

Get up and eat!

Twice **God** sent an angel to the prophet **Elijah** bringing him some food and ordering him, "**Get up and eat.**" (First Book of Kings 19:4-8). Elijah was exhausted. He had just won a major victory after a confrontation with the Baal prophets. But this then led to his being pursued by Queen Jezebel and her entire army. He was on the run, in the desert, and had lost all hope. This was too much for him to handle on his own. Under a broom tree he sat and began to **pray for death**, "*This is enough, O Lord! Take my life ...*" He then lay down and fell asleep under the broom tree...That is when the Lord sent him some food ...and an angel.

Strengthened by eating the food and drinking the water provided by the angel, Elijah was able to walk for 40 days and 40 nights to the Mountain of God, Mount Horeb.

We can empathize with Elijah's earlier distress. Many of us have felt like Elijah at certain times of our lives when we no longer have hope; when we may be depressed by health difficulties or marital problems, or when we have lost our jobs. We might not pray for death as Elijah did, but in many ways this is unconsciously what may be happening within us. Elijah was not angry at God. He had been successful in defeating the 450 prophets of the Baal god. But he was now under attack from the forces of Queen Jezebel. He felt abandoned and was now alone in the desert.

When I hear the story of Elijah lying exhausted under the broom tree, I always recall my own pilgrimage to Santiago de Compostela about 10 years ago. It took me 33 days to walk the 500 miles from Southern France to Compostela. While every day was an adventure, both physical and spiritual, the most difficult day was when I chose the shortest way without knowing that it would go through a totally deserted area. I never carried water or food so as to conserve my energies (my backpack was already heavy). Instead, I had chosen along my trip to stop in villages to get food and water. Yet on that day, there was not a single village. I did not encounter any human being. I was all alone in this deserted area. It was very hot. There was no shade to get some rest. I was thirsty and hungry. Finally I found a tree, and exhausted I lay down in its shade. I felt like Elijah under the broom tree: exhaustion and helplessness (only not pursued by the armies of Queen Jezebel). I felt that I could not go on walking in that heat without food nor water. There was no angel of the Lord to touch me and

bring me comfort. But resting in the shade gave me some hope. Finally, though no angel told me to **get up and eat**, I stood up and continued



walking! The **Holy Spirit** was guiding my feet! I kept walking! Lo and behold...my little path in the desert crossed a road from which I could see a gas station! It was not a mirage in the desert! I was not hallucinating ...it was a real gas station, and praise the Lord, I could find some water and bread!

Last week, I wrote to you about the reasons why we are to attend Mass every Sunday. Of the five main reasons, the last one mentioned is the amazing grace to **receive God**: the Holy Communion!

At times, it may be hard to get up on Sunday morning. We may feel tired ...or simply lazy and wish to stay longer in bed. We may not have the desire to go to Mass. We may feel like Elijah under the broom tree: exhausted and helpless. Yet this is the very reason why we are to **get up and go to Mass! Get up and eat the Body of Christ**, and you will be transformed! You will be able to **receive Jesus, the living bread that comes down from heaven and gives us eternal life.**



I invite everyone to meditate on this beautiful verse 6:51 from John's Gospel, "***I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread I will give is my flesh for the life of the world.***" It summarizes Jesus' discourse on the Bread of Life, which we have been blessed to hear throughout this month of August. While John does not describe the Lord's Last Supper, these are similar words to those we hear from the other Evangelists recalling Jesus' words at His last Supper with the Twelve: "***Then He took the bread, said the blessing, broke it, and gave it to them saying, 'This is my body, which will be given for you; do this in memory of me.'***" (Luke 22:19-20).

These are the words of the Institution of the Eucharist. I invite you to repeat several times slowly Jesus' words, "***Take this, all of you, and eat of it, for this is my body, which will be given up for you.***" We hear these words at every Mass at the time of Consecration (when the altar server rings the bells). These words invite us to **get up and eat**; come and receive the Body of Christ. When we receive the Eucharist, we truly believe that we receive the **Living God, the Bread of Life that gives eternal life!**

Holy Spirit, come and help all of us get up every Sunday morning so that we can come to Mass and be fed spiritually! Who can refuse the invitation to receive the Living God?

**One in Christ,
Fr. Alain**



Twentieth Sunday in Ordinary Time

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Register on-line for the 2018-19 CCD Religious Education Program at www.olhoc.org grades pre-K through 8th. **Classes begin Sunday, September 16.**

Adult catechists, assistants, and teen aides needed for all grades.

For more information send an email to dre@olhoc.org or call the office and ask for Therese, Director of Religious Education.



FIAT: Elementary school Faith in Action Team

Edge: Middle school youth ministry

Life Teen: High school youth ministry

Youth Worship

For most current Youth and Evangelization events, please see our website: www.olhoc.org.

Our Younger Generation and the Catholic Faith

Attention: Adults ages 18 - 102 yrs. Concerned about the younger generation walking away from the faith? We are launching a new Confirmation initiative this year for our 7th and 8th graders and need your help. Come make a difference and be an adult mentor to walk with these young people. Pray about your involvement and willingness to share with the next generation. It can only strengthen your personal faith journey while enriching another.

Please contact our Director of Religious Education, Therese Thiedeman, at dre@olhoc.org or 301-645-7112, with any questions you may have and becoming VIRTUS-compliant (Child Protection Classes and background check). Thank you!



Your Church; the Lord's House

Continue to please respect your church, the Lord's house, and refrain from taking any food or beverage in the Church. If children need food or beverages, please use the cry room or Social Hall.



We have incurred some recent pew damage. Please care for your building investment by not walking on kneelers or using them as a foot rest.

OUR LADY'S LITTLE CHRISTIANS

Preschool openings (3 and 4 year olds) at OLHOC! Full and half-day programs. We include children's chapel services and many opportunities for family involvement! Register now to secure your child's seat for the 2018-19 school year.



For more information send an email to preschool@olhoc.org or call the office and ask for Nieda, Preschool Director.

OLHOC Community Outreach

The next Outreach meeting is September 5 at 7:00 pm in the Social Hall. New members and ideas are always welcome! The next Shepherd's Table is set for September 20 at Good Shepherd Church.



Sharing Sunday – Non-perishable food donations are always welcome and can be left in the Social Hall. All donations will go to the local food bank, managed by Catholic Charities, on Irongate Drive in Waldorf.

Upcoming Child Protection Workshop in Southern MD:

Monday, August 20 6:00 pm-9:00 pm

Archbishop Neale School

104 Port Tobacco Road

La Plata, MD 20646

Register at www.virtus.org



Prayer Requests *

We are asked to pray for: Shirley & Jerry Barrett, Baby Carmine D'Alessandro, June Swann, Elsy Canare, Martone Family, Maria Mora, Nadia Toledo, Cielo Quintero, Zynae Green, Green Family, Anthony Rodriguez, James Thompson, Doris Chesley, David Parady, Linda Bourne, Rebecca "Tess" Franch, Alex León, Connie Miller, Wanda Roberts, Fr. Kleinstuber, Antonio Marin, Georgiana Norgren, Scott Anderson, and all our military and civilians serving in harm's way.

**Names will remain on our list for 3 months. Please call the parish office to re-request a name after 3 months or to remove a name when the person has regained health.*



Mass Intentions this Week

Saturday, August 18, 9:00 AM: Karl Lass (+)
Saturday, August 18, 5:00 PM: OLHOC Parishioners
Sunday, August 19, 8:30 AM: Wilbur Etbauer (+)
Sunday, August 19, 10:00 AM: José Galván
Sunday, August 19, 11:30 AM: Lourdes Cortés (+)
Sunday, August 19, 7:00 PM: Olga Diaz (+)
Monday, August 20, 9:00 AM: Jaime Trochez (+)
Tuesday, August 21, 9:00 AM: Anna Maria Gonzales (+)
Wednesday, August 22, 9:00 AM: Ann Gregory (+)
Wednesday, August 22, 7:00 PM: Marvin Lam
Thursday, August 23, 9:00 AM: Richard Bamberger (+)
Friday, August 24, 9:00 AM: Kelly Andrews

RCIA Invitation – Registration Open House



Interested in learning about the Catholic Church for the first time? Wanting to complete your Sacraments of Initiation? Or, wishing to learn more about your

Catholic faith? This is the group for you! We invite you to meet RCIA team members at the **Registration Open House for 2018-2019 RCIA classes, Wednesday, August 29 at 7:00 to 8:30 PM** in the social hall. Classes start in September and will be held on Wednesdays nights.

Spanish Language RCIA - RICA Invitación

Si está interesado en aprender sobre la fé Católica, venga a registrarse el **domingo, 2 de septiembre** a las 5:00 PM, salón #105.

Clases empiezan 9 de septiembre.

Dear Community.....

Please pray for our college-age students as they prepare for college or vocational training, and other young adults who are in the Military or pursuing other endeavors. They are our future and need our united prayers so they will know God is present in their lives and will remain faithful in their Catholic values.

A resource to help families prepare is at www.prayingcollegemoms.org.



ADW - Sisters in the Spirit

Triumph of the Cross 2018-Saturday, Sept. 8, 10-3 pm
Our Lady of Perpetual Help in Washington DC, SE.

Proclaiming our Season of Faith and Power with Rev. Roy Lee Archdiocese of Atlanta. Meals included, \$35 per person. Check-in begins at 9:00 am. Register by August 25. Burma Hill 240-620-4556 or Cherry Neal 301-641-3719. No tickets sold at the door.

Mass Readings for August 26, 2018

21st Sunday of Ordinary Time

*First Reading

Joshua 24:1-2, 15-18

*Second Reading

Ephesians 5:21-32

*Gospel

John 6:60-69

www.usccb.org



THE WILD GOOSE

DISCOVERING A DEEPER RELATIONSHIP WITH THE HOLY SPIRIT

Join us this Sunday/Monday for an incredible video series featuring Fr. Dave Pivonka, TOR, which is awakening God's love and transforming power in the hearts of all who participate. Discover the Holy Spirit who has been revealed to us by Jesus Christ and who leads us to our heavenly Father. This adventure consists of Fr. Dave speaking on an attribute of the Holy Spirit, a practical application on how to respond to the Holy Spirit and testimonies of people from across the country whose lives have been impacted by the Spirit of God. **Babysitting will be provided on Monday evenings.**

We'll watch and discuss 2 video segments at each of our gatherings

- SUNDAY mornings in Rooms 103/104 (9:30 am) with Mike and Diane Spurgeon
- MONDAY nights in Rooms 103/104 (7 pm) with Deacon Rich and Carl Phipps
- MONDAY nights in Rooms 201/202 (7 pm) in Spanish with Milton Galván and Maria Lam
- MONDAY nights in Rooms 203/204 (7 pm) for EDGE and LIFETEEN (grades 6-12) with Marlen Coles and Youth Core Teams.

MEETINGS with TWO SEGMENTS per MEETING

- August 19/20: (11) The Spirit Convicts, (12) The Spirit's Freedom
- August 26/27: (13) The Spirit Gives Witness, (14) The Spirit Remembers

For more information, contact Therese Thiedeman at 301-645-7112, dre@olhoc.org



***CCD 2018-19 Remember: Everyone needs to *re-register* each year!**

Registration for Religious Education is open on-line: www.olhoc.org

*** Pre-K thru 8th Grade**



The Restorers of Mount Carmel are sponsoring a mini-retreat on Saturday, October 6, 2018, at Mount Carmel, 5678 Mount Carmel Road, La Plata, MD 20646. The retreat will begin with 8:00 am Mass and will end by 2:00 pm. Cost is \$30 per person and includes mass, several talks, quiet time, confessions, rosary, benediction/exposition, continental breakfast snacks, beverages, boxed lunch, and hand outs. Father Ken Gil, Pastor of St. Catherine's (McConchie) and also St. Ignatius (Hilltop), is the retreat master.

Please call Suzanne Carr at 301.645.5203 to make reservation. Please make check payable to Suzanne Carr and send to Suzanne Carr, 12944 Waldorf Forest Road, Waldorf, MD 20601.

Loyola on the Potomac - A Jesuit Retreat House

Celebrating 60 years of Ministry and Service - Please join us as we celebrate our Anniversary on Sunday, September 9 - Annual Crab Feast

All you can eat! Adults \$50 (after Sept 1 \$65), Kids \$35, under 6 is free. Also includes chicken, hamburgers, hot dogs, corn on the cob, slaw and potato salad. Please register with Alice Case (301) 392-0819

alice.case@loyolaretreat.org