

HOLY FAMILY PARISH COMMUNITY

2210 CALLAWAY STREET

HILLCREST HEIGHTS, MARYLAND 20748



Rectory 301-894-2222

Rectory Fax 301-894-2938

Hours: Mon-Thurs, 10:00 am— 4:00 pm

www.holyfamilyparishmd.org

School Office 301-894-2323

School Fax 301-894-7100

Office Hours: Mon.-Fri., 8:00 am—3:00 pm

www.holyfamilymd.org

Rev. Matthew J. Fish, Administrator

ext. 13 pastor@holyfamilyparishmd.org

CHURCH STAFF

Deacon Gerald Collins, Permanent Deacon

deaconjer1@gmail.com

Mr. Keith Poindexter, Parish Manager ext. 10

rectory@holyfamilyparishmd.org

Ms. Kristan Bryant, Pastoral Assistant ext. 14

Kbryant@holyfamilyparishmd.org

Mr. Dominic Cipollone, Business Manager ext. 14

dcipollone.holyfamilychurch@gmail.com

Mrs. Thelma Adams, Adult Faith Formation

thelmaadams1@verizon.net

Mrs. Helen Norris, Pastoral Care of the Sick

Mr. David Pugh, Maintenance Supervisor

To join our parish family, call or visit the Rectory, or complete the Census form found in the Church.

SUNDAY MASS SCHEDULE

Saturday: 4:00pm

Sunday: 8:00 & 11:00am

Holy Days: As Announced

WEEKDAY MASS SCHEDULE

(Chapel of Saint Joseph)

Tuesday, Wednesday, Thursday, Friday:

7:00 am

Wednesday: School Mass 9:00 am (Church)

Saturday: 8:00 am

Friday: Adoration (with Confession)

5:45 pm - 6:45 pm

SACRAMENT OF CONFESSION

Saturday, 20 minutes before Masses.

Anytime by Appointment.

SCHOOL STAFF

Mrs. Michelle Taylor, School Principal ext. 22

mtaylor@holyfamilymd.org

Mrs. Gail Daughtride, School Administrator ext.11

gdaughtride@holyfamilymd.org

Mrs. Michiko Hemmer, Tuition Coordinator ext. 14

mhemmer@holyfamilymd.org

Registration is open for the 2018-19 School Year.

We are a Regional School receiving the support of St Ignatius, Our Lady Queen of Peace, Our Lady of Perpetual Help, Church of the Incarnation, Saint Luke and Saint Teresa of Avila.

LET'S STAY CONNECTED:

Our schedules, events & activities are communicated also by email and phone. If you have not received any contact, please let us know who you are. If already registered in the parish you can use this to update.

Name: _____

Email: _____

Phone: _____

I'm new and want to stay connected.

Update my info.

I'd like to speak with Father Matt.

Please return in the offertory collection or email to rectory@holyfamilyparishmd.org.

A Lenten Focused Call to Prayer!

Since the second century, Lent has been the time in which new converts (*catechumens*) prepare for baptism at the Easter Vigil. Since then, the tedium of the catechumen has diminished. Since the fourth century, Lent has become a forty-day period of penitence and fasting for all Christians, and not just new converts. In A.D. 325, the Council of Nicaea referred to Lent as forty-days preceding Easter on the Christian calendar. The number forty is important considering Jesus’ forty-day fast in the wilderness in preparation for his ministry (Matthew 4:1-2).

Today, Lent consists of forty days before Easter when Christians prepare to celebrate the resurrection of Jesus Christ by practicing spiritual disciplines of fasting, almsgiving and prayer. Sundays are excluded as days of fasting during Lent because they are mini-Easters; the weekly celebration of Jesus’ resurrection. Western churches exclude Sundays as Lenten days of fasting. Eastern Orthodox Churches exclude both Saturdays and Sundays. Subsequently, in the East, the season begins earlier and is spread over a longer period. Despite chronological differences, both churches honor the period for a minimum of forty days.

We, Catholics, value Lent as a time for embracing physical weakness through deliberate self-denial in order to secure spiritual strength in Christ (2 Cor. 12:7b-10). But too often, people take on too much or don’t do enough when seeking spiritual strength through Christ. A solution is to simplify our disciplines by accepting an attitude of Keeping It Simple Sinner (KISS) – 1-1-1. KISS-1-1-1 is simply focusing our intentions more clearly on our spiritual goals.

To KISS-1-1-1, it is suggested we focus on: **One Sin, One Add-In, and One Give-Up.**

One Sin: Concentrate our efforts one sin or fault that gets in the way of our relationship with God and others.

One Add-In: Add one thing of God to your routine that you haven’t been doing that has potential to deepen your prayer life. Because we are so busy, it’s a good idea to not just pick any add-in, but to also schedule a regular time when you put it on your calendar, so you don’t “forget.” Add-in ideas may include:

- Going to Mass mid-week · Attending Stations as a family · Reading a Gospel · Volunteering at a social ministry · Getting up early to pray.

One Give-up: Deny yourself something you really like or are attached to. If we are honest, we all know at least one area of sin to focus on during Lent. If you aren’t sure, or have trouble narrowing it, use the traditional seven deadly sins as a guide. If you still need help, ask God to reveal it to you. If you still aren’t sure, ask family or a close friend. Just be sure you are willing to listen and accept their assessment.

Finally, don’t forget to prayer. Prayer during Lent can stir up our love and ardor by deepening conversations with the Almighty. Remember God’s love shines more brightly in the darkness of the recognition of our own sinfulness.

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A Lenten Prayer: *The Prayer of St. Ephrem the Syrian*

O Lord, Master of my life keep from me the spirit of indifference and discouragement, lust of power and idle chatter. Instead, grant me, Your servant, the spirit of wholeness of being, humble-mindedness, patience, and love. O Lord grant me the grace to be aware of my sins and not to judge my brother, for You are blessed now and forever.

Amen

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Offertory for Mar. 3rd - \$9,358.00

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2019 Lenten Activities

Wednesday Reflections Wednesday evenings (Chapel of St. Joseph) 7:00 - 7:30pm
Soup and sandwiches provided.
Adoration w/confession - 7:30 - 8:30 pm

Fridays during Lent

Mary’s Way of the Cross - 12:00 noon
 Stations of the Cross - 7:00 pm

PARISH LIFE

We have set the dates for taking pictures to update **Parish Directory**. Our Photo Event with Lifetouch will be Thursday April 25th, - Saturday April 27th. It’s been over 5 years since the last directory. We need the assistance of all ministries to accomplish this goal. Please contact the rectory if you or your ministry is ready to assist this project.

HOLY FAMILY SCHOOL HIGHLIGHTS

Lenten Fish Fry - *March 15th, March 29th, and April 5th from 11 am to 5 pm.*

PARISH LIFE CONT.

2019 Scholarship applications are currently being accepted. Students enrolling in a Catholic High School or transitioning from High School to an Institution of Higher Learning can pick up an application from the information table in the rear of the church or from our website: www.holyfamilyparish.org. A box will also be on the table to accept completed applications.

Every Saturday at 9:00 am in the Mary Lange Library, the **Catholicism Adult Faith Formation** series continues to enhance and support the Church's mission to evangelize and teach the Faith. This program explains not only what Catholics believe and why, but also displays in visual detail the richness of the Church's global culture. Facilitator: Father Matt. Continental breakfast will be provided.

ARCHDIOCESE LIFE

The Basilica of the National Shrine of the Immaculate Conception invites the faithful to join in special devotions offered throughout the Lenten Season. Stations of the Cross will be prayed *each Saturday* during Lent in the Crypt Church following the *12:10 p.m.* Mass. Lenten Vespers will be sung by the Choir of the Basilica each Sunday at *4 p.m.* in the Great Upper Church. 40 Hours Devotion will be observed from *Thursday, March 28th* beginning with an Opening Mass at *5:15 pm* in the Crypt Church and will close on Saturday, *March 30th* with Mass and Benediction at *5:15 pm* in the Great Upper Church. Continuous Exposition of the Blessed Sacrament will be available throughout, including overnight hours. No tickets or reservations are required. Please visit www.nationalshrine.org or call 202-526-8300 for more information.

PRAYERS FOR THOSE WE KNOW AND LOVE:

<u>Our Parishioners</u>	<u>Homebound</u>	<u>Elsewhere</u>
Denise Richards	Mary Byus	Walter Alexander
Cynthia Washington	Bennie Hooks Jr.	Wendell Young
William Green	Andre Johnson	Dorothy Nelson
Demetrius Butler	Rose Sparrow	Kathleen Guidry
Barbara Smith	Alease Terry	Alpha Banks
Francis Smith	Clarence King	Roy Banks
Angela Hewins	Samuel Jones	Betty Furr
Richard Hewins	Mildred Jones	David M. Smith Sr.
Barbara Price	Marsha Harper	Francis Briscoe
Leroy Owens	Barbara Moore	Barbara Williams
Iris Pierce	Margaret Kennerly	Carmelo Chillari
Ethel Handon	Hilda Reeves	
Angela McNair	Juanita Presley	
Michelle Handon	Frank Wilson	

In memoriam - we remember Brother Greg Weigle.

Prayers for Healing for Donald Murphy, Rafaela Richardson and Darhlene Banks.

Anniversary Blessing to Frances and Barbara Smith celebrating 61 years of marriage on March 15th.

MASSES FOR THE WEEK OF MAR 10-MAR 17

Mar. 10th	1ST SUNDAY OF LENT
4:00 pm (Sat.)	Maria & Rocco Mirabile +
8:00 am	Maude & Joseph F. Deville +
11:00am	Holy Family Parishioners
Daily Masses	
Tues. 7:00 am	Bryan Thomas +
Wed. 12:00pm	Holy Family School
7:00 pm	Darhlene Banks (L)
Thurs. 7:00 am	Demetrius Butler (L)
Fri. 7:00 am	Mr. & Mrs. Frances Smith (L)
Sat. 8:00 am	Patricia Trefry +
Mar. 10th	2ND SUNDAY OF LENT
4:00 pm (Sat.)	Mr. & Mrs. Edwin deSilva +
8:00 am	Patricia Trefry +
11:00am	Holy Family Parishioners

Daily readings can be found at <http://usccb.org/bible/readings/index.cfm>.

Lenten Regulations

Abstinence from meat is to be observed by all Catholics 14 years of age and older on Good Friday and all Fridays of Lent. **Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics who are at least 18 years of age but not yet 59 of age. Those who are bound by this may take only one full meal a day. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid food between meals is not permitted.

Daylight Savings Time Starts Today.

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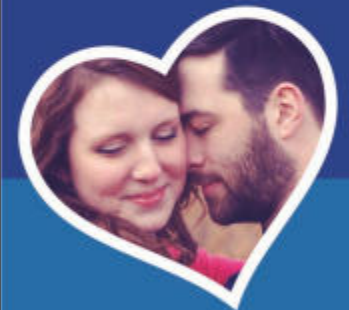
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