



# CATHOLIC CHURCH OF THE HOLY COMFORTER

**FEBRUARY 4,  
2024**

## CONNECT WITH US

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🌐 [hollycomforterparish.org](http://hollycomforterparish.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

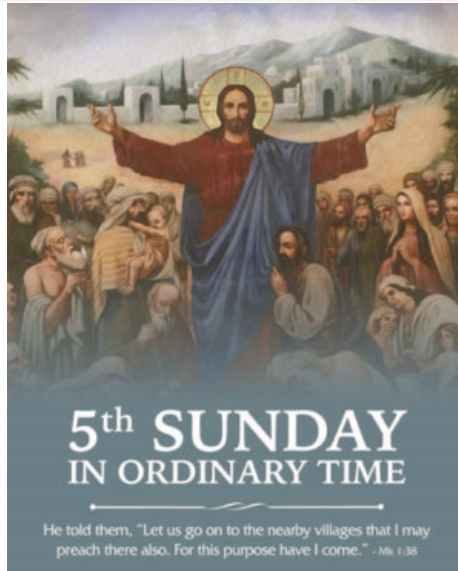
### CONFESSION

Mon, Weds, Fri 6:30-7:30 PM  
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@hollycomforterparish.org](mailto:dre@hollycomforterparish.org)**



### Pastor

Very Rev. Joseph Mary Lukyamuzi, V.F.  
[jmlukyamuzi@richmonddiocese.org](mailto:jmlukyamuzi@richmonddiocese.org)

### Deacon

Rev. Mr. Henry Vinklarek  
[deaconhenry@hollycomforterparish.org](mailto:deaconhenry@hollycomforterparish.org)

### Administrative Business Manager

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Daniel Kirkland  
[music@hollycomforterparish.org](mailto:music@hollycomforterparish.org)

### Director of Religious Education

Melinda Wells (434) 295-6559  
[dre@hollycomforterparish.org](mailto:dre@hollycomforterparish.org)

### Outreach

(434) 293-8989  
Bridget Davis + Jack Engler + Heather Burns  
[outreach@hollycomforterparish.org](mailto:outreach@hollycomforterparish.org)  
Food Pantry: Mon, Tue & Wed  
10:30AM -12:30PM  
Soup Kitchen: Thurs 12PM

## MINISTRIES

**Finance Council** Gary Krutul  
[gkrutul@sncomm.com](mailto:gkrutul@sncomm.com)

**Pastoral Council** Jackson Kulick  
[Jackson@brgtshirts.com](mailto:Jackson@brgtshirts.com)

**Altar Servers** Jackson Kulick  
[Jackson@brgtshirts.com](mailto:Jackson@brgtshirts.com)

**Religious Education Committee** Suzanne Bailey  
[slank@ntelos.net](mailto:slank@ntelos.net)

**Social Ministries** Chuck McCurdy  
[cwm@virginia.edu](mailto:cwm@virginia.edu)

**St. Vincent de Paul** (434) 226-8022

**Holy Trinity Conference** [info@svdp-ht.org](mailto:info@svdp-ht.org)

**Works of Mercy and Funerals**  
[mercy@hollycomforterparish.org](mailto:mercy@hollycomforterparish.org)

**Eucharistic Ministry to the Homebound** Alicia Vinklarek  
[communionvisit@hollycomforterparish.org](mailto:communionvisit@hollycomforterparish.org)

**Wedding Coordinator** Heather Burns  
[weddings@hollycomforterparish.org](mailto:weddings@hollycomforterparish.org)

**Regina Caeli Homeschool Co-op** Samantha Van Dyke  
[samantha.kepler@gmail.com](mailto:samantha.kepler@gmail.com)

**Parish Life** Elizabeth Gilbert  
[parishlife@hollycomforterparish.org](mailto:parishlife@hollycomforterparish.org)

**High School Youth Group** Emily Pierson  
[youthgroup@hollycomforterparish.org](mailto:youthgroup@hollycomforterparish.org)

**Website** Erin Ferguson & Mona Peglow  
[webmaster@hollycomforterparish.org](mailto:webmaster@hollycomforterparish.org)

**Building and Grounds** Ed Mickiewicz

**Extraordinary Ministers of the Eucharist** Heather Burns

**Haiti** Ginny Zeller

**Lectors** Matt Freeman

**Offertory Counters** Lee Faust  
[lfaust@comcast.net](mailto:lfaust@comcast.net)

**Sacristans** Suzanne Bailey

**Uganda** Theresa Lynch

**Ushers** Dennis Dougherty

### Fifth Sunday in Ordinary Time February 4, 2024

That all those discerning or pursuing  
a vocation to the priesthood or  
consecrated life will find encouragement  
through our prayers and sacrifices  
on their behalf,  
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 (2/3) FEAST OF ST. BLAISE

**8 AM** Mass Followed by Blessings of Throats and Objects

**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

### MONDAY (2/5)

**10:30 AM-12:30 PM** Food Pantry

**12 PM** Mass

**6:30-7:30 PM** Confession

### TUESDAY (2/6)

**8 AM** Mass

**10:30 AM-12:30 PM** Food Pantry

### WEDNESDAY (2/7)

**8 AM** Mass

**10:30 AM-12:30 PM** Food Pantry

**6:30-7:30 PM** Confession

**7 PM** Choir

### THURSDAY (2/8)

**12-1 PM** Soup Kitchen

**6 PM** Mass

**7-8 PM** Adoration and Confession

### FRIDAY (2/9)

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

**12 PM** Mass

**6:30-7:30 PM** Confession

### SATURDAY (2/10)

**8 AM** Mass

**5 PM** Vigil Mass

### SUNDAY (2/11) SIXTH 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

### *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, 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

2/6 St. Paul Miki and Companions

2/7 Saint Colette

2/8 Saint Josephine Bakhita

2/9 Saint Jerome Emiliani

2/10 Saint Scholastica

2/11 Our Lady of Lourdes

## SAINTS OF GOD *Blessed are You*

2/3 Saint Blaise

2/4 Saint Joseph of Leonissa

2/5 Saint Agatha

## 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](mailto:Reception@holycomforterparish.org)**

### MASS INTENTIONS

#### SATURDAY (2/3)

**8 AM** † James J. Lavin (Jaqueline Dugery)

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  
(Deacon Henry and Alicia Vinklarek)

#### MONDAY (2/5)

**12 PM** † James Swofford (Don Swofford)

#### TUESDAY (2/6)

**8 AM** Joseph and Monica Davis and Family  
(Father Joseph Mary)

#### WEDNESDAY (2/7)

**8 AM** Greg and Maria Gerling and Family  
(Father Joseph Mary)

#### THURSDAY (2/8)

**6 PM** John and Renee Allison and Family  
(Father Joseph Mary)

#### FRIDAY (2/9)

**12 PM** † Martha Melancon (Alicia Vinklarek)  
† Mabel P. Dodaro Anniversary of Her Death (Michele Skarvelis)

#### SATURDAY (2/10)

**8 AM** Glenn Showalter and Family  
(Father Joseph Mary)

**5 PM** Personal Intention (Mary Frances Lilly)

#### SUNDAY (2/11)

**8:30 AM** James Bass (Allen Family)

**11 AM** Members of the Parish

† James Ladu Olimpico  
(Patty Gazewood and the HOP Chaplain Team)

# PARISH NEWS



## GIFTS FROM GOD

### WEEK ENDING JANUARY 21, 2023

Offertory	\$8,156
Weekly Offertory Budget	(\$8,750)
Below Weekly Budget	(\$594)

#### 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

### SECOND COLLECTIONS FOR FEBRUARY

**ALL MONTH** Christian Formation + Haiti + Justice and Peace

**2/11/2024** Outreach

**2/14/2024** Ash Wednesday  
(For St. Vincent de Paul)

**2/18/2024** Easter Flowers

**2/25/2024** 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, and 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:** Come, let us worship God and bow down before the Lord; let us shed tears before the Lord who made us, for he is the Lord our God.

**Offertory:** Render secure my footsteps in your paths so that my feet do not slip; incline your ear and hear my words; display your wonderful mercies, O Lord, Savior of those who place their hope in you.

**Communion:** A multitude with diseases, and those who were troubled by unclean spirits, came unto him, because a power emanated from him which healed them all.

*Our closing hymn for the last few weeks has been "Songs of Thankfulness and Praise", an Epiphany hymn. Aside from mentioning the Magi, it draws our attention to three specific events or sets of events that the Church have considered as "manifestations" or "epiphanies" of the coming of the Messiah. One is the wedding at Cana when the Blessed Virgin Mary prompted her Son to change the water into wine, which became the first public manifestation of His divinity. In the same verse is mentioned the baptism at the Jordan where God the Father through the descending dove manifests the divinity of Christ. The final of the signs of the Messiah, which we see scattered in the weeks following Epiphany but especially in today's Gospel/Communion Antiphon, is the healing of the sick. This manifests once again His divinity and authority over creation and signifies the freedom from spiritual illness that the Cross will bring to humanity. It is fitting that Lent should come on the heels of the Christmas season because it is these very manifestations that led the Pharisees of the time to crucify our Lord, blind as they were to the meaning of these signs, yet whose blindness brought about the events that lead to our salvation. How good and mysterious is our God, drawing the greatest good from the darkest evil. This is the last week we shall sing this hymn, then then we shall bid farewell to the Alleluia, suppressed during Lent, for next week's closing hymn. Let us prepare ourselves for the glorious Lenten preparations that are upon us! *Daniel Kirkland, Director of Liturgy and music**

## RELIGIOUS EDUCATION

*Melinda Wells, Director of Religious Education*  
dre@holycorforterparish.org

### RCIA RITE OF SENDING

February 11 at the 8:30AM Sunday Mass, RCIA catechumens Brian Hess and Sydney Tapscott will participate in the next step of their journey into our glorious Catholic Church. The Rite of Sending is the opportunity for the Parish to celebrate the sending forth of the Catechumens to the Rite of Election which will take place 3 PM, Saturday, February 18 at the Cathedral of the Sacred Heart in Richmond and Bishop Knestout will preside. At the Rite of Sending, the Catechumen's godparents will testify and the Catechumens will confirm their intention to enter the Church...their names will be entered in the Book of the Elect, which will be taken to the Rite of the Elect. Please remember to keep Brian and Sydney in your prayers.

## NEXT WEEK'S READINGS

### SIXTH SUNDAY IN ORDINARY TIME

**First Reading** Leviticus 13:1-2,44-46

The Law regarding leprosy is given to Moses and Aaron.

**Responsorial Psalm** Psalm 32:1-2,5,11

A prayer of contrition and confession for sin.

**Second Reading** 1 Corinthians 10:31—11:1

Paul urges the Corinthians to imitate him as he imitates Christ.

**Gospel** Mark 1:40-45

Jesus cures a person with leprosy, who reports his cure to everyone.

February 4, Fifth 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, Jimmy Dominguez, 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**

Matthew Mickiewicz, Benjamin Schrank, Elijah Schrank, Jonathan Schrank, and Joey Smith.

**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 [mercy@holycomforterparish.org](mailto:mercy@holycomforterparish.org)...or please call the church office at 434-295-7185.

**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.org](mailto:reception@holycomforterparish.org)**



The Society of St. Vincent de Paul is a network of friends, inspired by Gospel values, growing in holiness, and building a more just world through personal relationships with and service to people in need. Our Vincentian family invites you to join us in our mission of charity to our neighbors in need. We grow in love of God through our experience of visiting and praying with our neighbors in need. We are thankful for the many blessings we receive. Blessed Rosalie Rendu, a Daughter of Charity, is one of the founding Vincentians. Blessed Rosalie Rendu's Memorial is celebrated on February 7th. "If you want someone to love you, you must be the first to love; and if you have nothing to give, give yourself." ~Rosalie Rendu. Our meeting on February 6th will be held at St. Thomas Aquinas University Parish. We regularly meet at 7 pm on the 1st and 3rd Tuesdays each month at the Church of the Incarnation. If you would like more information about our conference, or if you would like to donate, please visit our website at [www.svdp-ht.org](http://www.svdp-ht.org) or email us at [info@svdp-ht.org](mailto:info@svdp-ht.org).

**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](http://www.ic3.gov/default.aspx).**

## 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: Over thirty years ago, Pope Saint John Paul II instituted the World Day of the Sick** to encourage the faithful, Catholic health institutions, and civil society to be more attentive to those who are ill and to the people who care for them. The World Day of the Sick coincides with the Feast Day of Our Lady of Lourdes on February 11th, which is a Sunday this year. Holy Comforter's Works of Mercy Ministry invites all parishioners to pray the Our Lady of Lourdes Novena for our parish's sick and homebound members starting February 2nd and ending on the eve of Sunday February 11th. *You can find a copy of the novena on the credenza in the church.* Stay tuned for more updates from the Works of Mercy Ministry which is planning activities for February, a Month of Mercy.

**HAITI: "Hope for Haiti" Sponsorship Fair, St. Thomas Aquinas, 3-4 February.** The "Sponsorship Fair" fund raiser of year is this weekend. We need to find **149** additional new sponsorships to be reasonably funded for the year. This is the level that enables us to have enough children to manage maximum capacity for both education and food.

**The OFFICE OF SOCIAL MINISTRIES at Holy Comforter** gratefully acknowledges receipt of a \$2500 Fuel and Hunger grant from the Diocese of Richmond to support our OUTREACH programs—Food Pantry and Soup Kitchen—during the next fiscal year. This sum is approximately 10% of the funds needed to operate Outreach. Please help provide the additional required support by making generous contributions to the 2nd Collection on the 2nd Sunday of each month.

## ANNOUNCEMENTS

**LOOKING FOR AN EASY WAY TO PARTICIPATE IN THIS YEAR OF EUCHARISTIC REVIVAL?** The U.S. Bishops are offering one: a novena called the "Spark Series," nine days of prayer and prompts for short Eucharistic reflections and activities you can do at home. The link and information will be provided in the "Lenten Resources" page to be handed out the first Sunday of Lent. For any questions, please contact DRE Melinda Wells at [dre@holycomforterparish.org](mailto:dre@holycomforterparish.org). For online see <https://www.eucharisticrevival.org/get-involved>.

# FROM THE PASTOR



symbolizing the pure intention of the one praying, even if he was distracted. Still other words were written in ink, denoting the laziness that accompanied them. There were some words written in water, which left virtually no trace in the book; these prayers had been offered in a spirit of lukewarmness and in the absence of all piety. Lastly, St. Bernard saw that there were some words that were not written down at all; instead, the words of Scripture came to him: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me” (Is. 29:13).

This is to help us to understand that we must say our prayers slowly and reverently, not as if someone is chasing us; for if the heart does not pray, the tongue works in vain. Jesus taught His disciples the importance of praying sincerely; indeed, He offered the Our Father as a model of such prayer (Matt. 6:9-13). We must emphasize quality over quantity; a few minutes of genuine prayer are far more pleasing to God and spiritually valuable to us than several hours of merely going through the motions of praying. The question you ask yourself should not be: what is the best form of prayer? I would rather say: what is the way in which I can pray most enthusiastically with my full attention on God? Praying with enthusiasm is truly being focused on God, which means putting forth some effort while praying. That is why in Benedictine spirituality PRAYER is WORK – to Work is to Pray.

There was a mystic who was favored with conversations with Jesus and presented to Him the difficulty of being distracted during prayer. Our Lord is said to have told her that distractions in prayer may be compared to a dog accompanying its master on a walk in the woods. The dog runs ahead, goes about sniffing and exploring, returns to its master for a moment, runs off again, returns briefly as if to check on its master, then runs ahead yet again. In the same way, Jesus explained, when we find our minds wandering away from our Master during prayer, we should gently return, without guilt or fear, and as often as necessary.

To be continued...

*Should you have any questions about our Catholic Faith, please contact Melinda Wells, DRE, at [dre@holyccomforterparish.org](mailto:dre@holyccomforterparish.org).*

## CLOSE YOUR EYES AND OPEN YOUR EARS TO THE HOLY SPIRIT

Part V

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**

As we continue with our theme of PRAYER for this year 2024 in preparation for the Jubilee year 2025, we must keep in mind that there are a thousand ways to pray, and praying with closed eyes is one of them. Ignatius of Loyola (in his Spiritual Exercises) and Teresa of Avila (in her The Interior Castle) suggested that when praying with eyes closed, “the senses and exterior surroundings...lose their hold,” and the soul achieves a greater focus on the presence of God and the prayer being offered.

St. Bernard, who sought to avoid distractions of the eyes while praying, once had a vision in which he saw an angel in Heaven writing down in a book the words of the Divine Office (the official community prayer of the Church) as they were prayed by his fellow monks. Some of the words were written in gold by the angel, and Bernard was given to understand that these represented the perfect fervor with which they were said. Others were written in silver,



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