



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

Parochial Vicar Rev. Mathias Kumar, OSFS.....mkumar@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

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

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

Children's Faith Formation Amy MacKinnon 703.896.7426.....amackinnon@olgcva.org

Youth Ministry Derek Rogers 703.896.7409.....youth@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

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

Sunday, January 2, 2022 - Presiders Fr Kumar, Fr Kumar, Fr Jean Marie, Fr Kumar

+ Bud Candee
+ Genevieve "Gene" Desmarais
+ Alba Cantos de Cabrera
+ Isabel Trinchera Mustafa
The OLCG Community

Monday, January 3, 2022 - Presider Fr Metzger

8:30am Marianela & Gustavo Coronel Wedding Anni.

Tuesday, January 4, 2022 - Presider Fr Kumar

8:30am + Rev. Thomas O'Gorman, S.J.

Wednesday, January 5, 2022 - Presider Fr Hillyard

8:30am + Robert L. Elly

Thursday, January 6, 2022 - Presider Fr Hillyard

8:30am + Roberto Carvallo

Friday, January 7, 2022 - Presider Fr Kumar

8:30am + The Hall & Armendariz Families

Saturday, January 8, 2022 - Presider Fr Hillyard

8:30am Mark & Thomas Nagurney

Sunday, January 9, 2022 - Presiders Fr Hillyard, Fr Extejt, Fr

Hillyard, Fr Hillyard, Fr Kumar

+ Elizabeth C. Meehan

+ Harold Rice, Sr.

+ Denise Sheehan

+ Felicitas Rodriguez

Ginger Woods

Please keep those listed in the prayer intention book and the recently deceased in your prayers including Timothy Linder, uncle of Amy Winkler de Bernardo; Mike Payne, Stepfather of Beth Tecala; Ursula Von Lührte, wife of John and mother of Anne.

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

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

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

Church - In loving memory of +Al McGarraghy

Chapel - Special intention for The Berg family

Our Lady - For all suffering from mental illness

Wedding Banns

None at this time

Readings for the Week/Lecturas de la Semana

Readings for the Week of January 2, 2022

Sunday 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 Monday after Epiphany

1 Jn 3: 22- 4: 6/ Ps 2: 7bc-8. 10-12a/

Mt 4: 12-17. 23-25

Tuesday Memorial of Saint Elizabeth Ann Seton

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

Wednesday Memorial of Saint John Neumann, Bishop

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 and 6a and

9b/ Jn 3: 22-30

Sunday Baptism of the Lord

Is 40: 1-5. 9-11/ Ps 104: 1b-2. 3-4. 24-25. 27-28. 29-30 (1)/ Ti 2: 11-14; 3: 4-7/ Lk 3: 15-16. 21-22

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.

Dec 25, 2021 [Christmas](#)

Jan 2022 [Facility Improvement](#)

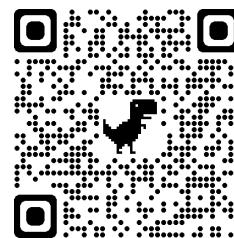
Jan 1, 2022 [Solemnity of Mary](#)

Jan 16, 2022 [Latin America](#)

Jan 23, 2022 [Oblate Mission Appeal](#)

November Monthly Collections Fiscal Year July 2021—June 2022

| | |
|----------------|-------------|
| Offertory | 188,331.03 |
| Total Budgeted | 170,616.00 |
| Variance | 17,715.03 |
| YTD Received | 898,509.79 |
| Budget YTD | 948,388.00 |
| Variance | (49,878.21) |



Scan QR Code to
donate online

Quote of the week: "Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence."

- St. Francis de Sales

Cita de la semana: "Corramos hacia María, y, como sus pequeños, arrojémonos a sus brazos con perfecta confianza".

- San Francisco de Sales

SUNDAY JANUARY 2

Donut Social 9:00 AM - 1:30 PM DeSales Hall

Undecorate the Church 6:00 PM Church

MONDAY JANUARY 3

Parish Offices Closed & School Resumes

GS Troop 50198 4:15 PM - 5:45 PM Multi-Media Center

TUESDAY JANUARY 4

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

CS 976 Lion Den Mtg. 6:00 - 8:00 PM School-Counsel Rm

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

WEDNESDAY JANUARY 5

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

BS 976 Mtg 6:30 PM - 8:30 PM School-Counsel Rm

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

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

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

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

Men's Basketball 8:30 PM - 10:00 PM Fr Brisson Gym

THURSDAY JANUARY 6

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

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

CS 976 Webelos Den Mtg. 6:30-8:30PM School-Counsel Rm

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

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

Men's Basketball 8:30 PM - 10:00 PM Fr Brisson Gym

FRIDAY JANUARY 7

Adoration Of The Blessed Sacrament 9AM-3PM Chapel

YM Rosary 3:30 PM - 4:00 PM Mary's Garden

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

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

SATURDAY JANUARY 8

CYO BB-Games 8:00 AM - 6:00 PM Fr. Brisson Gym

Elem CCF 8:30 AM - 10:00 AM School-Classrooms

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

Baptisms 10:00 AM - 11:30 AM Church

Daisy Troop 50232 10:30 AM - 11:30 AM DeSales Hall

Emmaus 10:00 AM - 10:30 AM School-Classrooms

Elem CCF 10:30 AM - 12:00 PM School-Classrooms

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

Music Ministry Epiphany Dinner 6-9PM DeSales Hall

SUNDAY JANUARY 9

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

Children's Liturgy of the Word 10—11 AM Chapel

HL BB Games 11:30 AM - 7:30 PM Fr. Brisson Gym

KofC Free Throw Contest 2:45 - 4:00 PM Fr. Brisson Gym

Nightlife AlumNight & Minute 2 Win It 6-7:30PM Hall

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

Undecorate Chapel 6:00 PM Narthex & Chapel

MONDAY JANUARY 10

Lamb Ctr Breakfast 6:45 - 7:00 AM Parking Lot-Bell Tower

Little Rock Scripture Study 10—11:30AM SJCtr-Brisson Rm

Rosary Makers 10:00 AM - 12:00 PM SJCtr - Aviat Rm

Our Lady's Quilters 11:30 AM - 3:00 PM SJCtr-Brisson Rm

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

Drafts W/DeSales 7:30 PM - 9:00 PM DeSales Hall

TUESDAY JANUARY 11

Tuesday Bible Study 9:45 AM - 11:45 AM Zoom

GS Troop 1673 3:15 PM - 5:00 PM Picnic Tables

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

CS 976 Arrow Of Light Den Mtg. 6:30-8:30 PM Counsel Rm

CS 976 Tiger Den Mtg. 6:30 PM - 8:30 PM Counsel Rm

Women's Book Study 7:00 PM - 8:30 PM Zoom

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

WEDNESDAY JANUARY 12

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

RCIA Team Mtg 6:00 PM - 7:00 PM SJC-Brisson Rm

BS 976 Mtg 7:00 PM - 8:30 PM School-Counsel Rm

Eucharistic Minister Training 7:00 PM - 8:00 PM Chapel

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

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

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

Men's Basketball 8:30 PM - 10:00 PM Fr Brisson Gym

THURSDAY JANUARY 13

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

House/CYO BB-Practices 5:30 PM - 8:30 PM Fr. Brisson Gym

Confirmation Parent & Candidate Mtg 7-8 PM Zoom

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

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

Men's Basketball 8:30 PM - 10:00 PM Fr Brisson Gym

FRIDAY JANUARY 14

Early Dismissal K-8 11:30am, Preschool 11:15am

Professional Development Half Day For Teachers

House/CYO BB-Practices 5:30 - 8:30 PM Fr. Brisson Gym

Jr. High Event 7:00 PM - 9:00 PM Offsite

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

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

SATURDAY JANUARY 15

Outreach Giving (St. Lucy Project) 7AM -5PM DeSales Hall

CYO BB-Games 8:00 AM - 6:00 PM Fr. Brisson Gym

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

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

We encourage all baptized Catholics who live within our parish boundaries to become registered members of Our Lady of Good Counsel Catholic Church. We encourage all families to be actively engaged in parish life to nurture their relationship with God and one another. Members can receive their sacraments here, receive a sponsor letter for sacraments, enroll in our school or parish religious education programs, receive tuition assistance if needed, and receive our parish communications. Fill out the [Registration Form](#) or contact [Christine Moan](#) at 703.896.7413.

Parish Updates & Events

Happy New Year!

The parish offices will reopen on Tuesday, January 4th.

2022 Calendars courtesy of Monday & King Funeral Home are available after Mass in the Narthex.



Donut Social: Sunday, January 2, 2022 in DeSales Hall after the 8am, 10am & 12noon Masses.

The social happens on the 1st Sunday of every month. This is a great opportunity to gather with family & friends. The Knights of Columbus Santa Maria Council organize this with additional parish groups sponsoring and serving at the social. In a spirit of Care for the Common Home (Laudato Si), the Care for Creation Team is requesting that you limit the trash you leave behind and bring your own coffee mug or juice cup to the Donut Social each month. You'll limit what goes in the landfill and get to show some personal flair. Get to know your neighbor by their mug, a conversation starter!



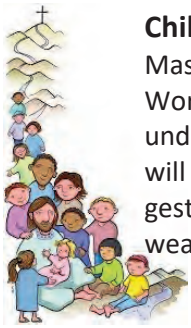
Bring your own coffee mug to the Donut Social.

One step to help reduce waste.



Adoration of the Blessed Sacrament: Friday, January 7th 9am-3pm in the Chapel.

Adoration occurs on the 1st Friday of the month after the 8:30am Mass until 3pm. Please sign up online www.signupgenius.com/go/30e044ea8a72ea7fc1-january. Please use the front main doors of the Church near the bell tower.



Children's Liturgy of the Word: Sunday, January 9th Children's Liturgy of the Word will return at the 10am Mass for a limited time. We are going to start out slowly by providing it once a month. Children's Liturgy of the Word affords the opportunity for children to experience the Sunday Scriptures at age-appropriate understanding. Children, ages 3-7, will be dismissed from the assembly and process to the Chapel where they will be invited to actively participate in the proclamation and hearing of the Word through prayer, song, gestures, and sharing of Jesus' message in their lives. Children (and any parents) attending will be required to wear masks and the children will be seated three feet apart.

The Knights of Columbus Santa Maria Council #4654 will be sponsoring the Annual Basketball Free Throw Competition at OLCG on Sunday, January 9th from 2:45 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 is necessary. Come to the OLCG Fr. Brisson Gym ready to shoot! For more information contact Andrew Zaso, andrewzaso@gmail.com.

Knights of Columbus Free Throw Contest
Sunday, January 9th 2:45 pm to 4:00 pm



All boys and girls ages 9-14 are eligible to enter.
No advance registration necessary.
Come to the OLCG Fr Brisson Gym ready to shoot!

Tuesday Morning Scripture Study

9:45 to 11:45 am via Zoom
Sign up & get materials, visit online.



Tuesday Scripture Study starts Jan 11th: Come and explore First Corinthians: The Church and the Christian Community from Ascension Press. Presenter Tim Gray examines Paul's advice for living an authentic Christian life in a pagan culture as well as his teachings about the nature of grace, the Church as the body of Christ, and the most powerful gift of all—the Eucharist. This study will meet Tuesday mornings via Zoom from 9:45 am to 11:45 am starting January 11th. To purchase the Study Pack, please visit <https://ascensionpress.com/products/first-corinthians-the-church-and-the-christian-community-study-set-1>. To sign up or for any questions, please email Fran Davenport at bwdavenport@cox.net or call her at 703-242-7440 (home phone).

Eucharistic Minister (EM) Training: Experience the reward and fulfillment of growing your faith by joining the team of Extraordinary Ministers of Holy Communion. A training session will be held on Wednesday, January 12th @ 7pm in the Chapel. What a wonderful way to both attend Mass and at the same time give back in service to the Lord by distributing Communion to members of the OLCG Community. If you are interested in attending the training session, please contact Cheryl Jones at cjones@olgcv.org or 703.896.7418 by Monday, January 10th.



Parish Updates & Events



ATTN PARENTS OF 7TH GRADERS: Confirmation Parent and Candidate Meeting either January 13th or 18th via Zoom Our annual Confirmation Meeting for 7th graders and their parents will be taking place via Zoom. There will be two sessions to choose from: Thursday, January 13th at 7 pm or Tuesday, January 18th at 7 pm. All families who have a 7th grader currently enrolled in CCF or OLGC School will receive an email with more details and the link to the SignUpGenius to register for one of the meetings. If you have a 7th grader who is not registered for CCF or OLGC School and desire him/her to prepare for the Sacrament of Confirmation, email Amy W. de Bernardo at dre@olgcv.org by Friday, January 7th.

OLGC Open Mic Night: Friday, January 14th 7-10pm in DeSales Hall It is scheduled for the 2nd Friday of every month (except during Lent - moved to 2nd Saturday). Open mic is a live show in which individuals perform on stage for up to 20 minutes. Performances can range with a variety of talents from poetry, acting, comedy, singing, playing instrumentals, or duo/trio bands. All ages are welcome to participate or come and enjoy. Light refreshments are served. See website for more details www.olgcv.org/news-post/~board/news/post/open-mic.



Small Prayer Group Wednesday Evenings via Zoom: Looking for more prayer in your life? Or a group to explore your faith with? OLGC parishioner John Heard will be hosting a small faith sharing prayer group on Wednesdays at 7:30 pm via Zoom. Wednesday evenings will consist of getting to know each other, praying together with Evening Prayer, Scripture, shared intentions, etc. Having a small community to pray with can be a powerful and beautiful experience! Wherever you are in your faith journey or prayer experience, you are welcome! Contact: OLGCDS@gmail.com



Mass & March for Life: On Friday, January 21, 2022, we will have a Mass for Life in the Chapel at 11 am. Immediately following, two buses will depart OLGC to attend the annual March for Life in Washington, DC. We hope to return by 4 pm. Please sign up to reserve your spot on one of the buses www.signupgenius.com/go/70a0b45aead292-march. Questions, contact Betsy Argauer, 703-255-3744.

Community Update on Survey

Dear OLGC community,

Thank you to our entire community for your attention and response to the Comfort Level Survey. We received 346 responses with extensive and thoughtful feedback which we are carefully reviewing and working through at this time. We appreciate your patience during this holiday season and look forward to sharing the next steps in this process early in January. I wish you all the best in this busy week of preparations for Christmas and New Year.

Live Jesus!
Fr. Matt

OLGC Inclement Weather Policy:

Please check webpage for updates. In case of inclement weather, we follow the Fairfax County Public Schools schedule which is announced on TV, radio, and www.fcps.edu. We will also post the announcement on the school and church websites. This includes closures, delayed openings, or afternoon/evening activities being canceled.



A person who exemplifies Live Jesus is Marian Chirichella. Marian is an Our Lady of Good Counsel parishioner who volunteers for the parish as a Lector, Eucharistic Minister, Funeral Minister, Hospitality Minister, Outreach Coordinator, and Altar Guild member most notably known for taking care of the Church plants. She gives of herself fully all rooted in prayer, in the love of God and one another with the utmost humility. It is the little things that she does that make the most impact.

If you would like to nominate someone, please send their name and why they should be highlighted to info@olgcv.org.



OLGC School Applications for the 2022-23 school year are only being accepted online www.olgcschool.org/admissions.
The next Open House is Sunday, January 30, 2022.

Fifth Graders did a beautiful job leading Festival of Lessons and Carols!



Youth Ministry Derek Rogers youth@olgcva.org

Check out all events and register to be on the email list at www.olgcva.org/faith-formation/children-youth/youth-ministry. Sunday Nightlife after 5pm Mass in DeSales Hall or other weekend excursions, see calendar and website for details.

Junior High Events:

JH Bowling vs. St Mark Catholic Church @Bowl America Friday, Jan 7th 6:30-8:30pm [Register online here](#)

Ice Skating and Broomball @ Fairfax Ice Arena (7-12th grade) Sunday, January 16th 6:45pm-8:15pm. [Register online here](#)

High School Events:

AlumNight and Minute 2 Win It Sunday, January 9th 6-7:30pm De Sales Hall Alumni back on break are welcome to join us for our first gathering in 2022 for some fun and games!

Ice Skating and Broomball @ Fairfax Ice Arena Sunday, January 16th 6:45m-8:15pm. Cost: \$15 (ice time and skate/ broomball rental) Location: Fairfax Ice Arena 3779 Pickett Road, Fairfax, VA 22031. Bring extra money for concession stand if desired. Dress in layers! We have rented out the WHOLE rink just for OLGC Youth Ministry, invite your friends! Broomball will also be available on part of the rink. [Here is a video of when we went a few years ago](#) [Register Online Here](#)

Bowling vs. St. Mark's High School Youth Group @ Bowl America Sunday, Jan 23rd 6:30-8:30pm. Join us as we try to claim the title of "Best Catholic High School Youth Group in the Area at Bowling." Bowl America Fairfax 9699 Lee Hwy, Fairfax, Virginia 22031 Cost: \$20 Includes: Pizza, Soft Drinks, Shoe Rental, Unlimited Games [Register Here](#)

High School Workcamp 2022:

[Registration for High School Workcamp 2022 is now open!](#) We will be serving Scranton, PA on July 3-9th! Students 9-12 grade are invited to join on this week long service trip that many teens say is there favorite memory of the year!

[OLGC Workcamp 2021-22 Teen Witness Promotional Video](#), [OLGC Workcamp 2021 Imperial PA Music Video](#)

To reserve your spot, register online www.olgcva.org/faith-formation/children-youth/youth-ministry/hs-workcamp

Community & Diocesan Updates



Laudato Si - Care for our Common Home: THE PRINCIPLE OF THE COMMON GOOD

In the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters.

Q: Where do you think OLGC should invest more in helping the poorest of us?

Contact Jack Dausman jack@leadershipbynumbers.com.



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/.

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>.



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3. Enter your name and email
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Learn more at formed.org

FORMED THE CATHOLIC FAITH ON DEMAND

All are welcome to the family event “Joy to the World: An International Christmas Pageant” at 5 p.m. on Saturday, January 8, 2022, at Bishop Ireton Catholic High School in Alexandria. The event will showcase how cultures around the world celebrate Christmas. The pageant will take us through the journey of the Wise Men, as they take “the long way home”, sharing the birth of Christ with all they meet! This is a spectacular event that you will not want to miss. The pageant is free to attend, but at-will donations will be graciously accepted at the performance. Please secure your seats in advance by emailing mcm@arlingtondiocese.org.

Did you know that the award winning Arlington Catholic Herald has been running a “Kids Connection” feature?

https://www.catholicherald.com/uploadedFiles/Content/News/Art/12_02_ForWeb.pdf

https://www.catholicherald.com/uploadedFiles/Content/News/Art/11_18_ForWeb.pdf

[https://www.catholicherald.com/uploadedFiles/Content/News/Art/10_21_ForWeb%20\(002\).pdf](https://www.catholicherald.com/uploadedFiles/Content/News/Art/10_21_ForWeb%20(002).pdf)

Please pray for all those impacted by the devastating tornado in Kentucky:

Catholics and all people of good will may help our brothers and sisters in their recovery by supporting the work of Catholic Charities USA at <https://www.catholiccharities.us/campaign/ccusa-disaster-relief/c353051>.

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@olgcva.org, 703.896.7419.

- **¡Feliz año nuevo!** Las oficinas parroquiales estarán cerradas durante las fiestas de Año Nuevo del 30 de diciembre al 3 de enero y abrirán el martes 4 de enero. Los calendarios del 2022 cortesía de La Funeraria Monday & King están disponibles después de la misa en el Atrio.
- **Domingo 2 de enero** pase por el salón DeSales después de la misa para el compartir de Donuts “toquillas / donas” y también disfrutar del compañerismo con otros feligreses y el personal.
- **Una persona que es ejemplo de ¡Viva Jesús!** Si usted desea nominar a alguien que “VIVE JESÚS” en la comunidad por favor envíe la nominación al info@olgcva.org incluya el nombre y la manera que ellos se destacadas en la comunidad.
- **Entrenamiento de Ministros Eucarísticos:** Experimente la recompensa y la satisfacción de hacer crecer su fe uniéndose al ministerio de Ministros Extraordinarios de la Sagrada Comunión. El entrenamiento se llevará a cabo el miércoles 12 de enero a las 7pm en la Capilla. ¡Qué manera tan maravillosa de asistir a la misa y al mismo tiempo, gratifique en servicio al Señor distribuyendo la comunión a los miembros de la comunidad parroquial. Si está interesado en asistir a la sesión de capacitación, comuníquese con Cheryl Jones al cjones@olgcva.org o 703.896.7418 antes del lunes 10 de enero.
- **Confesiones:** Durante el mes de enero las confesiones en español serán el sábado 8, y 29 de 9:00am 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@olgcva.org No se escuchan confesiones los domingos en ninguna de las misas ni antes o después de la Misa.
- **Ya comenzaremos a recibir las intenciones de misas para el año 2022.** El proceso será el mismo que en los años pasados, debido al limitado número de misas celebradas en nuestra parroquia y la abrumadora solicitud de intenciones para misas, cada persona se limitará a tres intenciones de misas por el año. Sin embargo, hay intenciones de misas ilimitadas celebradas por los sacerdotes oblatos retirados en Childs Maryland en la casa de retiro. Puede presentar su solicitud para las misas en línea <https://www.olgcva.org/liturgy-worship/devotions/mass/olgc>, en las oficinas parroquiales, o en el Centro de Bienvenida. Las misas se otorgarán en el orden que sean recibidas.
- **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 6 meses, entre otros requisitos. Para registrarse en la parroquia, visite nuestro sitio web www.olgcva.org/register.
- **Formación de Fe/Catequesis:** para adultos, niños y bautismo de niños mayores de 6 años comunicarse con Guadalupe Saenz ccofficeassist@olgcva.org - 703.896.7415 igualmente comuníquese con ella para inscribir niños de preescolar a octavo grado para la catequesis.
- **Sacramento de matrimonio:** Completar por lo menos 6 meses antes el formulario en el enlace siguiente <https://www.olgcva.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, <https://www.olgcva.org/sacraments/baptism> una vez completada esta y entregado los documentos requeridos le confirmaremos su fecha del bautizo. Igualmente se puede comunicar con Maria Romero al 703.896.7419 o welcome@olgcva.org.
- **Línea de asistencia** 703.938.3210 ó svdp@olgcva.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.
- **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. <https://www.fairfaxcounty.gov/covid19/spanish/blog/indoor-maskin>. Por favor, no venga a las instalaciones si está enfermo o ha estado cerca de alguien que está enfermo. Le pedimos por favor consideren usar sus mascarillas cuando asista a misa, incluyendo las personas completamente vacunadas contra COVID-19, dado que el número de casos de sigue aumentando con la propagación de la variante Delta. Les recordamos que los niños menores de 5 años no pueden ser vacunados, por caridad hagamos todos lo posible para protegerlos. • **Los niños de 5 a 11 años son elegibles para vacunarse contra el COVID-19** para más información visite el sitio web <https://www.fairfaxcounty.gov/covid19/spanish/blog/children-ages-5-11-now-eligible-for-covid-19-vaccination>.



NEW TRIP – Vienna Parks & Recreation has planned a trip on February 16 to President Lincoln’s Cottage. This is a historic site and museum located on a 250-acre campus in Washington, DC. Here Abraham Lincoln made some of his most nation-changing decisions and developed the Emancipation Proclamation. You’ll enjoy an intimate guided tour of his seasonal home at the Soldiers’ Home, where he spent a quarter of his presidency. You’ll stop for lunch at Homestead, a nearby restaurant, which is not included in the trip fee. The date is February 16, and the cost is \$45 for Vienna town residents, \$56.25 for everyone else. Register by using your WebTrac account at the Vienna Community Center, or stop by to do it in person. For additional information, call 703-255-6360.

CAREGIVER STRESS: TIPS FOR TAKING CARE OF YOURSELF

– Last week, you read about the caregiving crisis and some suggestions when looking for home care. In today’s and next week’s column, the focus will be on the caregiver. As the population ages, more caregiving is being provided by people who aren’t health care professionals. About 1 in 3 adults in the United States provide care to other adults as informal caregivers. A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don’t self-identify as a “caregiver.” Recognizing this role can help caregivers receive the support they need.

Caregiving can have many rewards. For most, being there when a loved one needs you is a core value and something you wish to provide. But a shift in roles and emotions is almost certain. It’s natural to feel angry, frustrated, exhausted, alone, or sad. Caregiving stress - the emotional and physical stress of caregiving - is common. As a caregiver, you may be so focused on your loved one that you don’t realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- ~ Feeling overwhelmed or constantly worried
- ~ Getting too much sleep or not enough
- ~ Gaining or losing weight
- ~ Becoming easily irritated or angry
- ~ Losing interest in activities you need to enjoy
- ~ Having frequent headaches, bodily pain or other problems
- ~ Abusing alcohol or drugs, including prescription medications

Too much stress, especially over a long time, can harm your health. As a caregiver, you’re more likely to experience symptoms of depression or anxiety. In addition, you may

not get enough sleep or physical activity or eat a balanced diet, which increases your risk of medical problems, such as heart disease and diabetes. The emotional and physical demands involved with caregiving can strain even the most resilient person. That’s why it’s so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don’t take care of yourself, you won’t be able to care for anyone else. To help manage caregiving stress:

Accept help. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a family member may be able to run an errand, pick up groceries or cook for you.

Focus on what you’re able to provide. It’s normal to feel guilty sometimes, but understand that no one is a “perfect” caregiver. Believe that you’re doing the best you can and making the best decisions you can at any given time.

Set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining.

Get connected. Find out about caregiving resources in the community. Many have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery, or housekeeping may be available. (To be continued next week. Adapted from “Independent Living,” the newsletter of Independent You Senior Services.)

LOOKING AHEAD – Vienna Parks & Recreation and the Shepherd’s Center of Northern Virginia are planning a Mardi Gras Celebration on Thursday, February 17, from 12 Noon-2:00 PM at the Vienna Community Center. This event, for those of you 55 years of age and older, will get you into the Mardi Gras spirit. You’ll enjoy an afternoon of festivities with friends to include a Cajun cuisine lunch, Mardi Gras mask making, trivia, and entertainment. Dressing up is part of the celebration, so plan on including purple, green, and gold, traditional festival colors, in your attire that day! The cost is \$15 per person—register by calling 703-281-0538 by Friday, February 11.

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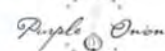


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