

FOURTH SUNDAY IN LENT

Readings This Weekend:

2 Chron 36: 14-16, 19-23 Eph 2:4-10 John 3:14-21

Readings Next Weekend:

Jeremiah 31: 31-34 Hebrew 5:7-9 John 12:20-33



Note in the Gospel today a personal prescription for peace. The Gospel begins in somewhat of an odd way. Some Greeks say they want to meet Jesus. Now this seems ordinary but Jesus treats it as an extraordinary moment. But he does not rush over to greet them. Rather, he makes a solemn announcement that the hour for him to be glorified (crucified) has arrived. Why does this requested visit provoke such a response? Well, one of Jesus' central purposes was to reunite the human family that had been scattered by sin. This request that non-Jews make to see the Jewish Messiah indicates an open door. But notice, Jesus cannot go through it yet. He must first suffer and die to affect this reunion and healing from sin. First, as He says, the grain of wheat must fall to the earth and die if it is to produce abundant fruit later. Never forget, the price of our healing and reunion cost Jesus dearly. Jesus then delivers the teaching to us: As he has done, so we must also do. If we want increasing freedom from sin and greater unity in our human family then we must be willing to lose our lives in order to save them. We must be willing to die to the "me first" agenda and make sacrifices for peace. If you are willing to lose, to let go of some things, you will find your life, but whoever clings to this world and its prerogatives is already dead.

† MASS INTENTIONS FOR THE WEEK †

Sunday, March 10

8:00am Barbara Smith †
9:30am Earline Inez Brooks †
11:00am Joan Elizabeth Lancaster †
7:00pm Martina Redmond †

Monday, March 11

8:00am Catherine Price Stately †

Tuesday, March 12

7:00am Eric Tompkins (B'day) †

Wednesday, March 13

7:00am Maurice Anthony Middleton †

Thursday, March 14

7:00am Janie B. Johnson (B'day) †

Friday, March 15

7:00am Alice Gertrude Saunders †

Saturday, March 16

8:00am For the People
4:30pm Clarence Rodney Holley †



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

DAILY READINGS FOR THE WEEK

MONDAY	ISAIAH 65:17-21	JOHN 4:43-54
TUESDAY	EZE 47: 1-9, 12	JOHN 5:1-16
WEDNESDAY	ISAIAH 49:8-15	JOHN 5:17-30
THURSDAY	EXODUS 32:7-14	JOHN 5:31-47
FRIDAY	WISDOM 2:1,12-22	JOHN 7:1-2, 10, 25-30
SATURDAY	JEREMIAH 11:18-20	JOHN 7:40-53



FAITH DIRECT (Electronic Tithing): We offer electronic tithing through *Faith Direct*. Here are 3 ways to get info and register:

1. Scan the QR code to the right.
2. Text "Enroll" to 301-478-8900 to give.
3. Go online to faith.direct/DC59 and register.

This eGiving service is **FREE**. You can register to have your tithes automatically deducted twice a month or give a one-time gift/donation. **Questions?** Contact Kim Peaks (kpeaks@hscchurch.org or 202-546-1885).



Stay Connected



- Visit our parish website (hscchurch.org) for news.
- **Subscribe to Flocknote** by texting "HCSC" to 84576 or visit <https://hscchurch.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

March 3, 2024

4:30pm	42
8:00am	68
9:30am	48
11:00am	174
7:00pm	66
Total:	398

THIS WEEK AT THE PARISH

Tuesday (3/12)

10:30am Seniors Bible Study

Friday (3/15)

6:00pm Holy Hour w/confession
7:00pm Stations of the Cross

Wednesday (3/13)

7:30pm Bible Study (Zoom)

Saturday (3/16)

10:00am Women's Ministry Event
10:00am Holy Week Liturgical Mtg

HONEY BAKED HAM FUNDRAISER:

Order your Easter Sunday ham or turkey dinner from Honey Baked Hams. **Deadline to order:** March 24th. Pick up an order form in rear of church or visit our website (hscchurch.org). Sponsored by the HCSC Women's Ministry.



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.

4TH SUNDAY IN LENT

PARISH LIFE

EASTER FLOWERS: Remember your loved ones this Easter by submitting their names with your Easter Flower envelope. All names submitted will be listed in the Easter bulletin. If you use Faith Direct for a donation, email name(s) to kpeaks@hscchurch.org. To include a memorial for your loved ones, please return your envelope (or email) to an usher, or the rectory, **NO LATER THAN Sun., March 24th**. Envelopes available in the rear of church or from an usher. **PLEASE PRINT NAMES CLEARLY.**



GOOD FRIDAY YOUTH PAGEANT: **Calling all youth actors!!!** Our Youth Ministry will present the re-enactment of the **Lord's Passion** on **Good Friday, March 29th** at 7pm. Rehearsals held on

Sunday after 11am Mass. If you'd would like to participate as actor, reader or cast member, contact Nick Gebrehiwot at 301-555-5555 or youthdirector@hscchurch.org.

WE ARE LOOKING FOR THOSE WHO LIKE TO DECORATE! We need to decorate our sanctuary for Easter (**March 31st**) and need your help! We need people who have ideas of how to decorate our sanctuary **and** those who can assist with the actual decorating (**on Sat., March 30th**). **Interested?** Call Kim Peaks at kpeaks@hscchurch.org or 202-546-1885 ext 11 if you have decorating ideas or if you can come to help decorate. Any assistance is appreciated.



WHAT ARE YOU DOING FOR LENT?

HOLY HOUR and STATIONS OF THE CROSS are held **throughout Lent every Friday** in the church with **Holy Hour at 6pm** followed by **Stations of the Cross at 7pm**. Come and journey with Jesus to Calvary this Lent.

FORMED Holy Comforter-St. Cyprian has a subscription to the online Catholic resource service called FORMED. It's **EASY** and **FREE!**

1. Visit formed.org/signup
2. Enter our parish zip (20003) or church name
3. Enter your name and email
4. Enjoy and share with others in our community!

After you sign-up, download the free FORMED app from App Store or Google Play. So, sign up and enjoy Catholic movies, teachings, bible studies, and more. Contact the rectory office (202-546-1885) if you need assistance.

Check out ways to pray this Lent on the **Hallow App** — *the #1 Catholic App in the world*. Pick up a flyer/card in rear of church or just download the app on your mobile device. There is a subscription but they offer a **FREE** trial.



LENTEN FOOD DRIVE: Give to others during the season of Lent. This year, our parish in conjunction with the Oblate Sisters of Providence will host a food drive for a teenager named **Gifty** and her village in Ghana. You can donate the requested food items or make a monetary donation for shipping costs. Visit our website or see flyer for info,



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 (hscchurch.org) and bulletin. Visit throughout the year since dates and times may change. **Scan QR code to the right with cellphone camera➔ to link directly to the church webpage.**



We offer the **'Mass in Slow Motion'** series by Msgr. Pope, throughout the year. This multi-part series explains the parts of the Mass and the relevance of everything within the liturgy. Copies are in the weekly bulletin and on our website under *Living with Jesus in the Holy Eucharist*. (or scan QR code above).

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.**

SENIOR BIBLE STUDY: Did you know that we host a bible study for seniors the second Tuesday of every month at 10:30am in the chapel? Deacon Flagg is the facilitator and it's a great opportunity to gather and fellowship. The next bible study is **Tues., March 12th** at **10:30am**. Street parking is available for up to 2 hours.



WOMEN'S MINISTRY FELLOWSHIP: Sat., March 16th, 10am-1pm in the rectory basement. **THEME: "Feasting on the Word of God"**. Refreshments will be available. RSVP to Laura Stanton at 301-326-9467, Brenda Worthy at 202-355-4075 or Wanda Ross at 301-523-1017. Come and join with other women in discussion.



LOOKING FOR A FISH FRY THIS LENT? Here are a few that are occurring in our community:



Our Lady of Perpetual Help Catholic Church
1600 Morris Road, SE, WDC—202-678-4999
11am-5pm—March 15



St Luke Catholic Church, 4925 E. Capitol St, SE, WDC—202-584-8322—11am-3pm—March 15 & 22

HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH

1357 East Capitol Street, SE, WDC 20003

202.546.1885 ❖ www.hscchurch.org

Rev. Msgr. Charles Pope, Pastor (pastor1@hscchurch.org)
Deacon James P. Flagg II (jpfagg1@gmail.com)

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

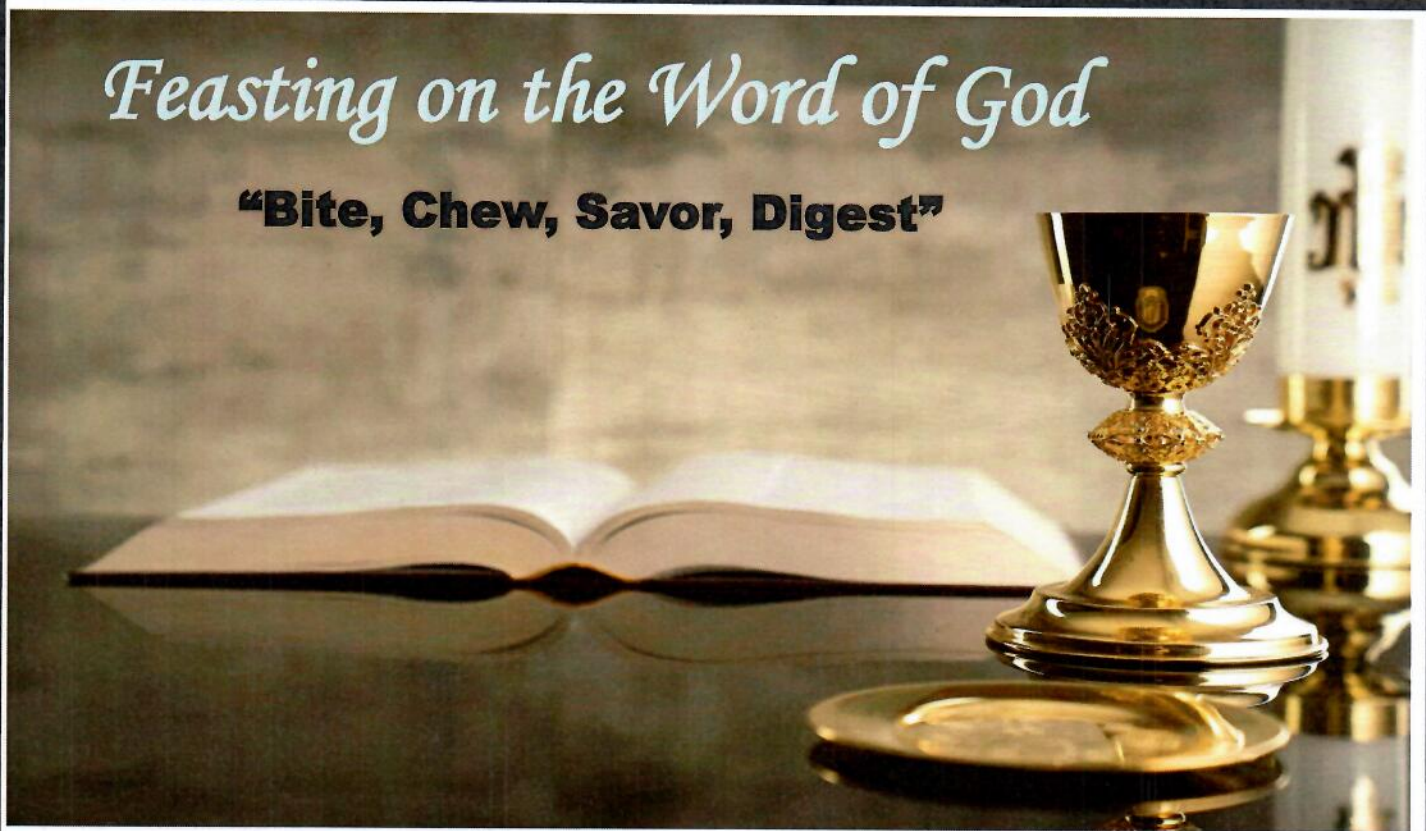
MASS TIMES: **Saturday** 8:00am & 4:30pm (vigil)
Sunday 8:00am, 9:30am, 11:00am & 7:00pm
Weekday Mon—Fri: 7:00am (8am on holidays)

RECTORY OFFICE HOURS:

Monday, Tuesday, Wednesday & Friday: 10:00am—6:00pm
Thursday, Saturday & Sunday: Closed

Feasting on the Word of God

“Bite, Chew, Savor, Digest”



**Join the Holy Comforter-Saint Cyprian Women's Ministry for an
open discussion**

Saturday, March 16, 2024

10:00 am—1:00 pm

Holy Comforter-St. Cyprian Rectory Basement
1357 East Capitol Street, SE, Washington, DC

All are Welcome

Refreshments will be available

For planning purposes, please RSVP

To RSVP and additional information, contact one of the following

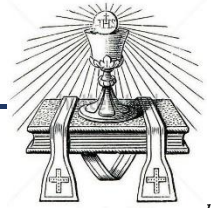
Laura Stanton (301) 326-9467
Bertha Colbert (301) 567-9786
Robin Brooks (202) 271-2940
Shirley Austin (202) 368-7231

Wanda Ross (301) 523-1017
Miriam Townsend-Edelen (301) 219-7986
Linda Simpson (301) 735-6432
Brenda Worthy (202) 355-4075



The Mass in Slow Motion

The Epiklesis and Consecration



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.

There are two moments in the Eucharistic Prayers to highlight: **The Epiklesis and the Consecration. Both moments and the words that accompany them are the essential focus of the whole Mass.** Everything else prepares us for this and frames it. Let's look first at the "epiklesis" (pronounced "eh-pee-CLEE-sis).

"Epiklesis" is a Greek word which literally means "a calling upon." In terms of the Mass, it is the name of the prayer in which the celebrant asks God to send down His Holy Spirit to change the bread and wine into the Body and Blood of Jesus. As he says this prayer, he extends both his hands over the hosts and chalice which serves as a visible gesture of what he asks. In the Second Eucharistic Prayer the words of the epiklesis are,

Make holy, therefore, these gifts, we pray, by sending down your spirit upon them like the dewfall so that they may become for us the Body and Blood of our Lord Jesus Christ.

And in the Third Eucharistic Prayer:

Therefore, O Lord, we humbly implore you: by the same spirit graciously make holy these gifts we have brought to you for consecration, that they may become the Body and Blood of your Son our Lord Jesus Christ, at whose command we celebrate these mysteries.

Some claim the First Eucharistic Prayer has an epiklesis that is less clear since the name of the Holy Spirit is not explicitly mentioned. However, at the Council of Florence in 1439, the Church answered that it was a true epiklesis. Its wording is:

Be pleased, O God, we pray, to bless, acknowledge, and approve this offering in every respect; make it spiritual and acceptable, so that it may become for us the Body and Blood of your most beloved son, our Lord Jesus Christ.

There are some different views between the Eastern Orthodox Churches and the Catholic Church as to whether the words of the epiklesis are as essential as the words of consecration in bringing about the miraculous change of the bread and wine to the Body and Blood of Christ. Generally, the view of the Eastern Orthodox Churches is that the epiklesis is every bit as essential as the words of consecration, while the Catholic Church holds that the words of Jesus said at the Last Supper are alone sufficient to bring about the miraculous change.

For many of us, such debates may seem remote and complex. Perhaps it is best for us to simply recall that in the Masses of both the Catholic and Orthodox Churches, the epiklesis and words of consecration are always said together. We leave to sweet mystery the exact moment of the miraculous transubstantiation from ordinary bread and wine to the Body and Blood of Christ. We know this much for sure: when the Sacred Host and chalice are held aloft by the priest, our Lord Jesus is truly present upon the altar: Body, Blood, Soul and Divinity!





The Consecration. Having prayed the epiklesis, the priest now takes some of the bread into his hands (this is usually a larger host which he will show the faithful after the consecration). Though he is holding only the larger host, this demonstrates his intention to consecrate all the hosts placed before him in the center of the altar. Addressing the heavenly Father, the priest recalls how Jesus took bread at the Last Supper, blessed it, broke it and gave it to his disciples. Now the priest says carefully and exactly the words of consecration spoken by Jesus at that first Mass:

TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU.

Now he holds the consecrated host aloft for the faithful to see and adore. It is appropriate at a moment like this to acknowledge the Lord's presence. Many use the words of the Apostle Thomas and say quietly, "My Lord and My God!" The priest himself is directed to genuflect in adoration of the Lord.

Next, he takes the chalice with the wine and again, addressing the Heavenly Father, recounts the words of Jesus

TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE POURED OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS. DO THIS IN MEMORY OF ME.

Here too he holds aloft the chalice now containing the Blood of Christ for the faithful to adore. It is appropriate to express love for our Lord at this moment saying quietly something like, "Lord save me by your precious Blood."

The transformation of the bread and wine that happens at the consecration is called "transubstantiation." This means that the substance of the bread and wine "go across" (trans) to being the substance of the Body, Blood, Soul and Divinity of Jesus. Ordinary bread and wine cease to exist. Even though their appearances remain, we know by faith, in what Jesus says, that this is now his Body and Blood, His Soul and Divinity! It is a miracle that takes place each time Mass is celebrated.

Note too that the Body and Blood are consecrated separately. This shows forth the nature of the Mass as the making present of the death of the Lord. For, when the blood and body of any living thing are apart, there is death. Jesus himself ties the Eucharist not just to the Last Supper but to his cross by speaking of his Body which will be given up, and his Blood which will be poured out. Later in the Mass, after the Agnus Dei, the priest takes a small portion of the Host and places it in the Chalice. This is piously held to be a sign of the Resurrection of the Lord!

So here is the crux, the highpoint of the whole Mass. Jesus who has joined with us in the Mass, and instructed us by his Word, now becomes truly present on our altar. May all glory be given to him! In the next flyer we will look at the acclamations that the faithful make to rejoice in and acknowledge his true presence.

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

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Catherine E. Graham
Joan M. Graham
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AND
VERMELLE H. HOWARD
*Love Always,
The Family*

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

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In Memory of
Our Deceased Members
HCSC
Holy Name Society


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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 Memory of
**Winnie,
Ray,
Bertie**

In Memory of
**Hump,
Will,
Henny**

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**
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Maxwell Smart**
(Tony)
✠ - The Family ✠

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Nicholson &
Norman Williams**
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