



Parish Times

Senior Services Guide
Pull-Out Section

DECEMBER 2022

Living the Faith Together

FOUNDED 1991

Christmas Presence

We know it's Advent when the brown bag with the brightly colored letter attached mysteriously arrives at our doorstep. It's time to support those in need by participating in the **Greg Gannon Food Drive**



Chuck Short

(<https://www.ggcfid.org/>). Hundreds of volunteers, teams of children and adults working together, have collected millions of containers of food for people since Greg Gannon began this drive at Blessed Sacrament parish in

Continued on page 5

Our Advent Rallying Cry

Back in the spring, Catholic Charities held its annual gala fundraiser to celebrate our successes and gather in support of the good and important work that we do. It was the first time since the pandemic started that we were able to hold it in person. I remember saying rather publicly, "We're back, baby. We're back."



Fr. John Enzler

Continued on page 4

Book Club

We learned to read at Blessed Sacrament, Saint Ann's, Holy Redeemer, and Saint Jane De Chantal. We moved on to Immaculata High School where the Sisters of Providence reinforced our love of books. We went our own ways, creating our adult lives in colleges, graduate schools, marriages, families and careers. We kept distant touch. We all made new friends and new connections through our work and our families' lives. The ties that bound us were relegated to the background



Patricia McGann

Continued on page 5

Fruit of the Spirit: Ecclesial Movements in the Archdiocese of Washington Gather with Cardinal Gregory

The Association for Ecclesial Movements and New Communities in the Archdiocese of Washington gathered at St. Matthew's Cathedral on Saturday, November 19 for mass with Cardinal Gregory. Attendees represented many of the nearly two dozen ecclesial movements and communities that make up the association. The annual event is an opportunity for members of the various groups throughout the Archdiocese to gather and to be recognized by the Cardinal.

Cardinal Gregory, preaching about St. Dismas, the Good Thief, as part of his meditation on Christ the King, also acknowledged the many contributions that the ecclesial movements and communities make in their schools, parishes, and throughout the archdiocese.

Ecclesial movements and other new communities are one of the fruits of Vatican II, seen as a key part of the new evangelization. Recognizing that the Holy Spirit



Members of a new community based out of St. Camillus in Silver Spring arrived by the busload to worship with Cardinal Gregory.

Continued on page 13



Secretary for Catholic Schools and Superintendent of Schools, Kelly Branaman, welcomed Mrs. Kane and announced the fabulous news.

Mrs. Kane Named Distinguished Principal of the Year

While Holy Cross Principal, Lisa Kane, attended a mandatory closed-door meeting on the morning of October 14th, the entire faculty and student body slipped stealthily into Lewis Hall. Mrs. Kane's family was already

there, along with school families, and the leadership of the Catholic Schools' Office. There we waited in quiet anticipation for the arrival of our guest of honor. Soon, Mrs. Kane was escorted into Lewis Hall

Continued on page 18

Chuck Short Inducted into County's Human Rights Hall of Fame

By Lawrence Hamm

In ceremonies November 20 at the BlackRock Center for the Arts, local social justice champion and *Our Parish Times* columnist Chuck Short was one of six individuals inducted into the Montgomery County Human Rights Hall of Fame. Founded in 2001, the purpose of the biennial selections is "to honor Montgomery County citizens who have made great personal sacrifices in contributing to human and civil rights, either as trailblazers of the past or as current light bearers in the struggle." Everyone associated with *Our Parish Times* is thrilled that Chuck's lifetime labor of love for his neighbors, inspired by his Catholic faith, is being recognized by the local government he has served so selflessly for so long.

Chuck's columns, featured on the front page of every issue of *Our Parish Times* for the last seventeen years, and his entire career reflect the depth and breadth of his commitment to building a society in which all are enabled to flourish.

Following is a lightly edited version of the

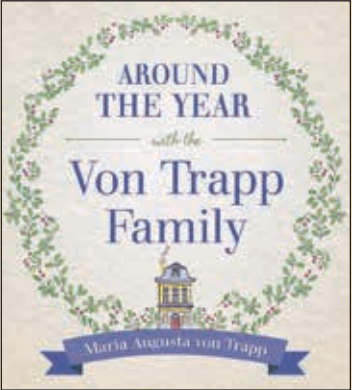
Continued on page 12

Bringing Advent into the Home

The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called “the domestic church,” a community of grace and prayer, a school of human virtues and of Christian charity (CCC, 1666)

Indeed, the family is the first place of Christian encounter for children. A desire to help your kids enter more deeply into Christian life must first start at home. In order to do this, the Church has provided us with a liturgical calendar, a way of conceiving of time and seasons as marked by God’s presence in the world. Practicing liturgical living at home, celebrating saints’ feast days and intentionally living special moments like Advent, helps families to recognize how God has entered history, transforming the lives of holy men and women, and transforming our lives too.

Today, more than ever, there are endless resources for making the home a place of liturgical living. Discovering simple ideas for celebrating feast days, culti-

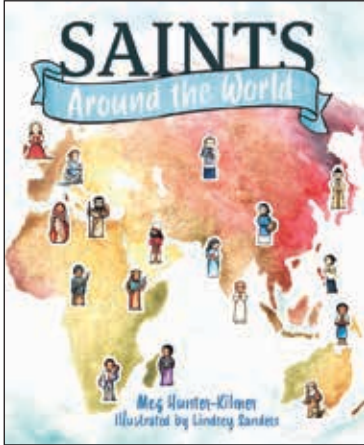
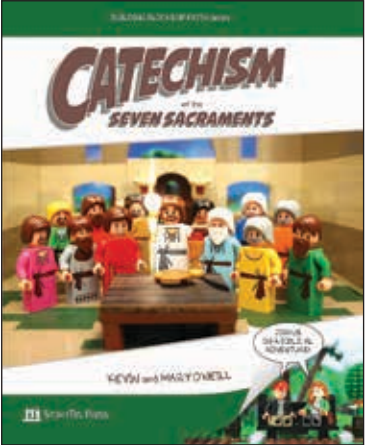
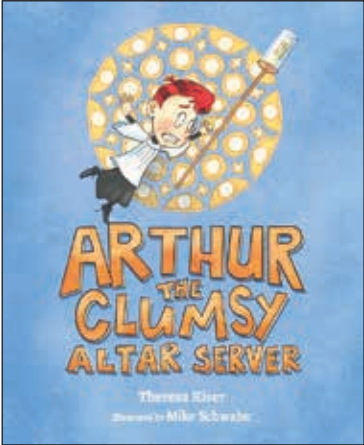


vating a prayer life as a family, and fostering awareness of the liturgical season can be helpful to get started.

Around the Year with the Von Trapp Family by Maria Augusta von Trapp and *The Catholic All Year Compendium: Liturgical Living for Real Life* by Kendra Tierney are two trusted sources to help you begin this journey. Both contain ideas for building traditions, drawing from the authors’ own family practices, as well as traditional practices from other cultures. For example, *Around the Year with the*

Continued on page 39

Catholic Christmas Gifts for Children



Advent and the lead up to Christmas is a time of preparation, most importantly a time to prepare our hearts for the coming of Jesus. Oftentimes the hustle and bustle of buying presents and wrapping gifts can seem like a distraction. However, given the quality of Catholic books and gifts available, the gifts you chose for the children in your life can help them to discover more about Jesus and

the Church, deepen their faith, and help them to grow in their prayer life. Here are some gift suggestions from local Catholic moms.

Online Shops

Shining Light Dolls states that their motto is “passing on the Catholic faith through proven play-based learning”. They make beautiful wooden painted puzzles and games oriented towards differ-

ent saints, liturgical seasons, and Scripture passages. The shop is also known for their sweet wood and plush saint dolls.

Saintlyheart.com: This online shop is known for its amazing wooden playsets that introduce kids to scenes from Scripture as well as to the mass. Other fun gifts include temporary tattoos and books.

Brick House in the City is a

Continued on page 34

Seeking God’s Forgiveness in Advent: Finding Weekday Confession in a Parish Near You

“The whole power of the sacrament of Penance consists in restoring us to God’s grace and joining us with him in an intimate friendship.” – Catechism of the Catholic Church 1468.

While the sacrament of penance is important year round, Advent is a special invitation for Catholics to confess their sins and to seek reconciliation with God. The liturgical new year is a time of preparation for Jesus’s coming at Christmas, including preparing our own souls to welcome Christ.

- make a good confession.
- Church of the Resurrection, Burtonsville**
Fridays: 4:30-7:30 p.m., see the parish website for details on location
- Our Lady of the Visitation, Darnestown**
Monday-Friday: 12:30 p.m.
Wednesdays and Fridays: 6:30-7:30 p.m.
- Mother Seton, Germantown**
Thursdays: 6:00-7:00 p.m.
- St. John Neumann, Gaithersburg**
Monday-Friday: 8:30-8:45 a.m.
- St. Martin of Tours, Gaithersburg**
Monday-Friday: 7:00 a.m and 9:30 a.m., after the 6:30 and 9:00 a.m. masses
Tuesdays and Fridays: 7:30 p.m., after the 7:00 p.m. mass, Spanish
- St. Rose of Lima, Gaithersburg**
Thursdays: 7:00-9 :00 p.m., in the historic chapel during Adoration
- St. Elizabeth’s, Rockville**
Wednesdays: 8:00-7:30 p.m.

- St. Mary’s, Rockville**
Wednesdays: 5:00-6:00 p.m.
- St. Raphael’s, Rockville**
Tuesdays: 7:00-7:30, bilingual
- Our Lady of Mercy, Potomac**
Tuesday: 7:30 a.m. after the 7:00 a.m. mass
Tuesdays: 1:45-2:45 p.m.
- Fridays: 7:30 a.m., after the 7:00 a.m. mass
- Our Lady of Lourdes, Bethesda**
Monday-Friday: 11:30-11:55 a.m., before the noon mass
- St. Andrew’s, Silver Spring**
Wednesdays: 9:10 a.m. , after the 8:30 a.m. mass
- Mision San Andre’s, Silver Spring**
Monday-Friday: 12:30-1:00 p.m., depending on the availability of the priest, Spanish
Thursdays: 5:00-7:00 p.m., Spanish
- St. Bernadette’s, Silver Spring**
Wednesdays: 5:30-7:30 p.m. during Advent
- OPT

Most parishes throughout the archdiocese offer confession on Saturdays or by appointment, but many area churches also offer confession during the week. A complete list of weekday confessions is included below.

Check your parish website for more information and consider visiting the USCCB web page containing resources on “Rediscovering the Sacrament of Penance” for an examination of conscience and other helpful information on how to


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St. John the Evangelist

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Index

Christ the King.....	36	Senior Services.....	S1-S8	St. Martin of Tours.....	10
Holy Cross.....	7	St. Bartholomew	11	St. Mary - Barnesville	30
Holy Redeemer.....	6	St. Bernadette	17	St. Mary - Rockville	22
Mary of Nazareth	14	St. Elizabeth.....	13	St. Michael.....	24
Mother Seton.....	15	St. Francis of Assissi.....	31	St. Patrick.....	28
Our Lady of Lourdes.....	8	St. Francis International School.....	32	St. Paul	29
Our Lady of Mercy.....	33	St. Jane de Chantal	9	St. Peter.....	27
Our Lady of the Visitation.....	16	St. John the Evangelist	12	St. Raphael	25
Our Lady Queen of Poland.....	35	St. John Neumann.....	26	Woods Academy	23
Resurrection	20	St. Jude.....	19		

Editorial

Now More Than Ever

By Lawrence Hamm

As we begin Advent and the end of the calendar year approaches, I am pleased to report that – due to the continuing support of pastors and principals and the indefatigable journalistic efforts of our volunteer writers and editors – Our Parish Times news-gathering cooperative has continued the excellent coverage it began in 1991 of the school and parish events and activities, the people and programs that make living the faith together in Montgomery County so edifying. But I regret skipping an important story, and I want to correct that error now.

Montgomery County Government to Subsidize Abortion Industry

In a meeting on July 26, the Montgomery County Council, chaired by then Council president Gabe Alborno, unanimously passed a \$1 million supplemental appropriation proposed by County Executive Marc Elrich to the FY23 operating budget “to support access to abortion services and other related purposes.” For the first time

ever, our county government will be using our tax dollars to directly fund abortions – although no gaps in the abortion services already available in Montgomery County were identified in the Proposal or in the introductory Memorandum.

The Appropriation allows “grants to organizations in the County that provide abortion services.” Explaining the proposed abortion industry subsidy, the Memorandum states that: “Council could specify training and start-up costs for new abortion service providers in Montgomery County as one of the target areas for grant awards.” Senior Legislative Analyst Essie McGuire, one of the authors of the Memorandum, also mentioned funding provider relocation expenses among the “revisions and refinements” to the revised Supplemental Appropriation that she presented to the Council at its July 26 meeting.

In this time of great need for political and social comity, the County Executive and the County Council needlessly decided to be divisive. All nineteen individuals, some representing local organizations, who submitted written or

audio testimony to the Council prior to July 26 objected to the Supplemental Appropriation. Of the four persons who testified at the Council hearing, three objected. The only person who spoke in support did so “on behalf of the County Executive.”

Mark Rothe of the Archdiocese of Washington's Office of Public Policy submitted testimony on behalf of the Archdiocese that summed up the objections voiced by many who testified: “(I)t is unjust and short-sighted to direct taxpayer funds to elective abortion – particularly given the substantial demand for improved health care services for pregnant and parenting women and their families. Rather than spending taxpayers’ money for the benefit of abortion providers, the County should adopt policies that truly empower women in need, promote human dignity, and improve maternal health. ~ The County Council are stewards of public funds, with an obligation to spend the people’s funds on the common good, and not for the benefit of specially favored industries or interests. We urge you to use the tax monies entrusted to you to

only fund and promote policies and goals that recognize and protect the authentic dignity of women and sanctity of human life in all conditions and at all stages of development.”

Now more than ever, it is incumbent on Montgomery County’s approximately 350,000 Catholics, its social justice organizations, and its Catholic political representatives to take to heart the call to work to abrogate laws and governmental policy initiatives contrary to Christian principles – paramount among them the dignity of all human life – that is made so clearly in the Compendium of the Social Doctrine of the Church.

I look forward in the coming year to publicizing the efforts of such organizations as Maryland

Right to Life, the Catholic Business Network, the Justice and Advocacy Council of Montgomery County, the local Knights of Columbus councils, Democrats for Life of Maryland, the Maryland Catholic Conference, and the Archdiocese of Washington to undo this uncalled for affront to the dignity of human life, abuse of authority, and misuse of County funds.

The *Compendium of the Social Doctrine of the Church*:



OPT

Local Retreat Center Invites Families to Visit Children’s Day - Nativity Open House

By Fr. Daniel Pajerski, LC

Our preparation for the coming of the Christ child has just begun. As a way to help prepare the way of the Lord, every year, a corner of the Chapel at Our Lady of Bethesda Retreat Center is transformed into a Judean mountainside. Hills and streams scattered with sheep, trees and falling boulders all surround the traditional manger scene.

Those who glimpse the tableau become immersed in the peace and serenity of the details. But, this elaborate scene is not just a way to beautify the chapel, there are stories to be told and lessons to be learned.

Throughout the Advent season, the figures in the scene await the arrival of Jesus. Naturally, we find the usual suspects: Mary and Joseph in the stable, angels hovering above, and the Magi making their journey in the distance. These bring to mind the obvious Gospel stories.

Additionally, our lush and rocky mountainside includes a few other characters:

- The crippled man struggling with his crutches foreshadows the miracles Jesus will perform.
- The man holding a lamp to light his path suggests the light that Christ’s coming will bring light to a dark and troubled world.
- Numerous shepherds and even more sheep are found scattered across the mountainside, but one draws our attention. He is in a lit-



The most important element of the Nativity scene is the holy family, with Mary and Joseph in adoration of the infant Jesus.

tle stable embracing his precious sheep, a reminder that if we lose our way our Good Shepherd will search out and find us.

These stories from the Creche can gently lead the observer to contemplate God’s love. Our manger scene is also a reflection of Our Lady of Bethesda’s mission to gently lead souls to a profound and personal encounter with Christ.

This Advent, we are offering three Children’s Day - Nativity Open Houses (light refreshments and activities included).

Children’s Day - Nativity Open House

Where: Our Lady of Bethesda Retreat Center

7007 Bradley Boulevard, Bethesda, Maryland

When: Mondays in Advent - Dec. 5, 12, 19, 10 am - 2 pm

To RSVP contact Tara at tboogaerts@ourladyofbethesda.org or call 301-365-0612

Throughout the year we welcome our guests including individuals, couples and families from every parish and gently invite them to discover the story that God wants to share with them.

Have you had a chance to visit our Creche display and find your story in this scene? You are invited! For more information about the retreat center visit the website at ourladyofbethesda.org.

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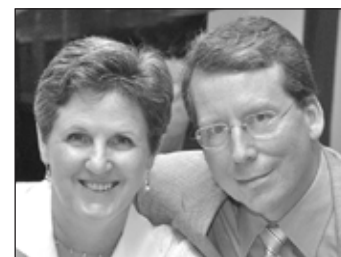


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PUBLISHERS

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DISTRIBUTION

Prepress by Electronic Ink
www.eink.net



Parish Community Services, Inc.
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PUBLISHED IN ALTERNATE MONTHS DURING THE SCHOOL YEAR.



Helping children break free from a life of poverty

The St. Stephen Food Pantry at The Shrine of St. Jude is sponsoring a Fundraiser in support of longtime archdiocesan priest Fr. Dan Leary and his international mission, *World Villages For Children*. World Villages was founded by Washingtonian, Fr. Al Schwartz in 1964. The mission of World Villages is to Catechize, educate and house young boys and girls who come from extremely challenging environments. Presently, there are over 21,000 students, grades 8-12 who are enrolled in World Villages around the globe. The 18 villages are located in six countries; Philippines, Mexico, Guatemala, Brazil, Honduras and Tanzania.

Saturday, February 25
The Shrine of St. Jude
12701 Viers Mill Road
Rockville, Maryland
7:00 – 10:30 PM.
Tickets are \$35.00.

We will have videos from Fr. Dan and the Sisters of Mary, as well as live music to dance the night away! We will have light fare, adult beverages and other fun activities. Last year, we were able to raise over \$30,000.00 to help Fr Dan and his efforts to care of the poor.

Please join us on February 25.



Please click QR code to view a short video explaining the mission of World Villages for Children

100% of all ticket sales and donations go directly to the care of the students in World Villages.

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

**2nd Annual
Fundraiser for
World Villages
for Children**



Headmaster Kevin Davern greets his Upper School students in his Apologetics class on the first day of Avalon's 20th school year.

The Avalon School Embarks on its 20th School Year

By Glencora Pipkin

September 1, 2022 marked the beginning of the 20th school year for The Avalon School!

Since the fall of 2003, Avalon has seen a few locations: its first two years in Rockville, the next three in North Bethesda, a ten year placement in Gaithersburg, and currently (since 2018) its location at 11811 Claridge Road in Wheaton.

But even though Avalon has moved its physical locations, its ideals for a unique education for young men have not changed. According to Avalon alumni mom, Charmie Vince, "Avalon has been great at remaining steadfast to its mission of wisdom, courage, faith,

and friendships. It has been such a blessing to watch other alumni support one another after graduating and to see so many alumni make the mission of serving others an essential component of their adult lives."

Avalon has many long serving faculty members, with many as founding teachers and many others teaching for ten years or more. Kevin Davern, Avalon's headmaster; Rich McPherson, Avalon's President; and R.J. Hawley, Avalon's Executive Director, are all proud founders of the institution, and they remain active both in the classroom and out.

Traditions such as placing students into houses, celebrating fes-

tivals that align with the liturgical calendar, celebrating poetry through the poet laureate contest, and spending time in nature have all remained staples of the Avalon life, and we hope to continue these traditions for many years to come.

And this year, Avalon will continue these beloved traditions and add new and important clubs: homework, chess, STEM, and others.

Ultimately, we thank our patron Mother Mary for the longevity of the school, and pray that we will continue to serve our students and community for many more Avalon generations.

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Tuesday, January 10, 2023 from 6:30 - 8:30 pm

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5841 Chevy Chase Parkway, NW Washington, DC 20015



ENZLER

Con't from page 1

That became somewhat of a rallying cry for the 800 plus people who attended the event as well as for the whole agency. Those words speak to me again eight months later about Advent 2022 and the call for all of us to "step up our game" participating in the Church as we prepare to celebrate the great gift of Jesus being born among us.

There have been a number of discussions recently at priest councils and convocations about how to best encourage our parishioners to come back to participating in the Church. That includes regularly attending Mass on Sundays.

The pandemic forced upon us a new routine that unfortunately diluted our sense of the importance of gathering together for Mass. It became easy to pray on our couches or in easy chairs while watching a livestream Mass. We know this is necessary for some because of health situations or compromised immunities, but others of us simply got out of the habit of regularly receiving the Eucharist in person at Mass for ourselves and our families.

Advent is the beginning of a new liturgical year. This year it began on Nov. 27, and as we do every year, we start by preparing ourselves to celebrate the presence of Jesus in a special way once again. As part of your preparation and as a spiritual New Year's resolution, can you consider ways

to participate more in the Church and the life of your parish?

I recommend you start with Sunday Mass if you are not attending regularly. There is no better way to encounter Jesus, to receive him, and to prepare for his coming. In the Catholic Church, the Liturgy is sacrament that we experience through listening, speaking, touching and tasting. All of these are experienced more deeply in person.

In addition, can you volunteer for one of your parish ministries? Participate in the holiday giving efforts of your parish to provide Christmas presents to others who might otherwise go without? Can you look for ways to help a family in need? How about doing something as a family, like getting involved with a program that serves food to the hungry?

These are just a few ways to add to your prayer life to help Advent become a real season of giving for you and those you love.

The rallying cry for me this Advent, and maybe for you, too, could simply be, "We're back baby. We're back." Let's celebrate that theme all throughout the season.

I wish you a joyous and fruitful Advent filled with love, giving and preparation for Jesus' coming into our hearts and our world. I pray that this Advent will be the best in years, and that we can all safely and joyfully be together again to celebrate the wonder of God's presence.

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McGANN

Con't from page 1

of our lives, but they never broke. As life presented us with challenges, heartbreaking divorce, sick children, and personal struggles, somehow our childhood friends knew. There they were, reaching out, sharing our pain. In 1993 a couple of us decided to start a book club. We made a quick list of possible participants, and we chose *A Separate Peace* as our first book.

Twenty-nine years later there are 13 of us. We have known one another for as many as 65 years. We meet once a month. We talk about our books, and we talk about our lives - careers coming to a close, grandchildren, and travels. We try hard not to spend too much time on sore backs and creaky knees.

Women of our generation were raised to "soldier on". Our mothers taught us to keep our struggles to ourselves and work things out on our own. We don't like to ask for help. After so many years together, we usually notice when something's

not right, and we ask questions. Over these many years, serious illness struck some, and husbands, siblings, and parents were lost. We found ourselves in the same pew at funerals and talking quietly in hospital waiting rooms. We have stood together when faced with overwhelming heartache, and we have found many opportunities to laugh at ourselves until we cried. We've shared pictures of exotic places and pictures of grandchildren. We've made and shared cakes, cookies, and chicken noodle soup.

We experience a sense of familiarity and acceptance that keeps us coming back every month to talk about books, of course. But more importantly, we come back to reconnect and to reassure ourselves that everyone is okay, and that we still have this remarkable safety net of good friends.

Our parents sent us to Catholic schools for many reasons, not the least of which was the Pastor who stopped them after Mass to make sure that they had registered their children for Kindergarten. Our parents wanted us to get a good

education. They wanted our teachers to reinforce our values and our Catholic faith. What they didn't know, though, was that they were giving us the gift of lifelong friendships that would remain sixty-plus years later. They gave us shared experiences - weekly Mass, confessions, First Holy Communions received at the altar rail, the nuns who somehow managed to control classrooms of 50 students packed in rows and still teach us our math facts. The CYO games and dances, the priest who gave us "The Talk" in seventh grade while we rolled our eyes and tried not to laugh, the lessons in social justice and charity, the Catechism, the Ten Commandments, meatless Fridays, and the prayers we still pray today - these things provided us with direction and meaning as we created our lives - and they provide the common foundation that brings us together once a month to talk about books.

2023 National Prayer Vigil for Life

You are invited to participate - either in person or virtually - in the 2023 National Prayer Vigil for Life on January 19 and January 20.

The Opening Mass will begin at 5:00 PM on January 19 in the Great Upper Church. The Most Reverend Michael Burbidge, Bishop of Arlington and Chairman of the USCCB Committee on Pro-Life Activities will be the main celebrant and homilist.

Immediately following the Opening Mass, the National Holy Hour for Life will be held through 8:00 PM, after which holy hours will take place in dioceses across the country overnight.

The National Prayer Vigil will conclude with the Closing Mass at 8:00 AM on January 20 in the Great Upper Church. The celebrant and



homilist will be The Most Reverend Joseph Coffey, Auxiliary Bishop of the Archdiocese for the Military Services, U.S.A.

Thursday, January 19, 2023, 5:00 PM
Opening Mass of the National Prayer Vigil for Life. National Holy Hour of Life immediately follows.

Friday, January 20, 2023, 8:00 AM
Closing Mass of the National Prayer Vigil for Life

Both the Opening and Closing Mass will be livestreamed on www.nationalshrine.org/mass and broadcast live on EWTN and other networks.

OPT

OPT

SHORT

Con't from page 1

1987. Greg died at a young age in 2006. His brother took over the leadership of the food drive and scores of parishes have responded, making the food drive a Thanksgiving staple. The drive's enormous success feeds hundreds of people and makes an angel smile.

Another sign of Advent is the **Catholic Business Network of Montgomery County's Annual Gala**, (<https://www.cbnmc.com/>). For more than twenty years, hundreds of Catholic businesspeople, from fledgling interns to senior executives, have attended the Gala to celebrate and raise money for Catholic schools. The popular Galas have raised over a million dollars to assist Catholic schools with funds for scholarships and other essential needs. Without CBN's commitment, many students would not be able to afford the gift of a Catholic education.

Each year, the CBN honors several businesses leaders for extraordinary service. Before we celebrate the 2022 honorees, I'd like to acknowledge **Eileen Cahill who was the first recipient of the Catholic Business Leader of the Year in 2000**. Eileen recently retired as Senior Vice President of Holy Cross Hospital. During her more than thirty years with Holy Cross, Eileen worked diligently to build community partnerships and enhance the Catholic mission of Holy Cross. Among her contributions are assisting the hospital in programs which provide hundreds of millions of dollars in free care for needy patients and building a much-needed hospital in the rapidly growing Germantown area of the County. Holy Cross is a leader in the State for providing pre-natal and obstetrical care especially to low-income women. Eileen is the Business Leader of the Decades!

The 2022 Catholic Business Leader is Tim Veith of United Bank. Tim is a native of Montgomery County who has been in the banking business for over 40 years. He is being recognized because throughout his career Tim has integrated his Catholic values in his successful business practices. He has shared his experience and knowledge to improve local community organizations including Rotary club, Chamber of Commerce, CBN and The Jesuit Academy.

Tim's a great model of Catholic business values. Let's follow his lead!

Kathleen Curtin is being recognized for her community service. Kathleen is Executive Director of The **Christ Child Society** (<https://www.christchilddc.org/>), one of the oldest Catholic service organizations in the area founded by Mary Merrick in 1887. Merrick's motto for the Society is, "To work is to pray". The perfect motto for the CBN! Kathleen leads the Society in sustaining its essential **Beloved Baby Layettes program** providing necessities for low-income new mothers. She's added the **Student Success** program recruiting tutors, and the **Girls on the Rise** program providing comprehensive help for girls. All Catholics should be proud of this enduring and caring group.

The Paul Zurkowski Founders Award goes to **Lance Ford**, a leader in the firm, Palm Facility Services. Lance personifies Paul's vision of an engaged Catholic servant. His business actively supports CBN. He shares his knowledge as a member of the Don Bosco School Board; and shares himself with the children he coaches through CYO sports. Maybe not a Renaissance person, but certainly a CBN Person! An important Lance Ford example to emulate would be to partner with Don Bosco School as a worksite for students.

A common theme among honorees is their presence in the lives of children. Since this edition of OPT includes the annual Senior Services Guide, I suggest our Advent/Christmas reflection focus on nurturing relationships across the generations. I've written in past about the value and need for intergenerational relationships in Catholic communities. Studies have shown a disturbing trend of isolation growing in our communities. The impact of the pandemic accelerated this unhealthy trend. Older people and young people are experiencing loneliness and isolation in disproportionate numbers. Many of the tried-and-true supports of the past are no longer available. A proven remedy is cross generational relationships and service activities. The most wonderful present generations can give each other at Christmas, or any time is our loving presence. Wise and caring older people sharing life's experiences can do much to soften the emotional trauma and loneliness many children are feeling today. The comfort and smile of a young person feeling appreci-

ated, and hopeful can inspire older people with satisfaction and renewal.

Sadly, as this trend continues, opportunities for intergenerational activities are diminishing and difficult, in large measure a tragic result of abuse scandals. Concerns about child safety make intergenerational programs more challenging. Let us pray that the promising cure of caring and supportive intergenerational friendships will help us to prevent the weeds of evil from choking the seeds of goodness and love inherent in intergenerational relationships.

For help with establishing and sustaining intergenerational programs in your community, contact the Catholic Charities Crossing Paths program, Deacon James Nalls, James.Nalls@cc-dc.org, 301 674-4091, or Leah Bradley, Executive Director of Empowering the Ages, leah@empoweringtheages.org, 443 454-4177.

Wishing all a loving Christmas presence.
God Bless,
Chuck Short, cshort5@verizon.net

OPT

CAMINA CON MARÍA † MAGLAKAD KASAMA SI MARIA † MARCHE AVEC MARIE † CAMINHAR COM MARIA † 与圣母同行



Accompanying and Praying for the Migrant Community

**SATURDAY * SÁBADO
DECEMBER * DICIEMBRE 10, 2022**

**PROCESSION * PROCESIÓN
11:00 a.m. ET**

From the Shrine of the Sacred Heart Catholic Church to the Basilica of the National Shrine of the Immaculate Conception

 De la Parroquia del Santuario del Sagrado Corazón a la Basílica del Santuario Nacional de la Inmaculada Concepción

**ROSARY * ROSARIO
1:00 p.m. ET**

**MASS * MISA
2:00 p.m. ET**






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Grandparents Day: Faith, Family and Love

On the Tuesday before Thanksgiving, Holy Redeemer Catholic Church was “bursting wide open” in the joyful words of first-grader, Jesse Agourdis. Filling every pew were the students of Holy Redeemer and their beloved grandparents. On this Feast of St. Cecilia, Patron Saint of Music, it was very fitting that the newly regathered school choir led the congregation in song. Together, children and grandparents lifted their voice in prayer. In his homily, Father Mark Hughes honored, thanked and encouraged grandparents who, in his words, “both lead grandchildren by their example and keep them moving in the right direction.”

After Mass, principal Tommy Corrigan extended a warm welcome to grandparents and invited them to school for refreshments, classroom visits, and a concert. Children eagerly awaited and welcomed

their grandparents to the classrooms, proudly sharing current work and enjoying Thanksgiving activities with their visitors. Grandparents then gathered in the Herb Young Auditorium for the highlight of this special event—The Grandparents Day Concert. Music teacher Jeannie Breitenbach prepared each grade, from PreK through eighth grade, to take center stage and perform a musical tribute for their honored guests. The songs chosen celebrated our Catholic faith, God’s love for each of us, and love within our families. Mrs. Breitenbach accompanied students on the piano and vice principal Mark Crimans accompanied them on guitar, while students used gestures and movement to engage their audi-

ence. The children sang beautifully, filling the auditorium with happy sounds—a beautiful way to begin the Thanksgiving holiday.

At left, Mr. and Mrs. Graham, paternal grandparents of eighth-grader Caitlin, traveled from Ireland

Below, eighth-grader Macy with her paternal grandparents, Mr. and Mrs. Tropea.



Above left, first-grader Caroline and fourth-grader Brooks with “Nonni”, Mrs. Capobianco

Above right, PreK4 siblings, Mary Clare and Kevin, with maternal grandmother, Mrs. Nealon

OPT

Holy Redeemer Parish

9705 Summit Avenue
Kensington, MD

Rev. Mark Hughes, Pastor
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Holy Redeemer School
Mr. Thomas Corrigan,
Principal
301-942-3701

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Students have fun exploring the St. Elizabeth Ann Seton Visitors Center

Field Trip Fun and Faith

On November 16, Holy Redeemer's entire middle-school student body, accompanied by their teachers and parent volunteers, made a pilgrimage to the Saint John Paul II National Shrine in Washington, D.C. Dylan Prentice, a third-year seminarian at the John Paul II Seminary, took time to join the students, whom he had gotten to know while assigned to Holy Redeemer Parish.

Students really encountered St. John Paul II as they



Third graders smile from the summit of Mt. Saint Mary's in Emmitsburg, PA

Continued on page 14

Holy Cross Church Launches Compass Youth Group

Blessed with parishioners volunteering and envisioning a vibrant and faithful Youth Group, Holy Cross Church launched COMPASS on September 17th. Kathleen and Don Neri, along with Teresa Swick have teamed up to bring their experience working with parish youth groups and campus ministry to build COMPASS: Navigating Life with Faith and Reason. They are supported by Lenay Colón who created the logo and brings her expertise in graphic design and enthusiasm having been well-



Lenay Colón shared her talents in graphic design to create a logo for the Compass Youth Group.

Continued on page 11



Compass Youth Group leaders welcomed seventeen teens to the first gathering in September.



At left, in the frame—two grandmothers and their grandson.



At right, an eighth-grade student and her special guest smile for the camera.

Holy Cross Welcomes Grandparents and Special Friends

After two years of hosting the event virtually, the faculty and students of Holy Cross were filled with joy to welcome over two hundred grandparents and friends for a special event the Tuesday before Thanksgiving! This beloved annual event celebrates the distinctive bond friends and family members have with the children in their lives. Additionally, it gives the students the opportunity to showcase what they've been learning, share more about Holy Cross school and collaborate with their loved ones in a meaningful way.

Guests gathered with the entire student body and parish community to start the day with the celebration of mass. An all-star perfor-

mance followed the conclusion of mass, where guests were treated to the singing talents of our spectacular school choir and each grade through a lively concert in different languages to celebrate and honor diversity. Grandparents and special friends then stopped by Lewis Hall to fuel up with coffee and an array of delicious pastries before heading off to the classrooms.

Each class had fun and engaging activities such as family interviews prepared for the children to complete with their special friends and grandparents. Custom made photo frame props were circulated throughout the school to help capture amazing images of guests and their students. Mrs. Kane summed

up the successful event by stating, "What a blessing it was to have so many grandparents and special friends visit Holy Cross! It was truly a day filled with fun, family and love!"

OPT

Holy Cross Parish

4900 Strathmore Avenue,
Garrett Park, MD

Fr. Robert Buchmeier, Pastor
301-942-1020

Holy Cross School

Lisa Maio Kane, Principal
301-949-0053

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

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Our Lady of Lourdes Parish Picnic

The Our Lady of Lourdes second annual parish picnic, held on September 24, was a huge success. It was such a joy to see families come together in friendship, fun, and community. School Principal Mr. Long said it was one of the best attended events he's seen in his 27 years at Lourdes. It was amazing to see so many parishioners gathering together from both our English and Spanish speaking communities.

The night began with the 5:00 p.m. vigil Mass. Afterwards, parishioners enjoyed a beautiful fall evening on the school grounds. Delicious food was donated and volunteers fired up the grill. Adults and children alike enjoyed music, yard games, face painting, and fellowship.

Our parish picnic is always a wonderful way to welcome our community back after



Parishioners enjoy a beautiful day for a picnic.

Our Lady of Lourdes Parish

7500 Pearl Street
Bethesda, MD

Fr. Walsh, Pastor
301-654-1287

Mr. David Long Principal
301-654-5376

summer vacations and give new families the opportunity to see the many ways they can be involved in prayer, education, and community at Our Lady of Lourdes. All are grateful to our pastor, Fr. Rob, Parochial Vicar, Fr. James, and the many volunteers who helped organize a wonderful event. There is truly no place like OLOL!

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Seventh graders and their preschool buddies enjoy a day at the pumpkin patch.

An Adventure-Filled Fall

This fall, students at Our Lady of Lourdes were thrilled to receive school calendars that included many exciting field trips their teachers had planned over the summer. Anticipation grew with the arrival of each trip date, and, by November, each class had ventured out of the school building at least once.

Preschool students, accompanied by their beloved seventh-grade buddies, visited Butler's Orchard for some fall fun. Similarly, the kindergarten and first graders, along with their eighth-grade buddies, picked out pumpkins and met some farm animals at Green Meadows. The second and third Graders learned about sea life and even got to touch some jellyfish at the National Aquarium in Baltimore. Fourth and fifth graders were treated to a beautifully warm day on their visit to the Maryland State House and Naval Academy in Annapolis. The sixth graders visited the Saint John Paul II National Shrine in Washington,



Sixth graders pose with a statue of Saint John Paul II.

D.C. and, later in the month, spent a night camping together in Virginia. In addition to their pumpkin patch visits, the seventh and eighth graders embarked on the great OLOL tradition of Outdoor Ed. They spent three days and two nights camping, hiking, telling stories around the fire, and even keeping watch for bears in the woods.

It has been a wonderful start to the year for the students and staff of Our Lady of Lourdes, and they look forward to continued adventures both in and out of the classroom!

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Seventh and Eighth graders at Cunningham Falls State Park.

Living Rosary at OLOL School

On the morning of October 6, the entire OLOL school community came together to celebrate a living rosary at the Grotto at Our Lady of Lourdes. The event started early in the morning with middle school students in the gym assembling the rosary. The rosary was made with blue and white balloons tied together and carried by student representatives as they processed from the school to the grotto.

At the grotto, students, parents, and visitors waited patiently while the procession

made its way to the statue of Our Lady. With the eighth-grade students leading the prayers, the rosary was recited and songs were sung. Middle School religion teacher Mr. Brendan Keane reminded students that the Rosary can be like armor for Catholics against evil in the world. This annual event is a wonderful experience for all who took part and it was a glorious way to start the school day and to remember how important our Blessed Mother is in our lives.

OPT



Raffle for the Environment

To celebrate the Season of Creation, September through October 4, and Pope Francis' goals in *Laudato Si*, the St. Jane Frances de Chantal Environmental Committee sponsored a raffle for all students pre K through eighth grade in private or public school. Participants created a poster depicting any aspect of Care for Our Common Home and received a raffle ticket for weekly compost service at their home for

six months.

The drawing was held on the feast of St. Francis, October 4. Father Giese drew the raffle ticket, and the winner was Kyle Jordan, a second grader at De Chantal. All entries were very creative. Several focused on preserving wildlife, and natural resources. One young student depicted the need for creating justice for all people in caring for our environment.

OPT

DeChantal School Highlights Service with Annual Ceremony

Teachers and Children Gather in Church to Echo Christ's Call to Serve Others

By Catherine Tomsbeck

DeChantal students and teachers gathered at St. Jane de Chantal Church for the Disciples in Service Ceremony. The annual ceremony highlights all of the St. Jane de Chantal School's community service programs. The ceremony began with a procession of beautiful student-made banners that



Students from every grade spoke on the many charities DeChantal School helps during the school year.

Continued on page 13

Parish Safety and Security Team Offers Free Online Security Resource

Online Safety Smart-Cards from the U.S. Army Special Operations Command

By Joanne Moses

It seems like so much of life is online. Everyone wishes they had some guidance on how to do it safely. The St. Jane de Chantal Safety & Security Committee

Continued on page 18

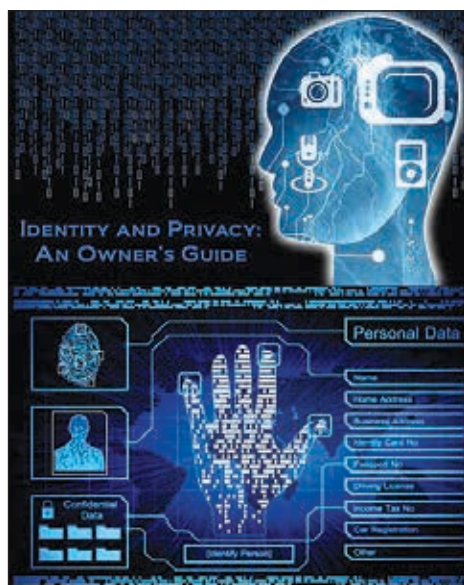
St. Jane de Chantal Parish
9601 Old Georgetown Road
Bethesda, MD

Fr. Samuel C. Giese, Pastor
301-530-1550

St. Jane de Chantal School
Mrs. Elizabeth Hamilton
301-530-1221

Michelle D'Amour Flynn, OPT Editor

**More St. Jane de Chantal News
on Page 39**



Links to the tips will include many slides to help stay safe online



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Learn, Grow, and Serve by Becoming a Stephen Minister

By Zina Furbush

Would you like to be a part of a ministry that gives people care and support when they need it most - while making a difference in your own life? Consider becoming a Stephen Minister!

St. Martin's is currently recruiting volunteers for its new Stephen Ministry. This ministry serves people in the congregation and community experiencing grief, divorce, loneliness, job loss, hospitalization, and many other life difficulties by providing high-quality, one-to-one, Christ-centered care and support. Stephen Ministers are trained volunteers from the congregation who provide this one-to-one caring ministry.

As a Stephen Minister, you'll be

equipped to provide a very high level of care. After your training, our Stephen Leaders will match you with someone in the need of care - men are matched with men, women with women. You'll meet with the person once a week to listen, care, pray, encourage, and reflect Christ's presence in his or her life. Stephen Ministry is life changing for both the care receiver and the Stephen Minister. As an added bonus, your Stephen Minister skills can enhance relationships in other areas of your life as well.

Visit stephenministries.org/SM to learn more about others' experiences in serving as a Stephen Minister.

If you'd like to learn more about becoming a Stephen Minister at St. Martin's, contact Parish Office.



Fourth graders at St. Martin's School dress as their favorite saints at the school's mass for All Saints' Day. Photo courtesy of St. Martin's School.

St. Martin's School Recognizes Volunteer of the Year

By Anne Gemunder

The Catholic Business Network of Montgomery County Volunteer of the Year award is an annual opportunity to recognize St. Martin's School's most significant parent volunteer of the year. This year, we congratulate Shauntese Adams for being our most outstanding volunteer and we wish to honor the impact she makes on our school. Her remarkable contributions have increased volunteerism, improved communications, and boosted family participation in school activities.

The popular saying, "If you want something done, ask a busy person to do it," could not be more appropriately applied to Shauntese Adams. From the moment her youngest son Kenneth began Kindergarten in 2015, she enthusiastically became involved in school activities, eventually taking on parent leadership roles. Shauntese explains, "Volunteering at St. Martin's early on created a sense of family, community, and belonging for me and Kenneth." In her first year at St. Martin's, Shauntese was a full-time telecommuter, which allowed her to be physically in the school in her role as Kindergarten Homeroom Parent. However, the following year, as the Global Diversity and Inclusion Human Resources Executive at Lockheed Martin, Shauntese was

thrust back into the office to manage several employees and traveled around the country to visit work sites and organize conferences. In her desire to maintain her commitment to St. Martin's and still juggle her hectic work schedule, she took on the larger role of Homeroom Parent Coordinator, consistently communicating with

In the past few years, reaching out to families through Homeroom Parents has become one of the most effective ways to keep parents up to date on school news, solicit volunteers for classroom and school-wide events, and to build a sense of parent/school cohesiveness. Shauntese has also transformed what was formally our "Back to School Popsicle Social" into what is known as our "Back to School Picnic" each year - an event where families can meet their teachers, engage with new friends, and reconnect with old friends over great food. During the past three years, the coronavirus safety precautions have created situations that required Shauntese to pivot from one set of event plans to another in an extraordinarily seamless fashion while still meeting the goal of fostering a strong relationship between families and school staff.

When asked why she devotes such considerable time and effort to St. Martin's, she said, "I have always striven to lead by example, so volunteering with an emphasis on serving the community and giving to others are principles that I live by and principles I have passed on to my kids." St. Martin's extends heartfelt gratitude to Shauntese Adams and to all supporters and friends who so generously donate their time, talent, and treasure every day.



Congratulations to Volunteer of the Year, Shauntese Adams!

Homeroom Parents to provide guidance on how to coordinate with both their classroom teachers and class families regarding school related events. "Volunteering at St. Martin's feels natural to me but always surprises those who know the demands of my work schedule," she says.



Eighth graders at St. Martin's School partner with their Bible Buddies in pre-Kindergarten for school and mass activities. Photo courtesy of St. Martin's School.

St. Martin's Parish Advent Activities

The Bishop of the Abandoned Tabernacle—On Saturday, December 3, Author Vicky Schneider will present the life and spirituality of Bishop Manuel Gonzalez at 6:00 p.m. in the parish hall.

Reflección de Adviento — On Tuesday, December 5, Sr. Mariana and David Guillen will present an advent reflection on the theme "Let Us Open Our Hearts to God" in Spanish at 6:30 p.m. in the church.

Walk with Mary — On Saturday, December 10, walk with parishioners on the Archdiocesan pil-

grimage from the Shrine of the Sacred Heart to the Basilica of the National Shrine of the Immaculate Conception in D.C. where mass will be celebrated at 2:00 p.m.

Misa de Nuestra Señora de Guadalupe — On Sunday, December 11, St. Martin's celebrates this feast day with a dramatization of the apparition of Our Lady to Saint Juan Diego at 9:30 p.m., mass with folkloric dancing at 10:30 p.m., and reception with mariachi at 11:00 p.m. in the parish hall.

Advent Reflection — On Monday, December 12, Sr. Mariana and Deacon Bill Vita will present an advent reflection on the theme "Let Us Open Our Hearts to God" in English at 5:30 p.m. in the church.

Las Posadas — From Tuesday, December 13 to Tuesday, December 20, celebrate the Hispanic Christmas novena centered on Mary and Joseph asking for room at the inn with parishioners at the parish with prayer, song, food, and drink.

Live Nativity — On Wednesday, December 21, walk through a series of displays depicting the Biblical events leading up to Jesus's birth on Fr. Meyer's Field at 6:00 p.m.

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
240-477-8706
www.smsmd.org

Parishioners explore ways to share their talents and get involved in the many ministries offered at St. Martin's Parish during the Ministry Fair held in October. Photo courtesy of St. Martin's Parish.



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St. Bart's Eighth Graders take Leadership Role in Thanksgiving Food Drive

This November, St. Bartholomew Parish provided Thanksgiving meals plus a grocery store gift card for a fresh turkey and an additional two weeks' worth of pantry staples to 50 families at its sister parish, Sacred Heart in Northwest Washington D.C. In what has become a fall tradition at St. Bart's, eighth graders took the lead in organizing and sorting the hundreds of bags of food that came to the school through the collection.

Dozens of bags arrived daily in the week leading up to a big weekend of sorting and packaging. Eighth graders were charged with bringing food to the Parish Hall from classrooms and carpool lines and creating systems of organization. It's an elaborate and multi-step process to ensure each family receives what they need, including bags of rice, cooking oil, canned meats, fish, and more. "They get all excited," says eighth-grade homeroom and religion teacher Germania Rebaudengo. "I say, 'I need this done, you take it over and you decide how you're going to do it. You be the leaders,' and they just bloom."

In total, 150 boxes of food were packaged and



St. Bart's 8th graders sort foods by category before "Boxing Day"

dozens of bags filled with extras were delivered to Sacred Heart on Monday morning by St. Bart's school parents, who appreciated the opportunity to have service work as part of their school's religion curriculum and as a part of daily life.

OPT



Beverly Consilvio and Sr. Nena Larocco were special guests of honor at St. Bart's Annual Thanksgiving Feast.

St. Bart's has much to be Thankful for

The fall season has been a busy one for St. Bart's Home and School Association (HSA). After a hugely successful 60th Anniversary Auction and Gala, they rolled right into the holidays. The school celebrated Thanksgiving Mass on Monday, November 21, which was attended by long time former teachers, Mrs. Beverly Consilvio and Sr. Nena Larocco. Sr. Nena taught fifth grade at St. Bart's for thirty years—half of the school's lifetime. The time together at Mass allowed students, parents, teachers, and alumni a moment to quiet themselves and reflect on the true meaning of Thanksgiving before heading downstairs for the

annual Thanksgiving feast sponsored by the HSA and catered by Vignola's. The Parish Hall and its tablescapes were decorated by current teacher and parent of alumni, Barbara Brown, who works tirelessly to keep alive the traditions we know and love.

Calling to mind the gifts and talents of each one who make the school such a vibrant and special community, we are reminded that gratitude is an essential Christian virtue. And since God so generously pours out His grace on each of us, we endeavor to lead lives of gratitude and thanksgiving not only on Thanksgiving, but every day.

OPT

St. Bartholomew Parish

6900 River Road
Bethesda, MD 20816

Rev. Mark Smith, Pastor
301-229-7933

St. Bartholomew School
Frank English, Principal
301-229-5586

Frank Maguire, OPT Editor
202-512-8226

YOUTH GROUP

Con't from page 7

came into the Catholic Church last Easter. The adult leaders started their mission with the 5:00 p.m. Vigil Mass and welcomed 17 teens with pizza and games. There was excitement in the air as the parish youth gathered to get to know their leaders and participated in ice breakers to meet other teens. Later, the teens joined their leaders in planning for the year, including service projects. This year's program will be on the Catholic Social Teachings using Connected by Ascension Press. For more information or if you have a teen who may want to join COMPASS, visit <https://hccrosschurch.org/wp/youthgroup/> for the full schedule and registration.

OPT

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Kindergarten/JrK Program (Grade JrK/K)

WHO: Includes all children currently in Kindergarten/Jr Kindergarten from St. John the Evangelist School, St. John's CCD, and the greater community. **You do not need to be a SJE parishioner for your child to play.**

WHAT: Children meet each Saturday morning, in the St. John's gym, for a one-hour clinic. The program focuses on teaching children basic basketball skills in a fun, low-impact environment. Each child will receive their own basketball to keep.

WHEN: Tentatively held on Saturday mornings from early/mid January through mid/late February

Intramural Basketball (Grades 1-3)

WHO: Includes all children currently in Grades 1-3 from St. John's School, St. John's CCD and the greater community. **For Intramurals, players do not need to be a member of the school or parish.**

WHAT: Teams meet once or twice a week for one-hour practices in the St. John's gym. Intramural games are played on Sunday afternoons in the school gym. Traditionally, the 1st grade league is co-ed and there is a boys and girls specific league for the 2nd & 3rd graders. Final breakdown of leagues is based on numbers of participants for each grade.

WHEN: Practices will begin in early January. Games begin mid-January and will run into early March (with our Hoops Fest skills contest held the weekend after the last week of games).

ON-LINE REGISTRATION:

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Grade K - Kindergarten Program: \$50

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- Intramural program co-coordinator
- Coaches and assistant coaches
- Referees
- Concessions

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Note: Any family with financial need is invited to call the SJE Rectory at 301-681-7663

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301-681-7663

Rev. Joseph Calis, Pastor

St. John the Evangelist School Shindana Crawford,

Principal

301-681-7656

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

HALL OF FAME

Con't from page 1

professional biography of Chuck that was included in the County's announcement of his selection to its Human Rights Hall of Fame:

Few people know the Montgomery County Government better, and are more a part of its involvement, than Chuck Short. He has 50 years of experience leading and administering local government, private nonprofit and faith-based programs. His career has included 13 years of experience as senior advisor to two Montgomery County Executives, 20 years as adjunct professor at University of Maryland School of Public Policy, and 25 years as director of large direct-service agencies. Currently, he is the senior advisor to the Montgomery County Superintendent of Schools and serves as a senior fellow to the Montgomery County Council.

Each successive job he has held has put him in a better position to help more people. From 1983-2002, he was the director of the County's health and human service agency. He then became the secretary for justice and service for the Archdiocese of Washington. As secretary, he oversaw the Archdiocese's social concerns efforts that included non-profit direct service agencies, parish-based

programs, local, State and national legislative and policy advocacy, community organizations, and policy and program development.

In 2019, Mr. Short founded Effective Kindness, LLC, which provides pro-bono technical and management advice to individuals and nonprofit organizations. He is the founding chair of the Montgomery County Collaboration Council for Children Youth and Families and was chair of the board of directors of St Ann's Infant and Maternity Center.

He has been presented with many awards for his service and dedication, among them the Community Advocate of the Year by Passion for Learning, Inc., the Michele Heidenberger Volunteer Award from St Ann's Center for Children and Families, the S. Robert Cohen Award from the Jewish Foundation for Group Homes, the Phyllis Campbell Newsome Public Policy Leadership Award from the Center for Nonprofit Advancement, and the Distinguished Citizen of the Year Award from The Maryland Association of Non-Public Special Education Facilities.

A list of the names of all inductees to the Human Rights Hall of Fame is found at: www.montgomerycountymd.gov/human-rights/.



The 2022 City Title Champions and their coach!

Girls Soccer Win Championship Title

Congratulations to the St. Elizabeth girls seventh and eighth grade (see picture below) and fifth and sixth grade teams on winning the City Title Championship! These talented athletes and dedicated coaches posted an undefeated season and went on to become the champions of their age groups. Way to go

OPT

GREGORY

Con't from page 1

moves in many ways, the new lay movements have been seen as a way for the laity and clergy alike to seek new ways of discovering and witnessing to Christ in an increasingly secular world. They were especially encouraged by Pope Saint John Paul II and Pope Benedict. Each movement represents a very different charism and spirituality, ranging from street ministry to the promotion of Eucharistic adoration. They include groups like Teams of Our Lady, Couples for Christ, Focolare, and L'Arche. Many of the movements have strong cultural ties and connections, evident in the songs and prayers that are unique to each group. However, across the diversity of movements, they remain united in their service to Christ and His Church.

According to its website, the local Association for Ecclesial Movements and New Communities was formed in 2005 in order to "to bear witness to our Catholic faith using a variety of God-given charisms. This echoes the sentiment of Pope Saint John Paul II when he addressed the ecclesial movements in 1998, describing the role of these groups in, "advancing and reveal-



A group of Communion and Liberation members, many from Montgomery County pose for a picture after the mass.

ing the freshness of the Christian experience based on personal encounter with Christ. Even in the diversity of their forms, these movements are marked by a common awareness of the "newness" which baptismal grace brings to life".

Many of the ecclesial movements and groups that make up the Association have a presence in parishes throughout Montgomery County, participating in both parish life and the life of their particular community. For more information about the AEMNC and the participating ecclesial movements and new communities, visit movementsdc.org.

OPT

CEREMONY

Con't from page 9

depict the 13 organizations the school supports. Following the procession, students read bible passages or inspirational Saint quotes to introduce the summary of each service program. These acts of charity and service are rooted in the teachings of Jesus Christ and are foremost in the religion curriculum at St. Jane de Chantal School.

This fall, prior to the annual DeChantal Walk for the Homeless, students heard from Bill Murphy, founder of Mary House of Washington

DC. St. Jane de Chantal School supports Mary House, a non-profit organization that provides housing and support to homeless families. Mary House opened when Bill and his wife Sharon welcomed one homeless person into their own home. Today Mary House supports 55 different homeless residences throughout the Washington DC area. Bill's remarks helped the students understand how their contributions help make a home available for people in need. St. Jane de Chantal students are proud to support Mary House and the many non-profit organizations helping improve lives in our community.

OPT

Out with the Old, in with the New!

Our new playground is open and ready for business! Mrs. Penny, Monsignor Parent, Father Fields and the St. Elizabeth mascot celebrated the opening with a blessing and a ribbon cutting ceremony. Students are enjoying all of the benefits that come with outdoor free play.

OPT



The youngest members of the St. E's community had a blast breaking in the new playground equipment.

Service is a Tradition

St. Elizabeth students, staff, and parents are preparing for the most successful food drive in the school's history. Students have been sorting, counting, stapling, and organizing supplies for the 35th Annual Greg Gannon Canned Food Drive. The goal is to collect over 19,000 cans. Mr. Rick Gannon stopped by to kick off this incredible effort!

OPT



Students provide the grunt work to set the Annual Greg Gannon Canned Food Drive in motion.

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
Heather Kerr, OPT Editor
301-881-1824



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Scan to Register

WINTER OPEN HOUSE
WEDNESDAY, JANUARY 4, 2023
8:30am – 10:25am

Headmaster's presentation at 9:45 am

Annual Race for Scholars Event is a Success

Every year Mary of Nazareth School's Race for Scholars helps unite the MoN community to raise money and collect hundreds of new or lightly used shoes for those in need. Sponsored by local businesses, the event also features custom t-shirts with a student-featured design, which were available for purchase with proceeds to bolster the cause's funds.

This year, older students ran with a buddy in a younger grade to ensure that every student safely completed the course, which runs through some of the beautiful trails around the school. Some teachers also ran with them to encourage students to keep pace. This well-



Students on course to complete the Race for Scholars

loved tradition is a fun, active day that engages students to give back to their community!

OPT

Grandparents Day is Back!

After a three-year hiatus due to the pandemic, Grandparents Day is back! This year approximately 200 grandparents came to see their grandchildren in their classroom. We even had a grandparent phone in from London.

The day began with breakfast and continued with grandparents joining students in many activities, from science projects and filling out family trees to making paper turkeys and helping budget a Thanksgiving Dinner. Volunteers also came to the



Great to see grandparents back at MoN!



Grandparents and grandchild show off the turkeys they made for Thanksgiving.

preschool to fill in for grandparents unable to attend this year's event.

MoN has missed grandparents' day over the last few years, and students were excited to show off their school to their families! Seeing the generations of the MoN community together and under one roof was a perfect way to start the Thanksgiving Holiday.

OPT

Mary of Nazareth
Roman Catholic School
14131 Seneca Road, Darnestown,
Maryland 20874

Principal: Mr. Michael J. Friel

Assistant Principal:
Katherine Schultz
301-869-0940 (tel)
301-869-0942 (fax)

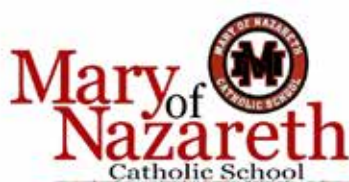
Development Director
Sarah Muir

OPT Editor: Katherine Schultz,
kschultz@maryofnazareth.org

Website:

www.maryofnazareth.org

Affiliated with the following parishes:
Mother Seton, Germantown; St. John
Neumann, Gaithersburg; St. Mary's Shrine,
Barnesville; St. Rose of Lima, Gaithersburg; St.
Paul, Damascus; Our Lady of the Visitation,
Poolesville; Our Lady of the Visitation,
Darnestown.



Catholic Schools Week OPEN HOUSE

Sunday January 29th | 1 pm-3 pm



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



Seminarian Dylan welcomes HR middle-schoolers to the John Paul II Shrine

FIELD TRIP

Con't from page 6

carefully attended the exhibit on his life, A Gift of Love. Amazed by this twentieth century saint's diverse talents and intellectual gifts, they were touched by his courage in

meeting personal loss and surviving the horrors and oppression of his time. Eighth graders preparing for confirmation, were impacted by the strength of young Karol's Catholic faith as he answered God's call to the priesthood. Their visits to both the *Redemptor Hominis* Church and the Luminous Mysteries Chapel

introduced them to the sacred art form of mosaics portraying biblical stories.

Later that week, the third graders of Holy Redeemer, set out on a pilgrimage to the Basilica of Saint Elizabeth Ann Seton in Emmitsburg, Pa. This trip marked a happy return to a traditional third-grade field trip, and the first trip for this class since 2019. Accompanied by their teachers, Mrs. Heyl and Ms. Babina, and parent volunteers, the students enjoyed visiting the Seton Shrine Museum and the Basilica.

As Catholic school students, they returned with a new appreciation for this uniquely American saint who witnessed George Washington's inauguration. After learning about Elizabeth's life, they joined the Holy Redeemer school community who treasure this saint's legacy as the foundress of the Daughters of Charity and as the model of a faith-filled Catholic school teacher.



JPII guide prepares students to enter the *Redemptor Hominis* church

OPT



Above, organizing Committee serving parishioners



Above, face painting for the kids



At left, great food, great company

Mother Seton Parish Picnic

By Amy Tolan

A little rain could not deter our parish family from joining together for a fun afternoon picnic.

The picnic was held at Black Hill Park. Lots of food and fun. We had face painting, jumbo Jenga, volleyball, and soccer. We had a rainstorm right in the middle of the picnic but that just brought us all together closer under the pavilions.

Fr. Lee, Fr. Lou and Fr. Alberto enjoyed all their time visiting with parishioners and playing with all the children. A great time was had by all.

OPT

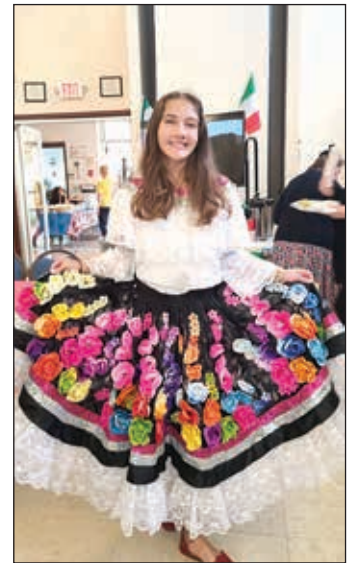


De Colores dance group

All Saints International Festival

By Juliana Ordoñez

On October 30th, Mother Seton Parish had the opportunity to celebrate their Annual All Saints International Festival. There were representatives from twenty-two different countries who shared their faith, food, and culture, on a beautiful, sunny Sunday. The celebration started with an All-Saints International Mass celebrated by Fr. Lou Faust, where children read the Prayers of the Faithful in different languages. After the Mass, parishioners attended the festival and celebrated their unity in Jesus Christ, coming together as one Church. Children and



Isabel representing Colombia

Continued on page 20

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 29

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A Darnestown "FALL FESTIVAL"

By Shelley Welter

Our Lady of the Visitation Parish hosted a remarkable Fall Festival on Sunday, September 25. The parish community, led by Pastor Father Greg Shaffer, gathered outside on the beautiful grounds from 12:00 to 3:30 p.m. There were gleaming bright red fire trucks loaded with plastic fire hats for the little ones. An inflatable obstacle course for those who wanted to slide and bounce to their delight were lined up to greet them. Scrumptious baked goods and yummy Jersey Mike's subs kept everyone full and content. White



Top, the field of inflatables was popular with families.

Above, Fr. Greg is dunked (again!).



Left, Montgomery County Fire Fighters join in the festival fun.



Right, Seminarian John Winslow tracks the winners for the Saint Scavenger Hunt.

wooden tables and chairs made a perfect rest stop to eat lunch and listen to the music. "Rocco and Valerie" and "Glorify" provided the Christian music for the event. A rollicking tug of war challenge brought out big and little ones to show off their strength and determination to "not cross the line". Pumpkin painting offered the opportunity to explore the creative side of our nature. A photo booth captured smiles and special memories to take home. Traditional bingo with delightful prizes entertained all ages in "Founders Hall". And for the sports enthusiast, tucked away in the Rectory, was the opportunity to view the Commanders vs. Eagles football game. However, the "big" attraction for the day was the dunk tank, holding Fr. Greg in check in a wetsuit and numerous inflatable sharks. The rumor, at the end of the day, was that Fr. Greg was dunked 20 times! The threatening weather held off, and we felt blessed to share the joy of community friendships and laughter

OPT

Youth Group Finds Fun in Outreach

By Anna Stohlman

Our Lady of the Visitation teens are being proactive in their faith this year. Meeting every Sunday from 5:30 to 7:00 p.m., activities for the high schoolers range from bingo night, to Adoration, to discussions on the sanctity of life. One evening in October they had a "mission night" in which Mission BBQ was served for dinner, a presentation was given about the sister parish in Haiti, and "bags for beggars" were assembled. The bags included items such as water, socks, granola bars, a prayer card, and more, all donated by other parishioners. While music played, the teens put together exactly 200 bags and moved them into the main church entryway. People could then take a bag, put it in their car, and give it to someone in need. And people did exactly that. All 200



High schoolers enthusiastically support mission night.

bags were gone after the following weekend masses, meaning that 200 lives have or will be impacted. This desire to help others is what excited the youth group. One member, Caroline, said "I love being a part of this youth group community with a focus on faith and service. It helps me bring these qualities to my everyday life, and I also love knowing that I can make even a small difference in someone else's life with our projects." The youth group team is planning on doing a bag

assembly once a month and looks forward to other events as well. Students are interested in visiting local senior living centers, homeless shelters, and food pantries. Visitation Parish wants to form its young people on pillars of prayer, community, and service, knowing that this is a necessary foundation for the Christian life. Please pray for this youth group as they learn more about their faith, how to serve others, and Christ's love for them.

OPT

From Visitation, With Love

Many college students were surprised to find a package notification in their university mailbox during the month of October. A carefully customized care package was sent to 30 Our Lady of the Visitation Parish (OLVP) college-aged parishioners directly to their college address. The purpose of the care package was to share "OLVP Love", reminding the students that their parish was thinking about them while they are temporarily away from their parish home. The care package contained snack items, candy, the book "Made for More", as well as a list of nearby parishes with mass times. Fr. Greg even included a personal note to each student. Cole Serenyi, a sophomore at Purdue University in Indiana reported, "It is nice to know that Fr. Greg is thinking of us, even when we are away at school. And it's always great to get mail, especially when it has food!". Packages were mailed to 23 universities and colleges across the United States. When Connor Flaig received his package at St. Francis University in Pennsylvania, he snapped a selfie to share with his mother,



Connor Flaig shows off his Care Package.

Liesel Flaig. Sarah Serenyi, a senior at Dickinson College in Pennsylvania shared, "It was really thoughtful for Fr. Greg to send something to me at school. It was a great surprise after a long day. I was happy to have things to share with my housemates!". The care packages send a strong message that OLVP supports them and encourages them to continue to practice and strengthen their faith while away at school.

OPT

Our Lady of the Visitation Parish

14139 Seneca Road
Darnestown, MD 20874

Fr. Greg Shaffer, Pastor
301-948-5536

Diana Hurley, OPT Editor
Hurley05@verizon.net

New Faces and Exciting Happenings at St. Bernadette's



Eighth-grade students prepare for the sacrament of confirmation at their retreat.



Please welcome Jasmine Kuzner to her new role at Saint Bernadette's!



Saint Bernadette "Carols in the Church" rehearsal with Br. John Castonguay

Religious Education families at Saint Bernadette's are enjoying an action-packed fall semester under the leadership of their new Director of Religious Education, Jasmine Kuzner. In addition to Mrs. Kuzner, several new and energetic catechists have joined the Saint Bernadette catechist roster this year. They are a welcome addition to a roster that

was already strong with several long-time Saint Bernadette's catechists. Together they are all dedicated to educating the children of Saint Bernadette's in their Catholic faith. In addition to our regularly scheduled religious education program, Saint Bernadette catechists have been actively involved in several events for our students, including an eighth grade Confirmation

retreat and an All Saints Parade.

With the eighth grade Confirmation NET Minister Retreat and an All Saints Parade already under their belt, the Saint Bernadette Religious Education program looks forward to their next event - an all parish "Carols in the Church" sing-a-long, where students will cantor a few choice song selections for the entire congregation.

Along with "Carols in the Church", Saint Bernadette's looks forward to the several Advent opportunities available to families in the month of December as we prepare our hearts for the coming of our Lord. All are welcome to attend and are invited to follow the parish's newly revamped Instagram at "saintbernadetteemd" for more information. Click on www.silver-springcatholic.com to learn more and to find the parish Mass and Confession schedule during Advent and Christmas time.

OPT

St. Bernadette Parish

70 University Blvd., East
Silver Spring, MD

**Rev. Msgr. K.
Bartholomew Smith, Pastor**
301-593-0357

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

Erin Fridley, OPT Editor
301-593-5611

Saint Bernadette School Celebrates 75th Anniversary

In October, we invited the entire Saint Bernadette School family to join us and commemorate our 75th anniversary. We honored retired teacher Rosanne Weber, who was inducted to the school's Alumni &

Friends Honor Roll, visited with old friends and classmates, celebrated our history and raised thousands of dollars to enrich our future through the Fund-A-Scholar program started by the Class of 1962! A spe-

cial thank you to our sponsors: The Crowley Family, Magnolia Companies, Manders Companies, Signs by Tomorrow, Kelley HVAC and Woodmoor Bakery.

OPT

Right, members of the Classes of 2009, 2010 and 2012 revisit a favorite classroom.



Left, Rosanne Weber slices the 75th anniversary cake, courtesy of Woodmoor Pastry Shop, while Principal Ted Ewanciw hopes for the first slice!



Right, Class of 1962 members Bill Nolte, Rick Brown and John Magnolia lead the charge to support our Fund-A-Scholar program.

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The entire school body waved green pom poms as they greeted Mrs. Kane with thunderous applause.

MRS. KANE

Con't from page 1

and greeted by thunderous applause and students waving bright green pom poms.

Kelly Branaman, the archdiocese's Secretary for Catholic Schools and Superintendent of Schools welcomed Mrs. Kane, greeted those in attendance, and made the announcement: Mrs. Kane is The Roman Catholic Archdiocese of Washington's Distinguished Principal of the Year for the 2022-2023 academic year.

Mrs. Kane began teaching at Holy Cross eighteen years ago

as the Director of Resource. She became the Vice Principal in 2008 and was promoted to Principal in 2009. Over the years, Mrs. Kane has been a blessing to everyone in the Holy Cross School and parish family. Her effective leadership, tireless dedication, and vision has resulted in many accolades for Holy Cross School, including recognition as a National Blue Ribbon School. Faith and compassion guide her every interaction.

The Holy Cross family is thrilled that Mrs. Kane has received this well-deserved honor, but for us, Mrs. Kane is the best principal every year. Congratulations, Mrs. Kane!



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Our much-loved principal, Mrs. Lisa Kane.

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SECURITY RESOURCE

Con't from page 9

day online safety: They are *Smart-Cards* created by the U.S. Army Special Operations Command which contain tips & guidance for a broad range of online activities. Seniors, parents, young adults, and teens will find them to be practical & useful. A sampling of the topics are: Identify Theft & Threats, Traveling w/ Smartphones, Child Online Safety & Parental Control, Self-Assessment of Your Online Presence, Locking down Social Media/Privacy Concerns (such as Facebook, Instagram, Snapchat, Twitter, YouTube, LinkedIn, Pinterest, Hinge, TikTok, Reddit, etc.), Dating Sites Best Practices, Privacy Settings on iOS and Android, Securing your WiFi, Opting out of Search Databases, and Playstation, Nintendo & Xbox safety. And so much more! These *Smart Cards* will help everyone to move in the right direction toward a more secure digital presence. Parishioners are encouraged to look on the parish website and bulletins for links to the tips to start taking steps to protect themselves and their family in today's digital world.

OPT



Youth from The Roman Catholic Archdiocese of Washington are invited to participate in a Youth Mass of Celebration and Thanksgiving at the Cathedral of Saint Matthew the Apostle in Washington on January 20, 2023. For more information visit: adw.org/youth-rally-mass-life/

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

Solemn Novena to St. Jude Thaddeus

By Nick Scholz, Deacon at the Shrine of St. Jude

The Shrine of St. Jude held its Solemn Novena to its Patron Saint starting on October 20 and running nine days until the Feast of Saints Jude and Simon on October 28.

This year, the parish was privileged to have Father Peter Daly, a retired priest of the Archdiocese of Washington who served at various parish assignments for more than 30 years, as its Novena director and featured speaker. Fr. Peter is also a lawyer and who has worked with Catholic Charities on immigration, and, for more than 25 years, he wrote a bi-weekly column for Catholic News Service and continues as a writer for the National Catholic Standard.

Father Peter's Novena talks cen-

tered around our call to holiness and our call to action. Citing scripture, stories, and personal experiences, he reminded us that we need be open to the world around us while living our faith to the fullest, seeing God in everyone and everything.

The Solemn Novena included Benediction of the Blessed Sacrament, prayers to St. Jude, Fr. Daly's talk, an opportunity for Confession, and individual blessings with the relic of St. Jude.

The closing service on the Feast of St. Jude began with the statue of St. Jude being carried in solemn procession around the parish campus. The closing Mass was celebrated by Fr. Peter Daly and concelebrated by parish clergy.

Fr. Daly, in a letter to the people of St. Jude parish stated: "My deepest thanks for the opportunity to be

Continued on page 20

St. Jude Christmas Mass Schedule

Christmas Eve – December 24

4:30pm
(English Children's mass)
6:30pm
(Spanish Children's mass)
9:30pm (English mass)
with 9pm Christmas Carols

Christmas Day – December 25

7am, 8:30am, 10:30am,
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



GOOD COUNSEL 2023 SUMMER PROGRAMS



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Softball
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SCIENCE & TECH

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Python Coding
Robotics
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SPECIALTY

Culinary
Theatre
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SPECIALTY

Archery
Circus
Dungeons & Dragons
SPARK Business Academy
Yoga



**FALCONS SOAR DAY
CAMP FOR CHILDREN
AGES 5-8 YEARS-OLD**



OUR LADY
of
GOOD COUNSEL
HIGH SCHOOL

Visit olgchs.org/camps for the camp calendar. Registration opens in January.

More Shrine of St. Jude News on Page 37

St. Jude Regional Catholic School Celebrating 67 Years 1956–2023

OPEN HOUSE

March 21, 2023 6:00–8:00pm

- Resource & Learning Skills Program
- High School Preparatory Focus
- Spanish K-8
- Small Class Size
- Catholic Education Daily
- Challenging Academic Curriculum
- STEM Program
- A very strong sense of community
- Extended Day Program
- Athletic Association (soccer, baseball, softball, basketball, T-ball)
- Full Day PreK 3 year old & 4 year old



At St. Jude we are very proud that the parents are the primary educators and that parents take an active role in their children's education. We are also Christ centered where the Catholic faith is taught every day and the children are taught to see Christ in others and others should see Christ in them.

St. Jude Thaddeus... Pray for us.
Jeanne Donatelli, Principal

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(Washington DC)

4820 Walbridge Street
Rockville, MD 20853
301-946-7888

www.stjuderockville.org



Tours will take place where families can meet the principal, administration, and see the students in action. Ambassador parents speaking Spanish and Amharic will be available for tours.



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Advent Morning of Reflection

"Eucharistic Amazement"

Saturday, December 10th, 9:00 am
Resurrection Church

We will have a 9:00 am social gathering followed by songs. At 9:25 am Fr. Anthony Jeorge will give a talk on the "Eucharist as Strength and Support in the Life and Service of Mother Teresa and the Missionaries of Charity." This will be followed by a small group session. At approximately at 10:15am, we will hear a second talk by Fr. Barry on the "Eucharist as an Advent Sign of the Life in Heaven at the Lord's Table." Then we'll have a small group session and a closing prayer. Please join us!

OPT

Faith and Fellowship

New Clergy-Led Program!

There are a few things that best compliment a Catholic's life of attending Mass. Here's a short list:

- Being in a Prayer & Praise time together with others at church.
- Being in a Bible study, led by a trained clergyman.
- Being in a small, faith-sharing

Faith & Fellowship

place at 3:00 pm in the chapel.

The Resurrection 1st & 3rd Monday fellowship

The fellowship meeting will take place at 7:00 pm in church. **

** We will not meet on the Monday holiday of January 16, but instead we'll meet on January 23. All other meetings are on the first and third Mondays of the month: put it on your calendar to attend this enriching program!

OPT

Church of the Resurrection Parish

3315 Greencastle Road
Burtonsville, MD

Rev. John M. Barry,
Pastor
301-288-4662



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FESTIVAL

Con't from page 15

adults enjoyed walking around the room with their "passports", getting them stamped at each "country" while sampling food and learning a little about other cultures. The festival was blessed with dance performances from Nicaragua, Mexico and Bolivia. Also, we had a Saints Trivia contest for the kids so they could learn more about the Saints.

The All-Saints International Festival Committee wants to thank all who participated in the festival by sharing their faith, food, cultures, and talents with us!!! It was such a beautiful afternoon to celebrate the rich diversity of our Parish. The success of this festival was made possible by our Parish coming together as One Family in Faith.

OPT



Children dressed as Saints

NOVENA

Con't from page 19

with you for nine days as we prayed the Novena to St. Jude, asking for our most urgent and deepest needs in prayer. It was a graced time for me."

The Novena to St. Jude is held

every Tuesday night at 7 p.m. in the main church. Devotion consists of novena prayers, reflections, Benediction of the Blessed Sacrament, and veneration of the St. Jude relic.

Come and pray for the intercession of Saint Jude for your special needs or the needs of others.

OPT



2023 Senior Services Guide

“I’M THE LUCKIEST MAN ALIVE”

A Thanks Giving Story about How Numerous Members of Montgomery County’s Catholic Faith Community Came to the Assistance of a Quadriplegic, only to have Their Faith Greatly Enhanced

My name is Patrick Durkin. In 2009, at age 55, while celebrating the summer of my retirement from Federal Law Enforcement, I broke my neck bodysurfing in Ocean City, Md. I was left a quadriplegic, motionless from my neck down, with use of one third of one lung. I have coded (nearly died) five times in 13 years. Every time I was resuscitated, Jesus was there standing watch over me. Here is a short take regarding my story.

Today, I am the luckiest man alive. Through years of extraordinary medical care and volunteers from our local faith community, my circumstances have positioned me to be able to have deep contemplative thoughts regarding Jesus Christ’s purpose on Earth. I am in essence in a constant state of Adoration. Jesus speaks to me every day. I in turn, share my thoughts with the many volunteers that visit me daily. Imagine the heartwarming Christmas classic, “It’s a Wonderful Life”, where George Bailey, portrayed by Jimmy Stewart, is saved by his community. I, too, have been saved by a wonderful community.

The volunteers tell me that their experience of visiting me has



Patrick Durkin (center) at home because of the care he receives from, among others, nursing assistant Paul Timothy (left) and the support of Howard Walsh, owner of Assisting Seniors At Home.

enriched their lives. They tell me that they walk away from visiting me taking up their crosses with a new perspective. Why complain about anything when they compare their life to mine? They tell me that I help restore their Faith. That, in turn, enriches my existence. Knowing that as I lay in bed

a quadriplegic, I can help someone with their problems makes my heart beat another day. I thank God for what HE has given me. The ability to help others out with their day-to-day concerns is so enriching. I am the luckiest man alive.

Happy Thanksgiving,
Patrick Durkin

Publisher’s Note



Assisting Seniors at Home (ASAH), a licensed home care agency in Bethesda, took over the management of the in-home care of Patrick Durkin at no charge on October 30, 2022. Since then, ASAH has been able to help Patrick stay at home, healthy and safe with the assistance of a steady flow of volunteers, including three supervising nurses, a few doctors and an army of generally wonderful people providing everything from reading to Patrick to helping him in and out of bed.

However, a key part of the ASAH team is a religious sister who lives with Patrick at little cost and her term is unknown. When she moves on, monies will be needed to pay a night team. In addition, Patrick has many incidental costs that come up for which he has no money to pay. Thus, a fundraiser will be held at Holy Redeemer in Kensington the evening of Friday, December 23. See page ____ for details.

In addition to Howard Walsh, general manager of Assisting Seniors at Home, special thanks are due volunteer coordinators Ann and Jim Engel of St Jane De Chantel parish, Patrick and Patti Rehfield of Holy Redeemer for major funding support, and a religious Sister from Long Island who wishes to remain anonymous.

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Decreasing Loneliness by Increasing Happiness

By Leah Bradley, Executive Director,
Empowering the Ages

“Happiness depends upon ourselves.” – Aristotle

Empowering the Ages (ETA) strengthens social emotional well-being, provides life skills, and creates connections across generations to provide older and younger people with a sense of belonging and purpose.

Since 2020, ETA has partnered with Catholic Charities DC on the Crossing Paths program. In this program, ETA hosts small groups of teens and older adults and supports them through structured, ongoing conversations - engaging in open, honest communication with people from different cultures and generations; gaining knowledge and confidence to impact their community; and



Students from Don Bosco Cristo Rey and residents of Seabury at Springvale Terrace participating in Crossing Paths this fall.

reducing isolation while seeking well-being for all. Currently, the primary focus is civic engagement and helping participants identify ways in which they can make a difference in their community through their individual and/or collective voices.

Crossing Paths has occurred in multiple DC area high schools, including Archbishop Carroll, Connelly School of the Holy Child, Don Bosco Cristo Rey, and St. Vincent Pallotti. Students have learned from and shared life experiences with older adults living independently in their homes as well as those living in Byron House, Jeanne Jugan Residence, Seabury at Springvale Terrace, and Tribute at Melford.

Originally, Crossing Paths was developed to provide a program for older adults who felt alone,

while connecting them with young people who felt similar. We knew that if we brought those generations together and they shared their individual gifts and wisdom with one another, unexpected connections would enhance their lives and the larger community.

But, in all honesty, as we continue to expand Crossing Paths, I believe our goal should be to increase participant happiness which in turn will reduce loneliness. What if we focus our work on how to increase happiness in each other’s lives? According to author Arthur Brooks, the happiest people “have deep family ties and strong friendships. And they do work that serves others and allows them to earn their success.” This embodies our goals for Crossing

Continued on page 3

Comfort & Consolation: Care of the Sick and Dying

A Pastoral Letter from the Bishops of Maryland

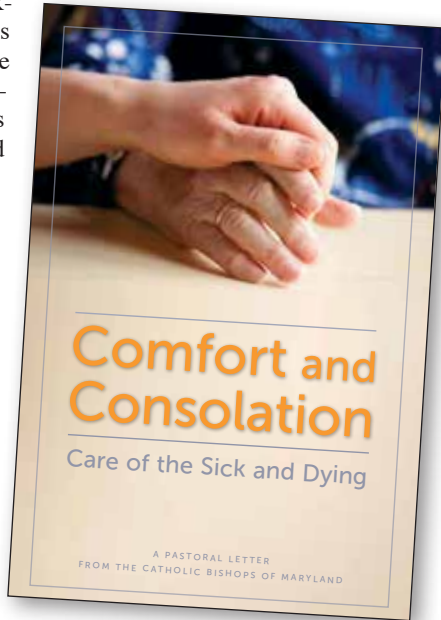
This 48-page booklet helps Catholics think through the often-difficult questions that arise in times of grave illness and impending death.

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 responsi-



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

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

- Summary Q&A – outlines the main points of

Comfort and Consolation

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

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

OPT



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.

For a complete list of licensed CCRCs in Montgomery County scan:



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STRATEGIES FOR THE USE OF HOME EQUITY CONVERSION MORTGAGE (HECM) IN RETIREMENT

Call Today for More Information



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mutualreverse.com/james-mccarron



Scan to Apply



Borrower must occupy home as primary residence and remain current on property taxes, homeowner's insurance, the costs of home maintenance, and any HOA fees. The Lifestyle Home Loan is a Home Equity Conversion Mortgage for Purchase. Mutual of Omaha Mortgage, Inc. dba Mutual of Omaha Reverse Mortgage, NMLS ID 1025894. 3131 Camino Del Rio N 1100, San Diego, CA 92108. Subject to Credit Approval. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency. For licensing information, go to: www.nmlsconsumeraccess.org Delaware Lender License 028515; Maryland Mortgage Lender License 21678; Pennsylvania Mortgage Lender License 72932; Virginia Mortgage Broker and Lender License, NMLS ID #1025894 (www.nmlsconsumeraccess.org) 1001948792 Equal Housing Lender

Pay Off A Mortgage

Eliminating a mortgage in retirement increases cash flow.

A HECM does not require monthly mortgage payments. Borrower must occupy home as primary residence and remain current on property taxes, homeowner's insurance, the costs of home maintenance, and any HOA fees.

Stand-By Credit Line

A retirement strategy where the homeowner uses the credit line as a bucket to draw from during bear markets.

Long Term Care Protection

Set up a credit line and let it grow untouched, to use only if needed.

Emergency Back-Up

Set up a credit line to use only as needed.

Tenure Payments

Tax-free lifetime income stream, thereby reducing the need to make withdrawals from tax portfolios.

Consult a tax specialist.

HECM For Purchase

Use the HECM to purchase a new home ("right-size"), and invest the difference for retirement.

Divorce Settlement

Use the HECM to buy out a spouse's portion of the home without selling or withdrawing funds from portfolio.

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

LONELINESS

Con't from page 1

Paths and we at ETA believe in designing all our programs by focusing on strengths.

This coming winter, Crossing Paths is expanding into new schools and will take place in person rather than over Zoom. We will focus our energies on transformational relationships and a program that maximizes our most special commodity - our human capital - those who have so much to give and so much to gain. And, we will focus on happiness, as we all deserve to be happy.

As stated by Pope Francis, "We must restore hope to young people, help the old, be open to the future, spread love..." Join us, as we work together, across generations, to increase happiness for all those whom we encounter.

Contact leah@empoweringtheages.org, 301-476-0186, or visit www.empoweringtheages.org to learn more and become involved.

OPT



RISE ABOVE THE ORDINARY

Meet Sharon Rudy.

Recently 'retired' from a career in global health where she rubbed shoulders with Mother Teresa, Sharon now works as a consultant.

She joins a diverse community that includes a Newbery Award winner, physicists, educators, ambassadors, ministers, and social workers.

"This is a community of very aware, insightful people," she says. "I wanted to retire in a university town. That's what it feels like living here."

What fascinating conversations have you had today?



Experience Extraordinary People

As Montgomery County's premier continuing care retirement community, Asbury Methodist Village provides incomparable peace of mind with a continuum of on-site health services. Choose from apartments, Villas, and Courtyard Homes. But a new residence is just the beginning of all you gain. Enjoy a bustling, spacious campus filled with people living with purpose. See for yourself!

AsburyMethodistVillage.org | 301-453-8101



Hear What Residents Say



ASBURY
Methodist Village
Anticipate More

201 Russell Ave | Gaithersburg, MD 20877

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.



for MD Residents 65 +
FREE

Maryland
DEPARTMENT OF AGING

Senior Call Check
Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

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

Landline or Cell Phone
TTY is available 





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.



seniorconnectionmc.org

Over the last 20+ years, Senior Connection has provided more than 300,000 free rides to medical appointments to over 8,500 seniors in Montgomery County, with the help from more than 1,800 community volunteers.

OUR SENIORS

OUR VOLUNTEERS

OUR COMMUNITY



Volunteer Today!

Just two rides a month!

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, grassroots 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 com-



munities 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

For a complete list of Villages in Montgomery County scan:



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Do you know someone who cannot get to Mass?

The Archdiocese of Washington produces a weekly Sunday TV Mass filmed in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception. It is a wonderful opportunity for those members of our Catholic family who are unable to be physically present with a local worshipping community for the Sunday Eucharistic Liturgy.

The Mass airs every Sunday at 10:30 a.m. on WDCW-50. No 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.

The Sunday TV Mass is available to watch anytime on the National Shrine's YouTube channel.

To receive *Celebrate!* – the free TV Mass newsletter – email communications@adw.org with your email address.

The 2022 Saint Joseph Sunday Missal is Now Available to order

This pocket-sized missal is a wonderful tool to help TV Mass viewers to understand the



Mass and actively participate in it. The missal provides each Sunday's prayers, readings and responses so viewers can unite with the prayers of the priest and recite or sing their

parts with understanding and devotion. It includes the Order of Mass in two colors and large type with the People's Parts in bold type for quick identification and an updated hymnal section with over 90 popular hymns, as well as many prayers.

Order your copy by calling Claudia Cheek at 301-853-4516 or cheekc@adw.org.

Suggested donation: \$7.00 per copy (includes shipping).



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SHE'S SPENT A LIFETIME TAKING CARE OF OTHERS.

Allow us to return the favor.

In addition to experienced Alzheimer's and dementia care, the compassion and support from an inclusive and engaging community like Ingleside is an experience you'll not only see—but feel.

Call 240-624-7807 to schedule a personal tour today!

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INDEPENDENT LIVING | MEMORY SUPPORT | ASSISTED LIVING | LONG-TERM CARE | REHABILITATION | HOME CARE | SOCIAL DAY PROGRAM

 A NOT-FOR-PROFIT LIFE PLAN COMMUNITY

Supporting Retired and Elderly Religious

For over 30 years, the Retirement Fund for Religious collection has been coordinated by the National Religious Retirement Office (NRRO) to be held in U.S. Catholic dioceses in December at the discretion of the local bishop.

Benefitting some 30,000 senior Catholic sisters, brothers, and religious order priests, the Catholic bishops of the United States launched the Retirement Fund for Religious in 1988 to help address the profound lack of retirement funding among U.S. religious communities. The proceeds are distributed to eligible religious order communities to assist with retirement and healthcare expenses, and roughly 94% of the fund goes to aid elderly religious.

Of 517 communities providing data to the NRRO, only 36 are adequately funded for retirement. (See chart.) Historically, Catholic sisters, brothers, and religious order priests—known collectively as women and men religious—received very little pay. Any surplus funds were reinvested in ministry and the education of younger members. As a result, hundreds of US religious communities lack



adequate retirement savings.

Like many Americans, religious communities face the monumental challenge of funding eldercare. Currently, the average annual cost of care for women and men religious past age 70 is nearly \$51,000 per person. Skilled care is roughly \$78,000. The total cost of care for senior women and men religious in the United States has exceeded \$1 billion annually for each of the last 14 years.

During the early and mid-twentieth centuries, the Catholic Church in the United States experienced a surge in vocations to religious life, with numbers peaking in the mid-1960s. Care for elderly members was provided largely by younger ones. Over time, however, the number of vocations decreased while lifespans increased. The result is far fewer younger members available to support the retirement and eldercare needs of

senior members. Currently, 70 percent of the religious communities providing data to the NRRO have a median age of 70 or older. (See chart.)

Historically, Catholic sisters, brothers, and religious order priests—collectively known as women and men religious—engaged in ministry for little pay. Any surplus income was reinvested in their ministries, including Catholic schools and hospitals. As a result, today, hundreds of religious communities lack adequate retirement savings to care for the aging members of their communities. The demographics of most religious communities have shifted in recent years so that retired members outnumber younger ones.

Visit www.retiredreligious.org to learn more about who we help and why they need our help now.

Please give to the Retirement Fund for Religious appeal in your parish or send your donation to:

Retirement Fund for Religious
P.O. Box 96988
Washington, D.C. 20090-6988

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/> OPT



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



Catholic Elementary School Students Creating Artwork to Decorate Senior Residences

by Sage Age, November 1, 2022

Three Victory Housing communities are enjoying new artwork thanks to the efforts of area elementary school students. The art project, conducted by Bartholomew House, Byron House, and Raphael House, connected the students of St. Bartholomew Catholic School, Our Lady of Mercy Catholic School, and St. Raphael School to the residents in a colorful and creative way.

At all three schools, each student was given a new box of Crayola crayons and a coloring page to take home and return once they had completed their artwork. More than 800 students participated. The coloring pages were then taken to the three communities and hung all around for residents to enjoy.

Victory Housing has focused on intergenerational programs, and through efforts such as the “welcome back to school” coloring project, is connecting seniors with children throughout the Archdiocese of Washington. Future programs will include students Christmas caroling for the holiday season.

Additionally, Victory Housing is proud to announce that this winter they will bring back a beloved tradition, the Holiday Open House, for the first time since 2019. These popular events will feature holiday music on the piano, dancing, and a festive buffet. The events will take place at each community throughout the holiday season.



About Victory Housing

For over four decades, Victory Housing has provided assisted living for seniors and affordable housing to low- and moderate-income independent seniors and families in the Archdiocese of Washington. Victory Housing has 35 communities providing over 2,600 units of rental housing. Today, Victory Housing continues to strengthen and expand on this mission.

OPT

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.

For a complete list of licensed Adult Day Care Centers in Montgomery County scan:



OPT

K
KENSINGTON PARK
A Senior Living Community

Welcome to Kensington Park Senior Living



Visit our website for upcoming events

OUR PARTNERSHIP BEGINS WITH YOU & YOUR FAMILY

At Kensington Park Senior Living, we promise to love and care for your family as we do our own.

What breathes sunshine into our community is our unwavering commitment to partner with you and your family. Our goal is to incorporate your family's already-cultivated wisdom and expertise into a

strong, resident-centered care plan. The moment someone decides to join Kensington Park, whether it be in Independent Living, Assisted Living or any of our three levels of Memory Care, we vow to make all residents feel right at home, just like family. **Call us today to learn more about our community.**

(301) 946-7700 | 3620 Littledale Road | Kensington, MD 20895 | www.KensingtonParkSeniorLiving.com

Independent Living, Assisted Living & Three Levels of Memory Care



Assisted Living Primer

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

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

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



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

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

homes.

Maryland has developed a three-tiered approach to licensing and regulating assisted living facilities. The major variable is the type and degree of assistance with medications that is authorized. Level I licensees (mostly smaller group-home facilities) may only provide “assistance with taking medication or coordinating access to necessary medication and treatment.” Level II licensees are permitted to “administer necessary medication and treatment, including monitoring the

effects of the medication and treatment by staff.” Level III licensee responsibilities may include “monitoring or arranging for monitoring of the effects of complex medication and treatment regimens, ongoing therapeutic intervention or intensive supervision to manage chronic behaviors.”

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

For a complete list of licensed licensed Level I and Level II Assisted Living Facilities in Montgomery County scan:



OPT

Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.



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American Catholics more likely to say climate change a shared responsibility

According to a new survey of American attitudes about climate change, most Americans think the U.S. bears the responsibility to help other countries cope with climate change, and that immediate action must be taken to limit its impacts in the U.S. and abroad.

“These responses show that the majority of Americans feel the urgency of the global climate crisis, and the need to act on it,” said Bill O’Keefe, Catholic Relief Services (CRS) executive vice president of Mission, Mobilization and Advocacy. “This is good news. As one of the most influential countries in the world, U.S. leadership on climate change is critical, especially given the grave threat those CRS serves face.”

The survey, released by CRS as part of its newly launched climate change campaign, shows that three out of every four Americans agree that action must be taken immediately to limit the impacts of climate change within the U.S. At the same time, 69% express the same sentiment about taking action to lessen its impacts overseas. Meanwhile, more than half of Americans – 55% – feel the U.S. has a responsibility to help other countries cope with the effects of a warming planet. When it comes to the views of American Catholics, CRS’ survey found that they are five times more likely than their non-Catholic counterparts to express that climate change is a shared responsibility that requires a collective response.

CRS’ findings come on the heels of several recent international climate-drive emergencies, such as the unprecedented flooding in Pakistan that left a third of the country under water, killing more than 1,600 people and displacing over 33 million. The results also come ahead of this year’s United Nations Climate Change Conference – commonly referred to as COP27 – the annual international climate negotiations, to be convened in November.

“We hope this information helps inform U.S. lawmakers about the willingness of Americans, especially American Catholics, to act on behalf of the poor and vulnerable overseas,” O’Keefe said. “In the words of the Holy Father, ‘Our relationship with the environment can never be isolated from our relationship with others and with God.’”

CRS worked with Big Village, a New York-based research company, to produce the online survey, which was conducted in August among a demographically representative U.S. sample of 2,000 adults 18 years of age or older.

Key Findings:

- 75% of Americans agree that action must be taken immediately to limit the impacts of climate change within the U.S. In comparison, 69% express the same sentiment when taking action in other countries.
- 5% of Americans feel the U.S. has a responsibility to help other countries suffering from the effects of climate change.
- Most Americans – 85% – say



that at least one event would motivate them to take action to combat the effects of climate change in other countries. Drought-induced famines and

catastrophic, widespread flooding are top of the list of motivating events.

- When asked what words or phrases come to mind when

they think of climate change, American Catholics were five times more likely to express that climate change is a shared responsibility that requires a collective response than their non-Catholic counterparts.

- Most Americans – 85% – have taken one or more personal steps to reduce their negative impacts on the environment, such as recycling. However, few are taking collective actions to address climate change, like supporting an organization that fights climate change (19%) or participating in a group action to call attention to the impact of climate change, such as a march, protest or boycott (11%).

- Hispanics are 14 times more likely than non-Hispanics to volunteer that humanity’s response to climate change is insufficient when asked what comes to mind when they think of climate change.

The World Bank estimates that by 2030, climate change will push more than 100 million people into extreme poverty. However, at little more than \$20 billion a year, international finance for climate change adaptation remains far below the annual \$70 billion that developing countries are estimated to need.

“When climate change meets poverty, as it is in the Horn of

Continued on page 24

Holy Redeemer Christmas Fund Raiser

Friday December 23 4:00 PM – 8:00 PM

Holy Redeemer Auditorium Kensington, MD

Proceeds for PATRICK DURKIN’s healthcare

This video link from Channel 9 below tells you everything you need to know about Patrick’s situation. Please watch it: [Quadriplegic Maryland Man: Medicare Medicaid forcing out of home | wusa9.com](https://www.wusa9.com/video/quadriplegic-maryland-man-medicare-medicaid-forcing-out-of-home/)

'I am very afraid' | A paralyzed Maryland man says Medicaid is forcing him out of his home and into an institution



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More St. Mary - Rockville News on Page 34



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Trunk or Treat got extra spooky this year!



What fun gathering Halloween loot with our best friends!

Trunk or Treat!

By Kathleen Morris

This year, Saint Mary's School hosted the Second Annual Trunk or Treat. The weather was beautiful on a Thursday evening in October as families gathered in the large parking lot behind the school and the church. Trunk or Treat is a fun alternative to traditional trick-or-treating and allows for everyone to safely interact while the kids go from car to car in a fun, safe environment.

On October 27, dozens of St. Mary's families participated, arriving to the parking lot early and decorating their cars and trunks with spooky and silly Halloween decorations. Some families

went all out with Halloween props, fog machines and Halloween music playlists.

Parents, teachers, and children dressed up in their Halloween costumes for the event. As the sunset, children went "trick-or-treating" from one car to the next. Some cars handed out traditional Halloween candy, others handed out glow sticks or goody bags.

The event was a fun, safe way for the kids to experience the joys of Halloween with their school friends and community. It was a great head start for trick or treating, as some kids' experiences were rained out on Halloween. Saint Mary's hopes to continue this fun, new tradition for years to come!

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Our friendly neighborhood dinosaur greeted the children during the St. Mary's Trunk or Treat.

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Save the Date: Under the Sea Gala 2023

By Kathleen Morris

Saint Mary's is thrilled to announce the date for the Annual Auction and Awards Gala: Saturday,

February 18, 2023. This year's theme is "Under the Sea" and our fearless Gala Coordinator is Mrs. Pauline Tohotcheu.

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.

Save the date and prepare to eat, drink, and dance the night away! Our committees are busy planning, but more volunteers are always welcome to help with donations, raf-



St. Mary's Gala is always a festive celebration of our community as well as our biggest fundraising event of the school year.

fles, decorations and sponsorships. Be sure to save the date, and we hope to see you on February 18th!

OPT

Cross Curricular Learning in Sixth Grade

By Tiara Butler, Art Teacher

We believe that cross-curricular activities help develop the child's full capability to learn the content. For example, our first rotation of 6th graders will be introduced to Edgar Allen Poe's literature and have created art pieces highlighting his work in visual art. They felt that his style was aligned with the October Halloween theme because he tended to be more dark, mysterious, and macabre.

Our scholars felt that they had grown so much doing this project! In addition, they have learned the difference between



Sixth-grade students learn about Edgar Allen Poe in a cross curricular project with art and literature.

watercolor and acrylic paints. They have developed their skills in blending and creating shades and tints with paints.

OPT

Bienvenue, les Chouettes! (Welcome, Owls!)

By Madame Jibladze,
French Teacher, World Language
Team Leader

Our seventh-grade French class has an exciting new partnership this year with the four-year-old Montessori *Chouettes* (the Owls). Every Wednesday, half of *les Chouettes* come down to enjoy 25 minutes of French with their Upper School French *amis* (friends). We sing songs, practice dialogues, learn new words, and simply have fun in French together.

Half of the Owls take French the first half of the year, while the other half take Spanish, and then they'll switch. In the classroom, they work in small groups made up of a couple of *Chouettes* and a couple of seventh graders, and it's beautiful to see how much the little ones look up to their older buddies and how excited the seventh graders are to share their knowledge and skills.

Having a bunch of teacher's assistants around the room means each *Chouette* gets a lot of personal attention and connection, in addition to a lot of input and practice in the target language. I'm very grateful to teach in a place where students start learning languages so young, and where we can arrange partnerships such as this one!



Montessori students at The Woods Academy learn French with their seventh-grade friends.

Business School at The Woods

By Joe Powers, Head of School

One of the great pleasures I have each year is teaching the Business School course to our fifth graders. It is a challenge to remain connected to the classroom as a Head, but a sheer joy to be with the students simultaneously. It is always a highlight of my week. There is no better way to practice what I preach with our students and faculty.

The course focuses on personal finance, investing, public speaking, and entrepreneurship. We have student-advised investment funds of approximately \$20,000 across the four upper school grades, and students create real businesses that they build, seek funding for, and run at school. The students learn so much from triumphs and failures in this course.

Ten-year-old students are not usually managing an investment portfolio for the school or creating a business as part of their education, but ours do. We recently went through our process to invest funds for the school. Students served as investment advisors on the fund and when they graduate, we will sell the portfolio and they get to decide where



Head of School Joe Powers teaches Business School at The Woods for 5th grade students.

to donate any profit they have to the school. Last year, the Class of 2022 had a profit of about \$7,500 and donated their proceeds to our Capital Campaign. Talk about leading a life of significance and the practice of giving back! This work highlights my belief in students' potential and the importance of providing opportunities for them to develop agency. The future is bright.

OPT



Fifth-grade students at The Woods Academy learned first hand about some of their curriculum at Bretton Woods.

Cultivating Connections at Bretton Woods

By Mrs. Megan Mullally,
fifth and sixth-grade Science Teacher

Making connections is an essential part of school. When students feel connected to their peers and teachers, they are more motivated and perform better in school.

In the Upper School we focus on cultivating these relationships during advisory and class on a regular basis. Additionally, this

year we were able to resume our overnights in Upper School classes. Their return has provided an opportunity for team building and bonding that has been missing during COVID.

Students bonded over setting up their tents for the night.

"I really liked that it was like you were going camping but it was with all your school

Continued on page 25

The Woods Academy

6801 Greentree Road
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Head of School, Joseph E. Powers

OPT Editor, Caitlin Chalke
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Upcoming Advent Events

The Season of Advent began on Sunday, November 27 and will continue through Saturday, December 24th. During this time the faithful are called to prepare themselves for Christ's Second Coming and his birth by love for God and others, penance and conversion. During the four weeks of Advent, parishioners will be provided with activities and prayers to help them in their preparation for the coming of the Lord, so that this Advent might be a spiritually meaningful one.

Lessons and Carols: Please join us for a bilingual service of scripture readings and music to help us to prepare for the upcoming Christmas season on Sunday, December 11 from 4:00-5:30 p.m. It will feature the Music Ministry of St. Michael's.

Parish Celebration of Our Lady of Guadalupe: The Feast Day of Our

Lady of Guadalupe, Patroness of the Americas will be on Monday, December 12, 2022. Please join us for Mass at 8:00 a.m. and 12:00 p.m. in English and Mass at 7:30 p.m. in Spanish. After the Mass in Spanish at 7:30 p.m., the celebration will continue with a Mariachi Serenade to Our Lady in the Williamsburg Room.

Advent Catechesis: All are welcome to attend the Advent Catechesis with Msgr. Tolentino, centered around the theme "Mary in the Nativity". The event will

take place virtually every Thursday in Advent, including December 15 and 22, beginning at 7:00 p.m. The link can be found on the parish website.

Catholic Charities Donations: St. Michael the Archangel will also participate in a Catholic Charities donation every Sunday of Advent. Each Sunday will focus on a specific item. Check the parish website or the bulletin for information about upcoming donations. Thank you for your generosity!

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Feast of Our Lady of Guadalupe Fiesta de Ntra. Sra. de Guadalupe

Mass Schedule / Horario de Misas
December 12, 2022

8:00 a.m. English

12:00 p.m. English

7:30 p.m. Español

Mass in Spanish will be followed by fellowship and Mariachis for Our Lady of Guadalupe in the Williamsburg Room. All are invited.

Después de la Misa en Español le seguirá un compartimiento y una serenata con Mariachis para Nuestra Señora de Guadalupe en el Salón Williamsburg. Todos están invitados.



St. Michael's Parish

805 Wayne Avenue
Silver Spring, MD

Rev. Msgr. Eddie Tolentino,
Pastor

301-589-1155

Cindy Méndez,
OPT Editor

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CLIMATE CHANGE

Con't from page 21

Africa, it is a perfect storm of challenges, with millions of people at risk of going without food and water," said Yohannes Subagadis, a CRS agricultural expert from East Africa. "As the world experiences increases in prolonged droughts, catastrophic storms, record temperatures and rising sea levels, countries must work together to protect all the people on the planet."

CRS works with communities

in dozens of countries to adapt to climate change. Climate change adaptation programs, like those funded by the U.S. foreign assistance budget, can include providing farmers with drought-tolerant seeds and helping communities living in disaster-prone areas create evacuation plans in case of powerful storm surges. CRS' new climate change campaign aims to mobilize Catholics in the U.S., and others of goodwill, to engage in advocacy and fundraising activities in support of such programming.

OPT

Respect and Defense of Human Life

By Elizabeth Verzariu

It has been a busy year for OLVP for Life, an active ministry at Our Lady of the Visitation committed "to defend life at all stages, from natural conception to natural death." The committee has worked hard to organize and implement programs and activities that fulfill their mission, including the most recent below.

Memorial Garden

Currently, the committee is working with Father Greg Shaffer on the creation of a memorial garden designed to offer those who have lost a baby through miscarriage or abortion a quiet place for prayer and reflection. The design of the garden will be shared with the community in the coming months, and will offer an opportunity for those interested to order a memorial plaque to be permanently installed in the garden.

The idea of the Memorial Garden has been well received by OLVP parishioners and by the community at large and, when finished by late Spring 2023, will be the first of its kind in the area. Updates on the project will be



Praying at the 40 Days for Life Vigil in Bethesda.

posted on the parish website at <https://olvp.org/olvp-for-life>.

Respect for Life Month

• During *Respect for Life Month* in October, OLVP participated in

the 40 Days for Life campaign to end abortion. Parishioners prayed the rosary weekly in peaceful vigil in front of LeRoy Carhart's abortion clinic at the Wildwood Medical Center in Bethesda, Maryland.

• Abby Elias, Community Outreach Coordinator at the Shady Grove Pregnancy Center, was a guest speaker at the 11:00 a.m. Mass on October 23. Abby spoke about the need to reach out to those facing an unplanned or

unwanted pregnancy, about the many free services the Center provides and how we, as a parish, can help. In addition to continuing the parish's material support for mothers and babies, the committee has partnered with the Center to promote volunteerism and to provide information to those in crisis pregnancies.

• Committee members attended the Shady Grove Pregnancy Center's Annual Banquet Fundraiser. David Bereit, founder of the global 40 Days for Life campaign, was the keynote speaker for the event.

March for Life 2023

Plans are underway for OLVP's participation in the *March for Life* rally in Washington, D.C. on January 20. The OLVP for Life ministry will sell tickets for all those who plan to attend. Tickets will include a round trip bus ride and lunch. Among the notable attendees at this year's rally are Tony Dungy (Pro Football Hall of Famer) and Jonathan Roumie (actor who portrays Jesus in *The Chosen*).

OPT

Angels on the Run

By Catherine Pulse

"Give thanks to the Lord, for He is good, His love endures forever," (Psalm 136.1). It is with a spirit of gratitude and thanksgiving, a traditional event at St. Raphael School allowed an additional opportunity for our school and parish communities to give thanks and glory to God.

St. Raphael School was excited to host our 11 annual Angels on the Run: Turkey Trot edition, on Saturday, November 12. It was a gobbling good time, filled with school spirit amongst students, teachers, clergy, families, sponsors, and members of the parish community.



Above, K-8 students get ready to put speed through St. Raphaels Angels on the Run. Photo by Linsey Brault

Left, St. Raphael parishioners and school families celebrated the start of Advent with a wreath making event. Photo by Laura Magafan

Right, the Pardo family shows off their race day smiles. Photo by Linsey Brault



The event kicked off with a Pie and Packet Pick up event on Friday, November 11. Festive tables were decorated with turkey lollipops, fall crafts, pumpkin tic-tac-toe boards, and pie, of course! Children wrote

what they are thankful for on the table of gratitude pumpkins. Families picked up their race packets, decorated with fall leaves, full of treats from our generous sponsors and race shirts. The evening was joyful and the pie was tasty!

Runners and friends joined

together outside the Trumpet Room, bright and early the next morning. The Arrangement Band welcomed attendees with energizing music, while PE teacher, Andrew Price, led the warm-ups and stretching. The morning races began with the cherub run: a fun run designed for the littlest SRS angels. This was followed by

the one mile run and the 5K run throughout the adjacent neighborhood. This year's course was particularly challenging with a number of hills, especially toward the end of the run. That didn't stop our runners from working hard all the way until the finish line!

Way to go, SRS runners!

Participants enjoyed many delicious snacks, more fun filled crafts, a bake sale hosted by the 8th grade class, and a photo area with Thanksgiving-themed photo props. Friends enjoyed cups of apple cider and hot chocolate, as they awaited to hear winners of a fall-inspired raffle. Winners took home either an inflatable turkey, an apple basket, or a chocolate/s'more basket.

The St. Raphael Community also collected canned and packaged food for the Manna Food Center. Together, we collected several large boxes-full of donated food to help those in need. What a special gift during this Thanksgiving time.

The turkey trot theme added a new



twist to a St. Raphael tradition, and we look forward to exciting events like this at our school in the future!

OPT



The Woods Academy fifth grade students bonded on their overnight trip to Bretton Woods this year.

BRETTON WOODS

Con't from page 23

friends. I really liked making s'mores in a bonfire. Thank you for the awesome experience." –Dexter

Teachers and students flew along ziplines and shot bulls-eyes.

Curriculum was tied in with a wonderful talk about Otzi.

"I really liked the zipline and the giant swing. Thank you for teaching me how to shoot a bow and arrow. Thank you for teaching me about Otzi's stuff and for teaching me about fire." –Mateo

I witnessed teamwork, cheers of encouragement, student-teacher bonding, and smiles for days.

This was certainly a memorable experience for all!

"The tents were cold, but the friendships felt warm!" –Mollie

"Something I enjoyed was the Valley Zipline because it was fun, and I made the hula hoop onto the cone. I also enjoyed the Night Hike because it was a good walk and we saw a beautiful sunset. I would like to thank everyone at Bretton Woods for giving us the opportunity to do all these wonderful things." –Fred

OPT

12 Days of Christmas

By Laura Long

Advent is upon us; a time to prepare ourselves for the birth of Jesus. During this joyous season, we engage in prayer, good works, and eventually, celebration! These Advent practices are included in one of St. Raphael School's newest traditions, *The 12 Days of Christmas*.

Author Kelley Armstrong once said, "When times are tough...the tough get creative." And during the pandemic, the St. Raphael School (SRS) community proved just how tough it was, finding innovative ways to honor beloved school Christmas traditions. It was the ingenuity of then-Home and School Association (HSA) President, Sabrina Colaanni, that led to the development of a brand-new celebration: *The 12 Days of Christmas*. Sabrina and a cadre of volunteers planned twelve unique events throughout the month of December that captured the spirit of the holidays and could be enjoyed safely.

Although the worst of the pandemic seems to be behind us, this year's HSA will continue *The 12 Days of Christmas*, incorporating school traditions, favorite past events, and a few new activities. An Advent Wreath Making family event, hosted primarily by the St. Raphael Nursery School (SRNS), is the first event of the series. The Advent Wreath reminds us to prepare spiritually for Christ's birth. The lighting of each candle is often accompanied by a Bible reading, devotional time, and prayers.

Service is always a part of the St. Raphael holiday season and is included in *The 12*

Days of Christmas. Raphael House residents will continue to be the primary beneficiaries; students love spreading holiday cheer to their neighbors! For the third straight year, parents and children will create a winter wonderland outside Raphael House with festive decorations. In addition, school families will donate individual presents for residents as well as prizes for their regular BINGO games.

Christmas is a time of celebration, fellowship, and good food! A tradition put on pause that will be revived this year is Breakfast with Santa, an event hosted primarily by the parish. Families enjoy a delicious breakfast provided by the Knights of Columbus, children engage in various crafts and games, and Santa makes a special appearance! It's a festive way for the entire St. Raphael community to welcome the holiday season together.

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Pilgrimage Group Learns about American Church History

By Liz Cannon

Less than two hours away but within the Archdiocese of Washington, the pace of life is slower, the land is vast and the history of the Catholic Church in America is rich. On a cool September day, Father Stefan Yap, parochial vicar of St. John Neumann Parish in Gaithersburg, led 50 women on a day of pilgrimage to three parishes and the Carmel Monastery.

The group's first stop was Carmel of Port Tobacco, the first Carmelite Monastery, and the first Catholic Convent in America. Inside the chapel, Fr. Stefan Yap led the group in morning prayer, and he shared a bit of the history of the sisters and Catholicism in the United States. After moving to Baltimore at the request of the bishop, the sisters returned to Port Tobacco in 1936 and continue the cloistered tradition of their order to this day.

The second stop was at St. Ignatius-Chapel Point. The pastor, Father Thomas Clifford, welcomed the pilgrims warmly and gave a brief history of the church which overlooks the Potomac River. The church was founded by the Jesuits in 1641 and is the oldest Catholic parish in continuous service in the United States. The church kneelers are embroidered with different pat-



Pilgrimage Group from St. John Neumann. Photo courtesy of Liz Cannon



The cemetery overlooking the Potomac River at St. Ignatius-Chapel Point. Photo courtesy of Liz Cannon



Father Thomas Clifford speaks to the Women's Group inside St. Ignatius-Chapel Point Church. Pilgrimage Group from St. John Neumann. Photo courtesy of Liz Cannon

terns. Father Clifford explained that families at one time had their own pews and they personalized them with kneeler covers.

After lunch at Captain Billy's in Newburg, the group visited Holy Ghost Parish in Issue, Maryland. The parish's Administrator is Fr. Bill Wadsworth, a former parochial vicar of St. John Neumann Parish. Fr. Bill and Fr. Stefan concelebrated mass in the beautiful church. Father Bill spoke of the generations of families that are parishioners there and how many of them work the land and water. There is also a beautiful chapel that belongs to the parish just a few miles away that overlooks the Wicomico River.

The group also was able to visit the shore of Breton Bay where they were able to see St. Clement's Island in the distance. This spot was where the first Catholic Mass was celebrated in the English-speaking colonies.

The pilgrimage's last stop was at St. Francis Xavier in Newtowne. After Mass, the parish Administrator and friend of Father Stefan's, Father Ryan Islo Pineda, boarded the bus and spoke about the history of the grounds, and gave a blessing before the trip home.

OPT

Saving Both Their Lives: The Essential Services of Life-Affirming Pregnancy Centers

By Marisa Stoolmiller

On September 23, the Respect Life Committee at St. John Neumann Church hosted Abby Elias, Susan Veirs, and Kathleen Carter from Shady Grove Pregnancy Center, who gave a presentation about their important mission to help women facing a crisis pregnancy. The center provides free pregnancy tests, ultrasounds, parenting classes, baby clothes and supplies, along with anything else a new parent might need. The group also performed a role play of what happens in an encounter with a pregnant woman the first time she reaches out to the center.

Elias enlightened parishioners to the fact that many women want an abortion because they don't know what else to do. The counselors at Shady Grove Pregnancy Center will walk alongside the women without expectation or judgment. The center will provide the support she needs in order to have the freedom



Models show the baby inside the womb during weeks 8, 12, and 18 during pregnancy. Photo courtesy of Marisa Stoolmiller

in which to make a life-affirming choice.

Especially now, in a post-Roe world, the counselors stressed the need to be there for mothers and children. Shady Grove Pregnancy Center, and other life-affirming centers, survive completely on

donations. They do not receive any Federal Aid, nor do they charge for their services. They also face an uphill battle as these centers are often under attack by pro-abortion groups that find them a threat.

Crisis pregnancy centers are a critical piece in helping us pro-



Representatives from the Shady Grove Pregnancy Center speaks at St. John Neumann Catholic Church in Gaithersburg. Photo courtesy of Marisa Stoolmiller

mote a culture that gently supports women who find themselves scared and afraid due to an unplanned or unwanted pregnancy. The fact that these beautiful and caring institutions have been the target of anti-life groups should make our hearts heavy. Please keep the Shady Grove

Pregnancy Center, and the women they support, in your prayers. For more information on the services they provide, visit www.pregnancy-options.org.

OPT

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



Youth from The Roman Catholic Archdiocese of Washington are invited to participate in a Youth Mass of Celebration and Thanksgiving at the Cathedral of Saint Matthew the Apostle in Washington on January 20, 2023. For more information visit: adw.org/youth-rally-mass-life/

Morning Show Educates, Entertains

By Jane Bornhorst

On Tuesday and Friday mornings, students at Saint Peter's School in Olney put on a live broadcast news show for the entire school community. A different group of students participates each week.

"They quickly learn that speaking clearly and slowly, which is hard to do in front of a camera, as well as delivering with energy and smiles and timing their joke delivery is not as easy as they thought," says Mr. Stephen Szot, technology teacher and staff facilitator for the show. "They learn that preparation helps by practicing the show script the night prior to airing."

Students learn to be part of a team, work with others, and develop communication skills. They also gain a sense of pride from appearing on the show.

Some grades have specific roles on the program. Eighth grade anchors and third grade weather reporters learn to read from and control a teleprompter.

Fifth graders learn to operate a complicated sound board, and a digital video camera.

"Framing the optimum shot during a show with backdrop TVs and projectors with any number of students is critical to producing a professional morning show," Szot says. Students also learn how to make "hand-offs" from anchor to guest speakers, weather presenters, and others.

Eighth grader Alexandra Kissal has had the opportunity to work as an anchor for the show. One of her favorite aspects is leading



Students from different grades work together to produce a morning news show.



the school in the Morning Prayer and The Pledge of Allegiance. "Working on the Morning Show has provided me important lessons including hard work and accountability," said Alexandra. "There is a lot that goes into the Morning Show production, and it is truly a team effort."

The show would not be possible without the help of faculty and staff, including Mr. Peter Nguyen, music teacher. Also, school faculty and staff provide weekly content including special events and class projects to showcase.

"Our show brings the school together twice a week and keeps everyone informed of important events like tag days, school plays, bake sales, mass, and other

student-centric events," says Mr. Szot.

The morning show is also streamed on YouTube, allowing parents, grandparents, and friends to watch the show live or on demand.

"Everyone comes together to make the show a success demonstrating the pride in our wonderful school and sharing our Catholic faith with family and friends," Mr. Szot says.

The Saint Peter's school morning show can be enjoyed by visiting bit.ly/SPOmorningshow.

OPT

Saint Peter's School Continues "Hall of Saints" Tradition

By Alissa Czyz

On All Saints Day, Saint Peter's fourth graders assumed the role of their favorite saint and relayed their life stories to an audience of fellow students, parents, and faculty.

Each year, fourth grade students choose a saint to research as part of a Religion class assignment. They gather information about the saint's life, including at least seven interesting facts about the saint, a memorable story, and why they



Fourth graders share information about the saints they have researched.

ence to meet each saint. "The saint will come alive and let you know about his or her life and story," said Mr. Abreu.

The saint project is an annual tradition at Saint Peter's. "It's not only about learning to do research," said Mrs. Eunice Pak, fourth grade teacher. "It also allows the students to connect to a saint. It's an exhibit, but it also brings the community together."

"I enjoyed learning about my saint, Saint Paul," said fourth grader Alexander Czyz. "He started off in life as Saul. He was not a very good person then. But he ended up spreading the word of God to many people."

"The Hall of Saints is a beautiful event," said Mrs. Pak. "It reminds us we are all being called to be saints ourselves."

OPT



admire the saint.

Each student creates a poster with their saint's story, including pictures. They dress up like their saint and prepare a short oral presentation to share with the audience during an exhibit called the "Hall of Saints."

Saint Peter's principal, Nelson Abreu, kicked off the event on November 1, encouraging the audi-

Fall Service Day: An Awesome Way to Love Others as Jesus Did!

By Sue Hermann

On November 6, the Saint Peter's Youth Ministry (SPY) held a parish community service day for seventh through twelfth graders and their families. Several adults and teens participated. Donations were much appreciated and were provided by both parishioners and youth ministry families. It was a great day to serve others- especially those less fortunate than us. Through Christ's example and by our faith, we are all called to serve others in some way. The teens learned that service not only includes the giving of their time and donations, but also the importance of their sacrifices, their kindness, their love, and their prayers for others in need. Jesus said in Matthew 25 that "Whatever you do for the least of these, you do for me!" His mercy endures forever!

We completed four different



Saint Peter's Youth Ministry gathered for a Fall Service Day

service activities- filling Boxes of Joy that will be distributed through Cross Catholic Outreach, wrapping cutlery for the upcoming Breakfast with St. Nick, making Breakfast bags for the Homeless, and creating beautiful Thanksgiving placemats for the elderly at a local nurs-

ing home. The Boxes of Joy program has become an annual service opportunity for SPY, as well as other parishes in the Archdiocese.

Some feedback from the teens included:

"It means a lot to provide socks, soap and school supplies to kids in



need because I don't know what it is like to grow up like that." Adam Colville, 13

"I hope that the impact is that the children get to open their boxes and feel joy and love, that someone cares about them." Rita Hauge, 16

Our service day concluded with

Father Nicholas Morrison providing a special blessing for all participants and all the recipients of the service projects that were completed that day. We are so proud of the huge impact our teens made on the lives of others through their many charitable works. Stay tuned for another day of service in January to commemorate MLK, Jr. day!

OPT

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Olney, MD

Rev. Thomas Kalita, Pastor

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stpetersolney.org

St. Peter's School

Mr. Nelson Abreu

Interim Principal

301-774-9112

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The St. Patrick's community donated and sold \$40,000 worth of treasures to benefit Life Connection Mission.

Thank you for Supporting Life Connection Mission at Our Haiti Yard Sale Held at St. Patrick's School!

Life Connection Mission would like to extend our thanks and appreciation for the success of our Annual Haiti Yard Sale held at St. Patrick's in October. So many donated, volunteered, and shopped to support this important cause and we could not have been successful without the support of so many in our community. Not only did we reach our goal of \$30,000 but we greatly surpassed it (and donations continue to roll in!). We are thrilled

to share that we have raised more than \$40,000 for Life Connection Mission. Great things happen when good people come together; the result is simply remarkable! Thank you to the St. Patrick's community for being an incredibly generous and supportive parish and continuing to care for the children in Haiti. Save the date for Yard Sale 2023 on Saturday, October 14!

OPT



Teamwork is a key part of the giant swing.

Middle School Students Attend Camp Calleva for a Day of Teamwork and Challenges!

The St. Patrick's sixth, seventh, and eighth grade students spent the day at Camp Calleva on October 20th where they enjoyed a day full of fun problem-

solving activities. Working together in teams, students enjoyed swinging from a giant swing, tandem wall climbing where students had to closely coordinate each maneuver with each other to get to the top, balancing on beams with the help of friends, among other fun and exciting activities. Students encouraged each other to complete each task and showed compassion when things were difficult. It was a memory filled day that was enjoyed by all.

OPT

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St. Patrick's School
Ms. Christie Anne Short,
Principal
301-929-9672

Parish Editor
New Volunteer Needed
Contact rectory to apply

**More St. Patrick News
on Page 39**



On Tuesday, September 20, our entire school enjoyed an in-school field trip as we traveled back in time to Colonial Days. Students spent the day making jewelry, creating journals using leather, working with metals, writing with quills, and playing games from the days of old!



The students enjoyed the opportunity to work together and learn about our history through hands-on activities. We all left the event with a new appreciation for our modern advancements.

A Journey to Citizenship

By: Molly Schmidlein

Mrs. Salvado and her family have been an important part of the St. Patrick's community for many years. Most people know Mrs. Salvado as the primary Spanish and technology teacher, a great substitute teacher, and the mother of Nacho, Martin, Feli, and Bauti. On Tuesday, October 25 our community got a chance to celebrate these amazing people by throwing a mini party for them, all who are now official American Citizens. Becoming an American citizen is a big milestone in the Salvado's lives, and something they have been waiting on for many years.

Mrs. Salvado is thrilled to be an American citizen, especially now that she is even more a part of the country two of her children, Bauti and Feli, were born in. Mrs. Salvado remarks, "I've been smiling since I passed my interview, and



The Salvado family celebrates becoming American citizens.

even more after taking the Oath of Allegiance. I feel happy and safe. We are finally, officially, part of the most beautiful, free, and powerful country in the world. It is the American Dream at the end of the day. It is not a cliché. It's the real deal."

Most people don't know how

strenuous the process is to become an American citizen, and how difficult it can be. The Salvados got to experience this process firsthand. The journey can be different depending on the person. While some people start as a refugee, one of the toughest journeys, or with a "green card lottery", it started for the Salvados many years ago with a student visa. "We resided in Cambridge, Massachusetts, where my husband attended college. After that, we moved to Tunisia, North Africa, for a couple of years, and then came back with a work visa. Three years later, my husband was sponsored, or mentored, by his employer to apply for the most important little plastic rectangle ever: the green card (formally known as the Alien Registration Card), which gives you the status of a 'lawful permanent resident'.

Continued on page 36

St. Patrick's Holds Its Annual Sip and Shop!

St. Patrick's hosted our annual Sip and Shop event on Thursday, November 10 with the most attendees and vendors since we started this tradition in 2016. We invited more than 60 vendors specializing in jewelry, personalized items, artwork, clothing, holiday decorations and lots more. The Sip and Shop is a great way to support local small businesses while bringing our community out for a fun filled evening getting ready for the holiday season. Our event chairs Karen Boone and Christina Grantham returned to chair the event for their second year in a row and were able to increase the number of vendors and the number of attendees. It was an evening full of Christmas music, community



They gym was packed with vendors and shoppers, helping to make this year's Sip and Shop a success.

building, and shopping to help us enjoy the most wonderful time of

the year! We are already looking forward to next year!

OPT

You shoulda been there! Cardinal Gregory showed up to play golf at the annual fundraiser for the St. Paul medical clinic in Honduras. He's shown here surrounded by three clergy and one layman (Fr. Charles Cortinovis, Clint Lamerson, Wilton Cardinal Gregory, Msgr. Edward Filardi and Fr. Peter Sweeney), but it wasn't like that all day. He's a kind and accessible man, a beloved leader, ready to help.



Gabriel Project Comes to Damascus

St. Paul Church is the latest parish in the county to become part of the Gabriel Network, empowering women to choose life. Pregnancy centers offer counseling and advocacy and immediate practical support to women and couples facing an unplanned pregnancy; the Gabriel Network offers individual (and family) support delivered to the client's home for as long as necessary.

Two volunteers in the parish – Angela Kiselica and Eileen Miller – are supporting clients referred to them by the network. Their husbands and the Knights of Columbus

– especially Bashar Haddad – are helping to assemble cribs and move supplies. The volunteers – called “angels” in the Gabriel Project – do not speak Spanish, but Patricia Stack is their translator.

The blue signs of the Gabriel Network that dot the county in front of churches are not just political slogans; they are offers of real help. The tension from an unexpected pregnancy can quickly turn into a crisis. The network provides welcome and support without judgment. The sign for St. Paul's is on the way!

OPT

Parish Rosary Rally Marks the Events at Fatima

By John Cavanaugh-O'Keefe

On October 17, the 105th anniversary of Mary appearance at Fatima in Portugal, parishioners gathered to pray the Rosary. The prayer was public – not inside the church, but in front of the church, by the road.

In 1917, three children reported seeing Mary. There were six apparitions between May and October; the last included the “miracle of the sun,” witnessed to about 70,000 people: the sun appeared to dance in the sky. Mary called people to repentance and prayer, including greater attention to the life of the



Participants at the Rosary rally included members of the Catholic Daughters of America and the Knights of Columbus. Charles Appleby, from one of the founding families of in the parish, attended (blue shirt). There were also parishioners from Vietnam, Cameroon, and the Middle East.

heart – a devotion to her heart and the heart of the Lord. The children reported that she asked especially for prayers for the conversion of Russia.

The rally included prayer for

the conversion of all souls, an end to abortion, and peace in our world. The group also prayed for a renewed and deepened devotion to the Immaculate Heart of Mary. Msgr. Filardi ended the Rosary

Rally by giving his blessing and distributing rosaries.

Some Catholics today struggle to understand Fatima, which is often surrounded by anti-Catholic and virulent anti-papal controversies. To

some, it seems to be a pious devotion from a different culture. But the Popes who worked to make real the reforms of the Second Vatican Council – St. Paul VI, St. John Paul II, Pope Benedict XVI, and Pope Francis – all made clear their own personal acceptance of Mary's appearance and message at Fatima.

In our time, says St. John Paul II, the meaning of the word “love” can be lost. But, he said, “solidarity” refers accurately to love – a love that is as much as possible effective. But sometimes “as much as possible effective” seems to be zero effective, at least temporarily; and solidarity still has meaning. Mary, at the foot of the cross, loved her son, and this love – this prayer, this solidarity – remains a model today. Her undistracted compassion for her son, her solidarity with him: that's the meaning of “immaculate heart.”

In March of this year, when Russia once again invaded a neighbor and threatened world peace, Pope Francis once again consecrated Russia and Ukraine to the Immaculate Heart of Mary.

OPT

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John Cavanaugh-O'Keefe
OPT Editor
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Mother Seton

Sodality Parish Food Drive at MSP

By Joan Tapocik

Our Sodality Parish Food Drive was a big success again this year. Thanks to the generosity of the Mother Seton parishioners, we were able to serve 53 families Thanksgiving and Christmas dinners. You can see from the photos all of the food collected and the bags assembled by our Sodality team.

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There's Always Room for More Angels

Christmas pageants are durable. The story line is predictable, but always and forever worth re-telling. The presenters are never perfect but always enchanting. The audience is guaranteed. Narrators ease the burden of memorizing lines. Mary and Joseph are prominent, but the central character is generally pretty quiet. There are some low-tension roles, including shepherds and assorted animals. And there's always always always room for more angels.



Above, Msgr. Macfarlane offers the Rite of Commitment to some of the Confirmation Candidates

Right, Fr. Kevin confers the blessing for Rite of Commitment on the remaining candidates.



Rite of Commitment



Cup of Joe

Members of the Youth Group and second year Confirmation Candidates prepare 300 meal snacks for the Homeless of the Diocese.

Mass of Appreciation and Pig Roast



Deacon Dave, Father Kevin, and Altar Servers welcome all to join in the Entrance Hymn.



The Slonski Family enjoying the bountiful choice of food available.



Barbecue Pit Master and parishioner, Chip Smallwood prepares to serve the smoked pig.

St. Mary's has begun this new season of fall with appreciation and renewal.

Our Faith Formation instruction has resumed. We are excited to see all our students safely on the parish grounds. Confirmation orientation for parents and candidates was held and new expectations of prayer and leadership were shared. We are all excited to help them on the final steps of this journey. Our first- and second-year candidates gathered for

the Rite of Commitment during two weekend masses. The second-year candidates were presented with their personal student Bible for their final journey towards Confirmation. Our youth continue to reach out to be of service to others in need. Once again, they will participate in the Cup of Joe program, assembling 300 food packets for the homeless of the Archdiocese.

An important outreach is the parish commitment is to our twin-

ning parish, St. Joseph's in Carcass, Haiti. We have continued to send food and funds throughout the pandemic, but the recent earthquake and political unrest, has made it more difficult. The faith community of St. Joseph's are grateful for all we have done for them, but are in desperate need of everything.

Fr. Kevin sponsors a Parish Appreciation and Pig Roast for the congregation each year. The event begins with a beautiful mass held

on the grounds of the parish. The congregation may sit under the tent or bring lawn chairs. The choir and musicians were in full attendance during the mass. Returning to this tradition was an exciting experience for the Faith Community. Father shared how the faith of the people and their good works reach far and wide. Many in the parish continued their outreach to the needy, sick, and homebound, during these difficult times. Parish Ministries con-

tinue to strengthen as more people are able to return to mass and parish organizations.

OPT

St. Mary's Parish

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**Rev. Kevin O'Reilly,
Pastor**

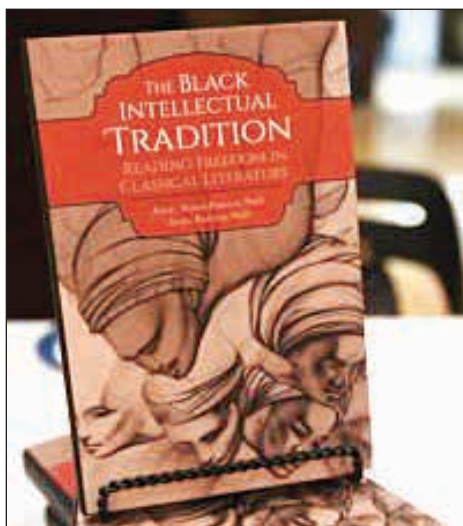
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Book Lecture and Signing: *The Black Intellectual Tradition*

On November 8, The Institute for the Transformation of Catholic Education (ITCE) and Classical Academic Press co-hosted a book lecture and signing for *The Black Intellectual Tradition* at The Catholic University of America. Co-written by Anika Prather, Ph.D. and Angel Parham Ph.D., this book brings to light our common heritage – Black and White – in the classics and the liberal arts.

ITCE Director, Sister Mary Agnes Greiffendorf, O.P., Ph.D., shares, "A little over a year ago, I became acquainted with Dr. Anika Prather and her incredible advocacy for classical Christian education, and I invited her to serve on the Board of Advisors for the newly-established Institute for the Transformation of Catholic Education. She brings an invaluable perspective as a committed follower of Christ, lifelong educator, and woman of color. I consider it a great honor



Learn More About The Black Intellectual Tradition Here! Photo: Patrick Ryan, Photographer at The Catholic University of America

that we were able to host Dr. Prather and Dr. Angel Parham at The Catholic University of America."

To prepare for this event, ITCE Program Manager, Sagra Alvarado-Hardy, worked with Alex Lash, CAP's Marketing Manager. Sagra says, "It was an honor to moderate this discussion. ITCE is proud to support one of its advisors and share the important messages discussed in *The Black Intellectual Tradition*. Dr. Prather and Dr. Parham are two incredible academics in their respective fields and I'm confident the audience gained valuable insights from their conversation." The evening started with refreshments and an opportunity to purchase a copy of *The Black Intellectual Tradition* at a sales booth that Alex Lash and Communications and Marketing Associate, Joe Saufley, held on behalf of CAP.

The lecture began with an opening prayer

led by Father Nicholas Blackwell, O.Carm. and welcome remarks given by Sagra. Dr. Prather and Dr. Parham then held their presentation in the form of a back-and-forth dialogue with one another. The audience appreciated the conversational approach between the two authors as they shared powerful testimonies from the past and present on how great works of the Canon can provide a path to unity and racial healing – because they unite us at the level of our common humanity and shared dignity. After Dr. Prather and Dr. Parham concluded their dialogue, the audience asked their own questions to the authors.

After concluding ITCE's first book lecture and signing, Sister Mary Agnes reflects, "I was deeply moved by the authors' sharing of their own experiences of racism, and how God opened paths to healing in their lives. These stories challenge me as a Catholic edu-

Continued on page 32

Thanksgiving Ecumenical Service Returns to Derwood, Bringing Christian Churches Together

By Melissa Montealegre Egan

On November 20, six male and female clergy members – three wearing their clerical collars and three donning their Sunday best – stood next to each other in the first pew at St. Francis of Assisi Church and gave thanks to their communal God.

It was the first time in three years that the Thanksgiving Ecumenical Service among churches in Derwood, Maryland, took place, due to the COVID-19 pandemic. More than 60 congregants from the four participating churches – Mill Creek Parish United Methodist Church, Redland Baptist Church, St. Luke's Evangelical Lutheran Church, and St. Francis of Assisi Catholic Church – attended.

Rev. Jeff Jones, associate pastor at Mill Creek Parish United Methodist Church, set an engaging tone for the service, delivering his remarks in the character



From left to right: Deacon Jim Datovech of St. Francis of Assisi Catholic Church, Rev. Mark Adams of Redland Baptist Church, Rev. John Dillon of St. Francis of Assisi Catholic Church; Rev. Peggy Peek of Redland Baptist Church, Rev. Jeff Jones of Mill Creek Parish United Methodist Church, and Rev. Sarah Lewis of St. Luke's Evangelical Lutheran Church pose November 20 immediately following the Thanksgiving Ecumenical Service held at St. Francis of Assisi Church in Derwood.

of William Bradford, the second governor of the Plymouth Colony. As he recounted the story of the Pilgrims' journey from England to

Leiden, Holland, to the New World and their first Thanksgiving with 90 members of the Wampanoag tribe in 1621, Jones emphasized how

their experience in America was similar to the Israelites' trials during their exile in Babylonia.

"It is an excellent story of people of faith acting and believing what they felt sacred and acting on faith," Rev. Jones said. "It makes the events of the first Thanksgiving more real."

The Thanksgiving Ecumenical Service among Derwood churches began in 1988, with the hosting rotating among the participating houses of worship. The ministers meet beforehand to plan the service and occasionally critique the remarks of the clergy person delivering the message. The service itself included a call to worship, hymns, prayers, a message to those gathered, and a benediction/blessing. St. Francis of Assisi's hospitality ministry also provided a buffet of light appetizers, desserts, and beverages.

Sue Adams, wife of Rev. Mark Adams, the pastor at Redland

Baptist Church, said her husband enjoys the fellowship with the other pastors and believes the service has brought down barriers between the Christian denominations.

"Derwood is a special community – they know each other," Sue Adams said. "[The service] should be the next extension of our faith."

Since the Second Vatican Council emphasized the importance of ecumenism, Fr. John Dillon, pastor of St. Francis of Assisi, said it's important for Catholics to consider how we can promote unity among Christian churches. Some ways ecumenism can be practiced is by not insulting other Christian denominations, dialoguing with one another, and reflecting before we speak, he said.

"Civility is a civic virtue that is often in short supply these days," Fr. Dillon said. "We can do a lot for promoting the common good by

Continued on page 32

St. Francis of Assisi Parish Helps Conversion of St. Paul Build a New Church

By Dan Cardile

Amid surging violence, increasing political instability, deepening poverty, and a global pandemic, a beautiful new church grew these past two years in the remote mountain town of Léon in southwestern Haiti, and is now ready for its inaugural Mass.

For many decades, the church of The Conversion of St. Paul sat high atop a hill in the center of town in Léon. But on October 4, 2016, Hurricane Matthew made landfall as a category 4 storm on Haiti's southern peninsula, making a direct hit on the



With Pere Jeanot, the pastor of Conversion of St. Paul's Catholic Church of Léon, Haiti, on the far right, young adults, teens, and children rejoice as they begin celebrating Mass in the newly rebuilt church, funded, in part, by direct contributions from parishioners at St. Francis of Assisi Catholic Church.

town of Léon. The monstrous storm tore through the village, destroying several homes and the church as well.

The Haiti Committee at St. Francis of Assisi Parish, which has been twinned with St. Paul's since the 1980s, immediately set to work trying to help this situation. At first, the Haiti Committee focused on helping with the most basic needs: food, water, medical care, and rebuilding homes.

Alongside these efforts, St. Francis also began the long process of raising money to help rebuild St. Paul's Church. The

Continued on page 33



On October 2, Spanish speaking Catholics pray during the inaugural Mass in Spanish at St. Francis of Assisi Catholic Church. On the altar, Fr. Fr. Grzegorz Okulewicz (center) celebrates the Mass, concelebrated by Fr. John Dillon (right) and assisted by Deacon Will Garica (left).

New Mass in Spanish Grew out of Parishioners' Dreams and Parish Community's Demographics

By Melissa Montealegre Egan

Nine weeks after St. Francis of Assisi Parish launched a new Sunday Mass in Spanish, the seeds carrying the hope for this liturgy are bearing fruit weeks, months, and years after they were planted.

One seed was families, such as Will and Lourdes Garcia's, who joined St. Francis of Assisi Parish in 1999, enrolled their children in Religious Education, volunteered in ministries, recently launched a Spanish Ministry, but wished her parents – who largely speak Spanish – could fully take part in Mass at their home parish.

One seed was Fr. John Dillon, who several years ago asked the archdiocese for help with starting a Mass in Spanish, after noting the percentage of Hispanic students at middle and high schools

in Derwood had all exceeded 40 percent, reflecting the Hispanic residents moving into the surrounding community.

And one seed was Cardinal Wilton D. Gregory, who recognized the need for the Mass in Spanish and assigned Fr. Grzegorz

Continued on page 34

On November 12, volunteers at St. Francis of Assisi Parish's Holiday Bazaar wait for the event to open its doors, as they stand ready to help customers. The annual fundraising event features more than 20 outside vendors selling their wares, games, a Shabby Chic corner, jewelry, religious items, silent auction, turkey raffle and more.



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Parent and library volunteers help with the Book Fair.

Book Fair Extraordinaire!

At Saint Francis International School, the Fall and Spring Book Fairs are more than fundraisers. They are community builders. The students always enjoy the Book Fairs, but a sense of community is strengthened because of the many hours of help provided by parents and parishioners. At our recent Fall Book Fair, 25 parent volunteers and 6 library volunteers participated. Moreover, donors' help made it possible for some children to acquire books who might otherwise not been able to do so.

OPT



Far left, SFIS librarian and Book Fair Chairperson Carolyn Johnson and far right, SFIS Academic Dean Dr. Kathy Perenevich stand with students holding their new books.



Students with one of the new ViewSonic Viewboards.

ViewSonic Viewboards for each classroom

St. Francis International School

www.saintfrancisinternational.org

Sam Chapa,
Principal

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

St. Mark Campus
7501 Adelphi Road
Hyattsville, MD 20783

Through a Maryland Department of Education grant, SFIS was able to acquire 26 ViewSonic Viewboards and stands. These are interactive display boards with touchscreen and whiteboard capabilities that can connect to the internet to be used independently of a computer. Once again, volunteers have stepped forward to help assemble the stands and we plan to have these ready for use in the classrooms by the beginning of the school year.

OPT

Grandparents and Elders Day

Each year at Thanksgiving time, we honor our grandparents and elders by inviting them to join us for our school Mass and then to visit their children in the classrooms. It is such a blessing to have these important people spend time meeting the teachers, seeing where learning and fun takes place, and participating in craft activities with the students.



At left, Grandparents and Elders Day celebrated in the Pre-K level.

Below, Grandparents and Elders Day celebrated in the Elementary level.



At left, Grandparents and Elders Day celebrated in the Middle School level.

Saint Francis of Assisi and the Animals



Students pet Maryland National Capital Police dog.



Students pet Maryland National Capital Police horses.

The feast of Saint Francis of Assisi on October 4 is always a special day at Saint Francis International School, but this year it was made extra special due to a visit by dogs and horses. The Maryland National Capital Park Police brought their four-legged

friends to visit with our students. After Mass, Saint Camillus pastor Fr. Brian Jordan, OFM, blessed the live animals, as well as the pictures and stuffed animals that the children brought.

OPT

BOOK

Con't from page 30

cator to deeper conversion and compassion. It is also a call to a more radical charity, which is only made possible by the grace of God, who pours His own love into our hearts. Educators united with the Heart of Christ can be powerful instruments of God's love and healing in their classrooms—and in the world." The ITCE team was honored to welcome CAP, Dr. Prather, Dr. Parham, and the rest of their guests to this event for The Black Intellectual Tradition and will look forward to hosting similar events in the future!

OPT

ECUMENICAL

Con't from page 31

just by being civil and avoiding insulting other people."

Personally knowing his fellow ministers has helped Jones in officiating weddings of couples of different faiths and jointly generating funds to help support community centers that assist people in need. An example of this joint venture is Gaithersburg Help, for which a collection was taken at the ecumenical service.

"We need examples of union and cooperation and gathering in the common good," Rev. Jones said. "If members of Lutheran, Methodist, Baptist, and Catholic churches can sit together, read the same Scripture passages, and sing the same songs, perhaps others can do it, too."

OPT



Our Lady of Mercy School News

Mercy Announces Leadership Change

Mrs. Doreen Engel has made the difficult decision to resign from her position as principal of Our Lady of Mercy School. This decision was not an easy one for Doreen to make, but one critical for her long-term health. Doreen took the helm at the height of the pandemic, and successfully led Mercy through a time of unprecedented challenges. Her contribution to the Mercy community is significant and includes many accomplishments. We pray for her continued healing. Mercy's assistant principal, Mrs. Christine Green, has been named as the interim principal, and Mr. Jason Knecht as interim assistant principal. The combined skill set of this very experienced leadership team will ensure a seamless transition and continuity of Mercy's mission. Mrs. Green is eminently qualified for this position, having over thirty-five years of teaching and administrative experience. Mr. Knecht has a master's degree in education and eleven years of teaching and administrative experience.

The Curtain Rises on Mercy's Drama Club!

Starting in mid-September, Mercy middle school students spent more than 30 hours planning and rehearsing for this year's show, Willy Wonka, Jr. Their hard work and dedication was evident during their two November performances. Congratulations to the entire cast and crew. The audience was transported to a "world of pure imagination" during this sweet evening of fun! Bravo!



Mercy's middle school drama club put on a "Scrumdiddlyumptious" performance of Willy Wonka to a packed house!

School Tours and In-Person Open Houses

Mercy held two Open House events in October. A traditional Open House which was open to prospective parents, followed by a Middle School Open House which was open to current and prospective parents. Mercy's next open house event will be held on Thursday, February 2 during Catholic Schools Week. Private tours continue to be available at any time. Interested families should contact schooloffice@olom.org for more information.

Makerspace at Mercy

Exciting things are happening in the Mercy computer lab this school year! With the new Makerspace cart, the lab is now a creative

space for students to explore and learn with STEAM tools. The Makerspace cart, an all-inclusive STEAM solution for students and teachers, contains enough bins, tools, and supplies to keep a class fully engaged for an entire period.

It has been two years since classes were last in the computer lab. Many students are in the lab for the first time. To manage the pent-up excitement and anticipation, the lab is now separated into stations so that students can cycle through all stations in a class period or find a station to focus their attention. Most students attempt to do a bit of everything in each class.

At the computer station, students learn to code, enhance their coding skills, design games or for older students to learn text-based coding. Students also use the computer station as a study space to work on assign-

ments and projects or self-study with IXL or prodigy math. At the Makerspace station, students sharpen their skills with thought-provoking STEAM challenges solved at a friendly group table. For those students who'd instead focus on the A in STEAM, the paper craft table is another collegial space to explore paper engineering, origami, paper circuits, or drawing.

The final exciting thing in the computer lab is two new 3D printers. The additional 3D printers expand the inventory to three and will let more students design and print during a single class period. Students will attend computer class the entire school year and can take advantage of all the new additions to the space.

OPT



The 3D printers are one of the many popular activities in Mercy's new Makerspace lab!



Mercy fifth-grade students assembled almost 200 sandwiches for Martha's Table.



Mercy seventh graders spent a day on the water during their Calleva outdoor ed adventure!



Make no bones about it, Mr. Sharp has as much fun in Mercy's PreK 3 science class as the students!

CHURCH

Con't from page 31

Haiti Committee wrote grant proposals. The youth played a big role by devoting two years of "Hoops for Haiti" efforts to fund the project. Individual parishioners at St. Francis made direct contributions. The Alternative Christmas Drive also raised money. And people prayed.

Despite enormous obstacles, by the end of 2020 the reconstruction of St. Paul's Church finally began. Rubble was hauled away, a foundation laid, and new walls were constructed. The local community of Léon was heavily involved in the process, including in the decision making, networking with other international non-governmental organizations, and laboring to build the church. The construction was finished in the fall of 2022, and

now the community is enthusiastically putting the finishing touches on the sanctuary. The inaugural Mass is scheduled for January 14, 2023. May God be praised!

To learn more about how you can make a direct difference in Haiti, contact the chairman of the St. Francis Haiti Committee Dan Cardile at dancardile@yahoo.com.

OPT

Our Lady of Mercy Parish

9200 Kentsdale Drive
Potomac, MD

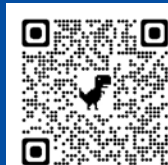
Fr. Charles Antonicelli, Pastor
301-365-1415

Our Lady of Mercy School

D Engel, Principal
301-365-4477

Gerry Burgess, OPT Editor
301-330-5676

See Parish Times Online
www.parishtimes.com



Tune in for Mustang TV!

"Smile! Look up at the camera! Interact with one another. Be louder than you think you need to be!". If you happen upon St. Mary's School on a Wednesday morning, you might think you are in a local news studio. Wednesday mornings are when the students of St. Mary's, along with a few, dedicated staff members, are filming the latest edition of Mustang TV.

Mustang TV is the brainchild of St. Mary's talented music teacher, Mrs. Jessica Brunk. Together with Mr. Brad Daly, Jr., Mrs. Brunk helps create, direct and produce the popular TV show for the students and families of St. Mary's. Mrs. Brunk writes the scripts for the main anchors, the weather and the arts segments. Mr. Daly writes the scripts for sports and handles all of the editing.

Where did the idea for Mustang TV come from? Mrs. Brunk was lucky enough to be a part of a similar program when she was in school. Mrs. Brunk said, "...when I was in high school I was the head anchor and loved it. It gave me confidence and I made so many wonderful friends. I wanted to bring that same feeling to the students of St. Mary's".

Mrs. Brunk has a degree in theater and has acted on a TV show/internet web series. She has experience being in front of the camera and on stage. She now gets to be behind the scenes, directing and producing Mustang TV, along with Mr. Daly.



Above, seventh-grade students take their turn to anchor our weekly news show.

Top right, Mr. Daly working with eighth-grade anchors as they deliver another exciting episode of Mustang TV.

Right, sixth grade sports reporters filling us in on our favorite pro teams and our favorite St. Mary's teams.



Each week, Mrs. Brunk and Mr. Daly gather the two head student anchors to film news segments, and then film weather, the arts, and sports with other students. The main anchors are usually eighth graders, but students from fifth, sixth, and seventh grades have contributed as well. Segments include weather, sports, and special classes, including

music, art, or physical education. Special class segments highlight what those classes might be learning about or doing.

Mustang TV recently added a popular segment called "Principal's Corner", where our amazing principal Mrs. Debra Eisel shares her wisdom with the school community.

In the coming weeks, students

will produce "Gala News", a segment that will feature weekly updates on our upcoming "Under the Sea" Gala in 2023.

Any student that wants to participate is welcome! Mrs. Brunk has even helped students that thought they were too camera-shy to participate with great results. If a student anchor makes an error, it's no big deal, as they can edit it

out and begin again.

Mustang TV is a huge success with the St. Mary's community, including students, staff and families. Links to the latest edition of Mustang TV are included in the weekly update emails. We are blessed to have such talented teachers and students!

OPT

GIFTS

Con't from page 2

small business with the mission of "designing and creating products for Catholic women who want to be a light of Christ in their own little corner of the world". This shop offers potential gifts for everyone in the family. Creative t-shirts and available in all sizes and in a multitude of designs. Their uniquely children's offerings include items such as a Joyful Mysteries of the Rosary felt book and "Mama Mary Magnetic Dress Up Dolls"

Holyheroes.com: Once your kids have outgrown felt and wooden dolls, check out this online shop. It offers items such as a lego Advent wreath, liturgical themed coloring books, and board games like "The Road to Bethlehem".

The Little Rose Shop has many wonderful products, but the Catholic Mass Quiet Book is one of their most recommended. Young children can follow along through the Liturgy of the Word and the Liturgy of the Eucharist with their interactive felt book.

Catholic Books for Older Kids

It's easy to find introductory books for toddlers and little kids, but it can be harder to find quality books to give as gifts for kids who are slightly older. They need to be

true to the faith, but also fun to read. Here are a few suggestions:

Arthur the Clumsy Altar Server by Theresa Kiser

This endearing story, full of humorous moments, reminds kids that we can all serve God, even when we make mistakes and don't do things perfectly. What matters is our desire, not our ability. Perfect for kids ages 4-7.

Lego Catechism of the Seven Sacraments by Mary and Kevin O'Neill

Formatted in a comic book story, this is all of salvation history as told through legos. The content is inspired by Pope Emeritus Benedict XVI's teachings on Covenant Theology. One area mom commented that, "no matter how well catechized you are, you will learn something from this book". If your kid loves legos, this is the perfect gift!

Saint around the World by Meg Hunter Kilmer

This book is sure to introduce you to saints you have never heard of before, presenting readers with the lives of saints from more than sixty countries and a diversity of backgrounds, abilities, and struggles. Kilmer tells each saintly story in a compelling way, helping kids to identify themselves in the experience of the saint. Perfect for kids up to second or third grade.

OPT

Sip and Shop

By Kathleen Morris

St. Mary's Annual Christmas event, "Sip and Shop" is back for the 2022 Holiday Season. Taking place on Friday, December 16 from 7:00 to 10:00 pm, the event

is free to attend for adults 21 and older.

Sip and Shop is a great opportunity to purchase some unique and handcrafted items for everyone on your Christmas list. Complimentary

drinks and light refreshments will be served. There will also be a raffle for some great items donated by vendors. Credit cards are accepted.

We hope to see you at Sip and Shop on December 16!

OPT

NEW MASS

Con't from page 31

Okulewicz – a newly ordained Polish native who speaks proficient Spanish – to the suburban parish in June of this year.

Together, this confluence of events has bore a lively liturgy at 1:00 pm Sundays that regularly attracts 100 or more people, the majority of whom are new to the parish. Lourdes Garcia, who is the wife of now Permanent Deacon Will Garcia, is handling much of the weekly liturgical planning.

"It's a happy stress," Lourdes Garcia said. "It's something so wonderful because I never thought I would see it here."

Having launched October 2, two days before St. Francis of Assisi's feast day, the Mass at its inaugural liturgy drew about 130 people, including longtime parishioners, attendees from St. Peter's Parish,

which had just ended its monthly Mass in Spanish, and people new to St. Francis of Assisi. The atmosphere at that first Mass was welcoming, joyful, and hopeful, accompanied by a five-member choir and Director of Music Janet Pate.

Today, Fr. Okulewicz estimates that a quarter of the attendees at the Mass in Spanish are Spanish speaking St. Francis parishioners, a quarter are people who attend different churches each week, and half are new people to the parish.

"We expect an organic growth of the Hispanic ministry – we're not intending it be something contrived," Fr. Okulewicz recently said. "We express our openness to serve and people can take part in our ministries and offerings."

Since launching the Mass, about five families have signed up their children for Religious Education, Fr. Okulewicz said. He has also begun offering the Rite of Christian Initiation of Adults to some Mass

attendees, at the same time the church is seeking out and ordering needed resource materials.

"I think integration is happening naturally, because [the Spanish speaking people attending the Mass in Spanish] are a part of this parish, of which one part is the Mass in Spanish," Fr. Okulewicz said. "They're beginning to feel that this parish is theirs because they are coming back."

Chilean native Lita Silva, who joined St. Francis of Assisi Parish 27 years ago, has helped build the Spanish Ministry at the parish over the past few years, having facilitated Bible study groups on the Gospels of Matthew, Mark, and Luke in her native tongue.

"I'm very excited to have the new Hispanic community, because they are very enthusiastic," Silva said. "It's important to have an influx of enthusiasm in a parish. That's why it's important to integrate them into the parish, as a whole."

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Pope St. John Paul II, born Karol Wojtyla in Poland, continues to be a favorite hero of Polish Independence and the Embassy School pupils remembered him fondly.

Celebrating Our History and Heritage

By Bozenna Buda, ED

During this special time, we remember our roots and pray for all those who preceded us. We are here because of their courage, hard work and perseverance. But also because of their steadfast faith and trust in Divine Providence.

After 123 years of nonexistence

on the map, Poland again came into being in 1918, after World War I. This year at the OLQP commemorative Holy Mass for Poland's Independence Day on November 11, we gave thanks and prayed for veterans and for those who died. We continue to pray for Ukraine and for peace in Eastern Europe and throughout the world.

Pastor Fr. Jerzy Frydrych, SChr., celebrated the Holy Mass on November 13, 2022, and welcomed parishioners and guests. Among them were H. E. the Ambassador of the Republic of Poland Marek Magierowski and Mrs. Anna Magierowska, BG Krzysztof Nolbert, LTC Karol Budniak, Konsul Edyta

Continued on page 38



Principal Katarzyna Gierzyńska welcomed everyone on Nov. 12, 2022, to the Embassy Polish School's observance of Polish Independence Day in northern Virginia.



The OLQP Polish School pupils memorized poems and declamations which they recited in celebration of Poland's Independence Day on Nov. 12, 2022, in Silver Spring



Some of those in attendance at the Nov. 13, 2022, Holy Mass to commemorate Polish Independence Day and Veterans' Day at Our Lady Queen of Poland Parish, Silver Spring: SK Richard Okreglak, Dr. Nikodem Rachon, Konsul Edyta Holdynska, GK Stefan Witczak, Dr. Edwarda Buda-Okreglak, Mrs. Beata Nolbert, BG Krzysztof Nolbert, Acolyte Tomasz Kolodziej, LTC Karol Budniak, ZHP Scout Leader Bozenna Buda, Polish School student Konrad Earles, SK Franklin Morton, SK Jacek Marczyński, Fr. Jerzy Frydrych, SChr., Republic of Poland Ambassador Marek Magierowski, Mrs. Anna Magierowska, Rev. Dr. Dawid Stelmach, SK John Armstrong, SK Bob Dowlut (in back), Mrs. Elizabeth Speidel, Dr. Mirosław Skibniewski



Rev. Dr. Jarosław Mikuczewski, SJ, visiting priest and professor of Health Care Ethics, gave a talk on this subject to a very interested audience and then answered questions on Nov. 20 in the OLQP parish hall.



Celebrating Saints and Praying for the Deceased

OLQP parishioners came to the evening Holy Mass celebrated by Pastor Fr. Jerzy Frydrych, SChr., on All Saints' Day, November 1. After Mass, it was the Vigil of All Souls' Day and everyone walked to the adjacent cemetery. There, they were led in prayer for the deceased by Fr. Frydrych. Several OLQP parishioners, including World War II heroes and veterans, are buried in the cemetery. Their graves were decorated with flower bouquets by an honor contingent from the Embassy of the Republic of Poland.

Knights Serve Up Coffee and Donuts

By SK Franklin Morton,
District Warden

On November 6, the Saint Maximilian Kolbe Council 16634 sponsored complimentary coffee, cake, donuts, and pierogi in the OLQP lower church hall following the noon Sunday Mass. The Council Grand Knight Stefan Witczak hosted the event, intended to help build relationships among Our Lady Queen of Poland parishioners. This was an opportunity for parishioners to share, learn and simply "get to know each other better" in a casual, yet focused, environment.



OLQP Pastor and Council 16634 Chaplain Fr. Jerzy Frydrych (center) with SK John Armstrong and SK Franklin Morton at the K of C sponsored coffee hour on Nov. 6.

OPT



Some of the appreciative parishioners at the coffee hour on Nov. 6.

Christmas Program 2022

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

BOŻE NARODZENIE,
CHRISTMAS DAY, DECEMBER 25

12:00 AM Pasterka \
Midnight Mass
10:00 AM Christmas Mass
12:00 PM Christmas Mass

THE HOLY FAMILY,
DECEMBER 30
7:30 PM Mass

NEW YEAR, JANUARY 1
10:00 AM Mass
12:00 PM Mass

EPIPHANY, JANUARY 8
10:00 AM Mass
12:00 PM Mass

**Our Lady
Queen of Poland**
9700 Rosensteel Avenue
Silver Spring, MD 20910

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

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

Forty Year Anniversary for Father Steve

By Liz Weiss, Parishioner

The first weekend of October, Christ the King Parish celebrated Father Steve's fortieth anniversary as a priest. The Parish wide celebration was in appreciation for Father Steve's service as a priest in the Catholic Church.

Father has given of himself in so many ways. He has helped in Puerto Rico, learning Spanish while there, and in downtown Washington at Sacred Heart Parish. He has been pastor at Christ the King for five years. Thank you Father Steve for being the shepherd in our parish and congratulations on your forty years as a priest!

OPT



Memorable moments in Father Steve's priesthood



Father Steve celebrating Mass on the feast day of our parish

Christ the King Feast Day

By Liz Weiss, Parishioner

The feast day of our parish, Christ the King Sunday, was celebrated on November 20. The church was decorated with beautiful flowers and gold ban-

ners. For the weekend Masses Father wore the special vestment of Christ the King he received from the parish for his fortieth anniversary.

During the Mass parishioners welcomed a new member of the

Catholic Church through the sacrament of Baptism. Parishioners renewed Baptismal vows. The Advent Season now begins. We will prepare to receive Jesus in the Nativity.

OPT

JOURNEY

Con't from page 28

We then got our green cards four years after submitting our application (four years after our second arrival to the US)."

Mrs. Salvado was able to work again after many years. Shortly after getting her green card, she got a job at St. Pat's as a Spanish teacher (thanks to Miss Short!). After being a green card holder for five consecutive years, meaning she didn't stay outside of the U.S for a long period of time, she was eligible for naturalization, meaning she had the choice to become a U.S citizen through the U.S. Citizenship and Immigration Services (USCIS). The Salvados had many reasons for wanting to become American citizens. "We loved living here since we first came to Boston. We just love everything about it...we wanted to be part of this beautiful and welcoming nation! It was not even a decision; it was more like a journey. We decided that no matter how far and how much we may travel, we will always want to come back here, as we feel at home in the U.S. We also love the liberty and the values that are embedded in the U.S. Constitution and what they represent for the entire world." The Salvados applied on the Fourth of July, because it was their "lucky/patriotic day". For the Salvados, it went pretty fast. A month and a half after applying they received notice of an appointment for their citizenship interview, Mrs. Salvado's being on October fifth and her husband's a few days after. The interview consisted of the "Civics" portion.

Mrs. Salvado and her husband had to answer six out of ten questions correctly, which were picked from a pool of one hundred questions ranging from questions about the American government to holidays. Then, they had to pass the "English Reading and Writing" part, and a background interview, in which the USCIS evaluates your ability to speak English.

Finally, the Salvados were able to participate in the most exciting day of their whole journey, the Oath of Allegiance. "It is very exciting and emotional," said Mrs. Salvado. "You stand there, with many other applicants, raise your right hand, and recite the Oath of Allegiance to the United States (which is a little bit different from the Pledge of Allegiance). By doing this, you promise to be loyal to the United States and give up loyalties to other countries; defend the Constitution and laws of the United States; bear arms on behalf of the United States when required by the law; perform noncombatant services in the Armed Forces of the United States when required by the law and perform work of national importance under civilian direction when required by the law. You also promise that you "take this obligation freely, without any mental reservation or purpose of evasion; so help me God." At the moment of Mrs. Salvado's Oath, Nacho and Martin derived citizenship. Feli and Bauti were born in Boston, so they were already American Citizens. "...Martin and Nacho were allowed to stand up, and take the Oath by my side, repeating the words after the official. We will always be grateful for this and remember that

moment. The day we took the Oath of Allegiance was one of the happiest days of my life."

Mrs. Salvado loves America, but also loves the other countries that have shaped her in her life. "One can love many countries: I love Argentina, since it's the land where I was born and raised, and the place where my ancestors decided to immigrate and start a new life; I love Italy, since it is the country of my grandparents, there's a special place in my heart for Greece and Spain, where my grandmothers came from; I also love Tunisia, where I lived for almost four years, and Nacho and Martin, my youngest ones, were born. And I love America with all my heart. It is the land we chose, the land of my children. The freedom and safety we feel here is not "normal" everywhere in the world. We will never take that for granted. With my family we have lived in places where safety was a serious issue, or where there was no democracy, freedom, or where even the most basic rights were not guaranteed. That made us value the U.S. even more. America is, truly, the land of opportunities. If you add the beauty and diversity it has, both in terms of people and cultures, and add the natural treasures and resources that you can find across the country, then you have the perfect place to live!" There is really no other way to put America in words. We now proudly celebrate that the Salvados are officially citizens of the place they call home, and we are glad to have them as such wonderful gifts to the St. Patrick's community.

OPT



Top, enjoying the Halloween bash

Above, volunteer cooks and servers taking a break

Halloween Dinner Dance

By Liz Weiss, Parishioner

On October 29, the annual Halloween costume party and dinner dance, sponsored

by the Filipino community in our church returned after a hiatus due to COVID. Wonderful food, exciting lights, fun music and an amazing time dancing filled the feature evening. There were costume parades and contests for the children and the adults, and then there were many raffles.

Money contributed to the dance will go to the funds to replace the aging HVAC system. Thank you to the Filipino community of Christ the King for your many contributions to our parish.

OPT

Christ the King
2301 Colston Drive
Silver Spring, MD
301-495-2306

Fr. Stephen J. Carter,
Pastor

Paul Lamoreaux,
OPT Editor

Youth from The Roman Catholic Archdiocese of Washington are invited to participate in a Youth Mass of Celebration and Thanksgiving at the Cathedral of Saint Matthew the Apostle in Washington on January 20, 2023. For more information visit: adw.org/youth-rally-mass-life/



Shrine of St. Jude

An Irreplaceable Irish Icon

By Michelle Ardillo

St. Jude Regional Catholic School (SJ RCS) lost an icon with the passing of long-time teacher Mary Strong, who died suddenly on Saturday, Oct. 22, at the age of 78. She was on the faculty of SJ RCS for over four decades and continued to fill the hallways with her big smile and indomitable Irish spirit as a substitute teacher since retiring.

Everyone knew Mrs. Strong was subbing as soon as they pulled into the faculty parking lot, spotting her beloved Jeep in its familiar spot. She knew everyone up and down the hallways from preK 3 to 8th grade, and she made it a point to meet and greet any new students she encountered at the start of each school year. She was a reliable and fearless substitute



Mary Strong, beloved long-time teacher and substitute, passed away on Oct. 22 at the age of 78.

was a full-time teacher in the school, the 8th grade was perhaps the most saddened to hear the news. Anthony Carbajal said, "Mrs. Strong was easily the best substitute teacher ever. I was always happy when I saw that she was our sub because I knew it would be a fun, exciting class. There are no words to express how much I enjoyed her classes, and what I would give to have another." David Palank shared, "Mrs. Strong was easily my favorite substitute other than my grandmother. Her sense of humor was great, and we learned so much from her." Gemma Barish said, "When I think about Mrs. Strong, every-

thing is happy memories. She was a light to St. Jude; everyone knew her and how amazing she was."

Mrs. Strong, may you rest in peace, and may God hold you in the palm of His hand.

OPT



The beautiful ofrenda created this year in the entrance to St. Jude Regional Catholic School. Photo by Becky Sella.

SJ RCS Teachers Create Ofrenda

By Michelle Ardillo

Last year, Ms. Becky Sella (SJ RCS '08), computer teacher at St. Jude Regional Catholic School (SJ RCS), and Mrs. Olga Paz Sella, the SJ RCS K-8 art teacher, collaborated on a school-wide art/Spanish project highlighting the school's diversity. Olga, whose father is Mexican and mother is Bolivian/Romanian, shared that "Dia de Los Muertos is a Mexican celebration where we honor those that have passed so we wanted to bring that Mexican tradition to St. Jude by creating our own ofrenda in the entrance way to the school." An ofrenda (the word means "offering") is an altar created by families in their homes for the Feasts of All Saints and All Souls. "The ofrenda altar has a hierarchy. The top layer has the Virgin Mary who protects all our loved ones. Then underneath are all the pictures of our loved ones with lots of decorations, some of which on our school ofrenda were made by the students in art classes," she further explains.

Nearly 100 photos from SJ RCS families were received

and "framed" with paper lace doilies. Battery-operated tea lights were placed around the photos, amidst the colorful tissue paper flowers and other decorations. The overall effect was not only stunning but very meaningful for many. Becky relates, "Once it was put up, people who had not sent in photos were rushing to print theirs and bring them in. As students passed the ofrenda during the day, they recognized people in photos. It was quite emotional." Olga adds, "Many students are talking about how they feel special when they see their loved one on the altar."

The ofrenda was a wonderful way to honor loved ones in the school community who have been lost. Becky adds, "It was a unique way to learn more about the families we serve."

The talented teachers, aided by Mrs. Susan Sella and Jose Gomez and Cindy Flores, parents of 5th grader Giselle Gomez, recreated the ofrenda this year, adding a photograph of long-time faculty member and substitute teacher Mary Strong, who passed away suddenly on Oct. 22.

OPT



Saints Alive! Pictured are SJ RCS Fourth Graders, along with Fr. Robert Kosty, Fourth Grade teacher Katharine Balog (far left) and SJ RCS Principal Jeanne Donatelli (far right)

All Saints Day

By Katharine Balog, fourth-grade teacher/Assistant Principal

Fourth graders at St. Jude Regional Catholic School completed a long-term project about the Saints, where they read chapter books on and researched various saints and wrote a speech

about one saint. Students also created costumes to turn them into the saint they had researched.

On All Saints Day, the students participated in the special Mass, which was followed by their saint presentations to the school and parish community at the "Saints Wax

Museum." The saints truly came alive! The best part about this project is the connection the students form with the saint they research. This saint becomes someone special to them and someone they can look up to forever.

OPT

Saints Drop by Faith Formation

Several "saints" stopped by Ms. Kateri Orellana's (grade 2C) Faith Formation class last month to share their stories and leave the children with a mission to emphasize some of the classroom teachings (Mass attendance, sacraments, our parish community, role of Priests). Special thanks to the following, who dressed as their saint and explained their mission:

Bl. Carlo Acutis (Antonio Cochran)

Mission: spend less time gaming & do acts of charity. When in Mass, fold arms (was shown) & get in line with your parents to receive a blessing. Bow before Jesus!

St. Jose Luis Sanchez De Rio (Christian Sanchez)



Mission: be brave like Jesus! next time in the lunchroom say a prayer before you eat or before you take a test at school. No matter if others are looking! Viva Cristo Rey!

St. Oscar Romero (Christopher Mora)

Mission: Say hello to our Parish Priest when you see them. They provide us the sacraments for us to grow in faith and holiness.

St. Jude (Joannes Orellana)

Mission: Come to Mass! find my statue inside church & outside! Stop by to say a prayer for your parents or someone in great need.

Continued on page 39

St. Patrick



It's "Great to be Grand", especially on Grandparents Day!

Grandparents and Special Friends Day at St. Patrick's!

Our school community celebrated Grandparents and Special Friends Day by attending Mass and gathering afterwards for donuts, coffee, and special presentations by our students. Our fifth grade class performed a skit based on the book, *How to*

Babysit a Grandma, which was met with smiles and laughter. Our students also had the opportunity to interview their grandparents or special friends to find out more about their time as students. It was a wonderful day celebrating those we love!

OPT



There were lots of smiles across generations at the breakfast table.



The fourth-grade class shows off their saintly costumes.

Celebrating All Saints Day with our Students, Families and Parishioners

St. Patrick's School celebrated All Saints Day with our fourth graders leading us in a beautiful Mass for our community to enjoy. Our fourth graders

participated in all aspects of the Mass and dressed as the Saints they have been learning about in class. Our middle school choir helped create an atmosphere of

faith and celebration. Celebrating Mass together, especially on a Holy Day of Obligation, is a wonderful way to come together as a community of faith.

OPT

HERITAGE

Con't from page 35

Holdynska, and Dr. Nikodem Rachon. Others attending included Grand Knight Stefan Witczak and the St. Maximilian Kolbe Council 16634 Knights of Columbus, Veterans, Polish School students, Polish American Congress WMAD, and Polish Scouting Organization ZHP representative Bozena Buda. The honor guard was provided by LTC Budniak and SK Franklin

Morton. Afterwards, parishioners and guests enjoyed treats and conversation at the OLQP coffee hour.

Each of the two Polish Schools observed Polish Independence Day. The Polish School at the Embassy of the Republic of Poland, headed by Principal Katarzyna Gierzynska, produced a beautifully choreographed dramatization -- which included prose, poetry, and songs-- about Poland and Polish history, to the great appreciation of parents, siblings, and guests. The honor guard was provided by SK Franklin

Morton, ZHP-Polish Scouting Org USA Bozena Buda, and a student from the school.

The Our Lady Queen of Poland Parish Polish School and Principal Ewa Chlebowska also celebrated this event. The schoolchildren memorized and recited Polish poetry for this occasion, to the delight of those present.

Everyone is looking forward to more wonderful events in the coming months.

OPT

St. Patrick's Parishioners Travel to Rome to Celebrate a Home-Grown Ordination

By David Claypool

Recently, Parishioners from St. Patrick Church in Rockville travelled to Rome to attend an ordination rite for one of their own. Lifelong St. Patrick Parishioner, John F. Lado, 25, has attended the Pontifical North American College in Rome for two years. On Thursday September 29, John and 22 of his seminary brethren were ordained as transitional deacons. Bishop Austin A. Vetter of Helena, Montana presided over the ordination rite at St. Peter's Basilica in the Vatican. Dozens of fellow seminarians, deacons, priests and even a couple of Cardinals attended. Hundreds of family members, guests and others also attended what was truly a grand ceremony in a magnificent venue. The Eternal Word Network, EWTN, recorded and, later, broadcast the ordination rite and mass. The recording is available for viewing on EWTN's YouTube channel at https://www.youtube.com/watch?v=M_x5SCUjvNc

The next day, Deacon John assisted and presented the Homily at his first mass as a



Deacon John F. Lado with his parents John C. and Carmen Lado outside the Church of the Holy Spirit (Santo Spirito); about a block from the Vatican.



Deacon John, second from left following his first mass as a Deacon. The Deacon is wearing the stole given him by Family friend Father Francis Early who wore it at his own ordination to the Diaconate 50 years ago.

Continued on page 39

St. Jane de Chantal Fall Sports Wrap Up

Girls and Boys CYO teams worked hard and had fun

By Jessica Jordan

De Chantal CYO soccer and cross country programs just wrapped-up their successful Fall 2022 seasons! The soccer program had 156 participants this fall on 13 teams from PreK through 8th grade, with more than 25 volunteer parent coaches. Many teams had winning seasons, and four teams advanced through the city playoff tournaments. With construction of the upcoming De Chantal turf field starting at the beginning of the season, players and coaches navigated the practice fields across the County. This was the final of four seasons our second grade classes played on co-ed teams together and will now move onto the boys and girls rookie divisions next fall. All of the soccer teams are excited for the new turf field to be ready and already looking forward to next years practices back on De Chantal's home field.

For the 8th grade girls varsity team, their semifinal playoff run



Second Grade soccer had a fun coed season with incredible coaches and junior coaches

was the deepest a De Chantal soccer team had made in the city championship bracket in the past three years. The soccer program has been led by co-commissioner Anthony Aquino the past 9 years (14 seasons coaching) and will miss him greatly when his twin 8th grade

girls graduate this upcoming spring.

The De Chantal cross country team has over 100 participants and 10 volunteer coaches that worked hard all-season training youth runners from Kindergarten through 8th grade twice a week for their weekly Sunday races, led by Coach Catie



Champions for 10 years in a row for DeChantal Varsity Girls XC team!

Skibo. For the 10th year in a row, the Varsity girls XC team took home 1st place in the city championships, matched by a 1st place for 8U boys and 2nd for JV girls. The XC Varsity girls went onto finish 3rd at the Maryland Private Middle School State Championships. Coach Skibo

has certainly built a XC dynasty over the last 10 years!

Congratulations to all our CYO fall sports participants on great seasons! Come check out the De Chantal new turf field when it's ready in early 2023. Beware of the Dogs! Go Dukes!

OPT

ORDINATION

Con't from page 38

deacon in the Irish Chapel of St Columbanus at St. Peters Basilica, and the following Sunday assisted at the English language mass at the Church of the Holy Spirit (Santo Spirito) about a block away from the Vatican.

Deacon John's parents, John C. and Carmen Lado and family friends, David and Carol Claypool, traveled to Rome for the week to attend the Ordination rite and other

ceremonies. While there, they attended the Pope's audience in St. Peter's Square, the Angelus, took the Scavi Tour of the excavations that revealed St. Peter's tomb beneath the Basilica, and toured the North American College.

The Pontifical North American College is essentially North America's Seminary in Rome. As stated in its website, it has been "granted pontifical status placing it under the special patronage of the Apostolic See and the care of the Holy Father." Hundreds of Seminarians sponsored by Dioceses

in North America and, by agreement, Australia have attended.

For the next several months, while still in residence at the North American College, Deacon John will study for his master's degree in liturgy at the Pontifical University of the Holy Cross in Rome. Deacon John is among the archdiocesan seminarians scheduled to be ordained to the priesthood at the Basilica of the Shrine of the Immaculate Conception in Washington DC in June of 2023 and plans to celebrate his first mass as a priest at St. Patrick.

OPT

SAINTS

Con't from page 37

St. Gianna (Gianna Orellana)

Mission: next time you see a pregnant mom say a prayer for her and her baby! Life at all stages is a gift from God!

St. Rose of Lima (Jessica Argueta)

Mission: Pray to Jesus! If you hear an ambulance siren, offer a

prayer because that means someone is sick and in need of your prayers!

St. Martin Porres (Ronald Argueta)

Mission: Make a new friend in school. Find someone new you have never played with. Say hello and smile—no matter their skin tone, country or language they speak. God made us all in his image and we're all equal in his sight!

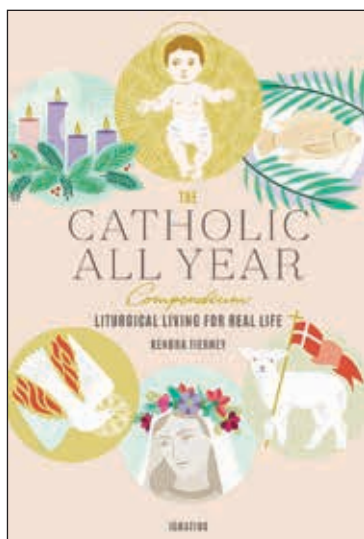
OPT

ADVENT

Con't from page 2

Von Trapp Family suggests using Advent and the liturgical new year as an opportunity for family members to choose a saint as a personal patron for the year. It also provides simple prayer practices for lighting the Advent candles. *The Catholic All Year Compendium*, in addition to providing ideas for Advent, also has helpful suggestions for ways to celebrate the feast days that fall within Advent, such as Our Lady of Guadalupe and the feast day of St. Lucy. Many of Tierney's suggestions bridge the gap between secular approaches and an authentically Catholic one. As she notes, the feast day of St. Nicholas on December 6 is a great day to visit Santa at the mall!

Speaking with friends from the parish can also provide great ideas for how to focus your children on Advent, rather than skipping right to Christmas. One common suggestion is the Jesse Tree tradition. Small ornaments are used to accompany Scripture reading that tells the story of Jesus's family through salvation



history. Another common idea is to put up your Christmas tree on the first Sunday of Advent, stringing up the lights, but waiting until Christmas day to add the ornaments and topper. Young kids may enjoy making an Advent paper chain with purple and pink paper and writing a prayer intention on each link. In the evening, when lighting the candle on the Advent wreath, children can take turns removing a link and praying for that intention. You should

also be encouraged to use what you have at home. One suggestion is to round up your family collection of Christmas books and wrap them in festive paper. If you have enough, allow your kids to open a "new" Christmas book each day in Advent. You can even achieve this idea by borrowing books from the library.

Finally, remember that as Catholics we celebrate Christmas for 12 days, beginning on December 25. While the rest of the world packs up the tinsel and candy canes, we keep up the festivities all the way until Epiphany. Some families give a small gift each of the twelve days, rather than opening everything on Christmas morning and wait to make all their favorite Christmas cookies.

Beyond Advent, consider small ways to incorporate liturgical living into your family's daily life. Identify creative ways to recognize the feast days and baptismal anniversaries of each family member. All of these small actions help to educate children into the richness and fullness of Christian life, a job that shouldn't just be delegated to one hour on Sunday at church.

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