

A crown of thorns, made of several intertwined, sharp, brown branches, lies on a light-colored, textured surface. To the left of the crown, two wooden nails with rounded heads are visible. The background has a mottled, aged appearance with some reddish-brown stains.

LENT

*He humbled
himself, becoming
obedient to death,
even to death
on a cross.*

~ Phil 2:8

Parish Staff

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Rev. James Boccabella, Associate Pastor
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Rev. Msgr. Maurice V. O'Connell, Senior Priest
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Mr. Chris Kelly, Principal of **School**, 202.966.6682
Mr. Rob Maro, Director of **Religious Education**, 202.449.3989
Mrs. Patricia Kavanaugh, **Social Concerns** Minister, 202.449.3987
(Office Open Monday - Friday, 10 a.m. - 1 p.m., and by appt.)
Mr. Jay Rader, Director of **Liturgy and Music**, 202.449.3981
Ms. Kathy Gillespie, Director of **Athletics**, 202.449.3972
Mr. Mark McCaffrey, Coordinator of **Youth Ministry**, 202.449.3978

Assistants on Weekends

Rev. Regis Armstrong, OFM Cap, Catholic University
Rev. Michael Witzczak, SLD, Catholic University

Duffy Parish Center

Main Office 202.966.6575

(Open Monday - Saturday, 8:30 a.m. - 4:30 p.m.)

In an emergency, 202.966.6575, Ext. 3988, to page priest on duty

Facilities 202.449.4610

St. Pius Library 202.449.3974

Sacrament of Baptism — Baptismal preparation is required of all parents prior to the celebration of baptism. We recommend that this take place before the child is born. Contact the Religious Education Office at 202.449.3989 for more information.

Sacrament of Matrimony — Please contact one of the parish priests six months in advance. All couples who are to be married at Blessed Sacrament must complete our parish marriage preparation program.

Sacrament of Reconciliation — Friday and Saturday after the 11 a.m. Mass (if no funeral); Saturday 4 - 5 p.m. and after the 5:30 p.m. Mass, or anytime by appointment.

Care of the Sick and Homebound — If you or someone you know is hospitalized and would like a priest to visit, or if you know of anyone who is homebound who could benefit from a regular visit, please contact the parish office at 202.966.6575.

New Parishioners — Welcome to Blessed Sacrament! Please register for parish membership by stopping in at the Duffy Parish Center and filling out a registration form. Forms also available in the pamphlet rack inside the Quesada Street entrance to the church and on the parish website.

Departing Parishioners — We will miss you. Please notify one of our staff members in the Duffy Parish Center office that you will be moving away.

Bulletin Announcements — Please send all announcements to bulletin@blessedsacramentdc.org. Deadline: Mondays @ 10 a.m.

From The Pastor's Desk . . .

Dear Friends,

Most of us are not sad to see February behind us. The "Blizzard of 2010" was an event that will long be remembered by all of us who live in the Washington area. I asked a four-year-old the other day after Mass whether she wanted more snow. She gave me an emphatic "no." When the children have had enough, I know we adults have also had enough.

I talked last week about the thaw of the snow and now finally it has disappeared from our landscape, leaving behind shattered tree limbs, uprooted curbs and plenty of potholes. Yet the rapidly thawing snow early this Lent has prepared us for the fire and joy of Easter. Most of us have hearts that need melting. We are hardened by a tough and hard-nosed world that seems to disrupt the goodness that comes from hearts filled with God's love and peace.

Whatever you are using as your Lenten practice, i.e. prayer, fasting, almsgiving, I hope that you sense a newness of grace and a fullness of God's presence during this forty-day journey toward Easter. Next Sunday will mark the half-way point of Lent. As the flowers begin to bloom, and the grass turns green again, may our hearts continue to be formed in the image and likeness of the Lord. Ask yourself today, are you closer to Jesus than you were on Ash Wednesday? I will ask the same question Palm Sunday. If the answer is "yes," may the warmth of the Lord embrace you. If the answer is "no," may the Lord soften your heart as well.

Father John

Poor Box Donations in March will benefit the Dorothy Day Catholic Worker House, which provides a home for up to five formerly homeless families and also distributes food and clothing to the poor and the homeless.

Coffee And Doughnuts This Sunday — Join fellow parishioners for coffee and doughnuts in the school auditorium this Sunday, **March 7**, following the 9 and 10:30 Masses. Enjoy time catching up with friends and the opportunity to meet new parishioners we are welcoming to Blessed Sacrament.

Outreach Weekend — **This weekend** is Outreach Weekend for our Soup Kitchen Ministry. When making a donation by check, please make the check payable to "Blessed Sacrament Outreach—Soup Kitchen."

Chapel Singers — Blessed Sacrament's a cappella group is getting back together for our spring/summer session of singing for seniors. We will rehearse on Monday evenings in the chapel from 7:30 to 9 p.m. beginning next Monday, **March 15**. Contact Ginny Curtin at GUCurtin@gmail.com for more information.



*The Shrine of the Most
Blessed Sacrament
3630 Quesada Street, NW
Washington, D.C. 20015*

www.blessedsacramentdc.org

Youth Corner

Question Of The Week — What needs changing in your life right now? How will you invite God into that change?

Blessed Sacrament CYO Running Club —

Come join fellow middle school runners for a 10- week CYO track and running season that is great for cross-training, fun running, and taking on a new challenge. Practices are 3:20 - 4:30 p.m. Wednesdays and Fridays, starting from and ending at Blessed Sacrament. The season starts **March 10**. Questions? Contact Kathy Gillespie at gillespie5md@aol.com or Anne Colevas at colevas1@verizon.net.

Blessed Sacrament's Lenten Activities — Please see page 6 of this bulletin for a listing of this week's day and evening Lenten activities. Also note that confessions are heard each Wednesday evening during Lent here at Blessed Sacrament and at other parishes throughout the Archdiocese of Washington and the Diocese of Arlington.

Reasons to Give to the Annual Archbishop's

Appeal — Reason number three: Education. It's been a difficult few years, with school consolidations, others becoming charter schools, and just this January, two more schools closing, one in Greenbelt and the other in Washington, D.C. There is only one reason these schools are closing or consolidating; **money**. Your gift to the appeal allows us to enhance our Tuition Assistance Fund, which tries to ensure that any student who wants to attend a Catholic school can do so. Because of you, tuition assistance is offered to families, which enables their sons and daughters to attend a Catholic school. Please be generous!

A Priest From the Holy Land, Father Emil Salayta, will preach at all the Masses next weekend, **March 13/14**. Father Emil is the Judicial Vicar of the Latin Patriarchate of Jerusalem and Co-Founder of the Holy Land Christian Ecumenical Foundation (HCEF). Let's welcome this opportunity to understand more deeply the suffering of the Body of Christ in the Holy Land. HCEF will provide information about programs that support the Catholic schools, and the olivewood craftwork of Holy Land Christians will be available for purchase.

The Federal Association of the Order of Malta — cordially invites the sick, disabled, and elderly of the archdiocese to receive the Sacrament of Anointing at a Lourdes Anointing Mass at 10 a.m. on Saturday, **March 13**, at Our Lady of Mercy Church in Potomac. Our Lady of Mercy is completely accessible and there is plenty of free parking. There will be an anointing and a blessing with Lourdes water for the sick, disabled and the elderly in attendance. Family, friends, and caregivers are invited. A light luncheon reception will be offered to everyone after Mass in the parish hall. For more info or to RSVP, contact Michele Bowe at 301.951.6427 or michelebowe48@yahoo.com.

School of Religion Family Pilgrimage — will take place on Sunday, **March 21**, at the Franciscan Monastery, 1400 Quincy Street, NE, Washington, D.C. This is in lieu of Sunday classes, and Tuesday families are also invited to attend. The day will begin at the Franciscan Monastery with Mass at 10 a.m. followed by prayers and lunch (each family is asked to bring their own brown bag). Transportation to and from the Franciscan Monastery is on your own. For more information, contact Nancy McDermott at nmcdermott@sgrlaw.com.

Mass Schedule

Saturday, March 13
5:30 p.m. • Father O

Sunday, March 14
7:30 a.m. • Father O
9 a.m. • Father Armstrong
10:30 a.m. • Father John (Church)*
10:30 a.m. • Father Jim (Gym)*
12:30 p.m. • Father Jim
5:30 p.m. • Father John

***Nursery services available in the kindergarten room under the school gym.**

Weekday and Saturday Masses

Monday - Friday: 6:30 a.m., 8 a.m., 11 a.m., 5:30 p.m.
Saturday: 8 a.m., 11 a.m.

Filipino Mass in Tagalog every 4th Sunday at 4 p.m.

Holy Day Masses

Eve of the Feast: 5:30 p.m.
Day of the Feast: 6:30 a.m., 8 a.m., 11 a.m., 5:30 p.m.

Holy Hour

Thursday before first Friday of each month: 9 p.m. - 10 p.m.
Exposition: Monday - Friday, 3 p.m. - 5:15 p.m., in the church



John Broderick Scango
Tansey Marie Scango



Dorothy Kehoe
Brendan Ogg
Margaret Reardon

**Please include our sick in your prayers
that they may experience healing and comfort**



Zachary Balog	Marian Middendorf
Edgard Bertaut	William Middendorf
Bill Bray	Julia Poppeliers
George Crozer	Jim Schoettler
Joaquinita Diaz	Chester Sleboda
Aiden Goheen	Brenda Touhey
Donald Johnston	Fenner Urquhart
Sylvia Ann Lamberg	Stephen Vermillion
Stephen Leubecker	Linda Wivel

End-Of-Year Statements — The annual contribution statements for tax purposes are now available and will be provided upon request. Please contact Grace at 202.449.3979 or gpereira@blessedsacramentdc.org.

Visit Your Parish Library

Little Books for Your Lenten Journey

The following were chosen by Mora Solano Lavin, member of Brother Malachy's bible study class and perceptive reader, to fill a need for prayerful simplicity during this season.

Fire of Love: Praying with Therese of Lisieux, by James McCaffrey, O.C.D. This little book (112 pages) has a brief history of the Carmelites and a short biography of Therese of Lisieux. What this book does so beautifully is provide scripture passages to read along with Therese's reflections and favorite prayers. The book guides the reader with the spontaneous and playful spirituality that was so characteristic of Therese. Her childlike love for God and expansive heart are infectious!

The Practice of the Presence of God: conversations and letters of Nicholas Herman of Lorraine (Brother Lawrence). One of my favorite little books (73 pages) because of its simple honesty and clear devotion to a spiritual life, this is a collection of letters by Brother Lawrence, a Carmelite lay brother. His devotion is straightforward, yet he has a sense of humor in his quest for peace and communion with God.

The Human Condition, by Thomas Keating
Another of my favorites is this little volume (45 pages); a wonderful introduction to contemplative prayer by the Trappist monk and priest who founded the Centering Prayer movement, it is beautifully written and offers reflections and questions relating to prayer and happiness. It points out the importance of self-knowledge and self-discovery for all who are devoted to the spiritual path and search for God.

More 'little books': *The Return of the Prodigal Son: a Story of Homecoming*, by Henri Nouwen; *Thoughts in Solitude*, by Thomas Merton; *Words into Silence: a Manual for Christian Meditation*, by John Main.

More From The Pastor's Desk . . .

I am very supportive of a brand new school in the archdiocese called Don Bosco Cristo Rey School. The school is special because the students work one day a week. They attend classes for 35 hours a week over four days, so the fifth weekday can be given to working for a company. The students are paid through a work contract and the money goes towards their tuition. If you own a company, or work for a company, or know a company that would be open to supporting a Cristo Rey job team, I'd be very grateful if you would contact me directly at jenzler@blessedsacramentdc.org. We now have 51 job teams at law firms, hospitals and businesses such as the B. F. Saul Company, Boland Trane, CNN, Georgetown Hospital, Holy Cross Hospital and Patton & Boggs, among others. If you think you can open the door for a presentation from the Don Bosco team about this wonderful program that supports the education of students who are willing to work for their education, please contact me. Thank you.

—Father John

Women's Annual Retreat Weekend — March 19-21 at Loyola Retreat House, Faulkner, Maryland. Theme: Teach us to Pray, Learning to Pray as Jesus Did. If you are interested in joining other women in the parish for a wonderful, spiritual experience, contact mpdurelli@comcast.net or log onto the Loyola website at reservations@loyolaretreat.org. Space is limited.

The Adult Center invites all parishioners, 39 and holding, to the Chevy Chase Apartments, #1, for fellowship after the 11 a.m. Mass. Bring a sandwich and join the activities. For transportation, call Rita Killian at 202.363.5069.

Monday Lenten Movie: *The Father's Gift (the Eucharist)*
Tuesday RENEW and the Word/Low Vision Support
Wednesday Find the Artist Within You --
Art Lesson With Dick Swartz
Thursday Bridge For Bridge Lovers

From the Social Concerns Office ...

Calling All Gardeners and Stewards of the Earth — Spring is just around the corner! There is still time to volunteer to grow heirloom tomatoes from seed in your home to support the 2010 Blessed Sacrament Community Garden. The purpose of the Garden is to offer fresh produce to the less fortunate in our community. Contact Lisa Greenburg at eogreenberg@gmail.com or 301.657.3457 to find out about other various volunteer opportunities available to support the garden.

Archdiocesan Lenten Food Drive — Please take a "Share In Hope Food Drive" bag home this weekend and return it to Mass next weekend, March 13/14. All donated cans will go to local food banks. Please be generous. Questions? Contact Pat Kavanaugh at pkavanaugh@blessedsacramentdc.org or 202.449.3987.

Family Movie in the Parish Library — Next Sunday, **March 14**, 2 p.m. *Molokai, the Story of Father Damien* stars David Wenham as the Belgian saint. Peter O'Toole, Derek Jacobi and Kris Kristofferson are among supporting actors in this riveting film about the first mission to the isolated leper colony on Molokai, a Hawaiian island. Father Damien transforms the lives of the inhabitants both materially and spiritually before himself dying of the disease. Join friends and parishioners in the discussion which will follow the film. More information? Call 202.449.3974.

Conference on Faith, Deafness & Disabilities —
New Date: Saturday, March 27, 9 a.m. - 5 p.m. —
The Second Annual Conference on Faith, Deafness and Disabilities will bring together persons interested in creating social and spiritual communities where all are welcome. Two workshop tracks will be offered—one focusing on local parish programs, the other on community-based services and programs. Archbishop Donald W. Wuerl will celebrate an 11 a.m. liturgy where he will commission all ministry members and persons who are deaf and persons with disabilities. Two town hall meetings will be moderated by Rev. William Byrne, Secretary for Pastoral Ministry and Social Concerns in the archdiocese. The event is wheelchair accessible and will be sign language interpreted. Cost is \$15; registration is at www.adw.org (click on left banner). For more information, contact Peg Kolm at the Office of Ministry for Persons with Disabilities at 301.853.4560 or at mkolm@adw.org.

2010 Annual Jubilarian Mass — The annual Jubilarian Celebration of marriage honoring couples married 25, 30, 35, 40, 45, 50 and 50 + years will be held Sunday, **June 6**, at 2:30 p.m. at the Basilica of the National Shrine of the Immaculate Conception. Archbishop Wuerl will preside at the Mass. Registration forms are available at the back of the church or at the Duffy Parish Center and must be returned to the Duffy Parish Center by Monday, **April 26**.

From The Archdiocese ...

Having Unresolved Feelings After Abortion? Do you feel like God could never really forgive you and you surely cannot forgive yourself? A support group is forming to help you overcome this pain in your life. Spend time with others who faced an unplanned pregnancy and found themselves having an abortion. In this support group, you will experience the safety and encouragement you need to heal and become whole. Project Rachel Ministry, sponsored by the Archdiocese of Washington, is hosting a support group for women who have feelings of shame, guilt, sadness and other difficult emotions over their abortion experience. The support group will meet on **Tuesday evenings**. For additional information, including location, contact Julia Shelava at 301.853.4565 or ProjectRachel@adw.org. All contacts are confidential.

And From The Community ...

Inspiring & Spiritual Evening — March 12 at 8 p.m., Caulfield Hall, St. Jane de Chantal, Bethesda, MD, with Father James Faraglia author of "*Man to Man: A Real Priest Speaks to Real Men about Marriage, Sexuality and Family Life*." Talk, Q & A, book signing, light reception. All proceeds from sales of the book will go to fund a new Catholic school Father is building in Corpus Christi, TX.

Spring Benefit of the Catholic Coalition for Special Education — This organization founded by Blessed Sacrament parishioner Francesca Pellegrino will mark its fifth anniversary with a benefit, "If You Believe in Me...I'll Believe in Me!," from 6:30 to 10:30 p.m. Saturday, **March 20**, the Embassy of Italy, Washington, D.C. under the Patronage of His Excellency Giulio Terzi, Ambassador of Italy to the United States of America. H.E. Donald Wuerl, S.T.D., Archbishop of Washington and H.E. Edwin O'Brien, Archbishop of Baltimore are Honorary Co-Chairs. Featuring a special tribute to the late Eunice Kennedy Shriver. With Greta Kreuz, ABC7/WJLA-TV and NewsChannel 8, as Mistress of Ceremonies, and a Live Auction with Chris Core, WTOOP Radio, as Auctioneer. For tickets or information, visit www.ccse-maryland.org or email development@ccse-maryland.org or call 301.977.2544. Sponsorship opportunities available.

Archbishop Donald Wuerl to Deliver the Sixth Annual Little Flower/John Carroll Society Lecture

— Sunday, **March 21**, at 3 p.m., at the Church of the Little Flower, 5607 Massachusetts Avenue, Bethesda. The title of Archbishop Wuerl's lecture is: *Why Priests?* This lecture is a reflection on the 2009-2010 Year for Priests proclaimed by Pope Benedict XVI in celebration of the 150th anniversary of St. John Vianney, the patron saint of parish priests worldwide. The year, the Pope declared, is "meant to deepen the commitment of all priests to interior renewal for the sake of a stronger and more incisive witness to the Gospel in today's world...." Archbishop Wuerl is the author of numerous books, including the best-selling *The Teaching of Christ: a Catholic Catechism for Adults*. Admission is free. There is ample parking. Info at 301.320.4538 or www.johncarrollsociety.org.

Sponsor Of The Week

We would like to thank **Karen Leonard Photography** for sponsoring an ad in our weekly bulletin.

Lenten

EMPTY BOWLS SUPPER

to benefit **SOME**

Tuesday,
March 9, 2009

6 – 8 p.m.

Blessed Sacrament
School Auditorium



The Event

For a \$20 donation at the door, you can select a hand-made, original bowl to fill with soup. Once the meal is finished, the bowl is yours to keep!

It is a powerful reminder that many among us go to bed hungry on a daily basis.

Support

- Bowls donated by local artists
- Soup & refreshments donated by local restaurants
- Volunteers serve the meal
- Proceeds benefit **SOME, Inc.** (So Others Might Eat)

More information @ www.some.org or contact
Pat Kavanaugh @ 202.449.3987



**Blessed Sacrament's 2010 Lent Highlights
Week of March 7**

Tuesday, March 9: The Life & Writings of St. Paul

8:45 – 10:45 a.m./Duffy Parish Center, Main Level
Brother Malachy Broderick, FSC continues to teach on the pastoral letters of Titus and I & II Timothy. Find out why these particular letters contain neither Pauline thought nor Pauline authorship. New students are welcome to join the class at any time.

Tuesday, March 9: Empty Bowls Supper

6 - 8 p.m. / School Auditorium
Corcoran College of Art and Design has partnered with SOME (So Others Might Eat) to design beautiful bowls for this event. Cost is \$20/person. Tickets may be purchased at the door or online at www.some.org/events_emptybowls.html. For more information, contact Pat Kavanaugh at 202.449.3987.

Tuesday, March 9: Lenten Communication Workshop for Couples

7:30 – 9:30 p.m. / Duffy Parish Center, Lower Level
For married and engaged couples, this workshop teaches a technique of communication called active listening which focuses on listening attentively and speaking clearly and honestly. Couples will be paired with a trained facilitator in order to practice what is being taught. For more information, contact Jim & Ann Hoffman at 202.362-4510/202.486.8291 or hoffmanja2@msn.com.

Wednesday, March 10: Wednesday Morning Bible Study

8:30 /Duffy Parish Center, Main Level
The meeting begins with snacks and coffee followed by small group discussion based on Scripture. At 10 a.m., speakers from various spiritual centers in the D.C. area fill out our study of "Israel's Story." Newcomers are always welcome.

Wednesday, March 10: The Light is On For You (Confessions Every Wednesday of Lent)

6:30 – 8:30 p.m. / Blessed Sacrament Church
Stop by any parish in the archdiocese during this time (every Wednesday evening during Lent) to receive the Sacrament of Reconciliation. "The Light Is On for You" is an initiative of the Archdiocese of Washington, in partnership with the Diocese of Arlington, to allow all Catholics to avail themselves of the Sacrament of Reconciliation. Confession is a wonderful opportunity to set aside our sinful ways and to draw closer to our Lord. Learn more at www.the-light-is-on.org. This year, Blessed Sacrament will also offer Eucharistic adoration in the church while confessions are being heard.

Thursday, March 11: The Classical Prophets: Jeremiah

8:45 – 10:45 a.m. / Duffy Parish Center, Main Level
Israel had many prophets - they are important for us because much of what they had to say is interpreted in the light of Jesus and because they are heavily represented in our liturgical cycle especially in Advent and Lent. Taught by Brother Malachy Broderick, FSC. New students are always welcome to join the class.

Thursday, March 11: LANDINGS

7:30 p.m./Duffy Parish Center Library
This is a program for inactive Catholics wanting to explore a more active return to their Catholic faith. For more information, contact: Karen Vittone at Karen@vittone.com or 301.585.0592.

Friday, March 12: Stations of the Cross Followed by Pizza Social

6 p.m.
Join us every Friday during Lent for the Stations of the Cross in the church followed by a pizza social in the Duffy Parish Center, main level.

Highlights For Week of March 14

Sunday, March 14: Movie: *Molokai: the Story of Father Damien*

2 p.m./Parish Library (Duffy Parish Center)
The recent canonization of Father Damien brings this account of fortitude, healing and personal sanctity into our 21st century. David Wenham plays the Belgian saint who in 1872 became a missionary to a colony of lepers on a remote part of Molokai where they received no medical or spiritual aid from the Hawaiian authorities. How Father Damien transforms their lives, and is himself transformed, is now part of history. Reception and discussion will follow the screenings.

Friday, March 19 - Sunday, March 21: Women's Retreat Weekend

Loyola Retreat House, Faulkner, MD