

St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

April 21, 2024
Fourth Sunday of Easter



Masses for the Week

Mon, April 22	6:15— Szededy Family+ 8:30— Sani Laparan+ 12:15— Kathy Healy+
Tues, April 23	6:15— Margaret Cambone 8:30— Robert Mica+
Wed, April 24	6:15— Jianna & Janinna George 8:30— Dhiraj Kumar Gupta+ 12:15— Sharon Ann Costa+
Thurs, April 25	6:15— Erik Pollock+ 8:30— Sharon Costa+
Fri, April 26	6:15— GJ & Anita Vitale 8:30— Anne Elizabeth Tulloch
Sat, April 27	8:30— Fedelina R. Go+ 5:30— Deana & Jordan Grammo
Sun, April 28	7:30— Myron & Evelyn Olson+ 8:45— Betty Maguire+ 10:30— Patrick Conte+ 12:30— Paul & Madeleine Beauchesne 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, 9am (until line ends); Holy Hour, 7pm (until line ends); Saturdays, 4pm (until line ends); and by appointment

Clergy

Reverend James C. Hudgins, Pastor
Reverend Paul Dudzinski, Parochial Vicar
Reverend Christopher T. Vaccaro, 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: Mary Giebel, Esther Yager, Tori Edmonds, Daniel John Begley, Michael DeCardona, Stephen Stahl, Steve Smith, Philip Carrescia, Michael Williamson, Brenda Fitzpatrick, Barney Smith, Rick & Kathleen Mikszan, Ron Crick, Jeffrey Miller, Raymond Humanik, Kelly Hargreaves, Ellen Russow, Patricia Fuechslin, Pranee Heinjarean, Nellie Gonzalez, Bernadette Valdez, Emma Ciaravino, Keelan Griffen, Helen Atallah, Daniel Ramirez, Cynthia Ramirez, Haley Morris, Anabelle Huster, Russell Ramons, Martha Mason, John Forbes.

Prayers For Our Military: Tom Short, Bill Short, Sergio Mendez, Geoffrey Galasso, Logan Anna Davis, Stephen Holdorf, Jr. Daniel W. Beverly, Michael Cinnamon, Matthew Schierling, Eric Frames, Bill Freschi, Paul Schierling, Marshall Kellner, Eric Ciliberti, John Kesterson, Matthew Kesterson, Alexa Katharine Koenig, 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.

Beat Procrastination In 120 Seconds

I usually write on spiritual topics, but this week I would like to share something I learned recently that helped me tremendously. It's a procrastination-beating trick called the "two-minute rule," and it can help you develop good habits, quickly.

Is your life riddled with procrastination? Do you regularly put off annoying tasks—have an inbox full of unanswered messages, an overfilled trashcan, laundry in the washer, and dirty dishes rotting in the sink? Most of the things we put off are more annoying than difficult, yet when they add up, they can be overwhelming. The two-minute rule will help you beat procrastination by tricking your mind into getting things done. It's best understood in two parts.

The Two-Minute Rule, Part I

The first part of the two-minute rule is to recognize that most procrastinated tasks actually take less than two minutes to accomplish. Time it for yourself and see. How long does it take to take out the trash? To empty the dishwasher? To shoot back an email? To pick up the extra clutter? Two minutes or less! The first part of the rule is—if it takes two minutes to do, just do it now.

The Two-Minute Rule, Part II

The second part of the two-minute rule is to tell yourself to work on something for just two minutes. Very often, that will make you want to keep doing it for longer. Do you want to get more exercise? Do you want to spend more time reading and less time on the computer? Do you want to get your homework done or your paper written? Tell yourself that you will work on it for two minutes. Sir Isaac Newton's First Law of Motion tells us that objects at rest tend to stay at rest, and objects in motion tend to remain in motion. This is the physics of human behavior as well. Once we begin doing something, we are inclined to continue. The second part of the two-minute rule says, "Don't put it off—just give it two minutes." Once you get started, you'll be amazed how often you keep going.

I had an old spiritual director who told me, "Do the things now that you'll thank yourself for this evening." That's the attitude that beats procrastination. Are you tired of uncompleted tasks hanging over your head and weighing down your day? Try the two-minute rule. Give your tasks 120 seconds, and take control of your life again. Ready? Set? Go!

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



Fr. Hudgins

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

Current Critical Adoration Needs

Critical Need	
Tuesday	Thursday
11:30pm	1:00am



Note: 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.

Sign up for one of our open Adoration Time slots – it will change your life, your family's life, and the life of our St. Theresa Parish!

Visit the Parish website to access the Saint Theresa Parish Adoration Scheduler, or use this short web address:

OR www.tinyurl.com/weadore

Please visit the website to signup, or email letusadore@sainttheresaparish.com, or text to 703.608.4278 or 703.728.0168, or come by the parish office.

“What will convert America and save the world? My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer.”– St. Mother Theresa Won't you consider signing up for one hour a week to sit with Our Lord in the Blessed Sacrament in our Perpetual Adoration Chapel? To sign up, go to: <http://sainttheresa.letusadore.com>

As a committed adorer, if you are unable to attend due to planned travel or vacation, just let us know and we will find someone to come in and fill in your hour that week. Please consider spending one hour with the Lord. It will be the best time you will spend on earth.



Youth Education and News



ymoffice@sainttheresaparish.com

April

Sunday, the 21st-Parish Food Drive (after 8:45am Mass & 5pm Mass)

Monday, the 22nd-Food Sort by Expirations Dates, 7-8:30pm

Tuesday, the 23rd-Load food for transport, 6:15-7pm

Sunday, the 28th-Upper Room Squad, 6-8pm

May

Saturday, the 4th-Middle School Bash, 2:30-9pm - O'Connell High School, for all students between 6th grade and 8th grade

Sunday, the 5th-Upper Room Squad, 6-8pm

Calling All Middle Schoolers to the Diocesan BASH:—BASH is the Diocese of Arlington's largest gathering of Catholic middle school students (6th-8th graders) every year! Students from all over the Diocese will gather on Saturday, **May 4th**, at O'Connell High School in Arlington for faith, fellowship, and fun! We will depart as a group from the upper parking lot at 2:30pm and return at 9:00pm. Adult chaperones will be the drivers.

This event includes music, games, free t-shirt, inspirational speakers, confessions, and Vigil Mass and transportation. Bishop Burbidge will be the principal celebrant and homilist for the Mass. BASH is open to any Middle School aged youth that want to attend. Please follow this link for more details and to grab a spot for your child - spots are first come - first serve so please act quickly! The cost of the ticket is \$20. You can also sign up to be a chaperone & drive if you would like to be a part of this great after-

noon. We could always use the help! Signup Genius for the Middle School Bash: <https://tinyurl.com/STMSBash> Or use this QR Code:



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? 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.



rotelld@stsashburn.com for more information.

- Monday, April 22**—
D.A.R.E. Graduation;
Spring Book Fair begins
- Friday, April 26**—
Middle School Spring Dance
- Saturday, April 27**—
First Holy Communion
- Friday, May 3**—
Spring Band & Choir Concert

Join our joyful team - we're hiring!
St. Theresa Catholic School is accepting applications for a 4th Grade Teacher, part-time Instructional Aides, and part-time Extended Day Care Program staff for the 2024-25 school year. Please send your resume, cover letter, and references to HR@sainttheresaparish.com.

Interested in learning more about St. Theresa Catholic School, and how Catholic education can make a difference in your child's life? We have a few openings remaining for the 2024-25 school year; please visit our website at www.stsashburn.com (click "Admissions") or email Admissions Director Denise Rotell,

St. Theresa Catholic School's Annual PTO Auction, "A Night in Black & White" is on Friday, May 10, 2024! Our auction relies on donations from parents, alumni families, and parishioners -- *we can't do it without you!* We are looking for gift cards for experiences, restaurants, salons; vacation condos, homes, timeshares; tickets to games, concerts, events...can you help? Information is on the school website, www.stsashburn.com (click Support/Auction) or email stsauction@stsashburn.com. *Thank you for supporting STCS!*

Calling all St. Theresa Catholic School Alumni & Alumni Families! We would love to hear from you, and add you to our **Alumni & Friends Newsletter** email list. Please send your news and contact information to alumni@stsashburn.com



STCS families, please mark your calendars for the following events, and watch for details in the **Thursday Thunder** email newsletter:

News from our Parish

May Baptism Class—Date change for May: The May baptism class will be held **May 9th** vice May 2nd.

Gabriel Project needs you!—

We are looking for a coordinator for this parish-based pregnancy help ministry to accompany those moms who need some extra support emotionally, spiritually and materially. If you are interested in learning more, please reach out to Marianne Guidos at dmoutreach@sainttheresaparish.com or 703.729.2334.



Old U.S. Flag Collection—

Do you have an old, worn-out U.S. flag that needs to be disposed of properly? Bring it to church between **May 3rd and 13th** and place it in the bin in the Narthex. It will be included in an upcoming flag retirement ceremony. Ask your neighbors and co-workers if they have old flags and bring them too.

One Holy Hour/One Priest/Each Week/One Heart of Prayer—

Where would we be without our priests? It is a privilege to pray for our priests, and they need our prayers now more than ever. Seven Sisters Apostolate has a

mission for women of the parish to pray for individual priests, offering a Holy Hour every day for a specific priest. Seven women, each being designated one day of the week, pray for the priest for one hour while in front of the Blessed Sacrament. We invite women to pray for our priests. Interested in this mission or want more info.? Please contact Kelly Rush @ Kelly4VT@gmail.com *“When people want to destroy religion they begin by attacking the priest; for when there is no priest, there is no sacrifice; and when there is no sacrifice, there is no religion.”* ~St. John Vianney



St. Theresa Catholic School
Join our team!
STCS is accepting applications for:
4th Grade Teacher
Instructional Aides (part-time)
Extended Day Care Staff (part-time)
We are hiring for the 2024-25 school year! Please send your resume, cover letter, and references to HR@sainttheresaparish.com



Are you looking for ways to serve the Church and join community?— Have you ever thought about being an Usher? St. Theresa's is inviting all parishioners to consider serving in this amazing Ministry! Come join fellow parishioners in all the fun and hospitality of being an Usher! It can be as flexible as you choose. Reach out to Usher Ministry at sttheresaushers@gmail.com for more information! We are SO excited to have you join us!

Adult Education and Spiritual Enrichment

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 Wed, 7:15pm; or Sat, 9:15am.

Women's Discipleship Group—Meets every Wednesday morning, 9:30-10:30am for Lectio Divina and 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. Starting October 11th, we will be reading the book, "Four Witnesses: The Early Church In Her Own Words. Parish women of all ages are cordially invited. For more information contact Dawn Garabito, 862.812.0039 or dmarie213@aol.com

That Man is You (TMIY)—That Man is You (TMIY) is a Catholic men's program that's made a real difference in our lives as husbands and fathers in

St. Theresa's parish, helping us to better understand our Faith and to build friendships with fellow Catholic men. Please join us Saturdays at 630am for fellowship, video and discussion (6:30-8:00am) in the Parish building across from the Church. Please contact Jack Hayes at 703.537.6418 or jack.hayes422@aol.com for additional information.

How to Register to be a Parishioner of St. Theresa Catholic Church

In the sacramental life of the Church, Catholic faithful will need to prove residency in a parish. Registration with the parish office allows us to track your sacramental data and keep you connected with the life of the church.

In order to register, come to the parish office Monday – Friday 9:30am – 3:30pm to fill out a registration card. Yellow registration cards can also be obtained at all of the Church entrances – these can be mailed to the parish or given to an usher during a church liturgy.



Knights of Columbus

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 should take no more than 1-2 hours and involve no more than 1-2 men. Please submit your request on our website at: <https://www.st-louismartin-kofc.org/handy-man-services>.

KOVAR: We had a successful KOVAR collection this past weekend (April 7,

2024). We collected \$4380 in cash, checks and via the QR code. Thanks all for your generous help and support.

Food Drive: Many thanks to the parishioners, volunteers, youth group, and Knights for donating, sorting, and delivering 4,459 pounds of food to the Catholic Charities Loudoun Food Pantry in Sterling last month. Your contributions and effort make this program a successful one.

Please keep up the generosity this year by returning your bag this weekend (April 20-21) with items in the attached flyer. If you were unable to

pick up a blue bag, you can always return food in a reusable, paper, or plastic bag. Please, no expired items. The pantry is unable to distribute expired items.

Catholic men: Interested in learning more about the Knights of Columbus? See our most Frequently Asked Questions at: <https://www.st-louismartin-kofc.org/faqs> or to submit a request for more information or to be contacted by our Membership Committee scan the following QR code.



News Around the Diocese

Men's Evening of Reflection "Mary and the Eucharist", May 1, 7-9:30pm—Gentlemen, step out of the daily grind and into a deeper spiritual life with our Men's Evenings of Reflection. Our new series, "Living a Eucharistic Life," will inspire you each month with meditations, practical talks, and the celebration of the mass. Plus, enjoy dinner and fellowship with some great guys! Join us as we honor Our Lady and her relationship with Christ. Cost is \$25 per person. Advance Registration is required. Visit our website for more details and to register www.ourladyofbethesda.org. Hosted by the Men of Regnum Christi and Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.

2024 St. Veronica Golf Tournament—May 6th—Rain or Shine. Let's make this an amazing day and help our school and community. Some things to expect: Breakfast pastries, donuts, and coffee. BBQ Lunch with burgers, dogs, grilled chicken, salads, mac & cheese, cookies, brownies, etc. Beverages from Beverage carts and lunch are included with your registration. We are looking at music options to accompany lunch. We will have pickleball & cornhole during lunch. There will be a live auction during lunch. Men & women closest to the pin contest; Men & Women Longest Drive Contest; Hole-in-One prize. Superbowl Trip for 2 & more...This is going to be an absolute blast. We hope you can come join us, help us out, and have a fantastic time. <https://charitygolftoday.com/event?e=12327&ce=1a386d>

Youth Apostles Golf Classic—May 6 Youth Apostles will host its annual Golf Classic on Monday, May 6, at Raspberry Falls Golf and Hunt Club in Leesburg. Members of Youth Apostles have been assisting with the youth ministry program here at St. Theresa for around 5 years. The community is formally approved in the Diocese of Arlington and has been forming and providing paid and volunteer youth and campus ministers in our diocese for 45 years. They continue to grow and, consequently, are experiencing growing pains. They have 130 members and 30 women in their sister community, Women Youth Apostles. They are serving in 31 parishes, 6 college campuses and 3 Catholic high schools around the country, most in Virginia. Please consider supporting their golf fundraiser by going to <https://youthapostles.org/golf>.

Called & Chosen 8th Grade Vocations Event May 7—All 8th graders of the diocese are invited to the Go Forth: Called & Chosen event with Bishop Burbidge on Tuesday May 7, at All Saints Catholic Church in Manassas. The program begins at 10 a.m. and includes a vocations rally, Mass, and lunch, and concludes by 1:30 p.m. All 8th graders must be accompanied by an adult; space is limited to 8th graders and their chaperones. Please arrive early so all can be seated before 10 a.m.. For more information or to RSVP contact the Office of Vocations, vocations@arlingtondiocese.org or 703.841.2514 by Tuesday, April 30. (8th graders in Catholic schools will be coming with their classes.)

Finding Jesus in the Virtuous Life Young Adult Retreat—God's law orders us towards goodness. His grace also transforms us from within, ordering every aspect of our lives towards union with Him, and this is the essence of the virtuous life. Join Fr. Steven Oetjen for an exciting young adult retreat at Arlington Diocese's San Damiano Retreat Center in White Post, VA. This young adult retreat will be an opportunity to spend a weekend contemplating the "well-ordered life in Christ," with special attention given to the virtues of fortitude and temperance. The retreat begins at 5pm, Friday, **May 10**, and ends at 1pm Sunday, May 12. Retreat cost is \$285, and financial assistance may be available. For further information or to register for this retreat, please contact Deacon Mark Maines at mark.maines@arlingtondiocese.org.

St. Therese of Lisieux Women's Silent Retreat—St. Therese of Lisieux's spiritual doctrine is easily understood and can be applied in our day-to-day lives. Her counsel can ably assist us in enduring and embracing difficulties in prayer, overcoming scruples, and patiently putting up with challenging people. Join Fr. Jack Riley at the feet of Jesus at Arlington Diocese's San Damiano Retreat Center in White Post, VA, to learn more about this great Saint. The retreat begins at 5pm, Friday, **May 10**, and ends at 1pm, Sunday, May 12. Retreat cost is \$285, and financial assistance may be available. For further information or to register for this retreat, please contact Deacon Mark Maines at mark.maines@arlingtondiocese.org.

News Around the Diocese Continued

The Associates of St. John Bosco invites all parents of high school juniors and seniors to attend their second annual "Parents Prepared" Parent Night. This engaging evening will help parents prepare for what lies ahead for their children entering college in the coming years. Parents will gain practical insights into what steps they can take to help their children keep their Catholic faith in college. Speakers include: Deacon Gerard-Marie Anthony, Danielle Zuccaro, and David and Margaret Bereit. The event will take place at the Basilica of St. Mary's Lyceum (313 Duke St.) on **May 14, 2024** at 7pm. RSVP for free at www.asjb.org/parents-prepared.

Three to Get Married Marriage Prep—May 16-19; Jun 6-9

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. \$375 per couple. Space will be limited and these weekends fill up quickly, so reserve your spot today! Visit ourladyofbethesda.org. Our Lady of Bethesda Retreat Center.

Balance Work & Prayer!—Unique Retreat Experience for Men: **May 17-19**. Are you a man looking for more effective ways to balance work and prayer in your life? Look no further! Our Super Spirits & Service Retreat Weekend is just what you need. We are thrilled to invite you to a transformative retreat experience that combines prayer, physical activity, and inspirational preaching. Led by one of our premier retreat masters, Fr. Robert Presutti, LC, this retreat offers a unique opportunity to deepen your spiritual practice while also participating in critical improvement projects at the Our Lady of Bethesda Retreat Center. But it's not all work and no play - you will also get to enjoy lively fellowship with some great guys! Best of all, it's free to attend! All we ask is for your sweat equity. Don't miss out on this chance to renew your spirit and make a positive impact - sign up for our retreat today. Find more information and links to register on the website www.ourladyofbethesda.org. Our Lady of Bethesda Retreat Center,

A Place to Encounter Christ! 7007 Bradley Blvd., Bethesda, MD 20817. Plan your next retreat today!

Prepare for Pentecost with a Personal Retreat Day!—May 17, 9am-4pm

Are you ready to welcome the transformative power of the Holy Spirit into your life? Join us on Pentecost Friday for a "Personal Retreat Day" at Our Lady of Bethesda Retreat Center. This is the perfect opportunity to take a break from your busy life and focus on your spiritual journey. Our experienced team will guide you through this meaningful day and help you connect with God in a deeper way. The retreat schedule allows for one-on-one spiritual direction (optional), quiet reflection, Mass, Confession and Eucharistic Adoration, plus 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 \$108 per person, if registered by May 10th. Advance Registration is required. So don't wait, sign up now and join us for a positive step towards a more peaceful, and holy Lenten season. Visit our website to register and to find more dates at ourladyofbethesda.org. Or call 301.365.0612. We also have Mini-Retreats for Women and Evenings of Reflection for Men, each month. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.

Summer 2024 Spiritual Retreats for Women at Our Lady of Bethesda Retreat Center

—Hello lovely ladies! Are you ready to embark on a journey of self-discovery and spiritual growth this summer? Join us for a women's retreat inspired by the Spiritual Exercises of St. Ignatius. Whether you can spare just one night or are looking for a week-long escape, we have the perfect duration to suit your needs. Come, ignite your spirit and immerse yourself in a transformative experience at one of our upcoming retreats. Let's embark on a soulful adventure this Summer! Find more details on our website www.ourladyofbethesda.org or call 301-365-0612. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.

2024 Days of Prayer and Healing—After Abortion Retreats: A Day of Prayer & Healing for women who have ex-

perienced abortion will be Saturday, **June 1**. These group healing events are held in a private and peaceful setting, in English and in Spanish, based on the Entering Canaan model (2 separate retreats, in 1 location). There will be an opportunity to hear from a past participant and others who have found healing. You are not alone. Take the first step. For confidential inquiries, please contact Project Rachel Ministry: 703.841.2504 or info@helpafterabortion.org

NEW 24 Hours with Christ Retreat

For Women: **Jun 1-2, 2024**

For Men: **Aug 17-18, 2024**

Experience the essentials of the Spiritual Exercises in this abbreviated one-night retreat. Based on the Spiritual Exercises, the retreat is designed to provide a rejuvenating experience with a more convenient schedule. You will have the opportunity to participate in guided meditations, attend Mass, and benefit from individual spiritual direction. Additionally, you will have plenty of free time to explore the beautiful natural surroundings of the retreat center and spend time in personal reflection. Registration is required. Cost: \$159 per person (Early-Bird Rate.) Find more information and links to register on the website www.ourladyofbethesda.org. Our Lady of Bethesda Retreat Center, Miracles Happen Here! 7007 Bradley Blvd., Bethesda, MD 20817.

Experience the Week-Long Spiritual Exercises this Summer!

—Women:

July 8-15; Lay Men: July 23-28;

For Priests: **July 23-31**. The Week-Long Spiritual Exercises are for those well familiar with mental prayer, silence, and the Ignatian Spiritual Exercises. This format allows more time for personal prayer. With longer periods of silence, you are challenged to stretch your soul, thus engaging in deeper intimacy with God. A trained spiritual director will be available for the daily colloquy to help you detect and understand the movements of the Holy Spirit in your soul. Cost: \$675 per person for the lay retreats; \$975 for the priest retreat. Details on our website www.ourladyofbethesda.org. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817. Registration is required so that we can properly prepare.

More News Around the Diocese

Diocesan Jubilee Festival: Saturday, June 8, 2024—Bishop Burbidge invites you to the Diocesan Jubilee Fest at Warren County Fairgrounds in Front Royal, VA on Saturday, June 8, 2024! Celebrate the 50th anniversary of the Diocese of Arlington with your parish family and thousands of faithful from across northern Virginia. Kick off the festival giving thanks to God with the celebration of the Holy Sacrifice of the Mass, celebrated by Bishop Burbidge. Following Mass, enjoy live music by headliner Celtic rock band, Scythian. Head to arlingtondiocese.org/jubilee-fest for a preview of events. Registration coming soon!

Weekend Discernment Retreat for Women—Has God made your heart for religious life? Take a step to find out. The annual diocesan discernment retreat for single women who feel called to a religious vocation is Friday-Sunday, **June 14-16**. The Carmelite Sisters of the Most Sacred Heart of Los Angeles will lead the retreat this year. It will also include tools to aid your prayer and discernment, as well as opportunities for prayer, confession, spiritual direction, and Q&A with the sisters. Cost is \$150 (financial assistance is available). For more info or to register, contact Fr. Michael Isenberg at vocations@arlingtondiocese.org. Space is limited; deadline to register is Monday June 3.

Holy Hour for Encounter Every First Thursday—All you who are burdened by sin, grief, loneliness, shame, addiction, self-hatred, abortion, or any other wound, come and place all your cares on the Heart of the Eucharistic Lord who desires to free you and restore you to new life. The Holy Hour, every first Thursday at 7pm at St. Thomas à Becket in Reston, will include a Eucharistic Procession, opportunities for confession, as well as worship music led by a different musician each month. The celebrant will be Fr. Rich Dyer, Pastor, St. Thomas à Becket. If you have questions, contact us at 703.841.2550.

Married Couples—Why not give yourselves a weekend away from it all. Time away from the pressures of work and everyday responsibilities. A chance to talk and listen to that special someone who loves you. If that sounds good to you, sign up now for a Worldwide Marriage Encounter Weekend. For more information or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location. Feel free to contact Mark and Cathy Stangler at 703.378.4150 or mstang1987@aol.com with any questions. Here are a few upcoming experiences: May 3-5, 2024 - Hickory, NC; September 27-29, 2024 - Herndon, VA

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, 7:30pm at St. John's in Leesburg. Email separated.divorced@stjohnleesburg.com for more information.

Do you love someone with a drug or alcohol problem?—The Nar-Anon is a worldwide fellowship for those affected by a friend's or family member'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. For more information, contact Deacon Noah at dcnnoah@sainttheresaparish.com. Weekly meetings are held on: Mondays, 7-8pm, Cascades Library, or via Zoom on Federal Holidays and Thursdays, 7-8pm, Leesburg Presbyterian Church.

St. Paul VI Catholic High School is hosting various camps this summer, including band, baseball, basketball, cheer, dance, football, field hockey, lacrosse, soccer, and more. All will take place on our campus at 42341 Braddock Rd, Chantilly, VA. Visit www.paulvi.net/summercamps for details and to register.

News From John Paul the Great High School—John Paul is still accepting applications for the 2024-2025 school year! For more information and to apply please visit: https://www.jpthegreat.org/apps/pages/how_to_apply

Shadow a Wolf for a Day!—Shadow Days available at John Paul! Do you have an 8th-10th grader who is interested in seeing what it is like to be a JP student? Sign them up for a Shadow Day visit! For registration and more details, please visit: https://jpthegreat.schooladminonline.com/portal/new_inquiry

Practice High School Placement Test & Parent How to High School: Sat., May 18 (9am-12:15pm)
John Paul is hosting the Pre-High School Placement Test (Pre-HSPT) for current 7th graders. The Pre-HSPT is optional, and is a practice test intended to help students become more familiar with the different sections of the HSPT under timed conditions. The practice test is designed to give the student an idea of how the exam will be administered and what to expect on the actual day of testing during the student's 8th grade year. Parents are invited to stay for Parent How to High School - a workshop on preparing your student for high school

John Paul the Great Summer Camps
JP Summer Camps registration is now open! Sign your elementary and middle school-age children up for a variety of athletic and enrichment camps during the summer months. For registration and more details, please visit: <https://www.jpthegreat.org/apps/pages/summeractivities>

Spring Musical (April 26-28, 2024)
The JP Fine Arts department will debut its spring musical, Joseph & The Amazing Technicolor Dreamcoat, on Friday, April 26th with shows running through Sunday, April 28th! Tickets are available for purchase here: <https://jpthegreat.booktix.com/>

Wanting to hear Fr. Hudgins' homilies?

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

Parish Offices

Secretary: Kelly Cosenke, 703.729.2287
Office Manager: Christine Young, 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: Denise Oriti, 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 **7pm (note the time change)** 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

Car Raffle

The car raffle is **April 27th** at All Saints.

Thank you to all who supported this effort. **Please note return your sold and unsold tickets to All Saints by April 23rd.**

Did you know? Divine Mercy Outreach assisted with \$47,334 in financial assistance, 23 new beds and 37 bags of food & toiletries given from January to March 2024.

Your donations make a difference in the lives of struggling families by preventing evictions and keeping utilities on! We assist struggling veterans, individuals and families due to domestic violence, disabilities, layoffs, medical issues and unforeseen circumstances. 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.

Items needed for our parish pantry

Your help is needed. At times we have families or individuals with urgent food/toiletry needs. We are low on or out of the following items: Cereal, mac & cheese, tuna, ramen, oatmeal, pasta sauce, granola/protein bars, toilet paper, laundry soap and hand soap. Please drop off items at the parish office if possible. Thank you!

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

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

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

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.

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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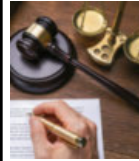
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