

"MY GRACE IS SUFFICIENT FOR YOU..."

"MY GRACE IS SUFFICIENT FOR YOU, FOR POWER IS MADE PERFECT IN WEAKNESS," says the LORD to PAUL in an amazing , private REVELATION (2 Corinthians 12:9). This second major Revelation to Paul is not as famous as the first one on the road to Damascus: "*SAUL, WHY DO YOU PERSECUTE ME?*" (Acts 9:4), which led Paul to a total CONVERSION from a persecutor of the first Christians to one of the greatest Christian evangelizers of all times. In my homilies last Sunday (8:30 am, 10 am and 1 pm), I invited all Mass participants to meditate on the powerful message of the second reading , by focusing on the first 10 verses of chapter 12 of St Paul's Second Letter to the Corinthians... If you have not done so , maybe the Holy Spirit will guide you to open your Bible right now...

Every word in Paul's letters is INSPIRED BY GOD. The beginning of chapter 12 of his second letter to the Corinthians may change your life. You may have never heard direct words from Jesus as Paul did. But the words Paul heard are also addressed to you personally. Like Paul, we all have "*A THORN IN OUR FLESH*" which may tend to separate us from God. That thorn was given to Paul by an angel of Satan so as "*to beat him, to keep him from being too elated*" (2 Corinthians 12:7). Three times Paul begged the Lord to take away that thorn, but God refused three times ...Paul never mentioned what was that thorn...Only when we are with Paul and all the saints in Heaven, will we know what his affliction was.

To assist us to go through the narrow gate leading us to Heaven, Jesus invites us to reflect on the thorns and crosses that are within our hearts. Accepting those thorns or crosses that afflict us and that we cannot change, will be humbling: it will help us understand our own weaknesses, our

littleness. It will be our own Way of the Cross leading us to join the Risen Lord. It will help us recall Paul's words: "*I AM CONTENT WITH WEAKNESSES! insults, hardships, persecutions, and constraints , FOR THE SAKE OF CHRIST; for, WHEN I AM WEAK, THEN I AM STRONG*" (2 Corinthians 12:10). This goes against our prevailing culture of looking down on any weaknesses and of boasting about any strengths...

In both good times and bad times, we need to keep TRUSTING IN GOD'S MERCIFUL LOVE One of the early Fathers of the Church, ORIGEN , said eloquently commenting on Christian Suffering: "*God frees us from strife, not by making our troubles disappear but by helping us not to be overcome by suffering.*" Does God want us to suffer? No! He wants PEACE for us right here right now; and yes, we can find PEACE in ACCEPTING SUFFERING for the sake of Christ, and yes, we can keep HOPE that one day we will be reaching ETERNAL PEACE in HEAVEN. Jesus taught us that the Gate to Heaven is narrow. Not everyone will be saved. But if we keep trusting in Jesus and in his grace, He will guide us through the narrow Gate.

Let us pray:

Heavenly Father, help us to accept our weaknesses and keep our eyes fixed on Jesus!

Heavenly Father, help us to understand that we can find strength in our own weaknesses.

Heavenly Father, help us to keep trusting in your Son and the power of His Grace, a Grace that will always be sufficient for us to do Your Will!

One in Christ,

Fr. Alain

Parish Registration

We know summer is the time of year when families are moving around.

If you are moving into our parish, welcome!

If you are moving out of the parish, we have enjoyed you worshiping with us and hope you will come back and visit.

Forms to register are on our website: <https://olhoc.com/parish-registration>

Please notify the office if you are moving out of the parish
(301)645-7112

COME BACK TO CHURCH

The dispensation of the Sunday and Holy Day obligation has been lifted. The reinstatement of the obligation to attend Mass at church began the end of June.

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, or anyone 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!

Our next Shepherd’s Table will be on August 19, 2021. The next Outreach meeting will be September 15 at 7 pm in the Father Martin Hall.

*****Mass Intentions*****

OLHOC offers Mass intentions for the deceased, the sick, to give thanks, in celebration of a special event, or for someone who may need extra prayer. Dates and times of Masses are on a first come, first served request. A stipend for clergy is usually offered with a Mass intention. The Archdiocese recommends that it be \$10.00. However, the decision is left to the requester of the intention. To request a Mass intention, please come by the office.

Welcome Father Jan Pietryga!

With grateful hearts, we welcome Father Jan to our parish!

Father Jan is from Lublin, Poland. He was ordained in 2019. He is the third of ten children.

In his free time, he enjoys music (he plays the drums!), running, and reading.

Please say hello when you see him this weekend, he is very excited and happy to be here.

Religious Education Opening

We are looking for our next Coordinator of Religious Education. It could be you! 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 Albrittain
Elaine Moses

Yvonne Buford
Karen Zimmerman
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
Bessie Davis
Dorian Webster
Derrick Webster
Brandon Mack

Dionne Gause
Thomas Keim
Jack Lyons

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

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

Dan Montes, a former parishioner died July 2 in New Mexico. Please remember him in your prayers.



Mass Intentions this Week

Saturday, July 10,
9:00AM: Orlando Lagman (+)
5:00 PM: Edna Douchette (+)
Sunday, July 11,
8:30 AM: OLHOC Parishioners
10:00AM: Orlando Lagman (+)
11:30 AM: Fr. Ben Garcia
1:00 PM: Fr. Martin Flum
7:00 PM: Olga Pérez Larios
Monday, July 12,
7:00 AM: Fr. Ben Garcia
9:00 AM: Agnes Mintoume (+)

Tuesday, July 13,
9:00AM: Efren Fausto
Wednesday, July 14,
9:00 AM: Valerie Emenike
7:00 PM: Fr. Ben Garcia
Thursday, July 15,
9:00AM: Glenda & Paul Wachsmuth
Friday, July 16,
7:00 AM: Carlos Lam
9:00 AM: Helen Fitzpatrick (+)

Please remember to pray for the Souls in Purgatory

Consecration to Jesus through Mary

For those who wish to receive the graces from the Consecration to Jesus Christ through the Blessed Virgin Mary, the 33 day prayers begin on July 13, ending on the Assumption of Mary, Sunday, August 15, 2021: [How to Make Your St. Louis de Montfort's Total Consecration to Jesus through Mary | The Catholic Company®](http://www.usccb.org)

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 July 18, 2021

16th Sunday in Ordinary Time

***First Reading**

Jeremiah 23:1-6

***Second Reading**

Ephesians 2:13-18

***Gospel**

Mark 6:30-34

www.usccb.org



ANNUAL SCHOOL SUPPLY DRIVE

The Outreach Committee is collecting school supplies. Pencils, paper, crayons, binders, glue, rulers, notebooks, markers, tissues and wipes can be donated. A box is set up by the office entrance until August 1. All items will be donated to the Children's Aid Society. Thank you in advance for your generosity!

James– Pearls for Wise Living Course

Our 10-session course which has already begun is James – Pearls for Wise Living by Ascension Press. It is 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](#)

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

Anointing of the Sick, Questions for the Clergy

Clergy is available for calls to the sick—with all precautions observed. Urgent confessions can be said with a home visit. If you have a question for clergy, you can leave a message by phone (301-645-7112) or email (office@olhoc.org) for Fr. Alain or Fr. Jan

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