

St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

May 10, 2020 Fifth Sunday of Easter



Dear Parishioners,

Happy Mother's Day to all of our moms! Like everything else, this is an unusual Mother's Day, but hopefully many are with their families, at least "in spirit." May God bless you all and thank you for saying "yes" to life!

Many have been asking about when Masses might begin again. We just learned this past Friday (after I wrote my original letter!) that the governor was going to move into Phase I of reopening the state this coming Friday, May 15, which would permit us to meet for Mass with up to 50% of our capacity. The Bishop has continued to offer a dispensation to those who are at risk or may be experiencing any possible symptoms or illness. This is still contingent upon a decision by our local county officials, but we are currently planning to have Masses next weekend. We expect further direction from the chancery which should come out the first part of next week. If anything should change. we will inform you via the parish webpage. The 10:30am Mass will be live-streamed for those at risk or unable to come. We will certainly need everyone's cooperation if we are to reopen safely.

And more good news! We will move into the new rectory this week. It's been a long waiting game, but we've already started hauling boxes over to our new home. Thank you for the many prayers and encouraging words that helped us get to where we are. Once we are able to move about more freely, we will try to plan some kind of open house.

Sincerely in Christ,

COVID-19 Phase 1 Parish Mass Schedule
(beginning Friday, May 15)

Sunday: 7:30, 8:45,
10:30am (and live stream);
12:30 and 5:00pm

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

Due to social distancing guidelines, only 50% church capacity will be allowed during Masses. All persons must maintain social distancing spacing inside the 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

See letter from Bishop Burbidge on the following page

DIOCESE OF ARLINGTON
Office of the Bishop
200 North Glebe Road, Suite 914 • Arlington, Virginia 22203 • Office (703) 841-2511 • Fax (703) 524-5028

Coronavirus Update Message

May 8, 2020

Brothers and Sisters in Christ,

From updates provided by state officials, we are preparing to enter Phase 1 of reintegrating our diocese back to normal operations.

While this is not full reintegration of our normal lives, it is a step forward, as Governor Northam's plan for Phase 1, which begins on May 15, allows for churches to operate at a maximum of 50% capacity, unless a local jurisdiction determines otherwise. Reinstituting the public celebration of the Mass at each parish depends on proper social distancing and the ability of parish clergy and staff to safely accommodate parishioners. This ability may vary from one parish to another.

Know that when we return to our churches to worship together at Mass, some restrictions will be essential for everyone's well-being. A Reintegration Working Group is assisting me in developing those critical measures. This group is composed of pastors from diverse parishes in our diocese, medical experts, public health professionals, and others with pertinent expertise.

The Reintegration Working Group has been preparing requirements and recommendations that will be implemented in all parishes to ensure the safety and health of parishioners. Implementation will allow for some flexibility when appropriate. The Working Group's approach will evolve as more information is provided by public health and government officials. We will provide pastors and the faithful with more information next week.

Since many still have concerns about attending Mass, such as having health conditions that make attending public gatherings inadvisable, the dispensation I promulgated from the obligation to attend Mass on Sundays and on Holy Days of Obligation will remain until further notice. I respectfully encourage parishioners who are 60 years old or older and those who have underlying medical conditions to ensure their own health and safety by staying at home until the dispensation is lifted.

The risk of contracting and spreading coronavirus will remain a reality for quite some time. Those who visit our parishes, ministries, charities and programs must recognize this inherent risk and take every reasonable precaution. Consequently, the use of face coverings and hand sterilization are recommended as a critical part of our gradual reintegration.

Diocesan guidelines will include limiting the number of persons allowed per Mass, maintaining social distance, and providing for an active cleaning schedule. Due to limited attendance, parishes will be asked to continue live streaming the Mass as much as possible. The Reintegration Working Group guidelines will also include measures such as omitting the presentation of the gifts by members of the assembly, omitting the exchange of peace among those gathered, and suspending the distribution of the Precious Blood.

Thank you for your patience as we adapt to this ongoing situation. You can be assured that the Reintegration Working Group and I are working steadfastly to reinstitute quickly and safely the public celebration of the Mass, as well as diocesan and parish events, celebrations and liturgies. This will be done while doing everything reasonable to provide for the spiritual and physical well-being of all the faithful.

Going forward, we will continue to share updates regarding our guidelines through our website, social media, email and the Arlington Catholic Herald. I recommend everyone follow us on social media to receive the most current information regarding new developments.

I also encourage everyone to sign-up for our e-newsletter at ArlingtonDiocese.org/Email.

In closing, I am grateful for your faith, for your prayers, and for your continued support during this demanding and unusual time.

Please continue to pray for your priests and for me—know that I am praying for you and your families as well. I look forward to seeing you all very soon. God bless!

Sincerely in Christ,

Bishop Michael F. Burbidge

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.

Youth Ministry

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

STCS celebrates the Month of Mary!
May is known as the month of our Blessed Mother. Join us in keeping her close in prayer with a May Altar in your home. A long-time tradition, May Altars are a wonderful daily reminder to bring our prayers, worries, and joys to our heavenly Mother.



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.

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.

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

(Continued on next page)

News from our Parish Continued

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).

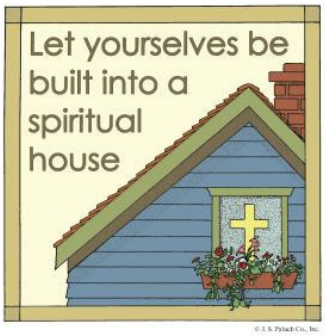
Guidance for families with children preparing for first Holy Communion and Confirmation
•First Confessions were already completed for those preparing for first Holy Communion
•Keep up current studies from school and RE classes
•First Holy Communion
—Continue to teach children how to properly receive 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

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.

Vocation

Roman Catholics in the United States spend a good deal of time speaking of "vocation" and the manner in which each of us discerns our vocation for life. In today's apostolic letter, however, Peter gives us the "cornerstone" of our vocation, the description of what each of us is called to first and foremost by our baptism. He describes our vocation as "a chosen race, a royal priesthood, a holy nation, a people of [God's] own, so that you may announce the praises" of Christ, who called us out of darkness into light (1 Peter 2:9). All of us, no matter what path our life's vocation may take us down, have been chosen by God, made holy, and anointed as priests in the high priesthood of Christ through baptism. All of this, so that we may announce the praises of Christ. Vocation is given for proclamation at home, in the workplace—wherever life takes us—in service, in word, and in sacrament.



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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.

Bless a mom in need by sending needed supplies!
Or pay tribute to your own mother by letting her know you made a gift in her honor.

#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, May 10 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

Virtual Praise and Worship Holy Hour
Due to the current Covid-19 situation, we will be live streaming the monthly Praise and Worship for Conversion and Healing in Families Holy Hour on Tuesday, May 12, from Saint Ambrose Catholic Church in Annandale, VA. This month we will be featuring Catholic musician Mike Tenney with Fr. Joseph Bergida as homilist. Please join us to pray for the special intention of healing and conversion in families and for an end to Covid-19 crisis.

For Live Adoration from Saint Ambrose on Tuesday, May 12: https://stambroseva.org/mass

For Facebook Event Page on Tuesday, May 12: https://www.facebook.com/events/244698126587007/

Marriage Encounter
"And whoever loves me will be loved by my Father, and I will love him and reveal myself to him." Invite Jesus into your marriage on an upcoming 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 11	Mother's Day Novena, Bob Mica+
Tues, May 12	Mother's Day Novena, Vernon & Anh Wong
Wed, May 13	Mother's Day Novena, John Joseph Wilson+, Carlos Garcia+
Thurs, May 14	Mother's Day Novena, William Ahlhauser+
Fri, May 15	Mother's Day Novena, Ann Taylor
Sat, May 16	Mother's Day Novena, Mary Jane Ballard+
Sun, May 17	St. Theresa Parishioners, Mother's Day Novena, Deceased Members of the O'Brien & O'Keefe Families+, Margaret Gravette+, Mrs. Au+

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.

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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.





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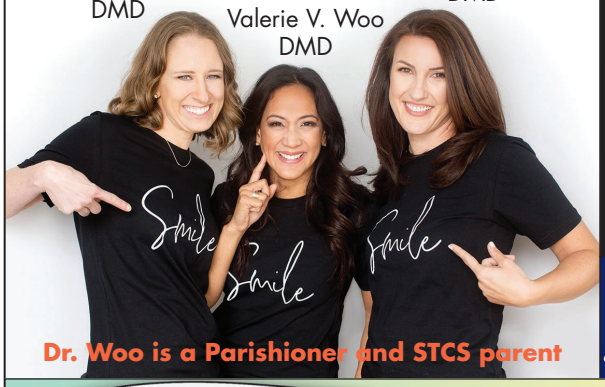


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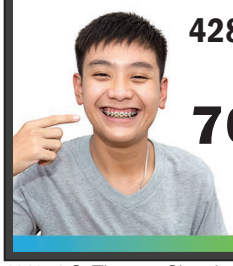
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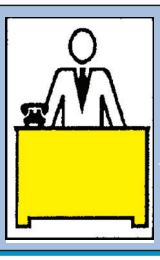
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