

**Mass Intentions****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

Monday, March 1, Lenten Weekday

6:30 Arnold Johnson †
 9:00 Dr. Kevin McCormack †

Tuesday, March 2, Lenten Weekday

6:30 Patricia Kiernan †
 9:00 Samuel Fiorini †

Wednesday, March 3, St. Katharine Drexel, virgin

6:30 Jo Graves †
 9:00 John Tuason †

Thursday, March 4, St. Casimir

6:30 Mary T. Gilligan †
 9:00 James Duggan †

Friday, March 5, Lenten Weekday

6:30 Christina Halloran McCarthy †
 9:00 Mary Cattano †

Saturday, March 6, Lenten Weekday

8:15 Joseph Vignali †
 5:00 Christina McCarthy †

Sunday, March 7, Third Sunday of Lent

7:30 Msgr. James McMurtry †
 9:00 Carlos Manuel Vieira †
 10:30 Betty Berry †
 12:00 People of the Parish

Readings for the Week of February 28, 2010

Sunday: Gn 15:5-12,17-18; Ps 27; Phil 3:17—4:1 or
 3:20—4:1; Lk 9:28b-36
 Monday: Dn 9:4b-10; Ps 79; Lk 6:36-38
 Tuesday: Is 1:10, 16-20; Ps 50; Mt 23:1-12
 Wednesday: Jer 18:18-20; Ps 31; Mt 20:17-28
 Thursday: Jer 17:5-10; Ps 1; Lk 16:19-31
 Friday: Gn 37:3-4, 12-13a, 17b-28a; Ps 105;
 Mt 21:33-43, 45-46
 Saturday: Mi 7:14-15, 18-20; Ps 103; Lk 15:1-3, 11-32
 Sunday: Ex 3:1-8a,13-15; Ps 103; 1 Cor 10:1-6, 10-12; Lk 13:1-9

**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	Bob Sweeney
Edith Costello	Michelle Lederman	Francis Thompson
Elke & Blaine	Carolynne Letendre	Jake Voytko
D'Amico	Katherine Malcolm	Marianne Wall
Estelle Danielson	Mary Map	Helena Ward
Lucille Dion	Bob McJury	Louise Whyte
Adm. Denis Downey	Nancy Miller	Paul Woods
Frank Gettings	Ann Motta	
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: Daybreaks*

Priests, monks, and nuns commit themselves to pray the *Liturgy of the Hours* – an ancient arrangement of the Psalms and other scripture passages and prayers. The name comes from the fact that this Liturgy – this prayer of the Church – was assigned to different hours throughout the day. Traditionally, there are seven “hours” – i.e. times at which prayers are offered. When the bell rings, the monks and nuns go to chapel and offer the prayer of the Church. They break up and therefore mark their days by prayer.

This manner of breaking up the day with prayer should characterize the life of every Catholic. (Indeed, for this reason many lay men and women also pray the Liturgy of the Hours, as the Church encourages.) It is a good practice to break up the day with prayers. Let's call these *Daybreaks*. For example, make a Morning Offering upon waking, say the Angelus at Noon, examine your conscience and say the Act of Contrition before going to bed, etc.

Daybreaks serve several purposes. First, they specify our prayer. A resolution to pray more does no good if it lacks *specifics*. Yes, we all should pray more: but...*When?...*and *What?* Establishing a regimen of prayer is essential for getting traction on those good resolutions. Each of us should have a rule of life – a daily schedule of when and what we pray. It should be strict enough to challenge us but flexible enough to bend as our day unfolds. A good goal is to imitate the Liturgy of the Hours – identify seven times in the day that you will stop and pray.

Second, *Daybreaks* sanctify our time. We are all concerned about the best use of our time. We have workshops and books and lectures telling us exactly how to make the most of it. But these are all worldly solutions. The best use of our time is to hand it over to the One who alone can “make time.” The way of creating *Daybreaks* is the same as for other things: put it on your “To Do” list, in your calendar, in your PDA, etc.

“But I do not have the time,” many say. Nonsense. After all, we certainly find time to do many other, less important things. The unspoken complaint is really that *Daybreaks* are inconvenient. And indeed they are. They are *supposed* to be. They are occasions for God to enter our lives and for eternity to interrupt time. We need to learn how to be inconvenienced now, because the day will come for each of us when God and eternity will break into our lives and time in the most inconvenient, permanent manner. And we do not want to stand before our Lord saying, “I did not have time for You.”

We do not need much time for *Daybreaks*. Three or five minutes here, ten or fifteen minutes there. Instead of checking your email (again), say a decade of the Rosary. Rather than texting some trivial information, say the Angelus or read a passage of Scripture. If we incorporate *Daybreaks* into our lives then we will find that, in fact, the day has not been broken at all but has instead been united and kept together by a singularity of purpose – giving all things to God.

And now for the other “40” (delayed from last week because the 2/14 bulletin's tardiness). God required the prophet Ezekiel to lie down on his side for forty days, as a sign of the punishment – that is, the *purification* – that would come to Israel (cf. Ezek 4).

– Fr. Paul Scalia



Announcements

40 HOURS BEGINS: At 2:00pm today, Sunday, February 28th, we begin our "40 Hours Devotion". Please see insert for complete devotion schedule. Reverend Basil Cole, OP will preach at all the Masses today, and give a talk in the church at 7:30pm tonight and tomorrow night, March 1st.

VIRGINIA CATHOLIC CONFERENCE ALERT: Legislation that would establish income tax credits for individuals and businesses who donate to scholarship foundations has been approved by the Virginia House of Delegates and is now before the Virginia Senate (HB 599). If passed the bill would ensure that Catholic and other nonpublic schools are affordable for more families. By providing incentives for such donations, the bill would also have an overall positive effect on enrollment in Catholic schools which would help with the affordability for all Catholic school families. Our parish school, Saint John Academy, is in the district of Senator Janet Howell who serves on the Senate Committee on Finance. Call 804-698-7532 or e-mail district32@senate.virginia.gov, as soon as possible, asking her to vote in favor of HB 599.

TODAY IS SHARE SUNDAY: A vehicle is available during all the Masses to receive your donations of money or goods. Please make checks payable to St. John Catholic Church with "Share" on the memo line. As always, thank you for your generosity.

INSTRUMENTS OF THE LORD'S PEACE: Are you searching for a pathway to peace with another person or for a situation close to your heart? Bring this need to prayer at the church on Wednesday evenings from 6:30pm - 8:00pm. This Lent, we will gather with Catholics all over the region to pray for the peace and reconciliation that our Lord can give when we offer ourselves as instruments of that peace. Confessions are also available during this time.

FIRST FRIDAY: This Friday, March 5th, First Friday devotions begin after the 9:00am Mass with Exposition of the Blessed Sacrament. Please come and spend a grace-filled hour in the presence of Our Eucharistic Lord. A sign-up sheet is available in the vestibule of the church to make certain that adorers are present each hour.

FIRST SATURDAY: This Saturday, March 6th, is the First Saturday of the month; the 8:15am Mass will be followed by exposition of the Blessed Sacrament, devotions and Benediction. Come and pray for peace and Respect for Life through Our Lady of Fatima.



News from
"The Word"

St. John Parish Book & Gift Shop

This is the Second Sunday of Lent. Our featured book this week for spiritual reading for Lent is "On Retreat with St. Josemaria Escriva" by John O'Dogherty. This book is part of the series, "A Retreat with..." and is an anthology of texts from the spiritual author, organized in a way to help meditation while on a retreat .

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 fine selection of Men's & Women's Spring clothing & accessories. We are having a **1/2 price sale** in the Children's Dept. Donations of clean clothing and household items are being accepted. Thank you for your support. Questions, call during business hours: 703-356-7420.

URGENT CONFIRMATION REMINDERS:

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**. Call the Religious Education Office at 703-356-5275 or email the Director, Laura Pennefather, at lpennefather@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. See below for mandatory Parent's Confirmation Meeting.

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 CONFIRMATIONS: Are you 16 years of age or older, Baptized, but have never been Confirmed? If you would like to receive the Sacrament of Confirmation on Pentecost Sunday, you must attend four preparation classes. Adult Classes will be held on Thursdays, March 4th - March 25th, 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, March 1, 2010

7:30pm – NO TLM

Wednesday, March 3

7:30pm-HH Alexander, Franco

Friday, March 5, Stations of the Cross

7:30pm Bayers, Murray

Saturday, March 6

8:15am Cermak, Shank

5:00pm **Vigil** Baban, Katzs

Sunday, March 7

7:30am Clarks, b. Himpler

9:00am DiBenedetto, Dixons, Earner, Gorka

10:30am Burellis, Gagliardos, Kennedy, Shank
D. Vargas

12:00pm Manns, Moran

ST. JOHN THE BELOVED CLASSICS BOOK CLUB:

Each third Saturday, after 8:15am Mass, members of St. John's Classics Book Club will meet at the Chesterbrook Starbucks to discuss the book of the month. The book for March is "In this House of Brede" by Rumer Godden. Come upstairs, 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. **PLEASE NOTE CORRECTED EMAIL ADDRESS...** to contact Laura Pennefather for information: lpennefather@stjohncatholicmclean.org.

BISHOP'S LENTEN APPEAL (BLA): We wish to thank all of you have already donated to the BLA. If you have not done so thus far, please consider donating to help support diocesan offices and ministries that serve tens of thousands of people each year. You will find envelopes in the church vestibule.

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

St. John Senior Youth Group

Meeting: Tonight, 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.

HOW TO LIVE THE THEOLOGY OF THE BODY:

Interested in learning about Pope John Paul II's vision of the human person as body, soul, and spirit as it relates to the married life? You're invited to attend a three-part course in Natural Family Planning that 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 - 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>.

ST. JOHN PARISHIONER HONORED: St. John parishioner, Dr. Irma Frank, Associate Dean for International Programs at Georgetown University, School of Medicine, will be honored at the 2010 Spanish Catholic Center Gala on Saturday, March 13th, 2010 at the Organization of American States, Hall of the Americas, Washington, DC, by the Spanish Catholic Center which is part of Catholic Charities of the Archdiocese of Washington. Dr. Frank is one of this year's three honorees that are being honored for their tireless work on behalf of the Spanish Catholic Center's neediest.

This past year, services were provided by the Center to more than 80,000 immigrants/refugees as they transition and build a new life in North America. For information on how you can help call 202-772-4334.

IN MEMORIAM:

Please pray for the repose of the souls of Helen Loftus, Stanley Smith and Marianne Wall.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 28	March 1	March 2	March 3	March 4	March 5	March 6
2nd Sunday of Lent 40 Hours Devotion Talk Fr. Basil Cole, OP 7:30pm - Church	Sew & So Forth 9:45am DR Rm Legion of Mary 7:30pm DR Rm NO TLM Talk: Fr. Basil Cole, OP 7:30pm - Church		ADORATION Confessions 6:30 - 8:00pm Eucharistic Holy Hour 7:30pm Parish Choir 7:30pm	Jr. Legion of Mary 3:30pm DR Rm St. Gregory Choir 7:30pm	First Friday ADORATION School Stations of the Cross 2:15pm Stations of the Cross 7:30pm	First Saturday Devotions Mass 8:15am LMC Confessions: 8:45 - 9:15am 3:30 - 4:30pm

CAR RAFFLE: Car raffle tickets have been mailed to each family. 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 easy – just show them the ticket – it will sell itself! If you have not received tickets or you would like more tickets, email Patrick Quest at pquest@stjohnacademy.org. If you do not want the tickets, please mail them back in the self addressed envelope. Thank you.

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!

CLOTHES COLLECTION: The St. John’s Pro-Life Group has been working with “A Woman’s Choice”, a pro-life pregnancy center in Falls Church. They are looking for winter clothes for children from 18 months to 6X. Also, they can always use Maternity clothes of all sizes. Please contact Katie Gorka by emailing her at kcg@westminster-institute.org if you have clothes or other items (in good condition) you would like to donate. Thank you!

 **Events & Opportunities**

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.

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 Bishop of Arlington, Paul S. Loverde.

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 703-841-2550.

From the Music Desk...

Article by Father Christopher Smith
Published April 23, 2009

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

Myth 5. Vatican II abolished Latin in the Mass.

Vatican II’s Constitution on the Sacred Liturgy states, “The use of the Latin language is to be preserved.” The council fathers commanded the use of Latin while allowing for some use of the vernacular.

The same document also calls for the faithful to be able to sing parts of the Mass together in Latin. Latin gives the church a universal language.

In an increasingly mobile culture of globalization, Catholics able to follow the Mass in Latin and in their own tongue can actively participate in their church anywhere in the world. The use of Latin also frees us from being too narrow-minded and too centered on our own nation or culture; it connects us with our history and paves the way for our future.

The point of Latin is not to make the rites impossible to understand; it is to make real the universality of the church.

One can often see people at international Masses who can all make the Latin responses and sing some things together in Latin. A powerful experience of the church’s unity is when we all sing with one voice the same words that Catholics have always sung at Mass.

Continued next week...

David Lang, Master of Music

Institute of Catholic Culture Presents:

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

**True Justice & the Mercy of God:
An Introduction to the Cardinal Virtues**

Rev. Daniel Hanley

Saturday, March 13 @ 7:30pm

EVENT LOCATION:

St. Leo the Great Catholic Church
3700 Old Lee Highway
Fairfax, VA 22030

**True Faith & the Unknown:
An Introduction to Theological Virtues**

Rev. Andrew Fisher

Saturday, March 20 @ 7:30pm

EVENT LOCATION:

St. Leo the Great Catholic Church
3700 Old Lee Highway
Fairfax, VA 22030

**Living the Virtuous Life
Challenging the Modern Culture**

Rev. Paul D. Scalia

Saturday, March 27 @ 7:30pm

EVENT LOCATION:

St. Leo the Great Catholic Church
3700 Old Lee Highway
Fairfax, VA 22030

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!

LENTEN DAY OF RECOLLECTION FOR WOMEN:

“Emanating the Joy of Christ in Your Vocation as a Catholic Woman” is the theme for this retreat which will be held on Saturday, March 6th at St. James Catholic Church, 103 North Spring St., Falls Church, Virginia.

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. 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. For information or registration, contact Project Rachel at: projectrachel@arlingtondiocese.org or 703-841-2504.

ANNUAL 8TH GRADE VOCATIONS MASS:

This annual Mass will be celebrated on Tuesday, March 9, 2010 by Bishop Paul S. Loverde at Holy Spirit Catholic Church, 880 Braddock Road, Annandale, Virginia, 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 the priesthood or religious life to call the Office of Vocations at 703-841-2514 to register.

WOMEN’S DISCERNMENT RETREAT: The retreat will be held April 9 -11, 2010. We encourage all single women 17 - 40 in our parish who are interested in finding out more about the consecrated religious life of sisters and nuns to call the Office of Vocations at the above number to register.

DOES YOUR MARRIAGE NEED HELP? Retrouvaille (pronounced retro-vi) has helped tens of thousands of couples at all stages of disillusionment or misery in their marriage. This program can help you too. For confidential information about or to register for the March program beginning with a weekend on March 19th call 703 351 7211 or www.HelpOurMarriage.com.

ARLINGTON CATHOLIC HERALD WEBSITE: The Arlington Catholic Herald’s Web site is a great resource for parish and school information. The site also contains inspirational reflections from Bishop Paul Loverde, award-winning Gospel commentaries from Fr. Paul Scalia and a complete list of upcoming events for young adults. Visit www.catholicherald.com today.