



Dear Friends in Christ,

As we continue our Lenten journey with its many disciplines, we all need a little encouragement and support. How often does our initial enthusiasm for resolutions run out of steam? For the first few days it knows no bounds. We are full of excitement, and then slowly it wanes, and we grind to a halt. This is all the more true when we realize that those resolutions demand change and self-denial.

Today's Gospel, then, is a good reminder of the true purpose of Lent. It is a reminder that, as disciples, we have ultimately one goal: to strengthen our relationship with Christ so we might come to share in his eternal glory. It's a Gospel that both encourages and keeps us focused: By recalling the Transfiguration, we glimpse that glory, the same glory that is offered to us if we are steadfast in our lives of faith.

And in our striving to be steadfast, aren't we all just a little bit like Peter at times? He is eager, loyal, headstrong, and opinionated. He is also wise, and at the same time prone to misunderstanding. The Transfiguration event demonstrates Peter's lack of understanding. For him, this glimpse of Christ's glory was an opportunity for celebration, just as the Jewish feast of Tabernacles celebrated the glorious presence of God as he traveled with his people through the desert. He wanted to pause all that was going on, and build booths for all to revel in what he'd seen. Yet what Peter thinks is good is the glory itself, which he is quite ready to embrace and celebrate, but he has not yet come to grasp the suffering that must precede it.

We can all sympathize with Peter because we also have to learn that true discipleship is not about comfort or security, but about embracing the mystery of Christ crucified and risen. Discipleship is about hearing, again and again, those words: *This is my beloved Son ... listen to him.*

Today, as we begin the second week of Lent, we learn again that the Transfiguration is only a preview of Christ's glory; another mountain has yet to be climbed. Jesus has to be transformed and clothed in the naked pain of Calvary before he puts on the eternal glory of his resurrection. It is a glimpse of hope, however, meant to fortify us on our journey to Calvary with Christ. May this hope be our guide and our sustenance.

Yours in Christ Jesus,
Fr. Marco

FIRST TUESDAY COFFEE The next First Tuesday Coffee will be held on Tuesday, March 7 from 9 until 11 am in the Parish Hall. Please bring a friend and a non-perishable food item for the Food Pantry.

SPRING OYSTER FEST At St. Benedict on the Patuxent on Saturday, March 25 in the Saint Francis de Sales Hall located at 7209 Benedict Ave. from 12 noon to 3 pm. The menu includes local oysters fried, scalded and raw at outdoor bar, local BBQ roast pig, steamed shrimp, hush puppies, potato salad, green beans, cole slaw, candied yams, green beans, mac and cheese, and home made desserts. Cost is \$30 per adult, and if you reserve a table for six, one person eats free! Family rates. Call for more info 301-274-3416

KNIGHT GALA Please join us for a Knight of Beauty at the Knight Gala on Saturday, March 25. This black-tie optional event will feature: A three-course gourmet meal prepared by Ken's Creative Kitchen, casino game tables featuring Blackjack, Craps and Texas Hold 'Em, live entertainment provided by The NightLife Band Silent Auction and exciting basket raffles with \$10,000 Knight Raffle Grand Prize Drawing (winner need not be present). We hope that you can join us for this occasion. It's sure to be a great Knight! Visit <https://www.smrhs.org/support/events/knightgala> to reserve tickets. Proceeds will support the St. Mary's Ryken Chapel of Charity renovations.

POSITION AVAILABLE Little Flower School is looking for a part-time employee for their After Care program. Please apply at: <https://www.schoolspring.com/job.cfm?jid=3992372> if interested or contact our principal at ckeeton@littleflowercatholic.org for more information.

KofC BURRITO BREAKFAST The Knights of Columbus Council 9968 invites everyone to a Burrito Breakfast on Sunday, March 12 from 9 am to 12 Noon in the Fellowship Hall. Sausage Egg and Cheese, Ham Egg and Cheese, Corned Beef Hash Egg and Cheese and Egg and Cheese Burritos will be served, along with juice and coffee. Donations from this event will support disaster relief for the families of East Palestine, OH.

CEMETERY NOTICE As stated at the entrance to the cemetery, starting March 15th artificial flowers will NOT be allowed in IHM Cemetery.

DISPENSATION FROM THE LENTEN FAST On Friday, March 17th, Cardinal Gregory has decreed that Catholics of the Archdiocese of Washington do not have to abstain from meat. Happy St. Patrick's Day!

SECOND SUNDAY OF LENT



March 6 — March 12

Monday	Dn 9:4b-10/Ps 79:8, 9, 11 and 13/ Lk 6:36-38
9:00 am	May Flynn (L)
Tuesday	Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23/ Mt 23:1-12
5:30 pm	Jim Brown (D)
Wednesday	Jer 18:18-20/Ps 31:5-6, 14, 15-16/ Mt 20:17-28
9:00 am	Marlyn Matuido (D)
Thursday	Jer 17:5-10/Ps 1:1-2, 3, 4 and 6/ Lk 16:19-31
5:30 pm	Wanda Ocado-Johnson (L)
Friday	Gn 37:3-4, 12-13a, 17b-28a/Ps 105:16-17, 18- 19, 20-21/Mt 21:33-43, 45-46
9:00 am	Lorraine B. Veale (D)
Saturday	Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11- 12/Lk 15:1-3, 11-32
9:00 am	Alice B. Stapanon (D)
4:00 pm	Nancy Hahn (D)
Sunday	Ex 17:3-7/Ps 95:1-2, 6-7, 8-9/Rom 5:1-2, 5-8/ Jn 4:5-42
8:30 am	All IHM Parishioners
11:15 am	Chris Fernandez (D)
1:00 pm	Carola Restrepo (S)

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.

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).

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!

Events Calendar

March 6 — March 12

Tues:	9 am to 11 am	First Tuesday Coffee
Fri:	4 pm to 7 pm	Lenten Seafood Dinner
	6 pm	Youth Group at St. Cecilia's
	7 pm	Stations of the Cross, English
	8 pm	Stations of the Cross, Spanish
Sun:	9 am to 12 pm	KoC Burrito Breakfast

CHESTERTON ACADEMY OF ST. MARY'S GALA All are welcome to attend Chesterton Academy of St. Mary's Gala 2023! The Keynote Speaker is famous Catholic apologist and author Dr. Peter Kreeft. The Gala is on Saturday, April 22 from 6 pm to 10:30pm in the Monsignor Harris Center at St. John Francis Regis in Hollywood, MD. To purchase tickets, go to chestertonstmarys.org/gala2023tickets.

VOCATION TREES Please take a card from one of the vocations trees at either of the main entrances and pray for our seminarians during Lent. The cards with the purple string has a prayer in English and the cards with the white string are in Spanish.

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.

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, Alan Stapanon, Ruby Garcia, Mia Garcia, Matthew Riddell, Marie C. Williams, Kaylee Klier, David Kalil, Wanda Slater, 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, Helene Hautzenroder, Dennis Berg

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 MARCH

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

Follow us on



MARCH 4 & 5, 2023

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.

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 board in the foyer.

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.

"The Temptations of Christ" LENTEN RETREAT We will be holding a retreat on Saturday, March 11 after the 9 am Mass until 1 pm. The speakers for the retreat are our own Fr. Marco, Fr. Ted, and Dcn. Juan. A continental breakfast will be provided. Please RSVP to this event by calling the parish office at 301-863-8144.

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.

LENTEN SEAFOOD DINNER DESSERTS Cakes, pies, cupcakes, brownies, cookies, oh my! St. Vincent de Paul of IHM is sponsoring the dessert table during the Lenten Seafood Dinners. We are looking for donations of desserts. Please bring a dessert to the church on the Fridays during Lent (February 24 through March 31) by 3:30 pm. Thank you for your support!



The Knights of Columbus Council 9968 would like to thank you for all your support over the years! Your generosity has helped us to provide many services to our parish and community. At this time, we would like to inform you of a couple of changes we will be implementing over the next few months. Our monthly Pancake Breakfast will now be switching to a quarterly KofC Breakfast! Each quarter we will offer something different. One quarter might be pancakes, one might be waffles, the next one might be breakfast burritos. Who knows! We may even delve into attempting Eggs Benedict! In addition to the quarterly breakfast, we will be bringing on a quarterly dinner as well. With our dinner plans, we hope to provide a diverse menu throughout the year with an Italian meal one night, a Filipino meal another night. Perhaps German, or maybe French as well, who knows? Let us know of any ideas and we will consider it! Another change we will be implementing is getting rid of the concept of "Suggested Donation". Our meals will be free. However, we will be adding a donation bucket on the line with the hope you will be willing to give a "free-will donation" to help us maintain our support towards the SOMD Christmas in April project as well as future parish projects, such as adding an Electronic Sign along 235 or to repair/upgrade storage sheds. Thank you for your continued support!

FATHER ALEXANDER GALA Our Lady Star of the Sea is hosting their Father Alexander Gala on Saturday, April 22. Join us for an evening of dinner, food, dancing, and friendship as we honor Fr. Maurice Alexander and this year's Fr. Alexander Award recipients, Fr. Richard Gardiner and Msgr. Mike Wilson. This year, all proceeds will benefit the Our Lady Star of the Sea School! Tickets are \$100 per person, to include hors d'oeuvres, dinner, dessert, beer & wine, and a live music show from The Fabulous Hubcaps! You will also have the opportunity to raffle on some incredible items and potentially win a 50/50 raffle. Visit tinyurl.com/3wec2y2u to purchase tickets. Contact the OLSS Parish Office at 410-326-3535 or olstar-sea.md@adw.org if you have any questions, or if you're interested in sponsoring the event or donating items in new condition for the raffle.

March 5, 2023

Written by
THE
FAITHFUL
DISCIPLE

Second Sunday of Lent

Gn 12:1-4a | 2 Tm 1:8b-10 | Mt 17:1-9

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

As we enter the second week of Lent, today's readings encourage us to place our trust in God when we are dealing with hardship or uncertainty. Last week, we heard about how Jesus resisted the devil's temptations in the desert, trusting in the Father. This week, we follow Peter, James and John up the mountain, where Jesus "was transfigured before them; his face shone like the sun and his clothes became white as light." Jesus had told his followers he would suffer and die. The Transfiguration gave them a foretaste of Christ's glorious coming (CCC 554-56). As we continue on our Lenten journeys, we, too, can place our trust in the Lord. Though we may experience hardships and perhaps even doubts, the Transfiguration reminds us that Jesus has gone before us and prepared a place for us. As Pope Francis reminds us, "by his Transfiguration [Jesus] invites us to gaze at him. And looking at Jesus purifies our eyes and prepares them for eternal life, for the vision of heaven" (Homily, March 2014).

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

We Catholics like to pray out loud. Whether we're singing the "Holy, Holy" with gusto or quietly reciting the rosary, most of us can say with confidence, "we have a prayer for that." And, of course, prayer is one of the three pillars of Lent (along with fasting and almsgiving). Today's account of the Transfiguration instructs us pretty clearly to listen. As Jesus is transfigured, the disciples hear a voice from the cloud: "This is my beloved Son, with whom I am well pleased; *listen to him*." As we enter the second week of Lent, many of us have chosen something to "give up" or done something more proactive. Either way, today's readings remind us to enter this penitential season with open hearts – and open ears. We can listen to Jesus by studying Scripture, being especially attentive to the Sunday homily, or quietly soaking in his presence through eucharistic adoration.

PRAY Try driving with the radio off this week. Use the time to pray and "listen" to Jesus.



EXAMINATION OF CONSCIENCE

Recall your sins. Calmly ask yourself how you may have violated God's Commandments.

- When was my last good Confession? Did I receive Communion or other sacraments in the state of mortal sin? Did I intentionally fail to confess some mortal sin in my previous Confession? Do I try to go to sacramental confession with a certain regularity? Do I pray every day? Do I envy other people, their possessions, their accomplishments, their manner of dress, their wealth, or their apparent "good life"? Do I spend in excess or needlessly?
- Did I willfully and seriously doubt my faith or objective moral truths? Did I put myself in danger of losing my faith through readings hostile to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm-reading, fortune telling, Ouija boards, Tarot cards, or consult a medium who claims the ability to contact the dead?
- Did I take the name of God in vain? Did I curse, or take a false oath? Do I swear needlessly?
- Did I miss Mass on Sundays or holy days of obligation through my own fault, without any serious reason? Did I keep fast and abstinence on the prescribed days?
- Did I disobey my parents and lawful superiors in important matters? Am I lazy or careless in fulfilling my duties and responsibilities at school, work, or at home? Do I make good use of my time? Do I allow myself to be distracted at school or work with my smart phone or other electronic device(s)? Do I take items from school or work (steal)? Am I careless with equipment or items entrusted to me?
- Did I hate, bear resentment toward, or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I selfish in how I treated others, especially my spouse, my children, my brothers and sisters, my relatives, or my friends? Did I cause physical injury or even death? Did I eat or drink to excess? Did I take illicit drugs or misuse prescription or over-the-counter drugs? Did I endorse, vote for, or exercise my political rights in view of furthering the cause of abortion?
- Did I willfully look at pornographic images or watch immoral movies? Did I read immoral books or magazines? Did I engage in impure jokes or conversations? Did I willfully entertain impure thoughts or feelings? Did I commit impure acts, alone or with others? Did I have sexual relations outside of marriage with the opposite sex or the same sex? Did I take contraceptive or abortifacient pills or use other artificial means in order to prevent conception?
- Did I steal or damage another's property? Have I made reparation for the damages done? Have I been dishonest in my business relations? Did I waste time at work or otherwise misrepresent the actual time for which I am owed money?
- Did I tell lies? Did I sin by calumny, or detraction telling the unknown grave faults of others without necessity, even if they are true? Did I judge others rashly? Have I tried to make restitution for the bad reputation I caused?

If you later remember other serious sins, mention them in your next Confession.

BEFORE CONFESSION

Be truly sorry for your sins. We should feel motivated to go to Confession by feeling sorrow for having offended God who loves us, and whom we should love. However, it is acceptable to go to Confession out of fear of punishment, as long as you humbly repent of your sins and resolve not to commit them again.

This does not mean that a promise never to fall again into sin is necessary. A resolution to try to avoid the near occasions of sin suffices for true repentance. God's grace in cooperation with the intention to rectify your life will give you the strength to resist and overcome temptation in the future.

DURING CONFESSION

- You can begin your confession by making the sign of the cross and greeting the priest: **"Bless me father, for I have sinned."**
- The priest may give a few words of encouragement or read from Scripture. You may continue with the time since your last confession: **"My last confession was...** (how many weeks, months or years approximately)."**"** It may also be helpful to mention your state in life (**"I am married/single/widowed/divorced/a single parent/a priest/etc."**), especially if it is relevant to the sins you are confessing.
- Say the sins that you remember. Start with the one that is most difficult to say, after this it will be easier to mention the rest. If you received general absolution (very rare), tell this and the sins forgiven then to the priest.
- If you do not know how to confess, feel uneasy or ashamed, simply ask the priest to help you. Simply answer the questions without hiding anything out of shame or fear. You are confessing to God himself, who is represented by the priest. Place your trust in God: he is your merciful Father and wants to forgive you. Have a firm resolution to avoid that sin (those sins) in the future, with the grace of God.
- If you do not remember any serious sins, be sure to confess at least some of your venial sins, adding at the end: "I am sorry for these and all the sins of my past life, especially for. . . (mention in general any past sin, especially those that are habitual and for which you are particularly sorry, for example, all my sins against charity, purity, etc.)."
- The priest may give you spiritual advice and assign you some form of penance. Make your act of contrition (see next page).
- Listen to the words of the absolution attentively. At the end answer: "Amen." Be willing to do the penance as soon as possible. This penance will diminish the temporal punishment due to sins already forgiven.

AFTER CONFESSION

Give thanks to God for forgiving you again. If you recall some serious sin that you forgot to tell, know that it has been forgiven with the others, but be sure to confess it in your next Confession. Guard against the temptation to sin, and later expecting God's forgiveness; presuming upon God's mercy is tempting God.

ACTS OF CONTRITION

The following Acts of Contrition appear in the new *Order of Penance* that is to be implemented between Ash Wednesday and Divine Mercy Sunday (the Second Sunday of Easter) 2023. Similar versions, although perhaps slightly differently translated, were included in the previous version of the liturgical book for confession (called the *Rite of Penance*). Any of these versions may be used in the sacrament, and in private prayer, or you may use your own words to express your sorrow and remorse. We publish them because most people will not have seen most of them,

A.

O my God,
I am sorry and repent
with all my heart
for all the wrong I have done
and for the good
I have failed to do,
because by sinning
I have offended you,
who are all good and worthy
to be loved above all things.

I firmly resolve,
with the help of your grace,
to do penance, to sin no more,
and to avoid the occasions of sin.

Through the merits
of the Passion
of our Savior Jesus Christ,
Lord, have mercy. Amen.

B.

O my God,
I am heartily sorry
for having offended you,
and I detest all my sins
because of your just
punishments,
but most of all
because they offend you,
my God,
who are all good
and deserving of all my love.

I firmly resolve,
with the help of your grace,
to sin no more
and to avoid
the near occasions of sin.
Amen.

C.

Remember, Lord,
the compassion and mercy
you showed long ago.
Do not recall my sins and failing.
In your mercy remember me,
Lord,
because of your goodness.
(Ps 25:6-7)

D.

Wash me, O Lord,
from my iniquity
and cleanse me from my sin.
I acknowledge my offense;
my sin is before me always.
(Ps 51:4-5)

E.

Father,
I have sinned against you
and I am not worthy
to be called
your son (daughter).
Be merciful to me, a sinner.
(Lk 15:18; 18:13)

F.

O God, most merciful Father,
like the Prodigal Son,
I turn to you and say:
I am no longer worthy
to be called your child.

O Jesus Christ,
Savior of the world,
like the thief
to whom you opened
the gates of paradise
I beg you:
Lord, remember me
in your kingdom.

O Holy Spirit, fount of love,
with trust I call upon you:
Purify me;
make me walk
as a child of the light.

G.

Lord Jesus,
who chose to be called
the friend of sinners,
through the mystery of your
Death and Resurrection,
free me from my sins.
May your peace grow strong
in me,
that I may bear the fruits
of charity, justice and truth.

H.

Lord Jesus,
who opened the eyes
of the blind,
healed the sick,
forgave the sinful woman,
and, after his denial,
confirmed Peter
in your love,
hear my plea:
forgive all my sins,
renew me in your love,
and grant that I may live
in perfect communion
with my brothers
and sisters
and so proclaim
your salvation to all.

I.

Lord Jesus Christ,
Lamb of God,
who take away
the sin of the world,
through the grace
of the Holy Spirit
be pleased to reconcile me
With your Father;
cleanse me in your Blood
from every fault
and make me fully alive
to the praise of your glory.

J.

Have mercy on me, O God,
according
to your merciful love;
turn your face from my sins
and blot out all my guilt;
create a pure heart in me,
O God,
renew an upright spirit
deep within me.

K.

Lord Jesus, Son of God,
have mercy on me, a sinner.