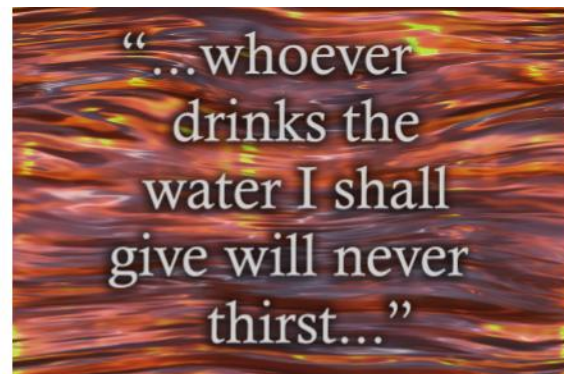


MARCH 12 • 2023

3RD 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

*“Remember—there
is no state in life
without its problems
and frustrations.”*

— St. Francis de Sales

*“Recuerda—no hay
estado en la vida sin
sus problemas y
frustraciones”.*

— San Francisco de Sales

Ministry Fair

On Sunday, March 5th, we held our first post-COVID Liturgical Ministry Fair during the Donut Social. Representatives from the many ministries were on hand to answer questions and share stories. Thanks to everyone who attended.

Now that we are fully in-person for Masses, we can use more volunteers in many roles. We have 20 liturgical ministries for you to get involved in. See our Webpage for more information and fill out a [Ministry Information Form](#).



Mass Intentions/ Intenciones de la Misa

Presider schedule available at:
bit.ly/PresiderSchedule

Sat. / Sun. March 11/12, 2023

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

Monday, March 13, 2023

8:30am Anita Jony A Kiem

Tuesday, March 14, 2023

8:30am Antonio Guerrero

Wednesday, March 15, 2023

8:30am For the OLGC Community

Thursday, March 16, 2023

8:30am + Medford Wray Lacy

Friday, March 17, 2023

8:30am + Peter Gillard

Saturday, March 18, 2023

8:30am + Rosalba Garzon

Sat. / Sun., March 18 /19, 2023

+ Kirby Gates
+ Rev. E. Corcoran, Rev. A. Ernst and
Rev. Collins O.S.F.S.
+ Sam R. Fisher
+ For the Baruffi - Glymph Families
+ Irma Umaña Girón

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

+ Cecilia Quezada
+ Rev. Thomas McGee

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

Church In Loving Memory of
+Dr. Paul M. Duggan

Chapel In Loving Memory of
+Anne Quinn Welsh

OL Votive In Loving Memory of
+Rev. Thomas McGee

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

The Scrutinies

Starting on the Third Sunday of Lent we will celebrate the Scrutinies from the R.C.I.A. (Rite of Christian Initiation of Adults). There are three scrutinies celebrated: third, fourth and fifth weeks of Lent at the 10 am Mass.

The scrutinies, reinforced by an exorcism, are rites of self-searching and repentance and have, above all, a spiritual purpose. The scrutinies are meant to uncover, then heal all that is weak, defective, or sinful in the heart of the elect; to bring out, then strengthen all that is upright, strong and good. Also to protect him

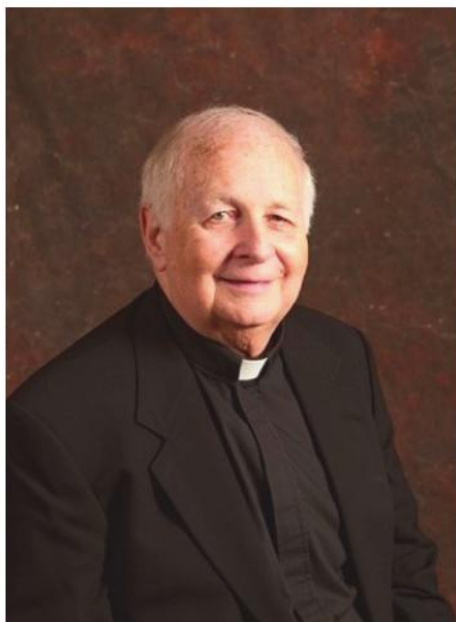
against temptation, and to give him strength in Christ, who is the way, the truth, and the life.

In order to let go of the past and move into the future, the three scrutinies provide a spiritual process to allow the elect to fully grasp (in order to become purified and enlightened) what it is God is doing in his life and what he is being called to do as a disciple.

These rites complete the conversion of the elect and deepen his resolve to hold fast to Christ and to carry out his decision to love God above all.

+

God of power, you sent your Son to be our Savior. Grant that this catechumen, who, like the woman of Samaria, thirst for living water, may turn to the Lord as he hears his word and acknowledge the sins and weaknesses that weigh him down. Protect him from vain reliance on self and defend him from the power of Satan. Free him from the spirit of deceit, so that, admitting the wrong he has done, he may attain purity of heart and advance on the way to salvation. We ask this through Christ our Lord. Amen.



Rev. Thomas J. McGee, OSFS, in his 62nd year of religious life as a professed member of the Oblates of St. Francis de Sales, died on February 27, 2023.

Father McGee served as Parochial Vicar at Our Lady of Good Counsel from 2008 to 2010.

In memory of Father McGee's life and legacy, donations may be made to the Oblate Development Fund, P.O. Box 87, Childs, MD 21916-0087.

QUESTION OF THE WEEK

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

What can I do or say that will show others the living water that I have found in Jesus, the water that satisfies my spiritual thirst? Will I make that my mission this week?

PREGUNTA DE LA SEMANA

Tercer Domingo de Cuaresma

¿Qué puedo hacer o decir que muestre a los demás el agua viva que he encontrado en Jesús, el agua que satisface mi sed espiritual? ¿Haré de esa mi misión esta semana?



FR. MATT'S Musing: Gratitude

Lord, you have given me so much. Please, give me one more thing, a grateful heart...

Read more at bit.ly/FrMattsMusing-Mar7

Readings for the Week/ Lecturas de la Semana

For the Week of March 12, 2023

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

MONDAY

2 Kgs 5:1-15ab; Ps 42:2, 3; 43:3, 4; Lk 4:24-30

TUESDAY

Dn 3:25, 34-43; Ps 25:4-5ab, 6 & 7bc, 8-9;
Mt 18:21-35

WEDNESDAY

Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19

THURSDAY

Jer 7:23-28; Ps 95:1-2, 6-7, 8-9; Lk 11:14-23

FRIDAY Saint Patrick, Bishop

Hos 14:2-10; Ps 81:6c-8a 8bc-9, 10-11ab, 14 & 17;
Mk 12:28-34

SATURDAY Saint Cyril, Bishop and Doctor of the Church

Hos 6:1-6; Ps 51:3-4, 18-19, 20-21ab; Lk 18:9-14

SUNDAY Fourth Sunday of Lent

1 Sm 16:1b, 6-7, 10-13a; Ps 23: 1-3a, 3b-4, 5, 6;
Eph 5:8-14; Jn 9:1-41

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

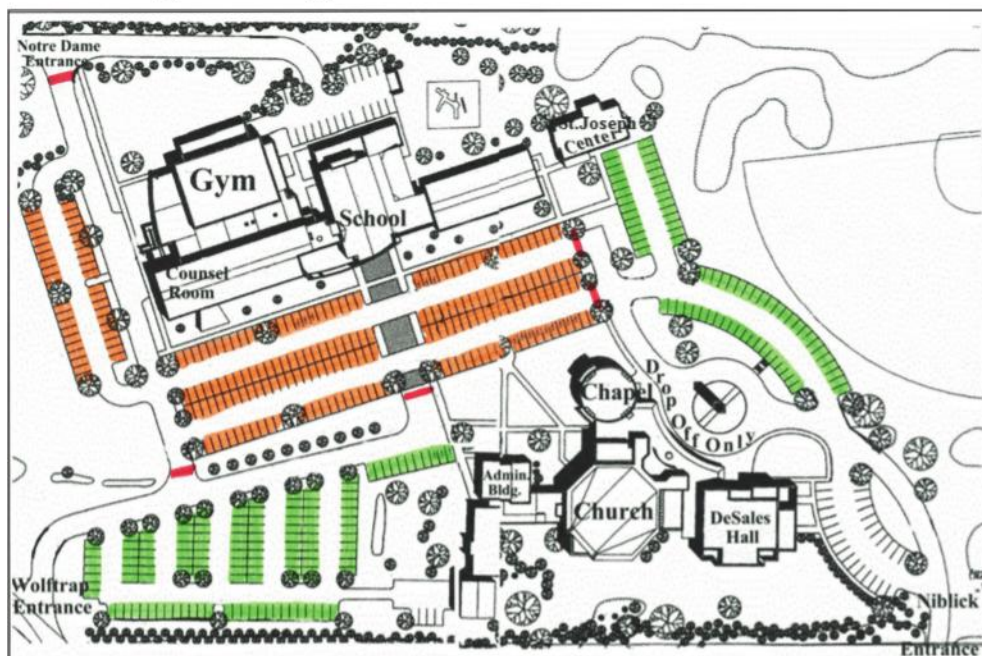
5 Easter Flowers/Environment
19 Catholic Relief Services

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

March 12—18

SUNDAY			12
Nightlife	6 - 8 PM	DeSales Hall	
8th Gr CCF, No 7th Gr	6:15 - 7:45 PM	School	
MONDAY			13
Lamb Center Breakfast	6:45 - 7 AM	Parking Lot-Bell Tower	
Little Rock Scripture Study	10 - 11:30 AM	Zoom	
Quilters	11:30 AM - 3 PM	Mary's Garden & SJC-Brisson Rm	
NJHS Meeting	3 - 4 PM	Multimedia Center	
7th Gr Lrg Group Session	6:45 - 8 PM	DeSales Hall	
Lent Evening Prayer & Reflection	7 - 8 PM	Chapel	
TUESDAY			14
Tuesday Bible Study	9:45 - 11:45 AM	Zoom	
Music Ministry (Hemmingson)	7 - 8:30 PM	Church	
WEDNESDAY			15
Light is On: Confessions & Adoration	6:30 - 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	
SVDP Mtg	7:30 - 9 PM	DeSales Hall	
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym	
THURSDAY			16
Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm	
Seasoned Citizens Luncheon	12 - 2 PM	DeSales Hall	
CS Pack 976 Wolf Den Mtg	6 - 8 PM	offsite	
Music Ministry (Choir)	7 - 8:30 PM	Church	
Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym	
FRIDAY			17
Green Out of Uniform Day			
Report Cards Sent Home			
Jr High Event - TBD	8 AM - 10 PM	Offsite	
Lamb Center Lunch	10 - 10:15 AM	Parking Lot-Bell Tower	
GS Troop 50118	3:30 - 4:30 PM	SJC-Brisson Rm	
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			18
Elementary CCF	8:30 AM - 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	
Mass / 2nd Scrutiny	4 - 5 PM	Church	
RCIA Breaking Open the Word	4:30 - 5 PM	Chapel & Cry Room	

Parking During the Week



With the new gates—required by the Diocese—installed, the availability of parking spaces has changed.

During the school day, the spaces in front of the school and Brisson Gym (shown in orange) will not be accessible, as the parking lot is used by students for outdoor activities.

During the week, the gates (shown in red) will be closed between 9:30 am and 3:30 pm. If your car is parked in an orange space after the gates close, you will need to go to the Administration building to request to exit.

The spaces marked in green are accessible throughout the day.

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.



Triduum Choir Rehearsals

Holy Thursday

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. 3/18 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.

Seven Sisters and Fasting Brothers

Prayer Group for the Priests of OLGC

Thank you to those who have joined us in praying for our priests. We are still in need of more people to

ensure each of our priests is held up in prayer throughout the year. This is a year long commitment to pray one hour a week (a list of prayers is provided) on a designated day of the week for one year.

Volunteers can select a day of the week that is best for them and request a substitute if unable to fulfill the hour of pray. It is requested that your hour of prayer be in front of the Tabernacle.

For more information contact Bernadette Songer at bdeely16@gmail.com.



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/olgcpschool

Happy Shopping!



MARCH DINING FOR DOLLARS



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

Easter Egg Hunt: Calling ALL kids!

Join us on the side lawn of the Church on Easter Monday, April 10th at 9:00am.

There will be a special appearance of the Easter Bunny, so bring your cameras/cell phones to take pictures.

Plastic Easter eggs, stickers, and individually-wrapped candy without nuts are needed.

Place your donations in the Easter boxes at the doors of the church.

A committee is needed to assemble the Easter eggs and to set them out.
Email: pciotti@olgcva.org to help



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 CYO and House League Volleyball

Interested in playing volleyball? OLGC House League and CYO volleyball teams forming soon. We currently have 27 players who have expressed interest in playing in house league. But we are certainly looking for more. 3rd and 4th grade boys and girls register at bit.ly/OLGC-volleyball-3rd-4th

For girls in 5th-8th grade, CYO volleyball is a great opportunity to compete against teams around the Diocese. Register at bit.ly/OLGC-volleyball-5th-8th

Coaches are needed as well (no experience necessary, but all Diocesan volunteer requirements, including background checks & VIRTUS training are required).

Please e-mail Chris Reyes at creyes22182@gmail.com to register your interest in playing and for parent coaching volunteers.

OLGC CYO & HOUSE LEAGUE VOLLEYBALL

3rd-4th grade boys & girls

5th-8th grade girls

Coaches needed too!

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 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 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.

¡LA PETICIÓN CUARESMA DEL OBISPO DEL 2023 YA EMPEZÓ!

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 son

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

OLGC Seniors will be celebrating St. Patrick's Day in style with a luncheon on **Thursday, March 16** at noon in DeSales Hall. It's the "Wearin' of the Green" time again. You'll enjoy traditional Irish dishes such as corned beef and cabbage along with appropriate sides. Wear something green to add to the festivities! After all, everyone likes to be Irish for a day!



Since this is the most well-attended luncheon every year, it also involves a lot of planning and grocery shopping, along with preparation. Please make your reservations by Sunday evening, March 12 (that's today!) if you haven't already signed up. E-mail Dagny at seasonedcitizens@olgcv.org, call her at 703.281.5525, or RSVP at bit.ly/Seasoned-Citizens-Mar2023. Reservations will not be accepted after today. Your cooperation is deeply appreciated, thank you!

Bring a recent book or two or a jigsaw puzzle (nothing else please) for the Book Swap Table. This feature has been very successful, thanks to your donations. Feel free to take something home with you when you leave.

ALL YOU CARE TO EAT BREAKFAST BUFFET

Sunday, March 19, is the next event at the American Legion Hall, 330 Center St, N in Vienna. It's a wonderful buffet served from 8 am to noon, featuring your favorite dishes, along with a glass of the bubbly for adults who pay \$12, kids under 12 only \$5.

FALL PREVENTION *(concluded)*

In general, there are four things you can do to prevent falls. The first is to begin a **regular exercise** program. Exercise is one of the most important ways to lower your chances of a tumble. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor about the best type of exercise program for you. There are many choices at the Vienna Community Center.

The second thing you can do is to have your health care provider **review your medicines**. Your doctor or pharmacist can survey all that you take, even over-the-counter medicines. As we get older, the way medications work in our bodies can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

Thirdly, **have your vision checked**. Have your eyes examined by an ophthalmologist at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

Lastly, **make your home safer**. About half of all falls happen there. To make your home safer, remove things you can trip over like papers, books, clothes, and shoes from stairs and places where you walk.

Make a habit of putting such things in their proper place. Remove small throw rugs or use double-sided tape to keep the rugs from slipping. Keep items you use often in cabinets you can reach easily without having to use a step stool. Arrange to have grab bars put in next to your commode and in the tub or shower. Use non-slip mats in the bath tub and on shower floor. Often these have a grainy surface to avoid slipping, but it's not enough to prevent a nasty fall.

Improve the lighting in your home. As we age, we need brighter lights to see well. Hang light-weight curtains or shades. You'll be surprised what a difference that can make. If you have stairs in your home, be sure there are handrails (on both sides) and lighting put in on all staircases. And, wear shoes both inside and outside the house. I've noticed some of my friends take their shoes off when entering their apartments. Actually, it was a custom, when we lived in Japan, to remove our shoes whenever entering a home, whether it was ours or someone else's. We'd put on special slippers. Putting tradition aside, the best advice is to avoid going barefoot or wearing slippers.

As you can see, there are many things you can do to protect yourself from falls, many of them a simple fix. The information I've provided in this series has come from the Centers for Disease Control and Prevention.

Elder Wisdom

I get most of my exercise these days from shaking my head in disbelief.

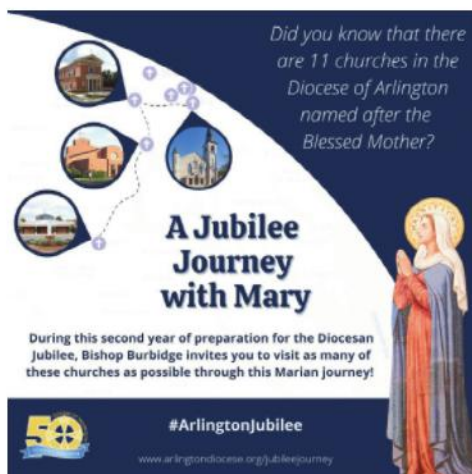


DIOCESAN & COMMUNITY NEWS

A Jubilee Journey with Mary

Did you know that we are among 11 churches in the Diocese of Arlington which are named for Our Lady? During this second year of preparation for the Golden Jubilee of the Diocese in 2024, we are all encouraged to focus upon Mary and her role in pointing us to Jesus.

To this end, Bishop Burbidge has invited all of us to visit as many of those 11 churches as possible and spend time in prayer at each! Visit www.arlingtondiocese.org/jubileejourney/ for more information about this Jubilee Journey with Mary! We hope that this initiative encourages you to grow in your understanding of Mary and your devotion to her!



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.

2023 Bishop's Lenten Appeal (BLA)

The 2023 BLA is underway! The BLA theme this year is "My soul rejoices in the Lord," which is shared with the second preparatory year of the Diocesan Jubilee. After reflecting upon the blessings God has given you, please prayerfully consider a pledge. The BLA funds programs and ministries that serve thousands of people in our diocese. Through the inspiration of the BLA theme, let us joyfully make a pledge to support God's Kingdom in our diocese! You make a gift at www.arlingtondiocese.org/BLA.



Upcoming Diocesan Events

 Visit arlingtondiocese.org/all-events for details

10th anniversary of the election of Pope Francis
March 13 | 12:05pm

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

Sorrowful Mysteries of the Holy Rosary Women's Retreat
March 24 | 5:00pm

Rosary in Thanksgiving for the Gift of Human Life with Bishop Burbidge
March 25 | 8:00am

SCAM ALERTS

Two popular scams to be aware of since tax season is upon us and with that refund comes home improvements.

IRS scams: The scammers are becoming more and more crafty. IRS impersonators have been around for a while, so they are switching up their game by contacting you about a tax rebate or refund payment plan. Here are a few things to remember:

- The IRS will not call, email or text to contact you first. They always start by sending a letter. Confirm by calling the IRS directly 800.829.1040
- Never click on links in unexpected texts or emails or use the phone number from a voice mail you receive (that goes for any scam). Do your own research on the correct contact information. In another browser, search the company's website to obtain the correct information.
- If you want to find the status of any pending refund, go to the IRS website.

Door to Door soliciting: Fairfax County requires a solicitors license for someone to solicit service at your door (there are very few exceptions). If someone comes to your door here are a few tips to remember and ask:

- They can only solicit between the hours of 9am to 8pm.
- If you have a "No peddler or Solicitor" sign posted, they may not solicit, even if they have a license.
- They must show the license upon request and leave the premise immediately if asked to leave. Do you know what a valid Fairfax County solicitor's license looks like? Visit fairfaxcounty.gov/cableconsumer/csd/door-to-door-solicitors
- Research the company, ensure they are licensed & bonded, and ask for referrals.
- **Always** get a detailed contract as to what exactly you want done and do not pay them all at once. Ideally, never pay in cash and always get a receipt for payment.

Information provided by McLean District Station Community Advisory Committee

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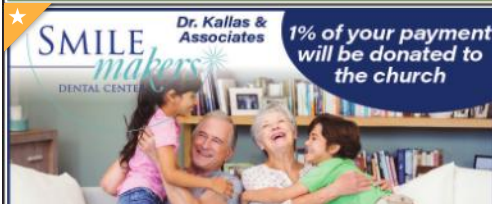
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