St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



July 19, 2020 Sixteenth Sunday of Ordinary Time

Masses for the Week

Mon, July 20	6:15—Thomas J. Miles, Jr. 8:30—Antoinette Tocci+
Tues, July 21	6:15—Bob Murphy+ 8:30—Christine Mazzola+
Wed, July 22	6:15—Linda Wilsom+ 8:30—Rolando C. Santos+ 12:15—Deceased Members of the Keane & Bianchet Families+
Thurs, July 23	6:15—Margaret Wilson+ 8:30— Joseph, Carlo & Laura Maresca+
Fri, July 24	6:15—Miles Family 8:30—Virginia Ann Reagans+
Sat, July 25	8:30—Violeta Perez+ 5:30—Souls in Purgatory+
Sun, July 26	7:30—Nancy Uithol+ 8:45—Christopher Kreitzman+ 10:30—Deceased Members of the O'Brien & O'Keefe Families+ 12:30—Sullivan Family 5:00—St. Theresa Parishioners

Parish Mass Schedule

Saturday:	8:30am,5:30pm Vigil Mass
Sunday:	7:30, 8:45am & 10:30am (+ live stream); 12:30 & 5:00pm
Weekdays:	6:15 and 8:30am, Monday through Friday Wednesdays: 12:15pm
Holy Days:	As announced
Holy Hour:	Thursdays, 8:00pm

****Beginning August 5th,**
Holy Hour and Confessions will be **Wednesdays, 7pm**

Confessions:	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
Deacon Paul C. Konold
Deacon Anthony J. Renzette

Prayers For The Sick: Gene Epperly, Leah Monteiro, 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.

The Importance of Rest

The heart of summer is a perfect time to consider the spiritual importance of rest. An episode from the Gospel of Mark recounts a little-known command of Jesus, given to his apostles after an extended period of stressful work:

The apostles returned to Jesus and reported to them all that they had done, and all that they had taught. And he said to them "you must come apart by yourselves and rest for a while." (Mark 6:30)

Jesus knew the apostles needed rest to balance their labors, and we need it even more than they did. Telephones, text messages, and email have made us productive no doubt, but they have multiplied the stress of life, and disrupted the natural cycle of work and rest which God himself wrote both into His creation and His commandments.

I recall living in Haiti, serving with a medical team sent to immunize children. We had sporadic electricity and unreliable generators, which enabled us to work only during daylight hours, forcing us to relax after sunset. The natural rhythm of work and rest—forced upon us by the rising and setting sun—was one of the most peaceful realities I have ever experienced. It reminded me that God himself intended us to balance work and rest.

In Greek there are two words for time: chronos and kairos. Chronos refers to the time of the clock…measured in hours, minutes and seconds. Kairos refers to the experience of time, but not the measure of it. Have you ever spent a day with a loved one and wondered where all the time went? Have you ever been struck by the beauty of nature, such as a sunset or a mountain vista, and felt like one minute lasted an entire hour? That's kairos, and it is a foretaste of the experience of eternity.

Someone once asked Pope John Paul II what he did with his "free time." He paused…and with a puzzled expression replied, "…all my time is free!" St. John Paul lived his life in God's presence, and kairos was his daily reality. He took time each day for rest and prayer, even though he was the busiest man on earth.

There will be no clocks in heaven. No lightbulbs. No email. No phone calls. Kairos is the time of heaven, and the more we can make it real here on earth, the more we are able to live as we were supposed to live—in God's presence, and present to one another.

We can return to it by having a cycle of work and rest…both daily, and seasonally. We need it to be our best for ourselves, others, and God.

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



Fr. Hudgins

Annual KOVAR Drive – The Knights are collecting KOVAR donations after select Masses on 18 - 19 July and all Masses on 25 - 26 July. KOVAR provides financial assistance through grants and home loans to tax exempt organizations and enable training and assistance to citizens with intellectual disabilities. Learn more at http://kovarva.org/. You may also mail donations to **KofC Council #15256** with KOVAR in the memo field at: **KOVAR**, c/o KofC #15256, P.O. Box 4443, Ashburn, VA 20148.

August 3 – **Council Meeting** at 7:30 pm.

How to become a Knight. Ask any Knight on how to join Saint Louis Martin Council 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 response to the Pandemic, degree ceremonies have recently been conducted on-line for safety reasons.

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

2021 Mass Intention Book

The 2021 Mass Intention book will be open on **Tuesday, August 4th**. For those requesting multiple Masses for the year, you can request 5 per week and only on Tuesdays and Thursdays.

Youth Education and News

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

RE registration is open. Please go to saintttheresaparish.com, click on "Faith" and scroll down to Religious Education K-8
—**This Sunday's Mass** will be streamed live from St. Theresa's at 10:30am, see the parish website.
—**The website, Formed.org**, is a wonderful resource for families who can't attend Mass. Go to Formed.org, Click "Sign-Up" Select "I Belong to For a Parish or Organization" Find St. Theresa Catholic Church by Zip Code 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

Attention Class of 2020
The Associates of St. John Bosco invites rising college freshmen to attend a College Night at one of the following parishes:

St. Mary - Alexandria: **July 22**
St. Mary - Fredericksburg: **July 29**

College Nights are free to all students and provide resources and support for keeping your Catholic faith when entering college this fall. Catholic student representatives from various private and public schools will be on hand to share their experiences of being a Catholic college student. To register for one of the College Nights and for additional information, visit our website at www.asjb.org. Registration is limited to 50 students per night. ** Our College Nights will be held according to all Virginia Covid-19 Guidelines for social distancing and group size.

St. Theresa Catholic School Summer Office Hours are Tuesday, Wednesday, and Thursday, 9am – 12pm. STCS Parents, please watch your email for updates.



We appreciate your interest in St. Theresa Catholic School! We are grateful for the many inquiries we've received about STCS over the past few weeks. We currently have an admissions "wait pool" for several grade levels, but are still accepting applications should anything change. Email Admissions Director Donna McDonald for more information, mcdonaldd@stsashburn.com

Saint Theresa Catholic School



STCS Parents, be sure to watch your email for school news and updates! The PTO will be holding an online election this week – check your PTO newsletter for more information.

STCS Alumni – are you graduating this year or have news to share?
Please let us know by emailing freschir@stsashburn.com (parents, please send us your children's updates). Connect with us and see what's new on social media! Visit the STCS Facebook page (@SaintTheresaSchoolAshburn), the Alumni and Friends Facebook page (@STSAshburnAlumni), and Twitter (@STSAshburnVA). Don't forget to "like" and "follow" us!

Wanting to hear Fr. Hudgins homilies?

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

News from our Parish

Job Openings
St. Theresa Catholic School is accepting applications for a 3rd Grade teacher, part-time school nurse, instructional aides, and positions in our cafeteria and Extended Day Program. Please email your resume, cover letter, and references (for 3rd Grade position include sample lesson plans) to HR@saintttheresaparish.com

St. Theresa Wedding Coordinator Ministry
We are looking to put together a Team of Coordinators to help in this ministry. Our Ministry is designed to serve our priests and to help those couples having their ceremonies at St. Theresa. No experience necessary. Duties would involve being on sight and giving guidance for Rehearsals and Day of Ceremony; preferably a Team of 2 for the same ceremony. Rehearsals are usually set for the evening before and run no longer than one (1) hour. Simple Ceremonies are one (1) hour; a Nuptial Mass is one and a half (1.5) hours. On Sight Coordinators usually arrive one (1) hour before ceremony begins and stay about 30 minutes after ceremony. Ceremonies are held on Fridays and/or Saturdays.
More details/information for anyone interested. Preferably 18years and older. Please contact Robin Lillis at: rmlillis@gmail.com or 703.729.5003.

Weekly Bible Study on the Psalms
In Psalms – The School of Prayer, an eleven-part Bible study, discover how these sacred hymns become our heartfelt response to God's loving and wondrous deeds.

This weekly study will begin online Thursday July 23 from 7-8pm. For more information go to: https://saintttheresaparish.com/activity/ and select Psalms Class or contact Linda DiMuzio at lpdimuzio@gmail.com. To register and order workbook online go to ascensionpress.com.

Teaching on Mass attendance
•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 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 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

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



Adoration Chapel Update
Adoration is open on a limited basis (Monday 9am-Friday 9pm).
Please refer to the Parish website for the update.



News from the Diocese

Live stream Masses, prayer guides and more!

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

Bishop Burbidge has dispensed all the faithful of the Diocese from the obligation to attend Sunday Mass and holy days of obligation during this time.

Governor Northam's plan for Phase 3, allows for churches to operate still keeping in mind proper social distancing. This ability may vary from one parish to another.

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.

Celebrating A Silver or Golden Wedding Anniversary This Year?

Were you married in 1970 or 1995? Then join Bishop Michael F. Burbidge for the 2020 Mass for Jubilarians to be celebrated on Sunday, October 4th at 2:30pm at the Cathedral of St. Thomas More in Arlington, Va. Contact the parish office to register no later than **September 18th**. For more info, visit www.arlingtondiocese.org/MJM.

Attention Class of 2020

The Associates of St. John Bosco invites rising college freshmen to attend a College Night at one of the following parishes:

St. Mary - Alexandria: **July 22**
St. Mary - Fredericksburg: **July 29**

College Nights are free to all students and provide resources and support for keeping your Catholic faith when entering college this fall. Catholic student representatives from George Mason, UVA, the University of Mary Washington, William & Mary, Virginia Tech, and other private and public schools will be on hand to share their experiences of being a Catholic college student. This is an excellent opportunity to network with other Catholic students and to receive resources for the transition to college only a few months away. The Nights begin at 7:00 PM, and students are encouraged to wear their college t-shirt to the event! To register for one of the College Nights and for additional information, visit our website at www.asjb.org. Registration is limited to 50 students per night. ** Our College Nights will be held according to all Virginia Covid-19 Guidelines for social distancing and group size.

WMET 'Fishers of Men' Dinner Will Honor Bishop Burbidge

Guadalupe Radio Network, working with the Diocese of Arlington, has announced **Thursday, August 20, 2020**, as the new date for its 'Fishers of Men' Dinner. The network will host this event aligned with all civil and diocesan health protocols. At Belle Haven Country Club in Alexandria, WMET will honor Bishop Michael F. Burbidge for his works of evangelization. Fr. Hezekias Carnazzo, founder of the Institute of Catholic Culture and the 2012 'Fishers of Men' Award Winner, will be keynote speaker. The annual dinner supports WMET 1160 AM & 103.1 FM (Falls Church), in the Guadalupe Radio Network, Radio for Your Soul! The 10-year-old Catholic radio station, the first in the National Capital Region, draws people closer to Christ and His Church by providing hope, inspiration, and the true teachings of our Faith, wherever the listener is on his or her journey. WMET's signal reaches 6.5 million souls in four (arch)dioceses. Guadalupe Radio Network also is celebrating its 20th anniversary as a network; it is EWTN's largest radio affiliate. To learn more about the dinner, call 877.646.1160 or visit GRNonline.com; click on the “Events” tab for details.

Three to Get Married Marriage Prep, The On-Line Version

August 27-30 (On-Line and In-Person) 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 with live-streaming talks and materials. FOCCUS Inventory included, plus it partners with the Witness to Love program and your mentor couple can join you for part of the program! Registration required. Find more information on the website https://ourladyofbethesda.org/programs/marriage/virtual-marriage-prep. Space will be limited and these weekends fill up quickly, so reserve your spot today! Our Lady of Bethesda Retreat Center, Bethesda, MD.

Virtual Reflections for Men

August 19: Holding Onto Your Treasure
Join us for the Quarantine Edition of our Monthly Reflections for Men, hosted by the Men of Regnum Christi. Advance Registration is required. Find more information and links to register at https://ourladyofbethesda.org/programs/retreats/evenings-reflection-men. $10 per person. Our Lady of Bethesda Retreat Center, A Virtual Place to Encounter Christ!

Week-Long Spiritual Retreat for Women, with Spiritual Direction (In-Person or Virtual)

Experience the peace and the challenge of the Week-Long Spiritual Exercises. Grow in your union with God and discern his will for you. This retreat will be offered in-person and virtually. Find more information on the OLB website www.ourladyofbethesda.org. Cost: $600 in-person/$225 virtual. Our Lady of Bethesda Retreat Center, A Virtual Place to Encounter Christ!

Marriage Encounter

Help your marriage be like the rich soil by participating in a Worldwide Marriage Encounter Weekend on **Sep 18-20, 2020** in Fairfax,, VA and **Jul 17-19, 2020** in Beaufort, SC. 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.

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!

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
Admin Asst:	Deena Lanier, 703.729.3577
Receptionist:	Kelly Cosenke, 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.

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DIVINE MERCY OUTREACH

Learn more, visit
www.saintttheresaparish.com

Please do not leave clothing at church. We are not accepting clothing donations.

Bed Ministry-Thank you
Many thanks to Bea Craig for becoming a co-coordinator for our bed ministry. Consider helping this ministry delivering beds, bedding to families moving out of the shelter or families and children who are sleeping on the floor. If you would like to join us as a volunteer, please contact Bea at beds@saintttheresaparish.com

Monetary Donations
Your donations help us to continue to make a difference in the lives of those who are suffering from an emergency financial crisis: especially those suffering from the impact of COVID 19, those who are disabled, suffer from unexpected medical expenses, unexpected job loss, abuse situations…The funds also help us to purchase beds for out bed ministry. No donation is too small. Even a dollar makes a difference. You can donate by giving online or mail or drop off to the parish office or placing in our lock boxes at church! Go to the parish website http://www.saintttheresaparish.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. Many thanks to all who have already donated. God bless you!

Volunteers needed for Holy Haulers Furniture Ministry
We receive many calls from folks who want to donate furniture. Una Giachinta has been coordinating this ministry and needs help. Please consider offering your time and strength to assist Una and the families in need. You can make a huge difference in someone's life just by offering a couple of hours a month.

Please contact our furniture coordinator, Una Giachinta at 571.217.7551 or furniture@saintttheresaparish.com if you can help.

The Visitation Ministry
HOMEBOUND or want to volunteer to visit the homebound? We have wonderful parishioners who would love to visit you! Maybe you need help with an errand or would like someone to pray with you- let our Visitation Ministry know. We are also looking to add to our list of volunteers to make visits. Please contact 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 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.

Looking for ways help? Consider signing up to receive our Outreach email to get up to date information on needs and volunteer opportunities. If you would like to sign up to be placed on our Outreach email 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@saintttheresaparish.com

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Courtney R. Marzban DMD
Dr. Woo is a Parishioner and STCS parent

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The National Center on Sexual Exploitation:
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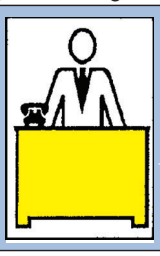


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