

MARCH

3 | 2 | 2025

EIGHTH SUNDAY IN ORDINARY TIME



Our Lady of Good Counsel Catholic Church

8601 Wolftrap Rd., Vienna, VA 22182-5026

P: 703.938.2828 • F: 703.938.2829

www.olgcva.org • www.olgcschool.org

Administered by the Oblates of
St. Francis de Sales

Mass Schedule

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

Saturday Vigil 4pm

Sunday 8am, 10am (online),

12pm (en español), 5pm

View Mass Online

www.youtube.com/c/StreamingOLGC

Chapel open for prayer

Mon - Fri, 9am - 5pm

Confessions Saturdays 9:00am

or by appointment

Office Hours

Mon - Fri 9am - 4:30pm,

Closed 12-12:30pm for lunch

“Examine your heart often to see if it is such toward your neighbor as you would like his to be toward you were you in his place. This is the touchstone of true reason.”

- St. Francis de Sales

“Examina tu corazón a menudo para ver si es hacia tu prójimo como te gustaría que él fuera hacia ti si estuvieras en su lugar. Esta es la piedra de toque de la verdadera razón”.

- San Francisco de Sales

Fish Fry Begins!

Please join us once again for the OLGC Lenten Fish Fry. This event was started in 2017 with the mission of creating a fun and inclusive event that brings together and strengthens the greater OLGC parish community.

The Fish Fry takes place in DeSales Hall from 4-7 pm every Friday during Lent (Mar. 7, 14, 21, and 28, Apr. 4 and 11).

All are welcome to enjoy a great selection of food including fried/baked cod, fried shrimp, fried oysters, hand-cut fries, mac & cheese, coleslaw, rice & beans, and homemade desserts. Beer, wine, soda, and water will also be available for purchase.

This event is not possible without the help of so many gracious volunteers from across the parish community. Please consider volunteering. There are volunteer opportunities on Thursday evenings as well as various times on Fridays. We would like to allow for as many people as possible to participate as volunteers, so please only sign up for those dates/times that you know you will be able to help.

PREORDER NOW

You can order online now by using this QR code, and your carryout order will be ready for pick up at the time you select. See the complete menu online.



OLGC Fish Fry

Please note that this year, **the Niblick entrance will be closed to vehicles** to ensure the safety of Fish Fry customers. Please enter campus through the Wolftrap entrance.



Mass Intentions/ Intenciones de la Misa

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

Sat. Mar. 1/ Sun. Mar. 2, 2025

+ Kenneth Lennon
+ Esperanza Vargas de Rozo
+ Ray and Ted Simonetti
+ Daniel Kraft
+ MaryAnn Adamson

Monday, March 3

8:30am + Laura Harbour Scott

Tuesday, March 4

8:30am Ticia and Scott Berg

Wednesday, March 5

8:30am + Francisco Funes
12:10pm + Mike Egan
7:00pm + Patrick Mahoney

Thursday, March 6

8:30am + Luis Hernan Rozo

Friday, March 7

8:30am + Mylene Magno

Saturday, March 8

8:30am The OLGCV Parish Community

Sat. Mar. 8/ Sun. Mar. 9, 2025

+ Homer, Helen, & Dorothy Hart
+ Justin D. Brett
+ Barbara J. Burns
+ Obdulio & Carlos Carrera
+ Joseph "Joey" Francis Harris

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

+ Margaret Mary Cahill

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

Church For Pope Francis

Chapel Special intention for Nick L.

OL Votive In loving memory of
+ Jo Hansbrough

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 to light a candle.

Welcome to Our Lady of Good Counsel

We, as members of Our Lady of Good Counsel Parish, strive to witness to the Good News of Jesus Christ by proclaiming our faith, educating ourselves and our children, sharing our persons, resources and gifts in the care and service of one another. We are called to foster an environment of hospitality in accordance with the Spirituality of St. Francis de Sales.

Please 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..... fhillyard@olgcv.org
Parochial Vicar Rev. Mathias Kumar, OSFS..... mkumar@olgcv.org
Retired Rev. William Metzger, OSFS..... william.metzger@olgcv.org
Retired Rev. Lewis Fiorelli, OSFS..... lfiorelli@oblates.org
Deacon Christopher Moore cgmooore@olgcv.org
School Principal Robin Williams 703.938.3600 rwilliams@olgcv.org
School Admissions & Testing Valerie Taylor 703.938.3600 vtaylor@olgcv.org
Director of Music Kathy DeJardin 703.896.7411 kdejardin@olgcv.org
Liturgy Administrator Cheryl Jones liturgy@olgcv.org
Children's Faith Formation Amy MacKinnon 703.896.7426.. amackinnon@olgcv.org
Faith Formation Office Jackie Madden 703.896.7415..... jmadden@olgcv.org
Dir. of Faith Formation Derek Rogers 703.896.7409 drogers@olgcv.org
Youth Ministry Carmen Clem 703.896.7414 cclem@olgcv.org
Communications/Bulletin Maude Hales 703.896.7412 .. communications@olgcv.org
Director of Finance Emilynda Clomera 703.896.7402 eclomera@olgcv.org
Records Manager John League 703.896.7413 records@olgcv.org
Child Protection Liaison Christine Moan 703.896.7423 cmoan@olgcv.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyon . advancement@olgcv.org
Events Manager Frank Fletcher 703.896.7418 events@olgcv.org
Events & Fellowship Coordinator Pam Trimble 703.896.7457 .. ptrimble@olgcv.org
Parish Office Manager Maria Romero 703.896.7419..... welcome@olgcv.org
Intentions/Ministry of Care Maria Romero 703.896.7419 welcome@olgcv.org
OCIA/Adult Sacraments Amy MacKinnon..... amackinnon@olgcv.org
Información en español Maria Romero 703.896.7419 welcome@olgcv.org
Pastoral Council (Tina Wickham)..... PastoralCouncil@olgcv.org
Finance Council (Regina Stranix) FinanceCouncil@olgcv.org
Society of St. Vincent DePaul (Linea de Ayuda) 703.938.3210..... svdp@olgcv.org
Respect Life/Gabriel Project Betsy Argauer 703.255.3744 betstim@gmail.com
Knight of Columbus Santa Maria Council #4654..... www.knightsvienna.org
Counseling Catholic Charities **Consejería** Caridades Catolica 703.425.0109

Our website, OLGCVA.org, is a source of lots of information about our parish life. There are a number of ways you can communicate with staff for specific needs through the site. The links below provide first steps to various things you may need.

OLGC Funerals: www.olgcv.org/liturgy-worship/funerals

Join the Parish: olgcv.org/register

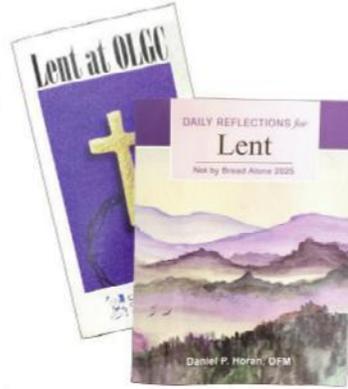
Schedule an Event: olgcv.org/about-us/facilities

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

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

A Holy Lent

We begin the season of Lent this week. There are many opportunities to live into this special time of reflection and preparation. Prayer offerings, daily Mass, adoration and confession, and community-building evenings are open to all. Pick up the *Lent at OLG* brochure and *Not by Bread Alone* in the Narthex to discover how to have a holy Lent.



A LENTEN JOURNEY

We have just a few days of Ordinary Time remaining before we begin our Lenten journey to the Passion, to the Washing of Feet, to the Cross, to the Sacraments of Baptism, Confirmation and First Eucharist for our Catechumens and Candidates. All of this happens within liturgy.

Liturgy means “the work of the people.” We are those people and our participation in liturgy is our communion, our strength, our nourishment, our song, our peace, our reminder, our promise. It is the foundation of all our prayer. As we begin Lent, we will be fully aware that we have left the season of Winter Ordinary Time and have begun a new journey. The environment looks different. The music sounds different. But as always, we need to gather, listen, give praise and thanks, share Communion. Then, based on our three Lenten pillars of prayer, fasting and almsgiving, we are sent out into the world to live out the readings and Gospel mission we are given.

Let us take time to reflect on how fully we are participating in liturgy—in singing all of the acclamations and songs, in thoughtfully reciting the rote prayers, in focusing intently on the homilies. Take time to reflect on how we treat others, to be open to the needs and care of others. Let us make this Lent one where we face our own cross as we accompany Jesus in his journey to the cross.

LENTEN DISCIPLINES

The acts of abstinence, fasting, prayer, and almsgiving are in a spirit of penance and of preparation for the renewal of our baptismal promises at the Easter Vigil and/or Easter Morning Masses.

ABSTINENCE AND FASTING

Ash Wednesday, March 5, and Good Friday, April 18 are days of fasting and abstinence. Fridays of Lent are also days of abstinence. Fasting is to be observed by all 18 years of age and older, up to the beginning of their 60th year. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one’s needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed. Abstinence is observed by all 14 years of age and older. On days of abstinence, no meat is allowed.

ALMSGIVING

Almsgiving is our response to the teachings of Jesus that encourages us to reach out to people in need—not just with our money—but with our time and talent. It is the act of donating money, food, or other items to the poor or needy. Almsgiving helps us experience giving the gifts of God that He gave to us by sharing with others. Today, we might also refer to this as stewardship.

Ash Wednesday

MARCH 5

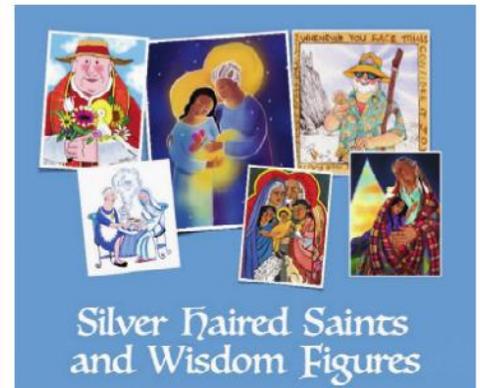


Mass with
distribution of Ashes

8:30 am 12:10 pm
7:00 pm (bilingual)

LENTEN EVENING PRAYER SERVICES

Beginning March 10, our weekly Evening Prayer services will alternate between Jubilee 2025 and OSFS Jubilee themes. Come for prayer, scripture, reflection, music and silence at 7 pm March 10, 17, and 24.



SILVER HAIR SAINT AND WISDOM FIGURES

A presentation by Brother Mickey McGrath

Sunday, March 30, 2—4 pm

Join Brother Mickey McGrath as he uses his own art, stories and life experience to share the timeless wisdom of great saints, artists, and other prophets from across the ages and margins.

From Elizabeth and Zechariah in Luke’s Gospel to Dorothy Day and Nicholas Black Elk in modern times, we will look at prophets of “more advanced age” who can help us mature in our Faith and guide us to our True Selves.

Readings for the Week/ Lecturas de la Semana

Week of March 2-9, 2025

SUNDAY Eighth Sunday in Ordinary Time

Sir 27:4-7; Ps 92:2-3, 13-16; 1 Cor 15:54-58;
Lk 6:39-45

MONDAY

Sir 17:20-24; Ps 32:1-2, 5-7; Mk 10:17-27

TUESDAY

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

WEDNESDAY Ash Wednesday

Jl 2:12-18; Ps 51:3-6ab, 12-14, 17; 2 Cor 5:20-6:2;
Mt 6:1-6, 16-18

THURSDAY

Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25

FRIDAY

Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15

SATURDAY

Is 58:9b-14; Ps 86:1-6; Lk 5:27-32

SUNDAY First Sunday of Lent

Dt 26:4-10; Ps 91:1-2, 10-15; Rom 10:8-13;
Lk 4:1-13

Monthly Collections

Fiscal Year July 2024—June 2025

	Dec. 2024	Jan. 2025
Offertory	315,266	175,008
Total Budgeted	293,141	200,665
Variance	22,125	(25,658)
YTD Received	1,175,252	1,350,409
Budget YTD	1,203,316	1,403,982
Variance	(28,065)	(53,573)

Set It and Forget It

You can set up recurring gifts to OLCG through **FaithDirect**. Email info@faithdirect.net or call 1.866.507.8757 to learn how you can set up automatic giving.

Weekly & Second Collections

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

February

- 3/2 Easter Flowers/Environment
- 3/9 Black & Indian Missions
- 3/30 Catholic Relief Services

LIVE JESUS!

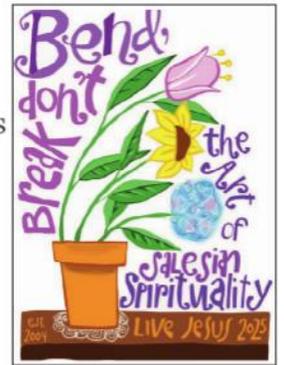
Saturday Mar. 29, 8:00 am to 12:30 pm

St. John Neumann Catholic Church, 11900 Lawyers Rd., Reston

Live Jesus! is a Catholic Lenten gathering that includes a morning of reflection, fellowship, and prayer based on the humble and gentle spirituality of St. Francis de Sales and St. Jane de Chantal.

Registration is free (although the event is wholly supported by freewill donations), and Live Jesus! is encouraged for anyone high school age and above.

The keynote speaker is Fr. James Greenfield, OSFS and the two secondary speakers are Olivia Wills Kane and Carol Swiger, founder of Live Jesus! Online registration is required: www.oblates.org and click on the Live Jesus! icon.



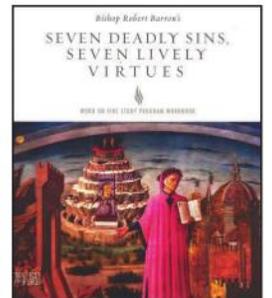
TUESDAY MORNING LENT STUDY

Bishop Robert Barron's *Seven Deadly Sins, Seven Lively Virtues*

Based on Dante's writings, the seven deadly sins correspond to the seven levels of Dante's Mt. Purgatory. Pride, envy, anger, sloth, gluttony, avarice, and lust are all presented as patterns of dysfunction within us that lead to unhappiness.

Bishop Barron shows us how to counteract these seven sinful patterns through a conscious process of opposition, which are the "seven lively virtues." The seven lively virtues offer antidotes to each sin and help set us on the right path to healing and happiness.

Classes begin Tuesday, March 4 (the day before Ash Wednesday), at 9:45am by Zoom. To learn more or to register, receive the PDF booklet and get the Zoom link, contact Fran Davenport at bwdavenport@cox.net.



CYO Spring Track

OLGC CYO Spring Track is open to all School and CCF students grade 3-8.

Registration is now open for Spring Track. Practices will be:
March 25 (Tuesday) & 31
April 7 & 28
May 5, 12, 19 & 27 (Tuesday)

The Meet will be May 31 at Bishop O'Connell High School
More info and registration at olgcv.org/fellowship/athletics/track-field
Email rachelmccarthy2003@gmail.com for more info.



CYO Volleyball Registration and Free Clinic

Interested in playing volleyball? OLCG volleyball players and coaches are needed. The program is for girls in 3rd-8th Grade. CYO volleyball is a great opportunity to compete against teams from around the Diocese. Register at reg.sportspilot.com/106532/login

Free clinics will be offered—

Friday 3/7

3rd - 6th grade: 6:00pm - 7:00pm

7th/8th grade: 7:00pm - 8:00pm

Saturday 3/8

3rd - 6th grade: 5:00pm - 6:00pm

7th/8th grade: 6:00pm - 7:00pm

Please reach out to Ella Prendergast at ella.prendy@gmail.com if you have questions.

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

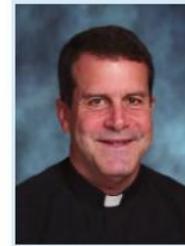
March 2 – 9

SUNDAY			2
Donut Social	8 AM - 2 PM	DeSales Hall	
Children's Liturgy of the Word	10 - 10:30 AM	Chapel	
Girl Scout Troop 50348	11 AM - 12:30 PM	Counsel Rm	
Girl Scout Troop 50198	3 - 6 PM	SJC-Brisson Rm, Aviat Rm	
Nightlife	6 - 8 PM	DeSales Hall	
Jr. High CCF	6:15 - 7:45 PM	School	
MONDAY			3
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	
Middle School Monday	6 - 7:30 PM	DeSales Hall	
TUESDAY			4
OLGC Book Study	9:30 - 11 AM	SJC-Brisson Rm	
Tuesday Morning Bible Study	9:45 - 11:45 AM	Zoom	
Mystagogy	7:30 - 9 PM	SJC-Aviat Rm	
WEDNESDAY			5
Ash Wednesday Mass with Ashes	8:30 AM	Church	
Ash Wednesday Mass with Ashes	12:10 PM	Church	
Bilingual Mass with Ashes	7 PM	Church	
St. Vincent DePaul Society	7:30 - 9 PM	DeSales Hall	
Men's Basketball	8 - 10 PM	Fr. Brisson Gym	
THURSDAY			6
Prayer Shawl Ministry	9:30 - 11 AM	SJC-Brisson Rm	
Funeral: Diane McAndrew	11 AM - 12 PM	Church	
CS Pack 976 Wolf Den	6 - 8 PM	School	
Men's Basketball	8 - 10 PM	Fr. Brisson Gym	
FRIDAY			7
Adoration	9 AM - 3 PM	Church	
Coffee Social	9 - 10:30 AM	DeSales Hall	
Fish Fry	4 - 7 PM	DeSales Hall	
SATURDAY			8
First Holy Communion Retreat	9 AM - 1 PM		
Baptisms	10 AM	Church	
OCIA Breaking Open the Word	4:30 - 5 PM	Reconciliation Rm	
CYO Volleyball Clinics	5 - 7 PM	Fr. Brisson Gym	
Open Mic Night	7 - 10 PM	DeSales Hall	
SUNDAY			9
Christ House Food Collection	9:30 AM - 1 PM	SJC parking lot	
Children's Liturgy of the Word	10 - 10:30 AM	Chapel	
CCF-Emmaus	1:30 - 3 PM	SJC-Brisson Rm	
Girl Scout Troop 50296	3:30 - 5 PM	SJC-Brisson Rm	
Nightlife	6 - 8 PM	DeSales Hall	
Jr. High CCF	6:15 - 7:45 PM	School	

OPEN MIC Night

SATURDAYS DURING LENT

SATURDAY, MARCH 8
7 - 10 pm DeSales Hall



FR. MATT'S MUSING:

Hope and Gratitude

February 21, 2025

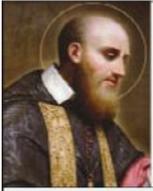
Last week, I mentioned that we are in the 2025 jubilee year of Hope proclaimed by Pope Francis. As part of this jubilee year, I would like to reflect on the great theological virtue of Hope. Last week, I wrote about a relationship between Hope and joy. This week, I would like to look at a connection between Hope and gratitude.

Read more at bit.ly/FrMattsMusing-Feb21-2025

Mass Cards for Many Occasions

Did you know that there are Mass cards to celebrate birthdays and anniversaries, get well cards, and cards just to let loved ones know you're thinking of them? OLGC has a beautiful selection of cards for many occasions. Stop by the parish office and mark a special occasion with a celebratory card.





2025
DOUBLE OSFS JUBILEE
*A Year of
Gratitude & Hope*

RETREAT ON THE RUN

A Mini Weekly Retreat

1. Find a quiet place and take a moment to be conscious that you're in the loving and living presence of God. 2. Read the reflection slowly and prayerfully until a word or idea grabs your attention. 3. In the silence of your heart, talk to God about whatever is stirred up in your heart. Stay with this silent prayer for a while. 4. As you close, offer thanksgiving for God's loving presence during this time and all times. 5. Take the word or phrase from your prayer and carry it as you go about your day.

REFLECTION

"There are times when the soul neither hears its beloved nor speaks to him, nor does it feel any sign of his presence. It simply knows that it is in God's presence, to whom it is pleasing that the soul is there. We look at him or at something out of love for him; we listen to him or those who speak for him, or we do some work, no matter what it may be, for his honor and in his service. Thus we remain in God's presence.

(Treatise on the Love of God 6.11)

Adapted from "Retreats on the Run" by the Oblates of St. Francis de Sales



GOOD THINGS HAPPENING @ OLG SCHOOL

House League-February Frenzy



Senior Moments

Marge Van Lierde
Gitzkagirl@gmail.com
571.831.3951



SEASONED CITIZENS' LUNCHEON

"Leprechaun Lunacy" is almost here, the annual St. Patrick's Day luncheon for OLGC seniors. It'll be on Thursday, March 13 at noon in DeSales Hall. I recommend making your reservation as soon as possible since this is the most heavily attended event in this luncheon series. This is easily done: RSVP to bit.ly/seasoned-citizens-mar2025, email seasonedcitizens@olgcva.org or call Dagny, 703. 281.5525. As always, there's no charge. Please



note that take-home meals are only available for homebound OLGC parishioners. Email Heidi, heidilinksnyder@gmail.com to make arrangements.

The menu will feature traditional Irish foods, with corned beef and cabbage leading the way. The Sunshine Band will entertain, and the Book Swap table will be open. Thank you for your donations of books and jigsaw puzzles. And don't forget to wear something green!

FRAUD BASICS

This free class is offered to area seniors by Vienna Parks and Recreation on Monday, March 17 from 10-10:30 am at the Vienna Community Center. Have you ever been approached with a fraudulent

offer or been the victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight with proven resources and tools to help you spot and avoid identity theft and fraud. This 30-minute session will arm you with the latest fraud trends and provide tips and resources to protect yourself and your family. Call 703.255.6360 to let them know you'll be there, for planning purposes.

ENCORE MOMENTS

Here are some helpful resources that appeared before but might be new for some of you, and as a reminder for others.

Help around the house: Need assistance with indoor or outdoor tasks? Try the Youth Odd Jobs List at the Vienna Community center. Local youth sign up to earn extra cash while helping their neighbors. The town isn't responsible for setting wage expectations. Call the Center for more information: 703.255.6360.

Recycling greeting cards: Send card fronts to St. Jude's Ranch for Children where they're repurposed into new cards sold in their gift shop. Send only card fronts with no handwriting. Due to licensing restrictions, Hallmark and American Greeting cards cannot be used. Preferred are cards measuring 5" X 7" or smaller; all themes are welcome. Mail to St. Jude's Ranch for Children Recycled Card Program, 100 St. Jude St., Boulder City, NV 89005. For more information and to place an order for repurposed cards call 877.977.7572.

American flag disposal: Slip your tired flags into a specially painted old USPS drop box located at Mill and Cherry Streets near the Vienna Community Center. You can also leave them at any Fairfax County Police Station.

Disposing of building supplies: Habit for Humanity Restore

locations accept building materials including flooring, unused lumber, light fixtures, doors, windows, bricks, fencing and other such materials. Find one at habitat.org/restores.

Save canceled stamps: Ordinary postage such as flags and stars can be tossed; they have no value. Commemorative stamps, foreign postage, high value stamps and other postal items, new or canceled, are the most desirable. Cut off the envelope leaving at least a 1/4" margin and send to Notre Dame Stamp Ministry, 100 Augusta Hall-St. Mary's, Notre Dame, IN 46556. The Sisters sell them to dealers and the proceeds support their mission efforts worldwide.

Free legal services of Northern Virginia: This is a resource for eligible applicants in all of Virginia. If you're looking for legal help with a simple will or power of attorney, or just befuddled about guardianship and advance directives, call them: 703.770.6800. Attorneys and paralegals can assist with phone advice or even court presentation where needed. This program serves Virginians 50 and older.

Meals on Wheels: This program provides nutrition services for those who may have a disability or are temporarily unable to prepare meals for themselves. Weekly meals are available for in-home delivery. Priority is given to older adults with the greatest economic and social needs. Apply by calling the Department of Family Services, 703.324.5409.

Additional Encore Moments will be published as space permits.

Elder Wisdom

"Never underestimate the power you have to take your life in a new direction."

Germany Kent

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



Miércoles de Ceniza

5 DE MARZO



Horario de Misas

8:30 am 12:10 pm
7:00 pm (bilingüe)

NORMAS PARA EL AYUNO Y LA ABSTINENCIA

El miércoles de ceniza, 5 de Marzo, y el viernes santo, 18 de abril, son días de abstinencia y de ayuno. También deben abstenerse los viernes durante la Cuaresma. Todas las personas a partir de los 18 años de edad y los que no hayan cumplido los 59 años de edad, 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 de edad 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.

Los viernes, tendremos Las Estaciones de La Cruz a las 7:pm, en la Capilla en español y en la Iglesia en inglés.

CONFESIONES

Durante el mes de marzo las confesiones en español serán los miércoles en marzo 12, 19, 26 y abril 2, y p de abril de 6:30pm a 7:30pm y el sábado 15, de marzo de 9:am a 9:30am. Puede llamar para hacer una cita con el Padre Mateo durante la semana al 703.938.2828 ext. 108. o envíe un correo electrónico a frhilliard@olgcv.org. No se escuchan confesiones los domingos en ninguna de las misas ni antes o después de la Misa.



PETICIÓN CUARESMAL DEL OBISPO DE 2025

En este fin de semana se le pide a cada familia que haga una promesa de contribución o una donación a la Petición Cuaresmal del Obispo. Esta Petición nos da la oportunidad de unirnos como familia católica y de apoyar los varios programas y ministerios que ayudan a decenas de miles de personas en nuestra diócesis. Después



de reflexionar sobre las bendiciones que Dios les ha dado, piensen en hacer una promesa de contribución que les permitirá compartir sus dones con sus vecinos. Cada donación es vital para el éxito de la Petición y para el importante trabajo que financia. Pueden llenar una tarjeta de promesa de contribución durante la Misa o hacer su ofrenda por correo postal, en línea en arlingtondiocese.org/BLA o al escanear el código QR que aparece a continuación.

OCTAVO DOMINGO DEL TIEMPO ORDINARIO

(2 de marzo de 2025)

Perspectiva Salesiana

“La boca habla según la abundancia del corazón...”

Las selecciones del Libro de Sirácides y del evangelio de Lucas proponen una norma importante con la cual podemos juzgar el corazón y la mente de otra persona: lo que una persona dice y cómo lo dice.

Parece muy obvio, ¿cierto? Las personas negativas tienden a hablar negativamente. Las personas celosas hablan con resentimiento. Las personas prejuiciosas hablan con suspicacia. Sus conversaciones tienden a agobiar a las demás personas.

Por el contrario, las personas positivas hablan con positivismo. Las personas felices hablan con amabilidad. Las personas energéticas hablan con entusiasmo. Sus conversaciones tienden a elevar a otros.

Si los ojos son las ventanas del alma, la conversación parece ser la expresión del corazón.

Leer más en bit.ly/perspectiva-salesiano-mar2



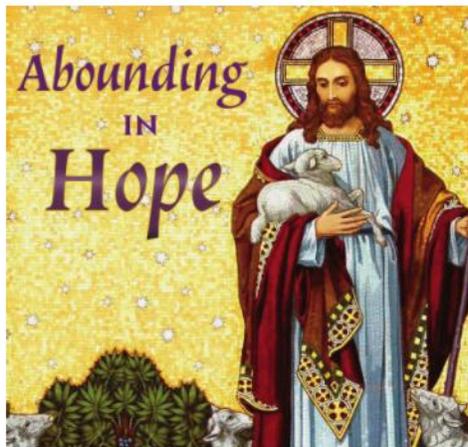
DIOCESAN & COMMUNITY NEWS

2025 Bishop's Lenten Appeal

This weekend each household is asked to make a pledge or gift to the BLA. This appeal provides an opportunity to unite as a Catholic family and to support the various programs and ministries that help tens of thousands of people in our diocese. After reflecting upon God's blessings to you, please consider a pledge that will allow you to share your gifts with your neighbors. Each donation is vital to the success of the appeal and the important work that it funds. You may complete a pledge card at Mass, mail in your pledge, go online to www.arlingtondiocese.org/BLA or scan the QR code to make a gift.



SCAN ME



LENTEN FAITH FORMATION

"A Holy People: Living the Scriptural and Social Teaching of our Faith"

Journey to the heart of Christ this Lent! Join the Diocese for "A Holy People: Living the Scriptural and Social Teaching of Our Faith," a guided, in-person series that will enrich your Lent with prayer, Scripture, and the Church's rich social teaching. Five Tuesdays at 7:30 pm, March 11 through April 8. Cathedral of St. Thomas More, Burke Hall, 3901 Cathedral Lane, Arlington.

Register at bit.ly/a-holy-people or scan the QR code. Sponsored by the Office of Faith Formation, the Office of Youth, Campus and Young Adult Ministries, the Peace and Justice Commission, and Catholic Charities.



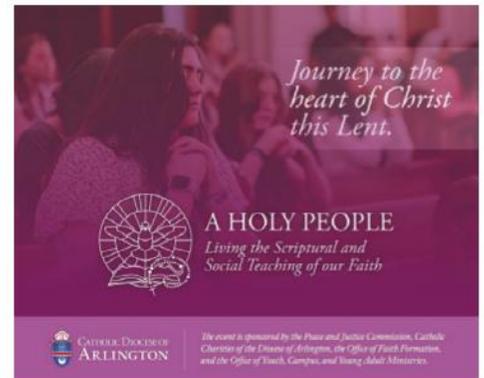
ASSOCIATES OF ST. JOHN BOSCO SCHOLARSHIPS

Undergraduate Scholarship Application Open

The Associates of St. John Bosco (ASJB), a Catholic non-profit in the diocese founded by Fr. Christopher Vaccaro, has opened its scholarship application for all current and rising college students. This year, ASJB has more than doubled their scholarship offerings! ASJB will be awarding up to \$40,000 to up to five worthy recipients who seek to serve the Church in some way after they graduate from college. Applicants must be residents of the Diocese of Arlington. Students may apply by May 19, by visiting: www.asjb.org/scholarship-program.

STORIES FROM THEOLOGY ON TAP

In 2025 we celebrate 25 years of Theology on Tap here in the Diocese of Arlington and we want to celebrate that! We'd love to hear how this ministry has impacted your life: whether you met your spouse, discovered your vocation, entered the Church, made a significant life decision after attending a talk, or met your best friends, your story is powerful and inspiring. By sharing your experience, you'll help others see the lasting impact of this ministry and the way God works through it. Please take a few moments to share your story with us! <https://forms.office.com/r/LhUtUs0h5v>



A Holy People: Living the Scriptural and Social Teaching of our Faith

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Register at bit.ly/a-holy-people

Sponsored by the Office of Faith Formation, the Office of Youth, Campus and Young Adult Ministries, the Peace and Justice Commission and Catholic Charities.

Upcoming Diocesan Events

Visit arlingtondiocese.org/events

for details

Deeper Waters - Sports Evangelization

March 4 @ 7:00 pm - 10:30 pm

Blessing of the Rice Bowls

March 5 @ 8:00 am - 5:00 pm

Holy Hour of Encounter

March 6 @ 7:00 pm - 8:00 pm

Men's Discernment Retreat

March 7 @ 6:00 pm - March 9 @ 1:00 pm

Men's Conference 2025 -

Anchored in Hope

March 8 @ 8:30 am - 2:30 pm



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