

*O God, who through your Word reconcile the human race to yourself in a wonderful way, grant that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.*

# Fourth Sunday of Lent

March 30, 2025



The Return of the Prodigal Son (detail), Rembrandt Harmenszoon van Rijn, 1669  
Hermitage Museum, Saint Petersburg



**SAINT BERNADETTE**  
CATHOLIC CHURCH AND SCHOOL

# Fourth Sunday of Lent

March 30, 2025

welcome



SUNDAY MASS	Saturday Vigil in church 5pm (live-streaming) Sunday 7am, 9am, 11am, 1pm (Spanish), 5pm
DAILY MASS	Mon.–Fri., 7 & 9am (live-streaming); Sat., 8am (live-streaming) Holy Days of Obligation, as announced
LIVE-STREAMING	Monday–Friday, 9am; Saturday, 8am; Vigil Sat., 5pm and Sundays 9 & 11am
DEVOTIONS	Adoration & Benediction, Fridays, 7-8pm (church) Rosary after 9am weekdays/8am Saturday Masses in church Taizé Prayer Service, 3 <sup>rd</sup> Mondays, 8-8:45pm (church)
CONFESSION	Sat., 3:30-4:30pm, or by appointment. English and Spanish Confessions
PARISH OFFICE	703-451-8576, fax 703-269-1121 office@stbermpar.org Monday–Friday, 8:30am – 4:30pm
	Pastor, Fr. Don Rooney <a href="mailto:frdonrooney@stbermpar.org">frdonrooney@stbermpar.org</a> Fr. Jeb Donelan <a href="mailto:frjebdonelan@stbermpar.org">frjebdonelan@stbermpar.org</a> Fr. James Waalkes <a href="mailto:frjameswaalkes@stbermpar.org">frjameswaalkes@stbermpar.org</a> Deacon Orlando Caicedo
	Pastoral Associate, Rick Caporali <a href="mailto:rcaporali@stbermpar.org">rcaporali@stbermpar.org</a> Business Manager, Linda Patterson <a href="mailto:lpatterson@stbermpar.org">lpatterson@stbermpar.org</a> Music Director, David Mathers <a href="mailto:dmathers@stbermpar.org">dmathers@stbermpar.org</a> Executive Assistant, Jean Corday <a href="mailto:jcorday@stbermpar.org">jcorday@stbermpar.org</a> Executive Assistant, Evelyn Vargas, <a href="mailto:evargas@stbermpar.org">evargas@stbermpar.org</a> Secretary, Janet Chávez-España
SAINT BERNADETTE SCHOOL	703-451-8696, fax 269-1121 Principal, Dr. Kathleen Burgess <a href="mailto:school@stbermpar.org">school@stbermpar.org</a> Assistant Principal, Emily Reid Registrar, Heidi Thomes
RELIGIOUS EDUCATION	703-451-8576 Director, Lynn Jones <a href="mailto:ljones@stbermpar.org">ljones@stbermpar.org</a> Coordinator of Religious Education, Arlyn Agasen, <a href="mailto:aagasen@stbermpar.org">aagasen@stbermpar.org</a> Admin. Asst., Victor Mendez <a href="mailto:vmendez@stbermpar.org">vmendez@stbermpar.org</a>
YOUTH MINISTRY	703-451-8576 Director, Grace Mee <a href="mailto:gmeee@stbermpar.org">gmeee@stbermpar.org</a>
BAPTISMS	Saturday, 10am, 1 <sup>st</sup> and 2 <sup>nd</sup> Saturdays in English; 3 <sup>rd</sup> Saturday in Spanish. Parish registration is encouraged for parents. Class attendance is required. Please contact the parish office to schedule at least four weeks in advance. All required paperwork must be submitted before a baptism may be scheduled.
WEDDINGS	Sat., 12 & 2pm. Parish registration encouraged; contact a priest at least six months in advance of desired date.
JOIN US	You are welcome! Registration forms are available in the church vestibule, office, or online <a href="http://www.stbermpar.org">www.stbermpar.org</a> .  Articles for the bulletin must be submitted to the parish office no later than first thing Friday morning, ten days before publication date. <a href="mailto:bulletin@stbermpar.org">bulletin@stbermpar.org</a> .

# calendar

## march

**30 Sunday, FOURTH SUNDAY OF LENT**  
• Live-streaming Masses continue at 9am, 11am and 1pm in Spanish

**31 Monday, Lenten Weekday**

## april

**1 Tuesday, Lenten Weekday**

**2 Wednesday, Lenten Weekday [Saint Francis of Paola, Hermit]**  
• "The Light is On" confessions, 6:30 - 8pm, church

**3 Thursday, Lenten Weekday**

**4 Friday, Lenten Weekday [Saint Isidore, Bishop and Doctor]**  
• **Soup Supper**, 6pm in the cafeteria  
• **Stations of the Cross**, 7pm in the church  
• **Estaciones de la Cruz**, 8pm in the church

**5 Saturday, Lenten Weekday**  
• Live-streaming Mass for Sunday begins with the 5pm Vigil Mass

**6 Sunday, FIFTH SUNDAY OF LENT**  
• Live-streaming Masses continue at 9am, 11am and 1pm in Spanish

**7 Monday, Lenten Weekday [Saint John Baptist de la Salle, Priest]**

**8 Tuesday, Lenten Weekday**  
• **Parish Lenten Penance Service** with 16 priests, 6:30pm in the church

**9 Wednesday, Lenten Weekday**  
• "The Light is On" confessions, 6:30 - 8pm, church

**10 Thursday, Lenten Weekday**

**11 Friday, Lenten Weekday [Saint Stanislaus, Bishop and Martyr]**  
• **Soup Supper**, 6pm in the cafeteria  
• **Stations of the Cross**, 7pm in the church  
• **Estaciones de la Cruz**, 8pm in the church

**12 Saturday, Lenten Weekday**  
• Live-streaming Mass for Sunday begins with the 5pm Vigil Mass

**13 Sunday, PALM SUNDAY of the Passion of the Lord**  
• Live-streaming Masses continue at 9am, 11am and 1pm in Spanish

**14 Monday of Holy Week**  
• Taizé prayer for unity, 8pm. All are Welcome!

**15 Tuesday of Holy Week**

**16 Wednesday of Holy Week**  
• "The Light is On" confessions, 6:30 - 8pm, church

**17 Thursday, HOLY THURSDAY** - See p. 7 for full schedule  
• **Evening Mass of the Lord's Supper**, 7:30pm, church. See p.7 for full schedule  
• **Eucharistic procession to the gym**, following Mass

**18 Friday, GOOD FRIDAY of the Passion of the Lord** - See p.7 for full schedule  
• **Tre Ore** and confessions, 12 - 3pm in the church  
• **Via crucis and Pasión y Veneración de la Santa Cruz**, 4 & 5pm in the church  
• **The Passion, and Veneration of the Holy Cross**, 7:30pm in the church

**19 Saturday, HOLY SATURDAY and EASTER VIGIL** - See p.7 for full schedule

## announcements

**78%  
of goal**

### Bishop's Lenten Appeal

We're at 78% with 534 pledges  
Just drop your pledge envelopes in the basket at Mass or at the office, or visit [www.arlingtondiocese.org/BLA](http://www.arlingtondiocese.org/BLA)

Please indicate you are a parishioner here and it will count toward our parish goal of \$560,000.

**Now accepting applications for PRE-Kinderergarten in our school.** Interested in joining our school community? We focus on faith formation, academic excellence, and community service. Visit our website: [www.stbernschool.org/admissions-process/](http://www.stbernschool.org/admissions-process/)

Come one, Come all! Saturday, 5 April 10am-2pm. Please come help spruce up the church in preparation for Easter. Many hands make light work. We will be working on pews, floors around the pews, candle areas, altar, and choir loft. <https://signup.com/go/gOIQRAS>

All Saints Church Multi-Car Raffle is still in full swing. Four vehicles will be raffled along with a \$20,000 cash drawing, plus other cash drawings. The final deadline for ticket returns is April 29th. The drawings begin at 1:00pm Saturday, May 3rd, at All Saints Parish in Manassas. Please return all tickets by mail directly to All Saints in the envelope provided.

### Lenten Observances

**Fasting:** Food equivalent to one regular meal, one small meal – Ash Wednesday and Good Friday

**Abstinence:** No meat – ALL Fridays

**Parish Soup Suppers:** Fridays in Lent, 6pm

**Stations of the Cross:** Fridays, 7pm in English, 8pm in Spanish, in the church

**Parish Penance Service:** Tuesday, April 8, 6:30pm

**Lent Confessions:** Wednesdays, 6:30-8pm, Saturdays, 3:30-4:30pm (as usual). *Please plan confessions early in the season to avoid running out of time.*

## from the pastor

Dear Good People of Saint Bernadette,

This past week we celebrated the Solemnity of the Annunciation of the Blessed Virgin Mary. It always surprises me because every year it is deep in the season of Lent and we are focusing on being reconciled to God preparing for the upcoming passion, death, and resurrection of Jesus.

Doing the math, of course, Jesus is conceived by the Holy Spirit nine months before his birth — March 25. We just aren't thinking about Christmas right now.

It occurs to me that the day deserves more significance than it receives, and could even qualify as a holy day. Culturally, we are conditioned to think of Christmas and Easter as the high feasts the Church gathers around with special solemnity. Think of it: although Jesus' birth and resurrection are central to faith, would not the incarnation, God entering into our humanity in Christ be as important, if not more, than his birth? By the time he is born, Jesus has already been living our humanity for nine months.

The feastday is titled the Annunciation because it makes very clear that Mary conceived by the Holy Spirit and this was confirmed by the message of the angel Gabriel, thus strengthening the dogma of the one person/two natures of Jesus. But it is the moment of conception that is the beginning of this new life of incarnation.

I think this would be the perfect opportunity for the Church to use this feastday as a teaching moment. *Didactic* feastdays (like the Assumption of Mary or Immaculate Conception) are obligatory because they teach Church dogma through the living practice of the Church. One of the concepts one learns in theology is *lex orandi, lex credendi*, the law of praying is the law of believing.

This is the absolutely perfect feast for the Church to proclaim the sacredness of human life. A pro-life feastday rooted in the story of Jesus himself, no one would deny that the moment of Jesus' conception by the Holy Spirit was the event of the Incarnation. All life is precious.

This is the Fourth Sunday of Lent, traditionally known as Laetare Sunday. *Laetare*, means *to rejoice*. It is proposed to us as a disposition for today, but it may not be your first reaction to Lent. We tend to tone down our celebrations during Lent to reflect a more meditative, even somber, mood. Sorrow for sin, penance, fasting. You may have noticed we haven't been lighting the stained glass in the sanctuary, a kind of fasting for the eyes, as no recessional hymn is a kind of fasting for the ears.

But in the middle of it all, if you seek it, there still exists the kind of joy that is unshakeable even in adversity. Jesus certainly wasn't happy on the cross, but there was a joy he sustained because he knew he was accomplishing his Father's will. The little sacrifices we make (or the large ones, too) can be united to Christ in his self-gift to our loving Father, and we can know his joy and make it ours.

One last thing — someone asked me last weekend what the rocks were doing in front of the altar. I realized we put out the bucket of rocks and never told anyone about it. It is something I started at my last parish and brought it here, so most probably know about this already. I call it "Living Stones" and here is how it works: During the season of Lent, approach someone who has left or been away from the Church and invite them back. After you have personally made this invitation, you then take a stone from the container and place it in front of the altar.

The other thing I never mentioned is that those stones are there as a reminder that we must pray for these people after the invitation has been made. When you are at Mass, pray for the people represented by these stones. It might just be the prayer that will help them to feel welcome again. And tell them they are being remembered! In a certain sense, it will be like they have already been present to us if they decide to give faith another chance.

Like the feast of the Annunciation, in the silence of Lent allow yourself to be surprised by a moment of joy this weekend as with hope we observe the coming feasts.

The Lord be with you. *Fr. Dom*



## cardinal corner



**FORMING  
HEARTS  
& MINDS  
IN CHRIST**

### Now enrolling PRE-Kindergarten

Interested in joining our school community? We focus on faith formation, academic excellence, and community service.

We are now accepting applications for the 2025-26 school year. Visit our website: [www.stbernschool.org/admissions-process/](http://www.stbernschool.org/admissions-process/)

### Race for Education

This Monday the students and staff of our school kicked off the countdown to this year's Race for Education. Race for Education is a schoolwide fundraiser that will take place in the first part of May. The back parking lot of the school will be transformed into a quarter-mile track on which the students will walk or run as many laps as they can during their designated hour, while a DJ provided by our P.T.O. creates a fun and festive atmosphere.

Families and friends are invited to support students through donations and help our school reach its \$35,000 goal. Funds raised through Race for Education will be used to continue to provide a quality education and affordable tuition.

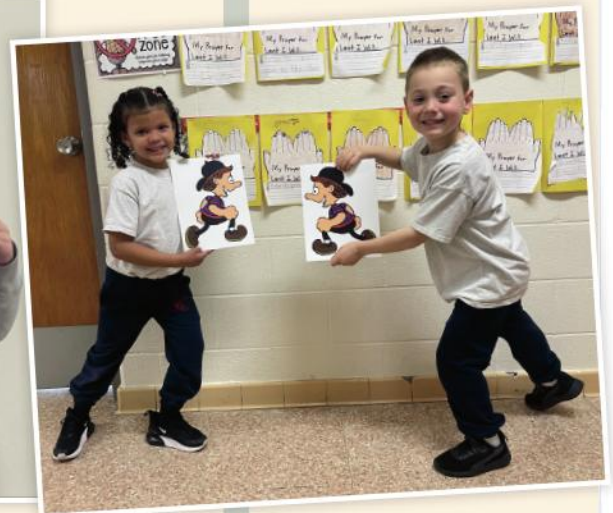
Students will be eligible for prizes based on most laps run during their race time, as well as donations received for their participation. These include passes for "Crazy Hat and Hair Day," "Crazy Sock and Sneaker Day," dress down days, and extra recess. Some students will have the opportunity to be entered into raffles to win Amazon gift cards, or even an Apple Watch.

We are looking forward to our race day and are excited to track our efforts in achieving our goal over the coming weeks.

If you would like to support our efforts and make a donation to our 2025 Race for Education, please use the following link:

<http://www.race4ed.com/sbc>

Thank you in advance for your support!



# religious education

## Weekly update

Please contact Lynn Jones, Director of Religious Education, at 703-451-8576, ext 136; Arlyn Agasen, ext 132, or Victor Mendez, Administrative Assistant, at ext 138.

### RE regular schedule:

Tuesday Session  
5:30–6:45pm

Wednesday Session  
6–7:15pm

### RE Program upcoming schedule

Regular classes: Apr. 2 (Wed.). No classes on Tuesday Apr. 1 due to FCPS holiday. Saturday SPRED class, Mar. 22, Apr. 5. Sunday Family Faith Formation Class: Apr. 6. Easter Break: April 15-16

### CRS Rice Bowls

Our students received Rice Bowls at classes at the beginning of Lent. The Rice Bowls are intended to raise funds for the good works of Catholic Relief Service through family Lenten sacrifices. Please take this on as a family Lenten activity. Plan to return the rice bowl on April 8 or 9.

### Trinity House Family Donut Social

Mark your calendars! Plan to join us on Sunday, April 27, in the school cafeteria for fellowship, hospitality, and kids' activities

after the 9am Mass! Come visit with other parish families while you enjoy coffee, juice, and donuts while your children do some fun activities with volunteers.

### Living the liturgical year

A popular Lenten activity is the Stations of the Cross which can be challenging for young children. Go to Catholic Icing at <https://www.catholicicing.com/printable-stations-of-the-cross-eggs-for-kids/> for a wonderful Stations of the Cross eggs printable craft for kids to help you teach your children! During Lent our parish hosts Friday meatless soup suppers at 6pm right before Stations of the Cross at 7pm in English, and 8pm in Spanish. Plan to join us next week! [simple-stations-of-cross-booklet-for.html](https://www.catholicicing.com/printable-simple-stations-of-cross-booklet-for.html).

## CYO TRACK & FIELD REGISTRATION

GRADES: 3RD - 8TH



REGISTER HERE:

[HTTPS://REG.SPORTSPILOT.COM/106541](https://reg.sportspilot.com/106541)

GRADES: 3RD - 8TH

SPRING MEET DETAILS  
MAY 17TH  
@ BISHOP O'CONNELL

COMPETE IN 1600M, 200M, TURBO  
JAVELIN, LONG JUMP, ETC.

NO PRACTICES REQUIRED  
COST = \$18

REGISTER BY 4/25

# youth ministry

## Stay in touch:

Text/Email Updates: Sign-up at [flocknote.com/stbernyouth](https://flocknote.com/stbernyouth) or text "stbernyouth" to 84576.

Follow us on Instagram  
[@stbernyouth](https://www.instagram.com/stbernyouth)

Email our director of youth ministry, Grace Mee, at [gme@stberpar.org](mailto:gme@stberpar.org) with any questions you may have.

### High School Dinner - Saturday, April 5

All High Schoolers are invited to join us for food, fellowship, and fun on Saturday, April 5th. Join us in the Bradican room from 6-8pm. Contact Grace Mee with any questions [gme@stberpar.org](mailto:gme@stberpar.org).

### Middle School Youth Ministry Next gathering April 2

All 6th-8th graders are invited to Middle School Youth Ministry every 1st and 3rd Wednesday of the month! Join us for games, snacks & fun from 6:45-8pm in the Gym. All middle schoolers are welcome, bring a friend!

### High School Tuesday Socials

All High Schoolers are invited to join us for games, snacks, fun, and discussions on the faith every Tuesday from 7-8:30pm in the youth room! All are welcome, bring a friend!

### WorkCamp adult volunteers still needed

-- 1 woman to serve as an Adult Crew Leader for the week June 21-27  
-- 1 contractor to supervise the repairs performed at the resident's home June 22-26. Please contact Matthew Frey with any questions: [matthew\\_c\\_frey@yahoo.com](mailto:matthew_c_frey@yahoo.com) or 571-265-5258.

**Bishop Ireton HS Theater: Guys and Dolls!**  
April 4, 5, 11 and 12 at 7pm; April 6 at 2pm. 201 Cambridge Road, Alexandria, VA 22314. See <https://www.bishopireton.org/fine-arts/theater-arts/>; Direct Ticket Link: <https://bihs.booktix.com/>

**St. Paul VI HS Theater: Joseph and the Amazing Technicolor Dreamcoat**  
April 4 & 5 at 7pm; April 6 at 1pm. 42341 Braddock Rd., Chantilly VA 20152. Tickets: <https://cur8.com/40072/project/130914>

# Holy Week 2025 *Semana Santa*



## Holy Thursday

APRIL 17

(No morning Mass; no hay misas por la mañana)

**8AM**  
**Office of Readings and Morning Prayer (Liturgy of the Hours)**

**7:30PM**  
**Mass of the Lord's Supper (bilingual)**

The concelebrated Mass of the Lord's Supper commemorates the institution of the Eucharist and the Priesthood by Jesus at the Last Supper. The commandment of love is symbolized by the Mandatum, or foot washing, where Jesus teaches, "As I have done, so must you also do." Parishioners are encouraged to join in the ancient Procession of the Blessed Sacrament to its place of repose in the gymnasium, where adoration will continue until midnight as we accompany Jesus in his agony in the Garden of Gethsemane.

### Misa de la Cena del Señor

(Misa Bilingue) La Misa de la Última Cena del Señor, recuerda la institución de la Eucaristía y el Sacerdocio por Jesús. Su mandamiento de Amor está simbolizado por el Mandatum, o la Lavadura de los Pies, cuando Jesús enseña: "Como he hecho, como deben hacer también." Todos son invitados para participar en la procesión del Santísimo Sacramento a su lugar de reposición en el gimnasio, donde adoración va a continuar hasta a medianoche, y acompañamos a Jesús en su agonía en el Jardín de Getsemané.

**11:45PM**  
**Night Prayer (Liturgy of the Hours)**  
Night Prayer will conclude Eucharistic Adoration in the Chapel.



## Good Friday

APRIL 18

(No morning Mass; no hay misas por la mañana)

**8AM**  
**Office of Readings / Morning Prayer (Liturgy of the Hours)**

**12-3PM**  
**"Tre Ore" - the Seven Last Words of Jesus in meditation and song (limited confessions will be available)**

**3PM**  
**Stations of the Cross (English)**

**4PM**  
**Via Crucis (en español)**

**5PM**  
**La Pasión y Veneración de la Santa Cruz (español)**

En la liturgia de Viernes Santo, nos reuniremos en observancia de la muerte salvífica de Cristo, y leeremos el evangelio de su Pasión, oraremos por la iglesia universal, y veneraremos su Cruz en un rito muy antiguo. Recibimos, también, la Eucaristía, preparada en la Misa de Jueves Santo.

La ofrenda hoy es para el mantenimiento de los lugares santos en Tierra Santa.

**7:30PM**  
**The Passion and Veneration of the Holy Cross (English)**

We assemble in observance of Christ's saving death, by reading the narrative of his Passion, praying for the Universal Church, venerating his Cross in this ancient Rite and receiving Holy Communion which was consecrated on the previous evening at the Mass of the Lord's Supper.

The Good Friday collection assists the maintenance of the Shrines in the Holy Land.



## Holy Saturday

APRIL 19

(No 8am or 5pm Mass; no hay misas a las 8am ni 5pm)

**8AM**  
**Office of Readings and Morning Prayer (Liturgy of the Hours)**

**10AM** **Easter Foods Blessing**

**8:30PM**  
**The Vigil of the Resurrection of the Lord (bilingual)**

What Sunday is to the week, Easter Sunday is to the year. This holiest of nights we celebrate the victory over death and promise of eternal life given to us by Jesus Christ in his resurrection from the dead. The Liturgy includes the Service of Light, the Vigil of Readings and Psalms, the Celebration of the Sacraments of Baptism and Confirmation for those who have prepared all year for initiation in the Catholic Church, and Liturgy of the Eucharist. Please note the unusual time that we begin: it marks the end of twilight and the beginning of Easter Sunday.

### La Vigilia

Esta noche, la más santa, celebramos la victoria sobre la muerte y el promesa de la vida eterna dado a nosotros por Cristo en su resurrección de la muerte. La liturgia incluye el Servicio de la Luz, la Vigilia de las Lecturas y Salmos, la Celebración de los Sacramentos de la Iniciación, el Bautismo y la Confirmación para los que han preparado todo el año para ser recibidos por la iglesia Católica, y la Liturgia de la Eucaristía.

## Easter Sunday

APRIL 20

**7, 9, AND 11AM, AND 1PM (SPANISH)**

**The Resurrection of the Lord**

Please note: there will be NO 5PM Mass on Easter Sunday!

# Holy Week history



## Fasting, Abstinence, and Prayer: Soup Suppers & Stations of the Cross

Lent is a special time of quiet and personal reflection as well as a time in which the parish comes together to observe special devotions and gatherings.

Remember, Fridays are days of abstinence from meat.

Ash Wednesday and Good Friday are days of fasting and abstinence, which means no meat and we eat only one full meal and two small meals not equalling one full meal, with no snacks in between.

Join us for our parish Lenten Soup Suppers on Fridays at 6pm! Then we celebrate the Way of the Cross, or Stations of the Cross, on Fridays at 7pm in English, and 8pm in Spanish in the church.

## Confessions

Our special [Parish Penance Service](#) with 16 priests will be held on Tuesday, April 8 at 6:30pm in the church. Please plan to join us.

Confessions will be available also on Wednesday nights, 6:30-8pm and the normal time, 3:30pm on Saturdays. Please plan to come earlier in the season so as not to encounter limited opportunities later.

## The origins of the Sacred Triduum

The title "Paschal Triduum," used to refer to the feast days of the passion, death and resurrection of Jesus Christ, has been a relatively recent expression, probably dating back to the 1930s. However, at the end of the fourth century, Saint Ambrose already spoke of a *Triduum Sacrum* referring to the different elements of Christ's Paschal Mystery, the three days *he suffered, he rested, and he rose again*.

The historical significance of the death of Christ impelled the primitive Church to celebrate liturgically this salvific event. A memorial rite was installed in accordance with the express desire of our Lord that the Paschal Mystery be sacramentally renewed. "*Do this in memory of me.*"

During the early phases of the life of the Church, Easter was celebrated at the Mass every Sunday. Soon after, in the second century, one Sunday during the year was reserved specifically for the celebration.

The Church began to celebrate the Paschal Triduum more systematically when it started to relive historically the mysteries of Christ's life, starting in Jerusalem, where they actually took place.

Each celebration of the Paschal Triduum contains its particular character: the twilight of Holy Thursday commemorates the institution of the Eucharist; Good Friday is dedicated especially to the passion and death of Jesus on the Cross; on Holy Saturday, the Church meditates the repose of Jesus in the sepulcher. Finally, in the Paschal Vigil, the faithful relive the glory of the resurrection.

## Holy Thursday

The evening Mass of the Lord's Supper formally opens the Paschal Triduum. The Church of Jerusalem, in the fourth century, already started celebrating the commemorative Eucharist of the Last Supper and the institution of the sacrament of the Holy Sacrifice on the Cross:

Originally, this celebration was observed at Golgotha, in the *Martyrium* Basilica built over the place of the Cross (now within the Church of the Holy Sepulchre), which confirms the intimate relation of the eucharistic celebration with Jesus' holy sacrifice on the cross.

At the end of the fourth century, many western churches adopted this tradition. It was not until the seventh century that the earliest Roman testimonies about the celebration were discovered.

## Good Friday

Good Friday commemorates the passion and death of Christ. Two documents from the third century (the *Traditio Apostolica* of Saint Hippolytus and the *Didaskalia Apostolorum*) give testimony to the common practice of the early Christians fasting on the Friday and Saturday that precede the Paschal Vigil.

It was not until the fourth century, in Jerusalem, when the first liturgical celebrations of the Passion of our Lord were held: a whole day was allotted for prayer; a procession of the faithful was held from the Cenacle (the place where the column of the Flagellation is also venerated) to Golgotha, where the bishop presented the wooden cross to the people for veneration. In different *stations* during the procession, Passion narratives were read, along with other prayers and psalms.

The oldest testimonies that describe the liturgy on Good Friday in Rome date back to the seventh century (in two distinct traditions, the Gelasian and Gregorian Sacramentaries).

## Holy ("Black") Saturday

In the early centuries of the Church, Holy Saturday was observed as a day of absolute fasting in preparation for the Paschal feast. In the 16th century, because of laws for the eucharistic fast, the Vigil began to take place on Saturday morning and the liturgical significance of the ancient fast was lost. Its original form was restored with the reforms of Vatican II. Holy Saturday should be a day of intense prayer for the faithful as they accompany Jesus in silence at the holy sepulcher.

## Paschal Vigil

The liturgical celebration of the Pasch of our Lord is found in the very core of Christian worship.

In the second century, the Church started celebrating an annual feast to serve as an actual remembrance of the Passover, although expressed through distinct traditions: one that commemorates the





## 2025 Bishop's Lenten Appeal *Abounding in Hope*

Thank you to those who have pledged to the Bishop's Lenten Appeal! If you have yet to make your gift, please prayerfully reflect on your blessings and consider making a commitment. The BLA unites as a diocesan family to support programs, ministries and services which help tens of thousands of people. Every donation, large or small, is essential. You may mail a pledge, go online to [arlingtondiocese.org/BLA](http://arlingtondiocese.org/BLA) to make a gift.

## Catholic Women's Group Upcoming events

Come and enjoy warm fellowship and great food. No need to RSVP. For more information, please email us at [women@stbernpar.org](mailto:women@stbernpar.org).

Monday, March 31 is our next **Dinner with Friends** at 5pm, at Saratoga Pizzeria, 8050 Rolling Road. This is an extra dinner for this month because there are five Mondays.

Our next **monthly meeting will be Tuesday, April 8** at 7pm in the Bradican Room. It's book night! Time to clear out those bookshelves. Bring as many books as you like, both fiction and nonfiction, to share and trade.

## Knitting/crochet ministry

Join our Friday Nights virtual and in person meetings - Knitting/Crochet Ministry at St. Bernadette Church in the Bradican Room, Friday evenings from 5 to 6:30pm and in-person meetings on the 3rd Friday of the month, same time. Our main objective is to help the very poor by donating our products through charity organizations, and at the same time have fun while meeting other knitters, making good friends, and sharing our favorite knitting skills. You don't need to know how to knit or crochet to join the club, other knitters will teach you.

Yard donations: Our Ministry is now concentrating in making baby blankets, as it is the demand at the moment. Therefore, we welcome yarn donations, provided it is suitable for baby blankets, e.g., soft and right thickness.

Contact: Lerick Kebeck: 703-477-1725; or [Lsotelo0712@yahoo.com](mailto:Lsotelo0712@yahoo.com)

## Return Rice Bowls by April 11

On the southern fringe of the Sahara Desert, the Sahel region spans Senegal, Mauritania, Mali, Burkina Faso, Niger, Nigeria, Chad, Sudan and Eritrea. In the Sahel, temperatures are high and rain is uncommon. In 1976, during a long drought, crops failed, livestock was lost and a lack of food threatened the lives of millions of our sisters and brothers. The Eucharist makes visible our communion with our sisters and brothers and our shared responsibility as one human family. As Catholics, we believe no person should go hungry; however, our world is currently facing levels of hunger that experts believe could be the new normal. It is more important than ever for us to recommit each Lent—and throughout the year—to supporting our global family.

As we near the end of these 40 days, let us reflect on what our Lenten journey has meant for us and how the pillars of prayer, fasting and almsgiving impact not only our lives but also the lives of our sisters and brothers in our local community and around the world. As we strive to live in true global solidarity and are nourished by the Bread of Life, let us share bread for life to ensure everyone has enough to eat amid this global food crisis.

To Donate please visit <https://tinyurl.com/34sdsxz4> or take and return a Rice Bowl from the church vestibule. Please return no later than April 11, 2025. Checks should be made payable to Catholic Relief Services.

## Calling all softball players

The Parish fields a softball team in the Fairfax County Adult Softball League, Church Division, sponsored by our Knights of Columbus council. We are seeking men and women over the age of 18 who may wish to participate. Games are played in the Centerville area on weeknights from April through June, usually one night per week. If you have experience and a desire to compete, please reach out to Mark Price at 703-894-8300 or email at [mnpprice@verizon.net](mailto:mnpprice@verizon.net). We are especially in need of younger players to remain competitive. You do not need to be a member of the Knights to play.



## Parish Offertory

March 23:  
Offertory \$40,179

*Thank you for your faithful support!*



*Consider using Faith Direct to make your parish contributions through either direct debit to your checking account or through credit cards, the same way you make car or tuition payments. Faith Direct also offers personalized offertory cards to replace your envelopes for the collection basket. You may enroll securely online. Visit [www.faithdirect.net](http://www.faithdirect.net) or call (866)507-8757. Our parish code is VA70.*

## Daily Mass Intentions and Readings

Please call the office also if you would like to request a Mass sooner, that is not announced.

### March

#### 31 MONDAY

7am Adam Fioretto  
9am\* Fr. William Nyce  
Is 65:17-21/Jn 4:43-54

#### 1 TUESDAY

7am Fr. Jeb Donelan  
9am\* The Mussomele Family  
Ez 47:1-9, 12/Jn 5:1-16

#### 2 WEDNESDAY

7am Stephen Vu  
9am\* Stella & Peter Gaizutis  
Is 49:8-15/Jn 5:17-30

#### 3 THURSDAY

7am † Vivian Spendley  
9am\* † Jan Usinger Sanchez  
Ex 32:7-14/Jn 5:31-47

#### 4 FRIDAY

7am † Souls in Purgatory  
9am\* † Elodie Lane  
10am\*\* † William Palenski  
Wis 2:1a, 12-22/Jn 7:1-2, 10, 25-30

#### 5 SATURDAY

8am\* † Socorro & Francisco Masakayan  
Jer 11:18-20/Jn 7:40-53  
5pm\* † Renato Donato

#### 6 SUNDAY

7am For the parish  
9am\* † Vicente To Truong  
11am\* † Larry Horton  
1pm † Paula Iraheta  
5pm † Christine Laser  
Is 43:16-21/Phil 3:8-14/Jn 8:1-11

\* live-streamed Masses

\*\* Mass at Greenspring Chapel

### Masses next weekend

April 5	5pm	Fr. Don
April 6	7am	Fr. James
	9am	Fr. Don
	11am	Fr. Don
	1pm	Fr. Cedric
	5pm	Fr. James

## Parish Prayer List

Jessica Curtis, Sean Duffy, Paul Flapper, Mark Fortin, Shamsun Nahur, Kamden Harriet, Alisa Squatrito, Jerome Furlow, Joanne DeAngelis, Jim Gribschaw, Pierre DesLauriers, Frank Caponegro, Krista Buskey, Helena Larsen, Cristy Perez Ayala, Amy Greenlee, Larry Lawrence, Thomas Fitzgerald, Adrian Vincente, Evan Robish, Kathryn Yeager, Scott Kendrick.

## Pro-Life Witness

The Saint Bernadette Pro-Life Committee invites you to pray the rosary and be a witness to the sanctity of life on Tuesday or Saturday mornings in front of the abortion facility at 2616 Sherwood Hall Lane in Alexandria (ample free parking across the street). We legally, peacefully, and respectfully gather for an hour starting at 10am; no sign-up or commitment required. Questions? Email Tom Palumbo at [tompalumbo@outlook.com](mailto:tompalumbo@outlook.com).

## Planned giving: make a gift of appreciated assets

Consider a gift of stock or any other appreciated asset as a donation to Saint Bernadette Catholic Church and School. In exchange for a gift of a long-term appreciated asset, you can receive an income tax deduction for the current market value and avoid capital gains taxes on that appreciation. Your gift will support the Church, School, or the parish hall Capital Campaign. For more information, please contact Rick Caporali at [rcaporali@stbernapar.org](mailto:rcaporali@stbernapar.org) or call the office.

### Remember us in your will or trust

The next time you review your will or trust with your attorney consider adding a provision to donate a portion of your assets to Saint Bernadette Church and School. Your gift will be greatly appreciated. For more information, please contact Rick Caporali at [rcaporali@stbernapar.org](mailto:rcaporali@stbernapar.org) or call the office.

## Associates of Saint John Bosco scholarships

The Associates of St. John Bosco (ASJB), a Catholic non-profit in the diocese founded by Fr. Christopher Vaccaro, has opened

its scholarship application for all current and rising college students. ASJB will be awarding up to \$40,000 to up to five recipients who seek to serve the Church in some way after they graduate from college. Applicants must be residents of the Diocese of Arlington. Students may apply by May 19, 2025, by visiting: [www.asjb.org/scholarship-program](http://www.asjb.org/scholarship-program).

## Consider a volunteer mentor role at Mary's Comfort

Mary's Comfort maternity shelter is growing our mentoring team! We're in need of additional mentors to work directly with our guests and closely with other dedicated volunteers as we support pregnant women in crisis. Please see our website for more details about our program <https://www.maryscomfortva.org/>. If interested in becoming a mentor, email [maryscomfortva@gmail.com](mailto:maryscomfortva@gmail.com) with a brief summary of your interest and your contact information. Your love and support will make a long-term positive impact on the lives of pregnant mothers and their children.

### The origins of the Sacred Triduum *continued from page 8*

Passion (celebrated on the 14th day of Nissan in the Jewish lunar calendar) and that of the Resurrection (celebrated on the Sunday after the 14th of Nissan, the day of the Resurrection of our Lord). The latter tradition had been practiced in the Church since the early third century.

The Easter Vigil, during the holy night when Christ rose from the dead (Saint Augustine calls this the "Mother of all vigils"), closes the Sacred Triduum and starts the Easter Season, celebrating the glory of the Jesus' resurrection. This single event reveals the mystery of Christ the Savior and the saved Christian. During the ceremony of the Easter Vigil, the baptism of catechumens is celebrated.

As indicated by Saint Augustine in his Sermons (220-221), the celebration of the Holy Vigil should be done throughout the night in such a way that it ends right before the early morning of Sunday. The Paschal Vigil is the heart of the liturgical year in which all celebrations of the mysteries of the life of Christ converge.

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