



CATHOLIC CHURCH OF THE HOLY COMFORTER

**MARCH
29, 2020**

CONNECT WITH US

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Charlottesville, Virginia 22902

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✉ office@holycomforterparish.org

🌐 holycomforterparish.org

✚ **MASS TIMES**

CHURCH OPEN FOR PRAYER

Sunday 7 AM-1 PM

Monday-Friday 7 AM-7:30 PM

THE HOLY SACRIFICE OF THE MASS

is streamed Daily at
facebook.com/holycomforterville

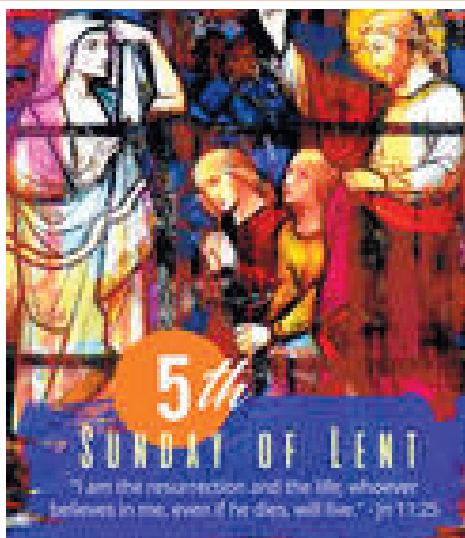
CONFESSION

Monday-Saturday 6:30-7:30 PM

OFFICE HOURS

Monday-Friday 9 AM-3 PM

Celebrating
14
Years of Faith
in Charlottesville
1880-2020



STAFF

Pastor

Very Rev. Joseph Mary Lukyamuzi, V.F.
jlukyajm@holycomforterparish.org

Administrative Business Manager

Mary Frances Lilly
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Receptionist + Office Assistant

Jill Paitsel
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Minister of Music

Daniel Kirkland
music@holycomforterparish.org

Coordinator of Religious Education

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

Outreach (434) 293-8989

Bridget Davis

Jack Engler + Gary Stevens

outreach@holycomforterparish.org

Food Pantry

Mon-Wed 10 AM-12 PM

Soup Kitchen

Thursday, 12 PM

*Please send Bulletin submissions
by 3 PM Mondays*

office@holycomforterparish.org

MINISTRIES

Finance Council Gary Krutul

gekrutul@sncomm.com

Pastoral Council John Battiston

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Liturgy and Worship + Altar Servers

Daniel Kirkland

Christian Formation Suzanne Bailey

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Social Ministries Chuck McCurdy

cwm@virginia.edu

Works of Mercy Diane Auger Smith

hcworksofmercy@gmail.com

Wedding Coordinator Pat Coldewey

pgcoldewey@gmail.com

PARISH VOLUNTEERS

Building and Grounds Ed Mickiewicz

Extraordinary Ministers of the Eucharist

Heather Burns

Funerals

Cynthia Berlin + Sharon Dudley

Haiti Ginny Zeller

Holy Comforter 2020 Matt Blumenfeld

Lectors Matt Freeman

Offertory Counters Lee Faust

Parish Life Pat Coldewey

Sacristans Suzanne Bailey

Uganda Theresa Lynch

Ushers Dennis Dougherty

Director of Information and

Webmaster Matt Blumenfeld

FASTING AND ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14 onwards.

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.

PARISH NEWS



CHRISTIAN FORMATION

Dear Parents,

I hope the past week found you and your family doing well. Now that we are going into the second week of public Mass suspension, I hope you have been able to access Father Joseph Mary's private Masses, his homilies and the message he made to us on Saturday, March 21st, all of which are posted on our parish Facebook page. Please let us know if you would like to see anything added there.

I have provided some resources that will hopefully give you some fresh ideas to help you at this time as a family at home. Please know you are all in my prayers and being remembered in the Rosary.

Have a very blessed weekend!

Melinda Wells, CRE

List of Education Companies offering free subscriptions
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR17kw643rdF940erUyU3fgoleldaBg17rXCsw9aRz4SA8KWM4fVu3vbBm0>

30 Virtual Field Trips with Links
https://docs.google.com/document/d/1SvldqTx9djKO6SjyvPDsoG1kgE3IExmi3qh2KRRku_w/preview?fbclid=IwAR225sT0ROJmfzagqw38xR90lbZg3djBmNkeQq0YEVlq2hbZ2DWamm8KF7c

How and why to watch Mass
https://www.catholicnewsagency.com/news/how-and-why-to-watch-mass-online-during-coronavirus-82713?fbclid=IwAR1rpz8JH1SHDGH1aEmoVklFyKQPp5BKagPzV_eRlvtal3rZb1ISW1fuKcFE

Catholic Families Homeschooling during Coronavirus 2020
https://www.facebook.com/groups/234906860982719/?ref=group_header

AO Help Crisis Curriculum
https://www.amblesideonline.org/HELP.shtml?fbclid=IwAR3d9-7pU-rjpCfFkUHroe2qE7FzVh7_kOOmqTaPLKbQNP_MoVlKyj_bTOSU#LIT

Giant List of ideas for being home with kids
https://docs.google.com/document/d/1o6kEgCKLn3cylm2hehhSTIk7yRTd0C3zx49JS4wwCl/preview?fbclid=IwAR0NPXKHZdc713551rjn2aNinPt86Dbtm6wrbtMMt9sy_FrHlJnCioVlg

LITURGICAL NOTES

The Fifth Sunday of Lent invites us to meditate on the resurrection of the dead. Just as Jesus revealed himself at the Transfiguration to strengthen Peter, James, and John before His bitter Passion, so now we are consoled before the epic and terrible events of Holy Week. The entrance antiphon begins with a plea to "defend my cause against an ungodly nation." That is to say, do not let our obedience to God and His laws end with our destruction; do not let apparent defeat be the last word. The readings and subsequent antiphons answer this prayer. Right off the bat, Ezekiel tells us that the Lord will call us from our graves back to Israel (the Catholic Church in these latter times). The psalm acknowledges God's mercy in response to this, and "He will redeem Israel from all their iniquities." St. Paul tells us that when we live in Christ, though the body dies, the spirit (soul) shall be alive and the body shall follow. Most notably, the communion antiphon says, "If a man would serve me, let him follow me," referencing the latter part of the Epistle. Serving Jesus means possessing the Spirit of Jesus, Who will "give life to your mortal bodies also..." Finally, the Gospel crowns our expectations with the beautiful narrative of the raising of Lazarus from the dead. Let us take heart in the soon-to-be "resurrection" of the Church from this sleep that She has been forced into by the current pandemic.

Pray without ceasing!

Daniel Kirkland, Director of Music & Liturgy

SOCIAL MINISTRIES

FOOD PANTRY

Holy Comforter continues to serve clients Monday-Wednesday 10 AM– Noon. In order to limit the number of people in the lower level to 10 at a time, the distribution takes place outside the building at our 3rd Street entry door.

SOUP KITCHEN

We are preparing grab-and-go lunches on Thursdays that are being served at The Haven.

Thank you for your support!

(434) 293-8989 or outreach@holycomforterparish.org

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SUPPORT OUR ADVERTISERS

Local businesses and sponsors that advertise on our parish bulletin need you now more than ever before.

Please encourage and remind others to show their support during this time.

FROM THE PASTOR



I WALK WITH JESUS, PART X

VERY REV. JOSEPH MARY LUKYAMUZI, V.F.

“Whenever you fast, do not put on a gloomy face as the hypocrites do... But, ...anoint your head and wash your face.” (Mt. 16-17)

We know that fasting is one of the pillars that constitutes our Lenten observance. For Roman Catholics, fasting obligations apply to adults age 18 through 59. There are also certain exemptions to the fasting obligation, which are outlined by the USCCB here: “Those that are excused from fast and abstinence outside the age limits include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting.” If you cannot participate in fasting and abstinence for health reasons, find another way to practice penance! But why fast? What is the value of fasting and what kind of fasting pleases God? Fasting can only come from a humble heart of worship, not by religious ritual.

This type of fasting cannot be accomplished by people who live a hypocritical lifestyle. In the sight of God, fasting is not just denying oneself the pleasure of food but meeting the needs of others. This type of fasting is always accompanied by earnest prayer and results in bringing relief to the oppressed. Prophet Isaiah says: “Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke.” (Is. 58:6) The Lord wants us to see things the way He does. When we realize what true fasting is and we begin to practice it, we will be free of issues and spring forth into goodness.

So why did Jesus tell his disciples to anoint their heads and wash their faces when they fast? The whole point is to disguise the fact that they are fasting. Apparently, there were some folks back in Jesus days who wanted everyone to know that they were fasting, suffering, and depriving themselves of food. And so, they made themselves look as messy as they could and would put on a gloomy face to let people know, “Oh, I am so spiritual because, look, I’m depriving myself of food.” We find these people today in the body of Christ, but they have more subtle ways of letting you know what day of their fast that they’re currently on.

When you fast, the whole idea here is trying to keep it secret that you’re fasting, so you’re doing it as unto the Lord. I want to invite each of you to ask God if there is a good reason for you to fast. Maybe there is a sin that you feel is taking over your life—and you see that a fast could help you see the seriousness of it and how vital it is for you to confess and ask for God’s help. Maybe you realize you have come to be too rooted in the approval of others—and God is telling you to fast from social media. Perhaps you feel led to begin to practice a weekly fast as an offering of worship to God.

(To be continued...)