

# NOVA notes

[www.novacommunity.info](http://www.novacommunity.info)

NOVA Catholic Community

December 2009

## Chair Notes.....

**“Meeting God at the Beltway and Bethlehem”** is our Advent theme this year. It is an intriguing idea, inspired by a small book written by Edward Hayes. We are always struggling to be mindful of Christ in our everyday life. I would like to share two books which I have found helpful in making the transcendent God immanent.

The first is a book by Cynthia Bourgeault titled “Centering Prayer and Inner Awakening”, which describes the practices of Centering Prayer and Welcoming Prayer. The wonderful thing about the Centering Prayer practice is that you can’t do it wrong. All that is necessary is a quiet place and 20 minutes. She describes the “letting go” process necessary to enable us to pay attention to the presence and action of God in our lives. The practice of “letting go” in centering prayer is one of the two main activities. The second activity is to consent to the presence and action of God in our lives. The idea behind centering prayer is that God is always close to us, we just need to pay attention.

Fr. Thomas Keating’s book, “Open Mind, Open Heart”, is the foundational book on Centering Prayer and describes the practice well, while Ms. Bourgeault’s book, widens our understanding of the prayer’s theological and spiritual context, thereby providing additional food for our spiritual journey. The best way to understand both books is to do the Centering Prayer practice a few times. It’s like a shortcut direct to God that bypasses everything:

your hang-ups, theological concepts, religious devotions, guilt, and feelings both good and bad good. It’s not about us, it’s about God whose “first language is silence.” You can learn more at [www.Centeringprayer.com](http://www.Centeringprayer.com). Bourgeault also describes the “Welcoming Prayer” which is a powerful practice that can be done as we go through our daily life events. It takes about 5 seconds. The prayer is entered whenever something sets off strong negative impulses within. Bourgeault’s book offers full, easy to understand explanations that get to the core of these two practices. I invite you to make these books and practices part of you Advent journey. They are wonderful instruments that will help us make every day Christmas.

*~Tom Clarkson, Co-chair*



# December Birthdays, etc.

NOVA Message Line	(703) 852-7907
Chairpersons	Tom Clarkson Gloria Mog
Treasurer	Joe Formoso
Coordinator, Community Life	Cece Michelotti
Liturgy Coordinator	Jeanne Clarkson
Padre Cadre Coordinator	John Mooney
Music Coordinator	Victoria Robinson
Peace & Justice Coordinators	Dianne Carroll Marie Keefe
Christ House Coordinator	Kopp Michelotti
Facilities	Glenn Passin
Newsletter Editor	Judy Christofferson
Editor's Email	<a href="mailto:Judy@crc-law.com">Judy@crc-law.com</a>

- 8 Joe Bonsignore  
Grace Michie  
Marjorie Weber (RIP)
- 11 Anna Todaro
- 12 Jim Furlong (RIP)  
Chris Mausert-Mooney
- 15 Leonardo Yath-Cruces
- 16 David Markey
- 18 Sonja Donahue
- 19 *Annunziata Wedding Anniversary*  
Peter Mandaville
- 21 Peter Mele  
Warren Reich
- 26 Lila Powell
- 28 Judy Christofferson
- 29 Jerry Barrett
- 31 Joel Mog

*Please send Judy Christofferson your important dates, e.g., birthday, anniversary, ordination. (month/day only) if you would like them to appear here. Email: [Judy@crc-law.com](mailto:Judy@crc-law.com).*



**The next Newsletter deadline is  
December 27!**

The NOVA Catholic Community Invites You To Celebrate The Eucharistic Liturgy With Us Every Sunday in Arlington, Virginia.

**Note:** Our Liturgy is usually celebrated at Kenmore Middle School, Arlington Blvd. and Carlin Springs Rd, Arlington, VA. Beginning Memorial Day Weekend up to our Fall Retreat weekend in September, we celebrate at Lacey Woods Park, George Mason Drive near Washington Blvd, unless otherwise noted.

Liturgies at Kenmore begin at 10:15 a.m.  
Gather at 10:00 a.m.  
Liturgies at Lacey Woods begin at 9:30 a.m.  
Gather at 9:15 am

Call the Message Line (above) or check the NOVA website for the latest information.

## Liturgies: Cycle C

Inclusive Readings and Music Selections are available in the new NOVA Yahoo Group Files  
Please give all music selections to the Music Liaison the Sunday before your liturgy.  
Liturgies at Kenmore Middle School begin at 10:15 a.m.

### December Music Liaison Linda Rosenberg

#### December 6 – Second Sunday of Advent

Joe Nangle – Cathy and Larry Goldschmidt  
Baruch 5:1-9  
Psalm 126:1-6  
Philippians 1:4-6;8-11  
Luke 3: 1-6

#### December 13 – Third Sunday of Advent

Quinn Connors – Tom and Jeanne Clarkson  
& Teddi Ahrens  
Zephaniah 3:14-18  
Isaiah 12:2-6  
Philippians 4:4-7  
Luke 3:10-18

#### December 20 – Fourth Sunday of Advent

Joe Kenna – Omando-Kanes  
Micah 5:1-4  
Psalm 80:2-3;15-16;18-19  
Hebrews 4:14-16  
Mark 10:35-45

#### December 25 – Nativity of Jesus

John Langan, SJ – Cackley Family  
Isaiah 9:1-6  
Psalm 96: 1-3; 11-13  
Titus 2: 11-14  
Luke 2: 1-14

**Note: See following page for details**

#### December 27 – Feast of the Holy Family

***There will not be a NOVA liturgy at Kenmore.***  
This is an opportunity to celebrate with other  
Communities or local parishes.

### January Music Liaison Barbara Formoso

#### January 3 - Epiphany

TBA – Linda Rosenberg & Kathy Scheimer  
Isaiah 60:1-6  
Psalm 72:1-2, 7-8, 10-13  
Ephesians 3:2-3a, 5-6  
Matthew 2:1-12

#### January 10 – Baptism of Jesus

TBA – Gloria Mog  
Isaiah 42:1-4; 6-7  
Psalm 104:1-4; 24-25; 27-30  
Acts of the Apostles 10:34-38  
Luke 3:15-16;21-22

#### January 17 – 2<sup>nd</sup> Sunday in Ordinary Time

TBA – Jim & Archer Heinzen  
Isaiah 62:1-5  
Psalm 96:1-3;7-10  
1 Corinthians 12:4-11  
John 2:1-11

#### January 24 – 3<sup>rd</sup> Sunday in Ordinary Time

Quinn Connors O. Carm. – Anne Passin  
Nehemiah 8:2-6; 8-10  
Psalm 19:8-10;15  
Luke 1:1-4;4;14-21

#### January 31 – 4<sup>th</sup> Sunday in Ordinary Time

Joe Kenna – Peace and Justice Group  
Jeremiah 1:4-5;17-19  
Psalm 71:1-6;15-17  
1 Corinthians 12:13-31 or 13:4-13  
Luke 4:21-30



## Upcoming Events – Mark Your Calendar



### Christmas Liturgy

December 25, 2009

Gathering: 10:00 a.m.

Liturgy: 10:15 a.m.

Goodwin House – Bailey's Crossroad

(Lower level auditorium)

3440 S. Jefferson St.

Falls Church, VA 22041

**Agape following** liturgy - Please bring poinsettias to help decorate the environment and finger food for the agape immediately following the liturgy.



**NOTE:** Last year, because of construction, parking was somewhat difficult. Information on parking for this year's liturgy will be provided at a later date.

### Co-partners of Campesinas

#### Christmas Sale

Sunday, December 6  
Before and after liturgy

Crafts from Guatemala and

El Salvador and

a few miscellaneous other places

### Christmas Time at Christ House

On Monday, December 21, NOVA will prepare and serve meatloaf and scalloped potatoes to the hungry clients at Christ House. **Please mark your calendars to remember to bring your meatloaves and spuds to liturgy on December 20.**

Alternatively, you may drop them off at the Michelotti's anytime on Sunday or until 1:00 p.m. on Monday, the 21<sup>st</sup>. Just leave them in the coolers on the front porch at 6325 19<sup>th</sup> Street N., Arlington.

Since it's the Christmas season, we also try to give the Christ House clients a little something special – a useful, warm present. So please also bring gloves, hats, or socks, *wrapped as Christmas presents*, and marked as gifts for a man, a woman, or a child on December 20. We will be serving nearly 70 people (mostly men), so we'll need a lot of warm presents to go around. Anne Rudd, one of the representatives to the Arlington Interfaith Council, has arranged to serve dinner to homeless people in Arlington on Christmas day. I will pass on to her any excess presents we get for Christ House distribute at this Christmas dinner. So be assured that any excess will not go to waste.

If you'd like to get involved in the kitchen, please call or e-mail Kopp Michelotti (703-241-0789 or [www.koppmich@yahoo.com](mailto:www.koppmich@yahoo.com).) or Ken Chaison (301-571-8180, [www.kenchaison@yahoo.com](mailto:www.kenchaison@yahoo.com).) We generally start food prep around 4:00 p.m. Members of the NOVA community come to provide Christmas carols. Think about joining the carolers. (No heavy lifting – just carrying a tune is required.)

Remember that you can brighten someone's holiday season. **Kopp Michelotti**



## News/Volunteer Opportunities

### Overflow Winter Shelter

From January to March St. Clements Episcopal Church in Alexandria operates as an emergency overflow winter shelter for Carpenter's Shelter. Nova has been participating for the last several years. Every other Monday, two Nova volunteers are on duty: welcoming the guests, helping them get comfortable for the night, remaining in the church sanctuary with the guests for the night and bidding them a good day in the morning. This means that the volunteers are at the church from 7:00 p.m. to 7:00 a.m., with a lot of quiet time in the middle. Our dates for 2010 are January 4, 18 February 1, 15 March 1, 15. If you are interested in joining in on this project please contact: Dianne Carroll at [diacarroll@comcast.net](mailto:diacarroll@comcast.net) or 703-536-2616.

### Gunston Volunteers Needed

Nova volunteers distribute bags of non-perishable food, cereal provided by Nova, and perishable items such as eggs, milk, and meat that are picked up at the Arlington Food Assistance Center warehouse on the night of distribution. Produce items are picked up every other week by Eric Carroll at the produce markets downtown (and funded by the Nova Peace & Justice budget). The distribution takes place at the Gunston Middle School Recreation Center in Arlington. Many volunteers have been active in this project for many years. All love their work and would be glad to teach new Nova folks how it's done. So if you would like to volunteer: email Dianne Carroll [diacarroll@comcast.net](mailto:diacarroll@comcast.net) or call 703-536-2616

#### December Schedule (with unfilled slots)

**December 3:** Joe/Carlos, \_\_\_\_\_

**December 10:** Don/Ann A., Cathy G.

**December 17:** Syd and Glen, \_\_\_\_\_

**December 23 (Wed.):** Tim, Cackleys

**December 30 (Wed.):** Eric, Jerry \_\_\_\_\_  
\_\_\_\_\_ **from outside van**

### Donations Needed

In addition to the shelter Eve Birch provides people in Martinsburg, VA, they also know that they can knock on her door, and she'll help them in any way she can. Warm hats, gloves, mufflers are needed for the homeless and other needy people in Eve Birch's neighborhood. She can also use warm sweaters, men and women's underwear, and consumables of every kind – and soap, laundry soap, paper products, shampoo, etc. We hope to fill up the car again, and we'll drive out there in mid-December.

-- Teddi and Tom Ahrens

**You are invited to:**

### **Annual Peace and Social Justice Meeting**

**Saturday, January 23, 2010**

**5:30-9:00 pm**

**Potluck at**

**Meg Tuccillo's**

This is the time when NOVA sets the direction for 2010 for peace and social justice. Not only do we decide what projects we wish to fund or continue funding, but we also determine how we wish to focus our energies as a community; what issues are now front and center as well what needs we can uniquely cooperate on through prayer, liturgy, and action. In December, we will survey the community about peace and social justice issues and have the results available for the January meeting. Clearly all hearts and minds are needed to bring about the best possible results for those who hunger and thirst and yearn for justice.

## News and Requested Prayers

### Green Living

David Mog asks: Been thinking about improving your home's energy efficiency with a new furnace for example? Now is the time to act if you would like a subsidy from Uncle Sam! For details go to the link below:

<http://www.ucsusa.org/publications/greentips/>.

### Violand Appointment

NOVA member Emma Violand Sanchez has been appointed by Virginia Governor Tim Kaine to the Virginia Council on the Status of Women.

This group is a 19-member advisory council whose purpose is to help women reach their full potential and maximize their contributions to society and the Commonwealth as wage earners and citizens. For more information, go to [www.dss.virginia.gov/community/council](http://www.dss.virginia.gov/community/council). Then search: status of women. The site provides more details about this council.

### Prayers and Wishes for Advent and Christmas in Bethlehem 2009

From Joe Annunziata:

For the tenth consecutive year, Christmas celebrations will take place in a difficult climate for people in the Holy Land. As we prepare to celebrate Advent and Christmas in the security of our homes and communities, let us not forget to pray for justice, peace and security for Palestine and Israel.

Sending a wish or a prayer by email is an important way of communicating with many people who long to hear a word of hope. Our partners in Bethlehem greatly appreciate receiving wishes and prayers from people outside the region, both as personal and spiritual gestures of comfort and hope on the occasion of Christmas. These messages are one way of breaking through the isolation our Bethlehem partners' experience.

Please e-mail your Christmas messages and prayers for peace before December 25, 2009 (Western Christmas) and/or January 7, 2010 (Eastern Christmas). While English is the preferred language, non-native English speakers may also send wishes and prayers in their mother tongue. Messages can be e-mailed to the Arab Educational Institute at the following address: [aei@p-ol.com](mailto:aei@p-ol.com). To read all the messages, please visit [www.aeicenter.org](http://www.aeicenter.org)

### NOVA is praying for...

**Sonia Donahue**, who would love a card, a call or a visit. Sonja's address is: Goodwin House, 4800 Fillmore Street -#210 – Alexandria, VA 22311.

**Grace Birch**, who would also appreciate a card or visit. Grace's address is: Sleepy Hollow Manor, 6700 Columbia Pike-#202, Annandale, VA 22003-

**Jean Mendez and Ann Houck**, who are no longer able to attend Nova liturgies regularly.

**Mike Timpane**, as he recovers from knee replacement surgery.

**Rose Barrett**, who is undergoing radiation treatments five days a week, leaving her very weak

**Jim Marten** (father of Mary Gillmarten), who has been diagnosed with esophageal cancer. He lives at 8411 Blakiston Lane, Alexandria, VA 22308-2105

**Mary Louise Fodrocy** (sister of Judy Christofferson), who has inoperable cancer.



Remember these and any other NOVA members, their friends and family, who need our prayers.

## Thank You Letters/Notes

*Dear Carolyn, Ted and NOVA,*

*Greetings of peace and joy from South Sudan. Thank you very much for your thoughts and prayers for us all here in this troubled country. Yes, there are some conflicts due to the up-coming elections. At present the people are going for registration. However, many complain that there is little information on how people should go about it. In Leer itself, the local government is silencing the journalists and radio operators of the local radio station, Naath-FM 88. People are afraid to speak out because hard measures are taken against them if they do. Let us continue to pray and ask God for wisdom for our leaders so that they may do what is good and right for the people. Thank you for the check and the various maps that you sent. We are using them in the schools and in the centers. Also, thank you for the music tapes of the Monks and others. Please give our greetings and thanks to all the people of NOVA. We do pray for you always.*

*United in God's loving heart.*

*Con carino,  
Adriana*

**Archer Heinzen** wrote a brief explanation of the following thank you letter (for those of us who can't translate Spanish): *Before Christmas last year, Co-partners of Campesenas asked NOVA members to contribute to scholarships for a community nurse program in Chichicastenango, Guatemala, in response to a request made by our development partner, ASDECO. Almost \$1,000 was raised to sponsor three young women for the one-year program. This letter is from the Director of ASDECO expressing the organization's gratitude for the support of the NOVA Community.*

Estimados Senores:

Reciban de la Asociacion de Desarrollo Comunitario Asdeco un fraternal y caluroso saludo, esperando que el desarrollo de sus actividades de cada dfa se desarrolle con exito y satisfaccion, principalmente con las bendiciones de Dios.

El objetivo de la presente es agradecer a ustedes profunda mente en nombre de las comunidades que conforman Asdeco, el apoyo financiero brindado a la Asociacion para la formacion de 3 enfermeras a desarrollarse durante el ana 2010. El cual las participantes obtendran un diploma que las acredita como enfermeras domiciliarias; todo esto viene a contribuir grandemente; el objetivo de Asdeco que es contribuir al mejoramiento de la salud integral de mujeres, hombre y nifiez de las comunidades.

Esperando que este gesto de solidaridad de parte de cada uno de los y las colaboradoras retorne en grandes bendiciones de Dios tanto a nivel personal como a nivel de la organizacion.

Sin otro particular de ustedes muy atentamente.

Joseta Xiloj Tol  
Directo Ejecutiva, ASDECO

## More Thank You's . . .

**A Big Thank You to Marie Pinho**, NOVA Newsletter editor for the past (how many?)years. Marie has been an outstanding editor. In addition, she has demonstrated a creative flair for layout, clip art, and including news from beyond the Nova Community as well as jokes and stories. I will have a hard time following in her footsteps. – **Judy Christofferson**

### From the Furlong Family:

*Dear NOVA Friends,*

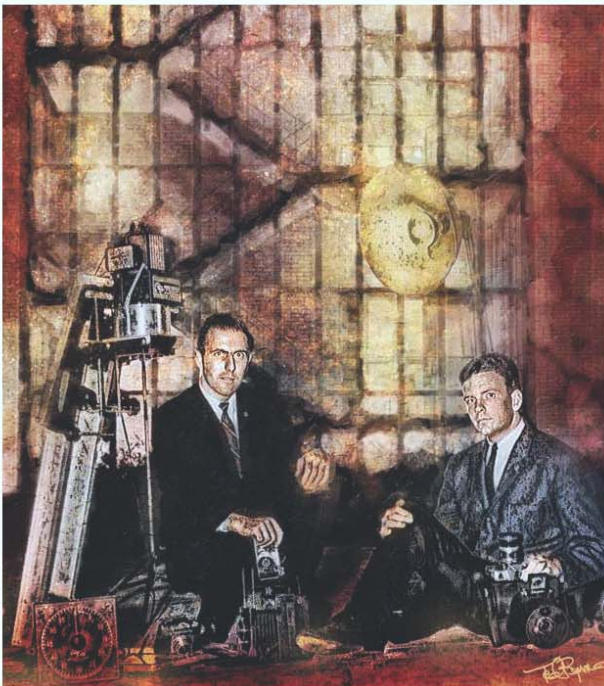
*Thank you for your thoughts, your prayers and help during Jim's illness and passing. All of us gratefully appreciate them.*

*With love,*

*Jody, Kat and Jon Furlong*

### **Another Good Story About Jim** (from his friend, Ted Byrne\* – via Dianne Carroll)

We lugged all of that stuff from the college darkroom up on the second floor behind us. It was the middle of the night. See the big thing right in front of me? That's a Korean War aerial camera. My buddy Jim Furlong found it somewhere, got us some film and found a single engine, three seat plane with an overhead wing. We took the door on my side off so when the plane banked I could dangle right over the city held only by the seat belt. BTW, that monster camera didn't have a neck strap so I held onto it hard as the ground sped ay below.



We've got those odd expressions because we'd created a timer for the big ole 4X5 Speed Graphic camera. We just sat there waiting and waiting until PHWUMP! Flashbulbs popped all around us. Yep, flash bulbs! Funny, that one shot took all sorts of planning and set up (not to mention break down) and yet, who cared? We were young and time and muscle was what we had.

Jim Furlong was the most important photographer who ever lived. Because he infected me with a graphic obsession that's never gone away... that's why. I always wonder as my work comes together, what Jim will think. He created hurdles, and rewards.

Late last month Jim died. But I always wonder as a new image happens, "What *will* Jim think about that? You've got to have a standard, right?"

\*Ted Byrne is a graphic artist/printmaker. His recent blog is about Jim is at:

<http://imagefiction.blogspot.com/search/label/college>



# Nova Photo Gallery

*Nova and Pax Singers-Joint Liturgy on November 1*



*John Tarrant-Blessing before Surgery*



*John Veldhuis- Blessing for Safety/Success in Uganda*

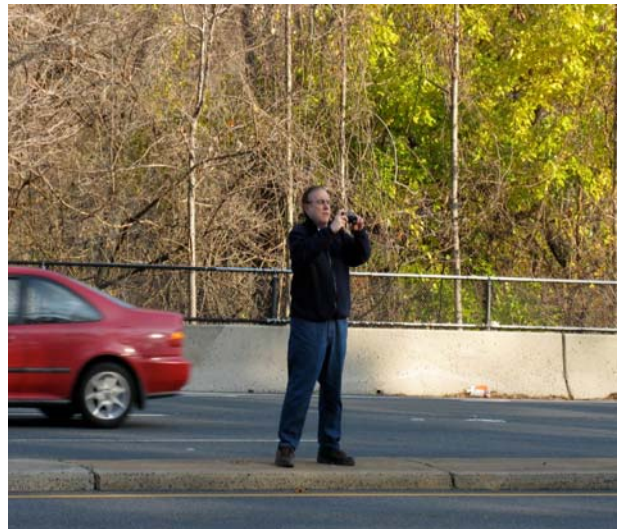


*Elena, Ella and Nico on a Fun Ride*



*November 22, 2009 Liturgy*

# NOVA Grandmothers and Others Standing for Peace – November 22, 2009





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### **Events/Dates to Remember**

Every Thursday - Food distribution at Gunston - See page 5.

Every Sunday - Bring cereal to liturgy for Gunston distribution

First Sunday of Month – Bring paper products (towels, toilet) for Doorways

Overflow Winter Shelter Dates – See p. 5.

**December 6** – Christmas sale before and after liturgy

**December 20** – Bring scalloped potatoes and meatloaves to Nova liturgy for Christ House (also gloves, socks, and hats wrapped for distribution). See p. 4.

**December 21** – Caroling at Christ House

**December 25** – Christmas Liturgy, 10:15 a.m. at Goodwin House – Bailey’s Crossroads

**January 23** – Annual Peace & Social Justice Meeting – See p. 5.

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