

OLQP MISSION STATEMENT

Our Lady Queen of Peace Catholic Church is dedicated to witnessing the teachings of Jesus Christ, especially the Gospel of Saint Matthew, Chapter 25:31-46. Our mission is to nurture the spirit and to encourage the potential of those we serve through liturgical celebration, educational endeavors and social ministries. The parish will continue to identify with its origin as a Black parish. As a multi-ethnic congregation we will seek to promote racial harmony and social justice. While our primary focus is within the immediate community, we will also work to provide for the well-being of the downtrodden everywhere. In this we strive for our parish community to be a caring, sharing, and loving family.

Welcome to OLQP Catholic Church!

¡Bienvenidos a OLQP iglesia católica!

Contact / Contacto:

2700 19th St S, Arlington VA 22204

703-979-5580, office@olqpva.org

Office Hours

Horas de oficina

Monday-Friday — 8:30am to 4:30pm

Lunes a viernes — 8:30am a 4:30pm

Website / sitioweb:

www.ourladyqueenofpeace.org

Live Stream Mass Schedule:

Horario de Misas de transmisión en directo:

February 21-22 9:30am and 1pm in Spanish

21-22 febrero 9:30am y 1pm en español

MASSES / MISAS:

Weekdays / *Días laborables:*

Mon-Thu 12pm / *lunes a jueves 12pm*

Fri. 6pm / *Viernes 6pm*

Weekend Mass Schedule /

Horario de Misas de fin de semana:

Saturday Vigil — 5:30pm

Misa de vigilia sábados - 5:30 pm

Sundays — 8:00am, 9:30am, 11:15am,

1:00pm (Spanish) & 6:00pm (Young Adult)

Domingos — 8:00 am, 9:30 am, 11:15 am,

1:00 pm (español) y 6:00 pm (Misa de

jóvenes adultos)

DECLARACIÓN DE MISIÓN DE OLQP

La parroquia de la iglesia católica Nuestra Señora Reina de la Paz se dedica a dar testimonio de las enseñanzas de Jesucristo, especialmente el Evangelio de San Mateo, Capítulo 25:31-46. Nuestra misión es nutrir el espíritu y alentar el potencial de aquellos a quienes servimos a través de la celebración litúrgica, labores educativas y ministerios sociales. La parroquia continuará identificándose con su origen como una comunidad afro-americana, pero reflejando una congregación multi-étnica y continuará promoviendo la armonía racial y la justicia social. Si bien es cierto que nuestro enfoque principal es la vecindad comunitaria, continuaremos trabajando para proveer por el bienestar de los más necesitados en general. Es así como nos esforzamos para hacer de nuestra comunidad parroquial una familia que comparte y se preocupa por sus miembros.

OUR LADY QUEEN OF PEACE CATHOLIC CHURCH



February 22, 2026

FIRST SUNDAY OF LENT

THE LIGHT IS ON FOR YOU LENTEN RECONCILIATION PROGRAM:

The Sacrament of Penance is offered each Wednesday evening during Lent from 6:30 to 8:00pm (except April 1).

This Lenten Wednesday evening program also includes: Reconciliation Service or Sung Stations of the Cross. See schedule below:

Sung Stations of the Cross: 7:00pm – February 25, March 11 and 25

Reconciliation Services:

7:00pm – March 4 Bilingual Reconciliation Service

6:30pm – March 18 Family Reconciliation Service (open to all)

**Time Change during Lent for DAILY Mass on FRIDAYS: 6:00pm
February 27 March 6, 13, 20, & 27**

LA LUZ ESTÁ ENCENDIDA PARA USTED PROGRAMA DE RECONCILIACIÓN DE LA CUARESMA:

El Sacramento de la Penitencia se ofrece todos los miércoles por la noche durante la Cuaresma de 6:30 a 8:00pm (excepto el 1ro de abril).

Este programa los miércoles de Cuaresma también incluye: el servicio de reconciliación o el Vía Crucis cantado. Vea el horario abajo:

El Vía Crucis cantado: 7:00pm – el 25 de febrero, el 11 y el 25 de marzo

Servicios de reconciliación:

7:00pm – 4 de marzo (bilingüe)

6:30pm – 18 de marzo servicio de reconciliación para familias (abierto a todos)

**Cambio de horario durante la Cuaresma para la Misa
DIARIA los viernes: 6:00pm
27 de febrero, 6, 13, 20, y 27 de marzo**

Not by bread
alone are you to
live but by every
utterance that
comes from the
mouth of God.
Matthew 4:4



No solo de pan
vivirá el hombre,
sino de toda
palabra que
sale de la
boca de Dios.
Mateo 4,4

THIS WEEKEND'S SECOND COLLECTION:
BLACK AND INDIAN MISSIONS
SEGUNDA COLECTA DE ESTE FIN DE SEMANA:
MISIONES NEGRAS E INDIAS

Iglesia Católica Nuestra Señora Reina de la Paz

22 de febrero de 2026

Primer Domingo de Cuaresma

A Consistent Ethic of Life Catholic Community

SACRAMENTAL PREPARATION / PREPARACIÓN SACRAMENTAL

Baptism / Bautizo:

Please email Baptism Coordinator Mary Ann Suhocki, baptism@olqpva.org.
Por favor mande un correo electrónico a la coordinadora de los bautizos, Mary Ann Suhocki, baptism@olqpva.org.

Marriage Preparation/ Preparación para el matrimonio:

Please contact the parish office at least six months before your wedding date to complete requirements.
Por favor llame a la oficina de la parroquia seis meses antes de su matrimonio para completar todos los requisitos.

Reconciliation / Reconciliación—Confesión:

Fr. Ray Hall Library
Biblioteca Fr. Ray Hall

Sat, 4:45-5:15 pm, Wed, 6:30-8 pm during Lent in the church, & by appointment.
Los sábados: 4:45-5:15 pm, Los miércoles: 6:30-8 pm durante la Cuaresma en la Iglesia, y por cita previa.

SUNDAY COLLECTIONS / COLECTAS DEL DOMINGO

Sunday Collections / Colectas del domingo: \$11,596
ParishSoft Giving - weekly avg.: \$15,099

Word & Eucharist Missalette/ Misal Palabra y Eucaristía

Today's readings can be found on page 170
Las lecturas de hoy se encuentran en la página 171

BULLETIN DEADLINE / PLAZO PARA EL BOLETÍN

Wednesday 9am — office@olqpva.org

OUR SICK AND HOMEBOUND STRENGTHEN US /

NUESTROS ENFERMOS Y CONFINADOS NOS FORTALECEN

PLEASE PRAY FOR / POR FAVOR OREMOS POR: Christiana Achebe, Suri Barahona, Grace Bialecki, Cindy Bianga, Francis Bilgera, Joseph Leopold Bissonnette, Precious Bowens, April Brassard, Dave Brassard, Evie Brown, Lynne Burgh, Chris Bruns, Mary Callow, Brody Carroll, Louise Chambers, Fred Clarke, Carmen Rosa Claire, Chris Comer, Jeff Cory, Adele Crump, Mary DaLuca, Cheryl Darby, Donna Davis, Jim Davis, Adrienne DiCerbo, Calista Downey, Tim Felker, Elizabeth (Bunny) Foster, Yvette Francois, Anne Fullerton, Joseph Funk, Iva Futrell, Judy Francia-Reyes, Trishann Ganley, Francine Gemmill, Fred Gladbach, Jo Marie Griesgraber, Melanie Guitreaux, Joe Harrington, Harris Family, Linda Hawkins, Clare Hayden, Dee Hickey, Pamela Hoeft, Jan Hyland, Patrick Hynes, Pat Johnson, Sharon Jourdan, William Kahl, Gus Karns, Janie J. Key, Ruth Klarman, Carmen Andrea Lara, Alexa LaRue, Patrick Lawrey, John Lawyer, Linda Lipari, Lidia Montero Lopez, Olga MacKenzie, Wil McBride, Stefan McGuigan, Martha Gladys Medina, Maria Magdalena Medrano de Ventura, Dick Melia, Eileen Melia, Frances Mierzwa, Arthur Miller, Mary Miller, Betty Mills, Yvonne Mockler, Carmen Montijo, Dorothy Moran, Rosemary Morrissey, Luis R. Muñoz, Zoe A. Muñoz, Chelsea Murray, Connie Murray, Paul Murray, Dorothy Myrtle, Mario Amel Najarro, Karen Newman, Stephen Nutter, Julie O'Brien, Peggy O'Brien, Patrick Ogden, Carol Pacello, Roy Paco, Neil Parent, Catherine Parr, Mary Pasquarella, Mark Pazich, Minnie Pazich, Hazel Pulliam, Paul Ramirez, Santos Ramirez, Jacob and Jaxson Rivera, Maritza Roldan, Marco Cristiaan Rufolo-Roger, Josefina Salgado, Carolyn Santos, Jane Shepard, Donna Smith, Jeffrey Smith, Mary E. Smith, Lora Smolenski, Suzie Snedgen Warner, Eva Souza, Grace Starbird, George Stewart, Michael Arthur Sweat, Nancy Urquizo, Alma Reyes Valentin, Carina Vaquez, Robin Vogel, Robert & Maureen Wallace, Jim Webster, Al Williams, Kate Witkowski, Lauren Wolfe, Mary Woods

FIRST SUNDAY OF LENT

PRIMER DOMINGO DE ADVIENTO

Genesis 2:7-9; 3:1-7 (22A); Romans 5:12, 17-19; Matthew 4:1-11
Génesis 2,7-9; 3,1-7 (22A); Romanos 5,12, 17-19; Mateo 4,1-11

SECOND SUNDAY OF LENT

SEGUNDO DOMINGO DE ADVIENTO

Genesis 12:1-4a (25A); 1 Timothy 1:8b-10; Matthew 17:1-9
Génesis 12,1-4a (25A); 1 Timoteo 1,8b-10; Mateo 17,1-9

MASS INTENTIONS, FEBRUARY 21-27

FIRST SUNDAY OF LENT

INTENCIONES DE LAS MISAS, 21-27 FEBRERO

PRIMER DOMINGO DE ADVIENTO

Saturday, February 21st

5:30 pm Dave Cardillo (D) by Kate Wilson

Sunday, February 22nd

8:00 am For The Parish

9:30 am Janet O'Neil (D) by Francesca "Fran" Kearney

11:15 am Kenny Evans (D) by Laura & Gail Evans

1:00 pm Lucila Godoy (Anniversary)(D) by esposo, hijos y familia

6:00 pm Ramón López (D) by Marta Campos

Monday, February 23rd

12:00 pm Mary Nash (D) by Francesca "Fran" Kearney

Tuesday, February 24th

11:00 am Funeral Mass - Josephine Schuda

Wednesday, February 25th

12:00 pm Pilar González Redondo (D) by the Oetgen López family

Thursday, February 26th

11:00 am Funeral Mass— John C. Angell

Friday, February 27th

6:00 pm Deceased Members-Sheehan Family (D)
by the Oetgen López family

OLQP PARISH STAFF / PERSONAL DE LA PARROQUIA

Pastor / Párroco: **Fr. Tim Hickey, CSSp**, thickey@olqpva.org

Parochial Vicar / Párroco Asociado: **Fr. Martin Vu, CSSp**,
mvu@olqpva.org

Parochial Vicar / Párroco Asociado: **Fr. Pontien Kenfack, CSSp**,
pkenfack@olqpva.org

Deacon / Diácono: **Dcn. Tony Remedios**, tremedios@olqpva.org

Parish Office / Oficina parroquial

Business Manager / Gerente de Negocios: **Christina Kozyn**,
ckozyn@olqpva.org

*Social Justice & Outreach Minister / Ministro de Justicia Social y
Acercamiento (bilingüe):* **Sally Díaz-Wells**, sdiazwells@olqpva.org

*Youth & Young Adult Minister / Ministro de Adolescentes y Jóvenes Adul-
tos:* **Rebecca Grant Jenkins**, rgrantjenkins@olqpva.org

Faith Formation Director / Director de Formación de Fe (bilingüe):
Cecilia López Oetgen, clopez@olqpva.org

Faith Formation Assistant: **Carly Onopa**, conopa@olqpva.org

Office Manager (bilingüe): **Ligia Loza**, lloza@olqpva.org

Administrative Support:

Jeannette Gantz Daly, jgantz Daly@olqpva.org

Mike Leahy, mleahy@olqpva.org

Maintenance Department Support (bilingüe):

Mel Cabrera, mlvncabrera@gmail.com

Michael Hill, mgdvet53155@yahoo.com

Zulema Ramallo and Henry Nguyen

JUST A THOUGHT... or two...

In this Sunday's Gospel we encounter Jesus being tempted by the devil with temptations to power, fame, and pride. Some Scripture scholars have argued that it was through his experience of forty days of fasting and prayer in the desert that Jesus honed the depth of his understanding of his true identity as the Son of God, and his mission here on earth.

As we begin Lent it is appropriate for us to reflect a bit on our own lives, our own desert experiences and our own temptations. Most all of us, as humans, are tempted by pride, arrogance, selfishness, anger and greed...the real question is not whether we have temptations, but rather, do we give in to those temptations?

For some, who give in, they are led to disgraceful acts of greed and ego, with catastrophic results. All we need to do is to read the headlines in the newspapers or listen to the nightly news... think of those associated with the Epstein files, we know who they are and are able to judge the seriousness of their acts.

For most of us, our sins are somewhat more contained...a white lie here and there...perhaps a small theft once in a while...a few carelessly chosen harsh words that wound. Most of us are basically good people, trying to live as God has called us to live.

In the recesses of our hearts we know we've been tempted... we've stood on the precipice of surrender to our baser desires... enticed by money, recognition, or power to take advantage of situations or people, or to neglect our responsibilities towards others, or treated ourselves or others with disregard and disrespect.

As we reflect on our own personal sins let us not forget the structural sins of our society...racism, greed, arrogance, pride, and vengeance, which can be feebly masked as justice.

Let us not turn away from the sins of our nation and our government. Let us look honestly at the long history of racism

and bigotry that is woven into the very fabric of our nation's history but is trying to be erased. Let us look directly into the face of the inhumane and brutal treatment of our immigrants and refugees living in our country, seeking a better life and now being targeted as if they were subhuman, less than worthy of fair and just treatment under the rules of our laws.

Let us look directly into the faces of our sisters and brothers who are denied affordable housing and healthcare, living wages, access to a good education. Let us look directly at all those who are marginalized by society because of their mental health or their economic status or their race, or because of their gender, or who they love, or where they were born or because of their political or religious affiliations.

As Jesus came forth from the wilderness of the desert proclaiming the coming of the Reign of God bursting forth in the world through the preaching of the Gospel, he forever linked the "Gospel imperative" to love God with our whole being and our neighbor as ourselves, to the Reign of God.

To the extent that we live out the imperatives of Jesus -- to love one another as he has loved us, to love our enemies, to actively seek to alleviate the suffering of the poor -- to that same extent we participate in the building up of the Reign of God.

Lent is meant to be a time of reflection, *and a time of action!* We are called to a conversion of heart...to turn away from selfishness and sin and all that gets in the way of our living as true disciples of Jesus Christ.

Let us ask ourselves, what can I do, or stop doing this Lent in order to deepen my discipleship of Jesus Christ? What acts of almsgiving, prayer and fasting can I commit to this Lent that will help build up the Reign of God in the midst of a suffering and wounded nation and world?

May the peace and light of the Risen Christ be upon you all!

Fr. Tim



CREATION CARE CORNER LENT—A TIME FOR CHANGE

Consider positive lifestyle changes during Lent. The U.S. Bishops tell us we are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. In *Laudate Deum*, Pope Francis urged us to modify lifestyles to reduce pollution and waste, and to "consume with prudence." Francis noted that even though these everyday actions will not produce an immediate, noticeable effect on climate change or our ecology, "we are helping to bring about large processes of transformation" and more emphasis on a culture of caring for creation. In doing so, we model important behavior for others to emulate.

IN CHRIST, WE ARE ONE

BLA Commitment Weekend is here! Every household's participation strengthens our parish and our diocese - all gifts are vital. Large or small, your gift unites us in supporting ministries serving tens of thousands: seminarian formation, Catholic Charities, youth programs, religious education, and more. Let's reach 100% participation together. Give at Mass or online at arlingtondiocese.org/bla, or scan the QR code:



Scan Me

SUNG STATIONS OF THE CROSS

Come refresh your soul during Lent with the Sung Stations of the Cross. In the musical style of Taize, these unique stations invite you to pray along with thoughtful reflections on the Via Crucis and join in a meditative refrain. The Sung Stations will be offered on February 25, March 11 and 25 at 7:00pm. Reconciliation is also offered on these dates from 6:30pm-8:00pm. For more information, contact Monica Perz-Waddington: monica.perz@verizon.net

RETURN LAST YEAR'S BLESSED PALM

A basket is at the back of church where last year's blessed palm can be placed. The palm will be used to make ashes for next year's Ash Wednesday. Thank you.

ORDER OF CHRISTIAN INITIATION OF ADULTS (OCIA)

Rite of Election and Rite of Sending
The Call to Continuing Conversion

Our OCIA participants will be taking important steps on their OCIA journey at the 5:30pm Mass this weekend. **Enrique Campos**, catechumen, will celebrate the Rite of Election, and **Brittany Ly and Dennis Chong**, catechumens, will celebrate the Rite of Sending, in anticipation of celebrating the Rite of Election at the Cathedral of St. Thomas More on Sunday afternoon. Our candidates for reception into the Catholic tradition, **Lori Ureel and Shalieq Tarpley**, and our candidates for Adult Confirmation, **Alvaro Armaza, Mauricio Armaza, Angelo Iriarte Blanco, Brian Obregon, and Brian Vasquez**, will celebrate the Call for Continuing Conversion. Our participants will sign the Book of the Elect or the Book of Candidates as appropriate. Please continue to pray for our catechumens and candidates as they celebrate this important transition point in their preparation to receive the Sacraments of Initiation or to be received into full communion with the Catholic Church at the Easter Vigil, or to receive Adult Confirmation at the Cathedral in May.

NEWS FROM MEDOR, HAITI

In our twin parish of St. Joseph in Medor, God continues to bless the community's commitment to caring for creation and strengthening family livelihoods through its thriving agroforestry program. From July through December, all ten tree nurseries across Medor's 74-square-mile region operated at full capacity, sowing 142 pounds of tree seeds and nurturing 112,556 seedlings, an abundant harvest of hope. Field reports show "good growth" across the diverse species planted, especially *Cassia siamea*, *Cedrela odorata*, *Coffea arabica*, and *Citrus sinensis*, with cacao, papaya, avocado, and breadfruit expanding long-term food security and ecological restoration. As these seedlings take root, so does our shared mission of stewardship and solidarity. May we continue to walk with our brothers and sisters in Medor as they plant not only trees, but a future filled with God's promise of renewal.

Please pray for peace and security in Haiti.

¡EN CRISTO SOMOS UNO!

¡Llegó el fin de semana del compromiso con la Petición Cuaresmal del Obispo! La participación de cada familia fortalece nuestra parroquia y nuestra diócesis – todas las contribuciones son vitales. Grande o pequeña, su donación nos une en el apoyo de ministerios que sirven a decenas de miles de personas: la formación de seminaristas, Caridades Católicas, programas juveniles, educación religiosa y muchos más. Alcancemos juntos el 100% de participación. Done en Misa, en línea en arlingtondiocese.org/bla o escanee el código QR.



Escanéame

ESTACIONES DE LA CRUZ CANTADAS

Venga y refresque su alma durante la Cuaresma con las estaciones de la cruz cantadas. En el estilo musical de Taize, estas estaciones únicas le invitan a orar con reflexiones meditativas del Vía Crucis y a repetir una frase meditativa. Las Estaciones Cantadas se ofrecerán el 25 de febrero, el 11 y el 25 de marzo a las 7:00pm. La reconciliación también se ofrecerá en estas fechas de 6:30pm a 8:00pm. Para recibir más información, contacte a Monica Perz-Waddington: monica.perz@verizon.net

DEVUELVAN LAS PALMAS BENDITAS DEL AÑO PASADO

Hay una cesta en la parte trasera de la iglesia donde puede poner las ramas benditas del año pasado. Las ramas se van a usar para hacer las cenizas para el Miércoles de ceniza del año que viene. Gracias.

RITO DE INICIACIÓN CRISTIANA PARA ADULTOS (RICA)

Rito de elección y Rito de envío

La llamada a la conversión continua

Nuestras personas participantes van a dar unos pasos importantes en su jornada del RICA en la Misa de las 5:30pm este fin de semana. **Enrique Campos**, catecúmeno, va a celebrar el Rito de elección y **Brittany Ly y Dennis Chong**, catecúmenos, van a celebrar el Rito de envío en previsión de la celebración del Rito de elección en la catedral de St. Thomas More el domingo por la tarde. Nuestros candidatos para la recepción en la tradición católica, **Lori Ureel y Shalieq Tarpley** y nuestros candidatos para la confirmación de personas adultas, **Álvaro Armaza, Mauricio Armaza, Ángelo Iriarte Blanco, Brian Obregón y Brian Vásquez**, van a celebrar el llamado a la Conversión continua. Las personas de nuestra parroquia que participan van a firmar el Libro de los elegidos o el Libro de los candidatos al celebrar este punto importante de transición en su preparación para recibir los sacramentos de iniciación o para ser recibidas en la Iglesia católica en la vigilia de la Pascua de resurrección o para recibir la confirmación para personas adultas en la catedral en mayo.


NOTICIAS DE MEDOR, HAITÍ

En nuestra parroquia hermana, St. Joseph en Medor, Dios continúa bendiciendo el compromiso de la comunidad de cuidar de la creación y fortalecer los medios de vida de las familias por medio del programa de agroforestería. De julio a diciembre, los diez viveros de árboles en las 74 millas cuadradas de la región de Medor que opera a capacidad total, sembrando 142 libras de semillas de árboles y cuidando 112,556 plántulas, una abundante cosecha de esperanza. Los informes del campo muestran un "buen crecimiento" entre las diversas especies sembradas, especialmente *Cassia siamea*, *Cedrela odorata*, *Coffea arabica* y *Citrus sinensis*, con cacao, papaya, aguacate y fruto del árbol del pan, ampliando la seguridad alimentaria a largo plazo y la restauración ecológica. A medida que estas plántulas echan raíces, también lo hace nuestra misión compartida de administración y solidaridad. Que sigamos caminando con nuestras hermanas y hermanos en Medor ya que no solo siembran árboles, sino que siembran también un futuro lleno de la promesa de Dios de renovación.

Por favor rece por la paz y la seguridad en Haití.

YOUTH MINISTRY:

MINISTERIO PARA ADOLESCENTES:

- UPDATE: Catholic Heart Work Camp is scheduled for July 12 - 17, 2026, for rising 8th - 12th graders in Detroit, Michigan. The application closes February 26th: <https://tinyurl.com/OLQPVACHWC2026>. Please see the flyer in the back of church for details. Adult Volunteers needed to accompany our youth! This week-long service program relies on parishes making a community effort. Join us!
- Applications for Young Disciples Work Camp scheduled for June 22 - 26, 2026, for rising 7th, 8th, and 9th graders, are open: <https://tinyurl.com/OLQPYDWC2026>. Join us for a week of faith, fellowship, and service to the OLQP community and beyond. Join us for an information session, Sunday, March 1st, from 4:30pm - 5:30pm in Casa Guadalupe, or see the flyer at the back church.
- You Buy, We Fry Fellowship Fish Fry Take Out Lenten Fish Fry #2 - Join us Friday, March 6 at 6:00pm for Fr. Martin's fish, shrimp, or combo dinner with fries and coleslaw. \$15.00 per order. Proceeds go to support the Youth & Young Adult Ministries work camp mission and pilgrimage trips. Pre-order today - <https://tinyurl.com/OLQPVAFISHFRY> or scan here:  or for more details, contact Rebecca Grant Jenkins, Director of Youth & Young Adult Ministries. Her information is in the bulletin and on the website. To pay in advance, please go to **Parishsoft**: <https://giving.parishsoft.com/app/giving/FD-271?tab=home>, then choose "Fellowship Fundraiser" in the drop-down

MINISTERIO PARA ADOLESCENTES:

- ACTUALIZACIÓN – el Catholic Heart Work Camp se va a llevar a cabo en Detroit, Michigan del 12 al 17 de julio del 2026 para futuros estudiantes de los grados 8 al 12. Las solicitudes deben llenarse ahora abriendo: <https://tinyurl.com/OLQPVACHWC2026>. Por favor mira el volante en la parte de atrás de la iglesia. ¡Se necesitan personas adultas para acompañar a nuestra juventud! Este programa de una semana de servicio depende de parroquias que realizan un esfuerzo comunitario. ¡Únase a nosotros!
- Ya puedes mandar la solicitud: <https://tinyurl.com/OLQPYDWC2026> para el Young Disciples Work Camp programado para futuros estudiantes de los grados 7, 8 y 9, del 22 al 26 de junio del 2026. Únete a nosotros para celebrar una semana de fe, compañerismo y servicio a la comunidad de OLQP y otras. Únete a nosotros para participar de una sesión informativa el domingo, 1ro de marzo, de 4:30pm a 5:30pm en Casa Guadalupe o mira el volante en la parte de atrás de la iglesia.
- Usted compra, nosotros freímos Pescado frito #2 durante la Cuaresma para llevar - Únase a nosotros el viernes, 6 de marzo a las 6:00pm para la cena que el Padre Martin va a tener de pescado, camarones o una cena combinada con papas fritas y ensalada de col. El costo es de \$15 por pedido. Los ingresos van a apoyar el campamento de trabajo y las peregrinaciones de los ministerios de adolescentes y jóvenes adultos. ¡Ordene por anticipado: <https://tinyurl.com/OLQPVAFISHFRY> o escanee aquí:  Para obtener más detalles, contacte a Rebecca Grant Jenkins, Directora de los ministerios de adolescentes y jóvenes adultos. Su información está en el boletín y en el sitio web. Para pagar por adelantado, por favor vaya a **Parishsoft**: <https://giving.parishsoft.com/app/giving/FD-271?tab=home> y escoja "Fellowship Fundraiser" en el cuadro desplegable.

Programs that are open to the entire community, but offered in English only.

Programas que le dan la bienvenida a toda la comunidad, pero que solo se ofrecen en inglés.

ADVOCATES for JUSTICE

Advocates work to improve structural systems that are used to deliver services to the people living in the Commonwealth of Virginia. In their determined effort to save lives, Advocates for justice work to mitigate the harm that some systems can do, especially to vulnerable populations.

The US Catholic Bishops have said that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.

Advocates for justice *SEE* that too many who reside in Virginia lack access to sufficient healthcare, education, housing, safe drinking water, food — some of the necessities for living a life of dignity. Justice for all demands that we *ACT* to undo the unjust systems to prevent the harm being done to our neighbors. Action on behalf of justice is the basis for answering God's Gospel call for mercy.

Our participation in regular and effective communication with Virginia state legislators and the Governor's administration ensures that justice advocacy on behalf of impoverished communities will bend the long arc of the moral universe toward justice for all.

Advocates can help write the blueprint for the Virginia future we seek for ourselves, our children and our descendants. We must raise our voices, share our concerns and our demands with legislators and administrators. The 2026 General Assembly is scheduled to conclude on March 14. This is the acceptable time. We must act now for justice for all.



CONGRATULATION TO KRISTOFER D. PANDOHIE

on his 10th Anniversary as Pianist and Director of the OLQP 9:30 Gospel Choir: Under the direction of Kristofer (AKA Kris) Pianist and Director, the choir enhances liturgical

celebration through song at the 9:30 Mass. The Gospel Choir was founded 50 years ago in part as a fitting way to celebrate the African origins of OLQP Church. Kristofer's first Mass as OLQP was the first Lenten Sunday in 2016.

Kris is rooted in prayer guided by faith, and rendering his gifts back to God in service, excellence and humility. We at OLQP Church THANK YOU for your 10 years!

STONE SOUP SUPPER SERIES



Join us Fridays during Lent: 6pm daily Mass followed by a modest meal with a panel of parishioners talking about their experiences volunteering to give alms. Our panel discussion begins at 7pm. If you want to hear about a different take on what Lent has to offer, come join us for a wonderful evening. The series is held in Father Ray Hall.

BLOOD DRIVE

Main Hall, Arlington Knights of Columbus
5115 Little Falls Rd, Arlington
Sunday, March 1, 8:30am to 2:30pm
To schedule an appointment, call 1-866-BLOODSAVES
(1-866-256-6372) and use Sponsor Code 6216. Or, email/
call: Bob Muschamp to schedule your appointment
bobpatmuschamp@yahoo.com or 703-489-2856.

CRS RICE BOWL – It's that time of year again. This Lent our parish will participate in CRS Rice Bowl as we connect our prayers, almsgiving and fasting to encounter God through our global family. We will travel to Ghana, Guatemala, and Timor-Leste to meet, pray for, and learn from families. Get the Bowl for your table this weekend. Visit crsricebowl.org/week-1 to read this week's story of hope to share with your family.

INTEGRITY OF CREATION MINISTRY SEEKING NEW MEMBERS

Join us in engaging parishioners, encouraging sustainability practices and helping to plan events for the important work of caring for God's creation. Join our small, but mighty group of fellow parishioners in this important work. Monthly meetings are held on-line. Special events are planned during Lent, in April for Earth Month, and in the fall with an outdoor music celebration. Contact: Kathleen Brown at Kathleenabrown@verizon.net to join our ministry team.

SAVE-THE-DATE: JOHN PAUL THE GREAT OPEN HOUSE ON MARCH 5TH

Planning for high school? Join us at John Paul the Great for a special Preview Open House for younger students on Thursday, March 5th from 4:00-5:30pm! Learn more about our rigorous college-preparatory curriculum, competitive athletics, inspiring visual and performing arts, and abundant extracurricular opportunities! [Click here to register!](#)

ALL FEDERAL WORKERS -- Join "Fed Up" for community building and concrete suggestions for job searches and resumes on Tuesday, February 24, from 7 - 9pm. The gathering will be held in Father Ray Hall Library.

LENTEN CALENDAR THEME IS "Healthy People, Healing Planet"

Instead of "giving up something" for Lent, let's reframe and think of "giving to". Our Lenten calendar presents observations and then challenges us to make changes that will be our "gifts" to the earth. It offers practical suggestions; for example, "65 meatless recipes" (Feb. 16) and "Valuing our clothes" (Feb. 24). Used with intentionality, the calendar can help us make subtle lifestyle changes, help us reach a deeper experience of the mysteries of Lent and Creation, and bring us closer to our Lord as we walk together to Easter. *From the Integrity of Creation Team*



Lenten Care Creation Calendar 2026

[Click here to download the calendar](#)

Or pick up a copy from the back of church,

Or see pages 9 & 10 of the [online bulletin](#)

for all clickable links.

COMPASSIONATE LISTENING WORKSHOP

March 8, 3:00-5:00pm

Sponsored by: OLQP's Stephen Ministry

*When you learn to listen and speak from the heart:
As a parent you increase your child's sense of value and worth
As a spouse you nurture bonds of love and respect
As an adult you deepen relationships
with friends and family we treasure
In the workplace you understand how to communicate
effectively, even with those we find difficult
In our community groups we strengthen commitment
to peace and advocacy.*

Led by Dr. Alvarado, a clinical psychologist
(30 years' experience), we will develop and enhance
your compassionate listening skills through interactive and
participatory practices in small groups.
Join other community members in what will be
an informative and fun learning experience.

Listen

*Speak from
the Heart*

Please pre-register:

smolqp@gmail.com; Louise Drucker: (703) 635-0469.

There is no fee for the workshop.

Check in at 2:45 at: Fr. Ray Hall

Minkisi ministry invites you to gather for a virtual Stations of the Cross prayer service in contemplative prayer, Scripture readings, gospel music and reflection for all.

Way of the Cross: A Lament for Racial Justice

Monday, March 2, 2026, 6:45-9:00 PM in Zoom
Our Lady Queen of Peace Catholic Church
Arlington, VA

For email information and required Zoom (free) registration, reply by February 27 to: <https://bit.ly/Minkisi02March2026> Register early to receive the worship guide. For assistance to register, contact Julia Rocchi, rocchijulia@gmail.com.

In Total Praise: Our Healing Witness and Christ's Peace



“...we could keep our eyes on the cross, and use it as our compass to take us out of the valley and guide us along the highway to heaven.” (Servant of God Sr. Thea Bowman)

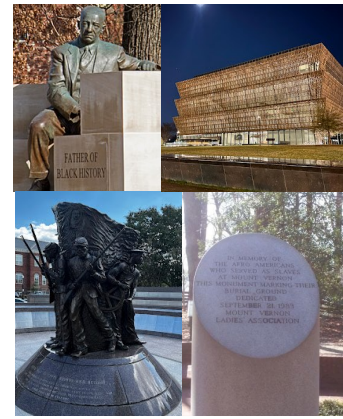


Minkisi is an interracial, contemplative prayer, action and African American heritage ministry from Our Lady Queen of Peace Church, spreading the Good News. Minkisi coordinator is Cecilia Braveboy, JISAAC3@VERIZON.NET.

FEBRUARY 2026 BLACK HISTORY MONTH

A CENTURY OF BLACK HISTORY COMMEMORATIONS PROTECTING AND PERSERVING AFRICAN AMERICAN HISTORY THROUGH CULTURAL HERITAGE SITES

Dr. Shiela Harmon Martin



Despite attempts throughout American history, including recently, to purge African American history from America's history and culture, as noted by recent events in Philadelphia by the current administration, and those cited in BHM Article 2, these are futile efforts. Black history is as intrinsically, interwoven into America's history as threads of a quilt, and efforts to unravel each thread will fundamentally destroy its foundation and overall character. Therefore, as we continue to commemorate a century of Black History, we must protect and preserve the numerous cultural heritage sites throughout the United States that embody our history. As Americans, all of us should visit these sites as educational tools, so that future generations will continue Woodson's legacy by commemorating Black History for the next 100 years.

Following are brief descriptions of a few local heritage sites in the District, Virginia, and Maryland.

Carter G. Woodson Memorial Park and Home National Historic Site, located in Washington, DC, at 9th Street and Rhode Island Avenue, NW is dedicated to the "Father of Black History". It includes a statue of Dr. Carter G. Woodson and his home-- a National Historic Site-- and a tribute to his life and legacy, and the Black History Movement. [1/](#)

Mary McLeod Bethune Memorial Monument located in Lincoln Park, the largest Capitol Hill Park, features monuments of two of the nation's greatest leaders: President Abraham Lincoln and Dr. Mary McLeon Bethune, educator, civil rights activist, and founder of the National Council of Negro Women. The Bethune monument is the first statue erected on public land in Washington, D.C. to honor both an African American and a woman. The statue features an elderly Mrs. Bethune handing scroll containing her legacy to two young Black children. [2/](#)

African American Civil War Museum and Memorial, is located on Vermont Avenue and U Street, a neighborhood that's long been a nexus of Black culture and history. The

Museum and Memorial honors the heroic roles of 209,145 US Colored Troops (USCT) who helped end slavery and kept America united under one flag. [3/](#)

National Museum of African American History & Culture (NMAAHC), is part of the Smithsonian Institution and located on the National Mall in DC. It is the only national museum dedicated solely to capturing and sharing the "unvarnished truth" of African American life and legacy. It also shares documentation of African American life, history, and culture, featuring over 40,000 objects in its collection, which showcase the rich contributions of African Americans to the United States. [4/](#)

Alexandria Black History Museum includes the Museum, the Watson Reading Room, and the Alexandria African American Heritage Park. Other African American historic sites in Alexandria include the Freedom House Museum, the Contrabands and Freedmen Cemetery Memorial, and sites along the African American Heritage Trail. Its mission is to enrich the lives of Alexandria's residents and visitors, and to foster tolerance and understanding among all cultures. [5/](#)

The Slave Memorial & African American Burial Ground, located on the Mt. Vernon estate of President George Washington, marks the site where both free and enslaved people were buried in the 18th and 19th centuries, without permanent identifying markers. A gray, truncated, granite column which represents "life unfinished" is the center of three concentric brick circles. The three steps leading up to the column are inscribed, respectively, "Faith," "Hope" and "Love" -- the virtues that sustained those living in bondage. [6/](#)

Reginald F. Lewis Museum of Maryland African American History & Culture, located in Baltimore, focuses on the lives and history of African American Marylanders. Its collections comprise 400 years of Maryland history and include more than 11,000 objects, artifacts, documents, and photographs. Reginald F.

Lewis was the first African American to build a billion-dollar company, TLC Beatrice International Holdings. Starting from humble beginnings in Baltimore, Lewis in 1991 was listed among the 400 richest Americans by Forbes. [7/](#)

Frederick Douglass & Harriet Tubman, Maryland's Famous Abolitionists: Tour the Maryland State House, Annapolis, MD, to see sculptures that accurately depict Frederick Douglass and Harriet Tubman in the Old House of Delegates Chamber. Experience Frederick Douglass's remarkable legacy at the nearby Banneker-Douglass-Tubman Museum, Maryland's repository of African American history and culture, in the former Mount Moriah African American Methodist Episcopal Church. [8/](#)

These African American cultural heritage sites represent only a few of the many that represent Carter G. Woodson's vision of dispelling the myth that Black people had little history besides the subjugation of slavery. Throughout the United States, there are museums, monuments, public spaces i.e., schools, buildings, colleges, churches, etc. and major institutions that honor the social, political, and economic contributions of African Americans to America and the world. Visit these sites, read these histories, educate yourself and your children!! Perhaps as we begin the next century of commemorating Black History, and next 250 years of the founding of our nation, we will be able to achieve the "PREFECT UNION" called for by "WE THE PEOPLE".

[1/ https://en.wikipedia.org/wiki/Carter_G._Woodson](https://en.wikipedia.org/wiki/Carter_G._Woodson)

[2/ https://www.nps.gov](https://www.nps.gov)

[3/ https://afroamcivilwar.org](https://afroamcivilwar.org)

[4/ https://nmaahc.si.edu](https://nmaahc.si.edu)

[5/ https://www.alexandriava.gov/Blackhistory](https://www.alexandriava.gov/Blackhistory)

[6/ https://www.Mountvernon.org](https://www.Mountvernon.org)

[7/ http://www.lewismuseum.org](http://www.lewismuseum.org)

[8/ http://www.Visitmaryland.org](http://www.Visitmaryland.org)



Because the world can change a lot in 40 days.

Lenten Creation Care Calendar 2026



VAIPL's theme this year is "*Healthy People, Healing Planet*". Our mission is to achieve climate and environmental justice for Virginians and our world by collaborating with people of faith and conscience. In Job 12:7-10 we read, "But ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this? In his hand is the life of every living thing and the breath of every human being."

SUN	MON	TUES	WED	THURS	FRI	SAT
Week Theme - Rethinking food & honoring God's abundance						
February 15 Prayer: "God of goodness and mercy, hear my prayer as I begin this Lenten journey. Let me be honest with myself as I look into my heart and soul, and guide me as I humbly seek to return to your love"	16 Want to try a meatless meal during Lent that doesn't have fish? Check out these 65 recipes that are perfect for family dinners and potlucks! https://bit.ly/4azF XuV	17 Eating seasonally and locally can reduce carbon emissions since your food doesn't have to travel as far. Use this guide to find what is in season for you throughout the year. https://bit.ly/3M8ptsb	18 Ash Wednesday Want to eat a more plant based diet but still love meat? Try becoming a weekday vegetarian and only eat meat on the weekends. Here are some tips to get you started. https://bit.ly/4qFFu7Q	19 108 billion pounds of food is wasted annually in the United States. Think about the little changes that you and your family can take to reduce food waste in your home and community, such as composting. https://bit.ly/4gad0gu	20 Meatless Friday How seafood is raised and produced varies. These differences can have an impact on our planet and health. Use this database to find sustainably sourced seafood that is better for people and planet. https://bit.ly/4sYi8fm	21 The next time you buy groceries, head to your local farmers market! This is a great way to support local businesses and farms while enjoying locally grown fruits, vegetables, and other food! https://bit.ly/4pPdDkr
Week Theme - Sustainable living as an act of faith						
22 Prayer: "Help me live more simply so I may share space with my neighbors in harmony." "And the land could not support both of them living together because their possessions were so great that they could not live together." -Genesis 13:6	23 Cut back on single-use food containers by bringing your own dishes and containers to family and community dinners. If you are unable to bring your own dishes, consider purchasing biodegradable products instead. https://on.nrdc.org/4gNvriX	24 Valuing our clothes by repairing, reusing, and resisting fast fashion isn't just a practical climate solution; it's a spiritual practice of stewardship and love. https://bit.ly/3MbuZdz	25 Transportation is the #1 source of greenhouse gas emissions. Reduce carbon emissions by carpooling, walking, biking, or using public transportation. https://bit.ly/49Punly	26 Single-use plastics are polluting our water, as well as exposing us to harmful chemicals and microplastics. Try fasting from single-use plastic bags this Lent. https://bit.ly/4rkGMW1	27 Meatless Friday Shop at your local thrift store for new clothes and home goods. Not only can you save money, but you can reduce your carbon footprint while finding unique, high-quality items! https://bit.ly/308yWQL	28 Consider installing a bidet to cut down on toilet paper consumption, which is a major contributor to deforestation. Bidets use less water on average than it takes to grow the trees used for making toilet paper. https://bit.ly/3EpMMcC
Week Theme - Thinking of our neighbors at home & around the world						
March 1 Prayer: "Almighty God, you invite us deeper into your world and your people. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give."	2 Our indigenous neighbors often face a disproportionate pollution burden and other environmental injustices. Watch how this 16-year-old is working to secure justice for her ingenious community. https://bit.ly/4qJ5IGz	3 World Wildlife Day Support your local food bank or church's feeding program by donating food, money, or your time. Find your local food bank by using the link below. https://bit.ly/4f4nf5A	4 Consider supporting an organization providing humanitarian aid in Gaza, Ukraine, and other areas of the world, like Doctors Without Borders. https://bit.ly/4q2kabJ	5 Look for fair trade and ethically produced products! Fairly traded and ethically produced goods provide livable wages to workers and are often good for the planet. https://bit.ly/4jAWxoA	6 Meatless Friday Support labor rights by buying union-made products for your parties and holiday celebrations. Find a list of union brands you can buy from this Easter and beyond! https://bit.ly/4qCSefA	7 Pray with your family and neighbors for those grieving the loss of a loved one this season. https://bit.ly/3WcBWwF

**Prayer: "The Lord has bestowed the fruits of the earth for the benefit of all of the world's people. May we share with all in need and so be good stewards of God's earth and its abundance."
- United States Conference of Catholic Bishops**



Visit our website at <http://vaip.org/>



Follow us on social media at <https://bit.ly/VAIPLLT>



SUN	MON	TUES	WED	THURS	FRI	SAT
Week Theme - Praying for those experiencing climate grief & eco-anxiety						
8 World Women's Day Prayer: "Help us to see our sisters and brothers as truly beloved children of God. Help us to fast from incivility and feast on your love"	9 Coping with Climate Grief: Take time to explore your feelings with climate grief and learn how you can acknowledge, grieve, and take note of how you can use this grief moving forward. https://bit.ly/413c21z	10 Eco-anxiety is becoming more prevalent in communities experiencing climate disruptions, as well as in those who are witnessing these injustices. Read more below. https://bit.ly/3M2Bu2a	11 Eco - Chaplains: How is your faith community discussing climate grief? https://n.pr/4hdL0dd	12 Use these five strategies to help alleviate eco-anxiety for yourself and others. https://bit.ly/4agj5YZ	13 Meatless Friday How can we create action out of climate grief? Consider starting or joining a mutual aid network in support of a just transition. https://bit.ly/3ZCSU8M	14 Find Hope: How can we find hope towards a sustainable future? https://bit.ly/40SE7IM
Week Theme - Energy efficiency						
15 Prayer: "Teach me to resist waste in energy usage as I do so with food, fashion, and household goods." "Gather up the fragments, so that nothing may be lost." —John 6:12	16 Swap out your light bulbs for energy-efficient LED bulbs to cut down your energy bill and reduce energy consumption. https://cnet.co/3DK7aVQ	17 St. Patrick's Day Check out these tips to reduce your energy usage and save on your electric bill! https://bit.ly/3Z32KAO	18 Consider switching to solar energy for your energy needs. Learn about the benefits of solar energy here https://bit.ly/4il2tBx	19 Use this checklist to weatherize every room in your home. https://bit.ly/4rfd8kG	20 Meatless Friday Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size. https://bit.ly/4glwQ8y	21 International Day of Forests Remember to turn off lights and electronics when they are not in use. During the day, make good use of sunlight to help limit your energy consumption. https://bit.ly/3BYa20L
Week Theme - Rejoicing for our trees and gardens						
22 Prayer: "O God, we thank you for this earth, our home; For the wide sky and the blessed sun, For the salt sea and the running water, For the everlasting hills And the never-resting winds, For trees and the common grass underfoot..." -Walter Rauschenbusch	23 World Meteorological Day Learn more about the Plant Natives Initiative in your region! https://bit.ly/3WD3rzK	24 Plant food for your community through a community garden. https://bit.ly/4hxQtLD	25 Trees help to reduce heat during hot summers, keeping us cool and lowering energy bills. Read more below. https://bit.ly/464OvPC	26 Help our pollinators thrive! We rely on them to grow food and create beautiful flowers for all to enjoy. https://bit.ly/4jyeTqn	27 Meatless Friday Test the health of your soil to make sure your garden is ready for fruits, vegetables, and other plants this Spring! https://bit.ly/3WSbN6V	28 Join VAIPL's "Cool the City" campaign to lower higher temperatures in the Richmond area. Fill out our volunteer interest form below. https://bit.ly/VAIPL_CTC_VOL
Week Theme - Looking toward the future						
29 Palm Sunday Prayer: "Dear Lord, bless those who tirelessly advocate for the Earth and its inhabitants. Grant them the courage to speak out against injustice, the determination to drive positive change, and the wisdom to inspire others. May their efforts be a beacon of hope in our quest for a better world. In your name, we pray for the empowerment and protection of environmental advocates. Amen."	30 Make sure you know who your representatives are in the Virginia General Assembly. State leaders can have just as much, if not more, of an impact on our lives as federal leaders do. https://bit.ly/4gemzv2	31 Reflect on how Christianity calls on us to care for people and planet. https://bit.ly/4k3r0fH	April 1 Are you registered to vote? Voting is an easy way to advocate for your family and community. You can register or update your voter registration here https://bit.ly/41oJueq	2 Sign up for election reminders and view what is on your ballot using the resource below. https://bit.ly/45C0XpT	3 Good Friday Join or start a "green team" at your church to help your community learn about the environment. Reach out to our Faith Outreach Organizer, Laticia, for more information and resources. ilee@vaipl.org	4 Holy Saturday Consider registering your congregation to become a partner with VAIPL and join our mission to grow healthy communities by advancing climate and environmental justice. Join at https://bit.ly/3D4debd

Reflect on all you have accomplished during the Lenten season and what you will carry with you into this new season of growth. How has your frame of mind changed? How will you respond to VAIPL's theme for this year: **Healthy People, Healing Planet**? Conclude your Lenten creation care practice by making a personal pledge to advocate for an environmentally just and resilient world with your faith community, legislature, and in your neighborhood. Join VAIPL for civic engagement events, workshops, lobby days, and more as the year progresses.

