



February 23, 2023



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

In like a LION or a LAMB?

By this time next week we will have begun the month of March - oh, how time flies!

The month brings with it several events and key dates to remember.

Thursday, March 2nd will be Dr. Seuss Day - see the flyer below for details. We are in need of volunteers to assist running the day's activities. A sign up is available in Connect 1.

A reminder that all weekend parish Masses on March 3 and 4 will take place in the school gym. Additionally, our second graders will receive the Sacrament of Reconciliation on Saturday, March 4th. This will be in the Quinn Room in the school.

The 2nd Trimester officially ends on Thursday, March 9th (report cards go home on March 17th).

The Middle School's production of *James and the Giant Peach Jr.* is Thursday evening, March 9th. We certainly invite all families to attend. The doors open at 6:30 pm and the performance begins at 7:00 pm.

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

Thursday, March 16th is a PTO Spirit Gear day.

Friday, March 17th is our Fathers' Day Mass and receptions in honor of the Feast of St. Joseph. Details are below.

Tuesday, March 21st is CRAZY SOCK DAY as we recognize Down Syndrome Awareness Day. We encourage all students to wear their craziest socks with their uniform that day.

The 7th & 8th grade Science Fair will be held on Thursday, March 30th. Science Fair judges are needed; check Connect 1 for a sign-up. If you know of someone outside of our community who would be interested in judging, they may contact Mrs. Laura Laclede at sciencefair@holyspiritflames.org.

I hope you are enjoying today's beautiful weather!

Congratulations to the 7th Grade Holy Spirit School students whose entries were recognized as a part of the Youth Apostles 3rd Annual Pro-Life Multi-Media Contest!

**In the Essay Division— Theme: Roe Is Overturned: Now What?
Honorable Mention - Monica B.**

**In the Memes Division—Theme: Must have a pro-life theme
Honorable Mentions to Luke P., Conor R., Michael S., Leryn T., and Reagan P.**

Well done!

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!!!!
Contest Designs Are Due Tomorrow!

HOLY SPIRIT'S

5K T-SHIRT DESIGN CONTEST



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

Looking for a way to tithe this Lent?



Bottles for Babies



Throughout the season of Lent, Holy Spirit's Got Life? Club is collecting monetary donations for Mary's Refuge: a former convent now serving single mothers in Martinsburg, WV.

Each classroom will have a baby bottle where donations can be placed.

At the end of Lent all donations collected from classroom baby bottles will go to Mary's Refuge.

For more information about Mary's Refuge please visit
<https://rumble.com/v1xno7m-marys-refuge-former-convent-now-serves-single-mothers.html>

Thank you for your support!



Please join the Holy Spirit School
Community for a

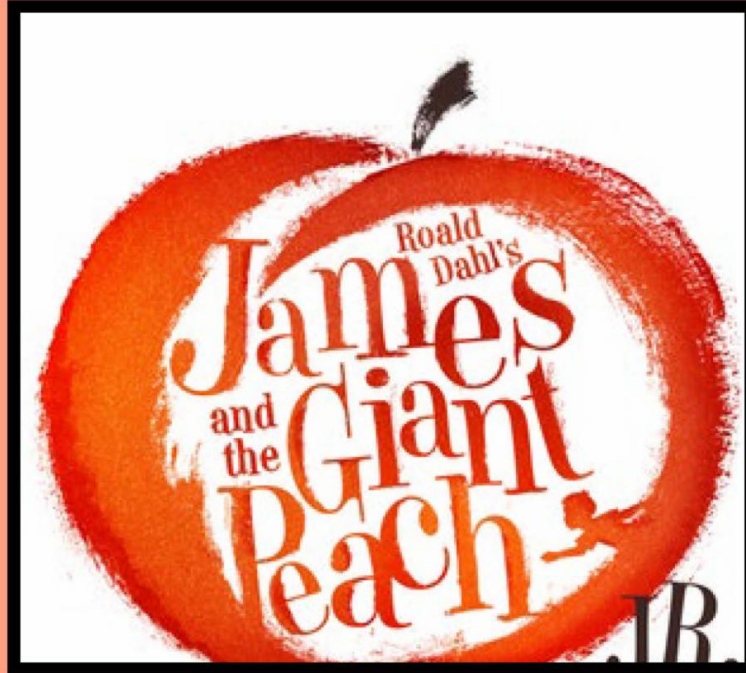
Mass in Celebration of Fathers

March 17, 2023
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.

Holy Spirit School

Presents



Based on the book "James and the Giant Peach"
by Roald Dahl

Thursday March 9th, 2023, 7:00 P.M.

Doors Open at 6:30 pm



Holy Spirit
2022-2023 YEARBOOK
On Sale Now!

\$20

Get Yours Today!

Order Online:

BUYTHEYEARBOOK.COM

ID: 712674



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 Connect1 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/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 26 Ash Wednesday Remember ashes at Mass and pray for an all-day fast.	February 27 Thursday Remember ashes at Mass and pray for an all-day fast.	February 28 Friday Remember ashes at Mass and pray for an all-day fast.	March 1 Saturday Remember ashes at Mass and pray for an all-day fast.	March 2 Sunday Remember ashes at Mass and pray for an all-day fast.	March 3 Monday Remember ashes at Mass and pray for an all-day fast.	March 4 Tuesday Remember ashes at Mass and pray for an all-day fast.
26 "Give the Maccabees..." Write the word "Maccabees" on a piece of paper. Fold it in half and bury it in the ground by the "Maccabees" of Easter.	27 Write a Lent prayer chain. Write 40 intentions on slips of paper. Each day, choose a slip, say a prayer for the intention and add it to the prayer chain.	28 Give up a favorite snack today for the week in preparation for Lent.	1 March Check out Catholic Relief Services and see if you can help support any of their projects. Look here: http://www.catholicrelief.org	2 Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	3 First Friday Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	4 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.
5 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	6 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	7 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	8 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	9 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	10 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.	11 Lent Remember Lenten practices. Encourage everyone to think of a person in the poorest part of the world and give them a helping hand.
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Thoughtful Moments

In still 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 patience 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 those habits for our children.

Why Do Catholics Do That? Why do we use different colored vestments during Mass?

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 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.

-Maureen Ashby

Principal

Holy Spirit School PTO



Upcoming Events:

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.

PTO Meeting: The February PTO meeting will be on March 21, 2023, 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 will be a hybrid meeting, but can be found at the following link:

<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/gmgujg6pp>

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.*

20%
OF SALES
WILL BE
DONATED

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

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*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.

Used Uniform Sale - COMING SOON!!!



Sale Date- **Wednesday, March 22** from 2:30-5:30 (convenient time during carline/vanpool)

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 THAT ARE NO LONGER NEEDED TO THE OFFICE
DURING OFFICE HOURS OR EMAIL - MelanieAnneBennett@gmail.com TO
ARRANGE FOR CONVENIENT PICKUP/DROP OFF OF DONATIONS**

Important Details-

- Enter and exit through the Quinn Room's SIDE DOOR
- Plan ahead - bring a list of items and sizes needed

Support this PTO Fundraiser While Getting a Great Deal!



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!

Wednesday Night

Bible Study

With Father O'Donohue

He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.
Isaiah 53:3

As we are now further into Isaiah, the imagery of Christ's life/Passion and Death are foretold. You are invited to join Bible study during the Lenten season to understand how Isaiah prophesied hundreds of years before Christ's birth, what would happen.

Next Session: March 1st | 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, 2020.
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.kofcasassetadvisors.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 3rd-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://loyolaontheptomac.com/registration-16/ignatian/>
- 3) Pay with credit card or mail check made payable to "Loyola on the Potomac":
 - o 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@holyspiritchurch.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.

A PILGRIMAGE TO
Ireland
"The Land of St. Patrick"
Under the Spiritual Direction of Fr. Jerry Wooton
13 Days: May 22 - June 03, 2023
\$3995 Discount Price - Roundtrip from Washington, DC (IAD)

Travel Arrangements by: Terra Sancta Travel Center
 terrastc

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 Beaupré

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 Beaupré
- Old Québec City

For pricing and due dates visit JMJtours.com/Quebec

Old Québec City

Notre-Dame Cathedral Montréal

Trip Details \$1829*
4 Days / 3 Nights
Montréal & Québec City, Canada
Roundtrip Airfare
Washington - Québec / Air Canada
1 Night Montreal
Superior First Class Lodging

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

Includes \$50 early registration discount.
See website for details.

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

SAVE \$50
Early Sign-Up Special
See website for details

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



Got Children's Books?

Did you know that the Diocese has two free medical clinics?

Yes, they are The Mother of Mercy clinics in Manassas and Woodbridge

The clinics' mission is to engage the community to provide free, quality healthcare to low income adults who are uninsured or underinsured in Prince William County. The clinic does not charge patients receiving basic medical care. All the doctors and nurses who work at the clinic volunteer their time to provide this free medical care. The clinic is also a portal toward other necessary integrated services that Catholic Charities provides, such as counseling, emergency financial and food assistance and referrals for workforce development and immigration support.

We would like to provide children's books to families in the waiting room while waiting to be seen.

If you have some slightly used children's books to donate, we would love to supply the clinics. Pre-pandemic, books were provided and children could take them home. Therefore, we will be asking for more books from time to time to fill this need.

Children's Book drive
Weekend of March 18 & 19
Donation bins at church doors

HOLY SPIRIT BOXING CLUB

Holy Spirit Gym
FRIDAYS
March 10 - June 9, 2023
3:30 - 4:45 PM

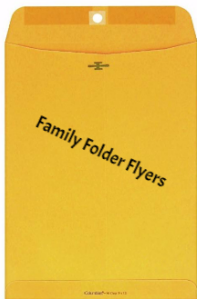
SPACE IS LIMITED!

Open to All \$25 Fee
7th & 8th for Spring
Grade Boys

PROMOTES
FITNESS, DISCIPLINE & SELF-DEFENSE

To register:
www.holyspiritchurch.us/boxing

Community Happenings!



FAMILY FOLDER

The following flyers may be found in the folder labeled "February 23, 2023" on the website. For your convenience, some flyers are repeated.

Family
Folder

School Flyers:

1. Fathers Day Mass and Reception flyer
2. Doodle for Google contest information flyer
3. 5K Spirit Run T-shirt Design Contest
4. Yearbook Order Form flyer
5. Mary's Refuge flyer
6. PTO Panera Fundraiser
7. PTO Talent Showcase Art Show Signup
8. PTO Talent Showcase Volunteer Signup
9. Partners in Faith (February) newsletter
10. Partner in Faith Lenten Calendar
11. Diocese of Arlington Tuition Assistance Overview

Parish Flyers:

1. Bible Study with Father O'Donohue flyer
2. K of C Financial Planning Seminar flyer
3. Men's Lenten Retreat flyer
4. Lenten Soup Supper flyer
5. Sponsor a Work Camper flyer

6. Vacation Bible School flyer
7. Pilgrimage to Ireland flyer
8. Pilgrimage to Montreal flyer
9. Book Drive for The Mother of Mercy clinics flyer
10. 7th & 8th Grade Boys Boxing Club flyer

Community Flyers: