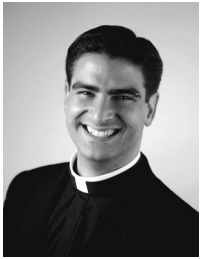

OCTOBER 28 & 29, 2023



Dear Friends in Christ,

In our readings for today, God calls us to profound generosity. Loving our neighbor as ourselves takes on specific forms in God's commandments from the Book of Exodus. Do not oppress a foreigner. Do not wrong any widow or orphan. Care for the vulnerable with generosity that does not seek personal benefit. Jesus commands us: *Love your neighbor as yourself.*

This is a radical call. This call goes far beyond tolerance or general good will. It is a call that is costly and profound.

Where is God calling us to reach out to an alien or an outsider? Who are the widows, the orphans, the vulnerable and needy in our lives? To whom are we being called to extend generosity and care? These are questions we must reflect on regularly if we are to follow this second commandment in our Gospel.

And yet, perhaps many of us come to Mass feeling burdened or overwhelmed. We may be wondering how we could ever fulfill such a command. Where could we ever get the resources – personal, practical, monetary, or otherwise – to answer this radical call?

Note that this is the *second* commandment Jesus gives. This command follows *after* the first: *Love the Lord, your God, with all your heart, with all your soul, and with all your mind.*

This is the greatest and the first commandment. *This* is where Jesus tells us to begin.

If we are to love our neighbor properly, we *must* begin by seeking God and God's help first. We must start at the source of all generous love. We must be filled from the eternal font if we are to pour out to others.

Before a flight takes off, we hear a vital safety protocol: secure your oxygen mask first, then help others. The airlines don't want to scare us, so they don't tell us that we have fewer than 20 seconds to get those masks on before we lose useful consciousness. If we don't have the life-sustaining breath we need, our capacity to serve will be cut off.

How do we secure our oxygen masks? How can we seek God before we head into a situation where love of neighbor becomes demanding? We must practice loving God with all our heart, soul, and mind before discerning how best to serve. This practice is meant to help us receive God's presence and love so we are able to share him with others throughout our day.

Yours in Christ Jesus,
Fr. Marco

IHM COAT DRIVE At last! The temperature outside is hinting that we may have a winter season! That means it is time to check your closets and your cedar chests for clean winter items in good condition that you no longer use. Members of St Vincent de Paul of IHM will be conducting a coat drive before all the Masses on November 4 and 5. The donated coats and other warm winter outerwear will be given to The Clothes Closet of the Lexington Park United Methodist Church for distribution to the needy members of our community.

ALL SOULS DAY ENVELOPES Parishioners are encouraged to use an All Souls Day envelope available at the main church entrances so submit the names of deceased loved ones. The envelopes must be turned in to the parish office no later than Monday, October 30 to be processed in time. They will be placed on the altar during the month of November and prayed for at every Mass at IHM.

CRAFT GROUP FORMING Are you a crafter who enjoys making things with your hands? If so, you are invited to join us for a monthly craft gathering at IHM. This is a casual and relaxed group that meets to share ideas, skills, and friendship. We will meet in the large classroom every second Thursday of the month from 10 am to 12 pm. You can bring any craft project you are working on or just come and see what others are making. This is a wonderful way to connect with other members of our church community and have some fun. If you have any questions, please call Pat DeCarlo at (240) 925-0021 or Anne Krech (301) 373-6106. We look forward to seeing you there on November 9th!

TURKEYS NEEDED For the Thanksgiving Dinner, we are in need of 10 frozen turkey breasts and 25 frozen whole turkeys 10-12 lb. size. Due to Safe Food handling regulations, we can only accept frozen turkeys. If you are interested in donating, please call the parish office at 301-863-8144. Turkeys need to be in our kitchen the Friday before Thanksgiving.

DOMESTIC VIOLENCE AWARENESS MONTH October is National Domestic Violence Awareness Month. "The Church is Mother, the Church is woman. And since mothers bestow life, and women 'keep' the world, let us all make greater efforts to promote mothers and to protect women. How much violence is directed against women! Enough!," said Pope Francis, January 1, 2022 at St. Peter's Basilica in the Vatican. "To hurt a woman is to insult God, who from a woman took on our humanity." For women suffering abuse at home, help is available. Contact the National Domestic Violence Hotline, 1 (800) 799-7233 (24 hours); 1 (800) 787-3224 (TTY); <https://www.thehotline.org/> to find assistance.

THIRTIETH SUNDAY IN ORDINARY TIME

MASS Intentions

October 30 — November 5

Monday	Rom 8:12-17/Ps 68:2 and 4, 6-7ab, 20-21/ Lk 13:10-17
9:00 am	Ann Elizabeth Jackson (D)
Tuesday	Rom 8:18-25/Ps 126:1b-2ab, 2cd-3, 4-5, 6/ Lk 13:18-21
5:30 pm	All IHM Parishioners
Wednesday	Rv 7:2-4, 9-14/Ps 24:1bc-2, 3-4ab, 5-6/ 1 Jn 3:1-3/Mt 5:1-12a
9:00 am	All IHM Parishioners
7:00 pm	All IHM Parishioners
Thursday	Wis 3:1-9/Ps 23:1-3a, 3b-4, 5, 6/ Rom 6:3-9/Jn 6:37-40
9:00 am	All Departed Souls
5:30 pm	All Departed Souls
Friday	Rom 9:1-5/Ps 147:12-13, 14-15, 19-20/ Lk 14:1-6
9:00 am	All Departed Souls
5:30 pm	All Departed Souls
Saturday	Rom 11:1-2a, 11-12, 25-29/Ps 94:12-13a, 14-15, 17-18/Lk 14:1, 7-11
9:00 am	All Departed Souls
4:00 pm	All Departed Souls
Sunday	Mal 1:14b-2:2b, 8-1/Ps 131:1, 2, 3/ 1 Thes 2:7b-9, 13/Mt 23:1-12
8:30 am	All Departed Souls
11:15 am	All Departed Souls
1:00 pm	All IHM Parishioners

GAME NIGHT AT IHM Please join us at IHM for a fun night of checkers, cards, Candy Land, UNO and much more, or bring your favorite game to share! This free event will be on Saturday, November 18 from 5:30 pm to 8 pm. Light snacks will be offered for a donation. Hope to see you there!



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

TRUNK OR TREAT IHM is hosting a Trunk or Treat on Saturday, October 28th from 1 pm to 3 pm. Set up for the event will begin at 12:30 pm. Please consider decorating your trunk and joining us for some safe fun for the kids! Donations of prizes and candy are needed as well as a few volunteers to run some short games and supervise the pumpkin patch. Most of all, come join us for some fun! If you have any questions please contact Martha Worrell at mfworrell1@hotmail.com.



Let's begin a discussion of the catechumenate phase.

During the catechumenate period, which can last from one year to several years (our typical program is two years), the catechumens (unbaptized) and candidates (baptized) begin their journey of growing in the faith and learning about the church.

The catechumens and candidates will continue in this period of spiritual growth until they are ready to move on to the next phase. They are not alone on this journey as they will be walking with their RCIA facilitators and sponsors who not only serve as guides, but also aid in determining their readiness to continue on this journey of faith.

It's never too late to join, so please email the RCIA coordinator at rcia@ihmrc.org or contact the parish office at (301) 863-8144.

FIRST FRIDAY AND FIRST SATURDAY DEVOTIONS The next First Friday Mass is November 3. We will have Mass at 9 am and 5:30 pm. First Saturday Mass is at 9 am on Saturday, November 4. All three Masses will be followed by confessions and Eucharistic Exposition.



**PLEASE PRAY
THAT THE SICK
MAY BE RESTORED TO FULL HEALTH**

Audrey Somers, Kathleen Floyd, Mary Oliver, Jane Kenyon, Linda F. Gieser, Ralph Gough Sr., Betty LePore, Joseph, Rylee Corliss, Alan Stapanon, Ruby Garcia, Mia Garcia, Matthew Riddell, Marie C. Williams, Kaylee Klier, 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, Devlin Rich, Ana Gates, Dennis Berg, Alejandra Spargo, Lisa and Paul Crowe, Adele Bavani, Violette Ghalbouny, Helen Pearson, John Flynn, Linda Miedzinski, Michael Briscoe, Patricia A. Louis, Susan Marie Hollis, Norma Jean Jubeck, Melva Coates

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@ihmrc.org, or call the Parish Office.

PAPAL PRAYER INTENTION FOR NOVEMBER

We pray for the Holy Father; as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

Follow us on



WALKING (from *Sacred Signs* by Fr. Romano Guardini, 1927)

Walking—how many people know how to walk? It is not hurrying along at a kind of run, or shuffling along at a snail's pace, but a composed and firm forward movement. There is spring in the tread of a good walker. He lifts, not drags, his heels. He is straight, not stoop-shouldered, and his steps are sure and even.

There is something uncommonly fine in the right kind of walking. It is a combination of freedom and discipline. It is poised, as if the walker were carrying a weight, yet proceeds with unhampered energy. In a man's walk there is a suggestion of bearing arms or burdens; in a woman's an attractive grace that reflects an inner world of peace.

And when the occasion is religious, what a beautiful thing walking can be! It is a genuine act of divine worship. Merely to walk into a church in reverent awareness that we are entering the house of the Most High, and in a special manner into his presence, may be "to walk before the Lord." Walking in a religious procession ought not to be what so often it is, pushing along out of step and staring about. To escort the Blessed Sacrament through the city streets, or through the fields, "his own possession," the men marching like soldiers, the married women in the dignity of motherhood, the young girls in the innocent charm of youth, the young men in their restrained strength, all praying in their hearts, should be a sight of festive gladness.

A penitential procession should be supplication in visible form. It should embody our guilt, and our desperate need of help, but also the Christian assurance that overrules them—that as in man there is a power that is superior to all his other powers, the power of his untroubled will, so, above and beyond human guilt and distress there is the might of the living God.

Walking is the outward mark of man's essential and peculiar nobility. It is the privilege of man alone to walk erect, his movement in his own power and choice. The upright carriage denotes the human being.

But we are more than human beings. We are, as the Bible calls us, "children of the most High." We have been born of God into newness of life. Profoundly, through the Sacrament of the Altar, Christ lives in us; his body has passed into the substance of our bodies; his blood flows in our veins. For "he that eats my flesh and drinks my blood abides in me and I in him." These are his words. Christ grows in us, and we grow in him, until being thoroughly formed by him, we attain to the full stature of Jesus Christ, and everything we do or are, "whether we eat or sleep, or whatsoever we do," our work, our recreation, our pleasures and our pains, are all taken up into the Christ-life.

The consciousness of this mystery should pass in all its joyous strength and beauty into our very manner of walking. The command "to walk before the Lord and be perfect" is a profound figure of speech. We ought both to fulfil the command and illustrate the figure.

But in sincerity. Beauty of this order can only be founded in truth, and is never the product of affectation and vanity.

HOLY DAY OF OBLIGATION MASS TIMES The Mass times for the **Solemnity of All Saints** are as follows: Tuesday, October 31st at 5:30 pm at IHM, Wednesday, November 1st at 9 am at IHM, 11:35 at St. Nicholas Chapel on Base, and at 7 pm at IHM.

ALL SOULS DAY MASS TIMES are on Thursday, November 2nd at 9 am and 5:30 pm. The Evening Mass will include a special remembrance of parishioners who died during the past year.

SPAGHETTI DINNER The Knights of Columbus Council 9968 invites everyone to a Spaghetti Dinner on Saturday, November 4 from 5 pm to 8 pm in the Fellowship Hall. Dinner includes Spaghetti with either meatballs or sausage, bread, and salad. Donations from this event will support Christmas in April 2024.



JOIN THE KNIGHTS! Got questions about the Knights of Columbus? Want to be a member? Contact Grand Knight Craig Davie at 240-434-6810 or Membership Director Curt Winters at 240-434-1796.

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.

CHILDREN'S CHRISTMAS PAGEANT We are taking volunteers to assist and actors to participate with this year's Children's Christmas Pageant. If interested, call the Children's Faith Formation office at 301-863-8793 or Kayla Krause at 412-477-9115. Here are the dates for the pageant.

December 3 at 3:00 pm, Parts and Costumes assignments
December 17 at 3:00 pm, Rehearsal
December 22 at 5:30 pm, Dess rehearsal
December 24 at 4:30 pm, Christmas pageant

THIRTIETH SUNDAY IN ORDINARY TIME

CANDLELIGHT VIGIL St. Mary's Youth Memorial All Soul's Day Candlelight Vigil will be on Thursday, November 2 at 7 pm at the Memorial - 20016 Point Lookout Rd, Great Mills, MD, 20634. All are welcome to support those who lost dear young family members. In case of inclement weather, the service will take place at Holy Face Church. Email any questions to: smymemorial@gmail.com.

VETERANS RETREAT A retreat for those who served in the military will be lead by US Army Veteran Fr. Conroy November 10 through 12 at Loyola retreat house in Faulkner, MD. Fr. Conroy will lead veterans in prayer and reflection about their experience in the military. Registration can be done at loyolaonthepotomac.com or by calling 301-392-0801. Retreat fee is \$165.

FALL OYSTERFEST St. Francis de Sales in Benedict is hosting an oysterfest in their parish hall (Saint Francis de Sales Hall, 7209 Benedict Ave) on Saturday, November 4 from 12 noon to 3 pm. The menu includes local oysters fried, scalded and raw at an outdoor bar, ham, steamed shrimp, hush puppies, potato salad, green beans, cole slaw, candied yams, green beans, mac and cheese, and home made desserts. The cost is \$30 per adult, reserve a table for six and one person eats free! Family rates are available. Call for more info at 301-274-3416.

EMPLOYMENT OPPORTUNITY: LEAD COOK Camp Maria Retreat Center, a ministry of the Sisters of Charity of Nazareth, is currently conducting an employment search for a full-time head cook/food service manager. Located alongside the beautiful Breton Bay in Leonardtown, MD, Camp Maria Retreat Center hosts groups year round. For more details and information regarding this position, please call 301-475-8330 or visit the website at campmaria.org.

MEN'S DISCERNMENT MASS AND DINNER This event is open to men (18 to 40s), from the Archdiocese who want to learn more about a vocation to the priesthood. The event is Sunday, November 19 from 4:30 pm to 7 pm at the Saint John Paul II National Shrine in DC (onsite parking available). Please register at <https://dcpriest.org/event/mens-discernment-mass-with-cardinal-gregory-and-dinner/>. For more information, contact Fr. Mark Ivany, Director of Priest Vocations, at vocations@adw.org or 202-636-9020.

CRAFT SHOW St. John Vianney in Prince Frederick is hosting its Annual Craft/Vendor Show on Saturday, November 11 from 9 am to 2 pm. Crafters and Vendors are welcome! Advanced registration is required. Information can be found on our website at: <https://sjvchurch.net/annual-craft-and-home-show>.

EVENTS CALENDAR

October 30—November 5	
Tues:	5:30 pm All Saints Day Mass
Wed:	9 am All Saints Day Mass
	10:15 am Bible Study
	7 pm All Saints Day Mass
Thurs:	9 am All Souls Day Mass
	5:30 pm All Souls Day Mass
	6 pm DivorceCare Meeting
Fri:	9 am First Friday Mass/Confession
	5:30 pm First Friday Mass/Confession
Sat:	9 am First Saturday Mass/Confession



INAUGURAL IHM GOBBLE GALLOP 5K

IHM will be hosting our inaugural Gobble Gallop 5K this year on Thanksgiving morning. To register, go to gobble.ihmrcc.org. To volunteer, go to 5kvolunteer.ihmrcc.org.

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).

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.

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.



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!

ST. MARY'S RYKEN IS OPEN FOR ADMISSION The St. Mary's Ryken Admissions Application for the Class of 2028 is open! It's an exciting time to become a St. Mary's Ryken Knight! We are thrilled to start the high school journey with your family. We look forward to meeting you, and showing you why SMR is the ideal choice for your student's high school experience. The application fee is \$25 off through October 31. Apply today at <https://www.smrhs.org/admissions>.

October 29, 2023

Written by
THE
FAITHFUL
DISCIPLE

Thirtieth Sunday in Ordinary Time

Ex 22:20-26 | 1 Thes 1:5c-10 | Mt 22:34-40

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

Sometimes I stop paying attention to the news for a period of time. There seems to be little that's "new" in the daily barrage of natural disasters and the countless ways we humans hurt each other. I've even stopped using social media, which at least made me smile when seeing photos of friends and family welcoming little ones or celebrating big milestones. Which brings me to today's Gospel: Sometimes it seems overwhelming to want to love as Christ commands, and I feel that there's little, if anything, I can do for people outside of my social circle, let alone on the opposite side of the world. Hearing of my struggles with compassion fatigue, a friend recently reminded me of some wise words that have been attributed to St. Mother Teresa: "Never worry about numbers. Help one person at a time and always start with the person nearest you." We love as Christ commands by willing the good of the other. And it is not trite or cliché to say at times, "honestly, all I can do right now is pray." After all, as the Lord says, "If he cries out to me, I will hear him; for I am compassionate." When our compassion is exhausted, let the Lord carry it, for he never tires. And then, when it is possible, practical, and seems to be inspired by the Holy Spirit, we can do more – whatever that may be.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

If you're like me and somewhat daunted by the second greatest commandment, I encourage you to take another look at today's readings. "You shall love your *neighbor*..." (emphasis added). Surely the world is far too large for us to make a difference? Therefore, remember that "God so loved the world" – and what he asks of us is to love our *neighbor*. So leave the world to God; pray for and give alms for those bigger world issues when we're able. When our circumstances change and we have more time and energy to take on more, such as participate in ministry, even better! But until then, when we walk out our front door in the morning, we go forth knowing that we are "imitators ... of the Lord," and that this smaller, much more manageable part of the world is what we are called to tend. Let our most active role in being the body of Christ extend to what is immediate to us – our neighbor and community – because that is where we will have the most influence for Christ in the world.

MEDITATE When you feel overwhelmed with the world, reflect upon today's responsorial psalm: "I love you, Lord, my strength." Let God's love for the world and his strength flow into your heart, and know that you can call on him to help you bear the burden of love.

