

## Ash Wednesday – February 17th

**Anyone** may receive the blessing with ashes. Ash Wednesday is a day of universal fast and abstinence in the Church. On this day ashes are blessed and imposed after the homily. These ashes are of branches of the olive tree, or, according to custom, of the palm tree or other trees, which have been blessed the previous year. In the Bible a mark on the forehead is a symbol of a person's ownership. By having their foreheads marked with the sign of a cross, this symbolizes that the person belongs to Jesus Christ, who died on a Cross.

Ashes are a biblical symbol of mourning and penance.

They also symbolize death and remind us of our mortality. Thus when the priest uses his thumb to sign one of the faithful with the ashes, he says, "Remember, man, that thou art dust and unto dust thou shalt return," which is modeled after God's address to Adam (Genesis 3:19; cf. Job 34:15, Psalms 90:3, 104:29, Ecclesiastes 3:20) or "Turn away from sin and be faithful to the Gospel."

### The Lenten Season



#### Prayer – Fasting – Almsgiving

The annual Lenten season is the fitting time to climb the holy mountain of Easter. The Lenten season has a double character, namely to prepare both catechumens and the faithful to celebrate the paschal mystery. The catechumens, both with the rite of election and scrutinizes, and by catechesis, are prepared for the celebration of the sacraments of Christian initiation; the faithful, ever more attentive to the word of God and prayer, prepare themselves by penance for the renewal of their baptismal promise.

**Stations of the Cross** will be offered each Friday during Lent at 7:30 p.m. in the Church. Take time to participate in this venerable tradition of the Church and meditate on our Lord's sacrifice for our sins.

**Church Regulations Regarding Fast and Abstinence:** Abstinence from meat (beast or fowl) is to be observed by all Catholics fourteen years old and older on Ash Wednesday and on all the Fridays of Lent. This obligation prohibits the eating of meat, but not eggs, milk products, or condiments of any kind, even though made from animal fat.

Fasting means limiting oneself to one full meal on a given fast day. Catholics who are eighteen years of age but not yet fifty-nine are obliged to fast on Ash Wednesday and Good Friday. On fast days two additional smaller meals are permitted if necessary to maintain strength. However, the two smaller meals together may not equal one full meal. Moreover, eating solid foods between meals on fast days is not permitted.

### Parish Staff

Nancy Caro	Sacristan	
Laura Bell	Head of School	703.759.4129
Maggie Radzik	Head of School	703.759.4129
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Stephen Dolenc	Web Master	stephendolenc@gmail.com

### Mass Intentions

#### Sunday, February 14

- 8:00 a.m. James D. Howe †
- 10:00 a.m. Pro Populo
- 12:00 Special Intention

#### Monday, February 15

- 9:00 a.m. St. Matthews Guild

#### Tuesday, February 16

- 9:00 a.m. The Donald Sutton Family

#### Wednesday, February 17

- 9:00 a.m. Mr. and Mrs. Aime Goyette
- 7:30 Dr. and Mrs. Aguinaldo

#### Thursday, February 18

- 9:00 a.m. Eunice Cousineau †

#### Friday, February 19

- 9:00 a.m. Mr. and Mrs. Aime Goyette

#### Saturday, February 20

- 9:00 a.m. Mr. and Mrs. Norman Goyette
- 5:30 p.m. Evelyn Buttler

### READINGS AND CELEBRATIONS FOR THE WEEK

#### Sunday, Sixth Sunday in Ordinary Time

Jer 17: 5-8, Ps 1, 1Cor 15: 12, 16-20, Lk 6: 17, 20-26

#### Monday, Weekday in Ordinary Time

Jas 1: 1-11, Ps 119, Mk 8: 11-13

#### Tuesday, Weekday in Ordinary Time

Jas 1: 12-18, Ps 94, Mk 8: 14-21,

#### Wednesday, Ash Wednesday Time

Jl 2: 12-18, Ps 51, 2 Cor: 5: 20- 6:2, Mt 6: 1-6, 16-18

#### Thursday, Weekday of Lent

Dt 30: 15-20, Ps 1, Lk 9: 22-25

#### Friday, Weekday of Lent

Is 59: 1-9a, Ps 51, Mt 9: 14-15

#### Saturday, Weekday of Lent

Is 58: 9b-14, Ps 86, Lk 5: 27-32

**Please Note:** The Parish Offices will be closed on February 15<sup>th</sup> in observance of Presidents' Day.

Mass Intentions  for the Week

There are many dates in the upcoming weeks and months that are available for Mass Intentions. Please contact the office to arrange for an intention and to get a Mass card.



### **Pray for the Sick and Homebound of our Parish**

Joshua Basile, Dianne Burrell, Tom Case,  
Catherine Choo, Jonathan Choo, Moira Connor,  
Bryan Cox, Dona Curry, Flora DeLeon, Betsabe deSoto,  
Marjorie Dolak, Eileen Drennan, Christa Drummond,  
Br. David Eddy, Marilyn Flynn, Gerald Green, Brian Hack,  
Bernadeete Hong, Joan Keller, Ed Kondracki,  
Carol McCarty, Susan McQuade, Peter Milchalski,  
Murray Schooner, John Spencer, K.L. Sypal,  
Chick Wilson, David Wilson, Jr., Jan Wouters,  
Anthony Yantiss

### **Pray for Those Who have Fallen Asleep in Christ**

James Anthony, Maryann Barron, Philip Calanchini,  
Joe Cassella, Peter Choo, Bill Corr, Joseph Dunne,  
George Gibson, Bill Hale, Mary Elizabeth Jones, Cynthia  
Randall, Victor Wouters

### **Pray for our Armed Forces Personnel**

Patrick Bouchoux, Jordan Bowren, Brendan Dunne,  
Mark Falcon, Christopher Frediani, Michael Holtz, Brian  
Horn, Kathleen Mahoney, Josh Moore, Matthew O'Neil,  
Mathew Rowell,  
Justin Smallwood

## **The Blessed Sacrament THIS IS MY BODY – THIS IS MY BLOOD**

### **Eucharistic Adoration and Holy Hour**

A Holy Hour is simply an hour set-aside totally for the Lord; an hour consecrated to God. It is a time to recollect our mind, heart and spirit in order to focus them on God and more specifically our Eucharistic Lord. To make a Holy Hour is to make a decision to spend one hour with our friend, our Savior and Lord who is truly present in the Blessed Sacrament of the altar. The Church and the world have a great need of Eucharistic worship. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in oration and in contemplation that is full of faith, and ready to make reparation for the great faults and crimes of the world. May our adoration never cease.

– *John Paul II*

To sign up for adoration or for information regarding adoration please contact Diane Cieslak 703.678.3919.

**24 hour Eucharistic Adoration** begins after the 9:00 a.m. Mass on Wednesday and ends with reposition of the Blessed Sacrament at 8:55 a.m. on Thursday.

**24 hour Eucharistic Adoration** also begins after the 9:00 a.m. Mass on every First Friday of the month and ends with reposition of the Blessed Sacrament at 8:55 a.m. on Saturday.

**Holy Hour** is every Wednesday evening at 7:00 p.m.

## **Communion and Blessings**

A very common liturgical abuse of our times happens during the reception of Holy Communion when persons who cannot receive Communion nevertheless line up with their arms crossed over their chest, as a “message” to the priest that they want a blessing instead of Communion. This is liturgically incorrect on a number of levels. First and foremost, the time for Communion is the *time for Communion*. The Communion line is not, and should not be, the blessing line. Secondly, the liturgical actions of the priest during Mass are highly regulated, and quite specific of what to do and when to do it. The actions of a good liturgist may seem spontaneous, but they are not *and should not be*.

Unfortunately, owing to the confused time in which we live, some people are instructed to present themselves, arms crossed, before the priest at Communion time for a blessing. To make things even more confused, some people present themselves with crossed arms as a sign that they wish to receive on the tongue! Children who have not yet made their first Communion may come up with their parents who are receiving, but should not present themselves individually for a blessing. Others, who cannot receive, for whatever reason, should remain seated. The proper time for the blessing follows the prayer after Communion, which blessing all receive together.

## **Christ House Food Donation Drive**

St. Catherine's continues its efforts to support the work of Catholic Charities. Please help us to help others.

The following non-perishable food items are requested:

***Canned meats (corned beef, spam, chicken), canned tuna, canned fruit and vegetables, peanut butter, jelly, cereal, pasta, instant potatoes, macaroni & cheese kits.***

Please be so kind as to limit contributions to these items, and please check the *expiration dates*.

Labeled bins will be placed in the narthex of the church.

Gift cards from Giant or Safeway are another option that you might find more convenient. Please place gift cards in an envelope marked “Christ House” and place in the collection basket at Mass or drop off at the Parish Office.

## **Organ Recital**

Our Music Director, Kimberly Hess will perform an organ concert on Sunday, February, 28th, at 3:00 p.m. in the afternoon at St. Dominic Catholic Church at 630 E Street Southwest, Washington, DC 20024. Works by Bach, DeGrigny, Schumann and Liszt. A free will offering will be collected and all are welcome.

## St. Catherine's Book Corner!!

Did you know that St. Catherine's has a small but very good Book Corner? It can be found in the Narthex to the left of the door entering the Church. Please check it out, each book has a price slip which you need to remove and put in the small white envelope along with your payment. Just slip the envelope under the door of the Religious Education office.

Book selection of the month, 20% off:

***Homosexuality and the Catholic Church*** by Father John F. Harvey O.S.F.S.

Father Harvey is the Director of the Courage and Encourage support groups and is well aware of the sensitive nature of homosexuality. With his extensive experience ministering to those with same-sex attraction, Fr. Harvey presents the Church's teaching in an objective and pastorally-sensitive manner. Priests, religious, and laity alike will benefit from the many questions considered in this book including:

- What is the basis of the Church's teaching regarding homosexuality?
- What do many consider to be the cause of same-sex attraction?
- Can a person overcome same-sex attraction?
- Why is it important for civil law to limit marriage to one man and one woman?
- How can a person live the virtue of chastity joyfully?

**Fr. Benedict Groeschel's comment about this book:**

"Read this book and rejoice that the work of the Holy Spirit still continues in our confused world."

## Have you ever wished you could make a pilgrimage to Lourdes, France?

Have you visited the Grotto where Our Lady appeared to Bernadette and wish to return?

The, please mark your calendars!

St. Catherine's will host a Lourdes Virtual Pilgrimage Experience on Sunday, March 7 at 1 pm directly following the Noon Mass.

North American Lourdes Volunteers will present a 90 minute spiritual and prayerful pilgrimage which includes the invitation, apparitions and message of Lourdes in the footsteps of Bernadette. During this guided virtual tour you will: touch a piece of the Grotto, experience the baths with water from the Spring at Lourdes, receive a Eucharistic Blessing and experience a decade of the rosary procession—the next best thing to being there—a spiritual journey without the travel! Each pilgrim receives a bottle of Lourdes water to take home. For further information please call: Kathy at 703-450-2827

## Shrovetide

Shrovetide is the three days before Ash Wednesday got its name from Shrove Tuesday, which got its name from the reconciliation sought before Lent: To shrive is to hear confession, assign penance, and give absolution. One is shriven of guilt through repentance, making these days of glad tidings, sport, and merriment before the rigors of Lent.

*Hall Sunday, Hall Monday, and Hall Night* were names used for the same time and same reason: Hall is a contraction of hallow, which mean holy, festive.



## Siena Academy News

### Mission Statement

Our mission is to give glory to God and to assist parents in the role as primary educators of their children by offering specially prepared environments founded upon the principles made by Dr. Maria Montessori..

**Twelve Points** of the Montessori Method –  
Twelve Points of the Montessori Method  
This Week, Points 10-12\*

10. It does away with the competitive spirit and its train of baneful results. More than this, at every turn it presents endless opportunities among children for mutual help -- which is joyfully given and graciously received.

11. Since the child works from his own free choice, without competition and coercion, he is freed from danger of overstrain, feelings of inferiority, and other experiences which are apt to be the unconscious cause of profound mental disturbances late in life.

12. Finally, the Montessori method develops the whole personality of the child, not merely his intellectual faculties but also his powers of deliberation, initiative, and independent choice, with their emotional complements. But living as a free member of a real social community, the child is trained in those fundamental social qualities which form the basis of good citizenship.

### Annual 5-Car Raffle

Watch your mail for raffle tickets for the chance to win one of 5 brand new 2010 vehicles plus one of 20 cash prizes. Tickets are only \$5 a piece and give you the chance to win one of 25 prizes including: 2010 Honda Odyssey Van, Honda CRV SUV, GMC Sierra Truck, Honda Accord, or Honda Civic plus 20 CASH drawings totaling \$20,000. The raffle drawing will take place on April 24, 2010 at All Saints Catholic Church. A St. Catherine's parishioner won a car two years ago! This could be YOUR chance!

Please purchase or sell your raffle tickets. All tickets sold through St. Catherine of Siena Parish will benefit the Siena Academy Annual Fund.

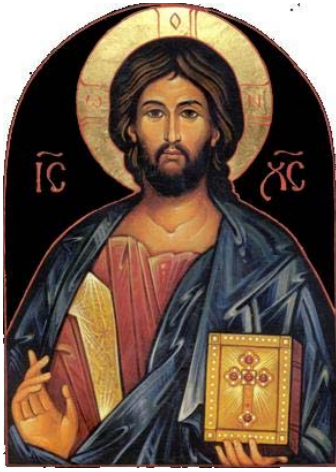
### Shop at Harris Teeter and support Siena Academy

Siena Academy is a member of Harris Teeter's Together In Education program. Our account number is **8166**.

Simply tell your cashier during check-out that you want Siena Academy's account number (**8166**) linked to your Harris Teeter VIC card. Once the account number is linked, every time you shop during the program, 5% of your Private Label purchases will be contributed by Harris Teeter to Siena Academy's account.

### Do you shop online?

If so, please support Siena Academy (**ID number is 500003075**) by using the eScrip Online Mall. Shop at over 1,000 of your favorite online merchants and earn up to 16% for Siena Academy. Enroll with [www.escrip.com](http://www.escrip.com); click on the Online Mall logo at [www.escrip.com](http://www.escrip.com); and then Shop at your favorite brand name stores and automatically donate *to our group*.



### Office of Religious Education

Please Note: *The Office of Religious Education is closed on Thursdays and Fridays* Email the office at [reoffice@SaintCatherinesChurch.org](mailto:reoffice@SaintCatherinesChurch.org) for any information.



### Catechist Corner

### Confraternity of Christian Doctrine

#### CCD Class Calendar

##### February

- 15 No classes
- 16 All classes in session
- 20 First Penance – 9:00 a.m.
- 22, 23 All classes in session'

##### March

- 1,2 All classes in session
- 8,9 All classes in session
- 15,16 All classes in session
- 22,23 All classes in session
- 29, 30 No classes (Holy Week)

#### Other Important Dates

##### May

- 14 First Holy Communion Practice - 6:00 p.m.
- 15 Mass of First Holy Communion at 10:30 a.m.

##### Confirmation:

##### March

- 13 Boys retreat (7<sup>th</sup> and 8<sup>th</sup> grade boys)
- 20 Girls retreat (7<sup>th</sup> and 8<sup>th</sup> grade girls)

##### April

- 26 2<sup>nd</sup> Confirmation Report Due

##### September

- 8,15 Final Confirmation Classes in Bishop Justs Hall
- 22, 29 Final Confirmation Classes in Bishop Justs Hall

##### October

- TBA Confirmation



### Catholic Youth Organization

Please see the CYO bulletin board for all upcoming events

**Senior CYO** – 8<sup>th</sup> – 12<sup>th</sup> grade

Meetings on the first Sunday of the month 6–8 p.m.

**Junior CYO** – 4<sup>th</sup> – 7<sup>th</sup> grades

Meetings on the first Friday of the month 6-8 p.m.

#### **Seniors**

##### **February**

- 14 Monthly meeting  
*Not a 1<sup>st</sup> Sunday*

Topic: Is Cupid Catholic? Shrove Sunday Pancake Supper

- 26 Lenten Service Project

Come and help the Knights serve dinner

##### **Juniors**

Please see the CYO bulletin board for activities



### The Knights of Columbus News

#### **Consider This Opportunity to Serve!**

The Knights of Columbus are the largest Catholic Men fraternal organization – are you a Knight?

For information please contact Kevin Trissell at 703.464.8393 or [trissellkofc@verizon.net](mailto:trissellkofc@verizon.net).

trees up to 12 feet tall. As always local delivery is free.

Shop early!! Proceeds help support the Knights Charities. Please contact Grand Knigh Kevin Trissell at [trissellkofc@verizon.net](mailto:trissellkofc@verizon.net) or at 703.464.8393 with any questions.

#### **Pancake Breakfast**

This Sunday, February 14<sup>th</sup> the Knights will sponsor a Pancake Breakfast, in Bishop Justs Hall, following the 8:00 a.m. and 10:00 a.m. Masses. Donations will be accepted, and all are cordially invited.

#### **Lenten Dinner**

The Lenten Season is approaching. Beginning Friday, February 19<sup>th</sup> The Knights of Columbus will once again support Lenten dinners each Friday during Lent. including March 12<sup>th</sup>. Please join us in Bishop Justs Hall from 6:30 p.m. until 7:15 p.m.

**Stations of the Cross** will be prayed in the Church following the Lenten Dinner. Please stay and pray with

#### **Lenten Season**

This penitential season of six Sundays and forty weekdays prepares for the high feast of Easter. Len begins on Ash Wednesday and ends with the beginning of the Mass of the Lord's Supper in the evening on Holy Thursday (not Holy Saturday noon, as formerly).



## Over 50 Club

- ◆ **March 5** –“Philadelphia Flower Show: – The theme is Passport To The World, which takes you on a breathtaking floral trip around the world: India, The Netherlands,
- ◆ **April 14(Wednesday\_ and 17 (Saturday)** – Sight & Sound in Lancaster will present its newest show “Joseph” the inspiring journey and restoration of his family especially important in today’s world. Sound track with 14 original songs, 30 foot high Egyptian palace on a 300 foot stage that wraps around three sides of the audience. A wonderful buffet at Miller’s included. Do not miss this outstanding show \$89 complete.
- ◆ **April 25** Spy Museum & Ford Museum – Guided tour, lunch on your own at the Museum, then history and tour of the Ford Museum. See where Lincoln was shot.\$Theatre price \$61.
- ◆ **May 10 – 14** Trapp Family Lodge. We stop at Lake George on the way up and back, then 2 nights at the Lodge with magnificent scenery. Visit the famous Cold Hollow Cider Mill, Stowe Village, Ben & Jerry’s Ice Cream and other attractions. Breakfast and dinner included \$659DbI, \$824/Single.
- ◆ **June 1** – Day trip with Father Drummond to Mt. St. Mary’s City. Lunch included and tour. Visit the Old State House and Port Tobacco, also the Carmelite Monastery (first convent in the Nation) They make rosaries from dried roses. Do not miss this wonderful trip. \$99. Membership in the Club is not required to travel with us! Please call the following for more information and/or registration. Mary Ann at 703.404.8677 or Connie at 703.759.2939



## In the Diocese & Other Events

Website: [www.arlingtondiocese.org](http://www.arlingtondiocese.org)

Some white-collar jobs are more challenging than others

### From the Office of Vocations

**Merciful Father**, You call us each by name and have chosen us each for a unique share in spreading the Gospel of Christ Jesus, Your Son, and the peace of Your kingdom. Grant that many will respond to the call to serve You through the priesthood, diaconate and consecrated life so that we may never be lacking in the holy providence of Your grace. Amen. Call Father Brian Bashista (703) 841-2514, or write: [b.bashista@arlingtondiocese.org](mailto:b.bashista@arlingtondiocese.org).

### The World Apostolate of Fatima

When: Sunday, February 28 from 3-4 p.m.

Where: St. Thomas à Becket Catholic Church  
1421 Wiehle Avenue, Reston

At Fatima, Our Lady asked for prayer and sacrifice for the conversion of sinners, peace in the world, and an increase in vocations. We hope you will join us in prayer.

## Dates to Remember

**Monday, March 8 – 10:30 a.m. – 3 p.m.**

*Priests’ Lenten Day of Prayer* at St. Theresa, Ashburn.

**Wednesday, March 10 – 7:30 p.m.,**

*Bilingual Mass to Pray for Healing for Victims/Survivors of Sexual Abuse,*

Bishop Loverde presiding, at St. Rita, Alexandria.

**May 3-7**

*Priests’ Convocation*, Carroll Valley Resort, Fairfield, Pa.

Priests Jubilee celebration will be May 5.

**Saturday, June 5 – 11 a.m.**

*Diaconate Ordination*

Cathedral of St. Thomas More, Arlington

**\* Saturday, June 12 – 11 a.m.**

*Priesthood Ordination*, Cathedral of St. Thomas More, Arlington

## From the Office of the Chancellor

### The Revised Edition of the *Missale Romanum*

Pope John Paul II issued a revised version of the *Missale Romanum*, (the *Roman Missal*), the ritual text for the celebration of the Mass, during the Jubilee Year of 2000.

Since that time, the work of translating the *Roman Missal* has been underway. The final sections of the English translation of this revised *Roman Missal* were approved by the Bishops of the United States in November, and the final *recognitio* of the complete text from the Holy See is expected early this year.

The intention of the Congregation for Divine Worship and of the USCCB is to enable and encourage a process of preparation and catechesis for both priests and the faithful, as well as to make the texts available to composers of liturgical music who can begin to set the texts (especially the acclamations) to music in anticipation of the implementation of the texts for liturgical use. It is hoped that when the time comes to use the texts in the celebration of the Mass, priests will be properly trained, the faithful will have an understanding and appreciation of what is being prayed, and musical settings of the liturgical texts will be readily available.

Once the *recognitio* is granted, the process of final editing and publication of the English translation will begin. In addition, the Bishops of the United States have begun a process of preparation and catechesis. Training for priests, music ministers and other liturgical leaders, as well as formation for all Catholics, will help to ensure the full and successful implementation of the new text in every parish.

The U.S. Conference of Catholic Bishops has prepared a website at [www.usccb.org/romanmissal/](http://www.usccb.org/romanmissal/) to help American Catholics prepare for the transition to this new translation of the revised *Mis*

## What are you doing for Lent?

From the Catholic Distance University:

Online seminars for the Lenten Season and experience the joy that comes from discovering the Truth.

**Christ: The Suffering Servant of Isaiah**

February 15 – March 8,