

## May 16, 2021: The Ascension of the Lord

### BEING LIFTED UP!

"*HE WAS LIFTED UP*". Those four words give all of us HOPE: we all need to be LIFTED UP. Our attachments to this world are at times heavy like chains. Jesus encourages us to look up. As HE is being LIFTED UP TO HEAVEN, he gives us the HOPE that we too can be LIFTED UP and be with HIM in HEAVEN. This is Our Lord's PROMISE of the Coming of the Holy Spirit to transform us and lift us up. This is what the ASCENCION OF THE LORD is all about.

Every year at this time we hear the beginning of the Acts of the Apostles (Acts 1:1-11) narrating the ASCENCION OF THE LORD, the amazing event that took place 40 DAYS after the Lord's RESURRECTION. Jesus invites the APOSTLES to stay in Jerusalem and WAIT FOR THE PROMISE OF THE FATHER. He announces that "*In a few days you will be BAPTIZED WITH THE HOLY SPIRIT ...You will RECEIVE POWER when the HOLY SPIRIT COMES UPON YOU and you will be my witnesses*". This is PENTECOST, which we will celebrate next week...

Do we want to be lifted up? We do not have to await our departing from this world. We can be lifted up today. Heaven begins right here right now on earth. Jesus promised to His Apostles that He will not leave them alone. He was going to leave this world, but He was not going to abandon them. They will never be alone. He will send them an Advocate, the Paraclete, THE HOLY SPIRIT, the Spirit of Truth who will GUIDE them (John 16:12-15). At OLHOC, we are still glowing in the JOY of our 34 youth receiving the Holy Spirit at CONFIRMATION three weeks ago. St Paul says so eloquently to the Ephesians (Ephesians 1:17-23): "*May the God our Lord Jesus Christ GIVE YOU A SPIRIT OF WISDOM and REVELATION resulting in KNOWLEDGE of Him. May the EYES OF YOUR HEARTS BE ENLIGHTENED, that you may KNOW WHAT IS THE HOPE that belongs to His call...what is the surpassing greatness of HIS POWER for us who BELIEVE.*"

Because of the chains of sinfulness that attach us to the world and may bring us unbearable pains, we may feel at times that GOD has abandoned HIM. Where are you GOD? Our Lord Jesus Christ promised us that we will never be left orphans. GOD will never abandon us. If we feel separated from God, it is because we are the ones abandoning us. Jesus promises the coming of the Holy Spirit. In every sacrament, the HOLY SPIRIT is at work. This is why the Mass and the Sacrament of Reconciliation are so foundational for our being LIFTED UP: they provide the basic nourishment for our SOULS. GOD loved us first. HE loves each one of us unconditionally. HE wants us to feel that LOVE in our hearts and to share His love with one another. The EUCHARIST is the SIGN of HIS LOVE. JESUS humbles Himself in the Eucharist at every Mass. Every consecrated host contains the Body, Soul and Divinity of Our Lord Jesus Christ. Every time we receive the Holy Communion, we are LIFTED UP to HEAVEN for a few minutes as we are totally united with GOD, Jesus Christ.

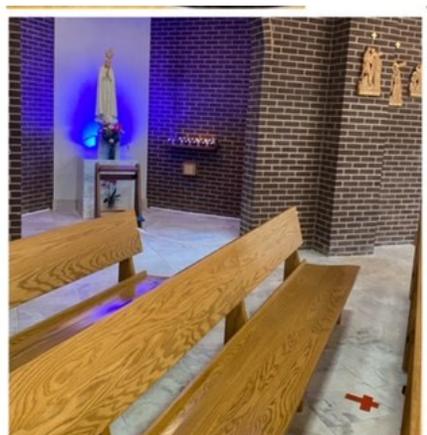
Let us all receive the Eucharist with the utmost reverence and respect. Let the mark of the little Red Cross where one consecrated host had been found (SEE PICTURES BELOW and also last two columns) be a constant reminder of the sanctity of the Eucharist. Let us never abandon Jesus! As Jesus laid down on the floor between two pews at the foot of Our Lady of Fatima for over 15 hours ( between end of 5 pm Vigil Mass and end of 8:30 am Mass next day), Our Lady must have been crying and her heart must have been bleeding ...The "*red*" of our little cross is to remind us of the "*heart of blood*" that appeared on that host five days later while being dissolved in water in our sacrarium in the sacristy: the bleeding Heart of Jesus as seen in the image of Jesus Divine Mercy that had just been brought into our church just a few days before the event of our "*little*" Eucharistic miracle, truly a SIGN FROM GOD!

NOVENA TO THE HOLY SPIRIT :before Pentecost, GOD wants to LIFT US UP and HE is inviting each one of us to begin nine days of prayer to the Holy Spirit this FRIDAY MAY 14, ending on Saturday May 22 ( Vigil of Pentecost). One parishioner inspired by the Holy Spirit recommended a very simple ( and short) Novena Prayer focusing each day on one of the NINE FRUITS of the Holy Spirit

<https://www.praymorenovenas.com/novena-to-the-holy-spirit>  
Here is an excerpt of the second day, the second fruit JOY: "*O HOLY SPIRIT , by Your power, Christ was raised from the dead to save us all. By Your grace, MIRACLES are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for YOUR GIFT OF JOY within us. All of the Saints are marked with an uncompromisable JOY in times of trial, difficulty and pain. Give us , Oh Holy Spirit, the JOY that surpasses all understanding that we live as a witness to Your love and fidelity... AMEN.*"

May GOD uplift our spirits on this Solemnity of the ASCENSION of the Lord and prepare our hearts for receiving the FIRE of the HOLY SPIRIT at PENTECOST!

One in Christ,  
Fr. Alain



## Worldwide Marian Prayer Gathering – May 17

The Holy Father, Pope Francis, has asked for this month of May to be dedicated in a special way to pray for an end to the Coronavirus pandemic. In response to the Pope's call, the Pontifical Council for the New Evangelization is organizing a month-long "marathon" of prayer in the principal Sanctuaries of the world.

The Basilica of the National Shrine of the Immaculate Conception will take part in the marathon, and has been asked to lead the worldwide recitation of the Rosary on Monday, May 17 with the following special intention: "for world leaders and the heads of international organizations". Cardinal Gregory will lead this service from the Basilica at 11:00 a.m. EDT. EWTN will be broadcasting this prayer service.

## Novena to the Holy Spirit

The Novena began on Friday May 14 through Pentecost. You can still pray the Novena, the link below contains the nine days' prayers, and the final comments:

<https://www.praymorenovenas.com/novena-to-the-holy-spirit>

### 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=dlg2TjVoQldwOXhKRFJrQigkQWc5QT09>

### Community Outreach

"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!

The next Outreach meeting is June 2, 2021 At 7 p m on Zoom. The next Shepherd's table is June 17, 2021

### Parish Feast Day, May Crowning Celebration & Outdoor Mass

Join us on Pentecost Sunday, May 23rd at 11:10 am around Mary's statue for the Crowning of Mary, Queen of Heaven and Earth followed by 11:30 am outdoor Mass in honor of our parish Feast Day, Our Lady Help of Christians, as well as celebrate the end of another successful year of Youth Ministry and CCD. We invite the First Communicants to wear their sacramental attire and the newly Confirmed to wear a red shirt. Please bring flowers for Mary and a lawn chair; all are welcome to join us!

## Youth News

**Life Teen (High School) Youth Ministry & current 8th Graders** we will meet on Sunday, May 16th from 1pm - 2:30 pm to celebrate the end of the year. Bring your friends and join us for some food, faith, fun and fellowship! Help us know how many are coming by signing up, please visit [www.olhoc.org/lifeteen](http://www.olhoc.org/lifeteen) or contact Marlen Coles [marlen@olhoc.org](mailto:marlen@olhoc.org)

**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 for the 2021 graduates. 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](http://www.olhoc.org/graduate) so we can plan better. If you have any questions contact Marlen [marlen@olhoc.org](mailto:marlen@olhoc.org)

### Volunteer for Youth Core Team

If you are interested in joining our team and assist with the Youth Core team, be a Confirmation Mentor, or learn more about ways to volunteer with the youth, please visit [www.olhoc.org/ymteam](http://www.olhoc.org/ymteam) or talk to Marlen Coles [marlen@olhoc.org](mailto:marlen@olhoc.org)

**We are asked to pray for:**

Brandon Mack  
Nestor Ermelindo Molina  
James Thompson  
Rebecca (Tess) Franch  
Joseph Albrittain  
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

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 McMahon  
Drew Shuda  
Wilma Cruz  
Fr. Eamon Dignan  
Dr. Michael St. Thomas

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



**Mass Intentions this Week**

**Saturday, May 15, 9:00 AM: Isadora Torres & family**  
**Saturday, May 15, 5:00 PM: Armand Ouedraogo**  
**Sunday, May 16, 8:30 AM: Edna Douchette (+)**  
**Sunday, May 16, 10:00 AM: Romy Silvestres (+)**  
**Sunday, May 16, 11:30 AM: OLHOC Parishioners**  
**Sunday, May 16, 1:00 PM: Dr. Michael St. Thomas**  
**Sunday, May 16, 7:00 PM: Lucrecia Lam**  
**Monday, May 17, 7:00 AM: 1st Communion children**  
**Monday, May 17, 9:00 AM: Rosemary Wisen (+)**  
**Tuesday, May 18, 9:00 AM: David Mesler**  
**Wednesday, May 19, 9:00 AM: Jean Erick Joassaint (+)**  
**Wednesday, May 19, 7 PM: Lucca Galvan**  
**Thursday, May 20, 9:00 AM: Beartiz Villegas (+)**  
**Friday, May 21, 7:00 AM: Manuel Gomes (+)**  
**Friday, May 21, 9:00 AM: Noah Strawberry**

***Pentecost Midnight Mass/All night Eucharistic Adoration***

To Celebrate our church's "birthday", we will have a Mass at midnight on May 23, followed by all night Eucharistic Adoration until Mass at 8:30 am. Please plan to celebrate with us.  
(No 1 pm Mass on May 23)

**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 May 22, 2021**

***Pentecost Sunday***

***\*First Reading***

**Acts of the Apostles 2:1-11**

***\*Second Reading***

**1 Corinthians 12:3b-7, 12-13**

***\*Gospel***

**John 17:11b-19**

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



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

## *Holy Hour for Vocations Saturday June 5 at 10 AM*

Why is prayer important for the work of vocations? Prayer is the support that brings to fruition the seed of the vocation within the men and women who offer their lives to serve Our Lord. It is through the power of prayer that those seeking the priesthood and the consecrated life are sustained and nurtured. It is through the grace of daily prayer that you will partake in the work of building the culture of vocations. You will be a prayerful participant in the priest's ordination.

Your 'little prayers' offered each day will make a great difference. In Mother Teresa's words, "like Jesus we belong to the world living not for ourselves but for others. The joy of the Lord is our strength." (ADW. 2021)

Please take one hour out of your day and come to church on Saturday June 5 at 10 am to pray for these men and women who are also praying for you.

## *Retired Flags and Religious articles*

The Knights of Columbus, along with local Catholic Churches will retire worn flags and religious articles at the end of May at St. Josephs in Pomfret. There is a bin by the office door, if you have anything you need disposed of properly, please put it in that bin. We will collect items through May 23, 2021

## *HELP KEEP OUR CHURCH CLEAN*

Since last year, OLHOC cut back on many of the services we had paid 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.

### **\*\*\*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](http://www.olhoc.com) at 10 am on Sundays