

AUGUST 6 • 2023

# THE TRANSFIGURATION OF THE LORD



## 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](http://www.olgcva.org) • [www.olgcschool.org](http://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](http://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

*"Do not desire to be  
what you are;  
desire to be very well  
what you are."*

- St. Francis de Sales

*"No deseas ser  
lo quien eres;  
desea ser muy bien  
quien eres."*

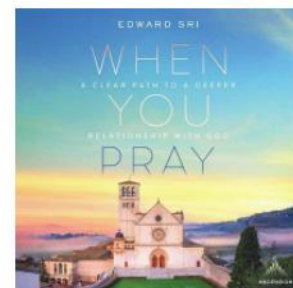
- San Francisco de Sales

## Tuesday Bible Study

### When You Pray: A Clear Path to a Deeper Relationship with God

You know that prayer is important but still find it challenging. Perhaps it's hard to find time, or you're unsure what to do when you pray. Or maybe you feel discouraged by your weaknesses and your inability to overcome them. If you have any of these feelings, you are not alone. Many of the saints struggled in prayer. They were like us. But each time they fell, they got up again and learned to rely more on God's grace. What God did in the lives of countless saints, he wants to do in the lives of ordinary people like us.

*Continued on page 3*

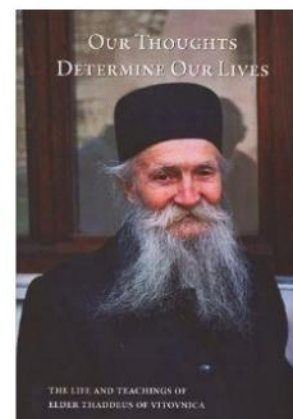


## Book Study: Our Thoughts Determine Our Lives

### Happy, Safe and Secure . . . Advice from Fr. Thaddeus

We all want to feel safe and happy, yet on a daily basis we seem to run into people and situations which cause us anxiety and stress. Fr. Thaddeus (1914-2003) was a monk who, after many hardships, "realized that we all worry about ourselves too much and that only he who leaves everything to the will of God can feel truly joyous, light and peaceful." Fr. Thaddeus then became someone who others would flock to for his advice

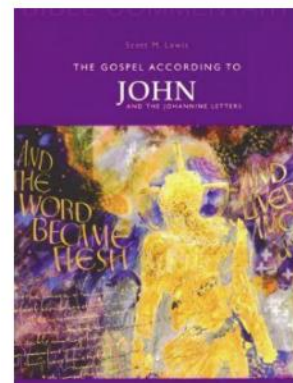
*Continued on page 3*



## Little Rock Scripture Study Group

Join us as we study the Gospel of John this year. John's narrative of Jesus' public life is different from the Synoptic Gospels. It is filled with irony and deeper meanings. Only with careful reading and group discussion can we begin to understand John's message. We will meet on Mondays at 10:00 am on Zoom beginning September 11.

The text is the 2005 edition of *The Gospel According to John and the Johannine Letters* by Scott M. Lewis. Obtain it from [Litpress.org](http://Litpress.org) for \$9.95 by searching on the author's name. Contact Mike Plett at 703.641.8324 or [mike.plett1@gmail.com](mailto:mike.plett1@gmail.com) to enroll or learn more.





# The Cornerstone Project

## Update on The Cornerstone

**T**hank you for your continued support of The Cornerstone Project! We have been very busy this summer focusing on the essential infrastructure projects at the school and church. The HVAC system upgrade continues through the middle school and upper floor shared spaces. The elementary wing received a full face lift with new flooring in the hallway and classrooms. The Gym lobby, ASC, and music room have also been improved with new flooring. In the month of June (1<sup>st</sup> month of the parish-wide phase of The Cornerstone Project), we raised \$367K against our remaining \$3M goal. Please continue to prayerfully consider how you can make an impact for future generations. For more information, please visit [www.olgcva.org/support/the-cornerstone-project](http://www.olgcva.org/support/the-cornerstone-project).

### 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](http://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.

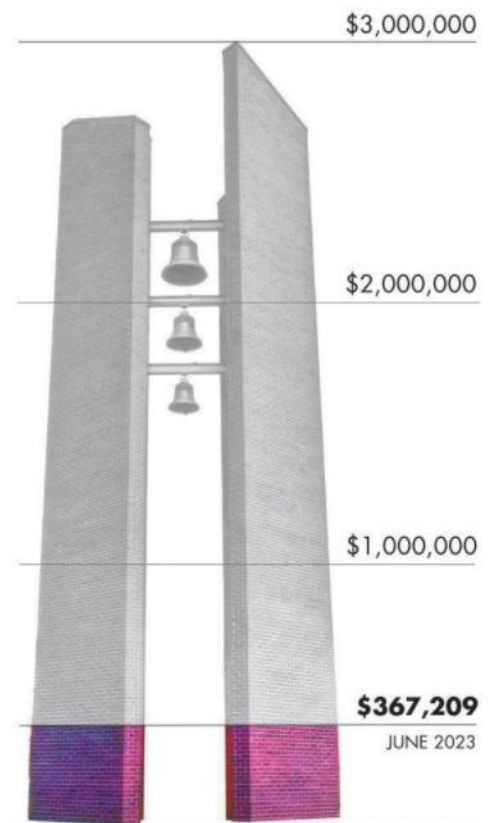
#### CAPITAL PLEDGES

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 OLGC. The card can be mailed to The Office of Advancement at OLGC, 8601 Wolftrap Road, Vienna, Virginia 22182, or dropped off at the Administration building during business hours. For assistance, contact [advancement@olgcv.org](mailto:advancement@olgcv.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.

## Tuesday Bible Study from page 1

And that's what this study is about: the journey of prayer God wants to take us on.

Join us for *When You Pray: A Clear Path to a Deeper Relationship with God* beginning September 12 from 9:45 to 11:45 am and continuing every Tuesday for eight weeks. The first meeting on September 12 will be an in-person Meet & Greet in

DeSales Hall at 9:45 am. Beginning September 19, we will meet weekly by Zoom.

You can order the Study Set from Ascension Press for \$26.95 [When You Pray Study Set](#)

For more information, to register and receive the Zoom link, contact Fran Davenport at [bwdavenport@cox.net](mailto:bwdavenport@cox.net)

## Our Thoughts Determine Our Lives from page 1

and challenging, yet comforting words.

This fall, fellow OLGC parishioner and experienced adult catechist, Ann Marie Mack, will lead a discussion of Fr. Thaddeus' book, *Our Thoughts Determine Our Lives*. Please join us!

We will meet six Wednesday

mornings, Sept. 6 - Oct. 11, 9:30 - 11:00 am in the Fr. Brisson Room. Due to limited seating capacity, please email Ann Marie at [annmariemack@gmail.com](mailto:annmariemack@gmail.com) register by August 31st.

Reading the book is not required but, should you like to purchase a copy, go to [amzn.to/43Q4VHC](https://www.amazon.com/dp/B08Q4VHC).

## Readings for the Week/ Lecturas de la Semana

For the Week of August 6-13, 2023

**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

**MONDAY** Memorials of Saint Sixtus II, Pope and Martyr and Companions, and Saint Cajetan, Priest

Nm 11:4b-15; Ps 81:12-13, 14-15, 16-17; Mt 14:13-21

**TUESDAY** Memorial of Saint Dominic, Priest

Nm 12:1-13; Ps 51:3-4, 5-6ab, 6cd-7, 12-13; Mt 14:22-36 or Mt 15:1-2, 10-14

**WEDNESDAY** Memorial of Saint Teresa Benedicta of the Cross, Virgin and Martyr

Nm 13:1-2, 25 - 14:1, 26a-29a, 34-35; Ps 106:6-7ab, 13-14, 21-22, 23; Mt 15:21-28

**THURSDAY** Feast of Saint Lawrence, Deacon and Martyr

2 Cor 9:6-10; Ps 112:1-2, 5-6, 7-8, 9; Jn 12:24-26

**FRIDAY** Memorial of Saint Clare, Virgin

Dt 4:32-40; Ps 77:12-13, 14-15, 16 & 21; Mt 16:24-28

**SATURDAY** Memorial of Saint Jane Frances de Chantal, Religious

Dt 6:4-13; Ps 18:2-3a, 3bc-4, 47 & 51; Mt 17:14-20

**SUNDAY** Nineteenth Sunday in Ordinary Time

1 Kgs 19:9a, 11-13a; Ps 85:9, 10, 11-12, 13-14; Rom 9:1-5; Mt 14:22-33

## In July, we welcomed our newest members to the OLGC community through the waters of baptism:



Leela Noel Gowda  
Emily Margaret Reed  
Diana Casanova Beaulieu  
Eliza Everette Beaulieu  
Isabelle Claire Sobiechowski

Miles Pania Aggerwal  
Ronan Paul Kelley  
John Desmarais Hallett  
Cristian Emanuel Delcid Vasquez  
Adrian Fernando Delcid Vasquez



## Mass Intentions/ Intenciones de la Misa

Presider schedule available at:  
[bit.ly/OLGC-Presider-Schedule](http://bit.ly/OLGC-Presider-Schedule)

**Sat. / Sun. August 5 – 6, 2023**

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

**Monday, August 7, 2023**

8:30am + Wanda Burggraaf

**Tuesday, August 8, 2023**

8:30am + Stephanie Garcia

**Wednesday, August 9, 2023**

8:30am + Julie Winkler

**Thursday, August 10, 2023**

8:30am + George and Ann Marko

**Friday, August 11, 2023**

8:30am + Philip Scott

**Saturday, August 12, 2023**

8:30am The OLGC Community

**Sat. / Sun. August 12 – 13, 2023**

+ Roberto M. Rodriguez  
+ Nelson Buenafior  
+ Ed and Martha Zdanciewicz  
+ John, Ann and Samantha Schell  
+ Gaylord P. Haas Jr.

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

+ Dr. Robert Tardiff

+ Dolores “Dee” Patrice Lawler, mother of  
Brian Lawler, Michael Lawler, Francis  
Lawler and Kathryn (Kathy) Wolper;  
mother-in-law of Kim, Michael and  
Megan; grandmother of Sarah, Bridget  
and Jackson

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

Church	In Loving Memory of + Amelia Vinciguerra
Chapel	Special Intention of Krp
OL Votive	Special Intention of AJP

## Welcome to Our Lady of Good Counsel

**W**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, OSFS..... [frhillyard@olgcv.org](mailto:frhillyard@olgcv.org)

**Parochial Vicar** Rev. Mathias Kumar, OSFS..... [mkumar@olgcv.org](mailto:mkumar@olgcv.org)

**Retired** Rev. William Metzger, OSFS..... [william.metzger@olgcv.org](mailto:william.metzger@olgcv.org)

**Retired** Rev. Lewis Fiorelli, OSFS..... [lfiorelli@oblates.org](mailto:lfiorelli@oblates.org)

**Deacon** Christopher Moore ..... [cgmoores@olgcv.org](mailto:cgmoores@olgcv.org)

**School Principal** Robin Williams 703.938.3600 ..... [rwilliams@olgcv.org](mailto:rwilliams@olgcv.org)

**School Admissions & Testing** Valerie Taylor 703.938.3600 ..... [vtaylor@olgcv.org](mailto:vtaylor@olgcv.org)

**Liturgy/Music/Funerals** 703.896.7411 ..... [liturgy@olgcv.org](mailto:liturgy@olgcv.org)

**Children’s Faith Formation** Amy MacKinnon 703.896.7426 .. [amackinnon@olgcv.org](mailto:amackinnon@olgcv.org)

**Faith Formation Office** Jackie Madden 703.896.7415..... [jmadden@olgcv.org](mailto: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](mailto:communications@olgcv.org)

**Director of Finance** Emilynda Clomera 703.896.7402 ..... [eclomera@olgcv.org](mailto:eclomera@olgcv.org)

**Records Manager** John League 703.896.7413 ..... [records@olgcv.org](mailto:records@olgcv.org)

**Child Protection Liaison** Christine Moan 703.896.7423 ..... [cmoan@olgcv.org](mailto:cmoan@olgcv.org)

**Advancement/Annual Giving** Alison McKee & JoAnne Kinyon . [advancement@olgcv.org](mailto:advancement@olgcv.org)

**Events Manager** Frank Fletcher 703.896.7418 ..... [events@olgcv.org](mailto:events@olgcv.org)

**Events & Fellowship Coordinator** Pam Trimble 703.896.7457 .. [ptrimble@olgcv.org](mailto:ptrimble@olgcv.org)

**Parish Office Manager** Maria Romero 703.896.7419..... [welcome@olgcv.org](mailto:welcome@olgcv.org)

**Intentions/Ministry of Care** Maria Romero 703.896.7419..... [welcome@olgcv.org](mailto:welcome@olgcv.org)

**RCIA/Adult Sacraments** Barb Steele ..... [rcia@olgcv.org](mailto:rcia@olgcv.org)

**Información en español** Maria Romero 703.896.7419 ..... [welcome@olgcv.org](mailto:welcome@olgcv.org)

**Pastoral Council** (Tina Wickham) ..... [PastoralCouncil@olgcv.org](mailto:PastoralCouncil@olgcv.org)

**Finance Council** (Regina Stranix) ..... [FinanceCouncil@olgcv.org](mailto:FinanceCouncil@olgcv.org)

**Society of St. Vincent DePaul** (Linea de Ayuda) 703.938.3210..... [svdp@olgcv.org](mailto:svdp@olgcv.org)

**Respect Life/Gabriel Project** Betsy Argauer 703.255.3744 ..... [betstim@gmail.com](mailto:betstim@gmail.com)

**Knight of Columbus Santa Maria Council #4654**..... [www.knightsvienna.org](http://www.knightsvienna.org)

**Counseling** Catholic Charities **Consejería** Caridades Catolica ..... 703.425.0109

Our website, [OLGCVA.org](http://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](http://www.olgcv.org/liturgy-worship/funerals)

Devotional Candles: [www.olgcv.org/liturgy-worship](http://www.olgcv.org/liturgy-worship)

Join the Parish: [olgcv.org/register](http://olgcv.org/register)

Schedule an Event: [olgcv.org/about-us/facilities](http://olgcv.org/about-us/facilities)

Add Item to Bulletin/Media: [olgcv.org/about-us/communications](http://olgcv.org/about-us/communications)

Mass Intention Request: [olgcv.org/liturgy-worship/devotions/mass](http://olgcv.org/liturgy-worship/devotions/mass)



# Calendar (Subject to change, updates at [www.olgcva.org/about-us/calendar](http://www.olgcva.org/about-us/calendar))

## August 6-13

<b>SUNDAY</b>			<b>6</b>
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	
<b>MONDAY</b>			<b>7</b>
Quilters	11 AM - 3 PM	SJC-Brisson Rm	
<b>TUESDAY</b>			<b>8</b>
<b>WEDNESDAY</b>			<b>9</b>
Funeral: Diane Pittman	11 AM - 12 PM	Church	
<b>THURSDAY</b>			<b>10</b>
<b>FRIDAY</b>			<b>11</b>
Funeral and Luncheon: James Dunn	11 AM - 1 PM	Chapel, DeSales Hall	
Open Mic Night	7 - 10 PM	DeSales Hall	
<b>SATURDAY</b>			<b>12</b>
Backpack Drive	3:30 - 5:30 PM	Bell Tower Circle	
Confessions	9 - 9:30 AM	Reconciliation Room	
Used Uniform Sale	10 - 11 AM	Outside Fr. Brisson Gym	
<b>SUNDAY</b>			<b>13</b>
Backpack Drive	7:30 AM - 1 PM; 4:30 - 6 PM	Bell Tower Circle	
Christ House Food Collection	9:30 AM - 1 PM	Parking Lot-St Joseph Center	
Grief Support Group	1:30 - 3 PM	SJC-Brisson Rm	
OLGC Softball	1 - 4 PM	Lower Field	

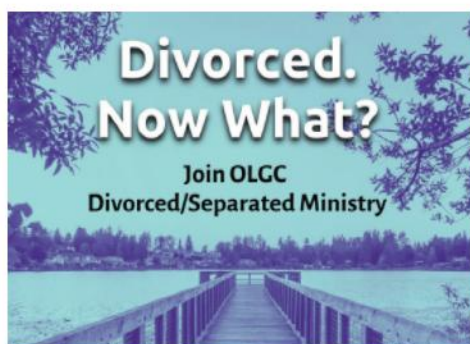
### COMING UP NEXT WEEK:

Solemnity of the Assumption of the Blessed Virgin Mary • Masses 8:30am, 12:10pm, 7:00pm	August 15
Open House for New K-8 Students	August 18
Open House for Preschool Students	August 18
Game Night	August 18

## "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 take place Tuesdays Sept. 5 - Oct 10 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](mailto:OLGCDS@gmail.com) for more information.



## FR. MATT'S MUSING: JULY 28

### Today

This past Tuesday, the news reminded us that there were only five months left until Christmas and that it's never too early for back to school shopping...

Read more at [bit.ly/FrMattsMusing-July28](http://bit.ly/FrMattsMusing-July28)

## 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@olgcva.org](mailto:rcia@olgcva.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	<b>17,419</b>	<b>9,029</b>
YTD Received	2,264,640	2,438,170
<u>Budget YTD</u>	<u>2,136,649</u>	<u>2,301,149</u>
Variance	<b>127,991</b>	<b>137,021</b>

### Weekly & Second Collections

You may give with checks or cash via envelopes, give online at [membership.faithdirect.net/VA875](http://membership.faithdirect.net/VA875), or text amount to 703.810.7674. Thank you.

### August Second Collections

20 Mission Cooperative Plan



# 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@olgva.org](mailto: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](mailto: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](http://olgva.org/sacraments/baptism)

## CATEQUESIS

¡Inscríbese AHORA para la Catequesis! [bit.ly/CCF-in-person-2023-24](http://bit.ly/CCF-in-person-2023-24) o comuníquese con Amy MacKinnon, 703.896.7426, [amackinnon@olgva.org](mailto:amackinnon@olgva.org).

## CONFESIONES

Confesiones en español durante el mes de agosto son el sábado 19 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](mailto: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 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](mailto: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](http://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](http://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](http://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](http://olgcv.org/fellowship/athletics/track-field)

For more information contact Rachel McCarthy at

[RachelMcCarthy2003@gmail.com](mailto: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](mailto:ashleybinkowski@gmail.com). Get ready to serve, volley, and have a smashing time!

## Back from Summer Bingo Night

We can't wait to see you all after a long, fun summer. Please join us for fellowship and fun at Back from Summer Bingo Night in the Counsel Room from 6-9 PM on Friday, August 25<sup>th</sup>. Visit the [Bingo Night Webpage](#) to purchase your tickets and pizzas in advance. This event will sell out so please plan in advance and purchase your tickets. Make it a fun and easy family night out with bingo games, prizes and more! We need a few volunteers for this event, sign up at [bit.ly/bingo-volunteers](http://bit.ly/bingo-volunteers).



## Fall Fest 2023!



Fall Fest will be Sunday, September 17<sup>th</sup> at OLGC, from 11 am - 4 pm, following a 10am bilingual Mass.

Fall Fest is an outdoor festival on OLGC campus with carnival entertainment, games, food, treats and more. Please visit the [Fall Fest Webpage](#) to purchase wristbands and tickets in advance at a discounted rate. We need many volunteers for this event. Please consider lending a hand. Sign up at [bit.ly/fall-fest-volunteers](http://bit.ly/fall-fest-volunteers).

## OLGC Gala of Eden

**April 20, 2024**

We are excited to bring back the Parish Gala, including a live and silent auction, in 2024. Please mark your calendars for April 20, 2024. We have a gala location, auctioneer, band, and more. Please visit the Annual Spring Gala Webpage for details. We are looking for many volunteers to plan this event. We will be hosting a Gala "Volunteers & Vino" Night on Thursday, September 28th in De Sales Hall from 7:30-9:30 PM. Join us to meet your Gala chairs and enjoy some wine, cheese and Gala planning. All are welcome.





# Senior Moments

Marge Van Lierde  
Gitkagirl@gmail.com  
571.831.3951



## DOWNSIZING: FREE YOURSELF OF THAT STUFF

Earlier this year, there was an excellent article on this subject in Kiplinger's Retirement Letter. I think it's worth expounding on this subject because it's such a stumbling block for those who are planning to relocate or simply want to clean out years of accumulated belongings. There are always new ideas about how to tackle this job, and following are some which I've adapted from the article.

Experts make downsizing and decluttering simple: keep, trash, or donate. If only it were that easy! However, the process often requires sifting through a literal lifetime of memories and mementos—children's art doodles, yellowed newspaper clippings, a grandmother's shawl—making the process more complex and emotionally draining. Here are some tips on how to start this process effectively and efficiently.

### Don't try to do it all in one day.

Downsizing and decluttering need to be done consistently. Do a few small things each day.

### Make a schedule and stick to it.

Whether it's 30 minutes or 2 hours a day, setting aside dedicated time to declutter will help ensure your progress.

**Start With Easy Wins.** For instance, gather all the trash, and clean the fridge and pantry. Or collect and organize receipts and paperwork which likely have minimal sentimental value. Look for things that are out of place, like

piles of books, shoes, clothes, or small appliances. If you can't put these things away, maybe you can make room for them by clearing out where they should go.

**Then move on to other smaller areas.** Consider tackling individual drawers before moving up to something slightly larger, such as a closet or a spare room.



**Stop collecting more stuff.** Even if it means telling family members to skip this year's birthday present! If you continue to accumulate things through this process, you'll be losing ground.

### Consider getting outside help.

Professional organizers can map out a process and timeline while keeping things moving. It can be helpful to have an objective outsider around when things start to get stuck. Getting help for smaller "bumps," like hiring haulers for a couple of hours to move heavy things around or taking trash out, or finding resources for where to donate or recycle things are something to think about.

**Give yourself grace with a "maybe" box.** If you're on the fence about a particular item, set it aside for a bit. The hardest decisions will involve holiday ornaments, scrapbooks, pictures, and other items that tear at your heart. Sentimental items will slow you down, and the goal is to get through as much as you can as quickly as you can. When the box is full, put a

note on it and a date when you'll revisit those contents. By then, your decluttering muscles will be stronger and you'll be able to decide. When I went through this process, I found myself more pragmatic the longer I worked at it. And it became easier to decide what to do when I was stuck.

**Ask yourself the last time you used something.** If you haven't used something in the past year or so and don't expect you'll need it in the near future, it's probably safe to get rid of it.

### Reach out to your children.

Ask them to go through the possessions they left behind. Invite family members over for a "give and take" visit. Explain that you're looking to declutter and encourage them to choose something. You may think about keeping this stuff for your heirs but very rarely do your children have the same attachments to items you have. They want to create their own memories. Instead, discard the items, but take pictures or videos to keep the memories alive.

**Finally, be sure that your old habits don't return.** Keep up with the organization. Make sure to declutter on a regular basis, and be conscious of what new items you're bringing into your home. Decluttering is a challenging but rewarding task. Not only does it make your home more organized and functional, it also gives you a sense of peace and clarity. Just start small, take it one step at a time, and you'll be amazed at the results!

## Elder Wisdom

Lately you've noticed  
people your age are so  
much older than you.



## New Santa Maria Council Officers Installed

On July 11, the Knights of Columbus Santa Maria Council #4654 installed its officers for the 2023-24 Fraternal Year, at the Council Hall in Vienna.



## Golf Classic Sponsorships

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:

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- Fleet Sponsor – includes one golfer registration



Other sponsorship opportunities are available. Please visit [olgcvva.org/fellowship/golf/sponsorships](https://olgcvva.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.

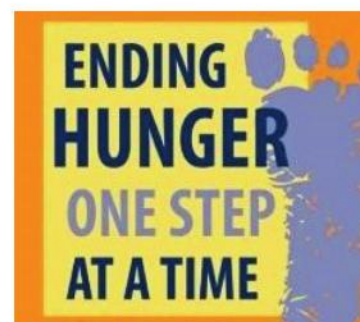
## Game Night in August

Game Night is proving to be very popular! Mark your calendar now for the next gathering on Friday August 18, 6-9:30 pm and come for some fellowship and friendly competition.



## 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 in October. Can you attend monthly zoom planning meetings in August and September and help publicize the event and recruit walkers? If interested, contact Anne Moran Hamisevicz at [amoranelm@gmail.com](mailto:amoranelm@gmail.com).



## 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](https://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.



## Upcoming Diocesan Events

Visit [arlingtondiocese.org/all-events](https://arlingtondiocese.org/all-events) for details

**Mornings of Mercy for Divorced Catholics**  
August 12 | 9:00am

**Mass & Rosary in Thanksgiving for the Gift of Human Life**  
August 19 | 9:00am

**Mass for Multicultural Communities**  
"My soul rejoices in the Lord"  
August 25 | 7:00pm

**"Beloved of God: Overcoming Stigma and Finding Community" A Day of Prayer for Mental Health**  
August 26 | 9:30am



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