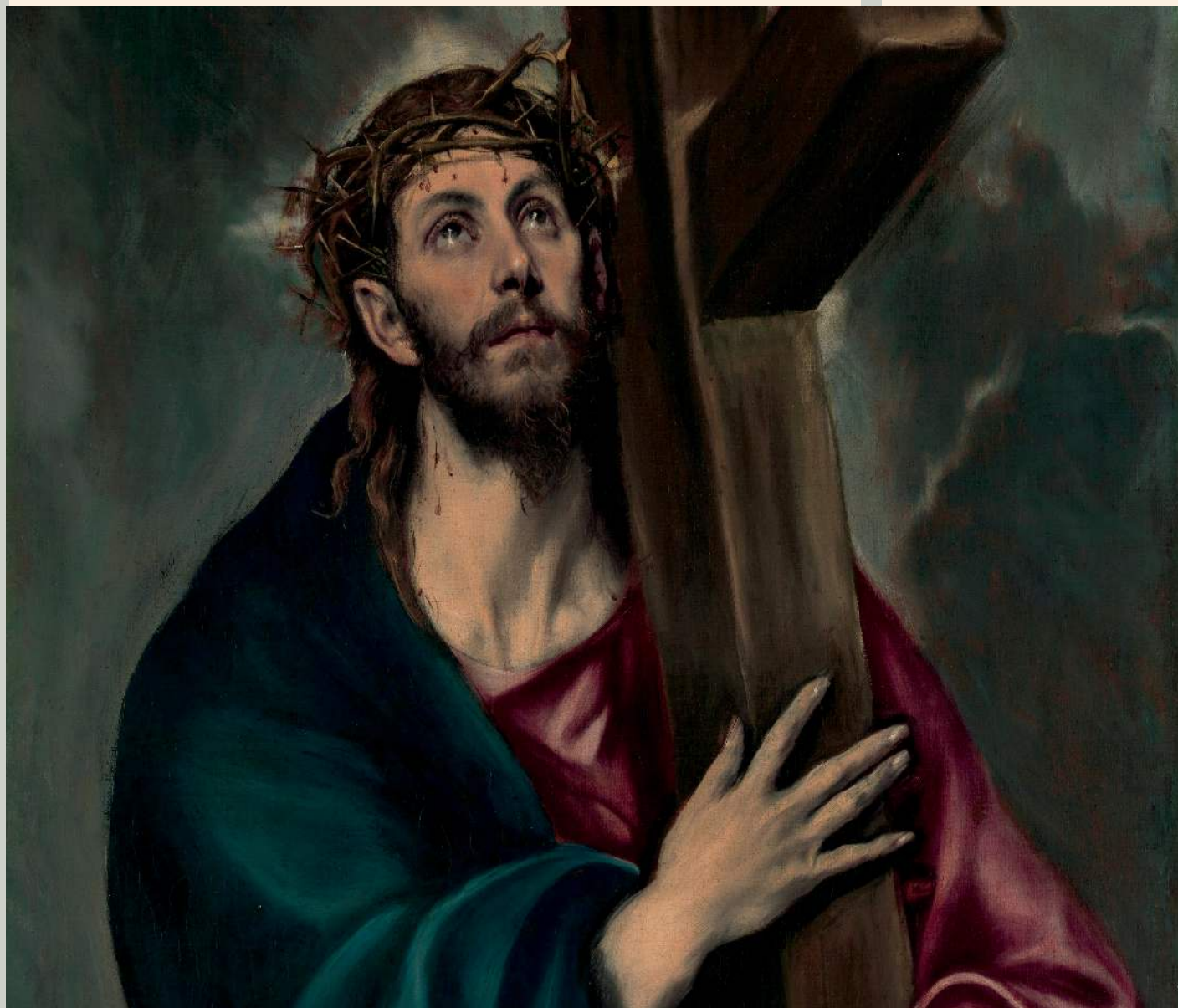


O God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

22nd Sunday in ordinary time

August 30, 2026



Christ Carrying the Cross, El Greco (Domenikos Theotokopoulos), c. 1580
Metropolitan Museum of Art, New York City

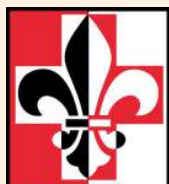


SAINT BERNADETTE
CATHOLIC CHURCH AND SCHOOL

22nd Sunday in ordinary time

August 30, 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. James Waalkes frjameswaalkes@stbermpar.org Fr. Daniel Rice frdanielrice@stbermpar.org Deacon Orlando Caicedo Pastoral Associate, Rick Caporali rcaporali@stbermpar.org Business Manager, Linda Patterson lpatterson@stbermpar.org Music Director, David Mathers dmathers@stbermpar.org Bookkeeper/Compliance (OPCYP), Zory Conde, zconde@stbermpar.org Executive Assistant, Jean Corday jcorday@stbermpar.org Executive Assistant, Evelyn Vargas, evargas@stbermpar.org Secretary, Janet Chávez-España
SAINT BERNADETTE SCHOOL	703-451-8696, fax 269-1121 Principal, Dr. Kathleen Burgess school@stbermpar.org Assistant Principal, Jennifer Spencer Registrar, Heidi Thomes
RELIGIOUS EDUCATION	703-451-8576 Director, Lynn Jones Ljones@stbermpar.org Coordinator of Religious Education, Arlyn Agasen, aagasen@stbermpar.org Administrative Assistant, Victor Mendez vmendez@stbermpar.org
YOUTH MINISTRY	703-451-8576 Director, Grace Mee gme@stbermpar.org Assistant Director, Mary O'Malley momalley@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

august

- 30 Sunday, TWENTY-SECOND SUNDAY IN ORDINARY TIME**
 • Live-streaming Masses continue at 9am and 1pm
- 31 Monday, Weekday**
 • **Dining Out Night for Rise Against Hunger** – McAlister's Deli, 4-8pm

september

- 1 Tuesday, Weekday - World Day of Care for Creation**
- 2 Wednesday, Weekday**
 • **National Prayer Service Honoring the Many Journeys that Shaped America**
 multicultural celebration of America's 250th anniversary – 7:30pm in the church followed by a reception
- 3 Thursday, Saint Gregory the Great, Pope and Doctor**
 • **Dining Out Night for Rise Against Hunger** – Malek's Pizza Palace
- 4 Friday, Weekday**
 • Adoration, 7-8pm, church
- 5 Saturday, Weekday [Saint Teresa of Calcutta, Virgin]**
 • Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
- 6 Sunday, TWENTY-THIRD SUNDAY IN ORDINARY TIME**
 • Live-streaming Masses continue at 9am and 1pm
- 7 Monday, Weekday**
 • **Dining Out Night for Rise Against Hunger** – Malek's – 5-8pm
 • Parish Offices closed for the Labor Day Holiday
 • **NO 7am Mass today**
- 8 Tuesday, The Nativity of the Blessed Virgin Mary**
- 9 Wednesday, Saint Peter Claver, Priest**
- 10 Thursday, Weekday**
- 11 Friday, Weekday**
 • Adoration, 7-8pm, church
- 12 Saturday, Weekday [The Most Holy Name of Mary]**
 • Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
 • **Parish Life Weekend, Meet with Ministry leaders after all Masses**
- 13 Sunday, TWENTY-FOURTH SUNDAY IN ORDINARY TIME**
 • Live-streaming Masses continue at 9am and 1pm
 • **Parish Life Weekend, Meet with Ministry leaders after all Masses**
- 14 Monday, The Exaltation of the Holy Cross**
 • **Dining Out Night for Rise Against Hunger** – El Paso – All Day
- 15 Tuesday, Our Lady of Sorrows**
 • **Taizé Ecumenical Prayer Service**, 8pm in the church, please join us!
- 16 Wednesday, Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs**
- 17 Thursday, Weekday [Saint Robert Bellarmine, Bishop and Doctor]**
- 18 Friday, Weekday**
 • Adoration, 7-8pm, chapel
- 19 Saturday, Weekday [Saint Januarius, Bishop and Martyr]**
 • Live-streaming Mass for Sunday begins with the 5pm Vigil Mass
 • **Commitment Weekend, please return completed Commitment Cards this weekend**

announcements

Our parish offices will be closed on Monday, 7 September, in observance of the Labor Day holiday.

Please note: NO 7am Mass on Monday only

Watch your mailbox! All registered parishioners will be receiving our **Parish Renewal Handbook, Ministry Catalog and Annual Report**, probably beginning September 7. We will celebrate Parish Life Weekend September 12-13, and Commitment Sunday the following weekend. Please review the book and consider how you might get involved in parish life!

Mark your calendars! Our parish multicultural observance of the bishops' National Prayer Service "Honoring the many paths that shaped America" is Wednesday, September 2 at 7:30pm – consider bringing food unique to your culture for our light potluck reception following.

We are pleased to introduce Tap to Give, a convenient and secure way to make electronic donations during the offertory through our Parish Soft Giving Platform. The app also allows for you to update your registration, learn about upcoming events, find daily Mass readings and much more.

Rise
 AGAINST HUNGER

Parish Dining Out Nights

Support our Work of Mercy ~ Rise Against Hunger

McALISTER'S
 DELI

Monday, August 31, 4-8pm

(mention Saint Bernadette when you place your order)

from the pastor

"...we believe we can break ground late spring/early summer of 2027! Construction might be less than a year!"

Dear Good People of Saint Bernadette,

A couple of things this week.

You'll be seeing a lot from the Church during the next few weeks about the upcoming election in which the people of Virginia will vote about three constitutional amendments. You are welcome to read Bishop Burbidge and Knestout's letter on pp. 8-9 of this bulletin.

It needs to be noted that this is not an election of people and is therefore non-partisan, although things tend to trend sadly according to partisan polarization. This is a vote about right and wrong how the Church teaches, and the bishops want to get everyone registered to vote as soon as possible. Early voting begins Sept. 18.

Ballot question 1 - would permit an abortion by anyone (minor or adult) up until the moment of birth, without any parental notification. When asked, at least, for consideration of medical care for a child who might survive an abortion, even that was denied. This can't *not* be evil.

Ballot question 2 - seeks to make a constitutional definition of marriage as a bond between two adults. The Church is seeking to not lose the distinction of man and woman in marriage, as given by Revelation. This is NOT a vote NO to people of different sexual orientations -- we need to pray together about this, work to heal the damage which has been caused, affirm that we recognize the dignity of all persons, and seek to accompany them on their journey, not cast them aside.

The third ballot question has to do with restoring voting rights to previously incarcerated persons who deserve a second chance.

new parish life center update

You may have noticed...the letter we received from Bishop Burbidge in last week's bulletin giving us permission to finally move forward on our building program! It has been seven years, and nobody feels it more that those of us who have been working on this all this time! It

is determined that our finances are solid, our project is well thought out and now we have a green light to go.

Already this past week we had our first contract/design meeting with the diocesan construction office representative, our architects, our civil engineers, and our project managers for our general contractor. We have a good team, and all are very interested in delivering a great facility on time and on budget (or less!). Of course, there are uncertainties about the current market, inflation, tariffs, supply chain volatility... the list of variables is long, but this is what God wants for our parish family, and it will happen.

We are currently at 35% design development and the architects and contractors now begin using the design-build process to see where we can make some changes to save money, and keep an eye on utilities costs in the future, too. The civil engineers are at 95% completion and should be able to submit the site plan to the county within weeks to begin the permit process.

A preliminary timeline has been established and I would very much like to report that today, but we still need to factor in some variables before everybody gets their hopes set on a particular date. **At the very least, we believe we can break ground late spring/early summer of 2027! Construction might be less than a year!**

Once things really get going, we will be able to keep you up to date on what is happening and what comes next. It has been a great frustration to have nothing to report for so long a time, but I had a strong sense in the meeting this week that those days are over and we have nothing but a **lot of building to do.**

A reminder: we just finished the Parish Renewal Handbook and Ministry Catalog that you should be receiving in a couple of weeks by mail. Parish Life Weekend is Sept. 12-13. Time now to pray about your personal commitment to **building this community** with your time, talent and treasure.

The Lord be with you. *Fr. Dom*

Celebrating milestones of service

Saint Bernadette Catholic School is proud to celebrate Mr. Raab, our school counselor, and Mrs. Gilligan, one of our resource teachers for their years of service to the Catholic Diocese of Arlington.

Mr. Raab celebrated 25 years of service, while Mrs. Gilligan marked 10 years. Both have devoted their careers to supporting students and families, and we are fortunate to have them as part of the Saint Bernadette community.

Mr. Raab began his career in the Diocese as a school counselor at St. Mary's in Alexandria, followed by Our Lady of Good Counsel, before joining Saint Bernadette. He has been a trusted counselor, thoughtful listener, and, perhaps as importantly, the keeper of the Smarties for those moments when a teacher needs a kind word and a little pick-me-up.

Mrs. Gilligan began her diocesan career as a PreK teacher at St. Ambrose before joining the Saint Bernadette family, where she spent many years teaching first grade. She later transitioned to Learning Resources, where she continues to support

students with her warmth, creativity, and care. She also keeps a collection of stress toys close at hand for students who need a moment to regroup and reset—because sometimes, all you need is a little brain break to get back on track.

Mr. Raab and Mrs. Gilligan were honored during the diocesan opening Mass for Catholic educators on August 18 at All Saints Catholic Church in Manassas. Each year, teachers and administrative staff from Catholic schools throughout the Diocese of Arlington gather just before the start of the school year for this special celebration, coming together to receive a blessing and begin the new school year with faith, fellowship, and gratitude.

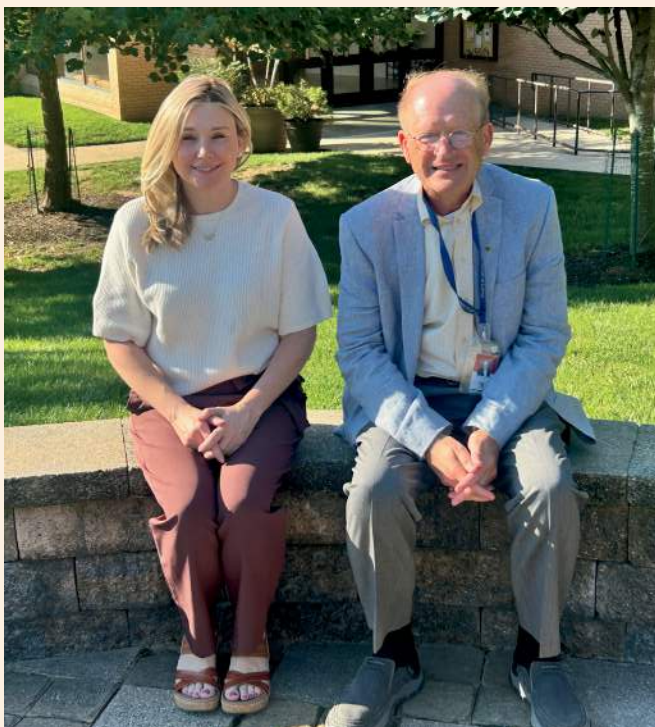
During the celebration, Dr. Joseph Vorbach, diocesan superintendent of schools, recognized educators marking 10, 25, 30, and 40 years of service.

We are so grateful for the compassion, dedication, and care Mr. Raab and Mrs. Gilligan bring to Saint Bernadette each day. Their years of service—and the countless ways they support our students, families, and colleagues—have made a lasting difference in our school community.

cardinal corner



**FORMING
HEARTS
& MINDS
IN CHRIST**



religious education program

Weekly update

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

youth ministry

Email our director of youth ministry, Grace Mee at gmee@stbernpa.org, or assistant director Mary O'Malley, momalley@stbernpa.org with any questions you may have.

Religious Education classes begin this week!

There will be **mandatory** parent information meetings on the first day of classes, either Tuesday, September 1 or Wednesday, September 2, covering communications, disciplinary rules, and attendance expectations. Parents must attend this first-day meeting! (Note: Students in SPRED and Family Faith Formation groups, who do not meet on Tuesday or Wednesday, will have different parent meetings.)

Arrive no later than 6pm to the church with your child. We will start with prayer and the students will go to class with their catechists. Parents will remain in the church for the meeting. Students will be dismissed at the normal time and place: 7:15pm, from Door 1-- the main school door under the canopy.

Volunteers needed for this year!

If you feel called to help with the Religious Education program, we are in DIRE need of volunteers on Tuesdays and Wednesdays from 6-7:15pm (arrive by 5:45pm).

For **Tuesdays**: Confirmation Second Year Lead (seventh and eighth grade), First Communion First Year Lead (first and

second grade), First Communion Second Year Lead (second and third grade), three hallway helpers, and four aides for various classrooms.

For **Wednesdays**, Fourth Grade Lead, First Year First Communion Lead (third through sixth grade), one hallway monitor, and three aides for various classrooms.

Feeling called to help? Need to know more? Please contact Lynn Jones at Ljones@stbernpa.org or 703-451-8576 ext 136. Training is scheduled this Sunday and August 27, so call now!

Living the liturgical year

This week on September 3 we celebrate the feast of Pope Saint Gregory the Great. Named a Doctor of the Church, he lived in sixth century Rome and is the patron of educators, students, musicians, singers, and masons. (He might even have originated Gregorian chant!) Read about Gregory here <https://www.franciscanmedia.org/saint-of-the-day/saint-gregory-the-great/>, then learn a little about Gregorian chant here <https://hellomusictheory.com/learn/gregorian-chant/>.

High School Tuesday Socials begin August 25

All high schoolers are invited to join us for Tuesday Socials 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. Contact Grace Mee for more information!

Middle School Youth Ministry begins September 2

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

High School Trivia Night - September 12

Calling all high schoolers! Join us for Trivia Night on September 12 from 6-8:30 pm! Meet in the Bradican Room for a fun night of dinner, trivia, and fellowship.

Altar Servers

Calling all rising 4th - 8th graders who would like to serve at the altar as Altar Servers! Training will be scheduled in

September. There will be three mandatory sessions. Contact Jean Corday in the parish office: jcorday@stbernpa.org

CYO Sports

A rewarding experience for young athletes, Saint Bernadette CYO sports offers a variety of options, including cross country, tennis, track & field, basketball, cheer, and volleyball, fostering both physical fitness and teamwork, as well as the importance of faith, sportsmanship, discipline, and community in a supportive environment where players can build lasting friendships and learn valuable life lessons. CYO sports are open to children who attend St. Bernadette School or are enrolled in the parish's religious education program this year year.

Registration for Cross Country, Tennis, Track & Field is now open for registration. Please register at - <https://reg.sportspilot.com/106541/leagues>

Questions? Please reach out to parish CYO Reps - Gina Soriano (gvsoriano@gmail.com) or Catherine Luby (catherineeluby@gmail.com).

Wednesday, September 2: A National Prayer Service “Honoring the Many Journeys that Shaped America”

Join us for Saint Bernadette's multi-cultural celebration of America's 250th birthday!

The United States Conference of Catholic Bishops has provided resources to the country for a prayer service highlighting our nation's diversity and responsibility.

In observance of the United States' 250th anniversary this year, and rooted in the Church's pastoral mission of welcome, accompaniment, and solidarity, the purpose of this prayer service is to acknowledge and honor the many diverse communities that have journeyed to the United States in search of hope, safety, and opportunity, while also recognizing the voices, sufferings, and enduring contributions of those who were forcibly brought to this land.

Inspired by the Gospel call to welcome the stranger and uphold the dignity of every human person, this prayer service seeks to provide a sacred space for reflection, remembrance, lament, and hope. Through Scripture, ritual prayer, music, and communal reflection, participants are invited to encounter one another as members of one human family and one Body of Christ.

If you would like be involved in helping us, please call Fr. Don. The prayer service will begin at 7:30pm and a light multi-cultural reception will follow.

Catholic Women's Group

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

Tuesday, September 1, 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. No need to RSVP.

Our next monthly meeting will be Tuesday, September 8 at 7pm in the Bradican Room. We have a special guest. Father James will join us with his guitar! Come enjoy an evening of music and song.

Walking With Purpose – women's Bible study

All women are welcome to join in our 6th year of Walking With Purpose – a women's Bible study. This year we will be participating in two 9-week sessions that complement each other. They both study the Old Testament and how it points to the coming of Jesus Christ. “Beholding His Glory,” the first session, will run from October–December and “Beholding Your King,” the second session, will run from January–March. Separate morning and evening sessions will be offered and take place in the Bradican Room. Tuesday mornings from 9:45–11:30am or Thursday evenings from 7–8:30pm. Registration in September! For more information, go to www.walking-withpurpose.com. Questions about our WWP group? Email: stbernadettewwp@gmail.com.

ARE YOU CONSIDERING THE CATHOLIC CHURCH?

*The proper name for the English RITE
is now the ORDER of Christian Initiation
of Adults.*

“COME, AND SEE”

OCIA

We invite **YOU** and all who seek a deeper life in **Jesus Christ** to consider becoming members of the Catholic Church through the sacraments of Baptism, Confirmation and Eucharist. Please call the parish office to register. **You are welcome. Begins Sept. 14.**

“VEN, Y VEAN”

RICA

Invitamos **todos** que buscan a una vida mejor en **Jesucristo** para considerar ser miembros de la iglesia católica por los sacramentos del bautismo, confirmación, y eucaristía. Llamen la oficina para registrarse. **Bienvenidos, el 14 de septiembre.**

up and coming

Parish Offertory

August 23	
Offertory	\$ 32,893
Tuition Angels	9,280

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.

from our bishops

As early voting begins on September 18, Bishop Burbidge has asked that this letter be published in parish bulletins.



This Election Season is Different

August 2026

In Virginia, every year is an election year. However, the contents on the ballot this fall are anything but ordinary. In the upcoming election (Sept. 18 – Nov. 3), the decisions we make will shape the future of our Commonwealth in unprecedented ways. In addition to a U.S. Senate race and local Congressional races, Virginia voters will decide three proposed constitutional amendments with far-reaching consequences.

Two of the proposed changes to Virginia’s constitution – Ballot Question 1 (abortion) and Ballot Question 2 (marriage) – concern fundamental matters of right and wrong.

Ballot Question 1 would cement a so-called “fundamental right” to abortion into our state constitution – all the way up to birth and for “every individual,” even children. It would endanger women’s health and safety and even push parents out of life-changing and irreversible decisions for their minor daughters. It would shield “any individual” who assists in an abortion from legal consequences. When debating the language of the proposed constitutional amendment, legislators even rejected a proposal to require that any baby born alive after an attempted abortion would receive the same level of care and treatment as any other infant. Ballot Question 1 is extreme, dangerous, radical and horrific.

Ballot Question 2 would remove the definition of marriage as the “union between one man and one woman” from our constitution, and would replace it with “any lawful marriage between two adult persons.” We affirm the dignity of every person. We also proclaim the truth that marriage – created by God – is and will always be the union of a man and a woman. God’s design for marriage – woven into the fabric of our being – was established before any nation, religion or law. We are called to honor and preserve it. The marital union – between a man and a woman who give themselves completely to each other – is a unique and irreplaceable bond that is the basis of the family and society.

God is the author of life and marriage. We must protect and preserve these extraordinary gifts from our Creator. As Catholics, we have a sacred duty to form our consciences prayerfully and correctly, and to vote NO on Ballot Question 1 and Ballot Question 2.

Ballot Question 3 would restore voting rights to individuals who have completed their time of incarceration. This issue is a matter of prudential judgment upon which people of goodwill can disagree. Through the work of the Virginia Catholic Conference, we have consistently

supported this measure and continue to do so. In your own assessment of this proposal, we invite you to consider the Church's teaching on participation in the common good, rehabilitation, restoration, mercy and second chances – as well as times when you have witnessed God's redemptive work in your own life and the lives around you.

More information on the three ballot measures can be found on the websites of the Virginia Catholic Conference and our two dioceses. Early voting begins September 18. Election Day is November 3.

As the *Catechism* reminds us, "It is necessary that all participate ... in promoting the common good. ... As far as possible, citizens should take an active part in *public life*" (nos. 1913-1915). Through conscience formation, prayer and fasting, may we as Virginia voters all prepare to cast votes that will honor the gift of life and Jesus who is "the way and the truth and the life" (John 14:6).

Faithfully yours in Christ,



Most Reverend Michael F. Burbidge
Bishop of Arlington



Most Reverend Barry C. Knestout
Bishop of Richmond

"vatican council II through its documents"

17th Catechesis
August 19, 2026

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



"To sing and play music during the liturgy is to pray, attuning one's heart to that of our sisters and brothers to God, through active participation in the mystery being celebrated."

III. Dogmatic Constitution *Sacrosanctum concilium*.

7. Sacred Music

Dear brothers and sisters,

The sixth chapter of the Second Vatican Council's Constitution *Sacrosanctum Concilium* (SC) is dedicated to sacred music. The document states that: "The musical tradition of the universal Church is a treasure of inestimable value, greater even than that of any other art. The main reason for this pre-eminence is that, as sacred song united to the words, it forms a necessary or integral part of the solemn liturgy" (SC, 112). It specifies that "sacred music is to be considered the more holy in proportion as it is more closely connected with the liturgical action, whether it adds delight to prayer, fosters unity of minds, or confers greater solemnity upon the sacred rites. But the Church approves of all forms of true art having the needed qualities, and admits them into divine worship" (ibid.).

Here we find the core of the Council's teaching, which confirms and deepens the ministerial function of music in the liturgy, already highlighted by Saint Pius X in the *Motu Proprio Inter sollicitudines* (22 November 1903). Indeed, music is part of the liturgical action and is not merely a decorative part of the celebration. To sing and play music during the liturgy is to pray, attuning one's heart to that of our sisters and brothers and to God, through active participation in the mystery being celebrated. In particular, music expresses the affective dimension of prayer, as Saint Augustine says: "Cantare amantis est", that is, "singing belongs to those who love" (Sermon 336, 1). This is very important, because it helps us open our hearts to God's action in grace and allow ourselves to be moulded by it.

Singing also fosters communion. It contributes to the unity of hearts, overcoming differences between people and bringing everyone together in praise of God through the symphony of voices. Thus, it becomes an epiphany of the Church, a tangible manifestation of the communion that belongs to her very nature.

The profound theological value of sacred hymns as an integral part of liturgical action carries certain requirements. The first

is that, at every level, it must respond to what is most appropriate for the liturgical moment, beyond fashions or composers' particular sensitivities. Its form, especially in its melodic aspect, must be at once noble and simple, of high musical quality and easily performable, particularly when it is intended to be sung by the whole assembly (cf. SC, 121).

For the same reason, the Council also recommends that the texts be suitable, profound and at the same time readily understandable, inspired mainly by Sacred Scripture, liturgical books and the spiritual Tradition of the Church. Attention must be paid to this, so that the dynamic expressed in the ancient principle *lex orandi, lex credendi*, that is, the law of prayer is also the law of faith, may remain alive and continue to grow.

Sacrosanctum Concilium devotes considerable attention to the theme of the active participation of the faithful (cf. n. 114). This "must be understood [...] on the basis of a greater awareness of the mystery being celebrated and its relationship to daily life" (Benedict XVI, Apostolic Exhortation *Sacramentum caritatis*, 52), in a "spirit of constant conversion which must mark the lives of all the faithful" (ibid., 55). As for the practical way in which this can be achieved through sacred music's specific role, the Constitution offers a clear answer: "the people should be encouraged to take part by means of acclamations, responses, psalmody, antiphons, and songs," and "reverent silence" should be fostered (SC, 30). It urges each person, minister or member of the faithful, to perform "all of, but only, those parts which pertain to his office by the nature of the rite and the principles of liturgy" (SC, 28), in a harmonious balance between different ministries, various interventions and moments of silence.

The Council attributes great value to Gregorian chant, without excluding other genres of sacred music from the celebration. Particular attention is also given to the organ (cf. SC, 120), while the use of other instruments is permitted "on condition that the instruments are suitable, or can be made suitable, for sacred use, accord with the dignity of the temple, and truly contribute to the edification of the faithful" (SC, 120).

A theme close to the Council's reform is that of inculturation, including in the field of



sacred music. In particular, with regard to the musical traditions of different cultures, the Council emphasizes the importance of taking them into consideration seriously, as they form part of people's religious and social life. Thus, on one hand, an "attitude toward religion" should be promoted in everyone (SC, 119). On the other, "every effort should be made to see that they become competent in promoting the traditional music of these peoples, both in schools and in sacred services" (ibid.).

A particular role in the liturgical context is given to the schola cantorum. The Council recommends the promotion of this pastoral instrument, to ensure the "proper performance of the parts which belong to it, according to the different kinds of music sung, and to encourage the active participation of the faithful in the singing" (Sacred Congregation of Rites, Instruction *Musica Sacram*, 19).

Hence, composers of sacred music are called to know and preserve the musical heritage of the Church, allowing it to inspire new compositions at the service of the liturgy, while respecting contemporary sensibilities and the different cultural traditions, so as to "purify worship from ugliness of style, from distasteful forms of expression, from uninspired musical texts which are not worthy of the great act that is being celebrated," to guarantee dignity and excellence to liturgical compositions" (Saint John Paul II, *Chirograph on Sacred Music*, 22 November 2003, 3).

For all these reasons, the Council Fathers recommended promoting the formation and practice of sacred music "in seminaries, in the novitiates and houses of study of religious of both sexes, and also in other Catholic institutions and schools" (SC, 115), and ensuring that musicians and singers receive sound liturgical formation (cf. ibid.).

Dear brothers and sisters, the Fathers of the Church held liturgical singing in great esteem as a symbol of ecclesial communion. We can therefore conclude with Saint Ignatius of Antioch's beautiful words: "Let each of you unite to become a choir, so that, harmonious in love and taking up the song of God in unison, you may with one voice sing to the Father through Jesus Christ, so that he may hear you and recognize, from the good works you perform, that you are members of his Son" (cf. *Letter to the Ephesians*, 4, 2).

Springfield Knights of Columbus



KofC Fun Run and Walk September 26

Registration is open!

The 24th Annual Springfield Knights of Columbus 5K Fun Run and Walk is set for 9am on Saturday, September 26 at Burke Lake Park.

This family friendly event welcomes runners and walkers of all ages – strollers welcome.

You can register by scanning the QR code to the right. Event proceeds support KOVAR, a Knights of Columbus charity helping Virginians with intellectual disabilities and Saint Bernadette School's Tuition Assistance Program. Please contact Tom Smith at tomsmith6153@outlook.com if you have questions. Early registration and donations help our planning.

coming up



Join one of our choirs!

The choirs on summer break will resume in a few weeks, and all choirs are welcoming new members at this time.

Our Children's Choir, for 1st-6th grade singers, serves at 5pm Saturday Mass once a month. They rehearse every Thursday 5-5:45pm. Our Youth Choir, for 7th-12th grade vocalists and instrumentalists, sings most Saturdays at the 5pm Mass. We have four adult choirs: Sunday Mass at 9am (English), 11am (English), 1pm (Spanish), and 3rd Saturday Filipino Vigil Mass, 7pm.

Please contact David Mathers, Director of Music Ministries, at dmathers@stbernpar.org or (703) 451-8576 x112. Rehearsal days/times, list of instruments that can participate, and guidance on instrumental experience levels can be found at <https://www.stbernpar.org/praying/music-ministry> or by contacting David Mathers.

Together We Rise Against Hunger



Planning is underway for Saint Bernadette Rise Against Hunger event

It starts with a meal.

Global hunger's causes and ways to address it through the Rise Against Hunger project

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 Organization 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 150,000 meals, and we invite you to be part of this meaningful effort.

We are also kicking off this year's program with 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 upcoming Dining Out Nights in the announcements on page 3. We encourage you to participate in any of these opportunities.

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@stbernpar.org or Jean Corday at jcorday@stbernpar.org

We hope you will join us in making a difference.



Tap to give

We are pleased to introduce Tap to Give, a convenient and secure way to make electronic donations through our ParishSOFT Giving platform.

Within the ParishSOFT Giving application, you can easily make a one-time gift or set up recurring donations. Simply select either Offertory or the weekend's Second Collection from the drop-down menu and choose your preferred option.

Tap to Give is more than an online giving platform—it also provides an electronic means to stay connected with parish life. Subscribe to our website to receive parish news and updates, view upcoming events, and discover opportunities to get involved at Saint Bernadette Parish. If you are interested in volunteering, you can submit an inquiry through a simple online form.

Current parishioners can conveniently update their parish registration online, while those who are interested in becoming a member of Saint Bernadette are warmly invited to start the registration process. You'll also find information about major parish events and an easy way to contact the parish office, even on weekends.

To use the Tap to Give feature, simply tap your NFC-enabled smartphone or smartwatch on the Tap to Give device. Make sure NFC is enabled on your device. (Bluetooth is not required for NFC payments.) ParishSOFT Giving supports both Apple Pay and Google Pay, making your donations fast, secure, and convenient.

Thank you for your continued generosity and for supporting the mission and ministries of Saint Bernadette Parish.

Catholics vote no: pledge to vote

This fall in the two proposed amendments on the ballot threaten the human right to life and the truth of marriage. These proposed amendments are called the "Virginia Right to Reproductive Freedom Amendment" and the "Virginia Remove Constitutional Same-Sex Marriage Ban Amendment." They also threaten constitutional justice, the equal protection of the laws, and religious liberty.

As Catholics, we recognize that, if passed,

these amendments would enshrine objective wrongs in Virginia's Constitution, overturn basic matters of justice, and gravely damage the intrinsic dignity of persons and the nature of marriage and the family. Although Catholics may in good conscience disagree over most political policies which call for strictly prudential judgments, certain fundamental matters such as marriage and the protection of human life demand a consistent and universal Catholic response to protect and preserve objective goods by which God blesses humanity.

If written into Virginia's Constitution, these amendments would be extraordinarily difficult to reverse. Virginia would effectively become a sanctuary for abortion and commercial abortion businesses. Basic health and safety standards that protect women from unlicensed providers would be eliminated, parents would be pushed out of life-altering decisions involving their family and children, and unregulated abortions would be possible, performed even on healthy babies up to the moment of birth for any reason with no limits.

At the same time, this would mislead future generations concerning the truth about marriage by adopting a false legal definition of marriage that would further erode a public sense of marriage as a natural institution uniting one man and one woman. Additionally, the amendment would lead to the expansion of an already existing commercial surrogacy industry which violates the natural rights of children and exploits vulnerable mothers.

To access the petition text and pledge to vote "no" on these constitutional amendments when voting begins Sept. 18, visit <https://catholicsvoteno.com/>

Join the Virginia Catholic Conference. Stay informed on legislation which affects us as Catholics on both the state and federal levels. Visit vacatholic.org, click on "Join us!" to receive email or text notices on proposed legislation in the VA State legislature and US Congress.

Thursday men's group

"Join the men's group every Thursday night from 7 to 8pm on the patio behind the rectory. A great way to find support in the faith through reading the Gospel, praying and sharing together.

house-keeping



Daily Mass Intentions and Readings

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

August

31 MONDAY

7am † Herbert Kong

9am* † Wnne Wong

1 Cor 2:1-5/Lk 4:16-30

1 TUESDAY

7am † Emilie Siebenwurst

9am* † Jan Usinger Sanchez

1 Cor 2:10b-16/Lk 4:31-37

2 WEDNESDAY

7am † Patrick Anderson

9am* † Glenn D'Cruze

1 Cor 3:18-23/Lk 5:1-11

3 THURSDAY

7am † Dennis O'Melia

9am* † Barbara Lippa

1 Cor 1:1-9/Mt 24:42-51

4 FRIDAY

7am † Emil Mugno, Jr.

9am* † Jose Obieta

10am** † Delores Galbraith

1 Cor 4:1-5/Lk 5:33-39

5 SATURDAY

8am † Souls in Purgatory

1 Cor 4:6b-15/Lk 6:1-5

5pm* For the parish

6 SUNDAY

7am † Denise Oskvarek

9am* † Ron James

11am † Alfredo & Cecilia Canton

1pm* † Rosibel Canton Aued

5pm † George Pereira

Ez 33:7-9/Rom 13:8-10/Mt 18:15-20

* live-streamed Masses

** Mass at Greenspring Chapel

Masses next weekend

Sept 5 5pm Fr. James

Sept 6 7am Fr. Cedric

9am Fr. Daniel

11am Fr. Don

1pm Fr. James

5pm Fr. Daniel

Parish prayer list

John Yost, Wiotto Helenius, Robert Holzhauser, Adolfo Blandon, Esperanza Ayala, Gloria Tortoriello, Bob Atwell, Charles Roby, Kathleen Murray, Alan Curtis, Brian Keller, Cassi Smith, Edward Fitzgerald, John Winkler, Antonio & Maria Benedi, Donna Lash, Llewellyn Salsado, Cristina Perez, Rev. William Hower, Jane Springer, Ed Wyse, Linda Robish, Robert Williams, Jr., Robin Cookson, Jesse Perry, Carol Flournoy

Pro-life witness

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

Stewardship resources and reminders: reduce your taxable income!

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

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, 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@stbernpar.org or call her at the Parish Office, 703-451-8576, ext. 122.

Mary's Comfort update

Thank you to everyone who helped with and attended our Back-to-School Tea. The funds raised help us provide support to our moms and babies. We are starting to prepare for a new birth in September! Please keep mom and baby in your prayers. Email maryscomfort@gmail.com if you would like to help with a meal train.

11th annual Mass honoring military and first responders

All are invited to attend the 11th Annual Mass Honoring Military and First Responders on Sunday, September 13, at 11am, St. Leo the Great Catholic Church (3700 Blenheim Blvd, Fairfax, VA 22030). Bishop Burbidge will be the main celebrant and homilist. Members of the military, law enforcement, and fire & rescue are encouraged to wear their dress uniform. A picture of our "heroes," along with our clergy present, will be taken immediately after Mass; a luncheon reception honoring these "heroes" will follow in the school gym.

Fall Grief Retreat: Finding the Passion of Christ in your story

You do not have to grieve alone. Join other mothers of loss on September 18 & 19 for a fall retreat hosted by the Diocese of Arlington chapter of Red Bird Ministries. Draw closer to the Lord in your grief and find comfort, healing, and hope by connecting with others who understand the extraordinary cross you are carrying. For all mothers of loss, from pregnancy through adulthood.

When: Friday, September 18 (6:30–9pm) and Saturday, September 19 (9am–5:30pm) **Where:** Morning Star Retreat House in Great Falls **Cost:** \$40 (includes \$25 grief group journal, breakfast, and lunch) **Register:** www.redbirdlove/arlington-va **Questions?** Email elizabeth@redbirdlove





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