

August 29, 2021



OUR LADY of GOOD COUNSEL CATHOLIC CHURCH

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 Schedule

Mon-Sat - 8:30am, holidays are at 9am

Saturday Vigil 4pm

Sunday 8:00am, 10:00am,

12pm (en español), 5:00pm

Office Hours Mon - Fri 9am - 4:30pm,

closed 12-12:30pm for lunch

Chapel open for prayer Mon - Fri 9am - 5pm

Confessions Saturdays 9-9:30am or by appt

Join the Parish www.olgcva.org/register

Schedule an Event

www.olgcva.org/about-us/facilities

Add Item to Bulletin/Media

www.olgcva.org/about-us/communications

Mass Intention Request

www.olgcva.org/liturgy-worship/devotions/mass

Pastor Rev. Matthew Hillyard, OSFS.....frhillyard@olgcva.org

Retired Rev. William Metzger, OSFS.....william.metzger@olgcva.org

Deacon Christopher Moore.....cgmoore@olgcva.org

School Principal Adrienne Jewett 703.938.3600.....ajewett@olgcschool.org

Faith Formation Amy W. de Bernardo 703.896.7414.....dre@olgcva.org

Liturgy/Music/Ministry of Care/Funerals Gerard Hall 703.896.7411....liturgy@olgcva.org

Communications/Bulletin Irene Zaso 703.896.7412.....communications@olgcva.org

Director of Finance Brian Patterson 703.896.7402.....bpatterson@olgcva.org

Records/Child Protection Liaison Christine Moan 703.896.7413.....cmoan@olgcva.org

Advancement/Annual Giving Alison McKee & JoAnne Kinyon...development@olgcva.org

Events Manager Cheryl Jones 703.896.7418.....cjones@olgcva.org

Reception/Mass Intentions Maria Romero 703.896.7419.....welcome@olgcva.org

Información en español Maria Romero 703.896.7419.....welcome@olgcva.org

Pastoral Council (Russ Weaver).....PastoralCouncil@olgcva.org

Finance Council (Regina Stranix).....FinanceCouncil@olgcva.org

Society of St. Vincent DePaul (Linea de Ayuda) 703.938.3210.....svdp@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

22
ORDINARY
TIME

Moving Forward Together in the Service of God
Avanzando Juntos en el Servicio de Dios

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

Saturday, August 28, Vigil / Sunday, August 29, 2021

Presiders Fr Extejt, Fr Fiorelli, Fr Hillyard, TBD, Fr. Hillyard
In Thanksgiving for Juan Pablo Santos
+ Paul & LaVerne Brumbaugh
+ Peggy Joiner
+ Cristina & Luis Fernando Vivanco
+ Oswaldo Ayala

Monday, August 30, 2021—Presider Fr Hillyard

8:30am + Marcie Williams

Tuesday, August 31, 2021—Presider Fr Hillyard

8:30am + Gerard & Hezen Lux

Wednesday, September 1, 2021—Presider Fr Metzger

8:30am + Rian Taylor Bachman

Thursday, September 2, 2021—Presider Fr Kumar

8:30am + Marian & Joe O'Connor

Friday, September 3, 2021—Presider Fr Metzger

8:30am + Ann Vitolo Barimany

Saturday, September 4, 2021—Presider Fr Metzger

8:30am For the OLGC Community

Saturday September 4, Vigil / Sunday September 5, 2021

Presiders Fr Metzger, Fr Kumar, Fr Hillyard, Fr Hillyard, Fr Extejt
Brian Beatty

+ Justino Samson

+ Austin Lowe

+ Anthony B. Jung

+ Mark Manalo

Please keep the deceased in your prayers Maryann Conte and Graciela Hernandez Mejia.

OLGC Funerals: www.olgcva.org/liturgy-worship/funerals.

Weekly Prayer of Faithful: www.olgcva.org/liturgy-worship.

Book of Prayer Intentions: Names can be added to our book of intentions located in the Church and please pray for those in the book.

Devotional Candles: www.olgcva.org/liturgy-worship/.

The Church Sanctuary Candle will burn in loving memory of Laurita Churma.

The Chapel Sanctuary Candle will burn for all in Haiti.

The Our Lady Candle will burn for all in Afghanistan.

Readings for the Week/Lecturas de la Semana

Readings for the Week of August 29, 2021

Sunday

Twenty-Second Sunday in Ordinary Time

Dt 4:1-2, 6-8; Ps 15:2-3, 3-4, 4-5; Jas 1:17-18, 21b-22, 27; Mk 7:1-8, 14-15, 21-23

Monday

1 Thes 4:13-18; Ps 96:1 and 3, 4-5, 11-12, 13; Lk 4:16-30

Tuesday

1 Thes 5:1-6, 9-11; Ps 27:1, 4, 13-14; Lk 4:31-37

Wednesday

Col 1:1-8; Ps 52:10, 11; Lk 4:38-44

Thursday

Col 1:9-14; Ps 98:2-3ab, 3cd-4, 5-6; Lk 5:1-11

Friday

Memorial of Saint Gregory the Great, Pope and Doctor of the Church

Col 1:15-20; Ps 100:1b-2, 3, 4, 5; Lk 5:33-39

Saturday

Col 1:21-23; Ps 54:3-4, 6 and 8; Lk 6:1-5

Sunday

Twenty-Third Sunday in Ordinary Time

Is 35:4-7a; Ps 146:7, 8-9, 9-10; Jas 2:1-5; Mk 7:31-37

Weekly & Second Collections drop off in boxes in Narthex, parish office, mail, use QR Code or give online via Faith Direct membership.faithdirect.net/VA875 or Text \$ amount to 703.810.7674. Thank you for your support.

August

[Facility Improvements](#)

August 22

Mission Cooperative Plan Appeal for Banica

Sep 2020

[Facility Improvement Offering](#)

Sep 05, 2020

[Catholic University](#)

Sep 12, 2020

[Religious Education CCF](#)

Sep 19, 2020

[Special Kids Special Needs](#)

July Monthly Collections	
Fiscal Year July 2021—June 2022	
Offertory	154,804.22
Total Budgeted	170,616.00
Variance	(15,811.78)
YTD Received	154,804.22
Budget YTD	170,616.00
Variance	(15,811.78)



Scan QR Code to
donate online

Quote of the week: "Reputation is rarely proportioned to virtue." – St. Francis de Sales
Cita de la semana: "La reputación rara vez se relaciona con la virtud." - San Francisco de Sales

Calendar (Subject to change, see website for up to date schedule www.olgcva.org/about-us/calendar)

Sunday, August 29

Last day to register for CYO Tennis

Adult Co-ed Softball Games 1:00 PM - 5:00 PM Field-Lower

Monday, August 30

Our Lady Quilters Rosary 11:30AM-12:30PM Mary's Garden

CYO Track & Field Practice 3- 4:30 PM Parking Lot & Fields

Baptismal Prep (English) 7:00 PM - 8:30 PM Virtual

Fall Fest Meeting 7:00 PM - 8:00 PM DeSales Hall

Tuesday, August 31

Baptismal Prep (Spanish) 7:00 PM - 8:30 PM Chapel

Middle School Back to School Night 7:00 PM - 8:30 PM

Music Ministry (Hemmingson) 7:30 PM - 9:00 PM Church

Wednesday, September 1

Opening School Mass 8:30 AM - 9:30 AM Church

Music Ministry (Jones) 7:00 PM - 8:30 PM Church

Small Faith Sharing 7:30 PM - 8:30 PM Zoom

SVDP Mtg. 7:30 PM - 9:00 PM DeSales Hall

Thursday, September 2

Prayer Shawl Ministry 9:30-11AM St Joseph Ctr-Brisson Rm

CCF Parent Mtg. (Elem & JH) 7:00 PM - 8:00 PM Zoom

Gr 3-5 Back to School Night 7:00 PM - 8:30 PM

Music Ministry (Hall) 7:00 PM - 9:00 PM Church

Rosary-Persecuted Christians 7:00 PM - 7:45 PM Virtual

Friday, September 3

Early Dismissal 8:00 AM - 11:30 AM

Adoration of the Blessed Sacrament 9AM - 3:00 PM Church

Serenata Choir Practice 7:30 PM - 9:30 PM Church

Saturday, September 4

Confessions 9:00 AM - 9:30 AM Reconciliation Room

Monday, September 6

Labor Day Holiday-No School & Offices Closed

Holiday Mass 9:00 AM - 9:30 AM Church

Tuesday, September 7

CCF Parent Mtg. (Elem & JH) 7:00 PM - 8:00 PM Zoom

Kindergarten - Gr 2 Back to School Night 7PM - 8:30 PM

Music Ministry (Hemmingson) 7:30 PM - 9:00 PM Church

Wednesday, September 8

School Mass 8:30 AM - 9:30 AM Church

Music Ministry (Jones) 7:00 PM - 8:30 PM Church

RCIA Catechumenate 7:30-9 PM St Joseph Ctr-Brisson Rm

Small Faith Sharing 7:30 PM - 8:30 PM Zoom

Mark your
calendar



Thursday, September 9

Prayer Shawl Ministry 9:30-11AM St Joseph Ctr-Brisson Rm

CCF Parent Mtg. (Elem & JH) 7:00 PM - 8:00 PM Zoom

Fall Fest Meeting 7:00 PM - 8:00 PM St Joseph Ctr

Music Ministry (Hall) 7:00 PM - 9:00 PM Church

Preschool Back to School Night 7:00 PM - 8:30 PM

Rosary-Persecuted Christians 7:00 PM - 7:45 PM Virtual

Friday, September 10

GS Troop 50118 3:30-4:30 PM St Joseph Ctr-Brisson Rm

Open Mic Night 7:00 PM - 10:00 PM DeSales Hall

Serenata Choir Practice 7:30 PM - 9:30 PM Church

Saturday, September 11

Elem CCF 8:30 AM - 10:00 AM School & Counsel Rm

Adult Co-ed Softball Tournament & Picnic 9AM-4PM Field

Confessions 9:00 AM - 9:30 AM Reconciliation Room

Elem CCF 10:30 AM - 12:00 PM School & Counsel Rm

Baptisms 11:00 AM - 1:30 PM Church

Outreach Giving (CHO) 3:30-5PM DeSales Hall & Bell Tower

RCIA-BOW 4:30 PM - 5:00 PM Cry Room

Sunday, September 12

Outreach Giving (CHO) 7:30 AM - 1:30 PM DeSales Hall & Bell Tower Circle

Christ House Food Collection 9:30AM-1PM Parking Lot-St Joseph Ctr

Outreach Giving (CHO) 4:30-6:30 PM DeSales Hall & Bell Tower Circle

Jr High CCF 6:15 PM - 7:45 PM School & Counsel Rm

Fall Fest is returning!
Sunday, September 19th 12—4pm

If you are interested in helping, contact
Andrew Zaso, andrewzaso@gmail.com.

Are you following the church and school on Social Media?

CHURCH - [Facebook](#) @OLGCVienna VA | [Twitter](#) @OLGCViennaVA | [Instagram](#) @olgcvienava

SCHOOL - [Facebook](#) @OLGCSchoolVA | [Twitter](#) @olgcschoolva | [Instagram](#) @olgcschoolva

YOUTH MINISTRY - [Facebook](#) @OLGCYouthMin | [Twitter](#) @olgcymin | [Instagram](#) @olgcyouthministry

YouTube Channel - www.youtube.com/channel/UCJlaNF7IY4IrWCgSVzVtDw



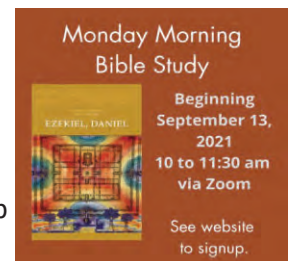
Parish Events & Updates

CYO Tennis Season: Deadline August 29th Be part of a new winning tradition - come out and compete - all levels of players are welcome. Register online www.olgcva.org/fellowship/athletics/tennis All School & CCF 4th-8th students. The season runs from early September through the first or second week of November depending on the weather. All matches are played on Sundays. Practice Times and Locations (Madison HS or Marshall HS) are determined by coaches' schedules. Looking for Coach Volunteers - No experience necessary. Questions contact Tara Rice, taeh515@gmail.com.



CYO Fall Track & Field is back! Deadline: Fri. Sept 17th Join OLGC's award-winning Track & Field Team! Register online at www.olgcva.org/fellowship/athletics/track-field. OLGC School and CCF students 3rd through 8th grade. CCF students may participate in the meet even if they can't make the practices. Participate in a real meet - NVJCYO Track & Field Meet. OLGC has a highly knowledgeable coaching team with years of experience in the sport and multiple certifications including USATF, USA Triathlon, and RRCA coaching certifications. Practices will be Mondays beginning August 30 after school. The Track Meet will take place in late October/early November at Bishop O'Connell High School. For questions please contact Rachel McCarthy, rachelmccarthy2003@gmail.com.

Monday Morning Little Rock Scripture Study - Ezekiel and Daniel to start Sept 13th! The books of Ezekiel and Daniel provide some of the most memorable stories and images of the Old Testament. Join the Monday Morning Little Rock Scripture Study from 10 am to 11:30 am via Zoom as they explore the Books of Ezekiel and Daniel in preparation for an exploration of the Book of Revelation next year. Sessions resume Monday, September 13th. For more information including a link to order materials, check out our website at www.olgcva.org/faith-formation/adults. To sign up or for any questions, please contact Mike Plett at mike.plett1@gmail.com.



Tuesday Morning Scripture Study—Romans: The Gospel of Salvation For the Fall semester, come and explore the Book of Romans: The Gospel of Salvation from Ascension Press. "This fascinating book reveals that salvation is not merely the removal of a guilty verdict; it is about entering into Christ's life, death, and resurrection and sharing in his divine life." This study begins with a Meet and Greet in DeSales Hall on Tues. Sept. 14th from 9:30 to 11:30 am and will continue to meet via Zoom in the weeks following. To purchase the Study Pack, please visit: <https://ascensionpress.com/products/romans-the-gospel-of-salvation-study-set>. To sign up or for any questions, please email Fran Davenport at bwdavenport@cox.net or call her at 703-242-7440 (home phone).



Divorced/Separated Catholic Ministry OLGC parishioner John R. Heard will be hosting a six-week program that addresses concerns of divorced or separated Catholic men and women. It offers much-needed support and helps to answer questions. The sessions will take place on Tuesdays 9/14 to 10/19 from 7 pm - 8:30 pm via Zoom. Topics include Prayer, Grief, Healing, Forgiveness, Letting Go, and Hope. Register by filling out this form www.olgcva.org/faith-formation/adults/divorcedseparated. Zoom details will be emailed to you after registration. Contact John Heard olgcds@gmail.com for more info. Texts to purchase are *The Joy of You: Your Life After Divorce* by W. E. Rabor and *Divorced. Catholic. Now What?* by L. Duffy & V. Frese

Funeral Luncheon Volunteers: Our Martha Ministry of providing Funeral Luncheons is reemerging and evolving after a hiatus during the Covid crisis. Would you like to participate in this lovely ministry of service to the grieving? There are two ways you can serve; either baking or providing a dessert and volunteering to serve at the luncheon or both. Most funerals are held midday on weekdays with an occasional Saturday funeral. This ministry gives families some peace of mind at a time of sorrow and distress. OLGC will provide sandwiches, and vegetable and fruit platters for our guests. Please use this link to be added to our Funeral Luncheon Ministry Roster www.signupgenius.com/go/30e044ea8a72ea7fc1-funeral5.



Parish Updates & Events

We ask you to prayerfully consider wearing a mask when attending Mass, including individuals fully vaccinated against COVID-19, as the number of COVID-19 cases continues to increase with the spread of the Delta variant, the number of breakthrough cases rising, and due to children under the age of 12 unable to be vaccinated.



Entrances & Parking on Campus REMINDER: Speed Limit is 5 mph on campus!

- Wolftrap Road Entrance is CLOSED until approximately 8:15am
- Niblick Entrance is OPEN for Daily Mass and Preschool Carpool
- Notre Dame Entrance is ONLY open for School Carpool
- NO Parking in Lower DeSales Hall lot – This is for Preschool ONLY!
- Park in middle lot between bell tower & softball field
- Park in upper lot after 8:15am

Thank you for your assistance as we try to keep everyone safe.

Volunteer Background Checks & Training If you plan to volunteer for the upcoming school year with children, you need to fill out a request form: www.olgcva.org/outreach/serve/volunteer-children. If you have any questions please contact Christine Moan, Child Protection Liaison, cmoan@olgcva.org.

- CCF (Catholic Christian Formation)
- Children's Liturgy of the Word
- Coaching/Assistant Coaching
- OLGC School Volunteers
- Scouting (Boy Scouts, Cub Scouts & Girl Scouts)
- Youth Ministry

Yearly Subscription of *The Word Among Us* (WAU). It includes daily meditations based on the Mass readings of the Catholic Church, inspirational essays, testimonies, and stories of the saints and other Christian heroes! Subscribe for the year Oct. 2021 - Sept. 2022. It is also available in Spanish. The group subscription rate is \$20 per yearly subscription. Please make your check payable to OLGC and on the memo indicate WAU/Liturgy. Please complete the form, bring it or mail it with your payment to the office.

**theWORD
among us®**

This year we will not be ordering copies of *The Word Among Us* to mail to parishioners. We ask that if you would like a mailed subscription, please order it directly from WAU. You may visit their website at <https://wau.org/renew/>, or you may call them at 1-800-775-WORD (9673). If you have any questions contact Maria Romero, welcome@olgcva.org, 703.896.7419.

Subscribe to *The Word Among Us*

First Name	
Last Name	
Phone	
Email	

Please indicate / specify / mark how many copies you would like to order.

English Copies # _____ Spanish Copies # _____

The group subscription rate is \$20.00 per book per year from Oct. 2021 to Sept. 2022.

Please make your check payable to OLGC and on the memo indicate WAU / Liturgy.

Monthly Outreach Project: Grocery Gift Card Collection for the Committee of Helping Others (CHO) September 11 & 12th

GROCERY
GIFT
CARDS



Committee for Helping Others

simple, loving charity for the needy of
Vienna, Chilton, Down Landing and Mansfield

Monthly Outreach Project

Sat. Sept 11th 3:30-5:30pm

Sun. Sept 12th 7:30am - 1:30pm & 4:30-6:30pm



SAFeway

Giant



Walmart



This month we are collecting grocery gift cards for The Committee for Helping Others (CHO). CHO is a local interfaith nonprofit that provides food, clothing, and emergency financial services to neighbors in need. CHO has organized a Christmas Store for over 50 years to bring its clients holiday food and cheer and has helped 150-240 families (700-800 individuals) each year for the last five years. Gifts to these individuals include grocery store gift cards, and OLGC has been a generous contributor in the past. We appreciate OLGC's support and look forward to thanking you in person on September 11-12th. Contact Anne Moran Hamisevicz with any questions.

This month we will be collecting:

- Gift cards to major local grocery stores: Giant, Safeway, Aldi, Lidl, and Walmart
- Monetary donations: Make checks payable to CHO

Donations will be accepted at the Bell Tower Circle and outside the church doors at all the Masses.

- Sat. Sept. 11, from 3:30 - 5 pm
- Sun. Sept. 12, from 7:30 am - 1 pm and 4:30 - 6 pm

OLGC School www.olgcschool.org 703.938.3600

OLGC School and Church Staff held a retreat in preparation for the school year led by the Oblate Sisters of St. Francis De Sales. School opened on Wednesday and the students and teachers were so excited to be back. The School is required to follow the Commonwealth's Public Health Order to Require Universal Masking in K-12 Schools. OLGC School also has a [Covid-19 Mitigation Plan](#). We continue to be flexible as things are continually changing and we adapt and change as necessary along the way in order to educate our children.



Vote for OLGC Preschool & School! Everyday August 1-31st! Our Lady of Good Counsel Preschool and School are top nominees in the 2021 Washington Parent Pick's voting contest! Voting for the contest will start August 1st and run until August 31st, 2021. Each person will have a chance to vote once a day per category. The school with the most votes in each category at the end of the voting period will be 2021 Washington Parent Pick WINNERS! Please visit this link every day in August and vote for OLGC in the Preschool category and the Private School category <https://washingtonparent.com/washington-parent-picks-2021/#/gallery?group=385240>.

Community & Diocesan Updates

Message from Bishop Burbidge, "Following thorough and robust consultation with experts in theology, bioethics, clinical counseling, civil and canonical law, as well as with priests throughout the Diocese, I am promulgating "A Catechesis on the Human Person and Gender Ideology." This document is both an educational resource for those seeking to learn more about what the Catholic Church teaches and why, and an evangelical document for those looking to teach the Faith and draw others to the truths bestowed upon us by God. I pray that all who read this catechetical resource may be enlightened by the foundational truths it conveys in all charity and drawn closer to God, who made us and desires that we experience his joy through the vocation he has given us. Through the intercession of Mary our Mother and Saint Joseph, may Our Lord Jesus bless you and fill you with his peace." www.arlingtondiocese.org/bishop/public-messages/2021/a-catechesis-on-the-human-person-and-gender-ideology/

Catholic Relief Services The devastating earthquake and tropical storm that hit Haiti left many in need. Catholic Relief Services is coordinating assistance to those affected by this tragedy. If you would like to help please visit <https://www.crs.org/our-work-overseas/where-we-work/haiti>

How You Can Help Recently Arrived Afghan SIV Holders? As events in Afghanistan continue to unfold, Catholic Charities Migration and Refugee Services welcomes Afghan SIV holders (individuals who assisted US operations in Afghanistan) to Northern Virginia. If you are interested in assisting please email: lourdes.iglesias@ccda.net for more information. www.ccda.net/give-help/donate-goods-and-transportation/help-immigrants-and-refugees/

Mass Honoring Military and First Responders The 6th Annual Mass Honoring Military & First Responders will be hosted by the Fr. Walter F. Malloy Assembly #1894 of the Knights of Columbus on Sunday, September 12, 2021, at 11 a.m. at St. Leo the Great Catholic Church (3700 Old Lee Hwy, Fairfax, VA), with the Most Reverend Michael F. Burbidge, Bishop of Arlington, as Principal Celebrant and Homilist. All Military and First Responders are invited and encouraged to attend this Mass in dress uniform and with their families. Please RSVP to SK David J. Todd, Jr., PFN, at djtoddjr@gmail.com.

Save the Hyde Amendment! Contact Congress today to keep our tax dollars from funding abortion. Go to HumanLifeAction.org to send a strong message before the Biden Administration's budget and the powerful members of Congress move to take away protections that both Democrats and Republicans have supported for nearly half a century. Billions of taxpayer dollars could be used to pay for abortion. Hyde Saves Lives! HumanLifeAction.org.



DeSales Weekly: A Thursday newsletter to aid readers to *Live Jesus!* How to integrate the sacred and the secular to make the ordinary events of our lives extraordinary by bringing virtue, grace, and Jesus to all we do. Visit website to subscribe <https://oblates.squarespace.com/desales-weekly#anchor>.

Spirituality Matters: Fr. Michael Murray, OSFS, of DeSales Spirituality Services offers wonderful insight on the readings and St. Francis de Sales interpretation of them. Visit website to read <https://oblates.squarespace.com/spirituality-matters>.

A Moment From De Sales: A blog by Fr. Richard R. DeLillio, OSFS, to help readers see the connection between life's everyday happenings and their growth in holiness. Visit website to read www.livetodaywell.org/.

We bring your attention to the new update from the CDC, Commonwealth, and Fairfax County and ask you to consider their latest recommendations when attending Mass at OLG. Based on updated guidance released by the Centers for Disease Control and Prevention (CDC) last week, the Fairfax County Health Department recommends that everyone, including individuals fully vaccinated against COVID-19, wear a mask in public indoor settings. As the number of COVID-19 cases continues to increase with the spread of the Delta variant, this recommendation is based on the Fairfax Health District moving from moderate level of COVID-19 transmission to substantial transmission. **All individuals in Virginia who are 12 or older are eligible to receive a free COVID-19 vaccine.** Appointments are available www.fairfaxcounty.gov/health/novel-coronavirus/vaccine.



Información Parroquial en español

Toda preguntas o sugerencias en español comuníquese con Maria Romero, Coordinadora de Bienvenida y/o Enlace con la comunidad de habla hispana, welcome@olgcv.org, 703.896.7419.

Registrarse en la Parroquia: Para recibir una carta de padrinos, preparación sacramental (bautismo, catequesis, matrimonio etc.), una carta de recomendación, una carta de inmigración o nuestros correos electrónicos semanales, es necesario estar registrado en la parroquia por lo menos tres meses, entre otros requisitos. Para registrarse en la parroquia, visite nuestro sitio web www.olgcv.org/register.

- **Sacramento de matrimonio:** Completar por lo menos 6 meses antes el formulario en el enlace siguiente <https://www.olgcv.org/sacraments/matrimony> o llamar al Sr. Hall 703-896-7111.

- **Sacramento del bautismo:** Para Bautismos de niños menores de 6 años y Charlas de padres y padrinos deben inscribirse de antemano, una vez completada esta y entregado los documentos requeridos le confirmaremos su fecha del bautizo.

<https://www.olgcv.org/sacraments/baptism>.

- **Confesiones:** Durante el mes de agosto las confesiones en español serán los sábados 7, 14 y 28 de 9: a 9:30am y de lunes a jueves **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@olgcv.org. No se escuchan confesiones los domingos en ninguna de las misas ni antes o después de la Misa.

- **Misas:** Puede ofrecer una misa en la parroquia, por fallecidos, en acción de gracias, en petición por la salud de alguien etc. la donación es de \$10.00 llame al 703-896-7419. Recuerde no se aceptan nombres los domingos. Debe reservar la misa de antemano. Velas del Santuario: Las velas están disponibles al lado del Tabernáculo en la iglesia y la capilla, y la vela azul al lado de la estatua de Ntra. Sra. del Buen Consejo. La vela se enciende durante una semana de domingo a sábado en memoria de un ser querido, una celebración de una intención especial. Las intenciones se publican en el boletín y la donación es de \$2500.

- **Formación de Fe/Catequesis:** para adultos, niños y bautismo de niños mayores de 6 años comunicarse con Guadalupe Saenz ccofficeassist@olgcv.org - 703.896.7415 igualmente comuníquese con ella para inscribir los cursos de preparación bautismal para padres y padrinos y niños de preescolar a octavo grado para la catequesis del próximo año. ccofficeassist@olgcv.org, 703.896.7415.

- **Asistencia:** Línea de asistencia 703.938.3210 o svdp@olgcv.org dejar un mensaje, alguien le regresará su llamada.

- **Rezar el Rosario:** Acompañemos en el jardín de Ntra. Sra. del Buen Consejo, los domingos a las 11:15am y los lunes a las 7:30pm vía Zoom. Comuníquese con Carlos Berrios berrioscg@gmail.com.

- **Departamento de Salud** del Condado de Fairfax, información sobre COVID-19 en español: 703.267.3511 <https://www.fairfaxcounty.gov/covid19/spanish>.

- **Vacunas gratuitas para personas mayores de 12 años.** - No necesita hacer cita, ni documento de identidad con fotografía ni un comprobante de domicilio. - Necesita documento para confirmar su nombre y la fecha de Nacimiento. Para preguntas o información llame a la parroquia de St. John Neumann con Celia Sandoval, Coordinadora hispana 703-860-8511 o Susan Infeld enfermera Parroquial, 703-390-234.

- **El Condado de Fairfax** Según la guía actualizada publicada por los Centros para el Control y la Prevención de Enfermedades (CDC) la semana pasada, el Departamento de Salud del Condado de Fairfax recomendó que todos, incluidas las personas completamente vacunadas contra COVID-19, usen mascarillas en entornos públicos cerrados. Dado que el número de casos de COVID-19 continúa aumentando con la propagación de la variante Delta, esta recomendación se basa en que el Distrito de Salud de Fairfax pasa de un nivel "moderado" de transmisión de COVID-19 a un nivel de transmisión "sustancial". <https://www.fairfaxcounty.gov/covid19/spanish/blog/indoor-masking>

- **Voluntarios:** Estamos en necesidad de voluntarios ministros, lectores, ujieres y monaguillos en las misas, catequistas a partir de septiembre para enseñar en inglés, parejas para ayudar en la preparación del matrimonio y bautismo. Por favor considere donar su tiempo en uno de estos ministerios. Comuníquese al 703.896.7419.

- **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.



SEASONED CITIZENS LUNCHEON IS BACK! – Plans are in the works for the first luncheon for OLGC Seniors in a very, very long time. It's going to be "Cibo e Amici – Food and Friends" – yes, an Italian theme that's always been a popular one during our gathering season. As always, it'll be in De Sales Hall on Thursday, September 16. Doors open at Noon. This is the first call, so save the date. The reservation system is being formulated at this time and instructions will appear here in next week's issue. This will be a wonderful time for us to reconnect with one another with plenty of time for visiting, and hope you'll join us for the first of what we hope will be a full season of events. Stay tuned!

GETTING BACK INTO PHYSICAL SHAPE – Oh, don't we hate the sound of that! But, after more than a year of being cooped up inside, stopping our usual activities, and seeing fewer friends and family members, most of us have noticed a big difference in how we feel. Now that Summer is beginning to wane, this is a good time to begin thinking about the things we can do to get ourselves into better shape with cooler weather on the horizon. Experts warn us that if we don't address issues that have arisen during the pandemic – muscle weakness, poor nutrition, disrupted sleep, anxiety, social isolation, and more – older adults face the prospect of poorer health and increased frailty. What can we do, then, to address challenges of this kind?

Well, several experts share some advice, suggestions you might consider. One is to reconnect with your physician. Schedule a visit with your primary care physician and catch up with preventive care screenings as well as having your functioning addressed. If you're having difficulty climbing stairs or walking a quarter-mile, you might benefit from physical therapy. Ask your doctor for a referral. Make sure you get back on track with your dentist – good oral health is really important. Start slow and build steadily. Pace yourself, listen to your body, and don't do anything that causes discomfort or pain. Be physically active. Engaging regularly in physical activity of some kind – a walk in the park, chair exercises at home, video fitness programs – is the experts' top recommendation. There are many different classes available right here at the Vienna Community Center that will make it easy for you to get going.

Have realistic expectations. If you're reluctant to get started, try a little bit of activity and see how you feel. Then try a little more and see if that's okay. This kind of repeated exposure is a good way to deal with any hesitation or fear. Understand that this has been a time of psychological trauma for many people, and it's impacted the way we behave. We can't go back to pre-pandemic activity and engagement like turning on a light switch; we need to respect what our limits are. Eat well. Adequate protein consumption is even more important for older adults during times of stress or when we're sedentary and not getting much activity. Establish routines. Having a structure to the day that involves social interactions, whether virtual or in-person, and various activities, including some time outside when the weather is good, is important to older adults. End-of-day routines are equally important in addressing sleep problems, which have increased in older people since the pandemic.

Reconnect socially. Mental health problems have also worsened in a segment of the older population because of the pandemic. An increase in anxiety, sadness or depression, and worry has been reported. And social isolation and loneliness may be contributing. Being vaccinated has eased this somewhat, but it's important to try to have in-person connections with someone every day. Even a walk outdoors might end up in a pleasant exchange with a neighbor that could get those endorphins flowing, helping to lift your spirits. As you can see, getting into better physical shape is much more than simply doing exercises. - it's a package deal! And remember, it's never, ever too late to start! (Adapted from an article by Judith Graham, a columnist for Kaiser Health News.)

FTC SCAM- REPORTING WEBSITE – This is designed to make it easier for people to report potential frauds to federal authorities and get quick advice on what to do. It's reportfraud.ftc.gov and has a feature that prompts those reporting fraud to the "next steps" that will offer specific guidance based on the kind of scam reported. Every time you report scams to the FTC, you're helping to protect your community.

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