

**FROM THE PASTOR'S DESK**

Dear Parishioners,

This week I will be speaking to those who were baptized and confirmed this Easter about the importance of having a spiritual plan for their lives. But of course having a spiritual plan of life is not just for new Catholics. We should all follow such a plan of spiritual exercise because this helps us to have a strong relationship with Jesus Christ and to be open to receive the graces that the Holy Spirit wants to bring us. Below is a list of spiritual exercises that should be part of our lives as the followers of Jesus. It is not necessary to do all of them, but we should at least be practicing a few of them.

With my prayers,  
Fr. Conley

**SPIRITUAL EXERCISES**

**1. MASS-** We know that Jesus Christ is present in the Blessed Sacrament, and that receiving Him in Holy Communion helps us to grow like Him in faith, hope and charity. Therefore, why limit ourselves to receiving this wonderful gift to only one day a week? If Christ is the Bread of Life for us, then why not allow Him to be "our daily bread"?

**2. PRAYER Pre-viewing the Day -** At the moment that we wake, perhaps even before we get out of bed, it is a good practice to first give thanks to God for another day. Then, having said thanks, it is very helpful for our peace of mind if we "Pre-view" the day ahead. That is, we anticipate what work we may have to do, the people we will meet during the day, etc. and we ask the Lord to be with us in these tasks. This whole process takes no more than a couple of minutes and not only invites the Lord to share our activities, it gives us an abiding sense of His presence in our lives and helps us to be prepared to meet the day.

**Morning Offering -** Having gotten up from bed, perhaps while we are getting dressed, say some specific prayer, the Morning Offering for example.

**Morning Offering Prayer**

O Jesus, through the Immaculate Heart of Mary,  
I offer You my prayers, works, joys and sufferings  
of this day for all the intentions of Your Sacred Heart,  
in union with the Holy Sacrifice of the Mass  
throughout the world, in reparation for my sins,  
for the intentions of all my relatives and friends,  
and in particular for the intentions of the Holy Father.  
Amen.

**Meditation** or "Mental prayer" While this exercise can be done any time during the day, for many people the first hour that they are awake is the best time because they are less likely to be disturbed by anyone else.

**Rosary -** This form of prayer to God through the intercession of His Mother and our Mother has been a basic spiritual exercise for Catholics for countless generations. Many say the Rosary while engaged in some other activity, like driving or physical exercise. Whenever we say it, I don't think it is possible for a Catholic who regularly recites the Rosary to lose his way.

**Liturgy of the Hours -** This is a form of prayer which is based on recitation of the Psalms and readings from Scripture and the Saints. One of the aspirations of the Second Vatican Council was that the laity would be encouraged to share in this form of prayer and more concise versions of the L.O.H., or "breviary," have been published for this purpose.

**3. EXAMINATION OF CONSCIENCE -** At some point each day we place ourselves in the presence of the Lord and review the previous twenty-four hours. In our review we should consider not only how well we have been faithful to Him, but, just as importantly, how He has been present to us in our prayer, the people we met, and the things we have done. We ask pardon for our failings, make concrete resolutions to overcome them, and ask for the grace to do better.

**4. CONFESSION -** The practice of going to Confession regularly must be part of every Catholic's life. If we are seriously trying to grow in holiness then, at a minimum, we should go to confession at least monthly. If we are making an examination of conscience daily, we will find no trouble finding things to confess.

**5. SCRIPTURE READING -** We should try to read the Bible for a few minutes each day. Following the readings used for daily Mass is a good way to do this.

**-Faith Formation-** studying the Four Pillars of the Catholic Faith-the Creed, Sacraments, Moral Life & Prayer.

**6. CHARITABLE WORKS -** Someone who is seriously pursuing a life of holiness will inevitably experience the Lord's call to help others. He wants us to give of our time and our energy to serve the Church and our community. Each one of us should have some particular charitable work that we are committed to.

**7. FELLOWSHIP-** We gather with other committed Catholics on a regular basis for prayer, faith sharing and fun.

**8. SACRIFICIAL GIVING -** A committed disciple supports the mission of the Church by tithing from the first fruits that he or she has received from the Lord.

**9. MORTIFICATION/SELF-DENIAL -** External mortification is necessary in order to control the appetites of the body. Additionally, mortification is a means for doing penance for our own sins and for making reparation for the sins of others. Mortification should never be harmful to one's health or impair our ability to fulfill the duties of our state in life.

**PRAYER GROUP MEETING THIS THURSDAY**

Our Prayer group meets again this Thursday in the hall from 6:30 to 8:30 and dinner will be served. Everyone is invited to come and join us for Spirit-filled praise and worship of our Lord. Please contact Fr. Conley to sign up.

**INDIVIDUAL UNBOUND MINISTRY PRAYER**

Do you long for freedom but feel unable to receive it? Do past sins, hurts, or memories weigh you down? On **Saturday April 21<sup>st</sup>, 2018** there will be trained teams available to provide individual prayer using the Unbound Model of prayer at **The Church of the Resurrection's school** in Ellicott City. If you would like to schedule an appointment or want more information, please contact Dan Gahagan by **April 16<sup>th</sup>, 2018** at [unboundministrymaryland@gmail.com](mailto:unboundministrymaryland@gmail.com). We ask that you read at least the first seven chapters of the book *Unbound*, by Neal Lozano prior to receiving prayer.

**CARDINAL'S APPEAL**

Thank you to all of our parishioners who have made their gift to the 2018 Cardinal's Annual Appeal. Our parish is 97% towards our goal for the year which is \$63,732.00. If you have not yet made your commitment to the Appeal, it is not too late to help our parish meet our goal by visiting [appeal.adw.org](http://appeal.adw.org) to learn more and donate! In supporting the appeal you join with others in nurturing the faith throughout the Church of Washington.

**TV MASS -**

Do you know someone who can't get to Mass? Please tell them about the Sunday TV Mass, which is produced by the Archdiocese of Washington and taped in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception. It is a wonderful ministry for those members of our Catholic family who are unable to be physically present with a local worshiping community for the Sunday Eucharistic Liturgy. The Mass airs every Sunday at 10:30am on WDCW-50. Dish or Direct TV subscribers: Ch. 50. Comcast: Ch. 3 in Southern Maryland.

**ST. MARY CHURCH, NEWPORT** will have a monthly healing Mass in honor of St. John Vianney on the first Thursday of each month. The Litany of St. John Vianney will be recited after Communion and Fr. Michael Briese will offer prayers of healing for body and soul. The Sacrament of Reconciliation will be available before and during Mass. Confessions begin at 6:00 p.m.; Mass begins at 6:30 p.m. Our Shrine is located at St. Mary Church Newport, 11555 St. Mary's Church Road, Charlotte Hall, MD 20622. Please contact the rectory office for additional information at 301-934-8825.

**CEMETERY REGULATIONS**

Fresh cut flowers are welcome all year. Artificial flowers are allowed only from November 15 until March 15. Decorations such as glass containers, candles, lights, metal staff, etc. are prohibited and subject to immediate removal.

**RELIGIOUS GOODS STORE NEEDS HELP**

We need some help to work after the 4 & 12 PM Mass. Please call Ellen Walls at 301-579-2557 or Fay Adriani at 301-645-3531.

*Please support our advertising sponsors. This week we recognize Dennis Anderson Construction.*

**2018 ANNUAL JUBILARIAN MASS**

The annual Jubilarian Celebration of marriage honoring couples married 25, 30, 35, 40, 45, 50 and 51+ years will be held Sunday, June 17, 2018 at 2:00pm at the Basilica of the National Shrine of the Immaculate Conception. Cardinal Wuerl will preside at the Mass. Please use the forms in the back of Church to register and then return the form to the rectory. Names of jubilarians need to be turned in to Mary at the rectory by **Monday, April 16.**

**MASS INTENTIONS FOR THIS WEEK:**

**SUN:** 8am Parishioners, 10am Larry Wood, **12N:** Virginia Merz, **MON:** 8am Carol Ann Chagnon, **TUES:** 8am Louis L. Plater, **WED:** 8am Doris Gross, **THURS:** 8am Mary Helen Tippet, **FRI:** 9:30am Larry Wood, **SAT:** 9am Louis L. Plater, 4pm Kathie Mace.

**PLEASE REMEMBER IN YOUR DAILY**

**PRAYERS:** Mary Bowes, Bill Branick, Frances Card, Joe Cross, Agnes Curtis, Chuck Davis, Kendall Farrell, George Fassel, Arlene Gandolfi, Martha Gehring, Judy Istvan-Windsor, Irma Johnson, Regina Kijesky, Marie Knobel, Lillian Komar, Susie Logan, Maurice Long, Jim Middleton, Mary Emma Middleton, Larry Miller, Joseph Mona, Wayne Mullings, Ryan Myers, Joseph Quade, Sylvene Savoy, William Leon Savoy, Edna Sweeney, Beth Weise, Tim Welch, Brice Zimmer.

**PLEASE TURN IN YOUR CRS RICE BOWLS, PLACE THEM ON THE TABLE IN THE BACK OF THE CHURCH.**

**THANK YOU!**

To those who contributed to the Easter Collection. To date, we have received \$26,273.00.

**OFFERTORY COLLECTION LAST WEEKEND,** \$9,634.50. The unidentified donations totaled \$904.00. We received \$282.00 for our School Support.