



Saint James Catholic Church

905 Park Avenue, Falls Church, VA

www.stjamescatholic.org

703-532-8815

February 15, 2026



6TH SUNDAY IN ORDINARY TIME

"Again you have heard that it was said to your ancestors,
Do not take a false oath, but make good to the Lord all
that you vow." - Mt 5:33

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: See Parish website

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:

10:00am-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/.

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

Susan Ramsel, Pastor's Assistant & Office Manager
sramsel@stjamescatholic.org

Ginny Beauchamp, Records Manager

gbeauchamp@stjamescatholic.org

Sacramental records, baptisms, registrations, address changes, and room reservations

Sonia Grebogi, Receptionist

Mass intentions
receptionist@stjamescatholic.org

Rich Blickendorfer, Business Manager

rblickendorfer@stjamescatholic.org

Kara Rider, Accounting Specialist & Child Protection and Safety Coordinator

krider@stjamescatholic.org

Kathleen Anderson, Director of Development

kanderson@stjamescatholic.org

Don Carolina, Director of Music

dcarolina@stjamescatholic.org

Tina Doak, Communications Specialist

communications@stjamescatholic.org

Colleen Sullivan, Youth Ministry Coordinator

ym@stjamescatholic.org

Cara Valle, Disability Inclusion Committee

Liaison

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.

The Pope's February Prayer Intention

For children with incurable diseases—Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Follow Us

Facebook @StJamesCatholicChurch



Instagram @stjamescatholic



X @St_James_CC



On The Way

The Apostles: Peter, the Disciple

Peter was a disciple before he was an Apostle. You can't be a good superior unless you're first a good subordinate. So, Peter couldn't be the leader of Christ's disciples unless he first lived and understood that discipleship. As such, we can learn from him what it means to be a disciple of Christ. Now, Peter didn't become a disciple all at once. And that's a first thing he teaches us about discipleship: it moves in stages and grows over time. It includes successes and failures, victories and setbacks.

Peter's brother Andrew introduced him to Jesus. “[Andrew] first found his brother Simon, and said to him, ‘We have found the Messiah’ (which means Christ). He brought him to Jesus” (Jn 1:41). That brief scene reminds us that Christ comes to us through others. Discipleship is contagious; disciples make other disciples. God works through human means to draw us to himself, and from there we go out again to bring others back to Him.

The event recounted by Saint Luke (Lk 5:1-11) gives us a fuller picture of Peter's calling. Jesus chose Peter's boat as a makeshift pulpit, preaching from it to the crowds along the shore. When finished, He told Peter, “Put out into the deep and let down your nets for a catch.” Now, that was a risky proposition. What did this carpenter from Nazareth know about fishing? What would people think if Peter obeyed this command? What would become of his fishing business if people regarded him as careless? So, Peter balks: “Master, we toiled all night and took nothing!”

Discipleship involves risk. We might worry, *What will people think?* And by that worrying we allow the world's opinion to restrain us, to keep us from following. We might ask, as Peter did at one point, “Lo, we have left everything and followed you. What then shall we have?” (Mt 19:27) Becoming a disciple means trusting that our leaving everything will in fact be rewarded... although not in the way we might think. It means trusting that if we put out into the deep the Lord will provide. So, Peter relents: “[A]t your word I will let down the nets.’ And when they had done this, they enclosed a great shoal of fish...” Jesus always rewards the risks of His disciples – in abundance.

Astonished at the catch of fish, Peter fell at Jesus' knees, saying, “Depart from me, for I am a sinful man, O Lord.” That might strike us as a bit too dramatic. But it's the proper response of the creature before the Creator, of the sinner before his Savior. Peter is aware of his own weakness and perhaps intuits what it might mean for his discipleship. He acknowledges that he is unworthy to be in our Lord's presence, much less to have Him in his boat.

Peter shows us that pride has no place in a disciple's heart. Jesus does not call us because we are worthy – because of our education or GPA or resume or any other human consideration. He calls whom He wills. What's necessary for a disciple's faithfulness to Christ is humility, the acknowledgement that at any time he might be unfaithful. Only the humble awareness of our weakness can open us to the grace that makes us faithful.

Despite Peter's protestations, our Lord wasn't done. “Jesus said to Simon, ‘Do not be afraid; henceforth you will be catching men.’ And when they had brought their boats to land, they left everything and followed him.” Discipleship requires cutting ties and detaching ourselves from lesser things. But all of that, as we see in Peter and the others, is for Him. They leave everything behind for His sake, to follow Him as disciples.

– Fr. Scalia

Mass Intentions for the Sixth Week in Ordinary Time

Saturday, February 14

SS Cyril and Methodius

8:30am +Darrell Snyder

Mass for the Sixth Sunday in Ordinary Time

5:00pm +George Moore

Sunday, February 15

The Sixth Sunday in Ordinary Time

7:30am +Roman Mendiola Cosio

9:00am For the children born with MPS

10:30am Pro Populo

Noon +Mary Jo and Mike Durand, Sr.

2:30pm Very Rev. Paul D. Scalia

7:00pm +Judith Elena Anson

Monday, February 16

Monday of the Sixth Week in Ordinary Time

6:30am +Michael Regan

8:15am +All Souls in Purgatory

Tuesday, February 17

The Seven Holy Founders of the Servite Order

6:30am +Frank Lotempio

8:15am +James Fritz

Noon +Terrell Blodgett

Wednesday, February 18

Ash Wednesday

6:30am +Lara Young

8:15am +James Fritz

Noon +Margaret P. Long

5:00pm +Gervasio Sese

7:00pm +Maureen Sweeny

8:30pm Rev. Tim Banach

Thursday, February 19

Thursday after Ash Wednesday

6:30am +Dilsa Ramirez

8:15am Kate and Gordon Todd

Noon +Carol Verneuille

Friday, February 20

Friday after Ash Wednesday

6:30am Dr. Eugene and Joan Tyrrell

8:15am Joseph Stone

Noon +Gerard Ramey

Saturday, February 21

St. Peter Damian

8:30am Healing for Matthew Horton

Mass for the First Sunday of Lent

5:00pm +Mary and Rives Tilman

Sunday, February 22

The First Sunday of Lent

7:30am +Jerome Paull

9:00am +Anne Marie Himpler

10:30am Pro Populo

Noon +Bernard R. Beavan

2:30pm +Sandra Naveda

7:00pm +Jerome Eluh and Hubert Tanoh

Today's Readings

First Reading

Sirach 15:15-20

"If you choose you can keep the commandments, they will..."

Psalm

Psalm 119:1-2, 4-5, 17-18, 33-34

"Blessed are they who follow the law of the Lord!"

Second Reading

1 Corinthians 2:6-10

"Brothers and sisters: We speak a wisdom to those who are..."

Gospel

Matthew 5:17-37

"Jesus said to his disciples: 'Do not think that I have come..."

Readings for the Week

Visit 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	Gloria Mora
James Banks	Roberta Dunn	Francis Neumann, Jr.
Beatriz Basso	Dora Dee Estes	Rachel Noonan
Cory Bautista	Liana Farrell	Esther Olivos
Betty Brunton	Katherine Garren	Jerry Parker
Jim Buscher	Anthony L. Gerena	Carter Parry
Christopher Butzgy	Monica Giove	BJ Salinas
Patricia Cavasina	Scott Herman	Kathleen Seroskie
Jane C. Checkan	Laura Lareau	Robyn Stewart
Chloe Clagg	Yolanda Machiado	Christopher Szara
Grace Coipuram	Jose G. Martinez	Lauren Vinci
John Cormany	Mildred Melmer	Liv Wash
Mona Demian	Julie Neil	Anne Marie Willis
Charles Duggar		

the deceased of our parish family

Harold Bernard Burke	David Anthony Jacomet
Purnamasari Fnu	Dianne Schmidt Lips

and please pray for all active duty military

CPT Sean D. Brocato, USA	Col. Jay Hildreth, USA
2nd Lt. James Canady, USAF	Capt. Sierra Lancaster, USAF
1st Lt. Thomas Canady, USAF	Cmdr. Bruce Lee, USN
Maj. Michael Conrad, USA	Cpl. James Murray, USMC
LTJG William Conroy, USN	2nd Lt. Joseph Murray, USMC
CDR Thomas Dixon, USN	1LT Paul Murray, USA
PO3 Frank (FX) Giaccio, USN	Capt. Theresa Neubig, USMC
Pvt. Luke Harvey, USA	1st Lt. Mario Suarez, USAF
Lt. Mathew Hayes, USN	



For changes, email 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.



- Sign up to be a praying member at <http://eepurl.com/gURddD>.
- Submit a request to PrayerChain@saintjamesschool.org.

Parish News

Parish Speaker Series

Next Monday, February 23rd, 7:00pm

Monsignor Heller Hall

Dr. Timothy Lock

“Why I Hate to Forgive (but probably should anyway)”



Dr. Timothy G. Lock is a Catholic father, husband, Franciscan tertiary, clinical psychologist, and educator. The founder and director of the Goretti Center for Healing and Forgiveness, Dr. Lock has over 25 years of full-time clinical work.

He is co-author of *Choosing Forgiveness: Unleash the Power of God's Grace*.

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



Parish Religious Education Program (PREP)

830 W. Broad St., Falls Church, VA 22046 | 703-533-1182 x104 | Email: religioused@saintjamesschool.org

PREP PARENTS - MARK YOUR CALENDARS

UPCOMING DATES

- CONFIRMATION RETREAT**
 - Girls - February 21st, 10:00am-1:30pm, Monsignor Heller Hall
- FIRST COMMUNION PARENT MEETING**
 - Wednesday, March 4th, 7:30pm, Monsignor Heller Hall
 - Parents only

**SAINT JAMES
VACATION
BIBLE
SCHOOL
RETURNS!**



WE ALSO NEED RISING 6TH-12TH GRADERS AS CREW LEADERS WHO WILL BEGIN A LITTLE EARLIER AND HAVE A FEW TRAINING DAYS PRIOR TO CAMP.

WE WILL PROVIDE A NURSERY TO CARE FOR THE YOUNG CHILDREN OF ADULT VOLUNTEERS.

Parish News (Continued)

Lenten Retreat February 28th

Saint James welcomes Fr. Mark Yavarone, OMV, who will lead our Lenten Retreat entitled “*Overcoming Spiritual Discouragement: An Ignatian Path to Hope*” on **Saturday, February 28th, 8:30am-3:30pm** in Monsignor Heller Hall.

All of us experience ups and downs in our daily spiritual life: times when God feels close and we have spiritual energy, and times when that energy wanes, and we struggle with discouragement. In fourteen practical guidelines (“rules”),

St. Ignatius of Loyola offers invaluable aid toward understanding this experience, finding freedom from discouragement, and living our daily lives with joy. If this teaching is perennially important, it is more so now in such uncertain times. In this retreat, Fr. Mark Yavarone, OMV, will explore St. Ignatius’ teaching and apply it to our experience through concrete examples.



Schedule

8:30-9:00am Registration/Breakfast
9:00-9:50am First Conference
10:00-10:50am Second Conference
11:00-11:30am Mass (followed by silent prayer with Adoration)
11:30am-1:00pm Lunch
11:30am-12:30pm Confessions
1:00-1:50pm Third Conference
2:00-2:50pm Fourth Conference
3:00-3:30pm Question and Answers

For details and to RSVP, visit bit.ly/LentenRetreat2026 or scan the QR code.

Registration fee is \$50 per person payable via cash, check, or online with PayPal.

- Checks should be made payable to Saint James Catholic Church.
⇒ Mail to Saint James Catholic Church, 905 Park Avenue, Falls Church, VA 22046 ATTN: Lenten Retreat.
- Online, visit www.paypal.com/paypalme/stjamescatholic

Note “Lenten Retreat” for checks and PayPal.

Life Corner

Parish Life News—Please email Rich Hunter, stjameslife@gmail.com, to be added to the Respect Life email group to receive parish updates of pro-life activities.



STAY ALERT—Join the Virginia Catholic Conference at vacatholic.org, to keep updated on legislation which affects us as Catholics. Click on “Join us!” button in the top right corner.

Every Saturday morning at 6:45am come and pray the Rosary for the protection and sanctity of human life, led by our parish priests in front of 900 S. Washington Street in Falls Church.

Girl Scout Cookie Sales

It is that time of year again. Buy your favorite Girl Scout cookies **after the 9:00am and 10:30am Masses** for the following Sundays including this weekend:

- **February 15th**
- **February 22nd**

40 Days for Life Vigil Begins This Week

Our local 40 Days for Life Campaign will take place at the Falls Church abortion facility at 900 S. Washington St., starting **this Wednesday, February 18th, through March 29th from 7:00am-7:00pm**.

Our parish’s designated day for keeping the vigil is Wednesday. If you can come another time, you are welcome to do so. Sign up at www.40daysforlife.com/en/fallschurch. Come and pray the Rosary on the sidewalk in front of the building for an end to abortion.



40 Days for Life is an international campaign that aims to end abortion locally through prayer and fasting, community outreach, and peaceful vigils in front of abortion businesses.

Email Rich Hunter, stjameslife@gmail.com, with any questions.

Parish News (Continued)

What is a Lay Dominican—are you being called?

You are invited to join the St. Mary Magdalene Lay Dominicans for prayer, fellowship, and discussion **this weekend on Sunday, February 15th, from 5:00pm–6:45pm** in the Parish House.

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.

For more information, please contact Rose Folsom, InquiryVeritas519@gmail.com.



Embers Summer 2026

THEATER CAMP

June 15-19: *The Pygmies*

June 22-26: *The Wonderful O*

Parishioners Kiley Lawrence & Beatrice Hatch are returning to St. James to offer beginning acting camps for 8-12 year old actors.

\$300/camper.

Monday - Friday, 9am - 2pm here at St James (Heller Hall & B lot).



To register, visit emberstheatre.org/camp

YOUTH MINISTRY

Middle School

DODGEBALL
DOCTRINE
& LENTEN DESIGN

SUNDAY, FEBRUARY 22
4:00PM-6:00PM
IN THE GYM

SIGN UP 

TOPIC: POVERTY, CHASTITY, & OBEDIENCE





WORKCAMP SCHEDULE

2026

Event	Date	Location
Teen & Parent Interest Meeting	Thursday, October 23 at 7:30 pm	Knecht Conference Room
Saturday, November 22 nd at 9:15 am		Knecht Conference Room
Teen Meeting	Sunday, January 11 at 8:15 pm	Parish House
Sunday, February 22 at 8:15 pm		Parish House
Teen Meeting	Sunday, March 8 at 8:15 pm	Parish House
Friday, April 3		Saint James Catholic Church
Tool Training	Saturday, May 30 at 9:00 am	B-Lot
Saturday, June 20 at 2:00 pm		B-Lot

DEPART FOR WORKCAMP 2026!!

WorkCamp is a week-long service opportunity for youth of our Parish to serve those in need throughout the Diocese.

Visit our website for more details. Or email workcamp@stjamescatholic.org



Parish News (Continued)

SENIORS YOUNG AT HEART



**\$5 FOR 2 BINGO CARDS
\$5 ENTRANCE DONATION**

**THURSDAY, FEBRUARY 19TH
5:00PM-8:00PM
MONSIGNOR HELLER HALL**



DINNER: Lasagna. Guests bring a salad (to complement dinner) or dessert for six people

Please RSVP to one of the following:

- Susan Jackson, jacksonsusan765@gmail.com
- Kathleen at kmphilomy2@gmail.com

If Saint James School is closed, the event is cancelled.

2026 School PTO Gala & Auction
Visit saintjamessschool.org for details



INOVA/Knights of Columbus Blood Drive

The Knights of Columbus will be sponsoring its first blood drive in 2026 on **Sunday, March 1st, from 8:30am-2:30pm** at the Arlington Knights of Columbus, 5115 Little Falls Road, Arlington. Your charitable act helps INOVA to replenish its "critically low" blood supply because of the recent weather, which is shared with all local hospitals for their patients in need. The patients in need, their doctors, and medical staff are truly grateful for your "Gift of Life." We hope donors (new and returning) join us in March.

Schedule an appointment one of three ways:

- Call 1-866-BLOODSAVES (1-866-256-6372) and use Sponsor Code 6216
- Call or email Bob Muschamp with your preferred time, 703-489-2856 or bobpatmuspachamp@yahoo.com
- Visit <https://bit.ly/KOCBloodDrive>

Your single donation is a gift of life that could save the lives of up to three people. Our parish participation always helps to make these blood drives successful!

God bless you for what you do for others, as you do it for Him. Call Len Sese, Knight and parishioner, at 301-793-8184 if you have any questions.



INOVA BLOOD DRIVE



Giving the gift of life in one of the greatest forms of charity!!

**KOC 2473 Main Ballroom
5115 Little Falls Road
North Arlington**

SUNDAY, MARCH 1, 8:30AM-2:30PM



Register at <https://bit.ly/KOCBloodDrive>

Lent 2026

Ash Wednesday Mass Schedule

February 18th

6:30am

8:15am (Livestreamed)

Noon

5:00pm

7:00pm

8:30pm (Spanish)

Adoration/Confession suspended.

Ash Wednesday Mass Schedule

While Ash Wednesday is not a holy day of obligation, it is still an important day in the Church calendar as it marks the start of Lent and our season of sacrifice and spiritual preparation to joyously celebrate the Resurrection of Christ.

This year, Masses will be celebrated, and ashes distributed, on **Wednesday, February 18th**, after all Masses listed. Please make a concerted effort to attend one of these Masses to prepare yourself for the 40 Days of Lent ahead.

Please note that Adoration and Confession will be suspended due to the Mass schedule.

Extended Confessions
Wednesdays During Lent
6:30pm-8:00pm



Beginning February 25th

Join Us for Lenten Morning Prayer

Monday through Saturday
8:00am



Starts Thursday, February 19th

Lenten 10:10 Challenge Small Group

TAKE THE 10:10 CHALLENGE DURING LENT AND EASTER 2026 WITH A PARTNER OR FORM YOUR OWN SMALL GROUP AND ENHANCE YOUR GROWTH AS A DISCIPLE OF JESUS.

Groups meet for 12 weeks, beginning the week of February 22.

IF YOU ARE INTERESTED, CONTACT AMY BIGART AT ABIGART@STJAMESCATHOLIC.ORG OR SCAN QR CODE



No training or special experience is needed. The 10:10 Challenge books are designed to be a one stop shop for either individuals meeting with their friends at home or for parish-led small groups. The books contain easy-to-follow spiritual renewal practices including:

- A 1-hour weekly meet-up with your partner or group to review that week's challenge, fully guided in The 10:10 Challenge book
- Daily prayers and reflections (the 10:10 Challenge asks for a daily prayer commitment of at least 15 minutes if possible)
- Conversation guides for you and your partner or group
- Weekly videos connecting each practice to Lent or Easter
- A special Holy Week Companion to help you enter the Passion



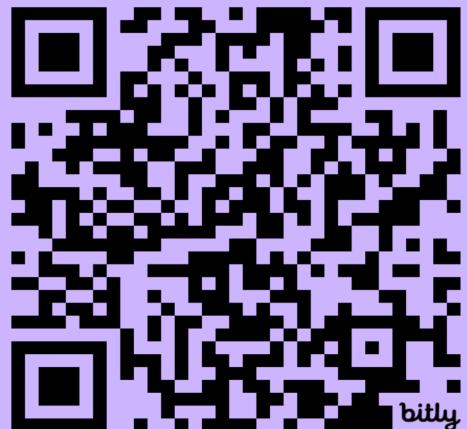
Lent 2026 (Continued)

Saint James Lenten Retreat

**Saturday, February 28th
8:30am-3:30pm**

**Monsignor Heller Hall
Registration Required**

See Page 5 for Details



Scan QR to visit our Lenten 2026 page

STATIONS OF THE CROSS EVERY FRIDAY IN LENT (STARTING FEBRUARY 20TH)



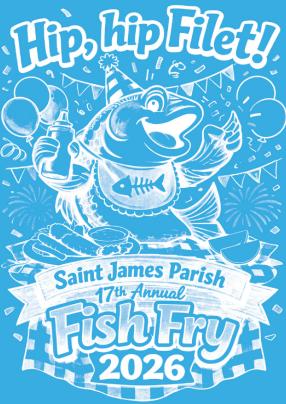
CREATION CARE MINISTRY PRESENTS...

MEATLESS RECIPES



FOR THE LENTEN SEASON

Saint James Lenten Fish Fry IT'S BACK!



**Every Friday in Lent
starting Friday,
February 20th
5:00-8:00pm**

Saint James Lenten Fish Fry

Our popular Lenten Fish Fry returns for the 17th year every Friday in Lent starting February 20th, from 5:00pm-8:00pm but volunteers are needed all day long for preparation as well as during the event.

Come early and you will be done in time to attend Stations of the Cross. There will be in-person and drive-thru options. Menu includes fried or baked fish, hush puppies, fries or baked potato, cole slaw, rolls, macaroni and cheese, and cake.

This is a great community event that requires lots of volunteers, teens and up. Lots of fun and fellowship. Scan the QR code or visit bit.ly/SJFishFry26 to volunteer.

Rescheduled St. Vincent de Paul Interest Meeting

Want To Do More for Love of God and Neighbor?

The parish office receives many calls from the less fortunate in our community, seeking assistance to pay their rent, utilities, car repairs, medical prescriptions, and other pressing needs for which they lack resources. This creates temporary family crises for which they turn to us for help. We would love to give you the opportunity to serve the poor in our community as an avenue for your continued spiritual growth. The St. Vincent de Paul (SVDP) Society, operating across the country and in 13 parishes in our Diocese, seems to offer the opportunity we're looking for.

Join the pastors and parishioners of Saint Anthony of Padua, Saint James, and Saint Philip, at our big **Three-Parish Saint Vincent de Paul (SVDP) Society Interest Meeting on Monday, February 16th, 7:00pm**, in Monsignor Heller Hall. In addition, Larry Ferguson, President of the Arlington Diocese District Council Saint Vincent de Paul Society, will be there to explain how SVDP can assist our parishes.

If you wish to learn more or to RSVP, visit our website, <https://stjamescatholic.org/st-vincent-de-paul-society-interest-meeting-for-three-parishes/> or scan QR code. You will be added to our email communications.



(l to r) Fr. Zuberbueler, St. Anthony of Padua; Fr. Scalia, Saint James; Fr. Donahue, Saint Philip; and Larry Ferguson

**See the face of Christ
As we grow in Holiness through service**
**Be the face of Christ
To those in need we serve**



THE SOCIETY OF ST. VINCENT DE PAUL

Learn more, and join us
in spirituality, service, and friendship!!

Comunidad Hispana



Vea el
Rostro de Cristo
Sea el Rostro
de Cristo



Reprogramado para
otra fecha debido a
las condiciones
meteorológicas
(inicialmente
previsto para el 27
de enero).

Está buscando un ministerio donde
pueda:

- Crecer en santidad
- Construir amistades
- Servir a los más necesitados en
su propia vecindad

Somos hombres y mujeres de
todas las edades todas las razas,
de diferentes niveles económicos,
que compartimos nuestras
bendiciones tiempo, talent, y
recursos con los que

necesitan ayuda y esperanza, sin
importar su religión, edad o
procedencia.

Ninguna obra de caridad es ajena a
la Sociedad. Únete a nuestra misión
y crece espiritualmente, en Amistad
y en servicio.

Únase a nosotras **el lunes 16 de febrero a las 7 pm** para una
reunión informa va en la Iglesia
Católica St. James en Heller Hall.
Haz clic en el código QR para
obtener información y registrarte.

Enfermos de la Comunidad

Cada domingo podemos llevar la Sagrada Comunión
a los feligreses que viven en los límites de la
parroquia y que están enfermos, confinados en sus
hogares o que están en hogares de ancianos. Si es
necesario, un sacerdote puede visitarlo para ofrecerles
la Reconciliación y la Unción de enfermos. Para más
información, comuníquese con Patricia Flores al 703-
371-5695.

Confesiones

- Miércoles y jueves 7:00pm-8:00pm
- Viernes 11:00am-11:45am
- Sábados 3:30pm-4:30pm y 6:30pm-7:30pm

Adoración

- Primeros viernes: 10:00am-12:00pm
- Primeros viernes (Adoración Nocturna): 7:30pm a
8:30am de sábado
- miércoles y jueves: 12:30pm-8:00pm

Página web parroquial en español

Haga clic en el código QR para visitar la
página de la comunidad hispana y obtener
más información, incluyendo próximos
eventos, sacramentos, misas, adoración,
confesiones, personas de contacto de los
ministerios e información de contacto.



Pastor's Lenten Appeal 2026

How to know, love, and serve Christ more deeply this Lent

Download this form from our website for your personal use and to access links.

To know him more...

- Spend 15 minutes a day reading the Bible...or read one chapter a day of the Gospels.
- Select a book from [Father's recommended reading list](#) on our website.
- Check out a spiritual book from our 1000+ volume [Parish Library](#).
- Sign up for [2Minutes2Virtue](#) on the diocesan website.
- Join a [Parish Bible Study group](#).

To love him more...

- Attend our [Parish Lenten Retreat](#) on February 28th with Fr. Mark Yavarone, OMV.
- Join the 12-week [Lenten 10:10 Challenge](#) from Evangelical Catholic's Reach More.
- Join our [Divine Mercy Cenacle](#) or [Charismatic Prayer Group](#).
- Commit to monthly confession and a nightly [examination of conscience](#).
- Make a visit to our Lord in the Tabernacle daily.
- Attend the Stations of the Cross each Friday.
- Pray a daily Rosary or Divine Chaplet with friends or family.
- Use a print or online daily devotional (e.g., [Magnificat](#) or [Give Us This Day](#)).

To sacrifice for him more...

- Fast on Wednesdays and/or Fridays.
- Avoid screens, including for work, after a certain hour each night.
- Give up sweets, alcohol, tobacco, and/or coffee.
- Give up eating out.
- Give up shopping for things other than necessary items.
- Give up or cut back on social media.
- Make a sacrificial gift to the [Bishop's Lenten Appeal](#).

To serve him more generously...

- Volunteer with [Catholic Charities](#).
- Join a [Parish Group](#) (see our website for volunteer opportunities).
- Pray outside of an abortion clinic (visit the [Respect Life page](#) for more details).
- Donate to our Social Outreach drives (food, clothing, or gift card collections).
- Invite a friend or family member back to Mass.
- Take an elderly person to church or visit the sick or homebound.
- Bring a friend or family member to the [Fish Fry](#) followed by Stations of the Cross.

Visit our Lent 2026 page: StJamesCatholic.org

BEN-DAVID WARNER

AN EVENING OF LIVE MUSIC BENEFITING CONTIGO YOUTH CLUB

SATURDAY
FEB 21
2026

DOORS OPEN
6:30PM
7-9PM SHOW

EXCITING RAFFLES
WINE & BEER SALE

ST. JAMES CATHOLIC CHURCH, HELLER HALL
905 PARK AVENUE, FALLS CHURCH, VA 22046

ADULTS \$20 ONLINE
\$25 AT THE DOOR
CHILDREN (12 & UNDER) \$10 ONLINE
\$15 AT THE DOOR
GET YOUR TICKETS ONLINE TODAY!
CONTIGOYOUTH.ORG/BENEFITCONCERT



PROCEEDS BENEFIT

CONTIGO
YOUTH CLUB

Parish Calendar

Monday, February 16	President's Day Holiday. No Noon Mass.	
7:00pm-8:30pm	Creation Care Ministry	Parish House
Tuesday, February 17		
7:00am-7:45am	Saint James Fraternity-Exodus 90	Parish House
4:45pm & 7:00pm	PREP	School/Msgr. Heller Hall
7:30pm-9:00pm	Charismatic Prayer Group	Knecht Conference Room
7:30pm-9:00pm	Legion of Mary	Parish House
Wednesday, February 18	Ash Wednesday (see page 8)	
9:30am-11:30am	Women's Bible Study	Knecht Conference Room
7:00pm-8:00pm	Men's Bible Study	Parish House
Thursday, February 19	Lenten Morning Prayer 8:00am Begins (Monday-Saturday)	
9:15am-11:45am	Co-ed Bible Study	Knecht Conference Room
12:30pm-8:00pm	Adoration	Church
5:00pm-8:00pm	Seniors Bingo Night (see page 7)	Msgr. Heller Hall
7:00pm-8:00pm	Confessions	Church
7:00pm-8:00pm	Holy Hour	Church
7:00pm-9:00pm	Women's Bible Study	School Reading Room
Friday, February 20	First Friday of Lent (see page 9)	
11:00am-11:45am	Confessions	Church
5:00pm-8:00pm	Fish Fry	Msgr. Heller Hall
6:00pm-7:00pm	Spanish Stations of the Cross	Church
7:30pm-8:30pm	English Stations of the Cross	Church
7:30pm-9:00pm	Men's Group	Parish House
Saturday, February 21		
7:15am-8:15am	Men's Prayer Group	Parish House
10:00am-12:00pm	Co-ed Bible Study	Parish House
10:00am-1:30pm	Girls Confirmation Retreat	Msgr. Heller Hall
3:30pm-4:30pm	Confessions	Church
6:30pm-7:30pm	Confessions	Church
7:00pm-9:00pm	Contigo Benefit Concert (see page 12)	Msgr. Heller Hall
Sunday, February 22		
10:00am-11:15am	PREP for Special Needs	Knecht Conference Room
11:30am-1:30pm	Young Professionals Brunch	Parish House
4:00pm-5:30pm	Hispanic Legion of Mary	Parish House
12:00pm-2:00pm	Hispanic OCIA	Knecht Conference Room
1:00pm-2:00pm	Religion Classes for Parents of Hispanic PREP	Cafeteria
1:00pm-2:15pm	Hispanic PREP	School
4:00pm-6:00pm	Youth Ministry Middle School Dodgeball (see page 6)	Gym
5:00pm-6:00pm	Holy Hour	Church
6:00pm-7:30pm	Lenten 10:10 Challenge (registered participants only)	Parish House
8:00pm-9:30pm	WorkCamp Meeting (see page 6)	Parish House
8:30pm-9:30pm	Saint James Fraternity-Exodus 90 Group 2	Parish House