

Why Do We Attend Mass Every Sunday?

My Dear Brothers and Sisters,

Throughout my nine years as a priest I have learned about the challenge of having our children attend Mass together with their parents every Sunday. I invite you to reflect this week on five questions:

1. How can we say no to God? God is the one inviting us to Mass. In fact, He is commanding us to **remember the Sabbath day and to keep it holy.** *“Six days you may labor and do all your work; but the seventh day is the Sabbath of the Lord, your God. No work may be done then.”* (Deuteronomy 5:13-14). This is not a suggestion. It is an order from God. It is the Third Commandment. The Sabbath, which represented the completion of the first creation, has been replaced by **Sunday** which recalls the new creation inaugurated by the Resurrection of Christ (# 2190 of the Catechism of the Catholic Church -CCC). On Sundays and other holy days of obligation the faithful are bound to participate in the Mass (CCC # 2192). Yes, it is an obligation; a holy, loving obligation.

2. Mass is heaven on earth: How can we refuse to come and meet God?

Many times I have repeated this saying from one of our greatest popes, Saint John Paul II: “Mass is Heaven on Earth.” This is a powerful reason why we are not to miss Sunday Mass. It is not only because it is an obligation as God orders us to come. It is also because not attending Mass is rejecting **God’s invitation to meet him!** How can we refuse God’s invitation to meet Him? At every Mass, **God is fully present** in the scripture readings and in the Eucharist. As we know from Pope Benedict XVI, **heaven is to be with God. How can we refuse to come and spend some time in heaven every Sunday, the day of the Lord?** Don’t we want to be in heaven?

3. Do you want to find rest and peace? Jesus invites us to come to be with Him and rest for one hour every week.



When we come to Mass, we are all invited to leave behind our daily worries and enjoy the presence of our brothers and sisters who have also gathered to be with our **Lord God.** Only Jesus can give us rest and peace! At the time of the offerings of the bread and wine, all of us are invited to

offer to God all our individual sufferings and joys of the past week.

4. Do you want to hear God speak? We can feel the presence of God at Mass in many ways. The first main part of the Mass, the **Liturgy of the Word**, is all about hearing the Word of God. Sure we can read the bible at home, and we are encouraged to do so as often as we can. But nothing can

replace the **hearing** of scriptures at Mass - listening to the Word of God as a community in the same way people listened to Jesus' preaching in the synagogues. We are not to read, we are to **hear and listen** with our ears and our hearts! The most important reading, the Gospel, can be proclaimed at Mass only by the priest or deacon. At that moment, **Jesus is speaking to us.** The homily is to help us understand better the Word of God and apply it to our daily lives.

5. Do you desire to receive God? We believe that the Holy Spirit is at work throughout the Mass. It is the Holy Spirit sent by God who comes at every Mass, especially to assist the priest representing the person of Christ, to make the transformation of the bread and wine into the Body and Blood of Christ. This is the climax of the Mass. **Everyone who is a practicing Catholic in a state of grace** (without any major sin) is invited to join in this celestial banquet and **receive the body and blood of Christ.** Everyone receiving the Eucharist becomes **one with Christ** and **one with all others** receiving Communion. At that very moment, **we are all one in Christ** united in the Eucharist!



St. John Vianney is well known for his love of the Sacraments of Reconciliation and of the Eucharist. He said, *“Every consecrated host is made to burn itself up with love in a human heart.”* I like his image of the Eucharist **burning with love** in our hearts, transforming them into new hearts of love!

In this entire month of August, we are continuing to hear the Discourse on the Bread of Life from John’s Chapter 6. It is all about the Mass and the Eucharist. As we receive the Eucharist, let us remember the words of Jesus in last week's Gospel: *“I am the bread of life; whoever comes to me will never hunger...”* (John 6:35). Are we hungry for this eternal Bread of Life? **JESUS is inviting us to come to him every Sunday and stay with Him for one hour. He wants to show His deep love for each one of us and feed us spiritually with His body and blood.**

May we ask the **Holy Spirit** to help us understand better the **meaning of the Mass. Come Holy Spirit!** Help us to receive the many gifts of participating actively at Mass every Sunday! **Come Holy Spirit!** Help our children and their parents come together to celebrate your joy at every Sunday Mass!

**One in Christ,
Fr. Alain**



Nineteenth Sunday in Ordinary Time

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Register on-line for the 2018-19 CCD Religious Education Program at www.olhoc.org grades pre-K through 8th. **Classes begin Sunday, September 16.**

Adult catechists, assistants, and teen aides needed for all grades.

For more information send an email to dre@olhoc.org or call the office and ask for Therese, Director of Religious Education.



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

For most current Youth and Evangelization events, please see our website: www.olhoc.org.

Our Younger Generation and the Catholic Faith

Attention: Adults ages 18 - 102 yrs. Concerned about the younger generation walking away from the faith? We are launching a new Confirmation initiative this year for our 7th and 8th graders and need your help. Come make a difference and be an adult mentor to walk with these young people. Pray about your involvement and willingness to share with the next generation. It can only strengthen your personal faith journey while enriching another.

Please contact our Director of Religious Education, Therese Thiedeman, at dre@olhoc.org or 301-645-7112, with any questions you may have and becoming VIRTUS-compliant (Child Protection Classes and background check). Thank you!



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.

OUR LADY'S LITTLE CHRISTIANS

Preschool openings (3 and 4 year olds) at OLHOC! Full and half-day programs. We include children's chapel services and many opportunities for family involvement! Register now to secure your child's seat for the 2018-19 school year.



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

OLHOC Community Outreach

The next Shepherd's Table Dinner is scheduled for **Thursday, August 16, at Good Shepherd Church.** The next Outreach meeting is September 5 at 7:00 pm in the Social Hall. New members and ideas are always welcome!



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:

Thursday, August 16 12:30 pm-3:30 pm

St. Philip the Apostle School
5414 Henderson Way
Camp Springs, MD 20746
or

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



Prayer Requests *

We are asked to pray for: Elsy Canare, Martone Family, Maria Mora, Nadia Toledo, Cielo Quintero, 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, 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.*



Mass Intentions this Week

Saturday, August 11, 9:00 AM: Clara Luz del Cid
Saturday, August 11, 5:00 PM: Josefina Ortíz
Sunday, August 12, 8:30 AM: OLHOC Parishioners
Sunday, August 12, 10:00 AM: Manuel Lam
Sunday, August 12, 11:30 AM: Cosmo Quattrone (+)
Sunday, August 12, 1:00 PM: Michael & Maureen Udeaja
Sunday, August 12, 7:00 PM: Deceased Members of the Litardo Family (+)
Monday, August 13, 9:00 AM: Lloyd Cordner (+)
Tuesday, August 14, 9:00 AM: Hernán Trochez
Wednesday, August 15, 9:00 AM: Souls in Purgatory (+)
Wednesday, August 15, 7:00 PM: Michael & Maureen Udeaja
Thursday, August 16, 9:00 AM: Jeiner Lazo
Friday, August 17, 9:00 AM: Olga Díaz (+)

The Assumption of the Blessed Virgin Mary

Holy, Loving Day of Obligation - August 15

Mass Times on Wednesday - 9:00 AM and 7:00 PM

In Mary's Assumption into heaven, we are shown the eternal destiny that awaits us beyond the mystery of death; a destiny of total happiness in divine glory.

This supernatural vision sustains our daily pilgrimage. By looking at her, we understand better the relative value of earthly greatness and the full sense of our Christian vocation. - St. John Paul II



Spanish Language RCIA - RICA Invitación

Si está interesado en aprender sobre la fé Católica, venga a registrarse el **domingo, 2 de septiembre** a las 5:00 PM, salón #105.

Clases empiezan 9 de septiembre.

Mass Readings for August 15, 2018

The Assumption of the Blessed Virgin Mary

*First Reading

Revelation 11:19, 12:1-6 & 10

*Second Reading

1 Corinthians 15:20-27

*Gospel

Luke 1:39-56

Mass Readings for August 19, 2018

20th Sunday of Ordinary Time

*First Reading

Proverbs 9:1-6

*Second Reading

Ephesians 5:15-20

*Gospel

John 6:51-58

www.usccb.org

RCIA Invitation – Registration Open House



Interested in learning about the Catholic Church for the first time? Wanting to complete your Sacraments of Initiation? Or, wishing to learn more about your Catholic faith?

This is the group for you! We invite you to meet RCIA team members at the **Registration Open House for 2018-2019 RCIA classes, Wednesday, August 29 at 7:00 to 8:30 PM** in the social hall. Classes start in September and will be held on Wednesdays nights.



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

- 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 * Pre-K thru 8th Grade*



Archdiocese of Washington Small Group Training

"No one is saved alone, as an isolated individual, but God attracts us looking at the complex web of relationships that take place in the human community. God enters into this dynamic, this participation in the web of human relationships." - Pope Francis

Currently leading a small group? Looking to start one? Are you regularly leading a group through RCIA, Marriage Prep or any other ministry within the Church? This training is for you!

Join us as we dive deeper into best practices in small group ministry.

Sunday, August 26th, 2018

12pm - Optional Mass at Holy Rosary Catholic Church (595 3rd St NW, Washington, DC)

1-4pm - Small group seminar led by Melissa Overmyer

Questions? Contact DCCatholic@adw.org

Register here: <https://www.eventbrite.com/e/small-group-leader-training-tickets-48185169138>