

Please try to read these BITS all the way through, and then you'll realize there's a lot you can do!

A Bit of a Mass Schedule!

This Weekend

Friday, February 1 – 8:30am and 5:30pm *followed by Exposition and Adoration*

Saturday, February 2 – 8:00am - *Benediction*

Saturday, February 2 – 5:30pm (4:30pm, *Confession*)

Sunday, February 3 – 8:30am and 11:00am

Week of February 4

Tuesday, February 5 – 5:30pm

Wednesday, February 6 – 5:30pm

Thursday, February 7 – 5:30pm (6:00pm, *Confession*)

Friday, February 8 – 8:30am

Saturday, February 9 – 5:30pm (4:30pm, *Confession*)

Sunday, February 10 – 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.

“Ever Ancient, Ever New,” an Organ Recital by Joel S. Kumro

Sunday, February 10, 7:00pm

Our Choirmaster and Organist Joel S. Kumro will present a recital of sacred and liturgical music on our beautiful Pasi organ on **Sunday, February 10, at 7:00pm.**

The program will include works from the classical repertoire by J.S. Bach, Jean-François Dandrieu, and Girolamo Frescobaldi, along with newly composed works by Aaron David Miller, Gerald Near, Lynn Trapp, David Dahl, Mary Beth Bennett, and David Briggs. A live video stream will be projected downstairs for attendees to watch Joel play. A piece of special interest will be an organ duet for four hands and feet, where Joel will be joined by Jacob Temple, Associate Minister of Music from Saint Bridget Catholic Church. A free-will offering will be taken up to support Saint Benedict music program.

Following the reception, The Lily of the Holy Trinity Women's Society invites the Parish to a Sweets and Treats Reception in the Parish Center.

Parishioners are kindly asked to spread the word about this exciting recital.

Attached, please find the poster for the event! Feel free to forward the poster or print and post

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 continues this **Wednesday, February 6th**. Edge (6th-8th) and The Rule (9th-12th) will not be meeting due to the Diocesan Youth Conference.

Confirmation Class 6

The Confirmation Class number 6 will meet on **Sunday, February 3rd from 12:30-2:30pm** in St. Anselm hall of St. Benedict Catholic School.

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.

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.

Tuesday Night Book Study

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 invites all women of the Parish to join them for food, fun, fellowship, and discussion of parish activities on **Sunday, February 10, 2019 at 12:30pm** in the Parish Center.

Knights of Columbus

2nd Annual Daddy-Daughter Dance

The Knights of Columbus will be hosting a Daddy-Daughter Dance on Saturday, February 16 from 1:30-4:30 PM in St. Anselm Hall at Saint Benedict School. We invite all dads, stepdads, grand-dads, uncles and/or father figures to come enjoy an afternoon with that special little girl(s) in your life. Tickets purchased in advance required. Proceeds help support the Paul Stefan Foundation which provides crisis housing and education for expectant mothers. For more information see attached flyer or contact Kevin Martinuzzi, kmartinuzzi65@gmail.com.

Your Parish Bulletin Needs You!

Advertising on the Back of the Bulletin!

Have you ever taken the time to look at the back of our awesome Bulletin? If not, you should! Many of our parishioners advertise their businesses on the back of our bulletin. It's a great way to give our fellow parishioners business and support fellow Catholics! Next week, there will be a representative from Diocesan Publications (the people who produce our bulletin) in town and she would love to talk with you about how you can advertise on the back of the bulletin! Her name is Lisa Sparkman at 717-507-3766 or email her at lsparkman@diocesan.com. (Note: this is for business advertising on the BACK of the bulletin, not the "informational blurbs" on the inside.)

A Bit from the School

Calling All Saint Benedict Alumni!

Did you attend Saint Benedict Catholic School? We are planning celebrations for our Centennial – 100 years of educating Richmond's children. Please help us connect with you and others who attended Saint Benedict! Send your name, graduation year and contact info to: development@saintbenedictschool.org. All Alumni are invited to attend our Alumni Social on Tuesday, March 5, 7-9pm at the school! Look for us on Facebook:

<https://www.facebook.com/groups/SaintBenedictAlumniRVA>

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!!

Recently, a letter detailing your donations for 2018 was mailed. If, upon the receipt and review of your letter, you have any questions; you may contact Elizabeth Hanson in the office of finance at ehanson@saintbenedictparish.org or call 254-8810 ext. 103.

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 do you keep from getting cold feet?

Don't go around BRRRfooted.

Ida B. O'Leary

Administrative Manager

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