



Saint James Catholic Church

905 Park Avenue, Falls Church, VA

www.stjamescatholic.org

703-532-8815

February 22, 2026



1ST SUNDAY OF LENT

Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

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

Religious Education

Phone: 703-533-1182 x104
Sr. Regina Rosarii McLallen, IHM, Director
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
Melissa Manaker, Interim Principal
mmanaker@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: 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's Failures

The only way we can grasp the greatness of Saint Peter is – ironically – to appreciate his failures. The Gospels are clear about his missteps, so we must take them seriously. Not doing so would keep us from understanding God's grace and Peter's goodness. We must do so with reverence. Too often people roll their eyes and chuckle at Peter's mistakes. Priests often use his blunders for cheap laughs at his expense. But we who lack Peter's greatness shouldn't laugh at his foibles. His weaknesses are simply the distortion of a good. He has a deep devotion to and zeal for our Lord. Unfortunately, that devotion and zeal often spills its banks, making him impetuous and rash.

On the Sea of Galilee, Jesus comes walking on the water amid the storm (see Mt 14:22-33). He reassures the Apostles in Peter's boat, "Take heart, it is I; have no fear." Not satisfied with this, Peter insists, "Lord, if it is you, bid me come to you on the water." To which our Lord responds, "Come." Peter gets out of the boat and in fact walks on water. But then, seeing the wind and becoming afraid, he begins to sink. Our Lord reaches out His hand immediately and draws him out of the waves.

At Caesarea Philippi, after his profession of faith, Peter lapses back into a worldly way of thinking and seeks to keep our Lord from the Cross (see Mk 8:27-37). Jesus rebukes him severely: "Get behind me, Satan! For you are not on the side of God, but of men."

On Mount Thabor, Peter, James, and John are witnesses of our Lord's Transfiguration (see Mt 17:1-8). Again, not content with what he's been given, Peter wants to hold on to this heavenly vision: "Master, it is well that we are here; let us make three booths, one for you and one for Moses and one for Elijah." The divine voice that responds sounds an awful lot like a rebuke: "This is my beloved Son; listen to him."

In the courtyard of the High Priest, while warming himself at the fire of His Lord's persecutors, Peter fails most famously. Three times he's asked about his friendship with Jesus. Three times he denies Him. He betrays the very promise he had made only hours earlier at the Last Supper: "Even if I must die with you, I will not deny you" (Mt 26:35).

In each instance we encounter Peter's intense devotion to Jesus. He wants to follow Him, to be with Him, to imitate Him, and to protect him. He has an endearing, even childlike, enthusiasm for his Friend. Problem is, Peter wants to follow and imitate Christ on his own, by his own power. But friendship with Christ is not a matter of our own will and capacity. It is a response to God's grace that calls us to Christ. Peter's failures bring him face to face with his own limitations and inadequacy – and thus open him to the grace that alone makes a mere man a friend of God.

These falls inform also Peter's leadership. A leader is not measured only by his accomplishments but also how he deals with his failures. A weak man is undone by them. A true leader learns from them. And a Christian leader is sanctified by them.

As a result of these falls, Peter learns to rely radically on the grace of Christ and thus to govern in humility. He knows from painful experience that his strength and wisdom are insufficient, that the ministry is really Christ's, not his. Thus, he exercises his ministry not with the haughtiness of someone who thinks he's better than others but with the humility of one who knows how weak he is and how he must rely on Christ.

– Fr. Scalia

Mass Intentions for the First Week in Lent

Saturday, February 21

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

Monday, February 23

St. Polycarp

6:30am +James Fritz

8:15am Special Intention

Noon +Helen Dumas Gioia

Tuesday, February 24

Tuesday of the First Week in Lent

6:30am +Erminia and Umberto Romano

8:15am +Eleanor Bromley

Noon Jane Harvey

Wednesday, February 25

Wednesday of the First Week in Lent

6:30am +Mira Elizabeth Browning

8:15am +Mary Geiselhart

Noon +Gabor F.L. Hariss

Thursday, February 26

Thursday of the First Week in Lent

6:30am Rev. Charles Pavlick

8:15am +Russell Carolla

Noon Sueli Terezinha Grebogi Pampuch

Friday, February 27

St. Gregory of Narek

6:30am +David Elliot Meyer

8:15am +Guillermo Espinal

Noon +Esther Arevalo

Saturday, February 28

Saturday of the First Week in Lent

8:30am +Kathleen Norma Young

Mass for the Second Sunday of Lent

5:00pm Living and deceased members of the
McPhilomy family

Sunday, March 1

The Second Sunday of Lent

7:30am Special Intention

9:00am +Mark Finucane

10:30am Pro Populo

Noon +Margaret P. Long

2:30pm +Tomasia Rodriguez Flores

7:00pm Tellis family

Today's Readings

First Reading

Genesis 2:7-9; 3:1-7

“The LORD God formed man out of the clay of the...”

Psalm

Psalm 51:3-4, 5-6, 12-13, 17

“Be merciful, O Lord, for we have sinned.”

Second Reading

Romans 5:12-19 or 5:12, 17-19

“Brothers and sisters: Through one man sin entered the...”

Gospel

Matthew 4:1-11

“At that time Jesus was led by the Spirit into the desert...”

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

Susan Jackson

Robyn Stewart

Chloe Clagg

Laura Lareau

Christopher Szara

Grace Coipuram

Yolanda Machiado

Lauren Vinci

John Cormany

Jose G. Martinez

Liv Wash

Mona Demian

Mildred Melmer

Anne Marie Willis

Charles Duggar

Julie Neil

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

Capt. Sierra Lancaster, USAF

2nd Lt. James Canady, USAF

Cmdr. Bruce Lee, USN

1st Lt. Thomas Canady, USAF

Cpl. James Murray, USMC

Maj. Michael Conrad, USA

2nd Lt. Joseph Murray, USMC

LTJG William Conroy, USN

1LT Paul Murray, USA

CDR Thomas Dixon, USN

Capt. Theresa Neubig, USMC

PO3 Frank (FX) Giaccio, USN

LT Anthony James Pala III, USN

Pvt. Luke Harvey, USA

LTJg Kathleen Marie Pala, USN

Lt. Mathew Hayes, USN



1st Lt. Mario Suarez, USAF

Col. Jay Hildreth, USA

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@saintjamescatholic.org.



Parish News

Parish Speaker Series

This Monday, February 23rd, 7:00pm

Monsignor Heller Hall

Dr. Timothy Lock

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

CHOOSING FORGIVENESS

with Dr. Timothy Lock



Dr. Timothy G. Lock is a Catholic husband, father, Franciscan tertiary, clinical psychologist, and educator. The founder and director of the Goretta 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.



SAINT JAMES CATHOLIC CHURCH
YOUTH MINISTRY

THANK YOU

For Supporting Our Bake Sale!



SAINT JAMES WORKCAMP CREW RAISED \$3,800+ TO OFFSET COST OF TEEN VOLUNTEERS
ATTENDING WORKCAMP THIS SUMMER
— WE ARE GRATEFUL FOR YOUR GENEROUS SUPPORT —



[HTTPS://STJAMESCATHOLIC.ORG/FAITH/WORKCAMP/](https://stjamescatholic.org/faith/workcamp/)

SAINT JAMES VACATION BIBLE SCHOOL RETURNS!



SAVE

JULY 13-17
2026
9AM-NOON

DATE

RISING K
THROUGH 5TH
GRADE

THE

REGISTRATION
OPENS IN THE
SPRING

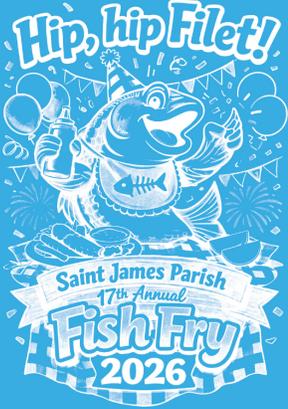
WE ALSO NEED RISING 6TH-12TH
GRADERS AS CREW LEADERS
WHO WILL BEGIN A LITTLE EARLIER
AND HAVE A FEW TRAINING DAYS
PRIOR TO CAMP.

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

Saint James Lenten Fish Fry Fridays

IT'S BACK!

Hip, hip Filet!



5:00pm-8:00pm

Volunteer shifts available all day long!

Saint James Parish
17th Annual
Fish Fry
2026

Saint James Lenten Fish Fry

Saint James' popular Lenten Fish Fry returns for the 17th year every Friday in Lent from 5:00pm-8:00pm but volunteers are needed all day for prep and clean up.

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. Donations of cash or checks payable to St. James Catholic Church will be accepted.

This is a great community event that requires lots of volunteers, teens and up. Great opportunity for teens who need service hours.

Scan the QR code or visit bit.ly/SJFishFry26 to volunteer. There are many timeslots to fill. Please take a close look before selecting your volunteer slots...not every job is for everyone, but there IS something for everyone who is willing to help out.

Publication Racks in the Vestibules

Please note that any books that are placed on the publication racks in the vestibules must be approved by the pastor. Only authorized staff may add books to the rack.

- Do not place new/used books on the rack.
- Do not return books placed there after you have read them.

Life Corner

Update on Richmond—Move to permit Assisted Suicide in VA—For the past number of years, there has been an effort to introduce an Assisted Suicide bill in the Virginia General Assembly (GA). The passing of such a bill would **remove protections against assisted suicide currently in place in the Code of Virginia**. The current composition of the GA made it likely that such a bill would succeed in this legislative session. On February 5th, however, the Senate Education and Health Committee blocked this effort by defeating SB 359 with an 8-7 vote. Two state Senators crossed the aisle and voted in opposition to this bill.



Although SB 359 was defeated in committee, the House bill (HB 886) remains pending in the House Courts Committee.

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 at the top of the page.

MARK YOUR CALENDAR—Virginia March for Life will be held in Richmond on April 22nd. More details to come.

40 Days for Life Vigil Begins This Week

Our local 40 Days for Life Campaign is now taking place at the Falls Church abortion facility at 900 S. Washington Street **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. Since 2007, it is estimated that 25,308 lives have been saved and 159 abortion centers have closed due to this campaign.



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)

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 snowstorm, 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 bobpatmuschamp@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.



**Middle School
DODGEBALL
DOCTRINE
& LENTEN DESIGN**

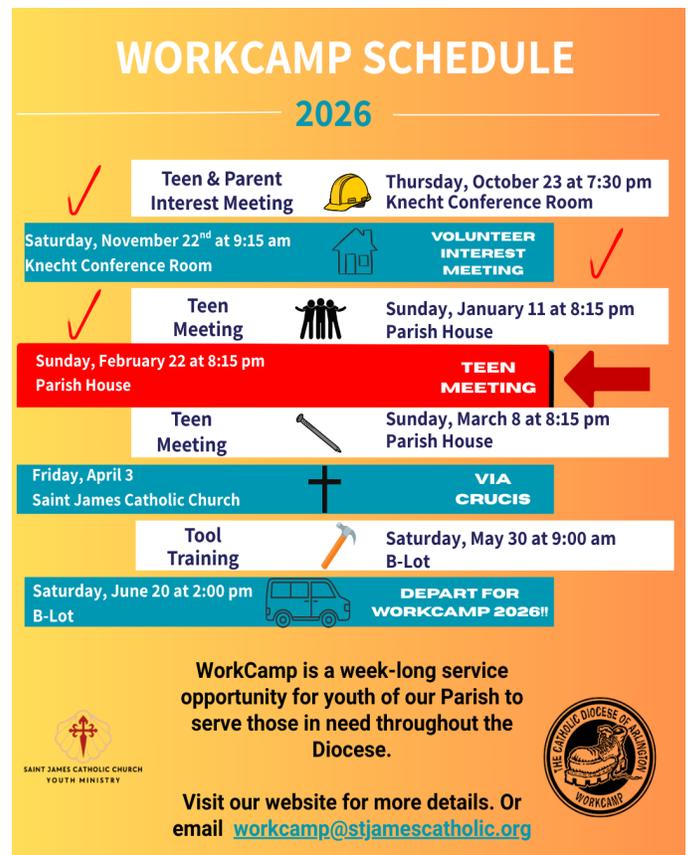
**SUNDAY, FEBRUARY 22
4:00PM-6:00PM
IN THE GYM**

SIGN UP 




SAINT JAMES CATHOLIC CHURCH
YOUTH MINISTRY

TOPIC: POVERTY, CHASTITY, & OBEDIENCE

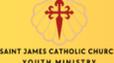


**WORKCAMP SCHEDULE
2026**

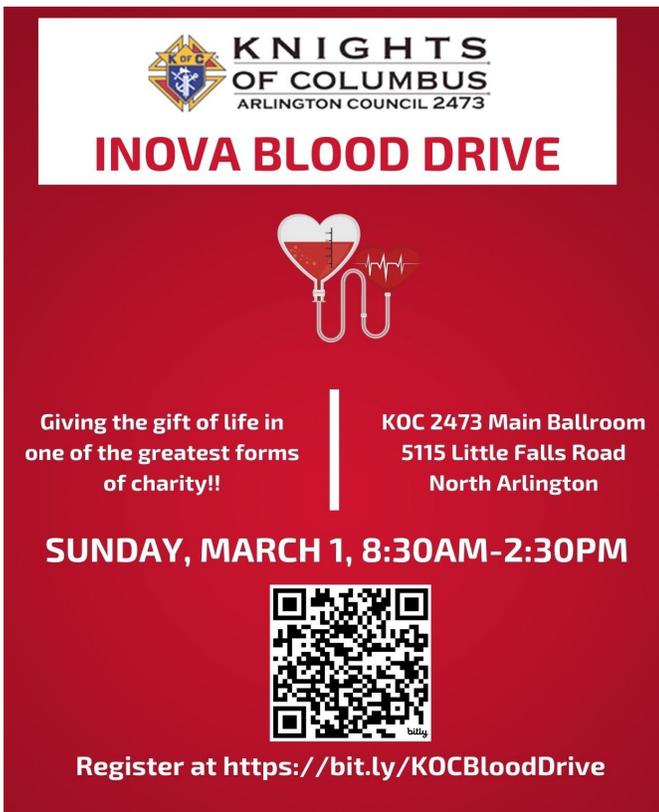
✓	Teen & Parent Interest Meeting		Thursday, October 23 at 7:30 pm Knecht Conference Room
	Saturday, November 22 nd at 9:15 am Knecht Conference Room		VOLUNTEER INTEREST MEETING ✓
✓	Teen Meeting		Sunday, January 11 at 8:15 pm Parish House
	Sunday, February 22 at 8:15 pm Parish House		TEEN MEETING ←
	Teen Meeting		Sunday, March 8 at 8:15 pm Parish House
	Friday, April 3 Saint James Catholic Church		VIA CRUCIS
	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

 SAINT JAMES CATHOLIC CHURCH YOUTH MINISTRY





 **KNIGHTS OF COLUMBUS**
ARLINGTON COUNCIL 2473

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>

Disability Inclusion Committee Family Meet Up

Do you have a desire to meet other parishioners who have loved ones with disabilities?

The Saint James Disability Inclusion Committee invites you to celebrate St. Patrick's Day on Saturday, March 14th, from 2:30pm-4:30pm in Monsignor Heller Hall! St. Patrick themed stations with activities for elementary aged children will be provided so adults may get better acquainted.

- What?** Family Meet Up for those with loved ones with disabilities
- When?** Saturday, March 14th, from 2:30pm-4:30pm
- Where?** Monsignor Heller Hall
- Why?** Saint James supports the dignity of all human life regardless of age, physical, intellectual, or sensory abilities. Enjoy the company of those in your church community with disabilities and their loved ones.
- Theme?** St. Patrick's Day activities may include: Trinity Craft, Story Time, and Shamrock Hunt



No RSVP is required. If you have any questions, email Cara Valle at daisylouffreeport@protonmail.com.

People with disabilities, their families, friends, and circles of support are valued members of our Parish family. The Saint James Disability Inclusion Committee is a voluntary ministry that supports the dignity of all human life regardless of age or physical, intellectual, or sensory abilities; promotes awareness and acceptance; strives to ensure full participation in the Mass and Sacraments and full involvement in our Parish community and activities; and assists our priests, deacon, and Parish volunteers to serve people with disabilities at Saint James.

For more information on our committee, visit our web page on the parish website under the Service & Fellowship menu, <https://stjamescatholic.org/home-2/disabilityinclusioncommittee/>.

Summer Theater Camp at Saint James



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



**STATIONS OF THE CROSS
EVERY FRIDAY IN LENT**

**SPANISH 6:00PM-7:00PM
ENGLISH 7:30PM-8:30PM**
GOOD FRIDAY SCHEDULE WILL BE
DIFFERENT

**Extended Time for Confessions
during Lent**



**The Light is
On for you.**

**Confessions
Wednesdays
6:30-8:00 p.m.**

thelightison.org

**Join Us for
Lenten Morning Prayer**

**Monday through Saturday
8:00am**



Through Holy Saturday, April 4th

**CREATION CARE MINISTRY
PRESENTS...**

MEATLESS RECIPES



FOR THE LENTEN SEASON

Visit StJamesCatholic.org for all events and information relating to the Lenten season or scan the QR code.



Saint James Charitable Works Update

Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me. (Matthew 25:40)

For July through December 31, 2025, Saint James performed the following works of mercy in our community:

- Distributed bags of food to 1,043 people through our Food Distribution program
- Provided direct financial assistance totaling \$13,552.21 to 63 people in need, including rental assistance, help paying bills, and motel nights for the homeless
- Prepared and delivered meals serving 80 people per month for the Christ House shelter
- Collected 11,648 pounds of food for the diocesan St. Lucy Food Project
- Visited and brought cheer to 18 homebound parishioners for Advent
- Collected and distributed 297 gift cards to four homeless shelters
- Provided cleaning supplies, linens, and food to 74 families at Fair Ridge Family Shelter
- Provided 290 Christmas presents to poor families at Luther Jackson Middle School
- Creation Care ministry donated 270 pounds of produce to Food for Others

During the Diocesan Service Week last fall, Saint James also performed the following works of mercy:

- Collected and donated 75 coats for children to Clothesline in Arlington
- Collected 6,200 diapers, plus wipes and formula, for new moms in need
- Collected and distributed 1,860 cookies to 800+ inmates at Greenville Penitentiary
- Collected 47 pints of blood during Red Cross blood drive
- 20+ parishioners gathered to pray a rosary for the departed at the Cemetery

A parish record-breaking 11,648 lbs. of food for St. Lucy Project in the fall



Diocesan Week of Service November 9-16
Love in Action - Service in Community



Our Food Distribution volunteers work hard every month to prepare bags of non-perishable foods for those in need.

After a delay in celebrating Catholic Schools Week due to the recent snowstorm, we made up for it after we returned with dress up days, Bingo games, Blessing of the Throat by Father Pavlick, drama students performed *Charlie and the Chocolate Factory* for the rest of the school, second graders preparing for First Penance, and more.



In celebrating Catholic Schools Week, we are proud of our vibrant, joyful, and faith-filled community of students, families, teachers, and staff. Christ is the reason for our school, and He inspires us to proclaim the Good News in all we think, say, and do.



Second graders check out the confessionals in preparation for First Penance.



Drama students perform *Charlie and the Chocolate Factory*.



Fourth graders dress up in their favorite sports teams shirts.



Mrs. Manaker visits third graders playing Bingo.



St. James Young Professionals

Coffee & Donuts

Second Sunday
11:45AM

Holy Hour, Happy Hour

Third Thursday
7:00PM

Potluck Brunch

Fourth Sunday
11:45AM

Running Club

Tuesday & Thursday
6:30PM

Volleyball

Sunday, Cherry Hill Park
2:30PM

For more information, email
Saint.James.YP@gmail.com, or
join the GroupMe chat here!



@saintjamesya



St. James Young
Professionals



Lenten Retreat—Final Sign-up

Saint James welcomes Fr. Mark Yavarone, OMV, who will lead our Lenten Retreat entitled “*Overcoming Spiritual Discouragement: An Ignatian Path to Hope*” **this 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.

If you have not RSVP’ed, please do so by this Wednesday. 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.

Comunidad Hispana

Bautismos

Para bautizar a su hijo, comuníquese con la oficina parroquial al 703-532-8815 preferiblemente antes de la llegada del bebe. La familia debe estar registrada en la parroquia y ambos deben asistir a la clase prebautismal, preferiblemente también antes de la llegada de su bebe. Para más información sobre los bautizos y clase de preparación para dichos bautizos, comuníquese con Víctor Méndez al 571-239-5772.

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.

Matrimonios

Para aquellos interesados en matrimonio, comuníquese con la oficina parroquial al 703-532-8815 para recibir información y comenzar la preparación matrimonial con uno de nuestros sacerdotes. Dicha preparación es un programa de seis meses y no se fijará una fecha para la boda hasta que un sacerdote haya tenido una reunión con la pareja.

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, stjamescatholic.org/hispanic-community/, y obtener más información, incluyendo próximos eventos, sacramentos, misas, adoración, confesiones, personas de contacto de los ministerios e información de contacto.



Parish Calendar

Monday, February 23		
Lenten Morning Prayer 8:00am (Monday-Saturday)		
7:00pm-8:30pm	Parish Speaker Series (see page 4)	Msgr. Heller Hall
Tuesday, February 24		
7:00am-7:45am	Saint James Fraternity-Exodus 90	Parish House
10:00am-11:30am	Seniors Planning Meeting	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 25		
9:30am-11:30am	Women's Bible Study	Knecht Conference Room
12:30pm-8:00pm	Adoration	Church
6:30pm-8:00pm	Extended Confessions (see page 8)	Church
7:00pm-8:00pm	Men's Bible Study	Parish House
7:00pm-8:30pm	OCIA	Msgr. Heller Hall
Thursday, February 26		
10:00am-12:00pm	Divine Mercy Cenacle	Parish House
12:30pm-8:00pm	Adoration	Church
7:00pm-8:00pm	Confessions	Church
7:00pm-9:00pm	Women's Bible Study	School Reading Room
Friday, February 27		
11:00am-11:45am	Confessions	Church
5:00pm-8:00pm	Fish Fry (see page 5)	Msgr. Heller Hall
6:00pm-7:00pm	Spanish Stations of the Cross	Church
7:30pm-8:30pm	Stations of the Cross	Church
Saturday, February 28		
7:15am-8:15am	Men's Prayer Group	Parish House
8:30am-3:30pm	Parish Lenten Retreat (see page 12)	Msgr. Heller Hall
10:00am-12:00pm	Co-ed Bible Study	Parish House
3:30pm-4:30pm	Confessions	Church
6:30pm-7:30pm	Confessions	Church
6:00pm-9:00pm	Hispanic Prayer Group	Msgr. Heller Hall
Sunday, March 1		
10:00am-11:15am	PREP for Special Needs	Knecht Conference Room
10:00am-12:30pm	Donut Sunday	Msgr. Heller Hall
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-5:30pm	Hispanic Legion of Mary	Parish House
5:00pm-6:00pm	Holy Hour	Church
6:00pm-7:30pm	Lenten 10:10 Challenge (registered participants only)	Parish House
8:30pm-9:30pm	Saint James Fraternity-Exodus 90 Group 2	Parish House

Project Rachael Website Redesign

The project Rachel website has been redesigned and thoughtfully created for women and men seeking help and healing after abortion, including those who may not yet recognize how unresolved pain is affecting their lives.



The goal has been to create a space that speaks gently and truthfully to those most in need of healing, offering clarity, compassion, and hope. The redesigned website is intended to meet people where they are, and invite them into the light of truth, so that we can accompany them toward healing in Jesus Christ through the Sacraments.

At the same time, we should keep in mind the assistance the pro-life movement provides to women who have had an abortion. Please take a look at Project Rachael's newly updated *Help After Abortion* website, <https://helpafterabortion.org/>.