

January 31, 2021

KEEPING HOLY THE SABBATH IN TIME OF PANDEMIC

The ongoing pandemic has impacted our daily lives in ways we could not have imagined one year ago. It has also impacted our spiritual lives. It has impacted our responses to God's commandments, including the third commandment: KEEP HOLY THE SABBATH.

"KEEP HOLY THE SABBATH" is not a suggestion from God. It is an order. The Catechism of the Catholic Church (CCC) makes it clear on how we should implement this order as baptized Catholics: "*Sunday is to be observed as the most holy day of obligation in the universal Church. On SUNDAYS and other holy days of obligation, the faithful are bound to participate in the Mass*" (CCC 2192). The Mass is the center of our Christian life. Not attending Mass on Sundays is a major sin (unless we are sick). Because of the pandemic and the health risk to many people, Archbishop Gregory has given all faithful a temporary "*dispensation*" from our obligation to attend Sunday Mass. At the same time, he has encouraged all faithful who are not included in a "*high risk*" category to come to church to participate in the celebration of the Mass as a parish assembly and to be able to receive the Holy Communion, the Eucharist which is foundational for our spiritual nourishment. He has also encouraged those who could not come for health reasons, to watch Mass at home every Sunday (YouTube or television).

As of today, about half of our congregation has returned to attend Sunday Mass in church (this is about the average for all parishes). Because of the continuing pandemic the Archbishop's temporary "*dispensation*" is still in effect. As your pastor, I will continue encouraging all of you to consider returning to Church and receiving the Eucharist (if you have been to confession recently and are in a state of grace, without any major sin). If you are concerned about being part of a large congregation, first attend one of our 9 am daily Masses (or 7 pm on Wednesdays). In the event, you could not yet come, I strongly encourage you to watch the live-streamed 10 am Mass every Sunday.

Based on my recent individual interviews of our candidates to Confirmation and First Communion, I would like to encourage all our families with children to return to Mass in church. I have noticed with great joy that more families with children are now attending Sunday Masses in church. However, they still represent a small proportion. For those families who may have some "high-risk" members, I understand your current constraints and in the current circumstances, I would like to encourage you to watch the 10 am Sunday Mass on our YouTube OLHOC channel as an entire family EVERY SUNDAY, so that you can keep Holy the Sabbath and pray together. We also encourage every family to open their Bibles and share the Word of God (especially Mass readings) every Sunday.

We are delighted to announce to the entire parish community that Confirmation is now scheduled for Friday April 23 (7 pm Mass with Bishop Dorsonville) and First Communion Saturday May 22 (10 am Mass). While we will still have to follow our safety Protocol in church (wearing masks, 6-foot distancing with exception for families), we will be able to accommodate key family members in church (with overflow in Narthex and Father Martin Hall). Those Masses will also be live-streamed so that the entire parish can join us in two joyful celebrations.

As more and more people are being vaccinated, we will see more and more clearly the light at the end of the "*coronavirus tunnel*": a full return to the "*normal*" that we enjoyed one year ago, and that we had taken for granted. Meanwhile, let us continue to focus our attention on strengthening our prayer life and our personal relationship with God. Let us avail ourselves of the graces of the Sacrament of Reconciliation (Confession). Let us also pray for all our families with children as they return to church attendance on Sundays. Let us all listen to the VOICE OF GOD and follow HIS command to KEEP HOLY THE SABBATH by worshipping HIM in church. Let us encourage one another every day and let us pray with the psalmist the powerful Psalm 95:

COME, LET US BOW DOWN IN WORSHIP;

*let us kneel before the Lord who made us.*

*For He is our God,*

*and we are the people He shepherds, the flock He guides.*

Oh, that TODAY YOU WOULD HEAR HIS VOICE:

*"Do not harden your hearts as at Meribah,*

*as in the day of Massah in the desert,*

*where your ancestors tested me*

*though they had seen my works".*

IF TODAY YOU HEAR HIS VOICE, HARDEN NOT YOUR  
HEARTS.

One in Christ,  
Fr. Alain



### Religious Education News

CCD classes continue on Flipgrid. Please continue to work on any classes you have missed. If you have any questions, please contact Nereida Tellechea at (301)645-7112, or email cre@olhoc.org



Begins Wednesday, February 17, a day of abstinence and fasting. To safely accommodate everyone who would like to receive ashes, Masses will be at **7 am, 9 am, noon, 5 pm, 7 pm (bilingual), and 9 pm.**

### Community Outreach

We are always collecting for the OLHOC "Sharing Sunday" box. All much needed, non-perishable food donated will be taken to the Food Bank and Women's Shelter. Thank you, OLHOC, your generosity has been overwhelming! The next Outreach meeting is February 3, 2021 at 7p.m. on Zoom. The next Shepherd's table is February 18.

### \*\*\*REMINDER\*\*\*\*\*

**-Sanitize your hands before coming into church**

**-Masks are mandatory**

**-Maintain at least a 6 ft distance**

**-If you feel ill, stay home and watch Mass on [www.olhoc.com](http://www.olhoc.com) -10 am on Sundays**

## *Blessing of the Throat*

*February 6/7 after all Masses*

"We celebrate the feast of Saint Blaise, who was bishop of Sebaste in Armenia in the fourth century. Before being martyred, he is said to have healed a boy who was choking. Since the eighth century, Saint Blaise has been venerated as the patron of those who suffer from diseases of the throat. We pray in a special way for protection from afflictions of the throat and from other illnesses. The blessing of Saint Blaise is a sign of our faith in God's protection and love for us and for the sick." (Catholic Prayer: Book of Blessings: Blessing of Throats on the Feast of Saint Blaise-Catholicculture.org)

## **SUPERBOWL SUNDAY**

Join us in the Father Martin Hall on Sunday, February 7 for a Superbowl Celebration. If your team is playing or not, we will still have a good, safe time. Refreshments will be available at half-time to help support the Youth Group.

## **2021 ANNUAL APPEAL**

## **SEEKING CHRIST**

***"Everyone is looking for you"***  
**(Mark 1:37)**

**HOW WILL YOU SEEK  
CHRIST?**

### CA/RCIA

Interested in joining and learning about the Catholic Church for the first time? Want to complete a Sacrament (Baptism, Eucharist, and/or Confirmation)? Classes meet on Wednesday, from 7 pm -9 pm. You may chose to come to the Father Martin Hall or virtually via Zoom. For more information, or to sign up, please contact Deacon Rich at [deacon@olhoc.org](mailto:deacon@olhoc.org) or Diane and Mike Spurgeon at [RCIA.olhoc@gmail.com](mailto:RCIA.olhoc@gmail.com)

We hope you will join us!

**We are asked to pray for:**

Julissa Bariantos  
 Brandon Mack  
 Ana Maria Delmira Sibrian Escobar  
 Nestor Ermelindo Molina  
 James Thompson  
 Rebecca (Tess) Franch  
 Joseph Albrittain  
 Sid and Suzanna Marcus  
 Aleli Puzon  
 Patricia Delgado  
 Ann Marie Hobart  
 Larry McGraw  
 Ilene Custer  
 Derrick Webster  
 Julie Davis  
 David DeMarr  
 Dunnie Proctor  
 Amelia Vinceguerra  
 Lorraine Celijewski  
 Cren Wolden

Tabitha Barton  
 Maria Townsend  
 Chrystal Beauregard  
 Sheryl Carter  
 Alex Leon  
 Sharketer Butler  
 Steven Bowling  
 Edna Yarngo  
 Kathly Grimes  
 Sheny Padilla  
 Richard White  
 Victor Cordero  
 Georgiana Norgren  
 Marie Bottorf  
 Dorian Webster  
 Dionne Gause  
 Billy Dexter  
 Trena Price  
 Erick M. Knapp  
 Norm Green

The Dixons  
 Grace Albrittain  
 Elaine Moses  
 Yvonne Buford  
 Karen Zimmerman  
 Steve Wyloge  
 Terri Elizabeth McAllister Burnette  
 Joanne Johnson  
 John Hoza  
 Mike Spurgeon  
 Mary A. Dyson  
 Kevin Viel Sr.  
 Ligia Lam  
 David Stanley

and all our military and civilians serving in harm's way.



**Mass Intentions this Week**

**Saturday, January 30, 9:00AM: Teri Simone**  
**Saturday, January 30, 5:00 PM: OLHOC parishioners**  
**Sunday, January 31, 8:30 AM: Abigail Strawberry**  
**Sunday, January 31, 10:00 AM: Betty McNally (+)**  
**Sunday, January 31, 11:30 AM: Father Ben**  
**Sunday, January 31, 7:00 PM: Donardo Avila & Carlos Reguena Gomez (+)**  
**Monday, February 1, 9:00 AM: Joseph Nikolai**  
**Tuesday, February 2 9:00 AM: Joseph Nikolai**  
**Wednesday, February 3, 9:00 AM: Riverd & Helene Obas (+)**  
**Wednesday, February 3, 7:00 PM: Ceferinou Monia Palma (+)**  
**Thursday, February 4, 9:00 AM: Brenda Anyai (+)**  
**Friday, February 5, 8:30 AM : Asuncion Marte (+)**  
**Friday, February 5, 7:00 PM: Frances Miller (+)**

**Pray for an end to abortion**

"Abortion and racism are both symptoms of a fundamental human error. The error is thinking that when someone stands in the way of our wants, we can justify getting that person out of our lives. Abortion and racism stem from the same poisonous root, selfishness." *Alveda King*

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

**Friday Scripture Study**- The Friday night scripture study is now online. Please call the office for information on how to join us.

**First Friday**- The first Friday of each month the evening Mass is dedicated to promoting the Priesthood. Following evening Mass, devotion to the Alliance of the two Hearts.

**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.

**OLHOC Prayer Chain**

If you have a prayer request, please call the parish office or send email to [office@olhoc.org](mailto:office@olhoc.org).

**Mass Readings for February 7, 2021**

***Fifth Sunday in Ordinary Time***

**\*First Reading**

**Job 7:1-4, 6-7**

**\*Second Reading**

**1 Corinthians 9:16-19, 22-23**

**\*Gospel**

**Mark 1:29-39**

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





## 33 Day Consecration to St. Joseph February 15– March 19



Let's walk together as a parish for 33 days with St. Joseph, the foster Father of Jesus. We will begin 2 days before Ash Wednesday, and conclude on his feast day, March 19. The daily prayers can be found here:

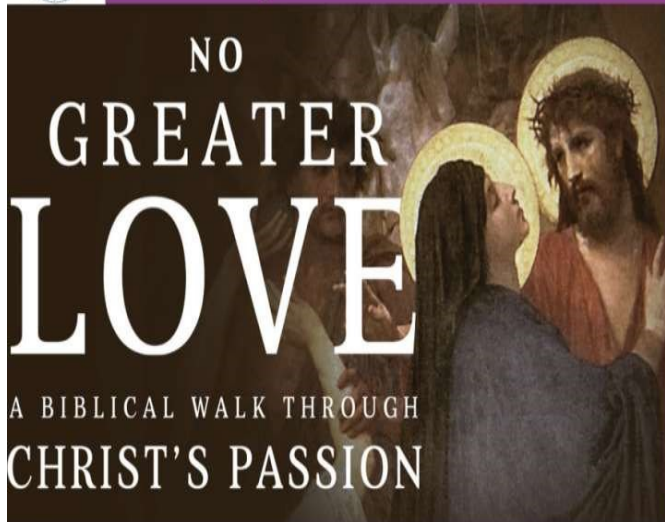
[https://www.unleashthegospel.org/wp-content/uploads/2020/06/33-Days-of-Prayers-and-Daily-Challenge\\_ENGLISH.pdf](https://www.unleashthegospel.org/wp-content/uploads/2020/06/33-Days-of-Prayers-and-Daily-Challenge_ENGLISH.pdf)

*“With the phrase “guardian of the mystery of God” used to describe St. Joseph’s role in salvation history, Pope St. John Paul II has left us with a sure point of departure as we begin our 33-Day Consecration to St. Joseph. It is for us, all of us, to become a new creation, to become people who, having been knit together by the Holy Spirit, are now focused and bidden to draw life from the Mystery of God, from the mystery made flesh in the person of Jesus Christ, the one who bids us to come after him, called to become faithful guardians of the mystery of God.”*

— Bishop Gerard Battersby



## Parish Lenten Retreat: The Gift of LOVE (A Biblical Walk Thru Christ's Passion)



A BIBLICAL WALK THROUGH  
CHRIST'S PASSION

6 Sessions

Thursdays: February 18 - March 25

6:45 pm - 8:30 pm

Study, Music & Fellowship

Location: OLHOC Fr Martin Hall or  
via Zoom Meeting

Thousands sought Jesus during his life. Only a few followed him to Calvary.  
What will you do?

This Lent, commit to a sacrifice of time and invest in your spiritual life.

Filmed on location in the Holy Land, “No Greater Love” is a biblical pilgrimage that reveals Christ’s amazing love for us. Walk step-by-step with Jesus from the garden of Gethsemane to Mount Calvary.

Join fellow parishioners by signing up today:

[www.olhoc.org/lent2021](http://www.olhoc.org/lent2021)

or call the parish office 301-645-7112