



Dear Friends,

As I read the following "If I Knew," by George Michael Grossman, I thought about the words of Stephen Grellet: "I expect to pass through this world but once. Any good thing that I can do or any kindness I can show to any fellow human being let me do it now. Let me not defer it for I shall not pass this way again." So often we procrastinate. How often have you attended a funeral with regret that you had not said what needed to be said weeks, months or years before – but now it is too late? Maybe you've regretted not tearing down the wall you had kept up for so long and usually for an inconsequential reason in the first place? How often have we been slow in just showing appreciation to another? Or simply telling another that you love them? My grandmother had a favorite expression: "Give me my flowers while I am living."- say the nice things now. Perhaps the following lines are so poignant for me because of a funeral this past Tuesday for a 35 year old woman killed in a car accident. What I am certain of is that life is all too short and some of us are too stingy sharing our love and appreciation for others. How easy to take people for granted- even within our own family. The following is food for thought for all of us.

IF I KNEW

If I knew it would be the last time
that I'd see you fall asleep,
I would tuck you in more tightly,
and pray the Lord, your soul to keep.

If I knew it would be the last time
that I see you walk out the door,
I would give you a hug and kiss
and call you back for one more.

If I knew it would be the last time
I'd hear your voice lifted up in praise,
I would video tape each action and word,
so I could play them back day after day.

If I knew it would be the last time,
I could spare an extra minute
to stop and say, "I love you",
instead of assuming you would KNOW I do.

If I knew it would be the last time
I would be there to share your day,
Well, I'm sure you'll have so many more,
so I can just let this one slip away.

For surely there's always tomorrow
to make up for an oversight,
and we always get a second chance
to make everything just right.

There will always be another day
To say, "I love you",
And certainly there's another chance
to say "Anything I can do?"

But just in case I might be wrong,
and today is all I get.
I'd like to say how much I love you
and hope we never forget.

Tomorrow is not promised to anyone
young or old alike,
And today may be the last chance
you get to hold your loved one tight.

So, if you're waiting for tomorrow,
why not do it today?
For if tomorrow never comes,
you'll surely regret today.

That you didn't take the extra time
for a smile, a hug, or a kiss
and you were too busy to grant someone,
what turned out to be there last wish.

So hold your loved ones close today,
and whisper in their ear.
Tell them how much you love them
And that you'll always hold them dear.

Take the time to say, "I'm sorry,"
"Please forgive me," "Thank you," or "It's ok,"
And if tomorrow never comes,
you'll have no regrets about today.

- Have a nice week!

J. Martin

THE SIGN OF PEACE... (the rest of the story)

The sign of peace is based on the gospel of Matthew (5:23-24), which calls for reconciliation with your brother before bringing your gifts to the altar. Because of this, in the early Church, the sign of peace came at the end of the intercessions, before the offertory gifts were brought forward. This worked well until sometime in the fourth century when the intercessions became a litany of praise (the Kyrie), and were moved to the beginning of the Mass. The sign of peace was then moved to just before communion. Because of this placement in the liturgy and the close association with the gospel of Matthew, for many centuries only those who received communion, which at most liturgies was only the clergy, exchanged the sign of peace. In the fifteenth century, **all** were encouraged to participate in this ritual, but by this time, the damage had been done. The sign of peace was so closely linked with the clergy that it was seen as **coming from** the presider who handed it down to the assembly. This “ranking” of the worshipping body contradicted the unity which the gesture was meant to convey. Soon the sign of peace died out at most masses. It was restored to the liturgy by the reforms of the Second Vatican Council. Today its meaning continues to be one of unity with each other, before approaching the altar with our gifts or approaching to receive communion.



Monday, September 28

CHRISTINE COLLIER.....7:30am - Fr. Martin

Tuesday, September 29

TRICIA MARCINKOWSKI.....7:30am - Fr. Martin

Wednesday, September 30

EDMOND P. LOONEY.....7:30am - Fr. Martin

Thursday, October 1

ANTHONY FRANCO.....7:30am - Fr. O'Keefe

Friday, October 2

ALBERT G. VAN METRE, SR.....7:30am - Fr. O'Keefe

Saturday, October 3

ANNIE O'DONOGHUE.....9:00am - Fr. O'Keefe

JANE SOGLIUZZO.....5:00pm - Fr. Wilson

Sunday, October 4

FRANK ARAKAKY.....7:30am - Fr. Martin

MARGARET C. O'REILLY.....9:00am - Fr. Wilson

PARISHIONERS.....11:00am - Fr. Martin

MARION HALL.....12:45pm - Fr. Wilson

RELIGIOUS EDUCATION NEWS

Catechists and Assistants for Confirmation should attend a very important information meeting on **Sunday, September 27, at 7:30pm in Room 9.**

Catechists and Assistants for First Penance should attend a very important information meeting on **Sunday, October 4, at 7:30pm in Room 9.**

Confirmation Students and Parents are to attend a **VERY IMPORTANT Investiture Service and information meeting** on **Wednesday, October 7, at 7:00pm in the church.**

Parents of First Penance Students are to attend a **VERY IMPORTANT information meeting** on **Wednesday, October 14, at 7:00pm in the church.**

Columbus Day Holiday – all classes are cancelled on **October 11, 12, and 13.**

Altar Flowers



In Loving Memory of
Norma Ostendorf
From
Jim and Linda Puhek and Family



In Loving Memory of
Robert and Irene Richert
From
Brad and Lynn Holtz

Separated? Divorced? Widowed?

Coping, a six week recovery program for separated, divorced, widowed individuals, begins on Sunday evening, October 18, 2009 from 6 - 8 pm at St. Phillips Catholic Church in Falls Church, VA and is designed to help people move ahead with their lives after the trauma of losing a spouse to separation, divorce or death. Cost is \$5 per session, payable at the door. For more info about **Coping**, call Gerri Ellenberger 703-670-4845 or Dave Bodek 703-729-1945 or email CopingRebuilding@hotmail.com

FYI...EUCCHARISTIC ADORATION for the month of October is **CANCELLED.**

A sign-up sheet for bus transportation is in the alcove for the DIOCESAN PILGRIMAGE to the NATIONAL SHRINE of the IMMACULATE CONCEPTION

Saturday, October 10th:

7:30 a.m.-- meet in the parish parking lot for bus transportation.

9:00 a.m.-- arrival at Basilica and Introductory Remarks by Bishop Loverde

10:00 - 11:00 a.m. -- Confessions and/or (self-directed) Basilica tour

11:00 a.m. -- Keynote address by Fr. David Thayer

12:00 - 12:45 p.m. Lunch (bring your own or buy a boxed lunch from the cafeteria)

1:00 p.m. -- Mass

2:45 p.m. -- departure

For more information or questions contact Jane Hamilton at 703-646-5051

SCOUTING NEWS

The **Girl Scout Troops** of Nativity will be holding a fall **Nut & Candy Sale** after all Masses on October 3rd and 4th. Please stop by our table to order some wonderful selections. Delivery of the ordered items is scheduled for mid-November so they'll make great holiday gifts. Thanks in advance for your support of scouting at Nativity.



Boy Scout Troop 1100 will be taking orders for wreaths and holiday greenery products after Mass on October 10th/11th and October 17th/18th.

Proceeds from these sales enhance and aid scout activities throughout the year. Thank you for your generous support.

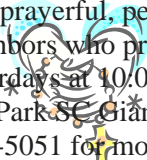
PRO-LIFE CORNER



We live in a wonderful country in which we the people have the ability to influence changes in laws and in those people that touch our lives. We must get involved and use this ability wisely. The Culture of Life needs your support each and every day.

**Choose Life Today. Choose Life Tomorrow.
Pray Always. We Must Do No Less.**

A WOMAN'S CHOICE is a Crisis Pregnancy Center that provides free pregnancy testing, referrals for medical treatment, housing, social service assistance and tangible support for pregnant women, including clothing and equipment. (703-538-4305).

Pro-Life Rosary-A prayerful, peaceful and public gathering of friends and neighbors who pray the rosary for one hour takes place on Saturdays at 10:00 am on Rolling Road across from Kings Park  Giant Food. Please call Jane Hamilton, 703-646-5051 for more information.

Crisis Pregnancy Centers Phone Numbers

Catholic Charities National: 1-800-CARE-002


Catholic Charities Local: 703-425-0100

A Woman's Choice: 703-538-4305

Gabriel Project: 1-866-444-3553

Jesus asks us to live our life as He taught us-- to love one another as He has loved us. Teach your children to love by showing them how you love your spouse. The next local Worldwide Marriage Encounter Weekend November 13-15. Early registration is highly recommended, as dates fill up quickly. For more information call John and Lorie Scali 7033-631-5289 or visit <http://wwme-nova.org/> (en español <http://www.seccion6emm.com/>)

Nativity's Grief Support Group, for all who have suffered the death of a loved one, and are in need of the comfort that sharing can bring, meets at **7:30pm** in our school building on the **First & Third Thursday of each month** and is open to all adults at no charge. Prior registration is not required. Contact Carol Mack for more information 703-455-2400, ext. 117

Nativity Catholic School would like to thank those who continually support the school through their **Combined Federal Campaign** contributions. The school benefits greatly from your CFC donations and would like to ask everyone to please remember our designated number **71097** when making your pledges. Thank you again for your support. 

Thought for the Week:

Every man's memory is his private literature.

Aldous Huxley

With the Name of Jesus we shall overthrow the demons.

St. John Vianney



**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.

The Knights of Columbus...making a difference in our church and community

The Knights of Columbus here at Church of the Nativity

- Donated over 12,000 hours of volunteer service and raised over \$40,200 for charitable causes last year.
- Recruited over 380 blood donors in the last year in addition to many donating on their own time at work or through other activities.
- Help organize the annual trip to the March for Life.
Support vocations by annually providing scholarships to 4 seminarians.
- Raised over \$9,000 to support those with intellectual disabilities through our annual KOVAR drive.
- Recently completed the 10th home for Appalachia families in need.

Interested in having the experience of a lifetime by joining this great fraternal organization that is involved in giving back to our church, our families, and our community? E-mail

GK7992@VAKOFC.org, visit the coffee room after Mass to visit with a Brother Knight or call Matt Smith (703) 455-3197 or Tom Savage (512) 983-5641.

Come see just what the Knights of Columbus is all about and take the first simple steps to becoming a Knight.

ANNUAL WHITE MASS

Join Bishop Loverde at the Annual White Mass honoring physicians and health care professionals on Sunday, October 18th at 10:00am at St. Philip Church in Falls Church. The Mass will be followed by a delicious pancake breakfast and Rev. Peter Ryan, S.J., Professor of Moral Theology at Mount St. Mary's Seminary, who will be speaking on "Caring for Patients in the Persistent Vegetative State., A Catholic Perspective." Tickets for the breakfast are \$25 per person/\$15 for students until October 10th and then \$50/person. Reservation and payment can be mailed to Dr. Chai Thieda, McLean Pediatrics, 6711 Whittier Ave. #101, McLean, VA22101. For information, contact info@tepevacfamilycenter.com.

All are invited to participate in the **17th International Week of Prayer and Fasting, October 2-12** in Washington, DC.

On **October 10th**, **Journey Conference – Young Adult Festival** at the JPPII Cultural Center at 9am, featuring Chris Horn, former NFL Wide-Receiver with Carolina Panthers, Christina Condit on chastity, Chris Padgett on family life issues, Kristan Hawkins on pro-life and Fr. Clement Machado on healing. (www.journeydc.org.) On **October 11th**, the **God's Plan for Live and Love Awards Banquet** will be held at the Omni Shoreham Hotel in Washington, DC at 5:30pm, featuring **former US Sen. Rick Santorum**. On **October 12th**, a **Eucharistic Prayer Vigil** at the Basilica of the Shrine of the Immaculate Conception at 9am, featuring Jennifer O'Neill, actress and pro-life activist, Dr. Jackson, lead scientist on Shroud of Turin, Fr. Frank Pavone, Priests for Life, and other speakers. For more info, go to www.iwopf.org.

John Murray, a college Spanish professor, has volunteered to teach beginning Spanish (Classroom 6, 7-9 PM on Fridays, start date TBA). Your only cost would be approximately \$15 for the book. Please contact Josefa Lopez (703-455-2400) to sign up. You may also call John (703-239-2651) for other details or questions.

Nativity Catholic School



Nativity Catholic School is continuing to accept enrollments for the 2009-2010 school year. In 2009 Nativity School was awarded the Blue Ribbon of Excellence. Please inquire in the school office or call Amor Paulson at 703-455-2300, ext. 119 for more information.

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Free Tai Chi Classes for Seniors...the Burke/Springfield Senior Center Without Walls (B/SSWoW) is sponsoring free Tai Chi classes starting Friday, Oct. 2, from 12:15 to 2pm at the Burke United Methodist Church, 6200 Burke Center Parkway 9near the intersection of Lee Chapel and Burke Lake Roads). There will be a "health and wellness" discussion after the exercise activities. To sign up or get more info, email Cora Foley, B/SSSCWoW volunteer pilot program coordinator, at corazonfoley@yahoo.com or call Sally Zaki at 703-324-5524.

Gabriel Project Training – Outreach to Pregnant Women

Gabriel Project Arlington (GPA), the diocesan parish-based pregnancy assistance ministry of the Office for Family Life, is holding a training session for interested volunteers on Saturday, October 24, at Holy Spirit Catholic Church, 10 a.m. - 12:30 p.m., (after the 9 a.m. Mass). Please contact the GPA main office to RSVP by October 22 at (703) 841-2755 or gabrielproject@arlingtondiocese.org. More information is online at: www.arlingtondiocese.org/gpavolunteer

The Nativity Mom & Me group meets on Wednesday mornings from 10:00-11:30 in the APR room. Babies and children love it. Moms do too! All are welcome to attend. For more information, please call Janetlee Hurley at 703-569-3050.

YARD SALE!!!! Multi-family yard sale to be held at St. Raymond of Peñafort, 8750 Pohick Rd., Springfield (Corner of Fairfax Parkway and Pohick Rd.), Saturday, October 3, 8:00am – 1:00pm. All are welcome to participate and attend.

Food collection for ECHO and the POOR

CLARE SISTERS.....The monthly food collection will take place next Sunday, October 4th. Please bring non-perishable foods to the foyer of the church. In this time of need, food pantries are being rapidly depleted. Canned fruits and vegetables, canned meats, dry products (cereal, pasta, pancake mix, etc.), pancake syrup, vegetable oil, tuna helper, powdered milk, crackers, concentrated juices, quick oats are much need items. ECHO also accepts small appliances such as toasters, blenders, table lamps, pots and pans, microwaves, new and used clothing. For more information pick up a brochure in the bookrack by the sacristy or call 703-569-9160. ECHO Center is located at 7205 Old Keene Mill Road.



Networking Ministry CAN Help the Unemployed!

Christians are Networking (“CAN”) is a Catholic Charities-sponsored ministry that assists people who are in career transition. CAN provides a venue where job seekers receive **free** professional counseling - including resume reviews and practice job interviews - and opportunities to network with other professionals. Join us **every Thursday** evening from 6:30 - 9:30pm at the St. Martin De Porres Senior Center, 4650 Taney Ave., Alexandria, VA 22304. Special Presentations: October 1: “Writing a winning KSA for federal applications” October 15: “Working for an association” No advanced registration required to attend. For more details, contact Elizabeth Lucas at 703-683-7704 or elizabeth22305@verizon.net or Bill Hummell at 703-830-5467, hummel830@cox.net.

**THE WEEK AHEAD
IN OUR PARISH**

Sunday, September 27

- 12:00 pm.....JustFaith (SL)
- 2:00, 4:00 & 6:00pm...CCD Classes (S,PH)
- 7:00 pm.....Troop 1100 Committee Mtg. (RM. 6)
- 7:30 pm.....Confirmation Catechist Mtg. (RM. 9)

Monday, September 28

- 4:00 & 7:00 pm.....CCD (S,PH)
- 7:00 pm.....RCIA (GR)
- 7:00 pm.....RCIC (PH)
- 8:00 pm.....AA Meeting (APR)

Tuesday, September 29

- 9:30 am.....Morning Bible Study (APR)
- 4:30, 7:00 pm.....CCD Classes (S,PH)
- 7:30 pm.....Legion of Mary (APR)

Wednesday, September 30

- 10:00am.....Mom and Me (APR)
- 7:00 pm.....Hispanic Prayer Group (SC)
- 7:00 pm.....ESL Classes (RM. 5)
- 7:30 pm.....Evening Bible Study (RM. 9)
- 7:00 pm.....BSA Troop 1100 (PH)

Thursday, October 1

- 9:30 am.....Craft Group (APR)
- 7:00 pm.....ESL Classes (RM. 5)
- 7:15 pm.....Family Choir (SC)
- 7:30 pm.....Prayer Group (APR)
- 7:30 pm.....Grief Support Group (S)
- 7:30 pm.....Venture Crew (RM. 4)

Friday, October 2

- 4:00 pm.....Girl Scout Troop 2134 (APR)

Saturday, October 3

- 9:00 am.....Mass (CH)
- 9:30 am.....First Saturday Devotion (CH)
- 10:00 am.....Dog Obedience Class (PL)
- 10:00 am.....ESL Classes (RM. 5,6,7,8)
- 4:30 pm.....Hispanic CCD (S/PH)
- 7:00 pm.....Hispanic Mass (CH)

Abbreviations for meeting places.....

APR (All Purpose Room), CH (Church), S (School), PH (Parish Hall), RM. (Room), PL (Parking Lot), SC (School Chapel), GR (Green Room, back of Church, near organ), SL (School Library)