

February 22, 2024



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

**Traveling Through Lent As A  
Family**

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## Family Lent Calendar 2024

 = a day of fasting and abstinence from meat.  = a day of abstinence from meat.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February</b>			<b>14 Ash Wednesday</b>	<b>15</b>	<b>16</b>	<b>17</b>
"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert (fasting and praying)" (Catechism of the Catholic Church).			Attend Mass and wear the ashes all day as a sign of penance.	Help children choose Lenten offerings that are meaningful and do-able.	Have meatless meals today. Pray for those who can't have meat as a regular part of their diets.	Pick a patron saint for Lent to pray for your family until Easter.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22 St. Peter's Chair</b>	<b>23</b>	<b>24</b>
"Bury the Alleluiah." Write the word, "alleluia," on a piece of paper. Put it in a bag and bury it in the ground until Easter.	Resolve to only use kind words today.	Pick a person or situation in the news and pray for them at dinner.	Put out an empty "Donations" box. Fill it with unused clothes or toys in good condition throughout Lent.	Offer extra prayers for the intentions of the Holy Father.	Attend a Stations of the Cross service or pray through the Stations together at home. Find them here: <a href="http://www.usccb.org">www.usccb.org</a> .	Set out a "Lenten good deed jar" and add a jelly bean every time someone does a good deed. Enjoy at Easter.
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>1 March</b>	<b>2</b>
After Mass, stay and light a candle for someone who passed away recently.	At dinner, have everyone name one thing for which they're grateful.	Check out Catholic Relief Services and see if you can help support any of their projects at <a href="https://www.crs.org">https://www.crs.org</a> .	Practice patience -- a much-needed form of almsgiving.	Enjoy pretzels -- a traditional Lenten snack because they were originally shaped into crossed "prayer" arms.	Attend daily Mass together or make time later today to visit Jesus in the Blessed Sacrament.	Play a family Rosary together in honor of Mary's Immaculate Heart.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
After Mass, go over the homily with children. Discuss practical ways to "clean the temple" of your hearts.	Stop by the parish office and ask if there are any upcoming events you can volunteer to help with.	Encourage children to give up a favorite toy or game -- just for today, just for God.	Tonight, have everyone think of someone they don't get along with and share those good things about them.	Pray the Chaplet of Divine Mercy together for souls in need. See details here: <a href="http://www.triduemercy.org">www.triduemercy.org</a> .	Attend a parish fish fry together.	Show Jesus you're trustworthy and work on a project you've been putting off.
<b>10 Lactare Sunday</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 Family Night</b>	<b>16</b>
Go out for a small treat to celebrate the midpoint of Lent.	Encourage everyone to refresh any Lenten commitments.	Look for signs of God's love and presence today. Have everyone share two of them at dinner.	Prepare souls for Easter! Do an examination of conscience, using the Ten Commandments or Eight Beatitudes as a guide.	Encourage everyone to do an extra chore and offer it for the souls in Purgatory.	Take the phone off the hook and turn off the TV. Play board games and spend time together.	Go to Confession as a family and experience God's mercy.
<b>17</b>	<b>18</b>	<b>19 St. Joseph's Day</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Offer special prayers for catechists and anyone else who teaches the Faith.	Go for a walk together and look for signs of Spring.	Today is a solemnity! See if your parish has a "St. Joseph's Table" or enjoy pastries at home to celebrate.	Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	Bring your donations box to its destination.	Have a screen fast (from recreational use) from noon to 3, honoring the time Jesus hung on the Cross.	The King is coming! Tidy up the house to prepare for the holiest week of the year.
<b>24 Palm Sunday</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28 Holy Thursday</b>	<b>29 Good Friday</b>	<b>30 Holy Saturday</b>
Display palm branches -- signs of victory -- around the images of Jesus in your home to mark the start of Holy Week.	At dinner, offer extra prayers for everyone coming into the Church at Easter.	Go on a water fast today. Drink only water and pray for those for whom accessible drinking water is difficult.	Get up 15 minutes early to pray as a family.	Attend a Holy Thursday liturgy or read John 13:1-11. What would you say if Jesus offered to wash your feet?	Pray the Stations of the Cross together, recalling Jesus' greatest act of love for us.	Light a candle and renew your baptismal vows together as a family.

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I decided this week to pull this resource to the front of the newsletter as sometimes we get to the point where we just scroll past items.

If you are looking for ways to experience Lent together as a family, the calendar put together by Partners in Faith might provide some ideas. The calendar can be printed via the Family Folder at the end of the newsletter.

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

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

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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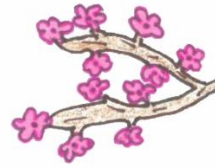
# *holy* moments

Did you create your own Holy Moment this week? Did you tidy up a space this week? When I thought of this for myself this week, of course my first reaction was that I tidy up physical spaces all of the time, so I decided I needed to think differently. My thoughts turned then to tidying up some relationship spaces instead and to concentrate on where I have been neglecting or taking for granted those in my personal life. For me it certainly took a somewhat mundane challenge and turned it into a productive and rewarding one.

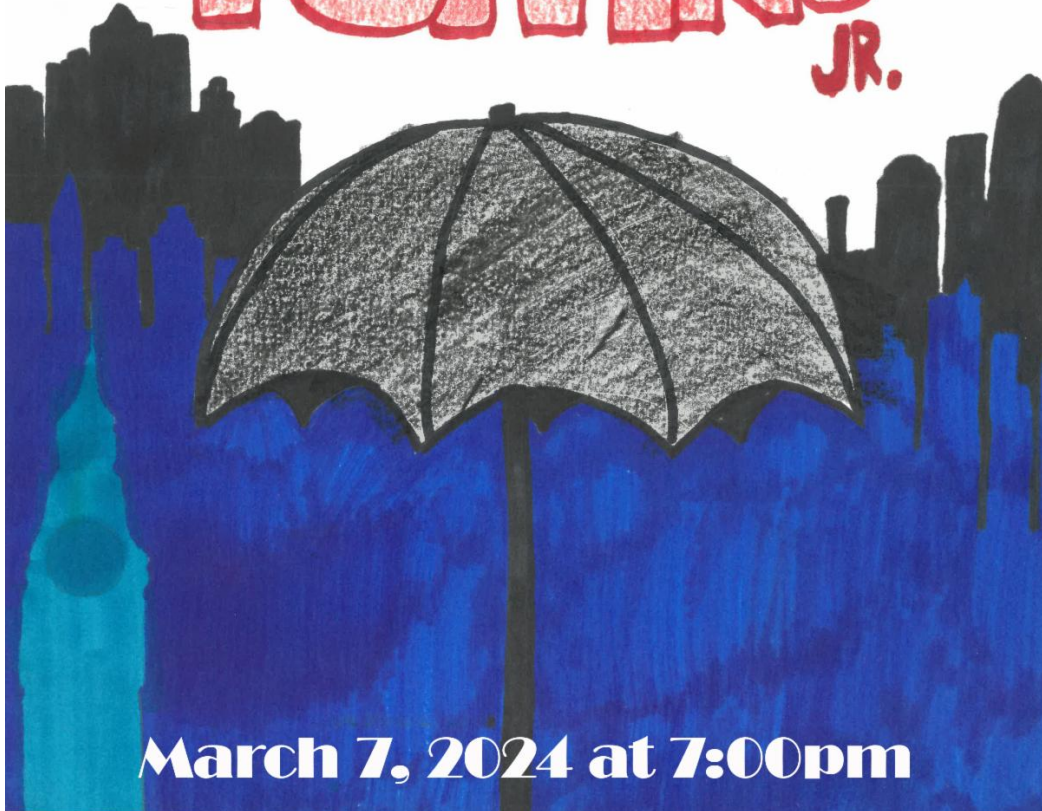


**Holy Spirit School**

**Presents**



# MARY POPPINS JR.



**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
18 Ash Wednesday	19	20	21	22 St. Peter's Chair	23	24
19	20	21	22	23	24	25
25	26	27	28	29	1 March	2
3	4	5	6	7	8	9
10 Lenten Sunday	11	12	13	14	15 Family Night	16
17	18	19 St. Joseph's Day	20	21	22	23
24 Palm Sunday	25	26	27	28 Holy Thursday	29 Good Friday	30 Holy Saturday

**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 Michiels, 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 fear 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 wife who hears her father's instruction, but a scuffer 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 flawed beings who need God's mercy. We are mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

**Pray for each other.** Praying together as a family opens us up to much-needed graces. Plus, it's hard to stay mad at 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**

**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.

**Tuesday, March 12<sup>th</sup>**

Used Uniform Sale – more details to come!

**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 and 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)

### **March PTO Meeting – Zoom and In-person option**

Join us via [Zoom](#) on **March 19<sup>th</sup> 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. 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 21<sup>st</sup> 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**

**Come and support the PTO as you score some gently used Holy Spirit uniform pieces for the remainder of the 2024 school year and beyond!**

We will hold the Spring Used Uniform Sale on March 13 from 2:30 to 5:00. Our intention is to invite you to shop while parked in vanpool and carline before the end of the day. If you cannot make it that early, then we will be set up until 5:00 for your shopping needs. Come at your convenience.

Where: Holy Spirit School – Quinn Room (please use the side door entrance)

Cost: \$5 per item (\$1 for socks/tights)

How to Pay: Cash or Check (made out to the Holy Spirit PTO)

**\*\*\*\*WE NEED VOLUNTEERS for March 13** if you'd like to earn early shopping privileges and/or to obtain extra volunteer hours. Please see Connect 1 to sign up for setup/customer service/cleanup etc.

**ADDITIONALLY, PLEASE HELP STOCK the SALES ON AN ON-GOING BASIS!!!  
DONATE ANY USED UNIFORMS, SCHOOL SHOES, OR SPIRIT WEAR THAT ARE NO  
LONGER NEEDED TO THE OFFICE. THANK YOU!**

## Used Uniform Sale – March 13!!!



Spring Sale Date- **Wednesday, March 13 from 2:30 to 5:00**

Where: Holy Spirit School – Quinn Room

Cost: \$5 per item (\$1 for socks/tights)

How to Pay: Cash or Check (made out to the Holy Spirit PTO)

**ADDITIONALLY, PLEASE HELP STOCK the SALE!!!**

**DONATE ANY USED UNIFORMS, SCHOOL SHOES, OR SPIRIT WEAR THAT ARE NO LONGER NEEDED, TO THE OFFICE OR EMAIL - [MelanieAnneBennett@gmail.com](mailto:MelanieAnneBennett@gmail.com) TO ARRANGE FOR CONVENIENT PICKUP/DROP OFF OF DONATIONS**

#### Important Details-

- Coming Soon: please see Connect 1 to volunteer
- Enter and exit through the side door (directly into the Quinn Room)
- Plan ahead - bring a list of items and sizes needed

**Support this PTO Fundraiser While Getting a Great Deal!**

## 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@infinitetech.org](mailto:jterpenning@infinitetech.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 - [PTOVp@holyspiritflames.org](mailto:PTOVp@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 - [PTOVpDevelopment@holyspiritflames.org](mailto:PTOVpDevelopment@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!**

# 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)**

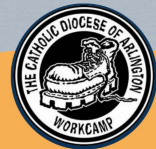
*All money donated for your meal will benefit Work Camp 2024 in serving needy communities by making their homes warmer, safer, and drier and instilling in our youth the value of service.*



# WORKCAMP 2024

**JUNE 22 - 28**  
**FREDERICH 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**      **Featuring:**      **Register:**

8:30am - 2:15pm

**ST. JOSEPH CATHOLIC CHURCH**  
750 PEACHTREE ST.  
HERNDON, VA

**Michael F. Burbidge**  
Bishop of Arlington  
Mass Celebrant & Homilist

**Patricia Sandoval**  
Homilist and Pr. Br.  
Speaker and Author

**Sr. Mary Madeline Todd, O.P.**  
Author and  
Theologian

**ARLINGTONDIOCESE.ORG/WOMEN**



The Office of Marriage, Family, and Religious Life  
(703) 644-1550  
family@dioceseofarlington.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)

**RELIGIUMS 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:**

**Michael F. Burbidge**  
Bishop of Arlington  
Mass Celebrant & Homilist

**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)

**50**  
Office of Marriage, Family, and Religious Life  
(703) 644-1550  
family@dioceseofarlington.org

SPREADING CARMELITE SPIRITUALITY



PLEASE JOIN THE  
**Secular Carmelite Community**  
of St. Thérèse of the Child Jesus

FOR A  
**Day of Reflection**

+

**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 • [michaelfa@aol.com](mailto:michaelfa@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/7mKlvnT>  
Or drop off at the **parish office**

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



sanctify your morning with

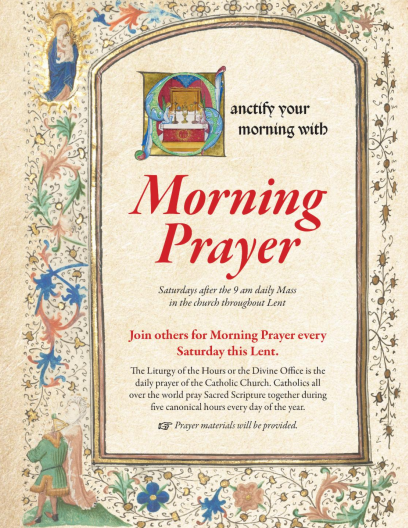
# Morning Prayer

*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.S.C., Fr. Steve Porter, S.T.L., Fr. Mitch Paewi, 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  
Pentecost 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 [electadmission@holyspiritchurch.us](mailto:electadmission@holyspiritchurch.us)  
The link to purchase the workbook will be sent to you upon registration.

For More Information  
Any questions, please reach out to [electadmission@holyspiritchurch.us](mailto:electadmission@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 BRONCO SPORT
- 2024 FORD ESCAPE
- 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 [tkinva@aol.com](mailto:tkinva@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:  
-Jug/5lb items (peas)  
-Jelly  
-Canned Pasta  
-Instant Rice  
-Canned Fruits and Vegetables  
-Canned  
-Dried Black & Pinto Beans  
-Granola Bars  
-Tomato Products  
-Masa/Masaca Flour

Check Donations or Gift Cert.  
Please consider donating critical tax deductible funds on collection day for continued food delivery throughout the year. Write your check to "CCDA" with "Holy Spirit St. Lucy" written in the Memo and send to: Program Director, St. Lucy Project, 8426 28 Kay Circle, Manassas, VA 20110. If you miss the collection, we also gratefully accept Target and Giant gift cards.

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

**KNIGHTS OF COLLEMBUS**



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

To learn to knit? **OR** To learn to crochet?



**SECOND MEETING!**

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

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

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

## Community Happenings!



discover you



**Teacher Job Fair**

**Saturday, March 9, 2024**

**9-11 AM**

**St. Bernadette Catholic School**

7602 Old Keene Mill Road  
Springfield, VA

### Explore

#### website

<https://arlingtondiocese.org/catholic-schools>

#### job openings

<https://www.arlingtondiocese.org/catholic-schools/careers/>

#### application process

<https://arlingtondiocese.org/catholic-schools/careers/application/>

### Register



Can't make it in person? Representatives from the Office of Catholic Schools will be available to answer your questions

<https://us02web.zoom.us/j/847014998052?pwd=b3RDanpORmFkQ0lnZDFkVFR5SERHZE09>

Discover the Diocese of Arlington. Meet with school representatives to explore teaching in one of the **37** elementary schools, **4** high schools and **4** stand-alone preschools serving over **18,000** students in the **13** cities and counties in this growing diocese. Our schools are seeking highly-qualified, faith-filled and dynamic professionals.





**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 bowl! (Noon - 1pm)

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



## FAMILY FOLDER

The following flyers may be found in the folder labeled "February 22, 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

### PTO Flyers:

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

### Parish Flyers:

1. Parish Lenten Brochure
2. Lenten Soup Suppers
3. HS WorkCamp 2024
4. 2024 Women's Conference
5. Vacation Bible School
6. 2024 Men's Conference

7. Day of Recollection
8. Bedding for Babies Collection
9. Morning Pray during Lent flyer
10. After Divorce seminar flyer
11. Eucharistic Adoration Lenten Challenge
12. 2024 Car Raffle
13. Lenten Food Drive
14. Learn to Knit or Crochet

Community Flyers:

1. Diocesan Job Fair flyer
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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