



Dear Friends in Christ,

Since the beginning of the pandemic, we have been unable to distribute the Precious Blood of Our Lord to most parishioners. There have been a small number of medical exceptions for parishioners unable to consume the communion host. It appears (barring any surprises on the virus front) that Cardinal Gregory will permit the general distribution of communion under both kinds (hosts and cup).

Unfortunately, we do not currently have sufficient active extraordinary ministers of Holy Communion (laypeople trained and authorized to distribute communion) to distribute the cup as well. If you had been one in the past and are willing and able to resume that service, please let Julián (our parish secretary, receptionist and liturgical minister scheduler) know at 301-863-8144 ext. 11 or julian@ihmrcc.org. If you haven't been one, but would like to be trained, please let me know at ext. 12 or schad@ihmrcc.org. This also includes those who may have served at other parishes but not IHM. The authorization does not transfer from parish to parish. I am working with the Archdiocese Office of Worship to schedule a training session sometime during Lent.

In the meantime, starting this Monday, we will offer communion under both kinds by intinction. Some of you will have experienced this at other parishes (such as St. Cecilia and St. Peter Claver). With communion by intinction, the priest has a special ciborium (bowl) for the hosts, that incorporates a small cup for the Precious Blood. Those who wish to receive both the Precious Body and the Precious Blood would receive from the priest (only the priest is permitted to distribute by intinction) and on the tongue (the host will be wet, so distributing by intinction on the hand is not possible).

For this to work well, it is important when you come up for communion to be clear as to whether you will be receiving on the hand or on the tongue. If you are receiving from the priest but on the hand, please make sure you have your hands ready to receive communion while the person in front of you is receiving. As a reminder, this means one hand over the other, both palms up. Please do not try to take the host, grabbing Jesus off the hand of the communion minister. If someone wishes to receive on the hand but puts his or her hands out after the priest has already dipped the host in the Precious Blood, he or she will have to receive on the tongue.

Because of our octagonal shape and how the communion lines form, this does mean that some people might need to either sit in a different section or go to a different section for communion if they want to receive by intinction. Only the sections served by the priest will have that option. We'll see over Lent how well intinction works at IHM, and may or may not need to make some adjustments. Also, when we have sufficient extraordinary ministers of Holy Communion, we will reconsider the need for intinction. It may still remain as an option at daily Mass even if the cup is distributed on Sundays. For the time being, those distributing communion will also continue sanitizing their fingers after distributing on the tongue.

Yours in Christ Jesus,
Fr. Marco Schad

2022 CONTRIBUTION STATEMENTS AVAILABLE Your giving statement is available online through my.ihmrcc.org or by calling the parish office. Please note that for those who use online giving, this is not necessarily the same username and password you use for online giving.

ASH WEDNESDAY MASS TIMES Ash Wednesday is Wednesday, February 22nd. Mass is at 6:30 am, 9 am, and 7 pm at IHM. There will also be mass at St. Nicholas on Base at 11:35 am .

LFS MULCH SALE Little Flower School is having their annual mulch sale! Mulch can be purchased in bag and in bulk form, as well as in three colors: brown, red, and black. To make an order a form must be filled out and turned in no later than February 28. Paper forms can be picked up at the main entrances, and online forms can be completed at <https://www.littleflowercatholic.org/mulch-sale>. Delivery is available! For more information, contact Vanessa Borgan at mulchsalelfs@gmail.com or 240-298-3965.

PERPETUAL ADORATION Did you know our very own Immaculate Heart of Mary offers you the opportunity to participate in Perpetual Adoration? Some may ask "What is Perpetual Adoration?" Perpetual Adoration is a Eucharistic devotion whereby members unite in the adoration before the Most Blessed Sacrament with the goal of adoring The Blessed Sacrament perpetually (24 hours a day). If you are interested, please call our adoration coordinator, Jeff Harmon, at 240-538-5017 or email adoration@ihmrcc.org for more information.

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!

SIXTH SUNDAY OF ORDINARY TIME



February 13 — February 19

Monday	Gn 4:1-15, 25/Ps 50:1 and 8, 16bc-17, 20-21/ Mk 8:11-13
9:00 am	Paul (D)
Tuesday	Gn 6:5-8; 7:1-5, 10/Ps 29:1a and 2, 3ac-4, 3b and 9c-10/Mk 8:14-21
5:30 pm	Ray and Betty Dion (L)
Wednesday	Gn 8:6-13, 20-22/Ps 116:12-13, 14-15, 18-19/ Mk 8:22-26
9:00 am	Pamela Deeter (S)
Thursday	Gn 9:1-13/Ps 102:16-18, 19-21, 29 and 22-23/ Mk 8:27-33
5:30 pm	Alexander Martinez (S)
Friday	Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/ Mk 8:34—9:1
9:00 am	Marian Winters (L)
Saturday	Heb 11:1-7/Ps 145:2-3, 4-5, 10-11/ Mk 9:2-13
9:00 am	Robert Breslin (D)
4:00 pm	Warren and Doris Westbrook (L)
Sunday	Lv 19:1-2, 17-18/Ps 103:1-2, 3-4, 8, 10, 12- 13/1 Cor 3:16-23/Mt 5:38-48
8:30 am	Betty Dion (S)
11:15 am	Kathy Moore Nicely (D)
1:00 pm	All IHM Parishioners

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

PRAYER CHAIN The Saint Elizabeth Ann Seton Shrine has a prayer line where you can talk and pray with someone over the phone. The prayer line is open Monday through Friday from 10 am to 5 pm. Call 1-866-202-4934.

MASS INTENTIONS may be requested at the parish office during regular office hours (M—F, 8 am—4 pm) in person or by phone (301-863-8144 x11), or by e-mailing julian@ihmrcc.org. Your desired date may not be available. We now have the ability to accept Mass intention stipends online (but only **after** the date has been accepted by the office).

IT SHOULDN'T HURT AT HOME The Catholic community cares about families experiencing violence and unhealthy relationships. Visit www.CatholicsforFamilyPeace.org to learn more about this issue, how to help, who to call, and the rich Catholic teaching that supports survivors. If you need help now, contact the National Domestic Violence Hotline, 800-799-7233 (24 hours); 800-787-3224 (TTY); www.ndvh.org to find assistance near you.

Events Calendar

February 13 — February 19

Sun: 4 pm to 6 pm Youth Group at IHM

MASS IN THE PARKING LOT As a reminder, during IHM's weekend Masses we have in-parking lot options available. While parked at IHM, if you tune to 99.7 FM you can hear the Mass broadcast live. If you park in the second, smaller parking lot, we will bring out Communion at the appropriate time if you have your hazard lights on.

MIDDLE SCHOOL MOVIE NIGHT on Friday, February 24 from 6 pm until 8pm at Chesterton Academy of St. Mary's. The movie as first popcorn are free! Also available will be \$2 Hot Chocolate with full hot chocolate bar, \$1 Treats, candy and additional popcorn! To RSVP go to www.chestertonstmarys.org/events.

MASS WITH HEALING PRAYERS This month's Mass with Healing Prayers is at 7 pm on Monday, February 27th. After Mass, we will have Eucharistic Adoration and prayers for healing with laying on of hands. Confessions begin at 6:30 pm and continue as long as there are penitents.

PLEASE PRAY FOR

THE SICK

THAT THEY MAY BE RESTORED TO FULL HEALTH

Audrey Somers, Helen Daye, Kathleen Floyd, Mary Oliver, Vince Guerin, Jane Kenyon, Linda F. Gieser, Ralph Gough Sr., Betty LePore, Bill Wagoner, Joseph Hugh Weiland, Rylee Corliss, Rose Marie Weiland, Alan Stapanon, Ruby Garcia, Mia Garcia, Matthew Riddell, Marie C. Williams, Kaylee Klier, David Kalil, Wanda Slate, Enedina Melendez, Hector Perez, Josephine, Glenn Thompson III, John Worrell, Jim Makin, Carmen Colby, Gary Green, Grace Miedzinski, Bruce Riddell, Katelyn Corliss, Robert Weaver, Linda Jones, Devlin Rich, Ana Gates, Mike Price, Corrine Geraty

Please note: names will remain on this list 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 FEBRUARY

We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.

Follow us on



FEBRUARY 11 & 12, 2023

SHROVE TUESDAY PANCAKE SUPPER The Knights of Columbus Council 9968 invites everyone to a Shrove Tuesday Pancake Supper on Tuesday, February 21 from 6 pm to 8 pm at the Fellowship Hall. Pancakes with a variety of fruit toppings, Beacon, and Sausage will be served as well as an Ice Cream station. Suggested Donation for the supper is \$10.00 per person, \$20.00 per family. Donations to support church projects.

IHM FELLOWSHIP SUNDAY The Next Fellowship Sunday is on Sunday, February 26th. Join us in the Parish Hall for coffee, donuts, and fellowship after mass!

SEAFOOD DINNER VOLUNTEERS NEEDED To make our Lenten Dinners a success, we need help:

Thurs 5-7 pm - setting up the serving line and drink station (3-5 people)

Friday 9 am to noon - prepping some food items (3-5 people)

Friday 3:30 to 7 pm - frying and baking food (5-6 adults)

Friday 4 to 5:30 and 5:30 to 7 pm - serving food (6-7 per shift)

Friday 6:30 to 9 pm - cleaning up, washing dishes, breaking down the lines (6-8 people)

Saturday 8 am to noon - cleaning fryers (3-4 people, actual time about 2 hours).

To volunteer, please e-mail Ken Roof at kroofjr@gmail.com or sign up on the boards in the foyer.

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.

BEREAVEMENT SUPPORT GROUP The Shrine of the Most Blessed Sacrament at in Northwest Washington, DC will offer a virtual eight-week bereavement support group series for adults who have experienced the death of a parent, spouse, child, sibling or significant other. The Winter series will begin Tuesday, February 28 and continue for eight consecutive Tuesdays through April 18 from 7 pm to 8:30 pm. Meetings are virtual using zoom technology. There is no fee, but registration is required. For more information contact Jim Hoffman at hoffmanlpc@gmail.com or call cell at (202) 577 – 2213.

MUSIC MINISTRY Interested in Music Ministry but don't have a lot of time to commit? We have groups that serve at Mass only once or twice a month. You are needed! Also looking for accomplished pianists willing to play for Masses. Let me know if you are interested. mary@ihmrcc.org.

2023 ANNUAL APPEAL: MANY MINISTRIES, ONE CHURCH

This weekend parishioners are being asked prayerfully to consider making a gift to the 2023 Annual Appeal. Please complete or take a commitment form at Mass this weekend, or make your gift at give.adw.org. Visit appeal.adw.org to learn more about how the Annual Appeal benefits our parish and serves people in need throughout the archdiocese. It is our goal that every parish family will participate this year. All gifts will be credited towards our parish goal. Thank you in advance for your generous response to the 2023 Annual Appeal.

PARISH DOMESTIC VIOLENCE AWARENESS OUTREACH TEAM

Parishioners are invited to join the Catholic Charities Domestic Violence Outreach Team. The team brings helpful and lifesaving information to parish groups to raise awareness about domestic violence and community resources that can help families. Using provided curriculum and training, volunteers will prepare and present short presentations to parish groups virtually or in-person during the year to raise awareness and help families know community resources available to help families suffering domestic abuse. Catholic Charities supports and assist presentations. For more information contact Laura.YeomansDV@CC-DC.org or (301) 247-7926. Applications are due by March 10th.

LENTEN SEAFOOD DINNER IHM is hosting our Seafood Dinner once again! Prices are \$16 (shrimp or rockfish), \$17 (oysters or scallops) and \$24 (seafood platter with shrimp, oysters, scallops and rockfish). 2 sides included (green beans, french fries, mac & cheese, stewed tomatoes or extra hush puppies). Kids' meal (fish sticks and one side) is \$5. Dine-in or take-out. Order and pay in person (cash and check) or online at seafood.ihmrcc.org (credit card, ACH or Google Pay). Proceeds to fund replacement of our supplemental hymnals (Worship His Majesty), which are falling apart.

PALM COLLECTION In order to create the ashes that we use for Ash Wednesday, we ask that all palms from Palm Sunday last year are returned to the baskets located in the main church.

FORMED To sign up for Formed, the premier site to access Catholic Media online, go to www.formed.org and press "sign up" and then "sign up as a parishioner". Type in the ZIP code of the parish "20653", follow the directions to create an account, and then enjoy!

February 12, 2023

Written by
THE
FAITHFUL
DISCIPLE

Sixth Sunday in Ordinary Time

Sir 15:15-20 | 1 Cor 2:6-10 | Mt 5:17-37

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Just the other day some of my friends agreed on a new way to approach the new year: Select one word, a kind of mantra for 2023. Ironically, even though I am indecisive to a fault, I had no trouble deciding on mine: "Choose." I often get stuck, whether it's deciding which online clothing purchases to return, what to order on the menu ... and don't get me started on major life decisions. Today's reading from Sirach reminds us of the choice that matters most: If we *choose* to keep the commandments, they will save us. "Before man are life and death, good and evil, whichever he chooses shall be given him." We are well into 2023, but it bears reminding that each day we have an opportunity to choose anew: To follow God's law, fulfilled in the words and example of Jesus. He will show us the way. "If you trust in God, you too shall live."

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

We've probably all heard the term "quiet quitting" by now. It's a workplace phenomenon where employees do the bare minimum rather than going above and beyond. I thought of that phrase when reading Matthew's Gospel today. How many of us Christians have "quietly quit," doing the minimum required – going to Mass on Sunday, being faithful to our spouse, not resorting to violence when we get angry with someone. Jesus challenges us to go above and beyond the Ten Commandments. You shall not kill, but you should not stay angry either. You shall not commit adultery, but you shall also love your spouse with your whole heart. Today's readings challenge us to rediscover God's law and challenge ourselves to go "above and beyond" in our daily lives.

PRAY Pray today's psalm (119): "Blessed are they who follow the law of the Lord!" How might you specifically follow the law of the Lord just a little bit better, or above and beyond, today? Each day?

*"Blessed are
they who
follow the law
of the Lord!"*

(Ps 119)