

July 22, 2018

JESUS ALONE CAN GIVE US REST AND PEACE!

Dear Brothers and Sisters,

I am delighted to be back in Waldorf! This has been a long and difficult road to recovery. I am glad the most difficult part is over. It is a good feeling to be home with all of you. I am grateful to God for all your personal prayers, your kind and comforting words, and for all the Masses offered for my healing! During this long recovery, I kept all your get-well cards in my room as a constant reminder that I was not alone. Your support meant so much while I was away.

As I was preparing for my Sunday homily this weekend and meditating on the Scriptures of this Sixteenth Sunday in Ordinary Time, two words kept coming to my mind: **Rest** and **Peace!** In Mark's Gospel (6:30-34), we are at the beginning of Jesus' Ministry. Jesus is in Galilee. He appointed his 12 Apostles and sent them two-by-two to announce the good news, to ask people to repent, and to heal the sick. His apostles had just returned from their mission and had gathered together with Jesus to report all they had done and taught. The first thing **Jesus** then tells them is: "**Come away by yourselves to a deserted place and rest a while.**" Jesus knew that much more was to be asked of them, and He wanted them to be refreshed physically and spiritually.

In his letter to the Ephesians (2:13-18), St. Paul professes: "**Jesus is our peace...He came and preached peace to you who were far off and peace to those who were near, for through Him we both have access in one spirit to the Father**". **Jesus'** desire for **oneness** is what **peace** is all about. Following His ascension into Heaven, **Jesus** sends **His Spirit** to us. He does not leave us alone. He remains the **mediator** who leads us to the **Father** and **His Spirit** who is active on earth.

We will be constantly reminded in this **year of the Holy Spirit** that Jesus is not only present to us **today** through **His word** and through the **Eucharist**, but **He** is present to each one of us at any time through **His Spirit**, who is both the **Spirit of the Son and of the Father**, as the Father and Son are **one**. We call this **spirit** the **Holy Spirit**, who is active in the seven Sacraments. This **oneness** in the **spirit** brings us **peace** when we allow the **Holy Spirit** to take over our lives. However, as we have been created in the **image of God**, we are **free** to make our own choices, including rejecting the Holy Spirit guided by our own self-centered interests. It is that self-centeredness of individuals, including elected officials and nations, which leads to tensions and a lack of peace, or worse, to wars.

Through the Prophet Jeremiah (23:1-6), the **Lord** promises: "*I myself will gather the remnant of my flock from all the lands ...and bring them back to their meadow...I will appoint shepherds for them so that they need no longer fear and tremble.*" This will be a time for **rest and peace**. This is echoed by the Psalmist (Psalm 23): "*The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my*

soul." We know that **Jesus** is the one who gives us **repose** in verdant pastures and leads us to these waters of **rest**.

We believe that **Jesus alone can give us rest and peace**. Without **Him**, we are like sheep without a shepherd; lost to our own conflicting desires that lead to individual confrontations, battles of minds, and intense conflict. We are reminded of Jesus telling each one of us, "**Come to me all you who are laboring and wearied, and I will give you rest,**" (Matthew 11:28). Only Jesus brings rest and peace. Alone, without **Him** as our good shepherd, we cannot find rest. St. Augustine says it beautifully following his conversion after having experienced a sinful life, "**You have made us for yourself, O Lord, and our heart is restless until it rests in you.**"

Are our hearts restless? Are we seeking peace in the pleasures of the world (food, drink, money, sex, power, stature)? Or do we hear Jesus' invitation to come to Him and let Him take care of our daily worries? Do we trust in **Him**? Over these last few weeks, my own heart has been restless. In a literal sense, my heart rate was much too fast following the surgery (over 120 pulses per minute). This was worrisome, not peaceful...and this was only the beginning. Once my heart rate returned to normal, the desire to return quickly to the parish made me restless – I was not listening to God! Finally, only when I could accept my new, physical limitations, was I able to transform those weeks of forced inactivity, into a "time to be with the Lord in a deserted place" as Jesus was with His 12 apostles after they returned from their two-by-two missions. Yes, sometimes we need to be in a desert; a place where there is no one and nothing to do but **trust in Him**. We call this today a time for **spiritual retreat!**

May we all ask the Holy Spirit to help us make use of these summer months as a time of rest for our bodies and minds!

**One in Christ,
Fr. Alain**



Prayer Requests *

We are asked to pray for: Zynae Green, Green Family, Anthony Rodriguez, James Thompson, Doris Chesley, David Parady, Linda Bourne, Rebecca "Tess" Franch, Alex León, Connie Miller, Wanda Roberts, Fr. Kleinstuber, Wilbur Etbauer, Antonio Marin, Georgiana Norgren, Scott Anderson, Harold Frye, Patricia Fisher, Marjorie O'Donnel, Sarah Parker, Leslie Heath, Miriam Chagolla, Lauren Lohman, Fr. Alain, Grace Emmanuella, Dennis Forgash, Robert Brooks, 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.*

Sixteenth Sunday in Ordinary Time

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Check the website for summer events!



FIAT: Elementary school Faith in Action Team
Edge: Middle school youth ministry
Life Teen: High school youth ministry

Fiat Camp - For High School Girls

Fiat is Latin for "Let it be done." Join other young women from the Archdioceses of Washington and Baltimore this summer (July 27-29 at Mount St. Mary's University) to spend time discovering the exciting things that God has for your life! What to expect: Talks by religious sisters and other speakers,



Mass and prayer, games and sports, craft time and social time (with great food!), time for confession and spiritual advice. The cost is \$150 (Sibling discounts & scholarships available). For more information please visit www.olhoc.org/lifeteen



VBS "Surfin' with the Holy Spirit!"

Starts Monday - July 23-27 9:00am to Noon

Register on-line at www.olhoc.org/vbs

Participants ages 4-11, youth volunteers ages 12-17;
Adult volunteers 18+ years

Let's go SURFIN'! The kids will never forget their friend and helper, the HOLY SPIRIT after a week Surfin' with the Spirit! Non-stop action and non-stop learning at the same time!

Summer Movie Night - St. Joseph Church, Pomfret

Friday, July 27th. Food starts at 6:30pm & film begins at 7:30pm.

Celebrating the beauty of the Church's teaching on married love, join us for a viewing of "Sexual Revolution: 50 Years Since Humanae Vitae," a brand-new film that examines the effects of the free-love experiment of the Hippie Generation and the prophetic encyclical *Humanae Vitae*. Food, film and childcare all **FREE** (donations gratefully accepted).

RSVP: <https://tinyurl.com/StJoesMovie>.

Appropriate and recommended for all couples, young adults AND middle-and high-school students and their parents.

See www.sexualrevolutionmovie.com

OUR LADY'S LITTLE CHRISTIANS

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

2018 Summer Program for ages 3-5 (**must be potty-trained**) The cost is \$75 per week. Discount for multiple siblings or multiple weeks.

- July 30-August 3, 8:30-11:30 a.m.
Science/Nature

Registration is first come/first served, and will continue until one week before each session starts or until classes are full.

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

Community Outreach

The next Shepherd's Table Dinner will be held on Thursday, August 16, at Good Shepherd Church.



Sharing Sunday – Non-perishable food donations are always welcome and can be left in the Social Hall. All donations will go to the local food bank, managed by Catholic Charities, on Irongate Drive in Waldorf.

Upcoming Child Protection Workshop in Southern MD:

Monday, August 20 - 6:00 pm-9:00 pm

Archbishop Neale School

104 Port Tobacco Road

La Plata, MD 20646

Register at www.virtus.org

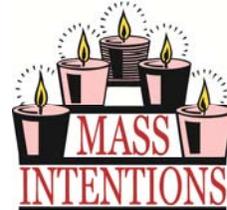


Mass Intentions this Week

Saturday, July 21, 9:00 AM: Fr. Flum
Saturday, July 21, 5:00 PM: Fr. McCann
Sunday, July 22, 8:30 AM: OLHOC Parishioners
Sunday, July 22, 10:00 AM: Msgr. Brady
Sunday, July 22, 11:30 AM: Fr. Noe
Sunday, July 22, 1:00 PM: Fr. Kamana
Sunday, July 22, 7:00 PM: Fr. Cezary
Monday, July 23, 9:00 AM: Fr. Ed Amora
Tuesday, July 24, 9:00 AM: Aldo Toscano (+)
Wednesday, July 25, 9:00 AM: Fr. Art Mallori
Wednesday, July 25, 7:00 PM: Fr. Gill
Thursday, July 26, 9:00 AM: Max Long
Friday, July 27, 9:00 AM: Darrin Williams

Pope Francis asks Catholics
to pray for our priests in July:
CRUXnow.com

OLHOC is grateful to all the
priests that have presided
Mass for us this summer.



Our Younger Generation and the Catholic Faith

Attention: Adults ages 18 – 102 yrs. Are you concerned about the younger generation walking away from the faith? If so, PLEASE consider giving of yourself to make a difference. We are launching a new Confirmation initiative this year for our 7th and 8th graders and are in need of MANY ADULT MENTORS to walk with these young people. Minimal time commitment would be one Sunday afternoon a month (October, November, and January through May) from 2:30-6:30 pm, but you can also take it well beyond that, if desired. If not already VIRTUS-compliant, you would need to take a one-time Child Protection Class and undergo an electronic background check before October. Obviously, this new initiative won't work without adults stepping forth to be mentors. Please pray about your possible involvement in this catechetical ministry. Realize that it's not about WHAT you know that matters; it's about your personal FAITH JOURNEY and willingness to share it with a few youth at a time. If you are even the least bit intrigued, please contact our Director of Religious Education, Therese Thiedeman, at dre@olhoc.org or call 301-645-7112. Thank you!



Basic Evangelization Workshop

Saturday, August 4 - 9:00 to 3:00

Sacred Heart Parish in La Plata

This workshop will be led by Adam Janke from Saint Paul Street Evangelization (SPSE). SPSE has over 300 evangelization teams across the country, including Montgomery County, MD, and specializes in training lay faithful and clergy in learning how to introduce others to Jesus Christ in a non-confrontational, joyful way.

The workshop will begin with Mass at 9:00 AM followed by the workshop in the Friendship Room located downstairs. Food and beverages will be provided. The workshop will conclude no later than 3:00 PM. There is no charge for this workshop but you must sign-up. Go to Sacred Heart website: www.sacredheartlaplata.org

301-934-2261

Your Church; the Lord's House

Continue to please respect your church, the Lord's house, and refrain from taking any food or beverage in the Church. If children need food or beverages, please use the cry room or Social Hall.



We have incurred some recent pew damage. Please care for your building investment by not walking on kneelers or using them as a foot rest.

Mass Readings for July 29, 2018

16th Sunday of Ordinary Time

***First Reading**

2 Kings 4:42-44

***Second Reading**

Ephesians 4:1-6

***Gospel**

John 6:1-15



www.usccb.org

THE WILD GOOSE

DISCOVERING A DEEPER RELATIONSHIP WITH THE HOLY SPIRIT

Join us this Sunday/Monday for an incredible video series featuring Fr. Dave Pivonka, TOR, which is awakening God's love and transforming power in the hearts of all who participate. Discover the Holy Spirit who has been revealed to us by Jesus Christ and who leads us to our heavenly Father. This adventure consists of Fr. Dave speaking on an attribute of the Holy Spirit, a practical application on how to respond to the Holy Spirit and testimonies of people from across the country whose lives have been impacted by the Spirit of God. **Babysitting will be provided on Monday evenings.**

We'll watch and discuss 2 video segments at each of our gatherings

- SUNDAY mornings in Rooms 103/104 (9:30 am) with Mike and Diane Spurgeon
- MONDAY nights in Rooms 103/104 (7 pm) with Deacon Rich and Carl Phipps
- MONDAY nights in Rooms 201/202 (7 pm) in Spanish with Milton Galván and Maria Lam
- MONDAY nights in Rooms 203/204 (7 pm) for EDGE and LIFETEEN (grades 6-12) with Marlen Coles and Youth Core Teams.

MEETINGS with **TWO SEGMENTS** per **MEETING**

- July 29/30: (5) Gifts of the Holy Spirit, (6) The Spirit and the Eucharist
- August 5/6: (7) The Spirit of Adoption, (8) The Spirit and the Sacraments
- August 12/13: (9) Fruits of the Holy Spirit, (10) The Spirit and the Desert
- August 19/20: (11) The Spirit Convicts, (12) The Spirit's Freedom
- August 26/27: (13) The Spirit Gives Witness, (14) The Spirit Remembers

For more information, contact Therese Thiedeman at 301-645-7112, dre@olhoc.org



Registration for Religious Education - CCD 2018 - 19 is open on-line:

www.olhoc.org

Luncheon Cruise - Loyola on the Potomac Retreat House celebrates its 60th Anniversary aboard the Spirit of Washington
600 Water St., SW, Washington, DC 20024

Sunday, August 12, 2018
Boarding time: 10:45 am
Cruise time: 11:30 - 1:30 pm

Bountiful luncheon buffet, Cash bar, DJ entertainment, Raffles - Tickets must be purchased from Loyola on the Potomac to get discounted price: \$60.00 per person before July 15. \$75.00 per person July 16 and later.

For Reservations/Tickets, contact Alice Case at (301) 392-0819 or alice.case@loyolaretreat.org

See www.loyolaonthepotomac.com for additional events this summer!

Friday Faith and Fellowship Group



Join the group every 2nd Friday of the month for Movie Night, and for bible study and music each 3rd, 4th, and occasional 5th Friday.

7:00 PM