

<b>Parish Council</b>	
Rich Primo	Chairperson
Ann Sanzo	Vice Chairperson
Barbara Kelly	Secretary
Mike Swisher	Finance Council Chairperson
Anne Barr	Military Liaison
<b>Who to Contact</b>	
Liturgy Committee	Ann Marie Batten
Maintenance Group	Dusty Rhodes
RCIA	Jim Wharry, Mike Swisher
Altar Servers	Brendan Morse
Arts & Environment	M.E. Rhodes
Volunteers	Kim Primo
Social Activities	
H.E.L.P.	Barbara Wild
Bayview	Sidney Bell
Parish Disability Advocate	Barbara Kelly
Health Ministry	Pat Wharry
<b>Social Action Ministries</b>	
<b>Parish Charities</b> —The generosity of our parishioners helps to support ACCESS-Aids Care Center, H.E.L.P., Lackey Free Clinic, and Transitions Family Violence Services.	
<b>Justice &amp; Peace</b> —We advocate for justice and the protection of human life and dignity, and serve human needs.	
<b>H.E.L.P.</b> — St. Mary's collects food and clothing for the needy in our area. Donations of canned goods and other staples are gladly accepted.	
<b>Bayview Community</b> —St. Mary's has adopted this impoverished rural community on the Eastern Shore. We assist residents during the year with monetary funds, household goods, clothing, school supplies, toys and games for summer fun and Christmas gifts for the children and elderly.	
<b>Knights of Columbus, Council #511</b>	
Grand Knight, John Nicholson—Meetings every 2nd & 4th Thurs. of each month at 7:30p.m. in Fr. Helldorfer Hall, The Marian Center of St. Joseph Church. For membership or general information call 838-6239.	

<b>MASS SCHEDULE</b>	
<b>Saturday</b>	<b>5:00 p.m.</b>
<b>Sunday</b>	<b>9:30 a.m.</b>
<b>Friday</b>	<b>12:05 p.m.</b>
<b>RECONCILIATION</b>	
<b>Saturday 4:00-5:00 p.m. at St. Joseph Church and by appointment.</b>	
Website: <a href="http://stmarystarofthesea.catholicweb.com">stmarystarofthesea.catholicweb.com</a>	

<b>Parish Office</b>	
Bookkeeper/Administrator	Kate Luke
<b><a href="mailto:stmary@starofthesea.hrcoxmail.com">stmary@starofthesea.hrcoxmail.com</a></b>	
Monday thru Thursday 10:00 A.M.—3:00 P.M. Friday 9:00 A.M.—12:00 Noon	
Christian Formation	Erin Kearney-Lazar
<b><a href="mailto:drestmarys@yahoo.com">drestmarys@yahoo.com</a></b>	
Tuesday 9:00 A.M.—12:00 Noon	

7 Frank Lane Fort Monroe Virginia 23651	
<b><a href="mailto:stmary@starofthesea.hrcoxmail.com">stmary@starofthesea.hrcoxmail.com</a></b>	
Office:	722-9855
Fax:	726-0083
St. Joseph Rectory:	851-1711

<b>Sacraments</b>	
<b>Baptism-</b>	Call the parish office
<b>Wedding-</b>	Contact the office six months prior to planned wedding day.
<b>Reconciliation -</b>	Saturday 4-5 p.m. at St. Joseph Church or by appointment.

<b>Religious Education</b>	
The Christian Formation program runs from Sept thru May. Classes for first thru 11th grades are offered on Sundays which include First Communion, Reconciliation and Confirmation classes. Contact Erin Kearney-Lazar for more information.	

<b>Catholic Schools</b>	
St. Mary Star of The Sea School	723-6358
<a href="http://Saintmarystarofthesea.com">Saintmarystarofthesea.com</a>	
Peninsula Catholic High School	596-7247
<a href="mailto:pchs@peninsulacatholic.com">pchs@peninsulacatholic.com</a>	



## St. Mary Star of the Sea Catholic Church

Fort Monroe, Virginia

**Most Holy Body and Blood of Christ  
June 14, 2009**



**Redemptorists**

Pastor  
Rev. Peter E. Sousa, C.Ss.R.  
Parochial Vicars  
Rev. William J. Spillane, C.Ss.R.  
Rev. Daniel J. Carboy, C.Ss.R.  
Deacon  
Rev. Mr. James V. Wharry



Celebrating the Eucharist is at the heart of our lives as Catholics. It is at the Mass we are nourished individually and communally. We offer the highest form of worship to the Father by uniting ourselves to the sacrifice of Jesus Christ each and every time we participate at Mass. Notice, I didn't say attend Mass. That's what we do when we go to the theater. Participation at Mass means taking an active part in the songs, the prayers, and attentively listening to the Word of God.

Because the Mass is so important to us as Catholics and receiving Holy Communion is the fulfillment of our worship of the Father, our church has guidelines about receiving this great gift of grace. These were given to us by the bishops a number of years ago to guide those who might have questions as to whether or not they should partake in Holy Communion. Not that I want to restrict people from Holy Communion, but for us to receive the most benefits from the sacrament and to recognize the deeper mystery of unity that Holy Communion brings about, I want to review these guidelines on this Feast of the Body and Blood of Christ. (<http://www.usccb.org/liturgy/current/intercom.shtml>)

For Catholics, reception of Holy Communion represents our union with the Church and our living according to what the Church expects of us. We are encouraged to receive reverently and devoutly. We should fast from food and drink about an hour before receiving Holy Communion, which should not be a problem for most going to Sunday Mass. We should also not be conscious of any serious or mortal sins "without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all."

We always welcome non-Catholic Christians to Mass because we are united by our common baptism. Since Holy Communion is a sign of a deeper union of faith, life, and worship, unless we are in communion, or a member of the Catholic Church, then reception of Holy Communion by a Christian of another denomination seems to say we are in union, but the sad reality is there are still divisions among Christian denominations. Ordinarily, non-Catholic Christians do not participate in Holy Communion at a Catholic Church, with a few exceptions listed in the official guidelines. We must continue to pray that all Christians may truly be one.

If a person is not receiving Holy Communion, they should remain in the pew and offer a prayer to Jesus asking that he unite himself spiritually to them and to all those gathered at that Mass. An example would be from St. Alphonsus: *My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you and unite myself wholly to you; permit not that I should ever be separated from you.*

Non-Christians are also welcome to attend Mass but we cannot admit them to Holy Communion. We join with them in prayer for peace in the world and for the unity of all humanity.

On this Feast of the Body and Blood of Jesus Christ, may we continue to grow in our love for the Lord who loves us so much he continually gives us himself through this Holy Sacrament.

*Father Peter*

**St. Mary Star of the Sea, the oldest Catholic parish on the Peninsula and the ninth oldest parish in the Diocese of Richmond holds a unique distinction: It is the only Diocesan Church in the nation located on a military installation. Its upkeep is funded solely by parishioner contributions. Registration Forms are available in the back of Church and at the Rectory.**

**Please remember in your prayers:** Joe Ellis, Sidney Bell, Yvonne Bell, Renaída Duazon, Grace Grant, John Beckno, Edith Gianasio, Rom & Jean Evdo, Ruby Sansone, Emilie Rogers, Mel & Rose Paulhamus, Hiram Bell, Julie Sager, Ann Gochanour, Patricia Jones, Michael Elgart, Ed Wild, Anne Marie Hacker, Dick Welsh, Karen Powder, Nicholas Yohn, Frances Calo'oy, Meghan Morris, J.D. Painter, Zachary Morris, and Steven Fox. **Please notify the parish office of any changes to this list.**

**Homebound or in the Hospital:** If you know any home bound parishioners, or parishioners in the hospital who are in need of the sacraments, please notify the parish office. We rely on you, the families and caregivers, to let the Fathers know who may be in need. A priest will visit them for anointing and see them periodically as needed. A lay Eucharistic Minister will visit the sick weekly bringing the Eucharist. Thank you for keeping us updated so that we may minister to those unable to get to church.

**The second collection this week benefits our building fund.**

Please note that any time you attend Mass at St. Joseph Church and use your St. Mary envelopes, your contribution is forwarded to us. We at St. Mary's do the same.

*We would like to thank  
the McKenna Family  
who provided coffee and doughnuts  
last week.*

**A sign up sheet for you to take a turn at treating is posted in the parish hall.** We all look forward to visiting after Mass and thank all those who have graciously donated their time and doughnuts.

*We welcome those who are visiting or new to St. Mary Star of the Sea Church. We invite you to register as members of our parish family. There are forms in the back of church to fill out and return in the collection basket or to the parish office.*

*Flowers for the Altar Area—As a way of sharing a special celebration or memorial remembrance with the entire community, you are invited to provide a flower arrangement for the worship space. Please contact the parish office to coordinate such a gift.*

**Financial Report—June 7, 2009**

First Collection	3,129.75
Save our Schools	743.00
Building Fund	255.00
Parish Charities	55.00
Ascension	10.00
Catholic Virginian	15.00
Peter's Pence	35.00
<b>TOTAL</b>	<b>4,227.75</b>

**Thank you for your generosity!**

Join us for the Bible Study Class on the Resurrection Narratives each Wednesday evening from 7:00 to 8:15 p.m. in the Marian Center at St. Joseph Church. For more information call 851-8800.

Starting June 1, 2009 donations of clothing, household and furniture to H.E.L.P. will be taken on Fridays only from 9 a.m.–4 p.m. Call the main office at 850-8956. This does not include donations to the Food Pantry. They will stay the same.

**Mass Times for Travel:** For a listing of Catholic Churches and their Mass times go to [www.masstimes.org](http://www.masstimes.org). Search by city, zip code of phone number or phone (410) 676-6000 for a computer-generated voice that gives Church locations and Mass times if you enter the zip-code or phone number of the desired USA church location. Masstimes is operated by Mass Times Trust in partnership with USCCB and has the encouragement of the Vatican.

**Bayview Needs**

**Our spring drive for the Bayview Community is now until June 20.** Bring your items to the parish hall. We need household cleaning goods (laundry, dish and all purpose detergents), personal hygiene goods (bar and liquid soap, deodorant, shaving cream, razors, toothpaste, etc.) Also toys, balls, books, puzzles and games. Monetary contributions should note "Bayview". **Thank you for making a happy summer for our friends.**

**READINGS**

**Sunday June 14**  
Solemnity of the Most Holy Body and Blood of Christ  
Ex 24:3-8 Heb 9:11-15 Mk 14:12-26  
**Sunday June 21**  
Twelfth Sunday in Ordinary Time  
Jb 38:1-11 2 Cor 5:14-17 Mk 4:35-41

**Mass Intentions**

*Saturday, June 13 5:00 p.m.*  
**29th wedding anniversary  
of Rich and Kim Primo**

*Sunday, June 14 9:30 a.m.*  
**+ James Dunn**  
*requested by Helene and Michael Biondi*

*Friday, June 19 12:05 p.m.*  
**Our military men and women who have died  
during this past month.**

**The second collection next weekend is for our parish charities, ACCESS-Aids Care Center, H.E.L.P., Lackey Free Clinic, and Transitions Family Violence Center.**

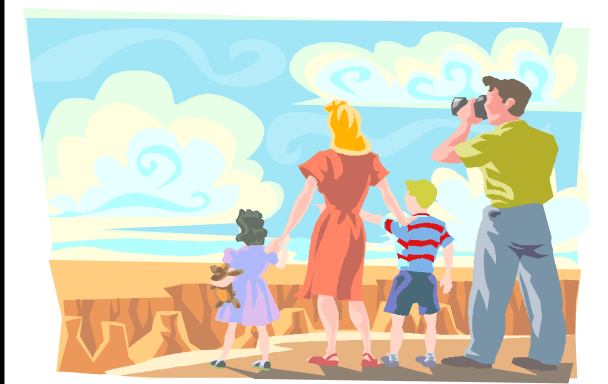
Have you visited St. Mary's website lately. We have received word from someone in Boston, MA, who reads our news every week. Barb Kelly posts the bulletin each week, so if you forgot one when you left church, or if you were out of town, you can still read the letters from the pastor and keep current with what is happening. Check it out!!

[stmarystarofthesea.catholicweb.com](http://stmarystarofthesea.catholicweb.com)

*MISS HAMPTON II Evening Harbor Cruise to benefit H.E.L.P. on July 25, 2009. \$30 per person. See the bulletin board for more details.*

The Diocesan Pastoral Center will be hosting an informational meeting on Tuesday, June 16, 2009 from 7 pm to 9 pm regarding the upcoming M. A. in Theology program offered by St. Leo's University. If there is sufficient interest, the meeting will be transmitted via webcam to various sites throughout the diocese. Please RSVP to Kathy Ritz at (804) 622-5262 if you would like to attend either at the Pastoral Center or through web based technology by June 9, 2009.

**If you wish to express your generosity through gifts, bequests, memorials or endowments, please contact the Parish office.**



**DISCOVERY CANYON  
ADVENTURES  
VACATION BIBLE  
SCHOOL**

**JULY 13-17  
DINNER at 5:30 P.M.  
\$5 PER FAMILY  
CRAFTS, MUSIC,  
LESSON, AND GAMES  
at 6 P.M.**

**REGISTRATION FORMS IN THE  
BACK OF THE CHURCH!**

**Contact Erin Lazar with questions**

[drestmarys@yahoo.com](mailto:drestmarys@yahoo.com)

**Do you have any old eyeglasses  
or operable hearing aids.**

We recently received a letter from Rev. Mr. John Thomas, Chancellor of the diocese of Richmond. He has a friend, a surgeon who spends each January in the Philippines, treating citizens of that country. He collects and takes eyeglasses and hearing aids which he freely distributes. The recipients are very grateful as some of them are able to see and hear for the first time. We will be collecting old eyeglasses and operative hearing aids so that we can send them to Richmond in time for this doctor to take them with him. Bring them to the church office any time. If you have questions, call Kate at 722-9855.