



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

JANUARY 28, 2024

28 DE ENERO, 2024

THE FOURTH SUNDAY IN ORDINARY TIME CUARTO DOMINGO DEL TIEMPO ORDINARIO

AM I
FOLLOWING
The Lord
TODAY?

¿ESTOY
SIGUIENDO
al Señor
HOY?



Parish
Registration



Make One-Time
Donation



Bishop's
Lenten Appeal



Faith Direct for
eGiving

PARISH INFORMATION

OFFICE HOURS

Monday – Friday: 8:00 AM – 4:00 PM

REGISTRATION

Visit WWW.OLOLCC.NET and click “I’m New” to join our parish.

MASS SCHEDULE

Sunday Mass: 5:30 PM Vigil (Saturday)
8:00 AM * 10:00 AM * 12:00 PM * 5:00 PM (Español)
Monday-Friday: 6:45 AM * 12:00 PM
Saturday morning: 9:00 AM
July 4th & Thanksgiving: 10:00 AM
All Other Federal Holidays: 9:00 AM
Holy Days of Obligation: 7:00 PM Vigil * 6:45 AM *
12:00 PM * 7:00 PM

• Note schedule changes for Christmas, Holy Week, Easter, and other Holidays and special occasions.

CONFESSIONS

Saturday: 4:00 PM – 5:00 PM

Sunday: 4:15 PM – 4:45 PM (Español)

Tuesday, Thursday & Friday: 12:30 PM

• Note special Confessions schedules during Advent, Lent and Holy Week.

ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.

EXPOSITION OF THE BLESSED SACRAMENT

Fridays: 12:30 PM – 3:00 PM

ROSARY

Monday – Friday: 6:15 AM * 11:30 AM

Saturday: 9:30 AM

DEVOTIONS

Miraculous Medal Novena - Wednesday: 12:30 PM

Divine Mercy Chaplet - Friday: 3:00 PM

CLERGY

Fr. Frederick H. Edlefsen, *Pastor*

Fr. Joseph R. Kenna, *Parochial Vicar*

Fr. Daniel L. Mode, *In Residence*

Fr. Steven R. Walker, *In Residence*

STAFF

Ms. Debra Corrie, *Office Manager*

Mrs. Mary Ellen Hill, *Office Assistant*

Mrs. Esperanza Miranda, *Office Assistant*

Ms. Leigh Hasson, *Director of Religious Education (DRE)*

Mr. Tom Bartolomeo, *Director of Music*



SACRAMENTS

BAPTISM

Children’s Baptisms arranged by appointment.

Visit WWW.OLOLCC.NET and click “Mass & More” and “Baptism” to submit a request. Or call the Rectory Office.

FIRST HOLY COMMUNION

Grades 1-2 prepare for First Holy Communion in our two-year CCD program. Visit WWW.OLOLCC.NET “Get Involved” and “Religious Education” to register.

CONFIRMATION

Grades 7 & 8 prepare for Confirmation in our CCD program. Visit WWW.OLOLCC.NET and click “Get Involved” and “Religious Education” to register. Or contact Leigh Hasson at dre@ololcc.net. Youth Ages 14-17: Contact Leigh Hasson at dre@ololcc.net for more information.

Baptized Adults 18+: Follow the prompts on “How Can I Help You” on our website WWW.OLOLCC.NET or contact the Rectory Office.

BECOMING CATHOLIC & ADULT CONFIRMATION

The Order of Christian Initiation for Adults (OCIA) is for adults age 18+ seeking the Sacraments of initiation: Baptism, Holy Communion, and Confirmation. Classes begin each fall with a view to receiving these Sacraments at the Easter Vigil Mass. Visit WWW.OLOLCC.NET and click “Get Involved” and “Explore Catholicism” to register. Or call the Rectory Office to speak with a priest.

GODPARENTS AND CONFIRMATION SPONSORS

Have you been asked to be Godparent or Confirmation Sponsor? Go to our website and click “How Can We Help You?” and follow the prompts for Sacraments of Initiation and Godparents/Sponsors. Or call the Rectory Office.

MARRIAGE PREPARATION

Contact a priest at least 7-8 months before your wedding date to begin preparation. Submit a request at WWW.OLOLCC.NET under “Mass & More” and “Marriage Prep”



Honor a loved one with a Mass
at Our Lady of Lourdes!

Contact the Rectory Office
703.684.9261 or OLOL@OLOLCC.net

January 28, 2024
Third Sunday in Ordinary Time
WEEKLY MASS INTENTIONS

- SATURDAY** **JANUARY 27**
Saint Angela Merici, Virgin
9:00 AM Larry Conner by James and Maryellen Tibbs
5:30 PM Ana Rivera by OLOL Staff
- SUNDAY** **JANUARY 28**
Fourth Sunday in Ordinary Time
8:00 AM + Angelita S. Baylon by Rito G. and Hubert A. Baylon
10:00 AM All Parishioners, Living & Deceased
12:00 PM Celebrant's Intentions
5:30 PM (Spanish) Celebrant's Intentions
- MONDAY** **JANUARY 29**
6:45 AM Brent and Chissy Dawkins
by James and Maryellen Tibbs
12:00 PM Celebrant's Intentions
- TUESDAY** **JANUARY 30**
6:45 AM Bob and Sandra by James and Maryellen Tibbs
12:00 PM Celebrant's Intentions
- WEDNESDAY** **JANUARY 31**
Saint John Bosco, Priest
6:45 AM Father Steven Walker
12:00 PM + Ralph and Elizabeth Carr by Mary Carr
- THURSDAY** **FEBRUARY 1**
6:45 AM + Helen Kelley by Mary Downey
12:00 PM Sandy Kelley by Mary Downey
- FRIDAY** **FEBRUARY 2**
The Presentation of the Lord
6:45 AM Denise Pelletier and Family
by James and Maryellen Tibbs
12:00 PM + Richard Chaisson by Mary Ann Deitz

The Birds of the Air

By P. Frederick Edlefsen



In today's second reading, St. Paul tells us, "*Brothers and sisters: I should like you to be free of anxieties.*" In a world that thrives on anxiety, this is a welcome wish. Some great spiritual masters, like John Cassian and St. Francis de Sales, said anxiety is the number-two enemy of the soul, after sin. However, grace – the work of the Holy Spirit in our lives – not only gives us power to conquer sin, but to overcome *anxiety*.

If we live for this world alone, we have every reason be anxious. The world's "peace and security" (1 Thessalonians 5:3) is always tenuous. But if we live for our "better and lasting possession" (Hebrews 10:34), our hope is certain. In this light, we can ground our anxious selves on a lasting and sure peace. We discover the basis of joy and freedom, even amidst this life's anxieties.

Anxiety is often involuntary. Circumstances can sometimes make it hit like a kamikaze. If you feel anxiety, just admit it; say a brief prayer; and let it be. But don't let it control you. Treat anxiety like any other temptation or uncomfortable fact of life: carry on without narrating or analyzing it. Hide in Christ's peaceful crib at Bethlehem. Or hide yourself in His precious wounds, by which Christ took upon himself every cause of sin and anxiety.

In prayer, anxiety reveals what we are attached to: tendencies of egoism, the need to control, and habits of dramatizing things out of perspective. This can be a healing confrontation if we are honest. "And he shall sit as a refiner and purifier of silver..." (Malachi 3:3).

"I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?" (Mathew 6:25-27)

OUR PARISH



PRAYER IN OUR PARISH

PLEASE PRAY FOR

Dana Gould, Paul Durand, Ed Boehme, April Garcia, José Silva, Rosa Diesquez, Parfait Williams, Bridget Hinds, Peter & Geraldine Filpi, Jim & Becky McManaman, Francis Xavier Eversole, and Ron Harris. Contact the Rectory Office at 703-684-9261 or OLOL@OLOLCC.NET to be included in this list.

PRO-LIFE ROSARY

Together we pray, through the power of the Rosary, for a culture of life. Join us every Tuesday at 7:00 PM, in the church to pray for the unborn and for an end to abortion.

PRAYER CHAIN

Do you have an urgent need for prayer? Members of our parish will pray for your intention. Contact James at 703-887-7117 or ejt@cybtek.com to arrange. Provide only a first name and the prayer intention for the person(s) in need of prayer.

LEGION OF MARY

Hosting the Pilgrim Virgin statue is a beautiful way to honor Jesus and Our Lady, to invite God's blessings into your home, and to unite your family in prayer! Bring the "Pilgrim Virgin" to your home for 1 or 2 weeks of intimate prayer. Contact the Legion of Mary at csb1789@hotmail.com.



PARISH REGISTRATION~ It's Important!

Share fully in the life of the of the parish.

Discover the joy of community.

Find a spiritual family and grow in holiness together.

Register today using a QR code on the bulletin cover or visit our website and click "I'm New".

www.OLOLCC.net

ALTAR FLOWERS

Altar flowers are sponsored by our parishioners in honor of loved ones, or to commemorate a special event. Email or call the Rectory Office to find out about the next available dates. Sponsorship is \$50.

703-684-9261 or OLOL@OLOLCC.net



This week's Altar Flowers were provided "for someone special on Valentine's Day" by Capt. Zeb Knott, USN and all our veterans.

SAVE THE DATES

FORTY HOURS DEVOTION

Thursday-Saturday, February 8-10

A mini-retreat for the whole parish. It will begin with Mass at 7 PM on Thursday, Feb 8 and end on Saturday, Feb 10 at the 5:30 PM Vigil Mass.

OUR LADY OF LOURDES FEAST DAY

Saturday, February 10

Our patronal feast day will be celebrated at the 5:30 PM Vigil Mass, followed by a dinner celebration at the Parish Hall.

ASH WEDNESDAY

February 14

Masses with Ashes: 6:45 AM * 12:00 PM * 7:00 PM



VIRGINIA PRO-LIFE

Wednesday, February 21

Join thousands of pro-life supporters to advocate for the sanctity of life during a day at the state capitol, followed by a rally and March for Life. WWW.VAPROLIFEDAY.ORG

Forty Hours Devotion

February 8-10, 2024

“Lord, teach us to pray” (Luke 11:1).

Forty Hours Devotion is a mini-retreat for the whole parish. Its main feature is prayer and meditation before the Blessed Sacrament, which is *“the source and summit of the Christian life.”*

It is a combination of times for private (silent) and communal prayer. Forty Hours creates a continuous “sacrifice of praise” that flows from the Mass.

Forty Hours begins with Mass at 7:00 PM on Thursday, February 8.

The Blessed Sacrament will be exposed that evening, and again all day on Friday and Saturday between the Masses. **See the bulletin flyer for more details.**



Our Lady of Lourdes
Feast Day Celebration

Saturday, February 10, 2024



The Saturday evening **Vigil Mass on February 10** will be a Mass of Our Lady of Lourdes, celebrating our patronal feast day.

After Mass, at 6:45 PM, join us for dinner celebration in the Parish Hall, catered by the Crystal City Sports Pub.

VOCATIONS

>> Come Pray for Vocations <<

Join the St. Thérèse Vocation Society for their annual Morning of Reflection

Saturday, February 10 * 8:30 AM – 12:00 PM

Blessed Sacrament Catholic Church, Alexandria

Included: continental breakfast, spiritual conference, Mass and Holy Hour.

Event is free but RSVP with the Office of Vocations by **February 5** at (703) 841-2514 or vocations@arlingtondiocese.org

** The St. Thérèse Vocation Society was formed to pray for and encourage vocations to the priesthood and consecrated life. **

Lights-Camera-Action

Calling All High School Girls

FIAT Day with the #MediaNuns

An afternoon of media reflection, fun, and prayer with the Daughters of St. Paul, **Sunday, February 25, 1-5 pm** at **Pauline Books & Media** in Alexandria.

Visit www.ArlingtonDiocese.org/FIAT or contact the Office of Vocations at 703-841-2514 or vocations@arlingtondiocese.org

Space is limited. Registration Deadline: Feb 19



“Follow me and I will make you fishers of men.”



Is the Lord calling upon you to cast a wider net with a vocation as to the priesthood or consecrated life? Contact Fr. Michael Isenberg, Vocations Director, at (703) 841-2514 or email: vocations@arlingtondiocese.org.

RELIGIOUS EDUCATION

FORMED

Free Catholic Films, Podcasts,
Audio Books & More!

Your pre-paid access to a Catholic media service with hundreds of films, e-books, podcasts, study courses, & more is right on your computer, tablet, and your smartphone.

Register: formed.org/signup
Enter zip code "22202" or "Our Lady of Lourdes VA" to start enjoying great Catholic programming.



NATIONALEUCHARISTIC REVIVAL

June 2023 – June 2024 Year of Parish Revival

This year, we are all called to renew our faith and life in the grace of the Church's sacraments. Father Edlefsen asks all parishioners to learn more about this year's Eucharistic Revival, taking place in parishes throughout the country.

<https://www.eucharisticrevival.org/>



Produced by the Arlington Diocese as part of Year Two of the Diocese Golden Jubilee celebration, this widely acclaimed 7-part video series explain the theology, traditions and devotions to Our Lady and encourages us to grow closer to her with the ultimate goal of growing closer to Christ. To watch the entire series, visit <https://www.arlingtondiocese.org/>

Our Lady of Lourdes Novena

February 3-11



Most holy Virgin, you revealed yourself to St. Bernadette by saying: "I am the Immaculate Conception." Our dear Lady Of Light , Our Lady of Silence, Prophecy of the New Age, Dawn of the New World, Our Lady of Lourdes: you know Our needs, troubles, and Sufferings; and those of the Whole world. We beg you to ask the Father, through Jesus Christ, to grant us peace in our times.

When you appeared to the Child Bernadette in the cave of Lourdes, you made it a Sanctuary of peace and healing. Your favors and miracles foretell the New Creation and the Resurrection of the Dead.

Today, we come to you with Christian hope. If it is our Father's will, please grant of our requests which we now make in silence.

(silently state your request)

In gratitude, we will make ourselves available to the Holy Spirit through meditation, confession of sins, charity, and prayerful reception of the Holy Communion.

Our Lady of light, pray for us
Virgin of Silence, pray for us
Prophecy of the new age, pray for us
Dawn of the new world, pray for us

Stewardship Reflection

*"Follow me and I make you fishers of men."
Mark 1:17*

Jesus' call to "follow me" is a call to all Christians! The call is in the here and now, in our present circumstances, not when we think we are "ready" or have everything in order.

Good stewardship of our God-given gifts means that things aren't always going to go according to our schedule, but that God has a much better plan in store for each of us.

ARLINGTON DIOCESE



2024 BISHOP'S LENTEN APPEAL (BLA) BEGINS!

The 2024 BLA mailing was recently sent to parishioners. The theme this year is shared with the theme of our Diocesan Jubilee: *"Behold, I make all things new"*.

After reflecting upon the blessings God has given you, please prayerfully consider a pledge. As we look forward to the celebration of the 50-year Golden Anniversary of our diocese, let us renew our commitment to the Lord and be inspired to share what we have received from Him. You can make a gift at

www.arlingtondiocese.org/BLA

Or scan the above QR code.

REGISTRATION NOW OPEN!

BEHOLD, I MAKE ALL THINGS NEW

Saturday, March 9 * St. Joseph Catholic Church * Herndon, VA

Join women from around the Diocese for an opportunity to connect with like-minded women, be inspired and to raise our voices together.

Keynotes include: the awe-inspiring reversion story off Patricia Sandoval and a powerful presentation by Sr. Mary Madeline Todd, O.P. about the true dignity and vocation of every woman. **Sign-in begins at 7:30 a.m.** with confession, coffee, and pastries.

Mass will be celebrated by Bishop Michael F. Burbidge. Cost is \$65 until February 1, \$80 after February 1, 2024.

Register at arlingtondiocese.org/men.

MORNINGS OF MERCY

Saturday, February 3 * 9:00 AM * St. Luke, McLean

Join other members of the Diocese who have gone through divorce in a series of morning retreats. The morning will include Holy Mass, talk, and Benediction. The retreats are free. Please register at arlingtondiocese.org/morningsofmercy



REGISTRATION NOW OPEN!

RENEWED IN CHRIST: REFLECTING HIS LIGHT TO THE WORLD

Saturday, March 2 * St. Joseph Catholic Church Herndon,, VA

Join Catholic men from around the Diocese for a day of prayer, fellowship and reflection.

Keynotes include our own Fr. Daniel Mode, Chaplain of the United States Coast Guard, and Jonathan Reyes, Senior VP of Evangelization & Faith Formation, Knights of Columbus. **Sign-in begins at 7:30 a.m.** with confession, coffee, and pastries.

Mass will be celebrated by Bishop Michael F. Burbidge. Cost is \$80 (\$65 if paid by February 1, 2024)

Register at arlingtondiocese.org/men.

STEWARDSHIP

FAITH DIRECT ONLINE GIVING

Our Lady of Lourdes accepts online donations via Faith Direct! You can donate to all our parish's first and second collections and set up recurring payments on your own schedule. To sign up, scan the QR code or on the cover of this bulletin, or visit www.faithdirect.net and enter parish code VA327.



SECOND COLLECTION THIS WEEKEND

January 27 & 28 * Church in Latin America

This collection supports pastoral programs throughout Latin America and the Caribbean. Projects include the work of evangelization, lay leadership training, catechesis, priestly and religious formation, and others programs to share our Catholic faith. Thank you for your generosity. To learn more, visit www.usccb.org/latin-america.

VICTIM ASSISTANCE PROGRAM FOR THOSE SEXUALLY ABUSED AS MINORS

The Diocese of Arlington offers comprehensive assistance to anyone who as a minor was sexually abused by a priest, deacon, teacher, employee or representative of the diocese. Parents, guardians, children survivors of sexual abuse are encouraged to contact the diocesan **Victim Assistance**

Coordinator at (703) 841-2350 or visit

www.arlingtondiocese.org/victim-assistance/

SPONSOR OF THE WEEK

Jennifer Caterini

TTR/Sotheby's International Realty
703-609-6258 * jcaterini@ttrsir.com

NUESTRA PARROQUIA

CUARENTA HORAS DE DEVOCION

8-10 DE FEBRERO, 2024

“Señor, enséñanos a orar” (Lucas 11:1)

La devoción de Cuarenta Horas es un mini-retiro para toda la parroquia. Su característica principal es la oración y la meditación ante el Santísimo Sacramento, que es la “fuente y la cumbre de la vida cristiana”. Es una combinación de momentos para la oración privada (en silencio) y comunitaria. Cuarenta Horas crea un continuo “sacrificio de alabanza” que fluye de la Santa Misa. Todos están invitados a participar.



Las Cuarenta Horas, que comienza con la Misa a las 7:00 PM el jueves 8 de Febrero. El Santísimo Sacramento será expuesto esa noche, y nuevamente todo el día el viernes y el sábado entre misas.

Vea el horario completo en el anuncio de este boletín.

BAUTISMOS

Para bautismos, los padres y padrinos deben asistir a la charla pre-bautismal, el último domingo de cada mes, después de la Misa. Los padrinos deben ser *católicos practicantes*, es decir personas que van a Misa cada domingo. Si el padrino/madrina no es feligrés de Nuestra Señora de Lourdes, debe traer una carta de su parroquia certificando que es elegible para apadrinar. La carta debe tener sello de la parroquia, firmada por el párroco y ser enviada a Nuestra Señora de Lourdes una semana antes del día del bautismo. Próxima charla será el **Domingo, 28 de Enero** en el Lourdes Center a las 6:15 PM.

SACRAMENTO DEL MATRIMONIO

Para casarse por la Iglesia, por favor comunicarse con la oficina 7 -8 meses antes de la fecha del matrimonio al 703-684-9261.

EN ORACION POR

Dana Gould, Paul Durand, Ed Boehme, Rosa Diéquez, April García, Jim y Becky McManaman, Bridget Hinds, José Silva, Peter y Geraldine Filpi, Parfait Williams, Francis Xavier Eversole, and Ron Harris. Comuníquese con la Rectoría al 703-684-9261 o olol@ololcc.net si necesita incluir a alguien en oración.

EXPOSICION DEL SANTISIMO SACRAMENTO

Todos los viernes se expone el Santísimo Sacramento de 12:30 PM a 3 PM. Se retira con el rezo de la Coronilla de la Divina Misericordia. ¡El Señor te espera para tener un encuentro personal contigo!

Las Aves del Aire

Por el P. Frederick Edlefsen



En la segunda lectura de hoy, San Pablo nos dice: "*Hermanos y hermanas: yo os quisiera libres de preocupaciones*". En un mundo que se sustenta de la ansiedad, este es un deseo bien recibido. Algunos grandes maestros espirituales, como Juan Casiano y San Francisco de Sales, dijeron que la ansiedad es el enemigo número dos del alma, después del pecado. Sin embargo, la gracia -la obra del Espíritu Santo en nuestras vidas- no solo nos da poder para vencer el pecado, sino también para vencer la *ansiedad*.

Si vivimos solo para este mundo, tenemos toda la razón para estar ansiosos. La "paz y seguridad" del mundo (1 Tesalonicenses 5:3) es siempre tenue. Pero si vivimos para nuestra "riqueza mejor y más duradera" (Hebreos 10:34), nuestra esperanza está garantizada. A la luz de esto, podemos dejar nuestras ansiedades en una paz duradera y segura. Descubrimos así la base de la alegría y la libertad, incluso en medio de las ansiedades de esta vida.

La ansiedad suele ser involuntaria. Las circunstancias a veces pueden hacer que te golpee como un ataque inesperado. Si sientes ansiedad, admítelo; reza una breve oración; y sigue con tu día. Pero no dejes que te controle. Trata la ansiedad como cualquier otra tentación o hecho incómodo de la vida: sin contarla ni analizarla en desmedida. Escóndete en la paz del pesebre de Cristo en Belén. O escóndete en sus divinas llagas, con las cuales Cristo tomó sobre sí toda causa de pecado y ansiedad.

En la oración, la ansiedad revela a qué estamos apegados: tendencias de egoísmo, la necesidad de controlar y los hábitos de dramatizar las cosas de una manera excesiva. Esta puede ser una confrontación sanadora si somos honestos con nosotros mismos.

"Él se sentará como refinador y purificador de plata..." (Malaquías 3:3).

"Por eso les digo: No se inquieten por su vida, pensando que van a comer, ni por su cuerpo, pensando con que se van a vestir. ¿No vale acaso más la vida que la comida y el cuerpo más que el vestido? Miren los pájaros del cielo: ellos no siembran ni cosechan ni acumulan en graneros, y sin embargo, el Padre que está en el cielo los alimenta. ¿No valen ustedes acaso más que ellos? ¿Quién de ustedes, por mucho que se inquiete, puede añadir un solo instante al tiempo de su vida?" (Mateo 6:25-27.)

AVIVAMIENTO EUCARÍSTICO NACIONAL

Junio 2023 – Junio 2024

Año de Avivamiento Parroquial

Durante este Año Nacional de Avivamiento Eucarístico, todos estamos llamados a renovar nuestra fe en la gracia de los sacramentos de la Iglesia. El Padre Edlefsen invita a todos los feligreses a aprender más sobre esta importante iniciativa que se está



DONACIONES EN LÍNEA CON FAITH DIRECT

¡Nuestra parroquia acepta donaciones en línea a través de Faith Direct! Puede donar a todas las colectas y establecer pagos recurrentes en su propio horario. Para inscribirse, escanee el código QR en esta página, o en la portada del boletín, o visite www.faithdirect.net e ingrese código parro-



GRUPOS VOLUNTARIOS

MONAGUILLOS

Niños/jóvenes que desean servir como monaguillos deben asistir a las clases de catequesis todos los domingos para continuar con su preparación espiritual. Comunicarse con la oficina o Sofía Quishpe al 703-395-4730

GRUPO DE ORACION

Se reúne todos los sábados de 5 - 10 PM. Comunicarse con José Ricardo Díaz al 703-622-6351 o Saul

Orellana al 703-869-7095.

LEGION DE MARIA

Se reúne todos los viernes de 6 - 8 PM. Comunicarse con Rosa Benítez al 571-501-3435.

LECTORES

Si deseas unirte al ministerio de la Liturgia como *lector*, comunicarse con Ana Rivera al 703-508-7751.

UJIERES

Si quieres servir como *ujier*, comunicarse con Reynaldo Campos (703-626-5473) o Manuel Bonilla (571-594-2769).

CORO

Si deseas ser miembro del coro, comunicarse con Cristina Campos al 703-627-9990

28 DE ENERO DE 2024

“Hermanos: Lo que deseo es que estén libres de preocupaciones.”
1 Corintios 7:32

¿Que tanta ansiedad traemos sobre nosotros mismos al preocuparnos constantemente acerca de no tener lo suficiente o de obtener más cosas?

Dios no necesariamente te dará todo lo que deseas, pero si te proporcionará todo lo que necesitas. Intente hacer esto—utilice la palabra “rezar” en lugar de la palabra “preocupar”. Entonces pasará su tiempo rezando en lugar de preocupándose.

2024 BISHOP'S LENTEN APPEAL (BLA) YA EMPEZO!

La correspondencia sobre la Petición Cuaresmal del Obispo de 2024 – también llamada BLA – se envió recientemente a los feligreses. El tema de este año es el mismo tema de nuestro Jubileo diocesano: *“He aquí que yo hago nuevas todas las cosas.”*



Los fondos recaudados a través de BLA son una forma única de apoyar a los voluntarios, las personas laicas y sacerdotes a través de diferentes obras de evangelización. En espíritu de oración, piense en hacer una promesa de contribución a esta importante petición que propaga el amor de Cristo en toda nuestra diócesis. ¡Gracias por su generosidad!

Escanee el código QR en la esquina superior, o en la portada del boletín, o visite www.arlingtondiocese.org/BLA.

GUARDE LA FECHA

CELEBRACION DE LA FIESTA DE NUESTRA SEÑORA DE LOURDES SABADO 10 DE FEBRERO DE 2024

La misa de Vigilia del sábado 10 de febrero por la noche será un Misa de Nuestra Señora de Lourdes, celebrando nuestra fiesta patronal. Después de la misa, a las 6:45 PM, únase a nuestra celebración con una cena en el Salón Parroquial.

¿REGISTRO PARROQUIAL — POR QUE ES IMPORTANTE?

El registro parroquial ofrece una oportunidad única para participar plenamente en la vida de la parroquia, descubrir la alegría de una comunidad y una familia espiritual donde puedan crecer juntos en santidad. También es importante que se registre para que podamos atender a sus diversas necesidades, incluyendo preparación sacramental, educación religiosa y recibir certificados para ser padrinos. Para registrarse, utilice el código QR en la portada del boletín, visite

FORTY HOURS DEVOTION



ADORATION OF THE BLESSED SACRAMENT

- **February 8** – 7:00 PM Mass & Adoration
- **February 9** – Adoration all day until 7:00 PM
Mass (Spanish)
- **February 10** – Adoration all day until 5:30 PM
Vigil Mass. Dinner Celebration in Parish Hall
after Mass.

come, let us adore Him

2024 WOMEN'S CONFERENCE



Behold, I Make *All Things New*



March 9th

8:30am - 2:15pm

**ST. JOSEPH
CATHOLIC CHURCH**

**750 PEACHTREE ST.
HERNDON, VA**



Featuring:



The Most Reverend
Michael F. Burbidge
Bishop of Arlington
Mass Celebrant and Homilist



Patricia Sandoval
International Pro-life
Speaker and Author



**Sr. Mary
Madeline Todd, O.P.**
Author and
Theologian

Register:

ARLINGTONDIOCESE.ORG
WOMEN



The Office of Marriage, Family
and Respect Life
(703) 841-2550
familylife@arlingtondiocese.org



*Nothern Italian Cuisine
Welcome to fine dining
in Crystal City*



526 South 23rd St.
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www.theportofinorestaurant.com

catering@thebozzellis.com

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