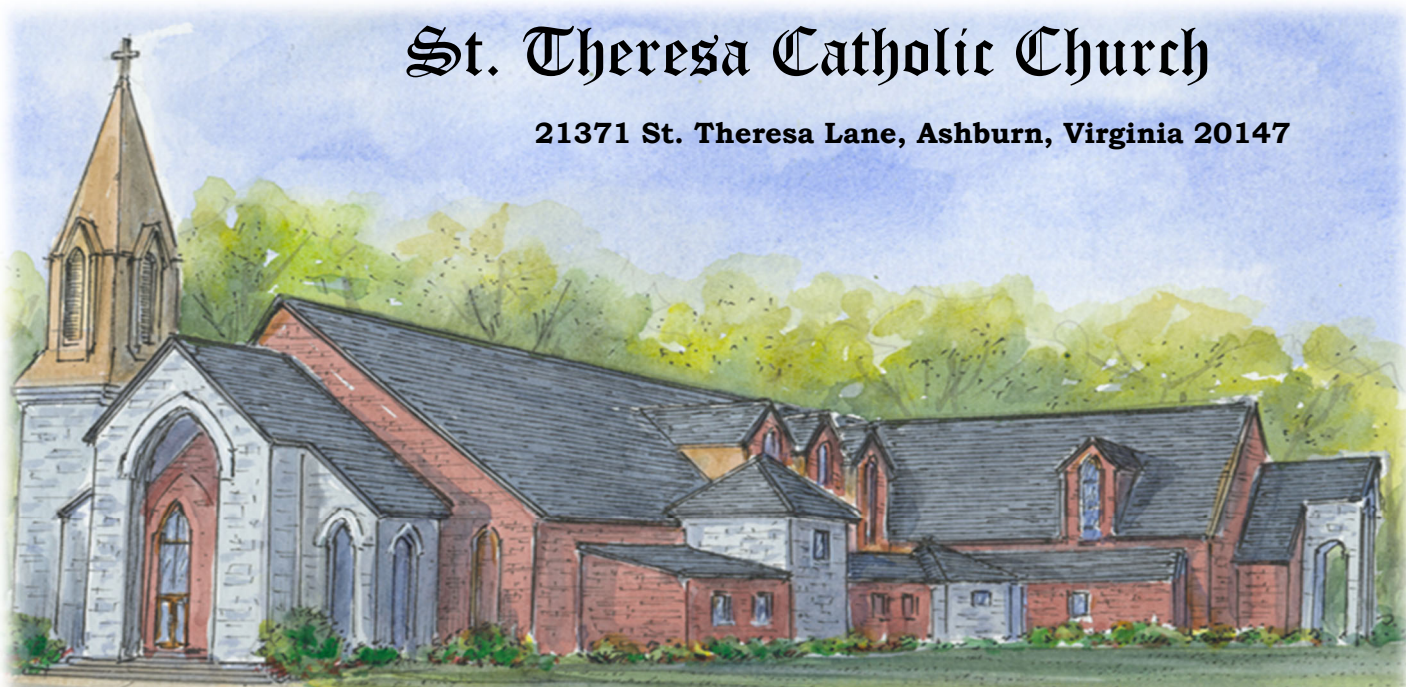


St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



September 4, 2022

Twenty-third Sunday in Ordinary Time

Masses for the Week

Mon, Sept 5	6:15— Miles Family 8:30— Mia Venkat
Tues, Sept 6	6:15— Hazel Louis Gant+ 8:30— Stephen Sheehy+
Wed, Sept 7	6:15— Gary L. Rymer+ 8:30— Carlo Shillady++ 12:15— Edwina Shaw+
Thurs, Sept 8	6:15— Sy & Harriet Peters 8:30— Hayden Baron
Fri, Sept 9	6:15— David Burke 8:30—Maureen Jacob+
Sat, Sept 10	8:30— Myron & Evie Olson+ 5:30— Maureen Jacob+
Sun, Sept 11	7:30— Glenn Young+ 8:45— John Puterio+ 10:30— Joseph, Laura & Carlo Maresca+ 12:30— Jennifer Taplin+ 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 12:15pm, Mondays (except Federal Holidays) and Wednesdays
Holy Days:	As announced
Holy Hour:	Wednesdays, 7pm
Confessions:	Wednesdays, 9-9:30am 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: Keelan Griffen, 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 Spitalone, Danny Schmude, Jess Williamson, Nancye Pochick, 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: Michael Cinnamon, 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.

Mass Etiquette—Some Gentle Reminders

1. Fast before Mass. Apart from water and medicine, we must fast for at least one hour before receiving the Eucharist.
2. No gum in church. Please.
3. Bless yourself with holy water upon entering and leaving the church. Holy Water has astonishing spiritual benefits when devoutly used.
4. Dress well for Mass. Dressing comfortably is something we do for ourselves. Dressing well is something we do for others. Once upon a time there was a tradition of wearing your “Sunday Best.” Putting effort into your dress is a mark of respect for God and for one another.
5. Arrive early. You will pray better if you're not rushed, and you won't disrupt others by walking in late. And yes, walking in late does disrupt other people.
6. Never leave Mass early. Stay for the final blessing. It always hurts me to watch people leave Mass early.
7. Cell phones shouldn't be used in Mass. Leave them in the car, or silence them upon entering.
8. Don't sit on the edge of the pew if you arrive before others. Sit in the middle so others do not have to climb over you.
9. Genuflect towards the tabernacle, entering and leaving church. Christ is really present in the Eucharist, and both you and your fellow parishioners benefit from the reminder.
10. Be quiet in church. Save your conversations for after Mass, outside the church. Many people genuinely need this time to pray!
11. We have three “cry rooms” in the church, one at each entrance. They're there for the benefit of all of us.
12. Respect the boundaries of others. Some people do not want to hold hands, or even offer a sign of peace for any number of reasons, including illness.
13. Bow or genuflect before receiving communion. Like genuflecting, this serves as a small reminder to ourselves and others that Christ is really present in this sacrament.
14. Pray after Mass for a few minutes. Just a small prayer of thanksgiving is an act of love to God.
15. Please lend a helping hand when you see a need, whether it's helping with a toddler or holding a door for the disabled. A little kindness goes a very long way!

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

Re JAH

Fr. Hudgins

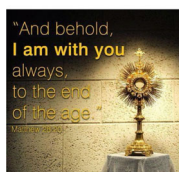
Bulletin Deadline: Friday 2pm (9 days prior to publication)

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	1:00am	2:00am	1:00am	1:00am	1:30am	1:00am	2:00am
time slots but need one more	2:00am	3:00am	2:00am	1:30am	3:30am	1:30am	2:30am
Adorer.	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	5:00am	9:00am	4:30am	8:00am	1:00pm	5:00am	7:00am
these available slots, it would	6:00am	10:30am	8:30am	9:00am	2:30pm	6:00am	9:00am
be greatly appreciated.	7:00am	11:30am	9:30am	10:00am	3:00pm	8:00am	10:00am
To sign up, go to:	8:30am	1:00pm	1:00pm	12:00pm	4:00pm	9:00am	11:00am
http://	9:30am	2:00pm	5:30pm	8:30pm		11:00am	12:00pm
sainttheresa.letusadore.com	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

Youth Education and News



ymoffice@sainttheresaparish.com

September:

Saturday the 3rd—Confirmation Retreat, 1:30-8pm

Wednesday the 7th—Teen Led Bible Study – 8th through 12th grade (every Wed. 6-7pm)

Sunday the 11th—Upper Room Squad -High School Youth Group, 6-7:45pm

Wednesday, the 14th—Teen Led Bible Study–8th through 12th grade, 6-7pm

Monday the 12th—Prepare Parish Food Bags, 7-8:15pm

Saturday the 17th—Confirmation Retreat, 1:30-8pm

Wednesday the 21st—Teen Led Bible Study–8th through 12th grade, 6-7pm

Saturday, the 24th—ROCK Squad-Middle School Youth Group, 3-4:45pm

Sunday the 25th—Parish Food Drive (after 8:45am & 5pm Mass)

Monday the 26th—Food Sort by Expirations Dates, 7-8:30pm

Tuesday the 27th—Load food for transport, 6:15-7pm

Wednesday the 28th—Teen Led Bible Study–8th through 12th grade, 6-7pm

October

Sunday the 2nd—Parish Picnic, 1:30-4pm

Teen Led Scripture Study – 8th-12th graders are welcome to join starting September 14th from 6pm to 7pm. A VIRTUS compliant adult will be present at each meeting but it will be a teen led scripture discussion. Teens will read and discuss a particular passage from scripture starting at the beginning of the Old Testament to learn more or begin to learn about Catholicism. Meetings will be in the Church Admin Building or in the courtyard (weather permitting). Come discuss current events, school events, or just things that every teen encounters each and every day. Please contact Paul Dwyer at ymoffice@sainttheresaparish.com or signup at <https://tinyurl.com/teenledscripture>

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

Registration for Religious Education classes is now open. Visit the parish website for information on 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.



STCS Parents, please read the **Thursday Thunder** email every week for important information and dates, including:



Saint Theresa Catholic School

Monday, Sept. 5—

No School (Labor Day)

Wednesday, Sept. 7—

Back to School Night (Middle School)

Thursday, Sept. 8—

Back to School Night (Elementary)

Wednesday, Sept. 14—

Battle of the Books parent meeting



Sponsors & Golfers – register NOW for our 12th Annual Friends of St. Theresa Golf Tournament for tuition assistance on Monday, October 3,

at Belmont Country Club. Please join us for this wonderful parish event – it's a great cause, and great FUN! **Register EARLY** as we're expecting another big turnout! Scan the QR code to register now or visit our parish website, www.sainttheresaparish.com for more information. *Thank you for supporting our students!*

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!*

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.

News from our Parish

Young at Heart Club Social Club Men and Women (55 and over)

Wednesday, September 21st after 12:15 Mass. We meet in the Admin. Bldg. Located across from the Church. Welcome back members and newcomers from our Summer Break! Please bring your own lunch. Coffee, Tea, Water and Dessert will be provided by the Club. The Art Students from St. Theresa will join us for a fun art project. Any questions please contact Grace Breighner @gracejb18@aol.com or call 703-729-7044. New people ALWAYS WELCOME to come visit us to see what we are all about.

Festival of Trees Dec 3rd & 4th.

It's time again to start planning this fun annual raffle event. Anyone interested in donating a 3- 4 ft pre-lit, decorated, themed tree, wreath or basket please contact Mary Sinnott Email allthesinnotts@verizon.net. The proceeds help families in need through Divine Mercy Outreach. See parish website for more information.

Assistive Listening Available

Assistive listening devices are available

for weekend Masses. The device consists of headphones or an earpiece that plug into a receiver, which amplifies the voices heard over the sound system. A neck loop is also available for people using hearing aids or cochlear implants containing the telecoil (t-coil) function. See an usher before Mass for more information.

New Altar Server Training

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

Thursday Sept. 22: 4-5pm

Saturday Sept. 24: 10:30-11:30am

Thursday Sept. 29: 4-5pm

Friday Sept. 30: 4-5pm

Saturday Oct. 1: 10:30-11:30am

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

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 are open to boys in grades K through 5; Scouts need not be students at St. Theresa School. We will be holding a Join Scouting Night on September 14 from 6:30-7:30pm in the cafeteria of St. Theresa school (enter through the rear door). Interested families should send an email to pack997leaders@googlegroups.com for more information.

Sponsors & Golfers: Registration 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.

News Around the Diocese

Catholic Charities Retreat for the Seriously Ill and Their Caregivers

People facing serious illness and their caregivers are encouraged to register for a weekend retreat from **Friday, September 30 to Sunday, October 2** at San Damiano Retreat Center, White Post, VA. Be comforted, inspired, and renewed by God's great love for you through prayer, talks, breakout sessions, and reflection time led by our retreat team including priests, doctors, nurses, counselors and volunteers. The retreat begins at 3pm Friday, September 30 through 1pm Sunday, October 2. Bishop Michael F. Burbidge will celebrate Mass at 5 p.m. Friday. Register by Friday, September 16, by providing your name and contact information to Catholic Charities at 703.841.3830 or retreat@ccda.net. You will be scheduled for an intake appointment. Meals provided. CDC guidance on mitigating the spread of COVID-19 will be followed. More details provided at intake appointment.

Calling all Young Adults! Join the Associates of St. John Bosco for food, ministry, and fellowship at our annual Young Adult Fundraising Bosco BBQ

on Thursday, **September 8th** at 6:30pm in Alexandria! The Associates of St. John Bosco is a Catholic, Northern-Virginia based nonprofit that aims to bridge the gap of faith for students after they graduate high school and before they enter college. Come learn how you can help the next generation of college students! For more details and to register, visit asjb.org/boscobbq

PVI Middle School Night

Middle schoolers and their families are invited to Middle School Night on Friday, September 23, 2002, to join us for free food, fun, prizes, and free entrance to the football game. Rally in the Alley starts at 6pm, with the game starting at 7pm. Please visit www.paulvi.net/futurepanthers for more details and to register. If you have any questions, please email Assistant Principal of Admissions, Eileen Hanley, ehanley@paulvi.net.

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.

Remembrance for Aborted Children in Leesburg

Join St. John the Apostle parishioners on Saturday September 10 after the 9am Mass for the annual National Day of Remembrance for Aborted Children at St. John the Apostle Catholic Church, Leesburg. After meeting in the church narthex, we will process out to our Cemetery to remember the 63 million babies who were not given a chance to live out their lives. These events are held nationally and we are honored that we can participate in this special way.



Knights of Columbus

Pancake Breakfast September 11, 2022: Our first pancake breakfast of the school year will be held on Sunday September 11 in the St. Theresa school cafeteria. Please join us for a hearty breakfast of pancakes, eggs, tater tots and sausage, along with coffee and juice. Profits will go to the Military Archdiocese.

Food Drive: Our generous parishioners donated 5175 of food items in August. A huge thank you to the generosity of our parishioners, and the continuing help of the youth group and brother knights that sorted and transported the donations to the Catholic Charities Food Bank in Sterling. Our next scheduled Food Drive and collection will be on the weekend of September 24-25. Blue bags will be distributed

ed the weekend of September 17-18. Thanks for your support!

That Man is You program returns: Brothers come join us for another season of That Man is You starting Saturday September 10th. Our start time is 6:30am for gathering and light breakfast with a 7am start for the video. After video completion we break into smaller groups to discuss questions posed by the video. We finish before the 8:30am Mass.

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! Please submit your request on our website at: <https://www.st-louismartin-kofc.org/handyman-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. Learn more here: <https://www.st-louismartin-kofc.org/handyman-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:



Adult Education and Spiritual Enrichment

Looking to learn more about your faith? This year we will be offering three different classes.

The Bible Timeline

A Catholic Bible study that can help anyone to make sense of the Bible and experience the life-changing power of God's Word. This is a great class foundational class!

Tuesdays 7-8pm. Zoom. Starts Oct. 4th. Contact: Dana Stalcup at stalcupdana@gmail.com

Thursdays 7-8pm. In-Person. Starts Oct. 6th. Contact Deacon Noah at dcnnoah@sainttheresaparish.com

The Gospel of Matthew

Set in the rich context of Jesus' life, Matthew shows us who Jesus is and what His life and teachings mean for us today.

Wednesdays 7-8pm. Zoom. Starts Oct. 5th. Contact: Mark Scallion at markscallion20@gmail.com

Acts: The Spread of the Kingdom

The Compelling Story of the First Christians, Acts: The Spread of the Kingdom, traces how the gospel witness spread outward in waves from Jerusalem, and reveals how the seeds of Church structure and authority took root.

Wednesdays 7-8pm. Zoom. Starts Oct 5th. Contact: Andy Johnson at johnson.andrew7003@gmail.com

For all classes, additional details, sign-ups, and ordering information can be found at catholiceducation-foradults.org

Join us for a new year of Walking With Purpose - women's and middle school girls' Bible studies!

Walking With Purpose is a Catholic women's ministry that develops Bible studies to reach women and middle school girls. Our small groups from St. Theresa's (which meet weekly September - May in the homes of leaders) 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 middle school girls. The mission of BLAZE is to use Scripture to speak God's truth into the hearts of young girls (you can learn more about the BLAZE ministry at walkingwithpurpose.com/blaze). The adult groups will meet weekly beginning the week of Sept. 26th. BLAZE will meet on Sunday evenings for twenty weeks starting in October. Registration is now open (go to St. Theresa's website and under "Activities", click on "Women's Bible Study-Walking With Purpose". If you desire to grow in your faith—in a supportive community of Catholic women (or girls)—Walking With Purpose is for

you! All women are welcome to join us for our Kick Off Mass and Wine Social - Thursday, September 15th. beginning with Mass @ 7 PM followed by a casual reception in the Atrium at 8 PM. This is a wonderful opportunity to see what our program is all about, meet other women, and connect with your small group! We look forward to seeing you soon! Questions? Email us at sttheresawwp@gmail.com

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.

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

Mark Your Calendar—Festival of Trees Dec 3rd & 4th. Interested in donating a 4 ft pre-lit decorated themed tree? Contact Mary and Jim Sinnott at allthesinnotts@verizon.net. Proceeds help families in need through Divine Mercy Outreach.

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

Parish pantry Items needed—We are in need of cereal, soups, mac and cheese, peanut butter and jelly, tuna, rice and men's shavers. Please drop off to the parish office if possible. These items help families in need who we are assisting.

Bed ministry needs—If you can help, we are in need of new bed pillows 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!

Furniture Ministry—accepting kitchen tables & chairs, small dressers and metal bed frames. Contact our coordinator, Una Giachinta, 571.217.7551 or furniture@sainttheresaparish.com to help or donate.

Monetary Donations—We assisted 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 donation online! Thank you for helping us to bring Christ's love to others by helping them in their time of need.

Bed Ministry Volunteers Needed—volunteers with trucks or Large SUVs needed especially! Great to do this with your teenager too!

We need extra helpers to bring new beds and bedding from our storage to

families moving out in need. Contact Bea Craig at 571.439.0364 or beds@sainttheresaparish.com

The Visitation Ministry—Are you HOMEBOUND? We have wonderful parishioners who would love to visit you or if you are not comfortable with a home visit at this time, they will call you! If you need help with an errand or would like someone to pray with you, let us know. If you are looking to volunteer, please contact us as well. 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

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

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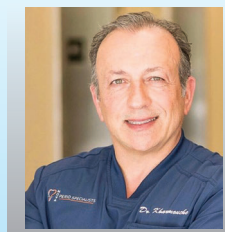
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