



Parish Times

Senior Services Guide
Pull-Out Section

DECEMBER 2021

Living the Faith Together

FOUNDED 1991

Promises on the Tree

A few Autumn celebrations. It is wonderful to gather again in worship, service and community. I celebrated the return of CYO fall sports. I'll bet I attended 30 fun filled games watching my grandchildren play soccer and baseball. The crisp air and colorful leaves were glorious and not so subtle reminders



Chuck Short

Continued on page 10

Our Faith Sustains

I'm not even sure what we were talking about that led a dear old friend to tell me, "When I leave Mass on Sunday, I just want to leave with one thing - one piece of advice or information that will help me make the most of the week ahead of me". She's right. We need to walk out of church with something to think about, something to do that will bring us closer to loved ones, and closer to God. Last Sunday I walked out of church with a lot to think about.

Shortly before we left for Mass we got word that a dear friend of 40 years had died.

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Living in the Present, Preparing for the Future

Well, here I am. This issue of *Our Parish Times* features the Montgomery County Senior Services Guide, and I realize I am now in that category. I turn 75 early this coming summer, and I need to start thinking about decisions for retirement.

When should I retire? What will I do? Where will I live? What will God want of me?



Fr. John Enzler

Continued on page 36



Current and former priests of St. Martin's: Rev. Patrick Agustin, Rev. Alejandro Diaz, Rev. Pawel Sass, Rev. David Wells (Pastor), Rev. John McKay, Rev. Msgr. Edward Filardi celebrate a trilingual mass for the Feast of St. Martin. Photo courtesy of St. Martin's Parish.

101 Years of Celebrations

By Carolyn Silvey and Judy Cullen

Over the past two years, St. Martin of Tours has celebrated our Centennial Anniversary of the first mass held on the Gaithersburg property, which was

celebrated by Fr. John Stanislaus Cuddy on December 12, 1920. While perhaps this has been our largest celebration, it is far from the first anniversary event celebrated at our parish.

The parish celebrated its 25th anniversary

on a snowy day in February 1946. Bishop John McNamara of Baltimore (since our parish was then part of that Archdiocese) celebrated the Silver Jubilee

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Our Lady of Lourdes in Mexico City

From October 7-11, members of Our Lady of Lourdes Parish joined Pastor Father Rob Walsh and Father James Morrison on a mission trip to Mexico City. The parishioners worked with Hope of the Poor, an organization whose mission is "to inspire all generations to radically love and bring hope to the hopeless." Father Rob participated in

service trips to Mexico City while serving as the Catholic Chaplain at the University of Maryland. In March 2021, Father Rob invited the organization's leader, Craig Johring, to Our Lady of Lourdes to share his ministry.

The twelve parishioners and two priests

Continued on page 27



Our Lady of Lourdes volunteers pose with new friends in Mexico City.



Sister Doreen Willis, IHM and Sister Roberta Harding, IHM

IHM Sisters Celebrate 176 Years

On Wednesday, November 10, the Sisters, Servants of the Immaculate Heart of Mary, celebrated their 176th Founders Day. The IHM Sisters have been at St. John the Evangelist School since it opened in 1950 and are a very important part of our heritage. We are so thankful for

Continued on page 21



Mass and Wine Tasting

Thursday, December 16, 2021, 5:30 PM - 8:00 PM
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We hope to see you at the Mass and Wine Tasting on Thursday, December 16. Celebrate Mass and then a wonderful tradition of John and Peggy Treseler sharing their favorite wines. Light appetizers, beer and water will also be available.

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Standing Up for Life!

Members of the 13463 San Juan Diego Council of the Knights of Columbus and parishioners of St. Martin of Tours in Gaithersburg saying the rosary outside the Jackson Place abortion facility at 932 Rockville Pike on November 20. Photo by Shaun Allen

Justice and Advocacy Council of Montgomery County

Becoming faithful citizens

By Anthony Bosnick

From time to time, it is helpful to remind ourselves why we do what we do. We in the Justice and Advocacy Council have been doing that over the past several months. The J&A Councils in the Archdiocese of Washington were established about 15 years ago.

At that time, the Mission Statement for J&A Councils stated: "Based on the Gospel and Catholic Social Teaching, the Justice and Advocacy Councils work to create a just society by advocating for the needs of poor and vulnerable people at the local level. As part of the Archdiocesan Legislative Network, and rooted in the local parishes, the Justice and Advocacy Councils seek Catholic participation from all sectors of the community, especially those whom they seek to serve."

As we look forward to the work of the J&A Council in the future, we do so in light of the political reality and needs around us at the local level in particular. We look for the best ways to respond. This article gives some thoughts about why we plan to continue this work into the future. It is a brief sketch of our thoughts at present.

Forming Consciences for Faithful Citizenship. The first reason we believe that we should forge ahead is that lay people are called to participate in the political life of the society around us. In all the documents on the topic of faithful citizenship—there are significant numbers of them, especially beginning with Second Vatican Council's "The Church in the Modern World." Then there are at least 10 encyclicals, letters, the *Catechism of the*

Catholic Church, the *Compendium of the Social Teaching of the Church*, and others.

Popes from Saints John XXIII, Paul VI, John Paul II have written about political involvement of Catholics. Living popes Benedict XVI and Francis have as well. And the Catholic bishops of the United States since 2007 have issued "Forming Consciences for Faithful Citizenship," calling on Catholics to accept their call to participate in political life (see *Faithful Citizenship*, pp. 7-9).

The bishops write that "responsible citizenship is a virtue, and participation in political life is a moral obligation" (p. 7). Further, they write: "The obligation to participate in political life is rooted in our baptismal commitment to follow Jesus Christ and to bear witness in all we do" (p. 8).

Catholic political involvement is a witness to Christ and the Church. A second reason for our continued work is that we have seen the positive impact it has had on the governmental officials in Montgomery County. If anything gives a positive impression of the Church in these cynical and trying times, it is the work of thoughtful and committed Catholics advocating for the poor and needy. Not many people do this. It is our call.

We have spoken at county council meetings and privately with county council members about several issues related to the common good. (If you search the USCCB website for "common good" you will see that it is something positive; it doesn't carry the negative connotations some find in it.) These include many issues related to the needy, including transportation, adequate resources for the

safety net, health care, special needs, and others.

We do not speak as Democrats or Republicans, but as Catholics. This is because we are guided by Catholic social and moral teaching. If you are not sure what that is, search "USCCB Catholic Social Teaching" and you will get a load of background. At the heart of this is the "Life and Dignity of the Human Person" That's where Catholics start. It is rather invigorating to start with the human person, and that's what Catholics do.

Building the kingdom of God. A third reason for our work is that we are transforming the world in Christ. Our work is part of the new evangelization, in line with the call of the popes since Paul VI nearly 50 years ago. (Check out *Evangelii Nuntiandi*/"On Evangelization in the Modern World" on the web.) Like Catholic politicians are called to do, we in the J&A Council reflect the Gospel message as we commit ourselves to "the pursuit of the virtues, especially courage, justice, temperance, and prudence" (*Forming Consciences*, p. 16).

So, for now, we continue on and hope that our work is embraced because it is what Catholics are called to do.

Join us in our work. The next Justice and Advocacy Council virtual meeting is Wednesday, December 8 at 7:00. For more information and to receive a link for the meeting, please get in touch with Larry Couch at lawrencecouch1@gmail.com.

OPT

Anthony Bosnick is director of social ministry and adult faith formation at St. Francis of Assisi Church in Derwood. He has been involved in the J&A Council since it was first started.

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Connelly School of The Holy Child Honors Brett MacInnes and Suzi Norris Montes de Oca, '74

Holy Child's Head of School Recognition Dinner was held on October 20. This event celebrates the dedication and service of our benefactors. There are two awards presented at this event that recognize and honor members of the community that have gone above and beyond to further the mission of the Society of Holy Child Jesus and Connelly School of the Holy Child. This year's recipients are Brett MacInnes, past parent (Hillary MacInnes Galey, '08) and board member for 12 years, and Suzi Norris Montes De Oca, class of 1974, a past parent (Krista Montes de Oca Kelly, '05), and current Director of Development and Alumnae Relations at Holy Child.



Awardees Brett MacInnes and Suzi Norris Montes De Oca, '74

The Mother Mary Xavier Award

The Mother Mary Xavier Award was presented to Brett MacInnes, a St. Jane de Chantal parishioner, has been a leader in the Holy Child community for almost 20

years and a trustee for 12 years.. Brett led the search committee to find our Head of School and was an integral part of our campaigns to establish the Neil T. Coakley Stadium and to "Innovate our Space" – updating classrooms and student facilities. His creative leadership and steady guidance has advanced Holy Child. Although his daughter graduated more than a decade ago, Brett is still an active member of the community which shows how much he genuinely cares for Holy Child.

Cornelia Connelly chose Mother Mary Xavier to lead the expansion of the Society of Holy Child Jesus to America and beyond thus creating, for the first time, a worldwide network for the Society. She was chosen for her smart judgement,

initiative, perseverance, her inspiring confidence, and for imparting her own joyous and self-sacrificing spirit onto others. The Xavier Award is given to leaders within the Holy Child community who embody the spirit of Cornelia Connelly and Mother Mary Xavier, and have the determination and courage to create change – change that furthers the Holy Child mission of educating women of faith and action.

Brett said in his acceptance speech, "One of the things that

makes Holy Child very special is the sense of family – that's why I have been so committed to the school throughout the years."

Watch Brett's story: <https://www.youtube.com/watch?v=TUHAINujCeQ>

The Ignatia Award

The Ignatia Award was presented to Suzi Norris Montes De Oca '74. Suzi, a member of Holy Redeemer parish, has always been an active

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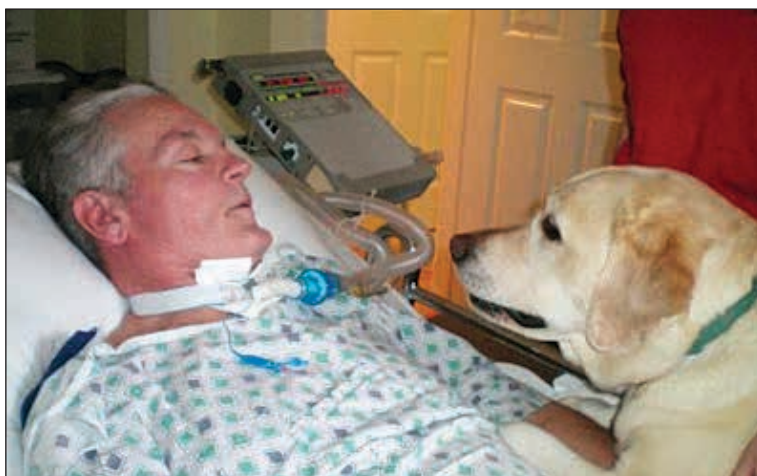
Calling all RN or LPN Good Samaritans

By Lawrence Hamm, Publisher

The August 2020 issue of *Our Parish Times* included the article reprinted below which was written by Patrick Durkin, a quadriplegic who lives in Rockville, with help from Bro. Edward Adams, who died recently (see tribute on page 11). The substantial response from *OPT* readers was gratefully acknowledged by Patrick in the October 2020 issue. I met Patrick for the first time last Wednesday and feel compelled to reach out again to *OPT* readers on his behalf. If you or anyone you know is an RN and LPN or if you can make a tax-deductible charitable contribution – no matter how small (or large!) – please consider supporting Patrick in his struggle to remain in his home, which – according to his medical team – is the only place he is able to receive the care he needs to remain alive.

I am reprinting Patrick's initial outreach in full because he is his own best representative. His remarkable faith, courage, and determination to continue to contribute to the mission of the Church shine through his every sentence. However, his circumstances have changed and his situation is even more desperate.

Medicare does not cover Patrick's 24/7 in-home skilled nursing. Patrick is eligible for Medicaid, but only within a Medicaid institution, requiring him to move into a nursing home for the support he needs, which is a two-edge sword. First, there are very few skilled nursing facilities in Maryland with the staff trained to care for a ventilator-dependent quadriplegic and none have any openings. Secondly, with his extremely compromised health, any move to a congregate living environment is fraught with life-



Patrick Durkin Blondie with Blondie at his bedside

threatening risks. His legal team is exploring all 'waiver' options but it is an open-ended process and time is of the essence.

Patrick needs qualified nursing staff, RNs or LPNs, to volunteer to help in his Rockville home during the 8:00 AM to 2 PM shift. If you or anyone you know are qualified and able to commit to even a few hours a week, please contact Patrick's care coordinator, Judith Pangborn,

RN, at 410-236-6950.

Patrick's financial resources have been exhausted. Medicaid and his supplemental insurance have denied coverage of his 24/7 nursing expenses. If you are able to make a charitable, tax-deductible contribution to help him pay for his life-enabling ongoing support, please visit: <https://helphopelive.org/campaign/1072/>

Thank you!

OPT

Reprinted From the August 2020 Issue of Our Parish Times

A Neighbor Appeals for Help

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

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

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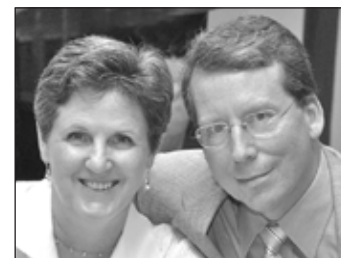


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Celebrating the Feast of our Lady of Guadalupe

December/Diciembre 11, 2021
Procession/Procesión: 11:30 a.m.
Rosary/Santo Rosario: 1:30 p.m.
Mass/Misa: 2:30 p.m.

All are invited to join in our annual archdiocesan celebration of the feast of Our Lady of Guadalupe! Each year, we honor Our Lady through a pilgrimage through the streets of Washington, D.C. Our pilgrimage begins at the Shrine of the Sacred Heart and concludes at the Basilica of the National Shrine of the Immaculate Conception, where together we pray the Rosary and celebrate Mass.

The apparition of Our Lady of Guadalupe to St. Juan Diego impacted the history of our continent in significant ways. For centuries the miraculous image of Our Mother has called Catholics back to the faith and moved others to embrace the faith. Today, Our Lady continues to empower our evangelization efforts with her constant proclamation of the Gospel. Most importantly, as the Patroness of the Americas and the Star of the First and New Evangelization, she calls us to encounter and accompany the stranger in our midst.

Miracle of Our Lady of Guadalupe, Chronology of Events *

- 1525 — The Indian Cuauhtlatoatzin is baptized by a Franciscan priest. He received the Christian name of Juan Diego.
- 1531 — Year of apparitions to Juan Diego.
- 1567 — The new church ordered by Archbishop Montúfar is completed.
- 1666 — A formal inquiry and investigation was conducted by the Church from 18 February to 22 March in order to give authority to the tradition.
- 1946 — Pope Pius XII declared Our Lady to be the Patroness of the Americas.
- 1976 — Dedication of the new basilica of Our Lady of Guadalupe, located four miles from central Mexico City.
- 1988 — The liturgical celebration of Our Lady of Guadalupe on 12 December was raised to the status of a solemnity in all dioceses in the United States.
- 1999 — Pope John Paul II, during his third visit to the sanctuary, declared the date of 12 December as a Liturgical Feast for the whole continent.

* Timeline from EWTN

Growing your Child's Bookshelf: Recommendations from Catholic School Librarians

Looking for some quality books to add to your little one's collection? Searching for new Christmas titles to buy for gifts? Several area school librarians offer their advice for new books to check out for elementary school readers.

Recommendations from Anna Sullivan, Our Lady of Mercy

The Adventures of Loupio by Jean-François Kieffer

Based on the life of St. Francis of Assisi, this comic book series tells the story of Loupio, a young orphan boy who befriends St. Francis and goes on adventures with him. It features outstandingly vivid illustrations and practical, insightful life lessons for younger audiences ages 6-9.

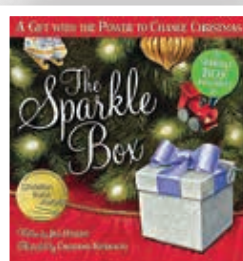
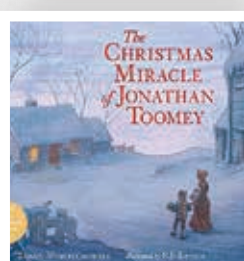
The Gospel Told by the Animals by Bénédicte Delelis

Short Gospel stories are told in the first person from the perspective of various animals. This sweet retelling of the Gospels makes them more accessible to younger audiences. A wonderful book to buy and read to children ages 5-8.

Recommendations from Chris Davison, St. Bartholomew's

The Legend of the Christmas Rose by William Hooks

Young Dorothy has to stay home while her older brothers travel to Bethlehem to bring a gift to baby Jesus. Dorothy decides to follow them, also wanting to greet the newborn Jesus. Along the way she discovers the miracle of the Christmas Rose. This story is appropriate for slightly older readers, ages 7-10.



The Christmas Miracle of Jonathan Toomey by Susan Wojciechowski

Jonathan Toomey is the best woodcarver in the valley, but he is alone and very sad. This book tells the story of how a widow and her son bring joy back into his life through a Christmas miracle. A wonderful read for ages 6-10.

Recommendations from Nancy DeWitt, Mary of Nazareth

An Orange for Frankie by Patricia Polacco

This is a holiday story close to the author, Patricia Polacco's, heart. Frankie was her grandmother's youngest brother, and every year she and her family remember this tale of a little boy who one Christmas long ago learned—and taught—an important lesson about giving. This story also offers opportunities to explain

the history of rural America, just a few generations ago, when the delicacy of fresh fruit in the winter having was a real treat and it wasn't uncommon for hobos to ride the train to look for work. Suggested for kids ages 6-9.

The Sparkle Box by Jill Hardie

This is a faith-centered story about the power of giving to others at Christmas. Sam, a little boy, is excited about the holiday. He is thinking of his own wish list and puzzling over a mysterious little sparkly gift box sitting on the mantel. He soon learns that all the charitable acts his parents have modeled are written down on paper and placed in this box for Jesus' birthday. The book comes with its own sparkly box to put out and incorporate your own acts of kindness as a family. Recommended for kids ages 4-7.

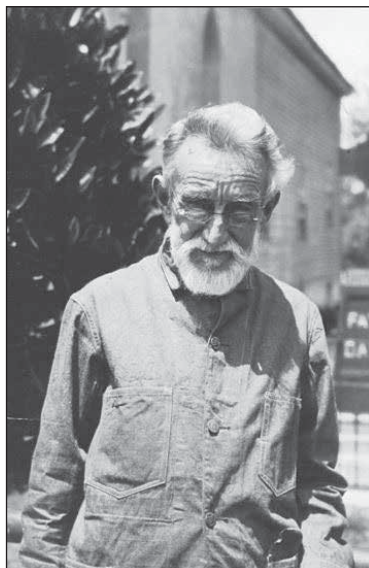
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Advancement of the Cause of Beatification and Canonization of the Servant of God Joseph Dutton

At their annual fall Plenary Assembly in November, the bishops of the United States held a canonical consultation on the cause of beatification and canonization of the Servant of God Joseph Dutton, a lay man. By a voice vote, the bishops affirmed support for the advancement of the cause of beatification and canonization on the diocesan level.

Ira Barnes Dutton, known as Joseph Dutton or Brother Dutton, was born April 27, 1843, in Stowe, Vermont. His father, Ezra Dutton, was a farmer who also worked as a cobbler and his mother, Abigail Barnes, was a schoolteacher.

Dutton was married on January 1, 1866, but when his wife left him a year later, it began a period in his life that Dutton later referred to as the "degenerate decade" where he engaged in heavy drinking. In July



Joseph Dutton near Saint Damien of Molokai's grave at St. Philomena Church, Kalawao, Hawaii. Image credit: Wikipedia Commons

of 1876, he became "strictly an abstainer."

Dutton was determined to do penance and make atonement for his "wild years," and after studying the Catholic faith, he decided that being Catholic would best enable him to lead a penitential life. He was received into the Catholic Church at St. Peter's in the city of Memphis on April 27, 1883, his 40th birthday, and took the name of "Joseph" as his name.

In 1884, he entered the Trappist Monastery at Gethsemane in the Commonwealth of Kentucky, where he stayed for 20 months, devoting himself to a life of hard work and silence. However, he realized that the best way for him to do penance was not through a life of contemplation but through a life of action.

"Virtue is never so attractive as

when we see it in action.

It has a power to believe that we too can rise up above this fallen nature of ours to a fellowship with the saints."

—Servant of God Joseph Dutton

The Servant of God Dutton first learned about Father Damien DeVeuster, now Saint Damien of Molokai, and the Kalaupapa leprosy settlement on the island of Molokai in Hawaii when he read the account *The Lepers of Molokai*, written by Charles Warren Stoddard. With Stoddard's encouragement, he traveled to Hawaii, and with the approval of the bishop and the Board of Health, he went to Kalaupapa. Father Damien, who had just been diagnosed with leprosy, needed an assistant to help him carry on his work after he was gone. Dutton threw himself into the work and

soon became an expert in caring for the patients' medical needs. He was methodical and accurate in his work and quick to learn the rudiments of medicine and surgery.

Father Damien, who died in 1889 from leprosy, had established homes for the "orphan" boy and girl patients near his church and house. In 1888, Mother Marianne Cope, now Saint Marianne of Molokai, and the Franciscan Sisters had arrived to care for the girls in a new home in Kalaupapa. In 1892, at the request of Mother Marianne, Dutton was received as a Secular Third Order Franciscan and in 1895, he took charge of the Baldwin Home for Boys with a capacity of 120 beds for boys and young men. He labored there for the next 35 years. Joseph Dutton died at St. Francis Hospital in Honolulu on March 26, 1931.

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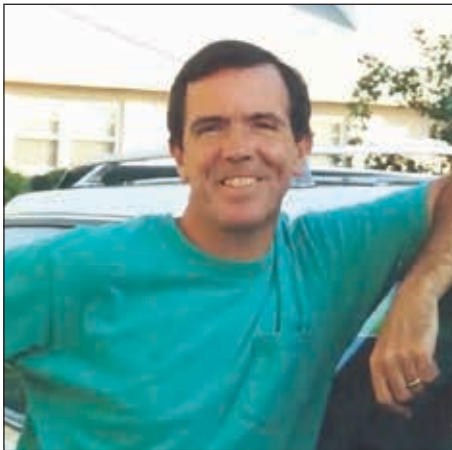
Paper bags with brightly colored collection instructions are a common sight at the front doors of many Montgomery County homes this time of year.

Greg Gannon: the Man and Legacy Behind the Food Drive

When Greg Gannon began an annual canned food drive 34 years ago, his motivation was simple. He wanted an opportunity to put his faith in action and to commit to an act of service that he could complete with his four daughters. The initiative soon spread to a few families at his parish, Blessed Sacrament. Now the endeavor includes students, families, and community members from Catholic schools and parishes across Washington D.C. and Montgomery County. Last year, hundreds of volunteers were able to work together to collect 180,000 cans to help stock nearly 30 area food pantries.

Greg sadly passed away from brain cancer in 2006, but the canned food drive lives on in his honor under the direction of his brother, Rick Gannon. Rick summed up his brother, describing him as “a true man for others” whose life spoke of charity and generosity. “Greg asked me to take over the food drive, telling me it was my turn, a few years before he died. At first, I thought, I can’t do this, it’s Greg’s thing! But pretty soon I realized that leading this food drive was the greatest gift my brother could have given me”.

The food drive may have scaled up in terms of volunteers and cans collected, but the process has remained more or less the same. Community members gather to prepare paper bags with instructions that will be delivered to neighborhood territories across the metro area. Those bags are dropped off at people’s homes and then collected by volunteers, with the food contributions, a few days later. The collection date is always the first Saturday in December. Rick



The annual food drive is named in memory of Greg Gannon, the founder, whose spirit and legacy continues to animate the many volunteers who collect cans each year.

explained, “Greg was a coach and always in season. The first Saturday of December was the one weekend he would have a break between fall and winter sports!” Now the date works well for families who are looking to do community service together during Advent.

In the early years of the canned food drive, Greg would organize all the logistics and communication by himself equipped only with his land line and snail mail. Rick recalls how Greg would purchase paper maps from 7-11 for each of the participating families, highlighting their territory with a yellow maker. Email, Sign-Up Genius, and Google Maps have all made the enterprise much easier to plan.

Through all the years, it’s clear that the Greg Gannon Canned Food Drive is about more than just the planning and cans collected. True to Greg’s legacy and early vision, it’s also about living out the Beatitudes and serving others *with* others. Rick likes to think about the annual event as an education of the spirit. “It’s an opportunity for kids who have

Continued on page 9

New Maryland Laws in Effect on Oct. 1

Hundreds of new laws passed by the General Assembly earlier this year went into effect on Oct. 1. A number address needs of low-income Marylanders, veterans, immigrants, and the incarcerated. Parents will benefit from expanded prenatal care for healthy pregnancies and the addition of changing facilities in public buildings. Other bills will help protect Maryland’s environment.

Among the new laws are a number supported by the Maryland Catholic Conference:

- Prevent sentencing minors to life without the possibility of parole and allow a review of sentencing after 20 years (SB 494)
- Increase the time of educational programming for inmates who have not received a high school diploma or GED (SB 86)
- Streamline the administration of address confidentiality programs to protect victims of domestic violence and human trafficking (SB 109)
- Coordinate mental health services for veterans and immediate family members (HB 605/SB164)
- Require changing facilities (for diaper changing and per-



sonal care for adults) in public buildings (HB 321/SB 61)

- Establish pilot program providing mobile laundry services for homeless persons (HB 189)
- Expand data collection for foster youth, including education and financial support, and conduct research regarding child welfare programs (HB 854)
- Add categories for information gathering, the results of which will help inform policies of the State child welfare system (HB 258/SB 592)
- Offer diminution credits for inmates who achieve certain educational milestones (HB 89)
- Increase funding for and provide access to the Maryland Prenatal and Infant Care Grant Program to help ensure a healthy pregnancy for mother and child (SB 777/

HB 1349)

- Establish the Hunger-Free Campus Grant Program to address and combat student hunger and basic food necessities (HB 891/SB 767)
- Adjust membership and selection of members of the Commission on Environmental Justice and Sustainable Communities (HB 1207/SB 674)
- Remove mill residue from eligibility as a qualifying biomass in the state’s Renewable Energy Portfolio (SB 65)
- Establish a Governor’s Office of Immigrant Affairs (HB 15/SB 85)
- Establish an Access to Counsel in Evictions Program and other support for tenants at risk of eviction (HB 18)

The 2022 General Assembly legislative session begins Jan. 13, 2022.

OPT



GOOD COUNSEL 2022 SUMMER PROGRAMS



ATHLETICS

Archery
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Field Hockey
Football
Lacrosse
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GOOD
COUNSEL
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TRUNK OR TREAT!



Above: Halloween fun at St. Mary's School's first trunk or treat!



Left: Everyone in the family got into the spirit this year!

Below: Even extended families came for the fun!



Friends filling their bags with lots of candy!

By Kathleen Morris

This year, Saint Mary's began a new tradition, hosting the First Annual Trunk or Treat in the large parking lot behind the school and the church. There was a last-minute change in the date, due to forecasted rain, but many families and students were still able to join in on the fun. On October 28th, dozens of families participated, arriving to the parking lot early and decorating their cars and trunks with spooky Halloween decorations.

Parents, teachers, and children dressed up in their Halloween costumes for the event. As the sun went down, children went "trick-or-treating" from one car to the next. Some cars handed out traditional

Continued on page 8

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2019 School Family of the Year, Mark and Mo Stiles were honored for their years of dedication and service to St. Mary's School.

Save the Date: Galapalooza

By Kathleen Morris

Saint Mary's is excited to announce the date for the Annual Auction and Awards Gala: Saturday, February 26, 2022. This year's theme is "Galapalooza"! The funds raised by the Gala go directly toward the students and the school, to continue to improve on the amazing educational experience

provided by Saint Mary's. Families are currently gearing up to sell raffle tickets and spread the word about this event. Raffle tickets are selling for \$10 each and are entered into three drawings to potentially win a prize of \$3000, \$2000, or \$1000. Winners do not need to be present to win. Be sure to save the date!

OPT

Toys for AJ

St. Patrick's School supported 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, hospitalized for treatment of serious illnesses. 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 special memories including trips to the beach, amusement parks, countless gatherings 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. In those seven years of collecting toys, more than 6000 toys and gift cards have been donated and distributed at Johns Hopkins Children's Center!



St. Patrick's School SGA Installation

St. Patrick's School is pleased to announce the officers and representatives who will be leading the Student Government Association for the 2021-2022 school year. The following students are pictured along with St. Patrick's Pastor, Msgr. Charles Parry and Fr. Robert Kilner, Parochial Vicar, and faculty sponsor, Ms. Erin Farrell: Alex Guarini (President); Keira Balaguer (Vice President); Grace Swarthout (Secretary); and Lily Williams (Treasurer). The class representatives are also included: Billy Maurano, Ashley Osuri, and Andi Windlan (5th grade); Aidan Devlaliwalla and Reagan Lukes (6th grade); Nicolas Carr, Mia Fecko, and Molly Schmittlein (7th grade); and Tyghe Madigan and Vera Ogai (8th grade). Msgr. Parry blessed the new SGA members and called for the "gifts of the Holy Spirit" to guide their leadership and service to their classmates.



Child's Play!

An upgrade to the beloved school playground was accomplished in late October. Using funds from the school's Annual Fund, a \$90K structure was constructed in place of the old equipment which was removed. The previous structure which had been used for more than sixteen years had developed some cracks in the plastic slides. Rather than make costly repairs, Principal Christie Anne Short approved the redesign and installation by All Recreation of Ashburn, VA. Third grader Eva Glomb commented, "The new playground is bigger than the old one and gives space for all to play." Her classmate Patrick Brown agreed: "All the kids love this playground!"

Trunk or Treat is Spooktacular!

St. Patrick's School reimaged its annual Halloween party, hosted by the 4th grade class by organizing an outdoor event. Originally developed to address Covid safety concerns, the organizers were looking for a safe yet fun way to celebrate the traditional Halloween event. The evening featured a DJ for dancing, Halloween themed cornhole games, bowling, ring toss, and craft stations. Families could pre-order pizzas or bring a picnic dinner. The newest innovation to the event was the addition of the Trunk or Treat. Teams of 4th grade families and junior high students created 12 creative trunks including Harry Potter, Candyland, Movie Theater, and Toy Story. Event chairperson Gina Swanda commented, "Trunk or Treat was the first school-wide event since the beginning of the pandemic, and we are so pleased it was a really fun night for kids and parents to gather as a community again."



St. Patrick's Parish

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St. Bartholomew youth find joy in service work

Fall at St. Bartholomew found students and parish youth taking an active role in the betterment of their community. Service work is an essential pillar of the St. Bartholomew experience, and the school kicked things off in October with its annual “Socktober” drive. With socks being the number one item requested by homeless shelters, students were asked to bring new, warm socks to donate to the Adam’s Place Shelter run by Catholic Charities. The response was tremendous, with a total collection of 1,745 pairs of socks.

October also found students from the parish youth group and school

feeding the hungry. Youth group members gathered assembly line style to pack bags of food for the Cup of Joe program in Hyattsville.

“We made 400-plus meals for Cup of Joe, which partners with Catholic Charities,” said John Archer, who leads the St. Bart’s Youth Group. “It builds a lot of comradery among the kids. The fact that you’re helping someone who isn’t physically present brings a joyful spirit to the group.”

November culminated with the school and parish’s annual Thanksgiving food drive. The school mobilized to purchase large quantities of Thanksgiving staples



St. Bartholomew eighth graders smile proudly in front of the boxes of food they packed for the Thanksgiving food drive.



St. Bartholomew youth work assembly line style to pack meals for the Cup of Joe program.

and other dry goods to provide 50 families at the Sacred Heart Parish in northwest Washington with a Thanksgiving meal and food for the two following weeks. Thanks to the generosity of the parish, each family also received two gift cards to a local grocery store to ensure they had the means to get a fresh turkey and other trimmings of their choice.

“It shows how caring we are to our community and how nice our school is,” said St. Bart’s eighth-

grader Carson Hull. Hull was one of many eighth graders who met on the Saturday morning before Thanksgiving to box and sort the food for the families.

“I love seeing all of us work together,” said eighth-grader Sophia Smith. “I think it shows how we love to do service whenever there’s an opportunity to do it.

I love that we’re helping people who need help.”

St. Bartholomew Parish

6900 River Road
Bethesda, MD 20816

Rev. Mark Knestout
Pastor

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TRUNK OR TREAT

Con't from page 6

Halloween candy, others handed out glow sticks or goody bags. There was a DJ to provide festive music, and some cars even had their own Halloween-themed playlists.

There were several families that dressed up in themes: The Secret Life of Pets, Star Wars, and Starbucks themes were all seen during the festivities. The event was a fun, safe way for the kids to experience the joys of Halloween with their school friends and community. Saint Mary’s hopes to continue this fun, new tradition for years to come.

OPT

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

Calling All Alumni...

Saint Bernadette School's second annual Echo Dinner is right around the corner! The Echo Dinner will commemorate 74 years of Saint Bernadette memories with friends from our school, parish and neighborhoods past, present and future. This year's event will salute alumni who have served in first responder roles, as well as to honor members of the class of 1951, who are celebrating their 70th year reunion.

The Echo Dinner is a wonderful time for alumni, old friends, and current families to reconnect, as well as to support Saint Bernadette's "Fund A Scholar" initiative, which provides need-based tuition assistance to SBS families. The Fund A Scholar program was created by SBS alumni with the hope to make an education at Saint Bernadette's more accessible, and to lessen the financial burden on families.

"This year, Class of 1985 graduate Jennifer Zovko Herlihy will lead our first responders to be named to the Honor Roll. Mrs.

Herlihy served in the Army Reserve and is now at Arcola Health and Rehab nursing home. Her youngest child graduated from our halls last June, capping a long-running train of Zovko siblings and relatives at Saint Bernadette School, during which the family members were always instrumental in church and school functions," says Ted Ewanciw, Principal of Saint Bernadette School.

The highly anticipated Echo Dinner will be held on January 22, 2022 at 6:00 pm (following the 5:00 pm mass) with cocktails and hors d'oeuvres in the School Hall. Tickets and more information regarding the Echo Dinner are available by visiting <https://saint-bernadetteschool.org/echo-dinner/>.

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St. Bernadette Parish

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Silver Spring, MD

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Pastor

301-593-0357

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

Kate Doyle Rodgers, OPT Editor
301-593-5611



Above: Students across all grade-levels reached out to family, friends, and community members to help collect food for Thanksgiving dinners for those in need.

Above right: Students help to load of the van heading to the Father McKenna Center with food.

At right: The hallways of St. Bernadette's were full of the many donated Thanksgiving turkeys!



GREATER LOVE, GREATER THANKS

Members of Saint Bernadette School's Greater Love Social Outreach program have been busy bees in the month of November, collecting and delivering food as part of their annual Thanksgiving Food Drive. Thanks to participation from all grade levels, this year the Greater Love team collected and distributed seventy

turkeys and eighty bags of Thanksgiving dinner to the Father McKenna Center located in Northwest Washington. Along with collecting food donations for Thanksgiving dinners, Greater Love raised an additional \$790 to assist the center in their service for others.

OPT

St. Patrick



Sip & Shop Success

St. Patrick's School hosted its first parent event since March 2019 on November 10th, a Sip and Shop market. Sixty vendors participated offering numerous gift items, household accents, gourmet food, and spirits. More than 350 were in attendance making for a great kick-off to holiday shopping and support of local businesses.

GANNON

Con't from page 5

learned about Christian service from their parents and teachers to see it come alive. Kids may show up and do something simple, like staple instructions to bags. But then they see how their little individual effort contributes to this massive collection of cans and think of how many people will benefit from

this food."

Indeed, alone our abilities may seem tiny and insignificant, but when done in communion with others, and in service to Christ through the poor, every action can be amplified and take on new meaning.

For more information about the Greg Gannon Canned Food Drive visit www.ggcfd.org

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SHORT

Con't from page 1

of the grandeur of God and our responsibilities to honor and preserve these fragile blessings. How grateful and inspired I am for the coaches and parents who made the return of fall CYO possible. The sportsmanship and character of the young players were remarkable reflecting the fair-play taught by coaches, responsible attitudes instilled by parents, and faith-guided kindness reflecting Christ-like virtue. The teams lived up to the name, Catholic Youth Organization.

Let's celebrate the appointment of **Msgr. Robert Panke**, Pastor,

St John Neumann, for his appointment to the Montgomery County Interfaith Advisory Council. Msgr. Panke will be collaborating with diverse faith traditions to advise the County government in matters of interest to local faith communities including partnerships to serve the needy, land use by faith communities, and prevention of hatred and violence against religious groups. Welcome **Mark Shriver**, Our Lady of Mercy, as the new president of the Cristo-Rey Don Bosco High School in Takoma Park. This innovative Catholic high school is a part of a national network of schools that combines college prep courses with useful work experience to help students defray

tuition costs and prepare for the world of work. We are with you in your important new mission. Special congratulations to **Ogechi Akalegbere**, Christian Service Coordinator at Connolly School of the Holy Child, who received the 2021 Cardinal Bernadine New Leadership Award in Social Justice from the Catholic Campaign for Human Development. This national award, named for the Chicago Cardinal who made social justice a cornerstone of his faith, is given to one "who demonstrates leadership in fighting poverty and injustice in the U.S. through community-based solutions." The students of Holy Child are blessed to have a devoted role model as they continue to

engage in the school's admired tradition of social justice and Christian service. These young women with thousands of other Catholics live the Gospel by seeking just and loving communities, notwithstanding the distorted remarks of the current Archbishop of Los Angeles in which he denied the role of social justice in the Catholic religion.

Returning, now, to our theme of parish renewal, I suggest for reflection the question, **what can I do to renew my parish?** To help discern the answer, I suggest a new tradition in local parishes: erect a **Covenant Tree**. We are familiar with the wonderful tradition of Angel Trees. Some parishes put them up. Each tree has many tags

on which are items a poor family or child may hope to receive at Christmas, usually toys or clothing. Parishioners pluck a tag from the Angel Tree and fulfill a Christmas wish. By Advent's end, the tree is bare, beneath it a mountain of gifts.

What if the parish put up a **Covenant Tree** to provide an opportunity for each parishioner to make promises to engage in the parish community for the coming year. The Covenant tree should be living and transplantable. Unlike the Angel Tree, the Covenant Tree would begin Advent bare but end the season on New Year's Eve adorned with a host of parishioner promises to join in parish renewal during 2022. The promises would be as diverse as the varied interests of parishioners yet one thing in common, to make our parish community stronger. Might such a tree be aligned with the Christmas message of faith, hope and love?

Here are examples for ornaments:

Promises of Worship, attend and participate in Mass a song with joyful hearts; receive the Blessed Sacrament; serve in liturgies, on the altar, behind it and in aisles.

Promises of Prayer, private and communal, join a prayer or Bible group; say the Rosary, visit the Adoration Chapel, attend days of Recollection, join a retreat.

Promises of Forgiveness, go to confession, attend communal Reconciliation services, honestly assess your own shortcomings and those of the parish community, forgive others.

Promises of Service, assist the clergy with the challenges of parish administration, serve on parish committee, volunteer in the school or religious ed, coach a CYO team, plant and care for gardens, promote recycling, join intergenerational activities.

Promises of Love, connect with Catholic Charities, support a mission in Haiti, feed the hungry, shelter the homeless, embrace all who wish to join your faith community, care for elderly, isolated and ill people in your parish.

Promises of Justice, represent your parish on the Justice and Advocacy Council; support the Maryland Catholic Conference, reject injustice with passion individually or as a group.

Promises of Financial Support, consider parish financial support an essential responsibility, justly support the activities and costs of parish operation with regular financial support through Faith Direct, contributions, direct IRA disbursements. Generously support the outreach missions of the parish with time, talent and treasure.

The Covenant Tree is a way each Catholic can light a candle of hope for their parish. It is the true meaning of Advent as a time of preparation for the second coming of Our Lord while honoring the profound meaning of the first Christmas.

God bless you all with a joyful Christmas and a renewed New Year.

Chuck Short

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Ms. Steadman's First-grade class got a visit from now celebrity Baby Penelope. The First Grade got to help promote the Pennies for Penny collection by dancing and announcing the collection during morning announcements all October.

Pennies for Penelope

This Year the de Chantal Students' Favorite Charity, Operation Smile, is Even Closer to Their Hearts

By Catherine Tomsbeck

For many years St. Jane De Chantal School has supported *Operation Smile*. This charity organization helps children around the world by providing cleft lip and palate corrective surgeries. Clefts affect more than just facial appearance, it also has profound effects on a child's feeding, speech, hearing, dental development, facial growth, and psychosocial well-being. DeChantal's beloved former kindergarten teacher, Mrs. Sandy Hughes started the charity collection naming it "Pennies From Heaven" many years ago. The school children would bring in coins (and dollar bills) during one month out of the school year. Today the school has proudly helped to give many children smiles by raising over \$250,000 to *Operation Smile*.

This year, the school has decided to help one of their very own – Baby

Continued on page 21



Baby Penelope visited the school earlier in the year to help raise awareness to *Operation Smile*. Who can resist Baby Penelope's charms?

St Martin's Cloak Guild at St. Jane de Chantal Actively Helps the Community

Parish's Guild echoes their patron Saint Jane Frances de Chantal's call for social justice

Americans know well that November 11th is Veterans Day, where citizens honor those who bravely and nobly served in our Armed Forces. But also, November 11 is the feast day of Saint Martin of Tours. Tradition has it that Saint Martin, a strong and respected military leader, tore his military cloak in half and gave it to a poor civilian who was in need.

Several years ago, to honor the social justice advocacy of Saint Martin of Tours, St. Jane de Chantal's pastor, Father Samuel Giese, initiated the Saint Martin's Cloak Guild at the parish. As the co-foundress of the Order of the Visitation of Holy Mary, St. Jane Frances de Chantal believed deeply in

and advocated for social justice. Today, her namesake parish in Bethesda, MD carries on that tradition with robust social justice programs. One of those programs, the Saint Martin's Cloak (SMC), undertakes various charitable efforts in the name of the parish.

SMC, through generous monetary donations from parishioners, provides financial and other assistance to those in need, especially those in their own parish, but also those residing beyond the parish borders in Maryland and D.C. communities in the Archdiocese of Washington. In just the last twelve months – and in the middle of the

Continued on page 21

St. Jane de Chantal Parish was blessed by the life of Brother Edward Adams

De Chantal Parishioners mourn the loss of Br. Ed who passed away to be with our Heavenly Father this October

By Anita McGregor and Sally Daniel

For years, St. Jane Frances de Chantal Parish was incredibly fortunate to have Brother Edward Adams as its Director of Evangelization. His vibrant personality and devotion to centering prayer were paramount to his ministry. Also, he was a kind face to see at mass. However, Brother Edward's call to spread Christ's love to others was not just in de Chantal's parish. He blessed so many with his faith, wisdom, and energy to spread the Word.

He entered the Christian Brothers novitiate in 1946 and received the name Florian Alfred. The De La Salle Brothers are a Catholic religious teaching congregation founded in France by Jean Baptiste de la Salle. Brother Ed had many educational assignments including Principal at South Hills Catholic in Pittsburgh and President at St. John's College High School in Washington, DC. He also taught French and Religion at West Philadelphia Catholic School for Boys and Georgetown Preparatory School.

Starting in 1977 Brother Ed directed his focus to evangelization. From 1977-84 he worked at St. Paul's College Evangelization Office and then at the Center for Applied Research in the Apostolate, both in Washington, DC. He was also a professional tour guide at the National Shrine of the Immaculate Conception from 1984-87. After

Continued on page 21



Brother Ed Adams had a lifelong passion for sharing faith. His energy for evangelization was contagious.

St. Jane de Chantal Parish

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Bethesda, MD

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Saint Peter's Hall of Saints Returns

By Jane Bornhorst

From Saint Francis of Assisi to Saint Veronica, Patron Saint of Photography, holy saints dotted the blacktop at Saint Peter's on November 2nd, when the school held its annual Hall of Saints in-person again after a hiatus in 2020.

Fourth graders in detailed costumes stood, six feet apart, with informative poster displays they made. They gave three-minute presentations on various saints, informing and delighting parents, grandparents, and guests with tales of the holy miracle-workers.

Blessed Virgin Mary held baby Jesus in her arms, Saint John the Baptist regaled listeners with the tale of his beheading, and Saint Patrick described how he had used a shamrock to explain the Holy Trinity to the Irish people.



The students donned detailed costumes and shared information they had learned while researching their saint.

"I was so very proud of our fourth-grade students, who brought to life the good works of so many holy men and women, each of whom they exemplify here at school every day," said

Principal Vincent Spadoni, who is in his first year serving as the head of Saint Peter's School.

The special event was the cul-

Continued on page 24



Student musicians had the audience on their feet during their fall performance

Students Rock On with Ensemble

As is the case with many schools, Saint Peter's offers traditional band instruction during the school year. There is, however, another band offering which is a bit less conventional, and that comes in the form of the "Ensemble" program.

Back in 2015, Saint Peter's choir director and music teacher Mr. Peter Nguyen came up with the idea of creating a band jam session that would allow students to play an alternate style of music in a group setting. Ensemble was born from that concept.

"The ensemble group was formed to offer students, who play instruments that are not traditionally found in a school band, a chance to play along with others," said Nguyen.

Ensemble is offered two quarters out of the school year for students in grades 3 through 8. All that is needed to participate is a willingness to learn and a desire to play as part of a musical team. Included

instruments are guitars, basses, keyboards, drums, and vocals. The program has proven to be a success, with repeat faces often returning for each session and students showing steady improvement, and increased confidence along the way.

On October 26, the fall Ensemble session concluded with a one hour concert held in Saint Peter's Parish Hall. Mr. Nguyen was joined onstage by five student musicians who alternated performing a mix of six different rock/pop songs that were chosen collectively by the entire troupe. Student guitarist and vocalist Marin Cobo said, "Ensemble is really welcoming and feels like home. It is a great environment to play music with your friends."

The entire group joined together for a finale which was the highlight of the afternoon. The impressive performance by the band had audience members on their feet and clapping with the rhythm!

OPT

Fourth graders were excited to participate in the annual Hall of Saints project.



School Volunteers of the Year Honored

Two Saint Peter's parents who have dedicated many years of service to the school were celebrated on November 12 at the Catholic Business Network of Montgomery County annual gala.

Mrs. Anna Santos is the current President of the School Advisory Board and has held this position for the past four years. Santos has seen the school through its most recent strategic plan and is currently overseeing the formation of team that

will create the newest one.

Santos, a registered nurse, also assists as a substitute in the Health Room.

Mrs. Megan Clark, an alumna

of Saint Peter's, has dedicated many years of service to the school, including serving as the President of the Home and School Association.

OPT



(Left to right) Mrs. Anna Santos, Principal Mr. Vincent Spadoni, Mrs. Megan Clark, and Vice Principal Mr. Nelson Abreu attended the Catholic Business Network Annual Gala where Santos and Clark were honored for their volunteer work.



Members of Saint Peter's Youth Ministry gather for small group discussions.

Reflections on Faith

Gabby Georges, a member of the Saint Peter's Youth Ministry, and Good Counsel Class of 2024 shares her personal witness talk.

Ever since I can remember, God, along with the Bible, and weekly drives to Sunday morning mass with my grandmother,

has been a part of my life. I have been blessed to be surrounded by a family that is deeply rooted within the love and teachings of God, guiding me through the trials and tribulations of life. Being a student at a catholic school

Continued on page 18

St. Peter's Parish

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Olney, MD

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Pastor

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Mr. Vincent P. Spadoni
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Catholic Daughters Encourage “The Radiance of Christ”

In the 21st year of the third millennium Anno Domini, the Catholic Daughters are still helping the parish to shape Advent with food and crafts – cakes, pies, assorted un-named pastries, scarves, tree decorations including sturdy little three-ship sets that just sailed in from China. This year, they graciously added parish authors to their sales, including Margaret Ann Fiore’s book *The Radiance of Christ*, a biography of a shaping figure in the history of the Church in Maryland, Msgr. Kenneth W. Roeltgen.

Msgr. Roeltgen served as assistant pastor at Little Flower Church, and later as pastor at St. Stephen Martyr Church, and as vocation director of the archdiocese. But he is best known for his decade as rector at Mount St. Mary’s seminary, where he provided inspiration and formation to a long list of the priests and bishops serving the archdiocese today.

Msgr. Roeltgen was an inspiration to other pastors, but also to Margaret Ann Fiore, a nurse practitioner, president of the American Association of Neuroscience Nurses, and founder of a support group for patients with brain tumors. She



The Catholic Daughters food and craft sale expanded to include book sales, such as Margaret Fiore’s biography of Msgr. Kenneth Roeltgen. Painting by Donna Hughes

faced intense suffering for 40 years, and was grateful to Msgr. Roeltgen for his insights into her work with its intense challenges. She radiates calm and joy, and asserts that she learned from him about the radiance of Christ.

The Catholic Daughters’ sales are fun. They fill the parish center with good smells; they laugh a lot; their items are often delightfully quirky, like Joan Donovan’s warm and colorful double helix scarves. But this year, they added a new dimension. Our thanks!

OPT



40 Parishioners gathered on the steps of the Norris Chapel, joining with Catholics across the nation praying on the anniversary of the miracle of the sun at Fatima.

Public Square Rosary at St. Paul

by Bob Stack

On October 16 a Public Square Rosary was held at St. Paul’s. The event was in coordination with about 20,000 public rosaries sponsored by America Needs Fatima across the United States. On a day with bad weather in the forecast, about 40 people participated. John Clifford led musical accompaniment, and several participants led individual decades of the Joyful Mysteries.

Patricia Stack (fourth from right), who organized the hour of prayer, explained: “This year marks the 104th anniversary of the Blessed Mother’s appearance to three peasant children in Fatima, Portugal. As Mary requested in Fatima, St. Paul participants prayed along with others across the country for the conversion of America. We prayed to honor our Blessed Mother and to hasten the triumph of her Immaculate Heart.”

OPT

St. Paul Catholic Church
9250E Damascus Road
Damascus, Md.

Msgr. Edward Filardi
Pastor
301-253-2027

John Cavanaugh-O’Keefe
OPT Editor
cavanaughokeefe@gmail.com

More St. Paul News
on Page 21

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Student Leaders Giving Back

By Lilly H., Class of 2022

Last year, the Class of 2021 formed a small committee called the 8th Grade Leadership Group. This year, this group has been formalized and almost half of the 8th grade has joined, and our first big initiative of the school year has been a huge success!

During the month of November, we organized a food drive to donate food to the organization So Others Might Eat (SOME). We have raised food throughout November to make sure that the less



The eighth-grade leadership team at The Woods Academy has worked together to donate over 1,000 items of food to SOME this holiday season.



The Woods eighth-grade leadership team worked to donate over 100 books to The National Center for Children and Families and 1,000 food items to SOME this holiday season.

fortunate can have food to eat during the holidays.

We asked two of the members who helped choose this charity some questions about their experience with SOME.

Why did you choose SOME for The Woods Academy to donate to and how did you learn about SOME?

"We chose SOME because it was a nearby food drive and because of their mission statement. They are trying to break the cycle of poverty in the D.C. area. We looked at

Continued on page 33

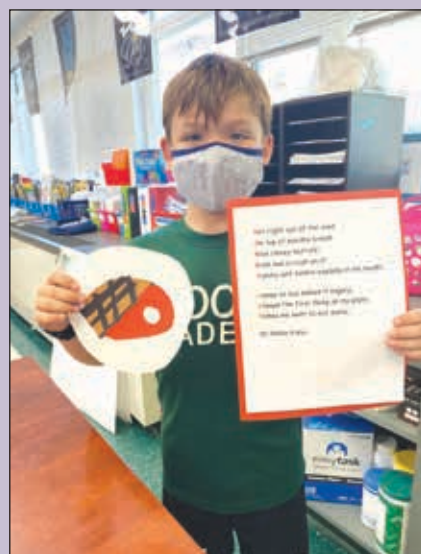


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Third-grade students at The Woods did a sensory writing exercise around their favorite Thanksgiving food.



Thankful Feast in Third Grade

By Ms. Erica Vassos, Third-Grade Teacher

This trimester, the third graders have been working on their creative writing skills. We call this type of writing "sensory writing" because students use their 5 senses.

This unit began with the reading of a story about a young boy who is blind. This boy has to use his other senses to describe where he is. Throughout the book we stop and discuss the descriptive language that is used and how it helps the reader to create a movie in his or her mind.

Next, students were tasked with a writing assignment where they had to write about a place that they know and love. They had to describe this place using their 5 senses, but they could not say the name of where they were writing about.

Next, we became marketing experts at a popcorn company, The Popcorn Academy. We ate some of our product and then discussed how it looked, tasted,

smelled, felt, and what it sounded like. Next, students create advertisements for our company. The advertisements had to include descriptive language that would make a person want to buy our popcorn.

Now that we had our brains thinking about food, it was time to discuss the ultimate eating holiday, Thanksgiving. Every person has their favorite food on the Thanksgiving table. It is the one that he or she dreams about and it is the first thing that is put on their plate. Students were tasked with choosing their favorite Thanksgiving food and writing an acrostic poem about it. They had to use their 5 senses to come up with each line.

Then, students had to create their food out of only construction paper. They came up with some pretty creative designs! Descriptive writing helps bring writing to life. It allows the reader to immerse themselves in the story and to feel like they are really there. We hope that our poems help to get you in the Thanksgiving spirit!

OPT

Building Confidence in Montessori

By Ms. Michele Carpenter, Co-Director of Montessori and Montessori II Teacher

As a child, you hear no a lot. You can't do that, you're too little, maybe when you are older. In our Montessori Program, we want the child to know he can.

From the first day they walk up to say good morning, no matter how shy or unsure the little ones start out, we see confidence develop. Our goal from the very first day of school is to develop and nurture this confidence.

In Practical Life, we give lessons on zipping up coats, polishing, and washing so



The Montessori classroom helps develop and nurture a child's confidence through a variety of activities and lessons. Once the child leaves the classroom, teachers often see their initially shy student become class president!

they feel confident in their abilities to do daily tasks without having to ask an adult for help. We encourage the children to choose their own work, reminding them of all the things they know how to do in the classroom independently. This knowledge of being able to direct and choose their own work continues to foster this confidence.

The kids know they are capable and in control of their learning. We demonstrate responsibility in taking care of their own

Continued on page 19

The Woods Academy

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

Head of School,
Joseph E. Powers

OPT Editor, Caitlin Chalke
Director of Marketing and
Communications
www.woodsacademy.org



St. Raphael School prepares for the Christmas Season by Giving Thanks

By Gabriela Herrera Gugiu and Lexi McClure

At SRS, the Christmas season is a time of preparation for the celebration of the birth of Jesus and the sacred meaning of Christmas. As we prepare for our collective celebration and reflect on this past year, it is with great joy that we give thanks to our community for their generosity.

"This year has had loss, as well as some additions to our families. Let's pause and thank God for the many blessings He has showered us with, and the people He has put in our lives. Please remember the people of St. Raphael -especially our teachers and staff. May we all grow closer to God as we move into Advent." – Teri Dwyer, St. Raphael School Principal

This year we give special thanks to our volunteer and business partners of the year.

Volunteer of the Year

Sabrina Colaianne is the head of the SRS Home & School Association. In her role, she champions school spirit and community building, even in the challenging times of COVID. We recognize her for the tremendous work she has done to create two student-focused holiday events that allow



Celebrating St. Raphael School award recipients, Volunteer of the Year (Sabrina Colaianne) and Business Partner of the Year (Mike Watson of W&M Contracting), at the 2021 Catholic Business Network-MC Gala.

us to celebrate in a safe COVID friendly way—Halloween Squares and the Twelve Days of Christmas. Sabrina also supports many local businesses when spearheading our Selfie Sprint and Iron Chef events. Sabrina strives every day to be the voice of our parents and her consistent message is one of gratitude to our teachers and staff. Thank you, Sabrina!

Business Partner of the Year

W&M Contracting is a full-service commercial general contractor in the Washington D.C.,

Maryland, and Virginia area. W&M Contracting specializes in hospitality, retail, and historic construction projects. The company provides a proactive, client-focused approach to their business objectives and has successfully been in business for over 45 years. W&M Contracting was a proud partner with the Franciscan Monastery in Washington D.C as they were responsible for restoring and protecting the historic building's exterior and interior for future generations. Mike Watson is a St. Raphael



'Tis Season – we cannot wait to celebrate our second annual Twelve Days of a St. Raphael Christmas!

parishioner, and because of his commitment to the parish, we were able to work with him on our Aging School Grant projects. Thank you, Mike!

Upcoming Events

Twelve Days of Christmas

Advent is here and with that comes the most wonderful time of the year! Our second annual Twelve Days of a St. Raphael Christmas festivities will include: an advent wreath workshop, a gingerbread house contest, a "Hello Hallmark!"

Ladies Movie Night Out, Letters for Santa, and a "Home for the Holidays" service project. The month of December will bring us this and a whole lot more, including our annual school Christmas Pageants.

SRNS Open House 2022-2023

St. Raphael Nursery School will hold an open house for prospective families on January 10 at 9:30 A.M. For more information visit <https://straphaelschoolmd.org/>

OPT

St. Raphael Parish St. Raphael School

1513 Dunster Road
Rockville, MD

Rev. Michael Salah, Pastor

Teri Dwyer, Principal

MJ Zafis-Garcia,
OPT Editor

301-762-2143

www.straphaels.org
www.straphaelschoolmd.org

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@SRSRockville



We recognize our St. Raphael School Business Partner of the Year—Mike Watson of W&M Contracting! W&M Contracting is a full-service commercial general contractor that specializes in hospitality, retail, and historic construction projects.



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We recognize our St. Raphael School Volunteer of the Year – Sabrina Colaianne. Thank you for all your hard work and dedication, Sabrina!

Blood Drive at Mother Seton Parish

By Bob Bokma

Mother Seton Parish was the site of an INOVA blood drive on Sunday, October 3. The INOVA blood drive was coordinated by the Horace B. McKenna, S.J., Council #11024 and held in the Msgr. Thomas Wells Parish Center. Parishioners and staff responded well to the call to Leave No Brother Behind and met the goal of 35 units of whole blood. Pictured in photo are Brother Knights Frank Uyakonwu and Bob Bokma as well as new donor Conrad Uyakonwu. McKenna Council hopes to continue scheduling blood drives as long as the need for life saving donations are needed.

OPT



Mother Seton Surpasses 1,000 Rosary Goal to commemorate 104th Anniversary of the Miracle of Fatima

By Nancy Fazio

To commemorate the 104th Anniversary of the Miracle of Fatima, Mother Seton Parish hosted the offering of praying 1,000 Rosaries to be lifted up to heaven in answer to Our Lady of Fatima's call to pray the Rosary for Conversion, Reparation, Salvation of Souls, Peace and Unity.

On October 13, 1917, Mary appeared under the title of Our Lady of the Rosary and performed the great "Miracle of the Sun." St. Joseph also appeared



Continued on page 26

MSP parishioners participating in 1,000 Rosaries event



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Members of Martha's Ministry

Martha's Ministry Helping Bereaved Families at MSP

By Dorrette Paulin

After being inactive for many months with Covid-related restrictions and the lockdown, the funeral ministry is now back in operation at Mother Seton Parish. The Arimatheans are now serving at the funeral Masses, and Martha's Ministry is again organizing receptions for the bereaved

families complete with hot meals, a variety of sandwiches, hot and cold drinks, and an assortment of desserts. When parishioners experience the loss of their loved ones, Martha's Ministry contacts the families to get a head count of the number of family members and friends who will be gathering for the reception after Mass. We then proceed with arrangements for a reception at no cost to the families. We, not only lift the burden of organizing a reception from the families but we also provide an environment for them to gather to grieve and to have a hot meal.

Members of Martha's Ministry consist of a group of caring parishioners who do our part to support and care for our bereaved fellow parishioners who have experienced the loss of a loved one and to provide much needed care and comfort when they need it most.

We donate all the food (free of cost) to the bereaved families, and at the end of the reception, we box the leftovers for the families to take home. We now wear our new "Martha's Ministry" apron to serve and are easily identified in case the families need assistance. It is our belief that no member of our faith community should grieve alone. "Mary sat at the Lord's feet listening to Him, but Martha was busy with preparations. Lord, don't you care that my sister has left me to do the work by myself?" Our Ministry, Martha's Ministry, will always be there to do the work of caring for the bereaved families.

OPT

Mother Seton Parish

19951 Fr. Hurley Boulevard
Germantown, MD

Fr. Lee Fangmeyer
Pastor

301-924-3838

Brenda Rosado
OPT Editor

Bulletin@Mothersetonparish.org

More Mother Seton News on Page 26



Above: Mercy's eighth-grade team dominated the staff team in this year's Turkey Bowl flag football game!

At right: Father Charles interviews one of Mercy's third graders during the Saint presentations.

The Return of Mercy Traditions!

The Mercy community has enjoyed the return of many of its annual traditions including Friday Night Lights, the Christmas Pageant, and the Saints presentation by our third grade. The Mercy Turkey bowl was played for the first time in several years as the eighth-grade team ran away with the victory in a decisive 33-0 win over the staff! The weekly school Mass now includes student readers and altar servers, and the beautiful voice of our Music Director, Mrs. Lopez.

OPT



Mercy Students Build Leadership Skills

Whether formal or informal, Mercy's older students exhibit leadership skills that will serve them well as they transition to high school:

- Students participate in Mercy's Leadership Seminar and Johns Hopkins Center for Talented Youth (CTY) enrichment programs.
- Student Council conducted a survey in regard to developing a Dress Code for Dress Down Days; results are being used to help develop clear, modern guidelines that will give our students more choices.
- The National Junior Honor Society students have developed an obstacle course for the playground that younger grades are enjoying during recess. They came up with this idea themselves, realizing that younger children are still learning how to play together during recess because of the

restrictions we had last year.

- Middle Schoolers have read to the younger students on multiple occasions.
- Altar servers are preparing to train new servers.
- Prayer partners helped with the pumpkin painting prior to Halloween.
- Leadership Seminar 7 & 8 will be preparing for food and toiletry drives.
- NJHS and Student Council will support parish toy and coat drives
- Mercy student patrols are not only helping our youngest learners to stay safe, they are also forming very nice friendships and greeting each student with a smile.
- Experienced student lectors have volunteered to train the many new recruits.

OPT

School Tours and In-Person Open Houses

Offering prospective families an opportunity to see our school has required a bit of creativity but has been well received! Our October Fall Open House event was held in the church, followed by an outside tour of the campus. More than 25 parents attended this Open House. As a follow up, we scheduled two in-person tours of the school, inviting new families into the school building after students were dismissed for the day. The first tour was held on November 17 and a second is planned for December 8 at 3:30 pm. Interested families should contact schooloffice@olom.org for more information.

OPT

Our Lady of Mercy Parish
9200 Kentsdale Drive
Potomac, MD
Fr. Charles Antonicelli, Pastor
301-365-1415
Our Lady of Mercy School
D Engel, Principal
301-365-4477
Gerry Burgess, OPT Editor
301-330-5676

Mercy Hosting "Catholic Living" Workshop

On November 19, Our Lady of Mercy School was a host site for a "Catholic Living" workshop. In support of the responsibilities entrusted to those who serve the Church, The ADW has developed Catholic Ministry Formation opportunities for employees. "Catholic Living", a 7-hour workshop, is built upon the Pillars of the Catechism of the Catholic Church and invites all employees to reflect, in a personal way, on the key teachings of the Catholic faith. The objective of the formation workshop is to present the truths of the faith and help prepare employees to share the faith with others.

OPT

Mercy Alum Signed by Washington Football Team!

Brian Johnson, Mercy Class of 2012, is the first student from Our Lady of Mercy school to play in the NFL. Brian played CYO soccer during his Mercy years and for the Rockville Steelers in the Rockville Football League. He was the place kicker for the Gonzaga College High School football team and graduated from Virginia Tech after being VT's place kicker. The New Orleans Saints took Brian from the Chicago Bears practice squad. Brian kicked the game winning field goal against the Seattle Seahawks on October 25th. It was just announced today that Brian has signed with the Washington Football Team and will be returning to the Washington area!

OPT



Mercy eighth graders visit the statue of Chaplain Corby during their field trip to Gettysburg.

More Our Lady of Mercy News on Page 30

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St. Martin's School Recognizes Volunteer of the Year

By Anne Gemunder

The gift of time is precious, and volunteers are truly generous when it comes to investing this valuable resource in our schools and in our students. Our annual Volunteer of the Year Award acknowledges the crucial role that school volunteers play in students' lives and how they enrich our schools with their selfless dedication. This year, we recognize Nekiera Woodland who was honored at the Catholic Business Network of Montgomery County Annual Gala in November. St. Martin's has been blessed with many remarkable parents who have volunteered their time, but Nekiera Woodland is perhaps one of the most talented. We have benefitted from Nekiera's professional experiences in organizational management; she is a driving force for positive change; she listens with purpose, is open to new answers, and demonstrates uncompromising respect to all, while leading our community to greater heights.

Nekiera skillfully chaired our Gala for three years, expertly contributed to our COVID -19



St. Martin's collect food for the annual Thanksgiving Food Drive, one of the many volunteer events throughout the year. Photo courtesy of St. Martin's School.

Re-Opening Team, adroitly serves on our School Advisory Board, and masterfully guides our Strategic

Planning Committee. In addition, she has served as Breakfast with Santa Chair, Dinner-Night-

Out Coordinator, Hospitality Coordinator, and as a Homeroom Parent.

Nekiera knew from her own Catholic school experience that she wanted her children's individual spirituality to be grounded in Catholic faith. While she grew up in New York attending Catholic schools, her family's connection and service to St. Martin's goes back decades. Her husband Brian went to Mass regularly at St. Martin's as a child and participated in CYO sports. He is now Director of CYO and a coach for several basketball teams. His father John, is a long-time parishioner and both parents, Wendy and John, are frequent volunteers. Wendy has been the Home and School Association Vice President and Bingo volunteer, and is currently the school's liaison to the Gaithersburg Book Fair and the City of Gaithersburg. John led a school STEM Club called Zero Gravity, was a STEM Night presenter, and has been a CYO basketball coach.

Both of Nekiera's children attend St. Martin's. "It truly does take a village to raise a child and my hope

is that my volunteering can benefit both my children and others," explains Nekiera. She adds, "Being present in their lives and engaged in the community is just the right thing to do." It is not unusual to see Nekiera dropping off materials for an event in the morning, stopping back later in the day to meet about a project, and returning again in the evening for yet another meeting or for a CYO practice. "We are giving back because St. Martin's teachers create an environment where our children feel safe and accepted. Their concern is genuine, personal, and heartfelt. They teach empathy, stressing the importance of being sensitive and compassionate for others. Our children are known and loved for who they are," shares Nekiera.

Principal Stephen Lamont asserts, "We would like to thank Nekiera for her incredible dedication and service to our students and school. She is a real hero. Our school needs role models like her to build our future leaders." We are grateful to honor Nekiera Woodland as our Volunteer of the Year at St. Martin's School.

OPT

101 YEARS

Con't from page 1

mass. Mass was held in the school auditorium, as the original wooden chapel used in 1920 had become much too small and was no longer extant. At that Mass the pastor Fr. Paul Meyer announced that the parish would begin saving to build a church.

While the church has no records of how the 50th anniversary was celebrated, for our 65th anniversary, Archbishop James Hickey celebrated a Jubilee Mass in September 1985. The church published a short booklet of its history and concluded a week of festivities with a bull roast on the field near Fr. Meyer's house and an evening square dance.

In November 1994 the parish kicked off its Diamond Jubilee with a Mass celebrated by Cardinal

James Hickey. The Cardinal also dedicated a newly-commissioned wooden statue of St. Martin, the parish's patron saint, created by artist William Graves. There was a dinner dance held after the opening Mass and after the closing Mass of the 75th anniversary year in November 1995.

In 2019 the parish began planning for its Centennial Year. Early meetings attracted almost 50 parishioners wanting to help, and everyone began looking ahead to the anticipated 100-year milestone. We kicked off our celebrations in November 2019 with an Opening Mass celebrated by former pastor Mark Brennan, now Bishop of Wheeling-Charleston WV, before a standing room only crowd in both the church and church hall.

When the Covid-19 pandemic caused a lengthy shut down of society, our parish focused on provid-

ing spiritual nourishment from a distance as well as keeping our Food Pantry open to provide desperately needed food to the community. Thus, many plans for 2020 were postponed. Cardinal Wilton Gregory was able to come celebrate our Centennial Mass in December 2020, close to the original date, but Covid safety requirements limited attendance at that liturgy and prevented any sort of reception.

In November 2021, we were finally able to close out our celebration in the style first envisioned two years earlier. A formal Gala was held on November 13 at a local hotel. Two hundred and fifty parishioners, staff, and guests enjoyed socializing, dinner, dancing, and a presentation that included a short video of the parish's 100-year history and a speech by our pastor, Fr. Dave Wells, highlighting the spiritual characteristics of St. Martin's.

The following day saw a Trilingual Mass (offered in English, Spanish, and French) honoring our patron St. Martin. Priests who served at St. Martin's over the years were invited to attend. We were blessed to have Fr. John McKay, who was at St. Martin's from 1975-1980, Msgr. Edward Filardi (1994-98), Fr. Pawel Sass (2009-11), and Fr. Alejandro Diaz (2012-13) return to celebrate with us. As each of these priests read a portion of the Eucharistic Prayer, along with Fr. Wells, the congregation heard the voices from five decades of St. Martin's history invoking the liturgy that is the central tenet of our faith.

At the conclusion of the Mass, the priests paused for photos before being warmly welcomed by the mass-goers. There were hugs, exclamations over children who have grown, photos, and laughter.

It was a joyous end to the formal celebrations, and a reminder that the bonds of faith hold our parish community together regardless of the years or distance. Hopefully Fr. Cuddy is smiling as he watches his little country parish that has grown in faith and service to the Lord.

OPT

St. Martin of Tours Parish

201 South Frederick Ave.
Gaithersburg, MD

Fr. David G. Wells, Pastor
301-990-3203

St. Martin School
Stephen Lamont, Principal
301-990-2441

Catherine Cooksey,
Parish Editor
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www.smsmd.org

FAITH

Con't from page 12

offered me yet another setting to get closer to God.

As I got older and I began to realize the temptations and hardships I was always warned about. My peers began to find happiness in meaningless and sinful things, straying them away from God. When I got to high school, the temptations amplified and things started happening around me that made me question my own faith. I would ask "If God is real, why would He let this happen?" or "Where is God when I really need Him?" Really trusting the lessons, I was taught when I was a young girl became harder every day.

The Saint Peter's Youth Ministry helped reignite my trust in God and strengthen my relationship with Him again. The sessions helped me find ways to overcome temptations or hardships, by connecting stories in the Bible to relatable situations that may approach a teenager at any time. Ms. Busby, the leader, helps create a safe and welcoming environment that warmed my heart along with my soul. God is always there for us during any stage of our life, even if we don't feel it, and even if you might not feel close to Him now, there is always an opportunity to build a relationship with Him.

OPT

McGANN

Con't from page 1

His name was Tom. Terry and I were in Charlottesville, Virginia, and had made plans to attend Mass at Saint Thomas Aquinas Church. The priest spoke about loss. When we lose someone we love, he told us, our life as we have known it dies with the loved one. I hadn't thought about heartbreaking loss in that way before.

There are many things that Tom's wife, Lois, will sorely miss after 48 years of marriage. She will miss the ordinary stuff that they took for granted, like the way whoever went up to bed first left the hall light on so that the other could find his or her

way, and those secret laughs they shared when their grandchildren giggled or said something sweet.

Some things remain, of course. The rock-solid love that began when God brought Lois and Tom together has grown stronger as they weathered the storms and celebrated the joys of a life filled with family and friends. The shared faith that grew as their own family grew, will sustain Lois on difficult days. The message that we are only apart until God's hand brings us together again will reassure Tom's wife, and his children and grandchildren, when they mourn the absence of his dynamic spirit.

The beauty of our faith is that it holds us up when we face the agony of losing a treasured loved one.

God reminds us that while we are expected to make the most of this life we are given, this is not all there is. I am quite sure that Tom is settling into his new life in Heaven, and that he has already turned the light on, so that Lois will find her way to him when God decides to bring them together again.

So, until we pass through this life, we will continue to lose loved ones. Although the pain will always sting, we are reminded that God is just giving them a head start on their way to Heaven, and they will await our arrival with open arms.

"Give us, O Lord, a steadfast heart... give us an unconquered heart, which no tribulation can wear out..." Thomas Aquinas

OPT

St. E's Students and Families Fight Hunger

St. Elizabeth's is honored to once again be a part of the Greg Gannon Food Drive. St. E's families are "practicing their faith through action" by collecting food items in their neighborhoods and sending them to local food pantries. Our goal is to completely fill at least one truck so that no one in our community goes hungry!



St. E's students prepare to distribute food donation bags as part of the annual Greg Gannon Food Drive.



Kindergartners enjoy receiving their one of kind Advent calendars to help them prepare for the birth of Christ.



Each Advent calendar is unique and made with love!

An Advent Tradition

A favorite St. E's tradition is when our fifth-grade class makes Advent calendars for our Kindergarten students. The fifth grade did an AMAZING job! The Kindergartners were excited to receive these beautiful gifts and to open a surprise each day during Advent!

MONTESSORI

Con't from page 14

belongings as well as the classroom materials. The underlying message is simple, this is your classroom and your things and we trust you to take care of them.

As the child progresses through the three years, we continue to build and develop this confidence. From something as small as opening an applesauce to trying a challenging new work, we encourage our kids to 'give it a go.' We want them to feel confident and secure enough to take risks in their environment, knowing that it is okay to make mistakes.

We support problem solving- with work or with a problem with their friends. Instead of offering a solution right away, we ask "what can we do?" or "how do you think we could solve the problem?" Through these questions

the child understands: we see you, we know what you are capable of, and you can do this.

As they become Lunchers (Kindergartners), we see this confidence shine. They are the leaders of the classroom, giving lessons and helping little friends. They solidify their knowledge by demonstrating what they have learned to others, gaining confidence as they get to act as the teacher in these lessons. The confidence developed in our classroom serves them throughout their schooling, they know they can and have the means and tools to problem solve when something is not going as planned.

Through these three years with us, they develop the confidence to try new things and take risks. Years later, we see that shy three year old who did not want to come and say good morning, running for class president.

OPT



The St. Elizabeth's community gave thanks for three of its amazing staff members at a recent school mass.

Wonderful and Dedicated Staff Honored for their Service to St. Elizabeth's

St. Elizabeth School is so blessed to have Mr. Abril Mr. Abril, and Mr. Ray as valued members of community. Their dedication to our school, love for our students, professionalism, and incredible work ethic is noted by all. Our students and faculty honored these gentlemen at Mass and presented them with thank you cards and greetings. We thanked them for their combined 78 years of service; 40 years for Mr. Nilo Abril, 27 years for Mr. Wilde Abril, and 11 years for Mr. Ray Sura. When we exited the church, our hearts were full, and we all recognized that these are some of the best teachers our students encounter daily.

OPT

St. Elizabeth Parish

917 Montrose Road
Rockville, MD

Msgr. J. Wilfrid Parent
Pastor

301-881-1380

St. Elizabeth School Principal

Mary Penny

301-881-1824

Victoria Wesley, OPT Editor

301-881-1380



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OPEN HOUSE

LOWER AND MIDDLE SCHOOL (Preschool-Grade 8)

Friday, January 7, 2022

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WWW.STONERIDGESCHOOL.ORG



Students created this "ofrenda" to honor their loved ones who have died.

Remembering All Souls

St. John the Evangelist Parish
10103 Georgia Ave. Silver Spring, MD
301-681-7663

Rev. Joseph Calis,
Pastor

St. John the Evangelist School
Caitlin Keeton,
Principal
301-681-7656

Monica M. Bradford, OPT Editor
bradfordsm2@comcast.net

November is traditionally a month to remember and pray for the dead, beginning with All Souls Day on November 2. This year, we prayed for all those who have died each day at Morning Prayer. Additionally, our Spanish teacher, Sra. Rivera-Zelaya, taught students about the Mexican tradition of Dia de los Muertos. Our school community created our own ofrenda, or altar to honor our loved ones who have died. The ofrenda was decorated with cut paper designs, paper flowers, candles, and photos of our loved ones.

OPT

Novemberfest 2021 a great success!



Parents enjoyed good food and great company while their kids had a movie night under the stars during Novemberfest!



SJE parent Kate Fullankamp wrote creative chalk messages on the ground to welcome everyone to Novemberfest.

This year, our annual Oktoberfest had to be moved to November, but God blessed us with clear skies and an incredible turnout! The adults enjoyed a delicious meal of grilled bratwurst, soft pretzels, potato salad, apple strudel as they socialized around the fire pits while the children enjoyed a movie under the stars with pizza, popcorn, and hot cocoa! We are thankful to our beloved IHM

Sisters for donating their garden for this special evening for our children. Over 100 parents, teachers, parishioners, and neighbors joined in for this fun celebration, which also raised almost \$5,000 for our school! Special thanks to SJE parent Carrie Markovitz and her planning committee for putting together such a wonderful evening.

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Left: Eighth grade students tour the grounds of the Shrine of St. Elizabeth Ann Seton in Emmitsburg.

Eighth grade students learn about St. Elizabeth Ann Seton inside the Basilica.



Eighth grade students pray the rosary at the grotto at Mount St. Mary's.

Eighth Grade Pilgrimage to Emmitsburg

In early November, our eighth-grade class went on pilgrimage to Emmitsburg, Maryland. There they visited the Shrine of St. Elizabeth Ann Seton, the first American-born saint. St. Elizabeth Ann Seton is also considered one of the patron saints of Catholic schools. After visiting the Basilica, students toured the

grounds and finally went to the National Shrine Grotto at Mount St. Mary's University for a picnic lunch and rosary with Father Ben Garcia, our parochial vicar. It was a day of learning, adventure, and prayer - all part of their journey toward Confirmation in the spring!

OPT

More St. John the Evangelist News on Page 24



2022 Senior Services Guide

New Assisted Living Community Opens in Rockville

The Seneca, an Assisted Living and Memory Care community in Rockville is now open and welcoming residents. Located right by King Farm at 55 W. Gude Drive, the new community offers assisted living, memory care and The Bridge - a neighborhood serving those with mild cognitive impairment.

Private studio, one- and two-bedroom residences in the 146-unit six-story building are offered on a monthly rental basis with no long-term commitment. The community has 116 assisted living and 30 memory care apartments. The building is approximately 155,000 square feet in gross floor area and includes an underground parking garage.

Apartments feature modern kitchenettes, upscale finishes and tall ceilings. Select floorplans include a private balcony. The community's contemporary design is enhanced by tall windows allowing for abundant natural light in apartments and common areas. Residents enjoy a wide variety of amenities such as concierge services, chef-driven restaurants, a lounge with a full bar, formal gardens, a fully equipped fitness center and



a wellness center with a salon and day spa.

The Seneca of Rockville was developed by Dallas-based Silverstone Senior Living. It is the first property for Silverstone in

Montgomery County. Watermark Retirement Communities operates the facility. Based in Tucson, Arizona, Watermark manages 58 communities in 21 states. Watermark com-

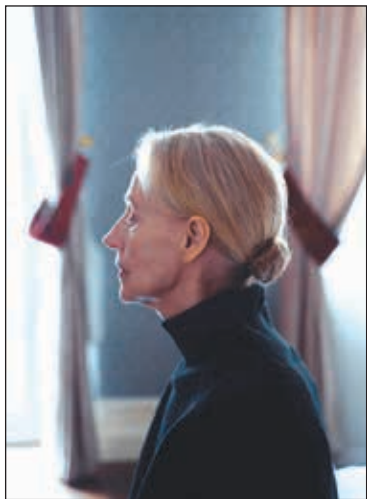
munities feature dozens of classes and regular outings for residents.

OPT

Social Isolation and Loneliness: Facts for Older Adults

A new fact sheet introduced by the Montgomery County Commission on Aging (CoA) in November provides information about the causes, health risks, and resources to combat social isolation and loneliness among older adults. Social Isolation and Loneliness: Facts for Older Adults provides resources and websites for those with who feel lonely and isolated, as well as their caregivers. It is available at www.parishtimes/socialisolationFactSheet.

The fact sheet is the product of research done by the Commission's task force that hosted the May 2021 public forum on Countering Social Isolation and Loneliness of older adults. The information points out that there is a greater risk to people who find themselves unexpectedly isolated due to the loss or illness of a loved one, a lack of mobility, worsening vision or hearing problems, and/or people who have limited access to transportation. "We know that there are many factors that can contribute to older adults feeling lonely and isolated," said Odile Brunetto, chief of Aging & Disability Services in the County's



Department of Health and Human Services (DHHS). "There are multiple factors, including the ongoing pandemic, the shortening of days as we approach the winter months, the upcoming holiday season, and economic or personal hardships. I want all our seniors to know that they do not need to suffer in silence. Help and resources are here."

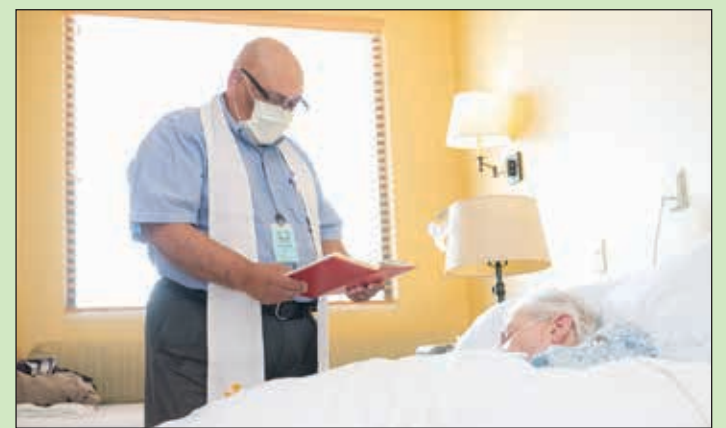
The consequences of social distancing and isolation brought on by the COVID-19 pandemic have

been widespread across the mental health spectrum. In addition, research has linked social isolation and loneliness to poorer cognitive function and higher risk for dementia, including Alzheimer's disease. Diminished social activity and excessive time spent being alone may lead to a decline in the ability to do everyday tasks such as, but not limited to, driving, paying bills, taking medicine, and cooking.

If you do not have access to a computer and would like a copy of the fact sheet, please call the Aging and Disability Resource Line at 220-777-3000.

The CoA was established in 1974 and authorized by the Older American Act, P.L. 116-131. Their role is to advise County government, including the County Executive and the County Council, on the needs, interests, and issues of older adult residents and to advocate on their behalf at the local, state, and national levels. For more information and to download the fact sheet, visit the Commission on Aging's website under documents, reports, and other important information.

OPT



Hospice Chaplains and Spiritual Care Misconceptions and Facts

From an article by Laura Edwards, MDiv, retired chaplain for Montgomery Hospice and Prince Georges Hospice

Chaplains are an important part of the team of professionals who care for hospice patients. Some of those patients, however, are reluctant to speak with the chaplain due to their misconceptions or preconceived notions, or simply because they lack understanding of the purpose

of a hospice chaplain. So, what does a hospice chaplain do?

Misconception: Hospice chaplains only provide support to patients who are religious, and they only talk about religious or spiritual matters. **FACT:** Hospice chaplains provide compassionate, nonjudgmental support to people of all faiths and people of no faith, no matter what they believe or don't believe.

Chaplains

Continued on page 10 seek to



How to Share Caregiving Responsibilities with Family Members

Explore the resources available at the National Institute on Aging's website to find practical answers to frequently asked questions about supporting family caregivers.

- I'm new to caregiving. Where do I start?
- How do I help organize important paperwork and get affairs in order?
- How can I help my older parents from afar?
- How can I find caregiving resources in my area?
- How do I choose a long-term care facility?
- How can we pay for long-term care?

- Can I get paid to take care of a family member?
- How do I make an older person's home safer?
- How can I talk with an older person's doctor?
- I'm overwhelmed and exhausted. How can I get a break from caregiving?
- What do I do if I suspect an older person is being mistreated?

For helpful answers to these and related questions about providing support to family caregivers, visit: www.nia.nih.gov/health/how-share-caregiving-responsibilities-family-members

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Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of **unique challenges**.



Keep these tips in mind to help make life more manageable.

1 Learn as much as you can about your loved one's health, treatments and available caregiving resources.

You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.



2 Organize important paperwork.

Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



3 Make sure at least one caregiver has written permission to receive medical and financial information.

To the extent possible, one person should handle conversations with all healthcare providers.



4 Plan your visits.

Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



5 Stay connected.

Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



6 Consider caregiver training.

Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit www.nia.nih.gov/long-distance-caregiving to learn more.

Montgomery County Assisted Living Facilities

LEVEL TWO FACILITIES

Bartholomew House

6904 River Road
Bethesda, MD 20817
(301) 320-6151
Capacity: 35

Byron House

9210 Kentdale Drive
Potomac, MD 20854
(301) 469-9400
Capacity: 35

Grace House

3214 Norbeck Road
Silver Spring, MD 20906
(301) 924-4424
Capacity: 32

Landow House, Inc

1799 East Jefferson Street
Rockville, MD 20852
(301) 816-5056
Capacity: 98

Marian Assisted Living

19109 Georgia Avenue
Brookeville, MD 20833
(301) 570-3190
Capacity: 44

Raphael House

1517 Dunster Road
Rockville, MD 20854
(301) 217-9116
Capacity: 31

Rebecca House

9910 River Road
Potomac, MD 20854
(301) 656-8823
Capacity: 15

LEVEL THREE FACILITIES (Capacity > 20)

Alfredhouse Symphony

6020 Needwood Road
Derwood, MD 20855
(301) 260-2080
Capacity: 34

Arden Courts of Kensington

4301 Knowles Avenue
Kensington, MD 20895
(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

Brandywine Living at Potomac

10800 Potomac Tennis Lane
Potomac, MD 20854
(301) 417-3000
Capacity: 138

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 Grosvenor

5510 Grosvenor Lane
Bethesda, MD 20814
(301) 615-0119
Capacity: 104

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

Five Star Premier Residences of Chevy Chase

8100 Connecticut Avenue
Chevy Chase, MD 20815
(301) 907-9894
Capacity: 31

Friends Assisted Living

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

Ingleside at King Farm

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

Jarher Senior Center

1335 Piccard Drive
Rockville, MD 20850
(301) 825-9920
Capacity: 38

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

Continued on page S8

Memory Support WITH ADDED PEACE OF MIND



Choosing a Memory Support community with exceptional Alzheimer and dementia care comes with a lot of questions. At Ingleside, we're here to help with answers, and an individualized person-centered approach that treats every resident like family. From a variety of therapeutic and recreational programs to active environments that help those with cognitive change feel connected and cared for, Ingleside understands the individual needs of your loved one. Something you can always feel good about.

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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	Bethesda Health and Rehabilitation 5721 Grosvenor Lane Bethesda, MD 20814 (301) 530-1600 Capacity: 195	Carriage Hill Bethesda 5215 Cedar Lane Bethesda, MD 20814 (301) 897-5500 Capacity: 108	Hebrew Home of Greater Washington 6121 Montrose Road Rockville, MD 20852 (301) 770-8310 Capacity: 556	Montgomery Village Health Care Center 19301 Watkins Mill Road Gaithersburg, MD 20879 (301) 527-2500 Capacity: 147
Arcola Health and Rehabilitation Center 901 Arcola Avenue Silver Spring, MD 20902 (301) 649-2400 Capacity: 151	Brighton Gardens of Tuckerman Lane 5550 Tuckerman Lane North Bethesda, MD 20852 (301) 897-8566 Capacity: 39	Collingswood Rehabilitation and Healthcare Center 299 Hurley Avenue Rockville, MD 20850 (301) 762-8900 Capacity: 160	Ingleside at King Farm 701 King Farm Boulevard Rockville, MD 20850 (240) 499-9015 Capacity: 45	Oak Manor Center For Rehabilitation and Healthcare 3415 Greencastle Road Burlington, MD 20866 (240) 970-5600 Capacity: 150
Autumn Lake Healthcare at Oakview 2700 Barker Street Silver Spring, MD 20910 (301) 565-0300 Capacity: 138	Brooke Grove Rehab. & Nsg Ctr 18131 Slade School Road Sandy Spring, MD 20860 (301) 924-5176 Capacity: 190	Fairland Center 2101 Fairland Road Silver Spring, MD 20904 (301) 384-6161 Capacity: 92	Kensington Healthcare Center 3000 McComas Avenue Kensington, MD 20895 (301) 933-0060 Capacity: 140	Peak Healthcare at Sligo Creek 7525 Carroll Avenue Takoma Park, MD 20912 (301) 270-4200 Capacity: 102
Bedford Court Healthcare Cent. 3701 International Drive Silver Spring, MD 20906 (301) 598-2900 Capacity: 60	Cadia Healthcare - Springbrook 12325 New Hampshire Avenue Silver Spring, MD 20904 (301) 622-4600 Capacity: 93	Fox Chase Rehabilitation and Nursing Center 2015 East-west Highway Silver Spring, MD 20910 (301) 587-2400 Capacity: 74	Layhill Nursing and Rehabilitation Center 3227 Bel Pre Road Silver Spring, MD 20906 (301) 871-2000 Capacity: 118	Potomac Valley Rehabilitation and Healthcare 1235 Potomac Valley Road Rockville, MD 20850 (301) 762-0700 Capacity: 175
Bel Pre Healthcare Center 2601 Bel Pre Road Silver Spring, MD 20906 (301) 598-6000 Capacity: 92	Cadia Healthcare - Wheaton 4011 Randolph Road Wheaton, MD 20902 (301) 933-2500 Capacity: 116	Friends Nursing Home 17340 Quaker Lane Sandy Spring, MD 20860 (301) 924-7531 Capacity: 82	Maplewood Park Place 9707 Old Georgetown Road Bethesda, MD 20814 (301) 530-0500 Capacity: 31	

Continued on page S11

Did you know

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

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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 S6

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:

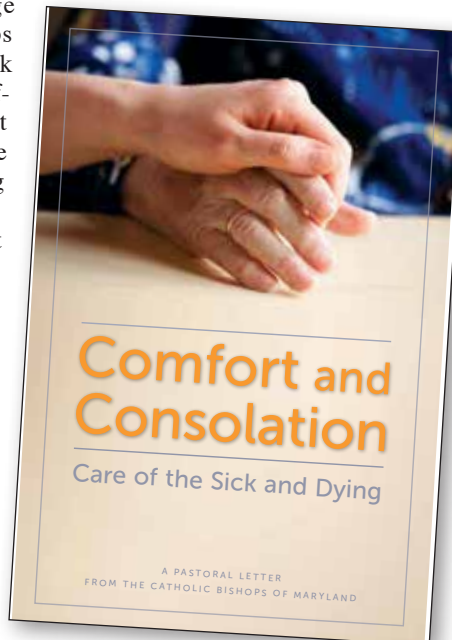
- Summary Q&A – outlines the main points of

Comfort and Consolation

- Legal Guide – provides practical advices 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



How to Spot a Stroke

STROKE TEST: SMILE



STROKE TEST: RAISE ARMS



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

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The Mass airs every Sunday at 10:30 a.m. on WDCW-50. Cable, Dish, or DirecTV subscribers: Ch. 50; Comcast: Ch. 23 in Washington, DC and Montgomery County,

Ch. 3 in Prince George's County and Southern Maryland; RCN: Ch. 15; Verizon: Ch. 3.

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@adv.org with your email address. Subscribers will receive notice when the TV Mass recordings are once again open to the public.

OPT

Maryland Access Point (MAP)

Your Link to Health and Support Services

MAP is the gateway to long term services and supports in Maryland. MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports.

Long term services and supports include information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

MAP also offers Options Counseling, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Trained, professional Options Counselors use a person-centered approach and support individuals with matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning for current and/or future needs. Options Counseling is a statewide program delivered by staff at the 20 local Maryland Access Point (MAP)

sites. Residents of Montgomery County, call 240-777-3000.

A newly designed MAP website was introduced in June 2021. The new website features upgrades on the online, searchable resource directory to help the public and professionals identify and connect with public and private resources. Older adults, adults with disabilities, and caregivers have come to rely on use of the MAP website but will now find a new level of integration and resources.

As of January 2021, when someone calls 1-844-MAP-LINK (1-844-627-5465), a 211 Maryland information and referral specialist will listen to their needs, identify local resources, and direct the caller with long-term and complex needs to their local MAP office for options counseling. The support from 211 Maryland adds an increased value to callers who can receive both a referral to the local MAP office and information about other resources, such as meals, assisted living, caregiver assistance and more from 211's professionally trained resource specialists who already connect Marylanders to a variety of community services and supports.

OPT



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STROKES

Con't from page 5

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 admin-

ister 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

Downsizing Made Easy

By Laura Quigley and Jan Brito (Realtors)

Have you been thinking about downsizing or rightsizing but it seems overwhelming? Do the decisions of where, how, when and what possessions to take, cause your mind to go blank? Decision fatigue is when having to make too many decisions stops us in our tracks. Here are 5 steps to end decision fatigue and start you down the right path.

Step 1 Make a Plan - Ask yourself: why do you want to downsize?

Everyone has their own reasons. Looking for more social engagement and a maintenance free lifestyle are often at the top of the list. Consider your interests, financial situation, location of friends and family, and how you envision living life to the fullest. Start early and take time to learn about your options. Creating a plan that fits your current lifestyle and takes into consideration possible future care needs means first doing some research. Choosing a place that aligns with your goals may take some time, but it's worth the effort! Making your own decision versus having it made for you due to a change in circumstances can make all the difference in your future happiness.

Step 2 Communicate your plan

Communicate your plan to loved ones, friends and trusted advisors. This does not



necessarily mean asking for permission or opinions, however it can be beneficial, to keep them in the loop concerning future housing plans. Later if you need or want support, they will be in a better position to provide it.

Step 3 Surround yourself with the right resources

Find qualified professionals to support

your decision. You will likely need the services of a variety of people, who are both knowledgeable and skilled in downsizing moves. Getting to know them before you need them allows you an opportunity to make the best choice for your situation.

Step 4: Dealing with all the "Stuff"

What to do with a house full of possessions can be overwhelming. The uncertainty

of where to begin, reluctance to part with treasured items, or the physical work required can become stumbling blocks. Start small, just 15 minutes per day, one closet at a time. Think about what are the important things in your life and begin to get rid of things you no longer need. If you have been telling family members you are going to give them items someday, today is the day. The good news is there are trained professionals who can help with this step. By focusing your attention primarily on what you need and/or want, you can easily navigate the downsizing process and let the pro's handle the rest!

Step 5: Take Care of Yourself and Celebrate your new Lifestyle

Paying attention to how you feel is very important. Get plenty of rest, eat right and stay hydrated. Most importantly communicate your feelings with your family, friends and with the professionals around you. Moving is a top stresser at any age. Celebrating your new lifestyle may sound like an easy step, however, the impact of downsizing is often underestimated. Take care of yourself and give yourself some grace as you adjust to your new lifestyle.

Information courtesy of Nikki Buckelew PhD and the Seniors Real Estate Institute ©2011.

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- Medication reminding
- Household chores
- Overseeing activities, such as walking, to minimize the risk of accidents
- Shopping for groceries with or without client
- Bathing, grooming and general personal hygiene
- Help with planning and making decisions
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www.BestSeniorCare.us

Montgomery County Assisted Living Facilities

Continued from page S3

Maplewood Park Place Health Care Center

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

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

The Seneca Rockville

55 West Gude Drive
Rockville, MD 20850
(240) 447-0451
Capacity: 156

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



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 Continuing Care Retirement Communities (CCRCs)

Asbury Methodist Village

201 Russell Avenue
Gaithersburg, MD 20877
Ms. Michelle Potter
Executive Director
(307) 330-3000

Ingleside at King Farm

707 King Farm Boulevard
Rockville, Maryland 20850
Ms. Michelle Kraus
Executive Director
(240) 499-9037

Bedford Court

3701 International Drive
Silver Spring, MD 20906
Ms. Adaeze Ikeotounye
Executive Director
(301) 598-2900

Maplewood Park Place

9707 Old Georgetown Road
Bethesda, MD 20874
Ms. Barbara Harry
Executive Director
(307) 577-7400

Brooke Grove

78700 Slade School Road
Sandy Spring, MD 20860
Ms. Patty Anderson
Executive Director
(307) 924-2811

Riderwood Village

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

Friends House Retirement Community

77340 Quaker Lane
Sandy Spring, MD 20860
Mr. Philip Burkholder
Chief Executive Officer
(307) 924-5700

The Village at Rockville

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

Source: Maryland Department of Aging

Hospices Serving Montgomery County

Caringmatters, Inc

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

Montgomery Hospice Inc

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

Holy Cross Home Care And Hospice

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

ProMedica Hospice

formerly Heartland Hospice
12304 Baltimore Ave, Suite A
Beltsville, MD 20705
(240) 264-1692

Jewish Social Service Agency Hospice

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

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

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

OPT

ACTIVE VILLAGES IN MONTGOMERY COUNTY

Bannockburn NAN

bannockburncommunity.org/nan.php

Bradley Hills village

bhv.clubexpress.com
bradleyhillsvillage@gmail.com

Bethesda Metro Area Village

bmavillage.org
BMAVillage@gmail.com

Burning Tree Village

burningtreevillage.org
Board@BurningTreeVillage.org

Cabin John Neighbor 2 Neighbor

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

Greater Stonegate village

greaterstonegatevillage.org
240-918-7989

King Farm Neighbors Village

www.KFNV.org
301-799-8104

Little Falls Village

littlefallsvillage.org
info@littlefallsvillage.org

Manor Connections

manorconnections.org
info@manorconnections.org

Mill Creek Village

millcreekvillage.wordpress.com
mctvillage@gmail.com

North Bethesda Village

northbethesdavillage.org
northbethesdavillage@gmail.com

North Chevy Chase Connections

northchevychasecon.wixsite.com/nccc
NorthChevyChaseConnections@gmail.com

Olney Home for Life

olneyhomeforlife.org
info@olneyhomeforlife.org

Parkside village

parksidevillagemd.org
parksidevillagemd@gmail.com

Potomac Community Village

potomaccommunityvillage.org
info@PotomacCommunityVillage.org

Rockville Area Villages Exchange (village hub)

rockvillevillages.helpfulvillage.com
amherbster@gmail.com

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

Rockville's Gardens West End Village

pevans@rockvillemd.gov

Rockville's Pump House Village

pumphousevillage@gmail.com

Rockville's Town Center Area Village

pevans@rockvillemd.gov

Twinbrook Village

twinbrookvillage@gmail.com

Source: Montgomery County Department of Health and Human Services

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





Adult Day Service – Helping the Middle Hold

Commentators now refer to the ‘the sandwich generation’ – adults caught between the conflicting demands of raising their children and caring for their aging parents.

Elder care has replaced childcare as the number one dependent care need in the United States. And the situation intensified dramatically when the members of the babyboom generation – 76 million Americans born between 1946 and 1965 – began to retire in droves in 2010. The boomers are living longer, and their children are having fewer children of their own.

What are the care options for a parent who is frail or impaired? As two-income families have become the norm, has the

three-generation family in one household gone the way of the horse and buggy? Home care and assisted living are getting a lot of attention these days. What else is there?

Adult day care developed in the 1970s to provide frail adults an opportunity for socialization and recreation therapy in a safe and supportive environment during the work week. It enables their primary caregivers to relax and go about their lives. Transportation is available to and from their homes for adult day participants.

There are now 20 licensed adult day centers in Montgomery County, up from 13 just a few years ago.

OPT

SPIRITUAL CARE

Con't from page 1

identify and connect to the strengths that are most meaningful to each patient and, incidentally, rarely talk about religion or theology. As people near death, their focus often turns to their life and those they love. The chaplain follows the patient's lead and lets the patient do the talking.

Misconception: A hospice chaplain's role is to take the place of the patient's priest, pastor, rabbi or imam. **FACT:** Hospice chaplains supplement but do not replace the support that the patient already receives from a religious leader. Specializing in end-of-life care, however, means that hospice chaplains bring an additional layer of comfort to this particular stage of life.

Misconception: A chaplain's main goal is to proselytize and convert patients to their own religious beliefs. **FACT:** Chaplains do not represent any religious belief system when they enter a patient's home; their goal is to support and respect whatever beliefs that patient has or doesn't have. Chaplains always advocate for a patient's beliefs to be respected.

Misconception: A visit from the chaplain means that death is imminent. **FACT:** Hospice chaplains are about relationship, companionship, getting to know patients and having the privilege of walking with them along their way. The chaplain and the rest of the hospice team are there to support a person in their living and in their dying, to be a familiar, caring face as death comes closer and not a stranger who only shows up at the time of death.

Misconception: A chaplain's purpose with patients is to read scripture and pray with them. **FACT:** For patients for whom prayer and scripture are meaningful, the chaplain is well-prepared and honored to be a support in this way, but a chaplain does so much more. Chaplains listen with acceptance and care. Chaplains listen with an ear to the spiritual and utilize a person's beliefs about day-to-day living and about death and dying. Chaplains provide a presence of acceptance and calm and meet patients where they are.



Chaplains provide validation of patients' accomplishments and affirmation of their being. Chaplains allow patients to struggle with difficult feelings and to express their greatest joys. Chaplains offer opportunities for nonjudgmental reflection; chaplains enable patients to see their own life story and to celebrate all of it.

Patients often express surprise as their misconceptions dissolve and they come to realize that chaplain visits can “gentle their journey” in so many unforeseen and positive ways.

OPT

Heartland Hospice

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HOSPICE



We are excited to announce our new name.

Clients can expect the same great care, great team and acceptance of most insurance plans, but with the added expertise we gained by joining a not-for-profit health system. With resources covering all aspects of health care including hospitals, health plan and specialty physicians, we can't wait to share these benefits with our community.

Look for new signs and other information coming soon!
To learn more please call **866-834-1528** or visit
promedica hospice.org/beltsville

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*Images taken prior to mask requirements.



12304 Baltimore Avenue, Ste. A
Beltsville, MD 20705





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 alternative 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.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

OPT

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

Continued from page S4

Promedica Skilled Nsg & Rehab (wheaton)

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

Promedica Skilled Nursing & Rehab (Chevy Chase)

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

Promedica Skilled Nursing & Rehab (Potomac)

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

Promedica Skilled Nursing & Rehab (bethesda)

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

Promedica Skilled Nursing & Rehab (silver Spring)

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

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

Montgomery & Prince George's
Hospice Hospice



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Physicians • Nurse Practitioners • Nurses • Nursing Assistants
Social Workers • Chaplains • Massage Therapists • Music Therapists
Bereavement Counselors • Volunteers

301-921-4400

www.montgomeryhospice.org

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aging.maryland.gov

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Landline or Cell Phone
TTY is available 



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 medica-

tions 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 sufferers.

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 features 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

Senior Planet Montgomery Offers Free Online Classes

Senior Planet Montgomery, a technology training program designed for County learners 50 and older, is offering free online classes that focus on how to thrive at home. Classes, which are offered live via video conference, enhance a wide variety of life skills.

In addition to classes in English, classes are taught in Spanish and in Mandarin. A variety of exercise classes also are also offered.

During the spring and summer program quarters, more than 3,000 participants joined 195 virtual programs hosted by Senior Planet Montgomery. This fall, classes covered how to use and host on Zoom, online basics, popular social media sites, lowering one's utility bill, financial security, and civic engagement.

The program is supported by the County's Department of Technology Services' ultra-Montgomery program in partnership with nonprofit OATS (Older Adults Technology Services). The County's Department of Recreation and Montgomery County Public Libraries also are partners in helping provide the classes at no charge to participants.

Sessions concentrate on user-friendly tools and resources and



are designed to enable older adults to learn to utilize technologies to improve their daily lives. Senior Planet Montgomery utilizes curricula created by OATS, which also provides training staff and works with numerous County departments to identify topics of interest for Montgomery residents. OATS sponsors similar Senior Planet programming in six states. The County's Department of Environmental Protection contributes to the program's course offerings by producing sessions on how to lower energy

costs.

Classes change on a weekly basis. A home internet connection and a device (such as a smartphone, tablet, or computer) are all that is required to participate.

For more information about Senior Planet Montgomery and to view its virtual program offerings, visit <https://seniorplanet.org/Montgomery>. The team can be contacted at 240-753-0676 or via email at mocoinfo@seniorplanet.org.

OPT

Top Five Social Security Fraud and Scam Prevention Tools

By Diana Varela, Public Affairs Specialist, Social Security Administration Washington, DC metropolitan area

Knowledge is power and having the right tools to fight fraud can make a huge difference. Knowledge can also help those you love and want to protect. We put together a list of the five most important resources about Social Security scams you should know about:

- Read and share our fact sheet *Beware of Social Security Phone Scams* to learn how to spot fake calls and emails at www.ssa.gov/fraud/assets/materials/EN-05-10535.pdf.
- Visit our Office of the Inspector General's *Scam Awareness* page at oig.ssa.gov/scam for information on phone scams – and how to report them.
- Read our blog post at blog.ssa.gov/protecting-your-social-security-number-from-identity-theft to learn how to protect your Social Security number from identity theft.
- Create your own per-



sonal my Social Security account at www.ssa.gov/myaccount to help you keep track of your records and identify any suspicious activity.

- Visit our *Fraud Prevention and Reporting* page at www.ssa.gov/fraud to understand how we combat fraud.

Please share these resources about scams with your friends and family – and help us spread the word on social media.

OPT

Montgomery County Adult Day Care Centers

AA Plus Adult Medical Day Care Center

20467 Seneca Meadows Parkway
Germantown, MD 20876
(240) 232-6666
Capacity: 123

AASTHA AMDC, LLC

12210 Plum Orchard Drive , Suite 214
Silver Spring, MD 20904
(240) 813-3446
Capacity: 122

Bella's Reserve

2120 Industrial Parkway
Silver Spring, MD 20904
(301) 244-5112
Capacity: 110

Ccacc Adult Day Healthcare Center

9366 Gaither Road
Gaithersburg, MD 20877
(301) 820-7200
Capacity: 300

Easter Seals Adult Day Services - Silver Spring

1420 Spring Street
Silver Spring, MD 20910
(301) 920-9700
Capacity: 91

Evergreen Adult Medical Day Care

9290 Gaither Road
Gaithersburg, MD 20877
(301) 527-1100
Capacity: 123

Holy Cross Hospital Medical Adult Day Center

9805 Dameron Drive
Silver Spring, MD 20902
(301) 754-7150
Capacity: 35

Jarher Senior Center

1335 Piccard Drive
Rockville, MD 20850
(301) 326-6523
Capacity: 130

Jasmine Medical Day Care Center

12910 Cloverleaf Center Drive, Suite 100
Germantown, MD 20874
(240) 364-4471
Capacity: 140

Loving Care Adult Medical Day Care

17051 Oakmont Avenue
Gaithersburg, MD 20877
(240) 477-6199
Capacity: 124


Loving Heart Adult Day Care Center

400 B East Gude Drive
Rockville, MD 20850
(301) 309-0946
Capacity: 180

Montgomery Adult Day Care

9123 Gaither Road
Gaithersburg, MD 20877
(240) 423-9182
Capacity: 123

A Plus Care

50 West Gude Drive, Suite 48 & 52
Rockville, MD 20850
(240) 668-3418
Capacity: 160

Rainbow Gardens Adult Day Health Care Center

8 Metropolitan Court #4
Gaithersburg, MD 20877
(240) 683-9010
Capacity: 310

Rainbow of Montgomery County

8400 Helgerman Court
Gaithersburg, MD 20877
(301) 987-8889
Capacity: 218

Rainbow of Rockville

11215 Woodglen Drive
Rockville, MD 20852
(301) 770-7676
Capacity: 130

VAS Adult Day Care Center

12621 Old Columbia Pike
Silver Spring, MD 20904
(301) 646-5852
Capacity: 56

Washington-McLaughlin Adult Day Care Center (The)

6501 Poplar Avenue
Takoma Park, MD 20912
(301) 613-7793
Capacity: 60

Winter Growth - Montgomery Center

18110 Prince Phillip Drive
Olney, MD 20832
(301) 774-7501
Capacity: 61

Worldshine International LLC

20420 Century Blvd
Germantown, MD 20874
(240) 899-4898
Capacity: 170
Capacity: 285

Source: Maryland Department of Health and Mental Hygiene

Do You Need Help Caring For A Loved One?

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CARE SERVICES

Call 301-263-3502
homewellcares.com/md146/



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 pal-

liative 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.

OPT

Maryland against Physician Assisted Suicide

Physicians, mental health professionals, lawyers, elder care organizations, disability rights advocates and hospice providers are invited to join the MAPAS Coalition today. The only way we can defeat physician-assisted suicide bills before the Maryland General Assembly is with your help.

Visit: <https://stopassistedsuicidemd.org/take-action/sign-up-to-help/>

MARYLAND

AGAINST PHYSICIAN ASSISTED SUICIDE



GOLDEN TOUCH
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Plan of Care Services
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240-780-7084
goldentouchnursing.com

9313 Kobe Way
Montgomery Village, MD 20886

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.



Fruits



Vegetables



Grains



Protein



Dairy

Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



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



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Be the first to know about proposed legislation and get alerts on issues that matter to you.
JOIN: www.mdcatholic.org/joincan

Maryland

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.mdcatholic.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.mdcatholic.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.

OPT

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.

Source: SeniorNews.com

OPT

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

Montgomery County Caregiver Support Groups

For many the holiday season is filled with a mixed sense of anticipation, excitement, and anxiety. While we all hope for calm, peace, and joy, we know that the holidays carry challenging stressors for ourselves and our loved ones. For those less fortunate, this period can be especially stressful if they're not receiving the support that they need.

Even when individuals are surrounded by family members, they may still feel a sense of isolation, loneliness, and depression. Indeed, the holiday season may actually

exacerbate these feelings for individuals coping with health issues. However, it's not only individuals with wellness issues that suffer during the holidays. Older adults are particularly vulnerable to feelings of isolation and loneliness. For older adults that are widowed and/or do not receive much familial support, peer support groups can promote positive affect and lead to physical health benefits. In addition to peer support, interventions that are effective at reducing loneliness include cognitive re-framing (changing negative views of self

and others), traveling with a goal, adopting a pet, acts of altruism, and spirituality.

For many caregivers there may be additional strain during the holidays due to closures of normal healthcare providers plus limits on social engagement with family and friends. Maintaining supportive connections is vital for caregivers and, thankfully, a wide range of support groups is available.

Many local organizations offer provide practical virtual supports and leisure activities to help seniors and their caregivers con-



tinue to thrive. Some offer telephone and virtual caregiver support. Including: Holy Cross Caregiver Resource Center, The Alzheimer's Association (with its 24/7 free HelpLine 1-800-272-3900), NAMI, Oasis, and the County's Aging and

Disability Services (240-777-3000).

To learn more about Caregiver Supports in Montgomery County and for a listing of local support groups, visit: <https://moco-caregiver.blogspot.com/search/label/groups>

OPT

USDA
United States Department of Agriculture

MyPlate Holiday makeover

visit choosemyplate.gov for healthier options during the holidays

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

USDA is an equal opportunity provider and employer.

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.

ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

NCOA.org
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IHM SISTERS

Con't from page 1

all they have done for us over the years! Two IHM Sisters are still on staff at our parish and school, Sr. Roberta Harding and Sr. Doreen Willis. The IHM Associates came and facilitated a trivia game and a special prayer activity to celebrate this special day!

OPT

At right: Sister Doreen helps her team in IHM trivia to celebrate Founders Day!



HONORS

Con't from page 3

alumna. In 1999, she was offered the Director of Alumnae position at Holy Child, the same time her daughter Krista was starting as a student at Holy Child. In her 22 years working at Holy Child, she has built the alumnae community and helped raise more than \$22 million for her alma mater. Suzi truly exemplifies our Portrait of a Graduate.

Sister Lucy Ignatia was one of the six pioneer leaders of the Society of Holy Child Jesus that made the journey across the Atlantic to America in 1862. She was bright, lively, and gentle, with a good sense of humor and a great capacity for

loyal support of others. The Ignatia Award is merited to a Connelly School of Holy Child member of the community that has furthered the mission of the Society throughout their tenure.

Suzi was deeply touched and shared her thanks, saying, "I feel incredibly honored and blessed to receive this award. I have been fortunate to hold various roles at Holy Child over the years, and I especially love connecting with our alumnae and sharing their successes. I wouldn't be where I am without the support, guidance and advice of many members of our Holy Child community."

Watch Suzi's story: <https://www.youtube.com/watch?v=pJsZRay1lc0>

OPT

ADAMS

Con't from page 11

returning to St. John's to work with the Alumni Association for several years, Brother Ed came to St. Jane de Chantal where he headed the Evangelization Committee. In addition he spent time with the RCIA program and organized centering prayer groups. Brother Ed spent countless hours visiting the sick and homebound. He loved spending his free time at the Jersey shore

and watching the Philadelphia Eagles games and in later years, swimming at the YMCA.

Brother Ed was always very close to his sister, Mary, who was also part of a religious community. When she became ill after a fall, Brother Ed arranged for her to stay at De La Salle Hall in Lincroft, N.J. Brother Ed passed away on October 15, 2021 after a short time at De La Salle Hall where he was in the company of his fellow Christian Brothers. Rest in Peace Brother Edward Adams.

OPT

NEIGHBOR

Con't from page 3

and, secondly, on specialized nurses who sustain my physical needs.

I was injured 11 years ago. The injury resulted in permanent spinal cord damage. I am unable to move anything below my neck and am ventilator dependent. I am single and have no family member who is able to care for me at home. I have lived alone in my apartment for the last 11 years. My daily needs and medical care have been fully met by in-home skilled nursing care from Samaritan's Way Nursing. My nurses have enabled me to live at home as a happy and productive person, not withstanding my severe disabilities.

Since my accident, I have had a strong desire to help others and spread God's word through faith

and His Grace to sustain my existence. I want to tell others of the blessing that our Father provides which fills my life with His love and makes any burden bearable.

I have been able to reach out to others since my accident. Shortly after my accident, I visited wounded warriors at Walter Reed Medical Center. Many young soldiers were severely wounded having lost limbs while fighting in Iraq. My hope was to show them that their lives would continue, just as mine, despite their physical limitations. I then took online classes with the Christopher and Dana Reeve Foundation so that I could mentor others with spinal cord injuries.

Deeply concerned about the Christians being persecuted by ISIS, I founded the Interfaith Prayer for Peace Group consisting of Christian and Islamic members. We prayed for the Christians that were being

killed by the terrorists. We wanted to start face to face encounters getting those of different faiths to come together to pray for peace in the Middle East.

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

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

I was financially able to handle the costs of my home care until my

insurance coverage from CareFirst was terminated this year when I was enrolled in Medicare. Medicare and my supplemental insurance plans have now denied coverage for my skilled nursing care at home because I require more than temporary or intermittent nursing care. As a result of the loss of insurance coverage, I have now depleted my personal funds having to pay for my home nursing.

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

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

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

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

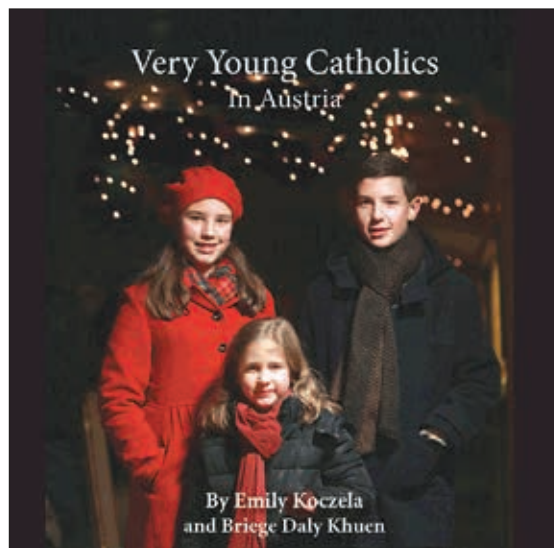
Patrick Durkin

OPT

St. Paul

Lavish Photos Offer Experience of Catholicity

The books available at the Catholic Daughters event included nine stories about very young Catholics around the world. This is a series created by Emily Koczela, the sister of a parishioner, who set out to show the delightful unity of the Catholic Church by telling the stories of children, one per time zone around the world. Nine of 24 are completed – with charming vignettes and photos of family life in Catholic households in the United States, Togo, Austria, Taiwan, Fiji, Ireland, Kenya, Galapagos Islands, and Canada. Each book shows local scenes of home life and customs – including the experience of Mass that is familiar anywhere.



The Austrian book in the series is about a child's experience at Christmas.

The photos are professional, which means that the children are enchanting, especially the ones from

– well, from everywhere. There are kids and tortois- es in Galapagos, kids and horses in Ireland, kids and Christmas in Austria, kids and cautious skepticism in Taiwan, kids and snow in the Yukon, kids with round cheeks at Mass *everywhere*. The stories are written about children around age five, to be read to children age 2 to 102. The first one you read is rather pretty and entertaining. But then after the third or so, you realize that very young Catholics can (and should) experience the unity of the Church around the world. That's a lot more than just a pretty face.

For more, see www.veryyoung-catholic.com.

OPT

PENNIES

Con't from page 11

Penelope! She is the beautiful daughter of their amazing first-grade teacher, Ms. Alexa Steadman. As a De Chantal graduate, Ms. Steadman remembers hearing the song, "Pennies from Heaven" over the loudspeaker for *Operation Smile*

when she was a young girl. The school jumped at the chance to help collect, "Pennies for Penelope".

Penelope was born on May 25, 2021 with a cleft lip and palate. She had her first surgery in July and her second in October. She had these two procedures to join the two ends of her lip. There is another surgery scheduled for later this year to adjust her palate. All are in high

hopes that there will not have to be more than that. As a school and community, De Chantal loves supporting Ms. Steadman and Baby Penelope on this journey.

So, please collect your loose change – pennies, nickels, dimes, quarters – and of course they will not refuse paper money to help bring Smiles to Baby Penelope!

OPT

CLOAK GUILD

Con't from page 11

SARS-CoV-2 pandemic – Saint Martin's Cloak food drives have collected from generous de Chantal parishioners more than 7000 pounds of food for less-fortunate families who are critically short of basic foodstuffs. In addition, SMC volunteers undertake weekly collections of leftover food from

local grocery stores and bakeries and distribute these leftovers to grateful D.C. organizations such as So Others Might Eat (SOME) and Saint Mother Teresa's Missionaries of Charity.

Financial assistance from SMC in the form of utility and rent relief has also helped countless single-parent families manage during the COVID pandemic, when employment and childcare were sometimes compromised. In addition, SMC

has organized specialty drives in the parish collecting blankets, backpacks, and toiletries for the seasonal needs of those least fortunate in their community.

Anyone interested in learning more about the ministry of Saint Martin's Cloak at Saint Jane Frances de Chantal parish, please contact the guild's Chair, Paul Eder, at 301-956-6273.

OPT



Father Kevin blessed the Prayer Shawls made by members of the Sodality.

Prayer Shawl Ministry

The Prayer Shawl Ministry of St. Mary's Sodality was started in 2013 and creates prayer shawls and lap blankets for parishioners in the hope that they will bring comfort in times of loss or illness.

The shawls are made by sodalists and may be knitted or crocheted. The patterns and prayers used when creating the shawls are of the maker's choice. When completed, the shawls are blessed by Father Kevin, sometimes at Mass. Presentation of the shawls is in person when possible and includes a note with a prayer for the recipient.

OPT

Blessing of the Animals

John McKeon presents his sheep for the Blessings to Fr. Kevin.



Knights of Columbus

Our Lady of Fatima Knights organized a fun barbecue and Cornhole event.

St. Mary's Parish
18230 Barnesville Road
Barnesville, MD 20838
Rev. Kevin O'Reilly,
Pastor
(301) 972-8660
www.stmaryonline.com

It pays to
advertise in
Our Parish Times

Ministry Sunday

Ministry Sunday

Left: DRE Liz Smith, presents Faith Formation highlights at Ministry Sunday

Below: Brenda Murtha, Scout Leader, outlines opportunities for earning different Religious Badges.



Left: The ladies of the Sodality share the many works in which they participate.



At left: Organist Kim Carpentier, Director of Music Diane Yendrey, guitarist Caleb Bodmer, and cantors Lia and Alina Jung, gave of their musical talents for the Youth Sunday mass.

At right: Youth Sunday 2nd Grade.jpg
A representation from the Second-grade class led the congregation with song and movement throughout the Youth Sunday Mass.



Confirmation Rite of Commitment

At right: Seventh and Eighth-grade Confirmation Candidates professed their commitment as they prepare for Confirmation.



At left: The candidates for Confirmation were given the choice of two masses to stand before the congregation for their Rite of Commitment.

Riding for Vocations

By Matthew Rice, Technology Teacher at Mary of Nazareth School

Riding a bike for 70 miles may seem like a very impressive, very individual, achievement. It is the kind of thing you can brag about on social media (with an awesome picture of yourself crossing the finish line with arms raised in triumph, of course) and be sure to get a tidal wave of likes.

Unfortunately for my ego and social media presence, the only picture of myself I received after this year's Ride for Vocations instead shows my slow start when I had

to find a guy to fix my bike. The mechanical failure was not even particularly impressive; on the contrary, it was rather embarrassing. Despite my best efforts, I could not unscrew the little cap on my tire. One by one the other riders set off after Mass as I struggled with it to no avail. Beginning to feel as deflated as my tire, I asked around for pliers with no luck until - with the parking lot emptied of everyone except my friend Deacon Kyle - I finally found a volunteer who was able to unscrew the cap (not with pliers, but with superior strength). It was not the start I had envisioned



Matt Rice, Technology teacher, prepares for the race.



All of the runners pre-race!

and not the image I would have chosen to take away.

Yet, perhaps it is a fitting image for a bike ride dedicated to supporting vocations. Like a 70 mile ride (or the 100 mile century that most of the priests and seminarians completed), the idea of vocation can strike us as impressive and individual. God has a specific plan for your life, a plan to make you a saint,

a plan with the ultimate finish line of the glory of heaven. It is exciting to envision a vocation as a grand and extraordinary life lived along a straight path to sanctity, whether through marriage, priesthood, or consecrated religious life.

Yet God's plans are seldom so simplistic and the beginning of a vocation is not so far off. More often than not, it starts with some-

thing like seeking help with a tire cap. My own journey, which has included many twists and turns from studying engineering, to entering religious life with the Dominican friars, to discerning out, to now being the computer teacher at Mary of Nazareth School (during the COVID pandemic!),

Continued on page 39

Resilience

By Kathleen Carter, School Guidance Counselor

We are thrilled to be back at school with the whole student body five days a week. Our learning

Community thrives when we are all together in one place working toward a common goal. While we are excited to be together again, transitioning back into the school building fulltime for students has not been without its challenges. Kids are busy relearning how to go to school every day, navigating old and new social connections

and after school activities while still observing safety protocols.

Parents are working hard to transition back to "life as usual" or creating a "new version of usual", managing work-life balance while ensuring their families are safe, healthy and thriving. They have worked tirelessly over the past year and a half figuring out what is best for their children and families during uncertain times. Last year, Mary of Nazareth hosted the psychologist Michael Thompson, PhD and author of *Raising Caine* and *The Pressured Child*, at one of our monthly HSA meetings. He explained that when children know the adults in their lives are doing the best they

can, even if they don't have all the answers, children learn problem solving skills and become more resilient.

As we settle into the 2021-2022 school year, every day we witness the resilience students have developed and continue to develop because of the commitment of the adults in their lives who make sure their needs are met each and every day.

Just like the popular High School movie song that was a theme in so many classrooms last year, "We're All in this Together", we remain all in this together during the transition back to life as usual at Mary of Nazareth School. There's no place like MoN.

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Winter Events at Mary of Nazareth

Mary of Nazareth School students and families are looking forward to our Sleigh Ride with St. Nick on December 4. Students can say hello to St. Nick, enjoy hot chocolate and goodies, and admire the festive lighted decorations in our school circle.

A student favorite, our annual Christmas Bingo will be celebrated on the last day of school before Christmas break. Students team up with their prayer partners to enjoy a treat and play bingo for fun and prizes.

No Christmas season would be complete without our annual pageant and concert. It may be virtual this year, but our students are already working hard to practice musical favorites to celebrate the birth of the Christ child.

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Lucy (2019) waiting to see if she can call Bingo!

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**Mary of
Nazareth**
Catholic School

OPEN HOUSE

January 30th | 1 pm-3 pm



14131 Seneca Road Darnestown, MD 20874
www.maryofnazareth.org

A Book of Short Sermons

By Anita Lee and Suzanne Siguenza, CTK parishioners

Members of Christ the King parish helped to celebrate the launching of Father Jose Maria Cortes's new book, *A Sower Went Out to Sow* on Saturday November 14, at the Saint John Paul II National Shrine. Fr. Jose (Fr. Ze), former pastor of Christ the King Church from 2010-2015, wrote this book containing his sermons, many of which were preached while he was at CTK.

These sermons were centered on seven themes: prayer, humility, conversion, mission/vocation, mercy and justice, Eucharist, and mercy. He acknowledged how Peggy and Muro Vuko, Christine



Father Jose's book of Sermons

Tan, and Katie Holland from CTK helped him along the way.

Parishioners attending the program, including Suzanne Siguenza, Jean Paul, Anthony Afrifa-Kyei, Maria Kendall, Anita Lee, Emeka Chima and Kamara Chima enjoyed listening to Fr. Ze's introduction, as well as, Sr. Anna Wray, O.P, and Dr. David Schindler's presentations concerning their interactions with Fr. Ze as they covered parts of the book.

The auditorium was packed for this personable, funny, and insightful morning program. Fr. Ze's response when asked about his homilies was "three minutes it's from God, five minutes from himself, and seven minutes from the devil!" Noon Mass, book signing, and socializing completed the day.

OPT



Anthony and JP congratulate Father Jose.

Blessing of the Animals

By Liz Weiss CTK parishioner with photo from Suzanne Siguenza

Each year Father Steve offers to bless parishioner's pets on the Feast of St Francis of Assisi. Suzanne Siguenza brought her two Quaker parrots, Spirit and Seymour, to be blessed by Father on the Feast of St. Francis of Assisi, celebrated on October 4. Another parishioner, Mr. Barr, brought his dog, aptly named Hershey Barr. Everyone is all smiles after the blessing. One of the parrots is hiding on Suzanne's shoulder right by the statue of St. Francis.

OPT



Suzanne and her parrots Spirit and Seymour with Father Steve

SAINTS

Con't from page 12

mination of weeks of hard work done by the fourth graders, who researched the saints, made posters, created costumes, and wrote their presentations. The speeches included tidbits such as what each child most admired about his or her saint, and a question they would ask the saint if they could.

Mindy Saia, mother of two fourth graders, Capri and Marty, said she greatly enjoyed the Hall of Saints. "We were so surprised by the format of these presentations! It was a great idea, and each child did an amazing job presenting their saint. We learned so much from each of them."



A student presents about the life of Saint Rose of Lima.

St. John the Evangelist

30 Days of Gratitude

Throughout the month of November, we have been practicing gratitude, our virtue of the month, by acknowledging all of the people, things, and programs we are thankful for on our various social media platforms. What we have learned in this process is that we have so much to be thankful for; it was hard to narrow it down to 30 posts! The days leading up to Thanksgiving break were especially joy-filled, as our eighth graders played football against each other in the annual Turkey Bowl, our PreK students pre-

pared and ate their own feast, and all of our families contributed items to make 25 Thanksgiving baskets for local families in need.

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Clockwise from top: Eighth graders really got into green and gold spirit for the annual Turkey Bowl!

PreK preparing for their feast!

Eight grade students collect donated food items for Thanksgiving baskets.



Feast day Mass for Christ the King Parish

CTK Feast Day Celebration

By Liz Weiss, CTK parishioner

On November 21 our parish celebrated the feast of Christ the King. After the

two Sunday masses, the parishioners were treated to a wonderful hot breakfast, made and served by volunteers. Father Steve invited all members of the parish to return for this special day. Parishioners were able to catch up with each other after absence due to COVID-19.

Thank you to Father Steve and the volunteers who made this a very special Christ the King Celebration. The Parish looks forward to another gathering, the Christmas Bazaar on December 11, from 9am to 3pm in the Colonial Room in the church basement.

OPT

Christ the King

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Fr. Stephen J. Carter,
Pastor

Paul Lamoreaux,
OPT Editor



Holy Redeemer Catholic School Growing in Virtue, Together to Christ

By Ann M. Enkiri

This year, the whole student body of Holy Redeemer Catholic School has committed to “*Growing in Virtue, Together to Christ*.” Across the grade levels—at school and at home, students learn from the Virtue in Practice program, designed by the Dominican Sisters of Nashville. Each month features a particular virtue, under the umbrella of the three cardinal virtues—Faith, Hope and Charity.

By learning about saints who are exemplars of the featured virtue, attending Mass on Fridays, and participating in service projects, students grow closer to Jesus. Two recent service projects are the Gabriel Project and the Greg Gannon Canned Food Drive.

The Gabriel Project – Growing in Compassion and Stewardship Holy Redeemer’s second-quarter, core value is “Compassion,”

which guides our actions to alleviate another’s pain. November’s featured Virtue in Practice, “Stewardship,” fosters our praying for and helping people in need. The Gabriel Project provided a wonderful opportunity for students to learn about the needs of others and to work together to help meet those needs. A school-wide collection of healthy snacks and festive treats will become

part of Christmas gift bags for local families who are struggling materially and who have mothers who are either pregnant or have newborns. Each homeroom took great pride in filling the boxes outside of their classroom doors with applesauce, graham crackers, wrapped candy, cake mixes and frosting. Religion teachers

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Holy Redeemer fifth graders gather good donations for the Gabriel Project



Holy Redeemer third graders prepare gift bags for the Gabriel Project

We Love Our Grandparents at Holy Redeemer!

By Ann M. Enkiri

Careful planning paved the way for the return of an important tradition at Holy Redeemer Catholic School—Grandparents Day! On the Tuesday before Thanksgiving, grandparents visited in person to enjoy choral performances by their grandchildren’s grade-level cohorts. Three separate concerts—PreK-K, Grades 1-4, and Grades 5-8 allowed for socially-distant seating in the well-ventilated Herb Young Auditorium. Everyone, including the singing students, wore masks. The performances were live-streamed for the enjoyment of school families, especially that of any grandparents who were unable to attend.

Students from PreK3-8th grade prepared for their concerts with music teachers Jeannie Breitenbach (K-5) and vice-principal Mark Crimans (6-8). Songs celebrated God’s love, the special bonds



Music Teachers Mark Crimans and Jeannie Breitenbach prepared and directed the Grandparents Day concerts

between grandchildren and grandparents, and popular classics from the decades so fondly remembered by grandparents. The children’s joy in singing and dancing was only matched by their special audience’s joy in assembling—in person and online—to see their loved ones’ smiling faces at Holy Redeemer Catholic School.

OPT

Ten Pounds of Gratitude

By Margie Davin

Removing ten pounds is a daunting task for me. This summer I moved to a plant-based diet and walked off the extra weight I had put on during a unique year of teaching where strange new routines became the norm. Armed with digital thermometers, we greeted students at our classroom door each morning. We adapted to Google Classroom and learned to teach hybrid lessons to meet the needs of both in-school students and those participating from home. Weekly, we held virtual office hours, and “Mask up!” became our common mantra. To help us cope and to show their appreciation for our efforts, parents showered us with love and gratitude in the form of Off the Hook lunches, elaborate breakfast spreads, and treats to fill our individual cravings, mine being Lindt chocolate truffles and mini bags of Cheez-Its. Hence, the extra ten pounds.

This August, I walked into my 6A classroom ten pounds lighter and ready to set up for a “normal” school year. “Welcome to middle school!” I exclaimed as each masked sixth grade student entered my homeroom for the new school year. Some students were newly enrolled and tentative about how they would fit into the Holy Redeemer community, oth-



Parent volunteers returned this fall to offer a smile behind the mask as well as thank you snacks for HR’s awesome teachers.

ers beamed with excitement and a sense of accomplishment at having finally arrived to be the “big kids” on campus. That Friday, during my English class, each middle school student journaled furiously about the highs and lows of their first week back at Holy Redeemer -- bar

none, the highlight being the Game of Nobles in Mr. C’s Social Studies class. In English, students were introduced to their first writing assignment, a personal narrative.

A few weeks into the quarter, I began to question if I would be able to equip these students, whom

I love so much, with the tools they will need for high school and beyond. Unaware of my insecurities, a class of still-sun-kissed seventh grade students sat focused, diligently mapping out word webs and beginning the drafting process for their narratives. A light knock on the door interrupted the “sound” of minds hard at work. “Mrs. Davin, some moms are here,” exclaimed a few curious students. Confused, I moved toward the door, hoping my students would not be so distracted as to lose focus on the task at hand. “Teacher appreciation cart!” said one of the moms, whose joy was evident despite her mask-concealed smile. “What’s that?” I asked, not fully understanding as my eyes swept across a smorgasbord of mini Krispy Kreme donuts, home-made muffins carefully wrapped in cellophane and tied with colorful ribbons, parfait cups brimming with plump, fresh berries, and a box of steaming fresh Starbucks coffee at the center. “This is our way of saying ‘Thank you’,” her collaborator replied cheerfully.

In that moment, what I saw was not a cart full of temptation, but rather a sign of affirmation from Our Lord that I was indeed where He wanted me to be. It was then that I remembered what I learned years ago, God does not call the qualified, but rather qualifies the called. Blinking back brimming

tears threatening to spill down my cheeks, I loaded my plate with a mini glazed confection, a cellophane package, some fresh fruit, and poured myself a cup of the aromatic coffee.

As I feasted on the sweet treats in the silence of my next planning period, I realized that, though I had worked hard to remove the unwanted ten pounds of weight, what I was left with was far more precious than self-satisfaction. I had, in fact, gained something that will remain with me forever -- a heart swelling with ten pounds of gratitude expressed by an unmatched community of generous and compassionate parents. So this is my turn to say, “Thank YOU, parents!” I couldn’t have persevered these last two years without your loving support. Please accept in return my ten pounds of gratitude for you.

OPT

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Holy Redeemer School
Mr. Thomas Corrigan,
Principal

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Mother Seton

FATIMA

Con't from page 16

with the Christ Child and blessed the World. Our Lady of the Rosary said, "We must stop offending God and amend our lives, for God is already too much offended."

In answer to this call to prayer and conversion, coordinator of the event, Nancy Fazio, thought it would be a powerful answer to Our Blessed Mother's call to gift her with the praying of 1,000 Rosaries. With gratitude for Father Lee Fangmeyer's kind permission for this event, members and friends of Mother Seton were invited to sign-up and make a pledge of Rosaries to be prayed on October 13.

All were encouraged to attend the public recitations offered at Mother Seton or to pray their Rosaries privately at home or in church throughout the day. Public recitation of the Joyful and Luminous Mysteries were offered before the 9:00 am Mass, followed by the Sorrowful and Glorious mysteries after Mass. At 12:00 noon the Glorious Mysteries were recited and then all four Mysteries were publicly prayed from 5:30 – 6:30 pm.

It was heartwarming to see the

outstanding, generous response, throughout the day, of all the public and private rosaries being recited and offered in response to Our Lady of Fatima's call and intentions, especially to bring each person, each family, our Church our country and our world back to and closer to God, praying for the restoration of God's spiritual, physical, natural and moral order, living lives in obedience to God's holy commands, especially the protection of the unborn and all life, traditional marriage, purity, God's creation of male and female, protection of our religious freedoms, renewal within our Church, the return of our country back to One Nation under God and for our own holy personal intentions.

In God's grace, on October 13 we achieved and surpassed our 1,000 Rosary Goal! We thank all who fulfilled their Rosary pledge, including the priests of our parish, Fr. Lou Faust, Fr. Greg Chisholm, and Fr. Alberto Biondi, who led and offered their Rosaries with us to achieve and surpass our Goal. We pray that many blessings may abound from this event, and we encourage all to continue to pray and trust in the power of the praying of the Rosary.

OPT

Mother Seton Parish Quilting Angels

By Sharon Brzostowski

The Mother Seton Parish Quilting Angels continue supporting veterans and children with pediatric illness throughout the pandemic. The ministry volunteers create and award comforting and healing quilts.

Fr. Lee Fangmeyer blessed Quilts of Valor® and 138 Quilts for Kids that were created over the past year following the Saturday morning Mass. Parishioners viewed the quilts that spanned the width of the church across several rows of pews.

Following the blessing, volunteers awarded 6 Quilts of Valor® to veterans who were nominated to be recognized. Each recipient was wrapped in their own quilt and received a certificate of recognition. The Quilts for Kids were distributed to the Rockville Women's Center and Shady Grove Pregnancy Center, and hospitals located in Frederick, Howard, and Calvert counties.

OPT



At left:
2021 Quilts
of Valor
Recipients



At right:
MSP Quilting
Angels



At left: Fr. Lee Fangmeyer
blesses quilts

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Lourdes and the Great Outdoors

By Liana Gesesse, Michaela Harmon,
and Angela Walsb, OLOL 8th Graders

Outdoor Ed has been a tradition at Our Lady of Lourdes for many years. Outdoor Ed is a three-day camping trip. During Outdoor Ed, the middle school students at OLOL go on many hikes, learn how to be leaders, and make tons of memories. Last year, because of Covid, the trip had to be canceled. The staff of Our Lady of Lourdes worked tirelessly to have Outdoor Ed for our middle school this year. On October 19, all of the students in the sixth, seventh and eighth grades headed off for Cunningham Falls.

Once the students arrived at the campsite, they set up the tents and got ready for a hike to the falls. Mr. Long, OLOL assistant principal and trip leader, led the middle school up a waterfall. Everything was peaceful up in the mountains. Once we got back from the hike, we had Mass! Father James Morrison drove up from Our Lady of Lourdes and said Mass. During his homily, he told a spooky story about a martyr. After Mass, the eighth graders and middle school teachers prepared dinner for all the hungry campers. Mr. Long made burgers, which were definitely a favorite.



The OLOL middle school students on a hike at Cunningham Falls.

Staying up late with friends around the campfire was a highlight for everyone on the trip.

The next day the eighth graders made breakfast for everyone before our next hike. For breakfast that day it didn't feel like camping; there were pop tarts, muffins, and

eggs in a hole. It was a feast! The second hike was more challenging, but it was also another chance for everyone to step up and move out of their comfort zones.

During this camping trip, everyone made lots of memories. Being with one another on the trip brought

all of the students closer to each other. This trip was a big part of our learning experience, especially for those who had never been on a camping trip before. For example, Lucia Foley in the eighth grade was having trouble at the beginning of the trip because she was slightly

nervous about being away from home, but she later shared that she had a great time and enjoyed the hikes. Outdoor ED was a fantastic experience that taught the OLOL students so many things. It was a trip they will never forget!

OPT

Much to Be Grateful For

This fall at Our Lady of Lourdes, the community feels an enormous sense of gratitude for our wonderful school and parish community. Our Lady of Lourdes teachers, students, and parents have been able to celebrate by giving to others, welcoming visitors, and celebrating with some good, old-fashioned fun.

In October, led by the eighth-grade class, the school community raised money in support of breast cancer awareness and prevention through a pink tag day and a bake sale. As always, the students and teachers enthusiastically embraced a themed dress day and the opportunity to give back to those in need.

In November, students and



OLOL students share the love on their pink tag day to raise money for breast cancer research

teachers prepared for the annual Grandparents' Day celebration. All were excited to have grandparents and special friends visit in person this year. Even better, those who live far away or could not make the trip could still view the performances via a live stream. The kindergartners performed their much-beloved play telling the story of the first Thanksgiving, and the classes entertained and paid tribute to their guests with beautiful singing.

On November 20, a classic OLOL event returned to much fanfare. Pizza Bingo was put on hold due to Covid restrictions last year, and this year it returned with a bang. Led by a group of parent volunteers and energetic eighth graders, children of

all ages and their families enjoyed a night of pizza, Bingo, and good company. Pizza bingo was a perfect reminder of all that is good in our world, our lives and our school. It was a beautiful evening: happy children cheering for their friends and classmates each time a bingo was announced, children playing together in the gym and on the field, and lots of dancing and celebration to end the night. As Mr. David Long, assistant principal, reflected, "[This was] the perfect way to end the week while preparing ourselves to celebrate Thanksgiving: by calling to mind how blessed we are to be here together."

OPT

MEXICO

Con't from page 1

stayed at the convent of the Sisters of the Immaculate Conception. They enjoyed daily Mass and adoration together each morning. The convent was a short walk to the Basilica of Our Lady of Guadalupe.

The group visited the Mexico City dump and worked alongside members of Hope of the Poor, serving food and visiting with families that live there. One day, the American visitors challenged the Mexican teens to a game of soccer. Another day, they celebrated a man named Armando's 52nd birthday

with his first birthday party. Peter Capizzi, a seventh grader at Our Lady of Lourdes, shared, "I met many children [at the dump] and some were my age. I learned you don't need a lot of things to be happy. These children had the biggest smiles on their faces and were so happy to meet us."

The experience of a service trip and spiritual pilgrimage was certainly moving for all of those involved. Mary Devlin Capizzi, an OLOL parishioner, remarked, "we served and befriended human beings who have experienced trauma and profound material poverty. Most of those we met, however, exuded joy and a deep faith in God

despite living in a city dump." Those who attended the trip have shared their memorable stories with fellow parishioners back home, and the hope is to continue the trip regularly in future years. In the meantime, though, the experience will stay with them and those who hear their stories. As Parochial Vicar, Father James Morrison, recently wrote in his bulletin note, "Here in Bethesda, I don't have it so good. Nestled among all my stuff, I lose sight of my neighbor. [...] I am grateful to Armando and a few aspiring soccer players for helping me to see this. Perhaps we can keep their examples in mind. Others need you and you need them."

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Ms. Amy Moore
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Maryland

Confirmation at Our Lady Queen of Poland Parish with Bishop Dorsonville

“Let Your Spirit descend...and renew the face of the earth, the face of this land!” John Paul II, Warsaw: June 2, 1979



Above: Group picture of the Our Lady Queen of Poland Parish youth who received the Sacrament of Confirmation on October 2, 2021, with HE Bishop Mario E. Dorsonville, Auxiliary Bishop of Washington, DC, (in center), and Sister Danuta Przybylek, S.A.C. (far right): Mateusz Anders, Jacek Lasota, Alicja Marzeda, Jennifer Morton, Shon Morton, Kamil Niwa, Jonasz Swistak, Sabastian Wiktorowicz, Tomas Wiktorowicz. OLQP Pastor Fr. Jerzy and Sr. Danuta prepared the youth for the Sacrament of Confirmation.

At left: Fr. Jerzy Frydrych, Pastor of Our Lady Queen of Poland Parish, with Bishop Mario E. Dorsonville, Auxiliary Bishop of Washington, at the Confirmation Mass on October 2, 2021.



Parishioners and members of the Knights of Columbus St. Maximilian Kolbe Council 16634 and the Living Rosary Society gathered around the visiting Cross of Gratitude after the special Mass celebrated by Fr. Pawel Sass (center), Pastor of Nativity Catholic Church in Washington, DC. Participant and K of C Council 16634 GK Franklin Morton (far left) noted that the photo was taken by the Our Lady Queen of Poland and Saint Maximilian Kolbe Council seminarian Maximillian Korzan.

The Cross of Gratitude comes to Washington

A group from Our Lady Queen of Poland Parish participated in the “Gratitude of the Cross” Holy Mass on October 12, 2021, at Nativity Catholic Church in Washington, DC, celebrated by its Pastor Fr. Pawel Sass. Singing of the Bitter Lamentations “Gorzkie Zale” devotion preceded the Mass. The group included members of the OLQP Knights of Columbus Saint Maximilian Kolbe Council 16643 and the Living Rosary Society.

The Cross is a sign of gratitude to Almighty God for our salvation through Jesus Christ. The mission of the Cross of Gratitude refers to the words of Jesus Christ and His instruction to take up the Cross and bring it to all the nations of the world. Pope John Paul II blessed the initiators of this mission in 2004 and it was subsequently blessed by Pope Benedict XVI and Pope Francis.

The Cross has traveled to nearly fifty capitals throughout the world. In October, it arrived in Washington, DC (<https://nativitychurch.net/events/the-pilgrimage-of-the-cross-of-gratitude>). The mission of the Cross of Gratitude is to visit all the capitals of the world as the 2,000th anniversary of the Resurrection of Our Lord Jesus Christ (33 A.D. - 2033 A.D.) approaches (<https://stladislauschicago.org/en/2020/03/1425/>). [Based on information and references from GK F. Morton. ED.]

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OPT

Celebrating Our Faith and Commemorating Our Heritage

*“Remember the past with gratitude.
Live the present with enthusiasm.
Look forward to the future with confidence.”*
- St. John Paul II



Above: Some of those who attended the Holy Mass on Nov. 7, commemorating Poland's regaining of its independence in 1918 after being removed from the map of Europe for one hundred twenty-three years. The Mass was requested by PACWMAD and celebrated by OLQP Pastor Fr. Jerzy Frydrych, SChr, with the participation of representatives from parish and Polish American organizations, including: Malgorzata Rogoyski (VP-PACWMAD), SK Tomasz Kolodziej (VP-PACWMAD), Tadeusz Mirecki (Pres.-PACWMAD), SK Richard Z. Okreglak, Dr. Edwarda Buda-Okreglak (PLAV), Lt. Col. Karol Budniak, K of C Council 16634 GK Franklin Morton, OLQP Pastor Fr. Jerzy Frydrych, Col. Pawel Marzeda (behind the flag), Embassy of the Republic of Poland Charge d'Affaires a.i. Adam Krzywosadzki, Bozenna Buda PSO-ZHP (PACWMAD), Sabrina Dowlut-Beard, Jas Bisk (altar server), SK Bob Dowlut, SK Aleksander Macander. Photo by SK Jacek Marczyński, VP-PACWMAD



Above: The Honor Guard at the Commemorative Mass on Nov. 7, celebrated by OLQP Pastor Fr. Jerzy Frydrych. The Holy Mass was requested by the Polish American Congress (PACWMAD) with representation from the Embassy of the Republic of Poland, Knights of Columbus St. Maximilian Kolbe Council 16634, Polish Legion of American Veterans, PACWMAD, Polish Scouting Organization-ZHP USA.



At left: OLQP parishioner Sabrina Dowlut-Beard, in Polish regional costume, with her dad SK Bob Dowlut after the Mass at Our Lady Queen of Poland Parish, Silver Spring, on Nov. 7.



Above: The OLQP Polish Saturday School students celebrated Polish Independence Day (Nov. 11, 1918) at the School on Nov. 13. They recited stories and poems and sang songs that reaffirmed their heritage and faith.



At left: School Principal Ewa Chlebowska (on far left) with several of the Saturday School students who sang and recited poems commemorating Polish Independence Day for parents at the school on November 13.

More Our Lady Queen of Poland News on Page 32

A Historic and Spiritually Significant Day for St. Michael the Archangel Parish

By: Stephen Holowenzak and Bill Newbrough

On September 25, 2021, St. Michael the Archangel Church became the home of a Marian Icon of Our Lady Help of Persecuted Christians. Dale W. Trott, Past State Deputy for the Maryland State Council of the Knights of Columbus and his wife, presented the Icon from Pope Francis to Monsignor Eddie Tolentino and St. Michael the Archangel parish at the conclusion of the 4:00 PM mass. The Icon was presented to Monsignor Tolentino in appreciation for his spiritual guidance and enthusiastic support to host the Icon in 2018 and 2019. The Pilgrim Icon was one of a series of programs established by the Knights to raise awareness of the plight of persecuted Christians following the rise of ISIS in 2014.

Commissioned by the Knights of Columbus and created by Italian iconographer Fabrizio Diomedi, the icon depicts the Blessed Mother, with the Child Jesus over her heart, spreading her protective man-



Our Lady Help of Persecuted Christians Icon

tle around a gathering of recent Christian martyrs, priests, religious and laypersons, including one of the six priest-members of the Knights of Columbus who were killed by the Mexican government in the first half of the 20th century. The four crosses represent an "ecumenism of blood" among martyrs of Roman and Eastern Catholicism, as well as those of Coptic, Armenian, Syriac and Orthodox traditions.

Supreme Knight, Carl Anderson said that "Catholics can do three things to help persecuted Christians: pray for these suffering people; help raise awareness about them and urge our government to take humanitarian action on their behalf; and help support them financially by giving at the Knight's Christiansatrisk.org website."

The Icon is located on the far wall left of the altar of our Blessed Mother for anyone to spend time in prayer. As you depart, you sense the power of Mary's protection by her grace and intercession.

OPT



At left: Msgr. Eddie Tolentino, Pastor of St. Michael the Archangel Church, and Stephen Holowenzak, Chair of the Knights of Columbus Refugee Relief Committee



Msgr. Tolentino and St. Michael the Archangel Parishioners gather around the Marian Icon after Mass.



Married Couples listen intently at the Communications Workshop

Communications Workshop for Married Couples

By John Webster

A major issue for many married couples is establishing and maintaining good communications, especially during times of stress as we have all been experiencing during the pandemic. For this reason, the Marriage Ministry of St. Michael the Archangel parish hosted a Communications Workshop for Couples on Saturday, October 9. Our presenter, Ms. Rebecca Mullan, MS, LCPC, Clinical Director, St. Jerome's

Counseling Program, included topics on Money Personalities, Five Love Languages, Four Temperaments, and Praying Together.

The workshop was well attended by couples from St. Michael's as well as neighboring parishes and the surrounding community. The couples participated in multiple activities designed to enhance their communication skills. Feedback from the participants indicated that they found the workshop to be extremely helpful in their relationships.

OPT



Msgr. Eddie Tolentino, Members of the Sodality, and parishioners participating in the Rosary Rally.

Rosary Rally at St. Michael the Archangel

By Yvette Robinson

October is the month dedicated to the Holy Rosary. On Saturday, October 16th at noon, St. Michael parishioners joined members of the Sodality and pastor, Msgr. Eddie Tolentino, to pray the Holy Rosary in front of the garden statue of Our Lady and the Child Jesus. They joined fellow Catholics participating in America Needs Fatima Public Rosary Rallies throughout the country at the same time. Ms. Myra Pepito, Rosary Rally Captain, led the group in praying the rosary decades. Dr. Scot Hawkins, Music Director, was responsible for the live stream broadcast of the event for those unable to attend in person.

America Needs Fatima conducts several rosary rallies throughout the year and encourages praying the rosary in a public square. Among the many reasons for praying the rosary in public includes showing

our love to God and Blessed Mother Mary, stopping the waves of sacrilege, blasphemy, and the anti-religious hatred in society, and in reparation for the sins committed daily against the Sacred Heart of Jesus and Immaculate Heart of Mary.

Although heavy rain was in the forecast, the event proceeded under clear skies and warm weather. No doubt that praying the Holy Rosary in public in front of a statue of the Blessed Mother provided a blessing for everyone on that day.

OPT

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Our Lady of Mercy



Stone soup, made by Mercy's PreK 3 class, was delivered to a very hungry office staff.



Above: Mercy's new P.E. teacher, Jason Knecht, organized the first annual intramural street hockey tournament.

Below: Live student broadcasts have returned to Our Lady of Mercy!



Garayta Cousins Sean (Grade 8) and PJ (Grade 7) fondly remember helping with the Greg Gannon Food Drive since preschool.

HOLY REDEEMER

Con't from page 25

Mary Harper (Grades 6-8) and Pam Hurley (Grades 2 and 3), along with Gabriel Project volunteer and HR parishioner Deirde Whitty collaborated to lead this effort. On Friday, November 19, Holy Redeemer combined prayer and action for neighbors in need. The middle-schoolers gathered for Mass while the second through fifth-graders worked safely to organize the donations.

Greg Gannon Canned Food Drive – Growing in Compassion and Generosity Compassion along with December's featured Virtue in Practice, "Generosity," aligns perfectly with Holy Redeemer's participation in the Greg Gannon Canned Food Drive, serving the hungry for over 30 years. Holy Redeemer's Garayta family lovingly leads this parish-school effort, in tribute to

family member Greg, great-uncle to seven current HR cardinals: Sean, Maryanne, Andrew, PJ, Charlie, James, and Peyton. This year, students and their families began preparing on November 1. Holy Redeemer middle-schoolers have met after school to prepare the food collection notices and grocery bags. A friendly rivalry with Blessed Sacrament inspires student generosity the week of the drive, when students bring in canned goods. The drive extends beyond school walls into the parish community. With the parish divided into territories of 175 houses, teams drop off collection bags early in the week and return on Saturday to collect the bagged donations. This year's Drive Day Collection takes place on December 4, starting with a prayer service at 9:00 AM. Canned foods restock local food pantries housed at St. Camillus and so aid in feeding the hungry amongst us.

OPT

Free Online Workshops for Job Seekers and Entrepreneurs

Montgomery County Public Libraries is offering online workshops and one-on-one sessions geared toward assisting job seekers and entrepreneurs throughout December. All workshops are free and offered virtually.

An internet connection and a device (such as a smartphone, tablet or computer) are required for participation.

The schedule of opportunities includes:

- Every Monday throughout December – 9:30-11:30 a.m. H.I.R.E. (Helping Individuals Reach Employment) Sessions. Sign up to meet virtually/confidentially one-on-one with a career counselor for advice and assistance with your job search. Register for sessions at:
 - Monday, Dec. 13: <https://mcpl.libnet.info/event/5815222>
 - Monday, Dec. 20: <https://mcpl.libnet.info/event/5835481>
 - Monday, Dec. 27: <https://mcpl.libnet.info/event/5835485>
- Wednesday, Dec. 8: 1-3 p.m. How to Prepare for your Virtual Job Interview. Learn how to differentiate yourself



from other candidates, be Zoom ready, package your experience, tell your story, be ready for challenging questions and feel more confident in your next interview. Register at <https://mcpl.libnet.info/event/5835642>.

- Tuesday/Thursday, Dec. 14 and 16: 5:45-7:45 p.m. LinkedIn Boot Camp (Part I / Part II). Two-session/two-day workshop focuses on the mechanics and strategy of using LinkedIn as a tool to conduct a successful job search. Register at <https://mcpl.libnet.info/event/5648279>.

of building a business and help you determine if you are ready to become a small business owner. Presented in partnership with the Maryland Women's Business Center. Register at <https://mcpl.libnet.info/event/5835844>.

- Wednesday, Dec. 15: 10:30 a.m.-12:30 p.m. How to Apply for Jobs with Montgomery County Government. Learn about applying for jobs with Montgomery County Government. Register at <https://mcpl.libnet.info/event/5194274>.

For more information about any workshop, contact Adrienne Vanlare at Adrienne.vanlare@montgomerycountymd.gov.

It pays to advertise in Our Parish Times

Father Kapaun. “A Missionary Disciple of Hope”

A Reflection by Rev. Paul D. Lee, STD, Pastor of the Shrine of St. Jude

What a blessing to be part of the celebration of Fr. Emil Kapaun's funeral on September 29 in his home diocese of Wichita, Kansas! After his remains were miraculously found and identified, he was properly honored through the commemoration in Hartman Arena in Park City, Kansas. More than 5,000 attended the event that was livestreamed by EWTN and several other outlets.

Fr. Kapaun disclosed the tender mercies and life-giving love of God through his selfless ministry as a World War II and Korean War U.S. Army chaplain. Heroically, he conformed his life to Christ.

He was captured with many other soldiers on Nov. 1, 1950. He died at age 35 on May 23, 1951, after being forcibly taken to a North Korean prisoner-of-war hut to die. “Don’t worry about me,” he told fellow prisoners. “I’m going where I always wanted to go, and when I get there, I’ll say a prayer for all of you.”



Bishop Kemme of Wichita said of Fr. Kapaun's imitation of Christ, “Father's earthly life began and was lived in a quiet, almost hidden way, but also in a way that attracted the attention of family, priests, parishioners and others.” He added, “Something was special about young Emil Joseph Kapaun. In so many ways, he was like his middle name's sake, Joseph, he was humble, obedient, virtuous, simple and hardworking.”

As an Army chaplain he began a life of sacrificial and selfless love of others, especially his beloved fellow soldiers, whom he regarded as brothers, even sons. “The accounts of his service to his fellow soldiers and, in the last months, to his fellow POWs reveal so much of the man whose body we honor today with Christian burial. His love was simple, effective, selfless and deep... He strived to lift the spirits of his fellow prisoners,” Bishop Kemme said. He then added: “Fr. Kapaun was a missionary disciple of hope—and that hope indubitably kept many of those men alive.” Some of those men were present in the funeral with several giving moving recollections of this Christ-like hero during the most trying times.



The day ended with a procession after the casket with Fr. Kapaun's remains was placed onto a U.S. Army funeral caisson, a two-wheel, horse-drawn wagon. The procession reached the Cathedral of the Immaculate Conception in downtown Wichita, where an estimated crowd of 3,000, made up of Catholic school students, their families and others, had lined the streets as the horse-drawn cart passed. A 21-gun salute was fired in front of the cathedral after an honor guard carried Fr. Kapaun's body up its steps. His casket was then placed in a marble tomb located beneath a large crucifix in the cathedral's east transept.



A week before this funeral Mass, I celebrated a “Jeep Mass” in Fr. Kapaun's honor with the students of St. Jude Regional Catholic School and Shrine of St. Jude parishioners. In Wichita, I stayed at the rectory of my classmate, Fr. James Billinger, and had the joy of seeing another classmate, Archbishop Paul Coakley. Pictured above are Fr. James Billinger (far left), Archbishop Paul Coakley (center), and Fr. Paul D. Lee.

Fr. Kapaun's serene and assuring presence during the madness and cruelty of war showed that his joy, confidence, and strength comes from Christ, who has overcome the dark abyss of sin and death.

A sainthood candidate, Fr. Kapaun has the title “Servant of God” and his cause is under consideration by the Vatican's Congregation for Saints' Causes. There is a Catholic high school named after him in Wichita, which I visited with my friend Fr. Billinger, where his vestments and mementos are preserved. I am certain that he will be canonized someday. But even now, his star shines in our hearts.

OPT

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

Note Special Hours for December 2021:

- Saturday Dec 11 - Normal Food Distribution 8:30 am to 10:00 am
- Saturday Dec 18 - Normal Food Distribution 8:30 am to 10:00 am
- Saturday Dec 25 - Christmas Day - CLOSED
- Friday - Dec 31 - Food Distribution 8:30 am to 10:00 am
- **No Food Distribution Saturday, Jan 1, 2022**

St. Stephen's Food Pantry at the Shrine of St. Jude (12701 Veirs Mill Road, Rockville, MD 20853) serves, on average, 200 families per week. Donations of non-perishable items can be left on the table in the breezeway (between the parking lot and the school/church) on Saturdays and Sundays or after 3:30 p.m. on school days. Much needed items include boxes of cereal, canned items (soups, vegetables, tomatoes, and fruit), boxes of pasta, and sauce in plastic jars. Baby diapers (sizes

4, 5, & 6) and baby wipes are desperately needed.

In addition, monetary donations can be given through “Faith Direct” or you can click on the Donate button on the Shrine of St. Jude webpage at www.shrinestjude.org (search for St. Stephen's Pantry) where you can make a one-time gift. We will also accept cash and check donations as well as gift cards to grocery stores. Follow us at www.facebook.com/StStephenfoodpantry.

For furry family members: The Montgomery County Partners for Animal Well-being (MCPAW.org) and the Montgomery County Animal Services and Adoption Center (MCASAC) have teamed up to provide county pet owners with pet food, which is distributed Saturday mornings from 8:15 to 10:15 a.m. adjacent to the St. Stephen Food Pantry distribution (back parking lot). Pet food or gift cards can also be donated at that time or by calling 240-462-5000 or 301-437-6189. Monetary donations are accepted online at MCPAW.org and are tax-deductible.

OPT



Congratulations to the St. Jude girls' soccer team, who won three games in the ADW CYO 12U Silver Tournament. The games proved to be exciting as two of them were decided by penalty kick shootouts, including the championship game. Players included: Angelina Santoro, Isabella Araniva, Yesenia Araniva, Emme Price, Lydia Rueth, Margaret Moynihan, Maggie Marcolin, Karina Deja, Viviana Cortez, Alexia Pineda, Gemma Barish and Ayla Barish. (Not pictured: Rynne Oseroff, Ansle Orosco, Leah Nguyen.) Coaches are Kim Santoro and Rich Barish. Photo by Monika Deja

OPT

On Saturday morning, October 9, the Shrine of St. Jude Youth Group, under the direction of Fr. Jorge Ubau, collaborated with the Shrine's Garden Club for the end-of-season cleanup of the church garden beds. Both the youth and their parents—along with some parishioners—took part with preparing the parish landscape for winter in anticipation of a beautiful spring bloom. Photo by Carol Jones.



Christmas and New Year's Mass Schedule

Mass times for Christmas and New Year's at the Shrine of St. Jude are as follows:

December 24 (Christmas Eve): 4:30pm (Children's mass), 6:30pm (Spanish), 8:30pm (English), 10:30pm (English)

December 25 (Christmas Day): 7am, 8:30am, 10:30am, 12:30pm (Spanish)

December 31 (New Year's Eve): regular daily mass schedule + 5pm (English) and 6:30pm (Spanish)

January 1 (New Year's Day): 10am (English) and 12:30pm (Spanish)

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

Jeanne Donatelli, Principal
301-946-7888

Maureen Martin, OPT Editor
MaureenCMartin@verizon.net

Our Lady Queen of Poland

OLQP altar server Jas Bisk holds his altar server award "Dyplom Ministranta" which Fr. Jerzy Frydrych, Pastor of Our Lady Queen of Poland Parish, presented to him on September 5, 2021, for his dedicated and outstanding service. The motto on reads "Serve the Lord with joy!" Congratulations, Jas!



OLQP CHRISTMAS PROGRAM 2021

Polish Christmas Wafer "Oplatek" is available after Mass on Sunday.

CHRISTMAS DAY "BOŻE NARODZENIE"
DECEMBER 25
12:00 AM Midnight Mass
"Pasterka"
10:00 AM Mass
12:00 NOON Mass

NEW YEAR'S DAY "NOWY ROK"
JANUARY 1
12:00 NOON Mass

FEAST OF THE EPIPHANY "UROCZYSTOŚĆ TRZECH KRÓLI"
JANUARY 2
10:00 AM Mass
12:00 NOON Mass

Bishops Dismayed by Inhumanity of "Remain in Mexico" Program

On December 2, the U.S. Department of Homeland Security (DHS) announced that the Migrant Protection Protocols (MPP), also known as "Remain in Mexico," would restart the week of December 6. This announcement follows an agreement reached between the United States and Mexico to reimplement the program with certain modifications. In October, DHS Secretary Alejandro Mayorkas issued a memorandum to terminate MPP, following a federal district court ruling vacating his earlier termination of the program. The federal government's appeal of that ruling is pending. In the meantime, DHS is complying with the court's order to reinstate MPP. Its revival comes as the Biden Administration continues to use Title 42 of the U.S. Code to expel asylum seekers and other vulnerable migrants, bypassing normal immigration proceedings and skirting due process protections.

The U.S. Conference of Catholic Bishops (USCCB) has opposed MPP since it was first introduced in 2019. Reaffirming that position, Bishop Mario E.

Dorsonville, auxiliary bishop of Washington and chairman of the USCCB's Committee on Migration, issued the following statement on December 3:

"We are deeply dismayed by the reimplementing of MPP. Unfortunately, attempts by the Administration to make this program 'more humane'—however well intentioned—will not cure its inherent faults, nor will they alleviate its inevitable toll on human lives. We are especially concerned that this will perpetuate the existing tragedy of family separation, since many mothers and fathers are likely to feel compelled to part ways with their children in a desperate attempt to ensure their safety.

"On the First Sunday of Advent, Pope Francis prayed for migrants and renewed his appeal for leaders to find solutions that respect their humanity. In solidarity with the Holy Father, we strongly urge the Administration to take all necessary action to end MPP and replace it with an approach that respects human dignity, exemplifies our national values, upholds the rule of law, and embraces Christ's call to welcome the newcomer."

OPT

Ogechi Akalegbere receives CCHD's 2021 Cardinal Bernardin Leadership Award

The Catholic Campaign for Human Development (CCHD), the anti-poverty program of the U.S. Conference of Catholic Bishops (USCCB), named Ogechi Akalegbere of the Archdiocese of Washington as the recipient of the 2021 Cardinal Bernardin New Leadership Award. Ogechi Akalegbere was honored on November 16 during the U.S. Conference of Catholic Bishops' fall general assembly in Baltimore. The award recognizes a young adult between ages 18 and 40 "who demonstrates leadership in fighting poverty and injustice in the U.S. through community-based solutions."

Ogechi Akalegbere is a Nigerian-American, Catholic young adult leader who is passionate about the faith call to do justice. Akalegbere works as the Christian Service Coordinator at Connelly School of the Holy Child, coordinating all of the student service projects, and she serves as a catechist, lector, and pastoral council co-chair at St. Rose of Lima parish.

With Action in Montgomery (AIM), a CCHD-funded organization in the Archdiocese of Washington, Akalegbere trained low-income and immigrant parents to advocate for equitable access to resources in schools so their children could thrive. Now an AIM board member, she continues to help local communities give witness to the needs of their members. Akalegbere also leads trainings on equity for parishes with Catholics United for Black Lives. After several incidents of national unrest, Akalegbere took inspiration from Servant of God Sister Thea Bowman, FSPA, and founded a small group for young adult women



Akalegbere Ogechi

of color to discern their response as people of faith.

Akalegbere epitomizes Holy Childs' founder, Cornelia Connelly, with her service to others and being a woman of "action not words." Her service is multifaceted. As the Christian Service Coordinator for Holy Child, she coordinates all of the student service projects. In her spare time, she is the co-chair of the pastoral council at St. Rose of Lima Church in Gaithersburg, Maryland, where she leads training on equity for parishes with Catholics United for Black Lives. She is also a board member/volunteer community organizer for the Catholic Campaign for Human Development (an interfaith organization Action in Montgomery).

Akalegbere's efforts to ensure that personal experiences, struggles and viewpoints are heard are the reason why Genevieve Mougey, Director of the Office of Social Concerns in the Archdiocese of

Washington, nominated Akalegbere for the award. She described Akalegbere as "a woman who integrates the Gospel into every facet of her being."

Akalegbere said she takes her inspiration from the Gospels and Catholic social teaching. She holds a strong belief that people of faith are called to uphold the dignity of those on society's margins: the elderly, the young, the poor, the struggling, the immigrant.

Upon receiving the award Akalegbere remarked, "I'm honored to be named this year's U.S. Conference of Catholic Bishops Cardinal Bernardin Award recipient. It's extremely humbling to have been nominated and won this national honor. I'm excited to highlight my social justice work and to have been formed as a leader by my parish, community organizing groups, and the many I have been blessed to encounter through service. My wish is that more young leaders are encouraged to practice love in action through deep encounters that inspire justice."

Catherine Albornoz '98, Head of Mission and Campus Minister at Holy Child, was overjoyed with the news, "I am elated that Ogechi is being recognized and her message is being hearkened. She is an inspiration to me and the students. I am blessed to call her a friend, a partner, and a colleague."

Dr. Shannon Gomez, Holy Child Head of School, also expressed her excitement, "Congratulations Ogechi on receiving the 2021 Winner of CCHD's Cardinal Bernardin New Leadership Award! It is an honor to have you as part of our Holy Child community, we are so proud of you!"

OPT



Virtual Public Meeting on County Airpark to be Held Dec. 14

The Montgomery County Revenue Authority (MCRA), which operates the County Airpark in Gaithersburg, will hold a virtual public meeting regarding the Airpark from 6:30-8 p.m. on Tuesday, Dec. 14. The meeting will be held virtually, but it will include an open forum that will feature up to 25 speakers. A work session on "noise issues" will follow the open forum.

The first 25 people to sign up will be allowed to speak during the

open forum.

To virtually attend the meeting, go to <https://forms.gle/3jK918ivmTWNJCdF9>. Those who register will receive a link at a date close to the event.

The Airpark is owned and operated by the Revenue Authority. The MCRA, created in 1957, is a public corporation established to construct, improve, equip, furnish, maintain, acquire, operate and finance projects devoted wholly or partially for public good, use, or general

welfare. A six-member board of directors governs the MCRA.

All aeronautical activities including fueling, aircraft storage, aircraft maintenance, flight training and related services are provided by a separate, fixed-base operator. As owner and Federal grant sponsor, the MCRA secures State and Federal funding for the Airpark and is responsible for the runways, taxiways, nav aids, and other common areas.

OPT

SJN Youth Group & Confirmation

By Larissa York

Throughout the COVID-19 pandemic, St. John Neumann's parish strived to meet the changing needs of its community. Establishing the Loaves and Fishes Food Pantry, live-streamed Masses, outdoor adoration, and online religious education programs are examples of this. SJN's youth group, Triple V Youth Ministry, was arguably the most enthusiastic.

During the 2020-21 school year, Triple V very excitedly offered a place where teens could enjoy fun and fellowship following the current Montgomery County protocols. When the weather was nice, they met outside. Some highlights included a Sugarloaf Mountain hike, *Door to Bethlehem* Advent trip, youth Mass for Life, and spring retreat. The summer was action-packed with well-loved traditions, such as the color war, slip-n-slide kickball, melon mayhem, and new activities like Shirley Temple Paint Night and a trip to DC.

This fall, they kicked off the semester with messy games, an obstacle course, and exploring the spiritualities of many great saints. They also hosted an All Saints &



Bishop Mario Dorsonville celebrated a 2021 9th grade confirmation with Monsignor Robert Panke, Pastor of St. John Neumann Catholic Church and concelebrating priests.



Mary Catherine Ford and Jacob Potvin received the Sacrament of Confirmation at St. John Neumann Church.

All Souls Family Festival and went to *Back from the Dead*, a cemetery walk at the Shrine of Elizabeth Ann Seton in Emmitsburg.

Under the leadership of Fr. Stefan Yap and Gina Nino de Nightingale, the youth community has grown both in friendship with one another and with Christ. At the Neumann house, Triple V Youth Ministry has weekly youth group meetings on

Sundays 6-8 pm and open hours on Wednesdays from 3:30-5:30 pm where teens can come for confession, hang out, and chat.

In November, teens enjoyed a multi-parish overnight retreat at Skycroft, themed on Pope St. John Paul II's quote, "It is Jesus that you seek..." They spent time away from the everyday hubbub to experience true happiness and enjoy each other's company.

er's company.

Several teens on this retreat recently received the sacrament of Confirmation, conferred by Bishop Mario Dorsonville on November 8th, to share more amply in the mission of Christ and the fullness of the Holy Spirit. On the Solemnity of Jesus Christ, King of the Universe, Mary Catherine Ford and Jacob Potvin received

the Sacrament of Confirmation as well. These two adults demonstrated that Confirmation is not "just for kids" or about "coming of age." Their witness along with the teens remind us that the Holy Spirit is at work building up the community of believers and that the Church is very much alive.

OPT

GIVING BACK

Con't from page 14

their website and it offered a list of items that would be the most useful, making it easy to organize the drive." -Quentin T.

How has the leadership group affected you and your growth at the Woods?

"The leadership group at the Woods Academy has helped me grow as a leader in two ways. Firstly, it has shown me that humility is paramount when leading. By doing small tasks around the school it has helped observe that humility and leading by example is the best form of leading. Secondly, it has shown that being a leader at this school can affect the lives of others. For example, the leadership group has helped organize the food drive and help so many people in DC." -Mason G.

We raised over 1,000 cans of food for the less fortunate this holiday season, and we look forward to doing more for our school and community!

OPT

Commemorating El Señor de Los Milagros

By Yolanda Caraballo

Throughout October, hundreds of thousands of faithful Peruvians celebrate Lima's patron Saint El Señor de Los Milagros, or "The Lord of Miracles," one of the largest and most significant Catholic processions in South America. October is known as "Purple Month" throughout Lima, and the faithful outwardly display their devotion by decorating the streets and dressing in purple. The patron Saint is materialized and symbolized by a 17th-century painting of a dark-skinned Jesus Christ by an Angolan slave. The highly controversial art painting survived futile attempts at colonial destruction and is why the image is so venerated. It withstood the deadly earthquake in 1655 that destroyed the entire church housing the painting except for the wall bearing the image. Its survival



St. John Neumann church celebrated El Señor de Los Milagros on October 10.



Msgr. Robert Panke, Pastor and Fr. Stefan Yap, the Parochial Vicar of St. John Neumann Catholic Church enjoying the fellowship, food, and El Señor de Los Milagros festivities.

spread throughout the country, and thousands gathered to partake in a procession to venerate the image. The sacred painting is adorned in silver, the representative purple, and flowers carried through the city with thousands of followers singing hymns of adoration and hoping to benefit from the supposed miraculous and astonishing healing powers the painting is said to possess.

Saint John Neumann Catholic Church celebrated Saint El Señor de Los Milagros on Saturday, October 10, with a procession, live band, and delicious Peruvian food! The parish has been celebrating this

devotion for the past four years as it has a large community of Peruvian parishioners.

OPT



Latin Christian band at SJN's El Señor de Los Milagros celebration.

It pays to
advertise in
Our Parish
Times

St. John Neumann Parish
9000 Warfield Road
Gaithersburg, MD 20882
Msgr. Robert Panke
Pastor
Kimberley Rice
OPT Editor

All Treats, and No Tricks!

Holy Cross School rises to every challenge with grace, enthusiasm, and creativity. Faced with the prospect of another Halloween hampered by Covid-19 concerns, the Home and School Association sprang to action.

The festivities started with a trip to a pumpkin patch. Students did not have to go far, though: parent volunteers, assisted by students from the eighth grade, created a pumpkin patch on the soccer field. Hundreds of pumpkins were delivered from which every Holy Cross student could make a selection. Afterwards, students in the lower grades enjoyed an extra recess on the playground, while older students tried their hand at pumpkin bowling.

Two days later, the Home and School Association hosted its inaugural Trunk or Treat event. Dozens of school families participated by decorating their cars, filling their trunks with Halloween sweets and treats, and parking in the school parking lot ready for the children to go “trick or treating.” The creativity of our school families was on display, with both the decorations and the children’s costumes, and made for a memorable afternoon!

We extend a special thank you to all of the parents who helped plan and implement the festivities!

OPT



At left: This student was pleased to find the perfect pumpkin at the Holy Cross School pumpkin patch!



Above: A seventh-grade student intent on getting a strike!



At right: Two students stop by to select a treat from an under-the-sea themed trunk at the Holy Cross “Trunk or Treat” event.

A Holy Cross Celebration: 60th Anniversary Mass of Thanksgiving

“Give thanks to the LORD for he is good, his mercy endures forever!” Psalm 107:1

Sunday, November 21 dawned bright and clear, a beautiful day for Holy Cross parishioners to celebrate mass with His Eminence, Wilton Cardinal Gregory in recognition of our 60th anniversary. Father Robert Buchmeier and Father Joseph Perkins were concelebrants. Deacon Robert Hubbard, an original parishioner from 1961, assisted at this Mass.

As parishioners entered the church for the noon mass, they were greeted by parishioners who had formed a welcoming committee. Holy Cross School seventh and eighth grade students distributed the mass booklet and prayer cards inscribed with a beautiful prayer, written by our pastor, Father Robert.

As the special mass booklet noted, Holy Cross became possible



Holy Cross students who volunteered their time to distribute prayer cards before the mass gathered around Cardinal Gregory for a photo

on land “generously donated by the Sisters of the Holy Cross” and “through the perseverance of the residents of Garrett Park.” Both the church and school opened in 1961. The convent and rectory were built soon thereafter.

Sisters of the Holy Cross, each wearing a rose corsage, and many of the parish’s founding families, including Deacon Hubbard’s wife, Charlene, and their family, gathered in the front pews. Father Robert Buchmeier welcomed all in attendance and gave thanks to the generosity and realized dream of these special members of the congregation.

In his homily, Cardinal Gregory reminded us that Jesus, our King, reigns from the cross, and that through the name Holy Cross, we pledge allegiance to God and obligate ourselves to be subjects within His kingdom. He acknowledged the contributions of the Holy Cross

Continued on page 39



Cindy Kratz, Chair of the Parish Council, spends time with the Sisters of the Holy Cross who were honored during the mass for their generosity and commitment to our parish and school.



From left to right, Father Perkins, Cardinal Gregory, Deacon Hubbard, and Father Robert pose on the church steps after the mass.

Holy Cross Parish

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Fr. Robert Buchmeier, Pastor
301-942-1020

Holy Cross School
Lisa Maio Kane, Principal
301-949-0053

Lurana Hogan, Parish Editor
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Holy Cross Recognizes Two Special People

On Friday, November 12, the Catholic Business Network of Montgomery County hosted their annual gala, at which nominees for Volunteer of the Year and Business Partner of the Year were honored. Holy Cross School is grateful to have had the opportunity to recognize Megan Harbold and Dave Goulding for their unwavering support.

Mrs. Harbold was nominated as our Volunteer of the Year for devoting countless hours of service to our school. As the HSA Fundraising Chair, she has raised needed funds by being the driving force behind Holy Cross School's annual gala, our Race for Education, and many other fundraising events—restaurant nights, Pura Vida bracelet sales, Charleston Wrap and World's Finest Chocolate drives, just to name a few. She has served as a Parent Ambassador, Room Parent and a Buddy Family. Additionally, Mrs. Harbold is currently serving as the 60th Anniversary Chair for our parish and school. Our community is indebted to Mrs. Harbold for her tireless generosity of her time and talent!

Dave Goulding received our nom-



Megan Harbold, pictured here with her husband, Justin, was nominated as Holy Cross School's Volunteer of the Year and recognized at the Catholic Business Network of Montgomery County's gala.



Holy Cross School nominated Dave Goulding as our Business Partner of the Year. He is pictured here with his wife, Alexa, at the gala hosted by the Catholic Business Network of Montgomery County.

ination for Business Partner of the Year. As a director of photography, Mr. Goulding is a twelve-time Emmy winner recognized for his creative approach to the storytelling process. Mr. Goulding has visited more than fifty countries to film celebrities, presidents, and humanitarians such as Saint Mother Teresa. He has worked on independent productions, network films, and for corporate and commercial clients. Imagine our delight as Holy Cross joined his client list when Dave voluntarily partnered with us to film a virtual tour of our school! The result is beautiful and compelling, showcasing our school during a time when campus tours have been limited. Dave shared that he was happy to contribute to his children's alma mater. We are grateful for Dave's generosity and enormous talent!

"We are blessed in so many ways," reflected Lisa Kane, principal of Holy Cross School. "Megan Harbold and Dave Goulding are among those blessings. They have each enriched our school and parish community by selflessly sharing their God-given talents. We will be forever grateful to them."

OPT

Generosity and Compassion Go Hand-in-Hand at Holy Cross

Holy Cross has a sixty-year-long history of generosity and compassion, and this year was no exception. The annual Thanksgiving Food Drive, a collaboration between the school and parish community, was an extraordinary success. Two-hundred bags of food, weighing approximately two-thousand pounds, were collected. Generous donations to the Poor Box also enabled the Social Concerns Committee to purchase Giant grocery store gift cards so recipients could purchase turkeys and other perishable items. Donations were distributed to several food pantries, as well as several parish families in need. All were amazed and grateful for the abundance.

Mrs. Megan Harbold, 60th Anniversary Chair, organized an



opportunity for the parish and school to collaborate in honor of the parish and school's 60th anniversary celebration. Working together, the parish and school collected personal care items such as toothpaste and toothbrushes; travel-sized shampoo, conditioner and soap; and new socks, hats, gloves, and scarves. Holy Cross middle students packed these items into 150 colorful nylon drawstring bags. Each bag also included a handmade card decorated by the younger school students. Once assembled, the bags were delivered to Catholic Charities' for distribution to their homeless clients.

We are grateful for our Holy Cross family whose generosity knows no bounds, and for the numerous volunteers from the parish and school who participated in this effort.

OPT



Above: An assembly line of students helped to pack personal care items into 150 colorful nylon bags, an effort organized by Mrs. Megan Harbold in honor of the parish and school's 60th anniversary celebration.

At left: Two eighth grade students help carry boxes of donated food items to waiting vehicles for delivery to Catholic Charities.

At right: Many hands make light work. The entire eighth grade helped to sort and carry donations for the annual Thanksgiving Food Drive to delivery vehicles.



ENZLER

Con't from page 1

Similar questions are on our minds at Catholic Charities as we consider the long-term plans for the agency. As many of you know, we have done very well in recent years helping meet people's needs. One number that always blows me away is that we have served 5.4 million meals during COVID-19, which is almost double what we were serving before the pandemic.

I am incredibly proud of all we have done, and so I am also thinking about what will happen to these programs and how Catholic Charities will continue to serve those in need once I retire. We talk about sustainability all the time, and we feel a strong responsibility to make sure that the services we currently provide can be replicated and continue long after many of us have retired.

First of all, know that the programs will continue. To ensure that, we need to begin looking at those who can lead the charge. We need to consider who will replace me and who will replace our other executive team members as they also get closer to retirement. Several of us realize that after many years of service, our time at Catholic Charities is closer to the end than the beginning.

Financially, we are in great shape.

We worked hard to raise over \$100 million, and we thank all who helped us in that effort. That money will maintain our present-day programs for the next five years, and it also includes a \$30 million endowment to keep Catholic Charities strong far into the future.

With that foundation in place, I will spend most of fundraising time working with individuals who wish to include Catholic Charities in their wills to make a difference for people who will come to us for help in the future. There are so many different ways to do this, and one of our newer employees, Kevin Daly, has particular skills in working through the different instruments that are available to find the best tax strategies that also protect the family's interests.

At this time of my life, I am sympathetic with the issues and decisions facing seniors. I realize that I am aging quicker than I used to think, and I want to do my very best to plan for the future. I hope you find something helpful in the senior services section in this issue for you or your loved ones.

I would also mention our young people at the opposite end of the age spectrum. We have several working in a program called Crossing Paths, which fosters communication between generations. It links up students in our archdiocese with those who are homebound, in nurs-

ing homes, or unable to enjoy the community as they once did. These students engage with senior citizens through letters or even Zoom conversations to visit and just talk about life. Students from Holy Child and Don Bosco are working with the program currently, and we hoping to add more in the coming months.

While there are many decisions to make, aging doesn't scare me. I'm not frightened by the fact that I am getting older, but I am concerned about what will happen once I retire and focused on making sure that Catholic Charities has the resources necessary to continue the work we are called to do. I know I am inching closer to eternal life and what I hope is my chance to be with God forever. I think about it especially at this time of year as we celebrate Jesus' birth and the gift of eternal life.

In the meantime, I still have work to do. You probably do, too, to make sure that your children, your family, and your loved ones will be taken care of. As you plan for the future, I encourage you to think about a legacy for charity and the Church in addition to your family. Catholic Charities can be a beneficiary that will allow you to heed Jesus' call to take care of our brothers in sisters in need not just in this life but even as you are with God in the life to come.

OPT

Mark Shriver the First Lay President of Don Bosco Cristo Rey High School

Ana Chapa Now Executive Vice President

The leaders of Don Bosco Cristo Rey High School in Takoma Park announced major changes and additions to the leadership team of the school. On November 29, Mark K. Shriver became the school's new President and Ana Chapa, an integral part of the school's leadership for the last 12 years, assumed the newly created position of Executive Vice President.

Mr. Shriver becomes the school's first lay president, succeeding Father Michael Conway, SDB, who has transitioned to a new assignment as Treasurer for the Salesian Province of St. Philip the Apostle. Father Conway successfully served as the second school President of Don Bosco Cristo Rey High School and will continue to serve on the school's Board of Directors.

Cardinal Wilton Gregory, Archbishop of Washington, expressed appreciation for the school appointments saying, "I extend my gratitude to the Board of Directors and Search Committee for their comprehensive national search for a new president for Don Bosco Cristo Rey High School and for the School's new additional role of Executive Vice President. The committee's diligence led them to recommend two outstanding choices: Ms. Chapa, a distinguished Don Bosco Cristo Rey educator and administrator, and Mr. Shriver, a lifelong Catholic dedicated to the Christian principles of serving those in our community, our country, and around the world, particularly children and their families. The committee's steadfast efforts, even with the difficulties posed by the pandemic, are especially appreciated."

Don Bosco Cristo Rey is a Catholic college preparatory high school in metro Washington, D.C., currently educating 375 students through a rigorous education model and unique work-study program that places stu-

dents with employers throughout the region. Since the founding of the Takoma Park campus in 2007, more than 800 students have successfully graduated and been accepted to college.

With over 30 years of leadership serving youth who are at-risk and children in underserved areas, Mr. Shriver has dedicated his career to advancing the right of every child to a safe and vibrant childhood. He previously led Save the Children's U.S. programs, which reached more than 1.1 million children in rural communities in 2020 through early childhood education and hunger and nutrition services.

"I am thrilled to be joining the Don Bosco Cristo Rey community," he said. "I have long admired the faculty and staff of the school and its corporate work study program and am inspired by the hard-working students! Don Bosco Cristo Rey is, truly, the school that works! I am looking forward to working with Ana, learning from the students and their families, and working collaboratively with all stakeholders to make Don Bosco Cristo Rey the best it can be."

Ms. Chapa since 2019 has been Vice President of Organizational Growth at Don Bosco Cristo Rey, with responsibility for all development and fundraising. "I remain honored and humbled by the opportunity to continue to increase the impact Don Bosco Cristo Rey is making in the lives of so many students and families," Ms. Chapa said.

Charles Abell, chair of the School's Board of Directors, praised the appointments of Mr. Shriver and Ms. Chapa, saying, "We are emerging from the pandemic stronger academically and financially. Ana and Mark will lead Don Bosco Cristo Rey to a new level of success and open doors for young women and men with the motivation to excel in our demanding program."

OPT

CALLED TO LOVE: THEOLOGY OF THE BODY



CONTINUING EDUCATION COURSE

WEDNESDAYS 6:30-8:30PM | JANUARY 19 — APRIL 27, 2022

This course studies John Paul II's *Man and Woman He Created Them: A Theology of the Body* — his "Wednesday catecheses" — through a reading of the text and a discussion of his scriptural, theological, and philosophical methodology. It shows how the dual unity of man and woman and their interpersonal communion, even in the body, image divine trinitarian life. In order to provide context and deeper insight into the Wednesday catecheses, the course will also draw on other works by John Paul II, such as *Love and Responsibility*, *Redemptor Hominis*, and *Familiaris Consortio*.

For more information, email: information@johnpaulii.edu or call 202.526.3799. The class fee is \$150.

This course can be taken toward renewal requirements for VCEA licensure. Numerous high schools in the Archdiocese of Washington accept the course for CEU credits.

Class will be taught in person and offered online simultaneously.
Please visit our website for the latest information on our COVID-19 policies and precautions.



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Maryland



Free Ride On Bus Service Extended Through July 2

Early in the COVID-19 health crisis, the fares were suspended and a series of actions has continued the free service. The Montgomery County Council voted unanimously November 30 to extend the free service. It had voted on Sept. 28 to extend the Ride On fare holiday through Jan. 2 in order to review the Ride On Fare Equity Study and County Executive Marc Elrich's recommendations regarding future Ride On fares.

In May, the Council approved County Executive Elrich's funding request for the County's Department of Transportation (MCDOT) to

conduct the Fare Equity Study for Ride On. The study was conducted through a MCDOT consultant.

A report by the Council's Office of Legislative Oversight showed that 47 percent of Ride On customers have an annual household income below \$30,000, 47 percent are people of color and 42 percent speak a language other than English at home.

The Council staff report and resolution is available at: www.montgomerycountymd.gov/council/Resources/Files/agenda/col/2021/20211130/20211130_20.pdf

OPT

How Do I Get a COVID-19 Test in Montgomery County?

Testing is free. If you have insurance, we will ask for your information, but there are no co-pays or deductibles. We do not require a government ID or a doctor's order.

About our tests

We offer testing to anyone who lives in, works in, or regularly visits Montgomery County.

We test people of all ages. If you bring young children, we may ask you to help them get tested.

Tests in clinics

Our clinics provide nasal swab tests. You take the sample yourself. The tests are molecular tests, also called PCR tests. These diagnostic tests detect genetic material of the COVID-19 virus using a lab technique called polymerase chain reaction (PCR). We do not offer antibody testing at our clinics.

At-home rapid tests

At this time, our free at-home rapid tests are intended for people who

- may have been exposed to COVID-19,

- are having COVID-19 symptoms, or
- want to take extra steps to protect vulnerable family and friends they are visiting.

They are not for

- routine employment testing,
- pre-travel testing, or
- school quarantine/isolation.

Check with your work, school, or travel destination for more information about tests acceptable for these uses.

Get at-home test kits at these sites: Dennis Avenue Health Center, Upcounty Regional Services Center, and Montgomery College-Rockville campus. Check the schedule for hours of operation at each of these sites.

Each kit contains two COVID-19 tests approved for use by one person. Use the tests at least 36 hours apart and within 3 days of each other. The tests are self-administered.

Your test results

- Clinic test results
- County-run clinics take 2 to 3 days to get test results. You will

Continued on page 39

Natural Family Planning Introductory Class

You are invited to a virtual introductory class about Natural Family Planning.

December 10, 2021 from 7:00pm – 9:00pm.

Cost is \$10.00/couple

To register, visit <https://nfp-101dec2021.eventbrite.com/>

Natural Family Planning is a modern, scientifically proven method which seeks to identify the naturally occurring changes a

woman's body goes through during the window of fertility in each cycle. Based upon their observations, couples are empowered to act accordingly, to either seek pregnancy or postpone it for the time being. This effective method helps couples to manage their fertility in a way that respects God and each other.

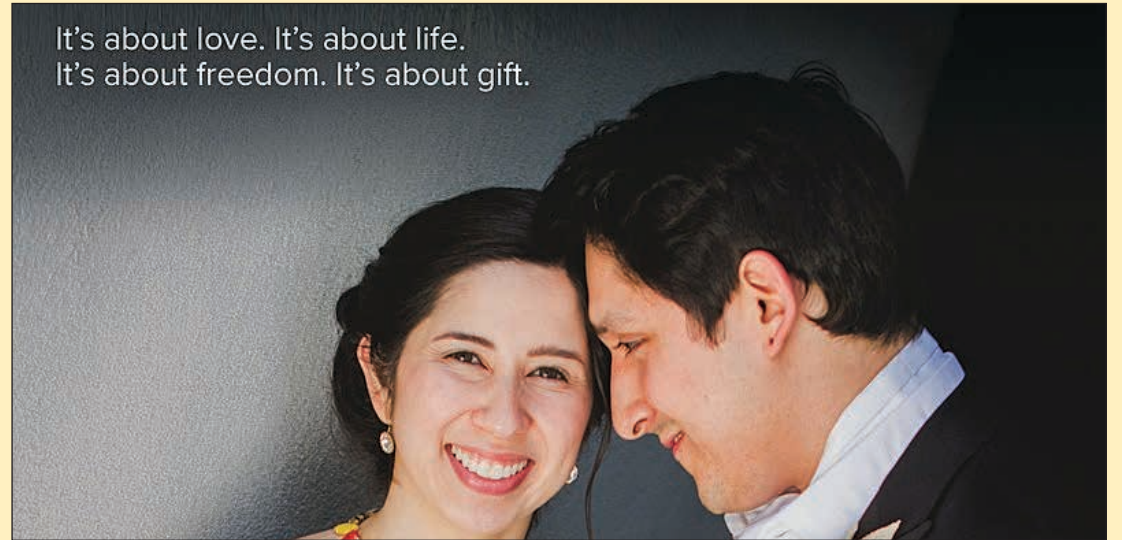
Experts will present the science behind the key biological signs which women can observe to chart their fertility, how the many

natural family planning methods work, and which method might fit for you. This is a wonderful investment that women can make toward better understanding their reproductive health, and it is also very valuable for married couples and couples preparing for marriage.

For more info, call the Office of Family Life: 301-853-4546 or email: visiblesign@adw.org

OPT

It's about love. It's about life.
It's about freedom. It's about gift.



Construction on the Purple Line Set to Resume in Spring

Managers of the Purple Line – Maryland's 16-mile light rail line connecting Prince George's and Montgomery counties – announced in November that they've selected a new contractor to complete the project.

The contractor, Maryland Transit Solutions, is expected to start construction next spring, once the plan receives approval from the Maryland Board of Public Works – comprised of the governor, state treasurer, and comptroller. The final cost and timeline for when passengers can start riding won't be released until that final contract goes through, according to The Washington Post.

Purple Line Transit Partners (PLTP), the organization managing the project under a public-private agreement with Maryland's transportation authorities, selected Maryland Transit Solutions after a search that began in January. The company is made up of Dragados USA and OHL USA, two American branches of major Spanish firms, per the Post.

The previous group of construction companies, Purple Line Transit Constructors, dropped out last year after complaining that delays and legal problems set the project back by more than a year

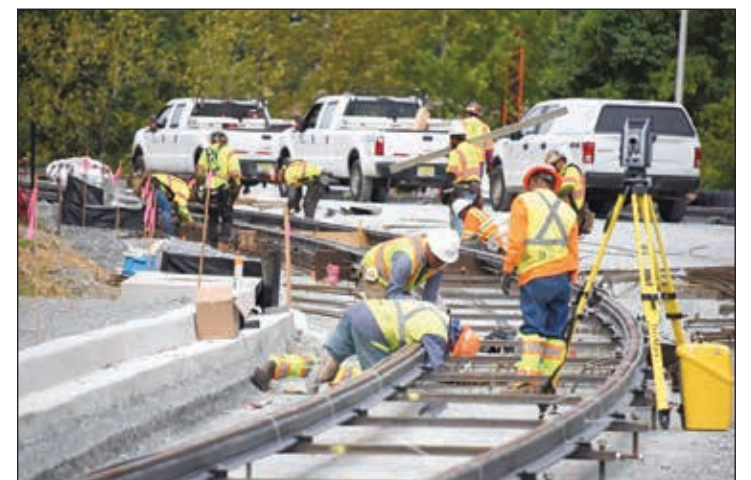


Photo: Maryland GovPics

and added \$519 million to the total cost. (Maryland transit officials disputed those claims for years.) The state paid a hefty settlement to PLTP after back-and-forth lawsuits further stalled the project.

"Today's news is one more step towards completion and one more step towards Marylanders riding on this critical transit connection," Maryland Department of Transportation Secretary Greg Slater said in a statement. "I want to thank everyone for their continued patience as we work hard to get the Purple Line back on track."

Dragados, one of the compa-

nies involved, is responsible for completing the \$2.4 billion Los Angeles International Airport Automated People Mover and three light rail projects in Canada, according to PLTP. OHL USA has worked on major projects throughout the U.S. for over a century.

The 21-station Purple Line is slated to run from New Carrollton to Bethesda and will connect riders with five branches of Metrorail, bus routes, three MARC commuter lines, and Amtrak.

Now, MDOT says, the project is moving "full speed ahead" and expects to be fully greenlit by February.

OPT

CUA releases Sister Thea Bowman Committee Report on racism

Several hundred members of the University community gathered Nov. 17 in the Pryzbyla Center for the release of the Sister Thea Bowman Committee Report. Named for the first Black member of the Franciscan Sisters of Perpetual Adoration, the report is the culmination of a year's work to address the sin of racism in our midst and is intended to guide the University in fulfilling its commitment to embrace and reflect the racial and ethnic diversity that enriches our Church, city, and nation.

Inspired by her Catholic faith, Sister Thea was a champion of social justice, particularly for Black Catholics. She completed her master's and doctoral degrees at Catholic University and today is a Servant of God, whose cause for canonization as a Catholic saint is underway.

The committee, chaired by Regina Jefferson, professor at the Columbus School of Law, included five subcommittees: academic affairs, community building, external affairs, personal formation, and workforce development. Its charge was both foundational and fundamental: to make recommendations regarding racial equality on campus.

Among the report's 51 recommendations, meant to ensure the University's culture, values, and behavior are aligned with its



Catholic mission, are those intended to address structural barriers to inclusion and equality, such as focusing more intentionally on recruiting and retaining diverse students, faculty, and staff. Other recommendations focus on implementing more diverse academic programs, strengthening support for students of color, and creating solidarity through cultural awareness, dialogue, and listening.

Four of the committee's 27 members joined Jefferson on the dais on the 17th, as well as a student body representative, for a panel discussion cosponsored by the Office of the President and Student Government Association (SGA).

"It was a true honor for Student Government to partner with the Office of the President to host this

event and celebrate the official release of the Sister Thea Bowman Report, a report crafted through countless hours of hard work and dedication from individuals in every corner of this University," said SGA President Abby Anger. "This report and its recommendations are of very special significance for our community - as these recommendations will guide us to better embrace the full and unique human dignity of our fellow brothers and sisters in Christ."

The evening began with prayer, as Emmjolee Mendoza-Waters, director of Community Engagement, Social Justice and Catholic Social Teaching Initiatives, called upon the University community to strive "to live out a love that requires

justice."

An alumna of the University, Mendoza-Waters was a member of the community building subcommittee and spoke before the evening began of "looking back on my experience as a minority student" on campus and of her hopefulness about what might come of the report's recommendations. "We're naming things, and that's important. Now we're going back to the community to listen and authentically move forward with our students in conversation."

It was clear that the participants see that the report is intended to be a living document.

"It comes down to institutional fortitude and the willingness to prioritize this," said Sean Sullivan, director of Athletics and a member of the external affairs subcommittee. "The way we engage others is to prioritize this work as an institution. We have to be willing to 'go there' with one another. And if we walk the walk and talk the talk, it will start to grab hold and take root."

Mel Williams, associate dean of engineering and special assistant to the president, with responsibility for implementing the report's recommendations, reinforced the University's commitment.

"We have the will to move forward and get to a better place," he said. "You don't know what you're going to get when you bring up the

topic of race relations in America. But the people who experience this will become disciples of progress going forward."

The committee was created in late summer 2020, following months of national upheaval over racial incidents, an incident on campus, and awareness that the University is not immune from racism. For members of the committee, the process was a reminder that many of the answers lie within.

Over the course of the last year, "We had the realization that often the infrastructure was already there, but we needed more resources or structure to implement our recommendations," said Jada Haughton, a student at the Columbus School of Law and president of the Black Law Students Association. She was also a member of the academic affairs subcommittee.

"We saw how much diversity there is already in the community," Haughton said. "Embracing that and all that it brings to it creates an opportunity for conversation."

"Our task today and every day is to grow in wisdom," said President John Garvey in his opening remarks. "The work of this committee set us on the right path. Its recommendations help us better understand our weaknesses and the steps we should take toward building a more welcoming, more inclusive, more just campus."

OPT

Oakcrest School Announces Spring Upper School Show

Oakcrest School is pleased to announce this year's Upper School show, Disney and Cameron

Mackintosh's *Mary Poppins*, a musical based on the stories of P.L. Travers and the Walt Disney film. Performances will take place on February 18 and 19 at the Ernst Community Theater in Annandale, Virginia.

Set in London in 1910, *Mary Poppins* follows the adventures of a magical nanny who arrives in London to take charge of siblings Jane and Michael. Along with a friendly chimney-sweep named Bert, they experience a whirlwind of musical adventures and learn a thing or two about love and the importance of family along the way. The Oakcrest show will star Addison Duncan '24 as Mary Poppins, Connor Flynn (a student



at The Heights School) as Bert, and Annie Howard '25 and Lorali O'Byrne '25 as Jane and Michael Banks, with Oakcrest theatre teacher Dr. Kristin O'Malley directing.

"We are blessed to have very talented Upper School students, and we knew that their talents and energy would be able to bring the show to life," says Dr. O'Malley. "However, the game changer this year that allowed us to do this show is the fact that we are able to perform at the Ernst Community Theater. This venue has been a blessing for us, because it has opened up the technical opportunities we need to perform shows like *Mary Poppins*. The facilities at the Ernst Theater not only enhance the overall production features of our shows, but they also provide invaluable opportu-

nities to our students involved in technical theatre to engage with sound and light equipment that was previously unavailable to us."

Theatre director Dr. Kristin O'Malley earned a Ph.D. from the University of Pittsburgh in Theatre Arts and Performance Studies. In addition, she has a Master of Arts in Theatre Education from Catholic University and a Bachelor of Arts in Drama from Franciscan University of Steubenville. Dr. O'Malley has directed over twenty shows. Last summer she led Oakcrest's summer Musical Theatre camps, which gave students the opportunity to work on acting, singing, set design, and costumes, culminating in a performance.

OPT

Pope departs from Greece wrapping up his 35th Apostolic Journey

By Francesca Merlo

Pope Francis's 35th Apostolic Visit abroad came to an end on Monday, December 6. He concluded his 6-day trip to Cyprus and Greece with a meeting with Greece's young people, before he was sent off with an official departure ceremony from Athens airport.

The journey from Athens to Rome's Ciampino airport takes just over two hours, during which time the usual in-flight press conference takes place with journalists on board the papal plane.



The Pope shakes hands with Nikos Dendias, Greece's foreign minister

Opportunity for unity

Pope Francis' trip has been a significant one for Greeks, who saw the Pope's visit as a message for Christian unity for a country with a Catholic minority and an Orthodox majority.

The Pope, in fact, met with a delegation from the Greek Orthodox Church, in which he recalled the metaphor of the age-old olive trees present in Greece, comparing their deep and sustaining roots to the shared, apostolic roots of Christianity which have endured over the centuries.

He also met privately with the Orthodox Primate, Ieronymos II, Archbishop of Athens and All Greece, who paid him a courtesy visit at the Apostolic Nunciature on the eve of his departure back to Rome.

Migration

Another important aspect of the Pope's journey was his visit to the Greek island of Lesbos, which he had previously been to in 2016.

The Pope often appeals for humanity for the migrants attempting to cross borders and seas in search for a better life, and the island of Lesbos has seen thousands of migrants and refugees as they reach the island in an attempt to travel to Europe.

During a meeting with some of those currently living in camps on the island, Pope Francis asked every man and woman, "to overcome the paralysis of fear, the indifference that kills, the cynical disregard that nonchalantly condemns to death those on the fringes."

Young people

The meeting with young people at the Saint Dionysius School of the Ursuline Sisters in Athens closed a journey that aimed to give impetus to the new generations grappling with a future marked by uncertainties and fears.

One young man, Filippo Parusis, described the Pope's visit as important "even for those who do not believe".

He told Vatican News' Massimiliano Menichetti in Athens that because the Pope is someone who cares about "all of the different communities of this world", having him visit and share his messages is a wonderful opportunity, especially for "a young man who is interested in the social problems of the world." -Source: Vatican News

THANKSGIVING

Con't from page 34

Sisters and our founding families, and then recognized the many young people at mass as our future. The realized dream of yesterday and the hope for tomorrow rejoiced in prayer and song.

Holy Cross has been blessed by the presence and active participation to many ministries fulfilling the mission of the Church within our community and the greater world. We are grateful for the generous spirit shown by the parishioners, clergy, staff, and faculty who made our liturgy and reception a fitting tribute to sixty years of fruitful-

ness in faith, hope and love! We are especially grateful for the presence of the Holy Cross Sisters who made the building of this parish possible and who will always be held close to our hearts in prayer. Our sincere gratitude goes out to His Eminence, Wilton Cardinal Gregory, who honored us with the celebration of the Holy Mass. The Mass is available on YouTube: www.youtube.com/watch?v=19yZCwPHqY4

The parish is planning for the future with the Lift High Holy Cross capital campaign. We look forward to many more years of fidelity to the Gospel as one Holy Cross Parish!

OPT

VOCATIONS

Con't from page 23

largely began with the Sacrament of Confession. When I've asked forgiveness through the priest, God has time and time again unscrewed those sins that capped my progress, pumped me full of His grace, and got me back on the road to heaven.

Like a long bike ride, the journey to heaven cannot be started alone and cannot continue alone either. In the Ride for Vocations, I would certainly have made some wrong turns or lost motivation without the guidance and encouragement of Deacon Kyle and others who joined us for stretches of the ride. Without

the Gatorade, chips, bananas, and even some donuts provided by volunteers at each of the churches along our path, we would never have had the energy to continue for the duration.

I did finish the 70 mile ride and did raise my hands in triumph, but I am glad that the only picture I took away shows that I would never have even started without help. It is a fitting memento of the 2021 Ride for Vocations and reminder to pray for vocations to the priesthood so that we will always have priests to unscrew our spiritual tire caps in Confession, give guidance along life's twists and turns through their preaching, and feed us with the Eucharist.

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MONTGOMERY COUNTY

COVID

Con't from page 37

get an email or text message with your results.

- At-home rapid test results
- Results are available in 15 minutes.

If your rapid test result is:

Positive Consider yourself infectious, notify your contacts, and seek further medical advice, which may include more testing.

Negative Confirm the result by using the second test in the kit. Test again at least 36 hours after the first

test.

We encourage you to report your rapid test results, both positive and negative, to help Maryland slow the spread of COVID-19.

For more information about free COVID19 tests in Montgomery County visit: www.montgomery-countymd.gov/covid19/testing.html

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