

# Corps Connector

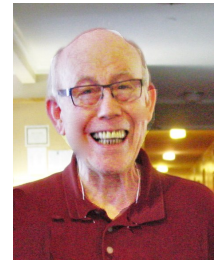
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December 2015



**Fall 2015 Retreat**  
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## Anticipation (circa 1937)

I just turned three in November.

A newly-fallen, blanket of heavy snow hugs the earth.  
I rub a small peep-hole in the front-window frost. The man who delivers the Rural Free Delivery (RFD) mail is just pulling up, stuffs the mail in our box, as he drives away his exhaust fogs the air .

"Mamma, can we go down get the mail?"

"We can after I give you your bath."

["That'll take forever,"] I whimper to myself.

My anticipation of our trudge in the snow grows and grows.

She fills the 'water-boiler' from the kitchen pump, sets it on the stove; waits for it to heat. Drags the wash tub in from the back porch; empties the hot water into it from the stove; pumps in some cold water to temper it. Spreads a towel on the kitchen linoleum floor.

["Oh, how long?"] I pine.

Lovingly she removes my shoes and socks; takes the rest off; swings me giggling high in the air. Deposits me in the tub.

"It's too hot, Mamma." "No it's not; sit still while I get the soap,"

She scrubs my head, my face, my ears. Water feels good now; early December winds rattling the kitchen windows.

She lifts my foot, washes it carefully. I almost go under when she lifts the other.

"Hurry up," I whine as if the mail will somehow vanish from the box before we get there.

She reverses me out of the tub, another high swing in the air.

Laughing, she towels me vigorously, kisses my cheek.

A knock on the door, she shoos me naked into the hall closet.

It's 'Pig,' the tall Mouser boy from across the road. Can't hear what they say. "Thank you," she calls loudly after him; and comes back inside.

As she opens the closet door; I can see in her hand what 'Pig' just handed her: today's mail!

*Dick Bowling*

- Washington DC/  
Metro Maryland  
& Northern  
Virginia Regional  
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- Mike Goggin,  
Regional Director
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Grace Risetto  
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Richard Urban

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**Corps Connector**

is published four times annually by the Northern Virginia and DC/Metro Maryland Regions of the Ignatian Volunteer Corps.

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Photos by Dick Bowling unless otherwise noted

## Fall Retreat 2015 Day One:

### “Ignatian Spirituality in the Age of Pope Francis” with Ed McCormick

**T**HE FALL RETREAT DREW A FULL HOUSE OF EXPECTANT AND EAGER IVC MEMBERS from Baltimore, Virginia and DC-Metro Maryland. Most knew from attending previous retreats at Loyola that it would be a very valuable, grace filled and fulfilling three days. It would be a time of learning, spiritual growth, renewal of friendships and dedication to the mission of IVC and more, indeed, that's just what it was.

On Monday, the first day, after orientation to the retreat theme "Ignatian Spirituality in the Age of Pope Francis", by our three regional directors, Deacon Ed McCormick, an authority on St. Ignatius, gave presentations on the early life and conversion of St. Ignatius and the formation of the unique spiritual exercises which have helped guide so many in their life's journey to seek God. He illustrated the stories with wonderful pictures of the areas and actual places where Ignatius lived the experiences which lead to the founding of the companions of Jesus, the Society of Jesus. Though many were familiar with these events and writings, Ed with his depth of learning and practice gave new insights and understandings in his delightful and energetic way.



As always the small group faith sharing was enriching, heartfelt and prayerful, helping to integrate what we learned from one another's prayerful reflection during quiet time.

Both evenings we were treated to spectacular sunsets, each different, but each so very wondrous. Perhaps they could be seen as an example of God's continuing work of creation of unique individuals of every species, each one with its own design and purpose.

On Tuesday Fr. Tom Clifford, S.J. was our tour guide on an enlightening bus trip to several early Jesuit churches including mass at St. Francis Xavier church in Newtown. As an historian who has focused much study on the Jesuit influence in the development of the southern areas of Maryland in early colonial times, he gave fascinating, revealing and sometimes surprising accounts of how the Jesuits worked with the colonists to build agriculture and industry and to establish the Catholic presence which endures to this day. **(See page 4)**

On Wednesday morning there was something quite new to many: a Fish Bowl Dialogue. Seated in a circle in the middle of the room the participants spoke about their chosen way of prayer which fit them best, to find God and to discern God's will for them. Their ways ranged from centering prayer to the Ignatian practices of praying. **(See Page 5)**

Later during celebration of the Eucharist the spiritual reflectors anointed each one present in a (Re)Commitment ceremony, each member asking God for a special grace to be blessed with for their coming service year. Indeed all were abundantly blessed by this time together. May the graces continue to flow for all of the work we do with special gratitude to our directors and their assistants.



Contributed by Helen Taney



Fall Retreat 2015

Day Two:

# Southern Maryland Outing





# Fall Retreat 2015 Day Three: The Fish Bowl

Wednesday morning found participants listening in on a “Fish Bowl” discussion of Ignatian spiritual practices from the perspective of six fellow IVC volunteers. In the Fish Bowl, the participants sit in an inner circle and relate their experiences while the rest of the audience sit in the outer circle and observe the ‘fish’ inside. Tom Ulrich, IVC Director of Program Operations & Regional Development, served as fish facilitator.



The “fish,” aka Tom Cosgrove and Toni Moore Duggan from the Baltimore region, Joe Jones and Pat Kasicki from DC/Maryland, and Tim O’Connor and Mary Anne Cummins from Northern Virginia, each spoke about a particular exercise which they have found helpful to their spiritual growth.

Tom (Cosgrove ) described his experience with IVC *Spiritual Reflection* as an opportunity to talk things over with someone who can listen to one’s frustrations with the job site, for example, and then ask the simplest, most obvious question, such as “Have you asked Jesus what he would have you do?” Tom said that he often dreads the meeting with his spiritual reflector days in advance, then afterward driving away he will feel “that was the best morning I’ve had in a long time!”

Toni spoke about the *Spiritual Exercises of St. Ignatius* and her experience offering the exercises in an area of Baltimore directly affected by the riots last spring. The Spiritual Exercises are designed to help people experience a deepening relationship with God in their daily lives. The Exercises have been adapted to many forms, including a 30 day retreat, a 9 month version (the 19<sup>th</sup> annotation) or programs of three or four retreats for parishes or urban settings.

Joe gave us his insights on *Spiritual Discernment*, the ability to stop and listen to the Holy Spirit while making daily decisions in all aspects of our lives, to determine for example, what is important and what is not. Joe said that, for him, it’s a learned discipline of heart and spirit which can take years to develop. He cited the continuous cross fertilization of service and faith and experiences within the IVC community as particularly important factors in honing his discernment process.

Pat talked about *Spiritual Reading* and how she no longer just reads but experiences the books and articles she reads. She told us about her special love for spiritual diaries, especially the diary of St. Faustina: “The spiritual diaries have become love stories for me – it’s no longer Faustina that Jesus is speaking to about His mercy and love, but he is speaking directly to me.”

Tim told us how he prays the *Examen* every day, a short, simple exercise that was very important to Ignatius. Reviewing his day in this way helps him find God in all things. Tim also mentioned two books which have been helpful in his practice of the *Examen: Hearts on Fire* and *Sleeping with Bread*.

Mary Anne spoke about *Meditative Prayer*, both centering prayer and reflecting on scripture. She described the challenge of being still with God in silence, and her current favorite for scripture reflection—the psalms. She also said that she finds the daily publication, *Give Us This Day*, an especially rich source for prayer and reflection.



Contributed by Mary Anne Cummins

# Meditations on Pope Francis' Visit



**MANY YEARS AGO, I WAS DIAGNOSED** with osteo-arthritis in my knees. My doctor told me that knee replacement surgery was in my future but in the meantime to undergo physical therapy. PT took care of the immediate symptoms, but to be honest isn't really my cup of tea.



John Durkin

About 2 ½ years ago I was the rector of the 126<sup>th</sup> Men's Cursillo. This was during the time that the division between the left and the right in the church was at its height. I chose Philippians 2:1-4 as our scripture theme: *If there is any encouragement in Christ, any solace in love, any participation in the Spirit, any compassion and mercy, complete my joy by being of the same mind, with the same love, united in heart, thinking one thing. Do nothing out of selfishness or out of vain-glory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but [also] everyone for those of others.*

The Cursillo was held at Missionhurst, which is not a disabilities-friendly facility, and by Sunday morning my knees were so sore from going up and down the stairs that I could hardly walk. I thought the time had come for knee surgery, but the doctor prescribed another round of PT, and the symptoms improved once again.

Two days before Christmas last year, I had a seizure. The medical community could determine a cause, but it did "throw me to the ground" for 6 or 7 hours. I was told not to drive for 6 months. I used the time for contemplation and meditation. In Luke's gospel (4: 31-34) Jesus encounters a man who is possessed by an "unclean spirit" who mocks him: "I know who you are—the Holy One of God." Jesus rebuked the demon and said "Be quiet! Come out of him." The demon threw the man down and came out of him, without doing him any harm.

On Wednesday, my wife, Pat and I were volunteers at the Mass of Canonization of Fr. Junipero Serra, OFM with Pope Francis where I experienced healing. We had a pass to park at Archbishop Carroll High School, about a mile walk from the CU campus. I walk slowly, Pat and a friend walked ahead. I walked with my friend Bob and a seminarian named Peter who we met on the way. As we walked my knee started telling me that it wasn't happy. As we approached the security gate, I was grabbing for any support I could find.

Once we were inside the security perimeter, we found a golf cart, that took me to the volunteer check-in station, and took them to the basilica. My station was in the apse behind the altar of the Basilica, and I went there to sit and rest. There was a TV monitor that showed the activities taking place outside, and frequently showed a screen with "Walk with Francis" on it. I was conscious that I had asked many friends to send their prayer intentions to me and that I would pray for them before the Mass began. I decided to offer my knee pain up on their behalf. The healing that came with that brought me much peace and tranquility.

Pat brought me lunch and Tylenol. I determined that I could walk at a moderate pace to the station where my deacon was assigned to distribute the Eucharist and to walk back. The Lord and I were an unbeatable pair! After Mass, we gathered our carpool and found another golf cart, which was able to take us almost all the way back to Archbishop Carroll and the car.

To attend the canonization of Blessed Serra was a double blessing to me. My parents were members of the Serra Club at Fort Belvoir for many years. (My daughter couldn't figure out why they were active in the "Sierra Club" when they weren't environmentalists.) I could picture them "high-fiving" all the saints in heaven that we were able to be a part of this day. Thanks be to God!

# Meditations (continued)



Vicki Bell

**THE MOMENTS I EXPERIENCED** as a Communion Escort that day brought strong emotions. These emotions amplified those that began when I started to pursue the possibility of serving in this way. After the fact, with a commitment to journaling and with each reflection on each day, I was

blessed further with more of an awareness of how God really does touch our lives, our daily lives, if only we stop and in a quiet time and space, alone, let ourselves know how and what that touch was. It is definitely a personal encounter specially tailored to who and where we are right now, with our past baggage and or future fears.

The amazing thing about being part of that Mass itself, before any reflection, was that my reassigned station was even more than the blessing I thought I would receive had that not occurred. Inside the Shrine I was paired with a **deacon from St. John's Abbey**. He radiated God, he radiated Jesus Christ's love but I did not label it as such at first. At first it was just a little chat for a very few minutes that we had as we learned where we were instructed in the logistics of our pending assignment. When the moment came for him to give me the precious Host I thought at the time this is so natural. The reality as we Catholics believe, is so much more.

In the next moment, the way he prepared to receive the Host, there, still at our assigned station in the Shrine, truly made me know he was standing in for God, and God was sending me a message by my being his escort. The message to me is important only to me, but the meaning could apply to anyone. The persons we are today, develops from the seed of the soul that God created, the creature He made, the life that followed. All past and present realities must be faced and embraced before we can make our future be the fullest.

The message of Mass, any Mass, always meaningful and the heart of our Catholic Celebration of God's Love, became more meaningful as I realized that all banquet feasts human and divine, are celebrations and memories, but the Mass, is both.

**MY DOMINANT FEELING FOR THE DAY** was Joy, from the moment I saw the sun shining on the dome of the Basilica to the time I crawled into bed--over 12 hours later.

When I first saw Pope Francis, from the apse of the Basilica as he ascended the steps toward the altar, I was so moved I had to hold on to a rope pole to maintain my balance. I know this man was selected to lead our Church through the power of the Holy Spirit, and his words—and especially his actions—since becoming Pope have led me to a much deeper faith. I love him and I know he loves me. I have greatly admired the other six Pope's who have served in my lifetime, but this is the first time I have ever experienced that kind of clear connection to a Pope. Jorge Bergolio is my beloved older brother.

This is also the first Pope that I have regularly prayed for...because he has so clearly asked me to pray for him. Yes, I feel like he has personally asked for my prayers. How could I not respond to that call?

While it is difficult to describe the joy I experienced when I first saw the Pope--only 20 yards away with no obstructions--it was hard to not notice how tired he looked as the late afternoon canonization mass began. At first I was surprised and even concerned, but then I realized that for the first time all day he was not in a position to be among people informally, the setting that most energizes him. (I had read that, while he prays regularly, he doesn't especially enjoy the formality of liturgy.) I later heard reports from others that he appeared to nod a bit during the mass. Pope Francis is clearly human. And I like that he is quick to acknowledge that. All the easier to relate to him.

As I watched and listened to Pope Francis during his days in Washington (and now my hometown of New York City), I realized I have never been prouder and happier to be a Catholic Christian and in service to God's people. My volunteer work is right and just, and it is so rewarding. My commitment to the path of service to which the Spirit has led me was affirmed by the visit of Pope Francis. It's not hard to see the face of Jesus in the young men from modest immigrant families I am blessed to serve at San Miguel School.



Austin Acocella



## Fr. Gap Lo Biondo, S.J. To Facilitate Next Year's January Day of Reflection

Save the  
Date  
January 18,  
2016

### January Day of Reflection

#### Washington Retreat House

4000 Harewood Rd NE  
Washington, D.C.

Theme:

**"The Year of Mercy"**



Fr. Gap Lo Biondo, S.J., current rector of the Jesuit community at Gonzaga College High School and past Executive Director of the late, great Woodstock Theological Center at Georgetown University, will be our presenter for the annual IVC Winter Day of Reflection taking place on Monday, January 18, 2016 at the Washington Retreat House, 4000 Harewood Road NE near the Catholic University of America and the Pope John Paul II Shrine. The day begins at 10 a.m. and concludes by 3 p.m. Morning hospitality and lunch are included in the \$20 per person fee.

Fr. Gap will offer two talks on the Year of Mercy that begins this Advent. Pope Francis has declared a Jubilee Year of Mercy beginning on December 8, 2015. We can reflect on the goodness of God's mercy in the context of justice issues and through the lens of Ignatian spirituality, as Fr. Gap will show us.

In one way or another, we all need God's mercy. As we contemplate this need in our own lives, Christ invites each of us to encounter His loving mercy and healing.

Visit [mercy.adw.org](http://mercy.adw.org) to find out about resources and opportunities to celebrate the Year of Mercy in the Archdiocese of Washington.

As Pope Francis reminds us, "Mercy will always be greater than any sin, and no one can place limits on the love of God who is ever ready to forgive."

Fr. Gasper Lo Biondo, S.J. is a Jesuit of the Maryland province, born in 1937 and ordained a priest in 1968. He took final vows in 1977. He has been the superior at Gonzaga since December 16, 2013.

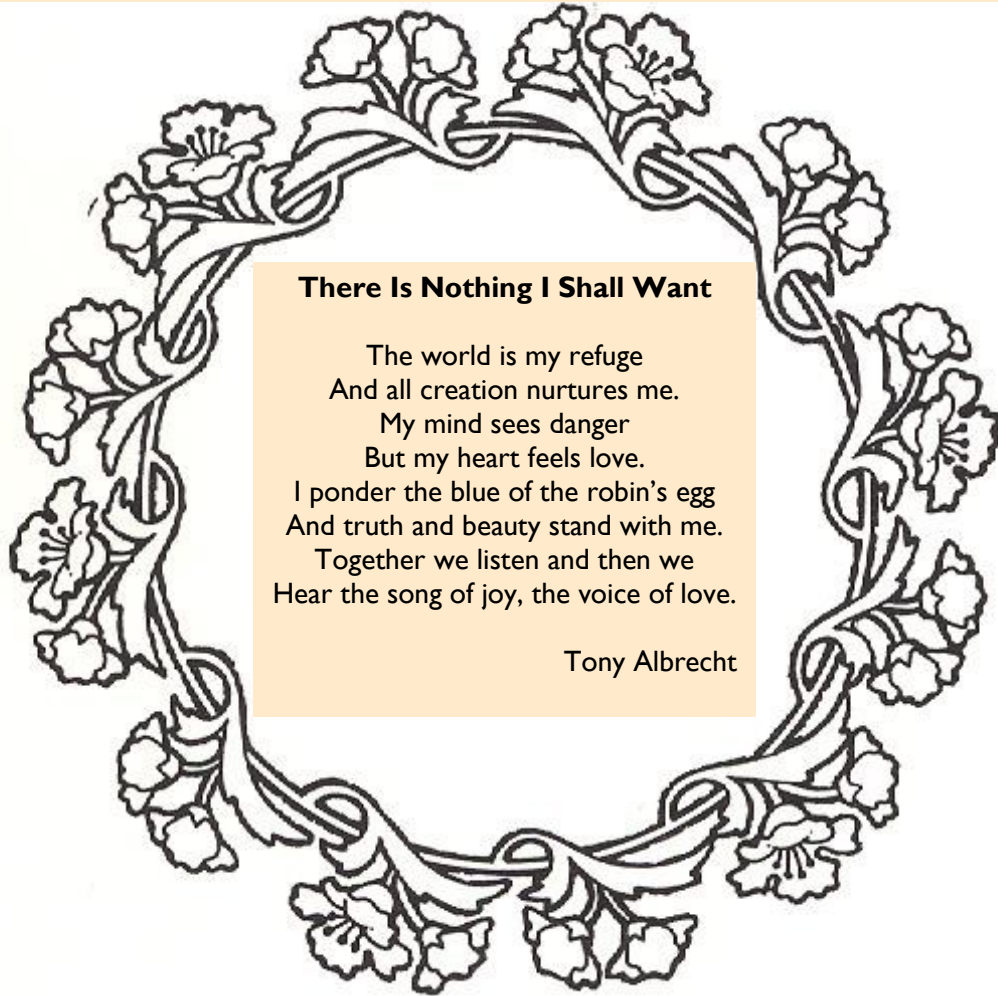
May Christ's  
love fill your  
hearts this  
Christmas

Corps Connector Staff





# Poetry from the June 2015 Retreat



## There Is Nothing I Shall Want

The world is my refuge  
And all creation nurtures me.  
My mind sees danger  
But my heart feels love.  
I ponder the blue of the robin's egg  
And truth and beauty stand with me.  
Together we listen and then we  
Hear the song of joy, the voice of love.

Tony Albrecht

## Life's Refuge

When my life is in a nit  
Where can I find a fit?  
That opens doors  
To Heaven's floor,  
And soothes my soul a bit.  
It isn't in my daily bin  
Of e-mails stacks so high  
I find it in my companion's  
Sense of being bye and bye.

Richard Urban

The news today was awful:  
Terrifying poverty,  
Illness out of proportion  
Wars and hatred  
My soul is in turmoil and filled with angst.  
I feel helpless.  
Off to the woods to drink in Nature  
See the birds still chirp in their nests  
The brook rambles over its rocky bottom  
A deer peeks out between two trees  
The cicadas come out on their 13 year  
cycle

I am comforted  
No matter what choices we make  
All is right with the world.

Pequitte Schwerin



When despair for the world grows in me  
 Often blind and unseeing  
 I feel your presence  
 In another, a word, a touch.  
 Your graces push me forward  
 Like a gentle hand on my back  
 Grace Risetto

I stand and in the depths  
 Of a green wood  
 And I cannot see a future  
 For my despair.

But then, a flashing bit  
 Of red lands on a bough  
 And I know that Someone  
 Sees my grief—and cares.  
 Pat Dunigan



**Water is life**

Powerful and fearful when stirred  
 Refreshing and filling when consumed  
 Deep and mysterious and peaceful  
 When still and standing  
 Deeply rich in symbolism and  
 Eternal meaning

Coming into the presence of still water  
 Is a privilege, a joy and a grace.  
 Stillness and peace be with you  
 And with your Spirit.

Coralee Hoffman



**Be Not Afraid**

I find this world a scary place  
 And am overwhelmed by  
 Its burdens.  
 Yet I am not afraid.

I rest awhile in God's  
 Creation and see  
 That it is good  
 I embrace the gift of  
 His peace  
 With grateful heart

Anon



# Meet Three New Spiritual Reflectors For Northern Virginia Region

## Meet Steve Palmer

Steve Palmer has been an IVC Spiritual Reflector for about a year and has been meeting with three IVC Volunteers every month. Since the Volunteers' spirituality is nourished by Ignatian spirituality, he has done extensive study of Ignatian spiritual direction, discernment of spirits, history of Jesuit beginnings and the spiritual exercises. His own spirituality is more eclectic drawing from Benedictine and contemplative sources.



Steve retired from the National Catholic Educational Association in 2006. Since then he has been working for the Benedictine Sisters of Virginia at their monastery in Bristol, VA. Since 2008 he has been associated with the Benedictine Pastoral Center at the monastery, as the director until 2013 and all the time doing spiritual direction and some presentations at retreat days. From 1973 to 1988 he taught on the graduate theology level and provided spiritual direction for religious and laity in upstate New York and Chicago.

He was unable to accept IVC's request to serve as Spiritual Reflector the first time he was asked, but when he was asked a second time he was able to accept. He says, "I feel the need for reflectors." Steve also said that he has kept a journal in the past; he now uses one periodically. He said he has been a reflector for some who journal as a form of prayer. In general, his approach to spiritual direction and reflection is to meet people where they are.

While Steve's involvement in the Benedictine Monastery's ministries and his arthritis make it difficult for Steve to participate in IVC Retreats and City Group meetings, he's happy to be associated with IVC and is looking forward to meeting more IVC volunteers.

## Meet Sister Andrea Westkamp

Benedictine Sister Andrea Westkamp has always found that sharing one's journey with God sharpens one's perception and awareness of how God is working in our lives. She started with spiritual direction when she was 21 years old and has had spiritual directors/mentors ever since. In 2003-04 she completed spiritual direction training at the



Center for Spirituality and Justice in the Bronx, NY. Over the time of her studies, she learned to use a method called "The Experience Cycle", which looks at all the areas of a directee's life and her/his spirituality, focusing on how spirituality shaped the directee's life and her/his way of experiencing.

Sr. Andrea explained that her life has been greatly impacted by Ignatian spirituality. She had a Jesuit spiritual director for several years and attended Loyola University of Maryland for graduate studies in pastoral counseling. Her training in spiritual direction and giving directed retreats was Ignatian. She also has been influenced by Jesuit writers, like David Fleming, James Martin and William Barry. Karl Rahner has been a steady companion on her journey. She says her own prayer life has been enriched by the emphasis on personal experience with God, especially through Ignatian imagination and the *Examen*.

Sr. Andrea has been journaling for many years, her own account of her journey with God. She said, "Reading back over my entries helps me to be more aware of how God is working in my life. I am connecting the dots more easily." She also keeps art journals as sometimes images help her to express herself more deeply. Sr. Andrea also facilitates workshops on journaling at the Benedictine monastery.

New IVC Spiritual Reflector, Sr. Andrea Westkamp, says she appreciates the opportunity to help IVC volunteers to reflect on their experiences at their sites and with their clients. She would also love to assist with IVC retreats.

## Meet Ken Telesca,



While Ken Telesca's experience with IVC is new, he is familiar with Ignatian spirituality from several perspectives. He has made three five-day Ignatian retreats while a graduate student in Loyola Maryland's Pastoral Counseling program (1997-2001). He also served on Cursillo teams as a lay spiritual director. (Cursillo is a three day retreat that is modeled on the Spiritual Exercises of Saint Ignatius.)

Ken worked at Catholic Charities, Diocese of Arlington from 2003 to 2013, serving as a psychotherapist, special-

ing in pastoral counseling. From time to time he observed that some clients chose to move in a spiritual direction after they reached a level of mindfulness that helped them make better decisions. Ken plans to meet individually with IVC volunteers because the development of a volunteer-reflector relationship is essential to creating a safe space for a volunteer to be heard and encouraged. He also hopes to assist with planning and executing IVC retreats.

Ken also shared that he keep a spiritual journal on a weekly basis that summarizes holiness, study, and love in action. He explained it is an adjunct to the Ignatian Examen for being mindful of his relationship and closeness (or not) to Christ.

## Meet Three New Volunteers For Northern Virginia Region

**Carole Schloss** has been hearing about IVC from her friends for a long time. So having retired from 35 years of Federal government service and being integrally involved in church activities, she took the IVC plunge and found a placement in record time at OAR, Arlington which serves those who are or who have been incarcerated and are working to re-enter our community. She has a BA in Psychology from Loyola of Chicago, beginning her career reviewing grant applications and monitoring grantee compliance. Then, for twenty years she managed an 8 million dollar budget overseeing management-training programs. Later she carried these skills over into curriculum development for religious education programs at St. Anthony's Catholic Church. A skilled public speaker and writer, she is also a trained group facilitator and can communicate in Spanish and sign language. She seeks to be an Ignatian Volunteer to live an integrated life and to give more of her time to others.



**Christopher Munford** discovered IVC through taking an OLLI course on Ignatian Spirituality and is currently pursuing a placement. In her early professional life she served as a social worker and then later took on a second career in corporate banking. She also started her own company provided executive coaching services to senior managers, ran a pre-school for almost a decade, and served in the Peace Corps in West Africa. Her diverse accomplishments correspond to her undergraduate studies from Vassar College, her MSW from Ohio State Universi-

ty, and her MBA from UCLA. In seeking out service at this time, Christopher says, "It's like coming full circle".



**Cathy Wafo** is brand new to IVC and is still learning about us as a service organization. Cathy still enjoys a career with SunTrust Bank, as a Senior Security Risk Analyst, Internal and Compliance Auditor, and so will slowly become involved with IVC. She has a Bachelor of Economics from the University of Le Have, France, and an Associate Degree in Business from Montgomery College and an MBA for the University of Maryland (after also completing a BS in Accounting, an MS in Information Systems). When not on a computer, you can find Cathy engaging in service. She founded the non-profit, Les Dauphine, which provides support to children in need in Cameroon, and is a member of the Christians in Commerce, Virginia Chapter. Born abroad, Cathy has studied and traveled extensively in Africa, France, Europe and Asia. She is interested in working with immigrants and refugees, and is involved at St. Mark's parish and at Our Lady of Good Counsel, both in Vienna.





# Upcoming Events

**Save the Date**  
 Sunday April 3, 2016  
**Evening of Gratitude**  
 Honoring our Della Strada  
 recipient:  
**Mark Shriver**

**January Day of Reflection**  
 January 18, 2016  
 9:30-4:00  
 Washington Retreat House  
 4000 Harewood Rd., NE  
 Washington, DC  
 GAP LOBIONDO, SJ, FACILITATOR

## Northern Virginia Region 2015-16 City Groups

<b>Our Lady Queen of Peace</b> 2700 19th Street South Arlington, VA 22204 2nd Tuesday 10:00 am-12:00 noon	<b>Saint Ann's</b> 5300 North 10th Street Arlington, Virginia 22205  2 <sup>nd</sup> Thursday 10:00 am-12:00 noon	<b>St. John Neumann's</b> 11900 Lawyers Road Reston VA 20191 3 <sup>rd</sup> Tuesday 10:00 am-12:00 noon	<b>St. Joseph's</b> 711 Columbus Street, N. Alexandria, VA 22314 3 <sup>rd</sup> Wednesday 10:00 am-12:00 noon
February 9, 2015	February 11, 2016	February 16, 2016	February 17, 2016
March 8, 2016	March 10, 2016	March 15, 2016	March 16, 2016
April 12, 2016	April 14, 2016	April 19, 2016	April 20, 2016
May 10, 2016	May 12, 2016	May 17, 2016	May 18, 2016

## DC/Metro MD Region 2015-16 City Groups

<b>The Albrecht's</b> 5814 Ogden Court, Bethesda, MD 20816 1st. Thurs.—9:30–11:30	<b>Wash. Jesuit Academy</b> 900 Varnum St., NE Washington, DC 20017 2 <sup>nd</sup> Tuesday—11:00-1:00	<b>Riderwood</b> 3140 Gracefield Rd. Silver Spring, MD 20904 <b>Final Wednesday-10:00-noon</b>
February 4, 2016	February 9, 2016	February 24, 2016
March 3, 2016	March 8, 2016	March 30, 2016
April 7, 2016	April 12, 2016	April 27, 2016
May 5, 2016	May 10, 2016	May 25, 2016

