



Discover: The Examen

The Examen is a methodical prayer that helps you identify the presence of Jesus in your daily life, as he encourages you to do God's will. It is a simple, daily prayer which is perfect for busy people. Developed by St. Ignatius of Loyola, the founder of the Jesuit order, the Examen helps you to see God's presence in even the smallest details of your daily life. It is intended to be practiced once or twice per day.

There are five steps to practice the Examen. Find a quiet place and moment, then sit comfortably in a chair with both feet on the floor.

1. Take a moment to clear your mind and be open to God's deep, loving presence. Ask the Holy Spirit to help you look at your life with love this day.
2. Thank God for all the gifts in your day. Thank God for what you received (ex. healthy lungs to breathe, a smile from a stranger, the morning sun, kindness of a friend, etc.). Then, recall the gifts you shared today (ex. sense of humor, strength of your body, the ability to cook, the ability to reason, the ability to repair, etc.) and thank God for these gifts.
3. Ask the Holy Spirit to work within you to help you look at your day with openness to understand your true motivations and actions.
4. Review your entire day, watching it like a movie in your mind. Notice how you acted, what you were feeling, and what was motivating you. Notice times when you acted lovingly and times when you failed to love. For example, did you help someone, or did you use them for your own gain? Did you choose not to engage in a derogatory conversation about someone? Did you experience a small ping in your chest as you considered a poor choice? If someone cut you off on the road, did you well up with anger, or did you consider the possibility the other person was experiencing an emergency? Were your actions comprised of a mixture of feelings and motivations? Are there patterns or habits in the actions of your day? During your review, did you have any intuitions of what God wanted you to do? These intuitions are a result of God's grace working within you, at that moment.
5. Give thanks to God for the times you acted in loving freedom and ask for forgiveness for the times you did not. As Jesus continually labors within us, we have the opportunity to cooperate with his mission to renew Creation in our daily life.

It Is Independence Day! A day to celebrate our freedom! But for those who have worries, family issues, children or parent issues, where is their freedom from strife? **Please call Kathy Walker at 703-221-4312 and then press 4** to get started talking and working to true and total freedom with a Stephen Minister.



The VIRTUS Protecting God's Children is the adult safe-environment program being offered by the Diocese of Arlington. **The Diocese requires all adult employees and also volunteers who have substantial contact with children to attend the seminar. This includes:**

- ⇒ Vacation Bible School volunteers
- ⇒ Nursery volunteers
- ⇒ Confirmation retreat parent volunteers
- ⇒ School parent volunteers, who chaperone field trips, volunteer in the classroom, etc.
- ⇒ Mommy & Me volunteers
- ⇒ Coaches for all sports
- ⇒ Boy Scout/Girl Scout leaders and assistants (regardless of whether they are parishioners)
- ⇒ Catechists and Assistant Catechists
- ⇒ CYM and MSYM volunteers
- ⇒ All church and school employees

St. Francis of Assisi Parish will host a seminar on Sunday, August 9th from 11 am—3 pm in the Parish Center Dining Facility (begins promptly at 11 am). To attend this workshop you must pre-register with your full legal name. The seminar is limited to 60 people, but there are a number of seminars offered throughout the Diocese; please check availability on the VIRTUS website.



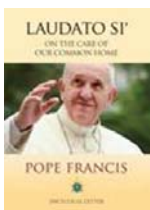
To register: Go to www.virtus.org and click on the yellow link labeled "Registration" (you may either view a list of sessions or begin the registration process). To register for a specific session, select "Begin the Registration Process". Then, from the pull-down menu, select "Diocese of Arlington, VA". Then follow the online prompts.

Every adult member of the parish is invited to register and attend the workshop—it is our duty as members of this community of faith to be aware of how we can support and protect all children.

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If you would like to read Pope Francis's new, just-released encyclical on the environment and human ecology, "*Laudato Si'*" on Care for Our Common Home, please contact **Rob Goraieb** at rgoraieb@stfrancis.org.

Your Photos Needed—To keep our website and Facebook presence interesting and relevant, we need photos of parish activities. **Please email your images of parish functions and your permission for use to lostendorf@stfrancis.org.** Thank you!!



Social Justice: Franciscan Action and Advocacy (FA&A)

We encourage everyone to read **Pope Francis's new encyclical on the environment and human ecology, "Laudato Si' on Care for Our Common Home."** It is available online and in PDF form at the Vatican's website, and available in book form through the USCCB and many other online outlets. You can also contact Rob for all of the links related to the encyclical, as well as for additional resources and information.

Our **Anti-Human Trafficking Committee** (engaged in action, awareness and legislative advocacy efforts in the fight against the evil of human trafficking) is meeting **this Wednesday, July 8th, at 7 p.m.** in the **Grade 6 Classroom.**

Other upcoming FA&A meetings (all are welcome!): The parish **V.O.I.C.E.** (Virginians Organized for Interfaith Community Engagement) team is meeting to work on community issues on **Sunday, August 2nd, at 10 a.m.** in the **Br. Juniper Room.** Our **Respect Life Committee** (advocating for the consistent ethic of life from conception to natural death) is meeting on **Saturday, August 15th, at 11:45 a.m.** in the **St. Catherine Room.** Our **Care for Creation Committee** is meeting to work on environmental issues on **Sunday, August 16th, at 9 a.m.** in the **Br. Juniper Room.**

Our parish **Franciscan Action and Advocacy Council (FAAC)** is meeting on **Saturday, August 15th, at 9:30 a.m.** in the **St. Catherine Room.** (FAAC meetings are only open to council members. Parishioners are encouraged, however, to submit questions or ideas for FAAC discussion or consideration.)

For more information on any of the above and/or to get involved in justice/advocacy, please visit the FA&A section on the parish website and/or contact Rob Goraieb, O.F.S. at rgoraieb@stfrancis.org or 703-221-4978, ext. 228.



LEAVING IT BETTER THAN YOU FOUND IT

If you or a family member is in the **hospital or homebound**, please call the parish office if you would like a visit from one of the friars. The hospitals are not permitted to give out the names of patients, so the only way we will know if you are in the hospital is if you or a family member informs us.



Votive Candles are available in the church by the statues of St. Joseph and Mary. **Please use the box** at each statue to deposit your dollar for each candle.



St. Francis House Corner



The St. Francis House Food Pantry Provided food for **70** families this week. We are in need of **Hamburger Helper, Peanut Butter & Jelly, and Tuna.** For more information, please call **Francia at 703-221-6344.** Thank you for your continuing support.

Hilda Barg Shelter

It is time once again for St. Francis Parish to assist in providing dinner to the families at the **Hilda Barg Shelter in Woodbridge.** We will be serving the week of **July 19th through July 25th.** This is a great opportunity for the whole family to serve. Sign-up sheets and more information are available in the vestibule of the church. **For more details please contact Francia at 703-221-6344.** Thank you for your continued generosity in helping those who do not have as much as many of us do.



Boletín Semanal

Charlas Bautismales—Las próximas charlas bautismales se realizarán el viernes, **julio 17 a las 7:15pm** en el Salón del San Catherine. Por favor recuerde que para tomar la charla y recibir el sacramento del bautizo los padres tienen que estar registrados en nuestra parroquia y registrarse para la charla con anterioridad. Ambos padres y padrinos deben asistir a la charla y no se permiten niños. Para más información por favor llamar a **Francia al 703-221-6344.**

Despensa de Comida de La Casa de San Francis—Agradecemos a todos nuestros parroquianos por todas sus ofrendas a la Despensa de Comida; con sus donaciones pudimos ayudar a **70** familias. Muchas gracias por su apoyo constante.



Debido al alto volumen de llamadas, una línea telefónica adicional/número ha sido añadida a la iglesia. Si la línea principal 703-221-4044 está ocupada, por favor llame al **703-221-3127.**

Albergue de Hilda Barg—Una vez más La Parroquia San Francisco estará proporcionando la cena a las familias en el Albergue de Hilda Barg en Woodbridge. Se servirá la semana del 19 julio al 25 julio. Esta es una gran oportunidad para toda la familia. Hojas de Inscripción y más información están disponibles en el atrio de la iglesia. Para obtener más información, póngase en contacto con Francia al 703-221-6344. Gracias por su continua generosidad para ayudar a aquellos que no tienen tanto como muchos de nosotros.

Please Pray For All those who are sick: Annelies Gendron, CAPT. Evan Applequist, U.S.N., Jim Kearns, and Fran Phoenix.

Please pray for the following who are serving abroad in harm's way: Andrew Wagner, Tom Giraldi, Michael Beatty, Elizabeth L. Keegan, Stephen Hudson, James Moore, Kyle McVay, Kyle Traylor, Kasey Eggie, Eustaquio Castro-Mendoza, Marc Gendron, and Darryl Saungweme.

RCIA—Rite of Christian Initiation for Adults

If you or someone you know is considering being initiated into the Roman Catholic faith, make plans to attend our first RCIA meeting on **Wednesday, September 2nd at 7:30pm in the Br. Juniper Room.** It will be a great opportunity to discover more details about the program and ask questions. You may also contact **Lisa Ostendorf** lostendorf@stfrncis.org or **703-221-4044, ext. 277.**



RCIA Sponsors Needed

Sponsoring a RCIA Candidate/Catechumen is a unique opportunity to share your faith. If you are a confirmed Catholic and are interested in sharing the journey with an adult seeking full initiation, please contact **Lisa Ostendorf** lostendorf@stfrncis.org or **703-221-4044, ext. 277.**



Do you have expertise in these areas?—

We are looking for a part-time Communications Specialist who will work as an independent contractor from an office offsite. The candidate should have a four-year bachelor's degree and at least two years of experience working in the communications field. Proficiency with a variety of digital communication media is a must, and the ability to develop and implement video products is desired. The candidate should also be organized and experienced in managing communications projects from conception through development and implementation, while maintaining websites, updating social media, and communicating routinely with ministry leads to improve and update parish communications methods. **If interested, please contact Lisa Ostendorf at lostendorf@stfrncis.org or call 703-221-4044 ext. 277.**

There is a book located in the Blessed Sacrament Chapel next to the Tabernacle for you to write your own prayers of petition. During the *Prayer of the Faithful* during weekend liturgies, an intercession will call to mind those prayers in a general way. In this manner, the public prayer of the church is bound to the many prayers of the faithful who live in the body of Christ!



SPONSOR OF THE WEEK

We would like to thank **Olazabal Insurance Services, Inc.** for sponsoring an ad in our weekly bulletin.

Summer Hours

Faith Formation Office
Phone: 703-221-3127 Fax: 703-221-3246
Office Hours: **Monday—Thursday: 8:00 am—2:00 pm**
Friday: Closed



RE Registrations for 2015-2016 Catechetical Year

Registration is well underway for next year's Religious Education. Forms are available in the vestibule of the church and online (<http://www.stfrncis.org/Ministry/Religious%20Education-441-Home/>).

Volunteers Needed

Be a Catechist! We are in need of Catechists for grades 1st-8th for our Religious Education Program. Please volunteer for this wonderful ministry. No experience is necessary, training will be provided and ongoing support will be available.



Questions? Or for more information, please contact Marianne Hayes, DRE at 703-221-3127 or recoor@stfrncis.org.

St. Francis of Assisi School has several openings available in our *Kindergarten, 1st grade, 2nd grade, 3rd grade, 4th grade and 5th grade classes for the 2015-2016 school year.* Our Kindergarten has always been a full day program with a strong curriculum and a stimulating learning environment. Spanish, Music, PE, Health, Art and Technology are all part of the K through 8 curriculum. Band is offered from grades 4th-8th as are sports. All teachers are Virginia certified and assisting teachers have degrees. **Please call the school office for more information at 703-221-3868.**



Are You New to the Parish??? Welcome!!

Registration forms are available on the tables in the vestibule, from the parish office or from the parish [website www.stfrncis.org](http://www.stfrncis.org).

Hearing Assistance Earphones are available for those who would like sound amplification. They have been checked and are functioning well. See one of the friars or come to the sacristy before Mass.

Due to a high volume of calls, an additional phone line/number has been added at the church. If the main 703-221-4044 line is busy, please call **703-221-3127.**



Baptismal Preparation Class—Our next class will be held on **Sunday, July 12, 2015 from 1:15p.m.—2:00p.m.** in the Br. Juniper Room. **Please call the parish office to register at 703-221-4044.**

Around the Diocese

Looking for a New Job or Career?

Christians are Networking (CAN), a ministry sponsored by Catholic Charities of the Diocese of Arlington, assists people who are unemployed or under-employed. This is also a tremendous resource for recent college graduates who are new to the job market. CAN provides free career counseling, skills in navigating today's job market, resume reviews, practice job interviews and networking opportunities. CAN is offered at **St. Theresa Church, Ashburn; St. Philip Church, Falls Church; St. Martin de Porres Senior Center, Alexandria; and at Epiphany Middle School, Culpeper.** For details, please go to our website: www.ccca.net/programs_jobs.php.

Catholic Charities Migration Resettlement Services in Fredericksburg has need of sewing machines for recently arrived refugee women. Many of them know how to sew but were unable to bring a machine with them. If you have a simple sewing machine in good working order and would consider donating it, please call **Laurel Collins at 540-899-6507, or contact Pequitte Schwerin at wislady@comcast.net.** Other sewing items, fabric, threads, scissors will also be accepted.



CURSILLO PICNIC!

Saturday, July 25th, from 12 to 4 pm
St. Peter Catholic Church, Rappahannock County
12762 Lee Hwy, Washington, VA 22747
 the parish of Fr. Tuck Grinnell.

Join the Arlington Cursillo community and get better acquainted with your fellow brothers and sisters in Christ, whether you are a long-time Cursillista or a babe chick, young or old or in-between, or a kid of any age. And be a friend and bring a friend. There will be games (volleyball, croquet, and hopefully badminton) for the active set. There is also a playground for the kids.

Bring your own meat/main dish and drinks, and a side dish/ dessert to share. There are gas grills for barbecuing. Napkins, paper plates, picnic ware, cold cups, hamburger and hot dog buns, condiments (ketchup, mustard, pickles and relish) and ice will be provided.

There are shaded areas and picnic tables, but please bring your own blankets, chairs, beach umbrellas, as you wish. For planning purposes, let us know if you are coming, how many, and the number of children. **Please contact Diane Bayne at dianebayne@gmail.com. Thank you!**



Mass Intentions

SUNDAY, July 5—14th Sunday In Ordinary Time
 5:30 PM †Thomas and †Ellen Sheehan
 †Ann Kowalcheck
 7:30 AM Thomas Lee
 †Charles Holtzlander
 9:00 AM †Ben Badami
 †Nicholas Colletti
 †George Beck
 †Peter Schwartz
 †John Enzmann, Sr.
 †Liza Heenan
 †Dwayne E. Gonsorcik
 10:30 AM
 12:00 PM †Mary Byrnes and †Julia Clarke
 †Clara Kennedy
 1:30 PM Misa en español
 5:30 PM People of the Parish

MONDAY, July 6—Weekday
 8:45 AM †Dick Murray
TUESDAY, July 7—Weekday
 8:45 AM Gretchen May
WEDNESDAY, July 8—Weekday
 8:45 AM †Shelane Dawn Gaydos
THURSDAY, July 9—Weekday
 8:45 AM
FRIDAY, July 10—Weekday
 8:45 AM †Thomas Larke
SATURDAY, July 11—St. Benedict
 4:00 PM Sacrament of Reconciliation

Mass Intentions on Sunday, July 12, 2015

5:30 PM
 7:30 AM †Joan Weber
 †Lawrence Larke
 †May Worhatch
 9:00 AM †Peter Schwartz
 †Liza Heenan
 10:30 AM †Angelina Santella
 12:00 PM †Sally and †Jerry Muhl
 †Clara Kennedy
 †George Beck
 1:30 PM Misa en español
 5:30 PM People of the Parish

Readings for the Week of July 5, 2015

Monday Genesis 28:10-22a; Matthew 9:18-26
Tuesday Genesis 32:23-33; Matthew 9:32-38
Wednesday Genesis 41:55-57, 42:5-7a, 17-24a; Matthew 10:1-7
Thursday Genesis 44:18-21, 23b-29, 45:1-5; Matthew 10:7-15
Friday Genesis 46:1-7, 28-30; Matthew 10:16-23
Saturday Genesis 49:29-32, 50:15-26a; Matthew 10:24-33
Sunday Amos 7:12-15; Ephesians 1:3-14 or 1:3-10; Mark 6:7-13