

EVERY MASS IS A HEALING MASS!

Every Mass is a healing Mass. Every Mass is a spiritual healing, a spiritual awakening, and a spiritual transformation. Jesus invites us to come to Mass so as to **heal our souls**, in the same way 2,000 years ago he came on earth to heal sinners. At every Mass, Jesus dies to take away our sins and rises to give us access to eternal life. At every Mass, before receiving the Body and Blood of Christ, we all pray together: "*Lord, I am not worthy that you should enter under my roof, but only say the word, and my soul shall be healed.*" We come to Mass to heal spiritually, to be renewed, and to recharge our spiritual batteries. We come to Mass to have an encounter with Jesus. We come to Mass to have an intimate Union with Jesus: **The Holy Communion**

In his book "Biblical Walk through The Mass : Understanding what we say and do in the Liturgy", Dr. Edward Sri describes **The Holy Communion** - *the culmination of the Liturgy - as an intimate union with our divine Bridegroom, Jesus, in the Eucharist*: "We can understand how the Mass is a wedding feast by considering the words of the priest shortly before we receive communion: *Behold the Lamb of God, behold him who takes away the sins of the world- Blessed are those called to the supper of the Lamb*". We know from the Book of Revelation (19:1-9) that the Supper of the Lamb is a wedding feast. The Bridegroom-Lamb is Jesus, and the Bride represents us, the Church. It is in this heavenly marriage between Jesus and the Church that we participate through the Eucharistic Liturgy." In order to enter into this intimate union with God, we need to be **healed**. At the beginning of the Mass, we have already confessed our sins and obtained the forgiveness of our venial sins, however, **we need to confess individually to a priest for the forgiveness of mortal sins**. Now, as we prepare to receive the **Eucharist**, we recall the words of the Roman Centurion who asked Jesus to heal his servant who was at his house (Matthew 8:8). "Like the centurion, we recognize our unworthiness to have Jesus come under the 'roof' of our souls in Holy Communion. Yet, just as the centurion believed Jesus was able to heal his servant, so do we trust that Jesus can **heal** us as he becomes the most intimate guest of our soul in the Eucharist."

In recent years, I have used the word "Healing Mass" when inviting Fr. Martin Scott to celebrate a Mass at our parish. Many of you have attended such Mass. After the final blessing,

Fr. Scott exposes the Blessed Sacrament and everyone has the opportunity to come forward and be prayed over. Fr. Scott has received from God the special **gift of healing**. I know of people whose illnesses have been cured by him. We will continue to call such liturgy "Healing Mass" being aware that it

includes spiritual healing as every regular Mass, but also physical healing.

We know that the healing of the soul has an impact on the healing of both the mind and the body. Soul/mind/body are **one** in the same way we are **one** person. If my soul is healed and is reconciled with God, my soul is at peace. If my soul is at peace, my mind is at peace. If both my soul and mind are at peace, my body will be stronger to resist stress and related physical illnesses. It does not mean that all physical illnesses will disappear. No, far from it. However, it will help me accept and reduce my physical sufferings. When we come to Mass, we offer to Jesus all our pains and joys at the time of the offering of the bread and wine. When we come to Mass, we come to be healed of worries and anxieties. We come to find peace with God.

The Eucharist nourishes our souls. It strengthens us. It is an essential food for our spiritual journey on earth. The Catechism of the Catholic Church lists all the effects of the Eucharist

including: (i) cleanses and separates us from sin (1393-1395, 1436, 1846), (ii) as the source of conversion and penance (1436), (iii) as spiritual food (1212, 1275, 1436, 2837). "Daily conversion and penance find their source and nourishment in the Eucharist, for in it is made present the sacrifice of Christ which has reconciled us with God. Through the Eucharist those who live from the life of Christ are fed and strengthened. It is a remedy to free us from our daily faults and to preserve us from mortal sins" (1436). "The more we share the life of Christ and progress in his friendship, the more difficult it is to break away from him by mortal sin. The Eucharist is not ordered to the forgiveness of mortal sins- that is proper to the sacrament of Reconciliation. The Eucharist is properly the sacrament of those who are in full communion with the Church" (1395).

Come Holy Spirit! Guide the healing of our souls through the Sacrament of Reconciliation and the Eucharist! Come Holy Spirit! Inspire us with what we must say! Come Holy Spirit! Let us only know your will, and do your will. **Amen!**



*One in Christ,
Father Alain*

Fifth Sunday of Lent

Important Dates

April 7/8 - CCD Classes

April 14/15 - CCD Classes (7th & 8th grade attend Sunday Retreat)

April 21/22 - Easter, no classes

April 28- Sacramental prep workshops- Youth Mass- All Youth Night- **No regular CCD classes Sunday or Monday**



Attention Sacramental Preparation Families

(CCD and Catholic School Families): Workshop dates for First Reconciliation/Communion (10 am) and Confirmation Year 1 and 2 (2:30pm): Apr 28. Questions? Please contact Therese Thiedeman, dre@olhoc.org

Volunteers for Summer Activities and Beyond

We are currently recruiting adult volunteers (ages 18+) to work with our parish programs for children and youth over the summer and for the 2019-20 Year (chaperones, Vacation Bible School Volunteers, catechists, assistants, mentors, substitutes, office helpers, Youth Core Team members, All Youth Night helpers, OLLC Preschool volunteers, childcare during parish programs, etc.). If you are interested in volunteering, or are a parent of a child/youth in any of these programs, you are NEEDED!

Adult Volunteers (ages 18+) who have substantial contact with minors (under 18) or vulnerable adults are required to undergo Child Protection Training and get an electronic background check. The next Archdiocesan class for Child Protection taking place locally is Monday, June 3, 2019 at 6:30 pm at Archbishop Neale School in La Plata. Spaces are "first registered, first served". To register, establish an account at VIRTUS.org and select that particular class for training. Please see Nieda or Therese for more information or visit our website www.olhoc.com/safety

Volunteers Needed

Catholic Charities' Financial Stability Network is looking for volunteers with a financial background to serve the residents of Angel's Watch Shelter in Waldorf, MD. Volunteers will meet in a classroom with persons interested in addressing financial instability in their lives.

The volunteers will provide general financial education utilizing content prepared by the FDIC. The time commitment would be one evening per month. The ideal candidate would be a Certified Financial Planner, a CPA or an experienced financial professional. Catholic Charities will provide training, support and other resources for the volunteers to ensure their success.

If you are interested or know someone who might be interested, please contact the Director of CC's Financial Stability Network, Deacon Jim Shanahan: 202-772-4310 or jim.shanahan@cc-dc.org

OLLC Preschool Announcement

OLLC Preschool fall 2019 registration is open! Parishioners, please share this information with families you know who may be looking for Catholic Preschool for their child or grandchild, and be sure you have registered your child for fall. For info or to register: email the preschool director, Nieda, at preschool@olhoc.org or call the church/preschool office at 301-645-7112 during office hours.

2019 Annual Jubilarian Mass

The annual Jubilarian Mass honoring couples married 25, 30, 35, 40, 45, 50 and 51+ years will be held Sunday, June 23, 2019 at the Basilica of the National Shrine of the Immaculate Conception. Please call the parish office, names need to be turned in by Friday, April 26.

Scripture Study - Join us on Tuesday mornings after the 9 am Mass to study the readings for the next Sunday.

Divine Mercy - Join us on the first Saturday of each month as we pray the Divine Mercy Chaplet as a community at 3 PM.

Altar Guild Easter Flowers

In Memory of, or in Honor of, a Loved One

If you would like to donate towards Easter Flowers, please use the envelopes that came with your regular packet. You can also pick one up in the Narthex. Envelopes can be placed in with the weekly collection.

Vocations Tree

Please take a moment today to stop by the "Vocations Tree" in the church Narthex, where you'll see cards for each of the seminarians of the Archdiocese of Washington. Please choose one or more cards and pray for that seminarian each day during Lent. Make it a beautiful offering to the Lord this Lent to pray for those whom He calls to give their lives in service of His Church in our archdiocese.

We are asked to pray for:

Dennis Hook
Ana Maria Delmira Sibrian Escobar
Nestor Ermelindo Molina
Doris Chesley
James Thompson
Thoeun Tinn
Felicia & Myles Webster
Rebecca (Tess) Franch
Vicky Welch
Naomi Lilly
Sterling Greene
Aleli Puzon

Dennis Wick
Vivian Truxon
Kenny Lindsay
Dorian Webster Sr.
Dionne Gause
Pat Fisher
Christ Goldhammer
Melody Hudson
Ernest Mack
James Wiltz
Adele Alvey
Dorothy Neal
Dunnie Proctor
Shirley Ehman
K.D. Dillard

Josephina Knapp
Maria Townsend
Crystal Beauregard
Sheryl Carter
Alex Leon
Sharketer Butler
Steven Bowling
Edna Yargo
Kathly Grimes
Damien Price
and all our military and civilians serving in
harm's way.

*Please inform the office if any names should
be removed.*



Mass Intentions this Week

Saturday, April 6, 9:00 AM: Jose Galat (+)
Saturday, April 6, 5:00 PM: Our Lady Help of Christians Parishioners
Sunday, April 7, 8:30 AM: Danielle Conceicao
Sunday, April 7, 10:00 AM: Victor Cordero
Sunday, April 7, 11:30 AM: Marcus Williams
Sunday, April 7, 7:00 PM: Maria Santos (+)
Monday, April 8, 9:00 AM: Cielo Quinteo (+)
Tuesday, April 9, 9:00 AM: Romelia Romero (+)
Wednesday, April 10, 9:00 AM: London Sutton
Wednesday, April 10, 7:00 PM: Sonia Romero (+)
Thursday, April 11, 9:00 AM: Elvira Guerrero (+)
Friday, April 12, 9:00 AM: Patricia Griesert (+)

“You learn to speak by speaking, to study by studying, to run by running, to work by working, and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.” -St. Francis de Sales

Lent at OLHOC

The Light is on for you (Every Wednesday during Lent) -
Confessions and Adoration begin at 6 PM, Mass at 7 PM,
Confession and Adoration 7:45– 8:30 PM

Stations of the Cross (Fridays during Lent) - 2:30 PM and
7 PM, with Exposition and Adoration.

Living Stations of the Cross – will be presented by our youth
on Friday, April 12th at 7:00 PM

Palm Sunday– Note adjusted Mass times!

5:00 pm (Saturday) Mass

8:20 am Mass

9:50 am Mass

11:30 am Mass

7:00 pm Mass

Mass Readings for April 14, 2019.

Palm Sunday, the Sixth Sunday of Lent

***Gospel**

Luke 19:28-40

***First Reading**

Isaiah 50:4-7

***Second Reading**

Philippians 2:6-11

***Gospel-The Passion of the Lord**

Luke 23:1-49



www.usccb.org

Life Teen (high school youth ministry): Sun. 5-6:30 pm: **April 28; & May 5;** Dinner Provided.

Edge (middle school youth ministry): meets monthly on All Youth Night – **April 28**

FIAT (elementary school Faith in Action Team): meets monthly on All Youth Night - **April 28**

For more Youth Events or questions contact Marlen Coles marlen@olhoc.org or visit: www.olhoc.org/ym

Our NET Ministries Retreat for grades 7-12 will be held on Palm Sunday, April 14th from 10:30 AM to 5:30 PM in the Father Martin Hall. Permission slips are due by April 7th. Visit www.olhoc.com/ymevents or see Marlen Coles or Therese Thiedeman.

Attention Current 8 - 12th Graders:

- **Steubenville Youth Conference - June 21-23, 2019** - Join us this summer for Steubenville Conference at Franciscan University in Steubenville, Ohio. A Steubenville Conference weekend is PACKED with dynamic speakers, worship music, Mass, Adoration and MORE! Come encounter Christ with other teens from other states as we worship together and grow in our Catholic faith! For more details & to register visit www.olhoc.org/steubie19. Don't delay, limited spots available!
- **Camp Covecrest - August 4-10, 2019 in Tiger, Georgia** Join us for Life Teen summer camp - Camp Covecrest, in the North Georgia Mountains, for an amazing and transformative week of fun, activities, time with friends, prayer and growing in your faith (ie. high ropes, messy games, obstacle course, team building experiences, music, talks, reflections, Mass, Adoration, & personal growth). For more details, watch a video & to register visit www.olhoc.com/camp.

Attention Adult Parishioners:

Join Our Youth Support Team which is an integral part of our Youth ministry at OLHOC. It consists of different components utilizing diverse gifts and time commitments of parents and other interested volunteers from our parish. These volunteer opportunities can range from assisting with special events or joining the core team and work directly with the youth. All volunteers must become Virtus-compliant. Together we can help lead our youth closer to Christ!

Youth Pilgrimage Fund

The "**Youth Pilgrimage Fund**" Parish Fundraiser ends soon. Here's How it Works: Parishioners are encouraged to take an envelope from the envelope board located in the narthex and return it with the designated \$ amount enclosed. If you can't find a dollar amount you can afford, you are encouraged to take an "unspecified envelope" from the basket and contribute whatever you can. Contributions can be made right then, place the envelope in the collection basket next week, or bring it to the office any time. Thanks for your prayers and for generously supporting the youth!

Your Church: The Lord's House

Outreach News

The next Outreach meeting will be May 1, 2019 at 7p.m. in Fr. Martin Hall. New members and new ideas are always welcome!

Our next Shepherd's Table will be April 18, 2019 at Good Shepherd Church.



Please continue to respect your church, the Lord's house, and **refrain from taking any food or beverage into the Church**. If your children need food or beverages, please use the cry room. Please care for your building investment by not walking on kneelers or using them as footrests. Thank you!

5 pm Mass (Saturday)	April 14	8:20 am Mass
Palm Sunday		
9:50 am Mass	11:30 am Mass	7 pm Mass (Spanish)