

March 6, 2022, 2022: 1st Sunday of Lent

PRAYING FOR PEACE

The invasion of Ukraine by Russia is a reminder that peace on earth is fragile. Only God can provide peace. As I am writing this column (Tuesday March 1st), the Russian armed forces continue to advance toward the capital Kiev while peace talks between Ukrainian and Russian delegations entered a second day. Pope Francis has invited all of us to PRAY FOR PEACE. Let us do so throughout this LENTEN JOURNEY of 40 days as we climb together the Mountain leading us to the HOLY WEEK and EASTER: the JOY of the RESURRECTION!

Last Saturday morning, I chose the votive Mass of "MARY QUEEN OF PEACE", and I invited all parishioners to pray for Peace in Ukraine through the intercession of Mary Queen of Peace. The title of Mary Queen of Peace was added to the Litany of the Blessed Virgin Mary (also known as the Litany of Loreto) by Pope Benedict XV in 1917 when the FIRST WORLD WAR was raging. Mary has 48 titles in this Litany (including Mary Help of Christians). The title Queen of Peace is the last one, the more recent one. Mary is the powerful QUEEN MOTHER in Heaven. She is the Mother of each one of us and she wants us to be at Peace. She is our most powerful intercessor to her Son Jesus, the PRINCE OF PEACE.

Why should we pray for Peace?

God is in charge of the entire world. HE does not want any more large-scale war. He does not want any more bloodshed. HE sent HIS only Son to bring Peace on earth, to redeem us by his birth as man and by his blood on the Cross. By dying for all our sins, Jesus Christ conquers death once for all. By rising from the dead, Jesus gives us eternal life. This is the PASCHAL Mystery we celebrate at every Mass.

However, while creating us in HIS own image, God gave us FREE WILL. This free will gives us the Power to choose between Good and Evil, between Love and Hatred, between PEACE and WAR. This is why the battle between Good and Evil will continue until the end of time when the Devil will be totally destroyed once for all. This is the final Victory of God.

The first choice of Adam and Eve was to listen to the lies of the DEVIL and DISOBEY GOD. This first Fall to Temptation changed the entire world. The battle between Good and Evil continues to rage as it did in the middle of the First World War when my two grandfathers were fighting the Germans at the "bloody" battle of VERDUN, the battle of "trenches" that lasted nearly one year with over 300,000 deaths. My two grandfathers survived but I cannot imagine the suffering of their entire families (separated during four years of war). What a heavy cross to be carried by young mothers and their infant children, uncertain whether they will ever see again their husbands and fathers.

This week-end's GOSPEL (Luke 4:1-13) is well chosen as we enter LENT. It is all about TEMPTATIONS. Jesus led by the Holy Spirit spends 40 days fasting in the desert before being tempted by the DEVIL. He is tempted three times. We all face the same temptations of PRIDE, POWER and PLEASURE. Unlike JESUS, we can fall easily to

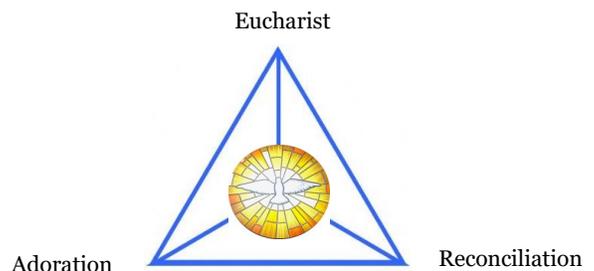
Temptations. This is our weak human nature. But God is loving and merciful. He never abandons us. He gives us the great Sacraments of Reconciliation and Eucharist, the Body and Blood of His Son, that gives us eternal life.

We should PRAY FOR PEACE, for RECONCILIATION. Jesus tells us in a very powerful way: "BLESSED ARE THE PEACEMAKERS FOR THEY WILL BE CALLED CHILDREN OF GOD" (Sermon on the Mount Matthew 5:9). Do we desire to follow Jesus and be a peacemaker or do we desire to create divisions and unending battles?

Jesus also reminds us that "if when bringing our gift to the ALTAR, you remember you are not RECONCILED with your brother, first be RECONCILED with your brother and only then come and offer your gift" (Matthew 5:23-24).

This Lent let us first focus on the GIFT OF RECONCILIATION: let us all go to confession 7 PM MONDAY MARCH 7. Let us reconcile with God and our brothers and sisters who have hurt us. BE MERCIFUL as the FATHER IS says Jesus. Let us ask Jesus to give us the GIFT OF FORGIVING! Not only of forgiving others, but also forgiving ourselves! If there is a grave sin we have never confessed because we are so ashamed or do not believe that we could be forgiven, GO AND CONFESS THAT SIN 7 pm March 7. Prepare your confession well by a thorough examination of conscience.

If you have not signed up for the GIFT OF ADORATION beginning 7 PM this Thursday MARCH 3 or 10 AM this Saturday MARCH 5, you can still show up and you will be most welcome. Come to deepen your prayer life. Come to get closer to God this Lent. Remember the EUCHARISTIC TRIANGLE OF PEACE, where the HOLY SPIRIT is at the center and can transform your life and that of the world. PRAY FOR PEACE:



When we pray for PEACE IN UKRAINE this LENT, let us also PRAY FOR PEACE IN OUR OWN HEARTS, PEACE IN OUR FAMILIES, PEACE IN OUR CHURCH, PEACE IN OUR COUNTRY, PEACE IN THE ENTIRE WORLD!

COME HOLY SPIRIT! GIVE US PEACE!

One in Christ,
Fr. Alain

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*We are asked to pray for:
Greg Warden
Andy Rodriguez
Angie Jacob
John Hannon
Albert Lee Sutton
Joan Matthew

Titus Thomas
Nolan White
Oriana Nicaragua
Dayton Nicaragua
Violeta Nicaragua
Loretta McKenzie

Names will be removed after 3 months.



Mass Intentions this Week

<p>Saturday, March 5, 9:00AM: Delwinde Ouedraogo 5:00 PM: Knights of Columbus Sunday, March 6 8:30 AM: Larry McGraw (+) 10:00 AM: OLHOC parishioners 11:30 AM: Pat and David Viets 1:00 PM: Ann Marie Fequiere (+) 7:00PM: Reynold Leroy Earl (+) Monday, March 7, 7:00 AM: Peace in Ukraine 9:00 AM: Logan Wachsmuth Tuesday, March 8, 9:00AM: Kathleen Cassil</p>	<p>Wednesday, March 9, 9:00 AM: Casandra Moseley 7:00 PM: Delwinde Ouedraogo Thursday, March 10, 9:00AM: Pierre & Claire Lissade & family (+) Friday, March 11, 7:00 AM: Peace in Ukraine 9:00 AM: Peace in Ukraine</p> <p><i>Remember to pray for the souls in Purgatory</i></p>
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LENT AT OLHOC

Stations of the Cross:

Fridays during Lent
2:30 pm and 7 pm.

“The Gift of Adoration”:

March 3, to April 9
Thursdays at 7 pm, Saturdays at 10 am

Parish retreat with Fr Martin Scott:

March 7, 8, and 9 at 7 pm

Lenten Penance Service:

Monday March 7th at 7 pm

40 Hours of Adoration:

Starts March 31 at 9 pm,
Ending April 2 at 1 pm

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

Friday Scripture Study- The Friday night scripture study is now online. Please call the office for information on how to join us.

First Friday- The first Friday of each month the evening Mass is dedicated to promoting the Priesthood. Following evening Mass, devotion to the Alliance of the two Hearts.

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 13, 2022

Second Sunday of Lent

***First Reading**
Genesis 15:5-12, 17-18

***Second Reading**
Philippians 3:17-4:1

***Gospel**
Luke 9:28b-36



www.usccb.org

Youth/CCD



NEW Mass protocol 2-20-2022

- Masks are recommended, but optional
- Masks are still required when near our preschool children Monday through Friday
- Wash hands frequently and use sanitizer when coming to Church
- Stay home if you feel ill or vulnerable to Covid transmission
- We continue to adjust our conservative protocol for OLHOC consistent with ADW and government guidance for fighting the Covid pandemic.

We thank everyone for cooperation as we pray a safe return to normal.

Cookbook

Our Lady Help of Christians would like to publish a parish cookbook. The cookbook would celebrate the parish's diversity and rich cultural heritage. It would reflect the international and multi-cultural aspects of the parish family. Recipes, which could be as easy as a quick snack or as complex as a dinner entrée, would be submitted by parishioners and their families and friends. There would be space for comments about each recipe: for example, perhaps it is a family favorite, or maybe it was handed down by parents or grandparents.

Before we commit to this project, we would need to determine if there is enough interest among parishioners. We are, therefore, seeking your thoughts and comments in this regard. Please send comments to Pat Viets at: patricia1202@cocast.net. Let Pat know if you support this project and, if so, if you would be submitting recipes. Please state the number of recipes you would submit. Kindly provide comments by March 31. A copy of a similar cookbook produced by the VFW is available for on-site viewing at Jeannie's desk in the OLHOC office.

If the project goes forward, any funds generated by the cookbook would be used to support the parish's youth fund.

Thank you and bon appétit!

Catholic Charities 2022 Lenten Food Drive March 26-27

Parishes and schools across the Archdiocese of Washington will again partner for a food drive to benefit families in need, local parish food pantries and food banks. The Lenten food drive will take place on the weekend of March 26-27.

Starting March 6 (Sunday): 3rd - 6th grade classes will transition from Blended Class to In-Person class. No more online classes on Flipgrid. Students are asked to complete their missed lessons on Flipgrid before it closes toward the end of March.

March 7, 2022 (Monday): 3rd - 8th grade will have their confession while the rest of the classes will have an in-person class. Parents are encouraged to have confession also. Ten priests will come to our Parish for Confession.

GIFT Parents/Students (First Penance/Communion) Sacramental Workshop

Sunday, March 20th @ 10:15 a.m. at St. Teresa and Divine Mercy Room followed by attendance of 11:30 a.m. Mass. *This is the parish sacramental preparation for students (who are in catholic school, public school or homeschooled).* Attendance is mandatory. For questions, email Sr. Rosario

Sacramental Preparation for Confirmation Year 1 & Year 2 - Sunday, March 20th 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. For more details and questions, visit www.olhoc.com/confirmation-1

All Youth Night - Sunday, March 20th, from 4 pm - 6:30 pm

Join us for 4 pm Mass followed by pizza, faith, fellowship & fun for youth in Middle School (EDGE) & youth in High School (Life Teen) from 5-6:30 pm. Bring some friends, ALL are welcome!

Life Teen (High School) Youth Ministry meets in-person on most Sunday's from 1pm - 2:30 pm. Please visit our website to stay informed of our upcoming dates and for other youth events. www.olhoc.org/ymevents

Facilities

We have a storage problem at OLHOC with added personal property items. And our insurance through ADW, Catholic Mutual, states our insurance does not cover lost or damaged personal property.

Also we can not accept property donations unless approved by our Building Committee as something we can use.

Thank you for your cooperation. We will start disposing of items in March, so please reclaim these items before then. Any questions, contact Dick Potter, Facility Manager.

As our Capital Campaign has concluded and with office flooring and recent beautiful Altar and sanctuary flooring we have a nice upgraded interior for our Church.

Now we are looking at Nave sound system upgrades, more roof repairs and focusing more on our exterior with routine yard maintenance and a comprehensive landscaping plan.

As your volunteer facility manager, I seek other ideas you may have ... no idea too big or too small to make our list. With our Building Committee we will prioritize and commit projects to keep our facility beautiful and highly functional inside and outside. Submit any thoughts to me at potterra28@yahoo.com

Thank you and as we select projects, we welcome volunteers to help where possible.

Outreach News

On February 17, 2022 over 120 people were treated to a delicious, nutritious hot meal at Shepherd's Table. Many thanks to Nereida and Stew Tellechea, our menu coordinators, and all those who worked to provide a good meal for those in need in our community.

Next Shepherd's Table will be April 14, 2022 and the next Outreach Meeting is March 9, 2022 at 7 p. m.

**SPRING SALE– APRIL 23,
2022 from 8:30 am-2:30 pm**

Tables available for \$25 each. Please reserve by March 20 for the best spots.

Volunteers also needed! Please call the office for more information.

Prayer Chain

Please prayerfully consider being part of the OLHOC Prayer Chain ministry.

Members pray for each other, Parishioners, Intentions, for the living and the deceased. Pray at your own convenience and use the prayer/prayers you wish.

For more info or to sign-up please E-mail Jeannie at office@olhoc.org or, E-mail Terrie, tdelila@hotmail.com

“Vocations Tree” is here!

What's a “Vocations Tree?”. You can find a “tree” in the church foyer covered with cards. Each card features a seminarian of The Roman Catholic Archdiocese of Washington. We invite you to choose one card, or several, and commit to praying a short prayer for that seminarian each day during Lent. This is a great activity for families, too!



Begin your Lenten Journey

Parish Mission with Father Martin Scott

**7 PM Monday March 7 through
7 PM Wednesday March 9**

7 PM Monday March 7– Penance Service

Twelve Priests will be available for Reconciliation. It is a time to cleanse your soul as you prepare for the Resurrection of our Lord

7 PM Tuesday March 8– Prayer/Adoration

Father Martin Scott will speak directly to your soul about Prayer and Adoration.

7 PM Wednesday March 9– Healing Mass.

After Mass, we will have healing prayers. All are welcome to come up and be touched by the Holy Spirit through Priests. Come, feel the healing power of GOD!

**Note: Blessed Sacrament will be exposed 6-7 pm
Each day**