

September 29, 2019

THE LITTLE WAY TO HEAVEN!

THE LITTLE WAY TO HEAVEN. This Tuesday, October 1st, we celebrate the Feast of St Therese of Lisieux (January 2, 1873- September 30, 1897), also known as "St Therese of the Child Jesus and the Holy Face" or simply as "LITTLE FLOWER". St Therese was born in Northwest France. She entered the Carmelite monastery of Lisieux at a very young age: she was just 15 year old. She lived there a life of humility, simplicity and trust in God, often referred to as THE LITTLE WAY. Suffering from tuberculosis, she was only 24 when she died. While she never left her convent, we know much about her spiritual life because at the request of her Mother Superior she wrote an autobiography: "STORY OF A SOUL" which I recommend you to read. It is one of the most influential spiritual writings because of Little Flower's simple and child-like approach.

Over the last four years, our parish has been blessed with the presence of three nuns "Missionary Catechists of St Therese" (MCST) : Sister Leilani, Sister Maria Paz and currently Sister Rosario .Sister Rosario is now in charge of preparing our children to their First Reconciliation and First Communion . She is also providing much assistance to the Overall Religious Education Program, and to the Homebound Ministry. Sister Rosario, Sister Leilani and five other MCST Sisters will RENEW THEIR RELIGIOUS VOWS at OLHOC, 7 PM MASS TUESDAY OCTOBER 1st (Feast Day of St Therese): you are all invited to attend both the Mass and the Reception in the Father Martin Hall right after Mass (light refreshments).

The renewal of the religious vows of the MCST Sisters is an opportunity for all of us to deepen our understanding of the LITTLE WAY and to put it into practice in our daily lives with the HOPE that this Little Way will help guide our desires and decisions on our JOURNEY TO HEAVEN . Don't you want to enter Heaven and stay there with God forever and ever? Though Little Flower has now been recognized as a Doctor of the Church, her writings are simple and inspirational. We can all benefit from living a similar " Little Way": recognizing our own brokenness , accepting humiliation with merciful love , trusting in God as an infant totally trusts in his mother , doing everything with love and only for the Glory of God (and not for our own worldly benefit: power, status, pleasure , money)...It is recognizing that we are totally in the hands of God and that EVERYTHING IS GRACE...It is to be open to that

GRACE brought to us by the Holy Spirit and the Sacraments.

Fr. Michael Gaitley in his book "33 Days to Merciful Love" writes that Therese saw herself as a weak little bird without strength and unable to fly. She admitted: "I am not an eagle, but I have an eagle's EYES AND HEART". She also said "Because I was little and weak the Lord lowered Himself to me...I have always wanted to be a saint...In spite of my littleness, I aspire to Holiness. It is impossible for me to grow up, and so I must bear with all my imperfections. I want to seek out a means of going to heaven as a little way...There must be a Path for little souls.. I wanted to find an elevator which would raise me to Jesus for I am too small to climb the rough stairway of perfection...I must search this elevator in the Scriptures and I found it : "Whoever is a LITTLE ONE ,let him come to me" (Proverbs 9:4). The ELEVATOR which must raise me to heaven is YOUR ARMS, O JESUS! And for this I had no need to grow up, but rather to remain LITTLE.

In his homily of May 17, 1925 (Canonization of St Therese of the Child Jesus) , Pope Pius XI said : " Saint Therese learned thoroughly the teaching of the Gospel that unless we convert and become like children we will not enter the Kingdom of Heaven (Matthew 18:2) and she translated it into her daily life. Moreover she taught THE WAY OF SPIRITUAL CHILDHOOD by word and example to the novices of her monastery...God enriched her with a superabundant share of divine light and GRACE , which enkindled in her so ardent a flame of love...so much so that shortly before her death she could say that SHE HAD NEVER GIVEN GOD ANYTHING BUT LOVE."

Let us pray together with LITTLE FLOWER in the words chosen by Fr. Gaitley:

"Come Holy Spirit, fire of mercy. Give me the heart of an eagle, a burning longing to choose all that you will for me. Unveil for me the mystery of the HEART OF CHRIST: his tender mercy for sinners. Help me to recognize the darkness of my littleness, to keep trying to grow in holiness and to keep trusting in your merciful Love. Though weak, broken and sinful, help me to trust that I can become a great Saint through the amazing power of Divine Mercy. Come Holy Spirit; teach me to pray with my whole heart JESUS I TRUST IN YOU. Help me to embrace the Little Way with all my heart."

One in Christ,
Father Alain

26th Sunday in Ordinary Time



CCD Class Schedule

Our Lady Help of Christians 2019-2020 CCD
Registration is open online: 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. 29- All Youth Night, 4 PM Youth Mass

Oct. 6/7- CCD classes

Oct. 13/14- 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.

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

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 or call Deborah McDonald at [301-853-4466](tel:301-853-4466).

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

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.

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

Our Lady of the Rosary and Intercultural Unity

Sunday, October 13 at OLHOC with

Bishop Dorsonville

5 pm: Rosary

5:30- 6 pm: Procession

7:00 pm: Bilingual Mass

8:00 pm: Consecration of the parish to Our Lady

Light refreshments to follow, all are welcome!

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
Mary A. Dyson
Jim Lavish
and all our military and civilians serving in
harm's way.

*Please pray for the souls of Gabriel Lawas,
and Soddy Johnson

*Please let us know if any names should be removed
from the list.*



Mass Intentions this Week

Saturday, September 28, 9:00AM: Elizabeth Mahon (+)
Saturday, September 28, 5:00 PM: Our Lady Help of Christians Parishioners
Sunday, September 29, 8:30 AM: Maurice Fletcher (+)
Sunday, September 29, 10:00 AM: Carmelita Flores (+)
Sunday, September 29, 11:30 AM: Maria Villagomez Hamnes (+)
Sunday, September 29, 1:00 PM: Myrna Egbufroama
Sunday, September 29, 7:00 PM: Philip Michelitch (+)
Monday, September 30, 9:00 AM: Eden Villanueva & Luis Mayo (+)
Tuesday, October 1, 9:00 AM: Rebecca Coles
Wednesday, October 2, 9:00 AM: Paul Morgan (+)
Wednesday, October 2, 7:00 PM : Gabriel Lawas (+)
Thursday, October 3, 9:00 AM: Sam Worley (+)
Friday, October 4, 9:00 AM: Margret & John Henehan Sr. (+)
Friday, October 4, 8:00 PM: Soddy Johnson (+)

Healing Mass with Father Martin Scott

October 13th following the 11:30 am Mass at OLHOC, followed by individual healing.

All are welcome!

**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 October 6, 2019.
27th Sunday in Ordinary Time



***First Reading**
Habakkuk 1:2-3, 2:2-4
***Second Reading**
2Timothy 1:6-8, 13-14
***Gospel**
Luke 17:5-10



Upcoming Youth Events:

Youth Ministry: Questions, please contact Marlen marlen@olhoc.org

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)

All Youth Night Kickoff - Sunday, September 29th

Join us for 4 pm Mass followed by pizza, faith, fellowship & fun for children in Elementary (FIAT), youth in Middle School (EDGE) & youth in High School (Life Teen) from 5-6:30 pm. Bring some friends, ALL are welcome!

Save the Dates for the other All Youth Night for this year:

September, 29, October 27, November 24, January 26, February 16, March 15, April 19 and May 24 (special time Mass 11:30 am with Archbishop Gregory).

Time to Request Spots for Camp Covecrest - August 2-8, 2020 in Tiger, Georgia

Its that time to plan ahead for next summer's 2020 Life Teen Camp. Camp Covecrest, located in the North Georgia Mountains, is 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, to request a spot or watch a video visit www.olhoc.org/camp Questions, please contact Marlen Coles marlen@olhoc.org

Quo Vadis Come and See Retreat

Young men in grades 11 and 12 and between the ages of 15 and 17, who are interested in learning more about priesthood and seminary, are invited to Saint John Paul II Seminary Friday, November 8 – Sunday, November 10, 2019, to experience seminary life firsthand. This is an opportunity to meet and talk to our seminarians, pray with them, listen to great talks, and enjoy time for sports and recreation. Please encourage high school juniors and seniors to consider attending this great weekend event. Please visit www.DCpriest.org and select "Events" to register. Please call the Office of Priest Vocations at 202-636-9020 or email Fr. Mark Ivany at vocations@adw.org with any questions.

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 (hospitality, chaperones, fundraisers, prayer team..) 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.

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 ababe1@verizon.net

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