MAY 28 • 2023

PENTECOST





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

"Heaven and earth are not distant enough to separate the hearts which our Lord has joined."

- St. Francis de Sales

"El cielo y la tierra no están lo suficientemente distantes como para separar los corazones a los que nuestro Señor ha unido".

- San Francisco de Sales

Celebrate OLGC Volunteers!



VOLUNTEER APPRECIATION RECEPTION

Church and school volunteers are the heart of OLGC! **Saturday**, **June 3**rd, after the 4 pm Mass, we will recognize and celebrate all those who give so generously of their time and talent, and we'll welcome future volunteers!

- Join us for a special recognition at 4 pm Mass
- Enjoy heavy hors d'oeuvres and refreshments in DeSales Hall
- Get a sneak peek at the upcoming OLGC event calendar
- Sign up to volunteer for events, including opportunities for leadership roles

If you are a current volunteer, past volunteer, or future volunteer, please join us!

RSVP at bit.ly/OLGC-Volunteers.

What to look forward to:

- · Bingo Night · Fall Fest ·
- Fun Run Lottery Lunacy •
- Saint Nicholas Christmas Brunch
- St. Francis De Sales Celebration •
- Sweetheart Dance Fish Fry •
- Spaghetti Dinner Talent Show
 - Spring Gala

We want to celebrate you!

Eucharistic Ministers

Hospitality Committee

Funeral Luncheons Ministry

Funeral Mass Ministers

Altar Servers

Children's Liturgy

Spanish Liturgy

Lectors

Money Counters

Sacristans

Porters

OLGC Golf Tournament Volunteers

Liturgy

Ushers

OLGC School Room Parents

Catholic Christian Formation (CCF) Volunteers

Knights of Columbus

St. Vincent de Paul Society

Monthly Outreach Volunteers

OLGC School Parent Teacher Organization (PTO)

Spaghetti Dinner Volunteers

Fish Fry Volunteers

Boy Scouts

OLGC School Volunteers

Seasoned Citizens Luncheon

CYO and House League Sports

Girl Scouts

Finance Council

Pastoral Council

FUTURE Volunteers!

Mass Intentions/ Intenciones de la Misa

Presider schedule available at: bit.ly/OLGC-Presider-Schedule

Sat./Sun., May 27/28, 2023

- + Javier Gomez
- + Ramon Matias
- + Madeline Lucia Tarazi
- + Theresa, Anthony Sr. & Jr. Bruno
- + Mary Wickham Carolan

Monday, May 29, 2023

9:00am + Anthony Biello

Tuesday, May 30, 2023

8:30am Elenor Smith

Wednesday, May 31, 2023

8:30am + Lorraine Caron

Thursday, June 1, 2023

8:30am + Katherine Harkins

Friday, June 2, 2023

8:30am + Albert Duty

Saturday, June 3, 2023

8:30am In Thanksgiving for the OLGC Volunteers

Sat./Sun., June 3/4, 2023

- + Raymond Lee
- + Kruchoko, Matt and Carolin
- + Anthony Cutenilli
- + Edward F. Kearney Sr. The OLGC Community

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

- + Gennaro Chirillo father of Roseann Alvarez
- + Leo Small

Please pray for those for whom candles are lit:

Church In Loving Memory of

+Yayin Xu, mother of

Shuo Xu

Chapel In Loving Memory of

+Gennaro Chirillo

OL Votive In Loving Memory of

+Antony Champ

Welcome to Our Lady of Good Counsel

e, 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, OSFSfrhillyard@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFSmkumar@olgcva.org
Retired Rev. William Metzger, OSFS william.metzger@olgcva.org
Retired Rev. Lewis Fiorelli, OSFSlfiorelli@oblates.org
Deacon Christopher Moore
School Principal Robin Williams 703.938.3600 rwilliams@olgcva.org
School Admissions & Testing Valerie Taylor 703.938.3600 vtaylor@olgcsva.org
Liturgy/Music/Funerals 703.896.7411 liturgy@olgcva.org
Children's Faith Formation Amy MacKinnon 703.896.7426 amackinnon@olgcva.org
Faith Formation Office Jackie Madden 703.896.7415 jmadden@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 Manager John League 703.896.7413 records@olgcva.org
Child Protection Liaison Christine Moan 703.896.7423 cmoan@olgcva.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyon . advancement@olgcva.org
Events Manager Frank Fletcher 703.896.7418 events@olgcva.org
Events & Fellowship Coordinator Pam Trimble 703.896.7457 ptrimble@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)
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

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: <u>olgcva.org/about-us/communications</u>
Mass Intention Request: <u>olgcva.org/liturgy-worship/devotions/mass</u>

Memorial Day

During the Civil war, when more than 550,000 people died, many citizens began to place flowers on the graves of the war dead. Several Northern and Southern cities claim to be the originators of Memorial Day, but in 1966, President Lyndon B. Johnson proclaimed Waterloo, New York, as its official birthplace.

In 1868, John A. Logan, a former Civil War general and founder of an organization of war veterans, suggested May 30 as an annual date to remember all those who died. It was called "Decoration Day."

By the turn of the century, nearly every state had declared "Decoration Day" an official holiday. After World War I, the holiday was expanded to honor those killed in all of the nation's wars, and after World War II, it became known as Memorial Day.

President Ulysses S. Grant presided over a ceremony at Arlington National Cemetery on the first Decoration Day. As part of the ceremony, war orphans, veterans and others decorated the more than 20,000 graves of the Civil War dead.

This tradition continues. The U.S. president or vice president typically presides at a Memorial Day ceremony at Arlington Cemetery

and places a wreath at the Tomb of the Unknowns, also known as Tomb of the Unknown Soldiers.

In 1971, Congress established Memorial Day as a federal holiday and fixed its observance on the last Monday in May.

In 2000, Congress passed the National Moment of Remembrance Act, asking people to stop and remember at 3:00 pm. The time was chosen because it's likely when Americans are most enjoying the freedom made possible by those who died in service of their country.



A Word of Thanks

The Crossin family would like to thank the parishioners of Our Lady of Good Counsel for your gracious support and expressions of sympathy upon the passing of our brother, Father John Crossin, OSFS. The Mass cards, expressions of sympathy, and memories of our dear brother John that were shared gave us much comfort, revealing how much he was loved by his many friends in the parish.

Thank you for your assistance and condolences.

Best, Jim, Bob, and Ann (Larkin)

QUESTION OF THE WEEK

Pentecost Sunday

What gifts of the Holy Spirit do I recognize in myself? How can I use these gifts to bring Christ's peace and mercy to others?

Prayer for Memorial Day

God of power and mercy,
you destroy war and put down earthly pride.
Banish violence from our midst and wipe away our tears,
that we may all deserve to be called your sons and daughters.
Keep in your mercy those men and women
who have died in the cause of freedom
and bring them safely
into your kingdom of justice and peace.
We ask this through Jesus Christ our Lord.

Amen.

PREGUNTA DE LA SEMANA

Domingo de Pentecostés

¿Qué dones del Espíritu Santo reconozco en mí? ¿Cómo puedo usar estos dones para llevar la paz y la misericordia de Cristo a los demás?

Readings for the Week/ Lecturas de la Semana

For the Week of May 28-June 4, 2023

SUNDAY Pentecost Sunday

Vigil: Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-4 or JI 3:1-5; Ps 104:1-2, 24, 35, 27-28, 20, 30; Rom 8:22-27; Jn 7:37-39

Day: Acts 2:1-11; Ps 104:1, 24, 29-30, 31, 34; 1 Cor 12:3b-7, 12-13; Jn 20:19-23

MONDAY Memorial of the Blessed Virgin Mary, Mother of the Church

Gn 3:9-15, 20 or Acts 1:12-14; Ps 87:1-2, 3 & 5-7; Jn 19:25-34

TUESDAY

Sir 35:1-12; Ps 50:5-6, 7-8, 14 & 23; Mk 10:28-31

WEDNESDAY Feast of the Visitation of the Blessed Virgin Mary

Zep 3:14-18a or Rom 12:9-16; Is 12:2-3, 4bcd, 5-6; Lk 1:39-56

THURSDAY Memorial of Saint Justin, Martyr Sir 42:15-25; Ps 33:2-3, 4-5, 6-7, 8-9; Mt 10:46-52

FRIDAY Saints Marcellinus and Peter, Martyrs Sir 44:1, 9-13; Ps 149:1b-2, 3-4, 5-6a & 9b; Mk 11:11-26

SATURDAY Saint Charles Lwanga and Companions, Martyrs

Sir 51:12cd-20; Ps 19:8, 9, 10, 11; Mk 11:27-33

SUNDAY Solemnity of the Most Holy Trinity Ex 34:4b-6, 8-9; Dn 3:52, 53, 54, 55, 56; 2 Cor 13:11-13; Jn 3:16-18

Monthly Collections

Fiscal Year July 2022—June 2023

	Mar. 2023	Apr. 2023
Offertory	267,019	230,765
Total Budgeted	174,960	209,525
Variance	92,059	21,240
YTD Received	1,851,931	2,082,696
Budget YTD	1,762,624	1,972,149
Variance	89,307	110,547

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.

June Second Collections

11 Diocesan Retired Priests

25 Holy Father Peter's Pence

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

May 28-June 3

On Monday, May 29 the office will be closed in observance of Memorial Day. On Wednesday, June 14 the office will be closed for all-staff training.

SUNDA	Υ			28
	Children's Liturgy of the Word	10 - 10:30 AM	Chapel	
	RCIA Breaking Open the Word	10:30 - 11 AM	Chapel	
MONDA	AY			29
	Memorial Day - No School & Offices (Closed		
	Holiday Mass	9 - 9:30 AM	Chapel	
TUESDA	ıY			30
	Summer Birthday Out of Uniform day	1		
	Music Ministry (Hemmingson)	7 - 8:45 PM	Church	
WEDNE	SDAY			31
	8th Grade HS Dress Out Day			
	Funeral: Gennaro Chirillo	11 - 12 PM	Church	
	8th Grade Night of the Arts	6 - 10 PM	DeSales Hall	
	BSA Troop 976 Mtg	7 - 8:30 PM	Counsel Rm	
	Music Ministry (Jones)	7 - 8:30 PM	Church	
	RCIA Catechumenate	7:30 - 9 PM	SJC-Brisson Rm	
	RCIA Mystagogy	7:30 - 9 PM	SJC-Aviat Rm	
	Small Faith Group	7:30 - 8:30 PM	Zoom	
	Men's Basketball	8:30 - 10 PM	Fr. Brisson Gym	
THURSE	DAY		Jun	e 1
	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				2
	8th Grade Awards	8:30 - 9:30 AM		
	8th Grade Clapout	2:45 - 3 PM	parking lot	
	GS Troop 50118	3:30 - 4:30 PM	DeSales Hall	
SATURE	DAY		WW 400 - 500	3
	Confessions	9 - 9:30 AM	Reconciliation Room	
	Girl Scout Troop 50232	10:30 AM - 12 PM		
	RCIA Breaking Open the Word	4:30 - 5 PM	Chapel & Cry Room	
	Volunteer Appreciation Reception	5 - 7 PM	DeSales Hall	



Join the Children's Liturgy of the Word (CLW) Team!

The Catholic Church is challenged and charged to offer Liturgy experiences for our youngest members, children ages 3-7. OLGC offers this experience every Sunday during the 10:00 am Mass from September through May. It is a fun and unique way to introduce our youngest parishioners and their siblings to the Word of God.

If you'd like to join the 2023-2024 CLW team, we'd love to have you. You can participate as little or as much as you like—read the Gospel,

help with crowd control, or teach a lesson. No prior experience is necessary and we provide all materials. You will need to be compliant with the Diocese of Arlington to work with children.

We also welcome pre-teens and Confirmandi looking for service hours.

Please contact Regina Allegra at sisfroggy@verizon.net or text at 703.798.6008 with questions or for more information.



Piano Recital by Parishioner James Bennett

Pianist James Bennett returns for a spring recital!

All are welcome to attend a musical recital featuring OLGC parishioner James Bennett, who is majoring in piano performance at Notre Dame University. The recital will take place in the church on Saturday, June 10 at 6:00 pm. The performance will include works by Chopin, Bach, Clementi, Medtner, and Kara Karayev. There will also be a performance of improvisations for piano and saxaphone featuring saxaphonist Zulfugar Bagirov. Admission is free: there will be a basket provided for freewill offerings to benefit the parish.



OLGC Bereavement Ministry

Have you or someone you know lost a loved one?

OLGC will be offering a Grief Support Group that will walk with you on your journey through grief, and towards healing.

We provide a safe, welcoming environment to talk about your feelings, your challenges, and your journey during this difficult time. We are not professional grief counselors, but facilitators who will guide you through faith-based discussions of grieving and healing.



Our next 9-week program will begin June 18, and will run through late August. We plan to meet on Sundays, from 1:30pm to 3:00pm, at OLGC. To sign up, or to get more information, please phone/text Brad Frison (703.801.9019) or Heidi Frison (English/Spanish) (703.868.2866), or email frison@verizon.net.

Enroll Now for Religious Education!

Register before June 14 for Tuition Discount



Registrations received after August 15 will automatically be placed on a wait list.

Use the links below to sign up:

2023-24 CCF Registration bit.ly/CCF-in-person-2023-24

2023-24 Homeschool Registration bit.ly/CCF-homeschool-2023-24



Baccalaureate Mass and Reception

OLGC will be celebrating our
Baccalaureate Mass on Sunday, June 11th
at the 10 am Mass. A breakfast honoring
the graduates will follow in DeSales Hall.
Graduates are asked to wear their
graduation gowns or other appropriate
attire. Caps are not needed. Please RSVP
to bit.ly/2023-Grad-Mass to let us know
how many in your family can attend and if
you are graduating from High School or
College or Post Graduate. Please contact
Derek Rogers at youth@olgcva.org if you
have any questions.





OLGC Co-Ed Softball League

The OLGC Co-ed Softball League is back for another fun season!! We will hold informal practices on Friday evenings starting in June, and games will be played on Sunday afternoons beginning in July and wrapping up in August/September with a league-wide tournament. All skill levels are welcome. New players will be added to existing

teams by the league with player input, with the goal of equalizing teams. There is a player fee of \$30. If you order a jersey, there will be an additional fee of \$20. Please complete the form at bit.ly/OLGC-Softball-2023 to register. If you have any questions, please contact Jackie Madden at jfkmadden@gmail.com.

Umpires Wanted

The OLGC Adult Co-Ed Softball League is looking for high-schoolaged umpires to work games on Sunday afternoons starting June 25 and running through August 13. The pay is \$20/game. Experience is preferred but we will train. If you are interested, please contact Jackie Madden at jfkmadden@gmail.com.



Parent Volunteers Needed for OLGC School Field Day!

Volunteer to help out or donate supplies for our June 8 Field Day! Field Day for K-7th Grades is Thursday, June 8, from 8:00 -11:30 a.m. and we need parents to come out and help ensure it's a great day! Check the link below for volunteer opportunities. All volunteers must have a background check and Virtus training on file with the school. Can't make the big day, see what supplies need to be donated.

Sign up for volunteer opportunities, including donating supplies at bit.ly/Field-Day-Help

Nominate Your Champion



The Catholic Climate Covenant is accepting nominations of outstanding U.S. Catholic individuals, families, or organizations for the 2023 U.S. Laudato Si' Champion Awards.

Who, or what organization, do you know doing transformative work on Laudato Si' issues in the U.S.? Help us find and celebrate these heroes caring for God's creation!

Visit <u>bit.ly/LaudatoSi-nominations</u> to learn more.

Informacion Parroquial en español

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



SACRAMENTO DEL BAUTISMO DE NIÑOS MENORES DE 6 AÑOS:

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

CATEQUESIS

iInscríbase AHORA para la Catequesis! Deberá registrarse antes del 14 de junio, para poder obtener el descuento de registro temprana en nuestro sitio CCF 2023-24 bit.ly/CCF-in-person-2023-24 o comuníquese con Amy MacKinnon, 703.896.7426, amackinnon@olgcva.org.

CONFESIONES

Confesiones en español durante el mes de mayo son el sábado 27 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@olgcva.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 CUARESMAL DEL OBISPO DEL 2023 YA EMPEZÓ!

La correspondencia sobre la Petición Cuaresmal 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.

VOLUNTARIOS

"La oportunidad de hacer grandes cosas no llega a menudo, pero en todo momento, podemos hacer pequeños actos con gran amor." San Francisco de Sales: Como seguidores de Cristo, somos llamados por medio de nuestro Bautismo a servir a nuestros hermanos en nuestra parroquia, comunidad, país y el mundo entero. Es nuestra esperanza que todos los feligreses tengan la oportunidad de descubrir y desarrollar sus dones dados por Dios. Si desea participar como Sacristán, Ministro Extraordinario de La Sagrada Comunión, Lector, Portero/Ujier, Ministerio de La Bienvenida o Monaguillo por favor pase por el mostrador de Bienvenida o llame al 703.896.7419 o visite nuestra página web de la parroquia para ver la variedad de formas en que puede ayudar en olgcva.org/outreach/ serve.

UN CAMINO DE JUBILEO CON MARÍA

A María se le han dado títulos de las Escrituras, de las enseñanzas de la Iglesia y de muchos casos en los que María visitó lugares de la tierra para animar a las personas a pasar más tiempo en oración con Jesús. Hay 12 iglesias en la Diócesis de

Arlington que llevan el nombre de María o uno de sus muchos títulos.

Como parte del segundo año de preparación para el Jubileo de Oro, el Obispo Burbidge le anima a visitar estas diversas iglesias y pasar tiempo allí en oración. Estas miniperegrinaciones lo ayudarán a usted o a su familia a aprender más sobre un título particular de María, conocer la vasta historia de las parroquias de la Diócesis y lo animarán a pasar tiempo en oración con el Señor. Hay una oración para este año de preparación que se encuentra a arlingtondiocese.org/ Jubilee/Year-II-Prayer-Card-Spanish.pdf y hermosas reflexiones del rosario para coincidir con este año de preparación que se encuentran aquí: www.arlingtondiocese.org/ prayerguides.

SEGUNDA COLECTA DE ESTE MES: La colecta anual de la Campaña de Comunicación Católica que ayuda a difundir el Evangelio se realizará el 21 de mayo.

"A través del Espíritu Santo tenemos el coraje y la sabiduría para compartir el mensaje del Evangelio con nuestros hermanos y hermanas aquí encasa y en todo el mundo", dijo el Obispo Joseph J. Tyson, de Yakima, Washington, presidente de la Subcomisión de la Campaña de Comunicación Católica del Comité de Comunicaciones de la Conferencia de Obispos Católicos de Estados Unidos (USCCB). "Nuestro llamado a difundir el Evangelio se responde a través del apoyo a esta colecta. Gracias a su generosidad, las personas de todo el mundo tienen los recursos para llevar la presencia de Cristo a todos los lugares". Más información sobre la Campaña de Comunicación Católica se puede encontrar en www.usccb.org/ccc

Senior Moments

Marge Van Lierde Gitkagirl@gmail.com 571.831.3951



SUMMER ON THE GREEN CONCERT SERIES

This popular annual event on the Vienna Town Green begins on Friday, June 2 at 6:30 pm and every Friday after that through August 11. The season opener will be a concert by the U.S. Army Band "Down Range." Music to be enjoyed in the coming weeks includes rock, country and folk music, jazz, bluegrass, and pop. A highlight will be a performance by the U.S. Navy Band. "The Commodores," on July There are special shows as well. On June 21, kids' music will be by Rocknoceros, so think about bringing your grandchildren. And on July 12, the Vienna Community Band and the Fairfax Jubil-Aires will present instrumental music and a cappella singers.



This is a series of free, fun, and family-friendly concerts presented by the Town of Vienna and generous sponsors. In case of bad weather, call 703.255.7842 or the Vienna Community Center, 703.255.6360 up to two hours before the event. Chairs and blankets are encouraged, but please leave your pets at home. Alcoholic beverages are prohibited.

EXPLAINING PALLIATIVE AND HOSPICE CARE

What's the difference? Recently, one of my neighbors in the retirement community where I now live entered hospice care. While many of us are familiar with it, I was surprised at the confusion that came when we got this news. Most didn't know there are two types: palliative care and hospice care. My mother was in both; palliative care twice, and hospice care the last few days of her life. Although I'd written a series on this subject many years ago, I thought it would be helpful to feature a shorter, 2-part version on the subject. Hopefully, it will bring some clarity to this compassionate service.

Let's begin with palliative care. Its purpose is to reduce suffering and improve quality of life for patients and their families. Palliative care focuses on goals of care and enhancing quality of life. It includes relieving pain and other physical symptoms, addressing sleep problems, offering counseling and medication for anxiety and depression, and provides chaplain services, if needed, for spiritual support. Speech, physical and occupational therapies may be initiated to help with communication, swallowing, and motor skills.

Then there's hospice care which keeps terminally ill patients comfortable and provides support for their families and caregivers. As with palliative care, patients receive medical care to relieve symptoms. Hospice also provides counseling and social support to help patients and families come to terms with emotional, psychological, and spiritual concerns at the end of life. Unlike palliative care, hospice organizations may provide respite care, allowing patients receiving home care to be hospitalized briefly so that family caregivers can take a break. Hospice also continues to

provide bereavement care for families after the patient has died.

Who's eligible? For palliative care, it's anyone who has a condition that may limit his or her life. Palliative care allows patients to have serious discussions about their prognosis and care and start thinking about their future, including how they define quality of life, and what they're willing to give up in order to live longer. Conversations ought to begin soon after diagnosis, even when patients are still expected to live a long time.

For hospice care, it's patients whose prognosis is six months or less, who are no longer pursuing curative care. This includes patients who may no longer benefit from curative or life-prolonging treatment and those who don't want to continue such treatment. (This series will conclude in next week's bulletin.)

APPRAISAL ROAD SHOW

You can order tickets online now for this event that takes place on July 17 from Noon to 2 pm at Emmanuel Lutheran Church, 2500 Chain Bridge Road in Vienna. This fun event includes lunch and is offered by the Shepherd's Center. Bring one item such as jewelry, coins, porcelain and other heirlooms, and the appraisal experts will educate you with interesting facts and information on what your item is, what it's worth and what you can do with your treasure. Register on line at www.scnova.org or call 703.281.0538. Tickets are \$20 per person.

Elder Wisdom

Duct tape is like "The Force."
It has a light side and a dark
side and it holds the universe
together.

DIOCESAN & COMMUNITY NEWS

Worldwide Marriage Encounter

Married Couples. It has been said that the greatest gift you can give your children is two parents very much in love with each other. Polish up this gift and put a bow on it at a Worldwide Marriage Encounter Weekend. You deserve the best and your children need to see you reaching for it.

For more information or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location. Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

Upcoming dates:

September 22-24 2023 - Crowne Plaza Hotel, Herndon VA





Upcoming Diocesan Events

Visit <u>arlingtondiocese.org/all-events</u> for details

Priesthood Ordinations 2023 June 3 | 11:00am

St. Therese of Lisieux Women's Silent Retreat June 9 | 6:00pm

Our Lady of Fatima and the Fall of Communism
June 10 | 10:00am

2023 Diocesan Family Festival June 10 | 4:00pm

Here's Your Chance to be a Leader!

Do you enjoy leading? Are you looking for a meaningful way to inspire others and educate them on food insecurity? Then, this might be an opportunity might be for you! The St. Lucy Food Project is looking for lead volunteers to help guide groups who serve at the Manassas Warehouse during weekends and weekday evenings. The ideal candidates will have availability to serve a 2-hour shift once a month during the summer (June-September) and Fall Harvest (October-December). For inquiries, please contact volunteer coordinator Maria Rodriguez at 703.479.2975 ext. 100 or maria.rodriguez@ccda.net. Thank you and God Bless! Requirements: 1 onsite training session; 1 shift w/staff support; Virtus certification





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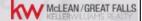
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