

KEEP PRAYING: TRUST IN GOD!

KEEP PRAYING: TRUST IN GOD! These are the words I keep hearing in my Heart. These are the words I heard while praying at the foot of our beautiful statue of Our Lady of Fatima. You may recall the end of my August 18 column HAVE FAITH: LOOK UP: " I look up to see the face of Our Lady ...and I see her lips moving...and in the silence of my heart, I hear Mary telling me: KEEP PRAYING... I believe that mini-miracles happen every day: Look up! TRUST IN GOD! HE WILL PROVIDE! "To pray is to be aware of the presence of God in our life. To pray is to trust in God and believe that He will hear and answer our petitions. To pray is to trust in Our Lord Jesus Christ and in the Power of the Holy Spirit. To pray is to feel the Love of God in our life. One of the most powerful and shortest prayer is "COME HOLY SPIRIT. Come Holy Spirit, help me to change, help me to convert, help me to turn away from sin, help me to turn toward Jesus on the Cross of Redemption, help me to feel the Love of God in my life!"

St PAUL invites each one of us to KEEP PRAYING: "Rejoice always, PRAY WITHOUT CEASING, give thanks in all circumstances; for this is the WILL OF GOD IN CHRIST JESUS FOR YOU "( 1 Thessalonians 5:16-18). In today's second reading (1 Timothy 2: 1-8), St Paul tells us "TO OFFER PRAYERS FOR EVERYONE ...that we may lead a quiet and tranquil life in all devotion and dignity. This is good and pleasing to GOD OUR SAVIOR, WHO WILLS EVERYONE TO BE SAVED and to come to the knowledge of the TRUTH. For there is ONE GOD. There is also ONE MEDIATOR between God and men, the man CHRIST JESUS, who gave himself as ransom for all."

While we can always pray for ourselves, it is important that we also keep praying for others. As members of the Church, we are part of One Body. If one suffers, we all suffer. If one rejoices, we all rejoice. If we pray for another person, in many ways we pray for the whole Church. When we pray together, our prayers are even more powerful. Many of us have felt that power of prayer during our first ever 40 HOURS OF ADORATION, just completed last Saturday as we entered into the celebration of our 40th Anniversary. We had suggested an 1-1-1 prayer: ONE person praying in front of the Blessed Sacrament for ONE hour for ONE person who has left the Church. Many of you came to spend one hour of silence in the presence of God. Many also came to participate in joint, vocal prayers: Litany of Saints, Angelus, Divine Mercy Chaplet, Our Lady of Sorrows Rosary and Litany, and Litany for Vocation. To see so many people pray together over 40 hours was just beautiful. I encourage all of you to consider joining us in one of our many weekly hours of Adoration: every morning Monday through Saturday: from 8 am to 9 am, and from 9:30 am to 10:30 am; every Wednesday evening from 6 pm to 7 pm; every Sunday from 7:30 am to 8:30 am. In addition, you can join every first Friday from 7 pm to 8 pm; and every first Saturday all day from 9:30 pm until 5 pm. KEEP PRAYING!

In today's Gospel (Luke 16:1-13), JESUS emphasizes the importance of being TRUSTWORTHY: "The person who is

trustworthy in very small matters is also trustworthy in great ones." TRUST is essential in any relationship. We know from our own experiences how long it takes to establish trust, but also how quickly trust can be lost. A single lie, even small, raises much doubt about whether you can trust the person who has been caught lying. Like a child, we tend to trust everyone. However, unlike a child who forgives easily and keeps trusting, most adults have much difficulty in continuing to trust someone who has deceived us. The only person whom we can trust always is GOD, the triune God, the Father, Son and Holy Spirit. KEEP PRAYING: TRUST IN GOD!

Many of you have already done the "Total Consecration to Jesus through Mary", the 33 Day Method of PRAYER and MEDITATION according to St Louis de Montfort. This is the Consecration that both St John Paul II and St Theresa of Calcutta have strongly promoted. This is the origin of the papal motto of John Paul II TOTUS TUUS - "Entirely Yours": through such Consecration, we make ourselves "Totally Yours to Jesus through Mary ". As part of our CELEBRATING 40 YEARS, many of us began such 33 days of prayer to complete our consecration on Sunday October 13 (Anniversary of the Miracle of the Sun at Fatima). Some used the traditional method of St Louis de Montfort (written over 300 years ago). Others have chosen Fr. Brian McMaster's modern adaptation "TOTUS TUUS - A consecration to Jesus through Mary with Saint John Paul II" As I am writing this column, it is Day 7 and today's theme is "PRAYER" and we are invited to read slowly and reflectively from Matthew's Gospel ( 6:5-13) . What struck me today from this passage is Jesus' command " When you pray, go into your inner room and CLOSE THE DOOR and pray to your Father in secret; and your Father who sees in secret will reward you". For me today, "closing the door " is to forget what is going on in the world and in my own life, and to find PEACE with God in my own heart through SILENCE! I first pay attention to the noises around me for about 3 minutes. This helps me to forget the worldly worries I may have today. Then, I ask the Holy Spirit to fill my heart and help me to have a simple conversation with Jesus. This is not easy, and worldly distractions may come and interrupt my conversation. I may have to repeat the prayer: Come Holy Spirit and re-focus on my silent prayer.

Come Holy Spirit! Help me to keep praying! Help me to trust in God the Father! Help me to trust in Jesus! Come Holy Spirit! Help me to change, help me to convert, help me to turn away from sin! Help me to turn toward Jesus who suffered and died for my sins so that I can have eternal life! Come Holy Spirit! Help me to feel the Love of God in my life now and forever!



*One in Christ,  
Father Alain*

# 25th Sunday in Ordinary Time



Our Lady Help of Christians 2019-2020 CCD  
Registration is open online: [www.olhoc.org](http://www.olhoc.org). **Please sign up quickly- classes are filling up fast.** We are also looking for teacher and teacher's aide volunteers. Perhaps the Lord is calling you to share your faith with our children.

## CCD

Sept. 22/23- 1st day of CCD classes

Sept. 29- All Youth Night, 4 PM Youth Mass

Oct. 6/7- CCD classes

## Outreach news

The next Outreach meeting will be on October 2, 2019 at 7 p.m. In the Fr. Martin Hall. Everyone is welcome!

The next Shepherd's Table is October 17, 2019 at Good Shepherd Church.

The OLHOC Annual Coat Drive is in full swing with cool weather coming! We are collecting new/gently used coats, hats, gloves, etc. for children and adults. Donations may be placed in the box outside of Fr. Martin Hall and will be taken to the Children's Aid Society. Thank you all!

"Sharing Sunday" non-perishable food donations may be left in the designated box outside Fr. Martin Hall. All donations go to the Food Bank of Southern Maryland.

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Join Our Lady Help of Christians Parish in following the footsteps of Jesus Christ on a  
**HOLY LAND PILGRIMAGE**  
June 21- July 1, 2020 9 days/8 nights  
Spiritual Director:  
**Father Alain Colliou**

Information can be found in the Narthex, or email  
[MAY@AMICABANTRAVEL.COM](mailto:MAY@AMICABANTRAVEL.COM)

## Survivors of Abuse

As the Church continues to minister to all survivors of abuse, the Archdiocese of Washington is sponsoring a retreat for survivors. The Archdiocese will offer a men's retreat is October 11-13, 2019 and women's retreats are November 15-17, 2019 and April 3-5, 2020. This retreat is an occasion for survivors to reflect on God's plan for their lives and for healing through prayer and the sacraments. For more information go to <https://adw.org/the-way-retreat/>. To register email [mcdonald@adw.org](mailto:mcdonald@adw.org) or call Deborah McDonald at [301-853-4466](tel:301-853-4466).

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We began the celebration of our 40 years as a parish last week with 40 hours of Adoration, Mass with Bishop Dorsonville, and our annual picnic.

Thank you to everyone who came to support our Parish, everyone who came for Adoration, and everyone who contributed to make the weekend a success.

Special thanks to Abigail Strawberry, and Gina Hall!

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**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

**First Friday**- The first Friday of each month the evening Mass is said in Latin. This Mass is dedicated to promoting the Priesthood.

**First Saturday**-Join members of the Marian Group on the first Saturday of the month after the 9 am Mass. Learn more about consecrating your life to Jesus through Mary.

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*'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.'* Matthew 25:45

### Koats for Kids

The Knights of Columbus will be giving away children's coats on Saturday, October 12th from 9 am-noon at St. Joseph's Catholic Church in Pomfret. If you know of anyone in need, please share this information with them.

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  
Sheny Padilla  
Richard White  
Mary Dooley  
Victor Cordero  
Georgiana Norgren

Marie Marie Bottorf  
Joy Cooper  
Johnné Webster  
William Graham  
Patricia Sutton  
Trenia Price  
Michael Sofield Jr.  
Norm Green  
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, September 21, 9:00AM: Thomasine Brown (+)  
Saturday, September 21, 5:00 PM: Marge Charron (+)  
Sunday, September 22, 8:30 AM: Dorothy Campbell (+)  
Sunday, September 22, 10:00 AM: Our Lady Help of Christians Parishioners  
Sunday, September 22, 11:30 AM: Pat and David Viets  
Sunday, September 22, 1:00 PM: Julie Toscano (+)  
Sunday, September 22, 7:00 PM: Adela Banegas de Romero (+)  
Monday, September 23, 9:00 AM: Regina Yates  
Tuesday, September 24, 9:00 AM: Clare Coles  
Wednesday, September 25, 9:00 AM: V.H. Andrews (+)  
Wednesday, September 25, 7:00 PM : Kenny Cronin (+)  
Thursday, September 26, 9:00 AM: Roger Smith  
Friday, September 27, 9:00 AM: Ursula Cordner (+)

RCIA Invitation

The 2019-2020 RCIA class has begun! We meet on **Wednesdays** from 7:00-9:00 PM. Anyone interested in learning about the Catholic Church for the first time, wanting to complete their Sacraments of Initiation, or wishing to learn more about their Catholic faith are welcome to join us! Interested? This is the group for you! Please call the church office at (301-645-7112) or email Deacon Rich at: [deacon@olhoc.org](mailto:deacon@olhoc.org)

**The Missionary Catechists of St. Therese of the Infant Jesus**

Will renew their religious vows on  
**Tuesday, October 1** at the **7 pm Mass**  
at

Our Lady Help of Christians.  
Main Presider will be Father Alain  
Please come support the Sisters that evening.

Light refreshments will follow Mass.

Mass Readings for September 29, 2019.

*26th Sunday in Ordinary Time*



\*First Reading  
Amos 6:1a, 4-7  
\*Second Reading  
1Timothy 6:11-16  
\*Gospel  
Luke 16:19-31

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

## Upcoming Youth Events:

Join us for **All Youth Night Kickoff, Sunday, September 29th** with Mass at 4 pm followed by food, faith and fellowship for FIAT (children in elementary), EDGE (middle school) and Life Teen (youth in high school) from 5-6:30pm. Bring some friends!

### Youth Ministry:

Life Teen: high school youth ministry (meets most Sundays 5-6:30 pm, check website for dates)

Edge: middle school youth ministry (meets monthly for All Youth Night)

FIAT: Faith in Action Team elementary school ministry (meets monthly for All Youth Night)

**Our Youth Support Team** 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. Together we can help lead our youth closer to Christ! For more information please visit the website or talk to Marlen Coles.

*"Train a boy in the way he should go: even when he is old, he will not swerve from it" Proverbs 22:6*



## Religious Education 2019-2020



### 4 Sessions (Register early for preferred session):

(Pre-k (4 years old) through 8th grade)

Sundays: 9:30 am - 11:00 am

Sundays: 11:15 am - 12:45 pm

Mondays: (Special Needs children/youth/adults) 5:30 pm - 6:30 pm

Mondays: 6:45 pm - 8:15 pm



Ensure ONLINE Lessons (from last year) are successfully completed.

Registration online: [www.olhoc.org/ccd1920](http://www.olhoc.org/ccd1920)



### Blessing of the Animals

St Francis is the patron saint of animals. His feast day is October 4th.

On **Saturday, October 5**, join us at Mary's circle with your pets at 11am to have them blessed by Father Ben.



Come join the Catholic Faith Explorers as we delve into the Ascension Press Course-

***Romans, The Gospel of Salvation.*** This course provides an authentically Catholic, comprehensive, and simple way to understand the overarching theme of Paul's intriguing letter to the Romans- salvation!

When: Sundays, 6 Oct - 24 Nov at 9:30 am

Where: St. Mother Teresa Room

Questions: Contact Mike and Diane Spurgeon at [ababel@verizon.net](mailto:ababel@verizon.net)