

June 20, 2021: 12th Sunday in Ordinary Time

HUMILITY OF GOD

Last week at the Sunday 7 pm Mass, I preached in Spanish about the "*HUMILITY OF GOD*". Talking in my imperfect Spanish about our "little" miracle of the Eucharist at OLHOC was not easy (a humbling experience). Just one hour before the Mass, the Holy Spirit led me to share another "little" miracle in my life, a 4-page LETTER I received from a LIVING SAINT in 1978 ...a letter that changed my life.

In earlier occasions, I have spoken about my personal encounter with MOTHER TERESA in Calcutta when I was living next door in Dakha, Bangladesh. I have even shown the original 4-page letter she wrote me in my first homily to FIRST COMMUNICANTS 11 years ago, as she commented extensively on the centrality of the EUCHARIST and Blessed Sacrament: "*It was so beautiful to be together at the altar of God. I wonder what our lives would be if we did not have JESUS IN THE BLESSED SACRAMENT SO REAL, SO LIVING, SO WONDERFUL. HOW FAR HIS LOVE HAS TAKEN HIM TO MAKE HIMSELF BREAD OF LIFE, TO SATISFY OUR HUNGER FOR LOVE, FOR GOD, and then TO MAKE HIMSELF THE HUNGRY ONE so that you and I, and each one of us can satisfy HIS hunger for love, for human love through OUR FEEDING HIM IM THE HUNGRY POOR. --- WHAT HUMILITY OF GOD. --- how far HIS Love has taken Him. ----*"

After these amazing words about the presence of God in the Eucharist and the Blessed Sacrament, Mother Teresa continues in her letter: "*I am visiting our Sisters in Ethiopia and here in Tanzania and will soon go to Yemen, Jordan and Israel TO SEE THE MIRACLE OF GOD --- TO SEE THOSE YOUNG SISTERS not only they are DOING THE HUMBLE WORKS, but that they RADIATE JOY in while they do so ...Our homes are full with sick and dying destitute, with people unwanted, unloved, lonely, and forsaken...*"

Jesus constantly encourages us to IMITATE HIM and to be HUMBLE. As Jesus is both man and God, we have no problems in seeing the HUMILITY OF JESUS as man. "*Come to me all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I AM MEEK AND HUMBLE OF HEART.*" (Matthew 11:28-30). Jesus' heart is humble. Jesus constantly "exalts" the humble and "humbles" the proud. It is more challenging to see the HUMILITY OF JESUS as GOD, THE HUMILITY OF GOD that Mother Teresa highlighted, the mystery that GOD HUMBLING HIMSELF to come as a man on earth 2,000 years ago (uniting heaven and earth) and that GOD continues to come and humble Himself in every "little" consecrated host at every Mass every day: Body, Blood, Soul, and Divinity.

Throughout History Salvation, the Old Testament highlights God's preference for the "humble". In last week's reading from Ezekiel (17:24), the Lord God says, "*And all the trees of the field shall know that I, the Lord, BRING LOW the HIGH tree, LIFT HIGH the LOWLY tree...As I, the Lord, have spoken, SO I WILL DO.*" *The all-powerful God is totally in charge. When we truly understand that we are "nothing", that we are a drop of water in an immense ocean, that we are truly "nobody", we then become "totally dependent on God" and then there is no longer room for "pride" in our hearts. It is all about HUMILITY, and TRUST IN GOD. The first sin of mankind was a sin of pride: Adam and Eve desired to be like God. They had everything one could imagine. They were truly in Heaven, totally with God. But they wanted more...In today's world, Pride remains the mother of all vices while Humility remains the mother of all virtues!*

It was humbling for me to preach into Spanish the beautiful "English" words of Mother Teresa. The translation is always inadequate especially when one is not a professional translator. It was also humbling to share a personal letter. Life is not about us. Life is about our personal relationship with God directly and indirectly through our own unconditional love of others, doing everything for the glory of God. It is humanly impossible to love unconditionally others as God loves us, but with the GRACE OF GOD, everything is possible. Jesus keeps saying to us: "*Love one another as I have loved you.*" Our spiritual journey is to follow Jesus and His commands. Throughout his public ministry Jesus invites his disciples, us, to strive for holiness, for perfection: "*BE PERFECT, JUST AS YOUR HEAVENLY FATHER IS PERFECT*" (Matthew 5: 48). We know that we can reach perfection only when seeing God in Heaven. But we know that while on earth, God pours upon us ALL THE GRACE that we need to strive for perfection. This is HIS GRACE, the LOVE OF THE HOLY SPIRIT that can help us to strive for true HUMILITY.

Let us pray that our hearts will be open to the Love of the Holy Spirit and that we can all strive for true humility. As we celebrate Fathers' Day this coming Sunday, June 20, and will also conclude the 33 days of Consecration to St Joseph that we began on May 19, we will say the prayer of Consecration at the end of each Mass (See next page of bulletin). May the humble and loving St Joseph be an example for fathers!

HAPPY FATHERS' DAY!

One in Christ,
Fr. Alain

Mass Protocol

Following the guidelines by the Archdiocese of Washington, and the state of Maryland, we are making changes to our procedures:

- *No need to “sign-up” for Mass
- *We encourage everyone to continue wearing a mask for the time being
- *Keep 3 ft. between families. If you wish more distance, utilize the side aisles for 6 ft.
- *If you are feeling ill, please stay home and watch Mass on YouTube

General Dispensation from the Obligation to Attend Mass has been lifted

The dispensation of the Sunday and Holy Day obligation has been lifted. The reinstatement of the obligation to attend Mass begins Saturday, June 26, 2021 and Sunday, June 27, 2021. Full in-person participation of the Sunday Eucharist is the source and summit of our Catholic faith (cf. Code of Canon Law, canon 1246-1247 and Catechism of the Catholic Church, n.2180).

This does not apply to those who are ill, have reason to believe they have been exposed recently to the coronavirus, or any other serious or contagious illness. Anyone confined to a hospital, home or nursing facility, having a serious underlying health condition will continue to have dispensation.

Please consult with Father Alain if you have questions regarding your obligation to attend Mass.

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 will be September 15 at 7 pm in the Father Martin Hall. The next Shepherd’s table is June 17, 2021

Father Ben

Sadly, Sunday July 4th will be Father Ben’s last day at Our Lady Help of Christians. Please join us after all Masses to say good-bye to our next S.O.F.A.

Religious Education News

It is with deep regret that we announce the resignation of Nereida Tellechea, our Coordinator of Religious Education for the past two years. Mrs. Tellechea has been a valuable and well-respected member of the Religious Education Team, two years as Coordinator and as an Assistant prior. Her work, contribution, including the extended hours of dedication have been greatly appreciated. We will miss Mrs. Tellechea’s charm, professionalism, empathy and strength, especially during last year’s COVID challenges.

We are now looking for someone to fill her shoes. If you are interested in being a leader in religious education at OLHOC, please see the job description on our website- www.olhoc.com Interested candidates may send their resume to pastor@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

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 Albrittian
Elaine Moses

Yvonne Buford
Karen Zimmerman
Steve Wyloge
Terri Elizabeth McAllister Bur-
nette
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
Bessie Davis
Dorian Webster
Derrick Webster
Brandon Mack

Dionne Gause

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

- *Names will be removed after 3 months unless you notify the office*



Mass Intentions this Week

Saturday, June 19,

9:00AM: Sheila O'Hara Sullivan (+)
5:00 PM: Harry Gurien (+)

Sunday, June 20,

8:30 AM: Emmett Bryner
10:00 AM: OLHOC Parishioners
11:30 AM: Jose & AnnaMarie
Gonzales and family
1:00 PM: Chrystal Beauregard (+)
7:00 PM: Maria de Los Angeles
Monday, June 21,
7:00 AM: KD Dillard
9:00 AM: Julie Fleming

Tuesday, June 22,

9:00AM: Father Ben

Wednesday, June 23,

9:00 AM: Deacon Rich
7:00 PM: Sister Rosario

Thursday, June 24,

9:00 AM: Elira Andrews (+)

Friday, June 25,

7:00 AM: Paul Wachsmuth
9:00 AM: Amy Magdangal (+)

“You are all called to stand up for life! To respect and defend the mystery of life always and everywhere, including the lives of unborn babies, giving real help and encouragement to mothers in difficult situations. You are called to work and pray against abortion” Pope John Paul II

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 June 27, 2021

13th Sunday in Ordinary Time

***First Reading**

Wisdom 1:13-15, 2:23-24

***Second Reading**

2 Corinthians 8:7,9, 13-15

***Gospel**

Mark 4:21-43

www.usccb.org



*****Consecration to St. Joseph after all Masses this weekend*****

James– Pearls for Wise Living Course

Our next 10-session course will be James – Pearls for Wise Living by Ascension Press.

It will be every Sunday from 13 Jun – 15 Aug 21, 0930 (between the 8:30 and 11:30 Masses), in the Father Martin Hall and via Zoom

Presenter, Jeff Cavins, shows how James' teachings speak to us who feel torn between the competing demands of this world and our Faith. The Book of James helped a fledgling Church live out its Faith in the face of persecution and a worldview opposed to the gospel and you will discover wisdom you can apply to your own life, now.

To Register on Ascension Press:

<https://study.ascensionpress.com/studies/55902/registrations/new>

Get Workbook (optional):

<https://ascensionpress.com/products/james-pearls-for-wise-living-study-set-1?variant=7553718616100>

Zoom Meeting Link:

[Join our Cloud HD Video Meeting](#)

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
- We are encouraging everyone to continue wearing their masks for the safety of those who are un-vaccinated
- Maintain a 3 ft distance from non family members. If you prefer 6 ft, please use the side aisles
- If you feel ill, stay home and watch Mass on www.olhoc.com at 10 am on Sundays

