

*Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. 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.*

# First Sunday of Lent

February 22, 2026



Temptations of Christ mosaic, Byzantine, 12th century  
Saint Mark's Basilica, Venice

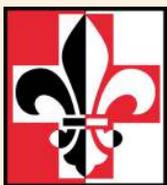


**SAINT BERNADETTE**  
CATHOLIC CHURCH AND SCHOOL

# First Sunday of Lent

February 22, 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 <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 <a href="mailto:office@stbermpar.org">office@stbermpar.org</a> 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> Bookkeeper/Compliance (OPCYP), Zory Conde, <a href="mailto:zconde@stbermpar.org">zconde@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, Jennifer Spencer 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> Administrative Assistant, 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> Assistant Director, J.P. McLaughlin, <a href="mailto:jpmclaughlin@stbermpar.org">jpmclaughlin@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 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 <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

## february

### 22 Sunday, FIRST SUNDAY OF LENT

- Pick up your St. Lucy Food Drive blue bags and return them full next weekend!
- Live-streaming Masses continue at 9 and 1pm

### 23 Monday, Lenten Weekday [Saint Polycarp, Bishop and Martyr]

- Saint Bernadette Lenten Bible Study - online, contact the parish office to register

### 24 Tuesday, Lenten Weekday

### 25 Wednesday, Lenten Weekday

- Additional Confessions "The Light is On," 6:30-8pm

### 26 Thursday, Lenten Weekday

### 27 Friday, Lenten Weekday [Saint Gregory of Narek, Abbot and Doctor]

- Soup Supper, 6pm in the school cafeteria
- Stations of the Cross, 7pm in the church
- Estaciones de la Santa Cruz, 7:45pm

### 28 Saturday, Lenten Weekday

- Bring food donations to the **St. Lucy Food Drive** at all Masses this weekend
- Live-streaming Mass for Sunday begins with the 5pm Vigil Mass

## march

### 1 Sunday, SECOND SUNDAY OF LENT

- Bring food donations to the **St. Lucy Food Drive** at all Masses this weekend
- Live-streaming Masses continue at 9 and 1pm
- **Parish FORTY HOURS** adoration begins with the 5pm Mass and our first parish mission talk at 6:15pm

### 2 Monday, Lenten Weekday

- **Parish FORTY HOURS** - additional 6:30pm Mass / second mission talk 7:30pm

### 3 Tuesday, Lenten Weekday [Saint Katharine Drexel, Virgin]

- **Parish FORTY HOURS** - additional 6:30pm Mass / second mission talk 7:30pm
- **Benediction** - following the mission talk

### 4 Wednesday, Lenten Weekday [Saint Casimir]

- Additional Confessions "The Light is On," 6:30-8pm

### 5 Thursday, Lenten Weekday

### 6 Friday, Lenten Weekday

- Soup Supper, 6pm in the school cafeteria
- Stations of the Cross, 7pm in the church
- Estaciones de la Santa Cruz, 7:45pm

### 7 Saturday, Lenten Weekday

- Live-streaming Mass for Sunday begins with the 5pm Vigil Mass

### 8 Sunday, THIRD SUNDAY OF LENT

- Live-streaming Masses continue at 9 and 1pm

### 9 Monday, Lenten Weekday [Saint Frances of Rome, Religious]

### 10 Tuesday, Lenten Weekday

### 11 Wednesday, Lenten Weekday

- Additional Confessions "The Light is On," 6:30-8pm

### 12 Thursday, Lenten Weekday

### 13 Friday, Lenten Weekday

- Soup Supper, 6pm in the school cafeteria
- Stations of the Cross, 7pm in the church
- Estaciones de la Santa Cruz, 7:45pm

## announcements

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, as well as Fr. Don's reflection, page 4. All are welcome.

The **2026 Bishop's Lenten Appeal** mailing was recently sent to parishioners. The 2026 theme is "In Christ We Are One," reminding us of Jesus' will for the unity of all those who were given to him by the Father. You can make a gift at: [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 \$582,000.

### Lenten Observances

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

**Abstinence:** No meat – ALL Fridays

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

**Stations of the Cross:** Fridays, 7pm in English, 7:45pm in Spanish, in the church

**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.*

**Parish Penance Service:** Tuesday, Mar. 24, 6:30pm

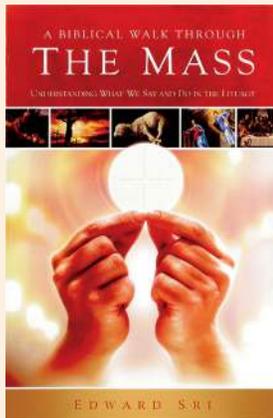
**40 Hours and Parish Lenten Mission: Adoration of the Blessed Sacrament, Sunday–Tuesday, March 1-3.** Begins with 5pm Mass Sunday followed by adoration and mission talks by Christopher White, American journalist and analyst, known for his extensive coverage of the Vatican and Catholic Church Life at 6:15pm. **Additional Masses** on Monday and Tuesday evening at 6:30pm followed by Lenten Mission talks at 7:30pm. Close of 40 Hours with **Benediction**, Tuesday night after the talk.

## SAINT BERNADETTE

CATHOLIC CHURCH & SCHOOL

[www.stbernapar.org](http://www.stbernapar.org) | page 3

# from the pastor



## Week 1 Reflection: What is the Mass?

- Sacrifice
- Real Presence of Jesus
- Communion meal

All resources are available online – contact the office and receive the link.

Each session begins with an introduction and teaching/study in the Workbook, then a reading from the text of the book itself, followed by viewing the video and then follow-up by study responses. Links are not transferable; the parish buys credits 25 at a time and will provide you with access.

The program is intended to be used by small groups you can form, or can be individual study. When we had our listening session for the Synodal Process last year, adult formation was one thing that came up again and again. We've offered several programs this year, but this is one in which the whole parish can participate.

Dear Good People of Saint Bernadette,

Our Lenten small group/self study begins this week using Session One from *A Biblical Walk through the Mass* by Edward Sri.

His first session on the Mass has to do with the historical and religious underpinnings of Judaism. You can't really look at the New Testament if you don't use a filter of the Hebrew Scriptures, because the New Testament world and their understanding of God didn't suddenly just appear; they grew out of a rich context of a long, often troubled relationship of a people with their God. If you don't recognize the sacred significance of ritual sacrifice and ritual meal in the time before Jesus, you will not grasp the literal and deliberate actions he took and what they meant.

He gave a thorough catechesis to his disciples and followers to prepare them for what was to come. At the time it often seems like people weren't paying attention, but looking back from our time we can see the methodical way in which Jesus was preparing his followers for the unfolding of his passion, death and resurrection.

His bread of life discourse is, even for us today, a lot to take in, and would have been absolutely unacceptable at the time of Jesus. If you do not eat the flesh (literally, gnaw on) of the Son of Man and drink his blood you will not have life in you ... my flesh is real food and my blood, real drink. It says that after that, most of Jesus followers couldn't continue following him. The message was that important, that this is his real presence.

In account after account in the Old Testament, the strict instructions/laws given to Moses by God about the Passover were to be followed to the letter. God's instructions. On the night that the tenth and final plague was to happen and the first born male of every family and stable was to be struck down, there was only one way that the angel of death would *pass over* their houses. A strict ritual was to be followed in sacrificing a lamb without blemish, its blood was to be reserved and painted on the posts and lintel of their doorways. This was the sign by which the angel of death would pass over. Inside, the Passover meal was being eaten with care: certain ingredients which signified various aspects of their history and covenant with God. The Passover meal at every house was

exactly the same, and eaten with your boots on and your staff in hand, as if you were a people ready to flee at a moment's notice.

That moment at Jesus' Last Supper was a confluence of everything that came before and after. First of all he, God, was the author of Passover. He chose this moment to reveal the purpose of his suffering and crucifixion the following day.

Could the author of the Passover have forgotten the lamb of sacrifice? There was no lamb. Do you think the apostles were troubled by this? At the point of the meal when the lamb is offered around the table, Jesus says take *this* and eat it: this is my Body, which will be given up for you. And, likewise, this is the cup of my Blood, the Blood of the new and eternal (*not just everlasting*) covenant, so that sins may be forgiven.

A new covenant is ratified by the ritual meal intended, as was the Passover, to be an unending observance. Jesus said, do *this* in memory of me. One of the powers of your soul, memory (the others being intellect and free will), has the active ability to make the past present. The Greek word is *anamnesis*.

Anamnesis is the word used to describe the fact that, at Mass, we aren't just remembering what happened at the Last Supper. In the liturgy, Christ's sacrifice is presented to us in a way that goes above and beyond "remembering." I have heard it said that his sacrifice is being re-presented. How that is written is important. It isn't a typo. The dash in "re-presented" assures that we aren't saying that it is, somehow, a representation of what happened at the Last Supper. Instead, Jesus' sacrifice on the cross is offered upon the altar, and we have access to the eternal moment of Calvary, God in time. Jesus, who offered himself up for our sins, is being made present to us. Body, blood, soul, and divinity, Jesus is present in the Eucharist. The Church has always taught that Christ is not re-sacrificed at each Mass, but that we enter into that one moment in history when he was scourged for our offenses and wounded for our sin. Jesus' death defeated evil's strongest consequence, death. The new Passover.

"Behold the Lamb of God, who takes away the sins of the world" (John the Baptist)

The Lord be with you.

*Fr. Dom*

## Catholic Schools Week at our school

At long last, as we continue to thaw out from the big snowstorm a few weeks ago, we were finally able to celebrate Catholic Schools Week. While we certainly enjoyed our snow days and extra time at home—building igloos, sledding down icy hills, and doing lots and lots of shoveling—we are grateful to be back at school, especially as we now have the opportunity to celebrate our school and all the people who make Saint Bernadette Catholic School so special.

A long-honored tradition, Catholic Schools Week, a joyful time in our school community, was held 9-13 February 2026. The week began on Monday with a special focus on our parents, including a parent read-a-thon, a parent career day for our middle school students, and a Barnes & Noble Night sponsored by our P.T.O. Families gathered to hear stories read by our Saint Bernadette teachers, making for a fun and memorable evening.

On Wednesday, we celebrated our priests following school Mass with specially curated gifts and heartfelt, homemade cards created by each student in the school.

Thursday was our most anticipated day, which was Teacher Turn-Around Day. As a special rite of passage before graduating from Saint Bernadette, our 8th graders became teachers for the day. Each student was assigned to teach in classrooms from PreK through 8th grade. This beloved tradition is made possible through weeks of collaboration and preparation between our teachers and their 8th-grade student teachers, making it a meaningful and memorable experience for everyone involved. Perhaps we even inspired a few future teachers along the way. Families also enjoyed a “no-homework” night, giving everyone a much-needed break from the usual routine.

We wrapped up the week on Friday with an energetic pep rally featuring teachers in fun inflatable costumes, followed by our annual 7th vs. 8th grade volleyball game. To close out this fun-filled week, we gathered for a favorite pastime at Saint Bernadette shared by both our school and church community, B.I.N.G.O. Night, which brought everyone together for a fun and festive ending to a truly wonderful week.

# 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 [gme@stbernapar.org](mailto:gme@stbernapar.org), or our assistant director JP McLaughlin at [jpmclaughlin@stbernapar.org](mailto:jpmclaughlin@stbernapar.org) with any questions you may have.



YOUNG ADULTS GROUP CHAT

## RE Program upcoming schedule

SPRED Classes: Feb. 21, Mar. 7 & 21  
No RE Class: Feb. 17/18  
Regular classes: Feb. 24/25, Mar. 3/4, 10/11  
Family Faith Formation: Mar. 1  
Family Mass Learning: Mar. 8

## 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/>.

## Sunday Donut Social

Join us this Sunday, February 22, following the 9am Mass for our Sunday Donut Social! Parents, come enjoy coffee and fellowship

## 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.

## Middle School Youth Ministry - Mar. 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, March 8, 6-8pm in the Bradican Room. For any inquiries, contact JP McLaughlin [jpmclaughlin@stbernapar.org](mailto:jpmclaughlin@stbernapar.org) for any inquiries

## Workcamp - Adult Volunteers Needed!

All adults of the parish are invited to consider volunteering for Workcamp. We

while your children make liturgical themed crafts with our volunteers!

## Living the liturgical year

This Sunday marks the First Sunday of Lent. A good way to teach your children the true meaning of Lent is by praying or attending the Stations of the Cross at St. Bernadette. They can walk with Jesus from His condemnation by Pilate, through his suffering and sacrifice. This can help them understand that every Sunday Mass is a "mini-Easter" with Jesus' sacrifice and his true presence in the Eucharist. You can find the Stations of the Cross activities here: <https://www.catholicicing.com/stations-of-the-cross-for-kids/> or Lent activities here: <https://www.looktohimandberadiant.com/2025/02/alllllllll-all-about-lent-holy-week.html>

can find a role for anyone willing to help. We are especially in need of female crew leaders to serve alongside our teens during the week of Workcamp. No construction skills needed; must be 25 or older. Please contact our parish Stakeholder, Matthew Frey, for more information.

## CYO SPRING SPORTS

### Volleyball and Track & Field Registration now open! Grades 3-8

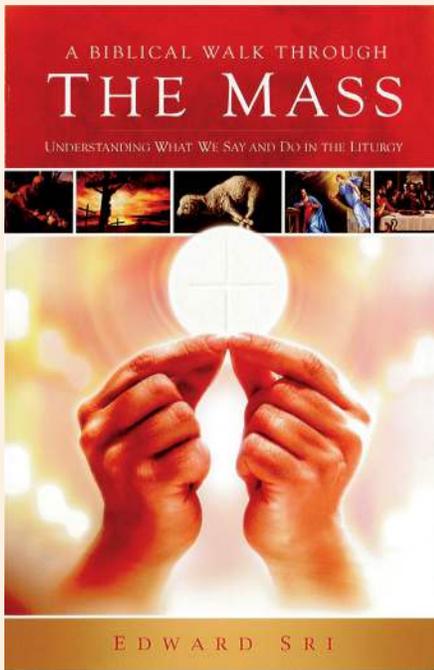
**Volleyball** registration is open until Mar. 1. Season is from March-May. In addition to 3rd-8th grade girls, we are offering a boys' 7th-8th grade program. Note: if there are not enough teams, players or coaches can be formed, we will refund your registration.

Registration: <https://reg.sportspilot.com/106541/leagues>. Cost is \$85.

The spring **CYO Track & Field** Meet will be May 16. Registration is open until Apr. 21. Registration: <https://reg.sportspilot.com/106541/leagues>. Cost is \$18.

CYO is open to children from 3rd-8th grade enrolled in Saint Bernadette School or parish Religious Education.

If you have questions about CYO, please Gina Soriano ([gvsoriano@gmail.com](mailto:gvsoriano@gmail.com)) or Catherine Luby ([catherineeluby@gmail.com](mailto:catherineeluby@gmail.com))



## Discover the Beauty and Riches of the Mass

### Saint Bernadette Lenten Study 2026

Join us for a 5-week study this Lent starting this week, Feb. 22, 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. A link to online videos, book, and digital study guide will be provided by the parish. If you already have access to Ascension Press online, you do not need to receive a link from the parish.

Take advantage of this opportunity to watch at home with your family, form a group of friends or fellow parishioners, or join us in the Bradican Room on Wednesday evenings at 7pm. We will also 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](http://Ascensionpress.com/collections/a-biblical-walk-through-the-mass).

If you have not participated in a Bible study or a Lenten study activity, this is a great way to get started. 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](http://ascensionpress.com/collections/a-biblical-walk-through-the-mass).

Here are the details:

You start with the online study guide which introduces you to particular concepts and contexts for the upcoming sessions. Then you read the text of the online book, usually about 10 pages. Then there are follow-up reflections and questions which can help guide you to participate in or lead a small group, if you join or start a group. This can also be a self-study.

Then view one 30-minute video each week, Feb. 22–March 27 (No session the week of 40 Hours, March 1-3).

To register please contact Evelyn at [evargas@stbermpar.org](mailto:evargas@stbermpar.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.

## Spaghetti dinner/trivia night rescheduled for March 14

Join us for dinner at 6pm, and family friendly trivia beginning at 7:30pm in the school cafeteria. Teams of 6 will compete for prizes. Soft drinks and water is free, beer and wine will be available for purchase. Donations go to Saint Bernadette School's scholarship fund. Hosted by the Knights of Columbus. Scan the QR code to RSVP.



## faith formation

### Parish Offertory

February 15  
Offertory \$ 28,784

**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.

## ideas for Lent

# Lent 2026



## 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!

We celebrate the Way of the Cross, or Stations of the Cross, on Fridays at 7pm in English, and 7:45pm in Spanish in the church.

## Confessions



Our special **Parish Penance Service** with 16 priests will be held on Tuesday, March 24 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.*

# Cuaresma 2026



## Ayuno, Abstinencia, y oración, Cenas de Sopa y Estaciones de la Cruz



La Cuaresma es un tiempo especial de reflexión personal y tranquila, así como un tiempo en el que la parroquia se reúne para observar devociones y reuniones especiales.

Recuerda, los viernes son días de abstinencia de carne. El Miércoles de Ceniza y el Viernes Santo son días de **ayuno y abstinencia**, lo que significa no comer carne y solo comemos una comida completa y dos comidas pequeñas que no equivalen a una comida completa, sin refrigerios entre medias.

¡Únase a nosotros para nuestras cenas de sopa los viernes a las 6pm! Celebramos el Vía Crucis, o Estaciones de la Cruz, los viernes a las 7pm en inglés y a las 7:30pm en español en la iglesia.

## Confesiones



Nuestro Servicio de Penitencia especial con 16 sacerdotes se llevará a cabo el martes 24 de marzo a las 6:30pm en la iglesia. Por favor planee unirse a nosotros. Las confesiones estarán disponibles también los miércoles por la noche, de 6:30 a 8pm y, en horario normal, a las 3:30pm los sábados. *Planee venir más temprano en la temporada para no encontrar oportunidades limitadas más adelante.*

## A Beloved Tradition: 40 Hours of Eucharistic Adoration



OPENING of FORTY HOURS  
*all-night adoration Sunday night through  
Tuesday night.*

Sunday, March 1

5pm SUNDAY MASS  
6pm ADORATION BEGINS  
6:15pm MISSION TALK

Monday, March 2

FIRST DAY of ADORATION

7 and 9am MASS  
6:30pm MASS  
7:30pm MISSION TALK

Tuesday, March 3

SECOND DAY of ADORATION

7 and 9am MASS  
6:30pm MASS  
7:30pm MISSION TALK  
BENEDICTION and  
CLOSE of FORTY HOURS

## 2026 Mission Talks during 40 Hours



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, 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.

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. He visited more than 20 countries with Pope Francis as a member 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*.



## Live Jesus! 2026

This year's theme is Salesian Gentleness, inspired by the quote from Saint Francis de Sales: "Let us do everything in a spirit of peace and love... let us walk and even run in the way of God's Divine Will, not letting ourselves be pulled and pushed about like puppets."

Saturday, March 14, 2026

8:00am – Continental Breakfast  
9:00am – 12:45pm Program & Mass

Location

March 14, 2026, at St. Paul VI Catholic High School, Chantilly, VA

\*St. Paul VI High School was founded over 40 years ago by the Oblates of St. Francis de Sales. The school remains a strong supporter and promoter of Salesian Spirituality.

We look forward to seeing you!

REGISTER HERE!

<https://wl.donorperfect.net/weblink/WebLink.aspx?name=E12206&id=47>

## ideas for Lent

### Support Catholic Relief Services International with Rice Bowls of the change you bring in Lent

**To donate please visit [crsricebowl.org](http://crsricebowl.org) or take and return a Rice Bowl from the church vestibule.**

**Please return no later than March 27, 2026. Checks should be made payable to Catholic Relief Services.**

Cherine Nzayinambaho, a farmer from Akabeza village in the Nyabihu district of western Rwanda, harvests tree tomatoes on her farmland.



“By that time, I was 16 and doing quite well for myself,” Cherine says. “And all the while, I continued my studies. Education is important to me.”

Her career was further advanced in 2022 when staff from Caritas Rwanda, who are part of Catholic Relief Services’ Gera Ku Ntego and Youth for Youth projects, came to her village. Youth for Youth

and Gera Ku Ntego, which translates as “reach the goal,” focus on supporting young people in rural Rwanda with finding employment and entrepreneurial opportunities.

“Maybe one day I will even reach international markets!” she says. “This project changed my life because I got connected with others and learned important business skills. We youth, we are motivated to learn. We just need the opportunity to do so.”

To learn more about this program of how to support CRS initiatives worldwide, please visit [crs.org](http://crs.org).

---

*CRS Rwanda empowers Rwandan youth to thrive by supporting young Rwandans to sustain meaningful income generation and to use formal financial services to expand their small- and medium-sized enterprises. CRS implements the privately-funded Gera Ku Ntego project, which translates as “reach the goal,” to leverage*

*existing key relationships with local stakeholders, such as the Government of Rwanda, the Church and the private sector, who understand the severity of and seek to improve Rwanda’s youth unemployment, including the specific barrier of inaccessible formal finance. The Gera Ku Ntego project is implemented in eight districts of Rwanda and aims to reach 7,441 youth participants and help them sustain meaningful income generation and use formal financial services to expand their small- and medium-sized enterprises. The Youth for Youth project improves the lives and livelihoods of young adults in Rwanda by strengthening youth digital entrepreneurship and the enabling environment around youth entrepreneurship. Y4Y’s project strategy aims to provide hybrid solutions in the form of digital and in-person support to help solve some of the most pressing problems faced by young entrepreneurs in rural Rwanda.*

### Message of Pope Leo for Lent

#### **Listening and Fasting: Lent as a Time of Conversion**

Dear brothers and sisters,

Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

#### **Listening**

This year, I would first like to consider the importance of making room for the word through listening. The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone.

In revealing himself to Moses in the burning bush, God himself teaches us that listening

is one of his defining characteristics: "I have observed the misery of my people who are in Egypt; I have heard their cry" (*Ex 3:7*). Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

Our God is one who seeks to involve us. Even today he shares with us what is in his heart. Because of this, listening to the word in the liturgy teaches us to listen to the truth of reality. In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering. In order to foster this inner openness to listening, we must allow God to teach us how to listen as he does. We must recognize that "the condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church" (*Dilexi te*, 9)

### **Fasting**

If Lent is a time for listening, fasting is a concrete way to prepare ourselves to receive the word of God. Abstaining from food is an ancient ascetic practice that is essential on the path of conversion. Precisely because it involves the body, fasting makes it easier to recognize what we "hunger" for and what we deem necessary for our sustenance. Moreover, it helps us to identify and order our "appetites," keeping our hunger and thirst for justice alive and freeing us from complacency. Thus, it teaches us to pray and act responsibly towards our neighbor.

With spiritual insight, Saint Augustine helps us to understand the tension between the present moment and the future fulfillment that characterizes this custody of the heart. He observes that: "In the course of earthly life, it is incumbent upon men and women to hunger and thirst for justice, but to be satisfied belongs to the next life. Angels are satisfied with this bread, this food. The human race, on the other hand, hungers for it; we are all drawn to it in our desire. This reaching out in desire expands the soul and increases its capacity" (St. Augustine, *The Usefulness of Fasting*). Understood in this way, fasting not only permits us to govern our desire, purifying it and making it freer, but also to expand it, so that it is directed towards God and doing good.

However, in order to practice fasting in accordance with its evangelical character and avoid the temptation that leads to pride, it must be lived in faith and humility. It must be grounded in communion with the Lord, because "those who are unable to nourish themselves with the word of God do not fast properly." As a visible sign of our inner commitment to turn away from sin and evil with the help of grace, fasting must also include other forms of self-denial aimed at helping us to acquire a more sober lifestyle, since "austerity alone makes the Christian life strong and authentic."

In this regard, I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.

### **Together**

Finally, Lent emphasizes the communal aspect of listening to the word and fasting. The Bible itself underlines this dimension in multiple ways. For example, the Book of Nehemiah recounts how the people gathered to listen to the public reading of the Law, preparing to profess their faith and worship through fasting, so as to renew the covenant with God (cf. 9:1-3).

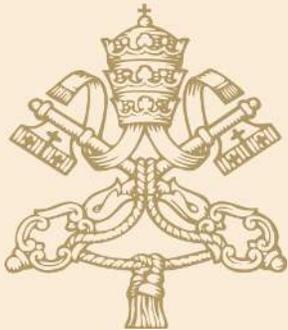
Likewise, our parishes, families, ecclesial groups and religious communities are called to undertake a shared journey during Lent, in which listening to the word of God, as well as to the cry of the poor and of the earth, becomes part of our community life, and fasting a foundation for sincere repentance. In this context, conversion refers not only to one's conscience, but also to the quality of our relationships and dialogue. It means allowing ourselves to be challenged by reality and recognizing what truly guides our desires — both within our ecclesial communities and as regards humanity's thirst for justice and reconciliation.

*continued on page 13*

# “vatican council II through its documents”

5th Catechesis  
February 11, 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*.

### 5. *The Word of God in the life of the Church*

In today's catechesis we will look at the profound and vital link that exists between the Word of God and the Church, a bond expressed by the Conciliar Constitution *Dei Verbum*, in the sixth chapter. The Church is the rightful home of Sacred Scripture. Under the inspiration of the Holy Spirit, the Bible arose from the people of God, and is destined for the people of God. In the Christian community it has, so to speak, its habitat: indeed, in the life and the faith of the Church it finds the space where it can reveal its meaning and manifest its power.

Vatican Council II reminds us that “the Church has always venerated the divine Scriptures just as she venerates the body of the Lord, since especially in the sacred liturgy, she unceasingly receives and offers to the faithful the bread of life from the table both of God's word and of Christ's body.” Furthermore, “she has always maintained them, and continues to do so, together with sacred tradition, as the supreme rule of faith” (*Dei Verbum*, 21).

The Church never ceases to reflect on the value of the Sacred Scriptures. After the Council, a very important moment in this regard was the Ordinary General Assembly of the Synod of Bishops on the theme “The Word of God in the life and mission of the Church” in October 2008. Pope Benedict XVI gathered its fruit in the post-Synodal Exhortation *Verbum Domini* (30 September 2010), in which he affirms: “The intrinsic link between the word and faith makes clear that authentic biblical hermeneutics can only be had within the faith of the Church, which has its paradigm in Mary's fiat... the primary setting for scriptural interpretation is the life of the Church” (no. 29).

In the ecclesial community, Scripture therefore finds the sphere in which to carry out its particular task and achieve its purpose: to make Christ known and to open dialogue with God. Indeed, “ignorance of the Scriptures is ignorance

of Christ.” This well-known expression of Saint Jerome reminds us of the ultimate purpose of reading and meditating on the Scriptures: to get to know Christ and, through him, to enter into a relationship with God, a relationship that can be understood as a conversation, a dialogue. And the Constitution *Dei Verbum* presented the Revelation to us precisely as a dialogue, in which God speaks to humans as though to friends (cf. *DV*, 2). This occurs when we read the Bible with an inner attitude of prayer: God then comes towards us and enters into conversation with us.

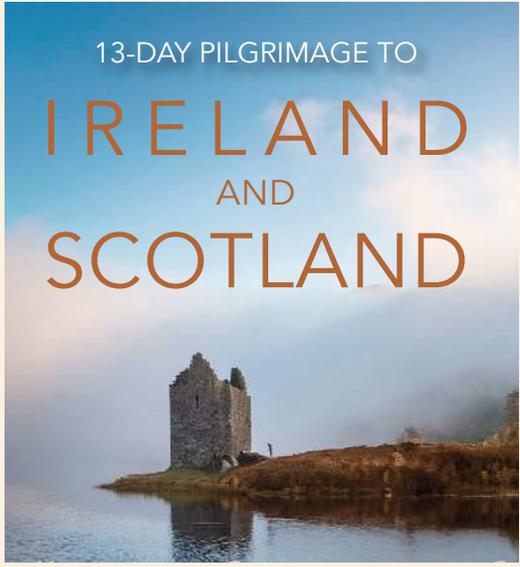
The Sacred Scripture, entrusted to the Church and preserved and explained by her, performs an active role: indeed, with its efficacy and power it sustains and invigorates the Christian community. All the faithful are called to drink from this wellspring, first and foremost in the celebration of the Eucharist and the other Sacraments. Love for the Sacred Scriptures and familiarity with them must guide those who carry out the ministry of the Word: bishops, priests, deacons, catechists. The work of exegetes and those who practice biblical sciences is invaluable, and Scriptures have a central place in theology, which finds its foundation and soul in the Word of God.

The Church ardently desires that the Word of God may reach every one of her members and nurture their journey of faith. But the Word of God also propels the Church beyond herself; it opens her continually to the mission towards everyone. Indeed, we live surrounded by so many words, but how many of these are empty! At times we even listen to wise words, which do not however affect our ultimate destiny. On the contrary, the Word of God responds to our thirst for meaning, for the truth about our life. It is the only Word that is always new: revealing the mystery of God to us, it is inexhaustible, it never ceases to offer its riches.

Dear friends, living in the Church one learns that the Sacred Scripture is totally relative to Jesus Christ, and one experiences that this is the deep reason for its value and its power. Christ is the living Word of the Father, the Word of God



made man. All the Scriptures proclaim his Person and his saving presence, for each one of us and for all humanity. Let us therefore open our hearts and minds in order to receive this gift, following the example of Mary, Mother of the Church.



**Parish pilgrimage enrollment deadline nears - March 1**

Join Fr. Don for a unique look at the ancient monastic settlements and saints, and the stunning beauty and faith of Ireland and Scotland. We find the most beautiful places for daily Mass and the local pub with the best music each evening. If you have questions, talk to Fr. Don or contact Peter's Way Tours, [peter@petersway.com](mailto:peter@petersway.com).

**Pray daily during Lent for a future priest or religious**

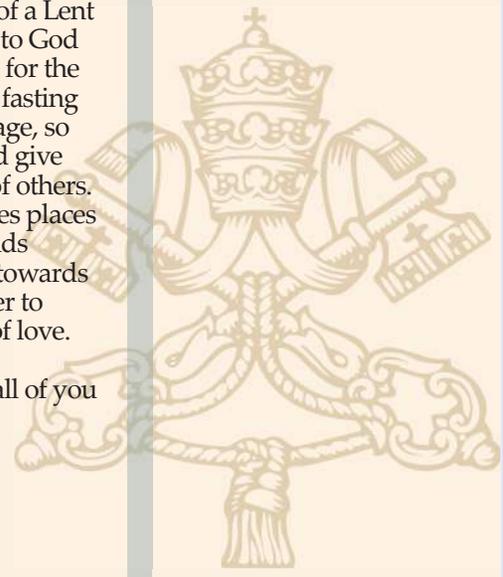
Are you looking for a simple way to increase family prayer during Lent? Our diocese is blessed with 40 seminarians and 46 religious currently in formation. Their names and photos can be found on cards displayed in the pamphlet racks and you can pray for one of them every day during Lent! There is also a calendar for the St. Therese Vocation Society. Members commit to praying daily for vocations year-round and pray individually by name for those currently in formation. For more information visit: <https://www.arlingtondiocese.org/vocations/promote-support-pray-for-vocations/pray/st-therese-society/>.

**Listening and Fasting: Lent as a Time of Conversion, continued from page 11**

Dear friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us. Let us ask for the strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others. Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilization of love.

I impart my heartfelt blessing upon all of you and your Lenten journey.

LEO PP. XIV



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## coming up

### 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!

### St. Lucy Lenten Food Drive

Pick up your St. Lucy bag today after Mass and return it next weekend. Donations will be collected prior to the Vigil and Sunday Masses (February 28-March 1). The truck will leave the church parking lot at 5:15pm on March 1.

### Calling all Softball Players

The Knights of Columbus sponsors a softball team in the Church Division of the Fairfax Adult Softball League. The season starts on March 31 and ends in early June. Games are on Tuesday evenings. You do not need to be a Knight to participate. If you are interested in playing, please contact Mark Price at [mnpprice@verizon.net](mailto:mnpprice@verizon.net) or at 703-894-8300.

### Diocesan men's and women's conferences

All men of the Diocese of Arlington are invited to join on March 7 at the 2026 Men's Conference. The day will feature talk by keynote speaker, Matthew Bunson, Mass with Bishop Burbidge, vendors, and a Q&A with the Bishop and Dr. Bunson. The Conference will be held at St. Joseph Catholic Church in Herndon, from 8:30am to 2:30pm. We hope to see you there! Registration is \$85.

The Catholic Diocese of Arlington's Office of Marriage, Family and Respect Life and Council of Catholic Women invite all women of the Diocese to St. Joseph Catholic Church in Herndon on March 14 to celebrate the 2026 Women's Conference, titled Faith, Hope & Courage. This year's Conference, featuring keynotes by Helen Alvaré and Mary Stanford, will highlight the accomplishments and gifts of Catholic women past and present who have formed our great nation since its founding 250 years ago. The day will include these keynotes, Mass celebrated by Bishop Burbidge, lunch, and a Q&A with the Bishop and our two speakers. Vendors will also be present selling all kinds of gifts for yourself and your family. We look forward to welcoming you in Herndon in March! Registration is \$85.



### 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.



## 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).

Tuesday, March 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.

## John Paul the Great High School open house March 5

Join us for a special Preview Open House for younger students on Thursday, March 5 from 4-5:30pm! Learn more about our rigorous college-preparatory curriculum, competitive athletics, inspiring visual and performing arts, and abundant extra-

curricular opportunities! [Click here to register!](#)

For information about Middle School Super Science Saturday February 28 and Girls' Volleyball Clinic Saturday, March 28, click here to start your registration: <https://saintjohnpaul.mypaysimple.com/s/middle-school-event-registration>

## Bishop Ireton High School Summer Camps

Registration is now open! BI is excited to offer summer camps that are fun, safe, and educational with opportunities in academics, athletics, and enrichment. Grow and build friendships in a supportive and faith-filled environment this summer. Families are encouraged register early before April 1. Spots are limited and programs fill quickly. Visit [www.bishopireton.org](http://www.bishopireton.org) or scan the QR code at right.



## Adult Volunteers Needed for WorkCamp June 20 – 26, 2026



### We Need 2 More Contractors

We are looking for women and men with skills in basic home repair and maintenance able to join us for the week of WorkCamp to make homes **warmer, safer, and drier**. You do not need to be a licensed contractor. *Contractors are responsible for instructing a team of teens how to complete the project. Each contractor is given a detailed job instruction. Their role is to guide and assist while the work itself is completed by the WorkCampers.*

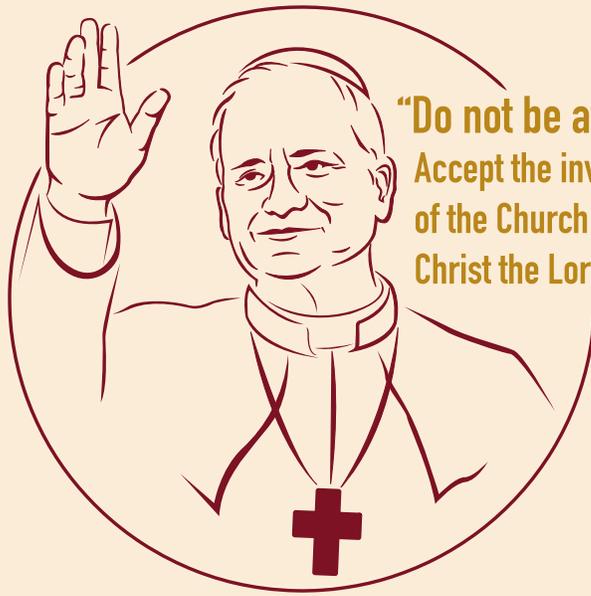
### We Need 2 More Female Crew Leaders

We are looking for **women** with a heart for teen ministry to join the WorkCamp community and form relationships in preparation for the week of service this summer.

*Crew Leaders are responsible for supervising the safety of their crew on the job site, guiding them through discussion and checking in with the teens daily. Their role is to facilitate the week of service and be present alongside the teens, encouraging them to grow in faith.*



Questions: Email St. Bernadette's WorkCamp Stakeholder at [matthew\\_c\\_frey@yahoo.com](mailto:matthew_c_frey@yahoo.com)



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Accept the invitation  
of the Church and of  
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**How do I get in on this?** Camp registration is  
done by lottery and will be open February 2-28.

For more information and to register:  
**[ArlingtonDiocese.org/QuoVadis](http://ArlingtonDiocese.org/QuoVadis)**  
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*Virtual Prayer and Address*  
 Bishop of the Catholic Diocese of Arlington, VA



**Mark Bradford**  
 Fellow for Persons with Intellectual and Developmental Disabilities at Word on Fire



**Melody Escobar**  
 Associate Research Scientist at Baylor University, Collaborative on Faith and Disability

## Daily Mass Intentions and Readings

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

### February

#### 23 MONDAY

7am The Costa Family  
9am\* † Winnie Peterson  
Dn 13:1-9, 15-17, 19-30, 33-62

#### 24 TUESDAY

7am Allyson & Roger Keller & Family  
9am\* † Donalda Pelletier  
Nm 21:4-9/Jn 8:21-30

#### 25 WEDNESDAY

7am † Martha Mugno  
9am\* Kevin Henebery  
Is 7:10-14; 8:10/Heb 10:4-10/Lk 1:26-38

#### 26 THURSDAY

7am † Irma Lisson Urquiola  
9am\* † Scott Shipe, Jr.  
Gn 17:3-9/Jn 8:51-59

#### 27 FRIDAY

7am Fr. James Waalkes  
9am\* † Pat Washburn  
10am\*\* † Sadie Matko Jones Cornet  
Jer 20:10-13/Jn 10:31-42

#### 28 SATURDAY

8am † Ivy Lyn  
Ez 37:21-28/Jn 11:45-56  
5pm\* † Amy Knight

#### 1 SUNDAY

7am Barbara Hargrave  
9am\* Kevin Henebery  
11am For the Parish  
1pm\* † Souls in Purgatory  
5pm † Theresa Matthes  
Mt 21:1-11/Phil 2:6-11/Mt 26:14—27:66

\* live-streamed Masses

\*\* Mass at Greenspring Chapel

### Masses next weekend

Feb 28	5pm	Fr. James
Mar 1	7am	Fr. Cedric
	9am	Fr. Don
	11am	Fr. James
	1pm	Fr. Jeb
	5pm	Fr. Don

## Parish prayer list

Jim Gribshaw, 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, Charles Roby, Mike Harrison, Douglas Lethert

## 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](mailto: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.

## Lenten prayer for Mary's Comfort

For Lent, we would like to organize a group to pray daily for our organization and our guests. We will email you on the five Sundays of Lent with a prayer intention for that week. If you're interested in joining us, send your email address with "Lenten Prayers" in the subject line to: [maryscomfortva@gmail.com](mailto:maryscomfortva@gmail.com). As always, if you'd like to join our team of dedicated volunteers or make a donation, please visit our website <https://www.maryscomfortva.org/> to learn more.

## 2026 Peace & Justice Conference

You are invited to the 2026 Peace & Justice Conference, Immigration and the Church's Prophetic Voice, sponsored by diocesan Peace & Justice Commission.

Join us for an evening of reflection and dialogue rooted in the Church's teaching on human dignity and the common good, inspired by the U.S. Bishops' message: "Human dignity and national security are not in conflict. Both are possible if people of good will work together."

Saturday, March 7, 2026, at Nativity Catholic Church, featuring Bishop Evelio Menjivar-Ayala, Auxiliary Bishop of the Archdiocese of Washington.



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