



Newsletter

Spring 2017

Volume 1 Issue 3

An Unpopular Truth

By Deacon Albert A. Anderson, Jr.

“...and you will know the truth, and the truth will set you free” (John 8:32). My dear sisters and brothers, I offer the following truths for your consideration. Mass Incarceration is **real** and has a devastating effect on Black folks in the United States. African Americans are incarcerated at nearly **six times** the rate of whites. One in six black men had been incarcerated as of 2001. If current trends continue, one in three black males born today can expect to spend time in prison during his lifetime. (source: NAACP Criminal Justice Fact Sheet <http://www.naacp.org/criminal-justice-fact-sheet/>) Michelle Alexander in her seminal book, *The New Jim Crow, Mass Incarceration in an Age of Colorblindness*, noted that the US leads the entire world in the percentage of its citizens it incarcerates, one out of every 100 adults. Additionally, according to the International Centre for Prison Studies and Bureau of Justice National Prisoner Statistics, there are more African American men incarcerated in the U.S. than the total prison populations in India, Argentina, Canada, Lebanon, Japan, Germany, Finland, Israel and England **combined**. (see: http://www.huffingtonpost.com/antonio-moore/black-mass-incarceration-statistics_b_6682564.html) According to The Sentencing Project, <http://www.sentencingproject.org/template/page.cfm?id=107>, prison growth in the United States that has increased by **500%** in the in the past 30 years. Notably, the increase directly correlates to the 30 years that private prisons have been in existence and the current practice to essentially trade human bodies on the stock exchange in much the same way as Africans and Blacks were sold on courthouse steps during 18th and 19th-century slavery. (see *Incarcerations in Black and White: The Subjugation of Black America*, by Christi M. Griffin, published by C Griffin Publishing)



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CHAIRPERSON: Deacon Al Anderson

The NAACP Criminal Justice Fact Sheet sites several reasons for this deplorable truth, including:

- Inner city crime prompted by social and economic isolation;
- Crime/drug arrest rates: African Americans represent 12% of monthly drug users, but comprise 32% of persons arrested for drug possession; In 2002, blacks constituted more than 80% of the people sentenced under the federal crack cocaine laws and served substantially more time in prison for drug offenses than did whites, despite that fact that more than 2/3 of crack cocaine users in the U.S. are white or Hispanic
- 35% of black children grades 7-12 have been suspended or expelled at some point in their school careers compared to 20% of Hispanics and 15% of whites

Discrimination in school discipline, the school-to-prison pipeline, also contributes to disparities in incarceration rates. The U.N. Committee on the Elimination of Racial Discrimination has expressed concern about the “pipeline” and called on the United States to intensify its efforts to address racial disparities in the application of disciplinary measures.

Additionally, consider the death penalty statistics from: <https://deathpenaltyinfo.org/race-death-row-inmates-executed-1976?scid=5&did=184> Execution information accurate as of April 24, 2017 following an execution in Arkansas:

- **Race of defendants** executed in the u.s. since 1976: **Black 500, 34.5%**; latino 120, 8.3%; white 808, 55.6%; other 23, 1.6%
- **Persons Executed for Interracial Murders** in the U.S. Since 1976: White Defendant / Black Victim (20); **Black Defendant / White Victim (286)**
- **Current U.S. Death Row Population by Race**: Black 1215, 41.87%; latino 380, 13.09%; white 1226, 42.25%; other 81, 2.79%

This is an intolerable situation and we are justifiably outraged by it. Mass Incarceration, the school-to-prison pipeline, disproportionate application of the death penalty; racial profiling by our police departments; the killing of unarmed Black men and women while being detained or in custody; economic injustice; and so many more, are deplorable realities that have sparked protests, given rise to the Black Lives Matter movement, prompted investigations by various criminal justice agencies, and have united Black folk in ways that have not been seen since the Civil Rights Movement. I pray that we will continue to stand together, through faith-filled witness and action, until these atrocities are eradicated.

But, while we realize truth of our need to deal with these attacks against our God-given dignity, there is another truth that we seem less inclined to address. Consider these truly alarming facts:

- ‡ Some **1,784** African-American children are killed by abortion **each day**.
- ‡ Abortion in the African-American community has killed more than has AIDS, cancer, diabetes, heart disease, and violent crime combined.
- ‡ Since 1973, abortion has wiped out over **25%** of the African-American population.

These statistics on abortion are derived from two basic sources:

- ‡ The Alan Guttmacher Institute (AGI) is a research division of Planned Parenthood, the nation's largest abortion provider.
- ‡ The Centers for Disease Control (CDC), located in Atlanta, Georgia. This institute of the federal government receives from individual states, on a voluntary basis, a report on the statistics regarding abortion in that state. Because reporting to the CDC is voluntary, their numbers for abortion statistics are lower than those of AGI.
- ‡ See more statistics, drawn from the Alan Guttmacher Institute and the Centers for Disease Control, www.priestsforlife.org/statistics and <http://www.priestsforlife.org/africanamerican/about.htm>

As alarming as these facts are, it is important to note that the high rate of abortion among African-Americans is **not** because of a disdain for life and family in our community.

The film “Maafa 21” clearly documents the disturbing mindset linking eugenics, **Planned Parenthood**, and **Black Genocide**. As demonstrated by the documentary, legal abortion is an extension of the eugenics movement, which has been closely allied with the organization that became Planned Parenthood, and clearly marked by an effort to rid America of its black population. First there was slavery, then an effort to force sterilization upon African-Americans, and finally the legalization of abortion. Margaret Sanger, Planned Parenthood’s founder, had close ties with the American Eugenics Society and even wanted to merge the two organizations.

Planned Parenthood now operates the largest chain of abortion clinics in the United States, and an estimated **78% of them are located in minority neighborhoods**. (see: <http://www.priestsforlife.org/africanamerican/about.htm>)

I know many of us have bought into the hype about all the “good” Planned Parenthood does for women’s health. For instance, Planned Parenthood Federation of America claims that the 665 clinics run by its affiliates provide a “wide range” of health care as justification for taxpayers providing more than 40 percent of their funding, and that abortion is a small proportion of their services. Yet, data show that Planned Parenthood Federation of America is the country’s largest abortion provider with affiliates performing more than **300,000 abortions per year**, which amounts to approximately one out of every three in the country.

Planned Parenthood’s 2013–2014 Annual Report claims that abortions account for only 3 percent of the **medical services** Planned Parenthood affiliates provide. How does the Planned Parenthood annual report arrive at the 3 percent figure? The calculation counts each “discrete clinical interaction” as a separate “medical service,” meaning simple tests or routine provision of birth control are given the same weight as surgical or chemical abortions. For example, if a woman in the course of a year receives a free condom, a pregnancy test, a sexually transmitted infection (STI) test, and an abortion, Planned Parenthood would say abortion was only 25 percent of the services provided. See:

<http://www.heritage.org/health-care-reform/report/disentangling-the-data-planned-parenthood-affiliates-abortion-services>

Regardless of your stand on Planned Parenthood, the impact of abortion on the African-American community cannot be denied: **1,784 African-American children are killed by abortion each day**. My sisters and brothers, this is nothing short of **Black Genocide!** Yes, Mass Incarceration, disproportionate application of the death penalty, racial profiling, the killing of unarmed Black men and women in police custody, economic injustice; all must be fought against. But is the slaughter of our unborn babies in the womb any less critical? How many Black scientists, theologians, doctors, engineers, physicists, and future presidents have had their lives snuffed out before they were born? I urge you, I beg you to join the voices of Dr. Alveda King, daughter of Rev. Dr. Martin Luther King, Jr.; Lynne Jackson, great, great-granddaughter of Dred Scott; Gloria Jackson, great-granddaughter of Booker T. Washington; Dr. Johnny Hunter, National Director, LEARN (Life Education and Resource Network in standing up against this abomination!

Your brother in the Risen Christ,
Deacon Al



Photo taken by Phyllis L. Johnson

Prayer Request

Oblate Sisters of Providence

- ‡ Sr. Magdala Marie Gilbert
- ‡ Sr. Katharine Brent
- ‡ Sr. Marina Kelly
- ‡ Sr. Veronica de los Santos
- ‡ Sr. Margarita Musquera
- ‡ Sr. Ricardo Maddox

- ‡ For immigrants
- ‡ Aborted Children
- ‡ Those with HIV/AIDS
- ‡ Those in Prison
- ‡ Success to the Sisters in the Spirit, Diocese of Arlington –Sterling and Leesburg area

“And if we know that he hears us in regard to whatever we ask, we know that what we have asked him for is ours.”
 ~1 John 5:15~

Content

An Unpopular Truth, By Deacon Albert A. Anderson, Jr.	Pgs 1 – 4
Prayer request	Pg 5
Book Shelf	Pg 5
Touching God’s Mercy By Deacon Gerard-Marie Anthony	Pgs 6 -7
The Divine Messenger on the Train By: Janice R. Crump	Pgs 7 -8
Respect Life	Pg 9
Up-Coming Events	Pg 10
OLQP/UJAMAA Black History Month 2017 By Veronica Dabney	Pgs 11 -12
SIS Women’s History Month Celebration	Pg 13
Georgetown University Liturgy of Remembrance, Contrition, and Hope	Pg 13
Oblate Sisters of Providence Recommitment Ceremony of the Mother Lange Guild	Pg 14
Your Health	Pg 14
Knights of Peter Claver	Pg 15



BOOK SHELF

*History of Black Catholics in the United States by Fr. Cyprian Davis, a new edition release April 3, 2017, Crossroads Publishing Co.

*No Crystal Stair, Womanist Spirituality by Diana L. Hayes, Orbis Books, Maryknoll, NY, 2016.

* Outlines of the Catholic Faith

* How to Handle Worry: A Catholic Approach by Marshall J. Cookl

* F. Augustus Tolton: The First Recognized Black Catholic Priest in America by Corinna Laughlin and Maria Laughlin

* A Journey of Faith by Sr. Magdala Marie Gilbert, OSP

Touching God's Mercy

By Deacon Gerard-Marie Anthony



Photo taken by Phyllis L. Johnson

We just celebrated the great blessing of Divine Mercy. The Church encourages us to reflect on this mercy as it is a great gift from the Lord. Mercy comes from a Latin word *misericaordiae* which has at its center the word “cor” which means heart. So mercy is touching the heart of Christ or allowing the love of Christ to transform our lives. This is something that is needed in our individual lives and communities.

Now, if Jesus tells us, “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another” (Jn. 13:34-35); we must love one another as God loves us. This means three things: we must love unconditionally, in truth, and first.

We must love unconditionally. God does not love us only when we're good or for what we can do for Him. He loves us with no strings attached! This is important to remember because we can get duped into thinking that God's love is something we have to earn or make ourselves worthy to receive. We can't make ourselves worthy of God's love; He is perfect, we are not. We fall and sometimes fall hard. What we can do however is to do our best, and do that with God. In doing so, we accept the love God has for us and allow ourselves to be picked back up and placed in the arms of our loving God. He loves us unconditionally so we must accept that love unconditionally, even when we feel we're not worthy.

Next we must love in truth. This truth is crucial to peace which is a fruit of God's love, the Holy Spirit (see Gal. 5:22). We must aim to not just say things that make people feel good about themselves in order to have peace. Archbishop Chaput encourages us to have true and lasting peace known as noble peace. He explains that noble peace is different from what he terms cowardly peace:

Cowardly peace is filled with fear. It avoids conflict by evasion and compromise. Cowardly peace is a great temptation for all of us today. We feel “established” and settled in American life, and we like it. We'd rather not lose our privileges or change the way things are, so we're ready to follow Christ less zealously in order to hang on to our comforts. But this kind of peace never lasts. It's a lie. And as our culture grows more hostile to the forms of serious Catholic faith, it will be impossible to maintain.

In contrast, noble peace joyfully takes on commitments and boldly proclaims the truth. It's full of justice and love. It comes from knowing that we're beloved sons and daughters of God because we've been united to the Son of God by faith, hope, and love. And no power on earth can separate us from God's love (Rom. 8:38-39).¹

¹ Charles J. Chaput. *Strangers in a Strange Land: Living the Catholic Faith in a Post-Christian World* (New York: Henry Holt and Company, 2017), p.182.

God does not compromise truth to love us; He holds the line in affirming us as His beloved sons and daughters. If we are to love like Him, we must hold that same standard in the way we interact with others and how we see ourselves.

Finally, we must love first. God loved us first as He loved us into existence. God always takes the initiative. He sent His son to save us while we were sinners (see Jn. 3: 16-17). We must take this initiative too; the initiative to do things first. When there's an argument, we must be the first one to initiate reconciliation, to say we're sorry or at least start the conversation to bring peace in sometimes difficult situations. We must also take the initiative to love in good things too. We should be the first one to tell our spouse, "I love you"; the first one to tell him or her, "Thank you" or "I really appreciated that." We should be the first one to give a hug or to surprise our loved one with a gift, but not because they've done something for us or because we get something out of it. We should do it simply because we love that person. This is imitating God who loves us unconditionally, in truth, and first. This is embracing God's mercy and sharing that mercy with others. This is touching the heart of Christ and being instruments in allowing others to embrace Jesus' Mercy so that lives can be transformed and "all things can be restored in Christ" (Eph. 1:10).

THE DIVINE MESSENGER ON THE TRAIN

By: Janice R. Crump



One of life's simple pleasures is a long train ride. The Amtrak ***Silver Star*** is one of my favorites, because it cuts a swath through the eastern seaboard, stretching from New York City to Miami, Florida. Washington's Union Station is one of the more popular stops along the southern route, and that's where I normally boarded the train. In June of 1996, my husband still worked in North Carolina, and I worked for the Clinton Administration in DC. I was recovering from brain surgery, and had been hospitalized for five months. My husband picked me up in Petersburg, Virginia when I travelled to see him. It saved us the hassle of hitting the I-95 corridor at rush hour. That day found me in one of those "woe-is-me-because-my-life-is-the-pits" kind of moods. I silently complained to myself about everything. But, life was just about to shut me up!

Catching the ***Silver Star*** had a soothing effect on me, and on this day, that's exactly what I needed. It had been a difficult week, during which I felt I had lost ground personally and professionally. So, when I got to the train station, I implemented my plan of using my stuff and my body language to discourage seatmates. I had no desire to engage in small talk or flip through faded pictures of smiling babies. It doesn't always work, but on that day, it did. I felt like a heavy, wet blanket had been thrown over my life, and I was in a deep funk. I'm talking totally submerged in full-blown "why me?" status. It was bad. Not once did I pause to consider my many blessings, or to express my gratitude to our Lord and Savior.

Then the most unusual thing happened. As the train filled to capacity, every single passenger passed me by. They moved to the back, sat in seats behind me, and asked others to move their things so they could sit down. Nobody even paused at my seat. Then I heard the Conductor yell, "All Aboard!" I could not believe my luck! We finally started to move forward, and I heard a commotion at the front of the train. A woman appeared in the aisle, accompanied by the Conductor. She seemed flustered and disorganized. I quickly looked all around, and discovered the only empty seat on the train was the one next to me. Reluctantly, I moved all of my belongings so she could share my seat. Then, I grabbed the book I was reading to discourage her from making idle conversation.

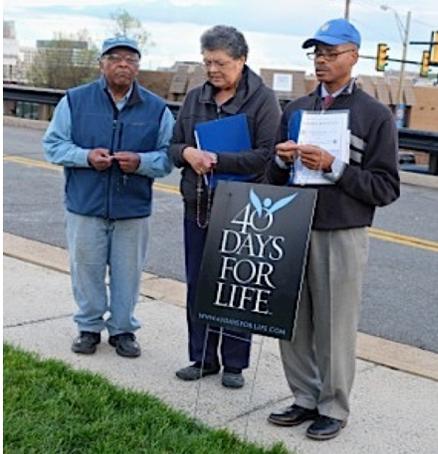
We had been on the train for about twenty minutes when she began to cough. At first it was just a small sound, more like she was clearing her throat. Over the next half hour, the coughs grew more and more aggressive, and pretty soon they were wracking her body. I could no longer ignore her. I turned to her and said, "Can I do something to help you?" She said, "No. I'm dying." Now, what am I supposed to do with that? Stunned, I offered to get her something to drink. She thanked me, and finally settled down. Suddenly, the train stopped. There was trouble on the tracks – an accident of some kind, and the ensuing delay was expected to be three-to-four hours! We were stuck!!! Then she told me her story.

She had lived the "American Dream," going to the best schools, getting an "Ivy League" education, landing a job in a Fortune 500 company – the house, the car, the jewelry, the clothes! She had it all. She said she never made time for love, marriage, or close friendships. Then she got sick and lost her job, because between hospitalizations, she simply could not get out of bed and go to work. Her car and most of her furniture were repossessed; she sold her jewelry to eat, then finally lost her home. She was making a final trip to say goodbye to the man in North Carolina who had always loved her. I ministered to her, and tried to keep her comfortable until I reached my destination. When our train arrived in Petersburg, I called the friend who was meeting her in Raleigh, North Carolina to let him know she was sick. I made sure she was alright, and hugged her good-bye. That was the day God showed me His wisdom and power. There is no doubt in my mind that He saved that empty seat next to me for her. I thanked Him for my powerful lesson in gratitude.

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CHOOSE LIFE



Gabriel Project Arlington

(GPA) helps pregnant women with long or short-term needs by offering assistance at the parish level.

For help call 1-866-444-3553 or email: GabrielProject@arlingtondiocese.org

Interested in volunteering go to https://www.arlingtondiocese.org/familylife/gabriel_volunteer.aspx

Monday Holy Hour -

St. Joseph Catholic Church
711 N. Columbus Street
Alexandria, VA

Time: 7:00 pm – 8pm

Monthly Holy Hours

7:30 p.m. on the second Tuesday of each month, for Eucharistic adoration at St. Mary of Sorrows Historic Church, Ox Road & Fairfax Station, VA 22039 Station

OAR (Offender Aid and Restoration)

1400 N Uhle St # 704
Arlington, VA 22201
(703) 228-7030

<http://www.oaronline.org>

Project Rachel is post-abortion healing ministry open to anyone who seeks healing after abortion. We want to reach out to you with the mercy and love of Christ and help you be at peace with yourself and God.

1-888-456-HOPE or email projectrachel@arlingtondiocese.org



All photos taken by Phyllis L. Johnson

Upcoming Events



Fieffe Foundation for Haiti (FF4H) is an organization committed to improving the lives of women and youth of Baint, Haiti. Since 2004, it strives to increase their access to education, agriculture, health care; it continues to empower them through environmental activism and social responsibility. A number of projects have been implemented to ensure that their basic everyday needs are taken care of, and many more are underway. Our long-term goal is to build a self-sustainable community and give the people the resources they need to become independent. Here are some ways you can join us in our efforts.

Visit www.fieffefoundation.org to learn about our ongoing initiatives!

Current projects include our thriving scholarship program, our continuous involvement in the Center for Promotion Feminine in Arts & Management (CPROFAM), our inspiring tree building project, our educational children summer camp, among other things. Our two upcoming projects are ambitious but definitely achievable: 1) Build the first library in the region to increase literacy and 2) Open a medical clinic and organize medical missions to improve and sustain good health in the region. We hope to count on your generous support to make both projects a reality.

Join us at one OR BOTH of our two yearly fundraisers!

- **An Exquisite Afternoon Champagne Tea on Saturday, May 13, 2017, 3pm-5pm.**

Hear about our progress while you sip exotic tea, munch on tasty canapés, and enjoy a lively Haitian dance show. All proceeds benefit the FF4H Youth Camp in Baint, Haiti. Tickets are \$45 per person. Go to

<https://www.eventbrite.com/e/afternoon-champagne-tea-tickets-33258795954> or call (443) 743-7063 to purchase tickets.

- **Our Fabulous Fall FF4H Fundraiser in October 2017**

Be on the lookout for more information about this can't miss elegant yearly event that will take place this October. Visit our www.fieffefoundation.org beginning August 2017 or call (443) 743-7063 for further details.

We look forward to hearing from you or meeting you at one of our events. To find out how you can contribute to the causes of Fieffe Foundation for Haiti, please visit our www.fieffefoundation.org for further details.

Fieffe Foundation for Haiti is not affiliated with the Diocese of Arlington, Virginia.



RAINBOW TEA

St. Joseph Catholic Church,
711 N. Columbus St.,
Alexandria, VA 22314

Date: June 5, 2017

Time: 12:30 P.M.

All photos taken by Phyllis L. Johnson

Saint Joseph Catholic Church
711 N. Columbus Street, Alexandria, VA



Women's Fellowship Weekend "Women of Faith - Reviving our Souls"

June 9 - 11, 2017

Guest Speaker: Ms. Sandra Coles-Bell
-Program Director for the Office of Cultural
Diversity and Outreach Archdiocese of
Washington, D.C.

Ministry of Music by St. Joseph Ensemble

Event Schedule:

June 09 – Dinner, 6 p.m.

June 10 - Guest Speaker, 11 a.m.

June 11 - Concert, 4 p.m.

All are invited to join us for a spirit filled weekend.

For further information contact Callie Terrell at calterl@comcast.net or Dora Jones at dejliz@aol.com

National Black Catholic Congress Congress XII

July 6- 9, 2017, Orlando, Florida

To register go to

<https://www.nbccongress.org/congress-xii.html>

OLQP/UJAMAA Black History Month 2017

By Veronica Dabney

Each year as part of the Our Lady Queen of Peace (OLQP), recognition of Black History Month (BHM), the church sponsors a Black History Month Program, and the February church Bulletin back covers feature articles highlighting people and events from black history. The themes of the programs and the Bulletin articles are drawn from the national BHM themes as designated by the Association for the Study of African American Life and History (ASALH). The national theme for Black History Month 2017, was “The Crisis in Black Education”.

Addressing that theme, the Bulletin Articles for 2017 were:

Week 1: The introductory article was a brief history of black education in the U.S: the post civil war era beginning in Freedman’s Village, the establishment of land grant HBCUs, from school segregation through school integration to the current dysfunction of public education particularly in urban communities, by Veronica Dabney.

Week 2: Desegregation and the Achievement Gap in Arlington County, by Cecilia Braveboy

Week 3: The Price of Sports Scholarships for Black Males - Athletics vs. Education, by Natasha Ofosu

Week 4: Historically Black Colleges & Universities: An American Asset, by Dr. Shiela Harmon Martin

Black History Month Program, Feb. 18, 2017:

A long time Our Lady Queen of Peace and UJAMAA member, Dr. Robert Efimba, introduced Sia Barbara F. Kamara, the program’s featured speaker. Barbara Kamara, is the current Chair of the West African Ministry at Faith United Church of Christ in Washington D.C. When she retired in 2008, she was the Administrator of the District of Columbia’s Early Care and Education Administration. Her long career included many education related posts, beginning with her serving as a Peace Corps volunteer in Liberia. Besides her position at Faith United, she is also a consultant with the Open Society Foundations’ Early Childhood Program. In this post she is working with the Ministry of Education in Liberia by assisting the national government and other donors in developing an early childhood education system for the country



**Honorable Ellen Johnson Sirleaf,
President of the Republic of Liberia
and Sia Barbara Ferguson Kamara.
July 18,2016 – Monrovia, Liberia**

Kamara focused her BHM presentation on Education in Liberia and the Diaspora. With a video presentation of strategies, statistics and outcomes, she outlined the many serious problems that have plagued the Liberian system. Those problems have included lack of infrastructure, suitable buildings, equipment and supplies, and trained teachers and administrative staff. These problems were exacerbated by a lack of funding for schools that has left the Liberian student population, especially the girls, far behind other African students .

To add to that, Liberia suffered through a civil war that raged for 14 years from 1989 to 2003. Thousands were killed and maimed. The subsequent restructure of the government after the war ended, led to the election in 2005 of President Ellen Johnson-Sirleaf, the first democratically elected woman President of any African country. Kamara's group and many others, including USAID, have worked with President Johnson-Sirleaf to rebuild and improve the Liberian education system. The effort was made even more difficult by the outbreak of ebola in Liberia in 2014. Over 4,000 schools had to be closed. Advisers like Kamara weren't able to travel to Liberia for well over a year, until the epidemic was under control.

The ebola setback was devastating to the already floundering education system. Since then, progress has been slow, and in her presentation Kamara illustrated how attempts to educate Liberian students has moved along in fits and starts. Some outcomes have proven to be disheartening. For example, of 42,000 students who took the annual West African Regional examinations, only one passed. (In 2013 ALL 25,000 Liberian students failed the admissions test to attend the University of Liberia.) These results have been very discouraging, and with President Johnson-Sirleaf's second, and final, 6 year term due to end in January 2018, the future is uncertain.

Kamara ended her presentation with a plea for more awareness and pledges of aid to educational institutions in Liberia, as well as in other developing countries throughout Africa.

Other sources:

- 1)The Zambian Observer
- 2)The Mail & Guardian Africa
- 3) "Madame President: The Extraordinary Journey of Ellen Johnson Sirleaf", by Helene Cooper

Sisters in the Spirit (Diocese of Arlington, VA)

Women's History Month Celebration

Keynote Speaker: Dr. C. Vanessa White, Renowned Speaker, Educator and Evangelist.

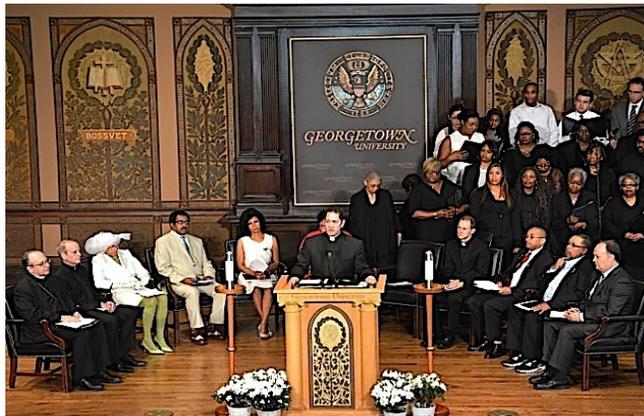
March 25, 2017

St. Joseph Catholic Church, Alexandria, VA 22314



Georgetown University Liturgy of Remembrance, Contrition, and Hope

held at Georgetown University Gaston Hall on **April 18, 2017**, honoring the 272 enslaved peoples sold by the Maryland Jesuits in 1838 and their descendants, followed by an Dedication Ceremony of **Isaac Hawkins Hall** once known as Mulledy Hall and **Anne Marie Becraft Hall** once known as McSherry Hall. Isaac Hawkins is the first enslaved person named in the "Articles of Agreement between Rev. Thomas Mulledy, SJ and the Louisiana businessmen Henry Johnson and Jesse Batey. Ms. Anne Marie Becraft who later became Sr. Mary Aloysius, OSP (Oblate Sister of Providence) was an educator, founded a school for black girls in Georgetown in the 1820's. There was a Tree Ceremony and a Libation Ritual for Ancestors concluded with "Defiance: A journey to Now" performance. For more information go to <https://www.georgetown.edu/news/liturgy-remembrance-contrition-hope-slavery>



All photos taken by Phyllis L. Johnson

Oblate Sisters of Providence
Recommitment Ceremony of the
Mother Lange Guild

Presider: Reverend Kenneth Gaddy, C.Ss.R.

April 29, 2017

701 Gun Rd, Baltimore, MD 21227



YOUR HEALTH

Suicide Prevention

People who kill themselves exhibit one or more warning signs, either through what they say or do. The more warning signs, the greater the risk. American Foundation for Suicide Prevention offers a helpful guide:

What to Watch For if You Feel Someone is at Risk:

Talk

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

Behavior

Specific things to look out for include:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

If you are in crisis, call 1-800-273-TALK (8255) Suicide Prevention Lifeline.

Info obtained from:

<https://www.adaa.org/understanding-anxiety/suicide>



KNIGHTS OF PETER CLAVER

Please join us as we congratulate our Grand Knight Joseph Brooks, Bishop Paul S. Loverde Council 398 and Grand Lady Beverly Thornton, Mother Mary Lange Court 398 on their continued success.



Grand Lady Thornton led the way as the Northern States District Grand Lady of the year 2016.



Grand Knight Brooks is Northern States District Grand Knight of the Year 2017 along with Council 398 being awarded the Council of the year!

As our Court and Council progress forward, we must use these milestones to serve as important reminders of our commitment to being living examples of Christ's love as well as the work and life of our Patron, St. Peter Claver.