



Parish Times

Back-to-School
Issue

AUGUST 2020

Living the Faith Together

FREE

Calling Good Samaritans

A Neighbor Appeals for Help

Publisher's Note: This article was written by Patrick Durkin of Rockville with some assistance from a few friends (including Bro. Edward Adams, CFC, former President of St. John's College High School, Patrick's personal spiritual advisor). Injured in an accident 11 years ago, Patrick is paralyzed from the neck down. He is now in danger of losing the insurance coverage which pays for the in-home skilled nursing care that enables him to live at home. Please read through to the end. Thank you!

Like most of us, so many lives are severely challenged in untold ways by this pandemic. For me it is an occasion to place my life with all my body limitations totally dependent on the loving care of God and, secondly, on specialized nurses who sustain my physical needs.

I was injured 11 years ago. The injury resulted in permanent spinal cord damage. I am unable to move anything below my neck and am ventilator dependent. I am single and

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Patrick Durkin Blondie with Blondie at his bedside



Ambulances were twice summoned to 10401 Old Georgetown Road in May to provide emergency care for women who had had botched abortions there.

Violence against Women and Children Continues in Bethesda

Complaint about late-term abortionist LeRoy Carhart sent to Secretary of HHS

By Lawrence Hamm

According to a whistleblower, two women within nine days suffered life-threatening injuries that required emergency surgery and hospitalization after both received abortions at 25 weeks of pregnancy at the notorious late-term abortion facility on Old Georgetown Road

in Bethesda. Both women had reportedly traveled to the Bethesda abortion facility from out of state, most likely due to the fact their pregnancies were entering the third trimester and their babies were considered viable. Most states limit third-trimester abortions. Eight states, including Maryland, have no gestational limits on

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Bearing One Another's Burdens

No matter how old you are the end of August and beginning of September has always been defined by the return to work, school, and activities after the slower pace, rest and relaxation of summer.

The calendar tells us that's where we are, but everything seems upside down as we continue dealing with the COVID-19 pandemic. This is anything but the normal back-to-the-routine time of year. These are difficult days for all who struggle

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Fr. John Enzler

Reflecting Gratitude

Welcome back to the "new year"

for Our Parish Times. Communication among Catholics and especially parish communities is more important than ever during this crippling pandemic. One of the dreadful impacts of Covid is how it has forced so many to isolate from people and activities we need and love. Thank you, Lawrence and Kathleen Hamm, OPT publishers, for enabling us to network in Christian spirit and service by continuing this



Chuck Short

Continued on page 18

Parish Dialogue on Racism Starts with Listening to Narratives, Acknowledging What Has Transpired

By Melissa Montealegre Egan

After a summer spent processing the suffering caused by racial strife across the country, more than 80 Catholics – largely, from St. Francis of Assisi Parish – gathered virtually August 1 to hear the words a trusted former parochial vicar might have to soothe the wound of racism.

Yet, in the tradition of great Catholic moral teachers, Fr. Robert Boxie III did not come to offer salve, but to speak truth to the sin of racism. Alluding to the unrest that has gripped the United States since the death of George Floyd at a police officer's knee May 25, Fr. Boxie acknowledged that the country seems like it's at a place where things feel different – but are not really.

"Racism is the original sin of our country that we really haven't dealt with," said



Fr. Robert Boxie III, the Catholic Chaplain at Howard University in Washington DC.

Fr. Boxie, the Catholic chaplain at Howard University in Washington DC. "If it doesn't make us uncomfortable, then we can't do anything about it."

A follow-up to his first talk on racism in November 2018 before the parish, Fr. Boxie focused his virtual presentation as a primer on racism, covering not only its context within and as addressed by the Catholic Church, but its manifestation in people, systems and institutions. At the request of a parish ad-hoc committee on racism, he also addressed white privilege, the Black Lives Matter movement and the Black Lives Matter Global Network and what Catholics can do to advance the dialogue on racial justice.

Quoting from the 2018 pastoral letter from the U.S. Bishops, "Open Wide Our Hearts: The Enduring Call to Love," Fr. Boxie said

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Trusting our School Leaders

"Iwanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity." – Gilda Radner

The ambiguity is testing our optimism. It can seem very difficult to make the best of this - when we have no idea what exactly it is. For the last two months parents have been try-



Patricia McGann

Continued on page 18

Kelly Branaman named Secretary for Catholic Schools and Superintendent of Schools for the Archdiocese

Washington Archbishop Wilton Gregory named Ms. Kelly Branaman as Secretary for Catholic Schools and Superintendent of Schools for the Archdiocese of Washington, effective August 17.

Ms. Branaman has served the archdiocese as associate superintendent for strategic planning and school operations since 2015, and since July 2020 has served as interim superintendent. Before joining the archdiocesan school team in

2003 as director of special education and support services coordinator, she worked for the Archdiocese of Louisville.

"It is with extreme confidence that I appoint Kelly Branaman as the new Secretary for Catholic Schools and Superintendent of Schools for the Archdiocese of Washington," Archbishop Gregory said. "Since my own appointment in Washington, I have personally seen in Kelly a faith-driven and experienced school administrator, who has played a critical part in our Catholic Schools operations and planning since the beginning of this pandemic."

As Secretary for Catholic Schools and Superintendent of Schools, Ms. Branaman will have oversight over the 91 Catholic schools, which includes early learning centers, elementary, and high schools of Washington, D.C., and five suburban and southern Maryland counties. These schools serve more than 26,000 students of diverse backgrounds.

"In Kelly, we have a leader who



Kelly Branaman

is pastoral, strategic, knowledgeable, approachable and dependable," Archbishop Gregory said.

"May God bless her as she assumes this important role for our Catholic School students."

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Archdiocese of Washington Catholic Schools Office Releases Reopening Guidelines

Document summarizes plans and guidance for 2020-2021 School Year

In realizing the need for a measured and thoughtful approach to school reopening for the 2020-21 school year during this time of crisis and pandemic, the Archdiocese of Washington Schools Office today released *Onward Together in Faith*, a document summarizing the reopening plans of the 62 Archdiocesan high schools, elementary schools, and early learning centers (ELCs), and the 29 independent Catholic schools in the archdiocese.

Working with the archdiocese's Reopening of Schools Task Force, and with their staff, students, parents, and stakeholders, each school

and learning center developed their own reopening plan, unique to their school and community. Three operating models were offered as options for learning this year: distance learning, in which all learning and formation will take place virtually; blended learning, which combines the distance and in-person learning models; and modified classroom learning, in which school/ELC campuses are allowed to open for in-person instruction with preventative safety measures in place.

Approximately 49 percent of archdiocesan schools and ELCs opted for the blended learning

model, 28 percent will offer distance learning only, and 23 percent will be opened for modified, in-person learning.

"Because the pandemic is a health matter, a great deal of consideration was given to thoroughly research safe practices for return," Washington Archbishop Wilton Gregory said in a video to teachers and staff. "As we move to reopen schools for the new school year in a variety of models, we will take a careful step toward normalcy in our daily lives. This will be a long journey – one that will rely on our perseverance and our commitment to the new health and safety guidelines that will govern how schools operate."

Plans were submitted to and approved by the Catholic Schools Office in July. Each school/ELC utilized information from the Centers for Disease Control and Prevention, American Academy of Pediatrics, National Association of School Nurses, and state health departments as a part of planning to develop protocols for students and staff to promote good health and safety.

"As I have reviewed each of the campus reopening plans submitted by our schools, I am particularly moved and impressed by their thoroughness and all of the factors considered by our pastors and prin-

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A Make-Over for St. Martin of Tours's Church

By Emily Moldiz

Like any other parish, St. Martin's has been busy adapting to the new policies and procedures of Mass openings, but that does not stop the parishioners of St. Martins from giving the church a beautiful makeover in honor of its centennial year.

During Holy Week, sixteen brilliant new stained-glass windows were installed in St. Martin of Tours parish just in time for the centennial year. The much-anticipated windows were modeled after the 40 Stain glass windows of the holy saint in the Chartres Cathedral, in France.

In addition to installing the new stain glass windows, the church now has a fresh new look with tile floors, refurbished pews and soon new kneelers and new doors.

The refurbishing of the pews was completed by staff and volunteers from parish groups like the young adults from Sembrando Para Cristo, a Spanish young adult prayer group and volunteers from the Spanish Charismatic group, Jesus Te Ama.

"I am grateful beyond words for the generosity of our skilled volunteers who have spent countless hours in the extreme heat sanding down and re-staining the pews," said Pastor David Wells.

The next step is to install new kneelers and the 12 new outside and inside doors for the church. The centennial spirit remains with the parishioners even amidst a pandemic.

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Above, a composite photograph featuring 4 of the 16 newly installed stained glass windows at St. Martin's Church in Gaithersburg. The windows depict the life and actions of St. Martin of Tours and are modeled on the stained glass windows of the Chartres Cathedral in France. Photo courtesy of Greg Cooksey



At right, a detail from a stained glass window at St. Martin's Church in Gaithersburg depicting the baptism of St. Martin of Tours. Photo courtesy of Greg Cooksey

Justice and Advocacy Council

Looking at the issues through the lens of Catholic Social Teaching

By Anthony Bosnick

Before we know it, fall will be here and with that the November elections. While the call of the Justice and Advocacy Council is to reflect on issues at the county level, the focus this fall among most people will likely be at the national level because of the presidential election and elections for the House of Representatives.

Our elections at the county level this fall focus on the Board of Education. You can find lots of helpful information here: <https://elections.mctx.org/>. No matter at what level we consider—national, state and/or local—we can all benefit from looking at how Catholic social teaching (CST) can guide our thoughts and actions on candidates for office and on public policy issues.

Catholic Social Teaching.

The Church's social and moral teachings reflect the importance of building a just society and of living lives of holiness amid the challenges of modern society. They help us incorporate Catholic social and moral teachings as we seek to build the kingdom of God on earth.

These teachings help us to live out our Catholic faith in the world around us. They help us reflect

on the challenges we face with the mind and heart of Christ. This is quite a different approach from that of the political parties, where this is not much of a concern.

The US Bishops give us seven principles of CST. Other sources give us more; others less. It is a matter of how you organize them. The various principles are a unified body of teaching. Holy Cross Father Daniel Groody gives us a helpful perspective. His framework of presenting the principles of CST understands that they guide us as we seek to build the kingdom of God in this world.

"A God of Life, a Civilization of Love."

Groody has organized the principles of CST using the expression "A God of Life." The beauty of this approach is that it shows that CST helps us experience God's life in our lives and build a civilization of love. This is likely something you don't hear from the major political parties.

Using the phrase "A God of Life", Groody lays out 10 principles of CST to guide us.

Analysis of the Social Reality
Gratuity of God
Ordering Society toward the Common Good
Dignity of the Human Person
Option for the Poor

Freedom as Rights and Responsibilities
Life as a Sacred Gift
Involvement of All People in Creation of a New Social Order
Family of Blood and Family of Humankind
Environment and Ecological Stewardship

A mystical experience of life.

Groody's ten principles spelled out to read "A God of Life" help us to understand that *we participate in God's work*. Thus, CST calls us to build "A Civilization of Love." His understanding reflects a more mystical way of seeing that through our lived-out experience in our families and society, we are cooperating with God to advance his kingdom in this world. *And this is our calling.*

Groody's approach regarding CST reflects what the English author Evelyn Underhill wrote in her now classic book *Mysticism*. A good summary of her major point is this: "To be a mystic is simply to participate here and now in that real and eternal life; in the fullest deepest sense which is possible to man. It is to share, as a free and conscious agent . . . in the joyous travail of the Universe: its mighty onward sweep through

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Learning in War Time

By Kevin Davern, Head of School,
The Avalon School

As The Avalon School prepares to open its doors on Sep. 3, 2020, COVID-19 preventions in place, we also must prepare how to welcome young boys and their families who have lived through six months fraught with fear, uncertainty, confinement and the threat of illness to their family, friends, and themselves.

Why bother to open school or study in a time of such uncertainty? is the unspoken question we must address in the days ahead. Scanning my bookshelves for inspiration, I spied C.S. Lewis' "The Weight of Glory" and turned to his essay, "Learning in Wartime," written during World War II. The thrust of his essay (one each of us should

remember and impart to our students and families) is that learning is an ongoing process that cannot simply come to an end when larger, more visible difficulties occur.

"Plausible reasons have never been lacking for putting off all... activities until some imminent danger has been averted or some crying injustice put right," Lewis writes. But, he continues, the need for knowledge and beauty cannot wait for a suitable moment that never comes.

The early distraction of excitement that makes it difficult to concentrate on anything else regarding work or learning may have passed. But the frustration or perceived futility of learning must be fought with the undeniable fact that learning is always worthwhile, particu-

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First Communicants



Joy of receiving new Sacraments

The youth of St. Mary's have been on a journey of faith, prayer, exploration, and study in preparation for Confirmation and First Holy Communion. Due to program and Church closures, the reception of sacraments was delayed. Father Kevin officiated the celebration of the Sacrament of Confirmation outside on a beautiful June morning. The candidates were excited and well prepared. The presence of the Holy Spirit was most defi-



Confirmation

Devin Gallentine receives the Sacrament of Confirmation. His sponsor was his grandmother Mrs. Hoffacker.



nitely present in the joy displayed by those Confirmed.

The younger children received their First Holy Communion in small groups at different masses. The children were provided with a large Miraculous Medal on a blue ribbon from the Parish. The children are dedicated to the Blessed Mother and are asked to wear their medal each time they attend mass for a few weeks.

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Ethan Goldberg completes Eagle project in October, 2018: Ten-foot diameter brick fire ring and six benches, with help and donations from scouts, local carpenter – our own Deacon Dave Cahoon; Fr. Kevin O'Reilly, St. Mary's Parishioners, Knights of Columbus, and Frederick Brickworks. Documented 230 hours to complete.

Eagle Scout Engineered Fire Ring for St. Mary's Church

By Diane Yendrey

St. Mary's was recently the site of Ethan Goldberg's Court of Honor, a ceremony where the Boy Scouts' highest rank of Eagle Scout is conferred. Ethan is the oldest son of parishioners Mary Lynn George and Daniel Goldberg, and a 2020 graduate of Clarksburg High School. Members of Scout Troop 1397 of the National Capital Area, leaders, family and friends gathered under a canopy of trees outdoors at St.



At the beginning of 2019 Easter Vigil in the Holy Night, the new fire symbolizes the "light of Christ rising in glory (to) dispel the darkness of our hearts and minds" (Roman Missal, p.14). Photo by Maggie Bartlett.

Mary's for the June 28th ceremony (delayed twice due to the pandemic)

Continued on page 5

145th Annual Chicken Dinner at St. Mary

Parishioners usually welcome guests from all over the state to our Annual Chicken Dinner. We welcomed many, but fewer numbers than usual, due to the COVID Pandemic. Fr. Kevin didn't want to cancel this historic event. It was essential, if the event was to be held for safety to be number one consideration. Each year those interested in a beautiful drive in the country with a destination for a home-cooked meal, head to St. Mary's. We continued to offer a delicious meal and fellowship, at a safe distance.

The sit-down dinner was switched to carry out this year. A tent with tables six feet apart was available if guests wished to eat on grounds. The menu includes barbe-



Above, Chicken Flickers get a much needed break. At right, Father Kevin greets guests.



cued chicken, potatoes, applesauce, green beans, coleslaw, and rolls. The event sold out by 4:00pm! Once finished, those who still had room, purchased dessert at the Baked Goods.

The venue also boasts a Country Store with fresh vegetables and canned jams, White Elephant Sale, and most importantly Jousting, which is the state sport of Maryland. Riders wait for the call to "Charge",

and head to spear the golden ring. The guests were provided with safety guidelines upon arrival. The weather, food, and satisfied guests made for an outstanding event.

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Jouster spears the Golden Ring.



Above, kitchen Staff safely prepares side dishes.



New outdoor tent was set up for guests wishing to eat their Take Out on grounds.

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MSP Quilting Angels donate bears and quilts to Cool Kids and Children's Hospital

The Quilting Angels at Mother Seton Parish in Germantown have been hard at work making quilts for children diagnosed with cancer. One of the organizations which received 20 quilts and Boyds Bears which were donated to the Quilting Angels is Cool Kids. Here is the response from Renee Wooding, the Managing Director of Cool Kids; "Thank you all! I hope this helps and you

will read these words and know what a difference you make in the lives of these children. I hope that we can send out more quilts before Christmas as it will be very hard for some of these children to spend their holidays in the hospital. They are so needed! It has been a rough week - we lost an 18-year-old, we have a 3-year-old with terminal brain cancer and two of our favorite Cool Kids

have suffered serious setbacks. Sending comforts (like bears and quilts) means more than we can know. Thank you for your consistent support. And thank goodness most of our weeks are not like this one!"

We will deliver the rest of the quilts, which have been blessed, to two nurses who work at Children's Hospital and have volunteered to bring them in.

To learn more about the MSP Quilting Angels you can go to www.mspquiltingangels.org. If you sew and would like to join our group please email us at wecare@mspquiltingangels.org. We create Quilts of Valor and we create Quilts for Kids with Cancer and other serious illnesses.

2020-2021 Faith Formation Registrations Now Open at Mother Seton Parish

Registration is now OPEN for all age levels, from Pre-K to 12th grade and Adaptive Needs. Please visit <https://mother-setonparish.org/faith-formation-2020-2021/> to learn more about our programs and to register. ALL programs will be starting in October and will be virtual for the first half of the year. We will then reevaluate in January. Currently we are working remotely.

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EAGLE SCOUT

Con't from page 4

ic). Later guests enjoyed a campfire on a warm summer's eve... a fitting conclusion to Ethan's day of celebration. After all, he can claim the church's new fire ring and benches as his Eagle project!

The ten foot brick fire ring and six benches are located in an open area in front of the cemetery altar, where people traditionally gather for the Easter Vigil fire. Ethan's mom spoke at the Court of Honor, saying that it first occurred to her at Easter Vigil a few years ago, that a fire ring would be a great addition to St. Mary's property. Since its



Fr. Kevin prepares to light the Easter candle as the blazing fire lights up the night, and is reflected in the faces of the gathered faithful. Photo by Maggie Bartlett.

installation, the fire ring has been in use by the parish's Youth Group, and the Knights of Columbus.

In addition to earning 31 merit badges in scouting since joining in 2008, Ethan has faithfully served St. Mary's Music Ministry for the past eight years. He served on the board of his school's National Honor Society, Math and Science Honor Societies, and played for the Clarksburg HS Varsity Football team. Ethan plans to attend the University of Maryland's Clark School of Engineering in the fall as an honors scholar to pursue a degree in Aerospace Engineering.

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OLOL Welcomes New Pastor and Parochial Vicar

Father Walsh

Father Walsh comes to us from the University of Maryland where he held the post of Chaplain at the Catholic Student Center from 2010-2020. He is originally from Bowie, MD. Father Walsh graduated from Bowie High School and the University of Maryland College Park, after which he went to the seminary at Immaculate Conception Seminary in South Orange, NJ on the campus of Seton Hall University. He was ordained in 2006. His first assignment was as a priest at the Shrine of St. Jude's in Rockville, MD from 2006-2008. He then acted as Priest Secretary to the Archbishop Emeritus and Assistant Vocations Director from 2008-2010. As this all sounds like it has kept Father Rob very busy, when he does find some free time he enjoys being active outdoors--running, biking, golfing, hunting, fishing and skiing. When posed the question, "As the new pastor what is your vision for the future of Our

Lady of Lourdes Church and School?" He responded, "I want to continue to help build a great faith community that is focused on the Catholic faith and the Sacraments. By doing so, I believe we can all walk in faith towards Jesus and grow in an authentic relationship with Him and His Father and the Holy Spirit. I want to meet the needs of the people of this parish and have a great time together doing so. As Pope Francis said 'the last thing our Lord desires is a Church of sour-faced saints!' I truly believe our Lord desires us to be faithful-but to do so JOYFULLY! I can't wait to get to know more of the great people here at Lourdes!"

Father Morrison

As noted in the OLOL parish website of staff introductions, "Fr. James Morrison was ordained to the priesthood in the summer of 2020 and serves Our Lady of Lourdes as his first pastoral assignment. His journey towards the priesthood formally began immediately after high school as a freshman at the Catholic University of America and a member of the pioneer class of Saint John Paul II Seminary. Upon graduation in 2015, Father James continued seminary formation at the Pontifical North American College in Rome where he studied theology and ecclesiology at the Angelicum University. Father is the eldest of seven children, loves smoothies, and welcomes anyone to a game of Spikeball." We are sure the students of Lourdes would love to take on that challenge!

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Our Lady of Lourdes Parish

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Mrs. Patricia Stallsmith at Mount Vernon with her eighth-grade class from OLOL.

Mrs. Patricia Stallsmith Retires

Over the past 15 years Our Lady of Lourdes School has been blessed with the expert teaching of Mrs. Patricia Stallsmith. The time has now come for Our Lady of Lourdes School to wish her well and share our deep gratitude for her devotion to the spiritual and academic growth of hundreds of OLOL graduates.

Mrs. Stallsmith has announced her plans to retire after teaching in the Archdiocese of Washington for 29 years. Her dedication and service to the Catholic Church through the education of countless young men and women in our Catholic Schools, is an example to all of us at Lourdes and throughout the Archdiocese.

As the eighth-grade teacher at OLOL, Mrs. Stallsmith worked tirelessly to prepare our girls and boys to be young men and women of faith, knowledge, and compassion as they left Lourdes and ventured onto high school.

Mrs. Stallsmith's dedication to the students and families of Lourdes is something many have seen firsthand, but what may not be known is her deep love for our school, its mission, and its teachers, staff and administrators. Mrs. Stallsmith has been a constant support to her fellow teachers and administrators. She has worked as a mentor to new teachers over the years and has given generously of her time and talents to any teacher who needed a helping hand or an expert opinion.

While Mrs. Stallsmith has many fond memories of her years of teaching, her most heartfelt memo-



Mrs. Patricia Stallsmith!

ry is how much she truly enjoyed teaching middle school students over the years and seeing them accomplish goals that they believed were beyond their capabilities. She mentioned one assignment in particular that all the students groaned about; memorizing The Gettysburg Address and famous speeches of Sir Winston Churchill. The students dreaded presentation day. After they got up in front of the class though and completed their recitation, Mrs. Stallsmith said you could see the pride they felt in their accomplishment.

Another memory Mrs. Stallsmith said encapsulated all that a Catholic education should bring to a student was the Annual OLOL eighth-grade Little Sisters of The Poor Food Drive and the all day visit the eighth graders had with

the nuns and the community when they delivered the donated food. To Mrs. Stallsmith, this event contained all the lessons you want a student to remember from his/her Catholic education. She feels this is where the "children's hearts should be" and what their Catholic education should be about; reaching out to others in need and sharing time, donations and prayers.

We will think of Mrs. Stallsmith often as the new school year begins and send Mrs. Stallsmith our prayers and thanks for all she has done for the students, teachers, staff and families of Our Lady of Lourdes School. We wish her a happy retirement with her husband, children, and grandchildren. Bon voyage Mrs. Stallsmith as you embark on your retirement journey!

OPT



Father Steve Carter, New Pastor of CTK

Father Steve Carter named Pastor

By Liz Weiss, parishioner

Congratulations to Father Steve Carter, who has been named Pastor of Christ the King Parish. Fr. Steve had been Parochial Administrator since 2017. He recently transitioned from the Franciscan order and became a Diocesan priest.

Father Steve is a native Washingtonian from Nativity Parish. He has two brothers and a sister. His father was in the military, so the family moved to Michigan, New Jersey, and then Cumberland, Maryland. He went to Alleghany High School. While in Cumberland, he learned about the Franciscan order from a Capuchin Franciscan priest at his parish.

In 1971, he entered the seminary and took final rows in 1976. In 1982, he was ordained, and he went to Puerto Rico where he learned Spanish. He returned to DC for further studies and he worked with Central American immigrants. He then assisted the homeless in DC helping with McKenna House. In 1984, he went to Sacred Heart Parish for five years. He was transferred to York, Pennsylvania where he was Pastor of a Hispanic Parish for five years. He spent two years in Manassas as a court appointed special advocate (CASA) director for abused children. He then went to Sacred Heart Parish for 15 years, nine years as Pastor. After this, he worked four years at the Rockville Prerelease Center helping people transition into society. From there, he spent two years in St Augustine in DC. He has been Parochial Administrator at Christ



Vegetables from Father Steve's garden

the King since 2017.

Fr. Steve loves to garden. You can see it near the rectory. Despite the local deer, he has been quite successful in cultivating lots of vegetables.

Fr. Steve is working on meeting the needs of all parishioners. His goal is to reach out to younger people in the community to join our parish. We thank Father for his efforts to help our church grow and stay vibrant, even during this pandemic.

OPT

Christ the King
2301 Colston Drive
Silver Spring, MD
301-495-2306
Fr. Stephen J. Carter,
Pastor
Paul Lamoreaux,
OPT Editor

New Editor

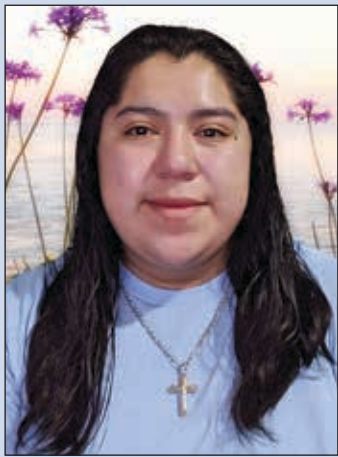
By Paul Lamoreaux

Hi! I am Paul Lamoreaux, the new CTK editor for the Parish Times. I am a life-long member of Christ the King Parish. I graduated from BCC High School in 2015. I currently take classes at Montgomery College. Since Middle School, I have been filling the bulletins with Our Parish Times for our church. I look forward to hearing from members about future stories.

Also, we want to thank Katie Holland who is retiring for her 25 years of service as CTK editor for The Parish Times. We also thank Jean Barrionuevo, office manager



Paul Lamoreaux, New Editor



Ludys Mendoza, New Office Manager

since 2016 who is moving on to help another church. We want to welcome our new office manager,

Ludys Mendoza, who began at the beginning of July.

OPT




16
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PROGRAM


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ACTIVITIES


27
VARSITY
TEAMS

Back to School Plans for DeChantal

By Catherine Skibo

Back to school time for St. Jane de Chantal is right around the corner and with COVID plans submitted and approved, we can't wait! Last spring, De Chantal successfully conducted a strong virtual school using Google Classroom. The school was up and running the second week students were off in March, and it only got better and better as the months wore on.

As the summer approached everyone knew they should be prepared for many different learning settings this fall. Teachers spent their summer preparing for these possibilities due to COVID-19. Faculty members took classes on

how to teach virtually, learned how to use new technology such as document cameras, and tested out new learning platforms and academic software. While the teachers became experts in virtual learning, the administration prepared procedures and protocols for COVID-19, had plastic shields and new air conditioning units installed, purchased PPE, and took part in training on hybrid schooling.

As the last few days of summer wind down, students are excited and eager to return to the classroom using a hybrid approach and to get back on Zoom's to see their peers remotely. Students will spend two full days each week in school and three days at home; rotating with classmates to give everyone equal

time in the classroom. St. Jane de Chantal School is also offering a virtual-only option for those families who need more time to be comfortable in the classroom or have underlying health issues.

The school community is pulling together to support one another and keep each other safe by following new COVID rules, wearing masks and face shields, and social distancing before returning to school. With the right plans in place, and a strong community to enforce these plans, we hope to have a successful start to our school year. At a moment's notice, St. Jane de Chantal is prepared to teach fully virtual if needed, but until then, welcome back De Chantal Dukes, we have missed you!

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Music Continues at St. Jane De Chantal

By Chuck Hoag

The pandemic created by COVID19 has had a tremendous impact on all of us. It has also created a tremendous challenge to the music ministry at St. Jane De Chantal in "the heart of Bethesda" (to borrow a phrase from our Pastor, Father Giese). After the initial suspension of masses, St. Jane De Chantal, like many other parishes,

turned to delivering masses "online."

The new on-line format required many of the parish leaders to adapt to the new normal. Here at St. Jane De Chantal, the music ministry has been able to contribute to the mass by providing pre recorded anthems to be played during the Sunday 10am online-mass. Led by the Director of Liturgy and Music, Jeffrey Porter, 6 singers from the Adult Choir (Shari Feldman (soprano), Stephanie Conticchio (alto), Katherine Kincaid (alto), Charle Colotta (tenor), Chuck Hoag (tenor) and Arthur LaRue (Bass) recorded

the music for each week and the parts were digitally mixed by staff singer Charlie Calotta. All parts could be recorded individually, and in fact, tenor Chuck Hoag recorded his parts while in England attending to the death of his father-in-law and submitted them digitally.

As masses have now gone live, live singing is still a problem, so the recordings continue. While all of us miss the wonderful music created by our music ministers, we are thankful for the continued dedication and support from our parish leadership.

OPT

St. Jane de Chantal Parish

9601 Old Georgetown Road
Bethesda, MD

Fr. Samuel C. Giese

Pastor

301-530-1550

St. Jane de Chantal School

Mrs. Elizabeth Hamilton

301-530-1221

Michelle D'Amour Flynn

OPT Editors

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Our Parish Times

An Introduction to Fr. Jeremy Hammond

By Fr. Jeremy Hammond

Consider this my print introduction. Even after a profile in the Catholic Standard, a few videos and a month and half at St. Jane de Chantal, to be able to offer this miniature self-portrait in words is a welcome opportunity. Originally from Morristown, New Jersey, a place far from the stereotypes my home state often suffers, I have been Catholic for longer than I can remember. The third of four brothers, after doing some elementary school at the parish school in Morris Plains, I studied in public schools until graduation from Morristown High School in 2011. For those already calculating, that makes me 27 years old and surely one of the youngest priests of the Archdiocese of Washington.

Getting from New Jersey to Washington, however, was not happenstance. During quite toilsome years of my upbringing, hurt myself and unintentionally hurting others, I was met with a frank announcement of God's unconditional love. 'If I don't love myself, and don't deserve to be loved by others,' I asked interiorly, 'how can anyone else love me?' At that moment, something in my heart reached out to God for help. With the help of the same catechists who made that announcement, in an itinerary of Christian formation called the Neocatechumenal Way, I saw God's love in my life, and I



Fr. Jeremy Hammond

heard a vocation.

Expressing an availability to serve anywhere in the world, as is asked of those vocations which arise within Neocatechumenal communities, I was sent to Washington. After 9 years at the Redemptoris Mater Archdiocesan Missionary Seminary of Washington, in Hyattsville, MD, and 7 years of study at The Catholic University of America, by the grace of God and through no merits of my own, I was ordained to the priesthood on June 20th at St. Catherine Labouré Catholic Church, in Wheaton, Md.

With my first assignment at St. Jane de Chantal, I hope simply to serve in what little ways I can, in the measure that the Lord provides. Seeing as many people suffer enough fear as it is, sure of the Lord's help, I am confident that we will grow not only in familiarity, but also in holiness.

OPT

McGANN

Con't from page 1

ing to figure out what will happen with their schools. County leaders make decisions, change their minds, go back and forth, change the targets again and again, and our school leaders spend sleepless nights struggling to keep up. It cannot be easy to make the decision to teach in-person or virtually or some combination of the two.

Our Catholic school principals did not get into this work for the glory or the enormous salaries. They are Catholic school leaders because they are dedicated to educating the next generation in a faith-filled environment where God is at the heart of all they do.

Our school communities are small. Principals know their families, and they know that many of them struggled to adapt to the changes in the spring. So, when people say that our schools must remain virtual, principals wonder how their families will be able to manage. They worry that children will struggle with the format. They worry that parents will have to figure out how to supervise their children and make money to support their families. They worry that

children will be left alone. They worry that children who struggle with emotional and learning issues will fall further behind. When others insist that school open in-person, principals worry. They worry that one child will get sick, and then a parent or a grandparent will get sick. They worry that a teacher will get sick, and be unable to care for her own children.

Of course they worry about enrollment, expenses, tuition, staffing, scheduling, closing the gap, and more, just as they do every year. Through it all, they remain at their desks, planning and strategizing, reading emails and trying to respond in a positive way, praying, and listening. They have never faced a challenge like this, but they are masters at facing challenges, and so they soldier on. They cannot guarantee a good ending to this story. They cannot even guarantee where the story will go tomorrow. They can only do their best, you can count on that. They will do their best to make decisions based on their experience, the data they have collected, their love for your children, and their faith that God will be with them throughout. Can they count on you to pray for them, and to trust them?

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Holy Cross Spirit Soars at Holy Cross

Holy Cross School has employed established methods as well as new initiatives to maintain our strong sense of community during these unprecedented times. Principal Lisa Kane personally assisted faculty and staff in delivering graduation yard signs, caps and gowns, balloons, and goody bags to more than sixty homes to recognize the accomplishments of our Eighth Grade, Kindergarten and Pre-Kindergarten students! These socially distanced deliveries were made over three days

Continued on page 28



Above, Personal deliveries of congratulatory yard signs, balloons, and goody bags brought smiles and joy to our Kindergarten and Pre-K graduates in June. Pre-K 4 teacher, Mrs. Teresa Overly is pictured here with paraeducator, Mary Downs as a student peeks out from behind the door.

At left, a Holy Cross Kindergarten student proudly stands next to her yard sign after Kindergarten teacher, Mrs. Theresa Lockwood, and paraeducator, Mrs. Adele Mathews made the special delivery.



A behind-the-scenes look at the filming of the Holy Cross virtual tour by Dave Goulding shows fifth-grade teacher Brennan Striegel preparing for her moment on camera.

Take a Virtual Tour of Holy Cross!

Holy Cross was thrilled to release an amazing new admissions video of our award-winning parish school in July. The dynamic virtual tour is narrated by Principal Lisa Kane along with commentary from several faculty members. The tour includes fantastic footage of the school, church and campus allowing visitors a front row seat to our special community! Christine Zalewski, Director of Development and Admissions shares, "Our goal was to create a virtual tour to be a welcoming introductory experience for prospective families to our vibrant school community. We

wanted to tell our story authentically and invite families to learn

Continued on page 28

Holy Cross Parish

4900 Strathmore Avenue, Garrett Park, MD

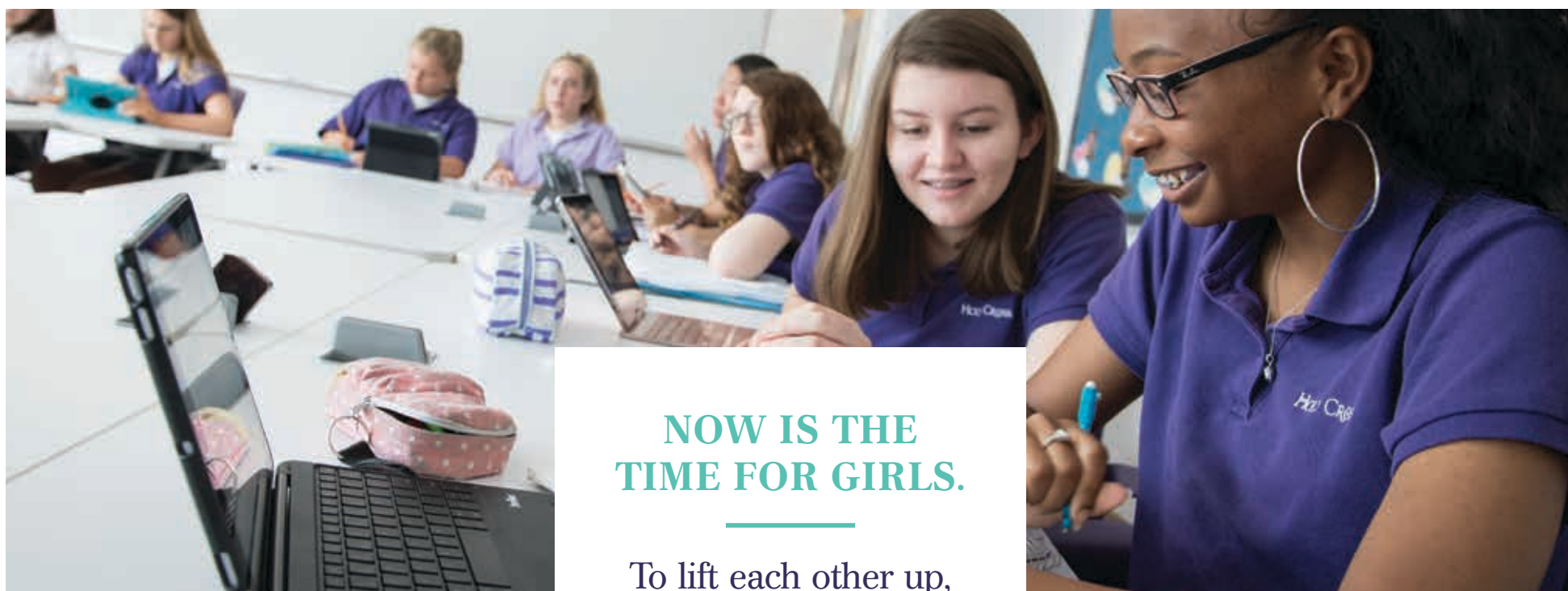
Fr. Robert Buchmeier, Pastor
301-942-1020

Holy Cross School

Lisa Maio Kane, Principal
301-949-0053

Lurana Hogan, Parish Editor
l.hogan@hccross.org

More Holy Cross News on Page 29



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Members of the Msgr. Pennington Knights of Columbus Council 9808 (Past Grand Knight Scott Ford, Grand Knight Jean-Claude Amisial and Deputy Grand Knight Ron Hopkins) ready to welcome parishioners with face masks and hand sanitizer

Resurrection Announces New Mass Times and Guidelines

Resurrection reopened her doors in late June with new Mass times and guidelines to keep clergy, staff, and parishioners as safe as possible with the knowledge and tools available. The new Mass times are Saturday, 4:00pm, Sundays 7:30am, 10:00am, and 12:30pm. With social distancing, Resurrection can fit 85-attendees in the church. And since no one is ever turned away, if there are more than 85 attendees, clergy is on standby for a Mass to be held in the Amadeo Hall.

As at other parishes, everyone is required to wear a mask at all times, sanitize their hands

upon entry and maintain social distancing norms. Members of the Resurrection staff clean the church (and Hall) after every use. Staff also plays the role of Ushers. They seat attendees from the front of the church to the back and have them exit from the back to the front. All of this is possible with the Msgr. Pennington Knights of Columbus Council 9808 assisting at the entrance and wherever needed. Those interested on what further steps are taken should visit the parish web site (www.resurrectionadw.org). All are welcomed and there are no reservations required to attend Mass!

OPT

Welcome to Mary of Nazareth!

By Katie Schultz

A new school year means we get to welcome new faces to our campus! We are excited for these two teachers to join the MoN family this Fall. Miss Karrah Mattingly graduated from Frostburg State University this past Spring with a dual bachelors degree in early childhood and elementary education. She attended Catholic schools from Kindergarten (St. Peter's in Olney, Md.) until high school (Our Lady of Good Counsel HS).

Some fun facts about Miss Mattingly:

- Favorite food is salmon
- Purple is her favorite color
- She loves Kit Kats and Reese's peanut butter cups
- She met her fiancé in kindergarten!

Miss Mattingly has always had a passion for working with children and supporting their academic development. She is very excited to begin her career as a first grade teacher at Mary of Nazareth and is honored to join the MoN community!

Mrs. Kimberly Kelly will be joining Mary of Nazareth's math team this Fall! As a child, she grew up in the Archdiocese of Washington,

where she attended St. Mary of the Assumption for primary school and Our Lady of Good Counsel for high school. Catholic school not only provided her with an excellent education but also gave her a wonderful community where she could celebrate her faith and values daily. After graduating from the University of Maryland with a degree in math secondary education, she was excited about the possibility of teaching for the same community that nurtured her faith and learning throughout her most formative years.

Prior to her job at Mary of Nazareth, she taught for 12 years in the Archdiocese of Washington. She



Miss Mattingly outside reading with her books!

taught math at Our Lady of Good Counsel High School from 1999-2004. After taking off for a couple of years to stay home with her children, she returned to teaching at St. Elizabeth Catholic School. There, she taught middle school math from 2006-2013. Shortly after the birth of her third son, she decided once again to take some time off teaching to be home with her active boys!

Mrs. Kelly believes that teaching in a Catholic school setting enabled her to continually grow her own faith through prayer, service opportunities, and participation in the liturgy. She is so excited to join Mary of Nazareth school community!

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GUIDELINES

Con't from page 2

cipals in making their reopening decisions," said Kelly Branaman, Secretary for Catholic Schools and Superintendent for Schools. "Each has recognized the unique characteristics of their community and sought the input of their stakeholders, as a whole, into consideration."

Furthermore, for families that prefer for their child(ren) to receive faith formation and instruction virtually, archdiocesan schools will support families with the temporary transfer to a school offering distance learning. The temporary transfer program will provide families support for transition to a different archdiocesan school on a temporary basis.

Learn more about campus reopening plans for independent Catholic schools in the Archdiocese of Washington by visiting www.adwcatholicalschools.org or the school website.

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Students Learned In-Person at Mercy's Summer Spectrum!

Mercy held two weeks of its Summer Spectrum program during which campers enjoyed in-person educational opportunities such as Art Exploration, Math and Reading Enrichment, Study Skills, and Language Arts. Successful implementation of the summer program was an important test of Mercy's ongoing planning efforts for our fall reopening.



Mercy Parent, Maura Lannan appointed to Board of Education

We are excited to announce the appointment of Maura Lannan to the Archdiocese of Washington Board of Education. Mrs. Lannan brings to this position almost a decade of leadership experience at Mercy school and parish. We know she will serve the ADW Catholic schools well!

Mercy Welcomes Interim Principal and New Staff Members!

Doreen Engel, Interim Principal

Mrs. Engel has worked in Catholic schools for more than 30 years. During that time, she has held several positions, including that of Assistant Superintendent in the Diocese of Arlington, and Director of Special Education in the Archdiocese of Washington. She's taught students in every grade from Pre-K to graduate school, as well as diverse courses ranging from AP Psychology to elementary school music. She has also served as principal for three different Catholic schools, most recently at St. Elizabeth Ann Seton Academy in Rhode Island. There she and her team were awarded a grant from the Raskob foundation to implement distance learning for highly gifted students via the Johns Hopkins Center for Talented and Gifted Students. She is currently an Adjunct Professor at The Andrew M. Greeley Center at Loyola University Chicago, and has recently worked with The Roche Center for Catholic Education at Boston College, The PACT

Program at Providence College, and the Education Department at the University of Notre Dame.

Marquita Patterson, Middle School Math and Shared Eighth-Grade Homeroom

Ms. Patterson comes to us from Corpus Christi Catholic School in Temple Terrace, Florida. She is originally from Maryland and taught math at St. Elizabeth's from 2008 – 2016. Ms. Patterson is certified in math instruction for grades 4 – 8 and holds two master's degrees from St. Mary's University in Catholic school leadership and

Continued on page 28

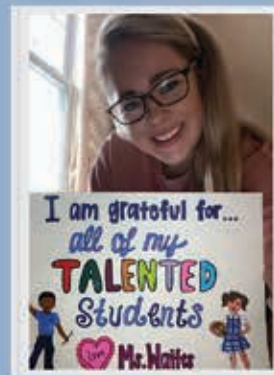
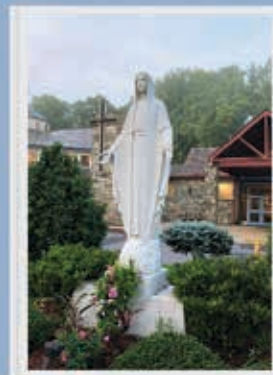
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Potomac, MD

Fr. William Byrne, Pastor
301-365-1415

Our Lady of Mercy School
Mrs. Doreen Engel,
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Gerry Burgess, OPT Editor
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More Our Lady of Mercy News on Page 29

New Faculty Profiles

The Woods Academy is pleased to welcome the following new faculty and staff members to our community:



Tiara Butler, Art Teacher



Andrew Rhein, Director of Guidance & Counseling

Rising Eighth-Grade Students Provide Summer Activities for Younger Woods Students

By Connor Manrique Johnson

This summer, several rising Eighth-Grade students and I created a Leadership Network at The Woods Academy to help the lower school students in accordance with The Woods principles to become a closer community and to lend a helping hand to lower school students. The Leadership Network provided activities for students in Grades 1-4 in which they taught them new and fun topics. This was also to relieve some stress off parents that the COVID-19 Pandemic has brought to all families in our area. I was thinking of activities that would unite us as a community in this difficult time. I remember reading stories to my younger brother Hunter and I thought maybe we could do this for lower school virtually along with other activities like architecture and debate.

Throughout the month of July, we organized various online learning activities via Zoom for younger Woods students. We hosted a story time where we read books to children in Montessori and Grade 1. We also did fun exercises to keep kids entertained such as Simon Says. "I really appreciate being able to have the amazing opportunity of sharing knowledge with younger students during these uncertain times," said Luis B.

The Grades 2 and 3 activities were geared towards architecture,



Connor Manrique Johnson, eighth-grade student

which included both learning about and building the Seven Wonders of the World with household materials. Leo S. revealed, "I enjoyed learning about architecture and famous structures together with 2nd and 3rd graders. It was fun sharing our knowledge and making presentations to them and seeing their homemade models of the structures."

We also held a debate session for Grade 4 students where we taught them to open their mind to see two sides of an argument. We played fun games and activities and we debated simple topics to help learn these concepts. Izzy F. noted, "The Leadership Network is beneficial for both lower and upper school. As an eighth grade professor in this program, I really enjoyed teaching the kids and watching their faces light up when they found answers and clarity."

We also organized a Fun Activity for the end of the week which was either crafts or charades every other Friday.

All of these activities were equally popular and that is why we hope to continue this program in the fall. With the mentorship from US Dean of Students Mr. Paoletti and Head of School Mr. Powers, an idea became a reality. Thank you so much Mr. Paoletti and Mr. Powers for empowering our eighth-grade Leadership Network.

OPT

The Woods Academy

6801 Greentree Road
Bethesda, MD 20817
301-365-3080

Head of School
Joseph E. Powers

OPT Editor
Jodie Shoemaker
Director of Marketing,
Communications, & Alumni
Relations
www.woodsacademy.org



Faculty & Staff Anniversaries

At the completion of the 2019-2020 school year, the following faculty and staff members celebrated milestone anniversaries at the Woods Academy.

25 Years



Gerardo Saucedo, Director of Facilities

20 Years



JP Clubbs, Grades 7 & 8 Social Studies Teacher

15 Years



Linda Handy, Director of Guidance & Counseling



Hasmig Mahshigian, Director of Finance & Operations



Eric Smith, Director of Technology

10 Years



Jamie Alisbah, Grades 7 & 8 Science Teacher



Lyndsey Canter, Montessori III Lead Teacher



Megan Mullally, Grades 5 & 6 Science Teacher



Sharon Pabon, Music Teacher



Christina Phelps, Grade 2 Teacher

5 Years



Michele Carpenter, Montessori II Lead Teacher



Carlos Diaz, Facilities Team Member



Patty Horn, Director of Montessori



Kimberley Jibladze, French Teacher & World Language Team Leader



Lis Sheehan, Spanish Teacher



Erica Vassos, Grade 3 Teacher



The 12th annual St. Raphael Golf Classic is scheduled for Friday, Oct. 2, at Bretton Woods. Photo by MJ Zafis-Garcia



Amy Burgaleta, Angie Dubravcic and Karen Murphy join the St. Raphael School staff.

St. Raphael School: Believe

By MJ Zafis-Garcia

This year's theme for St. Raphael School and Nursery School – Believe – was selected to serve as an affirmation of all that is good. We believe that better days are on the horizon. We believe that, not only we will get through the darkness of this surreal time, but our light will continue to shine, lifting others up and making the world a brighter place. We are St. Raphael, and, with faith and reason, we believe we shall overcome. This simple one-word theme is packed with positivity and will serve as an inspirational message that provides comfort and hope to all.

Reopening Plan

Over the summer, a team of staff members and healthcare professionals spent countless hours designing a comprehensive plan for St. Raphael School and Nursery School to reopen safely for the 2020-21 school year. While a debate continued over whether non-public schools would be allowed to operate in person, at press time, the plan was to open SRS and SRNS with a blended model. Families opting for their children to return to campus will attend classes Monday through Thursday, with Friday as a day of independent learning from home. St. Raphael Nursery School will operate in person Monday through Friday. Families choosing distance learning for their children will be able to access an online learning program from home. In many cases, distance learners will be able to join the in-person group virtually through cameras live-streaming from classrooms. The plan incorporates recommended safety measures from the CDC, ADW Catholic Schools Office, Maryland State Department of Health, and the Office of Childcare requirements. Our SRS Angels are asked to become guardian angels in help-

ing to keep each other safe. Reopening plan details can be found on the school website at www.straphaelschoolmd.org.

Who's New

For the 2020-21 school year, St. Raphael School and St. Raphael Nursery School will see some new faces among its faculty. SRS welcomes Karen Murphy as the latest member of its Resource Department. Murphy earned her bachelor's degree from The Catholic University of America. Pursuing her interest in helping others, she received her Master of Science in special education from Johns Hopkins University. Her degree is in severe/profound disabilities from birth to adult, and she also holds a certification in the education of individuals with autism and other pervasive developmental disorders. Since 2002, Murphy has been teaching students of ranging capabilities from 2 to 18 years old.

Amy Burgaleta is another addition to the teaching staff at SRS. Burgaleta received her

Continued on page 24

St. Raphael Parish St. Raphael School

1513 Dunster Road Rockville, MD

Rev. Michael Salah, Pastor

Teri Dwyer, Principal

MJ Zafis-Garcia, OPT Editor

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All-Virtual Vacation Bible Camp Powers through with Dedicated Volunteers and Online Resources

By Melissa Montealegre Egan

Soon after pivoting to an online modality of faith formation for the parish's children last spring, St. Francis of Assisi Director of Religious Education Susan Anderson faced her next challenge during the time of COVID-19 – envisioning the parish's summer tradition of Vacation Bible Camp in an all-virtual format.

Her checklist of pluses boded well:

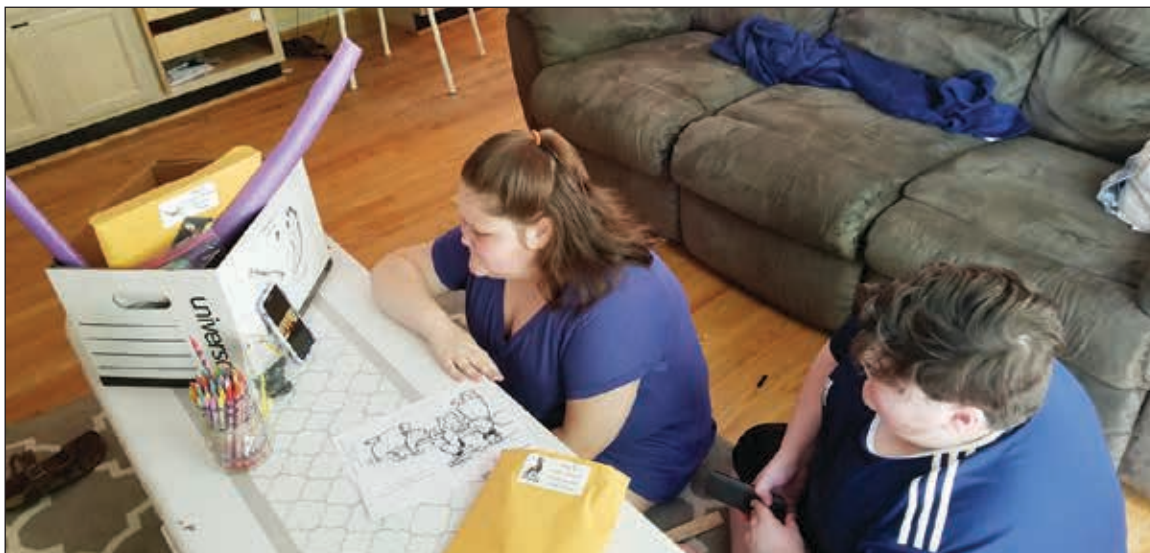
■ Families willing to participate in an online camp.

■ Adult and teen volunteers supporting the new format.

■ A content publisher that offered training webinars on the online format and digital content.

■ Plus, support from adult volunteers and the Archdiocese in helping maintain safe environmental protocols when meeting online with teens and sharing video content they prepared.

Yet, the greatest resource was a dedicated team of volunteers, whose voices and faces would bring this content alive for the campers.



St. Francis parishioners Phia and Joey Heller watch video content at home from their parish's Vacation Bible Camp during the week of July 20-24.

"Our volunteers stepped up to the challenge to give witness to the faith in this new format and showed their proficiency in the tools of technology to prepare engaging video content," Anderson said.

To prepare for the 2020 Vacation

Bible Camp, Anderson began engaging adult volunteers more than two months before the program took place July 20-24. The all-virtual format required much more preparation from volunteers in the weeks leading up to the camp

and less of their time during the week of camp itself. For example, teen volunteers created more than 75 videos engaging the more than 50 elementary school-aged campers – all before the first person logged on the afternoon of July 20.

The online camp format looked entirely different than the typical camp held in the Parish Center. Each morning, Anderson e-mailed campers' parents an at-home kit of materials, containing videos of nine "stations," including Bible, Music, Catholic Social Teaching and Arts, Crafts and Play. Every evening, volunteers, campers and their families, Parochial Vicar Pro-Tem Fr. Patrick Agustin and Anderson gathered on the Zoom platform to share pictures of the campers' work, offer "God sightings," sing and dance and process the day's activities in large and small groups.

Hoai-An Truong and Diem-Thanh Dang, whose two daughters took part in the program, said their experience was meaningful, unique, and engaging. "While it can be challenging at times for parents due to not being fully involved during the workday, the kids found their ways to navigate the activities based on instructions and self-learning," Truong said. "This certainly enabled the kids with self-directed exploration, which can be a valuable life skill."

OPT

For Fr. Pat Agustin, Becoming a Priest during the Pandemic Is 'Cooperating with God's Grace'

By Melissa Montealegre Egan

For a man who once relied upon the patterns and trends illuminated in Excel spreadsheets, Fr. Patrick Agustin places even more trust in the knowledge that God has placed him exactly where he should be, as he began his priestly life this summer as parochial vicar pro-tem at St. Francis of Assisi Parish.

After arriving July 8 amid the COVID-19 pandemic, this Prince George's County native found his first assignment was not the typical introduction to the parish priesthood. Ordained June 20 at St. Catherine LaBouré Church in Wheaton, Fr. Pat has celebrated Mass with a face mask. He was introduced to parishioners, not at the pulpit before a crowded church, but in front of a camera recording the parish's virtual Mass. Instead of



Fr. Patrick Agustin, left, concelebrates the virtual Sunday Mass alongside Fr. John Dillon on August 16, 2020.

invitations to parishioners' homes, he socializes with priest friends and his parents in Fort Washington.

Yet, Fr. Pat is confident God knows what he is doing, whether that means leaving a private-sector job he loved in 2014 to discern a call to the priesthood or entering his priestly life in the middle of a pandemic.

"I'm called to be a priest during this time, despite whatever else happens in my earthly life as a priest," Fr. Pat said. "God wants us

to live our lives, cooperating with his grace in whatever circumstances we find ourselves in."

Having graduated from the University of Maryland in 2007 with a degree in finance and international business, Fr. Pat's track in life did not immediately point to the priesthood. He worked in a finance rotational program at Fannie Mae in Washington DC and as a senior financial analyst for Sony Pictures in Los Angeles, CA, where he was active in his church's Young Adult

group and sang in the choir.

After attending a friend's diaconate ordination in Chicago, Fr. Pat experienced a call from God that was not easily ignored. While sitting on a SuperShuttle at LAX, tears started streaming down his face and did not stop, even after he was dropped off at his apartment.

"They were tears of complete peace and consolation that only God can give," Fr. Pat said. "There's a deeper love the Lord wanted me to experience in this vocation."

Fr. Pat returned home to study at the St. John Paul II Seminary and was chosen to study at the Pontifical North American College in Rome, Italy, where he finished his bachelor's degree of sacred theology in 2019. He is midway through his two-year license program in sacred theology.

This summer, Fr. Pat has logged many hours on Zoom, helping lead the parish's all-virtual Vacation Bible Camp and praying with the virtual parish Rosary group. He has visited Casey House for anointings and met with parishioners preparing for sacraments. It is in the celebration of Mass – in truly making Jesus Christ present to others – where he finds his most happiness as a new priest.

Parishioner Ralph Chite said, from his first day, Fr. Pat stepped into the life of the parish with his warm smile and an eagerness to serve.

"Although all of our encounters with him have been via Zoom, primarily through the parish Rosary, we could see in him a striking combination of being holy and human," Chite said. "He took a strong interest in getting to know us individually and showed sincere compassion whenever petitions were being offered. He is off to an admirable start in displaying all of the attributes of becoming a caring and faith-filled parish priest."

OPT

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of Assisi Parish**
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Derwood, MD
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Pastor**
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HELP

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have no family member who is able to care for me at home. I have lived alone in my apartment for the last 11 years. My daily needs and medical care have been fully met by in-home skilled nursing care from Samaritan's Way Nursing. My nurses have enabled me to live at home as a happy and productive person, not withstanding my severe disabilities.

Since my accident, I have had a strong desire to help others and spread God's word through faith and His Grace to sustain my existence. I want to tell others of the blessing that our Father provides which fills my life with His love and makes any burden bearable.

I have been able to reach out to others since my accident. Shortly after my accident, I visited wounded warriors at Walter Reed Medical Center. Many young soldiers were severely wounded having lost limbs while fighting in Iraq. My hope was

to show them that their lives would continue, just as mine, despite their physical limitations. I then took online classes with the Christopher and Dana Reeve Foundation so that I could mentor others with spinal cord injuries.

Deeply concerned about the Christians being persecuted by ISIS, I founded the Interfaith Prayer for Peace Group consisting of Christian and Islamic members. We prayed for the Christians that were being killed by the terrorists. We wanted to start face to face encounters getting those of different faiths to come together to pray for peace in the Middle East.

Recently, I have become involved with the Maryland Coalition for Life. I have worked with the group

as a Regional Director. We try to build an awareness of the Pro Life issues by distributing information. Our group has met outside a local clinic that performs late term abortions with signs and pamphlets to encourage those seeking an abortion to reconsider.

I have been the beneficiary of miracles and I look forward to more miracles to come. I see God in the people I meet. I am confident that if it is God's will, I will remain on earth and continue to rejoice in the Lord.

I was financially able to handle the costs of my home care until my insurance coverage from CareFirst was terminated this year when I was enrolled in Medicare. Medicare and my supplemental insurance

plans have now denied coverage for my skilled nursing care at home because I require more than temporary or intermittent nursing care. As a result of the loss of insurance coverage, I have now depleted my personal funds having to pay for my home nursing.

Without coverage of my in-home care, I will have no one to care for me and be forced to go to a state facility where they are not equipped to provide care for my complex medical conditions – especially with the current corona virus outbreaks. This will have very grave consequences for me. I fear that I will not survive should I have to leave my home and the care that has kept me healthy for the last 11 years. I will not be able to con-

tinue my ministry of faith and love. Living each day for the Lord has been my blessing.

Thank you, my brothers and sisters for remembering me in your prayers and for sharing my story with others who can assist me in any way. If you are in a position to help, a fund has been set up for me with the organization of Help Hope and Live. A tax-deductible contribution can be made for my benefit to help cover the cost of my home nursing while I pursue the appeals for my care. This is the link: <https://helphopelive.org/campaign/1072/>

As a man of faith, I trust in the Lord and I am not afraid. May God Bless You

Patrick Durkin

VIOLENCE

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abortions.

The source came forward after witnessing the horrific injuries inflicted on the women and their unborn babies as the result of abortions conducted on May 12 and 21, 2020. The identity of the whistleblower will remain anonymous. Incident Reports obtained from the Montgomery County Maryland Fire and Rescue Service for both emergencies verified ambulances were summoned to provide emergency care at Carhart's clinic. Both women were transported to Shady Grove Adventist Hospital in Rockville, Maryland. As far as can be ascertained, Carhart holds no hospital privileges there or anywhere else in the U.S.

A letter has been sent to Secretary of Health and Human Services Alex Azar seeking an investigation into 22 known serious injuries and one patient death at Carhart's two abortion facilities, one in Maryland and one in Bellevue, Nebraska, since 2012. Further legal action is being considered.

Let us not become complacent about abortion in our community. Offer a prayer for mothers and fathers in crisis whenever you pass 10401 Old Georgetown Road (adjacent to Wildwood Shopping Center) – every prayer counts! Encourage the other tenants there to leave the property in protest. Ask your local political representatives and public authorities to investigate. Stand up for mothers and fathers and their unborn children at the First Sunday prayer vigil on September 6, at 2pm. Join the fall **40 Days for Life** campaign that starts September 23. Sign up for vigil hours at www.40daysforlife.com/local-campaigns/bethesda/.

Source: *OperationRescue.org*

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 Archbishop Carroll HIGH SCHOOL Larry Savoy '93, President Elana Gilmore, Principal Michael Powell, Sr., Director of Admissions admissions@achsd.org 202-529-0900 ext 135 4300 Harewood Rd., NE Washington, DC 20017	CO-ED Highly competitive athletic programs: Football, Basketball, Cross-Country, Track & Field, Soccer, Volleyball, Lacrosse, Baseball and Softball WCAC LIONS Green & Gold	SPECIALIZED Educational Programs Jim Vance Media Program Project Lead the Way STEM/Engineering Fine Arts	OPEN HOUSE Sunday October 25 1:00 pm – 3:00 pm	Freshman Early Decision Appl. Deadline DEC 12, 2020 Financial Aid Application Deadline DEC 2020	Admission Notification FEB 2021 Registration Deposit Due Mid-March 2021
	Freshman Class Size: 125 • Tuition: \$15,232 • PRO DEO ET PATRIA • www.achsd.org				

 the Avalon School R.J. Hawley Executive Director Richard B. McPherson President Kevin J. Davern Head of School Istvan Teleki Director of Admission 11811 Claridge Road, Wheaton, MD 20902 301-963-8022 www.avalonschools.org	Boys Grades K-12 Baseball, Basketball, Cross Country, Football, Soccer Competitive Athletics Program	Small Classes • Personal Attention • Content-Oriented Curriculum • Advanced Placement (AP) Courses • Latin • Spanish • Advanced Mathematics Program • Full Religion Program • Actors Guild • Poetry • Journalism • Dress Code • Interscholastic Sports	Open House Sunday, November 1 2:30 pm to 4:30 pm	Steps to Admission: • Application • Shadow Visit • Teacher Recommendation • Transcript • Family Interview	Application Deadline Rolling Admission	Notification of Admission Rolling Admission
	Avg. Class Size: 15 • Academic Kindergarten Half Day \$4,100 Full Day \$8,275 • Gr. 1-2 Lower \$8,275 • Gr. 3-5 Elementary \$13,200 • Gr. 6-8 Middle \$14,700 • Gr. 9-12 Upper \$17,000					


 Brookewood School R.J. Hawley Executive Director Richard B. McPherson President and Head of School Helen Williams Director of Admission 10401 Armory Avenue, Kensington, MD 301-949-7997 www.brookewood.org	Girls Grades 1-12 Basketball, Cross Country, Field Hockey, Lacrosse, Soccer, Softball, Volleyball Bengals Blue & White	Special Programs Small Classes • Personal Attention • Content-Oriented Curriculum • Experiential Learning • Advanced Placement (AP) Courses • Emphasis on Cultural Literacy • Latin • Italian • Advanced Math Program • Music • Art • Actors Guild • Uniform • Interscholastic Sports	Open House Saturday November 7 1:00 pm – 3:00 pm	Steps to Admission Shadow Visit Application Transcript Recommendation Family Interview	Application Deadline Rolling Admission	Notification of Admission Rolling Admission
	Average Class Size: 12 • Tuition: Grades 1-2 \$8,750 Grades 3-5 \$13,200 Grades 6-8 \$14,700 Grades 9-12 \$16,700 • For more information: Helen Williams 301-949-7997					


 DeMatha Catholic High School 4313 Madison Street, Hyattsville, MD 20781 Fr. James Day, O.S.S.T., President Dr. Daniel McMahon, Principal Mr. Patrick Gouldon, Admissions Director www.dematha.org • 240-764-2210	Boys Wide range of co-curricular activities including 15 competitive interscholastic sports teams, and numerous clubs and organizations moderated by faculty. Stags Red, White & Blue	Curriculum College Prep, Honors, Advanced Placement level courses to meet needs of a diverse student body.	Open House Sunday, Nov. 1 11:00 a.m.	Entrance Exam: Archdiocesan HSPT required	Freshman Application Deadline December 15 Financial Aid Application Deadline December 15	Freshman Notification of Admission Feb. 2021 Registration Deposit Due Mid-March 2021
	Freshman Class Size: 215 • Tuition: \$19,750 • Application / Financial Aid: Admissions Office 240-764-2211					

 Elizabeth Seton High School Sr. Ellen Marie Hagar '74 President Melissa Davey Landini '99 Dean of Admissions 5715 Emerson Street Bladensburg, MD 20710 301-864-4532 www.setonhs.org	Girls Basketball, soccer, volleyball, softball, golf, swimming, crew, cross country, lacrosse, indoor and outdoor track, tennis, field hockey, cheerleading and dance. Washington Catholic Athletic Conference Roadrunners Scarlet, Gold, and White	Pre-Career Programs Engineering & Design Law, Health Science / Pharmacy, Hospitality & Tourism AP & Honors Courses Scholars Program Small classes and personal attention	Open House Sunday, November 1 Virtual	Entrance Exam Archdiocesan test results required. Schedule a Virtual Shadow Day Online	Application Deadline December 10 Archdiocesan Financial Aid Application Required	Notification of Admission February 18 Registration March 14
	Total Enrollment 603 Students • Tuition \$15,950					

 Georgetown Preparatory School 10900 Rockville Pike, North Bethesda, MD 20852 www.gprep.org 301-493-1215 Rev. James R. Van Dyke, S.J., President John Glennon Jr., Headmaster Brett Graham '92, Admissions Director	Boys 15 Interscholastic Sports Over 20 Clubs and Organizations Hoyas Blue & Gray	College Placement: Virginia • Yale Notre Dame Georgetown Harvard U.S. Naval Academy Boston College Duke • Princeton Penn • Stanford	Open House Georgetown Prep will host virtual events this fall. Look for more information on the School's website www.gprep.org	Admissions Process: Please visit www.gprep.org to set up your admissions account. Also, be sure to set up your Hoya-for-a-Day visit.	Application Deadline Jan. 8, 2021 Supplemental & Aid Deadline Jan. 22, 2021	Notification of Admission March 5, 2021 Registration Deposit Due March 19, 2021
	Tuition: Day: \$39,385 Boarding: \$63,800 • Forming Men of Competence, Conscience, Courage & Compassion; Men of Faith, Men for Others since 1789					

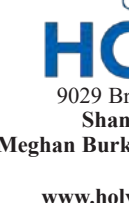
 Georgetown Visitation Preparatory School Dr. Barbara McGraw Edmondson, Head of School Mary Kate Blaine, Principal Janet Donnelly Keller, Director of Admissions 202.337.3350 • www.visi.org 1524 Thirty-fifth Street NW Washington, DC 20007	Girls 9-12 A Catholic High School in the Salesian Tradition Educating Women of Faith, Vision, and Purpose Since 1799 • Small Class Sizes • 100% College Acceptance • Bridge Program at Georgetown • AP & Honors • Extensive Service Program • ISL Champion Athletics • Dynamic Performing and Fine Arts • Strong STEAM Focus • More than 50 Clubs Cubs • Gold, White & Green	OPEN HOUSE Saturday Oct. 17, 2020 1:00 to 4:00 p.m.	Learn more about the admissions process at www.visi.org	Freshman Application Deadline Dec. 4, 2020 Financial Aid Appl. Deadline Jan. 4, 2021	Freshman Notification of Admission Feb. 25, 2021 Registration Deposit Due Mid-March 2021
	Freshman Class Size: 130 • Tuition: \$32,600 • Financial Aid: Janet Keller @ 202.337.3350 ext. 2241				

 Gonzaga College High School 19 Eye St., NW, Washington, DC 20001 Rev. Stephen W. Planning, S.J., President Mr. Thomas K. Every II, Headmaster Mr. Andrew C. Battaile, Dean of Admissions 202-336-7101	Boys 7 Freshman, 16 Junior Varsity, and 17 Varsity Sports Washington Catholic Athletic Conference Eagles Purple & White	Special Programs Comprehensive advanced placement, band, choral arts, internet applications, earth systems, science laboratory.	Open House Sunday November 22 10:00 a.m. to 2:00 p.m.	Entrance Exam Archdiocesan test results are required.	Application Deadline December 14 Financial Aid Appl. Deadline Jan. 11, 2021	Notification of Admission Feb. 25, 2021 Registration Deposit Due March 12, 2021
	Freshman Class Size: 245 • The Catholic, Jesuit school located in the heart of our nation's capital city. • Tuition: \$24,250					


 OUR LADY of GOOD COUNSEL HIGH SCHOOL A Xaverian Brothers Sponsored School 17301 Old Vic Boulevard Olney, MD 20832 Paul G. Barker Ed. D., President Thomas Campbell '93, Principal Maria Nichols '04, Director of Admissions Admissions@olgchs.org www.olgchs.org	COED Offering a comprehensive college prep curriculum including the IB Program, AP and Honors courses, the STEM Program, and the Ryken Program.	Home of the Falcons Extensive co-curricular activities, 54 sport teams, Performing Arts, Speech & Debate and over 55 cultural and academic clubs. Member of the W.C.A.C.	Open House Virtual Open House available online in October on olgchs.org/openhouse	Prospective Parent Information Night Tuesday Oct. 6, 2020 7:00 p.m. Webinar	Freshman Application Deadline Dec. 11, 2020 Freshman Financial Aid Appl. Deadline Dec. 11, 2020	Freshman Notification of Admission Feb. 19, 2021 Freshman Registration Friday, March 12, 2021
	Tuition \$25,400					

Archbishop Carroll High School Open House



 CONNELLY SCHOOL OF THE HOLY CHILD 9029 Bradley Boulevard, Potomac, MD 20854 Shannon Gomez, Ed.D. Head of School Meghan Burke Cross Director of Enrollment Management 301-365-0955 www.holychild.org • admissions@holychild.org	Girls 6 - 12 Field Hockey, Cross Country, Soccer, Tennis, Volleyball, Golf, Equestrian, Basketball, Swimming, Diving, Lacrosse, Softball, Track, Dance Team, Ice Hockey Independent School League Artificial Turf Field Tigers • Blue & Gold	Special Programs • College Prep Curriculum • Internship and Entrepreneurial Programs • Diverse elective course offerings • AP & Honors Courses • Fine Arts & Performing Opportunities Student/faculty ratio 7:1	Open Houses Offering small group Open House events throughout fall. Visit website for more info Entrance Examination Online strengths assessment	Application Deadline & Financial Aid Appl. Deadline Grade 9 December 11 Grades 6-8 February 1	Notification of Admission: UPPER SCHOOL End of February MIDDLE SCHOOL Mid March Reg. Deposit Due: Mid March
	360 Students • Tuition Grades 9-12 \$35,620 • Book & Activity Fee \$690 • Technology Fee \$515				


 The Academy of the Holy Cross 4920 Strathmore Ave., Kensington, MD 20895 Kathleen Prebble, President John Sullivan, Principal Emma Hart, Admissions 301-942-2100 • www.academyoftheholycross.org	Girls Basketball, bocce, crew, cross-country, equestrian, field hockey, golf, ice hockey, lacrosse, poms/cheer, soccer, softball, swimming & diving, tennis, track & field, volleyball. Washington Catholic Athletic Conference Tartans • Lavender & White	Special Programs AP & Honors Courses Project Lead the Way Engineering Dual Credit/Dual Enrollment Senior Project Internship	Open House Sunday, November 8	Entrance Exam HSPT Scholarships Available	Application Deadline Dec. 11, 2020 Financial Aid Appl. Deadline Jan. 4, 2021	Notification of Admission February 2021 Registration Deposit Due March 12, 2021
	Freshman Class Size: 100 • Tuition: \$27,800 • Financial Aid: 301-942-2100					

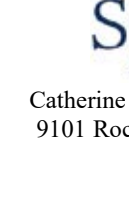
 ST. ANSELM'S ABBEY SCHOOL 4501 SOUTH DAKOTA AVE, NE WASHINGTON, DC 20017 Dr. Jim Power Headmaster 202-269-2350 Mr. Patrick Granfield, '99 Director of Admissions 202-269-2379 admissions@saintanselms.org www.saintanselms.org	Boys Soccer, Cross Country, Basketball, Simming, Wrestling, Tennis, Baseball, Track, Lacrosse, Golf, Fencing Potomac Valley Athletic Conference Panthers	Special Programs Challenging academic program for students of above average ability in grades 6-12	Open House Sunday November 1 11:00 a.m. to 3:00 p.m. Benedictine School	Entrance Exam Dates November 21 December 19 January 16 February 13 Exam also offered by appointment	Application Deadline Rolling Financial Aid Appl. Deadline Feb. 2, 2021	Notification of Admission: Feb. 22, 2021 Registration Deposit Due March 15, 2021
	Freshman Class Size: 41 • Tuition: \$29,800 Middle; \$30,800 Upper • Financial Aid: Ms. Ieva Young @ iyoung@saintanselms.org					


 ST. JOHN'S COLLEGE HIGH SCHOOL Est. 1851 Mr. Jeffrey W. Mancabelli, President Mr. Christopher J. Themistos, Principal Mrs. Susan Hinton, Director of Admissions 202-363-2316 • www.stjohnschs.org 2607 Military Road, NW, Chevy Chase, DC 20015	COED 24 AP Courses 16 Honors Courses 27 Varsity Teams 50+ Clubs and Activities 1:1 iPad Program Cadets Scarlet & Grey Tuition: \$21,490	Special Programs Scholars Program • Benilde Program • Cadet Corps (optional) • Entrepreneurial Center for Innovation & Social Impact • New Visual & Performing Arts Wing • New Student Center	Open House VIRTUAL OPEN HOUSE OCTOBER 25	Entrance Exam Archdiocesan HSPT results are required.	Application Deadline Dec. 4, 2020 Financial Aid Appl. Deadline Jan. 31, 2021	Notification of Admission Late Feb. 2021 Registration Deposit Due Mid March 2021
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Class of 2025

 SAINT JOHN'S CATHOLIC PREP Dr. Thomas Powell, President Will Knotek, Principal Kelly Weeks Director of Enrollment 3989 Buckeystown Pike Buckeystown, MD 21717 E-mail: kweeks@saintjohnsprep.org • 301-662-4210	Special Programs Frederick County's Only Comprehensive Private High School • Founded in 1829 • Comprehensive College Prep Curriculum • Guaranteed College Admission & Scholarship Program • AP & Honors Courses • Mount St. Mary's Dual Enrollment • AOPA STEM Program • 19 Athletic Teams • Over 20 Clubs • School & Collegiate Counseling • Seton Learning Differences Program	VIRTUAL OPEN HOUSE Sunday November 1 1:00-3:00PM	REOPENING SMART & SAFE FALL 2020 PRIVATE TOURS AVAILABLE BY APPT	HSPT or Institutional Testing Required Priority Application Deadline December 18	Financial Aid & Scholarship Deadline December 18 Notification of Admission February 18
	VIKINGS Green, Gold & White School Size: 289 • Tuition: \$17,410 • Financial Aid: Kelly Weeks kweeks@saintjohnsprep.org • www.saintjohnsprep.org				

 ST. VINCENT PALLOTTI HIGH SCHOOL 113 ST. MARY'S PLACE, LAUREL, MD 20707 301-725-3228 Ext. 2202 • www.pallottihs.org • admissions@pallottihs.org	Coed Over 20 varsity athletic teams; Maryland Interscholastic Athletic Association (MIAA)—Men; Interscholastic Athletic Association of Maryland (IAAM)—Women Panthers Blue & White	Grades 9-12 College Prep Curriculum Honors & AP Courses 96% College Placement Accelerated & Computer Science Programs Visual & Performing Arts Program Learning Center	Open House Sunday, Nov. 8 2:00 p.m. to 5:00 p.m. 400 Students	Visit the web site for 2021-2022 application! 1:11 Teacher Student Ratio	Admissions Application Deadline Dec. 11, 2020	Financial Aid Application Deadline Jan. 1, 2021
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 Stone Ridge School of the Sacred Heart Catherine Ronan Karrels '86, Head of School 9101 Rockville Pike • Bethesda, MD 20814 301-657-4322 www.stoneridgeschool.org	Girls Grades 1-12 (Coed PS-K) Basketball, crew, cross country, equestrian, field hockey, golf, ice hockey, lacrosse, soccer, softball, squash, swimming/diving, tennis, track & field and volleyball The Gators Blue & Gold	Special Programs Honors/AP Courses 1:1 Laptop Social Action Exchange Program STEAM Certificate	Open House Upper School Sun Oct 18 12:30pm Thurs Oct 29 6pm Tues Nov 17 6pm	Required Entrance Exam: SSAT Register at www.ssat.org (School Code: 7494) Application Deadline Dec. 4, 2020	Financial Aid Deadline Jan. 15, 2021	Decision Notification Feb. 26, 2021 Contract Due Date March 12, 2021
	Freshman Class Size: 96 • Tuition: \$38,950 • Financial Aid Available					

 THE HEIGHTS SCHOOL 10400 Seven Locks Rd., Potomac, MD 20854 Alvaro J. de Vicente, Headmaster Richard S. Moss, Director of Admissions 301-765-2093 • admissions@heights.edu www.heights.edu	Boys 3-12 The Heights forms "men fully alive" through a rigorous curriculum implemented with a highly personal approach to education and character. Cavaliers Red & White	Challenging liberal arts; innovative science and math; small classes; individual mentorship; WCAC Athletics; extensive extracurriculars; rich sacramental life.	Admissions Contact us anytime at 301-765-2093 or heights.edu/process for an overview of our application process.	Upper School Applicants Admissions Deadline Jan. 8, 2021 Financial Aid Appl. Deadline Jan. 8, 2021	Admissions/FA Notification Late February Enrollment Deadline March 12, 2021
	Freshman Class Size: 65 • Financial Aid: Phil McGovern (CF0) 301-365-4300				

SHORT

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inspiring local newspaper. And how about the other dedicated couple who have sustained local Catholic communication for many years, Mark and Carol Zimmermann at the Catholic Standard. I read the recent edition of the Archdiocese's paper, which Mark edits, and was reminded of their dedication and service when I noticed that Mark and Carol wrote almost the entire edition! Many thanks.

Instead of a single reflection as is our practice in this column, this time, I'll briefly suggest several. This, as those who know me, is dangerous literary license, as I can go on at great length when reflecting on matters about which I care deeply. I won't, since Larry Hamm wisely has harnessed me with a 900 word limit.

Some reflections on the virus: First, It's been difficult for everyone to say the least, especially first responders, to whom we are grateful. Our community has fared better than most because so many of us have responsibly complied with social distancing, masks and hand-washing. **Please avidly continue!** People at risk, small businesses, non-profit organizations, even Catholic schools and parishes are suffering financially. Our prudent and compassionate state and local government leaders have acted to support many of these with public emergency funding. With courage and sacrifice local leaders faithfully reflect the compassionate and just priorities of our community. **Please continue to support local leaders.** Our clergy have tirelessly served to keep Catholics engaged despite closed or limited parish activities and facilities as well as unpredictable finances. They have kept the doors to Christ open through inspiring and creative prayer, vir-

tual Masses, homilies, and other pastoral activities. **Please remain engaged and pray faithfully with others in your parish community.**

In a special way, I want to acknowledge parish and other Catholic schools, especially their principals, teachers and staff (In full disclosure, for over thirty years my dear wife was a Catholic school teacher. Both my daughters and son-in-law are engaged in Catholic education and several extended family and good friends work in Catholic schools. I'm so proud of them.).

As I write in mid-August, dedicated school teams are mired in uncertainty caused by the pandemic. Educators are being called upon to be medical, mental health, technical, legal, engineering and communications specialists among other unlikely demands. Together with parents, they are diligently working throughout their summer vacation to determine and test the best practices available to reach sound, safe decisions on behalf of students and staff. Principals and administrators in particular, with their multiple constituencies, have been on the front lines of this challenging work. During an unpredictable pandemic, not fully understood by even the most knowledgeable experts, school leaders must make critical decisions on behalf of their broadly defined school communities. As the saying goes, "it's lonely at the top". These dedicated educators are managing through many issues with limited and constantly changing information pretty much on their own. Even as most principals have sought the best advice, acted as transparently as possible and sidestepped political landmines, many understandably disappointed parents question the decisions and practices being proposed (the expression, "that's why they get the big bucks" does not apply to school staff). They have responded with creativity, professionalism and

compassion to their responsibilities to educate children virtually and prepare to open facilities safely. **Every student and each of us will benefit from their diligence and Christian example and they deserve our support.**

Finally, a reflection on **your** response to human need during the pandemic. Many service doors were closed by the virus. I deeply miss my friends at the Little Sisters of the Poor. Some doors remained open to meet growing needs of people suffering with the illness or its economic impact. With your help, Catholic Charities greatly increased the amount of food it distributes to those in crisis. And some new doors have been opened to extend Christ's heart to those who are suffering. One new door is through St Jude's parish which opened a food pantry for the needy. On opening day three months ago they served around 100 people. Last week they served around four hundred. They get food, financial support and volunteers from their neighbors at St Patrick's and St Raphael's parishes.

If you are seeking a door to Christ's service, and I've written about many, here's one you might consider if you are a mature person over fifty looking to volunteer. **The Ignatian Volunteer Corps (IVC)** is a well-established, unique organization that blends Ignatian spirituality and service to others. Its mission is to provide mature men and women the opportunity to serve the needs of people who are poor, to work for a more just society, and to grow deeper in Christian faith by reflecting and praying in the Ignatian tradition. Check it out at <https://ivcusa.org/>.

God keep you well!
Chuck Short,
cshort5@verizon.net

ENZLER

Con't from page 1

with education decisions for the children, decisions about their own work or the loss of employment, and efforts to keep their loved ones safe.

These are difficult days for parishes, too, which normally come alive with energy and activity as ministries and schools return. The quiet and empty months without public Masses impacted us all.

I'm used to this being a time of great excitement at schools, which are so important to a vibrant parish and all we do in the Church. Every parish I've served in has a school, and I've absolutely loved it. In fact, I can't even imagine being at a parish without a school. The children, the teachers, the faculty and the families working together lifted me up as well as the whole community.

I've found that people are generally more faithful about participating in Mass and parish life when school is in. Part of that is seasonality, as some are less attentive to Mass during the summer months. Even so, when schools and religious formation programs are back in session, everyone seems more aware of coming to church, seeing their friends, and praying with their community.

But this year, it's all different.

If you're blessed to have a job, you may not be going to your usual place of employment, working at home instead and having online meetings. I've been doing that since March, and while I've gotten more used to it, I would much rather see everyone in person.

It's a real struggle to balance raising children and working even in normal times, and I've heard from many of you how much the challenge is magnified when school and work are both at home. I've recently held a series of listening sessions with Catholic Charities employees, and this was one of the more frequent themes. It's so tough for people that tears have been shed. As one mother told me, "I'm an essential worker,

but I'm an essential mom, too."

Frontline workers who need to report to their place of employment face a scary experience – grocery workers, retail workers, service workers, first responders, medical providers, and so many others who help the rest of us. I applaud your sacrifices. You are heroes to us all!

So, we are forced to make many adjustments this year, and even develop an entirely new way of looking at the return to work and school. It's hard for all of us, but if we remember how much we need God and each other, we can get through it together.

Know that I am praying for you. I'm praying for all of the parishes served by *Our Parish Times*. By loving God and neighbor, we can work together to do what is best for our families, our Church, our jobs, and each other.

I am grateful right now for all who continue to support the Church and our schools by their contributions and their participation. I'm grateful for our older parishioners who continue to see the gift of a Catholic education as one of the real keys for our young people and who we are as a Church.

I've been so impressed with the creativity and initiative shown by our parishes, pastors, principals, and all those working triple time to find ways to be present to people and keep faith alive. We've seen Masses online, distribution of the Eucharist, social-distancing Confession, drive-by graduation parades, and on and on. All have helped us stay connected with the Church and each other.

In these challenging times, let's stick together and support each other as we strive to be the people God calls us to be. Your parish needs you as much as you need it. Let's hear with renewed commitment St. Paul's words to the Galatians, "Bear one another's burdens, and so you will fulfill the law of Christ." (Galatians 6:2)

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RACISM

Con't from page 1

racism arises 'when consciously or unconsciously a person holds his or her race as superior. Racist acts are sinful because they violate justice.'

Describing justice as 'being in a right relationship with God,' Fr. Boxie said justice has not been afforded to many people of color because of the lack of acknowledgment to atone for slavery and our country's history and culture that has long valued some people over others, evidenced by chattel slavery and Jim Crow laws. Structural injustice continues, he said, in the criminal justice system, healthcare, education and housing arenas, which leaves those disadvantaged people in a vicious cycle.

"Why is that? We have to be aware of the past so we can tell the truth about the present," Fr. Boxie said.

In moving forward, Fr. Boxie suggested that attendees pray to the

Holy Spirit for help in examining our consciences and purifying our hearts; listen to stories and educate oneself to the truth of history; and speak out against racism. He also encouraged attendees to read the pastoral letter.

Ann Pierre, co-chair of the parish ad-hoc committee, said she hopes the parish will continue its program of prayer, education, and dialogue to eradicate racism. "Our goal would be to have our beautifully diverse parish family become more of an integrated family, knowing each other, caring for each other, and working together to right any injustices any of our members experience," she said.

Fr. John Dillon said he hoped the discussion would deepen and expand the conversation of racism first started two years ago.

"Those participating have been largely receptive to the message, but also in reflecting their life experiences and personal beliefs," he said. "Respectful dialogue is helpful and needed."

OPT

Shrine of St. Jude Greet Fr. Jorge and Says Farewell to Fr. Gabriel

By Patrice Roe

In early July, we welcomed Fr. Jorge Ernesto Ubau to the Shrine of St. Jude, while at the same time we had to say goodbye to Fr. Angel Gabriel Fermin, parochial vicar, and thank him for his service to our parish.

After attending a Jesuit high school, Fr. Jorge spent one year at the school of medicine at National State University in San Salvador.

He received the call to the priesthood at the age of 17 while attending a two-day retreat as a member of the Neocatechumenal Way community.

Fr. Jorge entered the Redemptoris Mater Missionary Seminary of Washington in 2004 at the age of 18 and was ordained a priest in 2017 at the Basilica of the National Shrine of the



The Shrine of St. Jude welcomes Fr. Jorge Ubau

Continued on page 30



Rosary Club has long been a part of St. Jude Regional Catholic School's spiritual offerings for its students. But the 2020 Rosary Club is a little different than how it is usually handled—it is now offered online via Zoom. Pictured in upper left corner is Mrs. Jeanne Donatelli, Upper School Religion Teacher and Rosary Club leader, along with students, their families, and other staff members of SJRCS. Ajak and Apal, two students and sisters who offer their reasons why the club is meaningful to them in the accompanying article, are pictured on the far left, third row from top.

Rosary Club: Crossing America, One Decade at a Time

By Maureen Carroll Martin

Weekly Rosary Club has been an important spiritual offering since St. Jude Regional Catholic School opened its doors in 1956. But little did anyone know then that the 2020 Rosary Club would be held via the Internet, connecting school families across the region during the COVID-19 pandemic.

Led by Upper School Religion Teacher Mrs. Jeanne Donatelli, the group meets via Zoom each Wednesday afternoon, with 14–20 families participating each week. According to Mrs. Donatelli, the students and their families enter the online chat with a song, talk about what went on during their week, offer prayer intentions, then the students lead a decade of the

Continued on page 30

St. Stephen's Food Pantry at the Shrine of St. Jude

A Message from Paul D. Lee, STD, Pastor

"We are not just interested spectators but active workers for Christ."

Continued on page 30



Larry Kilmer, a parishioner and volunteer at the Shrine of St. Jude, is surrounded by donations of food and other items to benefit the new St. Stephen's Food Pantry at the Shrine of St. Jude.

Shrine of St. Jude Parish

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Fr. Paul D. Lee, STD, Pastor

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The 'New Normal' at St John the Evangelist School

This time of year always brings its own brand of excitement. New beginnings abound: new grade, new teacher, new students, new school supplies. But this year will certainly be different with its "New Normal." Two-thirds of St. John the Evangelist's students will be attending school in person; one-third will be distance learning. Our classrooms will look different and our daily routine will change. But we are up for the challenge!

In the spring, we learned a lot about our school and our students. Although always creative, we explored new ways to express that creativity. Remote Art projects and Science experiments made use of the natural world around us. Mathematics had a whole new look

at worldwide statistics. From the news, Social Studies students could actively see where different countries are located, how their people dress and live, and how governments interact with other countries. And above all, we could see how God's hand and heart were revealed in how we treat our fellow citizens and neighbors.

Our school community will have to wear masks, make more use of technology, and even have to buy their own hot lunches! We have two students who will be learning remotely with us from Ethiopia while others are distance learning from down the street. But whatever way we learn and wherever we will be, St. John the Evangelist will continue to "Inspire Hearts and Minds" as we have always done. We are family and we will be there for each other.



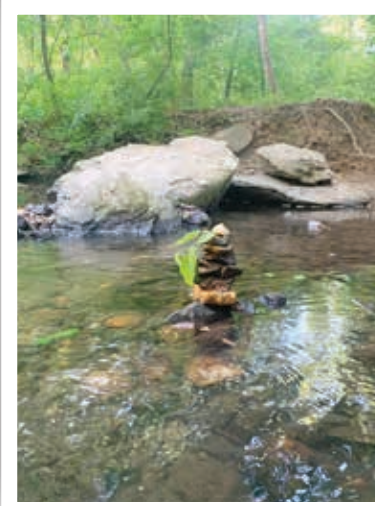
Above, Distance -Learning Classrooms



Above, Hot Lunch on your own



At left, Masks are the new normal.



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St. Martin's Re-Opens with Confident Path Forward

By Anne Gemunder

Summer is normally a quiet time of year at St. Martin's, reserved for planning the upcoming academic year and distributing the summer mailer to families. Due to the global coronavirus pandemic and the need to create a safe and flexible school reopening plan, this summer was far from normal. A re-entry team, made up of administration, faculty, and parents, was tasked with sending surveys, evaluating successes from last spring, addressing safety protocols, assessing classroom spaces, adapting curriculum, and determining best learning options based on the

needs of families. The dedication and commitment of this team in creating a thoughtful plan has been an inspiring effort!

After many weeks of careful planning, the St. Martin's submitted their plan to the Archdiocese of Washington's Catholic Schools Office and received approval for in-person teaching as well as a distance learning option for parents who prefer to keep their children home for now. Distance learning will include a robust combination of live-streamed classroom instruction along with synchronous and asynchronous lessons and assignments. Principal Stephen Lamont

estimates that just over half of students will return to in-person learning. He believes the school's small size and the community's adherence to protocols will allow the school to reopen its doors safely. He added, "We are committed to delivering instruction that is safe, engaging, and flexible – able to meet the standards that our families rightly expect from a St. Martin's education."

In following the guidelines of the Catholic Schools Office, the Center for Disease Control, and the American Pediatric Association, the health and safety of our students and staff are top priorities in

the reopening plan. Mask wearing, frequent hand washing, and daily health screening will be required. Desks will be spaced six feet apart and student movement throughout the building will be limited. The building will receive enhanced cleaning and disinfection throughout the day. Many whole-school activities, such as Mass and assemblies, will be virtual.

Training and orientation for both students and staff will ensure implementation of best practices. In-person classes will return to the building on a staggered schedule in order to execute the guidelines with fidelity. The re-entry team will

regularly evaluate how this plan is implemented and adjust accordingly for safety and efficiency.

The re-entry team's dedication to fulfill their mission of providing every St. Martin's student a rigorous, faith-based education in an environment that is safe for all students and staff has created the confidence for the school community to move forward. Students and faculty alike are eager to begin a fresh school year, with everything in place to support student learning and interaction from in and outside the classroom.

OPT

Crusaders Welcomed Back With Excitement!

By Anne Gemunder

The sparkling-clean, newly polished hallways of St. Martin's School are filled with welcoming decorations and the excitement of a new year. We are blessed to welcome new faces together with the familiar faces of our returning students, both in person and virtually. All of our teachers are excited to bring fresh ideas to blended learning, as we continue to foster students into lifelong learners and excellent critical thinkers.

This year, we are excited to introduce and welcome Mrs. Karen Vollrath as our new first grade teacher. Mrs. Vollrath was born and raised in Manchester, Connecticut, and earned a Bachelor's Degree in Humanities from Harvard University's Extension School and a Master's

Degree in Early Childhood Development from the Boston University Wheelock College of Education. She comes to us with many years of teaching experience, and she is delighted to be working in first grade, where she can focus on teaching reading skills, a particular passion of hers. "I am always excited to teach reading because I love to read," Mrs. Vollrath said, and added, "I am looking forward to teaching at a Catholic school, where we can talk about Jesus and include Him in all we do." Outside school, Mrs. Vollrath enjoys taking walks and spending time with her adult children who live in the area.

Mrs. Susan Feudale, who has taught first grade at St. Martin's for the past seventeen years, will take on a new role as the second grade teacher. "I'm incred-

ibly excited about helping second graders prepare to receive First Reconciliation and First Communion!" said Mrs. Feudale. The transition for our students from first to second grade will be a bit easier this year, with a familiar teacher leading the way.

All of our faculty, both seasoned and novice, bring unique experiences and gifts that support our students and ensure their success in the classroom. One thing that never changes is the joyful anticipation of a new year at St. Martin's!

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More St. Martin of Tours News on Page 3

St. Martin's Hosts Food Distribution Hub

By Emily Moldiz

Throughout June and July, St. Martin of Tours Food Pantry expanded its outreach in serving the hungry and those in need in the community.

In the last week of May, operations were set up in the St. Martin's school cafeteria for a food distribution hub in the Gaithersburg community. A committee from St. Martin's teamed up with county workers to deliver food to 300 + identified families who could not leave their homes for various reasons.

Big trucks could be seen in the parking lot weekly unloading huge quantities of food, drinks, hygiene essentials and diapers to the parish hub, which were then prepared into boxes for hundreds of families every week.

Parish volunteers arrived at the school cafeteria at designated times throughout the week to take 5-6 boxes of food to different households that had registered for the program.

"These two operations, along with

our St. Vincent de Paul Society have helped to sustain our way throughout this Pandemic," said Pastor David Wells.

The community has shown its gratitude and support as well. Father Wells told the parish that a woman had stopped by to drop off a donation who just a few weeks before had received help from the parish food distribution. She was there to give back for what she had received from the program.

At the end of July, the parish hub closed its operations to prepare for the reopening of the school building for students this fall. But over the course of more than two months, the parish hub served thousands of families.

In his letter to the parish Father Wells wrote, "When Jesus fed the huge crowd of over 5,000, he first told his disciples, 'You give them something to eat' (Mk. 6:37). His words are fulfilled weekly in our parish through the generosity of his disciples."

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Exercise-induced protein may reverse age-related cognitive decline

July 22, 2020

Exercise and physical activity are important as you age. They help keep your body and brain healthy. Staying active can help you remain independent by preventing loss of physical mobility. It may also slow age-related cognitive decline.

Researchers don't know how exercise might slow age-related cognitive decline. A better understanding of this process could point toward ways to help those who have difficulty exercising due to fragility or health conditions.

Older couple riding bicycles in a park. In animals, exercise has been shown to reverse age-related decline in a brain area called the hippocampus. This region is important for learning, memory, and other cognitive functions. To determine what may underlie these potential rejuvenating effects of exercise on the brain, a research team led by Dr. Saul A. Villeda at the University of California, San Francisco compared proteins that circulate in the blood of mice who get a lot of physical activity with those in sedentary mice. The work was funded by NIH's National Institute on Aging (NIA). Results were published on June 10, 2020 in Science.

Researchers compared the brains of young (3 months) and aged (18 months)



mice that either had access to a running wheel in their cage for six weeks or were sedentary. They looked at age-related molecular and cellular changes in the hippocampus. Older mice that were active

showed increased generation of new brain cells called neurons and higher levels of nerve cell growth factors than sedentary mice. They also made less errors in hippocampal-dependent learning and memory

tasks.

The team then collected blood and plasma from both young (6 to 7 months) and aged mice (18 months) who were either active or sedentary. They injected their plasma into separate groups of older mice eight times over three weeks. The aged mice that received blood from the active groups showed increases in new neurons and on learning and memory tasks similar to those of the active mice themselves.

Many proteins were found at higher levels in the blood of the active mice. The researchers honed in on one made in the liver, called GPLD1. Researchers injected the gene for the protein into aged mice, causing their livers to produce GPLD1. After three weeks, the animals showed brain cell growth and improvements in learning and memory similar to that seen in active mice.

GPLD1 did not appear to enter the brain, suggesting that the protein acts through one or more molecules that interact with the brain directly. Further study will be needed to understand its mechanism of action.

The researchers also collected blood samples from healthy older people (ages 66 to 78) to explore whether the protein could play a similar role in humans. Levels

Continued on page 24

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Combination of healthy lifestyle traits may substantially reduce Alzheimer's disease risk

Data from two NIH studies show 60% lower risk among those with highest number of healthy behaviors

Combining more healthy lifestyle behaviors was associated with substantially lower risk for Alzheimer's disease in a study that included data from nearly 3,000 research participants. Those who adhered to four or all of the five specified healthy behaviors were found to have a 60% lower risk of Alzheimer's. The behaviors were physical activity, not smoking, light-to-moderate alcohol consumption, a high-quality diet, and cognitive activities. Funded by the National Institute on Aging (NIA), part of the National Institutes of Health, this research was published in the June 17, 2020, online issue of *Neurology*, the medical journal of the American Academy of Neurology.

"This observational study provides more evidence on how a combination of modifiable behaviors may mitigate Alzheimer's disease risk," said NIA Director Richard J. Hodes, M.D. "The findings strengthen the association between healthy behaviors and lower risk, and add to the basis for controlled clinical trials to directly test the ability of interventions to slow or prevent development of Alzheimer's disease."

The research team reviewed data from two NIA-funded longitudinal study populations: The Chicago Health and Aging Project (CHAP) and the Memory and Aging Project (MAP). They selected participants from those studies who had data available on their diet, lifestyle factors, genetics, and clinical assessments for Alzheimer's disease. The resulting data pool included 1,845 participants from CHAP and 920 from MAP.

The researchers scored each participant based on five healthy lifestyle factors, all of which have important health benefits:

- At least 150 minutes per week of moderate- to vigorous-intensity physical activity — Physical activity is an important part of healthy aging.
- Not smoking — Established research has confirmed that even in people 60 or older who have been smoking for decades, quitting will improve health.
- Light-to-moderate alcohol consumption — Limiting use of alcohol may help cognitive health.
- A high-quality, Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, which combines



Combining four or five healthy lifestyle behaviors -- such as swimming -- may lower risk of Alzheimer's disease. Photo courtesy of NIH/National Institute on Aging.

the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH) diet — The MIND diet focuses on plant-based foods linked to dementia prevention.

- Engagement in late-life cognitive activities — Being intellectually engaged by keeping the mind active may benefit the brain.

The research team then compared the scores with outcomes of clinical diagnosis of Alzheimer's in the CHAP and MAP participants. Lead author of the paper, Klodian Dhana, M.D., Ph.D., assistant professor at Rush University Medical Center, emphasized that the combination of healthy lifestyle factors is key. He wrote that compared to participants with no or one healthy lifestyle factors, the risk of Alzheimer's was 37% lower in those with two to three, and 60% lower in those with four to five healthy lifestyle factors.

"This population-based study helps paint the picture of how multiple factors are likely playing parts in Alzheimer's disease risk," said Dallas Anderson, Ph.D., program director in the Division of Neuroscience at NIA. "It's not a clear cause and effect result, but

a strong finding because of the dual data sets and combination of modifiable lifestyle factors that appear to lead to risk reduction."

A 2017 research review and report commissioned by NIA concluded that evidence on lifestyle factors such as increasing physi-

cal activity, along with blood pressure management and cognitive training, is "encouraging although inconclusive" for preventing Alzheimer's. Since then, more research has emerged, such as the SPRINT MIND trial, which suggests intensive blood pressure control may slow age-related brain damage, and new trials have launched. For example:

- The NIA-funded MIND Diet Intervention to Prevent Alzheimer's Disease is an interventional clinical trial comparing parallel groups with two different diets. MIND has enrolled more than 600 participants and is ongoing with an anticipated completion date in 2021.
- The U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a multisite randomized clinical trial designed to evaluate whether lifestyle interventions — including the MIND diet — may protect cognitive function in older adults who are at increased risk for cognitive decline. NIA is funding the imaging, neurovascular, and sleep ancillary studies of POINTER.

NIA is currently funding more than 230 active clinical trials on Alzheimer's and related dementias. Of those, more than 100 are nondrug interventions, such as exercise, diet, cognitive training, sleep, or combination therapies. People interested in participating in clinical trials can find more information on the NIA website.

OPT

NIH-funded study to recruit thousands of participants to reveal exercise impact at the molecular level

In the largest exercise research program of its kind, researchers are poised to collect and turn data from nearly 2,600 volunteers into comprehensive maps of the molecular changes in the body due to exercise. It is well known that physical activity has substantial health benefits, but we do not fully understand why, especially at the molecular level. The



Continued on page 31

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Library Keeps Students Connected During Unconventional Summer

By Erin Pant

As the school year winded down in June, Saint Peter's librarian Mrs. Virginia Riley recognized that this was going to be a very different summer for everyone. Riley wanted to provide some normalcy for her students, so she came up with a way to safely keep the library open during the summer with virtual reading groups and curbside book checkouts.

"With so many normal summer activities for children cancelled or postponed, I felt that it might be good to provide a familiar face and some consistency for my students," said Riley.

Riley hosted six weekly, grade-based summer reading groups. The sessions were voluntary, and students could attend whenever their schedule permitted.

Pre-kindergarten and kindergarten students enjoyed themed sessions that explored different types of career. They listened to a story about a specific profession and got to virtually meet a special guest working in that field. Guests included a builder, a fitness/nutrition expert, a pediatric nurse, a seminarian and Saint Peter's own Vice Principal Mr. Nelson Abreu.

First graders focused on the creative writing process. They created a book called "What Do Students Do?" based on the series titled "Jobs in My School." Second graders read "Charlotte's Web" and



Saint Peter's Librarian, Mrs. Virginia Riley offered virtual reading groups and curbside book checkouts throughout the summer

learned about barnyard animals and county fairs. Third and fourth graders enjoyed the humorous series "Wayside School" and fifth graders read a graphic novel about the Trojan War and learned about various Greek gods and goddesses, even creating business cards for them.

"I really enjoy seeing my students through the virtual groups, of course I'd prefer to see them in person!" said Riley. "They have much to share when we meet, we have met each other's pets, siblings, etc. I feel that the online classes have provided a little social interaction in a time when it's been very tough for us to be together."

Riley also developed a safe way to keep the school library available to students all summer long. Students could reserve books through the online library catalog and then twice a week the books were available to

pick up or return through a no contact system.

"Libraries are meant to be used, books are meant to be read and enjoyed," said Riley. "With our leisure time options limited by the pandemic, it's nice to know you can look forward to a new book or revisit a much-loved book," said Riley.

Saint Peter's parents were extremely appreciative of Mrs. Riley's efforts. Laura Pachucki said, "My daughter Genevieve greatly enjoyed checking out books from the library and story time with Mrs. Riley during the summer. As we switched to online learning in March, Mrs. Riley went above and beyond to keep the classes connected by offering this program."

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Students enjoyed access to books and connecting with classmates

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WAR TIME

Con't from page 3

larly in time of crisis, when enrichment of mind and spirit can only strengthen the individual.

The last enemy of learning is fear...fear of illness, of losing a loved one, of uncertainty. But for each of us, risk is an inherent part of daily life under "normal" circumstances. At Avalon, our aim is to help mold young men of faith

and purpose who will *be not afraid* – reflecting the school motto, *Duc In Altum*.

And so, like so many of our colleagues, we will face the coming months with masks, sanitizers, and the possibility that circumstances may again make us resume distance-learning. And we will teach and learn putting our trust in the words of Him that first told Simon Peter to put out into the deep twenty centuries ago.

OPT

TEACHING

Con't from page 3

pain and glory towards its home in God."

Pretty cool, huh? That is what CST intends for us too. It is not just about public policy options, but about living in God and sharing his life and love with the world.

The more standard presentation of CST that comes to us from the US bishops and others can be found by searching "USCCB Catholic Social Teaching" or visiting: <https://bit.ly/343QTHm>. Since our space (and attention span!) is limited, we have opted this time to focus on Groody's approach. I hope you find it useful.

The November 3, 2020

OPT

BELIEVE

Con't from page 13

Bachelor of Science in mathematics and education from Loyola College of Maryland. She has worked as a substitute teacher for both St. Raphael School and St. Raphael Nursery School, has helped with Lunch Bunch, was part of the front desk staff, and has taught Religious Education classes at St. Raphael.

St. Raphael Nursery School gives a warm welcome to Maria Angela ("Angie") Dubravcic. Born and raised in Tarija, Bolivia, Dubravcic earned her undergraduate degree from Catholic University in Bolivia. She has worked as a substitute teacher at St. Raphael Nursery School, an assistant in SRNS's Stay & Play program for toddlers, and as a supervisor in SRNS's Lunch Bunch program.

OPT

Golf Classic Playing Through

While many of St. Raphael School's traditional beginning-of-school festivities and events will transition to virtual because of the coronavirus pandemic, plans are underway to host the 12th annual St. Raphael Golf Classic on Friday, Oct. 2, at a new venue – Bretton Woods in Germantown. The Golf Classic Committee and the staff at Bretton Woods are committed to the safety of participants and will adhere to state and county guidelines for covid-19. Players of all levels are invited to enjoy 18 holes of fun and friendly competition, with early-birdie rates available until Aug. 31. Sponsors are also welcome – the need has never been greater – and there are opportunities for every budget. Should the event not be able to take place in October, it will be postponed to April 24, 2021. For details, visit www.straphaelschoolmd.org.

OPT

PROTEIN

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of GPLD1 were higher in those who were physically active (>7100 steps per day) than in those who were sedentary (<7100 steps per day).

"Through this protein, the liver is responding to physical activity and telling the old brain to get young," Villeda says. "This is a remarkable example of liver-to-brain communi-

cation that, to the best of our knowledge, no one knew existed."

More research is needed to determine how much, how long, and what types of exercise people would need to see cognitive benefits. Further, identifying the factors underlying this protein's effects on the brain could help researchers develop therapeutics to combat age-related cognitive decline.

OPT

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Changes Come to Holy Redeemer

By Danielle Trotta, Eighth Grade,
and Sharon Kennedy, Fifth Grade

New leadership has made its way to Holy Redeemer. As Joan Hosmer's (interim principal) reign comes to an end, new principal, Tommy Corrigan, is picking up where she left off. With him, comes Mark Crimans to make up the duo that will lead HR's in-person reopening. Mr. Corrigan and Mr. Crimans have been working from sun-up to sun-down to make the beginning of the school year as normal as possible, given the constraints the coronavirus has put on us.

Along with the new administration comes a few more new faces. Two new kindergarten teachers, Bridget Cook and Stephanie Oertli, join the team. Coincidentally, both Cook and Oertli come to us from the St. Louis area!

Holy Redeemer is offering both an in-person and virtual option to start the year. Teachers have been busy putting their classrooms together to get ready for their students. From setting up socially distanced workspaces to getting ready for asynchronous learning, Holy Redeemer is ready for the 2020-2021 school year and whatever is thrown their way!

OPT



At left, socially distanced classroom

At right, Principal, Tommy Corrigan



At far right, Kindergarten teachers, Stephanie Oertli (left) and Bridget Cook (right)

At right, Vice Principal, Mark Crimans



Holy Redeemer Adopts a Sister

Holy Redeemer Parish is now the "sister parish" of Our Lady of Guadalupe Parish in Togo, West Africa, whose founding pastor, Fr. William Ryan, we are happy to welcome for his annual home visit. Fr. Ryan, a priest of the Archdiocese of Washington who grew up in Holy Redeemer and attended the school here, has been on loan as a missionary to Togo since 2006.

The mission parish, which

includes 36 villages located in a poverty-stricken rural area, undertakes works of development such as schools, a medical clinic, wells and agricultural projects to further its primary task of evangelization. Subsistence farmers and their families make up the great majority of the parish population.

Much progress has been made over the years, especially at the mission's schools where over 1000 students are being educated. At



Students from kindergarten through high school are being educated at the mission.

the mission there is now a primary school (K-6), a *collège* (grades 7-10) and a *lycée* (high school). There are also dormitories for boys and girls that enable students who graduate from the parish's five primary schools in its outlying villages to come to live at the mission and continue their Catholic education.

Togo has been hit less hard by the Covid-19 virus than many countries, and schools and churches that were suspended are now slowly

reopening.

Prayers and sacrifices are requested for the mission. Donations (tax-deductible) are also very much needed, and can be sent by check to Togo Mission, Inc., P.O. Box 130 Gaithersburg, MD 20884 or made online at the mission's website, togomissionparish.org, which has more information including videos.

Holy Redeemer Parish

9705 Summit Avenue
Kensington, MD

Rev. Mark Hughes
Pastor

301-942-2333

Holy Redeemer School
Mr. Thomas Corrigan,
Principal

301-942-3701

OPT



Sister Bakhita, who directs the mission's medical clinic, educates villagers about the coronavirus.

St. Elizabeth School Rises to the Occasion

Physical distancing didn't stop St. Elizabeth School from carrying on the traditions that are so important to our school community. After ending the year with a virtual May Crowning, eighth-grade graduation and end-of-year celebrations, our summer was filled with exciting virtual summer camps. Now, our administration and teachers are busy preparing to welcome back students to our in-person and virtual classrooms. With a little extra planning and a lot of creative thinking, St. Elizabeth teachers and students haven't missed a beat. **OPT**



Our Science, Technology, Engineering, Arts, and Mathematics (STEAM) Camp brought the arts into the traditional STEM curriculum by following plans and creating models.



St. Elizabeth offered a multi-cultural math camp taught by Mrs. Fox. The students enjoyed hands-on activities and playing games while improving their math skills and learning new ways to solve problems.



Above, Our St. Elizabeth second and eighth grade graduated students celebrated their First Communion and Confirmation over the month of August. God bless our students!



The St. Elizabeth staff received bags filled with PPE, supplies, and treats in preparation for the start to the school year.



At left, St. Elizabeth teachers were once again trained in CPR and general first aid during teacher training week.

St. Elizabeth Parish

917 Montrose Road
Rockville, MD

Msgr. J. Wilfrid Parent
Pastor

301-881-1380

St. Elizabeth School Principal
Mary Penny

301-881-1824

Victoria Wesley
OPT Editor

301-881-1380

First Communion at St Elizabeth

Although the Covid-19 shutdown interrupted classroom learning, candidates for First Communion continued to prepare for the sacrament by ...



...participating in the At-Home First Communion Retreat developed by the Office for Catechesis



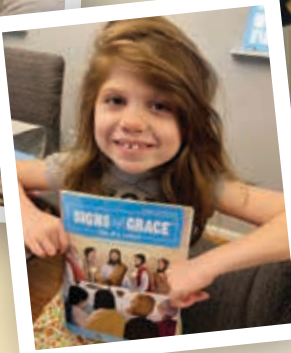
...doing service projects



...spending time in prayer



...completing their family workbooks



...reading their bibles



...and crafting banners to decorate the church on their big day.

Judging by the smiles of the faces of our students and their families, First Communion – even during these challenging times – was all that they had hoped it would be!



It is in dying that we are born to eternal life!

This summer proved to be very difficult for Saint Francis International School, but not because of the pandemic. After the school year was complete in June, the SFIS community learned on Father's Day weekend that Dr. Kirk Gaddy, the longtime religion teacher and leader of the middle school, had died suddenly at age 55. Dr. Gaddy had left SFIS at the end of the 2018-2019 school year to return to his own alma mater, St. Frances Academy in Baltimore, to serve as the Assistant Principal.

St. Francis Academy was founded by the Mother Mary Lange and the Oblate Sisters of Providence as the first Catholic school in the United States dedicated to serving children of African descent. Dr. Gaddy passed away just after having been named as the new principal of the historic school that prepared him for a life of ministry that included serving as the principal of multiple Catholic elementary schools, as the co-founder of a charter school focused on at-risk urban boys, as the director of the Institute for Black Catholic Studies at Xavier University, and as the president of the Mother Lange Guild which works to promote her cause for canonization.

Dr. Gaddy was a tremendous influence on nearly every alumnus of SFIS and all of the current middle school students. He was a friend, mentor, and brother to his colleagues. His loss was profound. The school reacted with virtual tributes and online sharing sessions to help students and faculty cope with their grief.

While the death and funeral of Kirk Gaddy was occurring, SFIS was already in the midst of keeping vigil for another father figure, Br. Christopher Posch, the pastor of St. Camillus, which is the parish where SFIS is located. Early in June, Br. Chris had gone to the emergency after feeling unwell for a few days and was quickly admitted to the ICU for severe pneumonia. He was soon intubated among the COVID-19 patients at Holy Cross Hospital. While he tested negative for coronavirus, his pneumonia was strong and he did not recover. After a month in the ICU, Br. Chris Posch died at the beginning of July, he



Above, the late Br. Chris Posch spends time with kids at the 2017 Peace Camp. Photo by Br. Octavio Duran

was 58 years old.

Br. Chris was beginning his fifth year as pastor of St. Camillus and administrator of SFIS. In May, he celebrated his 25th anniversary of ordination as a priest. Prior to priesthood, he served for a year as a deacon at Our Lady of Sorrows Church in Takoma Park and he helped to found the Catholic Community of Langley Park. Br. Chris' first public mass as a priest was also the first mass the Latino mission celebrated in the gymnasium at Langley Park / McCormick Elementary School. Twenty-five years later, even though public masses were suspended in the Archdiocese of Washington at the time, Br. Chris was in front of that same gymnasium where he helped to distribute free food to the people of Langley Park. Hundreds of mourners from multiple states passed by Br. Chris' casket in a socially distanced line in front of St. Camillus Church the night before his funeral. Prior to being assigned to St. Camillus and SFIS, Br. Chris has spent 18



Dr. Kirk Gaddy with his brother, Fr. Ken Gaddy, and an Oblate Sister during a retreat for middle school students at the motherhouse.

years as the Director of Hispanic Ministry for the Diocese of Wilmington, essentially serving as a pastor to all the Latinos on the Delmarva Peninsula.

SFIS was able to celebrate the graduation of 41 eighth graders in-person on July 15. The service was dedicated to Br. Chris Posch and Dr. Kirk Gaddy. This summer was scheduled to be the 11th Summer @ Saint Francis and despite the decision to keep the campus closed, SFIS moved forward and held a Virtual Summer Academy. One of the most beloved projects that Br. Chris promoted at SFIS and St. Camillus was the Peace Camp program. This summer was scheduled to be the fifth annual Peace Camp offered in partnership with the Little Friends for Peace. Despite the challenges, Peace Camp was offered virtually and in honor of Br. Chris' memory, it was free for all 70+ children who participated.

While this summer has been difficult, the faculty and staff of SFIS have been particu-

larly inspired by the dedicated lives of ministry led by these two holy men. Their inspiration is helping to guide the SFIS community as it boldly moves forward with developing new models of distance education to begin the 2020-2021 school. SFIS has embraced distance learning for all students from age three through eighth grade. All students from second grade up will have Chromebooks, the school will be shifting from traditional grade levels to small group learning pods, a new comprehensive schedule to make better use of students' time at home and increase student-teacher live interaction is being introduced, and the introduction of new resources specifically designed to support the academic and social-emotional development of students in this world of global crises are all exciting innovations. The SFIS community is sure that Dr. Gaddy and Br. Chris are looking after the school family from heaven in this challenging time!

OPT

Love God and Love People

Starting immediately when campuses closed due to COVID-19, Saint Francis International School embarked on working to serve both the children of its own school community and the children of the surround neig-

borhoods. From March 17 to July 30, with the help of many partners include St. Andrew Apostle Parish, SFIS made and distributed 56,970 free meals for children 18 and younger.

Over the course of the pandemic,

SFIS partnered with World Central Kitchen to distribute and additional 40,004 meals specifically in Langley Park. In partnership a number of groups and the Prince George's County government, SFIS continues to coordinator the distribution of over 2,000 free boxes of produce every week at two sites in the neighbors around St. Camillus. You can support these efforts by donating at www.MightyCause.com/covid19food.

OPT



Thousands of families have been fed by SFIS and its partners over the last six months.



Members of the first SFIS Pre-K class graduated from eighth grade in July.

St. Francis International School
www.saintfrancisinternational.org

Tobias A. Harkleroad,
Principal

St. Camillus Campus
1500 Camillus Drive
Silver Spring, MD 20903

St. Mark Campus
7501 Adelphi Road
Hyattsville, MD 20783

Our Lady of Mercy

Mercy offers Re-opening Options for Parents

Mercy will open in-person on September 8, offering a full virtual learning option for at-risk students and those requesting distance learning. Students will begin on a staggered schedule to allow for proper student safety training. Every student, whether in the classroom or at home, will follow the same daily schedule.

Cameras have been installed in every classroom, to allow for enhanced virtual learning and greater social connection for the students in each class. We are grateful for the tireless efforts of Mrs. Christine Green, Mrs. Joanne Thomas, and the entire staff led by Mrs. Engel, to prepare Mercy for both learning options.

OPT

Back to School and Back to Better!

We are excited to get the year started and have a lot of special community building activities planned. An all-school zoom sing-a-long will be held on August 20th, led by Stephanie Lopez, Mercy's music teacher, with help from our Pastor, Father Bill and Parochial Vicar, Father Joe. We will be welcoming our many new families with surprise yard signs, and holding class zoom events to

give new students a chance to meet their classmates. Mercy's Angel Program will get underway this month, which provides an opportunity for new families to connect with current families. Our PreK and Kindergarten students will get a chance to visit their new classroom and meet their teacher during individual meet-and-greet sessions prior to the first day of school.

OPT

WELCOME

Con't from page 11

computer information systems. She started her teaching career in 2005, following successful employment in computer programming and data management. Ms. Patterson is happy to return to her family in Maryland as well as the winter fun – and we look forward to welcoming her to Mercy.

Beth Tyrrell, Religion 5-8, Catholic Identity Chair, and Eighth-Grade Homeroom

Ms. Tyrrell mostly recently worked as an adjunct faculty member in religious studies at Marywood University and in humanities for Southern New Hampshire University where she developed extensive skills in distance learning. Ms. Tyrrell also taught art and AP art history at Scranton Preparatory School. She holds a master's in theology from the University of Scranton. Her passions are young people, faith, and art. As a Catholic and an educator she feels called to help chil-

dren and young adults make sense of the world, understand the love God has for them, and live lives of faith, love, and service.

Tony Howard, Physical Education, Athletic Director, CYO Coordinator

Mr. Howard has extensive experience in sports and brings his passion and enthusiasm to Mercy. He holds a master's in sports and fitness management from the University of San Francisco. Mr. Howard has a plethora of experience coaching soccer ranging from the elementary level to collegiate sports. Additionally, he played professional soccer for the Miami Freedom and the San Francisco Bay Seals. Mr. Howard has coached extensively and is the director and founder of Tony Howard "Ultimate Hands" Goalkeeper Academy. It is with excitement that Mr. Howard joins the Mercy staff, as he believes in teaching the whole child and is thrilled to be able to develop a comprehensive athletic program and make connections with our students.

OPT

Holy Cross

Holy Cross School Welcomes a New Music Teacher

Dr. Mariana Mihai-Zoeter has accepted the position to teach Music and direct the school choir at Holy Cross this year. Dr. Mihai-Zoeter's career as a voice teacher and singer has taken her to venues large and small in Europe, South America and North America. As an educator, she has held teaching positions at universities in Brazil and the United States, as well as gives private vocal lessons to students of all ages.

Dr. Mihai-Zoeter graduated from the Bucharest University of Music with a BM in Vocal Performance and Vocal Pedagogy, and she

received her Masters and Doctoral degrees in Vocal Performance from Shenandoah Conservatory. Dr. Mihai-Zoeter is also a certified voice teacher of the Institute for Contemporary Commercial Music, Vocal Pedagogy Somatic Voicework™, The LoVetri Method. (Musical Theater, Pop, Rock), and in 2014 she received a certification in A Practical Approach to Directing from the Yale University, School of Drama where she worked with Evan Yionoulis.

In addition to her position at Holy Cross School, Dr. Mariana is the teaching artist of the Cathedral

Choral Society in Washington D.C., and maintains a private voice studio.

"I am thrilled to be part of the Holy Cross School and parish family! I am looking forward to meeting my students soon and preparing them not only to be good musicians but also teaching them to learn how to serve God in a way unique to them through music. I believe that music can be a real force for love, communication, and a source of great pride for the school."

We are delighted that Dr. Mihai-Zoeter has joined the Holy Cross community.

OPT

SPIRIT

Con't from page 9

and spanned Montgomery and Prince George's counties along with the District of Columbia. "It was wonderful to see so many students and their families and to let them know how very proud their Holy Cross family is of all of them," Mrs. Kane reflected.

Another initiative designed to help families stay connected is the "Flat Hawk" Summer Spirit program. Modeled after the popular "Flat Stanley" concept, families and faculty received their very own laminated Flat Hawk at the end of the school year. Families were encouraged to share photos of their summer adventures with Flat Hawk to be shared on social media. Christine Zalewski, Director of Development and Admissions states, "We knew this summer would



Holy Cross bibs were delivered to welcome twin hawks to the nest! The two newest arrivals join three older siblings, all students at Holy Cross.

be different with more staycations than vacations, and we wanted to implement something fun to help families stay connected. Our community

has loved seeing a variety of photos including students and faculty taking Flat Hawk on nature walks, board surfing in Delaware, picking cherries at a local farm, and taking virtual karate class!" Participants in the Flat Hawk initiative will be entered into a random drawing for a spirit wear item of their choice at the beginning of the school year.

In addition to Flat Hawk, several card campaigns are in place for community building and outreach. Students and alumni have made cards for parishioners that are homebound or in assisted living to let them know that our school and parish is praying for them. Mrs. Kane is sending personalized birthday cards to each student as a way to recognize their special day. Cards and bibs are sent to families to welcome the birth of a new baby. Mrs. Kane sums up these endeavors by stating, "The simple gesture of writing cards allows us to express love, joy and caring and hopefully lets the recipients know how important they are and how much they mean to us."

OPT



Flat Stanley learns a few karate moves during a virtual karate class with a Holy Cross student.

TOUR

Con't from page 9

more."

The tour video was filmed over two days by Dave Goulding, a twelve-time Emmy award winning Director of Photography. During his distinguished career, Mr. Goulding

has traveled to more than fifty countries and filmed celebrities, presidents and humanitarians such as Saint Mother Teresa and the Dalai Lama. Mrs. Kane echoed all of our sentiments when she said, "We are forever grateful to Dave Goulding, Holy Cross parishioner and former Holy Cross School parent, who generously volunteered

his time and tremendous talent to collaborate with us on this project. It simply would not have been possible otherwise. We are in awe of the end result!"

The virtual tour can be found on the school's website at www.hcross.org and on its social media pages.

OPT

**It pays to advertise in
Our Parish Times**

Celebrating Reverend Monsignor Tolentino's Birthday and 36th Anniversary of his Priesthood

By Sir Knight Stephen Holowenzak, PGK, PFN and St. Michael the Archangel Knight of Columbus, Council No. 15084

On June 10, the month dedicated to the Most Sacred Heart of Jesus, St. Michael's Parish joyfully extended greetings, congratulations, and prayers of gratitude to Rev. Msgr. Tolentino on his birthday and 36th Anniversary of his Priesthood and as Chaplain to the Knights of Columbus.

On behalf of the KoC Council 15084, Grand Knight Michael Spraggins presented to Rev. Msgr. Tolentino a special birthday card containing good wishes and blessings from current Council members.

In a special message, Supreme Knight Carl A. Anderson wrote, "As a priest of Jesus Christ, you have ministered to the people of God with grace and compassion for many years. Your dedication to the principles of charity, unity, and fraternity has made a difference in the lives of countless



Reverend Monsignor Tolentino with fellow members of the KoC Council 15084.

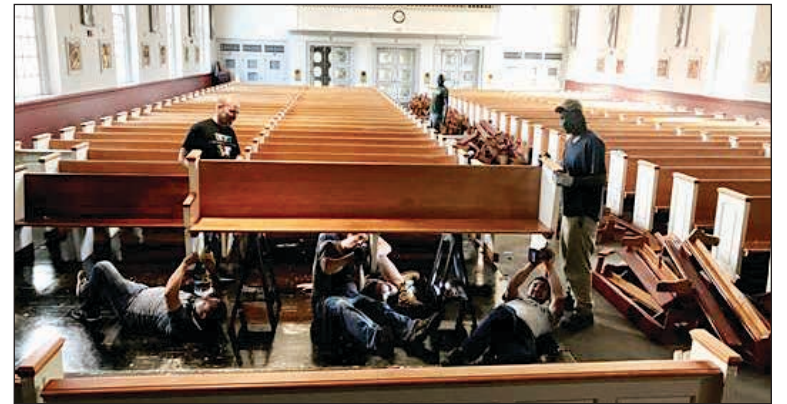
Knights and their families."

As a special tribute, SK Stephen presented the special edition of an exquisite published work by Father Marko Ivan Rupnik, S.J. and Michelle K. Borrás featuring The Mosaics of the St. John Paul

II National Shrine, The Space of Communion.

All the parishioners of St. Michael's Parish treasure and are eternally grateful to God for our Pastor, Msgr. Tolentino.

OPT



St. Michael's is using this period of limited public worship to undertake the restoration of its original 60-year-old pews.

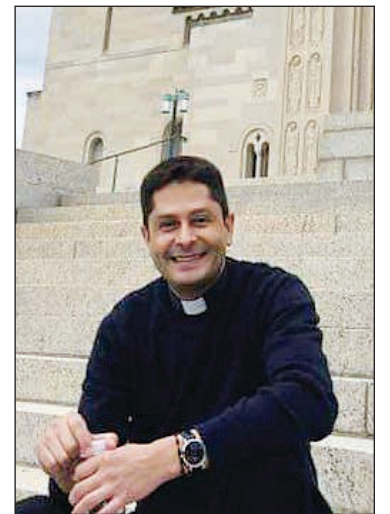
Welcome to St. Michael's, Father Jose!

By Damien Kawakami

Father Jose was the fourth of eight children born to Rafael and Imelda in Jalapa, Nicaragua. He was ordained a priest on August 14, 2010 in Nicaragua and has been in the US for three years.

His path to the priesthood began by visiting inmates in prisons. He brought them food and shared the Word of God. Through this experience and the celebration of Mass, the yearning to become a priest was planted in his heart. The desire to give more of himself ultimately

Continued on page 30



Fr. Jose

Re-opening St. Michael's in Wake of COVID-19

By Lisa Taylor

On June 21, St. Michael's Parish Council and church staff met and reviewed the guidance issued by the Archdiocese of Washington to develop protocols to resume public Mass. To date, it has been a wonderful success. Our ushers, lay ministers, cantors, and clergy do a wonderful job ensuring

that we practice our faith safely. Parishioners who are unable or uncomfortable with in-person attendance attend Mass online. As a special delight, our Music Ministry and Communications Committee share a "Music for Your Wednesday" email blast where parishioners share their musical talent and inspiring melodies to spiritually uplift and support our parish community.

OPT



St. Michael's is using this period of limited public worship to undertake the restoration of its original 60-year-old pews.

Congratulations SK Stephen Holowenzak!

By SK Michael Spraggins and St. Michael the Archangel Knights of Columbus Council #15084.

St. Michael's KoC Council #15084 congratulates SK Stephen Holowenzak PGK, PFN on his 23th Anniversary in the Knights of Columbus, for his service to God and His people in Maryland, and the U. S. Archdiocese for the Military Services, USA, Chapel Communities globally.

This year marks Dr.

Holowenzak's 5th Anniversary (1970-2020), Educator, Catholic University of America (1974), PhD. and University of Maryland Global Campus, Professor Emeritus, Adult Continuing Education.

His work in Education and service in Knights of Columbus to Our Lord encompassed Active Duty and Civilians in U. S. Army, Air Force, Navy and Marines on missions in Europe, Middle East, and Asia (Desert Shield / Desert Storm, Operation Provide Comfort;

Operation Northern Watch; Multi-National Force and Observers; the Peace Implementation Force; Operation Joint Endeavor). He was recognized by U.S. Commands for his work and contributions on these missions to U.S. troops and Catholic/Christian communities. Most recently, Dr. Holowenzak was the recipient of the 2019-2020 Marquis Who's Who in America Lifetime Achievement in Education (2019-2020).

OPT

St. Michael's Ministry for the Poor and the Vulnerable Is a Rainbow in the Storm

By Jason Giovannettone and Stephanie Nolan

We are in the midst of an unusual and unwanted storm. The pandemic has resulted in a myriad of unprecedented changes in our world. However, rainbows appear as the storm fades.

St. Michael's has many rainbows hidden in plain sight. For example, the Ministry for the Poor and the Vulnerable began providing food to those in need in the surrounding areas immediately after Maryland locked down. This effort began with local restaurants (Khyber Kitchen, The Society, and Mod Pizza) and Shepherd's Table providing food and the Ministry providing delivery volunteers. St. Camillus and Silver Spring United Methodist Church partnered with us and provided volunteers. As demand increased, the Ministry recruited families to cook and deliver homemade meals. WETA took notice and featured their work in WETA's "Looking for the Helpers" program online.

The Ministry also received lists of families in need from Catholic Charities and Montgomery County. To remain sustainable and better serve those in need, meal deliveries evolved into grocery deliveries.

The ministry helps feed approximately 30 families and individuals and adds 2-3 families every week. To support the growth, they are in grave need of volunteers.

Volunteers are feeling fulfilled by providing sustenance and creating connections with those they serve. Everyone can make this storm an opportunity to give back and to serve in love.

Delivering groceries is a tiny way we can express Jesus' love to another. Those who want to help can share information on any families or individuals who need food assistance or volunteer to order groceries for someone in need once every two weeks. Please contact Jason Giovannettone at jgiovannettone@gmail.com.

OPT

St. Michael's Parish

805 Wayne Avenue
Silver Spring, MD

Rev. Msgr. Eddie Tolentino,
Pastor

301-589-1155

Edwin Méndez,
OPT Editor

301-589-1155



Each Saturday since the new St. Stephen's Food Pantry opened for food distribution at the Shrine of St. Jude, volunteers have turned out in large numbers, showing that their actions speak louder than words. Photo by Fr. Paul Lee

PANTRY

Con't from page 19

Instead of folding our arms, we get our hands dirty to work in the building of God's kingdom among us."

At the beginning of the current pandemic, I heard that some parishioners needed food, and found out that several other parishioners helped them on their own. First of all, I was shocked that my own parishioners needed food. Our parish is located in a relatively affluent area, yet, obviously food security is an issue. Considering the economic plight of our time, this food insecurity will continue.

I am so proud of my parishioners who stepped up and took the initiative to help those in need. When we started the St. Stephen Food Pantry toward the end of April, there were 120 recipients. The number kept growing, and now we serve more than 400 families every week. A

couple of things about our parish volunteers. They serve the Pantry with such enthusiasm and faith. It's a labor of love and joy. Each volunteer brings his or her talent and experience. It's like a well-oiled machine. The Pantry is well organized in sorting and packaging food and baby items, registering people who come to receive the gifts, adapting to the changing needs of the operation, etc. I am so happy and hopeful that about 30 teenagers come every week to serve. They bring such energy and joy to the whole effort. Plus, they work hard under the scorching July sun.

Initially, we renovated one of the rooms in the foyer of the Thaddeus Room to be the Pantry, but soon the operation became a lot bigger, and we have been using the Thaddeus Room for storage and packaging. When our School reopens, obviously this cannot continue. We have set up a shed for this purpose. Eventually we are going to

build an annex structure next to the Thaddeus Room for storage and the Pantry.

Today's gospel story from Matthew illustrates the active role of the disciples. Jesus tells them: "Give them something to eat yourselves." Like those disciples, we are not just passive recipients but called to be providers and distributors. We are not just interested spectators but active workers for Christ. Instead of folding our arms, we get our hands dirty to work in the building of God's kingdom among us. That is precisely what our St. Stephen's Food Pantry volunteers are doing.

Fr. Paul D. Lee
Pastor, Shrine of St. Jude

Editor's note: Excerpted from the August 2, 2020, church bulletin

About the St. Stephen's Food Pantry at the Shrine of St. Jude

Food distribution is on Saturdays from 9–11 a.m.
Located at 12701 Veirs Mill Road, Rockville

Donations Needed and Donation Drop-Off Schedule
Regular staffed drop-off days and times are on Sunday 2–5 p.m. and Thursday 6–8:00 p.m.

Please note that if you are not able to make a donation drop off on Sunday or Thursday with the regular pantry volunteers present, you may leave the donation on a table labeled "Food Pantry" in the Breezeway during regular daylight hours (the Breezeway is locked every evening).

As of 08/09/2020, the most needed items for the pantry are:

canned tuna and chicken
canned soups
canned fruits, vegetables and tomatoes
canned pork and beans
small bags of beans and rice
small bags or boxes of pasta
peanut butter, jelly and jams (plastic jars)
cereal and cans of oatmeal
boxed pasta and pasta sauce (plastic jars)
fruit juice (plastic jar)

paper towels
toilet paper.

Wish list items:

diapers
baby wipes
baby formula
feminine hygiene products
deodorant
travel size soap, shampoo, and toothpaste.

St. Michael

Relying on Mary's Powerful Intercession in Faithful Service

By Cynthia Lewis

The Sodality of St. Michael's parish strives to make a difference in the midst of the COVID-19 pandemic. Under the leadership of Prefect Vera Joseph, the Sodalists persevered in prayer and acts of charity to share the Love of Jesus Christ and Mary's maternal care. The Sodality donated much of their funds when public Masses were suspended. In Mary's month of May the Sodality presented to the parish a gift of \$2,000 in honor of Our Blessed Mother.

The Sodality continues to encourage parishioners to pray the Rosary. Every Saturday for the past four months, the Sodality used a teleconference line to pray the Rosary for an end to the pandemic. Pastor

Msgr. Eddie Tolentino, Deacon Ronald Ealey, and Deacon Curtis Rodney have participated in leading the Rosary. This Rosary call is a way to stay connected and to share prayer intentions, greetings, and encouragement.

The Sodality presented two Marian Novenas: Our Lady of Monte Berico began April 30 and Our Mother of Perpetual Help began June 18. A virtual Sodality Summer Book Club has been launched, focused on Mary in the Bible. The Sodality is updating the roster of the sick and homebound. Through prayer and service, the Sodality will continue to persevere until, in the words of Pope Francis' pandemic prayer after the Rosary, "life can serenely resume its normal course."

OPT

FR JOSE

Con't from page 29

grew into the desire to completely dedicate himself to the priesthood. The concrete experiences and products of the love of God motivate him to serve and continue with his vocation. His message for young men seeking a vocation in the priesthood is: do not be afraid, allow yourself to be loved by God with all of your

imperfections. To all parishioners during this pandemic, his message is to take the necessary precautions to stay safe, but do not neglect the spiritual needs. It is important to be in a state of grace that is brought to us through the sacrament of confession. If we are in a state of grace, we will have peace in our hearts.

Welcome Fr. Jose--we are delighted to have you as our new Parochial Vicar!

OPT

ST JUDE

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Immaculate Conception. He celebrated his first Mass as a priest on at Our Lady of Sorrows Church in Takoma Park, where he served as a deacon. His previous assignments include Our Lady of Lourdes in Bethesda, St. Peter's in Waldorf, and St. Mary's in Rockville. During

his formation from 2012-2014, he served as an itinerant catechist in the states of Illinois, Wisconsin, and Indiana. In addition to English and Spanish, he is fluent in Italian and French.

Fr. Jorge, who has one younger sister, is originally from San Salvador, El Salvador, and arrived in the United States on Dec. 12, 2004 – the Feast of Our Lady of Guadalupe. Welcome!!

OPT

ROTARY

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Rosary. "The students love seeing each other," adds Mrs. Donatelli. To add to their religious studies, if there is a Feast Day on the same day as their weekly Zoom call, students come with one fun fact about that saint.

Ajak, a rising fourth grader, and her sister Apal, a rising third grader, offered their thoughts on why Rosary Club is meaningful to them. "Rosary Club is meaningful to me because I get to see my friends, pray with others, and be with my

community," says Ajak, while her younger sister Apal reports, "It is meaningful to me because I get closer to God and get to pray with my community."

With the Rosary Club leading the way, students throughout the school are praying the Rosary Across America. Students earn eight miles for every rosary that is said, with the goal to reach California on August 15, the Feast of the Assumption of the Blessed Mother. Along the way, they are praying for a vaccine, peace in our country, their school community, and First Responders. [Editor's note: They reached their goal!]

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Registration for Fall Recreation Programs Open

Registration for Montgomery County Recreation fall programs opened on Monday, Aug. 24. The Fall Guide is now available online, with details of classes, programs, activities and events—all designed to meet County safety guidelines in regard to the COVID-19 health crisis.

The fall schedule features outdoor and virtual pro-

grams for all ages. The activities include sports, dancing, fitness, health and wellness, martial arts, music, therapeutic recreation, workouts, arts and crafts, cooking and children's playtime.

To access the Fall Guide and register for classes and activities, visit: <https://bt.e-ditionsbyfry.com/publication/?m=60163&i=670193&p=0>

OPT

EXERCISE

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National Institutes of Health-funded Molecular Transducers of Physical Activity Consortium (MoTrPAC) aims to increase our understanding by measuring molecular changes in healthy adults and children before, during, and after exercise. The large study size is meant to account for person-to-person variation, and to reveal differences based on demographics like age, race, and gender. MoTrPAC researchers published a paper detailing their approach to this ambitious research project. They are currently reviewing lessons from an initial phase with a smaller group of adult volunteers and multiple rounds of preclinical animal model studies to optimize their protocols and prepare to scale-up for full recruitment.

"MoTrPAC was launched to fill an important gap in exercise research," said NIH Director Francis S. Collins. "It shifts focus from a specific organ or disease, to a fundamental understanding of exercise at the molecular level — an understanding that may lead to personalized, prescribed exercise regimens based on an individual's needs and traits."

The MoTrPAC clinical study pairs methods well-established in exercise research with unique study aspects to move our fundamental understanding of exercise forward. One of the most distinctive study features is its size. MoTrPAC set the ambitious goal amongst its 11 clinical sites to recruit about 2,600 healthy volunteers across a wide age range (10 to 60-plus years old) and with balanced participation by the sexes. Part of the study will test how the response to exercise changes after generally inactive participants complete a 12-week supervised exercise regimen. Sedentary



adults will be randomly assigned to an endurance training regimen (treadmill, cycling), a resistance training regimen (weightlifting), or an inactive control group. Low-activity children will be randomly assigned to an endurance training regimen, or to a control group where they pursue their normal activities. Contributing to the overall size of the study is a separate group of highly-active adults and youths who will help researchers understand what exercise looks like at the molecular level in those who have exercised vigorously and consistently over an extended period.

Another unique facet of MoTrPAC is that volunteers provide samples — or biospecimens — before, during, and after exercise that will go through a complex array of molecular assays. Adults provide blood, fat, and muscle tissues, while children provide only blood samples. MoTrPAC researchers implemented an early study phase with a limited number of adult volunteers that is meant to ensure the complex study design is feasible both for the researchers and the participants before scaling up. The researchers and their data and safety monitoring board are reviewing lessons learned, so that recruitment may continue under optimized protocols. Recruitment currently is on-hold due to safety

concerns over COVID-19, and will resume when it is safe to do so. To see if a MoTrPAC clinical center will be recruiting near you, visit <https://motrpac.org/join/volunteer-Home.cfm>.

Preclinical studies in an animal model also set the stage for full-scale MoTrPAC clinical studies and enabled MoTrPAC to generate data from tissues that cannot be collected from humans, expanding the scope of the consortium. Researchers at three preclinical animal study sites conducted both a single round of exercise and an exercise training regimen in young and aged rats. Following the exercise round, or after training, 19 biospecimens were collected per animal. The number of biospecimens per animal is a powerful aspect of MoTrPAC, as it gives a nearly whole-body look at the effects of exercise, which has never been done before. The biospecimens collected from the preclinical studies were sent to MoTrPAC's biorepository.

Ultimately, MoTrPAC aims to have a positive impact on human health. The study and resulting data integration are an immense undertaking, and provide an unprecedented opportunity to explore the molecular basis for the benefits of exercise. The information MoTrPAC assembles about endurance and resistance exercise in a wide range of individuals and in different tissues may influence exercise guidelines, making them more tailored for specific groups of people. One day, a doctor may be able to prescribe a personalized exercise routine based on what is likely to create the best outcome for an individual. Other researchers may use the data to identify drugs that mimic the molecular signals of exercise, so-called exercise-mimetics, which could help people who are unable to exercise.

OPT

INSPIRATION

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Warsaw, called the "Miracle of the Vistula" (Cud nad Wisla). This Battle stopped the Bolsheviks from overrunning Poland, and Europe, and implementing their Communism in those countries. In 1920, Poland recently had become a sovereign state after more than 120 years of captivity by Austria, Russia, and Germany through the Partitions. It is called a "Miracle" because Poland had much smaller forces. It appeared unlikely that Poland had a chance against the Communist Russian Bolsheviks' much larger army. Thus, Poland's victory was also attributed to Divine Intervention through Mary.

To remember this event and all who contributed to its success, OLQP Pastor Fr. Frydrych celebrated a commemorative Holy Mass at the Parish on August 16. The color guard was provided by the Knights of Columbus, St. Maksymilian Kolbe Council.

On another front, our scouts (Polish Scouting Organization ZHP, Washington DC metro area) continue to work diligently at home on their merit badges. They made drawings about the Battle of Warsaw. One shows the Polish leader Marshall Jozef Pilsudski,

who is credited with the military strategy that led to Poland's victory. The other is a scene from the Battle itself. It shows the army, Fr. Ignacy Skorupko with the raised cross in his hand, and Blessed Mother Mary above them all. Fr. Skorupko was a Polish priest and chaplain of the Polish Army who died during the battle of Warsaw. Pope Pius XI, who had been the Papal representative to Poland (known as Achille Ratti) at the time, and who had remained in Warsaw despite the war, commissioned a wall painting of him by Jan Henryk de Rosen which is at Castel Gandolfo. Another artist who immortalized the 1920 Warsaw Battle scene with Fr. Skorupko was Jerzy Kossak. (See: www.ncregister.com/daily-news/the-papal-consequences-of-the-miracle-of-the-vistula)

A very momentous event which also occurred in 1920 was the birth of Karol Wojtyla who would live through Naziism and Communism to become Pope John Paul II and dismantle Communism. His sayings include the phrases, "Cherish the values and the heritage that define your identity" and "People may remain, but the heritage and values pass away if we fail to pass them on." He invited us to share our precious heritage and our faith.

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Signing-up for Sunday Masses at Our Lady Queen of Poland

Dear Parishioners and Friends of the Parish,

We have a website for signing into Masses. It can be found on the Parish website: www.parafia-dc.org

Please use Eventbrite to sign up by 7 PM on Saturday for the Mass you plan to attend.

If you have any questions or concerns about the website, call: Mrs. Izabella Macander at 301-770-7086 She will be

glad to sign you in to the Mass of your choice. We do have limited space, and we are trying to keep everyone safe and healthy. Thank you for your understanding and cooperation.

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Remembrance and Inspiration

August at Our Lady Queen of Poland

By Bozenna Buda, ED

The month of August is usually busy at Our Lady Queen of Poland and St. Maksymilian Kolbe Parish in Silver Spring. We have remembrances to commemorate as we celebrate our Polish and Catholic roots and draw inspiration and hope from them. We recall the sacrifices, even death, that so many have willingly undertaken to pass this heritage to us since Poland became a Christian country in 966 A.D. Poland has many heroes. This year because of the pandemic restrictions, things were done on a smaller scale and a more somber note.

On August 1, we remembered the heroes of the 1944 Warsaw Uprising which took place during World War Two. Most parishioners had family and friends who were part of this heroic uprising against the German occupiers of Poland. Thus, on Sunday, August 2, OLQP Pastor Fr. Jerzy Frydrych celebrated Holy Mass for those who survived and those who perished in the Uprising. Representatives of Polish Legion of American Veterans (PLAV), Knights of Columbus St. Maksymilian Kolbe Council, Polish Scouts ZHP, Polish American Congress (PAC) and parishioners took part in honoring these brave men and women, some of whom were only teenagers who gave their lives for God and freedom. Polish scouts were also active in the Uprising and many were killed. Historians note that as many as 200,000 civilians were killed by the occupying Germans during the Uprising and in massive killings in reprisal. At least 150 of them were Catholic priests who were providing pastoral care to the people of Warsaw. Some of them have been beatified by Pope John Paul II and others are currently candidates.

After the Mass, which only a few parishioners were able to attend because of mandated pandemic space limitations in the church and mandatory distancing, Fr. Jerzy and the parishioners marched to the adjacent cemetery to place flowers on the graves and to pray for the souls of departed OLQP parishioners who were in the Uprising. We have several living OLQP parishioners who survived the Uprising.

August 14 is the feast of our patron St. Maksymilian Kolbe



Polish Scouting Organization ZHP scouts Artyom and Daniel show the drawings they made for the 100th anniversary of the Battle of Warsaw, "Miracle of the Vistula". Artyom has sketched a picture of Marshall Jozef Pilsudski, the ruler of Poland in 1920, who is credited with masterminding the plans to defeat the Russian Communist Bolshevik army in the Battle of Warsaw. Daniel has drawn a scene from the Battle, which he found in a museum. The scene shows Fr. Ignacy Skorupko with a cross, and a picture of Mary in the clouds above the scene. Fr. Skorupko, a Polish priest and chaplain of the Polish Army, had been a scout and a scout leader. He died during the Battle of Warsaw. This Battle is called the "Miracle of the Vistula" because it was fought near the Vistula River and because it was believed that Divine Intervention helped the much smaller Polish army win this decisive battle, thus enabling it to keep its faith and freedom (at least until 1939).



At left, OLQP parishioners with OLQP Pastor Fr. Jerzy Frydrych, who led prayers, gather on Aug. 2 to honor those in the 1944 Warsaw Uprising who are buried in the Silver Spring cemetery.



Our Lady Queen of Poland & St. Maksymilian Kolbe Pastor Fr. Jerzy Frydrych celebrated the Holy Mass at the Parish on August 2, to commemorate the 1944 Warsaw Uprising.



Above, OLQP Parishioners at the cemetery on August 2 by the graves of OLQP parishioners who were in the 1944 Warsaw Uprising in WWII.



At left, Prayers with OLQP Pastor Fr. Jerzy Frydrych on Aug. 2 at the graves of OLQP parishioners who fought in the 1944 Warsaw Uprising



At left, Representatives of the Knights of Columbus, Polish Legion of American Veterans (PLAV), Polish Scouting Org ZHP, and Polish American Congress (PAC) attended the August 16 Holy Mass in Remembrance of the 100th Anniversary of the Battle of Warsaw, at Our Lady Queen of Poland Parish, Silver Spring.

who was martyred in Auschwitz, the German Concentration Camp in occupied Poland in WWII. He was a Franciscan priest and had been a missionary to Japan. He was very devoted to Mary and is called the "Knight of the Immaculata" (Rycerz Niepokalanej). Pope John Paul II canonized him in 1982. We have his relic in our OLQP Parish.

August 15 is the feast of the Assumption of Mary into heaven. It is also Polish Armed Forces Day and, this year, the 100th anniversary of the 1920 Battle of

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