

July 15, 2018

How to Conquer the Hardness of Our Hearts

Dear Brothers and Sisters,

Over the last two months, I have had plenty of time to read, reflect, and pray. I would like to share with you one special prayer that touched my heart. It was written by St. Claude de la Colombiere, who lived over 300 years ago and helped promote the devotion to the Sacred Heart of Jesus as he became the spiritual Director of St. Margaret Mary. St. Margaret Mary had the vision of the Sacred Heart of Jesus in her monastery at Paray-le-Monial:

"O God, what will you do to **conquer the fearful hardness of our hearts?**

- Lord, you must give us new hearts, tender hearts, sensitive hearts, to replace hearts that are made of marble and bronze.
- You must give us your own heart, Jesus. Come, lovable heart of Jesus.
- Place your heart deep in the center of our hearts and rekindle in each heart **a flame of love** as strong, as great, as the sum of all the reasons that I have for **loving you, My God.**
- Holy Heart of Jesus, dwell hidden in my heart so that **I may live only in you and only for you** so that, in the end, **I may live with you eternally in heaven!** "

I discovered the above prayer in a reflection booklet by Fr. Timothy Brown, Jesuit, on the Feast of the Sacred Heart of Jesus. That booklet was passed on to me by a priest-friend who said to me that I may find it helpful for my on-going recovery. Fr. Timothy wrote it after having had angioplasty surgery. In the introduction, he wrote, "*Arteries supply a constant flow of oxygen enriching blood to the heart. When arteries are healthy, the smooth inner lining allows blood to flow freely to the heart, supplying it with nutrients amid oxygen. But arteries begin to get clogged. They narrow to the point where the blood flow is impeded... Angioplasty procedure was developed to remove the built up plaque...it widens and dilates the blocked arteries.*" This procedure saved my life. I see this booklet as a **reflection on healing:** the "*opening of all the blocked spiritual arteries of the past years.*"

Three of my own arteries were so clogged that the angioplasty procedure that saved Fr. Timothy's life did not work. I needed to have immediate triple bypass surgery; much more complex, (opening of the sternum, bypassing the blocked arteries using a vein from my leg), yet has the same effect allowing oxygenated blood to the heart muscle. In the past, I have often used the analogy of hardened hearts, but never the analogy of clogged arteries. St. Claude de la Colombiere in the above prayer talks about how to conquer the



hardness of our hearts. He does not talk about the hardness of our clogged arteries. However, his prayer can be extended to use both analogies.

The invitation is always there for us to **open our hearts to the Holy Spirit**, which is the **flame of love** St. Claude de la Colombiere talks about. Fr. Timothy Brown invites all of us to open up all our blocked spiritual arteries of the past years. Yes, we need to open our spiritual hearts to the **Holy Spirit**. That includes opening and cleaning **all the channels that feed into our spiritual hearts**. It is our sinfulness which clogs our spiritual arteries. Like Adam and Eve, **pride** is our greatest sin, which leads us to many other sins; so, let us ask the Holy Spirit to help us imitate Jesus, who invites all of us "*Come to me, all you who labor and are wearied, and I will give you rest...Take my yoke and learn from me, for I am gentle and humble of heart.*" (Matthew 11:28-29).

Unless we deepen our personal relationship with God through prayer and reflection (daily examination of St. Ignatius of Loyola), unless we become more aware of our sins, and unless we participate more frequently in the Sacrament of Reconciliation, our spiritual hearts will lack spiritual oxygen. At times, we may need a more radical, systematic intervention, like an angioplasty or open heart surgery. Such intervention will vary depending on our own individual situations. It will mean to deepen our faith through participating in regular scripture prayer, or participating in spiritual retreats every year, or through attending faith formation programs like the ones offered at OLHOC.

As we continue our **Journey of Faith** together in this **Year of the Holy Spirit**, I invite each of us to reflect on our own relationship with the Holy Spirit. Does our relationship with the Holy Spirit help transform our hearts of marble and bronze into new, tender and sensitive hearts? Does our relationship with the Holy Spirit help us to open up our blocked spiritual arteries? Let us keep in our minds the image of the Holy Heart of Jesus hidden in our own hearts so that we may live only in Jesus and only for Him! This implies our total consecration to Jesus: Jesus, I am totally yours! Everything I do is in You and for You!

Following the example of St. Louis Montfort, we are all encouraged to renew our Consecration to Jesus through Mary. Our next opportunity is on the Feast of the Assumption (August 15). In preparation, OLHOC Marian group members began the 33 Days to Morning Glory prayer this past Friday (just as we did last April/May). I invite you to **catch up** and follow these Days to Morning Glory with me.

Come Holy Spirit! Open our hearts to the hearts of Jesus and Mary! Make us one in Jesus and Mary! Guide our steps and decisions on our journey of faith!

**One in Christ,
Fr. Alain**



Fifteenth Sunday in Ordinary Time

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Check the website for summer events!



FIAT: Elementary school Faith in Action Team
Edge: Middle school youth ministry
Life Teen: High school youth ministry

Fiat Camp - For High School Girls

Fiat is Latin for "Let it be done." Join other young women from the Archdioceses of Washington and Baltimore this summer (July 27-29 at Mount St. Mary's University) to spend time discovering the exciting things that God has for your life! What to expect: Talks by religious sisters and other speakers,

Mass and prayer, games and sports, craft time and social time (with great food!), time for confession and spiritual advice. The cost is \$150 (Sibling discounts & scholarships available). For more information please visit www.olhoc.org/lifeteen





VBS "Surfin' with the Holy Spirit!"

July 23-27 9:00am to Noon

Register on-line at www.olhoc.org/vbs

Participants ages 4-11, youth volunteers ages 12-17;
Adult volunteers 18+ years

Let's go SURFIN'! The kids will never forget their friend and helper, the HOLY SPIRIT after a week Surfin' with the Spirit! Non-stop action and non-stop learning at the same time!

Don't delay! Supplies need to be ordered.

Summer Movie Night - St. Joseph Church, Pomfret

Friday, July 27th. Food starts at 6:30pm & film begins at 7:30pm.

Celebrating the beauty of the Church's teaching on married love, join us for a viewing of "Sexual Revolution: 50 Years Since Humanae Vitae," a brand-new film that examines the effects of the free-love experiment of the Hippie Generation and the prophetic encyclical *Humanae Vitae*. Food, film and childcare all FREE (donations gratefully accepted).

RSVP: <https://tinyurl.com/StJoesMovie>.

Appropriate and recommended for all couples, young adults AND middle-and high-school students and their parents. See www.sexualrevolutionmovie.com

OUR LADY'S LITTLE CHRISTIANS

<http://www.olhoc.org/preschool.html>

2018 Summer Program for ages 3-5 (**must be potty-trained**) The cost is \$75 per week. Discount for multiple siblings or multiple weeks.

- July 30-August 3, 8:30-11:30 a.m.
Science/Nature

Registration is first come/first served, and will continue until one week before each session starts or until classes are full.

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

Community Outreach

The next Shepherd's Table Dinner will be held on Thursday, July 19, 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: David Parady, Linda Bourne, Rebecca "Tess" Franch, Alex León, Connie Miller, Wanda Roberts, Fr. Kleinstuber, Wilbur Etbauer, Antonio Marin, Georgiana Norgren, Scott Anderson, Harold Frye, Patricia Fisher, Marjorie O'Donnel, Sarah Parker, Leslie Heath, Miriam Chagolla, Lauren Lohman, Fr. Alain, Grace Emmanuella, Dennis Forgash, Robert Brooks, and all our military and civilians serving in harm's way.

Deepest condolences are extended to the family and friends of Ralph Curbelo.

**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, July 14, 9:00 AM: Deacon Rich Dubicki

Saturday, July 14, 5:00 PM: OLHOC Parishioners

Sunday, July 15, 8:30 AM: Deacon Bill Scott

Sunday, July 15, 10:00 AM: Helen Fitzpatrick (+)

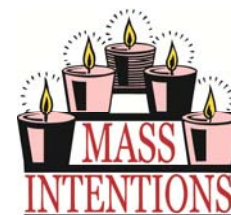
Sunday, July 15, 11:30 AM: Carmine D'Alessandro

Sunday, July 15, 7:00 PM: Carlos Lam, Jr. (+)

Monday, July 16, 9:00 AM: Ralph Guerrero

Tuesday, July 17, 9:00 AM: Carlos Joaquin (+)

Wednesday, July 18, 9:00 AM: Janet Joy Brillantes (+)



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!

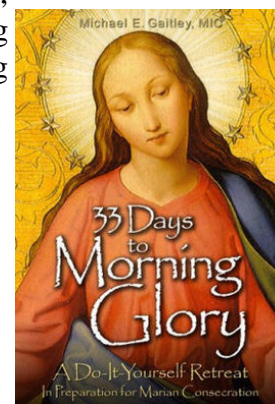


Invitation to Marian Consecration

The OLHOC Marian Group invites us to prepare for *total consecration to Jesus through Mary* on the Feast of the Assumption, August 15, by praying "33 Days of Morning Glory" now!

See our website for readings and prayers under Marian Consecration.

www.olhoc.com



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.

Mass Readings for July 22, 2018

16th Sunday of Ordinary Time

***First Reading**

Jeremiah 23:1-6

***Second Reading**

Ephesians 2:13-18

***Gospel**

Mark 6:30-34



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

- July 15/16: (3) Baptism in the Holy Spirit and Fire, (4) The Spirit and Our Lady

ONE WEEK BREAK for VACATION BIBLE SCHOOL

- July 29/30: (5) Gifts of the Holy Spirit, (6) The Spirit and the Eucharist
- August 5/6: (7) The Spirit of Adoption, (8) The Spirit and the Sacraments
- August 12/13: (9) Fruits of the Holy Spirit, (10) The Spirit and the Desert
- 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



Luncheon Cruise - Loyola on the Potomac Retreat House celebrates its 60th Anniversary aboard the Spirit of Washington
600 Water St., SW, Washington, DC 20024

Sunday, August 12, 2018
Boarding time: 10:45 am
Cruise time: 11:30 - 1:30 pm

Bountiful luncheon buffet, Cash bar, DJ entertainment, Raffles - Tickets must be purchased from Loyola on the Potomac to get discounted price: \$60.00 per person before July 15. \$75.00 per person July 16 and later.

For Reservations/Tickets, contact Alice Case at (301) 392-0819 or alice.case@loyolaretreat.org

See www.loyolaonthepotomac.com for additional events this summer!

Friday Faith and Fellowship Group



Join the group every 2nd Friday of the month for Movie Night, and for bible study and music each 3rd, 4th, and occasional 5th Friday.

7:00 PM