

## January 27-28, 2024: Fourth Sunday in Ordinary Time

### **FOLLOW-UP to DISCUSSION of "BEAUTIFUL EUCHARIST"**

Over 20 parishioners met to discuss the charist (stay tuned - date and details to be "BEAUTIFUL EUCHARISTIC" book last announced shortly) Monday.

There was unanimity. It was a "must" read for any Catholic. It includes 12 beautiful and inspirational presentations about the Eucharist by famous Catholics, such as Father Mike Schmitz, Peter Kreeft, Bishop Andrew Cozzens (leader of the on-going National Eucharistic Revival), and Bishop Fulton Sheen. It was an easy read with many gems and insights that can deepen our understanding of the centrality of the Eucharist in our Christian life. The discussion was timely as our parish had decided to participate actively in the nation-wide Eucharistic Revival culminating in the Tenth Eucharistic Congress in Indianapolis on July 17-21. The one-hour discussion was inspirational. People were also sharing their own "Eucharistic experiences", true encounters with Christ Himself.

We will have many more opportunities to prepare for our parish participation in the Tenth Eucharistic Congress. This will apply not only to the 35 parishioners who will participate in the Congress, but to the entire parish. We will all be called to become EUCHARISTIC EVANGELIZERS in 2024-25! Below for your information and comments are some of the activities which will take place in the next six months (including those that emerged from our Monday discussion of "Beautiful Eucharist"):

1. We will hold a second session to discuss the Beautiful Eucharist book to allow another 25 to 30 people to participate. It will be held in the Narthex at 9:45 am next Saturday February 3rd. If you have not yet signed up for joining our July pilgrimage to Indianapolis, we still have some open spots, and you may call the office, contact Deacon Bill or join this February 3rd meeting.

2. We will have one half-day Lenten retreat focusing on the Real Presence of Jesus in the Eu-

3. You are all invited to a Eucharistic Concert with famous music composer, singer, and guitarist Steve Angrisano on Friday June 28 (our church 7 pm), followed by a worship with Steve Angrisano next day Saturday June 29 (9 am Mass then worship 10 am to 3 pm). A beautiful flyer will be shared shortly.

For me as your pastor, there is nothing more important in our parish than to re-center our life on the Eucharist: Jesus really present in the Eucharist, Body, Blood, Soul, and Divinity. When we receive the Body of Christ, we become ONE in Christ: Christ becomes ONE with us and in us. Christ is GOD! We become ONE with GOD. We are finding HEAVEN ON EARTH! This is the GREATEST MIRACLE! Do you believe it? You are invited to become a Eucharistic Evangelizer bringing other people to this supernatural and awesome encounter with God, a transforming experience!

May God inspire each one of us to enter this unique encounter with Jesus!

May God especially bless the 75 children who are currently preparing to receive their FIRST COMMUNION this May!

Together with St Francis de Sales (Feast Day January 24), May we all believe that "IN THE EUCHARIST WE BECOME ONE WITH GOD."

One in Christ,

*Fr. Aláin*

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Join us for a thought provoking discussion on the book

## *Beautiful Eucharist*

that was distributed at the Christmas Masses!

**Saturday, February 3rd at 9:45 AM**

**Location:  
Narthex**



**Everyone is  
invited!**



*Beautiful  
Eucharist*

### **Celebrate National Marriage Week!**

All couples no matter how long they have been married, are invited to attend the  
**Wedding Anniversary Mass to Celebrate the Vocation of Marriage**

**Saturday, February 10th at 10 AM**

**Basilica of the National Shrine of the Immaculate Conception**

#### **PRAYER FOR MARRIED COUPLES**

Almighty and eternal God,

You blessed the union of married couples  
so that they might reflect the union of Christ  
with his Church:  
look with kindness on them.  
Renew their marriage covenant,  
increase your love in them,  
and strengthen their bond of peace  
so that, with their children,  
they may always rejoice in the gift of  
your blessing.

We ask this through Christ our Lord.

Amen.

**FOR YOUR  
MARRIAGE**  
foryourmarriage.com



**Couples wishing to  
attend the Wedding  
Anniversary Mass and/or  
receive an Anniversary  
certificate  
must call the parish  
office to register  
no later than  
January 27th!**



**Bishop Mario E. Dorsonville**

October 30, 1960 - January 19, 2024



**Eternal rest  
grant unto  
Bishop Dorsonville,  
O Lord.  
And let perpetual  
light shine  
upon him.  
And may the souls  
of all the faithful  
departed, through  
the mercy of God  
rest in peace.  
Amen.**

**\*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  
 Margaret Ferguson  
 Mirna Egbufoama  
 Ollie Johnson  
 Mike Sofield, Sr

Titus Thomas  
 Matthew Batiste  
 Phyllis Batiste  
 Michael Duncan  
 Jennifer Forsythe  
 Barbara Jean-Noel  
 Junior Thomas-Sally-Ann  
 Dorothy Neal

Wendell Thomas  
 Bishop Mario Dorsonville  
  
 Names will remain for three months or until healed



### Mass Intentions this Week

**Saturday, January 27,**  
 9:00 AM: Betty Earnshaw (+)  
 5 :00 PM: OLHOC Parishioners  
**Sunday, January 28,**  
 8:30 AM: amelia Vinciguerra (+)  
 10:00AM: Ruby June Simon (+)  
 11:30 AM: David Gouge(+)  
 1:00 PM: Elira Andrews (+)  
 7:00 PM: Elmer Valiente (+)  
**Monday, January 29,**  
 9:00 AM: Elijah Williams  
**Tuesday, January 30,**  
 9:00AM: Christian Ouedraogo(+)

**Wednesday, January 31**  
 9:00 AM: Terry Simone Henry  
 7:00 PM: Delores Price  
**Thursday, February 1,**  
 9:00 AM: Eleuteria Matammu  
**Friday, February 2,**  
 9:00: AM: Wendell Thomas  
 7:00PM: Mary Gowen (+)

### “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](mailto: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](mailto:office@alhoc.org).

### **Mass Readings for February 4th, 2024**

#### **Fifth Sunday in Ordinary Time**

#### **\*First Reading**

**Job 7:1-4,6-7(74B)**

#### **\*Second Reading**

**1 Corinthians 9:16-19,22-23**

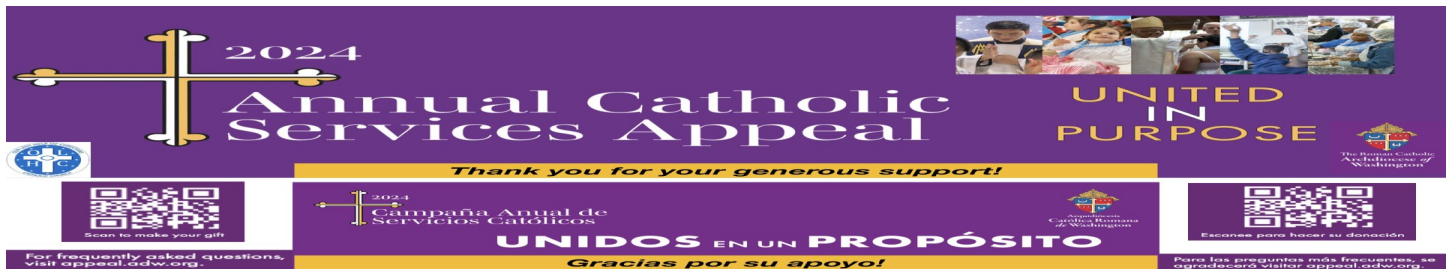
#### **\*Gospel**

**Mark 1:29-39**

**[www.usccb.org](http://www.usccb.org)**







Dear Parishioners:

The turning of the calendar to February means the Annual Catholic Services Appeal is at hand. On behalf of Cardinal Gregory, I would like to thank all our families who made a contribution in 2023 to help us reach our own parish goal, which is a testament to your incredible generosity.

Now, I ask you to prayerfully consider your gift to the 2024 annual Catholic Services Appeal. If you are not familiar with the Appeal, you may wonder how it is different and separate from your offertory giving to the parish. First, the Appeal unites us with our archbishop in serving the many charitable needs of the Church of Washington. Second, then appeal funds ministries that our parish could not sustain on our own, such as seminarian formation, campus ministry programs and Deaf and disabilities ministries. Third, the Appeal supports our parish ministerial life, from school, and catechesis, to family and pro-life ministries, to many more in between.

The Annual Catholic Services Appeal is a call to steward. It is not mandatory. This means that the many vibrant ministries we have in the archdiocese are the result of families such as your own who have responded generously each year with your free will offering. I am particularly grateful, as a priest of the archdiocese, for your contribution which helps to inspire new vocations and form our

I am also asked to remind you that, as is every year, 100% of your gift to the Appeal is restricted to the ministries that are a part of the Appeal and cannot be used for any other purpose. Furthermore, your gift will be credited towards our parish goal. You can read more about the United in Purpose: 2024 An-

Next weekend will be our commitment weekend. Thank you in advance for your prayerful commitment to the 2024 Annual Catholic Appeal. Your steadfast generosity not only is a source of inspiration for me but a force for good in our Church today.

One in Christ,


*Father Alain*

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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.

## AMICABAN TRAVEL & TOURS

JOIN THE MISSIONARY CATECHISTS SISTERS OF ST. THERESE ON A **FRANCE PILGRIMAGE**

**DATES: JULY 1-10, 2024** **SPIRITUAL DIRECTOR: Fr. Ryan Pineda**



**Tour Highlights**  
LOURDES SHRINE - PARAY LE MONIAL (SACRED HEART OF JESUS APPARITION & ST. MARGARET MARY ALACOQUE) - BASILICA OF ST. THERESE & HOMETOWN OF HER PARENTS- ALECON - OUR LADY OF LA SALETTE - ST. BERNADETTE IN NEVERS - ST. JOHN VIANNENY - MIRACULOUS MEDAL & ST. CATHERINE LABOURE



**TO REGISTER & QUESTIONS**  
EMAIL MCSTUSA@YAHOO.COM OR CALL  
SR. LEILANI MCST 240-722-9863 OR  
SR. ROSARIO MCST 240-593-3046

**COST: \$4,395**  
\*Includes Land & Roundtrip Air from Washington (AD & per double occupancy SINGLE ROOM PER APPROVAL-AD \$75) INITIAL DEPOSIT DUE NOW - LIMITED SPACE \$1000.00 \* PRICE FOR MIN 37 - SEND YOUR DEPOSIT TODAY TO SAVE YOUR SPOT\* REMAINING BALANCE DUE FEB 1, 2024 \$3,395

For more details & to register visit:




## 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



For more information visit  
[www.olhoc.org/overview](http://www.olhoc.org/overview)  
or email the Director at  
[olhc@olhoc.org](mailto:olhc@olhoc.org)

Lic # 109044

### Krispy Kreme Fundraiser

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



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!

## 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.





[www.olhoc.org](http://www.olhoc.org)

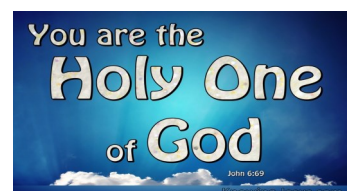
Questions, Contact  
Kendra Hunt  
[olhc@olhoc.org](mailto:olhc@olhoc.org)



*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.*

*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.*



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## SEGUIMIENTO a la DISCUSIÓN de "BELLA EUCARISTÍA"

Más de 20 feligreses se reunieron el lunes pasado para discutir el libro "HERMOSA EUCARÍSTICA".

Hubo unanimidad. Fue una lectura "imprescindible" para cualquier católico, incluidas 12 hermosas e inspiradoras presentaciones sobre la Eucaristía realizadas por católicos famosos, entre ellos el Padre Mike Schmitz, Peter Kreeft, el Obispo Andrew Cozzens (líder del actual Renacimiento Eucarístico Nacional) y el Obispo Fulton Sheen. Fue una lectura fácil e incluyó muchas joyas y conocimientos que pueden profundizar nuestra comprensión en la centralidad de la Eucaristía en nuestra vida cristiana. Fue oportuno ya que nuestra parroquia había decidido participar activamente en el Reavivamiento Eucarístico a nivel nacional que culminará en el Décimo Congreso Eucarístico en Indianápolis del 17 al 21 de julio. La discusión de una hora fue inspiradora. La gente compartía sus propias "experiencias Eucarísticas", verdaderos encuentros con el mismo Cristo.

Tendremos muchas oportunidades para prepararnos para nuestra participación en el Décimo Congreso Eucarístico. Esto aplicará no sólo a los 35 feligreses que participarán en el Congreso, sino a toda la parroquia. ¡Todos seremos llamados a convertirnos en EVANGELIZADORES EUCARÍSTICOS hacia 2024-25! A continuación, para su información y comentarios, se encuentran algunas de las actividades que se llevarán a cabo en los próximos seis meses (incluidas las que surgieron de nuestra discusión del lunes sobre "Hermosa Eucaristía")

1. Realizaremos una segunda sesión para discutir el libro La Hermosa Eucaristía para permitir que participen otras 25-30 personas. Se llevará a cabo en el Narthex a las 9:45 am del próximo sábado 3 de febrero. Si aún no se ha inscrito para unirse a nuestra peregrinación de julio a Indianápolis, todavía tenemos algunos lugares abiertos y puede llamar a la oficina o unirse a esta reunión del 3 de febrero.

2. Tendremos un retiro de Cuaresma de medio día centrado en la Presencia Real de Jesús en la Eucaristía (estén atentos: la fecha y los detalles se anunciarán en breve).

3. Están todos invitados a un Concierto Eucarístico con el famoso compositor e intérprete Steve Angrisano el viernes 28 de junio (nuestra iglesia a las 7 pm), seguido de adoración con Steve Angrisano el día siguiente, sábado 29 de junio (Misa de 9 am y luego adoración de 10 am a 3). pm). En breve compartiremos un hermoso folleto.

Para mí, como vuestro pastor, no hay nada más importante que volver a centrar nuestra vida en la Eucaristía: Jesús realmente presente en la Eucaristía, cuerpo, sangre, alma y divinidad. Cuando recibimos el Cuerpo de Cristo, nos volvemos UNO en Cristo: Cristo se vuelve UNO con nosotros y en nosotros. ¡Cristo es DIOS! Nos volvemos UNO con DIOS. ¡Estamos encontrando el CIELO EN LA TIERRA! ¡Éste es el MAYOR MILAGRO! ¿Tu lo crees? Estás invitado a convertirte en un Evangelizador Eucarístico y llevar a otras personas a este encuentro sobrenatural y maravilloso con Dios, ¡una experiencia transformadora!

¡Que Dios inspire a cada uno de nosotros a entrar en este encuentro único con Jesús!

¡Que Dios bendiga especialmente a los 75 niños que actualmente se preparan para recibir su PRIMERA COMUNIÓN este mes de mayo!

Junto a San Francisco de Sales (Su festividad es el 24 de Enero) creamos que "EN LA EUCARISTIA NOS CONVERTIMOS UNO CON DIOS".

Uno en Cristo

*Padre Alain*