



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET
 @OLOL_ARLINGTON

Come to me, all you who
labor and are burdened,
and I will give you rest.

Matthew 11:28



© JPPC

JULY 5, 2026

Fourteenth Sunday in
Ordinary Time

5 DE JULIO DE 2026

Decimocuarto 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 6 MONDAY		JULY 7 TUESDAY		JULY 8 WEDNESDAY		JULY 9 THURSDAY		JULY 10 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	
JULY 11 SATURDAY		JULY 12 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>		Paint N' Sip 2:00 PM <i>Parish Hall</i> Community Coffee Hour (Español) 6:00 PM <i>Parish Hall</i>							



"The Birthright of Humanity"

Preparing for Independence Day 250

By Fr. Frederick Edlefsen

The last page of my passport footnotes, in small print, a quote by the late African American author, Anna Julia Cooper: "The cause of freedom is not the cause of a race or a sect, a party or a class - it is the cause of humankind, the very birthright of humanity." Benjamin Franklin said as much. Our Founding Fathers established a new country based on universal principles that would play out in American and World history. "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." This line from the Preamble of the Declaration of Independence is among the best known in the English language. This principle played out in another "Declaration," the United Nation's Universal Declaration of Human Rights (December 10, 1948). Its Preamble begins, "Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world..." When this Declaration speaks of a "human family" – a universal humanity – it's implying a shared and common nature endowed by a common Creator.

People naturally love their country and their neighbors. But the Gospel broadens the concept of "neighbor" and proposes a new patriotism, inviting people to love all people who love their countries. The purifying acknowledgment of ancestral sins (everyone has them) helps a nation advance its ancestral virtues. Alexis de Tocqueville commended America's neighborly "mores" – "habits of the heart" – which formed a friendly social character. Neighborliness, trust, and justice flow from virtuous "habits of the heart". The "mores" of a good citizen grasp the universality of "unalienable Rights" of "Life, Liberty and the pursuit of Happiness" and "of the inherent dignity and of the equal and inalienable rights of all members of the human family..." A free citizen is a heart cultured by "Love your neighbor as yourself" (Mark 12:31), grasping everyone's common destiny to a Heavenly City, "from every nation, tribe, race, and tongue" (Revelation 7:9). It's prophetic. The word "humankind" is a Christian symbol. It suggests a Heavenly City beyond death and judgment, in which "all people of goodwill" are citizens.

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, July 19

Coffee and Donuts

Join us for coffee and donuts after:
 8:00 AM, 10:00 AM, and 12:00 PM Mass



Sunday, July 19

Paint N' Sip

Parishioners are invited for watercolor painting, 2:00 - 5:00 PM in the Parish Hall!
 There is a \$15 registration fee for the materials.



Sunday, July 26

Bread & Brews

After the Noon Mass, the young adult community is heading over to McNamara's on 23rd St.



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

Talk: Fr. Steve McGraw Tells His Story

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.

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 5, 2026

Fourteenth Sunday in Ordinary Time
Weekly Mass Intentions

SATURDAY

JULY 4

9:00 AM † Joachim Ekeagwu
5:30 PM Belinda Notz

SUNDAY

JULY 5

Fourteenth Sunday in Ordinary Time

8:00 AM † Barbara and Bob Rachko
10:00 AM All Parishioners, Living & Deceased
12:00 PM Cajethan Ekeagwu
5:00 PM Elaine Kramer

MONDAY

JULY 6

St. Maria Goretti, Virgin and Martyr

6:45 AM Enrica and Jack Frost
12:00 PM † Alfonso Escovilla

TUESDAY

JULY 7

6:45 AM † Stanley Venoit
12:00 PM Susan & Ronie

WEDNESDAY

JULY 8

6:45 AM † Marion Larsen
12:00 PM † Beverley Long

THURSDAY

JULY 9

Ss. Augustine Zhao Rong & companions, Priest & Martyrs

6:45 AM Venoit Family
12:00 PM † John Frye

FRIDAY

JULY 10

6:45 AM Kathryn Updegraff
12:00 PM † Karen Leef Rogers



Stay Connected!

Stay updated on all our community news and events by reading the weekly bulletin on our website at 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!

YOU'RE INVITED



JULY 26
AFTER THE NOON MASS

YOUNG ADULT BREAD AND BREWS



MCMAMARA'S PUB & RESTAURANT

567 23rd St S Arlington, VA 22202

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@ololcc.net

Salary range: \$15–\$20 per hour.
This position is not benefits-eligible.



PRAYER IN OUR PARISH

PRAYERS FOR THE DECEASED

Alexander Davis, Rocque (Rock) Kramer, Julio E. Lainez, Pasquale Menna, Mary O'Donoghue, Victor Villalobos, James E. Merna, Joyce Velde

PRAYERS FOR THE ILL AND HOMEBOUND

Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, Dianne Lynott, Brian Macnamara, Julia Macnamara, Kathryn Updegraff, Joyce Velde, Lourdes Velasquez, Ted Wang, Bobby Long, Lourdes Velasquez, Caroline "Tiger" Davdowich

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.



After Flowers

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

Demma Family,

by Rose Demma

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

Sponsorship is \$75. Next available date is July 26, 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.

Prayer to

*St. Augustine Zhao Rong
& Companions*

O righteous band of martyrs united by faith in Christ and His Church in a nation of religious oppression: children and grandparents, workers and teachers, lay and ordained, native and foreign-born....all as one you gave your lives, led by your convictions—pray the Word of the Lord come to a land so cold to conversion, to the love and worship of Jesus, all men's Savior. Pray the Holy Spirit fall like purging and redeeming fire upon every soul in the country where you so honorably died; pray His power spread and bring renewal upon the face of all the earth. Amen.

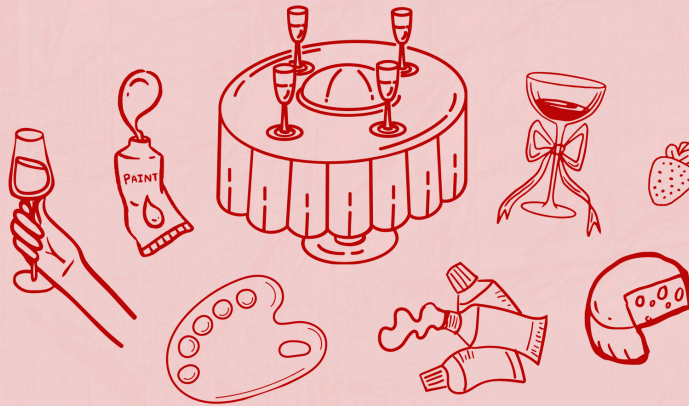
Prayer Source: Prayers to the Saints by James H. Kurt, AuthorHouse, 10/17/2007



OUR LADY
of LOURDES

Arlington, Virginia

YOU'RE INVITED TO A
Sip and Paint
AT OUR LADY OF LOURDES



Join fellow parishioners for an evening of watercolor painting! The \$15 registration fee covers all materials, a canvas, step-by-step instruction, snacks, and beverages.

SUNDAY, JULY 19TH, 2:00 - 5:00 PM

830 23rd, St S, Arlington, VA 22202



RSVP

RELIGIOUS EDUCATION



Religious Education



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@ololcc.net or talk to a priest.

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@ololcc.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.



AROUND THE DIOCESE



ALL COLLEGE STUDENTS ARE WELCOME TO...

THURSDAY NIGHT GATHERINGS

HOSTED BY CATHOLIC PATRIOTS!

FOOD, FUN, AND FELLOWSHIP!

THURSDAYS 7-9PM
JUNE - JULY

GMUCCM.ORG

ST. ROBERT
BELLARMINE CHAPEL
4515 ROBERTS RD
FAIRFAX, VA 22032

[@CATHOLIC.PATRIOT](https://www.facebook.com/CATHOLIC.PATRIOT)



Mass and Rosary in Thanksgiving for the Gift of Human Life

Everyone is invited to celebrate a Mass & Rosary in Thanksgiving for the Gift of Human Life with Bishop Burbidge on July 18th at St. James in Falls Church at 8:30am!

Searching for Jesus with St. Augustine

A Retreat for Men and Women



SILENT RETREAT
August 14-16

San Damiano Retreat Center

A brilliant and talented young man named Augustine found himself trapped in the world and chained by the pleasures of the flesh — a slave to sin. His restless search for Truth, Goodness, and Beauty led him to God; not merely in the world about him, but in the depths of his own soul. On this retreat we will consider St. Augustine's journey as He described it in his masterpiece, *Confessions*, and learn from his wisdom as we seek God with our own restless hearts

Retreat cost is \$299. Financial assistance may be available.

For more information or to register, please contact Father Riley:

retreat@sacredheartwinchester.org or visit ArlingtonDiocese.org/Retreat



VOCATIONS, STEWARDSHIP & MORE

Stewardship Reflection

"Come to me, all you who labor and are burdened, and I will give you rest." (Matthew 11:28)

Christ invites each of us to lay down our burdens and find true peace in Him. In every vocation, priesthood, consecrated life, or holy matrimony, we are called to follow Him with trust, allowing His grace to strengthen us and renew our hearts. Take a moment today to listen to His call and rest in His loving presence. 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



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.



Maintenance and Improvement

Help our church stay functional, comfortable, safe, clean, and looking good throughout the year. Thank you for your generous support.

thank you

Attention Class of 2026!

Heading to college this fall? Join the Associates of St. John Bosco for FREE College Nights this summer in Northern Virginia! Meet other Catholic students, hear real stories from upperclassmen, and get practical tips for keeping your faith strong in college. You'll connect with students from your future campus (or a campus similar to yours), enjoy a free pizza dinner, and take home a "Bosco Bundle" of Catholic books to bring with you to college. Spots are limited (50 per night), so don't wait! The dates and locations are

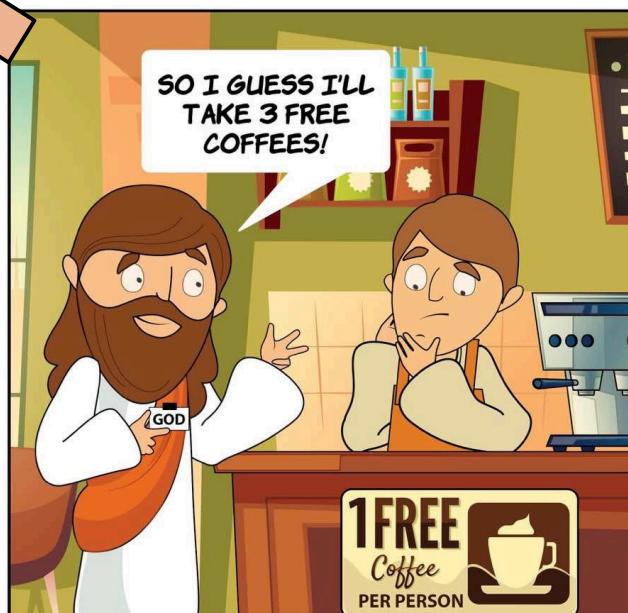
July 9 - St. Theresa

July 14 - Holy Trinity

July 21 - Basilica of St. Mary

July 28 - St. Mary of the Immaculate Conception

Visit asjb.org/student-registration to register for free!



CARTOON OF THE WEEK

SPONSOR OF THE WEEK
Jennifer Caterini, Realtor
jcaterini@ttsir.com | (703) 609-6258

NUESTRA PARROQUIA

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. Próxima charla será el **Domingo, 26 de Julio** en el Salón Parroquial a las 6:15 PM.

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

Alexander Davis, Rocque (Rock) Kramer, Julio E. Lainez, Pasquale Menna, Mary O'Donoghue, Victor Villalobos, James E. Merna, Joyce Velde

ORACIONES POR LOS ENFERMOS Y LOS CONFINADOS EN CASA

Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, Dianne Lynott, Brian Macnamara, Julia Macnamara, Kathryn Updegraff, Joyce Velde, Lourdes Velasquez, Ted Wang, Bobby Long, Lourdes Velasquez, Caroline "Tiger" Davdowich. 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



"El derecho de nacimiento de la humanidad"

Una reflexión sobre el 250° aniversario de los Estados Unidos de América
Por el Padre Frederick Edlefsen

La última página de mi pasaporte incluye, en letra pequeña, una cita de la fallecida autora afroamericana Anna Julia Cooper: «La causa de la libertad no es la causa de una raza o una secta, de un partido o una clase; es la causa de la humanidad, el propio derecho de nacimiento de la humanidad». Benjamin Franklin lo expresó con claridad. Nuestros Padres Fundadores establecieron una nueva nación basada en principios universales que dejarían huella en la historia de los Estados Unidos y del mundo.

«Sostenemos como evidentes por sí mismas estas verdades: que todos los hombres son creados iguales; que su Creador los ha dotado de ciertos derechos inalienables; que entre ellos están la Vida, la Libertad y la búsqueda de la Felicidad». Esta frase de la Declaración de Independencia es una de las más conocidas de la lengua inglesa.

Este mismo principio se reflejó en otra declaración: la Declaración Universal de los Derechos Humanos de las Naciones Unidas (10 de diciembre de 1948). Su preámbulo comienza así: «Considerando que el reconocimiento de la dignidad inherente y de los derechos iguales e inalienables de todos los miembros de la familia humana es la base de la libertad, la justicia y la paz en el mundo...».

Cuando esta Declaración habla de una «familia humana» —una humanidad universal— presupone una naturaleza compartida y común, dotada por un mismo Creador.

Las personas aman de manera natural a su país y a sus vecinos. Sin embargo, el Evangelio amplía el concepto de «prójimo» y propone una forma más profunda de patriotismo, invitándonos a amar a todos aquellos que aman a sus propios países. El reconocimiento sincero y purificador de los pecados heredados del pasado —que toda nación posee— ayuda a un pueblo a avanzar en sus virtudes y fortalezas ancestrales.

Alexis de Tocqueville elogió las «costumbres» de vecindad en América, esos «hábitos del corazón» que forjaban un carácter social amistoso. La buena vecindad, la confianza y la justicia brotan de esos virtuosos hábitos del corazón. Las costumbres de un buen ciudadano comprenden la universalidad de los «derechos inalienables» a la «Vida, la Libertad y la búsqueda de la Felicidad», así como «la dignidad inherente y los derechos iguales e inalienables de todos los miembros de la familia humana».

Un ciudadano libre es aquel cuyo corazón ha sido formado por el mandamiento: «Amarás a tu prójimo como a ti mismo» (Marcos 12:31), y que comprende el destino común de todos hacia una Ciudad Celestial, compuesta por personas «de toda nación, tribu, pueblo y lengua» (Apocalipsis 7:9).

Esa visión es profética. La palabra «humanidad» es, en cierto sentido, un símbolo cristiano. Evoca una Ciudad Celestial más allá de la muerte y del juicio, en la que todas las personas de buena voluntad son ciudadanas.

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.



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



¿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.

¡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.

OCIA Comienza el 14 de Sept.

El Orden de Iniciación Cristiana de Adultos

- Prepara a los adultos para recibir los Sacramentos de Iniciación: Bautismo, Confirmación y Sagrada Comunión.
- Abierto a cualquier persona que desee aprender más sobre la Fe Católica.
- Las clases se llevarán a cabo los lunes a las 7:00 PM.



¡Mantente Conectado!

Manténgase al día con todas las noticias y eventos de nuestra comunidad consultando el boletín semanal en nuestro sitio web; puede acceder a él mediante el código QR, en la sección Acerca de y haciendo clic en Boletín.



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