

**Sunday, February 19, 2023**

Seventh Sunday in Ordinary Time

**PARISH OFFICE HOURS**

**Monday - Thursday: 9am - 4pm**  
**Fridays & Weekend: By Appointment**

Email: [stluke.dc@adwparish.org](mailto:stluke.dc@adwparish.org)  
[www.stlukechurchssj.org](http://www.stlukechurchssj.org)



**7<sup>TH</sup> SUNDAY  
IN ORDINARY TIME**

“I say to you, love your enemies and pray for those who persecute you.”  
- Mt 5:44

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. GLP

Staffed by the Josephite Fathers and Brother

Serving Washington DC (Far S.E., N.E., and Prince Georges County since 1957)



**ST. LUKE  
CATHOLIC CHURCH**

4925 E. CAPITOL STREET, WASHINGTON, DC  
20019



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**Welcome**

St. Luke is a warm and embracing parish family. We gladly extend our love and warmth to all those who desire to worship and follow our Lord, Jesus Christ. Come join us to celebrate the Holy Eucharist which is the source and summit of our Christian life. Our theme for 2022 is “You, O Lord, protect us always; preserve us from this generation.” [Psalm 12:8] Together we will praise God, love one another and serve each other.

**Mass Schedule**

**Saturday Vigil Mass: 4:00pm**

**Sunday Masses: 8:30am & 11:00am**

**2nd Sunday 1:15pm (Igbo) 3rd Sunday 1:15pm (French)**

**Weekday Masses**

**In St. Luke Church**

**Monday: 10:00am & Thursday: 10:00am**

**Wednesday Bible Study: 6:00pm**

**Holy Hour/ Adoration**

**Every First Friday 6:00pm . -7:00pm**

**Sacrament of Reconciliation**

**Saturday: 3:00-3:45pm Sunday: 7:30am-8:15am**

**Sunday: 10:00am-10:45am Or by appointment**

**Sacrament of Baptism**

Infant Baptism registration takes place at the Parish Office prior to baptism preparation class which is held on the First Saturday of each month. Baptism takes place every First Sunday after the 11:00 a.m. Mass. Please call parish office for more information.

## PASTOR'S CORNER

### Five Ways to Prepare for the Best Lent

FR. ED BROOM, OMV

**Lent is a season of grace.** The joy of the Risen Lord at Easter will depend on how we live out this holy season of Lent. God's generosity has no limits, but we often fall short in giving God our whole hearts so that He can fill them with His love. The following are five short suggestions on how we can live out Lent intensely, so that we can rejoice in the Risen Lord Jesus this year. Why not strive to live out this Lent as if it were to be the Last Lent in your lives.

**1. Prayer:** Go deep in prayer this Lent; set aside more time to pray, a quiet place and a heart that is well-disposed to communicate with your Lord, God, and Savior. On prayer, one suggestion that the Church constantly exhorts us to carry out: the meditation of the Word of God. Take the Readings for the day of the Mass and dig deep. Beg Our Lady who meditated upon the word of God in her heart to help you in this most noble pursuit. Beg also that the Word of God will serve to transform your heart and your life. The first Sunday of Lent the devil tempts Jesus to turn stones into bread and Jesus responds: "Man does not live on bread alone but on every word that comes forth from the mouth of God." Jesus expresses priorities here: first the Word of God and then the food for the stomach!

**2. Confession:** Lent is a time for conversion. The word in Greek is *metanoia* — which means a change of heart. As Catholic-Christians, the most efficacious means to attain true conversion of heart is through a direct encounter with Jesus the Healer. Jesus touches us and heals us in a special way in the Sacraments, but most especially in the Sacrament of Reconciliation. Before going to Confession, why not read Luke 15, the Parables of God's mercy. A friend of mine once called this the "Lost and found chapter". In this masterpiece of St. Luke (chapter 15), we encounter the Parable of the lost and found sheep, the lost and found coin, and finally the lost and found son, known most commonly as the Parable of the Prodigal Son. It also might be named the Parable of the merciful Father. Make a good confession in Lent and beg the Lord Jesus for a new and clean heart!

**3. Daily Mass:** In the Our Father one of the petitions is "Give us this day our daily Bread". This could mean three things:

- 1) physical bread and material sufficiency,
- 2) the Bread of the Word of God, and finally,
- 3) The Bread of Life which is the most Holy Eucharist.

Why not make the intention to attend daily Holy Mass all the days that are possible in the holy Season of Lent and receive Jesus the bread of life. Better yet, bring your family or even some friends to the Table of the Lord for the nourishment of their immortal souls. The greatest gesture we can do in this world is to receive Jesus into our hearts in Holy Communion. "As the deer yearns for the running streams, so my soul longs for you O Lord my God." May we yearn, hunger and thirst for Jesus the Bread of Life!

**4. Charity: Acts of Love and Service.** Lent must be characterized by an attitude that translates itself into action through concrete gestures of service toward others. Indeed, if I receive Jesus into my heart in Holy Communion, I should have an ardent desire to bring Jesus to others, especially those who suffer most—the lonely, the poor, the elderly, the abandoned, the forlorn, the depressed, and dejected. Remember that these are the favorites of Jesus! Needless to say, our love in service should start in our own home, amidst and among our family members. We do not want to fall into the Rip Van Winkle complex, in which we are the most loving and kind towards those outside the home, but are devils to those who actually live with us. Remember the saying: "Charity begins at home."

**5. Our Lady and Lent.** In the Season of Lent in which we are preparing our hearts and minds to meditate and receive Jesus who suffered, died and rose from the dead for our salvation, we should invite Our Lady to take an active role in it. Mary was chosen by God to play a key role in the economy of salvation. Our Lady has many beautiful titles: Our Lady of Mercy, Our Lady of Compassion, the Sorrowful Mother (*Stabat Mater*), and she has also been proclaimed by the Church in the official teachings (*Lumen Gentium*, chapter 8) as the Co-Redemptrix.

Culled from <https://catholicexchange.com/five-ways-to-prepare-for-the-best-lent/>

### Reflection for the Seventh Sunday in Ordinary Time

Of all the things Jesus says which seem totally bat-crazy, this one might take the cake: **"But I say to you, love your enemies, and pray for those who persecute you."** An enemy is someone who desires the destruction of you, your projects, or those you care about. To love and pray for them is to want their health, strength, and flourishing. But if they thrive, they are more likely to hurt you and others. So, aren't you indirectly willing your own destruction, or that of your friends? If you doubt that this problem is embedded in this teaching, when was the last time you actually prayed honestly for the people you really hate?

How can we solve this riddle so we might actually live this command? Recall that enemy-love is the surest sign that you love someone with God's love, and not with indirect egotism. After all, if my love for my enemy ends up hurting me or my loved ones, it can't be for me. Enemy-love costs more because there are no tit-for-tats. No reciprocity — just loved poured out, and often pain in return. That's why it is so precious and rare. "What is unusual about that?" asks the Lord about love for our friends. Jesus wants us to experience the unusual love which only comes from him.

When Jesus was being killed on the cross, he was loving his executioners. In fact, he was holding them in being as they nailed him to the cross. He loved those who were spiritually piercing his Mother's heart, *while they were doing it*. And when he rose from the dead, he showed us that this kind of love is always worth it. It's stronger than death. Real love is unusual.

Father John Muir

Liturgical Publications 2015

HAPPY BIRTHDAY/ANNIVERSARY

We would like to wish a wonderful happy birthday to Janice M. Williams, Louise Washington, Alonzo O. Wallace, Sr., Mary Williams, Christian Quinones, Robert Thompson and a wonderful wedding anniversary to Mr. & Mrs. Otis & Doretha Mahoney

**MAY THE JOY OF THE LORD  
BE YOUR STRENGTH!!!**

Church Support

Please consider making a donation to support our parish during these trying times. You may Drop off or mail your gifts to the parish. You may give online through our website:

<http://www.stlukechurchssj.org/>

And clicking on the donate button.

You may also TEXT: 202-335-3116

## Readings for the week of February 12, 2023

**Sunday:** Leviticus 19:1-2, 17-18/Psalms 103:1-2, 3-4, 8, 10, 12-13 (8a)/1 Corinthians 3:16-23/Matthew 5:38-48

**Monday:** Sirach 1:1-10/Psalms 93:1ab, 1cd-2, 5/Mark 9:14-29

**Tuesday:** Sirach 2:1-11/Psalms 37:3-4, 18-19, 27-28, 39-40/Mark 9:30-37

**Wednesday:** Joel 2:12-18/Psalms 51:3-4, 5-6ab, 12-13, 14 and 17/2 Corinthians 5:20—6:2/Matthew 6:1-6, 16-18

**Thursday:** Deuteronomy 30:15-20/Psalms 1:1-2, 3, 4 and 6/Luke 9:22-25

**Friday:** Isaiah 58:1-9a/Psalms 51:3-4, 5-6ab, 18-19/Matthew 9:14-15

**Saturday:** Isaiah 58:9b-14/Psalms 86:1-2, 3-4, 5-6/Luke 5:27-32

**Next Sunday:** Genesis 2:7-9; 3:1-7/Psalms 51:3-4, 5-6, 12-13, 17 (see 3a)/Romans 5:12-19 or 5:12, 17-19/ Matthew 4:1-11

WEEKLY MASS

**Monday 2/20**

Pray for the Cure for those with cancer, cancer survivors & life threatening diseases by Bernadine Conrad

**Tuesday 2/21**

Eternal repose of the souls for Michael Stanley Evans and Maurice Devon Evans by Parish Family

**Wednesday 2/22**

Ash Wednesday

**Thursday 2/23**

Eternal repose of the soul of Omia Mary Chesley by Bernadine Conrad

**Friday 2/24**

Friday after Ash  
Wednesday

**Saturday 2/25**

Eternal repose of the soul for Jasmine Yvonne Reed by Parish Family

Pray for the Sick & Shut-In of Our Parish

Barbara Barnes  
Blanche Bourm  
Barbara Batts  
Tanisha Bennett  
Tammy Berry  
William P. Brown  
Ruth Bundy  
Beatrice Carroll  
Rita Clines  
Melinda Conrad-Brown  
Edith Cornish  
Aniceto Charles  
Patricia Chase  
Valene Chemoo  
Joyce Cristwell  
Alvera Dance  
Iyana Davage

Joyce Diggs  
Lamont Diggs, Sr.  
Crawley Easely  
Marita C. Edelin  
Joshua M. Faison  
Kimbolyn Flowers  
Anthony Flowers  
Betty Gale  
Tina Garvin  
Katrina Griffin  
Steve Halle  
Chris Hawkins  
Brenda Henson  
Carolyn Holland  
James Holley  
Rudolph Holley  
James Hughes  
Melvin Jamison

Mary Ann Johnson  
David & Keisha Jones  
Dawn Lattimer  
Lawrence Lee  
Maria A. Logan  
Bernadette Mahoney  
Barbara Mallory  
Sadie Mason  
Doris McCannon  
Alice L. Montague  
Veronica Murray  
Kathy Ndouga  
David Neal  
Martha Neal  
Florence Patterson  
Marlene Patterson  
Silvia Perry  
Gertrude Quarles

Doreene Redd  
Corley Redd  
Regina Rivers  
Leroy Sandifer  
Betty Smith  
Helen Smith  
Kayla Tatum  
Rolland Taylor  
Gloria Thompson-Price  
James F. Thompson, Jr.  
Barbara B. Tyler  
Wayne A. Wallace  
Marquita Ward  
Shiela Washington  
Steven Washington  
Charles Watson, Jr.  
Cecelia Williams  
Lois Williams

Wellington Waters  
Dolores Woodard, Jr.  
Harold Woodard, Sr.

St Luke military families.

All the Homeless men and women in our community.

Please pray for all those who are sick but have no one to pray for them



## PARISH NEWS AND EVENTS

Dear Parishioners, our Tree of Life has not fully bloomed. We are continuing the sale of leaves the northwest corner of the inside of the church (East Capitol St. side) There are 21 leaves still available for memorializing deceased family members or posting your current family names or beliefs. Each leaf is \$250 and can be paid in monthly installments. All proceeds will be used for the improvement of our beautiful church. Please contact Kathy Harris Ndouga if you would like more details at (202) 575-8732.

### St. Luke Parish Weekly Schedule

Mondays Morning Mass @ 10:00am (will also be livestreamed)

Wednesday Bible Study Live Stream & Voice @ 6:00pm

Thursdays Morning Mass @ 10:00am (will also be livestreamed)

**First Friday Adoration @ 6:00pm**

Saturday Holy Rosary (Voice call only) @ 6:00pm

Easter Sunday Mass 8:30 am & 11:00am (11am mass will also be livestreamed)

To continue assisting St. Luke: You may **DROP OFF** your donation or **MAIL** your check or visit our **WEBSITE** <http://www.stlukechurchssj.org/Donate> OR **TEXT**: 202-335-311621

\$ 2,881.00

Offertory Contributions for : 2/12//2023

May God reward you abundantly for your generosity.

## Quote of the Day

**“If you offend, ask for a pardon; if offended forgive.”** — African Proverb

## PARISH NEWS

**MEMORIAL SERVICE** for Michael Stanley Evans and Maurice Devon Evans on February 21, 2023. Visitation 10am, Memorial Service at 11:00am. Please pray for the Family

**MASS OF CHRISTIAN BURIAL** for Jasmine Yvonne Reed on Saturday, February 25, 2023, Viewing at 10:00, Funeral Mass at 11:00am. Please pray for the family

**ASH WEDNESDAY** February 22, 2023. Mass times are 7:00am, 10:00am and 6:00pm in St. Luke Church.

**ST. LUKE HOLY NAME SOCIETY** is having their annual Day of Recollection on Saturday, March 4, 2023. It begins with the rosary at 8:00am in the court yard followed by Mass at 8:30am. Following Mass is a guest speaker, Deacon Al Anderson and the theme is “What’s In It For Me...Why Should I Go to Church?” Lunch will be provided in the Hall..

**LENTEN FISH FRY:** St. Luke’s Lenten Fish Fry will begin on Friday, February 24, 2023. Time is from 11am to 2:30pm. Please come and support our parish fund raising effort.

**Stations of the Cross: will take place every Friday during the season of Lent at 6:00pm**

## ARCHDIOCESAN NEWS

**2023 ANNUAL APPEAL MANY MINISTRIES, ONE CHURCH:** This Weekend we have been asked prayerfully to consider asking a gift to the 2023 Annual Appeal. Please complete or take a commitment form at Mass this weekend, or make your gift at [give.adw.org](http://give.adw.org). Visit [appeal.adw.org](http://appeal.adw.org) to learn more about how the Annual Appeal benefits our parish and serves people in need throughout the archdiocese. It is our goal that every parish family will participate this year. All gifts will be credited towards our parish goal. Thank you in advance for your generous response to the 2023 Annual Appeal.