



# Saint James Catholic Church

905 Park Avenue, Falls Church, VA

[www.stjamescatholic.org](http://www.stjamescatholic.org)

703-532-8815

## September 14, 2025



### THE EXALTATION OF THE HOLY CROSS

Jesus said to Nicodemus: "No one has gone up to heaven except the one who has come down from heaven, the Son of Man." For God did not send his Son into the world to condemn the world, but that the world might be saved through him. - Jn 3:13, 17

#### Clergy

Very Rev. Paul D. Scalia, Pastor  
Rev. Charles Pavlick, Parochial Vicar  
Rev. Timothy D. Banach, Parochial Vicar  
Rev. Mauricio Pineda, In Residence  
Rev. Daniel Reuwer, In Residence  
Rev. Raymond Emedo, In Residence  
Deacon Marvin Muhat

#### Rectory Office Hours

Weekdays: 9:00am-9:00pm (closed 12:45pm-1:30pm)  
Saturdays: 9:00am-1:30pm

#### Rectory Office

905 Park Avenue, Falls Church, VA 22046  
Phone: 703-532-8815; Fax: 703-533-7644  
[receptionist@stjamescatholic.org](mailto:receptionist@stjamescatholic.org)

#### Religious Education

Phone: 703-533-1182 x104  
Sr. Regina Rosarii McLallen, IHM, Director  
[religioused@saintjameschool.org](mailto:religioused@saintjameschool.org)

#### Hispanic Apostolate

200 N. Glebe Road, Arlington, VA 22203  
Phone: 703-841-3883

#### School

830 W. Broad Street, Falls Church, VA 22046  
Phone: 703-533-1182; Fax: 703-532-8316  
Website: [www.saintjameschool.org](http://www.saintjameschool.org)  
Sister Kathryn Teresa Clemmer, IHM, Principal  
[sisterkathryn@saintjameschool.org](mailto:sisterkathryn@saintjameschool.org)

#### Mass Schedule

**Saturday Vigil:** 5:00pm

**Sundays:** 7:30am, 9:00am, 10:30am,  
Noon, 2:30pm (Spanish),  
and 7:00pm

**Daily:** 6:30am, 8:15am, and Noon

**Saturdays:** 8:30am

**Federal Holidays:** 6:30am and 8:15am

**Holy Days:** 6:30am, 8:15am, Noon,  
5:00pm, 7:00pm, and  
8:30pm (Spanish)

#### Low-Gluten Hosts

Those who need low-gluten hosts are asked to come stand at the Sacred Heart statue for Communion.

#### Adoration

**Wednesdays and Thursdays:**  
12:30pm-8:00pm

**First Fridays:**  
9:00am-Noon  
7:30pm to 8:30am on Saturday  
(All-Night Adoration)

#### Holy Hours

**Sundays:** 5:00pm  
**Third Thursdays:** 7:00pm

#### Confessions

**Wednesdays:** 7:00pm-8:00pm

**Thursdays:** 7:00pm-8:00pm

**Fridays:** 11:00am-11:45am

**Saturdays:** 3:30pm-4:30pm and  
6:30pm-7:30pm

#### Baptisms

Baptisms are done every Sunday. Please contact the Rectory office to begin making arrangements prior to the child's birth. Registration in the parish is required prior to scheduling. Both parents are required to attend a pre-baptismal program and are encouraged to do so before the birth of their child.

#### Marriage

Contact the Rectory office for information and to begin marriage preparation with one of our priests. Marriage preparation is a six-month program. No date will be set for the wedding until a priest has met with the couple.

Visit our Worship menu for more details,  
[stjamescatholic.org/sacraments/](http://stjamescatholic.org/sacraments/).

## **Saint James Catholic Church Rectory Staff**

### **RECTORY OFFICE**

905 Park Avenue, Falls Church, VA 22046  
Phone: 703-532-8815; Fax: 703-533-7644  
[receptionist@stjamescatholic.org](mailto:receptionist@stjamescatholic.org)

**Susan Ramsel, Pastor's Assistant & Office Manager**  
[sramsel@stjamescatholic.org](mailto:sramsel@stjamescatholic.org)

**Ginny Beauchamp, Records Manager**  
[gbeauchamp@stjamescatholic.org](mailto:gbeauchamp@stjamescatholic.org)  
*Sacramental records, baptisms, registrations, address changes, and room reservations*

**Sonia Grebogi, Receptionist**  
*Mass intentions*  
[receptionist@stjamescatholic.org](mailto:receptionist@stjamescatholic.org)

**Rich Blickendorfer, Business Manager**  
[rblickendorfer@stjamescatholic.org](mailto:rblickendorfer@stjamescatholic.org)

**Kara Rider, Accounting Specialist & Child Protection and Safety Coordinator**  
[krider@stjamescatholic.org](mailto:krider@stjamescatholic.org)

**Kathleen Anderson, Director of Development**  
[kanderson@stjamescatholic.org](mailto:kanderson@stjamescatholic.org)

**Don Carolina, Director of Music**  
[dcarolina@stjamescatholic.org](mailto:dcarolina@stjamescatholic.org)

**Tina Doak, Communications Specialist**  
[communications@stjamescatholic.org](mailto:communications@stjamescatholic.org)

**Amy Bigart, Youth Ministry Coordinator**  
[ym@stjamescatholic.org](mailto:ym@stjamescatholic.org)

**Disability Inclusion Committee Liaison**  
[inclusion@stjamescatholic.org](mailto:inclusion@stjamescatholic.org)



### **Convent**

101 N. Spring Street, Falls Church, VA 22046  
703-532-2388

**Sister Regina Rosarii McLallen, IHM, Superior of Saint James Convent**

### **Parish Registration**

To register with the parish or to update your contact information, call the Rectory office or email them at [receptionist@stjamescatholic.org](mailto:receptionist@stjamescatholic.org).

### **The Pope's September Prayer Intention**

**For our relationship with all of creation**—Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

### **Follow Us**

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X @St\_James\_CC



## **On The Way**

*Saint Augustine: Humility*

In the *Confessions*, Augustine relates how one day in Milan, when he was at the height of his professional life and on his way to give an important speech, he ran across a “poor beggar, drunk...and making merry.” In comparison to this jolly, intoxicated man, Augustine described himself as “goaded by greed...dragging my load of unhappiness along, and feeling it all the heavier for being dragged.” He was “laden with anxieties and fears.” He wondered how it was that this beggar in his nothingness could have more joy than he did in all his success. “His joy was no true joy, to be sure, but what I was seeking in my ambition was a joy far more unreal; and he was undeniably happy while I was full of foreboding; he was carefree, I apprehensive.”

That chance encounter was a blessed blow to Augustine's pride. In combination with his continued study, Monica's prayers, and Ambrose's guidance, it would help him recognize the essential path of humility. His pride had kept him from Sacred Scripture, which he as a rhetorician found base and vulgar. It had led him to believe that he could think his way to salvation. God had allowed him to be puffed up and he quipped, “My too much swollen face closed up my eyes.” He couldn't see the truth not through a lack of intelligence but because of his pride.

It was pride that undid us in the garden. Our first parents exalted themselves over God and fell because of it. Our restoration comes only by way of humility. “For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted” (Lk 14:11).

Humility isn't the most important virtue. Charity is. But humility is the necessary foundation that opens us to God's grace and truth. Union with Christ is accessed by a narrow gate that we can pass through only by making ourselves small. It's impossible to grow in any virtue if we're full of ourselves. No charity is possible for those unwilling to make themselves low. As Augustine discovered, the only way up is down.

Christ Himself first walked this path of humility. It's not simply that He only raises those who bow down. It's that He first made Himself lowly in the Incarnation and even more in His crucifixion. Having been brought low, He was then raised and glorified by the Father. “He humbled himself, becoming obedient to death, even death on a cross. *Because of this*, God greatly exalted him...” (Phil 2:8-9).

Christ comes in humility to draw all men to Himself. As Augustine says, “[T]o the end that they might go on no further in self-confidence, but rather should become weak, seeing before their feet the Divinity weak by taking our coats of skins; and wearied, might cast themselves down upon It, and It rising, might lift them up.”

That last line is surely autobiographical. Augustine was weary. He had tired of his battles against vice and was saddened by the vanity of his pursuits. Ultimately, the peace and joy he desired could only come through humbling himself.

Later in life, having learned this lesson, Augustine would write to a friend sage advice on Christian living: “This way is first humility, second humility, third humility, and however often you should ask me I would say the same, not because there are not other precepts to be explained, but, if humility does not precede and accompany and follow every good work we do, and if it is not set before us to look upon, and beside us to lean upon, and behind us to fence us in, pride will wrest from our hand any good deed we do while we are in the very act of taking pleasure in it.”

— Fr. Scalia

## Mass Intentions for the Twenty-Fourth Week of Ordinary Time

### Saturday, September 13

#### *Mass for The Exaltation of the Holy Cross*

5:00pm +Mary and Donald Bauer

### Sunday, September 14

#### *The Exaltation of the Holy Cross*

7:30am +Vince Joshua Bulandres

9:00am +Sosamma Mathen, Zacharia T. Coipuram,  
and Thomas Coipuram, Sr.

10:30am Pro Populo

Noon Pavlo Dvorakivsky

2:30pm The living and deceased members of  
the Sare family

7:00pm +Allie Mural York

### Monday, September 15

#### *Our Lady of Sorrows*

6:30am +Portfolio and Pedro Tapia

8:15am +File Kadeli

Noon +Robert Binda, Jr.

### Tuesday, September 16

#### *SS Cornelius and Cyprian*

6:30am +June Franey Jennings

8:15am +Consuelo Sese

Noon +Russell Ross

### Wednesday, September 17

#### *St. Robert Bellarmine; St. Hildegard of Bingen*

6:30am +Valorie Schretter

8:15am +Paul Murphy

Noon +Ralph and Patricia Smith

### Thursday, September 18

#### *Thursday of the Twenty-Fourth Week in Ordinary Time*

6:30am +Susan Boblitz

8:15am +Mary Zentgraf

Noon +Lowell Robert Delvaux

### Friday, September 19

#### *St. Januarius*

6:30am +Jeff Mills

8:15am Joseph Mehan

Noon +Vicent McAlevy

### Saturday, September 20

#### *SS Andrew Kim Tae-gon and Paul Chong Ha-sang, and Companions*

8:30am +Kathleen O'Connor Smith

#### *Mass for Twenty-Fifth Sunday in Ordinary Time*

5:00pm +Ronald Joseph Doyle

### Sunday, September 21

#### *The Twenty-Fifth Sunday in Ordinary Time*

7:30am +David E. Vanarsdall

9:00am +Kathleen Lynch

10:30am Pro Populo

Noon +Bob Alberi

2:30pm Aurelio Miller

7:00pm +Allie Mural York

## Today's Readings

### First Reading

**Numbers 21:4b-9**

"With their patience worn out by the journey,"

### Psalm

**Psalm 78:1bc-2, 34-35, 36-37, 38**

"Do not forget the works of the Lord!"

### Second Reading

**Philippians 2:6-11**

"Brothers and sisters: Christ Jesus, though he was in the..."

### Gospel

**John 3:13-17**

"Jesus said to Nicodemus: 'No one has gone up to heaven...'"

## Readings for the Week

Visit [bible.usccb.org/readings/calendar](http://bible.usccb.org/readings/calendar) for the daily readings, responsorial psalms, and gospels for the upcoming week.

## Remember in Your Prayers

### the sick of our parish family

Juan Alarcon

Thomas Duncan

Julie Neil

Joyce Babiak

Roberta Dunn

Rachel Noonan

James Banks

Katherine Garren

Esther Olivos

Beatriz Basso

Anthony L. Gerena

Carter Parry

Cory Bautista

Monica Giove

Colman Rowan

Betty Brunton

Silvia Guevara

BJ Salinas

Patricia Cavasina

Scott Herman

Kathleen Seroskie

Jane C. Checkan

Laura Lareau

Robyn Stewart

Chloe Clagg

Yolanda Machiado

Lauren Vinci

Grace Coipuram

Jose G. Martinez

Liv Wash

John Cormany

Gloria Mora

Anne Marie Willis

Mona Demien

Mildred Melmer

### the deceased of our parish family

Eleanor Bromley

Coleman Carroll O'Brien

### and please pray for all active duty military

2nd Lt. James Canady, USAF

Cpl. James Murray, USMC

1st Lt. Thomas Canady, USAF

2nd Lt. Joseph Murray, USMC

LTJG William Conroy, USN

2LT Paul Murray, USA

CDR Thomas Dixon, USN

Capt. Theresa Neubig, USMC

FN Frank (FX) Giaccio, USN

2LT Finn Roou, USA

Lt. Mathew Hayes, USN

1st Lt. Mario Suarez, USAF

Col. Jay Hildreth, USA



For changes, email [communications@stjamescatholic.org](mailto:communications@stjamescatholic.org).

### Saint James Prayer Chain

Become a praying member of the Saint James Prayer Chain. We are dedicated to praying for the intentions of our parish families and their loved ones. For more information, visit the *Saint James Prayer Chain* page under Faith Formation on [www.stjamescatholic.org](http://www.stjamescatholic.org).



- Sign up to be a praying member at <http://eepurl.com/gURddD>.
- Submit a request to [PrayerChain@saintjamescatholic.org](mailto:PrayerChain@saintjamescatholic.org).



## Parish News

### **2025-2026 Parish Speaker Series Monday, September 22nd, 7:00pm Monsignor Heller Hall**

#### **First Speaker—Dr. Robert Royal on “Saint Augustine, Love Doctor”**



Dr. Robert Royal will be our first guest for our 2025-2026 Parish Speaker Series. He is the founder and president of the Faith & Reason Institute in Washington, D.C., and editor-in-chief of *The Catholic Thing*, an online publication focused on Catholic thought and culture. Dr. Royal holds a B.A. and M.A. from Brown University and a Ph.D. in Comparative Literature from the Catholic University of America. He has taught at Brown University, Rhode Island College, and The Catholic University of America.

Our Hospitality Committee will provide light appetizers and drinks for the event. Please join us.

### **A REMINDER ON SOME OF OUR CONTINUING BIBLE AND FAITH FORMATION STUDY GROUPS.**

#### **Saint James Fraternity**

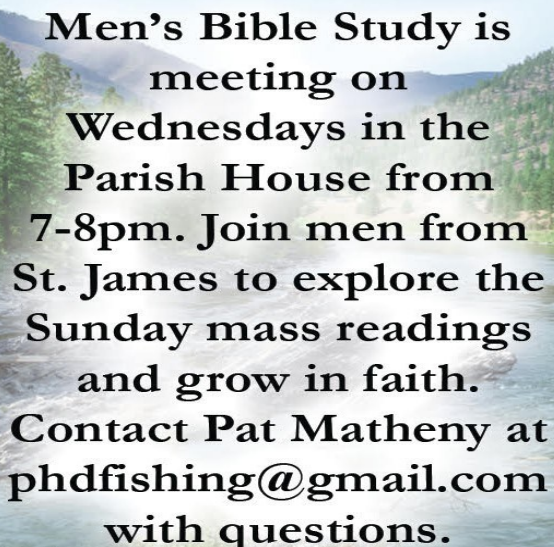
The Saint James Fraternity's format is a short talk on prayer, mortification or apostolate, followed by an examination of conscience, and an opportunity to share your accountability in these areas with your peers. It will switch over to Exodus 90 for the first 90 days before Easter. They meet year-round.

The lead of this group is Dony Mac Manus, [donymacmanus@gmail.com](mailto:donymacmanus@gmail.com).

#### **All Mothers of Young Children**

You are invited to our bible study this year on St. Paul Press' *The Bible and the Sacraments*. Our first meeting will be **Wednesday, October 1st, at 7:15pm** in the Parish House. We will meet the first Wednesday of the month through June 2026.

To join or if you have questions, email Liz Sites at [elizabethosites@gmail.com](mailto:elizabethosites@gmail.com), or Bailey Mailloux at [bailey.mailloux@gmail.com](mailto:bailey.mailloux@gmail.com).



**Men's Bible Study is  
meeting on  
Wednesdays in the  
Parish House from  
7-8pm. Join men from  
St. James to explore the  
Sunday mass readings  
and grow in faith.  
Contact Pat Matheny at  
[phdfishing@gmail.com](mailto:phdfishing@gmail.com)  
with questions.**

#### **Saturday Co-Ed Bible Study**

The co-ed Bible study has resumed meeting weekly on **Saturday mornings from 10:00am-12:00pm** in the Parish House kitchen (the back part of the house).

Join us to read and discuss the Scripture readings for the upcoming Sunday Mass. Enter via the back door. Parking is available in the lot to the right of the house.

Jeremy Dow, [colworn@gmail.com](mailto:colworn@gmail.com), is the point of contact for this group.

## Parish News (Continued)

### Parish Religious Education Program (PREP) Second Collection

This weekend, **September 13-14**, we will be taking up a second collection in support of our Parish Religious Education Program, affectionately known as “PREP.” Under Sister Regina Rosarii’s leadership, our PREP program continues to thrive with a team of dedicated catechists and assistants who diligently work to prepare our parish children to receive the Sacraments and increase their knowledge of our Catholic faith so that they may “know, love, and serve the Lord” more fully in this life. Please be as generous as you can and keep our PREP teachers and children in your prayers.



Sister Regina  
Rosarii, IHM, Prep  
Director

If you have any questions or would like to volunteer in some capacity to support the PREP program, please contact Sister Regina, 703-533-1182 x103/[dre@saintjamesschool.org](mailto:dre@saintjamesschool.org).

To donate online via Faith Direct, visit <https://membership.faithdirect.net/givenow/VA50/1490>.

### Is God calling You to be a Lay Dominican?

You are invited to join the St. Mary Magdalene Lay Dominicans for prayer, fellowship, and discussion on **Sunday, September 21st, from 5:00pm–6:45pm** in the Parish House. For more information, contact Rose Folsom, [InquiryVeritas519\(at\)gmail.com](mailto:InquiryVeritas519(at)gmail.com).

Lay Dominicans are single or married members of the Dominican Order who have responded to a call to live the Dominican way of life in their own families and occupations.

The Dominican charism is one of prayer, study, community, and apostolate. Of these, study is perhaps the most distinctive element, as Dominicans are constantly called to study scripture, the teachings of the Church, and contemporary issues in the light of Faith. We are life-long learners, who put that thirst for Truth at the service of our apostolic efforts.

A circular logo for the Middle School Dodgeball & Doctrine program. The outer ring is blue with yellow text. The inner circle is yellow with blue text. It features three stars and a QR code. The text includes 'MIDDLE SCHOOL', 'GRADES 6-8', 'SUNDAY, SEPTEMBER 28', 'SAINT JAMES GYM', '4:00 PM-6:00 PM', 'SCAN THE QR CODE TO SIGN UP!', and 'DODGEBALL & DOCTRINE'. A small logo for Saint James Catholic Church Youth Ministry is also present.

**MIDDLE SCHOOL**  
GRADES 6-8  
**SUNDAY, SEPTEMBER 28**  
**SAINT JAMES GYM**  
**4:00 PM-6:00 PM**  
SCAN THE QR CODE TO SIGN UP!  
**DODGEBALL & DOCTRINE**  
**TOPIC: JESUS AS TRUE GOD AND TRUE MAN**

A poster for 'Finishing the Race' with a background image of a person in a white robe lying down, possibly Jesus, being attended to by others. The text is in bold black letters.

**FINISHING THE RACE**  
THE CATHOLIC APPROACH TO END-OF-LIFE ISSUES  
**THE CATHOLIC UNDERSTANDING OF DYING, DEATH, & BURIAL**  
**SATURDAY, SEPTEMBER 20, 2025**  
**9:00AM-NOON IN MSGR. HELLER HALL**  
**MEDICAL, LEGAL, & PRACTICAL CONSIDERATIONS**  
**SATURDAY, OCTOBER 25, 2025**  
**9:00AM-NOON IN MSGR. HELLER HALL**  
**PROVIDING FOR THE FUTURE: PLANNED GIVING SEMINAR**  
**SATURDAY, NOVEMBER 22, 2025**  
**9:00AM-NOON IN MSGR. HELLER HALL**  
**MORE DETAILS TO FOLLOW**

## Parish News (Continued)

### Fall Parish Catholic Youth Organization Sports

Saint James has a very active Catholic Youth Organization (CYO) sports program that is a healthy outlet of physical activity for kids while fulfilling the mission of reinforcing important Catholic values through cooperation, respect, sportsmanship, responsibility, leadership, competitiveness, and courtesy. It promotes parish and school pride. Boys and girls in grades 3-8 enrolled at Saint James School or children of parishioners who are attending the PREP program are welcome to participate.

Registration for the following CYO sports is now open at <https://reg.sportspilot.com/106543/>.

- **Track and Field/Cross Country**

- ◊ Rockets will improve and test their throwing, jumping, and running abilities. Practices are Thursdays (5:00pm-6:00pm in B Lot), Saturdays (8:00am-9:00am at Cherry Hill), and Sundays (time TBD at Bishop O'Connell track). For more information, email [track@saintjameschool.org](mailto:track@saintjameschool.org).

- **Tennis**

- ◊ Rockets will play matches against other Catholic schools on Sunday afternoons, beginning this weekend and continuing through November 2nd. For more information, contact Coach Matt Borman, 703-489-0048 or [mljjalfc@rcn.com](mailto:mljjalfc@rcn.com).

- **Cheerleading Coach Needed**

- ◊ We are looking for an enthusiastic parent to help coach our cheer squad open to 4th-8th grade girls and coached by adult volunteers who are assisted by local high school cheerleaders. For additional information, contact our CYO Director Jerry Garren at [gerald.garren@gmail.com](mailto:gerald.garren@gmail.com).

### Food for Others 5K Race

The Creation Care Ministry at Saint James often donates produce from the Parish House garden to Food for Others (FFO) in Merrifield, which has been distributing food to our neighbors in need since 1995. FFO is holding its annual 5K fundraiser on **Saturday, September 27th**. If you are interested in participating or volunteering for the race or volunteering in other capacities for FFO, visit the "Get Involved" tab at [foodforothers.org](http://foodforothers.org).

Any way you can support the race would be greatly appreciated by Food for Others.

### 2025-2026 Parish Children's Choir

The Saint James Parish Children's Choir will resume weekly rehearsals starting **Wednesday, September 17th, at 6:00pm-7:00pm** in the school music room. There will be two choir groups this year—a choir for grades 3-8 and a choir for grades 9-12. Each group will perform monthly at the 9:00am Sunday Mass. To register or for questions, contact Natalie Keffalas, [nkeffalas@saintjameschool.org](mailto:nkeffalas@saintjameschool.org).

### Parish Picnic Volunteers Needed

Mark your calendars and join us for our annual fall parish picnic on **Saturday, October 4th, from Noon-3:00pm**. It is a parish community event with food, fellowship, live music, carnival games, moon bounce for the younger children, and an air extreme jumper for older children. The Falls Church Fire Department will be there from 1:00pm-2:00pm to conduct fire safety demonstrations.

This event draws 700 parishioners and requires a lot of volunteers for setup, service, and cleanup. If you would like to volunteer to help before, during, or after the picnic, we would greatly appreciate your time to ensure its success.

Visit [bit.ly/SJPicnic25](http://bit.ly/SJPicnic25) or scan the QR code below to volunteer. Email Susan Ramsel, [sramsel@stjamescatholic.org](mailto:sramsel@stjamescatholic.org), with questions.

**A PARISH/SCHOOL COMMUNITY EVENT**

**SAINT JAMES PARISH PICNIC**

**SATURDAY OCTOBER 4TH NOON-3:00PM**

HOT DOGS HAMBURGERS PULLED BBQ PORK  
CARNIVAL GAMES MOON BOUNCE AIR EXTREME JUMPER  
IRISH/AMERICAN FOLK MUSIC ICE CREAM

1:00-2:00PM FALLS CHURCH FIRE DEPT. WILL CONDUCT FIRE SAFETY DEMONSTRATIONS

**VOLUNTEERS NEEDED FOR SETUP, SERVICE, & CLEANUP.**  
VISIT [BIT.LY/SJPICNIC25](http://bit.ly/SJPicnic25) OR SCAN QR CODE.



## Parish News (Continued)



### St. Lucy Food Project FOOD DRIVE

Serving **24%**  
more client visits  
than last year





**294,530**  
individuals in the diocese  
don't have enough to eat.

Source: Feeding America 2022



**Sponsored by:**  
**Saint James Social Outreach**

**October 4, 2025**  
**10 AM – 2 PM**

**Spring Street**  
(front of Saint James Catholic Church)

**Drive up; Pop your trunk; and we do the rest!**

**Blue bag distribution after Masses on September 27-28. Return filled on October 4th.**

#### FOOD ITEMS NEEDED

(please use this list)

- ☐ Jam and Jelly\*
- ☐ Cooking Oil\*, Sugar, Flour, and Masa\*
- ☐ Tortillas
- ☐ Canned Meat and Tuna\*
- ☐ Rice and Dried Beans: 1-2 lb. bags
- ☐ Canned Beans (Dark, Kidney, Garbanzo)
- ☐ Canned Corn\* and Green Beans \*
- ☐ Canned Fruit \*
- ☐ Tomato products\*
- ☐ Shelf Stable Milk
- ☐ Cereal/Oatmeal packets
- ☐ Canned Pasta
- ☐ Condiments (ketchup, mustard, mayo)

\*Most Needed

**NO GLASS JARS PLEASE!**

**To DONATE FOOD Virtually**



### Life Corner

#### 40 Days for Life Fall Campaign— September 24-November 2

Mark your calendars for the upcoming 40 Days for Life Campaign. Come and join peaceful vigils from 7:00am-7:00pm in front of the abortion clinic at 900 S. Washington Street, Falls Church, located within our parish boundaries.



On Wednesday, our parish day, with your presence we can keep constant vigil. However, you can come any day of the week, at any time that fits your schedule. Come pray the Rosary peacefully and reverently for the protection and sanctity of human life on the sidewalk in front of the building.

**Changing hearts and minds**—To sign up for Vigil Hours in Falls Church (recommended) and learn other ways you can participate in this fall's campaign starting September 24th, visit [www.40daysforlife.com](http://www.40daysforlife.com).



**Back by Popular Demand...**  
**A Fall Prevention Presentation**  
**Thursday, September 18th**  
**5:00pm-7:30pm**  
**Monsignor Heller Hall (Door 13)**

Due to space limitations, attendees must RSVP by September 15th for the dinner and/or presentation to Kathleen McPhilomy at [kmcphilomy2@gmail.com](mailto:kmcphilomy2@gmail.com).

The Saving Claire Falls Prevention Project starts with a groundbreaking documentary. The film explores the complex nature of aging, resistance to change, and all the relatable patterns that increase fall risk. The film explores Claire's attitudes and actions, the spiral after her fall, and the dramatic events that follow.

Dr. Sara Pappa from Marymount Center for Optimal Aging will lead a lively interactive discussion and Q&A with local experts on fall prevention!

The Seniors Young at Heart are presenting this meeting which is **open to all Saint James parishioners who may be a senior or have a senior parent/loved one** who could benefit from this presentation.

- **5:00pm-5:45pm – Pizza dinner and drinks will be provided**
  - Each guest is asked to bring a dessert or salad for six to complement the dinner.
- **5:45pm-7:30pm – Presentation and panel discussion**

## Nun Fun Run's 20th Anniversary

Please join Saint James School for this year's Annual Nun Fun Run! It will be held next Saturday, September 20th, from 7:30am until 9:00am.

The first race was held on September 17, 2005, in honor of the year-long Centennial Celebration of the school. **This year we are celebrating 20 years of this race in support of Camilla Hall**—the Convent Home and Healthcare Center for our retired IHM Sisters.

We hope you all come to this wonderful event to cheer on the runners and help raise money for our beloved IHM Sisters who have dedicated their lives to serving Our Lord and our children.

If you would like to register, purchase a t-shirt, and/or donate to this event, **scan the QR code below**. If you would like to write a check, make it payable to Saint James Catholic Church with 'Nun Fun Run' on the memo line. Send it to the attention of Kathleen Anderson at Saint James Catholic Church, 905 Park Avenue, Falls Church, VA 22046. Thank you in advance for your generosity and support!

**Join us for the Nun Fun Run  
Saturday, September 20, 2025**



IHM Sisters from the first Nun Fun Run on September 17, 2005.

**Celebrate our 20th Anniversary!**

 Saint James  
CATHOLIC SCHOOL

PLEASE JOIN US FOR THE 20<sup>TH</sup> ANNIVERSARY OF THE

## NUN RUN FUN

FREE COFFEE AND  
DONUTS FOR ALL  
PARTICIPANTS!



ALL LEVELS  
AND AGES  
WELCOME!

**SATURDAY, SEPTEMBER 20, 2025**

**REGISTRATION/WARM UP BEGINS AT 7:30AM**

**1M WALK/RACE BEGINS AT 8AM**

**SAINT JAMES SCHOOL – B LOT**

830 W BROAD ST, FALLS CHURCH, VA 22046

**USE THE QR CODE TO REGISTER, PURCHASE A T-SHIRT FOR \$14  
OR MAKE A DONATION TO CAMILLA HALL**



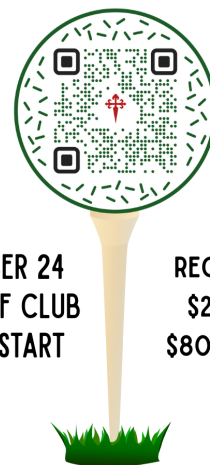
ALL PROCEEDS SUPPORT  
OUR IHM SISTERS AND THE  
CAMILLA HALL  
RETIREMENT HOME



SPONSORED BY THE SAINT JAMES PTO – ALL ARE WELCOME TO JOIN!

## 5TH ANNUAL SAINT JAMES ROCKET CLASSIC

benefitting the students at Saint James School



FRIDAY, OCTOBER 24  
WESTFIELDS GOLF CLUB  
1 PM SHOTGUN START

REGISTER TODAY!  
\$200 / PLAYER  
\$800 / FOURSOME

Unable to play but still want to support SJS?  
Use QR code to visit website or email  
[golf@saintjameschool.org](mailto:golf@saintjameschool.org) for sponsorship info!

[HTTPS://SJSPTOVA.EJOINME.ORG/REGISTER](https://sjsptova.ejoinme.org/register)



# Parish Calendar

## Monday, September 15

7:00pm-8:30pm Creation Care Ministry Parish House

## Tuesday, September 16

7:00am-7:45am Saint James Fraternity-Exodus 90 (see page 4) Parish House  
 10:00am-11:30am Well-Read Moms Book Group Parish House  
 4:00pm-6:00pm Altar Server Training Church  
 7:00pm-9:00pm PREP General Catechist Meeting Msgr. Heller Hall  
 7:30pm-9:00pm Charismatic Prayer Group Knecht Conference Room  
 7:30pm-9:00pm Legion of Mary Parish House

## Wednesday, September 17

9:30am-11:30am Women's Bible Study Knecht Conference Room  
 12:30pm-8:00pm Adoration Church  
 7:00pm-8:00pm Confessions Church  
 7:00pm-8:00pm Men's Bible Study (see page 4) Parish House  
 7:00pm-8:30pm OCIA Knecht Conference Room

## Thursday, September 18

9:30am-11:30am Co-ed Bible Study Knecht Conference Room  
 12:30pm-8:00pm Adoration Church  
 5:00pm-7:30pm Saving Claire Presentation (seniors Sep. meeting—see page 7) Msgr. Heller Hall  
 7:00pm-8:00pm Holy Hour Church  
 7:00pm-8:00pm Confessions Church  
 7:00pm-9:00pm Ladies Bible Study School Reading Room

## Friday, September 19

11:00am-11:45am Confessions Church  
 7:30pm-9:00pm Men's Group Study Parish House

## Saturday, September 20

7:30pm-9:00pm Nun Fun Run (see page 8) B Lot  
 8:30am-12:00pm Death & Dying Seminar Part 1 (see page 5) Msgr. Heller Hall  
 10:00am-12:00pm Co-ed Bible Study (see page 4) Parish House  
 3:30pm-4:30pm & 6:30pm-7:30pm Confessions Church  
 6:00pm-8:30pm Hispanic Prayer Group Msgr. Heller Hall

## Sunday, September 21

10:00am-11:15am PREP Special Needs Classes Knecht Conference Room  
 10:00am-12:30pm Ministry Fair after 9:00am and 10:30am Masses (see below) Msgr. Heller Hall  
 10:00am-2:00pm Parish Library Parish House  
 12:30pm-2:30pm Spanish PREP Catechist Meeting Msgr. Heller Hall  
 4:00pm-5:30pm Hispanic Legion of Mary Parish House  
 5:00pm-6:45pm Lay Dominicans Parish House  
 5:00pm-6:00pm Holy Hour Church



**PLEASE JOIN US**

**Parish Ministry Fair**

**Everyone has a talent or gift to share!**

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*

**1 Peter 4:10**

**Sunday, September 21st**

**after 9:00am & 10:30am Masses**

**Monsignor Heller Hall**



Connect



Grow



Serve

