

*Solemnity of the Most Holy Trinity – June 7, 2020*  
*God Eternal—Three In One!*  
*Our Lady of Perpetual Help Roman Catholic Church*



Web Site: [www.olphsedc.com](http://www.olphsedc.com)

*Josephite Fathers and Brothers*

1600 Morris Road, SE Washington, DC 20020

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**PARISH STAFF**

**Very Rev. Michael L. Thompson, SSJ, Pastor**

Deacons: Ira Chase, Thomas Jones, and Timothy Tilghman

Administrative Assistant: Mrs. Bernice Waller

Director of Religious Education: Ms. Cynthia Battle

Phone: 202-678-4999 Email: [cdbattle@yahoo.com](mailto:cdbattle@yahoo.com)

Finance Council Chair: Mrs. Bonita Boulware

Phone 301-758-3768 Email: [bhboul@aol.com](mailto:bhboul@aol.com)

Pastoral Council Chair: Ms. Aletcia Whren

Phone 202-246-1960 Email: [aletciawhren@gmail.com](mailto:aletciawhren@gmail.com)

Ministers of Music: Mr. Rawn Harbor, Director

Mr. Dehrric Richburg, Mr. George Stewart,

Ms. Debra Tidwell, Ms. Melanie Cobb



*Prayer to the Holy Spirit*

***Glory be to the Father***, who by His almighty power and love created me, making me in the image and likeness of God. ***Glory be to the Son***, who by His Precious Blood delivered me from hell, and opened for me the gates of heaven. ***Glory be to the Holy Spirit***, who has sanctified me in the sacrament of Baptism, and continues to sanctify me by the graces I receive daily from His bounty. ***Glory be to the three adorable persons of the Holy Trinity, now and forever. Amen.***

**NEWCOMERS & VISITORS: WELCOME TO "THE CHURCH ON THE HILL"!**

*Thank you for worshipping with us today. May you be blessed with hope, joy, love and peace while here!*  
*Should you want to join our parish family please contact a Minister of Hospitality, Priest,*  
*or call the Rector. Again, Welcome!*

### **OLPH History, Mission Statement, Vision Statement and Core Values**

Matthew 28:18-20:

The Commissioning of the Disciples

Then Jesus approached and said to them, *"All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."*

**Our Lady of Perpetual Help Parish** has a rich, black cultural history. From its formation in 1920, the Black Catholics of Anacostia contributed to its development and growth through their sacrifices of time, talent, skills and funds to provide a parish plant of their own. Thus, the uniqueness of Our Lady of Perpetual Help Parish places it in a leadership position to interact with other Black and non-black parishes in utilizing the gifts of Black spirituality through music, dance, education, and special action.

**MISSION STATEMENT:** We, the people, of Our Lady of Perpetual Help Parish, therefore, acknowledge that our Pastoral Mission is to **proclaim** Christ and **teach** the "Good News", to **worship** and **bear witness** in the community, to **love and serve** as Jesus commanded, and to **preserve and share** our rich Black heritage.

**VISION STATEMENT:** *"A Roman Catholic church that is actively visible in the Community, shares its spirituality through fellowship, and is committed to serving God."*

#### **CORE VALUES**

**BUILDING RELATIONSHIPS:** We will always speak the truth, respect the opinions and roles of all parishioners, and value each person, always maintaining Christian charity in all of our actions.

**SPIRITUAL GROWTH:** We will seek to increase the understanding of our Catholic faith and expand our spiritual growth by participating in and supporting charitable and spiritual activities, in addition to attending Mass.

**STEWARDSHIP:** We will become involved in church activities and commit our time, talent and treasures.

**INCLUSION:** We will be open and inviting by extending ourselves to all by sharing in our parish life; thereby, reaffirming our vision of being actively visible in the community.

**LEGACY:** We will preserve our rich Black cultural history by respecting the past, continuing in service and faith in the present, and committing to the future of OLPH.

## **Mass Intentions**

**FOR THE WEEK**



Mass Intentions are available for the faithful departed and the needs of the living. In addition, every weekend one Mass is offered for the parishioners of our parish.

**Call the office to request a Mass intention.**

An offering of \$10 is suggested.

**Memorials** are noted by: † Indicates **Deceased**

**BD** means **Birthday** **AD** means **Anniversary of Death**

#### **Sunday (7<sup>th</sup>)**

10:00 am For the People of OLPH

#### **Monday (8<sup>th</sup>)**

8:00 am †BD James R. Grayson, Jr.

By sister Lucie G. Shepherd

#### **Tuesday (9<sup>th</sup>)**

8:00 am †Diana Johnson, by her Family

#### **Wednesday (10<sup>th</sup>)**

8:00 am †Ulysses Chatman, Jr.

By Gloria A. Lessington

#### **Thursday (11<sup>th</sup>)**

8:00 am BD Daryl Tucker, by Grandma Doris Savoy

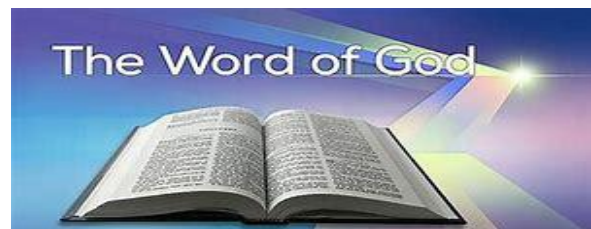
#### **Friday (12<sup>th</sup>)**

8:00 am †BD Juanita Shaw

By daughter Joan Jackson

#### **Sunday (14<sup>th</sup>)**

10:00 am For the People of OLPH



### **Solemnity of the Most Holy Body and Blood of Christ – June 14, 2020**

**1<sup>st</sup> Reading:** Deuteronomy 8:2-3, 14b-16a

**Responsorial Psalm** 147:12-15, 19-20

**2<sup>nd</sup> Reading:** 1 Corinthians 10:16-17

**Gospel Reading:** John 6:51-58

#### **Quote for the Week**

*"Good is not good enough when we can do better."*



## The Week Ahead

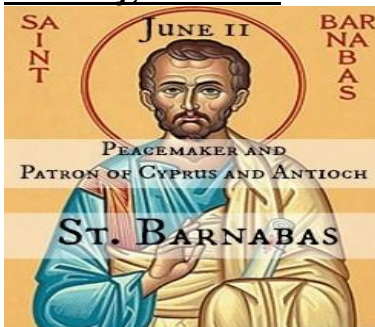
CH: Church CHG: Church Grounds REC: Rectory  
 1P/3P: First/Third Portable Building PR: Panorama  
 Room PRF(S)(G): Panorama Room Field (Stage) (Grounds)  
 WSG: Washington School for Girls

### Sunday, June 7<sup>th</sup>:

10:00 am Mass

1 Father  
 1 Son  
 + 1 Holy Spirit  
 = 1 GOD

### Thursday, June 11<sup>th</sup>:



Saint Barnabas was amongst Christ's earliest followers and by custom honored as a part of the seventy-two most revered males of the early Church. He died a martyr, stoned to dying in 61 AD by an unruly mob in Salamis, Cyprus. His enviable epitaph, given him by St. Luke in Acts 6:24, describes Saint Barnabas as 'an excellent man, stuffed with the Holy Spirit and of religion.' His fame spoke of remarkable kindness, private holiness, and openness to unbelievers.

10:30 am LOC Food Pantry – 3P

### Sunday, June 14<sup>th</sup>:

Solemnity of the Most Holy Body and Blood of Christ

10:00 am Mass



In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress.



**MASSSES WILL BE LIVE-STREAMED  
 ON THE OLPH WEBSITE OR GO TO  
<https://facebook.com/OurLady.ofPerpetualHelp.DC>**

**Sunday 10:00 am**

**Monday-Friday 8:00 am**

**A Prayer That Can Be Offered At Communion:**

*"My Jesus, I believe that you are present in the Most Blessed Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there, and unite myself wholly to you. Never permit me to be separated from you. Amen."*

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**FAITH FORMATION**  
 A JOURNEY FOR LIFE

COVID-19 has made remote learning the norm these days. As we adapt together to this new normal, we want to use every resource at our disposal to help keep our families connected to God and one another. Please complete this survey even if you do not have children. Your responses will help us determine the best resources to help support you and your child's faith formation.

<https://docs.google.com/forms/d/e/1FAIpQLSfR3HrgcQt1oHcz8i0BxLiCTq8vhsKrz8adYMTThjs5p8s8MIg/viewform?embedded=true>

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## COVID-19 (Coronavirus)

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and difficulty breathing. The virus spreads through the air from coughing and sneezing and also from close personal contact like touching or shaking hands. You are encouraged to wash your hands often with soap and water at least for 20 seconds. When using hand sanitizer, please be sure it has at least 60% alcohol. Also, it is very important that we adhere to the request of staying 6 feet apart.

# Study the Bible with us

Tuesday Night when we resume.

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## Blessed Life of Giving

- Give willingly!
- Give cheerfully!
- "God loves a cheerful giver"

**Collections last week: \$5,048.00**

Many thanks to all OLPH parishioners for sending in your tithes and offerings. You may continue to remit your offerings via mail (Attention Mrs. Waller), pay on-line or dropped off at the office. Your continued support of our parish is greatly appreciated. Thank you in advance.

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## IN YOUR PRAYERS REMEMBER THE SOULS OF:

**CATHERINE LORETTA HOLTON**  
(DOD 5/27) Mother of parishioner  
Bridget Gotay

Funeral services were held  
Wednesday, June 3<sup>rd</sup>

AND

**JAMILA WOOTEN**  
Relative of parishioners  
Carolyn Matthews-Alston and  
Kathy Matthews Goodwyn  
(Suddenly on May 31<sup>st</sup>)  
Services pending.

Please keep the families in prayer.

## Items Available

**Candles (\$3.00) and Religious Pamphlets (\$1.00)** are available in the Rectory  
Monday through Thursday  
8:30 am-3:00 pm.

**Parish Office is closed on Fridays.**

# SPIRITUALITY



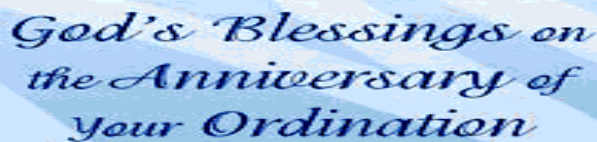
Because of God's great love for us, he sent his Son, Jesus, to save the world. Jesus, in turn, sent the Holy Spirit so that our faith in God and his love would be strengthened. The nurturing experiences of family life also help us to understand and have faith in God's love. Create a family poster together showing all the ways in which your family experiences God's great love. Use symbols, pictures, and words to show how you have seen God at work in your family life and in our history. Then read together today's Gospel, John 3:16-18. Pray together, thanking God for his gift of love. Conclude by praying the Glory Be to the Father or today's Psalm.

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Michael & Alfreda Hester 36<sup>th</sup> on June 9<sup>th</sup>  
 Deacon Tommy and Kathy Jones 36<sup>th</sup> on June 16<sup>th</sup>  
 Jeffrey and Shirel Marshall 36<sup>th</sup> on June 16<sup>th</sup>  
 Marlen and Latia Smith 13<sup>th</sup> on June 16<sup>th</sup>  
 Donald and Deirdre Hawkins 21<sup>st</sup> on June 19<sup>th</sup>  
 Kenneth & Lajoncy Willis 33<sup>rd</sup> on June 20<sup>th</sup>  
 Joseph and Sandra Proctor 42<sup>nd</sup> on June 21<sup>st</sup>  
 Jerome & Sheryl Garrett 29<sup>th</sup> on June 22<sup>nd</sup>  
 Eugene and Theo Proctor 35<sup>th</sup> on June 22<sup>nd</sup>



June 1<sup>st</sup> 5<sup>th</sup> Rev. Bura A. Koroba, SSJ  
 5<sup>th</sup> Rev. George-Bede Ajuruchi, SSJ  
 June 5<sup>th</sup> 16<sup>th</sup> Very Rev. Michael L Thompson, SSJ  
 (Priest, Pastor, Servant and Shepherd)



4<sup>th</sup> Edward Stoner  
 6<sup>th</sup> Fr. Oswald P. Pierre-Jules, Jr., SSJ  
 8<sup>th</sup> Michelle Dorsey  
 11<sup>th</sup> Daryl Armani Tucker  
 12<sup>th</sup> Bonita Boulware  
 14<sup>th</sup> D'Monni Bowlding  
 16<sup>th</sup> Marie Hamilton-Lucas  
 18<sup>th</sup> Leatha O'Connor

## PARISHIONER TIDBITS



**What is intercessory prayer?** Intercessory prayer is where we make requests to God on behalf of other people.

**Who should we pray for?** The bible exhorts us to intercede for all types of groups and people: church leaders, those in authority (managers, politicians, and anyone in a position of power in society); those who are ill; family and friends; enemies and those who mistreat or persecute us; **all people should be prayed for.**

**ENTERING THE HOSPITAL?** Parishioners planning to enter the hospital are encouraged to receive the **Sacrament of the Sick** prior to admission. Because of privacy laws, hospitals no longer notify parishes of a parishioner's stay. **Please notify the Rectory** of the name of person, hospital and room number, also **when the person returns home.**

**Parishioners who are sick or homebound** and unable to attend Mass on Sunday may request to receive the Eucharist. Even if you are ill for a short period of time you are most welcome to receive a home visit. **Please call the Parish Office to make arrangements.**



**Remembering Our Homebound Members**  
**HOMEBOUND, \*\*HOSPITALS and/or \*NURSING/REHAB**  
 \*Nettie Biscoe, \*Sonnie Boulware, John Brown, Lorraine Brown, Shelia Conway, Roberta Dade-Young, Agnes Dua, \*Thomas "Phil" Ford, \*Cordella Gough, Elease Gravett, \*Michael Holley, Ruth Holt, Hilda Kearney, \*Geraldine Lee, Fred Lewis, Antoinette Reese, and Kobe Williams.

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 It is known that no one has been left untouched by the COVID-19 crisis. Everyone's life has been disrupted. Everyone's life has changed. All of us have had to deal with unexpected cancellations, sudden shutdowns, and painful closures. Some of these have been a minor inconvenience. Others have been difficult to accept. And still others have been devastating. The one word that embodies all of these experiences **is loss**. We have all lost something during this pandemic. And with the loss there comes confusion, sadness, anger, and grief. **So let us offer prayer for everyone:** Pray for those people who are hurting and going through some unimaginable circumstances. Pray for those who want their lives to be better and all to be free from things that may be holding them back. Even though you may not know them, God knows their situation!





**Our Special Prayer List** became so long and some names had been listed close to a year with no updates. If there is someone who truly needs prayer because of illness, you may resubmit their name to Doris Savoy by calling 202-610-3751 or email dsavoy0642@aol.com. *Father God, we lift up all those who are facing illness today. We ask that You would bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of Your love. Amen.*

Margo Cooke

Doreatha (Doty) Jones-Wallace

Bernadette Waters

Carolyn Wheeler

Earline Wilkinson

## UPCOMING Events

### SHARE MENU - JUNE

OLPH Contact: Gladys Reid 202-575-1663

#### VALUE PACKAGE \$22.00

Boneless Chicken Breast, Mild Italian Sausage, Beef Sirloin Tips, Shredded Cheese, plus 8-12 lbs of the freshest fruits and vegetables

#### STEAK BOX \$28.00

8-8oz sirloin steaks ready for your grill or marinade

#### PIZZA BOX \$16.00

14 – 7 inch individually wrapped pepperoni pizzas

**ORDERS AND MONEY DUE BY JUNE 8<sup>TH</sup>.**

**PICK-UP DAY IS SATURDAY, JUNE 20<sup>TH</sup>.**

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### Protect Your Health:

### Your Family Depends On It

June is National Men's Health Month and it is the perfect opportunity for healthcare providers, community leaders and family members to help guide the men in their lives on a path to wellness. Did you know men are 24 percent less likely than women to have visited a doctor within the past year? This month coincides with Father's Day. This month helps in creating awareness to all men so that they can take the necessary steps to ensure that they are stronger and maintain good health by going for checkups.

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**PANORAMA ROOM IS STILL CLOSED**

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### 2020 United States Census

Every 10 years, the US Census counts every single person living in the United States. The novel coronavirus that has spread across the United States has begun to cause social and economic havoc, and the Census Bureau's efforts have also been affected. The 2020 Census is already facing delayed deadlines and suspended operations because of the coronavirus. An accurate census is extremely important for American communities because it is used to determine congressional representation and billions of dollars of federal funding. Deadline for submission moved to October 31, 2020.

During the 2020 Census, the Census Bureau will **never ask you for:** Your Social Security number, money or donations, anything on behalf of a political party, your bank or credit card account numbers. Additionally, there is **no citizenship question** on the 2020 Census. If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate. For more information, visit [Avoiding Fraud and Scams](#).

Please be sure to fill in your form received in the mail, or you may go to the website on-line to register at: <http://2020census.gov>.



*In the name of Jesus Christ, we pray, Dear Lord, see us through these hard times. In these troubling times, we are filled with unspeakable fears. We reach out our hands to you now, and ask you to walk beside us. We cannot carry all our burdens but we know you can. Please help us hold on strong through the trials and storms. Help us hold on to **our faith** in even the darkest hour. Stay with us Lord and show us Your way. In your love and Holy Spirit we pray. Amen.*

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## HEALTH CORNER: Why is Emotional Wellness Important?

**Everyone Deserves to be Happy:** Your emotional health is important to us. Life's stress and demands can leave you overwhelmed, sad, anxious, and unhappy. Our goal is to help you find ways to cope, heal and achieve the happiness you deserve.

**How We Support You:** Community of Hope provides counseling services for children, teens, and adults. Our professionals work to provide you with the best care to help you meet your needs. Together, we'll improve your overall emotional wellness. Our services include individual and family therapy.

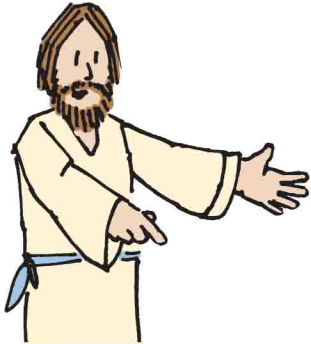
**Common Reasons to Seek Counseling can include (but are not limited to):** Feelings of anxiety or worry; Frequent stomachaches or headaches; Trouble sleeping or nightmares; low or no energy; Thoughts of harming oneself or others; Stress over money or job.

**It's not easy to notice signs of distress. Our dedicated staff is here to help because you deserve to be your best.**

We are the **Community of Hope** located at The Commons at Stanton Square, 2375 Elvans Road, SE. Call for an appointment at 202-540-9857 or check our web: [www.communityofhopedc.org](http://www.communityofhopedc.org).



What does Jesus say we should believe in?



Put the words in alphabetical order. Then transfer the letters in the boxes to the lines below.

RAINY	MONEY
FROST	SONGS
LANDS	AGAIN
DAISY	HONEY
BONES	PILLS

	□				
	□				
□			□		
		□			
		□	□		
	□	□	□		
	□	□			
			□		
				□	
□	□	□			

Ages 7+

June 7, 2020 • John 3:16-18

## God Sent His Son

Jesus was teaching Nicodemus about God. What did He say?

Use the chart below to figure out the missing letters. The number given is the total of the vertical and horizontal numbers, so you may have more than 1 choice.

Here is an example:  $\frac{\quad}{5} = \text{O} (3+2)$   
or  $\text{W} (4+1)$



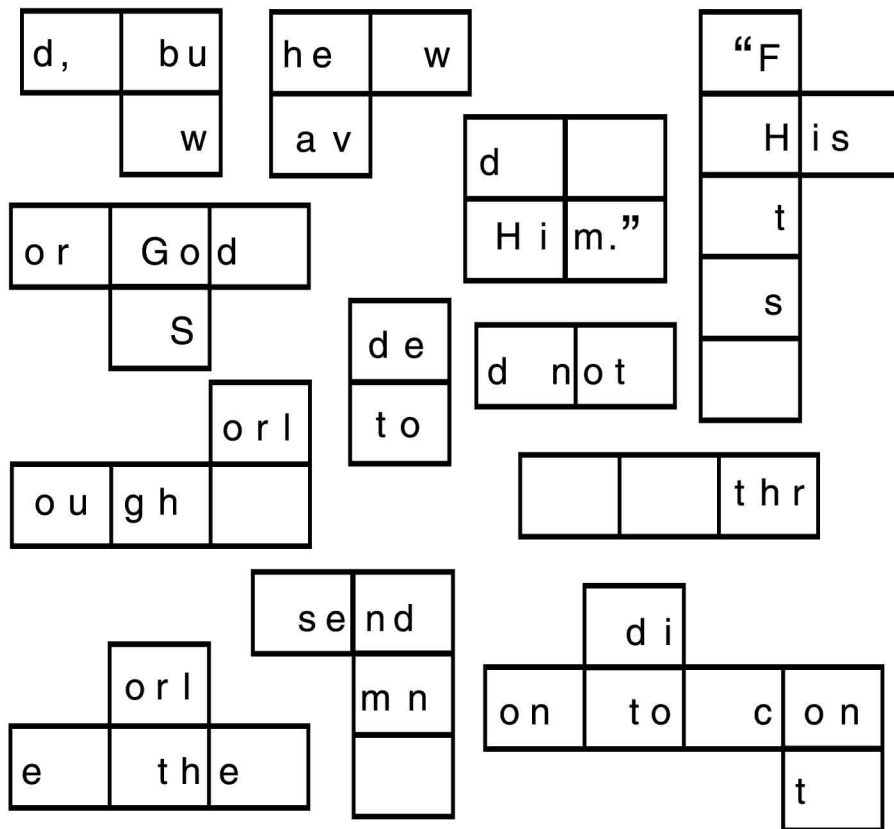
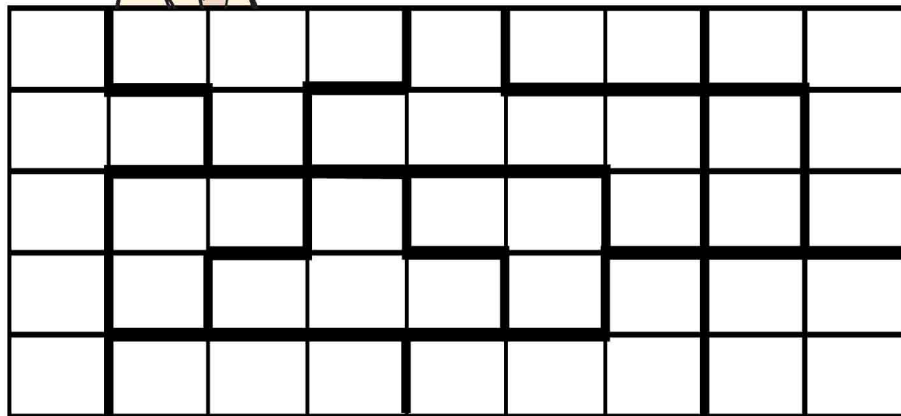
	3	4	5	6	7
1	Y	W	N	G	R
2	O	S	L	N	D

“F  $\frac{5}{5} \frac{8}{8}$   $\frac{7}{7} \frac{5}{5} \frac{9}{9}$   $\frac{6}{6} \frac{5}{5}$   $\frac{7}{7} \frac{5}{5}$  ve  $\frac{9}{9}$   
the  $\frac{5}{5} \frac{5}{5} \frac{8}{8} \frac{7}{7} \frac{9}{9}$  that He gave  
Hi  $\frac{6}{6}$   $\frac{5}{5} \frac{8}{8} \frac{7}{7} \frac{4}{4}$   $\frac{6}{6} \frac{5}{5} \frac{8}{8}$ .”

**Our Lady of Perpetual Help Roman Catholic Church**  
1600 Morris Road, SE  
Washington, DC 20020



Fit the pieces into the puzzle to find out more of what Jesus said.



What else did Jesus say?



Use this code to find out.

	X	*	√	÷	=
+	S	E	L	H	R
%	T	M	W	C	N
-	O	B	D	V	I

“

√% ÷+ x- \*+ ÷- \*+ =+

\*- \*+ √+ =- \*+ ÷- \*+ x+

=- =% ÷+ =- \*%

=- x+ =% x- x%

÷% x- =% √- \*+ \*% =% \*+ √-”