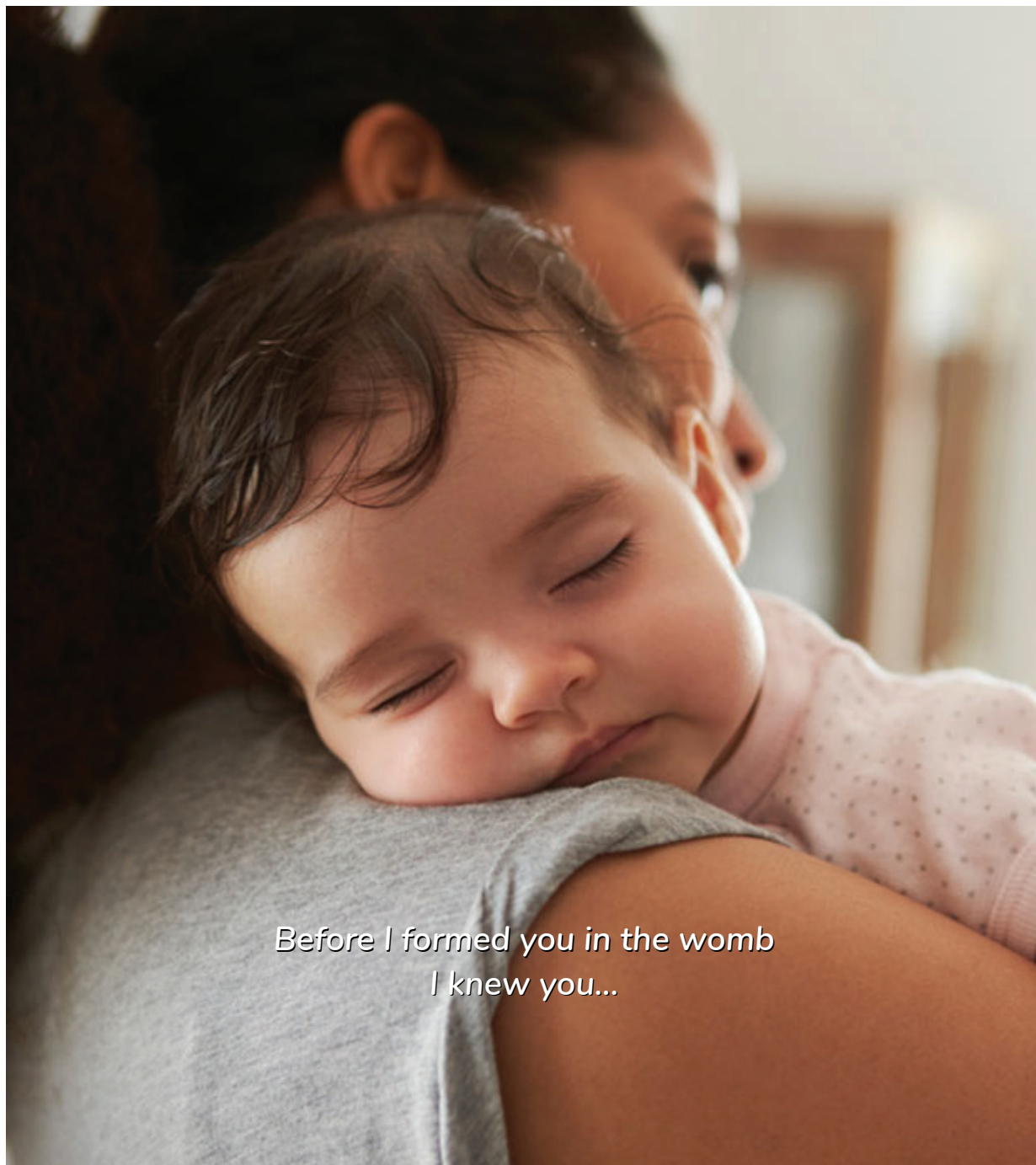


JANUARY 30, 2022 * THE 4TH SUNDAY IN ORDINARY TIME



*Before I formed you in the womb
I knew you...*



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of LOURDES**

Arlington, Virginia

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OUR CHURCH

CLERGY

Reverend Frederick H. Edlefsen, *Pastor*
Reverend Joseph R. Kenna, *Parochial Vicar*
Reverend Paul A. Berghout, *In Residence*

STAFF

Ms. Leigh Hasson, *Director of Religious Education*
Mr. Tom Bartolomeo, *Director of Music*
Ms. Marianne Rodriguez, *Office Manager*
Ms. Tatyana Rasmussen, *Sacramental Secretary*

RECTORY OFFICE HOURS

Monday – Friday: 8:00 AM – 12:00 PM & 12:30 PM – 4:00 PM
Saturday: Closed
Sunday: 9:30 AM – 1:00 PM

PARISHIONER REGISTRATION

If you are a Catholic residing within zip code 22202 or regularly attend Our Lady of Lourdes Church, please register as our parishioner! Register online at www.ololcc.net. Paper registration forms are available in the entrance of the church and may be submitted to the parish office.

MASSES

Monday – Friday: 6:45 AM, 12:00 PM
Saturday: 9:00 AM; 5:30 PM Vigil
Sunday: 8:00 AM, 10:00 AM, 12:00 PM; 5:00 PM (Spanish)
Federal Holidays: 9:00 AM
Holy Days: 7:00 PM Vigil, 6:45 AM, 12:00 PM, 7:00 PM

CONFESSIONS

Tuesday: 12:30 PM – 1:00 PM
Thursday: 12:30 PM – 1:00 PM
Friday: 12:30 PM – 1:00 PM
Saturday: 4:00 PM – 5:00 PM
Sunday: 4:15 PM – 4:45 PM (Spanish)
Please contact the parish office for Confessions by appointment.

DAILY ROSARY

Monday – Friday: 6:15 AM, 11:30 AM
Saturday: 9:30 AM

MIRACULOUS MEDAL NOVENA

Wednesday: 12:30 PM

EXPOSITION OF THE BLESSED SACRAMENT & BENEDICTION

Friday: 12:30 PM – 3:00 PM

COMMUNION FOR HOMEBOUND PARISHIONERS

If you are a homebound parishioner who would like to receive Communion or anointing of the sick, or if you know a parishioner who may be interested, please contact the parish office. All recommended COVID-19 safety precautions must be observed.

OUR SACRAMENTS

BAPTISM

Children's Baptisms and Baptism Preparation Classes are arranged by appointment. Visit www.ololcc.net and click "Mass & More" and "Baptism" to submit a request.

CONFIRMATION

Children Grades 7 & 8: Religious Education (CCD)

Children are Confirmed in a two-year program via CCD classes in grades 7-8. Visit www.ololcc.net and click "Get Involved" and "Religious Education" to register for CCD.

Young Adults Ages 14-17: RCIC

The Rite of Christian Initiation for Children (RCIC) is available for children ages 7-17 who need the three Sacraments of initiation: Baptism, Holy Communion, and Confirmation. Please contact Leigh Hasson at dre@ololcc.net for more information.

Baptized Adults 18+

Adults who have received both the Sacraments of Baptism and Holy Communion are encouraged to contact our office for assistance in receiving the Sacrament of Confirmation.

SPONSORSHIP REQUIREMENTS

Baptism Godparents & Confirmation Sponsors

1. Must be age 16 or older
2. Must not be the mother or father of the candidate
3. Must have received the Sacraments of Baptism, Holy Communion, and Confirmation
4. If married, must be sacramentally Married in (or with the permission of) the Catholic church
5. Must lead a life in keeping with the Catholic faith

FIRST HOLY COMMUNION

Children receive First Holy Communion in a two-year program via CCD classes in grades 1-2. Visit www.ololcc.net and click "Get Involved" and "Religious Education" to register for CCD.

MARRIAGE

Please contact a priest 7-8 months prior to your intended wedding date to begin Marriage preparation. Learn more and submit a request at www.ololcc.net under "Mass & More" and "Marriage Prep."

BECOMING CATHOLIC & ADULT CONFIRMATION

The Rite of Christian Initiation for Adults (RCIA) is for adults age 18+ seeking the Sacraments of initiation: Baptism, Holy Communion, and Confirmation. Classes begin each fall, and Sacraments are received at the Easter Vigil Mass on Holy Saturday of the following year. Visit www.ololcc.net and click "Get Involved" and "Explore Catholicism" to register.

ANOINTING OF THE SICK

Please contact the Rectory Office to arrange.

FUNERALS

Please contact the Rectory Office to arrange.

OUR PARISH

FORTY HOURS AND A FEAST!

February 9-11

"Lord, teach us to pray" (Luke 11:1). February 9– 11 will be a special mini-retreat at Our Lady of Lourdes. We will hold a "Forty Hours Devotion," which includes evening Masses, Exposition of the Blessed Sacrament, devotions, opportunities for meditation, and homilies about "how to pray." Forty Hours concludes on Friday, February 11—the Feast of Our Lady of Lourdes—with a 5:30 PM Mass, a procession with the Blessed Sacrament, and a dinner party. Please see the "You're Invited" section of our website to RSVP.

Wednesday, February 9

7:00 PM Mass

Exposition of the Blessed Sacrament 8:00 PM – 9:00 PM

Thursday, February 10

6:45 AM Mass followed by

Exposition of the Blessed Sacrament until 7:00 PM

7:00 PM Spanish Mass

Exposition of the Blessed Sacrament 8:00 PM – 9:00 PM

Friday, February 11

6:45 AM Mass followed by

Exposition of the Blessed Sacrament until 5:30 PM

5:30 PM Feast Day Mass of Our Lady of Lourdes

6:30 PM Dinner and Party

The Habit of Meditation

Fr. Frederick Edlefsen

As we look forward to Forty Hours Devotion on February 9-11, we hope to start a good habit: the art of meditation. To be sure, meditation is not something for the "pros." There's no such thing as a "pro" in prayer. It's for amateurs. The word "amateur" literally means to be "a lover of one's art." That's all you need to be to meditate: a lover. Perfection is the Holy Spirit's job, not ours. As G.K. Chesterton said, "Anything worth doing is worth doing badly." Meditation is like that. To meditate, one must be a lover freely pondering God's mysteries. Don't fret over distractions or wandering thoughts. The Bible and our Catholic faith provide plenty of food for thought. Forget this crazy world for a while. Meditation on Jesus' life. But how do we meditate?

Meditation begins with "mental prayer" – using the mind or imagination to ponder something supernatural. For example, you might ponder an event in Jesus' life, an insight from the Bible, the life or writing of a saint, something you heard at Mass, or a Church teaching. Spiritual reading helps "mental prayer" because it feeds the mind with spiritual food. "Mental prayer" often leads to "affective prayer," which is a deeper level of meditation. You'll sense an inarticulate affection for God and feel acts of love, springing from within, toward the transcendent Father. In other words, meditation moves from the "head" to the "heart."

CUARENTA HORAS Y LA FIESTA!

9–11 de Febrero

"Señor, enseñanos a orar" (Lucas 11:1) Del 9 – 11 de Febrero tendremos un "mini-retiro" muy especial en Nuestra Señora de Lourdes. Estaremos haciendo "Cuarenta Horas de Devoción", que incluirá Misas en la tarde, Exposición del Santísimo Sacramento, devociones, oportunidades para meditar y homilias de "como orar". Las Cuarenta Horas concluirán el Viernes, 11 Febrero, con la Fiesta de Nuestra Señora de Lourdes-una Misa a las 5:30 PM, procesión con el Santísimo Sacramento y una fiesta con Cena incluida. Consulte la sección "Está invitado" de nuestro sitio web para confirmar su asistencia.

Miercoles, 9 Febrero

7:00 PM Misa

Exposición del Santísimo Sacramento 8:00 PM – 9:00 PM

Jueves, 10 Febrero

6:45 AM Misa seguida por

Exposición del Santísimo Sacramento hasta las 7:00 PM

7:00 PM Misa en Español

Exposición del Santísimo Sacramento de 8:00 PM – 9:00 PM

Viernes, 11 Febrero

6:45 AM Misa seguida por

Exposición del Santísimo Sacramento hasta las 5:30 PM

5:30 PM Día de Fiesta, Misa de Nuestra Señora de Lourdes

6:30 PM Cena y Fiesta

El Habito de la Meditación

Padre Frederick Edlefsen

Mientras esperamos las Cuarenta Horas de Devoción del 9 al 11 de Febrero, podemos esperar comenzando con un buen habito: el arte de la meditación. Para que estemos seguros, la meditación no es algo solo para los "pros" (profesionales). No existe tal cosa como "pros" en la oración. Esto es para "aficionados, principiantes." La palabra "principiante" literalmente quiere decir "un enamorado de un arte". Es todo lo que usted necesita para meditar: "ser un enamorado." La perfección es el trabajo del Espíritu Santo, no el nuestro. Como dijo G.K. Chesterton: "Tolo lo que vale la pena hacerse, vale la pena hacerlo mal." Para meditar, uno debe ser un enamorado, libremente preguntandose sobre los Milagros de Dios. No te asustes por las distracciones o el volar de tus pensamientos. La Biblia y nuestra Fe catolica nos provee suficiente alimento para pensar. Olvide este mundo loco por un tiempo. Meditar sobre Jesus es vida. Pero como podemos meditar???

Meditación comienza con la "oración mental" usando nuestra mente o nuestra imaginación para reflexionar sobre algo sobrenatural. Por ejemplo; puede reflexionar sobre eventos en la Vida de Jesus, alguna visión de la Biblia, la vida o escritos de algun Santo, algo que escuchaste en la Misa, o alguna enseñanza de la Iglesia. La lectura espiritual ayuda a "la oración mental" porque le llena la mente de alimento espiritual. "Oración mental" usualmente lleva a la "oración afectiva", que es un nivel mas profundo de meditación. Sentiras un cariño inarticulado hacia Dios y sentiras actos de amor brotar desde tus adentros hacia el Padre trascendente. En otras palabras, la meditación se mueve de la "cabeza" hacia el "Corazón."

OUR LADY OF LOURDES NOVENA OF MASSES

Feb. 3 - 11

The following liturgies will be celebrated as part of the Our Lady of Lourdes Novena of Masses, with the ninth and final Mass celebrated on the Feast of Our Lady of Lourdes. The loved ones whose names are written on your novena offertory envelopes will be honored in our novena prayers.

1. Thursday, February 3: 12:00 PM
2. Friday, February 4: 6:45 AM
3. Saturday, February 5: 9:00 AM
4. Sunday, February 6: 12:00 PM
5. Monday, February 7: 6:45 AM
6. Tuesday, February 8: 12:00 PM
7. Wednesday, February 9: 7:00 PM
8. Thursday, February 10: 7:00 PM
9. Friday, February 11: 5:30 PM

KNIGHTS OF COLUMBUS PANCAKE BREAKFAST

Feb. 6 | 8:30 AM – 12:00 PM | Parish Hall

The Knights of Columbus are hosting their monthly breakfast next Sunday, February 6, from 8:30 AM - 12:00 PM in the Parish Hall.

Join us for homemade pancakes, waffles, French toast, bacon & sausage, breakfast potatoes, fruit salad, muffins, orange juice, coffee, tea, and hot chocolate!

Suggested Donation: \$10.00 per person or \$25.00 per family.

Please make checks payable to "The Knights of Columbus"

THE ARLINGTON DIOCESE

DEFENDING LIFE DAY

Feb. 9 | 8:00 AM – 1:00 PM | Richmond, VA

Please join us on February 9, 2022, to advocate for a pro-life Virginia! Constituents throughout VA will come together in Richmond for prayer led by Bishop Burbidge and Bishop Knestout, meetings with their legislators, and Mass. Please participate in this vital effort to urge your representatives to defend life! Register and learn more at www.VaProLifeDay.org.

WORLD MARRIAGE SUNDAY MASS & DINNER

Feb. 12 | 5:30 PM | St. Timothy, Chantilly, VA

All married couples are invited to attend the Mass and dinner to celebrate World Marriage Sunday at St. Timothy Catholic Church (13807 Poplar Tree Rd, Chantilly, VA 20151) on Saturday, February 12, 2022, at 5:30 PM with celebrant Most Reverend Michael F. Burbidge. RSVP required for the dinner to follow. Seating will be determined on a first come, first serve basis. For inquiries, please call the Office of Marriage, Family & Respect Life at **703-841-2550**. Register at www.arlingtondiocese.org/wms.

RELIGIOUS EDUCATION

RELIGIOUS EDUCATION: CCD

This year's CCD Program has begun, but families can continue to register at Sunday classes or online throughout the year! The 2021-22 CCD calendar and registration form are available on our website. Please visit www.ololcc.net and click "Get Involved" to register, or contact our Director of Religious Education at dre@ololcc.net for more information.

VOCATIONS

"Before you were born, I consecrated you." Do you think that you may be called by the Lord to serve Him as a priest, deacon, or in the consecrated life? Call Fr. Michael Isenberg at **703-841-2514** or email michael.isenberg@arlingtondiocese.org.

STEWARDSHIP

2022 BISHOP'S LENTEN APPEAL (BLA) BEGINS!

The 2022 BLA mailing was recently sent to all parishioners. This year's theme is "Do this in remembrance of me." After reflecting upon the blessings God has given you, please prayerfully consider a pledge. The BLA funds programs and ministries that serve thousands of people in our diocese. Through the inspiration of the BLA theme, let us remember the tender nature of Christ as together we give of ourselves to others. Visit www.arlingtondiocese.org or scan the QR code to make a gift today.



SECOND COLLECTION NEXT WEEKEND

February 5 & 6: The Arlington Catholic Herald

Our Lady of Lourdes pays an annual assessment to the diocese on behalf of all parishioners to maintain the operation of our diocesan newspaper, The Arlington Catholic Herald. The Herald informs, inspires, and connects Catholics by sharing the faith story of the Arlington Diocese and news from a Catholic perspective. Learn more about and subscribe at www.catholicherald.com.

FAITH DIRECT ONLINE GIVING

Our Lady of Lourdes accepts online donations via Faith Direct! You can donate to all our parish's first and second collections and set up recurring payments on your own schedule. To sign up, scan the QR code on the cover of this bulletin, or visit www.faithdirect.net and enter parish code **VA327**. Online giving is quick and secure for you, and the easiest way for our church to receive and process your contributions. Thank you!

SPONSOR OF THE WEEK

Clover Services

Please patronize our local businesses! Find special promotions on the FindingFABER app and www.findingfaber.com.

January 30, 2022

THE FOURTH SUNDAY IN ORDINARY TIME

WEEKLY MASS INTENTIONS

SATURDAY JANUARY 29

9:00 AM Fr. David Hudgins +

5:30 PM Fr. David Hudgins +

SUNDAY JANUARY 30

The Fourth Sunday in Ordinary Time

8:00 AM Fr. David Hudgins +

10:00 AM All parishioners, living and deceased

12:00 PM Fr. David Hudgins +

5:00 PM (Spanish) TBD

MONDAY JANUARY 31

St. John Bosco, Priest

6:45 AM John & Marjorie Milan +

12:00 PM Marguerite Stone +
by the Eucharistic Ministers

TUESDAY FEBRUARY 1

6:45 AM Helen Kelley +

12:00 PM Catherine O'Connell +
by Mary Ellen O'Connell

WEDNESDAY FEBRUARY 2

The Presentation of the Lord

6:45 AM Mary Downey by James & Maryellen Tibbs

12:00 PM Beverly Long + by Diane Dusza

THURSDAY FEBRUARY 3

6:45 AM Louise Shields + by Duane Shields

12:00 PM Our Lady of Lourdes Novena Mass

FRIDAY FEBRUARY 4

6:45 AM Our Lady of Lourdes Novena Mass

12:00 PM Ray & Peggy Dubriske + by Jenny B. Oldham

MASS INTENTIONS

You are invited to honor a friend, relative, or loved one with an Our Lady of Lourdes Mass! We accept intentions for 6:45 AM and 12:00 PM Masses Monday-Friday, Saturday 9:00 AM Masses, 5:30 PM Saturday Vigil Masses, and 8:00 AM and 12:00 PM Sunday Masses. Please contact Tatyana at **703-684-9261** or **olol@ololcc.net** to arrange. Bishop Burbidge suggests a voluntary donation of \$10.00 per Mass.

PLEASE PRAY FOR

Ed Boehme, Rosa Diequez, April Garcia, Ron Harris, & Jose Silva

Names are published for one month. Please contact Tatyana at **703-684-9261** or **olol@ololcc.net** to arrange.

PRAYER CHAIN

Have an urgent need for prayers? Members of Our Lady of Lourdes parish will pray for your intention. Please call Eileen at **703-521-0079** with your request. No names or personal details necessary; your confidentiality is assured.

2021 DONATION ACKNOWLEDGEMENTS

Our Lady of Lourdes will be mailing acknowledgement letters for donations made in the year 2021 by registered parishioners using our offertory envelopes. Faith Direct Online Giving provides separate acknowledgement statements for its users. If you would like to receive offertory envelopes via mail, please contact Tatyana at **703-684-9261** or **olol@ololcc.net**. Thank you for your generosity!

VOLUNTEER

VOLUNTEER AT OUR LADY OF LOURDES

Everyone has a unique gift to be shared with others. Scan the QR code on the cover of this bulletin or visit our volunteer page on **www.ololcc.net** to learn more about our parish ministries.

PRO LIFE

DIAPER DRIVE FOR THE MARIH CENTER

We need volunteers to sort donations!

Thank you to all those who donated baby essentials for the MaRiH Center during our Diaper Drive! We need volunteers to help sort and deliver donations. Sign up via the volunteer survey at **www.ololcc.net**.

For questions, contact Erica Lizza at **erica.lizza@gmail.com**.

The MaRiH Center is an emergency pregnancy service based in Alexandria, VA providing women with free and confidential assistance as an alternative to abortion. Learn more at **www.marih.org**.

PRO-LIFE ROSARY

Tuesdays | 7:00 PM | Our Lady of Lourdes

Pray a weekly rosary for the unborn! Join our Pro-Life Committee for a rosary to end abortion on Tuesdays at 7:00 PM in the church.

FREE ULTRASOUND EXAM COUPON

Pregnant (or think you might be) and considering abortion? Please call or text **703-946-3077** to schedule your free ultrasound today with ABC Women's Health and Ultrasound Center. If you need a ride, we can help with transportation. Se habla espanol. Visit **www.abcwomenshealth.com** to learn more. This coupon is valid for one free ultrasound. Limit one per client.

PROJECT RACHEL: HELP AFTER ABORTION

Feeling haunted by a past abortion? If you are experiencing spiritual alienation, depression, grief, or suicidal thoughts relating to the loss of a child, know that you are invited into God's mercy, forgiveness, and love! Please contact Project Rachel healing ministry for confidential care and assistance: **1-888-456-4673**, **info@helpafterabortion.org**, or visit **www.helpafterabortion.org**.



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