



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET

 @OLOL_ARLINGTON

TRULY, THIS WAS
THE SON OF GOD!

MATTHEW 27:54



MARCH 29, 2026

Palm Sunday of the Lord's
Passion

29 DE MARZO DE 2026

Domingo de Ramos de la Pasión del
Señor

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 Registration



eGiving

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

MARCH MONDAY 30	MARCH TUESDAY 31	APRIL WEDNESDAY 1	APRIL THURSDAY 2	APRIL FRIDAY 3
<p>Rosary 6:15 AM, 11:30 AM</p> <p>Scout Meeting 7:00 PM <i>Parish Hall</i></p>	<p>Rosary 6:15 AM, 11:30 AM</p> <p>Confessions 12:30</p> <p>Pro-Life Rosary 7:00 PM</p> <p>The Passion of Christ & the Shroud of Turin, A Lenten Talk by Father Peffley 7:00 PM <i>Parish Hall</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>Holy Thursday</p> <p>Rosary 6:15 AM, 11:30 AM</p> <p>Pro-Life Rosary 7:00 PM</p> <p>Mass of the Lord's Supper 7:00 PM</p> <p>Adoration of the Blessed Sacrament 8:00 PM - 12:00 AM <i>Parish Hall</i></p> <p><i>Parish Office Closed</i></p>	<p>Good Friday</p> <p>Divine Mercy Chaplet 3:00 PM</p> <p> Confessions 1:30 - 3:00 PM</p> <p> Stations of the Cross 3:00</p> <p>Liturgy of the Lord's Passion and Death 7:00 PM</p> <p><i>Parish Office Closed</i></p>
<p>APRIL SATURDAY 4</p> <p>Holy Saturday</p> <p>No 9:00 AM Mass</p> <p>Blessing of the Food 9:00 AM</p> <p>Rosary 9:30 AM</p> <p>Confessions 3:30 - 5:00 PM</p> <p>Prayer Group (Español) 5:00 PM <i>Parish Hall</i></p> <p>Easter Vigil Mass 8:30 PM</p>	<p>APRIL EASTER SUNDAY 5</p> <p>Easter Masses: 8:00 AM, 10:00 AM, 12:00 PM, 2:00 PM (Español)</p> <p>Easter Egg Hunt 11:00 AM</p> <p>Community Coffee Hour (Español) 6:00 PM <i>Parish Hall</i></p>	<p>CLERGY</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 Paschal Triduum

Experience the World's Three Most Important Days

By Fr. Frederick Edlefsen

Holy Thursday: The Triduum begins at 7:00 PM on Holy Thursday with the Mass of the Lord's Supper. At the Last Supper, Jesus instituted the Eucharist and the Priesthood. The Gospel narrative (John 13) of Jesus washing his Apostle's feet is read, and the priest imitates Christ by washing some parishioners' feet.

In ancient Israel, ritual washing implied humility and the purification of sins. It was also a rite before ordaining Levitical priests. Moreover, Levites washed before performing sacrifices. "You shall bring Aaron and his sons to the door of the tent of meeting and wash them with water" (Exodus 29:4).

After Mass, the priest processes with the Eucharist and the people to the Parish Hall. The Blessed Sacrament is placed in a "repository" decorated with plants, creating a "Garden of Gethsemane" where people pray until Midnight, "Jesus went with his disciples across the Kidron Valley, where there was a garden" (John 18:1). Groups will come and go until midnight as we are part of the Seven Churches Pilgrimage, "Could you not keep watch with Me for one hour" (Matthew 26:40)?

Good Friday: In a bare sanctuary, the Liturgy of the Lord's Passion begins at 7:00 PM. The St. John's Passion Narrative is read. The Crucifix is venerated. The liturgy ends in silence "Father, into your hands I commend my spirit" (Luke 23:46).

Holy Saturday: Christ descends to the dead. There is no liturgy during the day. The Easter Vigil Mass begins at 8:30 PM with the Service of Light outside the church. The priest blesses the fire, time, and the Pascal Candle, "Christ yesterday and today, the Beginning and the End, the Alpha and the Omega, all time belongs to Him, and all the ages, to Him be glory and power..." Everyone goes into the church with lit candles. The Exsultet is sung: "This is the night, when once you led... Israel's children from slavery in Egypt and made them pass dryshod through the Red Sea..." (from the Exsultet). Seven Old Testament readings about Salvation History are proclaimed. After the Gloria and St. Paul's Epistle to the Romans, Matthew's Resurrection narrative is read. Baptisms and Confirmations take place. "After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary came to see the tomb" (Matthew 28:1).

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, 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.



Sunday, April 5

Easter Egg Hunt!

Join for our annual Easter egg hunt after the 10:00 AM Mass in the Parish lawn!



Sunday, April 12

Divine Mercy Sunday

Join for Exposition of the Blessed Sacrament, Chaplet, and Confessions from 3:00 - 4:00 PM this Divine Mercy Sunday (April 12).



OUR PARISH



Please consider sponsoring our weekly altar flowers. This can be done in honor or in memory of a loved one, to commemorate a special event, or as a way to support our Parish. Sponsorships are \$50. Email or call the Rectory Office to schedule 703-684-9261 or OLOL@OLOLCC.net.

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

MARCH 29, 2026

**Palm Sunday of the Lord's Passion
Weekly Mass Intentions**

SATURDAY		MARCH 28
9:00 AM	William Boivin	
5:30 PM	Peter Venoit Jr.	
SUNDAY		MARCH 29
	<i>Palm Sunday of the Lord's Passion</i>	
8:00 AM	† Raymond Plunkett	
10:00 AM	All Parishioners, Living & Deceased	
12:00 PM	† Sara Duncan	
5:00 PM	Elaine Kramer	
MONDAY		MARCH 30
6:45 AM	† Holy Souls in Purgatory	
12:00 PM	Bernabe Pastran	
TUESDAY		MARCH 31
6:45 AM	† Marjorie and Herman Frye	
12:00 PM	Pastran Gonzalez Family	
WEDNESDAY		APRIL 1
6:45 AM	† Holy Souls in Purgatory	
12:00 PM	† John McHale	
THURSDAY		APRIL 2
<i>Holy Thursday</i>		
7:00 PM	All Parishioners, Living & Deceased	
FRIDAY		APRIL 3
<i>Good Friday</i>		
7:00 PM	Liturgy of the Lord's Passion & Death	

Children's Easter Egg Hunt!
Children are invited to join the annual Easter Egg Hunt after the 10:00 AM Mass on Easter Sunday, in the Parish Lawn



VOLUNTEERS NEEDED

We are seeking volunteers for the following ministries:

Saint Vincent de Paul - Spanish speaking volunteers are needed for helping our neighbors in need.

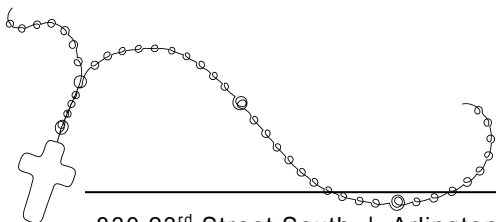
Sacristans for the 12:00 PM weekday Mass. Sacristans assist before Mass to prepare the sanctuary for worship.

CCD teachers for grade 5-7. CCD teachers explain and share the basic fundamentals of the faith with the young people of the parish and prepare them to receive Sacraments.



Sign up at the QR code.

The Parish Office will be closed from 1:00 PM, Holy Thursday, April 2, through Easter Monday, April 6. The office will reopen on Tuesday, April 7



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.

Palm Sunday Prayer

We praise you, O God,
for your redemption of the world through your
Son, Jesus Christ.

He entered the holy city of Jerusalem in triumph
and was proclaimed Messiah and king
by those who spread garments and branches
along his way.

Just as we carry these branches,
may we follow Christ in the way of the cross that,
dying and rising with him, we may enter into your
kingdom;

through Jesus Christ, who lives and reigns
with you and the Holy Spirit, now and forever.
Amen.

After Flowers

Email or call the Rectory Office to schedule
703-684-9261 or LOLOL@LOLOLCC.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.





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)

YOU'RE INVITED



MARCH 29
AFTER THE NOON MASS
YOUNG ADULT
BREAD AND BREWS



MCNAMARA'S PUB & RESTAURANT

567 23rd St S Arlington, VA 22202



The Passion of Christ & the Shroud of Turin

A Lenten Talk by Father Peffley
March 31st, 7 PM in the Parish Hall

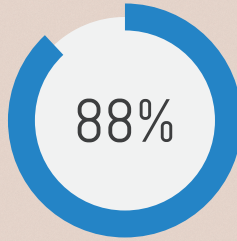


VOCATIONS, STEWARDSHIP & MORE

IN *Christ*
WE ARE *One*



We are grateful to the 146 households who have already made a gift to this year's Bishop's Lenten Appeal. Through your generosity, we have raised 85% (gifts and pledges) of our Parish goal. As we journey through this season of renewal, we invite every family who has not yet participated to prayerfully consider a gift. With 88% of our parish households still to give, we have a wonderful opportunity to finish strong together.



Visit arlingtondiocese.org/bla Or Scan the QR code

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.



OLOL is among the 7 Parishes in the pilgrimage!

7 CHURCHES PILGRIMAGE

PARTICIPATE IN AN
ANCIENT CATHOLIC TRADITION
TO PRAYERFULLY PREPARE FOR
EASTER THIS YEAR

On the evening of Holy Thursday, April 2nd, travel to seven different churches to spend time in adoration of Jesus and reflect upon his agony in the garden. Scan the QR code for a pilgrimage guide and to download reflections.

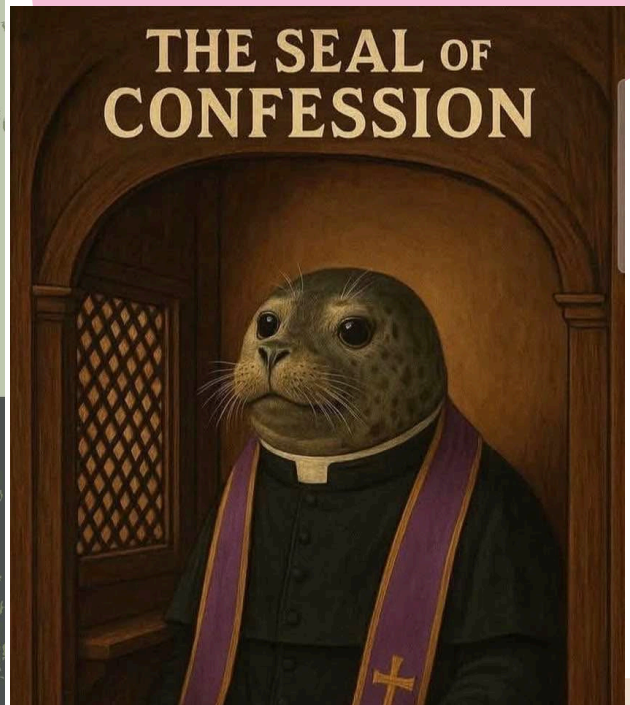
*Separate reflections available in
English and Spanish for adults, teens,
or for parents with young children.*



DIocese of ARLINGTON
OFFICE OF YOUTH, CAMPUS, &
YOUNG ADULT MINISTRIES

thank you

THE SEAL OF CONFESSION



CARTOON OF THE WEEK

SPONSOR OF THE WEEK
Crystal City Dental Care
crystalcitydentalcare.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



El Triduo Pascual

Como se viven los tres días más importantes del mundo

Padre Frederick Edlefsen

Jueves Santo: El *Triduo* comienza a las 7:00 PM del Jueves Santo con la Misa de la Cena del Señor. En la Última Cena, Jesús instituyó la Eucaristía y el Sacerdocio. Este día se lee la narrativa del Evangelio según San Juan (Capítulo 13) de Jesús lavando los pies de sus apóstoles, y el sacerdote imita a Cristo lavando los pies de algunos feligreses.

En el antiguo Israel, el ritual del lavado implicaba humildad y la purificación de los pecados. También era un rito que se hacía antes de ordenar a los sacerdotes levíticos. Además, los levitas se lavaban antes de realizar sacrificios. "Llevaras a Aarón y a sus hijos a la puerta de la Carpa del Encuentro y los lavarás con agua" (Éxodo 29:4). Después de la Misa, el sacerdote toma la Eucaristía y dirige una solemne procesión con los feligreses hacia el Salón Parroquial. El Santísimo Sacramento se coloca en un "repositorio" decorado con plantas, creando un "Jardín de Getsemani" donde la gente reza hasta la medianoche. "Jesús cruzó con sus discípulos el valle de Cedron, donde había un huerto." (Juan 18:1). Grupos de personas entrarán y saldrán hasta medianoche, ya que formamos parte de la "Peregrinación de las Siete Iglesias". "¿No han podido quedarse despiertos conmigo por una hora?" (Mateo 26:40)?

Viernes Santo: En un santuario vacío, la *Liturgia de la Pasión* del Señor comienza a las 7:00 PM. Se lee la Narrativa de la Pasión según San Juan. Se venera el Crucifijo. La liturgia termina en silencio. "Padre, en tus manos encomiendo mi espíritu" (Lucas 23:46).

Sábado Santo: Cristo desciende a los muertos. No hay liturgia durante el día. La Misa de Vigilia Pascual comienza a las 8:30 con el "Servicio de la Luz" afuera de la iglesia. El sacerdote bendice el fuego, el tiempo y el Cirio Pascual. "Cristo ayer y hoy, el Principio y el Fin, el Alfa y el Omega, todo el tiempo le pertenece a Él, y todas las eras, a Él sea la gloria y el poder..." Todos entran en la iglesia con las velas encendidas. Se canta el *Exsultet*: "Esta es la noche, cuando una vez lideraste... a los hijos de Israel de la esclavitud en Egipto y los hiciste pasar a través del Mar Rojo..." (de la *Exsultet*). Se leen siete lecturas del Antiguo Testamento sobre la historia de la Salvación. Después de cantar el Gloria y leer un pasaje de la *Epístola* de San Pablo a los Romanos, se lee la narración de la Resurrección según San Mateo. Se celebran bautismos y confirmaciones. "Después del sábado, cuando amanecía el primer día de la semana, María Magdalena y la otra María vinieron a ver la tumba" (Mateo 28:1).

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



Todos Están invitados a participar en la búsqueda anual de huevos de Pascua después de la Misa de las 10:00 a. m. del Domingo de Pascua, en el jardín a la entrada de la Parroquia.



Bendición de los Alimentos de Pascua

Bendición de los alimentos Acompañe al Padre Peffley en la bendición de los panes, alimentos y canastas de Pascua en la iglesia, a las 9:00 a. m. del Sábado Santo (sábado 4 de abril).



¡OLOL se encuentra entre las 7 parroquias de la peregrinación!



7 IGLESIAS PEREGRINAJE

PARTICIPA EN UNA ANTIGUA TRADICIÓN CATÓLICA PARA PREPARARSE EN ORACIÓN PARA LA PASCUA DE ESTE AÑO

En la noche de Jueves Santo, 2 de abril, viaja a siete iglesias diferentes para dedicar tiempo a la adoración de Jesús y reflexionar sobre su agonía en el jardín. Escanee el código QR para obtener una guía de peregrinación y descargar reflexiones.

Reflexiones separadas disponibles en inglés y español para adultos, adolescentes, o padres con niños pequeños.



DIÓCESIS DE ARLINGTON
Ministerios de Jóvenes,
Campus y Jóvenes Adultos



Considere patrocinar nuestro arreglo floral semanal. Puede hacerlo en honor o memoria de un ser querido, para conmemorar un evento especial o como una forma de apoyar a nuestra parroquia. El patrocinio tiene un costo de \$50. si esta interesado, envíe un correo electrónico o llame a la oficina parroquial al 703-684-9261 o escriba a OLOL@OLOLCC.net

EN Cristo SOMOS Uno



Estamos agradecidos con las 146 familias que ya han realizado una donación para la Cuaresma del Obispo de este año. Gracias a su generosidad, hemos recaudado el 85% (entre donaciones y promesas de contribución) de la meta establecida para nuestra parroquia. Mientras transitamos por este tiempo de renovación, invitamos a cada familia que aún no ha participado a considerar en oración la posibilidad de hacer una donación. Dado que el 88% de las familias de nuestra parroquia aún no han contribuido, tenemos una maravillosa oportunidad para terminar esta Campaña juntos con gran fortaleza.

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)