



St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

October 5, 2025

Twenty-Seventh Sunday in Ordinary Time

Masses for the Week

Mon, Oct 6	6:15— Jerome and Heather Miles+ 8:30— Mai Nguyen 12:15— Sister Aracely
Tues, Oct 7	6:15— Madeline Tellis 8:30— Madeline Tellis
Wed, Oct 8	6:15— Joan & Robert Burton+ 8:30— Marilyn Smith 12:15— Glenna Paukstis
Thurs, Oct 9	6:15— Christine Carrescia+ 8:30— Ellen Sullivan+
Fri, Oct 10	6:15— Thomas Miles, Sr. 8:30— Nick Carrescia+
Sat, Oct 11	8:30— Toni & Doug Smith 5:30— Teodorica Dino+
Sun, Oct 12	7:30— Margot Ferry+ 8:45— St. Theresa Parishioners 10:30— Eric & Rachel Wong 12:30— Marilyn DiGioia+ 5:00— Leonard & Mary Beth Stratton

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

****Federal Holidays—6:15 and 8:30am Masses only**

Clergy

Reverend James C. Hudgins, Pastor
Reverend Paul Dudzinski, Parochial Vicar
Reverend Christopher T. Vaccaro, Parochial Vicar
Reverend John F. O'Farrell, Parochial Vicar
Reverend Matthew J. DeForest, In Residence
Deacon Paul C. Konold
Deacon Anthony J. Renzette

Prayers For The Sick: Jennifer Spurr, Luz Triana, Maddie N., Suzanne Miles, Martin Caplan, Gene Epperly, Patricia LeMay, Megan Brown, John Forbes, Ronald Lewis Cricks, Tom Poerstel, Mary Broderick, Mary Giebel, Esther Yager, Tori Edmonds, Daniel John Begley, Michael DeCardona, Stephen Stahl, Steve Smith, Michael Williamson, Brenda Fitzpatrick, Barney Smith, Rick & Kathleen Mikszan, Jeffrey Miller, Raymond Humanik, Kelly Hargreaves, Ellen Russow, Patricia Fuechslin, Pranee Heinjarean, Nellie Gonzalez, Bernadette Valdez.

Prayers For Our Military: Brady Carmical, Ify Nwabuku, Cabell Early, Jack Williamson, Sabrina Sokol, Aidan Sullivan, Kyle Sullivan, Heather Hurley, Connor McCarthy, Kraig Broecker Jr., Victoria Carrick Caviston, Jack Ward, Michael Scully, Matthew Baba, Anthony Lupetaliaami, Tom Short, Bill Short, Sergio Mendez, Geoffrey Galasso, Logan Anna Davis, Stephen Holdorf, Jr. Daniel W. Beverly, Matthew Schierling, Eric Frames, Bill Freschi, Paul Schierling, Marshall Kellner, Eric Ciliberti, John Kesterson, Matthew Kesterson, Alexa Katharine Koenig.

Getting the Most Out of Confession

Every sacrament offers the infinitude of God's grace to your soul, but not every person who receives a sacrament receives the same amount of grace. If we receive a sacrament in a distracted, half-hearted manner, we limit its effectiveness. If we receive a sacrament devoutly, God accomplishes more in us. Every worthy confession forgives sin, but the transformative grace we receive depends on our own disposition. That's why it's important that we confess as best we are able. To make a good confession, you must mention every serious (mortal) sin by name and also mention the number of times you committed the sin. The confession of lesser (venial) sins is helpful too, so long as you focus on the sins you struggle with, rather than simply listing every sin that comes casually to mind. The most important qualities to bring to confession however, are contrition and sincerity. To that end, here's just a few practices to make confession more fruitful.

Don't Confess Other People's Sins: Confession is a place to tell the priest what you are sorry for doing, but it's surprisingly common for people to confess not their own sins, but the sins of others! "My friend was unkind to me [insert story here], so I was unkind to him in return." "My husband's problem is [insert fault here], and he makes me lose my patience." Blaming others for your sins is a not-so-subtle way of deflecting blame from yourself. That's the very opposite of a good confession. Confession is a unique moment to focus on your own sins. Make the most of it. Don't ever mention the faults of others.

Emotions Are Not Sins: You may "feel" any emotion at all—sadness, frustration, hurt, disappointment—but please remember that emotions are never sins. This is because a sin, by definition, must always be a free choice. A "sin" is a thought, word, action, or even a desire that is contrary to God's will. But before anything can be a sin, it must be a free choice. A feeling is never a choice. Feelings are like weather—they arrive uninvited, and take up lodging in our minds, often against our free will. Feelings and emotions do play a role in our moral life. Namely, they can make an action more or less praiseworthy, or more or less blameworthy. (For example, if I feel sad, but deliberately choose to be cheerful smile, that's praiseworthy! If I feel very gloomy, and then suddenly utter an unkind word, it's less blameworthy. It's a bit more understandable. But in neither case is the "feeling of sadness" itself a sin.) You'd be amazed how many people think they are guilty before God for their emotional state. Don't confess your emotions. You're never guilty for how you feel.

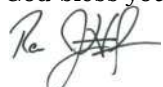
Don't Bury the Lede: From time to time, people will confess a list of lesser offenses, then casually slip a serious sin in the middle of the list. (Maybe they think the priest won't notice?) Confession is never easy, and there's always one or two sins that you're most embarrassed to mention. But it's important to remember that confession is a place to heal a wounded relationship with God. So, behave in confession as you would when apologizing to a friend or family member. Not all sins are equal. If there's something big you need to apologize for—say that part first.

Don't Be Vague: Call a sin by its name. You'd be amazed how easy it is to gloss over a sin, and how often it happens. For example, if I stole lunch money from a classmate at school, it's not sufficient to say "I was mean to a classmate." If I committed adultery multiple times in an extended extramarital relationship, it's not enough to say, "I struggled with lust." Most people have a hard time confessing sexual sins. Here's a helpful metric—always tell the priest if a sin of unchastity took place in your mind, alone, or with another person. No priest needs every detail, or a play-by-play analysis, but if you're deliberately vague, you're no longer confessing sin at all. Call your sin by its name, clearly and directly. Then move on. And with that in mind...

Avoid the Word "Inappropriate": Don't say the word "inappropriate" in confession. "Inappropriate" is a word so over-used that not only has it become clichéd, it has nearly lost its meaning entirely. The word "inappropriate" literally means "lacking in propriety," and since our society has no agreement as to what is "proper," this word does not communicate very much. Instead of saying your actions were "inappropriate," choose a more specific word. For example, "my actions were unkind," "impure," "mean-spirited," "unchaste," or "uncharitable." Any of these words is better than "inappropriate." Whenever we tell another person we are sorry for what we've done, we try to be as specific as we can. This is certainly true for asking God's pardon in confession, as well.

This is certainly not an exhaustive list, but I hope it leads to a more fruitful reception of the grace of this sacrament.

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



Fr. Hudgins

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

Wanting to hear Fr. Hudgins' homilies?

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

Youth Education and News



ymoffice@sainttheresaparish.com

October

Sun, 5th—Parish Picnic, 2–6pm

Sun, 12th—Upper Room Squad, 6–8pm

Sun, 19th—Upper Room Squad, 6–8pm

Sat, 25th—Confirmation Masses, 10am & 1:30pm

Sun, 26th—High School RALLY @ Bishop O'Connell H.S., 11:15am–8:30pm

Sun, 26th—Parish Food Drive (after 8:45am Mass & 5pm Mass)

Mon, 27th—Food Sort by Expiration Dates, 7–8:30pm

Tues, 28th—Load food for transport, 6:15–7pm

High School RALLY—Bishop Burbidge invites all teens of the Diocese to join him on Sunday, **October 26th**, at RALLY 2025! This annual event is an opportunity for the young Church in the Diocese of Arlington to gather each year to celebrate, pray, and learn the Catholic faith. RALLY includes Mass with Bishop Burbidge, Eucharistic

Adoration, inspirational speakers and entertainers, breakout sessions, inflatable games, music, and much more!

Open to any high school aged youth, at any stage in their faith journey. We will depart from St. Theresa at 11:15am and return at 8:30pm - we will provide the transportation. For details and to sign up: <https://tinyurl.com/HSRally2025>.

In House Basketball—2025/2026

Registration is now open and will close November 1st—K-3rd grade. Register to play at: <https://sainttheresaparish.com/activity/in-house-basketball/> Contact Rusty Byrne via e-mail at stsk3basketball@gmail.com if any questions.

NVJCYO Basketball Registration is now open:

It is open to all students currently enrolled in St. Theresa School or the St. Theresa Church Religious Education program in grades 4–8. You can register at <https://reg.sportspilot.com/106557> Questions: contact Paul Dwyer at cyo@sainttheresaparish.com.

CYO Basketball Coaches needed—A great Coach can change a life.” Please

consider Coaching for our upcoming 2025/2026 Basketball Season. The Arlington Diocese will be holding training for all CYO Coaches – this is a mandatory training program called ‘Play Like a Champion Today’. The dates of the primary coach training will be in early November. The session is approximately 3 hours and every coach must attend the entire training to be able to coach after that time. Please contact Paul Dwyer by email at ymoffice@sainttheresaparish.com if you are interested in Coaching.



Office Hours:

Mon–Thurs. 9am–4pm; Fri. 9am–noon

Want to volunteer at St. Theresa's children based programs? We encourage and welcome your involvement however it requires that all volunteers be compliant. Contact Connie Gilligan, Parish Child Protection Coordinator, at connie@sainttheresaparish.com or call 703.729.3714.



Hands-on discovery
in our Middle School
Science Lab



events & see the Thursday Thunder email for details:

Monday, October 6—

Friends of St. Theresa School (FOSTS) Golf Tournament for Tuition Assistance

Tuesday, October 7—

Living Rosary & Backpack Buddies collection; Feast of St. Francis petting zoo; 7th Grade parents Confirmation meeting

Monday, October 13—

No school

Tuesday, October 14—

2nd Grade parent meeting, First Holy Communion

Monday, October 20—

1st Grade Grandparents Day

We are hiring – join our team! St. Theresa Catholic School is accepting applications for a part-time Front

Desk Receptionist. Please send your resume and references to HR@SaintTheresaParish.com.

Basketball Day Camp at St. Theresa gym! **Open to STCS students and St. Theresa Parishioners Grades 1-8**, please join us on **Monday, October 13 (holiday)**, for an exciting day of basketball development and fun! Evolution Basketball is hosting half-day camps designed for students in Grades 1-8. These action-packed camps, offer a fantastic opportunity for skill development and live play! Evolution is donating proceeds from the camp to the new STCS playground canopy. **Don't miss the fun – click the QR code to register today!**



STCS Parents, mark your calendars for these important upcoming

Saint Theresa Parish
Report to Parishioners
FY25 Financial Report

Balance Sheet		Church	School	Parish
	ASSETS			
	Operating Accounts	976,746	-	976,746
	DIAL Savings	8,363,544	-	8,363,544
	Fixed Assets	15,721,341	-	15,721,341
	Endowment Investments	-	-	-
	Other Assets	9,854	13,110	22,964
	TOTAL ASSETS	\$ 23,071,485	\$ 13,110	\$ 23,084,595
	LIABILITIES			
	Accounts Payable	291,912	-	291,912
	Loans Payable	-	-	-
	Deferred Revenue	37,425	1,107,806	1,145,231
	Other Liabilities	135,462	-	135,462
	TOTAL LIABILITIES	\$ 464,799	\$ 1,107,806	\$ 1,572,605
	NET ASSETS			
	Without donor restrictions			
	Unrestricted	22,651,606	-	22,651,606
	With donor restrictions			
	Temporarily Restricted	810,384	-	810,384
	Permanently Restricted	50,000	-	50,000
	TOTAL NET ASSETS	\$ 23,511,990	\$ -	\$ 23,511,990
	TOTAL LIABILITIES & NET ASSETS	\$ 23,976,789	\$ 1,107,806	\$ 25,084,595
Income Statement		Church	School	Parish
	REVENUE SOURCES			
	Offertory/Tuition Related Income	5,657,837	3,558,039	7,215,896
	Ministry	738,106	-	738,106
	School	-	580,991	580,991
	Other Sources	319,629	302,896	822,525
	TOTAL OPERATING INCOME	\$ 4,915,591	\$ 4,441,926	\$ 9,357,517
	EXPENDITURES			
	Clergy	297,118	-	297,118
	Staffing	830,027	3,455,835	4,285,862
	Ministry	642,805	-	642,805
	School	261,247	197,322	458,769
	Buildings	572,078	537,846	909,924
	Admin	653,773	250,704	904,478
	TOTAL OPERATING EXPENSE	\$ 3,057,030	\$ 4,441,926	\$ 7,498,976
	NET OPERATING SURPLUS/(DEFICIT)	\$ 1,858,561	\$ -	\$ 1,858,541
	OTHER INCOME AND EXPENSE			
	Campaign/Extraordinary Income	100,000	-	100,000
	Capital Expenditures/Renovations	746,451	2,267,990	3,014,441
	NET OTHER INCOME (EXPENSE)	\$ (646,451)	\$ (2,267,990)	\$ (2,914,441)
	NET SURPLUS/(DEFICIT)	\$ 1,212,090	\$ (2,267,990)	\$ (1,055,900)

News from our Parish

Job Opening - Secretary/Registrar for the Office of Religious Education—Responsibilities include database management, creating reports, assisting with major RE events throughout the school year, etc. Resumes can be sent to hr@sainttheresaparish.com. Contact the DRE, Mr. Bayne, at lbayne@sainttheresaparish.com, if you would like more information about the position.

We are hiring – join our team! St. Theresa Catholic School is accepting applications for a part-time Front Desk Receptionist. Please send your resume and references to HR@SaintTheresaParish.com.

Men's Bible Study—The next study session with the St. Theresa Men's Bible Study will begin on **Tuesday, October 7**. This session we will be studying the Gospel of Matthew. If you are an adult male who's interested in studying Scripture with like minded men, please join us! For further details contact Deacon Renzette - deacon@renzette.org.

Adult Education Courses—Starting next week. See the website: <https://sainttheresaparish.com/news/adult-education-courses-available-now/> for details

Young at Heart Social Club (YAH)—Men and Women (55 and over). We

meet after the 12:15 pm Mass in the Zelle Room located across from the Church. On **Wed., Oct 15th** (3rd Wed.), we are having our Oktoberfest! It's our German-themed lunch with beer & wine included. Cost is \$10 for members & \$13 for guests. St. Theresa Middle School students will work with us on an art project. All are welcome! If you plan to join us please RSVP to Freddie at wallflower64@gmail.com or 703.625.5715. Guten Appetit!

The Festival of Trees—December 6 & 7. The festival of Trees is only

2 months away! Mark your calendar for December 6 and 7. This year will be exciting with the Festival back in the gym. Donations are needed for trees, wreaths, baskets, and cookies! It's time to be thinking of themes and planning your tree. This is fun parish gathering and an important fundraiser for Divine Mercy Outreach. To donate trees, baskets, and wreaths, contact Cathy Branly: cathysews@yahoo.com. For cookie and treat donations contact Danielle Zuccaro: danielle.a.zuccaro@gmail.com. Check out the DMO Festival of Trees on our parish website: sainttheresaparish.com/divine-mercy/divine-mercy-outreach/festival-of-trees/



Red Cross Blood Drive—Please consider supporting the American Red Cross at our next St. Theresa blood drive on **Friday, October 10th** from 10am-3:15pm. Please call 1-800-RED-CROSS or go to www.redcrossblood.org and use sponsor code: "StTheresaChurch" to schedule your life-saving donation! If you have ANY difficulty, please e-mail Colleen Dwyer at colleen-home87@gmail.com or call/text 703.969.3667 & she will register you. The Red Cross is extremely grateful to the very generous St. Theresa parishioners for their continued support in these blood drives.

Are you interested in becoming Catholic or learning more about the Catholic faith? Are you missing Sacraments? RCIA registration for this year is now online. Go to <https://sainttheresaparish.com/activity/rcia/> to register today. Classes start this fall in late October/early November.

That Man is You (TMIY)—The new TMIY year began and we are enjoying the new video series and fellowship with many new brothers. If you are looking to strengthen your faith, become a better husband and father, and/or just get to know other men in the parish, we invite you to join us by using the following QR Code, or by contacting Jack Hayes at jack.hayes422@aol.com.



Knights of Columbus



Parish Picnic: Join fellow families and parishioners for the St Theresa Parish and School Picnic on Sunday October 5th 2-6pm! There will be hot dogs, burgers, drinks, games, and live music. Good times and good fellowship!

K of C Pancake Breakfast on Sunday, 12 October 2025:

Mark your calendars for next week! Our monthly pancake breakfast will be in the St. Theresa school cafeteria. Stop by after the morning Masses or any time between 8am and 12noon and enjoy a delicious breakfast and the fellowship of our parish community. Proceeds from your donations will benefit the Agape Pregnancy Center of Loudoun County.



Recently our generous parishioners donated over \$5000 to KOVAR. This Virginia Knights of Columbus charity provides assistance through grants and home loans to special needs organizations. These organizations give training and assistance to persons with intellectual disabilities. Thank you for your amazing generosity.



Are you a parishioner in need of a home repair? If you are physically or financially unable to complete basic home repairs, we can help. Our Handy-Man team skills include Plumbing,

Electrical, Carpentry, and Painting but exclude outdoor yard or gardening work. If you are in need of repairs, or would like to be part of the Handyman Team, please visit this website to submit your repair project request or to join the team <https://www.st-louismartin-kofc.org/handy-man-services>.

Interested in Joining? Guided by principles of charity, unity and fellowship, the Knights of Columbus work to strengthen our parish, our families and our community. FAQ: <https://www.st-louismartin-kofc.org/faqs>. To be contacted, please scan the following QR code.



Proposed Constitutional Amendments: Be Vigilant!



Proposed Amendments to Virginia's Constitution would:

- | | |
|--|--|
|  Create a radical "fundamental right" to abortion
(Opposed by VCC) |  Remove Virginia's "union between one man and one woman" definition of marriage
(Opposed by VCC) |
|  Restore voting rights
(Supported by VCC) | |

These three proposals were **initially approved** by the General Assembly earlier this year. If they pass the legislature again in 2026 – and are then approved by Virginia voters on a ballot – they would become law.

The legislators we elect this November will decide whether the proposed amendments are advanced or stopped.

Extreme, Radical and Deadly Abortion Amendment

This proposed amendment would enshrine virtually unlimited abortion at any stage of pregnancy as a "fundamental right" in Virginia's constitution.

In addition to the paramount problem of not recognizing the child's life, the amendment:

- Does not include any age restriction
- Does not include any safety standards
- Jeopardizes Virginia's parental consent law
- Jeopardizes Virginia's conscience protections for healthcare providers
- Expands Virginia's already permissive abortion laws
- And has numerous other problems!

Abortion is a fundamental tragedy, not a "fundamental right".

Ending a life is not a right and does not belong in the constitution.

Proposed Constitutional Amendments:



Amendment Rejecting the Truth about Marriage

This proposed amendment would remove Virginia's constitutional definition of marriage as the "union between one man and one woman." It would add language recognizing "any lawful marriage between two adult persons" instead.

Marriage was created by God as the union of a man and a woman. God's design and purpose for marriage existed before any nation, religion or law.

The family – based on marriage between a man and a woman – is the fundamental unit of society and is integral to the common good.

**Marriage – as created by God – is essential to the common good.
Each of us is called to preserve God's design.**

Amendment Restoring Voting Rights

This proposed amendment would restore voting rights to all people who have completed their prison sentences.

The *Catechism of the Catholic Church* reminds us, "It is necessary that all participate...in promoting the common good. This obligation is inherent in the dignity of the human person.... As far as possible, citizens should take an active part in *public life*" (nos. 1913-1915).

Enabling individuals, upon release, to resume taking an active part in voting decisions affirms their dignity and provides them a second chance to fulfill their duty to participate in promoting the common good. It enables them to have a say in decisions that affect them, their families and their communities.

As the U.S. Catholic Bishops have noted, restoring voting rights is an important aspect of reintegration:

"[W]e must welcome ex-offenders back into society as full participating members, to the extent feasible, and support their right to vote."

- *Responsibility, Rehabilitation, and Restoration: A Catholic Perspective on Crime and Criminal Justice*, U.S. Conference of Catholic Bishops, 2000.

Join the Virginia Catholic Conference's advocacy network
and see all of our Election 2025 resources at:
vacatholic.org/Election2025



Parish Offices

Secretary: Kathy Fitzpatrick, 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: Danny Costa, 703.729.3577
Assistant Principal: Audrey Allman, 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

Thank you all for your support of the Consignment Sale last weekend!

It is bittersweet to announce that I am resigning as outreach director in October. Due to family reasons, we are relocating to out of state. I will miss working all of you and am so grateful for all the time, talent and donations that you have given to help those in need. God has blessed us with such amazing parishioners. **God bless you all! Sincerely in Christ, Marianne**

Did you know? 99 percent of the funds you donate go directly to families in need! Your donation makes 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. The families are so grateful!

Donations accepted online, or by mail or dropping off to the parish office. Please indicate DMO in the memo of the check or on the envelope. To do-

nate 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.

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 or if you or a loved one need of help with meals.

Bed Ministry—Volunteer for the Bed Ministry —volunteers with trucks or Large SUVs needed especially! Great to do this with your teenager too! We have had an increase in bed requests.

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

Do you have furniture items to donate?—Consider donating to help families in need that are moving out of the shelter. Your donation makes a difference. We partner with McLean Bible church to assist families coming out of the shelter. Contact Matthew Broderick at 703.966.0791 or mebroderick1@gmail.com

Looking for more 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 up to be placed on our Outreach email 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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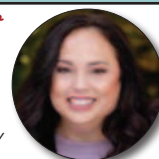
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