

March 18, 2018

**THE HOLY SPIRIT IS LIVING IN ME!**

The Church teaches that the Sacrament of **baptism** "is the basis of the whole Christian Life, the **gateway to life in the spirit**, and the door which gives access to other sacraments" (Catechism of the Catholic Church , CCC # 1213). The Church also teaches that Christian Initiation is accomplished by three sacraments together: **Baptism** which is the beginning of new life; **Confirmation** which is its strengthening ; and the **Eucharist** which nourishes the disciple with Christ's Body and Blood for his transformation in Christ (CCC # 1275). Through Baptism, we enter a new life in Christ and we become a **temple of the Holy Spirit** (CCC # 1279). The Holy Spirit comes upon us and then **dwells within us** forever! The Church also teaches that the Sacrament of Confirmation increases the **gifts of the Holy Spirit** in us.

As a parish community, we have been accompanying our RCIA candidates through their journey to receive the Sacraments of Initiation at the **Easter Vigil** (8 pm Saturday, March 31- just two weeks away). Ten of them will be baptized! Not surprisingly the readings of the last three weeks have helped us deepen our understanding of **Holy Baptism**. This weekend, we have two beautiful readings that focus on the **Holy Spirit**. In the Book of the Prophet **Ezekiel** (chapter 37), we hear the Lord God speaking to each of us: "O my people, **I will put my spirit in you that you may live.**" In Chapter 8 of the magnificent Letter to the Romans, we hear a similar message: "Those who are in the flesh cannot please God. But you are not in the flesh; on the contrary, **you are in the spirit**, if only **the spirit of God dwells in you**. If the **spirit** of the one who raised Jesus from the dead **dwells in you**, the one who raised Christ from the dead will **give life** to your mortal bodies also, **through His spirit dwelling in you.**" Since our Baptism, we have become **temples of the Holy Spirit**, meaning that the **Holy Spirit dwells in us**. I invite everyone to reflect on this **in-dwelling of the Holy Spirit**. With St. Paul, every baptized person can say "the **Holy Spirit lives in me!**"

Let us pray that as we prepare to enter into the great Joy of the **resurrection of our Lord Jesus Christ**, we can find within us the presence of the amazing gifts of the Holy Spirit. We can ask the Holy Spirit to fill our hearts and to guide our steps in following Jesus, and to give us the strength of embracing our daily crosses of suffering:

Come, Holy spirit, send forth the heavenly radiance of your light.  
Come, Father of the Poor, come, Giver of Gifts, come, Light of the Heart.  
Greatest Comforter, Sweet Guest of the Soul, Sweet Consolation.  
In labor, **rest**, in heat, temperance, in tears, solace.  
O Most Blessed Light, fill the inmost heart of your faithful.  
Without your spirit, there is nothing in man, nothing that is not harmful.  
Cleanse that which is unclean, water that which is dry, heal that which is wounded.  
Bend that which is inflexible, fire that which is chilled, correct what goes astray.  
Give to your faithful, those who trust in you, the sevenfold gifts.  
Grant the reward of virtue, grant the deliverance of salvation, grant eternal joy. Amen.

This is a beautiful prayer as part of the **novena** recommended by the Archdiocese of Washington that began this past Friday (a prayer reflection for solidarity with immigrants, refugees and victims of human trafficking). I suggest that you pray it every day until Saturday, March 24; end date of the Novena. We will pray it as a parish community at noon this Saturday just prior to **walking with Mary** (fundraising for a new statue of Our Lady of Fatima, which we hope to install in our church some time before Pentecost - More to share with you on that!)

May the Holy Spirit come upon each of us! May we all feel the Presence of the Holy Spirit within each of us!

*One in Christ,  
Fr. Alain*

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**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): Thursday, March 22 or Saturday, March 24, or form a small group in a home at your convenience. For more information see <http://olhoc.com/lent-2018>

# Fifth Sunday of Lent

## CCD Class Schedule

March 18-19: CCD Classes

March 25-26: CCD Classes

Contact **Therese Thiedeman** at 301-645-7112 or [dre@olhoc.org](mailto:dre@olhoc.org)  
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**FIAT: Elementary school** Faith in Action Team (meets monthly)

**Edge: Middle school** youth ministry (meets monthly)

**Life Teen: High school** youth ministry

All **Youth Night** is this weekend **March 18th** with 4 PM Mass followed by pizza, faith and fellowship from 5-6:30 PM. Bring your friends!

### Attention Edge & Life Teen

\* **Holy Thursday Pilgrimage is March 29th after the 7 PM Mass.**

On Holy Thursday, after the Mass of the Lord's Supper, many churches remain open for exposition of the Blessed Sacrament so that people can pray until midnight. This is a reenactment of the actions of the apostles in the Garden of Gethsemane, whom Jesus told, "Remain here and keep watch with me!" Our pilgrimage will include stops at St. Mary's Bryantown, St. Peter's in Waldorf, Sacred Heart in La Plata, and end at OLHOC. Please sign up online.

### **\*\* Youth Summer Retreat \*\***

Rising 9th graders-seniors, join us for **Camp Veritas** August 12th-18th at Camp Lakota in Wurtsboro, NY. It will be an amazing week of outdoor fun, prayer, time with friends, and growing in your faith.

**For more information and youth opportunities, please visit [www.olhoc.com/ym](http://www.olhoc.com/ym) or contact Marlen Coles at [marlen@olhoc.org](mailto:marlen@olhoc.org).**

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### Youth Pilgrimage Fund

Parish Fundraiser ends this week. Envelopes can be picked up by the board in the Narthex and placed in the collection basket next week, or bring it to the office. Thanks for supporting our OLHOC Youth!

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### **RICE BOWL RETURN – April 7 & 8 During all Masses**

Throughout the Lenten Season, the children in CCD have been encouraged to make sacrifices and put money saved or earned into their Rice Bowls to assist Catholic Relief Services (CRS) in providing aid to those in need. Grades 3-6 have been learning about Global Solidarity while discovering some of the principles of Catholic Social Teaching. They've seen video stories about lives in Iraq, Nicaragua, and Burkina Faso as they've learned about "Life and Dignity of the Human Person", "Dignity of Work and Rights of Workers", and "Care for God's Creation". **This year the children will carry their Rice Bowls to the celebrant during the Offertory Procession at all Masses the weekend of April 7 & 8 - Divine Mercy Sunday!** Please mark your calendars and have your children bring their Rice Bowls to Mass with them April 7/8.

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## 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.

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### Community Outreach

Next Outreach Committee Meeting is **April 4** at 7PM in the Social Hall. All are welcome!

The next **Shepherd's Table Dinner** will be held on **Thursday, April 19, 2018 at Good Shepherd Church.** Always looking for menu planning help!

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### **Save the Date!**



Living Stations of the Cross will be presented by our Youth on Friday, March 23rd at 7 PM.

Silent Adoration will precede at 6:00 PM.

Prelude by the Youth Choir at 6:45 PM

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**Married Couples Weekend Retreat @Priestfield Center in Kearneysville, WV – Weekend of March 23. Come away spiritually refreshed and enlightened for each other!**

**For information call Elaine Galeone at**

**410-252-5355**



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### **2018 Annual Jubilarian Mass**

Cardinal Donald Wuerl will celebrate the annual Jubilarian Mass honoring couples married 25, 30, 35, 40, 45, 50 and 51+ years on Monday, June 17, 2018 at 2:00 PM at the Basilica of the National Shrine of the Immaculate Conception. Please call or email the parish office to register by Monday, April 16.

**Prayer Requests \***

**We are asked to pray for:** Patricia Trefry, Allen Young, John Keller, Gregory Marciano, Johnné Webster, Dionne Gause, Dorian Webster, Alfred Brown, 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, Larry McGraw, Cecilia Spinks, 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.*

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**Mass Intentions this Week**

- Saturday, March 17, 9:00 AM: OLHOC Parishioners**
- Saturday, March 17, 5:00 PM: John S. Richardson (+)**
- Sunday, March 18, 8:30 AM: Anthony Andrews**
- Sunday, March 18, 10:00 AM: Anna Santos (+)**
- Sunday, March 18, 11:30 AM: Purita Butsayo (+)**
- Sunday, March 18, 1:00 PM: Moussi Family**
- Sunday, March 18, 7:00 PM: Jeiner H. Lázo & Hernán Trochez**
- Monday, March 19, 9:00 AM: Francis Blondo (+)**
- Tuesday, March 20, 9:00 AM: Elsa Irma Gilett (+)**
- Wednesday, March 21, 9:00 AM: John Keller**
- Thursday, March 22, 9:00 AM: David Norgren (+)**
- Friday, March 23, 9:00 AM: Ramón Lam (+)**

**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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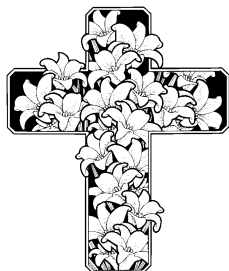
**Sign-Up Sheet for Holy Thursday**

**7:00 PM Mass – Washing of Feet**

**Please sign up in the Narthex to participate in the traditional “Washing of the Feet” evening Mass.**

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**Altar Guild Easter Flowers  
In Memory of, or in Honor of,  
a Loved One**



**Pick up a floral offering envelope in the Narthex and return it next week with names to list at Easter and your kind contribution.**

**Mass Readings for March 25, 2018**

*Palm Sunday*

**First Reading \* Isaiah 50:4-7**

**Second Reading \* Philippians 2:6-11**

**Passion of the Lord \* Mark 14:1-15:7**

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***“Mary’s Helping Hands” Bake Sale***

***Sunday, April 8***

**Mary’s Helping Hands** will hold a bake sale and raffle ticket sale in the Narthex on April 8. Support Catholic causes by purchasing delicious baked goods and/or raffle tickets to win a white-gold cross necklace set with 25 diamonds valued at \$1,200.

**IMPORTANT INFORMATION ABOUT THE LENTEN FOOD DRIVE**



# Lenten Food Drive 2018

*Answering the call to serve those in need by  
sharing in faith and restoring hope one bag at a time.*

As we celebrate the season of Lent, may we continue to answer the Gospel call to serve those in need. Please help make a difference for local families by filling this bag with food.

Donations will benefit your local food pantry, the Southern Maryland Food Bank, or the Capital Area Food Bank. Information on when food will be collected is below.

To ensure that area pantries receive what is really needed, please fill this bag from the category paired with the first letter of your last name.

Thank you for answering the call to serve those in need!



| <u>Collection Details</u>   | <u>My Last Name Begins With</u> | <u>Food Items that I am asked to donate:</u>   |
|---|---------------------------------|--|
| <b>Take home a grocery bag<br/>this weekend, March 17-18,<br/>from the Narthex.</b>   | A-C                             | Dried Legumes and Grains<br>(rice, dried beans, lentils, corn tortilla flour, etc.)      |
|   | D-F                             | Canned Proteins<br>(tuna, salmon, chicken, peanut butter)                                |
| <b>Fill it with food<br/>assigned by your last name<br/>and<br/>return it to your parish by<br/>next week, March 24-25.</b> | G-I                             | Pastas and Sauces<br>(pasta, spaghetti sauce, macaroni & cheese)                         |
|   | J-L                             | Soups<br>(beef stew, chili, chicken noodle, turkey, rice)                                |
| <b>Please do NOT donate<br/>perishable foods or items</b>   | M-N                             | Canned Vegetables— low sodium<br>(mixed, green beans, corn, tomatoes)                    |
|   | O-Q                             | Whole Grain Cereal<br>(cheerios, cornflakes, raisin bran, plain oatmeal)                 |
|   | R-S                             | Canned Fruits— in own juice or light syrup<br>(pineapple, peaches and pears, applesauce) |
|   | T-V                             | Healthy Snacks<br>(raisins, dried fruits, nuts)  |
|   | W-Z                             | Cooking Oils<br>(Vegetable Oil, Olive Oil, Canola Oil,<br>Smart Balance)                 |