



Please check the weekly Epistle for more information. If you are not currently receiving our weekly electronic newsletter but would like to, please email the office at staidansalexandria@gmail.com. Thank you.

THIS WEEK at ST. AIDAN'S

Sunday, February 1

- INOVA Blood Drive at 9:00 am in White Hall
- Holy Eucharist at 9:30 a.m. (in-person & virtual)
- Nibbles in the Narthex at 10:45 a.m.
- First Sunday Outreach - cooking for VICHOP at 10:45 a.m. in the kitchen
- Celtic Worship at 5:30 p.m. (in-person and online via Zoom)

Monday, February 2

- Compline at 7:00 p.m. (online via Zoom)
- Al-Anon meeting at 7:00 p.m. (in-person and online via Zoom)

Tuesday, February 3

- Meditation/Silent Prayer at 8:00 a.m. (in-person)
- Women's Reading Circle at 9:30 a.m. (in-person)
- Center for Spiritual Deepening: Three Beguine Mystics: A Series with LJ Milone at 7:30 p.m.

Wednesday, February 4

- Compline at 7:00 p.m. (online via Zoom)

Thursday, February 5

- The Gospel of Philip at 7:30 p.m. (online via Zoom)

Friday, February 6

- Meditation/Silent Prayer at 8:00 a.m. (in-person)
- Compline at 7:00 p.m. (online via Zoom)

Sunday, February 8

- Holy Eucharist at 9:30 a.m. (in-person & virtual)
- Annual Parish Meeting at 10:45 a.m.
- Children's Formation at 10:45a.m.
- Celtic Worship at 5:30 p.m. (in-person and online via Zoom)

See the reverse side for a more detailed look at events this week and beyond.

A LOOK AHEAD at ST. AIDAN'S

INOVA Blood Drive • February 1 • 9:00 a.m. - 1:00 p.m. • White Hall

St. Aidan's has hosted community blood drives, inspired by local families with children who have battled blood cancers. This year's drive is in honor of our Rector, Rev. Laura and the lifesaving heart transplant she received at Inova Fairfax in August 2025. Every 2 seconds someone in the U.S. needs blood and/or platelets-there is no replacement for human blood! Please consider donating if you are able, inviting someone from the community to St. Aidan's to donate, or helping to support the drive if you are unable to donate. Thank you to the many who have signed up to welcome donors or donate!

Ventures in Community - Hypothermia Outreach Program (VICHOP): February 1 & 15 and March 1, 15 & 29

Each year, Rising Hope Mission Church hosts a hypothermia shelter during the four coldest months of the year. A warm dinner, overnight lodging, and a to-go breakfast bag is provided for up to 40 guests at Rising Hope. You can help by cooking the meals during First Sunday Outreach, assembling the breakfast bags, serving on the Sunday evenings (18 and over only), or staying for a part of the evening to be with guests who are not sleeping. **We need many more volunteers to help with serving on Sunday nights!** Please sign up at the links in Epistle.

Center for Spiritual Deepening • Three Beguine Mystics: A Series with LJ Milone • February 3 & 10 at 7:30 p.m. (Feb 3: Mechthild of Magdeurg & Feb 10: Marguerite Porete)

In the Middle Ages, women had few options for living: wife or nun. The beguines emerged as a third way: women who gathered for prayer, a common life, and active charity but without direct supervision by any priest or husband. They cultivated mystical practices and outreach to the poor, the sick, and the elderly. The Beguine movement produced many mystics, that is, women dedicated to God alone and, therefore, to deep prayer and fruitful love. Common themes among these women include radical love, annihilation, leaving behind hierarchy, and unity with God available here and now. We will reflect on these themes and more as we delve into their wisdom for the search for the divine.

Annual Parish Meeting • Sunday, February 8 • 10:45 a.m.

Please plan to attend the Annual Parish Meeting. Each year, the parish gathers both to do the business of the church and check in with one another. We will thank outgoing vestry members who have served generously, elect three new vestry members, and hear about "the State of St. Aidan's"-or how the Spirit continues to move in our community. A quorum is required to elect new vestry members, and a zoom link and materials for the meeting will be sent out electronically prior to the meeting.

St. Aidan's Circles • More info soon!

Thanks to everyone who submitted interest in participating in the St. Aidan's Circles and to Manley Williams and Mary Jane Guffey for coordinating the inaugural gatherings. Stay tuned for information from them about meeting and later opportunities to do so if you would be interested in the future!

March 14 and 15 • Mardi Gras Brunch

We need your help cooking for and setting up for the annual Mardi Gras brunch! If you would like to lead setting up for the brunch or contribute to cooking, please sign up in the links in the Epistle or contact Eileen Myers in the office (staidansalexandria@gmail.com). Many thanks to Jennifer Smaha for her leadership of this fun annual tradition!

Wednesday, February 18 • Ash Wednesday Service • 7:00 p.m.

Thank you for your generosity in supporting St. Aidan's.
Donations may be made by cash or check, or via online donation using the QR code here. Thank you



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