



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

JULY 30, 2023

SEVENTEENTH SUNDAY IN ORDINARY TIME

30 DE JULIO, 2023

DECIMOSEPTIMO DOMIINGO DE TIEMPO ORDINARIO



The kingdom of heaven is like a net thrown into the sea...When it is full they haul it ashore and sit down to put what is good into buckets. What is bad they throw away.



Parish
Registration



Make One-Time
Donation



Sign Up
for CCD **NOW**



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

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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 and click “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”.



July 30, 2023
The 17th Sunday in Ordinary Time

WEEKLY MASS INTENTIONS

SATURDAY JULY 29

St. Martha, Mary and Lazarus

9:00 AM Dr. Annie Verghese
5:30 PM + Bozena Marek by the Pronczuk Family

SUNDAY JULY 30

Seventeenth Sunday in Ordinary Time

8:00 AM + Robert A. Rachko Sr. by Maria Hughes
10:00 AM For all parishioners, living and deceased
12:00 PM The Petros family by Abraham Petros
5:00 PM (Spanish Celebrant's Intentions)

MONDAY JULY 31

St. Ignatius of Loyola, Priest

6:45 AM Fr. John Luness by James and Maryellen Tibbs
12:00 PM + Jim Kramer by Eve Kramer

TUESDAY AUGUST 1

St. Alphonsus Liguori, Bishop and Doctor of the Church

6:45 AM + Eileen Potocnak by OLOL Legion of Mary Active and Auxiliary Members
12:00 PM + Alex Martinich by Eve Kramer

WEDNESDAY AUGUST 2

St. Eusebius of Vercelli, Bishop

6:45 AM Rita Marvin by Dan Keyes
12:00 PM Celebrant's Intentions

THURSDAY AUGUST 3

6:45 AM Larry Conner by James & Maryellen Tibbs

12:00 PM Rocque (Rock) Kramer by Eve Kramer

FRIDAY AUGUST 4

St. John Vianney, Priest

6:45 AM + Jim & Nancy Tibbs by James & Maryellen Tibbs
12:00 PM + Diane Kelley by Eve Kramer

MASS INTENTIONS

You are invited to honor a friend, relative, or loved one with an Our Lady of Lourdes Mass! Please contact the Rectory Office at **703-684-9261** or **olol@ololcc.net** to arrange. Bishop Burbidge suggests a voluntary donation of \$10.00 per Mass.

**The Gifts of the Holy Spirit
Summed Up!**

By Fr. Edlefsen

"Walk in the Spirit..." (Galatians 5:16)

Isaiah prophesies that a "branch" will "sprout from the root of Jesse" (Isaiah 11:1). Upon this "sprout" – the Anointed One – a sevenfold "Spirit of the Lord" will rest (Isaiah 11:2-3): Wisdom, Understanding, Knowledge, Counsel, Fortitude, Fear of the Lord, and Piety (God's "delight" in the Fear of the Lord). The Spirit's Gifts are otherwise mentioned sporadically throughout the Bible. "The fear of the Lord is the beginning of wisdom" (Proverbs 9:10). "If anyone speaks, let him speak...with the ability which God supplies" (1 Peter 4:11). "Do not be afraid..." (Luke 12:32). St. Peter summed it all up: "His divine power has given us everything we need for a godly life through our knowledge of Him who has called us by his own glory and goodness" (2 Peter 1:3).

The Gifts of the Holy Spirit are supernatural. They are not acquired by effort. They are given at Baptism, deepened at Confirmation. They are not virtues, which are cultivated by discipline. And yet, the Spirit's Gifts perfect virtues. Growing in virtue is difficult – and sometimes impossible. But if we persevere in such effort, the Spirit takes over. And then, in a twist of fate, the Spirit purifies our soul in ways that no effort can achieve.

It's a funny thing. Ask the Spirit for temperance (right use of pleasure), and you may receive the Spirit of Knowledge or Fear of the Lord. These make sinful "pleasure" feel empty or repugnant. The Gift of Knowledge brings sorrow for letting go, and joy for knowing what is good. St. Teresa of Avila (1515-1582) summed the Spirit's effects: "Let nothing disturb you. Let nothing frighten you. All things are passing away. God never changes."

The Spirit's Gifts give us a "sense of the faith" – what the Church calls "sensus fidelium" – by which we grasp Church teachings and the Bible. Therefore, we are mystically "moved" to perform heroic virtue, love, or even martyrdom. God's Gifts are most fruitful if we ask for them. "Ask and you shall receive" (Matthew 7:7). None of this is an accomplishment. It is a Gift.

Saints indicate "ascetical" and "mystical" experiences in God's grace. Asceticism actively cultivates virtues. Asceticism is necessary but insufficient for holiness. It avails us to the Spirit but ultimately accomplishes little. Mysticism, on the other hand, is not about effort. It's about the Holy Spirit taking over. St. Therese of Lisieux (1873-1897) said in her autobiography, *The Story of a Soul*, that she no longer lived by virtues. Rather, she responded with a child-like love to one advance of God's love after another. That's mystical. She responded to the Spirit's Gifts, one after another. Ask for these advances of love. "How much more will the heavenly Father give the Holy Spirit to those who ask Him?" (Luke 11:13)



Photo Credits: Illustration by Abigail Witte

OUR PARISH

MESSAGE FROM THE PASTOR

This summer, you are called to grow in your relationship with Jesus Christ. Fr. Edlefsen asks everyone to commit to attending one or more weekday Masses per week, going to monthly Confession, spending quiet time with the Bible before the Blessed Sacrament, and meditating daily for five minutes on the day's Mass readings. Christ is calling you to renew your faith in His real presence in the Eucharist, and your mission to bring God's life and justice to the world. Feel free to speak with a priest.



SAINT VINCENT DE PAUL SOCIETY (SVDP)

The Society of St. Vincent de Paul (SVDP) is still looking for volunteers. If you would like to volunteer, please send an email to SVDPLOLconference@gmail.com.

PLEASE PRAY FOR

Dana Gould, Paul Durand, Ed Boehme, Rosa Diequez, April Garcia, Ron Harris, Jim & Becky McManaman, Bridget Hinds, Jose Silva, and Peter & Geraldine Filpi. Please contact the Rectory at 703-684-9261 or lol@ololcc.net to arrange.

ALTAR FLOWERS

This week's Altar Flowers were provided in loving memory of Raymond Golino by his son and daughter-in-law Greg and Jihye.

Parishioners are welcome to sponsor altar and tabernacle flowers in honor of or in memory of a loved one, or to commemorate a special event. Sponsorship is \$50. Contact the Rectory Office at 703-684-9261 or lol@ololcc.net. Next available date is September 3rd.

PRO-LIFE ROSARY

Tuesdays * 7:00 PM * Our Lady of Lourdes

Join our Pro-Life Committee in the church to pray a weekly rosary for the unborn and put an end to abortions.



PRAYER CHAIN

Have an urgent need for prayers? Members of our parish will pray for your intention. Please contact James at 703-887-7117 or ejt@cybtek.com with your request. Please provide a first name and prayer intention for persons needing prayer.

INVITE OUR LADY OF LOURDES HOME FOR A VISIT

Our parish's Legion of Mary group is offering parishioners the opportunity to host the "*Pilgrim Virgin*" statue of Mary in their home for 1-2 weeks. Many blessings can arise from Our Lady's visit! Contact the Legion of Mary at csb1789@hotmail.com

PARISH REGISTRATION – WHY IT'S IMPORTANT?

Parish registration provides a unique opportunity to participate fully in the life of the parish, discover the joy of community, and to find a spiritual family where you can grow in holiness together. To register in our parish, please use the QR code on the bulletin cover or visit our website www.ololcc.net and click "*I'm New*".

SUMMER CLEANING

Calling All Volunteer Coordinators and Volunteers! It's summer clean-up time in the rectory storage. We need your help to identify items stored in the rectory building. Please send an email or bring a written list of items to the Rectory Office by July 31. Include owner, list of items, photos, approximate weight of large items or any information that will be helpful. Thank you!

SAVE THE DATE: THE ASSUMPTION OF THE BLESSED VIRGIN MARY – HOLY DAY OF OBLIGATION

August 15th is the Solemn Feast of the Assumption of Mary and is a Holy Day of Obligation. Additional Masses will be held at 7:00 PM on August 14th and 7:00 PM on August 15th. Plan to attend Mass on that day to celebrate Mary's Assumption.



VOLUNTEER

VOLUNTEER AT OUR LADY OF LOURDES

Share your unique gift with the parish! Scan this QR code or visit our volunteer page on www.ololcc.net. We have many ministries, and we need **YOU**. The greatest needs



are for sacristans, money counters, choir singers and CCD Teachers.

Hispanohablantes, you are especially needed to help start our St. Vincent de Paul ministry for our neighbors in need. Thank you for your support to our Parish Community!

BE AN ANGEL

"*GARDENING ANGELS*" needed to help maintain the churchyard gardens. No experience necessary. Join in and learn as you work. Hours to fit your schedule. Please send an email to Carole DeLong at cdeLong828@aol.com.



INTERESTED IN BECOMING A CCD TEACHER?

DO YOU WANT TO PASS ON THE FAITH TO OUR YOUTH? Our CCD catechism program for youth (grades pre-K to 8) seeks volunteer religion teachers for this upcoming school year, starting in September. Faith formation and sacramental preparation of youth is a vital mission of our parish. It's also an opportunity to join a fun and creative team of mission-oriented volunteers. If you would like to join that mission, **please contact Leigh Hasson, our Director of Religious Education, at dre@ololcc.net**.

A FEW GOOD MEN NEEDED



Boys in the 4th grade or older are invited to serve at the Altar. If your son would like to be trained as an **Altar Server**, please contact Joe Mazel at joe.mazel4@gmail.com. Once trained, boys will be scheduled to serve one Mass per weekend. Siblings may serve together.

RELIGIOUS EDUCATION

REGISTER NOW FOR CCD

Preparation for the upcoming academic year is going well! CCD classes will be held on Sunday mornings, and children can join throughout the school year. To register, submit the CCD Sign Up Form on our website under "Get Involved" and "Religious Education". First day of class will be **Sunday, September 10**. Please contact Leigh Hasson, our DRE, at dre@ololcc.net with any questions.



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Come Home to the Catholic Church

ORDER OF CHRISTIAN INITIATION OF ADULTS (OCIA)

- ☀ **Would you or someone you know like to become Catholic?**
- ☀ **Are you a baptized Catholic adult but still need Confirmation or First Communion?**
- ☀ **Do you just want to explore Catholicism?**
- ☀ **Are you already a fully initiated Catholic but want a refresher course on your faith?**

If you answered "YES" to any of these questions, the **Order of Christian Initiation of Adults (OCIA)** is for you. Starting this **September 11**, RCIA classes will be held on Mondays at 7:00 PM in a Parish Hall classroom. These classes prepare *catechumens* (people preparing for Baptism) and *candidates* (baptized people preparing for Confirmation and/or Communion) to receive these sacraments at the Easter Vigil Mass on March 30, 2024. To sign up for classes, please see our website www.ololcc.net or contact the parish office.

FORMED

Free Catholic Films, Podcasts, Audio Books & More!



As a parishioner of Our Lady of Lourdes, you have pre-paid access to FORMED – nicknamed “Catholic Netflix” – an online Catholic media streaming service. Enjoy hundreds of Catholic films, e-books, podcasts, study courses, and more on your computer, tablet, and smartphone. Register at formed.org/signup and enter zip code “22202” or “Our Lady of Lourdes VA” to start using this service as a fun way to grow in your faith.

MARY, EXPLAINED



Bishop Burbidge invites us to look at Mary, our Blessed Mother, and imitate her example of receiving the Word and bearing the Word into the world. Produced by Arlington Diocese and featured religious, priests and lay faithful, the 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 Christ. A short video is released every month. <https://www.arlingtondiocese.org/maryexplained/>

LIVING EUCHARISTIC LIVES

Let us pray that the Eucharist may live at the center of our lives. Let us pray that God’s grace – granted to us in the sacraments and poured forth from the **Precious Blood of Jesus** – strengthens our faith, increases our hope and fills us with the infinite love of the Father. Seek ways to grow in these virtues and enkindle a deeper love for our Eucharistic Lord.

<https://www.arlingtondiocese.org/national-eucharistic-revival/>

THE ARLINGTON DIOCESE

A JUBILEE JOURNEY WITH MARY

Marian Pilgrimage to Celebrate the Diocese’s Jubilee Year.

Mary has been given titles from Scripture, from teachings of the Church, and from many instances that Mary visited places on the earth to encourage people to spend more time in prayer with Jesus. There are 11 churches in the Diocese of Arlington which are named after Mary or one of her many titles. In preparation for the Golden Jubilee of the Diocese in 2024, we are all encouraged to visit as many of those churches named after the Blessed Mother and spend time in prayer at each! **Our Lady of Lourdes is one of the 11 churches that made the list!**

<https://www.arlingtondiocese.org/jubileejourney/>

PRAISE AND WORSHIP HOLY HOUR FOR HEALING AND CONVERSION.

Tuesday, August 8 *7:30 PM * St. Leo the Great, Fairfax

Join a holy hour of praise and worship led by Fr. Joseph Moschetto along with musician Valerie & Rocco Repetski. Our special intention is for the conversion and healing in families. The Sacrament of Reconciliation will be available.

MASS AND ROSARY FOR THE GIFT OF LIFE

Saturday, August 19 *9 AM * Good Shephard, Alexandria

Join Bishop Burbidge for Holy Mass in Thanksgiving for the Gift of Human Life. Holy Mass will be followed by a rosary at the abortion facility at 2616 Sherwood Hall Lane, Alexandria, VA 22306.

MASS FOR MULTICULTURAL COMMUNITIES 2023

Friday, August 25 *7 PM * Nativity Catholic Church

Celebrate our unity in diversity! All are invited to the annual Mass for Multicultural Communities celebrated by Bishop Michael Burbidge, con-celebrated by priests of The Diocese of Arlington on Friday, August 25, 2023. Following the Mass, there will be a reception featuring cultural dishes and performances! Mass attendees are encouraged to wear cultural attire if desired. No registration required. Contact mcm@arlingtondiocese.org

MASS FOR MARRIAGE JUBILIARIANS

Sunday, October 15 *3 PM * St. Agnes, Arlington

Celebrating a golden or silver wedding anniversary this year? Were you married in 1973 or 1998? Then join Bishop Michael Burbidge for the 2023 Mass for Jubilarians to be celebrated on Sunday, October 15, 2023. To register, please contact our Rectory Office no later than Monday, October 2, 2023. For more info, visit www.arlingtondiocese.org/MJM.

BISHOP'S PODCAST: WALK HUMBLY

Look for Bishop Burbidge's Homilies and Podcasts at www.arlingtondiocese.org/bishop/on-the-air. Bishop Burbidge offers a Catholic perspective on the most recent events in the news and our society, and he answers questions from the faithful.

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 invited and encouraged to contact the diocesan **Victim Assistance Coordinator**, who will provide support, consultation, referrals as well as assistance throughout the healing process. Contact **(703) 841-2350** or visit www.arlingtondiocese.org/victim-assistance/

VOCATIONS

SUNDAYS WITH THE SISTERS REJOICE TOUR 2023

All events are on Sun. 2 - 5 PM

The *Sundays with the Sisters* Rejoice Tour 2023 is a chance to witness the joy of religious life during this year of preparation for our diocesan jubilee in 2024. The tour features events at a different convent each month. **Single women ages 18-50** are invited and no registration needed. RSVP to vocations@arlingtondiocese.org the Monday prior to the gathering(s) if you wish to attend.

Next on the Schedule:

Sept 24 – Poor Clares, Mother of the Church Monastery

Oct 22 – Adorers of the Holy Cross (English and Vietnamese)

ST. CATHERINE OF SIENA WOMEN'S SILENT RETREAT

August 11-13 * San Damiano Retreat Center, White Post, VA
St. Catherine is one of the four women Doctors of the Church. A mystic and crusader, she composed over 400 letters & prayers. With plenty of time to read, rest, think and pray, this retreat will be led by Fr. James Hudgins at the San Damiano Spiritual Life Center in White Post, VA. Cost is \$285. Contact Deacon Mark Maines to register at mark.maines@arlingtondiocese.org

NATIONAL EUCHARISTIC REVIVAL

June 2023 – June 2024 Year of Parish Revival

An initiative of the US Bishops and promoted by Bishop Burbidge, the National Eucharistic Revival Year aims to deepen our relationship with Jesus Christ through the celebration of the Eucharist. To learn more about this initiative, see the ad in the bulletin or visit <https://www.eucharisticrevival.org/>

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 below or on the cover of this bulletin, or visit www.faithdirect.net and enter parish code **VA327**.



ESTATE PLANNING FOR YOU...AND OUR PARISH

Giving is a very important part of the life of a person devoted to Jesus Christ. Planned giving simply means planning for the future, whether it is your retirement or the future of your parish community. Your planned gift is a tangible way to express your unending gratitude to God for a lifetime of blessings. For more information on naming our parish or the diocese in your will, contact your attorney or visit arlingtondiocese.planmylegacy.org

SECOND COLLECTION NEXT WEEKEND

August 5 & 6 * Maintenance and Improvement Fund

Help our church stay strong, safe and clean by donating to our parish Maintenance and Improvement Fund. Your donations keep our buildings comfortable, safe and ensure that our grounds and landscaping look their best throughout the year. Thank you!

MARY'S SHELTER 13TH SUMMER SOIRÉE AND FUNDRAISING

Saturday, September 9 * 6-10 PM * Fredericksburg

Mary's Shelter is a maternity home located in Fredericksburg, VA and the Summer Soirée is their biggest fundraising event of the year! You are invited to join their 13th Annual Summer Soirée at the Fredericksburg Expo Center. Learn about the great services it provides to mothers and babies at this special event. Please RSVP by September 1st at www.marysshelterva.org or (540) 374-3407.

SPONSOR OF THE WEEK

Murphy Funeral Homes

Dignity Memorial
(703) 920-4800

NUESTRA PARROQUIA

MENSAJE DE NUESTRO PASTOR

Este verano, estás llamado a crecer en tu relación con Jesucristo. El P. Edlefsen pide a todos que se comprometan a asistir a una o más Misas diarias durante la semana, a ir a la Confesión una vez al mes, a pasar tiempo con la Biblia ante el Santísimo Sacramento y a meditar diariamente durante cinco minutos sobre las lecturas de la Misa del día. Cristo te está llamando a renovar tu fe en Su presencia real en la Eucaristía, y tu misión de llevar el mensaje de vida y justicia de Dios al mundo. Siéntase libre de hablar con un sacerdote.

CONFERENCIA DE LA SOCIEDAD DE SAN VICENTE DE PAÚL (SVDP)

La conferencia de la Sociedad de San Vicente de Paúl (SVDP) de Nuestra Señora de Lourdes ya comenzó a proporcionar asistencia financiera para servicios públicos, alquiler y emergencias. Si desea ser voluntario con SVDP, envíe un correo electrónico a SVDPOLconference@gmail.com

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 y tiene todos los requisitos para apadrinar. La carta debe tener sello de la parroquia, firmada por el párroco y traerla a la parroquia de Nuestra Señora de Lourdes una semana antes del día del bautismo. La próxima charla pre-bautismal será el **Domingo, 30 de Julio** en el Lourdes Center, a las 6:15 PM.

SACRAMENTO DEL MATRIMONIO

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

POR FAVOR OREN POR

Paul Durand, Ed Boehme, Rosa Diéquez, April García, Ron Harris, Jim y Becky McManaman, Bridget Hinds, José Silva y Peter y Geraldine Filpi. Comuníquese con la Rectoría al 703-684-9261 o lol@lolcc.net si necesita incluir a alguien en oración.

Los Dones del Espíritu Santo

¡Resumidos!

Por el P. Edlefsen

"Andad en el Espíritu..." (Gálatas 5:16)

Isaías profetiza que una "rama" "brotará de la raíz de Jesús" (Isaías 11:1). Sobre este "brote" – el Ungido – descansará el "Espíritu del Señor" por siete veces (Isaías 11:2-3): *Sabiduría, Entendimiento, Conocimiento, Consejo, Fortaleza, Temor del Señor y Piedad (el "deleite" de Dios en el Temor del Señor)*. Los dones del Espíritu se mencionan esporádicamente a lo largo de la Biblia. "El principio de la sabiduría es el temor del Señor" (Proverbios 9:10). "Si alguno habla, que lo haga en virtud del poder recibido de Dios" (1 Pedro 4:11). "No tengas miedo ..." (Lucas 12:32). San Pedro lo resume así: "Su poder divino nos ha dado todo lo que necesitamos para la vida y la piedad, haciéndonos conocer a Aquel que nos ha llamado por la fuerza de su propia gloria y bondad" (2 Pedro 1: 3).

Los Dones del Espíritu Santo son sobrenaturales. No se adquieren por esfuerzo. Se dan en el Bautismo, y se profundizan en la Confirmación. No son virtudes, las cuales son cultivadas a través de la disciplina. Sin embargo, los Dones del Espíritu perfeccionan las virtudes. Crecer en virtud es difícil, y a veces imposible. Pero si perseveramos en este, el Espíritu se hace cargo. Y luego, en un giro del destino, el Espíritu purifica nuestra alma de maneras que ningún esfuerzo puede lograr.

Es algo gracioso con el Espíritu. Si le pides templanza (uso moderado del placer), podrías recibir el Don de Conocimiento o del Temor del Señor. Estos dones hacen que el "placer" pecaminoso se sienta vacío o repugnante. El Don del Conocimiento trae pena por dejar ir el pecado, pero alegría por saber lo que es bueno. Santa Teresa de Ávila (1515-1582) explicaba los efectos del Espíritu de esta manera: "Que nada te perturbe. Que nada te asuste. Todas las cosas pasan. Dios nunca cambia".

Los dones del Espíritu nos dan un "sentido de la fe" – lo que la Iglesia llama "*sensus fidelium*" – por el cual captamos las enseñanzas de la Iglesia y la Biblia. Por lo tanto, estamos místicamente "inspirados" a llevar heroicamente una vida virtuosa, el amor o incluso el martirio. Los Dones de Dios son más fructíferos cuando los pedimos. "Pedid y recibiréis" (Mateo 7:7). Nada es un triunfo. Todo es un regalo.

Los santos viven experiencias "ascéticas" y "místicas" con la gracia de Dios. El ascetismo cultiva las virtudes. El ascetismo es necesario pero insuficiente para lograr la santidad. Nos acerca al Espíritu, pero al final logra poco. El misticismo, por otro lado, es más que un esfuerzo. Se trata de que el Espíritu Santo tome el control. Santa Teresa de Lisieux (1873-1897) dijo en su autobiografía, *La historia de un alma*, que ella no vivía de virtudes. Más bien, ella respondía con un amor "de niño pequeño" a las llamadas de Dios una y otra vez. Eso es místico. Ella respondió a los dones del Espíritu, una y otra vez. Pide por estas llamadas de amor. "¿Cuánto más el Padre del cielo dará el Espíritu Santo a los que se lo pidan?" (Lucas 11:13)



Photo Credits: Illustration by Abigail Witte

EXPOSICION DEL SANTISIMO SACRAMENTO

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

DONACIONES EN LÍNEA CON FAITH DIRECT



¡Nuestra Señora de Lourdes acepta donaciones en línea a través de Faith Direct! Puede donar a todas las colectas de nuestra parroquia 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 parroquial VA327.

REGISTRO PARROQUIAL -¿Por qué 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 nuestro sitio web www.olocc.net y haga click en "Soy nuevo", o comuníquese con la Rectoría al 703-684-9261..

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 Granados al 703-869-9469 o Sergio Benitez al 240-706-2447.

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.

EDUCACIÓN RELIGIOSA

¿INTERESADO EN SER CATEQUISTA?

Si quieres transmitir la fe a nuestros jóvenes, nuestro programa de catecismo en español para jóvenes (grados pre-K a 8) busca maestros voluntarios de religión para este próximo año escolar, que comienza en septiembre. La formación en la fe y la preparación sacramental de los jóvenes es una misión vital de nuestra parroquia. Si desea unirse a esta importante misión, comunicarse con Leigh Hasson, nuestra Directora de Educación Religiosa, a dre@ololcc.net.



REGÍSTRESE AHORA PARA CCD

Las clases de CCD se llevarán a cabo los domingos por la mañana, y los niños pueden unirse durante todo el año escolar. Para registrarse, envíe el formulario de registro de CCD que se encuentra en nuestro sitio web bajo la sección "Get Involved" y "Religious Education". El primer día de clase será **el domingo 10 de Septiembre**. Por favor, póngase en contacto con Leigh Hasson, nuestro DRE, a dre@ololcc.net con cualquier pregunta.

LA DIÓCESIS DE ARLINGTON

AVIVAMIENTO EUCARÍSTICO NACIONAL

Junio 2023 – Junio 2024 Año de Avivamiento Parroquial
Una iniciativa de los obispos de los Estados Unidos y promovida por el obispo Burbidge, el Año Nacional de Avivamiento Eucarístico tiene como objetivo profundizar nuestra relación con Jesucristo a través de la celebración de la Eucaristía. Para obtener más información sobre esta importante iniciativa, vea el anuncio en el boletín o visite <https://www.eucharisticrevival.org/>

UN CAMINO DE JUBILEO CON MARIA

¿Sabías que hay 11 iglesias en la Diócesis de Arlington que llevan el nombre de un título de María? Durante este segundo año del Jubileo de Oro de la Diócesis, se nos anima a centrarnos en María y su papel de llevarnos a Jesús. ¡Con este fin, el obispo Burbidge nos invita a visitar tantas de esas 11 iglesias como sea posible y pasar tiempo en oración en cada una! Nuestra Señora de Lourdes es una de ellas. ¡Esperamos que esta iniciativa nos anime a crecer en nuestra comprensión de María y devoción por ella!
www.arlingtondiocese.org/jubileejourney

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LET'S GET TOGETHER

THIS WEEKEND

New Parishioners

&

New Volunteers



Register



WELCOME RECEPTION

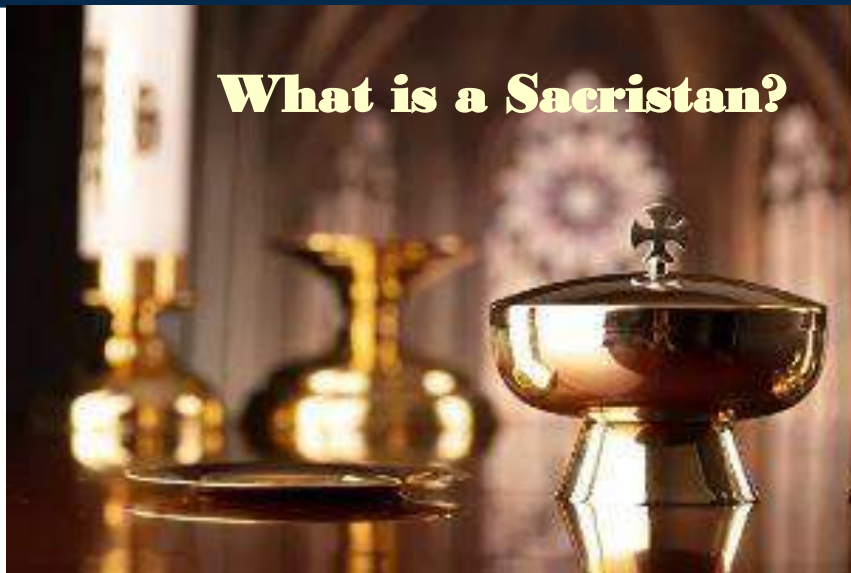
Say 'Hello' to new folks & folks you know!

After the 12pm Mass,

Sunday, July 30

VOLUNTEER AS A SACRISTAN!

What is a Sacristan?



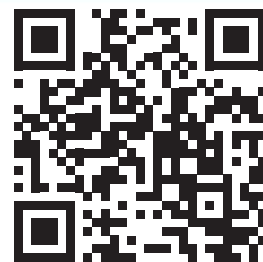
A Sacristan is a "behind-the-scenes" person who makes the priest's job before Mass less stressful. We invite you to learn how to become a Sacristan and volunteer to help make our pastor's job easier! Contact Debbie at Manaer@OLOLCC.net

National Eucharistic Congress

**INDIANAPOLIS
JULY 17 - 21, 2024**

with the Catholic Diocese of Arlington

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