

April 25, 2021 Fourth Sunday of Easter

WHY ARE YOU TROUBLED?

Jesus is asking all of us as his disciples: "*WHY ARE YOU TROUBLED?*" (Luke 24:38). Like many of us today, Jesus' disciples are confused. They do not understand what is going on. They have little hope for the future. They are told by several women about the empty tomb early that Easter Sunday morning. Then Peter had run to the tomb and also had found it empty. It is a long and painful day. They are all perplexed. What is going to happen to them? They are afraid that the Jews will arrest them and also crucify them! They locked themselves in a small "upper room" in Jerusalem.

Now two of the disciples have just joined them, returning from EMMAUS where the Risen Lord has appeared to them. At that very moment, Jesus himself appears to all of them. They are startled. They are terrified. Is he a ghost? Maybe they are afraid that Jesus, their beloved master and guide for three years, is going to condemn them harshly for not having followed him all the way to Calvary (only one of them, John, was there).

Jesus is asking all of us: "*WHAT TROUBLES YOU? WHAT WORRIES YOU RIGHT NOW?*" In so many ways, all of us are worried. All of us are troubled. None of us has found true PEACE. We are all looking for PEACE, but we are all struggling as we are looking for Peace in the wrong places. Peace can be found only with GOD and in GOD.

Saint Teresa of Avila, the great mystic who reformed the Carmelite order in Spain in the 16th century (more than 400 years ago), was truly inspired by God when she wrote this insightful poem: "*LET NOTHING DISTURB YOU. All things pass away. GOD NEVER CHANGES. He who has God lacks nothing. GOD ALONE IS ENOUGH!*" It seems so simple and so powerful! But how can we truly let nothing disturb us? The trouble we face is not coming from OTHERS. It is coming from WITHIN US, from our inner being, from the depths of our souls. I invite you to spend some time in reflecting on what troubles you today...

FIRST, for many of us, our worries, our troubles come from what is going on in the secular world, outside us, outside our families, outside our workplaces, or even outside our country. Some worry that World War III could happen any time: Russians troops being deployed in large numbers at the border with Ukraine, or mainland, communist Chinese looking for opportunities to invade Taiwan, escalating tensions between Israel and Iran, etc. but there is nothing we can do about it. It is outside our sphere of influence...

SECOND, for many of us, our worries, our troubles come from the degradation of moral values in our own country: fornication, cohabitation before marriage, increasing divorce rates, same-sex marriages (God created marriage for one man and one woman to

procreate their own children), killing children while in the womb of their mothers (protection of the rights of women, but what about the rights of the child in the womb?), the so-called rights of transgenders (Pope Francis just reemphasized that God creates us either as man or woman, and we have no right to change what God has created), increased abuse of minors by adults (whether verbal, physical, or sexual), growing addictions (money, work, gambling, alcohol, pornography, sex, drugs, power), and euthanasia (killing elderly so they can die in dignity)! Quite a long list! As Christians, we have to continue to proclaim the truth of the Gospel, but we have to be aware that individually, apart from constant prayer, there is little we can do to radically transform the cultural and moral environment that surrounds us... This continued deterioration parallels the increasing proportion of Americans who no longer believe in God, or when still believers no longer see the necessity of belonging to a Church.

THIRD, for all of us, our deep troubles and worries COME FROM WITHIN, not from outside us. This is the battle between good and evil that keeps going on within our own HEARTS! This is all about our own SINFULNESS! It is led by PRIDE, the MOTHER OF ALL VICES! Pride leads to the other six deadly sins: GREED, LUST, ENVY, GLUTTONY, ANGER/WRATH, and SLOTH, which in turn lead to all the other sins that the DEVIL promotes. With God's help, we can achieve major changes in our spiritual and moral life: we, Baptized Catholics, just have to DESIRE to REPENT, turn toward God, trust in HIS MERCY and CONVERT (a total change of heart). Once we have this DESIRE, we just have to return to the SACRAMENT OF CONFESSION/ RECONCILIATION and to let GOD TAKE OVER! We can then say with St Teresa of Avila: "*GOD, LET NOTHING DISTURB ME. All things pass away... but YOU, GOD NEVER CHANGES. Having YOU, I lack nothing. YOU GOD ALONE, ARE ENOUGH!*"

When you come to MASS on Sunday, leave your worries in your cars, and come prepared to MEET THE LORD. Offer your joys and your pains as part of the Sacrifice of the Mass. When receiving Jesus in the Eucharist, talk to HIM: "*ONLY YOU LORD CAN GIVE ME PEACE... BE WITH ME WHENEVER I AM IN TROUBLE... TAKE AWAY MY WORRIES. HELP ME TO FIND PEACE WITH YOU AND IN YOU. HELP ME TO BE A PEACE-MAKER and HELP ME NOT BEING A TROUBLE-MAKER to Others. All of us we want Peace! HELP Everyone to Seek and Find that Peace in YOU!*"

One in Christ,

Fr. Alain

4th Sunday of Easter

RCIA

Interested in joining and learning about the Catholic Church for the first time? Want to complete a Sacrament (Baptism, Eucharist, and/or Confirmation)? . For more information, please contact Deacon Rich at deacon@olhoc.org or Diane and Mike Spurgeon at RCIA.olhoc@gmail.com

REMINDER

-Wash your hands before coming to Mass and sanitize when entering the church

-Wear a mask

-Watch your distance, at least a 6 ft distance from non family members

-We have a spray bottle and paper towels at the back of the Nave for parishioners who wish to wipe their seats before Mass. Please DO NOT bring your own alcohol wipes as that will damage our pew finish

-If you feel ill, stay home and watch Mass on www.olhoc.com -10 am on Sundays

Community Outreach

On April 15, 2021 OLHOC helped prepare and distribute a hot meal to 125 people at Shepherd's Table. Many thanks to our menu coordinator, Delores Cacciagla and all the Volunteers who made this a such a success. "Sharing Sunday" continues for the collection of non-perishable foods for the Food Bank and Family Shelter. The need is as great as ever for families in Waldorf! Your donations can be left in the Fr. Martin Hall all week long. Thank you OLHOC for all your support!

HELP KEEP OUR CHURCH CLEAN

Since last year, OLHOC cut back on many of the services we use to pay for. Due to financial restraints, the lawn maintenance is all done by volunteers, we no longer have a staff person to help out with the facilities, and we cut back on our cleaning services to once a week.

Please do your part in helping to keep our church clean.

The Case for Jesus

How do we *know* we can trust the Gospels? Who *really* wrote them and when?

Could they be fabricated fables or are they authentic truth? Who does Jesus profess to be?

To find out, come join The Catholic Faith Explorers in our next study - *The Case for Jesus*. Dr. Brant Petri draws evidence from early Christian and non-Christian writings attesting to the authenticity, authorship, and dating of the Gospels, and gives an in-depth look at the Gospel accounts of Jesus's Crucifixion, Resurrection, and the proclamation of His divinity.

Class Dates/Time: 11 Apr - 6 Jun, Sundays at 8:00 am

Via Zoom Meeting
Join Zoom Meeting

<https://zoom.us/j/94165603422?pwd=dlg2TjVoOldwOXhKRFJrQigkQWc5QT09>

“The largest marginalized group in the world can be found in the U.S. They are the unborn”

Sister Deidre Bryne

YOUTH NEWS

Life Teen (High School) Youth Ministry will meet on Sunday, April 25th from 1pm - 2:30 pm. Bring your friends and join us for some fun, faith and fellowship! For more Youth Ministry events, please visit www.olhoc.org/ynevents or contact Marlen Coles marlen@olhoc.org

Congratulations to the youth who received the Sacrament of Confirmation this past Friday. Many thanks to all who have assisted with their preparation in any way. Please continue to keep the youth of the parish in your prayers! For more information on receiving the Sacrament of Confirmation, please visit www.olhoc.org/confirmation-1

Attention High School & College Graduate Class of 2021: Please save the date and join us on Sunday, June 6th at the 11:30 am Mass for a special blessing. We will also have special virtual gatherings for high school seniors with special topics and guest speakers. Please sign up online www.olhoc.org/graduate If you have any questions contact Marlen marlen@olhoc.org

We are asked to pray for:

Brandon Mack
Nestor Ermelindo Molina
James Thompson
Rebecca (Tess) Franch
Joseph Albrittian
Sid and Suszanna 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
David Mesler
Victor Cordero
Georgiana Norgren
Marie Bottorf
Dorian Webster
Dionne Gause
Billy Dexter
Trenia Price
Erick M. Knapp
Norm Green
Sarah Dixon
Grace Albrittain
Elaine Moses

Yvonne Buford
Karen Zimmerman
Steve Wyloge
Terri Elizabeth McAllister Burnette
Joanne Johnson
Mike Spurgeon
Mary A. Dyson
Kevin Viel Sr.
Ligia Lam
David Stanley
Jim McMahan
Drew Shuda
Wilma Cruz
Fr. Eamon Dignan

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



Mass Intentions this Week

Saturday, April 24, 9:00 AM: Gloria Charles (+)
Saturday, April 24, 5:00 PM: Oudraogo family
Sunday, April 25, 8:30 AM: Gloria & Delfin Gigantana (+)
Sunday, April 25, 10:00 AM: Vivian Miller (+)
Sunday, April 25, 11:30 AM: Feria Family (+)
Sunday, April 25, 1:00 PM: Lucrecia "Mary" Lagman
Sunday, April 25, 7:00 PM: OLHOC Parishioners
Monday, April 26, 7:00 AM: Angelita Malimbam
Monday, April 26, 9:00 AM: Suffering Souls in Purgatory
Tuesday, April 27, 9:00 AM: Evat Black
Wednesday, April 28, 9:00 AM: Debbie Neuman
Wednesday, April 28, 7 PM: Marie Anna Salazar
Thursday, April 29, 9:00 AM: Henry Ballesteros & family
Friday, April 30, 7:00 AM: Regina Dubicki
Friday, April 30, 9:00 AM: Joseph & Anthony Fogal

3 New Masses!

Sundays at 1 PM, Mondays and Fridays at 7 AM

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.

Mass Readings for May 2, 2021

5th Sunday of Easter

***First Reading**

Acts of the Apostles 9:26-31

***Second Reading**

1 John 3:18-24

***Gospel**

John 15:1-8

www.usccb.org





Feast of Our Lady of Fatima

May 13 is the celebration of the feast of Our Lady of Fatima. Our Lady first appeared to three children in Fatima, Portugal on May 13, 1917.

When they took their sheep out to a pasture, known as Cova da Iria (Cove of Peace), they saw *“A lady, clothed in white, brighter than the sun, radiating a light more clear and intense than a crystal cup filled with sparkling water lit by burning sunlight.”*

She told them not to be afraid, she came from heaven. Our Lady told them to offer themselves to God, and to say the Rosary every day to bring peace to the world and end the war (WW1). She appeared on the 13 of each month for six months.

This advice is still relevant for us today. We will celebrate her feast day on Thursday, May 13 at a 7 pm Mass. Please join us.



33 Day Consecration to St. Joseph May 19– June 20

For those who did not have the opportunity, the total consecration to St. Joseph will begin again on May 19, ending on Father’s Day, Sunday June 20. You can follow along on YouTube with Father Alain and Father Ben daily.

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

“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