

Grant us, Lord our God, that we may honor you with all our mind, and love everyone in truth of heart. 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.

4th Sunday in Ordinary Time

February 1, 2026



Sermon of Jesus Christ on the Mountain, Edouard Louis Dubufe, 1844
Private collection (Bridgeman Images)



SAINT BERNADETTE
CATHOLIC CHURCH AND SCHOOL

4th Sunday in Ordinary Time

February 1, 2026

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 rd 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 frdonrooney@stbermpar.org Fr. Jeb Donelan frjebdonelan@stbermpar.org Fr. James Waalkes frjameswaalkes@stbermpar.org Deacon Orlando Caicedo
	Pastoral Associate, Rick Caporali rcaporali@stbermpar.org Business Manager, Linda Patterson lpatterson@stbermpar.org Music Director, David Mathers dmathers@stbermpar.org Bookkeeper/Compliance (OPCYP), Zory Conde, zconde@stbermpar.org Executive Assistant, Jean Corday jcorday@stbermpar.org Executive Assistant, Evelyn Vargas, evargas@stbermpar.org Secretary, Janet Chávez-España
SAINT BERNADETTE SCHOOL	703-451-8696, fax 269-1121 Principal, Dr. Kathleen Burgess school@stbermpar.org Assistant Principal, Jennifer Spencer Registrar, Heidi Thomes
RELIGIOUS EDUCATION	703-451-8576 Director, Lynn Jones Ljones@stbermpar.org Coordinator of Religious Education, Arlyn Agasen, aagasen@stbermpar.org Administrative Assistant, Victor Mendez vmendez@stbermpar.org
YOUTH MINISTRY	703-451-8576 Director, Grace Mee gme@stbermpar.org Assistant Director, J.P. McLaughlin, jpmclaughlin@stbermpar.org
BAPTISMS	Saturday, 10am, 1 st and 2 nd Saturdays in English; 3 rd 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 required somewhere; 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 www.stbermpar.org .
	Articles for the bulletin must be submitted to the parish office no later than first thing Friday morning, ten days before publication date. bulletin@stbermpar.org .

calendar

february

- 1 Sunday, FOURTH SUNDAY IN ORDINARY TIME**
 - Live-streaming Masses continue at 9 and 1pm
 - **faith250 with Fr. Don, Bradican Rm, after the 11am Mass**
- 2 Monday, The Presentation of the Lord**
- 3 Tuesday, Weekday [Saint Blaise, Bishop and Martyr]**
- 4 Wednesday, Weekday**
- 5 Thursday, Saint Agatha, Virgin and Martyr**
- 6 Friday, Saint Paul Miki and Companions, Martyrs**
 - Adoration, 7pm in the church
- 7 Saturday, Weekday**
 - Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
 - Knights of Columbus Spaghetti Dinner/Trivia Night, 6pm in the cafeteria
 - **BLA Commitment/Pledge Weekend** at all Masses
- 8 Sunday, FIFTH SUNDAY IN ORDINARY TIME**
 - Live-streaming Masses continue at 9 and 1pm
 - **BLA Commitment/Pledge Weekend** at all Masses
- 9 Monday, Weekday**
- 10 Tuesday, Saint Scholastica, Virgin**
- 11 Wednesday, Weekday [Our Lady of Lourdes]**
- 12 Thursday, Weekday**
- 13 Friday, Weekday**
 - Adoration, 7pm in the church
- 14 Saturday, Saints Cyril, Monk, and Methodius, Bishop**
 - Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
- 15 Sunday, SIXTH SUNDAY IN ORDINARY TIME**
 - Live-streaming Masses continue at 9 and 1pm
- 16 Monday, Weekday**
 - Taizé prayer for unity in the church, 8pm. All are Welcome!
- 17 Tuesday, Weekday [The Seven Holy Founders of the Servite Order]**
- 18 ASH WEDNESDAY**
- 19 Thursday after Ash Wednesday**
- 20 Friday after Ash Wednesday**
 - Adoration, 7pm in the church
- 21 Saturday after Ash Wednesday [Saint Peter Damian, Bishop and Doctor]**
 - Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
- 22 Sunday, FIRST SUNDAY OF LENT**
 - Live-streaming Masses continue at 9 and 1pm

announcements

This weekend (weather permitting) join **Fr. Don at noon on Sunday in the Bradican Room for faith250** in preparation for our nation's 250th anniversary. If we are snowed out this weekend, too, we will meet next weekend, Feb. 8, for a final wrap up of the last two meetings.

Discover the **Beauty and Riches of the Mass Saint Bernadette Lenten Study 2026**. Join us for a 5-week study this Lent, as we learn to better understand the celebration of the Mass. See page 7 of today's bulletin for more information. All are welcome.

Knights of Columbus Springfield Council 6153 will be hosting a **Spaghetti Dinner and Trivia Contest** Saturday, February 7 in the school cafeteria. Dinner is from 6–7:30pm followed by trivia until 9pm. Please join us, more details on page 11.

2025 year-end Contribution Statements were mailed last week. Due to the inclement weather, delivery to your mailbox may be delayed. Please contact the parish office if you have any questions.

The **2026 Bishop's Lenten Appeal** mailing was recently sent to parishioners. The 2026 theme is "In Christ We Are One", which reminds us of this great theological virtue that is rooted in Jesus Christ and the victory he won for us. The in-pew pledge weekend is next weekend, February 7/8, or you can make a gift at: www.arlingtondiocese.org/BLA. Please indicate you are a parishioner here and it will count toward our parish goal of \$582,000.



SAINT BERNADETTE
CATHOLIC CHURCH & SCHOOL

www.stberpar.org | page 3

from the pastor

A primer on Catholic Social Teaching

Dear Good People of Saint Bernadette,

Pope Leo XIV often speaks about Catholic Social Teaching in his writings and certainly chose his name for a reason.

Catholic Social Teaching is the body of doctrine developed by the Catholic Church to guide individuals, communities, and societies in promoting justice, peace, and the dignity of every human person. Rooted in Sacred Scripture, the teachings of Jesus Christ, and the Church's moral tradition, it reflects the Church's effort to respond faithfully to changing social, economic, and political realities. It is not a political ideology but a moral framework that evaluates social structures and actions with Gospel values.

At its heart is the dignity of the human person. The Church teaches that every human being is created in the image and likeness of God and therefore possesses inherent worth, regardless of race, nationality, economic status, or ability. All social, economic, and political systems must be judged by how well they protect and promote this dignity. From this foundational principle flow its themes.

The **common good** is understood as the sum of social conditions that allow individuals and communities to flourish. The common good requires respect for persons, social well-being and development, and peace and security. Closely related is the principle of **solidarity**, which emphasizes that human beings are interdependent and morally responsible for one another, especially across national and economic boundaries. Solidarity calls Christians to recognize the suffering of others as their own and to work for justice.

Another central principle is **subsidiarity**, which holds that decisions should be made at the lowest level possible, consistent with the common good. Larger institutions, such as governments or corporations, should support—not replace—the initiative and responsibility of individuals, families, and local communities. Subsidiarity safeguards human freedom and participation while recognizing the legitimate role of higher authorities when local efforts are insufficient.

The **preferential option for the poor** calls special attention to the needs of the most vulnerable. While the Church affirms the value of private property and economic initiative, it insists that material goods are ultimately destined for the benefit of all.

This leads to principles such as the right to work, just wages, safe working conditions, and the rights of workers to organize. **Care for creation** has also become an increasingly prominent theme, emphasizing humanity's responsibility to steward the earth responsibly for future generations.

The development of Catholic Social Teaching was significantly shaped by historical catalysts, particularly the social upheavals brought about by modernity. The Industrial Revolution of the 18th and 19th centuries marked a critical turning point. Rapid industrialization led to widespread poverty, unsafe labor conditions, child labor, and vast economic inequality. Traditional social structures were disrupted, and new economic systems often prioritized profit over people. In response, Pope Leo XIII issued *Rerum Novarum* in 1891, widely regarded as the foundational document of modern Catholic Social Teaching. It addressed the rights and duties of capital and labor, defended workers' rights, and rejected both unrestrained capitalism and revolutionary socialism.

Subsequent global crises further shaped our teaching. The Great Depression, World Wars, and the rise of totalitarian regimes prompted deeper reflection on human rights, political authority, and international cooperation. After World War II, the horrors of genocide and mass violence led the Church to emphasize universal human rights and global solidarity, as seen in Pope John XXIII's *Pacem in Terris* (1963).

The Second Vatican Council (1962–1965) marked another major catalyst by calling the Church to read “the signs of the times.” Its pastoral constitution *Gaudium et Spes* engaged contemporary issues such as economic justice, peace, and the role of the Church in the modern world. Later popes and papal documents addressed decolonization, globalization, technological change, and environmental degradation.

Our living tradition integrates timeless moral principles with concrete historical realities. Born from the Church's encounter with social injustice and human suffering, her teaching continues to challenge believers to build a world rooted in dignity, solidarity, justice, and love. This is our contribution to the often divisive modern dialogue with unchanging principles based on God, his creation, and his desire to redeem all of us.

The Lord be with you.

Fr. Dom

What happens after the bell rings?

The school day ends, but the fun and growth are just beginning! At Saint Bernadette Catholic School, the building stays lively with enriching after-school activities that nurture the whole child—mind, body, and spirit.

Academic powerhouses in action

Our Catholic Academic Junior High Decathlon team is in its fourth exciting year. Dedicated decathletes dive into books, puzzles, and intense study sessions to prepare for the big competition on March 7, 2026. They will face off against several other Catholic schools in the area. We are proud to host this thrilling event. Eighth graders Gabe G. and Zoe B. are returning for their second year. Zoe serves as the Super Quiz captain, focusing her efforts on science—she loves the team spirit and the thrill of competition. Gabe shines as the math expert, skillfully balancing his schedule to squeeze in extra practice. These students are building knowledge, confidence, and teamwork!

Spotlight on the stage

For those with a passion for theater, auditions lead to the Shakespeare Festival. Selected middle school students perform a Shakespearean piece at a local Catholic high school in May. Rehearsals fill several afternoons a week, complete with set design and character work. Natalie P. is back for her third year in a row! She finds the practices and performances incredibly fun and says it is a wonderful place for her to shine. Harper H. enjoys being part of the audience on performance day, cheering on the other schools and soaking in the creativity.

Game on with CYO sports

Sports-minded students hit the fields and courts through the Catholic Youth Organization (C.Y.O.) programs, including cross country, tennis, basketball, and volleyball. Many coaches are dedicated parents and teachers from our community, making it a true family affair. Peter O. has been playing C.Y.O. basketball for four

years—he loves competing alongside his friends and developing stronger bonds through the game. Hasset A. has been on the tennis team for two years. Even though practices and matches take place at different schools, she enjoys the challenge and the satisfaction of improving her skills.

At Saint Bernadette Catholic School, we believe in going beyond the classroom to help every child grow fully. Through teamwork, healthy competition, creativity, and faith-filled friendships, these activities build character, confidence, and joy that last a lifetime.

cardinal corner



**FORMING
HEARTS
& MINDS
IN CHRIST**



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.

youth ministry

Email our director of youth ministry, Grace Mee at gmeee@stbernapar.org, or our assistant director JP McLaughlin at jpmclaughlin@stbernapar.org with any questions you may have.



YOUNG ADULTS GROUP CHAT

RE Program upcoming schedule

Sunday Doughnut Social: Feb. 1 after 9am Mass at the School Cafeteria
Family Faith Formation, Feb. 1
Regular classes Feb. 3-4, 10-11, 24-25
SPRED Classes: Feb. 7, 21
Family Mass Learning: Feb 7-8 after Masses

Volunteers for 2025-2026

We are still in need of volunteers (assistant catechists, teen catechists, and hall monitors). If interested, please contact the Religious Education Office or fill out the Volunteer Form on the website <https://stbernapar.org/religious-education-volunteers/>.

Parish baby supplies donation drive

This is the last weekend we will be collecting donations for the baby supplies

drive for Catholic Charities Migrant and Refugee Services. Items are being collected in the playpens in the church vestibule. All parishioners are encouraged to donate. See page 10. Amazon wish list: <https://www.amazon.com/hz/wishlist/>

Living the liturgical year

On February 2nd, we celebrate the Feast of the Presentation of the Lord, also known as Candlemas. This feast occurs 40 days after the birth of Jesus. As with Jewish law, Mary and Joseph presented the infant Jesus at the Temple of Jerusalem, to fulfill God's law and to entrust Jesus to him. You can learn more about Candlemas here: <https://www.youtube.com/watch?v=rdq6g7SBcpg>. To celebrate with your children, you can make Candlemas crepes. You can also find other Candlemas activity ideas here: <https://www.asceticlifeofmotherhood.com/blog/9presentationofchrist-2025>.

HS Small Groups

All high schoolers are invited to twice-a-month meetings on Thursdays, 7-8:30pm in the Youth Room for a night of fun games, fellowship, and small group discussions about the Faith. Guys' Small Groups meet on first and third Thursdays; Girls' Small Groups meet on second and fourth Thursdays.

High School Tuesday Socials

All high schoolers are invited to join us every Tuesday from 7-8:30pm! Meet in the youth room (in the parish office) for games, ice cream, and a discussion on the faith.

High School Saturday Dinner, February 21

All High schoolers are invited for dinner, games, fellowship, and adoration with praise and worship on Saturday, February 21. Meet in the Bradican Room from 6-8:30pm!

Work Camp 2026 registration is open

Please visit our website to register for Work Camp. Contact Matthew Frey matthew_c_frey@yahoo.com or JP McLaughlin at

jpmclaughlin@stbernapar.org for any inquiries.

Volunteers for High School Program

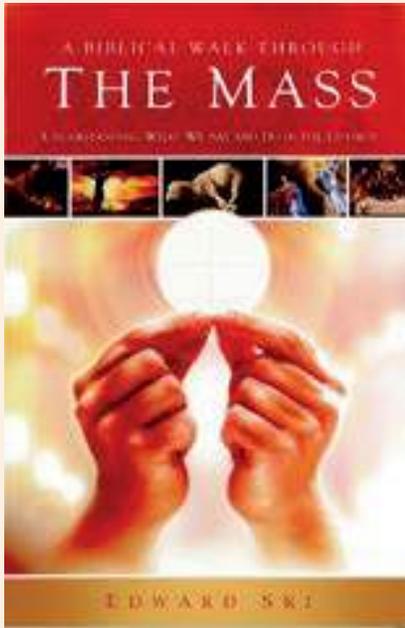
We are looking for adults who share a deep passion for their Faith and want to help disciple high school teens. All adult volunteers must be VIRTUS certified and undergo a background check. If you are interested, contact JP McLaughlin at jpmclaughlin@stbernapar.org.

Middle School Youth Ministry - Feb. 4

All 6th-8th graders are invited for games, snacks, and fun every 1st and 3rd Wednesday of the month! Meet in the school gym from 6:45-8pm.

Young Adults Faith Discussions

All Young Adults are invited to once-a-month Sunday night discussions and debates on key topics and mysteries about the Faith. Our next Faith Discussion will be on Sunday, February 15, 6-8pm in the Bradican Room. For any inquiries, contact JP McLaughlin jpmclaughlin@stbernapar.org for any inquiries



Discover the Beauty and Riches of the Mass

Saint Bernadette Lenten Study 2026

Join us for a 5-week study this Lent, as we learn to better understand the celebration of the Mass.

As we become more actively engaged in the Mass, we grow closer to Christ and those in our community. The program will be offered online (online access to the videos and digital study guide will be provided by the parish) so you can watch at home with your family, form a group of friends or fellow parishioners, or join us in the Bradican Room on Wednesday evenings. We will come together online for weekly reflections with Fr. Don (*link to be provided after registration*). Printed versions of the study guide and/or companion book are available for purchase through Ascension Press. Ascensionpress.com/collections/a-biblical-walk-through-the-mass.

If you have never participated in a Bible study or a Lenten study activity, this is a great way to get started. The online videos are 30 minutes long. Everything that happens in the Mass has purpose, and this study will give you a better understanding, whether you have attended Mass once or every week for 50 years! To learn more about the study, see ascensionpress.com/collections/a-biblical-walk-through-the-mass.

Here are the details:

One 30-minute video each week, Feb. 22–March 27 (No session the week of 40 Hours, March 1-3). Registration opens January 26, 2026. Please contact Evelyn at evargas@stbernapar.org.

For those looking for an opportunity to join a group discussion, but are unfamiliar with existing groups, there will be a limited opportunity to participate in the Bradican Room on Wednesday evenings from 7–8:30pm. This option for study will accommodate 30 people maximum. Please indicate your desire to be part of this Wednesday evening group when you register with Evelyn.

Families, groups and ministries are welcome to participate.



Join in preparing our multi-faith community for the 250th birthday of the USA!

We have already had two parish discussions of the Declaration of Independence and Emma Lazarus' The Colossus: you can still join us for one more parish gathering on **Sunday, February 1** ("America the Beautiful" and "What to the Slave is the Fourth of July?" by Frederick Douglass) **at noon in the Bradican Room**. Snowdate: February 8!

Then we widen the circle with sacred conversations about America through the lens of faith and our American words over desserts with a dozen local houses of worship, all **second Tuesdays from 7–8:30pm**:

- **Feb 10 at Burke Presbyterian** (St. Bernadette & LDS Burke Congregation assisting with desserts)
- **March 10 at Congregation Olam Tikvah** (Rumi Forum assisting)
- **April 14 at St. Peter's in the Woods** (St. Andrew's assisting)
- **May 12 at Abiding Presence ELCA** (Burke UMC assisting)

Finally, we conclude our gatherings with a regional potluck picnic observing our 250th at **Burke Lake Park on Wednesday, July 1 starting at 6pm**.

upcoming events

Parish Offertory

At the time of printing, Offertory amounts for January 25 are not available.

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 or call (866)507-8757. Our parish code is VA70.

“vatican council II through its documents”

**Catechesis
January 21, 2026**

Pope Leo has begun a new series of General Audiences which will form a catechesis on Vatican II sixty years later.



I. Dogmatic Constitution *Dei Verbum*.

2. *Jesus Christ reveals the Father*

Dear brothers and sisters, good morning and welcome!

We will continue the catecheses on the Dogmatic Constitution *Dei Verbum*, of Vatican Council II, on divine Revelation. *We have seen that God reveals himself in a dialogue of covenant*, in which he addresses us as friends. It is therefore a *relational* knowledge, which not only communicates ideas, but shares a history and calls for communion in reciprocity. The fulfilment of this revelation takes place in a historical and personal encounter in which God himself gives himself to us, making himself present, and we discover that we are known in our deepest truth. It is what happens in Jesus Christ. The Document states that the deepest truth about God and the salvation of man shines out for our sake in Christ, who is both the mediator and the fullness of all revelation (cf. *DV*, 2).

Jesus reveals the Father to us by involving us in his own relationship with him. In the Son sent by God the Father “man might in the Holy Spirit have access to the Father and come to share in the divine nature.” We therefore reach full knowledge of God by entering into the Son’s relationship with his Father, by virtue of the action of the Spirit. This is attested to, for example, by the Evangelist Luke when he recounts the Lord’s prayer of jubilation: “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows who the Son is except the Father or who the Father is except the Son and anyone to whom the Son chooses to reveal him” (*Lk* 10:21-22).

Thanks to Jesus we know God as we are known by him (cf. *Gal* 4:9); *1 Cor* 13:13). Indeed, in Christ, God has communicated himself to us and, at the same time, he has manifested to us our true identity as

his children, created in the image of the Word. This “eternal Word ... enlightens all men” (*DV* 4), revealing their truth in the eyes of the Father: “Your Father, who sees in secret will reward you” (*Mt* 6:5; 6:8), says Jesus, and he adds that “your Father knows that you need all these things” (cf. *Mt* 6:32). Jesus Christ is the place where we recognize the truth of God the Father, while we discover ourselves known by him as sons in the Son, called to the same destiny of full life. Saint Paul writes: “When the fullness of time had come, God sent his Son ... so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, ‘Abba!’, Father!” (*Gal* 4:4-6).

Finally, Jesus Christ reveals the Father with his own humanity. Precisely because he is the Word incarnate that dwells among men, Jesus reveals God to us with his own true and integral humanity: “To see Jesus is to see his Father” (*Jn* 14:9). For this reason, Jesus perfected revelation, fulfilling it through his whole work of making himself present and manifesting himself through his words and deeds, his signs and wonders, but especially through his death and glorious resurrection from the dead and final sending of the Spirit of truth” (*DV*, 4). In order to know God in Christ, we must welcome his integral humanity: God’s truth is not fully revealed where it takes something away from the human, just as the integrity of Jesus’ humanity does not diminish the fullness of the divine gift. It is the integral humanity of Jesus that tells us the truth of the Father (cf. *Jn* 1:18).

It is not only the death and resurrection of Jesus that saves us and calls us together, but his very person: the Lord who becomes incarnate, is born, heals, teaches, suffers, dies, rises again and remains among us. Therefore, to honor the greatness of the Incarnation, it is not enough to consider Jesus as the channel of transmission of intellectual truths. If Jesus has a real body, the communication of the truth of God is realized in that body, with its own way of perceiving and feeling reality, with its own way of inhabiting and passing through the

world. Jesus himself invites us to share his perception of reality: "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Mt 6:26).

Brothers and sisters, by following the path of Jesus to the very end, we reach the certainty that nothing can separate us from God's love. "If God is for us, who is against us?" writes Saint Paul again. "He who did not withhold his own Son but gave him up for all of us, how will he not with him also give us everything else?" (Rom 8:31-32). Thanks to Jesus, Christians know God the Father and entrust themselves to Him with confidence.

Mark your calendars for our parish mission talks during 40 Hours: Learn about your Church!

This year during 40 Hours, we will host Christopher White who will speak on March 1, 2, and 3 about the transition from Pope Francis to Pope Leo, the Church's pastoral priorities for this century, and synodality and the Church's communion, participation and mission. It will be an opportunity to understand our Church from the viewpoint of an insider, a rare view, indeed.

Chris is a prominent American journalist and analyst, known for his extensive coverage of the Vatican and Catholic Church, serving as the former Vatican correspondent for the *National Catholic Reporter* (NCR) and currently as an associate director and senior fellow at Georgetown University's Initiative on Catholic Social Thought and Public Life. Before his work at Georgetown, he lived in Rome and spent his days meeting with Vatican sources and attending big papal events. He visited more than 20 countries with Pope Francis as part of the press corps. He is an astute and thoughtful church observer and commentator. He is author of the recent book *Pope Leo XIV: Inside the Conclave and the Dawn of a New Papacy*.



13-DAY PILGRIMAGE TO
IRELAND
AND
SCOTLAND

"Into the time of Celtic Saints and Legends."

SAVE THE DATES

**September 20th
to October 2nd
2 0 2 6**

Fr. Don looks forward to welcoming you on this pilgrimage. Tour brochures and enrollment information will be available at the end of December 2025.

Email brochure requests for St. Bernadette Parish Pilgrimage to Ireland & Scotland to:
Peter@petersway.com

Peter's Way Tours

ways to serve

Scan here to see our Amazon Wishlist



Baby Supplies Drive ends this weekend

As a parish, we have committed to supporting 10 families served by Catholic Charities' Migrant and Refugee Services.

Only new items can be accepted:

- Car seats for infants
- Strollers
- Baby bed (pack and play)
- Baby clothes (for newborn - 2T)
- Baby healthcare/grooming kits
- Baby bouncy seats
- Baby swaddles and blankets
- Baby bottles
- Pacifiers
- Baby winter clothes
- Baby soap, shampoo and oil
- Baby towels
- Maternity clothing
- Diaper bags
- Diapers all sizes
- Crib sheets

Drop off items in the vestibule of the church by today, February 1, or order them from our Amazon Wishlist (QR code at left) shipped directly to the parish office:

St. Bernadette Parish, c/o Grace Mee
7600 Old Keene Mill Rd.
Springfield, VA 22152

Seven Sisters Apostolate

The Seven Sisters Apostolate is a call for women to strengthen the Church by ensuring a Holy Hour is prayed each day of the week for the sole intention of our parish priests. It is a "holy wasting" or "lavishing of prayer" for their deeper conformity to Christ. This apostolate is relatively new, having started in 2010 in Minnesota by Janette Howe. During a walk one day, it occurred to her that the very least she might do in gratitude for her priests' ever-generous pastoral care would be to offer a Holy Hour once a week for him. The rest is history with the apostolate in all 50 states and many countries. Learn more at sevensistersapostolate.org.

Two years ago, this Apostolate came to St Bernadette, and we have Seven Sisters Apostolate prayer teams for Fr Don, Fr James, and Fr Jeb every day of the week! We also have a list of substitutes who are willing to offer a Holy Hour when called upon. We are seeking a seventh sister for Sundays for Fr James. The current sister must step away due to

other commitments. It is simply one hour on Sunday, anytime during your day, an hour to spend with our Lord for your priests in front of the tabernacle or before the Blessed Sacrament in Eucharistic Adoration at any Catholic Church. Please contact Trish Pirowski at 1986sailboat@gmail.com for more info.

Save the date: WWP

Would you please save the date for Saturday, March 21, 2026 for the WWP Women's Lenten Evening of Reflection from 6:30-8:30pm. More details to come!

Statement by VA bishops on abortion amendment

For the second straight year, the General Assembly has passed a proposed constitutional amendment that would add an extreme and deadly "fundamental right" to abortion to Virginia's constitution. The legislature prioritized the passage of this radical amendment in a way that is truly shocking to the conscience – moving it all the way through both chambers during the opening three days of its 60-day session.

The extreme abortion amendment, which will proceed to a referendum for voters to decide later this year, would go far beyond even what Roe v. Wade previously allowed. It would enshrine virtually unlimited abortion at any stage of pregnancy, with no age restriction. Among numerous other problems, it would severely jeopardize Virginia's parental consent law, health and safety standards for women, conscience protections for healthcare providers, and restrictions on taxpayer-funded abortions. Most tragically of all, the extreme abortion amendment provides no protections whatsoever for preborn children.

Parental rights and the health and well-being of minors must be defended. So too must religious liberty. No one should ever be forced to pay for or participate in an abortion. Health and safety should be enhanced, not diminished. Most importantly, human life is sacred. The lives of vulnerable mothers and their preborn children must always be welcomed, cared for, and protected.

The proposed abortion amendment will appear on a ballot later this year. So too will a measure we oppose that would repeal the one-man/one-woman marriage provision approved by Virginia voters in 2006, as well as an initiative we support to restore voting rights to all who have completed their prison sentences.





Car Raffle is coming again this year

All Saints Church (Manassas) has invited our parishioners to participate in their Multi-Car Raffle. Prizes include four 2026 vehicles from Ourisman Ford of Manassas (Ford Escape, Mustang, Maverick Truck (Hybrid) and Bronco Sport). One \$5 ticket offers the purchaser a chance to win all four vehicles plus \$42,000 (including one for \$20,000) in cash prizes.

You will be receiving tickets in the mail within the next couple of weeks or so. Please consider selling or purchasing the tickets mailed to you. You will notice that the ticket returns are being processed at All Saints again this year. This is required by the Department of Charitable Gaming.

We use proceeds from the raffle to help families in need pay school tuition. Last year we received back about \$40,000.

We hope that you will support our efforts by buying or selling your tickets. Please ask people to make checks payable to All Saints. Also, many volunteers are needed to help make this a success. If you would like to help, call the parish office.



Saint John Paul the Great Catholic High School

Gala & Auction "A Legacy of Life."

Join us on Saturday, February 7 for an engaging evening with a delicious buffet dinner, dancing, and presentation by Andrea Picciotti-Bayer, a nationally renowned speaker. Live and silent auctions—all in support of Catholic education. Visit: <https://onecau.se/johnpaulgala>.

Clinics & Workshops - 4th-8th grades

We have a few exciting opportunities for younger students to hone their skills and explore their interests! Drama Workshop (Sat, Feb 7th), Super Science Saturday (Sat, Feb 28th), Girls Volleyball Clinic (Sat, Mar 28th), and more on the way! Click here for registration: <https://saintjohnpaul.mypaysimple.com/s/middle-school-event-registration>

please
note

Springfield Knights of Columbus

Spaghetti Dinner & TRIVIA NIGHT

- FAMILY FRIENDLY TRIVIA
- 6 PERSON TEAMS
- PRIZES FOR WINNERS

DINNER: 6 - 7:30 PM
TRIVIA: 7:30 - 9 PM
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FEBRUARY 7, 2026

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Scan the QR Code to RSVP



The Lumen Christi (*Light of Christ*) Guild recognizes those whose generous annual support helps the Bishop's Lenten Appeal illuminate the lives of countless people across our diocese. Membership is based on your total giving to the BLA within a calendar year.

Guild Level	Annual Gift
<i>Defender of Faith</i>	\$100,000 or more
<i>Faithful Servant</i>	\$25,000 - \$99,999
<i>Chancellor</i>	\$10,000–\$24,999
<i>Silver Gavel</i>	\$5,000–\$9,999
<i>Conscience Keeper</i>	\$2,500–\$4,999
<i>Crown of Glory</i>	\$1,200–\$2,499



Members of the Lumen Christi Guild are remembered in the bishop's daily prayers and at special Masses of thanksgiving throughout the year.

"Contribute to the needs of the holy ones, exercise hospitality."
— Romans 12:13

IN *Christ* WE ARE *One*

How to Give to the 2026 Bishop's Lenten Appeal

Through the generous sharing of God's blessings, faith is renewed and strengthened. When you support the 2026 Bishop's Lenten Appeal, you become an instrument of Christ's hope and love, bringing spiritual, charitable, and educational assistance to communities throughout the Diocese of Arlington.

Ways to Give:

ONLINE – Make a secure one-time gift, pledge, or set up monthly recurring gifts using the QR code below or by visiting www.arlingtondiocese.org/bla

PLEDGE – Use the attached commitment card now and fulfill your pledge throughout the year at your own pace. You'll receive convenient monthly reminder statements with options to pay by check, credit card or direct debit until your commitment is complete.

CHECK – Please make checks payable to "Bishop's Lenten Appeal" and mail to the address below.

STOCK GIFTS – To transfer appreciated securities, obtain a Stock Gift Form at www.arlingtondiocese.org/stock

IRA DISTRIBUTIONS – If you are 70½ or older, consider making a Qualified Charitable Distribution directly from your IRA. Learn more at www.arlingtondiocese.org/qcd

The Catholic Diocese of Arlington is a 501(c)(3) tax-exempt charitable organization (EIN: 54-0967542). All contributions are tax-deductible to the extent allowed by law. Please consult your tax advisor regarding the specific tax treatment of your gift.

For more information, please contact the Bishop's Lenten Appeal office at 703-778-8600 or development@arlingtondiocese.org.

To Give Online:



www.arlingtondiocese.org/bla

Bishop's Lenten Appeal
Catholic Diocese of Arlington
200 North Glebe Road, Suite 811, Arlington VA 22203

15% Vocations

Seminarian education and support, Vocation Awareness Ministry, and the Permanent Diaconate.

12% Charitable Works

Catholic Charities, parish subsidies, and charitable assistance for the vulnerable and needy throughout the diocese.

11% Religious Education

Catholic Schools, Religious Education, Faith Formation, and the Office of Divine Worship.

11% Assistance to Parishes and Missions

Ministries, offices, and support services for 70 parishes and 6 missions, including 4,600+ parish, school, and diocesan personnel.

10% Youth and Young Adult Outreach

Office of Youth, Campus and Young Adult Ministries, and Campus Ministry at colleges and universities throughout the diocese, including Mary Washington, George Mason, and Shenandoah University.

10% Support for Families

Office of Marriage, Family and Respect Life, and the Diocesan Tribunal.

10% Chancery Offices

Support to the Virginia Catholic Conference and various Chancery offices assisting the Bishop as he leads the parishes and diocese.

5% Evangelization Efforts

INOVA Hospital Ministry, Peace and Justice Commission, Spiritual Assistance Ministry, Diocesan Pilgrimage, and the Bánica Mission in the Dominican Republic.

5% Diocesan Development and Communication Programs

The Communications Office utilizes various platforms to promote, educate, and evangelize the faithful and wider community. Development initiatives, including the BLA and other charitable vehicles, provide strategic financial support to the diocese, parishes, and schools.

4% Hispanic Ministry and Multicultural Ministries

Pastoral services and assistance for more than 20 ethnic communities within our diverse diocese.

4% San Damiano Spirituality Center

A peaceful venue offering a wide variety of retreats for laity, religious, and clergy seeking reflection and spiritual renewal in the chapel and grounds of the Shenandoah Valley.

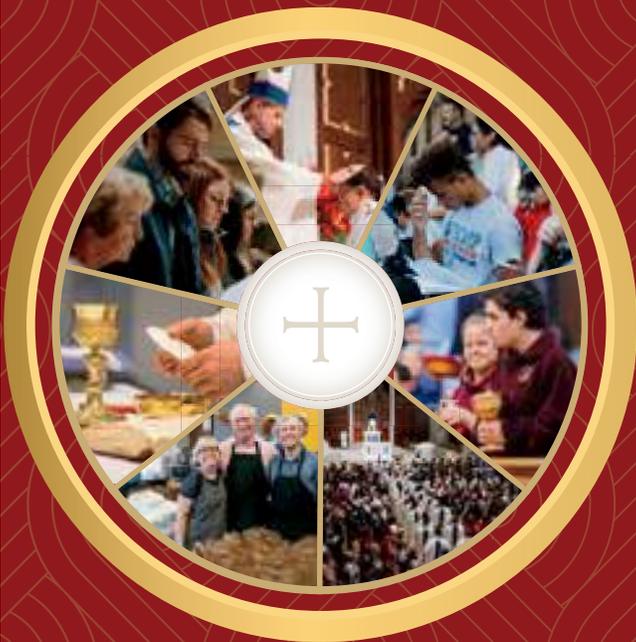
3% Parish/Diocesan Properties and Land Development

The diocese purchases land granted to newly founded parishes for their parish grounds.

This allocation reflects a projected \$24 million in 2026 BLA funding dedicated to these critical ministries of the diocese.



IN *Christ* WE ARE *One*



2026 BISHOP'S LENTEN APPEAL
CATHOLIC DIOCESE OF ARLINGTON

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.

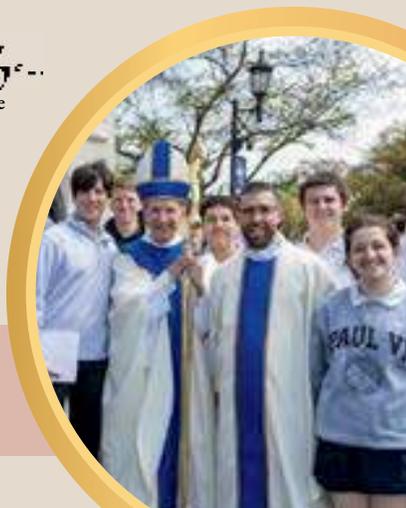
Sincerely in Christ,

Most Reverend Michael F. Burbidge
Bishop of Arlington



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

— 1 Corinthians 12:13



Daily Mass Intentions and Readings

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

February

2 MONDAY

7am † Justine Aronne
9am* † Teresa Randolph
Mal 3:1-4/Heb 2:14-18/Lk 2:22-40

3 TUESDAY

7am † Kathy Petrucelli
9am* † Kevin McCracken
2 Sm 18:9-14b, 24-19:3/Mk 5:21-43

4 WEDNESDAY

7am † George & Anna Wild
9am* † Souls in Purgatory
2 Sm 24:2, 9-17/Mk 6:1-6

5 THURSDAY

7am Maria Becker
9am* † Amy Knight
1 Kgs 2:1-4, 10-12/Mk 6:7-13

6 FRIDAY

7am The Sundy Family
9am* † Uwe, Ursula & Torsten Schuchart
10am** †
Sir 47:2-11/Mk 6:14-29

7 SATURDAY

8am Stephen Mugno
1 Kgs 3:4-13/Mk 6:30-34
5pm* For the parish

8 SUNDAY

7am † Florentino Torres
9am* † Jane Porcella
11am † Nancy Mathers
1pm* The Vargas Family
5pm † All souls
Is 58:7-10/1 Cor 2:1-5/Mt 5:13-16

* live-streamed Masses

** Mass at Greenspring Chapel

Masses next weekend

Feb 7	5pm	Fr. Jeb
Feb 8	7am	Fr. Cedric
	9am	Fr. James
	11am	Fr. Don
	1pm	Fr. Jeb
	5pm	Fr. Don

Parish prayer list

Shamsun Nahur, Alisa Squatrito, Jerome Furlow, Jim Gribschaw, Pierre DesLauriers, Helena Larsen, Cristy Perez Ayala, Amy Greenlee, Larry Lawrence, Thomas Fitzgerald, Adrian Vincente, Evan Robish, Scott Kendrick, Heather Lynch, Ron and Karen Dietz, Ted Musialkiewicz, Kathleen Maxwell, Alan Curtis, Glendora Spinelli, Alora Lopez, Ana Maria Carrillo, Ron and Jo-Anne Plavchan, Edward Fitzgerald, Augie Taormina, Cassi Smith, Davy Grimaldi, Nimmi Bergen, Anne Jones, Gina DeAngelis, Judy Kirk, Michael Norris, Efrain Pacheco, Debbie Peters, John Yost, Wiotto Helenius, Robert Holzhauser, Adolfo Blandon, Esperanza Ayala, Gloria Tortoriello, Bob Atwell

Pro-life witness

The Saint Bernadette Pro-Life Committee invites you to pray the rosary 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.

Stewardship resources and reminders: reduce your taxable income!

If you are 70 1/2 and over, consider using your IRA for a Qualified Charitable Distribution (QCD). If you are 73 and over, consider using some or all of a Required Minimum Distribution (RMD) as gifts to Saint Bernadette. This is an easy way to reduce your taxable income and benefit the parish. Contact Rick Caporali at or Linda Patterson at the parish office.

Charitable giving update: legislative changes for 2026 and beyond

Charitable giving under new legislation includes a new universal deduction for non-itemizers and a floor for itemized deductions, alongside corporate and high-income taxpayer impacts. Giving is encouraged by allowing non-itemizers to deduct cash donations up to \$1,000 (single) or \$2,000 (jointly), but it also introduces a 0.5% AGI floor for itemized deductions, caps benefits at 35% for high-income taxpayers, and imposes a 1% income floor for corporate

giving.

For Individual Donors: Universal Deduction for Cash Contributions Starting in 2026, non-itemizers can deduct cash donations up to \$1,000 (single) or \$2,000 (married filing jointly).

Itemized Deductions: Individuals who itemize will now only receive a deduction for charitable contributions that exceed 0.5% of their adjusted gross income (AGI).

High Income Taxpayer Cap: The tax benefit for itemized deductions for wealthy donors will be capped at a 35% marginal rate, regardless of their actual tax bracket.

Ineligible Donations: This new universal deduction for non-itemizers does not apply to gifts made to donor-advised funds or private non-operating foundations. The universal deduction is expected to significantly increase participation in charitable giving, as it extends tax benefits to the approximately 90% of taxpayers who do not currently itemize deductions.

Mary's Comfort update

We are grateful for all of our volunteers and donors! Our guests are doing very well thanks to your support. If you'd like to join our team of dedicated volunteers or make donation, please visit our website <https://www.maryscomfortva.org/> to learn more or email us at maryscomfortva@gmail.com.

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@stbermpar.org.

Tuesday, February 3 is our next **Dinner with Friends** at 5pm, at Saratoga Pizzeria, 8050 Rolling Road. We meet for this casual meal on the 1st and the 3rd Tuesday of every month.

Our next monthly meeting will be Tuesday, February 10. This month's meeting will be a virtual meeting on Zoom with a professional grief counselor. He has decades of experience helping family members faced with the challenges of health situations and life-style adjustment issues. If you do not normally receive Barbara's emails, you can request the link at bdalmut@gmail.com.



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