

March 04, 2018

SEVEN MOUNTAINS IN JESUS' LIFE

Throughout Scripture there are references to mounts and mountains. Israel does not have huge mountains like the Rockies, yet it is far from being flat like areas of our Midwestern states. In the Bible, we have many examples of prophets ascending a mountain and getting closer to God. We immediately think of Moses climbing Mount Sinai and remaining there for 40 days and 40 nights, encountering God and receiving the Ten Commandments. In his book "Jesus of Nazareth," Pope Benedict XVI writes an extensive commentary on Jesus' Transfiguration in which he refers to the importance of **mounts and mountains in Jesus' life**. He refers to seven different mountains that are of great significance for our understanding of Jesus. Can you think of two or three such mounts or mountains?

Pope Benedict XVI writes: "The mountain serves as the locus of God's particular closeness. We need to keep together in our minds the various **mountains of Jesus' life**:"

*The Mountain of the Temptation*  
*The Mountain of His Great Preaching*  
*The Mountain of His Prayer*  
*The Mountain of the Transfiguration*  
*The Mountain of His Agony*  
*The Mountain of the Cross*  
*And the Mountain of the Risen Lord.*

In the background we also catch sight of **Sinai, Horeb, Moriah** - the mountains of Old Testament Revelation. They are **all at one and the same time Mountains of Passion and of Revelation**. They refer to the **Temple Mount** where Revelation becomes Liturgy.

The mountain is the place of **ascent** - not only outward, but also inward ascent. It is a liberation from the burden of everyday life; a breathing in of the pure air of creation. It offers a view of the broad expanse of creation and its beauty. It gives one an inner peak to stand on and an intuitive sense of the Creator."

Most of us love to go the mountains! For me, the mountains always remind me of the joy of skiing and snowboarding with friends and family. I love standing at the top of the mountain prior to skiing downhill. I love to look at the beautiful scenery. It is always a reminder of the **presence of God, as our Creator!** I also love to feel the cold, refreshing wind on my face. We all need to breathe fresh air! We all need to empty our lungs of all the dust of our cities, and to fill them with new oxygen, with **new life**. The ride down the mountain is also thrilling: the speed, the sense of freedom! But it can also be dangerous as we may fall down and hurt ourselves (last year I hurt my left elbow after a fall in "mushy" snow!).

As we continue our Lenten Journey, I invite everyone to climb a mountain and experience the presence of God. Choose the mountain! Remember we speak about an **internal, spiritual journey**. Recall the above words from Pope Benedict XVI: "an inward ascent is to free us from the burden of everyday life...and to breathe in the pure air of Creation."

To go up the mountain is to **pray**. As we climb the Mountain of Prayer, we recall that Jesus many times in his life went up a mountain to pray. If the Son of God needed to pray, **how much more** we sinners need to pray! Lent provides many opportunities for prayer. Come and join us for the Friday evening Stations of the Cross beginning at 7 pm. Come earlier at 6 pm as we expose the Blessed Sacrament; an ideal time to pray in silence in the presence of God!

Make a special effort to come and pray at one of our daily Masses: every day at 9 am, Monday through Saturday, and also at 7 pm on Wednesday evenings. Pray the Rosary daily and you will receive many blessings. Pray that as Jesus was transfigured on Mount Tabor, you too can be transfigured, and you too can be **transformed!** Pray that God will open your ears and your heart, so that you can hear His daily call to **do His will**, not yours! Pray that God can give you the **grace** to have a **merciful heart**, which will help you to forgive those who have hurt you or will hurt you in the future! Pray that God will give you the **grace to accept your daily crosses!**

We all are feeling the burden of personal crosses. As we prepare for the **Holy Week**, we can anticipate **our walking with Jesus**, in His Agony on the Mount of Olives, and accompanying Him on the Road to Calvary, to Mount Golgotha! Let us also pray that we will be able to share in the **Joy of the Resurrection**, climbing the **holy mountain** and feeling the **Joy of the Hope of being with Jesus Christ forever and ever!** May God keep blessing our Lenten Journey!

*One in Christ,  
Fr. Alain*



# Third Sunday of Lent

## CCD Class Schedule

Our Lady Help of Christians 2017-2018 CCD registration is open online: [www.olhoc.org](http://www.olhoc.org).

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

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](mailto:dre@olhoc.org)  
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**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](http://www.olhoc.com/ym) or contact Mrs. Marlen Coles [marlen@olhoc.org](mailto:marlen@olhoc.org).  
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## Mass Intentions this Week

Saturday, March 3, 9:00 AM Liz Marcus (+)

Saturday, March 3, 5:00 PM: Debbie Collins (+)

Sunday, March 4, 8:30 AM: OLHOC Parishioners

Sunday, March 4, 10:00 AM: Addie B. Mack (+)

Sunday, March 4, 1:00 PM: Eric Fotang

Monday, March 5, 9:00 AM Vivian Mannello

Tuesday, March 6, 9:00 AM Anne Marie Fequiere (+)

Wednesday, March 7, 9:00 AM Michael Boswell (+)

Thursday, March 8, 9:00 AM Nicholas Snowden

Friday, March 9, 9:00 AM Bill Bryner (+)  
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## Mass Readings for March 11, 2018

*Fourth Sunday of Lent – Year A for use with the RCIA*

First Reading – 1 Samuel 16: 1, 6-7, 10-13

Second Reading – Ephesians 5: 8-14

Gospel – John 9: 1-41  
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## The Light is on for You!

All Wednesdays in March

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

Saturdays 4:00 PM

Sundays 6:30 PM  
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**Married Couples Weekend Retreat @Priestfield Center in**

**Kearneysville, WV – Weekend of March 16 or March 23. Come away spiritually refreshed and enlightened for each other!**

For info. Call Elaine Galeone 410-252-5355  
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## Altar Guild Easter Flowers

**In Memory of or in Honor of a Loved One**  
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Pick up a floral offering envelope in the Narthex and return it next week with names and your kind contribution.

## 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](mailto: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. Peters 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. Peters 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. Peters Drive, Waldorf, MD 20601. Questions?

Email [fathermartinsociety@gmail.com](mailto:fathermartinsociety@gmail.com)  
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## Community Outreach

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 April 4 at 7PM in the Social Hall – All are welcome!  
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## ***Needed and will be blessed!***

**Meals on Wheels Volunteer**

**Route Coordinator**

The Northern Charles Meals on Wheels route is seeking a volunteer to coordinate the route. Helen McLean has been coordinator for the past 21 years. She is 80 and would like to retire. If you are interested, please contact Helen McLean at 301-743-5644 or Pat Viets at 301-645-3291 email

[patricia1202@comcast.net](mailto:patricia1202@comcast.net)

## **Silver Diner Supports St. Peter's School**

Pick up a Silver Diner fundraiser card in the Church office and sign up for rewards that benefit the school we support.

For more details go to

<https://www.silverdiner.com/ewdw-rewards>

## Prayer Requests \*

We are asked to pray for: Doris Chesley, James Thompson, Mr. and Mrs. Richard Dunham, Tom Casey, 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.*



### **Mary: A Biblical Walk with the Blessed Mother here at Our Lady, Help of Christians**

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 8, 15 & 22 or Saturdays, March 10, 17 & 24 or form a small group in a home at your convenience. For more information see <http://olhoc.com/lent-2018>

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### **Franciscan Monastery of the Holy Land in America**

1400 Quincy St. NE, Washington, DC 20017

[susanegibbs@gmail.com](mailto:susanegibbs@gmail.com) | 202-525-9554

#### **Through March 18—Easter Lily and Palm Cross Sale**

Pick up beautiful Easter lilies and palm crosses for your garden or yard, or donate them to the Franciscan Monastery of the Holy Land in honor of loved ones. Your order supports the gardens of the historic monastery. Details and online orders at [www.fmgg.org](http://www.fmgg.org) and the monastery's Holy Land Gift Shop. Pick up items on Palm Sunday Weekend, March 24-25. Sponsored by the Franciscan Monastery Garden Guild. Questions? Contact Joe Bozik, [1retrojoe@gmail.com](mailto:1retrojoe@gmail.com) or call 703-967-0958.

#### **March 11 event—Music at the Monastery**

Music to uplift your soul! Enjoy Music at the Monastery on Sunday, March 11, 4 p.m., with the Brass of Peace Ensemble. These talented high school brass players are directed by former National Symphony Orchestra hornist, Sylvia Alimena. The concert will be held at the historic Franciscan Monastery of the Holy Land. Free-will offering. Information at [myfranciscan.org](http://myfranciscan.org) or call 202-526-6800; free parking; Brookland/CUA Metro and H6 bus toward Fort Lincoln.

#### **Through mid-March—Student Lenten Pilgrimages to the Franciscan Monastery**

Take a Student Lenten Pilgrimage with school or family at the Franciscan Monastery of the Holy Land. Students who take a guided tour of the church, Tomb of Christ and catacombs, and pray the Stations of the Cross (indoors or in the gardens) receive a certificate of participation with a blessing. Reservations are required. The monastery, is the US home of the friars who have cared for the sacred shrines and Christians in the Holy Land for 800 years. Visit [myfranciscan.org](http://myfranciscan.org) or call 202-526-6800.

#### **Through March 25-Burial of Christ**

Experience the Holy Land on Good Friday with a recreation of the Burial of Christ ceremony held at the Church of the Holy Sepulcher in Jerusalem. The crucified Christ will be carried through the Franciscan Monastery of the Holy Land church in this service of song and prayer, then anointed and placed in the tomb (a full-size replica of the Tomb of Christ in Jerusalem). More information and a schedule of Holy Week and Easter events: [myfranciscan.org](http://myfranciscan.org) and 202-526-6800.

#### **Through Lent-See "Tomb of Christ" in Lent**

This Lent, journey virtually to the Church of the Holy Sepulcher, the place of the crucifixion and burial of Christ. "The Tomb of Christ" at the **National Geographic Museum** (near St. Matthew's Cathedral, Washington, DC) is an immersive, 3-D exhibit based on the historic 2016 restoration of Jesus' tomb. See the cave walls of Jesus' tomb, hidden for centuries, and test technology used in the restoration. Get details and group discount information at [nationalgeographic.org/dc/exhibitions/tomb-of-christ](http://nationalgeographic.org/dc/exhibitions/tomb-of-christ)