



PARISH GUIDE 2016-17

**ACTIVITIES, MINISTRIES, PROGRAMS
AND VOLUNTEER OPPORTUNITIES**

A Disciple's Prayer

*Gracious God, may we be more like you each day.
Help us to be genuine apostles for Christ, and be willing
to give our lives for him through the image of your Son.*

*O Lord Jesus, give us a deep faith, a steadfast hope
and a burning love for you, so that we can proclaim with you,
"It is no longer I who live, but Christ who lives in me."*

*May the Shrine of the Most Blessed Sacrament Parish be
ever more inspired to be a loving, welcoming community
and preach Christ to others by the way we live our lives.*

Amen

LETTER FROM THE PASTOR

Dear Parishioners:

I am happy to present to you our Parish Guide for 2016-17. This book represents the opportunities that enable our parishioners to share their time and talent in answering the call of Jesus, "Come, follow Me." We know that the Eucharist is the center of our lives and it is Jesus who nourishes us and sends us forth to serve our parish family and our community. Through the various ministries, activities, and programs, our parishioners share their gifts and talents by being involved in one, two, or more activities throughout the year.

As you read through the various ministries and programs, I ask you to become involved in the life of our parish. If you have any questions or would like more information about any of the ministries or programs, please contact the person associated with that particular program.

Again, thank you for all you do for our parish family by building up our community. We are truly blessed by so many who give generously of their time and talent to serve their sisters and brothers.

Peace,
Father Ron

TABLE OF CONTENTS

Our Parish Structure	1
The Pastoral Council	2
Mission	2
Structure	3
Operations	5
The Commissions	6
Mission	6
Structure	8
Operations	9
The Ministries	10
Mission	10
Structure	10
Operations	10
Communications Commission	11
Bulletin	11
Library	11
Newsletter	12
Parish Guide	12
Social Media	12
Website	12
Community Life Commission	13
Boy Scouts	13
Cub Scouts	13
The Corbett Café	13
CYO Athletics Program	13
DisAbilities Ministry	14
Faith in the Marketplace	14
Filipino Community Committee	14
Girl Scout Council	14
Ministry of Mothers Sharing (MOMS)	15
Prayer Group	15
Ray Manning Adult Center	16
RENEW and the Word	16
Sanctuary Sodality	16
Second and Fourth Monday Club	17
Welcoming Committee	18
Young Families Ministry	18

Facilities Commission	19
Buildings and Grounds Committee	19
Chimes Committee	19
Faith Formation Commission	20
Baptism Preparation Program	20
Bread, Book and Brethren	20
Centering Prayer	21
Couples Communication Workshop	21
Discovering Christ	21
Faith on Tap	22
Family Pilgrimage	22
Foundations for the New Evangelization Courses	22
“House Churches” Lenten Program	23
Landings	23
Legion of Mary	23
Lenten Mission	24
Marriage Encounter	24
Marriage Preparation	24
Men’s Retreat Weekend	25
Msgr. Corbett Memorial Lecture	25
Neighborhood Churches Lenten Program	25
Rite of Christian Initiation of Adults (RCIA)	25
School of Religion Catechists and Teacher Aides	26
Serra Clubs	26
Second Sunday Morning Lecture Series	26
That Man Is You (TMIY)	27
Tuesday & Thursday Adult Education with Br. Malachy Broderick	27
Walking with Purpose	28
Wednesday Evening Bible Study	28
Women’s Retreat Weekend	29
Young Adult Ministry	29
Youth Ministry	29
Outreach Commission	30
Advent Wreath Workshop	30
Alternative Giving	30
Archdiocese Legislative Network	30
Blessed Sacrament Soup Kitchen	31
Christmas Giving Tree	31
Christmas Personal Care Gifts/Blessed Sacrament Soup Kitchen	31
Christmas Tree Sale	31
Community Garden	32
Companionship Ministry	32
Empty Bowls	32
Environmental Action Committee	32

Flu Shots	32
Food and Clothing Ministry	33
Good Faith Communities Coalition	33
Greg Gannon Canned Food Drive	33
Helping Hands Transportation	34
Hunger Mass	34
Just Faith	34
Maryland Legislative Network	34
MiniWalk for the Homeless	35
Mother's Day Carnation Sale	35
Operation Rice Bowl	35
Poor Box Ministry	35
Project Baby Bottle Campaign	36
Pro Life	36
School Supply Drive for Sister School	37
Secret Santa	37
SHARE Food Co-op	37
Social Concerns Day of Recollection	37
SOME and Christ House "Provide-A-Meal" Group	38
Thanksgiving Baskets	38
Tithe Giving Project	38
Wellness Committee	38
Worship Commission	39
Altar Servers and Extraordinary Ministries of the Eucharist	39
Arimatheans	39
Art and Environment Committee	40
Bell Choir	40
Chapel Singers	40
Children's Choir	40
Children's Liturgy of the Word (Gym Mass)	40
Extraordinary Ministers of Holy Communion	41
5:30 p.m. Sunday Mass Choir	41
Gym Mass Choir	42
Gym Mass Committee	42
Instrumentalists	43
Ministry of Hospitality (Ushers)	43
Ministry of the Word (Lectors)	43
Principal Choir	43
Sanctuary Sodality	43

OUR PARISH STRUCTURE

Mission Statement

The Shrine of the Most Blessed Sacrament is a Catholic community within the Archdiocese of Washington, centered on the Real Presence of Jesus Christ in the Eucharist. Focused on the Paschal Mystery and through the grace of the Sacraments, we serve God's people through evangelization, education, stewardship and social justice.

Some years ago, Blessed Sacrament adopted a lay leadership model based on an extensive Parish Assessment Review (PAR). This structure is tripartite and pyramidal.

The parish has about 100 ministries that vary greatly in size, scope, and structure. A few are one- or two-person initiatives, while others employ dozens of volunteers. A few are staffed, while the great majority depends on volunteer efforts. A few are seasonal, inactive or sporadically active, while others are vigorous and play a prominent role in parish life.

Each ministry operates under the purview of one of six commissions, which are linking and visioning groups that tie together all the ministries for which they bear responsibility. The commissions provide a unified vision, facilitate communication, and offer practical assistance to their ministries.

Each commission has one or more representatives on the parish pastoral council. These representatives offer the council the information and insights it needs to maintain an overview of the parish's pastoral activity. This overview, in turn, enables the council to carry out its duties.

The Pastoral Council

Mission

The Shrine of the Most Blessed Sacrament is the local presence of the Catholic Church in Chevy Chase, a faith community within the Body of Christ. According to archdiocesan guidelines, “the parish pastoral council is a consultative body for the pastor. Through reflection, prayer, planning, motivation and support, the parish pastoral council serves the pastor by helping identify and encourage those ministries or services that are needed for the growth of a living parish community, evaluated and implemented on a regular basis.” (Parish Pastoral Council Guidelines). Typical council duties include:

- Commitment to the Archdiocese of Washington’s focus on the New Evangelization, which “is not one specific action, but rather a way of seeing a whole range of activities carried on by the Church to spread the Good News of Jesus Christ” (Guidelines, p. 1);
- Consultation on forming and carrying out the parish’s pastoral priorities, keeping always in mind the commandments to love God and neighbor— “Through reflection, prayer, planning, setting goals and priorities, [the council] responds to the movement of the Holy Spirit in the life of the parish and to the Bishop’s pastoral vision for the archdiocese.” (Guidelines, p. 5);
- Consultation on the wisdom of establishing annual themes for parish life;
- Consultation on any matter of parish business, either at the pastor’s request or on its own initiative. “[c]ouncil members take leadership in the coordination, motivation, support and evaluation of pastoral activities in the parish.” (Guidelines, p. 5);
- Discussion of and action on regular reports from the commissions (Administration, Communications, Community Life, Faith Formation, Outreach,

Worship), whose collective purview includes all parish ministries and services;

- Guidance, encouragement and assistance to these Commissions as occasion warrants—“Concerned with the overall pastoral development of the parish, the pastoral council will often serve as liaison to the various parish groups or coordinate the implementation of specific initiatives at the request of the pastor.” (Guidelines, p. 5).

Structure

Membership

The members of the Pastoral Council freely accept the call to serve. They understand that their baptismal call, which they share with every Christian, is to live out the Gospel. They accept the challenge to nourish this same spirit within the parish community.

The membership of the Pastoral Council is determined by the pastor, and may vary from year to year. The commission chairs and representatives of the Finance Council, Blessed Sacrament School, Sanctuary Sodality, and Faith in the Marketplace are ex officio members of the council. The pastor appoints the remaining members from among parishioners who volunteer to serve.

The principal criteria for selecting council members are general competence for leadership, a love of parish and the wider Church, commitment to the New Evangelization, and an enthusiastic interest in promoting and implementing parish worship and service.

Before the first meeting of the year, the parish provides orientation for officers and members in their roles on the council.

Ideally, the council will be generally representative of the parish as regards gender, age, and ethnicity.

Members serve a term of two years, renewable once.

The pastor will fill the vacancy should a member of the council miss two meetings without excuse.

The pastor is chair of the Pastoral Council. The council chair will:

- Attend all council meetings, unless pastoral duties require otherwise;
- Exercise authority over council deliberations and actions as he deems necessary;
- Receive and consider all council recommendations; and
- Once recommendations are approved, give direction to the council, the commissions, and parish staff regarding their implementation.

The president of the Pastoral Council is a well-qualified layperson appointed by the pastor. The president will:

- Steadily articulate and maintain the mission of the Pastoral Council;
- Decide the agenda for all council meetings, in consultation with the pastor;
- Convene and lead all council meetings;
- Ensure that members submit scheduled reports to the council in a competent and timely fashion; and
- Report directly to the pastor.

The vice-president of the Pastoral Council is a well-qualified layperson appointed by the pastor. The vice-president will:

- Convene and lead all council meetings in the absence of the chair;
- Monitor the implementation of council decisions; and
- Assist the chair as requested.

Council members will:

- Prepare conscientiously for and attend all meetings, except in case of excused absence;
- Study carefully any documentation prepared for council discussions;
- Contribute to council discussions;
- Represent the viewpoint of their own constituency while working for the common good of the parish; and
- If commission chairs, give reports at each meeting

on the condition of their commission and of the ministries it serves, with special emphasis on any challenges the commission or ministries may be facing.

Staffing

The pastor will assign a member of the parish staff as secretary to the council. The council secretary will:

- Take notes at all council meetings and prepare minutes to be presented for acceptance at the meeting next following—minutes at minimum will record all substantive discussion and decisions;
- Transmit documentation for each meeting to the members at least five days in advance—such documentation will include an agenda, minutes of the previous council meeting, and any correspondence on which action is required;
- Assist the vice-president in monitoring the implementation of council decisions by parish staff;
- Serve as liaison between the council and the parish staff
- Coordinate and communicate meeting logistics, including room set-up;
- At the direction of the president, prepare and transmit council reports for publication in the bulletin and posting on the parish website;
- Assist the president as necessary between meetings; and
- Report directly to the president as regards council business.

The president may ask the pastor to instruct other staff members to attend particular council meetings to provide expert advice.

Operations

Pastoral Council meetings begin and end with prayer.

Since the Pastoral Council is a consultative body, all its decisions are subject to the pastor's approval. Once such approval is given, members, volunteers and staff will collaborate to implement council decisions in a timely fashion.

The Pastoral Council meets monthly for 90 minutes immediately after the commissions meet. The council schedules all its meetings for a given year at the first meeting of that year.

The Pastoral Council operates by consensus whenever possible, though the pastor or president may call for a vote on particular questions.

Each council meeting consists of four parts: (1) reports from the commission chairs and other ex officio members; (2) discussion of these reports and proposals for action to be taken, either at that meeting or a future one; (3) discussion of and decisions on agenda items; and, (4) discussion of additional business proposed by the pastor or by any member, either for immediate action or for action at a future meeting.

The council will initiate and guide an annual planning cycle to recruit, select, train and replace its officers and members, and those of the commissions.

At a council meeting, quorum is defined as a majority of council members, without regard to constituency.

The Commissions

Mission

The six commissions, through the ministries they oversee, help parishioners to develop and sustain a deep personal relationship with Jesus Christ; to form a strong and loving Christian community, with special emphasis on young people, the newcomer, the elderly, and people with disabilities; to reach out to parishioners who are indifferent to or alienated from the parish community; to embrace the New Evangelization; and to honor Jesus' command to serve others.

As noted above, the commissions are linking and visioning groups that tie together all the ministries for which they bear responsibility. They also help ministries carry out envisioned projects. Finally, a commission may initiate a new ministry and

establish a committee to implement it.

The Administration Commission

Coordinates the planning and financing of repairs and improvements to, and maintenance of, the physical plant of the parish, in cooperation with the Finance Council.

The Communications Commission

Plans and helps create a communications system that enables an accurate and current information flow within the parish, and that presents the parish attractively to the general public.

The Community Life Commission

Integrates newcomers to the parish community; supports participation throughout the parish by recruiting and reinvigorating volunteers; and connects parishioners who feel peripheral to the community with people, programs, and services.

The Faith Formation Commission

Coordinates all levels of educational programming in the parish for Blessed Sacrament School students, public school students, teens and adults. The commission oversees such activities as youth formation, sacramental preparation, RCIA, Landings, small group faith sharing, family ministry, and marriage preparation.

The Outreach Commission

Coordinates the ministries of social service, and peace and justice, for the benefit of parishioners and the larger community.

The Worship Commission

Gives direction to the liturgical life of the parish, supporting the full, conscious, and active participation of the faithful in the celebration of the Eucharist. The commission coordinates the work of the large group of dedicated volunteers who serve in worship ministries. It also assists the Liturgical Planning Committee in seasonal planning for weekend Masses and other liturgies.

Structure

Membership

The members of the commissions freely accept the call to serve. They understand that their baptismal call, which they share with every Christian, is to live out the Gospel. They accept the challenge to nourish this same spirit within the parish community.

The commissions are made up of volunteers drawn from the ministries for which the commission bears responsibility. Each commission has as many members as may be necessary to carry out its mandate. The members serve at will, without term limits. Before the first meeting of the year, the parish provides orientation for chairs and members in their roles on the commission.

The chair will fill the vacancy should a member of the commission miss two consecutive meetings without excuse.

Commission chairs, appointed by the pastor, will:

- Steadily articulate and maintain the mission of the commission;
- Decide the agenda for all commission meetings;
- Convene and lead all commission meetings; and
- Serve ex officio on the Pastoral Council

Commission members will:

- Prepare conscientiously for and attend all meetings;
- Study carefully any documentation prepared for commission discussions;
- Contribute to commission discussions; and
- With the assistance of the staff liaison (see below), monitor and hold accountable particular ministries in the commission's area of responsibility, as assigned by the chair.

Staffing

The pastor will assign one or more staff liaison(s) to each commission. Staff will:

- Prepare conscientiously for and attend all meetings;
- Orient commission members to the ministries that fall within the commission's area of responsibility;
- Assist members in monitoring the health and vitality of commission-related ministries;
- Lend expertise to commission discussions; and
- Administer the commission's budget and reimbursement process.

Operations

The commissions meet monthly for thirty minutes immediately before the Pastoral Council meets. Following these individual meetings, commission chairs attend the Pastoral Council meeting to re- port on commission proceedings.

The commissions schedule all their meetings for a given year at the first meeting of that year.

The commissions operate by consensus.

At the first meeting of the year, the chair divides responsibility for monitoring particular ministries in the commission's area of responsibility among the members.

Each subsequent meeting consists of four parts: (1) brief reports from commission members on the ministries reporting to them, with special emphasis on any challenges the ministries may be facing; (2) discussion of these reports; (3) discussion of goals and objectives, if any, the commission wishes to set for any ministry within its area of responsibility; and, (4) formulation of recommendations that the chair will present at the Pastoral Council meeting immediately following.

The commissions will observe an annual planning cycle to recruit, select, train and replace their officers and members.

The Ministries

Mission

While every ministry has a mission or function, few have formal mission statements. Because of their great variety, the parish does not provide any set structure for the ministries. Instead, form follows function.

Structure

Membership

The members serve at will, without term limits.

Every ministry has a head, whose responsibilities include ensuring that the ministry is performing its function well, and reporting any challenges it may be facing to the commission member assigned to monitor it.

Staffing

Some ministries have assigned staff, while others have none.

Operations

The operations of the ministries vary as greatly as their functions, and therefore resist generalization. The parish suggests a “whatever works” approach to each ministry’s task, provided that the approach is demonstrably successful and that the ministry operates within the parameters of the parish’s lay leadership structure. No ministry should operate out of sight of the commission to which it relates or of the Pastoral Council.

COMMUNICATIONS COMMISSION

The Communications Commission plans and helps create a communications system that enables an accurate and current information flow within the parish, and that presents the parish attractively to the general public.

Frank Pellegrino, Chair, 240.888.5817, frankp@comcast.net

Bulletin

The bulletin is the regular print medium through which ministry leaders announce programs and events, and give reports, to the parish community as a whole.

Contact: Katherine Quan, bulletin@blessedsacramentdc.org

Library

The library provides books, magazines, films, and CDs for the parish community. There is an emphasis on great literature that specifically addresses Catholic interests. All parishioners are welcome to use the library and to borrow its contents. Also, library staff answer questions and can search the Internet. Groups are welcome to meet in the library and make use of its resources. The collection amounts to over 6,000 books, tapes, CDs, videos and DVDs. Subjects include fiction, biography, art, scripture, social justice and spirituality; the library collection also includes books for very young children. The goal is to reflect parishioners' interests, and suggestions for new books and CDs are welcome. Programs hosted by the library include exhibits, book sales, author talks and book signings, play readings, and movie screenings. Announcements in the bulletin and on the parish website give advance notice of these and other activities.

Opportunities for becoming a library volunteer include: cataloguing and preparing new items for the shelves, helping parishioners find books, and planning special events such as speakers and author signings.

Contact: Ellen Roth, 202.449.3974, eroth@blessedsacramentdc.org

Newsletter

The newsletter is published approximately quarterly. It is primarily an electronic publication distributed via email, although a couple hundred print copies are available in the church vestibules. The newsletter contains a lead article from the pastor, plus a range of articles about parish programs, ministries, and individuals, as well as artwork created by Blessed Sacrament School students.

Contact: Pat Watson, towatson@erols.com

Parish Guide

This guide lists all the programs, activities, and ministry opportunities the parish offers in any given year. It is updated annually.

Contact: David Byers, 301.681.7014, dbyers4@verizon.net

Social Media

The Facebook Page (Blessed Sacrament DC), with 610 “likes,” is one of the principal conduits for parish news and announcements. The Commission is seeking volunteers comfortable with social media to assist in developing and monitoring the page, and to create effective audio and video postings on the parish website. Use of other social media is under consideration.

Contacts: Frank Pellegrino, 240-888-5817, frankp@comcast.net

Dave Byers, 301.681.7014, dbyers4@verizon.net

Website

The parish website is the regular electronic medium through which parishioners and non-parishioners alike learn about the identity, purpose, leadership, services, organizations, and activities of the Shrine of the Most Blessed Sacrament. The website is undergoing a complete redesign. The Commission is seeking volunteers with website design and management experience.

Contact: Frank Pellegrino, 240.888.5817, frankp@comcast.net

COMMUNITY LIFE COMMISSION

The Community Life Commission integrates newcomers to the parish community; supports participation throughout the parish by recruiting and reinvigorating volunteers; and connects parishioners who feel peripheral to the community with people, programs and services.

Bill Kelly, Chair, 703.609.1414, bkelly1041@aol.com

Boy Scouts

Blessed Sacrament has sponsored Troop 90 for more than 90 years. Scouting seeks to instill a spirit of service to others, to have fun and adventure, to learn things such as first aid and survival skills, to develop leadership skills, and to introduce boys to the idea of learning from experienced scouts.

Contact: Keith Morrison, 202.236.1624, kmorrison@vsadc.com

Cub Scouts

The purpose of this group is to prepare younger boys (ages 7-10) for Scouting and to create an atmosphere of fun and learning in a supervised setting.

Contact: Dave Missar, 202.965.4330, drcdmissar@msn.com

The Corbett Café

The café, located in Apartment 1 of the Chevy Chase Apartments next to the church, is open every Thursday morning following the 8 a.m. Mass. The name honors our former pastor, Msgr. Joseph Corbett, who designated the space specifically for parish fellowship. The café has a Keurig coffee maker, plus doughnuts and other treats on hand.

Contact: Rita Killian, 202.363.5069, r.killian@verizon.net

CYO Athletics Program

The Catholic Youth Organization (CYO) Athletics Program, scheduled from August through May, involves basketball, football, soccer, track and cross country for students in grades 4-12.

Contact: Kate Ryan, kryan@blessedsacramentdc.org

DisAbilities Ministry

The DisAbilities Ministry exists to welcome people with deafness and disabilities, and to help integrate them as fully as possible into parish life. The Ministry addresses the spiritual needs of people with disabilities, while considering their physical and social needs as well. The Ministry also strives to create a welcoming culture at Blessed Sacrament that intentionally includes people with disabilities.

Contacts: Emma Voelzke, evoelzke@blessedsacramentdc.org

Faith in the Marketplace

The men of Faith in the Marketplace (FIM) attend the 6:30 a.m. Mass on the first Friday of the month, then meet until 8 a.m. for fellowship, coffee and doughnuts. A speaker, usually a parishioner, discusses the impact of faith on his life and work, and a brief question and answer session follows. FIM also assists the Blessed Sacrament community by supporting SHARE, our elderly, and our parishioners with special needs. Finally, the group looks for opportunities to assist others in the community in various ways, such as helping them get to Sunday Mass, supporting children with special needs, and addressing other challenges with its resources.

Contact: Dean Packard, dean_packard@ml.com

Filipino Community Committee

The committee communicates information about events at Blessed Sacrament, which include liturgical and social events, within the Filipino community. A variety of opportunities are available to parishioners who would like to get involved, including participation in the Legion of Mary and the care of altar linens and church pews.

Contact: Perfecto Paras, 202.362.2435, perfectparas@verizon.net

Girl Scout Council

Girls interested in making new friends, serving others and trying new things—from nature and camping, to arts and crafts, to making brown-bag lunches for the homeless—are invited to join the Blessed Sacrament Girl Scout program. Scouting builds confidence, leadership skills, and self-esteem by encouraging girls to learn to do things for themselves and to master new skills. Parent participation is expected.

Contact: Mary Gay Sprague, 202.244.6164, mgsprague@rcn.com

Ministry of Mothers Sharing (MOMS)

The Ministry of Mothers Sharing (MOMS) is an outreach ministry of the Sisters of St. Benedict. Its objectives are:

- To gather mothers together to form a network of mutual spiritual support;
- To provide a group experience of learning, praying and ministering to each other;
- To introduce mothers to opportunities for personal and spiritual growth in a faith-sharing group; and,
- To increase communication skills and the use of prayer rituals in the home.

Mothers interested in joining this ministry are encouraged to complete its eight-week encounter, using the book MOMS: A Personal Journal. Each weekly session begins and ends with a prayer ritual designed to enhance the Christian perspective on each of the following topics: self-esteem and self-acceptance, stress, worries and anxiety, everyday spirituality, feelings, personal goal setting, expressing values in friendship, discernment of gifts, and celebration of new beginnings. After completing the program, the MOMS community gathers for various volunteer opportunities, events and family socials throughout the year.

Contacts: Lori Finch, lorifinch@gmail.com
Julie Stogoski, jstogoski@hotmail.com

Prayer Group

In 2010, the Blessed Sacrament Prayer Group became a Cenacle in membership with the Marian Movement of Priests. The group begins its meeting with a prayer and the Rosary, following the Marian format and meditations. The Prayer Group continues to be an intercessory group and after the Rosary, members pray for any needs of the Body of Christ. All are welcome to join or call with prayer needs. The group meets every Wednesday at 7:30 p.m. in the chapel in the parish center.

Contact: Linda Tavenner, 202.244.3736, Istavs@aol.com

Ray Manning Adult Center

The Ray Manning Adult Center is a social gathering place for senior adults and offers an open house with desserts, snacks, beverages and conversation Monday through Thursday following the 11 a.m. Mass. The open house/social is usually followed by the activity of the day: guest lecturer, travelogue, movie, book review, Scripture study, and many other activities. Check the Sunday bulletin for the week's activities. The center is located in beautifully-furnished Apartment 1 of the historic Chevy Chase Apartment Building adjacent to the church. All adults 50+ are invited free of charge. Transportation is provided for those who need it. The center seeks the following volunteers:

- Drivers to transport seniors to and from the center. Drive time is 20 or 30 minutes; Hours are 10:30-11 a.m. and 2-3 p.m.;
- Bakers to provide homemade cake, cookies, or brownies; and
- Host/Hostess to set up, participate in activity, and cleanup—3-4 hours, once or twice per month.

Contact: Rita Killian, 202.363.5069, r.killian@verizon.net

RENEW and the Word

Each Tuesday a group gathers to read and reflect on the Scripture readings for the upcoming Sunday liturgy, and to discuss their relevance for our daily lives. They meet in the Ray Manning Adult Center following the 11 a.m. Mass. New members are welcome.

Contact: Rita Killian, 202.363.5069, r.killian@verizon.net

Sanctuary Sodality

The Sanctuary Sodality is open to all women parishioners, and also to women at parishes that do not have sodalities. Women in the process of being received into the Catholic Church are also welcome to join. Current information (including contact information) for Sanctuary Sodality officers is on the parish website and can also be obtained by calling the parish office.

The Sodality's primary responsibilities to the parish are weekly altar duty—cleaning and preparing the worship space and sacred vessels and linens—that individual Sodalists typically perform

once or twice each year, and the annual Sodality Bazaar that raises money for both the parish and the Sodality's own chosen charities. Sodalists support and participate in a wide range of local organizations, including the Christ Child Society, Washington Middle School for Girls, Don Bosco Cristo Rey High School, DC Diaper Bank, and Literacy Volunteers of America. Sodality units often engage in direct service activities as a group—gather clothing for prisoners completing sentences, put bag lunches together for the Catholic Charities Cup of Joe Program, etc. The scope of activities is chosen by and tailored to the capacities of each unit's members.

Sodalists are called to be the presence of the Blessed Mother in our parish community and the wider world. They are married or single, parents or not, employed, retired, or working at home. They are organized into units named for attributes of Mary, organized basically by stage of life, because members look to share joys and sorrows with one another over time. Units meet monthly for fellowship and prayer, and are active in a charitable endeavor chosen by the unit. General meetings are also held monthly, open to members of all units able to attend. Reflecting its Marian devotion, the Sodality holds a dinner each fall and spring featuring a guest speaker.

Prospective members are encouraged to explore existing units, but it is always possible for groups of women to form new units.

Contact: www.blessedsacramentdc.org

Second and Fourth Monday Club

The Second and Fourth Monday Club is a group of Blessed Sacrament seniors who meet twice a month for various activities. Events are scheduled to meet social, spiritual and educational interests and include parties, guest speakers, and occasional day trips. Meetings are held on the second and fourth Monday of each month in the Ray Manning Adult Center after the 11 a.m. Mass. Transportation is provided for those who need it. Volunteers are needed to plan events, schedule speakers, and/or coordinate day trips. Drivers are also needed for day trips.

Contact: Rita Killian, 202.363.5069, r.killian@verizon.net

Welcoming Committee

The committee enthusiastically welcomes new volunteers for this ministry. Its goal is to greet new parishioners when they register in the parish and to connect them with volunteers of similar age and interests. Committee members strive to meet personally with each newcomer, give them information on parish life, and seek ways to help them identify programs and activities to which they might contribute. Volunteers must commit to visit six or eight new parishioners per year in a timely way. We provide training and schedules are flexible. The committee also sponsors two welcome dinners for new parishioners each spring and fall.

Contact: Nancy Ryan, nryan@blessedsacramentdc.org

Young Families Ministry

The Blessed Sacrament Young Family Ministry brings together parish families with children between newborn and 5 years old who share a common faith, values, schedule and demands on their attention. Our goal is to share ways to raise young children in the Catholic Church, show them how to serve the community and build a strong and supportive community of friends.

Contact: Elizabeth and Anthony Angelo, bsyoungfamilies@gmail.com

FACILITIES COMMISSION

In cooperation with the Finance Council, the Facilities Commission advises the Pastor and the Business Manager on repairs and improvements to, and maintenance of, the parish's physical plant.

Patty Myler, Chair, 202.363.4133, pwmyler@gmail.com

Buildings and Grounds Committee

The Committee was merged with the Facilities Commission in September 2016.

Chimes Committee

This committee maintains the chimes in the church tower. The chiming system, installed in 1935, is one of only a small number still operating in North America, giving volunteers an opportunity to work on technology from another time, a task requiring patience, creativity, and "out-of-the-box" thinking, since parts and documentation are no longer readily available. Volunteers should be comfortable climbing ladders and working at heights. Knowledge of electro-mechanical systems is helpful, but not necessary.

Contact: Joe Bozik, 202.244.4833, 1retrojoe@gmail.com

FAITH FORMATION COMMISSION

The Faith Formation Commission coordinates all levels of educational programming in the parish, and for Blessed Sacrament School students, public school students, teens, and adults. The commission oversees such activities as youth formation, sacramental preparation, RCIA, Landings, small-group faith sharing, family ministry, and marriage preparation.

Pam Kelly, Co Chair, pamelagkelly@gmail.com

Fran Scango, Co Chair, fran.scango@gmail.com

Baptism Preparation Program

The infant baptism preparation program at Blessed Sacrament has two main goals: to help parents prepare for a meaningful celebration of the sacrament, and to assist parents in an examination of their own faith and prepare them for the task of raising their children in the Catholic faith. The program consists of two sessions, which do not have to be attended in order: a meeting led by a priest or deacon that deals with the meaning of baptism, the Rite of Baptism, and the symbols in the rite; and a meeting led by parents that deals with their own faith journey, the rituals and traditions of the Catholic faith, and the responsibility and joy of being the first teachers of their children in matters of faith.

Contact: Msgr. Maurice O'Connell, 202.449.4617,
moconnell@blessedsacramentdc.org

Bread, Book and Brethren

Bread, Book and Brethren is a Scripture study group of about 60 men and women of all ages and backgrounds. The group meets in the parish center on Wednesday mornings following the 8 a.m. Mass for a light breakfast. Using Collegeville Commentaries and Little Rock study guides, members read Scripture, ask questions, share insights, and relate divine revelation to their daily lives. Scripture scholars visit weekly for talks that broaden our vision. The group is open to all and welcomes newcomers throughout the year. Members of the group facilitate small group discussions, organize potluck luncheons, arrange for weekly guest speakers,

offer the opening prayer, plan and coordinate the annual day of recollection at the Washington Retreat House, and provide care and concern for members with particular needs.

Contacts: Enrico Basa, Eniko.basa@verizon.net
Susan Carr, slgregcarr@verizon.net

Centering Prayer

Centering prayer creates a space of openness and receptivity for God's action through listening. "Shela", the Aramaic word Jesus used for "prayer," means "listen to." The discipline of listening to God awakens our awareness of God's presence in us; it leads to interior resurrection by diminishing our false self. Our true self emerges and simple acts of service to the community that flow from our basic core of goodness bear the fruits of the Holy Spirit. We learn to be attentive to the present moment, the moment of God's presence. In silence, centering prayer becomes a universal prayer for the whole human family. Centering prayer takes place on Wednesdays from 7:30-8:30 p.m. in the Ray Manning Adult Center, Apartment 1. Call for entry instructions.

Contact: Ellen Kadow, 301.656.2855, ekadow@hotmail.com

Couples Communication Workshop

During Lent, a four-session course called "Active Listening" is offered to married and engaged couples to help them improve their communication skills. Couples of all ages learn to better understand each other's perspective on issues large and small by expressing themselves in a way that encourages acceptance, resolves differences, and allows joint progress toward mutually acceptable decisions.

Contacts: Jim & Ann Hoffman, 202.362.4510/202.486.8291,
hoffmanja2@msn.com

Discovery Christ

Discovering Christ, Part 1 of the three-part ChristLife program, is for people seeking the peace and joy that a personal relationship with Jesus Christ can offer, whether they are active parishioners, people who have drifted away from the Church, or people with no religious connection at all. Discovering Christ consists of seven weekly sessions that include a free dinner, prayer, a video teaching and small-group discussion. There is also a one-day

retreat. The sequence begins September 20 and concludes November 1.

Part Two, Following Christ, will begin in March 2017. The program will continue again in September 2017.

If you or someone you know would benefit from starting this journey to a new or renewed faith, there are two ways to register. A registration form will appear if you click on “Discovering Christ” under “News and Announcements” on the Blessed Sacrament website. There is no charge for participation.

Contact: Lisa McKinnon, 301.907.9678, clanmckinnon@yahoo.com

Faith on Tap

Anyone looking for a way to deepen faith will find Faith on Tap a great opportunity to learn in an atmosphere that welcomes questions. Come enjoy beer, wine, and appetizers in this low-key, open environment. If you have questions about the Catholic faith and wonder about its relevance for your life, this is the event for you. Faith on Tap offers five events on Tuesday evenings—two in the fall and three in the winter/spring. Adults of all ages are welcome.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

Family Pilgrimage

The Shrine of the Blessed Sacrament School of Religion’s annual pilgrimage is a special time for the SOR students and their families to visit a local or regional Catholic holy place, including shrines, St. Matthew’s Cathedral, monasteries, or cultural centers. The pilgrimage facilitates building community and is an opportunity for all participants to deepen their appreciation for our Catholic faith as well as increase awareness of the holy places that are right in our area. This program is currently inactive.

Foundations for the New Evangelization Courses

Courses are available online through MyCatholicFaithDelivered.com.

In addition, the Archdiocese of Washington offers live sessions that are open to all adults. Catechists may take them for certification. Our parish offers one course in the fall and one in the spring—Catechesis 101: the Creed, Morality, the Sacraments, Prayer and Scripture—in the evenings from 7-9; days vary according to the archdiocesan calendar.

Contact: Michelle Balch, mbalch@blessedsacramentdc.org

“House Churches” Lenten Program

What life have you, if you have not life together? There is not life that is not in community, and no community not lived in praise of God.
—T.S. Eliot

Here is a special opportunity during Lent to grow in faith and community by emulating the hospitality of the “house churches” of the early Church. A dozen or so parishioners gather in a nearby neighbor’s house for six Sunday nights during Lent, plus the final Sunday after Easter, for a pot luck dinner, prayer, and conversation centered on Pope Benedict’s book “Jesus of Nazareth: Holy Week.” Adults of all ages discuss a weekly reading assignment, while in another room children watch portions of the Zeffirelli mini-series Jesus of Nazareth. Volunteers are welcome to lead a group, to serve as a host, or just to participate.

Contact: Milton W. Grenfell, 202.249.1669, grenarch@verizon.net

Landings

Are you someone who “used to be Catholic” or “grew up Catholic,” but no longer attend Mass regularly? Are you a Catholic who is searching for a more spiritually fulfilling life? Are you thinking about becoming more active in your Catholic community? Would you like to participate more fully in the Catholic liturgy and sacraments? No matter how long you have been away for whatever reason, we invite you to consider renewing your relationship with Christ and His Church through Landings. Landings is a Paulist Ministry run by Blessed Sacrament parishioners, aimed at welcoming Catholics who want to deepen their faith and commitment. The program is offered in the fall and spring, 7:30-9:30 p.m. on Thursday evenings in the parish library in the parish center. Pre-registration is required.

Contact: Ann Mahoney, 301.520.7734, agmpublichealth@gmail.com

Legion of Mary

The Legion of Mary is the largest apostolic organization of lay people in the Catholic Church, with well over three million active members in almost every country of the world. It has been active in the United States since 1931, has been approved by the last six popes, and was endorsed by the Second Vatican Council. The

main purpose of the Legion of Mary is to give glory to God through the sanctification of its members. Meetings take place in the Ray Manning Adult Center every Sunday, 11:30 a.m.-1 p.m. There are two adult praesidia (groups) and one junior praesidium. New members welcome!

Contacts:

JoviPeralta, 301.942.0272, jovi156@aol.com

Corazon De Lara, 202.363.1799, claudiacora@verizon.net

Lenten Mission

A parish mission is a time of prayer, reflection, and spiritual renewal for all parishioners. Mission talks are given over a period of three evenings, from 7-8:30 p.m., Monday through Wednesday (come to any or preferably all sessions). These evenings are sure to put you in the right frame of mind for Lent and renew you spiritually!

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

Marriage Encounter

Marriage Encounter is a weekend program designed to give married couples the opportunity to examine their lives together. The emphasis is on private communication between husband and wife as they spend a weekend together away from the tensions of everyday life, experiencing presentations given by a team of couples and a priest. This is not a retreat, a marriage clinic, or group sensitivity training; it is a unique approach aimed at revitalizing your marriage.

Contact: Jack and Marilyn Gilles, 301.652.3214, jack@jagillis.com

Marriage Preparation

Engaged couples who have met with a priest are invited to join our Pre-Cana program, which consists of three evening sessions, plus attendance at our lecture on the papal encyclical *Humanae Vitae*. Our sessions are led by married couples who offer personal examples and experiences, and facilitate discussion. In each session, we explore communication as an essential element of marriage, conflict resolution, the importance of family of origin and other issues. In addition, a priest will join the program to discuss marriage as a sacrament—why it is set apart as a means of

grace and a sign of God's love. The *Humanae Vitae* lecture covers the Catholic Church's teachings on human sexuality, the Theology of the Body, responsible parenting, and Natural Family Planning. To register for Marriage Preparation, engaged couples need to be referred by a priest or have had a preliminary meeting with a priest. All pertinent information about our program, including registration form, can be found on the Blessed Sacrament Parish website.

Contacts:

Katy & Bryan Anderson, 240.423.0536, katyhayesanderson@me.com

Men's Retreat Weekend

The annual retreat weekend is open to all men and boys ages 10 and older, allowing fathers to spend quality time with sons. These silent retreats, a parish tradition for over 50 years, typically begin on Friday with Mass and orientation, and conclude with lunch on Sunday. They are led by the Jesuits at Loyola Retreat House in Faulkner, Maryland, situated on a cliff with a majestic view of a 16-mile wide stretch of the Potomac River. For information and a registration form, visit www.loyolaretreat.org or call Loyola, 301.392.0819.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

Msgr. Corbett Memorial Lecture

This lecture series was founded by Blessed Sacrament parishioners in memory of a beloved pastor, Msgr. Corbett, who was dedicated to lifelong adult formation. Recent speakers include Mr. George Weigel and Father John O'Malley, SJ. The lecture is offered in the spring.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

Neighborhood Churches Lenten Program

Contact: Pam Kelly, 202.320.3340, pamelagkelly@gmail.com

Rite of Christian Initiation of Adults (RCIA)

The RCIA is designed for adults interested in learning (or even re-learning) the basic tenets of Catholicism in an atmosphere that is warm, supportive, and friendly. Specifically, this class is for

people who wish to receive the sacrament of Baptism, people baptized in another Christian tradition who desire to become Catholic, and people baptized Catholics who wish to receive the Sacraments of First Eucharist and/or Confirmation. The sessions are free and imply no commitment to become Catholic.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

School of Religion Catechists and Teacher Aides

Do you love your Catholic faith and have a wholesome desire to make a difference in the lives of young children? Every year, over 400 students come through our School of Religion for religious education and preparation for the Sacraments of Reconciliation, Eucharist, and Confirmation. Sixty-five or seventy dedicated volunteer catechists and teacher aides are needed in a variety of grade levels for classes meeting Sunday mornings or Tuesday afternoons. Orientation and training provided.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

Serra Clubs

Serra is an organization of lay men and women whose mission is to promote, affirm and support vocations to the ministerial priesthood and vowed religious life; and to assist its members to recognize and respond to God's call to holiness in their own lives. Membership is open to parishioners in District of Columbia, Montgomery County, and Prince George's County parishes. The Washington club gathers twice monthly on the first Saturday for Mass at 8:30 a.m. in the crypt church at the National Shrine of the Immaculate Conception, followed by a meeting; and on the third Wednesday for Mass at 7:30 a.m. at St. Matthew's Cathedral and for a meeting after the Mass.

Contacts: Washington Club: Mary Anne Corr, 202.362.7259

Charley Missar, 202.363.2571

Downtown Washington Club: John Bayly, 202.363.6703

Second Sunday Morning Lecture Series

The lecture series features faculty from local Catholic institutions of higher learning such as Georgetown University, the Catholic

University of America, and the Dominican House of Studies. Lectures are scheduled from 9-10 a.m. in the chapel in the parish center. Coffee and rolls are served beginning at 8:30 a.m.

Contact:

Michelle Balch, 202.449.3989, mbalch@blessedsacramentdc.org

That Man is You

That Man Is You (TMIY) is a program for men interested in refreshing their spiritual life. TMIY offers a Catholic response to the vacuum of authentic male leadership in the modern world. It is an opportunity to develop and deepen friendships with other parishioners. More importantly, TMIY is a practical way to more fully integrate your faith with your daily life, whether at work or in the family. A core team of Blessed Sacrament parishioners run the sessions.

TMIY participation is challenging. During the fall semester, men meet at 6:15 on 13 consecutive Saturday mornings in the School Auditorium, beginning on September 17 and continuing through the end of the year. The winter/spring session of TMIY begins January 21, 2017. The weekly schedule:

- 6:15 a.m. Continental Breakfast
- 6:30 a.m. Video Presentation
- 7:00 a.m. Small Group Discussion
- 7:45 a.m. Conclusion

Men can register for TMIY at

<http://www.blessedsacramentdc.org/article/calling-all-men-register-now-for-that-man-is-you-tmiy/>.

Contact: John Mueller, muellerjd@aol.com.

Tuesday & Thursday Adult Education with Br. Malachy Broderick

Adult education is offered in the fall and spring on Tuesday and Thursday mornings. The group and the instructor together determine the course of study each year. The Tuesday course and the Thursday course differ, so parishioners can choose to participate in one or both. These courses are free and open to all interested adults.

Contact: Br. Malachy Broderick, 202.364.2932

Walking with Purpose

Walking with Purpose is a women's Catholic Bible study program. It endeavors to meet women where they are, offering practical Bible teaching that is consistent with Church doctrine and uses the Catechism of the Catholic Church as a resource. Walking with Purpose aims to bring women into a deeper personal relationship with Jesus Christ through personal study and small-group discussion that links everyday challenges and struggles with the solutions the teachings of Christ and the Church offer. There are three elements: at-home study, weekly small-group meetings, and a monthly talk on course material. Most courses consist of 22 lessons, although one short course contains only six.

Walking with Purpose meets Tuesdays from 8:45-10:45 a.m. in the Parish Center. Please register at <http://www.blessedsacramentdc.org/article/register-today-for-walking-with-purpose/>.

Contacts: Pam Kelly, 202.320.3340, pamelagkelly@gmail.com
Jennifer Patterson, 202.302.0391, jenpatter@aol.com

Wednesday Evening Bible Study

The Wednesday evening Bible study uses *The Great Adventure: A Journey through the Bible* video and discussion series produced by Ascension Press and narrated by theologian Jeff Cavins. This three-part series provides a simple Catholic approach to Scripture study that treats the Bible story in its historical, cultural and literary context. Each student also has independent internet access to the videos for any sessions they may miss or want to repeat.

Unlocking the Mystery of the Bible is a four-week course that makes reading the Bible not only easy but exciting! You will learn about the leading people, places, events and themes of the Bible—the “big picture” of salvation history. This course will be offered in the School Auditorium on September 7, 14, 21 and 28. Mark your calendar and come learn more about the “greatest story ever told.”

Acts: The Spread of the Kingdom is a 20-week course that explores the story of the early Church and demonstrates how it is important for us today. Enrich and deepen your faith as you learn how the Apostles continued Christ's mission on Earth through the power of the Holy Spirit. Join us in the School Auditorium every Wednesday evening from October 5 through December 14, 2016 and January 4 through April 19, 2017 from 7:00 – 8:30.

You can register at www.ascensionpress.com. Your registration includes the materials and access to stream the online study videos at your convenience.

Contact: Ceil Malphrus, 301.233.2703, ceilmalphrus@verizon.net
Mary Donovan, 918.812.1333, mamadonovan4@gmail.com.

Women's Retreat Weekend

The weekend retreat at Loyola Retreat House in Faulkner, MD, assists individuals in their spiritual growth in an atmosphere of prayer and silence. Each year, a different theme is developed in order to encourage an ongoing spiritual journey. Generous blocks of time are provided for prayer and personal reflection. The retreat enables women of the parish to cultivate a deeper relationship with God. Visit www.loyolaretreat.com to register, or contact Loyola at 301.392.0801.

Contact:

Jessica Walsh, 301.385.9713, jessica@cosmocontracting.com

Young Adult Ministry

Young adults are encouraged to participate in current adult formation events, especially Faith on Tap. In addition, young adult events are organized periodically throughout the year. See the ministry's Facebook page, "Blessed Sacrament Young Adult Group," for more information. This ministry is in need of a young adult core team, and interested young adults are encouraged to volunteer.

Contact: Michelle Balch, mbalch@blessedsacramentdc.org

Youth Ministry

Blessed Sacrament's Youth Ministry offers programs for middle school and high school students. Faith & Service (middle school) meets on the first Friday of each month. Dinner & Discussion (high school) meets on the second Friday of each month. Training is provided for high school teens and adults who help lead these ministries. There are also monthly social outings and events such as a bonfire night, retreats, a Christmas party, a sailing trip, etc. We are always looking for committed adult volunteers and new teen participants.

Contact: Casey Armand, carmand@blessedsacramentdc.org

OUTREACH COMMISSION

The Outreach Commission coordinates the ministries of social service, and peace and justice, for the benefit of parishioners and the larger community.

Co-Chairs: Bernice Todaro, btodaro@gmail.com

Steve Malphrus, stevemalphrus@verizon.net

Advent Wreath Workshop

The Advent Wreath Workshop meets once a year on the first Sunday of Advent. Volunteers cut fresh greens and prepare kits prior to the workshop. Making an Advent wreath has become a tradition for many parishioners to help prepare homes and hearts for the coming of the Christ Child. Volunteers publicize the workshop and set up/clean up on the day of the workshop.

Contact: Suzanne Spierron Gilmore, 202.656.3290, spierron@his.com

Alternative Giving

Parishioners have the opportunity to celebrate Christmas by giving family and friends the gift of benefiting the poor. Participants can donate money to a variety of social service programs. In return, donors receive personalized Christmas cards inscribed with donor certificates to give to their family and friends.

Contact: Michele Bowe, 301.951.6427, michele.bowe@verizon.net

Archdiocese Legislative Network

The Archdiocese Legislative Network advocates for the most poor and vulnerable citizens living in the District of Columbia. The network organizes a yearly DC Lobby Day and Clergy Lobby Day to share Catholic concerns with District City Council members, network and network members.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Blessed Sacrament Soup Kitchen

Each Monday morning Blessed Sacrament Soup Kitchen volunteers prepare and serve a substantial lunch to homeless individuals and families in the District. Supplies are purchased with money donated at the church entrances on the first Sunday of the month, designated as Outreach Sundays. Volunteers are needed to pick up food donations from local grocery stores and to work at the Soup Kitchen.

Contacts:

Kathy Beal, 301.881.7711, kredpathbeal@gmail.com

Ann Cooper, 202.362.9719, oconnorann@verizon.net

Christmas Giving Tree

This program collects gifts for about 600 needy children. Parishioners choose stars with gift requests from a Giving Tree or download them online, and deliver their gifts to the church on a designated weekend. Volunteers are needed to help distribute the stars, collect the gifts, and deliver them to recipient Catholic charities.

Contact: Ann O'Brien, 301.467.3846, annobrien74@yahoo.com

Christmas Personal Care Gifts/Blessed Sacrament Soup Kitchen

Parishioners and school families donate soap, toothbrushes, toothpaste, deodorant, and Chap Stick. School children stuff warm winter socks with these gifts and distribute them to needy individuals and families served at the Blessed Sacrament Soup Kitchen.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Christmas Tree Sale

The annual Christmas tree sale begins immediately after Thanksgiving, with all profits going to local charities. High school volunteers can earn service hours by working the sale.

Contacts:

Ann Cooper, 202.362.3792, oconnorann@verizon.net

John Stacks, 202.680.0914, johnstacks47@gmail.com

Community Garden

Gardeners of all levels are invited to plant and maintain fruits and vegetables in the “Community Garden” located on the rectory grounds or in their own gardens. This healthy food is donated to needy individuals and/or local soup kitchens.

Contacts:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Lisa Greenberg, 301.657.3457, eogreenberg@gmail.com

Companionship Ministry

Volunteers are needed to visit the homebound and to distribute CDs and reading materials.

Contact: Ellen Roth, 202.449.3974, eroth@blessedsacramentdc.org

Empty Bowls

The Empty Bowls program benefits SOME (So Others May Eat), a Catholic non-profit agency assisting homeless individuals and families. Local artists donate ceramic bowls and area merchants donate menu items to fill them. Parishioners then purchase the bowls and enjoy a simple supper. All profits support SOME programs.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Environmental Action Committee

The committee helps “green” the parish, and plans educational events for Blessed Sacrament Parish and School.

Contact: Kevin Kelly, 301.564.9449, kellyk301@yahoo.com

Flu Shots

A flu clinic is offered yearly to parishioners through the MedStar Nurses Association.

Contact: Karen Vittone, 301.585.0952, karen@vittone.com

Food and Clothing Ministry

The Social Concerns Office accepts gently used clothing for donation to homeless individuals and local shelters. Donations are accepted Monday - Friday, 10 a.m.-1 p.m., or by appointment.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Good Faith Communities Coalition

In 2014, Blessed Sacrament joined Good Faith Communities Coalition, an alliance of faith-based agencies and faith communities advocating for affordable housing and other solutions to homelessness. Parishioners participate as members of a Washington DC parish, rather than as residents of a particular jurisdiction. The Coalition both educates and advocates from the point of view that the City budget is a moral document, reflecting our priorities and our care for less fortunate brothers and sisters.

Contact: Brianna Murphy, murphy@mrisc.com

Greg Gannon Canned Food Drive

More than two decades ago, Greg Gannon and his wife Maureen started a canned food drive which has grown greatly, even expanding to other local parishes. The drive takes place on the first Saturday in December. Each year, more than 600 adults and children collect and process over 70,000 cans of food for the needy. The day begins with a blessing in the church and ends with lunch and fellowship in the school cafeteria. The committee is looking for individuals and families to continue this tradition that directly supports local food banks.

Contacts:

Meredith Ficca, 301.654.1871

Rick Gannon, 703.725.8804, rickgannon3211@gmail.com

Helping Hands Transportation

The Social Concerns Office invites volunteers to assist parishioners with rides to Mass, medical appointments, and other important engagements.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Hunger Mass

On the Friday after Ash Wednesday, the Social Concerns Office sponsors a speaker at the 5:30 p.m. Mass to address hunger issues in the metropolitan area. A collection is taken at Mass and the funds collected are distributed directly to the poor.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Just Faith

Just Faith is both a formation process and a spiritual journey. Groups meet weekly to enjoy books, videos, speakers, discussion, prayer, retreats, and experiences in justice education. This is an excellent faith formation program for those hungering for a deeper relationship with God and a greater understanding of Catholic social teaching. The program begins yearly in the fall. Check late summer bulletins or the parish website for timely information.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Maryland Legislative Network

The network reports on legislative issues in Maryland and on Capitol Hill. Periodic alerts provide information on specific issues, along with the addresses and phone numbers of legislators. Network members attend briefings on key issues once or twice a year and join in lobbying efforts in Annapolis and on Capitol Hill.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

MiniWalk for the Homeless

At this fun event, parishioners “walk the block” for social justice. The walk raises funds for programs that support homeless individuals and families. A reception is held in the parish center after the walk.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Mother’s Day Carnation Sale

Pro-life volunteers are needed to sell carnations at Masses to help raise funds for the Northwest Pregnancy Center, which provides assistance to pregnant women and their families.

Contact: Mary Anne Corr, 202.362.7259

Operation Rice Bowl

Catholic Relief Services’ Operation Rice Bowl makes a real difference in the lives of poor people. During Lent, Blessed Sacrament parishioners join millions of Catholics reaching out to assist our brothers and sisters around the world by sharing a simple meal. More than just a fund raiser, Operation Rice Bowl is an “awareness raiser” using traditional Lenten practices of prayer, fasting, and giving in solidarity with the poor. Materials are provided to all participants and donations go directly to Catholic Relief Services.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Poor Box Ministry

The local organizations chosen each year to receive parish Poor Box donations reflect the broad range of need within our community: at-risk youth, people with disabilities, the homeless, disadvantaged children, the sick and the dying, people emerging from prison, and so on. Suggestions for future recipients are welcome.

Contact: Ann Cooper, 202.362.3792, oconnorann@verizon.net

Project Baby Bottle Campaign

Blessed Sacrament students perform services and donate the money they make, filling baby bottles provided for the campaign. Funds collected are donated to both the Gabriel Network and Gabriel Project.

Contact: Kerry Matejik, kmatejik@blessedsacramentdc.org

Pro Life

Pro-life volunteers work in parish life programs and support the local agencies listed below. The Blessed Sacrament coordinator is MaryAnne Corr, 202.362.7259.

- *Centro Tepeyac*. This agency offers assistance to anyone facing a problem pregnancy or facing post-abortion stress.
Contact: Steve Seater, 240.888.5453
- *Damian Ministries*. This ministry serves those living with HIV/AIDS.
Contact: Gail Oliver, g.oliver@damienministries.org
- *Gabriel Network Ministry*. The network assists women in crisis pregnancies.
Contact: Rick Yanchuleff, 800.264.3565, Ext.309
- *Northwest Pregnancy Center and Maternity Home*. This center provides assistance and transitional housing to pregnant women.
Contact: Susan Gallucci, 202.483.7008,
northwestcenter@verizon.net
- *Gabriel Project Catholic Cluster of Montgomery County*.
Contacts: Diane & Budne Reinke, 301.946.4815
- *Project Rachel*. This is a post-abortion healing ministry sponsored by the Archdiocese of Washington. Contact: Julia Shelava, 301.982.2008
- *Sanctuaries for Life*. Sponsored by the Archdiocese of Washington, this program provides pre- and postnatal care to expectant mothers.
Contact: Michelle Williams, 301.441.1472, Ext. 122,
michelle.williams@catholiccharities.org

- *St. Ann's Center for Children, Youth and Families.*
The center provides transitional housing and supportive services to at-risk children, youth and families in the Washington area who are affected by abuse, neglect, teen pregnancy, and homelessness.
Contact: Sister Mary Bader, 301.559.5500

School Supply Drive for Sister School

Each fall, parishioners and school families donate school supplies to St. Thomas More School, located in Southeast Washington.

Contact: Pat Kavanaugh, pkavanaugh@blessedsacramentdc.org

Secret Santa

Parishioners and school families become "Secret Santas" and donate money to the Social Concerns Office to purchase bulk discounted grocery gift cards for individuals and families at our sister parish and school, St. Thomas More in Southeast Washington.

Contact: Pat Kavanaugh, pkavanaugh@blessedsacramentdc.org

SHARE Food Co-op

SHARE actively harnesses its wholesale buying power and cadre of volunteers to make affordable and nutritious food available on a cost-effective basis. \$21 buys about \$43 worth of quality, nutritious, and varied food items. Monthly special packages featuring seafood, poultry, meat and produce items are also available. Some participants order a monthly SHARE Value Package for themselves and purchase another package to donate to a needy family. Since its inception, SHARE has relied on generous donations from parishioners to provide monthly food packages to those in need. To view the monthly selections and for the monthly order form, visit the parish website.

Contact: Tim Gorman, 301.657.3222, timothy.gorman@verizon.net

Social Concerns Day of Reflection

During the Lenten Season, the Social Concerns Office organizes a Day of Reflection to focus on a particular aspect or current issue in Catholic social teaching. The day begins with Mass, followed by a speaker, and concludes with lunch.

Contact: Pat Kavanaugh, pkavanaugh@blessedsacramentdc.org

SOME and Christ House “Provide-A-Meal” Group

Prepare a casserole, make telephone calls, or pick up and deliver meals to SOME (So Others May Eat), an interfaith center, and/or to Christ House Medical Shelter, a health care facility for the homeless. Volunteers deliver the main meal to SOME on the second Friday of the month and to Christ House on the third Friday of the month. This rewarding ministry always needs more cooks and drivers to pick up and deliver meals.

Contact: Emily Swartz, 202.244.1691, emily.c.swartz@gmail.com

Thanksgiving Baskets

Blessed Sacrament students bring non-perishable food, and give money to buy certificates for turkeys and other fresh foods. These donations are organized into Thanksgiving dinner baskets for needy families. Other parishioners are invited to join in!

Contact: Michele Bowe, 301.951.6427, michele.bowe@verizon.net

Tithe Giving Project

Yearly, Blessed Sacrament allocates gross revenues to selected charities. In the spring, the parish solicits proposals from community groups. Proposals must be sponsored by a parishioner, and charities may apply only once in a three-year period. Volunteers are needed to review proposals and select organizations to receive funds.

Contact:

Pat Kavanaugh, 202.449.3987, pkavanaugh@blessedsacramentdc.org

Wellness Committee

The Wellness Committee is a group of parishioners offering time and talent towards educating and assisting our fellow parishioners in the areas of spirituality, health and wellness. The Wellness Committee aims to promote the physical, social, mental and spiritual well-being of parishioners, and also to promote a healthy and healing community at Blessed Sacrament.

Contacts:

Pat O'Hare, 301.654.5777, ohare@georgetown.edu

Carol Kaplun, 202.895.9477, ckaplun@iona.org

WORSHIP COMMISSION

The Worship Commission gives direction to the liturgical life of the parish, supporting the full, conscious, and active participation of the faithful in the celebration of the Eucharist. The commission coordinates the work of the large group of dedicated volunteers who serve in worship ministries. It also assists the Liturgical Planning Committee in seasonal planning for weekend Masses and other liturgies.

*David Gardiner, Chair, 240.678.3506,
dmgardiner@gardinerhall.com*

Altar Servers and Extraordinary Ministries of the Eucharist

Servers assist the liturgical ministers during Mass by handling the Sacramentary, altar vessels and linens, cross, and candles. Volunteers serve once or twice a month, arriving 15 minutes early and leaving 10 minutes after every liturgy. Altar servers attend one-hour training sessions scheduled throughout the year.

Contacts: James Strahota, 240.447.2935, jpstra83@hotmail.com

Arimatheans

The Arimatheans are a group of men and women of the parish who serve funeral Masses. The name "Arimathean" is a tribute to Joseph of Arimathea, who took the initiative in the burial of Our Lord (Mark 15:42-46). Essentially, the duties are the same as those of altar servers at all other Eucharistic liturgies, with the exception of the opening and closing ceremonies peculiar to Masses of the Resurrection. They also serve the 11 a.m. Masses Monday through Friday. A chairperson schedules members as funerals arise. Another Arimathean acts as backup and relieves the chairperson when necessary. In most cases, very little training is required; the chairperson, with the help of the associate pastor who oversees the Arimathean service, will provide assistance to anyone who requests help to become an altar server.

Contacts: Edward Finn, ejfynn724@aim.com
Cleo Tavani, cleotava@verizon.net

Art and Environment Committee

The committee comprises a group of parishioners who decorate the church and gym for all liturgical seasons and feasts. They are a collection of men and women who are handy with vacuums and brooms, hammers and electric drills, needles and thread, floral wire and staples, steamers and table saws, etc., strictly behind the scenes. No talent is too small or too obscure. The committee works in close collaboration with the Sanctuary Sodality, which is responsible for the provision and maintenance of the sacred vessels and vestments, as well as other needs for the liturgy. Volunteers are needed on a seasonal or regular basis.

Contacts:

David Gardiner, 240.678.3506, dmgardiner@gardinerhall.com

Carolyn Bemis, 202.363.0973, bemis.c@verizon.net

Bell Choir

The choir rehearses Thursday 7:30-8:30 p.m. in the chapel in the parish center and enhances liturgies throughout the year.

Contact: JayRader, 202.449.3981, jayrader@blessedsacramentdc.org

Chapel Singers

The Chapel Singers is an a cappella group that performs at area senior residences and various parish functions. Repertoire includes sacred and secular music from swing, folk, gospel, and traditional genres. Rehearsal is on Monday evenings in the chapel in the parish center from 7:30-9 p.m.

Contact: Ginny Curtin, 202.686.7058, gucurtin@gmail.com

Children's Choir

Singers lead the congregation in prayerful song and attend a weekly rehearsal, Thursdays from 3:15-4:15 p.m.

Contact: Brigid Forcey, 202.257.8022, bforcey@blessedsacramentdc.org

Children's Liturgy of the Word (Gym Mass)

Got kids? Going to the Gym Mass anyway, even once or twice a month? Help make the Liturgy of the Word more meaningful for young children, ages four through third grade. The Children's Liturgy of the Word meets approximately twice a month during the school

year. Children are led out of Mass to experience a child-friendly liturgy, which includes modified versions of the Sunday readings and Gospel, a homily discussion and/or activity related to the week's theme, and a modified version of the Creed. Volunteers are asked to:

- Attend one 60-minute information/training session at the beginning of the year,
- Arrive 30 minutes before Mass on their scheduled dates for setup and planning (10 a.m.), and
- Spend approximately 20-60 minutes at home preparing for the week's Gospel and homily-related activity (length of time depends upon weekly responsibilities).

Volunteer support is needed to continue providing this opportunity for parish families. A larger team would make it possible to limit the number of times per month that any one volunteer is required to lead. There are approximately 20 liturgies per year, and a team of three or four volunteers is needed each week.

Contact: Dr. Angela Marchese, 504.296.2112, angela8m99@aol.com

Extraordinary Ministers of Holy Communion

Extraordinary Ministers assist with the distribution of the Most Precious Body and Blood of Christ. An initial brief interview with the coordinator, who briefly explains the ministry and the logistics of serving as a minister, is followed by an interview with one of our priests. Candidates are commissioned after attending a training session.

Contact: Christy Reap, 202.686.6521, christine.reap@gmail.com

5:30 p.m. Sunday Mass Choir

This group of teens and adult singers and instrumentalists meets at 4:15 p.m. on Sunday afternoons in the parish center to prepare for that evening's 5:30 Mass. The choir performs music drawn from various styles and traditions, but emphasizes contemporary songs, including new praise and worship music.

Contact: Ginny Curtin, 202.686.7058, gucurtin@gmail.com

Gym Mass Choir

Volunteers provide music for the 10:30 a.m. Sunday Gym Mass from September through June. Members rehearse Thursdays at 7:30 p.m. in the choir room, and as needed during the holiday season.

Contact: Dr. Angela Marchese, 504.296.2112, angela8m99@aol.com

Gym Mass Committee

The committee organizes worship at the 10:30 a.m. Sunday Mass in the school gym, and encourages the congregation's participation in order to enhance the sense of worship. The Gym Mass Committee volunteers help with many activities, including:

- Arranging a host family to greet the worshipers, assist with the collection, collect weekly food donations, and carry gifts to the priest;
- Organizing Hospitality Sunday, held once a month in the school auditorium after the 10:30 a.m. Sunday Mass: a social event for parishioners where coffee and doughnuts are provided by committee volunteers;
- Organizing the children's liturgy three or four times a month: this activity involves presenting the message of the Gospel to children in a manner that encourages their understanding (for children ages 3 – 10).
- Organizing and scheduling ushers to help seat parishioners and support the host family;
- Organizing the committee's largest charity endeavor, the annual Christmas Giving Tree, an event that requires a large number of volunteers to help provide Christmas gifts to the needy in the Washington area;
- Organizing the Passion Play on Palm Sunday, which is performed by children from the parish;
- Working with the Art and Environment Committee to enhance the worship experience; and
- Organizing the Outdoor Family Mass and Picnic.

Contact: Dr. Angela Marchese, 504.296.2112, angela8m99@aol.com

Instrumentalists

Musicians play the piano, organ or other instrument at Mass at least monthly.

Contact: JayRader, 202.449.3981, jayrader@blessedsacramentdc.org

Ministry of Hospitality (Ushers)

Ushers arrive 15 minutes before each weekend Mass, and any special Masses requiring ushers. They greet people, assist with the Offertory collection and procession and recession, distribute materials, and maintain order. Ushers agree to a weekly commitment, attend an initial training and an annual formation session. Additional volunteers are needed in order to fully staff each regular Mass.

Contact: Poli Marmolejos, 202.360.7460, pmarmolejos@verizon.net

Ministry of the Word (Lectors)

Lectors serve the parish community by proclaiming the readings at weekday and Sunday Masses. The lector schedule is prepared quarterly, and most Sunday lectors read two or three times each quarter. Weekday lectors typically read once a week or twice a month, although schedules vary. New volunteers must attend a training session, typically offered once a year. Teens are most welcome to volunteer, beginning in eighth grade.

Contact: Erika Jones, 202.362.2979, ejones@mayerbrown.com

Principal Choir

The choir provides music for the Sunday, 10:30 a.m. church Mass from September through June, rehearsing on Wednesdays, 7:30– 9:30 p.m. in the choir room.

Contact: JayRader, 202.449.3981, jayrader@blessedsacramentdc.org

Sanctuary Sodality

The Sanctuary Sodality is open to all women parishioners, and also to women at parishes that do not have sodalities. Women in the process of being received into the Catholic Church are also welcome to join. Current information (including contact information) for Sanctuary Sodality officers is on the parish website and can also be obtained by calling the parish office.

The Sodality's primary responsibilities to the parish are weekly altar duty—cleaning and preparing the worship space and sacred vessels and linens—that individual Sodalists typically perform once or twice each year, and the annual Sodality Bazaar that raises money for both the parish and the Sodality's own chosen charities. Sodalists support and participate in a wide range of local organizations, including the Christ Child Society, Washington Middle School for Girls, Don Bosco Cristo Rey High School, DC Diaper Bank, and Literacy Volunteers of America. Sodality units often engage in direct service activities as a group—gather clothing for prisoners completing sentences, put bag lunches together for the Catholic Charities Cup of Joe Program, etc. The scope of activities is chosen by and tailored to the capacities of each unit's members.

Sodalists are called to be the presence of the Blessed Mother in our parish community and the wider world. They are married or single, parents or not, employed, retired, or working at home. They are organized into units named for attributes of Mary, organized basically by stage of life, because members look to share joys and sorrows with one another over time. Units meet monthly for fellowship and prayer, and are active in a charitable endeavor chosen by the unit. General meetings are also held monthly, open to members of all units able to attend. Reflecting its Marian devotion, the Sodality holds a dinner each fall and spring featuring a guest speaker.

Prospective members are encouraged to explore existing units, but it is always possible for groups of women to form new units.

Contact: www.blessedsacramentdc.org



SHRINE OF THE MOST
**BLESSED
SACRAMENT**

3630 Quesada Street, NW
Washington, D.C. 20015
202.966.6575
www.blessedsacramentdc.org