

November 28, 2021: 1st Sunday of Advent

KEEP YOUR EYES ON JESUS

As we enter the four weeks of ADVENT, may we all focus on JESUS, may we all KEEP OUR EYES ON JESUS. Our parish THEME this Advent is: RECONCILIATION-EUCHARIST-ADORATION.

We are invited to reconcile with JESUS (OLHOC Advent Penance Service 7 pm Monday December 13), to be totally with HIM (HIS Body, Blood, Soul and Divinity) at every Mass, every EUCHARIST (the greatest miracle on earth) and to ADORE HIM in silence, keeping our EYES ON HIM in the BLESSED SACRAMENT.

May we PRAY together this Advent Season and may JESUS help our hearts to be at PEACE while facing the many distractions and anxieties of our daily lives. MAY WE STAY ALERT: HE IS COMING! MAY WE BE READY for HIS FIRST COMING: CHRISTMAS!

BEEP BEEP! Whenever I turn away my eyes from being fixed on the road ahead of me, I hear a loud BEEP BEEP and right in front of my eyes appear four words in bright letters: KEEP EYES ON ROAD! This BEEP BEEP reminds me: KEEP EYES ON JESUS!

For those of you who were at the 5 pm Mass or the 10 am Mass two weeks ago (November 13-14) you will know this BEEP BEEP is one of the gadgets in my new car. I am still discovering them one at a time... All these gadgets have to do with SAVING LIVES. The first one startled me. It occurred only a few days after changing cars. It was a loud BEEP BEEP...and then I saw four bright letters "KEEP EYES ON ROAD" on the screen in front of me! I realized that I had moved my head and eyes away from the road.

I thought that this could be used in a homily to inspire people in KEEPING THEIR EYES ON JESUS and SAVING THEIR SPIRITUAL LIVES. I did so the following Sunday, and what I got is ...a big LAUGH from the congregation. As you know, I have no sense of humor and never use jokes or funny stories to make people laugh at

church, though I know that laughter is important, and it helps people to wake up and pay attention. However, one may remember a joke in a homily but may not remember how it fits in with the main point of the homily.

This column is to make sure that you may remember both the laughter and the spiritual point: KEEP YOUR EYES ON JESUS!!! Do not focus on yourself. If we keep our eyes on Jesus, there will be no anxiety, no anguish in our hearts: not only will we find PEACE right here right now, but also will we find ETERNAL LIFE with JESUS. We will STAY WITH JESUS FOREVER!

There are no gadgets that can BEEP whenever we take our eyes away from Jesus. But, we have a CONSCIENCE, and we need to FORM OUR CONSCIENCE. A formed conscience helps us to make the right decisions at the right time. We NEED TO PRAY every day! We need to listen to Jesus's voice. We need to go to CONFESSION regularly! We need to feel in our hearts the PRESENCE of JESUS when we receive the EUCHARIST and ADORE HIM in the BLESSED SACRAMENT. While we need to keep our eyes on Jesus at all times, may we all make a special effort during this ADVENT SEASON.

May we all pray with the psalmist (Psalm 25):

To you, O LORD, I lift up my soul...
MY EYES ARE ALWAYS ON THE LORD;
for he rescues my feet from the snare.
TURN TO ME AND HAVE MERCY
for I am lonely and poor.
Relieve the anguish of my heart
and set me free from my distress.
Put an end to my affliction and suffering.
TAKE AWAY ALL MY SINS!

May we all have a MOST BLESSED ADVENT!

One in Christ,

Fr. Alain



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***We are asked to pray for:**
Carmella Douglas **Nadashata Mack** *Names will be removed after 3 months.*
Gram Baldwin
David Mesler
Josephina Knapp
Braelynn Mack



MASS INTENTIONS
Mass Intentions this Week

Saturday, November 27,
9:00AM: Dominic & Sara Andrews
5:00 PM: OLOC Parishioners
Sunday, November 28,
8:30 AM: Margaret Foster– Massey (+)
10:00AM: JackueLINE Tabasco (+)
11:30 AM: Pat Viets
1:00 PM: Jennifer Velasco (+)
7:00 PM: Antony Efren Cruz Santos (+)
Monday, November 29,
7:00 AM: Denise Ann Rivera (+)
9:00AM: Teodomiro Figueroa Lagos (+)
Tuesday, November 30,
9:00AM: Carmen Resurreccion (+)

Wednesday, December 1,
9:00 AM: Arnold Decker
7:00 PM: Lorrin Green
Thursday, December 2,
9:00AM:Brienna Ballesteros
Friday, December 3,
7:00 AM: Emilia B Inaldo (+)
9:00 AM: Michael Owens (+)
7:00 PM: Jose Hernandez (+)
Please remember to pray for the Souls in Purgatory

COME BACK TO CHURCH– SAFELY

The dispensation of the Sunday and Holy Day obligation has been lifted. The reinstatement of the obligation to attend Mass at church began at the end of June. Please consult with Father Alain if you have questions regarding your obligation to attend Mass.

- We implemented and have regularly adjusted a conservative COVID protocol for OLHOC constantly referencing guidance from CDC, MD state government, Charles County, and Archdiocese of Washington.*
- Masks are required inside our church and building for everyone over the age of five. This applies if you are vaccinated or unvaccinated.
 - Maintain 3’ social distance between household families.
 - Wash hands frequently and use sanitizer when coming to Church.
 - Stay home if you feel ill or vulnerable to Covid transmission.

*These may change as situation dictates

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@alhoc.org.

Mass Readings for December 5, 2021
2nd Sunday of Advent

***First Reading**
Baruch 5:1-9

***Second Reading**
Philippians 1:4-6

***Gospel**
Luke 3:1-6

www.usccb.org

Speak Lord, I’m listening!

The Way Retreat

As we continue the important work of ministering to survivors of all forms of abuse across our archdiocese, we recognize that their healing is the responsibility of the entire Church. I write today to share with you that The Roman Catholic Archdiocese of Washington has scheduled two The Way retreats for survivors of abuse, at no cost to attendees. The women's retreat is February 18-20, 2022.

In support of your ministry, we are pleased to share this information with you, in order to promote this opportunity in your parish and personally invite any survivors who could benefit. This retreat is an occasion for survivors to reflect on God's plan for their lives and for healing through prayer and the sacraments. There will be opportunities for professional one-on-one counseling, and spiritual direction. For additional information and details about these retreats, please visit <https://adw.org/the-way-retreat/<https://click.icptrack.com/icp/relay.php?r=79081736&msgid=1230519&act=FD3A&c=686612&destination=https%3A%2F%2Fadw.org%2Fthe-way-retreat%2F&cf=17356&v=e2c1d1daa2dc09790eaa9b2011642b97e1d67a454a585af399c297d061b367c6>>.

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

Each year we collect new hats, gloves, socks and pajama's for the Children's Aide Society here in Waldorf. We will be collecting these new items now through December 10th. You guys have been so generous this year with our supply list and Thanksgiving baskets that we are reaching out again.

All items should be new and children's sizes. We appreciate any help that you can give!

~OLLC Staff

Bake Sale! Bring your wallet!

Please support Mary's Helping Hands by purchasing a baked item next Sunday, December 5, 2021 after all Masses, or until all items are sold.

Christmas Flowers



Please consider donating money for our Christmas flowers in memory of a loved one. We are asking \$15 that will be used for Poinsettias to adorn our sanctuary for Christmas. Envelopes are in the Narthex by the offertory box.

Upcoming Masses

Feast of the Immaculate Conception: Wednesday, December 8th. Masses are at 9 am, noon, and 7 pm (Bilingual). It is a Holy Day of Obligation!

Feast of Our Lady of Guadalupe: Sunday, December 12. In addition to the regular Mass schedule for Sunday, we will also have a Mass at 5 am

Christmas Novena Masses and Posadas: December 15-23 at 7 pm.

Giving Tuesday November 29

If you wish to donate to Our Lady Help of Christians on Giving Tuesday, here is the link:

<https://washington.igivecatholic.org/organizations/our-lady-help-of-christians-catholic-church-waldorf>

Thank you in advance!

Outreach News

The Outreach Committee wishes to thank all who donated time, money and food for the 50 Thanksgiving baskets our parishioners delivered on Nov. 21.

Hopefully our efforts made the Holiday a little brighter for many. Thank you all!!

We are now collecting boxed potatoes au gratin, macaroni & cheese, stuffing, canned peas, corn and fruit cocktail for the Christmas baskets until Dec. 18. Thank you in advance!

The next Outreach meeting is Dec.1st at 7 p.m.in Fr. Martin Hall.

Shepherd's Table is Dec.16th.

“Walk with Mary” on December 11

All are invited to join in our annual archdiocesan celebration of the feast of Our Lady of Guadalupe! Each year, we honor Our Lady through a pilgrimage through the streets of Washington, D.C. Our pilgrimage begins at the Shrine of the Sacred Heart and concludes at the Basilica of the National Shrine of the Immaculate Conception, where together we pray the Rosary and celebrate Mass. For more information, please go to <https://adw.org/media-events/walk-with-mary/>

Youth/CCD

Life Teen (High School) Youth Ministry meets in-person on most Sunday's from 1pm - 2:30 pm. Please visit our website to stay informed of our upcoming dates and for other youth events.

Youth Core Team If you are interested in joining our Youth Core team, be a Confirmation Mentor, or learn more about ways to volunteer with the youth, please visit www.olhoc.org/ymteam or talk to Gracie Lopez youth@olhoc.org

No CCD Classes November 28/29. There will be no classes for CCD so teachers and students can celebrate the

Advent Penance Service



On **Monday December 13, 2021 at 7 pm**, Our Lady Help of Christians will hold our Advent Penance Service. Along with Father Alain and Father Jan, many Priests have agreed to come.

Please come and confess your sins, you will leave lighter!

“Those who conceal their sins do not prosper, but those who confess and forsake them obtain mercy” Prv 28:13