



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET

 @OLOL_ARLINGTON

The
kingdom
of heaven
is like a
treasure
buried in
a field.

Matthew 13:44



JULY 26, 2026

Seventeenth Sunday in
Ordinary Time

26 DE JULIO DE 2026

Decimoséptimo Domingo del
Tiempo Ordinario

PARISH INFORMATION

OFFICE HOURS

Monday - Friday, 8:00 AM - 4:00 PM

REGISTRATION

Visit www.ololcc.net and click "I'm New" or scan the QR code



Parish



eGiving

Registration

MASS SCHEDULE

Sunday	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	9:00 AM
Holy Days of Obligation	7:00 PM (Vigil), 6:45 AM, 12:00 PM, 7:00 PM
Federal Holidays	10:00 AM (Monday-Thursday)

Note: Schedule changes for Christmas, Holy Week, Easter and Federal Holidays that fall on a Friday. Check our website www.ololcc.net for specific times.

CONFESSIONS

Saturday	4:00 - 5:00 PM
Sunday	4:15 - 4:45 PM (Español)
Tuesday	12:30 PM
Thursday	12:30 PM
Friday	12:30 PM

Note: Special Confession schedules during Advent, Lent & Holy Week.

THIS WEEK AT OLOL

JULY 27 MONDAY		JULY 28 TUESDAY		JULY 29 WEDNESDAY		JULY 30 THURSDAY		JULY 31 FRIDAY	
Rosary 6:15 AM, 11:30 AM		Rosary 6:15 AM, 11:30 AM Pro-Life Rosary 7:00 PM		Rosary 6:15 AM, 11:30 AM Miraculous Medal Novena 12:30 PM Legion of Mary 7:30 PM <i>Parish Hall</i>		Rosary 6:15 AM, 11:30 AM Pro-Life Rosary 7:00 PM		Rosary 6:15 AM, 11:30 AM Exposition of the Blessed Sacrament 12:30 PM-3:00 PM Divine Mercy Chaplet 3:00 PM	
AUGUST 01 SATURDAY		AUGUST 02 SUNDAY		CLERGY Fr. Frederick H. Edlefsen, Pastor Fr. Francis Peffley, Parochial Vicar Fr. Bradley Lawrence, In Residence Ft. David Whitestone, In Residence STAFF Ms. Stephanie Vindell, Office Manager Mrs. Marie Macnamara, Sacramental Records Mrs. Esperanza Miranda, Parish Assistant Mrs. Maria A González de Pastrán, Parish Assistant Ms. Alicia Hamar, Parish Assistant Ms. Leigh Hasson, Director of Religious Education (DRE) Mrs. Kathryn Retta, Director of Music					
Rosary 9:30 AM Prayer Group (Español) 5:00 PM <i>Parish Hall</i>		New Volunteer & New Parishioner Reception 1:00 PM <i>Parish Hall</i> Community Coffee Hour (Español) 6:00 PM <i>Parish Hall</i>							



Improvisation

Summertime Reflections on Love Songs and Love

By Fr. Frederick Edlefsen

In the fall of 1971, my first-grade teacher asked the class if anyone knew a Halloween song. I stood up and improvised a song. I made up lyrics about ghosts and monsters, with no discernable melody or story line. Then, I sat down. Why did I do that? I don't know. Love can be like that. Improvised, uncalculated, clumsy, and badly expressed. It is spontaneously inspired. We just know we love and want love, whatever that means. So, we just do it badly and don't know why, like a made-up Halloween song. Grade-B movies, ditties, and sappy poems express love badly. For example, take Terry Jack's 1974 hit "Seasons in the Sun." The lyrics are awful. But, when a guy with sideburns sings them to a potboiler tune, he makes ten-million girls cry. Love's impulse often lingers at the doorway of sentimentality. But sentimentality (like falling in love) is just that – a doorway. It invites us to an adventure beyond the doorway, into life's inner rooms.

Philosopher Josef Pieper defined love as an affirmation that, "it is good you exist for me." Pieper highlights two terms: "exist" and "for me." Start with "exist." Created existence comes from an Uncreated Existence we call "God." God created us through, with, and in his "Love." We love because we exist through Love. We can't help it. It just is.

Now consider, "for me." Human love cannot be 100% ego-free. Jesus said, "Love your neighbor as yourself" (Mark 12:31). There must be some "as yourself" in it because we, unlike God, are needy because we are created. Therefore, human love improvises a game of tug-and-pull between love-of-neighbor and love-of-self. We become more like Christ when, in the grace of our Baptism, we overcome ourselves to love others more. Love becomes a sacrifice. With the Holy Spirit's help, we plunge into Christ's command: "As I have loved you, so you also should love one another" (John 13: 34). Sacrifice is implied. Through the Spirit's Gifts, love's improvisation rises to another level. It becomes chaste, generous, and willing to sacrifice for the good of someone else. Love says, "Consider someone else, beside yourself." "As I have loved you..." (John 13: 34).

Welcome

Are you new to the Parish?
WE INVITE YOU TO REGISTER
 Use the QR code or visit
 lolcc.net and select "I'm New."



Upcoming Events

Sunday, August 2 *We ♥ Our Volunteers*

New Parishioner/Volunteer Luncheon

New Parishioners and new volunteers are invited to a luncheon on Sunday, August 2nd after the 12:00 PM Mass in the Parish Hall.

Wednesday, August 15

Pizza with the Pope talk

Join us at 7:00 PM in the Parish Hall for a powerful evening as Fr. McGraw shares his firsthand account of witnessing American Airlines Flight 77 crash into the Pentagon.



Saturday, August 15

Assumption of the Blessed Virgin Mary

On this day we celebrate the Assumption of the Blessed Virgin Mary when, at the end of her earthly life, Mary was taken body and soul into heavenly glory. All are encouraged to attend Mass, although this is not a Holy Day of Obligation this year.

SAVE THE DATE

Annual Picnic

Sunday, September 13

After the Noon Mass

OUR PARISH



Honor a loved one with a Mass at Our Lady of Lourdes. Contact the Rectory Office: 703.684.9261 or OLOL@OLOLCC.net

JULY 26, 2026

Seventeenth Sunday in Ordinary Time
Weekly Mass Intentions

SATURDAY

St. James, Apostle

9:00 AM Sheila Venoit
5:30 PM † Joseph Lange

SUNDAY

Seventeenth Sunday in Ordinary Time

8:00 AM † Joachim Ekeagwu
10:00 AM All Parishioners, Living & Deceased
12:00 PM † Carol Sue Longust
5:00 PM † Lilian Romero

MONDAY

6:45 AM † Irwin Lust
12:00 PM † William Workman

TUESDAY

6:45 AM † Bessie Leggit
12:00 PM Maurice Murphy

WEDNESDAY

Ss. Martha, Mary & Lazarus

6:45 AM Rica Fowler
12:00 PM † Marcel Keraval

THURSDAY

St. Peter Chrysologus, Bishop and Doctor of the Church

6:45 AM † Arnie Lerma
12:00 PM † Janet Healy Weeks

FRIDAY

St. Ignatius of Loyola, Priest

6:45 AM Rev. John Lunness
12:00 PM † William Workman

★ **Happy
Birthday
to Father
Edlefsen** ★

Money Counters Needed

Do you have an hour to spare on Monday mornings? We are looking for volunteers to help count the weekend offertory on Mondays from 10:00 AM to 11:00 AM. If you're detail-oriented and want to serve in this vital ministry, please contact the parish office at: olol@ololcc.net

BACKPACK DRIVE

**IT'S THAT TIME
OF YEAR AGAIN!**

As students prepare to head back to school, many families in our community are in need of a little extra support.



**Drop off backpacks after
mass **September 12 & 13.****

If you have any questions, please contact Donna Hansberry at dchansberry@gmail.com.

OLOL is focusing on assisting Migration and Refugee Services (MRS), part of Catholic Charities, as it helps those from other countries become self-sufficient and productive members of American society.



OUR LADY
of LOURDES
Arlington, Virginia

**HELPING
HANDS**

PRAYER IN OUR PARISH

PRAYERS FOR THE DECEASED

Frank Barone, Joseph Cabral, Alexander Davis, Duane Flemming, Herman Keels, Tom Kiselak, Pasquale Menna, Milli Pugliese, Deacon Pete Walsh.

PRAYERS FOR THE ILL AND HOMEBOUND

Noel Aguilar, Matilde Cruz, Caroline "Tiger" Davidowich, Diego DiMassimo, Rica Fowler, Eileen Harp, Bobby Long, Dianne Lynott, Brian Macnamara, Julia Macnamara, Kathryn Updegraff, Lourdes Velasquez, Dionisio Martin Vindell, Ted Wang.

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.



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 intimate prayer. To learn more about the Legion and its work, join us for a meeting. We meet every Wednesday, 7:30-9 PM, Lourdes Center (lower level). Contact the Legion of Mary at csb1789@hotmail.com.

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.

Prayer to

St. James, the Apostle

O Glorious Apostle, Saint James, you were chosen by Jesus to witness his glory and agony. As a symbol of spiritual victory, we ask for your intercession to find strength in life's challenges and to follow Christ faithfully. Amen.

After Flowers

This week's Altar Flowers are sponsored in loving memory of

Janet Healy Weeks

by Kathleen Healy.

Email or call the Rectory Office to schedule
703-684-9261 or OLOL@OLOLCC.net

Sponsorship is \$75. Next available date is August 23, 2026.



CELEBRATING THE SACRAMENTS AT OLOL

BAPTISMS

Visit ololcc.net, click "Mass & More" and "Baptism" to submit a request. Or call the Rectory Office.

FIRST HOLY COMMUNION

Grades 1-2 prepare in our two-year CCD program. Visit ololcc.net, click "Get Involved," then "Religious Education" to register. Or contact dre@ololcc.net.

CONFIRMATION

Grades 7-8 prepare for confirmation in our CCD program. Visit ololcc.net, click "Get Involved" and then "Religious Education" to register. Or contact dre@ololcc.net.

ORDER OF CHRISTIAN INITIATION FOR ADULTS

OCIA is for adults 18+ seeking the Sacraments of Initiation (Baptism, Holy Communion, Confirmation). Visit ololcc.net and click "Get Involved" and "Explore Catholicism" to register. 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 ololcc.net under Mass & More and Marriage Prep.

ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.

New Volunteer & New Parishioner Reception

02
AUG

- * AFTER THE NOON MASS
- * PARISH HALL
- * NO RSVP REQUIRED

Join for a reception following the Noon Mass on Sunday, August 2, to welcome new volunteers and parishioners.

All volunteers are invited and encouraged to attend to meet and welcome our newcomers.

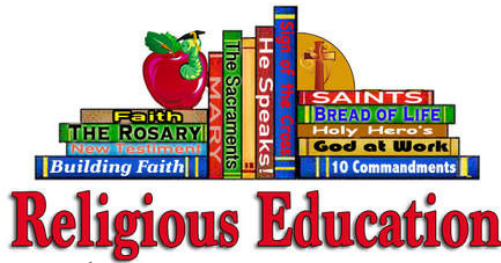


OUR LADY
of LOURDES

Arlington, Virginia

RELIGIOUS EDUCATION

AROUND THE DIOCESE



Interested in Becoming a CCD Teacher?

CCD seeks volunteer religion teachers for this upcoming school year. If you would like to volunteer, contact Leigh Hasson, Director of Religious Education at dre@lolcc.net or talk to a priest.



YOU ARE INVITED
Annual Catholic
Mental Health
Day of Prayer

"Grounded in Jesus
Truth: Lifestyles for
Mental Health"

Nurturing Mind,
Body and Spirit

With Holy Mass celebrated by
BISHOP MICHAEL F. BURBIDGE

KEYNOTE SPEAKERS
DEACON BRAD WATKINS :
FR. LINO

REGISTRATION:
\$25

✙ Confession; lunch; small group sharing

8:30-2:15
August 22, 2026

Good Shepherd Catholic
Church
8710 Mt. Vernon Hwy
Alexandria VA 22309

Hosted by the Diocese of
Arlington, Divine Mercy
University and the Saint
Labre Community

2026-27 CCD Registration is now open!

Students (K-8) & Preschool children, too!

Pre-K through 4th Grade: Sundays at 9:00 AM

5th through 8th Grade: Sundays at 11:00 AM

Contact Leigh Hasson, Director Religious
Education, at dre@lolcc.net, or scan the above
QR code to register.

OCIA Starts Sept. 14

The Order of Christian Initiation of Adults

- Prepares adults to receive the Sacraments of Initiation: Baptism, Confirmation and Holy Communion.
- Open to anyone who just wants to learn more about the Catholic Faith.
- Classes will be held on Mondays at 7:00 PM.



SUMMER STORYTIME

WITH THE SISTERS!

11:00am to 11:30am
STORIES, ACTIVITIES & SONGS!

For 3 to 5 yr olds
(with parent/guardian; siblings welcome!)

THURSDAYS
June 25
July 16
July 30
August 13

Pauline Books & Media
1025 King St.
Alexandria, VA 22314
703-549-3806
paulinestore.org



Catholic Charities is accepting new
student to their online English for
Childcare & Google Career
Certification Courses. Cost:
Childcare: \$150; Google Career
Certificate: \$50 per certificate.

VOCATIONS, STEWARDSHIP & MORE

Stewardship Reflection

"The kingdom of heaven is like a treasure buried in a field."

(Matthew 13:44)

Discernment is the process of discovering the treasure God has placed in your life, your unique calling and purpose. It requires prayer, reflection, and openness to God's guidance, helping you recognize where He is leading you, whether to priesthood, consecrated life, or holy matrimony. Take time to seek His wisdom, trusting that the joy of finding His treasure is worth every effort. If you feel a stirring desire to follow God's path, talk to your priest or reach out to the Vocation Office at

(703) 841-2514

vocations@arlingtondiocese.org



Stay Connected!

Stay updated on all our community news and events by reading the weekly bulletin on our website or scan the QR code, under "About" and click "Bulletin." You can also safely and easily make your regular donations online at the QR Code under "Give". Thank you for your continued support, and have a blessed and safe summer!

RECTORY COOK

Our Lady of Lourdes Catholic Church Rectory Cook is a 15-hour-per-week position responsible for preparing dinners for up to four priests and, occasionally, guests at 5:00 PM on Mondays, Wednesdays, and Fridays. Meals should be healthy, balanced, and well prepared.

The Cook is also responsible for grocery shopping, maintaining a clean and well-organized kitchen, monitoring expiration dates and food safety, and preparing food to be left in the refrigerator for weekends.

A valid driver's license, proficiency in English, and the ability to lift up to 20 lbs. are required. Knowledge of food preparation, handling, and safety is essential. All employees are required to provide I-9 documentation.

Please email your resume and cover letter to manager@lolcc.net

Salary range: \$15-\$20 per hour.

This position is not benefits-eligible.



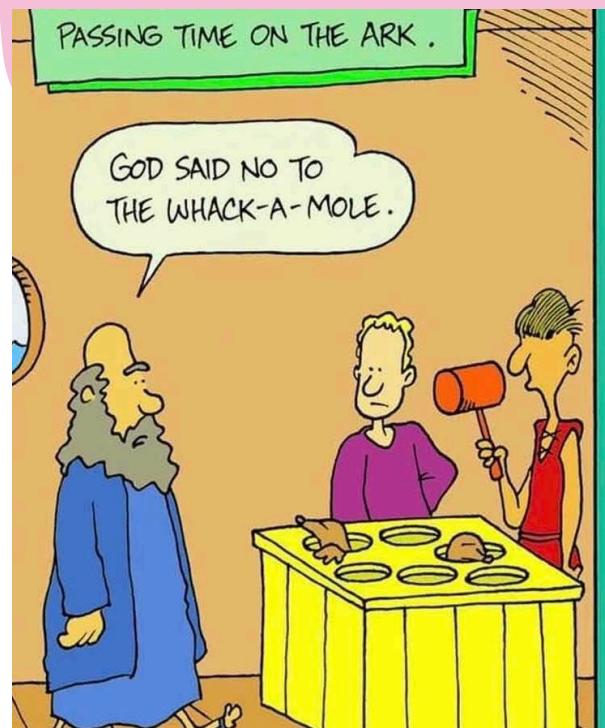
PARISHSOFT ONLINE GIVING

Our Lady of Lourdes accepts online donations via ParishSoft! You can donate to all our parish first, second, and special collections and set up recurring payments on your own schedule. To sign up, scan the QR code below.



Victims of Venezuela's earthquake

Today's second collection is a special collection to help the victims of Venezuela's earthquake. Envelopes marked for this collection are found on the table at the entrance of the church. Donations will be administered by Catholic Relief Services. Thank you for your generosity.



CARTOON OF THE WEEK

SPONSOR OF THE WEEK

PJI Law

www.pjilaw.com

NUESTRA PARROQUIA

BAUTISMOS

Para bautismos, los padres y padrinos deben asistir a la charla pre-bautismal, el último domingo de cada mes. 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. Próxima charla será el **Domingo, 26 de Julio** en el Salón Parroquial a las 6:15 PM. Para mas informacion, contactar a Sara Bonilla al 571-594-6441.

SACRAMENTO DEL MATRIMONIO

Para casarse por la Iglesia, comuníquese con Manuel y Sara Bonilla al 571-594-6441, por lo menos 7-8 meses antes de la fecha del matrimonio.

ORACIONES POR EL DIFUNTO

Eugenio Duarte, Christian David Medina, Marina Montenegro.

ORACIONES POR LOS ENFERMOS Y LOS CONFINADOS EN CASA

Vanessa Bendana, Teresa Diaz, Martha Justina Gonzalez, Ulises y Julieta Gonzalez, Grethel Valdez, Massiel Valenzuela, Noel Vargas, Dionisio Martin Vindell. Comuníquese con la Rectoría al 703-684-9261 o olol@ololcc.net si necesita incluir a alguien en esta lista.

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!



APOSTALADO HISPANO

La oficina del Apostolado Hispano tiene como misión principal acompañar a las familias inmigrantes a ser parte integral de nuestra Diócesis de Arlington, Virginia, ofreciendo diversos programas y ministerios para reforzar una sólida espiritualidad pastoral en la Nueva Evangelización. Para más información visite <https://www.arlingtondiocese.org/apostolado-hispano/>

Honra a un ser querido con una Misa!

Llama o envía un mensaje a la Rectoría para ofrecer una Misa 703.684.9261
OLOL@OLOLCC.net



Improvisación

Reflexiones veraniegas sobre el amor y las canciones de amor

por el padre Frederick Edlefsen

En el otoño de 1971, mi maestra de primer grado preguntó a la clase si alguien conocía alguna canción de Halloween. Me levante y empecé a improvisar una canción. Inventé letras sobre fantasmas y monstruos, sin una melodía específica ni lógica en la historia. Al terminar, me senté. ¿Por qué lo hice? No lo sé.

El amor puede ser así. Improvisado, no calculado, torpe y mal expresado. Es de inspiración espontánea. Sólo sabemos que amamos y que queremos ser amados, sea lo que sea que eso signifique. Así que lo hacemos mal y no sabemos por qué, de la misma manera que con una canción de Halloween inventada. Las películas de segunda categoría, canciones y poemas cursis expresan mal el amor. Por ejemplo, tomemos el éxito de Terry Jack de 1974 "Seasons in the Sun". La letra es horrible. Pero, cuando un chico atractivo la canta con una melodía cautivante, hace llorar a diez millones de chicas. El impulso del amor suele quedarse en la puerta del sentimentalismo. Pero el sentimentalismo (como enamorarse) es solo eso: una puerta. El amor nos invita a una aventura más allá de la puerta, a los espacios interiores de la vida. El filósofo Josef Pieper definió el amor a algo o a alguien como una afirmación de que "es bueno que existas para mí". En esta definición, Pieper destaca dos términos: "existir" y "para mí". Empecemos con "existir". La existencia creada proviene de una Existencia No-Creada que llamamos "Dios". Dios nos creó a través de, con y en su "Amor". Amamos porque existimos a través del Amor. No podemos evitarlo. Simplemente es.

Ahora consideremos, el "para mí". El amor humano no puede ser 100% libre de ego. Jesús dijo: "Ama a tu prójimo como a ti mismo" (Marcos 12:31). En esta afirmación, hay algo de "como a ti mismo", porque a diferencia de Dios, nosotros somos seres necesitados porque hemos sido creados. Por lo tanto, el amor humano improvisa una contienda entre el amor al prójimo y el amor a uno mismo. Nos volvemos más como Cristo cuando, en la gracia de nuestro Bautismo, nos superamos para amar más a los demás. El amor se convierte en un sacrificio. Con la ayuda del Espíritu Santo, nos sumergimos en el mandato de Cristo: "Así como yo los he amado, así ámense también ustedes los unos a los otros" (Jn 13, 34). El sacrificio está implícito. A través de los Dones del Espíritu, la improvisación del amor alcanza otro nivel. Se vuelve casto, generoso y dispuesto a sacrificarse por el bien de otra persona. El amor nos dice: "Considera a otra persona, fuera de ti mismo". "Así como yo los he amado..." (Juan 13:34).

Bienvenido

Le Invitamos a Registrarse!

El registro parroquial le ofrece:

- una oportunidad única para servir en la misión de Nuestra Señora de Lourdes
- ser parte de una comunidad y una familia espiritual donde pueda crecer en santidad
- recibir preparación sacramental, y educación religiosa

Para registrarse, utilice el código QR, visite www.ololcc.net o llame a la Rectoría al 703-684-9261.



¿Le Interesa Ser Maestro/a de CCD?

CCD busca maestros voluntarios de religión para el próximo año escolar. Si desea ser voluntario, comuníquese con Leigh Hasson, Directora de Educación Religiosa a dre@ololcc.net o hable con un sacerdote.

GRUPOS VOLUNTARIOS MONAGUILLOS

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

GRUPO DE ORACION

Se reúnen todos los sábados de 5-10 PM. Comunicarse con Sergio Benitez al 240-706-2447 y Natividad Joyas al 571-245-2982

LEGION DE MARIA

Se reúnen 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 Reynaldo Campos al 703-626-5473

UJIERES

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

CORO

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

¡Inscripción de CCD 2026-27 ya está abierta!

¡Estudiantes (K-8) y niños de preescolar también!

Preescolar a 4 grado:	Domingos a las 9:00 AM
De 5 a 8 grado:	Domingos a las 11:00 AM

Comuníquese con Leigh Hasson, Directora de Educación Religiosa, a dre@ololcc.net, o escanee el código QR de arriba para registrarse.

LA LEGIÓN DE MARIA

LOS INVITA A CELEBRAR LA ASUNCION DE LA VIRGEN MARIA

el sábado 15 de Agosto



INCIANDO CON LA SANTA MISA A LAS 9AM
DESPUES EN EL SALON PARROQUIAL
HASTA LA 1PM

Nuestra Señora de Lourdes
830 23rd st s Arlington VA,
22202

Si usted está interesado en saber mas sobre la Legion de Maria, eres tambien bienvenido a este evento



OUR LADY of LOURDES

Arlington, Virginia

ololcc.net



[@olol_arlington](https://www.instagram.com/olol_arlington)



Parish Registration



Give Online



Pastor's Message



Sign Up to Volunteer

830 23rd Street South | Arlington, VA 22202 | 703-684-9261 | olol@ololcc.net | www.ololcc.net