# Our Lady of Lebanon Maronite Catholic Church 7142 Alaska Avenue, NW Washington, DC 20012 Phone (202) 291-5153

Msgr. George M. Sebaali, Pastor Pastor's Email: Gmsebaali@aol.com Pastor's cell number: (804) 240-9820

Third Sunday of the Holy Cross, September 29, 2019

Sunday, September 29, 2019 at 11:00 o'clock

Tuesday, October 1, 2019 at 7:30 p.m. Samir Naoum

Sunday, October 6, 2019 at 11:00 o'clock Farid Rahi

Tuesday, October 8, 2019 at 7:30 p.m. Antoine Touma

Sunday, October 13, 2019 at 11:00 o'clock Alfonse Joseph Khoury

Tuesday, October 15, 2019 at 7:30 p.m.

Sunday, October 20, 2019 at 11:00 o'clock

Tuesday, October 22, 2019 at 7:30 p.m.

Sunday, October 27, 2019 at 11:00 o'clock

### Let us Pray the Rosary

Please join fellow parishioners as we pray the Holy Rosary every **Sunday at 10:15 a.m.** in preparation for the Divine Liturgy and in honor of our Blessed Mother, Mary.

### Ushers

### Sunday, October 6, 2019

Fawzi Abou Chabki, Victor Beasley, Kevin Pitzer and Tony ElKhouri

## Sunday School Information

Now that the Sunday School or Religious Education program is underway, the following are just guidelines to help with better management of the program:

- ★ Religious Education is every Sunday from 10 to 10:50 A.M.
- ★ Teachers are urged to be in their classrooms at least ten minutes early and greet the children when they arrive.
- ★ Parents: Try to get the children to class on time and pick them up on time so you can be on time for the Divine Liturgy.
- ★ If the child is to miss Sunday School session, please call and let us know before Sunday if possible.
- ★ Go over the homework with the children. Make sure they bring their books to class. Thank you for your cooperation.

## Thank you For Your Generosity

Summary of the Collection for September 22, 2019

Collection: \$ 1596 Donation by mail: \$ 115 Tuesday Event \$ 165

## NAM Regional Convention

Hosted by St. Anthony of the Desert Maronite Catholic Church **in Fall River, Mass.**, the New England Regional NAM Convention "Faith, Heritage and Tradition" will be held **October 25 - 27, 2019** at the Hampton Inn Fall River/Westport, 53 Old Bedford Road Westport, MA 02790. The room rate is \$114.00 for single and double occupancy (single = 1 king; double = 2 queen). When making hotel reservation, mention NAM. The deadline for hotel reservations is October 4, 2019. You may call the hotel directly at 508 - 675-8500 or 1-800- 426-7866.

To register for this regional convention, please visit www.namnews.org or call NAM National Office at (914) 964-3070.

## Order of Saint Sharbel

Sunday, October 13, 2019, is designated as "Order of Saint Sharbel Sunday" in our Eparchy. On October 13, all Maronite parishes will be promoting the Order. The Order of Saint Sharbel is vitally

important in providing financial and spiritual support for our seminarians, who are crucial for the future of our Maronite Church. Please prayerfully consider joining the Order. You may enroll online at www.orderstsharbel.org or ask Father for more information.

### Please Join Us

On Sunday, October 6, 2019 at 12:30 p.m., Chorbishop Seely Beggiani will present a lecture on Syriac Spirituality at the Seminary's Library. This is a parish event. It is meant as a faith formation for young people and adults. All are welcome and are urged to attend.

Second Anniversary of the Shrine of Saint Sharbel at the National Shrine Grotto, will take place on Saturday, October 19, 2019, at the National Shrine Grotto of Our Lady of Lourdes, 16330 Grotto Road, Emmitsburg, MD, 21727

The program is as follows: Reconciliation: 1 - 2:30 p.m. Divine Liturgy: 1:30 p.m.



from Church

In our fast, overwhelming and complicated world of communications, God answers only "knee-mail."

Drop Him a "knee-note" once in awhile.

Please when you enter the Church make sure you turn off your cell phone.

When you exit the Church, keep in mind that, Although the Divine Liturgy is finished, the Blessed Sacrament in still in the tabernacle and people are still praying.

In respect for the Eucharist and for the people who are still praying, please refrain from congregating between the pews. Exit the Church in a prayerful manner and keep all conversations until you walk outside. Thank you for your kind cooperation.

#### **COMMUNION**

The policy of Our Lady of Lebanon Maronite Church and the Eparchy of Saint Maron of Brooklyn is to follow the universal law of the Catholic Church. Therefore the following will be followed:

### For Catholics of All Rites

As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are to receive Holy Communion reverently and frequently. In order to be properly disposed to receive Communion, one should not be conscious of grave sin and normally should have fasted for one hour prior to receiving. A person who is conscious of grave sin is not to receive the Body and Blood of Christ without having received sacramental absolution in Confession, except for a serious reason when there is really no opportunity for going to Confession. In such a case, the person has the obligation to make an Act of Perfect Contrition and intend to go to sacramental Confession as soon as possible (CCEO Canon 711, CIC Canon 916). Frequent reception of the Sacrament of Penance (Confession) is encouraged for everyone.

#### For Other Christians

We welcome our fellow Christians to the celebration of the Divine Eucharist as our brothers and sisters. We pray that our common Baptism and the action of the Holy Spirit in this Eucharist will draw us closer together and begin to dispel the sad divisions which separate us. We pray that these will finally disappear, in keeping with Christ's prayer for us "that they may all be one" (John 17:21). Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life and worship, members of those Churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the Eparchial Bishop and the provisions of Canon Law (CCEO Canon 671 and CIC Canon 844). Members of the Eastern Orthodox Churches, the Assyrian Church of the East and the Polish National Catholic Church are encouraged to observe the discipline of their own Churches; Catholic Church Law allows the Divine Eucharist to be given to Christians who are members of these Churches who ask for it on their own and are otherwise properly disposed (CCEO Canon 671, § 3 and CIC Canon 844, § 3).

### For Christians not Receiving Communion

All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus Christ and with one another.

#### For Catholics Married Outside the Church

Catholic who has attempted marriage without the blessing of the Catholic Church may not be given the Holy Eucharist until the marriage is blessed by the Church.

