

JULY 30 • 2023

SEVENTEENTH SUNDAY IN ORDINARY TIME



Our Lady of Good Counsel Catholic Church

8601 Wolftrap Rd., Vienna, VA 22182-5026

P: 703.938.2828 • F: 703.938.2829

www.olgcva.org • www.olgcschool.org

Administered by the Oblates of
St. Francis de Sales

Mass Schedule

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

Saturday Vigil 4pm

Sunday 8am, 10am (online),

12pm (en español), 5pm

View Mass Online

www.youtube.com/c/StreamingOLGC

Chapel open for prayer

Mon - Fri, 9am - 5pm

Confessions Saturdays 9:00am

or by appointment

Office Hours

Mon - Fri 9am - 4:30pm,

Closed 12-12:30pm for lunch

*"Half an hour's
meditation each day is
essential, except when you
are busy. Then a full hour
is needed."*

- St. Francis de Sales

*"Media hora de
meditación diaria es
esencial, excepto cuando
estás ocupado.
Entonces se necesita una
hora complete".*

- San Francisco de Sales

MONTHLY OUTREACH • AUGUST 12 - 13

Backpacks & Supplies Drive 2023

While Fairfax is among the top five wealthiest counties in the country, there are still many children in need of support. In August, we are collecting backpacks and school supplies for families in need right here in Vienna.

Please sign up to donate or volunteer the weekend of August 12 and 13. Collections will take place before, after & during Mass.

Volunteers will help collect, divide items, and create backpacks of school supplies for specific grades.

We have divided the list of items between Saturday and Sunday but items can be dropped off either day.

There is no sales tax holiday this year, but sales are already under way for school supplies, so you can start shopping now!

Unfortunately, due to space limitations, **we are unable to accept donations prior to or after the collection times.** Please ask a fellow parishioner if they would be willing to drop it off for you.

Sign up to volunteer or to donate: bit.ly/OLGC-backpacks-2023

OFFICE DEPOT SALE RIGHT NOW

Plastic Pocket Folders with brads	75¢
Manual Pencil Sharpeners	50¢
Highlighters 5 pack	\$2.99

STAPLES SALE RIGHT NOW

Crayola Crayons	50¢
Crayola Colored Pencils	99¢
Composition Books	50¢
1-Subject Notebooks	\$3.99

**AUGUST 12-13
BACKPACK
DRIVE**

**OUTREACH FOR OUR VIENNA
FAMILIES IN NEED!**

**COLLECTIONS TAKE PLACE
BEFORE, DURING AND AFTER MASS**

HOSTED BY OLGC'S YOUTH MINISTRY
CONTACT DEREK ROGERS YOUTH@OLGCVA.ORG

SCAN TO
FIND ITEM
LIST AND
VOLUNTEER
HERE:

The Cornerstone Project

Good Stewards of Our Blessings

The plans for The Cornerstone Project have benefits for all parishioners and school families. We will continue to build on our foundation to secure the future of our spiritual home, address critical maintenance issues, and enhance our fellowship and ministry spaces, all while making our campus safer and more functionally sound.

As you prayerfully consider supporting The Cornerstone Project, we hope you will reflect on what our growth and progress means to you, your family, and those in our faith community.

Planning Your Contribution

The chart below serves as a guide as you prayerfully consider your level of support and reflects how a larger pledge contribution becomes more attainable when planned over a monthly or quarterly basis.

Your participation in this initiative helps OLGC to be more strategic in our timeline and execution of these intended projects.

Ways to Support The Cornerstone Project

OLGC is inviting parishioners, school families, and friends of the parish community to prayerfully consider making a sacrificial and meaningful gift to The Cornerstone Project, one that is above and beyond your annual offertory support. To achieve our campaign goal of \$12 million, our success is dependent on the number of parishioners who commit to investing in the future of our spiritual home. Together, we can look forward in hope and reach our goal.

There are five ways to give to The Cornerstone Project:

FAITH DIRECT GIFT

Recurring gifts can be scheduled through Faith Direct using a credit card, debit card or bank account. One-time gifts can also be made electronically. Faith Direct also offers the ability to establish an electronic pledge with multiple payment terms. www.olgcva.org/support/give.

CHECK

If you prefer to donate by check, please send your contribution to the Office of Advancement at OLGC 8601 Wolftrap Road, Vienna, Virginia 22182. Please notate "The Cornerstone Project" in the memo field.

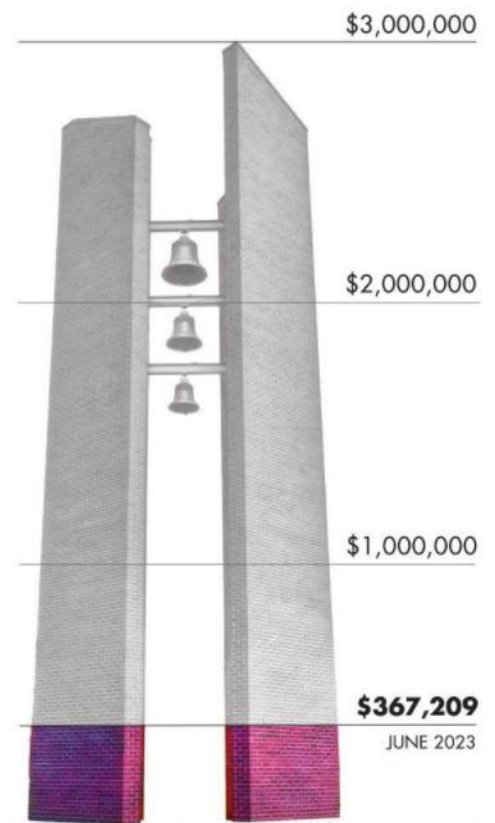
CAPITAL PLEDGES

Pledges can be fulfilled with a 20% down payment and installments between 3-5 years.

SECURITIES

One-time charitable gifts of stocks, bonds, or mutual funds that have appreciated offer tax advantages and can be a great way to provide a significant gift to OLGC.

REACHING OUR REMAINING GOAL



Reporting will be updated monthly

CORPORATE MATCHING GIFTS

A matching gift program provided through an employer or board membership may allow a donor to increase the value of their gift.

Total Pledge	Suggested 20% Initial Payment	Five Annual Payments	Twenty Quarterly Payments	Sixty Monthly Payments
\$100,000	\$20,000	\$16,000	\$4,000	\$1,333
\$ 75,000	\$15,000	\$12,000	\$3,000	\$1,000
\$ 50,000	\$10,000	\$ 8,000	\$2,000	\$ 667
\$ 25,000	\$ 5,000	\$ 4,000	\$1,000	\$ 333
\$ 15,000	\$ 3,000	\$ 2,400	\$ 600	\$ 200
\$ 10,000	\$ 2,000	\$ 1,600	\$ 400	\$ 133

Pledge schedule based on five-year term

The Cornerstone Project

HELP SECURE THE FUTURE OF OUR LADY OF GOOD COUNSEL

Use this card to pledge your support for OLCG. The card can be mailed to The Office of Advancement at OLCG, 8601 Wolftrap Road, Vienna, Virginia 22182, or dropped off at the Administration building during business hours. For assistance, contact advancement@olgcva.org

To make your gift now, scan the QR code at right to visit the Cornerstone page on our website.



THE CORNERSTONE PROJECT PLEDGE COMMITMENT

Date: _____
Name: _____
Address: _____
Phone: _____
E-mail: _____

In support of The Cornerstone Project, I/We pledge the following:

☐ \$100,000 ☐ \$75,000 ☐ \$50,000 ☐ \$25,000 ☐ \$15,000 ☐ \$10,000 ☐ \$5,000
☐ Other: \$ _____

Payable as follows:

☐ Annually ☐ Quarterly ☐ Monthly

Timeframe:

☐ 5 yrs ☐ 4 yrs ☐ 3 yrs ☐ 2 yrs ☐ 1 yr

Payment Method:

☐ Faith Direct ☐ Check ☐ Electronic Funds Transfer ☐ Check this box and the Office of Advancement will contact you to establish your gift.

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

July 30—August 6

SUNDAY			30
OLGC Softball	1 - 4 PM	Lower Field	
Grief Support Group	1:30 - 3 PM	SJC-Brisson Rm	
MONDAY			31
Quilters	11 AM - 3 PM	SJC-Brisson Rm	
TUESDAY			AUGUST 1
Funeral and Luncheon: Margaret Theresa Eckert	11 AM - 1 PM	Church, DeSales Hall	
WEDNESDAY			2
St. Vincent DePaul Society	7:30 - 9 PM	DeSales Hall	
THURSDAY			3
Confirmation Retreat	9 AM - 3 PM	Church, Chapel, DeSales Hall	
FRIDAY			4
ECAP Registration Closes-1st Trimester	5 PM		
SATURDAY			5
Confessions	9 - 9:30 AM	Reconciliation Room	
Porter Meeting	9:30 - 10:30 AM	Church	
Funeral: Estuardo Barriga Burgos	11 AM - 12 PM	Church	
SUNDAY			6
Donut Social	8 AM - 2 PM	DeSales Hall	
Grief Support Group	1:30 - 3 PM	SJC-Brisson Rm	
OLGC Softball	1 - 4 PM	Lower Field	

Readings for the Week/ Lecturas de la Semana

For the Week of July 30-August 6, 2023

SUNDAY Seventeenth Sunday in Ordinary Time

1 Kgs 3:5, 7-12; Ps 119:57, 72, 76-77, 127-130; Rom 8:28-30; Mt 13:44-52 or Mt 13:44-46

MONDAY Memorial of Saint Ignatius of Loyola, Priest

Ex 32:15-24, 30-34; Ps 106:19-23; Mt 13:31-35

TUESDAY Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church
Ex 33:7-11; 34:5b-9, 28; Ps 103:6-13; Mt 13:36-43

WEDNESDAY Memorials of Saint Eusebius of Vercelli, Bishop, and Saint Peter Julian Eymard, Priest
Ex 34:29-35; Ps 99:5, 6, 7, 9; Mt 13:44-46

THURSDAY
Ex 40:16-21, 34-38; Ps 84:3-6a & 8a, 11; Mt 13:47-53

FRIDAY Memorial of Saint John Vianney, Priest
Lv 23:1, 4-11, 15-16, 27, 34b-37; Ps 81:3-6, 10-11ab; Mt 13:54-58

SATURDAY Dedication of the Basilica of Saint Mary Major in Rome
Lv 25:1, 8-17; Ps 67:2-3, 5, 7-8; Mt 14:1-12

SUNDAY Feast of the Transfiguration of the Lord
Dn 7:9-10, 13-14; Ps 97:1-2, 5-6, 9; 2 Pt 1:16-19; Mt 17:1-9

Mass Intentions/ Intenciones de la Misa

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

Sat. / Sun. July 29 – 30, 2023

+ In honor of Blizdenka Schelingova
+ Anthony Sr. & Jr. and
Theresa Bruno
+ Rita Goddard
+ Anthony Cutonilli
+ William & Rances Kotapish

Monday, July 31, 2023

8:30am The OLGC Community

Tuesday, August 1, 2023

8:30am + Michael Parmentier

Wednesday, August 2, 2023

8:30am + James Lewis

Thursday, August 3, 2023

8:30am + Anthony Albert Fasullo

Friday, August 4, 2023

8:30am + Kimber Boyer

Saturday, August 5, 2023

8:30am + Luke C. Tucker

Sat. / Sun. August 5 – 6, 2023

+ Theresa M. Bruno
+ Richard Winslow
+ Al McGarraghy
+ Michael Gaspard
+ Rosa Mirian Flores Vasquez

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

+ Russell Lee Summerfield, father of
Layne Kroh, father-in-law of Jeff Kroh and
grandfather of Tinsley and Albert Kroh

+ Anthony Albert Fasullo, son of John and
Gutty Fasullo

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

Church	Special Intention for Ricardo Valmonte
Chapel	Special Intention for Alison
OL Votive	In Loving Memory of + Anthony Albert Fasullo

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 cgmoores@olgcv.org
School Principal Robin Williams 703.938.3600 rwilliams@olgcv.org
School Admissions & Testing Valerie Taylor 703.938.3600 vtaylor@olgcsva.org
Liturgy/Music/Funerals 703.896.7411 liturgy@olgcv.org
Children's Faith Formation Amy MacKinnon 703.896.7426 .. amackinnon@olgcv.org
Faith Formation Office Jackie Madden 703.896.7415..... jmadden@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 Manager John League 703.896.7413 records@olgcv.org
Child Protection Liaison Christine Moan 703.896.7423 cmoan@olgcv.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyon . advancement@olgcv.org
Events Manager Frank Fletcher 703.896.7418 events@olgcv.org
Events & Fellowship Coordinator Pam Trimble 703.896.7457 .. ptrimble@olgcv.org
Parish Office Manager 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

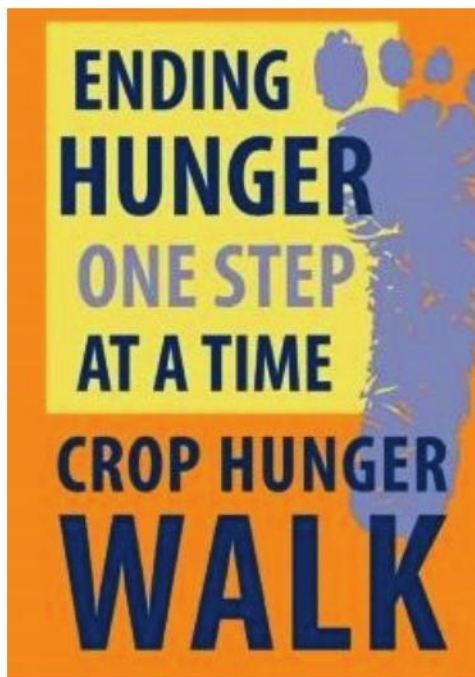
Schedule an Event: olgcv.org/about-us/facilities

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

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

Get involved in the Vienna CROP Hunger Walk !

We're looking for a few volunteers to help us organize OLGC's participation in the Vienna CROP Hunger Walk that occurs on Sunday, October 1 at 12:30 in Vienna. There is a planning committee and structure in place, but we are looking for a few OLGC volunteers to join a monthly zoom planning meeting if available (August and September) and to help publicize the event and recruit walkers. It's a great way to fight hunger and meet other volunteers from churches and nonprofits across Vienna. If interested, contact Anne Moran Hamisevicz at amoranelm@gmail.com.



"Divorced, Catholic, Now What?"

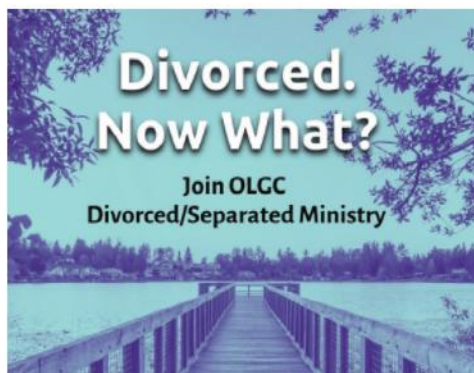
"Divorced, Catholic, Now What?" is a six-week program that addresses concerns of divorced/separated Catholic men and women. It offers much needed support and helps to answer questions asked as a result

of a separation or divorce. Zoom meetings will begin on Tuesday September 5th through Tuesday October 10th at 7:30 pm. An optional in-person closing gathering is scheduled for Sunday, October 15th at Our Lady of Good Counsel.

Leader: John R. Heard, RN-BC
E-mail OLGCDS@gmail.com for more information.

Texts:

- *The Joy of You: Your Life After Divorce* by W. E. Rabior
- *Divorced. Catholic. Now What?* by L. Duffy & V. Frese



Preschool Openings

OLGC has a limited number of preschool spots available for the 2023-2024 school year. For more information, please contact Laura Wood, Preschool Director, at preschool@olgcschool.org.



Job Openings

Job openings for aftercare at OLGC school. This is a great part-time job for high schoolers or anyone who enjoys kids. M-F, 3-6 pm (hours are flexible). Contact Carrie Sudduth at csudduth@olgcschool.org to learn more.

Sacramental Preparation for Adults

Are you a baptized Catholic in need of the sacraments of Eucharist and/or Confirmation? Or, are you unbaptized or baptized in another Christian tradition, with a desire to learn more about the Catholic Church? If you would like to explore preparation for the sacraments at OLGC through RCIA, inquire today! We will begin classes in September, and this is the perfect time to start looking into the process. For more information, please contact Barb Steele at rcia@olgcvva.org or 703.405.2776.

Monthly Collections

Fiscal Year July 2022—June 2023

	May 2023	June 2023
Offertory	181,919	173,529
<u>Total Budgeted</u>	<u>164,500</u>	<u>164,500</u>
Variance	17,419	9,029
YTD Received	2,264,640	2,438,170
<u>Budget YTD</u>	<u>2,136,649</u>	<u>2,301,149</u>
Variance	127,991	137,021

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.

August Second Collections

20 Mission Cooperative Plan

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."

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

¡Inscríbese AHORA para la Catequesis! Deberá registrarse antes del 17 de julio, 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@olgva.org.

CONFESIONES

Confesiones en español durante el mes de julio son el sábado 15 y 22 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.

CORNERSTONE

El mes de junio lanzamos nuestro Proyecto Cornerstone; Pueden encontrar información adicional en nuestro correo electrónico semanal, en el mostrador de bienvenida o en nuestra página web. Nuestro Párroco P. Hillyard les pide como comunidad en espíritu de oración,

consideren donar y ayuden a recaudar 12.5 millones de dólares. La parroquia tiene urgencia de hacer reparaciones de nuestra instalaciones de la iglesia y la escuela. Recuerde no importa la cantidad solo le pedimos que cada familia se comprometa a apoyarle. Puede usar el código QR. Gracias por su generosidad.



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.

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 olgva.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 mini-peregrinaciones 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.

Register Today for Fall Track & Field

On Your Mark!

The Fall CYO Track & Field Meet will be held on October 21.

Practices start soon! Due to our high number of participants, late registrations will NOT be accepted this season—register today!

olgcv.org/fellowship/athletics/track-field

For more information contact Rachel McCarthy at RachelMcCarthy2003@gmail.com



OLGC Tennis Team

Tennis enthusiasts, this is for you!

Join OLGC Tennis this season and be part of the action. Registration opens on August 23rd, with player evaluations scheduled for the following week.

Open to students in grades 4-8, both boys and girls can join our coed teams if they are enrolled in and attending either OLGC School or OLGC's Religious Education programs.

Adult support is crucial! Volunteer as a coach, assistant, or line judge during weeknight practices and weekend matches at 1pm and/or 3pm on Sundays. All volunteers

must be Virtus trained. Let's create an unforgettable experience for our student players together!

The tennis season runs from September to early November, offering ample time for skill-building, teamwork, and friendly competition. Secure your child's spot on the team by marking August 23rd on your calendar for registration.

For questions or to learn more, contact Ashley Binkowski at ashleybinkowski@gmail.com. Get ready to serve, volley, and have a smashing time!

Back from Summer Bingo Night

Friday, August 25th, 6 - 9 PM

Counsel Room

Join us for fellowship, dinner and Bingo! Pizzas available for purchase with your Bingo ticket and other concessions will be sold at the event.

This event will likely sell out, and we have a capacity limit. Help us by planning in advance!

Purchase Bingo Night tickets on the Bingo Night Webpage olgcv.org/fellowship/bingo-night today!



Fall Fest 2023!



Sunday September 17th, 11 AM - 4 PM

OLGC Campus

Please mark your calendars for Fall Fest 2023.

There will be food!

Gyros
Hot Dogs
Pizza
Caprese Sandwiches
Popcorn
Cotton Candy
Ice Cream
More!

PLEASE
JOIN US!

There will be fun!

50/50 raffle
Cake Walk
Face Painting
DJ
Inflatables
Carnival Games
Rock Wall with Monkey Motion Jumpers
Beer Tent &
Sunday Football on TV

There will be fellowship!

Tickets and Wristbands available now at olgcv.org/fellowship/fall-fest.

*Please note that there will not be a noon Mass on September 17th. We will have a combined, bilingual Mass at 10 AM so everyone can join Fall Fest.

Senior Moments

Marge Van Lierde
Gitkagirl@gmail.com
571.831.3951



STROKE SUPPORT

Are you caring for a loved one who is a stroke survivor? Helping Hands Stroke Club is hosting support groups for stroke survivors. The group focuses on understanding stroke and its impact, reducing risk, adjusting to life after stroke, and much more. To register and receive meeting location, contact Erica Wrenn at 703.246.7151 or erica.wrenn@fairfaxcounty.gov.

HOW DO YOU KNOW WHEN IT'S TIME TO MAKE A MOVE?

I hear this question often from friends who are unsure if or when they should relocate to an active retirement community. I advise them to do their homework—eventually they'll figure it out. It's not an easy decision.

Studies show that the key to a long, healthy life starts with engagement. People who are engaged with activities and friends tend to be healthier and happier, and because of that, they tend to live longer. A few years ago, a study conducted by the Mather Institute and Northwestern University showed that when compared to a sample of older adults in the community at large, residents of continuing care retirement communities (CCRCs) displayed greater social, emotional, physical vocational, and intellectual wellness.

Despite the clear advantages of living in an environment filled with opportunities to socialize with friendly people and pursue interesting pastimes, many people put off moving to a CCRC. It's as if they're

waiting for some kind of a sign.

Unfortunately, there's no dashboard warning light that says "time to move." Making that move to a CCRC is a choice, and because it's a choice, too many people put it off. A lot of them are stuck in their homes, socially isolated and watching too much TV. There are so many wonderful aspects of moving to a senior living community, there really is no reason to wait. As people age, they sometimes experience this sense that their friend group is shrinking and they don't have the



same opportunities to be engaged with people and activities.

Some seniors say they're "not ready yet," so they delay and do nothing. It's easy to imagine ourselves in the same state of health a few years down the road that we're in when we say that. Life is unpredictable, and as we age, our energy wanes and making a move becomes overwhelming. In some cases, a family member will have to make the decision for you, and it may not necessarily be what you'd like. It's best to choose while you can.

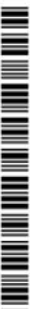
Another thing to consider is what you're paying in home maintenance. People often say that the motivating factor behind their decision to move to a CCRC is their strong desire to rid themselves of the constant aggravation and expense of maintaining their home. So many

of us have lived in our homes for 40 years or more, and big-ticket items like having to put on a new roof, replacing the heating/air conditioning system or major appliances don't come cheap. Research has shown that really big repair jobs, such as fixing a faulty foundation or a broken sewer line could cost \$30,000 or more, depending on where you live. Add to that the challenging job of finding a reputable company to do the work for you. Living in a CCRC does away with all of that and offers truly care-free living.

There are other considerations, of course, in making the decision to relocate to a retirement community. That's why it's so important for anyone at this juncture in life to do their homework. Yes, it takes time and a lot of thought. The one resource I always recommend to anyone who asks me about this issue is to obtain a copy of the *Positive Aging Sourcebook*. It's free, published seasonally, and filled with everything you want to know about various senior living options—locations, size, prices, amenities, contact information, all in one place. It's so helpful in making plans to visit communities that appeal to you. There are also interesting articles about moving and downsizing. Visit www.positiveagingsourcebook.com where you can learn more, and order a paper or digital copy of the magazine. I prefer the hard copy because for me, it's more convenient to use. Request the Maryland/District of Columbia/Northern Virginia edition.

Elder Wisdom

It's not age that bothers us, it's the side effects.



16th Annual Pops Camp at Paul VI

Middle School Instrumentalists are welcome.

What do light-hearted rehearsals, a watermelon seed-spittin' contest and superhero costume competitions have in common? The 16th Annual Pops Camp! Mornings from August 7-11, rising 7th-9th grade instrumentalists can have fun, practice, and learn at St. Paul VI Catholic High School in Chantilly. An optional jazz unit is also offered. Professional musicians and high school mentors guide campers on pop selections for last-day concert for family and friends.

Learn more and register today
www.paulvi.net/summercamps.



16th Annual "Pops Camp"
For rising 7th-9th graders

Monday - Friday, August 7-11, 2023
Friday - 11 a.m. concert/potluck

Jazz Studies 8:30 - 9:30 am
Pops 9:45 am - 12:15 pm



The OLGC Golf Classic is currently sold out for individual golfer registrations (wait list available) but we have many sponsorship opportunities still available!

Sponsorships with golfer registrations:

- Salesian Circle Sponsor - can be one sponsorship with 2 foursomes or can be broken down into two offerings.
- Silver Sponsor - includes 2 golfer registrations
- Bronze Sponsor - includes 1 golfer registration
- Fleet Sponsor - includes 1 golfer registration

Other Sponsorships:

- Golf Contest Sponsors - Putting Contest, Marshmallow Long Drive, Closest to the Pin for Wine and Hole in One.
- Entertainment Sponsor
- Golf Flag Sponsor
- Tee Box Sponsor

Please visit olgcva.org/fellowship/golf/sponsorships for more information. Your generous support of this great event directly impacts need-based tuition assistance for our OLGC School families.

DIOCESAN & COMMUNITY NEWS

Gather at the Table: Diocesan Cookbook Project

Tell your family story through food! We are seeking recipes from across the globe for a special Diocesan Jubilee Anniversary cookbook. To find out more and submit your recipe, visit www.arlingtondiocese.org/jubilee-gather-at-the-table.

Submissions will be reviewed by a diverse panel. Not all recipes will be selected for the final product.



Save the Date!

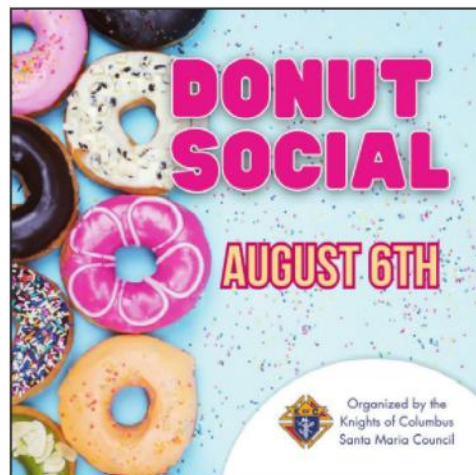
IFC UNITY WALK 2023

Sunday, September 10th
12:30-5:30pm

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Register for the Unity Walk here!
Visit ifcmw.org for more information.



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