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Archdiocese of Washington Ladies of Charity

"To Serve Rather Than Be Served"
In Humility, Simplicity and Charity

Ladies of Charity, Archdiocese of Washington Introduce Their New Spiritual Advisor: Father Philip Simo, OSB



Father Philip Simo, OSB, was selected in August, as the new Spiritual Advisor for the Ladies of Charity (LOC), Archdiocese of Washington (ADW). On Saturday December 5, 2015, Sister Sandra Goldsborough, LOC ADW Spiritual Moderator, conducted a Spiritual Advisor Commissioning Ceremony near the end of the Mass before the December Board meeting.

By way of a brief background, Father Philip Simo was born and raised in Brooklyn, NY, and educated in Catholic schools there. He attended Temple University in Philadelphia and majored in Comparative Religion with a minor in psychology. Father Philip (as he likes to be called), joined the Benedictines in 1980, taught for many years in St. Anselm's Abbey School, Washington DC, and then went to Rome to study Theology. Before going to Rome, he completed a masters in social work with a specialization in family therapy. After his time in Rome, he went to teach in Slovakia at the university and secondary school and helped to establish a monastery for Slovak monks which is still in existence today. He was in Europe for 10 years and after returning here taught again at St. Anselm's school. Almost 5 years ago Father Simo started work at Providence Hospital as chaplain where he is one of two chaplains attending to the sick and their families. The LOC ADW welcome Father Philip as their new Spiritual Advisor!

Commissioning OF Father Philip



Submitted By:
Sister Sandra Goldsborough
President Mary Louise Hand



OPENING DOORS TO A YEAR OF MERCY

A Message from Sister Sandra Goldsborough Our Spiritual Moderator

Pope Francis has declared a Jubilee Year of Mercy from the Feast of the Immaculate Conception, December 8, 2015 to the Feast of Christ the King, November 20, 2016. In Rome he has officially opened the Mercy Door to St. Peter's Basilica. In Washington, Cardinal Wuerl has opened the Mercy Doors to St. Matthew's Cathedral and to the Basilica of the National Shrine of the Immaculate Conception. The Door of Mercy is a year-long reminder to experience the Mercy of God for you and to extend Mercy to others in your life.

The Latin word for Mercy is *Misericordia*: *a heart filled with pity or compassion*. Webster says it is *a disposition to show kindness or compassion; a compassion that extends help even to the lowliest or most undeserving*.

A Catholic Dictionary notes that *Mercy is a moral virtue prompting its possessor to have compassion for and to succor those in spiritual or temporal want*.

For Ladies of Charity every year is a year of Mercy! You are always looking for ways to reach out to God's poor ones. What an example of that we have in Pope Francis. Mercy manifests itself in hundreds of different ways in your ministries in our Archdiocese.

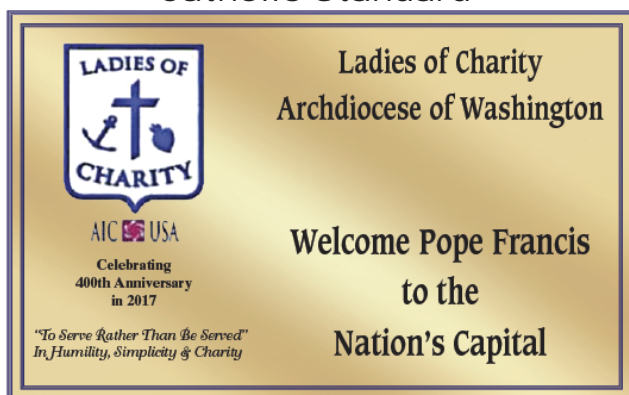
Coming out of the Christmas Season we saw St. Joseph as a perfect example of Mercy. His only concern was for the welfare of Mary, his wife, and Jesus, her Son.

Pope Francis started the Year of Mercy on the Feast of the Immaculate Conception. It highlights the beautiful example we have in Mary. Like her, Christians are called to become bearers of Christ.

Pope Francis urges us to *"let ourselves be embraced by the Mercy of God Who waits for us and forgives everything. Nothing is sweeter than His Mercy. Let us allow ourselves to be caressed by God."*

Ladies of Charity, in their turn, caress God in His needy ones with humility and simplicity and compassion. Bring someone with you through the Door of Mercy.

AD the ADW Placed in the
Catholic Standard



Message from the President



I wish you and your loved ones a healthy, holy, and happy 2016! A lot has happened since last summer's newsletter. I would like to chronicle and comment on the key events. In August a "Spiritual Advisor Search Committee" I appointed, began the process of replacing our beloved, long-time advisor, Fr. Carl F. Dianda who determined it was time to retire as our Spiritual Advisor after serving since 1983. The search went much quicker than I thought: After one call with the Committee (composed of Sister Sandra Goldsborough, Theresa Cullinane, Gloria Rose, Gloria Lessington, and I), we selected Fr. Philip Simo, OSB, to serve as our Spiritual Advisor. Father Simo is a Benedictine priest whose order runs St. Anselm's Abbot, Washington DC and is one of two Chaplains at Providence Hospital, Washington DC. Father Simo had already agreed to serve as the celebrant for the October 31 LOC Archdiocese Retreat Mass. When approached about serving as the Spiritual Advisor, Father Simo expressed a readiness and willingness to serve and obtained approval quickly from his Abbot. The Committee felt excited after considering the Spiritual Advisor selection and making a decision. Gloria Rose expressed her satisfaction with the Committee's work and the results of the call. She reassured the ladies that they were doing God's work. Please continue to keep Father Dianda in your prayers and pray for Father Simo's transition to this new role. I know you will welcome him and share with him your LOC experiences. (Please see article with Father Simo's biography and Commissioning in December.)

Another huge effort was taken on by the Planning Committee for the 2015 LOC ADW 2nd Retreat/General Assembly on October 31. Chaired by Viola Johnson-Robinson, this group began their work in August, meeting by conference call four times and once in-person, with the Retreat facilitator, Sr. Ellen LaCapria. (Please see the separate article on the Retreat written by Viola.) Thanks to all on the Board who made the Retreat possible, including Mary Ann Tretler who coordinated with the lovely Sisters at the Washington Retreat House. And thanks very much to all of you who were able to attend.

Then as we expectantly watched Pope Francis during his visit to our country later in September, there was a sense of joy at belonging to a world-wide Church which stands for service and outreach to people living on the margins. The LOC ADW Board of Directors placed an ad in the *Catholic Standard* on behalf of the LOC ADW to welcome Pope Francis to Washington, DC. It was beautifully developed by Toni Gaines. Thanks also go to Maryann Rooney and Viola Johnson-Robinson for suggesting the ad and getting the information

The same joy-filled spirit was evoked at the LCUSA National Assembly in New Orleans September 17-19 September during which we were reminded of our vital role in a worldwide association under the auspices of the Church. As members of diocesan, city-wide or parochial groups of Ladies of Charity, or as individual members, we are also connected to our national organization, Ladies of Charity USA, and through it to the International Association of Charities (AIC) (excerpted from Dr. Rita Robinson's letter to the Middle Atlantic Presidents). Please see the picture of the attendees at the Middle Atlantic Regional Meeting held at the National Assembly, convened by Middle Atlantic Region Vice President, Dr. Robinson. Also see the shared responses of the National Assembly LOC ADW delegates to their individual assigned questions about the National Assembly. Lastly, there are many pictures from the Assembly on the LCUSA website: <http://aic.ladiesofcharity.us/2015/09/30/photos-from-2015-national-assembly-now-posted>).

Finally, at their December 5th Christmas Party, St. Ann's Center for Children, Youth, and Families formally recognized the Ladies of Charity, Archdiocese of Washington (ADW) for their many years of support to St. Ann's. His Eminence Donald Cardinal Wuerl, presented a large, beautiful plaque which I was honored to accept on your behalf.

See separate article on page 14.

Mary Louise Hand
2015-2016 President
LOC ADW, Board of Directors

LOC ADW Delegates to the LCUSA Assembly: Questions & Answers--2015 Retreat Panel

The delegates who represented LOC ADW at the LCUSA 2015 National Assembly in New Orleans, LA this past September (Bertha Guerra, Viola Johnson-Robinson, Gloria Rose, Beverly Motley, and Mary Hand) were asked to reflect on one question while they were there. These women then graciously shared their reflections at the LOC ADW 2015 Retreat in October. Below are their questions and their "answers".



WHAT ARE THE SPIRITUAL BENEFITS OF ATTENDING LCUSA'S NATIONAL ASSEMBLIES?

If you have attended other national assemblies, how did this one (2015 in New Orleans) compare? Having been a Lady of Charity for over 25 years, serving on the National Board and as a Mid-Atlantic Representative, I am so happy to respond to this question. I am also pleased to have been the chairperson for the first National Assembly in Washington DC in 2011. My heart has always been spiritually filled with the goals as presented by St.

Vincent de Paul, St. Elizabeth Ann Seton, and St. Louise. The question for me concerning the spiritual benefits of attending the National Assembly is welcomed. Please enjoy my message to you. Just by being a Lady of Charity shows your spirituality in caring for the poor among us in our lives. St. Vincent has presented to us a purpose in our lives.

How important are National Assemblies? It is in gathering with a purpose to achieve goals. In meetings and gatherings we achieve goals to improve (our) missions. On a personal note, I can remember attending the National Meeting in Albany, NY, and observing the Junior Ladies of Charity and their activities. There I received the desire to establish a Junior Ladies of Charity in the Archdiocese of Washington, DC. Upon returning home, I discovered that Bunny Tate of Chesapeake, Maryland, had organized a Junior Ladies of Charity Group who were active in their parish.

My message to you is that by attending the National Assemblies, you will communicate with other groups and be inspired (as to) how to carry out the aspirations of St. Vincent de Paul. God bless you in the spirit of St. Vincent de Paul.

Gloria Rose
Moderator, Junior Ladies of Charity
ADW Historian
Archdiocese of Washington, DC



WHAT ROLE DID YOU PLAY IN THE POVERTY SIMULATION? EXPLAIN ITS IMPACT ON YOU AS A LADY OF CHARITY?

This year at the National Assembly, LCUSA conducted a Poverty Simulation workshop. The role I played was that of Trudy Teacher. The Simulations were conducted with (2) groups over a period of (2) hours. In each group there were persons designated to represent the different agencies the families needed to interact with such as Housing, Employment, Utilities, and Food Assistance. As the teacher, I was issued Attendance Records, Class Room and Homework assignments, Opportunity and Challenge Request and School Supply Request. I also expected the children to report to school but, parents needed to obtain Transportation Passes for each child first.

There were approximately (10) families, in our group. The ladies were given packets by the Coordinator with instructions not to open until the exercise started. The Simulation was to span over (4) weeks and each scenario was 15-20 minutes long. Once the Coordinator said start, we learned the packets contained information on how many, were in a family. the different agencies they needed to visit, what they should receive from each and instructions on what was needed to send their children to school. I watched optimism grow into frustration and then to violence.

Continued on next page

Frustrated parents trying to work a system that constantly put hoops for them to jump through and to see doors of opportunity close in front of them. Parents seeking employment would report to the Employment Office, but there were more people than there were jobs.

One family received rent assistance and went to pay the rent but the office was closed. So they put the money in an envelope with their name and put it in the Drop Box. Because they failed to ask for a receipt when they called the next morning, there was no record that the rent had been paid. Another family, mother and children, ended up in jail because they stole money from another woman as they were waiting in an Agency Line. This shows how circumstances can change behavior.

By week (3) families began to master the system and obtained the services they needed to sustain their families and obtain the Passes to send the children to school.

I think the purpose of the Simulation was to show us what people in need have to go through in Order to get help. As Ladies of Charity, we need to remember our goal to serve the poor. We should never judge the people we serve. We don't know the circumstance and may look at them and think that they don't need help. But let us remember, the Bible says judge not lest ye be judged. It's often said we are only a paycheck away from homelessness.

Fr. Gielow, the Celebrant at the National Assembly's Opening Mass told us to always remember **The Word JOY**

J=Jesus O=Others Y=You

As Ladies of Charity, ask yourself what I am doing for others? What impact can I make? And finally may we always see JESUS in the eyes of the poor.

**Beverly Motley, President
Prince George's County**



HOW WOULD YOU DESCRIBE SATURDAY'S VIGIL MASS AT THE CATHEDRAL AND THE HOMILY GIVEN BY ARCHBISHOP GREGORY AYMOND?

Archbishop Gregory Aymond presided at the closing Mass in historic St. Louis Cathedral-Basilica of St. Louis King of France, New Orleans, LA, on Saturday, September 19, 5:00 p.m. The Mass was concelebrated with Rev. Richard Gielow, C.M., LCUSA Vincentian Spiritual Advisor, Rev. Louis Franz, C.M., and Rev. Louis Arceneaux, C.M., Vincentians (Congregation of the Mission).

Gregory M. Aymond was appointed Archbishop of New Orleans by Pope Benedict XVI (16th) in 2009. He was born in New Orleans in 1949 and ordained a priest for the Archdiocese of New Orleans in 1975. Archbishop Gregory Michael Aymond holds the unique distinction of being the first New Orleans native to serve as Archbishop of New Orleans in the 216-year history of the local church.

The Cathedral-Basilica of St. Louis King of France is the oldest Catholic cathedral in continual use in the United States. The first church for this parish was completed in 1727 but was destroyed in a fire in 1788. The current Cathedral-Basilica was completed in 1794. It is a remarkable church in a remarkable, historic city. The Cathedral is located in New Orleans' French Quarter.

The Ladies of Charity attendees filled in with the regular 5 p.m. Mass attendees. Bishop Aymond spoke to Mark's Gospel 9:30-37 for the Twenty-Fifth Sunday in Ordinary Time when Jesus and His disciples passed through Galilee and Jesus was focused on His imminent death. The disciples were arguing among themselves about who was the greatest. Bishop Aymond said we have all been there in one way or another—when we want what someone else has. Jesus called the Twelve and said, "Anyone who wants to be first must be the very last, and the servant of all." Bishop Aymond then transitioned this Gospel to the work of the Ladies of Charity. He thanked the Ladies of Charity for being there and for their work. He spent about 5 minutes informing the congregation (several hundred) that the Ladies of Charity was established in the United States in 1857 and their mission is to serve and not to be served in simplicity and humility. He invoked St. Vincent and St. Louise as the founders and exemplars of this mission.

Continued on next page

The Daughters of Charity are very visible in New Orleans. They operate several preventive health clinics in the city. There were stories about how instrumental they were in helping the people of New Orleans after Hurricane Katrina which occurred 10 years ago at the time of the National Assembly.

Bishop Aymond commended the Ladies of Charity for recognizing those in need and showing the heart, hands, and ears of Jesus. God changes lives through the Ladies of Charity. The Ladies of Charity lead the way for all of us as Jesus commanded.

So we were left with a good feeling from the recognition from Bishop Aymond, having spent time in the beautiful Cathedral-Basilica of St. Louis, with the Ladies of Charity mixed in with the mass attendees (probably symbolically), and the Daughters of Charity being recognized for their contributions locally.

Mary Hand
Board President
LOC, ADW



THINK OF ONE PRESENTATION YOU ATTENDED WITH A "TAKE HOME" MESSAGE YOU WOULD LIKE TO SHARE THAT WILL BENEFIT "LADIES OF CHARITY" ARCHDIOCESE OF WASHINGTON

The opening homily by our Vincentian spiritual advisor Reverend Richard Gielow, CM, said "the purposes of assemblies are to listen." He set the tone by explaining the theme that as Ladies of Charity the virtues of Joy and Hope are important to us. In JOY the **J** stands for Jesus who is first, **O** stands for others which is second, and **Y** stands for you which is last. This is the mark of the organization. Hope is to look forward and know where you are going.

The workshops and speakers helped visualize this JOY (Jesus, Others and You) and HOPE (looking forward and knowing where we are going). This was done first by providing us the opportunity to listen to the speakers, who provided us with examples of those early Ladies of Charity to help us grow as Ladies of Charity in our journey especially knowing Jesus by prayer and by following His example in His care of the poor. We do this when we first serve others, the sick, the pregnant mothers, and the aging people in nursing homes, and the poor in spirit.

The keynote address by Sister Helen Prejean, CSJ explained the challenge for us as Ladies of Charity seeing wrong and standing up for the right. Her mission is that of death row inmates. She was already a nun when she felt the awaking of grace in her life. She began to pray, and understand the need to address social justice and to realize that most important is that poverty is not God's will. She talked about "becoming a change agent after you awake to the grace." She discussed her experience witnessing the death of her first death row victim and admitted she also should have addressed the needs of the victims families. She explained the challenge to right the wrongs as a result of racism, poverty and incarceration. She then stated as a change agent we can support the cause of change by writing letters and really making a difference in others' lives. Jesus didn't say people should be poor.

Our role as Ladies of Charity is to see the face of Jesus in the poor not as someone we look down upon but as someone who we lift up. We help by empowering them as Christ would do; we teach them as St Louise did. We feed them as St Vincent instructed them. We work with our National organization to make it stronger and understand as Catholic Christians our calling is more than organizing a coat drive but by our example as a Lady of Charity. We do it first and foremost in the virtues of simplicity always placing Jesus first and ourselves last.

The Hope is to look forward as a Lady of Charity and understand that as Vincentians we have to be like Saint Vincent and constantly try to right the wrongs, empowering others and be the light of Jesus to all who we come in contact with.

As Father Gielow stated, Vincent's last words when He was dying were, "I could have done more". Jesus who is our joy teaches us first to look to Him in prayer then to others and He will bless us abundantly.

Viola Johnson-Robinson
1st VP LOC
ADW2015 Retreat Chair

Ladies of Charity Archdiocese of Washington 2nd Annual One-Day Retreat

“Vincentian Women Changing Communities with Joy and Hope”

The Ladies of Charity Archdiocese of Washington (ADW) held their second Annual Retreat on October 31, 2015, at the Washington Retreat House, Washington DC. The Retreat House is run by the Franciscan Sisters of the Atonement, and is located next to the Saint John Paul II Center near the Basilica of the National Shrine. One of the goals of the Planning Committee was to provide the 78 attendees with an update on the 2015 National Assembly in New Orleans. In addition to the retreat program, the Committee adopted the National Assembly's theme “Vincentian Women Changing Communities with Joy and Hope”. The day was filled with spiritual reflection beginning with an opening prayer by the ADW Spiritual Moderator Sister Sandra Goldsborough entitled, “Joy in the Journey” after an overview of the day by Mary Hand, ADW Board President. Dr. Rita Robinson, LCUSA Middle Atlantic Region Vice President, gave an overview of upcoming LCUSA events, notably the 400th Anniversary of the Ladies of Charities in 2017 and the next national assembly in Queens, New York. The five ADW Assembly delegates-- Bertha Guerra, District of Columbia President; Beverly Motley, Prince George's County President; Gloria A. Rose, Junior LOC Moderator; Mary Hand, ADW Board President, and Viola Johnson-Robinson, ADW Board 1st Vice President--gave their perspectives on different aspects of the New Orleans Assembly. Lucy Saunders, LCUSA Past President, served as the panel moderator. Finally, technology was used to give the Ladies a taste of this year's National Assembly. Lucy Saunders provided a running slideshow of Assembly photos downloaded from the LCUSA website. The Assembly update ended with a DVD produced by Viola Johnson-Robinson's daughter that showed scenes from the Assembly accompanied by a Jazz rendition of “When the Saints Go Marching In”.

The Retreat was facilitated by Sister Ellen LaCapria, a Daughter of Charity for nearly 40 years. She has an Art Therapy graduate degree and has held a number of diverse positions that include serving as a facilitator for Mandalay/Prayer Workshops as well as Art/Spirituality Retreats throughout the years and creating Vincentian-centered works of art. Sister Ellen is now involved with her most important work as caregiver for her mother. Sister Ellen first introduced the ladies to “What is a Vincentian Heart?” The ladies were encouraged to examine their hearts about what motivated them as Ladies of Charity. They were provided with the humanistic factors in our lives that affect the way we view others through the lens of St. Vincent and St. Louise. As Ladies of Charity who follow the virtues of humility, simplicity, and charity, those present were asked to consider how they could create a balance in their lives.

The Retreat culminated in the inaugural Mass of the ADW's new Spiritual Advisor, Rev. Philip Simo OSB. Participants in the Mass included organist, Sr. Maggie Scally, DC, and representatives from Prince George's County, Joyce Dews and Deborah Self; Charles County, Judy Fisher; Calvert County, Susan Wilson; Montgomery County, Mary Louise Hand, Maryann Rooney and Judith Strenio; District of Columbia, Linda Jenkins and Pamela Johnson. Behind the scenes with their special contributions of gifts and talents were Toni Gaines, Gloria Lessington and Mary Ann Tretler. The contributions of so many made for a very spirit-filled retreat and a special day.

**Prepared by Viola Johnson-Robinson
1st Vice President
Ladies of Charity, ADW and Retreat Chair**



St. Mary of the Mills Ladies of Charity University of Maryland Catholic Student Center Dinner

Twice a year, the St. Mary of the Mills Ladies of Charity prepare and serve a lasagna dinner for approximately 150 Catholic Students at the University of Maryland College Park Catholic Student Center. Ladies provide lasagna, salad and desserts for the students. On November 18, 2015, the students enjoyed a delicious dinner and had a great time! The St. Mary of the Mills Ladies joined together to bake over 20 lasagnas for the dinner. It is nice to see the students come together, away from home, to meet and worship together



Left to right include Nancy Roth, Betty Albanesi & Mary Markey



Mary Markey, Betty Albanesi, Nancy Frank & Nancy Roth

**"To serve rather than be served in
Humility, Simplicity, Charity."**

Submitted By: Tara Linn



Visit our website <http://ladiesofcharityadw.org/>
This website is designed to keep you informed
about events in our Archdiocese.

NEW YEAR! NEW OFFICERS!



Vice President Joanne Liernan, President, Peggy Campbell,
Seated Secretary Joan Bowling, Treasurer Nancy Roach

Holy Ghost LOC Association elected Peggy Campbell as president; Joanne Liernan, vice-president; Joan Bowling, recording secretary and re-elected Nancy Roach as treasurer at their November meeting. Their two year term of office begins in January 2016. Peggy has served previously as president and graciously accepted the position again along with Nancy Roach who agreed to remain as treasurer.

Wrapping up 2015, the Ladies packed Thanksgiving baskets for approximately 60 families. Eight of the Thanksgiving baskets were donated by Catholic Charities Parish Partners. A giving tree was also provided for Holy Ghost parishioners during December. Names were collected from the two local public schools in addition to names received from parishioners. Tags were designed by Carol Myer who has supported the Ladies in their ministries with decorated greeting cards and fun-filled crafts for the association's activities

The Ladies have also benefited from a member whose daughter is a member of the Immaculate Heart of Mary religious order. Sister Theresa has been very supportive to the Ladies at meetings speaking about the spiritual side of renewing and energizing our lives for our ministries. In November, Sister came to the meeting with what looked like a 'turkey'. Only to find out Sister had a roaster filled with what she termed as her spiritual treasures.. and other gems... a harvest of some very good recent books on spirituality and other related topics. Sister's presentation on each book was amazing. Having that list available will benefit and provide excellent reading material for Advent and Lent for all of us as Ladies of Charity. To share this list, email: lers@starpower.net and a copy can be provided.

Submitted By: Lucy Sanuders

St. Hugh of Grenoble Ladies of Charity Busy in Greenbelt

Starting off the new 2015-2016 season, the St. Hugh Ladies of Charity were asked to organize the St. Hugh Labor Day Weekend Bingo Fundraiser since there were so few CYO volunteers after the St. Hugh School closed several years ago. The Ladies of Charity were happy to have a new fundraiser which could provide substantial funds for their food pantry and eviction prevention program. The ladies worked hard over the summer to prepare for the bingo weekend. They concentrated on keeping their expenses to a minimum by getting donations of soda and water for the Youth Group to sell and getting donated tents to provide shade for the outdoor event. The bingo is part of the annual Greenbelt Labor Day Weekend Festival.

Ladies of Charity members and other St. Hugh parishioners provided the bingo runners, callers, vegas tickets sellers and money counters for the long weekend. Thanks to the good weather and hard workers, the event raised \$8,000 to be shared by the Ladies of Charity programs and the Youth Group/CYO. Another highlight of the Greenbelt Festival was the naming of Solange Hess, St. Hugh Lady of Charity and Chairperson for the St. Hugh Food Pantry, as the Greenbelt Citizen of the Year. Solange rode in a special car in the Greenbelt Labor Day Parade. This is the second year that a St. Hugh Lady of Charity has been named Greenbelt Citizen of the Year. In 2014, Kathleen McFarland was given this honor.



On Wednesday, November 25th, the St. Hugh Church/Ladies of Charity hosted the annual Greenbelt Interfaith Thanksgiving Eve Service. Over 125 people representing the various faiths in the Greenbelt area (Lutheran Church, Baha'i Community, United Church of Christ, Muslim Community, Methodist Church, Mishkan Torah Congregation and Catholic Community) attended the service of Thanksgiving readings, Thanksgiving message and music provided by the Greenbelt Interfaith Choir. A free will offering was taken up at the service for the Eviction Relief Fund which raised over \$1600. Everyone joined in the closing song, "America the Beautiful". Participants attended a dessert reception provided by the Ladies of Charity in Grenoble Hall. The St. Hugh Ladies of Charity have also helped to coordinate a "blanket drive" for Syrian refugees. They partnered with the Turkish Friendship Association to collect the blankets in Greenbelt and are being delivered for free to the refugees.

Going forward the St. Hugh Ladies of Charity will be providing the leadership in Pope Francis's call for the "Year of Mercy" by providing programs involving corporal works of mercy that all parishioners can participate in during the year.



United States Coast Guard (USCG) supported Our Lady of Perpetual Help Ladies of Charity's Food Pantry



In support of the Ladies of Charity, LCDR Schafler, Coast Guard, Liaison to the District of Columbia, and Art Brown, Deputy Chief of Staff (Substituting for LaRuby May Deputy Chief of

Staff) delivered food to our Pantry on Thursday, September 3, 2015. Members of the Ladies of Charity helped to unload the food, stocked the shelves, and made it ready for distribution.

The goal of the Coast Guard's Community Relations is to foster positive relationships within the communities they live and work. The Coast Guard, located in Ward 8, is reaching out and looking for ways to support and to become actively involved in community activities. LCDR Schafler is the primary Coast Guard to inter face with the District of Columbia. Deacon Timothy Tilghman, retired Coast Guard, played an instrumental role in the selection of the site for food distribution.

The Our Lady of Perpetual Help Ladies of Charity, welcome the opportunity to interact with and build community involvement with the Coast Guard in Ward 8.



Submitted By: Dr. Rita Robinson

St. Ignatius Loyola Fort Washington, MD



As 2015 comes to a close we at St. Ignatius look back at the successful drives that we have sponsored this year.

In February, we had our 2nd annual baby shower to help the new moms at the Forestville Pregnancy Center. With the parish's participation, our sewing group, and all of our members we were able to contribute, along with other units, to Forestville gave much needed clothing and baby supplies.

In July we celebrated our patron saint, St. Ignatius of Loyola by having a food drive. The food for this drive went to Holy Family Food Pantry in Hillcrest Heights.

In August, we hosted the birthday party at Sacred Heart. Our chairperson Bertha Turner arranged for live music to entertain the residents. Gift bags were handed out with some special goodies.

In August, we also did our annual school drive for one of the area schools. Once again our parish came through for us and we were able to deliver an abundance of much needed supplies for the children in our neighborhood.

In November, our 2nd food drive for the year was held. This Thanksgiving food drive was delivered to Assumption Outreach to help feed the homeless this winter.

In December, we participated in the Christmas gifts for Carroll Manor, Sacred Heart, and Spring Grove. At our December unit meeting we celebrated one of our long time member's 90th birthday. We have 2 members, Theresa Fox, who turns 90 on Dec. 23 and Lorraine LaValley who turns 94 on Jan 10th who still attend most of all our meetings. We value their participation and input.

Submitted By: Diana Gritz

St. Martin of Tours LOC Serving the Community

The Ladies of Charity (LOC) at St. Martin of Tours in Washington, DC joined ANC Commissioner Jacqueline Manning and Community Partners for a Pre-Thanksgiving Dinner in honor of the homeless and nearby shelters from all over the Northeast section of the District of Columbia. The meal serving took place at the Echo Stage in Northeast, Washington, DC on the Saturday before Thanksgiving Day. The traditional Thanksgiving meal was served to all. Special thanks to Ivon Gaston, Irene Jamison, Priscilla Johnson, Ethel Taylor, Kim Taylor and Sandra Watson who participated in this partnership to feed the disenfranchised within the community.

Submitted By: Kim Taylor



(Ladies serving meals to homeless)



Kim Taylor, Irene Jamison and Ivon Gaston



Priscilla Johnson, Irene Jamison, Ethel Taylor & Sandra Watson



Sandra Watson, Ethel Taylor, Irene Jamison & Kim Taylor

EVENTS DISTRICT OF COLUMBIA

March 13

Quarterly Meeting
8:00 am Mass

Holy Comforter-St. Cyprian Church
Washington, DC

June 12

Quarterly Meeting
8:00 am Mass

Our Lady of Perpetual Help Church
Washington, DC

October 9

Quarterly Meeting
7:30 am Mass
St. Gabriel's Church
Washington, DC

EVENTS PRINCE GEORGE'S COUNTY

February 13th 10AM

Executive Board Meeting
Rosemary Collier's

March 13th

Quarterly Meeting (Layette)
Mt. Calvary

May 14 10AM

Executive Board Meeting
Rosemary Collier's

June 12,th 2PM

Quarterly Meeting
St. Jerome's Parish

August 13

Executive Board Meeting (TBD)

Thanksgiving Fellowship for the Needy

On Saturday, November 21, 2015, The Ladies of Charity, The Blessed Virgin Sodality and the Women's Ministry of **Our Lady of Perpetual Help Catholic Church** in partnership with Children of Mind Youth Center, Inc. provided Thanksgiving dinner to over 300 people. The event was held in the church hall, the Panorama Room, from 11:00 a.m. – 3:00 p.m. A scrumptious meal was prepared and served to the men, women and children who attended. The morning began with prayer by the Very Rev. Thomas R. Frank, SSJ, Pastor.

While the meals were being served, guests were treated to an inspirational interlude by The "Recovering Angels", a local Gospel Quartet. An energetic group of teen age girls also provided music and dance for their enjoyment. Many expressed their thanks and joy for this opportunity to eat and fellowship with others in the community.

While this event was spearheaded by The Ladies of Charity, The Blessed Virgin Sodality, The Women's Ministry of Our Lady of Perpetual Help, and Children of Mind Youth Center they were joined by a number of local churches, organizations, groups and teens who volunteered their time and efforts to make this event a huge success. They included the following: First Baptist Church of Glen Arden, Abundant Life Family Fellowship, Girl Scout Troop 750, Washington Middle Schools for Girls, St. Joseph's Ladies Auxiliary 213, Knights of St. Johns Commandery 286, Brothers and Sisters in Christ, Junior Auxiliary #67, Panorama Jammers, Provident St. John Baptist Church, Corner Stone New Life Ministry, and Food Bank of DC.

Our Lady of Perpetual Catholic Church is an African American parish located in Southeast DC (Ward 8) that has a rich tradition of history and culture. Ward 8 has the highest unemployment rate in the country and many of our children are reading below grade level. We, members of Our Lady of Perpetual Help Catholic Church, in collaboration with others, are working to support community organizations and activities as well as provide spiritual guidance to our community.

We thank all for helping to make this event a success.

"Give thanks to the Lord for he is good; his love endures forever."



Submitted By: Dr. Rita L. Robinson

WHY NOT A MOBILE FOOD PANTRY?

When the Maryland Food Bank offered a monthly delivery of produce for the needy to the Food Pantries in MD, the **St. Anthony's Ladies of Charity** (North Beach, Maryland) went into action. From July through October this year, rain or shine, in hot and cold weather, the Ladies orchestrated a once a month Food Distribution in the St. Anthony's Church Parking Lot. The target population was Northern Calvert County. Ahead of time, local church organizations, local businesses, as well as government and social services organizations were notified of the event using email and flyers.

The days began early with strong volunteers (Ladies and other Parishioners) showing up at 8 am to set up tables, chairs, and canopies, accompanied by donuts. Later the truck would arrive with 4000 – 6000 pounds of produce on pallets. Still more volunteers would then create family-size bags of produce and put the bags on tables, arranged like an assembly line of food.

Clients, once checked in as to name and family size (no ID required), were invited to stop at each table and select bags of produce based on family size. More volunteers, using portable wagons, took the produce to the clients' cars and loaded the bags in the cars. The food distribution happened over a two hour period. Once all clients were served, it was time to put away any left over produce (large bags of cucumbers, anyone?), and take down and put away the tables, chairs, and canopies. All in all 30-40 dedicated volunteers helped with each Mobile Pantry event.

For the 5 month period, where 5 Mobile Food Pantry events were held, the Ladies of Charity served 17,000 pounds of produce to over 600 households, representing over 1600 people. Our spiritual moderator told us Pope Francis would be very happy to know about this!

Submitted By: Susan Wilson



OK,
Pope Francis!

We got the food here - and ON TIME!

Pray for us!



Boxes - Boxes
Boxes
All filled with FOOD!
Thank you, God
For volunteers and tents!



Talk about TEAM WORK!
We know how to get the job done.
One bag at a time!
Passing on those catchy smiles!
It's great doing God's work!



Ladies of Charity, Archdiocese of Washington Receives Special Recognition from St. Ann's and His Eminence Donald Cardinal Wuerl at St. Ann's Christmas Party

On December 5, 2015, the Ladies of Charity (LOC), Archdiocese of Washington (ADW) was honored with a special recognition from St. Ann's Center for Children, Youth, and Families in a beautiful ceremony at St. Ann's Annual Christmas Party presided over by His Eminence Donald Cardinal Wuerl and Sister Mary Bader, St. Ann's CEO. As the Board President, I was humbled to receive a "Faithful Service Award" plaque (see picture) on behalf of the LOC ADW, that was presented by Cardinal Wuerl following his gracious comments about our service. Sister Mary Bader also expressed heartfelt comments about how deeply grateful she and her staff are for all the support they have received from the LOC, ADW, over the years. She mentioned the shared history by the Daughters of Charity and the Ladies of Charity.

Cardinal Wuerl was generous with his time including taking pictures with many of us (see pictures). The plaque is simply magnificent and I started to refer to it as a "monument" once I saw its scale and beauty. We are thrilled it will be displayed at St. Ann's where we can view it with our future visits. Each of you should know it is because of your longstanding support of St. Ann's and your contributions, that have led to this honor. Thank you to all who attended the ceremony and to those who also brought treats and gifts.



Your Eminence and Sister Bader,

I am honored to accept this plaque on behalf of the Ladies of Charity, Archdiocese of Washington. We are sincerely grateful to St. Ann's for this recognition. It has been our humble privilege to have had a share in St. Ann's fine work over the years to support young mothers, their children and their families. (It is truly God's work.)

The LOC have deep respect for St. Ann's fine mission and work and for the Daughters of Charity, staff, and the mothers and their families.

**.Excerpts from December 2015 NIH Article:
Coping with Caregiving
*Take Care of Yourself While Caring for Others***



It can be a labor of love, and sometimes a job of necessity. 43 million U.S. adults provide unpaid care for someone with a serious health condition each year, and the stress and strain of caregiving can take a toll on their own health. Many of us will end up becoming a caregiver at some point in our lives. Such caregiving includes helping with meals, schedules, bathing, and dressing. It can also include managing medicines, doctor visits, health insurance, and money, as well as emotional support.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged, roughly two-thirds are women, and nearly half assist someone 75 or older. As the elderly population continues to grow, so will the need for informal caregivers.

Some people thrive when caring for others strengthening connections to a loved one. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training and are expected to meet complex demands without much help. Most care-givers hold down a full-time job. Because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems. Studies have linked informal caregiving to a variety of long-term health problems--heart disease, cancer, diabetes, arthritis, excess weight, depression, anxiety, and memory, along with back and muscle injuries from lifting patients.

Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels of physical and mental burdens than caregivers of the frail elderly or people with diabetes. Cancer survivorship, too, can bring intense levels of uncertainty and anxiety.

Out-of-pocket spending for families of dementia patients during the last 5 years of life averaged \$61,522, which was 81% higher than for older people who died from other causes. Research has found that caregivers for people with dementia have high levels of potentially harmful stress hormones. Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. "REACH showed that what caregivers need is support. They need to know that there are people out there and resources available to help them," says Dr. John Haaga, who oversees NIH's behavioral and social research related to aging.

"Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests" says Dr. Laura Gitlin a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University.

To learn more about aging-related caregiver resources, contact NIH's National Institute on Aging at 1-800-222-2225 or niaic@nia.nih.gov. To learn about cancer-related caregiver resources, contact NIH's National Cancer Institute at 1-800-422-6237.

Note: Caregiving is a major focus of the Ladies of Charity, United States of America. Many of the Ladies of Charity are involved in caregiving in their service to the poor and the marginalized. In addition many are caregivers for their families and loved ones.

Submitted by Mary Hand



Ladies of Charity
Archdiocese of Washington
5523 Center Avenue
Lanham, MD 20706

ARCHDIOCESAN EVENTS

March 19, 2016

Annual St. Louise de Marillac Brunch

10:00 am Mass

St. Jane Frances de Chantal

Bethesda, MD

May 7, 2016

May Day Celebration

10:00 am Mass

St. Ann's Center for Children

Youth and Families

Hyattsville, MD

September 29 – October 2

LCUSA 16th Annual National Assembly

LaGuardia Airport

New York, NY

October 22

Archdiocesan LOC 1-Day Retreat

9:00 am – 4:00 pm

Washington Retreat House

Washington, DC

Archdiocesan LOC Board Meetings 2016

February 6

10:00 am Mass

Providence Hospital

(1st Floor Chapel)

June 4

10:00 am Mass

Providence Hospital

(1st Floor Chapel)

August 6

10:00 am Mass

Providence Hospital

(1st Floor Chapel)

December 3

10:00 am Mass

Providence Hospital

(1st Floor Chapel)