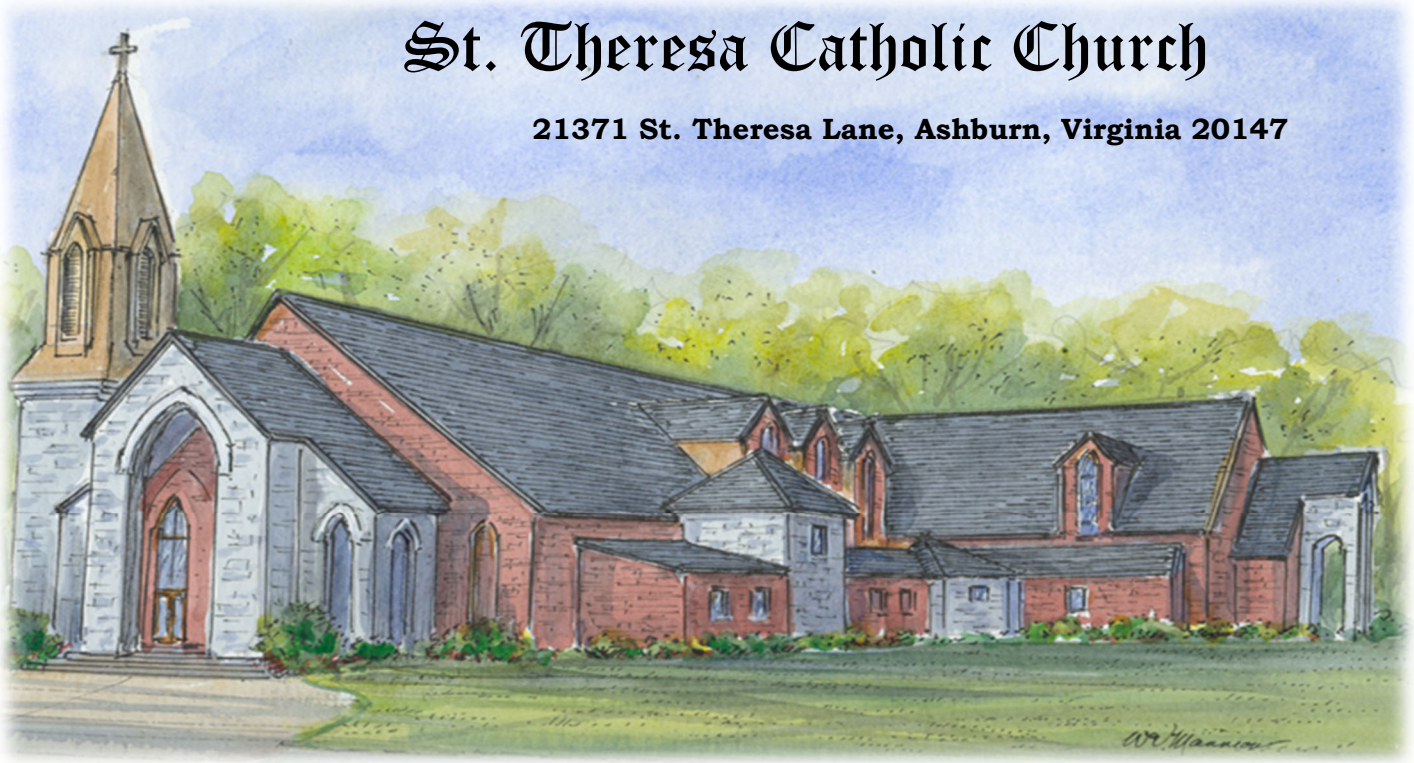
St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147



December 13, 2020 Third Sunday of Advent

Masses for the Week

Mon, Dec 14	6:15— Edward Diego 8:30— Brendan Baron
Tues, Dec 15	6:15— Monica Stabile+ 8:30— Dolores Dejarano+
Wed, Dec 16	6:15— Religious Ed Students 8:30— Joseph, Carlo & Laura Maresca+ 12:15— Frances Maria Pilaro+
Thurs, Dec 17	6:15— Violeta Perez+ 8:30— G.J. Vitale
Fri, Dec 18	6:15— Miles Family 8:30— Isobel Barron+
Sat, Dec 19	8:30— Patrick F. Fallon, Sr. 5:30— Frederick C. Melvin+
Sun, Dec 20	7:30— Robert J. Dunn, Sr.+ 8:45— Agnes Jackson+ 10:30— McKay Family 12:30— St. Theresa Parishioners 5:00— Pina Pilaro+

Parish Mass Schedule

Saturday:	8:30am, 5:30pm Vigil Mass
Sunday:	7:30, 8:45am & 10:30am (+ live stream); 12:30 & 5:00pm
Weekdays:	6:15 and 8:30am, Monday through Friday Wednesdays: 12:15pm
Holy Days:	As announced
Holy Hour:	**Wednesdays, 7pm*** **(New day and time)**
Confessions:	Saturdays, 4:00-4:45 pm; during Holy Hour; and by appointment

Clergy

Reverend James C. Hudgins, Pastor
Reverend Paul Dudzinski, Parochial Vicar
Reverend Nicholas R. Barnes, Parochial Vicar
Deacon Paul C. Konold
Deacon Anthony J. Renzette

Prayers For The Sick: Kate Bresnahan, Leah Monteiro, Marcela Garcia, CJ Buechner, Rosemarie Setzer, Nancye Pochick, Quinn Gorman, Michael Robertson, Nickalus Shalin, Lisa Barrett-Handley, Celeste Hall, Donna Caulfield, Ethan Falciani, Mary Ann Lyons, Rosario Acot, Keith Waltower, Chris Handley, Ben Thede, Eugene Prosack, Lynn Petrara, John Spriggs, George Morelos, Carol Logue, MaryEllen Back, Apryl Binder, Carole Davidson, Cheryl Grieve, Rita Giunta, Maria Giunta, Danny Bessette, Fred Beverly, Jesse Michl, Erick Pollock, Jillian Reilly, Laurie Gessaman, Jordan Windsor, Tony Rodrigues.

Prayers For Our Military: Alex Young, 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 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, Michael J. Pruden, Meghan E. Fitzgerald, Bill Short, Griffin Spencer.

The Unbreakable Union of Gratitude and Joy

The entrance antiphon for Mass today reads, “Rejoice in the Lord always. I say it again, rejoice! The Lord is near” (Phil 4:4-5). That same verse in Latin, “Gaudete in Domino semper,” gives us the unofficial name for the Third Sunday in Advent, “Gaudete Sunday.” Advent is almost over, the vestments and the candle for today’s Mass are lighter than usual, and a theme of “joy” pervades every reading. If you’ve ever had trouble “rejoicing” in hard circumstances, here’s a message you might find helpful—you can actually make yourself happier on a daily basis by deliberately choosing to be grateful.

I recall reading a study conducted in 2002—a joint effort of the University of Miami and the University of California, Davis—that demonstrated the effects of deliberate gratitude on mental health. The psychological test first created three groups of 100 people each. Each group was instructed to keep a journal for three months, and note in their journal the following things. The first group was instructed to be deliberately thankful for five specific things every week. (These had to be “specific” things, such as, “I’m grateful for perfect weather on the day of our picnic,” and not vague things such as, “I'm grateful for my health.”) The second group was told to simply “observe” five things in their journal each week. The third group was instructed to “complain” about five things each week. The study’s results? After three months, the “thankful” group showed greater resistance to viral infections, had better sleep, got more exercise, and even made more money than the other two groups. The general “observers of life” were entirely unchanged, and the “complainers” were the diametric opposite of the grateful group. It's rare to find empirical proof of the power of gratitude over your life, but here it is.

Gratitude is a superpower. It empowers you to remain cheerful, peaceful, and optimistic no matter your circumstances. However, you must deliberately choose to be grateful, and this choice must become a habit of living. Begin today. Hundreds of thousands of things will go right for you today, and only a few things will go wrong. That may sound like an exaggeration, but it is not. Consider all the things that must go right with every cell in your body, every second, in order for you to even read these words right now. Add to that all the many things on this earth—indeed in the whole universe—that must be perfectly balanced in order for you and me to even be here at all, alive and flourishing. In spite of this, most people choose to focus on the “bad” things (which are really not “bad” at all, because we believe God makes all things work for the good of those who love him). Habitual gratitude disciplines our minds to focus on an astonishing number of blessings.

Whatever you feed, you get more of. If you “feed” your complaints, you’ll find more things to complain about. But if you “feed” your gratitude, you’ll get more of it. It will become a basis of stable joy in your life. Choose joy. Choose gratitude!

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



Fr. Hudgins



Christmas Mass Schedule

Please take note of the following regarding Christmas Masses:
--Mass seating will be offered on a first come-first served basis
--Attendance must be capped and doors locked at 50% capacity, by Bishop's order. (700 people)
--Please attend Mass Christmas Day, if possible. These Masses are less crowded

Thursday, December 24th
4:00pm (also live streamed on our Facebook page)
6:00pm
8:00pm
10:00pm (also live streamed on our Facebook page)

Friday, December 25th
8:00am
10:00am (also live streamed on our Facebook page)
12:00pm

Please Pray for the Recently Deceased

Marguerite Foley, Catherine O’Brien, Sarah Cierski, Jonathan White, Concepcion Alonzo, Mary Stevens

Youth Education and News

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

Adults Plan Ahead to Volunteer
Want to volunteer at the many St. Theresa's children based programs/ events (i.e. fall picnic, school functions)? St. Theresa's encourages and welcomes your involvement however it requires that all volunteers be compliant. A Volunteer Welcome letter will be sent to your email address along with a link to fill out the electronic forms online. For further details please contact Connie Gilligan, Parish Child Safety Coordinator, at connie@saintttheresaparish.com or call 703.729.3714.

Volunteers will also have to register and sign up for the original VIRTUS course. Please go to www.virtus.org.

ymoffice@saintttheresaparish.com

URS—The High School Youth Group (9th graders - 12th grade)

A **weekly Monday Night** gathering for High Schoolers is being held in the outside school courtyard from 7 to 8:15pm - all High Schoolers are encouraged to join – masks are welcome - just contact Paul Dwyer at ymoffice@saintttheresaparish.com

Upper Room Squad (URS)
Sun, Dec 13th, 3pm to 4:30pm
Sun, Dec 20th, 6pm to 7:15pm, Caroling to the local neighborhood

URS and Rock Squad will be all outside so it is weather dependent. All are encouraged to join – masks are welcome - just contact Paul Dwyer at ymoffice@saintttheresaparish.com

To participate in Upper Room Squad & Rock Squad all attending will need to download the 'Arlington Diocese Waiver to Participate in Youth Ministry' from the Youth Ministry page on the Parish Website. Please print out the form, sign it, and hand it in or scan and email. This needs to be done before participating.

To keep up with Youth Ministry just check us out on Instagram at ' sttheresayouth '



Your Year-End Gift makes a difference! Please consider making a gift to **St. Theresa Catholic School's 2020 Thunder Appeal**. Every gift – no matter the amount – enriches our students' experiences and helps us carry out our mission of Educating Tomorrow's Catholic Leaders. ***Did you know this is a great year to make a charitable contribution?*** The CARES Act includes special giving incentives for this year – please visit our website, www.stsashburn.com (click "Support") for details or email freschir@stsashburn.com. *We are grateful for your support!*

Saint Theresa Catholic School

STCS Parents, watch your email for the latest school news & updates! Mark your calendars for these upcoming events:

Thursday, December 17:
Christmas Dress Up Day
Friday, December 18:
Red & Green Dress Out Day
Monday, December 21:
Christmas break begins
Monday, January 4:
Students return to school

Have you paid your PTO dues? See your PTO Sunday Reminders for the link!

Registration for the 2021-22 school year is underway! Find application details and learn more about our outstanding school community on our website, www.stsashburn.com – click 'Admissions.' For additional information, email Admissions Director Donna McDonald, mcdonaldd@stsashburn.com.



Upcoming Early Bulletin Deadlines

December 27th bulletin submissions due by 12pm Tuesday December 15
January 2, 2021 bulletin submissions due by 10am Monday December 21

News from our Parish

Latin Mass in the Extraordinary Form
Our first Mass in this form will be Saturday, December 19th at 8:30am. Hope you can join us!

Monthly Rosary to End the Pandemic
Please join us on the first Sunday of each month as we pray the rosary as a parish community, for the end of the Covid-19 pandemic. This entirely online event can be joined through our "Google Meets" meeting at the following link https://meet.google.com/tin-xztd-btz. The rosary will start at 7pm with the online venue opening 15 minutes earlier. We will be accepting donations during each session for a particular pandemic related cause. The next sessions are Jan 3 , Feb 7, Mar 7, Apr 4, and May 2, Please share any special intentions or comments in the chat during the event.

Legion of Mary



We offer parish families important opportunities such as Pilgrim Virgin Statue visits and Sacred Heart Enthronments.

Please check us out on the parish website under Activities to see our meeting times and how to sign up for a Legion visit.

St. Theresa Catholic School

Saint Theresa Catholic School has the following open positions:

Long-term Substitute Teacher
Substitute Teachers
Part-time Extended Day Care Monitors

TO APPLY: Send cover letter, resume, and references to **HR@saintheresaparish.com**.

Shop for Christmas & Support STCS!

When you shop on Amazon, please use **Amazon Smile** -- they'll donate a portion of your purchase to STCS. Go to www.amazonsmile.com and choose **"St Theresa Parish School"** from the list of charitable organizations. ***Note: no period after "St"***

Link your Harris Teeter VIC card with St. Theresa School at www.harristeeter.com/together-in-education, using **St. Theresa School code # 5887.**

Clip and save Box Tops or scan your receipt after you shop.

We are grateful for your support!

You shop, St. Theresa Catholic School (STCS) earns rewards – it's a 'win-win'! Parishioners, families, friends -- everyone can sign up to support STCS while they shop – it's easy! Questions? Email freschir@stsashburn.com. Thank you for supporting STCS!

Considering a Year-end Gift?

Please remember
St. Theresa Catholic School's
2020 Thunder Appeal



- Assist with covid-related school re-opening expenses
- Bridge the gap between tuition revenue and the cost to educate each student
- Invest in student learning environment, safety, & technology

Your gift directly impacts our students, and is greatly appreciated!
To make a gift visit at www.stsashburn.com, click "Support"

Your Year-End Gift makes a difference! Please consider making a gift to **St. Theresa Catholic School's 2020 Thunder Appeal**. Every gift – no matter the amount – enriches our students' experiences and helps us carry out our mission of Educating Tomorrow's Catholic Leaders. ***Did you know this is a great year to make a charitable contribution?*** The CARES Act includes special giving incentives for this year – please visit our website, www.stsashburn.com (click "Support") for details or email freschir@stsashburn.com. *We are grateful for your support!*

St. Theresa Catholic Church
Gabriel Project and Respect Life News

BABY BABY

Thank You!

"We received so many wonderful things. Thank you" ~ Birthright

"Please extend our heartfelt gratitude to all" ~ Mosaic

BABY BABY

THANK YOU…You did it! The "Gabriel Project Virtual PRC Baby Shower" was a great success with over $1,300 in material goods donated to Birthright and Mosaic Pregnancy Resource Centers. Many Moms will experience the blessings of these gifts because of your gracious support. We are so grateful!

News from the Diocese

Marriage Encounter
"I am the voice of one crying out in the desert, 'make straight the way of the Lord.'" Whose voice are you listening to, the world or God. Invite God into your marriage by going on a World-wide Marriage Encounter Experience on Feb 2-23, 2021 in Warrenton, VA and Jan 29-31, 2021 in North Myrtle Beach, SC. Early sign up is recommended. For more information visit our website at: RenewMarriage-VANorth.org or contact us at applications@renewmarriage-vanorth.org or 703.646.1521.

Opportunities from Our Lady of Bethesda Retreat Center

Attend a Retreat From Wherever You Are! Virtual Spiritual Retreats Upcoming dates: Jan 22-24
As we move into the new year, Our Lady of Bethesda Retreat Center continues to provide virtual retreats so that you can connect with others and feed your soul, all from the safety of wherever you are. Detox from the noise of the media, work demands and Netflix and find new focus in your life through a personal encounter with Christ. Find more information and more upcoming dates on the OLB website www.ourladyofbethesda.org. Experience the dynamics of the Spiritual Exercises from your own home and for only $75 per person. A Virtual Place to Encounter Christ!

Three to Get Married Marriage Prep
January 28-31 (In-Person Only)
Feb 11-14, 2021(Virtual Only)
The Three to Get Married Marriage Preparation Program is a Catholic Pre-Cana program for seriously dating and engaged couples. This marriage preparation course is an intensive preparation experience true to the teachings of the Catholic Church. Convenient one-weekend schedule. FOCCUS administration is included. $315 per couple. Space will be limited and these weekends fill up quickly.

Take a Personal "Retreat" Day
(In-Person Only) Jan 14 | Feb 19
Are your days overcrowded, jam-packed, and busy, busy, busy? Jesus tells you to "Come away with me..." to Our Lady of Bethesda Retreat Center where your very own personal retreat awaits. During your personal retreat from, 8:30am-4pm, an experienced retreat director will guide you to a place of rest with Christ. The retreat schedule allows for one-on-one spiritual direction, quiet reflection, Mass, Confessions and Eucharistic Adoration, plus continental breakfast and lunch, so you will be nourished and cared for while Our Lord speaks to your soul about the depths of His love for you. Cost is $120 per person.

Silent Retreat Weekends (In-Person)
For Men: December 18-20, 2020.
Limited attendance and other safety precautions are in place to maintain a safe and healthy environment.
Seek His Face! Experience His Presence in the Silence! Are you longing for silence and solitude during these troubled times? Detox from the noise of the world and find new focus for your soul as you experience a personal encounter with Christ. Cost is $250 per person.

For all the above Our Lady of Bethesda events, Visit our website:
www.ourladyofbethesda.org or call 301.365.0612. Reservations required for all. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.

NAR-ANON Meeting at Christ the Redeemer Parish.
The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve-step program, we offer our help by sharing our experience, strength, and hope. Please join us for an evening of support and recovery; you're only a stranger until you walk through the door. Meets Mondays, 7pm in the Santa Maria Room.

Youth Christmas Poster Contest: The Knights of Columbus are sponsoring a Youth Christmas Poster Contest for girls and boys - ages 5-14. Download the entry form and information flyer from the St. Theresa School or the St. Louis Martin K of C websites or pick it up at the St. Theresa school office. Submit completed posters with entry form to the St. Theresa School Office by Wednesday, Dec. 16, 2020. Prizes will be awarded to the winners.

Sweats for Vets: The Knights of Columbus are collecting sweatshirts and sweatpants for donation to U.S. veterans at the Martinsburg, WV VA Medical Center. The sweats can be dropped off in the marked box in the lobby of the Administration building next to the Church office. On December 26, all the sweats collected will be taken to the VFW in Leesburg and packaged nicely for delivery to the Martinsburg, WV VA Hospital for distribution to the Veterans there in early January. Please consider donating to this worthy cause. Various sizes are needed but size XXL is in the greatest need. Our Council will also accept financial donations in lieu of actual sweats. Please make checks payable to K of C, Saint Louis Martin Council 15256. Put your check in an envelope marked "sweats for vets" and place it in the wooden donation box in the Narthex.

Catholic Charities Food Drive:
Thank you for donating 3,341 lbs. of food to the final November food drive. Your generous contributions have made this program very successful. We will resume our next collection in January 2021. Merry Christmas and Happy New Year!

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

How to become a Knight. Ask any Knight on how to join Saint Louis Martin Council any time. You can also contact us and learn the great things that we do to help our parish and community at kofc15256@googlegroups.com. Application info and forms are also available outside the Adoration Chapel. In response to the Pandemic, degree ceremonies have recently been conducted on-line for safety reasons.

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.saintttheresaparish.com
Email:	office@saintttheresaparish.com
Fax:	703.729.9036

Religious Education Offices

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

School Offices

Principal:	Erin O'Malley, 703.729.3577
Assistant Principal:	Danny Costa, 703.729.3577
Admin Asst:	Deena Lanier, 703.729.3577
Receptionist:	Lisa Ralston, 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.

St. Theresa Catholic Church
DIVINE MERCY OUTREACH

Learn more, visit
www.saintttheresaparish.com

Festival of Trees -Thank you! $13,081.00. was raised to help families in need through Divine Mercy Outreach. Thank you to all who donated beautiful trees, wreaths and baskets this year. What a wonderful, fun parish event! Thank you to all who volunteered as well as though who participated in the event. Special thanks to Mary Sinnott (Festival of Trees Coordinator), Anh & Vernon Wong, Anne Cantwell, Mary Maguire (FOT Committee). God bless you all! Thanks to All American Steak House, Radiance Salon, Eden of Ashburn Salon & Nails Spa, Buffalo Wing Factory, and Canine Carousel for donating gift cards and certificates to support our event!

Making a difference- Monetary Donations . This has been a challenging year for many families. We've given out over $10,000. in financial assistance, not including beds in November. Your donations make a difference in the lives of those who are close to eviction or utility disconnection. We receive requests from families and organizations working with Veterans, families who are suffering financially due to COVID 19, those who have a medical emergency, disability, or other emergencies that need your help.

No donation is too small. Even a dollar makes a difference. You can donate by giving online, or by mail or drop off to the parish office. Please indicate DMO in the memo of the check or on the envelope. Or go to the parish website http://www.saintttheresaparish.com and click on Donate tab to make a monetary donation online! Thank you for helping us to bring Christ's love to others by helping them in their time of need. Many thanks to all who have already donated. God bless you!

The Visitation Ministry
HOMEBOUND or want to volunteer to visit the homebound? We have wonderful parishioners who would love to visit you! Maybe you need help with an errand or would like someone to pray with you- let our Visitation Ministry know. We are also looking to add to our list of volunteers to make visits. Please contact Claudia Lewis at 703.431.8670 or email her at clewis825@gmail.com.

Daily Bread
Ministry in need of large, creamy peanut butter jars and grape jelly. Sandwiches are taken to the shelter on the weekends for the homeless. If you can help, please drop off the peanut butter and jelly in the Outreach boxes. Mark Daily Bread on the bag. Questions? Bernadette Miller bernadettefmiller@yahoo.com or 703.726.9163

Volunteers needed for Holy Haulers Furniture Ministry
We receive many calls from folks who want to donate furniture. Una Giachinta has been coordinating this ministry and needs help. Please consider offering your time and strength to assist Una and the families in need. You can make a huge difference in someone's life just by offering a couple of hours a month.
Please contact Una Giachinta at 571.217.7551 or furniture@saintttheresaparish.com. If you have furniture to donate, please contact Una also.

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

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

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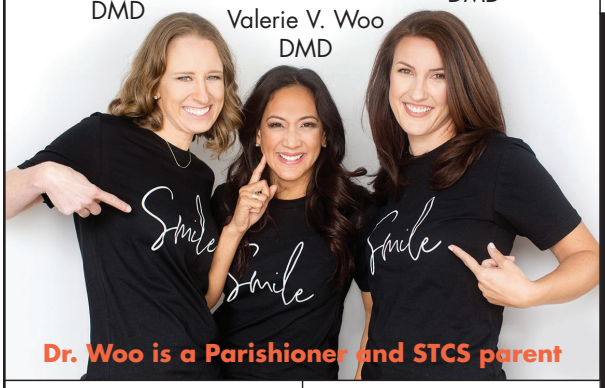
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with ADVERTISED toothpaste
washes with ADVERTISED soap
puts on ADVERTISED clothes
drinks a cup
of ADVERTISED coffee
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and then . . . .
refuses to ADVERTISE
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Later if business is poor
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Courtney R. Marzban DMD



Dr. Woo is a Parishioner and STCS parent



Dr. Jean-Claude Kharmouche

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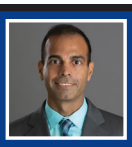
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