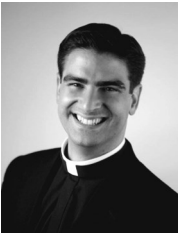


FEBRUARY 10 & 11, 2024



Dear Friends in Christ,

As we are about to begin the penitential season of Lent, it is a good time to (re) introduce a version of the Penitential Act at the beginning of Mass that is rarely used. We are very familiar with the first form, the *Confiteor* ("I confess to Almighty God..."), and with the third, in which the deacon, priest or cantor incorporates a series of three statements (known as "tropes") about Christ with the phrases of the Kyrie: "Lord, have mercy", "Christ, have mercy" and "Lord, have mercy".

The second option is not used too often, probably because the translation that was used before 2012 made it easy to confuse with the third option. But that is now changed, and it is a shame to not make a fuller use of the richness of the liturgy available to us. At this parish, we used this second option during Lent in the Year of Mercy (2016), but have not used it since.

I think it appropriate to re-introduce it this Lent, and then continue using it from time to time thereafter, so we don't forget it and new parishioners get to learn it. I realize that at first it will be a little confusing and perhaps annoying but think of it as a Lenten penance if you have to. I am confident that we will get accustomed to it quickly; it only requires each of us to learn two short phrases.

As you would have experienced before Mass this weekend, the musicians will coach us before Mass for a couple of weeks, but also know that it is in the *JourneySongs* (green) hymnal at #142, and I reproduce it below for your convenience. We'll begin using it after Ash Wednesday, when the Penitential Act is replaced by the distribution of Ashes.

The Priest invites the faithful to make the Penitential Act:
Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

The Priest then says:

Have mercy on us, O Lord.

The people reply:

For we have sinned against you.

The Priest:

Show us, O Lord, your mercy.

The people:

And grant us your salvation.

The absolution by the Priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

The people reply:

Amen.

The *Kyrie* then follows (since we'll be in Lent, it will be the Greek chant *Kyrie eleison*).

Yours in Christ Jesus,

Fr. Marco



SHROVE TUESDAY PANCAKE DINNER The IHM Knights of Columbus invite you to a Shrove Tuesday Pancake Supper on Tuesday, February 13 from 6 pm to 8 pm in the Fellowship Hall. Pancakes with a variety of fruit toppings, bacon, sausage, juice, and coffee will be served. Donations to support Right to Life.



give.adw.org

UNITED IN PURPOSE: THE 2024 ANNUAL CATHOLIC SERVICE APPEAL This weekend we have been asked prayerfully to consider making a gift to the 2024 Annual Catholic Services 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 2024 Annual Catholic Services Appeal!

EASTER EGG HUNT Lent is here and it is time to plan the Easter Egg hunt. In order to be a success, we are in need of approximately 2,000 plastic eggs as well as small individually wrapped candy and small toys to fill the eggs. There will be a box for donations in the foyer beginning this weekend, February 10. If you have any questions, please contact Martha Worrell at worrell@ihmrcc.org. Thank you for making this event possible.

BEREAVEMENT SUPPORT GROUP The Shrine of the Most Blessed Sacrament offers 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 next series will begin Tuesday, February 20 and continue for eight consecutive Tuesdays through April 9 from 7 to 8:30 pm. As a reminder, the meetings are virtual. For more information contact Jim Hoffman at hoffmanlpc@gmail.com or call cell: (202) 577 – 2213.

SIXTH SUNDAY IN ORDINARY TIME

MASS Intentions

February 12 — February 18

Monday	Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76/ Mk 8:11-13
9:00 am	Fernando Abuan (D)
Tuesday	Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19/ Mk 8:14-21
5:30 pm	A Special Intention (L)
Wednesday	Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/2 Cor 5:20—6:2/Mt 6:1-6, 16-18
6:30 am	All IHM Parishioners
9:00 am	All IHM Parishioners
7:00 pm	All IHM Parishioners
Thursday	Dt 30:15-20/PS 1:1-2, 3, 4 and 6/ Lk 9:22-25
5:30 pm	Janet Roof (S)
Friday	Is 58:1-9a/PS 51:3-4, 5-6ab, 18-19/ Mt 9:14-15
9:00 am	Katie Rison (L)
Saturday	Is 58:9b-14/PS 86:1-2, 3-4, 5-6/ Lk 5:27-32
9:00 am	Tina Butler (S)
4:00 pm	All IHM Parishioners
Sunday	Gn 9:8-15/Ps 25:4-5, 6-7, 8-9/1 Pt 3:18-22/ Mk 1:12-15
8:30 am	Robert Breslin (D)
11:15 am	Hailey Stack (S)
1:00 pm	Iris Margarita Rivera de Carreras (D)

DESSERT TABLE St. Vincent de Paul of IHM will be hosting the dessert table for the Lenten Seafood Dinners every Friday from February 16 through March 22. We are asking for donations of desserts (homemade preferred) to sell at the dinners. The desserts need to be dropped off at the parish hall by 3 pm each Friday. If you have any questions, please contact Janet Hodkiewicz at SVDP@ihmrcc.org or 301-863-7263 in the evening. Thank you for your support!

ASH WEDNESDAY MASS TIMES Ash Wednesday this year falls on Wednesday, February 14, the same day as "Valentines Day." Please take that into account for any plans, as it is a day of abstinence and fasting! The **Ash Wednesday** Mass times are as follows: 6:30 am, 9 am, and 7 pm at IHM, and 11:35 am at the Base Chapel.

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 enter the ZIP code of the parish "20653", follow the directions to create an account, and then enjoy!

LENTEN SEAFOOD DINNERS IHM invites everyone to come to the annual Lenten seafood Dinners on Fridays of Lent (February 16 to March 22) from 4 pm to 7 pm. Both Dine-In and To-Go meals are available. Adult meals include 2 sides, plus 3 hush puppies and coleslaw. Prices and options are as follows: \$17 for the Steamed or Fried Shrimp (10 count), or the Baked Rockfish (6-8 oz). \$18 for the Fried Oysters (10 count), the Fried Rockfish (4 pieces, 1 to 2 oz each), the Fried Cod (salt & vinegar, 2 pieces, 2.5 oz each). Availability of Fried Rockfish and Fried Cod will alternate each week. There is also the \$25 Seafood Platter (Fried or Baked/Steamed). Fried: Shrimp (6), Oysters (6) & Rockfish (2) or Cod (1). Baked/Steamed: Shrimp (6), Oysters (6) & Rockfish (1). The sides are Green Beans, French Fries, Mac & Cheese, Stewed Tomatoes, or extra Hush Puppies. Extra sides are 2 for \$3. Kid's Meals also available: 5 Fish Sticks and 2 sides for \$6. You can order online at seafood.ihmrcc.org (credit card, Google Pay or ACH) or order in person: cash or check. Desserts will also be offered by SVDP of IHM, cash only. We hope to see you there!

IHM FELLOWSHIP SUNDAY The next Fellowship Sunday is on Sunday, February 25. Join us in the Parish Hall for coffee, donuts, and fellowship after Mass!



PLEASE PRAY

THAT THE SICK MAY BE RESTORED TO FULL HEALTH

Audrey Somers, Kathleen Floyd, Jane Kenyon, 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, Michael Briscoe, Patricia A. Louis, Susan Marie Hollis, Melva Coates, Frances Roof, Jayne C., Dcn. Barnes, Claude Clark, Coleen Corliss, Katie Beuchert, Tom Chayka, Rob Buttrick, Victoria Zitaglio, Marie Rose, Paul Crowe

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 those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Follow us on



FEBRUARY 10 & 11, 2024

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

On the edge of the woods grows a larkspur. Its glorious blue blossom rising on its bending stalk from among the dark green curiously-shaped leaves fills the air with color. A passerby picks the flower, loses interest in it and throws it into the fire, and in a short moment all that is left of that splendid show is a thin streak of grey ash.

What fire does in an instant, time is always doing to everything that lives. The delicate fern, the stout mullein, the rooted oak, butterflies, darting swallows, nimble squirrels, heavy oxen, all of them, equally, sooner or later, by accident, disease, hunger, cold—all these clear-cut forms, all this flourishing life, turns to a little ash, a handful of dry dust, which every breeze scatters this way and that. All this brilliant color, all this sensitive, breathing life, falls into pale, feeble, dead earth, and less than earth, into ashes. It is the same with ourselves. We look into an opened grave and shiver: a few bones, a handful of ash-grey dust.

Remember, Man, you are dust and to dust you shall return.

Ashes signify man's overthrow by time. Our own swift passage, ours and not someone else's, ours, mine. When at the beginning of Lent the priest takes the burnt residue of the green branches of the last Palm Sunday and inscribes with it on my forehead the sign of the cross, it is to remind me of my death: *Memento homo quia pulvis est et in pulverem reverteris*. [Remember, Man, you are dust and to dust you shall return].

Everything turns to ashes, everything whatever. This house I live in, these clothes I am wearing, my household stuff, my money, my fields, meadows, woods, the dog that follows me, my horse in his stall, this hand I am writing with, these eyes that read what I write, all the rest of my body, people I have loved, people I have hated, or been afraid of, whatever was great in my eyes upon earth, whatever small and contemptible, all without exception will fall back into dust.

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.

EVENTS CALENDAR

February 12 — February 18	
Tues:	6 pm 6:30 pm
Wed:	6:30 am 9 am 10 am 11:35 am 7 pm
Fri:	4-7 pm 7 pm 8 pm
Sun:	4 pm
	Shrove Tuesday Dinner Deacon Reflection w/ Adoration Ash Wednesday Mass Ash Wednesday Mass Wednesday Morning Bible Study Ash Wednesday Mass on Base Ash Wednesday Mass Lenten Seafood Dinner English Stations of the Cross Spanish Stations of the Cross Mass in Tagalog

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).

PILGRIMAGE TO GREECE AND EPHEBUS Join Fr. Harry Stokes and Fr. Ray Schmidt as they lead us in the Footsteps of St. Paul. We will tour many holy sites in Greece and then set sail on a 4-day cruise to visit several Greek islands and the Blessed Virgin's home in Ephesus. September 27 – October 7, 2024. \$4,811.00. For more information contact Margaret at stjoepa@comcast.net, or to register visit <https://sq408nio.paperform.co>.

2023 GIVING STATEMENTS Your contribution records for 2023 are available online at <http://my.ihmrcc.org>, or by contacting the parish office at 302-863-8144 x14 or office@ihmrcc.org. We can mail them, e-mail them or hold them for pick-up. Please contact the office before coming to pick it up, as the 2 people who have access to those records might not be available if you come without notice. Those who give online (or made an online payment for the Seafood Dinners) should have received by e-mail a statement with online giving transactions only. This was sent by our online giving system and does not include any donations made by check or cash. For the full record, please download it at <http://my.ihmrcc.org> or contact the office. We apologize for any confusion this may have caused. Please note that Seafood Dinner payments are NOT tax-deductible.

MONTHLY DEACON REFLECTIONS On Tuesday, February 13, at 6:30 pm, Dcn. Ronnie will give a talk entitled, "The Call to Repentance and Faith." Accompanying the talk there will be Eucharistic Exposition.

SIXTH SUNDAY IN ORDINARY TIME

FASTING AND ABSTINENCE FROM MEAT

The Basics:

Fasting: no more than one full meal on Ash Wednesday and Good Friday (for those 18 to 60).

Abstinence: no meat on Ash Wednesday and Fridays (for those 14 and older).

Fuller Explanation:

In commemoration of Christ's suffering and death, all Fridays throughout the year are days of penance, except if a Solemnity should happen to fall on a particular Friday. The Church's tradition and law is that we abstain from eating meat on Fridays as a communal form of penance that the entire Church performs together. Abstaining from eating meat is required on Fridays of Lent and encouraged on other Fridays. In the United States, we may substitute another equivalent penance on Fridays outside Lent, but some form of penance is still to be done on all Fridays. We also abstain from meat on Ash Wednesday. The rule on abstinence from meat applies to Catholics and catechumens (those preparing to enter the Church) aged 14 or older. Meat is defined as flesh from mammals and birds.

In addition to abstinence, fasting is required on Ash Wednesday and Good Friday and encouraged on Holy Saturday, to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection. The fasting requirement applies to Catholics and catechumens between the ages of 18 and 60. For these purposes, fasting is defined as eating no more than one full meal that day. Two smaller meals are allowed if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. There are legitimate exceptions for the seriously ill and for those who might endanger their own or someone else's health (for example, diabetics, pregnant women, truck drivers, pilots, surgeons, etc.).

These, of course, are a bare minimum form of penance. The Church encourages us, for our own spiritual development and purification, to take up other penitential practices on Fridays and during Lent. Some choose to fast more frequently or abstain from other foods or activities. Some choose to take up additional spiritual and charitable practices (Stations of the Cross, Divine Mercy chaplet, service to the poor, etc.).

We ought to take up these penitential practices, not out of grudging obedience, but wholeheartedly, as a sign of our sorrow for our sins and the sins of others, as a sharing in Christ's supreme sacrifice, and as a purification in preparation for the celebration of the Resurrection at Easter, and for our own resurrection into eternal life.

IHM MOM'S CLUB Join our new Mom's Club at IHM, for moms with children of all ages to connect, learn and grow in faith together. We will alternate evening and daytime meetings to fit all schedules; we won't have child care available, but children (and husbands) are welcome to come as needed, and light refreshment will be provided. RSVP to our first meeting on Monday, February 12 from 6 to 7 pm to help select group topics and future meeting dates by contacting Emily Yazawa at emily.m.yazawa@gmail.com.

STOP PHYSICIAN-ASSISTED SUICIDE IN MARYLAND A bill that plays into people's darkest fears and would allow doctors to prescribe lethal drugs for patients to take their lives has been introduced in the Maryland General Assembly, HB 403 and SB 443, the "End-of-Life Option Act (The Honorable Elijah E. Cummings and the Honorable Shane E. Pendergrass Act)." Go here to tell your state lawmakers NO to this extreme and deadly legislation: <https://p2a.co/WK2gk7Q>. Visit mdcatholic.org/pas to learn more about this proposal which does not offer genuine compassion and is fundamentally incompatible with human dignity.

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.

NEW PARISH DIRECTORY The last Parish Directory was distributed in 2012, so it is time for an update! Universal Church Directories (UCD) will help us publish a new directory this summer. Family photos for the directory are planned to be taken in April and May; exact dates can be signed up for after weekend masses starting February 17 and 18. Consequently, we are in need of volunteers starting the weekend of February 17/18 for 5-10 minutes after each weekend mass to assist in taking reservations. Please contact Les Pearson at nosrae@verizon.net if you can help. Please see the bulletin in coming weeks for more information.

BE A STRATEGIC GRANDPARENT WORKSHOP Grandparents can have a wonderfully positive effect on their grandchildren's faith life. Join us for a virtual workshop on 5 evenings: February 22 and 29, and March 7, 14, and 21 from 7 pm to 8:30 pm to see how to be strategically successful in sharing your faith with your grandchildren. Call the Archdiocese of Washington Office of Family Life at 301-853-4499 for more information, or e-mail signup@ihmrcc.org to receive the registration link (it's too long to include in the bulletin). You will receive an automated response with the link.



February 11, 2024

Written by
THE
FAITHFUL
DISCIPLE

Sixth Sunday in Ordinary Time

Lv 13:1-2, 44-46 | 1 Cor 10:31—11:1 | Mk 1:40-45

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

The leper in today's Gospel was not only severely ill, but he was also barred from practicing his faith. Because he was considered unclean, he could not enter the temple to worship. It is no wonder he did everything in his power to find Jesus and beg him for healing. And heal him Jesus did, both body and soul. According to commentary on this passage from the USCCB, "In curing the leper, Jesus assumes that the priests will reinstate the cured man into the religious community." It seems to me that this Gospel is about faith, and about love. The leper had great faith that Jesus could heal him, and the great love of Jesus for this man moved Jesus to go against mosaic law by touching and healing him. When we read the Scriptures we are reminded over and over again how much God loves us. Let us allow this knowledge to sink into our hearts and change us. When we begin to reflect God's love to those around us, we will find that our lives are filled with his peace. Give it a try: Love as Jesus loves.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

The Gospel is about Jesus' love, and it's also about great faith. Faith is a theological virtue that involves believing in God and everything he has said and revealed. It is a free gift from God, and with the help of his grace, faith is the foundation of our personal and communal relationship with our Triune God. As God's children baptized into the Body of Christ, we can root everything we do in faith so that all of our actions point to God and to building his kingdom. How do we do this? It's hard to say it much better than Paul does in his letter to the Corinthians today: "Whether you eat or drink, or whatever you do, do everything for the glory of God."

ACCOMPANY How do we love as Jesus loves? Accompany another. Perhaps there is someone in our lives with whom we can walk alongside on their journey of faith. It need not be intimidating; as Christian disciples we already possess the tools we need to accompany: listen, love, share and pray.



LENT AND HOLY WEEK 2024

Tuesday, February 13

Carnival Pancake Supper: 6-8 pm

Reflection with Eucharistic Adoration ("The Call to Repentance & Faith"): 6:30-7:30 pm

Ash Wednesday, February 14

Mass with Distribution of Ashes: 6:30 am, 9 am & 7 pm

11:35 am Mass at St. Nicholas, PAX River

Fridays of Lent, February 16 to March 22

Seafood Dinner: 4 to 7 pm (seafood.ihmrcc.org)

Stations of the Cross: 7 pm (English) & 8 pm (Spanish)

Eucharistic Adoration and Benediction: 7:35 pm

Fellowship Sunday, February 25 & March 24

Doughnuts, Coffee & Conversation in the Parish Hall after Sunday Masses

Mass with Healing Service, Monday, February 26 & March 25

Confessions: 6:30 pm | Mass: 7 pm

Healing Service with Eucharistic Adoration after Mass

First Friday of the Month, March 1

Mass: 9 am & 5:30 pm

Confessions & Eucharistic Adoration after Mass

First Saturday of the Month, March 2

Mass: 9 am | Confessions & Eucharistic Adoration after Mass

Tuesday, March 12

Talk with Eucharistic Adoration: 6:30-7:30 pm

Palm Sunday, March 24

Saturday 4 pm (English)

Sunday 8:30 & 11:15 am (English), 1 pm (Spanish)

Holy Thursday, March 28

Morning Prayer and Confessions: 9 am

Evening Mass of the Lord's Supper (bilingual): 7 pm

Eucharistic Adoration: after Mass until midnight

Good Friday, March 29

Morning Prayer, Divine Mercy Chaplet and Confessions: 9 am

Stations of the Cross: 3 pm (bilingual)

Service of the Lord's Passion: 7 pm (bilingual)

Holy Saturday, March 30

Morning Prayer, Divine Mercy Chaplet and Confessions: 9 am

Easter Vigil Mass: 8 pm (bilingual)

Easter Sunday, March 31

Mass: 8:30 & 11:15 am (English), 1 pm (Spanish)

*Except for Holy Thursday, Good Friday and Holy Saturday,
the regular Mass and confession schedule applies.*