



Administered by the Oblates of St. Francis de Sales 8601 Wolftrap Road, Vienna, VA 22182-5026

P: 703.938.2828 • F: 703.938.2829 • www.olgcva.org • www.olgcschool.org

### **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 <a href="www.olgcva.org/register">www.olgcva.org/register</a>
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, OSFSwilli	am.metzger@olgcva.org
Retired Rev. Lewis Fiorelli, OSFS	Ifiorelli@oblates.org
Deacon Christopher Moore	cgmoore@olgcva.org
School Principal Robin Williams 703.938.3600	rwilliams@olgcva.org
Liturgy/Music/Funerals Paul Ciotti 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 703.896.7412com	munications@olgcva.org
Director of Finance Emilynda Clomera 703.896.7402	eclomera@olgcva.org
Records/Child Protection Liaison	records@olgcva.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyona	dvancement@olgcva.org
Events Manager Frank Fletcher 703.896.7418	events@olgcva.org
Reception/Intentions/Ministry of Care Maria Romero 703.896.7419	
RCIA/Adult Sacraments Barb Steele	ms.steele@outlook.com
Información en español Maria Romero 703.896.7419	welcome@olgcva.org
Pastoral Council (Tina Wickham)Pas	toralCouncil@olgcva.org
Finance Council (Regina Stranix)Fin	anceCouncil@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	_
Counseling Catholic Charities Consejería Caridades Catolica	703.425.0109

# **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. December 17 – December 18, 2022

- + The OLGC Community
- + Nahida, Robert & Sami Awad
- + Anthony Bruno Sr.
- + Manuel Campos Pinheiro & Margarita Cordosa
- + Irma Umaña Girón

Monday, December 19, 2022

8:30am + Cecilia de Maria

Tuesday, December 20, 2022

8:30am + Semaan Semaan

Wednesday, December 21, 2022

8:30am + Thomas Ledesma

Thursday, December 22, 2022

8:30am + Eduardo Isaza

Friday, December 23, 2022

8:30am + George B. Tymorek

Saturday, December 24, 2022

NO 8:30 AM

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

Christmas Eve & Christmas Day:

All Masses are for the Presiders intention

# **Decorate for Christmas**

Thank you to all who have signed up to decorate the church and gym for Christmas. We are still in need of a few volunteers to prepare our large wreaths. If you have the time to "fluff" a wreath or two before Dec. 21, we can use your help. You can prepare one or more wreaths when it's convenient for you. Sign up in the Narthex or email Paul Ciotti at pciotti@olgcva.org.



### Readings for the Week/Lecturas de la Semana

For the Week of, December 18, 2022

**Sunday** Fourth Sunday of Advent

Is 7:10-14; Ps 24:1-2, 3-4, 5-6; Rom 1:1-7;

Mt 1:18-24

**Monday** Jgs 13:2-7, 24-25a; Ps 71:3-4a, 5-6ab, 16-17;

Lk 1:5-25

**Tuesday** Is 7:10-14; Ps 24:1-2, 3-4ab, 5-6; Lk 1:26-38

Wednesday Memorial of Saint Peter Canisius,

**Priest and Doctor of the Church** 

Sg 2:8-14; Ps 33:2-3, 11-12, 20-21; Lk 1:39-45

**Thursday** 1 Sm 1:24-28; 1 Sm 2:1, 4-5, 6-7, 8abcd;

Lk 1:46-56

Friday Memorial of Saint John of Kanty, Priest

Mal 3:1-4, 23-24; Ps 25:4-5ab, 8-9,10 & 14;

Lk 1:57-66

**Saturday** 2 Sm 7:1-5, 8b-12, 14 a, 16;

Ps 89:2-3, 4-5, 27 & 29; Lk1:67-79

Sunday The Nativity of the Lord (Christmas)

Is 9:1-6; Ps 96:1-2, 2-3, 11-12, 13; Ti 2:11-14;

Lk 2:1-14



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

+ Ramon Luis Santiago, brother of Luz Vogler and brother-in-law of Fred Vogler

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

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

Church Special Intention for Jesus Bartolome Ver Chapel Special Intention for The Weaver family

Our Lady Special Intention for the McCoy Colson Family

# "I am doing a new thing"

### December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
Outreach Drive: Joy of Christmas Giving 8 AM - 10 PM Bell Tower Circle & DeSales Hall Children's Liturgy of the Word 10 - 10:30 AM Chapel Nightlife 6 - 7:30 PM DeSales Hall Jr High CCF 6:15 - 7:45 PM School	Quilters 11:30 AM - 3:00 PM Mary's Garden & SJC-Brisson Rm Advent Evening Prayer 7 - 8 PM Church	Early Release for students and NO ECAP 8 - 11:30 AM Music Ministry (Hemmingson) 7 - 8:30 PM Church Youth Adoration 7 - 8 PM Chapel	No School - Bishop's Holiday Decorating for Christmas 9:30 AM Church, Gym Ad Altare Dei 5 - 7 PM Counsel Rm BSA Troop 976 Mtg 7 - 8:30 PM Counsel Rm Music Ministry (Jones) 7 - 8:30 PM Church SVDP Mtg 7:30 - 9 PM DeSales Hall	No School Prayer Shawl Ministry 9:30 - 11 AM SJC-Brisson Rm Music Ministry (Choir) 7 - 8:30 PM Church	Church Office closed No School	Christmas Eve No CCF - Christmas Break Christmas Mass 4 - 5 PM Church Christmas Mass 4:30 - 5:30 PM School-Gym Christmas Mass 6 - 7 PM Church Christmas Mass 6:30 - 7:30 PM School-Gym Christmas Mass 6:30 - 7:40 PM Church Christmas Mass 8 - 9 PM Church Christmas Mass 10 - 11 PM Church

# Donate Your Used Car to a Person in Need

If you have an operable, used car you wish to donate to a working poor family in Northern Virginia, please contact "The Car Ministry." The Car Ministry is supported by local churches and recently also received a financial gift from Catholic Charities to help re-condition cars. The ministry is currently the only local charity that provides the gift of a car directly to Catholic Charities' clients, and to families referred by pastors or by the Society of St. Vincent de Paul. A car was recently provided to a single mom who is part of Catholic Charities' St. Margaret of Cortona housing program for unwed mothers. This is just one example of a family whose life was transformed by the gift of a vehicle. Select the "Donate Your Car" link from the ministry's website (www.carministry.org) for information on how to make your tax-deductible gift. A car donation is a wonderful act of generosity. May God bless you.

### **Monthly Collections**

FY July 2022—June 2023

	Sept.	Oct.	Nov.
Offertory	168,557	202,362	174,934
Total Budgeted	175,514	184,041	185,677
Variance	(6,957)	18,321	(10,743)
YTD Received	528,797	731,159	910,175
Budget YTD	528,744	712,785	898,462
Variance	53	18,375	11,713

### **Weekly & Second Collections**

Checks or cash via envelopes, use the QR code here, text amount to 703.810.7674, or give online at <a href="mailto:membership.faithdirect.net/VA875">membership.faithdirect.net/VA875</a>. Thank you.



#### **December Second Collections**

- 4 Christmas Flower & Environment
- 8 Immaculate Conception
- 11 Catholic Charities-Diocese of Arlington
- 25 Christmas

# **Holyday Season**

When someone thinks of Christmas, they think of beautiful decorations, giving gifts and spending time with family. There's a reason that many people consider it their Favorite Holyday.

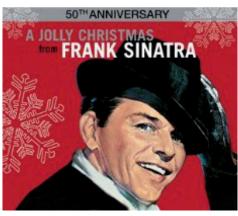
Christmas has a unique cultural impact like no other holiday. It consumes the entire month of December. Christmas is surrounded by movies, music and food, something that no other holiday can boast. For these reasons, it is the greatest holiday in the world.

No other holiday has a cultural impact quite like Christmas. As soon as Thanksgiving is finished, families around the world set up their Christmas lights and trees and begin playing Christmas music. While Thanksgiving, the Fourth of July or Halloween may be celebrated for a day or two, Christmas is celebrated for an entire month.

Christmas has also pervaded popular culture. Some of the greatest, most entertaining movies are Christmas movies, from "Elf" to "Die Hard" (yes, it is a Christmas movie). Christmas movies such as "Home Alone" and "How the Grinch Stole Christmas" have even been nominated for an Oscar, film's highest award.

Christmas music is another example of the holiday entering popular culture.





Superstar artists such as Ariana Grande and Justin Bieber have released Christmas albums or songs and gone on to sell millions of copies. And then there is the classic Christmas music from the likes of Bing Crosby and Elvis Presley, which is still played regularly.

The prevalence of both Christmas movies and music creates a wondrous atmosphere that surrounds Christmastime.

Christmas is also a beautiful time of giving. It is when families and friends come together and give gifts to one another to celebrate their love for each other. There are not many better feelings in the world than when a loved one opens the gift you gave them and smiles. Christmas serves as a great reminder of why we come together as friends and family.

One cannot mention Christmas without mentioning Santa Claus as well. Santa is a character that brings wonder and joy to children around the world while teaching them to be good for their parents.

Christmas is also a deeply religious time for some. As a Christian, Christmas signifies the birth of Jesus Christ, my lord and savior, and serves as a wonderful time to celebrate that. But whether Christmas for you is a religious holiday or just a time to reconnect with family and friends, it stills holds an impact.

Christmas music, movies and traditions all help create a wonderful and immersive holiday experience that cannot be topped. That is why Christmas is the best holiday.

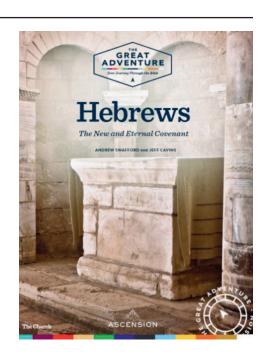
Fr. Mathias Kumar, OSFS

# Tuesday Morning Bible Study, January 2023— New Testament Book: Hebrews

Tuesday Morning Bible Study by ZOOM

Beginning January 10, 2023 at 9:45am we will study the New Testament book: Hebrews. In this study we will be able to see, appreciate and take hold of the riches God has given in the New Covenant. Highlighting the critical distinctions between the Old and New Covenant, Hebrews will help Catholics get to know the generosity of the Father's heart in a deeper way that ever before. To purchase the study set, go to <a href="mailto:bit.ly/HebrewsStudyGuide">bit.ly/HebrewsStudyGuide</a> (\$29.95). Contact Fran Davenport to enroll and get Zoom access <a href="mailto:bwdavenport@cox.net">bwdavenport@cox.net</a>

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. Hebrews 1:1-2





Tickets are not required. Seating will be first come, first served. We are unable to reserve or save seats for any Mass. Once the church is at capacity, worshipers will be directed to the Gym for Mass.

# **Evening Prayer: CALL-St. Joseph**











Join us next Monday night **Advent Evening Prayer: CALL- The Virgin Mary** 

# **Celebration of Our Lady of Guadalupe**





We had a joyous celebration of Our Lady of Guadalupe on Sunday. Thank you to all those who contributed to the reception and volunteered their time to make the day truly special.

Tuvimos una maravillosa celebración de Ntra. Sra. de Guadalupe. Gracias a todos los que contribuyeron a la recepción y ofrecieron su tiempo para que el día fuera realmente especial.





# Your Gift to Catholic Charities is Greatly **Appreciated!**

Thank you for your generous support of Catholic Charities in last weekend's Parish

Christmas Collection. With your support, you



are helping to serve the poor, protect the vulnerable, and welcome the newcomer in our diocese. If you have not made a gift yet, you may do so by contributing to this week's collection by making your check payable to the parish and noting Catholic Charities on the memo line. You may also make an online gift at ccda.net/Christmas, or add this second collection to our parish electronic giving account.

### What to learn more about Catholic Charities?

Want to spread the word about Catholic Charities to those in the OLGC Community? Please join the Parish Liaison Network.

Plan to attend the Parish Liaison Network Meeting on Wednesday, January 18, 10 - 11:30am on Zoom.

The panel of Catholic Charities program directors will provide an overview of how the graces from our parish partnerships impact our mission, and the clients we serve.

Register in advance at: bit.ly/Jan18PLN. After registering, you will be emailed instructions on how to join the Zoom. Email questions to volunteer@ccda.net .

### **Evening Prayer Change**

Evening Prayer on January 2<sup>nd</sup> will not take place. Join us on February 6<sup>th</sup> for our next prayer moment.

### **Holiday Office Closures**

The Parish office will be closed on the following days:

Friday, December 23 Monday, December 26 Friday, December 30 Monday, January 2

The OLGC staff wishes you and all your loved ones a very Merry **Christmas and a Happy New Year!** 



# **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

# "Estoy haciendo algo nuevo."

El Adviento comenzó el 27 de noviembre, cuatro domingos antes de la Navidad, es decir, 4 domingos antes del nacimiento de nuestro señor Jesús; lo que significa la llegada de un nuevo año litúrgico y con ello la posibilidad de una vida más plena, una vida "Haciendo Algo Nuevo".

La luz, la esperanza y la alegría le dan sentido a esta temporada y la Corona de Adviento es el símbolo de todo ello: "ella recuerda que la luz se irá abriendo paso en medio de la tiniebla y que la vida triunfará sobre la muerte. Esa luz no es otro que Dios hecho hombre: Jesucristo", Este domingo 18 de diciembre celebramos el Cuarto Domingo de Adviento y vamos a encender la cuarta vela. El Cuarto Domingo de Adviento es el domingo previo a la Navidad. Pongamos la mirada en lo que está por suceder y dejemos lo que quedó atrás, buscado una reconciliación con nosotros mismos y nuestro prójimo.

Este domingo encenderemos la última vela de la corona como símbolo de que la espera está por terminar; el Señor está muy cerca y viene trayendo la alegría de la paz. Por eso, oremos junto a María, quien es "Morada de la Luz", y pidamos la gracia que necesitamos para acoger al Niño Jesús con amor y humildad. Que María sea quien nos recuerde que "... la Palabra se hizo carne, y puso su morada entre nosotros" (Jn 1, 14).



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 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.

**Catequesis:** para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión Comuníquese con Amy MacKinnon <u>amackinnon@olgcva.org</u> o 703.896.7426.

Misas para el año 2023: El lunes 7º de noviembre, a las 9:00am comenzaremos a recibir las intenciones de misas para el año 2023. 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 persona, en las oficinas parroquiales, en línea o en el Centro de Bienvenida. Las misas se otorgarán en el orden que sean recibidas. Para más información por favor, contactarse con Maria Romero 703.896.7419

Confesiones en español durante el mes de deciembre son el sábado 10 de 9: -9: 30 a.m. o de lunes a jueves únicamente con cita. Puede llamar para hacer una cita con el Padre Mateo al 703.938.2828 o envíe un correo electrónico a <a href="mailto:friedling:right-friedling:r

O"La oportunidad de hacer grandes cosas no llega a menudo, pero en todo momento, podemos hacer pequeños actos con gran amor. "- San Francisco de Sales: Como seguidores de Cristo, somos llamados por medio de nuestro Bautismo a servir a nuestros hermanos en nuestra parroquia, comunidad, país y el mundo entero. Es nuestra esperanza que todos los feligreses tengan la oportunidad de descubrir y desarrollar sus dones dados por Dios. Si desea participar como Sacristán, Ministro Extraordinario de La Sagrada Comunión, Lector, Portero/Ujier, Ministerio de La Bienvenida o Monaguillo por favor pase por el mostrador de Bienvenida o llame al 703.896.7419.

Tenemos en la oficina parroquial **los adornos navideños de la Casa Blanca** del 2021 y 2022, los adornos de la parroquia y las velas de Adviento por.

### DINING FOR DOLLARS • JAN. 2023

### Kick off 2023 at the Inn!

Let's start the year off right with a Vienna institution - The Vienna Inn. ALL DAY (8:00 AM - 10:30 PM) on Monday, January 9th and Tuesday, January 10th, The Inn will donate a portion of their proceeds to OLGC PTO. Meet some fellow moms and dads after drop -off for breakfast. Go again for lunch.

Then swing by with the kids for dinner. No judging if you go both days!



### **QUESTION OF THE WEEK**

A question to reflect on based on this week's scripture readings:

Through all the excitement and stress of this coming week, can I be attentive to how Jesus remains with me and discern how God is calling me?

### **PREGUNTA DE LA SEMANA**

4º Domingo de Adviento

A través de toda la emoción y el estrés de esta próxima semana, ¿puedo estar atento a cómo Jesús permanece conmigo y discernir cómo Dios me está llamando?



FR. MATT'S MUSING: E, N, O, S, Y

I have mentioned before that I enjoy playing the five-letter game called Wordle. The five letters listed for this musing, to me, constitute two of the most important words...

*Read more:* bit.ly/FrMattsMusing-12-10-2022

### FROM THE DIOCESE

# **Prepare the Way Video Series**

Bishop Burbidge invites us to make a spiritual journey this year to prepare for the coming of Christ at Christmas. For each week of Advent, the diocese is releasing a video meditation, led by three diocesan priests and a religious sister, with accompanying reflection questions to aid us as we climb God's holy mountain. The videos, each 3-5 minutes in length, will be available on the diocesan YouTube channel and shared out via the diocesan email newsletter. Find the videos on arlingtondiocese.org/preparetheway and Instagram, Facebook, and Twitter.

## **Upcoming Events**

Visit arlingtondiocese.org/all-events for details

Sundays with the Sisters Jan. 22 | 2:00pm

FIAT Day of Reflection

Jan. 28 | 9:45am

**Mornings of Mercy for Divorced Catholics** 

Feb. 4 | 9:00am

St. Therese Vocation Society Morning of Reflection

Feb. 4 | 9:00am

# Worldwide Marriage Encounter

Are you looking to rediscover the spark that was there on your wedding day? Do you want to rediscover the best friend you had when you were first married? Unwrap the gifts in your marriage on a Worldwide Marriage Encounter Weekend. Worldwide Marriage Encounter is a weekend for married couples who value their relationship and desire a richer, fuller life together. Sign up for an upcoming Worldwide Marriage Encounter Experience on Feb 3-5, 2023 in Warrenton, VA and Mar 31-Apr 2, 2023 in Herndon, VA. Early sign up is recommended. For more information visit our website at: RenewMarriage-VANorth.org or contact us at applications@renewmarriagevanorth.org or 703-646-1521.



# Senior Moments: Marge Van Lierde, Gitkagirl@gmail.com, 571.831.3951



#### SAFETY PRECAUTIONS

Holidays are the perfect time for scammers to take advantage of you when your "to-do" list gets longer by the day and you're rushed and might not be as attentive as you usually are. You're probably tired of reading about scams, but the threat is real. Here are some safety precautions against them. You've probably seen some of them before but it doesn't hurt to read them again. It's important to be aware.

- Treat all texts, emails, direct messages, and phone calls with skepticism.
- Don't click on links in texts, emails, or other messages
- Don't answer the door to people you don't know
- Assume people and companies aren't who they say
- Ask a trusted friend or family member about suspicious messages
- Take your time to make a decision. Don't allow anyone to pressure you into making a purchase, signing a contract, or donating if you feel unsure
- If you sign a contract in your home, there are federal and state laws to provide consumers a three-day cooling-off period to cancel the contract

If you're unsure about what you're being told, contact Fairfax County Consumer Affairs, 703.222.8435. For non-emergency crime reporting, contact the Fairfax County Police Department, 703.591.2131. (Fairfax County Department of Public Services)

### **NEW AARP VETERANS' SUPPORT**

Many of you are members of AARP and are aware of the many services they provide for those who are retired. They've added some additional support for military families. One is its Veterans' Fraud Center, because veterans active-duty service members and their families are

nearly 40% more likely than civilians to lose money to scams and fraud. <a href="mailto:aarp.org/">aarp.org/</a>
<a href="mailto:VetsFraudCenter">VetsFraudCenter</a>
launched in April as a new digital platform that brings together resources like a scam tracking map, a handbook, and other helpful materials.

Veteran and Military
Families Health Benefits
Navigator is another. Fewer
than half of the veterans
eligible for health benefits
from the Veterans Benefits
Administration use them.



Qualifying for health benefits can be frustrating and time consuming. AARP's Health Benefits Navigator offers guidance and free resources to help vets and their

caregivers navigate their health care options. Learn how to apply and enroll in health care provided by the U.S. Dept. of Veterans Affairs and how to work through the agency's process for awarding benefits. A recently updated edition includes new sections that focus on benefits for women veterans, as well as those with hearing, vision, dental and oral needs. It also can help in finding emotional and mental health support. Go to <a href="mailto:aarp.org/VetsHealthNavigator">aarp.org/VetsHealthNavigator</a>. As well, there's a Military Caregiving Guide. Caregiving is challenging for anyone. Veterans have specific issues in getting access to help. This free guide, <a href="mailto:aarp.org/VetsCareGuide">aarp.org/VetsCareGuide</a>, connects veterans with resources that may not be available to other caregivers.

# SOCIAL SECURITY ADMINISTRATION'S BAD SERVICE

You may not have had to call the SSA very often, but when you did, you had to wait an average of 31 minutes to talk to an agent, up from 6 minutes a year ago. And it's much, much worse if you go in person. That's what Congress has found, and urged the SSA to address a flood of customer complaints that have grown ever louder. In a recent letter to its acting commissioner Kilolo Kijakazi, leaders of the House Ways and Means Committee said, "Many people, some of whom are elderly, have had to wait more than six hours to get help. People have had to come back multiple days to get service."

Field offices were mostly shut down during COVID for nearly two years until April, and they've been struggling since reopening. Agency-wide, they are at their lowest staffing level in 25 years, driven by years of insufficient funding. Let's hope the situation improves soon.

### SHEPHERD'S CENTER SERVICES IN A NUTSHELL

There are so many free services available for area seniors right here in the Vienna area. This organization provides transportation to medical appointments and errands. A Friendly Callers and Visitors program is in place as well as a Handyman Service that provides minor home repairs. Health Advocacy is provided along with a Caregivers' Support Group. There are healthcare workshops offered periodically. Adventures in Learning classes, quarterly luncheons and day trips and outings carry a modest fee. If you need assistance, call 703.281.0538. Volunteers make all this possible and are always welcome!.

# Elder Wisdom

"People are unrealistic, illogical, and self-centered. Love them anyway." —St. Teresa of Calcutta



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# **Quality Builds Trust**

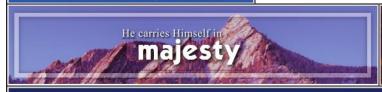


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