



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET

 @OLOL_ARLINGTON



Whoever eats this
bread will *live forever*.

JOHN 6:58

© JPPC

JUNE 7, 2026

The Solemnity of the Most Holy
Body and Blood of Christ
(Corpus Christi)

7 DE JUNI DE 2026

La Solemnidad del Santísimo
Cuerpo y Sangre de Cristo
(Corpus Christi)

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 8 | JUNE TUESDAY 9 | JUNE WEDNESDAY 10 | JUNE THURSDAY 11 | JUNE FRIDAY 12 |
|---|---|--|---|---|
| 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 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 13 | JUNE SUNDAY 14 | 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 | Father Edlefsen 25 th Sacerdotal Anniversary 1:00 PM Parish Hall Community Coffee Hour (Español) 6:00 PM Parish Hall | | | |



What is Mass?

A Reflection on the Body and Blood of Christ

By Fr. Frederick Edlefsen

J.R.R. Tolkien wrote this in a letter to his son Michael, dated November 1, 1963: "You speak of 'sagging faith,' however... The only cure for sagging faith is Communion. Though always Itself, perfect and complete and inviolate, the Blessed Sacrament does not operate completely and once for all in any of us. Like the act of Faith it must be continuous and grow by exercise. Frequency is of the highest effect... Also I can recommend this as an exercise (alas! only too easy...): make your communion in circumstances that affront your taste. Choose a snuffling or gabbling priest or a proud and vulgar friar; and a church full of the usual bourgeois crowd, ill-behaved children – from those who yell to those products of Catholic schools who the moment the tabernacle is opened sit back and yawn... Go to Communion with them (and pray for them). It will be just the same (or better than that) as a mass said beautifully by a visibly holy man, and shared by a few devout and decorous people. (It could not be worse than the mess of the feeding the Five Thousand – after which Our Lord propounded the feeding that was to come)."

Mass and Holy Communion bear fruit with consistent practice. That's true of life's most things. Like regular meals, some are good, and some are bad, most are forgotten, but over time they all sustain life. Mass after Mass after Mass, the sanctifying power of the Eucharistic Sacrifice works in ways that are usually unnoticeable and yet life-giving.

In the Church's liturgy, Christ makes present his Paschal mystery – his death and resurrection. Good Friday and Easter are not just past events. Rather, Christ's death destroyed death for all time. His sacrifice transcends all times and events. "The event of the Cross and Resurrection abides and draws everything toward life" (Catechism of the Catholic Church, 1085).

Mass continuously makes present Christ's Paschal mystery until the End of Time. When you attend Mass regularly, your whole life is continuously offered to the Father through Christ's sacrifice.

"Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day" (John 6:54).

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 14



Fr. Edlefsen's 25th Sacerdotal Anniversary

All are invited to celebrate Father Frederick Edlefsen's 25th anniversary of priestly ordination after the Noon Mass in the Parish Hall.

Weekend of June 13-14

Food & Clothing Drive



Please place food and spices, as well as new men's business attire (such as dress shirts, khakis, and socks) in the Helping Hands closet.

Friday, June 19

Juneteenth



One Mass at 10:00 AM followed by Exposition of the Blessed Sacrament until 3:00 PM, concluding with the Divine Mercy Chaplet. Parish Office will be closed.

Friday, June 19

FIFA World Cup Viewing Party



Young adults are invited to Crystal City Sports Pub to watch the USA vs. Australia match for a 3:00 PM kickoff. Food and light refreshments will be provided.

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

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 7, 2026 Corpus Christi Weekly Mass Intentions

SATURDAY

St. Norbert, Bishop

9:00 AM † Thad Lesnik
5:30 PM Maria DiNapoli

JUNE 6

SUNDAY

Corpus Christi

8:00 AM † Barbara and Bob Rachko
10:00 AM All Parishioners, Living & Deceased
12:00 PM † Al Bernard
5:00 PM Mindy Vergara

JUNE 7

MONDAY

6:45 AM † Millie Pugliese
12:00 PM † James Cancienne

JUNE 8

TUESDAY

St. Ephrem, Doctor of the Church

6:45 AM John Woodson and mother
12:00 PM Rocque (Rock) Kramer

JUNE 9

WEDNESDAY

6:45 AM † Theo Oshita
12:00 PM † Beverley Long

JUNE 10

THURSDAY

St. Barnabas, the Apostle

6:45 AM † Millie Pugliese
12:00 PM † John Frye

JUNE 11

FRIDAY

The Most Sacred Heart of Jesus

6:45 AM Karen Thomason and son
12:00 PM † Phil Eckert

JUNE 12

June is the
Sacred Heart of Jesus



Join the Altar Server Team!

Help the priest offer the Holy Sacrifice of the Mass.

Qualifications:

- **Boys and girls in grades 4-12.**
- **Must have received First Communion.**
- **Reverent and attentive.**



Contact the Parish Office at olol@ololcc.net

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.

Sacred Heart of Jesus, I place all my trust in You.

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have mercy on us miserable sinners, and grant us the grace we ask of You, through the sorrowful and Immaculate Heart of Mary, Your tender Mother and ours.
Amen.

Say: Hail, Holy Queen...

St. Joseph, pray for us.

Amen.

Altar Flowers

Email or call the Rectory Office to schedule 703-684-9261 or OLOL@OLOLCC.net
Sponsorship is \$50.
Next available date is June 21, 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.



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



FOOD+CLOTHING DONATIONS

Drop off items before all Masses

JUNE 13+14

MEN'S BUSINESS ATTIRE

NEW ITEMS ONLY

(medium-sized dress shirts, khakis, and socks) to help our neighbors pursue professional job opportunities and full-time employment



Amazon Wishlists

Donations purchased from Costco or other retailers are equally welcome



SUGGESTIONS FOR FOOD

(basmati rice, green tea, dates, black pepper, cinnamon, cardamom, sesame oil, etc.)

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

FIFA
WORLD CUP
LIVE HERE!
★ ★ BIG GAME. BIG SCREEN. BIG ENERGY. ★ ★

USA vs. AUSTRALIA

USA AUSTRALIA

FRIDAY JUNE 19TH 3:00PM KICKOFF GREAT FOOD. COLD DRINKS. GOOD VIBES.

CRYSTAL CITY SPORTS PUB
HOSTED BY OUR LADY OF LOURDES
FAITH. COMMUNITY. TOGETHER.
ONE GAME. ONE WORLD. TOGETHER.

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





OUR LADY
of LOURDES
Arlington, Virginia

Father Edlefsen's
**25TH SACERDOTAL
ANNIVERSARY**



All are invited to celebrate our Pastor's 25th anniversary of priestly ordination. A special Mass will be held prior, at 12:00 PM.

JUNE | 14 | 1:00 PM

Parish Hall
830 23rd St S,
Arlington, Virginia 22202

VOCATIONS, STEWARDSHIP & MORE

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.

God Made Them and Blessed Them:

Living the Sacrament of Marriage



Fr. Daniel Hanley is the fourth of six children from a Catholic family. He was ordained in 2005 and has served as parochial vicar in several parishes in the Arlington Diocese. Fr. Hanley has also served as teacher and faculty member at the North American College in Rome and is currently the coordinator of the blessed Stanley Rother House of formation at Mount St. Mary's Seminary in Maryland.



Retreat cost is \$499. Financial assistance may be available. For more information or to register, please contact Deacon Maines: mark.maines@arlingtondiocese.org or visit our website at ArlingtonDiocese.org/Retreat

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.



Catholic Communication Campaign

This collection supports both national and local evangelization efforts through activities in relation to television, radio, internet, and other media. Thank you for your generous support.

thank you

CARTOON OF THE WEEK



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.



SPONSOR OF THE WEEK

Swift Pro

571-354-8330 | GoSwiftPro.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, 31 de Mayo** 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



¿Qué es la misa?

Una reflexión sobre el Cuerpo y la Sangre de Cristo
Por el P. Frederick Edlefsen

J.R.R. Tolkien escribió esto en una carta a su hijo Michael, fechada el 1 de noviembre de 1963: *"Sin embargo, hablas de 'fe debilitada'... La única cura para la fe debilitada es la Comunión. Aunque siempre es Él mismo, perfecto, completo e inviolable, el Santísimo Sacramento no actúa plena y definitivamente en ninguno de nosotros. Al igual que el acto de fe, debe ser continuo y crecer por medio del ejercicio. La frecuencia es de mayor efecto... También puedo recomendar esto como un ejercicio (¡ay! demasiado fácil...): haz tu comunión en circunstancias que ofenden tu gusto. Escoge a un sacerdote que resopla o parlotea o a un fraile orgulloso y vulgar; y una iglesia llena de la habitual multitud burguesa, de niños mal portados, desde los que gritan hasta los productos de las escuelas católicas que en el momento en que se abre el tabernáculo se sientan y bostezan... Comulga con ellos (y reza por ellos). Será igual (o mejor que eso) que una misa dicha bellamente por un hombre visiblemente santo, y compartida por unas pocas personas devotas y decorosas. (No podría ser peor que el desorden de la alimentación de los Cinco Mil, después de lo cual Nuestro Señor propuso la alimentación que estaba por venir)".*

La Misa y la Sagrada Comunión dan fruto con la práctica constante. Eso es cierto para la mayoría de las cosas de la vida. Al igual que las comidas regulares, algunas son buenas y otras son malas, la mayoría se olvidan, pero con el tiempo todas sostienen la vida. Misa tras Misa tras Misa, el poder santificador del Sacrificio Eucarístico actúa de maneras que generalmente son imperceptibles y, sin embargo, vivificantes.

En la liturgia de la Iglesia, Cristo hace presente su misterio pascual, su muerte y resurrección. El Viernes Santo y la Pascua no son solo eventos pasados. Más bien, la muerte de Cristo destruyó la muerte para siempre. Su sacrificio trasciende todos los tiempos y acontecimientos. "El acontecimiento de la cruz y de la resurrección permanece y atrae todo hacia la vida" (Catecismo de la Iglesia Católica, 1085).

La Misa hace presente continuamente el misterio pascual de Cristo hasta el fin de los tiempos. Cuando asistes a Misa regularmente, toda tu vida se ofrece continuamente al Padre a través del sacrificio de Cristo. "El que come mi carne y bebe mi sangre, tiene vida eterna, y yo lo resucitaré en el día postrero" (Juan 6:54).

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.olocc.net o llame a la Rectoría al 703-684-9261.



Nuestros talleres de naturalización se llevan a cabo en un formato grupal donde abogados voluntarios y entrenados son emparejados con los solicitantes. Juntos, y con el apoyo del personal legal de Hogar, preparan los documentos necesarios para solicitar la naturalización.

Sábado 13 de Junio 2026
St. John Neumann Catholic Church
11900 Lawyers Rd, Reston, VA 20191

Se recomienda fuertemente la preinscripción. El ingreso de participantes comienza a las 9:00 a.m. Para preinscribirse, escanee el código QR o envíe un correo electrónico a citizenship.hogar@ccda.net



Costo de asistencia: \$135
Se aceptan tarjeta, efectivo exacto o cheque.

Incluye evaluación de elegibilidad, preparación de formularios, presentación, y actualizaciones mientras la solicitud está pendiente.

Para más información sobre por qué debería considerar convertirse en ciudadano estadounidense, visite: <https://www.uscis.gov/citizenship/apply-for-citizenship>

PARA MAS INFORMACION:

(703) 534-9805 ext. 1507 o 1514 | citizenship.hogar@ccda.net | www.ccda.net
[CatholicCharitiesArlington](https://www.facebook.com/CatholicCharitiesArlington) | [@CCDArlington](https://twitter.com/CCDArlington) | [@CatholicCharitiesCDA](https://www.instagram.com/CatholicCharitiesCDA)



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

★ 250 AÑOS DE LOS ESTADOS UNIDOS DE AMÉRICA ★

FESTIVAL DIOCESANO

★ CELEBRANDO LA FE Y LIBERTAD ★

SÁBADO
JUNIO 13
3:45 - 9:30 PM

CLARKE COUNTY
FAIRGROUNDS
BERRYVILLE, VA



EVENTO GRATUITO PARA TODAS LAS EDADES
ES NECESARIO INSCRIBIRSE PARA RECIBIR COMIDA GRATUITA

MISA CON EL OBISPO BURBIDGE ★ MÚSICA ★ COMIDA



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