

HOLY
COMFORTER-
SAINT CYPRIAN
PARISH

1357 ECAPITOL SE
WASHINGTON DC
20003

202-546-1885

www.hcscchurch.org

The Eucharist

O Sacred
Banquet in
which Christ is
received as food,
the memory of
his passion is
renewed,
the soul is
filled with grace
and a pledge
of the life
to come
is
given to us.”

Catechism of the Catholic
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Faith Formation

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Come to the Table

We are in the period of the Liturgical Year called **Ordinary Time**. Just the name of it alone, “Ordinary Time”, sounds so, well so...ordinary, so very mundane, so blasé if you will. Why such an “ordinary” name for a liturgical season whose Scripture readings and liturgical actions are **anything but ordinary or mundane**? Ordinary time embraces all aspects of the mystery of Christ. Each disciple is challenged in word and celebration to live more decidedly for Christ.

The name of this season corresponds to the Latin term *Tempus per annum* (literally “time through the year”). The term Ordinary does not mean common or plain, but is from the term *ordinal* or numbered. The weeks in Ordinary Time are numbered. The **first**

Lisa M. Gulino

part of Ordinary Time (in winter) begins on the day following the Baptism of the Lord and continues until Ash Wednesday. The **second part** of Ordinary Time we began on the Monday following Pentecost and will remain in this period until Saturday afternoon before the first Sunday of Advent.

This liturgical period we are in now is six months long and **spans three seasons of nature** (spring, summer, and fall). Within these three seasons we have the cycles of life: the budding of new life, its maturation, and its dying. Likewise we see many **significant life moments** being ritualized such as graduations which are also commencements or new be-



ginnings. These months are a favorite time of year for the celebration of love in the sacrament of marriage. We honor our parents. As a nation we **memorialize** those who fight for freedom, we **celebrate** our own birth as a nation, and we **rest** from our labors.

Ordinary Time with its rites and rituals, its carefully selected readings, music, feast days and Solemnities reveal for us a rhythm of cycles also. This rhythm (*cont'd pg. 2*)

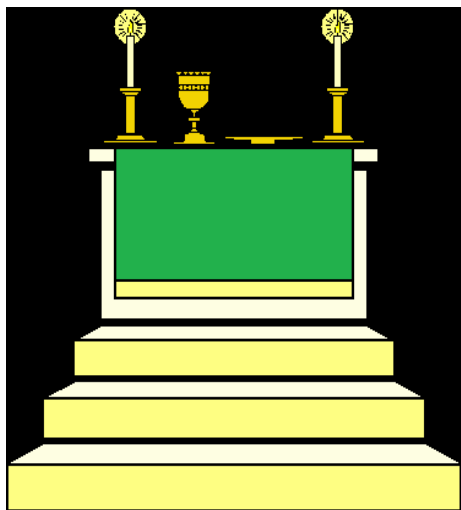
Come to the Table

(cont'd from page 1)

this pulse we discover in the Liturgical seasons is the **heartbeat of the mystery of Christ's love** lived in the Church's liturgical life. By recalling the mysteries of redemption, we enter into **the riches of the Lord's powers and merits.** (cf. CCC1163)

As a parish family we gather to celebrate "the Lord's Day." We **come to the table of Thanksgiving...** the table of the Word and of the Eucharist. Pope John Paul stated that as the "whole community gathers to celebrate the Lord's Day, the Eucharist appears as the great thanksgiving..."

We prepare well for Mass so we can discover that the mysteries of Christ's life: his birth, his journey, his suffering, death, resurrection and ascension into Heaven are our story too. In our daily living we can **enter this extraordinary time of grace we call Ordinary Time** and join our own hopes and dreams, our sufferings and concerns, our life and death to that of Christ's.



During this month of August the Scripture readings and the liturgical prayers are beckoning the faithful to the Table. The Church, as loving Mother, presents to her children lessons, exhortations, and food for thought. The first Sunday of August is the eighteenth Sunday in Ordinary Time. We end August at the twenty-first Sunday in Ordinary Time. During these weeks, **we are asked about our readiness to sit at the table**—the Table of the Lord and the Heavenly Banquet. Are we ready?

In the readings this month there is a **seamless garment of truth** weaved so we may know how to present ourselves for the Banquet of Life. The eighteenth Sunday warns against growing rich for ourselves and exhorts us to **grow rich in the sight of the God.** On the nineteenth Sunday, Jesus' tenderness calms our heart when we hear him say, "Do not live in fear, little flock. It has pleased your Father to give you the kingdom." However we hear an echo of the prior week's warning when Jesus says: **"Wherever your treasure lies, there your heart will be."** Where is my heart? What treasures do I seek? Am I single-hearted and desirous of the Kingdom my Father wants to give me?

The twentieth Sunday presents to us **the way to the banquet.** The emboldened author of the letter to the Hebrews appeals to his listeners to "lay aside every encumbrance of sin

which clings to us and persevere in running the race which lies ahead: let us **keep our eyes fixed on Jesus**, who inspires and perfects our faith...do not grow despondent or abandon the struggle."

The last weekend of August invites us to the table but emphatically states that we must **"enter through the narrow gate"**. Jesus teaches "people will come from the east and the west, from the north and the south, and will take their place at the **feast in the kingdom of God.** Some who are last will be first and some who are first will be last." To enter through the narrow gate, we must be clothed in humility. Do we metaphorically look for the places of honor at the banquet table?

The banquet has been set before us...our invitation is in hand...let us prepare to partake. **Here are a few simple ways:** **Wash** our souls free from sin through the sacrament of reconciliation. Let us **clothe** ourselves with the robe of humility, put on faith and love for a breastplate, and the hope of salvation for a helmet (cf. I Thes5:8). **Bedeck** ourselves with the divine jewels which are the gifts and fruits of the Holy Spirit.

Come to the Table of plenty where Christ is the Word spoken and gives us his very self: Body, Blood, Soul and Divinity as our food for the journey. "I am the living bread from heaven, says the Lord; if anyone eats this bread he will live for ever." (JN 6:51-52) **Communion Rite 20th Sunday in Ordinary Time.**

On the Eucharist

If you are the body and members of Christ, then it is your sacrament that is placed on the table of the Lord; it is your sacrament that you receive. To that which you are to respond "AMEN" (yes it is true!) and by responding to it you assent to it. For you hear the words, "the Body of Christ" and respond "AMEN." Be then a member of the Body of Christ that your AMEN may be true. (St. Augustine)

The Beauty of God's Splendor...

is spotlighted in three central celebrations this month in our liturgical life. In the **Transfiguration**, Jesus' face was made to shine like the sun while the Father cast his glance upon his obedient Son. This witness to the divinity of Christ and the confirmation that Jesus is the "Light of the world" follows Jesus' revelation about the Cross. There appears to be a necessary unity of the Cross (the reality of suffering) and the entrance into God's glory. The Catechism of the Catholic Church states, "*The way of perfection passes by way of the Cross.*" (CCC 2015)

Humanity rejoices! Mary the Mother of God walked this way of perfection. She lived the life of virtue and stood at the Cross believing in the promises made to her by the Angel. She trusted the Lord. The Solemnity of the **Assumption** celebrates Mary as a "sign of hope and comfort for your people on their pilgrim way." (Eucharistic Prayer, P59)

Our loving Father gives us the mother of His Son "to be our queen and mother." (Opening Prayer: **Queenship of Mary**) This memorial reminds us that Mary supports us in her prayers so that we "may come to share the glory of your children in the kingdom of heaven." The Church prays, "May we who honor the memory of the Virgin Mary share one day in your banquet of eternal life." AMEN. (Lisa M. Gulino)

HOLY COMFORTER-SAINT CYPRIAN

Alternative Opening Prayer Eighteenth Sunday in Ordinary Time

God our Father,
Gifts without measure
Flow from
Your goodness
To bring us your peace.
Our life is your gift.
Guide our life's journey,
For only your love
Makes us whole.
Keep us strong
In your love.
We ask this
Through Christ
Our Lord.

AMEN

FAITH FORMATION

Rectory office
202-546-1885 ext 16
pff@hcscchurch.org
www.hcscchurch.org

A Special Thanks

To all of our Parents and Grandparents
Aunts, Uncles and extended family
who witness to the young of our
parish the importance of Church, of Faith,
of a living relationship with Jesus.

CCD for children begins Sunday, September 23rd.



Witnessing to Our Faith

Many, many moons ago at work, I was standing by the water “bubbla”, (Massachusetts speak for water fountain). A co-worker came up and struck up a bit of small talk. Within our conversation she commented on the cross I was wearing and asked if I were Christian. I had never been asked such a question before. I stuttered and answered “oh my Nana gave me this but yes I am Catholic.”

Over the months our small talk at the “bubbla” developed into a bit more serious talk of what is life about, what is faith, and who is God. I was intrigued, interested and I inquired how I might learn more about the faith. She invited me to a prayer group at St. Mary’s parish. I began to attend on a regular basis. There was so much to learn about my faith. The more I learned, but more importantly, the more I really **prayed privately and was present at Mass**, the more I began to recognize how rich our faith is. I felt more alive. Thanks to her “small talk” I was lead to one of the greatest adventures of my life...**a walk with the Lord that has made all the difference.**

At that water fountain... I quenched my physical thirst and was **introduced to my inner thirst** ...my thirst for the living God. One of the many things I love about Holy Comforter-St. Cyprian parish is the ease and comfort with which the faith is shared. I hear how someone shared

a bit of the faith with a co-worker. Others tell how their week’s journey made them dig deep and ask: “what is the best Christian response to this person’s actions.” Still others “go to your room in secret” and attentively seek the will of the Father by listening quietly to his Word. These are powerful ways to witness to those who may not yet know the Lord Jesus. The act of kindness, the word spoken in faith, an intercessory prayer for a loved one or an invite to come to Mass can serve as gentle reminders to the family member or friend who is not presently attending Church on Sundays.

In **August** we have two opportunities to drink more deeply from the well. On **Monday evenings (August 6, 13, 20, 27)** our seminarian Kevin Regan will nourish us with the **words of St. Cyprian on the Lord’s Prayer**. We will once again host the **Vacation Bible School on Wednesday evenings**. Please consider inviting friends, family and co-workers.

Beginning again in **September**, we have the **Inquirer Classes** on the 1st, 3rd and 5th Thursdays which is a fine opportunity for someone to explore becoming Catholic, prepare to receive the Sacrament of Eucharist and Confirmation or simply a refresher class. For more information call me at (202)546-1885 X 16.

Lisa M. Gulino