



# 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 20<sup>th</sup> of the month to: Katie Evans at [music@ccjgs.org](mailto:music@ccjgs.org). All submissions subject to review. Thank you.

## DIRECTOR'S CORNER



I recently attended a choral concert – yes, a live, in-person, music event! The concert was put together in memory of Leo Nestor, who was my graduate school professor. Dr. Nestor died in the fall of 2019; and then Covid took over, and there was no opportunity for such a concert until now. As a choral conductor and lover of choral music, it was a slice of heaven on earth. The concert, punctuated by brief remembrances, was of Nestor's own music from a secular art song to the lengthy *Magnificat* setting composed for Pope John Paul II's pastoral visit to St. Louis in 1999. How good it is to have a "normal" experience again!

We are now in the third year of this global pandemic and are beginning to see normal activity return to all aspects of life. Mask mandates and other health protocols are being (or are soon to be) lifted across our region.

Vaccines and boosters are being administered, even soon to the youngest among us. Churches and other places of worship have returned to 2019-like schedules of liturgies and other activity.

While many welcome these actions, others have their doubts and questions: *Is this the right time? Is it safe? Is there something better we can do?* and so on. Only time will tell how effective these decisions will be. Work in the Church is like this too, isn't it? *Is this the right time to introduce a new Mass setting? Will my pastor support my decision to not use a particular song for a funeral? Do the people in the pews understand the amount of time and effort it took the choir to learn this motet?* Sometimes these doubts and questions lead us to believe our work is in vain or that somehow we may not be qualified for music ministry. What cuts through these doubts is Faith. Faith, firstly, in Jesus Christ, in his Paschal Mystery – his suffering, death, and resurrection – and, through baptism, our sharing in it. Secondly, faith in the gifts and talents given to us by God and fostered through our personal training (education, mentorship, and experience) uniquely qualify us for our position in ministry.

Lent is an ideal time to reflect on how Christ's Paschal Mystery is active in our lives and ministry. How are we reflecting God's love in our day-to-day tasks? How do we show our joy of being members of the Body of Christ? Take time this Lent apart from the countless hours of rehearsals preparing for Easter and listen for God's voice.

Another sure way to clear away doubts and questions is to attend one of our local chapter events (Shrove Tuesday Lunch or the Lenten Retreat). There's nothing like spending time in the support of colleagues and friends! Make plans to participate in the National Convention this summer, either in person in Louisville or virtually. The plenum addresses, breakouts, and workshops are sure to help your ministry.

- Tim Lewicki, Arlington Chapter Director

## SELF-CARE FOR THE WEARY: PART 2

### 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.

There are three categories to consider: physical, emotional/spiritual, and practical ideas for work. (February 2022 Newsletter has part one of this series). 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.

#### Well-Being in Our Work Lives:

This is the most difficult area for us because we are called to serve, and we might see this calling as being in conflict with self-care. Removing stressors at work is also challenging because there are variables beyond our control, especially when we do not have set schedules and emergency situations, such as funerals, take precedence. Nevertheless, we can find ways to make small changes, and we must realize that there is justice for ourselves and others when self-care and service coexist.

Sometimes anxiety, stress, and depression are temporary and we are able to overcome them. At other times, this isn't the case and we need help finding relief. If you fall into this category, I strongly encourage you to talk to your doctor or seek a counselor. You are worth the time and effort, and without your own mental health intact, life can become overwhelming. It can be difficult to know the joy the Lord wants us to feel, and caring for others becomes increasingly draining. Take the steps necessary to care for yourself.

A few links which list resources and access to counseling include:

- [Anxiety and Depression Association of America](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health \(NIMH\)](#)

I hope this list has sparked your imagination and you have begun thinking of steps to take towards better self-care. We cannot give water

to others when our own buckets are empty, so I pray that you will begin refilling yours today. May you soon feel more energy, peace, and

positivity as well as a greater sense of resilience as you continue answering the call to serve others.

- Remi Bauer, DC Membership and Regional Representative for NPM

### **Well-Being in Our Work Lives:**

- Create boundaries and stick to them. These might include: avoid checking and answering emails past a given hour each day, honor your day off, leave work at a set time.
- When working from home, be cautious of working long hours.
- Delegate tasks to trusted volunteers.
- Decide that you do not need to have power in all situations. If you have no strong opposition to certain decisions, go along with the choices made by others. It can be freeing.
- Use your vacation days.
- If interaction with certain colleagues is stressful, choose friendly, short emails over conversation when appropriate.
- Be in touch with supportive colleagues.
- Avoid being drawn into negative conversations with others at work.
- Set the mood by starting each day with friendliness towards coworkers.
- If your workload is overwhelming, see what can be dropped. Include your administrator in this decision if needed.
- Start each week (or day) with a task list in order to find focus.
- Be gentle with yourself. Remember that we are not meant to be perfect as long as we are faithful and are guided by love.

## *Annual Shrove Tuesday Luncheon*

**Tuesday, March 1, 2022**

**12:00 NOON**

**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*



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



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

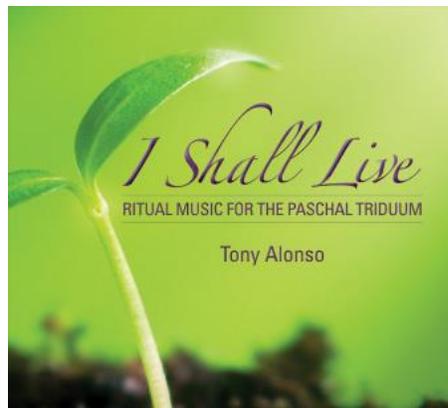
**RSVP here or**

***E-mail us at [arlingtonva@npm.org](mailto:arlingtonva@npm.org)***

## MUSIC SPOTLIGHT

### New Music Jackpot!

As I look forward to this Triduum I am reminded of last year. Having always done choral pieces for large portions of the Triduum, last year I was faced with what to do with a cantor or duo. Thankfully, I came across a wonderful collection by Tony Alonso, [I Shall Live: Ritual Music for the Paschal Triduum](#), and need to incorporate many of those pieces this year, even though I can use more musicians.



One of the things I enjoy about this collection is that many of the pieces are based on existing melodies already being used during the Triduum. The communion song, [Called to the Supper of the Lamb](#), begins with an Agnus Dei based on the Pange Lingua chant. The communion refrain is an original melody in English and Spanish. Separate verse for each day of the Triduum. The Holy Thursday refrain features the verses of the Pange Lingua with the original words of the chant in Latin and English as well as an original melody with Pange Lingua text. The original melody is used with appropriate verses for Good Friday, Easter Vigil/Sunday, and Ordinary time.

The [Litany of the Saints](#) is the traditional chant with the revised text and a beautiful piano and flute accompaniment. It is scored for Cantor(s) and choir. This will definitely be on my permanent Vigil music list.

The [Easter Alleluia](#) is a beautiful and rousing setting of the Gospel Alleluia Psalm 118 based on Jesus Christ is Risen Today making this piece very easy to learn.

All thirteen pieces in the collection are beautiful, singable and of easy to moderate difficulty. I hope you all will consider taking a look at and listen to [I Shall Live: Ritual Music for the Paschal Triduum](#).

- Jayne Traynor Rose, Our Lady of Mercy Church, Potomac, MD

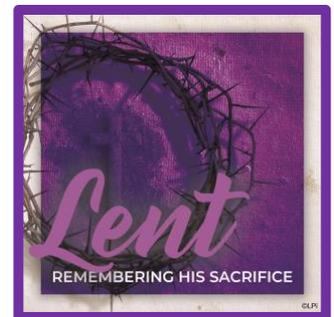
# CALENDAR OF EVENTS



**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 before we plunge into our Lenten Preparations for Easter! RSVP at [arlingtonva@npm.org](mailto:arlingtonva@npm.org) See ad on p. 5

**NPM 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 7 below!



**Annual Gaelic Mass: Monday March 14 at 7:30pm**



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.



**David Kauffmann: One Night Lenten Mission March 15, 2022**

"Eucharist: Remembrance & Celebration" The Song & Story for Healing and Hope  
St. Joseph Catholic Church, 750 Peachtree St., Herndon, Va.

7:00 – 8:30 pm

To reconnect with God and to start restoring your soul by renewing your connection to the Eucharist.

[Click here for flier](#)

**CHOIR CHAIRS LOOKING FOR A NEW HOME!**



Precious Blood Church in Culpeper has 27 choir chairs that we are willing to donate to any church in need. Please contact Hannah Masson at [hmasson@pbconline.com](mailto:hmasson@pbconline.com) Director of Music, Precious Blood Church, Culpeper, VA.

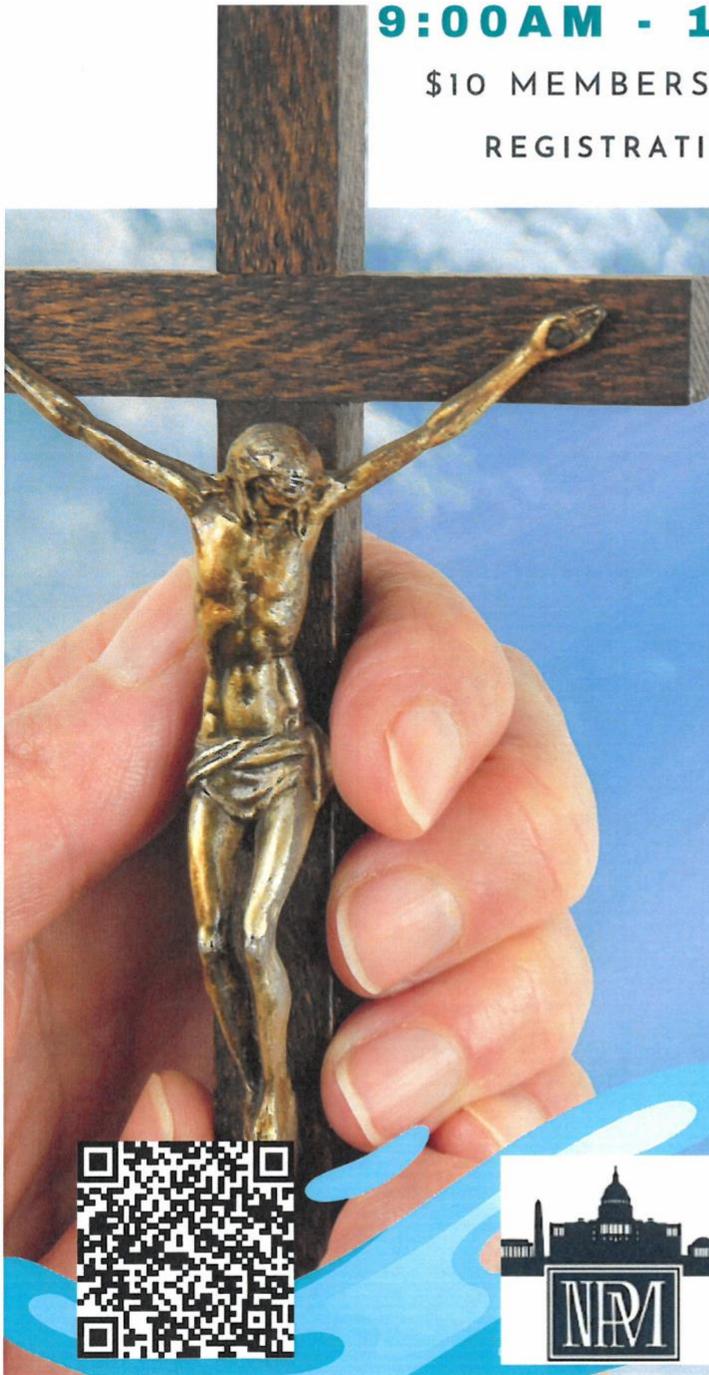




**LENTEN RETREAT**  
**COME TO THE WATER**  
 LIVING YOUR BAPTISM IN LENT  
**MARCH 12, 2022**  
**9:00AM - 1:00PM**

\$10 MEMBERS / \$20 NON-MEMBERS

REGISTRATION & REFRESHMENTS: 9:00AM  
MORNING PRAYER: 9:30AM



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



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

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



# TESTED BY FIRE

## RENEWED & TRANSFORMED

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**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](#).

[Songs of Love and Light \(by Nicholas Dragone and Friends\) \(Lunchtime Concert Series\)](#)

[An Afternoon of Taizé Reflection: Notre Dame Newman Center for Faith and Reason](#)



**Ministry Monday #189: Music Ministry and Weddings (with Paul Radkowski)**

**Ministry Monday #187: The Best of Ministry Monday 2021**

## 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](http://www.npm.org/membership)



## Meet Me in the Desert

Lord of Lent, Lord of Easter,  
 As you went into the desert  
 So do I follow Putting aside that which distracts me  
 Grabs at me Falsely claims me.  
 To search inside  
 To confront myself  
 My best, my worst  
 My good works and my sins.  
 And each time, I find you there  
 To call to me again  
 With words of challenge and words of mercy.  
 And as I fall to my knees, in prayer, in fasting  
 In sacrifice and penitence  
 Somehow, you have it in yourself to reach out and gently lift me  
 To renew me To claim me as nothing of this world can claim me.  
 Meet me in the desert, Lord.  
 Claim me anew.  
 Amen.

- A Lenten Prayer published by Catholic Relief Services, ©2014

## The Board of Directors for DC and Arlington

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