

January 21, 2018

**Spending One Holy Hour in Adoration of the Blessed Sacrament!**

On the first Saturday of January, about 40 parishioners attended our first worship on **Adoration**. It was a great opportunity for many of us to **share** our own personal experience on **how to spend one holy hour in Adoration of the blessed sacrament**. Clearly, there is not a single way for Adoration. It will be very different for adult beginners or children. It will also depend on our own personal experience of God's Love in our lives. One may prefer total silence for a full hour, trying to empty one's heart of daily preoccupations: just to sit quietly in the presence of the Lord ...and to listen to Him. Or one may prefer to make use of a book of prayers selected to facilitate Adoration of Jesus in the Exposed Blessed Sacrament. One may spend some time meditating on a short passage from the Bible (could be the Gospel of the following Sunday ). Or it could be a combination of different approaches; even use of a short pamphlet on how to make a Holy Hour.

The Adoration Pamphlet we selected can help everyone, especially those who have never prayed in silence for more than 5 minutes in front of the Blessed Sacrament. The pamphlet first quotes Archbishop Fulton Sheen (who made a Holy Hour every day of his priesthood from the day of his ordination till his death): "*The only time Our Lord asked the Apostles for anything was the night He went into His agony. Then, He did not ask all of them...perhaps because He knew He could not count on their fidelity. But at least He expected three to be faithful to Him: Peter, James and John.*" "My soul is very sorrowful ...remain here and watch with Me. - Could you not watch **one hour** with Me?" (Matthew 26:38-40) "*Not for an hour of activity did He plead, but for an hour of companionship.*"

With Archbishop Fulton Sheen (whose canonization to Sainthood is under way), we are all encouraged to spend one hour of companionship with Jesus. We believe that Jesus is fully present in the Blessed Sacrament. We believe that Jesus is calling today all of us (not just his closest disciples Peter, James and John) to spend one hour with Him. If one hour without interruption is difficult for beginners, you can first spend 15 minutes in Adoration: Putting oneself in the presence of God, focusing first on the exterior noises (so as to put away daily preoccupations) then opening one's heart to the Holy Spirit, and finally listening to God in silence.

The Catechism of the Catholic Church (paras 2096-2097) **defines Adoration** as "The acknowledgment of **God** as God, Creator, and Savior, the Lord and Master of everything that exists, as infinite and merciful Love. Through worship and prayer, the Church and individual persons give to God the Adoration which is the first act of the virtue of religion." "You shall worship the Lord your God and Him only shall you serve," says Jesus citing Deuteronomy (Luke 4:8, Deuteronomy 6:13). To Adore God is to praise and exalt Him and to humble oneself, as Mary did in the Magnificat, confessing with gratitude that He has done great things for her and holy is His name (Luke 1:46-49).

At **Christmas** we all came to **adore Baby Jesus** (one of my favorite Christmas songs is O, Come let us Adore Him...). This Sunday afternoon, we are invited to come and **adore the Holy Child Jesus** (4 PM Mass followed by procession and celebration in the Social Hall as announced in last week's flyer). All the readings this week invite us to **listen to God's call**. God calls each of us to be His disciple like Simon and Andrew (Mark 1:14-20): "Come after me and I will make you fishers of men." Jesus is inviting each of us to come after Him and to **adore Him**, not only at Elevation of the Host after Consecration at Mass, but also at any time He is present in the Tabernacle (when the red sanctuary lamp is lit, which is at all times in our church and in our chapel), or when He is exposed in the Blessed Sacrament on the altar (every day of the week from 8:00 AM to 9:00 AM and again from 9:30 AM to 10:30 AM), during confessions (every Saturday from 4:00 PM to 5:00 PM) and every Sunday (from 7:30 AM till 8:30 AM ), in addition to the whole day on First Saturdays.

May the Holy Spirit help each of us to Listen to God's call to discipleship and respond generously! May Mary continue to lead us to her Son , Our Lord Jesus Christ!

*One in Christ,  
Fr. Alain*

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**Prayer Requests**

**We are asked to pray for:** Dennis Forgas, David DeMarr, Janice Watson Moore, Joseph Mason Proctor, David & Georgiana Norgren, Ann Garner, Awethash Berania, Larry McGraw, Audrey Laplaca-Mulligan, Cecilia Spinks, Chantelle Angelini, Sonia Knapp, Lynn & Ronald Henrion, Liz Marcus, Ebony Jenkins, Tina Gallagher-Detwiler, Judy Studds, Vincent Argiro, Sr., Pearl Green, Graham Waldon, Linda Kelly, James Thompson, Doris Chesley, Joseph Albrittain, Ester Baraquio, Chris Goldhammer, Audrey Proctor, Fr. Robert Pittman, Brenda Dobson, 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.*

**Mass Readings for January 28, 2018**

*Third Sunday in Ordinary Time*

**First Reading - Deuteronomy 18: 15-20**

**Second Reading - 1 Corinthians 7: 32-35**

**Gospel - Mark 1: 21-28**

# Third Sunday in Ordinary Time

## CCD Class Schedule

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

**Jan. 21/22- CCD Classes Resume**

**Jan. 27-First Reconciliation Retreat and Sacrament, 9:00 AM to Noon.**

Contact **Therese Thiedeman** at 301-645-7112 or [dre@olhoc.org](mailto:dre@olhoc.org)

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## Parish Youth Night !

**Life Teen: high school** youth ministry

(Sun., 5-6:30 pm- check website)

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

**FIAT: elementary school** Faith in Action Team (meets monthly)

## Attention Families!!

The next **All-Youth Night (FIAT, Edge and Life Teen)** will be next Sunday, **Jan. 28, 2018** and will begin with 4:00 PM Mass followed by food and fun! Bring your friends! See the website at [olhoc.org/ym](http://olhoc.org/ym).

## Upcoming Youth Events

We still have spots available for Mount 2000 in Emmittsburg, Steubenville Youth Conference and many more events! For more info, visit [www.olhoc.com/ym](http://www.olhoc.com/ym) or contact Marlen at: [marlen@olhoc.org](mailto:marlen@olhoc.org).

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## Mass Intentions this Week

**Saturday, Jan. 20, 5:00 PM: Robert Nassaney (+)**

**Sunday, Jan. 21, 8:30 AM: Dolores Bescher (+)**

**Sunday, Jan. 21, 10:00 AM: OLHOC Parishioners**

**Sunday, Jan. 21, 11:30 AM: David Norgren**

**Monday, Jan. 22, 9:00 AM: Audrey LaPlaca-Mulligan (+)**

**Tuesday, Jan. 23, 9:00 AM: Romero Pineda (+)**

**Wednesday, Jan. 24, 9:00 AM: Lazarus Sutton**

**Thursday, Jan. 25, 9:00 AM: Michael Sessa**

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## Men's Discernment Retreat

Cardinal Wuerl invites men in their 20's, 30's, or 40's who are open to a call to the priesthood to attend a discernment retreat led by priests of the Archdiocese of Washington. The retreat will be held on the weekend of Feb. 2-4, 2018, at St. John Paul II Seminary in Wash. DC. The weekend will offer time away from your daily routine and will provide an opportunity for prayer and reflection to examine God's call. There is no cost to attend. Registration is now open at [www.dcpriest.org](http://www.dcpriest.org). Email [vocations@adw.org](mailto:vocations@adw.org) with your questions.

## RCIA Invitation

We meet on Wednesdays from 7:00-9:00 PM. Come and join us! If interested call the office (301-645-7112) or email [deacon@olhoc.org](mailto:deacon@olhoc.org). Classes in Spanish are on Sundays at 5:00 PM Domingo a las cinco de la tarde. Salon #105.

## OUR LADY'S LITTLE CHRISTIANS

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

- Please call 301-645-7112 or email : [preschool@olhoc.org](mailto:preschool@olhoc.org) for information.

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## English/French Mass

Our monthly **French Mass** has taken root and is now scheduled **every week** at 1:00 PM in a bilingual setting.

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## Community Outreach

The next **Shepherd's Table Dinner** will be held on **Thursday, February 15, 2018** at **Good Shepherd Church**. Menu coordinators are needed for April, May, etc.

**Volunteers go to: [www.olhoc.org](http://www.olhoc.org) and click on the Community Outreach link.**

Come join us at our next Outreach Committee Meeting on **February 7, at 7:00 PM** in **Rm. #105**. **New members and ideas are welcome**; our meetings are held to 60 minutes!

## Sharing Sunday

Sharing Sunday is the first Sunday of the month. Non-perishable food items may be left in the Social Hall in boxes marked 'Food Donations' and will be donated to the Southern Maryland Food Bank.

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## Save the Date!

Please mark your calendar to join us on **Thursday, January 25**, in the Parish Social Hall at 7:00 PM for the group discussion of the book "**Joy to the World**" by Dr. Scott Hahn. Many of us are enjoying this easy-read and look forward to an evening of fellowship and shared inspiration!

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## Tax Letter

Tax letter verification of your 2017 contributions can be made available to you by February 9. Please email your request to the church office at [office@olhoc.org](mailto:office@olhoc.org) or call 301-645-7112.

## Upcoming Child Protection Classes

Upcoming sessions of "**Protecting God's Children for Adults**" are for those who need to become Virtus Compliant (Adults wishing to volunteer in any capacity while children are present). Go to [VIRTUS.org](http://VIRTUS.org) to register. Call Nieda or Therese with questions at 301-645-7112.

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