

# ST. EDWARD THE CONFESSOR CATHOLIC CHURCH



AUGUST 7, 2022 | 19TH SUNDAY IN ORDINARY TIME

ST. EDWARD MUSIC MINISTRY

# Summer Choir Camp



AUGUST  
15-18

MONDAY  
THRU  
THURSDAY

**\$25 camp fee includes t-shirt**

CONTACT LIZ GOODWIN TO REGISTER!

SEE PAGE 9 FOR PAST CHOIR CAMP PHOTOS!

IT'S COMMUNITY WEEKEND! Join us in the  
Community Center following all Masses this weekend!

## WELCOME TO ST. EDWARD CHURCH!

If you have moved into the area from another Catholic Church or have found St. Edward to be the parish in which you choose to worship, consider registering. Pick up a registration packet at the Parish Life Desk in the Commons (after any weekend Mass), Parish Office, or go to "Important Forms" on our website. Questions: Call 804.272.2948. Not of the Catholic faith? Call Sherri at 804.864.4706 to learn more.

### IN SERVICE TO OUR FAITH COMMUNITY

#### PASTOR

Rev. Don Lemay  
804.272.2948

#### PAROCHIAL VICAR

Rev. Paul Kkonde  
804.272.2948

#### DEACONS

Rev. Mr. Bob Ewan  
804.379.5920

Rev. Mr. James D. Greer  
804.372.6080

Rev. Mr. Kevin Hogan  
804.864.4707

Rev. Mr. Gregg Whisler  
804.564.2125

#### BUSINESS ADMINISTRATOR

Jan Webb  
804.864.4704

#### BUSINESS MANAGER/ ADULT FORMATION

Sherri Gravins  
804.864.4706

#### PASTORAL CARE COORDINATOR

Pat Plonski  
804.864.4701

#### PASTORAL ASSISTANT

Anita McCabe  
804-864.4712

#### DIRECTOR, MUSIC

Liz Goodwin  
804.864.4717

#### DIRECTOR, SOCIAL MINISTRY

Jennifer Bousquet  
804.864.4718

#### COMMUNICATIONS/ PARISH REGISTRATION

Kathleen Wood  
804.864.4711

#### RECEPTIONISTS

Miriam Grau & Lisa Mizell  
804.272.2948

#### DIRECTOR, EVANGELIZATION OF YOUNG FAMILIES

Joan Nelson  
804.864.4708

#### RELIGIOUS EDUCATION COORDINATOR

Peggy Byers  
804.864.4714

#### YOUTH MINISTRY COORDINATOR

Andrew McCarthy  
804.864.4715

#### EDGE COORDINATOR

Rachael Mattio  
804.864.4719

#### HOSPITALITY COORDINATOR/ CUSTODIAN

Renee Mizell  
804.901.0066

#### CUSTODIANS

Bob Oliver & Mac Bonaparte

#### ST. EDWARD-EPIPHANY SCHOOL

Tracy Hamner  
804.272-2881

#### PASTORAL COUNCIL CHAIR

Nghia Nguyen  
804.878.0325

#### FINANCE COUNCIL CHAIR

Robert Kuzemchak  
804.276.0463

#### KNIGHTS OF COLUMBUS

GRAND KNIGHT  
Tom Shepley  
804.396.0169

#### ST. EDWARD LADIES AUXILIARY PRESIDENT

Marilyn Mare  
804.379.9505



ST. EDWARD CHURCH IS COMMITTED TO PROVIDING A SAFE ENVIRONMENT FOR CHILDREN, YOUNG PEOPLE, AND VULNERABLE INDIVIDUALS. VISIT OUR WEBSITE AND FOLLOW THE LINK UNDER PROTECTING CHILDREN.

#### PARISH OFFICE HOURS

Monday-Friday: 9a-4p

#### AFTER HOURS EMERGENCIES

Call 804.272.2948 and follow prompts.

#### EUCCHARISTIC LITURGIES

Saturday: 5p (Vigil of Sunday)

Sunday: 7:15, 8:45, 11:15a & 5p

Monday-Friday: 9a

#### RECONCILIATION

Monday-Friday: 9:30a; Saturday: 4p

#### ADORATION OF THE BLESSED SACRAMENT

Fridays: 9:30-10:30a, in the Chapel

Last Wednesday of every month: 7p

For information, contact Andrew at 804.864.4715.

#### ANNOINTING OF THE SICK

In the Healing Chapel by appointment.

#### BAPTISM, FIRST RECONCILIATION, & FIRST EUCHARIST

Call Peggy at 804.864.4714 for information.

#### CONFIRMATION

Call Andrew at 804.864.4715.

#### ADULT SACRAMENTS

Call Sherri at 804.864.4706.

#### MARRIAGE

Registered parishioners are to contact Pat at 804.864.4701

at least six months prior to setting a date.

Pre-marriage formation is required.

#### PASTORAL CARE

Call Pat at 864.4701 when you or a family member is admitted to the hospital or local care facility, when you need a weekly visit with Communion, or to add someone to our weekend prayer list for the sick or deceased. Contact for funeral arrangements.

#### MEMORIAL GARDEN & COLUMBARIUM

Contact Anita McCabe at 804.864.4712,

anitam1@stedwardch.org or Jan Webb at 804.864.4704,  
jan.webb@stedwardch.org.

#### PARISH BULLETIN

Bulletin info should be submitted two weeks in advance of publication date and is subject to approval and space availability. Contact Kathleen Wood at 804.864.4711,  
kathleen.wood@stedwardch.org.

#### MAILING ADDRESS

2700 Dolfield Drive  
N. Chesterfield, VA  
23235-2618

Phone 804.272.2948

Fax 804.560.3565

Email [stedward@stedwardch.org](mailto:stedward@stedwardch.org)

Web <https://stedchurch.com>



**HEARING LOOP SYSTEM** If your hearing aid or cochlear implant has an activated T-coil, you may access our hearing loop system. Not sure? Ask your audiologist.

**AUTOMATIC DOOR** We have an automatic door on the left side of the Church.

# MISSION LASER LOCK-IN

**AUGUST 19-20, 2022**

- FOR RISING 6TH THROUGH RECENT GRADS
- COST \$30 PER TEEN
- FROM 11 PM-6 AM
- ARRIVAL STARTS AT 10:30 PM
- PLEASE CONTACT OUR YOUTH MINISTRY TEAM IF YOU HAVE ANY QUESTIONS

HIGH SCHOOL: [ANDREW.MCCARTHY@STEDWARDCH.ORG](mailto:ANDREW.MCCARTHY@STEDWARDCH.ORG)  
MIDDLE SCHOOL: [RACHAEL.MATTIO@STEDWARDCH.ORG](mailto:RACHAEL.MATTIO@STEDWARDCH.ORG)

## Please pray for...

**Please pray for those associated with our parish who are sick or unable to worship with us, that they experience strength in the Lord's unending compassion and love**

Steve Batthany, Florence Crossley, Billy Ferrer, Judy Klucker, and all victims of the coronavirus, war, terrorism, violence, and natural disasters.

**Lord, hear our continued prayers for those dealing with an on-going illness: may they experience fortitude and peace**

Jamie Aguilar, Cathy Alden, Chris Ballalo, Nanci Bolling, Mike Bonner, Mary Jane Burke, James Butler, Sherry Cart, Cathy Casey, Mary Alice Christie, Ryan Colavita, Regina Corcoran, Bobbi Daniello, Mike and Diana Dougherty, Josephine Douglas, Sue Driscoll, Donald Fields, Samantha Finnegan, Nicole Florio, Wayne Frith, Kathy Galligan, Emily Gardener, Angela Gardner, Verena Goins, Jeff and Spencer Hamm, Tom Hammerstone, Thomas Hardy, Hartwell Harrison, Neico Hayden, Grover Helsley, Rita Holloman, Grant Ilkani, Graham Jennings, Melissa Jennings, Joseph Jones, Sr., Marlene Kacmar, Uni and Robert Kemp, Oliver Khoury, Fr. Dan Klem, Kim Lourenco, Margaret Day Magno, Marg Mayer, Terry McQueen, Connie Mikuski, Daniel Miller, Lando Mojica, Vera Mulherin, Marie Oliver, Lois Pearn, Resa Pemberton, Brian Pickral, Marian Piracci, Rose Marie Pulleyblank, Dan Raible, Grant Rake, Jean Raugh, Bob Rice, Pat Rollins, Kaeden Ross, David Russ, Sam Sponeybarger, Kelly Shanahan, Beau and Suki Simpson, Tony Stanton, Garry Stelmach, Michelle Stelmach, Grace Stivers, Greg Stivers, Laura Sullivan, Barbara Swan, Ashley Talley, Tony Toler, David Turner, Billy Vogelsson, Tracy Waldo, Benjamin Weldon, Marie Wilborn, Ella Wilkinson, Barbara Williams, Donna Wilson, and Sam Young.

**Lord, hear our prayers for all the souls of the faithful departed.**

Jimmy Dagenhart, husband of Toni Dagenhart;  
John Deederick, brother of Eileen Snow;  
Mary Grace Greer, wife of Deacon Jim Greer

**Please pray for those service men and women who fight for our freedom.**

Yasmin Acevedo, A1C; Taylor Armstrong, US Army; 2nd Battalion 505 Parachute Infantry Regiment; Daniel Beirne; Major David Bhatta-US Army; Richard Currie Braun, Air Force; LTJG Ian Burke, USN; Joseph Brandon Butler; Ross Butler; LT Jimmy Callahan, USN; LCDR Michael Callahan, USN; Capt. Scott P. Campbell; Matthew Coccia, Army; SSGT. John Maxwell Cospoer and Unit, US Army Special Forces; Major Spencer D. Curtis, Judge Advocate, National Guard; Col. Seth Enterline; Navy Lt. Coleen Fagan; Capt. Leroy O. Flynn; SSgt Brad Freda, Air Force; Capt. Peter Fritz; PFC Jose Luis Garcia, National Guard; Spec. April Garrett; LCpl Kevin Hackman, Marines; Diana Honings USCG; Matt Horansky; Capt. Katie Hulcher; 2nd Lt. Megan Hulcher, RN; Capt. Thomas Hulcher; Capt. Renee Kane, Army; Major Nathan Kane, Air Force; Lt. Col. David Kaulfers, Army Corps of Engineers; Sgt. A. David Kelly; Staff Sgt. Steven Kelly, US Army; Josh Kozup, Army; Ryan Larson, Army; Grayson Larus, Lieutenant, US Navy; Nicole Lee; Stacey Lee; Clara Mailloux, Navy Airman; Bryan J. McCabe U.S.C.G.; Sean McHugh, Army; Brendan Meadows, Pvt. US Army; Christine Michel; SFC Richard Molnar, US Army Reserves; Kevin Morrison; Major Jon Mueller, Air Force; Capt. Quentin Mueller; Wilson Mustian, Army; Adam Peers, Army; Capt. Lerv Remias; Sgt. Jared Roussell; Capt. Javone Seaborn; Jonathan Schulte; Jobon Seaborn, Army; Lt. Curren D. Shorte; Vincent Stransky; Sgt. Christopher Sturtevant; Major Thomas Tombes, Chandra Weatherell; Cpt. Matthew Weisner; Brennan Wilkes, US Navy; Justin Wolfe, Lt. Col., Air Force; Phillip Wood; and Steve York.

## This Week at Our Parish

### SUNDAY, AUGUST 7

7:15, 8:45, 11:15 am Eucharistic Liturgy - Church  
Community Weekend  
2:00 pm Baptism Session for Parents - Nursery  
5:00 pm Eucharistic Liturgy - Church  
Community Weekend

### MONDAY, AUGUST 8

9:00 am Daily Morning Mass - Church  
7:00 pm Boy Scouts #1893 - Cafeteria

### TUESDAY, AUGUST 9

9:00 am Daily Morning Mass - Church

### WEDNESDAY, AUGUST 10

9:00 am Daily Morning Mass - Church

### THURSDAY, AUGUST 11

9:00 am Daily Morning Mass - Church  
11:00 am Funeral - Grace Fehan - Church

### FRIDAY, AUGUST 12

7:00 am Men of St. Joseph - Chapel  
9:00 am Daily Morning Mass - Church  
9:30 am Friday Adoration - Chapel

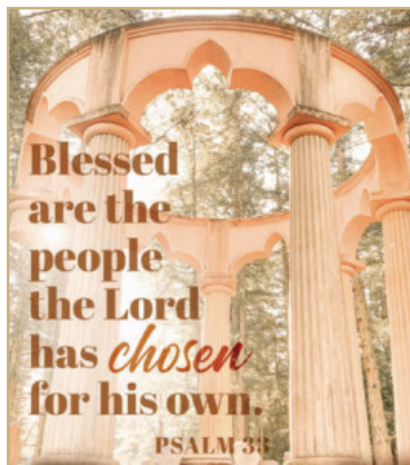
### SATURDAY, AUGUST 13

11:00 am Funeral - Jimmy Dagenhart - Church  
4:00 pm Reconciliation - Healing Chapel  
5:00 pm Eucharistic Liturgy - Church

### SUNDAY, AUGUST 14

7:15, 8:45, 11:15 am Eucharistic Liturgy - Church  
10:00 am RCIA - Chapel  
1:00 pm Baptism Service - Church  
2:30 pm Wedding Validation - D'Anna - Commons, Chapel  
5:00 pm Eucharistic Liturgy - Church





# SUNDAY, AUGUST 7

WISDOM 18:6-9  
HEBREWS 11:1-2, 8-19  
LUKE 12:32-48

St. Thomas Aquinas reminds us that, "Three things are necessary for the salvation of man: to know what he ought to believe, to know what he ought to desire, and to know what he ought to do." Everyone is called to work toward their salvation, which is ultimately union with God. Those who take this call seriously must embark upon a journey inward to the deepest recesses of their soul. In the adventure and wonder of that journey, we work out the details of our union with our Beloved. We cling to what we need to believe, remain firm in what we truly desire, and are guided by what we know we have to do. Once we know that our goal is to be one with our Creator, life becomes an exciting expedition to pursue that end. We make necessary preparations, follow the map, and remain on course. Whenever we really want something, we put our entire selves into achieving it. Being fully invested in our labor, we willingly work extra hours, devote an abundance of energy and effort, and remain vigilant for beneficial opportunities that may come our way. We certainly do not passively sit by doing nothing! Such an attitude leads to laziness and the accomplishment of little. Worse yet, some look to others to do the work for them, hoping to reap the benefits of another's efforts. Conscientiousness and diligence are the only means to success. For the one who eagerly awaits the day when they can be fully with God, life becomes a joyous adventure indeed! Alert, ready, focused, convicted, and willing to be a servant they constantly watch and prepare themselves for meeting the Lord. Loving the journey and being in love with their Creator, their lives become joyful witnesses of love and service. They are secure in their hope, confident in their faith, and perfect in their love. Never looking for recognition or gratitude, they stand as gentle inspirations of what the Holy Spirit can do in the hearts of those who believe. Because we do not know what tomorrow will bring, we stand ready to be used as God wills and run eagerly toward Him when He comes. How much do we desire to experience the joy of salvation? ©LPi

DAY & READINGS	TIME & INTENTIONS
<b>MONDAY, AUGUST 8</b> Ezekiel 1:2-5, 24-28 Matthew 17:22-27	St. Dominic, Priest 9:00 am Daily Mass Joseph Grana, Sr.
<b>TUESDAY, AUGUST 9</b> Ezekiel 2:8-3:4 Matthew 18:1-5, 10, 12-14	9:00 am Daily Mass Joe Callahan
<b>WEDNESDAY, AUGUST 10</b> 2 Corinthians 9:6-10 John 12:24-26	Feast of St. Lawrence, Deacon & Martyr 9:00 am Daily Mass Dennis Hartz
<b>THURSDAY, AUGUST 11</b> Ezekiel 12:1-12 Matthew 18:21-19:1	St. Clare, Virgin 9:00 am Daily Mass Gregory Toler
<b>FRIDAY, AUGUST 12</b> Ezekiel 16:59-63 Matthew 19:3-12	9:00 am Daily Mass Gregory Toler
<b>SATURDAY, AUGUST 13</b> Ezekiel 18:1-10, 13, 30-32 Matthew 19:13-15	Feast of the Transfiguration of the Lord 5:00 pm Eucharistic Liturgy Bruce Gray
<b>SUNDAY, AUGUST 14</b> Jeremiah 38:4-6, 8-10 Hebrews 12:1-4 Luke 12:49-53	7:15 am Eucharistic Liturgy Philip Trent 8:45 am Eucharistic Liturgy Parishioners, Living & Deceased 11:15 am Eucharistic Liturgy Paul Kellogg 5:00 pm Eucharistic Liturgy Michael Miller

## OFFERTORY COLLECTIONS

FISCAL YEAR: JULY 1, 2022 - JUNE 30, 2023

Month	Budget	Actual as of	Over/Under
July	\$ 139,580	\$ 135,988	\$ 3,592
Aug	\$ 160,063	\$ 20,314 (Aug 1)	\$ 139,749

Note: We show the total budget for the month rather than each week.

As of Aug 1, the collection for Youth 365 totals \$29,120.

*A very heartfelt thank you for your generosity!*



## Save the Date!

Sessions for **Matthew** begin  
September 11th.  
For more information or to register,  
contact Sherri.

To purchase a study set, visit:  
<https://ascensionpress.com/products/matthew-the-king-and-his-kingdom-study-set-1>



## ARE YOU BEING CALLED TO THE CATHOLIC CHURCH?

If so, RCIA is for you!  
Call or email Sherri for more information.

**"I HAVE CALLED YOU BY NAME,  
AND YOU ARE MINE."**

Liturgy Team: Fr. Don Lemay, Pastor  
804-272-2948

Pastoral Care: Pat Plonski  
804-864-4701

pat.plonski@stedwardch.org

Liturgy Team & Pastoral Care:

Anita McCabe

804-864-4712

anitam1@stedwardch.org

Liturgy Team (Ministry Schedule) &  
Adult Faith Formation & Family Life:

Sherri Gravins

804-864-4706

sherri.gravins@stedwardch.org

### EMMAUS JOURNEY:

Serving the Spiritual Needs  
of Grieving Parents

Sat, August 13, 2022

Our Lady of Mount Carmel Church



Of all the pains that life can hand us, arguably the most searing is the death of a child. A parent's world irrevocably changes forever. As Jesus joined his distraught disciples on the road to Emmaus, we ask him to join us as we struggle through this journey of grief. To meet the spiritual needs of parents whose children of any age have died by any cause, no matter how long ago, the Diocese of Richmond now offers the Emmaus Journey. The Emmaus Journey is a faith-based, day-long, spiritual retreat for grieving parents led by a team that includes grieving parents, spiritual directors, clergy, and parish leaders. The Emmaus Journey offers a safe place to seek peace, comfort, and hope. Gather with us in a warm and loving environment with others who know something of your pain. If you have questions about the retreat or are interested in future dates, please contact Christa at 757-595-0385 ext. 107 or email [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org).

### VOLUNTEER WITH LITURGICAL MINISTRY

Contact Sherri or Anita, if interested.

**LECTOR** Lend your voice for the readings at Mass!

**USHER/GREETER** Welcome others, distribute worship aids, help seat, pass donation basket, and assist with Communion lines!

**EUCCHARISTIC MINISTER** Assist the presiding priest with the distribution of the Eucharist!

**ALTAR MINISTER** Assist the presiding priest and other liturgical ministers during Mass!

**SACRISTAN** Prepare the bread, wine, vessels, and linens for the liturgy. Help clean for the next liturgy.

**ARTS AND ENVIRONMENT** On a rotating basis, clean & press the altar cloths and other linens. Provide upkeep with the church greens and seasonal displays.

## HAITI MINISTRY



The next Haiti Committee meeting will be August 15 at 6:15pm at the parish center and on Zoom.

### THANK YOU FROM APPALACHIA MINISTRY

Our parish trip to Norton was very fruitful. The small contingent spent two days at Jubilee Retreat House in Abingdon before heading to Norton. We were so grateful that parishioners from St. Anthony's and Sacred Heart and St. Joseph's all came to help sort the school supplies donated by St. Edward parishioners and pack them into 400 backpacks for students. We had about 15 people in all helping pack the backpacks! We also attended Sunday liturgy at St. Anthony's (total number of people present was 39.) Please know that they pray for the people of St. Edward and are so grateful for your generosity toward the children of Far Southwest Virginia.



### POPE ON TWITTER @Pontifex 7/29/22

"Let us allow ourselves to meet Jesus. Let us allow his Word to show us the way to healing and reconciliation. Let us break the Eucharistic Bread together, so that we can see ourselves once again as beloved children of the Father, called to be brothers and sisters all."

### DID YOU KNOW...?

...our parish has a JustFaith group? This is a group of folks who have been journeying together since the summer of 2020, brought together by a deep concern for racial justice. We began by studying the US Bishops' document on racism, *Open Wide Our Hearts*, then read several books together and watched films about racial justice. Then we began participating in the JustFaith Ministries faith and racism modules, which consisted of several months of study and prayer together. There's been a lot of personal growth among members and we have a project in the works (more on that later.)

This summer we are participating in the *Want to Talk?* module, which is about civil dialogue and offers wisdom for navigating disagreement in a healthy way. We hope to offer this again in the future. Questions? Contact Jennifer.

### DONATION NEEDS AT THE HOUSING RESOURCE CENTER AND YOUTH HUB

Commonwealth Catholic Charities Housing Resource Center (HRC) and Youth Hub in Richmond have run into a bit of a supply shortage and could use some donation help. The HRC provides walk-in and street outreach crisis case management for those experiencing homelessness. The Youth Hub, located in the same facility, is a dedicated youth-centered space for Greater Richmond where young people in housing crisis can form healthy connections with peers and adults, and access resources.

We will be collecting the following items for them until mid-August. Please place them in the blue bins in the commons:

- Hygiene supplies (soap, shampoo, deodorant)
- New men's and women's underwear
- Diapers (sizes 4, 5, 6) and wipes
- Ready to eat canned goods

Questions? Contact Jennifer



**CONTACT**

Joan Nelson, Director  
 Peggy Byers, Religious Education Coordinator  
 Andrew McCarthy, Youth Ministry Coordinator  
 Rachael Mattio, Edge Coordinator  
 Candace Aud, Outreach in Love Coordinator

804-864-4708 joan.nelson@stedwardch.org  
 804-864-4714 peggy.byers@stedwardch.org  
 804-864-4715 andrew.mccarthy@stedwardch.org  
 804-864-4719 rachael.mattio@stedwardch.org  
 candace.aud@stedwardch.org

**EDUCATION**

**REGISTRATION 2022-2023**

Online registration for next year's religious education is open!  
 Go to <https://bit.ly/StEdRVARegistration>

**ELEMENTARY**

Sunday morning PK-5th grade 10-11am  
 Families of Faith virtual/in person hybrid PK-5th Sun or Thurs  
 Parent-led Homeschool workbook K-5th grade

**MIDDLE & HIGH SCHOOL**

Sunday morning Small Groups 6-12th grade 10-11am  
 Thursday Family Zoom 6-12th grade 6-7pm



**MIDDLE SCHOOL**

Sunday evening Edge  
 6-8th grade 6:30-8pm



**HIGH SCHOOL**

Sunday evening Life Teen  
 9-12th grade 6:30-8pm

**OUTREACH IN LOVE** is a religious ed. program for individuals with intellectual or physical disabilities. Older group meets weekly on Wednesdays. Younger group meets twice per month on Sunday mornings. For information contact Candace Aud.

**YOUTH MINISTRY**

**MIDDLE SCHOOL**

Rising 6-8th grade  
 Contact Rachael Mattio

Middle School Youth Group  
 Thursdays 6:30-8pm  
 Bosco Center



**VOLUNTEERS ARE NEEDED!!**

Adult help is needed in all grades. Catechists, aides, Core Team members, and Dinner support. Background check required. Training provided. Contact Peggy for Elementary, Rachael for Middle School and Andrew for High School.

Pray for our middle and high school teens as they prepare for a week of service at High School Mission Week, August 8-12!

**SACRAMENTS**

**FIRST HOLY COMMUNION & CONFIRMATION**

To register, visit:  
<https://bit.ly/StEdRVARegistration>



**HIGH SCHOOL**

Rising 9th grade-recently graduated seniors  
 Contact Andrew McCarthy

**Unleashed Summer Bible Study!**

Open to all rising 10th graders through recent grads. Tuesday mornings from 9-11:30am starting June 14. We will meet for 9am Mass then head over to Bosco to make breakfast together and do Bible study. We hope you can join us. You do not have to attend every single one to participate. Email Andrew if you're interested.

**High School Youth Group, Wednesdays 6:30-8pm**  
**Bosco Center**

August 17: Water Wars!  
**High School Youth Ministry Rosary**  
 will resume in the fall.



Liz Goodwin, Director of Music 804.864.4717 liz.goodwin@stedwardch.org  
 Katie Wooldridge Geisert, Violinist, Instrumental Coordinator  
 katie.geisert@stedwardch.org  
 Mary Beth Schutte, Handbell Director mbssings@gmail.com

## St. Edward Music Ministry Opportunities



**Five reasons why you should join a choir today!** Are you a shower crooner with a secret desire to sing in a St. Edward Choir? Here are **5 good reasons** to take the plunge and join a choir—it might be the best thing for you!

- 1. Musicality:** Its official, singing in a choir improves the way you hear music, it draws out your innate musical ability and intensifies your appreciation of harmony. There is a natural learning curve that occurs quite organically as a consequence of singing regularly in a group that strengthens your ear. Where choral singing is concerned, the whole really is the sum of its parts, and choir members soon become aware of how harmonies combine and complement each other.
- 2. Mental Health:** Studies have shown that the mental health benefits of choral singing include enhanced brain function, strengthened feelings of togetherness, and the release of endorphins and oxytocin resulting in reduced stress and depression.
- 3. Confidence:** Most people don't imagine they will ever perform in front of an audience, and to experience this for the first time as part of a choir can be life changing. Singing in choir gives you permission to make noise as part of group, which can definitely lead to greater self-confidence.
- 4. Belonging:** The modern world is one where people are increasingly isolated. Social media networks offers a semblance of community but the lack of contact with people in real time and space can intensify feelings of alienation. Singing has been central to the Catholic faith and ritual since ancient times. Being part of a group working towards a shared endeavor can fulfil this human need for belonging and union. Group singing helps forge social bonds, and it does so particularly quickly, acting as a powerful icebreaker. People feel valued and inevitably make friends with other singers, so horizons are broadened and social cohesion is improved.
- 5. Aerobics and toning:** Choir Rehearsal is a wonderful workout for the lungs. The actions of warming up, breathing deeply and opening the diaphragm all oxygenate the blood, creating more white blood cells, which strengthens the whole body. The breathing rate slows and deepens, releasing endorphins and increasing a profound sense of well-being. Singing also improves your posture and tones your stomach muscles - a strong core supports the spine so your body will be less prone to injury as you age.

### SO, WHAT ARE YOU WAITING FOR?

**YOUTH CHOIR:** 2nd thru 6th grade, Wednesdays, 5-6p, September - May  
**SCHOLA:** 6th thru 12th grade, Wednesdays, 6-7p, September - May  
**ADULT CHOIR:** Thursdays, 7:30-9:30p, SATB traditional choir that sings each Sunday at 11:15a Mass  
**MORNING PRAISE:** Thursdays, 10-11a, sings once each month at a Sunday 8:45a Mass  
**JUBILEE RINGERS:** Thursdays, 2:30-3:30p, Handbell Choir for new players  
**BELL CANTO:** Thursdays, 6-7:15p, Handbell Choir for experienced players

*Since Love is Lord of Heaven and Earth, How Can I Keep from Singing?*

**The Transfiguration of the Lord | August 6**

All three Synoptic Gospels tell the story of the Transfiguration (Matthew 17:1-8; Mark 9:2-9; Luke 9:28-36). With remarkable agreement, all three place the event shortly after Peter's confession of faith that Jesus is the Messiah and Jesus' first prediction of his passion and death. Peter's eagerness to erect tents or booths on the spot suggests it occurred during the week-long Jewish Feast of Booths in the fall. According to Scripture scholars, in spite of the texts' agreement it is difficult to reconstruct the disciples' experience, because the Gospels draw heavily on Old Testament descriptions of the Sinai encounter with God, and prophetic visions of the Son of Man. Certainly Peter, James, and John had a glimpse of Jesus' divinity strong enough to strike fear into their hearts. Such an experience defies description, so they drew on familiar religious language to describe it. And certainly Jesus warned them that his glory and his suffering were to be inextricably connected—a theme John highlights throughout his Gospel. Tradition names Mount Tabor as the site of the revelation. A church first raised there in the fourth century was dedicated on August 6. A feast in honor of the Transfiguration was celebrated in the Eastern Church from about that time. Western observance began in some localities about the eighth century. On July 22, 1456, Crusaders defeated the Turks at Belgrade. News of the victory reached Rome on August 6, and Pope Callistus III placed the feast on the Roman calendar the following year.

-franciscanmedia.org

**Attention RCHS Classes of 1974, 1975, 1976, 1977, 1978, and 1979!**

RCHS Reunion Weekend will be Friday, August 26, through Sunday, August 28, hosted by the Class of 1977. A fun weekend is planned (football game, school tour, reunion celebration, Mass, and outdoor adventure)!

Please visit the following link to view the schedule:

<https://www.roanokecatholic.com/resources/alumni/>

Sign up SOON on Eventbrite under the TICKET section to purchase tickets for the Saturday Celebration and to sign up for all other free events.

<https://www.eventbrite.com/e/rchs-class-of-1977-invites-classes-of-1974-1979-to-a-reunion-celebration-tickets-303119026167>

Contact Lilli Kelly Winstead [lilwins@gmail.com](mailto:lilwins@gmail.com) for more info.

St. Edward Knights of Columbus

**SHRIMP FEST**

2022



**ALL YOU CAN EAT!**

**MENU**

*Fried Shrimp, Low Country Boil, Saute' Shrimp, French Fries, Green Beans, Dessert, Soft Drinks & Water*

**WHEN**

*August 20, 6:00 - 7:30 pm*

**WHERE**

*St. Edward Catholic Church*

**TICKETS**

*\$30 per person*

*\$80 per family of four  
(immediate family)*

*Tickets will be sold following  
all weekend Masses:*

*August 6/7 and August 13/14.*

*Or purchase your tickets online:*

<https://stedwardknights6546.square.site/>



**BENEFITTING**

**BOYS  
& MEN  
MENTORING  
VIRGINIA**

**OUR SPONSORS****GOLD**

*Zamagni Family, North South Construction  
(Rick Lamere), John Saelens*

**SILVER**

*Rodini Family*

**BRONZE**

*Classic Comfort HVAC, RVA Lawn  
& Landscape, O'Toole's Restaurant,  
Prairie Grain Bread Co, Advanta Flooring  
(Kelly Mortensen), Steve & Eileen Layne*

# WOODY

Funeral Home and Cremation Service

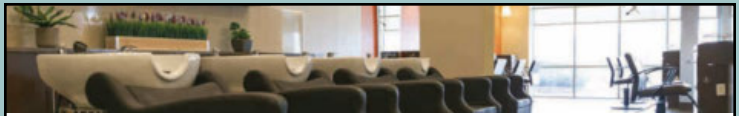
Every Detail Remembered™

Dignity™  
MEMORIAL

**Parham Chapel**  
1771 N. Parham Rd  
Richmond, VA  
804-288-3013

**Huguenot Chapel**  
1020 Huguenot Rd  
Midlothian, VA  
804-794-1000

**Atlee Chapel**  
9271 Shady Grove Rd  
Mechanicsville, VA  
804-730-0035



*Rituals*  
Salon & Spa

11400 W. Huguenot Road Midlothian, Va 23113  
804-794-6699 | info@ritualssalon.net  
@ritualssalonspa | www.ritualssalon.net  
Epiphany Parishoners & Owners, Peter & Sheri Poligone

### ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502



## COMMONWEALTH PEDIATRICS



7023 Old Janke Road,  
Richmond, VA 23225  
**Phone: 804-320-1353**  
Fax: 804-320-6636



6510 Harbour View Court,  
Ste 100, Midlothian, VA 23112  
**Phone: 804-739-8166**  
Fax: 804-639-6614



15400 WC Commons Way,  
Midlothian, VA 23113  
**Phone: 804-549-5405**  
Fax: 804-379-8162



[www.commonwealthpeds.com](http://www.commonwealthpeds.com)



RICHMOND  
PLASTIC  
SURGEONS

### Two Convenient Locations:

1630 Wilkes Ridge Parkway  
Richmond, VA 23233

14401 Sommerville Crt.  
Midlothian, VA 23113

**804.285.4115**

### Board Certified Plastic Surgeons:

Dr. Sharline Aboutanos • Dr. Stephen Chen

Dr. Darrin Hubert • Dr. Lewis Ladocsi

Dr. Isaac Wornom



[www.RichmondPlasticSurgeons.com](http://www.RichmondPlasticSurgeons.com)



MIDLOTHIAN  
MECHANICAL



**804-379-6222**

### Residential & Commercial HVAC

- Service all Brands
- HVAC Equipment Replacement
- HVAC Maintenance Agreements
- Emergency On-Call 24/7



**FREE ESTIMATES**

Mon-Fri 8:00 am - 4:00 pm

### Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[4lpi.com/adcreator](http://4lpi.com/adcreator)

## Cabinet Crafters

- Custom Cabinetry
- Media Centers
- Bathroom Vanities
- Bookcases



We now include stock and semi-custom cabinetry to meet all price points

**804.232.7397**

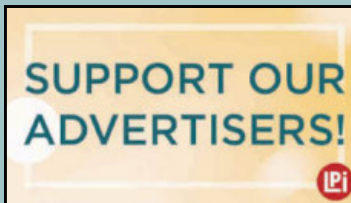
[www.cabinetcraftersofva.com](http://www.cabinetcraftersofva.com)

**FREE** KITCHEN CONSULTATION

8221 Midlothian Turnpike  
Richmond, VA 23235  
MON-FRI 9A-5P

### GROW YOUR BUSINESS BY PLACING AN AD HERE!

Contact Lisa Moore to place an ad today!  
lmoore@4LPI.com or (800) 477-4574 x6433



**House Call**  
— Vet RVA —

Specializing in Loving  
Pet Hospice and In-Home  
Pet Euthanasia

**804-382-3684**  
info@housecallvetva.com  
www.housecallvetRVA.com



1-D-3-1

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

14-1271

Frank's



15% OFF FIRST ONLINE ORDER OF \$25 OR MORE WITH PROMO CODE ST. EDWARDS  
www.franksrva.com



Serving Richmond Families for over 100 Years  
Contact Jim Glass, General Manager  
804-355-5271



SERVPRO® of Chesterfield

Parishioners Andy & Theresa Bahen

804.378.2323

24-Hour Emergency Service

Tree Care Inc.  
Larry Ricks

All Major Credit Cards Accepted



Licensed & Insured  
804-301-9267

Trimming • Removals • Stump Grinding

KELLEHER

HEATING/OIL • COOLING • ELECTRICAL  
PLUMBING • GAS PIPING • GENERATORS

649-7501

www.kelleherhvac.com



Joe Kelleher

John Horansky  
Realtor®

804.338.0809

john.horansky@inf.com

Village of Midlothian  
1100 Jefferson Green Cir  
Midlothian, VA 23113



LONG & FOSTER REAL ESTATE CHRISTIE'S INTERNATIONAL REAL ESTATE

STEMMLE  
PLUMBING REPAIR, INC.

Plumbing \* Septic \* HVAC

Sr Citizens Discount Emergency Service

804-744-6401

www.stemmleplumbing.com

MANNA FINANCIAL

"Be The Blessing"



Kay M. Del Rosario  
Licensed Financial Professional

WHEN IT COMES TO MEDICARE,  
YOU HAVE CHOICES!  
LET ME HELP YOU FIND THE BEST PLAN.

757-394-0652

https://linktr.ee/kaydelrosario

INSURANCE. RETIREMENT PLANNING  
ANNUITY. CAREER OPPORTUNITY

La Cucina Ristorante



Monday-Saturday  
11am-10pm  
Closed Sunday

Vito & Joann  
Bellantuono  
804.378.8940

The Shoppes at Bellgrade

11400 West Huguenot Road



CLOCKTOWER  
REALTY GROUP

Your History. In the Making...

Beth Farnsworth  
Realtor/Parishioner

804-615-6617

rvabeth@gmail.com

rvabeth.com

Financial Accounting Services, Ltd.

Matthew O. Puccinelli  
Larry J. Loving, Jr.

Tax Specialists

2250 East Parham Rd • Richmond, VA

O: 804-264-7070 • F: 804-264-7178

www.fasltd.com

www.appliancesonlakeside.com



APPLIANCES  
On Lakeside

Locally Owned

5418 Lakeside Ave.  
Richmond, VA 23228  
804-266-7621

Paul & Tammy Kelley

James R. Hudson Jr.

CPA, MBA, SMALL BUSINESS CONSULTANT

Personal and Business Tax

QuickBooks / Startups

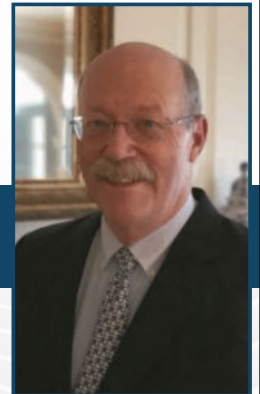
804.560.5064 (w)

804.301.3736 (c)

jrHUDSONjr@verizon.net

3725 Solebury Terrace

Midlothian VA 23113



Assisted Living • Memory Care  
Nursing • Skilled Rehab

804-360-1960

ourladyofhope.com

13700 N. Gayton Road  
Richmond, VA 23233



Independent Living  
Assisted Living

804-741-8624

stmaryswoods.com

1257 Marywood Lane  
Richmond, VA 23229

Call today  
to schedule  
your visit!

Nondenominational, nonprofit  
communities  
sponsored by  
the Catholic  
Diocese of  
Richmond.



ELIZABETH GEORGE

REALTOR® | PARISHIONER

Direct: 804.874.2329

LizRealtyServices@gmail.com

LizRealtyServices.com



VIRGINIA CAPITAL  
REAL ESTATE

Where Home Begins®

1106 N. THOMPSON ST. RICHMOND, VIRGINIA 23230



1-D-3-1

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1271