

A Letter from Our Pastor

Understanding Children's Resistance May Be Key to Illness. This is the title of an article that I read this morning (Wash. Post 3/11). It points out a profound comfort to many of us regarding the recent virus, "it leaves young children virtually untouched." In China, only 2.4 percent of reported cases were children and only 0.2 percent got critically ill. And perhaps most remarkably, that China reports "no case of a young child dying of the disease Covid-19." After commenting on this at Mass, a parishioner sent a note asking if I was suggesting that elderly lives do not have equal worth. Oh how easy to find the shadow in a ray of sunshine. The fact is we all have a duty to protect not only ourselves but our elders and the most vulnerable. As most of us are doing now, we must continue proper precautions such as regular hand washing with soap and water, avoiding the urge to touch our eyes, nose, and mouth, and to absent ourselves from gatherings, even church, in consideration of others at an indication of illness. On the other hand, our dedicated seasoned citizens must also be prudent themselves. While "On Sundays and other holydays of obligation, the faithful are obliged to assist at Mass." 1247 (Code of Canon Law), this is excused for those over 65, in illness or serious threat. And we can presume the threat is real for our older and health compromised parishioners. While not the same as your personal presence, remember Mass airs every Sunday at 10:30 a.m. on WDCW-50: Dish or Direct TV subscribers: Ch. 50, Comcast: Ch. 23 in Montgomery County; RCN: Ch. 15, Verizon: Ch. 3

In the parish we are making extra efforts in wiping down the pews and doors, as well as ourselves. Like a surgeon before an operation, your priest scrubs before and rinses during Mass. The Eucharistic ministers now wash with soap and water in the sacristy before Holy Communion. Whether receiving on the tongue or in the hand, please receive attentively and without rush. Hold your head up and place your tongue out slightly so that the Host may be placed easily. With hands, please place one hand on the other and hold them flat and level. Curled, cupped or inclined fingers increase the risk of contact. And while rare, in either case please avoid being a "snapper", lurching forward for a quick grab. Canon law tells us we are "bound by the obligation of receiving once a year." 920 In other words, attending Mass does not require you to receive the Blessed Sacrament every time. There is no shame if you feel in caution the need to refrain. Of course, this is not the ideal. But these times are not the ideal. In the meantime, together, valuable each one, let us pray for wisdom, peace and strength, never losing hope, while being prudent and always prepared for whatever lies ahead.

- Msgr. Edward Filardi

Masses for the Week

Monday, March 16 (Gospel reading: Lk. 4: 24-30)
 7:00 AM + Daniel Mabry Evans, Jr. Fr. Ubau
 8:00 AM + George Ondercheck Fr. Ubau
 12 NOON + Frances & Tyler Williams Msgr. Filardi
Tuesday, March 17 (Gospel reading: Mt. 18: 21-35)
 7:00 AM + Erin Kathleen Price Msgr. Filardi
 8:00 AM Holy Souls in Purgatory Msgr. Filardi
 12 NOON + Msgr. James Beattie Fr. Ubau
Wednesday, March 18 (Gospel reading: Mt. 5: 17-19)
 7:00 AM + Jose & Florinda Garcia Fr. Ubau
 8:00 AM + Mary Anne McInerny Fr. Ubau
 12 NOON + Robert Baran Msgr. Filardi
Thursday, March 19 (G. reading: Mt. 1: 16, 18-21, 24a)
 7:00 AM + Fr. Maurice O'Connell Msgr. Filardi
 8:00 AM + Kevin Berry Msgr. Filardi
 12 NOON Int. President Trump Fr. Ubau
Friday, March 20 (Gospel reading: Mk. 12: 28-34)
 7:00 AM + Joseph Can Ngoc Pham Msgr. Filardi
 8:00 AM Int. Bowe Family & Friends Msgr. Filardi
 12 NOON + Tom Quinn Fr. Ubau
Saturday, March 21 (Gospel reading: Lk. 18: 9-14)
 8:00 AM + Msgr. James Beattie Msgr. Filardi
 11:00-11:55 AM Confessions Fr. Ubau
 12 NOON + Mary Lou Curtin Msgr. Filardi
 4:00-4:45 PM Confessions Msgr. Filardi
 5:00 PM + Joseph Urciolo Fr. Ubau
Sunday, March 22 (Gospel reading: Jn. 9: 1-41)
 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 People of the Parish Msgr. Filardi
 1:30 PM Priest's Intentions 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.

Happy Feasts of Saint Patrick (March 17) & Saint Joseph (March 19)



THIRD SUNDAY OF LENT

RELIGIOUS EDUCATION **301-654-5954** **Third Sunday of Lent**

The General Instruction of the Roman Missal (GRIM) explains that “it is desirable that in accordance with the Lord’s command His Body and Blood should be received as spiritual food by *those of the faithful who are properly disposed.*” The first feature of a “properly disposed” soul is its “state of grace,” that is, being free from mortal sin. Mortal sin is the bad fruit yielded from deliberate choice to commit an evil we know to be gravely serious. Saint Paul warns us of mixing mortal sin with the Blood of Christ: “A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself” (1 Corinthians 11:28-29).

Further preparation is required by the soul, and the Mass’ rites and prayers immediately before receiving Communion help foster its “proper disposition.” A second step in our preparation takes to heart the humble words of the Roman Centurion of Capernaum. When this powerful commander asks Jesus—he who was without home (Gospel of Saint Matthew 8:20), a member of a conquered people, and the son of a mere carpenter—to heal his servant, he does so in unexpected humility: “Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed” (Matthew 8:8). The Church puts these lowly words on our lips, hoping to foster in our souls the Centurion’s own faith and humility.

Worthy reception requires being in the state of grace, voicing heartfelt humility like the powerful yet lowly Centurion, and expressing and fostering the docility of our souls in our bodies. A post-Communion prayer will also help, “Jesus, make me like you! Jesus, turn me into You!” In each instance of reception, this high point in our weekly life of faith—or even daily practice—to paraphrase Saint John the Baptist, allows God to increase and me to decrease.

(Source: *How To Receive The Body Of Christ Like A Saint* by Christopher Carstens, Editor of Adoremus Bulletin; condensed from National Catholic Register 29 September 2019)

Tuesday March 17:

“Happy Saint Patrick’s Day to all the Irish and to all who wish they were Irish!”

Adult Bible Study:

Jesus The Way, The Truth, and the Life:



Is a 10-week video study program and book beginning at Our Lady of Lourdes on **Monday, March 16, 2020 at 7:00pm**. Anchored in the life of Christ as presented in the Gospels, this study explores the entirety of Jesus’ life—Who He is, what He is really like, what He taught, what He did for our salvation, and what all of this means for us as Catholics today.

Presented by Dr. Marcellion D’Ambrosio, Jeff Cavins, and Dr. Edward Sri, this study was filmed in the Holy Land so Catholics can experience the extraordinary world in which Jesus lived and taught—the historical context, the politics, the clashing cultures, the history, and the ancient land—and see where the most significant events of His life took place, from His Infancy to His Ascension.

Jubilarian Mass **Sunday, June 28, 2020:**

The annual ADW Jubilarian Celebration of marriage, honors couples married 25, 30, 35, 40, 45, 50 and 51+ years. This year the Mass will be held on Sunday, June 28, 2020 at 2:00pm at the Basilica of the National Shrine of the Immaculate Conception with his Excellency, Archbishop Wilton D. Gregory, as the celebrant. **To register, please contact your Parish Office by May 15, 2020.** For more information, please call the Office for Family Life at 301-853-4546 or email: visiblesign@adw.org.

Msgr. Thomas Wells Society **Lenten Morning of Reflection:**

Saturday, April 4, 2020 from 8:00am - 12:00pm
Sacred Heart Chapel 16501 Annapolis Road
Bowie, MD 20715:

Join us on the hill as we honor the memory of Msgr. Thomas Wells and his commitment to the Church and her holy priests. Fr. Shaun Foggo, Fr. Larry Swink and Fr. Dan Leary will lead us to reflect upon our Lenten journey - and how to maintain the fruits following Easter Sunday. The cost is \$15; all proceeds will go to support the Msgr. Thomas Wells Society for Vocations. Breakfast and coffee will be provided. Please email kwells0316@gmail.com with any questions.

2020 Lenten Schedule:

Wednesdays in Lent:

The Light is On for You (Confessions) will be from 6:00 - 7:00pm.

Fridays in Lent:

There will be Stations of the Cross at 11:00am and 6:30pm and Lenten Movie Night at 7:15pm in the Library Media Center.

Out of an abundance of caution the Archdiocese has implemented some common sense public health measures to limit the faithful's exposure to potentially infectious diseases including influenza, the common cold, and COVID-19. Below is some additional information that you may find useful in personal decisions about whether to attend Mass, school, parish activities, and to keep yourself and your family safe. Like the seasonal flu, it appears that those at highest risk for severe illness (COVID-19) from novel coronavirus (SARS-CoV-2) infection are older people and people of all ages with severe underlying health conditions—like heart disease, lung disease and diabetes as examples. Pregnant women and children are not considered at high risk of developing COVID-19 illness. The same measures used for protecting you and your family from the seasonal flu and common colds can be used with COVID-19 to keep yourself and your family healthy:

- * **Avoid close contact with people who are sick**
- * **Avoid touching your eyes, nose, and mouth**
- * **Stay home when you are sick**
- * **Cover your coughs or sneeze with a tissue, then throw the tissue in the trash**
- * **Wash your hands often with soap and water for at least 20 seconds**
- * **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe**
- * **Follow public health advice about social distancing and avoiding crowds and stay informed through updated information provided by the CDC ([COVID-19 Situation Summary](#))**

We ask that if you are sick, you stay home.

If you have a fever and cough out of respect for those around you we ask that you stay home. The *Catechism of the Catholic Church* says that illness (without qualification) constitutes a "serious reason" that justifies not attending Mass on a Sunday or holy day of obligation. If for reasons of conscience you decide to attend Mass and are sick we ask that you take steps to protect those around you from becoming ill. Sit at the end of the pew, forgo touching anyone's hands, let people know (if necessary) that you are sick, and take care in receiving the Eucharist, consider wearing a mask.

Please join the Rock Creek Council (#2797) Knights of Columbus for their weekly **Lenten Fish Fry** on Fridays from 6:00 - 9:00pm, located at 5417 W. Cedar Lane Bethesda, MD 20814. You do not need to be a member to attend. Call (301) 530-1628 for more information.

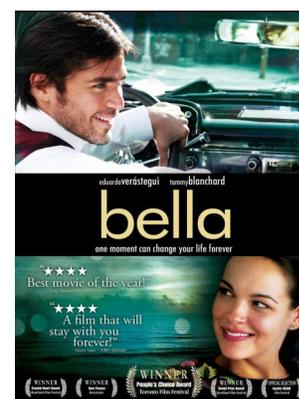
Study of Saints:

Have you ever prayed for the intercession of a Saint? Often times when we do, we are invariably in need of something. Praying for the intercession of a Saint is like sending out an S.O.S. call for help. In this book club, we will read works by or about Saints. Through this Study of Saints (SoS), we will learn about the martyrs and religious who have dedicated their lives to God and learn what they are the Patron Saints of. By knowing our patron Saints, we can understand better whose constant intercession we can rely upon in sending our own SOS. The club meets on the fifth Sundays from 3:00-4:00pm in the Delacroix Conference Room at Our Lady of Lourdes. Enter through the glass doors on the driveway at the front of the church.

The next meeting is March 29, 2020, on *The Confessions of St Augustine of Hippo*, Ignatius Press 2012. Also free online at: <https://www.gutenberg.org/files/3296/3296-h/3296-h.htm>.

OLOL Lenten Friday Meal and Religious Movie:

On Friday, March 20 at 7:00pm, following the Stations of the Cross, we will gather in the OLOL School Library Media Center for a simple meatless Lenten meal with a religiously themed movie. The next movie will be "Bella". This heart-warming, life-affirming drama tells the story of Nina (played by Tammy Blanchard), a troubled young woman who is fired from her job as a waitress at a NYC Mexican restaurant. She is befriended by the restaurant cook Jose (played by Eduardo Verastegui), a caring young man with his own sad secret. This popular, award-winning movie, full of drama and humor, celebrates life, family, self-forgiveness, and redemption. Please join us and bring a meatless meal contribution. The series will continue with "The Courageous Heart of Irena Sendler" (March 27) and "The Passion of the Christ" (April 3). For questions, contact Phil Sheridan at 301-654-4255.



**Way of the Cross in Washington DC
Good Friday, April 10, 2020:**



The ecclesial movement Communion and Liberation will sponsor the Way of the Cross through downtown Washington, DC. Participants will congregate for the first station at St. Stephen Martyr Catholic Church (2436 Pennsylvania Ave. NW) at 10:00am. The procession will follow the cross to stations at Farragut Square, Franklin

Square, and Freedom Plaza and will end with a final station at St. Patrick's Catholic Church (619 10th St NW), which will begin around 1:00pm. At each station, there will be readings from the Passion, a meditation, a reflection and hymns. All are invited. For more information please visit: www.wayofthecrossdc.com.

**Catholic Coalition Award
Saturday, March 28, 2020:**

Our Lady of Lourdes Assistant Principal and PE Teacher, David Long and 3rd Grade Teacher, Alison Interlandi will be Honored with the *Making IT* Happen Award from the Catholic Coalition for Special Education (CCSE)*. **IT stands for Inclusive Teaching.*

The award recognizes teachers who model the spirit of inclusion by working tirelessly to meet students' individual learning needs. CCSE works across the archdiocese to offer more students with disabilities the opportunity to receive a high quality inclusive education, learning alongside their peers in the classroom and on the playground. Join OLOL and honor Mr. Long and Mrs. Interlandi at CCSE's gala on Saturday, March 28. Archbishop Wilton D. Gregory will offer the invocation. For information and tickets, visit: <https://ccse.ejoinme.org/benefit2020>.

**Married Couples Lenten Retreat
Saturday, March 28 from 9:30am to 4:30pm:**

Take the time this Lent to grow and strengthen the love you have for your spouse. Your entire family will benefit and thank you for it. Sign up for a Married Couples Lenten retreat to be held at St John Paul II Shrine. It only costs \$40 per couple (bring your own lunch). The retreat leader is Rev. Emanuel Magro, who has worked with couples over 20 years. The focus of the retreat will be on *Holy Moments in Married Life, Experiencing Jesus' Resurrection*. **The Deadline is March 21.** To sign up go to: www.blessedsacramentdc.org/couples.retreat. First-come, first-serve. For more information, contact Jim & Ann Hoffman at hoffmanja2@msn.com or call 202-362-4510 (h) or 202-486-8291 (c).

**Cathedral Penance Service
Tuesday, April 7, 2020 at 12:10pm:**

The Cathedral of St. Matthew the Apostle invites you to experience the love of Christ through the Sacrament of Reconciliation at a Lenten Communal Penance Service, "Come Home for Easter." More than 10 priests will be available for individual confessions, including Spanish-speaking and other foreign language confessors. The Cathedral is located at 1725 Rhode Island Avenue, NW, between Connecticut Ave. and 17th St., near the Red Line Farragut North Metro station.

You are most welcome to join us here at the Mother Church of the Archdiocese of Washington, the Cathedral of St. Matthew the Apostle, for any of our Lenten and Holy Week offerings. Join us in worship and prayer at our liturgies, enjoy musical events, and find opportunities for study and deepening of your faith. Visit our website at:

www.stmatthewscathedral.org/Lent2020.

**Schoenstatt Retreat: "Woman Touched by God"
March 21, 9:00am - 2:00 pm:**

St. Raphael's Catholic Church, Potomac, Md. For women ages 25 and up. Cost is \$20 per person or \$25 for same day. The cost includes brunch, coffee and drinks. For more information contact Maria Elena at 240-274-7300 or mariaelenavzla00@hotmail.com. To register visit: www.schoenstattDC.org/mothers.

**"Los Sentimientos", Un Retiro Ignaciano
24-26 de abril, 2020:**

El discernimiento espiritual es una gracia y un arte. Discernimos la voluntad de Dios individual y comunalmente, y nuestros sentimientos nos dan los datos para discernir. Este retiro pretende ayudarnos a poner a Cristo en el centro de nuestro discernimiento espiritual.

**Loyola on the Potomac,
Una Casa de Retiros Ignacianos
9270 Loyola Retreat Rd.; Faulkner, MD 20632
www.loyolaonthepotomac.com**

Cuota: \$245: (Si usted tiene entre 18 y 30 años, o si hace su primer retiro acá, la cuota es de \$195.)
Regístrese en línea en: www.loyolaonthepotomac.org
ó para más información, llame al P. Gavin, S.J. al 301-392-0803.



Banns of Marriage

First Time: **Stephen James** of Mt. Airy, Maryland and **Megan Graves** of Bethesda, Maryland.

Lectors Needed:

Lectors are needed for the 7:30 Sunday morning Mass. If you have a strong, clear voice, please consider participating in Mass by presenting the Word of God to your fellow parishioners. If interested, please contact Cecilia Magnetti or Walter Kikendall at: lectorcoordinators@gmail.com or 301-943-2061.

Looking for a Job?

El Pregonero invites you to its Multicultural Job Fair this **Thursday, March 19 at 10:00am** at the Shrine of the Sacred Heart, 3211 Sacred Heart Way NW Washington DC. **FREE ADMISSION.**

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.**

OLOL 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. With spring on the horizon, we're starting to collect clothing for warmer weather. We have very limited need, or space, for children's clothing or for "dressy" clothing such as men's suits, so those types of clothing are best taken elsewhere. 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)



First Sunday of Lent 2020 Offertory: \$9,986

Our March Poor Box will be going to the Catholic Charities Lenten Food Drive. Donations will go to local Maryland food banks. Bags will be distributed the weekend of March 14 -15. The parish collection for the food drive will take place the weekend of March 21 - 22.

Thank you for all you do to help the needy among us.

Collection for the Church in the Developing World:

March 14 - 15, 2020:

This collection is directed toward the Church in Latin America, Central and Eastern Europe, and Africa. It supports evangelization, the education of clergy and laity, youth ministry, catechesis, social service programs, and church construction and renovation. The faithful in these areas are often limited in what they can contribute, so your generosity will provide support for areas of ministry we often take for granted in our archdiocese.

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 – 15 de Marzo de 2020

Jesús y la samaritana



Cristo se presenta ante la samaritana como una persona fatigada, sedienta de tanto caminar, como quien tiene urgencia de saciar una necesidad propia del organismo. Se presenta como hombre.

Podría haberse aparecido de otra forma por ejemplo diciéndole inmediatamente que era el Hijo de Dios o haciendo manar gran cantidad de agua del pozo, para que supiese enseguida quién era. No obstante, la pedagogía de Cristo es una pedagogía de amor, de espera, de comprensión, de respeto a la propia libertad.

Cristo está sediento y en esta cuaresma se acerca al pozo de nuestra vida para que le “ demos de beber”. O, mejor dicho, para caer en la cuenta de que los sedientos somos nosotros. “Si conocieras el don de Dios y quien es el que te pide de beber...” Somos nosotros los que tenemos necesidad de beber su agua sólo nos hace falta conocer quién posee esta agua. (Catecismo de la Iglesia Católica No. 2560)

Podemos preguntarnos ¿por qué no conocemos ese don de Dios? ¿Qué es lo que ata nuestro conocimiento para conocerlo? El mensaje de Cristo se nos presenta claro, como una luz alejada de toda sombra u oscuridad. Sin embargo, nos encontramos ante sombras que esconden el “don de Dios”. Ese don no es otro que el del amor, de la conversión, de la paciencia, respeto a la vida etc. Abramos

nuestro entendimiento para que como la samaritana conozcamos el don de Dios y así nuestra vida sacie la sed de conocer a Dios.

ANUNCIOS:

- La Luz esta encendida! Todos los miércoles de cuaresma de 6:00pm a 7:00pm habrá oportunidad de acercarse al sacramento de la reconciliación en la Iglesia.
- Todos los Viernes de cuaresma se realizarán las Estaciones de la Cruz en Ingles a las 11:00am y a las 6:30pm en la Iglesia.
- Habrá una misa para los matrimonios que tienen 25,30,35,40,50 o más años de casados el domingo 28 de Junio de 2020 en la Basilica de la Inmaculada Concepción. Registrarse antes del 22 de Mayo en la Rectoria de nuestra Parroquia.
- El 14 y 15 de Marzo serán distribuidas bolsas en las cuales usted podrá donar alimentos para familias necesitadas. Deberá traer los alimentos el 21 y 22 de Marzo.
- El 21 de Marzo de 9:00am a 2:00pm habrá un retiro para mujeres de Schoenstatt en la iglesia de San Rafael Potomac, MD. Para mayor información contactar a Maria Elena al 240-274-7300 o bien mariaelenavzla00@hotmail.com.

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: _____

DIRECION: _____ APTO: _____ CIUDAD: _____

CODIGO POSTAL: _____ TELEFONO: _____ CORREO ELECTRONICO: _____