



In this issue...

- 1... Arlington Free Clinic
- 2... HIV/AIDs Self Help Group
- 3... Managing for Mercy
- 3... Christian Meditation
- 4... Spotlight on Katie
- 5 ... Plot Against Hunger
Frank Runyon Angels
- 6... Greg's social justice update
- 6... Parish Advisory Board
- 7... UJAMAA Committee
- 8... Scholarship Program
- 10.. OLQP Parish Calendar

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Editor's Note:

Most of us are fortunate enough to have health insurance and regular check-ups by our doctors. As a result, our medical problems – especially chronic illnesses or cancer - can be diagnosed and treated early, affording us the best possible health outcome. The Fall issue of "The Advocate" features several articles devoted to health care and healthy living, including services offered at a free health clinic in Arlington and as far away as Kenya, where OLQP sponsors a project that treats HIV/AIDs orphans. Our "Spotlight" article this month is on Katie Remedios, OLQP religious education director extraordinaire. And don't miss the updates on the Parish Advisory Board, the annual OLQP Scholarship Program and featured ministry for this issue – the UJAMAA Committee.
– Paula Cruickshank, Editor

The Arlington Free Clinic:

Helping the Uninsured Poor to Lead Healthy Lives

By Paula Cruickshank

We see them everyday and most of the time we don't recognize who they are. They can take public transportation or drive their own car. They can be employed or out of a job, in school or too ill to even leave their home.

They are the low-income, uninsured adults living in Arlington County. To meet their health care needs, the Arlington Free Clinic was established in 1994. Its mission is to provide free, high quality medical care to patients who often face the choice between paying their rent and purchasing medicines to keep healthy – or in some cases – to stay alive.

Kate Wilson, a member of OLQP and retired registered nurse, is on the AFC staff. She began to work at the clinic - first as a volunteer - when the facility opened its doors. "When I first worked here, we had 12 patients and twice as many volunteers as patients. Kate noted that AFC initially saw patients with minor illnesses. "It took awhile for people to trust us. Once that happened, then people came to us word-of-mouth," Kate explained during an interview with "The Advocate" in August.

The clinic annually serves 1,650 patients, provides close to 10,000 free medical visits and fills 15,000 prescriptions. Located in South Arlington, the facility provides patients with primary care and a full range of specialty medical services, including surgery, cardiology, oncology, gastroenterology and urology. Comprehensive care also includes:

- ◆ Women's health (including annual) screening for cervical cancer and access to free mammography for women aged 40 and above
- ◆ Mental health care
- ◆ Physical therapy
- ◆ Pharmacy services
- ◆ Diagnostic testing

Other services, including diagnostic procedures, are provided by community partners, such as the Virginia Hospital Center.

The majority of patients are parents with children who live at home. Most never thought they would ever need free health care, notes the AFC on its website.

www.arlingtonfreeclinic.org

Eligibility

To qualify for services, patients must live in Arlington County and have incomes at, or below, 200% of the Federal Poverty Level (for a family of 4, this is \$42,000).

Because of the large demand for free health care, AFC uses a lottery system and can only take in about 20 new patients per month. Individuals referred by Virginia Hospital Center, the Arlington County Department of Human Resources and shelters that meet eligibility requirements are directly accepted.



Arlington Free Clinic Staff

ORPHANS OF AIDS IN AFRICA:

ST. JOSEPH HIV/AIDS SELF HELP GROUP, MWEIGA KENYA

By Frances Michalkewicz

More than six years ago, OLQP began to support the St. Joseph HIV/AIDS Self Help Group in Mweiga, Kenya, through the sale of Just \$ gift cards. Since 2009, an estimated 1.4 million people have died due to AIDS-related illnesses, leaving behind an estimated 1.8 million orphans. An estimated 70 percent of people infected with HIV/AIDS are located in rural areas, while the majority of health care facilities are found in urban areas.

Mweiga is located north of Nairobi between two well-known tourist areas – Mount Kenya and the Aberdares. Mweiga's residents are generally engaged in subsistence farming because most of the land is arid and unproductive due to erratic rainfall. Therefore, a majority suffer from food insecurity and poor health, and there are many school dropouts. The town of Mweiga is surrounded by six slums where the inhabitants are engaged in illegal activities like brewing, selling illicit drinks and drug abuse, which encourages slum dwellers to engage in commercial sex work that exposes them to the HIV infection.

Almost three-quarters of the population are Catholic and the other one-quarter are Protestant or Muslim. The Catholicism originated from the Consolata Missionaries who, during World War II, were taken to prisoner of war camps in South Africa. Upon their return, the Fathers were given charge of the Brothers of St. Joseph who had been founded by a Dutch priest but were not well-organized. By 1967, the Brothers had their own Superior General and currently there are 67 men working throughout the six Kenyan Dioceses.

Ten years ago, the Brothers established the St. Joseph's HIV/AIDS Self-Help Group as a community-based organization in Mweiga. Their role is to "empower communities to provide Hope, Care and Support" by reducing the spread of HIV/AIDS and improving the quality of life of those who are infected and affected. This is being done in a number of ways, such as providing cost-effective prevention, treatment, care, and support

services; helping people maintain a livelihood; facilitating community empowerment and social transformation; and providing assistance to orphans and vulnerable children (OVCs).

Currently, the Brothers are serving nine communities by working with 800 people living with HIV, 500 caregivers, 2,000 OVCs, 40 commercial sex workers and 18 support and interest groups. OLQP has sent the Brothers approximately \$15,000 over the past six years which has helped them carry out numerous services for these children. The Brothers provide primary health care services, such as mosquito nets, water purifiers, soaps and detergents, support towards hospital fees, and medication, as well as supplementary nutritive food commodities. They assist with all aspects of education, including uniforms, books, hygiene packs, etc. They also frequently deal with child protection issues, such as legal property claims when parents die, and improving shelters to habitable conditions. Of extreme importance is their psychosocial support, which includes counseling and ensuring integration with relatives and community members.

One specific project carried out by the Brothers is their Dairy Goat project whereby they purchase goats for families because goat milk is beneficial to people with HIV/AIDS. Within three months of the birth of a second kid, one kid and one of the goats must be returned to the Brothers for allocation elsewhere.

Our recent check to the Brothers generated this response: "We can start utilizing the money in different activities i.e., education, health and nutrition food for children. Pass our [APPRECIATION](#) and [Heartfelt gratitude](#) to the entire Parish for their kind donation towards our project. May the good Lord bless you all."

Your use of the Just \$ gift cards will enable us to continue supporting the orphans of AIDS in Kenya. †

AFC, Continued from page 1

Kate noted a "big change" in patients' health profiles over the past decade. "Part of what is happening is we are seeing much sicker individuals – about 60 cancer patients in various stages - some are five years and further out while others have just been diagnosed," she noted.

According to AFC, 70 percent of patients have chronic illnesses.

"Until 1998, we didn't have the resources or the staff we now have," she said. The AFC draws upon the expertise of its community partners. "They are very generous people," Kate said. She noted, in particular, the VHC –Fairfax/Arlington oncology group.

Volunteers

The AFC relies almost entirely on private donations and hundreds of volunteer physicians, nurses, lab technicians, pharmacists and interpreters to provide high quality care. The clinic especially needs gynecologists, internists, nurse practitioners – particularly in family practice. Non-medical positions include receptionists, referral and appointments volunteers, interpreters and administrative assistants.

Volunteers range in age from 14 to 92, speak more than 25 different languages and are from all walks of life, including working professionals, homemakers and retired persons. To match volunteers' skills and interests with AFC jobs, potential volunteers must go through an application, interview and training process. Individual volunteer commitments vary, but most provide 2-4 hours per month of service.

Please contact Volunteer Director Lee Miller for further information (703-979-1425, ext. 125) or lee@arlingtonfreeclinic.org. The AFC is located at 2921 11th St. South • Arlington, VA 22204 †

◆ Managing for Mercy: *The Visitation Ministry*

By Jack Sullivan

“Visit the sick” is a familiar biblical command, one of the Corporal Works of Mercy, but Marsha Fulham knows well that making such visits effective involves considerable work and thought. Marcia is the coordinator of the Queen of Peace Visitation Ministry, an activity aimed at providing spiritual and social comfort to the sick and infirm of the parish.

A former captain in the U.S. Navy with command responsibilities and the mother of triplets, Marcia brings a lifetime of experience as an administrator and her MA in psychology to the assignment. She needs both. She must coordinate closely the weekly visits of ministry volunteers to those unable to leave their homes or living in area nursing facilities.

Those tasks require her to match up some 26 volunteers with individuals or couples requesting visitation. Among the recipients are people with a wide range of diseases and infirmities that keep them incapacitated. Some are in stages of dementia. The objective is that each of them finds in the visitation a source of spiritual comfort and help.

Each recipient, Marcia notes, has specific ways of approach. One gentleman in a nursing home has given instructions to wake him up if he is sleeping when the volunteer comes, but wants to “wait a few minutes” before beginning a conversation. Some of the sick are lively and like visitors. Others are more muted in their response. If she is successful, over time all bond with their volunteers.

Support provided by the volunteers differs. Some are Eucharist ministers and can bring communion. All bring the Mass scripture passages from the previous week, read the Gospel and discuss the message. There is prayer. Some recipients want the rosary recited. One elderly woman had lived in Turkey. After the religious activities, the volunteer would take her to lunch at a Turkish restaurant.

Marcia was recruited by Father Tim Hickey about 15 months ago. A prior program largely had lapsed and he saw the importance of reviving it. Queen of Peace clergy make an effort to bring the Eucharist and solace to the sick but their resources of time are stretched. The visitation volunteers fill the gaps.

◆ Christian Meditation:

◆ *Moving the Spirit Within You*

by Betty Mills

Do you often feel stressed? More people today than ever before seem to experience severe stress and anxiety. Meditation will help. Stress produces a “fight or flight” response whereas meditation brings about the opposite physical reaction. It has been frequently demonstrated in controlled experiments, that breathing, pulse rate, blood pressure, and metabolism are decreased by the practice of meditation. Twenty minutes, twice a day is recommended, but even one session daily can lead to enhanced mood, lower blood pressure, and reduction of stress.

Meditation has a long history as a Christian practice that goes back to the desert fathers of the 1st century. The World Community of Christian Meditation held a two day seminar on the topic “Meditation and Mental Health” in London in January. It was demonstrated that meditation can produce actual changes in the brain by comparing results of brain MRIs before



Meditation, Continues on page 4

Supervised by Fr. Tim, volunteers receive training once a year. Those who bring communion also must be consecrated as Eucharist Ministers. Of great importance for a volunteer, Marcia has learned, are personal skills of listening and empathy. Volunteers uniformly have been positive about their experience, she added.

Since April 2010, the ministry has reached some 16 sick and homebound individuals. Illustrating how ill many are, several have died in the interim. At present Marcia has more volunteers than individuals to visit. She would appreciate parishioners identifying loved ones, neighbors, or others who might appreciate the services of the Visitation Ministry.

Through reports received regularly on each recipient, dutifully recorded on a computer spreadsheet, Marcia carefully keeps abreast of ministry activities, making adjustments as needed. She continues enthusiastic about the realization of this work of mercy and the opportunity to apply management skills that once directed the activities of an entire U.S. Navy base overseas. She can be reached at marcia.fulham@gmail.com or (703) 519-8509. †

Spotlight on... Katie Remedios

By Jack Sullivan

A physical fitness practitioner who walks ten miles daily, Katie Remedios currently finds herself running hard to keep up with the challenges of being Religious Education Director at Our Lady Queen of Peace.

Born Kathleen O'Mahoney to an Irish Catholic family in Kingston, New York, Katie comes well equipped for the job. Taught by the Presentation Sisters in grade school, she attended Catholic high school and has her B.A. in early childhood education from the Holy Cross Father's Stonehill College. With that background she became a Jesuit Volunteer and spent three years working among the disadvantaged in San Francisco.

It was there in 1983 that she met her husband, Tony Remedios, well known as a tenor in the Gospel Choir and an active member of the parish. Originally from Macao, a former Portuguese colony now part of China, Tony was working for the Jesuits in California and acted as community liaison for the volunteers. Love and marriage ensued.

The couple moved to Arlington in 1986 so that Tony could pursue a doctorate in theology at Catholic University. After a stint working in adult education in the District of Columbia and raising a family of four, Katie was hired in 2001 by the Parks and Recreation Department of Arlington County to teach and reform the preschool curriculum, a job she held for six years.

After a period attending Mass at another Arlington parish, the Remedios family joined Queen of Peace in 1995. Katie's interest in working at the parish was sparked when, as a known long distance walker, she was tasked with assisting Father Tuozzolo with his daily required walk of two miles following his heart surgery. Her friendship with the former pastor led to her being asked to take the job of Director of Religious Education.

Upon arrival in the job four years ago she found that the traditional CCD program was flagging and early on initiated, with the support of Father Tuz, the Neighborhood Circles Program for Grades K-6. As detailed in earlier Advocate articles, the program — which engages parents in religious instruction — has met with considerable success.



Katie then turned her attention to the needs of the parish teen population. At that point there was a paucity of religious instruction to youngsters who do not attend Catholic schools. To remedy that problem, in concert with the parish Youth Minister, she initiated a number of projects and events designed to engage them. In the meantime she worked with parents to organize a second Neighborhood Circles Program, this time for teens, encompassing Grades 7-12. The program will begin this Fall.

Katie's role also includes religious and liturgical preparation of parish youngsters for the sacraments of Eucharist and Confirmation. Recently 66 boys and girls made their First Communion at Queen of Peace.

Remedios, Continues on page 5

Meditation, Continued from page 3

and after starting meditation practice. But more important than the physical benefits are the spiritual effects.

Fr. Laurence Freeman, a Benedictine monk and director of the World Community of Christian Meditation, wrote "The all-important aim in Christian meditation is to allow God's mysterious and silent presence within us to become more and more not only a reality, but the reality in our lives; to let it become that reality which gives meaning to everything we do, everything we are."

Parishoners Nicole and Laurent Meister were born in France but moved to Houston in 1991 because of Laurent's work in the oil industry. The Meisters first became interested in meditation after reading books by John Main and Laurence Freeman. They studied and meditated at Lehb Shomea, an ecumenical house of prayer in Sarita, Texas for a month in 1994 followed by two weeks in 1995. They first heard a talk by Laurence Freeman in 1996. They also studied with Fr. Thomas Keating, the leading figure in the Christian Meditation movement in the United States. They were inspired to take the training necessary to lead meditation groups. Nicole started a group in their parish in Houston and Laurent formed one in a local prison. He worked with severely troubled people and saw dramatic changes in them as a result of the practice. It is his belief that the practice of meditation brings out the gifts of the Holy Spirit like understanding, right judgment, courage, piety and wonder.

After Laurent suffered a severe stroke, the couple moved to Virginia at the end of 2007 to be close to their son and his family who help with Laurent's intensive physical therapy. They feel fortunate to have found Our Lady Queen of Peace Church. Nicole has been leading a meditation group at the parish for about six months. It meets in the Church on Friday mornings at 10:45 and always welcomes newcomers to meditation. An evening group may be added depending upon interest. †

◆ PLOTTING FOR BETTER NUTRITION

The items Queen of Peace parishioners donate in their monthly grocery sacks provide needed staples to hundreds of families, but fail to supply all nutritional needs. Importantly, donations are starkly lacking in fresh vegetables. That was the problem the Arlington Food



Parishioners observing the garden's growth.

Assistance Center sought to solve when it asked community organizations to establish garden plots and donate the produce.

Queen of Peace was among the churches, schools, families and even fire stations that responded. Last July the first parish "Plot Against Hunger" was established under the leadership of Mike Sheean, our Youth Minister. Largely

through the work of seven teenagers three tracts now are growing vegetables ranging from lettuce to beans and okra to radishes. Although the Queen of Peace project was late in getting started, Mike says, it has already contributed cucumbers, zucchini and tomatoes to the Arlington food center. Admitting that he himself has a "brown thumb," he nevertheless looks forward to increased crop production as Fall approaches and in future growing seasons. †

Remedios, Continued from page 4

Confirmation classes, usually for those in 7th Grade and older, have been growing steadily. The numbers reflect the dramatic growth of the parish community in recent years and particularly in recent months.

Responsible for overseeing all the religious instruction at Queen of Peace, her duties extend from the Sunday Chapel Ministry for the children to the "Theology on Tap" programs. Held periodically at area restaurants, theology is served up while teens sip root beer at their sessions and adults may choose something stronger at theirs.

Although keeping up with increasing participation and burgeoning demands is an acknowledged challenge for Katie, she cites as her single most vexing problem convincing parishioners to carve out time for instruction in the Faith. She noted that most young people today are likely to embrace ideas of social justice and the ideals of the beatitudes. By contrast, she added, too often their grasp of the spiritual underpinnings of the Catholic faith is uninformed and weak.

Recognizing the busy schedules, often bordering frantic, that youngsters and their parents live today with a host of academic, athletic and social obligations, Katie must convince both young and old to make room for religious education. That can be challenging. If the past is any indication of the future, however, Katie will walk at least that extra mile to make it happen. †

The 3 1/2 Stories of CHRISTMAS



OLQP's Religious Education Program presents a special Advent-Christmas theatrical production: *The 3 1/2 Stories of Christmas*

Friday, December 16th, 6:30 pm in the Church

Children and adults will be delighted as all the parts of the Christmas story are tied together for the first time: from the light of Creation to the manger in Bethlehem, from the origin of Saint Nicholas to the secret of the Christmas Angel himself!! Plan to attend! It's hailed as "remarkable!", "inspiring!" and "enthraling!"

Frank Runyeon has starred in over 1,000 television shows over the last 20 years, and he is an honors graduate of General Theological Seminary and Princeton University.

Watch the bulletin for more details!



SOCIAL JUSTICE OUTREACH FOR A HEALTHY LIFE

by Greg Staff

Over the summer, OLQP partnered with local health care providers to offer health services to members of our community. In June, we hosted public health professionals from the Arlington Free Clinic for a breast health workshop.

The event was held on a Wednesday to take advantage of the number of women who would be at OLQP to pick up groceries from the food pantry and Matthew 25. The workshop was an opportunity to offer women breast self-examination demonstrations and information about free or low-cost mammograms.

About one in eight women in the United States (12%) will develop invasive breast cancer over the course of a lifetime. The goal of the workshop, attended by several women in the community, was to educate them on how to detect signs of cancer.

...OLQP partnered with ... local providers to offer a comprehensive range of basic medical screenings.

In August, OLQP partnered with Alexandria Neighborhood Health Services, Inc. (ANHSI) and other local providers to offer a comprehensive range of basic medical screenings, including body mass index, blood pressure, glucose, eyesight and glaucoma. These partners also offered education on disease prevention and healthy lifestyle choices. The health fair was attended by over 50 individuals, so OLQP plans to offer a similar event in the coming months.

According to the Center for Disease Control's 2010 National Health Interview Service, 22% of adults 18 to 64 are uninsured, 18% aged 65 and above, and 7.8% of those 18 and below. Providing these screenings offers a basic level of prevention for those who are uninsured and cannot afford to pay for them or don't have immediate access to free or affordable health clinics.

As the state of the economy - particularly increased unemployment - continues to place stresses on the community, our partnership with these health service providers becomes increasingly important. Like many area faith communities, OLQP will continue these efforts to offer free or affordable prevention services.



What's going on with...

THE PARISH ADVISORY BOARD

by Bill Barbieri

First meeting

The Parish Advisory Board's [PAB] first meeting took place on July 14. Its newly elected members [Tom Dickenson, Luis Hernández, and Robert Rohde] were welcomed by returning members [Judie Arceneau, Bill Barbieri, Odalis Barrios, Cynthia Brown, George Cook, Bonnie Czekanski, Emma Grayeb, Frances Michalkewicz, and Nicole Spence]. Bill Barbieri was elected Chair, Frances Michalkewicz Vice Chair, Bonnie Czekanski and Nicole Spence were re-elected as secretaries.

The role of the PAB members within the parish is to provide advice, parishioner input, and support to the Pastor and OLQP staff. Their task is to help the Pastor identify pastoral needs, plan programs, and improve parish services.

Second meeting

Neither torrential rain nor flash floods could keep the PAB members from their second meeting on September 8. The members decided to take whatever steps are necessary to become better acquainted with the activities of the Parish's almost 60 ministries and to provide the Pastor and staff with needed input from the wider parish community. To begin that process, each PAB member will assume liaison and monitoring responsibility for three ministries, report on what they have learned, indicate areas for possible PAB action, and offer the ministries PAB support.

Ministries

Like all parishioners, PAB members are committed to OLQP's mission which directs us all to be aware of social problems and to do all we can to address them.

As a parish, with our ministries, we address some of these problems quite effectively. We have built a school and made drinking water available for our sister parish in Haiti. We have fed the homeless at *Carpenter Shelter* and on the streets of Washington D.C. We have donated food to the parish pantry and to the *Arlington Food Assistance Center* as well as made clothing available to the needy through *Matthew 25*.

VOICE

The big social justice problems - homelessness, immigration, affordable housing, and medical care - are far too difficult for us as a parish to take on alone. To address these problems, we need to work with others interested in solving them. To do this, OLQP, together with 49 other local churches, has created an organization called VIRGINIANS ORGANIZING FOR INTERFAITH COMMUNITY ENGAGEMENT. [VOICE]. OLQP's membership in VOICE is the parish's second-level commitment to social justice and a forceful manifestation of its dedication to cooperating with like-minded churches in addressing the poor's many problems.

PAB, Continues on page 7

The UJAMAA Committee

By Veronica Dabney

UJAMAA is a ministry formed at Our Lady Queen of Peace (OLQP) to take the lead in matters that concern the church's original identity as a parish open to all, but with a special mission to minister to the Black community. The Committee was formally organized in the summer of 1990 with Veronica Dabney as coordinator. The original members unanimously agreed to take UJAMAA as its name after a moving homily given by the late Father Jim Healy, in which he spoke of the significance of the Swahili word "UJAMAA" (loosely translated by Fr. Healy as "Universal Family") to the parish's identity and mission.

Prior to adoption of the name, the ministry was called the Black Dimensions Committee. It was formed by OLQP member Cecilia Braveboy in response to the challenge of the National Black Catholic Congress VI in 1987 to organize to evangelize to the Black community.

UJAMAA has attempted to accept this challenge without duplicating some of the outstanding work that has been done over the years by other parish ministries. Initially, the membership sought to primarily address the needs of young people through various programs. The Committee's focus expanded to include the needs of the entire Black family in response to the challenge of the National Black Catholic Congress VII in New Orleans, LA., in July 1992.

Some of UJAMAA's past initiatives have included: youth summits, African American history lectures, forums on coping with racism, scholarship and day-care assistance, and the founding and sponsoring of a youth choir. At the same time, UJAMAA members have assisted many other ministries. They have participated in or given substantial support to such activities as the Parish Advisory Board and Finance Committee, evangelization projects of the Office of Black Catholic Ministries, prison visitations, Christmas in April, SHARE food program, START revolving fund, multicultural festivals, and other activities and issues that involve justice, human rights and human dignity. Two members, Joan Fort and Shiela Harmon-Martin have been elected President of the Parish Advisory Board.

The UJAMAA Committee calendar usually includes such activities as:

- ❖ The annual Kwanzaa celebration in December
- ❖ Celebration of the life and legacy of Martin Luther King.
- ❖ Black History Month programs in February. This year included a bus tour featuring African American soldiers who fought in the Civil War.
(The tour included a visit to the African American Civil War Memorial.)

The Committee also has hosted meetings of the Arlington diocesan Office of Black Catholic Ministries and participated in Stone Soup panels during Lent to discuss the impressive social justice legacy of the OLQP family over the years.

Life members have regularly made themselves available to other ministries to discuss the history of the parish and how it has impacted the history of Arlington County. They have played a prominent role in the preservation of the legacy of OLQP through participation in celebrations of our anniversaries including the 65th anniversary celebration in May 2010.

This year the Committee for the nineteenth time sponsored the annual Prayer Breakfast and Scholarship program. The annual Prayer Breakfast has become the main activity of the UJAMAA calendar. (See separate article on the annual event) On behalf of OLQP, the UJAMAA membership has proudly awarded student recipients with tuition assistance to attend: Catholic elementary schools, including St. Thomas More and St. Charles; high schools, including DeMatha, D.J. O'Connell,

PAB, Continued from page 6

Because of the importance of making all parishioners aware of VOICE, its activities, and the Parish's commitment to it, PAB members will do their best to provide parishioners with clear and constant clarification of why the parish is a member of VOICE and what membership means. To do this, they will stress that parishioner participation in VOICE begins with understanding the importance and the possibilities of the parish's role. They will point out that, as supportive possibilities for action present themselves, another level of commitment will be possible and probably necessary. This level of support will begin with parishioner participation in VOICE actions. The next action is October 30.

With all this, PAB members will be doing all they can to help all parishioners embrace a more comprehensive view of the parish's commitment to social justice.

Stewardship/Census

During October, the PAB will cooperate with the Pastor in the Stewardship campaign and the 2011 Parish census. For each of the four October Sundays, PAB will have specific responsibilities for supporting both these programs during all Masses. †



UJAMAA, Continues on page 8

OLQP/UJAMAA 19th Annual Prayer Breakfast and Scholarship Awards Program

By Veronica Dabney

This year the annual Prayer Breakfast sponsored by OLQP ministry, UJAMAA, was held on June 18 in Fr. Ray Hall. A record 27 scholarships were awarded, as well as two community service awards. Two of the scholarships were special awards to college students who submitted outstanding applications.

Funding for the scholarship programs have been made possible through an annual grant the parish receives from the Black and Indian Mission Fund that is taken up in Catholic parishes across the country. Each year OLQP/UJAMAA has also received individual donations to support the scholarship program. This year OLQP received a generous donation in memory of Warree Green, an early member of the church, who attended for over 40 years before her death. When she died in June 1997, Ms. Green, who was blind for many years, bequeathed to the church \$42,000 to be used for minority scholarships. That money, now depleted, was used to provide scholarships to Catholic high school students. The memorial donation was made by Ms. Madelyn Humenay, one of Warree Green's many OLQP helpers and caretakers. OLQP and UJAMAA acknowledged and thanked Ms. Humenay for her generosity.

In addition to the special Warree Green scholarship award, this year's program was exceptional because the guest keynote speaker, Deacon Albert Anderson, Jr., newly

ordained in January 2011, was also the first African American to be ordained a deacon in the Arlington Diocese. Deacon Anderson presented an inspirational message, as did this year's student spokesperson and scholarship recipient, Michael Thurmond, son and grandson of longtime OLQP members. The program concluded with the soul stirring vocals of Susan Carter, who is the daughter of lifelong member and son of OLQP Founders, usher Reggie Carter.



Guest Speaker, Deacon Albert Anderson, Jr.
St. Joseph's Catholic Church, Alexandria
(Shown receiving his stole at his ordination at
St. Thomas More Cathedral in January 2011)

Over the years, OLQP/UJAMAA has awarded more than 240 scholarships, valued at over \$150,000. Through a panel review process, the Committee has provided student recipients with tuition assistance to attend the schools listed below for 2011, as well as other Catholic elementary and high schools, trade schools, colleges and universities throughout the country.

The 2011 Community Service Award winners are well known in the church for their activism:

Monique O'Grady is recognized not only for her outstanding ability as a commentator, lector and confirmation teacher, but also for her volunteer work with numerous parish, school and Arlington County community organizations, most notably her work with the Arlington Arts Commission, the Early Childhood Advisory committee, Drew Model Schools Planning Advisory Committee, and Washington-Lee PTA's College committee. She is the co-founder of the Arlington Montessori Action Committee (AMAC).

Dr. Heidi Sampang is best known here at OLQP for her work with the Haiti Committee. But she has also distinguished herself for her previous humanitarian efforts in far-flung corners of the world: the Philippines, Honduras, Costa Rica, and Harbin, China. This year she embarked on her second medical mission to OLQP's sister parish in Medor, Haiti, with

PAB, Continued from page 7

and Gonzaga; colleges and universities, including Hampton, Howard, University of Virginia, University of North Carolina at Chapel Hill, George Mason, Temple, Princeton, Drexel, University of Delaware, Catholic University, Trinity College, Notre Dame and many more. Next year, the 20 anniversary year, UJAMAA hopes to present a special program to honor its past recipients.

In July 2007, several UJAMAA members joined a delegation from the Arlington Diocese Office of Black Catholic Ministries and traveled to Buffalo, N.Y. to participate in the 10 National Black Catholic Congress (NBCC). Next year in 2012, the UJAMAA group hopes to send member delegates to the 11 NBCC in Indianapolis, Indiana.

UJAMAA delegates hope to return to OLQP with renewed spirit and determination to continue their mission: to preserve the precepts of family and openness for this church because of the strong belief that this was the legacy envisioned by the founders of OLQP. As always, the UJAMAA membership welcomes all to become involved in the ministry.

For more information about the UJAMAA Committee, contact Veronica Dabney at 703-698-8290 or e-mail at: vdabney@cox.net †

the Remote Area Medical Team to treat people who had contracted cholera (Featured in the Lent Issue of *The Advocate*). During the 4-day mission, the team - including Committee Chair Sue Carlson and other OLQP members - treated over 1,000 patients. †

OLQP proudly lists below the names of all the 2011 UJAMAA Scholarship and Award recipients:

Maya Alfred

Montgomery College

Jamila Alfred

Bowie State University

Simone D. Baker

Mt. Calvary Catholic School

Jasmine Barbour

Radford University

Jasmine Craig

Clinton Christian School

Simeon Denny

No. VA Community College

Ragee Dunbar

Gonzaga College High School

Destiny Sweeney Durant

Hampton University

Anthony Esquivel

The Heights School

Christopher Esquivel

Siena Academy

Julie Gillem

Va-Md College of Veterinary Medicine

Davon N. Hogan

Howard University

John P. Jenkins III

Virginia State University

Crystal Johnson

George Mason University

Nadia Merino

No. VA Community College

Aleta Miller

Virginia Union University

Anamaria Mingo

St. Thomas More Elementary

Anthony Mingo

St. Thomas More Elementary

Sophia Ofosu

St. Bernadette's Elementary

Alexander Purugganan

Catholic Univ. of America

Elisa Rawat

No. VA Community College

Davon Terrell

Pope John Paul the Great

Alexis Thurmond

University of Virginia

Michael Thurmond

Virginia Commonwealth Univ.

Michael Venson

No. VA Community College

Special Awardees

Tamika M. Jone

Shaun Herbert Award

University of Cincinnati

Deon J. Thomas

Anthony Smith Award

Cornell University

Community Service Awardees

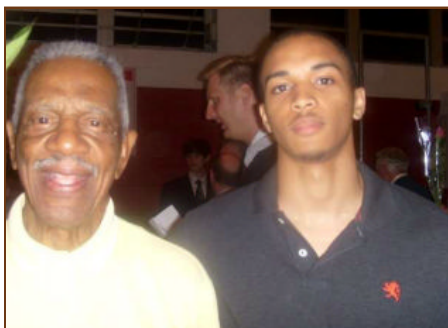
Monique O'Grady

Dr. Heidi Sampang

Warree Green Scholarship Awardee

Davon Terrell

Pope John Paul the Great High School



OLQP Elder, Arnold Thurmond, with grandson, Michael Thurmond, 2011 UJAMAA Prayer Breakfast Student Spokesperson

OLQP Upcoming Calendar Highlights... calendar.olqpva.org

NOVEMBER 2011

Tues, Nov 1 All Saints Day - Masses 8 am & 7 pm
 Wed, Nov 2 Thanksgiving Basket Sign up - Founders Rm
 Thu, Nov 3 Finance Committee - Peace Room
 Social Justice Cmte - Founders Rm
 Sat, Nov 5 Catholic Foundations -Review Session - MC / Hall
 Family Mass - Hall
 Pancake Fund Raiser Dinner - Hall
 Sun, Nov 6 32 Sun in Ordinary Time
 Thur, Nov 10 Youth Food Fast & Lock In - Stage
 Parish Advisory Board Meeting - Founders Rm
 Fri, Nov 11 Veterans Day -- Office Closed
 Sat, Nov 12 Minkisi annual parish retreat day - Founders Rm
 Sun, Nov 13 Food Pantry Food Drive (All Masses)
 Pax Christi Peacemaker Dinner - Hall
 Thur, Nov 17 Carpenter's Shelter
 Sat, Nov 19 Intergenerational Activities: Pie Making - Hall
 Thanksgiving Food Basket - Food Sorting
 Interfaith Meditation Workshop - Founders Rm
 Sun, Nov 20 Thanksgiving Food Basket - Bagging
 Blessing: Lectors
 Haiti Christmas Card - Alternative Gift Fund Raiser
 Mon, Nov 21-22 Thanksgiving Food Basket - Distribution - Hall
 Thur, Nov 24 Thanksgiving Day Mass: 10 am
 Thanksgiving - Office Closed 11/24-25
 Sun, Nov 27 First Sun- Advent
 Advent Wreath Blessing - All Masses

DECEMBER 2011

Sat, Dec 3 Catholic Foundations -Review Session - MC / Hall
 Family Mass - Hall
 Sun, Dec 4 Christmas Bazaar - Hall
 RCIA: Rite of Welcome - 6 pm Mass
 Thur, Dec 8 Immaculate Conception Masses: 8 am & 7 pm
 Parish Advisory Board Meeting - Founders Rm

Thur, Dec 15 Carpenter's Shelter
 Fri, Dec 16 Frank Runyeon - Christmas Angel - Church
 Mon, Dec 19 Reconciliation Service - Church
 Fri, Dec 23 Office Closed
 Sat, Dec 24 Christmas Eve Family Masses:
 4 pm, 6 pm, 8 pm (in Spanish)
 Midnight Mass w/Lessons & Carols at 11:30 pm
 Sun, Dec 25 Christmas Day Mass: 11 am
 Mon, Dec 26 & 30 Office Closed

JANUARY 2012

Sun, Jan 1 Mary, Mother of God - Regular Sunday Masses
 Mon, Jan 2 Office Closed
 Sat, Jan 7 Catholic Foundations -Review Session - MC / Hall
 Family Mass - Hall
 Sun, Jan 8 Epiphany Special Sunday Mass Schedule:
 5:30 Vigil, 8 am, 9:30 am, 12 noon & 6 pm
 Mon, Jan 16 Martin Luther King Day - Service (Time TBD)
 Thur, Jan 19 Carpenter's Shelter
 Fri, Jan 20-21 WintoWine - Founders Rm

FEBRUARY 2012

Sat, Feb 4 Catholic Foundations -Review Session - MC / Hall
 Family Mass - Hall
 Sun, Feb 5 Blessing - National Day of Prayer for African
 American Families (All Masses)
 Sat, Feb 11 UJAMAA, Black History Month Program
 (alternate date - 2/18) - Founders Rm
 Sun, Feb 12 Food Pantry Food Drive (All Masses)
 Thur, Feb 16 Carpenter's Shelter
 Wed, Feb 22 Ash Wednesday
 Masses: 8 am, 5 pm (Family), 7 pm (bilingual)
 Fri, Feb 24 Stone Soup Suppers (Fridays during Lent) - FR
 Sat, Feb 25 RCIA: Rite of Sending and Election - 5:30 PM
 Wed, Feb 29 Reconciliation on Wednesdays throughout Lent

Pastoral Staff:

Rev. Timothy J. Hickey, C.S.Sp., Pastor
Rev. Thomas Tunney, C.S.Sp., Associate Pastor
Rev. Joseph Nangle, OFM, Ministerio Latino
Christina Kozyn, Parish Business Manager
Katie Remedios, Religious Education Director
Greg Staff, Social Justice & Outreach Minister
Mike Sheehan, Youth & Young Adult Minister

Email Addresses:

Pastor/Fr. Tim: thickey@olqpva.org
 Assoc. Pastor/Fr. Tom: ttuney@olqpva.org
 Fr. Joe Nangle: j.nangleofm@yahoo.com
 Parish Office/Christina: ckozyn@olqpva.org
 Religious Education/Katie: kremedios@olqpva.org
 Social Justice & Outreach/Greg: gstaff@olqpva.org
 Youth & Young Adult Minister/Mike: msheehan@olqpva.org

Marriage Preparation:

Please contact Fr. Tim at least six months prior to your wedding date.

Reconciliation:

Saturdays - 5 PM and by appointment



Baptism:

Please contact the office at office@olqpva.org or call 703-979-5580 to have an information packet mailed, including upcoming schedule.

Mass Schedule:

Weekdays Monday through Friday - 12 Noon
Saturdays - 5:30 PM Vigil
Sundays - 8:00 AM, 9:30 AM, 11:15 AM & 1:00 PM (Spanish)
6 PM Young Adult Mass

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 The Advocate by email or to have it sent to your home address.

Parish Website:

www.olqpva.org