. THOMAS MORE CATHEDRAL SCHOOL: Music is an important facet of education in St. Thomas More School! In addition to classroom music, in which every student participates, there is also a Junior Choir and a Band Program.

The Cathedral Junior Choir is a group of sixty selected boys and girls from grades four to eight. These students receive vocal instruction three times a week and lead the singing at various Cathedral Liturgies during the year. Their repertoire includes much fine music.

The St. Thomas More Band Program is also available for students from grades four to eight. Group lessons in the various woodwind, brass and percussion instruments are given on a rotating basis for half-hour periods each Tuesday. The children also have the opportunity to play together as a group for forty-five minutes a week. Listeners are always delighted with the excellent musical results of our Band in both the Christmas and the Spring Concert.

Music is truly an important part of our life in St. Thomas More Cathedral School!

PARENT-TEACHER ORGANIZATION: The purpose of the Parent-Teacher Organization is to establish constructive dialogue between parents and teachers, with the view to being better able to prepare the children to cope with the frustrations and problems of the modern society and to equip them with the academic and moral background necessary to accept their responsibilities in this changing world. Through this association parents and teachers are deeply involved in an effort to bring about deeper understanding and constant development of Catholic education.

Membership is open to all parents of students of St. Thomas More School. Visitors are always welcome. Meetings are held at 8:00 p.m. on the first Tuesday of October, December, February, April, and May, in the School Auditorium.

COUNCIL OF CATHOLIC WOMEN: Objectives of the Council are to deepen the spiritual life of the women and to provide a suitable organization wherein the women may combine their efforts in the performance of Christian works of charity. As need arises, the members assist at parish social affairs. All women of the parish are automatically members of the Council. Non-Catholic wives of parishioners are welcome to participate in all parish meetings and functions.

Meetings are held on the first Friday of each month, September through May, following the 12:05 p.m. Mass.

THE THRIFT SHOP is a Council committee activity. The Thrift Shop is located in Msgr. Burke Hall, and is open on Wednesdays and Saturdays from 10:00 a.m. to 3:00 p.m. Contributions of household articles, books, toys, clothes, etc. are welcome. These articles are sold at a very nominal price. Proceeds from this operation are used for worthy causes as recommended or approved by the Rector, and voted on by the membership. The Thrift Shop is staffed by volunteers.

THE CRAFT WORKSHOP is also a Council activity. The Craft Workshop meets every Wednesday from 10:00 a.m. to 2:00 p.m. in Msgr. Burke Hall, to work on crafts to stock our Country Store. We do knitting, crocheting, needlepoint, sewing, beadwork, etc., and enjoy learning new crafts. Anyone who is interested in working with us, or teaching us new crafts, woodworking, rug hooking, decoupage, leathercraft, etc. is welcome to join

us. Bring a lunch — we provide the beverages. This is a great way to meet new friends. Both men and women are invited.

COUNCIL OF CATHOLIC MEN: The objectives of the Council of Catholic Men are:

- a. to promote the spiritual welfare of all men of the parish by encouraging and assisting them to participate in those exercises which will contribute to the purpose for which they were created: to praise, revere, and serve God, and by this means to save their souls.
- b. to provide activities wherein the Council will secure the necessary resources to help their less fortunate fellowmen carry out their responsibilities to feed, clothe, and properly educate those whom God has placed in their care.
- c. to perform such special works as are requested by the Rector.

Membership is open to all men of the Parish.

Meetings are held on the second Wednesday of the month, September through June, at 8:00 p.m., in Msgr. Burke Hall.

MEN'S ANNUAL RETREAT: A weekend retreat at Loyola Retreat House is conducted every summer for the men of St. Thomas More parish.

HIGH SCHOOL YOUTH FELLOWSHIP: The High School Youth Fellowship is our youth organization open to all high school members of our parish. The Fellowship attempts to meet as many needs as possible in the social, apostolic, recreational and cultural fields. There are regular weekly meetings where teens can gather and share their goals both spiritually and socially. Major events are held annually, such as the Diocesan Convention and Teen Rally. The Youth Group also sponsors activities for themselves, such as ski trips, dances, beach trips, league-sporting events and other varying activities. There are no regular dues. Financial needs are met by several fund-raising events.

The Youth Fellowship is led by four elected officers and adult moderators and an appointed Priest-moderator. The Fellowship is affiliated with both the Diocesan and National Offices for Youth Activities.

JUNIOR HIGH YOUTH: The Junior High Youth Group is our youth organization open to all seventh and eighth grade students of our parish. Like the High School group, it attempts to meet as many needs as possible in the social, apostolic, recreational and cultural fields. Meetings are announced in the weekly Parish Bulletin. The Junior High Youth also sponsor varying activities. They have sporting events, trips to historic and educational facilities as well as to recreational areas. The Youth group also sponsor a work-service program for the elderly and shut-ins of the area.

There are no dues. The financial needs are met by several fund-raising events held throughout the year. The Junior High group is led by four elected officers with the assistance of several adult moderators and an appointed Priest-moderator.

CHEERLEADERS: The Cathedral of St. Thomas More has two Cheerleading Squads — a Varsity, comprised of fifteen 7th and 8th graders, and a Junior Varsity, comprised of eight 5th and 6th graders. Tryouts are held in September, and the girls cheer for the boys'

basketball games from December to March. Varsity games are played at Bishop D. J. O'Connell and Bishop Ireton High Schools; Junior Varsity games are played, most of the time, at St. Ann's. Ten selected members of the Varsity Squad participate in a CYO Cheerleading Competition at Bishop O'Connell High School at the end of the season.

SENIOR CITIZENS: The senior citizens of the parish are invited to attend the 12:05 p.m. Mass on the second Wednesday of the month and then be served a luncheon in Msgr. Burke Hall immediately afterward. All parish senior citizens are encouraged to participate in these gatherings. Transportation will be arranged whenever it is necessary. This activity is suspended during the summer months.

NOCTURNAL ADORATION SOCIETY: The purposes of this society are to promote greater love for our Eucharistic Lord and to make reparation for offenses against Him by monthly Nocturnal Adoration and recitation of the Divine Office. Kneeling and praying before the Blessed Sacrament in the quiet of the night establishes a new personal contact with Our Lord where grace abounds.

Membership is open to all men and women of the parish.

Meetings (one hour each) are held in the Church during the period from 10:00 p.m. Thursday to 6:00 a.m. Friday on the First Friday of each month. The hours are progressively changed each month.

MAINTENANCE COMMITTEE: This committee is comprised of three members whose function is to make periodic inspections, advise, render assistance and/or make recommendations to the Rector on matters affecting the material well being and smooth operation of the Cathedral complex (church, rectory, school, convent and grounds). The committee meets with the permanent maintenance superintendent when a breakdown or malfunction occurs, when major repairs are necessary, or when a major project is to be undertaken. The committee also reviews plans for new construction work and/or modification of existing facilities, bids for major overhaul or large repairs for completeness and feasibility of work to be done and makes recommendation for approval or disapproval to the Rector.

THE YOUNG ADULTS CLUB OF ST. THOMAS MORE welcomes all young adults who are age 18 years or older, including those who are young at heart. All are welcome whether single, married or divorced.

The goal of this group is to create a community of Christian fellowship through spiritual, service, and social activities. If you would like to share the responsibilities and the joys of carrying out these goals, please consider joining us.

We invite everyone, whether a member or not, to support our parish-wide activities and to join us in our Christian fellowship. For additional information call our chairperson or one of the contact persons who will be listed in the weekly bulletin as activities are to take place.

ST. VINCENT de PAUL SOCIETY: The St. Vincent de Paul Society assists the sick and the poor of the parish with spiritual and monetary help.

HOSPICE OF NORTHERN VIRGINIA: Hospice is a special program of care for the terminally ill patients and their families including home care, in-patient care and bereavement counseling. Special trained volunteers assist Hospice with patient care, office procedures, fund-raising and bereavement care. To volunteer at Hospice, call Volunteer Co-ordinator at 525-7070. Hospice of Northern Virginia, 4715 North 15th St., Arlington, Virginia 22205.

RIGHT-TO-LIFE COMMITTEE: If you feel that you are not involved enough in helping others, try our committee. It is difficult, rewarding, and urgent!

EVANGELIZATION COMMITTEE: The Evangelization Committee has as its purpose the work of reaching out to the fallen-away Catholic and the Unchurched. Pope Paul VI states in his Apostolic Exhortation, *Evangelii Nuntiandi*, that there are three targets of Evangelization: ourselves, the fallen-away Catholic, and the unchurched. The committee is made up of several members of the parish community who meet to discuss and organize programs designed to fulfill the recommendations of *Evangelii Nuntiandi*, to proclaim the Good News of the Kingdom of God.

VOCATIONS COMMITTEE: The fostering of religious vocations is a basic Christian obligation for all of God's people and is shared by all members of the Church, clergy, religious, and laity, in equal measure. You can help to ensure that our Cathedral Parish will provide its share of future religious leaders by offering your services and God-given talents and abilities in this much needed area of vocation promotion; to extend God's love to all His people. Whether you are a young adult, married or single, in your golden years as a senior citizen, you can contribute to the degree in which you are able. Parish vocation activities by committee members involve one or more of the following:

Pray — Talk — Listen — Act — Inform — Educate — Motivate — Evangelize
— for vocations to the priesthood and religious life.

VOCATIONS ARE EVERYBODY'S BUSINESS — WE NEED YOUR HELP — NOW!

THE PARISH LIBRARY is located in Msgr. Burke Hall. It has a wide selection of books to lend, also Bibles and paper-back books for sale, both adults' and children's.

Hours: Sundays from 10:30 a.m. to 12:30 p.m.

THE CATHEDRAL GIFT SHOP, located in Msgr. Burke Hall, has a complete line of religious articles, altar boy supplies, religious greeting cards, candles, etc. Orders will be taken for special requirements. The Gift Shop is open on Wednesdays from 11:00 a.m. to 2:00 p.m. and on Sundays from 9:30 to noon.

SCOUTING PROGRAM:

CUB SCOUTS PACK # 820

open to all boys from eight years of age until the completion of the fifth grade. Pack meetings are held once a month in Msgr. Burke Hall, from 7:30 to 9:30 p.m.

BOY SCOUTS TROOP # 820

open to all boys upon completion of the fifth grade. Troop meetings are held every Tuesday from 7:30 to 9:30 p.m., in Msgr. Burke Hall.

- BROWNIES** open to all girls from first through third grade. Troop meetings are held on Saturdays from 10:00 to 11:00 a.m., in Msgr. Burke Hall.
- TROOP # 329**
- JUNIOR GIRL SCOUTS** open to all young girls in 4th, 5th and 6th grade. Troop meetings are held Fridays from 7:00 to 8:30 p.m. in Arlington Forest Methodist Church.
- TROOP # 2613**
- CADETS** open to all girls in 7th, 8th, and 9th grade. Troop meetings are held on Wednesdays from 7:00 to 8:30 p.m., in Mt. Olivet Methodist Church.
- TROOP # 2590**
- SENIOR GIRL SCOUTS** open to all girls from 10th through 12th grade. Troop meetings are held on Thursdays from 3:00 to 5:00 p.m. in Kenmore Junior High School.
- TROOP # 335**

PARISH CREDIT UNION: The Credit Union is an association of people who pool their money to help one another. The Parish Credit Union is organized for the interrelated purposes of promoting thrift and providing the members with a source of credit for provident purposes.

Membership is open to all members of the parish. Application forms are available in the Credit Union office, located in Msgr. Burke Hall, after all the Sunday morning Masses.

GARDENING COMMITTEE: The Parish Gardening Committee, The Dirty Half-dozen, is working with our Plant Superintendent on planning, planting, and maintenance chores. Our aim is to get the jobs done. These jobs consist of all the same chores that need doing in a home garden, such as mowing, watering, weeding, mulching, and raking leaves. Occasionally, planting is needed in a particular area of the property.

We all like to dig in the dirt (Advanced Sandbox). The word 'work' is a strange one for gardeners for we often find these chores are relaxing and invigorating, not like cleaning an oven or fixing a flat . . . that's WORK!

By using a specific job roster, we hope to keep our general meetings and gab sessions to the bare minimum. Flexible hours for helpers is another goal. Rarely will there be a joint call to arms when many hands are needed. Perhaps you prefer to help with organization and paper work such as setting up an index card system of available plant materials from parishioners or movers. Whatever your preference, if you have a free half hour here or there, we can find a job for YOU!

SECULAR FRANCISCAN ORDER: Secular Franciscans are people living in the world whose primary purpose is self-sanctification. They have to be followers of Christ and share in the work of the Church through the *framework of their daily lives*. They have dedicated themselves to God through their profession.

The most important place in the Secular Franciscan's spirituality is to live the Gospel according to the spirit of St. Francis who willed that his followers do all things according to the pattern we see in Christ.

There are some apostolic works that are expected of every Secular Franciscan no matter what his state of life:

1. The apostolate of good example.
2. The apostolate of Piety.
3. The apostolate of community action. Every Secular Franciscan should participate in some community work.
4. The most effective apostolates are those you choose yourselves and share with one another.

LEGION OF MARY: The Legion of Mary is a beautiful *way of life* open to men and women. The members are dedicated to the Holy Spirit and His Spouse, The Blessed Mother. The first goal of the Active Legionary is Personal Sanctification. The second is Apostolic work. We emulate Jesus by prayer and work — for Our Father. Work varies from visiting shut-ins to Evangelization door-to-door. Auxiliary (or praying) members are the powerhouse of prayer behind our successful endeavors. Our Motto: *Failure is only postponed success*.

The Legion of Mary was started in Dublin in 1921 by Frank Duff, who went home to God on November 7, 1980. The Legion follows the Magisterium and has been hailed by every Pope since its inception. Pope John XXIII said, "The Legion of Mary shows forth the true face of the Catholic Church."

Anyone interested in joining the Legion or learning more about it may contact the President of the St. Thomas More Legion. Literature will be mailed on request, as well as Miraculous Medals and Scapulars.

CATHEDRAL COUNCIL, KNIGHTS OF COLUMBUS: The Cathedral Council, Knights of Columbus meets on the first and third Wednesdays of each month at the Cathedral of St. Thomas More in the Lounge of Msgr. Burke Hall, at 8:00 p.m.

The Knights of Columbus offers its members many opportunities to infuse a Christian spirit into all the activities of their daily lives. Through the six point activities program of the Order each Knight can achieve a greater awareness of the apostolate of the laity. Catholic activities bring you into direct contact with the spiritual means to give you strength to be a witness to Christ. The Council and Fraternal activities help you put into practice the principles of the apostolate. An outstanding insurance program is available to all members.

F I S H (FOR IMMEDIATE SYMPATHETIC HELP): South Arlington F I S H is a church sponsored volunteer program which provides help to people who, facing an unexpected need, have nowhere to turn. The kind of help varies, but it is usually of an immediate, temporary nature such as transportation to a doctor's office or emergency food for the next meal.

All calls for service are carefully screened and referenced, and F I S H has unearthed many cases of deepseated needs. Many callers are aided by being informed of organizations which can meet their long term needs.

St. Thomas More Parish is one of the founding parishes of South Arlington F I S H and has been serving since 1969.

Volunteers are needed to take calls (Captains) and to provide transportation (Drivers). If you can spare a few hours a day (or more) approximately once every six weeks, please call the F I S H Coordinator. The need in the community is great!! (Far greater than you think!)

MEALS ON WHEELS: Volunteers deliver meals, one hot and one cold, prepared by Hot Shoppes, to elderly or disabled persons, shut-ins, etc. St. Thomas More Parish takes its turn, providing two volunteers a day for a week, once a month. If you can help, or know someone who needs the help that Meals on Wheels can offer, please call the Parish Coordinator.

CHRISTIAN FAMILY MOVEMENT: The purpose of C.F.M. is to build a Christian Community of families. We share each other's prayers and joys, and sustain each other's families in times of sorrow or need. Husbands, wives and their children work together to grow spiritually and to express their growth through Christian Action reaching out to the rest of the community as witness to God's love.

Christian Family Movement also makes monthly plans to include the entire family.

Membership is open to all married couples of the parish.

CATHOLIC YOUNG ADULTS CLUB: (CYAC) is for singles 18 to 35. CYAC has a variety of activities from recreation to religious.

PRIME TIME SINGLE CATHOLICS: (PTSC) is a diocesan organization for single Catholics age 30 and over.

POST CANA aims to give aid to widows and widowers; to assist and promote the solution of spiritual, parental, psychological, social, financial and other problems arising directly or indirectly from the death of a spouse.

SERRA CLUB (A basic unit of Serra International): A world-wide organization of Catholic business and professional men dedicated to developing Catholic laymen who fulfill their own Christian vocation to service, and who encourage and promote vocations to the priesthood, diaconate, and religious life. Serra selected as its patron, Father Junipero Serra, the heroic and saintly Spanish Franciscan who established the Missions of California some 200 years ago, and by his example of Christ-like zeal, inspired others to follow in his courageous footsteps.

Serrans are needed today more than ever before because there is a shortage of religious vocations. This crucial task of encouraging and affirming vocations to the ministry of Christ is why we turn to Catholic lay leaders who care. Serra is not just another club. It is an essential work of the Church involving over 14,000 members in 32 countries who meet twice monthly in over 463 individual clubs. Serra Nova is the Northern Virginia Chapter.

HOPE IN NORTHERN VIRGINIA is a private, non-sectarian organization providing emergency help to pregnant girls and women. It operates on the principle that every pregnant girl or woman, married or unmarried, has the right to give birth to her child. Services range from counseling to finding medical or legal assistance.

ST. COLETTA SCHOOL: St. Coletta School is for the educable retarded children of Northern Virginia, ages 5 to 16.

HAVEN OF NORTHERN VIRGINIA: Haven of Northern Virginia is an all volunteer, non-sectarian service to assist people who are facing serious illness or death. Staffed by trained volunteers, Haven serves the needs of dying and their families in a community wide effort.

THE CATHEDRAL OF SAINT THOMAS MORE

PARISH DIRECTORY

Most Reverend John Richard Keating, J.C.D., S.T.L.	-Bishop of Arlington
Reverend Monsignor John A. O'Connell	-Rector
Reverend John W. Miller	-Associate Pastor
Reverend Monsignor Justin D. McClunn, J.C.D., V.G.	-In Residence
Mr. Frank DeLuca	-Permanent Deacon
Mr. Stanley L. Harding	-Permanent Deacon
Mr. Daniel F. Resendes	-Permanent Deacon
Mother M. Claudia, I.H.M.	-Minister of Religious Education
Sister Vincent Mary, I.H.M.	-School Principal
Dr. Haig Mardirosian	-Director of Music
Mr. Robert L. Wyant	-Organist
Mr. James E. Duffy	-Director of Folk Group
Mr. Thomas Bello	-Extraordinary Minister of Eucharist
Mr. Frank W. Brew	-Extraordinary Minister of Eucharist
Mr. E. Francis Gallant	-Extraordinary Minister of Eucharist

TELEPHONES

Rectory - 525-1300 Convent - 528-0252 School - 528-6781

MASS SCHEDULE

Saturday - 5:30 p.m. Vigil Mass
Sunday - 8:00, 9:30, 11:00 a.m. (Choir), 12:30 (Folk Group) & 5:30 p.m.
Weekdays - Monday through Friday, 7:00, 8:15 a.m. & 12:05 p.m.
(No 12:05 p.m. Mass during June, July & August)
Saturday, 7:00 & 8:15 a.m.
Holy Days - Vigil Mass on day before Holy Day, 7:30 p.m.;
7:00, 8:15, 10:00 a.m., 12:05 & 7:30 p.m. (except for
Christmas and New Year's. on which days Sunday Mass
schedule is followed).

The Sacrament of Penance is administered on Saturdays from 4:30 to
5:30 p.m. and from 7:30 to 8:30 p.m.

The Sacrament of Baptism is administered on the third Sunday of each
month at 3:00 p.m. Instructions for parents are given in the
Rectory at 8:00 p.m. on the Wednesday prior to the date of Baptism.

The Sacrament of Matrimony: Participants must contact one of the
priests at least six months before the wedding.

