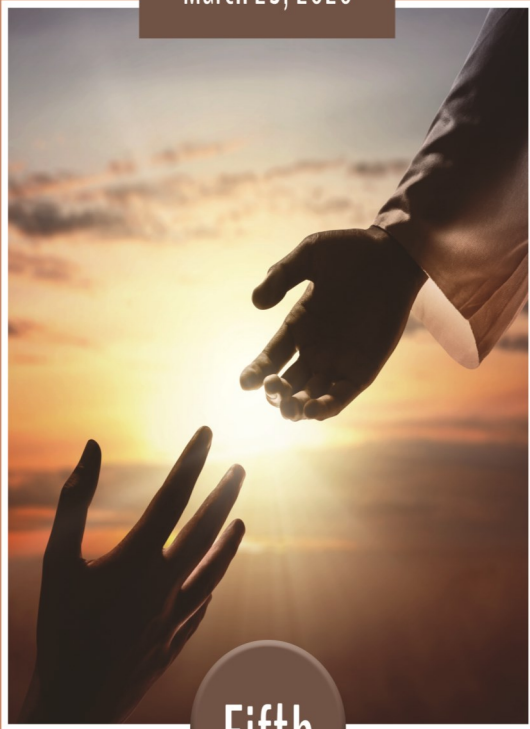




**The Cathedral of Saint Thomas More**  
 3901 Cathedral Lane Arlington, VA 22203  
 Most Rev. Michael F. Burbidge, Bishop of Arlington



March 29, 2020



Fifth

*Sunday of Lent*

Jesus said, "I am the resurrection and the life; whoever believes in me, even if they die, will live, and everyone who lives and believes in me will never die."

John 11:25-26

**Clergy**

Most Rev. Michael F. Burbidge, Bishop of Arlington  
 Very Rev. Patrick L. Posey, Rector  
 Rev. Christopher Christensen, Parochial Vicar  
 Rev. Michael Isenberg, In Residence  
 Rev. Ghenghan Mbinkar, In Residence

**Rectory Office**

9:00am-4:00pm Monday through Friday  
 Phone: 703-525-1300; Fax: 703-528-5760  
 STM@cathedralstm.org  
 www.cathedralstm.org

**Religious Education**

Phone 703-525-1300

**School**

105 N. Thomas Street  
 Arlington, VA 22203  
 Phone: 703-528-6781; Fax: 703-518-5048  
 www.stmschool.org  
 Mrs. Catherine Adams Davis, Principal

**Christian Initiation**

Rev. Christopher Christensen Phone: 703-525-1300  
 frcc@cathedralstm.org

**Cathedral Music Ministry**

Phone: 703-524-2815

Dr. Richard P. Gibala, Director of Music  
 Mr. Scott D. Mattias, Associate Organist  
 Ms. Andrea Scully, Director of Youth Choir

**Hispanic Apostolate**

Phone: 703-841-3883

200 N. Glebe Road, Arlington, VA 22203

**Sacramental Information**

**PENANCE.:** THURSDAY: 7:30 PM TO 8:30 PM  
 Saturday: 4:00-5:00pm and by appointment;  
 En español: 12:15pm—12:45pm

**BAPTISM AND MATRIMONY:** Please, contact the Rectory or go to the website for information. In-class preparation is required. Please call Rectory to register.

**ANOINTING of the SICK:** Please contact the Rectory for a priest.

**BULLETIN DEADLINE:** Submissions should be sent to secretary2@cathedralstm.org 14 days prior to publication.

**Mass Schedule**

Saturday Evening Vigil Mass: 5:30 pm  
 Sundays: 8:00, 9:30, 11:00 am, 12:45 pm (Spanish) & 5:00pm  
 Daily at 7:00am and 12:05pm; Saturday at 9:00am

Holy Day and Holiday Masses as announced

**THE ROSARY**

Monday-Friday at 11:40 am.

**HOMEBOUND COMMUNION:** If you or a loved one are physically unable to attend Sunday Mass and would like to receive Holy Communion at home, please call the Rectory to arrange for a home visit.

## Parish Staff

Beth Blaine, Receptionist  
secretary1@cathedralstm.org

Maria Stillone, Bookkeeper / Spanish Liaison  
mstillone@cathedralstm.org

Tara Quaadman, Rector's Assistant  
tquaadman@cathedralstm.org

Steve Schemmel, Business Manager  
sschemmel@cathedralstm.org

Christine Kurtzke Hughes, Director of Advancement  
advancement@cathedralstm.org

Maria Paniagua, Youth Ministry &  
Religious Education Interim Director  
ym@cathedralstm.org


Dr. Richard Gibala, Director of Music  
rickgibala@gmail.com

## Today's Readings


**First Reading:** Ezekiel 37:12-14  
**Psalm:** Psalm 130: 1-2, 3-4, 5-6, 7-8  
**Second Reading:** Romans: 8:8-11  
**Gospel:** John 11:1-45

## Readings for the Week

Monday: Dn 13:1-9, 15-17, 19- 30, 33-62 [41c-62];  
Ps 23:1-6; Jn 8:1-11  
Tuesday: Nm 21:4-9; Ps 102:2-3, 16-21; Jn 8:21-30  
Wednesday: Dn 3:14-20, 91-92, 95; Dn 3:52-56;  
Jn 8:31-42  
Thursday: Gn 17:3-9; Ps 105:4-9; Jn 8:51-59  
Friday: Jer 20:10-13; Ps 18:2-7; Jn 10:31-42  
Saturday: Ez 37:21-28; Jer 31:10, 11-13;  
Jn 11:45-56  
Sunday: Mt 21:1-11 (procession);  
Is 50:4-7; Ps 22:8-9, 17-20, 23-24;  
Phil 2:6-11; Mt 26:14 — 27:66 [27:11-54]

 Follow us on:  
[facebook.com/CathedralSTMVA](https://facebook.com/CathedralSTMVA)

 <https://twitter.com/CathedralSTMVA>

 <https://www.instagram.com/cathedralofsaintthomasmore/?hl=en>

## Daily Mass Intention

### Saturday, March 28

5:30pm Daniel Ryan Blaine

### Sunday, March 29

*Fifth Sunday of Lent*

8:00am Richard & Hope Depweg (D)  
9:30am Celebrant's Intention  
11:00am Patrick McTavish (D)  
12:45pm Parishioners  
5:00pm The Dixon Family

### Monday, March 30

7:00am Maria Guadalupe Magdeleno  
12:05pm Dr. John Riley

### Tuesday, March 31

7:00am Briana Miller  
12:05pm Michael Horne

### Wednesday, April 1

7:00am Melissa Bradley  
12:05pm Meaghan Dofflemeyer

### Thursday, April 2

*St. Francis of Paola*

7:00am Alexandra Luevano  
12:05pm Jessica Estrada

### Friday, April 3

*First Friday; Abstinence*

7:00am Catherine Hassinger  
10:00am Lucas Bauer (D)  
12:05pm Marilou Cajulis (D)

### Saturday, April 4

*St. Isidore; First Saturday*

9:00am Joseph Tuoc Nguyen (D)

Deceased (D); Anniversary (A)

### **Remember in your prayers the sick of our parish**

**especially:** Lourdes Batol, Jim Fitzwater, John Ford, Joan Janaro, Owen Keel, Karen Kelly, Andrew Pinella, James Saunders, Agnes Sequeira, Josephine Whibley. Please call the Rectory to submit prayer requests for the sick, and also to remove a name from the list.

### **Please pray for those serving our country:**

Captain Timothy P. Blaine, USMC; Louis Crishock; FSO, Pvt.F.C. Dylan Cate, USA; 2Lt. Robert P. Coffin, USMC; Major Anthony Colella, USAF; Major Justin M. Coons, USMC; COL Richard Creed, USA; MASN Patrick Fischer, USN; 1st Lt. James Law, USMC; LCpl Joseph A. Patrick, USMC; Pvt. Killian Smet, ARNG; Nick Tentio; SSG. Ryan Wagner, USAF; Major Thomas J. Wissler, USMC; Capt. Evan J. Wright, USAF.



***“Untie him and let him go.”***

Today, the Evangelist John beckons us to heed Jesus’ command... to free ourselves from that which prevents us from a right relationship with God. This theme resonates throughout Lent. We ask for “clean heart[s];” we seek to “rend our hearts, not our garments;” we seek to travel the right path to salvation. One real hindrance to this is how we encounter, and deal with, death — the ultimate suffering.

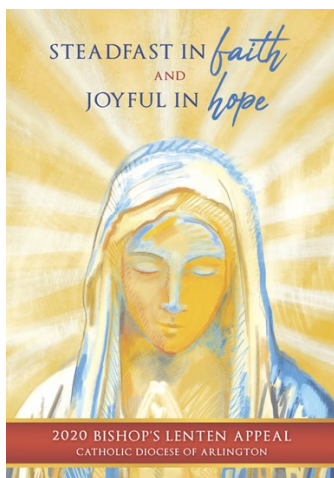
In this powerful Gospel, Jesus at once reveals his humanity and divinity. He is us: He grieves and He cries. He is God, for it is His command that breaks the bonds of death.

This is, perhaps, THE most important thing to convey to families in the midst of sorrow because it places firmly in front of them the deciding question: “I am the Resurrection and the Life .... Do you believe this?” When I offer condolences to those who’ve lost loved ones, I use Lazarus to illustrate Jesus’s profound connection to us — even the Son of God wept at the loss of a friend, and so it is right that we do so as well.

When I buried my parents I was at once consoler, and the one who needed consoling. As a priest, I needed to convey to my siblings, family, friends and colleagues of my parents, that they died in Christ and so would be with Him. It is this central belief for which I have given my life: my Lord and God suffered, died and rose for me; for us all. Yet as a son, I was bereft and slightly unmoored. No matter the age of a parent at the time of their death, or the child’s, the loss of a parent is a shock to the system. But I know my “redeemer lives,” and so do they, with Our Father.

During this unprecedented time of sorrow, fear, anxiety and uncertainty, it is vital that we hold fast to Jesus and to each other; support one another, pray for one another. Disengage from that which keeps you from Him and live for the Resurrection. “Trust in Him,” as the Psalmist tells us. We will weather this storm as a family of faith.

“Do you believe this?”



### IMPORTANT NOTE ON THE BISHOP'S LENTEN APPEAL

We are aware of a misprint on the BLA pledge cards: the parish name is St. Joseph's and not the Cathedral. We contacted the diocese and they fixed the problem. Please note: it is your **INDIVIDUAL BLA ID** Number which determines parish designation. Don't worry, your gift will get credited to STM.

Thank you for your continued support of our Bishop and his ministries.

### Stewardship

Many have asked how they can continue their Offertory support while the Cathedral is closed for public Mass. Please consider:

1. **Mail your offertory gift** to 3901 Cathedral Lane, Arlington VA 22203

2. **Enroll in Faith Direct** which ensures continuity in giving: [www.faithdirect.net](http://www.faithdirect.net) Our Parish Number is VA326

3. **TEXT-TO-GIVE to 703-382-5722**. This will take you to Faith Direct where you can make one-time or recurring donations

4. **Place your donation in the mail slot of the Rectory front door. THANK YOU!**



**SAINT LUCY FOOD PROJECT: THANK YOU!**

More than 100 bags of food was collected for the neediest among our diocese. What a wonderful example of the kindness of our parishioners, who despite these trying days, lived our call to “feed the hungry.” God bless you! Thank you to our volunteers who came out on a rainy and cold morning to help load the truck.

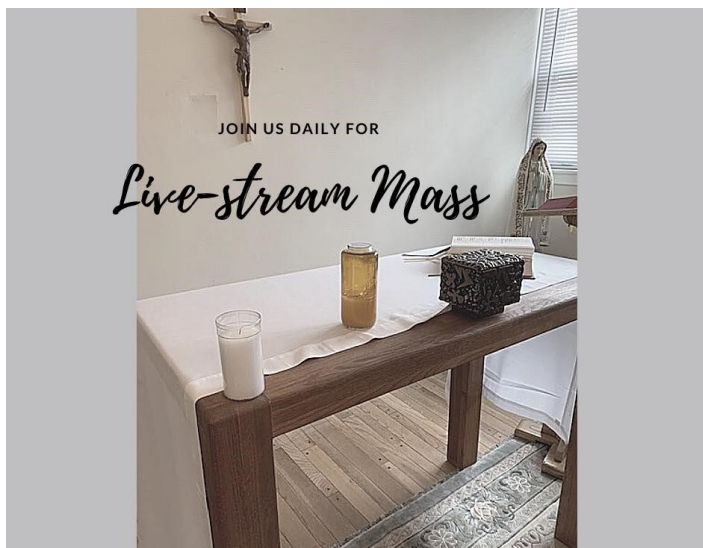


**LENTEN VIDEO REFLECTIONS**

Did you miss this week’s with members of our Youth Group? Watch here: <https://youtu.be/DPlqD29Cawo>

**EASTER FLOWERS FOR LIVE STREAM**

Sadly, we will be unable to gather as a family of faith this Easter. However, Bishop Burbidge will be live streaming the Mass so at least we can gather “virtually,” and see our Cathedral environment ready to greet the Lord at His Resurrection. If you would like to make a flower donation in memory of a loved one, please go to <https://www.faithdirect.net/>, designating your gift for flowers. Our ID is VA326. We will acknowledge donations in the bulletin.



**DON'T FORGET TO WATCH OUR LIVE STREAMED MASSES!**

Daily 12:05pm; Saturday 9:00am; Sunday: 5:30pm Vigil; 9:30am, 12:45pm (Spanish) and 5:00pm Wednesdays with Bishop Burbidge

Go to: [facebook.com/CathedralSTMVA](https://www.facebook.com/CathedralSTMVA) or <https://www.cathedralstm.org/live-stream-mass/>



**DIVINE MERCY CHAPLET**

You can still continue to pray the Divine Mercy Chaplet on your own! Make an effort to offer this prayer to Jesus daily.

**WE NEED YOU!**

This week we emailed parishioners to review their personal information for our records. Now, more than ever, it's important that this is current so that we may contact you with updates on events, closers and cancelations. If you misplaced the email, go to our website, [www.cathedralSTM.org](http://www.cathedralSTM.org) and either register or update your record at “Parishioners Updates”. If you have any questions, call the rectory.

Saint Thomas More Cathedral School Celebrating 75 Years  
You Were Designed for More



VIRTUAL  
SCHOOL  
SPIRIT  
WEEK

MARCH 30 - APRIL 3

MONDAY: PAJAMA DAY

TUESDAY: WACKY HAIR OR MISMATCHED CLOTHES

WEDNESDAY: WEAR YOUR SCHOOL UNIFORM

THURSDAY: SPORTS GEAR - HATS, JERSEYS, ETC.

FRIDAY: 'SPIRIT DAY' WEAR STM GEAR OR BLUE & WHITE

SEE YOU ONLINE!

POST YOUR PHOTOS!  
USE HASHTAG #HOMEWITHMORE

Just because we're not together, doesn't mean that the STM Spirit isn't alive and well; and just because you're not a current student, doesn't mean you can't show your STM pride. Join us and post your photos on the School and Parish Facebook pages: <https://www.facebook.com/stmschoolva/>  
<https://www.facebook.com/CathedralSTMVA>

Read the latest Herald article on talking with your children about COVID-19. They are also nervous and missing their friends and routines. Their top five tips: 1. Be calm; 2. Don't make promises you can't keep; 3. Don't give too much information; 4. Make yourself available; 5. Teach them how to avoid spreading germs.

For more information, read: <https://www.catholicherald.com/Opinions/Columnists/How to talk to children about COVID-19/>

[www.stmschool.org](http://www.stmschool.org)

703-528-6781

Around the Diocese

Diocesan Events

Please go to <https://www.arlingtondiocese.org/all-events/> for the most update information on canceled or postponed events.

Bishop Burbidge Podcasts



Listen to this week's installment where Bishop speaks on dealing with COVID-19, Holy Week, tips for parents and

more! <https://www.arlingtondiocese.org/bishop/walk-humbly-podcast/the-walk-humbly-podcast---episode-46/>

From Our Holy Father



The Pope invites us to live this moment "with penance, compassion and hope". We need "humility", he adds, "because too often we forget" there are dark times in life as well. "We think they can only happen to someone else. But these times are dark for everyone", he says. Pope Francis explains that the season of Lent "trains us to show solidarity with others, especially those who suffer."

**Bulletin:** All articles must be submitted two weeks prior to publication date to allow for publishing deadlines.

**Lector Announcements:** Must be submitted by the Wednesday prior to the weekend. Events will be announced for two weeks in advance and should not be longer than 35 words.

**Cathedral Connection:** Articles should be submitted by Noon Fridays for publication the following week.

**Website:** Submissions can be sent at any time.; no restrictions on size. However, please direct how you would like information displayed on your current page or a new page. Subject to approval.



Sadly, this is canceled due to COVID-19. Please continue to offer your own personal prayers. Listen to their podcasts at: <https://www.40daysforlife.com/podcasts.aspx>

PLEASE GO TO OUR WEBSITE: [WWW.CATHEDRALSTM.ORG](http://WWW.CATHEDRALSTM.ORG) FOR THE LATEST CLOSINGS AND CANCELLATIONS,  
AND OFFICE HOURS.

REFER TO <https://www.cdc.gov/coronavirus/2019-ncov/index.html> FOR INFORMATION ON COVID-19

### **A Prayer to Jesus for Healing and Guidance**

Jesus, Son of God,  
you were sent by the Father  
to bear our weakness;  
be with us in this time of crisis.

Merciful Savior,  
heal and comfort the sick,  
so that, with health restored,  
they may give you praise.

Divine Physician,  
accompany our caregivers  
so that, serving with patience,  
they may heal wisely.

Eternal Wisdom,  
guide our leaders  
so that, seeking remedies,  
they may follow your light.

Christ, the Anointed,  
protect us in body and spirit,  
so that, freed from harm,  
we may be delivered from all affliction.

Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, forever and ever.

Amen.

### **Oración a Jesús para pedir sanación y guía**

Jesús, Hijo de Dios,  
a Ti que fuiste enviado por el Padre  
para asumir nuestra debilidad,  
te pedimos que nos acompañes  
en este momento de crisis.

Salvador Misericordioso,  
ayuda y consuela a los enfermos,  
para que al recobrar la salud  
puedan alabarte.

Médico Divino,  
acompaña a nuestros proveedores de cuidado  
para que al servir con paciencia  
puedan sanar debidamente.

Fuente de Eterna Sabiduría,  
guía a nuestros líderes  
para que al buscar remedio  
puedan seguir tu luz.

Cristo, el Ungido,  
protégenos en cuerpo y espíritu,  
para que al salir ilesos del daño  
seamos librados de toda aflicción.

Tú que vives y reinas con Dios Padre,  
en unidad del Espíritu Santo,  
un solo Dios verdadero,  
por los siglos de los siglos.

Amén.

**PUT THIS PAGE ON YOUR REFRIGERATOR!**