



# THE “LINK”

March 2023

## FROM THE PRESIDENT

Dear Sisters in Christ,

**I pray you are having a blessed and fruitful Lent.** See page 10 for the Bishops’ guidelines on walking these precious days with Our Lord.

**There’s still time to register** for the series “Presence: The Mystery of the Eucharist.” Find out how on page 2.

**At our popular Virtual Tea** this month, the Executive Director of the Archdiocesan Deaf and Disabilities ministries will speak on fostering greater inclusion in our parishes and communities. Register on page 5.

**The Archdiocese celebrates two martyrs** this month with special Masses on their feast days. Find out how you can join the celebration on pages 7 and 8.

**Do you know a young person** who loves to make videos? See page 2 for info on entering a video contest. Deadline is March 30th!

**Looking ahead:** claim your spot now for the National Black Catholic Congress in July. Lots more info on page 9.

**Are you a CCW-ADW member?** You know how great it feels to support us in connecting Catholic women in the Archdiocese. If you haven’t joined yet, you can do that on page 11!

**Our Lenten reflection** by Rose Folsom on page 14 shows us how to avoid a Lenten trap that even good Catholics can fall into.

Your sister in Christ,



*Cheryl Holley*  
President

**Council of Catholic Women–  
Archdiocese of Washington**  
ArchdioceseCCW@gmail.com  
Facebook: WashACCW  
<https://www.councilof-catholicwomen-adw.com/>

2021-2023

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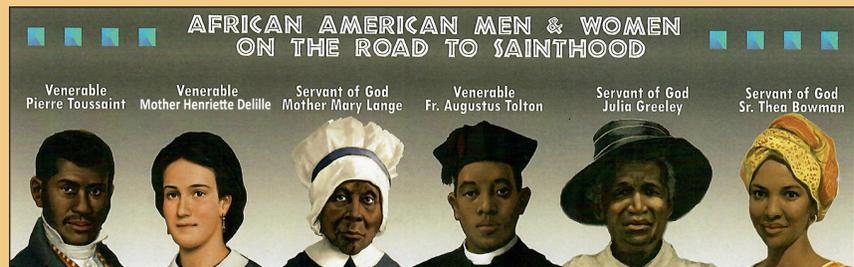
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Mary Leibolt

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Michelle Dorsey

*Let’s keep our six African Americans on the road to sainthood in our daily prayers.*



## YOU CAN STILL REGISTER!

### Join Us

Our Lord invites us to the source and summit of our Faith—The Holy Eucharist. For this Eucharistic Revival journey, the Council of Catholic Women-Archdiocese of Washington is hosting a special **virtual** series:

### Presence: The Mystery of the Eucharist.

#### Session 1: God is With Us

Jan. 30- Part 1

February 6- Part 2

#### Session 2: Story of the Eucharist

February 20 – Part 1

March 6 – Part 2

#### Session 3: Bread for the Journey

March 20 – Part 1

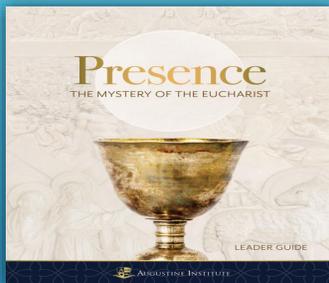
April 3 – Part 2

#### Session 4: Biblical Foundations

April 17– Part 1

May 1 – Part 2

May 15 – Part 3



Starting March 20, join us for **Session 3: Bread for the Journey** as we discover how the Eucharist sustains us on our spiritual journey.

This series, carefully designed by the Augustine Institute, examines the sacrament's effects and its setting in the Mass; explores the sacrament's scriptural foundation; and helps us discover the beauty of Holy Communion and transformative power of the grace God offers us in this sacrament.

#### Explores:

- The truth and beauty of Christ's real presence in the Eucharist,
  - From its origins in Sacred Scripture,
  - To its profound role in the life of the Church and her members.
  - Join us Mondays, 7:00-8:00 p.m.
- Registration is free. To Register for Session 3, go to:

<https://www.eventbrite.com/e/516951695437>



## 2022 Saint Bakhita Youth Video Contest

U.S. Catholic Sisters Against Human Trafficking

A great opportunity for high school students to learn more about trafficking and share with us their creativity in a 3-minute video.

The deadline is March 30th, 2023. Cash Prizes!

Share this with your local schools, teachers, youth groups, etc.

Video Contest Information Link:

<https://www.sistersagainsttraffickingfilmfest.com/?eType=EmailBlastContent&eId=754220ed-ab5b-4891-a806-d295f575384b>



SATURDAY, MARCH 4



This Photo by Unknown  
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BY-SA



COME JOIN  
ST. LUKE'S HOLY NAME SOCIETY  
FOR A DAY OF RECOLLECTION

Saturday, March 4, 2023

Rosary: 8:00 a.m.

Mass: 8:30 a.m.

Reception follows Mass, Lunch will be provided.

St. Luke's Catholic Church, 4925 East Capitol Street, S.E., Washington,  
DC 20019

Guest Speaker: Deacon AL Anderson

Theme: "What's in it for me... Why should I go to Church"

For more information contact:

Byron Wilson – (202) 945-3836    Phillip Smith – (301) 675-6208

Milton Harris (202) 412-0465



**WEDNESDAY, MARCH 8**



**Susan Apgood**

Adjunct professor in the Kogod School of Business at American University



will speak on

*Women in Business*

**Wednesday, March 8, 2023**

**7:30 AM - 9:00 AM**

Columbia Country Club  
7900 Connecticut Avenue, NW  
Chevy Chase, MD 20815

Cost: \$35

Register at:

<https://catholicbusinessnetworkofmontgomerycounty.growthzoneapp.com/ap/Events/Register/ep-0W0lKr?sourceTypeId=Hub&mode=Attendee>

Susan Matthews Apgood is the founder of News Generation, a premier media relations firm which she launched in 1997. She sold her company to 4media group in April of 2020. In November of 2022, she was inducted into the Public Relations Society of America, National Capital Chapter Hall of Fame. Since 2016, Apgood has been an adjunct professor in the Kogod School of Business at American University teaching Women in Organizational Leadership and Introduction to Business. In August of 2022, she and her colleague, Anjali Varma, won the Ann Ferren Curriculum Design Award for best course design of their class Women in Organizational Leadership. She is a facilitator with Her Corner, where she coaches women in workshops and private sessions to grow their new and growing businesses. She earned her MBA in finance from American University and BA in economics from George Washington University. For fun, she competes in triathlons and half marathons. She lives in Bethesda, Maryland, with her husband and three sons.

SUNDAY, MARCH 19



## VIRTUAL MONTHLY CCW-ADW TEA & REFLECTION

Join us for



# *Building Up the Kingdom of God Together with All His People*

Sunday, March 19, 2023  
3:00 p.m.

**Free registration:** <https://www.eventbrite.com/e/560943345647>

Each of us is here to serve a purpose, share our gifts, and become a source of life for others. We all are called by our baptism to serve in the Mystical Body of Christ. Some of us may be living with a disability, or struggling with Mental Health challenges, yet we are all part of the ONE Body of Christ.

Join us March 19th for a discussion with Mary O'Meara, Executive Director for the Roman Catholic Archdiocese of Washington's Deaf and Disabilities Ministries. We will explore ways to welcome and value persons who are Deaf, live with a disability, or are experiencing Mental Health challenges in our parishes and in our Community of Faith. Come join in building up the Kingdom of God one heart at a time.

**We look forward to seeing you March 19th!**



SUN MARCH 19 TO TUES MARCH 21

Diocese of Arlington Golden Jubilee  
**REMEMBER, REJOICE, RENEW**



*Year Two – REJOICE*

St. Joseph Catholic Church, Alexandria, VA

Guest Celebrant / Homilist

Fr. Anthony Bozeman, S.S.J.



711 N Columbus St.  
Alexandria, VA 22314

**Mass / Exposition / Adoration / Benediction**

**DAY 1: Sunday, March 19, 2023**

Laetare Sunday

Theme: *“My Soul Rejoices in the Lord”*

Mass at 11:00a.m.; Adoration till Holy Hour  
with Reflection at 7:00p.m.

**DAY 2: Monday, March 20, 2023**

Solemnity of St. Joseph, Spouse of the  
Blessed Virgin Mary

Theme: *“Mary, the Mediatrix of All Grace”*

Adoration: Noon till Mass at 7:00p.m.

**DAY 3: Tuesday, March 21, 2023**

Theme: *“Mary, the model disciple, who shows us how to receive  
the Word and bear the Word to the world.”*

Adoration: Noon till Closing Mass at 7:00p.m., ending with  
Benediction

FRIDAY, MARCH 24

*Mass to Commemorate the Feast of*  
**ST. OSCAR ROMERO**

"Let us not forget we are a pilgrim church, subject to misunderstanding, to persecution, but a church that walks serene, because it bears the force of love."  
- St. Oscar Romero

**FRIDAY, MARCH 24, 2023**

**Mass**

7:00 p.m. ET

**Wilton Cardinal Gregory**

Archbishop of Washington

*Principal Celebrant and Homilist*

**Most Rev. Evelio Menjivar-Ayala**

Auxiliary Bishop of Washington

*Concelebrant*

**Most Rev. Oswaldo Estéfano Escobar, OCD**

Bishop of the Diocese of Chalatenango, El Salvador

*Concelebrant*

**Shrine of the Sacred Heart**

3211 Sacred Heart Way NW

Washington, DC 20010

For ASL interpretation, contact  
deafcatholic@adw.org two weeks in advance.

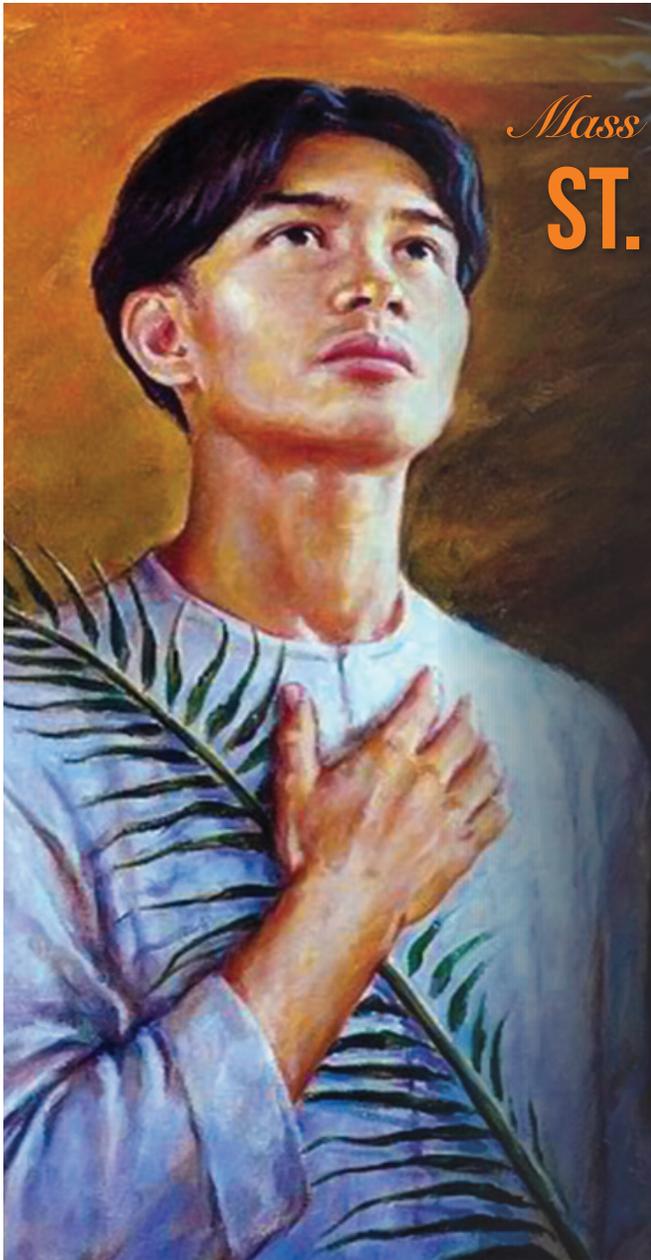


For more information, contact the Shrine of the Sacred Heart at (202) 234-8000 or the Office of Cultural Diversity and Outreach at (301) 853-5335 or culturaldiversity@adw.org



The Roman Catholic  
**Archdiocese of**  
**Washington**

SUNDAY, MARCH 26



*Mass to Commemorate the Feast of*  
**ST. PEDRO CALUNGSOD**

**SUNDAY, MARCH 26, 2023**

**2:30 p.m. ET Holy Rosary**

**3:00 p.m. ET Mass**

**4:00 p.m. ET Block Procession**

**4:30 p.m. ET Fellowship/Agape**

*Video presentation of the life  
of San Pedro Calungsod*

**Most Rev. Evelio Menjivar-Ayala**

Auxiliary Bishop of Washington  
*Principal Celebrant and Homilist*

**Rev. Gary T. Villanueva**

Pastor, St. Columba Catholic Church

**Rev. Patrick Agustin**

Parochial Vicar, St. Martin of Tours Catholic Church  
Chaplain for the Filipino Catholic Community

**St. Columba Catholic Church**

7804 Livingston Road  
Oxon Hill, MD 20745

For ASL interpretation,  
contact [deafcatholic@adw.org](mailto:deafcatholic@adw.org) two weeks in advance.



For more information, contact St. Columba at (301) 567-5506 or [st.columbapsr@gmail.com](mailto:st.columbapsr@gmail.com)  
or the Office of Cultural Diversity and Outreach at (301) 853-5335 or [culturaldiversity@adw.org](mailto:culturaldiversity@adw.org)



The Roman Catholic  
**Archdiocese of  
Washington**



The National  
**BLACK CATHOLIC**  
Congress

# CONGRESS XIII

## JULY 20-23, 2023

Founded in 1987, the National Black Catholic Congress organizes a national gathering every five years, renewing our mission with a Pastoral Plan.



*Write the Vision*  
A PROPHETIC CALL TO THRIVE  
THE NATIONAL BLACK CATHOLIC CONGRESS

FEATURING:



### WILTON CARDINAL GREGORY

Archbishop of the Archdiocese of Washington, DC will give the opening Keynote Speech and celebrate the Opening Eucharistic Liturgy



### LYNNE' GRAY

Director of Music for Congress XIII. Ms. Gray is Music Ministry Director at St. Anthony of Padua Church, Washington, D.C.; Chair, NPM African-American Musicians Interest Section.



### RAWN HARBOR

Director of Liturgy for Congress XIII, Rawan is one of the preeminent African American Catholic liturgists and musicians in the U.S. today.

Early Registration ends February 28, 2023.  
Regular registration ends July 15, 2023.

FOR MORE INFORMATION, INCLUDING  
A PROPOSED SCHEDULE OF EVENTS,  
AND TO REGISTER:

[nbccgathering2023.org](http://nbccgathering2023.org)

Join with other Black Catholics and those who minister to Black Catholics in the United States for a celebration of our faith and culture.



Scan Me for  
More Information!

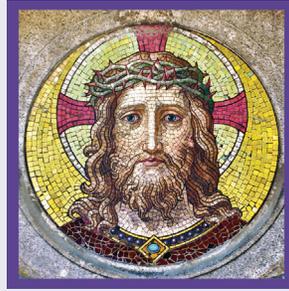
## VENUE: GAYLORD

## NATIONAL RESORT NATIONAL HARBOR, MARYLAND

201 WATERFRONT ST., NATIONAL HARBOR, MD 20745



*“If we say that we have no sin, we deceive ourselves and the truth is not in us.... If we say that we have not sinned, we make God a liar, and His word is not in us” (1 Jn 1:8-10).*



### *From the US Bishops Pastoral Letter on Penance and Abstinence*

**The need for conversion** and salvation is unchanging, as is the necessity that, confessing our sinfulness, we perform, personally and in community, acts of penance in pledge of our inward penitence and conversion.

**We hope that the observance of Lent** as the principal season of penance in the Christian year will be intensified. This is the more desirable because of new insights into the central place in Christian faith of those Easter mysteries for the understanding and enjoyment of which Lent is the ancient penitential preparation.

**Wherefore, we ask, urgently and prayerfully,** that we, as people of God, make of the entire Lenten Season a period of special penitential observance. Following the instructions of the Holy See, we declare that the obligation both to fast and to abstain from meat, an obligation observed under a more strict formality by our fathers in the faith, still binds on Ash Wednesday and Good Friday. No Catholic Christian will lightly excuse himself from so hallowed an obligation on the Wednesday which solemnly opens the Lenten season and on that Friday called “Good” because on that day Christ suffered in the flesh and died for our sins.

In keeping with the letter and spirit of Pope Paul’s Constitution *Poenitemini*, we preserved for our dioceses the tradition of abstinence from meat on each of the Fridays of Lent, confident that no Catholic Christian will lightly hold himself excused from this penitential practice.

For all other weekdays of Lent, we strongly recommend participation in daily Mass and a self-imposed observance of fasting. In the light of grave human needs which weigh on the Christian conscience in all seasons, we urge, particularly during Lent, generosity to local, national, and world programs of sharing of all things needed to translate our duty to penance into a means of implementing the right of the poor to their part in our abundance. We also recommend spiritual studies, beginning with the Scriptures as well as the traditional Lenten Devotions (sermons, Stations of the Cross, and the rosary), and all the self-denial summed up in the Christian concept of “mortification.”

**Let us witness to our love and imitation of Christ,** by special solicitude for the sick, the poor, the underprivileged, the imprisoned, the bedridden, the discouraged, the stranger, the lonely, and persons of other color, nationalities, or backgrounds than our own. A catalogue of not merely suggested but required good works under these headings is provided by Our Blessed Lord Himself in His description of the Last Judgment (Mt 25:34-40). This salutary word of the Lord is necessary for all the year, but should be heeded with double care during Lent.

<https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/us-bishops-pastoral-statement-on-penance-and-abstinence>

# Membership is now opened!

If you're a member, thank you!

If you haven't joined us yet, please complete the form below and return to us.

## JOIN US TODAY!



### Individual Membership

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Parish \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthday month \_\_\_\_\_ day \_\_\_\_\_

Individual Membership is only \$25.00 per year.

Make check payable to ACCW.  
Send to Michelle Dorsey, Treasurer  
5757 Gladstone Way  
Capitol Heights, MD 20743

Membership Contact:  
[ArchdioceseCCW@gmail.com](mailto:ArchdioceseCCW@gmail.com)



ACCW  
WASHINGTON  
ARCHDIOCESAN COUNCIL OF  
CATHOLIC WOMEN

Join us to respond to the needs  
of the Church and society  
through a focus on spirituality,  
leadership, and service.

### Membership Benefits

Putting faith into action by:

- ❖ Learning about issues
- ❖ Visits to sacred sites
- ❖ Service projects
- ❖ Monthly e-newsletter with upcoming events
- ❖ Monthly tea
- ❖ Access to NCCW resources.

Members receive a discount on  
ACCW sponsored programs.

Join the **National Council of Catholic Women**  
directly to receive NCCW's *Catholic Woman*  
magazine with national and international news  
and inspiring stories. Dues are \$50.00 per year.  
Visit [www.NCCW.org](http://www.NCCW.org).

## PRAYER TO OUR LADY OF GUADALUPE

CCW-ADW is pleased to announce that the “Patroness of all Americas,” of unborn children, and of the New Evangelization is CCW-ADW’s Patroness Saint.



Remember, O most gracious Virgin of Guadalupe, that in your heavenly apparitions on the mount of Tepeyac, you promised to show your compassion and pity towards all who, loving and trusting in you, seek your help and call upon you in their necessities and afflictions; you promised to hear our supplications, to dry our tears, and to give us consolation and relief.

Never has it been known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, we fly to you,  
O Mary, ever-Virgin Mother of the true God!

Though grieving under the weight of our sins, we come to prostrate ourselves before you. We fully trust that, standing beneath your shadow and protection, nothing will trouble or afflict us, nor do we need to fear illness or misfortune, or any other sorrow.

O Virgin of Guadalupe, you want to remain with us through your admirable image, you who are our Mother, our health, and our life. Placing ourselves beneath your maternal gaze, and having recourse to you in all our necessities, we need do nothing more.

O Holy Mother of God, despise not our petitions, but in your mercy hear and answer us.  
*Amen.*



# Living the Faith

## JOURNEY TO THE FOOT OF THE CROSS: BISHOP RICKEN OFFERS 10 THINGS TO REMEMBER FOR LENT

*Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB), offers “10 Things to Remember for Lent”:*

**1. Remember the formula.** The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.

**2. It’s a time of prayer.** Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

**3. It’s a time to fast.** With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that’s why it gets all the attention. “What are you giving up for Lent? Hot dogs? Beer? Jelly beans?” It’s almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

**4. It’s a time to work on discipline.** The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. “I’m going to exercise more. I’m going to pray more. I’m going to be nicer to my family, friends, and coworkers.”

**5. It’s about dying to yourself.** The more serious side of Lenten discipline is that it’s about more than self-control—it’s about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

**6. Don’t do too much.** It’s tempting to make Lent some ambitious period of personal reinvention, but

it’s best to keep it simple and focused. There’s a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don’t try to cram it all in one Lent. That’s a recipe for failure.

**7. Lent reminds us of our weakness.** Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we’re all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God’s help with renewed urgency and sincerity.

**8. Be patient with yourself.** When we’re confronted with our own weakness during Lent, the temptation is to get angry and frustrated. “What a bad person I am!” But that’s the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

**9. Reach out in charity.** As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It’s about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love.

**10. Learn to love like Christ.** Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



# The Lenten Trap

by Rose Folsom



## **It's really a year-round trap.**

The lie that we need to be a better person for God to love us. Or that if we could reach the idea of perfection we have in our minds, God would like us more.

We're right to think our sins keep us from God. But our sins do not keep God from us. His infinite love is the same yesterday, today, and forever. The reason for becoming more virtuous is to enable us to love God more, not the other way around.

King David had an innocent man killed to cover up his violation of the man's wife (2 Sam:2-17), and when God called him on it, he repented. God called him "a man after my own heart," which shows us that no sin, if we receive God's healing, can keep us from the closest intimacy with Him.

God loves us to boldly be ourselves, like David, and lean completely on Him for what we need, especially for mercy. If we're doing that, we have nothing to fear.

## **Gift of fear?**

But what about the "gift" of fear of the Lord? "Fear" is sometimes translated as "reverence." St. Hilary of Poitiers explained it this way: "Fear of God consists wholly in love, and perfect love of God brings our fear of him to its perfection. Our love for God is entrusted with its own responsibility: to observe his counsels, to obey his laws, to trust his promises.

"Let us hear what Scripture says: And now, Israel, what does the Lord your God ask of you except to fear the Lord your God and walk in his ways and love him and keep his commandments with your whole heart and your whole soul, so that it may be well for you?"

So that it may be well for you.

Why do we fall into the trap of seeing God more as a prison guard than a caring Father? Do we really think we can "impress" the one who made the whole universe?

Remembering a beloved parent, teacher, or coach and how we feared to disappoint them because of our respect for them is a better way to envision "fear of the Lord."

St. Teresa of Calcutta summed it up this way: "He knows your weakness. He wants only your love, wants only the chance to love you."

Let's ponder how much we're loved by God, and in this love deepen the meaning of our Lenten sacrifices.

*Rose Folsom is a speaker, author, and founder of VirtueConnection.com*