25th Sunday in Ordinary Time

September 18, 2022



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
Livestream www.youtube.com/c/StreamingOLGC

Confessions Saturdays 9:00 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

Parochial Vicar Rev. Mathias Kumar, OSFS mkumar@olgcva.org Retired Rev. William Metzger, OSFS......william.metzger@olgcva.org School Principal Robin Williams 703.938.3600rwilliams@olgcva.org Liturgy/Music/Funerals 703.896.7411.....liturgy@olgcva.org Children's Faith Formation Amy MacKinnon 703.896.7426...... amackinnon@olgcva.org Youth Ministry/Young Professionals Derek Rogers 703.896.7409 youth@olgcva.org Communications/Bulletin Maude Hales 703.896.7412.....communications@olgcva.org Director of Finance Emilynda Clomera 703.896.7402.....eclomera@olgcva.org Records/Child Protection Liaison 703.938.2828 welcome@olgcva.org Advancement/Annual Giving Alison McKee & JoAnne Kinyon......advancement@olgcva.org Events Manager Frank Fletcher 703.896.7412.....events@olgcva.org Reception/Intentions/Ministry of Care Maria Romero 703.896.7419 welcome@olgcva.org Información en español Maria Romero 703.896.7419......welcome@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 #4654www.knightsvienna.org Counseling Catholic Charities Consejería Caridades Catolica703.425.0109

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

Presider schedule available at:

bit.ly/PresiderSchedule

Sat. / Sun. September 17– September 18, 2022

- + Saxon Zdancewicz deceased family
- + Roberto M. Rodriguez Jr.
- + Dr. Juan Candamo
- + Marie Alice Sena
- + Maria de la Paz de Villatoro

Monday, September 19, 2022

8:30am Margaret Leonard

Tuesday, September 20, 2022

8:30am + Omana Kariampuzha

Wednesday, September 21, 2022

8:30am + James & Jerry Reilly

Thursday, September 22, 2022

8:30am + Al Richards

Friday, September 23, 2022

8:30am + Lorraine "Lori" Nicole Fagan

Saturday, September 24, 2022

8:30am The OLGC Community

Sat. / Sun. September 24 – September 25, 2022

- + Brian Fimian
- + Anne E. Butler
- + Alfredo Pastana
- + Lucille Komarinski

In Thanksgiving for Gabriel Esprella



Wedding Banns

Please pray for Adaiz Santiago-Pabon and Bryan Michael Schendlinger as they prepare for marriage on September 24

Please keep those listed in the prayer intention book and the recently deceased in your prayers, especially

- + Sami Awad brother of Grace Awad de Chehade and brother-in-law of Tony Chehade
- + William Samuel "Sam" Althoff, Sr.
- + Raul "Russell" Garcia
- + Colin J. Kozloff
- + Nannette Sturniolo Cousin of Elvira Jakub

Readings for the Week/Lecturas de la Semana

For the Week of September 18, 2022

Sunday Twenty-fifth Sunday in Ordinary Time

Am 8:4-7; Ps 113:1-2, 4-6, 7-8; 1 Tm 2:1-8; Lk

16:1-13 or Lk 16:10-13

Monday Memorial of Saint Januarius,

Bishop and Martyr

Prv 3:27-34; Ps 15:2-3a, 3bc-4ab, 5; Lk 8:16-18

Tuesday Memorial of Saints Andrew Kim Tae-gon,

Priest, and Paul Chong Ha-sang, and

Companions, Martyrs

Prv 21:1-6, 10-13; Ps 119:1, 27, 30, 34, 35, 44;

Lk 8:19-21

Wednesday Feast of Saint Matthew, Apostle and

Evangelist

Eph 4:1-7, 11-13; Ps 19:2-3, 4-5; Mt 9:9-13

Thursday Eccl 1:2-11; Ps 90:3-4, 5-6, 12-13, 14 & 17bc;

Lk 9:7-9

Friday Memorial of Saint Pius of Pietrelcina, Priest

Eccl 3:1-11; Ps144:1b & 2abc, 3-4; Mk 10:45;

Lk9:18-22

Saturday Eccl 11:9-12:8; Ps 90:3-4, 5-6, 12-13,14 & 17;

2 Tm 1:10; Lk 9:43B-45

Sunday Twenty-sixth Sunday in Ordinary Time

Am 6:1a, 4-7; Ps 146:7, 8-9, 9-10; 1 Tm 6:11-16; Lk 16:19-31



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

Church In Celebration of Vicente Briones

Chapel In Loving memory of

+ William Samuel "Sam" Althoff, Sr.

Our Lady In Loving memory of + Colin Kozloff

Calendar (Subject to change, updates at www.olgcva.org/about-us/calendar)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
Outreach Drive: CHO 7:30 AM - 1:30 PM Bell Tower Circle & DeSales Hall Outreach Drive: CHO 4:30 - 6:30 PM Bell Tower Circle & DeSales Hall Jr High CCF 6:15 - 7:45 PM School	Little Rock Scripture Study 10 - 11:30 AM Zoom Quilters 11:30 AM - 3 PM Mary's Garden & SJC -Brisson Rm CYO Track Practice 3 - 4:15 PM Parking Lot & Upper Field Finance Council Mtg 7 - 9 PM SJC-Brisson Rm	Tuesday Bible Study 9:45 - 11:45 AM Zoom Funeral and Luncheon: Colin Kozloff 11 AM - 1 PM Chapel, DeSales Hall Music Ministry (Hemmingson) 7 - 8:30 PM Church Women's Book Club 7 - 8:30 PM SJC-Brisson Rm Divorced / Separated Catholic Ministry 7:30 - 9 PM Zoom	School Mass (Hosted by Room 13) 8:30 - 9:30 AM Church Dining for Dollars 11 AM - 7 PM The Sandwich Shop BSA Troop 976 Mtg 7 - 8:30 PM Counsel Rm Music Ministry (Jones) 7 - 8:30 PM Church RCIA Catechumenate 7:30 - 9 PM SJC-Brisson Rm Small Faith Group 7:30 - 8:30 PM Zoom SVDP Mtg 7:30 - 9 PM DeSales Hall Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	Prayer Shawl Ministry 9:30 - 11 AM SJC-Brisson Rm Seasoned Citizens Luncheon 12 - 2 PM DeSales Hall CS Pack 976 Wolf Den Mtg 6 - 8 PM Counsel Rm Music Ministry (Choir) 7 - 8:30 PM Church Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	St. Paul VI HS Visit—8th Grade 8:15 - 9:30 AM Counsel Room Wedding Rehearsal: Schendlinger/Adaiz 4 - 5 PM Chapel	Confessions 9 - 9:30 AM Reconciliation Room Baptisms 10 - 11 AM Chapel Families of Faith (Elementary/Jr High) 10 AM - 12 PM DeSales Hall Used Uniform Sale 10 - 11:30 AM Outside Gym Wedding: Schendlinger/Adaiz 1 - 2 PM Chapel RCIA Breaking Open the Word 4:30 - 5 PM Chapel & Cry Room

Blessing of Animals Feast of St. Francis of Assisi

We will celebrate the Feast of St. Francis of Assisi with a special service to give thanks for the animals in our lives. Bring your furry, feathered, or scaly animal companion for a blessing on **Tuesday**, **Oct 4 at 6:00pm at the Bell Tower Lawn**.



If it would be too stressful for your pet to attend, you are invited to bring a photo to the service.



We celebrate God's creatures great and small!

July Monthly Collections

Weekly & Second Collections

Checks or cash via envelopes, text amount to 703.810.7674, or give online at

membership.faithdirect.net/VA875. Thank you.

September Second Collections

18 Special Kids|Special Needs Facilities Improvements

Monthly Outreach Project: Grocery/gift cards for CHO Christmas Store

Saturday, September 17th & Sunday September 18th after all the Masses

Help brighten a family's holiday by donating grocery gift cards to CHO

CHO (Committee for Helping Others), a local interfaith nonprofit that provides food, clothing and emergency funds

Your gift in September means a brighter December for a family in need! to neighbors in need, has organized a Christmas Store for more 50 years to bring holiday food and gifts to 150-240 families (700-800 individuals). These gifts include grocery store gift cards, and OLGC has been a generous contributor in the past.

This month we will be collecting:

- Gift cards to major grocery stores: Walmart is preferred by CHO clients, but Giant, Target and Safeway cards are also welcome.
- Cash or checks payable to CHO.

Before and after Mass: Saturday, September 17, 3:30 pm-5 pm Sunday, September 18, 7:30 am-1 pm and 4:30-6 pm

It's not too late to donate!

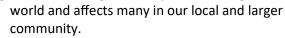
Volunteers will be at the Bell Tower Circle or outside the church Sunday morning and Sunday afternoon from 4:30 to 6 pm.

If you have questions, please contact Anne Moran Hamisevicz at amoranelm@gmail.com.



2022 CROP Vienna Hunger Walk—October 2nd

OLGC Parish is once again sponsoring a team for the 2022 Vienna CROP Hunger Walk, the community-based fundraising event held in cities and towns across the U.S., created to support the global mission of Church World Service. Hunger is one of the greatest injustices facing our



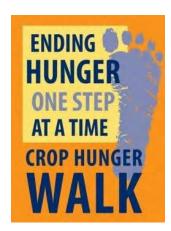


Twenty-five percent of the funds from the Vienna walk goes directly to CHO, a Vienna-based nonprofit that provides emergency funds as well as food, clothing and used furniture to local families.

Sign up now to join the OLGC team and invite friends and family to sponsor you as you walk

on October 2nd. Or, if walking isn't your thing, sponsor another walker or just donate directly online.

You may register, donate, and/or sign up to join the walk here: bit.ly/
DLGC-CROP2022. For more information please contact Rachel McCarthy rachelmccarthy2003@gmail.com or Anne Moran amoranelm@gmail.com.



Informacion Parroquial en español

Preguntas o sugerencias, ofrecer misas, pedir oración durante la misa por recién fallecidos, funerals, comuníquese con Maria Romero 703.896.7419, mromero@olgcva.org

Bendición de los Animales

Fiesta de San Francisco de Asís Estaremos celebrando la fiesta de San Francisco de Asís con un servicio especial para dar gracias por los animales en

nuestras vidas.

Traiga a su compañero animal peludo, emplumado o con escamas para una bendición el martes 4 de octubre a las 6:00 p.m. en el área de césped del campanario.



Registración Parroquial: Animamos a todos los católicos bautizados que viven dentro de los entornos de nuestra parroquia a hacerse miembros registrados de Ntra. Sra. del Buen Consejo. También animamos a las familias a participar activamente en la vida parroquial para nutrir su relación entre Dios y ellos. Los miembros pueden recibir sus sacramentos, carta de elegibilidad de padrinos, inscribirse en nuestra escuela o programas de educación religiosa, ayuda con la matrícula escolar y recibir nuestras comunicaciones parroquiales. Complete el formulario en nuestro sitio web www.olgcva.org/register.

Próximos Eventos: Compartir de donas, todo primer domingo del mes después de la misa, aquí podrá conocer otros feligreses, distintos líderes de nuestra comunidad y personal de la parroquia.

Sacramento del bautismo de niños menores de 6 años: Comuníquese con Maria Romero 703.896.7419 welcome@olgcva.org Sacramento del bautismo: para 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.olgcva.org/sacraments/baptism

Rezar el Rosario: Acompañemos en La Capilla/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 <u>berrioscg@gmail.com</u>.

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

Preparación Sacramental para Adultos / RICA Rito de Iniciación Cristiana:

¿Fuiste bautizado católico y necesitabas los sacramentos de la Eucaristía, la Reconciliación, la Confirmación y/o el Matrimonio? ¿Quizás no está bautizado o está bautizado en otra tradición cristiana y ha estado viniendo a misa por un tiempo? ¿Quizás le gustaría saber más sobre la Iglesia Católica? Si desea explorar la preparación para los sacramentos en la Iglesia Católica a través de RICA Rito de Iniciación Cristiana, comunicarse con Arturo Matus al 202.569.1615 arturomatus@ymail.com.

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 llame al 703-896-7419.

La Palabra Entre Nosotros: Si desea suscribirse para La Palabra Entre Nosotros para el año 2022/2023, de octubre de 2022 a septiembre de 2023, complete el formulario a continuación y tráigalo con su pago, a la oficina parroquial. Le pedimos que, si desea recibir su copia por correo, solicita directamente a WAU. Puede usar la hoja dentro de su libro

actual, puede ir al sitio web en wau.org/renew/, o puede llamarlos al 1-800-775-9673. El último día para inscribirse para recibir el libro "La Palabra Entre Nosotros" será el viernes 23, de septiembre. La Palabra Entre Nosotros es un recurso de la misa diaria y del fin de semana con lecturas, oraciones y una reflexión. Si está interesado en suscribirse el costo es \$22.



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: para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión Comuníquese con Guadalupe Saenz <u>gsaenz@olgcva.org</u> o 703-896-7415.

Proyecto de Alcance para este mes estará colectando donaciones de tarjetas de regalo. Por favor, ayude a alegrar las vacaciones de una familia mediante la donación de tarjetas de regalo de comestibles.

For Students and Families

The Wildcat Fund

Now and for the future of OLGC School

The Wildcat Fund celebrates Mrs. Williams as our new principal and continues to advance four critical initiatives for OLGC School:

- Recruit, recognize, and retain exceptional faculty and staff
- Advance curriculum, technology, and innovative classrooms
- Address the needs of our growing campus
- Deliver need-based tuition assistance

Visit olgcschool.org/support/wildcatfund or watch your email for information on how you can support educational excellence at OLGC!





Dining for Dollars This Week!

Eat Out and Support the School September 21st!

Grab a quick lunch while you are working from home and then grab sandwiches to eat for dinner on a busy sports THE SANDWICH SHOP

practice night. On Wednesday, September 21st, 20% of our sales will come back to OLGC. The Sandwich Shop is located at 132 Church St. NW, Vienna. They are open for lunch and dinner from 11 a.m. to 7 p.m.

Be sure to mention OLGC when placing your order. ALL sales from lunch/dinner, carry out, dine-in, and Doordash will be honored!

Parish Announcements

SVdP Call for Volunteers

OLGC Society of St. Vincent de Paul is grateful for the many volunteers who dedicate their time each year to serving those affected by hunger, homelessness and in need of services. Our volunteers are indispensable to meet this mission.



Today we need the support of our fellow parishioners, and we are looking for others to step up and serve our community. You can become a SVdP volunteer by sharing your time, your talents, and/or your treasure. We will be at the Donut Social after masses on October 2 to answer any questions, and we will have a Volunteer Recruitment Meeting on October 24 at 7:30 pm in DeSales Hall. Come on over and hear about what we do, how we do it, and how you can find a totally new fulfillment in life by serving our neighbors in need.



FR. MATT'S MUSING:

The Lord says, 'I am doing a new thing'

This saying from the prophet Isaiah is our parish theme for this year. This time of year is a good opportunity to remind all of us of the importance of renewal. In September, I think nothing speaks to us better of newness than the school year. Students may return to the same school but usually with new students, new teachers, a new classroom, new books...

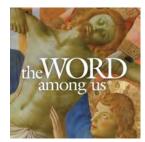
Read more at bit.ly/FrMattsMusing-Sep7

"The LORD SAYS, "I am doing a new thing"

Yearly Subscription of The Word Among Us (WAU)

The Word Among Us assists people in reading, meditating on and understanding scripture and to provide sound, practical advice for Catholics on the living out of the Christian life.

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. 2022 - Sept. 2023. It is also available in Spanish. The group subscription rate is \$22 per yearly subscription. Please make your check payable to OLGC and on the memo indicate WAU/Liturgy. Please complete the form below, bring it or mail it with your payment to the office.



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.

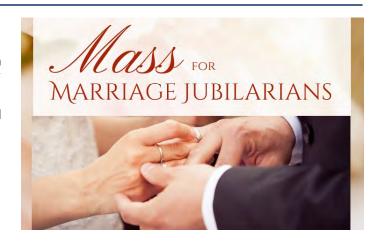
Subscribe to The Word Among Us					
First Name	_Last Name				
Phone	_Email				
Please specify how many copies you would like: English Copies # Spanish Copies # The group subscription rate is \$22.00 per book per year from Oct. 2022 to Sept. 2023. Please make your check payable to OLGC and on the memo indicate WAU / Liturgy					

Diocesan & Community Events

Marriage Jubilee Mass 2022

All married couples celebrating their silver (25 year) and golden (50 year) anniversaries are invited to join us at the Cathedral of Saint Thomas More on October 16 at 3 p.m. for the Mass for Marriage Jubilarians, celebrated by the Most Reverend Michael F. Burbidge, Bishop of Arlington, who will also be the homilist. A light reception will follow.

Please register by October 3rd by filling out the form at www.olgcva.org/n/~board/news/post/jubilarian or by contacting the church office.

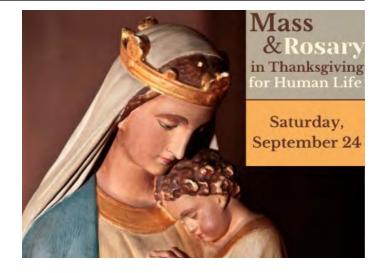


Mass in Thanksgiving for the Gift of Human Life

Join Bishop Burbidge for Holy Mass in Thanksgiving for the Gift of Human Life on Saturday, September 24 at 8:30 a.m., at Saint James Catholic Church in Falls Church. Holy Mass will be followed by a rosary at the abortion facility at 900 S. Washington St., Falls Church, VA 22046.

St. James Catholic Church

905 Park Ave., Falls Church, VA 22046



The Science and Significance of Eucharistic Miracles

Friday, September 30, 7:30 p.m. Saint Leo the Great, 3700 Old Lee Highway, Fairfax

This multimedia presentation highlights the importance of the Holy Eucharist. Hosted by Steve Hemler and Lee Granger of the Catholic Apologetics Institute of North America (CAINA), you will discover amazing findings of scientific studies of Eucharistic miracles.

The presentation discusses more than 100 Eucharistic miracles worldwide over many centuries, with emphasis on five that have been scientifically studied. All are welcome.



Catholic Professional Musicians Recital

Friday, September 23, 2022 7 - 8 .m. All Saints Catholic Church, Parish Activity Center 9300 Stonewall Rd., Manassas, VA 20110

Enjoy an evening of exceptional and beautiful music provided by local Catholic professional musicians serving in our nation's top military ensembles. Hear a variety of

instruments, styles, and musical works as we continue to celebrate our Diocesan Jubilee.

Refreshments provided.
The event is free to all.





Seasoned Citizens' Luncheon

Tomorrow, September 19, is the last day to make a reservation for this event which will take place in De Sales Hall on Thursday, September 22 at noon. OLGC seniors have enjoyed these gatherings for many years and it's a wonderful time for reconnecting with friends after the summer hiatus. There is no charge. RSVP online at bit.ly/SeasonedCitizensSeptember, e-mail Dagny at seasonedcitizens@olgcva.org, or call her 703-281-5525. The Book Swap Table will be open, so bring one or two, or a jigsaw puzzle (nothing else, please), and feel free to choose something to take home with you.



BINGO NIGHT AT FOSTER'S GRILLE – Plan on going to Foster's Grille tomorrow, September 19, for a burger and bingo. Offered by the Shepherd's Center, the event runs between 5 and 7 pm. Cards are \$1 each, no limit, and prizes will be awarded for each game. A percentage of the food receipts will go to the Center, which provides many free services for area seniors. Come support their efforts, enjoy some good food and socialize with friends.

MAXIMIZE YOUR PROFITS WHILE DECLUTTERING AND DOWNSIZING - On Monday, September 26, you can learn techniques for maximizing the value of your prized possessions at this presentation designed just for you. It runs from 10am – 12 pm at the Vienna Community Center, and is free. Two presenters will share their expertise on proven techniques that promise to be very helpful.

MAKING SHOPPING EASIER – Search before you shop! Flipp is a free phone app that consolidates retail circulars. This makes it a snap to compare your shopping list to circulars from your local supermarkets to determine which store's virtual coupons will save you the most money. You can also use the app to generate your shopping list.

PICKLEBALL MIXER AND HAPPY HOUR – The Shepherd's Center of Northern Virginia (SCNVA) is putting the finishing touches on its first community fundraiser since the pandemic began. This event will take place Thursday, October 6, 4-7 pm at the Reston Lake House and adjoining tennis courts, rain or shine. Tickets are \$40 per person.

They're hoping for a great turnout, whether you're an avid pickleball fan or just want to come for the great food, entertainment, and community spirit. The funds raised will continue the creation of meaningful opportunities for service, lifelong learning, social connection, individual wellbeing, and independent living for older adults in the communities they serve. They're very comfortable offering an outside event with a portion of the Happy Hour in a large venue with spacious outside decking. The Reston Lake House is located at 11450 Baron Cameron Ave, Reston. Call the SCNOVA for tickets, 703-281-0538.

MEDICARE.GOV GETS A FACELIFT - Using feedback from consumers, the Centers for Medicare & Medicaid Services (CMS) is updating and redesigning its website. Along with a newly redesigned home page, the website now has more

detailed pricing information about Medicare Supplement Insurance (medigap) policies to help beneficiaries compare plan costs and coverage options. CMS also aims to answer complex questions about Medicare in simple language on the site and make it easier for beneficiaries to compare other plans, not just those for medigap.

PLANNING TO AGE IN PLACE? - Most of us want to age in place and remain in our community, but as we get older, the odds of becoming more dependent and socially isolated are higher. Therefore, to age in place, it's important to have different services and support to help us meet our basic daily and health needs.

A Panel Conversation, "Aging in Place—Program Models and Community Resources" will be presented Friday, September 30 from 2-3 pm. It'll explore different community models that promote social connection, health, quality of life and, in turn, aging in place. Panelists include Season Zellman, Fairfax County Health Department; Sherri L. Parker, LCSW, Capital Caring Health; Mia Grigg, Institute on Aging, Friendship Line; and Sara T. Pappa, PhD, Northern Virginia Falls Prevention Alliance. To register online, go to bit.ly/AAAPanel or call 703-324-5484.

ADVENTURES IN LEARNING (AIL) BEGINS THIS WEEK-

There's a new format beginning with this Fall Semester, which begins on Thursday, September 22. There will be only two sessions for AlL in the morning beginning at 10 am. Tai Chi class begins at 9 am. This 8-week program is offered by the Shepherd's Center and takes place at Unitarian Universalist Congregation, 2709 Hunter Mill Rd. in Oakton. Classes are held in person, but will also be available via the ZOOM application. Tuition is \$55 and includes T'ai Chi and AlL. You can register for the program by calling 703-281-0538. Be prepared to pay the tuition fee at this time. You may also register on the first day of classes.

Elder Wisdom

My mind is like an internet browser: at least 19 tabs open, 3 of them frozen; and I have no clue where the music is coming from!