

FEBRUARY 19 • 2023

7TH SUNDAY IN ORDINARY TIME



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

8601 Wolftrap Rd., Vienna, VA 22182-5026
P: 703.938.2828 • F: 703.938.2829
www.olgcva.org • www.olgcschool.org
*Administered by the Oblates of
St. Francis de Sales*

Mass Schedule

Mon-Sat - 8:30am; 9am on holidays

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

*“The measure of
love is to love
without measure.”*

— St. Francis de Sales

*“La medida del
amor es amar
sin medida”*

— San Francisco de Sales

A Holy Lent

We begin the season of Lent this week. There are many opportunities to live into this special time of reflection and preparation. Prayer offerings, daily Mass, adoration and confession, and community-building evenings are open to all. Pick up the *Lent at OLGC* brochure and *Little Black Book* in the Narthex to discover how to have a holy Lent.

The acts of abstinence, fasting, prayer, and almsgiving is in a spirit of penance and of preparation for the renewal of our baptismal promises at the Easter Vigil and/or Easter Morning Masses.

Abstinence and Fasting

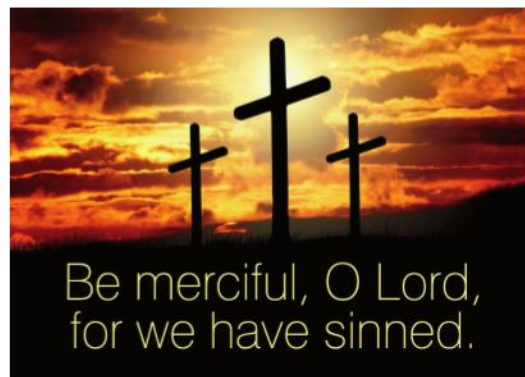
Ash Wednesday, February 22, and Good Friday, April 7 are days of fasting and abstinence. Fridays of Lent are also days of abstinence. Fasting is to be observed by all 18 years of age and older, up to the beginning of their 60th year. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Abstinence is observed by all 14 years of age and older. On days of abstinence, no meat is allowed.

Almsgiving

Almsgiving is our response to the teachings of Jesus that encourages us to reach out to people in need—not just with our money—but with our time and talent. It is the act of donating money, food, or other items to the poor or needy. Almsgiving helps us experience giving the gifts of God that He gave to us by sharing with others. Today, we might also refer to this as stewardship.

*Return to Me with your whole heart,
with fasting, weeping and mourning.*

Joel 2:12



Be merciful, O Lord,
for we have sinned.



Mass Intentions/ Intenciones de la Misa

Presider schedule available at:
bit.ly/PresiderSchedule

Sat. / Sun. February 18-19, 2023

+ Lorraine Nicole Fagan
+ Joseph R. Pellegrino
+ Eileen & Richard Whittemore
+ Nicolas Vasquez
Oscar & Paulina Manalansan

Monday, February 20, 2023

9:00am + Patrick Pagsibigan

Tuesday, February 21, 2023

8:30am + Nieves Lodada

Wednesday, February 22, 2023

8:30am + Lorraine Nicole Fagan
12:10pm Liturgy of the Word
7:00pm + Timotea Flores

Thursday, February 23, 2023

8:30am + Christine Henning

Friday, February 24, 2023

8:30am The OLGC Community

Saturday, February 25, 2023

8:30am + John Jardine

Sat. / Sun. February 25-26, 2023

For the Healing of Colt Watters
The McCarthy & Mazzarini Family
For the February Frenzy Participants
+ Paula & Victor Andres
+ Elizabeth C. Meehan

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

+ Patrick Pagsibigan
+ Paul Rinaldi
+ Mary Duran

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

Church In Loving Memory
Commandant +Joseph
Campbell
Chapel In Loving Memory
Commandant +Russell Reid
Our Lady For the Healing of Colt
Watters

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@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFS..... mkumar@olgcva.org
Retired Rev. William Metzger, OSFS..... william.metzger@olgcva.org
Retired Rev. Lewis Fiorelli, OSFS..... lfiorelli@oblates.org
Deacon Christopher Moore cgmoores@olgcva.org
Transitional Deacon Joe Katarsky jkatarsky@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 703.896.7412.. 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 703.896.7418 events@olgcva.org
Reception Maria Romero 703.896.7419 welcome@olgcva.org
Intentions/Ministry of Care Maria Romero 703.896.7419..... welcome@olgcva.org
RCIA/Adult Sacraments Barb Steele rcia@olgcva.org
Información en español Maria Romero 703.896.7419 welcome@olgcva.org
Pastoral Council (Tina Wickham) 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

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.olgcva.org/liturgy-worship/funerals

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

Join the Parish: olgcva.org/register

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

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

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

Why Ashes?

For centuries Catholic Christians have marked the beginning of the season of Lent by receiving ash on their foreheads on Ash Wednesday. This tradition has its roots in the Old Testament, where wearing ashes was a common sign of repentance for sins, and a sign of one's humility before God. Since Lent is a season of penitential renewal through prayer, fasting, and almsgiving, it's appropriate that this ancient sign marks the beginning of the season.

Ashes are usually distributed as part of a Mass or Liturgy of the Word on Ash Wednesday, often after the homily. As people approach the minister, ash is pressed on your forehead, and he speaks: "Remember that you are dust, and to dust you shall return,"

Ash Wednesday

8:30 am Mass with distribution of Ashes

12:10 pm Liturgy of the Word with distribution of Ashes

7:00 pm Mass with distribution of Ashes



A Clean Heart
Create For
Me, GOD;
Renew
Within Me
A Steadfast
Spirit.
Psalm 51:12

Crea En Mí,
Oh DIOS,
Un Corazón Puro,
Renueva En
Mi Interior
Un Firme
Espíritu.
Salmo 50, 12

or "Repent and believe in the Gospel."

In many churches, Ash Wednesday services are among the most popular of the whole year. Cynics have suggested that this is because people "get" something, as they do on Palm Sunday. But there's nothing particularly appealing about being smudged with ashes. Perhaps, the appeal is the expression through a physical sign of a desire for interior conversion.

The Gospel for Ash Wednesday is a reminder that the real purpose of the season of Lent isn't to make public demonstrations of piety—even the wearing of ashes—but to seek conversion of heart. (Notes from usccb.org)

Stations of the Cross

Every Friday during Lent

7:00 pm in the Church



7:00 pm en español en la capilla



FR. MATT'S MUSING: Mercy

During the Sundays of Ordinary Time this year, we will be reading from the gospel of Matthew. One of Matthew's great themes is the great Mercy of God....

Read more at bit.ly/FrMattsMusing-Feb11

QUESTION OF THE WEEK

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

Why do I get angry
and respond unkindly
to provocation?
How can I overcome
these triggers?

PREGUNTA DE LA SEMANA

7º Domingo del Tiempo Ordinario

¿Por qué me enfado
y respondo mal a la
provocación?
¿Cómo puedo superar
estos factores
desencadenantes?

Readings for the Week/ Lecturas de la Semana

For the Week of February 19, 2023

SUNDAY Seventh Sunday in Ordinary Time
Lv 19:1-2, 17-18; Ps 103:1-2, 3-4, 8, 10, 12-13;
1 Cor 3:16-23; Mt 5:38-48

MONDAY
Sir 1:1-10; Ps 93:1ab, 1cd-2, 5; Mk 9:14-29

TUESDAY
Sir 2:1-11; Ps 37:3-4, 18-19, 27-28, 39-40;
Mk 9:30-37

WEDNESDAY Ash Wednesday
Jl 2:12-18; Ps 51:3-4, 5-6ab, 12-13, 14 & 17;
2 Cor 5:20-6:2; Mt 6:1-6, 16-18

THURSDAY
Dt 30:15-20; Ps 1:1-2, 3, 4 & 6; Lk 9:22-25

FRIDAY
Is 58:1-9a; Ps 51:3-4, 5-6ab, 18-19; Mt 9:14-15

SATURDAY
Is 58:9b-14; Ps 86:1-2, 3-4, 5-6; Lk 5:27-32

SUNDAY First Sunday of Lent
Gn 2:7-9; 3:1-7; Ps 51:3-4, 5-6, 12-13, 17;
Rom 5:12-19 or Rom 5:12, 17-19; Mt 4:1-11

December Monthly Collections

Fiscal Year July 2022—June 2023

Offertory	277,530
Total Budgeted	260,118
Variance	17,412
YTD Received	1,187,705
Budget YTD	1,158,579
Variance	29,126

End of year giving statements went out electronically last week. If you prefer a hard copy or have questions about your statement, please email accountingmanager@olgcvva.org.

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.

February Second Collections

- 5 Arlington Catholic Herald
- 12 Facilities Improvements
- 22 Eastern Europe (Ash Wednesday)
- 26 Black & Native American Missions

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

February 19-25

SUNDAY **19**
Jr High CCF 6:15 - 7:45 PM School

MONDAY **20**

Presidents' Day - No School & Offices Closed

YM Skiing	6 AM - 9 PM	Offsite
Holiday Mass	9 - 9:30 AM	Chapel
Quilters	11:30 AM - 3 PM	Mary's Garden & SJC-Brisson Rm

TUESDAY **21**

Tuesday Bible Study	9:45 - 11:45 AM	Zoom
Music Ministry (Hemmingson)	7 - 8:30 PM	Church
Youth Adoration	7 - 8 PM	Chapel

WEDNESDAY **22**

Ash Wednesday

Ash Wednesday Mass	8:30 - 9:30 AM	Church
Ash Wednesday Liturgy of the Word	12:10 - 1 PM	Church
Ash Wednesday Mass	7 - 8 PM	Church
RCIA Catechumenate Session w/Mass	7 - 9 PM	Church, Chapel, Cry Room

THURSDAY **23**

Wildcat Spirit Wear Day		
Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm
House League February Frenzy	5 - 8 PM	Fr. Brisson Gym
CS Pack 976 Bear Den Mtg	6 - 8 PM	SJC-Brisson Rm
Music Ministry (Choir)	7 - 8:30 PM	Church
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym

FRIDAY **24**

NO House League February Frenzy		
Funeral: Lola Leonard	11 AM - 12 PM	Church
Fish Fry	4 - 7 PM	DeSales Hall
Stations of the Cross	7 - 7:45 PM	Church
Stations of the Cross (Spanish)	7 - 7:45 PM	Chapel

SATURDAY **25**

NO CCF - February Frenzy		
No CYO Basketball Games		
Confessions	9 - 9:30 AM	Reconciliation Room
House League February Frenzy	9 AM - 8 PM	Fr. Brisson Gym
Baptisms	10 - 11 AM	Chapel
NO Emmaus		
Rite of Sending at Mass	4 - 5 PM	Church

Fish Fry!

Please join us once again for the OLGC Lenten Fish Fry. This event was started in 2017 with the mission of creating a fun and inclusive event that brings together and strengthens the greater OLGC parish community.

The fish fry takes place in DeSales Hall from 4-7 pm every Friday during Lent (Feb. 24, Mar. 3, 10, 17, 24, and 31).

We will once again be serving up a great selection of food including fried/baked cod, fried shrimp, fried oysters, hand-cut fries, mac & cheese, coleslaw, rice & beans, and homemade desserts. Beer, wine, soda, and water will also be available for purchase.

You can also pre-order online (or in-person) for carryout orders:

Online ordering is available each week from 10am on Monday to 3:30pm on Friday.



Use this link

www.squareup.com/store/OLGC.

Be sure to note your pickup time when ordering and make sure you get a confirmation email.

Things to note:

- The preschool lot until is saved for handicapped & carry out only.
- The bell tower circle will be closed except for dropping off disabled attendees. Safety patrol will be there to assist.



- Dine-in entrance and exit is the Narthex door closest to DeSales Hall. All other doors will be locked until 6:30pm.
- Carry-out entrance and exit are the glass doors to DeSales Hall.

This event is not possible without the help of so many gracious volunteers from across the parish community. Please consider volunteering. No experience is required. Please visit bit.ly/Fish-Fry-2023-volunteers for more details.

Make a Joyful Noise!

TRIDUUM: Come out & sing/play your instrument for Holy Thursday, Good Friday, Easter Vigil.

All are welcomed! Especially musicians who do not participate in a regular weekly Music Ensemble. Join our Festival Ensemble. Email pciotti@olgva.org with questions. Rehearsals Come to a time that works for you:

Holy Thursday

Tue Feb. 21 7:30-9:00p
Thu Feb. 23 7:00-8:30p
Sat Mar 11 5:00-5:30p
Sun Mar 12 11:00-11:30a
Tue Mar 21 7:30-9:00p
Wed Mar 22 7:00-8:30p
Thu Mar 23 7:00-8:30p

GOOD FRIDAY

Sat Feb 25 5:00-5:30p
Sun Feb 26 11:00-11:30a

Sat Feb 25 5:00-5:30p
Sun Feb 26 11:00-11:30a
Sat Mar 25 5:00-5:30p
Sun Mar 26 11:00-11:30a

Great Easter Vigil

Sat Mar 4 5:00-5:30p
Sun Mar 5 11:00-11:30a
Tue Mar 7 7:30-9:00p
Wed Mar 8 7:00-8:30p
Thu Mar 9 7:00-8:30p
Sat Mar 18 5:00-5:30p
Sun Mar 19 11:00-11:30a
Sat Apr 1 5:00-5:30p
Sun Apr 2 11:00-11:30a

Final "combined" rehearsal Holy Thursday & Good Friday

Thu Mar 30 7:00-9:00pm

Final "combined" rehearsal Great Easter Vigil

Mon Apr 3 7:00-8:30pm

MARCH OUTREACH

Power Packs



Friday, Mar. 24 - Sunday, Mar. 26, we will be collecting food and filling Power Packs for FCPS students in our area who need food support on weekends. Please take a look at the link below and sign up to donate food for this effort. bit.ly/OLGC-power-packs-food. To help organize donations and pack, please sign up at bit.ly/OLGC-power-packs-volunteers.

Moms' Morning Coffee!

Looking for other Moms in the OLGC parish to connect with in faith and friendship? Join the new OLGC Moms' Group! Our first event will be Saturday Morning Coffee on March 4th at 9:00 AM at Vienna Simply Social Coffee. For questions or to RSVP, contact Jeannette Rivera-Sofié at jmtrivera@gmail.com or Cathleen Rhodes at 571.373.1242 (text or call).



Dining for Dollars: The Italian Place

Carpool and Dinner in one stop!

Let the Italian Place do dinner for you on Wednesday March 15th. Back again, The Italian Place is offering THREE options this time: Eggplant, Lasagna, or a Make-your-own Pizza Kit. Meals are intended for 4 people. The eggplant and lasagna meals come with garlic bread, salad, and tiramisu. The pizza kit comes with dough, marinara, toppings, salad, and tiramisu. All meals are \$49; Faculty \$39. 10% of proceeds will be given to OLGC PTO. Please visit the link to order! Orders may be picked up at 3PM carpool or at ECAP on 3/15. Orders must be placed by March 14th. bit.ly/dining-4-dollars-Italian-Place



ShopRaise for OLGC PTO

Shop at Athleta? Lowe's? Bloomingdales? Lands' End? - Get ready to Shop and give back to OLGC PTO



The OLGC PTO has found a replacement to AmazonSmile and it is a good one! We are using the ShopRaise app, which gives a portion back to us whenever you do your normal shopping online at over 1,000 stores—think Lowe's, Bloomingdales, DoorDash, Callaway Golf, Macy's, Home

Depot, BJ's, and Lands' End! It even works on drive-up orders. Please help us support and promote our program by doing these 3 simple things:

1. Click the link below to get the ShopRaise app
2. Use tools in the mobile app to share it with family and friends
3. Shop online to support and help us reach our fundraising goals

Click the link below to get started. Please email Heather Tully at heather.tully@gmail.com if you have any questions about getting started.

Please keep in mind that purchases will only apply if you first go to the ShopRaise app and then link to the store in which you are shopping.

shopraise.com/support/olgcschool

Happy Shopping!

February Frenzy!

One of OLGC's most beloved community traditions is back! Enjoy the exciting youth basketball games at the 2023 OLGC House League "February Frenzy!" The OLGC House League consists of six boys teams and six girls teams made up of 4th and 5th graders from OLGC school and parish, where the season will be decided in a double elimination tournament known as "February Frenzy." The fun starts on Thursday, February 23, continuing on Saturday and Sunday, February 25-26, and ending with championship games on Monday, February 27. We will also have fun events scheduled on opening night on Thursday, 2/23, with the 3rd grade knockout game and House League Alumni Appreciation night, where we recognize all players in attendance who have played in House League.



The 5th grade also is running a snack bar with all proceeds going to the Wildcat Fund. The schedule will be on the schools web site (www.olgcva.org/fellowship/athletics/basketball). Come on over, enjoy some snacks, beverages, and comfort food and see your fellow parishioners in action. For more information, contact Eric Andres (EricNAndres@gmail.com) Go WILDCATS!

Información Parroquial en español

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

EL SEÑOR DICE,
"Estoy haciendo algo nuevo."

Horario Miércoles de Cenizas:
Misa 8:30am, Liturgia de La Palabra
con distribución de cenizas 12:10pm,
Misa 7:00pm bilingüe

Los viernes, tendremos
Las Estaciones de La Cruz
a las 7:pm, en la Capilla en español
y en la Iglesia en inglés.

NORMAS PARA EL AYUNO Y LA ABSTINENCIA

El miércoles de ceniza, 22 de febrero, y el viernes santo, 7 de abril, son días de abstinencia y de ayuno. Asimismo, los viernes durante la Cuaresma son días de abstinencia, [los viernes durante la Cuaresma](#) todas las personas a partir de los 18 años y los que no hayan cumplido los 59 años, deben ayunar. Se permite comer una vez durante el día de ayuno, aunque también pueden comer dos veces para mantener la energía, según la necesidad de cada individuo. Sin embargo, estas dos comidas no deben igualar a la cantidad de una comida completa. No se puede comer entre comidas, pero está permitido tomar líquido, incluyendo leche y jugos. La abstinencia se debe cumplir desde los 14 años en adelante. En los días de abstinencia, no se debe comer carne, aunque si la salud o la habilidad para cumplir su trabajo se ve seriamente afectado, la ley no lo obliga. Si tiene alguna duda sobre la práctica del ayuno o de la abstinencia, consulte al Sacerdote de su parroquia. El ayuno, la

limosna y la oración, son las tres disciplinas tradicionales durante la Cuaresma. Los feligreses y los catecúmenos deben realizar estas prácticas con seriedad en espíritu de penitencia y en preparación para la Iniciación a la Iglesia o para la renovación de las promesas Bautismales durante la Semana Santa.

SACRAMENTO DEL BAUTISMO DE NIÑOS MENORES DE 6 AÑOS:

Comuníquese con Maria Romero 703.896.7419 welcometo@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.

CONFESIONES

Confesiones en español durante el mes de enero son el sábado 4 y 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.

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.

¡COMIENZA LA PETICIÓN CUARESMA DEL OBISPO DEL 2023!

La correspondencia sobre la Petición Cuaresma Del Obispo del 2023 se envió recientemente a los feligreses. El lema de este año es "Mi Alma Se Regocija En El Señor". Después de reflexionar sobre las bendiciones que Dios nos ha dado, en espíritu de oración piensen en hacer una promesa de contribución. La Petición Cuaresma Del Obispo financia programas y ministerios al servicio de miles de personas en nuestra diócesis. Con la inspiración del lema de la Petición Cuaresma del Obispo, recordemos la tierna naturaleza de Cristo al unirnos para dar algo de nosotros mismos a otras personas. Pueden hacer su ofrenda en la página www.arlingtondiocese.org o escanear el código de respuesta rápida (QR) que aparece a continuación: La Petición Cuaresma se llevara a cabo el fin de semana del 25/26 de febrero, les pedimos por favor vengán preparados para hacer su compromiso y/o donación. Al igual le pedimos que lleven en sus oraciones el éxito de La Campaña Cuaresma Del Obispo.



Nuestras segundas colectas de este mes serán:

- | | |
|--------------|---|
| Feb. 12 y 19 | Necesidades Parroquiales |
| Feb. 22 | Recursos de la Iglesia en Europa Central y del Este |
| Feb. 26 | Comunidades Negras y Nativas Américas |

Senior Moments

Marge Van Lierde
Gitkagirl@gmail.com
571.831.3951



SHEPHERD'S CENTER NEWS

The annual Mardi Gras Celebration will take place this **Tuesday, February 21** from 12-2 pm at the Vienna Community Center. Come, get into the spirit of Mardi Gras and enjoy an afternoon of festivities with friends to include a Cajun cuisine lunch prepared by the Davis



Center, Mardi Gras mask-making, trivia and entertainment by the Vienna Dixieland Band. Tickets are \$20 per person. Dressing up is part of the celebration, so be sure to wear purple, green and gold! Register by calling 703.281.0538. If you need a ride, ask for one at the time you register.

Other events include the Great Decisions Book Club. Meetings are held on the third Friday of every month via Zoom from 1-2 pm until December. If you need instructions on how to get on Zoom, call the above number and ask.

Another event, Spring Lunch n' Learn has been announced for **March 27** from 12-2 pm with Alan DeValena, past White House butler, who will entertain you with his stories and first-hand experiences with history. The location and fee are yet to be determined, but mark

the date on your calendars if you'd like to attend.

And, last but not least, is the ongoing Caregiver Support Group which is held on the first and third Tuesdays of each month from 10-11:30 am via Zoom.

FEBRUARY FUN

This is my least favorite month. Every year I try to find some words to use in the column that are lighthearted and make us smile. Spring seems so far away; I think we need a little something to lift our spirits. Someone sent this to me a few years ago as a fresh perspective on being an older person and it qualifies us to be called a "seenager." This could be our new age group (a senior teenager.)

We have everything we wanted as a teenager, only 60+ years later. We don't have to go to school or work. We get an allowance every month. We have our own pad and don't have a curfew. We have a driver's license and our own car. We have an ID that gets us into bars and wine shops. The people we hang out with are not afraid of anything. They've been blessed to live this long life, so why be afraid? And we don't have acne. Life is good!

Also, you'll feel much more intelligent after reading this if you're a seenager. Brains of older people are slow because they know so much. We don't decline mentally with age. It just takes us longer to recall facts because we have more information in our heads. Scientists believe this also makes us hard of hearing as it puts pressure on our inner ear. We older folks often go to another room to get something and when we get there, we stand wondering what we came for. This is not a memory issue, it's nature's way of making us do more exercise!

A little bit silly, yes? Take it with a grain of salt. Remember, it's February after all, so whatever it

takes to make us smile is a good thing!

NEW TRIP

Vienna Parks & Recreation invites you to join other area seniors to this trip to Leesburg, Virginia on **Wednesday, March 22** from 9:30 am-2:30 pm. You'll be visiting Morven Park Mansion which, in its 240-year history, has been transformed from a modest fieldstone house into the impressive Greek Revival building we see today. From 1903-1942 the mansion was home to Westmoreland and Marguerite Davis. During their residency, Marguerite filled her home with eclectic and opulent antiques from her world-wide travels. During your docent-led tour, you'll hear stories of their civic and social lives. You'll also visit the Winmill Carriage Museum featuring forty horse-drawn vehicles, including antique coaches, carriages, sleds, and carts ranging from utilitarian to regal. Lunch will be on your own at Lightfoot Restaurant. A considerable amount of walking on uneven surfaces is required, with significant inclines on paths, so be sure to wear sturdy shoes. The fee for Vienna town residents is \$49; everyone else pays \$61.25, and includes transportation and admission. Register online with your WebTrac account or stop by the Vienna Community Center to do it in person.

Elder Wisdom

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

The Power of Proclamation

Throughout the roots of our faith, proclamation has played a vital role. For the vast majority of the Church's history, even back to our Jewish foundation, relatively few people within the community could read. Beyond that, physical copies of scripture were few in number, causing them to be incredibly rare and valuable. This combination of factors resulted in the most common manner of passing on the faith to be via word of mouth, with one member proclaiming Christ to many listeners. As long as a community had a single literate person and a copy of the scriptures, the Good News could be proclaimed to the entire church as they gathered.

We continue this style of proclamation to the entire congregation to this day, for there is power in this practice. As the Word of God is proclaimed to us, the Holy Spirit works within our hearts and minds to help us hear what God needs us to in that exact moment. The Word of God is always alive, constantly inspiring new thoughts and direction in our lives. As you come to mass in the future, settle yourself, close your eyes and listen to the Word of God. Allow the Spirit to work within you, and continue its work of guidance and inspiration, which has lasted thousands of years.

Dcn. Joe Katarsky



DIOCESAN & COMMUNITY NEWS

Interpreters needed on Zoom

Mother of Mercy (MoM) Virtual Interpreters Needed. MoM's mission is to provide free, quality healthcare to low-income individuals who are uninsured or under-insured in the Diocese. The majority of MoM's clients speak Spanish. The Clinics are in need of Virtual Interpreters to help improve communication between the client and the medical providers. All interpreting services will be remote via Zoom. Training provided. If you can help one 4-hour shift a month, please register here: bit.ly/VolunteerMotherofMercy.

Seventh Sunday in Ordinary Time Stewardship Reflection

"But I say to you, love your enemies and pray for those who persecute you..." MATTHEW 5:44

Love your enemies, easier said than done. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from "me" and moves it towards God and others. It changes my heart and actions, allowing for a little more empathy for "my enemy." When we pray for others, even our enemies, it may soften their hearts as well.

Upcoming Diocesan Events

Visit arlingtondiocese.org/all-events for details

Lourdes and the Miraculous Cures
February 21 | 7:30pm

World Marriage Sunday
February 25 | 5:00pm

2023 Men's Conference
March 4 | 8:30am

Lourdes and the Miraculous Cures
March 7 | 7:30pm

Peace and Justice Conference
March 11 | 5:00pm

**Women's Conference 2023:
Love Rejoices in Truth**
March 11 | 8:30am

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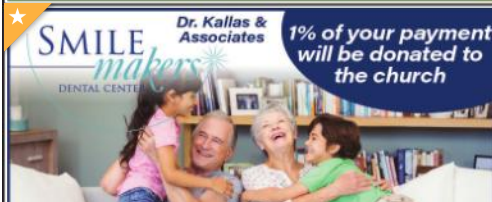
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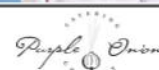
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