

Middle of January, snow is gone; its gonna get cold; but not for long!

There are a LOT of things written in this so read these BITS so there's nothing you miss!!

A Bit of a Mass Schedule!

This Weekend

Saturday, January 19 – 5:30pm (4:30pm, Confession)

Sunday, January 20 – 8:30am and 11:00am

Week of January 21

Tuesday, January 22 – 7:00pm

Wednesday, January 23 – 5:30pm

Thursday, January 24 – 5:30pm (6:00pm, Confession)

Friday, January 25 – 8:30am

Saturday, January 26 – 5:30pm (4:30pm, Confession)

Sunday, January 27 – 8:30am and 11:00am

Liturgical Guideline during the Flu Season

Communion under one kind

As a precaution during this especially virulent influenza season, Holy Communion under both kinds will be suspended. Until the flu abates, Holy Communion will be received only under the species of bread (that is, the Body of Christ). Please remember that receiving the Precious Blood is optional. The reason is that all of Christ is present in either the smallest particle of the consecrated bread or in the tiniest drop of the consecrated wine (concomitance). For those who can only receive Communion under the species of wine, they may approach at the end of the Communion line and the priest will administer the chalice to them.

Gesture of Peace

Furthermore, please remember that no one is ever under the obligation to shake hands during the Sign of Peace; indeed, it may be prudent to refrain from handshaking during the flu season. Rather than shaking hands, parishioners may make a statement of peace, or a bow, or some other gesture. The diocesan Office of Worship has recommended parishes consider adopting these liturgical modifications during the flu season.

Monday, January 21

In observance of Martin Luther King Day, the church office will be closed on **Monday, January 21**. This is a Diocesan-wide holiday.

Day of Penance

Tuesday, January 22 is the Day of Prayer for the Legal Protection of Unborn Children. This marks the anniversary of Roe v. Wade (1973), the Supreme Court decision that legalized abortion in the United States. Since January 23 is a Day of Penance, all Catholics are required to undertake some form of penance in reparation for sins against human dignity, particularly abortion. Penance can include fasting, abstaining from eating meat, performing works of charity, and/or spending extra time in prayer.

A Mass for Giving Thanks to God for the Gift of Human Life

A Mass for Giving Thanks to God for the Gift of Human Life will be celebrated on Tuesday, **January 22 at 7:00pm**. Parishioners are encouraged to attend. (This will be in place of the 5:30pm Mass that day). It is especially important for parishioners to pray for an end to the scourge of abortion, as two abortion clinics are located within the boundaries of Saint Benedict parish.

Three Notch'd Road Educational Outreach Concert

Friday, February 1, 2019, 2:00pm

Three Notch'd Road: The Charlottesville Baroque Ensemble returns to present an educational outreach concert to Saint Benedict Catholic School and homeschool community. This event is open to parishioners and guests. Fiona Hughes (Artistic Director and violinist), is joined by Anne Timberlake (recorders) and Arash Noori (lute, theorbo & guitar). This program will contain repertoire for violin, recorder, and lute from the Renaissance to Baroque eras, focusing on works by French composers and in celebration of Candlemas, which falls on February 2nd. This educational program will last approximately 40 minutes. For more information, please contact Joel S. Kumro, Choirmaster and Organist.

Presentation of the Lord

A Mass for the Feast of the Presentation of the Lord will be celebrated on **Saturday, February 2 at 5:30pm**. Please note that this Mass fulfills the Sunday obligation. According to Church law, Catholics in the United States fulfill the Sunday obligation by attending any Mass between 4:00pm on Saturday and 11:59pm on Sunday (Code of Canon Law, canon 1248 §1). Furthermore, although the Mass celebrated on Saturdays is typically the anticipated (vigil) Mass for Sunday, this is not a requirement; the Mass of the day is also permitted.

Bishop Knestout and the Blessing of Throats

Bishop Barry C. Knestout will celebrate the 11:00am Mass on **Sunday, February 3**. The blessing of throats will take place at this Mass as well as at the 8:30am Mass (but not the 5:30pm Mass). According to tradition, Saint Blaise, a bishop and martyr of the early Church (died circa 316 A.D.), miraculously dislodged a fish bone that was choking a child. Since then, the Church has invoked his intercession against all diseases of the throat.

Rite of Acceptance

The parish will celebrate the Rite of Acceptance into the Order of Catechumens on **Tuesday, February 5 at 6:30pm** (following the 5:30pm Mass). This Rite of Acceptance formally acknowledges and welcomes unbaptized adults who are preparing to receive the Sacraments of Christian Initiation: Baptism, Confirmation, and the Eucharist. Through the Rite of Acceptance, those preparing to receive these three sacraments will become “catechumens” (literally, “hearers”) of the Word of God. The Rite of Acceptance is not a Mass but rather a Liturgy of the Word followed by the giving of the Sign of the Cross and intercessions for the catechumens. All parishioners are welcome to attend, in order to support those preparing to enter the Church at Easter.

Parish Clean-Up Day

Indoor Edition

A Parish Clean-Up Day will take place on **Saturday, February 16 from 9:00am to 12:00N**. The focus of the day will be on cleaning the inside of the church. Parishioners of all ages are encouraged to participate. Those interested may sign up on the homepage of the parish website: <https://www.saintbenedictparish.org>

A Bit of Thanks

Volunteer Reception

"I give thanks to my God at every remembrance of you, praying always with joy in my every prayer for all of you, because of your partnership for the gospel from the first day until now" (Philippians 1:3-5). In thanksgiving for all parish volunteers, there will be a holy hour, featuring Solemn Exposition of the Blessed Sacrament, on **Tuesday, February 26 at 5:30pm**. A reception will follow at 6:30pm. All parish volunteers are invited to attend, and are asked to RSVP to Ida O'Leary (ioleary@saintbenedictparish.org) by February 19.

Oktoberfest Scholarship

Applications Available

The Oktoberfest Scholarship Program assists qualified high-school age parishioners (rising 9th through 12th graders) with the cost of tuition at a Catholic school recognized by the Diocese of Richmond. If you have an eligible child who is interested in applying, attached, please find necessary materials attached to this email or available in the brochure racks on the side porch of the church.

Religious Education

Religious Education K-12

Religious Education for grades Kindergarten through 5th, Edge (6th-8th) and The Rule (9th-12th) continues this **Wednesday, January 23rd**. K-5 will meet in their regular locations from 6:30-7:30pm with aftercare provided until 8:00pm for those with parents in the choir or siblings in Edge or The Rule.

Edge (6th-8th grades) will meet in the St. Anselm Hall from 6:30-8:00pm. The Rule (9th-12th grades) will meet in the Parish Center from 6:30-8:00pm.

Confirmation

The Confirmation retreat will take place on **Saturday, January 26th** from 10:00am to 3:00pm at the lake house at St. Michael Catholic Church. Drop-off and pick-up is at St. Michael's. Please submit a permission form in advance since it is an off-site event. Lunch included.

Dr. William McKenna Presentation

We are excited to welcome back Dr. William McKenna, Psy.D., on **Wednesday, January 30th at 6:30pm** who will offer a presentation on communication between parents and their children. The presentation will take place in the library on the 3rd floor of St. Benedict Catholic School and is open to all adults within the parish. Dr. McKenna is a Licensed Clinical Psychologist and a partner at The Westwood Group. He earned his masters and doctoral degree from the Institute for the Psychological Sciences, a Catholic psychological teaching institution. He is a native of Richmond, graduating from

Benedictine High School and Belmont Abbey College. Please RSVP to Kevin Corcoran at kcorcoran@saintbenedictparish.org

Retreat for Married Couples

On **Saturday, February 23rd**, from 9:00am to 12:30pm, the parish will host a retreat for married couples title “My Lover Speaks.” This event will help deepen your prayer life as a married couple. Childcare will be provided. Couples are asked to RSVP to Kevin Corcoran (kcorcoran@saintbenedictparish.org), Director of Evangelization and Catechesis by February 17th. The cost is \$10.00 per couple. Registration with coffee and doughnuts will be at 8:30am; the retreat will begin at 9:00am.

RCIA

Do You Know Someone Who Wants to Become a Catholic? The Rite of Christian Initiation of Adults (RCIA), the process for entering the Catholic Church, is ongoing. Sessions are held approximately every other **Tuesday from 6:30 to 7:30pm** in the Parish Center. RCIA is now open for adults of the parish to audit, with the focus of the class remaining on those in the RCIA process. The next class is on Mariology on January 8th. Please see the parish website for details on the materials and to find a schedule.

RVAConnect (Young Adults)

The Spring Calendar is now available on the parish website, side porch, or email connectrva@gmail.com. Each month RVAConnect takes part in the regional Theology on Tap on the First Monday of the Month, holds Tolle Lege Book Study on the second Thursday of the Month, and partakes in the Regional Young Adult Social in the second half of every month. Please see the calendar for more details.

Young Adult Regional Social

In the second half of every month, regional young adults groups join for a social gathering. The January Regional Young Adult Social will be on **Friday, January 25th** at The Circuit Arcade and bar in Scott's Addition. Meet at 7:00pm at The Circuit and look for those with a young adult name tag. Come for a casual evening of interacting with other area young adults, maybe play a few rounds of skee ball, and be sure to pour yourself one of the over 40 beers on the self-pouring taps.

Theology on Tap

Talk on Mindfulness: A Catholic Perspective

Monday, February 4, 2019 at 6:30 PM – 8:30 PM

Kitchen 64 (3336 N Boulevard RVA)

We are excited to welcome Sister Kathy Persson OSB, LCSW. In 2018, mindfulness apps topped Apple's trends list. With an increase in public awareness of mental health diagnoses and intervention (anxiety is considered an epidemic by the CDC), mindfulness is among the interventions pursued. What is mindfulness? What are its goals? What compatibility does it have with the Catholic tradition? Learn what light Catholicism and the contemplative prayer tradition have to shed on mindfulness.

Sister Kathy Persson has served as a licensed clinical social worker for nearly 30 years. She worked with Capital Hospice for 10 years, supervised programs for social workers, bereavement staff and chaplains, as well as served as the Executive Director of Threshold Services, Inc., working with adults with mental illness. Sister Kathy left Capital Hospice in 2006 to pursue a vocation with the Benedictine Sisters in Bristow, VA. She currently works in Richmond in the areas of grief, loss, depression, anxiety and trauma.

Sister Kathy has her BA from Dominican College in Blauvelt, NY, and her Masters in Social Work from VCU.

Richmond Theology on Tap is held on the first Monday of each month at Kitchen 64 located at 3336 N Boulevard, Richmond, VA. While Theology on Tap is traditionally a Catholic young adult event, we welcome singles and married people of all faith backgrounds to attend. Food and beverages need to be purchased by guest by 7:15pm. Talks are to start at 7:30 pm and ending with a Q&A at 8:30 pm. RSVP on facebook at <https://www.facebook.com/events/2285164615062178/>

Tolle Lege,

Thursday, February 7th

The Foundations of Spiritual Discernment.

Tolle Lege has a new starting time of 6:30pm so that we can go out to dinner after in nearby Carytown or local restaurant. This series addresses the foundations of spiritual discernment - the steps needed in order to discern what the Lord may be calling you to. Young Adulthood is a time of major life decisions, come discuss out how to lay the foundation that leads to listening and acting on what the Lord is calling you to.

Follow us on Instagram and Facebook! Email Connectrva@gmail.com for more information, to join our mailing list, and to receive the current schedule.

Book Study Group

A book study group meets on approximately the second and fourth Tuesday of the month at 7:00pm in the St. Gregory room of the Parish Center. The current book is A Catholic Introduction to the Bible: The Old Testament by John Bergsma and Brant Pitre. All adults are welcome! Please purchase a book individually online or contact Kevin Corcoran to purchase. Contact Rebecca Hickman at rehickman@comcast.net or at 804-212-4786 for more information.

Contact

For more information, please contact Kevin Corcoran, the director of Evangelization and Catechesis (kcorcoran@saintbenedictparish.org).

Lily of the Holy Trinity Women's Society

The Lily of the Holy Trinity Women's Society will have their monthly gathering on **Sunday, January 20, 2019** in the Parish Center at **12:30 PM**. We would like to invite all women of the Parish to join us for fun, food, fellowship, and discussion of parish activities.

Knights of Columbus Fraternal Benefits Open House

Tuesday, January 22, 2019 at 6:30PM - Saint Anselm Hall at St Benedict School

The Knights of Columbus invite you to join them as Nick Abbate presents the fraternal benefits available to all Knights* and you and your spouse enjoy gourmet pizza, refreshments, and fellowship. Food & drink will be provided from 6:45 onward with the presentation starting at 7:00. This is a great event to include Catholic couples who may not be familiar with the Knights of Columbus or the products available

exclusively through the Knights of Columbus. Please RSVP at 757-495-1492 by Monday, January 21, 2019

A Bit from the School

Catholic Schools Week starts Sunday, January 27.

To kick off the week –The children's choir will be singing at the 11:00am Mass with many school families in attendance. The 11:00am Mass will be followed by an Open House at the school at 12:30pm. If you know a family who might be interested in having their children attend St. Benedict School, please invite them to the Open House! For information and questions about the school or open house, please see the attached insert entitled “***SBS Open House Insert 2019***”

Safe Environment Requirements

VIRTUS REMINDER!

You are responsible for keeping your VIRTUS account up to date. Please be responsive to the monthly email updates and newsletters that VIRTUS sends you. Remember that you **MUST** read the newsletter and indicate such **EVERY SINGLE MONTH**. The Diocese monitors these accounts often and if you are defunct in your reading, they will suspend your account! We value your volunteer services and don't want to lose you!! Please be proactive in ensuring that your account is active and that we remain compliant with the Diocesan Safe-Environment Regulations. If you have any questions pertaining to this or volunteer opportunities, please contact Ida B. at ioleary@saintbenedictparish.org.

Hospitality!

All are Welcome!

Remember! After our Sunday morning Masses there will be time to gather and talk with other parishioners in the Parish Center while enjoying a bit of light refreshment. Hospitality after the 8:30 and 11:00am Masses will include coffee and baked goods. On the second Saturday of every month there is hospitality after the 5:30pm Mass – which includes hors d'oeuvres, deserts, wine and other beverages.

Weekday Church Availability

In order to ensure the safety of parishioners and the security of the parish campus, during the week, the church will be closed from 4:00pm, when the office closes, until the sacristan arrives to set up for the 5:30pm Mass. On a normal weekdays, the church is available for prayer during normal business hours: Monday through Friday, 9:00am to 4:00pm. In order to gain access to the church during these times, please ring the bell in the courtyard outside the side porch.

Homebound a Bit?

If you happen to be going into the hospital or if you know of a parishioner who is in the hospital, homebound, or unable to attend church any longer please let me know. We have no way of knowing if our parishioners have fallen ill and need a pastoral visit from Fr. Tony unless we are informed. So please keep me in the loop! Call or email me and when you do, be sure to make sure you leave your name and number so that I can contact you for details if necessary. THANKS so much!!

After Hours EMERGENCY!?

If you ever find there is an emergency in which you need a priest IMMEDIATELY – you can call 804-254-0887. This is an emergency answering service that will get in touch with Fr. Tony right away.

A Solemn Bit.

Remember, in our parish bulletin, weekly – we publish a list of parishioners for whom we pray - both sick and deceased. Please be sure to pick up a parish bulletin and perhaps keep the list near your prayer book so, during the week you can offer up prayers for those who are dear to us. You can also access our parish bulletin through this website: <http://discovermass.com/church/st-benedict-richmond-va/>.

While we try to retain people on the sick list as long as necessary, many people place names on the list and never have them removed. If you have added someone to the sick list that can be removed, please let me know so that we know who to pray for. THANK YOU!

A bit of administrative housekeeping

2018 Tax letter!!

Your donations for 2018 needed to be dated and postmarked no later than December 31, 2018 in order to be acknowledged by Saint Benedict Catholic Church as donations in 2018 for income tax purposes. You will receive a letter detailing your donations for 2018 at the end of January 2019. Any donations received now will be recorded in this year/2019.

Contribution Envelope Information!!

The next set of quarterly envelopes (for April, May and June) will go out at the end of March.

If you didn't get your envelopes, lost them or forget your contribution envelope and you are paying with a check, simply write your envelope number (if you remember it) in the Memo section of the check and fold it and drop it in the collection basket. You do not need to use one of the "Welcome" envelopes unless you are contributing with cash.

eGiving

If you contribute through e-Giving and prefer to not receive contribution envelopes anymore, please let me know. If you are not enrolled in e-Giving and would prefer to tithe in this manner visit our website www.saintbenedictparish.org and click on the "e-Giving" box on the bottom right corner of webpage. If you are enrolled in e-Giving, it is recommended that you check your account on a regular basis in order to review your selections as sometimes recurring may have an end date, which you may want to extend.

Address Change?

Please try to keep me "in the know" if you have changes to your address or phone number. If you move – you will need to inform me of your new address so I can make the change in our database. Similarly, please let me know if your email address will be changing. Along these same lines, in an effort to keep our database current, if you move to another state or parish and will no longer be attending Saint Benedict, you will want to inform me of this so I can de-activate your membership.

A Website BIT

Visit our Website!

We have a wonderful Website that provides a lot of up-to date information. Bookmark it and check it often! <http://www.saintbenedictparish.org> . Note that if there is any change to the daily Mass schedule, this will be posted on the homepage (along with your receiving an update from me).

A Bit More?

Have a look at the Bulletin on-line!

Did you know that the parish bulletin is available on-line at www.discovermass.com. Through this site, you can also sign up to receive the bulletin via email weekly. Please remember to look at the bulletin every week! While my email provides most highlights and I try to include reminders of important events and such, it is but a secondary resource to the primary resource of the bulletin and announcements at the beginning of Mass!

To get the BITS or not... your choice!

If you know of anyone that wishes to receive these emails, please pass my email along to them and tell them to send me an email that requests that I place them on the distribution list. If you prefer NOT to receive these emails anymore, please let me know so I can remove you from our Parish distribution list.

Find us on Social Networks!!

Follow Saint Benedict Catholic Church on Facebook and Instagram!

Our community life and evangelistic efforts will be greatly aided by the use of social networking. Please look for Saint Benedict's on Facebook at: facebook.com/StBenedictRVA/; and follow us on Instagram: @stbenedict_RVA. When you find us, be sure to like and share our posts!

A little funny..

How did Jack Frost get to Work?

By icicle

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