



Dear Friends in Christ,

As I begin to write this letter, perhaps I'm in a bit of a gloomy mood because at one point we had four funerals scheduled for this coming week (one has been postponed). Even without those reminders and even without all the events of this past year, we don't need a prophet to tell us that this world won't last forever. As Saint Paul reminds us, the world in its present form is passing away. Jesus may return any moment at the end of time, but if it's not during our lifetime, each of us will one day die. If we have repented, continuously seeking God's forgiveness for our sins, believed in the Gospel, and done our best to follow Jesus, then, God willing, we will see the kingdom of God, where we will enjoy eternal life.

If heaven is the goal, how should we behave? Today's readings offer a few practical suggestions.

The Ninevites teach us that we should acknowledge our own sinfulness, repent, and seek forgiveness. This is important not only because it is right and just, but also because it is an exercise in humility. The *Catechism of the Catholic Church* defines humility as "the virtue by which a Christian acknowledges that God is the author of all good. Humility avoids inordinate ambition or pride, and provides the foundation for turning to God in prayer." (CCC 2559). Humility, then, helps us grow in holiness because holiness depends on prayer (among other things), and prayer requires humility (among other things).

In the second reading, Saint Paul tells us, essentially, to act in the opposite way as one would expect ("those weeping as not weeping those rejoicing as not rejoicing, those buying as not owning..."). We can take this to mean we should keep our focus not on the things and events of this world, but rather on heaven. We need to live each day knowing that we (through the grace of God) are preparing our souls to live in heaven with Jesus and all the saints and angels.

Finally, we see in the Gospel that Jesus tells us simply to *repent and believe in the Gospel*. He invites the first disciples, Simon and Andrew, to follow him. They do, and likewise with James and John. We learn from this Gospel that faith includes actively following Christ, even if that means leaving the good things of this world behind. Self-sacrifice is never easy, but following Christ is the most important thing we can possibly do in this life.

Therefore, let us ask the Our Lord to help us always remember to keep our eyes fixed on heaven, because *the world in its present form is passing away*.

Yours in Christ Jesus,

Fr. Marco

FUNERAL SERVICE FOR ANGELA BROWN Will take place on Tuesday, January 26th at IHM. Viewing will be at 10 am, and the Funeral Mass at 11 am.

NATIONAL MARCH FOR LIFE (ONLINE THIS YEAR)

The March for Life Rally and march to the Supreme Court will be broadcast online for you to join virtually. You are invited to join online for the broadcast by RSVPing at <https://marchforlife.org/2021-virtual-events/>. On January 29th, you will receive a link in your email inbox containing the link to watch the March for Life Rally and march.

MARCH FOR LIFE WATCH PARTY on Friday the 29th at 12 noon in the Parish Hall. Social Distancing requirements will be in effect.

VIRTUAL YOUTH RALLY AND MASS FOR LIFE

Every year, the morning of the National March for Life, our Archdiocese of Washington organizes several Masses and rallies with nationally recognized speakers and musicians for the tens of thousands of Catholic youth and families attending the March. Since the March will be virtual this year, the Youth Rally and Mass will be as well. See <http://youthrallyandmassforlife.org> to register and for more information. All may participate online (including the "young at heart").

CONTRIBUTION STATEMENTS

Thank you for your generous contributions throughout the year! If you would like to view a statement of your contributions to our parish, you are able to do so online—from your computer, smartphone, or device of choice. Just log in to your account at myihm.ihmrcc.org, navigate to the My Offering tab, view your Giving History, and click the Download button. Save or print the PDF file of your statement for your records. If you have not yet created a myIHM login, doing so is easy! Visit Just visit myihm.ihmrcc.org, click on New User, and you'll be prompted to create an account. For those that use our Online Giving option, please note that for banking security, your log-in credentials may be different on Online Giving and myIHM. If you would like us to print a paper copy of your statement, please contact Cindy Thompson at cindy@ihmrcc.org or 301-863-8144 ext. 14.

LOYOLA ON THE POTOMAC

Ignatian Weekend Retreats "We Journey in Hope" January 22-24 (Men), January 29-31 (Men and Women), February 26-28 (Men), March 5-7 (Men), March 12-14 (Women). The weekend retreat fee is \$245/ \$195 for first time retreatants or young adults (35 years and younger).

THE THIRD SUNDAY IN ORDINARY TIME



January 25 — January 31

Monday	Acts 22:3-16/Ps 117:1-2/ Mk 16:15-18
9:00 am	Gerundio Umengan, Jr. (D)
Tuesday	2 Tim 1:1-8/Ps 96:1-3, 7-8, 10/ Mk 3:31-35
5:30 pm	Rev. William F. Goode, Jr. (D)
Wednesday	Heb 10:11-18/Ps 110:1-4/ Mk 4:1-20
9:00 am	All Souls in Purgatory
Thursday	Heb 10:19-25/Ps 24:1-6/ Mk 4:21-25
5:30 pm	Dcn. Ralph W. Cyrus, Jr. (D)
Friday	Heb 10:32-39/Ps 37:3-6, 23-24, 39-40/ Mk 4:26-34
9:00 am	Eleanor Marie Thompson (L)
Saturday	Heb 11:1-2, 8-19/Lk 1:69-75/ Mk 4:35-41
9:00 am	Dcn. James A. Somerville (D)
4:00 pm	Rev. Michal Sajnog (L)
Sunday	Deut 18:15-20/Ps 95:1-2, 6-9/ 1 Cor 7:32-35/Mk 1:21-28
8:30 am	Leroy Thomas (D)
11:15 am	Mark Breslin (D)
1:00 pm	All IHM Parishioners

ALTAR FLOWERS/SANCTUARY CANDLES If you would like to donate the Altar Flowers or Sanctuary Candles in memory or for special intentions of a loved one, please call the Parish Office or email at cindy@ihmrcc.org.

9 DAYS FOR LIFE You're invited to join thousands of Catholics nationwide in prayer for the respect of human life during a special novena called 9 Days for Life. Visit 9daysforlife.com to sign up to receive daily intentions and brief reflections from January 21st through the 29th.

SING ALONG DURING MASS For those attending Mass in church, online, or in the parking lot, please join us in song at songs.ihmrcc.org.

LIVESTREAM MASS Join us for our livestream Masses: the 4 pm Mass on Saturdays in English, and 1 pm on Sundays in Spanish at mass.ihmrcc.org.

APOLOGETICS CLASS The next class is on January 25th from 7 pm to 8:30 pm at St. John's in Hollywood, in the St. Jude Room, of the Msgr. Harris Center. The next class will be "Defending the Right to Life." Class is also available via Zoom: see the St. John's parish website.

COVID-19 VACCINES Throughout the past few weeks, we have heard a lot of information about the testing and development of safe and effective COVID-19 vaccines. There have been continuous conversations within the Catholic community about the safety and morality of these vaccines, so we are glad to say that both Moderna and Pfizer have developed vaccines using mRNA, and without the use of controversial fetal cell lines. Similarly, both vaccines have been tested in an ethical way that is in line with previous moral statements made by Pope Benedict XVI and the Pontifical Academy for Life. Receiving either vaccine would be morally permissible in the Catholic Church and would also be an important pro-life decision that would help to defend the most vulnerable. Through our own personal actions and decisions, we can help to protect our neighbors from the coronavirus pandemic.

For more information on the vaccines and their development, you can review a *Catholic Standard* interview with Dr. David Diemert, a medical doctor and scientist who is part of a team researching a potential COVID-19 vaccine. The US Conference of Catholic Bishops has also published a memo on this issue, and you can find more information on this topic at their website usccb.org. Finally, the Archdiocesan Office of Life Issues recently published an article with more information in the Catholic Standard at <https://cathstan.org/>.

BULLETIN DEADLINE Please email your submission to bulletin@ihmrcc.org by Wednesday at 10:00 am prior to the Sunday of publication. All entries are subject to editing.

PLEASE PRAY FOR

THE SICK

THAT THEY MAY BE RESTORED TO FULL HEALTH

Audrey Somers, Anthony Thomas, Louise Shafer, Helen Daye, Kathleen Floyd, Mary Oliver, Judith Ann Allgood, Vince Guerin, Regan Corliss, Jack Makin, Belle Riddell, Corrine Geraty, Jane Keyon, Sarah Crecelius, Linda F. Gieser, Jim Brown, Ralph Gough Sr., Betty LePore, Adele Bavani

Please note: names will remain on these lists for two months, unless otherwise notified. To keep a name on the list, please resubmit by contacting bulletin@ihmrcc.org, or call the Parish Office.

PAPAL PRAYER INTENTION FOR JANUARY

May the Lord give us the grace to live in full fellowship with our brothers and sisters of other religions, praying for one another, open to all.

Follow us on



JANUARY 23 & 24, 2021

GARDEN AND GROUNDS MINISTRY We have various projects around the church that need to be completed. Any adult or child would be welcome. If you want to volunteer, please contact Martha Davie by phone or text at 240-434-3510. Thank you!

TELEPHONE ROSARY Join the telephone rosary Monday through Saturday at 8 pm. This rosary has the special intention for healing for those hurt by individuals within the church. To participate, call 605-468-8016 and insert the code 357090#. For more information contact Sharon O'Brien at ArchdioceseCCW@gmail.com.

RIVER BOAT CRUISE The OLSS Travel Club has rescheduled their Rhine riverboat cruise for July, 2022, and would like you to join them. A \$400 pp deposit (\$200 is refundable) is required to hold a cabin, with no further payment until Spring, 2022. Currently there is a \$1,000 pp discount if booked before December 31, 2020. Delight in Dutch windmills, German castles, and fine French wine on this 7 day cruise. Contact Mary Beth Brown for more details: marybeth@bytheseatravel.com ~or~ 443-623-6368.

ONLINE GIVING Do you happen to forget your donation envelopes at home? It is easier than ever to give! Sign up for online giving at <http://giving.ihmrcc.org>. Thank you for your generous donations!

IHM MUSIC MINISTRY If you are interested in sharing your musical talents with the parish, there is a place for you in this ministry! Please call Mary at 240-434-8876 (leave a message!).



If you or someone you know is inquiring about the Catholic faith, please let them know to email our RCIA coordinator at RCIA@ihmrcc.org.

YOU DON'T DESERVE TO BE ABUSED Domestic violence refers to a pattern of violent and coercive behavior by one adult over another in an intimate relationship. It can consist of repeated severe beatings or subtle forms of abuse, including threats and control. If you experience any form of abuse, please know that there is help. Call the National Domestic Violence Hotline at 1-800-799-7233. To learn more about domestic violence, please visit www.catholiccharitiesdc.org/familypeace.

HELP OUR MARRIAGE Do you feel alone? Are you frustrated or angry with each other? Do you argue, or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. This program has helped many couples experiencing difficulties in their marriage. For confidential information or to register for the upcoming program beginning with a weekend on January 29th - January 31st, 2021, please visit: www.HelpOurMarriage.org, call (443) 400-7017, or email: 3015@HelpOurMarriage.org

FIRST FRIDAY AND FIRST SATURDAY DEVOTIONS First Friday Mass is Friday, February 5th. We will have Mass at 9 am and 5:30 pm. Confessions will be available after the 9 am Mass and from 4:30 pm until 5:15 pm. There will be Eucharistic Adoration from 4:30 pm until 5:15 pm. First Saturday Mass is Saturday, February 6th. Mass will be at 9 am with confession afterwards.

VIRTUAL SPIRITUAL DIRECTION WITH SPIRITUAL DIRECTOR During this time of physical separation, Our Lady of Bethesda Retreat Center is providing virtual retreats so that you can connect with others and feed your soul. Currently, these programs are being offered at no cost, and a suggested donation of only \$75 per person is greatly appreciated. For more information and to register, go to ourladyofbethesda.org.

*Thank you for faithfully sharing a portion
of the gifts God has given to you!
If you are able to give online, mail in your
donation, or drop by the office to give
your weekly contribution, we would be
greatly appreciative!*