



OUR LADY *of* LOURDES

NUESTRA SEÑORA *de* LOURDES

WWW.OLOLCC.NET

 @OLOL_ARLINGTON



I AM THE WAY
AND THE TRUTH
AND THE LIFE

JOHN 14:6

© JPPC

MAY 3, 2026

Fifth Sunday of Easter

3 DE MAYO DE 2026

Quinto Domingo de Pascua

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

MAY 4 MONDAY	MAY 5 TUESDAY	MAY 6 WEDNESDAY	MAY 7 THURSDAY	MAY 8 FRIDAY
Rosary 6:15 AM, 11:30 AM Scout Meeting 7:00 PM Parish Hall Learn About OCIA with Father Edlefsen! 7:00 PM Parish Hall	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
MAY 9 SATURDAY	MAY 10 SUNDAY	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	 Community Coffee Hour (Español) 6:00 PM Parish Hall			



Do Not Let Your Hearts be Troubled

By Fr. Frederick Edlefsen

“Do not let your hearts be troubled.” Jesus spoke these words at the Last Supper, despite all the troubles his apostles were about to experience. The last thing he said to them before raising his eyes to heaven and making his famous High Priestly Prayer (John 17) was, “In the world you have trouble, but be of good cheer. I have overcome the world.” Jesus suggests that earthly troubles are not obstacles to his peace. Earthly suffering and heavenly peace are not contradictories. Jesus even says this in the Beatitudes: “Blessed are those who mourn, for they shall be consoled.”

On a human level, it's impossible not to be troubled – unless you are part ostrich. Conflicts in our own lives and in the world are bound to happen. Few problems seem to resolve. When a problem is resolved, another one comes up. Outcomes are unsure. This too is troubling. We all like peace of mind that comes from assurances of happy endings, even if those assurances are false. But certainty is not for this world.

Saint Augustine said that in days of bad fortune we desire good fortune, and in days of good fortune we fear bad fortune. Life is a wheel of fortune that keeps turning, and you can't win for losing. Therefore, “our heart is restless until it rests in you,” said Augustine. Saint Thomas Aquinas said that perfect happiness is not possible in this life because not even the good things we possess are guaranteed. Our worldly fortunes are all built on weak and shifting sand.

So, Jesus points our hearts and hopes to heaven – to a Promise that come from beyond this world. Jesus tells us to look to himself, the solid rock upon which we can build the foundation for an eternal peace and happiness. “You have faith in God; have faith also in me.” He's going to prepare a place for us that is free of worry, anxiety, alarms, and fear – where you don't have to lock your doors or buy insurance.

Authentic peace and happiness come from Somewhere Else. We can neither earn it nor take it. It's pure gift. It can only be received. All suffering in this life is but a placeholder for the greatest Gifts that God wants to give us.

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, May 3



Knights of Columbus Brunch

Join us for Pancakes, made-to-order omelet, coffee cake, bacon, sausage, fresh fruit, and much more in the Parish Hall.

Monday, May 4



Learn About OCIA!

On Monday, May 4th, at 7:00 PM, Father Edlefsen will hold an informational meeting for adults interested in OCIA. This meeting is for adults or sponsor interested in learning more on the process of becoming Catholic, or receiving Baptism, Confirmation, and First Holy Communion.

Sunday, May 24



Volunteer Luncheon

All volunteers are invited to a luncheon after the Noon Mass in the Parish Hall as a thank you for all your work to support our parish.

Monday, May 25



Memorial Day

One Mass at 10:00 AM.
Parish Office will be closed.

Saturday-Sunday, May 30-31

Volunteer Fair

All volunteer ministries will be present after the weekend masses for you to learn more and sign up to get involved in our Parish.



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

MAY 3, 2026 Fifth Sunday of Easter Weekly Mass Intentions

SATURDAY

St. Athanasius, Bishop and Doctor of the Church

9:00 AM † John Croce

5:30 PM † John Croce

SUNDAY

Fifth Sunday of Easter

8:00 AM † Ulises Gonzalez Cruz

10:00 AM All Parishioners, Living & Deceased

12:00 PM † David M. Maddox

5:00 PM † Carolina Parra

MONDAY

6:45 AM † Joachim Ekeagwu

12:00 PM † Maria Poston

TUESDAY

6:45 AM Benjamin Fasano

12:00 PM † Ruby de Leon

WEDNESDAY

6:45 AM † Neil O'Flaherty

12:00 PM † Mabel Huth

THURSDAY

6:45 AM Massiel Valenzuela

12:00 PM Rocque (Rock) Kramer

FRIDAY

6:45 AM The Venoit family

12:00 PM Emily and Justin Fasano

MAY 2

MAY 3

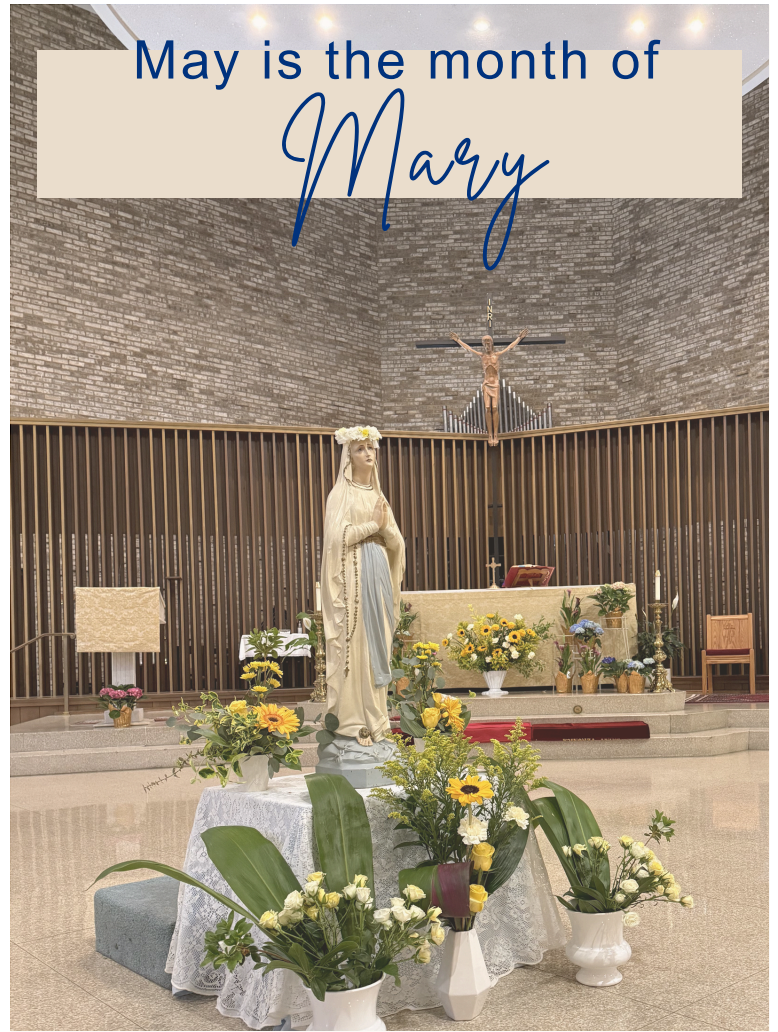
MAY 4

MAY 5

MAY 6

MAY 7

MAY 8



ANNUAL CATHOLIC FAMILY BEACH WEEK

JULY 11-18, 2026

Join Father Peffley for a week of relaxation, daily mass, swimming, golfing, meals, rosary on the beach each evening. For more information, please email catholicbeachweek@gmail.com.

PRAYER IN OUR PARISH

PLEASE PRAY FOR

Matilde Cruz, Diego DiMassimo, Anne Durand, Geraldine Filpi, April Garcia, John Gargiulo, Ron Harris, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Brian Macnamara, 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 lol@lolcc.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.



After Flowers

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

John Croce

by the Filpi family.

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

Sponsorship is \$50.

Next available date is May 10, 2026.



CELEBRATING THE SACRAMENTS AT OLOL

BAPTISMS

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

CONFIRMATION

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

ORDER OF CHRISTIAN INITIATION FOR ADULTS

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

ANNOINTING, HOMEBOUND & FUNERALS

Contact the Rectory Office.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen



OUR LADY
of LOURDES

Arlington, Virginia

All volunteers are invited to

JOIN US FOR A

Volunteer Luncheon

SUNDAY, MAY 24

Immediately following the 12:00 PM Mass
in the Parish Main Hall

Please RSVP:



ParishSOFT Giving News

Need help with ParishSOFT Giving? Below are three QR codes to some helpful articles that will help answer some questions!



Common Questions



Creating & Editing Gifts



Managing My Giving

Thank you for your continued generosity. Please contact ParishSOFT Donor Support at donorsupport@parishsoft.com or 866-930-4774 with any questions.

The ARLINGTON SENATUS LEGION OF MARY

SUMMER FUN, FAITH and FOOD in the PARK

RETREAT FOR YOUNG ADULT CATHOLICS Ages 18-39

SATURDAY May 30, 2026 11:00 AM - 7:00 PM

HOLY TRINITY JUBILEE PARK

4407 ALDIE ROAD, CATHARPIN, VA 20143

**Safeguarding from Materialism, Digitalism & Egotism:
Lessons From St. Francis of Assisi on Poverty of Spirit**

Fee: \$35

Includes talks,
ropes activities, snacks
group sharing, lunch
religious activities



**Deadline for
Registration
May 16, 2026**



Rev. Francis Peffley, Rev. Paul Berghout JCL

For more information call: Dr. Seggy Acosta (703) 392-6420
Maureen Earner (703) 622-9293 Margie Melquist (703) 402-6855

To make a Credit Card Payment - Call 703-392-6420

Please make checks payable to: **Holy Trinity Jubilee Park, Inc.**

Send Payment and Registration/Liability Release form to:

Holy Trinity Jubilee Park, Inc.

c/o Trinidad Tonolet 10260 Greystone Rd., Manassas, VA 20111



OUR LADY
of LOURDES
Arlington, Virginia

Annual Volunteer Fair

May 30 - 31

Are you looking for a way to deepen your faith, meet fellow parishioners, and give back to our Parish? Join us after the 5:30 PM Saturday Mass and the 8:00 AM, 10:00 AM, and 12:00 PM Sunday Masses for our Annual Volunteer Fair!

No matter your skillset or available time, there is a ministry that is right for you!



Volunteer Opportunities at OLOL:

- **ALTER GUILDE/ALTAR FLOWERS** keep the church beautiful by caring for the sacred vessels, linens, candles, liturgical dressings, tabernacle, and arrange flowers for the church.
- **ALTER SERVERS** are youths who ensure the liturgy flows smoothly during Masses.
- **CCD TEACHERS** explain and share the basic fundamentals of the faith with the young people of the parish and prepare them to receive Sacraments.
- **CCD HALL MONITOR/ASSISTANT TEACHER** ensure the safety of children attending CCD.
- **CHOR** participants bring joy and the magic of music to the Masses.
- **CHURCH DECORATING:** Decorate the Church for Christmas and Easter.
- **EXTRAORDINARY MINISTER OF HOLY COMMUNION:** distribute Holy Communion at Mass or bring Holy Communion to those who are unable to attend Mass in their homes.
- **GARDENING COMMUNITY** works on small garden projects on the church lawn and flower beds.
- **HELPING HANDS** collects and delivers nonperishable food to Christ House every other month. They also organize biannual drives to support Migration & Refugee Services.
- **HOSPITALITY** helps organize and plan events, dinners, and socials to bring the parish together.
- **KNIGHTS OF COLUMBUS**, a Catholic men's fraternal organization, supports and serves the parish community.
- **LECTORS** read from the Sanctuary during weekend and week day Masses.
- **LEGION OF MARY** members meet, pray, work in pairs to reach out to those interested in the Catholic faith, and visit homebound individuals or those in need.
- **MONEY COUNTERS** steward the offertory collections by working in teams of three or more.
- **PRO LIFE VOLUNTEERING** supports pro-life activities and provide assistance to pregnancy resource centers.
- **SACRISTANS** assist before Mass to prepare the sanctuary for worship.
- **ST. VINCENT DE PAUL** members help neighbors in emergency situations with financial support and friendship.
- **USHER** greet parishioners, pass out bulletins, and take up collection during Mass.



Apply using the QR code to learn more. A volunteer coordinator will be in touch to provide more information, scheduling details, and training.

VOCATIONS, STEWARDSHIP & MORE

Stewardship Reflection

"Whoever believes in Me will also do the works that I do."

(John 14:12)

Jesus calls us to remain in Him, allowing His love to flow through our lives. In sacramental marriage, couples are like branches rooted in Christ, growing together and bearing fruit for His kingdom through love, support, and service to one another. Pray for guidance in nurturing your vocation and encourage others to recognize God's call. Should you desire some direction, talk to your priest or reach out to the Vocation Office at

(703) 841-2514

vocations@arlingtondiocese.org



32nd Annual Memorial Mass of the Archdiocese for the Military Services

The Most Reverend Timothy P. Broglio, J.C.D., Archbishop for the Military Services, USA, cordially invites you and your guests to attend the 32nd Annual Memorial Mass of the Archdiocese for the Military Services at 4:30 pm in the Great Upper Church of the Basilica of the National Shrine of the Immaculate Conception.

- Sacrament of Penance at 2:30- 3:30 pm
- Rosary at 3:00 pm in the CRYPT CHURCH
- Solemn Vespers at 4:00pm
- Holy Mass at 4:30 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.



MOTHER'S DAY NOVENA

A Novena of Masses will be offered in honor of all mothers, grandmothers and mother-figures in our lives. All those whose names are written on your novena offertory envelopes will be honored through prayers at these Masses.



CARTOON OF THE WEEK

SPONSOR OF THE WEEK A Cleaning Service

acleaningserviceinc.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, April Garcia, John Gargiulo, Rocque (Rock) Kramer, Melissa Kresslein, Julio E. Lainez, Bobby Long, Brian Macnamara, 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



No dejen que sus corazones se inquieten

Padre Frederick Edlefsen

"No dejen que sus corazones se inquieten". Jesús pronunció estas palabras en la Última Cena, a pesar de todas las dificultades que sus apóstoles estaban a punto de experimentar. Lo último que les dijo antes de alzar la vista al cielo y hacer su famosa Oración del Sumo Sacerdote (Juan 17) fue: "En el mundo tendrán que sufrir, pero tengan buen ánimo: Yo he vencido al mundo." Jesús sugiere que los problemas terrenales no son obstáculos para su paz. El sufrimiento terrenal y la paz celestial no son contradictorios. Jesús incluso dice esto en las Bienaventuranzas: "Bienaventurados los que lloran, porque serán consolados."

A nivel humano, es imposible no sentirse preocupado, a menos que seas en parte una avestruz. Los conflictos en nuestras propias vidas y en el mundo están destinados a ocurrir. Pocos son los problemas que parecen resolverse. Cuando un problema se resuelve, surge otro. Los buenos resultados no están garantizados. Esto también es preocupante. A todos nos gusta la tranquilidad que viene cuando nos garantizan finales felices, aunque esas garantías sean falsas. Sin embargo, la certeza no es para este mundo.

San Agustín dijo que en días de mala suerte deseamos buena fortuna, y en días de buena fortuna nos da temor que venga la mala suerte. La vida es una rueda de la fortuna que no deja de girar, y no se puede ganar o perder siempre. Por eso San Agustín decía: "nuestro corazón está inquieto hasta que descansa en Ti". San Tomás de Aquino decía que la felicidad perfecta no es posible en esta vida porque ni siquiera las cosas buenas que poseemos están garantizadas. Nuestras fortunas mundanas se construyen sobre arena floja y movediza.

Es Jesús quien apunta nuestros corazones y esperanzas al cielo – hacia una Promesa que viene de más allá de este mundo. Jesús nos dice que miremos hacia Él, la roca sólida sobre la que podemos construir el cimiento para una paz y felicidad eternas. "Tengan fe en Dios; tengan fe también en mí." Él va a prepararnos un lugar libre de preocupaciones, ansiedad, alarmas y miedo – donde no tengamos que cerrar las puertas o contar con un salvaguardia.

La paz y la felicidad auténtica viene de Otro Lugar. No la ganamos ni podemos tomarla por nuestra cuenta. Es un regalo total. Solo puede recibirse. Todo sufrimiento en esta vida es simplemente un estado temporal para recibir de Dios los dones más grandes que Él quiere darnos.

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.



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

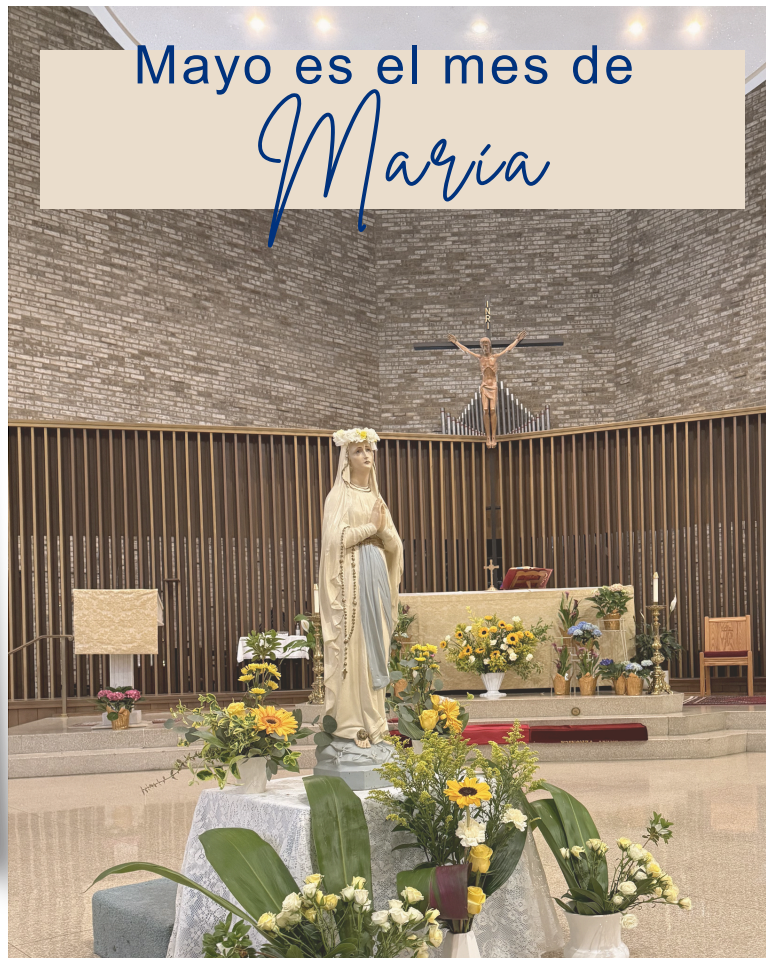
UJIERES

Si quieres servir como ujier, comunicarse con Reynaldo Campos al 703-626-5473 o Manuel Bonilla al 571-594-2769

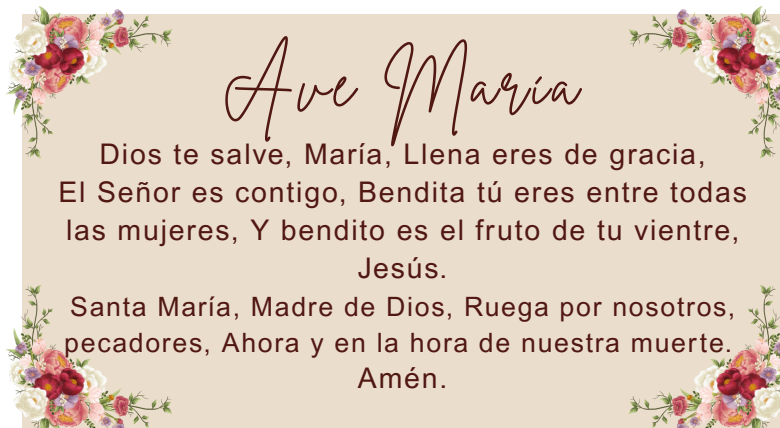
CORO

Si deseas ser miembro del coro, comunicarse con Cristina Campos al 703-627-9990

Mayo es el mes de María



Felicitaciones a todos nuestros niños que recibirán la Primera Comunión este fin de semana. Que Dios continúe bendiciéndolos y guiándolos, y que crezcan en la fe y el amor por Jesús.



Ave Maria

Dios te salve, María, Llena eres de gracia, El Señor es contigo, Bendita tú eres entre todas las mujeres, Y bendito es el fruto de tu vientre, Jesús.

Santa María, Madre de Dios, Ruega por nosotros, pecadores, Ahora y en la hora de nuestra muerte. Amén.