

February 25, 2018

MAY OUR SINS BE WIPED AWAY!

Many of the silent prayers said by the priest at Mass deal with **forgiveness of sins, healing and hope in eternal life**. In fact, after proclaiming the Gospel at Mass, the priest kisses the book saying quietly, "Through the words of the gospel may our sins be wiped away." Let me take a moment to thank you for the positive comments I've received these past couple weeks about the meaning of certain actions by the priest during Mass. You've let me know that you were unaware of so many silent prayers. Some of you have encouraged me to write more about the meaning of the Mass, beginning with those silent prayers. This time, I have chosen to focus on **forgiveness of sins**, which is central to our celebration of the **Lenten season**. I invite everyone to meditate on the following silent prayers, in their chronological order:

1. Before proclaiming the Gospel: "*Cleanse my heart and my lips, almighty God, that I may worthily proclaim your holy Gospel.*"
2. After proclaiming the Gospel: "*Through the words of the Gospel, may our sins be wiped away.*"
3. Bowing to the altar before washing of the hands: "*With humble spirit and contrite heart, may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God.*"
4. While washing his hands: "*Wash me, O Lord, from my iniquity and cleanse me from my sin.*"
5. Right after reciting or singing the "**Lamb of God**" and before elevating the host and proclaiming "*Behold the Lamb of God*", the priest with hands joined says quietly one of the two following prayers:
(A) "*Lord Jesus Christ, Son of the Living God, who by the will of the Father and the work of the Holy Spirit, through your death gave life to the world, free me by this, your most holy body and blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.*" or :
(B) "*May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy.*"
6. While purifying the chalice and paten after communion, the priest says quietly: "*What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity.*"

The above first two prayers deal with the **healing power** of the proclamation of the **word of God**, the Gospel of Our Lord Jesus Christ, the **Good News!** Prayers 3 and 4 deal with the healing power of **water**. This reminds us of the forgiveness of sins through the water of Baptism. Prayers 5 and 6 deal with the **healing power of receiving the body of Christ and his precious blood (the Eucharist)**. Pick one of the above prayers that touches your heart in this beginning of Lenten Season. Meditate on it and be reminded of it as you participate in the Celebration of the Mass. My favorite two prayers are the shortest (#2, after proclaiming the Gospel) and the longest one (#5A before receiving the Eucharist). We know that everything is possible with God. We know that through the words of the Gospel, Jesus himself is speaking to us, and through His words, our sins may be forgiven. We believe in the **real presence of Jesus, His body and His blood** in the Eucharist. We believe that the Eucharist can transform our lives.

I hope that the above prayers can inspire your own Lenten Journey. They remind me at every Mass that, though a priest and main celebrant at Mass, **I am a sinner**, and I need both the power of the Word of God, and of the Eucharist, to give me the grace to turn away from my sinfulness; from my attachment to the world. Lord God, **free me**, by your **most holy body and blood, from all my sins and from every evil!** May we all pray that **Lord Jesus Christ will never let us be parted from Him!** We know that every sin separates us from God! We also believe in **God's infinite mercy!** We believe in the powerful **sacrament of reconciliation**. As we prepare ourselves to participate in our **parish Lenten mission**, may God help us to **reconcile with him and with our brothers and sisters!**

May the 4-day mission by Fr. David Gunter beginning at **3 pm this Sunday** (one-hour personal talk as witness of the power of God to free us from our chains to sins) and including our **Parish Penance Service (Tuesday, February 27)** help our entire parish in asking for the grace of forgiving those who have offended us and for the grace of being forgiven by God! May our sins be wiped away!

*One in Christ,
Fr. Alain*

Prayer Requests *

We are asked to pray for: Connie Miller, Windsor Family, Jessica Holt, Sue Holt, Wilbur Etbauer, R. Todd Iddings, Michael Proctor, Nellie Lynch, Edmund Madden, Abigail Poole, Sarah Parker, Dennis Forgash, David DeMarr, Joseph Mason Proctor, Georgiana Norgren, Larry McGraw, Cecilia Spinks, Chantelle Angelini, Sonia Knapp, Lynn & Ronald Henrion, Ebony Jenkins, Tina Gallagher-Detwiler, Judy Studds, Vincent Argiro, Sr., Pearl Green, Fr. Robert Pittman, and all our military and civilians serving in harm's way.

*Names will remain on our list for 3 months. Please call the parish office to re-request a name after 3 months or to remove a name when the person has regained health.

Second Sunday of Lent

CCD Class Schedule

Our Lady Help of Christians 2017-2018 CCD registration is open online: www.olhoc.org.

Feb. 25-26: CCD Classes

Mar. 4-5, 11-12, 18-19, 24-25: CCD Classes

In order for parents to attend the full Parish Mission, the First Communion Parent Workshop scheduled for Feb. 28, has been canceled. Our next parent/student workshop is scheduled for March 14/March 17 at 6:45 PM/9:30 AM.

Contact **Therese Thiedeman** at 301-645-7112 or dre@olhoc.org

Due to Parish Mission

Parish Youth Night – February 25 3:00 to 5:30 PM

Life Teen: High school youth ministry

Edge: Middle school youth ministry (meets monthly)

FIAT: Elementary school Faith in Action Team (meets monthly)

For more information and youth opportunities, please visit www.olhoc.com/ym or contact Mrs. Marlen Coles marlen@olhoc.org.

Mass Intentions this Week

Saturday, Feb. 24, 5:00 PM: OLHOC Parishioners

Sunday, Feb. 25, 8:30 AM: Francis Pullman (+)

Sunday, Feb. 25, 10:00 AM: Kames Knapp (+)

Sunday, Feb. 25, 11:30 AM: Elizabeth Marcus (+)

Mass Readings for March 4, 2018

Third Sunday of Lent – Year A for use with the RCIA

First Reading – Exodus 17:3-7, 28

Second Reading – Romans 5:1-2, 5-8

Gospel – John 4:5-42

The Light is on for You!

Parish Penance Service:

Tuesday, February 27 7:30 PM

All Wednesdays in March

6:00-6:45 PM, & 7:45-8:30 PM

Saturdays 4:00 PM

Sundays 6:30 PM

Cardinal's Appeal Envelopes
Available in the narthex thru February

St. John Paul II Office for Family Life in Wash. DC provides
FREE Retreat "Gather Together All Your Children Scattered"
Saturday, March 3, 10-4 PM

http:[://visiblesign.eventbrite.com](http://visiblesign.eventbrite.com)

Catholics in Annapolis <http://www.mdcathcon.org/lobbysnight>

OUR LADY'S LITTLE CHRISTIANS

<http://www.olhoc.org/preschool.html>

Now Open – Registration for Fall 2018

For more information, send an email to preschool@olhoc.org or call the office and ask for Nieda, Preschool Director.

* 2018-2019 Fr. Martin Scholarship Program *

The Father Martin Society announces a new scholarship program for students who wish to enroll in St. Peter's School for its Fall 2018-2019 school term. To qualify for a full scholarship, a child must be a first-time student at St. Peter's School whose family has a limited income and is registered at either St. Peter's Parish or Our Lady Help of Christians Parish. A limited number of partial scholarships will be available to current students at St. Peter's School. Scholarships will also be considered for children applying to OLHOC's Our Lady's Little Christians Preschool. Applications are available at St. Peter's School and at Our Lady Help of Christians Church. The final date to submit completed applications is March 12, 2018, to St. Peter's School, Attn: FMS Scholarship, 3310 St. Peter's Drive, Waldorf, MD 20601. Questions?

Email fathermartinsociety@gmail.com

Community Outreach

Thank you to Delores and Dave Cacciaglia, menu coordinators, Mary's Helping Hands for the beautiful dessert, and all else who participated in the February 15th Shepherd's Table feast. Over 50 people enjoyed a delicious meal in good fellowship! The next **Shepherd's Table Dinner** will be held on **Thursday, March 15, 2018 at Good Shepherd Church.** Always looking for menu planning help!

Next Outreach Committee Meeting is March 1 at 7PM – All are welcome!

Mary: A Biblical Walk with the Blessed Mother

An extraordinary study that reveals Mary's unique role in God's Kingdom and in our lives. Bible Study (10-11:30 am): Thursdays, March 1, 8, 15 & 22 or Saturdays, March 3, 10, 17 & 24 or form a small group in a home at your convenience. For more information see <http://olhoc.com/lent-2018>

