



LADIES OF HOPE

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Our Lady of Hope, pray for us!

Rejoice in Your Feminine Genius

President's Message

Dear Ladies,

This fall 60 women embarked on a wonderful adventure into a letter written to each one of us by Pope Saint John Paul II. We started our study by imagining that we went to our mail box and found a letter addressed to us personally from the Holy Father, which is actually what a Papal letter is meant to be. Our Holy Father gives thanks to Almighty God for each of us and for our womanhood.

In the letter John Paul II recognizes what he calls our "Feminine Genius". This gift, he says, is essential to building a more humane civilization. He is afraid our culture has lost touch with what really matters. It has become overly concerned with efficiency and productivity, and, all too often, humans are valued for what they do, how they look, or how useful they are deemed to be. By virtue of our womanhood, we have a special gift that carries with it the potential to soften and humanize the world with love, a love that never reduces the person to an object.

"As women we bring the richness of our femininity into our families, the Church, and the world as bearers of love, teachers of mercy, and artisans of peace, bringing warmth and humanity to a world that all too often judges the value of a person by the cold criteria of usefulness and profit," wrote St. John Paul II.

As we read the letter together we discovered the deep appreciation the late Holy Father had for women and his understanding of the uniqueness of our nature and how our world is in desperate need of our feminine genius.

Through this *Endow* study we learned more about our role as women but also made new friendships and deepened our understanding of our faith. We will continue with Endow studies next fall and hope more women will join us in our adventure into the Education on the Nature and Dignity of Women.

*Yours in Christ,
Marie*

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Contact the Board at
olohladiesofhope@gmail.com

Donation to Trinity House Cafe

In January, Marie Kennedy, Marsha Slick, Christine Payne, and Pat Garman presented a check for \$300 to Ever Johnson of the Trinity House Café in Leesburg. This money was a replacement for the pies that would have been donated to the café during our Thanksgiving Pie Sale Fundraiser in November. Because our vendor could not completely fill our pie order, they refunded the money which was subsequently presented to the Trinity House Café.



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LINKS OF INTEREST:

Our Lady of Hope Parish: <http://ourladyofhope.net/>
Arlington Diocesan Council of Catholic Women:
<http://home.catholicweb.com/ADCCW/>

Endow High School Retreat

By Gillian Richards

It's hard to do justice to everything we did during the high school girls' retreat, but let me give you a brief overview. Our speaker Sarah Heaton primarily focused on the uniqueness of women—the feminine genius. We discussed the modern feminist worldview that denies the innate differences between men and women.

Sarah explained to us that, contrary to popular belief, when we acknowledge the fact that women are different from men, we aren't discriminating against either men or women. Rather, we're taking into account and elevating the gifts and qualities that are unique to women. The qualities that differentiate women from men (such as a greater degree of empathy and compassion) don't divide us. In fact, they provide the necessary balance that institutions like marriage and the family need in order to function properly.

We also discussed friendships—more specifically how to distinguish among the three types of friendship: those of utility, pleasure, and virtue. Friendships of virtue are the type in which both friends not only desire the other's happiness, but also desire the good of the other's soul. This type of friendship is the type we should strive toward because it isn't based on temporary needs or impulses; it's based on an underlying desire for the good of the other person.



Of course, there was far more to the retreat than lectures. Sarah had us work on projects that reinforced the themes of her talks. I particularly enjoyed when we divided into groups and looked through magazines to find pictures for our poster boards. One side was designated for pictures of women who were objectified by their indecent appearance and minimal clothing; the other side was designated for women who dressed in ways that reflected their inner dignity. The stark contrast demonstrated how important it is that our outer appearance reflects our moral standards.



There was also time for silence and reflection followed by confession and Mass offered by Fr. Schierer. We were then served high tea, which was nothing short of an experience one would encounter on an episode of *Downton Abbey*. Mrs. Kennedy's house contributed to this effect, aside from just being the perfect place for a retreat.

I know I speak for everyone when I say that we are so grateful to those who made it possible for us to participate in this one-of-kind retreat.

Editor's note: Gillian is the daughter of Ginny Richards, who co-chaired the Endow retreat for high school girls with Marie Kennedy on March 6 - 7 at Marie's home. Sarah Heaton, the Endow program director, facilitated the retreat. Along with Marie and Ginny, Viviane Castaneda was an adult chaperone for this event.



See more retreat pictures on page 5

Opportunities to Enrich Your Catholic Life

Trinity House Cafe

New Beginnings for Spring

-Marsha Slick

Are you looking for a way to volunteer that won't take a lot of time, will be lots of fun and be rewarding spiritually? Well, look no further! Do I have an opportunity for you!

Trinity House Café in Leesburg is looking for volunteers to meet and greet guests as they come in the Café. All you have to do is be yourself: smile, direct customers to the ordering counter, listen to people share stories about their faith and help out wherever you see the need.

The Café is open 7 days a week and we are only asking for shifts of two hours (or more if you get inspired!). It is a beautiful way to make friends in an environment of Catholic culture. Come share your love of God with others and see how rewarding it can be. Begin Spring with something new!

Please contact me at chsmss2@live.com or 703-433-0034 if you would like more information or would like to volunteer.

*"The most trivial work, the least action
when inspired by love, is often of greater merit
than the most outstanding achievement."
-St. Therese of Lisieux*

Parish Service Partnership

-Tess Torres

Parish Service Partnership seeks to assist parishioners by providing services, lending a helping hand or a listening ear, and encouraging participation in ministries and activities. Services we hope to provide include warmly welcoming our newcomers to the parish and the neighborhood. We hope to provide rides to church or doctor appointments for those who cannot drive and visits with home-bound parishioners. We provide meals to those families who are welcoming our tiniest parishioners home, facing unexpected emergencies such as hospital stays, difficult recoveries, or dealing with bereavement.

If you know of a parishioner who could use assistance, is new to our church, or if you would like participate in any aspect of this rewarding ministry, please contact Tess Torres at (571) 278-5736 or psp@ourladyofhope.net.

"To a great extent, the level of any civilization is the level of its womanhood. ... The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her."

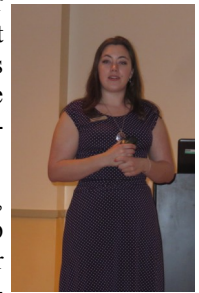
-Venerable Fulton J. Sheen



On Thursday, March 26, the Ladies of Hope hosted an information meeting for Endow with Sarah Heaton. Sarah is Endow's Director of Programs, and she

graciously offered to come back to Our Lady of Hope to share the programs that Endow offers to parishes. (She was scheduled to speak to the Ladies of Hope on March 5, but it was postponed because of snow.)

Information from their website says, "Endow trains women to become group facilitators and provides [resources](#) for them to invite women in their community to join them for an Endow study. Groups usually consist of 8-12 women who meet for 8-10 weeks to grow in knowledge of and love for their Catholic faith together. We recommend that each adult group begin with [Letter to Women](#), a study of the teachings of Pope John Paul II on the dignity of women. For youth, we provide the three-part [Girl Genius](#) series for middle school girls and [True Beauty Revealed](#) for high school girls." (Please see related article on page 2)



The Ladies of Hope will continue the parish Endow program in the fall with a study of *Edith Stein Seeker of the Truth*. Edith Stein was a 20th century saint and role model for women despite many hardships in her life. Please plan to join your sisters in Christ for this stimulating study. Go to <http://endowgroups.org/> to learn more about Endow programs. Look for more information soon!

Ten Minutes for Prayer

-Christine Payne

Matthew Kelly, in his book [The Four Signs of a Dynamic Catholic](#) says that "the Prayer Process...provides a consistent format to guide you in your daily prayer." He further writes that "if every Catholic in America prayed in this way for a few minutes each day the Church would be on the fast track to renewal."

His Prayer Process consists of seven steps that take no more than 10 minutes a day. The steps are Gratitude, Awareness, Significant Moments, Peace, Freedom, Others and , lastly, praying the Our Father.

"If everyone in your parish began to pray using this process your parish would explode with enthusiasm and engagement."

*Quotations are from pp. 60 -61 of
The Four Signs of a Dynamic Catholic*



St. Joseph's Table

On March 19, the feast of St. Joseph, the Ladies of Hope honored the husband of Mary and the foster father of Jesus with a traditional St. Joseph's Table. Angelina Crew and Trish Daquano chaired this evening of prayer and food during which devotion to St. Joseph was the highlight. The table was laden with abundant savory food while sweet treats, including cannoli and anisette cookies, graced the dessert table. About 100 parishioners gathered in the Parish Hall following Vespers in the church at 7:30 PM. The canned and fresh food from the St. Joseph's Table was donated to a local food pantry.



Lenten Retreat

By Deborah Baird and Lily Santiago

"Blest are they...." who attended the 2015 Women's Lenten Retreat!

The Ladies of Hope sponsored a Lenten retreat that was held on Saturday, February 21st. After attending the 8:30 Mass, eighty women enjoyed coffee, tea, refreshments, and time to visit.

The highlight of the morning was a talk on "Finding True Happiness" given by our pastor Father William Saunders. Fr. Saunders discussed the eight Beatitudes as given to us by our Lord in the Sermon on the Mount; he shared how following the Beatitudes will lead us to true happiness and how we can live in union with God. As lowly creatures, we are called to depend on God, and we must take time for prayer, participation in the Holy Sacraments, giving freely of our time and treasure, and striving to be a humble servant. If we are united with our Lord and always pray to know and to do the Lord's will in our lives, then our reward will be great in Heaven.



We were hoping to end the retreat by praying the Stations of the Cross in the footsteps of Mary, but due to heavy snowfall that morning we ended early so everyone could return home safe and sound.

Growing God's Gifts in Your Garden

On Thursday, March 26, Nancy Dion and Sharon Hohn chaired our monthly meeting which featured a lecture by Barbara Arnold, a Loudoun County Master Gardener. Barbara discussed the "how to's" of container gardening including choosing the right kind of flower pot, soil, and fertilizer to make your plants thrive. Additionally, she taught the gathering of about fifty Ladies of Hope about different types of plants—those "thrillers, fillers, and spillers." "Thrillers" are the tall stars of your arrangement, "fillers" take on a supporting role to fill in the spaces, and "spillers" are cascading plants that give your container garden fluidity and grace. Ladies in attendance took home a wax begonia plant, compliments of the Ladies of Hope, so they could start their own container garden using one of the bountiful flowering gifts from God.



Ladies of Hope Calendar 2015

April

April 5 Easter
 April 28 Meeting: Program by Pam, Sandy, and Marsha

May

May 3 Donut Sunday (Ginny) ***Volunteer is needed to help Ginny!***
 May 11 First Holy Communion (Viviane)
 May 16 Marian Tea (Donna, Mary Lynn, and Trish)

June

June (TBD) End of Year Potluck
 June 14 Parish Picnic

More Endow High School Retreat pictures:



High School girls participated in various activities during their Endow retreat on March 6-7. Pictured are the girls enjoyed “high tea” and tasty treats, gathered for a group picture, and made posters comparing popular images of women. The Ladies of Hope sponsored this retreat for the young girls of our parish.



Please Stay in Touch...

If you know of a member who has not received a copy of our newsletter, please send a note on her behalf to the Ladies of Hope at olohladiesofhope@gmail.com Please put “Add a name” in the subject line. *We don’t want to miss anyone!*