



Parish Times

Senior Services Guide
Pullout Section S1-S16

DECEMBER 2020

Living the Faith Together

FREE

Crossing Paths Heart to Heart

Advent feels especially relevant this year. As we prepare our hearts to celebrate the nativity of Christ, we hopefully anticipate a vaccine against Covid, a new President, and the evolution of social, economic and faith practices in a post-Covid world. Not only does Advent start a new liturgical year for Catholics this year, but it also begins a new era. Thomas Merton's reflection seems timely, "Life is just this simple: we are living in a world that is absolutely transparent, and God is shining through it at all times. If we abandon ourselves to God, He shows Himself everywhere, in everything, in people and in things, and in nature and events. We cannot be without Him. It's impossible. The only thing is, we don't see it". While we may not find Jesus in Church during this Advent, we will



Chuck Short

Continued on page 4

Considering the Priesthood



Young men considering the Priesthood, joined by some of their fathers and three Seminarians from SJN parish, along with Fr Stefan Yap, SJN Parochial Vicar gather for breakfast after Mass at the Neumann House.

By Rick McKinney

On Sunday, November 22, 2020, the Solemnity of Christ the King, Saint John Neumann parish in Gaithersburg

sponsored a Quo Vadis event for young men exploring the possibility of becoming priests.

The event began with participants attending the 9:30 a.m. Sunday Mass at St. John Neumann and the homilist and

main celebrant at the Mass was Father Mark Ivany, the Archdiocesan Director of Priest Vocations at St. John Paul II Seminary in D.C. Concelebrating was Father Stefan Yap,

Continued on page 16

Helping Overcome Loneliness and Isolation in These Difficult Times

Just before the pandemic hit in March, I wrote in *Our Parish Times* about an idea that I and others were very excited about. We were about to kick off an effort to increase intergenerational engagement, to bring younger and older generations together to grow, strengthen, and support one another.



Fr. John Enzler

We even had a convocation scheduled on Engagement Across the Generations that was cancelled due to the pandemic. It was disappointing but still the right decision not to gather in big numbers during COVID-19. We remain unable to hold the convocation due to the continuing spike in cases, but I'm thrilled to report that the effort is still very much on our radar screen, and we are making progress even in these challenging times.

Since the summer, two of our local Catholic high schools have worked diligently to provide opportunities for their stu-

Continued on page 8

Author Valerie Tripp and her S.M.A.R.T. Squad Inspiration at St John the Evangelist School

Valerie Tripp, beloved author of many of the *American Girl* books, has the first book of a new series available now. The characters in *Izzy Newton and the S.M.A.R.T. Squad, Absolute Hero* are bright and inquisitive sixth-grade girls who Solve Mysteries And Reveal Truth. In this STEM-inspired series, Ms. Tripp wanted the characters to be authentic, so she did much of her research at St. John the Evangelist School in Silver Spring.

Two years ago, she had several "Lunch Bunch" meetings with the school's sixth-grade girls. As Ms. Tripp explains in the acknowledgment section of her new book: "My bright, beguiling Lunch Bunch girls... inspired, encouraged, informed, and delighted me every time we met. I'd bring animal crackers and questions, and they'd bring enthusiasm, insights, and answers." Ms. Tripp also thanked the girls' sixth-grade teacher, Mrs. Maureen Rossi, for all her help coordinating the visits.

The girls are now eighth-graders, and three weeks ago they had a wonderful surprise. Their current Language Arts teacher, Miss Emily Pacconi, had been corresponding with Ms. Tripp. Now that the book has been published, Ms. Tripp wanted to



Author Valerie Tripp found inspiration for her *S.M.A.R.T. Squad* in her visits two years ago with sixth-grader girls at St. John the Evangelist School. Now eighth graders, they welcomed Ms. Tripp back in November for a catch-up visit. In the front row (kneeling): Arsema Tewodros, Madelyn Tankesley, Emily Dukes. Second row: Caroline Zarzecki, Valerie Tripp, Baeza Demeke. Not pictured: Nora Pauley, Kika Sideris, Colleen Whitty.

Continued on page 13



Srs. Mariana and Providencia are Dominican Sisters of Our Lady of the Rosary of Fatima. They minister to St. Martin's families and are actively engaged in religious education and social work within the parish. Photo courtesy of St. Martin's Parish.

The Service of Sisters Enriches St. Martin's

By Carolyn Silvey and Judy Cullen

Over its 100-year history, St. Martin's parish has been blessed by the presence and service of two orders of nuns, the Sisters of Notre Dame de Namur and the Dominican Sisters of our Lady of the Rosary of Fatima.

The Sisters of Notre Dame de Namur, an order of teaching nuns, is closely tied to the early history of St. Martin's parish. The

Continued on page 19

Holy Redeemer's Container of Love

“Will it all fit in the container?” thought Fr. Bill Ryan as he surveyed the three rooms at Holy Redeemer Church in Kensington full of donations for the mission he heads in Togo, West Africa. There were two rooms of over 500 boxes full of canned foods, household goods, religious articles, medical, school, and office supplies. In

another very large room were tools of every variety, furniture, rugs, and musical instruments, including two pianos and an organ.

Fr. Ryan, a son of Holy Redeemer, began to discern his priestly vocation while a Peace Corps volunteer in Togo. For the past 14 years he has lived in the village of Atchanvé where he serves as founding pastor of Our Lady of Guadalupe Church.



Dozens of Holy Redeemer parishioners turned out October 3 to help load a shipping container with everything from food to furniture – all bound for its sister parish in Togo, West Africa.

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In addition to evangelization efforts and serving the spiritual needs of a growing parish, the mission has carried out impressive infrastructure development projects to meet the human needs of the people in this rural area, including schools and a health care clinic.

In 2019, Holy Redeemer and Our Lady of Guadalupe were joined as sister parishes. Fr. Mark Hughes,

Pastor of Holy Redeemer, and two parishioners traveled to West Africa to visit the mission, returning with pictures and reports of the good works being done in Togo. And the parishioners of Holy Redeemer responded with a generous outpouring of support.

This September, during Fr. Ryan's annual visit to the Archdiocese of Washington, Holy Redeemer

embarked on campaign to donate supplies and equipment desperately needed by the mission. Collection proceeded for the month of September, culminating with Container Day on October 3, when parishioners (wearing masks and social distancing) filled a large cargo container set to travel to Togo by ship. And yes, everything fit.

OPT

Faith and Imagination

Faith and imagination – clearly the one requires the other – maybe that's why our children accept the tenets of our faith so easily. They are able to imagine what it must be like to stand at the Gates of Heaven and meet Saint Peter. They are quite sure that they have guardian angels watching over them – and they imagine that Jesus is holding their hands, leading them on their way. When they get on their knees and pray for everyone they love, and then they pray for the mailman, the teacher, and even



Patricia McGann

the cat, we glimpse the unshakeable faith they have in a God who loves them and every soul on earth – even that horrible cat.

As we get older, we become less able to imagine, and often less able to believe. We've taken risks, and we've failed. We've experienced devastating loss of loved ones, and we have abandoned prayer because it “doesn't work” – meaning it hasn't given us what we wanted.

Most of us turn to our faith when things are really really bad – sud-

denly we dig that Rosary out of the bottom drawer, or we go to daily Mass – we bargain and we beg, because we are scared. The thing is, if we only pray or go to Mass when we want something – and we're sure that what we want is what we need – we set ourselves up for disappointment. I have had to learn the hard way that God gives us what we need, but not always what we want. Desperation can cause us to turn back to our faith – but how do we stay there? We have to be willing to suspend the expectation that we will get a clear answer to our questions or perfect solutions to our problems, and we have to abandon the idea that we know what the outcome should be. Faith requires an understanding that when we are in trouble, our best move is to trust God to help us get through. Faith pushes back on powerful forces in our lives, and it can be a lot easier to give in and give up on faith when what we need to do is hold on tight, and trust God.

When we face the despair of loss, when we think we are alone, and blame God for abandoning us, we can't find our faith. How can He allow my child to get sick or to die? How can He destroy our family this way? We ask the questions, but we don't hear the answers, or we don't get the answers we want, so we stop listening. I don't know why awful things happen, and you don't either.

Continued on page 8

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of Pope Benedict XVI, issued July 7, 2007



Index

Christ the King.....	28	St. Francis Int'l School	32
Holy Cross.....	20	St. Jane de Chantal	9
Holy Redeemer.....	2, 29	St. John the Evangelist	13
Mary of Nazareth.....	15	St. John Neumann.....	25
Mother Seton.....	18	St. Jude.....	26
Our Lady of Lourdes.....	10	St. Martin of Tours.....	19
Our Lady of Mercy.....	21	St. Mary - Barnesville	5
Our Lady Queen of Poland.....	17	St. Mary - Rockville	11
Resurrection.....	24	St. Michael.....	30
Senior Services.....	S1-S16	St. Patrick.....	27
St. Bartholomew	7	St. Paul	4
St. Bernadette	12	St. Peter.....	22
St. Elizabeth	6	St. Raphael	23
St. Francis of Assisi.....	14		

J&A Council

Catholic social teaching and the call to holiness

By Anthony Bosnick

Well, the 2020 presidential election is finally over.

So now, let's pause and look ahead. There will be more elections at the national, state and local levels. There will be countless issues to consider. How are we to form our minds so that we can vote according to the heart and mind of Christ? If we are believers and disciples of Christ, that is our challenge.

Consider what Pope Francis writes: "Your identification with Christ and his will involves a commitment to build with him that kingdom of love, justice and universal peace. . . . You cannot grow in holiness without committing yourself, body and soul, to giving your best to this endeavor." This is from *Gaudete*

et Exultate, (no. 25), his 2018 apostolic exhortation. In English it is "On the Call to Holiness in Today's World". Hopefully, the call to holiness should draw us.

This is what the Justice and Advocacy Council (J&A) tries to do at the local level in Montgomery County. Whether tax policies, minimum wages, transportation plans, we focus on the issues of the county. We ideally seek to do that in ways that reflect the central issues of Catholic social teaching (CST).

The call to holiness and the common good

Every four years since 1976, the Catholic bishops of the United States have published a guide for Catholics regarding the upcoming national election. This guide

is "Forming Consciences for Faithful Citizenship: A Call to Political Responsibility from the Catholic Bishops of the United States." (We will abbreviate it FC.) The purpose is to help "everyone . . . participate in public life and contribute to the common good" (FC, p. vi).

In recent years, the bishops have focused on four principles of Catholic social and moral teaching to guide us in living out the gospel message and sharing it with the larger community. These principles are rooted in Scripture and the natural law. They "hang together" and reflect what Pope Francis teaches in his encyclical *Laudato Si*: "everything is related" and "everything is connected" (nos. 120, 91).

Below is a short summary of the four central principles of CST:

- **The Dignity of the Human Person.** At the core of CST is the understanding that "Human life is sacred." And so, the Church stresses that "The dignity of the human person is the foundation of a moral vision for society." Thus "direct attacks on innocent persons are never morally acceptable," including abortion, euthanasia, assisted suicide, and the like" (FC, 43).
- **Subsidiarity.** The Church teaches that "it is impossible to promote the dignity of the person without showing concern for the family, groups, associations" in which people gather or are organized (*Compendium of Social Doctrine of the Church*, 185). Subsidiarity teaches us that "larger institutions in society should not overwhelm

or interfere with smaller or local institutions. . . ." Even so, the Church recognizes that "larger institutions have essential responsibilities when the more local institutions cannot adequately protect human dignity, meet human needs, and advance the common good" (FC, 48).

- **The Common Good.** The common good reflects "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily" (*Compendium*, 164). Americans tend toward super-individualism, with a "I come first" attitude. The common good teaches us that we are in this together and we need

Continued on page 8

The Virtual 24th Annual Patricia Sullivan Benefit for Potomac Community Resources

Every year for nearly a quarter-century, the members, volunteers, benefactors, community partners and supporters of PCR have gathered at the Annual Patricia Sullivan Benefits. These dinners, which honor the memory of the young woman whose life inspired the creation of Potomac Community Resources in 1994 at Our Lady of Mercy parish, celebrate the PCR community, raise awareness about the organization's mission to support individuals with developmental differences, honor volunteers, and raise funds.

The 24th Annual Patricia Sullivan Benefit was originally scheduled for

Continued on page 4



Memories of PCR Holiday Parties Past



Maryland Launches COVID Contact Tracing App

As the number of COVID cases, hospitalizations and deaths are rising, the state, local governments, health care entities and ministries are working to reduce infections. Today, Governor Larry Hogan announced new precautions. These include 50 percent capacity for religious institutions, suspended hospital visits, and additional restrictions on bars, restaurants and other entities.

Last week, the State of Maryland released a new mobile phone app to assist with contact tracing.

MD COVID Alert pairs seamlessly with Maryland's traditional contact tracing efforts by using

Exposure Notifications technology to notify users who may have been exposed to an infected person. Instructions to activate the app, privacy information and more are available at: <https://covidlink.maryland.gov/content/mdcovidalert/>

Whether or not you download the app, if you see a call coming in from "MD COVID," the call is from a public health contact tracer alerting you to possible exposure. Please note: contact tracers will NOT ask for money, credit cards or other personal information. For information on COVID in Maryland, visit the Department of Health Coronavirus website.

OPT

Catholic Advocacy Network Update

Maryland Legislative Session Will Look Very Different

Empy State House chambers may be the new normal for the upcoming General Assembly, which opens January 13. Both the House and Senate have prepared detailed safety plans in light of the pandemic.

Plans include facility enhancements and cleaning, corona virus testing (members anticipate being in Annapolis), virtual hearings, and limits on in-person public access that include appointments, a two-person visitor limit and escorts to meetings.

"The Maryland Catholic



Conference staff is prepared to adapt to the new precautions," said Executive Director Jenny Kraska. She noted, "We already have been attending hearings and meeting with legislators via video

conferencing and have submitted testimony electronically during pre-session hearings earlier this fall. We also are adding text alerts to our Catholic Advocacy Network to

Continued on page 4



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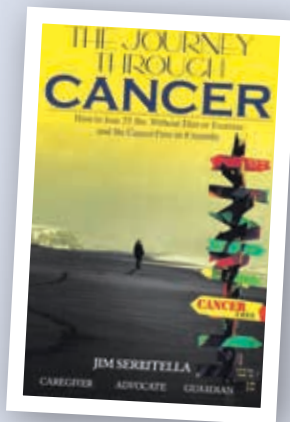
PUBLISHED IN ALTERNATE MONTHS DURING THE SCHOOL YEAR.



Betty and Jim Serritella celebrate in the Caribbean. After her chemotherapy and radiology and surgery, when she emerged alive, they decamped to St Lucia.

Betty Serritella's Journey through Cancer

Betty and Jim Serritella have been active in St. Paul parish life for decades and their example has been a source of inspiration. Betty had a long and successful fight with cancer. After her chemotherapy and radiology and surgery, when she emerged alive, they shared their struggles and insights in *The Journey through Cancer*, available at <https://www.amazon.com/Journey-Through-Cancer-James-Serritella-ebook/dp/B089ZVPZ48/>.



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UPDATE

Con't from page 3

make it easier for parishioners to participate in sharing their voice."

In addition to text and email alerts, a Catholic Virtual Lobby Day will be held during the session.

Get Text Action Alerts during Session

You now can receive action alerts by text or email (or both) during



the legislative session. Sign up or update your preferences with the Catholic Advocacy Network.

To sign up for text alerts, text CATHOLIC to 443-764-8765. You will receive a reply asking for your name, and then your zip code so we can tailor alerts for you to reach your legislators.

OPT

BENEFIT

Con't from page 3

March 14, but due to COVID, was postponed. It took place as a virtual event on Saturday evening September 26.

Thanks to the creative leadership of Benefit Chairs Carrie and Amir Assili, Caroline and Michael Hickey, and Rebecca and Rob Shaffer, and the generosity of a record number of supporters, the evening was a great success. Cardinal Wilton D. Gregory served as Honorary Benefit Chair and Fr. Bill Byrne kept the guests entertained and the evening

flowing smoothly as Master of Ceremonies. Guest appearances by PCR members Matt Ficca, Matthew McMeekin, and Maurine Yap and the performance by the band Long Lost Cousins added to the fun.

Congratulations to 2020 award recipients Grace Stephens (Outstanding Youth Volunteer), Alice Erickson (Outstanding Adult Volunteer), and Michael C.T. Gardner (Outstanding PCR Staff member), for the well-deserved recognition they received.

PCR's Virtual 24th Annual Patricia Sullivan Benefit is viewable on demand on PCR's homepage www.pcr-inc.org.

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St. Paul parishioner Virginia Rhodes (front, fourth from left) has worked quietly for decades in the Catholic Daughters of America. This photo from the parish archives pictures the St. Paul Court of the Catholic Daughters of America in the meeting room below the original parish church, now the Norris Chapel.

SHORT

Con't from page 1

find Him in the love of all God's creations.

Each year the Catholic Business Network of Montgomery County honors exemplary business and volunteer leaders who "live their faith." This year's Businessperson of the Year is Robert Easby-Smith. Bob is a partner with Chesapeake Restaurant Group. Bob and his wife Anne are long time servant parishioners of Holy Redeemer in Kensington. Bob is the penultimate example of sustaining parish activism. For years, Bob was the parish Athletic Director helping to build Holy Redeemer's successful athletic programs. Beyond parish service, Bob served on the Archdiocese's CYO Board, the Catholic Charities Board, the Knights of Malta, and he and Ann served on the Board of Don Bosco Cristo Rey High School. Bob's leadership on that board led to the school's rapid success. His adoring family practices the commitment to Christian service they learned at home. He is most deserving of this honor. We celebrate as well, the Volunteer of the Year, Rev. Mike Conway SDB, and the Paul Zurkowski Founder's Award winner, Mark Johannessen. Thank God for their leadership and example.

We celebrate the elevation of Archbishop Gregory to Cardinal by Pope Francis. In a relatively brief time in Washington, Cardinal Gregory has acted boldly to defend the vulnerable, promote racial justice, heal the wounds of child sexual abuse and clergy distrust, and open communication with the next President. We are blessed to have him as our leader. Indicative of his humility and values is his video response upon learning he

had been designated a Cardinal: in celebrating, Cardinal Gregory's humble request of us is to **love one another, feed the hungry, and visit the elderly among other acts of kindness**. The Good Shepherd knows the needs of His flock.

Following up on Cardinal Gregory's specific call to visit the elderly, let's return to a previous reflection, **the important role that intergenerational relationships play in the lives of parishioners and Christian vitality of parishes**. You may recall the Justice and Advocacy Council, Fr John Enzler and I advocated in previous OPT columns for parish-based intergenerational programs which enable older parishioners and younger ones to seek common opportunities for mutual support and heart to heart joy. Catholic Charities, working with the Justice and Advocacy Council, the Archdiocese, and an experienced nonprofit, Empowering the Ages, have partnered in designing pilot intergenerational programs for parishes and schools. That effort was slowed by the pandemic. The work of the partnership continues and now appears to be prophetic as we have seen that one of the most tragic impacts of the pandemic is the severe human isolation it has caused especially among our elderly neighbors.

In this edition of OPT, my dear friend and President of Catholic Charities, Fr John Enzler writes about the urgent need for a parish response to loneliness among older people. He, like Mother Teresa who he references, knows too personally that the **greatest poverty of all is loneliness**. Both urge heart to heart connections with people who are lonely. The examples he and Leah Bradley cite in their columns of Cristo Rey Don Bosco and Holy Child Schools demonstrate

the mutual comfort that arises from intergenerational relationships.

Leah Bradley in her guest column (page S-), articulates the value of intergenerational relationships as a means of shared learning and growth. As Executive Director of **Empowering the Ages**, her vision is to connect generations to build and enhance each's strengths while benefiting each other and their shared communities. She is advising our local Catholic effort. The testimonial from one of the students confirms the heartfelt value of the relationships. As the effort evolves over the coming months, she will be available to help other parishes and schools.

We are grateful to Cardinal Gregory and the Archdiocese's Office of Social Justice for joining the partnership and providing vigorous leadership.

I don't need proof of the value of intergenerational relationships; recently, per Thomas Merton, the Holy Spirit sent it anyway! My age has diminished me enough to make crawling into the storage area to fetch Christmas decorations a less joyful holiday tradition! Wearing masks, my grandsons Kasey and John Paul stopped over and did the task for me. My grand-daughter Hannah and I were recently talking about the virus vaccine. We were both looking forward to returning to normal. My own loneliness struck like a ton of bricks when she said with innocence and sincerity, **"Pop-Pop, after you get vaccinated will I be able to hug you again?"** My heart soared.

Let us open our hearts to Jesus and each other at Christmas.

Merry Christmas and
God Bless!
Chuck Short

**Advertise in Our Parish Times
Catholic Schools Week issue
Ad deadline January 20, 2021**

Our Thriving Faith and Parish in Difficult Times

We have had as a parish many challenges in keeping in touch with our parishioners, enriching their spiritual lives, and continuing our growth, during this pandemic. We have met this challenge head on and we are thriving in faith!

As soon as Montgomery County shut down in March, St. Mary's pastor, Fr. Kevin O'Reilly convened a volunteer committee to reach out to every person on our registry. Calls were made to check in with our parishioners, to assess

Continued on page 7



Above and at right, outdoor weekend masses



Above, Rite of Commitment Candidates

At far left, Diane Yendry setting up sound system for outdoor Masses.

At left center, Jamison Baptism

At left, Video photographer Maggie Bartlett directs all the technology to stream Sunday masses.

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Above, our in-person students attend socially distanced Masses with their classes. Thank you to Monsignor Parent and Fr. Stefan for making these celebrations of faith possible.

At right, the school gets ready for Thanksgiving with student contributions to colorful bulletin boards and celebrations with our Preschoolers!



We are so proud of our virtual and in-person students for their excellent work during the first quarter of school. Their resilience is a gift to our school community.



At right, Students enjoy extra outside time this year with their classmates. With a little bit of creativity, our students have found so many fun ways to enjoy free time together in a safe, socially distanced manner.



At left, Mrs. Penny and Ms. Jones welcomed our Junior Kindergarten through 4th grade students' grandparents and special persons for our first ever virtual celebration for these special guests. While this favorite tradition looked different this year, it was a tremendous success as we welcomed our special guests into our virtual classrooms from near and far.



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St Elizabeth School

As we prepare our hearts for Advent, St. Elizabeth School is grateful for a healthy and safe start to our school year. With careful planning and imaginative reinventions, our community has stayed strong and present for each other.

OPT

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**Catholic Schools
Week issue
Ad deadline
January 20, 2021**

St. Bartholomew Launches The Bobcat StoryWalks for Covid-Safe Multisensory Learning

With social distancing and other coronavirus precautions changing the face of in-class learning, St. Bartholomew has found a creative way to engage readers with Bobcat StoryWalks®. StoryWalks® are a unique way to bring picture books to life.

Across St. Bart's 11-acre campus, students are guided from station to station. They find laminated pages of a storybook at each location along with engaging, multisensory projects that bring the tale to life.

"This is part treasure hunt, part reading, and part exercise all in one!" says reading specialist Laura Digges.

The school will change the story each month, so new adventures always await. The first StoryWalk® features a book called *Leaf Man* by Lois Ehlert. In the story, a Leaf Man is blown to many different settings and changes shape.

Students engage with the story by collecting leaves along the way and gluing them on construction paper to make their very own leaf people. Older students benefit from journaling from the perspective of the main character or writing thoughts on the book's deeper themes, such as how people can change in different situations and maintain resilience.

The outdoor activity is ideal for



Above, young readers enjoy the book *Leaf Man* through a series of outdoor stations on St. Bart's 11-acre campus

At right, a Leaf Man made by a young St. Bart's student who enjoyed the StoryWalk



learning in the time of Covid.

"So many multisensory reading activities have had to be tweaked because we aren't sharing materials and we're trying to keep up social distancing," says Mrs. Digges. "I saw a social media story about a parks and recreation worker who set up a book trail along a bike path." Digges brought the idea to the whole St. Bartholomew staff, which

was enthusiastic about launching the school's very own StoryWalk®. Now it is being enjoyed by students, parishioners, and neighbors.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, Vermont, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library. StoryWalks® are now

found across the USA and in 13 foreign countries. Here in Bethesda, all local families are invited to enjoy this new and exciting way of experiencing the magic of stories. Simply come to the campus during non-school hours – and be sure to bring your imagination and curiosity!

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THRIVING

Con't from page 5

any needs that our parish might help address, and to offer prayers and support. The committee continues to reach out periodically to our parishioners and community to see that they are doing as well as can be expected during these times.

We had virtual masses beginning at the end of March. A small liturgy team taped both daily and Sunday masses, including all of Holy Week services. The same small group continues to tape and post all Sunday masses to our YouTube Channel. Maggie Bartlett, our tireless video photographer, directs all the technology to stream the Sunday masses.

When Montgomery County permitted outdoor gatherings, our outdoor masses began with the Confirmation class of 2019-2020, who received this Sacrament as families gathered at the outdoor altar with lawn chairs, spread across the spacious grounds. Since then, Diane Yendrey, our Music Director, sets up the sound system for three outdoor masses. Parishioners bring



Chmelik Wedding

their chairs, their umbrellas, their masks, and they are celebrating the Eucharist in person once again. It is a joyful sight!

Our Faith Formation Classes, Youth Group, and Bible Study Groups, began meeting in person and virtually in September. Early in October, the new class of Confirmation candidates from both seventh and

eighth graders stood to profess their intentions at a Rite of Commitment. They will attend a virtual retreat in January.

The life of a parish is its people. The challenge is to see how we can continue to serve their needs, even in a pandemic. We pray for the safety of all our community!

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ENZLER*Con't from page 1*

dents and residents at local nursing and retirement homes to begin dialogue between the generations. The efforts at Holy Child and Don Bosco Cristo Rey have been very successful, and they remind us of the urgent need for relationships and "reaching out."

We are all betwixt and between, out of kilter with our usual human contact. Young people miss their friends and the social opportunities that school provides. Athletics, music, and drama programs have been changed or delayed. Even simple things like eating lunch together in the cafeteria, walking and rid-

ing the bus to school together, and study groups don't exist. Our young people are acutely aware – particularly if they are about to graduate – that this school year is dramatically different because of COVID-19.

If you are in the older generation, perhaps already somewhat isolated in your own home or a retirement home, you undoubtedly miss the chance to be with your loved ones, see your grandchildren, and celebrate family events together. I know many of you received visits from your families every weekend before the pandemic, and it's heartbreaking that has ended.

Mother Teresa said the most terrible poverty is loneliness. In my work at Catholic Charities, I see how loneliness can also lead to

feelings of hopelessness. At this time of increased separation from each other, we must ask how we can expand our efforts in schools and retirement facilities to link up younger and older parishioners for study groups, as pen pals, for book clubs, ZOOM concerts and ongoing relationships.

When we were about to kick off this engagement across generations earlier this year, we had no idea that a pandemic would follow and cause so much struggle and isolation. It has been a perfect storm of bad news for old and young alike. We look forward to continuing to develop this effort with the Justice and Advocacy Committee of Montgomery County, the Archdiocese of Washington,

Empowering the Ages, and Catholic Charities.

Leah Bradley, from Empowering the Ages, and Chuck Short have both written articles for this senior issue of *Our Parish Times*. They have been key leaders from the beginning, and I encourage you to read their thoughts as well.

I hope you will join with us and participate, if you are able, and help open doors that have been closed for youth and adults alike. This is something we can do from our home, or while social distancing and wearing masks. If you are interested in learning more, please call Leah Bradley, Executive Director of Empowering the Ages at: 301-476-0186 or email: leah@empoweringtheages.org

May we pray for and reach out to those who are isolated and lonely right now. We could all spend a few moments thinking about people we know who might benefit from a phone call, an online video chat, or even a distanced visit. No one should feel alone and abandoned during these difficult days. **OPT**

McGANN*Con't from page 2*

We don't get explanations, but we do eventually find help – someone reaches out a hand. Someone holds hope for us when we have none. Someone prays for us when we cannot bring ourselves to believe that prayer matters. Our children and grandchildren can help us to reimagine what God has waiting for us and to remember that our friend Jesus never leaves us alone. It is through the kindness of other people and the love of family that we can rediscover our faith. Through them we can see that the light of God's love remains, and He will help us find the way forward. **OPT**

J&A*Con't from page 1*

to consider and promote what is best for all. Thus, folded into this are questions about human rights, rights of workers, tax policies, and care for the environment. (FC, 49-51).

- **Solidarity.** This is a nice summation of this principle: "Solidarity highlights in a particular way the intrinsic social nature of the human person, the equality of all in dignity and rights and the common path of individuals and people towards an ever more committed unity." (*Compendium*, 192-193). Also consider: "We are one human family, whatever our national, racial, ethnic, economic, and ideological differences" (FC, 52).

Looking ahead

As we consider public policy options as we move forward, we need to use our heads and think about these options in terms of CST. It doesn't help us grow in holiness or build the kingdom of God by giving knee-jerk responses that mimic political platforms removed from or devoid of Christian understanding.

"Forming Consciences" is relatively short at 43 pages of text. You can read it by searching for "Forming Consciences USCCB". The original document and many resources explaining it are available online (www.usccb.org/resources/forming-consciences-faithful-citizenship-pdf).

Join us for the next meeting of the J&A Council on January 27, by Zoom. Contact Larry Couch (lawrencecouch1@gmail.com) for more information. **OPT**

Anthony Bosnick is director of social ministry and adult faith formation at St. Francis of Assisi parish, Derwood.

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DeChantal Kindergartner Brendan Flynn (middle) and his siblings Jude and Maggie dressed in Christmas gear and sang in a video to help advertise the completely online DeChantal Christmas Bazaar

DeChantal School's Annual Christmas Bazaar Turned Virtual

Due to COVID Restrictions the Annual Bazaar Was Much Smaller and Online

By Michelle Flynn

St. Jane DeChantal School's annual Christmas Bazaar has been a major fundraiser for its Home and School Association. Every year, many parent volunteers transformed the school's Christopher Hall into a beautiful winter wonderland. All types of vendors selling crafts, a large thrift store, and Scholastic Book sale would pack into the school's gym and cafeteria with the proceeds going to the school. Santa would even make an appearance, read stories to the children, and posed for photos.

Due to COVID-19 restrictions, the chairs of the Bazaar, Ann Marie McCormick and Gabi Antonelli, and the school's principal, Mrs. Hamilton decided to change the Bazaar this year to be a completely online experience. This meant that the school's HSA could only continue to sell some of the Bazaar's favorites; Raffle Tree tickets, Hostess Baskets, School Spirit

Gear, and a new item, Live Wreaths. All advertising was online through the school's social media outlets and forwarded along by its parents. The Bazaar was hosted by the school's online store and it opened and closed the weekend before Thanksgiving. However, parishioners and school families can still order a live wreath until supplies run out.

Although the Bazaar was much smaller than previous years, the chairs and its volunteer elves were still in the holiday spirit and happy to help the school as Co-chair Gabi Antonelli explains, "We didn't know what to expect, but it was a huge success thanks to the unwavering support from Mrs. Hamilton and our DeChantal Family".

OPT

DeChantal Reaching Out to Homebound Seniors

DeChantal Parishioners Remember Their Retirement Home Neighbors During the COVID Lockdowns

By Carol Ramirez

Next door to St. Jane de Chantal Church is Maplewood Park Place, a Senior Living Community with over DeChantal 40 parishioners. As part of the COVID-19 precautions, visits to all residents were put on hold and all outings were suspended. Obviously, many of these homebound parishioners started to feel increasingly isolated. Our pastor, Fr. Giese, asked the Pastoral Council in early April to assist with an outreach effort to the parishioners of the Maplewood Park Place.

A group of parishioners and Pastoral Council members immediately responded to the request to call and reach-out to the Maplewood Park parishioners. A Pastoral Council member compiled a 5 page list of resources with common questions and

answers. The Archdiocese of Washington provided an excellent script which was easy to follow and very helpful. The script started out with us introducing ourselves as Parishioners, asking how the parish might be able to support them, a reminder that we can be together through our live-stream YouTube Mass, and closing with a prayer.

Many thanked them for calling and a few had some urgent requests like a request for last rites of the sick to a carton of cigarettes. Rosemary Hartley, a long-time parishioner of DeChantal, said "I appreciate the calls and love praying the 'Hail Mary' and 'Our Father'. Please pray for my 6 children, the aides at Maplewood, and all the doctors."

Plans to re-start this effort are underway since COVID-19 cases have caused Maplewood to restrict visitors and outings.

OPT

St. Jane de Chantal School Continues to Give During the Advent Season

Students and Their Families Donate Food and Clothing to Their Community

By Catherine Tomsbeck

The annual "Season of Giving" at St. Jane de Chantal School underwent of few changes this fall to accommodate our Hybrid and Distance Learning format for the 2020-21 school year. This year students, teachers, and parents reached out to our traditional community organizations and added a new partner.

Collecting food for the Greg Gannon Food Drive and Assumption Parish in Washington, D.C. continued as bags of donated goods accumulated in classrooms, the atrium, and at the school's front entrance. Thousands of items were donated, delivered, and helped restock shelves of community food banks throughout the area.

Hundreds of Christmas Shoeboxes were carefully filled and wrapped by students and delivered to SOME and the Sisters of Charity. Each Christmas Shoebox is filled with warm scarves, hats and gloves along with small items of necessity to add a bit of cheer and warmth for those who are homeless or living in

a shelter this Christmas Season.

This year, our school Annual Coat Drive, for the first time, partnered with the ADW Consortium Schools of Washington DC. Students of St. Jane de Chantal donated over 100 children's new and gently used coats. These coats were distributed to children attending ADW Consortium Schools. The students and families of St. Jane de Chantal school continue to pray for and actively reach out to help those in need as our school commitment to live Christ's call to serve others is ongoing.

OPT

St. Jane de Chantal Parish

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Bethesda, MD

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Zooming the Living Rosary at Our Lady of Lourdes

By Audrey Brown and Emerson Hardwick, OLOL Class of 2021

One of the things we do every year at Lourdes in October is the Living Rosary. We all gather in the church grotto and students form a rosary as our priest and altar servers process around, leading the community in prayer. This year our community celebrated the Living Rosary differently due to Covid-19. Since we could not stand around the grotto all together, we made a video of every class saying a part of the rosary and our principal, Ms. Moore, edited it all together. The video included each of the classes saying one decade of the Rosary. The eighth grade took responsibilities for recording the other prayers and reading the sorrowful mysteries. On the day of the event, students in their classrooms, students at home, and parents all joined together online to view the video and pray along with it. It was so great to see the whole school



Mrs. Wasp, Mrs. Walsh, and the preschool students lead the student body in praying a decade of the Rosary.

over zoom to celebrate this wonderful occasion.

We wanted to ask how some people thought this year's Living

Rosary went, so we asked Mike Melluzzo, Ms. Capizzi, and Father James. Our science teacher Ms. Capizzi, who is a graduate of

Lourdes, said she missed the community aspect of standing around the grotto as a school, and that she felt sad that we couldn't all be

together in person. She said that it was still special to be together praying the Rosary. We all agree that this year was definitely missing something, but seeing everyone on zoom as a community was still an amazing way to celebrate. Father James was the priest who led the Living Rosary and he said it was nice to still be able to be a community and celebrate together. Mike Melluzzo, a sixth grader, said that he still enjoyed the Living Rosary, and that we did the best we could. The video that the school made was definitely a great way to celebrate this occasion.

Covid-19 definitely affected the way we did the Living Rosary this year, but we are proud to say that we found a way to make this year's Living Rosary a special time to remember at Our Lady of Lourdes. The rosary video was even shared with everyone so they can use it to pray at any time.

OPT

Thankful for our Grandparents at Our Lady of Lourdes

On the Wednesday before Thanksgiving, Our Lady of Lourdes School celebrates Grandparents' Day as students and staff head into the holiday weekend. Taking time to thank the



First-grade students show their love for their grandparents.

grandparents in our community for their prayers, support, and guidance is a blessing for all involved. With Covid-19 restrictions in place, the creativity of the OLOL teachers and students was truly on full display this year.

Each year, the students and their teachers work on performances to honor the grandparents. This year, students and teachers made recorded performances with students doing actions, dances, or using sign

language to accompany the songs. All students, including those learning from home, were represented in the videos. All hands were on deck as art teacher Mrs. Hussey and some of her students created beautiful artwork as a backdrop for the filming. Ms. Addison and her kindergarten class filmed their annual First Thanksgiving Play, music teacher Mrs. Parcon lead the students in practicing for their performances and recording them, and OLOL principal Ms. Moore edited and compiled the video clips. As Mrs. Parcon noted, "Although limited to just a video this year, our school only proved that we can still work together and come up with ways to celebrate Grandparents' Day."

Continued on page 16

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Eighth-grade students use signs to accompany their Grandparents' Day song.

Young Adult Ministry Thriving at Our Lady of Lourdes

Fr. Rob Walsh arrived at Our Lady of Lourdes from the University of Maryland's Catholic Student Center in late July, but he didn't leave behind the young men and women whom he had mentored during their college years at the College Park Campus. Many have found the same Catholic

fellowship through the rejuvenation of the Lourdes' parish Young Adults Group.

Fr. Rob was chaplain of the University of Maryland for ten years, ministering to thousands of students. When many might relate the college years as a time of dimin-

Continued on page 11

halloween at st mary

Not even COVID can stop the Halloween Fun at St. Mary's School! Students and teachers alike enjoyed the day in costume and participated in parties for in person and virtual learners. (pictures below)



MINISTRY

Con't from page 10

ishing faith for young people, especially at a large public university, UMD's Catholic Student Center was a haven for students wishing to foster a closer relationship with Christ. After graduation, these men and women are now finding the same camaraderie at Our Lady of Lourdes in Bethesda.

On Tuesday evenings, the young adults, many of whom are now young professionals or graduate school students, begin their evening with Exposition of the Blessed Sacrament and Mass offered by Fr. Rob or newly ordained Fr. James Morrison. Then they make use of the extensive outdoor space adjacent to the Church to socialize. This is an opportunity to reconnect with former classmates and build new relationships with local young Catholic men and women. And once the Covid restrictions are

lifted, they will make use of the many popular restaurants and meeting spots in nearby downtown Bethesda.

Former Terps, Kevin Stoll and Brendan Keane, are two mainstays of the revitalized Young Adults Group. They are both middle school teachers at Our Lady of Lourdes Catholic School, where they pass on their devotion to Christ to their students. They incorporate their love for the faith and Catholic traditions into their teaching and their Lourdes students are showing renewed enthusiasm to live their faith in school, at home, and throughout their communities.

Any college graduate or those between the ages of 22 and 35 are welcome to join the Lourdes Young Adults. They only require a thirst for a closer relationship with God and the Blessed Mother, a willingness to learn more about the Catholic faith, and a desire to meet other like-minded individuals.

OPT



St. Mary's School Honors Mrs. Sweet

St. Mary's School honored Kindergarten Teacher, Mrs. Kelly Sweet, on Friday, November 13 with a surprise ice cream party for the entire school. In person and virtual learners gathered on Zoom to present Mrs. Sweet with her official Golden Apple and a gift from the HSA to acknowledge that she is the Golden Apple of our eye!

Mrs. Sweet has brought the faith to her students for over 20 years, teaching them about their role in God's creation through her classroom pets, courtyard garden, and many lessons about loving one another. We are thankful for the opportunity to finally honor Mrs. Sweet and proud that she is recognized as a Golden Apple Award winner!

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Still Scouting safely with Saint Bernadette Boy Scout Troop 440

70 years of Adventure - Proudly serving St. Bernadette's Parish, School and the Community

By Laura Nichols

Going strong since March, Boy Scout Troop 440 continues to actively engage in fun, socially distant and masked outdoor activities and meetings while developing and exploring new skills, and providing service to the community. One of the biggest benefits of this small troop is their ability to engage and connect easily and safely because of their numbers.

In October, Troop 440 safely hosted a small cub scout camping weekend and taught rising Webelos knot tying, Leave No Trace principles, fire building and first aid- all while having fun outside! In November, they backpacked another 10 miles of the Maryland segment of the Appalachian Trail, following a shorter September segment of 7 miles. Plans for December and January are already in place, with a focus on winter camping including dressing appropriately, campfire cooking and some fun outdoors activities to stay warm throughout the day.



Saint Bernadette Troop 440 enjoys a socially distanced, masked up meeting on the campus field.

Do you have a son in grades 6-12 who loves outdoor adventures? Get connected to the boy scouts of Troop 440 at St. Bernadette in Silver Spring to learn more about what scouting safely looks like in the current environment. Contact Scoutmaster Nichols (troop440scoutmaster@gmail.com) for more information.

Why Join Scouting? The life lessons learned in Scouting form a foundation to embrace opportunity and overcome obstacles in life.

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With gratitude and humble hearts, we participated in our time-honored tradition of supplying Thanksgiving dinners to The Father McKenna Center. The outpouring of community generosity and relentless belief that we could safely make this happen in the time of pandemic, delivered 67 turkeys, 80 bags of side dish items and a check for \$587 for their food pantry to assist with their work in meeting the demands of food insecurity and in ending hunger. A cornucopia of Greater Love!



While we missed our usual fall sports programs, the Saint Bernadette Cross Country team maintained their pace with informal, masked practice runs organized by a squad of dedicated parents. In a demonstration of their trademark esprit de corps, the team hit their stride and ran with purpose on November 8 in the 19th annual, this time virtual, Thanksgiving Trot for Hunger supporting the critical work of SOME (So Others May Eat).

St. Bernadette Parish

70 University Blvd., East
Silver Spring, MD

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Bartholomew Smith
Pastor

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St. Bernadette School
Mr. Ted Ewanciw, Principal
301-593-5611

Kate Doyle Rodgers, OPT Editor
301-593-5611

Oh, Christmas Tree Joy Available at Saint Bernadette!

By the Saint Bernadette CYO

Happy Advent and an Early Merry Christmas to each of you! Christmas tree sales are in full swing on our front lawn. The lights are on and the fire is burning. It is always great to see people's eyes light up when they find THEIR tree. You can see the joy. And in 2020, we can all use that glimpse of joy. So, please come on out to the Christmas tree lot and join us to buy a tree and say hello. We promise you will get a glimpse of the joy.

Until we can get sports back up and running, we wish you a very, Merry Christmas. Stay Active and may God bless you abundantly in this season of preparation leading up to the joy of Christmas.

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EVERYDAY HEROES

During this pandemic Yolanda has volunteered to deliver food twice a week to seniors and families impacted by COVID-19. She has devoted her time twice a week in addition to supporting neighborhood children of families that don't understand the distance learning platform gain access to online learning. She has done all of those things while working full time and assisting her 6 year old daughter complete her school assignments. She not only makes sure her family is taken care of, but the community as well.

WALTER D.
DOWN TOWN SILVER SPRING

A buzz-worthy hooray for SBS parent Yolanda Quintanilla on her recognition from the group Downtown Silver Spring as an everyday hero in our local community during this time of pandemic.

Our excitement multiplies as we add up Eli's answers in the 2019-2020 Catholic Math League competition. The sum total of his accomplishments include: first place in Grade 3 school competition, first place in Math 3 Division 3 and second place overall for Grade 3 nationally. Steady effort plus great instruction equals a winning product!



Business as Usual at St. John the Evangelist



Kindergarteners preparing a Thanksgiving meal



Socially distanced recess



Donating to Fisher House

A small but determined group of St. John the Evangelist Junior Kindergarten students was set on serving Thanksgiving dinner. Usually, the students invite their parents to their classroom feast. But this year, with visitors to school limited, the four-year-olds still made decorations, set the table, and dished out the food their parents prepared. They were steadfast in their endeavor. Even the Pilgrims would have been proud!

With the coronavirus dictating everything we do at school, there are signs of its effect everywhere. There are six-foot markers down the hallways and outside around the school. Desk spaces are marked off in classrooms. Play areas are designated for each class on the playground.

So on one recent rainy day, when classes could not go outside for recess, the fourth grade was allowed to spend recess time in the gym. Without missing a beat, and without instruction from any adult, they set up a game they could all play and remain physically distanced. So with masks still in place, they spent the time running and laughing and enjoying the companionship of each other. What a tes-

tament to the resiliency of children!

Our parish's Boy Scout troop does a brisk Christmas tree business every year. Undaunted by the crowd-gathering restrictions in place in Montgomery County, they are open for business, with a twist. Not wanting to disappoint their regular customers, the Scouts took orders for trees in advance and scheduled pickup times for each family, allowing their faithful patrons to once again enjoy the beautiful trees provided each year. These Scouts live up to their motto to be prepared.

With half of our students attending class in person and the other

half at home, there are some inherent challenges. Although classes are live-streamed, there has to be an occasional textbook and supplies pickup. But what do you do about Science class labs? St. John the Evangelist Science teacher, Milenka Gutierrez, has reformatted most of her labs so the students at home can use household "chemicals" to perform experiments. With salt and ammonia, baking powder and paper clips, she has her fledgling chemists busy at home making science come alive.

For Veterans Day, St. John's Home School Association sponsored a fundraiser to honor our

active military and veterans. School and parish families could purchase small flags to honor someone in the military who is dear to them. The flags were then placed along the sidewalk in front of the school creating a meaningful reminder to us all of the sacrifices these men and women have made for our country. Proceeds from the sale were given to Fisher House at Walter Reed National Military Medical Center. Fisher Houses provides a home away from home for families of patients admitted for medical care at Walter Reed and for patients receiving outpatient care.

OPT

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Pastor

St. John the Evangelist School
Mrs. Margaret Durney,
Principal

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Monica M. Bradford, OPT Editor
bradford2@comcast.net



Get your Christmas tree from the Scouts



Flags lining the school in honor of Veterans Day



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S.M.A.R.T.

Con't from page 1

come back and see the girls. Miss Pacconi arranged a reunion that took place in the school library. When the girls walked in the room, they squealed with delight when they saw Ms. Tripp! She brought each girl a goodie bag filled with an autographed copy of the new book and, of course, animal crackers! The girls were delighted.

Ms. Tripp gave a short speech thanking the girls for their help. In sharing their sixth-grade thoughts on what it was like to be going to

Middle School, the ups and downs of peer relationships, the academic challenges they would face, and their concerns and interests, Ms. Tripp said she was inspired to give characters certain traits and she got lots of ideas for future stories. She told the girls how much she had looked forward to their lunches together and how she felt they had all formed a special bond. She also asked them about the challenges they are facing now. No one could have predicted last March they these girls would view school, and the world, in such a different way due to the coronavirus pandemic. There were quite a few misty eyes

at the end of her speech.

Ms. Tripp's new book is published by National Geographic Kids. They wanted to film this reunion, but Ms. Tripp wished for this time to be private with just the girls and her. Miss Pacconi is working with National Geographic to plan future activities with Ms. Tripp and the girls in this ongoing relationship.

The girls at St. John the Evangelist will always remember their special time in sixth grade and their friendship with a wonderful and kind American author.

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Ad-hoc Committee on Racism Aspires to Combat 'The Original Sin' through Prayer, Education and Discussion

By Melissa Montealegre Egan

For a small group of St. Francis of Assisi parishioners, a former parochial vicar's encouragement in 2018 to keep the discussion of combatting racism alive in the parish lit their initial fire. But it was not until the death last spring of Minneapolis resident George Floyd under a police officer's knee that the feelings of anger and sadness shook the group to act anew.

Over the past six months, the parishioners – including four members of the Parish Pastoral Council – have worked to develop momentum for the parish's Ad-hoc Committee on Racism, a group they hope will combat racism through prayer, education, discussion and action. With the support of Fr. John Dillon, committee members hope parishioners will embrace the group's mission – a challenge, the ministry's core members acknowledge, is partly due to the uncomfortable topic they hope to address.

"Too often the topic of racism is a delicate topic, and people are uncomfortable engaging in discussion, with a fear of offending someone or just not knowing how to discuss and confront it," said Ad-hoc Committee Co-Chairs Christine King and Ann Pierre in a statement. "Many people are comfortable believing that they are personally not racist and that is enough."

"We must educate ourselves on the topic of systemic racism and understand where racism lives that may not always be obvious."

Half a dozen committee members began meeting virtually over the summer, seeking ways to engage parishioners on the topic of racism so that efforts are aligned with Church teaching and stirred people to act. In August, the committee hosted Fr. Robert Boxie, the Catholic chaplain of Howard University whose first priestly assignment was at St. Francis, to give a second talk on racism, an online event attended by more than 80 people. In October, the committee sought and received the Parish Pastoral Council's support for its mission and vision, hoping to elevate the importance of the committee work to a parishwide level.

Beginning December 12, the committee is planning an online discussion series on Fr. Bryan Massingale's book, *Racial Justice, and the Catholic Church*. It is also working with other ministries to illuminate the life of at least one Black Catholic Servant of God, a group of which were recently highlighted in the "Cloud of Witnesses" online series, and engage with the new archdiocesan campaign to end racism.

Director of Social Concerns and Adult Faith Formation Tony Bosnick said the act of overcoming racism is spiritual work and requires a transformation of the heart.

"The more we are open to Jesus on our personal journey of faith, the more our hearts can be changed," he said. "There is an element of encounter with people of different races that changes our hearts if our disposition allows that."

OPT

Fall Small Groups Are Smaller in Number, but Rich in Quality of Their Discussions

By Melissa Montealegre Egan

During a time when the faith lives of so many Catholics have been upended by the pandemic, 40 St. Francis of Assisi parishioners sought familiarity and fellowship this fall in small group discussions focused on the Gospel of Mark, which offered context for liturgical readings in the Church year that began November 29.

The study of the Gospel of Mark completes the last of the Gospels featured during the three-year Sunday liturgy cycle. Participants in fall small groups at St. Francis focused on the Gospel of Luke two years ago and the Gospel of Matthew last year.

Director of Social Concerns and Adult Faith Formation Tony Bosnick said COVID-19 has broadly impacted small groups this fall, affecting both the number of participants and the number of groups involved. About half the number of parishioners who usually participate in fall small groups took part, while the number of groups fell by nearly half, compared with previous autumns.

"One thing I found quite interesting is that one group decided this fall after a few sessions not to continue, because for them, the fellowship of meeting in homes with light refreshments and other discussion was an important part of their experience," Bosnick said.



The 40 St. Francis parishioners participating in Fall Small Groups are studying the Gospel of Mark, using these texts published by Little Rock Scripture Study.

The movement of the small groups from in-person discussions to virtual conversations played a major role in participants' experiences as well. Parishioner Janice DeMare, who has participated in a small group with seven other parishioners for two years, said the conversations over the Zoom platform were always engaging – but you could feel something was missing.

"You have a certain camaraderie when you're together," DeMare said. "I think everyone would have preferred to meet in person."

While meeting over Zoom made it easier to gather, Bosnick said the personal interaction was more limited. In the future, Bosnick said groups might want to consider what works best for

them and then be able to choose whether they meet in person or online.

"It is the spirit of the participants that helps determine how the group functions," he said.

DeMare could not agree more. Her group is led by parishioners Rosemary Hudecheck and Marianne Moore, both retired educators with an extensive knowledge of Scripture. Their small group of nine people began meeting October 27, finished the first Gospel of Mark book the week of Thanksgiving and plans to reconvene for the second book discussion on January 12.

"It's the best – you learn so much and you have fellowship and friendship," DeMare said. "We've just become very close. We are like family."

OPT

Video Platforms and Productions Have Kept Parishioners Connected to Their Church

By Melissa Montealegre Egan

As St. Francis of Assisi Parish navigates its ninth month of celebrating Masses, praying together and continuing ministry work during the pandemic, one fact seems clear in the new church environment – the use of video platforms and productions will be part of parish life for the foreseeable future.

After archdiocesan churches closed on March 14, the parish transitioned to using the Zoom platform for virtual prayer opportunities and Religious Education, Youth Ministry and Rite of Christian Initiation of Adults meetings. The parish pre-



On November 29, parishioner Alexander Scaltrito and Director of Music Janet Pate discuss audio for the recording of the virtual Christmas Mass, which will premiere at 6 pm Christmas Eve on the parish's YouTube Channel.

miered its first virtual Mass on March 22 on the parish YouTube Channel. Several months into the pandemic, the Music Ministry premiered its first virtual choir recording, also on YouTube.

Since then, the Communications Ministry's video production team has taken over the recorded Sunday online Mass and Votive Mass in the

Time of Pandemic. It has also produced several packages that melded music, video footage, prayer, and testimony, including a May Crowning Service and a virtual Haiti Benefit Concert this fall.

Fr. John Dillon said he believes the video ministry has played a crucial role in keeping parishioners con-

Continued on page 15



Members of the Cronise family help Christmas Tree Sale Ministry Coordinator Brian Pettit, as he saws off part of a Fraser Fir tree trunk just sold at the St. Francis Christmas Tree Sale on November 29. The parish's annual Christmas Tree Sale is open through Sunday, December 13, in front of the church from 9 am-8 pm on weekends and 3-8 pm on weekdays or until supplies last.

**St. Francis
of Assisi Parish**
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Grandparents Day Even from Afar!

By Katie Schultz

We have had to modify many of our school activities due to the COVID-19 pandemic, as most schools have had to do. Graduations, class trips, holiday celebrations, and one of our most beloved traditions, Grandparents Day. Each year, our grandparents come into the school to spend time in class with their grandchildren. Parent volunteers meticulously plan a schedule to allow for grandparents to rotate classes with each of their grandchildren and see multiple subjects. Teachers plan interactive activities that involve anything from students learning more about their grandparents' past or engaging grandparents in interactive games or projects. Afterwards, our school community gathers together to celebrate Mass right before the Thanksgiving holiday. It truly is an event to look forward to! This year, our grandparents day was modified to make it safe for students, staff, and families to enjoy the celebration even from a distance.

Each month, Mary of Nazareth School focuses on one of the Seven Principles of Catholic Social Teaching. "The Church's social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society." (USCCB) These principles encourage and remind Catholics of the life and dignity of the human person and our responsibility to participate in solidarity with all members of our community. Our administration asked families to send in a picture of a family member depicting their culture, history, and/or ancestry to be used for a virtual grandparent day celebration. From this information, a slide show was created to showcase family pictures and the stories combined to be used in a special version of morning announcements and our

virtual waiting room for a virtual grandparents day Mass. We heard from numerous families who had interesting stories about how their families immigrated to America as well as brave family members who served our country in numerous wars. More specifically, we had great grandparents who were forced to walk to Trail of Tears as members of the Seminole tribe in the early 1800s and a great-grandfather who worked on the White Pass Railroad for 53 years and was introduced to Queen Elizabeth of England and her husband Prince Phillip, who were his passengers in 1957.

Although we were not physically together this year for this beloved celebration, Mary of Nazareth was blessed to be able to spend time with families and showcase our rich diversity.

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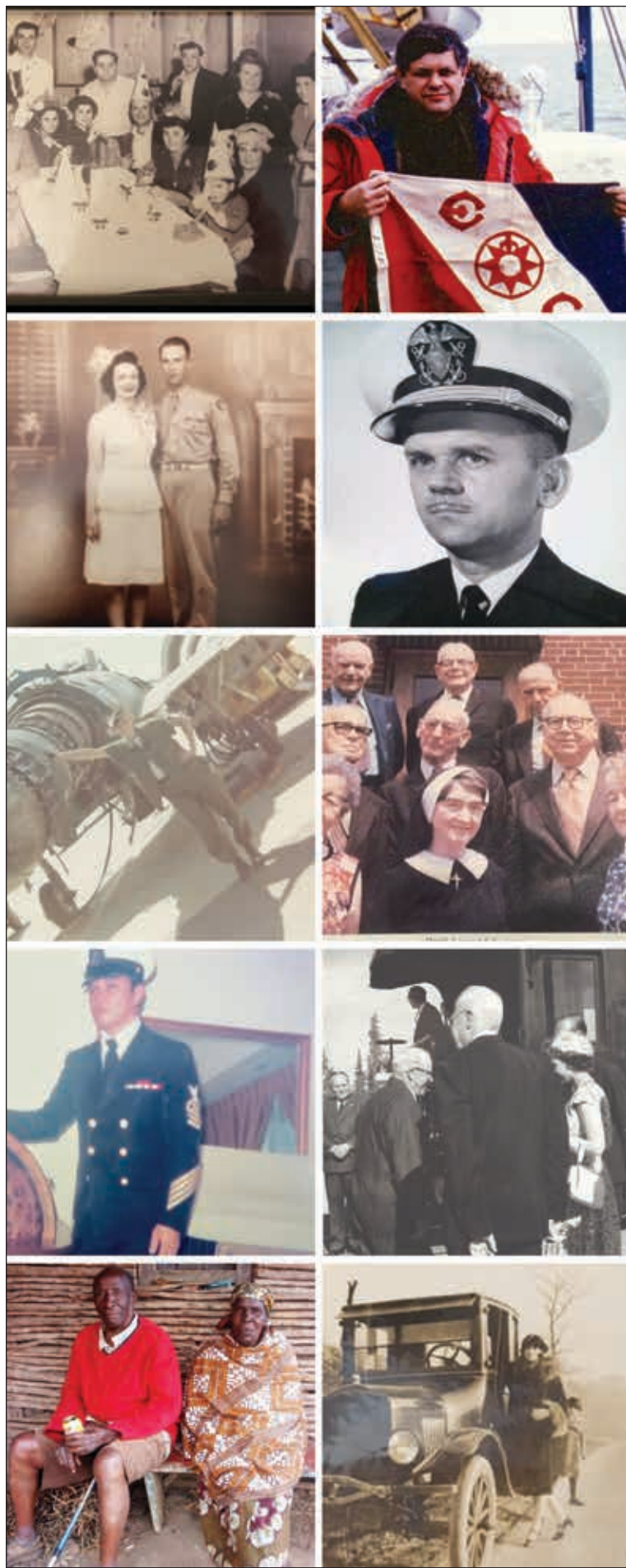
Mary of Nazareth

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St. Paul, Damascus; Our Lady of the
Presentation, Poolesville; Our Lady of the
Visitation, Darnestown.



Some of the ancestral pictures that were submitted by Mary of Nazareth families!

VIDEO

Con't from page 14

nected to the parish and church during the pandemic. He sees this most keenly in the prayer opportunities that Zoom has provided.

"People have started to make connections with each other, and deeper bonds are forming," Fr. John said. "Some of this may be because of the hardships we are commonly enduring. Still, I see that the video opportunities have made these connections possible."

The parish's toe dip in experimenting with video platforms last spring and deeper dive in producing more polished productions this fall

has illustrated that there is a place for all kinds of talents in a parish. Alexander Scaltrito serves on the Communication Ministry's video production team, working to shoot and edit video footage and offering strategic communications advice to the ministry.

Scaltrito oversaw the shooting of the virtual May Crowning service, working with Fr. John, Director of Music Janet Pate and two parishioners in producing a service that combined footage of the pastor in the St. Clare Chapel, the music director performing from her home and the parishioners sharing a reading and Prayers of the Faithful from their homes.

"I think one thing the pandemic

has taught us is that there's an appetite for this type of content," Scaltrito said. "There's value in filming the Mass and other religious events. If we can spread the Gospel message in more than one way, in more than one method, why not pursue that?"

Pate worked with the video production team on the May Crowning and the Haiti Benefit Concert. She is now gearing up for her ministry's role in the virtual Christmas Mass.

"The virtual Christmas Mass will be a wonderful gift to the parish because viewers will again be worshipping from the church, they will hear favorite Christmas carols and they will be able to sing along to all of the music of the Mass," Pate said.

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Seminarians from SJN Parish (L to R) Christopher Meyer, Danny Morrison, and Peter Mlynarczyk have a visit with Pastor-Monsignor Robert Panke prior to the “Quo Vadis Mass.”

PRIESTHOOD

Con't from page 1

a Diocesan priest newly ordained in 2020 and now the Parochial Vicar at St. John Neumann.

In Father Ivany's homily he spoke about recent reports of failed leadership in the Church, about clericalism and about the need to form priests who see themselves not as knowledgeable masters of their own little kingdoms, but as humble servants who go to Jesus to be fed and to be in relationship with Him who is the true King and who is able to give true bread to God's people and then shepherd them rightly. He also commended the parish at St. John Neumann for being such a prayerful powerhouse, which has produced so many good, godly priests.

After the Mass, a breakfast was served on the back porch of the Neumann House across the street from the main Church building. Participants included 12 young men thinking about the priesthood and three seminarians who came from SJN parish, as well as Father Ivany, Father Yap and two of the young

men's fathers. After the breakfast participants went hiking at a nearby park.

The Vocations Committee at the parish helped sponsor the event and it has been prayerfully nurturing religious vocations for the past 16 years under the leadership of its chair, Mary Beth di Ribeaux. The Committee is well known at the JP II Seminary for sending out birthday cards to the seminarians and for spearheading the Archdiocese's Vocations Tree program when, during Lent, individualized cards with pictures and information about all Archdiocesan seminarians are hung on a tree and parishioners at more than half the parishes in the Archdiocese are then able to select a card and pray for a particular seminarian.

Many of the 12 young men and 3 seminarians who participated in the Quo Vadis event knew each other from parish or home school youth groups. One participant noted that it is a lot easier to consider the priesthood when you already know friends or acquaintances that have gone on before you.

OPT

THANKFUL

Con't from page 10

Over 180 participants joined in on zoom to celebrate the day and view the video recording created by the students and faculty. Ms. Moore greeted all of the participants and noted how much we have to be grateful for in this most unusual year. Father Rob Walsh, OLOL's pastor, reminded everyone that, even though we may be far apart, “we are always gathered as one in Christ.” Each class was “spotlighted” on zoom to say hello to their grandparents, and the community joined in a prayer of thanksgiving. The video of performances was aired, much to everyone's delight.

Students in grades K-4 were featured in one song, students in grades 5-8 in another, and the pre-school students did a dance routine. Lastly, the kindergarten play aired, and then students and grandparents were all invited to “unmute” for a final farewell and exchange of best wishes.

Grandparents from all over the country and even other parts of the world were able to join in the celebrations this year, and the performances were a timely reminder about how blessed the community of Our Lady of Lourdes is to have its students, staff, parents, and grandparents working together to advance the school and parish mission.

OPT

Statement from Cardinal Wilton D. Gregory on the Vatican “McCarrick” Report

On November 10, the Vatican released the Report detailing the Vatican's knowledge, decision-making, and investigation related to former Cardinal Theodore Edgar McCarrick from the years of 1930 to 2017. According to Vatican officials, this report was prepared by the Secretariat of State by mandate of Pope Francis.

After his complete reading of the report, Washington's then Cardinal-Designate Wilton Gregory released the following statement on November 16.

As Archbishop of Washington I naturally began reading the long and difficult report on the Vatican's investigation of Theodore McCarrick with a keen personal interest in how our beleaguered Archdiocese would be portrayed. Almost immediately, though, as anxious as I had been to learn what might be revealed about this local Church I have come to love so much, I realized this was exactly the wrong approach.

In the end, this tragic chronicle is not primarily about individual dioceses. It is about unconscionable human violation and the pain that too many people endured at the hands of a deceitful man who only pretended to want what was best for them in order to get what he wanted for himself. Further, it is about leaders – Catholic leaders – who upon their ordination promised our Heavenly Father that they would always put His precious people first; yet, through failures of competence, communication and culture, they seem to have completely mismanaged what they came to know about this devious man.

The Vatican's report demands to be viewed through the eyes of the survivors and their loved ones without prejudice to where they may have first encountered Theodore McCarrick or where they may be today. As has happened too often in recent history, it revealed to me and to you dark corners of our Church of which I am deeply ashamed and profoundly angry – again. It pushed into sunlight a culture that has too often served not to build up our cherished Catholic Church – Jesus Christ's greatest Gift to us – but to undermine it, far beyond the amoral ecclesiastical tenure of a single fallen cleric. Those of us in leadership have

too often failed to understand, to acknowledge, to respond to, and to prevent the damage done to our innocent faithful – minors and adults.

In the report there were mercifully no revelations of sexual abuse alleged to have been perpetrated in this Archdiocese, and while I am of course grateful for that, it provides little comfort. I promise you with all my heart that our vigilance in the Archdiocese of Washington will continue – we will support the healing of those who have been harmed, our protocols for reporting and responding to these crimes will continue unabated

of the Holy Catholic Church, one must never again feel constrained to come forward and speak out. Pope Francis has already put into place procedures designed to uncover the truth in such cases of clerical and hierarchical wrongdoing.

The Church has taken a step forward, albeit much delayed, in looking honestly at both this particular case and at the future of ecclesial accountability. How large and how enduring a step remains to be proven to the countless people we have disappointed. There are challenges to our integrity that must be overcome before we can move

“Those of us in leadership have too often failed to understand, to acknowledge, to respond to, and to prevent the damage done to our innocent faithful – minors and adults.”

and with renewed vigor, our safe environment efforts on behalf of those of every age will reflect the very best practices available.

Even so, as I read the Vatican text I felt such deep sorrow for those who should have been able to rely on the ministers of Christ's Church to protect and respect them. Instead they found themselves abused by a man who may have been outwardly charming and gregarious, but who allowed himself to be motivated by his own sinful gratification rather than the diametrically opposite Gospel call to go and make disciples for Jesus Christ. For a priest of His Church there can be no greater failing, except possibly to be aware of such incongruity and, in response, do nothing.

Persons who communicated anonymously about McCarrick's behavior must have feared retribution from the structures and persons that shielded him. When harm is being done in the Name

forward, and yet paradoxically it seems we can't move meaningfully forward until that integrity is restored. This will require time and transparency, contrition and commitment, prayer and reconciliation, authenticity and humility. I humbly beg for God's Mercy for myself and for my brothers in the episcopacy. I implore our Heavenly Father to shower His Grace upon all whose faith has been tested too often by what we have done and what we have failed to do.

Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

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2021 Senior Services Guide



Connecting the Generations

By Leah Bradley, Executive Director,
Empowering the Ages

Empowering the Ages is a non-profit focused on transforming lives through facilitating and nurturing relationships across all generations. We connect people to each other and their communities to share, learn, and feel valued. As the Co-Founder and Executive Director of Empowering the Ages, I have a special passion for our organizational mission. I had a very close relationship with my grandparents, and through learning about my family's past, I learned to appreciate all those who came before me and that we all have something to offer others. It's through learning about my family history that I learned that my great-great-aunt Edith Stein became Saint Teresa Benedicta of the Cross. While known for her teachings and her passion for her beliefs, she was also my grandfather's favorite aunt and a beloved family member.

It's our past that connects us to our pres-

ent and our future. It's teaching, learning and sharing that creates community. The Empowering the Ages' Crossing Paths program, a program sponsored by Catholic Charities DC and the Archdiocese of Washington, brings older adults and high school students together on a weekly basis. Participants have meaningful conversations and learn about each other's experiences in different generations and cultures, and gain perspective on history and hope for the future.

Starting this summer and continuing into the school year, Empowering the Ages hosted on-going virtual programs pairing students from Connelly School of the Holy Child with residents of Byron House. This fall, we started weekly discussions with students at Don Bosco Christo Ray with residents of Tribute at Melford and Springvale Terrace.

According to one student participant from Holy Child, "This program has truly opened my eyes to the other side of my community

I never really had the opportunity to communicate with before. I see this program as an opportunity to fill a social gap and discourage the negative stereotypes among generations, as well as build relationships and learn new things. I feel this program is especially wonderful to participate in during this difficult and sad time in our world. I am excited to continue spending time with the residents and continue this amazing experience!"

Empowering the Ages staff provide aging sensitivity training for students, and, alongside school staff, act as facilitators for the Zoom discussions. The many conversation topics have ranged from careers, to holiday celebrations, to school life, to sports, to travel experiences, with all participants both asking and answering questions.

As shared by a staff member of one the Crossing Paths senior community partners, "The past months dealing with the Covid virus has left many of our residents feeling lonely and isolated. I can assure you, their

participation in your Crossing Paths program has brightened their spirits and rejuvenated a sense of worth and purpose in the community. Since we started "Zooming" with the students, it has become an integral part of the resident's week. They speak about the students, look forward to the meetings, and anxiously wait for the next week's set of questions! I can't thank you enough for including us in your program. It is wonderful to see our residents excited to share their life experiences with your students."

We are enthusiastic to continue this work and expand our Crossing Paths programs so we can connect, empower and learn from each other. Consider joining our Crossing Paths program to offer an opportunity for your community members to stay connected and feel less lonely and isolated during this challenging time. Contact eta@empoweringtheages.org, 301-476-0186 or visit www.empoweringtheages.org to learn more.

OPT



Catholic Health Care Planning Video

Continual advances in medical technology bring many blessings but they may also pose complex ethical questions. Who will make decisions about your medical care if you get very sick or are nearing the end of your life?

A new one-hour on-demand webinar offered by the Maryland Catholic Conference will walk you through Catholic teaching, health care directives, and understanding options such as hospice or palliative care from experts who include Rev. Michael

DeAscanis, STL, attorney Shannon Hammond, and nurse practitioner Joan Panke.

Watch the video plus get a Catholic-friendly advanced directive (available in English and Spanish) for use in Maryland, resources on Catholic teaching, tips for talking with your family about your wishes, and more at mdcatholic.org/endoflife.

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Victory Haven Opened A Haven for Seniors Opens in Damascus

Victory Haven, a 72-unit affordable rental community for seniors in Damascus, opened this summer. The four-story apartment building is near St. Paul Catholic Church, the town library and senior center. Developed by Victory Housing, the nonprofit affordable housing development arm of the Catholic Archdiocese of Washington, the community

includes 54 one-bedroom and 18 two-bedroom apartments available to house-holds with incomes at or below 30%, 40%, 50%, and 60% of area median income. Rents range between \$820 and 1,505. Residents of thirty of the households will pay only 30% of their income towards rent.

Continued on page S12





Architect's rendering of The Seneca of Rockville

New Assisted Living Community Coming to Rockville

Construction is underway on The Seneca of Rockville, a \$76 million senior housing community at the northwest corner of the intersection of West Gude Drive and Route 355 adjacent to the King Farm mixed-use community. The anticipated opening date is in late summer 2021. The facility will have 116 assisted living and 30 memory care apartments. Floor plans range from studio to one and two-bedroom apartments. The Seneca of Rockville is being developed by Dallas-based Silverstone Senior Living. It is the first property for Silverstone in Montgomery County. Watermark Retirement Communities will operate the facility. Based in Tucson, Arizona, Watermark

currently manages 58 communities in 21 states. Watermark communities feature dozens of classes and regular outings for residents. The six-story building, expected to be open by 2022, will be approximately 155,000 square feet in gross floor area and will include an underground parking garage. Amenities will include a wellness center and spa, art studio, massage services, salon, gaming and billiards rooms, multiple dining venues as well as multipurpose community spaces designed for lectures, live performances, spiritual or special programming.

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Age Increases Risk of Hospitalization for COVID-19 Patients

Older adults are at greater risk of requiring hospitalization or dying if they are diagnosed with COVID-19. As you get older, your risk of being hospitalized for COVID-19 increases. Eight out of ten COVID-19 deaths reported in the U.S. have been in adults 65 years or older.

	Hospitalization	Death
18-29 years	Comparison Group	Comparison Group
30-39 years	2x higher	4x higher
40-49 years	3x higher	10x higher
50-64 years	4x higher	30x higher
65-74 years	5x higher	90x higher
75-84 years	8x higher	220x higher
85+ years	13x higher	630x higher

Visit cdc.gov/coronavirus for steps to reduce your risk of getting sick.

CDC Has Information For Older Adults at Higher Risk

8 out of 10 COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://cdc.gov/coronavirus) for steps to reduce your risk of getting sick.

cdc.gov/coronavirus



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TV Mass recordings are closed to the public due to the COVID-19 pandemic. The TV Mass is recorded without the presence of a congregation and is closed to the public.

To receive *Celebrate!* – the free TV Mass newsletter – email communications@adw.org with your email address. Subscribers will receive notice when the TV Mass recordings are once again open to the public.

OPT

Ways to Safely Sell your Home during COVID-19

By Jan Brito and Laura Quigley, Realtors

Have you decided it is time to move, but are nervous about safety? The traditional method of selling a home with unlimited buyer showings and open houses may feel daunting, but there are ways to ease this concern and to keep everyone safe.

The good news in most areas is, it is a seller's market, due to a severe lack of homes for sale. Today's buyers are serious, they know what they want and are ready to purchase. Buyers have purchased sight unseen, only viewing a video or a having a FaceTime call with their agent.

The traditional way to sell a home is to market to the largest audience possible. This approach enhances competition and often results in the best price, terms and conditions for the seller. However, there are times when listing your home "quietly" or as a "private exclusive" can limit the inconveniences and safety concerns of frequent showings. A serious buyer may be willing to make an offer before the home ever hits the open market. Some sellers start with this approach then



move to the full market approach if a buyer has not been found.

Here are some safety steps to help protect you and your family when selling your home:

- Work with a full time Realtor who will provide professionally created video tours and floor plans, so prospective buyers can first view the home on-line before they come in person
- Work with a Realtor who will provide a Safety Station at the entrance of the home including masks, gloves, shoe covers, and hand sanitizer
- Showing Appointments should be limited in length (15-30 minutes) and must not overlap to keep a minimal number of people in the home at one time.
- Have all the lights on and inter-

rior doors ajar to make sure all features of the home can be seen while limiting touching surfaces

- Sanitize all surfaces at the end of the day after all showings have been completed.
- If you're open to weekend open houses, your Realtor should only allow one group into the home at a time and monitor to make sure proper personal protection is maintained.

You may prefer to move into your new home prior to selling your current home. Some senior communities and real estate companies offer bridge loans or other programs to help pay your new expenses while your home is on the market.

Lastly, with today's low interest rates, buyers will pay more for an updated, move-in ready home. If your home needs a little TLC or updating, the work can be done once the home is vacant without worry about sharing space with contractors. Some real estate companies offer programs that fund these updates at no cost, with repayment occurring at settlement from the proceeds of the sale.

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(301) 924-4424
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(301) 816-5056
Capacity: 98

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(301) 570-3190
Capacity: 44

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Rebecca House

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(301) 656-8823
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(Capacity > 20)

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(301) 493-7881
Capacity: 64

Arden Courts of Potomac

10718 Potomac Tennis Lane
Potomac, MD 20854
(301) 983-3620
Capacity: 52

Arden Courts of Silver Spring

2505 Musgrove Road
Silver Spring, MD 20904
(301) 847-3051
Capacity: 52

Asbury Methodist Village

333 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4003
Capacity: 164

Aspenwood

14400 Homecrest Rd
Silver Spring, MD 20906
(301) 598-6424
Capacity: 55

Bedford Court

3700 International Drive
Silver Spring, MD 20906
(301) 598-2900
Capacity: 76

Brighton Gardens at Friendship Heights

5555 Friendship Boulevard
Chevy Chase, MD 20815
(301) 656-1900
Capacity: 154

Brighton Gardens of Tuckerman Lane

5550 Tuckerman Lane
North Bethesda, MD 20852
(301) 897-8566
Capacity: 111

Brightview Bethesda Woodmont

4907 Rugby Avenue
Bethesda, MD 20814
(240) 800-7566
Capacity: 132

Brightview Falls Grove

9200 Darnestown Road
Rockville, MD 20850
(240) 314-7194
Capacity: 100

Brightview West End

285 North Washington Street
Rockville, MD 20850
(301) 250-1628
Capacity: 98

Brookdale Olney

2611 Olney Sandy Spring Road
Olney, MD 20832
(301) 570-2611
Capacity: 94

Brookdale Potomac

11215 Seven Locks Road
Potomac, MD 20854
(301) 765-9198
Capacity: 139

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8100 Connecticut Avenue
Chevy Chase, MD 20815
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Capacity: 31

Friends Assisted Living

17350 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7511
Capacity: 24

Ingleside at King Farm

701 King Farm Road
Rockville, MD 20850
(240) 499-9015
Capacity: 46

Ingleside at King Farm

1615-B Piccard Drive
Rockville, MD 20850
(240) 499-9015
Capacity: 36

Kensington Park Retirement Community

3616-3618 Littledale Road
Kensington, MD 20895
(301) 946-7700
Capacity: 160

Kingshire Manor Assisted Living

9701 Medical Center Drive
Rockville, MD 20850
(301) 315-1900
Capacity: 34

Maplewood Park Place Health Care Center

9707 Old Georgetown Road
Bethesda, MD 20817
(301) 530-0500
Capacity: 29

Continued on page S14



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Available Based on Eligibility

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during these challenging times.

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- Bathing assistance
- Optional Medication Administration

For more information and eligibility requirements
call 301-244-3579 or email marketing@homecresthouse.org

For video tour and application, please visit: www.homecresthouse.org
14508 Homecrest House Road ♦ Silver Spring, MD 20906



Three Things You Can Do Now!

Being Prepared in the Time of COVID-19

This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared – both for ourselves and the people we care about. Here are three important things each of us can do, right now, to be prepared.

#1 Pick your person to be your health care decision maker

Choose a healthcare decision maker (often known as a proxy, agent, or health-care power of attorney)—a person who will make medical decisions for you if you become too sick to make them for yourself.

- Have a talk with your healthcare decision maker to make sure they know what matters most to you. A simple guide to help you choose a health care decision maker is available at theconversationproject.org
- Make a plan to talk with your decision maker as soon as possible. Phone calls or video chats are good if you don't live with that person. Fill out an official form naming your healthcare decision maker. Give one copy of the filled-in form to your decision maker and one copy to your health care team.
- Get a free health care decision maker form from the Maryland Catholic Conference at www.mdccatholic.org/end-of-life or download a form for free from



theconversationproject.org.

- In a time of social distancing, you may not be able to create an official legal document. That's okay! Writing it down is still better than nothing!

#2 Talk about what matters most to you

Talk with your important people and decision maker about what matters most.

- The Conversation Starter Kit available at theconversationproject.org can help you get ready to talk to others about what matters most.
- If you have already completed the

Conversation Starter Kit or have an Advance Directive, review it with your loved ones to see if you want to make any changes or updates. After you talk to your loved ones about what matters, talk to your health care team.

- Call your primary care provider or specialist to set up a telehealth visit to talk about this. Knowing what matters to you helps your care team provide the care most appropriate for you.

#3 Think about what you would want if you became seriously ill with COVID-19

People who are older or have chronic medical conditions are more likely to become very sick if they get COVID-19. Some will recover with hospital care, but even with ventilator support many will die. Think about what you would want if you became very sick at this time. Fill out the forms available at www.mdccatholic.org/endoflife and theconversationproject.org.

The Conversation Project is an initiative of the Institute for Healthcare Improvement, a not-for-profit organization that is a leader in health and health care improvement worldwide.

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(301) 983-9600

TTY: 711

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www.VictoryTerrace.com

Maximum income guidelines apply.



A Field Guide for People with Disabilities

Choosing a High-Quality Medical Rehabilitation Program

The National Rehabilitation Hospital Center for Health and Disability Research has prepared a free consumer guide to help you find the right rehab program for you or your family member.

Selecting a high-quality medical rehabilitation program after you experience an injury or illness can be hard to do. You want a rehabilitation program that will give you the best possible care and that takes into account your own circumstances. For instance, you will want a program that considers how well you get around, the type of transportation you use, where you live, your level of family support, and your insurance coverage. You also want a program that will help you to become as independent as you can be in your daily living.

When it comes time to choose a rehabilitation program, where do you start? How can you tell which rehabilitation programs offer high-quality services that will meet your needs, and which programs will not? Unfortunately, people often must decide where to go for rehabilitation when they do not have the time to gather details about all available programs. Typically, decisions about which rehabilitation program to use are made when a person is already in an acute care hospital. If someone has not talked with you or a family member within the first few days after being admitted to a hospital, ask to see a hospital social worker. The social worker can help you begin the process of choosing a rehabilita-



tion program.

The goal of this 56-page guidebook is to help you to choose a high-quality rehabilitation program. It includes four major parts. Part 1 describes medical rehabilitation—what it is, how it can help you, and the different rehabilitation professionals who will work with you. Part 2 discusses health insurance plans so that you can understand what your plan will and will not cover. Part 3 talks about the different types of rehabilitation programs available to you, and Part

4 looks at ways that can help you find a high-quality rehabilitation program to suit your needs.

At the back of this guidebook, you will find a glossary of terms.

The electronic edition is available at <https://search.naric.com/public/choosingquality.pdf>. The print edition may be ordered at https://naric.com/sites/default/files/Pubs%20List%202015_0.pdf.

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Phone: (202) 374-1240

www.CHCHhomecare.com

E-Mail: chchhomecare@yahoo.com



Our clients:

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- ◆ After hospitalization patients
- ◆ Children with Special Needs
- ◆ Alzheimer's
- ◆ Dementia
- ◆ Parkinson's
- ◆ Stroke
- ◆ Other health conditions

Mailing Address:

Chevy Chase Home Care
P.O. Box 70623
Chevy Chase, MD 20813

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

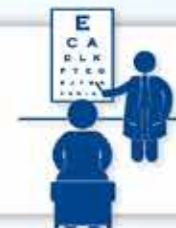
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
@NCOAging

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"Falls are the leading cause of fatal and non-fatal injuries for older Americans."
— National Council on Aging



MoCo Caregiver Podcasts

Every month Montgomery County produces two new free Podcast episodes developed especially for local caregivers. The Podcasts feature rewarding audio interviews, practical resources, helpful supports and quality of life engagement. Each Podcast episode is under 30 minutes. No special software or downloads are required.

The new offerings in December are:

Episode #31 KEEP ON MOVING

Guest: Andrew Peck-McClain with The Parkinson's Foundation of the National Capital Area provides an excellent introduction to the support and resources available to County residents.

and

Episode #32 TOGETHER WE ARE RESILIENT

Guest: Pazit Aviv with the County's HHS Aging and Disability Services lead this region's (neighbors helping neighbors) Village program and during the COVID-19 pandemic has coordinated community providers on a new Food Access Call Center.

To access all the MoCo Caregiver Podcasts, visit: <https://moco-caregiver.blogspot.com/search/label/PODCASTS>

The MoCo Caregiver Podcast series is published by Montgomery County Department of Health and Human Services, Aging and Disability Services - Caregiver Support Program

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Taking Care While Being a Good Neighbor

As you reach out to help others during the Covid-19 pandemic, please protect yourself and those you are serving by taking the following precautions developed by Montgomery County's **Office of Emergency Management & Homeland Security** and **Department of Health and Human Services**:

- Stay home unless you must be out for essential reasons.
- Stay home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- Keep away from others who are sick.
- Limit close physical contact with others as much as possible (about 6 feet).
- Call, email, or text your neighbors who may need help.
- If they are in need of immediate emergency care, call 911.
- Limit your help to non-contact activities. For example:



- Leave groceries on the doorstep. (Do not enter their house.)
- Make sure to thoroughly wash your hands before touching anything you deliver to them.
- To promote social interactions and combat loneliness, speak with neighbors on the phone or by video chat (versus going into their homes) on a regular basis.
- Conduct research on their needs and provide them with resources or connect them directly with help such as feeding, transportation to medical appointments, animal services, etc.
- Alert authorities if you think that a neighbor is in danger.
- Create an online network for your community.
- Remember to protect yourself first! Do not put yourself or others at risk.

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Did you know

There are realtors that specialize in helping seniors figure out their next move?

Meet the Brito Associates

Seniors Real Estate Specialists® (SRES®)

Helping you and your family evaluate your options and create a success plan to accomplish your goals. We can help you from start to finish!

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Associate Broker, DC | MD | VA

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Realtor® DC | MD

240.753.2208

laura.quigley@compass.com

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 5471 Wisconsin Ave Suite 300, Chevy Chase, MD 20815 | 301.298.1001

COMPASS

Montgomery County Comprehensive Care Facilities and Extended Care Facilities (Nursing Homes)

Althea Woodland Nursing Home

1000 Daleview Drive
Silver Spring, MD 20901
(301) 434-2646
Capacity: 50

Arcola Health and Rehabilitation Center

901 Arcola Avenue
Silver Spring, MD 20902
(301) 649-2400
Capacity: 151

Autumn Lake Healthcare at Oakview

2700 Barker Street
Silver Spring, MD 20910
(301) 565-0300
Capacity: 138

Bedford Court Healthcare Center

3701 International Drive
Silver Spring, MD 20906
(301) 598-2900
Capacity: 60

Bel Pre Healthcare Center

2601 Bel Pre Road
Silver Spring, MD 20906
(301) 598-6000
Capacity: 92

Bethesda Health and Rehabilitation

5721 Grosvenor Lane
Bethesda, MD 20814
(301) 530-1600
Capacity: 195

Brighton Gardens of Tuckerman Lane

5550 Tuckerman Lane
North Bethesda, MD 20852
(301) 897-8566
Capacity: 39

Brooke Grove Rehab & Nursing Center

18131 Slade School Road
Sandy Spring, MD 20860
(301) 924-5176
Capacity: 190

Cadia Healthcare - Springbrook

12325 New Hampshire Avenue
Silver Spring, MD 20904
(301) 622-4600
Capacity: 93

Cadia Healthcare - Wheaton

4011 Randolph Road
Wheaton, MD 20902
(301) 933-2500
Capacity: 116

Carriage Hill Bethesda

5215 Cedar Lane
Bethesda, MD 20814
(301) 897-5500
Capacity: 108

Collingswood Rehabilitation and Healthcare Center

299 Hurley Avenue
Rockville, MD 20850
(301) 762-8900
Capacity: 160

Fairland Center

2101 Fairland Road
Silver Spring, MD 20904
(301) 384-6161
Capacity: 92

Fox Chase Rehabilitation and Nursing Center

2015 East-West Highway
Silver Spring, MD 20910
(301) 587-2400
Capacity: 74

Friends Nursing Home

17340 Quaker Lane
Sandy Spring, MD 20860
(301) 924-7531
Capacity: 82

Hebrew Home of Greater Washington

6121 Montrose Road
Rockville, MD 20852
(301) 770-8310
Capacity: 556

Ingleside At King Farm

701 King Farm Boulevard
Rockville, MD 20850
(240) 499-9015
Capacity: 45

Kensington Healthcare Center

3000 McComas Avenue
Kensington, MD 20895
(301) 933-0060
Capacity: 140

Layhill Nursing and Rehabilitation Center

3227 Bel Pre Road
Silver Spring, MD 20906
(301) 871-2000
Capacity: 118

Manor Care Health Services - Silver Spring

2501 Musgrove Road
Silver Spring, MD 20904
(301) 890-5552
Capacity: 148

Manor Care Health Services - Bethesda

6530 Democracy Boulevard
Bethesda, MD 20817
(301) 350-9000
Capacity: 110

Manor Care Health Services - Chevy Chase

8700 Jones Mill Road
Chevy Chase, MD 20815
(301) 657-8686
Capacity: 172

Manor Care Health Services - Potomac

10714 Potomac Tennis Lane
Potomac, MD 20854
(301) 299-2453
Capacity: 158

Manor Care Health Services - Wheaton

11901 Georgia Avenue
Wheaton, MD 20902
(301) 942-2500
Capacity: 94

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
(301) 530-0500
Capacity: 31

Continued on page S14

Let's Talk Assisted Living.



It's a conversation we've been having with seniors and their families for over 30 years. At Victory Housing, you'll discover our simple and straight-forward approach to assisted living. From all-inclusive rates to individualized care, our award-winning communities offer the ideal setting to call home. **Call or visit us today, let's talk.**



OUR ASSISTED LIVING COMMUNITIES

Bartholomew House
Bethesda • 301-320-6151

Byron House
Potomac • 301-469-9400

Grace House
Silver Spring • 301-924-4424

Malta House
Hyattsville • 301-699-8600

Marian Assisted Living
Olney/Brookeville • 301-570-3190

Raphael House
Rockville • 301-217-9116



www.VictoryHousing.org

A Non-Profit Organization



Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's older residents, all across the state.

All seniors are urged to use the program as a resource during the COVID-19 global pandemic. Senior Call Check phone lines are open M-F 8 am-5 pm and Saturday 9 am-3 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560).

How Does It Work?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls



will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional

calls will be made to notify an alternate person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer may result in a Welfare Check by local law enforcement.

Who Can Participate?

Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone (TTY is available). The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

How to Apply?

Three options available to apply:

1. Online at: <https://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx>

OR

2. Download, print, and mail in the Maryland Senior Call Check Paper Application.

Under RESOURCES, click on Paper Application at: <https://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx>

aging.maryland.gov/Pages/senior-call-check.aspx

OR

3. Call toll-free (866)-502-0560 and ask to have a paper application mailed to your home.

When Do Calls Begin?

Daily calls will not begin until the applicant / participant receives a call to verify all of their information. Verification will include a successful test automated call to both the participant and alternate where

applicable. After all information is validated, a Welcome Packet will be mailed to your home address. The welcome letter will include your start date

for MD Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK

or Register Online
aging.maryland.gov

**+ Live weekly calls!
& Daily Messages**

Landline or Cell Phone
TTY is available 




DRIVE YOUR MISSION

Volunteer today to help seniors in your parish go places.

Senior Rides is the oldest and largest provider of free, escorted, senior transportation in Montgomery County. Giving just two rides a month can make a world of difference in your Parish's community and the life and independence of a senior.



SeniorRides

Seniors. Going Places.

Sign Up Today

www.seniorconnectionmc.org



Comfort & Consolation: Care of the Sick and Dying

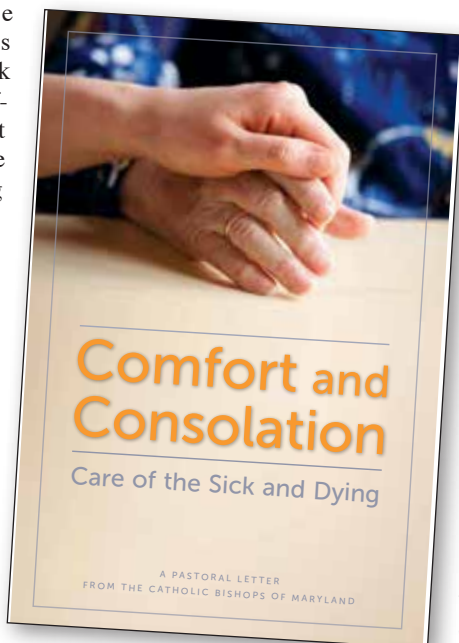
A Pastoral Letter from the Bishops of Maryland

This 48-page booklet helps Catholics think through the often-difficult questions that arise in times of grave illness and impending death.

Developed in light of Catholic teachings and in accord with Maryland law on advance directives, *Comfort & Consolation* includes a practical four-page form, the Catholic Declaration on Health Care Decision Making, which Catholics can use to tell health care providers how they wish to direct their care. It covers spiritual support, nutrition and hydration, pain-relieving medication, terminal illness and pregnancy.

The basic principles of Catholic teaching are often misunderstood. Because the Church opposes both euthanasia and assisted suicide, it is often said that we believe that all possible measures should be used to keep individuals alive. This is decidedly not the case.

Individuals and caregivers have a responsibility to preserve human life through care and medical science. However, this respon-



sibility has moral limits. Extraordinary means that may not alleviate the underlying condition and may excessively burden the patient are not obligatory. Moral decisions about the extent of care should be made in terms of the benefit that may be offered and the burdens that may be imposed, assisted by the medical professional's judgments and a person's sense of what is appropriate.

In addition to the booklet, two new supplementary brochures have been developed:

- Summary Q&A – outlines the main points of

Comfort and Consolation

- Legal Guide – provides practical advice for completing an advance directive that properly reflects Catholic principles and that also includes the Catholic Declaration on Health Care Decision Making.

To order one or more print copies of *Comfort & Consolation* in English or in Spanish, please call 410-269-1155 or 301-261-1979. The booklet is also available free online at: www.mdcatholic.org/endoflife.

OPT



Call us.
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Nurses

Nursing Assistants

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Chaplains

Massage Therapists

Music Therapists

Bereavement Counselors

and Volunteers

A nonprofit hospice providing professional medical end-of-life care, as well as grief support and education.

www.montgomeryhospice.org

Montgomery
HOSPICE

Call us. Any time. Any day.

301-921-4400

When Strokes Aren't Classic

By Vaughn Alex, Montgomery County Stroke Association

There's a time and a place for the classics. Classic art, classic music, even classic cars. However, what about stroke?

There are classic signs of stroke, most often represented by the F.A.S.T. acronym:

- F Facial drooping.
- A Arm weakness.
- S Speech difficulties.
- T Time to act.

Anyone experiencing sudden drooping of the face, difficulty or inability to lift their arm, or an onset of inability to speak clearly is in **immediate** need of medical help to either rule out or treat a stroke. Time is of the absolute essence, and the longer the wait between onset and medi-



cal intervention, the greater the chance of permanent damage or death.

As with most things, though, strokes may present themselves with other than the "classic" symptoms described above. Confusion, severe headache, inability to understand what people are saying, what you are reading, even not being able to see out of one or both of your eyes. Pain and "odd" feelings may also be signs of a stroke. The loss of feeling in an arm may or may not be accompanied by a strange tingling in that arm. Additionally, symptoms of a stroke may present as memory loss or emotional problems. People who have suffered a stroke may be unable to control their feelings or act out.

The signs can be very subtle, or hit you like the proverbial ton-of-bricks.

What's more, these symptoms may be persistent, or, very transitory and brief in nature. Also, they may fluctuate in intensity, then suddenly disappear.

The most important thing to remember is that *any* symptom, whether alone or in conjunction with others, is a signal for

Continued on page S12

How to Spot a Stroke

STROKE TEST: SMILE



STROKE TEST: RAISE ARMS



Even ONE Sign, **CALL 911 NOW**

- Slurred speech ■ Loss of balance ■ Loss of vision
- Weak or numb on one side of body ■ Severe headache

E-mail vislang@kwikpoint.com and tell us if this magnet helped you.

Visual Language Saves Lives
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Villages – Age-in-Place Supported Communities

What is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbors helping neighbors. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

Villages are membership-driven, grass-roots organizations run by volunteers and paid staff to coordinate villagers access to affordable services, including transportation, health and wellness programs, home repairs, social and educational activities and trips.

Villages provide critical neighbor-to-neighbor connections to combat social isolation, improve mobility and access to services, and provide knowledge and support necessary to empower seniors and others to be healthy and secure. The Village Coordinator provides guidance, support and resources to support the creation and sustainability of villages in communities across the County.

Montgomery County is committed to support local initiatives. Resources for active and developing villages are available at: www.montgomerycountymd.gov/HHS-Program/ADS/Villages/resources.html

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ACTIVE VILLAGES IN MONTGOMERY COUNTY

Aging Well With Friends
agingwellwithfriends.org
emitcheil@friendshouse.com

Bannockburn NAN
bannockburncommunity.org/
nan.php
keltym@verizon.net

Bradley Hills village
<https://bhv.clubexpress.com>
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village
bmavillage.org
BMAVillage@gmail.com

Burning Tree Village
burningtrevillage.org
Board@BurningTreeVillage.org

Cabin John Neighbor 2 Neighbor
<http://www.cabinjohn.org/neighbor-2-neighbor/>
301-799-4550 or 4CJN2N@gmail.com

Chevy Chase at Home
chevychaseathome.org
info@chevychaseathome.org

East County Senior Village
eastcountyvillageseniors.org
scsaunders33@outlook.com

Friendship Heights Neighbors
fhneighbors.org
information.fhnn@gmail.com

Kemp Mill Village
kempmillvillage.org
kempmillvillage@gmail.com

King Farm Neighbors Village
www.KFNV.org
301-799-8104

Little Falls Village
littlefallsvillage.org
info@littlefallsvillage.org

Greater Stonegate village
greaterstonegatevillage.org
240-918-7989

Manor Connections
manorconnections.org
info@manorconnections.org

Mill Creek Village
millcreekvillage.wordpress.com
mctvillage@gmail.com

Muslim Community Center
mccmd.org/mccseniors
snegm@aol.com

North Chevy Chase Connections
<http://northchevychasecon.wixsite.com/nccc>
NorthChevyChaseConnections@gmail.com

Olney Home for Life
olneyhomeforlife.org
info@olneyhomeforlife.org

Parkside village
www.parksidevillagemd.org
parksidevillagemd@gmail.com

Potomac Community Village
potomaccommunityvillage.org
info@PotomacCommunityVillage.org

Silver Spring Village
silverspringvillage.org
info@silverspringvillage.org

Somerset Helping Hand
Helping-Hand
301-657-3211,
kfnvinfo@gmail.com

Town of Garrett Park Senior Committee
garrettpark-md.gov/c/411
garrettpark2@comcast.net

Villages of Kensington
villagesofkensingtonmd.org
villagesofkensington@gmail.com

The Village at Kentlands and Lakelands
villagekentlandslakelands.org
franrandolph@gmail.com

Village of Takoma Park
villageoftakomapark.com
villageoftakomapark@gmail.com

Wyngate and Maplewood Neighbors Helping Neighbors
wnhn.org
wnhn.help@gmail.com

VILLAGES IN DEVELOPMENT IN MONTGOMERY COUNTY

North Bethesda Village
northbethesdavillage@gmail.com

Pump House Village
pumphousevillage@gmail.com

City of Rockville Villages
Rockville City (RAVE) (20850, 20851)
pevans@rockvillemd.gov

Twinbrook Village
twinbrookvillage@gmail.com

Source: Montgomery County Department of Health and Human Services



Making time FOR YOU AND YOUR LOVED ONE

Being a family caregiver is a rewarding, yet challenging responsibility that can be filled with moments of joy and frustration. **Ingleside** recognizes the delicate balance of caring for oneself while supporting a loved one living with Alzheimer's or other dementias. It's time to take care of **both** of you.

For a limited time, **Ingleside Memory Support** is offering a 30-day trial respite stay at our engaged community. Experience our person-centered program and extraordinary respite care services. **Contact us for more information—call today!**



INGLESIDE AT KING FARM
240-624-7807
www.ikfmd.org/memorysupport



A not-for-profit life plan community

Enrich Your Life at OASIS Lifelong Learning Center

Online lectures and discussion groups offer something for everyone!

C OVID-19 has impacted all of us – particularly seniors over the age of 60. Through a partnership with Suburban Hospital, Washington Metro Oasis is working hard to keep you safe and connected through online classes for senior learners. OASIS offers programs in health, technology, arts & humanities and more.

Visit OASIS at <https://washington-metro.oasisnet.org> to:

- Find the courses that most interest you!
- View and print a calendar of classes for the next two weeks.
- View the most up-to-date list of all upcoming classes.

OASIS online offerings are designed to help you stay active, healthy and engaged. Staff understands the challenges of adapting to new technology. If you need help learning to use Zoom on your computer or mobile device, email OASIS at washingtonmetro@oasisnet.org.

OPT



STROKES

Con't from page S10

immediate medical attention. Any symptom, whether severe or mild, is enough reason to seek immediate medical attention.

There are different types of stroke, due to clots cutting off blood to an artery (ischemic), or bleeding into the brain (hemorrhagic). How you will be treated depends on being diagnosed quickly enough to begin the appropriate treatment.

The time to treat, though, may be measured in only minutes. Once a stroke begins to present symptoms, no matter how mild, medical intervention is needed immediately to limit the damage. The period to administer clot busting drugs

such as tPA (Tissue Plasminogen Activator) or to use physical methods such as stent retrievers to mechanically remove a clot is measured in mere hours. This time-frame is reduced by the need to recognize and diagnose the location of the clot.

One study showed that of 60% of those treated with both tPA and stent retrievers were able to live independently, as opposed to only 30% who were treated solely with tPA. In the United States, stroke is the number five cause of death. However, it is the number one cause of permanent disability.

In law, there is a phrase, "Time is of the essence." With a stroke, it can be said that time is life itself.

OPT

VICTORY HAVEN

Con't from page S1

Building amenities include a large community space on the first floor, a library with an adjacent computer center, a game/TV room, a fitness center, and a wellness room for visiting healthcare professionals. In-unit features include luxury vinyl plank floors, LED lighting, Energy Star appliances, high-efficiency heating and cooling, and individual washer/dryers. In addition, Victory Haven will be an environmentally responsible community that meets LEED New Construction standards.

OPT

Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.

Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks

Try these:



Nutrient-dense snacks



Fruit products with added sugars



Fresh fruit



Regular cola



Water flavored with fruits or vegetables

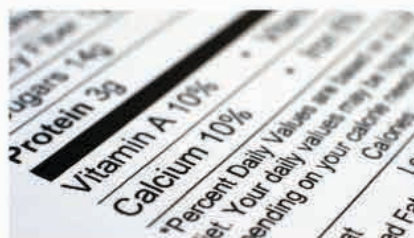
Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.



Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



HOW MANY CALORIES DO YOU NEED EACH DAY?

WOMEN

Not physically active

1,600 cal.

Moderately active

1,800 cal.

Active lifestyle

2,000–2,200 cal.



MEN

Not physically active

2,000–2,200 cal.

Moderately active

2,200–2,400 cal.

Active lifestyle

2,400–2,800 cal.



Visit www.nia.nih.gov/health/healthy-eating and www.choosemyplate.gov to learn more.

NIH National Institute on Aging

Workout to Go: Mini Exercise Guide

Build up your strength, flexibility, and balance with this free workout routine. These exercises are the best for older adults, at home or on the go.

Are you just starting to exercise? Getting back into a routine after a break? Wanting to keep up your physical activities away from home? The 13 exercises in this sample workout can help. In this booklet, you'll find easy-to-follow strength, balance, and flexibility exercises that you can do anytime, anywhere.

One of the great things about physical activity is that there are so many ways to be active. This workout is only one of them. The secret to success is to be creative, find activities you enjoy, and keep going. This sample workout is part of Go4Life®, an out-reach campaign from the National Institute on Aging at NIH to help you fit exercise and physical activity into your daily life.

Available free from NIA, to download the PDF or to order a print edition, visit: <https://order.nia.nih.gov/view-all-publications>.

For more exercises, motivational tips, and other free materials, visit: www.nia.nih.gov/go4life



OPT

Assisted Living Primer

How are you doing with your ADLs? The term “activities of daily living,” or ADLs, became widely used by gerontologists starting in the 1980s to refer to the basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring (e.g. from a bed to a chair). Helping seniors with their ADLs is the purpose of assisted living.

When people are unable to perform these activities, in order to cope they need help, either from other human beings or mechanical devices or both. Although persons of all ages may have problems performing the ADLs, prevalence rates are much higher for the elderly than for the non-elderly. Measurement of the activities of daily living is critical because they have been found to be significant predictors of the use of paid home care, alternative living arrangements, nursing homes, physicians and hospital services.

In the late 1980s and early 1990s the assisted living industry – blending aspects of both the hospitality (hotel) and the healthcare industries – evolved to provide assistance with ADLs in private-pay, congregate-living settings. Sunrise Senior Living in McLean (Va.) was the industry pioneer and is one of the largest providers of assisted living in the United States with more than 400 communities in 37 states. In addition to help with ADLs and assistance with medication, most



assisted living communities provide three meals a day in restaurant settings, leisure activity programs, and limited transportation services.

It's important to know what assisted living is not. It is not skilled nursing, and it is not regulated by the Federal government. Residents of assisted living communities who develop needs beyond help with ADLs and medications – who need the constant care and supervision of healthcare professionals – may have to be discharged to nursing homes.

Maryland has developed a three-tiered approach to licensing and regulating assisted living facilities. The major variable is the type and degree of assistance with medications that is authorized. Level I

licensees (mostly smaller group-home facilities) may only provide “assistance with taking medication or coordinating access to necessary medication and treatment.” Level II licensees are permitted to “administer necessary medication and treatment, including monitoring the effects of the medication and treatment by staff.” Level III licensee responsibilities may include “monitoring or arranging for monitoring of the effects of complex medication and treatment regimens, ongoing therapeutic intervention or intensive supervision to manage chronic behaviors.”

In practice, this means that only Level III facilities are qualified to provide care for Alzheimer's suf-

Continued on page S16

Wherever patients call home, we can provide hospice care.



Home is the most comfortable place of all, and the place to provide hospice care. The house you've lived in for decades, or an independent, skilled nursing or assisted living facility. Any patient, family member or friend can contact us anytime, 24/7.

240.264.1692
heartlandhospice.org/Beltsville

Heartland 
Hospice Care

Montgomery County Comprehensive
Care Facilities and Extended Care Facilities
(Nursing Homes) Continued from page S8

Montgomery Village Health Care Center

19301 Watkins Mill Road
Gaithersburg, MD 20879
(301) 527-2500
Capacity: 147

Oak Manor Center for Rehabilitation and Healthcare

3415 Greencastle Road
Burtonsville, MD 20866
(240) 970-5600
Capacity: 150

Peak Healthcare at Sligo Creek

7525 Carroll Avenue
Takoma Park, MD 20912
(301) 270-4200
Capacity: 102

Potomac Valley Rehabilitation and Healthcare

1235 Potomac Valley Road
Rockville, MD 20850
(301) 762-0700
Capacity: 175

Regency Care of Silver Spring, LLC

9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
Capacity: 92

Shady Grove Nursing and Rehabilitation Center

9701 Medical Center Drive
Rockville, MD 20850
(301) 315-1900
Capacity: 134

Sterling Care Rockville Nursing

303 Adclare Road
Rockville, MD 20850
(301) 279-9000
Capacity: 100

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 160

Wilson Health Care Center

301 Russell Avenue
Gaithersburg, MD 20877
(301) 216-4004
Capacity: 285

Source: Maryland Department of Health and Mental Hygiene



The Continuum of Care

Selling the house and moving to a retirement community can create enough stress for the entire extended family. To have to then pick up and move to an assisted living facility when you need help with an ADL or two, and then move again to a nursing home when your clinical acuity level continues to increase is too much for many seniors to even contemplate. Enter the CCRC – Continuing Care Retirement Community. CCRCs offer the full range of senior housing options – independent living, assisted living, and skilled nursing – all on one

campus or in one building.

Most CCRCs are at the upper end of the cost spectrum of retirement communities. Continuing Care Retirement Communities, also known as Life Care Communities, offer a secure, stimulating and protected environment for seniors, with access to medical and nursing services, should the need arise. There are a range of contract agreements, terms, entrance fees and monthly service fees which are set by the individual CCRC and regulated by the Maryland Department of Aging.

OPT

Montgomery County Assisted Living Facilities

Continued from page S4

Meadows

1635 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 64

Olney Assisted Living LLC

16940 Georgia Avenue
Olney, MD 20832
(301) 570-0525
Capacity: 64

Springvale Terrace, Inc.

8505 Springvale Road
Silver Spring, MD 20910
(301) 587-0190
Capacity: 59

Sunrise at Fox Hill

8300 Burdette Road
Bethesda, MD 20817
(301) 469-8005
Capacity: 105

Sunrise at Montgomery Village

19310 Club House Road
Montgomery Village, MD 20886
(301) 921-0445
Capacity: 100

Sunrise of Bethesda

4925 Battery Lane
Bethesda, MD 20814
(301) 657-6880
Capacity: 178

Sunrise of Chevy Chase

2201 Colston Drive
Silver Spring, MD 20910
(301) 588-0484
Capacity: 196

Sunrise of Rockville

8 Baltimore Road
Rockville, MD 20850
(301) 309-0500
Capacity: 89

Sunrise of Silver Spring

11621 New Hampshire Avenue
Silver Spring, MD 20904
(301) 625-8655
Capacity: 84

The Landing of Silver Spring

13908 New Hampshire Avenue
Silver Spring, MD 20904
(301) 388-7700
Capacity: 144

Tribute at Black Hill

312 Baltusrol Drive
Darnestown, MD 20874
(410) 401-5262
Capacity: 154

Village at Rockville (The)

9701 Veirs Drive
Rockville, MD 20850
(301) 424-9560
Capacity: 57

Woods

1612 Hickory Knoll Road
Sandy Spring, MD 20860
(301) 260-2311
Capacity: 48

Source: Maryland Department of Health and Mental Hygiene

Montgomery County Continuing Care Retirement Communities (CCRCs)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Mr. Rob Liebreich
Executive Director
(301) 330-3000

Bedford Court

3701 International Drive
Silver Spring, MD 20906
Ms. Janet S. Bradley
Executive Director
(301) 598-2900

Brooke Grove

18100 Slade School Road
Sandy Spring, MD 20860
Mr. Dennis Hunter
Executive Director
(301) 924-2811

Friends House Retirement Community

17340 Quaker Lane
Sandy Spring, MD 20860
Mr. Ron Jennette
Interim Chief Executive Officer
(301) 924-5100

Ingleside at King Farm

701 King Farm Boulevard
Rockville, Maryland 20850
Ms. Michelle Kraus
Executive Director
(240) 499-9031
SEE AD PAGE S11

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20814
Ms. Barbara Harry
Acting Executive Director
(301) 571-7400

Riderwood Village

3150 Gracefield Road
Silver Spring, MD 20904
Mr. Gary Hibbs
Executive Director
(301) 572-8316

The Village at Rockville

9701 Veirs Drive
Rockville, MD 20850
Mr. Kyle Hreben
Executive Director
(301) 424-9560

Source: Maryland Department of Aging

Pets Can Help Alleviate Stress, Anxiety, and Depression

By Kendall Van Blarcom

As animal lovers know, there are many benefits to having a pet. While it is true that pets can help alleviate stress, they are also a responsibility. If you are considering getting a pet, talk to a personal support coach about what you are expecting and how to choose the right pet for you and your lifestyle.

Having a furry friend can provide companionship for individuals who are lonely and, depending on the animal, can provide opportunities to get outside and connect with others. The right animal companion can bring so much joy to life.

When you choose the right pet, you are bringing affection and companionship into your home. The love people share with their animals is clear when you listen to friends and family describe their pets as one of the family. Many find that pet ownership helps to buoy their moods.

Long-term mental health concerns can be managed, in part, with animal interactions. Pets provide emotional support and socialization. Plus, for individuals who live alone and do not have much companionship, animals bring routine and a feeling of



security.

Be Sure You Choose the Right Pet

While the health benefits of pets are clear, it is important to mention that the right animal needs to be chosen. For example, if a person does not have the time or energy to care for a dog, adopting a puppy is not advised. After all, dogs will need to be taken outside at least three times every day. Plus, they need to be fed and played with regularly.

It is important to note that even low maintenance animals such as fish can help to soothe our worries. Watching them swim can be a way out of our own thoughts.

Some find researching the best animal breed to match their lifestyles helpful. For instance, some older adults find the affectionate dog breed of Bichon Frise to be a

good match. This breed does not shed and they are happy with a few short walks a day.

If you are interested in getting a pet, discuss your lifestyle and pet preferences with a staff member at a pet adoption center. They have experts on hand who will discuss different pet personalities with you. Together, you can determine what be best for your situation. This will typically include discussions about your energy level, if the animal will be near children, and what expenses may be involved.

Knowing that pets can help alleviate stress, think about if a pet could improve your daily life. There are many resources to help you choose a pet. For some a cat is an ideal choice, a snuggly friend who does not need to be taken out and is happy to spend an afternoon on the couch with their human companion. Others want a dog who will accompany them on walks. Or even a fish tank may be on your mind.

Discuss your options with a counselor and a pet adoption specialist. Then, you can choose the perfect furry friend for you.

OPT

Source: SeniorNews.com

Hiring In Home Elder Care

A Resource Guide from Montgomery County

Most older adults want to stay independent for as long as possible. They want to stay in control of their lives and live in their homes or apartments among familiar surroundings and friends. Sometimes ensuring the best for your loved one requires hiring an outside care provider. This Resource Guide describes various types of care providers and suggestions to manage in-home elder care.

There are many types of elder care and this Resource Guide lists advantages and disadvantages of working with agencies or with independent care providers.

- Should I hire an agency or hire someone on my own?
- How can I make sure that all care needs are attended to?
- How can I find someone I can trust?

Learning how to answer these and other questions will help

you hire in-home elder care with confidence. This guide is designed to help you determine the most effective way to find, hire and supervise

in-home care providers for your individual needs and preferences. Included are practical aides to help you throughout the process: a practical checklist to identify the tasks required to be completed by your homemaker; a sample

homeworker position description, a sample application, and a sample employment agreement.

As you use this Resource Guide you may have queries or may need additional information (access to County supports and programs, a list of home care agencies, referrals for other services, etc). You are encouraged you to call: Montgomery County's Aging and Disability Services helpline: 240-777-3000

OPT



SERVING MONTGOMERY COUNTY

It's Good to be Home.

Montcordia provides a superior level of care to adults aging at home to help them stay as independent as possible.

We support families by addressing:

- Companion Care
- Personal Care
- Geriatric Care Management
- Assistive Technology

Schedule a brief consultation today.

240.331.5627 | montcordia.com



 Montcordia

Hospice Care: Finding Meaning in the Gentle Journey

By Kip Ingram, Director
of Bereavement Care at
Montgomery Hospice

Recognizing the whole person is one of the most important values associated with the hospice movement. That we are physical, emotional and spiritual beings informs the kind of care and support hospice provides. While medical concerns are vitally important, just as significant is what someone thinks and how they might feel, the values and beliefs they hold, and the meaning by which they live. This is especially important given the medical uncertainty and concerns for professional, caring support that our society is experiencing.

For many, life's meaning is tied to profound spiritual concerns and values shaped by a faith tradition. For those who stand within such a tradition, we in hospice want to acknowledge and honor that important place in someone's life, and we seek to enable individuals to draw upon the rich resources that their tradition offers. We do this through a multi-disciplinary team of professional supporters who address medical, emotional, and spiritual concerns that might arise. Our chaplains are available to foster a supportive connection between a family and their parish community, and to provide additional spiritual support when



needed. In doing this, we recognize the importance of a meaningful connection to a faith tradition for many individuals. Facing this time in life does not mean giving up on life. For many, it is another step in the journey of faith, a step to be taken in full awareness that this time can also have its blessings and sacred moments.

Dame Cicely Saunders, founder of the hospice movement, once wrote: "You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die." At Montgomery Hospice and Prince George's Hospice, our motto is "to gentle the journey" for our patients and families - for us, this means to help each individual life be as good as it can be for as long as it can be. So we offer the best in medical care, protecting the safety of those we care for, and we honor the meaning by which a person lives at such a time in life.

OPT

Hospices Serving Montgomery County

Caringmatters, Inc

518 South Frederick Avenue
Gaithersburg, MD 20877
(301) 869-4673

Heartland Hospice Care

12304 Baltimore Avenue, Suite A
Beltsville, MD 20705
(240) 264-1692

Holy Cross Home Care And Hospice

10720 Columbia Pike,
2nd Floor
Silver Spring, MD 20901
(301) 557-4663

Jewish Social Service Agency Hospice

6123 Montrose Road
Rockville, MD 20850
(301) 881-3700

Montgomery Hospice Inc

1355 Piccard Drive,
Suite 100
Rockville, MD 20850
(301) 921-4400

PRIMER

Con't from page S13

ferers.

Because assisted living communities frequently charge extra fees for their various services, comparing per diem rates can be misleading. Many facilities have cafeteria plans based on levels of service.

Each Assisted Living residence is required to complete a Uniform Disclosure Form describing its services and policies. Fee structures for assisted living vary, with some facilities charging a single fee based on the resident level of care while others provide an "a la carte" menu of services. It is important

to understand what is included in the base monthly rate, what services require an additional charge, and circumstances under which fees may increase. The Uniform Disclosure Form includes fee information and is required to be filed with the Office of Health Care Quality as part of an application for licensure. The Uniform Disclosure Form must be made available upon request or be part of the Assisted Living marketing materials.

The Maryland Health Care Commission maintains an excellent web-based Consumer Guide to Long Term Care (<http://mhcc.maryland.gov/consumerinfo/long-termcare/>), which includes helpful facility Search and Compare fea-

tures and links to several consumer checklists.

Assisted living facilities in Montgomery County with three or fewer residents and those with 18 or more are inspected every year. Facilities with more than three but fewer than 18 are inspected at least once every three years. Inspections (called 'surveys' in the health care industry) are performed by Montgomery County's Public Health Services acting as agent for the state's Office of Health Care Quality (OHCQ). The most recent survey will be made available to a prospective resident by facility's administrator upon request.

OPT

United States Department of Agriculture

visit **choosemyplate.gov** for healthier options during the holidays

<p>tweak the sweets</p> <p>fruits make delicious desserts</p>	<p>cheers to good health</p> <p>drink water to manage calories</p>
<p>bake healthier</p> <p>use recipes with pureed fruits instead of butter or oil</p>	<p>spice it up</p> <p>use spices and herbs instead of sugar and salt</p>
<p>brighten your meal</p> <p>fill half your plate with fruits and vegetables</p>	<p>skim the fat</p> <p>try skim evaporated milk instead of heavy cream</p>
<p>swap the grains</p> <p>choose whole wheat flour instead of white flour</p>	<p>go easy on the gravy</p> <p>a little bit of gravy goes a long way</p>



The color guard before the beginning of the Commemorative Holy Mass on November 8 at OLQP in Silver Spring: SK Andy Michaels, SK Jacek Marczyński, SK Richard Okreglak, Dr. Edwarda Buda-Okreglak, Col. Paweł Marzęda of the Embassy of the Republic of Poland, SK Franklin Morton (Deputy GK), SK David Birely (Grand Knight)

November Remembrances

By Bożenna Buda, ED

Many of us whose roots are in Poland have special traditions that we observe in November. The day after All Saints' Day, we begin Wypominki. This is the month-long custom of praying publicly for our dearly departed by submitting their names to be read aloud in church, with accompanying prayers. It is a way to remember our deceased family members, friends, pastors, and others, and to pray for them in a special way.

On November 11, we commemorate Poland's Independence Day (after 123 years in captivity from 1795 to 1918, and then again for nearly 50 years after World War Two). We celebrate this occasion at Holy Mass, as well as with concerts and speeches, because our Polish heritage includes our faith. On November 8 at noon, OLQP Pastor Fr. Jerzy Frydrych celebrated the commemorative Holy Mass which was requested by PACWMAD (Polish American Congress, Washington Metro Area Division). Groups and individuals participated including OLQP Parish Knights of Columbus St. Maximilian Kolbe Council 16634, Polish American Congress Washington Metro Area Division, Polish Legion of American Veterans (PLAV), Polish Scouting Organization-ZHP, and the Embassy of the Republic of Poland.

Fr. Frydrych noted in his homily our heritage and the fact that it included so much sacrifice. It was faith and hope which sustained our predecessors in their struggles, and now it is our turn to continue the legacy. Father quoted from St. John Paul II's homilies during his first Apostolic visit to Poland in 1979, "My fellow-countrymen, with the greatest warmth I again give thanks, together with you, for the gift of having been baptized more than a thousand years ago." And, additionally, "So, before going away, I beg you once again to accept the whole of the spiritual legacy which goes by the name of 'Poland', with the faith, hope and charity that Christ poured into us at our Holy Baptism."

During these challenging times, we are thankful for our faith community and for so many other blessings, including the gift of Pope St. John Paul II and his enduring homilies.

OPT



After the celebration of the commemorative Holy Mass by OLQP Pastor Fr. Jerzy Frydrych on Nov. 8, 2020, at Our Lady Queen of Poland Parish, Silver Spring. Front row: Dr. Edwarda Buda-Okreglak (PLAV), SK Richard Okreglak (PLAV), OLQP Pastor Fr. Jerzy Frydrych, Col. Paweł Marzęda (Polish Embassy of the Republic of Poland, Deputy Attache), Bożenna Buda (Polish Scouting Org ZHP and PACWMAD), SK Jacek Marczyński (PACWMAD). Back row: Thaddeus Mirecki (Pres. PACWMAD), SK Andy Michaels, SK Stefan Witczak, SK Franklin Morton (Deputy GK).

Council 16634 "Leave No Neighbor Behind" Initiative

The St. Maximilian Kolbe Knights of Columbus Council 16634 at Our Lady Queen of Poland (OLQP) Parish in Silver Spring is active in the "Leave No Neighbor Behind" initiative. Last month they delivered the food collected at OLQP Parish to the Little Sisters of the Poor in Washington, D.C., for distribution to families and communities affected by the Covid-19 pandemic. They are grateful to OLQP Pastor Fr. Jerzy Frydrych and OLQP parishioners for their generosity. We should note that the St. Maximilian Kolbe Council 16634 was honored this year for achieving the Star Council Award for 2019-2020.



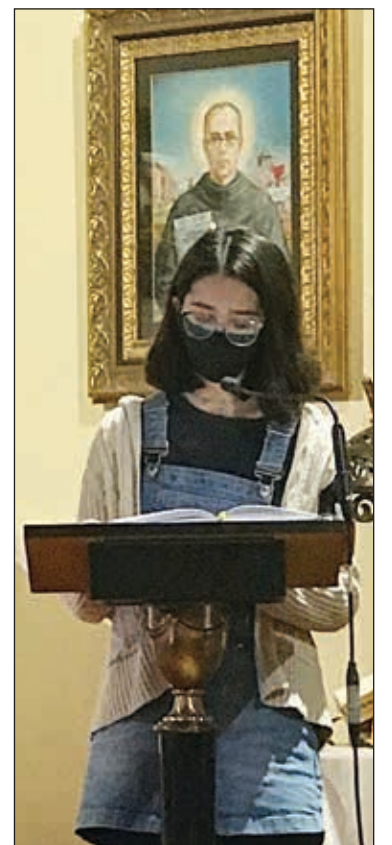
Above, St. Maximilian Kolbe Knights of Columbus Council 16634 members Andy Michaels, David Birely GK, Franklin Morton Deputy GK and members of Fr. Rosensteel Council loaded the collected food for delivery to the Little Sisters of the Poor for the "Leave no neighbor behind" initiative.

At left, Saint Maximilian Kolbe Council 16634, GK David Birely with the Sisters of the Poor and others, when they delivered the collected food for the "Leave No Neighbor Behind" initiative.



Above, these are some of the youths who will be preparing for First Holy Communion in the year 2021 at Our Lady Queen of Poland Parish in Silver Spring: Andrzej, Alek, Emilia, and Carolina. Fr. Frydrych and Sr. Danuta are working with the First Holy Communion and Confirmation classes.

At right, the youth of OLQP Parish are active in the liturgy. Aleksandra B. was the lector for both readings during the Holy Mass on Nov. 8, 2020.



Our hard-working and diligent scouts were awarded this colorful merit badge, at right, from the Polish Scouting Organization ZHP USA for their distance work at home during these Covid-19 pandemic times. It translates to, "Although we cannot meet [in person], we continue to function."



**Our Lady
Queen of Poland**
9700 Rosensteel Avenue
Silver Spring, MD

**Rev. Jerzy Frydrych,
S. Chr. Pastor**
301-589-1857

Bożenna Buda, OPT Editor
301-495-3377
bbudadc@gmail.com

Thanksgiving and Christmas 2020 Holiday Meal Baskets

On Saturday, November 14, 2020, the Mother Seton Parish social concerns ministry had a food donation drive, to help families less fortunate in our Germantown community.

The parish-wide outreach Thanksgiving & Christmas 2020 holiday meal baskets drive-through event took place in the MSP parking lot. Volunteers received non-perishable food items, also Giant and Safeway gift cards to help with the cost of turkeys, rolls/butter, and desserts for the families in need.

Marianne Upton, one of the event coordinators, expressed these words of gratitude. "Thank you so much for your generous contributions to our recent Social Concerns Ministry Drive-Through Food Collection! Your donations enabled the Parish to provide bountiful Thanksgiving and Christmas meal bags to 45 deserving local families. May God bless you for your thoughtfulness and kindness to those less fortunate!"



Drive-Through Food Collection



Thanksgiving Baskets



Grateful Volunteers

OPT

Collection for the Little Sisters of the Poor

The Knights of Columbus, Father Horace B. McKenna Council #11024 hosted a collection for the Little Sisters of the Poor on Saturday, November 21, 2020. The collection took place in the Mother Seton Parish parking lot. Many parishioners donated non-perishable food items, fresh vegetables, disinfecting cleaning supplies, computer paper, Giant gift cards, as well as medical supplies and cash donations.

The Knights and the Little Sisters of the Poor wish to thank all the people who donated and were involved in the success of this event and for their great generosity. This collection will provide much needed aid to those in need who come seeking a helping hand from the Little Sisters.

OPT



Above, Working Together



Above, Thank you!



At left, Little Sisters of the Poor Collection



At left, Little Sisters of the Poor

At right, Knights of Columbus



Virtual Giving TREE 2020

Mother Seton Sodality of Our Lady is collecting donations for the 2020 Giving Tree! To help the families who are facing financial challenges this Christmas holiday and respect the ongoing health concerns, this year's Giving Tree selection is virtual through Sign-Up Genius. The families receiving our gifts this year will benefit from gift cards to Walmart,

Target, or Kohls for the adults, and new, unwrapped, age-appropriate toys for the children (newborn to 15 years old). Parents will also be provided with sufficient wrapping paper, tape and bows so they can wrap their children's gifts.

Making your virtual selection

To select either a family (number) or individual(s), please go

to: www.signupgenius.com/go/10C0D45A9A722A2FCC16-mother

Donations of wrapping paper, bows, or tape will also be accepted.

Gift collection: Entrance of the Parish Center on December 12th (12 noon to 5:00 pm) AND December 13th (8:00 am to 1:00 pm). Attach a label or mark the gift card or toy with your selected

family's number AND (if the gift is for a child) indicate age and gender.

For any additional questions or concerns, please send an email to Sodality at: MSPgivingtree2020@gmail.com.

OPT

Mother Seton Parish

19951 Fr. Hurley Boulevard
Germantown, MD

Fr. Lee Fangmeyer
Pastor

301-924-3838

Brenda Rosado
OPT Editor

Bulletin@Mothersetonparish.org

St. Martin's Parish News and Notes

Presence: The Mystery of the Eucharist

Fr. Tony D'Souza and Deacon Bill Vita presented a 4-part series exploring the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture to its profound role in the life of the Church and its members. The presentations were recorded and are now available on St. Martin's YouTube channel at: www.youtube.com/c/StMartinofToursGaithersburgMD/videos.

St. Martin's Pantry

The Food Pantry has been serving record numbers of families since late October. Please consider donating non-perishable food items. Drop off times are Mondays 6:30am to 1pm, Fridays 9:30am to 1pm, and Sundays 2pm to 5pm. Shortages are posted weekly at <https://www.stmartinsweb.org/st-martin-s-pantry>.

COVID-19 Testing

Since mid-October, St. Martin's Parish has been offering free COVID testing for its community members. Testing occurs every few weeks on Sundays, with convenient drive-up service at Fr. Meyer's Field.

OPT

Crusader Spirit Reigned!

By Anne Gemunder

This fall's Spirit Week, sponsored by our Student Council, was a perfect blend of fun, family, and friendly classroom competition. School spirit is as important as ever at St. Martin's, as some of our students are learning in the building and others are working remotely from home. Regardless of the venue, just about everyone joined in the theme-day events. Pride was at stake, with the winning class being awarded the Crusader Shield, a tradition started last year at Fall Fun Day, which was a competition-packed field day held at Bohrer Park in Gaithersburg.

This exciting week started off with a Family Fun Day theme. Since Monday was a Collaboration Day for teachers, the students had a day off from school to enjoy with their families. For some, it was a day of hiking, biking, cooking, or competing. Others filled their day of fun by watching movies, picking pumpkins, raking leaves, or playing board games. A few families even visited museums and attended Halloween-themed events.

Day Two was Stuffed Animal Day. Students could either bring their favorite plush animal or



St. Martin's students enjoy Stuffed Animal Day during this fall's Spirit Week. Photo courtesy of St. Martin's School

dress like one. It was a cozy sort of day to have a warm and fuzzy friend by your side.

Day Three was Back to the Future. Students could dress as younger versions of themselves or as the people they planned become in the future. Many of our students dressed as adorable tod-

dlers or very accomplished doctors, CEOs, and Superheroes.

Day Four was a Holiday Day. Students dressed up as their favorite holiday. Thanksgiving, Christmas, and Easter themed outfits made early appearances, and still others dressed to celebrate Valentine's Day, St. Patrick's Day,

and the 4th of July.

The grand finale took place on Friday, when we celebrated Halloween, one of the favorite themed dress-up days of the year. Although we were not able to hold our traditional costume parade, each class held a party with festive treats supplied by parents. At the end of the day,

the announcement was made that two classes had boasted 100% participation throughout the week and would share possession of the Crusader Shield for the year. Congratulations to Pre-Kindergarten and Third Grade, and to all who helped share our Crusader Spirit!

OPT



Despite a pandemic recess is still a great time for St. Martin's students play and have fun together. Photo courtesy of St. Martin's School

SISTERS

Con't from page 1

order was founded in 1804 by St. Julie Billiart (canonized in 1969), and Françoise Blin de Bourdon. Their mission was to educate — they promised God “to form school teachers for the country areas,” according to the order's website. Originally founded in France, the motherhouse was moved to Namur, Belgium in 1809, after which the order became the Sisters of Notre Dame de Namur.

The Sisters came to the United States in 1840, where they established their first school in Cincinnati, Ohio. From there they founded schools and convents across the entire East Coast. Given their mandate to teach in rural areas, it is not surprising that the Sisters located on K Street in Washington, DC, eagerly accepted pastor Fr. Cuddy's

invitation to teach Sunday school out in the hamlet of Gaithersburg, 15 miles from the city. The first Sunday school class was held in October 1923, with 35 students.

Determined to have the Sisters teach more than Sunday school, Fr. Cuddy began building the original school building during the summer of 1924. In September 1925 the first Catholic school in Montgomery County opened its doors. For the first few months, the Sisters commuted from downtown DC to Gaithersburg each day by train or car. By February 1926, Fr. Cuddy had purchased 4 acres of property across Frederick Road from the church, renovated the existing house (which was built ca. 1890), and renamed it as “Notre Dame Convent” for the teaching sisters.

The Sisters would live at our parish until June 1973 when they left the school, which transitioned to a lay teaching staff. At least 87 Sisters of Notre Dame de Namur

served at St. Martin's during their 50 years at our parish, and their impact on the life of the parish and community cannot be underestimated.

The school again benefited from the leadership of women religious when Sister Sharon Ann Mihm, CSC, was hired as school principal in 2005. Sister Sharon is a Sister of the Holy Cross whose Motherhouse is located in Notre Dame, Indiana. Serving from 2005 to 2013, she often said she could see the Presence of Christ in the teachers, staff and families that she was honored to serve. Sister Sharon continues to visit the parish frequently while she continues her work at Holy Cross Hospital in the Spiritual Care Department.

The convent house is now known as “Fr. Meyer House,” named for our pastor emeritus who lived there after the sisters' departure. Also on that 4-acre lot are the parish rectory, completed in 1998, and a new

convent house which was built for a new group of sisters.

In 2008, St. Martin's again invited an order of nuns to help serve the parish community. The Dominican Sisters of Our Lady of the Rosary of Fatima is a Puerto Rican religious congregation, founded in 1949 in Yauco, Puerto Rico, by the Servant of God Mother M. Dominga Guzmán Florit, OP. They are affiliated with the Order of Preachers. Their Charism is the evangelization of families, as shown in their motto, “Bringing Christ to the Family and the Family to Christ.”

The first sisters to serve at St. Martin's lived in a nearby apartment complex, as the Fr. Meyer house was no longer habitable. By 2011, a new convent, located behind the rectory and Fr. Meyer's house, was completed. Living on the property has helped the sisters integrate more fully into the busy parish life. They have worked extensively in family ministry, reli-

gious education, and social work. Their ever-present joy and enthusiasm help to make our parish a warm, welcoming family, as they willingly contribute to all parish activities. We hope this beneficial relationship continues long into our second century as a parish.

OPT

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The Distance Learning Versus On Campus Environment at Holy Cross

by Eighth-Grade Student, Isabella Amador

Holy Cross School has done a phenomenal job creating a rigorous and engaging learning experience for both distance and onsite learners. As a student that has experienced both forms of education, I think the school has done well accommodating all students regardless of whether they are studying at home or in a traditional classroom.

I learned from the comfort of my dining room for my first month of eighth grade. I quite enjoyed the experience because of how included I felt in class discussions and small groups. I was able to actively participate in class and gain a strong understanding of topics. Even though I was physically separated from my teachers, it felt as if I was sitting right in the classroom, learning with my onsite friends. Through online resources such as Zoom, Google Classroom, Edpuzzle,

Padlet, Jamboard, and Quizziz, we were able to continue our education even from afar. Holy Cross had already used sources like these before the pandemic, which meant they were very prepared and handled lockdown extremely well.

Every month, a supply pickup is scheduled for all the distance-learning students; they receive folders or bags containing materials needed for future lessons. This way, students continue to participate in class using items that are given to onsite learners. For example, I remember receiving seeds, fertilizer, and potting soil in the beginning of the year, which I then used to grow clovers for an experiment I conducted at home during science class! Distance learning at Holy Cross is a remarkable experience that I highly recommend.

While I learned remotely earlier this year, I recently returned to school for in person

instruction. After not being able to directly see my friends for so long, I was very happy to sit in class with them. The school has taken very strong precautions to ensure the safety of all of its onsite students. All students are required to wear a facemask and abide by social-distancing guidelines. Each desk is also surrounded by a box of tape on the floor, marking six feet in all directions to ensure this distancing. In addition, each desk has a plexiglass divider in front of it, and every classroom also has its own personal hand-sanitizer dispenser. To remind students to wash their hands for the recommended amount of time, the restrooms contain posters that detail proper hand-washing methods. To make sure that the school is sanitary, every Friday is virtual for all students in order to give the school an extreme deep clean for the week. These precautions make attending school safe for all students.

I am very happy to be back on campus and socialize with my friends. Students are allowed to now eat lunch outside with other classmates while following social-distancing rules, and sometimes classes can also take place outdoors as well. Specials such as art and physical education also occur during the week as it used to before the pandemic. Mask breaks are also given frequently to all students.

In conclusion, Holy Cross School has been an exemplary model in education during the Coronavirus outbreak. I have been satisfied with my experience in both models of learning: onsite and virtual. Through both, I have felt accommodated and safe. I am happy to be able to continue my education through the pandemic, and I am very grateful for the efforts the staff has taken to ensure that students can continue to learn despite these trying times.

OPT



An Eighth Grade student shares the beautiful cards she made during Art class to send to her grandparents.

Grandparents and Special Friends Day Goes Virtual!

A Virtual Grandparents and Special Friends Day event was held on November 24th to uphold the Holy Cross School's tradition of celebrating the bonds between grandparents and special friends, and the children in their lives. Although reimagined this year, the event still conveyed a message of love from Holy Cross to our cherished guests.

Guided by Art teacher, Mrs. Betsey Foley, students created cards with a handwritten message inside to send to grandparents or special friends. In addition, a pre-recorded video that included a brief

prayer service; a special message from Principal Lisa Kane, images of students engaging in lessons and activities; and memories from last year's Grandparents and Special Friends Day event was shared on our website for all to enjoy.

Principal Kane stated, "Although we could not host loved ones on campus this year, we felt it was essential to celebrate this special day and to help keep loved ones connected to the Holy Cross students in their lives." Many grandparents and special friends shared feedback on the event indicating how much they enjoyed it. Mrs. Margy Tritschler, grandmother of three students shared, "I thoroughly enjoyed the grandparents and special friend's day video. It was beautifully put together and gives us a picture of how the school is managing to teach in spite of the current pandemic. There were a lot of happy faces and beautiful smiling eyes!"

We pray that it will soon be safe to welcome grandparents and special friends back to campus as our honored guests!

OPT

Celebrating Mass Outdoors at Holy Cross

Holy Cross Church in Garrett Park has been blessed with a wonderful pastor, Father Robert Buchmeier. When Montgomery County lifted their COVID-19 restrictions on places of worship in June 2020 allowing for drive-in religious services, Father Robert, with the support of parishioners, willingly offered Holy Mass outdoors on Sunday mornings at 9:30am, on a makeshift altar set up on the church portico and with music provided by our keyboardist and cantor.

Volunteers coordinate parking so that those who wish to remain in their cars can view the altar and hear the Mass. Some families bring blankets and chairs and find a comfortable place on our beautiful spacious lawns under the canopy of trees.

One parishioner noted that attending Mass out-

Continued on page 23



Father Rober Buchmeier, behind the altar on the church portico, and Father Mathias to his right, at an outdoor mass held this summer.



In November, Holy Cross Church and School combined efforts and collected hundreds of bags of non-perishable food, pantry basics, baby supplies, and Giant gift cards for Catholic Charities, Saint Jude's Pantry, Linkages to Learning, and Mid-County United Ministries. Middle school students loaded the transport vehicles sent by the charitable organizations.

Holy Cross Parish

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Fr. Robert Buchmeier, Pastor
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Holy Cross School

Lisa Maio Kane, Principal
301-949-0053

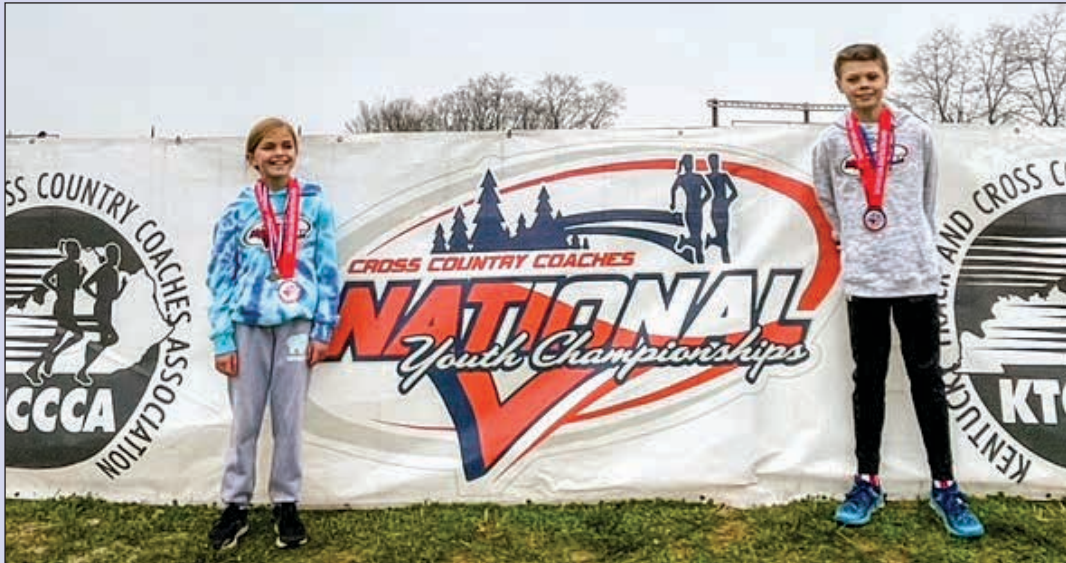
Lurana Hogan, Parish Editor
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Mercy Students Compete in National Youth Cross Country Championship

Our Lady of Mercy students, fourth-grader Clara Aschenbach and fifth grader Owen Heilman competed at the Cross Country Coaches National Youth Championships in Lexington, Kentucky last month. Top runners from all over the country travel to Kentucky to have the opportunity to race against the best. Both Clara and

Owen started their training program over the summer to prepare for this race and their hard work has paid off! Clara finished 11th in the 3000 meter 9 year old girl's race with a time of 13:08 and Owen finished 4th in the 3000 meter 11 year old boy's race with a time of 10:58. Congratulations Clara and Owen!

OPT



Two Mercy students take medals at the National Youth Cross Country Championship



A final school Mass in celebration of Bishop-elect Byrne

Farewell Bishop-Elect Byrne

Mercy said farewell to our beloved Pastor Father William Byrne who was appointed as the new Bishop of the Diocese of Springfield, Massachusetts. Although social distancing requirements kept us from having a traditional celebration, we found a few ways to share our gratitude for his five years of

spiritual guidance and his joyful presence in our lives. An outdoor school Mass was held during his final week, students shared their "5 favorite things about Father Bill," and members of the school and parish staff held a "clap-out" as he made his final walk from the church to the Rectory. We will miss him (and his black lab Zelig) dearly!

OPT

A Christmas Pageant Re-imagined

Planning for one of Mercy's most beloved traditions is underway. We are excited to be bringing our families a virtual program that will be as beautiful and joyful as in the past! We plan a schoolwide zoom broadcast of the recorded pageant on the evening of December 17, the night the pageant would have been held in the church.

OPT

Helping New Mothers and Newborn Babies

Mercy seventh graders collected items for 25 newborn baby care packages. They will be delivered after Thanksgiving to Catholic Charities. A great effort by the whole school!

OPT

Christmas Masses

In order to practice social distancing, the Masses for Christmas will require reduced capacity in the church and reservations are required for attendance. On December 1, reservations were accepted online and by the end of the day all of the Masses for Christmas Eve had been reserved. The 4PM Mass will be live streamed for those who attend online. A Communion service will be offered outside on Christmas Day at 12:30 PM.

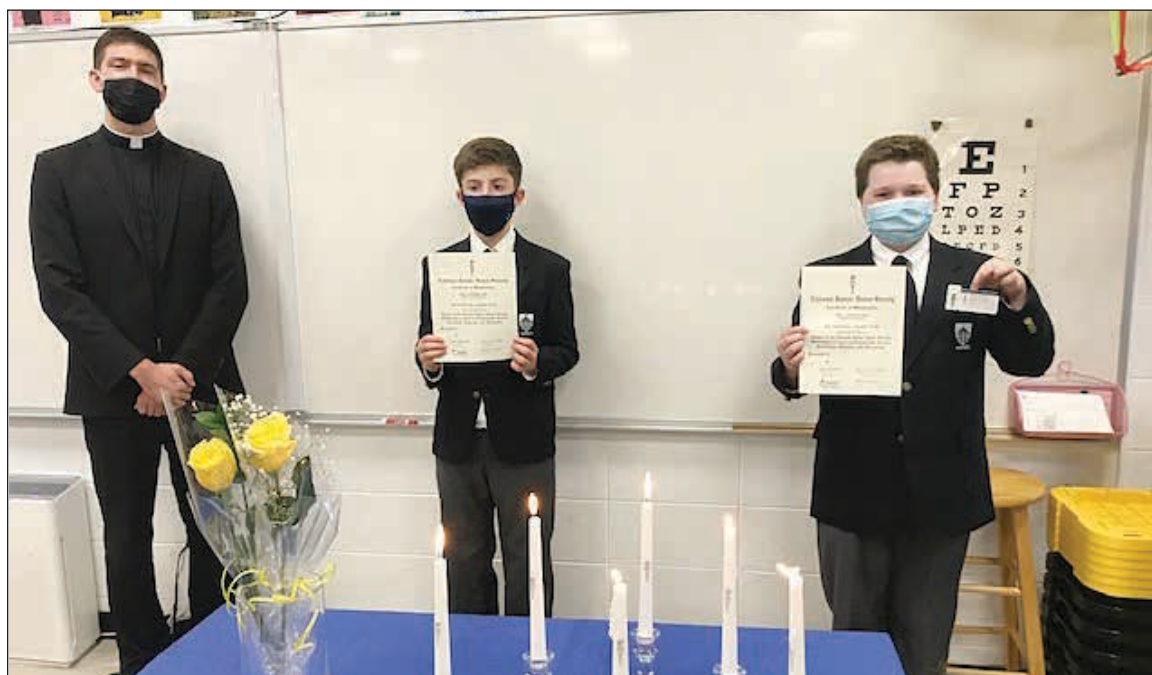
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Our Lady of Mercy School
Mrs. Doreen Engel,
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301-365-4477

Gerry Burgess, OPT Editor
301-330-5676



Mercy's Newest NJHS Members!

Congratulations to Mercy seventh-graders Bobby Lannan and Ryan VanHuysen! Our newest National Junior Honor Society members. Bobby and Ryan were inducted into the NJHS during a zoom ceremony last week.

Bishop-Elect Byrne

Our pastor is now Bishop-Elect Byrne. He will be ordained and installed as the Bishop of Springfield, Massachusetts on December 14. His diocese has a catholic population of just under 165,000. The people of Mercy parish will miss him, but he is a talented and faithful servant of the church and he will serve the people of the Diocese of Springfield well.

In his honor, Our Lady of Mercy parishioners made donations to the purchase of his bishop's crosier. Due to covid restrictions, the parish had to use

a little creativity, and celebrate our pastor with a car parade after the 12:30 outdoor Mass, rather than a reception. Cars lined the school driveway and both sides of Kentsdale Drive to get in line to offer good wishes. Many cards and spiritual bouquets were collected. There were a few tears, but they were outnumbered by the laughter generated by an abundance of happy memories.

Mercy's new pastor will be Monsignor Charles Antonicelli, a native of New Jersey who was ordained a priest of the Archdiocese of Washington in

1993. He has served in parishes in Maryland and Washington, D.C. He will be joining the parish in the middle of January.

In the meantime, Father Joe Cwik, our Parochial Vicar will keep things in order along with Father Bill Garrott O.P. who will be in residence to assist the parish until Monsignor Antonicelli arrives in January. Father Bill has preached parish missions throughout the United States and Canada. In the past, he has visited Mercy to preach, offer Mass and confession for a Mercy parish mission.

OPT

All Saints' Day Tradition Continues

Every year, fourth graders at Saint Peter's look forward to participating in a beloved and long-standing school tradition, the "Hall of Saints." Each student is assigned a saint to research and report on. In a typical year, after they complete the project, the students dress as their saints and lead the processional for the All Saints' Day school mass, followed by a live gallery in the Parish Hall. Students from other grades, parents, faculty, staff, and clergy walk through the gallery and listen to the saints "come alive" and speak about their lives and work.

"The Hall of Saints project is designed to teach the students how to conduct research through the use of books and media, organize information, and be creative in putting together a formal presentation at the end," said Mrs. Eunice Pak, Saint Peter's fourth grade teacher. "I didn't want the students to miss out on this long-standing tradition so this year, due to the pandemic, I modified the project and changed it



Saint Lucy



Saint Teresa of Calcutta



Saint John Paul II



Saint Michael

to an online presentation, and a virtual "Hall of Saints" video gallery.

Media specialist, Mrs. George worked with the students on how to create a slides presentation, and music teacher Mr. Nguyen provided tips on producing video recordings.

Fourth grader, Lucy Myers enjoyed learning about her name saint. "The most interesting thing I learned about Saint Lucy was the miracles that she performed. In one miracle, she prayed to Saint Agatha and her mother was healed of a life-long illness," said Myers. "I also really enjoyed creating the costume and the challenge of figuring out how to attach the candles to the wreath I wore on my head."

"I have 30 students in my class and each one of them put their heart into these projects. I am so proud of them and I hope they got a chance to learn about some amazing role models – people to help guide us in our lives," said Mrs. Pak.

To view the virtual Hall of Saints video gallery, visit www.stpetersschoololney.org

OPT



Middle School students were excited to return to campus in November

News & Notes

All Grades Have Begun Hybrid Learning

Saint Peter's began the school year with all students participating in distance learning. Students who opted to return for in-person learning did so in three phases based on grade level. As of November 2, all grades, pre-K through eighth grade, have begun hybrid learning. Students who have chosen to continue distance learning participate in a live stream of in-person class-

room lessons.

Virtual Enrollment Sessions

Saint Peter's began hosting virtual enrollment sessions in October and they will continue into 2021. The virtual sessions provide small groups of prospective families the opportunity to ask questions and learn about the school's programs, curriculum, and culture, directly from Saint Peter's Principal, Assistant Principal, Development Director and parent volunteers. Sessions take place on Wednesdays at 10 a.m. and last approximately one hour. Visit www.stpetersschoololney.org to register for an upcoming session.

Reimagining Family Events

Saint Peter's Home & School Association has adapted traditional family events, or created new events, to continue to provide safe ways for families to stay connected. A Virtual Bingo was held on November 50 families participated and enjoyed a fun night of

Continued on page 23

Time to Celebrate!

On September 24, Saint Peter's was designated an Exemplary High Performing National Blue Ribbon School for 2020 by the U.S. Department of Education. While the traditional types of all-school celebrations couldn't take place, faculty and staff found a unique way for the whole community to celebrate safely; a Blue Ribbon car parade!

Families were encouraged to show off their Panther Pride by decorating their cars. Large blue balloon arches greeted families as they entered and exited the parade route, which wrapped around the school. Along the way, families enjoyed waving to faculty and staff, who were decked out in blue and celebrating with noisemakers.

OPT



Families decorated their cars to celebrate the school's National Blue Ribbon designation

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St. Peter's School
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301-774-9112
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Stephanie Serna Klinger, shown with the inspiration for her volunteer work at St. Raphael School. Photo by MJ Zafis-Garcia



Trifecta! St. Raphael School's ninth annual Angels on the Run 5K and 1-miler pivoted to virtual as runners participated via the JustMove app for the distance of their choice. "At the Quiros home, we had first place (Daniel, kindergarten), second place (Isabel, SRNS 4's), and third place (Mariel, future SRNS student)," said St. Raphael parents Cynthia and Jaime Quiros. "It was so much fun participating in this event. Thank you for this great idea!"



Roger Pardo—with his wife, Natalie, and their children—was instrumental in equipping SRS to provide virtual instruction during the pandemic. Photo by MJ Zafis-Garcia

SRS Announces Volunteer and Business Partner of the Year

By Teri Dwyer

Each autumn, the Catholic Business Network of Montgomery County celebrates a volunteer and a business partner from each school. This year, we congratulate and thank Stephanie Serna Klinger as our St. Raphael School Volunteer of the Year and Roger Pardo and Viper Unified Communications as our SRS Business Partner of the Year. Both were recognized at CBN's annual Gala on Dec. 3.

In a school with many generous helping hands and fabulous volunteers, Stephanie Serna Klinger stands out. School events, Stephanie is there. In the middle of the action, Stephanie is planning setup, organizing fun, and making it come together. Surrounded by her husband and friends, she gets the job done. As president of our Home & School Association, Stephanie recruited and collaborated with our roster of class representatives, orchestrated regular communications with parents and staff, and ensured that our calendar was filled with events to punctuate each season for our students. From a school year opening day to SpringFest at the end, we applaud Stephanie for a job well done. Not even COVID has stopped Stephanie or dampened her efforts. With her phenomenal technology skills, she has made SRS online initiatives come to life.

A huge thank you to our 2020 volunteer of the year, Stephanie Klinger!

During the month of August, Roger Pardo's company, Viper Unified Communications, donated 23 Cisco TelePresence Codec systems to St. Raphael School for video collaboration, 12 of which were integrated into mobile carts for each classroom. During summer and fall, one could find Roger at St. Raphael in the middle of the night and on weekends as he made his generous donation take shape. The Codec systems integrated with the existing Cisco phone system. Cisco Expressway Core and Edge devices were deployed on the network to allow for secure video communication to the Webex cloud-conferencing environment.

This new way to adapt during the pandemic has helped facilitate a crucial connected learning and teaching experience for the St. Raphael School and Nursery School communities. Through Roger's generous work transforming our communication abilities, we were able to pivot to virtual during a time of rising COVID-19 numbers. But Roger's work doesn't end there—he continues offering 24/7 professional development and support to our teachers. The difference between our spring virtual learning and now is night and day. We cannot thank you enough, Roger!

OPT

OUTDOOR

Con't from page 20

doors made him imagine how Jesus taught the Gospel to his followers in the outdoors. Others have echoed that sentiment, and reflect that the experience of attending mass outdoors has brought a deeper appreciation of being part of our faith-filled community.

Safety precautions are taken. Everyone keeps a physical distance, wears a mask, and sanitizes their hands to receive Holy Communion. Father Robert and the Eucharistic ministers also wear a mask and

hand sanitize prior to distributing Communion. Those who prefer to remain in their cars turn on their headlights to signal that our Eucharistic ministers should bring communion to them.

Holy Cross Church plans to celebrate outdoor mass when the weather permits until coronavirus restrictions are lifted. If there is rain, snow, or wind, Holy Mass will be offered inside the church, with limited seating in keeping with all coronavirus guidelines. Those who will wish to remain in their cars during inclement weather will be able to listen to the mass through an outdoor speaker system, but

we are currently exploring other options such as a radio broadcast. Eucharistic ministers will continue to distribute Holy Communion to those remaining outside, on the church landing or to an individual's car.

All are welcome to participate in our outdoor mass on Sundays at 9:30 am. As with any outside event, remember to dress warmly!

For more information about Holy Cross Church, and all the ways we are continuing to connect as a community and celebrate our faith, please visit our website at www.hcrosschurch.org.

OPT

NEWS & NOTES

Con't from page 22

friendly competition. A Christmas Car Lights Tour is planned for December 18. Families that want to show off their holiday décor can sign up. A route of homes will be provided, so that all can enjoy a night of festive fun as they drive past the displays.

OPT

At right, students enjoyed a fun night playing virtual bingo News & Notes



Upcoming Events

- SRS and SRNS Christmas pageants (virtual): Dec. 16-17
- SRS and SRNS double open house (virtual): Jan. 11
- SRNS registration opens for 2021-22: Jan. 15
- Catholic Schools Week: Jan. 31-Feb. 5.

For more information, visit www.straphaelschoolmd.org.

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Rev. Michael Salah, Pastor

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www.straphaels.org
www.straphaelschoolmd.org

Facebook, Twitter, Instagram:
@SRSRockville

Everyone is invited to Resurrection's Tabernacle Window

Friday Night Parking Lot Confessions and Eucharistic Adoration with Benediction

At any given time of day, it is quite possible to see one, three or more cars in Resurrection's parking lot (on the Greencastle Road side of the church) for a long period of time. In early spring, Father John Barry, Pastor, created a Tabernacle Window. Parishioners and visitors remain in their cars to pray and reflect. When the weather permits, you may find someone with a mask and lawn chair sitting at the window. Everyone remains socially distanced and masked if they leave their vehicles. In the window, one will see flowers and candles around the Tabernacle. Father Barry placed lighting around the window on the outside wall. People have been seen adding bouquets of flowers or plants at the bottom wall, under the window. Parishioners have the opportunity to visit 24/7 and it is just not for Resurrection, but the

entire community.

The Tabernacle Window is most popular on Fridays from 4:30pm to 7:30pm when there is parking lot Confessions and Eucharistic Adoration with Benediction. In very early summer, after hearing how popular drive-up Confessions were becoming (due to feeling comfortable), Father Barry decided that Resurrection had to be 'outside of the box' in order for parishioners to have easy access to the Sacrament. So, he created two stations for people to drive up and remain in their cars at a white fence partition. On the other side, Confessors will find Father Barry, Father Virginus or Father Michael Niba there ready to give the gift of God's forgiveness. Clergy sits in a folding chair or if the weather is inclement, then they are in their cars. On the nicer weather days, there have been a few 'walk-ups' to receive the Sacrament.

Confessions take place in the same parking lot as the Tabernacle Window and during the three hour period there is also Eucharistic Adoration. Adoration ends with the Benediction given by Deacon Chuck Bierberich. Father Barry noted, "Surely a proper place for Confession and Adoration is in the Church, yet in these days, one needs



Father Barry at the Tabernacle Window in Summer 2020

to adapt. The key is to show reverence in the adapted settings. I do that. I have heard Confessions in

many places outside of the church." Anyone who is in need of quiet private time in prayer and the

Sacrament of Reconciliation is invited and very much welcomed.

OPT

Church of the Resurrection Parish

3315 Greencastle Road
Burtonsville, MD

Rev. John M. Barry,
Pastor

301-288-4662

WOMEN DESERVE BETTER THAN ABORTION.

Abortion is a reflection that we have not met the needs of women.

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Our Cardboard Helps the Franciscan Friars Farm

By Rus Wester

Little Portion Farm is a ministry of the Franciscan Friars Conventual focused on providing fresh food to those in need, while using sustainable farming methods. The 3-acre farm at the Shrine of St. Anthony in Ellicott City, Maryland is intended to function as an ecosystem, with a diversity of plants and habitats to support the life of this “little portion” of creation.

In its first growing season of 2019, Little Portion Farm grew, harvested, and donated 3,136 pounds of fresh vegetables. This year, their second growing season, to date they have harvested and donated **18,527 pounds** of fresh produce to their partner organization, the Franciscan Center in Baltimore, who last year provided hot meals to over 180,000 of those in need.



The Franciscan Friars and their army of volunteers have converted a “little portion” of their property into a vibrant, productive growing environment to provide food for the needy, while bringing renewed health to their land.

“In this time of giving thanks, I’m reminded of a passage from Braiding Sweetgrass, one of the books we read for the Little Portion Farm book club last year. The author Robin Wall Kimmerer speaks about the indigenous Haudenosaunee practice of the “Thanksgiving Address,” a ritual that occurs whenever two or more gather together. The address, known as the “Words That Come Before All Else,” progresses through a long list of different parts of the natural world—sun, water, trees, birds, stars, and so on—and expresses gratitude and connection with each. As Kimmerer explains, this practice “sets gratitude as the highest priority.” While I have never participated in this particular ritual, the idea of trying to cultivate a mindfulness about all that we depend on resonates deeply

Continued on page 31



Harvests of spinach, arugula, Red Russian kale, sorrel, broccoli, cabbage, cauliflower, kale, carrots, tomatoes, brussels sprouts and much, much, more – all in a matter of months.

Little Sisters of the Poor Receive SJN Knights of Columbus Donations

By Rus Wester

In an amazing act of generosity, St John Neumann parishioners donated hundreds of pounds of supplies during the Knights of Columbus’ collection event in support of the Little Sisters of the Poor. Goods including paper products, cleaning supplies, batteries, and many other essential items were among the donations, all of which were delivered later on that afternoon to the Sisters at their Jeanne Jugan Residence in Washington, DC.

As Sister Jeanne Veronique recently wrote, “your donation of much needed and hard to find items...thrilled us all. These are dollars saved, which we are able to use in order to sustain a loving and safe home for our residents.”

Thanks to the Knights of Columbus for hosting this important event and to all the SJN parishioners who so graciously supported it. Working together we ensure that we “leave no neighbor behind” and that we continue to care for those in our community who need our help now more than ever.

The Knights of Columbus have supported the Little Sisters since



Knights of Columbus (L to R): Terry Waters, Luis Gorres, Msgr. Panke and Tom Whippen gather donations to load SJN parish vehicles headed for the Little Sisters of the Poor home in Washington, DC.

March of this year, when the pandemic made it impossible for the sisters to conduct their annual parish visits to invite all Catholics to help support their much-needed ministry. A little known fact...the annual parish visits of the Little Sisters previously provided 80% of their entire annual operations budget.

Sister Jeanne Veronique closed her letter by saying “Again, thank

you for your friendship and backing of our work. It is only with the support of our benefactors that we have been able to care for the elderly poor in our nation’s capital since 1871—providing safe shelter, a loving home, clothing, healthy food, activities, medical and nursing care. We are committed to carrying out our mission for many years to come.”

KNIGHTS NOTE: The Knights



Knight Terry Waters (far left) and staff of Little Sisters of the Poor in Washington, DC receiving donations from SJN Parish and Knights of Columbus Our Lady of Guadalupe Council #12127.

want to bring hope for continuation of the Sisters’ care-giving efforts and are working with SJN Parish to stage another Sisters Collection of needed supplies in December 2020. It’s expected the Knights will renew this support program with Little Sisters facilities throughout Maryland for the 2021 calendar year.

OPT

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Msgr. Robert Panke
Pastor

Rus Wester
OPT Editor

Volunteer Spotlight

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

By Mike Goss, Food Pantry Director

The strength of the St. Stephen's Food Pantry at the Shrine of St. Jude is defined by its volunteers. Every Friday evening, 25 to 30 people arrive at the Thaddeus Room to complete filling 300 bags of non-perishable items with loaves of bread and boxes of cereal or by creating individual produce packages from bulk boxes of vegetables and fruit. The following Saturday morning, 20 adults and 25 students (ages 8-20) distribute the food and produce to the needy starting at 8:45 and continuing to 11 a.m.

With members of the community arriving up to 1½ hours



Volunteer Brodie Wise at a typical Friday preparation for the St. Stephen's Food Pantry at the Shrine of St. Jude. Photo by Mike Goss.

Monica Flores, divided into two separate weekly teams, assemble at the arrival table with laptops for log-in while others walk the lengthening line to verify returning needy or assisting with clipboards for new registrants. At 8:40 a.m. all volunteers assemble in the hallway to receive updated information and comments for that day's activity, followed by inspirational prayers and a blessing from one of the parish priests. At that time everyone is dispersed to their positions, where the students take turns to help individuals with carrying bags and boxes to their cars.

One of the regular volunteers is Brodie Wise, a vice president with Internet Testing Systems in the Baltimore area, who is also studying to become a permanent deacon in the Archdiocese of Washington. St. Jude was fortunate to have Brodie select our pantry as his summer mission project. From day one, Brodie was all-in to help us! He showed up week after week with an SUV full of cereal boxes, among other items. He personally helped clean-out every Giant Food Store in the Rockville-Olney-Colesville area of their remaining 67 cent boxes of Ovi-O's during September and October. As summer ended, Brodie could have bid adieu. However, as one who truly exhibits his passion, Brodie has tripled down! In addition to continuing to assist our pantry, he is also working with two other parish pantries. Well done, Brodie!

OPT



A typical payload in volunteer Brodie Wise's SUV when he arrives at the St. Stephen's Food Pantry at the Shrine of St. Jude. Photo provided by Brodie Wise.

early, a team of adult volunteers also arrive early to ensure parking and orderly lineup occurs. Following 7 a.m. Mass, another group of volunteers prepare the donations for distribution using carts for food bags and a pallet jack for the produce, while others work to place donated diapers and other baby needs into paper bags and use a sharpie to indicate the diaper size. A dedicated group of six volunteers led by

Monica Flores, divided into two separate weekly teams, assemble at the arrival table with laptops for log-in while others walk the lengthening line to verify returning needy or assisting with clipboards for new registrants. At 8:40 a.m. all volunteers assemble in the hallway to receive updated information and comments for that day's activity, followed by inspirational prayers and a blessing from one of the parish priests. At that time everyone is dispersed to their positions, where the students take turns to help individuals with carrying bags and boxes to their cars.

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

- Food distribution is on Saturdays from 9–11 a.m.
- Pantry is located at 12701 Veirs Mill Road, Rockville, MD 20853

Donations Needed and Donation Drop-Off Schedule

Pantry items may be dropped off on Fridays from 4:30–7:00 p.m. with pantry staff on site.

[Please note that if you are not able to make a donation drop off 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).]

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.

Monetary Donations Accepted

Cash and check donations as well as gift cards to grocery stores are gladly accepted. Additionally, you can also donate through Faith Direct.



The Chapel of St. Clare of Assisi, on the grounds of the Shrine of St. Jude in Rockville, recently underwent extensive renovations (pictured left), including the addition of a beautiful statue of Madonna and Child (pictured right). All are welcome in the chapel, which is open for Eucharistic Adoration on Thursdays from 9:30 a.m. to 8 p.m. Photos by Tom Roach.

Renovation of the Chapel of St. Clare of Assisi

By Maureen Martin

The Chapel of St. Clare of Assisi, located on the campus of the Shrine of St. Jude, has been undergoing a complete renovation over the past few months.

Originally blessed on January 26, 1963, by His Excellency, The Most Reverend Philip Hannan, Auxiliary Bishop of the Archdiocese of Washington, the chapel served the Bernardine Sisters as a quiet place of prayer from then until 2016 when the sisters relocated to Pennsylvania. The limestone altar, which was consecrated on that same

day in 1963 and named for St. Clare of Assisi, contains relics of St. Clare (1194-1253) and St. Maria Goretti (1890-1902).

Since 2016 until the pandemic this past spring, the St. Clare Chapel was used by the St. Jude community for small weddings, weekly adoration, worship of our Lord, and community prayer. St. Jude parishioners have been anxious to return to the beautiful St. Clare Chapel and see the stunning renovations, which include: new outside chapel sign, newly painted entrance door, new entrance can-

Continued on page 31



Dr. Glenn Benjamin returned to the classroom this year, teaching 7th- and 8th-grade history at St. Jude Regional Catholic School, where he has served as principal since 2011. Photo by Rebecca Sella

St. Jude Regional Catholic School eighth-grade students were confirmed into the Church by Paul D. Lee, STD, Pastor of the Shrine of St. Jude on Thursday, Sept. 24. Pictured with Fr. Lee is Fr. Jorge E. Ubau, Parochial Vicar. Photo by Rebecca Sella



The Shrine of St. Jude's newest parish priest, Fr. Jorge E. Ubau, plays soccer outside with the fourth-grade students of St. Jude Regional Catholic School. Photo by Rebecca Sella

Shrine of St. Jude Parish

12701 Veirs Mill Road
Rockville, MD

Fr. Paul D. Lee, STD,
Pastor

301-946-8200

St. Jude Regional
Catholic School

Mr. Glenn Benjamin, Principal

301-946-7888

Maureen Martin,
OPT Editor

MaureenCMartin@verizon.net

More Shrine of St. Jude on Page 31

Call to Arms Campaign Launched

With the mission to provide necessary funds to facilitate the continued quality of education during the Covid pandemic, St. Patrick's School launched its "Call to Arms" campaign on November 16. Led by parents Barbara Gutierrez-Smith, Sara Antonucci, Paula Fragomeni, and Danielle DeWitt in coordination with Principal Christie Anne Short, the campaign hopes to raise \$100,000 before December 31st of this year.

Contributions will fund technology upgrades, sanitizing operations, building reconstruction to support CDC in-person compliant learning, faculty support, and expansion of staff. Additionally, the initiative



Principal Christie Anne Short and members of the Kindergarten class inspire others to answer the call to arms.

hopes to replace lost tuition revenue due to enrollment fluctuations during the pandemic, as well as lost revenues resulting from the inability to gather at social fundraising events. Members of the newly founded Shamrock Society are committed to matching donations made towards the \$100,000 goal before the end of this calendar year. The Call to Arms raised over \$60,000 in the first three days of the campaign.

The "Call to Arms" campaign was inspired by Thomas Paine's historic quote that "These are the times that try men's souls: the summer soldier and the sunshine patriot will, in [a] crisis, shrink from service." As we enter a trying winter, the fundrais-

ers are asking the community of St. Patrick's School to step up and answer the Call to Arms. In this case, "arms" refers to hugs and support for the faculty, students, and families of St. Patrick's School. The campaign is the precursor to a revived St. Patrick's Annual Fund to finance long-range building needs and school initiatives. Chairperson Barbara Gutierrez-Smith shared "The organizers are heartened by the initial response to the campaign. We hope that each member of our community makes a meaningful gift, recognizing that it will be different for each family, and that we ultimately have 100% participation in this Call to Arms."

OPT



Sharing AJ's Joy

In its third year, St. Patrick's School conducted a toy drive to benefit the Johns Hopkins Children's Center in Baltimore. In memory of A.J. Koller, more than 800 toys were collected to be shared with the young patients. A.J. Koller, the son of Kindergarten teacher Melanie Koller, was born in 2004 with Alagille Syndrome, a multi-organ disorder. His childhood was filled with multiple doctor appointments, procedures, and heart surgeries but also trips to the beach, amusement parks, special times with family and friends, and many movie nights. Known for being a loving brother and a good friend, A.J. sadly passed away on September 14, 2014 at the age of ten. To celebrate his memory and share A.J.'s joy with other children battling illness, the Koller family has organized this yearly toy drive every year since 2015. Since that time, more than 5000 toys have been collected and distributed at Johns Hopkins Children's Center!

OPT



ST. PATRICK'S PUMPKIN PATCH

Like magic, a pumpkin patch sprouted in the side yard of the school! Students enjoyed choosing pumpkins and painting them to decorate the hallways of the school. Thanks to the HSA for organizing and sponsoring this event.

Pope: 'No pandemic can turn off the light of Christmas'

Pope Francis invites Christians to open their hearts to the light of Christmas and reach out to those in need.

By Linda Bordon

There is no pandemic or crisis that can turn off the light of Christmas, Pope Francis affirmed, as he greeted the faithful present in St. Peter's Square and following through the media during the Sunday Angelus on December 6.

Noting that the Vatican's Christmas tree has been erected in the Square and that the Nativity Scene will soon be unveiled, the Pope said that in many homes "these symbols of Christmas are



being set up to the delight of children," and also to the delight of those who no longer are children.

"They are symbols, or signs of hope, especially during this difficult time," he said, and he invited

Christians not to stop at the symbols, but to go beyond and understand their meaning: "Jesus, the love of God, who was revealed to us to reach that goodness which has been poured out on the world."

And assuring us all that no pandemic or crisis can "turn off that light," Pope Francis said: "Let us allow it to enter into our hearts and reach out toward those who are most in need."

Thus, he concluded: "God will once again be born in us and in our midst."

OPT

St. Patrick's Parish

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Pastor

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St. Patrick's School
Ms. Christie Anne Short,
Principal

301-929-9672

Parish Editor
New Volunteer Needed
Contact rectory to apply



Father Steve, pastor and Froilan Manansala, Music Director with the Choir

Choir Celebrating the Feast of Christ The King

By Liz Weiss, parishioner with Froilan Manansala, Music Director

Father Steve Carter, pastor of Christ the King, and the choir who sings at the English language Masses celebrated the Feast of Christ the King on November 22. The choir is very generous

with their volunteering. The singers provide wonderful music for several Masses each week. Froilan Manansala is the Choir Director. Here they are with Father Steve for the group picture on the Feast day for our parish, the last Sunday of the Liturgical year.

OPT

'The Giving Tree' Returns

By Liz Weiss, CTK Social Concerns Commission

For over 20 years, The Social Concerns Commission of Christ the King has coordinated "The Giving Tree" program to help needy families at Christmas. Volunteers make over 200 paper ornaments to hang on the Christmas tree in the church. Each one requests a gift card for a child or groceries, or a cash donation. At the beginning of Advent, parishioners choose ornaments from the tree.

Last year, Christ the King parish helped over 140 children and 43 families with gift cards and grocery cards over the Holiday Season. This year, because of the pandemic, there is an even greater need. Unfortunately, not as many people can attend Mass because of health concerns. Parishioners who are unable to attend church, but want to help, can send in a check to Christ the King parish designating it for The Giving



Etienne Lamoreaux hanging an ornament

Tree program.

Father Steve and the Social Concerns Commission thank everyone in advance for their generosity. As St. Matthew wrote, "Whatever you do to the least of my brethren, that you do unto me."

OPT

Holy Cross Faith Community Nurses Give Flu Shots

By Paul Lamoreaux, CTK parish editor and Liz Weiss, parishioner

On Sunday, November 1, Christ the King parishioners were blessed with a visit from nurses of the Holy Cross Faith Community Nurse Program. Liz Weiss, a parishioner received a call from a community activist, Pat Tyson, about Holy Cross's interest in reaching out to our community to give Flu Shots. Liz called Father Steve Carter, our pastor. He was very enthusiastic. Liz contacted Meg McKenna, the Director of the program at Holy Cross, and a date was set.



Nurses giving flu shots to parishioners



Nurses finished giving 100 shots under the overhang of Religious Ed building.

At 8:30 AM before the first Mass, the nurses set up their tent. Despite cold, rainy weather, one hundred free flu shots were distributed by the nurses to parish and community members. Midway through the morning, the nurses moved under the overhang of the Religious Ed building, so people would not get wet. Unfortunately, the nurses ran out of flu shots before the last Mass ended.

Thank you to the wonderful nurses who reached out and helped us.

OPT

National Collection Helps Religious Orders Care for Their Elderly Members

The 33rd annual Retirement Fund for Religious collection will be held in most U.S. Catholic parishes Dec. 12-13. Coordinated by the National Religious Retirement Office (NRRO) at the U.S. Conference of Catholic Bishops (USCCB), the appeal assists hundreds of religious order communities in providing for the ongoing needs of their aging Catholic sisters, brothers, and religious order priests.

The U.S. bishops initiated the collection in 1988 to address the significant lack of retirement funding among U.S. religious orders. Distinct from retired priest collections held in respective dioceses for the care of retired diocesan priests, this annual collection benefits eligible religious orders to help underwrite retirement and health-care expenses for nearly 30,000 elderly religious.

The 2019 appeal raised \$26.2 million, and this past June, the



Photo courtesy of www.retiredreligious.org

NRRO distributed \$25 million in financial assistance to 341 religious communities across the nation. The beneficiary religious order communities combine this funding with their own income and savings to help furnish day-to-day necessities, including medications and nursing care, and the distributions may be applied toward immediate retirement needs or invested for future

eldercare expenses.

"We are humbled and incredibly grateful for the ongoing generosity of the Catholic faithful to the annual appeal," said Sister Stephanie Still, PBVM (Sisters of the Presentation of the Blessed Virgin Mary), who serves as the NRRO's executive director. "And we are committed to ensuring the broadest and most beneficial use of these donations."

The retirement-funding deficit is rooted in low salaries and changing demographics. Traditionally, Catholic sisters, brothers and religious order priests—often known collectively as "women and men religious"—engaged in ministry for little to no pay. As a result, many of their religious communities lack adequate retirement savings. Elderly religious are also living longer and, according to NRRO data, outnumber younger, wage-earning religious by nearly three to one.

Like many other Americans, reli-

Continued on page 31

Christ the King

2301 Colston Drive
Silver Spring, MD
301-495-2306

Fr. Stephen J. Carter,
Pastor

Paul Lamoreaux,
OPT Editor

**Catholic
Schools Week
issue
Ad deadline
January 20,
2021**

Award-Winning Student Missionaries in Action

“Come Holy Spirit!” The dedicated students of FIAT (Faith in Action Team) at Holy Redeemer Middle School have received a certificate of recognition for answering the ADW Office of Mission’s challenge that was issued last year on October 1, 2019 at the Saint John Paul II National Shrine. That challenge was to live out the call to evangelize through prayer, sacrifice and service beginning in the 2019-2020 academic school year. During Holy Redeemer’s Spirit Week last year, the group kicked off their missionary year with a prayer service invoking the Holy Spirit.

Inspired by the Holy Spirit, the group then served local nursing homes by singing Christmas carols and making cards for the various feast days throughout the year. They served the marginalized by making snack packs for those experiencing homelessness and delivered toiletries to residents of the Little Sisters of the Poor in Washington, D. C. where they met up with an old friend, Monsignor Bazan. The Covid shut-down in March did not hold this dedicated group back from their mission to pray. Using their creativity and with the help of Marianne

Green, Technology teacher at Holy Redeemer, they put together a YouTube video of the “mission rosary”, where students prayed for different areas of the world. This was one of many activities that brought the school together during the spring quarantine.

The group continues this call in the current academic year despite the challenges of Covid restrictions. They recently led the school’s participation in the Holy Redeemer parish drive to support our sister parish, Our Lady of Guadalupe, in Togo, West Africa, by collecting school supplies throughout the month of September. Eighth-grader Eliza D’Albora gathered several of her classmates outside to make rosaries to be sent to Togo as well, and parishioners donated furniture, sports equipment, office supplies and more. Finally, all 500 boxes of donations were packed on a shipping container one sunny October Saturday morning. The container is currently on its way to West Africa and will be received by our sister parish very soon.

We can’t wait to see how these young people continue their call to evangelize through prayer, sacrifice and service throughout the 2020-2021 school year.

OPT



Above left, Loading Day brought many hands to help fill the container bound for West Africa.

Above right, Eighth grader Mary Gormly and Holy Redeemer parishioners carry supplies to be shipped to West Africa.



At left, Eighth graders gathered after school to make rosaries as part of their missionary year.

Grandparents’ Day in a Virtual Way

By Mark Crimans

Grandparents’ Day is the day when Holy Redeemer typically packs grandparents into the school to celebrate and sing with students in preschool through eighth grade, but we could not pack them in this year. Initially, this seemed like a disappointment. However, our Virtual Grandparents’ Day turned out to be a uniquely personal and heartwarming event.

Students and grandparents were able to showcase their personalities and inside jokes in a special way. Students were filmed greeting their grandparents individually, and thanking them for things like going shopping, spending time at pools, enjoying vacations at the beach, cooking special foods, going boating, and gathering to watch movies. Through the videos, we also learned that Holy Redeemer grandparents share lots and lots of ice cream with their grandchildren!



PreK student Charlie Fullenwider reacts to his Grandparents’ telling a joke.

Students included personal touches such as, “I like eating lunch on the porch and talking about ducks with you,” “I like to garden with Mimi,” “I love grandma because she lets



PreK students Calla Sparker, Eloisa Herber and Alex Velliky are entertained by recorded greetings from grandparents of their classmates.

me stay up late,” “I like catching crabs with Lolo,” “I like Susu and Pop because they make me Toaster Strudels,” and “I like golfing with Pop Pop and eating peanuts while

watching the Masters with him.” These videos were compiled and sent to all families, to be shared with grandparents.

Grandparents also emailed videos from all over the world, sending messages of love to each grandchild. Much to the students’ delight, many grandparents also sent in jokes, wore Groucho Marx glasses, wore masks of their grandchildren’s faces, sang songs, and reminisced about past grandparents’ days at Holy Redeemer. One grandparent video even included an alligator in their backyard!

Most students did not know about the Grandparents’ greetings that were being compiled, so the videos were a surprise on the day before Thanksgiving break. When watching them in class, along with the smiles and love that were evident, conversations grew. PreK children, when watching their class-specific Grandparents’ video, reacted with squeals of delight, “Hey, that’s my Nana!”, “Hi, Grandpa!!” and asked if they could “watch that movie again”. Older students asked others about the ducks on the porch and if

they had ever seen the alligator at their grandparents’ house. Students cheered each other as they spoke in different languages to their grandparents. Students and grandparents sent greetings in French, Spanish, Hebrew, Greek, Italian and German.

Instead of pre-planned on-stage performances and classroom activities (which were certainly missed), students spoke from their hearts, relaying messages and memories. While this event originally felt like it was keeping us apart, in the end it brought us closer together.

OPT

Holy Redeemer Parish

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Pastor

301-942-2333

Holy Redeemer School
Mr. Thomas Corrigan,
Principal
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“Strength & Dignity” Virtual Spiritual Series for Women – January 6 – 27, 2021

The Archdiocese of Washington’s Office for Family Life is sponsoring a virtual spiritual series for women hosted by the Council of Catholic Women based on St. John Paul II’s encyclical “Mulieris Dignitatem” on the dignity and the vocation of

women. Read and discuss the nine sections of the letter during four consecutive Wednesdays to better understand God’s beautiful design for women, and their essential contribution to the world.

Dates: Wednesday evenings from January 6 – 27, 2021

Time: 7:00pm – 8:30pm

Location: Virtually

January 6 — Sections 1 – 3:

Introduction, Theotokos (Mother of God), Image and Likeness of God

January 13 — Sections 4 – 5:
Eve-Mary, Jesus

January 20 — Sections 6 – 7:

Motherhood – Virginity, The Church

January 27 — Sections 8 – 9: The Greatest is Love, Conclusion

The fee for all sessions is \$12.00 which includes the materials that will be mailed to the address indi-

cated in the registration. Register at: <https://adw.org/event/strength-and-dignity-virtual-series-jan-2021-english/>

For more information, contact the Archdiocese’s Office for Family Life at 301-853-4546 or visible-sign@adw.org.

OPT

St. Michael the Archangel Sodality Honored Mary and the Holy Rosary in October

By Cynthia Lewis

St. Michael the Archangel Sodality hosted two virtual events to show their love and gratitude to Mary during the Month of the Holy Rosary. Mrs. Myra Pepito, a parishioner, contacted the Sodality with her annual invitation to participate in the nationwide Rosary Rally hosted by America Needs Fatima. Their organization seeks to spread the message of Our Lady of Fatima's apparition through "public square" Rosary events. In past years, the Sodality's observance has occurred at Mary's statue in front of the Parish Rectory. Featuring Myra's photo of "Mary's Garden" at her home as the inspiring visual focus, the virtual Rosary Rally



Mary's Garden, taken by Myra Pepito

convened at noon on Saturday, October 10, 2020. The band of Sodality members and parishioners joined a multitude of others praying across the country. The Rosary ended with the inspiring Litany of the Blessed Virgin Mary and the prayer of Total Consecration by St. Maximilian Kolbe.

Additionally, the Sodality's annual "Tea with Mary Under the Tent" was presented virtually on Sunday, October 18, 2020. Under normal conditions, the Sodality would have offered refreshments on the church's plaza and invited parishioners to take a Rosary and literature on Mary and the Rosary prayer. This year, Sodality members asked visitors to have a cup of tea for a virtual visit. Deacon Curtis Rodney opened with prayer and a

moving testimony of how Mary had influenced his life. Immediate Past Prefect Vera Joseph shared spiritual gems from the classic book *The Secret of the Rosary* by St. Louis de Montfort. In the book, "The Many Faces of Mary" Prefect Ingrid Denis led a captivating tour of Mary's images and titles around the world. At the conclusion, Sodality members Linda Jordan and Mardi Maher expounded on commonly asked questions about Our Blessed Mother. Both were well-received events to honor Mary.

OPT

Sustainability Tips: Washing Your Clothes

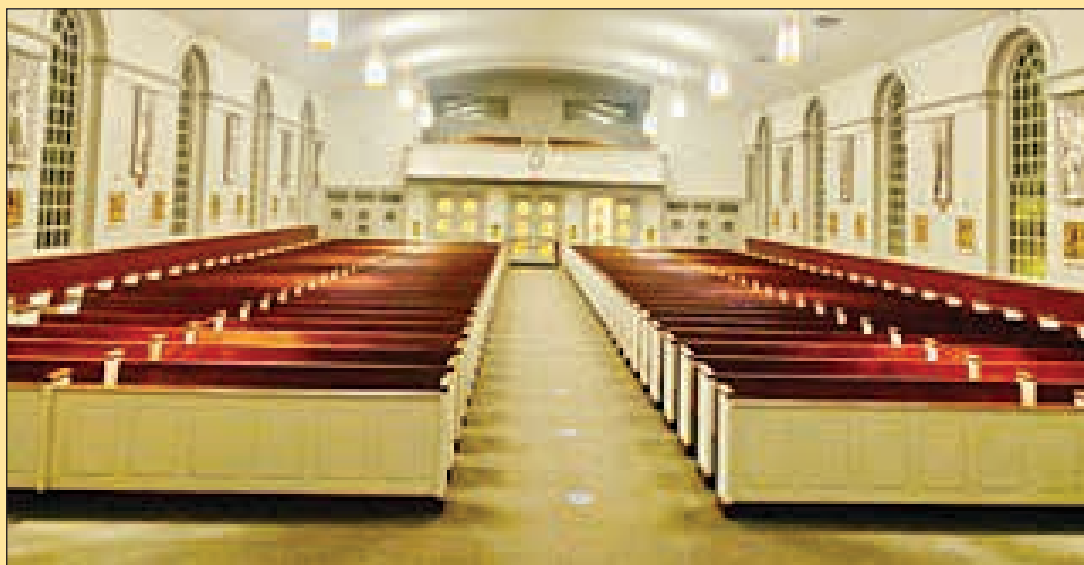
By Jason Giovannettone

You can reduce your contribution to carbon emission by washing your clothes in cold water instead of hot. According to the Energy Information Administration (EIA), the US residential sector contributed about 21% of the total national carbon dioxide emissions in 2005. Of this percentage, activities related to the laundry cycle accounted for 18% of the residential emissions (which translates to 3 – 4% of the total US emissions).

Along with emissions, there have been concerns about the chemicals

present in washing detergents. Not only will harmful chemicals present in the detergent get released into the environment, but they can also leave residual traces in our clothes and come into direct contact with our skin. People have begun to use homemade detergents, but that is not an option for everyone. There is no easy solution here, but the Environmental Working Group (EWG) rated a myriad of different types of cleaning products, including laundry detergent, which can help you decide what is the best choice for you and your family.

OPT



St. Michael the Archangel recently completed restoration of its pews, creating a beautiful space for parishioners to worship.

St. Michael the Archangel Hosts A Dialogue on Racism

By Helder Hernandez

Racism is a silent but deadly virus that divides the human family. It blots out the image of God among specific members of that family and violates the fundamental human dignity of those called to be children of the same Father. In the wake of COVID-19, we see how present racism is. Given the increase in acts of racism, St. Michael the Archangel Parish hosted a dialogue on the U.S. Conference of Catholic Bishops'

pastoral letter against racism, *Open Wide Our Hearts: The Enduring Call to Love*.

The bilingual, hybrid (in-person and livestreamed) event took place on October 17, 2020 with Dr. Ansel Augustine, Executive Director of Cultural Diversity & Outreach for the Archdiocese of Washington, and Mr. Juan Aznarán, Archdiocesan Regional Coordinator of Youth Ministry, leading the discussion. With 50 parishioners attending in person and 30 virtual, this event highlighted Pope Francis' message in his encyclical, *Fratelli Tutti*. The message conveyed is that instances of racism continue to shame us, for they show that our supposed social progress is not as real or definitive as we think. As a result, parishioners were called to pastoral actions aimed at proclaiming the love of Christ and working for justice to combat racial injustice, so that all may be one, just as God, the Father, is with His Son.

OPT

The Dignity of Work and the Rights of Workers

By John Webster

On November 5, 2020, St. Michael the Archangel Church hosted an online workshop on "The Dignity of Work and the Rights of Workers." The workshop was led by Mr.

Anthony Bosnick, Director of Social Concerns and Adult Faith Formation, St. Francis of Assisi Catholic Church. The workshop offered an overview of the key themes and principles of Catholic Social Teaching with a detailed

emphasis on work as a form of continuing participation in God's creation. Several St. Michael's parishioners attended the workshop and were enlightened with the message that in work and life, everyone and everything are connected.

OPT

Shrine of St. Jude



This fall, St. Jude Regional Catholic School welcomed a new eighth-grade homeroom teacher who also teaches 7th- and 8th-grade Literature/English, Mrs. Kathryn McGowan. Portrait by Victor O'Neil



St. Jude Regional Catholic School third-grade students, pictured with Paul D. Lee, STD, Pastor of the Shrine of St. Jude, proudly received their First Communion on Thursday, Sept. 17. Photo by Rebecca Sella

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Pope's December prayer intention: For a life of prayer

In his monthly Pope Video, Pope Francis speaks about the power of prayer to change reality and our hearts, and prays that, through a life of prayer, we may nourish our relationship with Jesus Christ.

In a year marked by the global Covid-19 pandemic, the Holy Father shared the secret of Jesus' life, "the key for us to be able to enter into dialogue with the Father": prayer.

Through a life of prayer, it is possible to have a personal and profound relationship with Jesus Christ and to change our hearts. Prayer—listening to Jesus, contemplating Jesus, speaking with Him as with a friend—transforms our lives. It is the path to drawing closer to the Father.

The Pope's prayer during the pandemic

The Pope himself is a man of prayer, and in his December prayer appeal bears witness to this with images taken from the most emotive moments of 2020: the prayer service for the pandemic in an empty St. Peter's Square; a pilgrimage of the crucifix of San Marcelo in Via del Corso, in the middle of Rome; and moments of recollection before the Byzantine icon of Salus Populi Romani at the Roman Basilica of St. Mary Major.

Jesus Christ: a life marked by prayer

For Pope Francis, prayer cannot be reduced to just a space or moment of interior contemplation. "By praying, we change reality. And we change our hearts," he says always produces a change. "We can do many things, but without prayer, it does not work," he says. In the General Audience on

4 November, he also took advantage of the opportunity to explain Jesus' life of prayer. "During his public life, Jesus constantly availed himself of the power of prayer. The Gospels show this to us when he retired to secluded places to pray. These are sober and discreet observations that allow us only to imagine those prayerful dialogues. They clearly demonstrate, however, that even at times of greater dedication to the poor and the sick, Jesus never neglected his intimate dialogue with the Father."

Prayer as the heart of the Church's mission

Today, the Pope's Worldwide Prayer Network connects millions of Catholics around the world from diverse countries, cultures, and social and ecclesial contexts, through prayer: not just through The Pope Video, but also through the prayer platform Click to Pray and the Camino del Corazón, a path of prayer for the mission.

The Pope Video this month concludes with Pope Francis' invitation to prayer, observing a few moments of silence, during the Audience with the Pope's Worldwide Prayer Network on its 175th anniversary.

Fr. Frédéric Fornos, S.J., International Director of the Pope's Worldwide Prayer Network, remembered the occasion: "It was one of the most intense moments of the celebration. The Holy Father presided a long period of prayer, in Paul VI Hall, in an imposing climate of silence and recollection with more than 5,000 people. And there, he left it very clear that prayer and the mission of the Church are indissolubly united. The mission of the Church is at the service of the challenges of the world, and this is not possible without prayer. Francis

summarized it quite simply: 'The heart of the mission of the Church is prayer.' For many, prayer is reduced to a peaceful time or one of reflection, but for those who discover its depth, it's the heart's respiration. Prayer opens us to Love, which has a face: Jesus Christ, who leads us to the Father. Often, it's fruits and its fecundity aren't immediately visible. Like the seed in the dirt, it takes time... but its fecundity is immense, as the Gospel says: it produces thirty-, sixty-, and even a hundred-fold (Mk 4:20). Prayer is essential for the mission of the Church. Let us pray that our personal relationship with Jesus may always be nourished by the Word of God and by a life of prayer."

DECEMBER: FOR A LIFE OF PRAYER

The text of the December 2020 prayer intention:

The heart of the Church's mission is prayer.

Prayer is the key for us to be able to enter into dialogue with the Father.

Every time we read a short passage from the Gospel we hear Jesus speaking to us.

We have a conversation with Jesus.

We listen to Jesus and we reply. And this is prayer.

By praying, we change reality. And we change our hearts.

Our heart changes when we pray. We can do many things, but without prayer, it does not work.

We pray that our personal relationship with Jesus Christ be nourished by the Word of God and a life of prayer.

In silence, everyone, each one in heartfelt prayer.

Source: Vatican News Service

COLLECTION

Con't from page 28

gious communities struggle with the ever-rising cost of health care. The total cost of care for religious past age 70 exceeds \$1 billion annually. COVID-19 has compounded this already difficult situation.

Through the annual collection, the NRRO helps religious commu-

nities address their funding deficits. In addition to direct financial aid, donations make possible resources and services that assist communities in evaluating and preparing for long-term retirement needs.

"Our mission is sustained by the love and generosity of all who support senior religious and their communities," said Sister Still.

Visit www.retiredreligious.org to learn more.

OPT

RENOVATION

Con't from page 26

opy, new interior glass entrance door, new floor tiling, new lighting, new tapestry of St. Clare and St. Francis, painted Mary and Joseph statues, new statue of Madonna and Child, painted altar trim with a gold highlight, refurbished Ambo from the original church, new Stations

of the Cross carved wall plaques, new HVAC system, a repaired and painted ceiling, and a redesigned vestibule/entrance. New style seating is on its way (temporary seating is in place).

The Chapel of St. Clare of Assisi is now open to weekly Eucharistic Adoration on Thursdays from 9:30 a.m. to 8 p.m. All are welcome!

OPT

FARM

Con't from page 25

with me. I may be biased as a farmer, but I believe this type of exercise is especially fruitful when applied to thinking about food. Imagine the overwhelming gratitude we would feel if we were able to contemplate the complete story of our food each time we sat down for a meal. I pray that we might all carry this spirit of thanksgiving every day of our lives." Matt Jones, Farm &

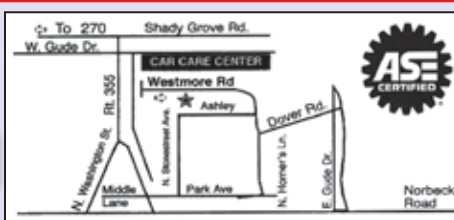
Outreach Coordinator.

After other successful collections of cardboard for the farm, Saint John Neumann and their Knights of Columbus are planning a December 2020 collection of "more cardboard for the farm". Save your boxes! The Little Portion Farm uses our paper contributions as a mulch material in various ways to help them plant, harvest and feed so many. To learn more about this unique farming operation, visit: www.littleportionfarm.org

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Member St. Jude's Parish

Catholic Schools Week issue
Ad deadline January 20, 2021



Top left, an SFIS student carves a special pumpkin as part of October's distanced activities; Top right, Franciscan Fr. Brian Jordan returns as pastor of St. Camillus. Above left, Author Valerie Tripp joins SFIS in a social distanced version of *The Great Book Giveaway*; Above right, even in the rain, SFIS staff distributed thousands of free meals for students on Mondays.

Staying on Mission at Saint Francis International

Saint Francis International School is having a very busy 11th year! During the summer, SFIS held a Virtual Summer Academy in place of its normal summer programs while also continuing to coordinate distribution of free food for children and families in the neighborhoods around the school. In total, SFIS prepared and distributed 56,970 free meals for children from March to August. Throughout the summer, SFIS staff and volunteers worked with World Central Kitchen to distribute over

40,000 free dinners in Langley Park and worked with the PG County government to distribute 30,000 boxes of free produce.

The effort to care for the physical needs of students and their families has continued throughout the fall. On Mondays, school staff distributes around 2,000 free meals for the week for students via a drive-thru. Saint Francis' librarian organized thousands of book donations and every student in the school also received a bag of free books to take home with their free meals one Monday in October.

St. Camillus parishioners have been stepping up to support the students at SFIS. The St. Francis Builds ministry gathered on a Saturday morning in November and built desks to give to students who need them at home; the Desks by Dads project donated chairs to go with the desks which were built according to their designs. In December, the Knights of Columbus of Holy Family Council #5547 donated 100 winter coats to be given to SFIS students



Volunteers from St. Francis Builds ministry construct desks for students in need.

in need.

On December 1st, for #GivingTuesday, SFIS raised over \$20,000 to help families struggling meet their financial obligations. That included a special \$10,000 gift from the Favret family of siblings who all attended St. Camillus

School and wanted to honor the value of their Catholic education, Loretta Favret currently serves as the principal of Little Flower School in Bethesda.

All of these efforts are happening as Franciscan Fr. Brian Jordan settles in as the pastor of St. Camillus and canonical administrator of SFIS. Fr. Brian takes over from Br. Chris Posch who died of pneumonia in July. Fr. Brian's name might sound familiar, he was also pastor of St. Camillus from 1990 to 1996. During his tenure St. Camillus School was awarded a Blue Ribbon from the US Department of Education.

COVID-19 continues to have its highest impact in the ZIP Codes surrounding SFIS. The 20783 ZIP Code in Prince George's County, which is adjacent to the St. Camillus campus, has the highest rate of coronavirus infection in the entire metropolitan area. Over the course of the pandemic, COVID-19 has been experienced by numerous student and faculty families, including the loss of three

fathers and several grandparents and other family members to the disease.

Despite these challenges, the SFIS faculty and staff is finding ways to keep all students learning and growing through distance education. Students have been provided with Chromebooks and learning materials, including science experiments, are distributed on Mondays along with the free food. Students have also been getting the opportunity to participate in optional in-person activities in the county park across from the school. These activities include PE and class picnics. SFIS has also had a large number of social distanced and video events like a dance contest, pumpkin decorating contest, and virtual grandparents' day.

Saint Francis International School is devoted to its mission despite any challenges, but help is always appreciated. Alumni and friends are especially invited to support SFIS during this crisis by donating online at www.mighty-cause.com/covid19help.

St. Francis International School

www.saintfrancisinternational.org

Tobias A. Harkleroad,
Principal

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