

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, that in professing the true faith we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. 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.

Trinity Sunday

May 31, 2026



The Trinity (detail), Andrei Rublev, c. 1420
The Trinity Lavra of St. Sergius monastery, near Moscow, in the town of Sergiyev Posad

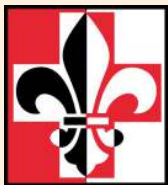


SAINT BERNADETTE
CATHOLIC CHURCH AND SCHOOL

Trinity Sunday

May 31, 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 gmeee@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

may

31 SUNDAY, THE MOST HOLY TRINITY

- Live-streaming Masses continue at 9am and 1pm

june

1 Monday, Saint Justin, Martyr (Ninth Week in Ordinary Time)

2 Tuesday, Weekday [Saints Marcellinus and Peter, Martyrs]

3 Wednesday, Saint Charles Lwanga and Companions, Martyrs

- **Novena to the Sacred Heart of Jesus** begins today. Prayers begin on page 8.

4 Thursday, Saint Matthias, Apostle

5 Friday, Saint Boniface, Bishop and Martyr

- Adoration, 7-8pm, church

6 Saturday, Weekday [Saint Norbert, Bishop]

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

7 Sunday, THE MOST HOLY BODY AND BLOOD OF CHRIST

- Live-streaming Masses continue at 9am and 1pm
- Corpus Christi Eucharistic Procession following the 5pm Mass

8 Monday, Weekday (Tenth Week in Ordinary Time)

9 Tuesday, Weekday [Saint Ephrem, Deacon and Doctor]

10 Wednesday, Weekday

11 Thursday, Saint Barnabas, Apostle

- Consecration to the

12 Friday, THE MOST SACRED HEART OF JESUS

- Adoration, 7-8pm, church

13 Saturday, Weekday

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

14 Sunday, ELEVENTH SUNDAY IN ORDINARY TIME

- Live-streaming Masses continue at 9am and 1pm

15 Monday, Weekday

- Taize Prayer Service, 8-8:45pm, church

16 Tuesday, Weekday

17 Wednesday, Weekday

18 Thursday, Weekday

19 Friday, Weekday [Saint Romuald, Abbot]

- Adoration, 7-8pm, church

20 Saturday, Weekday

- Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
- Additional monthly Filipino Mass, 7pm

21 Sunday, TWELFTH SUNDAY IN ORDINARY TIME

- Live-streaming Masses continue at 9am and 1pm

announcements

Starting June 3, let us pray the Novena to the Sacred Heart of Jesus as a parish. USCCB resources for the Novena are reprinted in this bulletin starting on page 8. This observance is in preparation for the consecration of our country to the Sacred Heart of Jesus on June 11. The final prayers for June 10 will be in the bulletin next week.

Join us for our annual Eucharistic Procession on Corpus Christi Sunday, following the 5pm Mass next Sunday, June 7.

The last day for coffee and donuts before summer break is June 14. We will have donuts on May 24 even though it's a three-day weekend. Mary's Comfort will be the host. After Spanish Mass the last donuts before summer will be May 31 and June 14. Coffee and donuts will resume September 13.



Parish Dining Out Nights

June 15 - Silver Diner, Springfield Mall

June 24 - Saratoga Pizzeria & Grill*

June 29 - McAlister's Deli, Rolling Rd.

Mention Saint Bernadette when ordering!

from the pastor

We need to be consciously seeking ways to celebrate each other right now.

Dear Good People of Saint Bernadette,

Something remarkable happened last weekend, in case you hadn't heard. My brother Bob is now Father Bob at 60 years of age. Of course, there were jokes going around about how three time's (going to seminary) a charm, but I had a lot of time to reflect on Bob's life and how selfless he has been. There were several opportunities for people to give witness to Bob's goodness and humility all these years, never speaking about himself or his marvelous career. He faithfully laid priesthood aside until our parents were cared for and at rest. I wrote in his card that he has been a priest all these years and the sacrament finally caught up to him.

Isn't that exactly what we have been talking about for weeks? The priesthood of the faithful – your priesthood – which gives credibility to the words of consecration. Not the consecration of bread and wine, or even of a priest, but the consecration you received at baptism. Set aside for a sacred purpose.

The other takeaway I got from this past weekend is how we really need to celebrate each other more than we do. Here was a 60-year-old man who has had a full life of caring for people and being cared for, jumping some pretty high hurdles, incredibly successful, doing most things really well and with integrity. Person after person this weekend spoke about how Bob had touched their lives in really significant ways. It was truly a celebration. It occurred to me that we don't get around to this kind of community sharing until the person we love has died.

I want to say today that the funeral is too late. We need to be consciously seeking ways to celebrate each other right now. It is in these moments that the glue of community solidifies. Memories are wonderful, even great, but they are in the past and we need them *now* to strengthen and deepen our bonds in families and communities. What might be an action in the present moment must not be allowed to be reduced to sentimentality. God gives us these moments and, like the rest of his Word of revelation, we need to be paying attention.

What might those celebrations look like? When we were growing up, not a lot of emphasis was placed on birthdays. We would receive presents, and Mom always baked angel food cakes (the kind you blend by hand and cool upside down so they don't sink). She was pretty impressive in this regard! But there was never a king-for-the-day feeling and certainly a day off school was not at all in the negotiation. (Actually, come to think of it, *negotiation* wasn't actually a word when I was young.)

The kind of celebration I'm talking about, I guess, requires a certain amount of life lived, and lived in the context of others. Things remembered that we share in joy and sorrow, and those we can share them with. Bob's celebration brought together our extended family, so many of his friends from college who came from all over the country, people he worked with all these years, people from his seminary experiences. This kind of context is vital to our identity and our sense of purpose. It is precisely this that Pope Leo and others are defending in the face of artificial intelligence that can't possibly know who we are, as the product of so many relationships and experiences. There must be time for storytelling and refreshing memories. Rediscovering so many things that need to be rediscovered or risk being lost to future uncertainty. Aren't these the things that anchor us and bring even more new opportunities?

Maybe those of us from the 60s and 70s should challenge the 80s/90s and early 2000s to themed celebrations that focus on this community and the world at the time? Celebrate where we've come from and consider how things might have been different? What have we allowed to slip away that we need to bring forward into the future? The faith250 program is hoping to do this in the context of our country's 250th anniversary. I wonder what that might look like in the context of Saint Bernadette? Where have we all come from, and where would we like to go together? What are tools we have learned along the way, and how can we look to each other to make the journey more meaningful, holy, and alive?

The Lord be with you.

Fr. Dom

Saint Bernadette Catholic School – a busy but exciting month!

Like many schools across the country, our students have been hard at work with important testing this month.

Our 8th-grade Spanish students recently took the Spanish Exemption Exam, which helps determine language placement at diocesan high schools. On 13 May 2026, 8th-grade Algebra and Geometry students completed their math exemption exams. These scores provide valuable information for high school math placement. Students also wrapped up the year with the NWEA MAP tests (taken in September, January, and May). These assessments track each child's growth in reading, math, and language arts throughout the year. The results are shared with next year's teachers and help with appropriate math placement.

But it is not all tests and pencils!

Throughout the year, Mr. Barry Ward has poured his energy into leading our beginning and advanced band students. Eighty cardinals participate in this award-winning program, attending practices during the school week. Bright and early on 15 May 2026, our talented musicians boarded the bus and headed off to the competition, Music in the Parks. After giving their best performances, they enjoyed a well-deserved day of fun at Busch Gardens!

Our bands have a strong tradition of earning superior awards, and we are confident this year will be another outstanding success. Congratulations to all our musicians — we are so proud of you!

Let's continue to support and celebrate our hardworking Saint Bernadette students as they finish the year strong.

cardinal corner



**FORMING
HEARTS
& MINDS
= 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.

RE Program upcoming schedule

SPRED Classes: May 30
First Holy Communion: May 16 at 5pm (RE), May 17 at 9am & 11am (RE)

Congratulations to the Religious Education students receiving First Holy Communion this weekend!

Registration for 2026-2027

Registration will open in June for next year. Continue your child's growth in the faith by signing them up for classes in 2026-27! Our class sessions will be on Tuesday and Wednesday evenings, and we will again offer our Special Religious Development class on Saturday mornings for students with special learning needs, and our Family Faith Formation classes once a month on Sunday afternoons (for grades K-5) where parents take a larger role in their child's faith formation. Registration information will be in the parish bulletin, on the website, and will be sent via Flocknote to all currently registered children in the first week of June. Who should register? All

currently registered students, including all Confirmation 2026, Confirmation 2027, and students preparing to receive First Eucharist next school year. Classes will begin on September 1 & 2. Questions about your child's registration? Call the Religious Education Office or contact the staff via email.

Living the liturgical year

Happy Pentecost Sunday! Did you know that Pentecost is called the birthday of the Church? It is the day the Holy Spirit descended upon the Apostles, empowering them to begin the mission of spreading Jesus' message to all nations. The Apostles preached the Gospel, and some 3000 people were baptized on that day. One fun way to teach your children about Pentecost is to make straw and paper fire launchers. You can find instructions here: <https://outuponthewaters.com/straw-and-paper-fire-launcher-pentecost-craft-for-kids/>. And watch a video about Pentecost here: <https://www.youtube.com/watch?v=mBLGM3K9yMw>

The Trinity Altarpiece, also known as the Trinity Altar Panels, is a set of four paintings in oil on wood thought to have been commissioned in the late fifteenth century for the Trinity College Kirk in Edinburgh, Scotland. The panels are now part of the British Royal Collection and are loaned to the Scottish National Gallery.



youth ministry

Email our director of youth ministry, Grace Mee at gme@stbernapar.org with any questions you may have.

Rock climbing at Sport Rock

All 9-12th graders are invited to join us at Sport Rock for rock climbing on Sunday, June 14. The cost is \$15. Contact Grace to register!

High school Summer events

All Rising 9th - graduated 12th graders are invited!

Daily Mass and Donuts - Every Tuesday from June 30 - August 11. 9-10:30am

Escape Room: St. Bernadette Edition - Thursday, July 16, 7-8:30pm, Youth Room

King's Dominion Day - Wednesday, July 29. \$40. Beginning with the 9am daily Mass

End of Summer Social - Wednesday, August 12, 7-8:30pm at the Rectory Patio

ASJB College Night

Tuesday, June 30 - 7pm at Holy Spirit
Calling all rising college freshmen! Join us for a College Night with the Associates of St. John Bosco. Meet other rising freshmen and upperclassmen who will be attending your school and learn how to strengthen your faith while in college! All St. B's students will go get ice cream after the event is over! Registration is required. Contact Grace for more information!

Middle school Summer Drop-ins

All rising 6th - 8th graders are invited to our Summer Drop-Ins! Join us June 24, July 8, July 22, and August 5 for fun, games, friends, and of course, ice cream! We will meet from 6:45-8pm in the gym.

Saint Bernadette Rise Against Hunger Kick-off World Hunger Day: May 28

It starts with a meal

World Hunger Day, is an annual day focused on raising awareness and encouraging action to end world hunger. According to the Food and Agriculture Organization, almost 700 million people face hunger globally, making this an issue of critical importance. Everyone deserves consistent access to the food they need to live a healthy life — and together, we can mobilize to eradicate hunger. That's what World Hunger Day is all about! Keep reading to learn more about the annual holiday and how you can get involved.

World Hunger Day's history and purpose

World Hunger Day was started in 2011 by The Hunger Project to bring attention to the global food crisis. The organization recognized the importance of collective action and the power of many coming together to address food insecurity, making it a key focus of the holiday. Over the past 14+ years, millions of individuals, organizations, corporations and governments have participated in World Hunger Day, making it vital for advocacy and community engagement in the fight to end hunger. Through action and awareness, World Hunger Day has helped increase funding for food assistance, encouraged volunteering with hunger relief organizations like Rise Against Hunger, supported agriculture development projects and empowered communities globally

Global hunger's causes and ways to address it

Taking action to address hunger is important — as is learning about the critical issue. While there are many root causes of hunger, there are three main contributors to food insecurity and malnutrition: conflict, climate change and economic downturns. Through the focus areas of our work (nutrition, education and economic empowerment), we address these root causes by providing urgent food for people facing hunger right now and implementing sustainable agriculture and income-generating projects for long-term solutions. The Food and Agriculture Organi-

zation reports that rural communities are disproportionately affected by food insecurity, with 32% of adults living in rural areas globally affected in 2024.

Rates of hunger vary by region, too. Africa, Asia, and Oceania are the three regions with the highest rates of food insecurity. But hunger also impacts people in cities, towns and villages around the world, making it truly a global issue. Food insecurity doesn't have a one-size-fits-all solution. Every community affected by food insecurity faces its own challenges related to availability, access, utilization and/or stability of food. That is why a keystone to Rise Against Hunger's work is coming alongside local leaders in the communities we serve, empowering them to harness the strengths of their communities to tackle their food and nutrition security challenges.

To achieve food security for all and make zero hunger a reality, it is important to grow the movement and bring together as many people as possible.

Please plan to join us this November 12-14 as we come together with the Saint Bernadette community to assemble nutritious meals in partnership with Rise Against Hunger.

Last year, during our inaugural event, more than 1,000 volunteers—including residents from Greenspring, Saint Bernadette School students and staff, members of our SPRED program, and parish staff—worked side by side over three days to pack an incredible 175,000 meals. These meals were shipped to support a school feeding program in Timor-Leste, providing urgently needed nutrition to children. This year, we are aiming once again to reach our goal of 175,000 meals, and we invite you to be part of this meaningful effort.

We are also kicking off this year's program with the first of many Dining Night opportunities for our parish family—where your meal helps provide a meal for a child somewhere in the world.

You can see the calendar of Dining Out Nights throughout the Springfield community on page 10. We encourage you to participate in any of these opportunities.

Together We Rise Against Hunger



If you work for a company that offers charitable contribution matching, please consider designating your support to the Saint Bernadette Rise Against Hunger event.

Your financial support allows us not only to respond to immediate hunger needs but also to help communities build sustainable, long-term food security solutions.

For more information or to get involved, please contact: Rick Caporali at rcaporali@stbernapar.org or Jean Corday at jcorday@stbernapar.org

We hope you will join us in making a difference.

national consecration to the Sacred Heart of Jesus:

Novena to the Sacred Heart of Jesus

en español:

<https://www.usccb.org/resources/Novena%20al%20Sagrado%20Corazón%20de%20Jesús.pdf>

National consecration to the Sacred Heart of Jesus

In a historic moment, the U.S. bishops will consecrate the United States to the Sacred Heart of Jesus on June 11, 2026, and invite all parishes to join in this consecration.

As we look forward to our country's 250th Anniversary of the signing of the Declaration of Independence and the consecration of our country to the Sacred Heart on June 11, Bishop Burbidge has asked us to provide you with resources to mark this historic moment in our parishes. You may also find these resources and more information here on the website of the United States Conference of Catholic Bishops: <https://www.usccb.org/weholdthesetruths>

Here at Saint Bernadette we will celebrate Masses that Thursday at 7 and 9am using the prayers that will be prayed by the bishops of the United States, as well as the consecration prayer.

We are reprinting here the **Novena to the Sacred Heart of Jesus** prayers. The novena begins on Wednesday, June 3, and draws its daily devotions from the Litany of the Sacred Heart and includes reflections by various saints and popes

The **Litany of the Sacred Heart** as well as the **Prayer to the Sacred Heart of Jesus** may be recited each day in preparation for June 11, the day of the consecration.

JUNE 3

Heart of Jesus, aflame with love for us

Pray

In his prayer intention for June, the month dedicated to the Sacred Heart of Jesus, Pope Leo XIV encourages us, "Let us pray together that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world." As we begin this Novena to the Sacred Heart, we join the Holy Father in that prayer.

Lord, I come to your tender Heart today, to you who have words that set my heart ablaze, to you who pour out compassion on the little ones and the poor, on those who suffer, and on all human miseries. I desire to know you more, to contemplate you in the Gospel, to be with you and learn from

you and from the charity with which you allowed yourself to be touched by all forms of poverty. You showed us the Father's love by loving us without measure with your divine and human Heart. Grant all your children the grace of encountering you. Change, shape, and transform our plans, so that we seek only you in every circumstance: in prayer, in work, in encounters, and in our daily routine. From this encounter, send us out on mission, a mission of compassion for the world in which you are the source from which all consolation flows. Amen.

Learn

While reflections on the heart of Jesus date to the earliest writings of Christianity, the modern devotion to the Sacred Heart began in 17th century France when Saint Margaret Mary Alacoque received visions of Jesus revealing his heart burning with love for humanity. In this revelation, Jesus expressed his desire to be honored in a special way through his Sacred Heart. This devotion grew when Pope Pius IX extended the observance to the universal Church in 1856, and later when Saint Mary of the Divine Heart urged Pope Leo XIII to consecrate the world to the Sacred Heart of Jesus, which he did in 1899 through his encyclical, *Annum Sacrum*.

There have been four papal encyclicals on the Sacred Heart of Jesus: *Annum sacrum* (on consecration to the Sacred Heart), Pope Pius XI's 1928 encyclical *Miserentissimus redemptor* (on reparation to the Sacred Heart), Pope Pius XII's 1956 encyclical *Haurietis aquas* (on devotion to the Sacred Heart), and Pope Francis' 2024 encyclical *Dilexit nos* (on the human and divine love of the heart of Jesus Christ).

Act

Take time today to read *Dilexit nos* and explore resources to reflect on Pope Francis' final encyclical. What stands out to you about the Holy Father's writings on the Sacred Heart? How might this meditation on Jesus' love for us set your own heart on fire to love others?

JUNE 4

...source of justice and love

Pray

When contemplating the Sacred Heart as the source of justice and love, we connect Christ's love for us with our love for others. As Pope Francis said in *Dilexit nos*, "Our best response to the love of Christ's heart is to love our brothers and sisters. There is no greater

way for us to return love for love" (no. 167). As we meditate on the love Christ has for us, let us pray this Prayer to the Sacred Heart of Jesus for Love and Mercy:

Lord Jesus, you gave your life for us. Your Sacred Heart is ablaze with love. Your hand extends towards me, and towards all, offering love, mercy, and healing. Sacred Heart of Jesus may your love transform me. Burn away my hesitation that I may become your love and radiate your mercy. Amen.

Learn

Saint Margaret Mary Alacoque, who reflected on the Sacred Heart wrote, "I received from my God excessive graces of his love, and I felt moved by the desire to respond to some of them and to respond with love for love" (*Autobiography*, no. 55).

Both Pope Francis in *Dilexit nos* and Pope Leo XIV in *Dilexi te* teach us that our encounter with the love of Christ's heart allows us to build up God's kingdom in this world. Pope Leo emphasizes that "God has a special place in his heart for those who are discriminated against and oppressed, and he asks us, his Church, to make a decisive and radical choice in favor of the weakest" (*Dilexi te*, no. 16).

For centuries, the Church has established missions centered on the love of the heart of Christ, such as the Society of the Sacred Heart founded in 1800. The Society states in its constitution: "Caught up as we are in the desires of the heart of Jesus, we want people to grow in dignity, as human beings and as children of God. Our starting point is the Gospel, with all that it demands from us of love, forgiveness and justice, and of solidarity with those poor and rejected by the world" (*Constitutions of 1982*, 7).

Act

Consider who is rejected, vulnerable, or living in fear today. How does the Sacred Heart invite you to respond to the needs and suffering of others? You can get involved with your local Catholic Charities, Society of Saint Vincent de Paul, or a Catholic Campaign for Human Development funded group. You can also use this resource, [Catholic Social Teaching Mustard Seed Commitments](#), to make small, sustainable commitments to care for your neighbors. Finally, consider praying for all elected officials that they may have the guidance and wisdom to create a just, peaceful society that honors the human dignity of all people living in our nation.

JUNE 5
...worthy of all praise

Pray

Saint John Henry Newman took the episcopal motto *Cor ad cor loquitur* ("Heart speaks unto heart"), understanding that the Lord saves us by speaking to our hearts from his Sacred Heart. It was in the Holy Eucharist, the greatest form of praise to God, that Saint John Henry Newman cultivated his deepest encounter with the living heart of Jesus. Let us pray with Saint John Henry Newman so that we might hear the Sacred Heart speak to us when we praise and adore Jesus in the Eucharist.

O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still... I worship Thee then with all my best love and awe, with my fervent affection, with my most subdued, most resolved will. O my God, when Thou dost condescend to suffer me to receive Thee, to eat and drink Thee, and Thou for a while takest up Thy abode within me, O make my heart beat with Thy Heart (*Meditations and Devotions*, London, 1912, Part III [XVI], par. 3, pp. 573-574).

Learn

Pope Francis reflects in *Dilexit nos* that it is in the Eucharist that the ever-present love of the Sacred Heart invites us into union with Christ. At the same time, the Holy Father warns that in the frenetic pace of today's world, "we forget to nourish our lives with the strength of the Eucharist;" therefore, he recommends that we spend an hour in adoration before the Blessed Sacrament every Thursday. Pope Francis goes on to say, "When we carry [adoration] out with devotion, in union with many of our brothers and sisters and discover in the Eucharist the immense love of the heart of Christ, we 'adore, together with the Church, the sign and manifestation of the divine love that went so far as to love, through the heart of the incarnate Word, the human race'" (no. 85).

Learn

Pope Francis reflects in *Dilexit nos* that it is in the Eucharist that the ever-present love of the Sacred Heart invites us into union. In Saint Margaret Mary Alacoque's visions of the Sacred Heart of Jesus, we see the light and fire of the Lord of life who transforms our human hearts. One such vision occurred

resources
for the
upcoming
feast of
the Sacred
Heart of
Jesus

national consecration
to the Sacred Heart of
Jesus:

Novena to the Sacred Heart of Jesus

continued

in meditation before the Blessed Sacrament, when Saint Margaret sees Christ's paschal mystery in all its splendor: "Once, when the Blessed Sacrament was exposed, Jesus appeared, resplendent in glory, with his five wounds that appeared as so many suns blazing forth from his sacred humanity, but above all from his adorable breast which seemed a fiery furnace. Opening his robe, he revealed his most loving and lovable heart, which was the living source of those flames" (*Autobiography*, no. 55).

Act

Let us seek to deepen our relationship with the Sacred Heart of Jesus in the Eucharist. You can take up Pope Francis' challenge to hold weekly adoration using this resource, [250 Hours of Adoration](#), which encourages parishes to record 250 hours of adoration this year. You can also commit to attending Mass at a local shrine or parish devoted to the Sacred Heart.

JUNE 6
...patient and full of mercy

Pray

Perhaps the most well-known reflection on the merciful heart of Jesus can be found in the Divine Mercy devotion. Saint Faustina Kowalska, a 20th century Polish sister, revealed that Jesus appeared to her with rays emanating from his heart and instructed her to paint his image with the signature "Jesus, I trust in you," and that all who venerate the image of Divine Mercy will not perish. Trusting in the endless mercy of Jesus, let us pray with Saint Faustina from the Chaplet of Divine Mercy.

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself. Amen (*Diary: Divine Mercy in My Soul*, 950).

Learn

The merciful heart of Jesus is at the center of his ministry, both in Scripture and throughout the history of the Church. Saint John Paul II reflects that when we draw close to the heart of Christ, it is revealed that the "merciful love of the Father...constituted the central content of the messianic mission of the Son of Man" (*Dives in misericordia*, 1980). To this

point, Saint Gregory the Great instructs us to "learn the Heart of God in the words of God," and we see the heart of God revealed when Jesus quotes the prophet Hosea to the Pharisees, saying, "Go and learn what this means, 'I desire mercy, not sacrifice'" (*Matthew* 9:13).

The earliest saints of the Church took Christ's command seriously, preaching that our response to the words of Jesus must be to live our faith by showing mercy to others. In the third century, Saint Gregory of Nazianzus taught, "The Lord of all asks for mercy, not sacrifice. . . Let us then show him mercy in the persons of the poor and those who today are lying on the ground, so that when we come to leave this world they may receive us into everlasting dwelling places" (*Oratio XIV*, 40: PG 35, Paris 1886, 910).

Act

In devoting ourselves to the Sacred Heart of Jesus, we are challenged to imitate Christ's mercy. Pope Leo XIV points to the parable of the Good Samaritan as the ultimate example of Christ's merciful love: "The final words of the Gospel parable— 'Go and do likewise' (*Lk* 10:37) — represent a mandate that every Christian must daily take to heart" (*Dilexi te*, no. 107). Amid the many challenges facing our nation today, how can you be a beacon of mercy? Pope Francis reminds us that "even in our slightest works of mercy, his heart is glorified and displays all its grandeur" (*Dilexit nos*, no. 203). Explore this resource, [250 Works of Mercy](#), and commit to frequent, small works of mercy this year.

JUNE 7
...fountain of life and holiness

Pray

The love poured out from the Sacred Heart of Jesus is a constant source of renewal for the missionary spirit of the Church and our call to universal holiness. Servant of God Fr. Jules Chevalier, who founded the Missionaries of the Sacred Heart of Jesus in 1854, recited this daily prayer to remain close to the Sacred Heart.

Lord Jesus, Savior of the world and source of holiness, look with kindness on all whom you have chosen to be Missionaries of your loving Heart. Ask your heavenly Father to keep us in your love, and sanctify us in the truth so that you may be glorified in us and we may reflect your goodness.

Ask your Father to keep us from evil that we may always be united in bonds of love. As you are one with your Father, so may we be one with each other in your divine Heart, whose sentiments shall forever be ours and to which we consecrate ourselves in time and for eternity. Amen.

Learn

The devotion of the wounds of Christ as the fountain of life and holiness dates to the earliest Christians. The Church Fathers interpreted the blood and water flowing from Christ's side as a profound mystery, fulfilling his promise to provide living water (*John* 4:13-14; 7:37), which symbolized the Holy Spirit's outpouring on the Church and the cleansing waters of baptism. We see an early correlation to the heart of Jesus in the words of Origen of Alexandria, who said, "Out of his heart shall flow rivers of living water" (*In Num. homil.* 12, 1: PG 12, 657).

In the 13th century, Saint Bonaventure connected the salvation that flows from the pierced heart of Christ to the sacramental life of the Church, reflecting that the price of our salvation flows "from the hidden well spring of his heart, enabling the sacraments to confer the life of grace" (*Lignum Vitae. De mysterio passionis*, 30).

Pope Francis encouraged the devotion of the pierced heart of Christ as the fountain of life for the Church's mission. The Holy Father taught that "in contemplating the pierced heart of the Lord, who 'took our infirmities and bore our diseases' (*Mt* 8:17), we too are inspired to be more attentive to the sufferings and needs of others, and confirmed in our efforts to share in his work of liberation as instruments for the spread of his love" (*Dilexit nos*, no. 171).

Act

When Jesus revealed his heart to Saint Margaret Mary Alacoque, he imparted [12 promises](#) to all who venerate his Sacred Heart. One promise is that Jesus will "bless the home in which the image of my Sacred Heart shall be exposed and honored." When we place the image of the Sacred Heart of Jesus in a prominent place in our homes, we signify that Jesus is king and the center and source of love for all. Consider enthroning the Sacred Heart in your home with this [enthronement ceremony resource](#).

JUNE 8 ...atonement for our sins

Pray

As we consider the Sacred Heart of Jesus and Christ's great love for humanity, we reflect on how we have fallen short of his love and the need to atone for our sins. We also take this moment to repent as a nation for the sins of our country's past. Let us pray for forgiveness and healing from the harms caused by our nation's original sins of slavery and racism. A central element of devotion to the Sacred Heart is reparation – the practice of making amends for the wrongs we have done, asking Christ to forgive our sins and convert our hearts to love as he loves. Let us pray with St. Alphonsus Liguori, founder of the Redemptorists, as we atone for our sins and consecrate ourselves to the heart of Jesus:

My Jesus, I love You with my whole heart. I am sorry for having so many times offended your infinite goodness. With the help of your grace, I purpose never to offend you again. And now, unworthy though I am, I consecrate myself to you without reserve. I renounce and give entirely to you my will, my affection, my desires, and all that I possess.

Learn

In Pope Pius XI's encyclical, *Miserentissimus Redemptor* (on reparation to the Sacred Heart), the Holy Father connects our love for Christ with the realization that the wounds we inflict on others are the same wounds inflicted on Our Lord on the cross. He states, "Anyone possessed of great love for God, and who looks back to the past, can dwell in meditation on Christ, and see him laboring for man, sorrowing, suffering the greatest hardships, 'for us men and for our salvation' . . . The more the faithful ponder all these things the more clearly they see that the sins of mankind, whenever they were committed, were the reason why Christ was delivered up to death" (no. 13).

The image of the pierced heart of Christ has its meaning in our sinfulness, and when we devote ourselves to the Sacred Heart, we are compelled to repair the damage we have done. In a reflection about seeking authentic reparation, Bishop Joseph Perry explores how the Sacred Heart can lead us to reconcile our human hearts to one another. He says, "In the Catholic tradition, reparation is not a

resources for the upcoming feast of the Sacred Heart of Jesus

national consecration
to the Sacred Heart of
Jesus:

Novena to the Sacred Heart of Jesus

continued

transaction, but a sacred offering —one that involves not only words, but gestures. Just as the Sacrament of Penance invites physical expressions of contrition—making the sign of the cross, performing a penance, offering restitution—so too do acts of reparation in communal life require gestures of sincerity, and concrete actions.”

Act

There are many ways we can offer reparation to the Sacred Heart. When we go before Jesus in the Eucharist, Pope Pius XI recommends making a Communion of Reparation or a Holy Hour for the atoning of sins (*Miserentissimus Redemptor*, no. 12). We also see a lack of fraternal love today, especially in our politics and conversations with one another. Read Pope Francis’ encyclical on fraternity and social friendship, *Fratelli tutti*, and reflect on how to build a culture of encounter together.

JUNE 9
...source of all consolation

Pray

In *Dilexit nos*, Pope Francis describes the consoling nature of devotion to the Sacred Heart as “flesh and blood in the Church’s pilgrimage through history,” a mutual sharing of suffering between Christ and us (no. 157). Because Christ bore our sin in the wounds of his passion and death on the cross, we console him for our affronts. Because we also raise up our suffering to Christ, we ask him to console us. Let us ask the Sacred Heart of Jesus for strength and increased faith with this prayer by Blessed Miguel Pro, S.J.:

I believe, O Lord, but strengthen my faith... Heart of Jesus, I love Thee; but increase my love. Heart of Jesus, I trust in Thee; but give greater vigor to my confidence. Heart of Jesus, I give my heart to Thee; but so enclose it in Thee that it may never be separated from Thee. Heart of Jesus, I am all Thine; but take care of my promise so that I may be able to put it in practice even unto the complete sacrifice of my life. Amen.

Learn

The heart of Christ has always been a source of consolation for the Church. We hear Jesus’ great love for us in Scripture, as when he reassures us of the Father’s care in the Sermon on the Mount. We are consoled with God’s intimate love when we are told how we are “fearfully and wonderfully made” (Psalm

139:14) and “even the hairs of your head are all counted” (Mt. 10:30).

Saint Francis de Sales teaches that all our names are written on the heart of God: “Surely it is a source of profound consolation to know that we are loved so deeply by our Lord, who constantly carries us in his heart” (*Sermon for the Second Sunday of Lent*, February 20, 1622).

Pope Francis tells us that when we contemplate the heart of Christ and his self-surrender even to death, we are consoled in Christ’s love for us: “The grief that we feel in our hearts gives way to complete trust and, in the end, what endures is gratitude, tenderness, peace; what endures is Christ’s love reigning in our lives” (*Dilexit nos*, 161).

Act

Just as we find consolation in the Sacred Heart of Jesus, so too should we pray for others so that they might also encounter the consoling love of Christ. Every day, Padre Pio would pray the [Efficacious Novena to the Sacred Heart of Jesus](#) for the intentions of all who asked him to pray for them, ending each intention with “Sacred Heart of Jesus, I place all my trust in you.” Consider entrusting your intentions to the Sacred Heart as Padre Pio did.

JUNE 10
...gentle and humble of heart

Pray

Saint Thérèse of Lisieux, “the Little Flower,” profoundly understood the gentle and humble heart of Jesus. In contemplating how to be transformed by Christ’s love, she reflected that “What pleases [Jesus] is that he sees me loving my littleness and my poverty, the blind hope that I have in his mercy... the weaker one is, without desires or virtues, the more suited one is for the workings of this consuming and transforming Love” (*Letter 197 to Sister Marie of the Sacred Heart*, September 17, 1896). Let us join with Saint Thérèse in praying for our hearts to be humble like Jesus.

O Jesus! When You were a Pilgrim on earth, You said: “Learn of Me for I am gentle and humble of heart and you will find rest for your souls.” O Mighty Monarch of Heaven, my soul finds rest in seeing You, clothed in the form and nature of a slave, humbling Yourself to wash the feet of Your apostles.



.. I beg You, my Divine Jesus, to send me a humiliation whenever I try to set myself above others. I know that You humble the proud soul but to the one who humbles one's self. You give an eternity of glory. . . To obtain this grace of Your infinite mercy I will very often repeat: "O Jesus, gentle and humble of heart, make my heart like Yours!"

Learn

Saint John Paul II notes that only once in Scripture does Jesus refer to his own heart, when he instructs us to learn from his humility and gentleness in Matthew 11. The Holy Father concludes that our Lord stresses these features "as if to say that only in this way does he wish to win us to himself" (*Catechesis*, June 20, 1979).

The saints, facing the challenges of their age, looked to the heart of Christ as a model to respond with humility and grace. Saint Claude de La Colombière reflected on the attitude of Christ's heart in his greatest hours of suffering: how during his passion, his heart remained firmly directed to God, and despite the betrayal of Judas and the abandonment of his apostles, Christ did not respond with hatred or indignation – but forgiveness. Saint Claude resolved to "present myself anew to this heart free of anger, free of bitterness, filled instead with genuine compassion towards its enemies" (*Spiritual Exercises in Lyon*, October-November 1674, *ibid.*, p. 45).

Act

Devotion to the Sacred Heart allows us to put aside our pride and respond to the challenges of life. Saint Vincent de Paul teaches us: "We should remember that [Christ] himself said that by gentleness we inherit the earth. If we act on this, we will win people over so that they will turn to the Lord. That will not happen if we treat people harshly or sharply" (Saint Vincent de Paul, *Common Rules of the Congregation of the Mission*, May 17, 1658, c. 2, 6).

Use this [Examination of Conscience in Light of Catholic Social Teaching](#) to reflect on how you are acting on Christ's teachings to love humbly and gently. Then, conclude with Saint Thérèse of Lisieux's prayer: "O Jesus, gentle and humble of heart, make my heart like Yours!"

The final day of the novena, the day of Consecration of the U. S., will be in the June 6 bulletin.

Litany to the Sacred Heart of Jesus

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.

respond with Have mercy on us:

God our Father in heaven
God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, one God
Heart of Jesus, Son of the eternal Father
Heart of Jesus, formed by the Holy Spirit
 in the womb of the Virgin Mother
Heart of Jesus, one with the eternal Word
Heart of Jesus, infinite in majesty
Heart of Jesus, holy temple of God
Heart of Jesus, tabernacle of the Most High
Heart of Jesus, house of God and gate of
 heaven
Heart of Jesus, aflame with love for us
Heart of Jesus, source of justice and love
Heart of Jesus, full of goodness and love
Heart of Jesus, well-spring of all virtue
Heart of Jesus, worthy of all praise
Heart of Jesus, king and center of all hearts
Heart of Jesus, treasure-house of wisdom
 and knowledge
Heart of Jesus, in whom there dwells the
 fullness of God
Heart of Jesus, in whom the Father is well
 pleased
Heart of Jesus, from whose fullness
 we have all received
Heart of Jesus, desire of the eternal hills
Heart of Jesus, patient and full of mercy
Heart of Jesus, generous to all who turn to
 you
Heart of Jesus, fountain of life and holiness
Heart of Jesus, atonement for our sins
Heart of Jesus, overwhelmed with insults
Heart of Jesus, broken for our sins
Heart of Jesus, obedient even to death
Heart of Jesus, pierced by a lance
Heart of Jesus, source of all consolation
Heart of Jesus, our life and resurrection
Heart of Jesus, our peace and reconciliation
Heart of Jesus, victim of our sins
Heart of Jesus, salvation of all who trust in
 you
Heart of Jesus, hope of all who die in you
Heart of Jesus, delight of all the saints
three times:
Lamb of God, you take away the sins of the
 world

V/. Jesus, gentle and humble of heart.
R/. Touch our hearts and make them like
 your own.
Let us pray. *end with prayer above at right*

resources for the upcoming feast of the Sacred Heart of Jesus

*Grant, Almighty God,
that we, who glory in the
Heart of your beloved Son
and recall the wonders
of his love for us, may be
made worthy to receive
an overflowing measure
of grace from that fount of
heavenly gifts. Through
Christ our Lord.
Amen.*

Rise

AGAINST HUNGER

dining out nights



MAY

25 - McAlister's Deli, Rolling Rd.

JUNE

15 - Silver Diner, Springfield Mall

24 - Saratoga Pizzeria & Grill*

29 - McAlister's Deli, Rolling Rd.

JULY

4 - Malek's Pizza Palace

7 - Delia's Pizzeria & Grill, Backlick

21 - Delia's Pizzeria & Grill

27 - McAlister's Deli, Rolling Road

AUGUST

6 - Malek's Pizza Palace

18 - Delia's Pizzeria & Grill

31 - McAlister's Deli, Rolling Rd.

SEPTEMBER

3 - Malek's Pizza Palace

14 - El Paso Mexican, Commerce St**

21 - Silver Diner, Springfield Mall

28 - McAlister's Deli, Rolling Road

OCTOBER

5 - El Paso Mexican, Commerce St**

20 - Milano's, Rolling Rd.*

26 - McAlister's Deli, Rolling Rd.

NOVEMBER

5 - Malek's Pizza Palace**

*Flyer Required (See parish Bulletin or Church Vestibule)

** Please mention St. Bernadette when you order.

Save the date: Week of Prayer for Christian Unity with Bishop Burbidge

Watch the bulletin for details as church leaders and members from all over the MetroDC area come together to show unity in divided times! HERE at Saint Bernadette, Tuesday, May 26, 7pm followed by a reception. Invite your friends!

Catholic Women's Group upcoming events

Come and enjoy warm fellowship and great food. For more information, please email us at women@stbernapar.org.

Tuesday, June 2, 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, June 9** at 7pm in the Bradican Room. Noted local author Melanie Rigney will be our guest speaker. Melanie has published several books about lives of the saints. Her topic will be 'Your Life With the Saints...and How to be One.' **All women of the parish are welcome!**

Diocesan Family Festival - June 13, 3:45-9:30pm

Bishop Burbidge invites you to celebrate 250 years of Faith + Freedom in our nation. Registration is required, please visit the Diocesan website "Diocesan Family Festival 2026" to ensure sufficient communion and food for all attendees. Parking will be extremely limited, therefore if you and your family plan to attend the 3:45pm Mass, please do not arrive any later than 3pm. The event will take place at the Clarke County Fairgrounds, 800 West Main Street, Berryville, VA 22611, 3:45-9:30pm, Saturday, June 13.



Building access for all: a new elevator for our parish school

Our parish school, proudly serving generations of families since its construction in 1961, has long been a place of learning, faith, and community. As we continue to grow and reflect on our mission, we are called to ensure that our facilities fully welcome and serve every member of our parish community. One important step in that effort is improving accessibility throughout our school building.

Currently, access to the upper floors of our school is limited for individuals with mobility challenges. This creates barriers for students, parents, staff, and visitors who may rely on accessible features to fully participate in school life. In keeping with the principles of inclusion and dignity for all, we are exploring the addition of an elevator to provide access in accordance with ADA (Americans with Disabilities Act) standards.

Installing an elevator in a building originally constructed over six decades ago presents both challenges and opportunities. While the structure was not designed with modern accessibility needs in mind, advancements in engineering and thoughtful planning now make it possible to retrofit older buildings in ways that preserve their character while improving functionality. This project would allow all

members of our Catholic parish and school community—regardless of physical ability—to move freely and safely throughout the school.

Beyond compliance with accessibility standards, this initiative reflects our deeper values as a faith-based community. We believe that every individual is created with inherent dignity and deserves equal access to education, worship, and community life. An elevator is more than a mechanical addition; it is a visible commitment to hospitality, inclusion, and care for one another.

We recognize that such a project requires careful planning, financial investment,

and community support. In the coming months, we will be evaluating design options, costs, experts and potential funding strategies to ensure that the project meets both practical needs and our shared vision.

We invite you to join us in this important effort. Whether through your ideas, prayers, or support, your involvement will help make our parish school more accessible and welcoming for all—now and for generations to come. Please contact Fr. Don at frdonrooney@stbermpar.org for more information.

Together, we can continue to build a faithful community where everyone can participate and belong.

Building our school legacy

Our school is beginning a project to reconnect generations of students, families, and friends by building our very first Alumni Community Directory, “Building Our Saint Bernadette School Legacy”... going all the way back to 1961. Along the way, we’ve been opening old yearbooks, rediscovering class photos, and uncovering incredible memories. Now we need your help to bring those stories to life. Please take a few minutes to update your information on our school website <https://stbernschool.org/building-our-saint-bernadette-school-legacy/>

By sharing your information, you’ll help us, reconnect classmates and old friends, celebrate multi-generational families, share alumni stories and milestones and build events and traditions for years to come.

Have an old photo or memory to share? We’d love that too.

Over the coming weeks, keep an eye out for throwback yearbook photos (you might spot yourself), alumni spotlights and invitations to upcoming gatherings. Whether you attended for one year or all nine (now ten), you’re part of this story—and we’d love to reconnect. If know someone we should reach? Forward this email or tag them when you see our posts! CardinalsAlumni@stbermpar.org.

building more than a new building!

Parish Offertory

May 24
Offertory \$ 22,711
Mission Cooperative 12,141

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 <https://giving.parishsoft.com/app/giving/FD-70> or call (866)507-8757. Our parish code is VA70.

“vatican council II through its documents”

13th Catechesis
May 13, 2026

Pope Leo, in his General Audiences on Wednesdays, is giving a catechesis on Vatican II, sixty years later.



“Holiness ... is not a privilege for the few, but a gift that requires every baptized person to strive for the perfection of charity, that is, the fullness of love towards God and towards one’s neighbor.”

II. Dogmatic Constitution *Lumen gentium*.

9. *The Virgin Mary, model of the Church*

The Second Vatican Council chose to dedicate the last chapter of the Dogmatic Constitution on the Church to the Virgin Mary (cf. *Lumen gentium*, 52-69). She “is hailed as a pre-eminent and singular member of the Church, and as its type and excellent example in faith and charity” (*LG*, 53). These words invite us to understand how in Mary, who under the action of the Holy Spirit welcomed and brought forth the Son of God made flesh, we can recognize both the model and the pre-eminent member and mother of the entire ecclesial community.

By allowing herself to be shaped by the work of Grace, which came to fulfilment in her, and by welcoming the gift of the Most High with her faith and her virginal love, Mary is the perfect model of what the whole Church is called to be: a creature of the Word of the Lord and mother of the children of God, begotten in docility to the action of the Holy Spirit. Furthermore, as she is the believer par excellence, in whom we are offered the perfect form of unconditional openness to the divine mystery within the communion of God’s holy people, Mary is an excellent member of the ecclesial community. Finally, inasmuch as she brings forth children in the Son, loved in the eternal Beloved who came among us, Mary is the mother of the whole Church, which can turn to her with filial confidence, in the certainty of being heard, protected and loved.

One might express the sum of these characteristics of the Virgin Mary by referring to her as a woman who is the icon of the Mystery. The word woman highlights the historical reality of this young daughter of Israel, to whom it was granted to live the extraordinary experience of becoming the mother of the Messiah. The expression icon emphasizes that, in her, the two-fold movement of descent and ascent is fulfilled: in her, both God’s gratuitous election and her free consent of faith in him shine forth. Mary is therefore the woman who is the icon of the Mystery, that is, of the divine plan of salvation, once hidden and now revealed in its fullness in Jesus Christ.

The Council has left us a clear teaching on the unique place reserved to the Virgin Mary in the work of Redemption (cf. *Lumen gentium*, 60-62). It recalls that the sole Mediator of salvation is Jesus Christ (cf. 1 Tim 2:5-6), and that his Mother Most Holy “in no way impedes, but rather fosters the immediate union of the faithful with Christ (cf. *LG*, 60). At the same time, “predestined from eternity by that decree of divine providence which determined the incarnation of the Word to be the Mother of God, the Blessed Virgin ... in this singular way ... cooperated by her obedience, faith, hope and burning charity in the work of the Savior in giving back supernatural life to souls. She is our mother in the order of grace” (ibid., 61).

The mystery of the Church is also reflected in the Virgin Mary: in her, the people of God find the representation of their origin, their model and their homeland. In the Mother of the Lord, the Church contemplates her own mystery because in her she recognizes her own archetype, the ideal figure of what she is called to be.

As we can see, the reflections on the Virgin Mother collected in *Lumen gentium* teach us to love the Church and to serve within her the fulfilment of the Kingdom of God, which is coming and which will be fully realized in glory.

Let us be challenged, therefore, by the sublime model who is Mary, Virgin and Mother, and let us ask her to help us, through her intercession, to respond to what is asked of us through her example: do I live my participation of the Church with humble and active faith? Do I recognize in her the community of the covenant that God has given me to respond to his infinite love? Do I feel that I am a living part of the Church, in obedience to the pastors given by God? Do I look to Mary as a model, an outstanding member and Mother of the Church, and ask her to help me be a faithful disciple of her Son?

Sisters and brothers, may the Holy Spirit, who descended upon Mary and is invoked by us humbly and trustfully, grant us the grace to live these wonderful realities to the full. And, having reflected deeply on *Lumen gentium*, let us ask the Virgin to obtain this gift for us: that love for the Holy Mother Church may grow in all of us. So be it!



III. Dogmatic Constitution *Sacrosanctum concilium.*

1. *The liturgy in the mystery of the Church*

Dear brothers and sisters, good morning!

Today we are beginning a new series of catecheses on the first Document issued by the Second Vatican Council: the Constitution on the sacred liturgy, *Sacrosanctum concilium* (SC).

In drafting this Constitution, the Council Fathers sought not only to undertake a reform of the rites, but to lead the Church to contemplate and deepen that living bond which constitutes and unites her: the mystery of Christ. Indeed, the liturgy touches the very heart of this mystery: it is at once the space, the time and the context in which the Church receives her very life from Christ. For in the liturgy, “the work of our redemption is accomplished” (SC, 2), which makes us a chosen lineage, a royal priesthood, a holy nation, a people whom God has acquired for himself (cf. *1 Pet* 2:9).

As manifested by the threefold renewal – biblical, patristic and liturgical – that the Church underwent through the course of the twentieth century, the Mystery in question does not designate an obscure reality, but God’s salvific plan, hidden from all eternity and revealed in Christ, according to Saint Paul’s affirmation (cf. *Eph* 3:2-6). Here, then, is the Christian Mystery: the Paschal event, that is to say, the passion, death, resurrection and glorification of Christ, which is made sacramentally present to us precisely in the liturgy, so that every time we take part in the assembly gathered “in his name” (cf. *Mt* 18:20) we are immersed in this Mystery.

Christ himself is the inner source of the mystery of the Church, the holy people of God, born from his side pierced on the cross. In the holy liturgy, through the power of his Spirit, he continues to act. He sanctifies and unites the Church, his bride, to His offering to the Father. He exercises his utterly unique priesthood, he who is present in the proclaimed Word, in the sacraments, in the ministers who celebrate, in the gathered community and, in the highest degree, in the Eucharist (cf. SC, 7). Thus, according to Saint Augustine (cf. *Sermon*, 277), in celebrating the Eucharist the Church “receives the Body of the Lord and becomes what she receives”: she becomes the Body of Christ, “a dwelling place of God in the Spirit” (*Eph* 2:22). This is the “work of our redemption,” which

conforms us to Christ and builds us up in communion.

In the holy liturgy, this communion is achieved through “rites and prayers” (SC, 48). The rituality of the Church expresses her faith – in accordance with the familiar saying *lex orandi, lex credendi* – and at the same time shapes ecclesial identity: the proclaimed Word, the celebration of the Sacrament, the gestures, the silences, the space – all this represents and gives form to the people gathered by the Father, the Body of Christ, the Temple of the Holy Spirit. Every celebration thus becomes a true epiphany of the Church in prayer.

If the liturgy is at the service of the mystery of Christ, one understands why it has been defined as “the summit toward which the activity of the Church is directed ... the font from which all her power flows” (SC, 10). It is true that the action of the Church is not limited to the liturgy alone; however, all her activity (preaching, service to the poor, the accompaniment of human realities) converges towards this “summit.” Conversely, the liturgy sustains the faithful by immersing them ever and anew in the Pasch of the Lord and, thus, through the proclamation of the Word, the celebration of the sacraments and communal prayer, they are refreshed, encouraged and renewed in their commitment to faith and in their mission. In other words, the participation of the faithful in the liturgical action is at once “internal” and “external.”

This also means that it is called to unfold in a tangible way throughout daily life, in an ethical and spiritual dynamic, so that the liturgy celebrated is translated into life and demands a faithful existence, capable of making concrete what has been experienced in the celebration: it is in this way that our life becomes a “living sacrifice, holy and acceptable to God,” fulfilling our “spiritual worship” (*Rom* 12:1).

In this way, “the liturgy daily builds up those who are within into a holy temple of the Lord” (SC, 2), and forms an open community, welcoming to all. Indeed, it is inhabited by the Holy Spirit, it introduces us into the life of Christ, it makes us his Body and, in all its dimensions, it represents a sign of the unity of the entire human race in Christ.

Dear friends, let us allow ourselves to be shaped inwardly by the rites, symbols, gestures and above all the living presence of Christ in the liturgy, which we will have the opportunity to explore in the coming Catecheses.

“vatican council II through its documents”

14th Catechesis
May 20, 2026

Pope Leo, in his General Audiences on Wednesdays, is giving a catechesis on Vatican II, sixty years later.



Daily Mass Intentions and Readings

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

June

1 MONDAY

7am † Shirley McNulty
9am* † Mark Cornwell
2 Pt 1:2-7/Mk 12:1-12

2 TUESDAY

7am † Edgar Tijing
9am* † Teresa Randolph
2 Pt 3:12-15a, 17-18/Mk 12:13-17

3 WEDNESDAY

7am † Betty Bonde
9am* † Jan Usinger Sanchez
2 Tm 1:1-3, 6-12/Mk 12:18-27

4 THURSDAY

7am † Jay Fadgen
9am* † Souls in Purgatory
2 Tm 2:8-15/Mk 12:28-34

5 FRIDAY

7am † Walter Ferony
9am* † Zoila Denegri
10am** † Pat Boglio
2 Tm 3:10-17/Mk 12:35-37

6 SATURDAY

8am † Maximo Merino
2 Tm 4:1-8/Mk 12:38-44
5pm* For the parish

7 SUNDAY

7am Banks Ricci
9am* † Getulio & Baldomera Jersey
11am † John Alan Kerns
1pm* † Wenceslao Olivera
5pm The Dignan Family
Dt 8:2-3, 14b-16a/1 Cor 10:16-17/Jn 6:51-58

* live-streamed Masses

** Mass at Greenspring Chapel

Masses next weekend

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

Parish prayer list

John Yost, Wiotto Helenius, Robert Holzhauser, Adolfo Blandon, Esperanza Ayala, Gloria Tortoriello, Bob Atwell, Charles Roby, Mike Harrison, Kathleen Murray, Alan Curtis, Brian Keller, Cassi Smith, Edward Fitzgerald, John Winkler, Antonio & Maria Benedi, Donna Lash, Llewellyn Salsado, Cristina Perez

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 topalumbo@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.

ParishSoft Giving update:

Saint Bernadette realizes that the transition from Faith Direct to Parish Soft was less than ideal. Online giving enables you to change your giving, set up second collection donations and have access in real time your support of Saint Bernadette ministries.

Here's how you could set up online giving or access Parish Soft to move toward online gifts. <https://giving.myparishsoft.io/app/giving/FD-70> you can click on sign in, using the same username and password as in Faith Direct, log-in, you can give now or set up a one-time gift. If you have difficulty, you can reach out to Donorsupport@parishsoft.com or call 1-866-930-4774, opt. 6

Feel free to reach out to Linda Patterson, our Business Manager, if you need further assistance, lpatterson@stbern-par.org or call her at the Parish Office, 703-451-8576, ext. 122.

Greetings from PVI Options

The Options program at St. Paul VI Catholic High School is now in its 27th year of providing an inclusive, student-centered Catholic education for students with intellectual and developmental disabilities. If you are interested, please reach out to the Deans of Exceptional Learning at pvioptions@paulvi.net or 703-352-0925 x1314.

Mary's Comfort update

Your continued prayers and financial support for the guests of Mary's Comfort are very appreciated! We strive to offer a supportive journey to build trust and self-sufficiency for these vulnerable women who are lacking a traditional support network. Your assistance helps us create a more stable environment for the whole family. If you'd like to learn more about our ministry, please visit: <https://www.maryscomfortva.org/>

Summer Camps at St. Paul VI Catholic High School

St. Paul VI Catholic High School is excited to offer a variety of engaging summer camps for students entering grades 2 through 9! This summer, we have camps in band, baseball, basketball, football, field hockey, lacrosse, soccer, theatre, and more — all conveniently located on our beautiful Chantilly campus at 42341 Braddock Road. Led by our dedicated faculty, staff, and head coaches, these camps offer a fantastic opportunity for students to grow, learn, and have fun. For more information and to register, visit: www.paulvi.net/summercamps

THANK YOU from Saint Lucy's hungry children

St. Lucy Project received 6,978 pounds of food and \$1,280 in monetary donations from last week's food drive!

Thank you all for your amazing generosity and continued support.



catholicmatch[®]
Virginia



CatholicMatch.com/goVA

VIRGINIA EYECARE CENTER
MEMBER OF *VISION SOURCE*

(703) 569-3131

Dr. Courtney Shay
Dr. Tim LaFreniere
Dr. Diana Mamoud
Dr. Mallory Cranmer
Dr. Bryan Procopio
Dr. Alyssa Shema

9314-A Old Keene Mill Rd
www.virginiaeyecare.com

 myParish

The App for
Catholic Life Every Day

www.myParishApp.com

Available on the App Store | ANDROID APP ON Google play



Mary Beth Herry Burger
Physical Therapist | Parishioner
703.354.1230
admin@orthoptnova.com
7023 Little River Tpke. Suite 400
OrthoPTnova.com

 **1 Get this bulletin emailed to you every week.**

Simply go to
www.DM.CHURCH/3330...or scan 



IT IS NEVER TOO LATE TO **LOOK YOUR BEST**

 **RenovaSmiles**
FAMILY & COSMETIC DENTISTRY

\$99
(Exam+xrays+cleaning)
FREE whitening kit

 1-844-336-2474

Falls Church • Woodbridge
Manassas • Arlington • Franconia
Occoquan • Oakton
www.renovasmiles.com


MOST INSURANCES AND DISCOUNT PLANS ARE ACCEPTED.




**ADVERTISE
HERE**

Promote your Business
AND Support your Parish.

Michelle Stehman ~ 717-774-8833
mstehman@diocesan.com

 **Assisted Living
Locators**

NO COST
SENIOR CARE PLACEMENT

 **Sean Maxwell**
Senior Care Advisor

Assisted Living Locators Metro Alexandria - Bethesda
703-878-7870
assistedlivinglocators.com/alexandria-arlington-fairfax
Independent Living • Assisted Living • Memory Care

VETERAN & LOCALLY OWNED FRANCHISE

SENIOR AND MILITARY DISCOUNTS!

FINANCING AVAILABLE

ROOFING
GUTTERS • SIDING
TREE REMOVAL • DECKS
FREE wind & Hail Damage Inspections for Roofs
Insurance Claims Specialists

 **MidAtlantic CONTRACTING, INC.**
Voted Best in Business
703-492-HOME (4663) or 571-408-4349
www.MAContracting.com




Consider
Remembering
Your Parish in
Your Will

For further information,
please call the parish office.

 **GLOBAL TAX**
Business Advisors, Accounting, Tax Resolution


 **Helder Magaña, CEO**
703.341.6414
admin@globaltax.com


6207 Old Keene Mill Ct Springfield, VA 22152



Greenspring is the premier senior living community in Springfield.
Here, you're free to live the independent life you want with an added safety net of support.

Call **1-888-205-9597** or visit
GreenspringCommunity.com
for your free brochure.

 **Greenspring**
BY ERICKSON SENIOR LIVING™



The Businesses listed above make this bulletin possible.

Please support them when you can.

Sign up to get our bulletin in your email each week. Go to **DiscoverMass.com/subscribe**

Caffi SERVICES, INC
 PLUMBING HEATING HVAC REMODELING
 1313 POWHATAN STREET ALEXANDRIA, VA 22314-1342
(703) 836-6775
 www.caffiservices.com
 service@caffiservices.com
Serving the DC Metropolitan Area since 1967

Morning Dew Tree & Turf Care
 Dennis J. McDonnell
 ☎ 571-722-7047 ☎
 Certified Arborist & Agronomist
 Long time parishioner
 P.O. Box 523321
 Springfield, VA 22152
 Licensed & Insured

MURPHY LAW GROUP, PLLC
 Wills, Trusts, Estates, & More
 9300-B Old Keene Mill Road, Burke, VA
 703-455-7177
 www.MurphyLawVA.com
EWTN.COM/RADIO

TUNE IN

Certified Public Accountants
BUTLER & WAGNER, P.C.
 Accounting Services & Business Advisory
 Income Taxes | Eldercare Bookkeeping
 www.baw.cpa
 Burke Professional Center • 5210-B Lyngate Court
703-426-5560

SUMMIT ROOFING CONTRACTORS INC.
 Roofing • Gutters • Siding
703.368.7483
 info@summitroofing.com | summitroofing.com
 Free Estimates • Family Owned and Operated
 Serving Northern Virginia for over 40 years
40 Year Diocesan Member

Jefferson Funeral Chapel
703-971-7400
 Family owned
 5755 Castlewellan Drive
 Alexandria, VA 22315
 Just off S. VanDorn Street
 behind Edison High School (Kingstowne)

(703) 716-ROOF (7663) | www.sjroof.com

ST JOSEPH'S ROOFING
 Roofing | Siding | Gutters | Windows/Doors
 Insurance Claims | Storm Damage | Repairs

David Hughes Orthodontics
 Serving St. Bernadette's Parishioners since 2003.
 Smiles... Inside and Out
 Children and Adults
 Scan to schedule free consultation →
 drhughesortho.com • 703-451-0502

GET YOUR FINANCIAL LIFE SQUARED AWAY

GARY SJURSET, FINANCIAL ADVISOR
 gasjurset@firstcommand.com
 703.658.2943
 ©2025 First Command Financial Services, Inc. parent of First Command Brokerage Services, Inc. (Member SIPC, FINRA).

 Fairfax Memorial Funeral Home
 703-425-8702
 9902 Braddock Rd, Fairfax VA 22032
 Protect the ones you love. Pre-Plan today.
 Get started by emailing:
Preplan@Fairfaxmemorial.com

ENGLERT FINANCIAL
 6116 Rolling Rd, Ste 114
 Springfield, VA 22152
 admin@englertfinancial.com
George Englert, CPA, CFP®
Kevin Englert, CPA, CFP®
Wealth Management
703-451-8890 | englertfinancial.com
 Securities and Advisory Services are offered through LPL Financial, a Registered Investment Advisor. Member FINRA/SIPC.

MOVE LIKE YOU DID YEARS AGO!
 The Exercise Coach
 ✓ 20-Minute Sessions
 ✓ Clean & Private Setting
 ✓ Strength and Mobility Focus
 5501 BACKLICK RD.
703.650.5890

WISEWAY CPA
 TAX PREPARATION & ACCOUNTING SERVICES
 Offering New Client Discounts on Tax Preparation Services. We will donate \$50 to St. Bernadette Parish for every tax return completed.
 www.wisewaycpa.com ~ Hablamos Español
 Text, Call, or Email us: 703-249-9265
 contact@wisewaycpa.com

Call (703) 255-9599

DOUGLAS ROOFING
 Family-owned since 1985

KELLIHER FAMILY DENTISTS
 Jeremiah J. Kelliher, D.D.S.
 Sean P. Kelliher, D.D.S.
 Karen Kelliher Wilson, R.D.H.
 Kathleen Kelliher Ketch, R.D.H.
(703) 451-5030
 6120 Brandon Ave.
 Suite 211, Springfield

Quality Care
 Cutting-edge Technology
 Friendly Atmosphere
703-912-3800
 5803 Rolling Road Suite 211
 Springfield, VA 22152
smiles4va.com

IN LOVING MEMORY OF
 Avery Murphy

 www.pjilaw.com | (703) 865-6100 | welcome@pjilaw.com

Wills, Trusts and Probate for Catholic Families

 Contact us today to schedule your Complimentary Consultation
 www.pjilaw.com | (703) 865-6100 | welcome@pjilaw.com

Merino's Maids LLC
House Cleaning Maid Service
 The Best Cleaning Choice!
 Excellent References • 25 Continuous years of Experience
 Weekly, Bi Weekly, Monthly
 Moving in-OUT Cleaning Specialist • Low Prices in Town
 Call For A Free Estimate
(703) 867-2145 • Sandramerino2145@gmail.com

Honoring traditions, strengthening faith.
DEMAINE FUNERAL HOMES
 ALEXANDRIA 703-549-0074
 FAIRFAX 703-385-1110
 SPRINGFIELD 703-941-9428
Every Detail Remembered™ | **Dignity**

Merino's Maids LLC
House Cleaning Maid Service
 The Best Cleaning Choice!
 Excellent References • 25 Continuous years of Experience
 Weekly, Bi Weekly, Monthly
 Moving in-OUT Cleaning Specialist • Low Prices in Town
 Call For A Free Estimate
(703) 867-2145 • Sandramerino2145@gmail.com

Honoring traditions, strengthening faith.
DEMAINE FUNERAL HOMES
 ALEXANDRIA 703-549-0074
 FAIRFAX 703-385-1110
 SPRINGFIELD 703-941-9428
Every Detail Remembered™ | **Dignity**

Honoring traditions, strengthening faith.
DEMAINE FUNERAL HOMES
 ALEXANDRIA 703-549-0074
 FAIRFAX 703-385-1110
 SPRINGFIELD 703-941-9428
Every Detail Remembered™ | **Dignity**

