

HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH

Celebrating Black History Month 2024

# Sunday, February 4, 2024

## NATIONAL DAY OF PRAYER FOR AFRICAN AMERICAN & AFRICAN FAMILIES

God of mercy and love, we place our African American and African Families before you today. May we be proud of our history and never forget those who paid a great price for our liberation.

Bless us one by one and keep our hearts and minds fixed on higher ground. Help us to live for you and not for ourselves, and may we cherish and proclaim the gift of life.

Bless our parents, guardians and grandparents, relatives and friends. Give us the amazing grace to be the salt of the earth and the light of the world. Help us, as your children, to live in such a way that the beauty and greatness of authentic love is reflected in all that we say and do.

This we ask in the Precious Name of Jesus, our Savior and Blessed Assurance. Amen.

Holy Mary, Mother of Our Families, pray for us.

Prayer composed by Fr. Jim Goode, OFM in 1989 who founded the National Day of Prayer for the African American and African Families



#### HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH

#### **FEBRUARY 4**

#### FIFTH SUNDAY IN ORDINARY TIME

Readings This Weekend:				
Job 7:1-4, 6-7	1 Cor 9:16-19, 22-23	Mark 1:29-39		
Readings Next Weekend:				
Levi 13:1-2, 44-46	1 Cor 10:31-11:1	Luke 1:40-45		



Today's readings must be seen as a unit. Without this understanding the reading from Job might be seen as one of utter despair. We might PASTOR refer to this reading as the **DISILLUSIONMENT OF DEEP DESPAIR.** But actually, it is the

question for which the Gospel serves as the. Job begs for healing and deliverance and for a sense of meaning to his life of sorrow. In the Gospel we see the **DESTINATION OF** DISTRESSED DISCIPLES. Our Lord is healing multitudes and casting out demons. The disciples know and are trained to call upon the Lord for their every need. This should be our instinct also. Too many disciples today do not instinctively pray, but only turn to God as a last-ditch effort. An old hymn reads, "Oh what peace we often forfeit, oh what needless pain we bear, all because we do not carry, everything to God in prayer." Notice then the OF DIVINE DECISION - The Lord did not heal everyone. When the disciples indicated that many were looking for him he instead went off to the next town. Why? He says, "[S]o that I can preach there too." Notice that he did not say 'so I can heal there.' The Lord saw his fundamental mission as one of preaching the kingdom and the healings were the sign of the fuller glory that awaits each of us in that glorious heavenly kingdom. Worldly healing is important and necessary for us but what is more necessary is that we know the glory to which we have been called and to be filled with joy. For now, we may have to carry a cross, but it is carried toward the resurrection and the glory. God decides what is best for us: healing now, glory later.

#### MASS INTENTIONS FOR THE WEEK

#### Sunday February 4

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Sunday, rec	oruary 4
8:00am Int	tentions of Candace Jenkins (B'day)
9:30am Int	tentions of Shelby Smith (B'day)
11:00am Int	tentions of Annellen Moore
7:00pm Int	tentions of William Matthews
Monday, Fel	<b>bruary 5</b> St. Agatha, Virgin & Martyr
8:00am Ja	cqueline McPherson 🕇
Tuesday, Fe	bruary 6 St. Paul Miki & Companions, Martyrs
7:00am Ru	th Campbell <b>†</b>
7:00am Ch	narles Smothers <b>†</b>
	ebruary 8 St. Josephine Bakhita, Virgin
7:00am Yo	landa Theresa Berry 🕇
	5
	ebruary 10 St. Scholstica, Virgin
	nerrill Hawkins (B'day)
4:30pm Fc	r the People
	9:30am Int 11:00am Int 7:00pm Int Monday, Fel 8:00am Ja Tuesday, Fe 7:00am Ru Wednesday, 7:00am Ch Thursday, F 7:00am Yo Friday, Febr 7:00am He Saturday, Febr

#### DAILY READINGS FOR THE WEEK

Monday	1 Kings 8:1-13	Mark 6:53-56
TUESDAY	1 Kings 8:22-23, 27-30	Mark 7:1-13
WEDNESDAY	1 Kings 10:1-10	Mark 7:14-23
THURSDAY	1 Kings 11:4-13	Mark 7:24-30
FRIDAY	1 Kings 11:29-32; 12:19	Mark 7:31-37
SATURDAY	1 KINGS 12:26-32; 13:33-34	Mark 8:1-10

View this bulletin online at www.DiscoverMass.com

	FAITH DIRECT <sup>*</sup> impring scare gring <sup>*</sup> 1. Scan the QR 2. Text "Enroll" 3. Go online to fa This eGiving ser register to have deducted twice a gift/donation. <b>Ques</b> (kpeaks@hcscchu	Here are 3 w. code to the ri to 301-478-89 ith.direct/DC59 vice is <b>FREE</b> your tithes month <u>or</u> give titons? Contac	ays to get i ght. 200 to give. and register. . You car automaticall a one-time t Kim Peaks	nfo ănd O Y e		
	Stay Con	nected		Ø	Ð	f

- Visit our parish website (hcscchurch.org) for news.
- Subscribe to Flocknote by texting "HCSC" to 84576 or visit https://hcscchurch.flocknote.com/ to sign up 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 notifications so you can receive parish news. And, follow us on social media (Facebook, Instagram, Twitter and YouTube).

MASS ATTENDANCE January 28, 2024			
	4:30pm	36	
	8:00am	52	
	9:30am	31	
	11:00am	156	
	7:00pm	42 317	
	Total:	317	
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#### This Week at the Parish

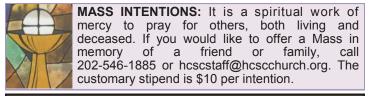
Sunday (2/4)	Wednesday (2/7)
1:00pm Youth Service Project	7:30pm Bible Study (Zoom)
<b>Monday (2/5)</b>	Friday (2/9)
7:00pm Adult Choir Rehearsal	6:00pm Holy Hour w/confession
<b>Tuesday (2/6)</b>	Saturday (2/10)
7:00pm Adult Choir Rehearsal	9:00am HNS Exec Bd Mtg



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OUR CHURCH SANCTUARY IS OPEN FROM 8AM-8PM every day for you to come in for private prayer. 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 throughout our daily lives. 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.

#### **5TH SUNDAY IN ORDINARY TIME**

#### PARISH LIFE



**2024** Annual Catholic Services Appeal: United in Purpose—This weekend we have been asked prayerfully to consider making a gift to the 2024 Annual Catholic Services Appeal. Please complete or take a

commitment form at Mass this weekend, or make your gift at give.adw.org. Visit **appeal.adw.org** to learn more about how the Annual Appeal benefits our parish and serves people in need throughout the archdiocese. It is our goal that every parish family will participate this year. All gifts will be credited towards our parish goal. Thank you in advance for your generous response to the 2024 Annual Catholic Services Appeal!

Join with the HCSC Sodality of the Blessed Virgin Mary in recognition of Black History Month on Sun., Feb. 4<sup>th</sup> after the 8AM Mass at Center City Public Charter School (15<sup>th</sup> & E. Capitol Sts., SE). Our guest presenter is our very own HCSC parishioner Reginald 'Reggie' Wills. Come and hear about the

richness of the "Early Years of St. Cyprian Parish Community".



**February is Black History Month**— This month is an annual commemoration of Black Americans' achievements and celebrated in honor of their contributions to the United States and the world. In 1926,

this celebration was founded by Harvard-trained historian Carter G. Woodson and was initially called Negro History Week. During the nation's bicentennial in 1976, President Gerald R. Ford extended the celebration to a month. Throughout the month, our parish will provide resources and other information so that we all may become more aware of the gifts of our multi-cultural community.

The National Day of Prayer for the African American and African Family is February 4, 2024. This day along with a special prayer (see bulletin cover) was created by Fr. James Goode, OFM in 1989. Through his relationship with Jesus, Father Goode understood in a deep way that Christ's role on earth was to serve as the face of God the Father, drenching us with his mercy. He wanted us all to know that God's mercy endures forever. This National Day of Prayer is a day set aside to give special thanks to God for our families and place our every care in the arms of Jesus.



**JUST A REMINDER:** The Season of Lent begins with **Ash Wednesday on Feb. 14**<sup>th</sup>. Mass will be celebrated at 7am, 10am & 7pm. Ashes will only be distributed during mass times. Let us begin to pray and prepare.



**SAVE THE DATE: Lenten Family Day**— **Sun., Feb. 18<sup>th</sup>** following the 11am Mass at the school building. Come and gather together as a parish family for food, lessons and fellowship as we begin the season of Lent. We had a nice gathering for Advent Family Day in December and we want to continue the fellowship as we prepare for the great feast of

Easter. See flyer in rear of church or visit our website to RSVP.



### LIVING WITH JESUS IN THE HOLY EUCHARIST

In this, the Year of the Holy Eucharist, our parish seeks to root and link all our activities, retreats and functions to Jesus who is present with us in the Holy Eucharist. We hope to deepen our personal encounter with the Lord Jesus who is truly and really present in the Holy Liturgy and Eucharist, to reinvigorate our devotion to Holy Mass and Eucharistic adoration, and to draw others to the realization that Jesus is here right now!

We are planning events, exhibits and videos which are on our website (hcscchurch.org) and bulletin. Visit throughout the year since dates and times may change. Scan the QR code to the right with your cellphone camera to link directly to the church webpage.



We offer the 'Mass in Slow Motion' series by Msgr. Pope, throughout the year. This twenty-two part series explains the parts of the Mass and the relevance of everything within the liturgy. Copies are in the bulletin each week and on our website under *Living with Jesus in the Holy Eucharist*.

Visit our 'Eucharistic Miracles' exhibits in the rear of the sanctuary and learn about the supernatural power of the Eucharist. NOTE: The exhibit changes every 2-3months.

**EUCHARISTIC ADORATION (HOLY HOUR)** is held **EVERY FRIDAY from 6—7PM** in the sanctuary. Come and reflect in quiet prayer in the presence of the Blessed Sacrament. Confessions also heard at this time. **HOLY HOUR INTENTION FOR 2/9**—for the healing of the sick and suffering members in our parish family.

**SAVE THE DATE:** Our parish will host **Forty Hours Devotion** from **March 7<sup>th</sup>—9<sup>th</sup>**. Forty Hours is a period of continuous Adoration of the Blessed Sacrament. It begins March 7<sup>th</sup> at 7PM and continue through March 9<sup>th</sup> ending at 11AM. This is a joint effort of the parishes of the Northeast Deanery and will take place at our parish. Stay tuned for more details on how to sign up for specific times during the 40 hours to pray. Invite your family and friends to pray!



HCSC PILGRIMAGE TO IRELAND: Join Msgr. Pope on a pilgrimage to Ireland, the land of Saint Patrick, on Nov. 4—14, 2024. The cost includes non-stop roundtrip flights from Dulles

Int'l Airport (United Airlines) along with hotels, meals, tour bus and guides. See brochure in rear of the church for details.

HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH 1357 East Capitol Street, SE, WDC 20003 202.546.1885 ❖ www.hcscchurch.org Rev. Msgr. Charles Pope, Pastor (pastor1@hcscchurch.org) Deacon James P. Flagg II (jpflaggII@gmail.com)

For information on membership, sacraments and funerals contact rectory staff at hcscstaff@hcscchurch.org or (202) 546-1885.

Mass Times:	Saturday Sunday Weekdays	8am & 4:30pm (vigil); 8am, 9:30am, 11am and 7pm; Mon—Fri: 7am (8am on holidays)	
Rectory Office Hours:			
Monday, Tuesday, Wednesday and Friday: 10am—6pm			
		Sunday: Closed	



# The Mass in Slow Motion

# The Preparation of the Altar and the Gifts



This is a series on the Mass explaining the meaning and history of what we do each Sunday. This series of flyers is an attempt to add insight and understanding to our celebration of the Sacred Liturgy. You are also invited to learn more by attending Sunday School classes for adults which take place in the school cafeteria each Sunday from 9:45 am. to 10:45 am.

#### This series will follow the Mass in order.

And now we come to the heart of the matter. As important and precious as the Word of God is, it all points here: the Liturgy of the Eucharist. The Word became Flesh and dwelt among us, and now, the Word we have heard, Jesus Christ, will become Flesh and Blood for us to receive. The Eucharist distinguishes Catholicism sharply from Protestantism. Almost all Protestant (and Evangelical) denominations deny that Christ is truly present in the Holy Eucharist. They believe in only a symbolic presence and, since they also reject the ministerial priesthood, they cannot have the true presence because there is no validly ordained priest to bring forth the Most Blessed Sacrament of the true Body, Blood, Soul and Divinity of Jesus. For these and other reasons, most Protestant denominations minimize the reception of communion celebrating what is a merely symbolic ritual once a month perhaps. (Many Evangelical "word" churches have no ritual of communion at all). For Catholics, however who believe in and have the Lord truly present, it would be unthinkable to go to Mass on Sunday and not receive Holy Communion, Christ gathers us not just to teach us in the Liturgy of the Word, but also to feed us on his Body and Blood, the necessary food without which we perish (cf John 6:53). Jesus has prepared a table for us in the sight of our enemy, the devil, our cup is overflowing (cf Ps 23).



For, indeed, at the Last Supper Christ instituted the paschal (Easter) sacrifice. In the Eucharist the sacrifice of the cross is continually made present to the Church when the priest, representing Christ, carries out what the Lord did and commanded his disciples to do in his memory. Christ took the bread, blessed and broke it, and giving thanks, gave it to his disciples saying, "Take and eat, this is my body." And of the Chalice filled with wine he said, "Take and drink, this is the chalice of my blood.... Do this in memory of me." The Church has arranged the celebration of the Eucharistic liturgy to correspond to these words and actions of Christ:

- 1. In the preparation of the gifts, bread, wine and water are brought to the altar, the same elements which Christ used.
- 2. The Eucharistic prayer is the hymn of thanksgiving to God the Father for the whole work of salvation; the offerings become the Body and Blood of Christ. It echoes the priestly prayer that Jesus spoke at the Last Supper and which John's Gospel records extensively.
- 3. In communion the faithful receive the Body and Blood of Christ as the apostles did from his hands.

Hence, the focus of the Mass now shifts from the Lectern and the celebrant's chair to the altar which is about to be prepared. This is a visual indication that a new part of the Mass is about to begin.

**Preparations** – It should be evident that the opening movements of the Liturgy of the Eucharist are essentially a practical matter. The altar is prepared, and gifts are brought forward and offered. While there are prayers and some accompanying ritual gestures, it will be noticed that the rite is almost stark in its simplicity and very task oriented. But this does not mean it is without symbolism and as we shall see there has been an instinctive elaboration of the offertory that often includes processions and the like. This expresses a basic religious need, namely that in giving of the essentials of life for a sacrifice, the giver gives himself and so wants to be part of the act of offering.

**First the altar is prepared.** The altar is the center of the entire Liturgy of the Eucharist. Note that the altar is to be covered with a cloth. The design and style of this cloth will vary with the design of the altar. The front may or may not be covered but the top surface of the altar is to be covered by at least one cloth. Surely there is a nodding to the meal experience here. We seldom eat a formal meal on a bare tabletop. The altar cloths also allude to Christ's burial cloth and thus also points to the sacrificial nature of the Mass. The rubric above seems to imply that the altar has been covered all along. Today the cloth is usually left upon the altar but in the earliest days it was more the custom to remove it after Mass. This is still done on Holy Thursday and Good Friday, but generally, the altar stays covered even when it is not in use. The altar in every church should ordinarily be a fixed altar located in such a way as to be the focal point on which the whole congregation naturally centers.



A fixed altar is one that is immovable. A pastoral reflection on this would be that the altar, as well as the pulpit, represent perpetual values that do not change and hence, their fixed location should reflect that fact. Likewise, this will prevent us from the somewhat embarrassing temptation of moving them when they "get in the way" of some assembly or concert in the church. Not all these norms can be perfectly observed in older churches which have fixed altars from a previous period which are not free-standing but are attached to the back wall.

There is a practice of placing, within the altar, relics of the saints. This helps us to appreciate the communion of the saints which is most perfectly experienced in this life during Holy Mass and Communion. On the altar are placed the corporal, the purificator, the chalice, and the sacramentary. Each of these is discussed in turn.



**The Corporal** is a square linen cloth (usually 12 to 15 inches square) which is placed in the center of the altar along the back edge. It gets its name from the Latin word "Corpus" (Body) since it is upon this cloth that the paten and the chalice containing the Lord's Body and Blood rest. The purpose of this cloth is to help in catching any small particles of the host or drops of the precious blood. At the end of the Mass, the corporal is carefully folded so that no particles will not fall to the ground or be scattered upon the altar cloth. This is important because the Lord is contained even in the smallest particles of the sacred

species and should be thus treated with the greatest reverence. The corporal normally rests on the altar only during mass and is reverently removed after communion. The picture at left shows a corporal upon which rests a chalice.



**The Purificator** is another piece of cloth, narrower than the corporal. This gets its name from the Latin verb "purificare" (to purify) since it is used to help cleanse the sacred vessels. Since, once again, we are handling the sacred Body and Blood of the Lord, a special cloth is used which will later be laundered in a special and reverent way. Note how every care is taken to handle even the smallest portions of the sacred species.



The Chalice gets its name from the Latin (via the French) word Calix which means literally, "cup" but in English the word has the special meaning directed toward the special cup in which will be contained the precious Blood. Therefore, as a general rule it is not an everyday cup nor does it merely resemble one. Indeed, all the sacred vessels hold places of honor, especially the chalice and paten since they are used in presenting and consecrating the sacred species. They should be made of solid materials which are considered noble in a particular region. Likewise, they should not be easily breakable. Understandably, they should also be of a material that is non-absorbent at least insofar as the inside of the cup. The form of the vessels should be suited to sacred use and be considered appropriate for divine worship. Use is not to be made of simple baskets or receptacles which are more ordinarily meant for use outside of sacred celebrations. Simple pottery, generally, would seem to be inappropriate.

Consider that in our region, few people who held a formal dinner would think to set out pottery because it is considered inelegant. So much more so for the Mass. Further, chalices that resemble secular wine glasses or cocktail glasses are also excluded. chalices should never be easily breakable. "The Chalice should be covered with a veil, which may always be white." Once the chalice is brought to the altar and readied for use, it is unveiled. This is an ancient custom and emerges from reverence due the sacred vessels. Traditionally they were kept covered when not in use.



The Missal is the book containing the prayers, formulas and rites for the celebration of Mass. It also contains Masses for special occasions and various blessings. It is the book used only by the celebrant. In the Older Tridentine Mass, the Book was on the Altar from the beginning of the Mass to the end. But, in the current liturgy the Altar is not formally "used" until the Liturgy of the Eucharist. The Missal is the authoritative source for all liturgical actions of the Mass and must be faithfully followed. This is essential if the Mass is truly to be our source and sign of unity. Hence, to change it is to move against the universal unity of the Church. There are many pastoral problems that can arise due to tampering with the norms and directives or prayers in the missal.

The altar, having been prepared, we now begin the Liturgy of the Eucharist.

Holy Comforter-Saint Cyprian Catholic Church 1357 East Capitol Street, S.E. Washington, D.C. 20003 202-546-1885 www.hcscchurch.org Mass schedule: Sundays: 8 am, 9:30 am, 11 am & 7 pm; Saturdays: 8 am & 4:30 pm; Daily: 7 am in the chapel

