# 15th Sunday in Ordinary Time

July 10, 2022

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#### **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 9-9:30am or by appt
Join the Parish <a href="https://www.olgcva.org/register">www.olgcva.org/register</a>
Schedule an Event

www.olgcva.org/about-us/facilities
Add Item to Bulletin/Media

www.olgcva.org/about-us/communications

**Mass Intention Request** 

estream www.youtube.com/c/StreamingOLGC www.olgcva.org/liturgy-worship/devotions/mass

Pastor Rev. Matthew Hillyard, OSFSfrhillyard@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFSmkumar@olgcva.org
Retired Rev. William Metzger, OSFSwilliam.metzger@olgcva.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 703.896.7426amackinnon@olgcva.org
Youth Ministry/Young Professionals Derek Rogers 703.896.7409youth@olgcva.org
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## 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 <a href="https://tinyurl.com/">https://tinyurl.com/</a>
PresiderSchedule

Sat. / Sun. July 9 – July 10, 2022—Presiders Fr Hillyard, Fr Extejt, Fr Kumar, Fr Andre, Fr Hillyard

- + David A. Roby Jr.
- + Lucille Boykin
- + Sonia R. Palmer
- + Young-Jo John Kim
- + Hugo Sr. & Betty Mendoza

Monday, July 11, 2022 — Presider Fr Metzger

8:30am + Francis Siu

Tuesday, July 12, 2022 — Presider Fr Hillyard

8:30am + Adam Cuatote

Wednesday, July 13, 2022 — Presider Fr Hillyard

8:30am + Brian Davenport

Thursday, July 14, 2022 — Presider Fr Kumar

8:30am + Patricia Bozis

Friday, July 15, 2022 — Presider Fr Kumar

8:30am The OLGC Community

Saturday, July 16, 2022 — Presider Fr Metzger

8:30am + Frederick Botz

Sat. / Sun. July 16 – July 17, 2022— Presiders Fr Metzger, Fr Extejt, Fr Kumar, Fr Jean Marie, Fr Metzger

- + Herminia M. Briones
- + Mary Anne Catherine Hayes
- + Richard LeFrancois
- + Cecilia De Maria
- + Stephen C. Fitch



Please keep those listed in the prayer intention book and the recently deceased in your prayers including Anthony Champ, father of Laura Brockwell, and grandfather of Harrison, Kate & Patrick; Thomas E. McGunigal, father of

Mary and James Briody, Betty Ann and Mike Linegang, grandfather of Jill, James and Michael Briody; Aidan, Emily and Ryan Linegang; Dorothy Budzynski; and Vincent Scinta, husband of Josephine Scinta.

Readings for the Week/Lecturas de la Semana

For the Week of July 10, 2022

Sunday Fifteenth Sunday in Ordinary Time

Dt 30:10-14; Ps 69:14,17,30-31,33-34,36,37 or Ps 19:8, 9, 10, 11; Col 1:15-20; Lk10:25-37

Monday Memorial of Saint Benedict, Abbot

Is 1:10-17; Ps 50:8-9, 16bc-17, 21 & 23;

Mt 10:34-11:1

**Tuesday** Is 7:1-9; Ps 48:2-3a, 3b-4, 5-6, 7-8;

Mt 11:20-24

Wednesday Memorial of Saint Henry

Is 10:5-7, 13b-16; Ps 94:5-6, 7-8, 9-10, 14-15;

Mt 11:25-27

Thursday Memorial of Saint Kateri Tekakwitha, Virgin

Is 26:7-9, 12, 16-19;

Ps 102:13-14ab & 15, 16-18, 19-21;

Mt 11:28-30

Friday Memorial of Saint Bonaventure,

**Bishop and Doctor of the Church** 

Is 38:1-6, 21-22, 7-8; Is 38:10, 11, 12abcd, 16;

Mt 12:1-8

Saturday Memorial of Our Lady of Mount Carmel

Mi 2:1-5; Ps 10:1-2, 3-4, 7-8, 14; Mt 12:14-21

Sunday Sixteenth Sunday in Ordinary Time

Gn 18:1-10a; Ps 15:2-3, 3-4, 5; Col 1:24-28;

Lk 10:38-42

Wedding Banns

First: Anthony Falcone will marry Karoline Foderer at Our Lady of Good Counsel on August 6, 2022.

**Devotional Candles:** <a href="https://www.olgcva.org/liturgy-worship/">www.olgcva.org/liturgy-worship/</a>

Church + Stephen C. Fitch

Chapel In thanksgiving for the Yi Family
Our Lady For all parents with ill children

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

Requests for Mass Intentions and Candles are all available online at www.olgcva.org/liturgy-worship

## Monthly Outreach Project: <a href="Diaper & Baby Clothing Drive">Diaper & Baby Clothing Drive</a>

We are collecting diapers this weekend after all Masses at the Bell Tower Circle in DeSales Hall.

### **Other Options for Donations**

Arlington Diocese Gabriel Project -

www.arlingtondiocese.org/give/additional-ways-to-give/gift-for-life/

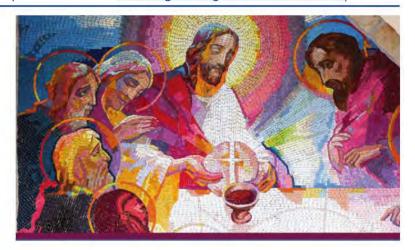
Project Manger - Cribs for Life -

www.projectmanger.org/donate-a-crib

A Woman's Choice Amazon Wishlist -

www.amazon.com/hz/wishlist/ls/3HY191ZGC6AHA?
ref =wl share

Thank you! Any questions, contact Betsy Argauer, <a href="mailto:betstim@gmail.com">betstim@gmail.com</a>, 703.255.3744.



## Mass for Multicultural Communities

Friday, July 15, 2022 | Mass at 7:00PM

Most Reverend Michael F. Burbidge | Bishop of Arlington,

Main Celebrant and Homilist

Reception to Follow in DeSales Hall. All are welcome.

## Parish Updates & Events

### Children's Faith Formation Registration Deadline is August 15th! Please register ASAP!

Do you have a child between the ages of 3 years old and 8th grade not attending a Catholic school? If so, now is the time to register for Faith Formation sessions! Faith Formation plays an essential role in assisting the children of our parish to grow in their Catholic identity, in their knowledge of the faith, and in their relationship with Christ and with one another. Please register as soon as possible since space is limited at each session. Register at <a href="www.olgcva.org/news-post/~board/news/post/ccf">www.olgcva.org/news-post/~board/news/post/ccf</a>. We need catechists! If you'd like to volunteer to teach, be an aide, hall/room monitor, or nurse/medical technician, please contact Amy MacKinnon <a href="maintenance.org">amackinnon@olgcva.org</a>, to help our kids in CCF to go boldly into the future!

#### **Volunteer Background Checks & Training**

For those wanting to volunteer next year with children, please fill out a request form at <a href="www.olgcva.org/outreach/serve/volunteer-children">www.olgcva.org/outreach/serve/volunteer-children</a>. Questions? Contact Christine Moan, Child Protection Liaison, <a href="mailto:cmoan@olgcva.org">cmoan@olgcva.org</a>.

#### 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.

## Thank you for your amazing interest in the 21<sup>st</sup> Annual Golf Classic at Westwood Country Club.

Due to the extraordinary response, we are currently on a waitlist for Golf Registrations. Please note that there are many sponsorship opportunities available, including some with golf registrations included! Please check out the sponsorship page for more details. The Golf Classic brings our community together for a great day of sport, fellowship, and fun with the proceeds of the event directly supporting Tuition Assistance at OLGC School. For more information, visit the golf webpage or email golf@olgcva.org.

#### **May Monthly Collections**

#### Weekly & Second Collections

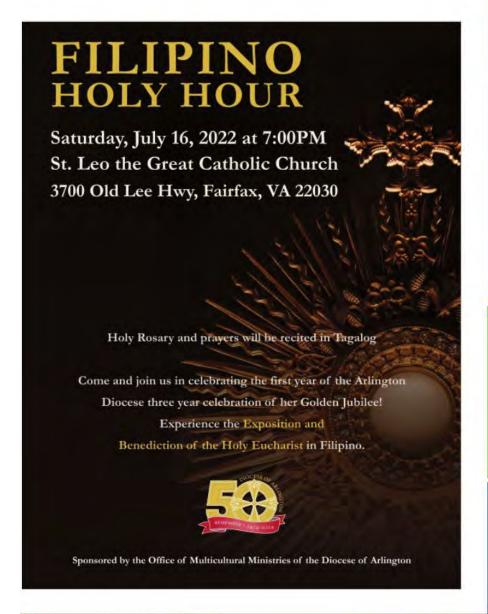
Checks or cash via envelopes, Text amount to 703.810.7674, use QR Code or online at <a href="membership.faithdirect.net/VA875"><u>membership.faithdirect.net/VA875</u></a>. Thank you.

June & July 2022 <u>Facility Improvements</u>
August 21, 2022 Mission Cooperative Plan—Banica



Online Donation

## Community & Diocesan Updates



Want to strengthen your marriage? Who doesn't?! Join us for

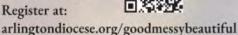
The Good, the Messy, and the Beautiful

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Saturday, July 23, 2022 Corpus Christi Catholic Church Aldie, VA

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Register at:



Takeaways include:

- · How to avoid pitfalls and overcome marital struggles
- · Lessons learned through 20+ years of marriage
- · Tips, mindsets, and reminders for when reality hits
- Hilarious and relatable stories of real married life!

St. Paul VI Catholic High School in Chantilly is hiring for several teaching and staff **positions.** To view current openings and to apply, please visit www.paulvi.net/ employment. St. Paul VI Catholic High School in Chantilly invites rising 8th graders and transfers to join us for a tour of our campus led by current PVI students. After the tour, you will be able to meet with Mrs. Hanley, Assistant Principal for Admissions and Student Life, to ask any questions about the school and enrollment process. These tours are for families with students who are interested in enrolling for the 2023-2024 school year. More info and sign up: www.paulvi.net/tour.

### Thursday Night Gatherings (TNG)

George Mason University's Catholic Campus Ministry is hosting weekly summer events for college students and graduating high school seniors every Thursday night in June and July at the St. Robert Bellarmine Chapel (4515 Roberts Road, Fairfax). Find out more at www.gmuccm.org or email vsierral@gmu.edu.

PRIME TIME SINGLE CATHOLICS (PTSC) serves single Catholics 40 and over. Meet us for: Thursday lunches (July 14 and 28); Sunset Parade at Iwo Jima Memorial (July 12); outdoor Stations of the Cross at Nativity Church (July 19); dessert social (July 24); mini-golf (July 31); hot-dog social (Aug. 3). For details, visit our website: bit.ly/ptsc. With questions or to RSVP, email Tom at ptscnva@gmail.com.



A Letter from Bishop Burbidge on the Synodal Synthesis Report came out last week. Read it at www.arlingtondiocese.org/ synod

## Senior Moments: Marge Van Lierde, Gitkagirl@gmail.com, 571.831.3951

#### **BIG SCREEN ON THE GREEN**

"Encanto" will be the film shown on Thursday, July 14 at 8:30 pm. Come, enjoy a free movie under the stars at the Vienna Town Green. Complimentary water and popcorn will be available, while supplies last!

#### YOU'RE NEVER TOO OLD TO KEEP LEARNING

"It is true that as we get older, some of our learning abilities do change", says Tracy Lippard, MD, a geriatrician at Kaiser Permanente in Colorado. "We tend to be a little slower at recalling and remembering names and have more difficulty with multi-tasking or shifting our attention. On the positive side, however, we have learned a lot from a lifetime of accumulated knowledge and experiences and can apply this to new learning." "The well-known adage that you can't teach an old dog new tricks is false," adds Tracey Gendron, PhD, executive director of the Virginia Center on Aging at Virginia Commonwealth University and chair of the Department of Gerontology at VCU College of Health Professions. "Research has demonstrated lifelong brain plasticity and the ability to learn new things and improve skills and abilities."

While older adults may need more time to complete a task or challenge, they can often cognitively perform just as well as younger individuals, according to Jamie Sharp, MD, chief medical officer for Aetna Medicare, a CVS Health company. "What's more," she says, "growing evidence suggests that our brains can change and adapt, allowing individuals to adjust and learn new skills, even at an older age." "I am a firm believer that, if anyone wants to learn, they can learn, no matter their age," adds Rachel Ramirez, MPSA, executive director for the Lifelong Learning Institute in Chesterfield, an organization supported by VCU's Virginia Center on Aging in partnership with Chesterfield County, Virginia. "The definition of lifelong learning is 'The use of formal and informal learning opportunities throughout life for personal fulfillment.' There is no age requirement or limitation to lifelong learning."

There are many benefits of lifelong learning. Research bears out these sentiments. Continuing to learn even (or especially) into our later years, has many benefits, including:

<u>Professional and Personal Development</u>. If you're not ready to retire or transition into another career (or even a volunteer position), adding to your skillsets can be worthwhile.

<u>Community and Society Improvement</u>: More than 15 million people in the United States and Canada say they take an informal or formal lifelong learning class every year, which not only benefits themselves but also society as a whole. Research shows that those who pursue lifelong learning opportunities are approximately 20% more likely to support community organizations such as recreation departments, public schools and higher education.

Better Mental and Physical Health: By continuing to use our brain we are improving our cognitive functioning. Research has found significantly fewer memory issues in older learning adults and that older adults who participated in a mentally stimulating pastime (learning an instrument or a new language), demonstrated a long-term increase in their memory skills. From a physical standpoint, lifelong learning has also found to lower the incidence of depression and anxiety, and reduce the rate of physical health conditions such as diabetes, stroke, emphysema, cardiovascular disease, ulcers, and more.

Increased Socialization: "One of the consequences of living in an inherently ageist society is the marginalization and exclusion of older people from opportunities for growth, learning, learning and meaning-making" says VCU's Tracey Gendron. "This lack of participation can lead to social isolation and poor mental health." Taking classes, however, can promote feelings of community and camaraderie and can offer an opportunity to form new friendships. (Thanks to Spotlight on Senior Living.) So here we've heard from the experts, and next week you'll read about the various learning opportunities you might look into if you're interested in pursuing some form of education in the days ahead.

#### **LOOKING FOR RESPITE CARE?**

Adult day care centers can be lifesavers for caregivers of those suffering from dementia and other cognitive conditions. Patients look forward to going and are well cared for while there. But one must do their homework and know what to explore further before choosing a place for their loved one. Experts suggest focusing in these areas to learn as much as you can about an adult day center.

First of all, there are the Basics: Are there a minimum number of days per week that participants must attend, and is transportation to and from home provided? Most centers offer it. What about locked sections so that someone can't wander off? Check out the security. Then there's Staff. Compare the center's staff-to-client ratio with the industry standard of six participants to one staff member, not including administrators. Ask about staff training and turnover. Lastly, there are Activities. Check out the calendar of activities and look for both physical and cognitive stimulation – for example, crafts, chair exercises, and music and dance therapy, even aroma therapy. Lots to think about before making that final decision.

## **ELDER WISDOM**

When I stand before God at the end of my life, I would hope that I had not a single bit of talent left, and could say "I used everything you gave me."



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