

# MASS INTENTIONS

## Monday, July 23

### *Saint Bridget, Religious*

6:30 Meredith Roberts †  
9:00 Jay LaMonica †  
8:00 Lauren Zuber

## Tuesday, July 24

### *Saint Sharbel Makhluf, Priest*

6:30 Daniel J. Scully †  
9:00 Lucille Calderazzo †

## Wednesday, July 25

### *Saint James, Apostle*

6:30 Christina Dunn †  
9:00 Mary V. Scully †

## Thursday, July 26

### *Saints Joachim and Anne,*

### *Parents of the Blessed Virgin Mary*

6:30 Dave and Ellie Clem  
9:00 Melissa Elias

## Friday, July 27

### *Weekday*

6:30 Chester Sugierski, Jr. †  
9:00 Modesto Robles †

## Saturday, July 28

### *Weekday*

8:15 Robert J. Burke, Sr. †  
5:00 Philip Katz †

## Sunday, July 29

### *Seventeenth Sunday in Ordinary Time*

7:30 Fred Baumgartner †  
9:00 Patrick McDonough †  
10:30 People of the Parish  
12:00 Katie Zuber

## ETERNAL REST GRANT UNTO THEM, O LORD

† William Colwell †  
† Teresa Schneider †

## HOLY FATHER'S PRAYER INTENTIONS JULY

### **Evangelization – Priests and their Pastoral Ministry**

That priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests.

## IN TESTIMONIUM...

Did you know that the World Health Organization in 2005 declared the combined hormonal contraceptive to be a group 1 carcinogen and “a known and probably cancer-causing agent to humans”? But that is not why it is wrong but it should make you want to learn more.

This coming Wednesday is the fiftieth anniversary of *Humanae Vitae*, the encyclical letter published by Pope Paul VI. Please read the original document and, just as importantly, read those who can help you understand it.

Until my second year of the seminary when I heard the lecture “Contraception, Why Not?” by the professor Janet Smith, I acknowledged this teaching of the Church but did not understand its necessity. God bless the benefactor who sent an audio tape for each of the seminarians.

Professor Smith has updated her talk over the decades. A transcript of the original can be read online: (<https://ntrda.me/2NViAaN>) and the updated talk is being sold by Lighthouse Catholic Media (<http://bit.ly/cracking-the-myths>). *Would you like to help us buy a copy for each household in the parish?*

Kimberly Hahn provides another powerful witness. Her father was a Protestant minister and her husband is Dr. Scott Hahn. Grappling with the Church's teachings on family life and artificial contraception *eventually led her to conclude* that the Roman Catholic Church is the Church founded by Christ. You can hear her online under the title “A Pastor’s Wife’s Journey Home” (<https://goo.gl/WxujQQ>).

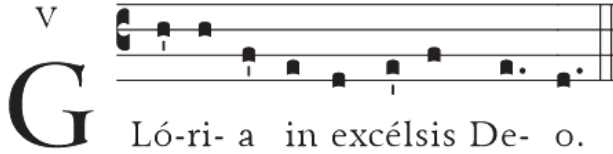
Over the course of the next year we plan to have a monthly lecture series on *Humanae Vitae* that will bring to St. John some of the other great with powerful voices on this critical topic.

In the meantime I encourage you to look up Dads.org by Stephen Wood and subscribe to his newsletter. His piece for July is entitled “Five Reasons Why Contraception is an Awful Idea”. You can see it online even if you do not have a subscription: [bit.ly/Dads-Newsletter-July-2018](http://bit.ly/Dads-Newsletter-July-2018)

Did you know that the divorce rate for those couples practicing Natural Family Planning is less than two (2) percent? That is not why it is good but it should make you want to learn more.

God bless you.

Fr. Christopher J. Pollard

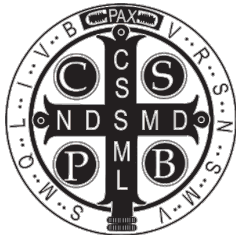


## SACRED MUSIC APPRENTICESHIP

The Sacred Music Apprenticeship at St. John the Beloved provides musical and liturgical training for 11th-12th grade high school students who wish to serve at Mass through sacred music. Apprenticeships are offered in two tracks: **cantor** and **organist**. In both tracks, students receive regular formal instruction in theology, history, music and planning of the liturgy as well as practical experience assisting at the liturgy. Graduates of the Apprenticeship will understand their spiritual and practical role in the liturgy, have the training to plan and lead music for the liturgy, and be well-poised to continue further education after high school if they so wish.

## SAINT BENEDICT CANTORUM

*"whatever good work you begin to do,  
beg of Him with most earnest prayer to perfect it."*



### LISTEN,

### All Young Men, grades 7 - 12

Starting this September, we invite you to join the Saint Benedict Cantorum, a young men's group devoted to praying together and singing the 9:00 a.m. Mass twice a month.

We will meet every Sunday at 8:00 a.m. to pray the Divine Office (Morning Prayer), read excerpts from the Rule of Saint Benedict, and rehearse music for Holy Mass.

To apply, to join or to ask a question about either program, please email the Director of Music, James Senson at [JSenson@StJohnCatholicMcLean.org](mailto:JSenson@StJohnCatholicMcLean.org)

## EUCHARISTIC HOLY HOUR

The Arlington Division of the World Apostolate of Fatima (the Blue Army) will sponsor a diocesan wide Eucharistic Holy Hour on Sunday July 22 from 3 - 4 pm in the Perpetual Adoration Chapel at Our Lady of Angels Church, 13752 Mary's Way, Woodbridge. We hope you can join us to pray for world peace through the conversion of souls. conversion of souls.

## DIVINE MERCY CARE and ASLAN'S ARMY APOSTOLATE of ST. VERONICA CHURCH

will host two free of charge pro-life speaking events at St. Veronica Catholic Church in Chantilly. These talks will inform you about the religious and political dynamics within the pro-life movement. Both events will be in the parish hall.

### Terry Beatley - Friday, August 10th @ 7:30pm

Terry Beatley will be speaking on her new book [What if We've Been Wrong](#) and keeping her promise to the abortion king Dr. Bernard M. Nathanson. Terry Beatley was asked contritely by Dr. Nathanson to publicize and expose his purposeful deceit of the Catholic voter regarding pro-life politics and what it has meant as a policy standpoint.

### Ken Cuccinelli - Wednesday, September 12th

@ 7:30pm (actual talk will begin after evening Mass)  
Ken Cuccinelli will be speaking on President Trump's Supreme Court nomination, Justice Brett Kavanaugh and what that means for *Roe v. Wade*, the pro-life movement.



This monthly newsletter encourages readers to fall in love with their Faith, become more intimate with God, be devoted to the Sacraments and confidently and joyfully spread the Gospel. Find practical ideas that promote faithful Catholic living and become more active in your faith!

Look for this monthly newsletter in the Bulletin Box by the exit doors. They are printed on colored paper and sit behind the weekly bulletin. Please take one and share.

**ATTENTION CLASS OF 2018...**

The Associates of St. John Bosco invites rising college freshmen to attend a College Night at one of the following parishes:

July 25th - St. Mary's in Fredericksburg  
(Location: Parish Life Center)

College Nights are free to all students and provide resources and support for keeping your Catholic faith when entering college this fall. Catholic student representatives from George Mason, UVA, The University of Mary Washington, William & Mary, Virginia Tech and other private and public schools will be on hand to share their experiences of being a Catholic college student. This is a great opportunity to network with other Catholic students and to receive resources for the transition to college only a few months away. The Nights begin at 7:00 PM, and students are encouraged to wear their college t-shirt to the event! To register for one of the College Nights and for additional information, visit our website at [www.asjb.org](http://www.asjb.org). Registration is limited to 50 students per night.

**PURITY IS POSSIBLE**

*"Purity is possible for everyone. Purity is a state of peace in which your sexual desires and actions are in full agreement with your ideals. Living according to our ideals always brings us joy, and everyone can learn how to bring their actions into accord with their ideals through well crafted practice."*

These words are from the website *Purity is Possible*. Do you know someone who struggles with an addiction to pornography? The beautiful website and apostolate [www.PurityIsPossible.com](http://www.PurityIsPossible.com) is the work of Dr. Kevin Majeres, Director of the Harvard Study Center. Through the wisdom and science of behavioral therapy overcoming addictive behaviors is made possible. Learn how to gain mastery over cravings, anxiety and distraction. Find many reasons for hope from this cutting edge program.

**ALTAR SERVER PICNIC  
WITH BISHOP BURBIDGE**

Bishop Burbidge invites all altar servers to join him for the annual picnic on Thursday, July 26, from 10:00 a.m. - 2:00 p.m. Our seminarian Sir Charles will be leading a merry band from St. John. There will be a cookout, sports, games and prizes. Contact the parish office for details.

**MARYMOUNT UNIVERSITY  
BASKETBALL CAMPS**

Boy's Camps (rising 2nd – 10th grade)

Session I: July 30 – August 3

Session II: August 6 – 10

Questions? Contact Coach Rogers – [hrogers@marymount.edu](mailto:hrogers@marymount.edu)

**PAUL VI CATHOLIC HIGH SCHOOL...**

...is currently accepting registrations for summer camps for all ages and interests from fine arts to athletics. Please visit <https://pvisports.net/main/camp>

**DIOCESE LAUNCHES NEW PODCAST**

'Searching for More' features interviews and discussions on a range of topics affecting Catholics in today's world. Guests include clergy, local Catholics, doctors, technology experts, Catholic news anchors, and even Hollywood actors starring in epic biblical dramas.

In addition to interviews, some podcasts will emanate from inspiring talks, speeches, homilies, and lectures given throughout the Diocese. The podcast is dedicated to the patronage of our diocesan saint, St. Thomas More. 'Searching for More' joins the 'Walk Humbly' and 'Catholic Herald' podcasts as diocesan audio offerings.

**Sign Up For the Diocesan E-Newsletter!**

Receive special video messages from our bishop, learn about unique opportunities to get involved, and be the first to know the news about our Diocese — straight to your inbox. Sign up here: <http://bit.ly/CDAsignup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 22	July 23	July 24	July 25	July 26	July 27	July 28
4:00pm Vespers	7:30pm Legion 8:00pm Latin Mass	8:00pm Hoops	ADORATION 9:30am–7:30pm  Confessions Hourly 10:00am–6:00pm 7:00pm Holy Hour		Youth Group Kings Dominion Trip	8:45am Confessions  3:30pm Confessions



## FROM THE SEMINARIAN...

Ignatian spirituality provides us with a very powerful means of developing a better relationship with God. Our journey towards holiness requires us to listen constantly to God, attentive to His will for us and it is only by following His will that we can become the best person God wants us to be, the best version of ourselves. Where are we in terms of our relationship with God? St. Ignatius of Loyola wrote about twelve stages or steps to holiness which I will expound upon over the next few weeks. They serve as indicators of where we are, what challenges await us, and what we can anticipate.



The big message that I wish to convey this week is have hope and persevere. Creating an openness to God, facilitating an open line of communication unencumbered by sin, is our objective, so as to permit Him to guide our lives. However, arriving at this goal has many challenges which St. Ignatius identifies for us and which can prevent us from hearing God's voice. Stage one, called 'the regressing Christian,' is someone who is stuck in a cycle of perpetual sin. The person who is content to live like this feels no regret; however, the Christian seeking holiness feels pain and remorse. This remorse serves as a catalyst to change.

An attachment to sin prevents us hearing God's voice and allowing God to help us grow in grace. We suffer from concupiscence which makes sin attractive to us, but fortunately for us God understands our situation hence He gave us the Church and the Sacraments to help us. If you identify as a regressing Christian do not despair, have hope and continue to persevere, for each time we fall, we must pull ourselves back-up by our bootstraps, a task made easier with God's grace. Go to confession and keep praying. It is vitally important that you attend Mass even if you are unable to receive the Eucharist. Place yourself in the presence of our Lord to receive strength. Have hope and do not succumb to despair for that comes from Satan who seeks to keep you down and away from God's grace.

We must never lose our faith and trust in God, for with His help we will prevail. Nothing is impossible with God, therefore give Him everything. Our attachment to sin is a major obstacle to hearing God's voice in prayer, yet He knows our struggles. Despite our failures and the hurt we constantly cause Him, God loves us all the same, more than we could ever possibly imagine. So, we ask our Blessed Mother for her help and intercession in overcoming whatever sins we are struggling with, to remove any obstacles that may be preventing us from hearing God's voice and allowing Him to really work in our lives, to make us instruments of His mercy.

Charles C. Wilton

## ST. JOHN'S YOUTH MINISTRY

### KING'S DOMINION (7/27)

Mark your calendars for a day of fun! All rising 7th - 12th grade students, graduated seniors, and families are invited to join us for Diocesan King's Dominion Day, Friday, July 27th. We will be attending 9:00 a.m. Mass at St. Mary of the Immaculate Conception in Fredericksburg. Tickets are \$40.

For more information or to sign up *or to make a donation*, please contact James Clement:

[JClement@StJohnCatholicMcLean.org](mailto:JClement@StJohnCatholicMcLean.org)

703-356-7916

## SJB YOUNG ADULT MINISTRY

### BOOK DISCUSSION (7/25)

Continues next Wednesday, July 25th. Open to those 18 - 30 years of age. The evening starts with 7:00 p.m. Holy Hour in the church followed by drinks, snacks, and group discussion on the book "God Is Not Nice" by Ulrich Lehner in the Teacher's Lounge. For more information and/or to be put on the email list, please contact:

James Clement

[JClement@StJohnCatholicMcLean.org](mailto:JClement@StJohnCatholicMcLean.org)

703-356-7916

## PARISH NEED FOR SUMMER VOLUNTEERS WEDNESDAY EUCHARISTIC ADORATION

The Parish has need of Adorers for the following hours:

- 1 - 2 p.m.
- 2 - 3 p.m.
- 4 - 5 p.m.
- 5 - 6 p.m.



Please email Ann Thunder at [ThunderGroup@iCloud.com](mailto:ThunderGroup@iCloud.com) if you could keep watch with the Lord for just one (1) hour each Wednesday.

## THE BEST CATHOLIC CONTENT. ALL IN ONE PLACE.



Log in using your  
**PARISH CODE X8DEVW**

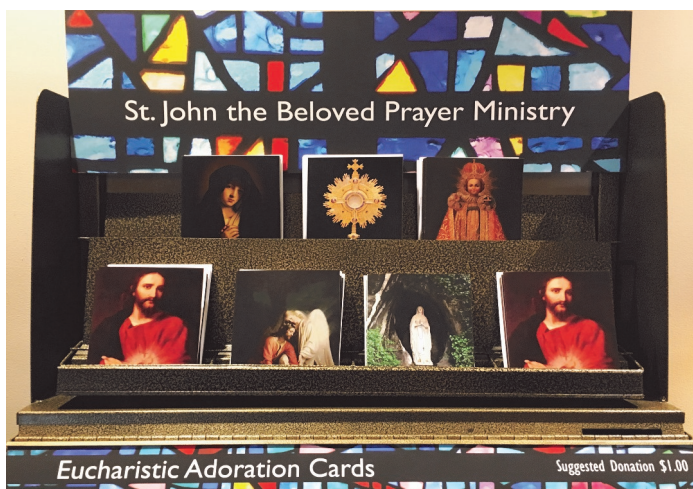
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**EUCCHARISTIC ADORATION CARDS**

Consider spending precious time with our Lord in prayer and offering that time for the need of a family member or friend. Let them know you were holding them up in prayer by sending a Eucharistic Adoration Card with the following notation:

*I have made a private Holy Hour before  
the Blessed Sacrament for you  
and for all the intentions which are dear  
to your heart.*



Each card is designed with a beautiful image and meaningful prayer, appropriate to occasions of suffering and sorrow as well as peace and rejoicing.

Suggested donation of \$1 to cover printing costs.

**HAVEN of Northern Virginia**

Haven is committed to offering support, compassion, information, and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss by helping them cope with feelings of fear, loneliness, and a host of other emotions associated with grief.

**Summer Workshop "Journey through Grief"**

Saturday, July 28, 2018; 2-4 p.m.

Registration requested: email [havenofnova@verizon.net](mailto:havenofnova@verizon.net) or call 703-941-7000

**Volunteer Opportunities**

For information and to register: call 703-941-7000 or email [havenofnova@verizon.net](mailto:havenofnova@verizon.net)

Married love is a total and complete kind of friendship between the sexes.

It is a love both exclusive and faithful, yet it is also by its very nature productive and inclusive of the gift of new human life.

Follow us on:

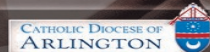


@arlingtonchurch



@arlingtondiocese

HV50 | #AskTheQuestion

**REMEMBER IN PRAYER**

Carmel Broadfoot	Christopher Katz
Mary Elizabeth Bergen	Dorothy Kottler
Salvatore Calabro	Sharon LeMaster
John Cartelli	Sue Malone
John Paul Charles Carver	Carmella Manetti
Virginia Connelly	Cristina Marques
Sheila Corallo	Diana Meisel
Elke D'Amico	Bonnie Moran
Richard DeCorps	Veronica Nowakowski
William Dunne	Anita Oliveira
Joe Elias	Briner Orillo
Tara Flanagan-Koenig	Mary Pistorino Reilly
Susan Glover	Patricia Richer
Francesca Greco	Shelby Rogers
Paul Griffith	Thomas Rosa
Edward M. Hallinan III	Avery Schaeffer
Jack Halpin	Merle Shannon
Arnold L. Harrington III	Gloribeth Smith
Emily Hazlett	Carolyn Steinhoff
Agnes Henley	Bill Sullivan
Mark Johnson	Mary Warchot
Andrew Katson	Marie Wysolmerski



*God bless and protect all our family members and parishioners who are serving in the military and civil service for our defense, especially...*

Robert Ayala	Robert B Smolar
Jonathan Choo	Michael Shipley
Nicholas Galvan	Kimberley Templer
Harry Griffith	Michael Templer
Bill Jones	Jesus Toledanes
Brendan Murphy	Alex Trujillo
Lynn Partik	Justin White