ST FRANCIS OF ASSISI, DERWOOD



February 19 - February 25

Monday: 2/19 9:00 a.m. Martin Almodovar 9:00 a.m. Paul Richard Haves, Jr. **Tuesday**, 2/20 9:00 a.m. Reverend Arne A. Panula Wednesday, 2/21 7:30 p.m. Margaret Barlow Thursday, 2/22 9:00 a.m. William English 9:00 a.m. Tiffany Lizbinski Friday, 2/23 Saturday, 2/24 9:00 a.m. Craig Shuman 5:00 p.m. Marye Curran 8:00 a.m. Pro populo Sunday, 2/25 9:30 a.m. Gina Judith 11:15 a.m. Guy Beaven

+ In Memoriam Aeternam +

5:00 p.m. Guy Beaven

In your charity, please pray for the repose of the soul of Alexander O'Connor, nephew of Lita Silva.

Please pray for the sick....Marge Locke, Ginger Biedron, Joaquin Rosal, Anne Prebilic, Joan Gossett, Dick Hunt, Dennis Parnell, Ed Dudenhoeffer, Bob Coyne, Evelyn Haddad, Calvin Speaks, Mark Trickett, Geri Trickett, Katrina Schmidt, Bienvenido Delrosario, Jackie Roebuck King, Jeni Stepanek.. (Names will remain on this list for four consecutive weeks, but can be repeated by calling the Office.)

Readings for the Week of February 18, 2018

Sunday: Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/

1 Pt 3:18-22/Mk 1:12-15

Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 [Jn 6:63b]/

Mt 25:31-46

Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/

Mt 6:7-15

Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/

Lk 11:29-32

Thursday: 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19

Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/

Mt 5:20-26

Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/

Mt 5:43-48

Next Sunday: Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10, 15, 16-

17, 18-19 [9]/Rom 8:31b-34/Mk 9:2-10

THE MUSINGS OF THE PASTOR

Lent has begun! For my column this week I want to use some material from the "Light Is on for You 2018 Parish Toolkit" that has been distributed to priests of the Archdiocese of Washington. Let's look at Why Go to Confession?

God loves each of us. We have been created by God and placed in this world to know, love and serve Him. Unfortunately, we do not always show our love for God in our words and actions. There are times when we turn away from God. These moments when we choose to do what is wrong or avoid what is good are sins. The good news is that God has given us a way to turn back to Him with our whole heart. He has given us the Sacrament of Reconciliation.

What is the Sacrament of Reconciliation?

One of the seven outward signs of grace instituted by Christ and given to the Church; this Sacrament of Healing provides an opportunity for a person to receive God's forgiveness, pardon for their sins, and reconciliation with God and His Church.

Sometimes people say the Sacrament of Reconciliation, other times the Sacrament of Penance, and still other times they say they are going to Confession. Which name is correct?

All of these names are correct. Confession, penance, and reconciliation are all aspects of the sacrament. Confession is when we tell our sins to the priest. Penance is the action that the priest gives us to do or say to express our gratitude for God's forgiveness. Finally, we experience reconciliation when the priest absolves us of our sins, which repair our relationship with God and the Church. Because reconciliation is the fruit of the sacrament, this is the name the Church prefers for the sacrament.

Why should I go to the Sacrament of Reconciliation and confess my sins to the priest? Can't I ask God for forgiveness on my own?

Asking for forgiveness is an important first step in repairing our relationship with God and others. However, sin damages not only your relationship with God but also your relationship with others and the Church. The priest hearing your confession acts as Christ present to you, offering God's mercy and forgiveness. In this way, the priest carries on the healing ministry that Jesus entrusted to his apostles when he shared with them his power to forgive sins (John 20:23).

Will the priest tell anyone I have confessed?

No, the priest cannot and will not tell anyone about anything you said during your confession. In fact, the Church requires that the priest keep secret anything that you confess to him.

What if I am embarrassed to tell the priest my sins?

Feeling guilt or embarrassment about your sins is normal. It is also a sign that your conscience is letting you know that you have done something wrong. The priest is there to listen to you with the heart of Jesus. Jesus came to love and forgive and never seeks to embarrass us.

Will the priest be embarrassed by what I tell him?

Priests have heard many sins confessed to them and are prepared to offer spiritual counsel and absolution. Remember that priests are human and strive to avoid sin like everyone else—they regularly go to confession themselves. The priest will listen to you with understanding, not embarrassment or judgment.

Continued in the column to the right......

First Sunday of Lent

QUESTION OF THE WEEK

What can I do to live up to my covenant with God during this season of Lent?

Parish offices will be closed Monday February 19 In observance of Presidents' Day....

LENTEN FISH FRY - Please join the Knights of Columbus Montgomery County Council 2323 for a Lenten Fish Fry on Friday, February 23, from 6:00 p.m. to 8:00 p.m., at Father Cuddy Hall, 17001 Overhill Rd., Derwood, MD. 20855. Dinner will include fried fish, macaroni and cheese, coleslaw, and dessert. Beer, wine, soda, and coffee included. All proceeds go to Council supported Charities. \$8.00 a person, \$5.00 for children 6 and under. We hope to see you there!!

THE MUSINGS OF THE PASTOR (continued)

How can I prepare to participate in the Sacrament of Reconciliation?

Examine your conscience. Think about both the times that you have intentionally done something wrong and the times that you chose not to do something for the good of another person. The Ten Commandments (Exodus 20:1-7) and the Beatitudes (Matthew 5:3-12) are helpful tools for examining your conscience.

What if I don't remember how to go to confession?

Going to reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is most comfortable for you. Here are the steps:

- 1. The priest gives a blessing or greeting.
- 2. Make the Sign of the Cross and say, "Bless me father, for I have sinned. My last confession was..." (give weeks, months, or years).
- 3. Confess all your sins to the priest. (If you are unsure or uneasy, tell him and ask for help.)
- 4. Say, "I am sorry for these and all my sins."
- 5. The priest gives a penance and offers advice to help you become a better Catholic Christian.
- 6. Say an Act of Contrition, expressing sorrow for your sins.
- 7. The priest, acting in the person of Christ, then absolves you from your sins.

"Go in peace"

As you consider this beautiful gift of the Sacrament of Reconciliation, reflect on these words of absolution offered by the priest and realize the great love and mercy that awaits you.

Until next week,

Fr. John

LENTEN REGULATIONS

The season of Lent is here, it is helpful to recall the discipline of the Church with regards to fast, abstinence and other forms of penance.

- Good Friday is a day of fast and abstinence as was Ash Wednesday. The Fridays of Lent are days of abstinence in the United States.
- The obligation of abstinence (refraining from eating meat) begins at the age of 14. The law of fasting (limiting oneself to one full meal and two lighter meals) obliges all between the ages of 18-59. No one should consider this obligation lightly.
- Those individuals who have a medical condition in which fasting may be considered harmful are not obliged to fast, but should perform some other act of penance or charity.
- Pastors and parents are to see to it that minors, though not bound by the law of fast and abstinence, are educated in the authentic sense of penance and encouraged to do acts of penance suitable to their age.
- All members of the Christian Faithful are encouraged to do acts of penance and charity during the Lenten season beyond what is prescribed the law.
- As a general rule, a request for a dispensation from the obligation of abstinence on Fridays of Lent will not be considered unless some serious reason is present. The attendance at social events, banquets, wedding rehearsals or receptions, or funeral wakes are not considered sufficient reason to request a dispensation.

A Message from Fr. John.....

God created us for relationship with Him and one another. Fr. Jack and I invite you to renew your relationship with the Lord through the Sacrament of Reconciliation this Lent. To help you do this, we are happy to announce The Light is ON for you! This Lent, every Catholic parish across the Archdiocese of Washington and the Diocese of Arlington, including our own, will offer additional times for the Sacrament of Reconciliation. This year you can find Lenten resources and view all the confession times across the region by using the NEW Confession finder map online at the Lightis ON.org. You can also find additional confessions resources at the back of church today. ~ Fr. John

February 18, 2018

LAMB OF GOD PRAYER MEETING The Lamb of God Prayer Meeting will **NOT** meet on Tuesday, February 20. For details, please call Louise, (301) 977-5217.

POOR BOX DONATION – The donations for next weekend will go to the Prison Ministry Outreach Program. *Thank you for your generosity.*

ST. FRANCIS OF ASSISI PRAYER CHAIN If you have a prayer request, please contact Marianne Bullen, (301) 963-3420 or mariannebu@comcast.net with your requests.

ROSARY FOR PRIESTS

Every Wednesday evening at 6:45 p.m. we pray the rosary for our priests before the 7:30 p.m. Mass.

HOLY HOUR FOR THE DYING

On Thursday evenings in the St. Clare's Chapel in the Rectory, a prayer group meets at 7:00 p.m. to pray for the dying. This is a Holy Hour Devotion for the Dying. As a central work of our Catholic faith, we are called to pray for the dying, especially for those who may die suddenly, unprepared to face God. For additional information, please call the Parish Office, (301) 840-1407.

ROSARY CENACLE OF OUR LADY, QUEEN OF PEACE Cenacle of Our Lady, Queen of Peace to pray for priests and vocations, 2:00 p.m. in the St. Clare's Chapel (Rectory) every Sunday. Please join us.

KNIGHTS OF COLUMBUS - COUNCIL 2323

The Knights of Columbus are actively pursuing new members. Our council incorporates members from St. Francis, St. Mary's and St. Martin's. Though best known for our many charitable projects, we also have a lot of fun with dinners, fund raisers, family nights, and many other fraternal social occasions. If interested in learning more, please contact Gary Palmer, (301) 948-6494 or e-mail gtdbpalmer@verizon.net.



ENCOUNTER MAJD

In Iraq, we encounter Majd and his family, people forced to flee violence, searching for stability. How are we called to welcome the stranger in our midst? How can you support those, worldwide, who are forced to flee their homes to find safety or better opportunities? Visit crsricebowl.org for more.

Please plan to turn in your CRS Rice Bowl to Religious Education Classes or to the Church Gathering Space no later than **Sunday, March 25.**

HELP SUPPORT THE ST. VINCENT DE PAUL SOCIETY

In the Gospel today, Jesus, moved with pity, touched the leper and healed him. Let us pray today for the grace to be generous with our gifts to help those who are suffering. By your gift to the Society of St. Vincent de Paul through the Parish Outreach Collection, you put your faith into action as you bring healing to the poor, hungry and weeping.

LENTEN SCHDULE OF EVENTS FEATURES ACTIVITIES THAT MAY APPEAL TO DIFFERENT GROUPS

St. Francis of Assisi Parish is offering many opportunities to reflect on the Life, Death and Resurrection of Christ during these 40 days of Lent. Check out some of the many ways you can strengthen and deepen your relationship with God during this most solemn season.

Good for families:

- Distribution of Catholic Relief Services Rice Bowls to all students attending Religious Education. The Rice Bowls will also be made available in the Gathering Space. For more information: https://www.crsricebowl.org/.
- Family Stations of the Cross. *Good Friday, March 30, 1 p.m. in the church*. St. Francis children, teenagers and adults are needed to play the roles of people on Jesus' journey to Golgotha, as well as lector. There will be three rehearsals for the Family Stations of the Cross. If you are interested in participating, contact Pam Kelly at pammycats@msn.com.

Good for Adults:

- Lenten Small Groups, meeting weekly at parishioners' homes. Small group members read and reflect on Live Lent!, a booklet published by Renew International. Contact Small Groups Coordinator Alice Welanetz at awelanetz@gmail.com.
- 40 Days for Life, February 14-March 25, 7 a.m. to 7 p.m. everyday outside Leroy Carhart's abortion clinic in the Wildwood Medical Center, 10401 Old Georgetown Road. Come pray and keep vigil for mothers and children. For more information, contact Jill Perry at (301) 924-3838, Ext. 204 or socialcon-cerns@mothersetonparish.org.
- Day of Reflection, 10:30 am to 6 p.m. Saturday, March 24. Behold and ponder the seven sorrows of Mary to prepare for Holy Week. Listen to mini-talks, meditate, listen to music and take the time over which to be prayed. Cookies and water will be provided. Organized by Couples for Christ (CFC) at St. Francis.

Good for Anyone:

- The Light Is On. Wednesdays during Lent from 6-7:30 p.m. A priest will hear confessions every Wednesday night during Lent in the confessional.
- Stations of the Cross, Fridays during Lent at 7 p.m. except for Good Friday. Reflect on Jesus' journey to Golgotha. Preceded by evening prayer Liturgy of the Hours at 6:40 p.m.

See the web site, <u>www.sfadw.org</u>, for a list of all Masses, services and events during Lent.

RELIGIOUS EDUCATION NEWS/EVENTS

SAVE THE DATE FOR VACATION BIBLE CAMP!

St. Francis of Assisi Church invites children from age 4 to those who will complete the 5th Grade in June 2018 to join us at Vacation Bible Camp, June 25-29 from 9:00 a.m. to 12:15 p.m. Look for camper registration information, as well as information about volunteer opportunities for adults and teens, in the Spring!

NO RE CLASSES THIS WEEK

In observance of the Presidents' Day holiday, there are NO Religious Education classes on Sunday, February 18, Monday, February 19, and Tuesday, February 20.

CONFIRMATION CANDIDATE SESSION: TUESDAY, FEBRUARY 20

Confirmation candidates will meet on Tuesday, February 20, for Confirmation class from 6:45-8:30 p.m. in the Parish Center.

CATECHESIS FOR CHILDREN AND YOUTH WITH SPECIAL NEEDS

Our parish offers monthly catechetical sessions specifically designed for children and youth with special needs and their families. Our next session will be on Sunday, February 25 from 3:30-4:30 p.m. in the St. Clare Room. If you would like to learn more about these sessions, or if you are interested in serving as a catechist or aide for children with special needs, please call Susan Anderson, Director of Religious Education, at 301-258-9193.

RELIGIOUS EDUCATION SNOW CANCELLATION POLICY

If Montgomery County Public Schools are closed, and if schools are dismissed early, Religious Education classes, including FRED, are also cancelled. This applies to Sunday classes as well if Montgomery County Public Schools announces cancellation of weekend school activities.

Cancellation announcements will be recorded on the Religious Education Office phone (301-258-9193) and posted on the St. Francis Parish Facebook page ("St. Francis of Assisi Catholic Church") and website.

Whenever in doubt, please use your own judgment about local weather and driving conditions, and err on the side of safety when making decisions about bringing your child to class.

MONTHLY CHILDREN'S HOLY HOUR: Hosted at St. Peter's Church, Olney. Children of ALL ages, alongside their parents, are invited to join us Friday, February 23, 4:00-5:00 p.m. in the Chapel at St. Peter's to pray in front of the Blessed Sacrament through Scripture, song and quiet reflection. Opportunities for confession available. This month we will host a Family Pizza Dinner following the Holy Hour in the Shepherd's Care Room. Please join us!

COLLECTION FOR THE CHURCH IN THE DEVELOP-**ING WORLD** - On the weekend of February 24-25, the Archdiocese of Washington will take up a collection for the Church in the Developing World. This collection is directed toward the Church in Latin America, Central and Eastern Europe, and Africa. It supports evangelization, the education of clergy and laity, youth ministry, catechesis, social service programs, and church construction and renovation. The faithful in these areas are often limited in what they can contribute, so your generosity will provide support for areas of ministry we often take for granted in our archdiocese.

YOUTH MINISTRY NEWS/EVENTS

ST. FRANCIS YOUTH MINISTRY **Upcoming** Events

FEBRUARY

NO FRED - President's Day Weekend 25

BAKE SALE

FRED - Be Humble - James 4:10

MARCH

Archdiocese of Washington High School Youth Rally @ Catholic University

GET SOCIAL

Follow us on Instagram & Twitter @ SFAFRED.

BAKERS NEEDED

If you would like to bake for the FRED Teens Bake Sale next weekend, please e-mail Fr. Jack (jberard@sfadw.org) or call the Parish Office. All proceeds from the Bake Sale go towards the Teens Summer work Camp.

HELPING HURTING TEENS PARENT SESSION - MARCH 2, 7:00-9:00 P.M. ST. PETER'S CATHOLIC CHURCH, OLNEY

Anxiety, depression, self injury, sexual orientation, suicidal ideation. These are just a few things ministers, catechists, teachers, parents and others involved in the lives of today's teens face. It can be daunting to help teens who are dealing with these issues. Many adults think "I'm not a psychologist...How can I help these teens?" While there are limits to what non mental health professionals can do, there is MUCH more you can do than you probably think. You'll leave this session with a better understanding of these issues and with a clearer understanding of the critical role you can play in pastorally caring for today's hurting teens. Roy Petitfils is an internationally sought after speaker who uses humor, passion, clinical and life experience to help adults connect with teens and teens to know, understand and love themselves.

ARCHDIOCESAN HIGH SCHOOL YOUTH RALLY

Teens Can Join Their Peers at Upcoming Archdiocesan High School Youth Rally High school youth are invited to attend the Archdiocese of Washington High School Youth Rally from 9 am-6 pm Saturday, March 3, at the Pryzbyla University Center at Catholic University of America in Washington DC. The day-long event will feature talks by Roy Petitfils and music by Out of Darkness, Join organizers for a faith-filled day of talks, breakout sessions, fellowship and fun! For more information, contact Fr. Jack @ jberard@sfadw.org..

YOUNG ADULTS INVITED TO WALK ON LENTEN PILGRIMAGE

On Saturday, March 24, St. Francis adults in their 20s & 30s are invited to the 15th Annual 7 Church Walk, a Lenten pilgrimage. Attendees will meet at 10 a.m. at Immaculate Conception Catholic Church in Shaw. Make sure to bring comfortable shows you'll log three miles –, a Rosary, a bag lunch or lunch money. For more information, contact Fr. Jack @ jberard@sfadw.org.

CATHOLICS IN ANNAPOLIS - February 22

Last Opportunity to Pre-Register for the Catholics in Annapolis Event This week is your final opportunity to sign up for the Maryland Catholic Conference's Catholics in Annapolis event on Thursday, Feb. 22, at the Legislative Office Buildings in Annapolis. Attendees will have the opportunity to discuss with their state legislators the church's position on right-to-life issues, a statewide minimum wage proposal and expanded sick leave for low-income workers. The event will start at 3 p.m. with a briefing at St. John Neumann Mission Church, 620 N. Bestgate Road in Annapolis. Meetings with legislators will begin at 5 p.m. at the Legislative Office Buildings on Rowe Boulevard. Catholic leaders, lay parishioners and legislators will then get a chance to mingle at a legislative reception from 6:30-8 p.m. If you are interested in attending the free Catholics in Annapolis event, please preregister at www.mdcathcon.org/lobbynight. If you are in need to a ride to Annapolis, then please contact St. Francis Social Concerns Minister Tony Bosnick at abosnick@sfadw.org. or St. Francis Administrative Assistant Marie Yeast at mffy313@aol.com.

FILM SERIES CO-LOCATES AROUND DMV AREA

The 4th Annual Voices from the Holy Land Film Series is kicking off next month, with three films shown at St. John's Norwood Episcopal Church in Chevy Chase. All screenings start at 2:30 p.m. and are free to the public. The films showing at St. John's are:

- March 4: Disturbing the Peace
- March 11: Bethlehem: Hidden from View
- April 8: Roadmap to Apartheid

For more information, contact Bob Cooke of the Pax Christi Ministry, at cookerh1251@gmail.com.

PASTORAL LETTER -THE CHALLENGE OF RACISM TODAY

Saturday, February 24, 9:00 a.m. - 12: Noon (Mass @ 9:00 a.m.) ADW Pastoral Center, 5001 Eastern Avenue, Hyattsville. Sponsored by the Archdiocesan Council of Catholic Women No admission fee, but preregistration is required. Registrar, Ellen-Jane Pairo, (301) 933-3546 or archdioceseccw@gmail.com

MARRIED COUPLES RETREAT - Weekends of March 17 & 24, Priestfield Retreat Center, Kearneysville WV. Retreat Master is Fr. Rick Kramer from the Office of Family Life, Archdiocese of Washington. For additional information or to register contact Elaine Galeone, (410) 252-5355.

SFA Health Ministry (continued)

Perinatal Loss Support Group

A support group for families who have lost a baby through miscarriage, infant death or stillbirth. When a family experiences the loss of a child, the grief journey can be a lonely one. This free parent-to-parent support group will provide a safe place to share feelings and receive comfort from others who have experienced a similar loss.

Location: Willow Room at Shady Grove Hospital

9901 Medical Center Drive, Rockville, 20850

Date and Time: Tuesdays, February 13-March 20, 7-8:30 p.m.

For additional information and to register: Contact Jeanine L. McGrath at (240) 481-3903 or jeaninemcgrath@gmail.com. You can also contact the Parent Education Office at (301) 315-3130 or -3131.

SFA Health Ministry

Encouraging health and wellness in body, mind and spirit

February is National Heart Health Month

Eleventh Annual Heart Education and Screening Event

Celebrates Heart Health Month with FREE health screenings, informative lectures and raffle prizes

Date and time: Saturday, February 24, 9 a.m.-1 p.m. **Location**: Holy Cross Hospital, Germantown,

19801 Observation Drive, Germantown 20876

Registration: (required) Call 301-745-8800

Go Red for Women is the American Heart Association's national movement devoted to ending heart disease and stroke in women because more women than men die every year from heart disease. The Go Red for Women Movement saves women's lives through research, advocacy and the promotion of heart healthy lifestyle education. 80% of cardiac events can be prevented with education and lifestyle changes. To learn more about what you can do to prevent heart disease and live a heart healthy lifestyle, see the GO RED literature in the Gathering Space. and visit www.goredforwomen.org.or www.americanheartassociation.org.

Staying Well at St. Francis during Flu Season

The very contagious flu in our area requires these safe health practices at St. Francis when you are ill and when you are well to slow the spread of flu viruses.

- Get the flu vaccine.
- Stay away from people who are sick.
- Cover coughs and sneezes.
- Wash your hands. The most important and effective safe
 health practice is frequent handwashing because flu viruses
 spread by touching a surface or object that has flu virus on it
 and then touching your own mouth, nose, or eyes.
- When you are ill, STAY HOME. Flu viruses spread when people with flu cough, sneeze, or talk. Parishioners with an acute, influenza-like illness—sudden onset of fever, sore throat, cough, muscle aches, fatigue—should not come to church.
- When you are well, it is appropriate to refrain from receiving the Eucharist from the cup or shaking hands at Mass because a person might also spread the flu virus even before symptoms develop.

BEREAVEMENT SUPPORT

Compassionate Friends -The Compassionate Friends (TCF) is an international grief support organization offering friendship and understanding to parents who are learning how to cope with the pain and grief of having a child die. The group has no professional therapists, just other parents who understand what it means to suffer the tragedy of losing a child. The Montgomery County Chapter meets monthly on each first Tuesday.

Location: Potomac Presbyterian Church, 10301 River

Road, Potomac, MD 20854

Date and Time: March 6 at 7 p.m.

For additional information: SFA parishioners Barbara or George Beall at (301) 253-8740 or oldedish@starpower.net.

Continued in the column to the left.....