



# Holy Redeemer Newsletter

February 2021

## LENT

prayer • fasting • almsgiving

Ash Wednesday begins the season of Lent, a penitential time of prayer, fasting, and almsgiving as we prepare for Our Lord and Holy Redeemer, Jesus Christ's saving work and contemplate the Paschal Mystery of His Passion, Death, & Resurrection.

### Ash Wednesday



**Masses with the distribution of ashes will be celebrated on Ash Wednesday, February 17th at 8:30 a.m. (following 7:30 a.m. Holy Hour with Adoration), 12:10 p.m., and 7:30 p.m. (following 6:30 p.m. Holy Hour with Adoration). We will also send out the YouTube Ash Wednesday in a Special Holy Redeemer Happenings on Ash Wednesday.**

Due to the Covid-19 pandemic, ashes will be distributed by sprinkling rather than smudging in order to limit the physical contact between the priest and the congregation. This directive comes from the *Office of the Congregation for Divine Worship and the Discipline of the Sacraments* in a letter detailing how Catholic priests are to distribute ashes. This will be the norm throughout the Archdiocese of Washington.

*After blessing the ashes and sprinkling them with holy water in silence,  
the priest addresses those present,  
reciting once the formula found in the Roman Missal: "Repent, and believe in the Gospel"  
or "Remember that you are dust, and to dust you shall return".  
At that point, the priest cleanses his hands, puts on a face mask,  
and distributes ashes to those who come to him or, if appropriate,  
he goes to those who are standing in their places.  
He then sprinkles the ashes on each person's head "without saying anything."*

As modeled by Pope Francis, the ashes are sprinkled above the individual's head so that immediate physical contact is avoided. The sprinkling of ashes on the head is an ancient practice of the Church practiced year after year in many countries including in the Vatican City-State, in Italy, and in many other European countries.

Additionally, receiving ashes on Ash Wednesday is not obligatory, and any of the faithful who are uncomfortable being in close proximity with the priest to receive ashes can remain in their seats during the imposition of ashes.

**Are you homebound?** Would you like to have someone visit your home to pray with you and to give you ashes? Please contact Marie in the Parish Office at 301-474-3920 to set this up.

*"This is the time of fulfillment.  
The kingdom of God is at hand.  
Repent, and believe in the gospel."  
Mark 1:15*



**Stations of the Cross on Friday Nights**



**On Fridays during Lent starting on Friday, February 19<sup>th</sup> at 7:30 p.m. we will come together to pray the Stations of the Cross led by Fr. Mark or Fr. Andrew and assisted by families from our parish and school community.**

Due to the pandemic, we will need to make some changes for safety's sake, but we feel that it is still really important for us to come together to pray.

**WHAT WILL BE DIFFERENT THIS YEAR**

- ◆ Each week, one family will read the Reflection from the Stations of the Cross booklet for each of the Stations from the Ambo - *that is the lectern from which the Sunday Readings are proclaimed* - to maintain some safe distance from the rest of the congregation.
- ◆ Fr. Mark or Fr. Andrew will travel around the church from Station to Station by themselves announcing the priest's part from the Stations of the Cross booklet.
- ◆ The rest of the congregation will remain in their pews rather than traveling around the church with the priest in order to maintain proper social distancing.

***If you are unable to join us for Stations of the Cross on Friday nights, you can pray this short version at home:***

**First Station: Jesus is condemned to death.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*We may have been condemned by others for no fault of ours. We may have been hurt. We may feel unwanted and lonely in this world. We may feel like a burden for others. Let us give all those painful moments over to the Lord.*

**Second Station: Jesus carries the Cross.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us remember the times when he had to carry our cross in the form of sin, sickness, pain, worry, despair, loneliness, guilt, loss of loved ones, financial problems and so on. As Jesus bore the cross with patience, let us be patient with our cross and look forward towards greater glory.*

**Third Station: Jesus falls the first time.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us remember the first time when we gave into temptation and sinned. We fell into sin and moved away from God. Let us repent and ask Jesus for his forgiveness.*

**Fourth Station: Jesus meets his mother.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us remember our Heavenly Mother who gave birth to Jesus Christ and raised him on this earth. Let us believe in our Heavenly Mother's powerful intercession. Mother Mary can intercede for us and obtain all graces we need in our lives. Let Mother Mary be our comfort and strength during this earthly journey.*

**Fifth Station: Simon of Cyrene helps Jesus to carry his cross.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*When we were burdened with our cross, when the cross was too heavy for us to carry, Jesus would have sent someone into our lives to help us carry the cross. It may have been your spouse, your parents, your children, your friends or even a stranger. Jesus would never abandon us. Let us thank Jesus for all those people who gave us hope.*

## FEBRUARY 2021

### **Sixth Station: Veronica wipes the face of Jesus.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us remember our family members and friends who were there with us, to comfort us during the most painful times of our life. Let us pray for them, for all the times they comforted us and brought back faith to our lives.*

### **Seventh Station: Jesus falls for the second time.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*We often feel sorry and repent for our sins. We again fall into temptation and then forget everything pretty soon. We go back to our sinful lives, falling into even more greater sins. Let us surrender our hearts to the Lord and be truly repentant and sorry. Let us strive not to keep committing the same sins over and over.*

### **Eighth Station: Jesus meets the women of Jerusalem.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us be compassionate and merciful to the people around us. Let us open our eyes to the people suffering in this world. As Jesus comforted the women of Jerusalem, let us have mercy on those in distress. Let our hearts reach out to the Sinners and the people who yet do not know Jesus.*

### **Ninth Station: Jesus falls the third time.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let this be the last time we sin. Let us make our hearts strong and pray to Jesus for strength to fight the temptations of Satan. Let us become closer to God during this Lenten Season, through Fasting, Prayer and Almsgiving.*

### **Tenth Station: Jesus is stripped of his clothes.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Surrender all those moments in your life which you wish had never ever happened and want to forget forever. It may have been a moment of great embarrassment or great shame. It may be a moment when somebody insulted you or hurt you deeply. When Jesus was stripped of his clothes, he was ashamed and hurt, but he bore everything for our sins. Let us invite Jesus to heal our wounds and surrender all painful moments of our lives to Him.*

### **Eleventh Station: Jesus is nailed to the Cross.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us give up our sinful life. Let all our sins be nailed to the cross so that we can live a new life in Jesus. As Jesus endured unbearable pain while being nailed to the cross, let us bear our sorrows with patience and hold onto life.*

### **Twelfth Station: Jesus dies on the Cross.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let the Sinful Man in us die on the cross along with Jesus. Let us resolve to never sin again and avoid all temptation.*

### **Thirteenth Station: The body of Jesus is taken down from the Cross.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Jesus, you died for our sins and purchased for us the reward of eternal life. Let us always keep that in our minds and live this life with hope.*

### **Fourteenth Station: Jesus is laid in the Tomb.**

V. We adore You, O Christ, and we bless You.

R. Because by your Holy Cross, You have redeemed the world.

*Let us look forward to the Eternal Life that Jesus has offered us by giving his own life as ransom. Let us pray to Jesus for the grace of a happy death.*



## **Lent: Prayer, Fasting, Almsgiving**

*'Give alms...Pray to your Father...Fast without a gloomy face...'*

**Matthew 6:1-18**

### **Why Do We Pray?**

As Catholics, we believe that personal prayer is not complete unless our prayers are joined with the community of faith who is the living Body of Christ. The Sunday liturgy is the greatest form of prayer because together we receive the gift of the Holy Eucharist — the very real presence of the Risen Christ. Attending Mass is an essential part of a healthy prayer life. During this time of pandemic if you are homebound please let us know if we can bring you the Blessed Sacrament, and if you can, pray along with our YouTube Mass or another online Mass.

### **Deepening Prayer**

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, while the house is still quiet, or talking to God during a carved out time each day are simple ways to integrate prayer into everyday life. Praying the Rosary, visiting the Blessed Sacrament or attending a daylong silent retreat may bring you to new places in your relationship with God.

### **Why Do We Fast?**

Lent has traditionally been the season where we give something up, often sweets or a favorite food, in order to focus on the sacrifice Christ made on the cross. But fasting is much more than a means of developing self-control. Fasting is spiritual and physical purification; the pangs of hunger remind us of our hunger for God. Fasting and abstinence help us to participate more fully in the cross of Christ.

### **Fresh Ways to Fast**

In the Western world, fasting from food is a reminder of our abundance and a way to walk in solidarity with people around the world who struggle with daily hunger and starvation. Pause to remember families that face hunger as you fast. Limiting social-media exposure or fasting from the 24-hour news networks are ways to quiet our minds and open our hearts to transformation.

Lent is a time to fast from those things or habits that may have become a roadblock to our relationship with Christ.

### **Church Guidelines for Fasting and Abstinence**

The law of abstinence obliges those 14 years of age and older not to eat meat on Fridays throughout the season of Lent as well as on Ash Wednesday. The law of fast obliges all those from ages 18 through 59 to refrain from eating between meals and to limit their eating to one full meal and two lighter meals on Ash Wednesday and Good Friday.

### **Why Do We Give Alms?**

Charitable giving is a very ancient practice; almsgiving was normative long before the time of Jesus. The Lenten call to almsgiving means making the needs of other people our own. One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

### **Ways to Keep Connected**

***Do you have a computer or tablet?*** Most information that we send out these days is delivered via email.

Please consider signing up for our Holy Redeemer Email Newsletter, **Holy Redeemer Happenings**. You can do this easily on parish home page. We send out Holy Redeemer Happenings on **Wednesdays** with updates on parish news and all you'll need to know to get ready for the Sunday Mass, and on **Sunday mornings** with the recorded Sunday Mass so that we can worship together virtually.

***Do you need help setting these up on you tablet or computer?*** Let your family know, or Fr. Andrew or Carol Savard, who are making home visits, could lend a hand. Just email Marie at parish@holy-redeemer.org or call her at 301-474-3920!

## The Sacrament of Reconciliation



Confessions are heard **every Saturday evening from 4:00 to 4:45 p.m. and Wednesday evenings from 6:30 to 7:30 p.m. in the St. Maria Goretti Room**

OR

**by appointment** with Fr. Mark or Fr. Andrew - just call the Parish Office at 301-474-3920 - they are both happy & eager to meet with you!

### UPCOMING:

#### **Scout Sunday**

February 13, 2021, 5 p.m. Mass

February 14, 2021, 10 a.m. Mass

#### **Presidents Day**

*Parish Office Closed*

February 15, 2021

#### **Ash Wednesday Masses with Distribution of Ashes**

February 17, 2021

8:30 a.m., 12:10 p.m., & 7:30 p.m.

#### **Stations of the Cross**

Fridays during Lent

beginning February 19, 2021

7:30 p.m.

#### **"Beyond Borders"**

#### **Lenten Food Drive**

February 20, 2021 - March 31, 2021

#### **RCIA Rite of Election**

February 28, 2021

## In Your Prayers:

**FOR THE ILL & INFIRM:** Gary Albright, *friend of the Krug family*, Ana Andura, Nancy Baker, Clarice Briscoe, Michael Chismar, *husband of Carmen Chismar and stepfather of Marlyne & Sofia Anaya*, Joseph Chlopicki, Dorothy Day, Debbie Garner, *cousin of Pat Krug & Sharon O'Brien*, Emil Girczyc, *brother of Carole Wilkinson*, Tom & Kathy Hallica, Natasha Hallenberger, *cousin of Marie Winterson*, Leslie Hilliard, Cathleen Izzo, Nicholas Jacob, *nephew of Pat Krug & Sharon O'Brien*, Janet Kidwell, Lucy Krug, *aunt of Pat Krug & Sharon O'Brien*, Marcela Maes, *aunt of Marie Winterson*, Deacon Frank Martin, *brother of Bob Martin*, Simon McNabb, Jaime Morales, *father of Ricardo Morales, Sr.*, Dorothy Myrtle, Roy & Anne Nelson, Joe Nucera, *brother-in-law of Val Bleau*, Ferenc Payerle, *father of Tom Payerle*, Joe & Carolyn Prikockis, *parents of Larry Prikockis*, Stacey Rehsenberg, *niece of Pat Krug & Sharon O'Brien*, Alan Richwald, Mia Rojas, Fran Ropko, Nicholas Scribner, *son of Lee & Beth Scribner*, Patrice Sheppard, *sister of Agnes Newman*, Martha Sheridan, Fr. Charles Smarsh, Argene Stockhausen, Margaret Strahorn, Art Streeter, Eileen Walters, Jennifer Wilburn & the Wilburn Family, *relatives of Larry Bleau*, Marion Wilkinson, *aunt of Carole Wilkinson*, **All who are ill this week throughout the world**

**FOR OUR BELOVED DEAD:** Louise Barkley, Patricia Berard, *aunt of Kevin Berard*, Mary Bradford, *mother of Steve Bradford*, Jane Castrucci, *grandmother of Tyler Castrucci*, Pia Cataldi, *mother of Joanne Campbell*, William Bernard Clarke, *uncle of Pat Krug & Sharon O'Brien*, Elaine Colihan, Lucy Cruz, Erlindo deGuia, *uncle of George Franco*, Stu Eder, *friend of Joe & Mary Katherine Theis*, Laura M. Glaser, Flore Gooch, Mary Ann Johnston, *grandmother of Beth Berard*, Sandra Lamprey, *aunt of Bobby Shaulis*, Christian James Orozco Manio, Philip Carroll McGuire, *brother of Mollie Huitema*, Joshua Miko, *nephew of Joe Miko*, Ethel Newman, *sister-in-law of Agnes Newman*, Maria Elise Pycha, Cynthia Ray, *sister of Mary Armstrong*, Randolph Richardson, *uncle of Alissa Umanzor*, Gaye Schiller, *sister of Jennee Chin*, Theresa Sefcik, Ronald Seibel, *father of Laura Salers & grandfather of Julie Witzgall and Mary & Emily Salers*, James Sinio, Jon Snyder, *cousin of Patricia Edwards*, Anthony Sorge, *son of Joe Sorge*, Rita Sorge, Lydia Timbers, **All who have died this week throughout the world**

## Communion Calls & Safe Visits



Fr. Andrew & our Eucharistic Ministers can visit your home to pray with you, bring you Communion, and safely visit you. We all need the strength that Eucharist provides now more than ever!

***Would you like a visit to receive the Sacrament of Reconciliation? Or are you ill or injured or will you be undergoing surgery or have a hospital stay?*** Please contact the Parish Office to receive the Sacrament of Reconciliation or the Sacrament of Anointing of the Sick. These are both powerful Sacraments of Healing.

Our priests and a number of other Extraordinary Ministers of Holy Communion are happy to visit and bring you this beautiful Sacrament, so please do not hesitate to ask! Just contact Marie Winterson in the Parish Office at 301-474-3920.

***Are you feeling isolated or lonely?*** Please let us know, and we will arrange for someone to safely visit you wearing masks and gloves. We can even arrange for someone to sit on your front porch or in your yard for a visit. We miss you, too!

# HOLY REDEEMER CATHOLIC CHURCH—COLLEGE PARK, MARYLAND

## Mass Intentions for February 2021

Monday, February 1, 2021	8:30 a.m. Rev. Milton Schellenburg, RIP Requested by Ray Smith
Tuesday, February 2, 2021	8:30 a.m. Mary Bradford, RIP Requested by Larry & Val Bleau
Wednesday, February 3, 2021	8:30 a.m. Bob & Geri Rice, RIP Requested by the Rice Family
Thursday, February 4, 2021	8:30 a.m. Special Intentions of Sr. Mary Ann Richwald, S.O.L.T. Requested by the Pavlat Family
Friday, February 5, 2021	8:30 a.m. Special Intentions of John Sapienza Requested by the Pavlat Family
Saturday, February 6, 2021	8:30 a.m. Max & Kay Swoboda, RIP Requested by the Swoboda Family 5:00 p.m. Joseph & Anna Chillemi, RIP Requested by Patricia Chillemi
Sunday, February 7, 2021	8:00 a.m. ALL PARISHIONERS 10:00 a.m. Kathleen Long, RIP Requested by Iris Gorman 12:00 noon Mars Pastor, RIP Requested by Paul Wood
Monday, February 8, 2021	8:30 a.m. Special Intentions of Alan M. Richwald Requested by the Pavlat Family
Tuesday, February 9, 2021	8:30 a.m. Fr. Louis Tou, RIP Requested by Carolyn Ng
Wednesday, February 10, 2021	8:30 a.m. Leon Klosky, RIP, & Nancy Shaw, RIP, Requested by the Garner Family
Thursday, February 11, 2021	8:30 a.m. Paul Vinansky, RIP Requested by the Lattanzi Family
Friday, February 12, 2021	8:30 a.m. Ethel Newman, RIP Requested by Agnes Newman
Saturday, February 13, 2021	8:30 a.m. John Quigley, RIP Requested by Ray Smith 5:00 p.m. Veronica Coates, RIP Requested by Gail Coates
Sunday, February 14, 2021	8:00 a.m. Joshua Miko, RIP Requested by the Holy Redeemer Parish Community 10:00 a.m. Deceased Members of the DeFranco & Williams Families, RIP Requested by Wayne & Ginny Williams 12:00 noon ALL PARISHIONERS
Monday, February 15, 2021	8:30 a.m. Janet K. Day, RIP Requested by Dorothy Day
Tuesday, February 16, 2021	8:30 a.m. Philip E. Krug, RIP Requested by Pat Krug
<b>Ash Wednesday</b>	
Wednesday, February 17, 2021	8:30 a.m. Special Intentions of Eric Pavlat Requested by the Pavlat Family 12:10 p.m. Veronica Coates, RIP Requested by Gail Coates 7:30 p.m. ALL PARISHIONERS
Thursday, February 18, 2021	8:30 a.m. Scott Goodall, RIP, & William Goodall, RIP Requested by the Goodall Family
Friday, February 19, 2021	8:30 a.m. Chris Murray, RIP Requested by the Murray Family
Saturday, February 20, 2021	8:30 a.m. Ardmore Vie, RIP Requested by the Vie Family 5:00 p.m. Vera LaGue, RIP Requested by Tom & Carol Fox
Sunday, February 21, 2021	8:00 a.m. Norman H. Hilderbrand, RIP Requested by Jennee Chin 10:00 a.m. ALL PARISHIONERS 12:00 noon Shirley DeVaughn, RIP Requested by the DeVaughn Family
Monday, February 22, 2021	8:30 a.m. Special Intentions of Wendy Pavlat Requested by the Pavlat Family
Tuesday, February 23, 2021	8:30 a.m. Veronica Coates, RIP Requested by Gail Coates
Wednesday, February 24, 2021	8:30 a.m. Francis Hopper, RIP Requested by Ray Smith
Thursday, February 25, 2021	8:30 a.m. Deceased Members of the Emerson & Hopper Families, RIP Requested by Ray Smith
Friday, February 26, 2021	8:30 a.m. Deceased Members of the Airhart & Smith Families, RIP Requested by Ray Smith
Saturday, February 27, 2021	8:30 a.m. Maria Alice Pycha, RIP Requested by Ray Smith 5:00 p.m. Lucy Cruz, RIP Requested by the Winterson Family
Sunday, February 28, 2021	8:00 a.m. Steven McGrath, RIP Requested by Nancy Schultz 10:00 a.m. ALL PARISHIONERS 12:00 noon For the Canonization of Blessed Pauline von Mallinckrodt Requested by Ray Smith

## HOLY REDEEMER CATHOLIC CHURCH

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