

CATHOLIC CHURCH OF THE HOLY COMFORTER

JANUARY 28, 2024

CONNECT WITH US

208 East Jefferson Street Charlottesville, Virginia 22902

Phone: (434) 295-7185

Fax: (434) 220-1464

office@holycomforterparish.org

holycomforterparish.org

MASS TIMES

Saturday Vigil 5 PM Sunday 8:30 AM & 11 AM

Monday + Friday 12 PM

(except First Friday)

Tuesday-Wednesday 8AM Thursday + First Friday 6 PM Saturday 8 AM

ADORATION

Thursday 7-8 PM First Friday 7-8 PM

CONFESSION

6:30-7:30 PM Mon, Weds, Fri Thursday 7-8 PM First Friday 7-8 PM Sunday 1:30 PM

Office Hours

Monday-Friday 9 AM - 4 PM

Please Send Bulletin Submissions by 3PM Mondays to dre@holycomforterparish.org



4TH SUNDAY IN ORDINARY TIME

Pastor

Very Rev. Joseph Mary Lukyamuzi, V.F. imlukyamuzi@richmonddiocese.org

Rev. Mr. Henry Vinklarek deaconhenry@holycomforterparish.org

Administrative Business Manager Mary Frances Lilly

office@holycomforterparish.org

Receptionist/Office Assistant

Melinda Crews

reception@holycomforterparish.org

Director of Liturgy and Music

Daniel Kirkland

music@holycomforterparish.org

Director of Religious Education

Melinda Wells (434) 295-6559 dre@holycomforterparish.org

Outreach (434) 293-8989

Bridget Davis + Jack Engler + Heather Burns outreach@holycomforterparish.org

Food Pantry: Mon. Tue & Wed

10:30AM -12:30PM

Soup Kitchen: Thurs 12PM

MINISTRIES

Finance Council Gary Krutul gkrutul@sncomm.com

Pastoral Council Jackson Kulick

Jackson@brgtshirts.com

Altar Servers Jackson Kulick

Jackson@brgtshirts.com

Religious Education Committee Suzanne Bailev slank@ntelos.net

Social Ministries Chuck McCurdy

cwm@virginia.edu

Emily Pierson

St. Vincent de Paul (434) 226-8022 **Holy Trinity Conference** info@svdp-ht.org

Works of Mercy and Funerals

mercy@holycomforterparish.org

Eucharistic Ministry to the Homebound Alicia Vinklarek communionvisit@holycomforterparish.org

Wedding Coordinator Heather Burns

weddings@holycomforterparish.org

Regina Caeli Homeschool Co-op Samantha Van Dyke samantha.kepler@gmail.com

Elizabeth Gilbert **Parish Life**

parishlife@holycomforterparish.org **High School Youth Group**

youthgroup@holycomforterparish.org

Website Erin Ferguson & Mona Peglow

webmaster@holycomforterparish.org

Building and Grounds Ed Mickiewicz

Extraordinary Ministers of the Eucharist Heather Burns

Haiti Ginny Zeller

Lectors Matt Freeman

Offertory Counters Lee Faust

Ifaust@comcast.net

Sacristans Suzanne Bailey Uganda Theresa Lynch

Ushers **Dennis Dougherty**

Fourth Sunday in Ordinary Time January 28, 2024

World Day for Consecrated Life – February 2nd For those consecrated to God by the vows of chastity, poverty, and obedience, that they may seek to live their baptismal promises more intensely and have the grace to persevere in their commitment to the Lord, we pray to the Lord.

OUR MISSION STATEMENT: We, the members of Holy Comforter Parish, united in faith by God, nourished by Jesus through the Word and the Eucharist, and guided by the inspiration of the Holy Spirit, believe that we are called to worship, formation, service, and evangelization within our parish, our local communities, and all those in need.

PRAYER & WORSHIP



THIS WEEK'S CALENDAR

SATURDAY (1/27)

8 AM Mass

Following Mass -Deacon Henry's **Retirement Celebration**

5 PM Vigil Mass

SUNDAY (1/28) FOURTH SUNDAY IN **ORDINARY TIME**

Altar Flower Donated By Mary Klein In Memory of Josephine Belefski

8:30 AM Mass

9:45-10:45 AM Christian Formation

11:00 AM Mass

12:30 PM RCIA

4 PM Youth Group

MONDAY (1/29)

10:30 AM-12:30 PM Food Pantry

12 PM Mass

6:30-7:30 PM Confession

TUESDAY (1/30)

8 AM Mass

10:30 AM-12:30 PM Food Pantry

WEDNESDAY (1/31)

8 AM Mass

10:30 AM-12:30 PM Food Pantry

6:30-7:30 PM Confession

7 PM Choir

THURSDAY (2/1)

12-1 PM Soup Kitchen

6 PM Mass

7-8 PM Adoration and Confession

FRIDAY (2/2) FEAST OF THE PRESENTATION

9-11:30 AM Regina Caeli Homeschool Co-op

6 PM Mass Bring Candles for Blessing

6:30-7:30 PM Confession

SATURDAY (2/3)

8 AM Mass

5 PM Vigil Mass

SUNDAY (2/4) FIFTH SUNDAY IN

ORDINARY TIME

Altar Flower Donations Appreciated

8:30 AM Mass

9:45-10:45 AM Christian Formation

11:00 AM Mass

12:30 PM RCIA

4 PM Youth Group

SAINTS OF GOD Blessed are You

1/27 Saint Angela Merici

1/28 Saint Thomas Aquinas

1/29 Servant of God Brother Juniper

Prayer for Protection

O Mary, you always shine on our path as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the American People, and all people, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen. Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Hail Mary (3x) Adopted from Pope Francis.

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, THURSDAY (2/1) come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from you. Amen

1/30 Blessed Mary Angela Truszkowski

1/31 Saint John Bosco

2/1 Saint Ansgar

2/2 Presentation of the Lord

2/3 Saint Blaise

2/4 Saint Joseph of Leonissa

NEW **PARISHIONERS**

We welcome you to join our Holy Comforter Parish Family. Registration Forms are in the Office and on the Commons Credenza.

TO REQUEST MASS INTENTIONS:

Contact the Parish Office 434-295-7185 Reception@holycomforterparish.org

MASS INTENTIONS

SATURDAY (1/27)

8 AM Ill and Homebound **5 PM** Personal Intentions (Mary Frances Lilly)

SUNDAY (1/28)

8:30 AM Members of the Parish 11 AM For Holy Comforter's Volunteers (Fr. Joseph Mary)

MONDAY (1/29)

12 PM Special Intention

TUESDAY (1/30)

8 AM † Ruth Marie Kennedy Gorman (Mr and Mrs Peter Roane)

WEDNESDAY (1/31)

8 AM † Sherry Minutolo (Patty Myatt)

6 PM Paul and Meghan Thoms **Scotty Thoms**

FRIDAY (2/2)

6 PM Neil and Lia Price

SATURDAY (2/3)

8 AM Mary Benfante 5 PM Gary Krutul and Family (Fr. Joseph Mary)

SUNDAY (2/4)

8:30 AM Members of the Parish 11 AM Luciana Karafa In Honor of her Birthday

PARISH NEWS



GIFTS FROM GOD

WEEK ENDING JANUARY 14, 2023

Offertory	\$4,310
Weekly Offertory Budget	(\$8,750)
Below Weekly Budget	(\$4,440)

WEEK ENDING JANUARY 21, 2023

Offertory	\$3,017
Weekly Offertory Budget	(\$8,750)
Below Weekly Budget	(\$5,733)
Civing	(73,733)

eGiving

Through our secure Online Giving program, you can set up recurring or one-time gifts for our Offertory, our parish ministries, and for all Diocesan and National collections.



Please click or scan the Online Giving QR code to be directed to our giving portal. Thank you for your support of Holy Comforter

THANK YOU Altar breads and sacramental wine for all masses celebrated at Holy Comforter during the year 2022 have been provided as a gift by one of our parishioners, "in Thanksgiving to God for the Holy Sacrifice of the Mass and the Body and Blood of Christ in the Eucharist".

SECOND COLLECTIONS FOR JANUARY

ALL MONTH Catholic Virginian + Christian Formation + Justice and Peace

1/01/2024 Solemnity of Mary, Mother of God

1/14/2024 Outreach 1/21/2024 Respect Life 1/28/2024 Maintenance Fund

2024 ANNUAL DIOCESAN APPEAL: Sharing His Love with Others

The 2024 Appeal will provide critical funding to three key areas of our Diocesan Church: Empowering the Next Generation, Providing for Those in Need, Strengthening Catholic Communities.

Our parish Outreach Ministry traditionally benefits directly from the Appeal through a Fuel and Hunger Grant, and our parish receives back a portion of all funds collected. This year, the funds returned will be used for repairs and maintenance.

LITURGICAL NOTES

Entrance: Let the hearts of those who seek the Lord rejoice; seek the Lord and be strengthened; seek his face for evermore.

Offertory: It is good to give thanks unto the Lord, and to sing in honor of your name, O Most High.

Communion: Let your face shine down upon your servant, deliver me in your mercy. Lord, let me not be confounded, for I have called upon you. We continue on our journey through the Epiphany season with Christ revealing Himself through the casting out of demons, yet another manifestation of His divinity and saving mission to reclaim creation from the powers of hell. No longer is the Lord hidden from history; the hearts of all who seek Him can now rejoice, as the Entrance Antiphon tells us. Let us take heart in this dark month as the radiance of the Son of God shines on those who dwell in darkness and the valley of the shadow of death. Amid this prolonged joy of the Christmas spirit, however, is the inexorable motion towards the Cross. As we approach the feast of the Presentation on February 2 (Candlemas) and the true conclusion of all things Christmas, the Offertory and especially the Communion Antiphons begin to prepare our hearts for the upcoming Lenten preparations for the solemn Paschal Mystery. These Antiphons are proper to a season now suppressed in the new liturgical calendar called "Septuagesima", although they are preserved in the Liturgy. The aforementioned season is a period of two and a half weeks (three Sundays) that precede Lent and are characterized by somber reminders of the upcoming season such as purple vestments and the suppression of the Alleluia (though these weeks are not actually a part of Lent). Now is an opportune time, then, to begin pondering how we might spend our Lent this year and open our hearts to receive with greater joy the events that led to our deliverance from the devil and opened up the possibility of heaven. May Jesus find our hearts ready! Daniel Kirkland, Director of Liturgy and music

RELIGIOUS EDUCATION

Melinda Wells, Director of Religious Education dre@holycomforterparish.org

Preparing Your Domestic Church Candlemas-Blessing of your Candles

February 2 is Candlemas, Feast of the Presentation of the Lord. Bring your household candles to Mass and have them blessed as you prepare your domestic church. Mass will be Friday, February 2 at 6PM.

"Candlemas Day is another name for the feast of the Presentation of the Lord. Forty days after His birth, Mary and Joseph brought Jesus to the temple for the rites of purification and dedication as prescribed by the Torah.

So the Presentation is a proclamation of Christ — Messiah and Priest, Lord and Savior. He is the light who came into this world to dispel sin and darkness. For this reason, traditionally at least since the seventh century, candles have been blessed at Mass this day that will be used throughout the year, hence coining the term "Candlemas."

NEXT WEEK'S READINGS

FIFTH SUNDAY IN **ORDINARY TIME**

First Reading

Job 7:1-4,6-7

Job laments his sufferings and his life.

Responsorial Psalm

Psalm 147:1-6

A song of praise for the Lord's goodness to the lowly.

Second Reading 1 Corinthians 9:16-19,22-23

Paul explains the conditions under which he preaches the gospel and the reasons why he will not accept financial help from the Corinthians.

Gospel Mark 1:29-39

Jesus cures Simon's mother-in-law and many others as well.

January 28, Fourth Sunday in Ordinary Time

PARISH NEWS

PLEASE PRAY FOR

PARISHIONERS

(Includes ill, injured, homebound, and caregivers.)

FAMILY AND FRIENDS

Blanding Attey, Mary Benefante, Christine Bentejac, Cora, Mary Caretti, Stephanie Crews, Fr. Gerald Fogarty, Genevieve Halfen, Kajihara Family, Betty & Tony Kapeluch, Joan Lincks, Mike & Sibylle Llewellyn, Melodie Mougeolle and Children, Robert Maute, David Rathburn, Randall Saathoff, Matthew Schrank and Family, David Shrank and Family, Joseph Schrank and Family, Yulia Savona, Aiden Smith, Paul and Meghan Thoms, Scotty Thoms, Brendan and Maria Walsh, Don and Lisa Wells, and Mary Ann Uzzo.

MEMBERS OF THE MILITARY

Jonathan Schrank, and Joey Smith.

To request Holy Communion or a visit from Father Joseph Mary, or to add or remove a name, please contact the office 434.295.7185 or reception@holycomforterparish.or

UVA professor and STAUVA parishioner, Brad Wilcox,

lecture "Mammon or Marriage? How to Maximize Happiness in Life and Love" on Monday, January 29 in the Caplin Auditorium at UVA Law School at 5:30pm.

> The Society of St. Vincent de Paul Holy Trinity **Conference** receives many calls. There are neighbors who can't work, and struggle to keep the heat on or

keep a place to live. Our Vincentians meet them, listen to them, pray with them, and assist them within our means. Our faith-filled encounters deepen the strength of the Word of God in our everyday life. We receive joy from our service to our neighbors in need. The Society of St. Vincent de Paul members participate in Jesus' mission, the Church's mission, and our Diocese of Richmond's mission to renew our Church and the world, through Word, Worship, Community, and Service. Through the generous support of the Bishop's Annual Appeal by the people of the diocese, our Holy Trinity Conference received a \$10,000.00 grant from the Diocesan Fuel and Hunger Fund. We are truly grateful for the opportunity to grow closer to God, bringing hope to those in need, and sharing our faith in the mission of the church. Our meeting on February 6th will be held at St. Thomas Aquinas University Parish. We meet at 7 pm on the 1st and 3rd Tuesdays each month at the Church of the Incarnation. For more information about us, or if you would like to donate, please visit our website at www.svdp-ht.org or email us at info@svdp-ht.org

MINISTRIES

OUTREACH: In 2023, the Food Pantry handed out 1,756 food bags to 4,697 individuals (increase of 755 households/2,071 individuals from 2022). And we served 4,291 meals in Soup Kitchen in 2023 (an increase of 1,258 meals from 2022). We appreciate your continued support through generous contributions and donations to Outreach. Thank you and God Bless! USDA is an equal opportunity provider, employer and lender.

WORKS OF MERCY: Our mission is to strengthen our parish community through the spiritual and corporal works of mercy. Email Sharon Dudley at mercy@holycomforterparish.org for more info about joining our mission to visit/pray for the ill & recovering, and parish homebound.

PARISH LIFE: Please join us this Saturday January 27th after the 8am mass for a potluck breakfast to celebrate the retirement of **Deacon Henry.** Please sign up in flocknote to bring a dish or two, to share.

Matthew Mickiewicz, Benjamin Schrank, Elijah Schrank, WALKING WITH MOMS IN NEED: The Walking with Moms in Need ministry will meet January 21 at 10:00 a.m. and 12:15 p.m. in the stairwell library For information please contact Garrett Smith gsmith@garrettsmithlaw.com (434) 960-7775. For the general website see www.walkingwithmoms.com.

ANNOUNCEMENTS

sociologist of marriage and family, would like to invite you to his SPECIAL ALERT FOR GIFT CARD REQUESTS...If you receive an email that APPEARS to be coming from Father Joseph Mary requesting you to purchase a gift card, rest assured this is a scam. Please report all cybercrime to the FBI at www.ic3.gov/default.aspx.

> **HOLY COMFORTER BULLETIN PRAYER LIST:** In an effort to maintain the prayer lists and ensure they are current, the lists will be cleared once per quarter. If you would like your family member, or fellow parishioner to be added (back) to the prayer list, please email Holy Comforter's Works of Mercy Ministry, mercy@holycomforterparish.org...or please call the church office, 434-295-7185. Please be sure to indicate whether the person we are praying for is a parishioner, a non-parishioner friend or family member, or someone in the military. WE HAVE CLEARED THE **PRAYER LISTS,** and will do so again in April, August and December. Thank you for helping us keep the prayer list current and accurate. There is an urgent need for sacristans who can launder and iron our easy-care altar cloths and to change the cloths with each liturgical season. If you can serve the parish in this special way, please contact the office or Suzanne Bailey at (434) 326-3166 or slank@ntelos.net.

UVA professor and STAUVA parishioner, Brad Wilcox, sociologist of marriage and family, would like to invite you to his lecture "Mammon or Marriage? How to Maximize Happiness in Life and Love" on Monday, January 29 in the Caplin Auditorium at UVA Law School at 5:30pm.

FROM THE PASTOR





CLOSE YOUR EYES- OPEN YOUR EARS TO THE HOLY SPIRIT

Part IV

Very Rev. Joseph Mary Lukyamuzi, V.F.

"When the angel entered Mary's home, he greeted her and said, "You are favored by the Lord! The Lord is with you." Luke 1:28

St. John of the Cross writes: "If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark." He is telling us that we may walk by a higher vision: the light of our internal senses. When we close our eyes to pray, we are shutting out the darkness of the experiential past and coming into the intellectual light to receive God's grace.

Some Catholics never progress beyond average in their spiritual lives, even ones who are otherwise devout in their frequent Mass attendance and regular confessions. In his classic book, "The Theology of Christian Perfection," Dominican Father Antonio Marin proposes that the main problem lies in their inability to restrain themselves and mortify their bodies outside of the sacraments, and therefore degenerate without any good object. The "good object" to which he is referring is simply holiness that can be gained through prayer, as we close our eyes and unite our hearts to God—as much as one allows himself or herself to live in the present moment.

The beautiful spiritual tradition of the Church wisely teaches us that living in the present moment is key to relationship with God, because only in this present moment is He giving us the grace that we need to live for Him. He does not give grace in the past or the future, but only in this very moment. With this in mind, many have found much freedom in being away from the images, posts, and stories that steal our mind from the present moment and thus the grace that God is offering us in it. The method of closing one's eyes during prayer has one main purpose: to be focused and avoid distractions. But to some may not work that way.

Here is a story: St. Bernard was traveling with a poor, uneducated farmer, who noticed that the abbot kept his eyes cast downward. When the farmer asked why the saint was not looking at the beautiful countryside, Bernard explained that he wanted to avoid distractions while praying. In response, the farmer boasted, "I'm never distracted when I pray." Bernard objected, "I do not believe it. Now let me make a bargain with you. If you can say the Our Father without one distraction, I will give you this mule I am riding. But if you do not succeed, you must come with me and be a monk." The farmer agreed and began praying aloud confidently, "Our Father, who art in Heaven, hallowed be Thy name..." Then, after pausing for a moment, he asked St. Bernard, "Does that include the saddle and the bridle, too?"

Almost everyone experiences distractions of some sort while praying, as St. Bernard managed to demonstrate to the farmer (who ended up joining him in the monastery). Occasionally we hear of someone so deep in prayer that nothing can take his or her attention away from God. Much more common, however, is the experience of the 17th century religious St. Margaret Mary Alacoque, who had difficulty meditating in the formal way expected of the sisters. A more attractive method of dealing with distractions—and one much easier ideally to imitate—was practiced by St. Francis of Assisi. Whenever he was about to enter church for Mass or to pray, he would say, "Worldly and frivolous thoughts, stay here at the door until I return." Then he would go inside and pray with complete devotion. Is that doable? OR is closing your eyes much easier?

To be continued...

Should you have any questions about our Catholic Faith, please contact Melinda Wells, DRE, at dre@holycomforterparish.org.



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