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Office Hours: Monday–Friday 9:00am–4:00pm
 Phone: 540-434-4341
 Email: office@bsccva.com

Blessed Sacrament aspires to be a model Christian community, disciples of Christ, in communication with the Universal Church, in service to each other and the greater community. We speak with diverse and inclusive voices, united by our Catholic faith and Eucharistic celebration.



4th SUNDAY IN ORDINARY TIME

All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." - Mk 1:27

Excerpts from the Lectionary for Mass ©2001, 1996, 1970 CCD.

STAFF

PastorRev. Silvio Kaberia
Parochial VicarRev. Kyle O'Connor
Coord. of Religious Education.....
Mrs. Valerie Blanton
Youth Director.....Mrs. Hope Ogden
Director of Music.....Mrs. Janet Edmondson
Receptionist.....Mrs. Liz Prieto
Bookkeeper Mrs. Ellen Markham
Deacon Emeritus.....Rev. Mr. Fred La Spina
Facilities Manager.....Mr. Warren Little

COUNCILS

Parish Council Chair Mrs. Emily Robinson
Parish Council Secretary.....Mr. Bryan Stange
Finance Council Chair.....Mr. David Kenee
Finance Council Secretary.....Mr. Zach Gochenour

MASS SCHEDULE

Saturday.....5:00 pm*, 7:00 pm* (Español)
 Sunday.....8:00 am, 10:00 am, 1:00 pm (Español)
 Tuesday.....12:10 PM
 Wednesday.....6:00 PM**
 Thursday.....12:10 PM, 7:00 PM (Español)

*Saturday Masses are live-streamed to Facebook. If you do not wish to be on camera, please select a different Mass time.

** The Blessed Sacrament will be exposed until 7:30 pm following Wednesday evening Mass

CONFESSION

Tuesday.....11:00 AM-12:00
 Wednesday..... 6:30-7:30 PM
 Saturday.....3:30-4:30 PM



Office Updates

- The office will be closed on Monday, February 15 for President's Day
- We still have *At Home with the Word* books for 2021. \$8 for regular print, \$12 for large print.
- The food pantry is not accepting plastic bags right now, but they are accepting egg cartons and other food donations.

How to get newsletters and important updates from BSCCVA:

- Go to www.bsccvahburg.flocknote.com
- Enter your information (your email is most important and what we will use to send newsletters once or twice a month.)
- Wait for the next update!

How to get the Bulletin sent to your inbox:

- Go to www.bsccva.org/bulletins
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Sunday, January 31

8:00 am: +Thomas E. Shaughnessy
10:00 am: Misa Pro Populo
1:00 pm: +Felicita Hernandez

Tuesday, February 2:

+Brooks Corley

Wednesday, February 3:

+Juan Francisco Rosas Garibay

Thursday, February 4:

12:10 +Brooks Corley
7:00 +Eriberta Diaz

Saturday, February 6:

5:00 pm: Misa Pro Populo
7:00 pm: +Regulo Cardoso

Sunday, February 7:

8:00 am: +Robert J. Sullivan, Jr.
10:00 am: +John Evans and +Alessandro Savaglio
1:00 pm: +Eriberta Diaz

Even though we are not resuming all Daily Masses at this time, per Canon Law #904, clergy will still dedicate the Mass Offerings/Intentions daily.

Prayer REQUESTS

Joe Blanton, Norman Kimbell, Hugo Tholen Barb Warns, Warren Little, Stephen Gallagher Jr., Bill Brennan, Cappy Brennan, Dino, Heather & James Shifflett, Maria Guadalupe Lopez, Alice Lee, Eileen Endres, Daniel Ogden, Luis Mendez, Garibay-Metzler Family, Mike Phelan, Brian Laurenz, Aiden Gerber, Norm Pearce, Captain Wynn Allen Harding, Pete Adam's sister for brain surgery recovery, all our homebound parishioners and all who care for them.

The unborn, our Priests and Seminarians, and the youth of the parish.

For Fr. Dieudonne and our twin parish of St. Isidore in Haiti, that they be sustained and remain hope-filled during these times of political unrest and extreme economic repression.

Please pray for the victims of physical, emotional, and sexual abuse, in our Church and the wider culture, for their healing, and for those responsible to be brought to justice.

Military: For those serving in all military branches, especially on assignments overseas or in harm's way.



Help With Snow Removal

We will soon be in need of volunteers to help with snow removal. If teenagers who need service hours would like to sign up, they must have a parent with them.

Contact our Facilities Manager. Warren Little, for further information.
540-434-4341 ext. 113

Weekend

Mass Attendance 5 pm 74
7 pm 84

1/3/2021

8 am 86

Asistencia a las misas de 10 am 118
1 pm 290

fin de semana 1/3/2021

FINANCIAL BOX SCORE

New Fiscal Year began July 1, 2020

OFFERTORY

<u>FY 2020-2021</u>	<u>Needed</u>	<u>Actual</u>	<u>Difference</u>
Previous months' totals	\$408,342	\$348,288	(\$60,054)
January 1, 2021		\$2,500	\$2,500
January 3, 2021	\$10,875	\$4,350	(\$6,525)
Online Week of January 3, 2021	\$3,846	\$3,263	(\$583)
January 10, 2021	\$10,875	\$18,898	\$8,023
Online Week of January 10, 2021	\$3,846	\$8,381	\$4,535
January 17, 2021	\$10,875	\$8,459	(\$2,416)
Online Week of January 17, 2021	\$3,846	\$5,579	\$1,733
January 24, 2021	\$10,875	\$6,949	(\$3,926)
Online Week of January 24, 2021	\$3,846	\$4,360	\$514
Fiscal YTD	\$467,226	\$411,027	(\$56,199)



STEWARDSHIP

“Christ has no body now but yours...Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.” *(St. Teresa of Avila)*

“The life of a Christian steward models the life of Jesus. It is challenging... yet intense joy comes to those who take the risk to live as Christian stewards.” These words from the US Conference of Catholic Bishops identifies stewardship as a form of discipleship, a lifestyle. “As each one has received a gift, use it to serve one another as good stewards of God’s varied graces.” (1PT 4:10) God’s gifts to us can be categorized as Time, Talent and Treasure. Christian stewards use the gift of Time in prayer, the gift of Talent in service, and the gift of Treasure in support. St Teresa’s wonderful words remind us that Christ has left his work on earth to us. Individually we are responsible. Through service, prayer, and support, we accept and share God’s grace to accomplish the work of Christ.

In each day of 2021, let us live a life of stewardship as the earthly “hands and feet of Christ.”



Calling All Church Mice!

Are you looking for a way to help at our parish and still feel safe in this time of COVID? Consider becoming a part of a new ministry here at Blessed Sacrament!

Do to health reasons, Warren Little has had to take a leave and we are looking for individuals or teams that would be able to volunteer by helping to clean the church on Monday mornings.

Jobs could include dusting, vacuuming, washing windows, emptying trash, and cleaning bathrooms. Ideally 3-4 people could get this all completed within an hour or so. If you are interested, contact Valerie at the office or just show up on a Monday morning about 9:30. Families are welcome too!!



Notes from Music Ministry

This short stretch of Ordinary Time began with two weekends that included the clear messages of repentance and discipleship, and in the next three weekends' Gospel readings, the focus is on healing.

This weekend we hear of Jesus healing the man with the unclean spirit, and in following weekends, we hear of Him healing Simon's mother-in-law, a leper, and many others who were "ill or possessed by demons." Since the Gospel readings are so connected by "healing," each of the next three weekends, our Mass music will include verses from Scott Soper's "**You Are the Healing.**" This is a beautiful and meditative hymn, and each of our cantors will sing it in her own style (ranging from a Gospel "feel" to a Taize style chant), at various Masses. Especially while the congregation is asked to refrain singing, this is a great choice of music which everyone can take it into his or her own heart, letting the soul do the "singing."

"Jesus, you are the healing, you came to make us whole again. Jesus, you are the healing, come show us how to live.

Jesus, you are the freedom, you break the chains that bind us, Jesus, you are the freedom, come show us how to live."

Our Entrance Song, "**All the Earth,**" includes themes from Psalm 95:

"All the earth, proclaim the Lord; Sing your praise to God.

Serve you the Lord, heart filled with gladness. Come into God's presence singing for joy! We are the sheep of the green pasture; For we are God's people, chosen by God. Come to the gates bringing thanksgiving; O enter the courtyards singing in praise!"

The Second Reading from St. Paul begins: "Brothers and sisters: I should like you to be free of anxieties." We hear the word "anxious" four more times in this reading!

Our remedy comes in the second verse of "**O God Beyond All Praising:**"

"And whether our tomorrows be filled with good or ill, we'll triumph through our sorrows and rise to bless you still."

Amen.

Lyrics used by permission OneLicense #A715619

SUNDAY'S READINGS

FIRST READING:

I will raise up for them a prophet like you
from among their kin,
and will put my words into his mouth;
he shall tell them all that I command him. (Dt 18)

PSALM:

If today you hear his voice, harden not your hearts. (Ps 95)

SECOND READING:

An unmarried woman or a virgin is anxious about the
things of the Lord,
so that she may be holy in both body and spirit. (1 Cor 7:34)

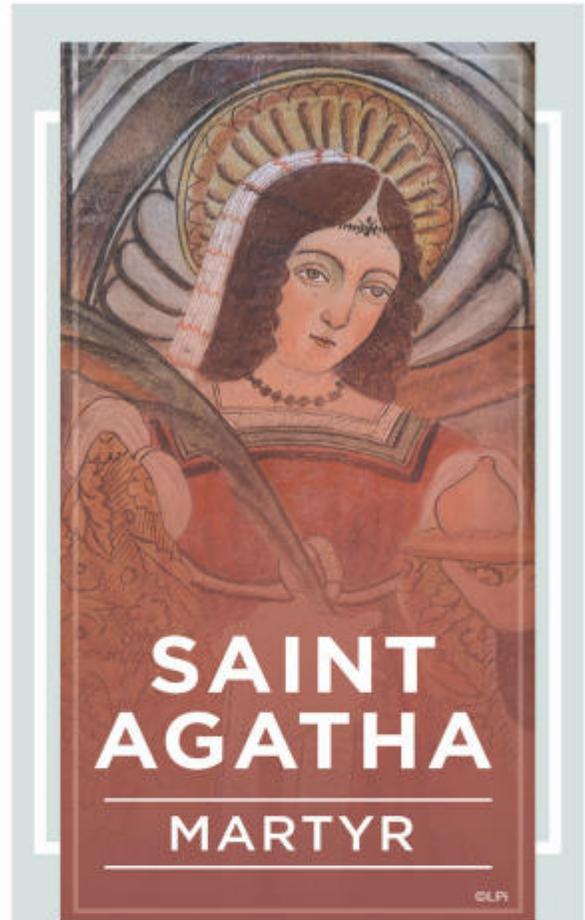
GOSPEL:

The people were astonished at his teaching,
for he taught them as one having authority and not
as the scribes. (Mk 1:22)

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OBSERVANCES FOR THE WEEK OF JANUARY 31, 2021

- Sunday: 4th Sunday in Ordinary Time; Catholic Schools Week
- Tuesday: The Presentation of the Lord;
World Day for Consecrated Life
- Wednesday: St. Blaise, Bishop and Martyr; St. Ansgar, Bishop
- Friday: St. Agatha, Virgin and Martyr
- Saturday: St. Paul Miki and Companions, Martyrs
- Next Sunday: 5th Sunday in Ordinary Time



REFLECT

FIRST READING

Moses taught the Israelites that God would send prophets to assist them in knowing His will. Why do you think people so often reject the prophetic message?

SECOND READING

Paul speaks of the inevitability of anxiety in life. How does your faith assist you in handling what makes you anxious?

GOSPEL READING

In the story of the healing of a demon-possessed man, Mark reports how the demons knew Jesus' true identity as "the Holy One of God." What does this reveal about the unseen order?

EMBRACING CHANGE IN CHRIST

It's officially one month since we popped the champagne, toasted 2021 and wrote down a list of resolutions. This is usually the time when we start to take a good, hard look in the mirror to assess what we have done — or have not done — with the first month of this brand-new year.

New years can be scary, can't they? Full of promise, sure, but also full of room for failure. Full of space for our old baggage, old fears and the continuation of old mistakes.

The same can be said of Christ, and the new life he offers us, if we are brave enough to accept it. Opportunities like that can be intimidating. In that moment, we might find ourselves like the man with the unclean spirit crying out: "What

have you to do with me, Jesus of Nazareth? Have you come to destroy us?"

Jesus is a comforter of the afflicted; he is a consoling figure, but he is also a challenging one. Sometimes we have grown attached to our afflictions. The idea of correcting bad habits or forming new ones is frankly terrifying to us. We have a voice deep inside who sees Christ and his invitation to repentance, and it cries out in fear: "I know who you are!"

When we live in the present, disavowing the baggage of the past or fear of the future, we submit ourselves to the promise of redemption. Let us be brave everyday stewards and invite Christ's healing power into our lives. We won't regret it — I'm sure the demoniac never did.

—Tracy Earl Welliver, MTS

I GET ANNOYED WITH MYSELF WHEN I AM DISTRACTED WHILE I PRAY. IS IT A SIN? HOW CAN I BE MORE ATTENTIVE?

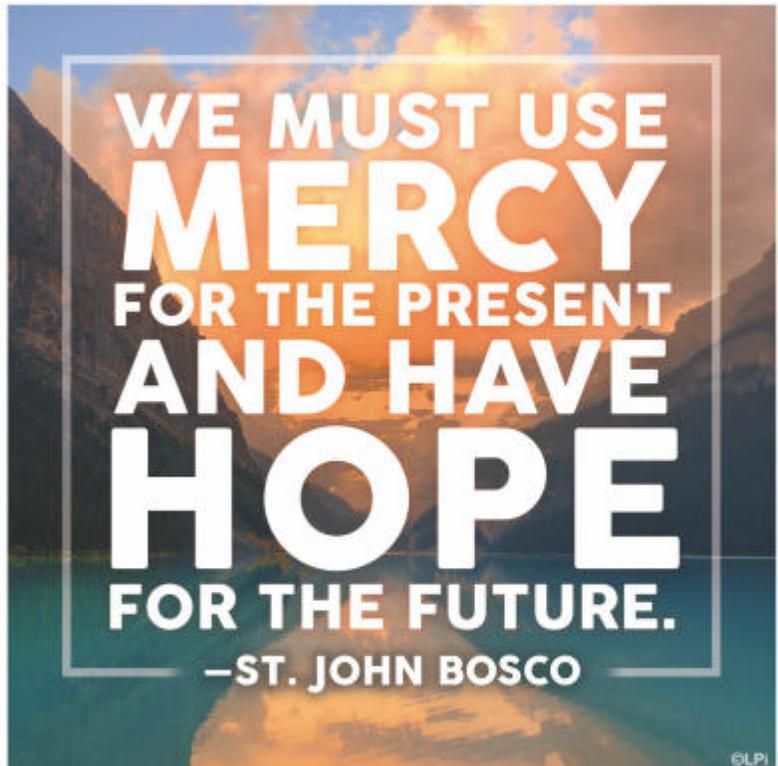
The mind is a marvelous and complex thing, producing amazing thoughts, images, wisdom and inspiration. Yet at times it is like a two-year-old: it does not follow directions, does what it wants and loves to tell us "no!" This is probably the oldest and most common problem in the spiritual life—dealing with distraction. It comes in all forms: good intentions forgotten, wandering thoughts at Mass, daydreaming, etc. A little poem says it all: When the soul begins to pray, the brain always wants to play!

There are many ways to handle distractions. If we are distracted by thoughts about our families or friends, we should pray for them. If we lose our focus, we need just "re-collect" ourselves. If some worry or concern just won't leave our mind, then we deal with it and come back to prayer or make it part of our prayer. And when words just won't come, the only prayer we might offer is our presence, our suffering, and our desire to be close to the Lord. Most importantly, we need to be patient with ourselves. These things are not sinful, but reminders of our human frailty. Our weaknesses and good efforts are all acceptable to God, who reads the love in our hearts and the good intentions of our minds.



LIVE THE LITURGY
INSPIRATION FOR THE WEEK

Most of us are not trail blazers. Throughout history though, there have been many folks who tirelessly and persistently pursued the promptings of their hearts without giving any care to what others thought or trends dictated. Jesus is one of them. St. Teresa of Calcutta and St. Francis of Assisi are examples of others. The rest of us are people who take a more measured look at things, want to test the waters, and take our time choosing what path or person to follow. We need credible witnesses of faith. We need the Moses people in our lives to show us by word and deed who God is and what integrity and a purpose-driven life looks like. They are the pointers to truth, who even though they struggle themselves, seem to embody an unspoken timeless wisdom that just sounds and feels right. Jesus taught with this same type of authority and caught the attention of the greatest of skeptics. They were astonished. Even though we need our human prophets we can also be somewhat prophetic ourselves by putting integrity and conviction behind our embrace of the Gospel. Perhaps much to our surprise, we all have the power to be a credible witness. Are you willing to give it a try?

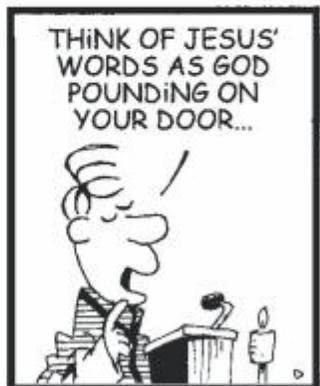
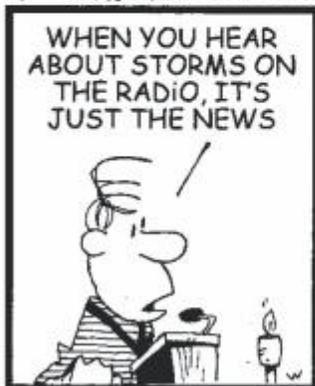


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4th SUNDAY IN ORDINARY TIME



4th SUNDAY IN ORDINARY TIME

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