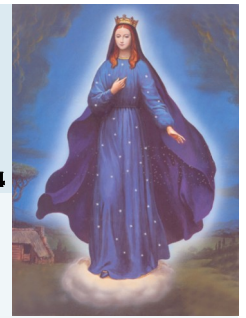




LADIES OF HOPE

APRIL 2014

VOL. 1 NO. 4



*Our
Lady of
Hope,
pray
for us!*

Keep the Lenten Spirit Alive!

President's Message

Dear Ladies,
I am grateful for this season of Lent. Our Church is so wise in scheduling this time to reflect every year. A time to step back and see who or what is in the center of our life. This season reminds me of a cross that used to sit on my Mother-in-law's dresser. It had the words "I am third" inscribed on it. It is so easy to get caught up in the business of life that we don't take time to reflect on what is most important. Is Christ in the center of our life? Do we make time to be with Him?

Personally, I find that Satan traps me in the tyranny of the urgent. By this I mean being over involved in many good things. This way he crowds out the time I would spend with Our Lord. There is a lack of peace when this happens. If I am truly third, then I am not doing a very good job of keeping Christ in the center and the number one priority in my life. I have found that Lent is a great time to clean my closets as well as calendars of activities that crowd out my time with God. The peace that comes from spending time with Our Lord helps me to prioritize what is most important. It is so easy in this fast paced world to be busy every moment, but with Christ in the center, I am able to sort through all the business of everyday life and put the first things first. Just a thought.

Lenten blessings,

Marie

LOH Highlights

Our last LOH meeting was on February 25 during which we discussed how to "Keep the Spirit Alive" spiritually and physically. Fr. Sly opened the meeting with a short talk about our spiritual gifts and how we are all called to participate in ministry to make the Church strong. To strengthen our physical lives, Marie Kennedy demonstrated several exercises using resistance tubes.

In March, the LOH sponsored two events. Sherry Grasson planned our Lenten Morning of Reflection on the 8th with Father Daniel Hanley as speaker. The morning finished with praying the Stations of the Cross. On March 19, we celebrated the feast of St. Joseph with Vespers followed by desserts in the Parish Hall. Angelina Crew and Trish Daquano decorated a table for St. Joseph with breads and savory foods as it is traditionally done in Sicily. Thanks to all LOH who helped with these events. *Turn to page 4 for pictures!*

LOH BOARD:

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Contact the Board at
olohladiesofhope@gmail.com

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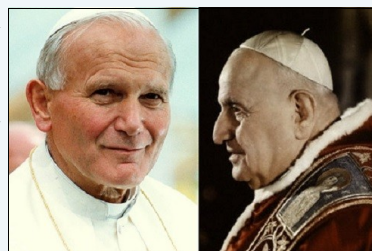
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LINKS OF INTEREST:

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

New Saints!

On Divine Mercy Sunday, April 27, Pope Francis will canonize Bl. John XXIII and Bl. John Paul II in a ceremony in St. Peter's Square at the Vatican. Watch it live on EWTN to share in the joy and blessings of this historic event. To identify your channel for viewing, visit the website at www.ewtn.com.



History of the Ladies of Hope

Part 2: The Ladies of Hope and Our New Church by Mary Meli

When Chris Payne asked me to write about the OLOH women's group contribution to the church's kneelers, I reminisced about the early days of our church. I remember Audrey Emley asking me if I would stitch one of the kneelers. Since my needlepoint skills were very basic, I declined her request—I had stitched one 8x10 inch wall hanging of a dogwood tree in bloom that took me five years to complete--in my spare time! Included in this article is text from Father Saunders' book, *A Labor of Love*, and a contribution from Letty Schantz, one of the early parishioners of our church.

From Father Saunders' book: "The idea of decorating the Church with needlepoint cushions was inspired by St. Ignatius Catholic Church in Chapel Point, Maryland, which was founded in 1641, by Father Andrew White. Deacon William and Mrs. Audrey Emley were parishioners there before moving to Our Lady of Hope, and Audrey helped create the needlepoint kneelers and sanctuary cushions there. She organized the ladies at Our Lady of Hope to undertake the same sort of project, and work began in the Spring of 2004. Twenty-four ladies made sanctuary and choir cushions, using designs chosen by Father Saunders for the sanctuary, and a lyre with a score designed by William Mercier, the Music Director, for the choir."

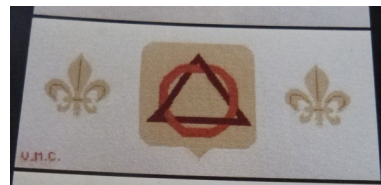
Sanctuary cushions made by Ladies of Hope are: Christ the King, by Maureen Whalen; The Holy Trinity, by Viviane Castaneda; IHS (Jesus Hominum Salvator), by Sandy Sullivan; Alpha and Omega, by Letty Schantz; Chi Rho, by Cheryl Farwell; Lily, by Anne Mercier; Mary, Queen of Heaven, by Jayne Apa & Stacy Hunt; The Holy Eucharist, by Jane Meyerhofer; Christ, Our Hope, by Donna Bongiovanni; Mary, Star of the Sea, by Audrey Emley; and Mystical Rose, by Tami Koerner. Two fleur de lis are also stitched on each sanctuary cushion. Fleur de lis is the old French term for "lily," which is a symbol of purity and chastity, and thus is rightly a symbol for the Blessed Mother.

Choir cushions were stitched by Viviane Castaneda, Elaine Creelman, Christine Donnelly, Audrey Emley, Cheryl Farwell, Tami Koerner, Martha Loftus, Karen Makaul, Jane Meyerhofer, Beth Moorcones, Meg Paganelli, Kamie Roberts, Letty Schantz, Teri Scharf, Sandy Sullivan (2), Mary Jo Swain, Marion Walker, and Christi Venkataswamy.

Reminisces from Letty Schantz: "Having needlepoint lessons with Emily was a great experience at a time that my heart was heavy with the loss of my husband, Herb. Initially there were just a few of us and then a group of wonderful women surfaced. We got together at my home for awhile and poked holes and pulled yarn through until our fingers needed a rest. Later we met at Audrey's apartment in Lansdowne and had great fellowship. I finished my first one and stitched it in memory of Herb in the corner with the date of his entry into heaven. After that, I tried to finish a pillow for someone who dropped out of the group. Eventually, arthritic hands made doing needlepoint unbearable, God bless Audrey--she finished that one for me. *God bless, Letty*"



Pictured are two kneelers made by the LOH for our new church. On the left is *Christ, Our Hope* by Donna Bongiovanni, and on the right, *The Holy Trinity* by Viviane Castaneda.



“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.”

St. Therese of Lisieux

Parish Service Partnership

Father Saunders has given his blessing to the Parish Service group, and we will begin visiting our home-bound parishioners. If you know of parishioners who are home-bound and would welcome an occasional visit, please send their name, address and contact information to Tess Torres at psp@ourladyofhope.net or call her at 571-278-5736.

Stay in Touch

If you know of a member who has not received a copy of our newsletter, please send a note to the LOH at olohladiesofhope@gmail.com Please put "Add a name" in the subject line. Also, the LOH Board and activities' chairs will be using an online program to contact you when we need volunteers and/or donations for projects. It is called SignUpGenius. This will save time making phone calls and make it easier for you to respond to requests. Best of all, SignUpGenius will remind you with an email when you volunteer. Thank you, in advance, for your generous gift of time, treasure, and talent!



Opportunities to Enrich Your Spiritual Life

Come to First Friday Mass and breakfast!

Cheryl Forbes cordially invites all Ladies of Hope to join her in attending each month's First Friday Mass followed by breakfast. The group goes to 8:30 Mass, and, after, they meet in the narthex briefly before going to the Corner Bakery in Cascades Marketplace at about 9:30 for breakfast. The students from Our Lady of Hope School attend this Mass, and the celebrant always provides a thoughtful homily with the students answering questions about the day's gospel lesson. Everyone is welcome to join Cheryl for this once-a-month opportunity for spiritual and corporal nourishment!



"TURN TO ME NOW,
WHILE THERE IS TIME.
GIVE ME YOUR HEARTS.
COME WITH FASTING,
WEeping, AND
MOURNING. DON'T
TEAR YOUR CLOTHING
IN GRIEF, BUT TEAR
YOUR HEARTS INSTEAD.
RETURN TO THE LORD
YOUR GOD, FOR HE IS
MERCIFUL AND
COMPASSIONATE,
SLOW TO GET ANGRY
AND FILLED WITH
UNFAILING LOVE.
HE IS EAGER TO RELENT
AND NOT PUNISH."

JOEL 2:12-13

What can you do in 60 minutes?

By Marsha Slick

Most of us know that an hour can pass by so quickly – or seem like an eternity. It is all about what we are doing in that hour, isn't it? Our lives are so full. Full. And depending on what stage of life we are in, this can have many meanings: doctor appointments, work meetings, activities for the children, school work and social activities. What fills your life? Do you find time to pray and talk with God?

Our parish is blessed to have Adoration at our church every Thursday. The Ladies of Hope are pleased to be a part of this by filling the 3:00-4:00pm Holy Hour with members from our group. There is a need, both from The Ladies of Hope to fill this time slot and from Our Lord to meet with YOU.

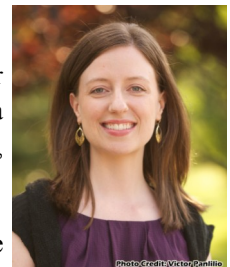
Please give prayerful consideration to volunteering on a Thursday afternoon. It can be every week, once a month or once a year. The benefits you get by being with the Lord will make the other hours in your day, week, and year more fruitful.

60 minutes. The long and short of it is: We need YOU and YOU need HIM. How better to fill one hour?

Contact Mary Ann Gruber at gruber506@verizon.net (703-444-6565 H#) or Marsha Slick at chsmss2@live.com (H 703-433-0034) to sign up for the LOH Thursday Holy Hour.

Support Pro-Life!

The Defend Life organization's April Lecture Tour is underway, and Our Lady of Hope will be part of it. You won't want to miss Stephanie Gray, a 34 year old Canadian woman, who will be at OLOH at 7:30 on Friday, April 25, to give a dynamic speech in defense of the unborn.



After graduating from the University of British Columbia, she founded the Canadian Centre for Bioethical Reform. According to her biography at www.defendlife.org, she has a 20 year plan to end abortion in Canada. She also has 20 full-time persons working across our vast neighbor to the north to accomplish that goal.

Go to www.YouTube.com and type Stephanie Gray in the search box to view her inspirational talks. Then, mark April 25 at 7:30 to see and hear her at Our Lady of Hope. This young leader of Canada's Pro-Life movement will amaze you with her knowledge, enthusiasm, and charisma!

Ladies of Hope Calendar 2014

APRIL:

Friday, April 11—Fish Fry—LOH and Knights of Columbus
Sunday, April 20—Easter
Friday, April 25—Parish/LOH sponsored event. Stephanie Gray, co-founder and Executive Director of the Canadian Centre for Bio-Ethical Reform and Pro-Life advocate, will speak at 7:30 in the Parish Hall.

MAY:

Friday, May 2—First Friday Breakfast. We meet at the Corner Bakery in Cascades after 8:30 Mass.
Sunday, May 5—Donut Sunday
Saturday, May 10—First Communion
Saturday, May 17—Marian Tea
Wednesday, May 28—LOH Business Meeting 7:30 PM

JUNE:

Friday, June 6—First Friday Breakfast. We meet at the Corner Bakery in Cascades after 8:30 Mass.
Sunday, June 8—Parish Picnic—Knights of Columbus and LOH

**Ladies of Hope End of Year Dinner*—Details coming soon!

Meet Me in the Desert

Lord of Lent, Lord of Easter,
 As You went into the desert
 So do I follow
 Putting aside that which distracts me
 Grabs at me
 Falsely claims me.
 To search inside
 To confront myself
 My best, my worst
 My good works and my sins.
 And each time, I find You there
 To call to me again
 With words of challenge
 and words of mercy.
 And as I fall to my knees,
 in prayer, in fasting
 In sacrifice and penitence
 Somehow, You have it in Yourself to reach out and
 gently lift me
 To renew me
 To claim me as nothing of this world can claim me.
 Meet me in the desert, Lord.
 Claim me anew.
 Amen.

-From Catholic Relief Services online newsletter

“Picture Perfect” March LOH Events



Father Hanley, left, offered the Lenten Morning of Reflection. LOH, bottom left, shared a continental breakfast before gathering in church for his homily and the Stations of the Cross.



St. Joseph's Table on March 19



At right, Father Saunders blessed the food while parishioners, above, joined him in prayer. After, everyone enjoyed delicious Italian cookies, cakes, and treats.

