

# MASS INTENTIONS

## Monday, March 23

### *St. Turibius of Mogrovejo, Bishop*

6:30 Rita Sewall †  
 9:00 Gordon Weidelman †  
 8:00 Lara Crouch

## Tuesday, March 24

### *St. Oscar Romero, Bishop & Martyr*

6:30 Daniel T. Fentozzi  
 9:00 Ria & Carl Bocke †

## Wednesday, March 25

### *The Annunciation of the Lord*

6:30 Lee & Giuletta Bockhorn  
 9:00 Ursula Nikolaus †

## Thursday, March 26

### *Lenten Weekday*

6:30 Niel Haley †  
 9:00 Waltraud Tares

## Friday, March 27

### *Lenten Weekday*

6:30 Catherine Toohey †  
 9:00 Susa & Hans Kuhn

## Saturday, March 28

### *Lenten Weekday*

8:15 Modesto Robles Jr. †  
 5:00 Modesto Steiner Robles

## Sunday, March 29

### *Fifth Sunday of Lent*

7:30 Grace Susan Oravec †  
 9:00 David Johnson  
 10:30 People of the Parish  
 12:00 George Kiesel

## ETERNAL REST GRANT UNTO THEM, O LORD

† MILDRED HALLINAN †

† DYLAN WILLETTE†

† ANNE MAUM MCLAUGHLIN †

## HOLY FATHER'S PRAYER INTENTIONS FOR MARCH 2020

### Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

## IN TESTIMONIUM...

### 22 March 2020

My self-inflicted confinement is almost over. I shall be back on Thursday the 26<sup>th</sup>. In the last two weeks the world has changed. We have not seen churches closed since the 1918 outbreak of the Spanish Flu. This Lent started in modern comfort but will proceed with the rigor that Christians have known before.

We are afraid for good reason. Comparisons of coronavirus to regular influenza might calm some of our fears and they might bring us to the realization that we may have been spreading disease and death rather casually.

Even though Christians, who know the Resurrection of Christ and who look forward to eternal life, can be unafraid if not even indifferent to death, we must understand and sympathize with those who know only this earthly life. Equally tragic are those non-believers who experience the glory and beauty of life and those who know only suffering. Death is equally cruel to both.

Pondering the accounts of creation in Genesis brings the realization that the most splendid work of God in all the visible universe is man made male and female in the image and likeness of God. That is you. You are the most magnificent of all physical creatures. Nonbelievers wanting to live as long as possible is hardly a fault. It makes sense. Yet the tragedy of death coming from sin should be felt most strongly by us.

The news that changed the world most dramatically is that brought to the Blessed Virgin Mary by the Archangel Gabriel. In three days we celebrate the Annunciation, the Feast of the Incarnation. Instead of coming as a disembodied voice from heaven, the Word of God is incarnate. With this body He will live our life and will suffer and die for our salvation. With His human body and soul, Jesus shows us the fullness of what it means for us to be human. We were made for eternal union with the Holy Trinity.

In the months ahead we can expect much of life to return to normal. I pray that being deprived of the Holy Eucharist will make our hearts grow fonder. The gift of the Blessed Sacrament is reality of Christ's Incarnation overcoming the barriers of time and space. In Holy Communion we experience an earthly fullness that is only a taste of the life of heaven.

Living in the state of grace, which we received in Baptism and have restored in the Sacrament of Penance, was the task of medieval penitents who spent Lent without the Blessed Sacrament since they were preparing for Holy Communion on Easter. Now we are all penitents.

God bless us every one!

Fr. Christopher J. Pollard

"Jesus Christ is the same yesterday and today and forever." Heb 13,8

## FOURTH SUNDAY OF LENT

### ST. JOHN THE BELOVED PRAYER CHAIN

You are invited to join the *St. John the Beloved Prayer Chain*. We are an email group of several hundred souls dedicated to praying for the intentions of our St. John Community. Prayer requests are sent by the coordinator via email along with suggested prayers for each intention. All members of our parish and school family are welcome to join us in prayer. Join - [bit.ly/PrayerChainSignUp](https://bit.ly/PrayerChainSignUp)  
Questions or Prayer Requests - [StJohnPrayerChain@StJohnCatholicMcLean.org](mailto:StJohnPrayerChain@StJohnCatholicMcLean.org)

### HELP A PARISHIONER

A young St. John parishioner born in 1997 is in need of a kidney donor. If you or someone you know is open to becoming a kidney donor, regardless of where the potential donor lives, please visit the website for the MedStar Georgetown Transplant Institute:  
<https://mgti.donorscreen.org/register/donate-kidney>  
The young man's name and date of birth, which will be needed for registration, can be provided by Fr. Pollard ([fr.pollard@stjohncatholicmclean.org](mailto:fr.pollard@stjohncatholicmclean.org)). Donors can be reimbursed for lost wages and other expenses. Since the recipient is 22 years old the preferred donor age is between 21 and 49. However doctors are allowing older candidates to be tested since the finding of such a qualifying living donor could make available the needed transplant through the Paired Kidney Exchange.

*Live the Message  
Fatima*

*Peace Through Prayer & Penance*



- 8:30am–12:00pm each day
- Rising Kindergarten–6th Grade
- Cost: \$80/child, family max of \$200

For more info or to register, visit:  
[www.stjohncatholicmclean.org/VBS](http://www.stjohncatholicmclean.org/VBS)

or email:  
[mjacobeen@stjohncatholicmclean.org](mailto:mjacobeen@stjohncatholicmclean.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 22	March 23	March 24	March 25	March 26	March 27	March 28
			<b>ADORATION</b> 10:00am–7:30pm <b>Confessions Hourly</b> 10:00am–7:00pm	<b>Pray at the Falls Church Abortion Center</b> 7am-7pm		8:45 Confessions          3:30pm Confessions

## ABOUT SPIRITUAL COMMUNION

St. Teresa of Avila in *The Way of Perfection*

“When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.”

St. John Vianney

“If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive the good God. Communion is to the soul like blowing a fire that is beginning to go out, but that has still plenty of hot embers; we blow, and the fire burns again.”

St. Leonard of Port Maurice

“In order to facilitate a practice of such great excellence, ponder what I have to say. When the priest is about to give himself Communion in holy Mass, do you, keeping composed externally and internally, excite in your heart an act of true contrition, and humbly striking your breast, in token that you acknowledge yourself unworthy of so great a grace, make all those acts of love, of self-surrender, of humility, and the rest, which you are accustomed to make when you communicate sacramentally, and then desire with a lively longing to receive your good Jesus, veiled in the sacrament for your benefit. And to kindle your devotion, imagine that most holy Mary, or some saint, your holy advocate, is holding forth to you the sacred particle; figure yourself receiving it, and then, embracing Jesus in your heart, reply to Him, over and over again, with interior words prompted by love: “Come, Jesus, my Beloved, come within this my poor heart; come and satiate my desires; come and sanctify my soul; come, most sweet Jesus, come!” This said, be still; contemplate your good God within you, and, as if you really had communicated, adore Him, thank Him, and perform all those interior acts to which you are accustomed after sacramental Communion.”

“If you practice the holy exercise of spiritual Communion several times each day, within a month you will see your heart completely changed.”

Pope Benedict XVI

*Sacramentum Caritatis*

“Even in cases where it is not possible to receive sacramental communion, participation at Mass remains necessary, important, meaningful and fruitful. In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope John Paul II and recommended by saints who were masters of the spiritual life”.

## ACTS OF SPIRITUAL COMMUNION

At Thy feet, O my Jesus, I prostrate myself  
and I offer Thee repentance of my contrite heart,  
which is humbled in its nothingness and in  
Thy holy presence.

I adore Thee in the Sacrament of Thy love,  
the ineffable Eucharist.

I desire to receive Thee into the poor dwelling  
that my heart offers Thee.

While waiting for the happiness of  
sacramental communion,

I wish to possess Thee in spirit.

Come to me, O my Jesus, since I,  
for my part, am coming to Thee!

May Thy love embrace my whole being in life and in  
death.

I believe in Thee, I hope in Thee, I love Thee. Amen.

Rafael Cardinal Merry del Val

As I cannot this day enjoy the happiness  
of assisting at the holy Mysteries, O my God!

I transport myself in spirit at the foot of Thine altar;  
I unite with the Church, which by the hands of the priest,  
offers Thee Thine adorable Son in the Holy Sacrifice;  
I offer myself with Him, by Him, and in His Name.

I adore, I praise, and thank Thee,  
imploring Thy mercy, invoking Thine assistance,  
and presenting Thee the homage I owe Thee as my Creator,  
the love due to Thee as my Savior.

Apply to my soul, I beseech Thee, O merciful Jesus,  
Thine infinite merits; apply them also to those  
for whom I particularly wish to pray.

I desire to communicate spiritually, that Thy Blood may  
purify, Thy Flesh strengthen, and Thy Spirit sanctify me.

May I never forget that Thou, my divine Redeemer,  
hast died for me;

may I die to all that is not Thee,  
that hereafter I may live eternally with Thee. Amen.

O Immaculate Queen of Heaven and Earth,  
Mother of God and Mediatrix of every grace:

I believe that Thy dearly beloved Son,  
Our Lord Jesus Christ,

is truly, really, and substantially contained  
in the Most Blessed Sacrament.

I love Him above all things and I long to receive Him  
into my heart.

Since I cannot now receive Him sacramentally,  
be so good as to place Him spiritually in my soul.  
O my Jesus, I embrace Thee as One who has already come,  
and I unite myself entirely to Thee.

Never permit me to be separated from Thee. Amen.



## FOURTH SUNDAY OF LENT

**GET READY TO GO DEEPER THIS LENT  
WITH FORMED.ORG**

### LENTEN REFLECTIONS

EXPERIENCE THE CATHOLIC FAITH IN A WHOLE NEW WAY

**THE BEST CATHOLIC CONTENT.  
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**PARISH CODE X8DEVW**

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#### HELP PREVENT INFECTION

**Wash your hands often with soap and warm water  
for at least 20 seconds**

**Use an alcohol-based hand sanitizer with at least 60  
percent alcohol if soap and water are not available**

**Cover your coughs and sneezes with a tissue,  
your sleeve or your elbow**

**Avoid touching your eyes, nose, and mouth**

**Avoid close contact with people who are sick**

**If you are sick, stay home,  
except when seeking medical care**

#### ELECTRONIC CONTRIBUTIONS TO ST. JOHN THE BELOVED

For your convenience, please sign up for  
the Faith Direct Offertory program.

[www.faithdirect.net](http://www.faithdirect.net)

VA77 is our parish code.

**PRAY FOR THE UNBORN  
AND THE ELDERLY**

In sickness and in health, in times of hurt and healing,  
we have to remember to trust God. Psalm 107:9 says,  
"For he satisfies the longing soul, and the hungry soul  
he fills with good things."



**IN THE DIOCESE OF ARLINGTON****MARCH 22 STERWARDSHIP REFLECTION**

"Not as man sees does God see, because man sees the appearance but the Lord looks into the heart."

1 Samuel 16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, car and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how we showed that love by the way we used our time, talent and treasure here on earth.

**FOURTH SUNDAY OF LENT**

"The Lord looks on the heart." Are you called to bring the Light of Christ to the world through a vocation to the priesthood or consecrated life? Call Father Michael Isenberg at (703) 841-2514 or email him at [michael.isenberg@arlingtondiocese.org](mailto:michael.isenberg@arlingtondiocese.org).

**GUADALUPE RADIO "FISHERS OF MEN" DINNER**

The Most Reverend Michael F. Burbidge will be honored for his works of evangelization at the Guadalupe Radio Network's 'Fishers of Men' Dinner at the Belle Haven Country Club in Alexandria on Saturday, April 18, 2020. The evening starts at 6 p.m. Fr. Leo Patalinghug, host of EWTN's Savoring Our Faith, will be keynote speaker. Visit GRNOnline.com to purchase tickets or to sponsor a table, or call WMET 1160 AM/103.1 FM at 877-636-1160.

**CATHOLIC CHARITIES CAR MINISTRY**

Thinking of replacing or getting rid of your old car? We have now three locations Arlington, Fredericksburg and Leesburg. Please consider donating it to Catholic Charities. We take used vehicles and transfer them directly to qualifying families in desperate need of transportation. We also accept non-working cars, which helps to fund our volunteer ministries. Donating is EASY! We handle all the paperwork; you receive an IRS donation receipt. Avoid the hassle of selling your car, simplify your life, or reclaim that space in your garage. Please email [cars@ccda.net](mailto:cars@ccda.net) or call (703) 841-3898. Non- working 1-844-527-2232

**DIOCESAN RESOURCE PAGE ON ISSUES AFFECTING THE CATHOLIC CHURCH AVAILABLE**

The Catholic Diocese of Arlington website includes a resource page where parishioners can access information regarding the recent events affecting the Church. Read the policies on child protection and responses to the crisis from Bishop Burbidge at [www.arlingtondiocese.org/childprotection](http://www.arlingtondiocese.org/childprotection)

**STATE OF THE COMMONWEALTH HEALTH**

Announcement are great.  
Personal appeals are better.  
You have permission to tell your neighbor:

"Pardon the intrusion. I am sorry for your discomfort. Your coughing and sneezing is especially disconcerting. Fr. Pollard is asking everyone who feels sick to stay home out of an abundance of caution. And if you know that you will be stuck at home for long, the priests can bring you Holy Communion."

**REMEMBER IN PRAYER**

Frank Bohan	Diana Meisel
Kathleen Bonuccelli	Bonnie Moran
Carmel Broadfoot	Veronica Nowakowski
John Cartelli	Anita Oliveira
Victoria Grace Czarniecki	Emelinda Oliveira
Richard DeCorps	Mary Pistorino Reilly
Tara Flanagan-Koenig	Shelby Rogers
Alexa Frisbie	Thomas Rosa
Susan Glover	Murielle Rozier-Francoville
Francisca Grego	Avery Schaeffer
Jack Halpin	Merle Shannon
Arnold L. Harrington III	Gloribeth Smith
Colleen Hodgdon	Glenn Snyder
David Johnson	Daniel Stadelmann
Mark Johnson	Carolyn Steinhoff
Christopher Katz	Bill Sullivan
Dorothy Kottler	Brian Turner
Sue Malone	Ana Vera
Carmella Manetti	Mary Warchot
Cristina Marques	Marie Wysolmerski
Richard Meade	

*May God bless and protect our loved ones  
in the military and civil service  
who are serving these United States  
in dangerous places, especially...*

Robert Ayala	Lynn Partik
Jonathan Choo	Michael Shipley
Nicholas Galvan	Kimberley Templer
Harry Griffith	Michael Templer
Bill Jones	Jesus Toledanes
Elisabeth Maddrell	Justin White
Brendan Murphy	Donald Yamamoto