

January 20-21, 2024: Third Sunday in Ordinary Time

"BEAUTIFUL EUCHARIST"

COME TO THE PRESENTATION OF "BEAUTIFUL EUCHARIST" at 7PM this Monday, January 22! You are all invited! You received this small and inspirational book (100 pages) as a Christmas gift.

Come and share your own beliefs about the EUCHARIST! This discussion will be a starting point for our next six months as we, as a parish, commit to a EUCHARISTIC REVIVAL as part of the national initiative of the United States Conference of Bishops, culminating with the TENTH EUCHARISTIC CONGRESS in Indianapolis on July 17-21.

The Eucharist is central to our Christian life. What are your beliefs about the Eucharist? How can you explain your beliefs to your friends? How can you explain that you believe JESUS IS REALLY PRESENT IN THE EUCHARIST: BODY, BLOOD, SOUL AND DIVINITY?

It's all about FAITH! Faith is a gift from God! We believe that Jesus is truly God and man. Open your Bible and read the most important passage about the Eucharist JOHN CHAPTER 6, THE BREAD OF LIFE SPEECH:

"AMEN, AMEN, I tell you, he who believes has eternal life. I AM THE BREAD OF LIFE. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven, whoever eats this bread; he shall live forever" The bread that I will give is my flesh for the life of the world." The Jews quarreled among themselves, saying, "How can this man give us his flesh to eat?" Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life within you. He who eats my flesh and drinks my blood has eternal life, and "I will raise him up on the last day. For my flesh is true food, and my blood is true drink. He who eats my flesh and drinks my blood remains in me and I in him." (John 6:47-57).

If anyone asks you questions about the Eucharist, simply refer them to Jesus' previous words in John Chapter 6 and Jesus' own words about the Institution of the Eucharist at his Last Supper (Matthew 26:26-28) "While they were eating, Jesus took bread and gave it to his disciples. TAKE IT AND EAT," he said, "THIS IS MY BODY." Then he took a cup, and having given thanks, he gave it to them saying, "DRINK OF THIS, all of you, for THIS IS MY BLOOD, the blood of the covenant shed for many for forgiveness. of sins." Notice that Jesus says: This IS my body. This is my blood," he did not say that this is a symbol of my body and of my blood.

These 11 verses couldn't be clearer. Jesus tells us: when you eat the Eucharist, you eat my true flesh! Jesus does not speak of a symbol of his flesh; he speaks of his own flesh.

If you have not yet read the book "Beautiful Eucharist", you will still enjoy the conversation on Monday, January 22 as it will be preceded by a presentation.

There are many gems in this little book. There are also many quotes like this one from St. Francis de Sales: "IN THE EUCHARIST WE BECOME ONE WITH GOD."

Matthew Kelly comments in his introduction (page 8) that being One with God is a beautiful thing and is your deepest longing. As you know, I sign all my letters "ONE IN CHRIST." And I truly believe that THE EUCHARIST MAKES US ONE IN CHRIST, transforming us all into communion with our brothers and sisters who also receive the Eucharist.

May God continue to bless our parish and all our parishioners as we embark on this six-month focus on a parish Eucharistic Revival!

One in Christ,

Fr. Alain



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Our Lady Help of Christians

Address: 100 Village St. Waldorf, MD. 20602

**Invites you to join and celebrate the
Feast Day of the HOLY CHILD JESUS (SENYOR SANTO NINO)**

Theme: Sto. Nino: Magnet of Love in the Synodal Church



Feast Day: January 21, 24 - Sunday

Preparation/Exposition/Private Prayers: 3:30 pm.

Holy Rosary: 4:00 pm.

HOLY MASS: 4:30 pm. / Main Celebrant: Fr. Alain Colliou

Procession Outdoors: 5:30 pm.

Traditional Dances (Sinulog)/Program: 6:00 pm.

(Fellowship Dinner will follow right after at the Fr. Martin Hall)

Novena: January 12 – 16 and January 20, 2024 – 7:00 pm

TRIDUUM MASS: January 17, 18 and 19, 2024 - 7:00 pm.

VIVA PIT SENYOR !

*We are asked to pray for:
George Gallagher
D'Vaughn Webster
Lynette Washington
David Mesler
Ken Housewright
Tiffany Chase
Monica Halloran

Kathryn & David Newman
Andrea Lewis
Carolyn Briscoe
Theodore Danneico Hall
Tess Franch
Margaret Ferguson
Mary Ott
Mirna Egbufoama

Ollie Johnson
Mike Sofield, Sr
Titus Thomas
Catalina del Cid
Matthew Batiste
Phyllis Batiste
Michael Duncan
Jennifer Forsythe

Barbara Jean-Noel
Junior Thomas-Sally-Ann
Ligia Lam
Dorothy Neal

Names will remain for three months or until healed



Mass Intentions this Week

<p>Saturday, January 20, 9:00 AM: Margaret Benton 5 :00 PM: OLHOC Parishioners</p> <p>Sunday, January 21, 8:30 AM: Frank & Dianne Soloninka 10:00AM: Thomas Simon (+) 11:30 AM: Georgeanna Sutton (+) 1:00 PM: Olga's Intentions 7:00 PM: Roberto Urrutia</p> <p>Monday, January 22, 9:00 AM: Madeleine Ngo Itoh (+)</p> <p>Tuesday, January 23, 9:00AM: Fr. Alvin Caburgcal(+)</p>	<p>Wednesday, January 24, 9:00 AM: Lazarus Sutton 7:00 PM: Arturo Guerrero (+)</p> <p>Thursday, January 25, 9:00 AM: MCST Sister's Benefactors</p> <p>Friday, January 26, 9:00: AM: Silvia Ita</p>
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“Sharing Sunday”

We are still collecting nonperishable food for the Food Bank, Women’s Shelter, and Children’s Aid of Waldorf. A collection box is in Father Martin Hall. Thank you!

The Outreach Committee wishes everyone al OLHOC a blessed New Year!

NEW BIBLE STUDY starting JANUARY 14,2024 at Father Martin Hall , after 8:30 am Mass:
METANOIA

A Journey with Christ into conversion, filmed on location -explore areas of our lives often needing conversion, followed by 30 minutes discussion.

Contact Julia Ehman email Julehman@msn.com

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 in Latin is dedicated to promoting the Priesthood. Following evening Mass, Prayer group in Spanish.

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 office@alhoc.org.

Mass Readings for January 28, 2024

Forth Sunday in Ordinary Time

***First Reading**

Deuteronomy 18:15-20 (71B)

***Second Reading**

1 Corinthians 7:32-35

***Gospel**

Mark 1:21-28

www.usccb.org



**In Celebration of Catholic Schools Week,
Our Lady's Little Christians will be having a "Baby Shower"
for the Angel's Watch**



January 28th - February 3rd

Items Needed:

- Diapers (sizes 3-6), pull-ups, baby toiletries (shampoo, baby wash, lotions, creams, wipes..) new toddler cups with lids

New/gently used clothing:

up to 5T, umbrella strollers & pack n plays

Items can be dropped off in the box located in the lobby by the office.



...educating head, heart, and hands...



Questions, Contact
Kendra Hunt
ollc@olhoc.org

www.olhoc.org



*First Sunday of the month,
the 1 pm Mass will be in English-French (Bilingual).
All are invited to attend!*

Everyone interested in joining the 1 Pm choir, are encouraged to attend the practice every Friday at 8 pm in the Father Martin Hall.

Catholic Schools Week is January 28th-February 3rd

Join us on Sunday, January 28th

Our Lady's Little Christians Early Learning Center

Open House

After each Mass
(8:30 AM, 10 AM,
11:30 AM & 7 PM)

Open for all perspective
3 & 4 year olds



Early Learning Center
...educating head, heart,
and hands...

Krispy Kreme Fundraiser

After each Mass
8:30 AM, 10 AM,
11:30 AM & 7PM



Pre-orders will be taken with a
signup sheet in the Narthex beginning this
weekend!

The donuts will be available in the
narthex after the Masses!




Lic # 109044

For more information visit
www.olhoc.org/overview
or email the Director at
ollc@olhoc.org

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Holy Hour of Reparation
Thursdays, 8 pm - 9 pm


Spend some time with Jesus and pray for priests!



New Format:
Evening prayer
Silence
Litany of Prayer for Priests
Benediction

Hora Santa
jueves, 8 pm - 9 pm

Join Fr Alain & Fr Jan pray for priests who are struggling & those who don't pray. Invite other priests and lay people to join.



Join us for a thought provoking discussion on the book

Beautiful Eucharist

that was distributed at the Christmas Masses!

Monday, January 22nd at 7 PM

Location:
Fr. Martin Hall



Everyone is invited!



Since this is a Eucharist Revival Year, and we are preparing 25 parishioners to attend the National Eucharistic Congress in July 17—21, 2024 in Indianapolis, Indiana.



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“HERMOSA EUCARISTÍA”

¡VEN A LA PRESENTACIÓN DE “HERMOSA EUCARISTÍA” a las 7PM este lunes 22 de enero! ¡Estáis todos invitados! Recibiste este pequeño e inspirador libro (100 páginas) como regalo de Navidad. ¡Ven y comparte tus propias creencias sobre la EUCARISTÍA! Esta discusión será un punto de partida para nuestros próximos seis meses mientras nosotros, como parroquia, nos comprometemos a un AVIVAMIENTO EUCARÍSTICO como parte de la iniciativa nacional de la Conferencia de Obispos de los Estados Unidos, que culminará con el DÉCIMO CONGRESO EUCARÍSTICO en Indianápolis el 17 de julio 21. La Eucaristía es central en nuestra vida cristiana. ¿Cuáles son tus creencias sobre la Eucaristía? ¿Cómo puedes explicar tus creencias a tus amigos? ¿Cómo puedes explicar que crees que JESÚS ESTÁ REALMENTE PRESENTE EN LA EUCARISTÍA: CUERPO, SANGRE, ALMA Y DIVINIDAD? ¡Todo es cuestión de FE! ¡La fe es un regalo de Dios! Creemos que Jesús es verdaderamente Dios y hombre. Abre tu Biblia y lee el pasaje más importante sobre la Eucaristía JUAN CAPÍTULO 6, EL PAN DE VIDA DISCURSO: “En verdad les digo: El que cree tiene vida eterna. Yo soy el pan de vida. Sus antepasados comieron el maná en el desierto, pero murieron: aquí tienen el pan que baja del cielo, para que lo coman y ya no mueran. Yo soy el pan vivo que ha bajado del cielo. El que coma de este pan vivirá para siempre. El pan que yo les daré es mi carne, y lo daré para la vida del mundo.” Los judíos discutían entre sí: “¿Cómo puede éste darnos a comer su carne?” Jesús les dijo: “En verdad les digo que si no comen la carne del Hijo del Hombre y no beben su sangre, no tienen vida en ustedes. El que come mi carne y bebe mi sangre vive de vida eterna, y yo le resucitaré en el último día. Mi carne es verdadera comida y mi sangre es verdad Porque mi carne es verdadera comida, y mi sangre es verdadera bebida. El que come mi carne y bebe mi sangre permanece en yo y yo en él.” (Juan 6:47-57) Si alguien le hace preguntas sobre la Eucaristía, simplemente remítalas a las palabras anteriores de Jesús en Juan Capítulo 6 y a las propias palabras de Jesús sobre la institución de la Eucaristía en su Última Cena (Mateo 26:26-28) “Mientras comían, Jesús tomó pan y se lo dio a sus discípulos. TOMAD Y COMED”, dijo, “ESTE ES MI CUERPO.” Entonces tomó una copa, y habiendo dado gracias, se la dio diciendo: “BEBED DE ESTO todos, porque ESTA ES MI SANGRE, la Sangre del pacto derramada por muchos para perdón. de los pecados.” Note que Jesús dice: Este ES mi cuerpo. Esta es mi sangre”, no dijo que esto es un símbolo de mi cuerpo y de mi sangre. Estos 11 versículos no podrían ser más claros. Jesús nos dice: ¡cuando coméis la Eucaristía, coméis mi verdadera carne! Jesús no habla de un símbolo de su carne; habla de su propia carne. Si aún no has leído el libro “Hermosa Eucaristía”, igual disfrutarás de la conversación del lunes 22 de enero ya que estará precedida por una presentación. Hay muchas joyas en este pequeño libro. También hay muchas citas como ésta de San Francisco de Sales: “EN LA EUCARISTÍA NOS VOLVIMOS UNO CON DIOS”. Matthew Kelly comenta en su introducción (página 8) que ser Uno con Dios es algo hermoso y es tu anhelo más profundo. Como sabes, firmo todas mis cartas “UNO EN CRISTO”. Y realmente creo que LA EUCARISTÍA NOS HACE UNO EN CRISTO, transformándonos a todos en comunión con nuestros hermanos y hermanas que también reciben la Eucaristía. ¡Que Dios continúe bendiciendo a nuestra parroquia y a todos nuestros feligreses mientras nos embarcamos en este enfoque de seis meses en un Avivamiento Eucarístico parroquial!

Uno en Cristo,

Padre Alain

