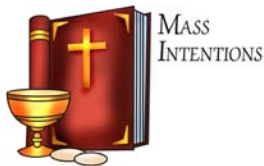


Fourth Sunday of Lent March 22, 2009



Monday	7:30 a.m.	Michael Yaskowski Family
	9:00 a.m.	James Dillon†
Tuesday	7:30 a.m.	Ashley Maresch
	9:00 a.m.	Brandon Lawn†
Wednesday	9:00 a.m.	Intentions of J. Bradley Kennedy
	6:30 p.m.	Angela Broda†
Thursday	7:30 a.m.	Lisa Dragoo
	9:00 a.m.	Darrell Cross Family
Friday	9:00 a.m.	Lisa Dragoo
	7:00 p.m.	Alan Legalle†
Saturday	9:00 a.m.	Mary Montanaro
	5:00 p.m.	Col. Paul Kelly†
	7:00 p.m.	Therese Klein†
Sunday	7:30 a.m.	Mildred Brady†
	9:00 a.m.	In Reparation†
	10:30 a.m.	Albert Maiatico†
	12:15 p.m.	Laurie Edwards†
	5:00 p.m.	People of St. William of York

On Fridays during Lent, Stations of the Cross will be prayed starting at 6:30 p.m. followed by Mass at **7:00 p.m.**

† Confession Schedule

March 23rd – March 28th:

Tuesday:	No Confessions
Thursday:	9:30 a.m.
Saturday:	9:30 a.m.
Saturday:	3:30 p.m. - 4:30 p.m.*
Saturday:	6:30 p.m. (Spanish)

(* The penitent in the confessional at 4:30 p.m. will be the last confession heard.)

Sunday Collection for 3/15/09

Offertory:	\$15,336.00
Debt Collection:	\$ 4,366.00
Total:	\$19,702.00

Thank you and may God bless you for your continued support and generosity!

Saint William of York Host “Protecting God’s Children”

Protecting God’s Children is a seminar that is mandatory, for all volunteers who have substantial amounts of contact with children and for all employees of the Arlington Diocese. In order for you to be compliant with Diocesan policy you need to have gone to the seminar within 6 months of turning in your Virtus paperwork. Saint William of York is hosting a seminar on May 9th at 9 a.m. in the parish center. To register for the seminar go to www.virtus.org. There are only 50 slots to fill so sign up now. For more information call the parish office at (540) 659-1102

Bishop Loverde Celebrates 10th Anniversary

On March 25th, the Solemnity of the Annunciation, Bishop Loverde will celebrate his 10th anniversary as Bishop of the Diocese of Arlington. Please keep our diocesan shepherd in your prayers.

Confessions

So Sorry, this Tuesday, March 24th Father Magat and Father DeMartino are required to attend a meeting with Bishop Loverde at 10 a.m. Father DeMartino will not be able to hear confessions after Mass that day.

Baptismal Preparation Class

The next Baptismal Preparation Class in English will be held on **Wednesday, March 25th at 7:00 p.m.** in the Library. The next Spanish Baptismal Preparation Class will be held on **Saturday, April 18th at 8:30 a.m.** in the Brent Room. It is **mandatory that all parents register** with the parish office (659-1102) before the class.

Parish Organizations -- Content for New Website Sought

Fr. Magat is coordinating a committee that is working on an updated parish website. All parish organizations are encouraged to submit digital content about their organizations (text, pictures, etc.) for inclusion on the website. Content may be sent to John Wagner at jfwagnerjr@verizon.net. Thanks very much.

Religious Education

We have First Communion items for sale in the religious education office.

Support CYO (Catholic Youth Organization)

Please support Workcamp 2009 by purchasing high-quality hardwood mulch for \$3.50 per bag. Mulch orders will be taken through March 28th in the parish center after all Masses. Mulch can be picked up in the rear parking lot of the church on Saturdays. Delivery is \$15. Spreading is an additional \$2 a bag. For orders or more information, please call Karen Clemente, (540) 287-5864 or Stacie Ferry, (540) 373-8617.

Tree and Brush Removal and Spring Yard Cleaning

CYO fundraiser supporting WorkCamp and World Youth Day. An experienced adult organizes work, with labor provided by our teens. Call for availability: Paul – (540) 288-9940.

Lenten Soup Supper

Join us every Friday during Lent, except Good Friday for a Soup Supper in the center from 5:00 to 6:00 p.m. Join us for a sacrificial meal of homemade soups and a sandwich for a small donation, followed by Stations of the Cross at 6:30 p.m. in the church.

The Knights of Columbus will host a FISH FRY for the Lenten Soup Supper on Friday, March 27th, from 5-7 p.m. in the center.

Coffee and Donuts

The Knights of Columbus invite everyone to the parish center following all Sunday morning Masses for coffee and donuts.

Free Couples Workshops

The office for Family Life and Catholic Charities are offering workshops led by professional counselors for engaged and married couples to learn more about communication, finance and blended families. All workshops will be held at 7 p.m. at Our Lady of Good Counsel in Vienna. If you have any questions, please call (703) 841-3807. Workshops are free. Please visit our website for more information on workshops

www.arlingtondiocese.org/familylife/documents/TomDoc2.pdf



St. William of York Catholic School

Registration

St. William of York Catholic School is now accepting **registrations** for the 2009-2010 school year. Please call or stop by the office for information.

Cherry Blossom Celebration Auction and Dinner

Will be held Saturday, April 25th 6:00 p.m. to 10:00 p.m. in the St. William of York Gym/Center. Tickets are \$25 per person (ages 18 and older only). Limited tickets are available through Wednesday, April 8th. For more ticket information, please contact Karen Bettendorf, karen.bettendorf@comcast.net, or by leaving a message at the school office, (540) 659-5207.



SWOY Soccer Teams

SWOY held its first recruitment for a Co-Ed School Soccer Team on 6-7 March. Forty-three children turned out for a chance to join the newly formed Varsity and JV teams. The SWOY soccer season is now underway. Thanks to the coaching team of Varsity Coach, Josh Beckham, Conditioning Coach, Jessica Natkin, Junior Varsity Coaches Sean Quigley and Tom Faha, and Team Coordinator, Letty Guzman. The team will play in a Fredericksburg local soccer league and a few other parish schools as well.



This Week in our Parish

Sunday, March 22

8:00 a.m. Hibernians Coffee & Donuts (Center)
8:45 a.m. R.E. Class
9:45 a.m. Choir (Brent Room)
10:45 a.m. R.E. Class
1:30 p.m. Baptisms (Church)
2:00 p.m. Living Stations Practice (Center)
6:00 p.m. Sunday Supper (Center)
6:30 p.m. Adult Ed (Brent Room)
6:30 p.m. R.E. Class
6:45 p.m. Youth Group (Gym)
7:00 p.m. Venture Crew (K of C Hall)

Monday, March 23

3:10 p.m. Girl Scouts (Art/Brent Room)
7:00 p.m. Cub Scouts (K of C Hall)

Tuesday, March 24

8:30 a.m. - 10:30 a.m. Blood Pressure Clinic (Brent Room)
9:30 a.m. Rosary Makers (Brent Room)
5:00 p.m. Baseball (Gym)

Wednesday, March 25

9:30 a.m. Liturgy of the Hours (Brent Room)
7:00 p.m. Baptism Class (Library)
7:00 p.m. Boy Scouts (Gym)
7:30 p.m. K of C Meeting (K of C Hall)
7:30 p.m. RCIA (Center)

Thursday, March 26

8:30 a.m. - 10:30 a.m. Blood Pressure Clinic (Brent Room)
9:30 a.m. Confessions (Church)
1:00 p.m. Knitting for the Needy (Brent Room)
5:00 p.m. Baseball (Gym)
6:00 p.m. PTO Fundraiser Meeting (Library)
6:00 p.m. Girl Scouts (Art Room)
7:00 p.m. Legion of Mary (Brent Room)
7:00 p.m. Boy Scouts (Center)
7:30 p.m. Choir (Church)

Friday, March 27

½ Day of School
5:00 p.m. Soup Supper (Center)
6:30 p.m. Stations of the Cross (Church)

Saturday, March 28

9:30 a.m. Confessions (Church)
10:00 a.m. Bible Study (K of C Hall)
12:00 p.m. Baseball (Gym)
3:30 p.m. Confessions (Church)
5:45 p.m. Spanish Choir (Brent Room)
6:30 p.m. Spanish Confessions (Church)

Parish Easter Egg Hunt

The parish will be hosting an Easter Egg Hunt on Easter Sunday at 3:45 p.m. This event is free and open to all children up to age 12. It will be located in the school field. For more information, or if you would like to volunteer to help, please contact Patricia Davids at (540) 446-3814.

Worldwide Encounter

“Whoever loves the truth comes to the light, so that his works may be clearly seen as done in God...” Today’s Gospel urges us to live a life centered on Christ. Let Worldwide Marriage Encounter help your marriage/Holy Orders to be more Christ-centered. The next local Worldwide Marriage Encounter Weekend is May 15th-17th. Early registration is highly recommended, as dates fill up quickly. For more information call John and Lorie Scali (703) 631-5289 or visit <http://wwme-nova.org/>

An Hour a Day ~ An Hour a Week

Parishioners of Saint William of York are challenged to lift their hearts and minds in prayer to The Lord for at least one hour a day. We also are asked to donate at least the equivalent of one hour’s wages per household to the regular offertory collection each week.

Have I prayed for at least one hour a day this week? Was our weekly offertory donation equivalent to at least one hour’s wages?

International Fall Festival (IFF)

Anyone interested in helping with this year’s IFF please contact Frank Santana at (540) 446-1869.

Sunday Suppers

Everyone is invited to the Sunday Supper following the 5:00 p.m. Mass. Join us in the parish center for a home-cooked meal.



Prayer Request...

Please keep everyone who is serving in Iraq and Afghanistan and their family members in your prayers.

Fr. Eric Albertson, Ralph Allison, Caesar Camacho, Daniel Castanon, Shawn Cunningham, Jason Freed, Richard Garver, Lt. Col. Richard G. de Guzman, Lt. Col. Tina Marie G. de Guzman, Keirsten Hage, Maj. Pete Houtz, Ryan Kraft, Nicholas Kubick, Shane Lambert, Kent Larson, Michael Luther, Robert Mills, Shane Montgomery, Timothy Noonan, Derek Rinaldo, Thomas Ryan, Christopher Schap, Justin Smarr, Daniel Stehm, Capt James Stoltz, Bobby Stone, Adam Stoyanac, Col. Rick Swengros, Capt. Richard Swengros, Chris Tolliver, Vincent Torney, Adam Wright, & Eric Wright.

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen

St. Raphael Ministry

Pastoral Care Corner

By: Sr. Mary Lou

Healing Exchange...The Power of Positive Proclamation!

The Power of Positive Thinking and Cognitive Behavior Therapy are two popular interventions for changing negative thought patterns. As Catholic Christians, however, we can accomplish even greater things, simply by pairing these approaches with the Word of God.

Consider the lies that Satan enforces. Whether these are rooted in shame messages that were adopted in childhood, words spoken that targeted vulnerable spirits, or lies imparted directly by the enemy, all of them are contrary to TRUTH revealed in Sacred Scripture.

For example, when caught in fear, anxiety or worry, God says, "For God did not give us a spirit of timidity...but...of power and of love and of calm and well-balanced mind and discipline and self-control" (2 Timothy 1:7). For one struggling with a victim mentality, feeling helpless, powerless, or hopeless God encourages "I can do all things through Christ who strengthens me" (Philippians 4:13). "The joy of the Lord is your strength" (Nehemiah 8:10), and "no weapon formed against you will prosper" (Isaiah 54:17). For lies regarding worth, physical appearance, intelligence, God assures that we are made in God's image (Genesis 1:26) and "fearfully and wonderfully made" (Psalm 139:14). To one feeling abandoned, alone, rejected...God says, "I will never forsake you" (Isaiah 49:15). The greater the familiarity one has with Scripture, the greater number of truths one can learn to proclaim.

Begin by listening internally for negative thought patterns. Immediately upon identifying them, even if well into them, sharply and forcefully say, "STOP"! And in the Name of Jesus, renounce the lie and claim the Scriptural Truth, thanking God for His healing Word.

As the process is repeated, it becomes easier to recognize the lies, with increased healing and freedom. "For the Word of God is living and active. Sharper than any two-edged sword, it penetrates even to dividing soul and spirit, joints and marrow" {truth and lies} (Hebrews 4:12).

Health & Wellness Corner

Helpful Tips:

Fast Facts: Symptoms of Depression

- *Feelings of hopelessness and sadness
- *Lack of interest in things that once brought pleasure
- *Changes in sleep patterns
- *Changes in appetite
- *Poor concentration
- *Decreases in psychomotor control
- *Thoughts of suicide
- *Lack of energy

Happiness is Contagious 😊

If you want to be happier, spend time near happy people. In a study done in Framingham, MA between 1983 and 2003...it was found that happiness is not just an individual experience, but one that is strongly influenced by one's social network and physical proximity to others who are happy.

They noted that for example, if a friend who is happy moves within a mile of you, your chances of being happy increase by 22 percent. Subjects were defined as happy if they could agree with these four statements: "I felt hopeful about the future", "I was happy", "I enjoyed life", and "I felt that I was just as good as other people".

Calendar Reminders:

Knitting for Needy will meet March 26th (Thursday) from 1-2 p.m. in Brent Room. We are preparing gifts for our Easter Visits to the homebound and nursing home parishioners.

Liturgy of the Hours Prayer Group will meet on March 25th (Wednesday) in the Brent Room at 9:30 a.m.

All Aboard the Senior Brain Train meets March 31st (Tuesday) from 1-3 p.m. in Brent Room. New comers always welcome.

40 Days for Life

Our Parish's day for the 40 Days for Life prayer vigil is Thursday, March 26th. This peaceful vigil will take place nearby the Manassas abortion facility from 7 a.m. to 5 p.m. The address is 9380 Forestwood Lane in Manassas. If you would like to sign up for an hour or half-hour time slot, please call Suzanne at (540) 720-6619.

Pray for a Priest Each Day...

This week please pray for

March 22 nd	All Parish Priest
March 23 rd	Rev. Gerald Weymes
March 24 th	Rev. Robert Avella
March 25 th	Feast of Annunciation
March 27 th	Rev. Dominic Irace
March 28 th	Rev. Mark Pillon
March 29 th	Rev. William Schardt

Eternal Father, We lift up to you these and all the Priests of the world. Sanctify them. Heal and guide them. Mold them into the likeness and Holiness of your son, Jesus, The Eternal High Priest. May their lives be pleasing to You. In Jesus' name we pray. Amen.
