

February 15, 2024



## **Holy Spirit School** ***Inspiring Minds/Igniting Hearts*** **2023/2024** **"Faithfulness"**

# Happy Lent!

Happy Lent! This may be an odd way of providing a greeting considering the somber nature with which we regularly enter and perceive this season of the Church, but when we reflect on the glorious resurrection for which we are preparing it is a happy time.

If you have not challenged yourself to participate in a Lenten program this year, I encourage you to do so. Travel your journey this Lent with family or friends (sometimes accountability is super helpful - like when we strive to exercise and eat better it is easier with a buddy!)

A personal favorite for me is provided by Dynamic Catholic. This year's Best Lent Ever/One Hopeful Truth centers on the book *33 Days to Eucharistic Glory* and is a consecration to the most Holy Eucharist.

The app Hallow also has a robust program, Pray40, that is promoted by Bishop Robert Barron and Father Mike Schmitz.

And certainly do not forget all that our own parish offers. Below is the schedule for your reference and it is also included in printable form from the Family Folder portion at the end of the newsletter.

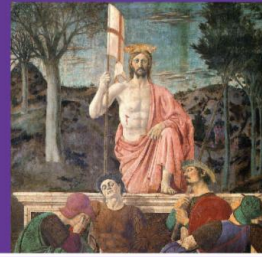
The benefits of making pray, sacrifice, and almsgiving the priority over the coming weeks are boundless.

Happy Lent!

**\*\*Bishop Burbidge is encouraging all of us to participate in the Diocese Day of Unplugging, March 1st. Click the link for more information**

**<https://www.arlingtondiocese.org/unplug/>**

# 2024 Lent & Easter SCHEDULE



## FRIDAY, FEBRUARY 23

Pasta & Soup Supper	5:30 p.m. – 7:00 p.m.	<i>School Cafeteria</i>
Stations of the Cross	7:00 p.m.	<i>Church</i>
Confessions	7:00 p.m.	<i>Church</i>

## FRIDAY, MARCH 1

Pasta & Soup Supper	5:30 p.m. – 7:00 p.m.	<i>School Cafeteria</i>
Stations of the Cross	7:00 p.m.	<i>Church</i>
Confessions	7:00 p.m.	<i>Church</i>

## WEDNESDAY, MARCH 6

Evening of Reflection with Fr. John Riley	7:00 p.m. – 8:00 p.m. (Confessions as usual at 7 p.m.)	<i>Church</i>
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## FRIDAY, MARCH 8

Pasta & Soup Supper	5:30 p.m. – 7:00 p.m.	<i>School Cafeteria</i>
Stations of the Cross	7:00 p.m.	<i>Church</i>
Confessions	7:00 p.m.	<i>Church</i>

## FRIDAY, MARCH 15

Pasta & Soup Supper	5:30 p.m. – 7:00 p.m.	<i>School Cafeteria</i>
Stations of the Cross	7:00 p.m.	<i>Church</i>
Confessions	7:00 p.m.	<i>Church</i>

## FRIDAY, MARCH 22

Pasta & Soup Supper	5:30 p.m. – 7:00 p.m.	<i>School Cafeteria</i>
Stations of the Cross	7:00 p.m.	<i>Church</i>
Confessions	7:00 p.m.	<i>Church</i>

## SUNDAY, MARCH 24

Palm Sunday Masses	5:30 p.m. Vigil (Saturday), 7:30 a.m., 9:00 a.m., 10:30 a.m., Noon, 6:00 p.m.	
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**THURSDAY, MARCH 28 – HOLY THURSDAY**

NO MORNING MASS		
Mass of the Lord's Supper	7:30 p.m.	Church
Adoration at the Altar of Repose until 12 Midnight		Church

**FRIDAY, MARCH 29 – GOOD FRIDAY**

NO MORNING MASS		
Confessions (with additional priests)	9:00 a.m. – 11:00 a.m.	Church
Celebration of the Lord's Passion	3:00 p.m.	Church
Veneration of the Cross, Holy Communion		
Divine Mercy Novena	5:15 p.m.	Church
Stations of the Cross	7:00 p.m.	Church
Tenebrae	7:45 p.m.	

**SATURDAY, MARCH 30 – HOLY SATURDAY**

Solemn Morning Prayer	9:00 a.m.	Church
Divine Mercy Novena	9:30 a.m.	Church
Confessions (with additional priests)	9:00 a.m. – 11:00 a.m.	Church
Blessing of Easter Baskets	10:00 a.m.	Church
NO 3:30 CONFESSIONS		
Easter Vigil Mass	8:30 p.m.	Church

**SUNDAY, MARCH 31 – EASTER SUNDAY**

Divine Mercy Novena	5:30 p.m.	Church
Masses	7:30 a.m., 9:00 a.m., 11:00 a.m., 12:30 p.m., 6:00 p.m.	

**MONDAY, APRIL 1**

Confessions with Divine Mercy Novena and Stations of the Light & Resurrection	7:00 p.m.	Church
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**TUESDAY, APRIL 2**

Divine Mercy Novena and Stations of the Light & Resurrection	7:00 p.m.	Church
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**WEDNESDAY, APRIL 3**

Confessions with Divine Mercy Novena and Stations of the Light & Resurrection	7:00 p.m.	Church
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**THURSDAY, APRIL 4**

Divine Mercy Novena and Stations of the Light & Resurrection	7:00 p.m.	Church
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**FRIDAY, APRIL 5**

Confessions with Divine Mercy Novena and Stations of the Light & Resurrection	7:00 p.m.	Church
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**SATURDAY, APRIL 6**

Divine Mercy Novena	9:30 a.m.	Church
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**SUNDAY, APRIL 7**

Children's Easter Egg Hunt	2:00 p.m.	Front lawn
Divine Mercy Holy Hour	4:45 p.m.	Church



REMEMBER: Friday, February 16th is a no school day for students. It is a professional development day for the faculty and Monday, February 19 is the Presidents' Day holiday.

The parent portal will close on March 1 in advance of the end of Trimester 2. The trimester officially closes on March 7, there is no school for students on March 8 for a teacher workday, and report cards for K-8 will go home on March 15.

We will celebrate Dr. Seuss Day on March 5th with various activities. Students are invited to wear their "Seuss" accessories with their regular uniform that day.

On March 7th, the Middle School production of Mary Poppins, Jr. will take place. The students will be treated to the show in the morning and there will be an evening performance for families. All are welcome!

The Student Council will sponsor a mini Spirit Week in March - be on the lookout for those details.

The annual 7th & 8th grade Science Fair is March 21st. The PTO helps to arrange for judges - please see the information below if you are interested.

Our annual Father's Day Mass will be held on March 22nd; see details below. This is a wonderful day for us to honor the important men in the lives of our children and we choose this timing in order to coincide with the Feast of St. Joseph.

Holy Thursday is March 28th and is an early dismissal day with no afternoon Extended Day. The school is closed for Good Friday and we will have our Easter break the week of April 1st.

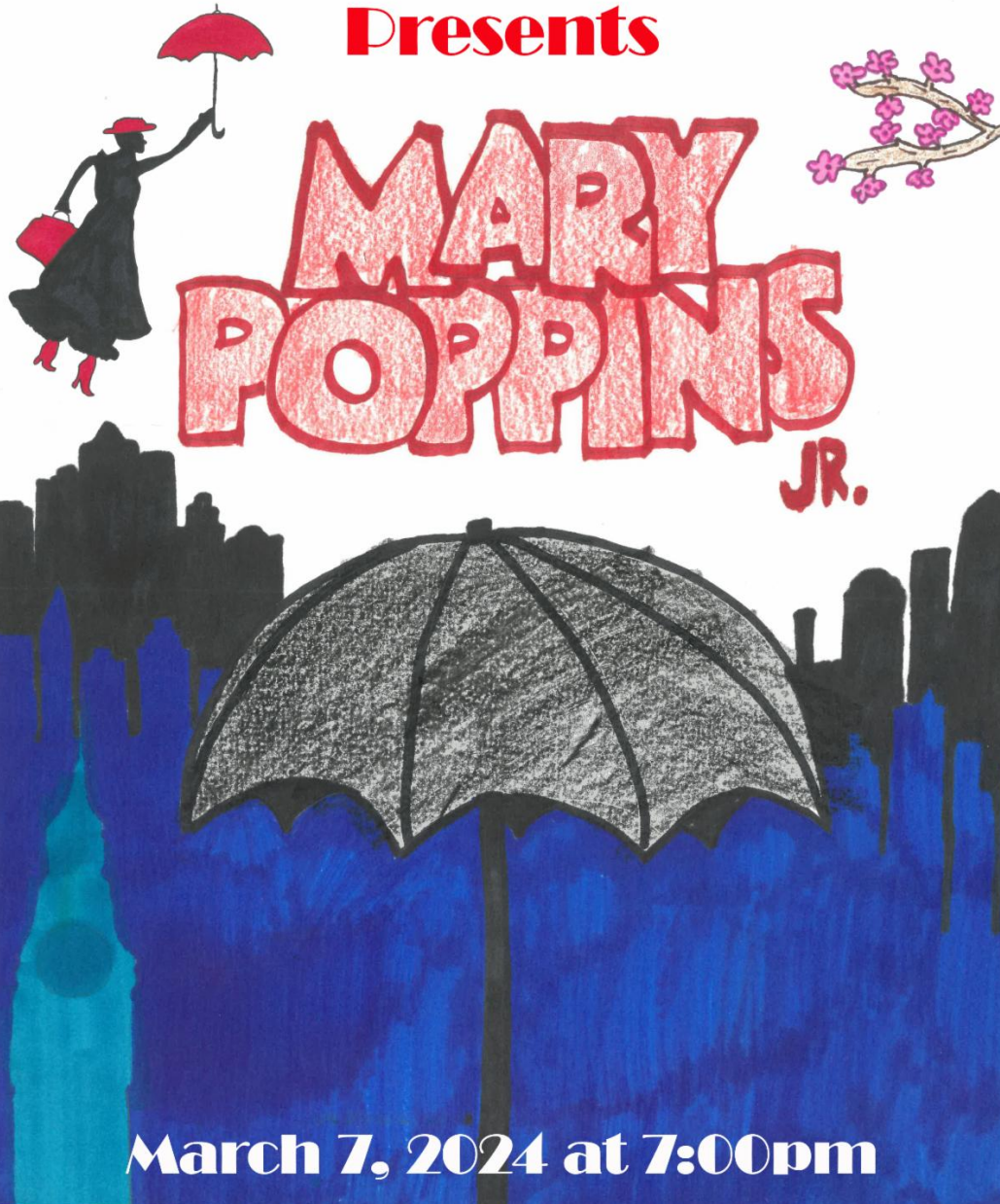
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## *holy* moments

Did you create your own Holy Moment this week? Did you volunteer to "do a task" for someone? We often go through our days thinking that we cannot possibly add one more thing, that every minute of our time is committed already. When, though, we truly give our time from a place of kindness and from our heart, suddenly there does seem to just the right amount of time to fit everything in - when we create a Holy Moment for others, it all just "works".



**Holy Spirit School  
Presents**

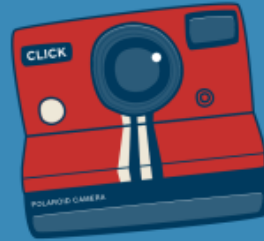


**March 7, 2024 at 7:00pm**

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HOLY SPIRIT SCHOOL

PURCHASE THE  
**2024**  
YEARBOOK



[BUYTHEYEARBOOK.COM](http://BUYTHEYEARBOOK.COM)  
SCHOOL ID: 7236153-2401

**\$18 EARLY BIRD  
SPECIAL (UNTIL 3/15)**

**\$20 AFTER 3/15**







Please join the Holy Spirit School  
Community for a

Mass in Celebration of Fathers

March 22, 2024  
9:00am

Our school day will begin at 9:00 am in the church. Dads and children are welcome to meet us there. If Dads are unable to attend, children are welcome to invite uncles, big brothers, or another special guest. If students will not have a guest that day, we will be glad to receive the children at the regular 8:00 school time. Receptions will follow mass in your children's classrooms.



**It is time to get up off that couch and get ready for the 5K  
Spirit Run benefitting our Resource Department!!**

**2024 5K Spirit Run**

# Can you help us?

For many years, Holy Spirit Catholic School has been supporting all types of learners through our Resource Program and Expanded Services at Holy Spirit School. We currently support over 50 students who have mild to moderate disabilities and who need resource assistance in the areas of ADHD, Autism, Dyslexia, Intellectual Disabilities, Learning Disabilities, and other special needs. We continually adapt to help meet the individual needs of our students so they can achieve social and academic success in inclusive classrooms. Our Resource Team includes four resource teachers, a full-time reading specialist, a full and part-time paraprofessional, and a full-time counselor!

To make inclusive Catholic education accessible, the additional costs required for licensed special education professionals, continuous professional development for our staff, and classroom materials are covered primarily by grants and fundraisers. We host a 5K Spirit Run each year to raise funds, build community, and raise awareness.

The 2024 5K Spirit Run will be held in the Holy Spirit Parish neighborhood on May 18, 2024. We are writing to ask for your support and sponsorship for our 5K. Monetary donations will help cover the cost of the race, allowing the profits from race registration to directly support Holy Spirit's Resource Program, enabling children with special needs to receive a Catholic education. Please see the reverse of this letter for sponsorship levels and other ways you can help us make inclusive education possible.

Thank you for your consideration.

Sincerely,

Sue Gibbons, Race Director  
[sgibbons@holyspiritflames.org](mailto:sgibbons@holyspiritflames.org)

## Race Sponsorship Information

## NEW! February Partners in Faith newsletter and Family Lent Calendar

Holy Spirit School

Family Lent Calendar 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Ash Wednesday Lent begins with Ash Wednesday and ends with the Resurrection of Christ on Easter Sunday. Lent is a time of prayer and fasting, and a time of reflection and repentance. The Lenten season is a time to turn away from sin and to turn towards God.	2 St. John the Baptist John the Baptist was the first to announce the coming of Jesus Christ. He was a prophet and a saint, and he is remembered for his courage and his faith.	3 St. Matthew the Apostle Matthew was one of the twelve apostles of Jesus Christ. He was a tax collector and a saint, and he is remembered for his wisdom and his faith.	4 St. Mark the Evangelist Mark was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	5 St. Luke the Evangelist Luke was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his wisdom and his faith.	6 St. John the Evangelist John was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his wisdom and his faith.	7 St. Thomas the Apostle Thomas was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.
8 St. Peter the Apostle Peter was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his wisdom and his faith.	9 St. Paul the Apostle Paul was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	10 St. James the Apostle James was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his wisdom and his faith.	11 St. Andrew the Apostle Andrew was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	12 St. Philip the Apostle Philip was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his wisdom and his faith.	13 St. Bartholomew the Apostle Bartholomew was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	14 St. Matthias the Apostle Matthias was one of the twelve apostles of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.
15 St. Ignace of Loyola Ignace was a saint and a founder of the Society of Jesus. He was a writer and a saint, and he is remembered for his courage and his faith.	16 St. Francis of Assisi Francis was a saint and a founder of the Order of Friars Minor. He was a writer and a saint, and he is remembered for his courage and his faith.	17 St. Clare of Assisi Clare was a saint and a founder of the Order of St. Clare. She was a writer and a saint, and she is remembered for her courage and her faith.	18 St. Elizabeth of Hungary Elizabeth was a saint and a queen of Hungary. She was a writer and a saint, and she is remembered for her courage and her faith.	19 St. Anne Anne was a saint and the mother of the Virgin Mary. She was a writer and a saint, and she is remembered for her courage and her faith.	20 St. Joseph Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	21 St. Mary the Virgin Mary was a saint and the mother of Jesus Christ. She was a writer and a saint, and she is remembered for her courage and her faith.
22 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	23 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	24 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	25 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	26 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	27 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.	28 St. Joseph the Worker Joseph was a saint and the father of Jesus Christ. He was a writer and a saint, and he is remembered for his courage and his faith.
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**Thoughtful Moments**

**St. Josephine Bakhita**  
St. Josephine Bakhita was a young girl in Darfur, Sudan when she was captured and sold into slavery. Despite serving under cruel masters for many years, she remained sweet and kind. Eventually, the Michaels, who treated her very kindly, bought her. While in Italy, they introduced her to the Canonian Sisters of Charity. She joined in 1893. She spent the rest of her time there as a cook and seamstress. She also helped to prepare young sisters.

**Unconditional love**  
Children learn about God's love by experiencing love from their parents. Children who feel unconditionally loved by their parents are less likely to feel failure or judgment and more likely to look at their parents as advocates rather than adversaries. They are also more likely to be open to a relationship with a loving God as Father.

"A wise son hears his father's instruction, but a scoffer does not listen to rebuke" (Proverbs 13:1).




**Forgiveness leads to holiness**

In family life, conflict may be commonplace as children learn to navigate relationships but learning how to forgive is essential to healthy development. Forgiveness is also essential for holiness. "If you forgive others their trespasses, your heavenly Father will forgive you" (Matthew 6:14). Teach children how to say the words. Encourage children to say, "I'm sorry," "I was wrong," when they have hurt someone. Asking for forgiveness starts the process of recognizing when they have transgressed and understanding that amends must be made. When someone says the words, immediately offer forgiveness by saying, "I forgive you."



**Release grudges.** Old resentments keep us from fully experiencing God's love and forgiveness. Encourage each member of the family to write at least one grudge or resentment they are ready to let go of on a piece of paper and put it into a "grudge jar." Then, take out all the grudges, rip them up, and move on. Practice humility. Humility reminds us that we're saints-in-progress who need God's mercy. We are flawed beings who make mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

**Pay for each other.** Praying together as a family opens us up to much-needed graces. Plus, it's hard to say no to someone for whom you pray!

**Why Do Catholics Do That?**

**Why do Catholics serve pancakes on Fat Tuesday (Mardi Gras)?**

In the early Church, it was customary to give up rich foods and meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would rush to empty the pantry of the forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts). In several countries, it is even called "Pancake Tuesday." It was meant to be one final celebration of feasting before the Lenten fast.

-Maureen Ashby

Principal

Holy Spirit School PTO



## Upcoming PTO Events

Thursday, February 8<sup>th</sup> – Thursday, February 15<sup>th</sup>

**LAST DAY TO ORDER SPIRIT GEAR!**

Place your order [here](#) and see flier below.

Questions? Contact Stacey Nelli [RNchickie@gmail.com](mailto:RNchickie@gmail.com)

**Tuesday, February 20<sup>th</sup>**

PTO Meeting 6:30 – 7:30pm via [Zoom](#) (no in-person option this month)

Meeting ID: 895 9844 5225 Passcode: 268985

See Volunteer Opportunities below for more information.

**Tuesday – Wednesday, March 5<sup>th</sup>-6<sup>th</sup>**

Spartan's Family Restaurant Fundraiser – 9542 Burke Road, Burke

10% of sales will be donated to Holy Spirit. 15% of sales will be donated if we reach \$1500 in sales!  
See flier below for more information.

### **Thursday, March 21<sup>st</sup>**

Middle School Science Fair 12:00pm – 3:00pm in the Gym

Judges are need! See Volunteer Opportunities and flier below for more information.

## **Volunteer Opportunities** (1 point/30 mins volunteered)

**Spring Fundraiser - Show Trainee and Dinner Trainee** (20 PSSC points each) Virtus Certification is NOT required

The Spring Fundraiser will be held on **Saturday, April 13<sup>th</sup>** in the gym and we are in need of volunteers to support the **planning process** to make it a success! The 2024 Show Trainee and Dinner Trainee will support the planning and preparation for the big event and will ideally be the Show Chairman and Dinner Chairman in 2025. These positions will have a superstar showing you the ropes with 16 years of experience running the show on his own! Our very own Joe Terpenning will be retiring this will be his final year with us. Take advantage of this opportunity to learn the ropes before his departure. See the flier below for additional details.

Questions? Contact Joe Terpenning [jterpenning@infinitetech.org](mailto:jterpenning@infinitetech.org)

### **February PTO Meeting**

Join us via [Zoom](#) on **February 20th at 6:30pm** and hear from your PTO president, Mrs. Ploschke, your principal, Mrs. Ashby, and various committees about what is going on at Holy Spirit School this year. There will not be an in-person option for this meeting. Have an idea to share? Want to provide feedback on something? This is a great opportunity for all families to share your thoughts, stay up to date and connect with other parents and the PTO board. Connect1 sign up will be posted soon. For meeting details and to earn PSSC points for attending, please be sure to sign up.

Questions? Contact Kristyn Poreba [PTOSecretary@holyspiritflames.org](mailto:PTOSecretary@holyspiritflames.org)

### **Talent Show & Dance Event Night Volunteers**

There are many job opportunities for anyone who would like to contribute supplies or help out on the day of the show. Check out [Connect1](#) for all opportunities available.

Questions? Contact Joe Terpenning [jterpenning@infinitetech.org](mailto:jterpenning@infinitetech.org)

### **Science Fair Judges**

Still looking to complete your service hours? Then please consider judging the middle school science fair. The event will take place on Thursday March 21st from 12:00 to 3:00 pm in the school gym (with an 11:00 am optional project preview). No special math or science experience is required. You will earn 4 hours toward your school service commitment. Lunch will also be provided. You do not need to be child protection compliant to participate. If interested, please SIGN UP NO LATER THAN TUESDAY, MARCH 19<sup>th</sup> as judges will be assigned to projects on this day. See [Connect1](#) to sign up.

Questions? Contact Laura Laclede [sciencefair@holyspiritschool.org](mailto:sciencefair@holyspiritschool.org)

## **Reminders**

In order to volunteer with any youth in the Arlington Diocese, you must be [Child Protection Compliant](#).

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LET'S FUNDRAISE &  
SHOW OUR SPARTITUDE FOR A  
FUNDRAISER SUPPORTING



# HOLY SPIRIT SCHOOL

**Tuesday, March 5, 2024**  
**Wednesday, March 6, 2024**

ALL DAY, DINE IN OR CARRYOUT  
BRING IN THIS FLYER, SHOW US ON  
YOUR SMART PHONE, OR TELL US YOUR SUPPORTING  
THE CAUSE TO MAKE SURE THAT PROCEEDS WILL BE  
DONATED TO HOLY SPIRIT PTO

FOR ONLINE ORDERING OR GIFT CARDS ORDERED ONLINE  
ENTER FUNDRAISER CODE: **HOLY SPIRIT**



**SPARTANS FAMILY RESTAURANT**

**9542 BURKE RDBURKE VA 22015**

**703-503-5800**

**WWW.ILOVESPARTANS.COM #SPARTITUDE**

## We Need Science Fair Judges!

No STEM experience necessary!

Judging will take place on  
Thursday, March 21st from 12:00  
to 3:00 pm in the gym. Lunch will  
be served. VIRTUS training is not  
required.

Please sign up through Connect1.

### Questions?

Please contact Laura Laclede at  
[sciencefair@holyspiritflames.org](mailto:sciencefair@holyspiritflames.org)



# HOLY SPIRIT TALENT SHOW & DANCE



## WE NEED LEADERS!!

This year the Talent Show will be transitioning to a new leadership format. In preparation for next year's show, we would like to recruit and train a few key roles this year.

**Show Chairman:** This leader would coordinate and run the show. This includes hosting the Sign Up Day to recruit acts, prepare the lineup the night of the show, and coordinate the DJ and the stage crew volunteers. This position does not have to be an Emcee, but can. The position is fun-filled with the preparations of the show and the final performance.

**Dinner Chairman:** This leader would coordinate the caterers and oversee Dinner/Dessert setup, work with Holy Spirit facilities on room setup, oversee decorating, and oversee check in when the doors open.

Both of these leadership roles are exciting and fun. More importantly, they are essential elements to make this annual tradition and school favorite successful. If interested, please contact Joe Terpenning ([jterpenning@infinetech.org](mailto:jterpenning@infinetech.org)) with questions and training.



## HOLY SPIRIT TALENT SHOW & DANCE



**WE NEED VOLUNTEERS!**

**SIGNUP AND HELP MAKE THIS EVENT AWESOME!!**

**WE NEED HELP WITH THE SIGNUP EVENT ON FEBRUARY 13<sup>TH</sup> AFTER SCHOOL AND WE NEED HELP THE NIGHT OF THE SHOW ON APRIL 13<sup>TH</sup>. WE NEED SERVERS, CHECK-IN HELP, DECORATORS, CAKES, DRINKS, STAGE HELP & AUDITION HELP!**

### **PTO Board 2023 - 2024**

President - Christine Ploschke - [PTOPresident@holyspiritflames.org](mailto:PTOPresident@holyspiritflames.org)

Vice President - Rob Wu - [PTOVVP@holyspiritflames.org](mailto:PTOVVP@holyspiritflames.org)

Treasurer - Karin Floyd - [PTOTreasurer@holyspiritflames.org](mailto:PTOTreasurer@holyspiritflames.org)

Secretary - Kristyn Poreba - [PTOSecretary@holyspiritflames.org](mailto:PTOSecretary@holyspiritflames.org)

Volunteer Coordinator - Lauren Schmidt - [PTOVPMembership@holyspiritflames.org](mailto:PTOVPMembership@holyspiritflames.org)

Fundraising Coordinator - Toni O'Neill - [PTOVDevelopment@holyspiritflames.org](mailto:PTOVDevelopment@holyspiritflames.org)

Homeroom Parent Coordinator - Valerie Overstreet - [PTOHomeroomCoordinator@holyspiritflames.org](mailto:PTOHomeroomCoordinator@holyspiritflames.org)

### **Volunteering**

**Please remember that you must be fully compliant with the Child Protection policies of the Diocese in order to perform recess duty and to volunteer for activities where students are present.**

## **Parish Happenings!**





## Statement and Call to Action by Bishop Burbidge and Bishop Knestout on Assisted Suicide Legislation

February 5, 2024

Legislation to legalize physician assisted suicide is moving rapidly in this year's Virginia General Assembly session. The Senate and House have both taken steps to advance this lethal measure. Within the next week, floor debates in one or both chambers are likely to occur.

We are alarmed and deeply saddened by this development. Human life is sacred and must never be abandoned or discarded. At this critical moment, we implore the faithful across our two dioceses: Please contact your state Senator and Delegate. Urge them to reject assisted suicide legislation, using the alert provided by the Virginia Catholic Conference. To access the alert, [click here](#).

Every suicide is a tragedy. Assisted suicide facilitates tragedies and makes the most vulnerable even more vulnerable. Legalizing it would place the lives of people with disabilities, people with mental illnesses, the elderly, and those unable to afford healthcare – among others – at heightened risk of deadly harm.

In the few states where assisted suicide is legal, this troubling reality has already taken root. For example, insurance companies have denied coverage for cancer treatment and other life-saving procedures but offered to pay for cheaper suicide drugs instead. And in Oregon, only 3.3% of the patients who died by assisted suicide since its legalization in 1998 were referred for psychiatric evaluation.

People facing the end of life are in great need, and must be accompanied with great care and attentiveness. To address each of their needs and alleviate their suffering, patients deserve high quality medical, palliative, and hospice care – not suicide drugs.

Please tell the members of the Virginia General Assembly who represent you not to bring assisted suicide to our Commonwealth.

###



**Lenten PASTA & SOUP Suppers**

**WHERE:** School Cafeteria **DATES:** Fridays in Lent: Feb. 16 & 23; March 1, 8, 15, & 22

**WHAT:** Meatless pasta and soup dishes, bread, salad, dessert, beverages **TIME:** 5:30 pm to 7:00 pm Stations of the Cross in the Church at 7:00 pm

Sign up to bring a meatless soup or pasta dish at [holyspiritchurch.us](http://holyspiritchurch.us)

All money donated for your meal will benefit **Work Camp 2024** in serving needy communities by making their homes warmer, safer, and drier and instilling in our youth the value of service.



**WORKCAMP 2024**

**JUNE 22 - 28**  
**FREDERICK COUNTY, VA**

WorkCamp is the Diocese of Arlington's annual youth ministry service event culminating in a week-long overnight camp providing the teens of the Diocese with an opportunity to encounter Christ through service, faith, and fellowship.

**REGISTRATION OPEN! SIGN UP NOW!**  
[www.holyspiritchurch.us/workcamp](http://www.holyspiritchurch.us/workcamp)

COME JOIN US THIS SUMMER AND MAKE MEMORIES THAT WILL LAST A LIFETIME!

**YOUTH** [www.holyspiritchurch.us/youth](http://www.holyspiritchurch.us/youth)  
(703) 425-8778  
YMStaff@holyspiritchurch.us

Catholic Diocese of Arlington and Arlington Diocesan Council of Catholic Women

## 2024 WOMEN'S CONFERENCE

Behold, I Make  
*All Things New*



**March 9th**  
8:30am - 2:15pm  
ST. JOSEPH CATHOLIC CHURCH  
750 PEACH-TREE ST.  
HERNDON, VA

**Featuring:**

- Most Reverend Michael F. Burbidge**  
Bishop of Arlington  
Main Conference Address
- Patricia Sandoval**  
International Pro-Life  
Speaker and Author
- Sr. Mary Madeline Todd, O.P.**  
Author and Theologian

**Register:**  
ARLINGTONDIOCESE.ORG/WOMEN



The Office of Religious, Family, and Pastoral Life  
703.300.1643  
family@arlingtondiocese.org

## Vacation Bible School

### Hometown Nazareth

Where Jesus was a Kid



**June 17-21**

Vacation Bible School is Holy Spirit's weeklong event where children engage in lots of fun activities, games, and crafts, all while learning about Jesus Christ and the Catholic faith. All rising Kindergarteners through rising 5th graders are invited to participate. Older children (under 18) are welcome as youth assistant volunteers.

For more information, or to register visit  
[www.holyspiritchurch.us/vbs](http://www.holyspiritchurch.us/vbs)

**RELIGIOUS EDUCATION**


[www.holyspiritchurch.us/re](http://www.holyspiritchurch.us/re)  
(703) 978 - 8925  
REStaff@holyspiritchurch.us

Catholic Diocese of Arlington

## Men's Conference 2024

### RENEWED IN CHRIST

REFLECTING HIS LIGHT TO THE WORLD




**Featuring:**

- The Most Reverend Michael F. Burbidge**  
Bishop of Arlington  
Main Conference Address
- Rev. Daniel Mode**  
Chaplain of the U.S. Coast Guard
- Dr. Jonathan Reyes**  
Speaker & Author

**MARCH 2ND**  
8:30am - 2:15pm  
St. Joseph Catholic Church  
750 Peachtree St., Herndon, VA  
Register at: [arlingtondiocese.org/men](http://arlingtondiocese.org/men)

**50th Anniversary**  
Office of Religious, Family, and Pastoral Life  
703.300.1643  
family@arlingtondiocese.org

### SPREADING CARMELITE SPIRITUALITY



PLEASE JOIN THE  
**Secular Carmelite Community of St. Thérèse of the Child Jesus**  
FOR A  
**Day of Recollection**  
+  
**February 24, 2023**  
9:00 a.m. - 1:00 p.m.

Holy Spirit Catholic Church  
5121 Woodland Way  
Annandale, VA 22003

**CONFERENCE LEADER:**  
Brother John-Mary Winter, OCD  
Light breakfast will be provided  
**FEES: \$20**

Please contact Michael for reservations:  
703-300-1643 • [michaelcfa@aol.com](mailto:michaelcfa@aol.com)

Other questions? Contact Alicia Steiger: 703-591-1407 • [ocdsresident@gmail.com](mailto:ocdsresident@gmail.com)

## BEDDING FOR BABIES COLLECTION

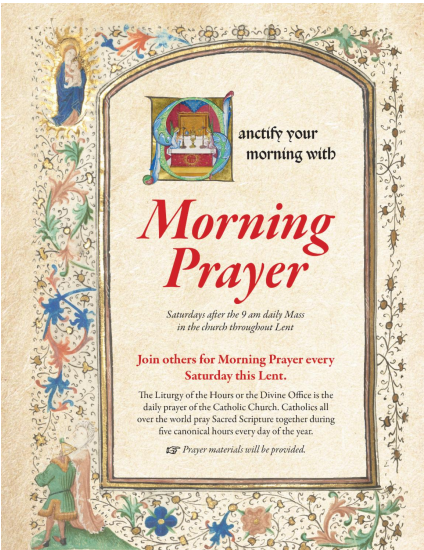


**WEDNESDAY, FEBRUARY 14 - FRIDAY, MARCH 22**

**GOAL:** 100 crib sheets 50 boy baby blankets 10 girl baby blankets  
Please do not donate receiving blankets.

**HOW TO DONATE:**  
Order on Amazon: <https://a.co/7mK1vnt>  
Or drop off at the parish office

Questions? Email [respectliffe@holyspiritchurch.us](mailto:respectliffe@holyspiritchurch.us)


sanctify your morning with

## Morning Prayer

Saturdays after the 9 am daily Mass in the church throughout Lent

Join others for Morning Prayer every Saturday this Lent.

The Liturgy of the Hours or the Divine Office is the daily prayer of the Catholic Church. Catholics all over the world pray Sacred Scripture together during five canonical hours every day of the year.

 Prayer materials will be provided.



# Helping You Find Peace, Power, and Passion After Your Divorce

**Surviving Divorce** was created to bring hope and healing to those who have experienced the pain and loneliness of a broken marriage. It is for the newly separated and divorced and those still struggling with issues many years later. It will help them find answers to their questions, restore hope, and begin authentic healing. Developed and hosted by Rose Sweet, *Surviving Divorce* features experts Dr. Ray Guarendi, Ph.D., Fr. Donald Calloway, M.I.C., Fr. Steve Porter, S.T.L., Fr. Mitch Pacwa, S.J., and Christopher West. It also includes personal testimonies of Catholic men and women who have experienced the breakdown of their families. They courageously share their stories with heart, humor, and wisdom. As they witness to their pain and the healing power of Christ in their lives, participants will laugh, cry, and identify with their journeys from heartache to healing.

**For Men and Women Seeking Healing from Divorce**

**Surviving Divorce will help you:**

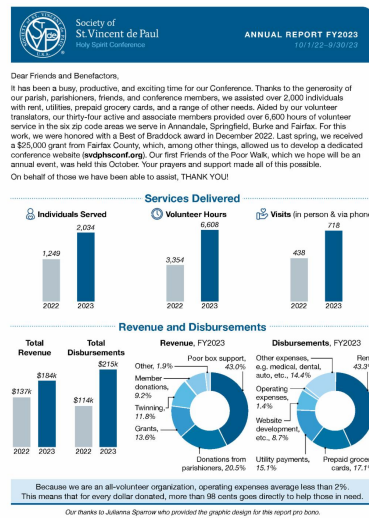
- Work through the emotional upheaval of separation and divorce
- Find personal healing and hope
- Discover a deeper understanding of God's love for you
- Gain wisdom and comfort from experts and others who share your experiences
- Navigate new concerns like custody, court hearings, and finances.

**Dates/Times/Location**  
Tuesdays, April 16, 2024 - July 2, 2024 (12 weeks)  
7:30 - 9:00 PM  
Parish Room in Narthex  
Cost: \$18.95 for participant workbook

**Registration**  
To enroll in the program, please send your name, email address, and phone number to [divorcedministry@holyspiritchurch.us](mailto:divorcedministry@holyspiritchurch.us). The link to purchase the workbook will be sent to you upon registration.

**For More Information**  
Any questions, please reach out to [divorcedministry@holyspiritchurch.us](mailto:divorcedministry@holyspiritchurch.us)

Join us on this powerful journey to hope and healing!  
AscensionPress.com



## Eucharistic Adoration Lenten Challenge!

**Pick YOUR Hour to meet Him once a week for Lent**

[adorationpro.org/hsannandale](http://adorationpro.org/hsannandale) or email [lisa.ciola@holyspiritchurch.us](mailto:lisa.ciola@holyspiritchurch.us)

Eucharistic adoration is when we visit Jesus in the Eucharist. This presence is truly His Body, Blood, Soul, and Divinity. Sitting quietly before our Lord in church gives us time for prayer, reflection, but most of all just being with the Him. Lent offers an invitation for growth. Spending time with Him is a time of growth, grace and of devotion.

**\*\*Rosary, journal, Scripture, quiet reflection, spiritual reading\*\***

**Monday 7a-7p  
Wednesday 7a-7p  
Fri-Sat 7a-9a**

Or, come to our parish  
Holy Hour 7-8p every M, W, F  
with Confessions till the line ends.

"Let our adoration never cease." - Saint Pope John Paul the Great

## 2024 ALL SAINTS CAR RAFFLE

**Each \$5.00 Ticket gives you a chance to win all 25 prizes, including:**

- 2024 FORD ESCAPE
- 2024 FORD BRONCO SPORT
- 2024 FORD MUSTANG
- 2024 FORD RANGER TRUCK
- plus 21 CASH Drawings totaling \$40,000

These pictures are representative of the vehicles; they are not pictures of the actual vehicle, as they have not arrived yet.

Holy Spirit Car Raffle proceeds will help to pay down the unexpected cost of the church sprinkler system installation.

Tickets have been mailed to parishioners.

FOR QUESTIONS OR MORE TICKETS, CONTACT: Tom Kennedy at [tfkinva@aol.com](mailto:tfkinva@aol.com)

## Lenten Food Drive

To Benefit The St. Lucy Food Project

Hunger continues to burden many in our diocese. Due to the higher cost of food and the end of pandemic benefits, our neighbors continue to need our help! Pick up your blue St. Lucy food bag at the church entrance beginning March 16th-17th and fill it with non-perishable food items.

**Blue Bag Food Collection  
March 23 & 24 | All Masses  
Holy Spirit Church**

The St. Lucy Food Project is in need of the following items (see glass items please):

- Jelly
- Canned Pasta
- Bannet Rice
- Canned Fruits and Vegetables
- Cereal
- Dried Black & Pinto Beans
- Granola Bars
- Tomato Products
- Masa/Masaena Flour

Check Donations in Gift Card

Please consider donating critical (tax deductible) funds on collection day for continued food delivery throughout the year. Write your check to "CCDC" with "Holy Spirit St. Lucy" written in the Memo and send to: "Program Director, St. Lucy Project, 8420 28th Ave Circle, Manassas, VA 20108" If you miss this collection, we also gratefully accept Target and Giant gift cards.

For more information about the drive, please contact  
Vince Camacho, Holy Spirit Food Ministry, 571-442-4673 (cell)

**KNIGHTS OF COLUMBUS**

IS ONE OF YOUR 2024 NEW YEAR'S RESOLUTIONS...

To learn to knit? OR To learn to crochet?

**SECOND MEETING!**

Due to popular demand, the Good Samaritan Society Knitting and Crocheting Group will be holding a second meeting. We will split into groups to help brand-new needleworkers who need practice with basic stitches, intermediate needleworkers who want to learn certain stitches and advanced needleworkers who want to share ideas.

**Bring these materials:**

- One pair of knitting needles, straight needles preferred, size 7 OR one crochet hook, size G
- One ball of worsted weight yarn (sometimes called medium or size 4), acrylic preferred
- One pair of small, sharp scissors
- One measuring tape

**SATURDAY MARCH 2 10-11 AM**  
McGivney Hall in the narthex

For more information, email [gss@holyspiritchurch.us](mailto:gss@holyspiritchurch.us)

# Community Happenings!

**2024 CONFERENCE**



**From Inclusion to Belonging**  
**CREATING COMMUNITIES THAT FOSTER MENTAL HEALTH FOR ALL**

**FEB 17**  
 8:30am-3:00pm

SAINT JOHN PAUL THE GREAT HIGH SCHOOL  
 POTOMAC SHORES, VA

**KEYNOTE SPEAKER**



**Mark Bradford**  
 Fellow for Persons with Intellectual and Developmental Disabilities  
 Word on Fire

This full day conference seeks to bring together mental health professionals and advocates to discuss meaningful ways our community can better serve persons with disabilities. At this conference, families and individuals with intellectual and developmental disabilities can learn practical ways to identify and utilize support systems within the local community to help them overcome mental health struggles.

Mass officiated by Bishop M. Burbidge, Multiple Breakout Sessions, Buffet Lunch, Exhibitors Booth, Networking, Child care available, and more!




**JOIN US**  
**SCAN HERE**

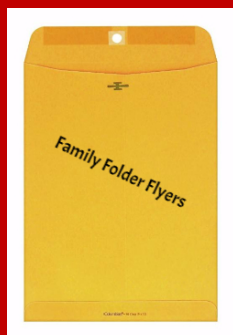
**GOT THE SPIRIT?**  
**WE WANT TO HEAR IT!**

*Register for the Cheerleading Clinic!*

**Bishop O'Connell Cheerleading Clinic**  
 Saturday, March 2nd from 9am - 12pm. | \$40

Signup is open to all middle school and high school aged students! Register online using the QR code or visit our Instagram page for the link in bio. Stay after the clinic and join us to decorate your own cheerleading bow! (Noon - 1pm)

[@djocheerleading](#) [@djocheerleading](#) [cheer@bishopoconnell.org](mailto:cheer@bishopoconnell.org)



## FAMILY FOLDER

The following flyers may be found in the folder labeled "February 15, 2024" on the website. For your convenience, some flyers are repeated.

Family Folder

### School Flyers:

1. Diocesan Tuition Assistance Programs Overview
2. Yearbook Sale flyer
3. Fathers Day Mass flyer
4. Partners in Faith (February) newsletter
5. Family Lent Calendar

### 5K Spirit Run

1. Sponsorship Information
2. T-Shirt Design Contest flyer

### PTO Flyers:

1. PTO Fundraiser at Spartans
2. Science Fair Judges
3. PTO Talentshow Sign Up
4. PTO Talentshow Volunteer flyer

### Parish Flyers:

1. Parish Lenten Brochure
2. Bishops' Response to Assisted Suicide Legislation
3. Lenton Soup Suppers
4. HS WorkCamp 2024
5. 2024 Women's Conference
6. Vacation Bible School
7. 2024 Men's Conference
8. Day of Recollection
9. Bedding for Babies Collection
10. Morning Pray during Lent flyer
11. After Divorce seminar flyer
12. St. Vincent de Paul Society Annual Report
13. Eucharistic Adoration Lenten Challenge
14. 2024 Car Raffle
15. Lenten Food Drive
16. Learn to Knit or Crochet

Community Flyers:

1. From Inclusion to Belonging Conference
2. Bishop O'Connell High School Cheerleading Clinic

Holy Spirit School | 8802 Braddock Rd., Annandale, VA 22003

[Unsubscribe pto@holyspiritflames.org](mailto:pto@holyspiritflames.org)

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