

St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

February 1, 2026
Fourth Sunday in Ordinary Time



Masses for the Week

Mon, Feb 2	6:15— Sue Kronfli & Family 8:30— Naim Kassar & Family 12:15— Nur-Vega Family
Tues, Feb 3	6:15— The Miles Family 8:30— Amali Auxilia+
Wed, Feb 4	6:15— Carla Ashton+ 8:30— Peter Hunter+ 12:15— David Massaro+
Thurs, Feb 5	6:15— Holy Souls in Purgatory+ 8:30— Maverick La Barge
Fri, Feb 6	6:15— Winifred Peterson+ 8:30— Tinh Dinh & Thong Nguyen 12:15— John Walker
Sat, Feb 7	8:30— Carlo Maresca+ 5:30— Mary Chervanka
Sun, Feb 8	7:30— Donna Miller 8:45— Andrew Pecsentye 10:30— Dean Crawford+ 12:30— St. Theresa Parishioners 5:00— Anita Alvano+

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: Jacqueline Meline, Megan Brown, Katherine McCray, Maria Theresa Baric, Iris and Romeo Rigor, 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, Michael Williamson, Brenda Fitzpatrick, Barney Smith, Rick & Kathleen Mikszan, Jeffrey Miller, Raymond Humanik, Kelly Hargreaves, Ellen Russow.

Prayers For Our Military: Joaquin Gabriel, Brady Carmical, Ify Nwabuoku, 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.

Why I Support the Bishop's Lenten Appeal

Although the Bishop's Lenten Appeal (BLA) is undoubtedly the least-popular annual event in our church, it's hard to over-estimate how important the BLA is to our church's well-being. I support the Bishop's Lenten Appeal wholeheartedly, and you should too. Please allow me to explain why. Firstly, let's address the central question, "what does the Bishop's Lenten Appeal pay for?" The answer is that the BLA funds three things: the operations of our Diocesan offices; the seminary tuition for our seminarians; and several local charities run by our Diocese. Let's take a look at each of these to better understand how important they are.

The BLA funds our Diocesan offices. Your St. Theresa priests, parish, school, and religious education program all rely on the services Diocesan offices provide. It would be impossible for me to manage this large parish, together with its elementary school, without the legal and financial counsel the Diocese gives us. I cannot count how many times a crisis has been avoided or resolved because Diocesan officials offered us timely, accurate, and practical guidance at a critical moment. The offices of the Diocese have saved St. Theresa from wasting precious time and countless thousands of dollars in expenses, time and again. I'm deeply grateful for their guidance. Their guidance is possible only because their offices are funded by this important collection.

BLA funds train your priests. The Bishop's Lenten Appeal pays the annual tuition, room, and board for our Diocesan seminarians. It's no exaggeration to say that without this funding, we would have very few seminarians, if any at all. The expenses are just too great. Years ago, someone's BLA donation made it possible for me, Fr. John, Fr. Vaccaro, and Fr. Dudzinski to say "yes" to a call from God to serve as your priest. Today, your BLA donation makes it possible for a seminarian to say "yes" to Christ's call right now, and to serve your loved ones as a parish priest in the years to come. Without the priest, there is no Eucharist. Without the BLA, there would be very few priests.

BLA funds support local charities. One of the most important works in our Church is to serve the needy, and the Bishop's Lenten Appeal funds some of the most efficient and effective charities in the region. It helps fund the work of Catholic Charities. It allows our local universities to offer Catholic campus ministry. It feeds the hungry through local food pantries. It enables the Family Life Office to promote marriage and defend the lives of the unborn. (I could list a dozen more examples of good works made possible by the Bishop's Lenten Appeal, but you can read them for yourself in the mailing you have received.) Furthermore, it's important to know that zero percent of BLA funds can ever be used to settle lawsuits from various dioceses across the country. Your funds can't be used that way. Bishop's Lenten Appeal funds stay here in Northern Virginia to serve local needs. It has been, and remains, one of the best charities I know.

This week, I will remind you at Mass why I support the BLA. Next week, I will remind you why it is important to contribute. Thank you for helping to make possible the work of the Church in our area.

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



Fr. Hudgins

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

Urgent Need for Committed Adorers



We have an urgent need for committed adorers who can spend a grace-filled holy hour every week with our Lord in the Blessed Sacrament for the following vacant one hour adoration slots:

Sunday: 12:30 & 7am; 4:30pm

Monday: 1:30am; 2, 3, 4, & 9:30pm

Tuesday: 1:30, 3, & 5pm

Wednesday: 7am; 12:30, 2, 3, & 4:30pm

Thursday: 12:30am; 3 & 10pm

Friday: 12, 8:30 & 11:30am; 3:30pm

Saturday: 11:30am; 2, 7, 8:30, 9:30, 10:30, & 11:30pm

To sign up for one of our open Adoration time slots above, please go to <http://sainttheresa.letusadore.com> or come by the parish office.

Please 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, you can vacate the slot in advance and substitute adorers will provide one-time coverage.

Youth Education and News



ymoffice@sainttheresaparish.com

February

Fri, 6th to the Sun, 8th – Mount2000 – High School Retreat, Mt. St. Mary's University

Thurs, 12th – WorkCamp Prep Meeting, 7-8:30 pm – Saint Zelig Martin Room 2&3

Sun, 15th - Upper Room Squad, 6-8pm

Sun, 22nd - Parish Food Drive (after 8:45am Mass & 5pm Mass)

Mon, 23rd - Food Sort by Expiration Dates, 7-8:30pm

Tues, 24th - Load food for transport, 6:15p-7pm



NVJCYO Volleyball Registration is now open: The St. Theresa CYO Volleyball program follows the guidelines established by the

NVJCYO. It is open to all female students currently enrolled in St. Theresa School in grades 3-8 or the St. Theresa Church Religious Education program in grades 3-8. The program is always looking for volunteers. All coaches & volunteers must comply with the Arlington Diocese Child Protection Program. Registration for the 2026 season opens on **February 1st, 2026**. You can register at <https://reg.sportspilot.com/106557>

Registration will close on February 28th, 2026. Cost is \$75 to join a team. Practices will begin in early March – by then teams should be formed (enough players registered and a coach identified). Your athlete's coach will contact you with specifics. Practice times are determined by gym space availability and the coach's availability. Practices are generally 60 to 90 minutes, once or twice a week – dependent on the Coach. Games should begin in early April and run through mid to late May. Matches are played at gyms throughout the Diocese of Arlington - venues are de-

termined based on availability. Shirts will be provided and are covered as part of the fee. If you have any questions regarding the program or are interested in Coaching or volunteering, please contact Paul Dwyer at cyo@sainttheresaparish.com.



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.

WE LOVE SAINT THERESA CATHOLIC SCHOOL

WE STCS

Celebrating St. Theresa Catholic School!

STCS Parents, mark your calendars for these important upcoming events & see the Thursday Thunder

Saint Theresa Catholic School
Educating Tomorrow's Catholic Leaders
www.stsashburn.com

email for details:

- Weekly Rosary Group
- Math Clubs (Grades 3-5 & Middle School)
- Battle of the Books
- Knights of Columbus Father-Daughter Dance
- Lent Preparation

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

Catholic Schools Week 2009

STCS Alumni & Alumni Families, Send Us Your News!

Email updates to alumni@stsashburn.com

We are hiring - join our team!

St. Theresa Catholic School is accepting applications for the following positions: Cafeteria/ Recess Monitor and Extended Day Care Monitor. Please email

hr@saintthereeparish.com for additional information.

Discover the Spirit of Learning at Saint Theresa Catholic School! Join us for a personal tour and experience our vibrant community where faith meets education. Visit our classrooms, meet our dedicated staff, and see how we nurture young minds in a joyful, faith-filled environment. Request your tour today and see firsthand what makes Saint Theresa Catholic School a special place for your child's education. To request a tour or to complete an application, visit our website, www.stsashburn.com (click "Admissions"). *We can't wait to welcome you!*

Applications for new families opened on January 5th – apply now! Siblings of current students may apply now!

News from our Parish

April Baptism Class—Please take note, the April Baptism class will be the 3rd Thursday, **April 16th**.

Job Opportunity—We are hiring - join our team! St. Theresa Catholic School is accepting applications for the following 2 part-time positions starting at \$16/hr: Cafeteria/Recess Monitor: M & Wed 11:30-1:30; Extended Day Care Monitor: M-F 2:30-5pm. Please contact the Principal, Danny Costa at hr@stsashburn.com for more info.

Faith Direct Good news! The upgrade from Faith Direct to ParishSoft Giving will be happening this week!

What do you need to do? Nothing! All of your payment and gift schedules will be transferred over for you. Don't forget, if you originally signed up for weekly gifting, the main change you will see, is going forward your gift will process weekly, no longer a bulk transaction once a month. If you want to change that, you will be able to make that adjustment once the migration is complete.

Once the transition is complete, you will be able to log in (we will send new login link after the migration) and see your payment and schedule information. Your login information will be the same password that you had in Faith Direct and your user name will be the email address on file on your account. However if you have any trouble with it, we recommend to click 'forgot password' and instructions will be sent to your email to reset your password. We also recommend checking out the below articles that have some great information regarding your new account!

GriefShare—Starting, Wednesday, **February 25**, St Theresa's will begin its first GriefShare program, a grief support group for people grieving the death of a loved one. No matter what the circumstances, grief is a painful process. GriefShare is a safe, welcoming place where people understand the difficult emotions of grief.

Over 13 weeks, you'll find relief and comfort as you learn what to expect in the days ahead and how to navigate your personal grief process. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Topics include how to manage grief-related emotions such as loneliness, anxiety, sadness, anger, and regret; how to cope with the changes in your life and relationships; how to recognize what's normal in grief; and what to do if you feel stuck or hopeless..

At GriefShare you'll watch a weekly video with counsel and insights from respected grief experts and relatable personal stories—followed by a time of sharing and support. Session topics include what's normal in grief; how to handle difficult emotions; and what to do with regrets, questions, and worries.

Please join us February 25 thru May 27 from 7 to 9pm at St Theresa's.

For more information or to register for the GriefShare program visit: <https://find.griefshare.org/groups/287951/registrations/new> upon registering, participants will be required to purchase the GriefShare workbook, which is available for \$20.00.

Red Cross Blood Drive—Please consider supporting the American Red Cross at our next St. Theresa blood drive on **Thursday, February 26th** from 10am-3:15pm. As always, your help will save lives!

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 colleenhome87@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. Thank you!!

Want to brighten the lives of those around you while warming your own heart?—Want to meet fellow parishioners? We are hoping to add more Mass Greeters to our existing team in order to cover all of the entrances at weekend Masses. This is an easy way to make a big, positive impact in your church community. All you have to do is arrive a half hour before Mass and be prepared to offer your welcoming spirit and smile to those who enter. This position also may involve holding the door for others, offering a helping hand, giving/receiving hugs and/or handshakes, and exchanging lots of smiles and friendly conversation. If you would like to join this important ministry or would like additional information, contact Lisa at Lmcarino3@aol.com.

Wanting to hear Fr. Hudgins' homilies?

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

Status of Adult Children of Parishioners -- Upon reaching adulthood, children of registered parishioners must register again (if they reside within St. Theresa boundaries), separately and independently, as members of St. Theresa parish, even if they continue to live at home with their parents. These new registrations are valid until adult children move to another address. Upon moving elsewhere, they should register at the local parish in which they reside. Adult children of parishioners who no longer live within the parish will not be able to continue to claim parish membership.

More Parish News

When:
Wednesday 2/11/26
6-8 PM

Where:
Saint Theresa
Catholic School Cafeteria

Sponsored by:
Saint Theresa's
Respect Life

Family Friendly
BINGO
Night

Pizza, Raffles,
Prizes & More!

\$10 Individual Entry
or
\$25 for Family

Proceeds benefit:
A Woman's Choice

TRINITY HOUSE COMMUNITY GATHERINGS

TRINITY HOUSE
community
Nurturing Your Holy Family

YOU'RE INVITED – KIDS TOO! Meet up with other families for food, fellowship & support in building a faith-filled home!

SAVE THE DATES
2025-2026

TRUST IN MARRIAGE
Sat., Jan. 10

FAMILY FINANCES
Sat., Feb. 7

BUSINESS VS. INTENTIONAL LIVING
Sat., Mar. 21

AUTHENTIC CONVERSATIONS
Sat., May 16

St. Theresa Parish
21370 St. Theresa Lane, Ashburn, VA
in the School Cafeteria

6:30 pm: Family Dinner & Fellowship

7-7:45pm: Parent Presentation & Small Groups Discussion while Virtus-trained volunteers supervise kids

7:45-8:30pm: Fellowship & Dessert

Free event for the whole family!
Please bring a drink (juice, soda, beer, wine),
or dessert – or both! – to share.

Learn More at
TrinityHouseCommunity.org

Adult Education and Spiritual Enrichment

The Catholic Education for Adults Program will be offering multiple classes this Spring including:

The Gospel of Luke: This class takes you on a journey that begins with the foretelling of John the Baptist's birth and culminates in the Ascension of Jesus. 8 weeks. Option 1 – Tuesdays from 10:30 to noon at Ashby Ponds or Option-2 Tuesday from 8-9pm on Zoom. Starts: February.

No Greater Love: A biblical walk through Christ's Passion. 5 weeks. Thursday nights from 7-8pm. In-Person. Starts: February

Hebrews: The New and Eternal Covenant - 8 weeks. Wednesday nights from 7-8pm. Zoom. This class draws connections between the Old and New Testaments, the Liturgy, the Eucharist, the priesthood, and much more. Start: February

Young Adult Bible Study (ages 18-35): The Story of Salvation – A study of salvation history as seen through the lens of God's covenants with his people. Meets on alternate weeks 6:30-8pm. In-Person. Starts: On Going

Please contact Andy Johnson at johnson.andrew7003@gmail.com for additional details or to sign-up.

Women's Discipleship Group—

Welcome all women of St Theresa Catholic Church. Our Group meets every Wednesday morning from 9:30-10:30 for Lectio Divina and 10:45-11:45 for reading of a selected book that provides daily encouragement, spiritual guidance and personal growth for women. Our focus for the Lectio Divina is the Mass readings for the upcoming Sunday. On September 3, 2025 we will be starting the book "Imitation of Christ" written by Thomas a Kempis, and translated by Ronald Knox and Michael Oakley. For more information contact Dawn Garabito 862.812.0039 or dmarie213@aol.com

Young Adults—Fr. Vaccaro is giving a mini-series of talks on Morality.

Talks:
2/9 - Morality (Part 2)
2/23 - Morality (Part 3)
Talks are 6:15-7:30pm in St. Theresa School Cafeteria. Pizza after!

Bible Studies:

The Young Adult Bible study is currently covering the story of salvation through the lens of covenant.
2/4 - Adamic Covenant: The Fall Sessions held at Barnes & Noble in One Loudoun 6:30-8:00pm (Location subject to change in future).
The studies are designed so anyone

can join part way through the year or miss sessions and still be caught up.

Contact st.theresas.ya@gmail.com for more info.

Padre Pio Group—Saint Padre Pio of Pietrelcina is known for his gift of healing when you become a child of Padre Pio, he also takes into his prayers your entire family. Won't you join us on the first Friday of every month as we pray the Rosary and ask Padre Pio to be our helper in heaven. Pray, hope and don't worry.....Our next meeting will be on Friday **February 6**, at 6pm Saint Louis Martin Room. Questions, contact Mirella McAleer 703.463.0847

That Man is You (TMIY)—TMIY is into our Spring session and preparing for Lent. 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

Family Bingo Night at St.

Theresa's! Join us for a fun, family-friendly Bingo Night at St. Theresa's Parish, hosted by the Knights of Columbus! This evening of fellowship and friendly competition will raise funds for A Woman's Choice, a local Respect Life organization serving women and families in need.

Wed, Feb 11, 7-9pm School Cafeteria \$10 individual, \$25 family (includes 5 bingo cards). Enjoy cash prizes, raffles (including a 50/50), pizza available for purchase, and drinks provided. Bring the whole family, invite friends, and help strengthen our parish community while supporting a great local cause!

Father Daughter Dance. The Knights of Columbus St. Louis Martin Council is hosting the second annual Father Daughter Dance on February 6th, 2026. The dance will be from 7-9pm in the St. Theresa Catholic School Gym with a live DJ, photo booth, raffle prizes, snacks, and drinks.

\$30 per father and daughter duo, \$10 for each additional daughter. Raffle Tickets are 1 for \$10, 3 for \$25, 10 for \$50. Proceeds go to Divine Mercy Outreach.

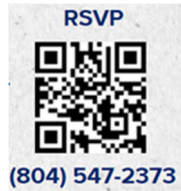
Tickets are limited to gym capacity so get yours soon at <https://square.link/u/kXhXu5zx>.



KOVAR. 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 generosity!



Dinner & Discussion: Catholic Investing and Tax-Advantaged Charitable Giving: On Thursday, February 26th, there will be a free barbecue dinner and seminar catered by Rescue Barbecue, on the subject of Catholic Investing for Retirement and Tax-Advantaged Charitable Giving at St John the Apostle Parish in Leesburg, VA. Speakers include Peter de Keratry from the Diocese of Arlington, executives flying in from Knights of Columbus headquarters in New Haven, Connecticut, and Soren Johnson from Trinity House. Registration is required. Scan the QR code to register or call 804.547.2373.



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>.

Foster Care Information Sessions: Loudoun County's Department of Family Services (DFS) is holding foster care information sessions in early 2026:

- Wednesday, February 18, 6- 7:30pm
 - Monday, March 16, 6-7:30pm
- In these virtual information sessions, they will discuss: General information on foster care needs; Who is eligible to become a foster parent; The process of becoming a foster parent, including training requirements; and Support provided to foster parents by DFS. Attendance is free, but registration is required. Scan the QR code or visit loudoun.gov/FosterCare to register.



Answer the Call to Serve. Guided by principles of charity, unity, and fraternity, the Knights of Columbus are men of faith and action - supporting our parish, our families, and our community. Join us as we put our faith into action. Check out our FAQs at <https://www.st-louismartin-kofc.org/faqs> - or scan the QR code learn more about becoming a Knight.



Legion of Mary

Want to be part of something bigger than yourself, build community, serve others, and grow your relationship

with our Lord? There are two praesidium options: Saturdays at 9:15am and Wednesdays at 7pm. We invite you to join us in the St. Louis Martin room to say the Rosary with us and learn more.

Our Works

Invite Jesus into your home through a Sacred Heart Enthronement—a formal ceremony where Jesus is invited into your home and given authority over your family/household, bringing grace and blessings. Also, hosting the Pilgrim Virgin Statue is a beautiful way to invite God's blessings into your home, unite your family in prayer, and a tangible reminder that Mary is truly present and active in your daily lives. To schedule, complete the request forms online at <https://sainttheresaparish.com/activity/legion-of-mary/>

Prayer Request - Are you in need of prayer?

Are you in need of prayer and would like the Legion of Mary to pray along with you? Email us at legionof-marysttheresa@gmail.com or scan the QR code to send us your prayer request.



News Around the Diocese

2026 BLA—A Message from Bishop Burbidge Dear Brothers and Sisters in Christ, This year's Bishop's Lenten Appeal, "In Christ We Are One," reminds us that we are never alone on our journey of faith. In Baptism, the Lord gathers us into one Body and calls us to share his love with all we meet. Each day across our diocese, your generosity makes this unity visible and tangible. Through the BLA, you stand with our seminarians preparing for priestly service, support our parishes and missions, accompany families through Catholic Charities, and help form disciples among children, youth, young adults, and the elderly. You bring Christ's light to those who are suffering, searching, or feel far from the Church. I invite you to join me in making a sacrificial gift to this year's Bishop's Lenten Appeal. For more information, visit arlingtondiocese.org/bla

Young Adults, Healthy Relationships – Dating & Engagement Seminar—February 8, 9am-5pm. Young Catholic adults—single, dating, or engaged—are invited to a full-day seminar to build the skills and virtues needed for thriving, Christ-centered relationships. The day includes continental breakfast, lunch, interactive talks with engaging speakers, Sunday Mass, and opportunities to network with other young Catholic adults. Topics include: attachment styles, healthy communication, dealing with addictive behaviors, managing expectations, and more. Sunday, February 8, 9am-5pm at Our Lady of Bethesda Retreat Center. Cost: \$55 per person. Register today! Visit our website to register: ourladyofbethesda.org. Or call 301.365.0612. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd, Bethesda, MD 20817.

Three to Get Married Marriage Prep in 2026: Feb 26-Mar 1 (Virtual) Mar 12-15 (In-Person); Apr 23-26 (In-Person)—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. \$525 per couple. Website: ourladyofbethesda.org.

Praying with the Saints: Married Couples' Retreat—Retreat to our Arlington Diocese's San Damiano Retreat Center in White Post, Virginia. Join Father Stephen Vaccaro and Father Ed Guilloux as they team up to lead a retreat for Married Couples. With conferences on the lives and teachings of great saints, they'll help couples to incorporate a deeper spiritual life into their vocations. This retreat begins at **6 pm Friday February 13th and concludes Sunday February 15th at noon**. Retreat cost is \$499, and financial assistance may be available. For further information, please contact Deacon Mark Maines at: mark.maines@arlingtondiocese.org. Visit our website at www.arlingtondiocese.org/retreat for more information.

Marriage Workshop: Strengthening Your Love Marriage Renewal Workshop—Feb 14-15, 2026: Our Lady of Bethesda, Bethesda, MD; **Apr 18-19, 2026**: St. John the Evangelist, 689 Ritchie Highway, Severna Park, MD The "Strengthening Your Love Marriage Workshop" is a Christ-centered weekend offering practical tools to foster effective communication and deeper emotional closeness in your marriage. An expert team of Catholic psychologists, therapists, and priests will present throughout the weekend and be available for individual consultation upon request. Please note: This is not an overnight program. Cost: \$650 per couple. Registration is required and seating is limited. Visit www.ourladyofbethesda.org for details.

Lenten Vocational Discernment Retreat for Men February 19-21—Start your Lent off spending some quiet time with the Lord. Fr. Joseph Rampino will preach this silent retreat which is sponsored by the Office of Vocations for men ages 18-35. Cost is \$150 and includes overnights and all meals. Retreat starts Friday at 6:30 p.m. and concludes Sunday after lunch. For more information or to register, contact Fr. Noah Morey at 703.841.2514 or vocations@arlingtondiocese.org. Deadline to register is Monday February 9. There is a similar retreat for women June 19-21.

Lenten Retreats for Men—Feb 20-22 (Fri-Sun) or **Mar 26-29** (Thu-Sun) Enter into Lent with a weekend of si-

lence, prayer, and guided meditation rooted in the Ignatian Spiritual Exercises. Retreats will be offered on Feb 20-22, 2026 and Mar 26-29, 2026. Cost to attend this preached retreat: \$368 per person for the Fri-Sun retreat, \$424 for the Thu-Sun retreat. For those seeking solitude and self-directed prayer, the private retreat option is available: \$276 per person. Find more details on our website www.ourladyofbethesda.org. Our Lady of Bethesda Retreat Center, Bethesda, MD 20817.

The Mystery of Christ's Death & Resurrection—Women's Retreat—Gather at the midpoint of Lent and retreat to our Arlington Diocese's San Damiano Retreat Center in White Post, Virginia. Join Msgr Mangan from Mt. St. Mary Seminary as we renew our sorrow for our sins, and we express our gratitude to God for the new life that comes to us through the Mystery of Christ's Death and Resurrection. We will listen to His Holy Word, and we will participate in His grace-filled Sacraments. This retreat begins at 6 pm Friday **March 13th and concludes Sunday March 15th** at noon. Retreat cost is \$299, and financial assistance may be available. For further information, please contact Deacon Mark Maines at: mark.maines@arlingtondiocese.org. Visit our website at www.arlingtondiocese.org/retreat for more information about San Damiano and retreats being offered in the months ahead.

Ladies, do you desire to live in greater freedom? Are you longing for an authentic encounter with your true feminine identity? **Join us for the Undone Women's Conference**—Undone: Freedom for the Feminine Heart will be held at St. Mary's Church, 7301 Annapolis Rd., Landover, MD on **March 26-28, 2026**. (Thursday, March 26 and Friday, March 27, 6:00 pm to 10:00 pm and Saturday, March 29, 9:00 am to 4:00 pm). This event is being offered in person OR virtually via livestream! Register online for either experience at www.jpilhealingcenter.org. Scholarships, student and missionary discounts available. Contact JPiIREtreatDMV@gmail.com for more information.

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: Myriam Perez, 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: Robin Kasban, 703.729.3714
Email: reoffice@sainttheresaparish.com
Fax: 703.729.9036

School Offices

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Assistant Principal: Audrey Allman, 703.729.3577
Admin Asst: Lisa Ralston, 703.729.3577
Receptionist: Christa Turpin, 703.729.3577
Website: www.stsashburn.com
Email: schooloffice@stsashburn.com
Fax: 703.729.8068

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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** 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 parish must be contacted at least six (6) months prior to the wedding date.

Before contacting the Parish Office, visit the Parish Website under Faith, Sacraments, Marriage. **You must be registered at least 3 months** prior to filling out the Marriage Preparation Questionnaire. A priest will contact you.

OCIA

Adults desiring instruction in the Catholic Faith should visit the website to register for OCIA 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

Parish Pantry Needs—At times we have families or homeless individuals who need immediate help with food and toiletries. If you are able to help, the following items are needed: Cereal, canned fruit, hearty soups, canned chicken, applesauce, bisquick/pancake mix, syrup, spaghetti sauce, dish soap, shampoo, & toilet paper. Please drop off to the parish office or mark parish pantry and place in the outreach boxes at church. Thank you!

Save the Date—Next Little Flower consignment sale is March 7th.

Do you have children's items to donate if you don't want to consign? Contact Jean Nowakowski at john.jean90@verizon.net. Go to www.littleflowerconsignments.org for more information or to consign.

Raffle Announcement—All Saints Church (Manassas, VA) has invited our parishioners to participate in their Multi Car Raffle. Prizes include four 2026 vehicles from Ourisman Ford of Manassas (Ford Escape, Mustang, Maverick Truck (Hybrid) and Bronco Sport). One \$5.00 ticket offers the purchaser a chance to win all four vehicles plus \$42,000 (including one for \$20,000) in cash prizes. You

will be receiving tickets in the mail within the next weeks. Please consider selling/purchasing the tickets mailed to you. \$29,000 was raised last year to help us assist families.

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 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 know someone in need of help with meals.

Do you have furniture items to donate?—Consider donating to help families in need that are moving out of the shelter. 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

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

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.

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 Myriam Perez 703.729.2334 or dmoutreach@sainttheresaparish.com

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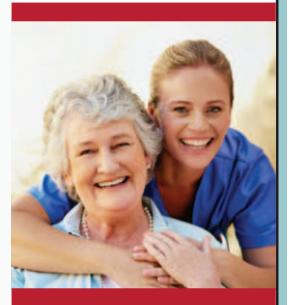
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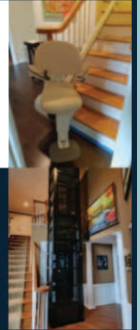
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