St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



May 3, 2020 Fourth Sunday of Easter

Dear Parishioners:

We are already in the month of May — I think this is our seventh week of not being able to celebrate Mass together. I pray that an end is in sight — though I wonder what that will look like when it comes. We continue to pray for those most affected by the pandemic — those with the virus and their families. We pray, too, for those who are on the frontlines — in our hospitals and nursing homes especially. I've witnessed first hand the compassion of these individuals and the sacrifices they are making each day. We pray, as well, for all those suffering from unemployment at this time. May they all be assured of God's providential care and our prayerful support.

As I said, it is the month of May — a month traditionally dedicated to our Lady. I encourage our families to pray the rosary daily and perhaps set up a May altar in your home — a statue or picture of our Lady adorned with flowers. After all, the home is the domestic church — our Heavenly Mother should be honored there! Next Sunday is Mother's Day and the start of our annual Mother's Day Novena. Cards are available in the back of the church for those who may need one (or more). Yes — the church is open each day, although we need to limit the number in church for social distancing purposes.

May God bring us safely through this current crisis and deepen our faith and trust in him!

Sincerely in Christ,

Parish Mass Schedule

Sunday: Live Stream—8:45am

(The church and the chapel remain open for prayer, limited to 10 persons at a time)

Confessions: Thursdays, 8-9pm
Saturdays, 4:00-4:45 pm;

(Due to social distancing guidelines, only ten persons will be permitted in church at a given time. All persons must maintain six foot spacing waiting in line, in and outside of church. Thank you!)

Clergy

Reverend Richard M. Guest, Pastor
Reverend Paul Dudzinski, Parochial Vicar
Reverend Nicholas R. Barnes, Parochial Vicar
Deacon Paul C. Konold
Deacon Anthony J. Renzette

Youth Education and News

Office Hours:
Mon–Thurs. 9am-4pm;
Fri. 9am-noon

—**RE classes** are canceled in person for the rest of the year. See emails from Mr. Bayne and your teachers.
—**No decision yet** being made about rescheduling **First Holy Communions**. If that changes, all First Communion families will be notified via email.
—**This Sunday's Mass** will be streamed live from St. Theresa's at 8:45am. To view the Mass at that time, please go to the following link - http://rmd.me/9966kBwUQFL Please note that the Church itself will be closed at that time.
—**The website, Formed.org**, is a wonderful resource for families who can't attend Mass, and especially for parents to help them educate their children while they cannot attend Religious Education classes during these challenging times.

Go to Formed.org, Click "Sign-Up" Select "I Belong to For a Parish or Organization" Find St. Theresa Catholic Church by Zip Code "20147" Enter your email - and you're in!!!

Adults Plan Ahead to Volunteer
Want to volunteer at the many St. Theresa's children based programs/ events (i.e. fall picnic, school functions)? St. Theresa's encourages and welcomes your involvement however it requires that all volunteers be compliant. A Volunteer Welcome letter will be sent to your email address along with a link to fill out the electronic forms online. For further details please contact Connie Gilligan, Parish Child Safety Coordinator, at connie@saintttheresaparish.com or call 703.729.3714.

Volunteers will also have to register and sign up for the original VIRTUS course. Please go to www.virtus.org.

ymoffice@saintttheresaparish.com

URS—The High School Youth Group (9th graders - 12th grade)

Weekly zoom calls for High Schoolers are being held - all High Schoolers are encouraged to join in - just contact Paul Dwyer at ymoffice@saintttheresaparish.com for more information.

Rock Squad-Middle School Youth Group
(6th-8th graders)
Saturday, 6:30-8:30pm

New Virtual Tour! Even though our building is closed, you can still take a "tour" and view our beautiful school! Visit the school website to see our new Virtual Tour: www.stsashburn.com, click Admissions/School Tours. For more information please contact McDonaldd@stsashburn.com.



Interested in supporting local businesses? Check out our NEW directory of STCS Parent-Owned Businesses! You'll find a bit of everything here: Health & Wellness, Home & Auto, Restaurants, and Services. Visit www.stsashburn.com, click the Covid-19 Update button. Thank you for your support!



Saint Theresa Catholic School



The Saint Theresa Catholic School (STCS) community is thriving, and applications for the 2020-21 school year are now being accepted. *Won't you join us?* While we cannot be together at this time, the STCS community is together in spirit! Our students and teachers transitioned to distance learning on March 16, and our school continues to fully operate via the internet. STCS offers exceptional academics and faith formation and has been *Educating Tomorrow's Catholic Leaders* for over 25 years! To learn more or to schedule a virtual meeting, email Admissions Director Donna McDonald, mcdonaldd@stsashburn.com, or leave a voicemail at 703.729.3577.

STCS is closed through the end of the school year. Students have transitioned to distance and eLearning. Parents, please continue to watch your email for updates and frequently check the school website. *Stay safe and healthy!*

Unfortunately, due to the school closure, ***Salute to Andrew Lloyd Webber* has been cancelled**. We are attempting to contact all who purchased tickets for the event. Please email your name and address to quijanoa@stsashburn.com and let us know if you would like us to process a reimbursement check, or if you prefer to simply donate your refund amount to support the arts at STCS and we will send you a letter of acknowledgement for your donation. If you are not on email, please leave a message on the school phone 703.729.3577, and we will return your call. Thank you for your support!

We invite everyone to connect with us to see what's new! Visit the STCS Facebook page (@SaintTheresaSchoolAshburn), the Alumni and Friends Facebook page (@STSAshburnAlumni), and Twitter (@STSAshburnVA). Don't forget to "like" and "follow" us!

News from our Parish

Job Openings
St. Theresa Catholic School is accepting applications for positions in Middle School Math, Resource, Art, and Library. Please email your resume, cover letter, and sample lesson plan to Scott Pochick, pochicks@saintheresaparish.com.

Bible Study
Are you doing anything on Thursday nights, because on Thursday May 7th, we'll be starting an online class called the "Prophets: Messengers of God's Mercy". It's a ten-part Bible study put together by Ascension Press.

For more information or to sign-up for the class look under the Activities section of the St. Theresa Parish website.

Spiritual Recommendations for St. Theresa Parish

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things Whoever has God lacks nothing;
God alone suffices.
~Prayer of St. Theresa of Avila

General Advice
•Given the current circumstances, there are still good spiritual practices and disciplines that we can undertake to grow in holiness
—This is an important time to put our trust in the Lord
•Each of us still represents the Church as a Catholic. We should be good examples to others and encourage fellow Catholics to continue practicing our faith
•Offer all sacrifices and suffering during this time to the Lord for the salvation of souls
•Check in frequently with family members and friends
—Offer help to family, friends and neighbors if there is something that can be done
•Maintaining body health is consistent with our faith.
—Please exercise all due precautions and take appropriate measures to protect personal health and the health of other people.
•There are many other resources, besides what is listed here, which can also be helpful.

Schedule
•As a suggestion, set aside a specific time or times each day to say prayers or perform spiritual activities
•As best as possible, try to keep Sunday holy by doing at least some prayers and spiritual practices
•Pray each morning and evening, even short prayers
•Prayers before and after meals
•The Angelus
—A traditional prayer offered at 6am, 12Noon, and 6pm
—Could be prayed at least once per day or at any time
—https://www.ewtn.com/catholicism/devotions/angelus-383
•Practice good discipline
—Set daily goals or expectations
•Avoid squandering or merely wasting a lot of time when in its place we could do something worthwhile

Teaching on Mass attendance
•It is not a sin on anyone's part that public Masses are not being offered. When Masses are once again held publicly, no one will need to confess missing Mass as a sin during this period of time.
•While extraordinary, perhaps a good way to think about not being able to attend Mass would be akin to someone being deployed in the military. Sometimes military service personnel do not have access to a Catholic Chaplain through no fault of their own and therefore cannot attend Mass.
•All parishioners are still being prayed for by parish priests at private Masses. Even though no one is allowed to presently attend, the Masses are still being offered and provide tremendous grace to everyone.

Continue to follow the Mass
•App on phone called *ibreviary* that has daily Mass readings, Mass prayers, and the Liturgy of the Hours
—Liturgy of the Hours is the universal prayer of the Church offered throughout the world. These are prayers all priests and religious continue to offer each day.
—Anyone can say some or all of these prayers. There are five "hours" in the day. Office of Readings, Morning Prayer, Daytime Prayer (has three possible times, midmorning, midday, and midafternoon), Evening Prayer, and Night Prayer
•Magnificat. This is a print publication but can also be obtained in a digital format. It has many of the above prayers and includes reflections.
•USCCB (United States Conference of Catholic Bishops). They have access to the daily Mass readings
•Bishop Burbidge will be showing video of Sunday Mass. See the Arlington Diocese website
•EWTN. This is a Catholic cable station that shows Mass each day and has other religious programs

Spiritual Communion
•For a variety of reasons, it is not always possible to attend Mass and receive Holy Communion through no fault of a person. It does not replace going to Mass but covers circumstances like our current time.
•Many saints have undertaken this practice, and it is encouraged as a general practice in any situation. This can be prayed at any time of the day and in any place. As a devotion, it can be done every day, not just on Sundays.
•"My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen."

Renewed Gratitude for Mass
•This period of time offers a chance to be thankful for the great gift of Mass. Under normal circumstances, Masses in our area are made abundantly available. We can grow, during this time, in gratitude for the gift of gathering around the Lord's altar.
•While attending Mass on Sundays is an obligation (under normal conditions), it is even more so a gift that we can appreciate more deeply, especially when Masses one day resume normally.

(Continued on next page)

News from our Parish Continued

Reading Scripture
•In addition to the daily Mass readings, read passages from the Gospel about Jesus healing the sick. It was an extremely important part of His public ministry.
•The Gospel of Matthew is full of accounts where Jesus healed countless individuals.
•James 5:14-15

Stations of the Cross
•This practice is traditionally done on Fridays during Lent but can be done anytime. It can be prayed as a family or as an individual at home.
•This is the version that we pray as a parish https://www.ecatholic2000.com/liguori/stations/cross.shtml
•The version for children that we pray with the school and RE children https://www.amazon.com/Cross-Children-Joseph-Picture-Books/dp/089942497X
•Another version that can be ordered —*Stations of the Cross--in my pocket.* By the daughters of St. Paul
•Formed (see below under digital formats) and other websites have possible versions of the Stations of the Cross to pray

Rosary and Chaplet of Divine Mercy
•The rosary is a powerful prayer that can be prayed as individuals or in small groups.
—There is a strong tradition of praying to Mary for protection and help in grave times of need
•Chaplet of Divine Mercy —https://www.ewtn.com/catholicism/devotions/chaplet-13364
•Other prayers for protection
—St. Michael the Archangel
—https://www.ourcatholicprayers.com/prayers-for-protection.html

Praying Act of Contrition
•This can be done every day to ask for the forgiveness of our sins, especially in circumstances where confession is not possible
•*O my God, I am heartily sorry for having offended you. And I detest all my sins because of your just punishments. But most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin. Amen.*

How to baptize in case of emergency
•In the event that a person is in danger of death and requires Baptism, even though the normal minister of Baptism is a bishop, priest, or deacon, any person who has reached the age of reason (age 7) can baptize someone.
•Pour water three times saying, *"Name (person being baptized), I baptize you in the name of the Father and of the Son and of the Holy Spirit."*

Renew our Baptismal Promises
•*I renew my baptismal vows, I renounce Satan and all his works and all his promises. I take Jesus Christ for my model and guide and I promise to be faithful to Him unto the end of my life. Amen.*

Spiritual Reading, Videos, and Digital Formats
•Books and other resources available from Dynamic Catholic (website)
•Wordonfire.org
—See Resources where they have videos and books to read
•Formed.org
—St. Theresa Parish has a subscription made available to all parishioners. Sign in using our parish zip code (20147).

Guidance for families with children preparing for first Holy Communion and Confirmation
•First Confessions were already completed for those preparing for first Holy Communion
•Keep up current studies from school and RE classes
•First Holy Communion
—Continue to teach children how to properly receive Holy Communion, what the Eucharist is, the Body, Blood, Soul and Divinity of Jesus Christ, and why it is sacred
—There are many good resources on Formed, Dynamic Catholic, and Word on Fire to consider
•Confirmation
—Besides the above suggestions, there is a prep-sheet, under Religious Education and Confirmation, on the parish website to continue to study for the eventual confirmation interview with one of the priests

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Keep up to date on our works and upcoming events – *Council website*: www.st-louismartin-kofc.org. *Facebook*: https://www.facebook.com/Council15256. *Twitter*: https://twitter.com/Council15256.

How to become a Knight. *Our next degree ceremony is March 29, 2020.* You can talk to any Knight after Sunday Mass or any time. You can also contact us and learn the great things that we do to help our parish and community at kofc15256@googlegroups.com. Application info and forms are also available outside the Adoration Chapel.

In Need of a Shepherd

For a while it was very fashionable to own pigs as pets. The publicity surrounding these creatures informed us that they were—contrary to their popular image—very clean animals, and also quite smart. Sad to say, sheep will most likely never enjoy this sort of domestic vogue. They are neither clean nor smart and are largely defenseless when left on their own, even in large numbers. The biblical image of us as the flock of sheep is not a particularly flattering one. Sheep without a shepherd are truly sad, because they most likely will perish either from their inability to fend for themselves or from their lack of defenses against predators. Placing ourselves in the heart of this unflattering image can reinforce our faith. Until we come to a profound realization of how much we need a shepherd, we cannot appreciate how deeply blessed we are to have been given a Shepherd, one who laid down his life for us and was raised to life eternal in the Spirit, so he might guide us and we might follow him in faith forever.

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Parish Offices

Secretary:	Peggy Sullivan, 703.729.2287
Secretary:	Christine Young, 703.729.2287
Business Manager:	Scott Pochick, 703.729.2287
Facilities Coordinator:	Tom Balint, 703.729.2287
Outreach Coordinator:	Marianne Guidos, 703.729.2334
Website:	www.saintttheresaparish.com
Email:	office@saintttheresaparish.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@saintttheresaparish.com
Fax:	703.729.9036

School Offices

Principal:	Erin O'Malley, 703.729.3577
Secretary:	Deena Lanier, 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. The classes are held the first Thursday of each month at 7:30pm in the Louis Martin Conference Room in the Administration Bldg. After you attend the class, you may schedule your child for the Sacrament of Baptism (Sundays 1:30pm). Date is confirmed once all paperwork is received in the office. Forms can be found on the Parish website under Faith, Sacraments, 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.

News from the Diocese

Director - St. John the Apostle Preschool, Leesburg, Virginia
St. John the Apostle Preschool is seeking a candidate who is a practicing Catholic, has dynamic leadership skills and is committed to learning and the spiritual development of our three and four-year old children. The candidate will assume full responsibility for the daily operations of the Preschool and planning long-range goals. Excellent communication skills with students, staff, and the school community are a must.

Requirements are: Possess a Master's Degree with a minimum of 20 graduate hours in supervision, curriculum, instruction, or other related fields; and have a minimum of five years teaching or administrative experience in schools, two of which must be Catholic schools. All appropriate Virginia State and Diocese of Arlington certifications must be obtained within three years of hire.

Salary will be competitive and is negotiable, depending on qualifications and experience. Position is available for the 2020-2021 school year.

To apply, please complete the requirements stated below:
1. Include a cover letter stating why you would like to work for a Catholic school.
2. Include an updated résumé or curriculum vitae.
3. Include a copy of your current teaching license. (Virginia or out of state)
4. Include a reference from your pastor.
5. Include two professional references (one from your most recent employer or from a supervising professor).
Please send all paperwork by June 1, 2020 to either:

Frkevin@stjohnleesburg.com

Reverend Kevin Larsen
St. John the Apostle Catholic Church
101 Oakcrest Manor Dr. NE
Leesburg, VA 20176

Mother of Mercy Free Medical Clinic, Manassas
—Medical providers, including doctors, nurse practitioners, and physician assistants, needed who are willing to do telemedicine and nurses who specialize in obstetrics. Contact alexandra.luevano@ccda.net or call 703.335.2779 ext. 15.
—Data entry volunteers to help establish Mother of Mercy Free Medical Clinic, Woodbridge, which is set to open April 20. Contact alexandra.luevano@ccda.net or call 703.335.2779 ext. 15.

Workshop for Families
Monday, May 4 and Wednesday, May 20, Soren and Ever Johnson, founders and co-directors of Trinity House Community in the Arlington Diocese, will be livestreaming their "Heaven In Your Home" workshop from Trinity House Café in historic Leesburg, VA. This workshop is particularly focused on building up the domestic church and Catholic families — great for parents, future parents, grandparents, godparents. Those who want to participate can register for free at www.trinityhousecommunity.org/workshops.

#SpecialDelivery Campaign to help support pregnancy centers and other pregnancy help organizations during the COVID-19 crisis. This list is targeting organizations in the Northern Virginia area hit by COVID-19.
We are asking that you send Amazon packages straight to the centers in need so they can better serve their clients! Many of these centers, at great danger to themselves, are still meeting with clients. We need to show them some support!
Thank you for your past involvement in pro-life initiatives. This special campaign is the non-political, non-controversial side of the pro-life movement, helping with direct services and care.
Just visit planva.org/virginia-coronavirus-aid/
and click on the organization nearest you or browse the wish lists and find an item that means the most to you to send!

(Continued on next page)

More News from the Diocese

Live stream Masses, prayer guides and more!

(source: https://www.arlingtondiocese.org/covid19resources/

As you all know, public celebrations of the Mass are not taking place in the Diocese of Arlington until further notice. Bishop Burbidge has also dispensed all the faithful of the Diocese from the obligation to attend Sunday Mass and holy days of obligation while public Masses are suspended.

There are, however, many ways in which you can grow in faith during this challenging time as the coronavirus spreads. Many parishes are facilitating a live stream or recording of daily and Sunday Mass. Some priests are offering spiritual reflections on social media.

Especially on Sundays and Holy Days of Obligation, the faithful are encouraged to devote time to prayer, observe Mass on television or the internet, and pray the Rosary, along with other devotions.

Here is a list of resources you may want to consider: All links can be found on the following website: https://www.arlingtondiocese.org/covid19resources/

Online Mass
Bishop Burbidge will be celebrating Mass via live stream this Sunday, April 26 at 9:30 a.m. from the Cathedral, available via the Cathedral website or the Arlington Diocese You Tube channel. Wed. 12:05pm Mass at Cathedral

Vatican News Live Stream of Pope Francis' Masses (Daily in Italian with English subtitles)

EWTN Daily Mass (Daily)

Basilica of the National Shrine of the Immaculate Conception (Sunday only)

Publisher Resources:
The following publishers have generously made their resources available to support prayer during these difficult days. We thank them for their generosity and pastoral concern.
Liturgical Press: Give Us This Day
Magnificat: English. |Spanish

U.S. Conference of Catholic Bishops (USCCB):
Daily Readings: English | Spanish
Daily Readings Audio
Video Reflection

Prayer to Jesus for Healing and Guidance
Jesus, Son of God.
you were sent by the Father
to bear our weakness;
be with us in this time of crisis.

Merciful Savior,
heal and comfort the sick,
so that, with health restored,
they may give you praise.

Divine Physician,
accompany our caregivers
so that, serving with patience,
they may heal wisely.

Eternal Wisdom,
guide our leaders
so that, seeking remedies,
they may follow your light.

Christ, the Anointed,
protect us in body and spirit,
so that, freed from harm,
we may be delivered from all affliction.

Who live and reign with God the Father
in the unity of the Holy Spirit,
one God, forever and ever.
Amen.

Marriage Encounter
"…I came so that they might have life and have it more abundantly." Live your married lives "more abundantly" by participating in a Worldwide Marriage Encounter Weekend on Sep 18-20, 2020 in Fairfax, VA and Sep 11-13, 2020 in College Park, MD. Early sign up is recommended. For more information visit our website at: RenewMarriage-VANorth.org or contact us at applications@renewmarriage-vanorth.org or 703.646.1521.

Catholic Charities Assistance Needed
Catholic Charities relies on volunteers who can safely serve those in need Catholic Charities is in urgent need of volunteers to safely serve those in need, as well as its need for financial and material assistance. If you are healthy and do not belong to a group considered *vulnerable, please consider our volunteering opportunities with limited interaction with the public.

Leesburg Food Pantry Help Needed
Our Leesburg Regional Office Food Pantry is extending its hours. Help is needed: 1st and 3rd Saturdays, 9am-12:30pm. Email mchavez@ccda.net if interested.

St. Lucy Food Project:
—Christ House Food Pantry —pack boxes and help distribute to clients. Help needed Wednesdays and Thursdays. Contact Sr. Annie at Aniliza.juan@ccda.net.
—Leesburg Regional Office food pantry—stock shelves and pack bags. Help needed Mondays-Thursdays. Contact Joanne Abbate at joanne.abbate@ccda.net.
—Loaves & Fishes food pantry, Front Royal —pack bags to distribute to clients. Help needed Tuesdays, Wednesdays, Thursdays and Fridays. Contact Jeanne Jackson at jean.jackson@ccda.net.
—St. Lucy Food Project Manassas warehouse—sort food, pack boxes, load trucks. Contact Elizabeth Gibbons at Elizabeth.gibbons@ccda.net.

Catholic Charities Seeks Medical Volunteers for Free Clinic
Catholic Charities has opened a second free medical clinic for poor, uninsured and under-insured adults Woodbridge and needs volunteer medical professionals and other volunteers to operate the clinic. The Mother of Mercy Free Medical Clinic is located at 13900 Church Hill, Woodbridge. Catholic Charities opened the first Mother of Mercy clinic in Manassas in 2017. Volunteer nurses and doctors, including internists, cardiologists, gynecologists and other specialists, nutritionists, physical therapists and others are needed. To volunteer contact Alexandra Luevano at 703.335.2779 ext. 15 or alexandra.luevano@ccda.net.

Run, Walk, Cheer, Donate and Pray to Support Our Seminarians
Race season is getting underway, is so is this campaign to support our future priests of our diocese in the Race for Seminarians campaign. Runners and walkers of all levels can get sponsored for their races; cheer squads can encourage them as they log the miles, donors can pledge to support specific runners, and prayer warriors can back up their efforts. Visit ArlingtonDiocese.org/Run to learn about all these options and start building your team today!

Masses for the Week

Mon, May 4	Paul DuLaney+, Dolores Bejarano+
Tues, May 5	David Miles+, Richard Nunzier+
Wed, May 6	Dolores Bejarano+, Joseph, Carlo, & Laura Maresca+, Souls in Purgatory+
Thurs, May 7	Harrison Pollock+, Dolores T. Ceresa+
Fri, May 8	Fr. Thomas Cavanaugh, Wayne Reinhart
Sat, May 9	Delores T. Ceresa+, St. Theresa Parshioners
Sun, May 10	Christine Young, Mother's Day Novena, Justin McKay, Frank J. DeMeo+, Patricia E. Carey+

Pray for ...

Prayers For The Sick: Marcela Garcia, CJ Buechner, Rosemarie Setzer, Nancye Pochick, Quinn Gorman, Michael Robertson, Nickalus Shalin, Lisa Barrett-Handley, Mary Marsh, Celeste Hall, Donna Caulfield, Ethan Falciani, Mary Ann Lyons, Rosario Acot, Keith Waltower, Chris Handley, Ben Thede, Eugene Prosack, Lynn Petrara, John Spriggs, George Morelos, Carol Logue, MaryEllen Back, Apryl Binder, Carole Davidson, Cheryl Grieve, Rita Giunta, Maria Giunta, Danny Bessette, Fred Beverly, Jesse Michl, Erick Pollock, Jillian Reilly, Laurie Gessaman, Jordan Windsor, Tony Rodrigues, Stephane Papi.

Prayers For Our Military: 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, Brian Reese, Joseph Auler, Adam Parkinson, Jake Shelton, Patrick G. Fitzgerald, Sean Spurr, Jack Hayes, David and Katherine Bergeron, Christopher Martin, Thomas Gleason, Tony Mattice, Greg Lee, David Lakey, Jim Murray, Keith Bittle, Michael McCurdy, Steven Digangi, Michael J. Pruden, Meghan E. Fitzgerald, Bill Short, Griffin Spencer, Peter Santini, Eric Curcio, Steven Curcio, Matthew Slaughter.

St. Theresa Catholic Church
DIVINE MERCY OUTREACH

Learn more, visit
www.saintttheresaparish.com

Ways to Help

Some have asked what they can do or how to help so I want to let folks know of ways they can help during this difficult time we are all experiencing. Here are a few ways to help.

Assisting Catholic Charities:

•Another alternative. Shop Amazon https://www.amazon.com/gp/registry/wishlist/O36HJ5Y74CBH/ref=bnav_topnav_lists_2

•Checks and gift cards should be sent to Catholic Charities, 316 E. Market Street, Leesburg, VA 20176

•Consider volunteering (anyone 18 years of age or older) at the Catholic Charities pantry to package up bags of food to be donated to families. They have established a "no-contact distribution system so that clients and volunteers do not interface except over a table. The clients drive up, present their ID, and they give them prepackaged bags of food based on the family size. They need help in packaging these bags -- if you or any family member can give a few hours, it would be greatly appreciated. **Please send contact information to Christina Harrington at Christina.harrington@ccda.net**. She will contact you to arrange a mutually agreeable time and day(s). Most of their current volunteers are in the highest risk groups and are taking a hiatus from the pantry.

Assisting at the parish level:

•Consider **online donations** to assist families who have already been impacted and need help with rent and utilities. It is come to my attention that although utilities aren't being cut off the late fees are still being applied. www.saintttheresaparish.com under DONATE. Your donation makes a big difference in another's life!

•**Donations of non-perishable food items and paper products** can be dropped off inside the first door to the admin/school building. Indicate DMO on the bag. Cooking oil, white rice, spaghetti sauce, pancake mix/ Bisquick and syrup, canned fruits and vegetables, toilet paper, paper towels, dish soap, diapers size 1.

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





The Gabriel Project
Pregnant and Need Help?
Embarazada – Necesita ayuda
Confidential Helpline / Linea de ayuda confidencial
Free pregnancy care / Cuidado gratuito del embarazo
1.866.444.3553 | 703.841.3810
gabrielproject@arlingtondiocese.org
"Do not be afraid "...Nothing is impossible for God (Lk1:30)

SERVING THE COMMUNITY FOR 40 YEARS
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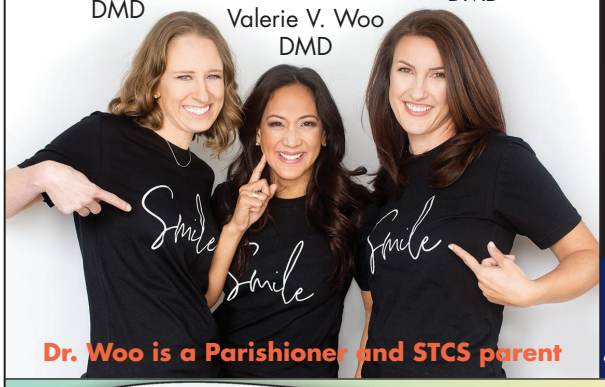


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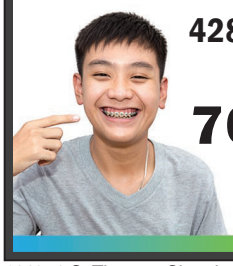
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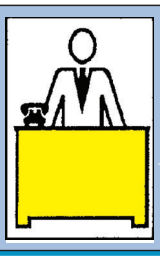
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