

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

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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!



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. Go to <http://boscoministries.org/peru-mission-trip> for info or to register.

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.



*“The Father himself loveth you, because you have loved me, and have believed that I came out from God.”
(Jn 16:27)*



May 10, 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 10 Fifth Sunday after Easter (2nd Cl)	8:30 am Jacob Seeley 11 am Pro Populo 1:30 pm The Fraternity	MAS — —
Mon. May 11 Ss. Philip & James (2nd Cl)	8:30 am Russ Carolla † <i>Priests' Day of Recollection No Confessions</i>	LMW
Tues. May 12 Ss. Nereus, Achilleus, Domitilla & Pancras (3rd Cl)	9 am Adam Treadwell 12:15 pm Pete Mason	TF BR
Wed. May 13 Vigil of Ascension (2nd Cl)	9 am Fr. James Miara	PCP
Thurs. May 14 Ascension of the Lord (1st Cl)	9 am Pro Populo 12:15 pm Trina & Taylor Runge <i>No Confession during 6pm Mass</i> 6 pm All Faithful Departed of St. Joseph Parish	— MAG —
Friday May 15 St. Jean Baptist de la Salle (3rd Cl)	7 am Maria Mashburn <i>Adoration 8 am to 11 am</i> 6 pm Sharon & Leonard Super	BC JP
Sat. May 16 St. Ubald (3rd Cl)	<i>Confessions 10:30 am-12:30 pm</i> 10 am Confirmandi & FHC Class of St. Joseph Parish	—

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.*

Parish Office Closed
Mon. 11 May, Mon. 18 May & Wed. 20 May

TODAY—Re-Registration Drive Begins
Tables are set up by the entrances after all Masses on Sunday May 10, May 17, May 24 and May 31. Forms are also available in the office during business hours. The link for online registration is posted throughout the building.

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.

Sat. 16 May Schedule Adjustment
Confessions for Confirmandi only will begin at 9 am. High Mass will begin with Confirmations at 10 am. Public confessions will heard from 10:30 am until 12:30 pm.

Last Day of Religious Ed. — 17 May

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

Date Change-Apostolate of Mary Mother of

Upcoming Events
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 17—Last Day of Religious Ed.
May 18—Office Closed
May 20—Office Closed
May 23—Apostolate of Mary Mother of Priests

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.

Women's Clothing Swap
Tues. 26 May, 10 am to 12 noon, join us in the pavilion on for our women's clothing swap! Bring your gently used clothes, shoes, and accessories with you that morning to share and trade. Kids are welcome and we'll have iced coffee and lemonade to enjoy while you shop and socialize. All remaining items will be donated to charity. See you there!

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

Pregnancy Help Center of Chesterfield Baby Bottle Campaign 2026
Sun. 10 May, Mothers' Day, PHCC is launching its annual Baby Bottle campaign. Please be sure to pick up your baby bottle, fill it with change, bills or checks (made out to PHCC). And returned to the church on or before 21 June, Fathers' Day. Your support is appreciated.

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-