

# MARCH

## 3 | 3 | 2024

## 3RD SUNDAY OF LENT



### **Our Lady of Good Counsel Catholic Church**

8601 Wolftap 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

*"Perfection does not lie  
in avoiding the world,  
but in not clinging to it."*

- St. Francis de Sales

*"La perfección no radica  
en evitar el mundo, sino  
en no aferrarse a él".*

- San Francisco de Sales

## **Fellowship and Food**

**M**any volunteers turned out to launch the 2024 Fish Fry, making sure food was prepped, De Sales Hall was decked out, and customers were served with a smile. Almost 900 seafood entrees were prepared and served on the first night, and more than 1,000 last Friday, proving that this OLGC tradition is well loved by the parish and those in the community.

Volunteers are needed every week, to prepare food, manage orders, serve customers, and provide homemade desserts. Sign up at [bit.ly/Fish-Fry-2024-volunteers](http://bit.ly/Fish-Fry-2024-volunteers).



## Mass Intentions/ Intenciones de la Misa

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

**Sat. Mar. 2/Sun. Mar. 3, 2024**

+ Justin D. Brett  
+ Homer Helen, & Dorothy Hart  
+ Angel Munoz  
+ Mary Ann Catherine Adamson  
For the Fasullo – Santos Families

**Monday, March 4, 2024**

8:30am + Laura Harbour Scott

**Tuesday, March 5, 2024**

8:30am Veronica Samson

**Wednesday, March 6, 2024**

8:30am + Luis Hernon Rozo

**Thursday, March 7, 2024**

8:30am + Jean M. Porte

**Friday, March 8, 2024**

8:30am + Souls in Purgatory

**Saturday, March 9, 2024**

8:30am + Barbara J. Burns

**Sat. Mar. 9/Sun. Mar. 10, 2024**

+ Carlota and Obdulio Carrera  
+ Simon & Simoncito Zoghbi and  
Nicolas Valera  
+ Wencil Kulish  
+ Esperanza Vargas de Rozo  
+ Ray and Ted Simonetti

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

+ Gladys Carrera

### SANCTUARY CANDLES

Sanctuary Candles are available on a weekly basis starting on a Sunday. To “light a candle for someone” indicates one’s intention to say a prayer for another person, and the candle symbolizes that prayer.

For a donation of \$25, you have the opportunity to have the candle burn for a week in memory of a deceased loved one, for a celebration or for a special intention.

Visit [olgcv.org/liturgy-worship/devotions/candle](http://olgcv.org/liturgy-worship/devotions/candle) to light a candle.

## 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)

**Director of Music** Kathy DeJardin 703.896.7411 ..... [kdejardin@olgcv.org](mailto:kdejardin@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)

**Dir. of Faith Formation/Youth** Derek Rogers 703.896.7409 ..... [drogers@olgcv.org](mailto:drogers@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)

## Eden Corner

### ANNUAL SPRING GALA WEEKLY UPDATES

Check back each week for new auction items, sponsor highlights, event updates and more!

**Silent and Live Auction previews are now available on our Gala Website! Check them out today!**

- Fish Fry Table for 8
- Capitals Tickets
- Principal for the Day
- One-Night stay at the Pendry
- Chick Fil-A for a Year
- House League Registrations
- Reserved Seating at Christmas Eve Mass
- Principal for the Day
- \$500 to Great American Restaurants

*We Need You!*

A few fun events are approaching such as a basket-making party and a morning of creating fun decor for our Gala. Many spots are open for day-of event support. Please consider helping in any way you can!

*...and More!*



*Live  
Auction*



*Silent  
Auction*

## Annual Car Raffle

All Saints Church (Manassas, VA) has invited our parishioners once again to participate in their Multi Car Raffle. Prizes include four 2024 vehicles from Ourisman Ford of Manassas (Ford Escape, Mustang, Ranger Truck and Bronco Sport). One \$5.00 ticket offers the purchaser a chance to win all four vehicles plus \$40,000 (including one for \$20,000) in cash prizes.

The tickets for the annual Car Raffle have been mailed. You will notice that the ticket returns are being processed at All Saints again this year. This is required by the Department of Charitable Gaming. The raffle once again benefits OLGC parish and many other charitable causes throughout the diocese, as it has in the past.

We hope that you will support our efforts by buying or selling your tickets. Please make your checks payable to All Saints.



*Pictures are representative, not particular vehicles being raffled.*

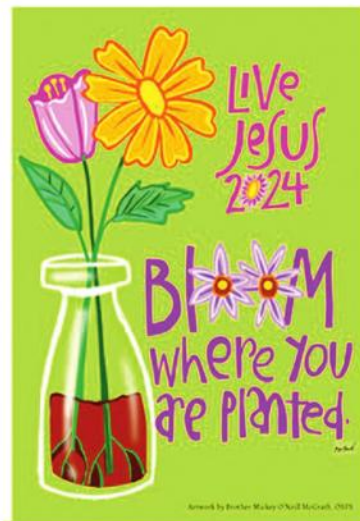
Oblates of St. Francis de Sales



## "BLOOM WHERE YOU ARE PLANTED"



**SATURDAY, MARCH 9, 2024**  
**Bishop Ireton High School**  
**8:00 AM - 12:45 PM**



### A MORNING OF REFLECTION

*Explore how Salesian wisdom grounds us to live well where we are.*

### SPEAKERS

**Fr. Kevin Nadolski, OSFS**  
Former BI Faculty Member & Principal

**Fr. Matt Hillyard, OSFS**  
Former BI Chaplain, VP & Principal

**Mrs. Kathleen McNutt**  
Current BI Head of School

Continental Breakfast - Speakers  
Fellowship - Prayer

[Register at oblates.org](https://www.oblates.org)



View this bulletin online at [www.DiscoverMass.com](http://www.DiscoverMass.com)

Readings for the Week/  
Lecturas de la Semana

Week of March 3-10, 2024

**SUNDAY** Third Sunday of Lent  
Ex 20:1-17 or Ex 20:1-3, 7-8, 12-17; Ps 19:8-11;  
1 Cor 1:22-25; Jn 2:13-25

**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 and 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, 6-9; Lk 11:14-23

**FRIDAY**  
Hos 14:2-10; Ps 81:6c-8-11ab, 14 and 17;  
Mk 12:28-34

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

**SUNDAY** Fourth Sunday of Lent  
2 Chr 36:14-16, 19-23; Ps 137:1-6; Eph 2:4-10;  
Jn 3:14-21

Monthly Collections

Fiscal Year July 2023—June 2024

	Dec 2023	Jan 2024
Offertory	337,136	166,808
Total Budgeted	293,141	200,665
Variance	43,994	(33,857)
YTD Received	1,159,909	1,326,717
Budget YTD	1,203,316	1,403,982
Variance	(43,407)	(77,264)

Weekly & Second Collections

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

March Collections

- 3 Easter Flowers
- 10 Catholic Relief Services

Calendar (Subject to change, updates at [www.olgcva.org/about-us/calendar](http://www.olgcva.org/about-us/calendar))  
March 4— 10

<b>MONDAY</b>			<b>4</b>
Little Rock Scripture Study	10 - 11:30 AM	Zoom	
Rosary Makers	10 AM - 12 PM	SJC-Aviat Rm	
Quilters	11 AM - 3 PM	SJC-Brisson Rm	
Lenten Evening Prayer & Reflection	7 - 7:30 PM	Church	
<b>TUESDAY</b>			<b>5</b>
Tuesday Bible Study	9:45 - 11:45 AM	Zoom	
Girl Scout Troop 50274	3 - 4:30 PM	SJC-Brisson Rm	
Daisy Girl Scout Troop 50296	3 - 5 PM	School-Loft	
<b>WEDNESDAY</b>			<b>6</b>
Girl Scout Troop 50198	3 - 4:30 PM	SJC-Brisson Rm	
The Light is On: Confession & Adoration	6:30 - 7:30 PM	Chapel, Reconciliation Rm	
BSA Troop 976 meeting	7 - 8:30 PM	Counsel Rm	
RCIA Catechumenate	7:30 - 9 PM	SJC-Brisson Rm	
St. Vincent DePaul Society	7:30 - 9 PM	SJC-Aviat Rm	
Men's Basketball	8 - 10 PM	Fr. Brisson Gym	
<b>THURSDAY</b>			<b>7</b>
End of 2nd Trimester	9:30 - 11 AM	SJC-Brisson Rm	
Prayer Shawl Ministry	11 AM - 12 PM	Chapel	
Funeral: Gladys Carrera	4:30 - 5:30 PM	SJC-Brisson Rm	
Girl Scout Troop 5689	7 - 9 PM	Counsel Rm	
BSA Troop 976 Parent Info Mtg	8:30 - 10 PM	Fr. Brisson Gym	
Men's Basketball			
<b>FRIDAY</b>			<b>8</b>
No School for Students—Teacher Workday			
Fish Fry	4 - 7 PM	DeSales Hall	
Stations of the Cross	7 - 8 PM	Church, Chapel	
<b>SATURDAY</b>			<b>9</b>
Elementary CCF	8:30 - 10 AM	School	
Elementary CCF	10:30 AM - 12 PM	School	
Open Mic Night (moved from Friday)	7 - 10 PM	DeSales Hall	
<b>SUNDAY</b>			<b>10</b>
Christ House Food Collection	9:30 AM - 1 PM	SJC parking lot	
Children's Liturgy of the Word	10 - 10:30 AM	Chapel	
Breaking Open the Word	10:30 - 11 AM	Reconciliation Rm	
CCF-Emmaus	1 - 4 PM	SJC-Brisson Rm	
Nightlife	6 - 8 PM	DeSales Hall	
Jr. High CCF	6:15 - 7:45 PM	School	

SECOND COLLECTION MARCH 10  
Catholic Relief Services

The Catholic Relief Services Collection values families. It works to provide for their basic humanitarian needs, protect vulnerable children, reunite families, and encourage legislation that reflects the importance of family in society. The reach of this collection spans the globe, helping

families on every continent from an array of ethnicities and back-grounds.



## Lent 2024: Not "Just Another Lent!"

**S**t. Francis de Sales reminds us not to see this Lent as "just another Lent." Such an attitude may prevent us from receiving the rich spiritual blessings of this holy season. During Lent we closely follow Jesus as he experiences growing hostility to his person and message, a hostility that ends tragically in his passion and death. Evocatively, St. Francis de Sales describes the Season of Lent as "the autumn of the spiritual life." In his day, autumn was the time to harvest the grains, fruits and vegetables that would see people through the barren and frozen winter ahead. For Francis, it is by following Jesus liturgically as he makes his way to Jerusalem and by observing the three Lenten practices of prayer, fasting and almsgiving that we harvest the graces, insights, strength and inspirations to see us through whatever shape any spiritual winter make take for each of us. For de Sales, prayer is simply a heart-to-heart conversation with God. The content of that conversation need only be whatever is on the front burner of our lives at that time. In prayer, we simply speak to God from the heart about whatever we wish, and we listen to whatever God, from his heart, may say to us in return. Prayer is not rocket science. It is simply a warm, open and honest heart-to-heart conversation between friends.

The Church has wisely limited the days of physical fasting during Lent, preferring instead to encourage us to fast from anything—such as food, possessions, hurts, prejudices, vanities, and so on—that keep us from living Jesus more fully by embracing in our own lives his simplicity, humility, gentleness and foot-washing service of others.

Almsgiving may be the most misunderstood of all three Lenten practices. Almsgiving is rooted in our gratitude to God for his many blessings to us and to our family. In Salesian spirituality, gratitude always engenders generosity, that is, we thank God for his blessings to us by caring in concrete and tangible ways for those for whom blessings are little or few. The Church expects each of us to be honest with ourselves and to stretch ourselves to do whatever we can do to share our blessings with others, and to do so with a warm smile, wide open arms and a generous heart. This pleases the Lord who has a special love for the poor, the outcast, the marginalized and the neglected. May this Lent of 2024 not be "just another Lent!"

—Rev. Lewis Fiorelli, OSFS



It's not too late to start a Lenten practice. Find a series of daily Lenten reflections from the Oblates of St. Francis de Sales at [bit.ly/Oblates-daily-lenten-reflection](https://bit.ly/Oblates-daily-lenten-reflection).

## Lent Offerings This Week

### Evening Prayer and Reflection

We will gather on Monday, Mar. 4 at 7 pm in the Church. Through this Evening Prayer, the people of God sanctify the day by continual praise of God and prayers of intercession for the needs of the world. Each week, a reflection will be offered by clergy or lay persons to guide us to Holy Week.

### The Light is On

#### Confession & Adoration

Wednesday, Mar. 6,  
6:30 - 7:30 pm in the Chapel

Welcome! Our doors are open, and the light is on. The Light is On is an initiative where churches across the DC metro area are open for quiet prayer and Confession every Wednesday evening during Lent. Come spend some time with Jesus in prayer, adoration, and reconciliation.

### Stations of the Cross

Friday, Mar. 8, 7 pm  
in the Church (English)  
& the Chapel (Spanish)

The Stations of the Cross is a Lenten devotion that offers witness to Jesus' Passion and Death. At each station, we use our senses and imagination to reflect prayerfully and encounter the visual images that represent Christ's love for us. The Narthex doors will open at 6:30pm.



**FR. MATT'S  
MUSING:  
FEBRUARY 20  
OLGC Lenten  
Offerings**

We are in the first week of Lent, so we are still early in our journey. Remember, Lent began last Wednesday with our celebration of Ash Wednesday....

Read more at [bit.ly/FrMattsMusing-Feb20](https://bit.ly/FrMattsMusing-Feb20)

## Our Lenten Journey

We begin the third week of Lent. Our ashes are only a memory, and hopefully our Lenten season focus is still a part of our daily lives. I know that the notes I made on page four of my Lenten Little Black Book remind me of the path, the journey, for my life this season. What has been helping me along this path is a focus on Gospel values and Gospel mission. Our values and mission have been highlighted in one of the songs we have been singing these past weeks. "In These Days of Lenten Journey" encourages us to look around us and see, and reach out to the homeless, the hungry, the weary, the poor, those in despair and those oppressed. The refrain is our charter for life—"we have heard the call to sow justice in the lives of those we serve." I pray that you are all embracing our 'Live Jesus' charter as we move to the Triduum and the Resurrection. This Sunday our Elect experience the first of three Rites of Scrutiny on their journey to the font at the Easter Vigil. I ask that we keep our Elect and Candidates in our prayers as well.

Dr. Kathy DeJardin  
Director of Music

In These Days of Lenten Journey ©1997, Ricky Manalo, CSP.  
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## Knights of Columbus Young Man & Young Woman of the Year



Recognize our youth who exemplify the values of our community and the Catholic Church. We look for outstanding youth who have made positive contributions to family life, community life, or parish life. Students in 9th through 12th grades are eligible, no matter where they go to school. We will consider academic achievements, sports and extracurricular activities, civic and religious activities, and family support activities. **Nominations are due March 12.** The form is available at [www.knightsvienna.org/nominations/young-manyoung-woman-of-the-year](http://www.knightsvienna.org/nominations/young-manyoung-woman-of-the-year) and through the QR code.



## OLGC Scouts Earn Religious Emblems

Congratulations to the following scouts upon earning their Religious Awards!

### Cub Scouts Pack 976

*Guardian Angel*

*Emblem:*

Richie J.

*Light of Christ*

*Emblem:*

Benjamin B.

Matthew B.

Caleb L.

Declan C.

Bryon C.

*Parvuli Dei*

*Emblem:*

Francis S.

Jacob L.

Abigail C.

### Girl Scout Troop 50296

*Kindergarten Daisies*

*Guardian Angel*

*Emblem:*

Anna K.

Claire L.

Victoria L.

Claire S.

Tinsley K.

Diana B.

*My Promise, My Faith*

*Award:*

Tinsley K.

Diana B.

### Girl Scout Troop 50198

*My Promise, My Faith*

*Award:*

*4th Grade Juniors:*

Sofia B.

Clara F.

Mary Louise H.

Gianna I.

Jasmine M.

*3rd Grade Brownies:*

Brooke F.

Lucy H.

Nora M.

Rebecca R.

Anna S.

Elodie T.

Sophia T.

## PRAYER TO MY GUARDIAN ANGEL

Angel of GOD,  
My guardian dear,  
To whom GOD's love  
Commits me here.

Ever this day  
Be at my side  
To light and guard  
To rule and guide.  
Amen.



# 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@olgcv.org](mailto:mromero@olgcv.org)



## SACRAMENTO DEL BAUTISMO DE NIÑOS MENORES DE 6 AÑOS:

Comuníquese con Maria Romero 703.896.7419 [welcome@olgcv.org](mailto:welcome@olgcv.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. [olgcv.org/sacraments/baptism](http://olgcv.org/sacraments/baptism)

## CONFESIONES

Confesiones en español durante el mes de marzo son el sábado 23 de - 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@olgcv.org](mailto:frhillyard@olgcv.org). No se escuchan confesiones los domingos antes o después de la misa.

Todos los miércoles por la noche durante la Cuaresma estará disponible la Reconciliación y la Adoración al Santísimo se llevará a cabo en la Capilla.

## REZAR EL ROSARIO

Acompañemos a rezar el rosario en la iglesia los domingos a las 11:00am y vía zoom los lunes a las 7:30 pm, para el enlace comuníquese con Carlos Berrios [berrioscg@gmail.com](mailto:berrioscg@gmail.com).

## LA PETICIÓN CUARESMA DEL OBISPO DEL 2024

La correspondencia sobre la Petición Cuaresma Del Obispo del 2024 se envió recientemente a los feligreses. El lema de este año es

“He aquí QUE HARÉ Nuevas TODAS LAS COSAS”. Después de reflexionar sobre las bendiciones que Dios nos ha dado, en espíritu de oración piensen en hacer una promesa de contribución. La Petición Cuaresma Del Obispo financia programas y ministerios al servicio de miles de personas en nuestra diócesis. Con la inspiración del lema de la Petición Cuaresma del Obispo, recordemos la tierna naturaleza de Cristo al unirnos para dar algo de nosotros mismos a otras personas. Pueden hacer su ofrenda en la página [www.arlingtondiocese.org](http://www.arlingtondiocese.org) o escanear el código de respuesta rápida (QR) que aparece a continuación: La Petición Cuaresma inicia el 11 de febrero, les pedimos por favor vengán preparados para hacer su compromiso y/o donación. Al igual le pedimos que lleven en sus oraciones el éxito de La Campaña Cuaresma Del Obispo.

## ADORACIÓN

Adoración Eucarística del Santísimo Sacramento el primer viernes del mes: “Nuestra adoración comunitaria en la misa debe ir acompañada de nuestra adoración personal de Jesús en la adoración Eucarística para que nuestro amor sea completo”. (San Papa Juan Pablo II). Venga a experimentar la mirada amorosa de Jesús en la Adoración Eucarística de 9:00 am a 3:00 pm.

## VOLUNTARIOS

Estamos en necesidad de voluntarios de lectores, ministros Eucarísticos, ujieres, monaguillos, como parte del equipo de bienvenida y celebraciones culturales. Para registrar se llamen a la oficina parroquial al 703.896.7419.

## NORMAS PARA EL AYUNO Y LA ABSTINENCIA

El miércoles de ceniza, 14 de febrero, y el viernes santo, 29 de marzo, 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.

# Senior Moments

Marge Van Lierde  
Gitkagirl@gmail.com  
571.831.3951



## SEASONED CITIZENS' LUNCHEON

"Smiling Irish Eyes" is the theme of this month's gathering, so plan on wearing something green to brighten up De Sales Hall! The St. Patrick's Day festivities will take place on Thursday, March 14 at noon. The menu will be a



traditional Irish meal, complete with corned beef, cabbage and all the trimmings! And, for your entertainment, the popular Sunshine Band will be returning. Reservations are required, and are easy to make. Email [seasonedcitizens@olgcvva.org](mailto:seasonedcitizens@olgcvva.org), call Dagny, 703.281.5525, or RSVP to [bit.ly/Seasoned-Citizens-Mar2024](http://bit.ly/Seasoned-Citizens-Mar2024). Please note that take-home meals are only available for homebound OLCG parishioners. Contact Heidi at [heidilinksnyder@gmail.com](mailto:heidilinksnyder@gmail.com) to make arrangements. The Book Swap table will be available. Thank you for donating jigsaw puzzles and recent books!

## LUNCH 'N LIFE

The Shepherd's Center of Northern Virginia invites you to a St. Patrick's

Day celebration at St. Mark Catholic Church, 9970 Vale Road in Vienna, on Wednesday, March 13 from 12-2 pm. Margaret Davenport & Friends will be the entertainment. The fee is \$20 per person and includes an Irish-inspired lunch. Get your tickets by contacting the SCNOVA, 703.281.0538.

## SIDE EFFECTS

You know them, those long lists of possible things that might happen when you take medications...often recited very rapidly at the end of a TV ad for prescription drugs. Some sound pretty horrible, but there can be many that are beneficial to our health and wellbeing. This list might include weight loss, improved heart health, newfound energy...things like that. I found myself thinking about this recently and realized that there are side effects other than those that might occur when you take medications. Both simple and profound, they're the ones that happen when we interact with each other.

Last year a good friend and neighbor on my corridor died, which was a difficult, unexpected loss for all who knew her. I was fortunate to spend time with her in the last month of her life, and what was happening to her affected me deeply. A side effect I experienced with my friend was the reminder (yet again) of how to accept, with grace, patience, and trust in God, that which we cannot change. Another example is that of being loved; it enables us to love others. Receiving a sincere compliment lifts our spirits. Seeing someone work hard at losing ten pounds inspires us to try again. Allowing another vehicle to safely slip into our lane of slow-moving traffic encourages the driver behind us to do the same. Side effects: they're everywhere! Small things, positive things, that can change our outlook on life as well as that of someone else.

It seems, as we age, many of us become negative in our attitude or perspective. Sometimes we lose our "mojo" because we're in constant pain and lose energy, which saps the joy out of our days. Sometimes we stay too long on "Memory Lane" digging up old grudges. Or we've allowed ourselves to believe that we're just too old to be useful, and give up trying. But recognizing the side effects of human interaction is empowering and allows us to see God at work in our daily lives. It helps us understand that even though we can't do the things we used to do, it's the small stuff that counts, that can make a difference. And then there's St. Francis de Sales who reminds us that nothing is small in the service of God. Never underestimate side effects!

## SAVE THE DATE!

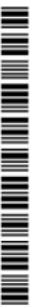
The Shepherd's Center of Northern Virginia has just announced that the date of the 2024 Pickleball Mixer Fundraiser will be September 17 from 4-7 pm at Worldgate Athletic Club & Spa, located at 13037 Worldgate Drive in Herndon, Virginia. Support the good work of this senior-focused organization and have a great time by attending! Watch here for additional details as they become available.

## QUESTIONS?

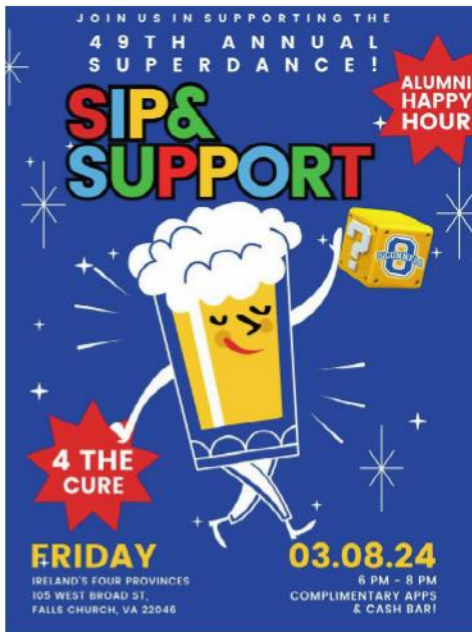
If there's a topic you think might be helpful and of general interest to our older parishioners, please let me know, using the contact information at the top of this page.

## Elder Wisdom

We can't always choose the destination or even the road we take, but we can choose, every day, to travel with hope.



# DIOCESAN & COMMUNITY NEWS



## Catechesis of the Good Shepherd Training

Calling All Catechists and Caregivers! Christ the Redeemer Catholic Church is offering the Catechesis of the Good Shepherd faith formation training this summer and next for Level I (ages 3-6), Level II (6-9yrs) and Level III (9-12 yrs) for certification. Contact Kay Kale at [goodshepherdlittlelambs@gmail.com](mailto:goodshepherdlittlelambs@gmail.com) or contact the CTRCC parish office at 703.430.0811 for information.

## Upcoming Diocesan Events

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

**Praying with the Saints  
Married Couples' Retreat**  
Friday, March 8 | 6:00 pm

**Entrepreneurship at the Service of  
the Human Person: Celebrating  
the Dignity of Work**  
Saturday, March 9 | 5:00 pm

**Teacher Job Fair 2024**  
Saturday, March | 9:00 am

**Theology of the Body**  
Saturday, March 9 | 8:00 am

**Women's Conference 2024—  
Behold, I Make All Things New**  
Saturday, March 9 | 8:30 am

**St. Andrew the Apostle Concert Series**  
Sunday, March 10 | 4:00 pm

## Your Chance to Help Refugee Families...

Catholic Charities Migration and Refugee Services seeks your help to secure desperately needed household goods for our new arrivals. Donations directly benefit refugees settling inside our Diocese by outfitting their apartments with basic household necessities. Use our Amazon Gift Registry ([a.co/3CwyIQ9](https://a.co/3CwyIQ9)), to purchase linens, kitchen, bedding, or other household items. Thank you for your generosity.

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