



THE “LINK”

April 2020

FROM THE PRESIDENT

Dear Sisters in Christ:

I pray that you are staying safe and well. We are beginning a Holy Week like no other! Inside, you’ll discover ways to make this week meaningful, even while you’re staying home.

With no in-person events this month, you’ll find in these pages some ideas to connect with God and each other at home and online.

Our nightly Rosary call is a great way to join our intentions together as we ask the Blessed Mother to intercede for our needs and the many needs of the world at this challenging time. Join us at 8:00 p.m. seven days a week at **605-468-8016**, code 357090#.

Visit the CCW-ADW website at **councilofcatholicwomen-adw.com** for latest updates on events. To submit an item, contact Mary Leibolt at **mleib@verizon.net**.

Have you registered for the National Council of Catholic Women convention yet? It’s in Arlington this year! Juicy details on events and speakers on page 10.

Mother’s Day is coming up on May 10. Why not honor the women who have been important in your life with remembrance at a Mass at the Shrine on Mother’s Day? Deadline for applications is April 30, so do it now! See page 10 for details.

Looking forward with hope. Trusting that we will be out-and-about again before long, check out some exciting upcoming events on page 11.

May God grant you a blessed and healthy Holy Week and Easter season.

In Christ,

Carol-Ann Parker
President

**Council of Catholic Women-
Archdiocese of Washington**
ArchdioceseCCW@gmail.com
Facebook: WashACCW

2019-2021

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Happy Easter!



HOLY WEEK

WHICH MASSES WILL YOU “ATTEND”?

Holy Week is a time when we feel extra close to our Catholic family. We remember past Holy Thursdays, Good Fridays, and Easter vigils when we gathered with family and friends to celebrate God’s gift of redemption and the price Jesus paid for it.

We will be participating in a very different way this year. But God is still with us! Some beautiful celebrations are being offered online and on television.

Archdiocese of Washington
Holy Week and Easter Liturgy Schedule
<https://www.youtube.com/washarchdiocese>

Archbishop Gregory will be celebrating the liturgies of Holy Week and Easter at The Cathedral of Saint Matthew. These celebrations will be available via live-stream on the Archdiocese of Washington YouTube channel. Schedule of services below:

April 5

Palm Sunday: 10:00 am

April 9

Holy Thursday: 5:30 pm

April 10

Good Friday: 1:00 pm

April 11

Easter Vigil: 8:00 pm

April 12

Easter Sunday: 10:00 am



Eternal Word Television Network (EWTN.com)
Televised Holy Week Schedule

Sunday, April 5: Palm Sunday of the Passion of the Lord

4 a.m. Solemn Mass of Palm Sunday from Rome with Pope Francis

8 a.m. Palm Sunday with the Franciscan Missionaries of the Eternal Word

Noon Solemn Mass of Palm Sunday from the Basilica of the National Shrine of the Immaculate Conception.

6:00 p.m. Sunday Vespers with Benediction

7:00 p.m. Encore Presentation of Solemn Mass of Palm Sunday from Rome with Pope Francis

Monday, April 6: Monday of Holy Week

Midnight: Encore of Palm Sunday with the Franciscan Missionaries of the Eternal Word

8 a.m., noon & 7 p.m. Daily Mass

EWTN televised schedule continued:

Tuesday, April 7: Tuesday of Holy Week

8 a.m., noon, & 7 p.m. Daily Mass

Wednesday, April 8: Wednesday of Holy Week

3:30 a.m. Papal audience with Pope Francis

8 a.m., noon, & 7 p.m. Daily Mass

Thursday, April 9: Holy Thursday

3:30 a.m. Chrism Mass in Rome with Pope Francis

8:00 a.m. Encore Chrism Mass in Rome with Pope Francis

11:00 a.m. Solemn Mass of the Lord's Supper from Rome

2:00 p.m. Praying with Jesus in the Garden of Olives, A Holy Hour with the Franciscan Custodians of the Holy Land. From the Basilica of the Agony at the Garden of Gethsemane in Jerusalem, Israel.

5:30 p.m. The celebration of the Solemn Mass of the Lord's Supper with Choral Meditations, live from the Basilica of the National Shrine of the Immaculate Conception.

10:30 p.m. Mass of the Lord's Supper.

Friday, April 10: Good Friday

11 a.m. His Holiness presides over the Solemn celebration of the Lord's Passion, live from Vatican City.

2:30 p.m. Celebration of the Liturgy of the Lord's Passion from the Basilica of the Shrine of the Immaculate Conception.

Saturday, April 11: Holy Saturday

2:30 p.m. Pope Francis celebrates the Easter Vigil Mass, live from Rome.

8:00 p.m. The Solemn Easter Vigil Mass, celebrated at the Basilica of the National Shrine of the Immaculate Conception.

Sunday, April 21: Easter Sunday

4 a.m. Pope Francis celebrates the Solemn Mass of Easter, live from Rome.

6 a.m. Urbi et Orbi, Pope Francis delivers his Easter blessing to the city of Rome and the world.

8 a.m. The Franciscan Missionaries of the Eternal Word celebrate the Solemn Mass of Easter Sunday from the Our Lady of Angel's Chapel in Irondale, Alabama.

Noon Easter Sunday Mass from Basilica of the National Shrine of the Immaculate Conception.

6:00 p.m. Sunday Vespers with Benediction

7:00 p.m. Encore Pope Francis celebrates the Solemn Mass of Easter from Rome



SPIRITUAL COMMUNION

Christ, through his Church, gives us even more graces than we need for salvation. There is even a way to receive Jesus while we're at home. God reads our hearts, and if we express our desire for him in the Sacrament, he lovingly gives himself to us, even when we can't attend Mass.

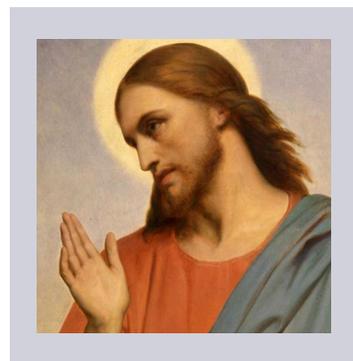
Don't miss the chance to draw down God's grace by making an Act of Contrition and Spiritual Communion every day. Below are the prayers that will voice your desire for Jesus' presence in your heart, your home, and in the whole world.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Spiritual Communion

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.



40 DAYS OF FREE ONLINE CATHOLIC EDUCATION AND VIDEOS



In an effort to assist Catholics everywhere, we are opening our doors to make FORMED free to everyone for the first 40 days you sign up. Sign up today and get immediate access to the best Catholic movies, faith formation videos, audio talks, and great children's videos.

If you are a parent with children home from school, make sure to utilize our faith formation curriculum. If you are already a FORMED subscriber, please consider sharing this opportunity with your friends and loved ones. Click this link to sign up: <https://formed.org/faithathome>

Note: they will want your credit card to charge you \$9.99/month after the 40 days unless you cancel before then. So for the free service, be sure to cancel before 40 days.

PONDERING WITH MARY



How to Thrive in Captivity *10 fun ways to connect from home*

Rose Folsom has gathered ways that we can stay connected to God, our children, our friends, and ourselves. You can see the original article at VirtueConnection.com.

Some of us like the solitude of social distancing and some don't like the isolation. Some thought it was okay for a while—but now it's getting really old. Some are busier than ever. Others surprisingly find themselves with time to fill.

Wherever we are, we're probably spending time differently than before, which can offer unique potential for spiritual growth.

2 Peter 3:15 asks us to “consider the patience of our Lord as salvation.” That is, every second God gives us is time to get closer to him.

God is patient with *us*. Can we be patient enough *with him* to recognize the good he is doing for us in this trying time? Can we practice saying “yes” amidst all the uncertainty?

St. Paul quotes Isaiah with a timely reminder: “In an acceptable time, I heard you, and on the day of salvation I helped you.’ Behold, now is a very acceptable time; behold, now is the day of salvation” (2 Corinthians 6:2).

God invites us to get closer to him by taking this time to connect with what's important.

1

Connect with God

No surprise here—anything that has eternal value starts with checking in with God and inviting him into our day.

My friend Lourdes has been praying a riveting 5-minute sung Litany of the Saints with her husband and two young daughters: <https://youtu.be/zWauyyMbpwY>. She writes, “My family prays the litany, then we open up the “Laudate” app and continue the song with all the saints of the day! If we have time, we read bios, but if we don't, at least we said ‘hi’ :)”

The uber-popular daily devotional *Magnificat* is offering complimentary access to its online version to help people pray from home. Download the free app at <https://us.magnificat.net/free>



St. Thomas Aquinas' writings have been the go-to resource for unpacking Christian truth for centuries. Now, everyone can benefit from his wisdom by enrolling in "Aquinas 101" (it's free). Check out the 2-minute video that shows you why it will help you love and understand your faith as never before: <https://www.youtube.com/channel/UCd55APptap1Ve7Jwqa8OcBA>

2

Connect with Friends

<https://zoom.us/download> has a free app that lets you enter a "zoom room" in which everyone can see and hear everyone else. It feels surprisingly warm and intimate. Virtual knitting circles, prayer groups, and book clubs are using it. My friend Laura held a virtual cocktail party via Zoom: "It was so fun. We all laughed and talked and really reconnected," she said. *Security note:* Send zoom invitations by email; to avoid intruders, never publicly post links to zoom gatherings.

Becky packed her family in the car and drove to the home of some good friends, who were expecting the visit. Becky pulled up outside their house, her family piled out of the car, and the adults and children caught up in person from the sidewalk, while their friends stayed a safe distance on the porch.

3

Connect with Children

This idea is going viral on <https://www.facebook.com/groups/2975131139212932/>: create a design with removable tape for children to paint their own "stained glass window."

Staci shares her recipe: "Equal parts acrylic paint and dish soap. Then use a little flour to thicken so it doesn't drip everywhere!" Staci adds: "This project allowed the boys to focus on something beautiful together. They shared paint colors and neither one of them fought with each other. My oldest did say it looked like we were in Church. The sun came out super bright that afternoon and brought beautiful colors into the kitchen. I hope one day they say, 'Remember you let us paint that cool stained glass door?' And I want to be able to say, 'Yes and it was beautiful!'"



Lana and her husband Joe are reading stories for the grandkids on video. See how Grandma Lana engagingly dramatizes *How Do Dinosaurs Say Goodnight?* at <https://www.youtube.com/watch?v=vsgArLLOj4Y&feature=youtu.be&fbclid=IwAR2ibXqMjFuxGVN5q4MDvSXgDcSaf0yxww-88wOeeh8jtqUOE6UyU3rKiB8>.

Magnificat is offering complimentary access to www.magnifikid/free, where you can also download its colorful Sunday missalette for children ages 6 through 12.

And the Vatican is offering free downloads of its illustrated manuscripts to color. Julie writes: "On St. Patrick's day, my younger children colored for hours, to my surprise. I'll look at this!" <https://aleteia.org/2020/03/20/vatican-converts-vast-collection-of-manuscripts-into-coloring-books>.

4

Connect with Nature

Now that flowers are popping in many parts, take a walk in your local neighborhood or park (it's easy to social distance outdoors)—and let the burgeoning blooms cheer you with the optimism of their rebirth. Hear the sounds that we can miss when we're rushing around: breeze in the branches, squirrels making a ruckus in the dry leaves, or a jaybird call.



Take photos of what you find and share them. I snapped this forsythia outside my window. A friend posted what he called a “bucket list” video: a robin nabbing a worm on a rainy day!

5

Connect with Art

Like nature, art inspires us get out of our head and into our heart, where God can meet us.

Aleteia.org recommends 12 excellent Catholic movies at <https://aleteia.org/2020/03/18/12-catholic-movies-to-watch-during-social-distancing/>, including these award-winners:

A Man for All Seasons—the life and death of St. Thomas More, who loved Christ and his Church more than his own earthly life.

On the Waterfront—Marlon Brando plays an uneducated former boxer who stands up against corrupt union bosses. One reviewer appreciated the movie's Catholic-friendly point of view.

Mission—Robert DeNiro stars as an 18th-century Jesuit missionary evangelizing the native people of South America.

Becket—Peter O'Toole and Richard Burton star in this classic film about the disintegrating relationship between King Henry II and St. Thomas Becket due to the latter's commitment to the Catholic Church.

Liberating a Continent—real people, real lives, real consequences, and the real power of prayer during and after Pope John Paul II's first papal visit to Poland.

Performers are posting videos recorded in their homes. Singer Natalie Grant writes the following: “Today it was all overwhelming. And so I worshipped. Because His presence is our greatest weapon. The struggle is real, as are the facts. But... worship reminds us that we are fighting from victory, not for victory.”

Get ready for major goosebumps with her in-home recording of “My Weapon:” https://www.youtube.com/watch?v=ev_prkLWIYs&list=RDev_prkLWIYs&start_radio=1&fbclid=IwAR127aUOBrPK1cdKtktt7nwY1-DY-jMVICZKCMYRaTOXZs8r9WbqwaIC2L8s

And the Toronto Symphony recorded Appalachian Spring—with each musician in his own home! <https://www.ludwig-van.com/toronto/2020/03/22/the-scoop-toronto-symphony-plays-aaron-coplands-appalachian-spring-from-their-homes/?fbclid=IwAR069gEqXg-hTJoFg0Az6MhNEmcx2XQZOGzh5oMjl3BJebirZXQ-9-TXaEC8>



6

Connect with Your Inner Artist

Some of us have craft projects we've been meaning to get back to. I have a half-finished girl's sweater in my basement. The "girl" is now 42 (just sayin'). Or maybe we've always wanted to learn to crochet or do calligraphy. Connect with an online group or order a book or video to get started. Dig out the watercolor set you used to have so much fun with. You've got play time now!

CCW President **Carol-Ann Parker** has been taking icon-writing classes and sent a photo of two of them in progress. She writes, "If introverts get power from being alone, will we have *superpowers* when this is over?"



7

Connect with Neighbors

Justin urges his friends to "get to know your neighbors! You live near them, and are not going anywhere anytime soon. You don't have to be within six feet of someone to talk. Maybe it's time for community to be mostly geographical instead of online again."

Joe, a photographer, strolls the neighborhood with his camera. When he sees a family gathered, he offers a free "front porch" family portrait.

Check in with elderly neighbors and call folks in nursing homes who are more isolated than ever.

Then there's that almost-funny meme: "I was concerned about the elderly. Then I realized I *am* the elderly."

8

Connect with Books

Holy Scripture

Ascension Press is offering its popular Bible Timeline course at a discount: <https://ascensionpress.com/collections/the-bible-timeline-the-story-of-salvation>. My friend Ellen-Jane writes, "Worth every dollar and every minute that you put into it."

Our own unread books

Most of us have books we've been meaning to read. It's time to grab the one we most want to get into (or finish). I'm reading *The Course of All Treasons*, a new Elizabethan murder mystery by Catholic author Suzanne M. Wolfe (Shakespeare's in it—did *he* do the deed??). It's a page-turner as gritty as, well, Elizabethan life. I'm also making my way slowly and deliciously through *On Union With God* by St. Albert the Great. And visiting old favorites like *Alice in Wonderland*.



And I've had time to pack books I'll never read again for the local "friends of the library" store so others can enjoy them—which clears shelf space for more new books!

Need suggestions? The U.S. Catholic Book Club is at <https://www.uscatholic.org/bookclub>

9

Connect with Home

Whether we're in an urban efficiency or sprawling farmhouse, home is the place that uniquely reflects our values, routines, and sense of beauty. Kass and Treva reassessed how their homes were serving them.



Kass painted her bedroom. Her new domesticity has left her “Feeling peace! And enjoying the blessings I have been given.”

Treva attacked her long-neglected storage space. “Let it be known that every closet and drawer is now so organized I CAN’T STAND IT! Please send someone to mess them up...throw stuff on the pristine floors...come feed the starving dust bunny families!”

Give it time, Treva, just give it time....

10

Connect with Yourself

Sue is “keeping a journal of these days with notes of my activities, thoughts, and what the Lord is teaching me through this time.” Here’s help to get started: <https://news.virginia.edu/content/write-it-down-historian-suggests-keeping-record-life-during-pandemic>



What now?

Despite the sad absence Mass and lack of physical closeness of people we love, many of us are, in a sense, living a more deeply human life.

We’ve cleared our head of the constant coming and going—to dry cleaner, work, and soccer games—that filled our minds and calendars. We awaken to other things neglected but needed: prayer, long walks, and reading for pleasure.

For millennia, philosophers have called “the highest good of man” things that we do for the pleasure and play of them. That’s because they enable us to contemplate the truth, goodness, and beauty that is God himself.

Let’s pray that as we eventually return to communal life, we remember to leave time for things that give us simple pleasure and connect us to what is most important. Things that help our spirit thrive.

As an old woman in the grocery line said today:

“Life is too short not to be joyful.”

Rose Folsom is founder of VirtueConnection.com, where you can find her every-Sunday-morning message on growing in virtue. She writes for CatholicMom.com, speaks at Catholic women’s conferences, and teaches Catholic women and men how to get closer to God through the virtues.

NCCW NATIONAL CONVENTION 2020

The National Council of Catholic Women convention will be in the DC area this summer!

Registration: <https://www.nccw.org/nccw-convention/>

The National Council of Catholic Women acts through its members to support, empower, and educate all Catholic women in spirituality, leadership, and service. NCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

Speakers at the 2020 Convention include

His Eminence, Timothy **Cardinal Dolan**, Archbishop of New York, who will give the keynote address and celebrate the opening Mass on Thursday, August 27.

Abby Johnson, internationally known pro-life activist, who will receive the 2020 NCCW Lifetime Achievement Award and will speak at the AWARDS Breakfast Friday, August 28.

Gloria Purvis, the creator and host of the popular EWTN TV series, “Authentically Free at Last,” who will speak on Saturday, August 29.

HONORING OUR MOTHERS



Honor that special woman in your life on Mother's Day

The National Council of Catholic Women is pleased to bring you the opportunity to remember and honor these women in a very special and beautiful way this Mother's Day by having them prayed for in Masses on Mother's Day weekend at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C.

Click here for Mother's Day Remembrance Form

[https://nccw.z2systems.com/neon/resource/nccw/files/Mothers%20Day%20Form\(1\).pdf?secureIdCustomer=1&](https://nccw.z2systems.com/neon/resource/nccw/files/Mothers%20Day%20Form(1).pdf?secureIdCustomer=1&)

Would you like to honor your mother, daughter, godmother, grandmother, aunt, and important women in your life by having them remembered in Masses said at this National Shrine of Mary on Mother's Day 2020? A minimum donation of \$20 per name is requested. Donations will be split between our NCCW and the Basilica.

Please send completed forms directly to the NCCW office by April 30, 2020. If you wish to let those you are honoring know of your special remembrance, please be sure to include their name(s) and address(es) and an acknowledgment card will be sent to them noting that a donation has been made in their honor by you (or you may request your gift be given anonymously).

COMING EVENTS

Journey to Freedom
with
Father Augustus Tolton



A MOVIE SCREENING
OF
"ACROSS"

The Story of Father Tolton's
Escape From Slavery

Presented by:
The Cause for the
Sainthood of Father Augustus Tolton

Sunday, May 24, 2020
3:00 pm – 7:00 pm

Our Lady Queen of Peace Catholic Church
The Casa Cremona Hall
3800 Ely Place, S.E.
Washington, DC 20019

For Reservations Contact Tolton Ambassadors-DC:

Cheryl Holley - (202) 491-5779	Anita Coleman - (202) 412-2202
David D. Quarles - (410) 218-5817	Evonne McDaniel - (202) 726-8265
Deacon Joseph Curtis - (301) 899-3096	Emily Hickey - (202) 316-4378
Stefanie Miles	

Donation: \$10.00
Brunch Will Be Served

"A Day of Reflection: Pre-Pentecost Celebration"

Saturday, May 23, 2020

10:00 AM

St. Margaret of Scotland, Capitol Heights, MD

Go to: eatthescrollministry.com

for more information and to register



Sight and Sound Theater "Queen Esther"

Tuesday, August 18, 2020

For more information, contact Cheryl at
queenholley@comcast.net

Save The Date!

VALLIMAR JANSEN

PRESENTS

*An Afternoon
with
Sr. Thea Bowman,
FSPA*



**"I WANT TO LIVE
UNTIL I DIE"**

Saturday, October 17, 2020—2:00pm

Our Lady Perpetual Help (Panorama Room) /
1600 Morris Rd SE, Washington, DC 20020

Cost \$50.00 (per person)

For more information contact:

Thelma Adams: thelmaadams1@verizon.net

Cynthia Battle: theabowmanprogram@gmail.com

Sr. Patricia Chappell: pjcsnd@aol.com

Cynthia Morris: iluvpurple2@msn.com



Sr. Thea Bowman, F.S.P.A.

December 29, 1937–March 30, 1990

Sister Thea Bowman was a Roman Catholic religious sister, teacher, and scholar who made a major contribution to the ministry of the Catholic Church. Sr. Thea became an evangelist among her people, assisted in the production of an African American Catholic hymnal, and was a popular speaker on faith and spirituality in her final years. She helped found the National Black Sisters Conference to provide support for African-American women and Catholic religious. Bowman has been designated a Servant of God. For additional information visit www.usccb.org or www.wikipedia.org, or www.fspa.org.

WHAT WE'VE BEEN UP TO

Sisters in the Spirit Leadership Moves Forward: three new members of Board of Directors



Smiles from some of our newly elected leadership team. (From left to right: Rubina Mason, vice-president; Thelma Adams, president; Tayloria Jordan, treasurer; Yvette White, secretary and Lisa Simmons, board member.)

At the December SIS general meeting, a new Board of Directors was elected. The officers include the re-election of president Thelma Adams; a new vice president, Rubina Mason; and two incumbent members, Yvette White as secretary and Tayloria Jordan as treasurer. Althea Holland volunteered as assistant treasurer. Cynthia Morris, chaplain, and Fr. Cornelius Ejiogu, SSJ, moderator, will continue in their positions. Members acknowledged and thanked Gail Carter for her service as the outgoing vice president.

In addition, three new voting board members will bolster their leadership: Margaret Green, Elizabeth Harris, and Lisa Simmons. President Adams says, "It is with great joy and expectations that we welcome these members to our team as we continue to strive to do God's work in His vineyard." This group of willing women represents a sisterhood of experience, caring, and dedication.

To learn more or join SIS, contact President Thelma Adams at thelmaadams1@verizon.net.



LEFT: On February 28, CCW President Carol-Ann Parker attended the funeral Mass for Valerie Day, a former CCW President. Immediate Past President Sharon A. O'Brien and Parliamentarian Ellen-Jane Pairo (not pictured) also attended. Our Spiritual Advisor, Msgr. Robert G. Amey, celebrated the Mass.

BELOW: CCW sponsored "Lenten Virtues for Women," a series of talks followed by discussion, led by Rose Folsom on Prayer, Fasting, and Almsgiving at St. Andrew Apostle church in Silver Spring, Maryland.

The group is still meeting one evening a week! If you'd like to join our weekly gatherings online, contact Rose@VirtueConnection.com.



JOIN US TODAY!



Individual Membership

Name _____

Address _____

City _____

State _____ ZIP _____

Parish _____

Phone _____

Email _____

Individual Membership is only \$25.00 per year.

Make check payable to ACCW.
Send to Kathy Foley, Treasurer
3306 Farthing Drive
Silver Spring, MD 20906

Membership Contact:

Carol-Ann Parker, President

904-699-6255

ArchdioceseCCW@gmail.com



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
- ❖ E-newsletters
- ❖ Facebook group
- ❖ Access to NCCW program information and 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.