

Saint Agnes Catholic Church

March 23rd, 2025 | Third Sunday in Lent



From the Gospel of Luke

“And He told them this parable: “There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, ‘For three years now I have come in search of fruit on this fig tree but have found none. So cut it down. Why should it exhaust the soil?’ He said to him in reply, ‘Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.’”

Lk 13:1-9

This Week's Mass Intentions

Sunday, March 23

- 7:30 a.m. Daniel Short
(*Sydney Short*)
- 9:00 a.m. Rev. Rockey
(*Ruth Foster*)
- 11:00 a.m. All Living and Deceased Parishioners

Monday, March 24

- 6:30 a.m. † Marcellino John Perez
(*The Vorbach Family*)
- 9:00 a.m. † Perloeh Digo
(*Jim & Anne Dunne*)

Tuesday, March 25

- 6:30 a.m. † Richard V. Allen
(*The Whelan Family*)
- 9:00 a.m. † Juanita Fadul
(*Mary Cannon*)

Wednesday, March 26

- 6:30 a.m. Theresa Whalen
(*Sonja Leotti*)
- 9:00 a.m. † Margaret McCormack
(*Louis & Libby Zinzi*)

Thursday, March 27

- 6:30 a.m. † William Barton
(*Ron & Toni Ford*)
- 9:00 a.m. † Thomas C. Wolford
(*The Hofer Family*)

Friday, March 28

- 6:30 a.m. † Dorothea Angel
(*Carmen Guardia*)
- 9:00 a.m. Taylor Herman
(*Ruth Foster*)

Saturday, March 29

- 7:30 a.m. † Martha Elaine Bird
(*Ken & Thuy Sault*)
- 9:00 a.m. † Maria Martins
(*Henrique Fernandes*)

Vigil

- 5:00 p.m. † Marguerite Palizzi
(*The Garvert Family*)

Sunday, March 30

- 7:30 a.m. † Shirley Francis
(*The Lewarne Family*)
- 9:00 a.m. The Bosnyak Family
(*Klarissa Blank*)
- 11:00 a.m. All Living and Deceased Parishioners

† indicates person is deceased

Scripture Readings

Week of March 23rd, 2025

Sunday

Third Sunday of Lent

Ex 3:1-8a, 13-15; Ps 103: 1-2, 3-4, 6-7, 8, 11;
1 Cor 10:1-6, 10-12; Lk 13:1-9
Scrutiny Readings: Ex 17:3-7; Ps 95:1-2, 6-7, 8-9;
Rm 5:1-2, 5-8; Jn 4:5-42 or Jn 4:5-15, 19b-26, 39a,
40-42

Monday

2 Kings 5:1-15ab; Ps 42:2, 3; 43:3, 4; Lk 4:24-30

Tuesday

Solemnity of the Annunciation of the Lord

Is 7:10-14, 8:10; Ps 40:7-8a, 8b-9, 10, 11;
Heb 10:4-10; Lk 1:26-38

Wednesday

Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19

Thursday

Jer 7:23-28; Ps 95:1-2, 6-7, 8-9; Lk 11:14-23

Friday

Hos 14:2-10; Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17;
Mk 12:28-34

Saturday

Hos 6:1-6; Ps 51:3-4, 18-19, 20-21ab; Lk 18:9-14

Sunday

Fourth Sunday of Lent

Jos 5:9a, 10-12; Ps 34:2-3, 4-5, 6-7; 2 Cor 5:17-21;
Lk 15:1-3, 11-32

Scrutiny Readings: 1 Sam 16:1b, 6-7, 10-13a;
Ps 23:1-3a, 3b-4, 5, 6; Eph 5:8-14; Jn 9:1-41 or
Jn 9:1, 6-9, 13-17, 34-38

Keep Them in Your Prayers

For those who are sick in our midst:

Walter Quinn, William Thomas, Carol Naill,
Cathy Sheehan-Wilson, Marlise Yetter, Paz Speer,
Jake Williams, Mary Pace, Jodi Borisinco, David Lounsbury,
Caio Rabello, Allen Ashby, Judy Bosco, Carlos Porras,
Patricio Martinez, Seamus Hasson, Audrey Gawda,
Alzira Medeiros, Susan Donahue, John Tuohy,
Joseph Elegido, Marjorie Meyers, William James Hall,
Warren Duerbeck, Ava Gloria Laranjeira Wescher,
Larry Mead, Maerose Naduvilukunell, Ann McCausland,
Theresa Van Der Vlught,
Residents of Cherrydale Health and Rehabilitation

The repose of the souls who have recently passed:

Carol Donovan Barney, Marian Miller, Helen Rebull,
Katie Howell, Sandee Weaver, John Gregory Poteet, Jr.



Adoration Schedule

The chapel is open with Exposition in the Monstrance from 1:00 p.m. to 9 p.m. daily.

On Wednesdays, Adoration is **in the Church**. Starts after the 9:00 a.m. Mass until 8:30 p.m.

To maintain this, recurring and substitute commitments are always welcome and appreciated. Please contact Greg King at adoration@saintagnes.org



Saint Agnes Essentials

Sunday Mass

Saturday: 5:00 p.m. (Vigil)
Sunday: 7:30 a.m., 9:00 a.m., 11:00 a.m.

Weekday Mass

Monday – Friday: 6:30 a.m., 9:00 a.m.
Saturday: 7:30 a.m., 9:00 a.m.

Sacramental Emergency:

Please call (703) 525-1166 Ext 1.

Infant/Child Baptism:

Baptisms are celebrated on Sundays after the 11:00 a.m. Mass. Please contact sacraments@saintagnes.org to learn more about having your child baptized.

Marriage Preparation:

Call the Parish Office for Pre-Cana at least seven (7) months prior to your wedding.

Anointing of the Sick:

Call the Parish Office to request Anointing of the Sick. Anyone with a serious illness should request this sacrament before being admitted to the hospital.

Homebound Visitation:

Call the Parish Office to request visitation.

How to become Catholic:

Interested in joining the Catholic Church or want to learn more? Contact adultformation@saintagnes.org.

Holy Orders and Consecrated Life:

Is the Lord calling you? For information about priesthood, the permanent diaconate, or the consecrated life, contact one of the priests or the Diocesan Vocations Office at (703) 841-2514.

Registration/Change of Address:

Forms can be found in the parish office or you can register online on our website. Let the parish office know about any address changes.

Sacramental Records or Sponsor Forms:

Please contact sacraments@saintagnes.org to request copies of your Sacramental records or for Godparent or Confirmation sponsor forms. Please allow five (5) business days to accommodate your requests.

Mass Intentions:

Please visit the Parish Office to request Mass intentions. We are currently scheduling into the month of June 2025.

Sacrament of Penance

Wednesday during Holy Hour 7:30 p.m. – 8:15 p.m.
Saturday 8:00 a.m. – 9:00 a.m., 3:00 – 4:00 p.m.
and by appointment



Parish Clergy

Pastor • Rev. Msgr. William Saunders
Parochial Vicar • Rev. Andrew Haissig
In residence • Rev. Steven Oetjen
In residence • Rev. John Kist

Parish Office

1914 N. Randolph Street
Arlington, VA 22207-3046
Phone: (703) 525-1166 • Fax: (703) 243-2840
www.saintagnes.org
Office Hours • Monday - Friday • 9:30 a.m. – 4:00 p.m.

Business Manager • Vitoria Vargas
business@saintagnes.org

Office Manager • Armelle Tallec
parishoffice@saintagnes.org

Administrative Assistant • Marijo Galvin
officeadmin@saintagnes.org

Operations and Facilities Manager • Brian Sherry
facilities@saintagnes.org

Maintenance Technician • John Dolata
maintenance@saintagnes.org

Director of Faith Formation • Lisa Orosa
dff@saintagnes.org

Assistant Director of Faith Formation • Charles Palmer
sacraments@saintagnes.org

Director of Music • Don Cotton
musicdirector@saintagnes.org

Coordinator of the Protection of Children • Jennifer Carpenter
protect@saintagnes.org

Youth and Young Adults • Rev. Andrew Haissig
youth.ministry@saintagnes.org

OCIA • Ana Lisa Pinon
adultformation@saintagnes.org

Adoration Chapel Volunteer • Greg King
adoration@saintagnes.org

Saint Agnes School

2024 N. Randolph Street • Arlington, VA 22207-3031
Phone: 703-527-5423 • Fax 703-525-4689
<https://school.saintagnes.org/>

Principal • Jennifer Kuzdzal jkuzdzal@saintagnes.org
Assistant Principal • Ann Reid areid@saintagnes.org

Lenten Observance

All Catholics are obliged to fast and abstain from meat on Good Friday. Also, Friday of Lent is a day of abstinence. Fasting is obligatory from age 18 until 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Abstinence from meat is obligatory from age 14 onwards.

Sacrament of Penance are on Wednesdays during Holy Hour 7:30 p.m. to 8:15 p.m.; Saturdays 8:00 a.m. to 9:00 a.m. and 3:00 to 4:00 p.m.; and by appointment.

Stations of the Cross



Stations of the Cross are prayed every Friday in Lent at 7:00 p.m. in the Church.

Free FORMED Subscription

Check out FORMED.org! Sign up by selecting Saint Agnes Church using our parish zip code (22207).

Msgr. Saunders' Bible Study

THERE WILL BE
NO BIBLE STUDY
TUESDAY,
MARCH 25th

bethanyministry@saintagnes.org



40 Hours Devotion of Eucharistic Adoration

The 40-Hours Devotion of Eucharistic Adoration will start **THIS Sunday**, March 23rd after the 11:00 a.m. Mass and will end on the 25th after talk and Benediction. **The 40-Hours Devotion will be in the Church NOT the Chapel.**

We are delighted to have Father McShurley giving a reflection each evening at 7:00 p.m.:

- ❖ Sunday night | Living as a Pilgrim of Hope: Redeemed
- ❖ Monday night | Living as a Pilgrim of Hope: Restored
- ❖ Tuesday night | Living as a Pilgrim of Hope: Resting

Please sign up at <https://stagnes.weadorehim.com/en/schedule?week=2025-03-23>.
(We need men to sign up for night hours!)

For more information or help signing up, please contact Greg King at adoration@saintagnes.org.

Ministries & Groups at Saint Agnes

Adult Faith Formation

- Bible Study—adultformation@saintagnes.org
- OCIA—adultformation@saintagnes.org
- Spanish Bible Study—gvegge@aol.com
- Women's Bible Study—stagneswvp@gmail.com

Parish Service

- Arts & Crafts Guild—gveggejr@gmail.com
- Bethany Ministry—bethanyministry@saintagnes.org
- Cherrydale Rehab Prayer Group—biehlerj@aol.com
- Christ House Team—ssyenson@gmail.com
- Gabriel Project—gabrielproject@saintagnes.org
- Gardening Angels—jshirhall@gmail.com
- Homebound Parishioners Visits—homebound@saintagnes.org
- Legion of Mary—jbdugan45@gmail.com
- Respect Life—saintagnesrespectlife@gmail.com
- Saint Agnes Knights of Columbus Council—StAgnesKofC@saintagnes.org
- St. Joseph's League—StJosephLeague.StAgnes@gmail.com
- St. Raphael Prayer Group—moshimoshigcs@gmail.com
- The Borgo Gift Store—theborgo@saintagnes.org
- Young Adults—youngadults@saintagnes.org

Liturgy

- Extraordinary Ministers of Holy Communion—dkcwhelan@gmail.com
- Flower Guild—dfowen@aol.com
- Lectors—lectors@saintagnes.org
- Parish Choir—musicdirector@saintagnes.org
- Sacristans—ruthefoster@earthlink.net
- Ushers—jholl2473@aol.com

Youth Activities

- Challenge Club—kefoley2@pefoley.com
- Conquest Club—kefoley2@pefoley.com
- Cub Scouts / Boy Scouts—mallen@americanpublic.us
- CYO Sports—dan.r.madigan@gmail.com
- Girl Scouts—pamelasnichols@gmail.com
- Youth Group—youth.ministry@saintagnes.org



HIGH SCHOOL YOUTH MINISTRY

ALL HIGH SCHOOLERS ARE INVITED

MAR 25

church + school gym

7:30 PM

Beginning at our parish 40 Hours Devotion, followed by Solemnity celebration in the school gym!

FRIDAYS

JESUS + JAVA | Challenge for Lent: give up the snooze button and give your mornings to Jesus.

IN LENT

except Good Friday

6:30 AM

Meet us for daily Mass, then grab breakfast & review Sunday's readings before school.

 tinyurl.com/STAGYG-Home

 @stagnesyouth

 Sign up for updates by visiting

StAgnesYG.flocknote.com

or by texting [StAgnesYG](tel:84576) to 84576



THE BORGO AT SAINT AGNES

named for the Borgo Pio in Rome
the shop-lined street leading to the Vatican

HOURS

Sundays after Mass



theborgo@saintagnes.org



@theborgo

Searching for answers?

Help bring to the Light those who no longer want to walk in darkness. Invite those who have never been baptized or who have been baptized in a non-Catholic Christian tradition, as well as adult Catholics who have not been confirmed, to the inquiry sessions. For more information ...

Please contact adultformation@saintagnes.org.

Join us on Facebook!

Like us on Facebook

<https://www.facebook.com/stagneschurcharlington>.

SAINT AGNES 2025

LENTEN FOOD DRIVE

Wednesday, March 5, 2025 - Sunday, April 6, 2025



UNEXPIRED & NON-PERISHABLE FOOD ONLY. NO GLASS PLEASE!

Each year, Saint Agnes Catholic Church collects food for a food bank in rural Virginia that serves 300 families each month. The community desperately needs our help. **Staple foods are the greatest need (pasta, rice & grains, beans, canned meats & fish, etc).**

ANY QUESTIONS? PLEASE CONTACT

Maeve O'Callaghan at
mmocork@gmail.com

OR

Maddie Smith at
madelinetsmith09@gmail.com

Lenten Soup Supper

5:30PM-6:30 PM
St. Agnes Parish Hall

Stations of the Cross devotion follows at 7PM in the Church

Friday, March 7

Sponsored by Walking with Purpose

Friday, March 14

Sponsored by St. Agnes School

Friday, Mar. 21

Sponsored by the Legion of Mary

Friday, Mar. 28

Sponsored by St. Agnes Choir

Friday, April 4

Sponsored by Youth Group/Work Camp & Parish Office

Friday, April 11

Sponsored by the Knights of Columbus



“He said to the gardener, ‘For three years now I have come in search of fruit on this fig tree but have found none.’” -

Luke 13:7

We can all be like the barren fig tree at times. Do you cling to what you have, or do you generously share with others? How will you respond when God asks you what you have done with all the gifts He has given you? Remember, not only are we called to be generous; we are called to develop and nurture our gifts; and return them with increase. We are called to be generous with all of our gifts; especially the one that means the most to you.

Servers and Singers for First Friday Latin Mass Needed

Men and boys interested in serving at the altar for the First Friday Masses in Latin, and men and women interested in chanting in the schola, please contact Father Oetjen at froetjen@saintagnes.org.



The Presence of Jesus in Prayer

“Before He ascended into heaven, Jesus, paradoxically declares, “Behold, I am with you until the end of time.” The great women mystics of the Catholic tradition have discovered in prayer how this mysterious presence of Christ is at work in our lives. Following their insights, we will explore how to respond to this great gift.”

Saint Agnes Catholic Church
1910 N. Randolph St.
Arlington, VA 22207
703.525.1166

Saint Agnes Catholic Church
April 2, 2025
7:00 p.m. - 8:00 p.m.
During Holy Hour in the Church



Dr. Anthony Lilles, completed his graduate and post-graduate studies in Rome at the Pontifical University of St. Thomas. Living in Oxnard, California with his wife Agnes, they are blessed to be parents of three young adults. Dr. Lilles also serves as Associate Professor, Admissions Director and Academic Advisor to the Academic Dean of St. John's Seminary; and has been appointed as the Academic Dean of St. Patrick's Seminary and University in Menlo Park. Having taught graduate level theology for over 20 years, Dr. Lilles is specialized in Spiritual Theology, Spiritual Direction, and various classics of Catholic Spirituality. His expertise is in the spiritual doctrine of St. Elizabeth of the Trinity and the Carmelite Doctors of the Church: St. Teresa of Avila, St. John of the Cross, and St. Thérèse of Lisieux. He's the author of *Fire From Above*, published by Sophia Institute Press, *Living the Mystery of Merciful Love: 30 Days with Thérèse of Lisieux* and *30 days with Teresa of Avila* – both published by Emmaus Road.

Sponsored by the Office of Marriage, Family, and Respect Life and The Office of Faith Formation



Did you know that the Saint Agnes Legion of Mary coordinates the scheduling of the Pilgrim Virgin (Our Lady of Fatima) to homes in the Parish? Would you consider it?

Your family will receive MANY BLESSINGS!

If you would like to host the Pilgrim Virgin scan the QRC and sign up! You can also contact the Legion of Mary at Kenneth.sault@proton.me or text a request to 808-754-5437

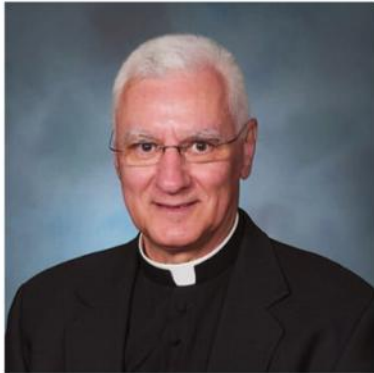


VIRTUS SEMINAR

Child Protection Compliance for Volunteers in Programs with Children or Youth | Adult volunteers who have substantial contact with children in the Diocese of Arlington are required to be compliant with the Diocesan Child Protection Policy which includes an online application, background checks, policy acknowledgement and completion of the VIRTUS (Protecting God's Children) Seminar. A VIRTUS Seminar will be held at St Agnes on Thursday, April 24th at 6 p.m. in the Parish Hall. To register you must first fill out the online application, once your application has been signed off, you will receive an email with the information to register. Seminars fill up quickly. If you would like to volunteer with children at St. Agnes Parish or School, please contact Jen Carpenter, St. Agnes Liaison for Child Protection at protect@saintagnes.org to get started.

Salesian Lenten Reflections

Three Talks by
Father Pinizzotto



Father will introduce us to the spirituality of St. Francis de Sales and his desire for lives to be filled with God's grace and spiritual renewal.

Father's talks will focus on
The Sermons of St. Francis de Sales for Lent.

All Talks will be in the **CHURCH**
Sunday, March 16th at 12:30 p.m.
Sunday, March 30th at 12:30 p.m.
Sunday, April 13th at 12:30 p.m.



2025 BISHOP'S LENTEN APPEAL (BLA) | *Abounding in Hope*

This appeal provides an opportunity to unite as a Catholic family and to support the various programs and ministries that help tens of thousands of people in our diocese. After reflecting upon God's

blessings to you, please consider a pledge that will allow you to share your gifts with your neighbors. Each donation is vital to the success of the appeal and the important work that it funds. You may complete a pledge card at Mass, mail in your pledge, go online to www.arlingtondiocese.org/BLA or scan the QR code to make a gift.

"I shall cultivate the ground around it and fertilize it; it may bear fruit in the future." (Luke 13:7-9)

We are invited to consider how God may be cultivating our hearts, preparing us for a vocation of service. Is God calling you to priesthood or consecrated life, and patiently waiting for you to respond?

Talk to your priest or reach out to the Vocation Office at (703) 841-2514 or via email: vocations@arlingtondiocese.org.

Christ House Desserts

Hand held desserts, bars/brownies/cookies, etc., are needed for our Christ House meals, First Tuesday of the month, May-September.

For details and to sign up visit <https://www.signupgenius.com/go/60B044FACAC28A20-55373886-baked#/>

Your sweet treats are so appreciated by our guests and also by the Saint Agnes Christ House team.

Clases de Biblia en Español

Anunciamos con alegría la continuación de las clases de Biblia en Español en nuestra parroquia. Tendrán lugar los Martes de 9:45 a 11 de la mañana. Seguimos la pauta de la "Biblia en un Año" y continuamos nuestro estudio con el libro de Reyes, el de Crónicas y el Cantar de los Cantares del Antiguo Testamento. Para más información: Carmen Egge: gvegejr@gmail.com.

Private Mass Intentions Book Open

We are accepting Unannounced Intentions which are not said at a public Mass. These intentions will be offered privately and published as a list in the bulletin periodically as "Fulfilled Unannounced Masses."

What does it mean to be an "active Catholic"?

An active Catholic is a person who cherishes the faith received at Holy Baptism, nourished through the Holy Eucharist, healed through the Sacrament of Penance, and strengthened through the Sacrament of Confirmation. An active Catholic embraces the teachings of the Catholic Church contained in the Word of God and in Sacred Tradition, and strives to live them. An active Catholic is registered in the parish, supports the mission of the Church with time, talent, and treasure, whether by worshipping at Holy Mass each Sunday and Holy Days of Obligation (except for illness or emergency), volunteering to serve the parish community in various ways, and supporting the parish financially, using Faith Direct or offertory envelopes. Active Catholic spouses and parents seek to help their loved ones know Jesus through prayer, Holy Mass, regular Penance, religious education, and charitable works. Why is this important? Anyone who seeks to be a godparent or sponsor for the Sacraments of Baptism or Confirmation, or enter the Sacrament of Holy Matrimony, or receive a Catholic Tuition Rate at School must first be verified as an active Catholic and parishioner.



Boot Scootin' Boogie

Join St. James Young Professionals & St. Agnes Young Adults on

Saturday, April 5, 2025, 7:00 P.M.

St. Agnes Parish Hall
1910 N Randolph St, Arlington, VA 22207

RSVP here!




Catacombs Cafe


open FRIDAYS
after the 6:30 am Mass

serving coffee, espresso drinks and light treats

Want to have the Café open for your meeting?
Email: bethanyministry@saintagnes.org

Respect Life Ministry Needs Volunteers

Please offer your helping hands and email saintagnesrespectlife@gmail.com.


Children's Worship Bulletin™ 


Ages 3+ March 23, 2025 • Luke 13:1-9

The Parable of the Fig Tree

Jesus told the people to repent of their sins.

Find and circle the hidden letters in the picture.
REPENT



Children's Worship Bulletin™ 


Ages 7+ March 23, 2025 • 1 Corinthians 10:1-13

Examples From History

However, God was not pleased with most of the people. Why?

Add the numbers at the top of each column to the numbers at the beginning of each row. Use the resulting code to find the reason.

+	10	20	30	40
5	A	B	D	E
6	G	H	I	L
7	M	O	P	R
8	S	T	U	W



They _____ were _____ the Lord and _____

_____ were _____ the Lord and _____

_____ were _____ the Lord and _____

_____ were _____ the Lord and _____

_____ were _____ the Lord and _____



Saint Agnes Religious Education

Important Dates!

- ◆ **March 29th:** First Penance Retreat & Liturgy
- ◆ **April 1st:** Family Faith Formation
- ◆ **April 4th-5th:** Confirmation Retreat
- ◆ **April 15th:** No RE class (Spring Break)
- ◆ **April 22nd:** No RE class (Easter Break)
- ◆ **April 29th:** RE Final Assessments

For more information, contact Lisa Orosa at dff@saintagnes.org.



“Christ made my soul beautiful with the jewels of grace and virtue. I belong to Him Whom the angels serve.”

NAME: _____

GRADE: _____

Sunday Mass Journal

3rd Sunday of Lent
John 4:5-42

Sunday, 23 March 2025

● CHURCH & MASS TIME:

● PRIEST & COLOR OF VESTMENTS:

● I OFFERED THIS MASS FOR:

Gospel Reflection

The Samaritan woman was convinced that Jesus was the Messiah and told all her friends and neighbors. Because of her, they went and found out for themselves. How can you bring others to Jesus?

.....
.....
.....

I am thankful for...

-
-
-
-

I will pray for...

-
-
-
-

My Spiritual Goal for the Week



Name: _____ Age/Grade: _____

I am a...

St. Agnes RE student

St. Agnes school student

Not an RE/SAS student

ST. AGNES RELIGIOUS EDUCATION FAITH BINGO

MARCH 2025



Do 5 activities in a row. Submit this card at the end of the month to the Religious Education Office to receive a prize!

Pray a Hail Mary on March 1st and offer it up for those who are orphans or are in foster care.	Discuss with your parent what you can give up for Lent.	Eat some pierogi to celebrate the feast day of St. Casimir, patron saint of Poland & Lithuania (Mar 4)	Fast (18 yo & up), abstain (14 yo & up) or give up something you enjoy on Ash Wednesday, Mar 5.	Do not eat meat on Fridays of Lent. Have some fish taco instead.
Watch a video on St. Perpetua & St. Felicity (Mar 7) https://www.youtube.com/watch?v=Cmbhtgu8xIk	Write a thank you card & bake cookies to thank your local firefighters on Feast of St. John of God (Mar. 8)	Offer the March 9 Sunday Mass for the intentions of Msgr. Saunders and greet him for his birthday.	Visit Jesus in the Adoration Chapel.	Go to Stations of the Cross as a family.
Do not eat meat on Friday. Go to the Lenten Soup Supper instead.	Read the story of St. Patrick and have some Irish soda bread to celebrate on March 17.	GO TO MASS EVERY SUNDAY!	Pray a decade of the Sorrowful Mysteries with your family.	Celebrate the feast of St. Joseph (March 19) with a special family dinner.
Be extra kind to someone who is struggling or lonely.	Do not order dessert or soda in a restaurant and ask mom/dad if you can donate to the Meals for the Poor Mission.	Do not eat meat on Friday. Have a vegetarian dish instead.	Organize your closets and donate your gently used toys or clothes to charity.	Pray for peace in the Ukraine, the Holy Land and other parts of the world.
Celebrate the Feast of the Annunciation (March 25) by doing something nice for a pregnant mom.	Pray for our St. Agnes students preparing to receive their First Penance.	Be reconciled with God in the Sacrament of Penance.	Do not eat meat on Friday. Have a seafood dish instead.	Celebrate Laetare Sunday by wearing a rose-colored outfit for Sunday Mass on March 30



Saint Agnes Catholic School



St. Agnes School is a Catholic community centered on the teachings of Jesus Christ and strengthened by the partnership between parents, who are the primary educators of our students, and our dedicated teaching staff.

We believe in the mission to educate our students so that they become loving Christians, inspired learners, outstanding achievers, natural communicators, and strong servants of God.



“God never tires of forgiving us; we are the ones who tire of seeking His mercy.”

Pope Francis

Ash Wednesday marked the beginning of the Lenten season, and St. Agnes students participated in the Holy Sacrifice of the Mass, along with receiving ashes. Students also discussed their plans for prayer, fasting, and almsgiving during Lent in the classrooms.

We all pray our sacrifices now will bring us closer to our Lord.

“Remember, man, that thou art dust, and to dust you shall return.”

IT IS NEVER TOO LATE TO **LOOK YOUR BEST**



\$99 (Exam+xrays+cleaning)
FREE whitening kit



1-844-336-2474

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www.renovasmiles.com



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at Your Home...or Ours!

An established, premier home care provider awarded the "Best of Home Care" Award for the highest customer satisfaction ratings based on blind survey of clients.
www.paragonhomecare.com

Call Us For A Free Assessment Today
(703) 942-8950



Paragon Assisted Living
Potomac House Communities
Schedule a Tour: (571) 449-6029
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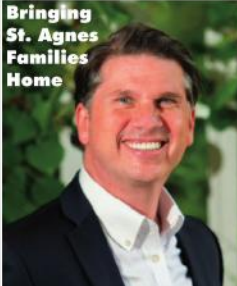
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Parishioner & School Family Alumni
marga.pirozzoli@compass.com
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justine.pope@compass.com
571.388.7359

