

Corner Cont.
tion—the Church’s wisdom adapts with mercy. The goal is always worship, rest, and the deep refreshment that lets you love God and neighbor more fully.

This practice is radical resistance. In a culture that worships busyness, Sunday declares: “I am not a slave to the machine. My worth isn’t measured by output.” It pushes back against the invisible empire of consumerism and constant connectivity that keeps us spiritually starved. When you honor the Lord’s Day, you’re living the easy yoke Jesus promised—rest for your soul in the midst of a weary world.

Families who lean into this notice the shift immediately. The whole week begins to breathe differently. Midweek stress hits, but there’s a quiet confidence: Sunday is coming. The day becomes a foretaste of heaven—feasting, laughing, praying, resting—where ordinary moments feel sacred again. Kids see their parents choosing presence over productivity. Marriages deepen in unhurried time. And that bone-deep exhaustion? It starts to lift as your soul realigns with the God who invented rest.

You don’t need to be perfect. Start where you are. Choose one Sunday and guard it fiercely. Clear the calendar. Power down the devices. Go to Mass with an open heart. Then let the rest unfold: cook something beautiful, play with the kids, visit the Blessed Sacrament, or simply be. Let the day teach you that enough is enough—that in Christ, you already have everything.

The Catholic Sunday isn’t a burden. It’s a gift. A weekly invitation to step off the treadmill of hurry and into the arms of the One who rose on the first day of the week. Your soul is craving this. The Church has been guarding it for two thousand years.

Fr. Michael Cunningham

Adoration Bernadette Piccininni 804-291-8961	Finance Council Bob Stolle finance@stjosephrichmond.org	Library Tim Olmsted library@stjosephrichmond.org	Religious Education Katy Hichborn edu@stjosephrichmond.org
Altar Flowers 804-320-4932 office@stjosephrichmond.org	Gift Shop Rose Mary Cosby 804-272-3908	Maintenance Johnny Howe 804-320-4932	Sacristan Pam Wallerstein sacristan@stjosephrichmond.org
Event Coordinator Lorraine Hewitt events@stjosephrichmond.org	Knights of Columbus Eric Demyanovich kofc@stjosephrichmond.org	Parish Pastoral Council Janet Stern council@stjosephrichmond.org	Safe Environment Committee Mary Poerstel 804-432-5134
For parish apostolates, social groups and activities, please see the bulletin board by the parish library.			

Homeless Ministry

St. Peter’s is in urgent need of certain hygiene items for their outreach program. Please see the list beside the bin near Padre Pio in the main vestibule.

Vargas Family Update From Honduras

The Vargas Family welcomed their 6th child, Blaise, on 26 March! They send their gratitude to all their supporters, both spiritual and temporal. The whole family is coming back to Virginia for a few weeks later this month and they are looking forward to sharing their experiences. If you would like to support their ongoing work, this QR code will take you to their donations page. Thank you for your generosity!



“Every best gift, and every perfect gift, is from above, coming down from the Father.”

(Jas 1:17)



May 3, 2026

Saint Joseph Parish

Roman Catholic Diocese of Richmond
Served by the Priestly Fraternity of St. Peter

Rev. Michael Cunningham, FSSP, Pastor
Rev. Rhone Lillard, FSSP, Vicar
Rev. John-Francis Sulzen, FSSP, Vicar
—
info@stjosephrichmond.org

Parish Office
Hours: Mon. - Fri., 9 am — 12 pm
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Schedule for Holy Mass

Sunday 8:30 am (Low)
11 am (High)
1:30 pm (Low)
Monday 8:30 am & 12:15 pm
Tuesday 9 am & 12:15 pm
Wednesday 9 am
Thursday 9 am & 12:15 pm
Friday 7 am & 6 pm
Saturday 9 am

For Mass schedule changes see next page

Confession: At Start of Mass M, T, Th & F
Saturdays - 9 am to 11 am

Devotions:
- 1st Sat. Rosary & Meditation after Mass
- Adoration:
1st Friday 8 am-5 pm
Other Fridays 8 am-11 am

MASS SCHEDULE — INTENTIONS — REQUESTED BY		
Sun. May 3 Fourth Sunday after Easter (2nd Cl)	8:30 am Michael Mongelli † 11 am Fr. Marsolle, FSSP 1:30 pm Pro Populo	TPF RB —
Mon. May 4 St. Monica (3rd Cl)	8:30 am Rev. Michael Cunningham, FSSP 12:15 pm Edward A. Rodriguez †	KLD RLH
Tues. May 5 St. Pius V (3rd Cl)	9 am St. Camillus Prayer Group 12:15 pm Deceased Bayer Family	MA TB
Wed. May 6 Feria in Paschaltide (4th Cl)	9 am Stephen Seeley	MAS
Thurs. May 7 St. Stanislaus (3rd Cl)	<i>Confessions 1/2 hour before each Mass</i> 9 am William Mullane, Sr. † 12:15 pm Charles Smith †	RM JRS
Friday May 8 Feria in Paschaltide (4th Cl)	<i>Confession 1/2 hour before Mass</i> 7 am Ella Dahl Jorgensen	JK
	<i>Adoration 8 am to 11 am</i> <i>Confession during Mass as usual</i> 6 pm Allan Maggiore, Jr.	JD
Sat. May 9 St. Gregory Nazianzen (3rd Cl)	9 am Michael & Angela D’Acunti	DMD

PRAYER INTENTIONS
Milton Watson, Joe Balducci, Fr. Joe D’Aurora, Beau & Suki Simpson, Tammy Beaven, John Kempa, Beth Fockler, Cohen Johnson, Henry “Trip” Anderson, Sally Gaydos, Norman Lazor, Anastasia Pienta, Timothy Wiggins, Peter Osborne, Sherrie Crawford, Pauline Welsh, and all the chronically ill & homebound of our parish.

*In your charity, please remember the souls of all the faithful departed.
Requiescant in pace.*

Confession Schedule Change

- Thurs. 7 May, we will only have one priest in town, so confessions will be available for one half hour only before both Masses that day.
- Fri. 8 May, confessions will be available for one half hour before the 7 am Mass, but will take place during the 6 pm Mass as usual.

First Confessions
Sat. 9 May, public confessions begin at 9 am as usual. Our first Communicants will be taken to the front of the line at 10 am for their first confessions. Public confessions will resume once they are done. Thank you for your patience.

Ascension Thursday Schedule 14 May
Although not a Holy Day of Obligation we will have Low Masses at 9 am and 12:15 pm with Confessions and a High Mass at 6 pm with no Confessions.

Seven Sisters Apostolate
Any ladies interested in supporting our parish priests through prayer are encouraged to see the display in Fr. Adrian Hall.

Funeral Reception Lead Needed
We are seeking a volunteer lead to head up funeral receptions. If you are interested, please contact the office.

Upcoming Events
May 7 & 8—Confession Schedule Change
May 9—First Confessions
May 11—Office Closed
May 14—**Ascension Thursday**
Low Mass 9 am & 12:15 pm with Confession
High Mass 6 pm with no Confession
May 16—Confirmations & First Holy Communion
May 18—Office Closed
May 23—Apostolate of Mary Mother of Priests

Date Change--Apostolate of Mary Mother of Priests
This month the Apostolate Rosary will be on Sat. 23 May in the main church at 10 am. In June we will return to the usual third Saturday schedule.

Parish Theater Camp
3 Aug.—15 Aug., come join us for a 2-week theater camp for a musical production of “Robin Hood and the Crusades” an original script, written & directed by Rosemary Sulzen. Ages 10 and up are welcome to participate; adults and teens most welcome. Musical talent preferred but not required! For more details, please see the bulletin board across from the Parish Office. For questions, email events@stjosephrichmond.org

Knights Knotes
We are changing our 50/50 to be drawn quarterly instead of monthly. This will allow more time to acquire your tickets and provide bigger payouts to both the winner and the beneficiary. This quarter’s beneficiary is FOCUS (Fellowship of Catholic University Students). Tickets are now on sale in Father Adrian Hall. You can also purchase tickets online by using this QR Code.



FSSP Bosco Ministries Summer Camps
Catholic camps and missions led by FSSP priests and seminarians, Bosco Ministries are reforming the hearts of boys and men. There are camps for boys 13-17 and mission trips for young men 17-24. For info or to register go to <http://boscoministries.org/peru-mission-trip>

Pastor’s Corner



Dear Faithful,

The Catholic Sunday Reset: How One Holy Day Slays the Demon of Hurry

You wake up already behind. The to-do list is screaming, notifications are piling up, and that low hum of restlessness never quite leaves your chest. Infinite desires in a finite body—that’s the modern diagnosis. But there’s an ancient Catholic remedy that feels almost scandalous today: stop. Not for an hour. Not for a lazy afternoon. For a full twenty-four hours every week.

In the Catholic tradition, that day is Sunday—the Lord’s Day. It’s the fulfillment of the ancient Sabbath, but with resurrection joy at its heart. God rested on the seventh day not because He was tired, but to show us the rhythm of creation itself. Jesus made it even clearer: the Sabbath was made for us, not the other way around. And the Church carries that forward, calling Sunday a day of worship, genuine rest, family joy, and “suitable relaxation of mind and body.”

This isn’t just a suggestion. It’s a lifeline against the soul-crushing speed of modern life. Picture this: the week’s frenzy builds, but you know Sunday is coming. No emails. No frantic errands. No proving your worth through productivity. Instead, you step into a rhythm that echoes the very heartbeat of the Gospel. Start with the Eucharist—the source and summit of the Catholic life. Gather with your parish family, receive Christ in the Mass, and let that grace set the tone for the entire day. From there, everything flows toward delight: long meals shared around the table, unhurried conversations with your spouse and kids, a real nap (yes, the kind where you actually wake up refreshed), a walk in God’s creation, or simply sitting in silence with a good book or the Rosary.

The beauty is in the freedom. Catholic teaching isn’t about rigid checklists that breed guilt or scrupulosity. It’s about protecting the spirit of the day. Avoid “servile work”—the kind of heavy labor or commercial activity that turns Sunday into just another grind. Shopping can wait. The endless scroll can wait. The pressure to hustle for one more task? It has no place here. But life isn’t suspended. If a genuine human need arises—feeding the family, caring for the sick, or even a modest outing that brings real joy and connec-

St. Joseph Parish — Membership Re-Registration Drive

It's easy to see formal parish registration as unnecessary red tape, something the Church requires only so they know who to tap when funds run short. It's actually more than that.

Under the authority of his local bishop, a pastor has a certain spiritual authority over the members of his parish and a responsibility for their spiritual care. In most cases, this is a territorial structure based on where one lives; in the case of St. Joseph's (as a non-territorial parish) it is based primarily on parish registration.

Practically speaking, this means that if you want to get married here, you need to have been an active *registered* member of the parish for at least six months prior to marriage prep beginning. If you want to have your child baptized here, you need to be a registered member. To enroll your children in Religious Education, you must be registered. When you die, your funeral takes place in your parish of registration.

With this in mind, it's time to clean up our records and we need your help.

Right now, on paper, we have about 1500 registered parishioners but our average is 750 people attending Mass on Sunday. Additionally, we have roughly 320 regular donors; of those, more than 50 aren't actually registered with the parish. There's a common misconception that donating and attending on Sundays automatically registers someone within the parish. In actuality, there's a form to complete.

Which brings us to our Re-Registration Drive: we need EVERYONE to fill out a fresh registration form.* If we do not receive a registration form from you within the month of May, you will be removed from our membership rolls. This is an opportunity to correct outdated contact information, make sure family records are up-to-date, and verify that you are alive and still an active member of our parish. If you are homebound and reading this in the digital bulletin, please email the office so we can make sure you stay registered and are receiving the Sacraments.

We will have both paper and digital options for registration. Volunteers will be available after Sunday Masses during the month of May to answer questions.

Thank you for your constant support of our parish!

** Those who submitted a registration form within the month of April 2026 are exempt.*

Parish Registration FAQs

Q. Why are the parish numbers so bloated?

A. Our last attempt to clean up our formal parish register was over 10 years ago and most people don't remember to let the parish know when they move away or start attending somewhere else.

Q. I have been attending St. Joseph's for many years. Why do I need to register again?

A. We are grateful for your long-standing membership. Re-registration helps ensure that your contact information and household details are current. It also helps the parish distinguish active parishioners from those who may have moved, become homebound, or otherwise need pastoral outreach.

Q. I have a non-Catholic roommate; do I list him as an "Other Adult"?

A. No, only register those members of your household who will be regularly attending Mass at St. Joseph's.

Q. My child is an independent adult still living at home and attending St. Joseph's. Do I list him as an "Other Adult"?

A. No, adults should register separately from their parents, even if still living at home.

Q. My child is a dependent adult in my home. Do I list him as an "Other Adult"?

A. Yes, dependent adults in the home can be registered with the family.

Q. My child is away at college but still attends St. Joseph's on holidays and during the summer. Does he need to register separately?

A. College kids can be registered with the family, unless they prefer to register as adults.