

November 17, 2019

THE MINDFUL CATHOLIC

ARE YOU A MINDFUL CATHOLIC? Maybe, like me one month ago, you have no clue about what this question is all about. Last September, one of my brother priests suggested to me to read "THE MINDFUL CATHOLIC", a best-selling book by Dr. Gregory Bottaro, published last year (you can find it on Kindle books or buy it on Amazon). The sub-title of the book is self-explanatory: "FINDING GOD ONE MOMENT AT A TIME". Bishop Frank Caggiano of Bridgeport, Connecticut, wrote: *"Through his insightful exploration of the PRINCIPLE OF MINDFULNESS, Dr. Bottaro has given his readers a powerful tool to grow in psychological and spiritual health. This book will be of tremendous benefit for anyone who wishes to develop HEALTHY, JOYFUL AND HOLY RELATIONSHIPS beginning with our PERSONAL RELATIONSHIP WITH THE LORD JESUS."*

I have just completed reading Dr. Bottaro's book and I have found it quite helpful. If you desire to find practical ways to ATTAIN PEACE and TRUST GOD more in your lives, go ahead, read the entire book (174 pages), and do the dozen of suggested exercises. I am confident that you will not be disappointed. If you are afraid that you cannot find seven to ten hours and are not sure that this book is for you, I suggest you read the following paragraphs and apply some of the suggestions to your own life.

You may have no idea about the principle of mindfulness. In my younger days I had been exposed to Zen Buddhism in Japan, and I had learned some techniques to become more aware of my environment with the goal to help empty my mind. You could call that: "Buddhist mindfulness". "Catholic mindfulness" in many ways is the opposite: the goal is to help fill our minds with God at all times (as opposed to emptying it). While the goal is totally different, there are some similarities in the practical exercises (e.g. focusing on the movements of our breathing, paying attention to the sounds around us). Three of my favorite spiritual books are often quoted by Dr. Bottaro and I also encourage you to read them: "The Practice of the Presence of God" by Brother Lawrence of the Resurrection, "Abandonment to Divine Providence" by Jean-Pierre de Caussade, and "Searching and Maintaining Peace" by Fr. Jacques Philippe.

Throughout Dr. Bottaro's book, you will find the importance of distinguishing two ways our minds function: the "DOING" and the "BEING". In our society, our minds tend to focus on the "doing" mode. However, we will be more at peace, manage our stress more effectively, and find God's presence more frequently in our daily lives when we use the "being" mode. While Dr. Bottaro suggests very specific, practical exercises, which are most helpful, I would encourage you to reflect on the way your own mind tends to work. Can you focus on "being", i.e. on the current moment, or do you keep thinking

about past errors or are you obsessed about planning future activities? While the differences between "doing" and "being" modes of thinking might be blurred at times, one can see the fundamental contrast between focusing on "WHO I AM" (including my personal relationships, especially with God) as opposed to "WHAT I DO". How do you answer the questions: "Who am I in relationship with God, and with the world?" and "What do I do in my daily life and for what purpose? My own answer today would be simple: "I AM a Catholic Priest" and "I perform the daily responsibilities and duties of a Catholic priest such as: celebrating the Mass, hearing confessions, visiting and anointing the sick, giving spiritual advice to individuals or couples, baptizing children, preparing engaged couples to the sacrament of matrimony. Dr. Bottaro's book is helping me in being more aware of the presence of God at all times, being less distracted and more focused in my prayer life. It also helps me manage better the stresses of being a pastor and diocesan priest.

The last 18 months (since my open-heart surgery for a triple bypass) have been for me a roller coaster with ups and downs. Following my operation, I was anxious whenever I felt some kind of chest pain or shortage of breath... I had several returns to the emergency room of nearby hospitals. I was also afraid that I might not be able to handle the normal, daily stressful situations that a pastor or priest faces. Thanks to your prayers and your words of encouragement, I have been able to surmount this fear of anxiety and am now back to where I was before the open-heart surgery. My cardiologist now wants to see me only every 6 months...I still have high blood pressure but it is managed by my praying, exercising (swimming), eating "healthy" and taking medications. I was of course attracted to read Dr. Bottaro's book as I was told that it would help me reduce my blood pressure... It has not yet happened! However, I have done the recommended exercises only once or twice and this is by far insufficient. I need more time and I hope that I can find it with better prioritization of my daily activities. My brother priest is continuing those exercises six months after completing the book and he is quite satisfied with the results. This encourages me to persevere. I would love to hear from those of you who choose to read Dr. Bottaro's book.

As we search for PEACE, may we deepen our personal relationship with GOD. May we live in the present, FINDING GOD ONE MOMENT AT A TIME!

One in Christ,
Father Alain

33rd. Sunday in Ordinary Time



CCD Class Schedule

Nov. 17/18- NO CCD Classes

Nov. 24/25 Sacramental Prep & All Youth Night
(10 am- Communion prep, 2:30 pm Confirmation prep)

Dec. 1/2- NO CCD Classes

Dec. 8/9- CCD Classes resume

Help is needed delivering Thanksgiving baskets on Sunday, November 24 following the 10 am Mass. Please help deliver Thanksgiving baskets to those less fortunate!



Community Outreach

The OLHOC Holiday House is now in the Narthex for monetary donations to our Thanksgiving and Christmas food baskets.

Also on display are the "food bags" we hope to fill for those in need in our community. Thank you all in advance for your generosity and kindness!

Also there is a box in the office lobby to collect boxed food (I.e. mac&cheese, Stuffing, potato dishes, etc.) to accompany the Thanksgiving turkey or Christmas ham and grocery cards.

Looking ahead, please consider volunteering to deliver a food bag or two on November 24th after the 10 a.m. Mass. Thank you!

The next Shepherd's Table will be on Dec. 19, 2019. At Good Shepard Church.

Our next Outreach meeting will be Dec. 4, 2019 in the Fr. Martin Hall at 7 p.m. All are welcome!

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).

Looking ahead

December 3- Parish Reconciliation Service- 6:30 pm

December 5- Gift of Mary talk- 7 pm

December 7- Breakfast with St. Nick-following the 9 am Mass

December 8- Immaculate Conception of the Blessed Virgin Mary

December 12- Our Lady of Guadalupe - 5 am Mass, Gift of Mary class at 7 pm

Christmas donations/opportunities to give

Beginning November 25, we will collect **NEW:**

Children's pajamas, socks, and slippers
Socks, mittens, gloves, hats, and scarves
for all ages, Small stuffed animals

All items must be **NEW**.

Thank you very much for your generosity!!

Merry Christmas!!

Wrapped collection boxes are located in the office narthex near the tree.

Items will be distributed with the Christmas food boxes and donated to Children's Aid.



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
Derrick Webster
Pat Fisher
Christ Goldhammer

Adele Alvey
Dorothy Neal
Dunnie Proctor
Shirley Ehman
K.D. Dillard
Tabitha Barton
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
Dorian Webster
Dionne Gause
Patricia Sutton
Trenia Price
Michael Sofield Jr.
Norm Green
Mary A. Dyson
Jim Lavish
The Dixons
Louise Green
David DeMarr
Brandon Mack
Amelia Vinceguerra
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, November 16, 9:00AM: Louise Green
Saturday, November 17, 5:00 PM: Renato Bassig
Sunday, November 17, 8:30 AM: Our Lady Help of Christians Parishioners
Sunday, November 17, 10:00 AM: Lloyd Cordner
Sunday, November 17, 11:30 AM: Charles Gallagher (+)
Sunday, November 17, 7:00 PM: Manuel Lam
Monday, November 18, 9:00 AM: Christina Arguelles (+)
Tuesday, November 19, 9:00 AM: Milton Galvan Sr.
Wednesday, November 20, 9:00 AM: Dennis Forgash (+)
Wednesday, November 20, 7:00 PM : Jaime Herman Trochez
Thursday, November 21, 9:00 AM: Isaiah Strawberry
Friday, November 22, 9:00 AM: Regina Yates

Parish Penance Service– Tuesday, December 3rd.

Our parish reconciliation service will begin at 6:30 pm in the Main Church on Tuesday, December 3rd. Several Priest will be available to hear confessions.

Father Dan Leary will give a talk before the penance service to help us prepare ourselves to receive God's forgiveness during this Advent Season.

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.

Mass Readings for November 24, 2019.

Feast of Christ the King



***First Reading**

2 Samuel 5:1-3

***Second Reading**

Colossians 1:12-20

***Gospel**

Luke 23:35-43

Upcoming Youth Events:



College Care Package:

The College Care Package Program is an effort to keep our parish college students connected to our church and community while they are away. If you would like to order a package sent to your son/daughter, please fill out the order form available online at www.olhoc.org/college or pick up a form from the church office. The due date for submission is Sunday, November 17th. For more info contact Marlen Coles at marlen@olhoc.org

Sacramental Preparation for Confirmation Year 1 & Year 2 - Sunday, November 24th from 2:30 pm - 6:30 pm. This is the parish sacramental preparation for Confirmation for students(who are in catholic school, public school or homeschooled), parent(s), and mentors, (sponsors are always welcome). This includes the 4 pm Mass followed by dinner and All Youth Night activities. Questions, visit www.olhoc.com/faq or contact Marlen Coles marlen@olhoc.org

YOUTH MINISTRY NEWS:

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)

For more info and an updated list of our events please visit www.olhoc.org/yevents

ADW Middle School Rally at St Mary of the Mills in Laurel – Sat. November 16th

Invite your friends and join other youth in 6th-8th grade from around the Archdiocese for a day of fellowship, faith, music and worship! Bishop Dorsonville will be celebrating the closing Vigil Mass. Youth in Confirmation Year 1 & 2, please also sign up online because this is your Fall Retreat. For more information and to register please visit www.olhoc.org/rally19

Next All Youth Night - Sunday, November 24th

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!

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

For more details and a video on this transformative week of fun, activities, time with friends, prayer and growing in your faith visit www.olhoc.org/camp2020 Questions, please contact Marlen Coles marlen@olhoc.org

To Join Our Youth Core & Support Team, please visit our website or talk to Marlen Coles. Together we can help lead our youth closer to Christ!

Celebrate Black Catholic History Month



**November 17th
Mass 11:30 am**



celebrated by
Bishop Campbell
Followed by
reception,
presentation &
entertainment.



**If you would like to assist and be part of the committee,
talk to Jai Sutton.**