Christ the King — November 22, 2026

Dear brothers and sisters,

This Sunday we close the liturgical year and proclaim that Jesus Christ is King. But what kind of King? St. Paul tells us: "The last enemy to be destroyed is death" (1 Cor 15:26). This is the Good News, the kerygma. Without knowing it, we often live as slaves to the fear of death: fear of suffering, of losing our life, of not being loved. That fear closes us in on ourselves, and we can't love. Christ has gone down into death and destroyed it. He is risen! He reigns because He has conquered what enslaves us.

That's why the Gospel doesn't scare us. The Son of Man will ask whether we fed the hungry, welcomed the stranger, and visited the sick and the prisoner (Mt 25:31-46). The righteous are surprised: "Lord, when did we see you?" They weren't keeping score. Love came out of them because they had a new life inside. We can't love like this by our own effort. Only someone who has been forgiven and loved in his own sin can give himself to his neighbor. Christ hides in the poor, in the difficult spouse, in the child who wears us out.

As Advent begins, the Lord gives us an opportunity to prepare ourselves for His coming. Join us for "Prepare the Way Week," a three-day parish retreat:
• Tuesday, Dec. 1: 7–9 pm
• Thursday, Dec. 3: Adoration and Confessions 6–8 pm, Talk at 7 pm
• Friday, Dec. 4: Adoration and Confessions at 6 pm, First Friday Mass at 7 pm
Don't be afraid to come. Christ wants to meet you.
Come, Lord Jesus!

In Christ,

Rev. Agustin Lopez
Pastor

November 21-22, Feast of Christ the King

Solemnity of Our Lord Jesus Christ, King of the Universe | November 22

This Sunday closes the Church's liturgical year, and we end where everything is headed: with Christ as King. But the readings show us a king unlike any the world expects. In the first reading, the prophet Ezekiel records God's promise to be the shepherd of his scattered people. He will seek out the lost, bring back the strayed, and bind up the injured. The responsorial Psalm answers with one of Scripture's most beloved lines, "The Lord is my shepherd; there is nothing I shall want." Before we are told anything about Christ's power, we are told about his tenderness. Our King does not rule from a distance. He knows his sheep and goes looking for the ones who are lost.

In the second reading, Saint Paul lifts our eyes to the grandest scale. Christ has been raised from the dead as the firstfruits of those who have fallen asleep, and he must reign until every enemy is put under his feet, the last of which is death itself. Paul assures us that the story of the world is not ending in chaos or decay. It is moving toward the day when Christ hands all things over to the Father and "God may be all in all." This is the hope that carries us through grief, uncertainty, and the headlines of any given week. Death does not have the last word, and neither does sin, fear, or injustice.

The Gospel, Matthew 25:31-46, brings the vision down to earth. The Son of Man comes in glory and sits upon his throne, yet the standard of judgment is strikingly ordinary: "I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me." Those who served the least of their brothers and sisters are surprised to learn they were serving Christ himself. Here is the surprise of the feast. The King wears the face of the poor, the sick, the lonely, and the imprisoned, and we meet him in the people placed in our path each day.

As we turn toward Advent, let us ask honestly whether Christ is King in our daily lives, not only in our prayers. A kingdom is lived out in concrete choices: the visit we make, the meal we share, the patience we show, the generosity we offer when no one is watching. The Good Shepherd has already come looking for us, and now he sends us to look for others. May we welcome him as King by serving him in the least of his brothers and sisters, so that on the last day we may hear the words, "Come, you who are blessed by my Father."

November 21-22,Feast of Christ the King

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 6- 8 pm in the Chapel

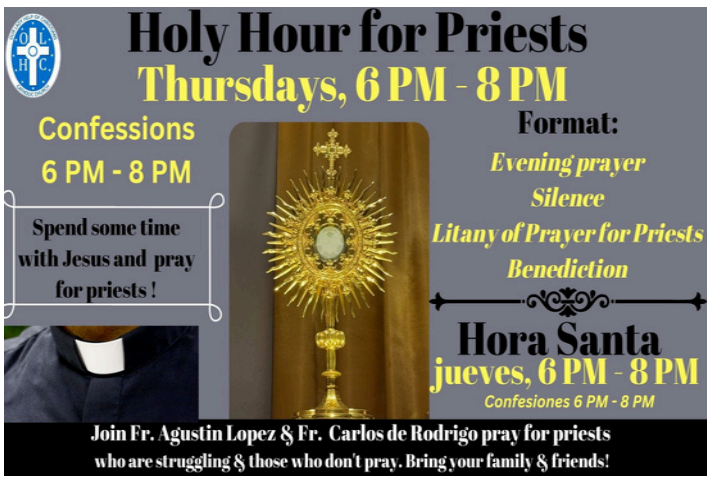
First Friday– The first Friday of each month the evening Mass in Latin is dedicated to promoting the Priesthood.
Prayer group in Spanish. At 7:30 pm Mondays and Fridays in the Chapel.

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

Sunday mornings- *Catholic Faith Explorers* meet after the 8:30 Mass on Sundays. Topics vary, join us.

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*.



Thanksgiving schedule

If you would like to have your Thanksgiving food blessed, please bring it to our Thanksgiving Mass on **Wednesday, November 25 at 7 PM.**

On Thanksgiving day, we **will not** have Adoration and Confession.

Saturday, November 28 will be the next opportunity for Confession.

MASS ATTENDANCE

In October, we are required to report how many people a each Mass. Here are the averages:

5pm Saturday-104
8:30 am Sunday-148
10:00 am-191
11:30 am-242
1:00 pm-70
7:00 pm- 280

Life Teen

Our Lady Help of Christians' LIFE TEEN will **meet from 5:00 - 6:30 p.m. most Sundays** for food, faith, fun & fellowship.

High School youth are welcome to attend Life Teen gatherings whenever they can!

OUTREACH

Outreach would like to thank everyone who helped with the Thanksgiving baskets. we provided Thanksgiving meals to over 50 people.
Now, onto the Christmas Baskets!

***

****Save the dates for our 2026 Simbang Gabi/Christmas Novena of Masses:****

We will begin with our first ever early Mass on Monday, December 14 at 5:30am and continue at 7pm in the evenings except Sunday December 20 at 5pm and conclude on Tuesday, December 22 at 7pm with fellowship to follow Mass.

Posadas

If you crochet or knit and would like to make blankets or prayer shawls to be distributed to nursing home during the visits to the elderly and homeless for those cold winter nights, please **bring them to the office in December**.
We will also be collecting coats and jackets in December, more information to come.

November 21-22, 2026: Feast of Christ the King

Baptisms

Next classes:

English class: January 19, 2027 at 7 pm

Spanish classes: December 20th and 27th at 6:30 pm.

We welcome families with a child/children under the age of 7 to be baptized at OLHOC! Please contact the office for children over the age of 8, and speak to Sister Rosario

The parents must be Catholic and registered parishioners in our parish. The classes total about 2 hours.

Individuals Over Age 7 & Adults

This path is for older individuals who freely seek to enter the Catholic faith.

- Children (Ages 7 to 17): Children in this age group can understand the faith and freely choose it, but require parental support. OLHOC offers a special OCIA program adapted for children. This faith journey takes at least two years, featuring peer classes and special liturgical rites. Contact Sr. Rosario sister@olhoc.org or 301-645-7112

To serve as a godparent, the person must:

a. be over the age of 16
b. be fully initiated in the Catholic Church (received the Sacraments of Baptism, Confirmation and Eucharist)
c. actively practices the faith (attend Mass and receive the Sacraments of reconciliation and Eucharist)
d. if married, the marriage is Sacramental
e. if single, is living a chaste life, not living with another person in a romantic relationship or as a couple. Godparents who belong to another parish must obtain written permission from their pastor. Godparents should contact their pastor or parish office and request the written permission. Godparents may have to provide their Sacramental documents to their pastor to obtain this permission. The Godparents do not have to submit their Sacramental documents to OLHOC, only the pastor's written permission.

Order of Christian Initiation of Adults (O.C.I.A.)

If you are seeking to become a Catholic, or would like to receive the Sacrament of Baptism, Communion or Confirmation, please see Deacon Rich after Mass, Maria Lam for Spanish, or call the office. http://www.olhoc.org/rcia

CCD News

The mission of the Religious Education Program of Our Lady Help of Christians Catholic Church is outlined in the Archdiocese of Washington Forming Disciples for the New Evangelization Curriculum Guide. The program encourages the children to learn Catholic doctrines, prayers, scripture stories, traditions, and practices to become disciples of Jesus Christ. The program strives to connect the teachings of Christ and the Church with the students' life experience in living out the Christian life

Religious Education starts for those children who will have turned 4 years old by September 1 and those children who will have turned 5 years old by September 1 and are enrolled in kindergarten in a public, private or homeschool. You can register your child(ren) online at http://www.olhoc.org/re Payment may be made online, in cash, or by check or using a credit card in the office. Please make checks payable to OLHOC with "Religious Education fees and child's name" on the memo. No one is ever denied a religious education due to financial hardship. Please contact Sr. Rosario to discuss options. All arrangements will be confidential. Classes begin September 13, 2026 and run through May 2027. Classes on Sunday are 9:45 am– 11 am. Monday classes start at 6:45 pm until 8 pm. To register, go to www.olhoc.com/re

You must be registered in the parish for your child to attend: www.https://olhoc.com/parish-registration Children are expected to be in class every session and participate.

PRAYER REQUESTS & INTENTIONS

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

Oliver Lopez
Joe Dulcey
Ada Johnson
Christina McGraw
Terrance Johnson
Victoria Isabella Reyes Gomez

Names will remain for three months or until healed

Mass Intentions this Week

Saturday, November 21,
9:00 AM: Waldo Nelson (+)
5:00PM: Ricardo LaFrance (+)
Sunday, November 22,
8:30 AM: Angel Pantaleon (+)
10:00AM: Warren Forinash (+)
11:30 AM: Magguy Etamane (+)
1:00 PM: Romeo Bernales (+)
7:00PM: Juana Zuniga (+)
Monday, November 23,
9:00 AM: Amor Paraoan (+)
Tuesday, November 24,
9:00 AM: Giles Bambara
Wednesday, November 25,
9:00 AM: Beverly Simon
Thursday, November 26,
9:00 AM: Gonzales family
Friday, November 27,
9:00 AM: Zenaida Alcones (+)

Being a registered parishioner enables us to better assist you in a number of ways. Weddings, Sacramental Preparation, verification of eligibility to serve as a Godparent or Confirmation Sponsor, as well as eligibility for the Catholic rate for schools will benefit you if you are registered.

If you are planning to move or have recently moved, please notify the parish office so we may update our records. Thank you for helping us keep our parish family connected.

Pope Leo's prayer intentions
November

For the proper use of wealth.
Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service of the common good and solidarity of those who have less.

Mass Readings for
November 29 , 2026
First Sunday of Advent

***First Reading**
Isaiah 63:16b-17, 19b, 64:2-7
***Second Reading**
1 Corinthians 1:3-9
***Gospel**
Mark 13:33-37

www.usccb.org

22 de Noviembre, 2026

Un Rey quien sirve

Solemnidad de Nuestro Senor Jesucristo, Rey del Universo

Este domingo se termina el año litúrgico de la Iglesia, y terminamos donde empezamos: con Cristo como Rey. Las lecturas nos muestran a un Rey que no es a nada de lo que el mundo espera. En la primera lectura, el profeta Ezekiel nos recuerda la promesa de Dios de ser el pastor de este pueblo disperso. El buscara a los perdidos, traera de vuelta a los extraviados, y curara a los heridos. La respuesta del Salmo responsorial es de las escrituras más amadas, "El Señor es mi Pastor, nada me falta." se nos ha dicho todo antes acerca del poder de Cristo, se nos dijo acerca de su ternura. Nuestro Rey no reina a la distancia. El conoce a su oveja y va en búsqueda de la que está perdida.

En la segunda lectura, San Pablo eleva nuestros ojos hacia el nivel mas alto. Cristo ha resucitado de entre los muertos como el primer fruto de aquellos quienes habían muerto, y debe reinar hasta ver a sus enemigos bajo sus pies, el último de ellos es la misma muerte. Pablo nos asegura que la historia del mundo no termina en caos o decadencia. Está llegando el día cuando Cristo pase todas las cosas a las manos del Padre y entonces "Dios será todo en todos." Esta es la esperanza que nos lleva a través del duelo, lo incierto, y los encabezados de cualquier otra semana. La Muerte no tiene la última palabra, ni tampoco el pecado, el miedo, o la injusticia.

El Evangelio de San Mateo 25:31-46, trae una visio hacia la tierra. El Hijo del Hombre viene en gloria y se sienta en su trono, aun los estándares del juicio golpean en lo ordinario: "Tuve hambre y me diste alimento, tuve sed y me diste de beber, siendo extraño me diste la bienvenida." Aquellos quienes sirven a los hermanos y hermanas más pequeños se sorprenderán de saber que están sirviendo al mismo Cristo. Aqui esta la sorpresa de la fiesta. El rey usa la cara del pobre, del enfermo, del solitario, del encarcelado, y lo encontramos en la gente que encontramos en nuestro camino a diario.

Nos acercamos al Adviento, preguntemonos con honestidad si Cristo es Rey de nuestro diario vivir, no solo en nuestras oraciones. Un Reino se vive con decisiones concretas: la visita que hacemos, la comida que compartimos, la paciencia que mostramos,la generosidad que ofrecemos cuando nadie nos está mirando. El Buen Pastor ya vino a buscarnos, y ahora nos envia a buscar a otros. Que le demos la bienvenida como Rey sirviendo a los más pequeños de nuestros hermanos y hermanas, así en el último día podamos escuchar las palabras, "Vengan, ustedes benditos de mi Padre."