



Newsletter

The monthly joint publication of the NPM Arlington and DC chapters
Fostering the art of musical liturgy

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St. Cecilia, pray for us!



Do you have an event, article or idea to share with other Chapter Members? Please submit all articles and inquiries by the 20th of the month to: Katie Evans at music@ccjgs.org. All submissions subject to review. Thank you.

DIRECTOR'S CORNER



A few years ago, my pastor gifted me a book for Christmas titled "[The Word Made Flesh: Foreshadowed, Fulfilled, Forever](#)" by Father Richard Veras. Since the book is centered on the Incarnation, I have always intended to read the book during the Christmas season but have failed miserably, only getting through the first chapter in the last couple of years. Finally, this year I finished it! This little book has significantly impacted my thoughts and left me

pondering its subject matter with passages of the book rolling around in my mind daily.

Christmas is only the *beginning* of the Incarnation story, but often we leave it when we exit the season, only to revisit it in Advent the following year. Now, at the start of Ordinary Time, is when Christ and his presence in the world impacts us on a very human level. He calls his disciples, heals the sick, comforts the hurting, feeds the hungry, suffers, dies, rises from the dead, reveals himself in the breaking of the bread, ascends into heaven, and then sends his Spirit to be with us, incarnate through us and his Church. I suppose I have always known all of this, but this year it is hitting a bit differently with all the struggles we have faced during the pandemic. What hope we have as a Christian people that Christ is always present in us, in every human around us, in our assemblies and in our music! May we all seek to have a deeper awareness of His presence among us and the hope and peace beyond all understanding this has to offer a hurting world.

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- Amy Massey, DC Chapter Director

SELF-CARE FOR THE WEARY:

A Two-Part Series on Regaining Peace and Overcoming Anxiety as We Minister to Others

It is an anxious time for all of us. In many cases, the scopes of our jobs have changed, the needs of our parishioners are great, there are new challenges faced by our families, we mourn many losses, and we are unable to focus. While there have certainly been moments of grace and silver linings, weariness is rampant. We find ourselves needing care and nourishment for the journey.

A contributing factor to our anxiety is that there are many things beyond our control. It is difficult to plan ahead. Who will show up each week to serve in our ministries? Is there a budget for expenses? Will our kids be in school next week? We're not even sure we will find our basic staples at the grocery store. The list goes on and on. Sometimes, we are grateful to have just gotten through the day.

The good news is that, even when there are too many balls in the air and we feel a loss of control, there are small steps we can take to improve self-care, calm, and regain a feeling of resilience. It is vital that we "put on our own oxygen masks first" so we are able to continue to help others.

It is difficult to change habits - thus the word "habit" - and long-held wisdom points towards success being found gradually. Crash diets and sudden, rigorous exercise routines are known to fail, but perhaps you will find a few of these points helpful as you move towards greater self-care.

There are three categories to consider: physical, emotional/spiritual, and practical ideas

for work. While there is much overlap and these are all certainly connected, I feel that they can also be hierarchical. If we do not feel well physically, it's difficult to have energy for the other things. If our spiritual well-being is suffering, we might not possess needed focus to face challenges in our work

and home lives. Many of these suggestions are obvious and well-known and simply may serve as reminders. I pray that perhaps one or two ideas will aid you in your quest for better self-care.

At the end of the day, let go of things that have bothered you with a prayer of thanksgiving for the gift of humility. Remind yourself that you are wrapped in God's grace and embrace your own vulnerabilities just as God embraces you with love.



Spiritual/Emotional Well-Being:

- Remind yourself that you are worthy and deserve the time and space needed for self-care.
- Find time for phone conversations/coffee/safe visits with supportive friends and family members
- Find a spiritual advisor.
- Connect with nature, even if it is on short walks.
- Create something with your hands, with music, or with words. Focusing our minds creatively can be therapeutic.
- Build a puzzle.
- Nurture indoor plants.
- Do something for someone else: bring a meal, send a card, volunteer occasionally at the food bank... Thinking of others can take our minds off ourselves.
- Listen to audio books or interesting podcasts while doing mindless tasks.
- Read scripture or other spiritual works, especially as you head off to bed. *Life of the Beloved* by Henri Nouwen is my current choice.
- Listen to prayer, scripture, or meditation Apps. I choose the [Amen App](#) to hear daily readings. [Hallow.com](#) is a very popular one. [Pray-As-You-Go.org](#) offers daily Ignatian spirituality. These often accompany me during walks or exercise.
- Create a play-list on Spotify that makes you feel happy.
- Dance.
- Engage in things that make you laugh.
- Use accrued leave for an occasional wellness day before feeling too burned-out.
- Sign up for a retreat, in person or online, even if it's for a few hours.
- Have a mantra based on spirituality to recall during times of stress. Mine is from Thessalonians: *Rejoice always, pray without ceasing, give thanks in all circumstances, for this God's will for you.*

Physical Well-Being:

- Walk outside for 10-15 minutes each day and gradually increase the length, set your timer to get up from your chair hourly, walk the long way around your workplace
- Get ready for bed early enough to ensure 7+ hours of sleep (according to the Mayo Clinic), choosing calming activities or books prior, **avoiding electronic screens**
- Add one new healthy eating habit such as having fruit or vegetables with every breakfast and/or lunch, choose whole grains, have cut veggies or nuts on hand for healthy snacking, drink plenty of water. **(The Mayo Clinic suggests 11.5 cups for women and 15.5 cups for men daily.)**
- Prepare nutritious meals in advance for busy days
- Store healthy snacks such as nuts and granola bars at work for times when meals are missed
- Monitor the effects of caffeine and alcohol on your sleep-cycle and/or anxiety level and make adjustments. (search NIH articles for more information)
- Put over-due medical appointments on the calendar. Calling for an appointment is often the hardest step.

Next month: Well-Being in Our Work Lives and Resources for Anxiety.

Annual Shrove Tuesday Luncheon

Tuesday, March 1, 2022

12:00 NOON



Scan the QR code
to RSVP and the
view the menu!

Cost: \$25 per person

(includes: Three course lunch, non-alcoholic
beverage, tax, and tip)

Ruthie's All Day

3411 5th Street South, Arlington, VA 22204



*Share a meal and relax with friends old and new
before we plunge into our Lenten preparation for Easter.*

RSVP here or

E-mail us at arlingtonva@npm.org



Call for Director, Singers for Annual Gaelic Mass

The Col. John Fitzgerald Division #1 Arlington Ancient Order of Hibernians (AOH), an Irish-American Catholic men's group, plans to celebrate its 44th Annual Gaelic Mass at Saint Thomas More Cathedral on **Monday, March 14 2022 at 7:30 PM**. Sean O'Riada's Mass in its original Gaelic language will be celebrated in honor of Saint Patrick, along with organ and harp accompaniment.

The celebrant will be Rev. M. Valentine Keveny from County Mayo, Ireland.

The AOH is looking for a sacred music / choir director and singers interested in participating in this beautiful Mass. For singers, no formal choir or music training is required, and no Gaelic language proficiency is necessary, as phonetic pronunciation guides are provided for all hymns. [Click here for flyer.](#)

Interested individuals can contact Alex Wilson at 703-969-7703
or ajwilzn@gmail.com

SOUR NOTES: PIANO SCAMS!

You get an email from a person that they have a piano to donate. They are moving and downsizing; probably they have a spouse who played the piano and just died. It's a nice piano, likely a nice medium-sized grand, and they have photos they can send you.

Unfortunately, they live far out of town and the piano is "in storage," as they are preparing to move. And all you need to do is contact their storage/moving company and pay for the shipping. They know how to deal with pianos and will bring the piano and set it up. The "shippers" want you to pay upfront using a payment app -- not Venmo, and not PayPal, no credit card or check. The shipper typically will email you details of the piano -- size, weight etc. They will give a price quote for delivery. Email communications may be conversational and pleasant.

But....the shipper has no presence on Yelp or elsewhere on the web except for possibly a sketchy website full of stock photos and slightly non-idiomatic English verbiage (compare with websites of legitimate shippers.) The shipper will not provide a Federal Tax ID (W-9) or a DOT license number (that all interstate shippers must have.) Any physical address they provide will likely be a vacant building or an address that doesn't exist (check Google Maps).

STOP!! In case you aren't yet aware: This is a scam making its way through cyberspace!

There is no piano, and the "piano owner" and the "shipper" are probably the same guy -- in a foreign country. As soon as you pay them, they will disappear. They might even be brazen

enough (and so unreachable by U.S. law enforcement) that they keep their bogus website going after they are done with you. This is happening not only to school systems and small colleges and, but also to churches.



Advice when you are approached with anything like this: Slow down the process -- you are not in a hurry, especially if they seem to be. No legitimate business would ask for payment upfront like this. That they won't take credit cards means you will never be able to recover your money. Talk to others about it and use Google.

A rule with piano donations should be if you can't visit the piano, (even if you choose not to do so) you don't take the piano. Yes, we received such an offer at St. Bernadette parish in Springfield, Va., and took it forward a bit but figured it out before any damage was done thanks to my colleague Bob Malinowski having the presence of mind to Google "piano shipper scam." That was an eye-opener! One tipoff should be if someone delivering a piano doesn't ask how many steps there will be before they give a price quote, they are not a legitimate piano mover.

- David Mathers, Arlington Chapter Past Director

CALENDAR OF EVENTS



Chuck Seipp and Randall Sheets – Trumpet and Organ Duo **Friday February 18 at 7:30pm RESCHEDULED DATE!!**

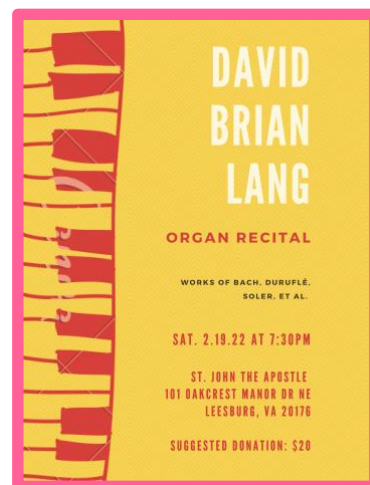
Music by Bach, Vivaldi, Handel, Mussorgsky, video presentations, silent movie, and special tribute to Responders and Veterans!

David Brian Lang Organ Recital – St. John the Apostle, Leesburg, VA

Saturday February 19 at 7:30pm

Works of Bach, Duruflé, Soler, et al.

St. John the Apostle 101 Oakcrest Manor Dr NE, Leesburg, VA 20176 [Recital Flyer](#)



The Romeri Duo – St. Thomas More, VA **Friday Feb. 25 at 7:30 pm (Date change!)**

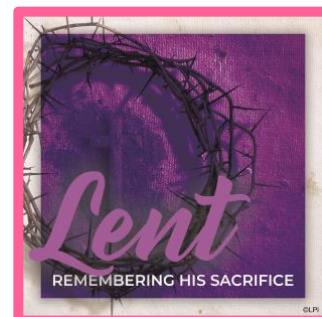
Father-son pair, John Romeri (organ) and John Romeri II (flute) are welcomed back to St. Thomas More in Arlington. Their repertoire ranges from baroque sonatas to beautiful orchestral works transcribed for the organ and flute. Enjoy the many colors of the pipe organ and the exquisite beauty of the flute all in the sonic splendor of the Cathedral.

Annual Shrove Tuesday Luncheon: March 1, 12:00 NOON at Ruthie's All Day; \$25 per person, see ad on p. 4. Share a meal and relax with friends old and new we before we plunge into our Lenten Preparations for Easter! RSVP at arlingtonva@npm.org See ad on p. 5

Save the Date: NPM DC Chapter Lenten Retreat

Saturday March 12, 2022

St. Rose of Lima, Gaithersburg, MD, guest speaker Timothy Johnston, ADW Office of Worship. Come join us on a Saturday morning where we will prepare for the season of Lent and Holy Week. See page 8 below!





LENTEN RETREAT COME TO THE WATER

LIVING YOUR BAPTISM IN LENT

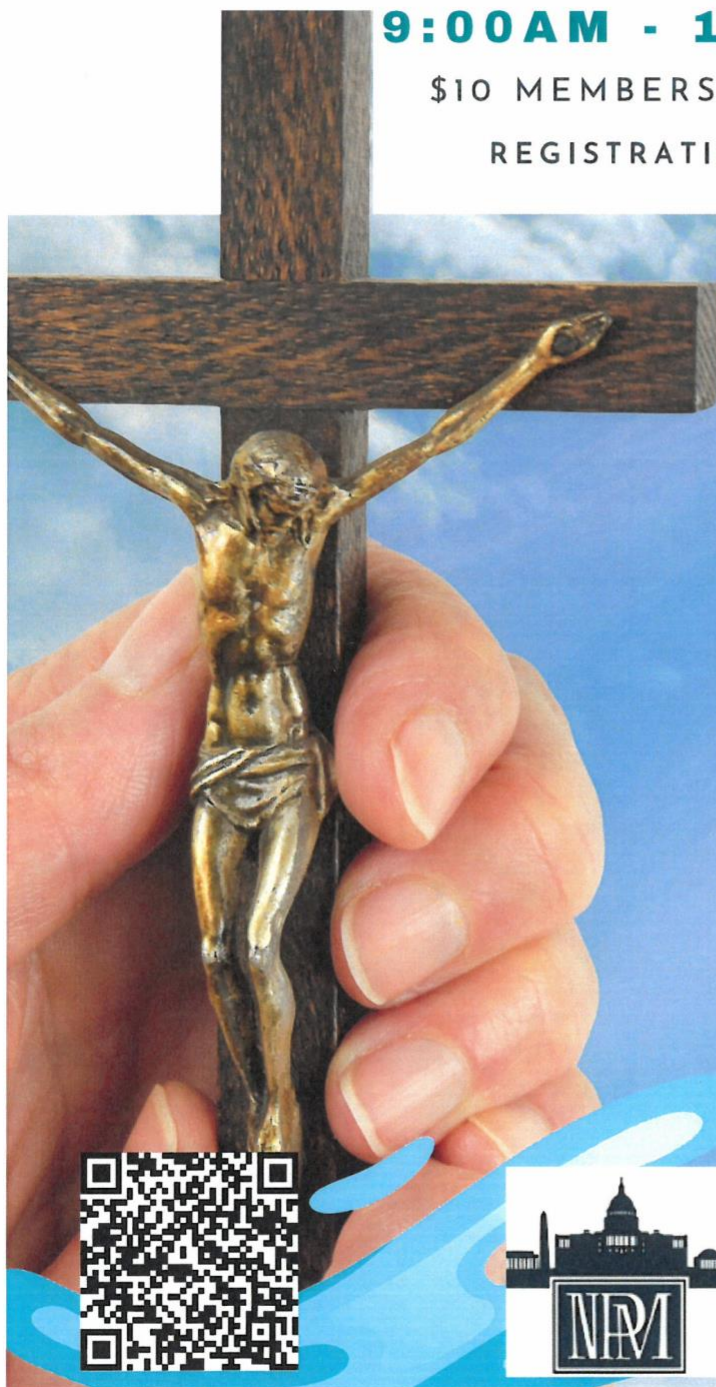
MARCH 12, 2022

9:00AM - 1:00PM

\$10 MEMBERS / \$20 NON-MEMBERS

REGISTRATION & REFRESHMENTS: 9:00AM

MORNING PRAYER: 9:30AM



For more info and to
register, click here or
scan the QR Code



Timothy Johnston, MA, MACD
Director of the Office of Worship
Archdiocese of Washington



ST. ROSE OF LIMA CATHOLIC CHURCH
11701 CLOPPER RD.
GAITHERSBURG, MD 20878

NPM NATIONAL



TESTED BY FIRE

RENEWED & TRANSFORMED

45TH NPM ANNUAL CONVENTION
LOUISVILLE, KY • JUNE 28-JULY 1, 2022
VIRTUAL • JULY 5-7, 2022

In-Person Convention Information

When? June 28-July 1, 2022

Where? The Galt House Hotel
140 N Fourth St, Louisville, KY 40202

<https://www.galthouse.com>

NPM Convention Registration

Booking Your Room at the Galt House Hotel

Scan the QR code to book your room at the Galt House, or call
502-589-5200 and mention code **0623NAPM**.



For more information on Cancellation Policy, Local Fun, Virtual Option and more,
please check the NPM Convention website [here](#).

To see a short video on the info for the NPM Convention click here:

<https://youtu.be/j-AFNR-UAAs>

[NPM Brochure](#)

[NPM Schedule of Events](#)

Lunchtime Concert Series:



Every week, NPM holds Thursday Thoughts at 3!

Here are the latest and greatest in case you missed it! The videos are also archived and can be viewed [here](#).

[Wintertime Psalms, Songs and Stories \(with Timothy R. Smith\)](#)

[Wintertide \(by Thomas Keesecker\) \(Lunchtime Concert Series\)](#)



Ministry Monday #184: Learning with the Love of the Liturgy (with Timothy Johnston)

Ministry Monday #186: A New Kind of Music Ministry Education (with Dr. Stephen Benham)

MEMBERSHIP



Which membership is best for you?



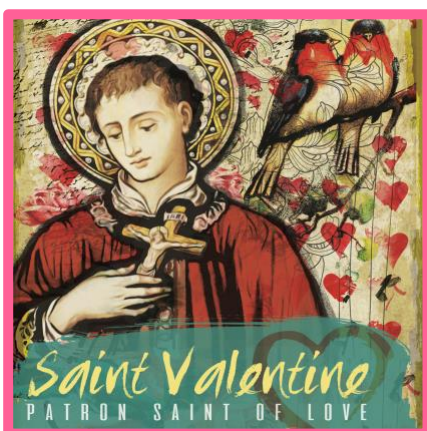
BASIC membership is \$39. This is also a good option for those who feel philanthropic about our organization and want to continue supporting us.

STANDARD membership is \$119. For those planning liturgies, professional growth opportunities, receive *Pastoral Music* magazine, and are likely to want a discount on attending conferences.

PREMIUM membership is \$169. For Directors of Music Ministries Division (DMMD). They receive all the above-mentioned benefits, as well as access to more premium content and the colloquium, among other professional events.

It is vital that you choose your local chapter in order for us to be notified of your registration and receive a portion of your dues to support local events.

We encourage you to take the leap and register for your national membership at www.npm.org/membership



Prayer to St. Josephine Bakhita

St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church. O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity. Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith. Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.

This prayer was originally published by the USCCB's Migration and Refugee Services as a bilingual prayer

The Board of Directors for DC and Arlington

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