


nova notes
Newsletter of the NOVA Community February, 2008

Chair Notes

What a celebration we enjoyed for our 40th! How do you follow upon such a fantastic event? We must remember that it took over a year of planning and preparation and a “cast of thousands” to put it all together but what a celebration. Every moment was glorious and joyful. We did not just celebrate but were also challenged both personally and collectively.

We have considered a number of questions:

- Are we a force for change in the greater Catholic Church? Probably not immediately but we keep working, hoping, and praying that someday doors and hearts will be opened and others will follow our lead. Meanwhile, about 100 Intentional Eucharistic Communities have sprung up across this country. There is a need for Nova-minded people and we fill that need
- Are we slowly dying out with the “graying” of Community members? I don’t think so. The number of members is still roughly the same as it has been for at least a couple of decades but the individuals have changed. Some members have died, new members have joined us, some members have moved out of the area, others have moved in, children have been born and baptized, young members are being affirmed, and the life of the Community continues.
- Should we “recruit” new members? Yes, several Community members have introduced friends, neighbors, and others they come in contact with to the joys and challenges of Nova. We welcome all who come to us. Some find their spiritual home with us in Nova while others seek a different path.

- Could we do more to make Nova a spiritual home for others? Yes, we could have an Affirmandi reunion as Quinn Connors suggested or we could enlist our young adults to set up activities designed by them.
- Has Nova had an impact? Yes, yes, yes. Look at the peace and social justice projects in which we have been actively involved locally, nationally, and internationally. We have been there with food, clothing, shelter, and presence as needed.

Nova is a caring Community. It is an action Community. Whenever I speak to others about Nova, they are amazed at how so few can do so much. I am proud to be a part of Nova, my spiritual family, and praise God there is a Nova. What will we say 10 years from now as we celebrate our 50th anniversary? Will the same questions still be with us? Probably.....they will probably be raised by a new group of people because Nova is not static but ever changing and growing in the love of Christ.



Blessings,

~John Veldhuis

February Birthdays, etc.

Message Line		703-852-7907
Chairpersons	Eric Carroll	703-536-2616
	John Veldhuis	703-750-1670
	Nancy Veldhuis	703-750-1670
Treasurer	Joe Formoso	703-503-9731
	John Mooney	703-425-1639
Religious Ed. Coordinator	Cece Michelotti	703-241-0789
Liturgy Coordinators	Gloria Mog	703-522-1812
	Anne Passin	703-538-6545
Padre Cadre Coordinator	John Mooney	703-425-1639
Music Coordinators	Tom Clarkson	703-560-2096
	Victoria Robinson	703-237-0008
Peace & Justice Coordinators	Dianne Carroll	703-536-2616
	Marie Keefe	301-229-2016
Christ House Coordinator	Kopp Michelotti	703-241-0789
Facilities	Glen Passin	703-538-6545
Newsletter Editor	Marie Pinho	703-569-6080
NOTE EMAIL!!	mdpinho@verizon.net	

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, we celebrate at Lacey Woods Park, George Mason Drive near Washington Blvd, unless otherwise noted.

[Lacey Woods]
Liturgies begin at 9:30 am—Gather at 9:15 am

[Kenmore]
Liturgy begins at 10:15 am—Gather at 10:00 am

- 2 Bonnie Lowrey
- 4 Joan Gurian
- 5 Nicola Mariscal
- 6 Fernando Mercado
- 7 Stephanie Visokay
- 11 Charlie Boyne
- Ray Kemp
- 12 Monica Rosenberg
- Fernando Mercado Violand
- 14 Jan Tarasovic
- St. Valentine
- 15 Justin Mog
- Anna Reich (Warren's daughter)
- Amy Kyleen Lute
- 17 Josette Ferguson
- 19 Josh White
- 20 Linda Rosenberg
- 24 Amy Bailey
- Pat Connelly
- 26 Lynn Christofferson
- 27 Catherine Schmidt
- 28 Mary Grace



**Newsletter Deadline is
February 24....2008**

Liturgies: Year A — Cycle II

For inclusive Readings and Music Selections go to nova.novacommunity.org, member section, Liturgy Info. Give all music selections to the Music Liaison one week ahead.

FEBRUARY MUSIC LIAISON Barbara Formoso

February 3 – 4th Sun. in Ordinary Time
Quinn Conners, O.Carm. – Dianne Carroll &
Social Justice Team
Zeph: 2:3, 3:12-13
Psalm 146:6-10
1 Corinthians 1:26-31
Matt 5:1-12

February 6 – Ash Wednesday - 7:30 pm
Jeanne Clarkson @ Kathy Scheimer's Home
Joel 2:12-18 See Directions page 4
Psalm 51:3-17
2 Corinthians 5:20-6:2
Matt 6: 1-6, 16-18

February 10 – 1st Sunday of Lent
Joe Nangle, OFM – Victoria Robinson &
Rose Marshall
Genesis 2:7-9; 3:1-7
Psalm 51:3-6, 12-17
Romans 5:12-19
Matt 4: 1-11

February 17 – 2nd Sunday of Lent
Joe Kenna – Gloria Mog
Genesis 12:1-4
Psalm 33:4-5, 18-22
2 Timothy 1:8-10
Matt 17:1-9

February 24 – 3rd Sunday of Lent
Joe Nangle, OFM – Carmela & Mikaela
Kane, Tim White
Exodus 17:3-7
Psalm 95:1-2, 6-9
Romans 5:1-2, 5-8
John 4:5-42

MARCH MUSIC LIAISON Gloria Mog

March 2 – 4th Sunday of Lent
Jim Scullion, OFM – Peggy Meyer
1 Samuel 16:1b, 6-7, 10-13
Psalm 23:1-6
Ephesians 5:8-14
John 9:1-41

March 9 – 5th Sunday of Lent
Jim Coriden – Cece & Kopp Michelotti, Rose
Barrett
Ezekiel 37:12-14
Psalm 130:1-8
Romans 8:8-11
John 11:1-45

March 16 – Palm Sunday
Bill Callahan – Mike Timpane, et al.
Isaiah 50:4-7
Psalm 22:8-9, 17-24
Philippians 2:6-11
Matthew 27:11-54

March 20 – Holy Thursday
Center of Spiritual Enlightenment
6:45 Gathering, 7:00 pm begin
Reservations: Cathy Goldschmidt
Joe Kenna – Holy Thursday Team
Exodus 12:1-8, 11-14
Psalm 116:12-18
1 Corinthians 11:23-26
John 13:1-15

March 21 – Good Friday
Kenmore Middle School – 8 pm
Black Box Theater—Meg Tuccillo
Isaiah 52:13-53
Psalm 31:2, 6, 12-17
Hebrews 4:14-16
John 18:1-19

Continued on page 4

March Liturgies, (continued)

March 22 – Easter Vigil Mass

Oakton Unitarian Universalist Ch - 7:30 pm

March 30 – Second Sunday of Easter

Jim Hug, SJ – Meg Sullivan & John Mooney

Acts 2:42-47

Psalm 118:2-4, 13-15

1 Peter 1:3-9

John 20:19-

Directions to Ash Wednesday Liturgy at Kathy Scheimer's

103 Cunningham Park Ct. SE Vienna,
VA 22180 703-255-6870

February 6 - 7:30 pm

Take I-66 to Nutley Road exit (to Vienna). Turn right at the second light onto Kingsley Road. Go about 2 miles until it ends at Park St. Turn left, drive past a school on the left and take the next left onto Cunningham Park Ct. Kathy's house is about $\frac{3}{4}$ of the way around the court circle to the left. You can also take Route 50/Arlington Blvd to Cedar Lane northbound. Go 1.6 miles and turn left onto Park St. Go .6 mile and turn left onto Cunningham Park Court.

IRAQ Casualty Toll

US Military Deaths	3,941
Suicides	135
Civilian Deaths*	80,699—88,126
American Wounded	28,770
Returned to Service	16,019

As of 1/28/2008

* documented to 12/14/2007. This number may be seriously understated.



NOVA is praying for ...

Barbara Formoso's mother, Molly Boles Hill Folken, passed away in Florida on January 19, 2008. Many of us remember her at several visits to NOVA. On one occasion, her son-in-law Joe Formoso, conducted an on-the-spot book sale and signing of her wonderful, thoughtful book, *Living on the Edge: Growing to the End of Life*. We can see where Barbara gets a good deal of her creativity. A Sentinel staff person wrote "Loss led Molly Boles Hill Folken to a career as a bereavement counselor. A love of people and a knack for connecting with them made her a success." Keep Barbara and her family in your prayers. Donations can be made in memory of Barbara's mother, **Molly Boles Hill Folken**, to:...

Central Florida Chapter
Assn of Death Educ. & Counseling
P. O. Box 560676
Orlando, Florida 32856-0676
407-303-2310

+

Rose Barrett's sister has died. Rose and Jerry attended the funeral in Florida. Her sister was several years older than Rose and had been ill for some time, so this was not unexpected. Please keep Rose and her family in your prayers.

+

Nancy Veldhuis' son Gregory Swanberg has suffered medical issues for some time. He was hospitalized in California in severe pain, and underwent surgery and extensive medical tests. Although a conclusive diagnosis has not been received, Gregory was released from the hospital. He is happy to be going home and will follow-up doctors taking care of him. Both Nancy and John deeply appreciate your keeping him in your prayers while they determine the source of the problem.

+

Jim Furlong has been asking for prayers for his son John Furlong, who lives in New Orleans. John has had a horrific accident where he was working on a construction site, and required hospitalization. He received immediate medical treatment, but is left to deal with multiple health issues. Please pray for John Furlong, and the entire Furlong family. Thanks to Ed and Vivien Michels of NOLA and (NOVA) who went right over to John's apartment, found him, and contacted Jim & Jody. It appears that John's cell phone was more broken up than he was! Please continue to pray for the Furlongs and our rescuing angels, Ed and Vivien Michels.

+

Jean Mendez is suffering with cellulitis and side effects from her treatment(s). Call at (703) 256-5084 to offer your good wishes.

Help Wanted . . .

St Clements

hypothermia shelter is opening soon. For many years Nova volunteers have been assisting at the overflow winter shelter at St Clements church on Quaker Lane in Alexandria every other Monday in January, February, and March. 2 volunteers arrive at 7 in the sanctuary and stay until 7 in the morning. The guests come from Carpenters Shelter when they are full. St Clements made the commitment years ago to do this, offering the church and sanctuary. The guests have been happy to come as it is quiet. If anyone new would like to help this year I am happy to team you up with a veteran. Here is the schedule so far!! There are 2 volunteers for the night. Please let me know as soon as you can what is good for you...and if you are new each of those signed up is a pro...

February 4: Clyde Christofferson and Ted Miller

February 18: Eric Carroll and Jason Powell

March 3: Kopp Michelotti and Tim White

Thanks, thanks!!! xxoo dianne

My Hearing

Leroy gets in line, and when it's his turn, the preacher asks, "Leroy, what do you want me to pray about for you?"

Leroy replies, "Preacher, I need you to pray for my hearing."

The preacher puts one finger in Leroy's ear, and he places the other hand on top of Leroy's head and prays and prays and prays. After a few minutes, the preacher removes his hands, stands back and asks Leroy, "Leroy, how is your hearing now?" Leroy says, "I don't know, Reverend, it's not until next Wednesday."

Gunston volunteers for February

Every Thursday volunteers distribute food from the Arlington Food Assistance Center (AFAC) to clients at the Gunston Recreation Center in Arlington. Nova folks bring boxes of cereal each Sunday to add to the distribution so each family can have a box of cereal. So if you are local don't forget to bring a box of cereal to church. And if you would like to help with the distribution please contact Dianne Carroll, diacarroll@comcast.net or 703-536-2616

February 7 Kopp & Cece Michelotti, Peter Goldschmidt

February 14 Marie Pinho, Lani Lee, Eric Carroll, Marie Claire Walters

February 21 Tim White, Jerry Barrett, Lani Lee

February 28 Glen Passin, Syd Boyne, Lani Lee

The more, the merrier....

*Most High
glorious God,
enlighten the darkness
of my heart.
Give me
right faith,
sure hope
and perfect charity.
Fill me with understanding
and knowledge
that I may fulfill
your command.*

~St. Francis,
Prayer Before The Crucifix

Nova's Peace and Justice Projects



Gathering Courage - For the Work to Be Done

The Lenten Planning Team reflected on all the energy and enthusiasm generated and expressed by the 40th Anniversary Celebration as well as the fall Peace & Social Justice Committee meeting that had us take a hard look at exactly what was "the work to be done"? Many of the Lenten readings focus on the need for faith, trust and courage in the face of great fear. The team felt that there were many parallels to where we are as a community today and that often it is our personal and collective fear that inhibits our tackling the work to be done. Thus, our liturgies this Lenten season will focus on the process of gathering courage and strength to move forward with faith and trust empowered, as St. Paul says, by "the strength that comes only from

God". We have chosen the lion as our symbol of courage, perhaps best represented by the "cowardly lion" from the Wizard of Oz who learns to find his strength from within with the help of his newfound "community". The team joins with the Peace & Social Justice Committee in challenging each of the 5 committees who were formed at the meeting last fall to meet sometime during the Lenten season to determine what "courageous" way each can lead the community in responding to the various areas of need.



from Peace and Justice Committee:

The 5 committees: Domestic Poverty, Immigration, International Economic Development, Care of the Earth, and Peace; will lead the community through a "Learn, Talk, Do - - wrapped in prayer" focused on each topic. The group focused on Domestic Poverty plans to present in March and the others will offer during this coming year. (There is more information about this in December, 2007 newsletter) As we focus our prayers for peace and justice during Lent on domestic poverty, we pray:

Lord, NOVA members know we need your help.
 We want to help our brothers and sisters who are hungry and homeless.
 We feel the need to do this work in the name of justice and peace.
 But we don't really understand the hungry and homeless.
 We have never been hungry or homeless.
 We have never experienced hunger.
 Our cupboards and refrigerators are always full.
 We've always had a comfortable place to live.
 So we need Your help to understand how hunger feels.

How standing in line at Gunston feels.
 How standing in line a second time feels hoping for an extra quart of milk or a dozen eggs.
 Help us understand how the homeless feel not having a place to call their home.
 As we enjoy our comfortable homes, well fed and clothed, help us understand our brothers and sisters who have little to enjoy.
 So we can better perform Your work on earth, help us understand and respect the hungry and homeless.

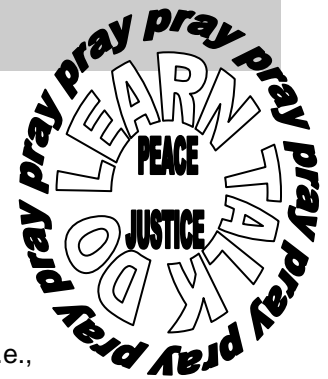
-Jerry Barrett

Nova's Peace and Justice Projects

Caring for the Earth: Learn..... Talk..... Do.....

NOVA recently initiated a conversation about sustainability. It began with a group wide opportunity to reflect and generated the following written comments:

- We need a booklet of things we can do...
- What *can* be done, given a realistic assessment of our political process?
- Care of the earth: Might we concentrate on how to counter the depletion, i.e., windmills, plant a tree, etc.
- Why is government so reluctant to address this?
- How to think/respond practically about this issue on a global scale in small, meaningful steps
- What is a realistic "5 year plan" for NOVA to do as a community and in our own personal lives
- Learn what recycling efforts use the least energy
- Less consumption
- Can we screen Al Gore's movie for a NOVA Group, with expert leading a discussion of its scariest points?
- What can we do as individuals as well as in community to be better caretakers?
- How not to "duplicate" efforts
- How can we help each other to be more green. Tip of the week....reminders products to help us....
- Is there a person "in charge" of recycling? Can we talk to her/him? Is there a body of information about recycling? What, What not....eg Where do you put biodegradable paper plates?
- Green Country rankings: 1-Finland 2. Iceland 3. Norway 23 USA
- Where can we get corn starch food storage bags?
- What or who is causing the worst of danger to the air quality in DC area?
- What is the most effective way to advocate for earth-friendly policy?
- What can we do to help increase recycling away from home?
- Which actions have the greatest impact?
- To be sustainable
- To calculate our carbon footprint and reduce it by the year 2030 to zero.
- What are the small obstacles that stop us from making environmental changes. How (to) address that.
- I need to know most efficacious (SP) ways to care for the environment-its confusing how can we influence our government
- Who are the point NOVA people who can enlist us in actions we can do as a group or as individuals
 - How is sustainability related to our spiritual life?
 - What can "I" do?
 - Tip of the week posted to email or newsletter
 - More liturgies focusing in on sustainability.



If this conversation engaged you or you have a concern with how we are "keeping our home" please join us in creating the next step in NOVA's journey to sustainability at John and Marlene's. We are planning a pot luck at our home in early March. Check the next newsletter for exact time and date.

~Marlene Shade

Spiritual Direction . . .

When You Can't Know God

Warren Reich

It's hard to imagine anything more painful than when you feel impelled to pray while having no idea whether a God will hear your prayer and respond to you.

As a young man, I had many years of intense spiritual training, which produced an acute sense of closeness to God and great spiritual expectations. Many years later, because of the twists and turns of my own life history, I ended up feeling that God simply could not be reached, touched, sensed, heard, or heeded. When I knew I had no alternative but to turn my desperate life over to the care of God, I awkwardly got on my knees, prayed that prayer – and felt abandoned.

I don't assume that my experience is the norm; I hope it's not. Yet as I examine the world of modern literature from a spiritual perspective I see massive testimony to the view that men and women of the modern era often regard themselves as spiritual Outsiders. Writers from Dostoevsky to Hemingway, Camus and Hesse portray the experience of modernity: alienated from ancient certitudes of religion and the security of social structures aligned with religion, our contemporaries are often "condemned" to search for, invent, and discover the spiritual.

A book of enormous importance for spirituality in today's world of splintered faith is one written over 600 years ago – *The Cloud of Unknowing*.¹ Its anonymous author wants us to know that it really is quite acceptable – even expected – that we will find ourselves

behind a cloud when seeking God. From him we learn that the effort to *know* God will be thwarted, because there really is a cloud; but the cloud will not make it impossible for us to *love* the divine. Towards the end of the book the author makes a crucial statement: that it is only by God's mercy (meaning God's total, loving availability) and not through our merit, that we are made one with God.

We may have become accustomed to regarding the spiritual life as our quest for, our journey toward, followed by our union with God. We see it as "ours." But the author of *The Cloud* turns that vision on its head. Our spiritual life is more about God's search for us; God's immense caring about us. What may have been missing from our part of the spiritual life was the element of *our* "caring about" emphasized by the same author. Even during years of doubt, we must still *care enough about* the hoped-for union to remain prayerfully available and, the author adds, to woo God humbly in prayer. How and when it will happen is not under our control.

So "the cloud of unknowing," accounting for some sort of concealment of God, is an instructive metaphor for today's spiritual seeker. It's OK to live beneath that Cloud. Our waiting for a loving union just needs to be enlarged by our longing and peppered with small prayers.

* * *

¹The best edition is: Anonymous, *The Cloud of Unknowing and The Book of Privy Counseling*. Edited and with an Introduction by William Johnston. New York: Doubleday, 1996.

News, announcements . . .

Homeless Prevention Family Project for 2008

A new baby was due in January, but the baby girl **came the day after Christmas Day**. Fortunately an infant seat had been donated before Christmas so Mommy and baby left the hospital safely and happily. A plan had been made to have a “planned item” shower with Nova families offering the needed items and bringing them to church wrapped. Most had been gathered before Christmas. So on the New Year’s weekend Jenny Carroll, who helped Nova establish this relationship with the family, and 4 other Nova women (2 thankfully spoke Spanish as does Jenny) brought the special gifts, tea and cookies to celebrate the birth of the baby along with the new baby’s 3 big sisters (4, 8, 10). Because of the thoughtfulness of Nova folks a comfy chair, a bassinet, baby books in spanish, sweet little girl infant clothes, much needed diapers and more made a happy celebration of a new life. Thanks to all who participated.

The mom, Lucilda, is off work for 3 months from her job as a prep chef. During this time Jenny Carroll will be assisting her in looking for a better job where she would get benefits and work a full 40 hours. During this maternity leave she is not paid. Nova with the help of a few extra individual donations will be paying the rent during this time. The 3 older girls are all in the same school and in walking distance from their apartment.

Lucilda accepted the help from Nova for the next year feeling some sadness about needing help and wondering what Nova might want from her for offering this assistance. The community, through Jenny, conveyed the message that “many have times like this that are very difficult and they need help; and we would hope that she might have an opportunity in the future to help someone else who might need it”. Pray for this family and for the courage to meet the challenges that face them at this time. It is wonderful that Nova is willing and able to stand with them.

I am not in jail!

Ahh. It is especially beautiful to watch a sunset after preparing to go to jail. Physical freedom is wonderful; spiritual freedom, even in jail, is bliss. Of course, our trials are nothing compared to the trials and pain of those oppressed by war and other injustices throughout the world, much of it with support from our own government/corporations and executed with our taxes. Blackwater, implicated in over 200 shootings, has yet to be brought to trial. Seven of us risked arrest for attempting to portray the massacre of 17 innocent civilians at the hands of Blackwater operatives in Nisoor Square, Baghdad. We acted at Blackwater’s headquarters, in Moyock, North Carolina.

Our second Blackwater Trial (the first was held in secret, precipitating an appeal) was interesting, with each of the seven defendants adding personal perspectives to a discussion of “weighty matters” involving morality and International Law. Anyway, it was good to speak out in court about these atrocities; the only time Blackwater has been brought before a court of law. More of you kind citizens are expending your good energy to write to your representatives urging a cessation of armed Blackwater/ Independent Contractors in war zones. Congress is being pressed to hold Independent Contractors accountable under the law for killing and harming innocent civilians.

~Mary Grace

Announcements . . .

Action Africa, Inc.

2903 Mills Avenue, NE, Washington, DC 20018
<http://www.actionafrica.org> 202-529-8350
actionafrica@verizon.net

In a statement just released, the President of Action Africa Inc announced:

Today my friends, we have come together for a special purpose: to draw a line in the sand and to make a commitment for Africa's children. It is no longer enough to feel sorry for Africa's children. It is no longer acceptable to just shiver at statistical information on the gloom and doom facing little children in Africa. It is no longer honorable to wait in hope and silence or pray the ancestors to act from their graves to straighten those African leaders who live in greed. No. Never again shall we live in complacency while one innocent African child dies every 30 seconds from preventable causes (be it hunger or disease). Today, we rise in the spirit of justice and deliverance, not just for Africa but for humanity.

It is our resolve on this very day to announce a five-year commitment in favor of Africa's little children. By the close of 2012, we shall have collectively put one million (1,000,000) at-risk children in Africa into the school system and surrounded them with care, love, education, and health, thus steering them on the path to responsible and successful adulthood. Action Africa's "Surround-a-Child" sponsorship program method which we have so carefully developed and already successfully implemented in parts of Nigeria and Sierra Leone will be our tool for this mission. We will form partnerships and work with local groups and agencies at home and abroad. We invite individuals, families, clubs, associations, organizations, Churches, fraternities and sororities, politicians, people in the media, in fact, all people of goodwill, to join this effort for a successful five-year campaign to save Africa's most at-risk children. This fire is now lit as we make a bold step into 2008, energized by our trust in God and our love for humanity.

/s/ Dr. Chris Nwaka Egbulem,
President

Christ House

For many years, NOVA has been preparing and serving a hot meal to the clients at the Christ House shelter in Alexandria. We serve on the third Monday of even numbered months. Our next scheduled date is February 18. We generally serve about 70 clients in two seatings, at 5 and 6 PM. We need a minimum of 20 meatloaves, and 30 meatloaves allows us to offer "seconds." (These are hungry people!)

The rest of the menu consists of scalloped potatoes (also provided by NOVA members), green beans (bought in bulk by the executive chef), salad (ingredients generally provided by Jim Weber and chopped and mixed by the kitchen crew in the Christ House kitchen), rolls (generally provided by Cathy Showalter) and brownies (generally provided by Emma Sanchez).

A kitchen crew of 4 to 6 works out well for preparing and serving. Volunteers should arrive at Christ House by 4 PM to help make salad and prepare the plates. The executive chef has to get there earlier to put the meatloaves and scalloped potatoes, which have been frozen, in the ovens. After serving, the kitchen crew often adjourns to Hard Times cafe to share some chili.

Meatloaves and scalloped potatoes can be brought to liturgy the day before we are scheduled to serve or brought to my house that afternoon or on Monday morning, where they can be left on the front porch. (The door is always unlocked.)

Call me at 703-241-0789 for directions or to make arrangements if you need to get them to me earlier. Also call if you'd like to help in the kitchen at Christ House.

Thank you for all you do to help our neighbors who have fallen on hard times.

~Kopp Michelotti

Announcements . . .

Mary Grace is a Grand- mother!



Mary Grace with her grandson, Miles Benjamin Graber. Born on December 20, 2007; 20 inches long, 7lb, 5oz.

Baby Milo is cute and sweet and content to be with dad, Nicholas and mom, Elizabeth.



Emma for Arlington County School Board

In supporting Emma in her bid for the Democratic nomination to the school board, Dr. Lorenzo Esters, Northern Virginia Community College Board said:

“When you really hear her, you witness a very rare thing; you witness a person who has a heart filled with compassion and goodwill for mankind and a commitment to see it through. Emma has the best combination of mind and heart and strength of leadership through teamwork and feeling for the problems of ordinary people of anybody with whom I’ve ever worked. So I urge each of you to support my friend, Dr. Emma Violand-Sanchez for Arlington County School Board.”

See her website to learn more about her and see how you can support her campaign. www.emmaforschoolboard.org

Si se puede
Si se puede

Announcements . . .

Matt Weber gets his Ph.D.!!!!

Aaah, it seems like yesterday when Matthew August Weber went to the College of Engineering at the University of Arizona to study something about the environment; water and elements like that.



**How
else
would
an
environmentalist
travel
to get
his
Ph.D ???**

**With
family and friends,
present and away,
we're all
beaming with
pride, Matt.**

Congratulations!!



Events, Meetings —

Following in the Footsteps of Jesus *An Overview of Catholic Social Teaching*

Sponsored by Parish Social Ministry of
**Church of the Nativity Parish, St. Mary of Sorrows Parish
and Catholic Charities of the Diocese of Arlington**

Noted speakers will help us explore the main ideas that are found in the Church's documents on Catholic social teaching. Each session will provide an opportunity for discussion and a question and answer period.

This 8-session series was developed in response to the results of a survey in June at Nativity and St. Mary of Sorrows parishes. Guest speakers will be encouraged to include a broad range of issues reflecting the concerns of parishioners as expressed in the survey.

PROGRAM SCHEDULE Tuesday Evenings, 7:30 – 9:00 pm

+ *At Church of the Nativity*
6400 Nativity Lane, Burke, VA 22015

- + February 12, 2008 ***“Option for the Poor and Vulnerable”***
Donna Grimes, Education Specialist, Catholic Campaign for Human Dev., USCCB
- + March 25, 2008 ***“Rights and Responsibilities”***
Walt Grazer, Grazer and Associates, LLC, formerly a USCCB policy advisor on human rights
- + April 8, 2008 ***“Care for God’s Creation”***
Rev. Pat Watkins, Virginia Interfaith Power and Light and
Virginia Interfaith Center for Public Policy
- + April 29, 2008 ***“Solidarity”***
Carole Zemont-Ndiaye, Catholic Relief Services (CRS), US Operations

For information contact: Anne Murphy, Catholic Charities, 703-841-3831;
Joe Pettit, Nativity, 703-455-4937; or Pat Seiler, St. Mary's, 703-978-4141, x18



Events, Meetings —

FORUMS FOR THE FAMILY

Offered by Catholic Charities Family Services Arlington Diocese



**WE ARE ONCE AGAIN OFFERING A SERIES OF FREE WORKSHOPS
THAT MAY BE HELPFUL TO YOU AND YOUR FAMILY!**

FEBRUARY 21, 2008

TEENAGE SUBSTANCE ABUSE: WHAT PARENTS SHOULD KNOW

Sharon Gottovi, LPC, LMFT, LSATP worked for 10 years as the clinical director for a substance abuse treatment agency for adolescents and adults. She will be offering a presentation with ideas for parents on how to approach their teenager if they suspect substance abuse may be an issue.

MARCH 13, 2008

COPING WITH STRESS

IF YOU CAN'T CHANGE THE WIND, HOW CAN YOU ADJUST YOUR SAILS?

Pat Cole, LCSW, earned her Masters degree in Social Work from The Catholic University of America. Pat is Assistant Program Director of Catholic Charities' Family Services and has worked with individuals, families and groups for ten years. She will be offering a presentation on how to deal with the stress that we all experience in our daily lives, especially living in the high pressured environment of our Washington, DC area.

APRIL 17, 2008

HOW TO COPE WITH BULLYING

Michele Cole, LCSW, earned her Masters degree in Clinical Social Work from The Catholic University of America. She has extensive experience working with children and adolescents, providing individual and family therapy as well as social skills groups. She will offer a presentation about bullying, including the phenomenon of internet bullying, which may aid parents, teachers and administrators helping children in K – 12th grade.

THE WORKSHOPS WILL BE HELD AT

ST. ANN CATHOLIC CHURCH 5300 NORTH 10TH STREET ARLINGTON

7:30 – 9:00 PM

Please RSVP to Carol at Catholic Charities Family Services

703-841-2531

Events, Meetings —



Transitions: Dealing with Separation and Divorce Support Group

The Family Services Department of Catholic Charities is offering a therapeutic 12-week support group for men and women experiencing the pain of separation and divorce. This group will provide a forum to express and explore feelings, and to offer and receive support. The group will be facilitated by Pat Cole, LCSW, and Peter Bachman, MSW Candidate.

Where: Catholic Charities
Family Services
3838 Cathedral Lane
Arlington, VA 22203

When: Mondays, 7:00-8:30 p.m., beginning February 11, 2008

Fee: \$25 per session (sliding scale available)

To register: Please call Pat (703) 841-2531, ext. 19 or Peter at ext. 31. You will be asked to schedule an initial no-cost interview. Pre-registration is required.

Thank you, NOVA

Dear NOVA Catholic Community,

On behalf of *Escuela Bolivia*, thank you for your generous donation of \$200.00 for our educational programs. Your continuous support has allowed us to expand our program and reach more families. *Escuela Bolivia* is a non-profit 501c3 educational organization established in 1998 that works to improve the lives of children and their families through academic, linguistic and cultural education in our Latino diverse community. Thanks to your continuous support, *Escuela Bolivia* provided the following programs this past semester:

- **Saturday School:** In partnership with Arlington Public Schools, we offered 135 students Spanish and English classes for school age youth and adults from diverse racial and ethnic backgrounds. Classes are held at Claremont Immersion School on Saturday mornings from 9:00 a.m. to 12:00 noon.
- **Emerging Leaders Program:** This past semester, 19 high school students learned leadership and communication skills while also preparing for college. Each student was paired with a mentor who helped with the college application process. Students visited the George Washington University and also visited museums in Washington, DC.

Parent Involvement. The "Parent Expectations Support Achievement" (PESA) program was provided to parents at six local schools and more will learn about the importance of supporting their children's education at 18 schools and churches this coming semester.

Thank you again for your belief in Escuela Bolivia's important work in empowering Latino families. If you are interested in visiting Escuela Bolivia, please contact us at (703) 228-2560 to set up a visit. We would love to show you the impact of your continuous support!
Best wishes for a happy 2008.

Sincerely yours,

Natasha Quiroga
Executive Director

Christmas, 2007

Abbot Aiden Shea celebrates with us at Goodwin House, Bailey Crossroads



Our faithful and talented music group

A PRAYER FOR UNITY IN A TIME OF WAR

By Kathy Kelly, founder, Voices for Creative Nonviolence

I implore you then, live up to your calling...spare no effort to make fast with bonds of peace the unity which the Spirit gives. – Ephesians 4:1, 3



Thou hope and joy of all creation, You have given to all generations the power to seek you, and in seeking you, to find you. Grant us, we pray, a clearer vision of your truth, greater faith in your power, more confident assurance of your love.

Our sisters and brothers in Iraq suffer overwhelming grief and affliction. Bombed, maimed, mutilated, wasted, tormented, these our brothers and sisters endure unending war, much of it fueled by U.S. wealth and arrogance. Grant us, we pray, courage to overcome our cautions, to set aside our unjust comforts, to resist the works of war and embrace the works of mercy.

Grant us, we pray, the grace to hear deep in our hearts our Muslim brothers' and sister's daily call to prayer: "O God you are peace. From you is peace and unto you is peace. Let us live our lives in peace. Bring us into your peace. Unto you be honor and glory. We hear and obey. Grant us your forgiveness God, and unto you be our becoming." Amen.

[Prayer cards may be ordered from Pax Christi USA www.paxchristiusa.org]



February, 2008



NOVA Calendar

Every Thursday.... Food distribution at Gunston, see page 4
Every Sunday ... Cereal boxes brought to liturgy for Gunston

February 4, 18 ... overnight stay (if necessary) at St. Clements, page 5
February 6 ... 7:30 pm; Ash Wednesday, directions on page 4
February 11 ... Transitions: Divorce & Separation Support group, page 15
February 12 ... 7:30 pm; Church of the Nativity; Option for the Poor... page 13
February 18 ... Christ House, page 10
February 21 ... Teenage Substance Abuse... Catholic Charities, page 14

Save Dates –

March (early) ... Caring for the Earth, page 7, see next newsletter for specifics
March 6-10... Christian Peace Witness, Washington DC... see next newsletter

March 13 .. Coping With Stress... Catholic Charities, page 14
March 25, April 8, etc – Diocesan Catholic Social Justice Teaching Lectures, page 12

April 17 ... Coping with Bullying ... Catholic Charities, page 14