

# ASCENSION OF THE LORD



## Holy Spirit Catholic Church



8800 Braddock Road  
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### PARISH STAFF

Rev. John M. O'Donohue, Pastor  
Rev. Carroll L. Oubre, Parochial Vicar  
Rev. Peter O. Okola, AJ, Parochial Vicar  
Rev. Hagos Tesfagabir, Spiritual Director for the  
Medhanie Alem Ge'ez Rite Eritrean  
Catholic Community  
Deacon Nicholas J. LaDuca, Jr.  
Deacon Tom Grodek  
Deacon Malcolm D'Souza

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5121 Woodland Way  
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Fax: 703-978-9671  
Website: [www.holyspiritchurch.us](http://www.holyspiritchurch.us)  
E-mail: [parish@holyspiritchurch.us](mailto:parish@holyspiritchurch.us)  
**Hours**  
Monday - Friday 9:00 AM - 1:00 PM

### HOLY SPIRIT SCHOOL

Maureen Ashby, Principal  
8800 Braddock Road  
703-978-7117  
Fax: 703-978-7438  
Website: [www.holyspiritflames.org](http://www.holyspiritflames.org)

### RELIGIOUS EDUCATION

Anson Groves, Director of Religious Education  
8800 Braddock Road  
703-978-8925  
E-mail: [religious.ed@holyspiritchurch.us](mailto:religious.ed@holyspiritchurch.us)

### SACRAMENT OF PENANCE

Monday, Wednesday and Friday at 7:00 PM  
Tuesday and Thursday at 6:00 AM and 8:30 AM  
Saturdays at 3:30 PM (all sessions--until line ends)

### SACRAMENT OF BAPTISM

Sundays at 1:15 PM  
Baptismal preparation class is held the second  
Saturday of each month at 10:00 AM

### SACRAMENT OF MATRIMONY

Diocesan regulations require that you contact  
one of the Holy Spirit clergy at least six months  
before the wedding to begin preparations.

### ANOINTING OF THE SICK AND HOME VISITATION

By request. If you or another parishioner you  
know are unable to attend Mass, please call the  
Parish Office to make arrangements to receive  
the Eucharist at home.

### CHILD PROTECTION

Lambie Renner, Child Protection Coordinator  
703-425-8778, x2  
E-mail: [childprotection@holyspiritchurch.us](mailto:childprotection@holyspiritchurch.us)



## THE ASCENSION OF THE LORD



### THE HOLY SACRIFICE OF THE MASS

**Sunday, May 24<sup>th</sup>**

Dolores A. Miller†

Mike Gillen

Christina Wieand†

Stephen Moran†

**Monday, May 25<sup>th</sup>**

William E. Hutchison†

Julian R. Goza

**Tuesday, May 26<sup>th</sup>**

Ben Horne†

Nancy Theis†

**Wednesday, May 27<sup>th</sup>**

Morgan Rodgers†

Carol Zesinger

**Thursday, May 28<sup>th</sup>**

June Zinstein†

Veronica Klug†

**Friday, May 29<sup>th</sup>**

Dolores Miller†

Tom Branagan†

**Saturday, May 30<sup>th</sup>**

Dolores Miller†

Dolores Miller†



### PRAYERS FOR THE DECEASED



**Maureen Finn  
Abraham Perez**



### MEMORIAL DAY MASS AT FAIRFAX MEMORIAL PARK

Fairfax Memorial Park regrets to announce that due to the Covid-10 restrictions, the Memorial Day Mass celebrated with our community has been cancelled.



### HOLY SPIRIT CHURCH

*Parish Calendar available at [www.holyspiritchurch.us](http://www.holyspiritchurch.us)*

**Sunday, May 24<sup>th</sup>, The Ascension of the Lord**

**Father Carroll live streams his daily celebration of the Mass at 10:00 AM**

**Parish Office hours: 9 AM-1 PM, Tuesday-Friday**

**We will be closed on Memorial Day, Monday, May 25<sup>th</sup>**

Our priests remain available to you for sacramental emergencies. If you call during non-office hours, the phone recording will provide as its first option the Sacramental Emergency connection. 703 978-8074

#### Weekly Confession Schedule

Monday, Wednesday and Friday at 7:00 PM; Tuesday and Thursday at 6:00 & 8:30 AM; Saturday at 3:30 PM

**Eucharistic Adoration daily 9:00 AM-7:00 PM**

Come be with our Lord. Sign-up on our website today!



**HOLY Spirit  
CATHOLIC CHURCH**

### THE RETURN TO THE PUBLIC CELEBRATION OF THE MASS

Barring any change by the Governor, we are looking forward to the reopening of churches for the public celebration of the Mass **beginning May 29<sup>th</sup>** — just in time to celebrate Pentecost. When we do reopen, we will be following the diocesan guidelines for Phase One for the celebration of the Mass. Due to social distancing requirements, we will be able to accommodate only a limited number of parishioners per Mass. To secure a seat to attend Sunday Masses (to include the Vigil), one will have to pre-register online at the parish website or by calling the parish office. All parishioners will be required to wear face coverings and it is expected that they will bring their own. Other safety protocols will be in place, which will be publicized in advance on the parish website. Bishop Burbidge, until further notice, has continued the dispensation from the obligation to attend Mass on Sundays and Holy Days of Obligation. Those who are 65 years old or older, as well as those with underlying health conditions, are advised to avoid gatherings of the general public and attending public liturgies.



**Holy Spirit** | *Inspiring Minds*  
CATHOLIC SCHOOL | *Igniting Hearts*

### Holy Spirit Virtual 5K Spirit Run!

Help support Holy Spirit School's resource program by participating in our 5<sup>th</sup> annual Spirit Run. This year the run will be held virtually from **May 15<sup>th</sup>-30<sup>th</sup>**, so you choose where and when you want to run or walk the 5K. The Spirit Run is not just for families who receive resource support; it is a time for our Holy Spirit Church community to come together (virtually) in Christ to celebrate our school and all its students. Our school theme this year is: **"What you do for the least among you, you do for Jesus."** What a great way to live this message by supporting the school and the students. Below is the link to register to participate or to make a donation. Thank you for your support!

<https://www.holyspiritflames.org/register-here/>

**Check Out Who's been practicing:**

[https://twitter.com/HSS\\_Flames](https://twitter.com/HSS_Flames)

Prospective families may call the school at 703-978-7117  
for enrollment information.

*Our online giving program is  
**more important now***

*than it's ever been.* ©PG

***Holy Spirit Catholic Church**  
needs you to help us plan!*

### GIFTS FOR EDUCATION ENDOWMENT FUND (SEEF)

Please support our seminarians and SEEF, a permanent endowment fund established in 2011. SEEF's income provides funding for annual seminarian expenses such as room, board, tuition, health insurance and books, which total almost \$45,000 per seminarian. Please give generously! To donate, make checks payable to: "Foundation for the CDA - SEEF." Mail to: The Foundation, 200 N. Glebe Road, Suite 811, Arlington, VA 22203. Contact Gretchen Koch at [g.koch@arlingtondiocese.org](mailto:g.koch@arlingtondiocese.org) or (703) 841-3819 with questions.



### Militia Immaculata

We don't not have Militia Immaculata this Monday as it is Memorial Day. Our next meeting is **June 1<sup>st</sup>, at 3:30 PM**. Join us online as we pray for the conversion of souls and peace on earth! We can still come together even with this social distancing. Check it out at [holyspiritchurch.us/militia-immaculata](https://holyspiritchurch.us/militia-immaculata).

### HIGH SCHOOL

There is no High School Youth Group this Sunday, May 24<sup>th</sup> because it is Memorial Day Weekend. School Youth Group Sunday Nights are Now Online due to the FCPS and Government guidelines about Coronavirus and our responsibilities as a community. **Our next meeting is 7:00 PM, May 31<sup>st</sup>**. Make sure to check out our website for more information.

### Fiat and Band of Brother's

**Our next meeting is Wednesday, June 3<sup>rd</sup>, at 7:30 PM**

Visit [holyspiritchurch.us/youth/high-school/](https://holyspiritchurch.us/youth/high-school/) for more information and to register.

### MIDDLE SCHOOL

**COR UNUM Middle School Small Groups are "Virtual" on May 29<sup>th</sup>, at 3:30 PM**. Stay tuned for information on what we've got going on for our middle school small groups. They are held two Fridays a month from 3:30-5:00 PM. Cor Unum is small groups (single sex) for 7<sup>th</sup> and 8<sup>th</sup> graders. For more information and for forms to sign-up for Cor Unum go to [holyspiritchurch.us/youth](https://holyspiritchurch.us/youth).

**FORMED-THE CATHOLIC FAITH ON DEMAND** is one option for parishioners to use to be entertained with a movie or to seek to grow in our faith. The information for our parish account is as follows:

**Your Parish link to Formed:**

[holyspiritchurch.us/formed/](https://holyspiritchurch.us/formed/)

**Formed Parish Password: Y4CJ76**

**THE FOLLOWING LINKS** offer information on live stream Masses, prayer guides and the work of Catholic Charities:

<https://www.arlingtondiocese.org/covid19resources/>

## THE ASCENSION OF THE LORD

SOCIETY OF ST. VINCENT DE PAUL  
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P.O. Box 11997, Burke, VA 22009

Helping Others, Will You Help Too?

Helpline: 703 272-8218



On this Feast of the Ascension of the Lord, Jesus entrusted his mission on earth to His disciples. We are reminded that just as they continued his saving work on earth, it now continues through us. As St. Teresa of Avila wrote: *"Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world."*

Is there a family or individual you know who needs assistance? Encourage them to call the SSVdP Helpline, or call and leave a message with your name and number, so that together we can bring assistance and peace to those who may be without work and hungry during these challenging times, or have other needs which we may be able to meet. Thank you.

### WOULD YOU LIKE HAVE A LINK TO THE BULLETIN EMAILED TO YOU WEEKLY?

Go to [discoverMass.com](https://discoverMass.com):

Fill in the name of the parish, and city and state, as requested on the screen which appears. On the next screen, click on **View Bulletins** (it's in very small type). Under Email Notifications, click on the button **SIGN UP TODAY**. Then fill in your name and email address, and a link to the current week's bulletin will be emailed to you each week.

### WE PRAY FOR THOSE IN THE MILITARY AND SUPPORT SERVICES OVERSEAS

*"May the peace of God's presence and our concern for them give them strength"*

Maj. Robert J. Bowen	1 <sup>st</sup> Lt. Jake Conrad
1 <sup>st</sup> Lt. Lydia Rachel Eng	CPL John Gundling Capt.
Brian Harper	Sgt. Andrew J. Houston
Capt. Patrick Kelly	Capt. Michael Kopa, Jr.
LCDR Mike Lee	Spec. Jonathan Levine
SSG Greg Manning	Lt. Cory Rank
Capt. Jose Rodriguez	LCDR Patrick Ronan
1 <sup>st</sup> Lt. Andrew Stanford	

### THE ASCENSION OF THE LORD

*"I am praying for them..." John 17:9*

Prayer is the foundation of our Faith and the foundation of Stewardship. Pray in good times and in bad. Prayer is always the first best option in any situation, not just the last resort. Pray for friends and family and for those that don't treat you very well. Pray to give praise, to thank and to ask God for help. Pray to see what God wants you to do with the gifts He has given you.

### PRAYER FOR VOCATIONS

*"They received the Holy Spirit."*

The Blessed Virgin Mary intercedes for your faithfulness to the vocation to which the Spirit is leading you. Do you think God may be offering you the grace of serving Him and His people as a priest or in the consecrated life? Contact Fr. Michael Isenberg at 703 841-2514 or [michael.isenberg@arlington.org](mailto:michael.isenberg@arlington.org).

### WEEKEND DISCERNMENT RETREAT FOR WOMEN

Could Christ be calling you to the religious life? Take a step to find out. The annual diocesan discernment retreat for single women who feel called to a religious vocation is **June 26<sup>th</sup>-28<sup>th</sup>** (provided COVID-19 restrictions are lifted). The Salesian Sisters of St. John Bosco will be leading the retreat this year, and the theme is Feminine, Faithful, & Fun: The Discerning Woman. This retreat aims to help you know yourself and discover the amazing woman God has created you to be. It will also include tools to aid your prayer and discernment, as well as opportunities for prayer, confession and spiritual direction. Cost is \$60 (financial assistance is available). For more information or to register, contact Fr. Michael Isenberg at [vocations@arlingtondiocese.org](mailto:vocations@arlingtondiocese.org). **Space is limited and the deadline to register is Friday, June 5<sup>th</sup>.**

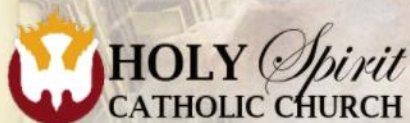
### PRAYERS FOR THE SICK

William V. Arbacas, III  
Rebecca B.  
Katherine Beutner  
Eleanor Colahan  
Walter Joe Coleman  
Catherine Rose Chen  
Rafael Fitzsimmons  
Helena Hufschmitt  
Alexandria Malone  
The Rowsey Family  
Catherine Shonka  
Patricia Shimones  
Bert van den Horn



Luis Arciniega  
Lise Banach  
Edythe Bonato  
John S. Gillies  
Anthony Girata  
Jon R. Johnson  
Bruce Kind  
Donna MacCabe  
David Roth  
Andrea Sturken  
Doris Trunfio  
Brian Vibert





# *Mass Resumes* **Friday, May 29, 2020**

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## **At Holy Spirit**

### **Dispensation**

All the faithful of the Diocese of Arlington continue to be dispensed from the obligation to attend Mass on Sundays and holy days of obligation until further notice.

### **Public Worship Resumes**

But the congregation size is strictly limited to a maximum of up to 50% seating capacity with social distancing of at least six feet. (Families and members of the same household are exempt from these six-foot social distancing requirements.)

### **Mass Schedule**

The normal schedule for both weekday and Sunday Masses will commence effective May 29.

### **Registration**

To secure seating to attend Sunday Masses (to include the Vigil Mass), pre-registration is required. Either go to the parish website to reserve seating or contact the parish office (703-978-8074) for assistance.

### **Health & Safety Protocols**

It is expected that those attending will wear a face mask. Please bring your own. It is also expected that those attending will disinfect their hands before entering the church and again immediately before receiving Communion.

### **Caution**

There remains an inherent risk in coming to church at this time. If you or those for whom you care are vulnerable to infection, Bishop Burbidge encourages you to stay home until the dispensation from attending Mass is lifted. If you feel sick in any way, please avoid coming to church.

***It'll take an army of faithful to help clean. Join us!***  
**holyspirtchurch.us**

# Holy Spirit ***VIRTUAL*** 5K Spirit Run!

May 15-30, 2020

What you do for the **LEAST**



among you, **You** do for **JESUS**.



Holy Spirit  
CATHOLIC SCHOOL

You choose when & where you  
want to run or walk the 5K!

[www.holyspiritflames.org](http://www.holyspiritflames.org)





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