



# Saint James Catholic Church

905 Park Avenue, Falls Church, VA

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

703-532-8815

## February 8, 2026



### 5<sup>TH</sup> SUNDAY IN ORDINARY TIME

“You are the light of the world. A city set on a mountain cannot be hidden.” - Mt 5:14

#### 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/](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)

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

**Cara Valle, 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 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 Man*

In every list of the Apostles, Saint Peter is always mentioned first. In fact, after our Lord Himself, no one is mentioned in the New Testament as much as Peter. He's certainly the Apostle we know best. And he's probably the one we identify with the most. In him we see someone much like us: striving to love the Lord... but getting in his own way. The Gospels are so candid about Peter's failures and foibles, that we might often forget about his great dignity and natural virtue. We need to correct that tendency. For to appreciate Peter as Christ's disciple and Apostle, we first have to appreciate him as a man.

This consideration of Peter brings to the fore a theological principle that we will encounter in all the Apostles. Namely, that the grace of God does not destroy or undo our nature but purifies and perfects it. God does not abhor or cast aside natural goodness. Indeed, our natural talents and gifts, when imbued by Christ's grace, become effective instruments for His work. So it was for Peter, and so we pray that it be for us.

Peter was from the town of Bethsaida, on the northeastern shore of the Sea of Galilee. Like most other men in that area, he was a fisherman, accustomed to the hard work of that profession. As commentators observe, it seems that Peter was what we would consider a small business owner. Further, we know from the Gospels and archeology that his home in Capernaum was next door to the town synagogue, which indicates he was a man of some standing and importance.

His given name was Simon (Symeon). Our Lord gave him the name Peter, *Cephas* in the original Aramaic. Perhaps there's a little humor on our Lord's part, because Peter doesn't seem to have possessed rock-like stability. Instead, he was impulsive, quick to respond, prone to blurting something out before thinking. In the end, of course, the new name is no joke. It is, rather, a sign and promise of what our Lord's grace will make of him.

For there was something about Peter that was already strong and sturdy, like a rock. It is clear in the Gospels that he was a natural leader of men. In the narrative, we encounter almost immediately that others show him deference and respect. It is this natural gift of leadership that our Lord sees and harnesses for supernatural purposes.

Nor should we discount the importance of Peter's profession. “[T]hey were fishermen. And he said to them, ‘Follow me, and I will make you fishers of men’” (Mt 4:18-19). Our Lord's call is more than a clever pun. It's signaling a clear parallel between Peter's natural occupation and his divine calling. The long hours spent in fruitless labor, the physical exhaustion, the constant seeking of different methods to success...these realities about fishing are found in the apostolate as well. The man accustomed to them possesses the natural virtues to take up the work of saving souls for Christ.

Finally, Peter's most conspicuous gift was his capacity for love and, in particular, the love of friendship. Every step of the way we find in Peter an intense devotion to Jesus. We might roll our eyes or chuckle when we hear him pledge to Jesus, “Even if I must die with you, I will not deny you” (Mt 26:35). We know that boast ends in his denial of Him. But we should take seriously Peter's devotion and love for Christ. Yes, his flesh is weak and will lead to his denial. But his spirit is indeed willing. It is most of all this authentic but weak love that our Lord's grace brings to perfection in Peter.

– Fr. Scalia

## Mass Intentions for the Fifth Week in Ordinary Time

**Saturday, February 7**

*Mass for the Fifth Sunday in Ordinary Time*

5:00pm +Lucille Queyrane

**Sunday, February 8**

*The Fifth Sunday in Ordinary Time*

7:30am +Henry and Helen Rackowski and deceased family members  
9:00am +Jerico Ortañez  
10:30am Pro Populo  
Noon +Nelly Farrales Sampang  
2:30pm For the living and deceased members of the Khattak family  
7:00pm +Gina-Marie Scaldaferri

**Monday, February 9**

*Monday of the Fifth Week in Ordinary Time*

6:30am +Victoria Samson Gonzaga  
8:15am +Charles A. Roman  
Noon +Nicole Flanagan-Ayers and Tara Flanagan-Koenig

**Tuesday, February 10**

*St. Scholastica*

6:30am +Emmet Flood  
8:15am +Coley O'Brien  
Noon +John E. Lowe

**Wednesday, February 11**

*Our Lady of Lourdes*

6:30am +Marilyn Kooper  
8:15am Catherine Pope  
Noon Jose Laertes Pampuch and Sophia Maria Khattak

**Thursday, February 12**

*Thursday of the Fifth Week in Ordinary Time*

6:30am +Sister Jude Mary O'Donnell  
8:15am +Mario Lopez  
Noon +Im Sun Fermoile

**Friday, February 13**

*Friday of the Fifth Week in Ordinary Time*

6:30am +Antonin Scalia  
8:15am +Zacharia Coipuram and Thomas Coipuram, Sr.  
Noon +Jean Komski

**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

## Today's Readings

**First Reading**

**Isaiah 58:7-10**

"Thus says the LORD: Share your bread with the hungry,"

**Psalm**

**Psalm 112:4-5, 6-7, 8-9**

"The just man is a light in darkness to the upright."

**Second Reading**

**1 Corinthians 2:1-5**

"When I came to you, brothers and sisters,"

**Gospel**

**Matthew 5:13-16**

"Jesus said to his disciples: 'You are the salt of the earth...'"

## 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	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	Dianne Schmidt Lips
David Anthony Jacomet	Margaret Maguire
Lawrence "Bud" Kline	

### 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](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@saintjamesschool.org](mailto:PrayerChain@saintjamesschool.org).

## Parish Speaker Series

**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.

## **Behind the Scenes—Saint James Operations Update—Winter 2025**

Thank you for supporting Saint James! We hope that you are taking full advantage of everything our Parish has to offer, especially as we head into Lent.

*As therefore you received Christ Jesus the Lord, so live in him, rooted and built up in him and established in the faith, just as you were taught, abounding in Thanksgiving.* Col. 2:6-7

Through December, the first half of our fiscal year, our Offertory totaled \$1.3M, which was +\$78K (+6%) more than our budget. Adding your financial support for the Ann Cook Education Fund for students with disabilities, such as Down Syndrome, total income for the period was +\$196K (+5%) over budget. Total Expenses were right on budget—0% variance. We are keeping a tight lid on those expenses! Therefore, our operating Net Income (Total Income minus Total Expenses) for the period was strong.

We continue to invest heavily in our beautiful (that is, old) campus buildings. Through December, we received \$59K in contributions to our Legacy Building Fund for capital improvements, but we spent \$609K on improvements to our School and Convent buildings as well as our Broad Street parking lot and Rectory driveway. The difference between those two numbers—\$550K—came out of our reserves. But our reserve balance continues to be healthy—\$4.7M as of this writing. Our capital building plan has us spending another \$3M over the next five years, so maintaining a good reserve balance—and running a modest surplus each year to sustain the reserve—is critical for the future of Saint James.

I would like to take a moment to thank the Saint James Finance Council members listed below for their guidance and support. These dedicated parishioners generously share their time and expertise to advise Father Scalia on all financial matters affecting Saint James. The Parish is better off because of their service.

### **Saint James Finance Council**

Tara Ajello  
Keith Fawcett  
John Gallagher

Chris McCormack  
Brian O'Connor  
Maureen Quattroki

Sam Starr  
Delia Tyagi

If you have any questions or comments regarding parish operations, please feel free to contact Rich at [rblickendorfer@stjamescatholic.org](mailto:rblickendorfer@stjamescatholic.org).

# 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](https://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](https://www.paypal.com/paypalme/stjamescatholic).

Note “Lenten Retreat” for checks and PayPal.



## 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 8, 15, and 22.**

## Life Corner

Message from Pope Leo on January 17, 2026, to participants in the March for Life (excerpt):



*I send warm greetings to those of you participating in the 2026 March for Life. I likewise express heartfelt appreciation and assure you of my spiritual closeness as you gather for this eloquent public witness to affirm that the protection of the right to life constitutes the indispensable foundation of every other human right.*

*May Jesus, who promised to be with us always accompany you today as you courageously and peacefully march on behalf of unborn children. By advocating for them, please know that you are fulfilling the Lord’s command to serve him in the least of our brothers and sisters.*



## 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](mailto:jacksonsusan765@gmail.com)
- Kathleen at [kmcphilomy2@gmail.com](mailto:kmcphilomy2@gmail.com)

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

### Saint James Respect Life Group and Parishioners with Bishop Burbidge



**January 2026 March for Life  
Washington, DC**

### Adults Needed for WorkCamp

Saint James WorkCamp needs several more adult crew leaders and contractors to help with WorkCamp this summer June 20-26. We have over two dozen committed teens, but the number of students who can attend depends upon you serving in one of these roles! Thanks for your prayerful consideration.

**Crew leaders** should be excited to work with teens and not afraid of hard work. They are not simply chaperones and are directly responsible for the safety and well-being of their crew at WorkCamp. They are also part of the teens' formation process prior to WorkCamp and accompany them throughout the week on the job site, praying together, and leading them in team-building activities.

**Contractors** should have basic home repair or maintenance skills, be willing to help teach young people, and have a desire to help improve the lives of fellow Virginians. You do not need to be a professional contractor, but must be competent at the above skills.

All adult volunteers must be 25+ years old. Crew leaders must be VIRTUS trained. WorkCamp is a big commitment with tremendous personal and spiritual rewards. Please email Andy Newton at [workcamp@stjamescatholic.org](mailto:workcamp@stjamescatholic.org) to learn more and visit <https://stjamescatholic.org/faith/workcamp/>.

**Middle School**

**DODGEBALL  
DOCTRINE  
& LENTEN CRAFT**

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

**SIGN UP**  

**TOPIC: POVERTY, CHASTITY & OBEDIENCE**

 SAINT JAMES CATHOLIC CHURCH YOUTH MINISTRY

## 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.



# IN *Christ* WE ARE *One*

## A Message from Bishop Burbidge

Dear Brothers and Sisters in Christ,

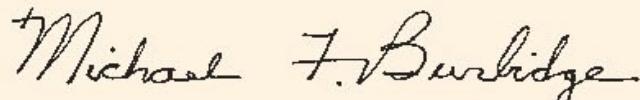
This year's Bishop's Lenten Appeal, "In Christ We Are One," reminds us that we are never alone on our journey of faith. In Baptism, the Lord gathers us into one Body and calls us to share his love with all we meet.

Each day across our diocese, your generosity makes this unity visible and tangible. Through the BLA, you stand with our seminarians preparing for priestly service, support our parishes and missions, accompany families through Catholic Charities, and help form disciples among children, youth, young adults, and the elderly. You bring Christ's light to those who are suffering, searching, or feel far from the Church.

I invite you to join me in making a sacrificial gift to this year's Bishop's Lenten Appeal. I ask you especially to consider a recurring monthly commitment, which allows your generosity to continue bearing fruit throughout the year and may enable you to make a greater gift in thanksgiving for God's goodness.

Thank you for all the ways you live the truth that, in Christ, we are one. Be assured of my prayers for you and your loved ones during this holy season of Lent.

Sincerely in Christ,



Most Reverend Michael F. Burbidge  
*Bishop of Arlington*



*"For in one Spirit we were  
all baptized into one body."*

— 1 Corinthians 12:13



# 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.
- Learn more about the Beatitudes by reading [The Eight Doors of the Kingdom: Meditations on the Beatitudes](#) or [The Pursuit of Happiness—God's Way—Living the Beatitudes](#).

## 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](http://StJamesCatholic.org)

## 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.**

## Saint James Lenten Retreat

**Saturday, February 28th**

**8:30am-3:30pm**

**Monsignor Heller Hall**  
**Registration Required**

**See Page 5 for Details**

## 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](mailto: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)

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



The Light is  
ON for You

#TheLightIsON

Beginning February 25th



Scan QR to visit our Lenten 2026 page

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

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

Join Us for  
**Lenten Morning Prayer**

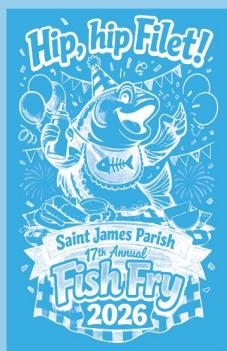
Monday through Saturday  
8:00am



Starts Thursday, February 19th

Saint James Lenten Fish Fry

**IT'S BACK!**



Every Friday in  
Lent  
Starting Friday,  
February 20th  
5:00-8:00pm  
Msgr. Heller Hall

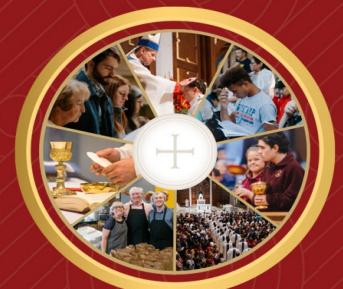
CREATION CARE MINISTRY  
PRESENTS...

**MEATLESS RECIPES**



FOR THE LENTEN SEASON

# Stewardship—The Gift of Time, Talent, and Treasure



# IN Christ WE ARE One

## 2026 Bishop's Lenten Appeal (BLA)

BLA Commitment Weekend is here! Every family's participation strengthens our parish and our diocese—all gifts are vital. Large or small, your gift unites us in supporting ministries serving tens of thousands: seminarian formation, Catholic Charities, youth programs, religious education, and more.

Sharing your gifts with the 40+ ministries and programs funded by the BLA truly impacts the lives of thousands across our diocese. Our goal is to reach 100% participation for Saint James Parish!

Monthly recurring gifts are encouraged to spread generosity throughout the year. You can make a gift by scanning the QR code to the right or by visiting [www.arlingtondiocese.org/BLA](http://www.arlingtondiocese.org/BLA).



## The Laetare Benefit

The Most Rev. Michael F. Burbidge and members of the Host Committee cordially invite you to attend a benefit for the Cloistered Nuns of St. Dominic's Monastery. **The Laetare Benefit is the annual fundraising dinner for the cloistered nuns of St. Dominic's Monastery in Linden, VA, in the Diocese of Arlington.** As cloistered nuns, they depend on the charity of the people of God for their existence. They have needs for everyday items such as food and healthcare, and they are building a Chapel at the Monastery. Please show your support and join us for a reception, dinner, and auction which will be held on **Sunday, March 15th, 5:00pm-8:00pm** at the Westwood Country Club, 800 Maple Ave. East, Vienna. Seating is limited. Tickets are \$250 each by February 27th and \$300 each after February 28th. Please send a check payable to *Friends of St. Dominic's Monastery*, 508 N. Payne Street, Alexandria, VA 22314, or purchase tickets at <https://bit.ly/laetare2026>. Email [friends of st dominic's monastery@gmail.com](mailto:friends of st dominic's monastery@gmail.com) for more information.

Bishop Michael Burbidge and the Members of the Host Committee cordially invite you to attend



with Reception, Dinner and Auction  
supporting the Cloistered Nuns of St. Dominic's Monastery  
in Linden, Virginia

**SUNDAY, MARCH 15, 2026**

5:00 to 8:00 PM  
Westwood Country Club  
800 Maple Avenue East, Vienna, Virginia  
Cocktail Attire

## Arlington Catholic Herald Second Collection

Last weekend's second collection, **January 31-February 1**, was for the *Arlington Catholic Herald*. It is the official newspaper of the Catholic Diocese of Arlington and has a weekly circulation of over 100,000 covering the news from a Catholic point of view. The *Herald* is distributed locally, nationally, and internationally. The *Herald* has received almost 150 awards from the Catholic Press.

Donate online via ParishSOFT at <https://giving.parishsoft.com/app/giving/FD-50>. Thank you for your support!



# Parish Calendar

## Monday, February 9

7:00pm-9:00pm Reach More Training (Registered participants only)

Parish House

## Tuesday, February 10

7:00am-7:45am Saint James Fraternity-Exodus 90  
 10:00am-11:30am Well-Read Moms Book Group  
 4:45pm & 7:00pm PREP  
 7:30pm-9:00pm Charismatic Prayer Group  
 7:30pm-9:00pm Legion of Mary

Parish House  
 Parish House  
 School/Msgr. Heller Hall  
 Knecht Conference Room  
 Parish House

## Wednesday, February 11

9:30am-11:30am Women's Bible Study  
 12:30pm-6:00pm Adoration ends early  
 7:00pm-8:00pm Men's Bible Study  
 7:00pm-8:30pm PREP First Penance Group A (snow date)  
 7:00pm-8:30pm OCIA

Knecht Conference Room  
 Church  
 Parish House  
 Church  
 Msgr. Heller Hall

## Thursday, February 12

10:00am-12:00pm Divine Mercy Cenacle  
 12:30pm-8:00pm Adoration  
 7:00pm-8:00pm Confessions  
 7:00pm-9:00pm Social Outreach Committee Meeting  
 7:00pm-9:00pm Women's Bible Study

Parish House  
 Church  
 Church  
 Knecht Conference Room  
 School Reading Room

## Friday, February 13

11:00am-11:45am Confessions

Church

## Saturday, February 14

7:15am-8:15am Men's Prayer Group  
 10:00am-12:00pm Co-ed Bible Study  
 3:30pm-4:30pm Confessions  
 6:00pm-9:00pm Hispanic Prayer Group  
 6:30pm-7:30pm Confessions

Parish House  
 Parish House  
 Church  
 Msgr. Heller Hall  
 Church

## Sunday, February 15

**President's Day Holiday Weekend**  
 10:00am-2:00pm Parish Library Open  
 4:00pm-5:30pm Hispanic Legion of Mary  
 5:00pm-6:00pm Holy Hour  
 5:00pm-6:45pm Lay Dominicans  
 8:30pm-9:30pm Saint James Fraternity-Exodus 90 Group 2

Parish House  
 Parish House  
 Church  
 Parish House  
 Parish House



**Lay  
Dominicans**

### 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 on **Sunday, February 15th, from 5:00pm–6:45pm** in the Parish House. For more information, contact Rose Folsom, [InquiryVeritas519@gmail.com](mailto:InquiryVeritas519@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.