

Year 2022

## Holy Comforter-Saint Cyprian Catholic Church

### Celebrating African-American History Month through the Spirituals



#### Weekly Theme: February 6 - SORROW

Because, Nobody knows the trouble I've seen, Nobody but Jesus.  
*from the hymn "Nobody knows the Trouble I've Seen"*

And you know, Sometimes I feel like a motherless child, a long way from home.  
*from the hymn "Sometimes I feel like a Motherless Child"*

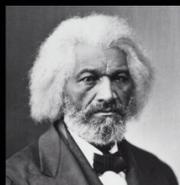
Yes, my soul looks back and wondered, how I got over!  
*from the hymn "How I Got Over"*

I am a poor wayfaring stranger, While traveling through this world of woe, But there's  
no sickness, toil nor danger, In that bright world to which I go.  
*from the hymn "I am A Poor Wayfaring Stranger"*

So we are climbing Jacob's ladder, soldiers of the cross, but every round goes higher,  
higher, Soldiers of the cross.  
*from the hymn "We Are Climbing Jacob's Ladder"*

Soon I will be done with the troubles of this world, I'm going home to live with God.  
*from the hymn "Soon I will be done..."*

Frederick Douglass



Slaves sing most when they are most unhappy. The songs of the slave represent the sorrows of his heart; and he is relieved by them, only as an aching heart is relieved by its tears.

AZ QUOTES



**FIFTH SUNDAY IN ORDINARY TIME**

**Readings This Weekend:**

Is 6:1-2a,3-8      1 Cor 15:1-11      Luke 5:1-11

**Readings Next Weekend:**

Jer 17:5-8      1 Cor 15:12, 16-20      Luke 6:17, 20-26

*Message from the Pastor*

The Gospel today shows how the Lord prepares his Apostles to be prophets and evangelizers. The focus is on Simon Peter. First, note that he seeks Simon's **Help**. Jesus uses Simon's boat to preach from. What talents or resources do you have that the Lord can use? Next, note Peter's **Hesitation**. The Lord invites him to go to deeper waters and lower his nets for a catch. Peter is tired and doubts that such an effort will be successful. Almost with humor in his voice he says, "At your command I will lower the nets." He expects nothing. Too often we doubt God as well. Next, notice the **Harvest**. So heavy is the net that it is at the point of breaking. But look at what even a little obedience will do. What might happen if we obey God despite being tired or doubtful? Next, note Peter's **Humility**. He sees that his doubt and lack of faith were sinful and he repents. How have you or I sinfully doubted God's providence? Finally, note Peter's **Heeding** of the Lord's invitation to come away and be a fisher of men. Peter has learned and is now ready to step out. What about you?

**FUNERALS** — Melvin Matthews (Fri., Feb 11<sup>th</sup>)



**MASS INTENTIONS:** It is a spiritual work of mercy to pray for others, both living and deceased. To offer a Mass in memory of a friend or family, call 202-546-1885. The customary stipend is \$10 per intention.

**MASS INTENTIONS FOR THE WEEK**

**Sunday, February 6** *Fifth Sunday in Ordinary Time*  
 8:00am Intentions of the Rodgers Family  
 9:30am For First Responders who died in service  
 11:00am For the Youth of our parish  
 7:00pm Intentions of Karen Graham  
**Monday, February 7**  
 7:00am Intentions of Monica Brame  
**Tuesday, February 8** *St. Jerome Emiliani; St. Josephine Bakhita, Virgin*  
 7:00am Intentions of Anthony Graham  
**Wednesday, February 9**  
 7:00am Intentions of Larry Dunphy  
**Thursday, February 10** *St. Scholastica, Virgin*  
 7:00am Rachel Collins  
**Friday, February 11** *Our Lady of Lourdes*  
 7:00am Dorothy T. Walker †  
**Saturday, February 12**  
 8:00am For the People  
 4:30pm Intentions of William Somerville

**DAILY READINGS FOR THE WEEK**

<b>MONDAY:</b>	1 Kgs 8:1-7,9-13	MARK 6:53-56
<b>TUESDAY:</b>	1 Kgs 8:22-23,27-30	MARK 7:1-13
<b>WEDNESDAY:</b>	1 Kgs 10:1-10	MARK 7:14-23
<b>THURSDAY:</b>	1 Kgs 11:4-13	MARK 7:24-30
<b>FRIDAY:</b>	1 Kgs 11:29-32;12:19	MARK 7:31-37
<b>SATURDAY:</b>	1 Kgs 12:26-32;13:33-34	MARK 8:1-10



**FAITH DIRECT** (Electronic Tithing): For the New Year, consider electronic tithing to make it easier to send your tithes. Many of our parishioners currently use Faith Direct. By enrolling, you have one less thing to remember each week—no more envelopes to find before you go to Mass or checks to write. Pick up a brochure in the rear of the church or go online to [faith.direct/DC59](http://faith.direct/DC59) for more information and to register for this **FREE** service. Your tithes will be automatically deducted from your bank account or credit card. And, you can change your deduction with an email or phone call. **Questions?** Contact Kim Peaks at 202-546-1885 or [pam@hcschurch.org](mailto:pam@hcschurch.org). Thank you for your support.

*Stay Connected*



- Visit our parish website ([hcschurch.org](http://hcschurch.org)) for news.
- **Subscribe to Flocknote** by texting "HCSC" to **84576** or visit <https://hcschurch.flocknote.com/> to receive emails with updates from the parish such as bulletins, and homily notes. It's **FREE** and easy!
- Download the **MyParishApp** onto your mobile device. To get the app: visit your app store (*available for Android & Apple phones*). Turn on your notifications so you can receive parish news. **And**, follow us on social media (**Facebook, Instagram, Twitter and YouTube**).

**MSGR. POPE'S SUNDAY HOMILY:** Did you know you can receive and listen to Msgr. Pope's pre-recorded Sunday homilies by subscribing to *Parish News* on **Flocknote**? See **Stay Connected** box on opposite page to subscribe.

**MASS ATTENDANCE FOR JAN. 30, 2022**

4:30pm	28
8:00am	55
9:30am	28
11:00am	114
7:00pm	48
<b>Total:</b>	<b>273</b>

**THIS WEEK AT THE PARISH**

<b>Monday (2/7)</b> 7:30pm YA Bible Study	<b>Friday (2/11)</b> 6:00pm Holy Hour/Confession
<b>Wednesday (2/9)</b> 7:15pm Bible Study (Zoom)	



**OUR CHURCH SANCTUARY IS OPEN FROM 8AM—8PM** every day for you to come in for private prayer. This is a time for all to consider spending quiet, personal time in the presence of our Lord and pray for healing, strength, courage and for each other as we face many challenges and struggles during this pandemic and other difficulties. All are welcome.

**OUR MISSION STATEMENT:**  
*Holy Comforter-Saint Cyprian Roman Catholic Church, empowered by the Holy Spirit, exists to evangelize and to uphold Christian values by promoting the teachings of the Church in Word, Sacrament and Witness.*

**OUR VISION STATEMENT:**  
*A welcoming, embracing and joyful faith family richly rooted in the community today, tomorrow and forever.*

## FIFTH SUNDAY IN ORDINARY TIME

### PARISH LIFE



The observances of **National Marriage Week** (Feb. 7-14) and **World Marriage Day** (Sun., Feb. 13) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. The theme for 2022 is **“Called to the Joy of Love.”** **For Your**

**Marriage** is an initiative of the United States Conference of Catholic Bishops (USCCB), and it helps couples at all stages of life to understand and live God’s plan for happy, holy marriages. Visit [foryourmarriage.org](http://foryourmarriage.org) for resources and thought-provoking content on dating, marriage, family life, parenting and more.



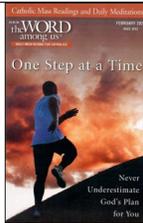
The **Three to Get Married Preparation Program** is a Catholic Pre-Cana program for seriously dating and

engaged couples. This marriage preparation course is an intensive preparation experience true to the teachings of the Catholic Church. Convenient one-weekend schedule. FOCCUS administration is included. \$315 per couple. Space will be limited and these weekends fill up quickly, so reserve your spot today! **DATES: In-Person Only:** Feb. 10-13 / Mar 10-13 / Mar 24-27. **Virtual Only:** Apr 21-24. For info visit: [ourladyofbethesda.org](http://ourladyofbethesda.org). Our Lady of Bethesda Retreat Center, Bethesda, MD



**EUCCHARISTIC ADORATION / HOLY HOUR** is held **EVERY FRIDAY** from **6—7pm** in the sanctuary. Parishioners are invited to attend a wonderful opportunity to gather and reflect in quiet prayer in the presence of the Blessed Sacrament. Confessions are also heard during the holy hour.

**THE WORD AMONG US:** February 2022 issues are available in the Candlelight Store. **Cost:** \$2 each. This publication is designed to help Catholics find genuine renewal and refreshment in God’s grace and encouragement to read the Word of God. It offers daily meditations based on the mass readings. Ask an usher or call the rectory at 202-546-1885.



### COVID-19 SAFETY PROTOCOLS

**UPDATE:** As of Dec. 20<sup>th</sup>, the Mayor has reinstated the indoor mask mandate. You **MUST** wear a mask while in the church and rectory buildings. If you forget your mask, ask an usher. The following protocols will remain in place:

- ◆ To allow for some social distancing, every other pew will remain roped-off until further notice.
- ◆ Automatic hand sanitizing units are available at doors.
- ◆ Wearing of masks and sanitizing of hands by minister’s will remain in place for safe reception of Holy Communion.

We kindly ask everyone to be respectful of each other as we continue to navigate these changing policies.

**BEAUTY & THE PRIEST:** *Preaching with the Artwork & Creativity of Corita Kent: Feb 3<sup>rd</sup>— March 3<sup>rd</sup> (Mon-Fri. 9am-4pm; weekends by appointment only).* This is an exhibit of artwork by Corita Kent (1918-1986), an American Catholic artist and educator. The spiritual director of Corita Kent was a Sulpician priest, Fr. Robert Giguere, who had a major influence on her work from 1965 to 1968. The many copies of her serigraphs that she gave to him were bequeathed to the American Sulpician Province upon his death in 2003. Location of exhibit: Theological College, 401 Michigan Avenue, NE, WDC. Contact: 202-756-4907 or [ciriadoc@cua.edu](mailto:ciriadoc@cua.edu).



### UPDATE!



The software used by the Archdiocese of Washington for our church membership and tithing was upgraded this past summer and has caused a delay in our providing your tithing statement in a timely manner. We are currently working on this issue but are uncertain as to when we find a solution. We kindly ask for your patience.

**HCSC YEAR-END CONTRIBUTION STATEMENTS**—are prepared only upon request. Statements will not be automatically mailed. Please contact the rectory during office hours to request your statement and have it either mailed or left at the rectory for pick-up. **NOTE:** only cash donations (submitted in an envelope) and checks payable to Holy Comforter-Saint Cyprian are included in your statement. Your statement will not reflect loose cash donations not placed in an envelope.

**FAITH DIRECT YEAR-END STATEMENTS** for HCSC parishioners who tithe through Faith Direct will automatically receive their 2021 year-end giving statement directly from Faith Direct as part of their tithing program.

### HCSC YOUNG ADULT MINISTRY

**OUR YOUNG ADULT BIBLE STUDY** meets in-person on **Mondays at 7:30pm** in the **rectory basement**, preceded by a short social at 7:00pm. To receive email notifications, sign up at [hscchurch.flocknote.com](http://hscchurch.flocknote.com). Come and see!



Join Msgr. Pope (via Zoom) for **Wednesday Evening Bible Study at 7:15pm**. Sign up to receive the Zoom link and information at [hscchurch.flocknote.com](http://hscchurch.flocknote.com). Call the rectory office for more details if you are new to bible study.

**HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH**  
1357 East Capitol Street, SE, WDC 20003  
(202) 546-1885 ❖ [www.hscchurch.org](http://www.hscchurch.org)  
Rev. Msgr. Charles Pope, Pastor ([www.msgrpope.com](http://www.msgrpope.com))

For information on membership, sacraments and funerals contact rectory staff at [hscstaff@hscchurch.org](mailto:hscstaff@hscchurch.org) or (202) 546-1885.

**Mass Times:** **Saturday** 8am & 4:30pm (vigil);  
**Sunday** 8am, 9:30am, 11am and 7pm;  
**Weekdays** Mon—Fri: 7am (8am on holidays)

**Rectory Office Hours:**

Monday, Tuesday, Wednesday and Friday: 10am—6pm  
Thursday, Saturday & Sunday: Closed

CELEBRATING AFRICAN-AMERICAN HISTORY MONTH  
THROUGH THE SPIRITUALS



Brief Overview of the  
History of the Spirituals

The Spirituals of the African-American tradition, sometimes called the “Negro spirituals” are songs created by enslaved Africans in the decades prior to the Civil War. They do not have individual composers, but emerged from the whole community. They were passed orally from person to person and improvised as suited the singers. They were crafted in the fields where the slaves would sing to pass the day and ease the often tedious work of planting, tending and harvesting the crops. Some were simple work songs in a call response style. Here is an example:



**Refrain:** *Hoe Emma  
Hoe! You turn around dig a hole in  
the ground.*  
**Call:** *O Emma help me to pull these  
weeds!*  
**Response:** *Hoe Emma Hoe! You  
turn around dig a hole in the  
ground.*  
**Call:** *O Emma worked harder than  
two strong men!*  
**Response:** *Hoe Emma Hoe! You  
turn around dig a hole in the  
ground.*

Over the years, the slaves and their descendants adopted Christianity, the religion of their masters, and they began to include religious themes into their field songs. They re-shaped it into a deeply personal

way of dealing with the oppression of their enslavement. These songs, became known as spirituals and reflected the slaves’ expression of their faith. The songs told stories, from Genesis to Revelation: Adam and Eve in the Garden, Moses and the Red Sea. They sang of the battle of Jericho, Ezekiel seeing a wheel, Mary, Jesus, the blind man seeing,

God troubling the water, and yes, the Devil, as one to avoid!

The songs were also used to communicate with one another in a kind of code, without the knowledge of their masters. This was particularly the case when a slave was planning to escape bondage and to seek freedom via the Underground Railroad. For example the well-known “*Steal Away to Jesus*” was not merely a song about death and the journey to a heavenly homeland; and, “*I ain’t got long to stay here*” in the song didn’t refer simply to death, but also to escaping to the north and out of slavery.

There were thousands of spirituals. However, the oral tradition of the slaves’ ancestors — and the prohibition against slaves learning to read or write—meant that the actual number of songs is unknown.

Some of the best known spirituals include: “*Sometimes I Feel Like a Motherless Child*,” “*Nobody Knows The Trouble I’ve Seen*,” “*Steal Away*,” “*Swing Low, Sweet Chariot*,” “*Go Down, Moses*,” “*He’s Got the Whole World in His Hand*,” “*Every Time I Feel the Spirit*,” “*Let Us Break Bread Together on Our Knees*,” and “*Wade in the Water*.”

In a certain sense, the Spirituals have great authority since they were written in the cauldron of great suffering. If any people might be excused from thinking that the Lord had forsaken them or, that they would be exempt from judgment day, it was surely the enslaved in the Deep South. If any people might be excused from crying out for vengeance, it was those enslaved in the South. And yet the spirituals are almost wholly devoid of condemning language. Enslaved blacks sang in ways that looked also to their own sins and need to be prepared. If they were prepared, God, who knew their trouble, would help them to steal away to Jesus. They did not see themselves as exempt from the need to be ready and to persevere in the faith.

## How we are celebrating the ‘Spirituals’ at our Parish this African-American History Month 2022

During the month of February 2022, our parish will focus on the ‘Spirituals’ and the impact they have on our lives and faith. Each week, we will look at a specific theme and provide some history and clarity in relations to scripture. Although we will only focus on four of the themes, take note that the Spirituals have covered many themes:

- biblical stories,
- calls to repentance,
- warnings about judgement,
- sorrow and suffering,
- deliverance,
- liberation,
- readiness,
- heaven

**WEEK 1 – February 6<sup>th</sup>** - We focus on songs of **SORROW**. Frederick Douglas said of these spirituals:

*“Slaves sing most when they are most unhappy. The songs of the slave represent the sorrows of his heart; and he is relieved by them, only as an aching heart is relieved by its tears.”*

These songs were not mere self-pity, they were an exhaling of their souls and a confident expectation of God’s ultimate deliverance. They sang words and themes like:

*“Nobody knows the trouble I’ve seen, Nobody but Jesus.”*

*“Sometimes I feel like a motherless child, a long way from home.”*

*“My soul looks back and wonders, how I got over!”*

*“I am a poor wayfaring stranger, traveling through this world of woe, but there’s no sickness, toil nor danger, in that bright world to which I go.”*

*“Trouble don’t last always.”*

*“Hold on just a little while longer, everything’s gonna be alright.”*

*“We are climbing Jacob’s ladder, soldiers of the cross, but every round goes higher, higher, Soldiers of the cross.”*

*“Soon I will be done with the troubles of this world, going home to live with God.”*

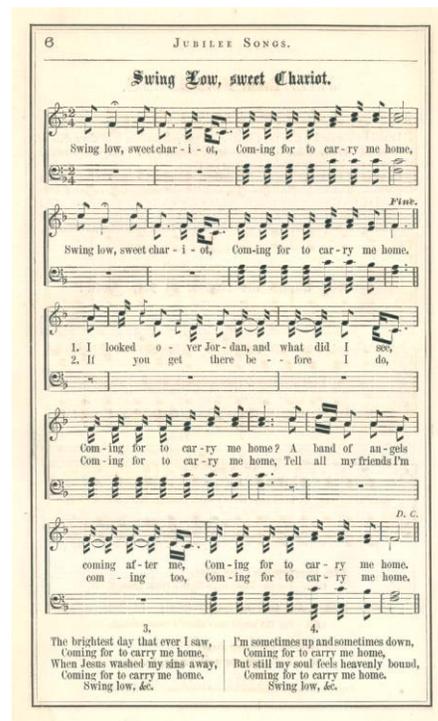
**NOTE:** You can hear the actual songs listed above on our website at [hscchurch.org](http://hscchurch.org) where we have included links to the internet. Click on the links to hear the songs.

In the first years after the Civil War, most former slaves grew distant from the music of their captivity. Many wondered if this musical treasure would be lost.

Thank God, no. The performance of spirituals was revived when a group of students from Fisk University in Nashville, Tennessee, began to tour in an effort to raise money for the school. They performed wonderfully scored choral versions of the spirituals that we are most familiar with now. The Fisk Jubilee Singers carried spirituals to many parts of the United States and also made tours of Europe in the 1870s. Their success encouraged other Black colleges to learn and perform more and more spirituals. Large collections of spirituals were

collected, scored and published to meet the public demand.

The spirituals are wonderfully creative and contain a wisdom that comes from suffering and a hope that comes from faith in God’s promises. The African American Spirituals are a national treasure and gift to the Church of immeasurable value.



*In Memory of*  
**John N. Graham**  
**Catherine E. Graham**  
**Joan M. Graham**  
**Ernestine C. Jackson**  
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 Remembered,  
 Missed*

  
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*In Memory of our Deceased*  
**KNIGHTS OF COLUMBUS**  
  
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*In Loving Memory of*  
**JAMES A. AND ELIZABETH G. HILL**  
 AND  
**VERMELLE H. HOWARD**  
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**Charles Myrick Sr.**  
**Leon (Tony) Myrick**  
**Lucy Myrick**  
**Lucy Jones**  
**Shirley Ann Jackson**  
 The Family

*In Loving Memory of*  
**Mattie Barclay**  
**Helene Crutchfield**  
**Edgell Fairfax**  
**Elizabeth Fairfax**  
**Clyde Fairfax Sr.**  
**Clyde (Guy) Fairfax Jr.**  
 The Family

*In Memory of*  
 Our Deceased Members  
**HCSC**  
 Holy Name Society

 In Memory of  
**OUR DECEASED SODALISTS**  
 HCSC SODALITY

In Loving Memory of  
 The Deceased Jenifers:  
 Oscar, Mary, Helena, Bay, David,  
 Baby Sis, Beverly, Frankie, David,  
 Neal, Kimberly, Cyprian Jr., Jovan  
*Still Loved, Still Missed &  
 Very Dear, The Family*

*In Loving Memory of*  
**OTHA JOHN HAMER JR.**  
**OTHA JOHN HAMER III**  
 "ETERNAL LOVE"  
 ~Anna, Othalene, Lataunya,  
 Betty - wife and mother

*In Loving Memory Of*  
 Vandy L. Jamison Sr.  
 Cyprian H. Colbert Sr.  
 Cornella & William B Simmons Sr.  
 Marc E. Simmons Sr.  
 William (Billy) B. Simmons Jr.

*In Loving Memory*  
**Austina H. Jones**  
*Mother*  
*We Love You Always*  
**Willie, Lawrence & Maria**

*To Our Beloved*  
**Kenyon E. Jones**  
*Son & Father*  
*We'll always love you,  
 Mom, Kids & Venita*



**IN LOVING MEMORY OF**  
**Anthony Maxwell Smart**  
 (Tony)  
 - The Family

*In Memory of*  
**Will, Hump,**  
**Bertie, Ray,**  
**Winnie**

*In Loving Memory of*  
**James O. & Reba L. Neale**  
 and  
**Alice Neale Thornton**  
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