



Our Lady of Hope Parish Women's Group, Potomac Falls, Virginia

LADIES OF HOPE

SPRING 2018

VOL. 4 NO. 1



*Our
Lady
of
Hope,
pray
for
us!*

Here I am, Lord!

President's Message

Dear Sisters in Christ,

The Ladies of Hope had quite an impressive and busy calendar this fall starting with a wine and cheese social in September, ENDOW studies, donut Sundays, the Thanksgiving Pie Sale, our Advent Retreat, the Christmas Market and ending with the annual Christmas Tea and Fashion Show in December. These events brought our ladies and the parish together to share in some fun, fellowship, and good works.

St. Paul tells us: "For as in one body we have many members and all members do not have the same function, so we though many are one body in Christ and individually members' one of another. Having gifts that differ according to the grace given to us, let us use them."

One of the blessings of being part of the Ladies of Hope is the wonderful friends you make and the joy our activities bring to others. I know that we are all in different "places" in our personal lives. Some of us have young families while others are "empty nesters". Others work full time or may be retired. Many enjoy athletic pursuits or artistic endeavors. The Ladies of Hope recognize the limitations that our daily lives place upon participation in our activities, and we realize that our events would not be possible without the generous support of the ladies and their families who share their time and talents. We truly appreciate your participation in whatever way you can offer it.

I encourage you to invite others to join the Ladies of Hope and getting on our email list. We have several events coming up including our Lenten Retreat on February 24, the St. Joseph's Table on March 18, and our annual Marian Tea in May. Come join the fun, and let's spread the joy of the gospel through fellowship and good works!

God Bless,
Marie

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Living our Faith with Humility

More than 100 ladies attended the 2018 Women's Lenten Retreat which was held on Saturday morning, February 24. After Mass at 8:30, there was a continental breakfast in the parish hall. Following breakfast, Father Farrell gave an inspiring talk on "Living our Faith with Humility." Thanks to Deborah Baird and Lily Santiago for chairing this event again. It was a wonderful opportunity to learn how to model our lives following the example of Mary, our Blessed Mother.



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LINKS OF INTEREST:

Our Lady of Hope Parish: <http://ourladyofhope.net/>
Arlington Diocesan Council of Catholic Women:
<http://adccw.org/>

Do You Want to Fast This Lent?

*In the words of Pope Francis
from Pietra Fitness (pietrafitness.com)*

- * Fast from hurting words and say kind words.
- * Fast from sadness and be filled with gratitude.
- * Fast from anger and be filled with patience.
- * Fast from pessimism and be filled with hope.
- * Fast from worries and have trust in God.
- * Fast from complaints and contemplate simplicity.
 - * Fast from pressures and be prayerful.
- * Fast from bitterness and fill your hearts with joy.
- * Fast from selfishness and be compassionate to others.
 - * Fast from grudges and be reconciled.
- * Fast from words and be silent so you can listen.

Endow Studies

By Marie Kennedy, ENDOW Coordinator

Our ENDOW study this year has been Pope Benedict's Encyclical "Deus Caritas Est." The Pope begins with words from the first letter of John: "God is love, and he who abides in love abides in God." The Pope challenges us to share the love that God lavishes on us with others.

In our busy world filled with technology, there are many lonely people young and old in need of the message that they are loved by God and by others. Technology cannot replace the physical and spiritual need to feel loved. So how can we share this love that God has for us with others in our parish family? It could be as simple as a smile or opening a door for someone or saying hi to a stranger at Mass and introducing yourself.

According to St. Terese of Avila, the Lord only asks two things of us: love of His Majesty and love for our neighbor. It is these two virtues that we must strive for...

I challenge each of us to think of a way to spread God's love in our community. If we each do a little, God will bless our efforts!



St. Joseph's Altar

By Angelina Crew

Every year we have celebrated St. Joseph's Day at Our Lady of Hope Church around March 19th his feast day. The Ladies of Hope has been creating a beautiful altar from produce and other items that are donated by our parishioners. This year it will be held on March 18th. It will start with vespers in the church and continue downstairs in the parish hall with a celebration for our dear St. Joseph. The baked goods have always been donated by the wonderful members of the Ladies of Hope as well as our other parishioners.

The history of the Saint Joseph's Altar goes back to the people of Sicily, Italy. For a long time, there had been no rain for the farmers' crops. So the people prayed to St. Joseph, their patron saint. Their prayers were answered, and the crops grew once again. Some time later, the people rejoiced and prepared a table with a special assortment of foods they had harvested. After paying honor to St. Joseph, they distributed the food to the less fortunate. This tradition has continued for centuries. St. Joseph's Altar serves as a reminder that those who have enjoyed good fortune must share it with those who have less.

Please join us to honor St. Joseph on March 18!



Ladies of Hope 2018 Calendar (Spring)

February 2018

Saturday, Feb. 24 8:30 am **Women's Lenten Retreat**, speaker Father Farrell

March 2018

Sunday, March 18 **St Joseph's Altar**-- evening devotion and celebration

April 2018

Sunday, April 1 Easter Sunday

Sunday, April 8 **Donut Sunday** (after 7:30, 9:00, 10:30 Masses)

late April **Service Project: "Women Giving Back"** (collect jewelry, scarves, purses)

May 2017

Sunday, May 6 1:30 pm **Marian Tea** (set-up day before)

Saturday, May 12 10:30 am to 1 pm **First Holy Communion** (Ladies of Hope food set-up)

Sunday, May 13 Mother's Day

Christmas Fashion Show and Tea 2017

December 3, 2017, was the date of the *third* annual Ladies of Hope Fashion Show and Tea. Marie Kennedy and Virginia Rowell once again did a wonderful job planning and presenting this event. Clothes were from Lord & Taylor and Cabi Fashions. Our models represented many of the groups at Our Lady of Hope including school faculty, high schoolers in the Junior Legion of Mary, Endow participants, and our Ladies of Hope members. They were Elise Chawaga, Nancy Dion, Vickie Egan, Anna Harvey, Faith Jones, Theresa Long, Missy Marchi, Laura Mooney, Mary Beth Pittman, Michelle Sabas, Aleksandra Syska, Judy Trozado, and Kristen Zacha. Jewelry and makeup for the ladies were donated by Heidi Laboy and Cathy Jordan. Sabine Morson, a member of the church choir, crafted handmade Christmas candles for our table centerpieces, and Wendy Wagner, a consultant for Lilla Rose, provided elegant hair clips for our models. Please enjoy these professional pictures from Matt McDermott Photography (mattmcdermottphoto.com). See you next December!



Thanks to you, here's what we do!

The gentle touch of the Ladies of Hope is felt in many areas of our parish. Here are some of the things we do:

- + support our pastor, Father Saunders, by providing receptions for parish events
- + chair the annual Marian Tea, St. Joseph's Altar
- + sponsor the Advent and Lenten retreats for women
- + provide Endow programs for women and girls
 - + organize fundraisers
- + participate in the parish Christmas Market
 - + present an annual fashion show
 - + support Work Camp in our parish
- + volunteer as lectors, ushers, and choir members
 - + manage the gift shop
- + support Knights of Columbus activities
 - + organize monthly Donut Sundays
- + perform Spiritual and Corporal Works of Mercy

Thank you!

Lenten Adoration and Reconciliation

In addition to our Lenten practices of prayer, fasting, and almsgiving, we will have the opportunity to participate in the "24 Hours for the Lord" initiative. From Friday, March 9, to Saturday, March 10, at least one church in every diocese throughout the world will stay open for 24 hours for Eucharistic Adoration and Reconciliation. "With you is forgiveness!" *Psalms 130:4*

Empty Nesters & Seniors

Upcoming events for the Empty Nesters and Seniors at Our Lady of Hope include lunch at Mimi's on Tuesday, March 20, at 11:30 am, and a day trip to the new Museum of the Bible in Washington on Thursday, April 26. Events such as lectures, visits to local religious sites, or luncheons are scheduled each month.

You are welcome to contact either Therese Bracken (703-444-6963) or Donna Bongiovanni (703-443-6963) if you are interested in attending one of these events or to learn more about this group. If you are a retiree or an "empty nester", you will find faith, fun activities, and new friendships here!

Parish Service Partnership

By Tess Torres, Coordinator for PSP, psp@ourladyofhope.net

We are all so blessed to have such a vibrant parish on which to center our lives, and I know I'm not alone in that sentiment. It is with that thought, that I am making a direct appeal to the Ladies of Hope to volunteer for Parish Service Partnership, because I know many of you personally and I know your wonderful hearts! It doesn't have to be a big draw on anyone's time, but a little can go a long way. We're losing one of our biggest contributors to PSP in January, and this will leave a big gap for the service this parish hopes to provide. I hope you will all prayerfully consider this request.

We need a few more cooks as most of our requests are for meal assistance when the family has a hospitalization or a new baby to manage. We shoot for easy casseroles and some of our cooks make ahead and freeze to fit their own schedules. If you can cook but delivery is an issue, we can try to team up. We also try to provide a small, healthy breakfast casserole for our Priests on Sundays to get them through all the Masses.

We also need a few people who can offer rides. For instance, we have a request right now for a senior couple in the parish who give a lot of their time, talent, and treasure to the parish, but who have now hit their own snag. One of the couple does all the driving - especially with the husband to all the doctor appointments and she, too, now has her own flurry of competing doctor appointments to manage. Offering a ride to this couple to a local doctor appointment would be such a great burden of their shoulders and should be a fairly manageable task if your schedule permits. **And don't be afraid to ask your husbands!**

You need not commit to any particular request in advance. PSP will send up a SignUp Genius Request if it's for meals and a regular email for other more detailed requests such as rides. You only need to respond to those for which you are available and let the others pass.

Even offering one of these services once or twice a year would be a huge help!
Please contact me at psp@ourladyofhope.net if you have questions or if you would like to volunteer.
Thank you and bless you!