

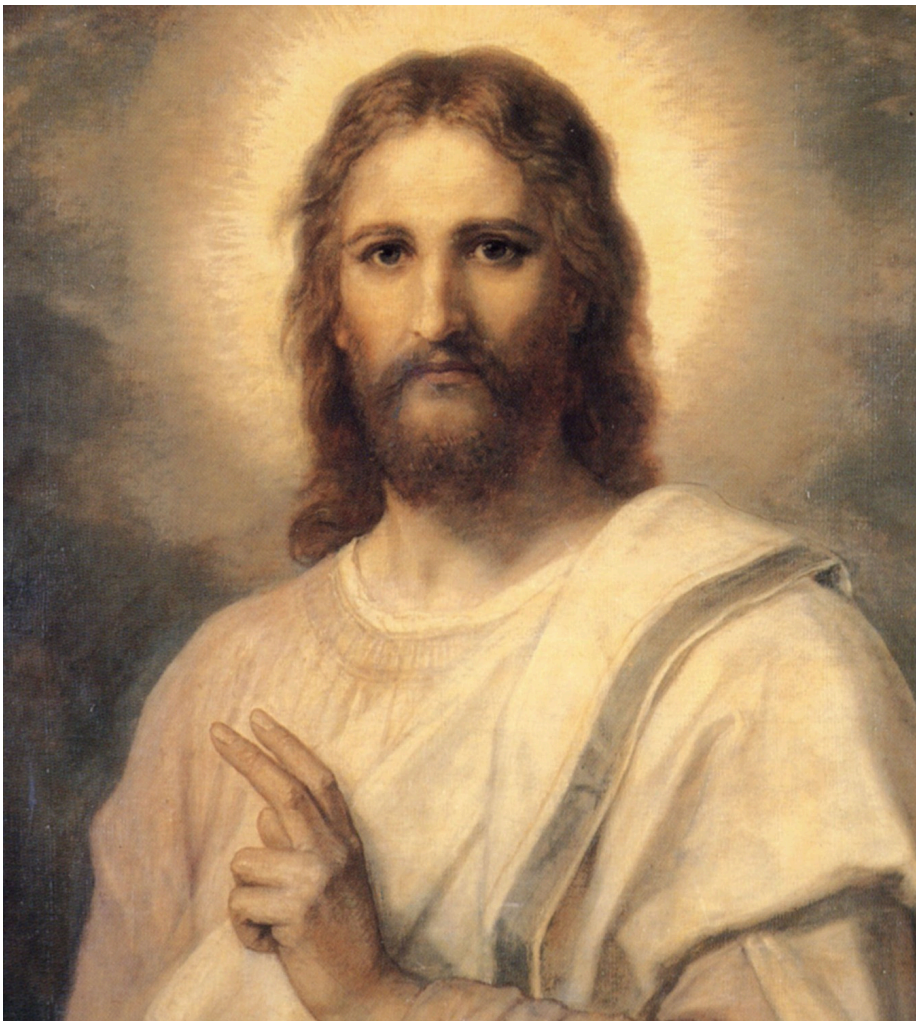


OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET

 @OLOL_ARLINGTON



**SO DO NOT BE
AFRAID; YOU ARE
WORTH MORE THAN
MANY SPARROWS.**

MATTHEW 10:31

© JPPC

JUNE 21, 2026

Twelfth Sunday in
Ordinary Time

21 DE JUNIO DE 2026

Duodécimo 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

JUNE MONDAY 22	JUNE TUESDAY 23	JUNE WEDNESDAY 24	JUNE THURSDAY 25	JUNE FRIDAY 26
Rosary 6:15 AM, 11:30 AM	Rosary 6:15 AM, 11:30 AM Pro-Life Rosary 7:00 PM	The Nativity of John the Baptist Rosary 6:15 AM, 11:30 AM Miraculous Medal Novena 12:30 PM Food Packing 7:00 PM Parish Hall Legion of Mary 7:30 PM Parish Hall	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
JUNE SATURDAY 27	JUNE SUNDAY 28	CLERGY Fr. Frederick H. Edlefsen, Pastor Fr. Francis Peffley, Parochial Vicar Fr. Bradley Lawrence, In Residence Fr. Noah Morey, 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 Parish Hall	Bread & Brews 1:00 PM McNamara's Pub Community Coffee Hour (Español) 6:00 PM Parish Hall			



Father's Day Wisdom

By Fr. Frederick Edlefsen

When I was a boy, we often rode to "the country" after Sunday Mass to Belle Rose, Louisiana, where my grandparents, Mimi and Pawpaw (pictured above), lived. Belle Rose had a tiny Post Office, a Big-B grocery store, and St. Jules Catholic Church. No landmarks set it off from anything else among the sugarcane fields of Assumption Parish, aside from a faded green sign along LA 1 that said, "Belle Rose," under which it stated what the population was about 20 years ago.

On those lazy Sunday evenings, we sat with Mimi and Pawpaw by their pond, behind a cane field, beneath the setting sun. We were entertained by horizontal lightning flashes between thunderheads on the southern horizon, as my parents and grandparents sipped Old Fashioneds and nibbled on doo-dads, a Nabisco snack sold at Big-B. Three generations were together, gazing upon high-voltage ice-cream castles passing westward from the Gulf of Mexico. Pawpaw, a sugar farmer and factory engineer, was not a man of many words. But I recall him saying, "Electricity! We don't know what it is. We just know how to use it."

Pawpaw masterfully cleaned fish. He'd slice around the head and gills at precise angles and then along the spine and around the tail with artful handicraft. He'd triangularly cut off a little hole at the fish's bottom near the tail. I asked, "Why did you do that?" He replied, "You wanna' eat that part of the fish?"

Pawpaw had an eating philosophy. Once, when I was a hungry teenager, we dined at a local restaurant with Mimi and Pawpaw. My appetite met its match: a gigantic crab-stuffed flounder. When my stomach registered "EXPLODE," I pondered surrender. I said, "Don't know if I can eat it all!" Pawpaw said, "Then don't." I replied, "It's a sin to waste it." He replied, "It's a worse sin to eat it." Check mate. For youth, "appetite" and "pride" are forgivable sins. "Eat until you're comfortable, not until you're full," Pawpaw would say. Youth also had its virtues: it loves common sense.

If you're looking for deep theology here, I have nothing for you. Grace flows like water through the rivulets of ordinary wisdom. The Holy Spirit purifies simple things and often works in the common sense of people like grandparents. Their simple oracles are gifts from Heaven.

Welcome

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



Upcoming Events

Sunday, June 21

Father's Day & Coffee and Donuts

Join us this Father's Day for coffee and donuts after:

8:00 AM, 10:00 AM, 12:00 PM Mass



Wednesday, June 24

The Nativity of John the Baptist

Join for Mass at 6:45 AM or 12:00 PM to celebrate the birth of John the Baptist. "Amen, I say to you, among those both of women there has been none greater than John the Baptist" (Mt. 11:11).

Wednesday, June 24

Food Packing with Helping Hands

Join Helping Hands for an evening of service and fellowship to box nonperishable food for those in need at 7:00 PM in the Parish Hall.



Sunday, June 28

Bread & Brews

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



Friday, July 3

Forth of July Observance Holiday

Independence Day is observed on July 3. One Mass at 10:00 AM followed by Confessions (no Exposition of the Blessed Sacrament) Parish Office Closed.



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

JUNE 21, 2026

Twelfth Sunday in Ordinary Time
Weekly Mass Intentions

SATURDAY **JUNE 20**

9:00 AM † John Kelley
5:30 PM † Paul Durand

SUNDAY **JUNE 21**

Twelfth Sunday in Ordinary Time

8:00 AM † Barbara and Bob Rachko
10:00 AM All Parishioners, Living & Deceased
12:00 PM † David Fister and Rosalyn Hood

5:00 PM
MONDAY **JUNE 22**

St. Paulinus of Nola, Ss. John Fisher & Thomas More, Bishops & Martyr

6:45 AM † Millie Pugliese
12:00 PM † Karen Leef Rogers

TUESDAY **JUNE 23**

6:45 AM † Al Bernard
12:00 PM † Ray Penland

WEDNESDAY **JUNE 24**

Nativity of St. John the Baptist

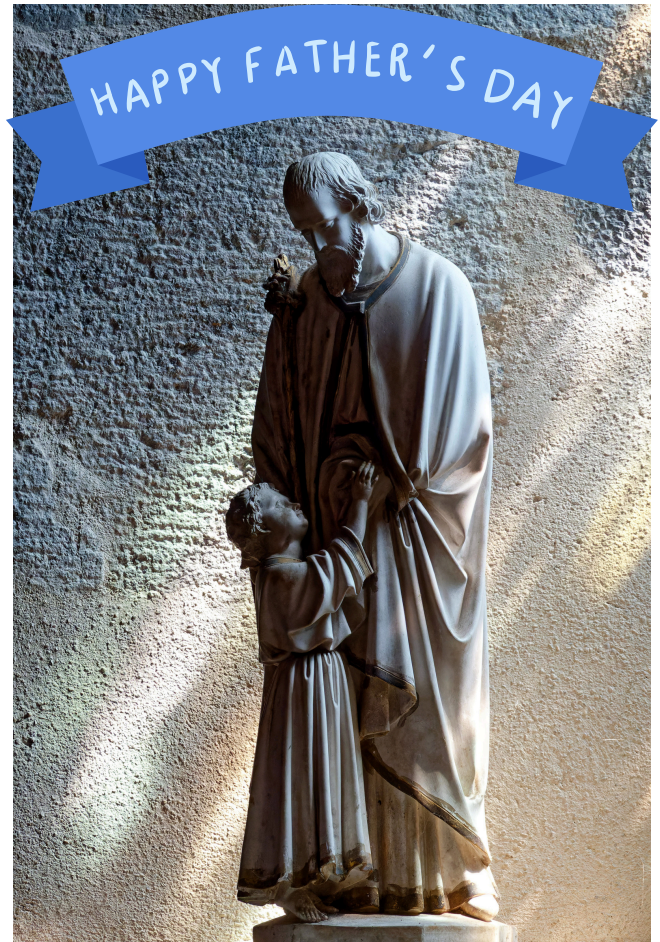
6:45 AM † Heather Hurlock
12:00 PM Erik and Michelle Kramer

THURSDAY **JUNE 25**

6:45 AM † Judy Pascual
12:00 PM Bradley and Amanda

FRIDAY **JUNE 26**

6:45 AM † James Cancienne
12:00 PM † Al Shields



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!

Thank you to all who donated to the Helping Hands food and men's clothing drive! Donations may still be accepted through June and can be placed in the Helping Hands closet in the church. On June 24th you're invited to help package up the food at 7PM in the Parish Hall.

PRAYER IN OUR PARISH

PLEASE PRAY FOR

Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Dianne Lynott, Brian Macnamara, Julia Macnamara, James Merna, Kelly Moore, Mary O'Donoghue, Ana Reynaldes, Jose Silva, Kathryn Updegraff, Lourdes Velasquez, Joyce Velde, Victor Villalobos, Ted Wang, and Ismael A. Zavala Umaña. Contact the Rectory Office, 703-684-9261 or olol@ololcc.net to add or remove a name.

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.

June is the
Sacred Heart of Jesus



After Flowers

This week's Altar Flowers are sponsored in loving memory of the **members of the Tieso family** by the Demma-Tieso families.

Email or call the Rectory Office to schedule 703-684-9261 or OLOL@OLOLCC.net. Sponsorship is \$50. Next available date is June 28, 2026. *Sponsorship costs will increase to \$75 on July 1, 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.

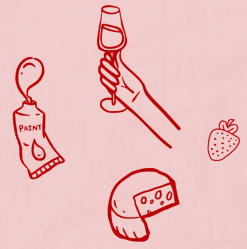
ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.

YOU'RE INVITED TO A

Sip and Paint

AT OUR LADY OF LOURDES



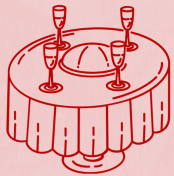
Join fellow parishioners for an evening of watercolor painting! The \$15 registration fee covers all materials, a canvas, step-by-step instruction, snacks, and beverages.



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

Parish Hall

830 23rd, St S, Arlington, VA 22202



OUR LADY
of LOURDES
Arlington, Virginia

YOU'RE INVITED



JUNE 28

AFTER THE NOON MASS

YOUNG ADULT

BREAD AND BREWS



MCNAMARA'S PUB & RESTAURANT

567 23rd St S Arlington, VA 22202

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@lolcc.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@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.



Prayer to the Sacred Heart of Jesus

O Most Sacred Heart of Jesus:

You know the longings of our hearts, and you desire that we enjoy friendship with you.

From your pierced side, you have poured out the wellspring of life, for which we thirst.

Your heart burns with a love for all people to return to a right relationship with you.

We celebrate the abundant gifts you have given this nation, founded on the self-evident truths that our Creator has endowed all people with the right to life, liberty, and the pursuit of happiness.

We make reparation for the offenses against you and against human dignity that have taken place in this nation.

May our hearts be united to yours, so that our families and communities enjoy peace and happiness; may broken relationships be reconciled, injustices repaired, and the wounds of our land be healed.

May your holy Catholic Church serve as a sign, pointing all people to your infinite love.

O Desire of Nations and Center of History, we ask you to bless these United States of America.

Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Amen.

Most Sacred Heart of Jesus, have mercy on us!
Immaculate Heart of Mary, pray for us!



United States
Conference of
Catholic Bishops



VOCATIONS, STEWARDSHIP & MORE

Stewardship Reflection

"Do not fear; you are more valuable than many sparrows." (Matthew 10:31)

Do not fear how Jesus is calling you to build his Church. Pray for clarity in your discernment. If you need help discerning your vocation, contact your priest or reach out to the Vocation Office at

(703) 841-2514
vocations@arlingtondiocese.org

A screenshot of the FORMED website interface, showing various content categories and a search bar. The text "FORMED" is prominently displayed in large blue letters.

A Gift from Our Parish to You.
FORMED
The Best Catholic Content.
All in One Place

Learn more & sign up at <https://ololcc.net/>

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



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



CARTOON OF THE WEEK

Job's Suffering Becomes Too Great To Bear As He Goes To Bed And Then Realizes His Sheets Are In The Wash

SPONSOR OF THE WEEK
Have You Found Faber?

FindingFaber.com

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, 28 de Junio** 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.

EN ORACION POR

Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Dianne Lynott, Brian Macnamara, Julia Macnamara, James Merna Kelly Moore, Mary O'Donoghue, Ana Reynaldes, Jose Silva, Kathryn Updegraff, Lourdes Velasquez, Joyce Velde, Victor Villalobos, Ted Wang, and Ismael A. Zavala Umaña. 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



La Sabiduría del Día del Padre

Padre Frederick Edlefsen

Cuando era niño, después de la misa dominical, solíamos ir a la campiña a un lugar llamado Belle Rose, en Luisiana, donde vivían mis abuelos, "Mimi" y "Pawpaw". Belle Rose tenía una pequeña oficina de correos, una tienda de comestibles Big-B y la iglesia católica de St. Jules. Este lugar no tenía ningún punto de referencia que lo diferenciara entre los campos de caña de azúcar de la parroquia de Assumption, salvo un gran rótulo verde descolorido a lo largo de la ruta LA 1 que decía "Belle Rose", bajo el cual se indicaba la población de hace unos 20 años.

En esas tardes perezosas de domingo, nos sentábamos con Mimi y Pawpaw junto a una pequeña laguna en su propiedad, detrás de un cañaveral y bajo la puesta del sol. Nos entreteníamos viendo las rafagas de los relámpagos entre las nubes tormentosas al sur del horizonte, mientras mis padres y abuelos bebían Old Fashioneds y picoteaban "doo-dads", un snack de Nabisco que se vendía en Big-B. Tres generaciones estaban juntas, contemplando los castillos nebulosos de alto voltaje que se movían desde el Golfo de México hacia el oeste. Mi abuelo, un agricultor azucarero e ingeniero de fábrica, no era un hombre de muchas palabras. Pero recuerdo que decía: "¡Electricidad! No sabemos qué es. Simplemente sabemos cómo usarla."

"Pawpaw" limpiaba pescados magistralmente. Cortaba alrededor de la cabeza y las agallas en ángulos precisos, luego a lo largo de la columna y alrededor de la aleta, con una habilidad fenomenal. En una ocasión, lo vi cortado triangularmente un pequeño agujero cerca de la cola del pescado. Le pregunté: "¿Por qué haces eso?" Él respondió: "¿Acaso quieres comerte esa parte del pescado?"

"Pawpaw" tenía una filosofía sobre la alimentación. Una vez, cuando era un adolescente hambriento, fui a cenar a un restaurante local con mis abuelos. Mi apetito encontró su rival perfecto: un enorme lenguado relleno de cangrejo. Cuando mi estómago me decía que estaba a punto de "EXPLOTAR", consideré rendirme a este manjar gigante. Le dije a mi abuelo: "¡No sé si podré comérmelo todo!". El me dijo: "Entonces no te lo comas." Le respondí: "Es pecado desperdiciarlo." Él respondió: "Es un pecado más grande que te lo comas." Jaque mate. Para la juventud, el "apetito" y el "orgullo" son pecados graves. "Come hasta que estés cómodo, no hasta que estés lleno", decía mi abuelo. Pero la juventud también tiene sus virtudes: ama el sentido común.

Si buscas una teología profunda aquí, no la vas a encontrar. La Gracia fluye como el agua a través de los arroyos de la sabiduría ordinaria. El Espíritu Santo purifica las cosas sencillas y a menudo actúa a través del sentido común de personas como los abuelos. Sus palabras sabias son regalos del Cielo.

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.oloccc.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 Benitez al 571-501-3435

LECTORES

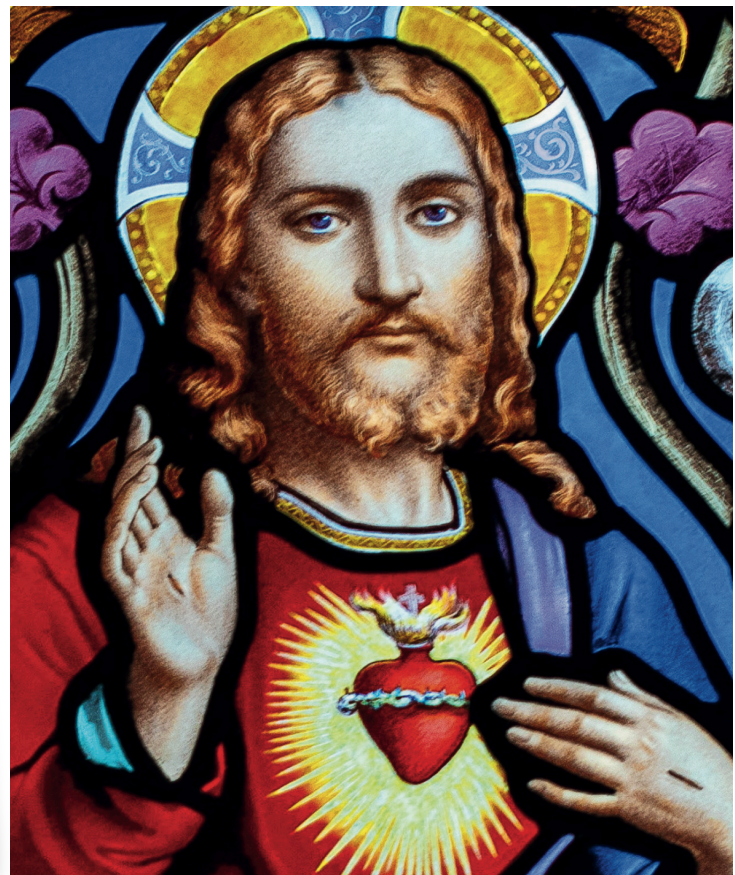
Si deseas unirte al ministerio de la Liturgia como lector, comunicarse con Reynaldo Campos al 703-626-5473

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



Oración al Sagrado Corazón de Jesús

Con motivo de la consagración de los Estados Unidos de América al Sagrado Corazón de Jesús por parte de los obispos estadounidenses

Sagrado Corazón de Jesús:

Tú conoces los anhelos de nuestro corazón y deseas que disfrutemos de tu amistad.

De tu costado traspasado has derramado el manantial de vida, del que tenemos sed.

Tu corazón arde de amor para que todas las personas vuelvan a tener una relación correcta contigo.

Celebramos los abundantes dones que has brindado a esta nación, fundada en las verdades evidentes que nuestro Creador ha dotado a todas las personas del derecho a la vida, a la libertad y a la búsqueda de la felicidad.

Ofrecemos reparación por las ofensas contra ti y contra la dignidad humana ocurridas en esta nación.

Que nuestros corazones se unan al tuyo, para que nuestras familias y comunidades gocen de paz y felicidad; que las relaciones dañadas se reconcilien, las injusticias se reparen y las heridas de nuestra tierra se sanen.

Que tu santa Iglesia católica sirva de signo, mostrando a todos tu amor infinito.

A ti, que eres el Deseo de las Naciones y el Centro de la Historia, te pedimos que bendigas a estos Estados Unidos de América.

Tú que vives y reinas con Dios Padre en la unidad del Espíritu Santo, Dios, por los siglos de los siglos.

Amén.

Sagrado Corazón de Jesús, ¡ten piedad de nosotros!
Inmaculado Corazón de María, ¡ruega por nosotros!



United States
Conference of
Catholic Bishops





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