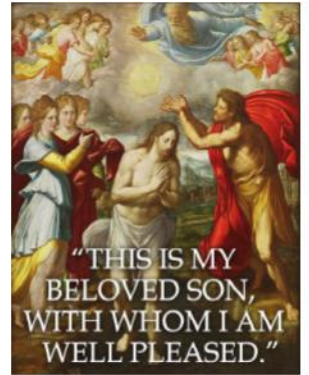


JANUARY 15 • 2023

BAPTISM OF THE LORD



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

8601 Wolftap 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 8am, 10am (online),
12pm (en español), 5pm

View Mass Online

www.youtube.com/c/StreamingOLGC

Chapel open for prayer

Mon - Fri, 9am - 5pm

Confessions Saturdays 9:00am
or by appointment

Office Hours

Mon - Fri 9am - 4:30pm,
Closed 12-12:30pm for lunch

*"I pray that God, in
His goodness, will grant
you a good beginning, a
better continuation, and a
perfect ending to this
New Year that now
welcomes you."*

— St. Francis de Sales

Open Mic Night This Friday

Join us on Friday 7—10 pm for Open Mic Night. Open Mic Night is a free family-friendly event where anyone who would like to perform (music, song, poetry, storytelling, comedy, etc.) will find a friendly audience. Even if you don't want to perform, please come be part of audience and enjoy some great entertainment; performers love a good crowd. Light refreshments are provided, but folks are welcome to bring snacks/desserts to share.

Open Mic Night takes place on the second Friday of every month so now is the time to dust off your guitar, saxophone, or show tunes and join us in February as a performer! Try something new in the new year.



MONTHLY OUTREACH PROJECT St. Lucy Project Food Drive

**Today is the day
to drop off your
blue bags!**

If you would like to make a financial donation to the St. Lucy Project, visit secure.cdda.net/Give/Give/Donate/Giving.aspx and designate St. Lucy Food Project program when donating.

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

Mass Intentions/ Intenciones de la Misa

Presider schedule available at:

bit.ly/PresiderSchedule

Sat. / Sun. January 14-15, 2023

+ Dorothy Mulligan

+ Candamo-Ortiz Family

+ Jose Luis & Ben Berrios

+ Angel Sieiro Roubin

For the Mitchell - Weaver Families

For the Melgar - Villatoro

Monday, January 16, 2023

9:00am + Roberto Carvallo

Tuesday, January 17, 2023

8:30am + Alfred Embuscada

Wednesday, January 18, 2023

8:30am + Juana Danila

Thursday, January 19, 2023

8:30am + Joseph Martin Cooneu

Friday, January 20, 2023

8:30am + Sanagr Kim

Saturday, January 21, 2023

8:30am The Kuniyoski Family

Sat. / Sun. January 21-22, 2023

The OLG Community

In thanksgiving for Ian Davis

+ Omana Kariampuzha

+ Robert J. Barker

+ Elizabeth C. Meehan

**Please keep those listed in the prayer
intention book and the recently
deceased in your prayers:**

+ Madeline Lucia Tarazi

+ Patricia Louise Bishop

+ Ermelo Villaroman Sr, father of Enrico,
father-in-law of Elizabeth Villaroman

**Please pray for those for whom
candles are lit:**

Church In Loving Memory of
+ Elizabeth Duty "Betty"
Samson

Chapel In thanksgiving for
Santiago Vogler

Our Lady For the healing of Maria
Antonia Melgar Villatoro

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.

Please be in contact with our staff if you have questions about any matter related to the life of the church. Below is a list of the many people here to help.

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

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

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

Retired Rev. Lewis Fiorelli, OSFS..... lfiorelli@oblates.org

Deacon Christopher Moore cgmoores@olgcv.org

Transitional Deacon Joe Katarsky jkatarsky@olgcv.org

School Principal Robin Williams 703.938.3600 rwilliams@olgcv.org

Liturgy/Music/Funerals Paul Ciotti 703.896.7411..... liturgy@olgcv.org

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

Youth Ministry/Young Professionals Derek Rogers 703.896.7409 youth@olgcv.org

Communications/Bulletin Maude Hales 703.896.7412.. communications@olgcv.org

Director of Finance Emilynda Clomera 703.896.7402 eclomera@olgcv.org

Records/Child Protection Liaison 703.938.2828 welcome@olgcv.org

Advancement/Annual Giving Alison McKee & JoAnne Kinyon . advancement@olgcv.org

Events Manager Frank Fletcher 703.896.7418 events@olgcv.org

Reception Maria Romero 703.896.7419 welcome@olgcv.org

Intentions/Ministry of Care Maria Romero 703.896.7419..... welcome@olgcv.org

RCIA/Adult Sacraments Barb Steele bms.steele@outlook.com

Información en español Maria Romero 703.896.7419 welcome@olgcv.org

Pastoral Council (Tina Wickham) PastoralCouncil@olgcv.org

Finance Council (Regina Stranix) FinanceCouncil@olgcv.org

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

Our website, OLGCVA.org, is a source of lots of information about our parish life. There are a number of ways you can communicate with staff for specific needs through the site. The links below provide first steps to various things you may need.

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

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

Join the Parish: olgcv.org/register

Schedule an Event: olgcv.org/about-us/facilities

Add Item to Bulletin/Media: olgcv.org/about-us/communications

Mass Intention Request: olgcv.org/liturgy-worship/devotions/mass



FR. MATT'S MUSING:

Dayenu

It is a traditional Jewish hymn that sings of all that God has done for God's people. Traditionally it is sung during the time of Passover and recounts God's goodness, and it means it would have been enough...

Read more at bit.ly/FrMattsMusing-Jan7

The AMBO: Part 1

Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" [Luke 24: 32] With these words, the two disciples who had been walking on the road to Emmaus described to themselves in amazement how a stranger who mysteriously appeared to them made sense of the familiar stories of their people's history. The identity of the stranger became clear to them at the end of their journey



when they broke bread together. He was the resurrected Christ, who made the scriptures come alive in a way they had never experienced before.

In the reforms of Vatican Council 2, the Church teaches that when the scriptures are proclaimed in the liturgy, it is Christ himself who is speaking. The Word of God has the power to save us. And so, the Mass that we celebrate today reflects the importance that we give to the proclamation and interpretation of the scripture.

The place to proclaim the WORD is called the AMBO. To signify its critical relationship to the Eucharist and the altar table, it can be called the Table of the Word. The Ambo is reserved for the proclamation of Scriptures including the Cantor singing the Psalm, the Homily: building a bridge from scripture to every day life, and the Intercessory Prayers.

The lector is an important ministry. The Word of God is not merely read during the liturgy. It is proclaimed, yet not with theatrical show. Effective proclamation involves the delivery of the message with clarity, conviction and appropriate pace. It demands the ability to evoke faith in others by demonstrating one's own faith. Proclamation is a special ministry which

presupposes faith. It also rouses faith in those who hear the Word proclaimed. (LM Intro 55)



"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

Dr. Martin Luther King, Jr.

QUESTION OF THE WEEK

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

How can I be a better witness to the truth, to what I see with eyes of faith?

PREGUNTA DE LA SEMANA

2º Domingo del Tiempo Ordinario

¿Cómo puedo ser mejor testigo de la verdad, de lo que veo con los ojos de la fe?

Readings for the Week/ Lecturas de la Semana

For the Week of January 15, 2023

SUNDAY Second Sunday in Ordinary Time
Is 49:3, 5-6; Ps 40:2, 4, 7-8, 8-9, 10; 1 Cor 1:1-3;
Jn 1:29-34

MONDAY
Heb 5:1-10; Ps 110:1, 2, 3, 4; Mk 2:18-22

TUESDAY Memorial of Saint Anthony, Abbott
Heb 6:10-20; Ps 111:1-2, 4-5, 9 & 10c; Mk 2:23-28

WEDNESDAY
Heb 7:1-3, 15-17; Ps 110: 1, 2, 3, 4; Mk 3:1-6

THURSDAY
Heb 7:25-8:6; Ps 40:7-8a, 8b-9, 10, 17;
Mk 3:7-12

FRIDAY
Heb 8:6-13; Ps 85:8 & 10, 11-12, 13-14; Mk 3:13-19

SATURDAY Memorial of Saint Agnes,
Virgin and Martyr
Heb 9:2-3, 11-14; Ps 47:2-3, 6-7, 8-9; Mk 3:20-21

SUNDAY Third Sunday in Ordinary Time
Is 8:23-9:3; Ps 27:1, 4, 13-14; 1 Cor 1:10-13, 17;
Mt 4:12-23 or 4:12-17

November Monthly Collections Fiscal Year July 2022—June 2023

Offertory	174,934
<u>Total Budgeted</u>	<u>185,677</u>
Variance	(10,743)
YTD Received	910,175
<u>Budget YTD</u>	<u>898,462</u>
Variance	11,713

Weekly & Second Collections

You may give with checks or cash
via envelopes, give online at
membership.faithdirect.net/VA875,
or text amount to 703.810.7674.
Thank you.

January Second Collections

- 1 Solemnity of Mary
- 15 Facilities Improvements
- 22 Oblate Mission Appeal
- 29 Latin America

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

January 15–21

SUNDAY	Nightlife	6 - 8 PM	DeSales Hall	15
MONDAY	Martin Luther King Jr. Day - No School & Offices Closed			16
	Holiday Mass	9 - 9:30 AM	Chapel	
	Quilters	11:30 AM - 3 PM	Mary's Garden & SJC-Brisson Rm	
TUESDAY	Tuesday Bible Study	9:45 - 11:45 AM	Zoom	17
	Music Ministry (Hemmingson)	7 - 8:30 PM	Church	
	Youth Adoration	7 - 8 PM	Chapel	
WEDNESDAY	BSA Troop 976 Mtg	7 - 8:30 PM	Counsel Rm	18
	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	
THURSDAY	Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm	19
	CS Pack 976 Bear 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	
FRIDAY	Lamb Center Lunch	10 - 10:15 AM	Parking Lot-Bell Tower	20
	Respect Life Mass	11 - 11:45 AM	Chapel	
	March for Life	12 - 4 PM	Offsite	
SATURDAY	Elementary CCF	8:30 - 10 AM	School	21
	Confessions	9 - 9:30 AM	Reconciliation Room	
	Emmaus	10 - 10:30 AM	School	
	Elementary CCF & RCIC	10:30 AM - 12 PM	School	

Grab a Smoothie and Support OLGC!

We've got your after school snack covered on February 8. Plan on quenching your thirst after school or after sports practice with a smoothie from the newly opened Smoothie King at 258 Maple Ave., Vienna. From 3-7pm on Wednesday February 8, Smoothie King will donate \$1 from every smoothie sold to OLGC PTO. We hope to see you there!



Request for Fabric

We are reaching out to request fabric! We are making re-usable fabric grocery bags that will be used to hold the power packs that will be assembled later this year. We are hoping to make 300 bags, so appreciate any donations—if you have fabric to donate, please reach out to Babs Fernandez (babsfernandez13@gmail.com) to coordinate drop off/pick up.



OLGC Youth Ministry

7-8TH GRADE WELCOME!

ICE SKATING AND BROOMBALL

SATURDAY JAN, 28TH 6:45-8:15PM

\$15

3779 PICKETT ROAD, FAIRFAX, VA

@FAIRFAX ICE ARENA

REGISTER FOR ICE SKATING HERE

BOWLING

FRI. FEB, 3RD 6:30-8:30PM

9699 LEE HWY, FAIRFAX, VA

\$20

@BOWL AMERICA

REGISTER FOR BOWLING HERE

Ice Skating and Broomball

Fairfax Ice Arena
Saturday, Jan. 28 6:45-8:15pm

We have rented out the WHOLE rink just for OLGC Youth Ministry, invite your friends! High School Students and friends welcome!

Cost: \$15 (ice time and skate/broomball rental)

Location: Fairfax Ice Arena 3779 Pickett Road, Fairfax, VA 22031.

Bring extra money for the concession stand if desired. Dress in layers!

Broomball will also be available on part of the rink.

Sign up at bit.ly/YM-Ice-Skating

Bowling vs. St. Mark

Bowl America Fairfax
Friday, Feb. 3 6:30-8:30pm

Join us to face off vs St. Mark's Junior High Youth Group to find out which Catholic parish is the best at bowling!

Cost: \$20

Location: Bowl America Fairfax 9699 Lee Hwy, Fairfax, VA 22031

Includes: Pizza, Soft Drinks, Shoe Rental, Unlimited Games
Space is limited.

bit.ly/YM-Bowling

Students & Volunteers Needed!

St. Mark English as a Second Language (ESL) Ministry

St. Mark ESL Program is seeking students and new volunteers to participate in our Winter/Spring in-person term, Jan. 17- May 4. Our goal is to 'Welcome the Stranger' and provide a program where adults from all ethnic and religious backgrounds can come and learn English and acclimate better to life in the U.S.!

No experience is necessary to volunteer! All classes take place on Tuesday and Thursday evenings for 1 1/2 hours from January 17 until May 4 with breaks for Presidents Day week and Holy Week. In addition to English language classes, we will also offer informal English conversation, writing and citizenship preparation.

For additional information on classes and volunteering for this important ministry, call Monica at 703.980.9380, email stmarksesl@gmail.com, or see the Web site at www.stmarksesl.org.

March for Life Bus

The OLGC Respect Life committee will be taking a bus down to the March for Life in D.C. We still have many hearts to change. There will be a Mass for Life at 11:00 am in the chapel on Friday, January 20.

A bus will leave OLGC at about noon and return by 4pm. Anyone under the age of 18 needs to have a responsible adult with them.

We are asking for a \$15/person contribution with a \$60 family cap to help cover the cost of the bus. Please sign up at bit.ly/March4Life-OLGC. Questions, contact Betsy Argauer: betstim@gmail.com or 703.255.3744.

MARCH FOR LIFE

Friday, January 20th



Spring 2023 Bereavement Program

Have you lost a loved one? Journey with us!

If you are grieving the loss of a loved one, and would like to join with others in a safe, welcoming environment to talk about your feelings and your journey, please consider joining a grief support group being jointly offered by OLGC and St. Mark.

The 9-week program is under way and will run through March 5. We will meet on Sundays, from 3:30pm to 5:00pm, both in-person and via Zoom. To sign up, or to get more information, please contact Ms. Sarah Kirk at skirkbtr@gmail.com, or phone/text her at 703.403.3072.

Spaghetti Dinner Tickets

We're doing a new thing. On Sunday, January 29th, let's join together in family and fellowship as we bring back the famous Spaghetti Dinner. The Pastoral Council is coordinating the effort, and we hope that you'll consider joining us for a wonderful evening.

- Two seatings, at 4:30 p.m. and 6:30 p.m.
- Limited seats and tickets via presale only
- No carry-out
- Bread, salad, pasta and meatballs, non-alcoholic drinks, and dessert
- Beer and wine sold separately

Tickets are \$15 and go on sale at 10 a.m. on Monday, Jan. 16

If you don't have a computer, please reach out to a friend who does to help you get tickets!

Get tickets at bit.ly/OLGC-Spaghetti



February Frenzy T-Shirt Sale

Order your February Frenzy T-Shirt Today!

Show your school spirit and love for sport with this new shirt designed by an artist in 4th grade at OLGC!

You must pre-order by January 31 to get a shirt. Order at bit.ly/FebFrenzy-T-Shirt

Sizes YS-Adult XXL
(Tip: these will be the same brand as recent Wildcat Spirit shirts. (Bella+Canvas) They are true to size and won't shrink but if you are between sizes, order up.)

Bonus for students: The shirts can be worn on OLGC School Spirit Days!



Join the Conversation. Try Alpha

Have you been wondering about Alpha? Weekly conversations about life and faith have enlivened many people for nearly four decades worldwide, and four years at St. Mark. What about you?

Join us for Alpha starting Monday January 23 at 7:45 pm at St. Mark Catholic Church, Vienna. We begin with dessert and conversation,

followed by an engaging video talk and discussion.

If you are not able to attend LIVE, an online option is also available via Zoom beginning Monday January 23 at 7:45.

Email Karen Asta: karenjasta@gmail.com or call 703.489.0826 for more information and to register.

Información Parroquial en español

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

EL SEÑOR DICE,
"Estoy haciendo algo nuevo."

Nuestras oficinas estarán cerradas el lunes 16, por el feriado de Martin Luther King Jr. Nuestra misa será a las 9:am

"DEBEMOS CONSTRUIR DIQUES DE CORAJE PARA CONTENER LA AVALANCHA DEL MIEDO."

SACRAMENTO DEL BAUTISMO DE NIÑOS MENORES DE 6 AÑOS:

Comuníquese con Maria Romero 703.896.7419 welcome@olgva.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. olgva.org/sacraments/baptism

CATEQUESIS

para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión. Comuníquese con Amy MacKinnon, amackinnon@olgva.org o 703.896.7426.

VOLUNTARIOS

"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 o visite nuestra página web de la parroquia para ver la variedad de formas en que puede ayudar en olgva.org/outreach/serve.

INTENCIONES DE MISAS

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 olgva.org/liturgy-worship/devotions/mass, en las oficinas parroquiales, o en el Centro de Bienvenida. Las misas se otorgarán en el orden que sean recibidas. También puede reservar una de las velas rojas del Santuario al lado de los tabernáculos en la iglesia y la capilla, y la vela azul al lado de la estatua de Ntra. Sra. del Buen Consejo. Igualmente tenemos, El Libro de Intenciones, este se encuentra en la entrada principal de la iglesia.

CONFESIONES

Confesiones en español durante el mes de enero son el sábado 28 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 frhillyard@olgva.org. No se escuchan confesiones los domingos antes o después de la misa.

GRUPO DE APOYO PARA LOS QUE HAN PERDIDO UN HIJO O SER QUERIDO

La Funeraria Fairfax Memorial está organizando una sesión gratuita en inglés de Consejería a los que están de duelo diseñada específicamente para aquellos de ustedes que han perdido a un hijo. Únase a nosotros el domingo 29 de enero de 2023 para compartir, escuchar, dejarse sentir y sanar. Dirección: Fairfax Memorial Funeral Home (9902 Braddock Rd, Fairfax VA 22032) Hora: 1:00 pm. Se proporcionarán refrigerios, por favor confirme su asistencia antes del viernes 20 de enero de 2023 en fairfaxmemorialfuneralhome.com y haga clic en la opción "Free Grief Support Group" en la página de inicio o llame al 703.425.9702.



MARCHA POR LA VIDA

Nuestra parroquia celebrará una misa el viernes 20 de enero a las 11am antes de partir a La Marcha Por La Vida. Igualmente tendrá un autobuses disponibles para los que desean ir. Por favor, se requiere registrarse. Le estamos pidiendo una contribución de \$15./ no más de \$60 por familia para ayudar con los gastos del autobús. Debe reservar su asiento ya que el cupo es limitado bit.ly/March4Life-OLGC.

Senior Moments

Marge Van Lierde
Gitkagirl@gmail.com
571.831.3951



BREAKFAST BUFFET TODAY

The American Legion Auxiliary prepares an all-you-care-to-eat breakfast buffet every month on the third Sunday. It runs from 8am-noon in the Banquet Hall at American Legion Dyer-Gunnell Post 180 located at 330 Center St. N. in Vienna. Adults are \$12 and children 12 and under only \$5. The menu is extensive, featuring scrambled eggs and omelets, blueberry pancakes, biscuits and sausage gravy, bacon, sausage and fruit. There's also orange juice (or a Mimosa for adults), and coffee. You won't find a better bargain anywhere!

ENCORE MOMENTS

■ Are you looking for a way to dispose of medical equipment and supplies that are no longer needed? Items in good condition, such as wheelchairs, shower chairs, potty chairs, sanitation wipes, crutches, oxygen equipment, bedside tables, walkers, bed rails and even hospital beds can be donated to Medical Missionaries (no prescription medications). This is a Manassas-based organization of physicians and medical specialists operating two medical clinics in Haiti and other short-term medical missionary destinations around the world. To learn what types of equipment and supplies can be accepted for donation and other information, call Medical Missionaries, 703.335.1800.

■ Save your canceled stamps! The Administration Building is no longer accepting postage stamps for the missions. If you have some

you've been saving, you can mail them directly to the Sisters of Notre Dame, Stamp Ministry, 100 Augusta Hall-St. Mary's, Notre Dame, Ind. 46556. Ordinary postage such as flags, and stars are not desirable, so they can be tossed. Commemorative stamps, foreign postage, high value stamps and other postal items, new or canceled, are the most desirable. The Sisters sell the stamps to dealers, and the proceeds support their mission efforts worldwide.

■ Did you know you can buy other people's unwanted gift cards at a discount? Check out sites like Raise, Gift Card Bin, Gift Card Granny and many more.

■ Free legal services of Northern Virginia is a resource for eligible applicants in all of Virginia. If you're looking for legal help with a simple will or power of attorney, or just befuddled about guardianship and advance directives, call them at 703.770.6800. Attorneys and paralegals can assist with phone advice or even court presentation where needed. This program serves Virginians 50 and older.

■ Meals on Wheels provides nutrition services for those who may have a disability and are temporarily unable to prepare meals for themselves. Weekly meals are available for in-home delivery. Priority is given to older adults with the greatest economic and social needs. Apply by calling the Department of Family Services, 703.324.5409.

■ Need to get rid of building supplies? More than 1,000 Habitat for Humanity ReStore locations across six countries accept building materials, including flooring, unused lumber, light fixtures, doors, windows, bricks and fencing. Find one at habitat.org/restores.

■ Have you checked out admission to our national parks? On a handful

of days each year, national parks that typically charge an entrance fee allow free admission to all visitors. You can also purchase a Lifetime Senior Pass for \$80.00. This provides access to more than 2,000 recreation sites managed by six federal agencies. The Lifetime Senior Pass allows free entrance to traveling companions as well. Check for more information by visiting usparkpass.com. You may purchase a Lifetime Senior Pass online or at any National Park. Proof of age and residency is required.

■ While gas prices seem to be coming down a bit lately, it's still pretty expensive. You can check gas prices by phone. Several phone apps are available to give you the current cost of gas in the area where you're driving. For example, search "gas" on the Waze app; type "Geico gas" into your browser for the same result. And there's the popular GasBuddy app.

■ If you have a disability and use a service animal or have a therapy dog or emotional support animal, there are organizations that can help with expenses for medical care for them that would be difficult for you to afford. The Fairfax Animal Shelter shares information on how to find financial assistance. Animals don't typically have to be service, support or therapy animals in order to apply for this assistance. Contact animalshelter@fairfaxcounty.gov, or call 703.830.1100 for more information.

Elder Wisdom

There's no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest!

DIOCESAN & COMMUNITY NEWS

Grief Counseling for the Loss of a Child

Fairfax Memorial Funeral Home is hosting a free grief counseling session designed specifically for those of you who have lost a child. Join moderators Steve Freeman and Mary Keegan, both of whom have lost children of their own, on Sunday, the January 29 at 1:00pm to share, listen, feel & heal.

The session will be held at Fairfax Memorial Funeral Home, 9902 Braddock Rd, Fairfax. Refreshments will be provided.

Please RSVP by Friday, Jan. 20 by at fairfaxmemorialfuneralhome.com and click on the "Free Grief Support Group" tab on the homepage or call 703.425.9702.



Car Seat Inspections

The McLean District Station will offer car seat inspections to ensure your youngest family members are safe when you travel. Come by Saturday, January 21 or 28, 9am to 1pm, McLean Station, 1437 Balls Hill Rd, McLean. It is on a first-come, first-served basis. Please have

your car seat already installed, so that the inspection can be done. For future months, car seats inspections at McLean Station will be held the last two Saturdays of the month. If you have any questions, contact the McLean Station at 703.556.7750 ext. 0.

Birthright of Loudoun Seeking an Executive Director

Birthright of Loudoun, located in historic Leesburg, VA, is a non-profit organization that provides counseling, resources, and material support for any woman who finds herself in an unexpected or crisis pregnancy. The Director heads daily operations; recruits, trains and manages volunteers; cares for the needs of our clients; is responsible for fundraising and marketing initiatives; reports to the Board of Directors; and attends regional

meetings and an annual international convention. A complete job description available upon request. Position available immediately. For inquiries or to submit a resume, please email birthrightoflo@gmail.com.



Upcoming Diocesan Events

Visit arlingtondiocese.org/all-events for details

Sundays with the Sisters

January 22 | 2:00pm

FIAT Day of Reflection

January 28 | 9:45am

Virginia Pro-Life Day

February 1 | 7:30am

Mornings of Mercy for Divorced Catholics

February 4 | 9:00am

St. Therese Vocation Society

Morning of Reflection

February 4 | 9:00am

Multicultural Cookbook

Do you love to cook? Have a special cultural dish you love to share at family gatherings? We need you! As part of the Golden Jubilee for the Diocese of Arlington, the Multicultural Sub-Committee is producing a multicultural cookbook! It will include recipes from every culture, submitted by those who call the Diocese of Arlington home! Recipes will be reviewed and selected by a diverse panel, and then published in a keepsake cookbook in commemoration of the Diocesan Golden Jubilee. Recipes will be arranged according to the liturgical calendar so that, from years to come, folks will be able to open their cookbook at any time in the liturgical year and find a special recipe to enjoy! Find out more here and access the submission form: <https://www.arlingtondiocese.org/jubilee-gather-at-the-table>.

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