



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

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I was blind
and *now*
I see.

JOHN 9:25

© JPPC

MARCH 15, 2026

Fourth Sunday of Lent

15 DE MARZO DE 2026

Cuarto Domingo de Cuaresma

PARISH INFORMATION

OFFICE HOURS

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

REGISTRATION

To register, visit www.ololcc.net, and click "I'm New" or scan the QR code.

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.



Parish Registration



eGiving

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

MARCH MONDAY 16	MARCH TUESDAY 17	MARCH WEDNESDAY 18	MARCH THURSDAY 19	MARCH FRIDAY 20
<p><i>St. Joseph Novena</i></p> <p>Rosary 6:15 AM, 11:30 AM</p> <p>Scout Meeting 7:00 PM <i>Parish Hall</i></p>	<p><i>St. Joseph Novena</i></p> <p>Rosary 6:15 AM, 11:30 AM</p> <p>Pro-Life Rosary 7:00 PM</p> 	<p><i>St. Joseph Novena</i></p> <p>Rosary 6:15 AM, 11:30 AM</p> <p>Miraculous Medal Novena 12:30 PM</p> <p> The Light is On, Confessions 6:30 PM</p> <p>Legion of Mary 7:30 PM <i>Parish Hall</i></p>	<p><i>St. Joseph Novena</i></p> <p>Rosary 6:15 AM, 11:30 AM</p> <p>Pro-Life Rosary 7:00 PM</p> <p>Solemnity of St. Joseph</p>	<p>Rosary 6:15 AM, 11:30 AM</p> <p>Exposition of the Blessed Sacrament 12:30 PM-3:00 PM</p> <p>Divine Mercy Chaplet 3:00 PM</p> <p> Confessions 7:00</p> <p> Stations of the Cross 7:30</p>
MARCH SATURDAY 21	MARCH SUNDAY 22	CLERGY		
<p>Rosary 9:30 AM</p> <p>Prayer Group (Español) 5:00 PM <i>Parish Hall</i></p> <p>St. Joseph's Day Spaghetti Dinner 6:30 PM <i>In the Parish Hall</i></p>	<p>Community Coffee Hour (Español) 6:00 PM <i>Parish Hall</i></p>	<p>Fr. Frederick H. Edlefsen, Pastor Fr. Francis Peffley, Parochial Vicar Fr. Bradley Lawrence, In Residence Fr. Noah Morey, In Residence</p> <p>STAFF</p> <p>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</p>		



The Penitential Rites

By Fr. Frederick Edlefsen

During this mid-stage of Lent, the Church throughout the world prepares “catechumens” – adults on the path to Baptism – to live in the Way of the Lord Jesus. This preparation is called “Scrutinies” or “Penitential Rites.” They take place during the three middle-Sundays of Lent. In prayer, catechumens open their hearts and minds to the Gifts of the Holy Spirit they will receive in Baptism and Confirmation, and the Gift of the Risen Christ in Holy Communion. They reflect on how they will avoid sin’s darkness and live in Gifts of the Spirit. The Scrutinies entail ancient liturgical rites, which take place at the 10:00 AM Mass on the third, fourth, and fifth Sundays of Lent at Our Lady of Lourdes.

While the Penitential Rites, or Scrutinies, are properly for catechumens, in one sense they are for all of us. Whether you are a baptized OCIA candidate preparing for Confirmation and First Communion or a fully initiated Catholic, we all need to return to the innocence of our Baptism. Like the Prodigal Son who “returned to himself” (Luke 15:17), we all need to take stock of our lives and examine where we need to realign our attitudes, habits, and actions to the Gospel. An awareness of our weaknesses and egoism brings Faith alive because a living Faith gives God permission to heal us. As for our virtues, our good side, we can thank God for that. But Christ intimately encounters us in the doorway of weakness. Brokenness is the opening through which Christ enters our hearts and “dines with us” (Revelation 3:20).

When Jesus encountered the woman at the well, she asked, “Why do you, a Jew, ask me for a drink” (John 4:9)? Jesus revealed her sins to her. She acknowledged them. She felt love and peace. She was elated. She told her neighbors. They called Jesus the “Savior of the world” (John 4:42). The point: When we confess our sins, the Holy Spirit gives us new life that, in turn, gives life new life to others. The Kingdom of Heaven gets bigger. More people share in the joy of the “wedding feast of the Lamb.”



Upcoming Events

Thursday, March 19

Solemnity of St. Joseph

Adoration of the Blessed Sacrament from 7:15 AM - 12:00 PM.



Saturday, March 21

St. Joseph's Spaghetti Dinner

Join us after the 5:30 PM Mass for a Spaghetti Dinner in the Parish Hall.



Sunday, March 29

Bread & Brews

Join us after the Noon Mass at McNamara’s on 23rd St for a young adult gathering.



Tuesday, March 31

Father Peffley will host his second Lenten Talk on the “**Passion of Christ and the Shroud of Turin**” at 7:00 PM in the Parish Hall.



Saturday, April 4

Blessing of the Food

Join Father Peffley in a blessing of the Easter breads, foods, and baskets in the church at 9:00 AM on Holy Saturday.



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

MARCH 15, 2026 Fourth Sunday of Lent Weekly Mass Intentions

SATURDAY		MARCH 14
9:00 AM	Luis Armando Pastran	
5:30 PM	† Tajh Dorleans	
SUNDAY		MARCH 15
<i>Fourth Sunday of Lent</i>		
8:00 AM	† Elizabeth and Dr. Valdermar Welz	
10:00 AM	All Parishioners, Living & Deceased	
12:00 PM	The Filpi Family	
5:00 PM	Celebrant's Intentions	
MONDAY		MARCH 16
6:45 AM	† Rev. James McManamon	
12:00 PM	† Holy Souls in Purgatory	
TUESDAY		MARCH 17
<i>St. Patrick, Bishop</i>		
6:45 AM	Nene Alonso	
12:00 PM	† Rev. Tom Lehning	
WEDNESDAY		MARCH 18
<i>St. Cyril of Jerusalem, Bishop and Doctor of the Church</i>		
6:45 AM	† John Frye	
12:00 PM	Bradley and Amanda Nadeau	
THURSDAY		MARCH 19
<i>St. Joseph, Spouse of the Blessed Virgin Mary</i>		
6:45 AM	† Showane Smith	
12:00 PM	† Kelli Davis	
FRIDAY		MARCH 20
6:45 AM	† Lorraine and Robert Walko	
12:00 PM	Hank Deramous	

A St. Joseph Novena will be prayed after each Mass from March 11 - 19.



Novena Prayer to Saint Joseph

O blessed Joseph, guardian of the Redeemer, protector of the Virgin Mary, I ask you this day to be my guide through earthly life.

I humbly beg you to bring the peace of the Holy Family to the entire human family.

Bless us with your wisdom and courage.

Receive all children as your own. Obtain for everyone the knowledge and love of the Heart of Jesus.

Console the poor and marginalized. Guide and protect everyone through life's journey

to the Face of God, now and every day, and at the hour of our death.

Amen.

St. Joseph, pray for us.

Amen.

Thursday, March 19 is Solemnity of St. Joseph. Adoration of the Blessed Sacrament will be available from 7:15 AM - 12:00 PM.

PRAYER IN OUR PARISH

PLEASE PRAY FOR

Albert Bernard, Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, April Garcia, John Gargiulo, Ron Harris, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Julia Macnamara, James Merna Kelly Moore, Mary O'Donoghue, Ana Reynaldes, Jose Silva, Kathryn Updegraff, Lourdes Velasquez, Joyce Velde, Victor Villalobos, and Ismael A. Zavala Umaña. Contact the Rectory Office, 703-684-9261 or lolol@lololcc.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.

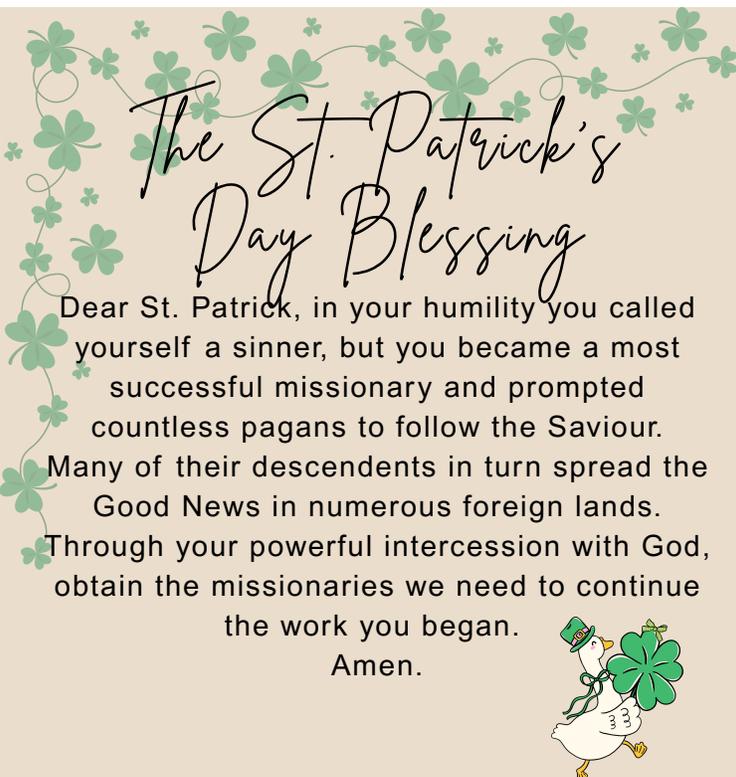


LEGION OF MARY

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.



The St. Patrick's Day Blessing

Dear St. Patrick, in your humility you called yourself a sinner, but you became a most successful missionary and prompted countless pagans to follow the Saviour. Many of their descendents in turn spread the Good News in numerous foreign lands. Through your powerful intercession with God, obtain the missionaries we need to continue the work you began.
Amen.



After Flowers

Email or call the Rectory Office to schedule 703-684-9261 or LOL@LOLCC.net
Sponsorship is \$50.
Next available date is April 26, 2026.



CELEBRATING THE SACRAMENTS AT OLOL

BAPTISMS

Visit lololcc.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 lololcc.net, click "Get Involved," then "Religious Education" to register. Or contact dre@lololcc.net.

CONFIRMATION

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

ORDER OF CHRISTIAN INITIATION FOR ADULTS

OCIA is for adults 18+ seeking the Sacraments of Initiation (Baptism, Holy Communion, Confirmation). Visit lololcc.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 lololcc.net under Mass & More and Marriage Prep.

ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.





OUR LADY *of* LOURDES

Arlington, Virginia

St. Joseph's Day *Spaghetti Dinner*

Celebrate the Solemnity of St. Joseph with a spaghetti dinner, featuring pasta, sauces, green beans, salad, garlic bread, Italian desserts, beer, wine and sodas, and Italian desserts.

Suggested donations of \$20 for singles and \$45 for families.

Plus 3% fee for cards.

Saturday, March 21,
After the 5:30 PM Mass

In the Parish Hall



Knights of Columbus®



Holy Week

SCHEDULE

Confessions

Tuesday, March 31, 12:30 PM

Wednesday, April 1, 6:30 – 8:00 PM

Good Friday, April 3, 1:30 – 3:00 PM

Holy Saturday, April 4, 3:30 – 5:00 PM

Holy Thursday, April 2

Mass of the Lord's Supper, 7:00 PM

*Adoration of the Blessed Sacrament until 12:00 AM
(in Parish Hall)*

Good Friday, April 3

Stations of the Cross, 3:00 PM

Liturgy of the Lord's Passion and Death, 7:00 PM

Holy Saturday, April 4

Easter Vigil Mass, 8:30 PM

Easter Sunday, April 5

Easter Mass:

8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM (Spanish)



OUR LADY *of* LOURDES

YOU'RE INVITED!



**A Lenten Talk
by Father Peffley**

March 31st

in the Parish Hall @ 7pm



VOCATIONS, STEWARDSHIP & MORE

Lent Schedule

February 20 – March 27

**See page 6 for Holy Week Schedule
(March 29-April 4)*

Wednesdays

“Light is On”

Confessions 6:30-8:00 PM

Fridays

Confessions - 7:00 PM

Stations of the Cross - 7:30 PM



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.



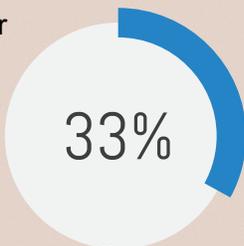
Catholic Relief Services

This collection provides funding for Catholic Relief Services and five other Catholic ministries that provide relief and support to communities affected by war, trafficking, natural disaster, both around the world and here in the United States. Thank you for your generous support.

IN *Christ*
WE ARE *One*



To date, we have reached 33% of our Parish Goal for the Bishop's Lenten Appeal, with 10% of our families participating. We need your help to bridge the gap! Our goal isn't just about the total collected—it's about every family joining in. Your support changes lives across our Diocese.



Visit arlingtondiocese.org/bla Or Scan the QR code

Catholics during Lent.



CARTOON OF THE WEEK

Bishop Burbidge encourages the faithful to fast from non-essential screen time from Friday, March 13, to Sunday, March 15 as “Days of Unplugging.” You will be joining those across our diocese who will intentionally disconnect from technology and use this time to deepen their relationship with God, strengthen bonds with family and community, and practice the virtues.

SPONSOR OF THE WEEK
ABC Handyman Service
abchandymanhomeservices.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, 29 de Marzo** 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

Albert Bernard, Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, April Garcia, John Gargiulo, Ron Harris, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Julia Macnamara, James Merna Kelly Moore, Mary O'Donoghue, Ana Reynaldes, Jose Silva, Kathryn Updegraff, Lourdes Velasquez, Joyce Velde, Victor Villalobos, 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



Los Ritos Penitenciales

Padre Frederick Edlefsen

Durante esta etapa intermedia de la Cuaresma, la Iglesia en todo el mundo prepara a los "catecúmenos" —adultos que están en camino para recibir el Bautismo— para vivir en el Camino del Señor Jesús. Esta preparación se conoce como "Los Escrutinios" o "Ritos Penitenciales". Tienen lugar durante los tres domingos en medio de la Cuaresma. En la oración, los catecúmenos abren sus corazones y mentes a los Dones del Espíritu Santo que recibirán en el Bautismo y la Confirmación, y al Don del Cristo Resucitado en la Sagrada Comunión. Reflexionan sobre cómo evitarán la oscuridad del pecado y vivirán en los Dones del Espíritu. Los Escrutinios incluyen antiguos ritos litúrgicos, y en nuestra parroquia ocurren durante la misa de las 10:00 de la mañana en el tercer, cuarto y quinto domingo de Cuaresma. Aunque los Ritos Penitenciales, o Escrutinios, son propiamente para catecúmenos, en cierto sentido lo son para todos nosotros. Tanto si eres un candidato de OCIA bautizado que se está preparando para la Confirmación y la Primera Comunión, o si eres un católico que ha recibido todos sus sacramentos, todos necesitamos volver a la inocencia de nuestro Bautismo. Como el Hijo Pródigo que "volvió a sí mismo" (Lucas 15:17), todos necesitamos hacer balance de nuestras vidas y examinar dónde debemos realinear nuestras actitudes, hábitos y acciones con el Evangelio. La conciencia de nuestras debilidades y egoísmo hace que la Fe cobre vida porque una Fe viva le da permiso a Dios para sanarnos. En cuanto a nuestras virtudes — nuestro lado bueno — podemos dar gracias a Dios por ellas. Cristo nos encuentra íntimamente en la puerta de nuestras debilidades. Nuestra naturaleza fracturada es la puerta por la que Cristo entra en nuestros corazones y "come con nosotros" (Apocalipsis 3:20). Cuando Jesús se encontró con la mujer junto al pozo, ella preguntó: «¿Por qué tú, judío, me pides de beber a mí?» (Juan 4:9)? Jesús le reveló a la mujer sus pecados. Ella los reconoció. Ella sintió amor y paz. Estaba eufórica. Se lo contó a sus vecinos. Llamaban a Jesús el "Salvador del mundo" (Juan 4:42). El mensaje central: cuando confesamos nuestros pecados, el Espíritu Santo nos da nueva vida que, a su vez, da nueva vida a los demás. El Reino de los Cielos se hace más grande. Más personas comparten la alegría de la "fiesta de bodas del Cordero".

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

Horario de Semana Santa



Confesiones

Martes 31 de Marzo, 12:30 PM
Miércoles 1 de Abril, 6:30 – 8:00 PM
Viernes Santo, 3 de Abril, 1:30 – 3:00 PM
Sábado Santo, 4 de Abril, 3:30 – 5:00 PM

Jueves Santo, 2 de Abril

Misa de la Cena del Señor, 7:00 PM
Adoración al Santísimo Sacramento hasta las 12:00 AM (en el Salón Parroquial)

Viernes Santo, 3 de Abril

Vía Crucis, 3:00 PM
Liturgia de la Pasión y Muerte del Señor, 7:00 PM

Sábado Santo, 4 de Abril

Misa de Vigilia Pascual, 8:30 PM

Domingo de Pascua, 5 de Abril

Misa de Pascua:
8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM (Español)



Se rezará una novena a San José después de cada misa del 11 al 19 de marzo.

EN Cristo SOMOS Uno



¡Ayúdanos a alcanzar la meta! Hasta la fecha, hemos alcanzado el 33% de nuestra meta parroquial para la Campaña Cuaresmal del Obispo, con la participación del 10% de nuestras familias. ¡Necesitamos tu ayuda para alcanzar nuestra meta! Nuestro objetivo no se trata solo del total recaudado, sino de la participación de cada familia. Ya sea que elijas una donación o una contribución mensual recurrente, tu apoyo tiene el poder de cambiar vidas en toda nuestra Diócesis.

33%

Para donar: visita arlingtondiocese.org/bla
O, toma uno de los sobres que está en las bancas, o escanea el código QR de arriba.