



St. Rita News

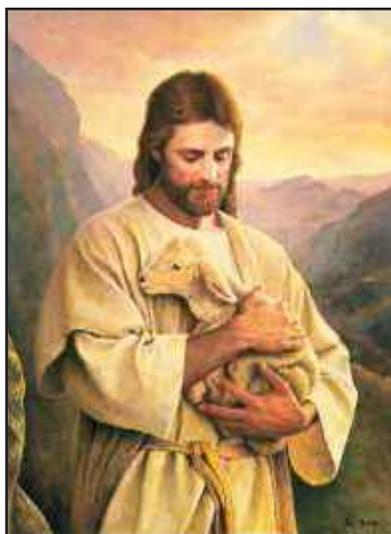
The new monthly newsletter serving Saint Rita Parish

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INSIDE THIS ISSUE: Introducing the American Heritage Girls; Parish Groups; Upcoming Events; Understanding the Latin Mass, Part II

About the Catechesis of the Good Shepherd

There has been much talk of the Catechesis of the Good Shepherd program which is now being offered through St. Rita's Parish and School. Many are wondering what this program is, and what makes it different from any other catechesis programs. We will address some of these questions briefly, below, but keep your eye on the bulletin because there is an upcoming parent information night (date TBA) featuring a short informational presentation, followed by an Atrium tour.



What is the program?

Catechesis of the Good Shepherd is a program to introduce young children to God and to the Catholic faith in the most real and age-appropriate way. As Blessed John Paul II says in his Apostolic Exhortation On Catechesis in Our Time, "The definitive aim of catechesis is to put people not only in touch, but in communion, in intimacy, with Jesus Christ."

That said, the best way to meet a person and get to know them is through daily life—through our work and play, conversation, and day-to-day tasks. The catechesis is Montessori-based. The environment has been carefully prepared so the child may learn through tactile and sensorial means; thus through a combination of practical life and catechetical works, Catechesis of the Good Shepherd is an effective

program through which children may come to know Jesus Christ and his Church.

Who is the program open to?

Catechesis of the Good Shepherd is a part of the preschool program at St. Rita School and is expanding to the Kindergarten this year. For those who do not attend the school, your child has the opportunity to experience the Catechesis of the Good Shepherd through Sunday morning CCD or a Wednesday evening group for home-schoolers. Contact Betsy Nunn, Director of Religious Education, for more information, by email: nunnw@aol.com or by phone: 703-528-1410.

When does the program begin?

Atrium begins with each child receiving a personal invitation to the Atrium for an

Atrium tour. Keep your eyes on the mail if your child is enrolled in the program.

--For those enrolled in the program with the school, Atrium tours will begin the last weeks of September.

--For those enrolled in the regular CCD program for preschool/kindergarten, Atrium tours will be on September 23 during CCD hours.

--For those enrolled in the Wednesday evening session, Atrium tours will be on September 12.



**ST. RITA
SCHOOL**

CELEBRATING 60 YEARS
OF CATHOLIC EDUCATION



Welcome Back!

Father Gee blesses the classrooms at St. Rita School to mark the start of a new year of school and CCD classes. This year, St. Rita School celebrates its 60th year of Catholic education. Stay tuned for special events to mark this anniversary!

May God bless all students, teachers and parents with a wonderful school year!

Parish Life



St. Rita's has many wonderful organizations which provide vital services to the parish and to the wider community. Below, we offer an in-depth look into organizations that support our parish:

Hospitality Committee

The Hospitality Committee is a group of parishioners, both men and women, who plan, coordinate, and staff various social and liturgical parish events. Events they are involved with include "Ask the Priest Night", Bingo Evening, the March for Life Mass reception, and the St. Rita's Festival. The Hospitality Committee is very much interested in new members; there are no formal meetings. **Contact: Thana Dixon, 703-836-3538; Chris Ames, 703-519-8335**

Music Ministry

Music ministers provide vocal and instrumental music for masses, weddings, funerals, and other special events. The Parish choir sings at the 11 am liturgy on Sundays and for the celebrations of Christmas, Holy Week, Easter and other Solemn Feasts throughout the liturgical year. **Contact Mr. Lawrence Bowie through the Parish Office (703-836-1640) if interested in participating.**

Pastoral Council

The Council is an advisory body which assists the pastor with pastoral activities. It is based on the vision of pastoral councils as outlined by the past Ordinary of the Diocese of Arlington, Bishop John Keating, in his pastoral letter "On Consultation in the Parish." The Council helps the pastor identify pastoral needs of the parish, plan pastoral programs, improve pastoral services and evaluate the effectiveness of existing programs and services.

Membership on the Council is by appointment by the pastor and currently includes the pastor and nine other parishioners.

Sacristans and Lectors

Sacristans assist the priests in setting up for Mass, and with other practical matters associated with maintaining the altar and sanctuary. Lectors read the Word of God during the Holy Sacrifice of the Mass during Sunday liturgy, Monday evening Novena/Mass, and Holy Day Masses. Training, if necessary, will be provided. **Please contact the Parish Office (703-836-1640) to learn more about serving in these roles.**

Ushers

The Saint Rita Ushers are a group of about 10 men and women who serve at the weekend English Masses, as well as special Masses for Christmas, Holy Week, and Holy Days of Obligation. The group is currently seeking additional ushers to serve at the Saturday Vigil Mass, as well as the Sunday 7:15 am and 11 am Masses. The ushers' responsibilities include setting up before Mass, selecting Gift Bearers, receiving any special Mass instructions from the celebrating priest, determining whether anyone needs Holy Communion brought to the pew, taking up the collections, directing parishioners from their pews for Holy Communion, passing out bulletins after Mass, and tidying the church after Mass. In general, they work to make sure Mass runs smoothly! Prospective ushers should be able to commit to serve at their current Mass at least every other week, and potentially every week, arriving 15 minutes prior to the start time for pre-Mass responsibilities. If you'd like to serve, current ushers can train you during your regular Mass time. **Contact the Head English Mass Usher: Dan Verdonik, dverdonik@comcast.net**

■ UPCOMING EVENTS IN OUR DIOCESE

Save the date for the **40 Days for Life campaign kickoff rally** from 3-4:30pm on Sunday, September 23 at St. John's Lutheran Church (5952 Franconia Road) in Alexandria. The rally will feature Sarah LaPierre, Program Director for Gabriel Project and Project Rachel for the Diocese of Arlington.

The Institute for Catholic Culture presents a lecture on **Defending Priestly Celibacy & Understanding the Modern Vocations Crisis**, by Rev. Eric Bergman on Sunday, September 9 @ 7:30 pm at St. Thomas a Becket Church Hall, 1421 Wiehle Avenue in Reston.

His Excellency Paul S. Loverde, Bishop of Arlington, will speak on **"Pillar of Truth: The Church & the Modern Moral Crisis,"** presented by the Institute for Catholic Culture. The lecture will take place on Tuesday, September 18 @ 7:30 pm at St. James Catholic Church – Heller Hall, 905 Park Avenue in Falls Church.

The Office for Young Adult Ministry invites all young adults for

praise & worship with Chorus Sine Nomine, silent prayer and reflection at 7:30pm on Friday, September 14. The monthly Holy Hour will take place on the second Friday of each month at St. Mary's in Old Town Alexandria. Afterward, they walk over to Chadwicks for food and drinks!

The DC Padres, a baseball team of seminarians, priests and religious, has a game on Sunday, September 23. Tickets are \$5. For more information check out dcpadres.com.

All are welcome to join the **Journey Through Scripture Series "Genesis to Jesus"** presented by the Arlington Diocese's Office of Multicultural Ministries on September 29 at 8 am in Msgr. Burke Hall at the Cathedral of St. Thomas More. Register at arlingtondiocese.org/multicultural/index/php.

Save the date for a **Discover Catholic Schools open house at St. Rita School** on November 13 at 10 am. Watch the bulletin for more details.



Baptisms at St. Rita

- + Gabriel Roy Shiflett, August 4
- + Audrey Christina Trabert, August 4
- + Jeffrey Michael Stevens, August 4
- + Clare Elizabeth Holman, August 5
- + Lucy Perpetua Heimann, August 11

- + Xavier Anthony Orellana, August 18
- + Beall Cannon Flynn, August 24
- + Henry Thomas Bakanowski, August 25
- + Cristopher Adrian Vail, August 25
- + Juliana Stella Graziano, August 26



June Weddings at St. Rita

- + John Casey Chalk & Claire Atwater Caveness, August 18
- + Roger Wilson Turcior & Digna Carolina Escobar, August 24

Do you know of a parishioner who is ill, and in need of prayers? Or a parishioner who is serving in the armed forces, overseas? We will be happy to publish their names so that fellow parishioners can pray for them. Please contact Catherine Feil (catherine.feil@gmail.com, or 703.671.0402) or Erin Church (erinmchurch@gmail.com).

American Heritage Girls Offers A Christ-Centered Scouting Opportunity at St. Rita

American Heritage Girls, or AHG, is chartering a new troop at St. Rita which is open to all girls of the parish and school, as well as girls in the local community and at our neighboring parishes. Troop VA 1381 is numbered to honor our patroness, St. Rita, who was born in 1381, and hopes to attract girls with scouting experience and new girls who want to enjoy fun meetings and outings, build friendships, earn badges, learn new skills, offer service to others and develop teamwork, leadership and confidence. The AHG troop at St. Rita exists as a ministry of the parish and looks forward to serving many of the other ministry groups and the parish as a whole.

AHG is structured as one group with five levels, or Units, for girls of various ages: Pathfinders are in Kindergarten, Tenderhearts are in grades 1–3, Explorers are 4th–6th graders, girls in 7th and 8th grade are Pioneers and high schoolers are called Patriots. Our troop plans to meet the 2nd and 4th Mondays of each month (except



holidays) from 4:30–6pm in the school. Service projects and even a camping trip are already being planned!

The mission of American Heritage Girls is to build women of integrity through service to God, family, community and country. Registration for members and volunteers is going on now. All girls (age 5 and up) and their families are invited to the Scout Ice Cream Social on Friday, September 14 at 7pm in the School Hall, for a treat and to learn more about us. All new and returning scouts are invited to the Scout Mass on Sunday, September 16 at 11am and will receive a blessing and a patch

afterward.

The Board of the St. Rita AHG Troop is very excited to offer this new scouting opportunity to the girls of our community as a group where girls can share ideas and experiences, laughter and friendship, and service and spirituality. For more information, contact Stephanie Rosales: stephrosales@comcast.net, 713-204-7244.

About Your Parish Newsletter

Do you have ideas for future items in the parish newsletter, or would you like to submit a feature for publication? Is there an upcoming event of interest to St. Rita's parishioners that we should know about? All submissions can be directed to our editors: Catherine Feil (catherine.feil@gmail.com, or 703.671.0402) or Erin Church (erinmchurch@gmail.com).

The Parish Newsletter is Now Online! If you forgot to pick up your copy of the Saint Rita Parish Newsletter, or misplaced it—fear not!—you can now read back issues online on the Parish homepage at <http://www.saintrita-parish.com>. Our thanks to parish webmaster Herb Schlickemaier!

Getting to Know the Traditional Latin Mass

(PART II OF II)

St. Rita's offers a Traditional Latin Mass every Thursday night at 7:30 pm. Some frequently asked questions about this beautiful liturgy...

How is the Extraordinary Form different from the Ordinary Form?

The Extraordinary Form (EF) is not a Latin version of the Ordinary Form (OF). Although they are of course similar, and many of the prayers and rituals are easily recognizable to Catholics used to the OF, there are also striking differences. There are many prayers not included in the OF, and many of the prayers that they share are worded differently. The rubrics are also quite different. The Roman Canon is the only Eucharistic Prayer available. The priest faces the altar, or "liturgical East," in the direction of the risen Christ. There are long periods of silence on the part of the congregation. There is more kneeling, genuflecting, bowing, and crossing of oneself (and more sprinkling of holy water, or asperges, and use of incense)--all of which are symbolically important and physically remind us to incline our minds toward God. It can take some time to become familiar with these different aspects of the Mass, but it is well worth the effort!

Why does the priest face away from the people?

The priest is not facing away from the people but rather ad orientem, or toward the East. The Church has always taught (based on Scripture) that when Christ comes again before the Last Judgement, He will come from the East. "As I have written in my books, I think that celebration turned towards the east, towards the Christ who is coming, is an apostolic tradition," wrote then-Cardinal Ratzinger (now Pope Benedict XVI) in 2004.

Thus the priest faces the altar, where he will offer the Sacrifice of the Mass in persona Christi. He is offering the Holy Sacrifice of the Mass, to God, on behalf of the congregation. As an alter Christus, another Christ, he leads the people (much like Moses led the people into the Promised Land) as they all proceed in the same direction, in joyful expectation of the coming of their Savior, Jesus Christ. Finally, celebrating the Mass facing east is not exclusive to the EF, as the OF was originally intended to be celebrated ad orientem, and many priests currently say the OF facing the altar.

Do I Need to Know Latin?

No. Everyone, even those who don't know Latin, can easily and readily appreciate the Traditional Latin Mass. The order, structure, and form of the Mass may be learned and appreciated without any knowledge of Latin – and the prayers can be easily followed with the aid of an Latin-English Missal. (St. Rita's provides these missals at the Thursday night EF Mass.)

Why is the Extraordinary Form Celebrated in Latin?

The Catholic Faith was first spread by the Apostles and early Christians throughout the Roman Empire, which had Latin as its universal language. Greek, which was the language of the East, was also a liturgical language, but in the West, Latin was established as the language of the Church, where it has always had pride of place.

The word "catholic" means "universal," and the use of Latin--still the official language of the Church, in which all official church documents are published--is a visible sign of that universality, since it unites us all under a common language.



When you attend the EF, it is the same no matter where you are in the world, and you can worship alongside those who speak another language, hearing the same words you would at home.

Finally, Latin's beauty and nobility lend themselves well to the Sacrifice of the Mass. Pope Bl. John XXIII, shortly before he convened the Second Vatican Council, explained that "the Catholic Church has a dignity far surpassing that of every merely human society, for it was founded by Christ the Lord. It is altogether fitting, therefore, that the language it uses should be noble, majestic, and non-vernacular." And in Sacrosanctum Concilium, the Vatican II Council Fathers urged that "the use of the Latin language is to be preserved in the Latin rites."

How Should I Worship at the Latin Mass?

Whether one is new to the EF or not, it is best to follow along with the aid of a missal, with parallel English translations, and notes on the actions of the priest. As a newcomer, try to be patient as you familiarize yourself. There are several places in the Mass--the Sanctus, the Credo, the elevations--which provide easily recognizable points of reference, in case one gets lost!

Why does the congregation not participate in the Extraordinary Form in the same way they do during the Ordinary Form?

Just as in the OF, the priest recites most of the prayers in the EF. And yet, it is true to say that there is less verbal participation in the EF than in the OF. However, verbal participation is but one part of truly participating in the Eucharistic Sacrifice. To understand how properly to participate in the EF, we must first understand what it means to participate in the Mass itself, regardless of the form or rite. Catholics attending either form should first attend to their interior participation in the Mass, which is primary, and which should be sincere and wholehearted. Then-Cardinal Ratzinger once explained: "The uniqueness of the Eucharistic liturgy lies precisely in the fact that God himself is acting and that we are drawn into that action of God...Any other activity is purely ancillary to this primary purpose." And as Pope Benedict, he reminds us in Sacramentum Caritatis that "It should be clear that the word 'participation' does not refer to mere external activity during the celebration, but to a greater awareness of the mystery being celebrated."

Using a missal to follow along with the words and actions of the priest is key to actively understanding and praying the Mass. It allows us to incline our hearts and wills to the will of God, and to focus on contemplating the Sacrifice of the Mass. Further, there is much in the Mass to engage the senses, e.g. the use of incense, different postures, etc., which aids in this mental contemplation and participation.

At the same time, though, it should be noted that there *is* vocal participation in the EF. There are different types of EF masses. At a High Mass, the choir sings the Ordinary (unchanging) and Proper (changing) chants, and the congregation is encouraged to sing the responses (i.e. Amen, Et cum spiritu tuo, Dignum et justum est, etc.), and if possible, the Ordinary as well (i.e. Kyrie, Gloria, Credo, Sanctus, Agnus Dei). And at some Low Masses, called "dialogue masses," one can recite the responses along with the acolytes.

To learn more about the Traditional Latin Mass, visit <http://www.sanctamissa.org/en/>