

**Mass Intentions****Sunday, February 21, First Sunday of Lent**

- 7:30 Agnes Steele †
 9:00 Ludobina & José Esteves †
 10:30 Mary & Michael Dolan †
 12:00 People of the Parish

Monday, February 22, The Chair of St. Peter, apostle

- 6:30 Linda Alex †
 9:00 Norm Violette †
 7:30 Eve Halisky

Tuesday, February 23, St. Polycarp. Bishop & martyr

- 6:30 Linda Alex †
 9:00 Andrew Koczera †

Wednesday, February 24, Lenten Weekday

- 6:30 Mary E. Dola †
 9:00 Mary Campbell †

Thursday, February 25, Lenten Weekday

- 6:30 John Tuason †
 9:00 Sean Kelleher †

Friday, February 26, Lenten Weekday

- 6:30 Arlene Sherood †
 9:00 Mary Cattano †

Saturday, February 27, Lenten Weekday

- 8:15 Col. James J. Kelly †
 5:00 Jerry Brazda †

Sunday, February 28, Second Sunday of Lent

- 7:30 John David Evans
 9:00 Alberto Fernando Esteves †
 10:30 Jeffrey Fludder †
 12:00 People of the Parish

Readings for the Week of February 21, 2010

- Sunday: Dt 26:4-10; Ps 91; Rom 10:8-13; Lk 4:1-13
 Monday: 1 Pt 5:1-4; Ps 23; Mt 16:13-19
 Tuesday: Is 55:10-11; Ps 34; Mt 6:7-15
 Wednesday: Jon 3:1-10; Ps 51; Lk 11:29-32
 Thursday: Est C:12, 14-16, 23-25; Ps 138; Mt 7:7-12
 Friday: Ez 18:21-28; Ps 130; Mt 5:20-26
 Saturday: Dt 26:16-19; Ps 119; Mt 5:43-48
 Sunday: Gn 15:5-12,17-18; Ps 27; Phil 3:17—4:1 or 3:20—4:1; Lk 9:28b-36

**Remember In Prayer**

Chessa Atkinson	Chuck Heidel	James O'Brien
Josh Carr	Stanley Hollis	Kathryn Orf
Beth Castka	M/M Robert Hotung	Maureen O'Toole
Edward Cotter	Janet Hughes	Brian Reyna
Josephine Celenza	Mary Hyland	Fr. Paul Richardson
Max Clark	Muriel Jennings	Joan Reperto
Vincent Corcoran	Mimi Johnson	Margaret Serrao
Ave Crawford	Rita Johnson	Stanley Smith
Edith Costello	Michelle Lederman	Bob Sweeney
Elke & Blaine	Carolynne Letendre	Francis Thompson
D'Amico	Katherine Malcolm	Jake Voytko
Estelle Danielson	Mary Map	Marianne Wall
Lucille Dion	Bob McJury	Helena Ward
Adm. Denis Downey	Nancy Miller	Louise Whyte
Frank Gettings	Ann Motta	Paul Woods
Rosemary Griffin	Michael Murphy	
Edward Hallinan, III	Ruth Murphy	
Velma Harwood	June Nage	

To add/delete from list,
 please call 703-356-7916
 or email: Bulletin@
 stjohncatholicmclean.org

IN PRINCIPIO...*Practices of Prayer: Importance of Devotions*

Several months ago this column addressed the meaning and purpose of prayer. For Lent I would like to put forward some more practical suggestions – not so much the *why* but the *how* and *what* of prayer. Broadly speaking, this means the importance and practice of *devotions*.

The Liturgy is the official prayer of the Church. The offering of the Mass (the greatest Liturgy) is the source and summit of the Church's life. Nevertheless, Mass occupies only about one hour of the week for most Catholics. It is not meant to stand on its own. (For which reason a lot of Catholics complain they "don't get anything" out of Mass. They do not get anything because they do not *bring* anything...except perhaps a consumerist mentality.) Just because Mass is the greatest thing does not mean it is the only thing. Rather, the Mass presumes a devotional practices. We should prepare for the Mass by prayers throughout the week. We should extend the gift of the Eucharist by prayers throughout the week.

By devotions I mean those practices of prayer outside of the Liturgy: the Rosary, Stations of the Cross, chaplets, novenas, pilgrimages, vigils, litanies, prayers to saints, spiritual reading, etc. Although practiced in large crowds and in churches, they are not officially promulgated or regulated by the Church. They are organic, grassroots expression of the Catholic faith. As such, devotions are necessary for an integral embrace and living out of the faith.

Without devotions, the faith becomes an occasional thing instead of the determining principle of one's life. Speaking to God our Father or to the Saints becomes only an official and formal prayer – instead of something we ought to do naturally as children of God and members of His Household. In the absence of devotions, the truths of the Catholic faith become mere ideas or, worse still, an ideology – instead of being the expression of the truth of God and how to live in union with Him. Without devotions the most beautiful teachings – the Fatherhood of God, the love of Mary, the grace of the Sacraments – become dry, brittle ideas that receive a dry, brittle response.

Devotions help to make the truth incarnate and real, in the family and the home. It is not enough to *say* that we have God as Father, Jesus as brother, and Mary as our Mother. These truths must be *lived* by the simple devotions of the Catholic faithful from throughout the centuries. This is how the faith is taught from one generation to the next: not primarily by lectures in classrooms (although these are necessary) but by devotions that express divine truths and make the *real*.

Think about the way we teach children about the Trinity, the Eucharist, or the Incarnation. We do not begin by *explaining* these truths to them. Rather, we teach children first to be devoted: to make a good sign of the Cross, to genuflect reverently, to visit the Christ child in the crèche. Or consider the way we teach children about sin and mercy. We do not teach the concepts. We teach about Jesus on the Cross – where they find the most succinct expression of sin's horror and mercy's glory.

We never cease being children. Although grown (and, hopefully, acting grown up), we are still children of God. We still need these devotions in our lives, to nourish our faith and root it ever more deeply in our souls.

– Fr. Paul Scalia



Announcements

SECOND COLLECTION: The 2nd collection this weekend is the "National Collection for Black & Indian Missions".

SHARE SUNDAY MOVED TO FEBRUARY 28TH: Next Sunday is Share Sunday. In the last two months of 2009, Share served 308 families, consisting of over 1,000 family members. In these difficult times, your support is very much needed. A car will be outside the church during the Masses next weekend to receive your donations. Special needs are paper towels, toilet paper, diapers, & dish and laundry detergents. Monetary donations will be used to assist families with emergencies for rent, utilities, and medical bills. Please make checks payable to St. John with "Share" on the memo line. Thank you.

THE LIGHT IS ON FOR YOU: "The Light Is On for You" is an initiative of the Diocese of Arlington, in partnership with the Archdiocese of Washington, to enable all Catholics to avail themselves of the Sacrament of Penance. Confession is a wonderful opportunity to draw closer to our Lord. In addition to regularly scheduled Confession times, the Sacrament of Penance will be held every Wednesday during Lent from 6:30pm - 8:00pm in every Catholic church in the Diocese of Arlington and the Archdiocese of Washington. Learn more at www.the-light-is-on.org, including frequently asked questions, a step-by-step guide to Confession, a helpful Examination of Conscience, links to parishes, and more.

SENIORS: On Monday, March 15th, we welcome back the "Arlington Songfellows". Their selection of tunes are sure to please you. Mass is at 11:30am. Lunch will follow in the Parish Hall. A sign-up sheet can be found in the church vestibule. Please leave a check for \$20.00 made payable to St. John the Beloved with "Seniors" on the memo line in the parish office by Thursday, March 11th. See you there!

COFFEE & DOUGHNUTS: "Coffee & Doughnuts" this Sunday after the 9:00am & 10:30am Masses are being hosted by the St. John's Mother's Group. Thanks to the members of the St. John's Pro-Life Committee for hosting last Sunday.

SUNDAY LENTEN SERIES BEGINS MARCH 7TH: Our Parochial Vicar, Rev. James Poumade will be giving a series of talks on "Modern Technology and Morality", Sundays, March 7th - March 28th at 7:00pm in the Adult Education Room of the Cauwe Center.



News from
"The Word"
St. John Parish Book & Gift Shop

Today is the First Sunday of Lent. If you are not already doing daily spiritual reading, Lent is a great time to begin. We have several titles to suggest, including In "Conversation with God", "What Jesus Saw From the Cross", and "The Fire in the Cloud".

The Word is open on Wednesday evenings, Friday mornings, and Sundays after all the Masses.

THRIFT SHOP NEWS ~ Quality at Bargain Prices:
Tues. - Fri. 11:00 am - 2:00 pm & Sat. 10:00 am-1:00 pm
Come in and see our exceptionally fine selection of Men's, Women's and Children's Spring clothing and accessories. We are again accepting donations of clean and usable clothing and household items. Thank you for your support. If you have any questions please call during business hours (703)-356-7420.

IMPORTANT CONFIRMATION UPDATES:

Private Catholic School parents (Heights, Oakcrest, etc.) of **7th Graders** who intend to have their child receive the Sacrament of Confirmation at St. John next fall as 8th graders **must register** in the St. John Religious Education Program **by March 1, 2010**. Please call the Religious Education office at 703-356-5275 or email the director, Laura Pennefather, at lpennfather@stjohncatholicmclean.org to register or to make arrangements to pick up the St. John Confirmation Handbook. If you delay, your child may not receive the Sacrament of Confirmation.

All parents of St. John's 7th graders (SJA, CCD, Homeschool & private schools) who have candidates preparing for Confirmation are required to attend the Confirmation Meeting for Parents on Wednesday, April 21, 2010 from 7:30 - 8:30pm in the Parish Hall. Father Scalia will be giving a Theology Class for the parents on the Sacrament of Confirmation.

ADULT CONFIRMATION CLASSES BEGIN: Are you 16 years of age or older and have never been Confirmed? If you would like to receive the Sacrament of Confirmation on Pentecost Sunday, you will need to attend four preparation classes. Adult Confirmation Classes begin in March. The Classes will be held on Thursdays, March 4, March 11, March 18 and March 25 from 5:00pm - 6:00pm. For more information or to register, please call Laura Pennefather in the St. John Religious Education Office at 703-356-5275.

 Altar Servers

Monday, February 22, 2010
7:30pm-TLM Special Schedule

Wednesday, February 24
7:30pm-HH Cermak, Shank

Friday, February 26, Stations of the Cross
7:30pm Fisher, Shank, Vargas

Saturday, February 27
8:15am Escudero, Richardson
5:00pm Vigil Burke, Prabhu, Quinn, Sniezek

Sunday, February 28
7:30am Myers, Stys
9:00am Duffey, Girardi, Hoernig, Oeler
10:30am Lahoud, J. & P. McGiffin, Moran
Murray, Richardson
12:00pm A. Glover, Manns

CAR RAFFLE: Car raffle tickets have been mailed to each family. You should receive them soon! We are participating with All Saints; a more generous venture than purchasing a vehicle on our own and each purchaser has a chance to win one of the five cars! This makes “selling” at work or to family and friends more like an opportunity – just show them the ticket – it will sell itself! If you did not receive any car raffle tickets and would like to receive some, email Patrick Quest at pquest@stjohnacademy.org.

ST. JOHN THE BELOVED CLASSICS BOOK CLUB: Join St. John’s Classics Book Club. Each third Saturday, after 8:15am Mass, members of the club will meet at the Chesterbrook Starbucks to discuss the classic book of the month. The book for March is “In this House of Brede” by Rumer Godden. Come upstairs and sit around the fire, sip coffee and talk to other parishioners who share your love of classic reading. We hope to see you on March 20th. If you are interested, or for more information, contact Laura Pennefather lpenefather@stjohncatholicmclean.org.

St. John Senior Youth Group

Meeting: Next Sunday, February 28th
Open Gym Night 6:00pm - 8:00pm
Cheese Fondue with Snacks

Contact Sebastien Jansen, Youth Director,
at sebastienjansen@yahoo.com with any questions.

St. JOSEPH SOCIETY FOR DADS: If you are interested in joining a group of dads in the parish that get together each month for prayer, discussion and fellowship, please call Father Scalia at 703-356-7916.

NATURAL FAMILY PLANNING COURSE: Have you ever thought about what unnatural birth control methods really do to your body? To your marriage? The Couple to Couple League has the answers to this and more. Attend a short course and learn a natural method of family planning that is safe, effective, and consistent with Church teaching. A three-part course will take place at St. James Catholic Church, 905 Park Ave., Falls Church, VA 22046, in Heller Hall on Saturday, March 13th, April 10th and May 8th from 2:00pm to 4:30pm. For more information, contact Stephen and Susan Baumert at 703-652-4637 or nfp@stjamescatholic.org. Online class registration is available at <http://www.ccli.org>.

FOURTH SATURDAY WITNESS & PRAYER: The fourth Saturday of every month (this Saturday February 27th) the St. John the Beloved Pro-life Group goes to the abortion mill in Falls Church to pray for an end to abortion and witness to the Right to Life. The group leaves after the 8:15am Mass. Come, witness and pray on behalf of those who have no voice. Directions to the abortion facility will be provided after Mass. You can make a difference!

IN MEMORIAM:
Please pray for the repose of the souls of
Dorathy Ann Mizerek & Florence Sander

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 21	February 22	February 23	February 24	February 25	February 26	February 27
1st Sunday of Lent	Sew & So Forth 9:45am DR Rm Legion of Mary 7:30pm DR Rm Low TLM 7:30pm	Jr. Legion of Mary 3:30pm DR Rm	ADORATION Confessions 6:30 - 8:00pm Eucharistic Holy Hour 7:30pm Parish Choir 7:30pm	St. Gregory Choir 7:30pm	Stations of the Cross 7:30pm	4th Saturday Witness for Life After 8:15am Mass

DIOCESE OF ARLINGTON MEN'S CONFERENCE:

On Saturday, March 13, the Office for Family Life will host a Men's Conference at St. Joseph's Banquet Hall in Herndon. The conference will be an opportunity for men of the Diocese to recommit themselves to living out their faith in their daily lives, be inspired by Catholic speakers, and gather together with their brothers in Christ. Confirmed speakers include: Capt. Guy Gruters, Air Force fighter pilot in Vietnam and P.O.W. from 1967-1973; Catholic Congressman Chris Smith; and Fr. Paul Scalia, Pastor of St. John the Beloved Parish. Mass will be celebrated by the Rev. Paul S. Loverde, Bishop of the Diocese of Arlington.

To attend, register now at www.arlingtondiocese.org! At this time, no on-site registrations will be accepted. If you have any questions, please contact Tom O'Neill at familylife@arlingtondiocese.org or you may call him at 703-841-2550.

BISHOP'S LENTEN APPEAL (BLA): As you reflect on your blessings this year, we ask you to consider making a sacrificial pledge to help sustain the ministries and programs that are funded by the BLA. By making a pledge, your gift becomes intentional, representing a promise to give not from your leftovers, but from your first fruits. From all that we have received, let us make a proper return to God, Our Heavenly Father, the source of our life and all blessings.

MASS OBLIGATION IN SEVERE WEATHER: All baptized Catholics are obliged to attend Mass on Sundays and Holy Days of Obligation. However, there are particular circumstances or conditions that may excuse a Catholic from this obligation. If you are ill, homebound, or if there are severe weather conditions that make attending Mass dangerous to your safety or that of others, you are excused from the obligation. In such cases, if you are unable to attend Mass, the Church recommends making a spiritual Communion and spending time in prayer.

YOU CAN HELP YOUR TROUBLED MARRIAGE: Do you feel alone? Are you frustrated or angry with each other? Do you argue... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille (pronounced retrō-vī) helps couples through difficult times in their marriages. This program has helped tens of thousands of couples experiencing difficulties in their marriage. For confidential information or to register for the weekend on March 19th - 21st, call 703-351-7211 or go to: www.Help our Marriage.com.

From the Music Desk...

"What Are the Eight Myths About Church Music?
Dispelling eight myths about church music:"

Myth 4. We are supposed to sing 4 hymns at Mass.

Catholics in the United States have become used to singing a hymn at the entrance, at the offertory, during Communion and at the recessional at Sunday Mass. This "four-hymn sandwich" actually harkens back to pre-Vatican II days in which congregations who could not pull off Latin music were allowed to sing English hymns at Low Masses. When English was allowed in the Mass and the rite of Mass changed, many parishes continued this practice, albeit often with different music. While hymns are allowed at Mass, they are not actually what the church asks for during those times.

The missal, the large book from which the priest reads the prayers at Mass, provides short scriptural sentences called antiphons for the entrance and communion. In the church's legislation on sacred music, these antiphons have pride of place for singing in the Mass. The antiphons are intimately connected with the other prayers of each Sunday's Mass. The church allows for substitutions with other appropriate songs, but they should be modeled in character after those antiphons.

Hymns are not a part of the Roman Eucharistic Liturgy; they belong more properly to the Liturgy of the Hours. The church prefers the antiphons drawn from the Bible to hymns composed by people.

David Lang, Master of Music

VOCATIONS: "The word is near you, on your lips and in your heart." Jesus the Eternal Word continues to call many to lives of holiness as priests, deacons and in the consecrated life. Could you be one of them? Call Father Brian Bashista 703-841-2514, or write: b.bashista@arlingtondiocese.org.

ANNUAL 8TH GRADE VOCATIONS MASS: This annual Mass will be celebrated on Tuesday, March 9 by Bishop Paul S. Loverde at Holy Spirit Catholic Church in Annandale at 11:00am.

MEN'S DISCERNMENT RETREAT: The retreat will be held March 26 - 28, 2010. We encourage all single men in our parish ages 17 - 55 who are interested in priesthood or religious life to call the Office of Vocations at 703-841-2514 to register.

Institute of Catholic Culture Presents:

**Special Topic:
The Pope, the Anglicans & the Mass**

Fr. Joseph Fessio, S.J.

Sunday, February 21 @ 7:30pm

EVENT LOCATION:

St. Ambrose Catholic Church
3829 Woodburn Road
Annandale, VA 22003

**Natural Law:
The Image of God in the Heart of Man**

Rev. Paul D. Scalia

Saturday, February, 27 @ 7:30pm

EVENT LOCATION:

St. Bernadette Catholic Church
70 University Blvd. East
Silver Spring, MD 20901

Lives of the Apostolic Fathers

Sabatino Carnazzo

Tuesdays, March 2, 9, 16, & 23 @ 7:30pm

EVENT LOCATION:

St. Michael Catholic Church
7401 St. Michael's Lane
Annandale, VA 22003

More Information: www.SJICC.com or 703-504-8733

The Institute of Catholic Culture is a non-profit Catholic educational institute dedicated to the re-evangelization of our society through the restoration of authentic Catholic Adult Catechesis.

Free Admission! No Reservations Required!

"The Institute of Catholic Culture is a burning fire of hope, and a safe haven where the saving truths of the Catholic Faith are being taught with clarity! I urge all who wish to know Jesus Christ and to meet His bride, the Catholic Church to attend the educational and cultural programs offered by the Institute." --Rev. Benedict Groeschel, CFR



Events & Opportunities

NATIONAL GALLERY OF ART ~ "The Sacred Made Real" Exhibition. This show will offer visitors a unique opportunity to experience polychrome sculpture – an art form rarely seen outside Spain – by such masters as Juan Martinez Montañés and Francisco Pacheco, alongside paintings, including masterpieces by Diego Velázquez and Francisco de Zurbarán, that achieved the same realism on canvas.

From February 28th through May 31st, the National Gallery of Art on the National Mall will be the only U.S. venue for "The Sacred Made Real: Spanish Painting and Sculpture, 1600-1700". For more information on the exhibition and scheduled events, visit www.nga.gov/sacred.

ATTN: CATHOLIC MEDICAL PROFESSIONALS Archbishop Edwin F. O'Brien from the Archdiocese of Baltimore invites you to the Second Annual Symposium for Catholic Medical Professionals, "End of Life Care and the Catholic Medical Professional," on March 6th, from 1:00pm to 4:30pm at St. Agnes Hospital in Baltimore. The program will include a talk by human rights advocate Wesley Smith, J.D., and a panel discussion featuring Dr. F. Michael Gloth, Dr. Marie Hilliard, and Rev. Michael A. DeAscanis, S.T.L. For more information, go to www.archbalt.org/respect-life/catholic-healthcare-symposium.cfm.

ABORTION RECOVERY RETREATS FOR WOMEN: An "Entering Canaan" Day of Prayer and Healing will take place on Saturday, March 13th and a Rachel's Vineyard Weekend Retreat is scheduled for April 30th – May 2nd. For information or registration, contact Project Rachel at: projectrachel@arlingtondiocese.org or call 703-841-2504.

These retreats are a safe place to renew, rebuild and redeem hearts broken from abortion. They offer a supportive, confidential and non-judgmental environment where you can express, reconcile and release painful post-abortive emotions to begin the process of restoration, renewal and healing.

COURAGE: This apostolate assists individuals with same-sex attractions to live chaste lives according to the teachings of the Catholic Church. Meetings, where strict confidentiality is maintained, are held in the Diocese of Arlington and are for men and women. If interested, you may find more Information by going to <http://courage.net/index.htm>, or you may email Courage@arlingtondiocese.org.