

IVC
Washington DC/
Metro Maryland
& Northern
Virginia Regional
Council

Joseph Jones

Patricia Holley

Regional Directors

Frances Butler

Joseph Dempsey

Pamela Lucey

Dennis Lucey

Joseph Raia

John Rausch

Grace Risetto

Bruce Steggert, S.J.

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Photos by
Dick Bowling
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Patricia K. Holley Selected as New Northern Virginia Regional Director

Patricia K. Holley, a parishioner at St. John Neumann Catholic Church in Reston, VA, has been selected as Regional Director of the Ignatian Volunteer Corps (IVC) for Northern Virginia. She assumed her responsibilities as Director on October 1, 2010.

She succeeds James Kelley, who served as Regional Director for the past five and a half years. Jim, a retiree with many years of federal government service, first worked as an Ignatian Volunteer at the Lamb Center and then assumed the leadership position as Regional Director in 2005.

IVC/No. Virginia has 37 volunteers, 15 spiritual reflectors, and 22 partner agencies, including Catholic Charities, the Literacy Council of No. VA, A-SPAN, L'Arche, Arlington-

Alexandria Coalition for the Homeless, OAR/Fairfax, United Community Ministries, No. VA



Family Services, and Rising Hope.

Patty brings over 25 years of experience, both in the corporate and non-profit worlds. She served as controller and international accounting manager for corporations before her transition to the non-profit world about 5 years ago. She credits participation in the Just-Faith program in her parish for a transformational experience that led her to leave the corporate world and offer her skills to social service agencies, first as an inde-

pendent consultant and then as a CFO of the Fairfax Area Christian Emergency & Transitional Services, Inc. Most recently she returned to independent consultancy as the Housing Coordinator for the Homeless Youth Initiative Program, a Fairfax County program focused on education for unaccompanied youth.

Ms. Holley is mother of three adult children, Denicia, Colleen & Peter and is married to Dennis Holley, a deacon candidate for the Catholic Diocese of Arlington. Her favorite hobby is working outside in her yard. She finds her best time and place to pray and meditate is while walking her dog, Lucy, out in the woods.



Fr. Tom Ferguson

—Photo provided by Fr. Ferguson



An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified.

But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people.

Fr. Tom Ferguson to Facilitate January Day of Reflection

Father Tom grew up in a close-knit family with three younger brothers, two younger sisters, and many cousins living close by in Queens, New York! He and his family moved to the D.C. area when he was in middle school and he attended Bishop Ireton High School in Alexandria. He is well traveled thanks to all of the sacraments he has been able to celebrate with his extended family. He refuses to give up on the Redskins, and his golf clubs are never farther from him than the trunk of his car!

As Episcopal Vicar of Faith Formation for the Diocese of Arlington, one of Father Tom's priorities is to serve as the Director of Diaconate Formation. He is in the process of developing a rigorous program for the diaconate candidates which will enhance the spirituality and social justice aspects of the program. He has been a retreat facilitator for numerous days of

reflection at the Dominican Retreat House located in McLean, VA. as well as at a variety of parishes in the diocese. Father Tom has taught a number of courses for the Education for Parish Service program (EPS) most notably Canon Law and The Gospel of John.

Prior to his current assignment, Father Tom was the highly regarded pastor at St. Thomas à Becket Parish in Reston, VA. The parishioners greatly appreciated his deep spirituality, gentleness, and sense of humor which he generously shared with all. Although very busy in his current position, he still finds time to be of help to St. Thomas à Becket, a single-priest parish, by celebrating some Sunday Masses. During his past 16 years as a priest, he has also served at St. Luke Church in McLean, VA and St. Bernadette Church in Springfield, VA. Fr. Tom's academic background includes degrees from: Allentown College of

**Day of
Reflection**
January 19, 2011
9:00 a.m.
Washington
Retreat House
4000 Harewood Road, NE
Washington, DC 20017

The theme for the Day of Reflection, the will be: "Do You Love Me?"
The focus of the presentations will be: 1) the context of the scripture (reconciliation); and 2) what is required of us as a result of our encounter with the Risen Lord..

St. Francis de Sales (B.A. Politics); U.Va. (M.A., Ph.D. Government); Mount St. Mary's (M.A. and M.Div. Theology); and St. Paul University in Ottawa (J.C.L., M.C.L. Canon Law).

Nova Regional Office Has Moved

IVC NoVa has moved from our old office in Falls Church to a new temporary location in the City of Fairfax. .

Our address is P.O.

Box 231, Oakton, VA 22124. Our phone number is the same 703-533-7322. Our email address is also still the same:

nova@ivcusa.org



Patty Holley in her new office

A Letter From a Guest at the Lamb Center



Serving lunch at the Lamb Center

—Lamb Center Photo

"Guests" are the poor and homeless who find their way to the Lamb Center in Fairfax City. Here, they find food, shelter and spiritual nourishment as the guest in this article relates. IVC NOVA has four volunteers serving the poor here.

Dear Friends,

Wow, I was just sitting here in the car under the night sky feeling the cool breeze the rain brought when I remembered...

Before coming to The Lamb Center, I was a zombie. I had been on autopilot for a long time. All I wanted most in life was to be left (the bleep) alone.

Oh, I used to glare at people when they tried to connect, to look at me, or engage me in conversation. When I caught sight of someone getting neighborly, I'd grit my teeth so hard, growl under my breath... "don't look at me, don't talk to me, alright." You mind your business and I'll mind mine and we'll be fine."

The one thing I regretted about living inside such a big iceberg was how it swamped my attempts to connect with my daughter. Just saying that breaks my heart, but it's true. I was so muffled it was hard to tolerate closeness even with my daughter, the love of my life. I could only handle closeness in tiny bites and I'd need lots of breaks to suddenly shut off completely to disengage into books and leave myself entirely. It's how I've always been and it's like being trapped in a hell. I couldn't make myself do the right things, it's like I was paralyzed, I was stuck below, she was stuck above, I couldn't get to her.

That failure was so agonizing. One day I woke up & knew this was our special day to share together and I fought for hours and hours to move. I can't describe to you the growing panic and despair. It was hell. I knew it was over, I was done. I walked out to kill myself.

I met someone in a parking lot who shared her personal story with me. She told me she'd failed her kids too, lots of us fail our kids and they know we love them and do the best we can. She told me to visit The Lamb Center.

You, keep me alive everyday at that table and in that chapel. Thank you God!

You and all the good people that ripple out from The Lamb Center worked for God to bring me to life. With all my sins and mistakes, He took me back through you and gave me back my child. He kept me here until I could find you and cherish time with my daughter. Last night I held her on the porch swing and looked at the golden sunset, hugged her and we both knew it doesn't get any better than this and we have it.... I'm back!

I have my daughter the treasure of my life, the thing everyone on earth dreams of and craves, and we have it. Someone you can love, who loves you back. God is in this. It's everything. It's real. He's really real. I never knew this before. You keep me alive everyday at The Lamb Center table. I know I am not the only

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Joseph's House by Cliff Hackett

The highest award Michelin gives a restaurant is Three Stars; IVC (Washington, DC/Maryland) has given three of its stars to Joseph's House, an end-of-life home for the homeless in Washington DC.

Founded in 1990 by Dr David Hilfiker, Joseph's House was a personal project by David to bring a true family to those with AIDS who were otherwise left on the streets of Washington in their final months and days. Hilfiker moved his own family into an impressive and sturdy corner house in the Adams Morgan area and gradually invited the most needy to share their lives.

Patty Wudel, executive director and spiritual guide for twenty years at Joseph's House, shows a staff of eight and a number of volunteers by loving example how to bring the dying into a living community.



L-R: Patty Wudel, Kevin Dailey, Helen Taney, & Marie-Claude Terrot
Photo by Cliff Hackett

Helen Taney, Marie Claude Terrot and Kevin Dailey are among the many volunteers who help Patty Wudel keep this community alive and prospering. Helen, herself a retired nurse, helps with the nine-bed medical needs. She and Marie Claude, joined Joseph's house over five years ago. Kevin, a retired social worker, brings 35 years of urban experience to the tasks of the house. All three volunteers—the only IVC people Joseph's House has ever known—do whatever is needed, ranging from their own specialized backgrounds to folding laundry and brightening the house with flowers. (Marie Claude's specialty).

Patty Wudel, sees many volunteers—some full timers and most of them younger than the IVC veterans—come into her community of love and service. But the IVC workers form a special place in this unique home. "Every new resident and every new worker changes us and change themselves," she says. Some of our residents, for example, come right off the streets with a medical referral for hospice care. Others have had tragedy befall their own families. But they all desperately need the love and kindness we try to give. "The maturity and experience of IVC workers cannot be matched," Patty adds.

Each IVC volunteer at Joseph's House had either experience or interviews at other IVC agencies before seeing that this spiritual community was perfect for them. Helen spent five years at So Others Might Eat (SOME) where Kevin also interviewed. Marie Claude considered L'Arche before walking through the door at Joseph's House and finding it to be where she belonged.

IVC takes special happiness and pride in these three workers. For their part, they have discovered in Joseph's House all they ever wanted from volunteer work. Kevin finds this family all that many years of professional social work could not fully provide: love and continuity. Similarly, Helen's nursing career prepared her for something beyond a work shift or a teaching mission but she never found it until she walked into Joseph's House. Marie Claude's lifework was as a professional translator: a disciplined life but one somewhat detached from the human side of life she found here.

To an outsider, these IVC volunteers seem like a true God-send for a home that never wants to be an institution. The family-scale of Joseph's House contrasts with the size of other IVC agencies, necessarily larger and less personal than this one. Helen, Marie-Claude and Kevin have bonded to each other, to Patty and to her vision of a community which focuses not on death and dying but instead on love and living.

The mission of Joseph's House is not complicated neither is it easy. It tries to give its residents the best days of their lives, however long those lives continue. The stars at Joseph's House shine a bit brighter because of these IVC workers.

Fairfax County Adult Day Health Care



Jennifer Robinson
Coordinator

The Fairfax County Adult Day Health Care Centers are a good choice for seniors who need a little extra assistance and for families who want their loved ones to have company and stimulating activities. The Centers enable adults to maintain as much independence as possible; preserve their dignity and enhance their quality of life. They provide fun and enjoyment, reduce loneliness and isolation; support wellness to the greatest extent possible and help maintain senior adults in their home and in the community.

At each Center activities are planned and adapted by therapeutic recreational specialist. A Registered Nurse (RN) provides health consultation, assessment and referral, while a Mental Health counselor provides assessment, consultation and referral. Each center also provides a nutritional lunch.

Meditation with Emilie, by Emilie Gillanders

As a 14 year old in a small Midwestern town in Wisconsin, I decided, with no parental prodding, to take a class at the local hospital and become a nurse's aide. Upon completing the class, the kind sisters of St. Agnes who ran the hospital, assigned me to the geriatric ward. My parents, unbeknownst to me, thought I would last a week

own vulnerability, but because of my age, I have a greater understanding of their needs.

I have been asked many times: "What is a typical day at Braddock Glen?" Caring for those with dementia is almost a guarantee that no day will be typical. I journey with them as they go through their day. They are often unsure of where they are,

share a scripture passage and discuss it. I felt uneasy the first time; it seemed to me a meaningful discussion was impossible. How wrong I was! It was near Easter so I decided to read the Passion. As I began, I immediately noticed an attentiveness that was unusual. I continued to read; it was clear that the powerful story was still with them. They interjected names and places before I said them. I was moved to see how reconnecting with the story brought them comfort.

The late afternoon is a difficult time for the patients at Braddock Glen who are getting tired and anxious about going home. To soothe them I read aloud from short stories, poems, or their personal favorite, Aesop's Fables. I am frequently surprised by their insightful comments.

I have met some very special people at Braddock Glen, those who come to be cared for and those who provide that care. As a resident of Fairfax County, it is reassuring to know that the County provides such quality services for its seniors regardless of ability to pay. Most importantly, Braddock Glen has taught me that rich or poor, we all need caring people. People to treat us with love and respect, for the person we were and, most importantly, for the person we have become.



Emilie Gillanders, (2nd from rt.) during her meditation period

or two. I loved it! So, when offered the opportunity to serve as an IVC volunteer at a senior adult day health care center in Fairfax County, my ears perked right up. Braddock Glen is one of six centers in the County that provide care for individuals with moderate to severe dementia. I was happy for the chance to renew my nursing skills and work with the elderly again.

I am beginning my second year at Braddock Glen and have been delighted to find that I enjoy working with the elderly as much as I did many years ago. For me, there is a new dimension to serving the elderly now that I am approaching the age of many I serve. I have a heightened awareness of their and my

but they are always anxiously awaiting someone to pick them up and take them home—be that person their spouse or sometimes a parent, long gone. I can't change their journey, but I like to think I can make their waiting easier.

During the day at Braddock Glen, I exercise in a chair along side them, encouraging them and complimenting even the smallest effort. I set tables, help serve meals, cut up food and sometimes feed those who are confused by the utensils in front of them. I "do" nails, massage hands and give backrubs. I help with simple crafts, play games and do puzzles.

Every few weeks, we have "meditation with Emilie." A small group gathers in the library to

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one at that table who had fought very hard over many years not to eat their gun. The fight is never far away and it sneaks up on you.

The Lamb Center keeps more people alive in more ways than one. I know this.

I've met many lambs who struggle passionately to stay afloat and reach out a last hand to God.

The Lamb Center is a powerful place. It is a Holy place.

When I came here and was invited to sit at that table and I did, the world changed. I can't describe the feeling. The world became still and I knew that something powerful had happened when I put down my urge to bolt for the door and sat down.

I heard people say things I had never heard before. I never knew God is real. HE IS REAL! There is a way to be alive. These are people who know a way to be alive! I feel now I connect better with my daughter and my heart no longer has that torment. I'm a living person now. My child and I are connected at the hip like 2 peas in a pod. We have that now.

She knows I'm crazy about her and want to spend all my time with her. Those terrible compulsions don't block that now. The Lamb Center feeds me. God sees me. I'm alive now and it's all because of that day Henry placed my hand on a Lamb Center Bible and helped me say those words that brought Christ into me and saved me.

I go to the Lamb Center everyday for Bible Study. I need it. I need it so much and I'm so grateful for how God saved me and how He's changing my life. I want to learn how to come alive and be God's hands as you are at The Lamb Center. When I first came here I found it fascinating and intriguing how you people are. It stops me in my tracks when I see one of you. The staff and volunteers move facelessly and invisibly through us like angels, it's amazing.

I want to thank you, Dave, Henry, John, Patti, and the volunteers who help us and pray for us and show us how to be.

It's hard to fathom how you do what you do. It has to be God.
You all are "Saviors of damaged creatures, nurturers of transformation."
Thank you. God Bless you.



Lamb Center Staff at 'the table' for Bible Study

—Lamb Center Photo

ACTS, NOVA IVC's Newest Service Agency

ACTS (Action in Community Through Service in Prince William County) is the newest Service Agency in IVC Northern Virginia. It's many programs include: **Emergency Assistance** that provides assistance to people in the Community that need emergency assistance with food, clothing, limited financial support, evictions and utility cut-offs. Also maintains a 15 bed temporary shelter for homeless men, women and children providing life-skills training and computer access: **Turning Points**, Prince William County's only **Domestic Violence Prevention and Intervention Program**. Services include: Two battered women's shelters, individual counseling, support groups for women and children, batterer's intervention classes, court advocacy and accompaniment, parenting classes, transitional housing and community awareness presentations and activities. **Transitional housing**: This program is an intensive two-year case managed temporary housing program. Participating families enter into a contract agreement designed to assist them in maintaining a permanent home and developing skills to improve self-sufficiency by focusing on educational, vocational and job skills.



Washington, DC/Metro Maryland Christmas Gathering



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