



# SAINT ANTHONY of PADUA

## *Catholic Community*

### SUNDAY MASS

12:30pm

5649 Mount Gilead Road  
Centreville, VA

Also streamed live on Facebook

### YOUTH FAITH FORMATION

1st Sunday of Each Month

class is held during the 12:30pm  
mass and supplemental materials  
are made available on the parish  
website.

### FELLOWSHIP SUNDAY

Last Sunday of Each Month

contact a member of the hospitality  
team if you'd like to bring a treat to  
share!

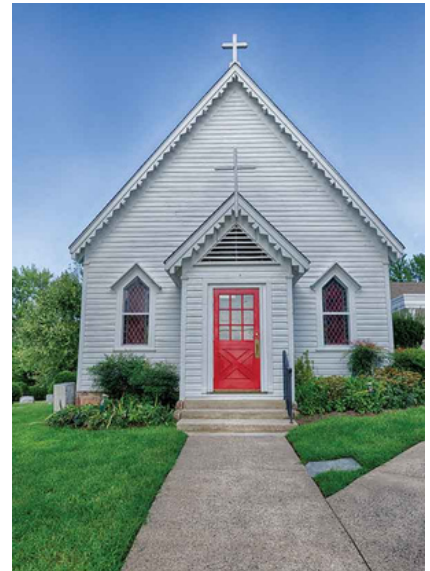
### Forgiveness at Mass

**THE SACRAMENT** of Penance is the Church's special celebration of pardon, but forgiveness of sins is also one of the fruits of the Mass. There are many moments throughout the Eucharistic celebration when the texts and gestures of the Mass express the community's sorrow for sins.

We begin with the Penitential Act, which includes striking the breast in a simple gesture of sorrow. The presider then asks that God have mercy on us and forgive our sins. On Sundays, this penitential rite may be replaced with a sprinkling rite, signifying our purification. While singing the Glory to God and the Lamb of God, we ask the One who takes away the sins of the world to have mercy on us. When the deacon or priest kisses the Gospel, he prays that its words may wipe away our sins. While washing his hands, the priest asks God to wash away his iniquity and cleanse him of sin. During the Lord's Prayer, we all ask God to forgive us our sins.

And, of course, the sharing of Communion itself forgives sins (*Catechism of the Catholic Church*, 1393–1394). The main purposes of Mass are to express thanks and praise to God and to sanctify the assembly through Holy Communion. But one of the other results is the forgiveness of sins.

The faithful who are aware of grave sin should celebrate the Sacrament of Penance before presenting themselves for Communion. Reconciliation is advised for all, no matter how light our sins may be. But the faithful struggling with ordinary sinful lives may find assurance that their participation at Mass will grant forgiveness through word, gesture and sacrament.



### YOUR PASTORAL TEAM

Fr. Julian, Fr. Jason, and Fr. David are honored to walk with you on your journey of faith and to support your spiritual needs.

## LOOKING AHEAD TO HOLY WEEK & EASTER

### Virtual Triduum

--Holy Thursday: Video Posted Online

--Good Friday: Video Posted Online

--Holy Saturday: Video Posted Online

### Easter Sunday

12:00pm Egg Hunt

12:30pm Solemn Mass of the Resurrection



## THE LENTEN JOURNEY

Fasting and abstinence during Lent are meaningful practices—they discipline the body, sharpen spiritual awareness, and create space for prayer. But Lent is fundamentally about conversion of heart—repentance, deeper communion with Christ, and renewal of our love for God and neighbor. If fasting does not lead to greater humility, charity, and dependence on God, it becomes an empty exercise. The focus of Lent is transformation; fasting is simply one of the tools that helps us get there. So eat meat on Friday and work to become a better person this season!

## ANSWER THE CALL - BE A READER!

If you are interested in joining the rotation of readers, let our coordinator Frank know! See him at mass or let one of the priests know and you will be connected with him. Schedules are flexible and the time commitment is minimal. Training and resources (including a pronunciation guide) will be provided.

## GENERAL ABSOLUTION AT MASS

This prayer invites us to acknowledge our sins together and receive God's mercy before entering more deeply into the sacred mysteries. Rooted in the structure of the Mass as outlined in the Roman Missal, this act prepares our hearts to worthily hear the Word of God and receive the Eucharist.

## MONTHLY FOOD DRIVE

We have updated the list of most needed items for our partners at WFCM. The next collection date will be **March 29th**. Thank you, in advance, for your generosity in support of our brothers and sisters in need.

## YOUTH FAITH FORMATION 2025-2026

This year's theme is Journey with the Saints and Seasons. Classes are held during the 12:30pm mass on the first Sunday of each month. Our remaining schedule is as follows:

**April 5<sup>th</sup>**: *Easter Sunday, No Class*

**May 3<sup>rd</sup>**: topic: St. Joan of Arc

**June 7<sup>th</sup>**: topic: The Eucharist

A special shout-out to **Tina** and **Adriana** for taking the lead on supporting the faith development of our youngest parishioners.

## Talk To Us...

703-665-9730 - Parish Cell

**Fr. Jason Lody, FCM**  
jlody@mysaintanthonys.org

**Fr. Julian Garcia**  
jgarcia@mysaintanthonys.org

**Facebook & Instagram**  
@MySaintAnthonys

