

St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



August 29, 2021 Twenty-Second Sunday in Ordinary Time

Masses for the Week

Mon, August 30	6:15— Anthony J. Spierto+ 8:30— LeRoy Hockenbury+
Tues, August 31	6:15— Ellen W. Fagan+ 8:30— Joann Hockenbury+
Wed, Sept 1	6:15— Miles Family 8:30— The Szegedy Family L & + 12:15— Clare Coyle+
Thurs, Sept 2	6:15— William Bristowe+ 8:30— Joseph Michael Begley+
Fri, Sept 3	6:15— The Miranda Family L & + 8:30— Ara Der-Boshossian+ 7:30— Marianne Wall+
Sat, Sept 4	8:30— Nick Carrescia+ 5:30— William Fairbanks+
Sun, Sept 5	7:30— Teresa Moebes+ 8:45— James Hyep Nguyen+ 10:30— Louis Sebastian+ 12:30— St. Theresa Parishioners 5:00— Robert & Mary Jane Murphy+

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
Deacon Paul C. Konold
Deacon Anthony J. Renzette
Deacon Matthew K. Noah

Prayers For The Sick: Thomas Poerstel, Daniel John Begley, Scott Spitnale, Danny Schmude, Jess Williamson, Doug Schmude, Matthew Albert Skubie, Barbara Orandel-lo, Jeff Peters, Leah Monteiro, Marcela Garcia, CJ Buechner, Nancye Pochick, Quinn Gorman, Michael Robertson, Nickalus Shalin, Celeste Hall, Donna Caulfield, Ethan Falciani, Mary Ann Lyons, Rosario Acot, Keith Waltower, 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.

Prayers For Our Military: Eric Frames, Bill Freschi, Paul Schierling, Marshall Kellner, Colin Freyne, Caleb Heffern, 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 Seliuini, 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.

The Mass in Slow Motion, Continued... The Eucharistic Prayer

Let's continue looking closely at the Mass, as we have in past weeks. Last time, we looked at the Preface. Today let's begin to consider the most important part of the Mass, the Eucharistic Prayer.

The Eucharistic Prayer is the central prayer of the Mass. It's that lengthy prayer offered by the priest which begins right after the Sanctus ("Holy, Holy, Holy...") and ends with the Doxology ("Through Him, With Him, In Him..."), just before we recite the Our Father. The Eucharistic Prayer is the part of Mass which consecrates the Eucharist itself.

Have you noticed how different priests offer different Eucharistic Prayers, and how this prayer will vary from one Mass to another, or from one week to the next? That's because there are several Eucharistic Prayers that a priest can choose from. Generally speaking, however, priests use one of three different Eucharistic Prayers—the three most common Eucharistic Prayers, which are known as Eucharistic Prayer I, II, and III. How does the priest know which Eucharistic Prayer to say? The short answer is that the priest simply chooses whichever prayer he thinks is best for the day. Here's a very quick look at the "big three" Eucharistic Prayers, together with a brief rationale for choosing it.

Eucharistic Prayer I. This Eucharistic Prayer, also known as the Roman Canon, is the longest and oldest of the three. It dates at least to the time of Pope Gregory I (590AD), and some sections of the prayer date to the fourth and fifth centuries. As the name suggests, this prayer has its origins in the ancient Church of Rome. This Eucharistic Prayer includes lists of ancient Roman martyrs ("...Linus, Cletus, Clement, Sixtus, Cornelius...), references to Old Testament sacrifices ("...Abel the just...Abraham our Father in faith...high priest Melchizedek...), and a specific petition for deliverance from hell, ("...command that we be delivered from eternal damnation..."). A priest might choose this prayer because he loves the antiquity of it, or because he believes these prayers and petitions best serve the eternal well-being of the people. He does not choose it because it is the shortest, or the easiest to say, because this Eucharistic Prayer is clearly the longest and most difficult.

Eucharistic Prayer II. This is the shortest Eucharistic Prayer, and is based on the Anaphora of St. Hippolytus, which was a Eucharistic Prayer from the 3rd century. However, it did not take its current form until it was promulgated in 1968. You'll hear this Eucharistic Prayer at a weekday Mass, but almost never on a Sunday. Why? Because it's so brief! Generally speaking, priests believe that the people deserve a bit more prayer at Sunday Mass than on weekdays, when our schedules are tighter. Occasionally, a priest will pray Eucharistic Prayer II on a Sunday if there's some unusual time constraint. I've been known to offer this Eucharistic Prayer on hot summer days when the air conditioning was broken!

Eucharistic Prayer III. This is the most commonly used Eucharistic Prayer for Sunday Mass. Priests will pray Eucharistic Prayer III because it is not "too short" or "too long," and because it is the only Eucharistic Prayer that specifically allows the priest to include the name of a saint ("...with your blessed Apostles, glorious Martyrs, with St. Theresa, and with all the saints..."). It was composed from ancient Alexandrian, Maronite, and Byzantine prayers, and has a particular emphasis on the Holy Spirit, who is invoked four times. Like Eucharistic Prayer II, this prayer was promulgated in 1968.

There are several other Eucharistic Prayers, but for the sake of brevity, I will stop with these three. You'll hear one of these three prayers at nearly all the Masses you attend. We will continue with the Eucharistic Prayer next time.

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



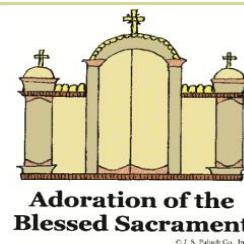
Fr. Hudgins

Current Vacant Adoration Slots

Adoration Chapel Update

Adoration is open on a limited basis (Monday 9am-Friday 9pm). Please see here for vacant slots:

Mon	Tues	Wed	Thurs	Fri
12:30pm	12:30am	12:30am	12:30am	12:30am
11:30pm	1:30am	1:30am	1:30am	1:30am
	2:30am	2:30am	2:30am	3:30am
	3:30am	3:30am	3:30pm	6:00pm
		10:30am		



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

Youth Education and News



ymoffice@sainttheresaparish.com

Upcoming Youth Group Events:

August:

Sunday, the 29th-

Parish Food Transport and Sort after 8:45am & 5pm Masses (about an hour)

Monday, the 30th -

Complete the Food Sort, 7pm Louis Martin Room, (about 1.5 hours)

September:

Wednesday, the 1st-

Load Donated Food for transport to Food Pantry, 6:30-7pm

Saturday, the 11th-

Confirmation Retreat, 1:30-8pm (need to be pre-registered)

Sunday, the 12th-

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

Saturday, the 25th-

Rock Squad-Middle School Youth Group led by High Schoolers. 3-4:45pm

Sunday, the 26th-

Parish Food Transport & Sort after 8:45am & 5pm Masses (about an hour)

Monday, the 27th-

Complete the Food Sort, 7pm Louis Martin Room, (about 1.5 hours)

Wednesday, the 29th-

Load Donated Food for transport to Food Pantry, 6:30-7pm

Adult Volunteers Needed - Youth Ministry is looking for sincere, motivated, and willing adults who would like to help out with our Parish youth. We have all sorts of roles and we know we can find a great fit for anyone willing to answer the call to work with our Youth. Saint JP II instructed our youth, "young people, do not be afraid to be holy!". We would love for you to join us as we walk alongside the amazing young people of our Parish family. All volunteers need to be compliant - having a background clearance check and having completed a mandatory Child Protection Course (Virtus - Protecting God's Children). Please contact Paul Dwyer for details at ymoffice@sainttheresaparish.com.



Office Hours:

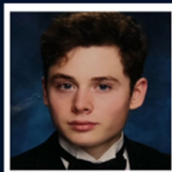
Mon-Thurs. 9am-4pm; Fri. 9am-noon

RE Volunteers Needed—Teachers, Aides, and Support Volunteers. Our RE Program requires about 140 volunteers. Contact the RE Office for more info if you are able to volunteer.

Registration for Religious Education classes is now open. Please visit the parish website for information about how to sign your children up for classes this coming year. The Late Fee went into effect August 1st.

Adults Plan Ahead to Volunteer

Want to volunteer at the many St. Theresa's children based programs/events? We encourages 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. Volunteers will have to register and sign up for the original VIRTUS course, www.virtus.org.



God bless all STCS alumni starting high school, college & careers!

Sponsors & Golfers needed! Registration is now OPEN for the 11th Annual Friends of St. Theresa School (FOSTS) Golf Tournament on



Saint Theresa Catholic School

Monday, October 4, 2021 at Belmont Country Club! Proceeds from the tournament provide tuition assistance for St. Theresa School students whose families experience a financial hardship. Join us for this St. Theresa parish-school tradition, *it's FORE the kids!* **Register to golf and sponsor on the parish website, www.sainttheresaparish.com, or call 703.729.3577 for details.**

STCS Parents, see the **Thursday Thunder Newsletter** for information on important dates and events like these:

- Friday, September 3:** Half-day
- Monday, September 6:** No School, Labor Day
- Wednesday, September 8:** Middle School Back-to-School Night
- Thursday, September 9:** Elementary Back-to-School Night

Join our team! St. Theresa Catholic School is accepting applications for

a Director of Admissions, Substitute Teachers, Middle School Counselor (part or full-time), and Middle School Math Teacher

(part-time, for Math Enrichment. To apply, please send your resume, cover letter, and references (for teaching positions, also include sample lesson plans) to HR@sainttheresaparish.com.

Shop and earn rewards for STCS -- EVERYONE can sign up! We are grateful for your support!

•When you shop on **Amazon**, please use Amazon Smile, and they'll donate a portion of your purchase to our school. Go to www.amazon.com, and choose "St Theresa Parish School" (Note: there's no period after "St") from the list of charitable organizations. Don't forget to sign into Amazon Smile each time you shop!

•Link your **Harris Teeter VIC** card with St. Theresa Catholic School at, www.harristeeter.com/together-in-education, using St. Theresa School code # 5887, or visit the in-store customer service desk.

News from our Parish

Young at Heart

Wed. Sept. 15th, after attending the 12:15pm Mass we will meet in the Adm. Bldg. Bring your own lunch. We will have a "make your own Sundae" and cookies for dessert Social, provided by our Club. We will have coffee, tea and water too. Attend to learn about our plans for upcoming meetings. NEW people are ALWAYS welcome. Please RSVP to Grace Breighner. e-mail gracejb18@aol.com or phone 703.729.7044.

Are you registered to vote at your current address? Will you be 18 on November 2nd? If you have moved within the state since the last election, you must update your voter registration. If you will be 18 on November 2nd, you can register to vote now. If you have moved into the state, you must register to vote in Virginia. Please look after masses the weekend of **September 18th and 19th** for the voter registration crew and they will help you register to vote! It is your right as an American to vote!

Financial Peace University (Dave Ramsey) - begins September 30 thru December 2nd at 7pm (every Thurs). Join our virtual Financial Peace University class and learn to make a budget you'll actually stick to. Visit fpu.com/1139296 to sign up for my class and start your 14-day free trial. Sale This Month: \$99 until the end of August (normally \$129) Cost includes access to online resources, workbooks, and templates for 1 year. Questions, contact Deborah at deborahaleben@gmail.com or 703.217.4583. If returning for refresher classes, contact me. More about the program here: <https://www.youtube.com/watch?v=6fc6XUpVcdg&feature=youtu.be>

Discovery Weekend

An open invitation to all adults: married, singles, elderly, widows and widowers. Together, let us enrich our relationship with God and have a re-

newed understanding and response to God's call. Sponsored by Missionary Families of Christ (MFC) St. Theresa - a group of vibrant, exciting and energetic people working together to build a stronger Christian community. To be held Sep 25-26, 1:30-5pm in St. Theresa's Zelig rooms. No fees required. All we ask is your time, openness, and commitment to complete the retreat. For more info or to register, contact Nonoy Cardenas, 202.560.2885; email: ffcardenasj@gmail.com or Jerry Osmena, 571.723.6754; email: mfc.virginia.us@gmail.com. You can also register directly at <https://discoveryweekend-mfcva.eventbrite.com>.

St. Theresa Usher Ministry

Is recruiting ushers to assist at all Masses! This is a wonderful opportunity to serve the Church and community. Greeting parishioners and visitors, assisting those in need, gathering collections, and more ways to share your talents and hospitality with the parish! All are welcome! If you are interested, please contact Sophia Malakooti at sttheresaushers@gmail.com. We look forward to having you join us!

Sign up to Receive Mary

Would your family like to host the Pilgrim Virgin Statue? The Legion of Mary invites you to sign up on the parish website. What a beautiful way to grow closer to our Blessed Mother.

Cub Scouts

Cub Scout Pack 997 (sponsored by St. Theresa Parish) welcomes new Cub Scouts for the 21-22 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 Sept 15 at 7pm, in the school cafeteria. Interested families should send an email to pack997leaders@googlegroups.com for more information

Festival of the Trees

Donations sign ups now being taken. This wonderful event is a fundraiser for Divine Mercy Outreach to help families in need. The Festival will be held the weekend of December 4th & 5th. Anyone interested in donating a 4 ft pre-lit themed tree, wreath or basket, contact Marianne Guidos at dmoutreach@sainttheresaparish.com or 703.729.2334. Businesses and groups welcomed to donate as well.

Bishop's Letter

The Bishop's letter of promulgation and "A Catechesis on the Human Person and Gender Ideology" can be found on the parish website at <https://sainttheresaparish.com/news/from-bishop-burbidge-a-catechesis-on-the-human-person-and-gender-ideology/>

The Chosen

Come see Season 1 of the hit TV show and internet sensation "The Chosen" Thursdays, 7:30pm in the Zelig Room started **August 19th**.



St. Theresa Catholic School

We're Hiring!

Director of Admissions
Substitute Teachers
Middle School Counselor (part or full-time)
Middle School Math Teacher (part-time, for Math Enrichment)

Join our joyful team! To apply, send cover letter, resume, and references (for teaching positions, also include lesson plans) to HR@sainttheresaparish.com.

Register NOW!

Friends of
St. Theresa School/FOSTS

*11th Annual Golf Tournament
for tuition assistance*



October 4, 2021
Belmont Country Club

A St. Theresa parish tradition!

To Golf or Sponsor, visit www.sainttheresaparish.com
or call 703/729-3577

News from the Diocese

Celebrating A Silver or Golden Wedding Anniversary This Year?

Were you married in 1971 or 1996? Then join Bishop Michael F. Burbidge for the 2021 Mass for Jubilarians to be celebrated Sunday, October 17th at 3pm at the Cathedral of St. Thomas More in Arlington, Va. Contact the

parish office to register no later than October 1st. For more info, visit www.arlingtondiocese.org/MJM.

An Entering Canaan Day of Prayer & Healing for women who have experienced abortion will be held **September 25, 2021**, 9 am to 5 pm. Come begin

your healing journey and experience God's hope and mercy. You are not alone. There is hope. For more info and confidential registration, please contact Project Rachel Ministry: 703.841.2504 or info@helpafterabortion.org.

Adult Education and Spiritual Enrichment

Walking With Purpose

Join us for a new year of Walking With Purpose - women's (and new this year: middle school girls) Bible studies! For those who desire to grow in faith—in a supportive community of Catholic women (or girls)

These Bible studies combine personal study with small group discussion, linking our everyday challenges to the solutions given to us through the teachings of Christ and the Catholic Church. *Blaze* is the Walking With Purpose ministry for tween/teen girls. The mission of *Blaze* is to use Scripture to speak God's truth into the hearts of young girls: visit walkingwithpurpose.com/blaze. The adult small groups will meet starting the week of Sept. 20th. *Blaze* will meet on Sunday evenings for twenty weeks starting in October. Registration is open (St. Theresa's website:

"Activities", "Women's Bible Study-Walking With Purpose". Register before Aug. 30th. with the coupon code "EARLYBIRD", you will save \$5 off the registration fee. Questions? sttheresawwp@gmail.com. All are welcome to join us for our Kick Off Mass and Wine Social - Monday, September 13th. Mass at 7pm followed by a reception in the Atrium at 8pm.

Women's Discipleship Group

Meets every Wednesday morning from 10:30 - 11:30am on Zoom for Lectio Divina. Our focus is the scriptural readings for the upcoming Sunday celebration of the Mass.

Parish women of all ages are cordially invited to explore a spiritual relationship with Jesus through the practice of Lectio Divina and spiritual readings. The Scripture readings treat the Bible as a text to be examined, and also as

the living Word of God spoken to us. Lectio Divina is a slow, quiet, and thoughtful encounter with Scripture. Reading and responding to the biblical passage provides time and space for God's Word to move from our lips, into our minds, and finally into our hearts. We met in the St. Louis Martin Conference Room in the parish office building until the Covid 19 pandemic March 2020. Since then, we have continued to meet virtually Zoom and will continue this format until we are able to resume the in person meetings in the parish office building.

We invite you to pray and grow spiritually with us and experience the joy that comes from growing your relationship with Jesus our Savior. For more information, contact Flo Rid-dock at 719.671.5610 or friddoc@gmail.com.



Knights of Columbus

The 2021 Virginia March for Life will be on Friday, September 17th in Richmond. The Virginia Knights of Columbus will be the marshals for the Virginia March for Life and knowing who will attend is important. Interested Knights can sign up using this link to the Sign Up Genius page, <https://tinyurl.com/KofC2021VAMFL>. The meet up location in Richmond will be emailed via the sign-up list. They will meet at 8:30 AM. The other need is for Brother Knights, their families, and their friends to attend. More info can be found at <https://marchforlife.org/virginia-march-for-life/>

Pancake Breakfast: On Sunday September 12th, the Knights will be hosting the first pancake breakfast at St. Theresa since February of 2020! Come and enjoy breakfast in the school cafeteria with your families and fellow parishioners. We will be serving scrambled eggs, pancakes, sausage, and donuts, along with coffee and juice after the 7:30 to 10:30am masses. Proceeds will go toward a cash donation in support of our seminarians.

Council Meeting: Our next business meeting will be on Monday September 13th. We will begin with a Rosary at 7pm in the Church followed by our business meeting in the Zellie room at 7:30pm with social time following. All

parishioners are invited to join us for the Rosary.

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/handyman-services>. **Parishioners in need:** If you need help in completing a small home repair that you cannot complete yourself or that may cause you financial hardship, please submit your request to the Handyman Crew to the following email address: jwilliamsinnott@gmail.com. Please include a brief description of what is needed and a contact number for us to reach you.

Food Drive: St. Theresa's parishioners donated 5,070 lbs. in July. Thank you for your generosity and kindness. Your actions and the volunteers from the Knights of Columbus and Youth

Group make this program successful.

The next collection is taking place this weekend (August 28-29). Please drop off your blue bag today. If you missed picking up a blue bag, grocery bags and cash or gift card donations are accepted. Thanks for your support! Learn more about our food donation program here: <https://www.st-louismartin-kofc.org/loudoun-food-pantry-2>

The Knights of Columbus and the Abbate Agency presents: Long-Term Care Planning Seminar:

Long-Term Care Planning Seminar: Preparing for a long and healthy future begins with understanding risks that you and your family may face later in life. While we all hope to remain healthy in our later years, the reality is that most of us will need long-term care at some point in our lives. In this seminar, we will discuss some of the challenges that you may face and the solutions that you and your family should consider. We'll go through what long-term care is and how the Knights of Columbus can help you prepare. This seminar is open to all in the community. Register today to save your spot for August 31 at 7pm via zoom: Register at <https://aug31.abbatekofc.com>.

Interested in learning more about the Knights of Columbus? Find our Frequently Asked Questions: <https://www.st-louismartin-kofc.org/faqs>.

Parish Offices

Secretary: Christine Young, 703.729.2287
Secretary: Kelly Cosenke, 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.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. 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.



Learn more, visit
www.sainttheresaparish.com

Monetary Donations Your donations make a difference in the lives of struggling families! They are individuals and families due to domestic violence, disabilities, layoffs, medical issues and unforeseen circumstances that need help in moving forward.

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.

Mark your calendar- the next Consignment Sale date is Oct 2nd! Volunteer needed

We are looking for a volunteer who will accept children's clothing donations for the next consignment sale. The volunteer would prepare the

clothing donated (hang then and tag them for the sale). Divine Mercy Outreach receives 100% of the proceeds from the items donated. This is only for donated items. Please contact Marianne Guidos 703.729.2334 or dmoutreach@sainttheresaparish.com if you are able to help with this.

Volunteers for the Bed Ministry – volunteers with trucks needed especially! 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 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

Furniture Ministry—accepting kitchen tables & chairs and smaller dressers only Please contact our furniture coordinator, Una Giachinta at 571.217.7551 or furniture@sainttheresaparish.com if you want to help or donate.

The Visitation Ministry—Homebound or want to volunteer to visit the homebound? We have won-

derful 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 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. 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

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



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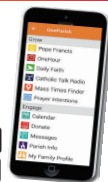
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