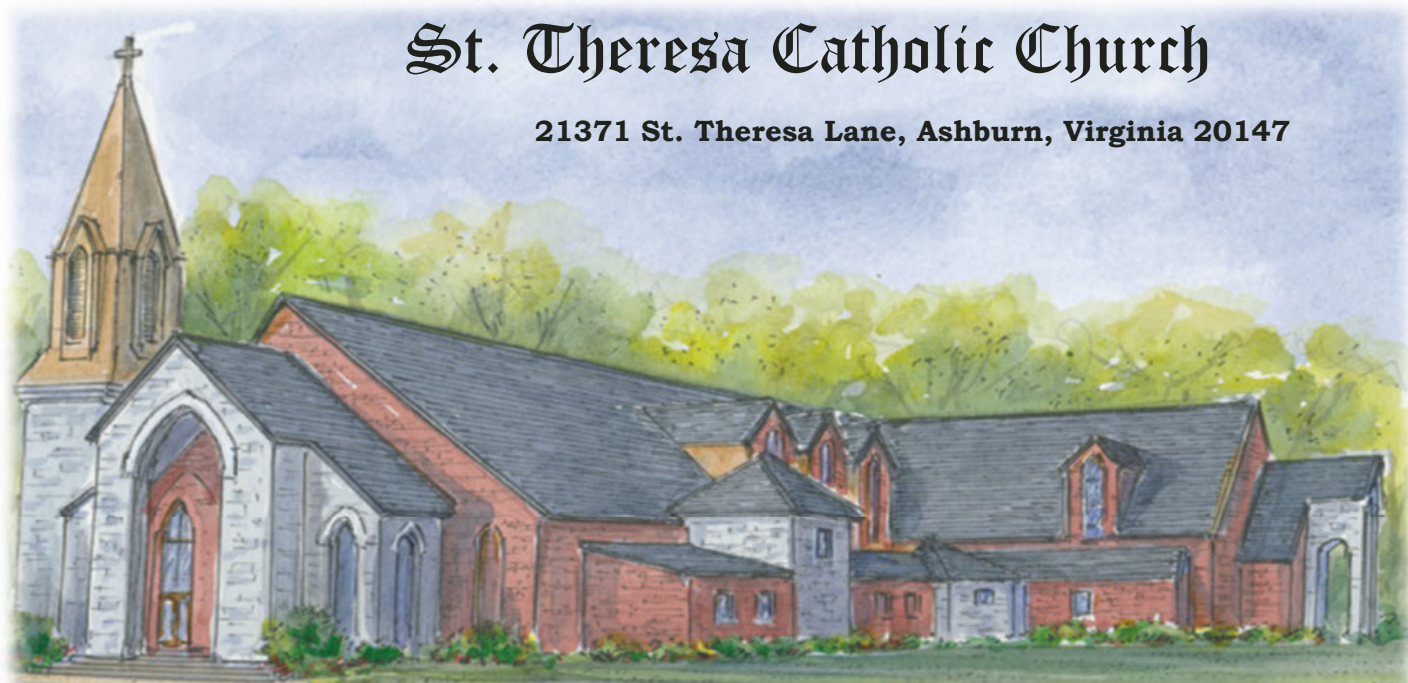




St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

February 5, 2023

Fifth Sunday in Ordinary Time

Masses for the Week

Mon, Feb 6	6:15— The Miles Family 8:30— Victoria Presley+ 12:15— Frank J. DeMeo+
Tues, Feb 7	6:15— Mr. & Mrs. Robert Burton+ 8:30— Carlo Maresca+
Wed, Feb 8	6:15— Angelo Basile 8:30— Michael Hurley+ 12:15— Anita M. Alvano+
Thurs, Feb 9	6:15— Quy Philpot+ 8:30— Joseph Karl+
Fri, Feb 10	6:15— Clifford Bell+ 8:30— August Young
Sat, Feb 11	8:30— Marc Perez 5:30— Lupetaliaami Family
Sun, Feb 12	7:30— Thomas Thekkekara+ 8:45— Stan Urynowicz+ 10:30— Go Chu+ 12:30— Marianne Wall+ 5:00— St. Theresa Parishioners

Parish Mass Schedule

Saturday:	8:30am, 5:30pm Vigil Mass
Sunday:	7:30, 8:45am & 10:30am 12:30 & 5:00pm
Weekdays:	6:15 and 8:30am, Monday through Friday 12:15pm, Mondays (except Federal Holidays) and Wednesdays
Holy Days:	As announced
Holy Hour:	Wednesdays, 7pm
Confessions:	Wednesdays, 9-9:30am Saturdays, 4:00-4:45 pm; during Holy Hour; and by appointment

Clergy

Reverend James C. Hudgins, Pastor
 Reverend Paul Dudzinski, Parochial Vicar
 Reverend Nicholas R. Barnes, Parochial Vicar
 Reverend John F. O'Farrell, Parochial Vicar
 Deacon Paul C. Konold
 Deacon Anthony J. Renzette
 Deacon Matthew K. Noah

Prayers For The Sick: Bernice Marchetti, Raymond Humanik, Kelly Hargreaves, Ellen Russow, Patricia Fuechslin, Pranee Heijnarean, Nellie Gonzalez, Bernadette Valdez, Emma Ciaravino, Keelan Griffen, Evan Sweeney, Helen Atallah, Daniel Ramirez, Cynthia Ramirez, Haley Morris, Anabelle Huster, Russell Ramons, Martha Mason, John Forbes, Ruth Carradini, Mark Naftzger, Thomas Poerstel, Daniel John Begley, Scott Spitnale, Danny Schmude, Jess Williamson, Matthew Albert Skubie, Barbara Orandello, Marcela Garcia, CJ Buechner, Michael Robertson, Celeste Hall, Donna Caulfield, Ethan Falciani.

Prayers For Our Military: Daniel W. Beverly, Michael Cinnamon, Matthew Schierling, Eric Frames, Bill Freschi, Paul Schierling, Marshall Kellner, Colin Freyne, Eric Ciliberti, John Kesterson, Matthew Kesterson, Alexa Katharine Koenig, Mark Short, Jonathan Bayly, Russell Escalante, Eric Reilly, John Conrad, Fr. James Hinkle, Andrew Gillespie, Stephen Gilliland, David Seliquini, Joseph Auler, Adam Parkinson, Jake Shelton, Patrick G. Fitzgerald, Sean Spurr, Jack Hayes, David and Katherine Bergeron, Christopher Martin, Thomas Gleason, Tony Mattice, David Lakey, Jim Murray, Keith Bittle.

I Am Embarrassed to Admit It...But I Do Not Know How to Pray!

Many people say, "I do not know how to pray," because they fail to realize that they have already done it many times before. –Fr. Thomas Dubay

You have been praying all your life, sometimes when you did not even realize it. Prayer happens when you learn that a friend or family member has been hurt in an accident. Prayer happens the moment a student hears the words, "pop quiz today!" Prayer happens whenever things seem out of control, and your inner spirit spontaneously wells up as if to say, "God come and help me!" That's because prayer is simply the lifting of your mind and heart to God.

By "mind," I mean your attention, and by "heart," I mean your free will. As disciples of Christ though, we should pray not only in moments of emergency, but as a daily habit. Prayer is our relationship with God, and relationships die without regular communication. How do we pray? We offer God the very same "mind and heart" on a regular, daily basis that we have usually reserved for an hour of crisis.

Mother Teresa once said, "prayer is a dialogue, both sides speaking, both sides listening." What is on your heart at the moment—worries, concerns, relationships, anxieties, fears? Just bring them all to God. God already knows them, of course, but God can transform them when we bring them into his presence. Just as sunlight melts the snow, so too does God's presence transform our concerns and worries. The deeper your prayer, the deeper the work of God's transformation.

To begin to pray, just place yourself in God's presence. This will require time and stillness. You will need to create that time and stillness deliberately by finding a quiet place or a quiet time that makes prayer possible. Set aside a segment of time, even as little as ten or fifteen minutes, and persevere through it, even when you feel nothing is happening.

Now, to "listen" to God, you will often need to read scripture. Find a passage that you already like and understand. Don't choose something confusing. Think about your problem in light of the passage, and begin to hear the voice of God. A sort of dialogue now begins. When your mind "drifts off" in distraction, just go back to the text again, with no worries. Prayer is like planting a seed. It seems very small. It seems like nothing has happened, and it does not grow overnight. With perseverance though, there will be big changes. Changes in your life too big to ignore or dismiss.

You see, you already know how to pray. Now you simply need to be dedicated to making it part of each day. We will talk about how to do that, next week.

God bless you...and St. Theresa, pray for us!



Fr. Hudgins

Bulletin Deadline: Friday 2pm (9 days prior to publication)

Wanting to hear Fr. Hudgins' homilies?

You can find all of Fr. Hudgins homilies recorded on Fatherhudgins.com

Adult Education and Spiritual Enrichment

Women's Discipleship Group

Meets every Wednesday morning, 9:30-10:30am for Lectio Divina and 10:45-11:45am for spiritual book reading. Our focus is the Mass reading for the upcoming Sunday and a spiritual book selected by our spiritual director Deacon Matthew Noah. The

title of our next book is "Praying Scripture for a Change, An introduction to Lectio Divina" by Dr. Tim Gray. We will begin on Wednesday, February 8th. Parish women of all ages are cordially invited. For more information contact Dawn Garabito, 862.812.0039 or dmarie213@aol.com

Interested in learning about the Legion of Mary?

Two Legion of Mary groups meet at different times. Check the website for information, or be our guest at any Legion meeting held on Wednesday, 7:15pm; or Saturday 9:15am.

Youth Education and News



ymoffice@sainttheresaparish.com

February

Sunday, the 5th-Upper Room Squad, 6-7:45pm

Thursday, the 9th-Teen Led Bible Study-8th through 12th grade, 6-7pm

Sunday, the 12th-Upper Room Squad, 3-4:45pm (Special Super Bowl Sunday Edition)

Monday, the 13th-Prepare Parish Food Bags

Thursday, the 16th - Teen Led Bible Study-8th through 12th grade, 6-7pm

Sunday, the 19th-Upper Room Squad, 6-7:45pm

Thursday, the 23rd-Teen Led Bible Study-8th through 12th grade, 6-7pm

Sunday, the 26th-Parish Food Drive (after 8:45am Mass & 5pm Mass)

Monday, the 27th-Food Sort by Expirations Dates, 7-8:30pm

Tuesday, the 28th-Load food for transport, 6:15-7pm

Adult Volunteers Needed - We are looking for sincere, motivated, and willing adults who would like to help out with our Parish youth. All volunteers need to be compliant - having a background clearance check and having completed a mandatory Child Protection Course (Virtus). Contact Paul Dwyer, ymoffice@sainttheresaparish.com.



Office Hours:

Mon-Thurs. 9am-4pm; Fri. 9am-noon

Adults Plan Ahead to Volunteer

Want to volunteer at the many St. Theresa's children based programs/ events? We encourage and welcome your involvement however it requires that all volunteers be compliant. For details contact Connie Gilligan, Parish Child Protection Coordinator, at connie@sainttheresaparish.com or call 703.729.3714.

STCS Thunder Appeal
'Our Mission Matters'

THANK YOU
to our wonderful parents,
grandparents, alumni families,
parishioners, & friends --
we are truly blessed!

We surpassed our fundraising goal!

STCS Parents, please read the **Thursday Thunder** email every week for important information and dates, including:



Friday, Feb. 10—

STCS Annual Art Show

Monday, Feb. 13—

No school, Bishop's Holiday;
Kindness Week begins

Tuesday, Feb. 14—

Dress-out day for
Youth vs. Hunger

Monday, Feb. 20—

No school, Presidents Day

Wednesday, Feb. 22—

Ash Wednesday

Monday, Feb. 27—

Thunder Readers Week begins

Calling all St. Theresa Catholic School Alumni & Alumni Families! We would love to hear from you, and add you to our **Alumni & Friends Newsletter** email list. Please send your news and contact information to alumni@stsashburn.com.

Registration for the 2023-24 STCS

school year is now OPEN! Find details and apply online **on our** website, www.stsashburn.com (click 'Admissions'). Have questions? Contact Admissions Director Denise Rotell, rotell@stsashburn.com

Mrs. Griffin's 8B, 2003-04

Calling all St. Theresa Catholic School ALUMNI!
Send us your news!
Email updates to alumni@stsashburn.com



Saint Theresa Catholic School

Educating Tomorrow's Catholic Leaders

January 29, 2023

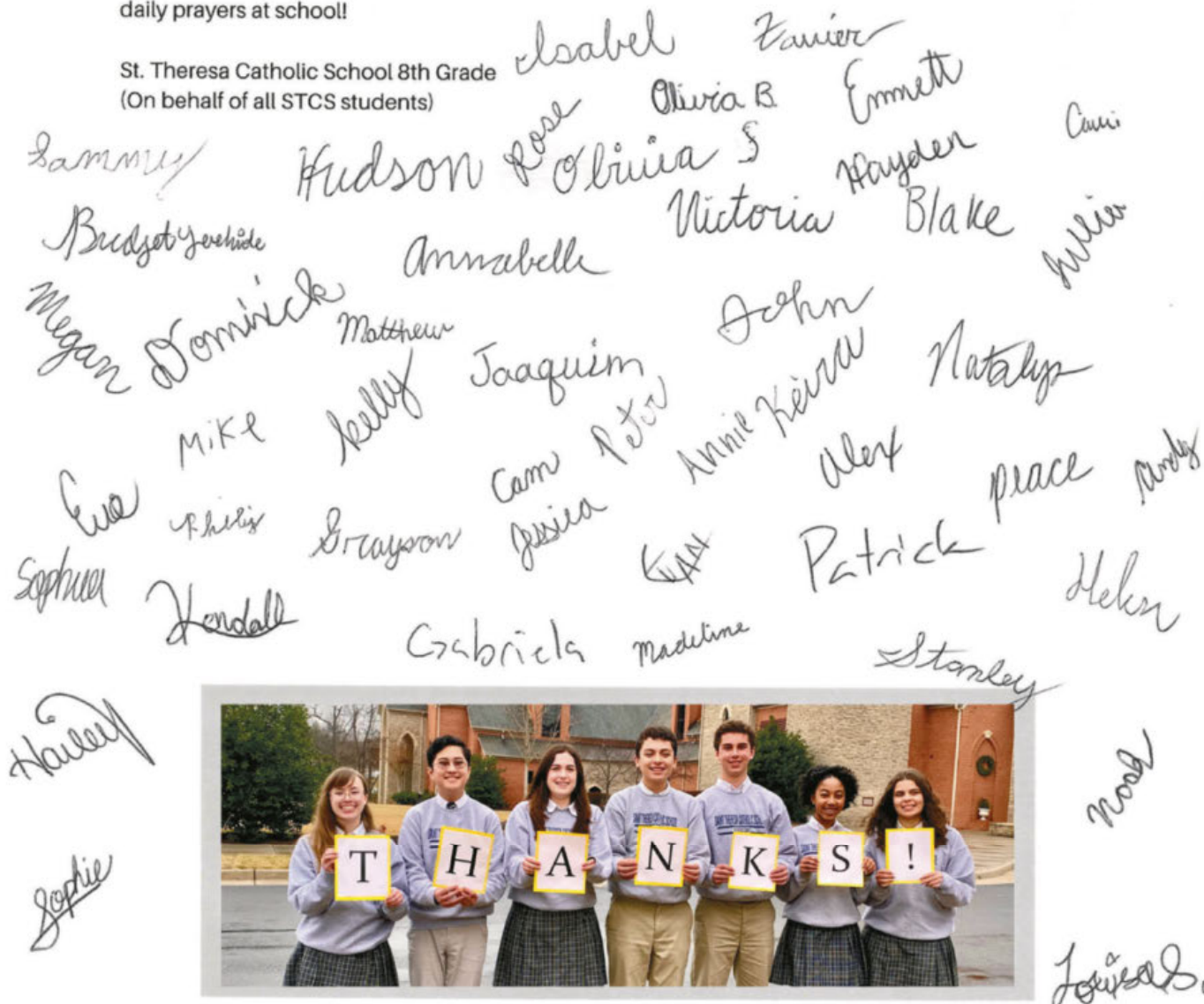
Dear St. Theresa Parishioners,

This week we celebrate National Catholic Schools Week, and we want to thank you for all you do to help our school! We are grateful for your prayers and contributions, and feel blessed that our school is part of such a vibrant, caring parish.

The theme of this year's Catholic Schools Week is "Catholic Schools: Faith. Excellence. Service." St. Theresa Catholic School (STCS) and Parish have helped us grow in Faith, strive for Excellence, and understand the importance of Service. We are grateful for this opportunity and experience!

Thank you for your support of St. Theresa Catholic School and Catholic education. You are in our daily prayers at school!

St. Theresa Catholic School 8th Grade
(On behalf of all STCS students)





Knights of Columbus

Virtual Rosary: The Knights of Columbus St. Louis Martin Council invites the entire St. Theresa Parish to join us virtually for our monthly Rosary, which will be streamed live from our Church, on the St. Theresa Facebook site - <https://www.facebook.com/sainttheresaashburn/>. Our next Rosary will begin promptly at 7:00 pm on Monday, February 6, 2022. The monthly Rosary will typically be held on the first Monday of each month. We look forward to sharing this prayer time with you.

Pancake Breakfast on Sunday February 12, 2023: Our next pancake breakfast (hosted by the Knights) is on Sunday, February 12, in the school cafeteria. Stop by after the morning Masses and enjoy a delicious breakfast of pancakes (regular and chocolate chip), scrambled eggs, sausage and potatoes, along with coffee, orange juice and assorted Dunkin' Munchkins!

Aid and Support After Pregnancy (ASAP) is a Knights of Columbus program to raise funds to support maternity and pregnancy centers in Loudoun County. Thank you to all who have donated. If you would like to donate, visit <https://tinyurl.com/knights4life>. See QR code below. Your donations will support pregnancy resource centers and in turn pregnant women and their pre-born babies. Thank you for all of the support you have shown to date!



Are you a parishioner in need of a home repair? If you need help in completing a small home repair that you cannot complete yourself or that may cause you financial hardship, we are here to help! Projects can involve carpentry plumbing, electrical, painting, and/or the installation of a new appliance. Please submit your request on our website at: <https://www.st-louismartin-kofc.org/handy-man-services>.

Call for Handyman Crew Volunteers:

Are you available to volunteer as a handyman for those in need? The volunteers of the St. Louis Martin Council of the Knights of Columbus are available to complete small home repairs for the benefit of those in need who are physically incapable of performing the work, or for whom the hiring of a professional is cost prohibitive. Typical projects include Plumbing, Electrical, Carpentry, and Painting. As a volunteer, you will have the opportunity to work alongside brother knights in support of a worthy cause. What do you get in return? A smile and a thank you from the people you helped. Learn more here: <https://www.st-louismartin-kofc.org/handy-man-services>.

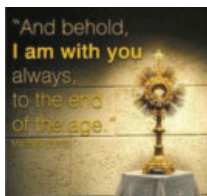
Interested in learning more about the Knights of Columbus? See our most Frequently Asked Questions at <https://www.st-louismartin-kofc.org/faqs>.

Current Vacant Adoration Slots

Urgent Need	Sunday	4:30am
No Adorer	Monday	4:30am
Scheduled	Friday	4:00am

Critical Need	Sunday	2:00am
No Adorer for	Tuesday	3:30am
First Half Hour	Wednesday	3:30am
	Saturday	2:30am

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Second Adorer Needed	12:30am	12:00am	12:00am	12:00am	12:30am	12:30am	12:00am
One Adorer already for these time slots but need one more Adorer.	1:30am	1:00am	1:00am	1:00am	2:30am	1:30am	1:00am
	2:30am	2:00am	2:00am	2:00am	3:30am	2:30am	2:30am
	4:00am	3:00am	3:00am	3:00am	4:30am	3:30am	3:30am
	6:30am	4:00am	11:00am	4:00am	8:00am	5:00am	4:30am
If you can sign up for one of these available slots, it would be greatly appreciated.	8:30am	5:30am	2:00pm	11:00am	10:30am	7:30am	5:30am
To sign up, go to:	9:30am	7:00am	6:00pm	12:30pm	1:30pm	11:00am	10:00am
http://sainttheresa.letusadore.com	10:30am	12:30pm	8:30pm	4:30pm	2:30pm	12:00pm	12:00pm
	12:30pm	2:30pm	10:30pm	11:30pm	3:30pm	5:30pm	1:00pm
	2:00pm	3:30pm			4:30pm	6:30pm	2:00pm
	5:00pm	8:00pm			8:30pm	10:00pm	3:00pm
	8:00pm	9:00pm			11:30pm	11:00pm	4:00pm
	11:00pm	10:00pm					5:00pm
							6:00pm
							7:00pm
							8:00pm
							9:00pm
							10:00pm
							11:30pm



Note: We have a very active group of adoration substitutes. The Adoration Schedule online system allows users to cancel commitments from time-to-time to allow for vacation, sickness or other possibilities that may prevent attendance. In those instances, substitute adorers will provide one-time coverage

How to Register to be a Parishioner of St. Theresa Catholic Church

In the sacramental life of the Church, Catholic faithful will need to prove residency in a parish. Registration with the parish office allows us to track your sacramental data and keep you connected with the life of the church.

In order to register, come to the parish office Monday – Friday 9:30am – 3:30pm to fill out a registration card. Yellow registration cards can also be obtained at all of the Church entrances – these can be mailed to the parish or given to an usher during a church liturgy.

News from our Parish



THANK YOU to our parishioners, families, grandparents, and alumni families who supported the St. Theresa Catholic School Thunder Appeal! Because of your kindness and generosity, we surpassed our \$55,000 fund-raising goal! Your support makes a difference to our students and faculty, and we are truly grateful!

Young At Heart Club (Men and Women 55 and over)

Wednesday, February 15, 2023. Meeting in the Admin Bldg. across from the church after 12:15 Mass. Bring your own lunch, desserts will be provided by our Club. Our activity will be a talk by Fr. John, our newest Parochial Vicar. Contact Freddie, wallflower64@gmail.com or 703.625.5715 for more information. NEW people are ALWAYS welcome to join us!

That Man Is You - Are you a Catholic man looking for ways to strengthen your faith along with other men of the Parish? TMIY meets Saturday mornings, 6:30-8am, in St Theresa School. Next Saturday's talk is from Fr. Leo Patalinhug, a frequent EWTN guest - preparing us for Lent. Please come join us. For more information, contact Ralph Leon at: drralphfp@yahoo.com or Tony Gizzi at: aggizzi@gmail.com.

Help strengthen our faithful priests by praying and fasting for them this year!

*The Seven Sisters Apostolate is a call for women to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of our parish priests. It is a "holy wasting" or "lavishing of prayer" for their deeper conformity to Christ. Each woman commits to a Holy Hour on a distinct day of the week, thus covering a complete week. The Holy Hour is ideally prayed in the presence of the Blessed Sacrament, either in an Adoration Chapel or in front of a Tabernacle. We are seeking women to offer a weekly Holy Hour for a specific priest.

*Fasting Brothers: Each man will prayerfully discern the unique type of fasting he will offer and commits to fast a designated day of the week (excepting Sunday). We are seeking groups of men to offer various forms of fasting to augment the prayer efforts

of our Seven Sisters group.

We ask for a one-year commitment, which can begin at any time, and is renewable each May. If you are interested in committing to this apostolate, or simply wish to learn more, please contact Kelly Rush at Kelly4VT@gmail.com, or visit <https://sevensistersapostolate.org>.

You(th) vs Hunger—Thank you for all of your support. We are still in need of \$5,500 in order to pack 100,000 meals on March 18. Scan the QR code below to donate to You(th) vs Hunger via the St. Theresa website. Sign ups will open Sunday, February 19 at 9pm. Check <https://youthvshunger.wordpress.com/> for more information and the sign up link on February 19.



Also, it has been such a pleasure and honor to help St. Theresa pack meals these past 8 years. This will be our 7th event, after which our total meals packed over 8 years will be over 740,000 meals. I think it is time for me to step down. I would love to support someone as they take the lead for You(th) vs Hunger at St. Theresa after this year's event. If you are interested in seeing the program continue and would like to take the reins, please contact me at rmrevelle@gmail.com. God bless all of you. Rachel Revelle

News Around the Diocese

2023 Bishop's Lenten Appeal (BLA) Begins!

The 2023 BLA is underway! The BLA theme this year is "My soul rejoices in the Lord," which is shared with the second preparatory year of the Diocesan Jubilee. 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 joyfully make a pledge to support God's Kingdom in our diocese! You make a gift at: www.arlingtondiocese.org/BLA or scan the QR code below:



Special Healing Mass

Parents and families struggling with the loss of a child are invited to a special healing Mass at Our Lady of Hope in Potomac Falls on Friday, **February 17, 2023**, at 5pm. Parents who have had children who have predeceased them are welcome to attend. A dinner reception will follow Mass in the Parish Hall. Kindly RSVP to olohwomensgroup@gmail.com.

Marriage Encounter

"Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father." Let the light of your marriage sacrament shine for all. Make your light bright by attending the next Worldwide Marriage Encounter Experience on Mar 31-Apr 2, 2023 in Herndon, VA and Sep 22-24, 2023 in Hern-

don, VA. Early sign up is recommended. For info visit our website at: RenewMarriage-VANorth.org or contact us at applications@renewmarriage-vanorth.org or 703.646.1521.

Separated or Divorced?—St. John's Separated and Divorced Ministry invites all separated or divorced Catholics to their meetings every third Thursday of the month, 7:30pm at St. John's in Leesburg. Email separated@stjohnleesburg.com for more information.

Sign Up For the Diocesan E-Newsletter!

Receive special video messages from our bishop, learn about unique opportunities to get involved, and be the first to know the news about our Diocese - straight to your inbox. Sign up here: arlingtondiocese.org/email.

News Around the Diocese Continued

Do you love someone with a drug or alcohol problem?

—The Nar-Anon is a worldwide fellowship for those affected by a friend's or family member's addiction. As a twelve-step program, we offer our help by sharing our experience, strength, and hope. Please join us for an evening of support and recovery; you're only a stranger until you walk through the door. For more information, contact Deacon Noah at dcnnoah@sainttheresaparish.com. Weekly meetings are held at: 2nd & 4th Mondays, 7-8pm @ Cascades Library; 1st, 3rd & 5th Mondays, 7-8pm via Zoom; Thursdays, 7-8pm @ Leesburg Presbyterian Church.

Attention Catholic Singles

Starting the week of February 6th, NCSC (National Catholic Singles) will also be hosting a 6-week study series - "Relationship Ready: A Single Catholic's Roadmap to Marriage" that will cover topics such as the meaning of love, communication, conflict resolution, male/female complementarity and much more. To sign up for these programs, visit NationalCatholicSingles.com.

Vocational Discernment Retreat for Men

Could Christ be calling you to the priesthood? Take a step to find out. Attend the weekend discernment retreat for men (ages 18-50) Friday-Sunday, **February 24-26, 2023**. This is a great opportunity for prayer and discernment, confession, and talking with priests and seminarians. Cost is \$100 and includes overnights and all meals. Retreat starts Friday at 6:30pm and concludes Sunday after lunch. For more information or to register, contact Fr. Michael Isenberg at 703.841.2514 or vocations@arlingtondiocese.org. Deadline to register is Monday February 13. There is a similar retreat for women June 16-18.

Shadow a Wolf for a Day! Now - May 2023

Shadow Days at John Paul have begun for this year! Do you have an 8th-10th grader who is interested in seeing what it is like to be a JP student? Sign them up for a Shadow Day visit! For registration and more details, please visit: https://jpthegreat.schooladminonline.com/portal/new_inquiry

Day of Prayer and Healing After Abortion Retreat for Women

After Abortion Retreat: A Day of Prayer and Healing for women who have experienced abortion will be on Saturday, **March 25, 2023**. This group healing event is held in a private and peaceful setting, based on the Entering Canaan model. There will be an opportunity to hear from a past participant and others who have found healing. You are not alone. Take the first step. For confidential inquiries, please contact Project Rachel Ministry: 703.841.2504 or info@helpafterabortion.org.

Annual Men's Conference

"My Soul Rejoices in the Lord" -- Saturday, **March 4, 2023** from 8:30am-2:30pm at St. Joseph Catholic Church, 750 Peachtree Street, Herndon. Join Catholic men from around the Diocese for a day of prayer, fellowship and reflection. Keynotes include: Fr. Thomas Petri, OP, President of the Pontifical Faculty of the Immaculate Conception and prolific writer; and Tim Staples, Convert Apologist at Catholic Answers and author of *Behold Your Mother*. Sign-in begins at 7:30am with confessions, coffee and pastries. Mass will be celebrated by Bishop Michael Burbidge at 11:15am \$65 until February 1; \$80 after. Register at familylife@arlingtondiocese.org/men.

Annual Women's Conference - Love Rejoices in Truth

Join women from around the diocese for an opportunity to be inspired, to connect with likeminded women and to raise our voices together in prayer. Come and hear Nikki Kingsley's remarkable conversion story. Hear how she, a devout Muslim, was guided by the voice of the Blessed Virgin Mary that would eventually lead her to Jesus and into the Catholic Church on **Saturday, March 11** from 8:30am-2:30pm Sign-in begins at 7:30am with confession, coffee and pastries. Mass will be celebrated by Bishop Michael Burbidge at 11:15am St. Joseph Catholic Church 750 Peachtree Street, Herndon, VA. \$65 until February 1st; \$80 after For inquiries, please email familylife@arlingtondiocese.org/women or call 703.841.2550.

Finding Jesus as Men After Christ's Own Heart Silent Retreat

In these calamitous times... "we need a few good men"... and more than a few! With faith and family and life and love being "re-defined" by our culture of confusion, only Jesus Christ will help us to "stand fast... even at the risk of being heroes." Fr. John Riley will lead a retreat at San Damiano, our Arlington Diocesan Retreat Center in White Post, Virginia from Friday-Sunday, **March 17-19**. As a "Band of Brothers" we will gather at Christ's feet; single men, husbands, fathers... and a priest, to listen and seek Jesus in deep, quiet prayer. Daily Mass and confessions are on the docket, with spiritual conferences, adoration, and quiet time. For further information visit www.arlingtondiocese.org/retreat-events. To register, please contact Deacon Mark Maines at mark.maines@arlingtondiocese.org.

Sorrowful Mysteries Silent Retreat for Women

As we prepare for Holy Week, join Fr. Noah Morey for a walk through of the Sorrowful Mysteries with a glimpse of the joy and glory on Sunday as we celebrate the Annunciation -- for Our Lady of Sorrows is also the cause of our joy. Retreat dates are Friday-Sunday, **March 24-26**. For further information visit our web page (www.arlingtondiocese.org/retreat-events). To register, please contact Deacon Mark Maines at mark.maines@arlingtondiocese.org.

Three to Get Married Marriage Prep

Feb 9-12 (Virtual), Mar 9-12, Mar 23-26—2023
The Three to Get Married Marriage Preparation Program is a Catholic Pre-Cana program for seriously dating and engaged couples. This marriage preparation course is an intensive preparation experience true to the teachings of the Catholic Church. Convenient one-weekend schedule. FOCCUS administration is included. \$375 per couple. Space will be limited and these weekends fill up quickly, so reserve your spot today! Find more information and links to register on the website www.ourladyofbethesda.org. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD

Parish Offices

Secretary: Christine Young, 703.729.2287
Secretary: Kelly Cosenke, 703.729.2287
Business Manager: Angelita Lupetaliaami, 703.729.2287
Facilities Coordinator: Tom Balint, 703.729.2287
Outreach Coordinator: Marianne Guidos, 703.729.2334
Website: www.sainttheresaparish.com
Email: office@sainttheresaparish.com
Fax: 703.729.9036

Religious Education Offices

Director: Larry Bayne, 703.729.3714
Youth Activities: Paul Dwyer, 703.729.0426
Secretary: Connie Gilligan, 703.729.3714
Secretary: Myriam Perez, 703.729.3714
Email: reoffice@sainttheresaparish.com
Fax: 703.729.9036

School Offices

Principal: Erin O'Malley, 703.729.3577
Assistant Principal: Danny Costa, 703.729.3577
Admin Asst: Lisa Ralston, 703.729.3577
Receptionist: Priscilla Keller, 703.729.3577
Website: www.stsashburn.com
Email: schooloffice@stsashburn.com
Fax: 703.729.8068

All offices located at 21370 St. Theresa Lane, Ashburn, VA

Sacraments

Sponsor Certificates

Please contact the Parish Office to obtain a sponsor certificate prior to a Baptism or Confirmation.

Baptisms

Parents desiring Baptism for their child must attend a class (preferably before the child's birth) held the first Thursday of each month at 7:30pm in a Conference Room in the Administration Bldg. You may schedule your child for the Sacrament of Baptism (held all Sundays 1:30pm) by visiting the Parish website under Faith, Sacraments, Baptism. Date is confirmed once all paperwork is received in the office (at least 2 weeks prior to the date of desired Baptism.)

Matrimony

The priest must be contacted at least six (6) months prior to the wedding date.

Visit the Parish Website under Faith, Sacraments, Marriage and fill out the Marriage Preparation Questionnaire prior to contacting the Parish Office. A priest will contact you.

RCIA

Adults desiring instruction in the Catholic Faith should visit the website to register for RCIA classes.

Hospitalized/Homebound

Please contact the Parish Office to ask for Holy Communion or the Anointing of the Sick.



Learn more, visit
www.sainttheresaparish.com

Car Raffle Fundraiser—All Saints Church (Manassas, VA) has invited our parishioners to participate in their Multi Car Raffle. Prizes include four 2023 vehicles from Ourisman Ford of Manassas (Ford Escape, Mustang, Ranger Truck and Bronco Sport). One \$5.00 ticket offers the purchaser a chance to win all four vehicles plus \$40,000 (including one for \$20,000) in cash prizes. You will be receiving tickets in the mail within the next few weeks. Please consider selling/purchasing the tickets mailed to you. \$34,000 was raised to help families in need through Divine Mercy Outreach last year because of your participation in this raffle last year. Please help us to make this another success.

Save the Date- Spring Consignment Sale is March 11, 2023
www.littleflowerconsignments.org

Bed Ministry—volunteers with trucks or Large SUVs needed especially! Great to do this with your teenager!

It's rewarding to assist families in need. Consider taking a short time

out of your day to bring some light into another's life. We need extra helpers to bring new beds and bedding from our storage to families moving out of the shelters and other families and children in need. Interested in helping contact Bea Craig at 571.439.0364 or beds@sainttheresaparish.com

Monetary Donations—Your donations make a difference in the lives of struggling families! There are struggling veterans, individuals and families due to domestic violence, disabilities, layoffs, medical issues and unforeseen circumstances that need help in moving forward. Donations accepted online, or by mail or drop off to the parish office. Please indicate DMO in the memo of the check or on the envelope. To donate online go to the parish website <http://www.sainttheresaparish.com> and click on "Donate" tab to make a monetary donation online! Thank you for helping us to bring Christ's love to others by helping them in their time of need.

Furniture Ministry—accepting kitchen tables & chairs, small dressers and metal bed frames. Please contact our furniture coordinator, Una Giachinta at 571.217.7551 or furniture@sainttheresaparish.com

if you want to help or if you have these items to donate.

The Visitation Ministry—Are you HOMEBOUND? We have wonderful parishioners who would love to visit you or if you are not comfortable with a home visit at this time, they will call you! If you need help with an errand or would like someone to pray with you, let us know. If you are looking to volunteer, please contact us as well. Claudia Lewis at 703.431.8670 or email her at clewis825@gmail.com

Friends in Need—Provides meals on a short-term basis for those families or individuals in the parish who are unable to cook for themselves due to arrival of a new baby, illness or a medical situation in the immediate family...Contact Emily Wilsey at emwilsey@aol.com or 703.585.5435 to volunteer to make meals or if you or a loved one need of help with meals

Looking for more ways help? Sign up to receive our Outreach email to get up to date information on needs and volunteer opportunities. If you sign up you will learn about what we do and how you can become more involved in touching the lives of families who are struggling. Contact Marianne Guidos 703.729.2334 or dmoutreach@sainttheresaparish.com.

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