Reflection Question: How have you sustained yourself on the bread of life?

MASS SCHEDULE:
Saturday Vigil: 5:00pm
Sunday: 7:30am, 9:00am, 10:30am, 12:00 noon, and 7:00pm
Spanish Mass: 2:30pm
Daily: 6:30am, 8:30am & 12:00 noon
Saturday: 8:30am

Federal Holidays:
6:30am and 8:30am only
Holy Days: 7:30pm Vigil
6:30am, 8:30am, 12:00 noon and 7:30pm

FIRST FRIDAYS:
Exposition: 9:00 - 11:45am
Benediction of the Blessed Sacrament: 11:45am
Eucharistic Holy Hour:
Sunday: 5:00pm
Third Thursdays: 7:00pm

CONFESSIONS:
Friday: 11:15 - 11:45am
Saturday: 3:30 - 4:30pm & 7:30 - 8:00pm and by appt.

RECTORY HOURS:
Weekdays 9:00am - 4:30pm (closed 12:45 - 1:30pm)
Saturday 9:00am - 1:30pm

THIS WEEK AT ST. JAMES
Sunday, August 19
Parish Library Open, 10:00am – 2:00pm
House of Ministries

Thursday, August 23
Middle School Picnic
5:00pm – 6:30pm
Knecht Gymnasium

Friday, August 24
School Meet ‘n Greet & Uniform Exchange
11:00am-1:00pm
Kindergarten Orientation
1:00pm-2:00pm
Forty-five years ago Heller Hall was dedicated, and it has been in need of updating for some time. New flooring, paneling, and paint will make this busy room a campus showcase. Msgr. Paul V. Heller was our beloved pastor from 1953-1977. His gentle nature, love of the Church, and Saint James were hallmarks of his personality. Thank you for your generosity.
For weeks John’s Gospel has focused on food, specifically bread. If this is not enough, Jesus practically shouts to His audience in each reading: “Amen, Amen I say to you…” In other words, PAY ATTENTION! In an agrarian society, so dependent on the land and what it could yield, grain was a vital source of life. In our day, what is the clarion call of meteorologists at the first snowflake? BREAD! We rush headlong to the nearest grocery store to ensure that we will be fed during the storm.

Christ knew then, as we do now, our bodies need the sustenance only bread can give and uses this to reveal the ultimate truth of our faith: without Him, we cannot truly live. It confused His audience then as it often does some today: “Eat of my flesh? You’ll live forever?” It can sound somewhat ominous. Yet as we know, it is not cannibalism Jesus advocates, but taking His entire being into ourselves. It means truly allowing Him into our hearts. It doesn’t mean that taking Communion will make you superhuman; it doesn’t mean that even every time you come to the Lord, you will feel renewed. But Jesus finds His way into our lives, and the more we open ourselves in Sacrament to this this truth the more fulfilled we can become.

In the Book of Kings last week we read how an angel tells Elijah to “eat… or the journey will be too long.” Parents tell their children to “Eat! You need the energy.” Athletes of all levels know they must fuel their bodies before the big race, match, or game. So too, we must fuel ourselves with the Body of Christ to run our race. Gaining strength, as Saint Paul reminds us, to make “the most of the opportunity” to live now as Christ taught, and ultimately forever with Our Father in heaven. ~Fr. Posey

A Big Thank You to All Who Made the Summer Picnics Possible!

Since food is our Gospel theme, now is a good time to thank those who made our summer picnics such a success. Rain only stopped us once, thank God. We had wonderful times; look for their return next summer! Thank you to my brother priests, sisters for their support; my staff, facilities crew, and student workers. Most especially, thank you to our rectory cook, Gabriella Abruzzi, who cheerfully cooked for upwards of 80 people at each picnic in the sweltering summer sun. Now we turn our attention to our Parish Community picnic just weeks away. Save the date! September 8th 5:00-8:00pm!

Second Collection to Benefit Bánica Mission on August 25-26

Next weekend, August 25-26, the second collection will benefit the Bánica Mission. Since 1991, the Arlington Diocese has provided clergy to two parishes in the rural highlands of the Dominican Republic. The two parishes, in the neighboring towns of Bánica and Pedro Santana on the Haitian border, minister to over 13,000 souls, most of whom live in extreme poverty. Your generosity will allow the diocese to continue to provide spiritual and material assistance to those who need it most. For more information on how you can support the Bánica Mission, go to https://bit.ly/2KIpFty.
**This Week’s Saints and Special Observances**

Sunday:  Twentieth Sunday in Ordinary Time  
Monday:   St. Bernard  
Tuesday:  St. Pius X  
Wednesday: The Queenship of the Blessed Virgin Mary  
Thursday: St. Rose of Lima  
Friday:   St. Bartholomew  
Saturday: St. Louis; St. Joseph Calasanz; Blessed Virgin Mary

**Today’s Readings**

**First Reading**  — Wisdom has built her house; she has dressed her meat, mixed her wine, yes, she has spread her table (Proverbs 9:1-6).

**Psalm** — Taste and see the goodness of the Lord (Psalm 34).

**Second Reading** — Be filled with the Spirit, giving thanks always and for everything (Ephesians 5:15-20).

**Gospel** — I am the living bread that came down from heaven (John 6:51-58).


**Readings for the Week**

| Mon, Aug 20  | Ez 24:15-24; Dt 32:18-21; Mt 19:16-22 |
| Tues, Aug 21| Ez 28:1-10; Dt 32:26-28, 30, 35cd-36ab; Mt 19:23-30 |
| Wed, Aug 22 | Ez 34:1-11; Ps 23:1-6; Mt 20:1-16 |
| Thurs, Aug 23| Ez 36:23-28; Ps 51:12-15, 18-19; Mt 22:1-14 |
| Fri, Aug 24 | Rv 21:9b-14; Ps 145:10-13, 17-18; Jn 1:45-51 |
| Sat, Aug 25 | Ez 43:1-7a; Ps 85:9ab, 10-14; Mt 23:1-12 |
| Sun, Aug 26 | Jos 24:1-2a, 15-17, 18b; Ps 34:2-3, 16-21; Eph 5:21-32 [2a, 25-32]; Jn 6:60-69 |

**Remember in Your Prayers...**

the sick of our parish family:

Frank Amorosi  
Johh Fehr  
Elizabeth Fielder  
Patricia Gaughan  
Elizabeth Gibbon

and the deceased of our parish family

**Pray for Those Serving Our Country**

Please pray for our disabled veterans, military retirees, and those serving overseas in the military and foreign service, especially Justin Berg, Capt. Albert C. Young, Michele Petersen, and Roger VanSanford.

Please send names to bulletin@stjamescatholic.org, and let us know when your loved ones return home.
Sister Melissa Takes Final Vows

On August 10, our eighth grade teacher, Sister Melissa made her final profession of vows. Keep Sister Melissa and all our IHM Sisters in prayer as they strive every day to “radiate joyful service.” We are blessed with their Gospel witness. Former students Livie Hart and Ally Hamilton made the trip with their families in support of their beloved teacher.

PREP
Parish Religious Education Program
703-533-1182 x104, 830 W. Broad Street
Falls Church, VA 22046
religionsed@saintjamesschool.org
Website Shortcut: j.mp/StJamesPREP
Summer Office Hours: Monday thru Friday: 9:30am – 12:00pm or by appointment

PREP Accepting New Registrations—Due by September 7

We are accepting registrations for new students. Classes are held on Tuesday afternoons (4:45 pm - 6:00 pm) and evenings (7:00pm - 8:15 pm). Please call 703-533-1182 ext. 104 to make an appointment. You will need a Baptismal Certificate if your child was not baptized at St. James, a check or cash for tuition ($135 for one child/$185 for two or more children), and, if your child was previously in a Catholic School or Religious Education Program, a letter from that school or parish program.

Please note: In order for your child(ren) to begin Religious Education Classes (PREP) on September 18 your Registration Form must be in the PREP Office no later than Friday, September 7. The children of those families who register after that date will begin PREP classes on September 25.
From our Bishop: Assisted Suicide is WRONG For Virginia!

Suicide rates in the U.S. are at a 30-year high. On average, someone commits suicide every 8 hours in Virginia. Government should not be promoting suicide by any name. It is bad public policy to license doctors to kill by lethal prescription. It would be irresponsible and dangerous for Virginia to send the message that suicide is dignified or compassionate. Virginia legislators have asked for a study about whether physician-assisted suicide should be legal in Virginia. They will soon make a policy recommendation based on that study. A public comment period opens on August 22, visit https://bit.ly/VCCassistedsuicide, on or after that date, to make your voice heard!

To read more about the distortions advocates of assisted suicide use to spread this insidious practice, and to learn more about the realities of assisted suicide, please visit: https://bit.ly/2BceokI.

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New Mass of Special Intentions To Be Offered –
Starting September 26

Beginning next month, St. James will offer a Mass of Special Intentions at 6:30pm on the fourth Wednesday. Our first Mass will be on September 26. Designed to meet the needs of our community, this Mass will provide an opportunity to bring spiritual requests to our parish family. We support one another in prayer as well as fellowship. We will have a book in the main vestibule in which you can add your intention. For more information, contact the rectory at 703-532-8815.

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Celebrate Your Silver or Golden Anniversary

Were you married in 1968 or 1993? Then join Bishop Michael F. Burbidge for the 2018 Marriage Jubilee Mass, to be celebrated on Sunday, October 14 at 2:30pm at the Cathedral of St. Thomas Moore, 3901 Cathedral Lane, Arlington. Contact Ginny Beauchamp in the parish office, at gbeauchamp@stjamescatholic.org or 703-532-8815 x.125, by September 14 to register for this Mass.

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Knights of Columbus Blood Drive – August 19

The Knights of Columbus, located at 5115 Little Falls Rd., Arlington, is holding a blood drive on Sunday, August 19 from 8:30am to 1:00pm in response to a call for help from INOVA Blood Donor Services. The INOVA hospitals continually rely on blood donations to treat their patients and ask your help in always being prepared. If you can give this life saving gift to help them, please come to our drive. Call INOVA at 1-866-256-6372 to sign up, or call Lenny Sese at 703-641-4843.

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Know The Patron Saints: Saint Honorius (d.600AD), also known as St. Honoré, the former Bishop of Amiens, France, is the patron saint of bakers and pastry chefs. For more information on St. Honorius, visit visit https://bit.ly/2MisXY0.

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3. Save the number as a contact in your phone to make future giving faster and easier.

Already enrolled with Faith Direct? Your one-time gift will link to your existing account once your register. A separate link is available to enroll in regular giving.

Text-to-Give allows you and our visitors to support collections for disaster relief, special parish collections and other stewardship opportunities on site. Contact Christine Hughes at advancement@stjamescatholic.org or at 703-532-8815 with questions.

HELP IMMIGRANTS IN OUR COMMUNITY

Catholic Charities of the Diocese of Arlington- Hogar Immigrant Services, Education Services is currently seeking volunteer ESOL (English for Speakers of Other Languages) and Citizenship preparation volunteer teachers for the upcoming Fall 2018 semester at St. James in Falls Church. Here we offer six ESL levels and two CITIZENSHIP levels of instruction and classes are held Monday and Wednesday in the evenings from 7:00pm—9:00pm. You only teach once per week as a part of a teaching team. Training and materials are provided. No previous experience or second language required! Please help us demonstrate Christ's love by "welcoming the stranger" in this country. If interested, please call 571-208-1572 ext. 103 or email WReid@ccda.net.

ESL and Citizen Classes Forming – Register on September 17 or 19

Catholic Charities-Hogar Immigrant Services offers English Classes on Mondays and Wednesdays from 7:00pm to 9:00pm in the St. James Catholic School. Register on the 17th or 19th of September from 7:00pm to 9:00pm at St. James Catholic School (please use Door 16). We offer six levels of English instruction and two Citizenship levels of English. The price of the class is $60 for the semester and this includes the book. Call 571-208-1572 ext. 103 for more information.

Clases ESL y Ciudadanas -Register el 17 o 19 de Septiembre

Caridades Católicas-Hogar Immigrant Services ofrece clases de inglés los lunes y miercoles de 7:00pm—9:00pm en la iglesia Escuela de la Iglesia Santiago. Inscríbase el 17 o 19 de septiembre de 7:00pm—9:00pm en la escuela de la Iglesia Santiago (St. James School (Puerta 16), 830 West Broad St. Falls Church, VA ). Ofrecemos varios niveles de inglés y ciudadanía. El precio de las clases es $60.00 por el semestre de doce semanas e incluye el libro. Llame a 571-208-1572 ext. 103 para mayor información.
St. James Community Picnic—September 8

Join us on Saturday, September 8, from 5:00pm to 8:00pm for the annual St. James Community Picnic. This year's event will feature food courtesy of the Knights of Columbus, music, a climbing wall, a bounce house for the little ones, and something really special. A zip line will have you whizzing through the air! Be sure to save the date for what promises to be an excellent evening for the whole family!

Bible Studies at St. James Starting September 9

Would you like to study the Bible, but don’t know how to start? Join a weekly Bible study at St. James in September. We offer studies for men and women, for women only, and for teachers. Times, topics, and start dates are listed below. Don’t see something that works for you? Start your own study group! St. James has over 30 studies to choose from. No experience is necessary, and help is available. For more information on these programs, please contact Jane Harvey at harveyjmc@gmail.com, or at 703-819-5201. To look at the schedule online, visit: https://bit.ly/2MiS6lx.

**Sundays**, Co-ed, 1:30pm—3:30pm, School Library, Starting September 9
- Unlocking the Mysteries of the Bible (Fall)
- David the King (Winter)
- Wisdom: God’s Vision for Life (Spring)

**Mondays**, Teachers, 3:45pm—5:30pm, Room #19, start TBD
- Galatians (Fall)
- Prophets (Spring)

**Wednesdays**, Women, 9:15am—11:00am, Knecht Gym Conference Room, starting September 12
- Follow Me: The Gospel of John (Fall)
- Lectio: Peter (Winter)
- Word on Fire: Pivotal Players (Spring)

**Wednesdays**, Women, 9:15am—11:00am, Knecht Gym Meeting Room, starting September 19
- Ephesians: Discover Your Inheritance Part 1 (Fall)
- Walking Toward Eternity Part 1: Daring to Walk the Walk (Winter/Spring)

**Thursdays**, Co-ed, 9:30am—11:30am, Knecht Gym Conference Room, starting September 13
- Epic: The Early Church (Fall)
- Walking Towards Eternity Part 2: Struggles of the Heart (Winter)
- David the King (Spring)

**Thursdays**, Women, 7:00pm—9:00pm, School Art Room, starting September 13
- Ephesians: Discover Your Inheritance Part 1 (Fall)
- Walking Toward Eternity Part 1: Daring to Walk the Walk (Winter/Spring)

For studies in the Knecht Gymnasium Meeting or Conference Rooms, please use Door 8. For studies in the Library or Art Room, please use Door 17.
Do you want to become more involved in St. James Catholic Church?

Whether you’re new to St. James Parish or a long standing member, and you have time to share your valuable talents and resources, we are looking for help! St. James has a number of ministries, projects, and activities where we need volunteers to participate or lead. If you’re interested in giving of your time or have questions about our various groups, please contact the rectory at 703-532-8815, visit our website at www.stjamescatholic.org/volunteer, or send an email to volunteer@stjamescatholic.org.

Bereavement Ministry

St. James Catholic Church is forming a Bereavement Ministry to provide spiritual comfort to families and friends of the deceased in our parish. If you are interested in volunteering and/or participating in funeral services, or providing spiritual family consolation on behalf of St. James, please send an email message to volunteer@stjamescatholic.org, or call the rectory at 703-532-8815.

PREP Seeks Catechists

PREP is currently looking for dedicated faith-filled people to teach in our Religious Education Program on Tuesday afternoons (4:45pm-6:00 pm) and evening (7:00pm - 8:15 pm). We also have a need for assistants in both the afternoon and evening sessions. If you feel you would like to share your faith with our young people as a way of actively participating in the church's mission of evangelization, please contact Sister Regina at 703-533-1182 x.103 or dre@saintjamesschool.org for further information.

RCIA: Volunteers Needed

The RCIA Program at St. James will start on September 10, and we need your help. If you are interested in journeying with those who have sought to deepen their faith in God and learn more about the Catholic Faith, please contact Fr. Joseph Vu at fathervu@stjamescatholic.org or 703-532-8815. If you are interested in joining the Support Team, or if you have volunteered as a Catechist teaching RCIA before, please do not hesitate to email or call him. Father Vu thanks you for your consideration.

College Student Job Opportunities at St. James

St. James is seeking college students to provide staff coverage for the Rectory office outside of regular office hours: on Saturdays and during weekday evenings. Duties involve providing courteous assistance to people who visit or call the office, taking detailed messages, and helping with office work. Please send a cover letter explaining your interest in the position and your hours of availability to Rich Blickendorfer, Business Manager, at rblickendorfer@stjamescatholic.org.
August Prayer Intention of Pope Francis

Universal – The Treasure of Families
That any far-reaching decisions of economists and politicians may protect the family as one of the treasures of humanity.

This Week in Our Parish

### Sunday, August 19

- 10:00am – 2:00pm Parish Library
- 4:30pm – 6:00pm Hispanic Legion of Mary
- 5:00pm Holy Hour
- 8:00pm – 9:00pm CONNECT: Wine and Cheese Reception

### Monday, August 20

- 7:00pm – 9:00pm Prayer and Life Seminar

### Tuesday, August 21

- 9:00am – 10:00am Senior Committee Meeting
- 7:30pm – 9:00pm Legion of Mary

### Thursday, August 23

- 5:00pm – 7:00pm Middle School Picnic

### Friday, August 24

- 11:00am – 1:00pm School Uniform Exchange
- 11:15am – 11:45am Confessions
- 1:00pm – 2:00pm Kindergarten Orientation

### Saturday, August 25

- 3:30pm – 4:30pm Confessions
- 5:30pm – 9:00pm Hispanic Prayer Group Santiago Apostol
- 7:30pm Confessions

CONNECT Young Professional Community Events

**Sunday, August 19** - Wine & Cheese Night @ House of Ministries (913 Park Ave) from 8:00-9:00PM (immediately following 7:00pm mass).

**Thursday, August 30** - CONNECT Night from 7:30-9PM. Frank Spicer will giving a talk on "The Message of Fatima: A Cure For Fear and Isolation."

For more information these events, contact Andrew Vivirito at avivirito9@gmail.com.

Weekly Reflection

**Readings:** Proverbs 9:1-6; Psalm 34:2-3, 4-5, 6-7; Ephesians 5:15-20; John 6:51-58

**Read the readings:** https://bit.ly/2OowxNJ

**Reflection Question:** How have you sustained yourself on the bread of life?
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