

June 9, 2019

**HAPPY PENTECOST:  
"RECEIVE THE HOLY SPIRIT."  
(John 20:22)**

**Happy Pentecost! Jesus breathed on the Disciples and said to them: "Receive the Holy Spirit"** (John 20:22). Every Mass on **Pentecost Sunday**, we have the opportunity to hear the inspiring Gospel of John when the Risen Lord appears for the first time to the disciples on the evening of Easter Sunday (John 20:19-23). Mary Magdalene had just told them that she had seen the Lord as she had been weeping near the empty tomb, and that the Lord asked her to tell the disciples that he was going to ascend to the Father (John 20:11-18). Shortly after they heard this amazing news, they were still hiding unbelieving in the upper room together, with the doors locked for fear of the Jews. This is the moment when Jesus appeared in his unbelieving and glorified body, stood among them and said: **"Peace be with you"** and then showed them his hands and his side. Can you imagine their immense **joy**: Jesus had risen from the dead! Now they believe as they can see Jesus in his glorified body. Then, he is **sending** them as the Father had sent him. Do you believe in the Risen Lord without seeing him with your own eyes? Can you hear Jesus inviting you to go as His disciples to proclaim the Good News of the Risen Lord? All of us are called to proclaim the good news of the Resurrection to everyone we encounter. All of us are called to be true disciples of Christ, like the first 11 Apostles (the word apostles come from the Greek word meaning "being sent").

You may begin to ask yourselves: why is this Gospel proclaimed on every Pentecost Sunday? Does it not fit better on Easter Sunday, when we celebrate the day our Lord rises from the dead? Wait to hear the second part of this short and most powerful passage from John's Gospel. What is Jesus going to do after those first words of consoling the disciples, who had lost all hope and who with the exception of John, had not dared to follow Jesus to Calvary and to be with him as he was dying for all of us on the Cross on Good Friday? They were afraid of being arrested by the Romans and then be put to death like Jesus. Think about all the times you have been afraid of defending your Christian Faith and did not speak up to proclaim the Truth, who is Jesus himself. No one else but Jesus is totally **one with the Father in Heaven**. No one else but **Jesus is "Peace"**.

Right after this **joy** of encountering the Risen Lord, the disciples, and all of us today followers of Jesus, are not prepared for what Jesus is going to do: **He breathes on us and says: "Receive the Holy Spirit!"** " This is what the **Pentecost feast is all about**. Jesus breathes on us. Can you feel the power that Jesus is giving you at this very moment? Can you recall the day of your own confirmation when the Bishop, representing Jesus Christ, prays over you with his hands extended and then anoints your forehead with the **chrism oil**, a consecrated oil, to make the sign of the cross on your forehead while breathing upon you saying your confirmation name and the following powerful words: **"Be sealed with the gift of the Holy Spirit"**. Then you responded **"Amen"** (I believe I am receiving the Holy Spirit) and the Bishop then says **"Peace be with you!"** At your confirmation, you had this encounter with the Risen Lord and His breathing upon you the **Holy Spirit**. The Holy Spirit is the "Breath of God", this powerful wind can penetrate to the core of your heart

and transform you! This is your **Pentecost!** Your receipt of the Holy Spirit! Pentecost happens to us every day of our lives, not just once a year. The Holy Spirit is present and active in all seven sacraments. He is the one who is invoked by the priest at the moment of consecration at Mass. Can you feel today the fire of the Love of the Holy Spirit within your own heart? Since your baptism and reinforced at your confirmation, the Holy Spirit dwells within you, whether you feel his presence or not. He is always there within you. You just have to open your heart to that **power of the Holy Spirit**. **He can do anything for you!** With God, everything is possible! Without God, we are nothing.

At last week's presentation of the **"Fourth Cup"**, an amazing conclusion by **Scott Hann** to our series "The Gift of the Mass", also linking it to the "The Gift of the Holy Spirit", he highlighted the sacredness of the Eucharist, the real presence of the Body of Christ. Even before he converted to Catholicism, Scott Hann already became a believer in the real presence of the Body of Christ in the Eucharist. As a young man, and observing people receiving the Eucharist at a Catholic Mass, he was shocked by the "apparent indifferent attitude of the ones receiving the Eucharist, and lukewarm "Amen" as a response to "Body of Christ" with some of them leaving the church right after receiving Jesus! He wondered what if the priest gave "\$10 million" to every communicant instead of the Eucharist and they accepted the money by shouting a joyful "Amen" (yes, I want to receive \$10 million), putting the dollars in their pockets. People would make very long lines outside the church to come and receive the monetary gift, probably the longest lines we have ever seen (longer than for entering the stadium on Super Bowl Sunday, or longer than those on the eve of Black Friday shopping). Jesus's Body is priceless. Jesus is worth more than \$10 million dollars: He is God!

Happy Pentecost to Everyone! Come Holy Spirit! Fill my heart with your joy! Come Holy Spirit! Help me to share the joy with others around me! Come Holy Spirit! Take over the direction of my life! Come Holy Spirit! Guide each of my steps! Come Holy Spirit! Help me to reflect on the beautiful Gospels proclaimed at every Mass! Come Holy Spirit! Lead every one of my actions!



*One in Christ,  
Father Alain*

# Pentecost Sunday

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**Vacation Bible School (VBS)** - Please join us for this year's VBS, "A Radical Ride on the Wings of Prayer ...with Amazing Angels and Super Saints", July 22-26, 9 am - noon. Ages 4-11 are most welcome as participants; 12 - 17 as youth volunteers; and 18-102 as adult volunteers (see Therese about becoming VIRTUS-compliant, child protection trained). Registration is online: [www.olhoc.org/vbs](http://www.olhoc.org/vbs)

## Volunteers for Summer Activities and Beyond

We are currently recruiting adult volunteers (ages 18+) to work with our parish programs for children and youth over the summer and for the 2019-20 Year (chaperones, Vacation Bible School volunteers, catechists, assistants, mentors, substitutes, office helpers, Youth Core Team members, All Youth Night helpers, OLLC Preschool volunteers, childcare providers during parish programs, etc.). If you are interested in volunteering, or are a parent of a child/youth in any of these programs, you are NEEDED!

Adult Volunteers (ages 18+) who have substantial contact with minors (under 18) or vulnerable adults are required to undergo Child Protection Training and get an electronic background check. The next Archdiocesan class for Child Protection taking place locally is Monday, June 3, 2019 at 6:30 pm at Archbishop Neale School in La Plata. Spaces are "first registered, first served". To register, establish an account at VIRTUS.org and select that particular class for training. Please see Nieda or Therese for more information or visit our website [www.olhoc.com/safety](http://www.olhoc.com/safety)

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## Outreach news

The OLHOC Outreach Committee is now collecting school supplies ( new pens, pencils, notebooks, etc.) for the next school year. A drop-off box can be found in the Father Martin Hall. All donations will be taken to Children's Aid Society of Waldorf. Thank you all!

There will be no Outreach Committee meeting until September. Enjoy the summer!

The next OLHOC Shepherd's Table is June 20, 2019 at Good Shepherd Church.

Non-perishable food donations to "Sharing Sunday" may be left in the designated box near the door to Fr. Martin Hall. All donations go to the Food Bank of Maryland.

During the summer months cereal and peanut butter and jelly are especially needed. Thank you!

## OLLC Preschool

OLLC Preschool fall 2019 registration is open! Parishioners, please share this information with families you know who may be looking for Catholic Preschool for their child or grandchild, and be sure you have registered your child for fall. For info or to register: email the preschool director, Nieda, at [preschool@olhoc.org](mailto:preschool@olhoc.org) or call the church/preschool office at 301-645-7112 during office hours.

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## Congratulations

Father Alains's class of 2009 is celebrating 10 years in the Priesthood! Celebrate with them on Thursday, June 20 as they celebrate Mass together at 7 pm in St. Philip the Apostle's Church in Camp Springs, MD. Reception will follow.

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*The Holy Spirit reminds us; he reminds us of all that Jesus said. He is the living memory of the Church, and when he reminds us, he helps us understand the words of the Lord.*

*This remembrance in the Spirit and by virtue of the Spirit . . . is an essential aspect of Christ's presence within us and within his Church. The Spirit of truth and charity reminds us of all that Christ said and helps us enter ever more fully into the meaning of his words. We all have this experience: one moment, in any situation, there is an idea and then another connects with a passage from Scripture. . . . It is the Spirit who leads us to take this path: the path of the living memory of the Church. And he asks us for a response: the more generous our response, the more Jesus' words become life within us, becoming attitudes, choices, actions, testimony. In essence the Spirit reminds us of the commandment of love and calls us to live it.*

*A Christian without memory is not a true Christian but only halfway there: a man or woman, a prisoner of the moment, who doesn't know how to treasure his or her history, doesn't know how to read it and live it as salvation history. With the help of the Holy Spirit, however, we are able to interpret interior inspirations and life events in light of Jesus' words. And thus within us grows the knowledge of memory, knowledge of the heart, which is a gift of the Spirit. May the Holy Spirit rekindle the Christian memory within all of us! And there, that day with the apostles, was Our Lady of Memory, who from the beginning meditated on all those things in her heart. Mary, our Mother, was there. May she help us on this path of memory.*

—Excerpted from [\*Walking with Jesus: A Way Forward for the Church\*](#) by Pope Francis

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**We are asked to pray for:**

Sandra Barrientos  
Dennis Hook  
Ana Maria Delmira Sibrian Escobar  
Nestor Ermelindo Molina  
Doris Chesley  
James Thompson  
Thoeun Tinn  
Felicia & Myles Webster  
Rebecca (Tess) Franch  
Vicky Welch  
Naomi Lilly  
Sterling Greene  
Aleli Puzon  
Patricia Delgado  
Rosano Wheeler  
Larry McGraw

Vivian Truxon  
Kenny Lindsay  
Dorian Webster Sr.  
Dionne Gause  
Pat Fisher  
Christ Goldhammer  
Ernest Mack  
James Wiltz  
Adele Alvey  
Dorothy Neal  
Dunnie Proctor  
Shirley Ehman  
K.D. Dillard  
Josephina Knapp  
Maria Townsend  
Chrystal Beauregard  
Sheryl Carter

Alex Leon  
Sharketer Butler  
Steven Bowling  
Edna Yarngo  
Kathly Grimes  
Damien Price  
Sheny Padilla  
Richard White  
Mary Dooley  
Victor Cordero  
Georgiana Norgren  
and all our military and civilians serving in  
harm's way.

*Please let us know if any names should be removed  
from the list.*



**Mass Intentions this Week**

**Saturday, June 8, 9:00 AM: Jeronimo Nuñez Rodriguez (+)**  
**Saturday, June 8, 5:00 PM: Denise Cyrille (+)**  
**Sunday, June 9, 8:30 AM: Dennis Forgash (+)**  
**Sunday, June 9, 10:00 AM: Our Lady Help of Christians Parishioners**  
**Sunday, June 9, 11:30 AM: Maria Bernarda Nuñez (+)**  
**Sunday, June 9, 1:00 PM: Claudio Arenas**  
**Sunday, June 9, 7:00 PM: Erica Lopez Zamora**  
**Monday, June 10, 9:00 AM: Yesinia Majano (+)**  
**Tuesday, June 11, 9:00 AM: Cecilia Spinks (+)**  
**Wednesday, June 12, 9:00 AM: Jai & Larry Sutton**  
**Wednesday, June 12, 7:00 PM: Demerise Yates-Lewis (+)**  
**Thursday, June 13, 7:00 PM: Fr. Pembeton**  
**Friday, June 14, 9:00 AM: Josephine Jn-Jacques (+)**

*Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created. And you will renew the face of the earth.*

*Lord, by the light of the Holy Spirit you have taught the hearts of your faithful.  
In the same Spirit help us to relish what is right and always rejoice in your consolation.  
We ask this through Christ our Lord.*

*Amen.* The English translation of the Prayer to the Holy Spirit from *A Book of Prayers*

**Ordination of our Priests on June 15**

This year's Ordinandi:

Deacon John Benson  
Deacon Joseph Cwik  
Deacon Brendan Glasgow  
Deacon Christian Huebner  
Deacon Ebuka Mbanude  
Deacon Stefan Megyery  
Deacon Patrick Mullan  
Deacon Benjamin Petty  
Deacon Jan Pietryga  
Deacon Michael Russo

Please keep our future Priest in your prayers

**Mass Readings for June 16 2019.**

*The Most Holy Trinity*

**\*First Reading**

**Proverbs 8:22-31**

**\*Second Reading**

**Romans 5:1-5**

**\*Gospel**

**John 16:12-15**



[www.usccb.org](http://www.usccb.org)

# YOUTH NEWS

## Attention current 8-12 graders - Spots still available!

### **Steubenville Youth Conference - June 21-23, 2019**

Join us this summer for Steubenville Conference at Franciscan University in Steubenville, Ohio. A Steubenville Conference weekend is PACKED with dynamic speakers, worship music, Mass, Adoration and MORE! Come and encounter Christ with other teens from other states as we worship together and grow in our Catholic faith! Limited spots available for more details & to register visit [www.olhoc.org/steubie19](http://www.olhoc.org/steubie19)

**Quo Vadis Camp-** The Office of Priest Vocations annual Quo Vadis Camp for high school aged young men will be held at Mount Saint Mary's Seminary July 28-31, 2019. For four days, high school aged young men who desire to grow in holiness will have an opportunity for Mass, prayer, and Eucharistic adoration, as well time for fraternity, sports, and reflection. Bus transportation is available. More information is available and registration is open at [www.DCpriest.org](http://www.DCpriest.org). Please contact the Office of Priest Vocations ([vocations@adw.org](mailto:vocations@adw.org) or 202-636-9020) with any questions.

### **Camp Covecrest - August 4-10, 2019 in Tiger, Georgia**

Join us for Life Teen summer camp - Camp Covecrest, in the North Georgia Mountains, for an amazing and transformative week of fun, activities, time with friends, prayer and growing in your faith (i.e. high ropes, messy games, obstacle course, zip line, white water rafting, team building experiences, music, talks, reflections, Mass, Adoration & personal growth). For more details, watch a video & to register visit [www.olhoc.org/camp](http://www.olhoc.org/camp)

**Join Our Youth Support Team** which is an integral part of our Youth ministry at OLHOC. It consists of different components utilizing diverse gifts and time commitments of parents and other interested volunteers from our parish. These volunteer opportunities can range from assisting with special events or joining the core team and work directly with the youth. All volunteers must be Virtus Compliant. Together we can help lead our youth closer to Christ! For more information please visit the website or talk to Marlen Coles.

**For more Youth Events or questions contact Marlen Coles [marlen@olhoc.org](mailto:marlen@olhoc.org) or visit: [www.olhoc.org/ym](http://www.olhoc.org/ym)**

Please keep Deacon Walter Rourke, our chaplain to the University of Maryland Charles Regional Medical Center, in your prayers. He underwent surgery at Johns Hopkins University Hospital last week and continues to recover.

## **OLHOC SUMMER CHALLENGE: Post a Pic of Your Family at Mass**

School is almost out and the summer vacation season will soon be upon us. Let's stay united in prayer across the miles! No matter where your travels take you:

1. Be sure to find a Sunday Mass to attend ([masstimes.org](http://masstimes.org))
2. Take a photo of you and/or your family at the church you choose to attend.
3. Post the pic to social media with hashtag #olhocprays
4. Not on social media? Not sure how to use the hashtag? Send pic and description to [dre@olhoc.org](mailto:dre@olhoc.org) and we'll post for you!

## **Your Church: The Lord's House**

**Please** continue to respect your church, the Lord's house, and **refrain from taking any food or beverage into the Church.** If your children need food or beverages, please use the cry room. Please care for your building investment by not walking on kneelers or using them as footrests. Thank you!

