

A Letter from Our Pastor

I read an article in Forbes Magazine this week with some interesting data I would like to share with you:

A study from Harvard's School of Public Health including research recently published in the American Journal of Epidemiology, finds that kids and teens who are raised with religious or spiritual practices tend to have better physical and mental health as they age. The research team was interested in whether the frequency with which a child/teen attended religious services, prayed or meditated correlated with their physical and mental health as they grew into their 20s. The young people were observed anywhere from eight to 14 years.

The result was that those who attended religious services at least once a week as children or teens were about 18% more likely to be happier in their 20s than those who never attended services. They were also almost 30% more likely to do volunteer work and 33% less likely to use drugs. However it was equally as significant how often they prayed or meditated. Those who prayed or meditated every day had more life satisfaction, were better able to process emotions, and were more forgiving compared to those who never prayed. They were also less likely to have sex at an earlier age or to have a sexually transmitted infection.

"These findings are important for both our understanding of health and our understanding of parenting practices," said study author Ying Chen. "Many children are raised religiously, and our study shows that this can powerfully affect their health behaviors, mental health, and overall happiness and well-being."

Previous studies have suggested similar connections - that people who are more religious are often happier, people who believe in something greater are more resilient to stress, and that some of the fundamental spiritual habits that humans have been doing for eons might have a lot more value than we think.

- Msgr. Edward Filardi

Masses for the Week

Monday, September 24th (Gospel reading: Lk. 8: 16-18)		
7:00 AM	+ Onyioza Maris Asuku	Fr. Barbieri
8:00 AM	+ Don & Patricia Bowe	Fr. Barbieri
12 NOON	+ Edna Feerick	Fr. Barbieri
Tuesday, September 25th (G. reading: Lk. 8: 19-21)		
7:00 AM	+ Irena & Waclaw Szyszkowski	Fr. Barbieri
8:00 AM	+ Jose Antonio Cainas	Fr. Barbieri
12 NOON	+ Elizabeth Deveny	Fr. Barbieri
Wednesday, September 26th (G. reading: Lk. 9: 1-6)		
7:00 AM	Int. Jessica Jones	Fr. Barbieri
8:00 AM	+ Peter Rudnicki	Fr. Barbieri
12 NOON	Int. Jeffery Nguyen	Fr. Visitor
Thursday, September 27th (Gospel reading: Lk. 9: 7-9)		
7:00 AM	+ Onyioza Maris Asuku	Fr. Barbieri
8:00AM	Holy Souls in Purgatory	Fr. Barbieri
12 NOON	+ Fr. Alan Helwig	Fr. Barbieri
Friday, September 28th (Gospel reading: Lk. 9: 18-22)		
7:00 AM	+ Joseph Can Ngoc Pham	Fr. Barbieri
8:00 AM	+ Alfred J. Puchala, Sr.	Fr. Barbieri
12 NOON	Int. Maria Freire	Fr. Barbieri
Saturday, September 29th (G. reading: Jn. 1: 47-51)		
8:00 AM	+ Mary Elizabeth Cicale	Msgr. Filardi
11:00-11:55 AM	Confessions	Msgr. Filardi
12 NOON	Int. Theresa Garber	Fr. Barbieri
4:00-4:45 PM	Confessions	Fr. Barbieri
5:00 PM	+ Joseph Can Ngoc Pham	Msgr. Filardi
Sunday, Sept. 30th (G. reading: Mk. 9: 38-43, 45, 47-48)		
7:30 AM	People of the Parish	Fr. Barbieri
9:00 AM	Priest's Intentions	Msgr. Filardi
10:30 AM	Priest's Intentions	Msgr. Filardi
12 NOON	Priest's Intentions	Fr. Barbieri
1:30 PM	Priest's Intentions	Fr. Barbieri

The Priests' schedule is subject to change without notice. Because of printing deadlines, Mass intentions requested less than two weeks ahead might not appear in the bulletin. Masses are offered for the names/intentions written in the parish intention book. The graces of each Mass are applied to the persons listed in the book regardless of whether they appear in the bulletin or are mentioned during the Mass.



Third Time: John Aylor of Spartanburg, South Carolina and Lea Biciocchii of Las Vegas, Nevada.

Third Time: Charles Pollack of Rockville, Maryland and Claudia Diaz of Chevy Chase, Maryland.

40 Days for Life: September 26th - November 4th:

You're invited to join other Christians for 40 Days for Life: 40 days of prayer and fasting for an end to abortion. Our Lady of Lourdes has committed to the following time slots to pray at Leroy Carhart's abortion clinic on the public right-of-way, 10401 Old Georgetown Road, Suite 104. Please go at any point during these times if possible:

Tuesdays: 10:00-11:00am or 11:00am-12 noon
Thursdays: 5:00-6:00pm or 6:00-7:00pm,
Sundays: 1:00-2:00pm or 2:00-3:00pm.

For more information call Christa at 301-785-1797 or visit: <https://40daysforlife.com/bethesda>.

TWENTY-FIFTH SUNDAY IN ORDINARY TIME

Office of Religious Education 301-654-5954

Reflections on Reminders in Our Lives is that daily reminders are important. . . it's something that Samuel Johnson explained 252 years ago: ". . . men more frequently require to be reminded than informed," It's not always that we're forgetful, either.

The Church is blessed beyond measure in the form of prayers, and of Gospel readings, in the form of Sacraments—all reminders of God's presence. Who can hear that favorite prayer, so aptly named Memorare, without feeling overwhelmed by its evocative plea: "Remember, O most gracious Virgin Mary, that never was it known. . .? How many times have we heard, in the cycle of readings that makes up the seasons of the Church, the Gospel about 'The Rich Young Man'? Surely each one of us has asked: Good Teacher, what must I do to inherit eternal life?" And Christ's answer?—He reminds the young man of the Ten Commandments, and then He reminds him that he still lacks one thing: total surrender to God. When we hear this Gospel, is it the first time we encounter this lesson? Of course not. But there is something needful in its reminder.

(Taken from: Homiletic & Pastoral Review; Reflections on Reminders in Our Lives by Daniel B. Wester professor and research scientist at Texas A & M University; 09-13-2016)

Today: Safe Environment Talk for all grades.

Join us at Our Lady of Lourdes for the next Bible Study: *Psalms: The School of Prayer*:

Mondays at 7:00pm in the Religious Education Office on the lower level of the school. The DVD Series is taught by Jeff Cavins and runs for ten weeks with opportunities for discussion. To register call the Religious Education Office at 301-654-5954. There is no cost for the class. If you wish to purchase a workbook the cost is \$25.00. Fliers are available in the vestibules of the church.

English Speakers of Other Languages Program (ESOL)

Would you like to learn English or improve your English language ability? Classes are held **each Sunday from 11:45am until 1:15pm**. We look forward to meeting and speaking with you. If you have any questions, feel free to contact ESOL Coordinator, Maya Wilson, at 516-455-9169.

MEN: Deepen your Faith, Friendships, and Relationships Within your Family: That Man Is You:

A program for men seeking to refresh their spiritual life and deepen their family commitments, meets in the Library Media Center from **6:25 to 7:55 on Saturday mornings**. Please RSVP by contacting Paul Bizot at pbizotpe@aol.com or 301-648-5945.

RCIA - Thursdays at 7:00pm in the School Library:

Through weekly gatherings, those attending gain a deeper appreciation and understanding of the Catholic beliefs and practices. All are welcome, and there is no obligation to make any commitment to become Catholic. Please call the rectory office for more information.

Rite of Christian Initiation of Adults (RCIA) Classes in Spanish: will be held on Sundays from 11:30am-1:15pm. Please contact Gilvar Morales at 301-788-9651 for more information.

Do you suffer from Toxic Family Syndrome?

Does time with your family bring tension and old hurts rather than joy? This can be the lingering results of growing up in a dysfunctional family. A class for **Adult Children of Alcoholics/Adult Children of Dysfunctional Families (ACOA/ACDF)** is offered to help you to understand family dynamics and heal the pain of growing up in such a family. This healing program seeks to improve coping and intimacy skills and to help you grow in appreciation and love of one's self and others. The first six-weeks of a three part series will be offered at 4405 East West Highway, Suite 304B beginning **Wednesday, September 26th, 2018**. Call Kathleen Scheg, JD, LCPC, LPC at 301-681-3590. The fee is \$360 for each six weeks.



The Our Lady of Lourdes Young Adult Fellowship is Excited to Announce the Following Events:

1. Please take a moment to join fellow young adults for our monthly Adoration, Reconciliation and Fellowship on **October 26th** at Our Lady of Lourdes Church. We will begin adoration at 7:00pm, which will include the rosary, quiet prayer and reflection. The sacrament of confession will also be offered. Following adoration at 8:00pm, please join us for a simple meal downtown Bethesda.
2. Movie night - Please join us at the Our Lady of Lourdes school library to view the movie *Sexual Revolution* on **October 11th and 12th at 7:30pm**.
3. Hike/Brewery trip - If you are interested in a group hike, or brewery trip, please email us so that we can help to plan this event.

Please stay tuned. For more information please check out our Facebook page <https://www.facebook.com/OLOLYAF>.

Thank you and God bless!

Altar Flowers:



The altar flowers this week have been generously donated by **Jackie Asuku** in loving memory of **Casimir and Mary Asuku**.

If you would like to donate the Altar Flowers for a special intention, a special occasion, or in memory of a loved one, please call the parish office or email: sgolden@lourdesbethesda.net or ctoms@lourdesbethesda.net The donation for the flowers is \$150.00.

Finance & Administration:

"How shall I make a return to the Lord for all the good He has done for me?" (Psalm 116:12)

Twenty-Third Sunday in Ordinary Time 2018 Offertory: Unavailable

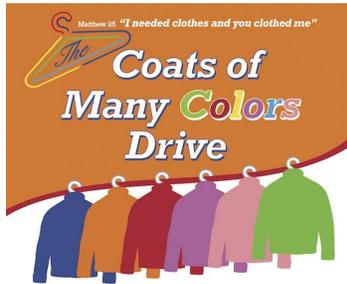
Second Collection for September 30, 2018: None

Our September Poor Box will be going to Bethesda Cares.

Bethesda Cares is a community outreach program for the homeless. Their mission is to respond with compassion and creativity to help the homeless and persons in need in the community and to help prevent impending homelessness in Montgomery County. Thank you in advance for your generosity.

New and Gently Used Coats are Now Being Collected for the Coats of Many Colors Coat Drive.

Your donations will help keep those in need warm throughout the winter months. Note, sizes XXL and up are especially needed! We are also accepting new unopened packages of socks. A donation box is in the vestibule and we will collect items from **September 24th to October 28th**. Thank you for your generosity .



Ministry to the Elderly and Homebound:

If a parishioner is ill or unable to attend Mass and would like to receive the Eucharist, please call our coordinator, Margaret Carroll at 301-325-6398.

The Our Lady of Lourdes Sunday Meal for the Poor and Homeless:

Every Sunday in the school cafeteria. If you would like to volunteer, please sign up at: <http://vols.pt/3XNY26> or send an email to OLOLHomelessDinner@gmail.com. Please bring food to the cafeteria from 4:15-4:45 on Sundays (use the blue door to the left of the school's main entrance).

Volunteers also operate a "clothes closet" where our guests can obtain donated clothing. (Please note we are only accepting men's clothing at this time.) Bring donations from 4:30 to 5:30 on Sundays, or contact Dan Keen at 301-564-0077 to arrange a pick-up at your home. Please, nothing stained or torn.

Join us for the screening of the documentary movie: *Sexual Revolution* on October 11th and October 12th at 7:30pm in the Library Media Center:

The movie *Sexual Revolution* seeks to examine the effects of the free-love experiment of the hippie generation and the prophetic encyclical, *Humanae Vitae*. This beautiful documentary closely examines the history of the parallel developments of the Pill and modern Natural Family Planning (NFP) by telling the little known story of the founding doctors – Dr. Gregory Goodwin Pincus and Drs. John & Evelyn Billings. The centerpiece of the film is the dramatic life story of Alana Newman, a talented secular musician who gives up her entire musical career for life, family, and love. Alana shares how through desperation to know her father, she finally discovers the treasures of Theology of the Body, *Humanae Vitae*, and the riches of true freedom through a dramatic conversion.

The movie is totally Family friendly! Anyone who can walk into the Sistine Chapel and appreciate its beauty and take it seriously can appreciate this film. There is absolutely NO nudity, obscenity, or graphic images. Topics of fertility, Natural Family Planning, human sexuality, contraception, and abortion are mentioned or discussed tactfully and in accord with Catholic teaching. Duration: 90 minutes. For more information about the movie see www.sexualrevolutionmovie.com.

Moving In, Out or Within the Parish?

Please help us keep our records up-to-date by filling out this form and dropping it in the collection basket or rectory mail slot. Thank you.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

- _____ I/we am/are new to the parish. Welcome!
- _____ Change of address within the parish. Thank you!
- _____ I/we am/are moving out of the parish. God be with you!

Noticias en Español –Vigésimo Quinto Domingo del Tiempo Ordinario– Setiembre 23, 2018

“El que reciba en mi nombre a uno de estos niños, a mí me recibe”



El evangelio de hoy presenta el segundo anuncio de la Pasión, Muerte y Resurrección de Jesús. Como en el primer anuncio (Mc 8,30-38), los discípulos quedan espantados y con miedo. No entienden la palabra sobre la cruz, porque no son capaces de entender ni de aceptar a un Mesías que se hace siervo de los hermanos. Ellos siguen soñando con un mesías glorioso y muestran, además de esto, una gran incoherencia. Mientras Jesús anuncia su Pasión y Muerte, ellos discuten entre sí quiénes de ellos es el mayor. **Jesús quiere servir, ¡ellos sólo piensan en mandar!** La ambición los lleva a auto promoverse a costas de Jesús. Hasta hoy, aquí y allá, el mismo deseo de autopromoción aparece en nuestras comunidades.

Servir, en vez de mandar. La respuesta de Jesús es un resumen del testimonio de vida que él mismo venía dando desde el comienzo: Si uno ser el primero, sea el último de todos, el siervo de todos. Pues el último no gana premio ni recompensa. Es un siervo inútil. (cf. Lc 17,10). El poder hay que usarlo no para subir y dominar, **sino para bajar y servir.** Este es el punto en que Jesús más insistía y del que más dio testimonio (cf. Mc 10,45; Mt 20,28; Jn 13,1-16). Enseguida, Jesús coloca a un niño en medio de ellos. Una persona que sólo piensa en subir y en dominar, no prestaría gran atención a los pequeños. ¡Pero Jesús lo invierte todo! Dice: El que recibe a uno de estos pequeños en mi nombre, a mí me recibe. Quien me recibe a mí, recibe a aquel que me ha enviado. El se identifica con los niños. Quien acoge a los pequeños en el nombre de Jesús, acoge a Dios mismo.

No por el hecho de que una persona “siga a Jesús” ya es santa y renovada. En medio de los discípulos, cada vez de nuevo, la “levadura de Herodes y de los fariseos” (Mc 8,15) levantaba cabeza. En el episodio del evangelio de hoy, Jesús aparece como el maestro que forma a sus seguidores. “Seguir” era un término que formaba parte del sistema educativo de la época. Era usado para indicar la relación entre discípulo y maestro. La relación maestro-discípulo es diferente a la relación profesor-alumno. Los alumnos asisten a las explicaciones del profesor sobre una determinada materia. Los discípulos “siguen” al maestro y conviven con él, veinte y cuatro horas al día. Fue en esta “convivencia” de tres años con Jesús, que los discípulos y las discípulas recibieron su formación. Adaptado:carmelitas.org

Reflexión personal

- Jesús quiere bajar y servir. Los discípulos quieren subir y dominar. ¿Cuál es la motivación más profunda de mi “yo”?
- Seguir a Jesús y estar con él, veinte cuatro horas al día, y dejar que su modo de vivir se vuelva mi modo de vivir y convivir. ¿Está ocurriendo esto en mí?

Avisos:

- **¡¡¡Y empezó nuestra Catequesis 2018-2019!!!**, nuestro nuevo horario es de 1130am a 2:30pm y consta de 2 partes: horario académico de la catequesis, es de 11:45 am a 1:15pm, continua la preparación con la Santa Misa hasta las 2:30pm.
- El grupo de Emaús se reúne el 1er domingo de cada mes con Christiam Mejías.
- El grupo de Fe, Valor y Alegría es el 1er domingo de cada mes con Ester Munt-Brooks.
- El Grupo de Jóvenes en el mismo horario, para mayor información contactarse con Mateo Evans 412-377-4208 y Laura Salazar 240-665-8124.
- El Curso de RICA en el mismo horario, contactarse con Gilvar Morales 301-788-8651 y Lourdes Castillo 240-457-3946.
- También tendremos reuniones con los Padres de familia que lleven a sus hijos a la catequesis y todos los que quieran unirse a este grupo: habrá charlas, temas diversos, oración, Adoración al Santísimo Sacramento y confesiones los 2do, 3ro y 4to domingos del mes. Mayor información con el Padre Rafael Barbieri, José Miguel Mejía y Margarita Rodezno.

Por favor actualice su información - Recorte el siguiente formato de inscripción y entréguelo en la Misa junto con colecta. Recuerde que los datos que usted nos suministre son confidenciales.

- Soy (somos) nuevo(s) en la Parroquia. **Queremos inscribirnos.**
- Llevo (tenemos) ya tiempo asistiendo a esta parroquia y **queremos inscribirnos.**
- Estoy (estamos) inscritos y **esta es la nueva dirección.**
- Ya no podré volver a esta parroquia. **Favor eliminar mi nombre de la lista.**

NOMBRE: _____

DIRECION: _____ APTO: _____ CIUDAD: _____

CODIGO POSTAL: _____ TELEFONO: _____ CORREO ELECTRONICO: _____