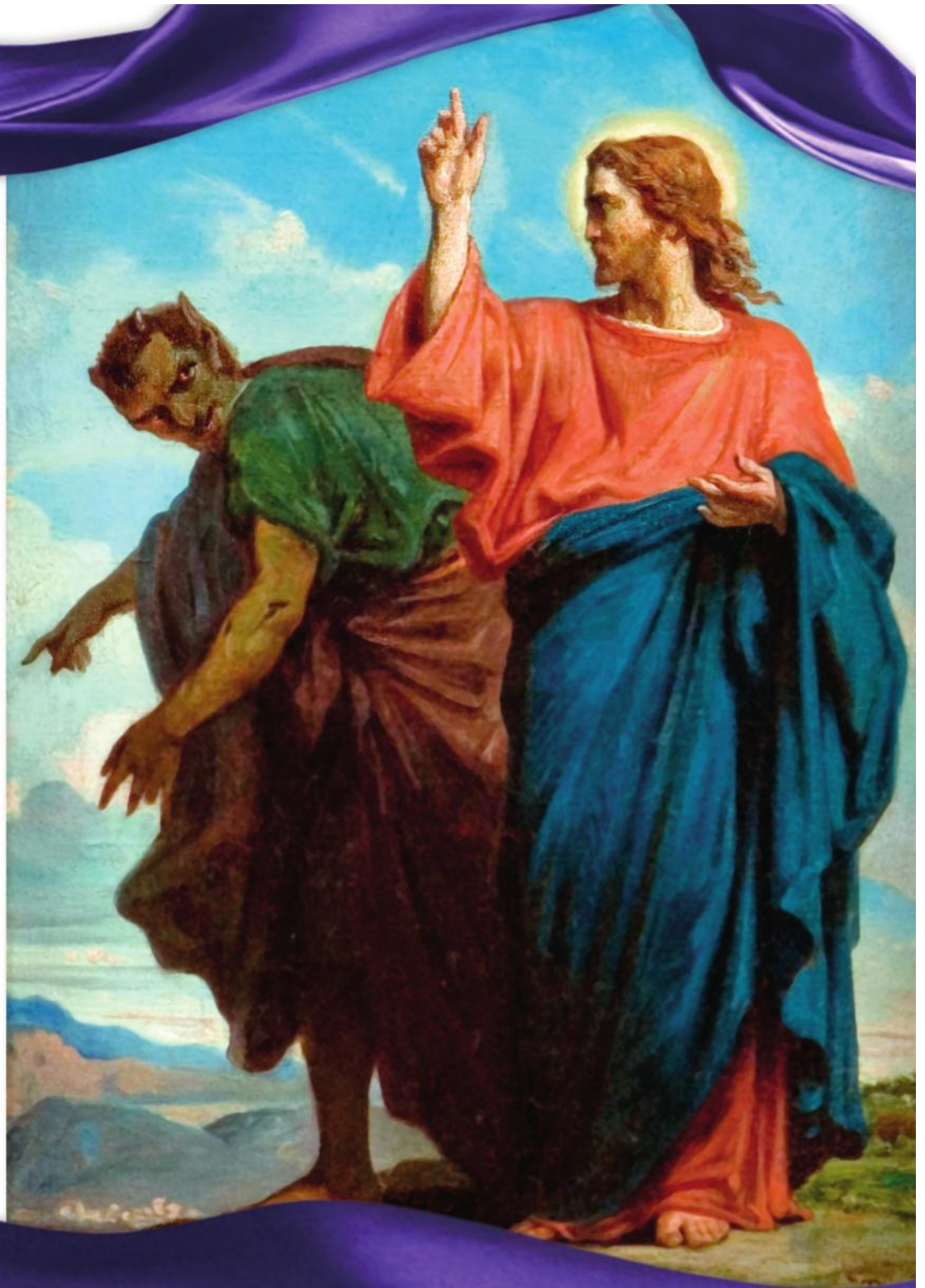


“All this will be yours, if you worship me.”  
Jesus said to him in reply,  
“It is written:  
‘You shall worship the Lord, your God, and him alone shall you serve.’”

*Luke 4:7, 8*



The Temptation of Christ by the Devil  
by Félix Joseph Barrias, 1860



1<sup>ST</sup> SUNDAY OF  
**LENT**

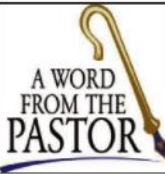
**1<sup>ST</sup> SUNDAY OF LENT**

**Readings This Weekend:**

Deut 26:4-10      Rom 10:8-13      Luke 4:1-13

**Readings Next Weekend:**

Gen 15:5-12, 17-18      Phil 3:17-4:1      Luke 9:28b-36



On this first Sunday of Lent we are asked to consider the reality of temptation in our life. Jesus in the desert is tempted. Now this very fact should teach us that the mere fact of being tempted is not a sin. Sometimes people do think they are already sinning when something bad occurs to them. This is not necessarily so since Jesus was tempted but never sinned. Jesus is tempted in three basic ways. The first is PLEASURE. The devil tells him to turn stones to bread, to satisfy his hunger, to reach for creature comforts and pleasure. Jesus rebukes this by quoting the scripture that says that we do not live by bread alone. In other words that there is more to life than mere pleasure. Next, he is tempted by POWER AND POPULARITY. The devil shows him all the kingdoms of this world and promises him that all the notoriety and power of being a king would be his. Here too Jesus rebukes this by declaring that the most important thing is to be loved by God and to love him. Finally, Jesus is tempted to PRESUMPTION. The devil tells him to do something risky and foolhardy and that no matter what God will save him. Jesus rebukes this by declaring that we have no business putting God to the test.

 **FUNERAL:** Dorothy Simpson (March 14<sup>th</sup>)

**† MASS INTENTIONS FOR THE WEEK †**

**Sunday, March 9** *First Sunday of Lent*

8:00am Joan Lancaster †  
9:30am Catherine Glivens †  
11:00am Intentions of Yvonne Shaw  
7:00pm Martina Redmond †

**Monday, March 10**

7:00am Annie Parker †  
**Tuesday, March 11**

**Wednesday, March 12**

7:00am Alice James †  
**Thursday, March 13**

7:00am Alice Saunders †  
**Friday, March 14**

7:00am Margaret A. Vanzego (B'day)  
**Saturday, March 15**  
8:00am For the People  
4:30pm Richard Thomas †



**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:** LEV 19:1-2, 11-18      MATT 25:31-46  
**TUESDAY:** ISAIAH 55:10-11      MATT 6:7-15  
**WEDNESDAY:** JONAH 3:1-10      LUKE 11:29-32  
**THURSDAY:** ESTHER C:12, 14-16, 23-25      MATT 7:7-12  
**FRIDAY:** EZE 18:21-28      MATT 5:20-26  
**SATURDAY:** DEUT 26:16-19      MATT 5:43-48



**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](http://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](mailto:kpeaks@hscchurch.org) or 202-546-1885).



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  2. Visit <https://hscchurch.flocknote.com/>
- Download the **MyParishApp** to your mobile phone and turn on notifications to get parish updates
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**MASS ATTENDANCE**  
**March 2, 2025**

4:30pm 37  
8:00am 32  
9:30am 40  
11:00am 200  
7:00pm 81  
**Total: 390**

**THIS WEEK AT THE PARISH**

<b>Monday (3/10)</b> 7:15pm Young Adult Bible Study	<b>Friday (3/14)</b> 6:00pm Holy Hour w/confession 7:00pm Stations of the Cross
<b>Wednesday (3/12)</b> 7:30pm Adult Bible Study (Zoom)	



**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.

**EUCCHARISTIC ADORATION or HOLY HOUR** is held **EVERY FRIDAY from 6—7PM** in the sanctuary. This Catholic devotion dates back to the early days of the Church. During adoration, a consecrated host is exposed, allowing us to sit and pray in the true presence of Jesus Christ in the Blessed Sacrament. Confessions are also heard at this time.



**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.*

# 1ST SUNDAY IN LENT

## PARISH LIFE



to the coordinators, volunteers and participants who attended and assisted at the Lenten Family Day held last Sunday. Not only did we celebrate a festive event with each other but we learned about the 'Year of the Jubilee' and how we can share in God's mercy during this special time. There are extra handouts from the event available in the rear of the church.



**FRIENDLY SENIORS BIBLE STUDY:** Come and join with other seniors on **Tuesday, March 11<sup>th</sup> at 10:30AM** in the chapel with Deacon Flagg. Great opportunity to fellowship with others.

## WHAT ARE YOU DOING FOR LENT?

**formed** To make this your most fruitful Lent yet, here is a *plan, a guide, and encouragement* right at your fingertips. Prepare for Lent with this four-part video series called **HOW TO LENT**. Our parish has a **FREE** subscription to **FORMED** which is an online service that teaches our faith and provides resources such as movies/videos, teaching series and more for the entire family. If you don't already have FORMED on your SmartTV, computer or cellphone, pick up an info card in the lobby of the church and sign in for this informative and interesting video on Lent.

Dive deeper into prayer this Lent with the **HALLOW** app. Start your day with the daily gospel, rosary, imaginative prayer or one of over 10,000 sessions including homilies and bible studies. Pick up a flyer/card in lobby of church for more details. There is a subscription, but for Lent you can redeem 3 **FREE** months!



**WEDNESDAY NIGHT BIBLE STUDY**—begins March 12<sup>th</sup> at 7:30PM via Zoom with Msgr. Pope. **Theme:** *The 7 Deadly Sins*. Sign up at [hscchurch.flocknote.com](http://hscchurch.flocknote.com) to receive Zoom link or call the rectory office.

**DAILY MASS:** Consider attending a daily Mass this Lent. Mass is held every weekday at 7:00AM in the chapel.

**FREE COPIES OF THE WORD AMONG US:** To encourage parishioners to read the Word of God daily during Lent, **we had a limited supply of FREE copies of THE WORD AMONG US** at last week's Mass. This book offers daily meditations based on the daily Mass, inspirational essays and more. If you have a copy, please consider reading on a daily basis this Lent.

**SACRAMENT OF RECONCILIATION:** During the season of Lent and to accommodate those who visit since our parish has been named a "Jubilee Parish" for the Year of the Jubilee, clergy will hear **confessions every Wednesday** from 6:PM-7:15PM in the church. Come and experience God's mercy!

**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 Adore Jesus present in the Eucharist and then journey with Jesus to Calvary.

## Biblical Basics of the Greatest Story Ever Told



This year, our parish will set focus on the "*Biblical Basics of the Greatest Story Ever Told*". The Scriptures teach us why and how we exist, what happened to us in Original Sin and How God, in his great mercy, has redeemed us and called us back to Him in newness of life. This whole-parish catechesis will be led by our pastor in three stages. Words from a keynote song titled *Just a Little Talk with Jesus* helps us to understand the 3 stages:

- i) **OUR FALL**— *I once was lost in Sin,*
- ii) **OUR REDEEMPTION** — *But Jesus took me in,*
- iii) **OUR GRACE** — *And then a little Light from Heaven Filled my Soul.*

A reflection by Msgr. Pope on the bible stories will be in the bulletin **every other week**. They are also on our website (scan the QR code) or have them emailed via **FlockNote** along with a video. **To sign-up** to receive emails/videos, or visit: [hscchurch.flocknote.com](http://hscchurch.flocknote.com) and sign up for Bible Basics! FlockNote is a **FREE** service!



***Yes, Just a little talk with Jesus made me whole!***



Would you like to deepen your knowledge and love for Sacred Scripture? Then, come with us to the **MUSEUM OF THE BIBLE** located in downtown DC. Our parish is sponsoring a tour for individuals and families on **Sat., March 22<sup>nd</sup> from 10AM—5PM**. **Cost:** youth tickets are free and adults tickets are \$9. In order to attend and take advantage of the discounts, you **MUST** register. See flyer for details and more information.

## BIBLE STUDIES AT HCSC



**YOUNG ADULT BIBLE STUDY:** Mondays at 7:15PM in the rectory w/Msgr. Charles Pope.



**FRIENDLY SENIORS BIBLE STUDY:** held the **second & fourth** Tuesday of every month at 10:30AM in the chapel. Deacon James Flagg is the facilitator.



**WEDNESDAY EVENING BIBLE STUDY:** held every Wednesday via Zoom at 7:15PM w/Msgr. Charles Pope. Sign up at [hscchurch.flocknote.com](http://hscchurch.flocknote.com) to receive Zoom link.

## HOLY COMFORTER-SAINT CYPRIAN ROMAN CATHOLIC CHURCH

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202.546.1885 ❖ [www.hscchurch.org](http://www.hscchurch.org)

Rev. Msgr. Charles Pope, Pastor ([pastor1@hscchurch.org](mailto:pastor1@hscchurch.org))  
Deacon James P. Flagg II ([jpfllag2@gmail.com](mailto:jpfllag2@gmail.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 & 4:30AM (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

# WHAT MAKES THIS JUBILEE YEAR SPECIAL AND WHAT SHOULD I DO?

Prayer changes things! In this Jubilee Year, our prayers and acts of mercy are especially powerful and fruitful. This is by a special favor from God who, every twenty-five years, gives extra graces and extends more abundant mercies to our prayers and works. Jubilee is about growing in trust of God. It is about pilgrimage. It is about forgiveness, restoration and redemption. Jesus says of Jubilee and his sovereign role in it:

*The Spirit of the Lord is on Me,  
because He has anointed Me  
to preach good news to the poor.  
He has sent Me to proclaim liberty  
to the captives,  
and recovery of sight to the blind,  
to release the oppressed,  
to proclaim the year of the Lord's  
favor."  
(Luke 4:18-19)*

## What's So Special?

It is a special year of the Lord's favor because every time you come to Mass here at Holy Comforter-St. Cyprian, you can gain special favor and indulgence from the Lord. This is especially so since this Parish is a declared Jubilee site by the archbishop.

Being designated as a "Jubilee Parish" entails additional dignity and responsibility, allowing pilgrims who are unable to travel to Rome due to time or financial constraints to visit and receive special blessings from the Lord. This special favor is known as an indulgence.

## What is an Indulgence?

An indulgence is God's release of the temporal punishment for forgiven sins. Even after a sin is forgiven, it leaves lasting effects and wounds. These must be healed, whether in this life, or in purgatory. Purgatory is where souls of the faithful are cleansed of residual wounds of sin and fully healed.



A faithful Christian can assist this process by gaining an indulgence, a kind of "favor" for themselves or others, whether living or dead. This is carried out under specific conditions. These conditions are set by the Church which, as the minister of redemption, (see Mat 18:18-20), dispenses the treasury of the graces of Christ and the saints." An indulgence is partial or plenary (i.e. "whole"), as it removes either in part or in whole the punishment of sins, or brings needed healing due to sin."

## How is this done?

The Church request four things be done to obtain a special favor or "indulgence" from the Lord:

1. **One must form an intention.** This intention can be for oneself, or for others, whether living or deceased. It can also be for a certain outcome in this world, e.g. peace, healing of some illness, or some other worthy need.
2. **One must attend Holy Mass** and apply the fruits of their attendance to this intention. One can also engage in other pious activities such as praying the rosary, spending time in Eucharistic Adoration, saying novena prayers, making the Stations of the Cross, or attending a spiritual gathering such as a penance service, Sodality meeting, Holy Name meeting, or other such events.
3. **One prays for the good intentions of the Holy Father** in some explicit way.
4. **One must go to confession** within twenty days before or after this offering intention for the indulgence.

## So, what should you do?

1. Before you come to Mass, or to pray, visit the Blessed Sacrament in adoration, or to attend any spiritual gathering or liturgy here,

form an Intention as described in # 1 above. Consider putting it in writing: "I am going to pray for ..." When you arrive at our Jubilee parish you might consider writing your intention in an attendance book we will have in the vestibule.

2. Ask the Lord to apply the fruits of your attendance or action to your intention.
3. Go to confession within twenty days (preferably closer) before or after attendance or action.
4. Pray for the good intentions of the Holy Father. This is traditionally done by praying one Our Father, Hail Mary, and Glory be." However, you can just pray in your own words or read a prepared text.

### **Will your indulgenced and favored intention be:**

**Plenary?** (an indulgence that wholly removes wounds, effects, or punishments of sin)?

or

**Partial?** (an indulgence that helps substantially, but not completely).

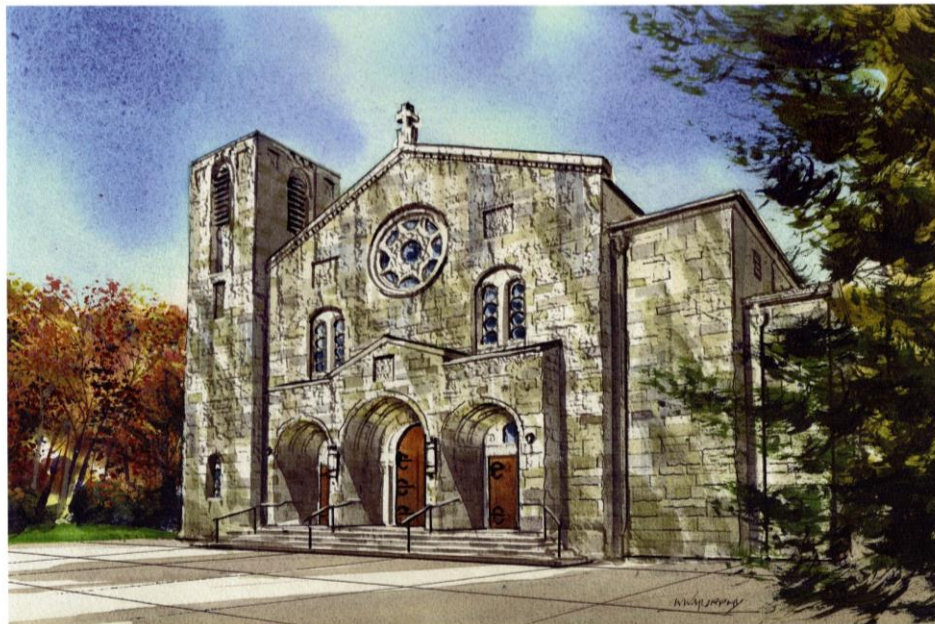
That depends on a factor that is difficult to quickly meet. Namely, that one be in a state of grace, that is, free of mortal (sometimes called "grave") sin and that they be free of attachment to even venial sin. An attachment to sin means that we are still drawn to it or find it appealing in some way, or not all that bad. Being free of attachment means we hold mortal and even venial sin, in contempt, that we find it repulsive and would rather die that offend the Lord. This

condition is not easy since we are strongly inclined to many sins. Only over time and with much grace can many of us get to this blessed state of being free of attachments to all sin.

What this means is that you should try to obtain a plenary indulgence, realizing that, even if you are not free enough from all attachments to sin, you will gain a partial and substantial amount of God's grace. Consider too, in this jubilee Year of the Lord's special favor, even a partial indulgence will receive extra power and grace!

### **So go for it!**

Never forget to form an intention before you come to this parish for any spiritual function, gathering or meeting. Never forget to offer the fruits of your participation and attendance to the Lord who will grant special favors in this year of Jubilee!



HOLY COMFORTER-SAINT CYPRIAN  
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# JOIN US TO VISIT MUSEUM OF THE BIBLE

*Get to learn more about the  
holy scriptures with us!*

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SATURDAY  
MARCH 22, 2025  
10 AM - 5PM

MUSEUM OF THE BIBLE  
400 4TH ST SW,  
WASHINGTON, DC 20024

**COST:** Youth are FREE. Adults (18 +) is \$9 per person for the first 40 individuals that register and then \$16.99 for every other adult.

**RSVP by March 16th to:**

Shirley Austin at [mre@hscchurch.org](mailto:mre@hscchurch.org) or  
Sr. Annai at [annai@servidoras.org](mailto:annai@servidoras.org)  
Include your name, names of other adult attendees and ages/names of youth

# Program

9:30 am	Meet outside the Museum of the Bible
10:00 am – 11:15 am	History of the Bible
11:30 am – 12:30 pm	Old Testament
12:35 – 1:15 pm	Lunch (bring bag lunch or purchase food at cafeteria)
1:20 pm – 2:15 pm	Walk through Nazareth
2:30 – 3:30 pm	New Testament experience
3:30 pm – 5 pm	Explore the museum on your own

Suggestions exhibits:

- The Megiddo Mosaic: Foundations of Faith
- The Impact of the Bible
- The People of the Land: History and Archaeology of Ancient Israel

# 2025 LENTEN FOOD DRIVE

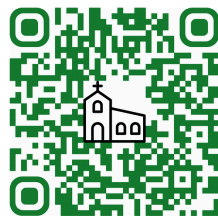
This year, our parish in conjunction with the Oblate Sisters of Providence hosts a food drive for a young teenager named **Gifty** and her village in Ghana. Let us give of ourselves during Lent to help others.



Gifty in a donated wheelchair from the Sisters.



We ask you to purchase some of the items from the list below and return no later than **Sun., April 27th** (*Divine Mercy Sunday*). Leave food donations in the lobby of church or bring to rectory. Monetary donations are also accepted (*to be used for shipping to Africa*). Cash or check made payable to HCSC and drop in collection basket or at the rectory. PLEASE indicate FOOD DRIVE on your check or enclose cash in envelope (*ask usher for blank envelope*). You can also donate electronically through Faith Direct by scanning the QR code and giving a one time gift to the Lenten Food Drive.



Oatmeal  
Rice  
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Nido Infant Dry Milk  
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Vegetable Oil  
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Blankets  
Bath/Wash Towels



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**Catherine E. Graham**  
**Joan M. Graham**  
**Ernestine C. Jackson**  
*Always Loved,  
 Remembered,  
 Missed*



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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

*In Loving Memory of*  
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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 Memory of*  
**Winnie,  
 Ray,  
 Bertie**

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

*In Loving Memory*  
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**Willie, Lawrence & Maria**

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



**IN LOVING MEMORY OF**  
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**(Tony)**  
 - The Family

*In Loving Memory of*  
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