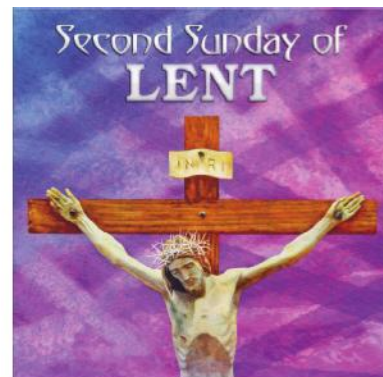


MARCH 5 • 2023

2ND SUNDAY OF LENT



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 lives of the
saints are nothing
but the Gospel put
into practice."*

— St. Francis de Sales

*"La vida de los santos
no es más que el
Evangelio puesto en
práctica".*

— San Francisco de Sales

OLGC Vincentians Celebrate 25th Year

In 1998, parishioners at Our Lady of Good Counsel came together to form a conference of the Society of St. Vincent DePaul. Throughout the last 25 years, dozens of Vincentians have volunteered their time and talent to help more than 10,000 community members facing hardship. Two OLGC parishioners have been active for all 25 years of the Society's service: Gail Parmentier and Cathy Radican.

The Society recently held a brunch at the home of Dcn. Chris and Carol Moore to kick off the 25th year, and both Cathy and Gail shared their reasons for getting—and staying—involved in the Society throughout all 25 years. "I liked the idea of meeting all the people at their home to see what their home life was about" Cathy shared—because one of the core tenets of Vincentian service is to meet the people that you serve. Also, Cathy shared that as the Society was getting started, many of the initial calls for financial assistance came from the area around Cedar Lane apartments. At the time, OLGC held its Hispanic Mass at Cedar Lane and this bond helped to move the Hispanic Mass to OLGC's campus, which has evolved into the 12:00pm Sunday Mass.

Continued on page 3



Cathy Radican (left) and Gail Parmentier celebrate 25 years as Vincentians.

Mass Intentions/ Intenciones de la Misa

Presider schedule available at:
bit.ly/PresiderSchedule

Sat. / Sun. March 4/5, 2023

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

Monday, March 6, 2023

8:30am Fernando Soria

Tuesday, March 7, 2023

8:30am Felicitas Tafur Sanchez

Wednesday, March 8, 2023

8:30am + Dermot M. Meehan

Thursday, March 9, 2023

8:30am Dale & Terry Wrniger

Friday, March 10, 2023

8:30am + Augustin Lloyd J. Lee

Saturday, March 11, 2023

8:30am + Ana Bejarano

Sat. / Sun. March 11/12, 2023

+ Gregory Ahart
+ Wincil Kulish
+ Antoinette Hall
+ Iluminada Bañes
+ Elizabeth Noll

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

+ Earl Griggs, father of Meredith Klein,
father-in-law of James Klein,
grandfather of MaryBeth, Katherine,
Sarah and John

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

Church In Loving Memory of
+ Augustin Lloyd J. Lee

Chapel Special Intention of M. Xavier
Flores - Flores

OL Votive For All Suffering the loss of a
loved one

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

OLGC Vincentians Celebrate 25th Year

Continued from page 1

Gail shared Cathy's passion to assist those in need, but also felt that her professional skills would be useful as the group got started: "I was an accountant who wanted to volunteer using my skill set. I chose SVdP, primarily for their mission for the poor, but also because of my ability as an accountant/CPA. SVdP was my opportunity to use my current skills and assist with all the startup activities needed to create the conference. I set up tax, bank, help-line, financial reporting and assisted with other relationships to get the Society started." Gail has served as the organization's Treasurer, a role she holds today. Since the Treasurer is responsible

for writing the checks to help those in need pay a bill (the Society does not provide cash assistance, but rather pays a bill for someone in need: e.g. rent, utility, medical), Gail has personally played a role in assisting all 10,000 people over the last 25 years.

The Society's mission is the same as when Gail and Cathy helped to start it in 1998: to serve community members in need with short-term financial assistance. If your family needs assistance or you are interested in learning more about volunteering with SVdP, you can reach out via phone (703.938.3210) or email (svdp@olgcv.org). Financial donations can be made through Faith Direct or directly to the Society.



Carol and Dcn. Chris Moore welcomed the Society of St. Vincent dePaul for a brunch to celebrate 25 years of service to the community.

Ministry Fair This Sunday

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 Sunday 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.

Come learn about the ministries of—

Lectors	Choirs/Musicians	RCIA
Porters	Funeral Ministry	Hospitality
Sacristans	Catechists	Altar Servers



Lectors



Extraordinary Ministers of Holy Communion



FR. MATT'S MUSING: Temptations

Humility is the virtue that helps us to accept the fullness of our humanity. Genesis 1 tells us that on day six God created man and woman in God's own image and likeness....

Read more at bit.ly/FrMattsMusing-Feb25



Spirituality Matters: Fr. Michael Murray, OSFS, of DeSales Spirituality Services offers wonderful insight on the readings and St. Francis de Sales interpretation of them. Visit website to read <https://oblates.squarespace.com/spirituality-matters>.

Readings for the Week/ Lecturas de la Semana

For the Week of March 5, 2023

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

MONDAY
Dn 9:4b-10; Ps 79:8, 9, 11 & 13; Lk 6:36-38

TUESDAY Memorial of Perpetua and Felicity,
Martyrs
Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21 & 23;
Mt 23:1-12

WEDNESDAY Saint John of God, Religious
Jer 18:18-20; Ps 31:5-6, 14, 15-16; Mt 20:17-28

THURSDAY Saint Frances of Rome, Religious
Jer 17:5-10; Ps 1:1-2, 3, 4 & 6; Lk 16:19-31

FRIDAY
Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-17, 18-19,
20-21; Mt 21:33-43, 45-46

SATURDAY
Mi 7:14-15, 18-20; Ps 103:1-2, 3-4, 9-10, 11-12;
Lk 15:1-3, 11-32

SUNDAY Third Sunday of Lent
Ex 17:3-7; Ps 95:1-2, 6-7, 8-9; Rom 5:1-2, 5-8;
Jn 4:5-42

Monthly Collections

Fiscal Year July 2022—June 2023

	Dec. 2022	Jan. 2023
Offertory	293,141	200,665
Total Budgeted	260,118	244,437
Variance	33,023	(43,772)
YTD Received	1,203,316	1,403,982
Budget YTD	1,158,579	1,403,016
Variance	44,737	965

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.

March Second Collections

5 Easter Flowers/Environment
19 Catholic Relief Services

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

March 5—11

SUNDAY

Donut Social	9 AM - 1:30 PM	DeSales Hall
Nightlife	6 - 8 PM	DeSales Hall
Jr High CCF	6:15 - 7:45 PM	School

5

MONDAY

Little Rock Scripture Study	10 - 11:30 AM	Zoom
Rosary Makers	10 AM - 12 PM	SJC-Aviat Rm
Quilters	11:30 AM - 3 PM	Mary's Garden & SJC-Brisson Rm
GS Troop 50198	3 - 5 PM	SJC-Brisson Rm
Girl Scout Troop 5689	4:30 - 5:30 PM	DeSales Hall
Lent Evening Prayer & Reflection	7 - 8 PM	Chapel

6

TUESDAY

Tuesday Bible Study	9:45 - 11:45 AM	Zoom
First Eucharist Parent Mtg	7 - 8 PM	Zoom
Music Ministry (Hemmingson)	7 - 8:30 PM	Church

7

WEDNESDAY

GS Troop 50012	4:30 - 6 PM	SJC-Brisson Rm
Light is On: Confessions & Adoration	6 - 7:30 PM	Reconciliation Rm & Chapel
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
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym

8

THURSDAY

Early Dismissal for Teacher Workday	8 - 11:30 AM	
ECAP until 3 p.m.		
Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm
CS Pack 976 Tiger Den Mtg	6 - 8 PM	SJC-Brisson Rm
First Eucharist Parent Mtg	7 - 8 PM	Counsel Room
Music Ministry (Choir)	7 - 8:30 PM	Church
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym

9

FRIDAY

No School - Professional Development Day		
Wedding Rehearsal: Scalzott/Ang	3:30 - 5:30 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

10

SATURDAY

NO CCF		
First Eucharist Retreat	8:30 - 12 PM	School & Fr. Brisson Gym
Confessions	9 - 9:30 AM	Reconciliation Room
CS Pack 976 Spring Cleanup	9 - 11 AM	Field-Lower & Parking lot
Baptisms	10 - 11 AM	Chapel
Wedding: Scalzott/Ang	11:30 AM - 1 PM	Chapel
Funeral: MaeBelle Fuselier	2 - 4 PM	Money & King Funeral
Home		
Mass / Scrutiny I	4 - 5 PM	Church
RCIA Breaking Open the Word	4:30 - 5 PM	Chapel & Cry Room
Open Mic Night	7 - 10 PM	DeSales Hall

11

Live Jesus 2023

Saturday, March 18, 2023 from 8:00 am to 12:30 pm at St. Paul VI Catholic High School, Chantilly

Looking for a way to enhance your Lenten experience? Live Jesus is a morning of reflection, fellowship and prayer based upon the spirituality of the "Gentleman Saint," St. Francis de Sales. This year's theme is *Be At Peace*. Keynote



Speaker: Brother Mickey McGrath, OSFS, Artist, Author, Storyteller & Retreat Director. Live Jesus is an opportunity in Lent to reflect on the many paths to peace. Don't miss the opportunity to gather in prayer and fellowship with other Catholics in the DMV to reflect on God's gifts. Online registration is required: oblates.org and click on the Live Jesus icon.

Fish Fry

Thank you to all who came out to the Fish Fry! The combination of good weather and the popularity of this OLGC tradition meant we had more people than expected. The first week is always challenging, but volunteers worked hard behind the scenes to make sure everyone was fed.

Pre-order online for carryout each week at www.squareup.com/store/OLGC. Be sure to note your pickup time and make sure you get a confirmation email.

Volunteers make the event! Please consider helping out:
bit.ly/Fish-Fry-2023-volunteers.

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

Triduum Choir Rehearsals

Holy Thursday

Sat. 3/11 5-5:30p
Sun. 3/12 11-11:30a
Tue. 3/21 7:30-9p
Wed. 3/22 7-8:30p
Thu. 3/23 7-8:30p

Good Friday

Sat. 3/25 5-5:30p
Sun. 3/26 11-11:30a

Great Easter Vigil

Sat. 3/4 5-5:30p
Sun. 3/5 11-11:30a
Tue. 3/7 7:30-9p
Wed. 3/8 7-8:30p
Thu. 3/9 7-8:30p
Sat. 3/18 5-5:30p
Sun. 3/19 11-11:30a
Sat. 4/1 5-5:30p

Sun. 4/2 11-11:30a

Combined

Holy Thursday & Good Friday

Thu. 3/30 7-9:00p

Combined

Great Easter Vigil

Mon. 4/3 7-8:30p

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.

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 free services, 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 and 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.

Consider signing up to donate when available—you don't have to participate every time. With enough help, we can provide the homeless with generous portions of well-balanced meals. Contact Jane Heishman or Barb De Lisa at DonateTLC@gmail.com to learn more.

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.olgcva.org/fellowship/athletics/track-field or contact Rachel McCarthy (rachelmccarthy2003@gmail.com).



OLGC House League Volleyball (3rd and 4th grade)

Attention: 3rd and 4th grade OLGC and OLGC CCF students

If you are interested in having your 3rd or 4th grade boy or girl participate in OLGC house league volleyball, please e-mail Christopher Reyes at creyes22182@gmail.com. A few years ago, we started the only co-ed volleyball league for 3rd and 4th graders in the Diocese. OLGC house league volleyball provides a unique opportunity for boys and girls to learn a sport together and play with your OLGC and OLGC CCF friends. With one practice a week and a game on Saturday evening (to clear most conflicts with spring soccer / baseball / softball and other daytime activities), we hope that you will consider OLGC house league volleyball. Coaches are

needed as well (no experience necessary, VIRTUS training required). Please e-mail christopher at creyes22182@gmail.com to register your interest in playing and volunteering.

OLGC HOUSE LEAGUE VOLLEYBALL

3rd and 4th grade
OLGC and OLGC
CCF students

Coaches needed too!

ShopRaise for OLGC PTO

For a limited time, ShopRaise will add a \$5 bonus for every first-time order, so sign up now!

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!

A promotional graphic for ShopRaise. It features a laptop displaying the ShopRaise app interface with various store logos like Expedia, Kohls, and Walmart. Next to the laptop are two white shopping bags with the ShopRaise logo. A large orange banner on the right side of the graphic contains the text: "ShopRaise for OLGC PTO", "\$5 extra donation on first order", and "LIMITED TIME".

ShopRaise for OLGC PTO

\$5
extra donation
on first order
LIMITED TIME

A promotional graphic for Open Mic Night. It features a brick wall background with two acoustic guitars (one red, one yellow) and a microphone on a stand. A black sign with white text reads: "Open Mic Night", "Mar. 10, 7-10 pm", "DeSales Hall", and "Free and family friendly!".

Open Mic Night

Mar. 10, 7-10 pm
DeSales Hall

Free and family friendly!

A promotional graphic for March Dining for Dollars at The Italian Place. It features a green banner at the top that says "MARCH DINING FOR DOLLARS". Below it are three images of Italian food: a pizza, a pasta dish, and a dessert. The Italian Place logo is on the left. Text on the right says: "Family Meal from the Italian Place", "Dinner for four for \$49", "Pick up Mar. 15", and "10% of your purchase will come back to OLGC".

MARCH DINING FOR DOLLARS

THE ITALIAN PLACE
Pizzeria, Subs, Market

Family Meal from the Italian Place

Dinner for four for \$49

Pick up Mar. 15
10% of your purchase
will come back to OLGC.

Orders must be placed by March 14th.
bit.ly/dining-4-dollars-Italian-Place

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."



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 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 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.

CONFESIONES

Confesiones en español durante el mes de marzo son el sábado 3 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.

www.arlingtondiocese.org.



Las Segunda Colectas en marzo

Flores de Pascua y el Medio Ambiente 5 de marzo

Esta colecta anual se utiliza para ayudar a cubrir los costos para preparar el ambiente durante el Triduo Pascual, el Domingo de Pascua y los 50 días de la temporada Pascual. Esta colecta brinda a la comunidad la oportunidad de unirse en la preparación de la Iglesia, el gimnasio y la Capilla para la celebración de los días más importantes de la vida litúrgica de la Iglesia.

Servicios de Ayuda Católica 19 de marzo

Esta colecta anual nos ayuda a manifestar el amor de Cristo a nuestros hermanos y hermanas necesitados. Asistiendo a seis agencias católicas a proporcionar apoyo y ayuda a las comunidades en dificultades y a trabajar por la paz y la reconciliación entre nuestros hermanos y hermanas marginados aquí y en todo el mundo. Gracias por su generosidad.

Senior Moments

Marge Van Lierde
Gitkagirl@gmail.com
571.831.3951



SEASONED CITIZENS' LUNCHEON

"Wearin' of the Green" is on its way! Thursday, March 16 is the day for the next luncheon for OLGC seniors. Doors to De Sales Hall open at 12 noon. Because we'll be celebrating St. Patrick's Day, wear something green to add to the festivities. Of course, there'll be corned beef and cabbage on the menu, along with traditional sides. This event is probably the most



popular one, and attendance is high. Planning and shopping for such a crowd takes time, and you're asked to make your reservations as soon as possible. The deadline for saving your place at the table will be next Sunday evening, March 12. Reservations can be made by e-mailing Dagny at seasonedcitizens@olgcv.org, calling her, 703.281.5525 or RSVP at bit.ly/Seasoned-Citizens-Mar2023

The Book Swap table will be open to accept any recent books you may want to donate, along with jigsaw puzzles (nothing else, please). Feel free to take a book or two that interests you. This is a popular feature at the luncheons, thanks to your book and puzzle contributions.

FALL PREVENTION

(continued) – Last week you read about the importance of fall prevention. Sometimes falls occur despite our best efforts to avoid them. Aside from the physical damage they can do, such as broken bones, concussions and the like, there's something else that happens to us after we fall, even if we don't suffer much damage, and that's the loss of confidence.

Initially, our egos take a hit because we remember being reminded numerous times about being cautious, and we probably resented it because we didn't believe it'd ever happen to us. But it does, and then a lingering doubt remains, our self-confidence is shaken. We remember the fall often, especially when walking on uneven trails or gravel paths, or walking down the stairs. If we're outdoorsy kind of folks, we wonder if we should consider changing our activities for something safer.

People fall all the time, especially when they're doing things outdoors. But when falling hard is a new experience, it can be more dramatic. We generally used to go about our lives expecting to get through a day without falling...never thought about it, actually. But when it happens once, it sticks with us. Older people are very susceptible to this. They begin to feel uncomfortable leaving the house, begin to avoid going outdoors, not doing the activities they enjoyed, leading to lack of exercise and isolation, which can bring on depression.

There are some things we can do to avoid this cascading effect that falling can bring on. To begin rebuilding your confidence, join an exercise class to strengthen your muscles and improve your balance. Check out classes available at the Vienna Community Center. If you think you'd like more targeted

attention, you can hire a personal trainer. That's a good place to begin. Next week you'll read about practical things you can do in your home to make it a safer place.

THE ALPHABET SOUP OF MEDICARE

Are you confused about Medicare? Most of us are, so you're not alone. It's not only about the ABCs. There's also D and then there's Medical Supplement with its own host of lettered plans. Have you heard about Medicare Advantage? That's where A+B+D (sometimes) = C. And have you ever wondered how and if Medicare pays for nursing homes or long-term care? If you've got any of these questions, there's a course for you! If you're not yet old enough for Medicare, come to the class so you can be a step ahead of the pack so that you can know what to do when the time comes. If you're already on Medicare, come to better understand the benefits you currently have. There will be two sessions of one and a half hours each. Maddie Sharpe, CFP, specializing in Senior Health, LTC, will be the presenter. These classes will be held on Saturday, March 18 and March 25 from 10 am - 12 pm at the Vienna Community Center. The fee is \$18 for Vienna town residents, \$22.50 for everyone else. Register with your WebTrac account or stop by the Vienna Community Center to do it in person.

Elder Wisdom

"Be kind and merciful.
Let no one ever come to
you without coming away
better and happier."

St. Teresa of Calcutta



DIOCESAN & COMMUNITY NEWS



Saturday, March 18

Teacher Job Fair

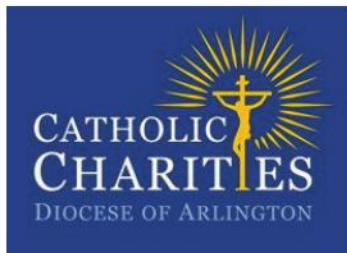
The Office of Catholic Schools is holding a Teacher Job Fair on Saturday, March 18, from 9-11 a.m. at Saint John Paul the Great Catholic High School, 1700 Dominican Drive, Potomac Shores. We are seeking highly-qualified, faith-filled and dynamic professionals to join our preschools, elementary schools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

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/>.

Bring Love! Lenten Service Opportunities

Are you looking for a way to serve your community during Lent, and beyond? Join us in our mission to serve the needy in our diocese. We are seeking volunteers to help with feeding the hungry, clothing the naked, caring for the sick and welcoming the newcomer. Visit volunteer.cdda.net for a current listing of opportunities to serve.



Faith Communities in Action Network Meeting

Tuesday March 21, 2023
7pm-8:30pm



Fairfax County is proactively working to address climate change and its various impacts and has enlisted Climate Champions to help with this effort. Faith Alliance for Climate Solutions (FACS) has been chosen as a Climate Champion by Fairfax County for faith-based groups. This is an excellent opportunity for you to gain a better understanding of the impacts of climate change in Fairfax County, funding opportunities, and potential activities for your House of Worship.

We will also hear from Nadiya Khalif, Global Youth Council Member, Earth Uprising International

If you have any questions, please contact Suzette Reynolds.

This is an online event. Please register at bit.ly/FCIA-March-mtg to receive meeting link.

Upcoming Diocesan Events

Visit arlingtondiocese.org/all-events for details

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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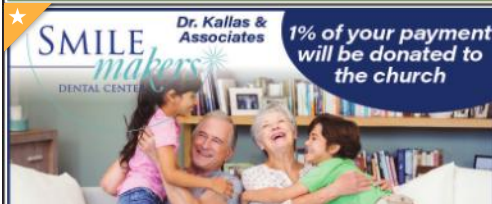
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