

Nineteenth Sunday in Ordinary Time – August 12, 2018

BREAD OF LIFE THAT HEALS THE SOUL

There are 3 Sacraments of Healing: The Anointing of the Sick, Confession (Penance), and the Holy Eucharist. This Sunday let us remember that the Eucharist can heal us.

Anorexia is a serious disease of modern times. When bread/food is most abundant in rich countries, people lose their appetite. It is interesting that anorexia is rare in poor countries. Scientists say that it is a psychosomatic syndrome. The Eucharist is bread come down from heaven. It is bread that gives life. *"Whoever eats it will live forever."* For lack of responsibility, **many Christians are systematically deprived of the Eucharist.** It is a kind of suicide by starvation because this weakness can lead to a death of the soul. Likewise, many Catholics refuse or delay going to confession which instead of making them stronger or more controlled leads to them becoming very weak and falling into more and more sins.

1. The anorexia of the soul can be our defeatism/discouragement. We cannot avoid in our lives the arrival of extreme situations of physical and moral suffering that lay us low. How do we usually react? Normally we go through three stages: **1st** we deny that the evil we are experiencing is real; we believe that the ills of others would never happen to us. The diagnosis of a tumor, job loss, an aborted project, the death of a child, a failed test, etc... Then we recognize the reality, but we rebel against it: Why me? The others are at fault! Why does God not intervene? This makes me lose faith! My life has no meaning I'd rather die! Finally, we accept it with resignation because we see no escape. Only with the help of God will we accept it with love.

2. We lock ourselves in vicious circles. The defeatist would rather sit under the tree to die, but you can find reasons to be optimistic. Optimism makes a harsh road bearable. The defeatist has three lives within the soul: the past, present, and future. All of them disturb him. He is convinced that their faults, illnesses, and failures will happen again.

The pessimist carries the root of his troubles in his own thoughts: He only sees one part of the truth, the darkest. He is color blind. The one-sided view of the world and of things makes him unhappy, unsociable, and unpleasant. Joseph Zuhr says that "Pessimism overshadows one's existence, numbs dynamism, saps energy, paralyzes action, and finally ends in discouragement and despair. That is, it ends in the destruction of life." Pessimism is a contagious disease and a form of moral decay.

3. "Get up and eat for the way is long!" God always sends his angel at the right time. And the sacrament of

the Eucharist is the very person of Jesus who feeds us only if we eat it with the necessary dispositions--if so we receive every grace we need at that time.

Unfortunately, there are many "anorexics" who lose their appetite for God. They stop eating, so they are sterile and are in danger of starvation. Let us resolve not to let this plague called discouragement, weariness, defeatism enter our souls. Let us cultivate optimism and high ideals. Let us say like Peter, *Lord, to whom shall we go? Only you have the words of eternal life.*"

Father Blake Evans, Pastor

True Devotion (Consecration) to Mary at Nativity!



We continue our journey to entrust ourselves to Mary by the Solemnity of the Assumption or the days following. Ms. Tolnay will do a brief talk after the 10am Mass in the Lounge

"O Jesus Living in Mary Come and live in Thy servants, In the spirit of Thy holiness, In the fullness of Thy might, In the truth of Thy virtues, In the perfection of Thy ways, In the communion of Thy mysteries; Subdue every hostile power In Thy spirit, for the glory of the Father. Amen." - St. Louis Grignon de Montfort



Dominicans - 800 Years! The Order of St. Dominic (the Order of Preachers) continues celebrating 800 years of service to the Church. This Fall a Dominican brother will be assisting us at the parish. Did you know...St. Louis Bertrand OP (canonized in 1671) is one

of the patrons of the US Virgin Islands? Born in Valencia Spain his father was related to St. Vincent Ferrer. Bertand joined the Dominicans served in Colombia where he converted more than 10 thousand souls. His work in the Caribbean leeward Islands did not bear fruit until he worked in St. Thomas and the isle of St. Vincent in the West Indies. He lived 1526-1581.



Walking in a New Life!

*Sterling Kambili McCuiston
Emely Sofia Jiron Mendez
Matías Isaac Valle Vasquez
Ariadna Casey Valle Vasquez
Jessica Denise Rickman*

Mass Intentions for the Week

August 11 - 18, 2018

Sat. 8/11	8:00 am	Legion of Mary Members DC/MD.
	5:30pm	People of the Parish
Sun. 8/12	8:00am	+Alexander Blake, Martyr
	10:00am	+Hazel Mosby-McAllister
	1:00 pm	Nativity Spanish community
Mon. 8/13	Noon	Morris T. Carter, Jr.
Tue. 8/14	Noon	Mount St. Mary University & Seminary – All Alumni
	5:30pm	All parishioners
Wed. 8/15	Noon	All parishioners
	7:00pm	All parishioners (bilingual)
Thu. 8/16	Noon	St. Jude Cath. School Alumni (deceased)
Fri. 8/17	Noon	+Olga Perkovic
Sat. 8/18	8:00 am	+Michael Kelly
	5:30pm	+Johnathan Courtney Brown

Additional Masses: Off-campus offered this week for

Healing: Sheryl Newman, Sydney Horge (4), Ortega-Lowey families (3); Rafaela Evans (7)

Rest in Peace: Nativity Parishioners/Alumni (5); Souls in Purgatory (2); + Fr. Robert Zylla, +Fr. G. Ralph Duffy, +Fr. Winthrop Brainerd, all of ADW.

Please pray for the sick of our Parish:

*Alice R. Allen, *Amina Anderson-Pringle, *Ann Butler, *William Cammack, *Lukas Pastier, *Carla Andrea Catacora, *Shawn Coleman, *William Corbel, *Maria Cruz, *Maurice & Flora Detiege *Rafaela Evans, *Kevin Fagan, *Isel Fitzgerald, *Dion A. Fortune, *Linda Foster, *Charlie Gick, *John Green, Sr., *Janet Henery, *Blanca Hernandez, *Lawrence C. Hill, *Lee Hobbs, * Sydney Horge, *Francis Howard, *Elaine Hunt, *Helen Hurd, *Larry Ivy, *Geraldine Jones, *Odile Kalla, *Michael Kelly, *Busara Keneddy, *Claude Kolthoff, *Betty Lawton, *Yavonna Lewis, *Sandra Lucas, *Eric Malcolm, *Edwin & Regina Mbanude, *Theresa McNair, *Edith Mebane, *Maria Magdalena Medrano, *Agnes Moore, *Gina Myers, *Iris Newman, *Sheryl Newman, *D. Cynhia Peters, *James Pope, *Margaret Pope, *Dorothy Richburg, *Rosa Maria Santos, *Bonafacio Selayo *Delores Sloan, *Adrian Smith, *Alice Smith, *Bernadette Smith, *Theresa Smith, *Louise Sweatt, *Suzie Thompson, *Emily Towles, *Dominic Valentine, *Dorothy Waring, *Alberta Williams, *Paul Williams, *Florentina Zoretta

Power Up: The ADW Real Estate Office has informed us that DC parishes will be adding solar power panels where possible (not on the roofs of historic Church structures though). **Preliminary** meetings have begun, and one parish has already started installations. Details to come. A discussion of adding covered areas in the parking lot could potentially also add lighting for evening/night time hours thus improving safety.

ATTENDANCE REPORT

8/5/18

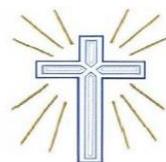
Attendance: 474 souls

Offerings & Tithes: \$9,663.09

Spanish Mass: \$1,149.65

Utility fund: \$235

Catholic Communications and Human Development: \$382.59



Rest In Peace

Fr. Winthrop J. Brainerd, 78. ADW, Funeral at Saint Anthony of Padua Parish on August 6th.

Evangeline Emma Essel Raphael, 55 - Funeral at Nativity on Aug. 10th

Eternal Rest Grant Unto them, oh Lord

Nativity Sodality will meet on Sunday, September 2nd. after the 8am Mass. All Sodalists are encouraged to arrive at 7:30am for the praying of the rosary. All are welcome. After the Mass, the Sodality will meet in the church lounge for the regular business meeting.

Saint John Paul II National Shrine
3900 Harewood Rd., NE. Washington, DC 20017

SPECIAL ACTIVITIES

Visit the official World Youth Day Pilgrim Cross and Icon. Saturday, August 25. Join us for a special visit of the World Youth Day Pilgrim Cross and Icon as they make their way to Panama for the 2019 World Youth Day in January.

Stronger – A Men's Retreat. Saturday, September 22. A retreat focused on strengthening Christian leadership in men so that each man can learn to be the great leader that God calls him to be.



The Social Outreach Committee is collecting school supplies (notebooks, backpacks, pencils, paper, folders etc.) for children in the Parish. The distribution will take place on Sunday, August 19th, 2018 in the

Church Lounge after the 10:30 am mass 11:30 am until 1:00 pm. Those in need of school supplies should fill out one of these forms. Please drop the bottom part in the collection basket at Mass before August 19th. You do not need to put your name on the form.