



8601 Wolftrap Road, Vienna, VA 22182-5026 Phone: 703.938.2828 Fax: 703.938.2829 www.olgcva.org ~ www.olgcschool.org Administered by the Oblates of St. Francis de Sales

Mass Times

Daily Mass - 8:30am Saturday Vigil - 5pm Sunday - 7am, 8:00am, 9:30am, 11:15am, 1pm (en español), 5:30pm

Sacrament of Reconciliation

Saturdays after 8:30am Mass or by appt Join the Parish

www.olgcva.org/register

Office Hours

Mon-Fri 9am - 12pm; 12:45pm - 4:30pm Sun Welcome Desk 7:30am - 2:30pm Chapel Open Mon - Fri 7am - 7pm Sat & Sun 7am - 5pm

Schedule an Event

www.olgcva.org/about-us/facilities

Add Item to Bulletin/Media

www.olgcva.org/about-us/communications

Pastor Rev. Matthew Hillyard, OSFS......frhillyard@olgcva.org Parochial Vicar/Outreach Rev. John Dolan, OSFS......frdolan@olgcva.org **Retired** Rev. William Metzger, OSFS Deacon Christopher Moore......cgmoore@olgcva.org School Principal Adrianne Jewett 703.938.3600.....ajewett@olgcschool.org Faith Formation Amy Winkler 703.896.7414......dre@olgcva.org Liturgy/Music/Ministry of Care/Funerals Gerard Hall 703.896.7411....liturgy@olgcva.org Development/Fellowship Amy Schlanger 703.896.7424......development@olgcva.org Communications/Bulletin Irene Zaso 703.896.7412.....communications@olgcva.org Director of Finance Brian Patterson 703.896.7402.....bpatterson@olgcva.org Child Protection Liaison Christine Moan 703.896.7413.....cmoan@olgcva.org Finance Council (Mike O'Grady)......FinanceCouncil@olgcva.org Society of St. Vincent DePaul (Linea de Ayuda) 703.938.3210.....svdp@olgcva.org Women of OLGC (Tita Brett)......OLGCWomen2019@gmail.com Men's Club (Mike Kennedy)......mensclub@olgcva.org Respect Life /Gabriel Project Betsy Argauer 703.255.3744.....betstim@gmail.com Knight of Columbus Santa Maria Council #4654.....www.knightsvienna.org Counseling Catholic Charities Consejería Caridades Catolica......703.425.0109 Información en español Maria Romero 703.896.7419.....welcome@olgcva.org

All through LOVE, and nothing through force or fear.

La Epifanía del Senor

Epiphany of the Lor

Welcome to Our Lady of Good Counsel

We, as members of Our Lady of Good Counsel Parish, strive to witness to the Good News of Jesus Christ by proclaiming our faith, educating ourselves and our children, sharing our persons, resources and gifts in the care and service of one another. We are called to foster an environment of hospitality in accordance with the Spirituality of St. Francis de Sales.

Mass Intentions/Intenciones de la Misa

Sunday, January 5, 2020

7:00am + Edward Lawrence Komarinski

8:00am + Henry Blicharz

9:30am Christopher & Kelly De Senti 20th Wedding Anni.

11:15am + Robert & Irene McLaughlin

1:00pm + Lucila Rosales

5:30pm + Buenaventura Langas

Monday, January 6, 2020

8:30am + Roberto Carvallo

Tuesday, January 7, 2020

8:30am + Susan Dunn

Wednesday, January 8, 2020

8:30am For the OLGC Community

Thursday, January 9, 2020

8:30am + Elizabeth C. Meehan

Friday, January 10, 2020

8:30am + Col. Gerald J. Hrastar

Saturday, January 11, 2020

8:30am + Henry Anthony Blicharz

5:00pm + Charles & Doris Kettner

Sunday, January 12, 2020

7:00am The Kessler & O'Dea Families

8:00am + Stanley Kozlowski

9:30am + James Geraghty

11:15am + Policarpo Cener

1:00pm + Arturo Montano

5:30pm Souls in Purgatory

Please keep the deceased in your prayers James "Jim" Dingell, Catherine Foresman, and Dorothy Naimoli.

Book of Prayer Intentions: All can add names of the sick, those who have died and any other special intentions to the book in the Narthex. A petition in our prayer of the faithful includes all those noted in the book.

All Funerals held at OLGC are posted on the website calendar and Funeral webpage https://www.olgcva.org/ liturgy-worship/funerals.

Weekly Prayer of Faithful is online https://www.olgcva.org/liturgy-worship/liturgical-ministries.

Readings for the Week/Lecturas por la Semana

Scripture Readings for the Week of January 5, 2020

Sunday Solemnity of the Epiphany of the Lord

Is 60:1-6; Ps 72:1-2, 7-8, 10-11, 12-13;

Eph 3:2-3a, 5-6; Mt 2:1-12

Monday Saint André Bessette, Religious

1 Jn 3:22—4:6; Ps 2:7bc-8, 10-12a;

Mt 4:12-17, 23-25

Tuesday Saint Raymond of Penyafort, Priest

1 Jn 4:7-10; Ps 72:1-2, 3-4, 7-8; Mk 6:34-44

Wednesday 1 Jn 4:11-18; Ps 72:1-2, 10, 12-13; Mk 6:45-52

Thursday 1 Jn 4:19—5:4; Ps 72:1-2, 14 and 15bc, 17;

Lk 4:14-22

Friday 1 Jn 5:5-13; Ps 147:12-13, 14-15, 19-20;

Lk 5:12-16

Saturday 1 Jn 5:14-21; Ps 149:1-2, 3-4, 5-6a and 9b;

Jn 3:22-30

Sunday The Feast of the Baptism of the Lord

Is 42:1-4, 6-7; Ps 29:1-2, 3-4, 9-10;

Acts 10:34-38; Mt 3:13-17

Prayer Opportunities in the Chapel:

Pray the Rosary All weekdays after 8:30am Mass

Miraculous Medal Novena Tuesdays after

8:30am Mass

Our Lady of Grace Thursdays 3-4pm

Rosary for the Persecuted Thursdays 6:45pm

Eucharistic Adoration first Friday of the month

Sept-May after 8:30am Mass until 4pm

Consecration to the Sacred Heart of Jesus First

Fridays Sept -June at morning Mass

Our Lady of Fatima First Saturdays after 8:30am Mass

Devotional Candles this week: Sign up at http://www.olgcva.org/liturgy-worship/.

The Sanctuary Candle in the Church will burn for a special intention for all seminarians.

The Sanctuary Candle in the Chapel will burn in loving memory of all Oblates who have died.

The Our Lady of Good Counsel Votive Candle will burn in celebration of all who were baptized in 2019.

Quote of the Week: "May the great yet small infant of Bethlehem be the delight and love of our heart."

~ St. Francis de Sales

Parish News & Events

Monday Morning Coffee Social resumes on Monday, January 6, 2020.





Evening Prayer - Praying with and for the Parish - Monday, January 6th at 7pm in the

Chapel "When evening approaches and the day is already far spent, evening prayer is celebrated in order that 'we may give thanks for what has been given us, or what we have done well, during the day." On the first Monday of the month at 7pm we gather together as a parish community to pray Evening Prayer in the Chapel. It will be followed by a light reception in the Narthex. For more information, please contact Gerard Hall at liturgy@olgcva.org.



"Come Make Connections" Monday, January 6th at 7pm in DeSales Hall

Interested in connecting with someone in your career/major field? This event is sponsored by the OLGC Business Network and OLGC Young Professionals. Opportunities during the evening for networking, resume writing and review, federal jobs information, LinkedIn tips, and interview tips. RSVP https://www.facebook.com/events/554545485397904/

- International Development
- Arts/Education
- Federal Careers
- Trade Association
- Non-Profits
- Staffing/Recruiting

The OLGC Business Network's mission is to strengthen the OLGC Community through the good works of the business community and enable business and government employees to share resources with others. Focus on fellowship and the mentoring of college students and young adults within the parish. If you would like to be a mentor, or be a mentee please sign up www.olgcva.org/fellowship/businessnetwork.



Evening Holy Hour - Wed. Jan. 8th 7pm - Adoration of the Blessed Sacrament will occur every 2nd Wednesday of the month from 7-8pm in the Chapel. "Jesus waits for us in this sacrament of love." (St. Pope John Paul II). Come experience the loving gaze of Jesus in Eucharistic Adoration on December 11th at 7pm and every 2nd Wednesday of the month. There will be guided reflections and worship led by members of The Restless as well as times of quiet and stillness. It is the perfect way to reset in the middle of a busy week and during a busy time of year, to fix our eyes on Jesus and allow him to speak into our hearts. Eucharistic adoration flows from our time at Mass for "our communal worship at Mass must go together with our personal

worship of Jesus in Eucharistic adoration in order that our love may be complete." (St. Pope John Paul II) This is in request from parishioners who are unable to attend Friday monthly adoration during the day.

Lottery Lunacy is Back! Saturday, January 11, 2020

The event is a reverse lottery you want your number to be the last one on the board. There will be Monty Hall and Trivia throughout the night. Bring your favorite your own food or carry out for dinner. Wine & beer available for purchase. \$20 Entry fee includes one lottery number. Additional numbers are available for \$20 each. Purchase tickets today https://www.olgcva.org/news-post/~post/lottery-lunacy. The winner will receive \$500. Any questions contact Tina Wickham, twickham96@gmail.com. This event is sponsored by the Wildcat Fund Committee.



Parish Calendar (below is subject to change) https://www.olgcva.org/about-us/calendar

SUNDAY, JANUARY 5

Donut Social 7:30 AM - 2:30 PM DeSales Hall Children's Liturgy Of The Word 9:30 AM - 10:30 AM Chapel HL Basketball Games Fr. Bisson Gym No Children/Teen RCIA

Senior High Nightlife 6:30 PM - 8:30 PM Counsel Room Confirmation Parent & Candidate Mtg 6:45-8PM Church No Junior High CCF

Epiphany Dinner 7:00 PM - 10:00 PM DeSales Hall MONDAY, JANUARY 6

Coffee Social 9:00 AM - 10:00 AM DeSales Hall Little Rock Scripture Study 10:00-11:30 AM Brisson Room Our Lady's Rosary Makers 10:00 AM - 12:00 PM Aviat Rm Our Lady's Quilters 11:00 AM - 3:00 PM Rectory Basement Evening Prayer 7:00 PM - 7:30 PM Chapel Come Make A Connection 7:00 PM DeSales Hall Men's Faith And Scripture Study 7:00 PM - 8:30 PM Library TUESDAY, JANUARY 7

Scripture Study 9:15 AM - 11:15 AM Brisson Room CGS Level 1-3 9:45 AM - 10:45 AM School Atrium CYO & HL Basketball Practices 5- 9:30 PM Fr. Brisson Gym 9:30am Music Ministry 7:30 PM - 9:00 PM Church Women's Pickup Basketball 9:00 PM Fr. Brisson Gym WEDNESDAY, JANUARY 8

School Mass Led By Rm 15 8:30 AM - 9:30 AM Church CYO & HL Basketball Practices 5- 9:30 PM Fr. Brisson Gym Boy Scout Troop 976 7:00 PM - 9:00 PM Counsel Room Holy Hour - Adoration 7 PM - 8:00 PM Chapel 5:30pm Music Ministry 7:30 PM - 9:00 PM Music Room RCIA Catechumenate 7:30 PM - 9:00 PM Brisson Room Men's Pickup Basketball 9:00 PM Fr. Brisson Gym

THURSDAY, JANUARY 9

Prayer Shawl Ministry 9:30 AM - 11:00 AM Brisson Rm Our Lady Of Grace Prayer Group 4:00 PM - 4:30 PM Chapel CYO & HL Basketball Practices 5 - 9:30 PM Fr. Brisson Gym Rosary For Persecuted Christians 6:45 - 7:30 PM Chapel Hello Scripture 7:00 PM - 8:30 PM Top Floor St. Joseph's Women Of OLGC Board Meeting 7- 9:00 PM S Brisson Rm 11:15am Music Ministry 7:30 PM - 9:00 PM Music Room Men's Pickup Basketball 9:00 PM Fr. Brisson Gym

FRIDAY, JANUARY 10

CYO & HL Basketball Practices 5 - 9:30 PM Fr. Brisson Gym Serenata 7:00 PM - 9:30 PM Music Room

SATURDAY, JANUARY 11

SUNDAY, JANUARY 12

CYO Basketball 8:00 AM - 9:00 PM Fr. Brisson Gym Elementary CCF/CGS 8:30 AM - 10:00 AM School Confessions 9:00 AM - 9:30 AM Reconciliation Room Elementary CCF/CGS 10:30 AM - 12:00 PM School Rite Of Acceptance 5:00 PM Church RCIA Breaking Open The Word 5:30 PM - 6:00 PM Chapel Lottery Lunacy 7:00 PM - 10:00 PM DeSales Hall

Christ House Food Drive 7:00 AM - 1:00 PM Garage
Children's Liturgy Of The Word 9:30 AM - 10:30 AM Chapel
HL Basketball Games 11:20 AM - 8:15 PM Fr. Brisson Gym
KofC Free Throw Contest 2:30 - 4:00 PM Fr. Brisson Gym
Children/Teen RCIA 3:15 PM - 5:15 PM School Classrooms
Light Of Mine 4:00 PM - 5:00 PM Counsel Rm
YM WorkCamp Meeting 4:30 PM - 5:15 PM DeSales Hall
Senior High Nightlife 6:30 PM - 8:30 PM DeSales Hall
Junior High CCF 6:45 PM - 8:00 PM School Classrooms
Praying College Moms 6:45 PM - 9:00 PM Brisson Rm

Sacramental Information:

Sacrament of the Sick Urgent - call 703.938.2828. The Sacrament of the Sick may be received by the elderly, by those going into the hospital, by those who are ill or are experiencing a decline in their health. Contact Gerard Hall, liturgy@olgcva.org, 703.896.7411.

Sacrament of Baptism 1st & 3rd Saturday of the month 11am. Visit https://www.olgcva.org/sacraments/baptism for details, or contact Thomas Conroy, liturgyassist@olgcva.org, 703.896.7419.

Sacrament of Marriage Contact Gerard Hall, <u>liturgy@olgcva.org</u>, 703.896.7411 at least 6 months prior to marriage. **Funerals** Contact Gerard Hall, <u>liturgy@olgcva.org</u>, 703.896.7411.

Become Catholic Contact Amy Winkler, dre@olgcva.org, 703.896.7414.

December & January Second Collections:

Dec 2019	Facility Improvements
Dec 1, 2019	Christmas Flowers/Environment
Dec 8, 2019	Catholic Charities Diocese of Arlington
Jan 1, 2020	Solemnity of Mary
Jan 2020	Facility Improvements
Jan 12, 2020	Desales Oblate Mission
Jan 26, 2020	Latin America



November Monthly Collections
Offertory \$186,841.72
Total Budgeted \$181,380.60
Variance \$5,461.12
YTD Received \$997,625.16
Budget YTD \$953,248.16
Variance \$44,377.00

Donations can also be given on Faith Direct using this link https://membership.faithdirect.net/enroll/VA875.

Outreach - Fr. John Dolan

frdolan@olgcva.org

"The opportunity of doing great things does not come very often, but at every moment, we can do little acts with great love." - St. Francis de Sales

As followers of Christ, we are each called through our Baptism to serve our sisters and brothers in our parish, our community, our country, and the world. It is our hope that every parishioner is given the opportunity to discover and develop his/her God-given gifts. Please visit our Outreach webpage to see the variety of ways you can assist opportunities that are offered, discover where you fit in and see our listing of events https://www.olgcva.org/outreach/serve. For more information on the parish's efforts for Caring for our Common Home contact Fr. John Dolan, OSFS, Coordinator of Outreach Mission, frdolan@olgcva.org.



Fellow parishioners,

If you notice me strutting thru the OLGC campus with my chest like a braggart its entirely your fault. You people are the best! With the Giving Tree time over let me please respond to your generosity. Over 1200 tags and envelopes were taken leaving a barren tree. You provided gift cards for over 210 retired sisters at St. Joseph Villa! You set a new record of donations to 13 other agencies and jumped in with the new plan for the sick and homebound. And so many high priced items, such as iPads, bikes and large donations. I watched as many of you took more than 2 tags from the tree. A big thanks to the tag writers, office administration and volunteers who helped move,

sort and load the gifts. Once again it was my pleasure to represent OLGC for our unfortunate fiends and rest assured every dollar donated is spent for their cause. As usual, Fr. Matt will get a detailed report of all the monies spent. Thanks again and God bless, Mike Egan.



Monthly Social & Service: Friday, January 17th after the 8:30am Mass. Join us for great company and a light service project. We will gather in DeSales Hall for breakfast, fellowship, and service. Many hands make light work and all are welcome! Contact: Amy Schlanger development@olgcva.org, 703.896.7424.

Be a Voice for the Unborn: March for Life January 24th 2020 in Washington, DC. Join us his year to attend the

annual MARCH FOR LIFE in Washington D.C. on Fri. Jan. 24th. We will begin our time in prayer at OLGC at 11 am in the chapel and a bus will be leaving OLGC at 11:30 am and returning at approximately 4 pm. Sign up on-line at: https://www.signupgenius.com/go/30e044ea8a72ea7fc1-march1. We are asking for a \$5/person donation to help cover the cost of the bus. This will be collected the day of. If you have any questions please contact Betsy Argauer at 703-255-3744 or betstim@gmail.com.



Fellowship/Development - Amy Schlanger development@olgcva.org, 703.896.7424

Sarah Guixens, Event Coordinator, events@olgcva.org, 703.896.7405



How many baskets can you make? The Knights of Columbus will be sponsoring the Annual Basketball Free Throw Competition at OLGC on Sunday, January 12th 2019 from 2:30 pm to 4:00 pm.

All boys and girls ages 9-14 are eligible to enter. Winners will go on to the State Championship in Richmond! No advance registration necessary. Come to the OLGC School Gym ready to shoot! For more information contact AndrewZaso@gmail.com.

Liturgy/Ministry of Care - Gerard Hall liturgy@olgcva.org, 703.896.7411

Thomas Conroy liturgyassist@olgcva.org, 703.896.7419



Thank you to all who helped decorate the Church & Chapel for Christmas. So many generations, hands and happy hearts came together to prepare the church. Photos are available on SmugMug https://olgcviennava.smugmug.com/Parish. We will be taking down the decorations on Sunday, January 12th after the 5:30pm Mass all are welcome.

NEW - Sunday Missal for Young People - Limited Quantity The 2019-2020 Living with Christ Sunday Missal for Young Catholics is the resource that helps children grow in faith and participate in the Mass. Children will be provided with the Sunday readings, complete Order of Mass, key words for each Sunday, and beautiful full-color illustrations. Perfect for ages 7 and up. They will be available for \$5 at the parish office and at the Welcome Desk.



SAVE THE DATE for Live Jesus - Saturday, March 21, 2020 8am - 1pm Seeking Unity by Living Jesus - Come, hear how. Come, see why.



What is Live Jesus? Live Jesus is a morning of reflection, fellowship, and prayer based upon the spirituality of the "Gentleman Saint," St. Francis de Sales. It is an opportunity in Lent to retreat from our fast-paced world and turn to the quietness of our hearts. Don't miss this opportunity for believers throughout the Northern Virginia/Washington, D.C. area to gather in prayer and fellowship to reflect on God's gifts.



Group Subscriptions for *The Word Among Us.* The cost will be \$18.00 for the group rate. The group subscription signup forms will be available at the Welcome Desk and the Administration Building or for more information, please contact Liturgy Assistant, Thomas Conroy, tconroy@olgcva.org 703-896-7418.



Faith Formation - Amy Winkler dre@olgcva.org 703.896.7414

Derek Rogers youth@olgcva.org 703.896.7409; Guadalupe Saenz ccfofficeassist@olgcva.org 703.896.7415

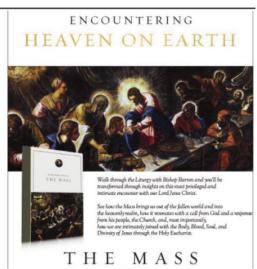


Salesian Presentation: Join us on Wednesday, January 15th at 10am and 7pm in the Chapel. The presentation will explore our Parish Theme of "All through love, nothing through force or fear" and the Salesian virtues that help us to love through all things. Questions? Contact Amy Winkler at dre@olgcva.org, 703.896.7414.

The Mass: Wednesdays 10am or 7pm starting January 22nd in DeSales Hall On Wednesdays from January 22nd - February 19th at 10am and repeated at 7pm in DeSales Hall.

Walk through the Liturgy with Bishop Barron and you'll be transformed through insights on this most privileged and intimate encounter with our Lord Jesus Christ. See how the Mass brings us out of the fallen world and into the heavenly realm, how it resonates with a call from God and a response from his people, the Church, and, most importantly, how we are intimately joined with the Body, Blood, Soul, and Divinity of Jesus through the Holy Eucharist. The Mass will help you understand how to fully, consciously, and actively participate in the source and summit of the Christian life.

Questions: Contact Amy Winkler or Gerard Hall.



OLGC School - Adrianne Jewett ajewett@olgcschool.org, 703.938.3600

Robin Williams, rwilliams@olgcschool.org, Bev Colson bcolson@olgcschool.org - www.olgcschool.org

"Developing character, faith, and life-long learners in the Salesian Tradition."

To celebrate Baby's Jesus' birthday the preschoolers brought baby gifts that were delivered to Hope in Northern Virginia.







Students love spending times with their prayer partners.

Preschool is an exciting time for a child and the parents. It is an introduction to play-based learning, an opportunity to cultivate friendships and a time to blossom in independence and self-awareness. Through individual, small group and whole group instruction, OLGC preschool students begin to explore the wonders of language, literacy,



mathematics, religion and the arts. Our program thoughtfully and purposefully incorporates these concepts into everyday play and classroom activities. With a balanced and developmentally



Additional Events

Santa Maria Council # 4654 All Knights are welcome!

Our Council is committed to supporting the OLGC and St. Mark parishes. http://www.knightsvienna.org/

January Events:

9th - Business Meeting - 8 pm, Rosary at 7:30 pm (current members only)

12th - Free Throw Contest OLGC Gym 2 pm to 4 pm

17th - March for Life

19th - Memorial Mass for Brother Leo Cuccias at OLGC 5:30 pm



An Evening of Testimony: Personal Stories from Those Abused by Clergy January 16, 2020, 7-9 PM

Presented by St. John Neumann ACTION Committee and Spirit Fire Ministry in collaboration with the Diocese of Arlington at Brown-McCarthy Auditorium, St. John Neumann Catholic Church, 11900 Lawyers Rd., Reston, VA, This is an opportunity to listen and respond with compassion to victims and survivors of the clergy abuse crisis. This event is intended for adults only. Questions? Contact Angie Boggs at sinaction@gmail.com. To learn more about Spirit Fire Ministry, visit https://spiritfirelive.wordpress.com/.



Información Parroquial en español

Toda preguntas o sugerencias en español comuniquese e incluyendo la siguiente información en el boletín Maria Romero, Coordinadora de Bienvenida y/o Enlace con la comunidad de habla hispana, welcome@olgcva.org, 703.896.7419.

Registrarse en la parroquia: Visite nuestro sitio web en el siguiente enlace <u>www.olgcva.org</u> o solicite un formulario en el Centro de Bienvenida

Próximos Eventos:

Compartir de donas 5 de enero: Cada primer domingo del mes después de la misa, aqui podra conocer otros feligreses, distintos lideres de nuestra comunidad y personal de la parroquia.

Lunes 6 de enero:

Oración de La Tarde como comunidad en la Capilla de 7 a 7:30 pm

La Red de Negocios de Nuestra Sra. del Buen Consejo y los Jóvenes Profesionales se uniran para ofrecer un evento especial para los estudiantes universitarios y los Jóvenes Profesionales. Si está interesado en comunicarse con alguien en su carrera, revisar su hoja laboral, información de empleos federales, y consejos para entrevistas reservar su asistencia al https://www.facebook.com/events/5545454585397904/

Hora Santa Vespertina - Adoración Eucarística del Santísimo Sacramento 8 de enero: los segundos miércoles del mes de 7-8pm en la Capilla. "Jesús nos espera en el sacramento del amor". "nuestra adoración comunitaria en la misa debe ir acompañada de nuestra adoración personal de Jesús en la adoración Eucarística para que nuestro amor sea completo". (San Papa Juan Pablo II). Venga a experimentar la mirada amorosa de Jesús en la Adoración Eucarística el 8 de enero, a las 7 pm y cada segundo miércoles del mes. Habrá reflexiones guiadas y adoraciones dirigidas por miembros de el grupo de alabanza The Restless, así como oportunidad de oración silenciosa.

Confesiones en español: Este mes serán el 11 y 25 de enero inmediatamente después de misa de 8:30 a.m. o de lunes a viernes únicamente con cita. Puede llamar para hacer una cita con el Padre Mateo durante la semana al 703-938-2828 ext. 108. o envíe un correo electrónico a frhillyard@olgcva.org. No se escuchan confesiones los domingos antes o después de la Misa.

Clases de ingles como segundo idioma en St. Mark, 9972 Vale Road, Vienna, VA 22181. Para obtener información adicional sobre las clases (o para ayudar como voluntario), envíe un correo electrónico a stmarksesl@gmail.com, o visite el sitio web en www.stmarkesl.org. También puede llamar al 703-980-9380 o en español al 703-620-0592. La inscripción y todas las clases tienen lugar en Christian Formation Center

Libro de Intenciones: El libro de intenciones se encuentra en la entrada principal de la iglesia. El propósito de este libro es para pedir por nuestras intenciones personales, por los enfermos, por los que están vivos o fallecidos.

Catequesis: niños, adultos y bautizó de niños mayores de 6 años comuníquese con Guadalupe Saenz <u>gsaenz@olgcva.org</u> 703-896-7415.

Grupo de Jóvenes: en INGLÉS para estudiantes de secundaria (High School) se reúne los domingos en el salón DeSales. Cena a las 6:30 p.m., programa 7:00-8:30 p.m., Derek Rogers <u>adym@olgcva.org</u> 703-896-7409.

Ofrecer misas, pedir oración durante la misa por recién fallecidos, funerales, certificados sacramentales.

El sacramento de La unción de los enfermos puede ser recibido por los ancianos, por quienes serán ingresados al hospital o por quienes están enfermos.

Sacramento de matrimonio: comuníquese por lo menos 6 meses antes de la fecha del matrimonio.

Sacramento del bautismo las charlas para padres y padrinos: son el último lunes del mes a las 7:30 pm en el salón Aviat a la derecha de la escuela. Debe inscribirse de antemano, una vez completada la charla y entregado los documentos requeridos le confirmaremos su fecha del bautizo.

Senior Moments



Marge Van Lierde, Gitkagirl@gmail.com, 571-831-3951



EPIPHANY - Today we celebrate this feast, once known as the feast of the Three Kings. They would have welcomed a word of encouragement from Jesus. Little did they know, as they journeyed to the star, that the baby whose birth it proclaimed would indeed be the source of refreshment, the creator of the universe. The wise men of long ago were most likely burdened in their travels by supplies, tents, necessities and luxuries for the road. But perhaps the greatest burden was understanding why they began this extraordinary search in the first place. With only their studies and the light in the sky to guide them, they traveled in a kind of blind faith – confident that they must seek but unsure of what their seeking will bring. As we waver under the burdens of our busy lives, let's remember those desert wanderers from centuries ago. While we may know who waits for us under the star, we too are searching for something new. (Maria Rodgers O'Rourke)

DINING WITH DOROTHY – Join with your friends or make new ones at this luncheon program sponsored by the Shepherd's Center of Oakton-Vienna. This month you'll be dining at Noon on Monday, January 13 at Bazin's on Church, 111 Church St. NW in Vienna. To reserve your space contact event chair, Dorothy Flood, dflood1706@gmail.com.

WHAT'S AHEAD cont'd. – Here are brief descriptions of the various options for a senior living you may find helpful in planning for the future. The wide range of retirement living options begins with life plan communities, also known as continuing care retirement communities (CCRCs.) These communities generally feature care options ranging from independent living to long-term nursing care on one campus. Life Plan Communities usually appeal to active, healthy older adults. Residents can transfer to higher levels of care in the community as needed. Life plan communities also offer a wide array of amenities and activities.

In addition to monthly fees, these communities usually require payment of a one-time fee called an entrance fee. The entrance fee depends on the level of care selected at the time of entry, type of housing unit, and the agreement type. Some agreements allow for all or part of the entrance fee to be refunded if the resident moves or passes away. For seniors who want to leave the burdens of home maintenance behind, independent living communities may be the ideal option. In addition to property upkeep, these also generally offer 24-hour security and activities to keep residents engaged. Most independent living communities are rental properties, although some do offer the option for residents to purchase units. Independent living

communities generally do not offer health care services. However, some communities are affiliated with health care facilities that can provide such care when it is needed. Many residents also purchase home health care services from outside providers as their care needs increase.

Individuals who need daily assistance may want to consider an assisted living community. These communities also offer activity programs to fit the interests of every resident. Assisted living communities offer standard services including daily meals, supervision, security, and help with the activities of daily living (ADLs.) These services can include assistance with bathing, dressing, and toileting. Some communities also offer help with medication management, transportation services and coordination of medical health and dental treatments. Many assisted living communities to have special units for individuals with memory impairments, including Alzheimer's and other dementias.

Finally, whether for short-term rehabilitation or a long-term medical stay, nursing and rehabilitation centers are a vital senior living option. These centers are equipped to help residents heal and/or maintain their best quality of life and often feature a full schedule of activities. Professional staff members directed by a physician deliver care. Nursing and rehabilitation centers serve as permanent residences for individuals who are too sick or frail to live at home. They are also ideal for short term stays for individuals who are recovering after surgery or an illness.

When researching potential communities, retirees should be sure to ask about admission and discharge criteria, entrance and monthly fees, and amenities, activities and residence involvement. Specifically, prospective residents should feel confident that the community they are entering will be capable of accommodating their needs both now and in the future. It is always a good idea to ask for references and speak with current residents or family members about their experiences. Once they have narrowed their search down to a few places, potential residents should plan on-site visits with friends or relatives. Only by visiting a community in person can one get a true feel for the lifestyle residents to enjoy. (Spotlight on Senior Living)

ELDER WISDOM – Hope is the ability to hear the music coming in the future. Faith is the courage to dance to it today. (Peter Kuzmic, Croatian Biblical Scholar)



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