

FEBRUARY 26 • 2023

1ST SUNDAY OF LENT

*‘One does not live
on bread alone,
but on every
word that comes
forth from the
mouth of God.’*



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

*“No one is esteemed
before God for having
lived long, but for
having lived well.”*

— St. Francis de Sales

*“Nadie es estimado
delante de Dios por
haber vivido mucho,
sino por haber
vivido bien.”*

— San Francisco de Sales

Fish Fry This Friday

Please join us the Lenten Fish Fry this Friday.

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 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.



Item	Price (\$)
Fried Fish / Sandwich	9
Baked Fish / Sandwich	9
Fried Shrimp	11
Fried Oysters	12
Metzger Combo — Fried Fish/Shrimp	10
Hillyard Combo — Fried Fish/Shrimp/Oysters	15
Kids Menu	
Fish Bites	7
Pizza	3

Sides	Price (\$)
Fish Chowder	5
Fries	4
Mac & Cheese	3
Rice & Beans	3
Coleslaw	2
Applesauce	2
Homemade dessert	2

Mass Intentions/ Intenciones de la Misa

Presider schedule available at:
bit.ly/PresiderSchedule

Sat. / Sun. February 25-26, 2023

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

Monday, February 27, 2023

8:30am Alfredo Guerrero

Tuesday, February 28, 2023

8:30am + Daniel Kraft

Wednesday, March 1, 2023

8:30am + Justino P. Samsom

Thursday, March 2, 2023

8:30am + Mort Fromer

Friday, March 3, 2023

8:30am + Laura Scott Harbour

Saturday, March 4, 2023

8:30am Esperanza & Juan Guerrero

Sat. / Sun. March 4-5, 2023

+ W.R. Owens
+ Homer, Hellen & Dorothy Hart
+ Justin D. Brett
+ Kenneth Lennon
+ Randy Basuol
For the OLGC Community

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

+Pat Senkayalar and + William Holland,
uncles of Mary Schumann
+ Sister Mary Georgette Cuniff, MFIC,
sister of Marie Ropelewski

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

Church Special intention Susan
Ainsworth

Chapel In loving memory of
+ Kenneth Lennon

Our Lady For all survivors of random
acts of violence

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 cgmoore@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 rcia@olgcv.org
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

Allegorical Sense of Scripture

An allegory is a thing or event that points to another, so how do we use allegories to understand the Bible?

Throughout what we now call the “Old Testament,” God was reminding His people of the promise He made in Genesis 3:15 to send a savior who would heal the rift between God and us that was created by the Fall.

Sometimes that comparison between people in the Old and New Testaments is called “prefiguring” or “typology.” The readings in the Mass are arranged so that the reading from the Old Testament is paired with the Gospel reading, and shows something that is prophesied, and then where it’s fulfilled in the Gospel reading.

It’s not necessarily a strictly one-to-one meaning; there can be multiple ways that a person or event from the Old Testament is fulfilled, like this example used in the Catechism:

The allegorical sense. We can acquire a more profound understanding of events by recognizing their significance in Christ; thus the crossing of the Red Sea is a sign or type of Christ’s victory and also of Christian Baptism. (CCC 117)

It’s easier to understand the reference to crossing the Red Sea and Baptism if we think about a Baptism by full immersion, where the person’s entire body is under water and then rises out of the water as a new creation in Christ. When the children of Israel left Egypt, they walked through the Red Sea on dry land. The Egyptians who pursued them died when the waters of the sea began to flow again. The

reason they were chasing after the Hebrews is because the Pharaoh commanded them to kill the Hebrews—which is a sin. So the Israelites came out of the waters as a new creation, because their nation was God gathering His people together. They were God’s Chosen People because by their actions, they were supposed to show the world who the true God is.



In both the Crossing of the Red Sea and the Flood, the people who came out of the water into a new life were a kind of “new creation” because they had been cleansed of their sin.

Both events also act an allegory for Baptism, because Baptism forgives any actual sins as well as removing the stain of Original Sin. Water has to be used in a baptism because water is associated with cleaning and removing dirt. When the person is baptized, the “dirt” from sin is removed from their soul just as dirt is removed from the body by being washed with water. The soul of the newly Baptized person now bears the mark of God, which can never be removed.

See the Feb. 5, 2023 Bulletin for an overview of the Senses of Scripture.

Lenten Prayer for Spiritual Renewal

God, heavenly Father,
look upon me and hear my prayer
during this holy Season of Lent.
By the good works You inspire,
help me to discipline my body
and to be renewed in spirit.

Without You I can do nothing.
By Your Spirit help me to know what is
right and to be eager in doing Your will.
Teach me to find new life through penance.
Keep me from sin, and help me live
by Your commandment of love.
God of love, bring me back to You.
Send Your Spirit to make me strong
in faith and active in good works.
May my acts of penance bring me Your
forgiveness, open my heart to Your love,
and prepare me for the coming feast
of the Resurrection of Jesus.

Lord, during this Lenten Season,
nourish me with Your Word of life
and make me one
with You in love and prayer.

Fill my heart with Your love
and keep me faithful to the
Gospel of Christ.
Give me the grace to rise above
my human weakness.
Give me new life by Your Sacraments,
especially the Mass.

Father, our source of life,
I reach out with joy to grasp Your hand;
let me walk more readily in Your ways.
Guide me in Your gentle mercy,
for left to myself I cannot do Your Will.

Father of love, source of all blessings,
help me to pass from my old life of sin
to the new life of grace.
Prepare me for the glory of Your Kingdom.
I ask this through our Lord Jesus Christ,
Your Son,
Who lives and reigns with You
and the Holy Spirit, one God, forever.

Amen.

From Catholic Online

<https://www.catholic.org/prayers/prayer.php?p=790>

Readings for the Week/ Lecturas de la Semana

For the Week of February 26, 2023

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

MONDAY

Lv 19:1-2, 11-18; Ps 19:8, 9, 10, 15; Mt 25:31-46

TUESDAY

Is 55:10-11; Ps 34:4-5, 6-7, 16-17, 18-19;
Mt 6:7-15

WEDNESDAY

Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

THURSDAY

Est C:12, 14-16, 23-25; Ps 138:1-2ab, 2cde-3,
7c-8; Mt 7:7-12

FRIDAY

Ez 18:21-28; Ps 130:1-2, 3-4, 5-7a, 7bc-8;
Mt 5:20-26

SATURDAY

Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

SUNDAY Second Sunday of Lent

Gn 12:1-4a; Ps 33:4-5, 18-19, 20, 22;
2 Tm 1:8b-10; Mt 17:1-9

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 26-March 4

SUNDAY

26

No CYO Basketball Games		
House League February Frenzy	11 AM - 8 PM	Fr. Brisson Gym
Nightlife	6 - 8 PM	DeSales Hall

MONDAY

27

Little Rock Scripture Study	10 - 11:30 AM	Zoom
Quilters	11:30 AM - 3 PM	Mary's Garden & SJC-Brisson Rm
House League February Frenzy-Championship Games	5 - 8 PM	Brisson Gym
Lent Evening Prayer & Reflection	7 - 8 PM	Chapel

TUESDAY

28

Tuesday Bible Study	9:45 - 11:45 AM	Zoom
CS Pack 976 Webelo Den Mtg	6 - 8 PM	Counsel Rm
Music Ministry (Hemmingson)	7 - 8:30 PM	Church

WEDNESDAY

March 1

Light is On: Confessions & Adoration	6 - 7:30 PM	Reconciliation Rm & Chapel
BSA Troop 976 Adult Mtg.	6:30 - 8:30 PM	School-Loft
BSA Troop 976 Mtg	7 - 8:30 PM	Counsel Rm
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

2

Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm
Music Ministry (Choir)	7 - 8:30 PM	Church
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym

FRIDAY

3

Adoration	9 AM - 3 PM	Chapel
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

4

Elementary CCF	8:30 - 10 AM	School
Confessions	9 - 9:30 AM	Reconciliation Room
Emmaus	10 - 10:30 AM	School
Elementary CCF & RCIC	10:30 AM - 12 PM	School
RCIA Breaking Open the Word	4:30 - 5 PM	Chapel & Cry Room

Paschal Candle Donation

"The One who entered our world at Christmas to bring justice and peace, conquered all injustice by the light of his resurrection. The "Son of Justice" calls us to shine his burning light to our families and faith communities every day."
—Rev. Paul Turner

If you would like to donate a Paschal Candle for use in the Chapel, please email Paul Ciotti at pciotti@olgva.org. The cost is

\$375. You can dedicate the Paschal Candle in thanksgiving or memory of someone. A wax label will be affixed to the back of the Paschal Candle.



Ministry Fair March 5

Have you wondered how people participate in the liturgy as readers, eucharistic ministers or sing with the choirs? How does the Fall Fest happen? Are you ready to "do a new thing"?

Join the OLGC liturgy and fellowship ministries on March 5 during the Donut Socials to find out

how to share your talents with the parish. Ministry parishioners, information and sign ups will be available to get you started.

5 PM MASS! There will be a Pizza Social after Mass. Stop by for a slice and information on how you can participate in the celebration of Mass.

Lamb Center Ministry

The Lamb Center (TLC) is a daytime drop-in shelter for individuals experiencing homelessness in Fairfax, Virginia. TLC provides a variety of services without cost to their guests, including breakfast, lunch, showers, laundry service, Bible studies, case management, AA meetings, a nurse practitioner clinic, a dental clinic, and much more. TLC partners with local groups and organizations that have a passion for serving the homeless.

OLGC is a partner with TLC in providing meals and miscellaneous needed items twice a month. We provide breakfast items on the

second Monday of every month; lunch on the third Friday of every month. We strive to provide hot, homemade, nutritious meals on these days to help feed an average of 100-130 guests a day.

OLGC parishioners can sign up to donate when available—you don't have to participate every time we do a donation. With enough help, we can donate the necessary items to provide the homeless with generous portions of well-balanced meals.

If you would like to participate in this ministry at OLGC, please do not hesitate to contact Jane Heishman or Barb De Lisa at DonateTLC@gmail.com.



ADORATION OF THE BLESSED SACRAMENT



March 3 9am - 3pm

Sign up at bit.ly/Adoration-March

DONUT SOCIAL Sunday, March 5



Organized by the
Knights of Columbus
Santa Maria Council

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-Soñé 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



Spring CYO Track and Field

Register today for Spring CYO Track and Field

The Spring CYO Track Meet will be held on May 6, 2023. Practices start soon—register today! For more information and to register visit our webpage: www.olgeva.org/fellowship/athletics/track-field or contact Rachel McCarthy (rachelmccarthy2003@gmail.com).



New Safety Measure

You will notice that gates have been installed at various places around the campus to control the flow of traffic. In accordance with the requirements of the Diocese, they were installed to ensure the safety of OLGC school children who use the parking lot for recess and other outdoor activities. Please understand that the gates are intended to protect the children and not to discourage people from attending events. Parking by

Administration building and in front of the church will always be accessible, even when the gates are closed.



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

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!

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@olgcv.org

EL SEÑOR DICE,
"Estoy haciendo algo nuevo."



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@olgcv.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. olgcv.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@olgcv.org o 703.896.7426.

CONFESIONES

Confesiones en español durante el mes de febrero 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@olgcv.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



SEASONED CITIZENS' LUNCHEON

Yes, March is around the corner, and soon it'll be time for the next luncheon for OLGC Seniors. "Wearin' of the Green" is scheduled for **Thursday, March 16** at noon in De Sales Hall. We'll be celebrating St. Patrick's Day and we all know what that means! While I haven't seen a menu yet, I know you can count on having delicious corned beef and cabbage with

number of older adults (and their health care providers) are aware of the risk of falls, yet far **too** many are still injured from falls each year. In 2018, one in four adults 65 years and older fell, and one in ten experienced a fall with significant injury. That resulted in 950,000 hospitalizations and 32,000 deaths in that year alone! Here at my retirement community, great emphasis is put on safety and mitigating the risk of falls. One resident broke a bone in her back when she fell while playing pickle ball. Another suffered the same injury when she fell in her stateroom while on a cruise during a severe storm. Both were in a brace for six months. Another tripped on the sidewalk, fell and struck his head, suffering a concussion, multiple bruises and a broken nose. Because only older adults live in retirement communities, falls are not uncommon.

There are a number of risk factors for falling, but the good news is that many of them are modifiable. These include vision problems, difficulty walking, muscle weakness, pain, poorly fitting footwear, vitamin D deficiency, and home hazards. It'd be a smart thing to discuss these issues with your medical provider and explore opportunities to reduce these risks through exercise, fitness and balance classes, physical therapy and a few home modifications. Some of the simplest interventions can make a big difference. An important aspect of speaking with your doctor is a careful review of your medications. Many drugs increase the risk of falls, including drugs affecting your central nervous system. Medications for the heart and to treat blood pressure can be associated with falls along with non-prescription medications such as allergy pills or sleep aids, including alcohol.

Your health care provider can help you carefully weigh the pros and cons of each of your medicines. You can do your part by telling them about all of the side effects, including over-the-counter drugs, even if you use them only occasionally. Such a discussion can help you determine if your medications are risky and whether it's time to consider safer alternatives.

Bear in mind that adjusting your medications is just one part of a comprehensive fall prevention plan in addition to the steps mentioned earlier. The best approach will include an exercise program, which may simply begin with physical therapy if you're frail, use an assistive device, or have difficulties getting out of a chair. A great resource for exercise is the National Institute of Aging exercise site, nia.nih.gov/health/exercise-physical-activity.

Please take action if you have fallen recently or had a near miss. You can reduce your risk of falling and feel better and stronger in the process. Next week you'll read about what you can do if you've lost your physical confidence after a fall.

ENCORE MOMENTS

Safe disposal of certain lightbulbs is important. Multiple chains, including Ikea, Lowe's, The Home Depot and True Value stores operate recycling programs for compact fluorescent lamps (CFLs) and other fluorescent bulbs.

Elder Wisdom

If I waited until I had all my ducks in a row I'd never get across the street. Sometimes you just have to gather up what you've got and make a run for it.

traditional sides. Historically, this luncheon is the most heavily attended each and every season. I guess everyone likes to be Irish for a day! Watch next week's column for registration information. There is never any charge, but reservations are required for planning purposes. As always, the Book Swap Table will be available. Bring a recent book or two that you've read or a jigsaw puzzle you no longer want (nothing else, please), and take something home with you if you wish. The Book Swap table has been a win-win feature at our luncheons, and continues to be successful because of your donations. Thank you!

PREVENTING FALLS

This is the first part of a short series about fall prevention. An increasing





We are called to be instruments of God our Father, so that our planet might be what he desired when he created it and corresponds with his plan for peace, beauty and fullness.

Laudato Si Action Platform

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SCAN ME

DIOCESAN & COMMUNITY NEWS

Preserving the Dignity of Life: Combatting Human Trafficking

Human trafficking is increasing at an alarming rate around the world, and happening here in our diocese. Join Bishop Michael F. Burbidge and Bill Woolf, Founder, Anti-Trafficking International and the Just Ask Prevention Project, at Nativity Catholic Church on Saturday, March 11 to find out how you can recognize signs of human trafficking happening in our communities and help stop this assault on human dignity. This conference includes Mass at 5 p.m., dinner, the 7:15 p.m. presentation, followed by a question and answer period. Find more details and register here: <https://www.arlingtondiocese.org/events/2023/peace-and-justice-conference/>.

Teacher Job Fair

The Office of Catholic Schools is holding a Teacher Job Fair on Saturday, March 18, from 9-11 a.m. at Saint John Paul the Great Catholic High School, 1700 Dominican Drive, Potomac Shores. We are seeking highly-qualified, faith-filled and dynamic professionals to join our preschools, elementary schools and high schools. Please bring copies of your resume that you can share with our school representatives from more than 40 diocesan schools.

Upcoming Diocesan Events

Visit arlingtondiocese.org/all-events for details

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

**45th Annual Gaelic Mass in
Honor of St. Patrick**
March 13 | 7:00pm

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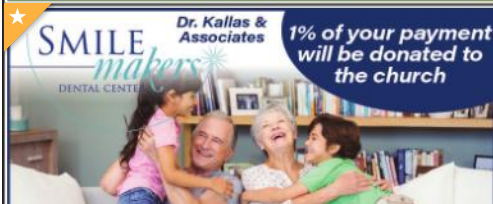
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