

**Mon.Feb.11, 2008, Lenten Weekday; Our Lady of Lourdes**

6:30 David Ruel †  
9:00 Kevin O'Brien

**Tuesday, Feb. 12, Lenten Weekday**

6:30 Ellen Monti †  
9:00 David Ruel †

**Wednesday, Feb. 13, Lenten Weekday**

6:30 Lacy L. Malcolm  
9:00 Edward McKee †  
7:30 People of the Parish

**Thursday, Feb. 14, Lenten Weekday; Cyril, monk, St. Methodius, bishop**

6:30 Joe Borilla  
9:00 Helen Fernandes †

**Friday, Feb. 15, Lenten Weekday**

6:30 William Laahs †  
9:00 Sean P. Kelleher †

**Saturday, Feb. 16, Lenten Weekday**

8:15 Harry Clarke †  
5:00 The Rogers Family †

**Sunday, Feb. 17, Second Sunday of Lent**

7:30 Stacey Brizzolara †  
9:00 Avelino Esteves †  
10:30 John & Constance LaMonica †  
12:00 People of the Parish

**Readings for the Week of February 10, 2008**

Sunday Gn 2:7-9; 3:1-7; Ps 51; Rom 5:12-19 or 5:12, 17-19; Mt 4:1-11  
Monday Lv 19:1-2, 11-18; Ps 19; Mt 25:31-46  
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 12:1-4a; Ps 33; 2 Tm 1:8b-10; Mt 17:1-9



**Please Pray For**

- |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|
| Albert & Marie Balint | Gary & Cindy Hogan    | Ernest Oddono         |
| William T. Berry      | Laura Holleran        | Al Parsons            |
| Sonja & Soraya        | Maureen Hollingsworth | Elia Priestley        |
| Borghese              | Marjorie Horan        | Joseph Riotta         |
| Michelle Brewer       | Muriel Jennings       | Lois Riscile          |
| William Carnazzo      | Mary Johnson          | Edelisa Samson        |
| Esperanza Castillo    | Mimi Johnson          | Margaret Serrao       |
| Juan Chirino          | Billee Jordan         | Leah Shannon          |
| Michael Clarke        | Mike Juliano          | Sister Marion         |
| Carol Coad            | Shirley Kelley        | Barbara Skytell       |
| Vincent Corcoran      | Alice Koutsoumpas     | George Smith          |
| Edward Cotter         | Caitlyn Lane          | Dolores Snyder        |
| Estelle Danielson     | Margaret Leefe        | Mary Spann            |
| Marie Davalos         | Katherine Malcolm     | Eileen Sweeney        |
| Lucille Dion          | Annette McGovern      | Jim & Margaret Taaffe |
| Denis Downey, Jr.     | Carter McNally        | Raymond Vagli         |
| Bryan Downie          | Ferenc Molnar         | Theresa Vartanian     |
| Pam Dunne             | Matthew Morgan        | Beth Voytko           |
| Phil Dunton           | Marilyn Middleton     | Graham Waite          |
| Winifred Feeney       | Edmund Milauckas      | Mary Ellen Waite      |
| Alec Gramann          | Nancy Miller          | Lily Winkle           |
| Kathleen Harrington   | Monica Mizerek        |                       |
| Scott Harris          | June Nage             |                       |
| Charles Harrison      | Lang Nguyen           |                       |

Let parish office know when you can be removed from this list.

**From the Pastor**

Thanks to all those who have offered prayers for my recovery. I have had a slight setback but I am on the mend. I would encourage you to attend one of the Stations of the Cross, one on Friday afternoon for the school at 2:15, and the other on Friday evenings for the parish at 7:30 pm. We will add an extra Mass this Lent at 7:30 pm on Wednesdays after rosary and novena. This Mass will be a Low Mass celebrated according to the Missal of Blessed John XXIII (1962).

I was unable to speak at all the Masses on behalf of the Bishop's Lenten Appeal but please be generous as you have in previous years. Thanks also to you who have responded to the stewardship campaign and have increased your giving to the parish.



**LOURDES' 150<sup>TH</sup> ANNIVERSARY:**

The Vatican announced that Catholics can receive a plenary indulgence for taking part in devotions to Our Lady of Lourdes because it is the 150<sup>th</sup> anniversary of Our Lady's apparitions. You may read the story issued by the Catholic News Service by going to

their website, <http://www.catholicnews.com/data/stories/cns/0706938.htm>. Devotions in our area are: Basilica of the National Shrine of the Immaculate Conception, **Mon., Feb.11**, Mass at 11:00 am in the Upper Church. Info: 202-526-8300. Arlington Diocese: Our Lady of Lourdes Catholic Church in Arlington has a Novena **Feb. 3 to Feb. 11**. A High Mass for the Solemnity of Our Lady of Lourdes will be celebrated at 7:00 pm. Info: 703-684-9261. And in our parish, at the end of the 6:30 and 9:00 am Masses on Feb. 11, we will pray the Litany of Loreto.

**Holy Father's Prayer Intentions February 2008**

**General:** That the mentally handicapped may not be marginalized but respected and lovingly helped to live in a way worthy of their physical and social condition.

**Mission:** That Institutes of Consecrated Life, so flourishing in mission countries, may rediscover the missionary dimension and, faithful to the radical choice of Gospel counsels, be generous in bearing witness to Christ and proclaiming Him to the ends of the earth.



## Religious Education

~~NO CCD classes Feb. 17 or 18 in observance of Presidents' Day. **~~Lost & Found:** Several light weight jackets and coats were left during the Confirmation rehearsal in December. Please call the Religious Education office at 703-356-5275 to claim them or they will be given to the Thrift Shop.

First Sunday of



## In Our Parish



### WOMEN'S COUNCIL DAY OF

RECOLLECTION: All ladies of the parish are invited to a Day of Recollection on Thurs., **March 6**, at Marymount University. Father Michael Sliney, a member of the Legionaries of Christ will lead us. The day will begin with coffee at 9:00 am in the Main House, and will include conferences, confession, Mass and lunch. You will find amply parking as the students are on Spring Break. Donation for the day is \$40, made payable to St. John the Beloved, with Day of Recollection on the memo line. Please sign up on a sheet in the Church Vestibule and leave your check in the Parish Office by Wednesday, February 27. For information, contact Mary Elizabeth Bergan, 703-288-0946, or Kathy Johnson in the Parish Office, 703-356-7914.

**OVER 50 CLUB:** Carol Herrick, author of "Yesterday", a collection of stories about old time McLean and Great Falls, will join us on Monday, **Feb. 18**. Mass will be celebrated at 11:30 am. Lunch will follow at noon in the parish hall. A sign-up sheet can be found in the church vestibule. Please leave a check for \$20 payable to St. John the Beloved with "Seniors" on the memo line, in the parish office by Thurs. Feb. 14. For information call Gladys Brennan at 703-821-2547.



**COFFEE & DONUTS** this Sunday after the 9 & 10:30 am Masses is being co-hosted by the St. John's Knights of Columbus, Council #11806 and the Thrift Shop.

Thanks to the members of St. John's CURSILLO for hosting last Sunday.

**ST. JOHN'S MOTHERS GROUP** will be meeting at 10:00 am in the Adult Ed room on Friday, **February 15th**. Speaker will be Education and Science expert, Lisa Guernsey, author of the book "*Into the Minds of Babes; How Screen time Affects Children from Birth to Age 5.*" Please come and join us, feel free to bring a friend and a snack to share. Babysitting provided. For more information, contact Mary Alice Poulsen at [mary\\_alice\\_poulsen@hotmail.com](mailto:mary_alice_poulsen@hotmail.com) (703)556-0018



News from  
"The Word"

**St. John Parish Book & Gift Shop**

The WORD is open on Wednesday evenings, Thursday mornings, First Fridays, and Sundays after all the Masses.

Our featured book this week is Life Issues, Medical Choices, Questions and Answers for Catholics. We are pleased to feature this especially timely book because the author is one of our very own parishioners, Dr. Christopher Kaczor! The book not only provides answers to many questions troubling Catholics, it also supplies fundamental principles of Catholic thought to help readers arrive at morally sound decisions in those areas that have yet to be settled.

### **THRIFT SHOP NEWS ~ Quality at Bargain Prices:**

**Tues. - Fri. 11:00 am- 2:00 pm & Sat. 10:00 am-1:00 pm.**

We still have many items for Valentines Day. One of our parishioners has donated a full length Leather coat with faux fur trim, size small, if you are interested in this stylish item please call the shop during regular hours. We are accepting slightly used, clean donations during our normal shop hours. Thank you for your support of the parish. If you have any questions call during business hours (703) 356-7420.

**ST. JOHN'S VIDEO CLUB:** With the beginning of Lent upon us, check out the video club's large collection of videos on the lives of saints. Volunteers are needed to assist with check-in/check-out on Sunday mornings. If interested, please sign up at the video table. Donations of G or PG-rated DVDs are welcome, as well as Movie Lovers Coupons from Kellogg's cereal.



Please pray for the repose  
of the soul of  
**Michael Pennefather**

## Lent

**Tuesdays of Lent @ 7:30 pm**  
**Lenten Parish Soup Night**  
Speakers discuss: *Icons of Conversion*



**Wednesdays during Lent:**  
7:00 pm Novena, Prayers, Rosary  
followed by 7:30 pm Low TLM  
(Traditional Latin Mass)



**Fridays during Lent:**  
Stations of the Cross 7:30 pm

**Saturdays of Lent: Salvation History Talk**  
10:00 - 11:30 am Adult Ed

**Altar Server Schedule**



**Novena/Low TLM:** Wednesday, Feb. 13, 2008  
7:30 pm TBA

**Friday:** Feb. 15 **Stations of the Cross**  
7:30 pm O'Donnell, Scalia, Miro

**Saturday:** Feb. 16  
8:15 am J. Katz, Hoernig, Beaver  
5:00 pm **Vigil** Jabbour, Hogan, Girardi, Burelli

**Sunday Masses:** Feb. 17  
7:30 am P. McGiffin, Dixons  
9:00 am C. Earner, P. Pacious, Knise, Hurley  
10:30 am Crnkovich, Beattys  
12:00 pm A. Glover, G. & D. Kennedy, Mehigans, Defensor,  
R. B., & J. Ludwick, Miro, Oeler



**SAINT JOHN ACADEMY  
LACROSSE COACH NEEDED:** St.

John Academy is looking for a Female Lacrosse Coach to direct the Girls Lacrosse team. Competitive Stipends. Please Call: Sebastien Jansen at: 703 356 0536



**SHARE SUNDAY:** In the most recent newsletter, Share reported on the rise in the number of clients served in 2007. There was an increase of 44% in the number of families and 62% in the number of household members who came to the Food and Clothing Rooms for assistance during the year. The need was stressed for an increase in donations of food to keep up with this surging demand. If every family contributed just a few items, we could really make a difference. Next Sunday the Share vehicle will be parked outside church to receive your donations. Suggested items include breakfast cereals, canned fruit/juices, condiments (ketchup, mustard, mayonnaise), jelly (grape and strawberry), rice, sugar, cooking oil, shampoo /conditioner, paper products, toothpaste/toothbrushes, and dish/laundry detergent. Monetary donations will assist families with emergency needs for rent, utilities, medical and dental bills. Please make checks payable to St. John Church with "Share" on the memo line. Thank you for sharing with those less fortunate in our midst.

**THANK YOU TO OUR ADVERTISERS:** We hope that our kind sponsors renew their ads, and if others are interested in placing a new ad please call Diocesan Publications at 1-800-233-8200.



**St. John Youth Corner**

**NEXT SENIOR YOUTH MEETING**

**TONIGHT ~ SUNDAY, Feb. 10, 7:00 pm**  
~ Come check out the Youth Rec Room

~Attention ALL PARENTS & FRIENDS: We still need your help gathering furnishings for our Youth Group Rec Room. Appreciated would be: large area rug, recliner, ping-pong table, foosball table, etc.? Call Sabatino @ 703-504-8733.

Next WORKCAMP meeting: **Sun., Feb. 17th, 1:30 pm.** The Workcamp group has been finalized and there will be no new additions to the group.

Sabatino--703-504-8733 for information



**NOVENA PRAYERS & ROSARY:**  
*the Miraculous Medal Novena Prayers and the Rosary begin at 7:00 pm. At 7:30 during Lent is the Low Traditional Latin Mass. ADORERS*

**ARE NEEDED EVERY WEDNESDAY,** and every First Friday and First Saturday of every month for Eucharistic Adoration. Contact Ann Thunder @703-442-0668.





**WELCOME TO OUR NEW PARISHIONERS:**

Mr. John Finnegan, Mr. Michael Banks, Mr. & Mrs. Joseph Mallard, Mr. & Mrs. Gregory Moore, Mr. & Mrs. Brian Holoubek, Mr. Brendan Loughlin, Mr. & Mrs. Iain Langridge, Mr. & Mrs. Geert Kersten, Cdr. & Mrs. John Beaver, Ms. Frances Griffin, Rear Admiral Roberta Hazard, Ms. Michelle Guzman, Mr. & Mrs. Michael Jackson, Mr. & Mrs. Patrick Keegan.



**Today's collection is for  
Black & Indian Missions**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 10	11	12	13	14	15	16
<b>CCD PreK - K</b> 10:30 - 11:30 am	<b>Sew &amp; So Forth</b> 9:45 am DR Rm  <b>CCD Gr. 1,2,3</b> 4:30 - 5:30 pm  <b>Legion of Mary</b> 7:30 pm DR Rm	<b>CCD Gr. 1 - 8</b> 7:00 - 8:00 pm <b>Jr. Legion of Mary</b> 3:30 pm   Lenten Parish Soup Nite & Bible Study 7:30 pm	<b>ADORATION</b> <b>Confessions</b> 6:45 -7:15 pm <b>Novena Prayers &amp; Rosary</b> 7:00 <b>Low TLM</b> 7:30 <b>RCIA</b> 7:00 pm	<b>St. John Choir</b> 7:30 pm	<b>Mothers Group</b> 10:00 am	<b>Bible Study</b> 10:00 am
 <b>Senior Youth Meeting</b> 7:00 pm						



**Stations of the Cross**

*From St. John's Office of Evangelization . . .*

## **LENT—AT LEAST!**

Entering upon these first few days of Lent, we are reminded of the Church's "at least" teachings. As mother and shepherd of our spiritual lives, the Church places before us today the holy season of Lent, opening the way for repentance and reform. How our human nature revolts against such ideas! Sitting on our comfortable couches and enjoying the luxuries of modern life, our fleshly nature cringes at the least encroachment or inconvenience. As anyone who has taken the season of Lent seriously knows well, the war between the flesh and spirit is real. In light of this war, our Holy Mother, the Church, takes steps to guide her children toward repentance and restoration of communion with God by little steps, always vigilant that she not lose even one of her little lambs. Thus, as we enter into the great season of Lent, the Church places before her children what can only be called the "at least" goals. Having not only Saints, but also sinners in her hands, the Church guides her adherents with a gentle hand, being careful not to overwhelm the least among us with a teaching that is too difficult to follow. We must "at least" go to Church on Sundays. We must not eat food for "at least" one hour before communion. And during the Lenten season, we must "at least" abstain from meat on Fridays, and keep the sacred fast on Ash Wednesday and Good Friday. How many of us, hearing these "at least" teachings, take them as our ultimate goal, rather than taking them for what they are?

As we set-out on our journey of Lent, let us examine by what rule we have been allowing our spiritual journey to be guided. Have we been in kindergarten every year of our lives, or have we advanced in the spiritual life, always seeking perfection in Christ? As is our custom during the Church's most sacred seasons, we turn to the great masters of the spiritual life, and seek guidance in their wisdom. Today, we begin our Lenten meditation with an exhortation from Saint Leo the Great, Pope and Doctor of the Church.

*Now is the time in which the souls of all men should be stirred with greater fervor towards spiritual perfection, and inspired with greater confidence: now when the return of that day on which we were redeemed invites us once more to the fulfillment of all our sacred duties, so that purified in body and soul we may celebrate the supreme Mystery of the Passion of Our Lord . . . Accordingly, with great solicitude has this divine means been given us, so that these forty days of reflection may assist us to restore the purity of our souls.*

*As we are therefore beginning this sacred season, dedicated to the purification of the soul, let us be careful to fulfill the Apostolic command that "we cleanse ourselves from all defilements of the flesh and of the spirit," (2 Cor 7:2) so that restraining the conflict that exists between the one and the other substance, the soul, which in the Providence of God is meant to be the ruler of the body, may regain the dignity of its rightful authority.*

*We must then so moderate our rightful use of food that our other desires may be subject to the same rule. For this is also a time for gentleness and patience, a time of peace and serenity, in which having put away all stains of evil doing, we strive after steadfastness in what is good.*

*Be you certain, Dearly Beloved, that the devil, the enemy of all virtue, will look with envy upon these pious practices, to which we trust you freely give yourself; and he will bring against them all the force of his malice, so that from piety itself he may weave snares against piety: so that those he could not destroy through despair he will seek to undo through vain glory. Whose purpose will that most wicked enemy not dare to attack? Whose self denial does he not seek to undo, when . . . he attempted his deceits even against the Savior of the World? Let us therefore, Dearly Beloved, be watchful against the deceits of the devil, not alone against the enticement of gluttony, but even in our very purpose of fasting.*

*Enter then with pious devotion upon these holy days of Lent; and prepare for yourselves the works of mercy, that you may merit the Divine Mercy. Extinguish the fires of anger, wipe away all hate . . . give way to each other in the simplicity of true humility. Let offenses be forgiven. Let harshness be changed to mildness, disdain to gentleness, discord into peace . . . so that our fasting may be pleasing to God. To Him we shall offer a true sacrifice of self-denial and devotion if we keep ourselves from all iniquity; being helped in all things by Almighty God, Who with the Son and Holy Spirit is One in Divinity, One in Majesty, unto ages of ages. Amen. (excerpts from a sermon of P. St. Leo the Great)*

**Be merciful, O Lord  
for we have sinned.**

## In Our Area

Saint John Institute of Catholic Culture . . .

### Icons of Conversion

w/Rev. Pollard, Dr. Cuddeback,  
Dr. Clark, Rev. DeRosa, &  
Sabatino Carnazzo

**Tuesdays of Lent @ 7:30 pm**  
Lenten Parish Soup Night  
February 19 - March 18

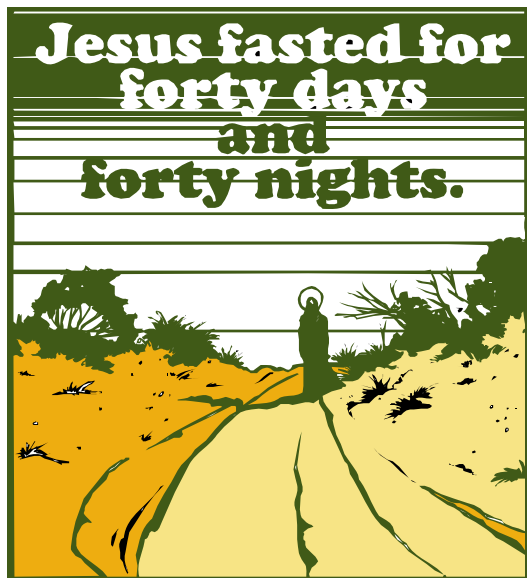
### Salvation History

w/ Sabatino Carnazzo

*Bring your Bible and learn to read it the right way!*

**Saturdays of Lent @ 10:00 - 11:30 am**  
February 16-March 15

[www.SJICC](http://www.SJICC) or call 703-504-8733



**FOLLOWING IN THE FOOTSTEPS OF JESUS** "An Overview of Catholic Social Teaching" series is tomorrow night, **Feb. 12** at the Church of the Nativity in Burke at 7:30 pm. "Option for the Poor and Vulnerable" will be presented by Donna Grimes, Poverty Education and Outreach Manager, Dept. of Justice.. No registration required.  
<http://www.stmaryofsorrows.org/sac/>

### SEPARATED? DIVORCED? WIDOWED?

**REBUILDING**, a nine-week recovery program for divorced, separated, and widowed will begin on Sunday **Feb. 24**, 5:30 - 8:00 pm at St. Martin DePorres Center in Alexandria. There is a \$45 fee to cover the cost of the book. For info call Carie Schaffer 703-519-1751 or email [CopingRebuilding@hotmail.com](mailto:CopingRebuilding@hotmail.com)

**CAN YOU HEAR ME NOW?** This communications-centered conference for families will take place on Sat. **Feb. 23** at Paul VI High School in Fairfax. A day of sharing, comedy performance, engaging speakers includes Mr. Art Bennett, Fr. Michael Sliney, LC, and St. Clare Hunter. It concludes with a Mass celebrated by Bishop Loverde. Call 703-841-2550 or register at: [www.arlingtondiocese.org/offices/family/](http://www.arlingtondiocese.org/offices/family/)

**VOCATIONS AWARENESS WEEKEND RETREAT FOR WOMEN** will be held at Seton Retreat Center in Emmitsburg, MD **Feb. 22-24**, Friday evening to Sunday at 1:15. Cost is \$35. call 703-841-2514 or email the diocese vocations office at [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org)

**DIOCESAN YOUNG ADULT HOLY HOUR - Christ in the City Arlington** will be held on the last Thursdays of each month. On **Feb. 28** from 7:00 - 8:30 pm, we will meet at St. Agnes in Arlington. Check us out at: [www.arlingtondiocese.org/offices/family/yam-home.html](http://www.arlingtondiocese.org/offices/family/yam-home.html)

**JUNIOR SCOUT RETREAT** for junior scouts in grades 1-5 on **March 8** from 9:00 am - 3:00 pm at Holy Spirit school in Annandale. The theme is "Witnessing for Jesus" and the retreat combines prayer with several activities such as crafts, games, & skits. For info: 703-764-3473 or Scott Douglass: [sdpdtxans@verizon.net](mailto:sdpdtxans@verizon.net)

**RACHEL'S VINEYARD:** a weekend retreat for post-abortive women offering deep spiritual healing. Sessions are **April 11-13 and Oct. 31 to Nov. 2**. For more information or to register, please call Myriam at 703-729-7998 or [projectrachel@arlingtondiocese.org](mailto:projectrachel@arlingtondiocese.org)

**THEOLOGY ON TAP** winter series is on Monday nights from 7:30 - 8:30 pm. Join us at Pat Troy's in Alexandria tomorrow night, **Feb. 11**. Call 703-841-2550 for info.

**FORUMS FOR THE FAMILY** is a workshop offered by Catholic Charities. On **Feb. 21**, "Teenage Substance Abuse.."; on **Mar. 13** "Coping with Stress"; on April 17 "How to cope with Bullying". Sessions are with professionals and held at St. Ann Church in Arlington from 7:30 to 9:00 pm. Please RSVP to Catholic Charities Family Services at 703-841-2531.