

February 16, 2023



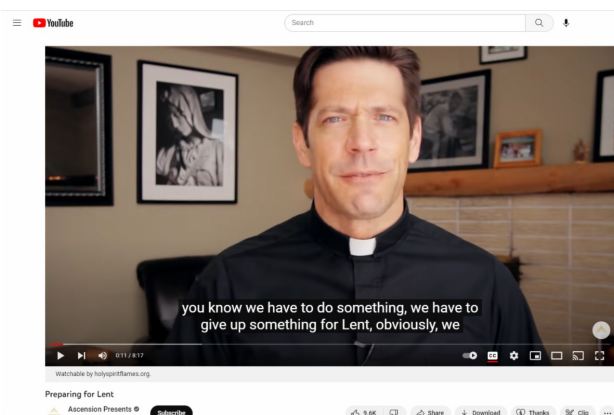
Holy Spirit School
Inspiring Minds/Igniting Hearts
2022/2023
"Joy"

Preparing for Lent

How quickly we move through the church calendar with Ash Wednesday and the beginning of Lent next week.

We will attend Mass in the church at 10:15 am for Ash Wednesday.

For those familiar with Father Mike Schmitz, below is a video from Ascension Press about preparing for Lent - lots to think about! I do hope that your family prayerfully decides how you will approach this holy season and make it fruitful in growing your relationship with Our Lord.



Monday, February 20th is a no school day for Presidents Day.

Tuesday, February 21st is the hot chocolate sale sponsored by the NJHS.

On Tuesday, February 28th we will have a prayer service in the morning followed by Adoration throughout the day.

Thursday, March 2nd is when we will celebrate Dr. Seuss Day - be sure to look at the information below.

If you can believe it, the 2nd Trimester ends on Thursday, March 9th. If students have outstanding work or assessments, now would be a great time to dialogue with their teacher(s).

Friday, March 10th is a no school day for students and a day of professional development for the faculty.

Thank you to everyone who responded to the survey regarding the hot lunch program. I will be going through and compiling the responses in order to use the information as we plan for the upcoming academic year.



Hot Chocolate At Lunch

February 21

Sponsored by NJHS

☛ \$1 for Hot Cocoa

☛ Whipped Cream,
☛ Marshmallows, and Peppermint
☛ Sticks are included!!



Dr. Seuss

Dress Up Day

Thursday March 2nd

Spend the day dressed as
your favorite Dr. Seuss character

Put a Wocket in your pocket

Be a Lorax

Wear a cat's hat

Be creative...there are so many possibilities!



*This is NOT a regular dress down day. You must be in costume to participate.
Volunteers will be needed for this fun day! Please visit Connect 1 for opportunities
to help (sign-up coming soon).

Time to Start Training!!!!

HOLY SPIRIT'S 5K T-SHIRT DESIGN CONTEST



**MUST BE SUBMITTED TO THE OFFICE OR
TO MRS GIBBONS FEBRUARY 24TH!!**



PARENTS IN STEM NEEDED!

MISS STEVENSON INVITES PARENTS
WITH CAREERS IN STEM TO SPEAK
TO HER TECHNOLOGY CLASSES
ABOUT THEIR CAREER AND THEIR
JOURNEY.

**VOLUNTEERS NEEDED FOR THE
TIMES:
FEB 27 9:45-11:15 (2 CONSECUTIVE
CLASS PERIODS)
FEB 27 12:00-12:45 (1 CLASS
PERIOD)**

For interested volunteers, please go to Connect!
to register for a time slot.
Email Miss Stevenson with any questions:
estevenson@holyspiritflames.org

Doodle for Google Contest 2023

The Doodle for Google Contest kicked off for 2023. The theme this year is "I am grateful for." For the contest, students use their imagination to create a google doodle based on what they are grateful for.

The contest is open now through **March 7th, 2023** to students in grades K-12. There will be a state winner from each state/territory, national finalists, and one final national winner. If you have any questions or if your student is interested in participating, please feel free to contact Mrs. Liss iliss@holyspiritflames.org. She is happy to help guide, answer questions or give feedback.

This is the link for more information and to enter the contest.

<https://doodles.google.com/d4g/>

Thoughtful Moments

Instill confidence in prayer

Many Catholic parents worry their children will be tempted away from the faith. The good news is that children who grow up with a strong prayer life, regular Mass attendance and Confession often are likely to stay Catholic. Youngsters who turn to God from an early age grow up to revere and lean on Him. Teach children to pray and have prayer aids handy. Pray regularly as a family, and stay close to the greatest Catholic prayer – the Mass.

Love of God and others
Christian parents, by example, can help their children live the greatest commandments – love of God and neighbor. By creating a home where tenderness, forgiveness, respect, and humility flourish, the family places the spiritual above the material aspects of society. Children learn to love as God loves – freely, confidently, and without limits.

"Discipline your children, and they will bring you comfort, and give delight to your soul" (Proverbs 29:17).

Four holy habits to teach children during Lent

The season of Lent is a call to change our ways and repent. It's also a chance to help our youngsters grow in holiness. In turn, we will find ourselves becoming more virtuous as we "train a child in the way he should go" (Proverbs 22:6).

Patience: Children often have trouble waiting, but impatience can make us sad or mad, and lead us to stop trusting in God. Teach patience by calmly waiting your turn, don't complain when enduring difficulty, and encourage children to pray while waiting.

Kindness: Flowing out of the virtue of charity, it is best learned by feeling it so it can be reproduced. Make kindness a signature virtue your family shares.

Honesty: Deception in any form is sinful. Children may lie to get out of trouble, to get something they want, to avoid upsetting others. When they admit to wrong doing, extend mercy. If you uncover a lie, require an apology and impose steps to repair damage done.

Obedience: Our fallen nature means that disobedience is more natural to us than submitting to authority, but obedience recognizes rightful authority. This virtue encourages us to submit to God's will – a critical life skill. We can model obedience when we seek God's will in prayer and Scripture, pray for His guidance, and model these habits for our children.

Why Do Catholics Do That?

Each color highlights a particular aspect of the season and helps us enter the mystery we're celebrating. Green symbolizes spiritual growth and is worn during Ordinary Time. Purple (or violet) is for the penitential seasons of Lent.

Why do we use different colored vestments during Mass?

And Advent. White and gold signify joy and glory and are for Christmas and Easter. Red, recalling Christ's blood, is worn on Good Friday and the feasts of the martyrs. It also recalls the Holy Spirit and is worn on Pentecost and Confirmation.

Family Lent Calendar 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lent is the Biblical season of holy days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary period for seasons in the Church's liturgical year, reflecting the holy days Jesus spent in the desert fasting and praying (Catechism of the Catholic Church).</p> <p>24 Shrove Tuesday Write the word, "shrove," on a piece of paper. Read it to your child and have him or her repeat it. This is a fun way to learn the word "shrove" and to practice writing.</p> <p>25 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>28 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>29 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>30 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>21 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>22 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>23 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>24 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>25 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>22 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>23 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>24 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>25 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>23 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>24 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>25 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>28 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>24 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>25 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>28 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>29 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>25 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>26 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>28 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>29 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>30 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>	<p>26 Monday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>27 Tuesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>28 Wednesday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>29 Thursday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>30 Friday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p> <p>31 Saturday Read the story of the blind men and an elephant. Discuss how each person was only touching a part of the elephant and how they were all wrong in their own way.</p>

—Maureen Ashby

Principal

Holy Spirit School PTO



Upcoming Events:

February 21st – Fat Tuesday Luncheon for teachers (sign-up in Connect 1)

February 28th - Panera Bread Fundraiser! See the flyer below.

March 22nd – Used Uniform Sale 2:30-5:30

March 30th – Science Fair Judges Needed! (12-3). No STEM experience necessary! Lunch will be provided! (sign-up in Connect 1) Any questions please reach out to Mrs. Laura Laclede at sciencefair@holyspiritflames.org.

April 29th - Art Show Sign-up. See the flyer below.

April 29th – Talent Show Volunteers Needed! See the flyer below.

Hospitality Committee: The next teacher luncheon is scheduled for February 21st - "Fat Tuesday"! If you would like to volunteer to donate items, the sign up is open in Connect 1.

PTO Meeting: The February PTO meeting will be on February 21, 2022, at 6:30 pm. This is a great opportunity to learn about upcoming events, meet fellow parents, and to get involved. Additionally, the meeting attendance counts towards the PSSC hours. This meeting can be found at the following link:

[https://holyspiritflames.zoom.us/j/87077053723?](https://holyspiritflames.zoom.us/j/87077053723?pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09)

[pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09](https://holyspiritflames.zoom.us/j/87077053723?pwd=SkJiMEdsWHcvKzdVZC9qN09GdlgrZz09)

Meeting ID: 870 7705 3723

Passcode: 483688

Connect1:

If you need more assistance with Connect 1 you can either contact Tom Fields at PTOPSSC@holyspiritflames.org or visit <https://app.connect1.io/volunteers/gmguig6pp>



Panera
FUNDRAISING

Help support us!
HOLY SPIRIT SCHOOL

February 28, 2023
4:00 pm to 8:00 pm EST
6230 W Rolling Road Suite V

Use code **FUND4U** at online checkout, in the Panera App,
or at the kiosk in-café.*

Bring this flyer or show a digital copy to your cashier when ordering at the café or enter the
promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your
organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

©2022 Panera Bread. All Rights Reserved.

*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by café.

**20%
OF SALES
WILL BE
DONATED**



Holy Spirit School's Annual Talent ShowCase & Dance



Saturday, April 29th, 2023



ART SHOW SIGNUP

The Lobby Art show is looking for works of sculpture, photography, writing, painting, drawing or other displayable media. If you have a talent for creating, the lobby show is looking for you!!

Requirements for Submission:

Flat work no larger than 22 X 24 including mat/frame, needs to have hanging hardware attached. Sculptures no bigger than 24 x 20 with a weight limit of 10 pounds, must stand on it own.

Please include a title, description, and your name and grade on a card with the work submitted.

Deadline for submission: March 29th. Please **submit all works to Mrs. Liss by April 26th.**

NAME _____



grade/teacher _____

Type of work: _____

Holy Spirit School's Annual Talent Showcase



When: April 29, 2023



WE NEED VOLUNTEERS!!

Volunteers are needed to help make this year's talent show awesome!! All manner of jobs from small to large are needed, and all help is appreciated. If you signed up at the PTO Fall Fair, your signup has been transferred to Connect 1 for your convenience. To volunteer for this event, Please click the signup link below:

<https://app.connect1.io/volunteers/kKPf0p4TN>

any questions, email Joe Terpenning at
jterpenning@infinetech.org

CHECK CONNECT 1 FOR VOLUNTEER OPPORTUNITIES

PTO Board 2022 - 2023

President - Christine Ploschke - PTOPresident@holyspiritflames.org
Vice President - Trevor Lowing - PTOVp@holyspiritflames.org
Treasurer - Danielle Hetzler - PTOTreasurer@holyspiritflames.org
Secretary - Lee Conroy - PTOSecretary@holyspiritflames.org

Volunteer Coordinator - Mary Sonnen - PTOVPMembership@holyspiritflames.org
Fundraising Coordinator - Toni O'Neill - PTOVDevelopment@holyspiritflames.org
Homeroom Parent Coordinator - Valerie Overstreet - 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 in activities where students are present.


Parish Happenings!

Sponsored by the Knights of Columbus

Married Couples Morning of Reflection

Join other married couples from the parish for a morning of reflection, prayer and fellowship, led by Deacon Tom Grodek. Contact knights@holyspiritchurch.us for more information.

February 11th
10:00 am-12:00 noon
Meeting Rooms 1 & 2



Wednesday Night

Bible Study

With Father O'Donohue



We learn why this is the
message of salvation in our
upcoming class.

Next Session: February 22nd | 8:30 PM
Livestream option available
for those unable to attend.



 **Knights of
Columbus®**
The Abbate Agency
www.abbatekofc.com

**You're invited
to join us
on February 28th!**

**Catholic Financial Planning Seminar
and Council Social**

Join us for an informative live presentation from the Abbate Agency - Knights of Columbus about how to combine your faith and financial security. It will be preceded by a social sponsored by Holy Spirit Council 11922. All are invited to better their understanding of benefits available to Catholics through the Knights of Columbus. This is a wonderful opportunity for everyone to learn and to enjoy good company during the social! It is open to the entire community.

The Knights of Columbus has once again earned AM Best A+ (Superior) Rating for Financial Strength. This reaffirmation by A.M. Best, along with our recent designations by *Forbes* as one of "America's Best Insurance Companies" and the S&P ranking¹ us as one of the most financially strong life insurers in North America, all clearly demonstrate our position as a top insurance company and a strong competitive leader in our industry.

The Abbate Agency, a consistent high performer for the Knights of Columbus and its members, offers the knowledge and experience to help you best leverage the Knights of Columbus financial strength, insurance products² and fraternal benefits to meet your needs.

You will also learn about how Catholics now have an opportunity to work with Knights of Columbus Asset Advisors through one of our Investment Advisor Representatives. We offer clients a way to invest with integrity, assured that their funds are invested with companies committed to sound ethical, environmental, social, and corporate governance practice. That's how we provide "value with values" by helping clients grow their future with faith-based investing.³

Date: February 28, 2023 Time: 7:30 PM
Location: Quinn Room, Holy Spirit School
8800 Braddock Road, Annandale, VA 22003
RSVP: <https://feb28annandale.abbatekofc.com>



¹Ranking: North American Life Insurance Companies from Strongest to Weakest by S&P Global Ratings, April 6, 2022.
²Insurance products are offered through Knights of Columbus, One Columbus Plaza, New Haven, CT 06510.
³Investments are offered through Knights of Columbus Asset Advisors, information found on www.kofcassetadvisors.org.



"All things in this world are gifts of God, created for us, to be the means by which we can come to know him better, love him more surely and serve him more faithfully." St. Ignatius of Loyola

INVITATION - Holy Spirit Men's Lenten Retreat at Loyola on the Potomac - March 3-5

What:

- The Ignatian guided retreat begins on Friday evening with a crab cake dinner and concludes with a celebration of Mass at noon. Eucharistic Adoration and Confession offered.
- The retreat is a time to come away from our ordinary activities, to rest, pray, and invite the Lord to renew our spirits. It is an opportunity to gain perspective and to find new meaning for our lives.

What do retreatants say?

- "I have been coming to Loyola retreats for most of the last 29 years. It has been an incredible blessing for my spiritual and personal life. Two of my sons have also attended with me. I wish more people could experience the peace of these retreats."
- "The content of this retreat was perfectly targeted and divided into digestible chunks that allowed me to 'use' it, explore it, and consider it during my personal prayer time. The facilitators were excellent and I appreciated their self-disclosure making them human, but also very knowledgeable of the material they were presenting."

When/Where: This year's retreat will take place March 3th-5th (Fri. evening to Sun. noon). The retreat house is located in Faulkner, MD which is only a short 1 hour 15 minute drive from Holy Spirit.

Cost: \$245 includes private room, meals, snacks (\$195 if you are a first timer or under 35). Financial help is available upon request. Handicap rooms and carpooling options available.

Registration & Deposit Deadline: Friday, February 24th & deposit is \$115

- 1) Confirm attendance by emailing SeanRoberts911@gmail.com or call 703-640-4157
- 2) Register online...<https://loyolaontheopotomac.com/registration-16/ignatian/>
- 3) Pay with credit card or mail check made payable to 'Loyola on the Potomac' to:
 Sean Roberts, c/o Loyola, 5416 Panola Court, Springfield, VA 22151

Lenten Soup and Pasta Suppers

Bring your family & enjoy meatless soups and pasta, baked potatoes, salad, and desserts



Feb 24 - Mar 8

FRIDAYS

5:30 - 7:00 PM
in the Cafeteria

Stations of the Cross
in the Church at 7:00PM

Donations at the Door Benefit

Summer Workcamp & Parish Needs

Sponsor a WorkCamper

Help Make an Irish Whiskey Cake



Every year for our teens
make and sell Irish
Whiskey cakes to help
fundraise money to allow
them to participate in
Work Camp!



This year we are asking people of the parish of Holy Spirit to participate in a new program called "Sponsor a WorkCamper"

What: Signing up commits you to two things:

1. Praying for the WorkCamper
2. Helping make cakes so they can attend WorkCamp

Each teen needs 4 total cakes made in their name - and even more they need prayers! Please prayerfully consider sponsoring a WorkCamper!

Find out more information by visiting the homepage of our Website or by emailing the Youth office at youthministry@holyspurchurch.us

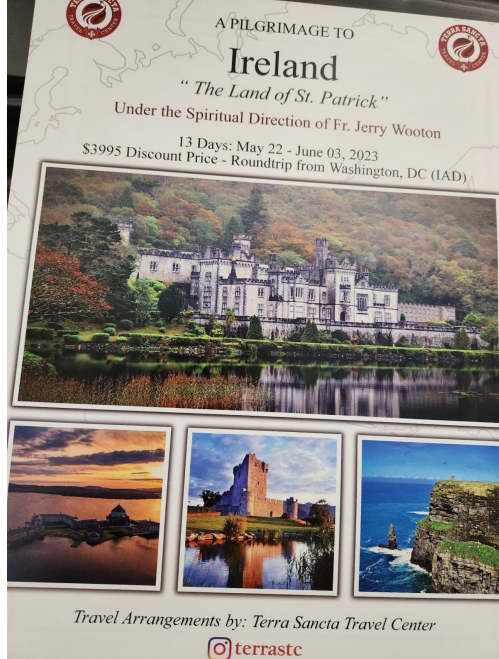
Holy Spirit Church Presents Vacation Bible School 2023



June 19 - 23
9 am - 12 pm
Lunch is included

Adult and Youth Volunteers are needed.
Children of adult volunteers attend for free.

Registration opening soon.



JMJ TOURS Presents
Catholic Saints of Montréal & Québec City
 CANADA PILGRIMAGE

May 8 - 11, 2023
 Father John O'Donohue
 Holy Spirit Catholic Church

JMJ TOURS

Québec City

Saint Anne de Beauré

Pilgrimage Highlights

- Montréal
- Saint Patrick's and Notre-Dame
- Saint Joseph's Oratory
- Saint André Bessette
- Saint Kateri Tekawitha
- Notre-Dame du Cap de la Madeleine
- Saint Anne de Beauré
- Old Québec City

For pricing and due dates visit
JMJsTours.com/Quebec

Saint Joseph's Oratory

Old Québec City

Notre-Dame Cathedral Montréal

SAVE \$50

Early Sign-Up Special

Per Person, double occupancy

4 Days / 3 Nights
 Montréal & Québec City, Canada
 Roundtrip Airfare
 Washington - Québec / Air Canada
 1 Night Montréal
 Superior First Class Lodging

2 Nights at the Québec City
 Monastery-Hotel des Augustinien
 Father John O'Donohue, Pastor
 All Itinerary Transportation in
 Canada via Private Euro-Coach
 Breakfast & Dinner Daily

Daily Mass & Rosary
 English-speaking
 Guides and all
 Admission charges
 JMJ Tours Staff
 to Serve You

Space is Limited, Register at
www.JMJtours.com/Quebec

Community Happenings!

FAMILY FOLDER

The following flyers may be found in the folder labeled "February 16, 2023" on the website. For your convenience, some flyers are repeated.



Family
Folder

School Flyers:

1. Doodle for Google contest information flyer
2. Hot Chocolate Day
3. 5K Spirit Run T-shirt Design Contest
4. PTO Panera Fundraiser
5. PTO Talent Showcase Art Show Signup
6. PTO Talent Showcase Volunteer Signup
7. Partners in Faith (February) newsletter
8. Partner in Faith Lenten Calendar
9. Diocese of Arlington Tuition Assistance Overview

Parish Flyers:

1. Married Couples Morning of Reflection flyer
2. Bible Study with Father O'Donohue flyer
3. K of C Financial Planning Seminar flyer
4. Men's Lenten Retreat flyer
5. Lenten Soup Supper flyer
6. Sponsor a Work Camper flyer
7. Vacation Bible School flyer

8. Pilgrimage to Ireland flyer
9. Pilgrimage to Montreal flyer

Community Flyers: