

27th Sunday in Ordinary Time

October 2, 2022



"If you have faith the size of a mustard seed, you would say to [this] mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you."

- Luke 17:6



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

Pastor Rev. Matthew Hillyard, OSFS..... frhillyard@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFSmkumar@olgcva.org
Retired Rev. William Metzger, OSFS..... william.metzger@olgcva.org
Retired Rev. Lewis Fiorelli, OSFSlfiorelli@oblates.org
Deacon Christopher Moorecgmoore@olgcva.org
School Principal Robin Williams 703.938.3600rwilliams@olgcva.org
Liturgy/Music/Funerals 703.896.7411liturgy@olgcva.org
Children's Faith Formation Amy MacKinnon 703.896.7426 amackinnon@olgcva.org
Youth Ministry/Young Professionals Derek Rogers 703.896.7409youth@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 Steelebms.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) 703.938.3210svdp@olgcva.org
Respect Life /Gabriel Project Betsy Argauer 703.255.3744betstim@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:

bit.ly/PresiderSchedule

Sat. / Sun. October 1, – October 2, 2022

- + Shelling and Van Lierde Families
- + Luchito Vivanco
- + Maria Sejas
- + Baruffi-Glymph Family
- + Saul Martinez

Monday, October 3, 2022

8:30am + Charles Millard

Tuesday, October 4, 2022

8:30am + Estuardo Barriga

Wednesday, October 5, 2022

8:30am In thanksgiving for blessings received

Thursday, October 6, 2022

8:30am + Lorraine "Lori" Nicole Fagan

Friday, October 7, 2022

8:30am + Janice Gleicher

Saturday, October 8, 2022

8:30am The OLGC Community

Sat. / Sun. October 8, – October 9, 2022

- + Betty & Claire Weaver
- + Joseph Anthony
- + Diane Donnelly
- + Pedro Bellini
- + Antony "Tony" Champ

Readings for the Week/Lecturas de la Semana

For the Week of, October 2, 2022

Sunday	Twenty-seventh Sunday in Ordinary Time Hab 1:2-3; 2:2-4; Ps 95:1-2, 6-7, 8-9; 2 Tm 1:6-8, 13-14; Lk 17:5-10
Monday	Gal 1:6-12; PS 111:1b-2, 7-8, 9 & 10c; Lk 10:25-37
Tuesday	Memorial of Saint Francis of Assisi Gal 1:13-24; Ps 139:1b-3, 13-14ab, 14c-15; Lk 10:38-42
Wednesday	Memorial of Saint Faustina Kowalska, Virgin Gal 2:1-2, 7-14; Ps 117:1bc, 2; Lk 11:1-4
Thursday	Memorial of Saint Bruno, Priest Gal 3:1-5; Lk 1:69-70, 71-72, 73-75; Lk 11:5-13
Friday	Memorial of Our Lady of the Rosary Gal 3:7-14; PS 111:1B-2, 3-4, 5-6; Lk 11:15-26
Saturday	Gal 3:22-29; Ps 105:2-3, 4-5, 6-7; Lk 11:27-28
Sunday	Twenty-eighth Sunday in Ordinary Time 2 Kgs 5:14-17; Ps 98:1, 2-3, 3-4; 2 Tm 2:8-13; Lk 17:11-19

Wedding Banns

Please pray for

Halley Jane Cummins & Steven Dailey, Oct. 8th

Monica Geary & Bryan Weed, Nov. 12th

Rose Castelli & James Boohaker, Nov. 12th

□

In September, we welcomed our newest members of the OLGC community through the waters of Baptism.

Colton Gray Lawter
Akari Teresa Urrutia
Liam Joseph Melia
Graham Liem Tsai
Matthew Todd Bacastow



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

+ Charles Doerrler Father of Sally Payze

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

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

Church Special intention for Sarah Maddox

Chapel Special intention for Alison

Our Lady In Loving memory of +Sami Awad Chehade

THE LORD SAYS, "I am doing a new thing"

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Donut Social 9 AM - 1:30 PM DeSales Hall RCIA Breaking Open the Word 10:30 - 11 AM Chapel & Cry Room Ad Altare Dei Mtg 11:30 AM - 12:30 PM SJC-Aviat Rm Nightlife 6 - 8 PM Counsel Rm & Gym Jr High CCF 6:15 - 7:45 PM School	Little Rock Scripture Study 10 - 11:30 AM Zoom Rosary Makers 10 AM - 12 PM SJC-Aviat Rm Funeral: Marie McCormick 11 AM - 12 PM Chapel Quilters 11:30 AM - 3 PM Mary's Garden & SJC-Brisson Rm GS Troop 50198 3 - 5 PM SJC-Brisson Rm Evening Prayer 7 - 7:45 PM Chapel	Tuesday Bible Study 9:45 - 11:45 AM Zoom Blessing of the Animals 6 - 6:30 PM Bell Tower lawn Music Ministry (Hemmingson) 7 - 8:30 PM Church Women's Book Club 7 - 8:30 PM SJC-Brisson Rm Divorced/ Separated Catholic Ministry 7:30 - 9 PM Zoom	School Mass 8:30 - 9:30 AM Church BSA Troop 976 Mtg 7 - 8:30 PM Counsel Rm Music Ministry (Jones) 7 - 8:30 PM Church RCIA Catechumenate 7:30 - 9 PM SJC-Brisson Rm Small Faith Group 7:30 - 8:30 PM Zoom SVDP Mtg 7:30 - 9 PM DeSales Hall Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	Prayer Shawl Ministry 9:30 - 11 AM SJC-Brisson Rm Music Ministry (Choir) 7 - 8:30 Church Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	Adoration 9 AM - 3 PM Chapel Wedding Rehearsal: Wright/Makdisi 5 PM - 7 PM Church	Confessions 9 - 9:30 AM Reconciliation Room Baptisms 10 - 11 AM Chapel Families of Faith 10 AM - 12 PM DeSales Hall Wedding: Wright/ Makdisi 1:30 - 3 PM Church RCIA Rite of Acceptance/ Welcome at Mass 4 - 4:30 PM Church

Blessing of Animals Feast of St. Francis of Assisi

We will celebrate the Feast of St. Francis of Assisi with a special service to give thanks for the animals in our lives. Bring your furry, scaly or feathered animal companion for a blessing on **Tuesday, Oct 4 at 6:00pm at the Bell Tower Lawn.**



Second Collection October 9 Little Sisters of the Poor

The Little Sisters of the Poor are an international congregation of Roman Catholic women religious founded in 1839 by Saint Jeanne Jugan. Together with a diverse network of collaborators, they serve the elderly poor in more than 30 countries around the world. Continuing the work of Saint Jeanne Jugan, their mission is to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself.



July Monthly Collections

Fiscal Year July 2022—June 2023

Offertory	181,936
Total Budgeted	<u>163,272</u>
Variance	18,664
YTD Received	181,936
Budget YTD	<u>163,272</u>
Variance	18,664

Weekly & Second Collections

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

October Second Collections

- All Souls
- 9 Little Sisters of the Poor
- 23 World Mission Sunday
- Facilities Improvements

Monthly Outreach Project: Winter Coat Drive

Saturday, October 15th & Sunday October 16th after all the Masses

OCTOBER OUTREACH PROJECT

Winter Coat Drive

Help
struggling
neighbors
stay warm

Donate new
or gently-
used coats
Oct. 15 & 16



Please Donate New or Gently-Used Coats

Help those in need stay warm this winter by donating winter coats during the October Outreach Drive. Men's, women's and children's coats, new or gently used, can mean the difference between a hard winter or a comfortable one. The coats that don't fit your family anymore will fit someone who is struggling.

Please bring new or gently used coats outside DeSales Hall before and after all masses on October 15th or 16th. The coats go to many local distribution centers including CHO, St Vincent DePaul, Lamb Center, local elementary schools.

Thank You!

Holidays for Those in Need Will Be Brighter Thanks to the September Outreach for CHO

Thanks to the generosity of OLGC parishioners, the September Outreach program raised more than \$6,200 in gift and grocery cards and donations (which will be used to buy cards) for CHO, the Committee for Helping Others.

CHO will distribute these cards at its Christmas Store in December, allowing more than 200 families (700 individuals) to purchase some extra food or gifts during the holidays, and brightening the holidays for many parents, children and others in our community.

Many thanks from CHO to those who donated, to the parish for allowing us to participate in the Outreach Program, and to the volunteers who collected between Masses.

SVdP Call for Volunteers

OLGC Society of St. Vincent de Paul is grateful for the many volunteers who dedicate their time to serving those affected by hunger, homelessness and in need of services. Our volunteers are indispensable to meet this mission.

Today we need the support of our fellow parishioners, and we are looking for others to step up and serve our community. You can become a SVdP volunteer by sharing your time, your talents, and/or your treasure.

We will be at the Donut Social after masses on October 2 to answer any questions, and we will have a Volunteer Recruitment Meeting on October 24 at 7:30 pm in DeSales Hall. Come on over and hear about what we do, how we do it, and how you can find a totally new fulfillment in life by serving our neighbors in need.

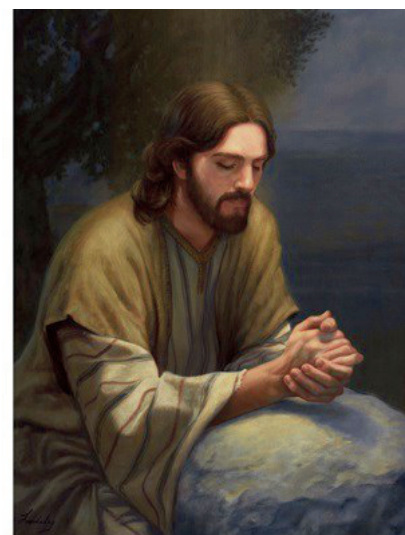


Evening Prayer Returns

On Monday, October 3rd, we will resume Monday Evening Prayer in the spirit of Taizé Prayer. Taizé worship involves sung and chanted prayers, meditation, a period of silence, and liturgical readings.

Join us at 7:00 pm in the Chapel for this contemplative service. If you play an instrument, please see Paul Ciotti at the piano after Mass to join in playing.

A time to pause and be with God.



Información Parroquial en español

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

EL SEÑOR DICE,
"Estoy haciendo algo nuevo."

Bendición de los Animales

Fiesta de San Francisco de Asís Estaremos celebrando la fiesta de San Francisco de Asís con un servicio especial para dar gracias por los animales en nuestras vidas. Traiga a su compañero animal peludo, emplumado o con escamas para una bendición el martes 4 de octubre a las 6:00 p.m. en el área de césped del campanario.

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: Oración de La Tarde: Lunes 3 de oct. nos reunimos a orar como comunidad en la Capilla a las 7:pm

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.

Adoración Eucarística del Santísimo Sacramento: Todo primer viernes del mes de 9am-3pm en la Capilla. "Jesús nos espera en el sacramento del amor". Nuestra adoración comunitaria en la misa debe ir acompañada de nuestra adoración personal de Jesús en la Adoración Eucarística para que nuestro amor sea completo". (San Papa Juan Pablo II).

Confesiones en español durante el mes de octubre son el sábado 22 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.

Sacramento del bautismo de niños menores de 6 años: Comuníquese con Maria Romero 703.896.7419

welcome@olgcv.org **Sacramento del bautismo:** para Charlas de padres y padrinos deben inscribirse de antemano, una vez completada esta y entregado los documentos requeridos le confirmaremos su fecha del bautizo. <https://www.olgcv.org/sacraments/baptism>

Octubre es el Mes del Rosario: Únase a nuestra comunidad y reserve tiempo este mes para rezar el Rosario. Encuentre un momento tranquilo para concentrarse con el Rosario, o únase a otro feligreses en uno de los siguientes horarios:

Domingos 9:10 am en inglés o a las 11:15 am en español en el Jardín de la Virgen (o Capilla en días de mal tiempo. Todos los días de semana después de la misa de 8:30 am - Capilla. Los jueves a las 6:50 pm - Rosario bíblico semanal por los cristianos perseguidos vía conferencia telefónica, al 609-746-1119; código de acceso: 726350 y los lunes a las 7:30pm vía Zoom. Comuníquese con Carlos Berrios berrioscg@gmail.com

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

Misa especial de aniversario de 25 o 50 años de matrimonio 2022: Todos los matrimonios celebrando su aniversario de plata (25 años) y oro (50 años) están invitados a unirse a la Catedral de Santo Tomás Moro el 16 de octubre a las 3:pm para la Misa de Matrimonio, celebrado por el Reverendísimo Michael F. Burbidge, obispo de Arlington. Regístrese antes del 3 de octubre completando el formulario en www.olgcv.org/n/~board/news/post/jubilarian o llame a la oficina de la iglesia.

Ofrecer misas, pedir oración durante la misa por **recién fallecidos**, funerales, 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.

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.

Catequesis: para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión Comuníquese con Amy MacKinnon amackinnon@olgcv.org o 703-896-7426.

Proyecto de Alcance: La colecta de abrigos será el sábado 16 y 17 de octubre antes y después de todas las misas. Estaremos aceptando abrigos nuevos o usados en buena condición, para ayudar a personas de bajos recursos en nuestra comunidad. Este es el único fin de semana que se aceptaran los abrigos.

Voluntarios: 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. Visite nuestra página web de la parroquia para ver la variedad de formas en que puede ayudar en <https://www.olgcv.org/outreach/serve> y para español visite el mostrador de Bienvenida.

For Students and Families



St. Paul VI Catholic High School Open House



St. Paul VI Catholic High School is celebrating 40 years of providing an excellent Catholic education to young men and women. Paul VI invites all middle school families to their Open House on **Sunday, October 16, from 1 – 4 p.m.**

Come see how students grow in spiritually, intellectually, personally, socially, and physically according to the teachings of the Gospel and St. Francis de Sales. The school offers a challenging academic curriculum, distinguished performance and fine arts programs, outstanding sports, and wide-ranging extracurricular activities. The school's unique character fosters a sense of community and dedication that encourages each student to be extraordinary.

Paul VI is located in a new, 21st-century campus on 68 acres at 42341 Braddock Rd, Chantilly, VA. For more information, visit www.paulvi.net or call 703-352-0925.

Used Uniform Sale

Saturday, October 15, 9:30-10:30 am

Purchase & Donate Used OLGC School Uniforms!

The Used Uniform Sale is a fundraiser held three times a year (mid-August, fall, and early spring). Sale dates are the only opportunity to buy gently used uniform items for \$5 each.

Get Ready for the winter uniform required on Tuesday, November 1.

Dining for Dollars

Wednesday Oct. 12 from The Italian Place—Dinner to Go! Order dinner for 4 for only \$49. Dinner includes garlic bread, salad, tiramisu, and either lasagna or eggplant. You heat and serve it at home. Ordering is open NOW: bit.ly/OLGC-Dining4Dollars-Oct. Deadline to place an order is Tuesday, October 11 at 12:00 pm. Pick up dinner on Wednesday October 12th at OLGC School. School families will pick up during the afternoon carpool between 2:30—3:15 pm in front of the school. Parish & ECAP families can pick up their meals by the Counsel Room doors 3:30—5pm. 15% of your purchase will come back to OLGC.

OLGC CYO and House League Basketball is back!

House League & CYO Basketball - **Deadline to register is Oct. 3rd:** The OLGC CYO and House League basketball programs are gearing up for another fun season. House League is open to 4th and 5th grade boys and girls to play on teams made up of their OLGC School and CCF peers. Practices will be once a week and games are played on Sundays in our beautiful OLGC gym. There will be boys and girls basketball clinics for House League participants on Oct. 2nd. The CYO program is open to 6th – 8th grade boys and girls to compete against other parish teams throughout Northern Virginia. Practices will be once or twice a week with games at a variety of parish gyms, including at OLGC. Evaluations for team formation will begin in early to mid-October and practices will begin soon thereafter. Games begin in November and culminate with end-of-season tournaments in late February (House League).



Parish Announcements

The Annual Boy Scout Wreath Sales

Pre-order your wreaths now!

OLGC's Boy Scout Troop 976 will conduct their annual sale of festive Christmas wreaths. The wreaths are \$30 each and usually sell out quickly—the Troop recommends pre-ordering 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. Pre-orders are open through October 20th. For more information please visit <https://www.olgc976.org/node/5763>



Adoration of the Blessed Sacrament

Friday, October 7th from 9am-3pm in the Chapel. Spend some time with the Lord.

Adoration occurs on the 1st Friday of the month after the 8:30am Mass until 3pm. Please sign up online at olgcva.org/about-us/calendar.



FR. MATT'S MUSING:

Prayer and Belief

The Church has long taught that our prayer should also reflect what we believe.

Read the Musing for five examples:
bit.ly/3CeQAtR

Donut Social

Donut Social: Sunday, October 2nd in DeSales Hall after the 8am, 10am & 12noon Masses. The social happens on the 1st Sunday of every month. This month, the Society of St. Vincent DePaul representatives will be at the social to share what they do and answer questions.

This is a great opportunity to gather with family & friends. The Knights of Columbus Santa Maria Council organize this with additional parish groups sponsoring and serving at the social. In a spirit of Care for the Common Home (Laudato Si), the Care for Creation Team is requesting that you limit the trash you leave behind and bring your own coffee mug or juice cup to the Donut Social each month. Yes, you can bring an empty mug into Church with you. Get to know your neighbor by their mug, a conversation starter!



October is the Month of the Rosary

Please join our OLGC community in setting aside time this month to pray the Rosary. Find a quiet time to center yourself with the Rosary, or join your fellow parishioners at one of the following times:

Sundays 9:10am (English)- Mary's Garden (or Chapel during inclement weather)

Sundays 11:15am (Spanish) - Mary's Garden (or Chapel during inclement weather)

All weekdays after 8:30am Mass - Chapel

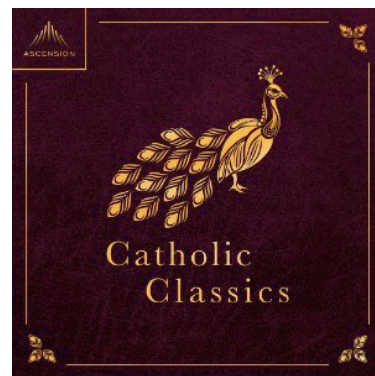
Thursdays 6:50pm - Weekly Scriptural Rosary for Persecuted Christians by conference call dial 609-746-1119; access code: 726350



Diocesan & Community Events

New Podcast: *An Introduction to the Devout Life* by St. Francis de Sales

New Podcast with Fr. Gregory Pine, O.P. and Fr. Jacob Bertrand Janczyk, O.P.
Starting October 24, join Fr. Gregory Pine, O.P. and Fr. Jacob Bertrand Janczyk, O.P. as they read and explain *An Introduction to the Devout Life* by St. Francis de Sales in the first season of Ascension's NEW podcast! ascensionpress.com/pages/catholicclassics.



Marriage Jubilee Mass 2022

All married couples celebrating their silver (25 year) and golden (50 year) anniversaries are invited to join us at the Cathedral of Saint Thomas More on October 16 at 3 p.m. for the Mass for Marriage Jubilarians, celebrated by the Most Reverend Michael F. Burbidge, Bishop of Arlington, who will also be the homilist. A light reception will follow. **Please register by October 3rd** by filling out the form at www.olgcva.org/n/~board/news/post/jubilarian or by contacting the church office.

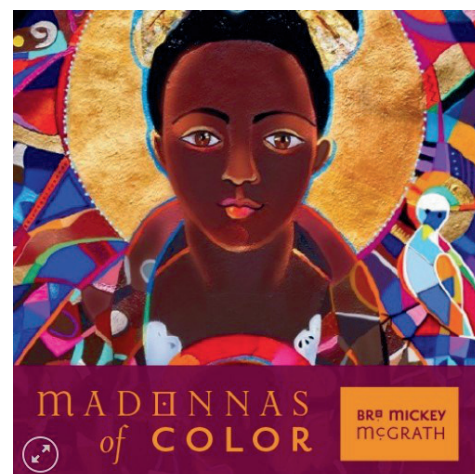


Madonnas of Color Lecture by Br. Mickey McGrath, OSFS

Free Lectures by Brother Mickey McGrath, OSFS!

There are two opportunities coming up to hear Brother Mickey McGrath share his own paintings and stories in a celebration of Mary, our Blessed Mother. **The Theological College Seminary Community** at 401 N. Michigan Avenue, NW will host Br. Mickey on **October 12**, at 2:00 p.m. for a FREE lecture titled "Madonnas of Color" Limited Seating - **Please RSVP by October 3** to Mary Nauman at nauman@cua.edu or 202-756-4905.

St. John Neumann's Racial Justice Ministry will have an event on **Friday, October 14, 2022, 7:00pm**, St. John Neumann, Reston **Please register at this link** <https://bit.ly/3qEW2zq>.



Bro. Mickey McGrath's, OSFS, *Madonnas of Color*, the title of his most recent book, is a celebration of Mary as the beloved and timeless Madonna of Color. In my lecture, "I hope to offer new relevance and reverence to ancient titles and traditions surrounding the Black Madonna and to help others to see her crucial importance in our divided world."

Upcoming Diocesan Events

Visit arlingtondiocese.org/all-events for details

The Science and Significance of Eucharistic Miracles
October 6 | 7:30 p.m.

Interdenominational Infant Loss Memorial
October 8 | 7:00 p.m.

Quo Vadis Battle-Forged Virtue event
October 8 | 9:00 a.m.

Mass for People with Disabilities
October 9 | 11 a.m.

St. Andrew the Apostle Concert

October 9 | 4:00 p.m.

Exalt: An Evening of Worship

October 10 | 7 - 8:30 p.m.

Praise and Worship Holy Hour for Healing and Conversion in Families with Bishop Burbidge

October 11 | 7:15 p.m.

Young Adult Retreat: Finding Jesus with Pier Giorgio Frassati

October 14-16



SEASONED CITIZENS' LUNCHEON – Slipping a little deeper into Fall, this traditional Prosit! Oktoberfest-themed gathering for OLGC seniors will be just the thing to enjoy on a crisp autumn day later this month: **Thursday, October 20** at noon in De Sales Hall. Save the date, and look for registration details in next week's column!

STROKE SMART TRAINING – Join Margaret Probst of the Northern Virginia EMS Council, a paramedic for more than 20 years, to learn to save lives and reduce disability from stroke through simple and fun 30-minute Stroke Smart training. Strokes are the number one cause of disability, a leading cause of death, and are common; one in six of us will suffer one. While there are effective hospital-based treatments for stroke, the vast majority of these patients don't get to the hospital in time to receive that treatment. This tragedy exists because most people don't recognize the signs of a stroke or the medical emergency that it is. Margaret will increase stroke awareness through this free Virginia Department of Health-funded program on **Monday, October 3** from 10-10:30 am at the Vienna Community Center. Please let them know you'll be there, for planning purposes: 703-255-6360.

VOLUNTEERS NEEDED!

The Shepherd's Center of Northern Virginia is looking for volunteers to help them carry out their mission to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults in the communities they serve. Are you newly retired and looking to share your time and talents for good? With summer ending, it's an appropriate time to look in a new direction. Give some thought about what empowered aging, social connection and service mean to you. Are there areas where you could help the SCNOVA even if it's only twice a month? They need drivers to take area seniors to medical appointments, grocery shopping, etc. Office volunteers are always welcome—name your schedule! They need folks who are handy at simple home repairs, and those who can call a homebound senior every now and then to just chat to relieve loneliness. Call 703-281-0538 to speak with find out how you can help with this important service to the elders of our community. We all will be one of them some day!

Since the first of this year, 1,339 rides were provided to clients in our community who needed transportation to medical appointments. 4,810 volunteer hours were recorded and 8,290 miles were driven by these generous men and women. The financial value of volunteer hours is \$144,059! Come, be a part of this dynamic organization... you can make a difference! Call 703-281-0538.



MEDICARE AND YOU – Come and learn how to choose a Medicare plan that's right for you, and find out how you can match the right plan to your needs and goals. The presenter will be Sharon Accardo, Senior Insurance Advisor/Community Educator for Innovative Insurance Group, LLC. This presentation will also be offered virtually by Northern Virginia Virtual Center for Active Adults. If interested, visit bit.ly/novaVCAA. The in-person version will take place at the Vienna Community Center on **Monday, October 17** from 10-11 am. There is no charge, but call the VCC to let them know you'll be there, for planning purposes: 703-255-6360.

HAVE YOU GOTTEN IT YET? –The official U.S. Government Medicare Handbook for 2023, *Medicare and You*, should be in your mailboxes soon, if you haven't already received it. It's also available in 16 different languages, at no cost to you. To speak to an interpreter, call 1-800-633-4227.



STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL) – Sail exercise class is a strength, balance, and fitness program. Performing exercises that improve strength, balance, and fitness can help adults stay active and reduce their chances of falling. The curriculum of activities in the SAIL program can help improve strength and balance if done regularly.

SAIL classes are offered at many Fairfax County Senior Centers. You must be a senior center member to participate in their in-person classes. To view the senior center event calendars, visit FairfaxCounty.gov, search for "NCS Activity Calendars," and select the name of a Senior Center. There are also pre-recorded SAIL classes available at bit.ly/VCAAvideos.

LOOKING AHEAD – "Count Your Blessings," a Thanksgiving luncheon, will take place at the Vienna Community Center on **November 15** from 12-2 pm. You're invited for turkey and all the fixings provided by the Davis Career Center. Entertainment TBD. Come celebrate all you're thankful for! Food and friendship add to the joys of the Thanksgiving holiday. For adults 55+. Registration is required, and prepayment of \$15 per person is due by November 10. Call the Shepherd's Center, 703-281-0538 if you're interested in attending.

Elder Wisdom

I've seen better days, but I've also seen worse. I don't have everything I want, but I do have all I need. I woke up with some aches and pains, but I woke up. My life may not be perfect, but I am blessed! (Lessons Learned in Life)

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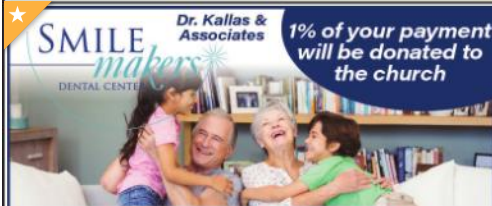
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