

July 21, 2019

GOD's POWERFUL SPIRIT (Continued)

GOD's POWERFUL SPIRIT: several weeks ago, I wrote to you about the amazing POWER OF THE HOLY SPIRIT. We were still in our amazing YEAR OF THE HOLY SPIRIT (before Pentecost 2019). Since then, I have experienced that Power in my own life and I have shared with you some of these personal stories in my own homilies at daily and Sunday Masses. Some of you have asked me to write such intimate events of my life in my weekly column to you. With some reluctance, and with the help of the HOLY SPIRIT, I have decided to write such stories in the coming weeks. Here is the first one:

You may recall that I went to the Big Island of Hawaii last February. It was a great honor for me to give a special blessing to one of my great nieces from Japan and her fiancé in the presence of their personal friends ( coming also from Japan for that event ) and my own family from California ( son, daughter-in-law, two grand-daughters...). For those of you new parishioners and who do not know me yet, do not be scandalized, I am a widower and entered the seminary at St John XXIII in Boston one year after my wife's death...she was Japanese and had converted from Buddhism to Catholicism two years after our marriage in the Catholic Church.

On the long return flight from Big Island Hawaii to Los Angeles (where I caught a connecting flight to Dulles), I got hungry in the middle of the flight. I went to the flight attendants' station in the far back of the plane. As usual, and as every day of my priestly life I wear my cleric's attire, including my collar. This is to remind me of my own identity: I am a Catholic priest (now for 10 years) and it is also a way to evangelize.

Two flight attendants were chatting quietly. The whole airplane was dark and silent with most passengers trying to sleep. I simply asked: Do you have some food? I am hungry! This was the beginning of a long conversation that quickly moved to evangelization (here I had a captive audience that had nothing to do and could not go anywhere). To make a long story short, one of the flight attendants began to ask me questions about the Catholic Faith (my white collar spoke more than words). She was clearly "spiritual "but not "religious" (unfortunately a growing category of more and more Americans). I told her my usual response: we need two legs to walk, one is your personal connection to God, which is foundational for anyone, and the other is the Church which brings 2,000 years of Christian, divine teaching/ wisdom and Tradition, including sound interpretation of the Bible and most importantly the seven Sacraments instituted by our Lord Jesus Christ, who founded the Catholic (meaning Universal) Church upon the Rock, the Anchor, Peter".

THE HOLY SPIRIT IS ALWAYS AT WORK IN EVERY ONE OF THE SEVEN SACRAMENTS. Usually, we think of the Holy Spirit as central to Baptism, Confirmation and Holy Orders (Priesthood and Diaconate), the three Sacraments that one can receive only once. However, HE is active in

every other Sacrament, including the EUCHARIST and RECONCILIATION (Confession). In the last three or four weeks, as I have been attacked by the Devil and other evil spirits, and it is only by asking: COME HOLY SPIRIT (the most beautiful, powerful, and shortest prayer: (only THREE WORDS!)) that I could be fully protected from any harm.

At the end of a long , spiritual and religious conversation , and to my surprise, the most vocal of the two flight attendants, the one spiritual, but not religious, asked me : CAN YOU PRAY OVER ME ? How could I refuse? Through my hands, I began to feel the POWER OF THE HOLY SPIRIT...and I then knew that she was totally open to receive the HOLY SPIRIT ...She was visibly shaken up and me too.... Since then, I have prayed over many people that I just met for the first time...or I felt they needed special help , including today Tuesday July 16 (day I am writing this column): in the morning I prayed over someone in the street who recognized me and thanked me for having healed his leg several months ago (at our regular monthly healing Mass, normally after the 7 pm Mass on the third Sunday of the month) and seeing in his eyes some deep suffering, I prayed over him right there on the sidewalk and I could feel his whole body being shaken up and getting some relief from on-going challenges in his life...later on at midday, I prayed over someone at the barber shop (I get my "numerous and long hair, cut every other week so as to evangelize) and also felt a powerful impact of the Holy Spirit through my hands. Finally, later in the afternoon, I prayed also over a third person, who not only was shaken up but also I could feel some evil spirit being expelled. In those three instances, I also prayed in tongues, another gift of the Holy Spirit. This is not to boast about me. I have no merit whatsoever. It is simply a GIFT OF THE HOLY SPIRIT, which God has reinforced throughout OUR YEAR OF THE HOLY SPIRIT, which I said many times would never end.

COME HOLY SPIRIT! HELP THOSE MOST IN NEED, TO HAVE THE DESIRE TO OPEN THEIR HEARTS TO YOU, HOLY SPIRIT! HELP EVERYONE BE AWARE THAT WE ALL HAVE THIS INTERNAL, CONSTANT BATTLE BETWEEN GOOD AND EVIL! MAY WE BE CONFIDENT THAT WITH THE LOVE AND FIRE OF THE HOLY SPIRIT WITHIN OUR HEARTS, WE SHOULD FEAR NOBODY AT ALL! DO YOU BELIEVE THAT THE HOLY SPIRIT WITHIN YOU CAN BE VICTORIOUS OVER ANY EVIL SPIRITUAL? I DO.



*One in Christ,  
Father Alain*

## Virtus training

Adult Volunteers (ages 18+) who have substantial contact with minors (under 18) or vulnerable adults are required to undergo Child Protection Training and get finger printed. The next Archdiocesan class for Child Protection taking place locally is **Monday, August 5 at 6:30 pm at Our Lady Help of Christians**. Spaces are "first registered, first served". To register, establish an account at VIRTUS.org and select that particular class for training. Please see Niede or Nerieda in the office for more information or visit. [www.olhoc.com/safety](http://www.olhoc.com/safety)

We are currently recruiting adult volunteers (ages 18+) to work with our parish programs for children and youth for the 2019-20 Year (chaperones, 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!

\*\*\*\*\*

### Outreach news

Our next Shepherd's Table will be on August 15, 2019 at Good Shepherd Church.

Non-perishable foods donated to "Sharing Sunday" may be left in the designated box near the door to Fr. Martin Hall. All donations go to the Southern Maryland Food Bank. Cereal and peanut butter and jelly are especially needed. Thank you all!

Below is the final count from the school supply drive.

- 84 composition books
- 12 spiral notebook
- 500 pencils and pens
- 24 highlighters
- 50 binders
- 100 crayons
- Cleaning wipes
- 8 packs loose leaf paper
- 36 glue sticks and bottles
- 25 dividers
- 5 folders
- 2 rulers
- Pencil box

### 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, Niede, at [preschool@olhoc.org](mailto:preschool@olhoc.org) or call the church/preschool office at 301-645-7112 during office hours.

### Adult Faith Formation

Come join us in a fascinating study of our first Pope - Peter! The story of St. Peter begins with an ordinary act of trust, which changes the course of Peter's life. By deciding to follow Jesus Christ, an unknown fisherman becomes a key player in God's plan of salvation for humanity. Videos presented by Dr. Tim Gray; facilitators, Mike and Diane Spurgeon. This insightful, 10-session course will be held Sunday mornings after the [8:30 am](#) Mass in Room B of the FMH, starting 21 Jul.

\*\*\*\*\*

Tuesday Scripture Study - Join us on Tuesday mornings after the 9 am Mass to study the readings for the next Sunday.

Wednesday Scripture Study - The Friday night scripture study has been changed to Wednesdays. They will be begin at 7:30, following the 7 pm Mass.

Divine Mercy - Join us on the first Saturday of each month as we pray the Divine Mercy Chaplet as a community at 3 PM.

\*\*\*\*\*



*Pray the Rosary daily*

We are asked to pray for:

Sandra Barrientos  
Dennis Hook  
Ana Maria Delmira Sibrian Escobar  
Nestor Ermelindo Molina  
Doris Chesley  
James Thompson  
Rebecca (Tess) Franch  
Vicky Welch  
Naomi Lilly  
Sterling Greene  
Aleli Puzon  
Patricia Delgado  
Rosano Wheeler  
Larry McGraw  
Vivian Truxon  
Kenny Lindsay

Pat Fisher  
Christ Goldhammer  
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  
Marie Marie Bottorf  
Angela Fenwick  
Joy Cooper  
Johnné Webster  
William Graham  
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, July 20, 9:00 AM: Sam Worley (+)  
Saturday, July 20, 5:00 PM: Agnes Mintoume (+)  
Sunday, July 21, 8:30 AM: Rosita Quizon (+)  
Sunday, July 21, 10:00 AM: Our Lady Help of Christians Parishioners  
Sunday, July 21, 11:30 AM: Fr. Augustin Lopez & Ricarda Narciso (+)  
Sunday, July 21, 1:00 PM: Adjutant Rolande Desiree- Etammane (+)  
Sunday, July 21, 7:00 PM: Souls in Purgatory  
Monday, July 22, 9:00 AM: Agnes Mintoume (+)  
Tuesday, July 23, 9:00 AM: Agnes Mintoume (+)  
Wednesday, July 24, 9:00 AM: Agnes Mintoume (+)  
Wednesday, July 24, 7:00 PM: Leonila & Demetrio Ubales (+)  
Thursday, July 25, 7:00 PM: Fr. Santiago Martin  
Friday, July 26, 9:00 AM: Elira Andrews (+)

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.

**Pope Francis's monthly intention for  
July:**

*The Integrity of Justice*  
*That those who administer justice may  
work with integrity, and that the  
injustice which prevails in the world  
may not have the last word.*

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

**Mass Readings for July 28, 2019.**  
*17th Sunday in Ordinary Time*

**\*First Reading**  
**Genesis 18:20-32 (111C)**  
**\*Second Reading**  
**Colossians 2:12-14**  
**\*Gospel**  
**Luke 11:1-13**

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

## YOUTH NEWS

### 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)**

### *Pope Francis' Five Finger Prayer*

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

- 1.) The thumb is closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."
- 2.) The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
- 3.) The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
- 4.) The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
- 5.) And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.



**Adult Volunteers are Always Needed at OLHOC!**

**Become Virtus-compliant now. Please don't wait!**

**Upcoming Child Protection Workshops in/near Southern MD:**

Monday, August 5<sup>th</sup> at 6:30 pm - Our Lady Help of Christians  
2 sessions: English & Spanish

Sign UP TODAY  
Limited Spots LEFT!

Pre-Registration required at [www.virtus.org](http://www.virtus.org)

### 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!