St. John Neumann
Catholic Community

Spirituality in the Tradition of St. Francis de Sales

Parish Mission Statement
We, the faithful of St. John Neumann Catholic Community, commit ourselves to celebrating and giving witness to the presence of God in our midst by living the Gospel to its fullest. May we do all things in the spirit of St. Francis de Sales with compassion, humility and gentleness.

Declaración de la Misión
Nosotros, la Comunidad Católica en San Juan Neumann, nos comprometemos a celebrar y dar testimonio de la presencia de Dios entre nosotros viviendo el Evangelio en su plenitud. Que hagamos todas las cosas en el espíritu de San Francisco de Sales con compasión, humildad y mansedumbre.

Office Information
11900 Lawyers Road
Reston, VA 20191
Phone: 703-860-8510, Fax: 703-860-2136
After Hours Emergency: 571-464-3603
Español: 703-860-8510 x: 353
Email: info@saintjn.org

Office Hours
Monday-Thursday: 9:00 am – 7:00 pm
Friday: 9:00 am – 4:00 pm

Website/Social Media Contacts
www.saintjn.org
Facebook: St. John Neumann, Reston
Instagram: sjnreston

Weekend Mass Schedule
Saturday Vigil: 5:00 pm
Sunday: 7:30 am, 9:30 am, 11:30 am, 5:00 pm
Domingo Español: 1:30 pm

Weekday Mass Schedule
Monday-Friday: 9:00 am
Wednesday: 7:00 pm

Reconciliation
Saturday 10:00 – 10:30 am
Also by Appointment
How to Report Sexual Abuse:

- If an emergency, call 911
- Victim’s Assistance for Diocese of Arlington: Frank Moncher, 703-841-2530
  victimassistance@arlingtondiocese.org
- Victim’s Assistance for the Oblates of St. Francis de Sales: Kate McCauley, LCSW, 571-766-6840

Jesus Wants Us To Be Who We Are By Becoming All We Are!

Nativity Prep, a middle school for enthusiastic students from low income families, is supported by the Oblates of St Francis de Sales and has this motto: “Be who you are and be that well.” This is from the writings of St. Francis de Sales. His complete saying has these added words: “Be who you are and be that well as a witness to the master craftsman who created you.”

De Sales wants everyone to understand that he or she is a unique individual. There is no one else like you on this planet. It is as if God broke the mold that resembles you, making it clear that there never was and never again will there be another you. You stand alone as a gift to this world and a person of invaluable worth.

Since we, as individuals, are so distinct, we must assume responsibility by taking our lives into our own hands and handling it with extreme care. When we take the time to cultivate our unique gifts, we become who God wants us to become.

Our uniqueness flows outwardly from our gifts and talents which help build our self-worth and our self-confidence. While inwardly we become who we are when we realize we are charged with the splendor of God’s image and likeness.

Our gifts and talents help each person to sing the song that no one else will sing, and help everyone to dance the dance that no one else will dance. It is here that each will be “a witness to the master craftsman who created us.”

Hildegard of Bingen, a saintly mystic, expands De Sales words by adding: “Become who you are, by becoming all that you are. We understand so little of what goes on around us because we don’t use what is within us.” She is writing of grace, the Holy Spirit’s promptings, and God’s nearness.

Hildegard asks that we reflect within on God’s image and likeness every day, especially through our actions and words. She uses the example of plants receiving the sun’s light and warmth and transforming them into energy and life. In the same way, the divine presence, as creator, connects with us, the created.

When the outward you and inward you connects in this way, Jesus is present in our world and shines through us everywhere we go. And God, our creator is delighted with us, because Jesus his son is seen walking again on this earth.

Alone, we are who we are, but joined with our creator our one. Our gifts and talents help each person to sing the song that no one else will sing, and help everyone to dance the dance that no one else will dance. It is here that each will be “a witness to the master craftsman who created us.”

“Be who you are and be that well as a witness to the master craftsman who created you.”

- St. Francis De Sales

Rev. Richard R. DeLillio, OSFS
www.livetodaywell.org
This Sunday’s Readings:
Isaiah 56:1, 6-7; Psalm 67:2-3, 5, 6, 8; Romans 11:13-15, 29-32; Matthew 15:21-28

In today’s Gospel we experience the Canaanite woman’s deep faith in Jesus. St. Francis de Sales expands on her confident and persevering response of faith in Jesus.

If God gives us no indication of hearing our prayers or of promptly answering them, we lose courage. We cannot persevere in prayer. We quit it completely, then and there. This is not the case with the Canaanite woman. Our Lord at first was paying no attention to her prayer. Since He did not respond to her, He seemed to do her an injustice. Nonetheless, the woman persevered in crying out after Him, even after the apostles told Him to send her away.

She had great confidence when she made her request amidst squalls and tempests that ordinarily shake one’s certainty. Like the Canaanite woman we ought to have firm confidence in Our Savior’s power and will, particularly in tribulations. Will God, who makes houses for the snails and turtles, not have care and mercy for you, a child of God? Such confidence always accompanies attentive faith.

Attentive faith is what the Canaanite woman had. She stood among Jesus’ listeners, carefully observing Him. Her faith was great, not only because she was so attentive to what she had heard spoken about Him. But she also decided to believe what others said of Him. We make our faith in God livelier by reflecting attentively on the mysteries of our Savior. These reflections make our heart desire the innumerable virtues of Jesus.

Perseverance is a virtue that flows from a faith attentive to the mysteries that Scripture and Tradition teach us. Our happiness is grounded on perseverance. If Our Lord seems not to hear us, it is to compel us to cry out louder and to draw us closer to God who gives us our power to persevere. Courage then! Like the Canaanite woman, let us walk faithfully with confidence in the way of our Savior and we will eternally be happy.

(Adapted from the writings of St. Francis de Sales, especially “Sermons,” ed. Rev. Lewis S. Fiorelli, OSFS)

Next Sunday’s Readings
Next weekend we celebrate the Twenty-First Sunday in Ordinary Time.

Please prepare for Mass and the Homily by reflecting on these texts from God’s Word:

**Isaiah 22:19-23:** This oracle announces the naming of a royal steward who will perfectly fulfill the intentions of his master. He will receive on his shoulder the insignia of his power: the key of the house of David. Jesus implicitly refers to this prophecy when He confers upon Peter the keys of the kingdom of heaven.

**Psalm 138:1-2, 2-3, 6, 8 Lord, Your Love is Eternal.** This is a general type of praise psalm in which the author asks all to join in giving praise since the Lord and the Lord’s help will always be present.

**Romans 11:33-36:** Paul has told us that both Jews and Gentiles have a place in the plan of salvation. Now he celebrates this with a triumphant hymn.

**Matthew 16:13-20:** Jesus demands a commitment from those who should be ready to follow him to the cross. Peter, in the name of the disciples, professes the profound mystery of Jesus, the Son of God. At the same time that He receives the power of the keys, Simon also receives the name which defines his vocation. He will confirm his brothers and sisters in their faith in the Risen Christ.

Daily Mass Intentions

- **Saturday, August 15**
  - Marcelino Manuel Pires †
  - Robert Guerrero †

- **Sunday, August 16**
  - Frank and Rosemary Palmisano ††
  - Rose and Charles Trentacoste ††
  - People of the Parish
  - Tomasa Maltez †
  - Lenny Mathey †

- **Monday, August 17**
  - Nora Koch †

- **Tuesday, August 18**
  - Florida Gaon †

- **Wednesday, August 19**
  - Susan Antos †

- **Thursday, August 20**
  - Joseph McConnon †

- **Friday, August 21**
  - Tim McInerney †

- **Saturday, August 22**
  - Margaret Rupp †

- **Sunday, August 23**
  - Elvira Rosa Rubio †
  - Donna Meyer †
  - Charles and Betty Popovcih ††
  - People of the Parish
  - Patricia Gander †

Sacramental Celebrations

**Baptisms:** Vivian Lena Henecke, Chase Trevor Tinsley

**Prayer Lists**

*Please offer your prayers this week for the following:*

**Sick:** Fernando, Joselo, Nayrud, Rodolfo, and Vrigit Guzmán, Regina McCombs, Bruce McCullough, Connie McLaughlin, Lori Trumble

**Deceased:** Brother John Carroll, OSFS; Father Hugh Duffy, OSFS, Amina Sciamanna, mother of Amelia Faraci Rossi

It is policy at St. John Neumann not to allow unauthorized groups to distribute material on church property. Please inform the front office of any unsolicited material handed to you or placed on your vehicle.

St. John Neumann Church • Reston, Virginia

August 16, 2020
Stewardship of Treasure:

Week ending August 9, 2020

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YTD

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Stewardship Reflection

“For the gifts and the call of God are irrevocable.” - Romans 11:29

God has a special mission in mind for each of us. He has given us the gifts we need to accomplish that mission. We are called to be good stewards by using those gifts to do the work that He has planned for each of us. If we deny our gifts or fail to use them as God calls us to use them, then some part of His work will be left undone.

Mission Cooperative Plan Appeal

Next weekend, August 22-23, our second collection will support the annual Mission Cooperative Plan Appeal for our diocese. Our parish mission organization is Congregation of the Holy Spirit. This appeal helps our brothers and sisters who do not have access to basic pastoral services that support and grow their faith, like Mass, the sacraments, religious education as well as basic needs – like food, shelter and healthcare. You can support these organizations through the Second Collection that weekend. If donating by check, please make your check payable to our parish and put “MCP” in the memo line. Through your support, the MCP Appeal helps these mission organizations form vibrant faith communities and strengthens the global Church. Your generosity is appreciated.

From the Parish Nurse - Thoughts on COVID

COVID has taken a toll on all of us, and some are experiencing not just “COVID fatigue” but “COVID depression” as well. Isolation, anxiety, fear, economic hardship, and all of the unknowns associated with this virus feel heavier by the day as the pandemic wears on. Simultaneously, civil unrest, political chaos...even the weather feels like the world is very unsafe and unpredictable: a recipe for anxiety. If one is prone to depression or anxiety, the “season of COVID” is the perfect storm to go right down the rabbit hole where everything is dark and feels hopeless.

So what do people of faith do? The Serenity Prayer helps me: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”. Uncertainty is always a part of life, but trust in the Lord’s assurance that He is by our side, and IS the life ring we, people of faith, can always rely on.

But what if depression has you feeling numb and exhausted? What life ring can you cling to if you can’t hear God whispering reassurance, or if that isn’t enough to calm your fears? Depression can be a crippling disorder that you can’t just "pray away" or cheerlead some-one out of. Seeking professional help is crucial as depression can be lethal; but it is treatable.

So how does one avoid or manage with depression? Guard against unhealthy coping measures such as alcohol, over-eating (the “COVID 15”), or other self-medicating efforts. These will only exacerbate symptoms of loss of control and emptiness.

A trite but an effective strategy to battle depression is to simply decide to be more optimistic and re-frame your perspective. The AA slogan, “fake it till you make it” rings true. These ARE difficult times but challenge yourself to be positive, even if you don’t feel positive, every day. Set small goals. Accomplishing something like organizing your office or planting a few seeds in the garden may be just the spark you need. During the season of COVID, get up, shower and dress, keep a daily schedule, connect with others by phone or zoom, limit your exposure to news and opinion TV, eat healthy foods, exercise at least 30 minutes every day and get plenty of sleep.

Remind yourself that this is a “season” of life, not a permanent situation. If a neighbor or loved one appears at risk for depression, please reach out. Your simple act of kindness may make all the difference. For more information on anxiety and depression, contact the parish nurse or call the SAMSHA (Substance Abuse and Mental Health Services Administration) helpline at 1-800-985-5990.
Cornerstones Needs Our Help
NOTE FOR ALL VOLUNTEER ACTIVITIES LISTED: Social distancing will be enforced. Masks and gloves required (please provide your own). All volunteers will be required to complete a COVID-19 questionnaire before your shift start. We ask that those in high-risk categories due to age and/or medical condition, please do not volunteer at this time.

Food Distribution:
Cornerstones continues to support under-resourced communities by distributing boxes of fresh produce donated by First Baptist Church of Vienna, and shelf-stable goods and grocery gift cards from our ASAPP Food Pantry. Email Susan (susan.alger@cornerstonesva.org) to sign up for one or more volunteer shifts below.

- Thursday mornings in August, 10:00am-12:00pm, to unload boxes of produce at a site in Reston
- Saturdays in August, two-hour shifts from 9:00am-3:00pm, to hand out the food boxes to families
- Wednesday, August 5, 4:00-8:00pm, in two- or four-hour shifts to hand out bags of food and information

Group Landscaping Project:
A Cornerstones-owned townhome in Reston is in need of landscaping maintenance and improvements including weeding, shrub trimming, mulching, grass seeding, and potentially flower planting. The tenant is a single, working mother with six young children. She needs our help to beautify and tidy up the lawn and garden area to comply with HOA requirements. An in-kind donation of materials or funds to cover the cost of supplies is requested. (This activity can be undertaken by a team of up to 10, or split into two shifts of 5 to increase safety.) The townhome is in the 20194 ZIP code of Reston. Email Susan (susan.alger@cornerstonesva.org) for more information.

Back to School Drive:
This activity really needs your support! It’s shaping up to be a challenging year for students in our community. Help us ensure they have the backpacks and supplies needed to succeed this school year. Even though they won’t be traveling to school every day, these children will be carrying their school work and supplies to child care, grandparents, or other family members households, as their parents continue to work during the pandemic. The backpack is like a briefcase in which students can keep their work safe and well organized, as they transition between locations.
Funds to purchase backpacks and supplies are sorely needed. So far, we have only reached one tenth of our goal! You can donate online at https://www.cornerstonesva.org/donate-now/ or mail a check payable to Cornerstones to 11150 Sunset Hills Rd., Suite 210, Reston, VA 20190. Please be sure to note in the comments section that your donation is for the Back-to-School Drive! Email Nate (nate.king@cornerstonesva.org) with questions.

September and October Slots for Birthday Gifts for Laurel Learning Center
Thank you to those of you who have signed up on the list of birthday gifts to purchase for a child at Laurel Learning Center. There still are several children who have not been covered. Perhaps you could see your way to help make one child’s birthday special.

When purchasing, please have the gift directly delivered to Linda Preston at her home, and she and her family will wrap and deliver the gifts to LLC. We would like to have the gifts delivered as close to the beginning of September as possible. Here is the link: https://www.signupgenius.com/go/8050d49adab23abff2

The Preston mailing address is 15320 Jordans Journey Drive, Centreville, VA 20120. Thank you!

Urge Your State Legislators to Support Racial Justice in the Virginia General Assembly Special Session this Month
Governor Northam has called the Virginia General Assembly into a special session starting on August 18 to consider adjustments to the budget related to the COVID-19 pandemic and to “make progress on policing and criminal justice reform.” This special session gives us an opportunity to continue to proclaim the Gospel by urging our legislators to push for greater racial justice in Virginia. Please click on the link below for information about the special session and how to contact your legislator.
https://drive.google.com/file/d/13i4eN0BBU--wkmlmNdXJf1pB6g623lk/view
Dr. Sandhya Pal, Parishioner
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