



January 4, 2026



**THE EPIPHANY
OF THE LORD**

**MASS INTENTIONS
OF THE WEEK**

Requested by

SATURDAY, JANUARY 3

Fr. W 8:30 AM Sara Smith Smith
CONFESSIONS 4:15– 5:15PM

THE EPIPHANY OF THE LORD

Fr. L 5:30 PM Chris Remington McDermott

SUNDAY, JANUARY 4, 2026

Fr. W 7:30 AM Amy Barrett Buffalano
Fr. L 9:30 AM Fay Ryan Montes de Oca
Fr. W 11:30AM For the People Pastor

MONDAY, JANUARY 5

Fr. L 6:45 AM Chris Shunk Graham
Fr. W 9:00 AM Edmund O'Connor Inzeo

TUESDAY, JANUARY 6

Fr. W 6:45AM Bernard Goodrich M. Conley
Fr. L 9:00 AM Jim Ronan Ronan

WEDNESDAY, JANUARY 7

Fr. L 6:45 AM John Holmes McLaughlin
Fr. W 9:00 PM Florent B. Hughes Parishioners

THURSDAY, JANUARY 8

Fr. W 7:30 AM Shirley Munroe Robey
Fr. L 9:30 AM John Kirk Sr. Kuzma

FRIDAY, JANUARY 9

Fr. W 6:45 AM Mary Metz Hickman M. Conley
Fr. L 9:00 AM Suzanne Shaffer Robey

SATURDAY, JANUARY 10

Fr. L 8:30 AM Herb & Margaret Young Young

CONFESSIONS 4:15-5:15 PM

THE BAPTISM OF THE LORD

Fr. F 5:30 PM Mary Grace Yoa Worch

SUNDAY, JANUARY 11, 2025

Fr. F 7:30 AM Int. of Sheena Gary M. Priest
Fr. W 9:30 AM For the People Pastor
Fr. L 11:30 AM Michael Bruggeman Lukacs

Fr. L= Fr. LaHood; Fr. W = Fr. Winslow;
 Fr. F =Fr. Fields; M= Deacon Mitchell

Clergy schedules subject to change

**Next Sunday's
Readings**

The Baptism of the Lord

Is 42:1-4, 6-7; Acts 10:34-38; Mt 3:13-17 (21)

Catholic in Recovery
 is coming to
Holy Redeemer

TUESDAYS
 @ 7:30 p.m.



catholicinrecovery.com

Sunday Masses Saturday: 5:30 PM

Sunday: 7:30, 9:30 & 11:30 AM

Weekday Masses Monday-Friday:

6:45 AM & 9:00 AM

Saturday: 8:30 AM

Holy Day of Obligation Masses 6:45 AM, 9:00 AM and 7:30 PM Unless stated otherwise in the bulletin

Confessions Saturday 4:15 – 5:15 PM

Baptisms are being scheduled; please contact the rectory office to begin the process.

Marriages: Consult one of the parish priests at least six months in advance, call 301-942-2333.

Adoration of the Blessed Sacrament
 Monday – Friday 4:00PM—8:30 PM

Nursing Home or Homebound? Please contact the rectory for information regarding Parish services.

Rev. Thomas LaHood, Pastor; 301-679-7119

Fr.LaHood@hrs-ken.org

Rev. John Winslow, Parochial Vicar

johnwinslow@hrs-ken.org 301-679-7117

Fr. Kevin Fields, In Residence

Deacon Stephen Mitchell

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Holy Redeemer Rectory

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Director of Music & Liturgy

Joe Ryan 301-922-8215 j.ryan@hrs-ken.org

Holy Redeemer School

301-942-3701 Fax 301-942-4981

Mr. Thomas Corrigan, Principal 301-679-7112

PRAY FOR THE SICK

Vicki Allen; Brother John Argauer, M M; Meagan Bachmab; Monsignor Bazan; Maria Bustamante; Victor Bustamante; Coley Beggy; Ralph Coan Jr.; Bobi Cofino; Alice Clogg; Dorothy Connolly; Alexis Salazar Cortes; Audrey Caughey; Mary Davenport; Simone Diamond; Kelly Doig; Christian L. Don; Caroline Donovan; Doreen Dyer; Hiroko Susan Enright; Karen Elliott; Ralph Esposito; Richard F.; Al Fleming; John Giacomini; Joseph Gilbert; Richard Hager; Lilia Hayden; Ruth Higgins; Aliyah Hoffman; Kathy Holton; Ellen Joliet; Ann Joliet; Maureen Knowles; Elsa Lucia Jimenez; Ed Landman; Pierron Leef Jr.; Dymrna Magee; John Magee; Tom Maigret; Damian Maldonado; Dominick Marra; Seamus McKechnie; Kathy Metchick; Justin Michael; Stefan Monica; Mary Margaret Monks; Elizabeth Hager Paula Sullivan O'Brien; Montanaro; Dave Obal; Christopher Pautart; Fr. Daniel Firmin, brother of Sarah Osborn; Kathleen (Sisti) Oxley; Liz Pinone; Amelia Perez; Stacy Polyakova; Gerood Roberts; Mr. Rodgers; Joanne Richards; Cindy Rooney; Nelson Rupp; Barbara Scanlon; Victoria Litwin Smith; Christina Sommer; Peter Stathopoulos; Trish Tornillo; Ann Turner; Dale Umholtz; Robert Umholtz; Joseph Yao; Beatriz Elena Yepes; Tara Valariano; Will Valentine; Ray Shane Weingard; Alan Willsey; Ray Whitehurst; Judy Whitehurst; Mike Zeigler

PRAY FOR THE DECEASED

Bob Argauer

HR Women's Group - January 2026 Kickoff Event

Please join us as we begin the New Year - Mark your calendars for **Monday, January 5, 7 pm.** We will have a meditative rosary and Adoration in the Holy Family Chapel (lower level of the church) followed by a social in the community room. All women are welcome - come and bring a friend.

This year Bishop Evelio Menjivar-Ayala will celebrate the **Annual Wedding Anniversary Mass** to honor the Vocation of Marriage on **Saturday, February 14, 2026, 10:00 a.m.** at the Basilica of the National Shrine of the Immaculate Conception. This Annual Mass is a celebration of the living vocation of all couples who provide a Catholic witness to the beauty of the Sacrament of Matrimony. Couples must register with the parish office by Friday, February 6, 2026 to attend the Mass and/or receive a certificate from Cardinal Robert McElroy in honor of their anniversary year. Please call the rectory at 301-942-2333.

Young Adult Spring Bible Study

The Silver Spring Catholic young adult fellowship is hosting a bible study on The Gospel of Matthew. The series runs **January 12 through April 27**, Mondays at 7pm in the Religious Education building at **Christ the King parish** (2301 Colston Dr).

Contact us if you have any questions.

SSCatholicFellowship@gmail.com; facebook.com/SilverSpringCatholic; Instagram @SilverSpringYA."

JANUARY PRO-LIFE EVENTS

SAVE THE DATES

*Friday, January 9, 7:30 pm - March for Life Kick-off Event - KOC Rock Creek Council - 7:30 pm - speaker: Fr. Dan Reehil, 5417 West Cedar Lane, Bethesda, MD

*Sunday, January 18, 5 pm - March for Life Kickoff Rally - Rosensteel KOC, 9707 Rosensteel Avenue, Silver Spring, MD

*Friday, January 23, 1 pm - National March for Life, DC

Exodus 90 will begin on Monday January 5, 2026!

"Exodus 90" is a 90 day spiritual exercise for men that begins on January 5, 2026 and ends on Easter Sunday. The program is based on 3 pillars: Prayer, Asceticism, and Fraternity, which are all important aspects of the Christian life.

Men who join the program will commit and strive to take on the following spiritual exercises:

Make a daily holy hour

Read each day's scripture and reflection

Take short, cold showers

Practice regular intense exercise

Get a full night's sleep (7 or more hours)

Abstain from alcohol

Abstain from desserts and sweets

Abstain from eating between meals

Abstain from soda or sweet drinks (white milk, black coffee, and black tea are permissible)

Abstain from television, movies, or televised sports

Abstain from video games

Abstain from non-essential material purchases

Only listen to music that lifts the soul to God

Only use the computer for work, school, or essential tasks

Only use mobile devices for essential communication (cut out non-essential texting and internet use)

Take Wednesdays and Fridays as days of fasting

Attend weekly fraternity meetings (one hour in length)

Check in with an Anchor (friend doing the program) daily.

Our Fraternity will meet weekly on Wednesday mornings from 5:30-6:30 AM in the Church basement starting on Jan 7, 2026. Optional Rosary begins at 5:10 AM before each meeting. Depending on the number of men who sign up, we may also offer an evening meeting each week as well.

The link to sign up for Exodus 90 is below: <https://app.exodus90.com/j/PGDFDHU-JZUJRW8>

If you have any questions, you can call me at: 240-350-4678 or email me at: rliotta@heights.edu

Merry Christmas and Happy New Year!

Rob