

Fourth Week of Lent

If you have a Mass intention scheduled while Masses are suspended, the Mass intention will be moved to a later date, and you will be notified of the change. If you need a Mass intention for a critical reason such as a serious illness, surgery, or a death in the family, Father Jack will offer a private Mass for your intention.

How Do I Make a Spiritual Communion?

Below are recommendations to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.

- Gather with others in your household and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass. The readings are available at usccb.org/bible/readings and a Sunday Gospel reflection on youtube.com/washarchdiocese.
- Share prayer intentions quietly or aloud.
- Pray the Lord's Prayer.
- Pray one of the prayers of spiritual communion (Go to adw.org) to view prayers.
- Close with the sign of the cross.

Please pray for the sick and homebound in our parish, our neighbors, family, and friends:

Elaine Brooks; Muriel Brown; Yvette Butler; Rose Chisefsky; Chunyere Duru; Helen Dziduch; Patricia Farland; Michele Feaster; John Graham; Genevieve Greenfield; William Halbe; Jan Jarus; George Johnson; Joseph Johnson; John and Joan Kodak; Cathy Pielmeier; Adelino "Babe" Pereira; Evelyn Turley; Peggy Wills; Mae Young; Sister Giustina Zanin; Ziara Zanin; Don Zehner; Rita and Eugene Zehner

***For our military, protect them from all harm.
For the faithful departed may they rest in peace.***

To add or remove a name from the sick list, please call the parish office at 301-459-4814 x 201.

A Message From the Pastor

While on vacation to see a friend from seminary, big unprecedented changes occurred at home. The new reality began the 2nd Sunday of Lent with no sign of peace and no holy water. The small restrictions in the parish gave way to larger restrictions in our state and nation as the corona virus continued to spread. It is with respect and obedience to Archbishop Gregory that, until further notice, there are no public Masses in the Archdiocese, except to include immediate family members for funerals and weddings.

I understand how difficult this is considering the importance of gathering together as a community to worship God, to hear His Word, and receive Jesus in the Eucharist. We pray that the virus will soon run its course, and that over time, restrictions will be reduced. In the meantime, the Diocese does have many on-line resources listed in the bulletin to continue our Lenten journey, as well as Mass on TV. Although this cannot substitute for the public Mass, it can help us to continue to pray for the health and safety of people who are ill, our doctors, nurses, and hospital staff, our first responders, and many others who are giving selflessly in this time of great need.

I will continue to hear confessions on an individual basis. Please give me a call at (301) 459-4814 ext. 229 and leave a message. The chapel is still open, and I will consider opening the church during the day for prayer and reflection as we approach Easter. Obviously, if you are sick or coughing, please, in charity, DO NOT COME to the church. If you are in the church or chapel, please maintain a 6 feet minimum distance from others, consistent with safety guidelines.

Visits to the sick, to those in nursing care facilities or hospitals, have been suspended in order to protect our vulnerable adults from possible virus infection. I thank Deacon Davis and the many wonderful volunteers in this parish who bring communion and who visit the sick. Our parish school will be deep cleaned over the next week. You can be assured that the chapel and church will be cleaned regularly. The parish office is open and will remain so unless we are directed otherwise. For those able to contribute, we thank you for using your envelopes or Faith Direct. Please pray for Fr. Canice and me and be assured of our prayers for you during this most somber Lent.

Sincerely yours in Christ,
Fr. Jack Kennealy

Stewardship Report

Thank you for your prayers and support during this difficult time. Our fixed costs remain while Masses and parish events are suspended. We depend on your regular contributions to meet our financial obligations.



The Academy of Saint Matthias

Attention, Parents of Currently Enrolled Students: We are accepting applications for all grades (Pre-K 3 through Grade 8) for the 2020-2021 school year. The registration fee is \$ 350 per family. Seating is very limited in grades 7 and 8. Please register soon so we can finalize plans for the coming school year.

School Tours are offered on Mondays from 8:30-10:00 AM when school is in session, or by appointment. Please contact the school office at 301-577-9412 to plan your tour.

Raffle Ticket Fundraiser: Tickets may be purchased at the school office and parish office for \$ 20 per ticket. Congratulations to Samuel Soriano, winner of \$ 1,000 in the march 16th drawing, and to the seller, Andrea Penado (\$ 50).

2020 Scholarship Competition of Eighth Grade Students: The Lucinda L. Jasper Scholarship Fund is open to all eighth grade students attending a Catholic elementary school in the Archdiocese of Washington, DC, and who will attend a Catholic high school in the fall. Interested parents and students can find more information and apply online at www.lljsf.org. **The application deadline is March 31, 2020.**

Covid-19: Coping with Anxiety and Stress

As we navigate this unprecedented crisis, its imperative that we tend to our mental well-being. Concerns for our health and the health of our loved ones, a stream of sometimes confusing and contradictory information, disruptions to routines, worry about the impact on personal finances and uncertainty about how and when life will return to some semblance of normal – these are just a few ways COVID-19 has impacted our mental health.

During this time of heightened anxiety, we know that you or a loved one may need someone to talk to. Please know that our phone, text and chat call specialists are available 24/7 to listen and provide support.

This service is free and open to all members of our community. You do not have to be in crisis to connect with us. Reach out even if you are just looking for ways to support someone you are concerned about. Call/Text: 301-738-2255 or go to <https://suicidepreventionlifeline.org/chat>

-from the EveryMind newsletter

Archdiocese of Washington

Letter From the Archdiocese Vicar General and Moderator of the Curia dated March 13, 2020:

Dear Brothers and Sisters in Christ,
Last night, Archbishop Gregory made the difficult decision to close all Catholic Schools in the Archdiocese of Washington from March 16th to March 27th and to cancel all public Masses in the Archdiocese, effective March 14th, until further notice, while dispensing the faithful from their Sunday obligation.

This decision was not an easy decision. Archbishop Gregory recognizes his obligation to ensure the health of the faithful, both spiritual and physical. By implementing effective social distancing measures the archdiocese supports the common good of all citizens and prioritizes the dignity of every human life, especially those most vulnerable at this time. We know that many Catholic faithful are saddened or upset by the decision to cancel Masses. We ask for your public support and fervent prayer, especially on behalf of the sick and dying. The decisions of the Archdiocese are based on the recommendations from local public health professionals and by legal requirements from the local governments. The decisions will continue to be assessed and reevaluated based on both public health officials and local government restrictions and guidelines. We are continually monitoring the situation and will communicate any updates.

Our hope is that this restriction of the public celebration of the Mass will be for a very limited period. For the time being, it is necessary to keep in mind the common good of public health and the importance of doing our part in preventing the spread of the coronavirus by avoiding large gatherings.

As Catholics, caring for our spiritual and sacramental lives is paramount. Therefore, the Archdiocese is providing the following pastoral guidance and resources for your use:

- The Archdiocesan website has a page with informational resources on coronavirus: <https://adw.org/coronavirus/>.
- At the pastor's discretion, churches may remain open for personal prayer. Please follow all protocols recommended by health professionals about maintaining safe interpersonal distance.
- The Archdiocesan website has resources on how to receive spiritual communion: <https://adw.org/coronavirus-dispensation-and-prayers/>.
- Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at usccb.org and a Sunday Gospel reflection on our YouTube channel.
- The Archdiocesan website has audio and written Stations of the Cross: <https://adw.org/coronavirus-dispensation-and-prayers/>.
- Our archdiocesan Sunday TV Mass is available online: <https://adw.org/parishes-masses/sunday-tv-mass/>.
- Here is a prayer by Pope Francis to Mary during the coronavirus pandemic: <https://adw.org/text-of-popes-prayer-to-mary-during-coronavirus-pandemic/>.
- Pastoral care to the sick will continue incorporating protocols recommended by health professionals.

-Rev. Daniel Carson