

March 15-16: Second Sunday of Lent

A GENERAL CONFESSION

Do you know what is a General Confession? The concept is simple: instead of confessing to a priest your sins since your last confession, you confess all your sins since your first confession.

Why should I make a General Confession? It is not necessary. It is not an obligation. It is not part of the Ten Commandments. But it is highly recommended to make one during a Jubilee Year or when you face major spiritual challenges at a critical time in your life. A Jubilee Year occurs every 25 years. The last one was in 2000. As you know, Pope Francis opened a new one in 2025 as a Jubilee Year of Hope!

What are some of the benefits of a General Confession? General Confession will bring you many spiritual benefits when you make a thorough preparation. It will help you deepen your own reconciliation with God. It will also help you reconcile with people who have offended you or whom you have offended. When leaving the confessional, you will feel lighter: a heavy burden is taken away from your shoulders. Confessing all mortal sins you have committed in your entire life is very cleansing. You may also discover that there are major, grave sins you never confessed. A General Confession will bring a deep sense of Peace in your heart.

How do I prepare for a General Confession? It is not much different from a regular confession with a long timeframe. Just imagine that your last confession was your first confession. Ask the Holy Spirit to help you! Spend one hour in the Presence of the Blessed Sacrament, whether Exposed on the Altar or Hidden in the Tabernacle. Write down the list of your major sins. To help your examen of conscience, you can reflect on the Ten Commandments and/or the Seven Deadly Sins. You can also think about

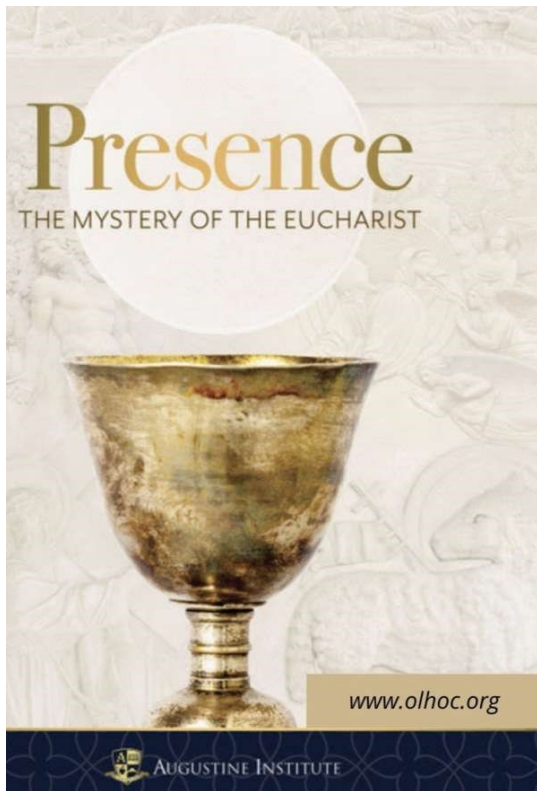
what are the idols whom you have worshipped: money, pleasure, power, comfort, prestige, honor, success, or any other idols you have loved more than God!

If you decide to make a General Confession during this Lent, and you have some major questions, you may contact Fr Carlos, Fr Jan or myself.

May the Holy Spirit help you experience the Healing Grace of God's Mercy this Lent, whether in a General Confession or a long overdue Regular Confession!

One in Christ,
Father Alain





Presence The Mystery of the Eucharist

Though the Eucharist appears to be simple bread and wine, it is truly the source and summit of the Christian life. Presence: The Mystery of the Eucharist explores the truth and beauty of Christ's Real Presence in the Eucharist, from its origins in Sacred Scripture to its profound role in the life of the Church and her members. The Eucharist is the crescendo of the entire story of salvation and a taste of heaven!

Join Father Alain and Fellow Parishioners

Lent 2025

Thursdays (7 PM - 9 PM)

March 13, 20, 27 & April 3

Saturdays (10 AM - 12 PM)

March 15, 22, 29, April 5

www.olhoc.org/presence



Location:
Fr. Martin Hall

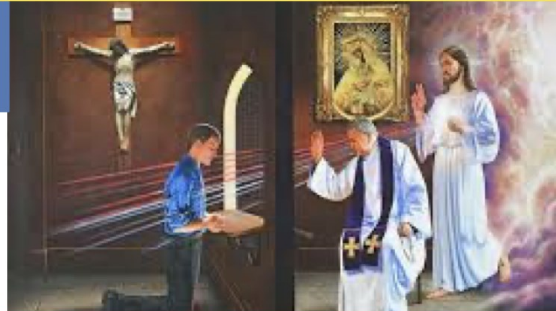


**REPENT AND BELIEVE IN THE
GOSPEL!**

The Light is On For You

Celebrate the Sacrament of Reconciliation


La Luz está encendida para ti
Celebra el Sacramento de la Reconciliación




La lumière est allumée pour vous.
Célébrer le sacrement de réconciliation

Experience the healing grace of God's mercy.

**Sunday &
Wednesday
6 PM - 8 PM**

**Friday
6 PM - 8 PM**

**Saturday
4 PM - 6 PM**

www.olhoc.org/lent2025

or call the office to make an appointment

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Pray the Litany of St. Joseph on March 19, his Feast Day

LORD, HAVE MERCY ON US.	JOSEPH MOST VALIANT, <i>PRAY FOR US.</i>
<i>CHRIST, HAVE MERCY ON US.</i>	JOSEPH MOST OBEDIENT,
LORD, HAVE MERCY ON US.	<i>PRAY FOR US.</i>
CHRIST, HEAR US.	JOSEPH MOST FAITHFUL,
<i>CHRIST, GRACIOUSLY HEAR US.</i>	<i>PRAY FOR US.</i>
GOD THE FATHER OF HEAVEN,	MIRROR OF PATIENCE, <i>PRAY FOR US.</i>
<i>HAVE MERCY ON US.</i>	LOVER OF POVERTY, <i>PRAY FOR US.</i>
GOD THE SON,	MODEL OF WORKMEN, <i>PRAY FOR US.</i>
REDEEMER OF THE WORLD,	GLORY OF DOMESTIC LIFE,
<i>HAVE MERCY ON US.</i>	<i>PRAY FOR US.</i>
GOD THE HOLY SPIRIT,	GUARDIAN OF VIRGINS,
<i>HAVE MERCY ON US.</i>	<i>PRAY FOR US.</i>
HOLY TRINITY, ONE GOD,	PILLAR OF FAMILIES, <i>PRAY FOR US.</i>
<i>HAVE MERCY ON US.</i>	SOLACE OF THE AFFLICTED,
HOLY MARY, <i>PRAY FOR US.</i>	<i>PRAY FOR US.</i>
SAINT JOSEPH, <i>PRAY FOR US.</i>	HOPE OF THE SICK, <i>PRAY FOR US.</i>
ILLUSTRIOUS SON OF DAVID,	PATRON OF THE DYING,
<i>PRAY FOR US.</i>	<i>PRAY FOR US.</i>
LIGHT OF THE PATRIARCHS,	TERROR OF DEMONS, <i>PRAY FOR US.</i>
<i>PRAY FOR US.</i>	PROTECTOR OF HOLY CHURCH,
SPOUSE OF THE MOTHER OF GOD,	<i>PRAY FOR US.</i>
<i>PRAY FOR US.</i>	
CHASTE GUARDIAN OF THE VIRGIN,	LAMB OF GOD, WHO TAKEST AWAY THE SINS
<i>PRAY FOR US.</i>	OF THE WORLD,
FOSTER-FATHER OF THE SON OF GOD,	<i>SPARE US, O LORD.</i>
<i>PRAY FOR US.</i>	LAMB OF GOD, WHO TAKEST AWAY THE SINS
WATCHFUL DEFENDER OF CHRIST,	OF THE WORLD,
<i>PRAY FOR US.</i>	<i>GRACIOUSLY HEAR US, O LORD.</i>
HEAD OF THE HOLY FAMILY,	LAMB OF GOD, WHO TAKEST AWAY THE SINS
<i>PRAY FOR US.</i>	OF THE WORLD,
JOSEPH MOST JUST, <i>PRAY FOR US.</i>	<i>HAVE MERCY ON US.</i>
JOSEPH MOST CHASTE,	
<i>PRAY FOR US.</i>	V. HE MADE HIM THE LORD OF HIS
JOSEPH MOST PRUDENT,	HOUSEHOLD,
<i>PRAY FOR US.</i>	R. AND PRINCE OVER ALL HIS POSSESSIONS.

LET US PRAY.

O GOD, WHO IN YOUR INEFFABLE PROVIDENCE WERE PLEASED TO CHOOSE
BLESSED JOSEPH TO BE THE SPOUSE OF YOUR MOST HOLY MOTHER, GRANT
THAT AS WE VENERATE HIM AS OUR PROTECTOR ON EARTH, WE MAY BE
WORTHY TO HAVE HIM AS OUR INTERCESSOR IN HEAVEN, YOU WHO LIVE
AND REIGN FOREVER AND EVER.

Amen

March 15-16: Second Sunday of Lent



Lent 2025



Cuaresma 2025

40 Hours of Adoration & Confession
Starts Thursday, March 6th at 8 PM
& Ends Saturday, March 8th at 12 PM

40 Horas de Adoración Eucarística y Confesiones
empieza el jueves, 6 de marzo a las 8 PM y
termina el sábado 8 de marzo a las 12 PM

Stations of the Cross
Fridays during Lent 2:30PM & 7PM (English)
OLHOC Youth will present the
Living Stations of the Cross
Friday, April 11th at 7 PM

Las Estaciones de la Cruz
8 PM (español) viernes durante cuaresma
Via Crucis Viviente
presentado por los jóvenes de la iglesia
viernes, 11 de abril 7 PM

Study - The Presence
(The Mystery of the Eucharist)
4 weeks: Thursday 7 PM or Saturday 10AM
starting March 13th - April 5th

Cena de Pescado Frito
viernes, 14 de marzo y 4 de abril
Todos lo recaudado beneficia a los jóvenes de Maria
Auxiliadora. Para mas detalles visita www.olhoc.org

Fish Fry Dinners
Friday, March 14th & April 4th
Check website for details; all proceeds benefit OLHOC Youth.

Confesiones
domingo y miércoles 6 PM
viernes 6 PM - 8 PM
sábado 4 PM
o llame a la oficina para hacer una cita

Confessions
Sunday & Wednesday 6 PM
Friday 6 PM - 8 PM
Saturday 4 PM
or call the office to make an appointment

Horario de Misas
Diario: lunes a sábado 9 AM
miercoles 7 PM
Misa del sábado 5 PM
domingo 8:30 AM, 10 AM, 11:30 AM
1 PM Frances & 7 PM (Español)

Mass Schedule
Daily: Mon.-Sat. 9 AM, Wed. 7 PM
Vigil Mass 5 PM
Sunday 8:30 AM, 10 AM, 11:30 AM
1 PM French & 7 PM (Spanish)

Visit www.olhoc.org for the most
updated details & events.
Visita www.olhoc.org para mas
detalles y eventos.



***We are asked to pray for:**

Nyiat Lan kiewq
Kristen Lohman
Fran Bryner
Nettie Neale
Rebecka Fronc
Zita Thomas
Barry Davis

Erikka Sawdey
Christiane Bongé
Ruth Pollock
Janice Harrison
Martine Etammane
Robert Sidorski
Irene Rauer
William Kwenkeu

Names will remain for three months or until healed




Mass Intentions this Week

Saturday, March 15,
9:00 AM: Lucrecia Lagman
5:00 PM: Irene Rauer
Sunday, March 16,
8:30 AM: Rhamiel John Beltran
10:00AM: Antonio Viduya (+)
11:30 AM: Arit & Christopher Idedevbo
1:00 PM: OLHOC Parishioners
7:00 PM: Milton & Maria Lam Galvan

Monday, March 17,
9:00 AM: Mary Cromwell (+)
Tuesday, March 18,
9:00 AM: Anthony Andrews
Wednesday, March 19,
9:00 AM: Milton & Maria Lam
7:00 PM: Guillermo Sanchez (+)
Thursday, March 20,
9:00 AM: Chris Vaia (+)
Friday, March 21,
9:00 AM: Obas family

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.



Please pray for the Souls of:

Joel Ojukwa, who passed away February 23. His funeral Mass will be celebrated on March 21.

Theresa Ann Bell has also passed away. Her funeral Mass will be on March 22.

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.

Thursday Evening Holy Hour for Priest: at 8 pm in the Chapel

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. At 7:30 pm Mondays and Fridays in the Chapel

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@ollhoc.org.

Mass Readings for

March 22 2024

3rd Sunday of Lent

***First Reading**

Exodus 3:1-8a, 13-15

***Second Reading**

1Corinthians 10:1-6, 10-12

Gospel

Luke 13:1-9

www.usccb.org





Knights of
Columbus®



The **Knights of Columbus** invites you to please consider participating in the **"40 Cans for Lent"** program as part of your Lenten journey.

40 CANS FOR LENT

Simply donate one can of food or a non-perishable item for each of the 40 days of Lent. Donations may be dropped off in the **Father Martin Hall at OLHOC** through Holy Week. This program benefits those in our local community served by the **Catholic Charities** food pantry.

Lent provides an opportunity for each of us to live generously – to show gratitude for God's gifts to us and to share those gifts with others.

"And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

- Colossians 3:17



15-16 de Marzo: II Domingo de Cuaresma

CONFESIÓN GENERAL

¿Sabes qué es una Confesión General? El concepto es simple: en lugar de confesar a un sacerdote tus pecados desde tu última confesión, confiesa todos tus pecados desde tu primera confesión.

¿Por qué debería hacer una Confesión General? No es necesaria. No es una obligación. No forma parte de los Diez Mandamientos. Pero es muy recomendable hacerla durante un Año Jubilar o cuando enfrentas grandes desafíos espirituales en un momento crítico de tu vida. El Año Jubilar se celebra cada 25 años. El último fue en el año 2000. Como sabes, el Papa Francisco inauguró uno nuevo en 2025 como el Año Jubilar de la Esperanza.

¿Cuáles son algunos de los beneficios de una Confesión General? La Confesión General te traerá muchos beneficios espirituales si te preparas bien. Te ayudará a profundizar tu reconciliación con Dios. También te ayudará a reconciliarte con las personas que te han ofendido o a quienes tú has ofendido. Al salir del confesionario, te sentirás más ligero: se te quitará un peso de los hombros. Confesar todos los pecados mortales que has cometido en tu vida es una gran purificación. También puedes descubrir que hay pecados graves que nunca confesaste. Una Confesión General traerá una profunda paz a tu corazón.

¿Cómo me preparo para una Confesión General? No es muy diferente de una confesión regular con un período de tiempo prolongado. Imagina que tu última confesión fue tu primera confesión. ¡Pide la ayuda del Espíritu Santo! Pasa

una hora en la presencia del Santísimo Sacramento, ya sea expuesto en el altar o escondido en el Sagrario. Escribe una lista de tus pecados más graves. Para ayudarte con tu exámen de conciencia, puedes reflexionar sobre los Diez Mandamientos y/o los Siete Pecados Capitales. También puedes pensar en los ídolos que has adorado: dinero, placer, poder, comodidad, prestigio, honor, éxito o cualquier otro ídolo que hayas amado más que a Dios.

Si decides hacer una Confesión General durante esta Cuaresma y tienes preguntas importantes, puedes contactar al Padre Carlos, al Padre Jan o a mí.

Que el Espíritu Santo te ayude a experimentar la Gracia Sanadora de la Misericordia de Dios esta Cuaresma, ya sea en una Confesión General o en una Confesión Regular, ¡tan esperada!

Uno en Cristo,
Padre Alain

