

# OCTOBER

## 10 | 27 | 2024

### 30TH SUNDAY IN ORDINARY TIME



OUR LADY OF  
GOOD COUNSEL  
CATHOLIC CHURCH

### 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

Visit [olgcva.org/about-us/clergy-staff](http://olgcva.org/about-us/clergy-staff)  
for staff contact information

Full listing appears in the Bulletin on the first  
Sunday of the month

*“Prayer is the first and most  
important means at our  
disposal for progressing in  
holiness: praying in all  
circumstances.”*

- Blessed Louis Brisson

*“La oración es el primer y  
más importante medio a  
nuestra disposición para  
progresar en la santidad:  
orar en todas las  
circunstancias”.*

- Beato Louis Brisson

## Welcome to Our Lady of Good Counsel

**W**elcome to Our Lady of Good Counsel Catholic Community! We hope that you will always feel welcome here. Please find parish activities that interest you, and then come take part. For the most up-to-date information, visit [olgcva.org](http://olgcva.org).

### This Week at OLGC

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

#### SUNDAY

27

Winter Coat Drive	7:30 AM - 1:30 PM, 4:30 - 6:30 PM	
Children's Liturgy of the Word	10 - 10:30 AM	Chapel
OCIA Breaking Open the Word	10:30 - 11 AM	Reconciliation Rm
CCF-Emmaus	1:30 - 3 PM	SJC-Brisson Rm
Jr. High CCF	6:15 - 7:45 PM	School

#### MONDAY

28

Little Rock Scripture Study: Job	10 - 11:30 AM	Zoom
Funeral: Frances Virginia Wheeler	11 AM - 12 PM	Chapel
Quilters	11 AM - 3 PM	SJC-Brisson Rm
Middle School Monday	6 - 7:30 PM	DeSales Hall

#### TUESDAY

29

Tuesday Morning Bible Study	9:45 - 11:45 AM	Zoom
Mystagogy	7:30 - 9 PM	SJC-Aviat Rm

#### WEDNESDAY

30

Early Dismissal (ECAP until 3 pm)		
PTO Trunk or Treat	4 - 5:45 PM	
High School CCF	5 - 7 PM	SJC-Aviat Rm
BSA Troop 976 meeting	7 - 8:30 PM	Counsel Rm
OCIA	7:30 - 9 PM	SJC-Brisson Rm
Men's Basketball	8 - 10 PM	Fr. Brisson Gym

#### THURSDAY

31

Fall Colors Dress Out of Uniform Day		
Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm
Funeral: Michael Barry	11 AM - 12 PM	Church
Men's Basketball	8 - 10 PM	Fr. Brisson Gym

#### FRIDAY

NOV 1

All Saints Day Masses	8:30, 12:10, 7:00	Church
Coffee Social	9 - 10:30 AM	DeSales Hall

#### SATURDAY

2

All Souls Day Mass	8:30 - 9:30 AM	Church
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#### SUNDAY

3

Donut Social	8 AM - 2 PM	DeSales Hall
Children's Liturgy of the Word	10 - 10:30 AM	Chapel
OCIA Breaking Open the Word	10:30 - 11 AM	Reconciliation Rm
GS Troop 50348	11 AM - 12:30 PM	Counsel Rm
GS Troop 50198	3 - 6 PM	SJC-Brisson Rm, Aviat Rm
Nightlife	6 - 8 PM	DeSales Hall

## Mass Intentions/ Intenciones de la Misa

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

**Sat. Oct. 26/ Sun. Oct. 27, 2024**

+ Therese M. Tuszka  
+ Nelson Buenaflor  
+ Lucy Marbella  
+ Teresa & Dominic Marro  
+ Candamo-Ortiz Families

**Monday, October 28, 2024**

8:30am +Frank Gadell

**Tuesday, October 29, 2024**

8:30am The OLGC Community

**Wednesday, October 30, 2024**

8:30am + John V. Kelly, Jr.

**Thursday, October 31, 2024**

8:30am Rachel Mitchem

**Friday, November 1, 2024**

**(All Saints Holyday)**

8:30am + Nahida Robert & Sami Awad  
12:10pm + Lee Burning  
7:00pm + Lucas Saucedo and Family

**Saturday, November 2, 2024**

8:30am +Richard Calder

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

+ Christine Johnson  
+ James Garrison  
+ Rev. Father Donell Lowe  
+ Antonio & Leonor Pou  
+ Laura Harbour Scott

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

+ Thomas Nagurney  
+ Michael Barry

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

**Church** For the Healing of Encarna

**Chapel** For the OLGC Parish  
Community

**OL Votive** In Loving Memory of  
Jeanice Yuhas McCoy

### SANCTUARY CANDLES

For a donation of \$25, you may have a 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 contact 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 ..... [cgmooore@olgcv.org](mailto:cgmooore@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** Derek Rogers 703.896.7409 ..... [drogers@olgcv.org](mailto:drogers@olgcv.org)  
**Youth Ministry** Carmen Clem 703.896.7414..... [clem@olgcv.org](mailto:clem@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)  
**OCIA/Adult Sacraments** Amy MacKinnon ..... [amackinnon@olgcv.org](mailto:amackinnon@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/Devotional Candles: [olgcv.org/liturgy-worship/devotions/mass](http://olgcv.org/liturgy-worship/devotions/mass)

## OLGC Troop 976 Annual Christmas Wreath Sales

### Pre-order your wreaths now!

OLGC's Boy Scout Troop 976 is conducting their annual sale of festive Christmas wreaths. The wreaths are \$35 each and usually sell out quickly—the Troop recommends pre-ordering early this year to ensure you get one! The beautiful greenery we select is fresh from a Maryland farm, and the proceeds help keep dues accessible for many members of our Troop.

For more information, please scan the QR code or visit [tinyurl.com/T976wreaths](http://tinyurl.com/T976wreaths).



## Be a Golf Pro for a Day!

Volunteer to help golfers have their best game.



There are a lot of ways to help out. Go to [bit.ly/2024-golf-volunteers](http://bit.ly/2024-golf-volunteers) to find a spot.

## Reception tickets on sale now!

[bit.ly/2024-golf-reception](http://bit.ly/2024-golf-reception)

## Sign up to help with the best party of the year!

### An Enchanted Evening in Eden

## OLGC ANNUAL SPRING GALA

MARCH 1, 2025

Sign up at [bit.ly/2025-gala-volunteers](http://bit.ly/2025-gala-volunteers)

Have you lost a loved one?

Join our Grief Support Group

### OLGC Grief Support Group

OLGC will be offering a Grief Support Group that will walk with you on your journey through grief, and towards healing. Our next 9-week program will begin Nov. 10, and will run through Jan. 26. We will meet weekly on Sundays, from 1:30 to 3:00 pm at OLGC. To sign up, or to get more information, please phone/text Brad Frison at 703.801.9019 or email [frison@verizon.net](mailto:frison@verizon.net).



### Holiday Bike Drive

The Committee for Helping Others (CHO) is collecting bikes to help people in need this holiday season. Bikes for teenagers and adults, who need transportation, can be dropped off until Nov. 28 at—

- Antioch Christian Church parking lot, 1860 Beulah Road;
- 317 Church Street NE driveway;
- 218 Elmar Drive SE driveway; or
- 9807 Wintercress Court driveway.



### The First Christmas Book Study

Join us for this 5-week series on Tuesday mornings on *The First Christmas*. Join parishioner and catechist, Ann Marie Mack as she facilitates this classic story. Brisson Room, Tuesday mornings, Nov. 5 – Dec. 10, 9:30 – 11:00 am. Please RSVP to Cheryl Jones if you plan to attend:

[cheryl.mcmillan.jones@gmail.com](mailto:cheryl.mcmillan.jones@gmail.com)

## Readings for the Week/ Lecturas de la Semana

Week of October 27– November 3, 2024

**SUNDAY** 30th Sunday in Ordinary Time

Jer 31:7-9; Ps 126:1-6; Heb 5:1-6; Mk 10:46-52

**MONDAY** Feast of Saints Simon and Jude, Apostles

Eph 2:19-22; Ps 19:2-5; Lk 6:12-16

**TUESDAY**

Eph 5:21-33; Ps 128:1-5; Lk 13:18-21

**WEDNESDAY**

Eph 6:1-9; Ps 145:10-14; Lk 13:22-30

**THURSDAY**

Eph 6:10-20; Ps 144:1b, 2, 9-10; Lk 13:31-35

**FRIDAY** Solemnity of All Saints

Rv 7:2-4, 9-14; Ps 24:1bc-4ab, 5-6; 1 Jn 3:1-3; Mt 5:1-12a

**SATURDAY** The Commemoration of All the Faithful Departed (All Souls)

Wis 3:1-9; Ps 23:1-6; Rom 6:3-9; Jn 6:37-40

**SUNDAY** 31st Sunday in Ordinary Time

Dt 6:2-6, Ps 18:2-4, 47, 51; Heb 7:23-28; Mk 12:28b-34

### Monthly Collections

Fiscal Year July 2024—June 2025

	Aug. 2024	Sept. 2024
Offertory	172,284	175,331
Total Budgeted	178,304	168,507
Variance	<b>(6,020)</b>	<b>6,824</b>
YTD Received	351,459	526,789
Budget YTD	360,241	528,747
Variance	<b>(8,782)</b>	<b>(1,958)</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.

November

11/10 Retired Religious

11/17 Campaign for Human Development

11/24 Archdiocese for Military

11/28 Thanksgiving

## Feast Day Reflections on Blessed Louis Brisson (1817 – 1908)

October 12, 2024, Sacred Heart Chapel

**T**welve years ago, in 2012, Father Louis Brisson was beatified in the cathedral church of Troyes, France. Since his beatification, Oblate Fathers, Brothers and Sisters throughout the world have enjoyed the privilege of celebrating his Mass in our parishes, schools and other ministries on October 12th, his feast day. When he is canonized—soon, we hope!—the entire Church will enjoy that same privilege.

### WHO IS BLESSED LOUIS BRISSON?

As a young diocesan priest, Louis Brisson taught science in the local minor seminary and was chaplain to the monastery of the Visitation Sisters in the small industrial city of Troyes, France. It was from the Visitation Sisters, and especially from their holy superior, Venerable Mary de Sales Chappuis, that he learned about St. Francis de Sales and St. Jane de Chantal and soon fell in love with Salesian spirituality.

Considered among the early pioneers of the Church's modern social teachings, Father Brisson worked tirelessly to help the rising working classes of early industrial France to remain close to their Catholic faith in an environment that was often hostile to the Church.

It is for this reason that he established several Catholic homes in Troyes for young working girls who came from small villages and farms in search of work in the factories of Troyes. In these homes, the girls found support for their faith and were able to interact daily with other young girls who held similar gospel values. To provide these girls with a stable, welcoming, and Catholic environment, he and the young Léonie Aviat, his former student from the Visitation School, founded the Oblate Sisters of St. Francis de Sales in 1866. Léonie Aviat is now Saint Léonie Aviat!

A few years later, St. Bernard's, the local Catholic high school for boys, fell upon hard economic times and was threatened with closure. The Bishop of Troyes asked Father Brisson to take responsibility for its revitalization. This invitation occasioned the foundation of us Oblate Fathers and Brothers of St. Francis de Sales. Thus, we Oblates began as educators of youth but soon expanded to parish ministry, missionary activity, and other forms of ministry.

In his approach to education, Father Brisson fostered a profound respect for the individuality of each student and a deep reverence for the divine



*Continued on next page*

image in them. He often urged his followers “to bring your students to prayer with you.” He encouraged in every student a strong and vibrant faith, a sharp intellect and a healthy body, all of which is to be dedicated to the service of both church and world. This gifted educator would thus greatly appreciate the fact that our school gym now bears his name.

It was not all work and no play for Louis Brisson. To maintain a healthy balance among his many apostolic works, he took up the hobby of clock making. Painstakingly and lovingly, he constructed an award-winning and still functioning astronomical clock. After all these years, this labor of love and complex machinery still keeps accurate time, and it also tells of the movement of the planets and the times of high and low tides for major ports throughout the world.

Blessed Louis Brisson was tireless in his apostolic zeal for faith, sending members of his two congregations throughout Europe, Africa and both Americas. In keeping with his example of apostolic zeal, the Congregation has in recent years made foundations in India, Bénin and Haiti. Our own Father Mathias comes to us from our Indian foundation.

On this his feast day, we Oblates, along with each of you, honor Blessed Louis Brisson for his strong apostolic zeal, his heroic dedication to the social needs of his time, and his love for the spirit and doctrine of St. Francis de Sales, all of which he has bequeathed to those of us who are honored to call him Founder!

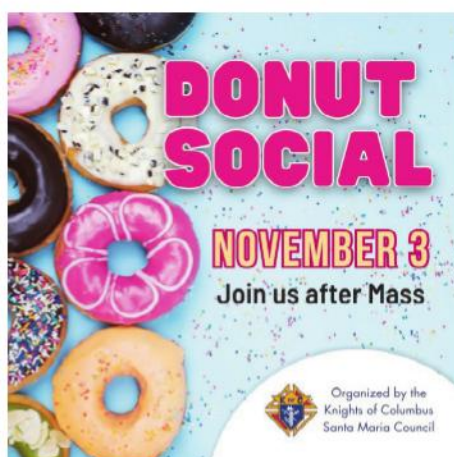
Rev. Lewis Fiorelli, OSFS

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## All Saints Day

Friday, November 1st is the Feast of All Saints (A Holy Day of Obligation) Masses are at 8:30 am, 12:10 pm and 7:00 pm. All Saints Mass is a celebration of all the saints in the Catholic Church, whether they are known or unknown to us. Some new recent Saints: Pope Paul VI, Pope John XXIII, Mother Theresa, and Giovanni Battista Scalabrini.

**Because of All Saints Day, we will not have adoration on November 1st.**



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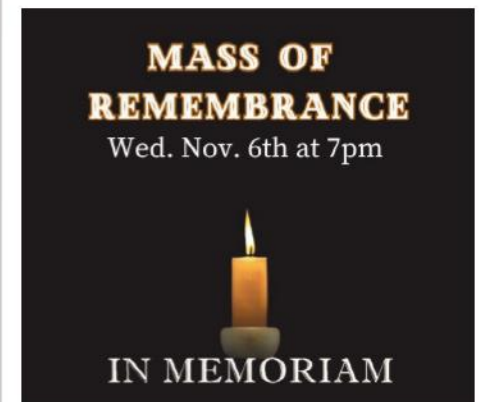
## Mass of Remembrance

In November, the Church calls us to pray for those who have died and for those who mourn their passing.

You are invited to join the community of Our Lady of Good Counsel and the Oblates of Saint Francis de Sales as we support one another in prayer and ask God to welcome our deceased loved ones into the Kingdom of Heaven.

On Wednesday, November 6th at 7 pm, we will gather at Mass in the church in a special way to celebrate the lives of those members of our families, friends, and the faith community who died this past year, and to seek God's presence in our time of grief.

A light reception will follow in De Sales Hall. Please RSVP at [bit.ly/2024-remembrance](https://bit.ly/2024-remembrance) so we have enough refreshments.



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## Table of Remembrance

In preparation for the Mass of Remembrance on November 6th, you are invited to bring photos of departed loved ones for the Table of Remembrance beginning November 1st. Please label your photos so they can be returned to you.



# Informacion Parroquial en español

Toda preguntas o sugerencias en español comuníquese con Maria Romero, Coordinadora de Bienvenida y/o Enlace con la comunidad de habla hispana, [welcme@olgcv.org](mailto:welcme@olgcv.org), 703.896.7419. Registrarse en la parroquia [www.olgcv.org/register](http://www.olgcv.org/register).



## 1RO DE NOVIEMBRE Día de precepto, horario de misas 8:30am, 12:10pm y 7:pm.

Desde principios del siglo XVII, se celebra la fiesta de todos los Santos y es un día de obligación de ir a misa para los católicos. Esta festividad celebra a Los Santos por haber vivido su vida en santidad, en su dedicación al servicio a Dios y a la difusión de Su mensaje de salvación. ¡Esto nos da esperanza y nos recuerda que nuestro objetivo, como católicos, es buscar la santidad!



## NOVIEMBRE

Mientras los días se ponen más cortos y hay un frío en el aire, la Iglesia nos llama a recordar que debemos enfocar nuestra atención en aquellos que han muerto, nuestros seres queridos que ya han completado su viaje terrenal y ahora encuentran su recompensa en el cielo. Recordamos en este mes, a través de la oración, a quienes ya han celebrado su pascua en el cielo, en especial a las personas a las que amamos y que compartieron su amor y bendiciones con nosotros. Este año invitamos una vez más, a partir del viernes 1 de noviembre o Día de Todos los Santos, a traer una fotografía de sus seres queridos que se han marchado al cielo, y colocarla en la entrada de la Iglesia. La mesa se mantendrá

todo el mes de noviembre. Además, nuestro libro de los difuntos se colocará al lado de la mesa de recordatorio. Por favor inscriba los nombres de sus seres queridos que ya han fallecido.

## MISA DE CONMEMORACIÓN EN INGLÉS

El miércoles 6 de noviembre a las 7:00pm, nos reuniremos en la misa de una manera especial para celebrar la vida de los miembros de nuestras familias, amigos, y miembros de la comunidad de fe que fallecieron el año pasado y buscar la presencia de Dios en nuestro tiempo de duelo. Todos están invitados a unirse a la Comunidad de Nuestra Señora del Buen Consejo y los Oblatos de San Francisco de Sales, mientras nos apoyamos los unos a los otros en oración y le pedimos a Dios que reciba a nuestros seres queridos fallecidos en el Reino de los Cielos. La misa, será seguida por una breve recepción en el salón De Sales. Para registrarse, por favor llamar a la oficina parroquial al número 703.896.7413 o visite el enlace [bit.ly/2024-remembrance](http://bit.ly/2024-remembrance).

## VOLUNTARIOS

San Francisco de Sales dijo: “La oportunidad de hacer grandes cosas no llega a menudo, pero en todo momento, podemos hacer pequeños actos con gran amor”. 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. Estamos necesitando

voluntarios de lectores, ministros Eucarísticos, ujieres, monaguillos, miembros del equipo de bienvenida y celebraciones culturales.

## REFLEXION SALESIANA

*Trigésimo Domingo del Tiempo Ordinario 27 de octubre de 2024*

En el Evangelio de hoy experimentamos la compasión de Jesús cuando cura al ciego que ha demostrado tener fe en Su poder sanador. Al respecto, San Francisco de Sales nos dice lo siguiente:

La mano misericordiosa de Dios sostiene sus corazones. Él jamás los abandonará, aunque se encuentren preocupados o angustiados. Nunca se alejen de Él cuando se sientan tristes o sumidos en la amargura; por el contrario, acudan a nuestro Señor y a nuestra Señora, cuyo amor por ustedes es inagotable. La bondad de Dios, con su fuerza gentil, vendrá a socorrernos siempre y cuando estemos dispuestos a aceptar la ayuda que tanto necesitamos. De ninguna manera debemos desanimarnos. Si cooperamos con el cuidado amoroso de Dios para con nosotros, Su bondad nos ayudará de una manera distinta y mucho mayor. La misericordia de Dios nos lleva de un estado bueno a un estado mucho mejor con el objetivo de que podamos avanzar en el amor sagrado.

Si ustedes dedican un momento cada día para acercar sus corazones a Dios, van a fortalecer sus mentes de tal manera que no volverán a ser perturbados por esos pensamientos habituales e

*continúa en la página siguiente*

## Muffins for Moms

As part of their October honoring of Mary, the school also celebrated mothers, grandmothers and motherly caregivers with Muffins for Moms. Mothers were invited to

join their children for Mass and then enjoy refreshments and songs provided by the OLGC School Worship Team.



## Reflexion Salesiana *continuación de la página 6*

inútiles los molestan y los atormentan ahora. En esos momentos deben repetir: **“Si Señor, voy a hacer esto porque Tú deseas que lo haga”**. El escoger soportar dificultades para poder lograr lo mejor para nosotros, independientemente de los reclamos de que nos hacen nuestros propios sentimientos, es una poderosa muestra de oración ante Dios. Si por algún motivo llegaran a fracasar en sus esfuerzos no se disgusten. Llenos de confianza en la misericordia de Dios, levántense y continúen caminando en paz y con calma, tal y como lo hicieran antes: por la senda de la fe. A pesar de que somos débiles, nuestra debilidad

jamás será superior a la misericordia que Dios demuestra a quienes desean amarlo y depositar sus esperanzas en Él.

Conozco a muy pocas personas que hayan logrado progresar en la vida sin haber tenido que pasar por pruebas. Es por esto que ustedes deben tener paciencia. Después de la borrasca Dios les enviará la calma, porque ustedes son Sus hijos. Nuestro Divino Salvador siempre nos ha demostrado que Su misericordia supera Su justicia, que Su amor y Su deseo de perdonar son infinitos y que Él es rico en compasión; por consiguiente, Nuestro Redentor desea que todos seamos sanados a través del amor Divino. Tengan fe en el poder sanador de Dios.

## Aviat Award Nominations

We are now accepting nominations. To nominate a teacher, please visit [olgschool.org/support/aviat-award](http://olgschool.org/support/aviat-award). **Nominations are due by 3 p.m. on Wednesday, November 1.**

## AEDs at OLG

An AED (automated external defibrillator) is a lightweight and battery powered piece of medical equipment that can be potentially lifesaving. An AED is used to treat ventricular fibrillation, the most common cause of sudden cardiac arrest. Anyone is a potential victim of sudden cardiac arrest, man or woman, young or old. Survival of a sudden cardiac arrest is related to how quickly a victim is defibrillated. AED units are seen in most public places such as libraries, swimming pools, airports, shopping malls... and OLG.

OLGC has six AED units located in the following areas:

- Narthex of the Church (close to De Sales Hall)
- Preschool, Room E
- St. Joseph Center (in the stairwell going up to the second floor)
- School outside the Health Clinic (close to the main entrance)
- School outside the gym
- School, 2<sup>nd</sup> floor, by the elevator close to the resource and math rooms

These AED units are only lifesaving if people are trained in CPR and AED use. Trained responders are the key to potentially saving another person's life. Consider enrolling in a CPR/AED class soon!

You can  
**SAVE A LIFE**



## Senior Moments

Marge Van Lierde  
Gitkagirl@gmail.com  
571.831.3951



### MAINTAINING INDEPENDENCE AS YOU AGE

Most of us want to continue living full and independent lives as we grow older. But “aging in place” requires advance planning. Here are four tips to help you maintain your independence as you age.

**Assess your home.** As much as you may love it in its current state, it should accommodate you as you become less mobile. Consider three factors. First is the layout. Are a bedroom and bathroom located on the main floor in case climbing stairs becomes a problem? Are entryways and exits easily accessible, particularly if you require a walker or a wheelchair in the future? Can your home accommodate a live-in care specialist? If not, is it possible—and within your budget—to make the necessary changes?

Next, consider maintenance. Who will tend to your house, inside and out, if you can't? Have you factored regular maintenance and major repairs into your budget?

Last, consider location. Are home health aides and best-in-class health care available in your area? Do family, friends, or other support people live nearby? If you answered “no” to most of these questions, another home might better suit your future needs.

### Bolster your support network.

Social isolation is a significant risk to your health as you age, increasing the likelihood of anxiety, dementia, depression, heart disease, and stroke. Studies suggest loneliness is as dangerous to your health as smoking! If you have a small social network, make the

effort now to expand it by joining a local recreation center, participating in a book club, picking up a new hobby, or just getting better acquainted with your neighbors.

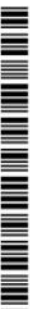
### Prioritize your health.

Maintaining your mental and physical health can help you preserve your independence. Data shows that “lifestyle medicine”—prioritizing nutrition, physical fitness, sleep, and stress management—can help ameliorate up to 80% of chronic diseases. It's just as important to stay engaged with activities you love. Committing to an interest outside the house will also help build your social network and stave off isolation.

**Think long term.** Even if you take good care of yourself, odds are that you'll still need help with the activities of daily living as you get older. Most people assume their spouse or another family member will provide long-term care, but that's not always the case. Caring for someone else can be emotionally and physically grueling work, and many people find hiring professional help is the best path forward. Unfortunately, Medicare doesn't cover the cost of long-term care, which can be exorbitant. You might consider purchasing long-term care insurance. The price of a policy isn't cheap, but the cost of not having coverage could be even more expensive. It'd be wise to begin thinking about how and where you want to age, and take the essential steps to make that vision a reality. (Adapted from an article by Susan Hirshman at Charles Schwab.)

### Elder Wisdom

Life is not a problem to solve, but a gift to cherish.



## Marriage Jubilarians

On October 20th, three OLGC couples joined many others in the diocese for a special Mass for marriage jubilarians. Bishop Burbidge, in his homily said, "At this Mass, we give thanks to God for you and we pray for you, that

the love you share will grow stronger with the passing of each new day."

Congratulations to the couples below who celebrated 25 or 50 years of marriage!



25: Norman Gotter & Ellen Hildbold



50: Cho & Nam Nguyen



25: Robert & Lourdes Duca



## Upcoming Diocesan Events

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

**Rescue Project: 8 week small group experience of the Gospel**  
October 30 @ 6:30 pm - 8:45 pm

**Mass in Commemoration of All the Faithful Departed (All Souls Day)**  
November 2 @ 11:00 am - 12:00 pm

**Rescue Project: 8 week small group experience of the Gospel**  
November 6 @ 6:30 pm - 8:45 pm

## Catholic Charities St. Martin de Porres Senior Center

**Volunteers Needed:** The St. Martin de Porres Senior Center provides a variety of services to prevent isolation of seniors and promote their wellness, happiness, and independence. The senior center is a multicultural community, with more than 20 countries represented. St. Martin de Porres Senior Center provides congregate meals, health screenings, exercises, educational activities, and numerous activities. Volunteer needs: exercise instructors, nurse or nursing students, computer and tech instructors, breakfast and lunch volunteers, nutritionist, activities assistant, arts and crafts leader, and presenter of topics of interest to seniors. The senior center is located at 4650 Taney Avenue, Alexandria, VA 22304. To volunteer, contact Maria Mellor at 703.751.2766 or [maria.mellor@ccda.net](mailto:maria.mellor@ccda.net).



## DIOCESAN & COMMUNITY EVENTS



## SIP & SHOP

Wednesday, November 13 from 6 - 8 p.m.

**Holiday Vendor Open House**

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