

A Letter from Our Pastor

“Loneliness and social isolation are rampant in the United States today. About half of Americans report sometimes or always feeling alone. Barely more than half say they have meaningful daily in-person social interactions.” This from Arthur Brookes in a recent article, is unlikely to come as a surprise. Pointing to studies by health insurance companies, he continues, “You might ask why there is a sudden research interest in this topic. The answer: Researchers are discovering that loneliness harms both mental and physical health. But the real question is why so many people feel isolated, when contact with others should be easier than ever. If we can answer that, we can craft a solution — if not societally, at least personally, to make our lives happier and better.”

“One reason for isolation is shrinking social contact with people we don’t know. Not so long ago, strangers talked to each other a great deal in public — in buses, at the airport, in line at the bank. Why? Because there was not much else to do. The emergence of smartphone technology, promising to connect the world and end social isolation, has achieved the opposite result.”

“Why do we do block out other people this way? We may think it’s because our smartphones are irresistibly fascinating, but more likely we are simply seeking to ward off intrusion. The impulse stems from a mistaken belief that solitude is more pleasant than interacting with strangers, according to psychologists Nicholas Epley and Juliana Schroeder.”

“Epley and Schroeder asked Chicago-area commuters on trains and buses to predict the enjoyment of solitude vs. conversation with a stranger. Participants consistently said they preferred to be left alone but reported that when engaged by a stranger in conversation, they found the experience more pleasant than solitude. In effect, we dive into our smartphones — the ultimate tools for ensuring solitude — out of a misplaced fear of the unknown, a mistake that increases our isolation and lowers our well-being.”

Additionally, Mr. Brookes points out that we further isolate ourselves when we avoid interaction with those whom we presume to have differing views. He calls this, “our sociopolitical siloing”.

He concludes, “If we want to be happier and have more human connection in our lives, we need to recognize our own baseless fears, stop letting technology and corrosive politics control our behavior, and be a little braver.”

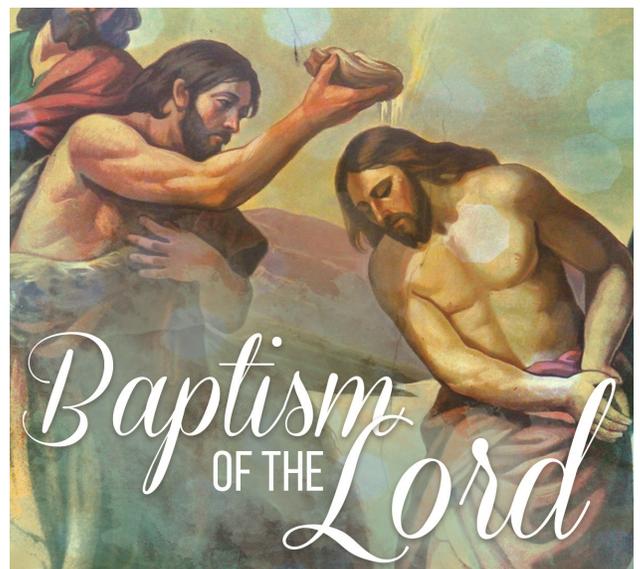
If isolation and loneliness are so critical to “mental and physical health” how much so to spiritual health? What can I do as an individual, and we as a parish, to overcome barriers and build healthy connections so critical to heart and soul?

- Msgr. Edward Filardi

Masses for the Week

Monday, January 13th (G. reading: Mk. 1: 14-20)		
7:00 AM	+ Kristrinah Ayala	Fr. Ubau
8:00 AM	Int. Mary Catherine Monte	Fr. Ubau
12 NOON	+ Mr. & Mrs. William Abell	Msgr. Filardi
Tuesday, January 14th (G. reading: Mk. 1: 21-28)		
7:00 AM	Int. Tony Ayala	Msgr. Filardi
8:00 AM	Int. Christy Bowe	Msgr. Filardi
12 NOON	+ Andrea Masucci	Fr. Ubau
Wednesday, January 15th (G. reading: Mk. 1: 29-39)		
7:00 AM	+ Kristrinah Ayala	Fr. Ubau
8:00 AM	Souls in Purgatory	Fr. Ubau
12 NOON	Int. Ryan Sharpe	Msgr. Filardi
Thursday, January 16th (Gospel reading: Mk. 1: 40-45)		
7:00 AM	Int. President Trump	Msgr. Filardi
8:00 AM	Int. Clare Monte	Msgr. Filardi
12:00 AM	Int. Stephen Sharpe	Fr. Ubau
Friday, January 17th (Gospel reading: Mk. 2: 1-12)		
7:00 AM	+ Joseph Can Ngoc Pham	Msgr. Filardi
8:00 AM	+ Theodore TePas	Msgr. Filardi
12 NOON	Int. Steve Sharpe	Fr. Ubau
Saturday, January 18th (Gospel reading: Mk. 2: 13-17)		
8:00 AM	+ Gladys Mayo	Fr. Ubau
11:00-11:55 AM	Confessions	Fr. Ubau
12 NOON	+ Tyler & Frances Williams	Msgr. Filardi
4:00-4:45 PM	Confessions	Msgr. Filardi
5:00 PM	+ Gloria Christian	Fr. Ubau
Sunday, January 19th (Gospel reading: Jn. 1: 29-34)		
7:30 AM	Priest's Intentions	Msgr. Filardi
9:00 AM	Priest's Intentions	Fr. Ubau
10:30 AM	Priest's Intentions	Msgr. Filardi
12 NOON	Priest's Intentions	Msgr. Filardi
1:30 PM	People of the Parish	Fr. Ubau

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.



FEAST OF THE BAPTISM OF THE LORD

RELIGIOUS EDUCATION 301-654-5954 *The Baptism of the Lord*

When Baptism comes to mind we immediately think of “washing with water.” Saint Peter chose to refer to it as “an anointing” however, and we wonder, was he mixing signs? No! For the Jews, anointing with oil stood for strength, sweetness, bounty and spiritual communion, all of which aptly describe the coming of the Holy Spirit with power to Jesus at this baptism. . . .”God poured out on Him the Holy Spirit and power.” Nevertheless “anointing” seems to be more appropriate because it harkens back to the anointing with oil of Jewish priests, kings and sometime prophets, and symbolizes a commissioning and consecration. This is exactly what happened when Jesus was baptized in the river Jordan. God the Father authorized Jesus to proclaim the coming of the Kingdom of God to earth and consecrated Him to this task.

Where Jesus is there is the Kingdom of God, the disciples of Jesus share in the kingdom. Because they are united to Him like branches to the vine or like members of a body to its head, they become the new People of God and with Christ the King become the Kingdom of God on earth.

Baptism is the Sacrament that Jesus instituted to bring us into union with Him. In a real sense God pours out on us the Holy Spirit and power in Baptism. The effects of Baptism are many and include the infusion of sanctifying grace, forgiveness of original and all personal sins, and a new birth by which we become adoptive children of God, members of the mystical Body of Christ, temples of the Holy Spirit. We are incorporated into the Catholic Church, and become sharers in Christ’s priesthood. We are given an indelible character, a new identity, a special dignity and life-long responsibilities. In the Kingdom of God it is our vocation to strive to guide and order temporal affairs according to the plan of God—that God’s “will be done on earth as it is in heaven.” It is also our duty to bring Christ’s kingdom to the ends of the earth because it must grow not only in our hearts, but also throughout the world. We are Christians anointed by our sharing in Christ’s anointing by the Holy Spirit.

The baptism of Christ is the first of the Luminous Mysteries of the Rosary proposed to us by Saint Pope John Paul II. Truly the Luminous Mysteries, all of them, are mysteries of the Kingdom of God. As we meditate on them we see that Jesus is indeed “*the way, the truth, and the life*” and “no one comes to the Father but through Him” (Gospel of Saint John 14: 6).

Suggested reading: Catechism of the Catholic Church, 438, 536-537, 894-896, 940, 1279

(Taken from: homiletic & pastoral review © Ignatius Press 2007; homilies on the liturgy of the Sundays and feasts; The manifestation by Reverend George M Franko; pages 38, 39)

Collection for Church Missions in the United States:

On the weekend of January 11-12, the Archdiocese of Washington will take up a second collection for Church Missions in the United States. This collection supports home mission dioceses in this country that are unable to offer their people basic liturgical, pastoral, and service ministries without outside help. It also supports vulnerable Black and Native American communities with funds for parish support and evangelization needs. Thank you for your generosity.

The Ladies of Lourdes:

The next meeting of the Ladies of Lourdes will be on **January 14** in the Library Media Center of the School starting promptly at 7:30pm. Our speaker will be Kevin Wells, who will give a presentation on his latest book, *The Priests We Need to Save the Church*. All are welcome to attend and bring a friend. For information contact: Barbara Black at 301-652-0749 or fsbbob@verizon.net.

Weekly Rosary with Meditations by Saint John Paul II Saturdays at 12:45pm:

Location: Saint John Paul National Shrine
3900 Harewood Rd NE
Washington, DC 20017

For more information visit: www.jp2shrine.org.

**Save the Date for the March for Life:
Friday, January 24, 2020 on the
National Mall, Washington DC.**

MARCH FOR LIFE 2020



FertilityCare for Natural Family Planning and Women's Health:

Please join us for a free introductory lecture on FertilityCare. Therese Rodriguez, RN, FCP, FertilityCare Practitioner will present a lecture on the basics of FertilityCare for natural women's health and family planning. FertilityCare is a method of holistic fertility awareness that can benefit women from teens through the menopausal years. Couples are encouraged to attend together. Information will be provided about private follow up sessions and materials for purchase.

The next lecture will take place on **Wednesday, February 12, 2020 from 7:00 - 9:00pm.**

To register, call 301-754-8800 or visit:
HolyCrossHealth.org.

***January Ignatian Weekend Retreats:
"Lord teach us to Pray:"***

**January 24 - 26: Men and Women
February 28 - March 1: Men**

Fee: \$245, First-time retreatants and Young adults (under 30) \$195.
For more information contact Lisa White at 301-392-0801 or lisa.white@loyolaretreat.org.



***Please Join Us at a
Loyola Retreat House Day of Prayer:***

**February 24, 2020: The Greatest of these is Love
March 9 and April 6, 2020: Our Hope is in the Cross
May 4, 2020: Behold the Handmaid of the Lord**

Each Day of Prayer begins at 9:00am and includes:
Continental Breakfast, Lunch and Mass. Fee: \$40.

To register visit: <https://loyolaonthepotomac.com/registration-3/other-registration-form-10/>.

***The Twenty-First Annual Cardinal O'Connor
Conference on Life:
TICKETS ON SALE NOW:***

Georgetown University · January 25, 2020:

The largest collegiate pro-life conference in the nation.

Theme: "The Consistent Life Ethic and the Law: the Ethical Argument for Life." As pro-life issues emerge at the forefront of our legal system, particularly taking into consideration the recent passage of pro-life laws on the state level, we will consider the argument for life in both state and federal legislation. We will also consider how the consistent ethic of life informs our understanding of public morality.

Keynote speakers:

Dr. Jonathan Reyes, Assistant General Secretary for Integral Human Development for the United States Conference of Bishops and Executive Director for Justice Peace and Human Development

Sr. Bethany Madonna, Vocations Director, Sisters of Life

Find more information and purchase tickets here:
[https://www.eventbrite.com/e/twenty-first-annual-cardinal-oconnor-conference-on-life-tickets-63179334089?](https://www.eventbrite.com/e/twenty-first-annual-cardinal-oconnor-conference-on-life-tickets-63179334089?aff=ebdssbdestsearch&fbclid=IwAR3HiviE_jZAbfaRL70ivqRPWrpQc_m1UhFkQP-_Z5pQkijcuj-NJwK5mUg)

[aff=ebdssbdestsearch&fbclid=IwAR3HiviE_jZAbfaRL70ivqRPWrpQc_m1UhFkQP-_Z5pQkijcuj-NJwK5mUg](https://www.eventbrite.com/e/twenty-first-annual-cardinal-oconnor-conference-on-life-tickets-63179334089?aff=ebdssbdestsearch&fbclid=IwAR3HiviE_jZAbfaRL70ivqRPWrpQc_m1UhFkQP-_Z5pQkijcuj-NJwK5mUg).

Intergenerational Convocation:

Please join us for an intergenerational convocation at the Montgomery County Executive Office Building Auditorium, 101 Monroe Street, Rockville on

March 21, 2020 from 8:15 am - 1:00pm.

All parishioners are invited as the Justice and Advocacy Commission and Catholic Charities welcome you to a discussion of how we can better address the needs of all members of the county, particularly through our parishes, schools, and senior living facilities to inform parishes about the benefits of engagement across generations. For more information or to RSVP, contact leah@empoweringtheages.org or call 301-476-0186.

Please note that 2019 tax letters will be mailed out the week of January 20, 2020. Please email Claire Toms at ctoms@lourdesbethesda.net with any questions.

March for Life Kickoff Lecture:

Pro-Life leader, entrepreneur, poet and storyteller, Sean Flannigan, will deliver the 25th Annual March for Life Kickoff Lecture, *One Man's Valiant Journey for God, Family, and Country* on **Friday, January 17, 2020** at 7:30pm at Rock Creek Knights of Columbus - 5417 West Cedar Lane, Bethesda, MD. For more information please visit: www.DefendLife.org. All are encouraged to attend this free lecture.

Worldwide Marriage Encounter Weekend:

"...He saw the Spirit of God descending like a dove and coming upon him." Encourage the Holy Spirit to enrich your marriage by taking part in a Worldwide Marriage Encounter weekend on February 28 - March 1, 2020.

The weekend is in College Park, MD.

Apply on: moments4marriage.org.

Apply by January 25, 2020 to guarantee your seat. For more information leave a message at 301-541-7007.

Parental and Spousal Bereavement Support Group:

The St. Elizabeth Bereavement Ministry will offer an eight-week bereavement support group series for adults who have experienced the death of a parent, spouse or significant other. **The Fall series will begin on Wednesday, January 15 and continue for eight consecutive Wednesdays through March 4.**

This will be a morning series running from 10:00 - 11:30am. There is no fee, but **REGISTRATION IS REQUIRED**. To register, contact Deacon Kevin Byrne at kevin_byrne@verizon.net or Claudia McAuliffe at 301-881-1457. Located at 917 Montrose Road, Rockville MD 20852.

The RCIA Program is Looking for Volunteers to be Sponsors for Those Wishing to Join the Catholic Church:

A Sponsor must be a Catholic who has been baptized, received the Eucharist and Confirmation, and who is currently living a sacramental life and is not in an irregular marriage. In addition, the Sponsor must be (for our program) 18 years of age and lead a life of faith in harmony with the ministry that they are undertaking. If you have discerned that you would like to be a Sponsor, please reach out to Carl and Kariana Rios at crios@lourdesbethesda.net or call and leave a message at 202-360-9191.

LOL New Year Potluck Dinner Movie Night:

Friday, January 31, 7:00pm at the LOL Library Media Center:

Please bring your favorite entrée or dessert to share for the potluck dinner. Then, enjoy the classic color movie musical "Meet Me in St. Louis". Start your new year by sharing a lively year in the life of the boisterous Smith family in 1903 St. Louis just before the World's Fair. Teenage Esther (Judy Garland), her spunky little sister Tootie (Mary O'Brien), and her other brothers and sisters encounter childhood pranks, young love, and other family events as they pass through the four seasons under the guidance of two loving parents, a spry grandfather, and a feisty Irish cook. A dozen memorable musical numbers, all in gorgeous period costumes, include "The Trolley Song", "The Boy Next Door", and "Have Yourself a Merry Little Christmas". For questions, call Phil Sheridan at 301-654-4255.



Altar Flowers:



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.

Sick in Our Parish:

Please pray for our sick brothers and sisters, especially **Martha Nolan and Thomas Nolan**.

Give the Gift of Service:

Catholic Charities DC encourages you to give back by taking advantage of a variety of volunteer opportunities available in Washington, DC and southern Maryland.

For more information on volunteering with Catholic Charities, or to register to volunteer, visit: catholiccharitiesdc.org/volunteer.

LOLO Sunday Meal For the Poor and Homeless:

Takes place every Sunday from 4:00-6:00pm in the school cafeteria. If you'd like to volunteer to help serve the meal, sign up at: <http://vols.pt/3XNY26>.

Please, only come to volunteer if you've signed up ahead of time — otherwise we tend to have more volunteers than we need. If you'd like to donate food for the meal, please bring it to the cafeteria on Sunday from 4:15-4:45 (use the blue door to the left of the school's main entrance). Food should be pre-cooked if cooking is needed. If you have any questions about the meal, send an email to OLOLSundayMeal@gmail.com or call Dan Keen at 301-564-0077.

Volunteers also operate a "clothes closet" where our guests can obtain donated clothing. Bring donations from 4:30 to 5:15pm on Sundays (the room is down the long hallway from the cafeteria) or contact Dan Keen to arrange a pick-up at your home. Clothes to help keep our guests warm in the fall and winter are most needed now. We have very limited need for children's clothing or for formal clothing (suits, etc.) Please, nothing stained or torn.

Finance & Administration:

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



Third Sunday of Advent 2019
Offertory: \$13,797

Fourth Sunday of Advent 2019 Offertory: \$9,247

Christmas 2019: \$55,391

Feast of the Holy Family 2019: \$9,570

Our January Poor Box will be going to the Father McKenna Center. It serves as a food pantry, hypothermia center, and a safe and drug-free environment for the poor. The center is primarily funded by private donations in order to continue to offer its many services. We sincerely appreciate your generosity and support.

Por favor, para ser parroquiano registrado, usted debe llenar y regresar la aplicación de abajo. **A partir de ese momento usted recibirá vía correo una registración más detallada la cual usted debe llenar y regresar.** Esto nos da información importante, como su información personal, los sacramentos que usted haya o no recibido, métodos de cómo prefiere usted colaborar en la misa dominical, etc. Por favor comuníquese con Claire Toms at ctoms@lourdesbethesda.net si tiene alguna pregunta.

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 – 12 de Enero de 2020:

Que la felicidad de Cristo llene sus corazones durante todo este año 2020:

Después de la Epifanía, que es una bella manifestación de Cristo Niño, hoy se nos presenta otra “manifestación del Señor”, igualmente bella y con una gran profundidad.

Esta nueva manifestación al inicio de la vida pública de Jesús es preparada por Juan el Bautista y realizada en el contexto del Jordán, con los cielos abiertos, la bajada del Espíritu y la voz que legitima al Hijo.

El evangelio de San Mateo desde su inicio nos presenta a Jesús como el Mesías que espera el pueblo de Israel: un Mesías que responde a la iniciativa de Dios con una vida de obediencia; un Mesías que realiza la salvación y que da comienzo al tiempo del Espíritu; un Mesías que, recibiendo un bautismo de agua, inicia la misión que el Padre le ha confiado. El Espíritu desciende sobre él porque está dispuesto y completamente entregado a la construcción del Reino. El bautismo de Jesús inaugura su vida pública y contiene en esencia todo el itinerario que deberá recorrer.

Juan predicaba un bautismo de conversión y Jesús, como tantos otros jóvenes de su tiempo, acude a recibir dicho bautismo. El rito de inmersión en las aguas, un rito común a muchas culturas, significa una decisión radical de entrega a un ideal por el cual se declara dispuesto a entregar todo, incluso la vida. Jesús será coherente en todos los actos de su vida con este compromiso que asume al hacerse bautizar por Juan. Recibe este bautismo no porque necesite purificarse sino como signo de identificación con los pecadores a quienes ha venido a salvar, y una disposición plena para el cumplimiento de la voluntad de su Padre.

A nosotros como a Jesús, el bautismo no sólo nos sitúa en el camino de la propia aventura espiritual, sino que implica una responsabilidad para con los demás, una misión universal: la construcción de un mundo nuevo, la edificación, aquí y ahora, del Reino. Por: Mons. Enrique Diaz

ANUNCIOS

Todos los domingos a las 11:45am en la cafetería de la escuela tendremos actividades en español para todos los que gusten participar. Habrá charlas, confesiones y exposición del Santísimo Sacramento. Todos son bienvenidos.

Regístrese o mantenga Actualizada su información:

Recorte el siguiente formato de inscripción y entréguelo en la Misa junto con la colecta o llévelo a la Rectoría.

- 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.**

Por favor marque
con una según
corresponda

NOMBRE: _____

DIRECCION: _____ APTO: _____ CIUDAD: _____

CODIGO POSTAL: _____ TELEFONO: _____ CORREO ELECTRONICO: _____