



OUR Parish Times

High School Open House
Pull-Out Section Pages 20-21

OCTOBER 2018

Living the Faith Together

FREE

Mountain of Work

By Chuck Short

Autumn is a delightful time of year, filled with heartwarming and memorable activities. As a father and grandfather, I fondly recall my children's CYO soccer games and now enjoy these beautiful October days cheering for my grandchildren during their CYO games. For decades, CYO and its dedicated volunteer coaches have enabled and taught children to play together in Christian spirit. Thanks to coaches, patient referees, parishes, and especially parents for keeping CYO vibrant.



Chuck Short

The Montgomery County Catholic community lost a great leader last month when Jim Sullivan died. I have often referred to PCR (Potomac Community Resources) as a model parish initiated program for people with disabilities. Jim and his wife Joan were among a small group of Our Lady of Mercy parents of young adults with disabilities who founded PCR three decades ago. While Jim's daughter Patricia passed away just as PCR

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Enjoying the Process

Parenting advice – books, columns, blogs, talk show experts – could we possibly hear anything new about parenting? “Don’t feed them that; let them decide when and where they’ll eat, play, dress and obey. Get them involved in lots of activities; let them roam the neighborhood; don’t let them out of your sight; put them in your bed; give them their own rooms; sleep eight hours; sleep when they feel like it; go to school at age three; delay kindergarten until your child is eight.” All of this advice is guaranteed to provide us with the “end product” that we should all be seeking – the perfectly behaved, brilliant, self-confident, well-adjusted, popular, very attractive, young person who gets into the best high school in the area, and goes on to a top tier college, where he or she will be exceptionally well-prepared for law or medical school.

Sadly, there are so many parenting “experts” out there that parents can’t help but feel guilty if they don’t grow children who meet the unreachable goals that society has set for



Patricia McGann

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St. Jane de Chantal School faculty

St. Jane de Chantal Faculty Welcomes Student Community Back to School

By Catie Skibo

St. Jane de Chantal School faculty welcomed back hundreds of families to begin the new school year. Mrs. Hamilton was on hand to greet each family

as they made their way through the door to the halls and to their new classrooms. There were new backpacks, fresh haircuts, and many smiles as the students rejoined our Catholic community. The school's theme this year is “Be! Be... amazing. Brave. Inspiring.

Unstoppable. The Difference!» Members of the school community will spend the school year being the best Catholics they can be through service, learning, and practicing their faith.

OPT

Congratulations, Teri Dwyer, Distinguished Principal of the Year!



Archdiocesan Distinguished Principal of the Year Teri Dwyer is joined by her family at the surprise announcement of her award made at St. Raphael School's Morning Prayer. Ms. Dwyer was praised by Secretary for Education Jem Sullivan and Superintendent of Schools Bill Ryan for her outstanding leadership and tireless commitment to Catholic education. Photo by MJ Zafis-Garcia / St. Raphael School

By Nina Cardillo

At St. Raphael School, Principal Teri Dwyer is known for her strong spiritual leadership and commitment to academ-

ic excellence, her dedication to the students, staff, and community, and her passion for civility and lively Catholic faith evidenced through her actions, words, and works. She

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Don't sit on the sidelines!

Pope Francis says we need to “overcome apathy” and offer “a Christian response to the social and political anxieties” around us. “Good Catholics immerse themselves in politics,” says the Pope. Don’t miss your chance to vote, immerse yourself in politics and make a difference!

Maryland's General Election day is fast approaching! Every statewide office-holder in Maryland – including the governor – and most of our Congressional representatives will be chosen vote in the upcoming General Election on November 6.

The deadline to register to vote, or to change your party affiliation, is October

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CBN-MC Friday Breakfast October 12

Our Speaker this month is CBN-MC member Larry Tracy, author of *Bring Home the Bacon: How to Deliver Persuasive Presentations* that get "Buy-in" From ANY Audience

Date: Friday, October 12

Time: 7:30 to 9:30am

Please RSVP in advance at www.cbmmc.com by Wednesday, October 10, at noon

President Ronald Reagan described Larry Tracy as "An extraordinarily effective speaker." He was an Army colonel assigned to the State Department debating controversial foreign policy issues throughout the country. He is now cited as one of the top presentation skills trainers/coaches in the country in publications such as the *Information Please Business Almanac* and *Sourcebook*, published by Houghton-Mifflin, *Best of the Best*, published by Insight Publishing, and *What to Say When...* You're Dying on the Platform, published by McGraw-Hill.

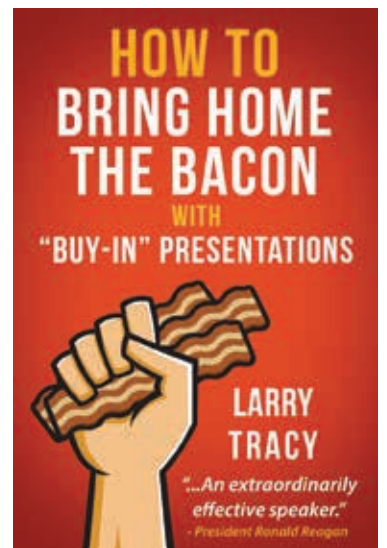


**CATHOLIC
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OF MONTGOMERY COUNTY, INC.

own highly-acclaimed book, *The Shortcut to Persuasive Presentations*, published by Imprint Books, distills the techniques he teaches in his executive workshops, and is the text for the Oral Presentations Course at the Center for Leadership Education at Johns Hopkins University.

He conducts his Presentation Skills in a Nutshell and Briefing the Boss workshops for corporations and government agencies, and trains corporate teams how to deliver winning oral presentations for government and commercial contracts. His coaching is not derivative classroom theory, but instead flows from his "real-world" experience. He served as Chief of the Defense Intelligence



Agency's Presentations Branch--the Pentagon's top briefing team--responsible for daily intelligence presentations to the Chairman of the Joint Chiefs of Staff. He supervised and coordinated over 500 of these

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Catholic Business Network of Montgomery County
25th Anniversary Gala
honoring

BUSINESS PERSON OF THE YEAR
James P. Reyes/Reyes Holdings

COMMUNITY LEADER
St. Kathy Weber/Holy Cross Caregivers Resource Center

HUMANITARIAN AWARD
Jose' Andros/World Central Kitchen

FOUNDER'S AWARD
Rob Scanlon, Esq. / Anderson & Quinn LLP

MUSIC AND DANCING
The 19th Street Band

Friday, November 30, 2018
Marriott Convention Center

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OUR Parish Times

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PUBLISHED IN ALTERNATE MONTHS DURING THE SCHOOL YEAR.



Domestic Church Day: Celebrating Humanae Vitae

Join fellow Catholic couples and families for a Domestic Church Day on October 13 from 1:30 p.m. to 6:30 p.m. at the Saint John Paul II National Shrine. This upcoming half-day family retreat will be on the theme of "Celebrating Humanae

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Stand up for life! Witness to Life Mass & Procession

Please join us Sunday, October 21, at 12:00 noon for a Witness to Life Mass at St. Jane de Chantal Church. Mass will be followed by a rosary procession to Wildwood Medical Center where LeRoy Carhart's late-term abortion center is located. Signs and rosaries will be available.

St. Jane de Chantal Church
9601 Old Georgetown Road
Bethesda, Maryland
For more information,
contact Carol Ramirez, St. Jane de Chantal Pastoral Council, at 301-938-8364 or carolnramirez@gmail.com.

Justice and Advocacy Council

Charity and Justice go together

By Anthony Bosnick

The Justice and Advocacy Council (J&A) of Montgomery County is re-focusing for a new year. We are guided by the principles of Catholic social teaching and thus support public policies which promote the common good, the dignity of life, and build community.

The J&A Council is an outreach of the Archdiocese of Washington and is a voice of the Church in Montgomery County.

In the coming months, the November 6 elections of a new

county council and county executive will receive much attention. The county budget will also be of special concern as it funds the programs which establish a safety net for the poor and vulnerable in Montgomery County. This typically means that J&A Council members will meet with the council members to discuss issues of concern. We will also attend the regional listening sessions, if the new county executive continues them.

Everything is connected, inter-related. Pope Francis teaches that “everything is interrelated,” “every-

thing is connected” (see *Laudato Si*, n. 117, 120). As Francis stresses, this applies to public policies which protect life as well as to issues related to the economy and the environment. We—society and individuals—often prefer, however, to disconnect. The J&A Council is challenged to promote connection and interrelationship.

At a basic level, charity and justice go hand-in-hand. Catholics are generally good at charity (support for food pantries, soup kitchens, pregnancy centers). We are more

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Our Lady of Good Counsel High School leadership and alumni clergy celebrating 60 years of excellence.

Our Lady of Good Counsel High School celebrates 60th anniversary

Friday, September 7, was a unique opportunity to mark the school's historic milestones, honor its traditions, and introduce the theme for the yearlong celebration: “One Community, One Home.”

The day started with an all-school mass in the Kane Center presided by Father Thomas Lavin and alumni clergy and ended with an all campus tailgate event to kick off the varsity football season.

Sixty years ago, the Xaverian Brothers established Our Lady of Good Counsel at the invitation of Patrick Cardinal O'Boyle,

as a Catholic high school for boys. With the support of Archbishop James Hickey, Good Counsel announced in the fall of 1986 that it would become coeducational in 1988. Thanks to a growing student population and the need for additional space and fields, in 2007 the school moved to its current location in Olney.

During the 60th Anniversary year, Our Lady of Good Counsel will celebrate:

- 60 years of achieving the extraordinary by providing comprehensive and flexible academic programming that provides students

Continued on page 23

Rwandan Genocide Survivor and Bestselling Author to Speak at Oakcrest School

Immaculée Ilibagiza tells her story of faith, hope, and forgiveness.

On October 10, 2018, *New York Times* bestselling author Immaculée Ilibagiza will speak at Oakcrest School about finding God in the midst of the horrors of the Rwandan genocide. Ilibagiza will share her odyssey of hope and healing in the wake of tragedy, and explain how she found the strength to forgive those who took everything away from her.

This will be Immaculée's second visit to Oakcrest. In



Immaculée Ilibagiza

2008, she delivered the commencement address for the school's graduating class.

Immaculée Ilibagiza is a survivor of the 1994 Rwandan genocide that took the lives of nearly one million Tutsis. Men, women and children, including her entire family except for one of her brothers, were massacred at the hands of Hutu marauders. Immaculée found shelter at a pastor's home, where she and seven other women hid from the

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2018

RESURRECTION CATHOLIC CHURCH BURTONSVILLE

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Mercy second graders show their Pride Walkathon spirit!

First Annual Pride Walkathon

On Thursday, September 20, Mercy students and staff participated in our first ever school walkathon. Every student, Pre K3 through eighth grade, walked! The event was kicked off when each class, wearing team spirit colors and carrying their team banner, marched out to their team song.

The students raised over \$6,000 in pledges, which will go to the 2018-19 Mercy Fund. The fund helps to

enrich our children's education in many ways including new technology, continuing education for teachers, personalized learning environments, and advanced learning opportunities. By collecting pledges and participating in this walkathon, students had fun with their classmates and played an active role in giving back to their school and community. #MERCYWE

OPT

School Open House

Mercy's Fall 2018 Open House will be held on Thursday, October 4, from 8:30-10:00 am for Kindergarten thru eighth grades. We are offering a separate session from 10-11 am, specifically for Preschool parents. Spend some time with us and see what makes Mercy so special! For more information or questions, contact the school office at 301-365-4477.

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Mater Dei School

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Open House Mater Dei School

Tuesday, November 13
9:30 to 11:30am

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www.materdeischool.net



All aboard! Mercy seventh graders learn about the Chesapeake Bay at Outdoor Ed.

Seventh-Grade Outdoor Ed

Mercy seventh graders participated in a 3-day, 2-night Outdoor Ed program at Echo Hill Outdoor School on the Chesapeake Bay. The three-day excursion offered a wide variety of lessons about the fragility of the Bay and the importance of preserving this remarkable estuary.

The program also offered rich new experiences to those who had never slept onboard a boat at sea or swam in the Chesapeake Bay. Students became fully immersed in the outdoor environment, taking part in activities that complement classroom learning, providing unique opportunities for academic and social growth.

OPT

Mercy Hosts ADW Guidance Counselor Workshop

Guidance Counselors from around the Archdiocese attended a workshop at Mercy on Thursday, September 27. Mercy's own counselor, Mrs. Susan Gibeson, facilitated the discussion on best practices, current materials,

lessons, and initiatives. This was a valuable networking opportunity for the counselors and will truly benefit their respective schools, parents and students. We were thrilled to host this special event at Mercy.

OPT

Middle School Seminar

Mercy will be hosting a speaker presentation on October 9 at 7:00 p.m. titled

Navigating Middle School, A Presentation on the Developmental Stage and Social/Emotional Concerns. The evening is designed for parents, teachers, counselors and principals. All are welcome! Please contact the school at 301-365-4477 for more information or to RSVP.

OPT

The End of Summer Marks New Beginnings

Now that the children are back in school and their routine is taking shape, the adults at Our Lady of Mercy have many opportunities for faith and life enrichment. For those who help us to celebrate our liturgy with their musical talent, the Parish Choir will alternate singing at the 9:00 and 11:00 AM services on Sunday and for feast days and other events. They rehearse on Wednesday evenings from 7:00 to 9:00 PM. Our Handbell Choir meets on Tuesdays from 7:00 to 8:30 PM for rehearsals and performs at the 9:00 or 11:00 AM Mass once a month. The Children's Choir which draws members in grades 3 through 8 began rehearsals for the 11:00 AM Mass where they will sing once a month.

Adults who want to deep their faith are signing up for Mercy U, The Lay Theology Institute, where Dr. Brian Carl will lead them in the study of God and Man in

Thomist Philosophy. The Emmaus Road Scripture Series will study The Prophets: Messengers of God's Mercy. They meet on Thursday Evenings from September 27 to November 1. Walking with Purpose, The Modern Woman's Guide to the Bible started Wednesday, September 26th with a kickoff talk: "Encounter is the Answer". In addition, RCIA for adults and teens age 15 to 19 started in mid September.

Scouts have begun meeting in the Kennedy Room. The Cub Scouts meet on Wednesday and the Boy Scouts meet on Monday. Over the past several years, scoutmasters and dedicated adult volunteers have donated many hours of effort to provide wonderful scouting opportunities for the boys of Our Lady of Mercy. The COR Youth Group is starting a new season of fun, friendship and good food. The group meets after the 5:00 PM Sunday Mass.

OPT



St. Raphael Sodality

About 70 people came out on a rainy September evening to hear our eloquent Moderator and St. Raphael Pastor, Father Michael Salah, speak on the "Beauty of the Mass." Sodality's next formation meeting is scheduled for October 9 from 7:00 to 9:00pm. Parishioner Mrs. Gina Witt will give a presentation, "Mary is Our Mother," in the Parish Library. All are invited to attend. Sodality dues are \$25 through Oct. 31 and \$30 after that date. Send your check, payable to St. Raphael Church (note Sodality dues in the memo line) to Aleta Phillips, 304 Winter Walk Drive, Gaithersburg, Maryland 20878.



Fall Open House

Sunday, October 21 from 12:30-4:00 pm

HEADMASTER'S PRESENTATION AT 2:00



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St. Raphael School News

Start-of-School Celebrations

The 2018-19 school year began with an opening Mass celebrated by Fr. Wells and co-celebrated by Fr. Francisco Aguirre, friend and former parochial vicar of St. Raphael's now serving as administrator at St. Catherine Labouré.

Excited chatter subdued as the teachers' choir began, and the school, along with all the faithful community, looked forward to the coming year in God's presence and each other's company. Still heavy on our hearts was the loss of Patty Quinn, our beloved fifth-grade teacher who passed away in June, and many of the children, parents, and staff members wore "choose kind" T-shirts designed in her honor.

After Mass, the community gathered for a tree planting and blessing in Ms. Quinn's memory. A beautiful crepe myrtle was generously made possible by Great American Landscapes. The company's founder and owner, Kevin O'Neill, whose family was touched by Ms. Quinn's teaching at SRS, gave a heartwarming tribute to her impact on students' lives. The tree will remain a splendid reminder of Ms. Quinn's life and legacy, blooming year after year in her favorite color, purple.

Opening day celebrations continued as students and parents visited classrooms, reunited with old friends, and met new classmates and teachers. Music, festivities,

and popsicles helped to melt away back-to-school nerves and sweeten the memories.



Stay & Play, St. Raphael Nursery School's new drop-in program, is a hit with toddlers and parents alike.
Photo by MJ Zafis-Garcia / St. Raphael School

Early-Childhood Expansion

St. Raphael Nursery School's latest addition, Stay & Play, could not be off to a better start. The drop-in program that launched last month offers moms, dads, grandparents,

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St. Raphael Parish St. Raphael School

1513 Dunster Road
Rockville, MD

Rev. Michael Salah, Pastor

Teri Dwyer, Principal

MJ Zafis-Garcia,
OPT Editor

301-762-2143

www.straphaels.org
www.straphaelschoolmd.org
Facebook, Twitter, Instagram:
@SRSRockville



St. Patrick's School SGA Installation

St. Patrick's School is pleased to announce the officers and representatives who will be leading the Student Government Association for the 2018-2019 school year. The following students are pictured along with St. Patrick's Pastor, Msgr. Charles Parry, who installed the students in a ceremony at a school Mass on September 19, 2018: John Rizzo (President); Jimmy Troy (Vice President); Makayla Cihlar (Secretary); and Paddy Kirchner (Treasurer). The class representatives are also included: Keira Balaguer and Morgan Shannon (fifth grade); Megan Depman and Joshua Wadja (sixth grade); Ellie Maurano (seventh grade); and Lance Le, Christian Leusch, and Rafi Rubino (eighth grade). Msgr. Parry blessed the new SGA members and called for the "gifts of the Holy Spirit" to guide their leadership and service to their classmates.

Sharing A.J.'s Joy

St. Patrick's School conducted its first toy drive to benefit the Johns Hopkins Children's Center in Baltimore. In memory of A.J. Koller, more than 600 toys were collected to be shared with the young patients. A.J. Koller, the son of Kindergarten teacher Melanie Koller, was born in 2004 with Alagille Syndrome, a multi-organ disorder. His childhood was filled with multiple doctor appointments, procedures, and heart surgeries but also trips to the beach, amusement parks, special times with family and friends, and many movie nights. Known for being a loving brother and a good friend, A.J. sadly passed away on September 14, 2014 at the age of ten. To celebrate his memory and share A.J.'s joy with other children battling illness, the Koller family organized this yearly toy drive in 2015. Since that time, more than 2000 toys have been collected and distributed at Johns Hopkins Children's Center.



St. Patrick's Welcomes Fifth Preschool Class

This fall, St. Patrick's School welcomed its preschool class. Opened in 2014, St. Patrick's Pre-K features a centers-based curriculum with emphasis on math, language arts, and fine motor skills. Fully integrated into the elementary school community, students receive enrichment with Art, Spanish, Music, and Physical Education taught by the elementary school specialists. The theme for this school year is "Camping out with Good Books". Mrs. Mary Jo Glacken, teacher of the class, creates a "learning environment through play and imagination." Assisted by a full-time preschool aide, Mrs. Elisa Hall, the class currently has twenty students. The preschool students are teamed up with the fifth-grade class, who serve as mentor "buddies" to the four-year olds. Buddies assist these youngest students with Mass, monthly learning activities, and service projects. A recent addition to the program is the "Mystery Reader" where a parent or grandparent surprise the class by sharing a favorite picture book. The Pre-K offers a daily program with half-day and full-day options, as well as an aftercare program.



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301-924-2284

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

Parish Editor
New Volunteer Needed
Contact rectory to apply

Come One, Come All to the Second Annual St. Bernadette Homecoming Weekend!



On September 8, 1947, St. Bernadette School opened its doors and welcomed our first students onto our campus and into our classrooms. We celebrated our 70th anniversary on September 8, 2017. To commemorate this rich history that has helped create and shape the extraordinary St. Bernadette community of today, we launched our very first Homecoming Weekend in the fall of 2017. We took many of the time-honored and treasured favorite parish, school and community events and made a weekend out of it! It was such a success, that it is now an annual tradition. We are calling all past, present and future members of St. Bernadette parish, school, alumni, neighbors and friends to join us this year for a very family friendly, all members with a connection to St. Bernadette parish or school, collaboration and celebration filled with an exciting slate of choices throughout the weekend of October 12-14, 2018.

On Friday, we will kick off the weekend with our annual Golf Outing sponsored by the St. Bernadette CYO played at Sligo Creek Golf Course. In addition to hitting the links, you will have a chance to try your hand at Blackjack between holes as well. That evening, we will spread out our blankets and set up our beach chairs for a movie under the stars on St. B's field sponsored by our Home School Association. The snack shack will be grilling its famous fare along with popcorn and ice cream. The movie will begin at dusk.

On Saturday, we will come together as a comprehensive St. Bernadette community and give

Continued on page 22



OCTOBER 12-14, 2018

All past, present and future members of the St. Bernadette School, Parish, neighborhood community and their friends are invited, welcome and encouraged to attend.

HOMECOMING

FRI 12

9:30 a.m.

**CYO Golf Outing
Sligo Golf Course**
(See enclosed flyer)

5:30 p.m.

HSA Movie Night on the Field
After CYO soccer games at dusk. Snack Shack serving grilled items, popcorn and treats. Bring a chair or blanket.

SAT 13

5:00 p.m.

Homecoming Mass

6-9 p.m.

Homecoming Dinner
SBS Field after Mass
\$30 per person/\$20 if under 21
(see enclosed registration form)

FAMILY FRIENDLY!

SUN 14

10 a.m.-1 p.m.

St. Bernadette School Open House
with light refreshments

1-5 p.m.

The St. Bernadette Parish Fall Festival on the Field

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

Kate Doyle Rodgers, OPT Editor
301-593-5611

Please visit www.saintbernadetteschool.org
for additional registration and payment information.

Please direct all questions to:
Kate Rodgers // krodgers@saintbernadetteschool.org // 301-593-5611 x135



Lala P. and Carina R., current Grade 3 students, collaborating to build a straw structure at last year's STEAM Showcase

Save the Date for the Fourth Annual STEAM Showcase

The Woods Academy

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

Head of School

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OPT Editor

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www.woodsacademy.org



December 8, 10:00 AM – 12:00 PM

The STEAM Showcase is interactive hands-on event highlighting The Woods Science, Technology, Engineering, Arts and Mathematics curriculum. Woods families and families from the greater community are invited to campus for a morning filled with robots, building activities, art projects, racing cars, birds' nests, toothbrush bots, inventions, and so much more. Every day at The Woods our students embark on a journey of exploration, discovery, creativity, and innovation – 21st century ideas at work. The possibilities are endless.

Please visit www.woodsacademy.org/steam for more information and to register for this event.

OPT

Woods Academy Golf Classic to Benefit Tuition Assistance

On Monday, October 22, parents, grandparents, and friends of The Woods are invited to Kenwood Country Club for lunch and the 14th Annual Woods Academy Golf Classic. This annual event is designed to bring The Woods community together for some good-natured competition and to raise money



for the Sharing In Growth Tuition Assistance Program.

Please contact Director of Development Traci Grigg (tgrigg@woodsacademy.org) for more information or visit www.woodsacademy.org/golf.

OPT



Grade 1 Teacher Mrs. Woods (center) with her parents in May at her Mississippi College Graduation Ceremony



Mr. Paoletti, Grade Seven and Eight Math Teacher, smiling as usual while leading an algebra lesson

Two Woods Teachers Complete Masters Programs

At The Woods Academy, the professional development and growth of the faculty is regularly celebrated. Nearly three out of four Woods teachers hold advanced degrees and two teachers just helped to improve that statistic.

In the spring, Grade 1 teach-

er Mrs. Ashley Woods earned a Masters Degree in Dyslexia Therapy from Mississippi College.

This past summer, Grade Seven and Eight math teacher Mr. Paul Paoletti earned a Masters Degree in Educational Leadership from George Mason University. Mr.

Paoletti remarked about the impact of this graduate program, "Now, I am more confident than ever about my purpose in life and my ability to reach students in a profound and meaningful way."

OPT

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Pastor Fr. Giese addresses the congregation at St. Jane de Chantal Church and responds to questions submitted from parishioners as part of a special service of prayer, dialogue and healing.

St. Jane de Chantal Parish: Pastoral Conversation, Dialogue, & Prayer

On a weekday evening in September, Saint Jane de Chantal Pastor, Fr. Samuel Giese, and other members of the parish staff and school met with over 200 parishioners for a service of prayer, dialogue and healing. This was part of an effort to answer the many questions that every Catholic has after all the turmoil facing the Church, especially our local and national church. For this event, parishioners were invited to submit anonymous questions on forms provided in the church bulletin the previous weeks. For over an hour, Fr. Giese answered many questions and addressed many concerns, ranging from the discipline

of celibacy as related to sexual abuse to how to ensure that the money that the parishioners give in Mass collections does not go to pay for abuse settlements and non-disclosure agreements.

Fr. Giese said that celibacy is not the cause of child molestation, as the vast majority of sexual predators are men who are either married or who have a woman partner. Silence, abuse of power and opportunities are some of the causes or facilitators for sexual abuse. As for the money given to church, he explained that donations and bequests specifically directed as gifts to our

Continued on page 22

St. Jane Parish's Environmental Committee Fosters Education

Adapted from Report by Steve Boehm

To better understand Montgomery County's disposal of waste materials (trash) pick-up, members of the St. Jane de Chantal Parish Environmental Committee organized a parishioner tour this past summer of the Montgomery County Resource Recovery Facility and the nearby Composting Facility in Dickerson, Md.

Members of the group were curious to know what happens to the material that is picked up curbside weekly by sanitation crews, and in particular they wanted to gain insight into the composting of grass clippings, twigs, brush and other organic materials picked up by the separate crews. The recycling of paper, bottles, cans, and so forth is yet

Continued on page 28



Members of the St. Jane de Chantal Environmental Committee and parishioners were treated to a bird's-eye view of one the gigantic mechanical claws at the Montgomery County Resource Recovery Facility as it lifted and transported tons of collected curbside waste. (Photo Courtesy of Maureen Wilkerson)

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

Susana and Mario Cerritelli,
OPT Editors



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ELECTION

Con't from page 1

16.

To register, visit the Maryland Board of Elections at voterservices.elections.maryland.gov and click on REGISTER TO VOTE at the top.

The Maryland Catholic Conference has surveyed all candidates for Governor, U.S. Congress, and the Maryland General Assembly. Results for all candidates are available at www.mdccatholic.org/elections.

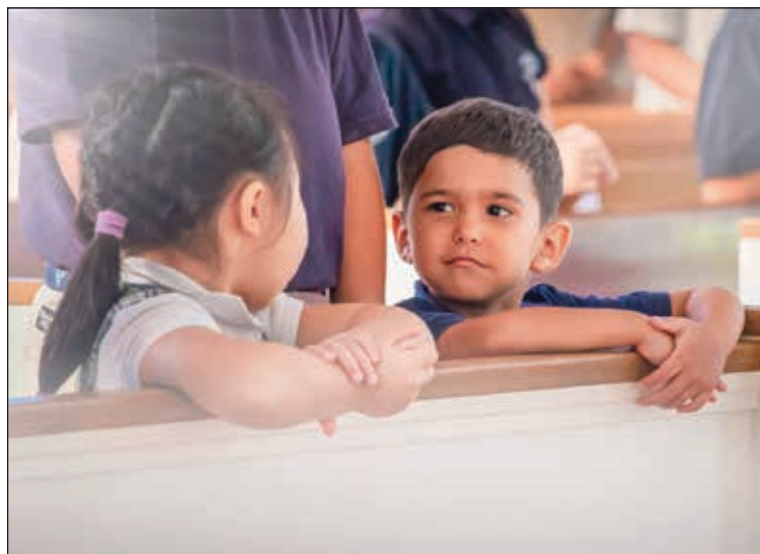
Unlike many advocacy groups, the Catholic Church's voice does not fit neatly into typical political distinctions, nor does it follow the dictates of popular opinion. We do not speak

as Republicans or Democrats; we are too liberal for conservatives and too conservative for liberals. We are not a "single issue" advocacy group, but rather speak out on a broad variety of topics considered by our lawmakers.

We bring to the public square a voice that speaks especially for those who have no one to speak for them – the unborn, the poor and those in need, newcomers to our country, prisoners, those with physical and mental disabilities, the elderly and families struggling to provide their children with a safe home, a good education, and adequate healthcare.

As Catholics and citizens, we have a right and duty to advocate for laws that uphold the common good by protecting the poor, the dignity of life, the value of family, and religious freedom of all.

OPT



Kindergarten through eighth grade students attend Mass each Friday. We are thankful to our students who prepare the readings, the prayer of the faithful, bring gifts to the altar and are our altar servers.



The single most important thing we do together as a school community is to celebrate the Mass each Friday morning. We are thankful to Monsignor Amey for leading our school and our parish in the faith.



I AM A SCHOLAR. A LEADER. A JOYFUL HEART.

OPEN HOUSES

GRADES 9-12
Sunday, October 14
12:00-2:30 PM

PRESCHOOL-GRADE 4
Tuesday, October 16
8:00 - 10:00 am

GRADES 5-8
Monday, November 12
8:00 - 10:00 am

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Lunch time at Calleva brought lots of smiles and a bit of rest before students were off to the next high adventure. What would it be? The zipline or the wall challenge?

Students in fifth through eighth grade spent the day at Calleva for some outdoor adventure and team building. Calleva is designed to increase confidence and resilience in our youth while teaching them the importance of team work.



St. Mary's Faculty and Staff are excited for the 2018-2019 school year. #whystmarysrockville



We are so grateful to Mrs. Sweet, Mrs. Beins and Mrs. Morgan for making our Kindergarten the best! This team was ready to welcome all of our new Mustangs to Kindergarten this year.

St. Mary's Welcomes New Parochial Vicar

We are so excited and feel so blessed to welcome a new parochial vicar, Father Kevin Fields, to our parish. Eighth-grade student, Julia, interviewed for Father Kevin to introduce him to our readers.

• What are you most excited about as someone new to the St. Mary's community?

Father: This is my first assignment as a priest. I was recently ordained in June. I am excited to be involved and to take part in all of my ministries.

• What have been a few "takeaways" so far from your time here?

Father: I am impressed that people seek to find Christ in Mass and outside of Church.

• Where are you from/Where did you grow up?

Father: I grew up in Olney, Maryland. My father was born in Baltimore and my mother was born in New York.

• What are some of your favorite hobbies or interests?

Father: I am interested in hockey and traveling to historical sites. I enjoy trivia and reading.

• Do you have any siblings?

Father: I am the middle of three children.

• What is one talent or gift that you look forward to sharing?

Father: I look forward to sharing the gift of teaching and sharing the love of Christ.



Father Kevin Field

• What made you want to become a priest?

Father: I had a desire to serve, and God showed me that I could help more people as a priest.

• What school did you attend?

Father: I attended Sequoyah Elementary in Derwood, and Rosa Parks Middle School in Olney. I attended Our Lady of Good Counsel, when it was back in Wheaton.

• What was your favorite part of school?

Father: I enjoyed anything that had to do with history, or government.

• When did you feel the call to become a priest?

Father: I felt the call after graduate school.

• What can we as students do to help you in your ministry?

Father: You all can pray. For yourselves, your families, the parish, and for us priests. You can find a way to love everyone.

OPT

St. Mary's Parish
520 Veirs Mill Road Rockville, MD
Msgr. Robert Amey, Pastor
301-424-5550

St. Mary's School
Mrs. Debby Eisel, Principal
301-762-4179

Mrs. Debby Eisel, Parish Editor
301-762-4179

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St. Bart's Says Farewell to Seminarian Ben Petty

Ben Petty, the seminarian who was assigned to St. Bart's this summer, will be returning to Rome at the end of August to continue his studies. St. Bart's Parishioners wish to thank him for leading a group discussion on Pope Francis' Apostolic Exhortation, Rejoice and be Glad. Over the 3 weekly sessions, he digested the text and instilled in the group the Jesuit motto, "For the Greater Glory of God."

Ben also gave interested parishioners a virtual tour

of the excavations which revealed the original tomb of Peter underneath St. Peter's Basilica, where he has worked as an official guide. Others in the community met Ben after weekday or weekend Masses or heard him lifting his voice in song during the liturgy. Ben mentioned that he will be drawn to a social outreach activity in SE Washington, DC before he departs. St. Bart's wishes him well in his studies and future assignments.

OPT

Parish Reacts to Abuse Controversy with Prayer and Listening

St. Bartholomew Parish in Bethesda held an Adoration of the Blessed Sacrament from 7:30 – 10:00 p.m. on Friday, September 14. The participants prayed for all victims of abuse of power and position as well as heal-

ing in our Church community, and a listening session followed for the people.

The well-attended service began with prayers and informational comments from St. Bart's Pastor, Fr. Mark Knestout. The event was

moderated by Linda MacDonald LaRouche, who is a parishioner and member of the parish council at Our Lady of Mercy parish. Linda is also a doctoral candidate in canon law at the Catholic University of America

Continued on page 24

St. Bartholomew Parish

6900 River Road
Bethesda, MD 20816

Rev. Mark Knestout
Pastor
301-229-7933

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

Frank Maguire, OPT Editor
202-512-8226



Linda MacDonald LaRouche, a member of the parish council at Our Lady of Mercy Parish, offers opening comments at St. Bart's Adoration of the Blessed Sacrament on September 14 as Fr. Mark Knestout and St. Bart's parishioners look on.



Cali Hackett conducted a "back to school" drive at St. Bartholomew Parish

St. Bart's Cali Hackett Does It Again!

For the second year in a row Cali Hackett has conducted a "back to school" supplies drive at Saint Bartholomew Parish. Cali organized a "giving tree" collection for Sacred Heart Parish, raising \$1,600 dollars and receiving double the amount of supplies she received last year. St. Bart's parishioners selected an envelope from the giving tree with a suggested amount of school supplies to donate. Cali separated the supplies for individual students and

put them in backpacks to give to children at Sacred Heart. She put together a total of 29 backpacks and hundreds of dollars in extra supplies were left over.

A total cash donation of \$1,140 was also given by the parish members at Saint Bart's. Cali also completed a Girl Scout silver award project which was design, build and installation of 14 outdoor Stations of the Cross, which were blessed after the 8:00 a.m. Mass on Saturday, Sept 8.

OPT

More St. Bartholomew News on Page 38



OAKCREST SCHOOL OPEN HOUSE

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SHORT

Con't from page 1

was getting started, Jim Sullivan remained a dedicated leader at PCR until his death. Jim helped other parishes throughout the Archdiocese to establish programs to serve people with disabilities using the PCR model and was an effective advocate and advisor to the Archdiocese of Washington. Jim will be remembered as a great example of Christian service and as a responsible and respected business leader.

Jim Sullivan's life reminds us that even as our Church is shrouded in the worst of times, there is brilliance in our local parish communities. Montgomery County is home to more than one hundred thousand Catholics, a vast potential force for love and good works, larger than the total population of most cities. Imagine the impact for justice and goodness Catholics could have if we ever got our act together! Our local Church will heal faster and more meaningfully when enlightened people like Jim Sullivan work and pray together recommitting our parishes to the basic teachings of Christ. It is said that time will heal. I prefer another adage, service to others brings healing to those who serve.

October provides two related themes upon which to reflect. Designated as both **Respect Life Month** and **National Disability Employment Awareness Month**, we are reminded of our obligations to respect human life from conception to natural death, and that respecting human life includes honoring the **dignity and quality** of each person's life. People with severe disabilities often live in the shadows of society. Intentionally or not, they are deprived of opportunities to fully participate in the life-sustaining and dignifying blessings of social, educational, and economic endeavors.

The basic lessons of our faith are found in the Sermon on the Mount. Like so much of Christ's life, the Mount is an instructional metaphor. Speaking from atop the Mount, Christ illustrates a steep hill for those who wish to follow Him. It's not enough to love others, we must love our enemies. It is not enough to help the poor by sharing some of

our possessions, we must give all to them. It's not enough to tolerate a slap on the face, we must offer the other cheek. Living Christian is a loftier hill to scale. Respecting life includes rejecting abortion, the death penalty and euthanasia, but refraining from killing a person is not enough. The steeper hill is our obligation to assure an inclusive and abundant life for others especially those who vulnerable and not comfortably or easily included among us.

People with severe disabilities have made progress toward community inclusion in the past half century. They live in neighborhoods, attend schools, churches and are included in social activities. Catholics have helped through Victory Housing, the Kennedy Institute at Catholic Charities,

Rosario Communities, PCR, Upper County Community Resources, and enlightened Catholic schools aided by the Catholic Coalition for Special Education. But these are not enough. More than seventy percent of people with disabilities are unemployed. It's a steep hill. In American society, among the most dignifying and essential elements of life is work, our jobs. Since work is a major part of life, lacking work greatly diminishes life. Catholics have affirmed dignity and respect for life making our way up the Mount by welcoming people with disabilities more fully into our lives. To reach to top, that place where Christ sits and from which He promises abundant life for all who seek Him, we must help those with disabilities engage in dignifying employment.

Here are a few ideas for parishes to consider. 1) Each parish could add a ministry for human dignity and opportunity. Perhaps several parishes could work together to promote **employment** for people with disabilities. Every parish has members who are potential employers. 2) parishes may want to collaborate in establishing a **Project Search**, a local job internship and placement program for young adults transiting from school to work, www.seeonline.org/project-search-montgomery. Several organizations including NIH, Montgomery County Government and National Geographic have Project Searches. 3) Every parish should employ at least one individual with disabilities. Full and part-time jobs are needed. 4) Parish volunteers could offer job

readiness and mentoring for potential employees and employers like the way some parishes offer English as a Second Language to immigrants.

There are of course other ideas for action. Here are a few resources if you and your parish are interested in scaling the Mount. Transcen, Inc, www.transcen.org/; SEEC, Inc, www.seeonline.org/employment-opportunities; MD Dept of Rehabilitation Services (DORS) <https://dors.maryland.gov/Pages/default.aspx>; Catholic Charities, Kennedy Institute, www.catholic-charitiesdc.org/kennedyschool/.

Together, let's respect the fullness of life.

God Bless!

Chuck Short, cshort5@verizon.net

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CBN-MC

Con't from page 2

multi-media, multi-screen briefings, and delivered almost 100 of them personally. Because of his speaking skills, the White House directed the Army to detail him to the State Department. He subsequently spoke and debated almost 400 times on controversial, contentious foreign policy issues before some of the most demanding, frequently hostile, audiences in the country, leading to the comment from President Reagan.

Lahinch Tavern and Grill is located in the Cabin John Shopping Center at 7747 Tuckerman Lane, Potomac.

Speech Class with John Higgins Includes Life Lessons

By Kelly Bromley

Mr. John Higgins has been teaching public speaking to St. John the Evangelist seventh and eighth graders since 2012. As an attorney retired from the National Labor Relations Board (47 years), he has given a few speeches in his life, and he draws on this experience to help teach the tips and tricks of effective public speaking to our students.

It doesn't stop there. In Mr. Higgins' speech class, children learn much more than how to get up in front of a class and give an oral presentation. He teaches them how to present themselves in all aspects of life. As



Mr. Higgins welcomes a student to speech class.

his students enter his classroom, each one is required to give him a firm handshake and look him in the eye. He prepares his students for high-school interviews and teaches them the proper way to introduce themselves and others in social situations. Mr. Higgins also integrates his love of memorizing poetry into his speech class. Many former students reading this article may recall one of his favorite poems, "The Cremation of Sam McGee."

Mr. Higgins says his favorite part of teaching at St. John the Evangelist is the opportunity to meet and get to know a fresh group of students each year. He credits his late wife, Frances, a Latin teacher at

Continued on page 22

Final Year of Confirmation Prep Begins with a Journey of Discovery

By Peg Daly

Confirmation candidates from St. John the Evangelist parish made a Fall pilgrimage to The National Shrine of Saint Elizabeth Ann Seton in Emmitsburg, marking the beginning of their final year of preparation for receiving the Sacrament of Confirmation. As a leader of our confirmation preparation team, I had the pleasure of sharing this journey with them.

We began our tour in the Visitor's Center where we saw the exhibit, "40 Years a Saint." The exhibit tells the story of Elizabeth



Confirmation candidates gather in the Chapel at the National Shrine of Saint Elizabeth Ann Seton.



The group spends some time learning about the original cemetery on the grounds of the Shrine.

Ann Seton's journey to sainthood and highlights the September 14, 1975 event where she was proclaimed a saint. Many students didn't know that Elizabeth Ann Seton was the first American-born saint and that she founded the first community for religious women established in the United States, the Sisters of Charity of St. Joseph's. The students spent time in the Shrine and learned that Saint Elizabeth Ann Seton's remains are entombed under the Altar of Relics. In addition, we visited the Stone House, the White House, the Legacy Garden and the

Continued on page 22

Meeting the Challenge to Serve in Camden

By Teresa Knestout

"Aspire not to have more, but to be more." —Blessed Oscar Romero

I am a graduate of St. John the Evangelist school and a junior at St. John's College High School (SJC). This summer, I joined nine other SJC students in a weeklong Service Immersion trip to Camden, New Jersey. While there, I served the poor and marginalized in and around Camden while learning about the history of the impoverished community. Our SJC group stayed at Romero Center Ministries, which invites schools from across the country to participate in their Urban Challenge program. Named in honor of Blessed (soon-to-be Saint) Oscar Romero, Camden's Romero Center Ministries gives students meaningful opportunities to "be more" for the people of Camden and to reflect on their service through prayer, group discussions, and activities.

Throughout the week, I served at five very different organizations: Inglis House, a community for the severely disabled; Abigail House, a nursing home; the Neighborhood Center, an organization that offers summer and after school programs for children; the Camden Food Bank; and the Camden Soup Kitchen. Each organization taught me more and more about the Camden community and by the end of the week, I developed a huge



Teresa Knestout (second from right) and SJC Service Immersion team at Abigail House for Nursing and Rehabilitation in Camden, New Jersey.

appreciation for both the people of Camden and the organizations that are dedicated to helping them.

During my daily service, I saw Christ in each person I met when they shared their stories and experiences. When we went to the Neighborhood Center, the children were thrilled to play with new people and competed for our attention. Christ was in all of the people I served, but also in the people I served with. The fearless men and women who run the organizations in Camden truly love what they do and have a passion for helping others. That was evident everywhere — in the nurses at the Abigail House who danced with the elderly

at lunch, in the volunteers at the Camden Soup Kitchen who come back every Friday to serve, and in the cook in the back who told me to add extra fries to everyone's meals.

My Camden service trip was an amazing experience that I would do again in a heartbeat. I learned that God is in everyone, especially if they are marginalized and are facing adversity. Before we left Camden, the staff at the Romero Center gave each of us a simple cross necklace. I now wear mine every day to remind me of this wonderful experience and the call to "be more" for all of God's people.

OPT



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Circle time conversations in Pre-K 3

Kids Say the Darndest Things!

By Debbie Monahan

The first month of school is under our proverbial belts and students all around the country are settled in to the new routines of their classrooms. For PreK children, an important part of this routine is morning circle time. This is where we come together to greet one another, pray, discuss the day's upcoming

events, and often learn a new song or fingerplay.

Educators know that besides the academic goals of circle time, there are many other benefits as well. Whether it's building a sense of community, practicing social skills, providing an opportunity for students to focus on a speaker or simply allow-

Continued on page 32



Pre-K 3's love sharing stories during circle time.

New Library Space Invites Exploration

By Ann M. Enkiri

The start of every new school year brings excitement at all that is new—new friends, new teachers, new supplies, new classrooms and new routines. At Holy Redeemer Catholic School in Kensington, there was great anticipation over the newly relocated and freshly renovated school library. The library's move to the church building's lower level made way for a new PreK3 classroom in the school building and provided the opportunity to redesign the library space.

At the very end of last school year, parent volunteer Paige Rienzo, working closely with school librarian Ann Enkiri, began envisioning how the new location could be colored, furnished and decorated to serve all of Holy Redeemer's students—from PreK through Eighth Grade. The new library features beautiful natural light from three tall windows overlooking a playground and field with views of trees and sky. The design wish list included ample book shelving for the current collection with room for future accessions, comfortable



Fifth-grade boys read their favorite authors.

space for students to look at shelved books and make selections, book display areas, and a dedicated story time corner. Another top priority was table seating for student collaboration with access to technology that would include projection capabilities. Also up for consideration was the need to carve out

Continued on page 32

Transition to Middle School – from the Prospective of Sixth Graders

I never thought the day that I would be going to middle school would come. I was super nervous. Fifth grade was a fun year but would middle school be fun too? What if I don't know what to do? What if I don't know where to go? Once we got to our classroom the teacher told us to grab a seat and kindly told us what to do and where to go. This made me feel so much better, and I didn't feel nervous anymore! When we got to our other classes the teachers took us through everything step-by-step. Middle school really isn't so bad. It is awesome! Every day I wake up ready for school, and it is all thanks to the teachers!

-Reese G. (6B)

During the summer I was thinking, "I really don't want to go to my new school." I was thinking about how I knew everyone at my old school, and I was nervous I wouldn't be able to make new friends at Holy Redeemer. I was honestly worried most about how the process of how middle school



Meet our Middle School Students in 6A.

works, and if I was going to be bullied. I was so wrong. The first day at recess, I got to play football with some of the other 6th graders. It was fun and competitive, but they took the time to get to know me. I now know that the things I was worried about originally won't happen. I like being able to switch classes with my new friends and feel welcomed by my teachers. In

conclusion, I love this school and sixth grade. I hope it stays the same.

-Jerome J. (6A)

It was the first day of middle school. The sky was dark, damp, and gloomy. My footsteps echoed with every step I took. I nervously checked my back pack, for I was worried I was going to forget everything I needed. When I arrived, a frenzy of people were talking to each other and getting packed up. Once I went inside, Mr. Stephenson

Continued on page 32



Meet our Middle School Students in 6B.

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The fifth-grade self-portraits are hanging in the upper grade hallway if you happen to be in the school building and would like to take a peek!

Fifth Graders' Art and Words

By Shannon Calabrese

The fifth grade is back to school in full swing and has been working on having fun with words. Students read the book *Walter Was Worried* by Laura Vaccaro Seeger. After reading the book and learning about emotions, students wrote sentences about their summer focusing on using descriptive adjectives to make their sentences stand out. Students then used the letters from their adjective to create a facial expression representing their sentence.



The self-portraits reflect the creativity in each student.

OPT

Active and Ready for Learning

By Camilla Seckers and Amy Krupka

It was a much-anticipated and successful back to school for St. John the Baptist students on August 29. We are blessed with healthy and active students who enjoy not only exercising the mind, but the body as well. Many sports are offered through the Athletic Ministry. In the fall, we offer soccer and will be starting flag football as well. There is a drop-in gym time for high school basketball players as well.

Maintaining an active lifestyle is important for our young people. The Center for Disease Control (CDC) recommends that children ages 6-17

participate in 60 minutes of physical activity daily. We are fortunate to have a beautiful gym, blacktop area, field, and playground to support this mission. Students in grades K-8 have 20 minutes of recess daily, and students in K-3 have an additional 15-minute morning recess. Students participate in two 40-minute physical education classes a week as well. Exercise helps students with executive functioning skills such as sequencing, memorizing, and prioritizing which are necessary skills for success in school and life. Physical activity in school gets the brain ready for learning. So get out and play, for 60 minutes a day!

OPT

A Warm Welcome to SJB Students and New Staff

By Kathleen Morris and Judy Jenkins

The school doors open with a goodbye to summer and hello to a new school year. Over the last two weeks, teachers have been organizing their classrooms, attending meetings, and preparing lessons plans. Four new teachers have joined our SJB community

— Jessica Dodson (second grade), Juliana Herritz (fourth grade), Darren Shillingford (Music), and Sarah Wendell, an SJB alumna, will be our kindergarten aide.

Every year we begin our year with an opening liturgy which is traditionally hosted by the eighth grade. The eighth grade, student leaders of the school, lead the student body in the first liturgy of this school year. Throughout the school year, every grade has the opportunity to host one liturgy which includes selecting readings and songs, writing intentions, and practicing their roles. Hosting a school liturgy gives every class the opportunity to lead and be actively involved. We welcome all parishioners to join us for this opening liturgy of the school year and pray along with us for a wonderful school year.

OPT

**St. John
the Baptist Parish**
12319 New Hampshire Ave.
Silver Spring, MD
**Rev. Y. David Brault,
Pastor**
301-622-1122
**Brian Blomquist,
Principal**
301-622-3076

SJB Kindergarteners' Scribbles!

By Chrissy Leishear

Kindergarten learned about the importance of inclusion while listening to "I'm Not Just a Scribble." Scribble, the main character, was being left out of drawings because he didn't look like everyone else. He teaches the drawings how to accept each other for who they are, enabling them to create amazing art.

The students created their own scribbles and learned how to express emotions in their art with facial expressions and colors.



Above, first half of kindergarten class sharing their scribble characters in art class.



At left, second half of kindergarten class sharing their finished scribble artwork.

SJB Selects School Theme: We Are Blessed

By Kathleen Morris and Judy Jenkins

For over 20 years, SJB selects a theme each year that is carried throughout the school year while serving to foster our mission and the teachings of our Catholic faith. Our school theme is important because it characterizes much of what we do throughout the year. The theme is weaved into all aspects of the curriculum beginning with an art piece done in the first few weeks of the year. Every piece is unique and reflects the individuality of each student. Once completed, the artwork is hung throughout the school building for parents, visitors, and students to admire.

This year SJB administration and faculty decided on the theme "We Are Blessed." Each month will be dedicated to a specific facet that will extend the theme. August and September will focus on "We Are Blessed When We Seek God." Teachers will be working to incor-



SJB students using watercolors for their September "We are Blessed" themed art projects.

porate the theme into instruction within the classroom as well as reach programs throughout the year. through service projects and out-

OPT

Teachers Enhancing the Math Program

By Martin Lucey and Eileen Smith

At St. John the Baptist, we are constantly looking for ways to enhance curriculum and instruction. One of our goals at SJB is to prepare students for the future. We recently reevaluated our math program and studied ways to better prepare our students to face the rigor of high school math. Following the success of a pilot program, we are starting a third-level math group in grades five through eight.

The program takes advantage of

a web-based, artificially intelligent assessment and learning system which will be facilitated by our math teachers. By adding an accelerated math group, we are making our other grade-level math classes smaller. Smaller class sizes will lead to more targeted instruction of skills and concepts along with greater growth in mathematics. We are excited to provide this new opportunity to our middle school students. Our plan is to continue with our accelerated math program for third and fourth-grade students who demonstrate a

strength in math aptitude and a need for a greater challenge in mathematics.

It is our hope that these programs will lead to greater success in the math arena. As SJB graduates move on to high school, we desire for our students to be able to take on whatever math challenges they face. In our ever growing and changing world especially in the fields of science and technology, SJB students are being prepared to meet those challenges in their math classes.

OPT

Knights of Columbus Membership Drive

By Susan Ahearn

The Knights of Columbus Bishop Lyons Council 9808 at the Church of the Resurrection in Burtonsville is holding a Columbus Day Weekend membership drive on Saturday and Sunday, October 6-7. Grand Knight Scott Ford says the council currently has 85 members on its roster. The newest officers for the council were installed during a ceremony at Resurrection on Saturday, August 25th, followed by a reception at the Resurrection Youth Center.

Our officers for this fraternal year are:
Chaplin: Fr. John Barry
Grand Knight: Scott Ford
Deputy Grand Knight: Basil Allison
Chancellor: Raul Chang
Warden: Bill Conlon
Advocate: Jim Larkins
Recorder: Mike Noll
Financial Secretary: Bill Ratcliffe

Continued on page 32



Grand Knight Scott Ford ordains the new and old Knights of Columbus. Photo by Scott Ford

Living the Faith

By Emily Kranking

On September 8, the *Living the Gospel* series kicked off with its first seminar. The *Living the Gospel* series is a collaboration with the Church of Resurrection in Burtonsville, St. Camillus, and Saint John the Baptist both in Silver Spring. The series was formed by L.J. Milone, the Director of Faith Formation of St. John the Baptist, Janet Barlow of St. John the Baptist, and Frances Beard of Resurrection.

On how they formed it, Milone explains, "We got together because a parishioner went to different meetings I ran. We talked about the different states of world and how we can fix it." The three agreed that the first thing to fix must be themselves. Through the different traits of the Gospels, people can learn how to live it in their daily lives. "There are two values: consideration and action," reflected Milone, "It's relevant because the world needs to know the Gospel. For example, the violence in the world. How can we fight it?"

The first seminar was hosted at Resurrection with the theme of forgiveness. Barlow advocates that it's one of the most crucial virtues from the Gospel. "Forgiveness is a lifelong process," said Barlow, "and we must forgive ourselves before we forgive others." She kicked off the monthly meeting with a talk about the difference between guilt and shame. "Guilt is what we did along with our thought process and shame is how we feel," she summarized. After the talk, the members contemplated and participated in quiet time through prayers and meditation. The ques-

tions asked prior to meditation were: "What do you I do when someone hurts me?" and "What does forgiveness mean?"

The first meeting had a positive reception. Mike Carey of Resurrection described the experience as, "Very fruitful, but confusing! The more I can learn about myself, the better I can be." Magalie Salas of St. Camillus added, "It's exposing me to different points of views and it challenges me to be open to new experiences and how people work on different challenges, so I can learn from others."

The rest of the meetings are on October 3 (Peaceful Parenting/Kids at St. John the Baptist at 7pm-9pm), November 3 (Substance Use Disorders at St. Camillus at 9am-1pm), and December 29 (The Joy of God and You at St. John the Baptist at 9:30am-4:30pm). It is free of charge and all are welcomed!

OPT

Church of the Resurrection Parish

3315 Greencastle Road
Burtonsville, MD

Rev. John M. Barry
Parish Administrator
301-288-4662

Amy Horn,
Susan Ahearn
Parish Editors
240-205-3195

Fighting Cancer with Prayers and Laughter

By Emily Kranking

No matter what, getting cancer is always a tragedy. When one receives cancer, they always crave help and support from peers. That is why Holly Pertmer created the Cancer Support Group for Resurrection. Pertmer was inspired to make this group by a parishioner, who was suffering from cancer. "We wanted to offer support to this person and their caregiver," explained Pertmer. "Ultimately, this couple probably taught the group more about unconditional faith and belief in God's plan than I ever could have imagined."

Pertmer has been a social worker in the hos-

Continued on page 39



This August, residents and members of the Riderwood community stuffed backpacks for the 2018-2019 school year. Photo by Mary Kranking



Sabine Paul, Vince Bruce, Maureen Armbruster, and Susan Quinn represented the Church of Resurrection at Burtonsville Day on September 23. Photo by Emily Kranking



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Fall Kick-Off Events at St. Elizabeth

St. Elizabeth had an exciting kick off for the weekend of September 23. In early



Students on the first day of Christian Formation classes read out loud and learn different ways to care for God's creation.

August, we launched our brand new website and within the next two weeks, for the first time ever we launched online registration and payment for Christian Formation classes. Exporting and working with excel sheets was a brand new process to organize all the information. Two hundred families registered their children for classes and sacramental preparation. The catechists prepared to meet their stu-

dents and planned the curriculum and activities to kick off the year. In one of the classes, the children were learning about different ways to care for God's creation. They read out loud and gave real life examples of picking up after themselves, helping to feed their pets at home, and giving food to the poor. They concluded with a 'Glory Be' and learned how to hold their hands together and pray out loud.

The annual Ministry Fair coincided with the first weekend of Christian Formation classes. All of the various ministries at St. Elizabeth prepared fly-



Parishioners stop in the Commons after Mass to look at the different ministries and grab their free 'Formed' popcorn.

ers with information to share with parishioners. The Sodality ministry gave out blessed rosaries and flyers for their upcoming retreat "A Day of Reflection: Praying with the Psalms" on October 13. The newly formed Flower Society provided pictures of all of the floral arrangements they have made over the summer and a contact sheet for new members to join. "Formed" branded popcorn was distributed to encourage sign ups to Formed.org. Overall, it was a great chance to get people excited and involved at St. Elizabeth.

OPT



Eleanor and Charlie Finnegan, and Daniel Miskelly are all smiles on the first day of school at St. Elizabeth.



Emma Mulford, Ashley Jean-Paul, and Taylor Worch cut the Opening Day Ribbon, celebrating the start of another great year!



Mrs. Petruzelli was celebrated at the Opening of Schools Mass at the Basilica of the National Shrine of the Immaculate Conception for her 35 years of faithful service to the Catholic Schools of the Archdiocese of Washington.



Mr. Spadoni and Father Chip always offer a warm welcome as students enter the school.

St. Elizabeth Parish
917 Montrose Road
Rockville, MD

Msgr. J. Wilfrid Parent
Pastor
301-881-1380

St. Elizabeth School Principal
Vincent P. Spadoni
301-881-1824

Gerry Moore,
OPT Editor
202-887-6475



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Our St. E's boys and girls came out to support each other's soccer teams.



OLOL students enjoying a Dance Party!

Celebrating the New School Year

By Chelsey Hipp and Kristin Addison

The 2018-2019 school year started off to a great start with it's usual "bang" of excitement at the Back-to-

School Picnic on September 6th. Despite the intense heat, teachers, parents, and students were able to enjoy food, music, games, and an amazing moon bounce! A kindergarten student said, "The moon bounce was my favorite part! I got to jump around with all my friends!"

This year's picnic featured a DJ, face painting, moon bounce, and games! The DJ came up with games such as Pepsi and Coke, different racing games, and search/find. The children looked like they were having a blast, especially when they had to bring the DJ the first two adults they could find!



Graduates and current 8th graders help out!

Continued on page 34

Preschool Students Support an OLOL Graduate in Basic Training

By Deirdre Walsh

Each morning during our school wide assembly we pray together as a school community for the men and women around the world who serve to protect us. This year, we say this prayer with a more personal intention at heart. Antonio Gutierrez, an alumnus of Our Lady of Lourdes, is currently in his 7th week of Basic Combat Training in South Carolina. And we are so proud of his dedication to our country.

Antonio graduated from Lourdes in 2014 and then from Gonzaga High School in 2018. His mother, Ms. Sheri Golden is the



Antonio Gutierrez, Gonzaga Class of 2018



Antonio in basic training

Manager of Our Lady of Lourdes Parish, as well as the Director of our Child Protection

Continued on page 39



OLOL Preschool students send their support to Antonio

A Helping Hand Through the Years

By Bridget Launi

The school year has begun in earnest and Our Lady of Lourdes church and school are abuzz with events and activities. Fortunately, our community is blessed with an outstanding maintenance team that continuously works to meet the many demands of parish life. The team is headed up by Louis Argueta who has been with Lourdes since 1990. Mr. Argueta never thought he would be at Lourdes as long as he has, having now worked with 4 pastors and 7 principals. Respect is important to him and the respectful nature of all of his relationships at Lourdes is what keeps him here. The members of his team include: Jose "Oscar" Rodriguez, who began in Spring of 2004; Mario Garcia, Fall 2004; and the newest arrival, Sonia Aracely Castillo, Summer 2016. Collectively, they have served Lourdes for almost 50 years!

Some of the more memorable workplace events include a severe snowstorm that forced them to stay overnight for several nights, a family of raccoons in the rectory attic, and a banquet table burner that briefly caught fire before a women's parish group



Jose "Oscar" Rodriguez and Louis Argueta

dinner. All this in addition to the many surprises that any school day brings! They often go above and beyond in their work. During our September heatwave, the team replaced air conditioners in an upstairs classroom the very same day that they stopped working. Mr. Rodriguez says that they are happy to go the extra mile because working at Lourdes is like working with family. For so many students who have passed through Our Lady of Lourdes, Mr. Argueta, Mr. Rodriguez, Mr. Garcia, and Ms. Castillo have played an integral role during their time here. The school would not be what it is without them. So ... the next time you hear the jingles from their huge ring of keys, know that help is near, and that help will come with a smile!

OPT



Sonia Aracely Castillo and Mario Garcia

Our Lady of Lourdes Parish
7500 Pearl Street Bethesda, MD
Msgr. Edward Filardi, Pastor
301-654-1287
Patricia Kilroy McGann, Principal
301-654-5376

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 <p>The Academy of the Holy Cross 4920 Strathmore Ave., Kensington, MD 20895 Kathleen Prebble, President Melissa Huey-Burns, Principal Meredith Gobbi '06, Admissions Director 301-942-2100 • www.academyoftheholycross.org</p>	<p>Girls Basketball, bocce, crew, cross-country, equestrian, field hockey, golf, ice hockey, lacrosse, poms/cheer, soccer, softball, swimming & diving, tennis, track & field, volleyball. Washington Catholic Athletic Conference Tartans • Lavender & White</p>	<p>Special Programs AP & Honors Courses Project Lead the Way Engineering Dual Credit/Dual Enrollment Senior Project Internship</p>	<p>Open House Sunday, November 4 10:00 a.m. to 1:00 p.m.</p>	<p>Entrance Exam HSPT (Offered at Holy Cross Dec. 1, 2018)</p>	<p>Application Deadline Dec. 10, 2018</p>	<p>Notification of Admission February 2019</p>
	<p>Financial Aid Appl. Deadline Jan. 7, 2019</p>	<p>Registration Deposit Due March 8, 2019</p>				
<p>Freshman Class Size: 120 • Tuition: \$24,800 • Financial Aid: 301-942-2100</p>						

 <p>Archbishop Carroll HIGH SCHOOL Larry Savoy, President Elana Gilmore, Principal Kristin Jackson-Nesmith, Vice Principal Michael Powell, Sr., Director of Admissions 4300 Harewood Rd., NE Washington, DC 20017 www.achsdc.org</p>	<p>Catholic Serving students from 35 zip codes, 40 nationalities, 68 feeder schools Rigorous International Baccalaureate College Prep</p>	<p>Joyous spiritual formation and a zeal for social justice WCAC Athletics, Theater, Music, Robotics, STEM</p>	<p>International Baccalaureate OPEN HOUSE Sunday October 28, 2018 1:00 pm – 3:00 pm www.achsdc.org</p>	<p>Priority Application Deadline Dec. 14, 2018</p>	<p>Know. Love. Serve.</p>
	<p>Coed • Freshman Class Size: 100 • Tuition: \$14,219 • Admissions Information: Michael Powell, Sr. @ 202-529-0900, x135</p>				


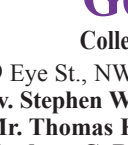
 <p>the Avalon School Richard B. McPherson President Kevin J. Davern Headmaster John J. Acevedo Director of Admission 11811 Claridge Road, Wheaton, MD 20902 301-963-8022 www.avalonschools.org</p>		<p>Boys Grades K-12 Baseball, Basketball, Football, Soccer Competitive Athletics Program</p>	<p>Small Classes • Personal Attention • Content-Oriented Curriculum • Advanced Placement (AP) Courses • Latin • Spanish • Advanced Mathematics Program • Full Religion Program • Actors Guild • Poetry • Journalism • Dress Code • Transportation • Interscholastic Sports • Co-ed Kindergarten</p>	<p>Open House Sunday, November 4 2:30 pm to 4:30 pm</p>	<p>Steps to Admission: • Application • Shadow Visit • Teacher Recommendation • Transcript • Family Interview</p>	<p>Application Deadline Rolling Admission</p>	<p>Notification of Admission Rolling Admission</p>
		<p>Avg. Class Size: 15 • Academic Half-Day Kindergarten \$4,100; Primary School Gr. K-2 *full day kindergarten \$8,100 Gr. 3-5 \$12,900; Middle School \$14,400; Upper School \$15,700</p>					


 <p>Brookewood School Richard B. McPherson President and Headmaster R.J. Hawley Executive Director Helen Williams Director of Admission 10401 Armory Avenue, Kensington, MD 301-949-7997 www.brookewood.org</p>		<p>Girls Grades 1-12 Basketball, Field hockey, Lacrosse, Soccer, Volleyball Bengals Blue & White</p>	<p>Special Programs Small Classes • Personal Attention • Content-Oriented Curriculum • Experiential Learning • Advanced Placement (AP) Courses • Emphasis on Cultural Literacy • Latin • Italian • Advanced Math Program • Music • Art • Actors Guild • Uniform • Interscholastic Sports</p>	<p>Open House Saturday November 3 1:00 pm – 3:00 pm</p>	<p>Steps to Admission Shadow Visit Application Transcript Recommendation Family Interview</p>	<p>Application Deadline Rolling Admission</p>	<p>Notification of Admission Rolling Admission</p>
		<p>Average Class Size: 13 • Tuition: Grades 1-2 \$8,100 Grades 3-5 \$12,400 Grades 6-8 \$14,000 Grades 9-12 \$15,000 • For more information: Helen Williams 301-949-7997</p>					

 <p>DeMatha Catholic High School 4313 Madison Street, Hyattsville, MD 20781 Fr. James Day, O.S.S.T., President Dr. Daniel McMahon, Principal Mr. Tommy Paolucci, Admissions Director www.dematha.org • 240-764-2210</p>	<p>Boys Wide range of co-curricular activities including 15 competitive interscholastic sports teams, and numerous clubs and organizations moderated by faculty. Stags Red, White & Blue</p>	<p>Curriculum College Prep, Honors, Advanced Placement level courses to meet needs of a diverse student body.</p>	<p>Open House Sunday, Nov. 4 11:00 a.m.</p>	<p>Entrance Exam: Archdiocesan HSPT required</p>	<p>Freshman Application Deadline December 15</p>	<p>Freshman Notification of Admission Feb. 2019</p>
	<p>Financial Aid Application Deadline December 15</p>	<p>Registration Deposit Due Mid-March 2019</p>				
<p>Freshman Class Size: 230 • Tuition: \$18,350 • Application / Financial Aid: Admissions Office 240-764-2210</p>						

 <p>Elizabeth Seton High School Sr. Ellen Marie Hagar '74 President Melissa Davey Landini '99 Dean of Admissions 5715 Emerson Street Bladensburg, MD 20710 301-864-4532 www.setonhs.org</p>		<p>Girls Basketball, soccer, volleyball, softball, golf, swimming, crew, cross country, lacrosse, indoor and outdoor track, tennis, field hockey, cheerleading and dance. Washington Catholic Athletic Conference Roadrunners Scarlet, Gold, and White</p>	<p>• Pre-Career Programs Engineering & Design Law, Health Science / Pharmacy, Hospitality & Tourism • AP & Honors Courses • Scholars Program • Small classes and personal attention</p>	<p>Open House Sunday, November 4 11:00 am – 2:00 pm</p>	<p>Entrance Exam Archdiocesan test results required.</p>	<p>Application Deadline December 13</p>	<p>Notification of Admission February 14</p>
		<p>Schedule a Shadow Day Online</p>	<p>Archdiocesan Financial Aid Application Required</p>	<p>Registration March 8</p>			
<p>Total Enrollment 603 Students • Tuition \$14,375</p>							

 <p>Georgetown Preparatory School 10900 Rockville Pike, North Bethesda, MD 20852 www.gprep.org 301-493-1215 Rev. James R. Van Dyke, S.J., President John Glennon Jr., Headmaster Brett Graham '92, Admissions Director</p>		<p>Boys 15 Interscholastic Sports Over 20 Clubs and Organizations Hoyas Blue & Gray</p>	<p>College Placement: Virginia • Yale Notre Dame Georgetown Harvard U.S. Naval Academy Boston College Duke • Princeton Penn • Stanford</p>	<p>Open House Sunday, October 14 12:00 pm to 3:00 pm REGISTER ONLINE</p>	<p>Admissions Process: Please visit www.gprep.org to set up your admissions account. Also, be sure to set up your Hoya-for-a-Day visit.</p>	<p>Application Deadline Jan. 7, 2019</p>	<p>Notification of Admission Feb. 22, 2019</p>
		<p>Financial Aid Appl. Deadline Jan. 21, 2019</p>	<p>Registration Deposit Due March 11, 2019</p>				
<p>Tuition: Day: \$37,215 Boarding: \$60,280 • Forming Men of Competence, Conscience, Commitment & Compassion; Men of Faith, Men for Others since 1789</p>							


 <p>Gonzaga College High School 19 Eye St., NW, Washington, DC 20001 Rev. Stephen W. Planning, S.J., President Mr. Thomas K. Every II, Headmaster Mr. Andrew C. Battaile, Dean of Admissions 202-336-7101</p>		<p>Boys 7 Freshman, 16 Junior Varsity, and 17 Varsity Sports Washington Catholic Athletic Conference Eagles Purple & White</p>	<p>Special Programs Comprehensive advanced placement, band, choral arts, internet applications, earth systems, science laboratory.</p>	<p>Open House Sunday November 18 10:00 a.m. to 2:00 p.m.</p>	<p>Entrance Exam Archdiocesan test results are required.</p>	<p>Application Deadline December 12</p>	<p>Notification of Admission Feb. 28, 2019</p>
		<p>Financial Aid Appl. Deadline Jan. 11, 2019</p>	<p>Registration Deposit Due March 14, 2019</p>				
<p>Freshman Class Size: 245 • The Catholic, Jesuit school located in the heart of our nation's capital city. • Tuition: \$22,850</p>							

 <p><i>A Xaverian Brothers Sponsored School</i> 17301 Old Vic Boulevard Olney, MD 20832 Paul G. Barker Ed. D., President Thomas Campbell '93, Principal Maria Nichols '04, Director of Admissions Admissions@olgchs.org www.olgchs.org</p>	<p>COED Offering a comprehensive college prep curriculum including the IB Program, AP and Honors courses, the STEM Program, and the Ryken Program.</p>	<p>Home of the Falcons Extensive co-curricular activities, 54 sport teams, Performing Arts, Speech & Debate and over 55 cultural and academic clubs. Member of the W.C.A.C.</p>	<p>Open House Sunday, Oct. 14, 2018 10:00 AM to 1:00 PM</p>	<p>Prospective Parent INFORMATION NIGHT Tuesday, Sept. 25, 2018 7:00 PM</p>	<p>Freshman Application Deadline Dec. 7, 2018</p>	<p>Freshman Notification of Admission Feb. 21, 2019</p>
	<p>Freshman Financial Aid Appl. Deadline Dec. 7, 2018</p>	<p>Freshman Registration Friday, March 8, 2019</p>				
<p>Tuition \$23,070</p>						


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 <p>CONNELLY SCHOOL OF THE HOLY CHILD 9029 Bradley Boulevard, Potomac, MD 20854 Shannon Gomez, Ed.D. Head of School Meghan Burke Cross Director of Enrollment Management 301-365-0955 www.holychild.org • admissions@holychild.org</p>	<p>Girls 6 - 12 Field Hockey, Cross Country, Soccer, Tennis, Volleyball, Golf, Equestrian, Basketball, Swimming, Diving, Lacrosse, Softball, Track, Dance Team, Ice Hockey Independent School League Artificial Turf Field Tigers • Blue & Gold</p>	<p>Special Programs • College Prep Curriculum • Internship and Entrepreneurial Programs • Online School for Girls • AP & Honors Courses • Fine Arts & Performing Opportunities Our student-faculty ratio is 7:1</p>	<p>Open Houses Upper School Saturday, October 27 10:30-1:30pm (presentations at 11:00, 12:00, 1:00) Online Registration for visit days begins in September Entrance Examinations: Middle and Upper School SSAT • In-house achievement test for grades 6-8</p>	<p>Application Deadline & Financial Aid Appl. Deadline UPPER SCHOOL December 2 MIDDLE SCHOOL January 20</p>	<p>Notification of Admission: UPPER SCHOOL End of February MIDDLE SCHOOL Mid March Reg. Deposit Due: Mid March</p>
	<p>325 Students • Tuition Grades 9-12 \$32,950 • Book Fee \$375 • Technology Fee Grade 9 \$1,250 Grades 10-12 \$470</p>				


 <p>OAKCREST SCHOOL 1619 Crowell Road, Vienna, VA 22182 Dr. Mary T. Ortiz, Head of School Cynthia Bertolini, Director of Admissions 703-790-5450 Oakcrest.org • admissions@oakcrest.org</p>	<p>Academic Excellence 7:1 student-teacher ratio Rich liberal arts curriculum 16 AP Courses</p>	<p>Faith-Character Daily Mass 1-to-1 mentoring Virtue-Based Workshops</p>	<p>Extracurriculars 19 Teams 12 Sports Potomac Valley Athletic Conference Director's Cup Winner Show Productions Over 25 Clubs</p>	<p>Bus Transportation available from Maryland and Virginia</p>	<p>Application Deadlines Upper School January 17 Middle School January 25 Financial Aid Application Due January 28</p>	<p>Open House Saturday October 20 2:00 to 5:00 pm Be an Oakie for the Day For Applicants Grades 6 & 7 October 12 November 9 December 5</p>
	<p>An independent school for girls in grades 6-12 • Freshman Class Size: 38 • Tuition: US \$26,950 / MS \$25,700</p>					


 <p>ST. JOHN'S COLLEGE HIGH SCHOOL Est. 1851 Mr. Jeffrey W. Mancabelli, President Mr. Christopher J. Themistos, Principal Mrs. Susan Hinton, Director of Admissions 202-363-2316 • www.stjohnschs.org 2607 Military Road, NW, Chevy Chase, DC 20015</p>	<p>Coed Coed: crew, cross country, golf, rifle team, swimming, track; Female: basketball, equestrian team, field hockey, ice hockey, lacrosse, soccer, softball, tennis, volleyball; Male: baseball, basketball, ice hockey, football, lacrosse, soccer, tennis, wrestling, rugby. WCAC Cadets Scarlet & Grey Tuition: \$19,925</p>	<p>Special Programs Scholars Program • Benilde Program • 1:1 Technology Program (iPads) • Cadet Corps (optional) • Entrepreneurial Center for Innovation & Leadership • New Visual & Performing Arts Wing • New Student Center</p>	<p>Open House Sunday, Oct. 21, 2018 11:00 a.m. to 2:00 p.m.</p>	<p>Entrance Exam Archdiocesan HSPT results are required.</p>	<p>Application Deadline Dec. 7, 2018 Financial Aid Appl. Deadline Feb. 1, 2019</p>	<p>Notification of Admission Feb. 28, 2019 Registration Deposit Due March 16, 2019</p>
	<p>Freshman Class Size: 45 • Tuition: \$28,700 Middle; \$28,700 Upper • Financial Aid: Ms. Ieva Young @ 202-281-1656</p>					

 <p>ST. VINCENT PALLOTTI HIGH SCHOOL 113 St. Mary's Place, Laurel, MD 20707 Mr. Jeff Palumbo, President/Principal Mrs. Stacy Springer, Director of Admissions 301-725-3228 Ext. 2202 www.pallottihs.org</p>	<p>Coed Over 20 varsity athletic teams; Maryland Interscholastic Athletic Association (MIAA)—Men; Interscholastic Athletic Association of Maryland (IAAM)—Women Panthers Blue & White</p>	<p>Grades 9-12 College Prep Curriculum Honors & AP Courses 98% College Placement Accelerated & Computer Science Programs Visual & Performing Arts Program Learning Center</p>	<p>Open House Sunday, Nov. 4 2:00 p.m. to 5:00 p.m. 500 Students</p>	<p>Visit the web site for 2019-2020 application! 1:11 Teacher Student Ratio</p>	<p>Admissions Application Deadline Dec. 14, 2018</p>	<p>Financial Aid Application Deadline Jan. 3, 2019</p>
	<p>Freshman Class Size: 70 • Tuition: \$16,900 • Financial Aid: Michael Schultz @ 301-662-4210 • www.saintjohnsprep.org</p>					

 <p>ST. ANSELM'S ABBEY SCHOOL 4501 SOUTH DAKOTA AVE, NE WASHINGTON, DC 20017 Bill Crittenger, Headmaster 202-269-2350 Peter Young, '01 Director of Admissions 202-269-2379 admissions@saintanselm.org www.saintanselm.org</p>	<p>Boys Soccer, Cross Country, Basketball, Wrestling, Tennis, Baseball, Track, Lacrosse, Golf, Fencing Potomac Valley Athletic Conference Panthers Maroon & Grey</p>	<p>Special Programs Challenging academic program for students of above average ability in grades 6-12</p>	<p>Open House Sunday November 4 11:00 a.m. to 3:00 p.m. Benedictine School</p>	<p>Entrance Exam Dates November 17 December 15 January 19 February 9 Exam also offered by appointment</p>	<p>Application Deadline Rolling Financial Aid Appl. Deadline Feb. 4, 2019</p>	<p>Notification of Admission: Feb. 22, 2019 Registration Deposit Due March 15, 2019</p>
	<p>Freshman Class Size: 45 • Tuition: \$28,700 Middle; \$28,700 Upper • Financial Aid: Ms. Ieva Young @ 202-281-1656</p>					

 <p>Dr. Thomas Powell, President Will Knotek, Principal Michael Schultz Executive Director of Advancement 3989 Buckeystown Pike Buckeystown, MD 21717 E-mail: mschultz@saintjohnsprep.org • 301-662-4210</p>	<p>Coed Small class size • Guaranteed College Admission and Scholarship Program • College-level, AP & Honors Classes • Program for students with learning needs • Bus Transportation VIKINGS Green, Gold & White</p>	<p>OPEN HOUSE Sunday November 4 1:00-3:00PM Founded in 1829</p>	<p>HSPT Entrance Exam Saturday, December 1 8:30AM Registration 9:00AM Testing begins</p>	<p>Application Deadline Rolling Admissions Financial Aid & Scholarship Appl. Deadline Dec. 14, 2018</p>	<p>8th Grade Acceptance Day Feb. 14, 2019 Registration Deposit Due March 15, 2019</p>
	<p>Freshman Class Size: 70 • Tuition: \$16,900 • Financial Aid: Michael Schultz @ 301-662-4210 • www.saintjohnsprep.org</p>				

 <p>Stone Ridge School of the Sacred Heart Catherine Ronan Karrels '86, Head of School 9101 Rockville Pike • Bethesda, MD 20814 301-657-4322 www.stoneridgeschool.org</p>	<p>Girls PS-Grade 12 (Coed PS-K) Basketball, crew, cross country, equestrian, field hockey, golf, ice hockey, lacrosse, soccer, softball, squash, swimming/diving, tennis, track & field and volleyball The Gators Blue & Gold</p>	<p>Special Programs Honors/AP Courses 1:1 Laptop Social Action Exchange Program STEAM Certificate</p>	<p>Open House Upper School (Grades 9-12) Sunday, Oct. 14 12:00 – 2:30 pm</p>	<p>Required Entrance Exam: SSAT Register at www.ssat.org (School Code: 7494) Application Deadline Dec. 1, 2018</p>	<p>Financial Aid Deadline Jan. 15, 2019</p>	<p>Notification of Admission Late February Registration Deposit Due Early March</p>
	<p>Freshman Class Size: 93 • Tuition: \$35,500 • Financial Aid Available</p>					

 <p>THE HEIGHTS SCHOOL 10400 Seven Locks Rd., Potomac, MD 20854 Alvaro J. de Vicente, Headmaster Richard S. Moss, Director of Admissions 301-765-2093 • admissions@heights.edu www.heights.edu</p>	<p>Boys 3-12 The Heights forms "men fully alive" through a rigorous curriculum implemented with a highly personal approach to education and character. Cavaliers Red & White</p>	<p>Challenging liberal arts; innovative science and math; small classes; individual mentorship; WCAC Athletics; extensive extracurriculars; rich sacramental life.</p>	<p>Open House Sunday, October 21 12:30 to 4:00 p.m.</p>	<p>Admissions: Call us any time or visit our website at www.heights.edu/admissions for an overview of our application process.</p>	<p>Admissions Deadline for Full Consideration Jan. 4, 2019 Financial Aid Appl. Deadline Jan. 25, 2019</p>	<p>Notification of Admission Feb. 28, 2019 Registration Deposit Due March 15, 2019</p>
	<p>Freshman Class Size: 65 • Financial Aid: Phil McGovern (CF0) 301-365-4300</p>					

 <p>Georgetown Visitation PREPARATORY SCHOOL Daniel M. Kerns, Jr., Head of School Mary Kate Blaine, Principal Janet Donnelly Keller, Director of Admissions Tel: 202.337.3350 Fax: 202.342.5733 • www.visi.org 1524 Thirty-fifth Street NW Washington, DC 20007</p>	<p>Girls 9-12 A Catholic High School in the Salesian Tradition Educating Women of Faith, Vision, and Purpose Since 1799 • Small Class Sizes • 100% College Acceptance • Bridge Program at Georgetown • AP & Honors • Extensive Service Program • ISL Champion Athletics • Dynamic Performing and Fine Arts • Strong STEAM Focus • More than 50 Clubs Cubs • Gold, White, & Green</p>	<p>OPEN HOUSE Saturday Oct. 13, 2018 1:00 to 4:00 p.m.</p>	<p>Entrance Exam HSPT (Offered at Visitation Dec. 1, 2018)</p>	<p>Freshman Application Deadline Dec. 7, 2018 Financial Aid Appl. Deadline Jan. 7, 2019</p>	<p>Freshman Notification of Admission Feb. 22, 2019 Registration Deposit Due Mid-March 2019</p>
	<p>Freshman Class Size: 128 • Tuition: \$30,100 • Financial Aid: Janet Keller @ 202.337.3350 ext. 2241</p>				

McGANN

Con't from page 1

them. There was a time not so long ago, when I was a stay-at-home mom who got together with friends, and we took our children for picnics in the park, field trips to the zoo or just a day of play in the backyard. Because we were spending so much time together, we couldn't help but reveal our parenting flaws and faux pas to our friends, and when we did or said something that was on the "don't do" list in Dr. Spock, we did or said it right in front of everyone! We watched each others' kids when we had appointments or went on short trips. I returned from an overnight trip to a child who said he wanted to live with my best friend forever – she was "so nice"! She was really nice – far more patient than I, and her house was always perfectly ordered and neat. When I reminded him that he would have to make his bed every day if he lived there, he reconsidered and decided to give me another chance. Lucky me.

When her kids spent the day with me, and one of them climbed to the top of my huge red van, I couldn't get him to come down. No matter how much I cajoled, and even when I tried some serious threats, he just grinned at me from the top of the van. He was still there a couple of hours later when his mom returned. Our own children and our friends' children provided a healthy perspective. None of us was the perfect mother, and none of us was expected to be. I'm pretty sure none of us was focused on the "product." We were too involved in the process of parenting. Most of the time it was great fun, but even when it wasn't, we had one another.

When I forgot son #4 at a local park and had to go back and extract him from a lovely family's picnic

blanket, my sister reminded me that he was missing only for a few minutes – and that Mary and Joseph had lost Jesus for several days! As our children got older, we passed each other in the carpool line in the mornings, some of us still in our pj's and slippers, we brought our little ones to CYO soccer practices and games, and fed them McDonalds and pizza afterwards. Our Catholic schools became our communities. We'd hire eighth-grade girls to babysit and we'd go to Crab Feasts at DeChantal and dances at Saint Bernadette's.

Parents today have to work harder to enjoy the level of camaraderie that we experienced twenty years ago. They can find themselves isolated and uncertain if they don't have the opportunities to share the process with their friends and families. They are rushing from work to school to activities to homework, baths, bed, and back again. It's not as much fun. Sometimes it feels like people are judging, so nobody wants to share the stories of the messes and mistakes.

There are still, of course, those incredible moments of tenderness and hilarity that remind parents of the gift that their children are. My hope is that soon the parenting experts will run out of things to say about the" products" parents are raising, and then moms and dads can get back to enjoying the experience – together – laughing and crying together, reminding one another that none of us does this perfectly. I hope that young parents will continue to find a sense of belonging in their Catholic school communities, despite their busy schedules, so that there will be time on the soccer sidelines and at the spaghetti dinners or the pizza bingo nights to connect with one another, and to enjoy the unpredictability and the blessings of parenting children together in a faith community.

OPT

AUTHOR

Con't from page 3

deadly rebel mob in a 3-by-4-foot bathroom for 91 days. During those 91 days of unimaginable suffering, Immaculée found her faith, taught herself English, and most incredibly, committed herself to a life of peace, hope and forgiveness, even for those who had murdered her family. Immaculée's first book, *Left to Tell; Discovering God Amidst the Rwandan Holocaust* (Hay House) was released in March of 2006 and quickly became a *New York Times*

bestseller. To date, it has been translated into seventeen languages and has sold over two million copies. Immaculée has gone on to work at the United Nations, receive five honorary doctoral degrees, write six more books about her faith and her life journey, and is the recipient of the Mahatma Gandhi International Award for Reconciliation and Peace.

This event is free and open to the public, and there will be a book signing after the October 10 program. Seating is limited, so those interested must pre-register at bit.ly/oakcrestimmaculee.

OPT

HOMECOMING

Con't from page 7

thanks for our shared connection and friendships at the 5:00 PM mass. Immediately following mass, we will visit and dine under the tents on St. B's field enjoying a scrumptious feast catered by MGM Roast beef.

On Sunday, the school will be open for visitors either considering a new school or walking down

memory lane. After a stroll through our gleaming hallways, we invite you to step back onto the field for the always-glorious St. Bernadette Fall Festival.

Bring your classmates, your families and your friends. There is something for everyone. We want to see you! Please enjoy these pictures from the inaugural Homecoming Weekend in 2017. We look forward to having you join us this year. All are welcome!

OPT

CHARITY & JUSTICE

Con't from page 3

often challenged by justice activities (promoting affordable housing, protecting vulnerable life of the unborn and the elderly, promoting living wages).

The U.S. Catholic Bishops state simply that these are "two different, but complementary, ways that we can walk the path of love, or caritas." Both charity and justice activities are needed. These are called "Two Feet of Love in Action," as taught by Pope Benedict XVI in *God is Love* and *Charity in Truth*. (Search: USCCB two feet of love in action brochure).

To be faithful to Church teaching, members of the J&A Council are challenged to embrace both justice

and charity activities. We struggle with this just as most everyone else does.

General Elections on November 6. To help you choose candidates at the state and national levels who promote the common good in society and the dignity of life, visit: www.mdcathcon.org/elections. A Catholic voter guide is not available for local elections, but the guide provided by the League of Women Voters may be helpful. Visit: www.lwvmocomd.org/

Catch fire. In his recent 2018 apostolic exhortation *Gaudete et Exsultate (Rejoice and be Glad)*, Pope Francis reflects on the Beatitudes. He challenges us to experience the love of God though those we meet in our daily lives, especially the poor and vulnerable on the margins of society. He asks: "Do you let [Christ's] fire

inflame your heart? Unless you let him warm you more and more with his love and tenderness, you will not catch fire" (*GE*, n. 151).

We see God in the face of the poor. Pope Francis writes that "there is a mystical meaning to be found . . . in a poor person's face" (*Laudato Si*, n. 233). Participation in the J&A Council can help you catch fire. We meet every two months at Holy Redeemer parish, Kensington. Join us at our next meeting on Wednesday, November 28th at 7:30 p.m. at Holy Redeemer. For more information, call Ann Barbagallo at 301-482-1022.

OPT

Anthony Bosnick is a member of the J&A Council of Montgomery County and Director of Social Ministry at St. Francis Parish, Derwood.

ST. RAPHAEL

Con't from page 5

and caregivers the opportunity to bring their toddlers to campus. On Monday and Thursday mornings, little ones enjoy music, art, stories, and playtime, while the adults connect, trade parenting tips, and simply share with each other in our warm Catholic setting. We are so excited to be hosting this program and look forward to welcoming more new families to our community.

Time-honored Traditions

At press time, the 10th annual St. Raphael Golf Classic was scheduled to be held at Lakewood Country Club Sept. 24 in memory of Fr. Bill Finch, whose dream of St. Raphael School became the reality that we gratefully and joyfully celebrate every day. Likewise, Grandparent's Day—a lovely morning that bridges generations as we honor extended family at SRS—was slated to be hosted on Sept. 28. We will be sure to report on both events in the next

issue of Our Parish Times.

Save the Dates

Oct. 15: SRS Open House for grades K-8 welcomes interested parents to a presentation and tour of the facilities 9:15-10:15 a.m.

Oct. 20: Angels on the Run 5K invites everyone to running races for all ages and a lively school celebration.

Visit our school website at www.straphaelschoolmd.org for details about these events and more.

OPT

CONVERSATION

Con't from page 9

Church go exclusively to support St. Jane de Chantal's church and school. However, Father Giese also observed that the portion of the collection that goes to the Archdiocese supports such valuable work as child protection, promoting vocations, evangelization, and providing resources for Catholic schools among other things.

Fr. Giese answered every single question presented, easing the fears and dissatisfaction of all parish-

ioners. He encouraged everybody to write to the Apostolic Nuncio, the President of the U.S. Catholic Conference of Bishops and to the Archbishop of Washington (providing the postal and email addresses) to express concerns and to suggest ways to improve transparency and accountability. He concluded that child protection is everyone's responsibility, and all have to cooperate to ensure that all the Parish's children are safe and protected. His final words of wisdom were about the importance in being informed and alert, in recommitting ourselves to Jesus Christ and in supporting

our priests.

Everyone was very impressed with Fr. Giese and his courage, honesty and transparency. After the presentation, the parishioners thanked him with a long, standing ovation. The service concluded with prayers, spiritual readings and songs. Everybody left the presentation that evening feeling comforted and reassured of the great job the spiritual leaders at St. Jane de Chantal were doing. One thing was very clear, the priests at St. Jane de Chantal Church have the full support of all its parishioners.

OPT

SPEECH CLASS

Con't from page 14

Good Counsel High School for over 25 years, for helping him become a better teacher.

A devoted Catholic, Mr. Higgins is a role model for his students, his fellow teachers, parents, and the whole SJE community. At age 78, nothing is slowing him down. He walks

six miles a day, takes yoga classes, serves as Chairman for the Merit Badge of public speaking for the Boy Scouts, and teaches Labor and Employment and Local Government at The Catholic University of America Law School in the evenings (since 1982). With all of this on his plate, he still finds time for some *pro bono* work teaching our speech class at St. John the Evangelist School.

Mr. Higgins has 3 children and 11

grandchildren (7 of whom attended St. John the Evangelist School). In addition to being one of the smartest middle-school teachers around, he is one of the most kind and humble men you could meet. When asked what he feels was his greatest achievement in life, without hesitation he answers, marrying his wife.

We are truly blessed to have Mr. Higgins as part of our SJE family.

OPT

JOURNEY

Con't from page 14

Original Cemetery.

Before leaving the grounds, our students also learned that Elizabeth Seton was received into the Catholic Church in 1805. One year later she received the sacrament of Confirmation from the Bishop of Baltimore, Reverend John Carroll, the only Catholic Bishop in the nation at the time. This is very fitting

for our candidates to know, as Rev. John Carroll was the first Pastor of our parish in Silver Spring. He used to say Mass in his mother's house, and now a replica of the Carroll Chapel stands on the property next to the historic St. John the Evangelist Church.

The second half of our day was spent at the National Shrine Grotto, one of the oldest American replicas of the Lourdes Shrine in France. The students all had time to pray and light candles for special inten-

tions at the grotto. They saw the special stone from right near the miraculous spring where the Blessed Mother told St. Bernadette to dig and receive water. This stone was excavated from the Grotto at Lourdes, brought to Emmitsburg, and installed at the Grotto cave. It is said that we are now spiritually connected to the Lourdes Grotto in France. Before leaving the grounds, our group gathered near the Grotto to pray the rosary. We had a wonderful day.

OPT

Christ The King Literacy Project

By Katie Holland, OPT parish editor

Christ the King's Office of Religious Education has been provided a healthy Catholic Charities of Washington DC grant in order to enable those unable to read and write in their language of origin to be equipped to do so. It is targeted for those whose first language is Spanish. Included in this opportunity is the invitation to those who also may just need to improve and fortify their current abilities, whatever level, in writing and reading.

Anyone interested in registering should contact the Director of Religious Education at Christ the King, Mrs. Isidra Molina.

OPT

Canonization of Blessed Oscar Romero to be Televised at Christ the King

By Katie Holland, OPT parish editor

Christ the King is the home parish of many who originally came, or descend from those who came, from El Salvador. The Salvadoran community here will celebrate the Solemnity of their beloved martyred Archbishop, Oscar Romero. Archbishop Romero will be canonized on October 14 in Rome, along with Pope Paul VI. The ceremony from Rome will be televised in the Colonial Room.

The Christ the King community will celebrate this event most especially at the 12:30pm Mass Sunday October 14 in the Church. Throughout the day, after each Mass, in the Colonial Room, there will be a baked goods sale from the kitchens of all parishioners regardless of origins, as well as the sale of food typical of El Salvador. After this 12:30pm Mass, which is said in Spanish, Salvadoran Folk music and dance will be highlighted. Everyone is invited to attend and enjoy.

OPT

PRINCIPAL

Con't from page 1

is also known for her enthusiastic school spirit, family devotion, and dependence on God. And now, we are proud for everyone to know Mrs. Dwyer as the Archdiocese of Washington 2018 Distinguished Principal of the Year!

To Mrs. Dwyer's surprise and the delight of all present – SRS students, staff, clergy, and several close family members—the announcement was made Sept. 10 at Morning Prayer, where the school gathers at the start of every day. William Ryan, the superintendent of schools for the Archdiocese of Washington, and Jem Sullivan, the archdiocesan secretary for education, presented the award to Mrs. Dwyer who, amid a standing ovation, received it with humility and joy. In no time at all, flower deliveries began, and social media posts started flowing with accolades about Mrs. Dwyer, who, in her always humble fashion, was quick to give credit to her staff for the accomplishment.

Mrs. Dwyer has led as principal since the school's founding in 2006 and, along with

St. Raphael's late pastor, Fr. Bill Finch, was integral to the establishment of the school. She is instrumental in cultivating a Christ-centered, forward-thinking academic environment, and she sets the tone for the warm and welcoming environment for which the school is known. Mrs. Dwyer's service at St. Raphael's goes back to 1990, when she became director of St. Raphael Nursery School, which she still heads. At that time, her daughter Meghan entered into the 3's program, and the family ties continue as Meghan's daughter now attends SRNS.

Mrs. Dwyer truly embodies the spirit, gifts, and skills of a distinguished principal, and we at St. Raphael's are grateful for her ardent leadership that embraces faith and tradition and empowers student success.

During the same Morning Prayer, the SRS Student Council was installed and received a special blessing from our pastor, Fr. Michael Salah, and parochial vicar, Fr. David Wells. This year's council members are Maggie Rose (president), Timmy O'Connor (vice president), Tobi Somefun (treasurer), and Addie Wildermuth (secretary). Class representatives include Isaac Baum, Bella Potakey, Joseph Rascher, and Mary Washko.

OPT

ANNIVERSARY

Con't from page 3

with what they need to reach their full potential

- The school's emergence as a local and national leader

- The achievements of stellar students, alumni and faculty/staff

This milestone year will offer Our Lady of Good Counsel an opportunity to:

- Celebrate the school's many accomplishments over the past 60 years including its impressive growth that has positively impacted the community

- Begin to collectively envision the next 60 years towards the future

- Honor our founders and supporters, our partners and community members who shaped the school's history



Our Lady of Good Counsel High School alumni clergy, Rev. Kevin Fields '04.

- Build and enhance our base of support include: alumni, parents, faculty, staff and friends and create an enduring connection to Good Counsel for our current students

OPT

A Pre-Hallowe'en Dinner Dance

By Katie Holland, OPT parish editor

On Saturday October 20, Christ the King will host a fundraiser dinner dance sponsored by The Lord Is My Shepherd Prayer Group in its Msgr John J Dressel Colonial Room. The \$20 admission fee for the 6:30pm-midnight event will be a 100% donation to the parish coffers.

Dinner will be prepared and contributed by the families comprising the prayer group. Music will be provided by DJ Nik

Nok (otherwise known as Nicky Anastacio). The Hallowe'en theme encourages all to come in costume!

Tickets will be on sale after all Masses between now and the date of the dance (to better prepare for the dinner number of attendees); but walk-ins will not be turned away from the door. Several members of the prayer group will provide information, as listed on the flyer.

OPT

On the Feast of St Francis of Assisi

By Katie Holland, OPT parish editor

Christ the King will again this year have a blessing of the animals on the Feast Day of St Francis of Assisi, Thursday October 4. After the 9:15am daily Mass Fr. Steve Carter will confer the Blessing in the Religious Education Building. At 6:30pm there will be a Blessing of animals in the vestibule of the Church in Spanish.

At 10am Christ the King will spiritu-

ally join the two parishes in the Archdiocese leading the participation in the Adoration for the healing in the Church. St Andrew the Apostle in Wheaton and Sacred Heart in La Plata will have 24-hour Adoration. Christ the King will have theirs from 10am until 8pm on Thursday and again on Friday Oct. 5 in the Church. This is for the Intention of prayer for those priests in the Archdiocese needing healing and forgiveness as well as for the sins and failures of the Church.

OPT

It pays to
advertise in
Our Parish Times

Christ the King
2301 Colston Drive
Silver Spring, MD
301-495-2306
Fr. Stephen Carter, OFM, Cap.,
Parochial Administrator
Katie Holland,
OPT Editor
kh7@georgetown.edu

Pre Halloween
DINNER and DANCE
for the benefits of CHRIST THE KING church...
Sponsored by: "The Lord Is My Shepherd Prayer Group"



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October 20, 2018 (Saturday)
6:30 pm - 12:00 am
(COLONIAL HALL)
CHRIST THE KING CHURCH
2300 East West Highway / 2301 Colston Drive
Silver Spring Maryland 20910

For more info please call:
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Jorge Gonzales (240) 476-7711
Marita Laguan (301) 905-2346
Linda Basemot (240) 688-3382
Freilan Manensale (202) 379-5044

★ Music by: DJ Nik Nok (Nicky Anastacio) ★

Why You Should Compare Medicare Drug Plans

A new analysis of the highest and lowest prices of ten of the most frequently prescribed brand name drugs found extreme price variations among Medicare Part D drug plans, according to an analysis released September 27 by The Senior Citizens League. “One look at the price comparison chart (<https://seniorsleague.org/assets/Drug-Price-Comparison.pdf>) illustrates why Medicare beneficiaries need to check and compare drug plan prices during this fall’s Medicare’s Open Enrollment,” says Mary Johnson, a Medicare policy analyst for The Senior Citizens League.

There can be more than a thou-



sand dollars in price difference among drug plans for the very same drug, the analysis found. In addition, due to recent legislative changes that limit the co-insurance charged during the “doughnut hole” stage of coverage, some brand name drugs are now less expensive in the “doughnut hole” than in the

initial coverage stage, where costs are typically the lowest.

“Because Medicare isn’t negotiating prices on our behalf, there’s no consistency in drug pricing among Medicare Part D drug plans,” says Johnson, who performed the comparisons using the Medicare website’s Drug Plan Finder. The disparity in pricing is highest when the drug isn’t listed on the plan’s formulary or list of covered drugs. The diabetes drug Novolog Flexpen, for example, had a low price of \$37 and a high of \$2,012 in a plan where the drug is not on the formulary.

A monthly supply of Lyrica, which is used to treat the nerve and muscle pain of fibromyalgia and

seizures, costs a low of \$37 and a high of \$178. The \$178 is higher than what drug plan enrollees would pay in the “doughnut hole” coverage-gap phase, which is \$155. In 2019, enrollees will pay 25 percent co-insurance for covered brand name drugs in the doughnut hole. However, in a number of plans, initial coverage co-insurance for top formulary tiers can be as high as 50 percent, which would be twice as much as the doughnut hole in 2019.

In one case, the comparison found the cost of the drug was driven up when the high drug plan premium was factored in. For example, Voltaren Topical Gel ranges from \$28 to \$37 per month. However, the

plan in which the drug cost the least had an unusually high premium. Once the premium of \$159 was added to the \$28, the total cost was \$187 (\$28 + \$159), versus \$63 for the lowest-costing plan (\$37 + \$26).

“Most people 65 and over take more than one prescription drug. To get the lowest-cost and best plan, people need to compare plans based on all the drugs they actually take,” Johnson explains. “The Medicare Drug Plan Finder shows the combined cost of drugs and the premium with the lowest costing plan shown first. In addition, consumers should carefully compare prices between in-network walk-in and mail-order pharmacies – those prices can also vary,” Johnson notes.

Information on all drug plans, premiums and drug costs can be found on the Medicare Drug Plan Finder at www.Medicare.gov. The drug plan finder allows personalized searches based on the drugs one actually uses.

Comparing plans doesn’t have to be a mind-numbing chore. Medicare beneficiaries can get free one-on-one counseling from State Health Insurance Program (SHIP) counselors by contacting your local Area Agency on Aging or senior center. SHIP contact info can be found at <https://www.shiptcenter.org>. Medicare beneficiaries can compare plans and make changes during Medicare Open Enrollment, which runs October 15 – December 7, 2018.

OPT

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Marian Assisted Living
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ABUSE

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and she has as an extensive background in parish and church administration.

St. Bart’s clergy there to listen were Fr. Tim Daniel, Deacon Julio Blanco-Eccleston and Deacon John Class, in addition to Fr. Knestout.

Several St. Bart’s parishioners rose to offer their heart-felt feelings regarding the abuse allegations and the Church’s response.

Fr. Knestout commented: “It accomplished what I was expecting – an opportunity for people to speak about the pain they are experiencing from having to go through these many issues again. People spoke frankly and candidly about their hopes and fears for their faith and for the Church.”

St. Bart’s will continue with Adoration from 7:30-8:30 pm for the next five Fridays (September 21 and 28, October 5, 12, and 19) to pray for the victims of abuse.

OPT

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Our Parish Times

Caring for Our Aging Parents: A Workshop for Adult Children

In this two-session workshop, you will join other adult sons and daughters who are or expect to be caregivers for their aging parents. We will use the sessions—and the safe space we create together to:

- Share experiences of caregiving and its challenges
- Explore more deeply feelings, inner conflicts, and the obstacles we face
- Develop some practical strategies for self-care, addressing personal needs, and keeping life in balance by gaining confidence in our own inner resources and wisdom.

Thursdays, November 8 and 15.
Jane Lawton Community Recreation Center
6:30pm - 8:30pm
Participants attend both sessions.
FREEcaring

Facilitator Paula Stone—who cared for her aging mother—has had a lifelong interest in personal growth and healing modalities. She is the author of a commercially published self-help book; an award-winning



playwright; an experienced support-group leader and trained facilitator; and a longtime practitioner of mindfulness meditation which has included completion of a yearlong mindfulness intensive. Her new full-length play *Because She's My Mother* is about an adult daughter's bittersweet struggles—to balance her life, face loss, and let go—as she cares for her failing mother. Paula is retired from the World Bank, where she currently serves on the steering committee of the retirees' "Members Helping Members" program; she has a PhD from MIT.

Registration Open Now – RSVP is required!

Visit: www.eventbrite.com/o/montgomery-county-caregiver-support-program-16623629511

Daily low-dose aspirin found to have no effect on healthy life span in older people

Large NIH-funded study examined outcomes in U.S. and Australia

In a large clinical trial to determine the risks and benefits of daily low-dose aspirin in healthy older adults without previous cardiovascular events, aspirin did not prolong healthy, independent living (life free of dementia or persistent physical disability). Risk of dying from a range of causes, including cancer and heart disease, varied and will require further analysis and additional follow-up of study participants. These initial findings from the ASPirin in Reducing Events in the Elderly (ASPREE) trial, partially supported by the National Institutes of Health, were published online on September 16, 2018 in three papers in *The New England Journal of Medicine*.

ASPREE is an international, randomized, double-blind, placebo-controlled trial that enrolled 19,114 older people (16,703 in Australia and 2,411 in the United States). The study began in 2010 and enrolled participants aged 70 and older; 65 was the minimum age of entry for African-American and Hispanic individuals in the United States because of their higher risk for dementia and cardiovascular disease.

"Clinical guidelines note the benefits of aspirin for preventing

heart attacks and strokes in persons with vascular conditions such as coronary artery disease," said NIA Director Richard J. Hodes, M.D. "The concern has been uncertainty about whether aspirin is beneficial for otherwise healthy older people without those conditions."

In the total study population, treatment with 100 mg of low-dose aspirin per day did not affect survival free of dementia or disability. Among the people randomly assigned to take aspirin, 90.3 percent remained alive at the end of the treatment without persistent physical disability or dementia, compared with 90.5 percent of those taking a placebo. Rates of physical disability were similar, and rates of dementia were almost identical in both groups.

The group taking aspirin had an increased risk of death compared to the placebo group: 5.9 percent of participants taking aspirin and 5.2 percent taking placebo died during the study. This effect of aspirin has not been noted in previous studies; and caution is needed in interpreting this finding. The higher death rate in the aspirin-treated group was due primarily to a higher rate of cancer deaths. A small increase in new cancer cases was reported in the group taking aspirin but the differ-

ence could have been due to chance.

The researchers also analyzed the ASPREE results to determine whether cardiovascular events took place. They found that the rates for major cardiovascular events—including coronary heart disease, nonfatal heart attacks, and fatal and nonfatal ischemic stroke—were similar in the aspirin and the placebo groups. In the aspirin group, 448 people experienced cardiovascular events, compared with 474 people in the placebo group.

As would be expected in an older adult population, cancer was a common cause of death, and 50 percent of the people who died in the trial had some type of cancer. Heart disease and stroke accounted for 19 percent of the deaths and major bleeding for 5 percent.

"The increase in cancer deaths in study participants in the aspirin group was surprising, given prior studies suggesting aspirin use improved cancer outcomes," said Leslie Ford, M.D., associate director for clinical research, NCI Division of Cancer Prevention. "Analysis of all the cancer-related data from the trial is under way and until we have additional data, these findings should be interpreted with caution."

OPT

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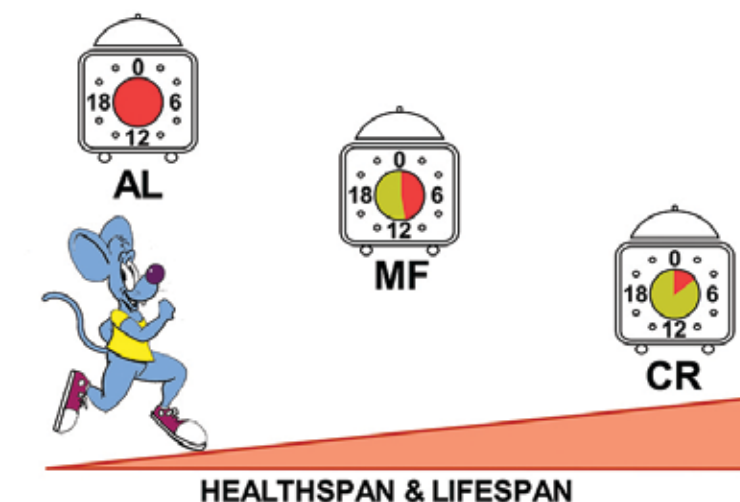
Longer daily fasting times improve health and longevity in mice

Benefits seen regardless of calorie intake, diet composition

Increasing time between meals made male mice healthier overall and live longer compared to mice who ate more frequently, according to a new study published in the Sept. 6, 2018 issue of *Cell Metabolism*. Scientists reported that health and longevity improved with increased fasting time, regardless of what the mice ate or how many calories they consumed.

"This study showed that mice who ate one meal per day, and thus had the longest fasting period, seemed to have a longer lifespan and better outcomes for common age-related liver disease and metabolic disorders," said National Institute of Aging Director Richard J. Hodes, M.D. "These intriguing results in an animal model show that the interplay of total caloric intake and the length of feeding and fasting periods deserves a closer look."

The scientists randomly divided 292 male mice into two diet groups. One group received a naturally sourced diet that was lower in purified sugars and fat, and higher in protein and fiber than the other diet. The mice in each diet group were then divided into three sub-groups based on how often they had access to food. The first group of mice had access to food around the clock. A second group of mice was fed 30 percent less calories per day than the first group. The third group was meal fed, getting a single meal that added up to the exact number of calories as the round-the-clock group. Both the meal-fed and calorie-restricted mice learned to eat quickly when food was available, resulting in longer



daily fasting periods for both groups.

The scientists tracked the mice's metabolic health through their lifespans until their natural deaths and examined them post-mortem. Meal-fed and calorie-restricted mice showed improvements in overall health, as evidenced by delays in common age-related damage to the liver and other organs, and extended longevity. The calorie-restricted mice also showed significant improvement in fasting glucose and insulin levels compared to the other groups. Interestingly, the researchers found that diet composition had no significant impact on lifespan in the meal fed and calorie restricted groups.

Mice with longer fasting times (green) and shorter times when food was available (red) had better health outcomes and longevity than mice who were allowed to eat around the clock. — Image credit NIA IRP

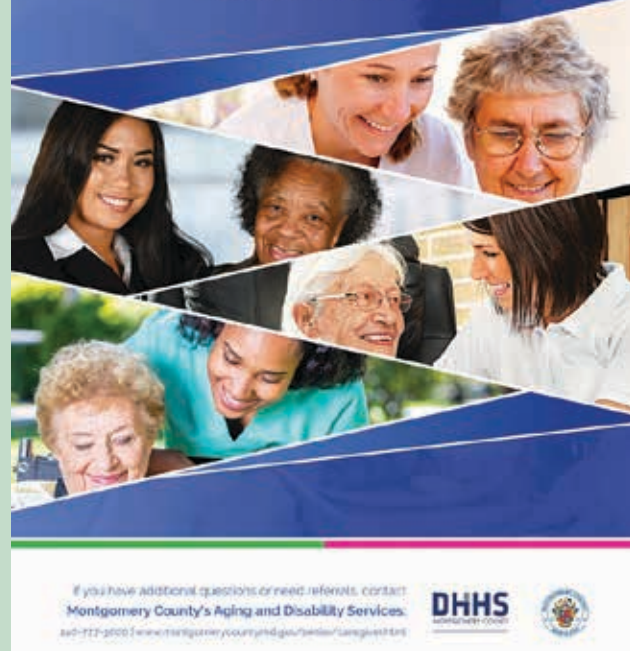
According to the study's lead author, Rafael de Cabo, Ph.D., scientists have studied the beneficial effects of caloric restriction for more than a century, but the impact of increased fasting times has recently come under closer scrutiny.

"Increasing daily fasting times, without a reduction of calories and regardless of the type of diet consumed, resulted in overall improvements in health and survival in male mice," said de Cabo. "Perhaps this extended daily fasting period enables repair and maintenance mechanisms that would be absent in a continuous exposure to food."

The researchers say their findings are encouraging for future studies on how these types of time-restricted eating patterns might help humans to maintain healthy weight and reduce some common age-related metabolic disorders.

OPT

Hiring In-Home Elder Care Resource Guide



New Caregiver Support Toolkit

Montgomery County's Caregiver Support program has developed a new tool-kit to help caregivers effectively identify elder care needs and recruit appropriate in-home care providers. These materials are easy to read, filled with practical guidance and include helpful checklists and other sample documents to ensure consumers have a better understanding of the paid care provider sector.

The tool kit includes:

- Hiring In-Home Elder Care Resource Guide (20 page, online only - print ready)
- Features in depth information about how to identify elder care needs and practi-

cal advice on securing in-home elder care. Including: facts of care providers, local resources, sample application and position description and contract forms.

- Elder Care Support Brochure (Two sided multi-fold document, available in print and print ready)
- Excellent overview to caregiver options when hiring in-home elder care. Both of these documents are available on the Montgomery County's Caregiver webpage.

Visit: www.montgomerycountymd.gov/senior/caregiver.html#resource

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Pioneers of Holy Cross School's Pre-K Threes Program

Holy Cross School always strives to adapt to the needs of its community. This year, a newly-launched Pre-Kindergarten for three-year-olds is one such response. "For several years," Principal Mrs. Kane explained, "school families and others in the wider community have expressed their wish that we provide a Pre-K three's program. We implemented a plan to make it happen, and it has been an immediate success. The first class filled up to capacity within weeks."

As the lead teacher, Mrs. Julia Bueno "loves, loves, loves teaching in the Pre-K three's class. The children's enthusiasm for learning is contagious!" Mrs. Bueno has created a classroom where the children learn through play. "There is so much knowledge to gain from simply playing and interacting with each other," she explained. "They learn how

Continued on page 39



Circles, and triangles, and squares! Oh, my! Holy Cross Pre-K Three students engage in multi-sensory games and activities to learn about basic shapes.



A recent day with Holy Cross School's Pre-K Four class found students at centers building literacy skills followed by fun with friends on the playground.

Continued on page 39

We All Adore Pre-K Four

The Pre-Kindergarten Four program at Holy Cross was launched almost 25 years ago and operated for its first few years in the lower level of the rectory while a new classroom building was designed and constructed to house it.

Mrs. Teresa Overly has just begun her seventeenth year as the lead teacher, and she has recently named Director of the Lower School. Holy Cross School emphasizes the education of the whole child, and Mrs. Overly's approach to teaching is a perfect example of this. "My goal is to provide a lov-

Lots of Fun at the Holy Cross Luau



Father Robert Buchmeier helps two children complete a task on the Scavenger hunt. Photo by Florencio Paraon

The rain did not dampen the festivities for the annual Holy Cross Picnic on Sunday, September 9th. Lewis Hall and the school hallways were transformed into a tropical oasis complete with surfboards, palm trees, beach balls, and murals of sandy beaches.

Guests to the luau-themed festivities were greeted at the Aloha Welcome Table where they could bedeck themselves with colorful leis and tropical flowers. Then, they were free to mingle among



A long-time member of the Holy Cross Social Concerns Committee was on hand to share information. Photo by Florencio Paraon



A scout from Garrett Park's Troop 463 poses with a young friend. Balloon art and building marshmallow towers entertained the crowd. Photo by Florencio Paraon

the crowd of new and old friends from the parish and school. Even several school alumnae returned to visit.



It's all smiles for a young Holy Cross student at the face painting table as a student volunteer creates a masterpiece. Photo by Michael Chu

Garrett Park's Boy Scout Troop 463 delighted the youngest members of the crowd by making

Continued on page 38

Holy Cross Respect Life Committee Enriches the Lives of Many

The Respect Life Committee at Holy Cross parish seeks to promote the sanctity of human life from conception to natural death in the parish and the wider community. In addition to the traditional activities of right to life groups there are many other endeavors the committee sponsors through the year.

To support healthy marriages and to strengthen the family as the basic building block of society, the Respect Life Committee acknowledges the need for God's help in dealing with the many challenges of the secular culture in which we live. For this purpose, a Eucharistic Adoration sub-committee coordinates holy hours in Quinn Hall chapel (the former convent chapel) three days a week, from nine o'clock in the morning to nine o'clock at night. A cadre of faithful weekly adorers and a good number of substitute adorers spend time in the Lord's presence each day. This year marks the fourteenth year of the graces of three-day-a-week Adoration at Holy Cross, for which we the Respect Life Committee is most grateful. All are welcome to visit during the scheduled hours of Eucharistic Adoration.

The Respect Life Committee began a beautiful tradition: Every

time a child is baptized at Holy Cross, the committee places a red rose on the Blessed Mother's altar to welcome and draw attention to the new life among us and to highlight the value of each human life.

The group also carries out various fundraisers such as selling Mother's Day carnations, and pro-life Christmas cards. A major fundraiser is the Baby Bottle "Change for Life" campaign to benefit the Gabriel Project. Participants receive an empty baby's bottle and are encouraged to fill it with small change, an amount that adds up! This year Holy Cross School will join the parish in this fundraising campaign.

Harvest Bingo, the brain-child

Continued on page 39

Holy Cross Parish

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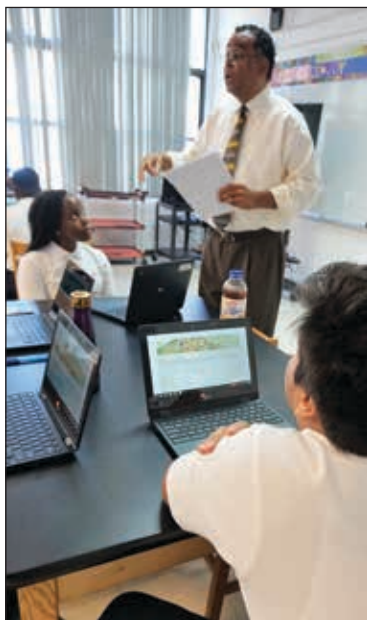
Fr. Robert Buchmeier, Pastor
301-942-1020

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

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



SFIS students try out musical instruments as they are encouraged to join the school band.



SFIS continues to expand its technology resources with two additional Chromebook carts for grades 2-4 and a set of VR headsets in addition to its 1:1 Chromebook program in grades 5-8.



SFIS alumnus and Georgetown Prep student Nolawi Ayelework leads his fellow Boy Scouts in completing his Eagle project upgrading the Saint Francis school garden

Save the Date: October 7

The Kennedy Center Comes to the Camillia Room for One Night Only

Saint Camillus School was built in 1954 and for the last 64 years what is now known as the Camillia Room has been the center of the community's life! The Camillia Room served as the parish church on weekends from 1954 to 1971 and during the week it has been a key space for thousands and thousands of school children at Saint Camillus School and now at Saint Francis International School.

When the "new" church was built in 1971 with its seating capacity for over 1,200 worshippers, the Camillia Room was renovated for better use as a social hall and auditorium. Plays, school lunches, prayer meetings, wedding receptions, concerts, CYO banquets, bingo, and parish pot lucks have been held almost continuously for six decades. Mass continues to be celebrated frequently in the Camillia Room, especially on major holy days like Christmas and Easter.

This past summer, thanks to a kick start from grants received by Saint Francis International School, the school and parish embarked on renewing the Camillia Room and its kitchen with new appliances and serving counters, new storage spaces, new walls and new floors, a new paint job, and new LED lighting. But, one thing that was left

unfinished was the stage.

Saint Camillus parish and SFIS have always been proud of the performing arts that have been nurtured in the Camillia Room ... plays, musicals, choirs, bands, and dancing troupes have all been presented on that stage. Saint Camillus can event boast that Oscar, Tony, and Golden Globe award winner Mercedes Ruehl even spent time in the Camillia Room when she lived in the neighborhood and attended the school.

Now, the Saint Francis International School community is working to raise \$30,000 to upgrade the stage with a new floor, new lighting, new sound and microphones, new A/V equipment, and fresh paint.

A very special event is planned for Sunday, October 7 at 7 pm as part of the fundraising effort. Join Nova Y. Payton – an SFIS mom and one of the stars of the Kennedy Center's production of *How to Succeed in Business Without Really Trying* – for an evening of music and entertainment as we demonstrate the importance of performing arts education.

The Saint Francis International School choir under the direction of Henry Herrera, which was featured on the Kennedy Center's Millennium Stage last spring, and SFIS alumnae from Elizabeth Seton High School will take the Camillia Room stage along with Ms. Payton to show how talent blooms when it is nurtured at school!

Tickets will be sold at the door for a suggested donation of \$10 - \$25 each. All proceeds from the evening's festivities go to support the upgrades to the Camillia Room stage. While this is an event for adults that will include wine and hors d'oeuvres, child care will be available for a small donation.

OPT



Old fashioned books are still essential at SFIS; Dr. Kathy Perencevich reads to students on one of the first days of school.

COMMITTEE

Con't from page 9

another operation that was not part of this tour.

Engineer Randy Bayer with Covanta, the County's contracted energy company, guided the tour and explained what happens after the weekly trash is trucked to the County Transfer Station in Derwood, MD, near Shady Grove. From there it is loaded into freight trains and shipped to a depot near the Resource Recovery Facility. It is then transported to the tipping hall, where unsuitable materials are removed before it is pushed into a gigantic concrete chamber. Here it is mixed by huge mechanical claws that can lift up to five tons of waste at a time. The claws transport the trash to three combustion chambers that burn the material, creating fireballs in each as it reaches 2,300 degrees Fahrenheit. The heat energy from the chambers converts water obtained from the Potomac River into super-heated steam, which powers a single turbine-driven generator. About a million gallons of water per day enter the facility, but it never comes in contact with the garbage or its by-products. The water is first used to cool equipment at a nearby coal plant and

then about a million gallons a day is diverted to the Resource Recovery Facility for use.

The plant incinerates 1,900 tons of trash a day, generating around 50 megawatts of electricity, enough to power 50,000 homes. After the incineration, gases and residues are passed through air pollution processes that use scrubbers and bag filtering. The process reduces each 10,000 tons of garbage to 3,000 tons of ash, which decreases its volume about 90%. The ash is used for road bed materials on county facilities and some goes to landfills. Prior to the construction of the resource recovery facility, the county relied only on landfills for waste disposal.

Next, the group was off to the nearby Composting Facility, where Lonnie Heflin of Maryland Environmental Service (MES; an ISO certified Environmental Management System) welcomed them to the Composting Facility's operation center. This facility uses collected brush, grass clippings, and leaves to produce a soil conditioner called Leafgro, which can be mixed into garden beds to improve the soil and for planting trees and shrubs. Leafgro is available for purchase at many garden centers and hardware stores throughout the county.

During the tour, Mr. Heflin pointed out the many parallel windrows (rows of ground up organic materials) laid out on 50 acres of asphalt. The windrows appeared to be about a quarter-mile long and are six to seven feet high with corridors perhaps ten feet wide between each row. Once laid out, the windrows begin to decompose through the workings of aerobic bacteria that occur naturally in the organic materials over the course of about nine months. Facility staff constantly monitor the temperatures inside the windrows, turning over the materials to reduce the heat that the bacteria generate in the rows. They also monitored other conditions, such as pH levels, to ensure proper decomposition conditions. The tour group admired the size and power of the windrow turners and the skill of their operators. After final drying, sorting and processing, the final product is packaged and shipped to retailers for distribution. Impressively, the compost facility can accept 77,000 tons of organic materials each year and produces 650,000 bags of Leafgro. After the long day visit, the group was very impressed with everything they had learned about how Montgomery County processes non-recyclable waste and compostable organic materials.

OPT

St. Francis International School

www.saintfrancisinternational.org

Tobias A. Harkleroad,
Principal

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

St. Mark Campus
7501 Adelphi Road
Hyattsville, MD 20783



The 11:30am SJN Mass was filled to capacity. Fr. Kevin's parents, Jim and Mary Regan wouldn't miss their son's second installation as a Pastor. Bishop Michael Fisher was a familiar face to so many of his SJN flock from when he was SJN Pastor 1999-2005. Photos by Jerry Kelly

SJN Pastor Kevin Regan Installed by Bishop Michael Fisher

By Rus Wester

Our new Pastor is the oldest of five children, as was Bishop Michael Fisher, who served as our third Pastor and presided over Father Kevin's SJN Installation Mass on August 19, 2018. Both priests grew up in loving Maryland Catholic families, with the support of faithful communities where they seemed to always be nurtured by priests at various turning points in their lives.

"It wasn't just clergy who encouraged me. My parents were there every step of the way as I moved along in seminary and

in my earlier priesthood," recalls Father Kevin. "And don't forget the prayerful help of the saints...remember, I grew up near the cross streets of Neumann Way and Cabrini Court in Seton Woods."

Father Kevin just celebrated his tenth year since ordination to the priesthood, and this marks his second time to be with us here in Gaithersburg. His first trip he served as Parochial Vicar. He then guided Holy Family Parish in Hillcrest Heights, Maryland as their Pastor, which led back to SJN this past July.

"It's important to belong to something 'greater', said Father Kevin. "The 'greatest' is always the Lord and yet, this time

coming back to be with this parish is a deepening of my vocation, my commitment in his priesthood, as I walk with and belong to the faithful of Saint John Neumann." Father Regan will maintain his role as an adjunct spiritual advisor for the Archdiocese, in dialogue with five seminarians, talking with each about their prayer, personal lives and relationships with the Lord in their discernment for the priesthood.

A few personal notes about Father Kevin: he holds a degree in architecture from University of Maryland; is an avid cyclist; sings and plays guitar; strong supporter of Eucharistic Adoration and Vocations.

OPT

Hair Today...Gone Tomorrow

Father Kevin got a haircut... and a shave, raising \$10,000 for Seminarians!

By Rus Wester

When I was a little guy my Dad had a favorite expression he'd use to open his dinner-time story for our family about something rather exciting that happen that day in his sports world. He'd begin with, "alright, everybody, hold onto your hats". The saying was a carry-over from WWII days (and before) that warned everyone they needed to be prepared to clear the room quickly, after they heard what he was about to say next. A surprise was coming...in a matter of seconds!

No matter how prescient you might have been on September 2, 2018, no one could read what would be revealed to 50 parishioners who gathered in the parish center to learn whether or not our



new Pastor, Father Kevin Regan, would be getting a traditional "trim" haircut, or a "skim" chop. People parish-wide voted on

Continued on page 38



Members of the SJN Vocations Committee welcome the newly assigned Pastor, Father Kevin Regan, as guest of honor during their monthly meeting in July 2018. Father Kevin served as Parochial Vicar of SJN parish from July 2012– July 2013.

Taste of SJN Dinner

"We served a crowd of over 240 parishioners a lineup of

more than 30 different dishes, desserts, beverages, wines and cheeses from more than 14 countries and

cultures" said event coordinator, Cheryl Harskowitch. "It literally took all the tables the parish owns to seat everyone."

"Thank you to all who attended our third *Taste of SJN*. A special thanks to our kitchen manager, Luis Jovel. Add our sincerest thanks to over fifty cooks, bakers, and helpers who made our "foodie evening" a joy sharing the culinary talents of our generous contributors which showcased some of the many nations that make up our parish family."

OPT



This year's Taste of SJN drew over 240 guests and more than 50 cooks, bakers and helpers from around the world to share their culinary delights with fellow SJN parishioners. Photo by Jerry Kelley.

St. John Neumann Parish
9000 Warfield Road
Gaithersburg, MD 20882

Fr. Kevin Regan
Pastor

Rus Wester
OPT Editor

Inspiring Parishioners to Seek Justice for The Marginalized

By Melissa Montealegre Egan

If the Bible documents the story of our Christian faith and the Ten Commandments provide the rules, one might say Catholic social teachings offer the framework by which contemporary Catholics can live a just life. Leaders of St. Francis of Assisi Church are hoping that reintroducing Catholic social teachings to parishioners will inspire them to internalize the messages and act.

With roots in Scripture and in the examples of saints, the threads of Catholic social teachings are interwoven throughout the Church's history. In 1891, Pope Leo XIII wrote *In the Condition of the Working Class*, addressing workers' conditions during the Industrial Age, including the need for humane treatment of workers and fair compensation. In 1931, Pope Pius XI wrote *40 Years Later*, which addressed the economic and social order. And, in recent years, St. John Paul II, Pope Benedict and Pope Francis have all promoted Catholic social teachings, especially evident in Francis' encyclical, *Laudato Si*, which emphasized care of the environment and the inter-relatedness of the world.

Though sources document varying numbers of Catholic social teachings, the Archdiocese of Washington offers the following seven principles:

- The Life and Dignity of the Human Person
- The Common Good
- Human Rights and Responsibilities
- Preferential Option for the Poor and Vulnerable
- The Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation

Taken together, the Church's social teachings provide a faith-based lens through which people can view the world, said St. Francis Social



From left to right, Fr. Jack Berard, Fr. Jacek Orzechowski, OFM, and Fr. John Dillon stand before the altar after Fr. Jacek spoke about Catholic social teachings at the 11:15 am Mass on Sept. 23.

Parish Community Organizing and Advocacy for Catholic Charities for the Archdiocese of Washington, spoke at Masses on the importance of getting involved with organizations, such as Action in Montgomery, for effecting change that directly impacts marginalized people.

Bosnick and parishioner Marie Barry have also scheduled casual lunches Oct. 21 and 28 to discuss an overview of Catholic social teachings. Barry, who worked for the archdiocese under Msgr. Ralph Kuehner, the former Secretary for Social Concerns, said Catholic social teachings explain the why and how to love one another by insisting on both the dignity and the social nature of the human person.

"Our acts of justice and peace do not flow from any particular political philosophy, but from our identity as followers of Jesus Christ, who went to the margins to be with the people," she said.

OPT

Concerns Minister Tony Bosnick. The parish's Haiti Ministry, St. Vincent de Paul Society, Health Ministry, Rebuilding Together, Pax Christi Ministry and Food Pantry Ministry all demonstrate faith in action.

"We are called into communion with other people and that calls for action and interaction," Bosnick said.

In the past few months, church leaders have planned several opportunities for St. Francis parishioners to learn more about the Church's social teachings. On Sept. 22/23, Fr. Jacek Orzechowski, OFM, who works in

Youth Group Seeks to Be Trusted Resource for Tough Questions on God, Life

By Melissa Montealegre Egan

At the second St. Francis Youth Group gathering on Sept. 23, Fr. Jack Berard lined up his putt on a synthetic green, tapping the ball toward teen Patrick Tansey, who commented on his youth minister's stroke, before sending it back. Other teens watched the action, patiently waiting their turn or content to observe.

The scene was an apt metaphor for the philosophy Fr. Jack would like the Youth Group to have in his young charges' lives, as he starts his second year leading the St. Francis Youth Ministry: being a place where teens can get tough questions about God and life answered, as the ball passes between teenager, trusted adult and back.

"When all you get are superficial answers, it tends to be someone else's faith," said Fr. Jack. "The whole point is this personal encounter with Jesus in the faith."

With approximately 22 teens representing four high schools signed up for Youth Group, Fr. Jack continues to build a Youth Ministry that once numbered many times that in the 1980s and 1990s. Part of that rebuild-



St. Francis Parochial Vicar Fr. Jack Berard and St. Francis teenager Patrick Tansey play some golf during the Youth Group gathering on Sunday, Sept. 23, in the St. Francis of Assisi Parish Center. The Youth Group meets at 6 pm most Sundays for food, fellowship and discussion.

ing process includes forming a strong sense of community among the teens, himself and the Core Team, a group of eight adults and two teens who help plan and facilitate the Youth Group gatherings.

Some of the program year's highlights include assisting at the Upcounty Community Resources Hoedown for adults with developmental differences on Sept. 29; hosting the parish's Family Bingo Night, in conjunction with St. Francis Feast Day activities on Oct. 5; and the Fall Retreat to be held Nov. 16-18.

Parishioner Wendel Hall has served on the Core Team for almost 20 years. He keeps returning because he

Continued on page 38

Parish Teen Helps Repair Houston Home Damaged during Hurricane Harvey

By Melissa Montealegre Egan

Near the end of what has already been a deadly hurricane season in the United States, St. Francis parishioner Justin Fitzgerald can't forget one of last year's monster storms – Hurricane Harvey, which dumped more than 27 trillion gallons of rain on the greater Houston, TX, area in late August of last year.

"The news has forgotten about it," Fitzgerald said. "The public support for help has wavered."

But that can't be said for

Fitzgerald and seven of his St. John's College High School classmates, who traveled to Houston from June 3-9 to help repair a home that was underwater for several weeks.

The service trip was organized by the Washington DC-based St. John's College High School, which coordinates four such student opportunities each year. The service trips help students fulfill their requirement to complete 90 hours of direct service by the time they graduate. Freshmen are required to provide service to their families; sophomores offer service to their home parishes; juniors provide corporal works of mercy; and seniors choose how they would like to serve their communities.

Working with a nonprofit organization called Experience Mission, the team of eight students cut, measured and hung drywall and "mudded," or filled in the holes between the newly hung drywall sheets. On Friday – the day before they left Houston – the students also worked at a soup kitchen.



Justin Fitzgerald, a junior at St. John's College High School, helps measure drywall before he and a classmate cut and install it in a Houston home damaged from Hurricane Harvey. Photo courtesy of St. John's College High School

Tom Sipowicz, director of mission integration at St. John's College High School, said the trip's goal was two-fold: helping the students see their own lives differently

and teaching them they each have a role to play.

"There's so much need in this area, so we're blessed to be able to help provide a service," said

Sipowicz of the students.

Fitzgerald's role on his team was to do the mudding, a task with which he had a little experience from helping hang drywall in his family's basement. "It was tiring, but fun," said Fitzgerald, a high school junior. "We developed a system."

A member of St. Francis' Parish Pastoral Council and an altar server, Fitzgerald said the team primarily helped one homeowner from Israel who had lived in his home for 20-30 years. The image of the homeowner's hot plate and microwave on the second level of his home is burned in Fitzgerald's memory – a reminder that the homeowner's kitchen was still in ruins.

Fitzgerald, 17, said the trip gave him an appreciation for what he and his family have. He also recommended that people take advantage of opportunities to provide direct service to people in need.

"With people suffering in natural disasters, let's not forget about them because they are still suffering years later," he said.

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St. Martin's students rekindle friendship at the annual Back-to-School Picnic. Photo courtesy of St. Martin's School



St. Martin's Parishioners Visit the Holy Land



Newlyweds, Abel and Carolina Reyes, pose with their fellow pilgrims from St. Martin's Parish following their wedding at the site of Jesus's First Miracle. Photo courtesy of St. Martin's Parish

By Emily Moldiz

St. Martin of Tours Parish experienced a unique opportunity to travel 18 days to the Holy Land. From August 8-24, 40 members of St. Martin's traveled as pilgrims to the Holy Lands of Egypt, Jordan, and Israel and visited more than 50 holy sites. Fr. Jonathan Vanegas, a vicar of St. Martin's, organized the pilgrimage with his parents, who have been organizing pilgrimages for the last 25 years in Ecuador with Grupo Galasam Peregrinaciones.

St. Martins started their pilgrimage in Aswan where they boarded a three-day cruise on the Nile. They had the opportunity to visit shrines, the pyramids, temples, museums and the Valley of the

Kings. From there they took a Bus across Sini. "One of the highlights of the trip was we had an opportunity to climb Mount Sini" said Joan Mahaffey. Adding that at the end of the climb they visited St. Catherine's Monastery which held what is regarded as the burning bush of Moses. In Jordan, they travelled along the Red Sea and enjoyed some delicious fish lunches. They also visited the Baptismal Site of Jesus, saw Zacchaeus's Tree, prayed at the Basilica of the Annunciation and visited the House of St. Joseph.

"Every day we had Mass, sometimes it was on the Cruise Ship, sometimes it was at a Coptic Church and when we got into Israel, we had Mass at some of the Holy Sites," said Mahaffey.

The highlight for many of the parishioners was the visit to the Wedding Feast of Cana. A couple from St. Martin's Parish, Abel and Carolina Reyes, were married by Fr. Vanegas and St. Martin's pastor, Fr. Richard Gancayco, in the same place where Christ performed His First Miracle.

Fr. Vanegas said he worked with the diocese for 8 months to plan the wedding in the Holy Land.

"The wedding was a major thing not only for the parish but for the diocese as well," said Fr. Vanegas. He added that the whole parish felt a part of this beautiful celebration.

St. Martin's pilgrims entered Israel at the Dead Sea, and many parishioners took advantage of a

mud bath. From there they visited Mount Carmel where Elijah performed miracles, the Church of the Nativity in Bethlehem, and the Mount of Olives in Jerusalem.

"Some of the trees there are protected by wire because supposedly they are 2000 years-old which made them there at Christ's passion" said Noyes. "Had they had eyes and ears they would have been witnesses to the Agony in the Garden" said Plucis.

One of the highlights for Natealy Lemus-Diaz who was one of the youngest pilgrims at age 11, was walking the Way of the Cross at 4:00 am.

Plucis explained the reason they walked so early was to avoid the markets that opened later in the morning. The walk took them to the Church of the Holy Sepulchre where Christ was crucified and buried.

Each parishioner went on this pilgrimage with the purpose of learning more about their faith. Mahaffey said she felt a real connection with the Scriptures following the journey of the Israelites from Egypt in the Old Testament to the Gospels in the New Testament.

"This is real. This is where it all began," added Carole Noyes.

"A pilgrim goes not to escape from life, but to ask God for the grace to enter in their daily life, the marriage, the kids. A pilgrim doesn't go to have fun, he goes to meet the Lord," said Fr. Vanegas.

Welcome New Faces to St. Martin's School

By Anne Gemunder

The hallways at St. Martin's are filled with the excitement of a new year. We are blessed to see many new and returning students to our classrooms. Veteran teachers are making plans for those favorite classroom activities, which foster academic growth and development. Our new faculty enhance our school with their vibrancy and diversity. Together, we are creating a faith community where lasting relationships are built.

Ms. T'Juana Lee is our new middle school Science and Math teacher and sixth grade homeroom teacher. Ms. Lee comes to us with over twelve years of teaching experience and a positive attitude and a professional approach towards education. Ms. Lee strongly believes in motivating children to push beyond their comfort zone so they can truly see their potential.

Mr. Peter Maioriello is teaching advanced Math. For the past twenty-two years, Mr. Maioriello taught both here in the US and abroad in China and Korea. He is looking forward to getting to know the students and help them build on their strengths. "My goal is to make sure my students become better thinkers," he added.

Mrs. Joanne Breiner returns to St. Martin's in a new role this year as our middle school Language Arts teacher. "I am very happy to be back at St. Martin's teaching Language Arts. Education is the great equalizer and I hope to help all students learn and enrich their lives," said Mrs. Breiner. She has previously taught at Our Lady of Good Counsel and Montgomery County Public Schools.

Bringing music and movement to our school is Mrs. Terra Trabelsi, our new Music and PE Teacher (PK-Grade 1). She has taught at Sacred Heart School in DC and St. Camillus in Silver Spring and worked at Gymboree and B & B Music World. "Luckily, I love music as a hobby and a job, so I'm blessed enough to have my career be both. I look forward to working with the students this school year, and have lots of fun and challenging activities planned," she added.

Ms. Christine Kolberg is our new 5th grade teacher. She attended Our Lady of Good Counsel and later pursued her degree at Catholic University. Previously, Christine was working as an elementary school teacher in Madrid, Spain, where she taught 2nd and 4th grade for two years. She said, "I am excited to be working at St. Martin's and preparing my students for middle school academically, socially, and spiritually."

Our new third grade teacher Mrs. Sarah Maldonado brings twelve years of teaching experience to St. Martin's. "My heart is in the Catholic school setting," she said. She has a broad experience teaching in almost every elementary grade level. Mrs. Maldonado is recently married and new to the area. Mrs. Maldonado said, "I have heard wonderful things about the St. Martin's parish and school community and am excited to be here."

Mr. Duane Smith joins us as Language Arts and Resource/Special Education teacher. Mr. Smith has experience teaching Special Education, computer technology and programming, and cake design. He is also a US Navy veteran. Role models are important. "I strive to be the best I can be and always present myself in a professional manner." He hopes to bring his creative talents and energy to his new role at the school. Mr. Smith and his wife return to the area after years living on the Eastern Shore.

"I realized there was nothing I enjoyed as much as teaching young children after I had volunteered at a local elementary school," said Ms. Natalia Chamandy, our new Kindergarten assistant. After working as a marketing specialist at a law firm, she realized business was not her calling. She added, "I was delighted how well my students responded to my teaching. My goal was to make a positive impact in their lives."

Several current faculty have taken on new roles. Mrs. Bridgette Bell is now the lead teacher in Kindergarten. Our school counselor, Ms. Brooksley Jones, adds 8th grade homeroom and religion teaching responsibilities to her day.

OPT



The new staff of St. Martin's School join Principal Lamont for a picture. Photo courtesy of St. Martin's School

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Mother Seton and Stephen Ministry

Mother Seton in Germantown is excited to announce the launching of Stephen Ministry, an exciting ministry that will allow it to reach out to more people with one-to-one Christian Care. Mother Seton is now a part of the ever-growing ministry that is enrolled in over 13,000 congregations or organizations in 30 countries with 180 denominations represented.

In August, Mary-Beth DeLuzio and Liza Oprandi were among the 308 attendees at a Stephen Series



Leader's Training Course held in Pittsburgh. Trained as Stephen Leaders, one of their next steps will be to recruit, select, and train members of Mother Seton to be Stephen Ministers, the ones who will provide one-to-one care in loss of a loved one, divorce, terminal illness, loneliness, unemployment, hospitalization, a spiritual crisis, and the birth of a child.

Stephen Ministry began in 1975 when Dr. Kenneth C. Haugk, a pastor and clinical psychologist in St. Louis, Missouri, trained parishioners to help meet the needs for care in his congregation. The ministry was so successful that other congregations became interested, and Haugk founded the Stephen Ministries organization.

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New Youth Minister

This summer, Mother Seton welcomed Cathy McTighe as their new Director of Youth Ministry. She will be responsible for faith formation programs for our middle school and high school youth. Cathy comes to Mother Seton with 6 years' experience working in youth ministry. Cathy's goal in ministry is to make disciples who make disciples. She hopes to encourage our young people to be intentional about their relationship with Jesus Christ – by encountering His love and allowing Him to impact every corner of their lives.



Cathy McTighe Director of Youth Ministry

Mother Seton's High School Youth Ministry kicked off at the end of September and will continue to meet weekly on Sunday nights. More information about Mother Seton's Youth Ministry program can be found on our NEW youth website: www.SetonYM.org. Connect through twitter and instagram (@seton_ym) and through Mother Seton's MyParish app. For parents of teens, a facebook page has been created to share resources and news, search "Seton YM

– Parents' Page" on Facebook.

KIDS

Con't from page 15

ing teachers a glimpse into how each child is feeling on any given day, the social and emotional learning benefits of any circle time are plentiful.

At Holy Redeemer, when PreK students come to the rug, we often encourage the children to share something that might be on their minds. While we are thrilled when what is shared relates to the topic or theme of the week, we are always entertained with what comes out of their mouths. From a single 5 minute "sharing time" recently, these were just some of the shared thoughts in one of our 3-year-old classes:

- Next week when I didn't go to

school I went to Target and got a big boat and a little boat.

- Rocket ships go into space.
- I went to Starbucks with Daddy before my school! Because my school wasn't open yet.
- I like making snow angels when it's snow.
- I went to my Daddy's office and they had Cheez-Its there!
- Thunder knocked down a tree and it got on my house and the workers came and made logs.
- God made everything. But what about scary spiders?
- Mommies always come back.

Sometimes when the news headlines of the day are difficult to process, perhaps we should take a break, and be more like these children. Find the positive in every day; it's good for the soul.

OPT

TRANSITION

Con't from page 15

greeted me kindly! What?! I was very surprised to find out all of my teachers were nice, kind, and very caring. Developing these student-teacher relationships has been my favorite part of the year so far.

-Anamaria P. (6A)

The transition for me into middle school was hectic to say the least. I remember running around the house grabbing pencils, pens, notebooks, etc. The first day I was stressed trying to keep everything organized, but I was excited to get back down to business and to learn new material. I was truly relieved when I got to Mr. Criscouli's class. He was talking about how to have good discussions and geography. Those are two of my favorite things! Also, if you're lucky enough to have a history buff like my brother, then you'd be thrilled to hear what Mr. Criscouli was talking about.

I still don't consider myself a pro at middle school, and it's been difficult not having my best friend Danny by my side. I would defi-

nately consider myself more comfortable than I used to be, and I'm excited to continue and experience new changes. The best analogy to middle school I can think of would be the classical song "Flight of the Bumblebee." For those familiar, the song starts off very fast and chaotic but by the end you feel satisfied and calm. I hope I will still feel like this by the end of the school year!

-Chris H. (6A)

The transition to middle school has been challenging. From switching classes to carrying around my backpack, it really has been hard. Over the summer, I was scared for my new math class. Honestly, I found out that I actually enjoy it! All the new materials were confusing at first, but now I think I'm really starting to get the hang of it.

I really enjoy when we change classes. It makes me feel so old, because I can remember hearing the sixth graders in the hallway last year! Being able to talk to my friends for a few minutes between classes is nice. However, what made me feel the best about sixth grade was my sister, Reagan. She's in 8th grade and has been giving me

all of the pointers on how to do homework and all of the other new things in middle school. While I was really scared at first, I'm starting to really like middle school!

-Abby R. (6B)

The transition to sixth grade is hard. There are a lot of unknowns and new expectations. When I started sixth grade, I was terrified about getting in trouble, being late for class, homework, and always being prepared. Once I started back to Holy Redeemer, all of my worries faded away. I figured out that getting to school a little early to pack is the best way to manage my time. Paying attention in class and getting my homework done quickly has really helped me too!

Honestly, my favorite part has been switching classes because I get to spend time with so many different teachers! Learning about them really has been interesting and fun. So far, my favorite classes are math and literature. I like my transitions from class-to-class, but the big transition from fifth grade to sixth grade has been everything I hoped it would be.

-Dylan M. (6B)

EXPLORATION

Con't from page 15

a makerspace for STEM (science, technology, engineering and math) supplies and projects, an important initiative supported by parents, teachers, and students.

This was a tall order to accomplish over the summer months and work continues to fulfill all the wish list items. With the full support of Holy Redeemer pastor, Father Mark Hughes, school principal, Colleen Ryan, and facilities manager Bert Conger, a bright and welcoming space was ready for students that first week of school. Bright, light green walls are the background for open-backed white shelving in a range of heights, intentionally directing the focus on the colorful book spines. Navy blue car-

pet complements the painted walls. Four white tables, each with a computer, anchor small group work.

Work is continuing to fulfill the wish list, with completion anticipated by mid-November. The next installment will feature additional shelving and the decoration of walls with words made out of colorful wooden letters. Through these words, students will be invited to wonder, create, imagine, explore and think. This library lexicon will grow throughout the year as each grade level identifies words of significance to them as they read, research, and share their responses to literature and information.

Weekly, students gather in this happy place and enjoy this new room with a view. They are eager to find that just-right book, the book that will offer them a window on God's world and, perhaps, a reflection of themselves.

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DRIVE

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Treasurer: Greg Lawrence
Inside Guard: Joe Gredlics
Outside Guard: Jim Wheat
Lecture: Mike Stempihar
Trustee (One Year): Jim Larkins
Trustee (Two Year): Chris Coker
Trustee (Three Year): Lee Pfeffer
Delegate to Conv.: Mike Stempihar

Alternate to Conv.: Chris Coker
According to Ford, each man has his own reasons for joining the Knights of Columbus; but there

are some common themes. "Mostly to become better Catholics, better husbands, better fathers, better providers for the financial protection of their families, and be better citizens," explained Ford.

He reported the Bishop Lyons Council 9808 plans to focus on Faith in Action programs this year that deal with faith, family, community and life issues. "The Faith in Action gives us a guide to lead our families and communities in faith & service and to put their faith into action," described Ford. According to Ford, the Bishop Lyons Council 9808 hopes to feed everyone at

Winterfest (Nov 30 and Dec 1), and is planning to hold a health fair in 2019.

The Knights of Columbus Council at Resurrection traditionally hold flea markets and provide Mother's Day carnations & Father's Day pins. The Knights are also involved in the Helping Hands program, as well as assisting with Food for Families. In addition, Bishop Lyons Council 9808 provides support for the Pregnancy Center and the Mary Garden, as well as the annual Pro-Life March and the current seminarian at Resurrection.

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Prayer Partners Meet One Another for the First Time

On the first full Wednesday of the Mary of Nazareth school year, sixth graders shuffled down the hallways towards the elementary school in anticipation. This is the first year that they are responsible for helping out a prayer partner. Prayer Partners are pairings between a younger elementary school student and an older middle school student for events like Mass, Race for Scholars, and various other activities and events throughout the school year. The older students are given a chance to develop their faith through action while the younger students are given a model and example to follow.

Today, however, was focused on the meeting of both ends of the school. The second graders eagerly interviewed their sixth grade partners. They found out many facts about them before the sixth graders turned the tables and asked the second graders the same questions they were just



Eighth-grade students meet with their Kindergarten prayer partners for a back to school activity.

asked. First grade and seventh grade made paper hands that open in prayer with intentions for one another. The eighth graders, the oldest students in the school,

met the kindergartners who were stunned and excited to meet their illustrious counterparts. They spent the afternoon getting to know one another and in the days that followed the kindergartners always appreciated the friendly waves they would get from their eighth grade prayer partners. The prayer partners are a friendly bond that transcends age barriers as many sixth grade students expressed worries about potential absences and missing a chance to be with their partners. These partnerships allow a flourishing school community to form across all age and grade levels and will help create memories for both students.

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Prayer partners are all smiles meeting one another for the first time.

MoN Starts School Year with School Mass

Mary of Nazareth began the school year the right way, with a First Friday Mass. All the grades were gathered paired off in prayer partners and in their spring or winter dress uniforms to celebrate the occasion. New from St. Rose of Lima Parish, Father Oscar Astigarraga delivered a homily fitting for the Nativity of Mary discussing all the ways Mary supported Jesus and his ministry. He discussed her background and the saintliness of her parents. He drew connections for the students, so that they could see the importance of their religious education as Mary

was educated in Jewish traditions as she grew up. He made the homily accessible for younger students while still offering substance for older members of the audience.

The Mass closed with accolades for those who participated particularly well. Notably, the choir was lauded for their performance. Then the entire school genuflected for the procession of the Blessed Sacrament from the Katie Fitzgerald Center back to Our Lady of the Visitation. Finally, Mr. Friel, the principal, led the school in a reprise of the school song, and the classes returned to their school day.

OPT



Fourth-grade students get a tour and introduction to the new STREAM Lab.

STREAM Lab Opens to Students

Mary of Nazareth launched their STREAM Lab this school year. This lab is the product of generous donations and funds raised by Mary of Nazareth's annual Saint Patrick's Day Gala and was constructed, painted, and outfitted over the summer. The lab features a Promethium Board, adjustable tables for students of all heights, a 3-D Printer, a green screen, and various other engineering materials. STREAM, which is an expansion on STEM, integrates Religion and the Arts in addition to Science, Technology, Engineering, and Math. The lab is overseen by Mr. Humphries, who in addition to

teaching math, can help teachers plan STREAM lessons making full use of the lab's capabilities. Under Ms. Massey, the middle school science teacher, each of the middle school grades has already gone in and toured the lab while younger grades also went in to view it with each of their teachers. The STREAM Lab's whiteboard overflows with student ideas displayed for all to see. Mary of Nazareth's student body and faculty seek to take full advantage of all the opportunities it provides them and look forward to all activities this will open up.

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Fifth-grade students get a hands-on lesson about matter during Science class in the STREAM Lab.

HSA Hosts Back to School Carnival

Despite the sweltering heat, families and students came out to the Mary of Nazareth Back to School Carnival. Various attractions including moon bounces and a much needed waterslide drew students in while parents socialized with the teachers. The seventh and eighth grade sold various foods as fundraisers for their respective classes, and the whole school grounds felt like an extended picnic was taking place.

As parents introduced themselves to new teachers, alumni came back to see some of their old favorites. Some younger students hula

hooped while two eighth graders challenged every teacher who passed to games of giant Jenga or Connect Four. No mercy was entertained either way as the Jenga reached a stunning eight extra levels before the teachers managed to pull out a victory. The whole school community came out, as the Boy Scouts and Girl Scouts ran various games and activities. With an overwhelming turnout, Mary of Nazareth said goodbye to summer and brought in a new school year with a bang.

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Be sure to register today because space is limited and we are expecting a sell-out! Link: domestic-churchday.eventbrite.com

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

CHURCH DAY

Con't from page 2

Vitae" to mark this year's 50th anniversary of this great encyclical for families, which was in particular much beloved by Saint John Paul II.

The day will include engaging catechesis for couples, teens, and children; the opportunity to pray together as a family; Fall-themed food; and fun family activities. The keynote speaker for the adults will be nationally-acclaimed speaker Bill Donaghy.



On September 16, 2018, St. Michael the Archangel parish celebrated their Catechetical Sunday. Monsignor Tolentino blessed the catechists, which included over 40 religious education teachers, youth ministers, and RCIA leaders.

Honoring El Salvador del Mundo at Saint Michael the Archangel

By Edwin Mendez

Saint Michael the Archangel celebrated its annual Festival of El Salvador del Mundo (The Savior of the World) on Sunday, August 5, 2018. El Salvador del Mundo is the patron saint of Central American Country El Salvador. The festival began in 1525 when the capital city of San Salvador was founded and is the celebration of the transfiguration of Jesus Christ.

In El Salvador, the statue of Jesus is dressed in colorful clothes and carried through the main streets of the capital to the Cathedral at which time they are removed, leaving only the white robe, to symbolize and witness what the gospel says in Matthew 17:1-9 "Jesus took Peter, James, and his brother, John, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light."

Each year in our parish, we celebrate this festivity with a procession and a Solemn Mass followed by a cultural celebration. This year, our procession began in front of the parish center across the



Father Luis Marroquin presides over the El Salvador del Mundo Solemn Mass.

street from the church, and we went around the church with songs and prayers. Mass was presided by our new parochial vicar, Father Luis Marroquin. After the celebration of mass, we held a cultural event with music, food, entertainment, folkloric dances, and prayer. Everyone enjoyed a prayerful day which reminded them of its cultural roots and helped everyone encounter one another in this beautiful celebration of our faith.

OPT

St. Michael's Parish Offers Hurricane Relief

By John Webster

The 2017 hurricane season was devastating for thousands of people in Texas and the

Caribbean. To help ease the suffering of those affected by Hurricanes Harvey and Irma, the parishioners at St. Michael the Archangel Parish donated \$12,506. The funds were used to provide direct assistance to Our Lady of Mercy in Houston, Texas and the Diocese of Roseau in Dominica and to supplement the Archdiocese of Washington Hurricane Irma relief effort.

As the 2018 hurricane season unfolds, we pray for the victims of Hurricane Florence and are prepared to again donate generously to assist those in need.

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St. Michael's Prayer Warriors Join Race for the Cure

By John Webster

The weather on Saturday, September 8, was cloudy, cool, and rainy, but that did nothing to dampen the spirits of the 11 members of the St. Michael's Prayer Warriors who turned out in force to support this year's Race for the Cure event in Washington, DC.

Led by 18-year survivor, Jackye Flowers, the Prayer Warriors completed the 5K circuit as a team and raised \$1,079 for the fight against breast cancer. Ms. Flowers says, "18 years ago when I faced my own personal battle against this disease, the Komen Foundation was there to support me. I am delighted to be in a position now to return the favor with the support of my fellow parishioners at St. Michael's."

The Race for the Cure annual event raises significant funds for breast cancer awareness, research,



Prayer Warriors celebrate a great cause for our community.

and treatment. The funds raised this year will make a difference for the many women, men, and families who are affected by this disease. In 2018, more than

260,000 new cases of invasive breast cancer are expected to be diagnosed in women and more than 2,500 cases in men in the U.S.

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Meet the Young Adults Ministry at Saint Michael The Archangel

By Geoff Whiting and Nicole Calaro

St. Michael's has had a Young Adult Ministry for many years, and we want to introduce it to our greater community. Nicole Calaro has served as the ministry leader since 2012, when Msgr. Tolentino and Deacon Ron Ealey approached her to help make it thrive.

The two biggest goals for the Young Adult Ministry are to form a community and to continue to grow in faith. Over the years, Nicole and others have led it in Bible

study, adoration, small group activities, attending regional young adult ministries, and attending parish events. This summer, the Young Adult Ministry participated in the Jeremy's Run 5K, a fundraiser for non-profits that combat drug abuse and addiction.

It is part of our mission to be a community of not only young adults at St. Michael the Archangel, but also to share our faith with others all over the DMV.

"Personally, I've been able to connect with so many people and

see other people's faith. Being part of the Young Adult Ministry has been such an inspiration, a blessing, and an opportunity to grow my faith more. This ministry is what started me down the path to become a Catechist and now work with our parish's RCIA and help bring others to the faith that I love and cherish," said Calaro.

If you would like to learn more about our activities, Bible study, or help our leadership with hosting more events, please contact Nicole directly at ncalaro@gmail.com.

OPT

St. Michael the Archangel Hosts Ninth Annual Crab Feast

By Geoff Whiting

The St. Michael the Archangel Annual Crab Feast recently celebrated its ninth year and had a record turnout of 160 adults and 9 children. The event is hosted by our Knights of Columbus and we'd like to thank the brothers who helped with preparations the day before and with serving the fine food.

Parochial Vicar, Father Alberto Biondi, who was

recently transferred to another parish, was thanked with a KofC jacket with his embroidered name as a sign of appreciation for his services to our parish.

Activities included a raffle as well as a small articles sale to benefit a charity for expectant mothers. Proceeds for this event are expected to cover the cost of replacing the metal thresholds for the exterior doors of the church. We hope to see you next year.

OPT

YEAR

Can't from page 19

When you walked into the cool cafeteria, you could look around and see all the happy, smiling faces of people enjoying each other's company and yummy food, served by some of our most recent alumni. Thank you to Claire Deausen, Ella Fernandez, Natalie Goodman,

Taryn O'Leary, and Sean Lacey for coming back and working so hard to help us all enjoy the picnic. Thank you also to Mr. Eduardo Deausen and Mr. Jose Lopez, who stood over the hot grill and cooked up some delicious hot dogs and burgers! We appreciate all of their hard work!

We were so happy to see so many of our former students at this year's picnic! They brought with them

wonderful stories about their new friends, sports teams, classes, and adventures they have been having in high school.

The Back to School Picnic was such a wonderful way to kick off the beginning of the school year. It allowed all teachers, students, and families, both new and old, to come together and celebrate the new school year.

OPT

The Court That Jack Built

By Maureen Martin

For more than six decades, Shrine of St. Jude (Rockville, Md.) parish basketball teams and school physical ed students have played the sport on tile flooring. This year, courtesy of the St. Jude Athletic Association (SJAA), the students and players are in for a sweet surprise...a hardwood court.

The recently installed wood court was dedicated in the memory of Jack Campbell, whose basketball coaching career at St. Jude spanned more than 40 years. Father Paul Lee, pastor of the Shrine of St. Jude, blessed the court, saying, "May our loving God bless all our youth who will play here on Jack Campbell Court!" and invited all in attendance to join in reciting the Glory Be.

Patti Campbell Ribas, who followed in her father's footsteps coaching St. Jude Girls seventh/eighth-grade teams from 1989 to 2015, spoke on behalf of her family, thanking Fr. Lee, the SJAA, and the many others who assisted in making the floor project a reality and for honoring her dad. "It is no secret that St. Jude parish was very special to him and that he spent countless hours volunteering for the parish and the athletic association," she stated, adding "If he were here tonight, I know he would be very overwhelmed, very humbled, and very grateful to all of you. And, most importantly, he would be so happy that the kids finally have a nice wood court on which to play."

Dan Harwood then shared his memories of Jack, speaking about from the time he first met him as a nine-year-old through his high school years and beyond. Coach Harwood, a St. Jude basketball alum who went on to coach at Magruder High School and win two state championships, reflected on the remarkable length of service that Jack committed to the youth of St. Jude parish. He cited many examples of the great respect the



Campbell family members attended the dedication of Jack Campbell Court at the Shrine of St. Jude, which honored their husband, father, father-in-law, grandfather, and great grandfather. Pictured are: Bottom row (seated): Lyla Riggs, Rose Campbell, Sophia Campbell, and Markos Campbell. Middle row: Tyler Riggs, Patti Ribas, Maria Campbell, and Barbara Campbell. Back row: Stephen Ribas, Patrick Ribas, Nick Ribas, Dan Campbell, John Campbell, Jeremy Riggs, and Eddie Ribas. Photo by Tom Roach



Coach Jack Campbell in his trademark red sweater in January 2008 upon learning the Georgetown Prep CYO Varsity Tournament Division Sportsmanship Award would be named in his honor.

"If he were here tonight, I know he would be very overwhelmed, very humbled, and very grateful to all of you. And, most importantly, he would be so happy that the kids finally have a nice wood court on which to play."

—Patti Campbell Ribas

players had for Coach Campbell, a direct result of them knowing that he genuinely cared about them.

Jack's coaching career began in 1962 when he and his wife, Rose, and children moved to Rockville and became members of St. Jude.

He immediately became active within the parish and was one of the principal founding members of the SJAA, working closely with the first pastor, Monsignor Francis Lauriola, to develop the athletic organization. His love of sports,

dedication to the youth of the parish, and steadfast Catholic faith motivated his teams to play at the top of their game—and sometimes to even play above themselves.

Throughout his tenure as head coach of the Boys CYO seventh

and eighth graders, Jack's teams won countless tournaments, county league, and CYO division titles, appearing in the CYO City Championship game six times and winning the title on three of those occasions. Additionally, Jack was recognized by the Governor of Maryland (1988), the Catholic Business Network's Coaches Hall of Fame (2003), the Holy Name Society (1988), the CYO as Coach of the Year (1991), and the Georgetown Prep CYO Varsity Tournament Division (2008), which named its Sportsmanship Award in his honor. Jack Campbell always put his faith, the good of St. Jude parish, and the welfare of his players before himself—and that's called leadership. His example is something the St. Jude Athletic Association tries to live up to in all that it does.

At almost 74 years of age, he coached his last game in the CYO City Title game in March 2005.

Although Jack passed away in April 2008, his spirit continues to shine at the Shrine of St. Jude. All who coach at St. Jude today are reminded of Jack's dedication. He left an indelible mark on those he coached and those who coached with him. He often reflected that one of his greatest rewards was having the opportunity to coach the sons of former players—something that can only happen during a long coaching tenure! Undoubtedly, he touched the lives of hundreds of young men at St. Jude.

Larry Young, St. Jude parishioner, coach, and parent, offered this thought after the court dedication: "After a few years, many of us will forget which teams won the Super Bowl or the World Series or even the Stanley Cup, but almost all of us will always remember that special coach or teacher who touched our lives at a young age – and influenced us to be a better person. Coach Jack Campbell was just such a person."

OPT



Sodality Pilgrimage

The Shrine of St. Jude Sodality sponsored a pilgrimage to the Fr. Ciszek Prayer League in Shenandoah, Pennsylvania. Pictured at the Church of St. Casimir—where Fr. Ciszek was baptized—are: Betty Beltz, Peggy Barbera, Val Kovak, Jonine Natali, Pat Black, Clare Kuzma, Tanya Emanuele, Laura Sobolewski (who has family from Shenandoah), Sabina Kisilu, Kelem Yeshanew, Rita Roberts, Elenita Rivera, Ingrid Sutherland, John DiBenedetto, Wally Stack, Jane Collins, Irma Jean Baptiste, Yvonne Fonseka, Jimmy Lenahan, Diane Lenahan, Connie Yaban, Bridget, Marta Custer-Sanchez, Barbara King, Peggy King, Nancy Biggin, and bus driver, Deonte.



Welcome New Teachers!

St. Jude Regional Catholic School welcomes two new faculty members—(left) Mrs. Katie Cain (Middle School Math) and Ms. Olga Paz (Art). You can read more about these two additions to the faculty in the August issue of Our Parish Times.

Shrine of St. Jude Parish

12701 Veirs Mill Road
Rockville, MD

Rev. Paul Lee, STD,
Pastor
301-946-8200

St. Jude Regional
Catholic School
Mr. Glenn Benjamin, Principal
301-946-7888

Maureen Martin,
OPT Editor
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Guests enjoying delicious food at the Ham & Turkey Dinner last year.



Guests enjoy the 2017 Ham & Turkey Dinner.



Hay ride at annual Ham & Turkey Dinner.



James Abernethy offers fall produce at last year's Ham & Turkey Dinner.

St. Mary's 89th Annual Ham & Turkey Dinner

This traditional country dinner is coming once again on Saturday, October 27, 2018 at St. Mary's Church Pavilion in Barnesville. Our church lies in the northwest corner of Montgomery County in the shadow of Sugarloaf

Mountain. Every fall we invite all of you to come and enjoy our country hospitality and the beautiful fall season. This year's dinner begins at Noon and offers family style food at a good price. Enjoy Turkey, Ham, Stuffing, Mashed Potatoes, Green

Beans, Sauerkraut, rolls and more for only \$16.00. Carry outs are available.

Take time to explore our crafts table with handmade goods. We also have a Christmas Shop with some beautiful items for your holi-

day decorations. Our bake table is always popular featuring cakes from many parishioners, including some from Fr. Kevin's Kitchen. Outside take a stroll to our prayer garden or a ride on our hay wagon. The dinner is celebrated on Saturday, October

27 from Noon to 6:30 pm. There is Mass at 5:00 pm in our Shrine Church. We are located at 18230 Barnesville, Road, in Barnesville. For more information call 301-972-8660.

One Call Institute: Inaugural Year for Music and Liturgy Study

By Diane Yendrey

Our young people in music ministry have busy summers! While St. Mary's music students in grades 3-12 are on summer break, we offer a college

cantor program for auditioned students to earn a modest stipend while receiving training, attending rehearsals, and scheduling cantor times for Mass.

This summer I attended One Call Institute (OCI) at St. John's University in Collegeville, Minnesota. Offered by National Association of Pastoral Musicians, this new initiative is "dedicated to the engagement, empowerment, and ongoing support of young liturgical musicians... to maximize their gifts of music and leadership in service in service to the liturgy

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St. Mary's Parish

18230 Barnesville Road
Barnesville, MD 20838

Rev. Kevin O'Reilly, Pastor
(301) 972-8660

www.stmaryonline.com



Fr. Kevin, Deacon Dave, Sam, Anna & Caleb Bodmer at Outdoor Appreciation Mass

St. Mary's Appreciation Mass & Pig Roast

St. Mary's annual Appreciation Mass & Pig Roast was held on Sunday, September 16. Over 200 parishioners gathered on the lawn behind the Fr. Reid Pavilion for an outdoor mass. The music was led by St. Mary's adult choir, people joined in

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St. Mary's Adult Choir at our recent Appreciation Mass on September 16



St. Mary's Barnesville announces Spring Trip to Poland and Germany

Would you like to walk the footsteps of St. John Paul II and visit some of his childhood haunts? And how about having the chance to see the historic center of the town of Krakow and the famous Black Madonna in the monastery of Jasna Gora? Or maybe you've always wanted to see the sights in Berlin, including the French and German cathedrals, the Reichstag Building and the Brandenburg Gate?

Join Fr. Kevin O'Reilly, Msgr. Jack Macfarlane and Kathy Swartz as they lead you to these sites and many more! The tour will take place May 13-22, 2019 and reservations are now being accepted. Departure and return will be through Washington Dulles. Contact Kathy (k2000swartz@hotmail.com) or Fr. Kevin at 301-972-8660 or (stmarysb@yahoo.com) for itinerary and registration info.

OPT

Sixteen and Taking a Stand

by Isabella Oprandi

Hello, my name is Isabella Oprandi and I am in tenth grade at Poolesville High School. Recently, I had my sixteenth birthday party and instead of asking for presents, I asked for donations to the Shady Grove Pregnancy Center. I chose the Center because every day they



Isabella Oprandi

make a difference in someone's life.

Girls my age are faced with pregnancy scares daily. Their initial reaction is to have an abortion. In that moment, they aren't thinking about the baby. They are thinking of their parent's reaction, their friends, their future, every-

Continued on page 39

Come Join Us! Bring a Friend!

89th Annual

Ham & Turkey Dinner

Mashed Potatoes & Gravy • Stuffing • Green Beans • Sauerkraut • Rolls

Crafts • Baked Goods • Pumpkins, Country Store,
• Free Hay Rides, Christmas Shop
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\$16 for Adults & Carry Outs
Dining Room Guest 10 and Under Eat For FREE

Saturday, October 27 - noon to 6:30

St. Mary's Church

18230 Barnesville Rd., Barnesville, MD
phone: 301-972-8660

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Visit by President of the Republic of Poland and First Lady

By Bozenna Buda, ED, and Blandyna Hlasko

During his official visit to Washington, DC, on September 18, 2018, President of the Republic of Poland Andrzej Duda and his wife Agata Kornhauser-Duda were warmly welcomed at a concert and reception hosted by the Ambassador of the Republic of Poland to the United States, Dr. Piotr Wilczek. The occasion was the celebration of the 100th anniversary of Poland's regained independence.

While there, President Andrzej Duda and Mrs. Agata Kornhauser-Duda met with representatives of the local Polonia (Polish Diaspora), many of whom are also parishioners at Our Lady Queen of Poland and St. Maximilian Kolbe Parish. They expressed great interest in the education of Polish and Polish American youth and children, especially in the Washington, DC, area. In his speech, Mr. President highlighted the important role of Polish teachers in the transmission of Polish tradition and history and in the instruction of the younger generations in the Polish language. Mrs. Kornhauser-Duda asked questions and listened attentively to information about the activities of the Polish School from several individuals including Mrs. Blandyna Hlasko, Director of the Polish Consulate School at the Embassy of the Republic of Poland in Washington, DC. The First Lady thanked the teachers from the Polish School and others who work with youth, including those in the Polish Scouting Organization ZHP, for their commitment and their heartfelt dedication to their work with children and youth in the United States.

OPT



Our Lady Queen of Poland Pastor Rev. Jerzy Frydrych, S.Chr., with Honorary Consul of the Republic of Poland in the Bahamas Mrs. Edith Powell and OLQP parishioner and Polish Scout Bozenna Buda at the reception for the President of Poland and the First Lady on Sept. 18.



The First Lady of Poland with OLQP parishioners Mrs. Blandyna Hlasko and Mrs. Dorota Ponikiewska.



The First Lady, Mrs. Agata Kornhauser-Duda, with Honorary Consul of the Republic of Poland in Florida, Lady Blanka Rosenstiel.



Above, OLQP parishioner & Polish Scout Bozenna Buda presented President of Poland Duda and the First Lady with a bouquet of flowers and greetings from the Polish Scouts ZHP on Sept. 18 at the Ambassador's Residence.

At left, President Duda with OLQP parishioners Mr. & Mrs. Hlasko at the reception on Sept. 18.



Our Lady Queen of Poland Saturday School students are being coached by one of the dedicated teachers as they practice their roles for a Polish School assembly, earlier this year.

OLQP Polish Saturday School Reopens

The new academic year 2018-2019 for the Our Lady Queen of Poland Saturday Polish School began on Saturday, September 22, 2018, at 10:00 A.M. Students in the School study Polish language, history, and traditions. They learn songs and poems and take part in school assemblies. They present the annual "Jaselka"

Christmas Nativity Play at their school and at the annual OLQP Christmas Dinner "Oplatek." The team of dedicated teachers is headed by Director Mrs. Ewa Chlebowska. Those interested in registering their children in the Polish School are asked to contact Mrs. Chlebowska at: 202-415-4166.

OPT



Joseph and Corinne MacDonald of the John Paul II Project (www.jp2project.org) with their children and OLQP parishioners Dr. Edwarda Buda-Okreglak and Ms. Bozenna Buda during their September, 2018, visit to Our Lady Queen of Poland Parish in Silver Spring.

Catholic Study Abroad: The John Paul II Project

By Bozenna Buda, ED

On Sunday, September 9, we welcomed Joseph and Corinne MacDonald who came with their two small daughters to Our Lady Queen of Poland Parish. They shared with us information about their organization, the John Paul II Project. Joseph and Corinne created this Project as a Catholic Study Abroad pro-

gram. There is the University Study Abroad, the High School program, and the Young Families Pilgrimage. They are convinced that St. John Paul II's heritage and legacy need to be shared with, and made known to, succeeding generations. Additional information and details about the programs can be found on their website: www.jp2project.org.

OPT

Polish Scouting Organization

The Polish Scouting Organization ZHP at OLQP in Silver Spring, Maryland, is registering scouts and zuchy for this year and will be holding their first meeting shortly. For information and registration, contact Bozenna Buda at: scouts@gmail.com.

OPT

Upcoming Event on Sunday, November 11

November 11 will be the anniversary of the 100th anniversary of Poland's regained independence. At Our Lady Queen of Poland & St. Maximilian Kolbe Parish there will be a special devotion and adoration of the Blessed Sacrament

at 11:00 a.m. followed by a commemorative Holy Mass at 12:00 noon. Afterwards, there will be a gathering in the parish hall featuring Polish food and joint singing of Polish songs.

OPT

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Queen of Poland**
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Silver Spring, MD

**Rev. Jerzy Frydrych,
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PIG ROAST

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singing and praising God for this wonderful parish. Following the homily all volunteers, ministers and employees were commissioned for another year of service to the parish, following Archdiocesan guidelines.

After mass everyone feasted on a delicious roast pig that had been cooking all night. There were many delectable dishes shared by everyone. Folks enjoyed lis-

tening to the live music of "Sookie Jump". Each year the parish celebrates the volunteer spirit of our people.

OPT



Parishioners, Pat Rosser and John Belferman help themselves to the buffet at the annual appreciation picnic.

RESOURCE

Con't from page 30

loves Christ and wants teens to love Christ, too.

Hall said that helping teens deepen their faith has deepened his own. But more important than that is having the chance to accompany teens, as they traverse the ups and downs of faith and life during their often-turbulent teen years.

Youth ministry, he says, means many things. "It means jokes. It means laughter. It means games,"

Hall said. "It also means seeing a fidgety freshman turn into a senior deep in adoration. It means seeing teens, unsure and uncertain of who they are in the world, develop into young men and women of faith, whose lives are grounded firmly on Christ and His church."

For now, Fr. Jack welcomes teens to check out the Youth Group and see what their gatherings are about. "The more you put yourself out there, the more you can get out of it," he said. "Don't be afraid to be brave."

OPT

HAIR TODAY

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which haircut Father would get the night before his 100-mile bike ride (Ride for Vocations), to raise funds for Seminarians of the Archdiocese.

So, as the imaginary drum roll began, everyone staring at Fr. Kevin, draped in black, bandana around his bushy hairline, the barber's scissors in hand, and all began to think "better hold onto your hats" as the total number of votes were shown, and the total dollars those votes represented were unveiled. "Trim" votes totaled \$4,785 vs. "Skim" style, which totaled \$4,714. SJN Vocations Coordinator, Mary Beth de Ribeaux was heard to say, "Trim wins by a hair!"

But the truly remarkable thing, the "hold onto your hat" part of this story, is the dollar/vote tally for both sides of this bet produced a total of \$9,500 in donations for Seminarians of the Archdiocese. So when Father Kevin saw the startling numbers, he jokingly said, "Hey, make it \$10,000 and the beard goes too!" Immediately a collection was quietly made around the room of generous on-lookers, who produced a wad of checks and cash amounting to the extra \$501. That's 10-THOUSAND-DOLLARS! Eugene de Ribeaux wanted to know what the tip would be for a \$10k cut and shave...?

This is Father Kevin's first time as a fund-raising Pastor at SJN Parish. Better hold onto your hats, folks!

OPT

LUAU

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balloon animals and helping to build towers with marshmallows and toothpicks. Further down the hall, children could try their luck fishing at a kiddie pool or playing a bean-bag toss game. Face painting and the temporary tattoo parlor were popular destinations, too. And, there was even a scavenger hunt that sent children to "find Pope Francis" or "get the signature of a Holy Cross parishioner."

Members of the various Holy Cross outreach programs, such as the Respect Life Committee, Eucharistic Adoration, Children's Liturgy, and Parish Council were on

hand to showcase the good work of their respective ministries.

In Lewis Hall, Isaac Schiller, a Class of 2009 Holy Cross alum, kept the music playing as the disc jockey while his mother, Holy Cross parishioner Amy Schiller, got the crowd moving on the dance floor. Some displayed their talent for doing the hula – the hula hoop, that is. Later, the barbershop quartet entertained the crowd with a selection of songs.

A bounty of food from grilled hotdogs to humus was served to ensure that no one left hungry.

Many volunteers, coordinated by the Holy Cross Home & School Association, created a festive, joyous gathering. We are truly blessed.

OPT

St. Bartholomew

Youth Group Ready for Another Busy Year

The St. Bart's Youth Group is sixth through twelfth graders interested in serving our neighbors, playing together, and getting to know Our Lord Jesus Christ! All are welcome! On Sunday, September 23, the group had its first meeting of the new school year, assembling packages for the homeless of the DC area.

OPT



St. Bart's Youth Group busy assembling packages for local homeless persons.

St. Bartholomew School starts year with enrollment boom

Dozens of new faces greeted teachers and returning students as St. Bartholomew began a dynamic new school year in late August. "We have 41 new students in all grades and from all over: public and independent schools, international or out-of-state transfers, and play-based nursery or Montessori programs," says Director of Admissions, Neda Ghassabeh. What's the attraction? According to Ghassabeh, it's the school's small class sizes, averaging about 14 students per class. "Small class sizes lead to differentiation, student recognition, and connectedness that you would otherwise not experience in a class full of 25 or more students. Our school also strikes a good balance. Instruction is



New Math Teacher, Dr. Sharon Barad, with seventh-grade math enthusiasts

challenging but not overwhelming, and experiential but structured."

In addition to the new students, five faculty members join the St. Bart's team of educators. Dr. Sharon

Barad takes over sixth, seventh, and eighth-grade math instruction after the retirement of 35-year teaching veteran Steve Bartl. With a Ph.D. and more than 11 years of experience teaching math, science and STEM, Barad is trained in Differentiated Instruction, Responsive Classroom and Executive Functioning. Joining Barbara Brown in the resource department, Special Educator Amanda McMurtrie Herndon brings 15 years of teaching experience in the Archdiocese of Washington. Rounding out the new faces are PE teacher Daniel Phillips, Karen Giblin in the kindergarten aide position, and Christine Feroli as a pre-kindergarten aide.

OPT

St. Bartholomew School partners in dyslexia pilot program

It's a shocking statistic: approximately 15% of people have dyslexia, and many are adults who are unaware they have the diagnosis. Early intervention can ward off a lifetime of frustration and low self-esteem, and that's what prompted St. Bartholomew to join a pilot program to help the school identify and assist students with language-based learning differences. In a partnership with The Titans Foundation, a non-profit organization dedicated to supporting the education of children with dyslexia and other LBLDs, the school is using multisensory early-intervention with students in Kindergarten through 2nd grade.

St. Bart's teachers who have significant involvement with the school's young learners recently underwent Readology Multisensory Training. Teachers will implement a variety of assessment tools, and students found to have language-based learning differences will be



Kindergarten Teacher Ann Marie Coakley works on early reading skills with a student

immersed in specialized instruction that takes advantage of best practices for each age and grade level. Many of the techniques build on methods the school has used for several years. "St. Bart's students in the primary grades can make substantial gains in just six months through the multisensory approach of Titan's Literacy Programs," says Reading Specialist, Laura Digges.

To put themselves in their students' shoes, the entire St. Bart's staff recently experienced dyslexia

simulation training. "The dyslexia simulation provides crucial insight for teachers by offering a glimpse into their students' struggles and the empathy required to support and encourage young readers as they build the skills vital to their success," says Digges. "I walked away from the simulation with a sense of awe and appreciation for the persistence and sheer stamina demonstrated daily by my students with dyslexia."

All students at St. Bartholomew learn reading through a balanced, comprehensive program that relies on whole class, small group, and one-on-one instruction. Testing results for students in grades three to eight showed that 56% of Saint Bart's students exceeded grade level reading expectations, while only 48% of county students met grade level expectations, and only 39% of statewide students met expectations.

OPT

Sweat before sweets at St. Bart's annual 5K

More than 100 students and parishioners enjoyed a warm fall morning at the St. Bartholomew Annual 5K. Participants chose whether to walk or run the 3.1-mile course through the Bethesda neighborhood surrounding the parish. "It's a parish and school community event to kick off the new year with friends, and a great way for people who don't know each other to meet," said organizer Mimi McLearn. Upon completing the race, participants enjoyed bagels, donuts, snow cones, and music. The family-friendly event also attracted recent graduates, who returned to their alma mater to run the course or serve as volunteers.



Racers enjoyed a well-earned snow cone after the run.

OPT

PRE-K FOUR

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ing and patient environment while helping children learn the importance of kindness to one another," Mrs. Overly explained when asked about her teaching philosophy. "Supporting children as they begin their educational journey is exciting and challenging. To be part of their daily discovery of new and exciting things—from language and numbers, to faith and friendship—has been a blessing."

Over the years, Mrs. Overly has honed her effectiveness as a teacher through participation in various programs and classes that offer information on best teaching practices. Last year, she completed a thirty hours course for the Energizing Readiness (for PK4) and Navigate Kindergarten curriculums.

Assisting Mrs. Overly for the past two years is Mrs. Mary Downs, who joined Holy Cross three years

ago to assist in the Kindergarten classroom. She is a full-time paraeducator who has taught at two other Archdiocesan elementary schools since 2009. "My greatest reward is being able to witness the children's many first experiences in learning. At this age they are so animated when learning something new. I wouldn't trade it for the world."

Jennifer Silva who joined the Holy Cross staff eight years ago, lends a hand in the Pre-K Four classroom every morning before transitioning to the school's librarian each afternoon. Mrs. Silva and her family have been parishioners for twenty-three years, and both her children attended Holy Cross School. "I am blessed to now give back to the Holy Cross community as a faculty member, and I work to instill Catholic values into the curriculum."

The Pre-K Four team uses a multi-sensory, whole-body approach to learning both language and math concepts. Together, they

immerse children in a language-rich environment to increase their language skills to strengthen reading readiness and provide hands-on discovery in both math and science concepts. Not all learning is done in the classroom, however. Pre-K students look forward to the annual field trip to the Pumpkin Patch, a Thanksgiving Feast (with Kindergarten and First Grade) complete with costumes, an Easter Egg Hunt, activities with their Fourth Grade Buddies, and many other events through the year.

At the heart of it all, the three Pre-K Four teachers recognize the importance of teaching children about God's love. Mrs. Overly shared that she feels happy because "we have the privilege of praying and practicing our faith at work. Teaching children that God is love and sharing my faith is one of the reasons I chose to become a teacher in a Catholic school."

OPT

RESPECT LIFE

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of beloved parishioner Liz Troy, is another major fundraiser. Funds raised at this event have been supporting the Centro Tepeyac Silver Spring Women's Center since 1996. Lewis Hall doors open after the five-o'clock mass for people of all ages to enjoy dinner, ice cream sundaes, and Bingo. Each game

has both an adult winner and a child winner, leading to the grand finale—a "fill the card" game. Local merchants generously donate gift certificates and other items so that prizes, raffle items, and door prizes abound. Even those with non-winning Bingo cards do not leave empty-handed; they can take home a treat from one of our bakery donors. The good cheer brings the parish together and benefits an important pro-life resource in our

community.

This year's Harvest Bingo night is on Saturday, October 13. All are welcome! If you are interested in receiving more information about Holy Cross parish or other events sponsored by the Respect Life Committee, please refer to contact information in the church bulletin distributed after all masses, or online at the Holy Cross Church website.

OPT

STAND

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thing but the baby. The baby may not be big enough to imagine as a human being, but later in life that baby, living or dead, will still be a big part of their lives. Girls my age need support to realize that abortion is not the only choice. They need to know that they are not alone. That is why my party raised \$560 for the Center. They supply the support and tools to young mothers every day, so they can make the right choice for them.

OPT

STUDY

Con't from page 36

(and help them) to grow musically, theologically, spiritually, and communally." (www.onecallinstitute.org) For rising high school sophomores through second-year college, eager students came from all over the country to participate in OCI's inaugural year.

This intensive six-day institute also has an adult Advocate Track, where musicians, liturgists, clergy, and youth ministry leaders receive college-level instruction in spiri-

tuality, theology, and liturgy. St. John's University, home of St. John's Abbey and Benedictine monks, is a most gracious and welcoming host. The Abbey was the site of morning and evening prayers, and Sunday Mass. Music and prayer, done in this university setting and all it has to offer, is a fitting environment; and the OCI clinicians, composers and teachers are able to offer an extraordinary opportunity for our older music ministry students and their advocates, to learn, sing, and pray.

OPT

TRAINING

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Services Program. Before finishing his senior year, Antonio decided on his future, and in the early summer enlisted in the Army to become a vehicle mechanic. He began preparing himself for the challenge both physically and mentally with the help of our Assistant Principal, Mr. David Long, who is himself an Army Veteran. Together, with a group of Lourdes alumni, they trained regularly in the summer heat to build endurance and strength.

Antonio left for Ft. Jackson,

South Carolina at the end of the summer. He has had very limited contact with his family but was allowed a brief phone call to his mother to assure her that he was safe during Hurricane Florence. Ms. Golden has been able to find images of a much thinner Antonio from a training website created for family members. His stories of long sleepless nights, endless treks through the woods in stifling heat, food rationing and weapon training are both heart-wrenching and awe-inspiring.

To show our appreciation to Antonio, our students from preschool through the eighth grade

have spearheaded projects meant to encourage him during this trial. Each eighth grader wrote Antonio a private note and the younger children created patriotic artwork. Other classes have begun work on their own writing or artwork in support of Antonio. Ms. Golden sends Antonio the care packages which we hope brings a smile to his face and warms his heart. We are all so anxious to welcome Antonio home when he has completed his training. We hope he will visit our classrooms so we can hear first-hand stories of a soldier's life. Thank you, Antonio, for your sacrifice!

OPT

CANCER

Con't from page 17

pital since the 1970s. So, she knows a thing or two about mentoring those who are sick and comforting them. Pertmer is very passionate about the cause because it has deeply affected her. "As with many people," added Pertmer, "my family has been impacted by cancer."

Faith is one of the main themes in the meeting, opening and closing with prayers. Members share their favorite Bible readings or other inspirational works. They also watch videos about health and cancer. Then, the floor is open for discussion as the members ponder, express, and grieve over their cancer journey without judgment. "One may question 'Why me?' and 'is God trying to punish me?'" said Pertmer. "We tackle the questions head-on and explore someone's thinking and consider the pos-

sibility that there are other ways to reframe the dilemma. Perhaps, it's God's way to propel us closer to Him."

The Cancer Support Group has been successful since its creation in 2014 and it teaches the members so much about faith and life. "We have learned to appreciate the small things in life and how short life may be," recalled a member. Another member related, "Faith may teach us to use our life differently, not take it for granted." As one member pointed out, cancer doesn't have to have a grim approach. "We share lots of laughter as it diminishes some fear, the group is positive focus not morbid." Another member added, "One thing cancer can't stand is being laughed at."

The Cancer Support Group meets once a month on the third Tuesday in the Youth Center. The Cancer Support Group welcomes one & all and those who are interested in joining may e-mail Pertmer at hpertmer@hotmail.com

OPT

THREES

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to share, communicate, and compromise. They also develop social and emotional skills and boost their imagination and creativity—plus it's what children do best!" Mrs. Bueno is an experienced Pre-K teacher with eight years of teaching experience; she will soon begin the process for acquiring Maryland teaching certification.

Mrs. Laura Bilek-Menjivar assists Mrs. Bueno as a paraeducator. Previously, Mrs. Menjivar taught at St. John's Christian Pre-School, but she has been a part of the Holy Cross School family for many years. "Holy Cross School holds a special place in my heart," she said because

two of her children attended Holy Cross from Pre-K through Eighth Grade, and her youngest is currently a student. "The school has provided a strong spiritual and academic foundation for them, and the teachers are extremely well-trained and dedicated to their profession. I am thrilled to be a teacher at the school I love."

Mrs. Bueno and Mrs. Bilek-Menjivar are creating a community of readers, giving the children opportunities to interact with read-aloud stories and even maintaining a stack of books requested by the children. The teachers are also creating a faith community by praying with the children, talking about God, and sharing our beliefs. "Our three-year-old students are in very good hands," Principal Mrs. Kane observed.

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