

MASS INTENTIONS

Monday, March 30

Lenten Weekday

- 6:30 Maryann Casciato †
 9:00 Carl-Georg & Gabriele Boehne
 8:00 Suzan Mahan

Tuesday, March 31

Lenten Weekday

- 6:30 Suzan Mahan
 9:00 Karin & Bernd Kalisch

Wednesday, April 1

Lenten Weekday

- 6:30 Francisco Arvizu †
 9:00 Nicholas Choe

Thursday, April 2

St. Francis Paola, Hermit

- 6:30 Harold J. Smith †
 9:00 Patricia Pope

Friday, April 3

Lenten Weekday

- 6:30 Adrienne Hiddleston †
 9:00 Brendan Yantz †

Saturday, April 4

St. Isidore, Bishop & Doctor of the Church

- 8:15 Suzan Mahan
 5:00 Carl Crampton †

Sunday, April 5

Palm Sunday of the Passion of the Lord

- 7:30 Siegfried Wolf †
 9:00 Elaine Hennigan †
 10:30 People of the Parish
 12:00 Edward William Schroeder †

ETERNAL REST GRANT UNTO THEM, O LORD

† ALL THE FAITHFUL DEPARTED †

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...

29 March 2020

"Let us pray."

We hear those words just before we see the priest opens wide his hands in preparation to pray on behalf of everyone before the *Opening Prayer* or *Collect* and before the *Communion Prayer*.

In the Extraordinary Form of Roman Rite, always preceded by gracious exchange "Dominus vobiscum | *et cum spiritu tuo*", we also hear and see the same word and gesture just before the priest ascends the altar, after the *Creed* just before the *Offertory Antiphon*, as well as before the *Lord's Prayer* which the priest says alone for the faithful.

Notice at Mass that when the priest is praying with you or when he is praying for his own pathetic self, (*Entrance Antiphon, Confiteor, Kyrie, Gloria, Creed, Sanctus, Agnus Dei, Communion Antiphon*), he prays with his hands together.

The only exception to this in the Ordinary Form of the Mass is the *Our Father*. I have to admit that this little detail might have escaped the attention of our friends in the Vatican. Since the *Lord's Prayer* is prayed by everyone aloud, the priest's hands really should be together. Were I to send a memo to Rome, do you think anyone will listen? These days there are bigger fish to fry.

But do not think I lost my train of thought. In the Holy Sacrifice of the Mass, Christ Our Lord prays with us and He prays for us. He was made like us in all things but sin. Yet He humbly identifies with us sinners so He can die on our behalf, so that He can beseech God the Father as one of us "O Lord, be gracious to me; heal me, for I have sinned against thee" (*Psalms* 41,4), so that His perfect prayers, such as "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt" (*Matthew* 26,39), can lodge deeply in our hearts.

Not only are you watching Mass these days, the priest is also as he steps into Christ crucified and resurrected, as the Holy Spirit breathes through Him the words of eternal love for God the Father. The dialogue of the Trinity has become our conversation.

"Let us pray."

It is not just a call to attentiveness. If that were the case, the priest should say, "Quiet down so I can pray". It calls attention to one man's words being everyone's prayers. At that moment, the priest is not just a man. He is Christ. He is mankind. He is you and everyone at home watching on the screen. He is you and everyone in your minivan. He is not himself. He is your priest.

Let us pray!

Fr. Christopher J. Pollard

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

FIFTH SUNDAY OF LENT

MASS INTENTIONS WITHOUT THE WAIT

There are a number of priests at St. John and in the Diocese who are available to fulfill Mass Intentions privately and in a more timely manner than would permit if the Mass were to be added to the parish church calendar. Currently the wait for a Public Mass (how nice does that sound?) is about ten months.

If parishioners have Mass Intentions that they would like to have brought to the altar in this expeditious way, please contact the parish office.

RELIGIOUS EDUCATION NEWS

ATTN: 7th Grade Students in Private Catholic Schools or Homeschooled Preparing for Confirmation

Please contact the Religious Education Office at mmills@stjohncatholicmclean.org or 703-356-5275 and make arrangements to get your 2020 Confirmation Handbook. This handbook contains the Confirmation Registration Form, and all other paperwork and prerequisites necessary to receive Confirmation at St. John the Beloved. Confirmation will be celebrated on November 5, 2020 at 7PM.

ATTN: Parents of 2nd Grade Students Preparing for First Communion

Please contact the Religious Education Office at mmills@stjohncatholicmclean.org or 703-356-5275 and if you have *not* yet completed a registration form. First Communion will be celebrated on Saturday, May 9, 2020 at 11AM.

SEMINARIAN MAURICIO PORTILLO

St. John the Beloved Parish is starting a fund to raise money for Mauricio to purchase a new computer to aid him in his studies at the Pontifical North American College in Rome.

If you are interested in donating to this fund please send your donation in to the parish office. Any amount would be much appreciated.



ST. JOHN THE BELOVED
Vacation Bible School



June 15-19, 2020

- **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

or email:

mjacobeen@stjohncatholicmclean.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 29	March 30	March 31	April 1	April 2	April 3	April 4
			Confessions Hourly 10:00am—7:00pm	Pray at the Falls Church Abortion Center 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,
imploping 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.

FIFTH 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.
ALL IN ONE PLACE.**



Log in using your
PARISH CODE X8DEVW

FORMED

THE CATHOLIC FAITH.
ON DEMAND.

Formed.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). Donors can be reimbursed for lost wages and other expenses. Since the recipient is 23 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.

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**

FAITH DIRECT

Jesus taught in the Gospels that God desires us to make financial offerings to Him. Giving is one way we recognize that God is Lord of our lives. We know that every good and perfect gift comes from God. Giving a portion of our income back to the Church shows gratitude for these blessings.

The parish still needs your support in order to pay its usual monthly bills and provide for its operations. Our primary source of income is the Sunday Collection. You can either mail in your contribution or contribute online through Faith Direct.

Obviously, if you are not being paid right now and have financial woes of your own you are not expected to give as you normally would. Perhaps those of us who are able to maintain our fiscal situation can step up and contribute a little extra during this very trying time.

One way to contribute more easily is to sign up with the online giving service Faith Direct. You can sign up directly with them at faithdirect.net. Click on the words Give Now in the center of the page. Enter the church code VA77 and click Give Now again. This will take you to the page where you may click on Enroll in Recurring eGiving where you will be able to enter your information.

ELECTRONIC CONTRIBUTIONS TO ST. JOHN THE BELOVED

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

www.faithdirect.net

VA77 is our parish code.

NEED SOME GOOD BOOKS TO READ??

Although The Word Book and Gift Shop is closed during the COVID-19 Pandemic, & as long as our Masses are suspended ---



We are available to assist you with your purchases! Contact us at theword@stjohncatholicmclean.org with your inquiries to coordinate a pickup or to make an appointment to meet at the store between 10 am and 4 pm Monday thru Saturday. We are stocked with some newly released books including

A Pope and a President (Paul Kengor), Can a Catholic be a Socialist? (Trent Horn), Consecration to St. Joseph (Fr. Calloway), From the Depths of Our Hearts (Cardinal Sarah), & others, in addition to the April & May *Magnificat*, prayer books, cards, rosaries, crosses & statues. We also have a large Clearance section priced at 50% off. We look forward to serving you. Cash/Checks/Credit Card are accepted. Follow us on Facebook at <https://www.facebook.com/groups/689310165145213/>

IN THE DIOCESE OF ARLINGTON



MARCH 29 STERWARDSHIP REFLECTION

“Jesus said to her, ‘Did I not tell you that if you believe you will see the glory of God?’” JOHN 11:40

Many of us say that we believe in God. We go to church on Sunday. We volunteer for events at our parish. But when life gets hard, the pressure is on, when things aren't going our way, do we really believe, do we really put our trust in the Lord? When we live a life of gratitude, being thankful for the gifts we have been given, we really do see that God is providing all that we need. It opens our hearts to see God's active presence in our daily lives.

FIFTH SUNDAY OF LENT

“Did I not assure you that if you believed you would see the glory of God?” Do you believe Christ may be calling you to see the glory of the Blessed Trinity through a vocation to the priesthood or consecrated life? Call or write Father Michael Isenberg:

(703) 841-2514, michael.isenberg@arlingtondiocese.org

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 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

JOIN THE FIRST SATURDAY ROSARY TEAM

Did you know that the ‘no-show’ rate can go up by 70% when there are people peacefully praying outside an abortion facility? Please join the prayer team every First Saturday to pray the rosary at 10:30 am at the Falls Church abortion facility. The next First Saturday is April 4. The facility is located at 900 S. Washington Street, Falls Church, VA 22046 For inquiries, contact Amy McNerny at (703) 841-3817 or respectlife@arlingtondiocese.org

STATE OF THE COMMONWEALTH HEALTH

Please remember to donate blood if you are able.

Right now, American Red Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to schedule an appointment to give in the days and weeks ahead to help patients counting on lifesaving [blood](#), [platelets](#) or [AB Elite plasma](#) throughout this pandemic.

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 |