

March 8, 2020

GOD IS CALLING YOU: COME TO CONFESSION!

GOD IS CALLING YOU! LISTEN TO HIS CALL: COME TO CONFESSION ...AT LEAST ONCE DURING THIS LENT! It does not matter how long ago was your last confession. The time has come for each one of us to go to **RECONCILIATION WITH GOD!** The time is now, not next month, but now. We cannot postpone reconciling with God. This is the beautiful and joyful time of **LENT.** We need to be **READY** as we prepare for the Passion, Death and Resurrection of our Lord Jesus Christ! As in today's Gospel of the **TRANSFIGURATION** (Matthew 7:1-9) , Jesus is touching his disciples Peter, James and John , who afraid are prostrate on the ground, and Jesus is telling them and each one of us : " **RISE, AND DO NOT BE AFRAID!**" . Jesus is asking each of us to **RISE** out of our comfort zone and come to **RECONCILE** with **HIM** through the Sacrament of Penance/Confession.

We have about 1,000 parishioners receiving communion at **OLHOC** every weekend. Can we reach 1,000 confessions this Lent? Do the math! It means that Fr. Ben and I should hear about 500 confessions in the next 5 weeks, 100 a week. Thanks God, we will have help from about 12 **PRIESTS AT OUR PARISH PENANCE SERVICE: 6:45 PM MONDAY MARCH 16!** Our church sits 550 people when packed. **GOD WILL BE PLEASED IF WE HAVE A FULL CHURCH ON MONDAY EVENING MARCH 16!** We believe in miracles! **GOD** can make it happen: we just have to listen to **HIS CALL: RISE ON MARCH 16** and do not be afraid to confess our sins and ask for God's forgiveness (God knows everything going on in our lives). We will be renewed spiritually and find **PEACE IN OUR HEART!**

St. Paul today also reminds us (2 Timothy 1: 9-10) of the **GOOD NEWS :“GOD SAVED US AND CALLED US TO A HOLY LIFE** according to his own design and the **GRACE** bestowed on us in **CHRIST JESUS ...who DESTROYED DEATH AND BROUGHT LIFE AND IMMORTALITY TO LIGHT THROUGH THE GOSPEL”.** Jesus came to give a new life to the sinner, helping him to turn back to Him. **WITH JESUS, THE TIME OF PENANCE HAS COME, THE TIME TO ATONE FOR OUR SINS AND SEEK OUR SALVATION.** We all want to be saved and go to Heaven. Listen to God's call to come to confession and seek reconciliation!

May the Holy Spirit give us courage to acknowledge our sins and seek reconciliation with God and our brothers and sisters! God, I am sorry for my past sins, help me to change and convert to you!

One in Christ,
Fr. Alain

Guidance from the Archdiocese of Washington on Coronavirus (excerpts from letter sent by the Vicar General to Pastors February 28, 2020)

“The Archdiocesan Pastoral Center has received some requests for guidance about parish liturgies in light of the public concern currently being expressed about the coronavirus, as well as other strains of the flu virus and respiratory syncytial (RSV) that occurs at this time of year. Most inquiries are in regard to the Sign of Peace, receiving the Blood of Christ from the chalice and receiving the Body of Christ on the tongue.

Pastors may wish to remind their parishioners, in whatever manner is appropriate within Mass, that no one is ever under an obligation to shake hands during the Sign of Peace (a bow or other gesture is appropriate) or to receive from the chalice. Christ is fully present in each species when the bread and wine have been consecrated into His Body and Blood. Pastors may also wish to remind their parishioners they can receive the Body of Christ in the hand instead of on the tongue.

Further, anyone who is ill, or suspects he or she is ill, should refrain from receiving from the chalice out of good will, or if warranted, refrain from participation in public activities, including Mass. If you need to refrain from Sunday Mass, you are dispensed from the Sunday obligation. Ministers, including sacristans, servers and Extraordinary Ministers of the Eucharist (EMHC), also should be reminded to practice good hand hygiene. It may be practical and prudent to have hand sanitizer available in a discreet location near the sanctuary for the EMHCs to use before and after the distribution of communion.”

In addition to implementing the above recommendations at **OLHOC**, we will have a hand sanitizer at the entrance of the church (next to the Holy Water). The EMHCs will continue using the hand sanitizer near the Sanctuary.

Please let us know if you have any suggestions or comments to share regarding the above. You can call (301) 645-7112, or email office@olhoc.org



CCD Class Schedule

March 8/9- CCD Classes

March 15/16-Sacramental Prep & All Youth Night (no regular CCD classes. All CCD families are encouraged to attend Sunday's 4 PM Youth Mass

March 22/23- CCD Classes

March 29/30-CCD Classes

~Pre-school News~

To celebrate the 40th anniversary of OLHOC, we are requesting any photos that you may have of your child or grandchild while he or she was enrolled at Our Lady's Little Christians Preschool. Most especially we are looking for any photos of your child with any of our teachers, past or present, or with the Our Lady Help of Christians sign out front. Photos may be scanned and emailed to preschool@olhoc.org or brought to the office and Ms. Nieda will scan them for you. Look for our display as we get closer to the Feast Day in May. Thank you!!

Register now to reserve the class you want for fall 2020 classes. Send an email to preschool@olhoc.org or call 301.645.7112 and ask for Nieda, the preschool director.

Community Outreach

The next Shepherd's Table will be April 16, 2020 at Good Shepherd Church.

Our next Outreach meeting will be April 1, 2020, at 7p.m. in the Fr. Martin Hall. Meetings last just one hour. All new ideas and new members are welcome!



Progress with various tasks are coming together. Interior walls complete and ready for paint. All interior glass windows installed. Electrical work continues with new larger circuit breaker box installed. New ceiling tiles going up after overhead electrical inspection passed. Exterior painting continues.

We will continue using the office entrance for Mass, parking for the handicap is in the back parking lot.

Thank you for your patience!

Pray for Our Seminarians

Please take a moment today to stop by the "Vocations Tree" in the office foyer, where you'll see cards for each of the seminarians of the Archdiocese of Washington. 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.

The Gift of the Eucharist

This Lent, commit to a sacrifice of time and invest in your spiritual life. Be renewed through a more comprehensive understanding of the biblical roots of the Holy Eucharist.

"The Gift of the Eucharist" a five-week activity, is this year's spiritual exercise. Sessions are offered on Thursday evenings (6:45-9:00 pm) from Feb. 27 to March 26, and Saturday mornings (9:45-12 noon) from Feb. 29 to March 28. Childcare will be provided.

"Come and See" March 19, 2020

Do you feel called to serve God and His people in a special way? Permanent deacons assist in their parish, serve those in need and spread the Gospel message in the workplace, their family and community.

The Archdiocese of Washington is seeking candidates for the next class of men preparing to become permanent deacons. Representatives from the Archdiocese will be at OLHOC on Thursday, March 19, 2020 (7 – 9 PM) to meet with interested men and their wives to provide helpful information and answer questions.

If you are interested, talk to Deacon Rich or Deacon Bill or come to the meeting on March 19.

BIBLE STUDY Everyone is invited to our Sunday, 9:30 am, Bible study in the FM Hall! Our newest study, which began Feb 23, enhances our Parish Lenten Mission study, *Gift of the Eucharist* with Dr. Brant Pitre. See how the Holy Eucharist is deeply rooted in Sacred Scripture (Old and New Testaments) and the essential purpose and reality of Jesus' words and actions at the Last Supper. Contacts: Mike and Diane Spurgeon at afbabe1@verizon.net.

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We are asked to pray for:

Sandra Barrientos
Ana Maria Delmira Sibrian Escobar
Nestor Ermelindo Molina
James Thompson
Rebecca (Tess) Franch
Naomi Lilly
Sterling Greene
Aleli Puzon
Patricia Delgado
Rosano Wheeler
Larry McGraw
Hene Custer
Julie Davis
David DeMarr
Dunnie Proctor
Amelia Vinceguerra
Lorraine Celijewski
Elizabeth Harley
Tabitha Barton
Maria Townsend

Chrystal Beauregard
Sheryl Carter
Alex Leon
Sharketer Butler
Steven Bowling
Edna Yarngo
Kathly Grimes
Sheny Padilla
Richard White
Victor Cordero
Georgiana Norgren
Marie Marie Bottorf
George Proctor
Patricia Sutton
Trenia Price
Michael Sofield Jr.
Norm Green
Mary A. Dyson
The Dixons
Grace dAlbrittain
Elaine Moses

Yvonne Buford
Karen Zimmerman

and all our military and civilians serving in harm's way.
Please let us know if any names should be removed from the list.



Mass Intentions this Week

Saturday, March 7, 9:00AM: Naomi Lily
Saturday, March 7, 5:00 PM: Joanna Ouedraogo (+)
Sunday, March , 8:30 AM: Frank Dayton (+)
Sunday, March 8, 10:00 AM: Our Lady Help of Christians Parishioners
Sunday, March 8, 11:30 AM: Joe Nikolai
Sunday, March 8, 1:00 PM: Joanna Ouedraogo (+)
Sunday, March 8, 7:00 PM: Jose Daniel Aquila Chavarria (+)
Monday, March 9, 9:00 AM: Nicholas Loden (+)
Tuesday, March 10, 9:00 AM: Jim Chambers (+)
Wednesday, March 11, 9:00 AM: Geraldine Vatter (+)
Wednesday, March 11, 7:00 PM: Naomi Lily
Thursday, March 12, 9:00 AM: Souls in Purgatory
Friday, March 13, 9:00 AM: Children in danger of abortion

Lenten Reconciliation Times

Wednesdays: 6 PM-6:45 PM, and 7:45- PM-8:30 PM

Saturdays: 4:00 PM- 5:00 PM

Sundays: 6:45 PM- 7:30 PM

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

Wednesday Scripture Study- The Friday night scripture study has been changed to Wednesdays. They will be begin at 7:30, following the 7 pm Mass

First Friday- The first Friday of each month the evening Mass is said in Latin. This Mass is dedicated to promoting the Priesthood.

First Saturday-Join members of the Marian Group on the first Saturday of the month after the 9 am Mass. Learn more about consecrating your life to Jesus through Mary.

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

OLHOC Prayer Chain

If you have a prayer request, please call the parish office or send email to office@olhoc.org.

Mass Readings for March 15, 2020

Third Sunday of Lent

***First Reading**

Exodus 17:3-7

***Second Reading**

Romans 5:1-2, 5-8

***Gospel**

John 4:5-42



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Youth News

Life Teen: high school youth ministry (meets most Sundays 5-6:30 pm, Dinner is provided, check website for dates)

Edge: middle school youth ministry (meets monthly for All Youth Night - March 15th)

FIAT: Faith in Action Team elementary school ministry (meets monthly for All Youth Night- March 15th)

For more info and an updated list of our events please visit www.olhoc.org/yevents or contact Marlen Coles marlen@olhoc.org

Living Station of the Cross: Attention EDGE (middle school) & Life Teen (high school): Join us as a cast or crew member for this year's Living Stations of the Cross. We will need youth for roles as Jesus, Mary, soldiers, Simon, Veronica, weeping women... You don't have to memorize any lines! We will have a series of rehearsals and then perform for the CCD students on Sunday, March 29th & Monday, March 30th. The presentation for the parish will be on Friday, April 3rd. Please visit www.olhoc.org/stations to sign up.

Sacramental Preparation for Confirmation Year 1 & Year 2 - Sunday, March 15th from 2:30 pm - 6:30 pm. This is the parish sacramental preparation for Confirmation for students(who are in catholic school, public school or homeschooled), parent(s), and mentors, (sponsors are always welcome). This includes the 4 pm Mass followed by dinner and All Youth Night activities. Questions, visit www.olhoc.com/faq or contact Marlen Coles marlen@olhoc.org

Next All Youth Night - Sunday, March 15th Join us for 4 pm Mass followed by pizza, faith, fellowship & fun for children in Elementary (FIAT), youth in Middle School (EDGE) & youth in High School (Life Teen) from 5-6:30 pm. Bring some friends, ALL are welcome!

Attention current 8-12 graders - Summer Opportunities!

Steubenville Youth Conference - June 12-14, 2020 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 and encounter Christ with other teens from other states as we worship together and grow in our Catholic faith! Limited spots available for more details & to register visit www.olhoc.org/steubie20

Camp Covecrest - August 2-8, 2020 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 (i.e. high ropes, messy games, obstacle course, zip line, white water rafting, team building experiences, music, talks, reflections, Mass, Adoration & personal growth). For more details, watch a video & to register visit www.olhoc.org/camp2020 Questions, please contact Marlen Coles marlen@olhoc.org

To Join Our Youth Core & Support Team, please visit our website or talk to Marlen Coles. Together we can help lead our youth closer to Christ!

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Reconciliation Service

Our Parish | Reconciliation service is

Monday, March 16th at 6:45 PM.

Come, reconcile with God!

2020 Census: It's Critical, Convenient, and Confidential

From March until July, Marylanders will participate in the 2020 census. The census is critical for Maryland, as it determines federal funding for local communities and the state's representation in government. Responding to the questions is more convenient than ever as people can respond one of three ways—by mail, phone, or online—and all information gathered will be kept confidential and secure. An invitation to record your responses should come from the federal government by April 1. Learn more at www.mdatholic.org/2020Census and www.census.maryland.gov.