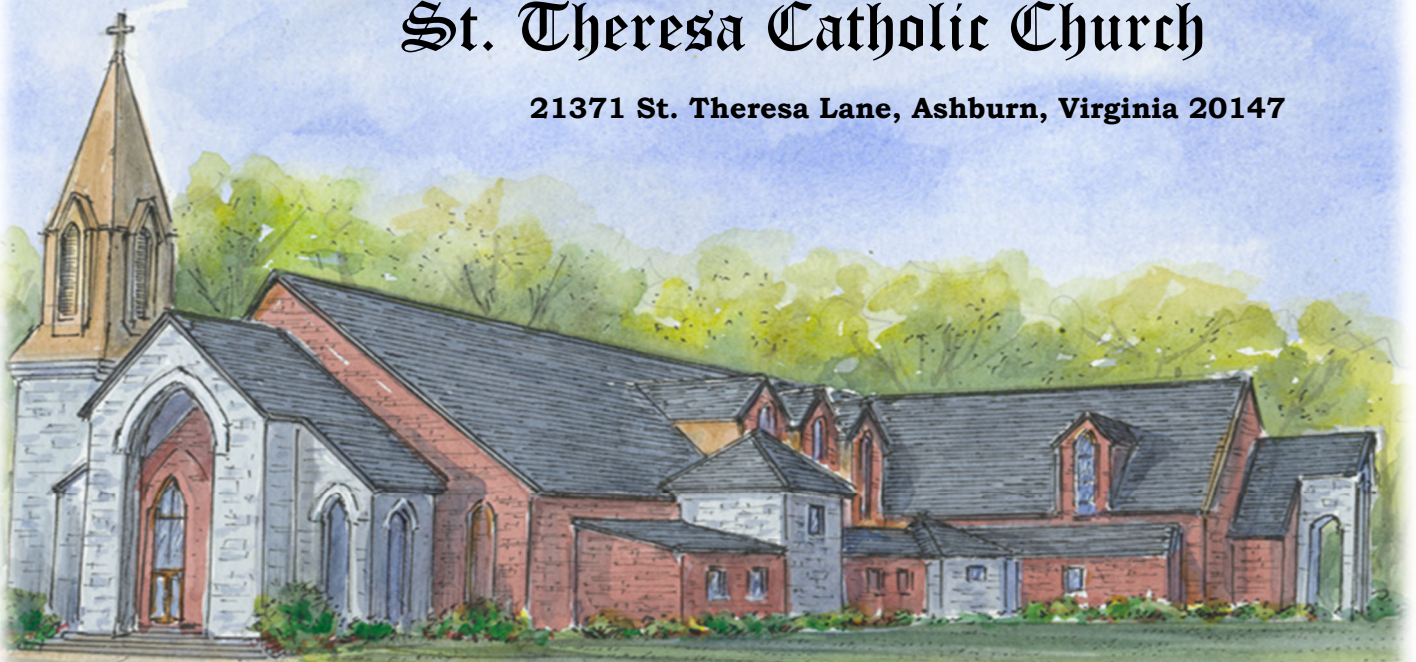


St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



August 14, 2022 Twentieth Sunday in Ordinary Time

Masses for the Week

Mon, Aug 15	6:15— Susan Clay 8:30— Theresa Roth 12:15— Mary Kathryn Hogan+
Tues, Aug 16	6:15— Jerome Miles+ 8:30— Alice Guest+
Wed, Aug 17	6:15— LaVern Elizabeth Graham+ 8:30— NETS 12:15— Anthony Giunta, Jr.
Thurs, Aug 18	6:15— Robert F. Snakard+ 8:30— The McFadden Family L&+
Fri, Aug 19	6:15— Fran & Bernie Pazanowski+ 8:30— Joseph Murphy+
Sat, Aug 20	8:30— Le Kha-Lanh Nguyen 5:30— George Klenk+
Sun, Aug 21	7:30— The Nelson Family 8:45— Aileen Onufrychuk+ 10:30— Fausto Calvo Underwood+ 12:30— Douglas & Betty Schmude+ 5:00— St. Theresa Parishioners

Parish Mass Schedule

Saturday:	8:30am, 5:30pm Vigil Mass
Sunday:	7:30, 8:45am & 10:30am 12:30 & 5:00pm
Weekdays:	6:15 and 8:30am, Monday through Friday 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, 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.

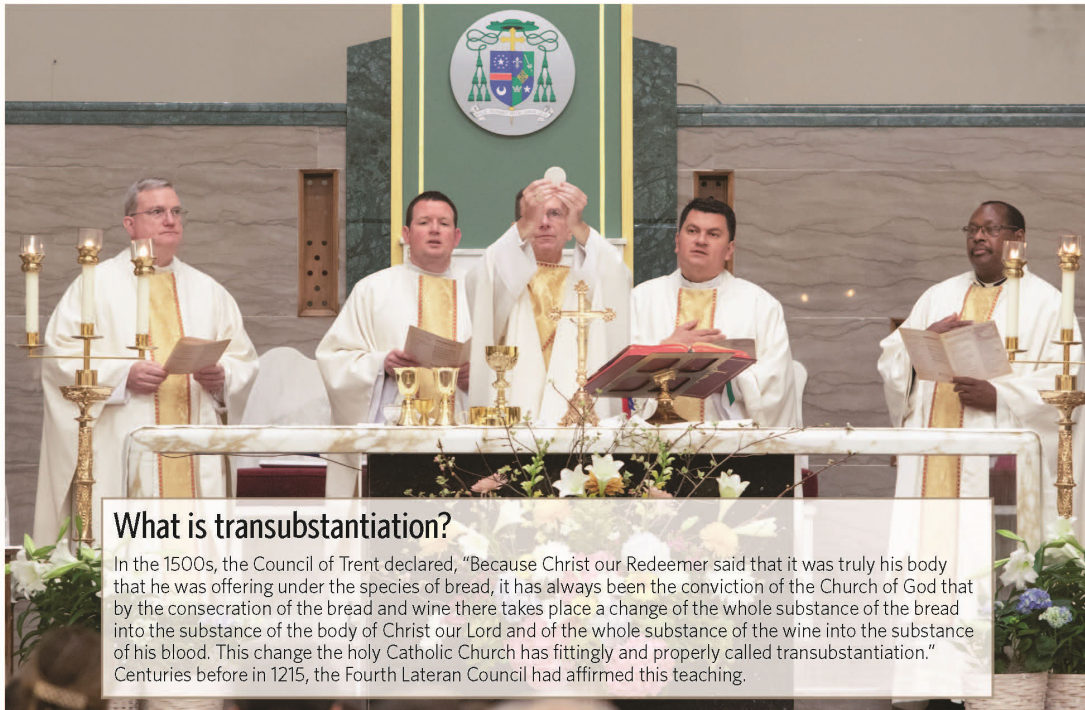
THE EUCHARIST EXPLAINED

By **ZOEY MARAIST**

Catholic Herald Staff Writer

The Catechism of the Catholic Church calls the Eucharist “the source and summit of the Christian life.” The Arlington diocese, in preparation for its 50th anniversary, is marking this year with the theme “Remember,” reflecting on the Eucharist and Christ’s words during the Last Supper: “Do this in remembrance of me.” The U.S. Conference of Catholic Bishops recently launched a multiyear Eucharistic revival.

Learn more about the Eucharist through church documents and the expertise of Matthew Tsakanikas, a theology professor at Christendom College in Front Royal.



What is transubstantiation?

In the 1500s, the Council of Trent declared, “Because Christ our Redeemer said that it was truly his body that he was offering under the species of bread, it has always been the conviction of the Church of God that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called transubstantiation.” Centuries before in 1215, the Fourth Lateran Council had affirmed this teaching.

How does the host and wine become Christ’s body and blood?

Section 1412 of the catechism says that wheat bread and grape wine become the Eucharist when the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper: “This is my body which will be given up for you. This is the cup of my blood.”

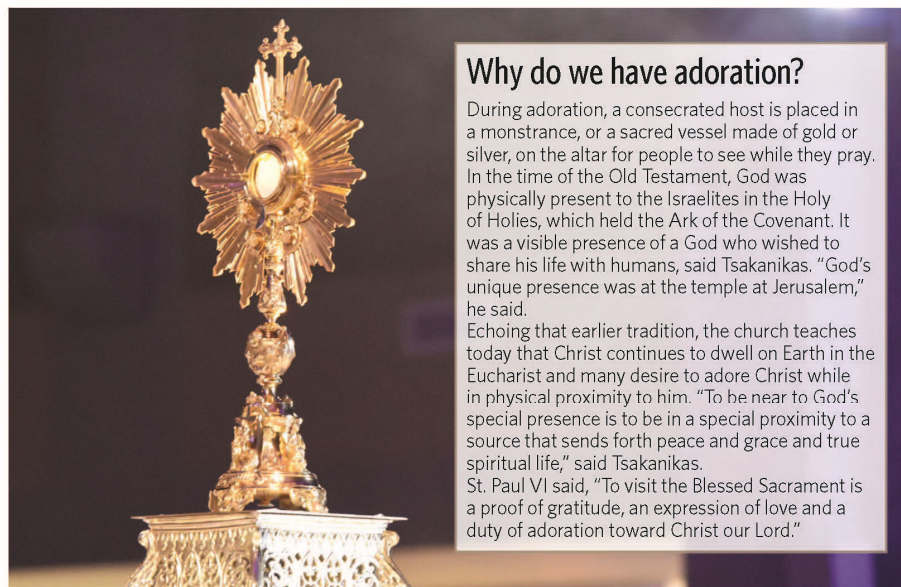


Why isn’t the Precious Blood usually offered to Massgoers?

Since Christ is fully present in both the consecrated bread and wine, those who receive only the host receive all the fruit of Eucharistic grace, according to section 1390 of the catechism. This is the most common way of receiving Communion in the Latin rite, or Roman Catholic Church. Eastern rite Catholics usually receive Communion under both species, bread and wine.

Can non-Catholic Christians receive Communion?

Catholics believe receiving Communion signifies that the recipient affirms the teachings of the church. According to section 1400 of the catechism, “Ecclesial communities derived from the Reformation and separated from the Catholic Church (also known as Protestant churches), ‘have not preserved the proper reality of the Eucharistic mystery in its fullness, especially because of the absence of the sacrament of Holy Orders.’ It is for this reason that, for the Catholic Church, Eucharistic intercommunion with these communities is not possible. However these ecclesial communities, ‘when they commemorate the Lord’s death and resurrection in the Holy Supper ... profess that it signifies life in communion with Christ and await his coming in glory.’” However, Orthodox churches do “possess true sacraments,” and therefore their members can be admitted to Communion at Roman Catholic churches.



Why do we have adoration?

During adoration, a consecrated host is placed in a monstrance, or a sacred vessel made of gold or silver, on the altar for people to see while they pray. In the time of the Old Testament, God was physically present to the Israelites in the Holy of Holies, which held the Ark of the Covenant. It was a visible presence of a God who wished to share his life with humans, said Tsakanikas. “God’s unique presence was at the temple at Jerusalem,” he said. Echoing that earlier tradition, the church teaches today that Christ continues to dwell on Earth in the Eucharist and many desire to adore Christ while in physical proximity to him. “To be near to God’s special presence is to be in a special proximity to a source that sends forth peace and grace and true spiritual life,” said Tsakanikas. St. Paul VI said, “To visit the Blessed Sacrament is a proof of gratitude, an expression of love and a duty of adoration toward Christ our Lord.”

Youth Education and News



ymoffice@sainttheresaparish.com

August:

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 volunteers need to be compliant - having a background clearance check and having completed a mandatory Child Protection Course (Virtus). Contact Paul Dwyer, ymoffice@sainttheresaparish.com.



Office Hours:

Mon–Thurs. 9am-4pm; Fri. 9am-noon

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 classes 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.



Please re-link your Harris Teeter cards with St. Theresa Catholic School (STCS)! Parents, grandparents, alumni, parishioners, & friends,



don't forget that each summer you need to re-link your Harris Teeter card. Visit www.harristeeter.com/together-in-education and use **code #5887**. You can also stop at the customer service desk in-store for help.

Back to School Shopping? If you shop on Amazon, choose **AmazonSmile** and designate **"St Theresa Parish School"** (Note: no period after "St") and Amazon will give back a portion of your purchase to our school. *Thank you for supporting STCS!*

STCS Parents, mark your calendars: Monday, August 22 is Meet Your Teacher Day and PTO's Used Uniform Sale! Look for details in the August 11 **Thursday Thunder** email

from Mrs. O'Malley.

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 Director Denise Rotell, rotell@stsashburn.com.

St. Theresa Catholic School is accepting applications for a **Extended Day Care Staff and Substitute 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 reading 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 relationship 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



New Altar Server Training

For boys 4th grader and older. New servers, please come to two of the following trainings:

Thursday September 22: 4:00-5:00
 Saturday September 24: 10:30-11:30
 Thursday September 29: 4:00-5:00
 Friday September 30: 4:00-5:00
 Saturday October 1: 10:30-11:30

Please email Fr. Barnes to sign up.
frbarnes@sainttheresaparish.com

St. Zelig Moms Group

Mothers of the parish, we invite you to join the St. Zelig Moms Group! We are a group of women that share our Catholic faith who come together to share the joys and crosses of motherhood. Moms to children of all ages are welcome to participate. Children are welcome, too! Please see our facebook group, St. Zelig Moms Group at St. Theresa Parish, for a current list of

events or contact Kaylene O'Day at kaylene.oday@gmail.com to receive weekly emails.

We're Hiring

St. Theresa Catholic School is accepting applications for a **Extended Day Care Staff and Substitute Teachers**.

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

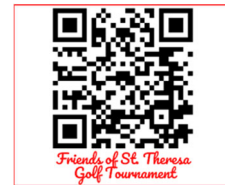
Cub Scout Pack 997 (sponsored by St. Theresa Parish) welcomes new Cub Scouts for the 2022-2023 school year! We have an exciting and engaging program planned. We are open to boys in grades K through 5; Scouts need not be students at St. Theresa School. A Join Scouting Night will be held in September. Interested families should send an email to pack997leaders@googlegroups.com for more information

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.

Sponsors & Golfers: Register is NOW OPEN for our Parish golf tournament! The 12th Annual Friends of St. Theresa Golf Tournament for tuition assistance is on Monday, October 3, 2022 at Belmont Country Club. This event is a treasured parish tradition – *you don't want to miss it!* **Sponsors & golfers are needed – register EARLY as we expect another great turnout!** Scan the QR code or visit the parish website, www.sainttheresaparish.com, for details.



Current Vacant Adoration Slots

Critical Need—No Adorer Scheduled

Urgent Need—No Adorer For First Half Hour

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

Wanting to hear Fr. Hudgins' homilies?

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



Knights of Columbus

Food Drive: Last month our generous parishioners donated 4,046 pounds of food. Thanks to the parishioners, volunteers, and especially the youth group for donating food, sorting items, and transferring them to the Catholic Charities Loudoun Food Pantry in Sterling. Your kindness and time make this program successful. Our next collection will take place the weekend of August 20/21. Please pick up a blue bag this weekend (August 13/14) and return it next weekend with your donation.

For a complete list of priority items needed, please go to <https://www.st-louismartin-kofc.org/loudoun-food-pantry-2> or scan here:



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 per-

forming 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>. See what we're up to...read the latest issues of our Council newsletters by scanning here:



News Around the Diocese

How to Help our Seminarians Prepare for the Priesthood

The diocese is blessed to have a record number of seminarians studying for the priesthood. Please consider making a gift to the Seminarian Education Endowment Fund (SEEF). As this endowment fund grows, it will provide perpetual funding for the education and formation of our seminarians which average over \$45,000 per seminarian, per year. To give online, visit 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 to their meetings every third Thursday of the month at 7:30pm at St. John's in Leesburg. 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.)

Behold, I make all things new: A Healing retreat from the wounds caused by divorce.

Sept. 15, 4:30-9:30pm, Westfield Marriott, Chantilly, VA <https://nationalcatholicingles.com/evening-healing-retreat/> All are welcome, especially those who desire an encounter with the healing power of Christ. If you have been affected by a divorce/broken trust/abuse/deficiency of love or have wounds that are affecting your identity or self-worth. This retreat will focus on the beauty and power in our God-given identity, inner healing, forgiveness, and drawing closer to God through surrender and trust.

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

Married Couples

Getting ready for school means lots of time spent on your children. After school begins, why not give yourselves some time together? Make a Worldwide Marriage Encounter Weekend Experience! September 23-25, 2022 at the Crowne Plaza in Reston VA. To register, go to WWME.org, click "Apply" and search on Virginia. Only 11 spots available! Contact Mark and Cathy Stangler at 703.378.4150 or mstang1987@aol.com with questions.

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

Bloomin 4 Good Program—Giant Food in Ashburn Village will donate \$1 to St. Theresa's Food Programs FOR EACH SPECIALLY MARKED \$12.99 Bloomin 4 Good bouquet that is sold in the Ashburn Village store during the month of August.

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. Don't want to consign but have items to donate, contact Elisa Mitchell at eagmitchell@gmail.com

Bed ministry needs—If you can help, we are still in need of new mattress pads- all sizes 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.

Furniture Ministry—accepting kitchen tables & chairs, small dressers and metal bed frames. Please contact our furniture coordinator, Una Giachinta

at 571.217.7551 or furniture@sainttheresaparish.com if you want to help or if you have these items to donate.

Monetary Donations—We assist families with over \$11,000 in assistance in July. Your donations make a difference in the lives of struggling families! There are struggling veterans, individuals and families due to domestic violence, disabilities, layoffs, medical issues and unforeseen circumstances that need help in moving forward. These donations also help to purchase beds and cribs for 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.

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

The Visitation Ministry HOME-BOUND 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.

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.

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