

August 28, 2022

Twenty-Second Sunday in Ordinary Time



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

8601 Wolftrap Road, Vienna, VA 22182-5026

Phone: 703.938.2828 Fax: 703.938.2829

www.olgcva.org ~ www.olgcschool.org

Administered by the Oblates of St. Francis de Sales

Mass Schedule

Mon-Sat - 8:30am, holidays are at 9am

Saturday Vigil 4pm, Sunday 8:00am, 10:00am,
12pm (en español), 5:00pm

Office Hours Mon - Fri 9am - 4:30pm,

Closed 12-12:30pm for lunch

Chapel open for prayer Mon - Fri 9am - 5pm

Livestream www.youtube.com/c/StreamingOLGC

Confessions Saturdays 9:00 or by appt

Join the Parish www.olgcva.org/register

Schedule an Event

www.olgcva.org/about-us/facilities

Add Item to Bulletin/Media

www.olgcva.org/about-us/communications

Mass Intention Request

www.olgcva.org/liturgy-worship/devotions/mass

"For everyone
who exalts
himself will be
humbled, but the
one who humbles
himself will
be exalted."

Luke 14:11



Pastor Rev. Matthew Hillyard, OSFS..... frhillyard@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFS mkumar@olgcva.org
Retired Rev. William Metzger, OSFS..... william.metzger@olgcva.org
Deacon Christopher Moore cgmoores@olgcva.org
School Principal Robin Williams 703.938.3600 rwilliams@olgcva.org
Liturgy/Music/Funerals 703.896.7411..... liturgy@olgcva.org
Children's Faith Formation Amy MacKinnon 703.896.7426 amackinnon@olgcva.org
Youth Ministry/Young Professionals Derek Rogers 703.896.7409 youth@olgcva.org
Communications/Bulletin Maude Hales 703.896.7412..... communications@olgcva.org
Director of Finance Emilynda Clomera 703.896.7402..... eclomera@olgcva.org
Records/Child Protection Liaison 703.938.2828 welcome@olgcva.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyon..... advancement@olgcva.org
Events Manager Frank Fletcher 703.896.7412..... events@olgcva.org
Reception/Intentions/Ministry of Care Maria Romero 703.896.7419 welcome@olgcva.org
RCIA/Adult Sacraments Barb Steele bms.steele@outlook.com
Información en español Maria Romero 703.896.7419 welcome@olgcva.org
Pastoral Council (Tina Wickham)..... PastoralCouncil@olgcva.org
Finance Council (Regina Stranix) FinanceCouncil@olgcva.org
Society of St. Vincent DePaul (Linea de Ayuda) 703.938.3210..... svdp@olgcva.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

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.

Mass Intentions/Intenciones de la Misa

Presider schedule available at:

<https://tinyurl.com/PresiderSchedule>

Sat. / Sun. August 27 – August 28, 2022

I + James Lewis

II + Saul Martinez

III + Paul & Laverne Brumbaugh

IV + Anthony Bruno

V + Michael Glennie

Monday, August 29, 2022

8:30am + OLGC

Tuesday, August 30, 2022

8:30am +

Wednesday, August 31, 2022

8:30am +

Thursday, September 1, 2022

8:30am + Mirion & Joe O'Connor

Friday, September 2, 2022

8:30am + Brian Davenport

Saturday, September 3, 2022

8:30am + Brian Davenport

Sat./Sun. September 3– September 4, 2022

I + Leo Lowe & Austin Lowe

II + Justin P. Samson

III + David Dziedzic

IV + Leo Lowe

V Brian Beatty



Wedding Banns

Please pray for Adaiz Santiago-Pabon and Bryan Michael Schendlinger as they prepare for marriage on September 24

Readings for the Week/Lecturas de la Semana

For the Week of August 28, 2022

Sunday Twenty-Second Sunday in Ordinary Time

Sir 3:17-18, 20, 28-29; Ps 68:4-5, 6-7, 10-11; Heb 12:18-19, 22-24a; Lk 14:1, 7-14

Monday Memorial of the Passion of Saint John the Baptist

1 Cor 2:1-5; Ps 119:97, 98, 99, 100, 101, 102; Mk6:17-29

Tuesday 1 Cor 2:10b-16; Ps 145:8-9, 10-11, 12-13ab, 13cd-14; Lk 4:31-37

Wednesday 1 Cor 3:1-9; PS 33:12-13, 14-15, 20-21; Lk 4:38-44

Thursday 1 Cor 3:18-23; Ps 24:1bc-2, 3-4ab, 5-6; Lk 5:1-11

Friday 1 Cor 4:1-5; Ps 37:3-4, 5-6, 27-28, 39-40; Jn 8:12; Lk 5:33-39

Saturday Memorial of Saint Gregory the Great, Pope and Doctor of the Church

1 Cor 4:6b-15; Ps 145:17-18, 19-20, 21; Lk6:1-5

Sunday Twenty-third Sunday in Ordinary Time

Wis 9:13-18b; Ps 90:3-4, 5-6, 12-13, 14 & 17; Phlm 9-10, 12-17; Lk 14:25-33

*“Incline your ear and hear my words,
and apply your mind to my teaching”*

Proverbs 22:17

Please keep those listed in the prayer intention book and the recently deceased in your prayers, especially

+ Colin Kozloff + Eugene Roberts

+ Kathleen Smith + Evelyn L. Hyland

+ Anna Urrutia, + Kathleen “Kathy” S. Riley

+ Lorraine Nicole Fagan daughter of Marian Chirichella

+ John Desmond Dolan, brother of William Dolan

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

Devotional Candles: www.olgcva.org/liturgy-worship/

Church In Celebration of Victoria Jones

Chapel In Memory of Nelson Buenaflor

Our lady For the healing of baby Jacob

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

August-September

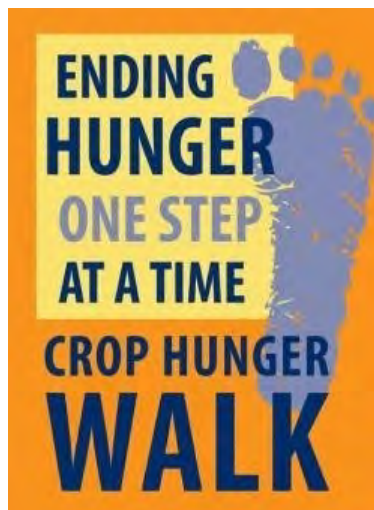
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
OLGC Softball League 12—4 PM Lower Field	Preschool Students Begin Full Day 8 AM - 2:45 PM	Hot Lunch Orders Open	School Mass 8:30 - 9:30 AM Church	Funeral: Evelyn Lynn Hyland 11 AM- 12 PM Chapel	Early Release Day, No ECAP 8 - 11:30 AM	Confessions 9 - 9:30 AM Reconciliation Room
	Quilters 11:30 AM- 3 PM Mary's Garden & SJC-Brisson Rm	Visitation, Funeral and Luncheon: Lillian Rainey 10 AM- 12 PM	CCF Catechist Mtg (Elementary/Jr High) 7 - 8 PM Counsel Room	CCF Parent Mtg (Elementary/Jr High) 7 - 8 PM Zoom	Adoration 9 AM- 3 PM Chapel	
	CYO Track Practice 3 - 4:15 PM Parking Lot & Upper Field	Chapel Baptism Prep Class-Spanish 7 - 8:30 PM SJC-Aviat Rm Registration Required	Music Ministry (Jones) 7 - 8:30 PM Church	Gr 3-5 Back to School Night 7 - 8:30 PM Fr. Brisson Gym & Classrooms		
	Baptism Prep Class - English 7 - 8:30 PM SJC-Brisson Rm Registration Required	Middle School Back to School Night 7 - 8:30 PM Fr Brisson Gym & Classrooms	Small Faith Group 7:30 - 8:30 PM Zoom	Music Ministry (Choir) 7 - 8:30 PM Church		
		Music Ministry (Hemmingson) 7 - 8:30 PM Church	Men's Basketball 8:30 - 10:00 PM Fr. Brisson Gym	Men's Basketball 8:30 - 10:00 PM Fr. Brisson Gym		

2022 CROP Vienna Hunger Walk— October 2nd

OLGC Parish is once again sponsoring a team for the 2022 Vienna CROP Hunger Walk. CROP Hunger Walks are community-based fundraising events held in cities and towns across the United States, created to support the global mission of Church World Service, a faith-based organization dedicated to transforming communities through sustainable responses to hunger, poverty, displacement, and disaster. Hunger is one of the greatest injustices facing our world and affects many in our local and larger community.

Sign up now to join the OLGC team and invite friends and family to sponsor you as you walk on October 2nd. Or, if walking isn't your thing, sponsor another walker or just donate directly online.

Please follow the link to support the cause, raise funds, and help take us one step closer to ending hunger for all. You may register, donate, and/or sign up to join the walk here: <https://events.crophungerwalk.org/2022/teams?event=viennava> For more information please contact Rachel McCarthy rachelmccarthy2003@gmail.com or Anne Moran amoranelm@gmail.com.



June Monthly Collections

Fiscal Year July 2021—June 2022

Offertory	167,208.20
Total Budgeted.....	<u>170,616.00</u>
Variance	3,407.80
YTD Received	2,340,623.19
Budget YTD	<u>2,308,008.00</u>
Variance	32,615.19



Online Donation

Weekly & Second Collections

Checks or cash via envelopes, text amount to 703.810.7674, use the QR code above, or give online at membership.faithdirect.net/VA875. Thank you.

Parish Updates

Children's Liturgy of the Word

Sundays August 28, 2022 - May 28, 2023,

10:00 Mass for the first 30 minutes

Children 3-7 who attend Sunday morning Mass at 10:00 am are invited to participate in Children's Liturgy of the Word, a liturgy experience designed especially for them.

Join our team to help as much or little as fits your schedule. Adults and Confirmandi are encouraged to volunteer: You don't have to teach but may be asked to do a reading or help with crowd control. No experience is necessary, just a heart for children. We will guide you the entire way. Volunteers 18 and over need to have a background check and child protection training. If are not currently trained, please fill out a request form at www.olgcva.org/outreach/serve/volunteer-children. Contact Guadalupe Saenz, Child Protection Liaison, gsaenz@olgcva.org, about compliance and training questions. Contact Regina Allegra with any questions, concerns, or ideas. E-mail sisfroggy@verizon.net or text 703.798.6008.



Care for the Homebound or Hospitalized

If you are unable to attend Mass, please know that we can come to you! **Ministry of Care** includes taking the Holy Communion to the elderly, the sick and the infirm. It involves sharing in prayer and the word of God during these visits in the home, at the hospital bed, or in any institution that provides basic care and day-to-day living arrangements to the elderly, the sick and the infirm.

Persons who know that they will be unable to attend Mass because of long-term illness or disability should contact [Maria Romero](mailto:Maria.Romero@olgcva.org), 703-896-7419 to arrange for a minister to visit with Holy Communion.

Volunteer Background Checks & Training

For those wanting to volunteer next year with children, please fill out a request form at www.olgcva.org/outreach/serve/volunteer-children. Questions? Contact Guadalupe Saenz, Child Protection Liaison, gsaenz@olgcva.org.

Required for the following ministries:

CCF (Catholic Christian Formation)
Children's Liturgy of the Word
Coaching/Assistant Coaching
OLGC School Volunteers
Scouting (Boy Scouts, Cub Scouts & Girl Scouts)
Youth Ministry
General volunteers who work with children.

Yearly Subscription of *The Word Among Us* (WUA)

The Word Among Us assists people in reading, meditating on and understanding scripture and to provide sound, practical advice for Catholics on the living out of the Christian life.

It includes daily meditations based on the Mass readings of the Catholic Church, inspirational essays, testimonies, and stories of the saints and other Christian heroes! Subscribe for the year Oct. 2022 - Sept. 2023. It is also available in Spanish. The group subscription rate is \$22 per yearly subscription. Please make your check payable to OLGC and on the memo indicate WUA/Liturgy. Please complete the form below, bring it or mail it with your payment to the office.



This year we will not be ordering copies of *The Word Among Us* to mail to parishioners. We ask that if you would like a mailed subscription, please order it directly from WUA. You may visit their website at <https://wau.org/renew/>, or you may call them at 1-800-775-WORD (9673). If you have any questions contact Maria Romero, welcome@olgcva.org, 703.896.7419.

Subscribe to *The Word Among Us*

First Name _____ Last Name _____

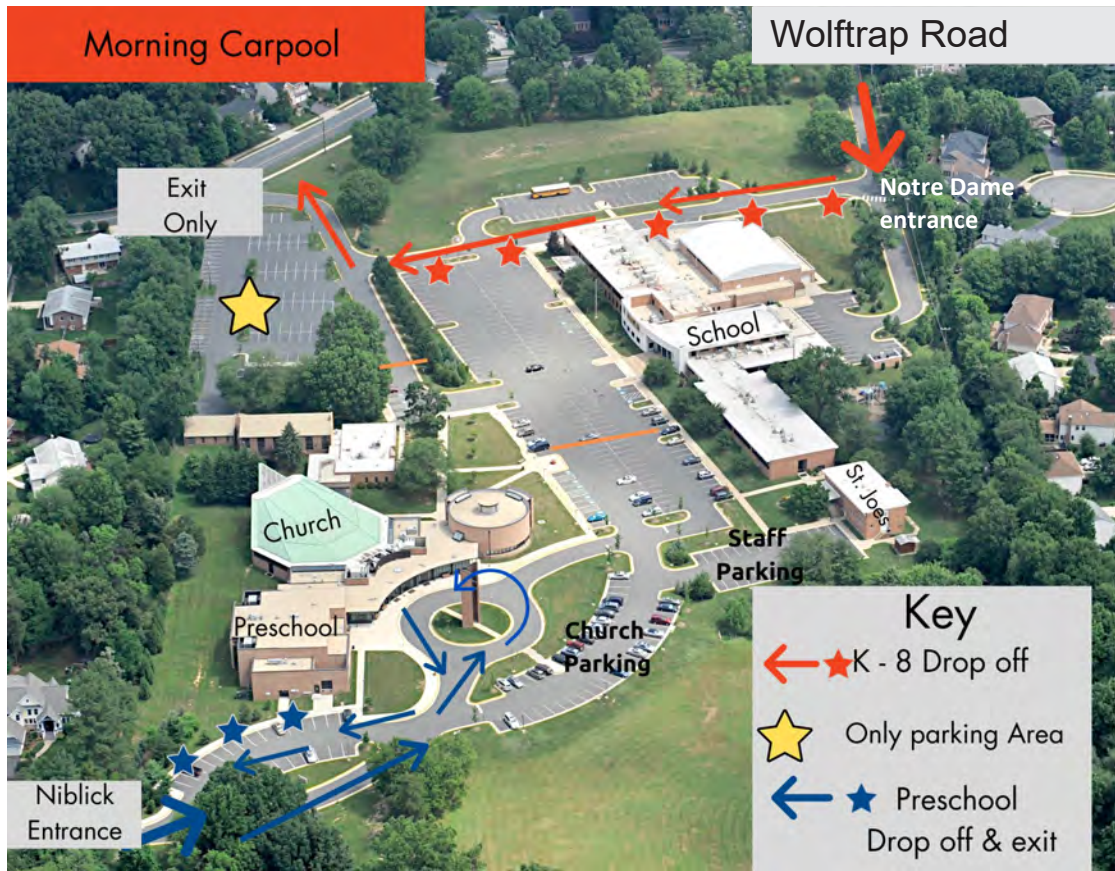
Phone _____ Email _____

Please specify how many copies you would like: English Copies # _____ Spanish Copies # _____

The group subscription rate is \$22.00 per book per year from Oct. 2022 to Sept. 2023.

Please make your check payable to OLGC and on the memo indicate WUA / Liturgy

SCHOOL HAS BEGUN!



Entrances & Parking on Campus

- Wolftrap Road Entrance is CLOSED until approximately 8:15am
- Niblick Entrance is OPEN for Daily Mass and Preschool Carpool
- Notre Dame Entrance is ONLY open for School Carpool
- NO Parking in Lower DeSales Hall lot – This is for Preschool ONLY!
- Park in middle lot between bell tower & softball field (upper lot after 8:15am)

CYO Track & Field: Deadline is Friday, Sept 16th

Join OLGC's award-winning Track & Field Team!

- OLGC School and CCF students 3rd - 8th grade
- CCF students may participate in the meet even if they can't make the practices.
- Improve your speed for other sports!
- Participate in a real meet - NVJCYO Track & Field Meet
- OLGC has a highly-knowledgeable coaching team with years of experience in the sport and certifications including USATF, USA Triathlon, and RRCA coaching.
- Practices are Mondays beginning August 29 after school. The Track Meet will take place October 8th at Bishop O'Connell High School.



Registration deadline is Friday, September 16th!

www.olgcva.org/fellowship/athletics/track-field

For questions, please contact Rachel McCarthy, rachelmccarthy2003@gmail.com.

CYO Tennis Season

All school and CCF 4th – 8th grade students are welcome

Be part of a new winning tradition! All school and CCF, 4th – 8th grade students, all levels, are encouraged to come out and compete. Please register online www.olgcva.org/fellowship/athletics/tennis. The tennis season runs from early September through the first or second week of November. Cost is \$75 which includes a team t-shirt and end of season celebration. Practice times and locations (Madison HS or Marshall HS) are determined by coaches' schedules. All matches are played on Sundays. We are in need of volunteers to coach or assist, no experience necessary but must be VIRTUS trained. Please contact Ashley Binkowski, ashleybinkowski@gmail.com to learn more or with questions.



Although tennis assessments for this fall have taken place, team spots are available. Interested in volunteering? Please contact Ashley Binkowski, ashleybinkowski@gmail.com to learn more.

Parish Announcements

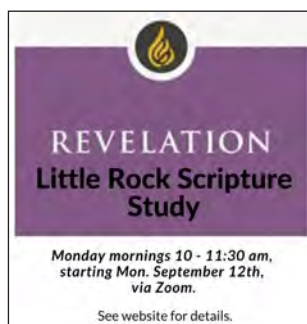
Sacramental Preparation for Adults

Were you baptized Catholic and in need of the sacraments of Eucharist, Reconciliation, Confirmation, and/or Marriage? Maybe you are unbaptized or baptized in another Christian tradition and have been coming to Mass for a while now? Perhaps you would just like to know more about the Catholic Church? If you would like to explore preparation for the sacraments in the Catholic Church through RCIA, inquire today! Contact Barb Steele at bms.steele@outlook.com or 703.405.2776.



Join our Monday Morning Little Rock Scripture Study as we explore the book of Revelation!

The book of Revelation has fascinated believers for centuries. Break open this ancient text with Little Rock Scripture Study's *Revelation* and discover its relevance for us today. To sign up or for more information, please contact Mike Plett Mike.plett1@gmail.com.



Mondays, beginning September 12, 10:00 am to 11:30 am on Zoom

Materials: *Revelation* by Catherine Anne Cory Commentary, study questions, and access to online lectures are included. Please purchase a copy (\$16.95 plus shipping and tax) from Amazon or Liturgical Press—see the [website](#) for links.

Small Faith Sharing Group: Wednesday Evenings via Zoom

Looking for more prayer in your life? Or a group to explore your faith with? OLG parishioner John Heard hosts a small faith-sharing prayer group on **Wednesdays at 7:30 PM via Zoom**. Wednesday evenings consist of getting to know each other, praying together with Evening Prayer, Scripture, shared intentions, etc. Having a small community to pray with can be a powerful and beautiful experience! Wherever you are on your faith journey or whatever your prayer experience, you are welcome to join. If you have questions or would like to join, contact John Heard at olgcds@gmail.com.



What is the Catholic Church all about? What do Catholics actually believe?

The Catholic Church is extraordinary. It is where we encounter God in his Word, his sacraments, and his saints. It proclaims the fullness of life, leaving no person out. It calls all to repent and to believe in God the Father, Son, and Holy Spirit, the source of all life and salvation. Whether you've been Catholic your entire life or are just beginning to explore the Catholic faith, you will be profoundly moved by the beauty and the richness of the Catholic Church.



We will meet in person on Tuesday, September 13 in DeSales Hall and then by Zoom beginning Tuesday, September 20 from 9:45 to 11:45am.

To purchase the Study Set, please visit [Ascension Press](#). To sign up and get Zoom access or for any questions contact Fran Davenport, bwdavenport@cox.net.

Fall 2022 Bereavement Program

Grief Support Group for those who have lost a loved one

If you are grieving the loss of a loved one, and would like to join with others in a safe, welcoming environment to talk about your feelings and your journey, please consider joining a bereavement support group jointly offered by OLG and St Mark. The 9-week program has begun and will run through October 16. We will meet on Sundays, from 3:30pm to 5:00pm, both in-person and via Zoom. To sign up, or to get more information, please contact Ms. Sarah Kirk at skirkbtr@gmail.com, or phone/text her at 703.403.3072.

Divorced & Catholic?

Now What?

OLGC parishioner John R. Heard will host a six-week program for divorced or separated Catholic men and women. It offers much-needed support and helps to answer questions. Topics include prayer, grief, healing, forgiveness, letting go, and hope.



Tuesdays 9/20 to 10/25 from 7:30 pm - 9:00 pm via Zoom.

Register on the website. Zoom details will be emailed to you after registration. Contact John Heard olgcds@gmail.com for more info.

Texts to purchase:

- [The Joy of You: Your Life After Divorce](#) by W. E. Rabior

Información Parroquial en español

Preguntas o sugerencias, ofrecer misas, pedir oración durante la misa por recién fallecidos, funerals, comuníquese con Maria Romero 703.896.7419, mromero@olgcv.org

Registración Parroquial: Animamos a todos los católicos bautizados que viven dentro de los entornos de nuestra parroquia a hacerse miembros registrados de Ntra. Sra. del Buen Consejo. También animamos a las familias a participar activamente en la vida parroquial para nutrir su relación entre Dios y ellos. Los miembros pueden recibir sus sacramentos, carta de elegibilidad de padrinos, inscribirse en nuestra escuela o programas de educación religiosa, ayuda con la matrícula escolar y recibir nuestras comunicaciones parroquiales. Complete el formulario en nuestro sitio web www.olgcv.org/register.

Próximos Eventos: Compartir de donas, todo primer domingo del mes después de la misa, aquí podrá conocer otros feligreses, distintos líderes de nuestra comunidad y personal de la parroquia.

Confesiones en español durante el mes de agosto son el sábado 8 de 9: -9: 30 a.m. o de lunes a jueves únicamente con cita. Puede llamar para hacer una cita con el Padre Mateo al 703-938-2828 o envíe un correo electrónico a frhillyard@olgcv.org. No se escuchan confesiones los domingos antes o después de la misa.

Catequesis: para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión Comuníquese con Guadalupe Saenz gsaenz@olgcv.org o 703-896-7415.

Sacramento de matrimonio: comuníquese por lo menos 6 meses antes de la fecha del matrimonio.

Sacramento del bautismo de niños menores de 6 años:

Comuníquese con Maria Romero 703.896.7419 welcme@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. <https://www.olgcv.org/sacraments/baptism>

Ofrecer misas, pedir oración durante la misa por recién fallecidos, funerals, certificados sacramentales. El sacramento de La unción de los enfermos puede ser recibido por los ancianos, por quienes serán ingresados al hospital o por quienes están enfermos llame al 703-896-7419.

Rezar el Rosario: Acompañemos en La Capilla/El Jardín de Ntra. Sra. del Buen Consejo, los domingos a las 11:15am y los lunes a las 7:30pm vía Zoom. Comuníquese con Carlos Berrios berrioscg@gmail.com.

Intenciones de misas: El proceso será el mismo que en los años pasados, debido al limitado número de misas celebradas en nuestra parroquia y la abrumadora solicitud de intenciones para misas, cada persona se limitará a tres intenciones de misas por el año. Sin embargo, hay intenciones de misas ilimitadas celebradas por los sacerdotes oblatos retirados en Childs Maryland en la casa de retiro. Puede presentar su solicitud para las misas en línea <https://www.olgcv.org/liturgyworship/devotions/mass/olgc>, en las oficinas parroquiales, o en el Centro de Bienvenida. Las misas se otorgarán en el orden que sean recibidas. También puede reservar una de las velas rojas del Santuario al lado de los tabernáculos en la iglesia y la capilla, y la vela azul al lado de la estatua de Ntra. Sra. del Buen Consejo. Igualmente tenemos, El Libro de Intenciones, este se encuentra en la entrada principal de la iglesia.

Libro de Intenciones: El libro de intenciones se encuentra en la entrada principal de la iglesia. El propósito de este libro es para pedir por nuestras intenciones personales, por los enfermos, por los que están vivos o fallecidos.

"La oportunidad de hacer grandes cosas no llega a menudo, pero en todo momento, podemos hacer pequeños actos con gran amor." - San Francisco de Sales: Como seguidores de Cristo, somos llamados por medio de nuestro Bautismo a servir a nuestros hermanos en nuestra parroquia, comunidad, país y el mundo entero. Es nuestra esperanza que todos los feligreses tengan la oportunidad de descubrir y desarrollar sus dones dados por Dios. Si desea participar como Sacristán, Ministro Extraordinario de La Sagrada Comunión, Lector, Portero/Ujier, Ministerio de La Bienvenida o Monaguillo por favor pase por el mostrador de Bienvenida o llame al 703-896-7419.

Preparación Sacramental para Adultos /

[RICA Rito de Iniciación Cristiana:](#)

¿Fuiste bautizado católico y necesitabas los sacramentos de la Eucaristía, la Reconciliación, la Confirmación y/o el Matrimonio? ¿Quizás no está bautizado o está bautizado en otra tradición cristiana y ha estado viniendo a misa por un tiempo? ¿Quizás le gustaría saber más sobre la Iglesia Católica? Si desea explorar la preparación para los sacramentos en la Iglesia Católica a través de RICA Rito de Iniciación Cristiana, comunicarse con Arturo Matus al 202.569.1615 arturomatus@ymail.com.

Community & Diocesan Updates

Why Catholics Should Care for Our Common Home

Pope Francis called on Catholics to embrace the urgent challenge to protect the whole human family and all of creation in the encyclical *Laudato Si': On Care for Our Common Home*. The Diocese of Arlington Peace and Justice Commission will address how to do so at a special Mass and conference Saturday, September 17, at the Church of the Nativity, Burke, "Why should I Care for Our Common Home? Conversion, Prayer, and Action." The event will launch the Diocese's seven-year effort to teach and implement Pope Francis' encyclical *Laudato Si': On Care for Our Common Home*. Bishop Michael F. Burbidge will celebrate 5 p.m. Mass, followed by dinner, then a 6:45 p.m. keynote address by Dan Misleh, founder of the Catholic Climate Covenant. A panel of Catholic community leaders will discuss how to implement the encyclical on the integral ecology of God's creation in families, schools, and communities. Register to attend or watch the livestream: <https://www.arlingtondiocese.org/wsic22/>

7th Annual Mass Honoring Military and First Responders

The Fr. Diamond Council and Fr. Malloy Assembly of the Knights of Columbus will host the 7th Annual Mass Honoring Military and First Responders on **Sunday, September 11, 2022, at 11 a.m. at St. Leo the Great Catholic Church in Fairfax**. All active duty military and reservists, law enforcement, and fire and rescue Personnel are welcome to attend in dress uniform with their families. The principal celebrant and homilist will be Bishop Michael F. Burbidge. A group photo will be taken with Bishop Burbidge and Bishop Emeritus Paul S. Loverde after the Mass in front of the church and a reception will follow in the school gym. Please RSVP to Dave Todd, Jr., at djtoddjr@gmail.com.

Calling all married couples!

Getting ready for school means lots of time spent on your children. After school begins, why not give yourselves some time together? Make a Worldwide Marriage Encounter Weekend Experience!

Upcoming dates:
September 23-25, 2022 at the Crowne Plaza in Reston, VA

Only 11 spots available so sign up early!

To register, go to <https://wwme.org>, click "Apply" and search on Virginia. Feel free to contact Mark and Cathy Stangler at 703.378.4150 or mstang1987@aol.com with any questions.





CATHOLIC DISTANCE UNIVERSITY

cdu.edu

CDU partners with the diocese to offer reduced-cost non-credit continuing education courses to parishioners. Independent study courses are **just \$45** and seminars are **\$65**.

Visit www.pathlms.com/cdu to browse the courses and register. Use the access code,

CDU15ARLINGTON

when setting up your account to receive your reduced tuition!



SEASONED CITIZENS – Mark your calendars for the first luncheon of the 2022/23 season, “Summer Harvest,” on Thursday, September 15. The doors to De Sales Hall will open at noon. For a very long time, this event has been an ongoing celebration of gratitude and respect for the senior members of Our Lady of Good Counsel. Volunteers plan and prepare the meal, set up the hall, serve and clean up. Occasionally the school children will entertain and Girl Scouts will create seasonal table centerpieces. If you’re a senior new to the parish, or a member and haven’t yet attended the luncheons, please join us next month. There is no charge.

The Book Swap Table will be up and running again. If you plan to bring books (nothing else, please), bring only a few and those should be relatively recent titles. Fewer leftovers make their disposition easier. Thank you! Watch for registration information in the next bulletin!

HOME REPAIRS FOR THE ELDERLY — The Home Repair for the Elderly Program provides minor home repairs and/or accessibility modifications to eligible low- and moderate-income elderly and individuals with disabilities for homes in which they are currently residing. These *minor* repairs can often make a *major* difference when it comes to protecting their investment and maintaining their independence. Fairfax County provides a crew to do up to one week’s worth of labor and up to \$1,000 in materials, all completely free of charge to eligible homeowners. For more information about the program and the kinds of improvements included, call 703-246-5179, TTY 711 or visit <https://www.FairfaxCounty.gov> and search for “Home Repair for the Elderly.”

HELP FOR DISABLED DRIVERS — There’s a new app that helps drivers with disabilities fill their gas tanks. For adults living with a disability, a simple task like filling your tank at a gas station can be a challenge. An app called fuelService is now available to help. Individuals can use the app to see find a gas station that can assist them, then fuelService tells the station when the individual has arrived, and lets the driver know the wait time for assistance. The fuelService app is free of charge for the user, both to download and use. All costs are paid by fuel companies, and proceeds benefit research into curing paralysis from spinal cord injuries. Visit <http://www.fuelService.org> or download the app from the Apple Store or Google Play.

PET FOOD PANTRY — If you’re a Fairfax County resident facing hardship and are in need of pet food or other supplies to help care for your pet(s), please call or e-mail The Animal Shelter. They have a supply of food (canned and/or dry) and often have other supplies (crates, carriers, leashes, collars, etc.) available as well. E-mail animalshelter@fairfaxcounty.gov or call 703-830-1100 to arrange a time for pickup.

DID YOU KNOW? – Here are some fun facts about aging so you can start learning why aging can be awesome. Believe it or not, there’s more to life for those over 65 than game nights and golf courses. You feel wiser. You know yourself better. And you also become part of a powerful demographic. To celebrate this special time in your life, here are some interesting facts for seniors that may surprise you.

1 Age doesn’t determine success. The founder of Kentucky Fried Chicken, Harlan Sanders (aka Col. Sanders) started KFC at the age of 65.

2 We lose a few bones along the way. We’re born with 350 bones in our skeleton. Over the course of time and during the aging process, our bones fuse together leaving us with 206 bones as adults.

3 Seniors hold the most voting power. When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

4 Creativity doesn’t diminish with age. Laura Ingalls Wilder didn’t publish “Little House in the Big Woods” until 65, and Millard Kaufman didn’t publish his first novel until 90!

5 Seniors are living longer due to advancements in healthcare and technology. By 2040, the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million!

6 ...and growing faster. According to the U.S. Census, older adults make up the fastest growing age group within the US.

7 You (mostly) have control over aging. Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

8 There’s less stress after 65. Despite citing other health and money concerns, those 65 and older experience less stress.

9 Learning can save your brain. In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

10 Sleeping habits alter over time. Our sleep patterns change as we age: we get tired earlier and wake up earlier.

Elder Wisdom

“I’m looking for a moisturizer that hides the fact that I’ve been tired since 2010.” —unknown