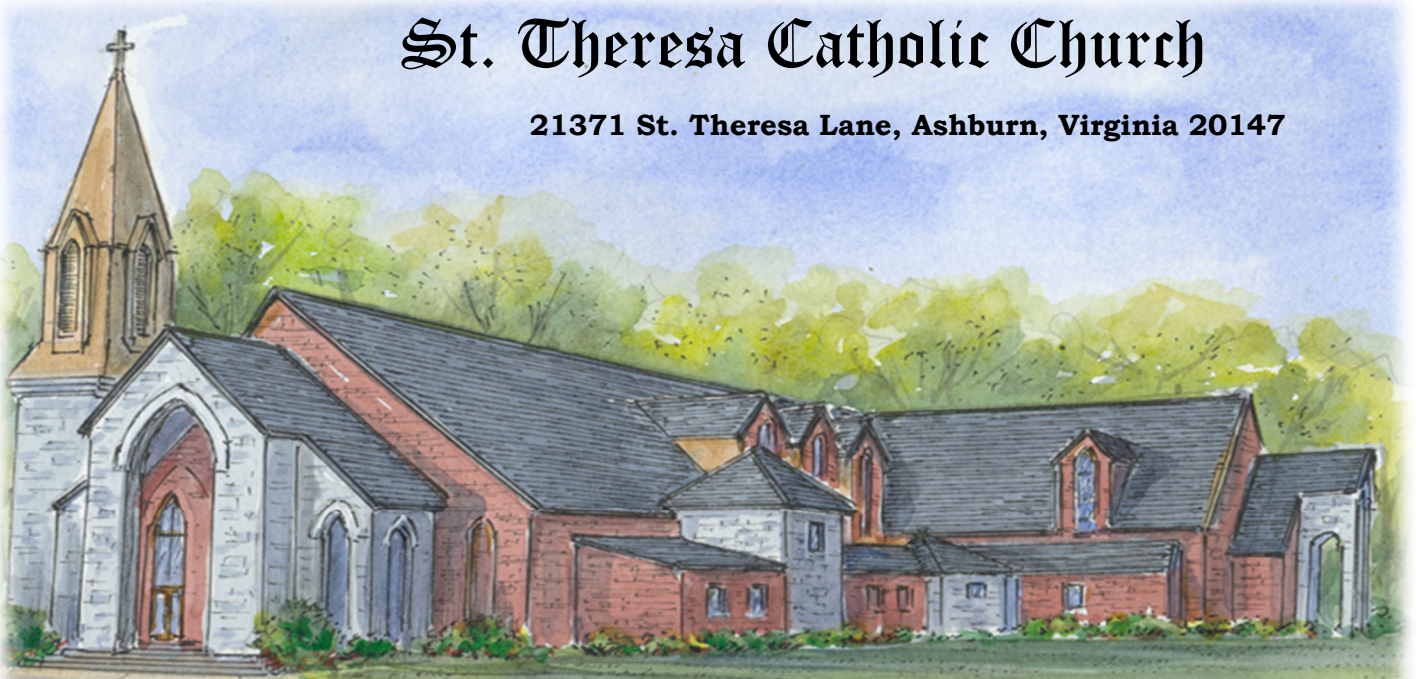


St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



July 31, 2022 Eighteenth Sunday in Ordinary Time

Masses for the Week

Mon, Aug 1	6:15— Souls in Purgatory+ 8:30— Robert Bishop+
Tues, Aug 2	6:15— The Miles Family 8:30— Joseph Michael Begley+
Wed, Aug 3	6:15— Steve Griswold+ 8:30— Harold Anderson+ 12:15— Susanne King+
Thurs, Aug 4	6:15— Doug Schmude+ 8:30— Thomas Dembeck+
Fri, Aug 5	6:15— Doug F. Schmude+ 8:30—Leonard & Mary Catherine Stevens+ 7:30— Jeff Peters+
Sat, Aug 6	8:30— Mr. & Mrs. Thomas Miles 5:30— Eric Wong
Sun, Aug 7	7:30— St. Theresa Parishioners 8:45— Adegbola Odutola 10:30— Mr. & Mrs. Joseph Mullen+ 12:30— Pat Acklin+ 5:00— Josefa Villarraga+

Parish Mass Schedule

Saturday:	8:30am, 5:30pm Vigil Mass
Sunday:	7:30, 8:45am & 10:30am 12:30 & 5:00pm
Weekdays:	6:15 and 8:30am, Monday through Friday Wednesdays: 12:15pm
Holy Days:	As announced
Holy Hour:	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
Reverend John F. O'Farrell, Parochial Vicar
Deacon Paul C. Konold
Deacon Anthony J. Renzette
Deacon Matthew K. Noah

Prayers For The Sick: Evan Sweeney, Helen Atallah, Nick Evers, Daniel Ramirez, Cynthia Ramirez, Haley Morris, Anabelle Huster, Robert Wingblade, Russell Ramons, Martha Mason, John Forbes, Ruth Carradini, Mark Naftzger, Ann Hannah, Thomas Poerstel, Daniel John Begley, Scott Spitnale, Danny Schmude, Jess Williamson, Matthew Albert Skubie, Barbara Orandello, Marcela Garcia, CJ Buechner, Nancye Pochick, Michael Robertson, Celeste Hall, Donna Caulfield, Ethan Falciani, Mary Ann Lyons, Rosario Acot, Keith Waltower, Ben Thede, Eugene Prosack, Lynn Petrara, John Spriggs.

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

Seven Signs of The Holy Spirit and The Evil Spirit. A Revelation to St. Bridget

According to St. Bridget of Sweden, the Blessed Virgin Mary gave her seven signs to discern the inspirations of the Holy Spirit, and the evil spirit.

7 Signs of the Holy Spirit

1. The Holy Spirit makes us see worldly things as worthless, and to consider worldly honor as mere air.
2. The Holy Spirit makes God and his will attractive, while the attractive power of carnal things grows cold.
3. The Holy Spirit inspires us to patience, and to find joy only in God.
4. The Holy Spirit inspires our minds to be loving and compassionate with others, even with our enemies.
5. The Holy Spirit inspires us to many kinds of abstinence, even from licit things.
6. The Holy Spirit leads us to trust God in the midst of hardships, and even to find joy in hardships.
7. The Holy Spirit gives us the desire to depart this world and to be with Christ, rather than to enjoy worldly success at the expense of our soul.

7 Signs of the Evil Spirit

1. The evil spirit makes the world seem sweet, and heaven distasteful.
2. The evil spirit makes us seek honors and forget the meaning of our lives.
3. The evil spirit arouses hatred and impatience in the heart.
4. The evil spirit makes us arrogant and bold towards God, and obstinate in our own plans.
5. The evil spirit leads us to make light of our sins, and to make excuses for them.
6. The evil spirit inspires our minds to frivolous things, and to every kind of bodily impurity.
7. The evil spirit inspires in us a feeling of shame about going to confession.

(From the Prophecies and Revelations of Saint Bridget, Book 4, Ch 23)



St. Theresa Catholic Church
THE GABRIEL PROJECT

Dear parishioners of St. Theresa's, Birthright of Loudoun County would like to thank you so very much for running a Baby Bottle Drive for our crisis pregnancy center this year. This giving effort was a remarkable success & our ministry is so incredibly grateful for your generous hearts! We were so blessed with all the bottles



you returned & your generous support! We know we can speak for the Moms we serve & their families, when we say that they are so grateful for your help, as well. We've collected over \$8,000 in donations, so far, & still expect more to be arriving! A special shout out to Marianne Mazzatenta & all the Gabriel Project volunteers for all they did to make this happen!

May God continue to bless each & every one of you in this summer & always!

Elaine Marshall
Executive Director
Birthright of Loudoun County
16 Royal St, SE
Leesburg, VA 20175
703-777-7272

Wanting to hear Fr. Hudgins' homilies?

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

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

Youth Education and News



ymoffice@sainttheresaparish.com

July:

Sunday, the 31st -Upper Room Squad
- High School Youth Group, 6-7:45pm

August:

Sunday, the 7th -Upper Room Squad -
High School Youth Group, 6-7:45pm

Monday, the 8th -Prepare bags for the
Parish Food Drive, 7pm Louis Martin
Room, (about 1 hour)

Sunday, the 21st -Parish Food
Transport & Sort after 8:45am & 5pm
Masses (about an hour)

Monday, the 22nd -Complete Food
Sort, 7pm Louis Martin Room, (about
1.5 hours)

Tuesday, the 23rd - Load Donated
Food for transport to Food Pantry,
6:15-6:45pm (about 30 minutes)

Sunday, the 28th -Upper Room Squad

- High School Youth Group, 6-7:45pm

Monday, the 29th -Teen Leader Training
for Confirmation Retreats, 7-8pm

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



Office Hours:

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

**The Religious Education Program is
in need of teachers on the following
days for the following grades this
coming school year:**

Monday Afternoons, 4:30pm -
1st and 2nd grade

Tuesday Afternoons, 4:30pm -
4th, 6th, and 7th grade

Wednesday Afternoons, 4:30pm -
7th grade

Wednesday Evenings, 6:15pm -
1st and 5th grade

Please contact the RE Office right
away if you would be able to assist.

**Registration for Religious Education
classes is now open.** Please visit the
parish website for information about
how to sign your children up for clas-
ses next year.

Adults Plan Ahead to Volunteer

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

Join the FUN -- we're hiring!

STCS Extended Day Care

Mon.- Fri., 3:00-5:00pm
(job share option)



Great opportunity for high
school students with early
release -- or college students!

For details email
HR@sainttheresaparish.com



Saint Theresa Catholic School

**STCS Parents, mark your calendars:
Monday, August 22 is Meet Your
Teacher Day and PTO's Used Uni-
form Sale!** Details will be coming soon
in the next **Summer Update** email
from Mrs. O'Malley.

**St. Theresa Catholic School Office
summer hours are:** Tuesday,
Wednesday, and Thursday, 9am -
1pm.

**St. Theresa Catholic School (STCS)
has space available in a few grades
for the 2022-23 school year.** For
more information visit our website,
www.stsashburn.com, (click

'Admissions') or email Admissions Di-
rector Denise Rotell,
rotelld@stsashburn.com.

St. Theresa Catholic School is accept-
ing applications for a **Extended Day
Care Staff, Cafeteria Staff, and Sub-
stitute Teachers.** To apply, please
send your resume, cover letter, and
references to
HR@sainttheresaparish.com.



Adult Education and Spiritual Enrichment

Women's Discipleship Group

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

Parish women of all ages are cordially
invited to explore a spiritual relation-
ship with Jesus through Lectio Divina
and our current book of inspirational
reflection.

For more information contact Dawn
Garabito, 862.812.0039 or
dmarie213@aol.com

Interested in learning about the Legion of Mary?

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

News from our Parish

Announcing Two Parish-Wide Events:

Fr. Hudgins would like to offer all parishioners the opportunity to prepare and partake of two important spiritual events after all Masses on August 14, Total Consecration to Jesus through Mary and formal investiture in the Brown Scapular.

Total Consecration to Jesus through Mary - Preparation will begin July 12th using Fr. Gaitley's 33 Days to Morning Glory magazine. Look for the Legion of Mary table in the Narthex on July 3 and July 10 to pick up your preparation booklet. For those who have done the Consecration before, it is an opportunity to renew.

Brown Scapular Enrollment - Enrollment in the Brown Scapular is after each Mass on August 14th. If you have previously been formally enrolled, re enrollment is not required. Read more about these events on the parish website.

St. Zelig Moms Group

Mothers of the Parish, we are starting up the St. Zelig Moms Group. Please join us every Tuesday, from 9:30-11am for faith and fellowship in Zelig 2&3 in the parish building. All moms

welcome, regardless of the age of your children. Contact Christine Brooks at christinenkids@gmail.com for more information. Join us and check out our summer events in our facebook group: St. Zelig Moms Group at St. Theresa's.

Red Cross Blood Drive - Please consider supporting the American Red Cross at our next St. Theresa blood drive on THURSDAY, August 11th, from 10am - 3:30pm. (Please note this drive is NOT on a Saturday). As always, your help will save lives! To register online: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=StTheresaChurch>. If you have ANY difficulty, please e-mail Colleen Dwyer at colleenhome87@gmail.com or call 703.969.3667 & she will register you. The Red Cross is extremely grateful to the very generous St. Theresa parishioners for their continued support in these blood drives.

We're Hiring

St. Theresa Catholic School is accepting applications for a **Extended Day Care Staff, Cafeteria Staff, and Substitute Teachers**. To apply, please

send your resume, cover letter, and references to HR@sainttheresaparish.com.

New Mass and Confessions coming in September!

Effective September 1, there will be a 12:15pm Mass offered on Mondays (except Federal holidays), additional Confessions Wednesdays, 9-9:30am and First Friday 7:30pm Mass is moving to 12:15pm.

Registration opens NEXT WEEK for our Parish golf tournament! The 12th Annual Friends of St. Theresa Golf Tournament for Tuition Assistance will be on Monday, October 3, 2022 at Belmont Country Club. This event is a treasured parish tradition - *you don't want to miss it!* Mark your calendars now for October 3, registration will open next week!



Current Vacant Adoration Slots

Critical Need—No Adorer Scheduled

Urgent Need—No Adorer For First Half Hour

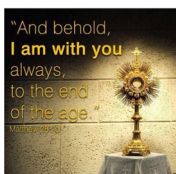
Second Adorer Needed

One Adorer already for these time slots but need one more Adorer.

If you can sign up for one of these available slots, it would be greatly appreciated.

To sign up, go to:

<http://sainttheresa.letusadore.com>



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12:00am	1:00am	12:00am	12:30am	12:30am	12:30am	1:00am
1:00am	2:00am	1:00am	1:00am	1:30am	1:00am	2:00am
2:00am	3:00am	2:00am	1:30am	3:30am	1:30am	2:30am
3:00am	4:00am	3:00am	2:30am	5:00am	2:30am	3:30am
4:00am	7:00am	3:30am	3:30am	8:00am	3:30am	4:30am
5:00am	9:00am	4:30am	8:00am	1:00pm	5:00am	7:00am
6:00am	10:30am	8:30am	9:00am	2:30pm	6:00am	9:00am
7:00am	11:30am	9:30am	10:00am	3:00pm	8:00am	10:00am
8:30am	1:00pm	1:00pm	12:00pm	4:00pm	9:00am	11:00am
9:30am	2:00pm	5:30pm	8:30pm		11:00am	12:00pm
10:30am		6:30pm	10:00pm		12:00pm	1:00pm
11:00am		7:30pm	11:30pm		4:30pm	2:00pm
1:00pm					8:30pm	3:00pm
2:00pm					11:00pm	4:00pm
8:00pm						5:00pm
9:00pm						6:00pm
10:00pm						7:00pm
11:00pm						8:00pm
						9:00pm
						10:00pm

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



Knights of Columbus

Support Ukraine: The KofC Ukraine Solidarity Fund is accepting donations that will help provide shelter, food, medical supplies, clothing, etc., to the besieged people of Ukraine. You can make your check out to "Knights of Columbus Charities, Inc." and write "Ukraine Solidarity Fund" in the memo line. Mail your check to: Knights of Columbus Charities, Inc., P.O. Box 1966, New Haven, CT, 06510-1966. Or use the link below to donate online. <https://www.kofc.org/secure/en/donate/ukraine.html>

Are you a parishioner in need of a home repair? If you need help in

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

Call for Handyman Crew Volunteers:

Are you available to volunteer as a handyman for those in need? The volunteers of the St. Louis Martin Council of the Knights of Columbus are available to complete small home repairs for the benefit of those in need who are physically incapable of performing the work, or for whom the

hiring of a professional is cost prohibitive. Typical projects include Plumbing, Electrical, Carpentry, and Painting. As a volunteer, you will have the opportunity to work alongside brother knights in support of a worthy cause. What do you get in return? A smile and a thank you from the people you helped. Learn more here: <https://www.st-louismartin-kofc.org/handy-man-services>.

Interested in learning more about the Knights of Columbus? See our most Frequently Asked Questions at <https://www.st-louismartin-kofc.org/faqs>. Read the latest issue (June 2022) of our Council's Quarterly Newsletter by scanning here:



News Around the Diocese

Help our Seminarians Prepare for the Priesthood

Please consider giving to the Seminarian Education Endowment Fund (SEEF). The income from this endowment fund helps cover seminarian expenses such as tuition, books, and insurance, which average over \$45,000 per seminarian, per year. To donate online, go to www.arlingtondiocese.org/donate_SEEF or mail a check payable to Foundation for CDA-SEEF to 200 N. Glebe Road, Suite 811, Arlington, VA 22203. Thank you.

Celebrating A Golden or Silver Wedding Anniversary This Year?

Were you married in 1972 or 1997? Then join Bishop Michael F. Burbidge for the 2022 Mass for Jubilarians to be celebrated on Sunday, October 16th at 3pm at the Cathedral of St. Thomas More in Arlington, VA. Contact the parish office to register no later than October 3rd. For more info, visit www.arlingtondiocese.org/MJM.

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

National Conference for Single Catholics September 16th-18th, 2022 - join hundreds of single Catholics from across the country (and beyond!) at

the 21st National Conference for Single Catholics at the Westfields Marriott in Chantilly, VA (DC Metro Area). The weekend includes talks by dynamic speakers, music, social events, Mass, adoration, opportunities for confession, fellowship, food and more. Register between July 5th and July 25th with this promo code (PARISH22) to get \$100 off the general admission! Discount limited to the first 50 people nationwide to use this code. Visit www.NationalCatholicSingles.com for more information and to register. (Can't find your question answered on the website? Call 512.766.5798.)

Catholic Distance University and the Diocese of Arlington Classes

Making the Case for Christ, offered August 8–29, 2022, will help Catholics develop objective and persuasive reasons for belief that are valuable for sharing with those who may doubt the historical reality, divinity, or resurrection of Jesus. Learn more and enroll for just \$65 at <https://www.pathlms.com/cdu/courses/42287>. Use the access code, CDU15ARLINGTON, when signing up to receive the reduced tuition.

Three to Get Married Marriage Prep

Aug 11-14
This Marriage Preparation Program is a Catholic Pre-Cana program for seriously dating and engaged couples. An intensive preparation experience true to the teachings of the Catholic Church. Convenient one-weekend schedule. FOCCUS is included. \$315 per couple. Space is limited and it fills

up quickly! Find more info on the website ourladyofbethesda.org. Our Lady of Bethesda Retreat Center, Bethesda, MD.

Silent Retreat Weekends

Women: Aug 5-7; Men: Aug 19-21
We encourage you to spend a summer weekend growing in your faith and become spiritually stronger. Explore your mission in life and experience His Presence in the silence! Retreats are based on the Spiritual Exercises of St. Ignatius of Loyola. Cost: \$250 per person. Info and links to register on the website www.ourladyofbethesda.org.

Understanding Anxiety & Stress in a Post-Pandemic World—Workshop Series: Starts September 8, 2022

Learn how to feel stronger and healthier in a post-pandemic world by attending this upcoming series of workshops presenting talks and time to practice learning a new technique experientially. Presented by Dr. Kathleen Musslewhite, Executive Director of the Alpha Omega Clinic, the series will run monthly on Thursday evenings: Sep 8, Oct 13, Nov 10, Jan 12, Feb 9, Mar 2; each session duration: 7:00-8:30pm. The cost for each session is \$60 per person, or sign up for the entire series for \$300 per person. Come to all or some. This program is a collaboration of Our Lady of Bethesda Retreat Center with the Alpha Omega Clinic, both located at 7007 Bradley Blvd., Bethesda, MD 20817. Find more information and links to register on our website: www.ourladyofbethesda.org

Parish Offices

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

Religious Education Offices

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

School Offices

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

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

Sacraments

Sponsor Certificates

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

Baptisms

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

Matrimony

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

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

RCIA

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

Hospitalized/Homebound

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



Learn more, visit
www.sainttheresaparish.com

Little Flower Consignment Sale on Sept 24th. Mark your calendar! Consign, volunteer, shop or donate items. Proceeds go to families in need through Divine Mercy Outreach. Go to www.littleflowerconsignments.org for more information.

The Visitation Ministry HOMEBOUND or want to volunteer to visit the homebound? We have wonderful parishioners who would love to call and visit you by phone if you are not comfortable with a home visit at this time! If you need help with an errand or would like someone to pray with you, let us 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 arrival of a new baby, illness or a medical situation in the immediate family...Contact Emily Wilsey at emwilsey@aol.com or

703.585.5435 to volunteer to make meals or if you or a loved one need of help with meals.

Bed Ministry Needs

If you can help, we are in need of new mattress pads- all sizes and queen size comforters to help families in need. Please drop off or ship to the parish office. Thank you to those who have donated items! You are making a difference! God bless you.

Bed Ministry

Volunteer for the Bed Ministry - volunteers with trucks or Large SUVs needed especially! Great to do this with your teenager too!

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

Monetary Donations—Your donations make a difference in the lives of struggling families! There are struggling veterans, individuals and fami-

lies due to domestic violence, disabilities, layoffs, medical issues and unforeseen circumstances that need help in moving forward. These donations also help to purchase beds and cribs for families in need. We just ordered \$5900 worth of beds to help families in need.

Donations accepted online, or by mail or drop off to the parish office. Please indicate DMO in the memo of the check or on the envelope. To donate online go to the parish website <http://www.sainttheresaparish.com> and click on "Donate" tab to make a monetary donation online! Thank you for helping us to bring Christ's love to others by helping them in their time of need.

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

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

www.sainttheresaparish.com

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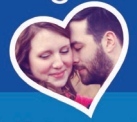
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Email: public@ncose.com www.EndSexualExploitation.org



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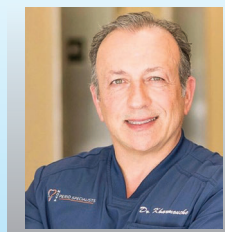
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