

St. Theresa Catholic Church

21371 St. Theresa Lane, Ashburn, Virginia 20147

March 8, 2026
Third Sunday of Lent



Masses for the Week

Mon, March 9	6:15— Jerome+ & Lou Miles 8:30— Marianne Guidos 12:15— Jennifer Tellis
Tues, March 10	6:15— Nuns of St. Joseph de L'Apparition+ 8:30— GJ and Anita Family Tree
Wed, March 11	6:15— Joan & Robert Burton+ 8:30— Eleanor Radigan+ 12:15— Elizabeth Keenan+
Thurs, March 12	6:15— Combonian Priests+ 8:30— Mary Beth & David Burke
Fri, March 13	6:15— Patti Moran 8:30— Justin Alexander Family Tree
Sat, March 14	8:30— Ted Cooper+ 5:30— Maureen O'Connor
Sun, March 15	7:30— St. Theresa Parishioners 8:45— Joseph Galioto+ 10:30— Carl Granata+ 12:30— DMO Volunteers 5:00— Patrick Rush

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: Mr. Melchor Dizon, 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 Nwabuoqu, 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.

The Seven Capital Sins

There are seven sins so basic that every sin we commit reduces to at least one of them. They are sometimes called “cardinal” sins (from the Latin word *cardo*, meaning “hinge.”) They are sometimes called “deadly” sins (although these seven were never intended to be a listing of the worst sins.) Most accurately, they are called the “capital” sins (from the Latin word *caput*, meaning “head.”)

Every sin is the misuse of a good thing God has given us, but our temptation is to misuse them for our purposes instead of for God's. The seven basic ways we do this are:

Gluttony: Gluttony is the misuse of food. This could be overeating, fixating on food that is unhealthy, or being excessively concerned about a food's quality or preparation. Of the seven capital sins, gluttony is the easiest to work on. As your soul gains mastery over its appetite, it also gains strength to make progress in other areas. All the saints have understood that defeating the power of gluttony is an essential strategic win in the larger spiritual battle.

Lust: Lust is the misuse of sex. Sex has a purpose and a design in God's plan; and when used as God intended, not only is sex good, but it is holy. In fact, it is sacramental. Sex is the complete and total self-giving of a man to a woman, body and spirit, which can only be authentic within the vowed covenant of matrimony, always open to the possibility of new human life. Whenever sex is misused, Jesus is very merciful, but this sin leaves deep scars on the soul which are not quickly healed.

Avarice, or Greed: Avarice is the misuse of material things. We have all been gifted by God, some more and others less. In God's design, we are meant to give what we have for the benefit of others, each according to his state in life. Avarice is the sin of keeping for one's self what was meant to be given to someone in need. Those who have been given more have a sacred charge to share with those who have been given less. At one time or another, we will all be in need, or have an abundance. At times we grow by generosity, and at other times, by gratitude for the generosity of another person. This is all according to a beautiful, divine plan. Stinginess and miserliness are the hallmarks of those who suffer from the sin of avarice.

Sloth: Sloth is the misuse of rest. Everyone needs a rest, but when rest is an end in itself, we have fallen into a trap. Examples of sloth are: resting when we are not tired; neglecting our duties to our family, such as tasks around the home; neglecting our duty to our employer by failing to work a full day, as we ought; neglecting our duties to God, such as failing to attend Mass or to set aside time for prayer and the sacraments. Sloth can also mean failing to care for our own health, education, and well-being.

Envy: Envy is sadness at the good fortune of another person. This is the saddest sin of all, since envy is not even enjoyable in the slightest. Jealousy is related to envy, but is not as deep a fault. Envy focuses on a person, whereas jealousy focuses on a thing. Envy says, “why did John have to win a vacation to Hawaii?” Jealousy says, “Geez...I wish I could win a vacation to Hawaii!” As a priest, I can assure you that of the seven capital sins, envy is the one least-mentioned in confession.

Anger: Anger is the most complicated sin of the seven. Anger is the irascible appetite we feel when something interferes with a good thing we are trying to obtain. Thus, anger can be a virtue or a sin, depending on what good we are seeking. Jesus was justified when he showed anger at the money changers in the temple. That moment you showed anger at the careless driver who just caused you to miss a traffic light?...not so much!

Pride: Of all the capital sins, pride is the worst. Pride is not a warm feeling of loyalty to your school, or your country, or your family. The sin of pride is the will to exalt yourself above another person, and ultimately, to exalt yourself above the will of God. Pride takes no joy in being smart, or pretty, or talented—but only in being smarter, prettier, or more talented than someone else. This sin is by far the deepest in all of us, and the most difficult to conquer.

Next week, I will explain how the seven capital sins are related to one another. Understanding that is a powerful help to making spiritual progress.

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



Fr. Hudgins

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

Note regarding Palm Sunday

Please make note we have changed the 8:45am Mass for Palm Sunday to 9am.

Youth Education and News



ymoffice@sainttheresaparish.com

March

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

Tues, 10th-WorkCamp Prep Meeting, 7-8:30 pm – St Zelig Martin Room 2&3

Sat, 14th-High School Line Dancing, 7-9:15pm – St. Theresa Cafeteria

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

St. Theresa CYO Thunder Runners Registration: St. Theresa Thunder Runners, CYO Track & Field program is open to parishioners in grades 4th - 8th. The season will begin in mid March, and ends in mid to late May. We will participate in a track meet as

a team on Saturday, May 16th at Bishop O'Connell. Cross Country is not offered in the Spring – just the Fall season. Practices will be on Tuesdays and Fridays from 3pm until 4:30pm, starting on March 17th. There are some days practices will be held at 1:30 or 11:30 if St. Theresa school has an early dismissal. Cost of the program is \$70 per child. Registration opened on March 5, 2026. The first 35 registrations will be accepted; once registration is full the program will be closed. Once registration is closed and you are not able to register, please email Katie Lipresti at katielipresti@gmail.com to be put on a waitlist. All levels of runners welcome - this season will have a focus on running drills and mechanics and strength training. Please contact Coach Katie Lipresti at katielipresti@gmail.com if you have any questions.

Participation in the program is a privilege and conduct by an athlete or parent that is in violation of the CYO Code of Conduct or School Dress Code will result in removal from the team.

This will be at the discretion of the Thunder Runners Coaches and CYO Administration. The same dress code that exists for the school will be in place for the program since we are on school grounds – appropriate shoes for track and appropriate shorts.

You can register at <https://reg.sportspilot.com/106557> as the **link opened on March 5.**



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.

Stations of the Cross

Discover the Spirit of Learning at Saint Theresa Catholic School! Ap-

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

Applications are open for the 2026-27 school year. To complete an application or request a tour, visit our website, www.stsashburn.com (click "Admissions"). *We can't wait to welcome you!*

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

- PTO Book Discussion, "The Anxious Generation"
- Virtus Training at St. Theresa
- Career Day
- Stations of the Cross
- Weekly Rosary Group
- Math Clubs (Grades 3-5 & Middle School)

The **STCS Annual PTO Auction, "All In - A Casino Experience" is on Friday, May 1, 2026.** The Auction Committee is seeking support from parents, alumni families, and parishioners to make this event a success.

Kindly consider donating gift cards or tickets for experiences, including dining, games, concerts, and more! Further information and donation forms

can be found on our school website, www.stsashburn.com. THANK YOU!

Save the Date for the Diocesan Job Fair! Please join us on **Saturday, March 21**, 9:00-11:00am at St. Bernadette Catholic School in Springfield to learn more about teaching in the Arlington Diocese. Visit www.arlingtondiocese.org to register and find more details.

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@sainttheresaparish.com for additional information.



Adult Education and Spiritual Enrichment

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—

ACYA Bible Studies:

The ACYA Bible Study--Salvation history, through the lens of covenant. 3/18 - Noahic Covenant Sessions held from 6:30 - 8pm at Barnes & Noble in One Loudoun on alternating Wednesdays. The study is designed so that anyone joining in partway through the year or missing sessions will be caught up.

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

That Man is You (TMIY)—TMIY continues to grow in faith and fellowship this 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.



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.



Parish Lenten Activities

Lenten Soup Suppers

6 - 7:10pm in School Cafeteria

March 13 - Walking With Purpose
March 20 - Ladies of the Parish
March 27 - Knights of Columbus

*Donations will be given to charity

Daily Mass Times

6:15 & 8:30am
12:15pm Mondays & Wednesdays

Confession Times

Wednesdays 9:00am & 6:30pm
Saturdays 4:00pm
(All until the line ends)

Vespers & Stations of the Cross

Every Friday during Lent:
Vespers at 7:15pm &
Stations of the Cross at 7:30pm

Pancake Breakfast - March 15

After 7:30, 8:45 & 10:30am Masses

Upcoming Early Bulletin Deadlines

Due to the upcoming Holy Week and Easter schedules, please make note of these early deadlines

March 29 bulletin--due by Tuesday, March 17, 12noon

April 5 bulletin--due by Tuesday, March 24, 12noon

Wanting to hear Fr. Hudgins' homilies?

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

News from our Parish

Great news—your **Faith Direct** account has now been upgraded to **ParishSOFT** Giving!

*No action required: Your recurring gifts and payment information were securely transferred at your current gifting schedule. Please note, if you were a weekly giver your gifts will now process each week instead of once a month

*Need help? Below are three QR codes to some helpful articles that will help answer some questions!



Common Questions



Creating and Editing Gifts



Manage My Giving

Here is the login information as well. <https://giving.parishsoft.com/app/giving/FD-14> and click the Sign-in tab The username will be the email on file and if your password is not working, you can click Forget Password to get a reset email. (Or One time code - will be emailed to you)

Thank you for your continued generosity. Please contact our office or Donor Support at donorsupport@parishsoft.com or 866.507.8757 with any questions.

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.

The 2026 Mass Intention Book—Second Half will be opened on **Tuesday, March 10th, at 9:30am**. For those requesting multiple Masses for the year, **you can request 2 per week and only on Tuesdays and Thursdays**. If you are requesting just one Mass you may come any day of the week.

Lenten Soup Suppers—Come and enjoy our free Parish Soup Supper this coming Friday, **March 13** from 6-7:15pm followed by Stations of the Cross in the Church. It will be hosted by members of Walking with Purpose in the School Cafeteria. Come and meet your Priests, fellow Parishioners, enjoy the delicious meatless soups, sandwiches and pasta dishes and give alms to the Needy. We look forward to seeing you and your family

VIRTUS training at St. Theresa—St. Theresa Parish will be hosting the mandatory VIRTUS training for those who still haven't attended a session on **Saturday, March 14th** at 9am, located in the Admin Bldg in Zelie rooms 2 and 3. Please arrive early as doors will be locked by 9am. Please go to www.virtus.org to register and sign up. Seating is limited.

Save the Date for the Diocesan Job Fair! Please join us on Saturday, **March 21**, 9-11am at St. Bernadette Catholic School in Springfield to learn more about teaching in the Arlington Diocese. Visit www.arlingtondiocese.org to register and find more details.

You(th) vs Hunger Sign Ups—This year's You(th) vs Hunger food packing event will be in the St. Theresa School

gym on **Saturday, March 28**. We will be packing 50,000 meals this year and will send them overseas to the poorest of the poor. **Sign ups opened on Sunday, March 1 at 9pm**. Sign up here: <https://youthvshunger.wordpress.com/sign-ups/> or email Rachel Revelle at rmrevelle@gmail.com

Donut Sunday—Please join us for Donut Sunday on **April 12th** from 8-12pm in the School Cafeteria following 7:30am, 8:45am and 10:30am mass. We will be serving: Donuts, Coffee, Juice, Bagels, Fruit, Muffins, Yogurt Parfaits, Croissants and much more! I am in need of volunteers and donations, please sign up if you can. [https://www.signupgenius.com/go/5080F4EA4AA2D6-saint#/
/](https://www.signupgenius.com/go/5080F4EA4AA2D6-saint#/)

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

Attend a free Estate and Funeral Mass Planning Seminar - April 16, 2026—Creating a will is more than a legal task—it's a gift of peace and clarity to those you leave behind. This fall and winter, the Catholic Foundation of the Diocese of Arlington is offering free estate planning seminar at St. Theresa on Thursday, April 16, 2026 from 7-9 pm. Topics include how to prepare your will, funeral Mass planning, and how to leave a legacy of faith. Join us at location and time that works best for you. Register at catholicarlington.org/parishseminars or contact Samantha Donohue at 703.778.8600.

St. Theresa Parish VBS 2026—The Great Journey with Jesus Through the Church Year. Save the Date: **June 22th - 26th**; Ages: 4 yr. olds through rising 5th graders; Hours: 9:15am to 12:15pm. Online Registration began **Monday, March 2nd!** We expect to fill up quickly - registration will close once we reach capacity. See the parish website for more details and the registration link. For volunteer information/questions, email Christine Brooks at christinenkids@gmail.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.



Knights of Columbus

Quarterly Coffee & Service Hour:

The Knights of Columbus are excited to announce the first Quarterly Coffee & Service Coffee Hour! We invite all military Veterans, active duty or reserve service members, and family members to join us at Blend Coffee Bar on Saturday, March 14th at 1pm for coffee, connection and community. Our goal is to provide a space for fellowship and to show our appreciation for those who have served. Whether you are currently serving, have served in the past, or simply want to offer your support to our military and their families, please join us!

K of C Pancake Breakfast on Sunday, 15 March 2026:

The Knights of Columbus will be hosting a pancake breakfast on Sunday, 15 March in the St. Theresa school cafeteria. Stop by after the morning Masses or at any time between 8am and 12 noon, and enjoy a delicious breakfast and the fellowship of our parish community with pancakes (regular, chocolate chip, and blueberry), scrambled eggs, sausage, breakfast potatoes, and tater tots, along with coffee, orange juice, and assorted Dunkin' Munchkins! Profits from this breakfast will



benefit the St. Theresa School Thunder Appeal. You can purchase your Breakfast Tickets and make a donation in advance by using this QR code.



Adults: \$10, Children (ages 3-11): \$5, Children under 3: Free. Even if you're not able to attend, you can make a donation—every contribution helps!

Father Daughter Dance: Thank you to all those that supported and attended the 3rd Annual KoC St Theresa Father Daughter Dance! It was a great time to be had and your generosity raised over \$5,500 in donations to Divine Mercy Outreach. See you again next year!!



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-louis-martin-kofc.org/handy-man-services>.

[louis-martin-kofc.org/handy-man-services](https://www.st-louis-martin-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:

•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-louis-martin-kofc.org/faqs> - or scan the QR code learn more about becoming a Knight.



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

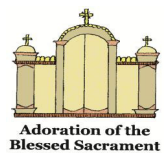


To sign up for one of our open Adoration time slots above, please go to <http://sainttheresa.letusadore.com> or come by the parish office.

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.

“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.



More News Around the Diocese

In Christ, We Are One—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 or scan the QR code:



Scan Me

Faith, Hope and Courage—The Catholic Diocese of Arlington's Office of Marriage, Family and Respect Life and Council of Catholic Women invite all women of the Diocese to St. Joseph Catholic Church in Herndon on **March 14th** to celebrate the 2026 Women's Conference, titled Faith, Hope & Courage. This year's Conference, featuring keynotes by Helen Alvaré and Mary Stanford, will highlight the accomplishments and gifts of Catholic women past and present who have formed our great nation since its founding 250 years ago. The day will include these keynotes, Mass celebrated by our bishop the Most Rev. Michael F. Burbidge, lunch, and a Q&A with the Bishop and our two speakers. Vendors will also be present selling all kinds of gifts for yourself and your family. Register today at arlingtondiocese.org/women.

Lent 2026—Walk with Christ this Lent with resources to guide your prayer, reflection, and acts of charity. From scripture challenges to practical tips for fasting and almsgiving, our tools are designed to help you grow closer to God and embrace the season of renewal with heart and soul. Visit arlingtondiocese.org/lent/ for resources like the Light is On, Exami-

nation of Conscience resources, courses on Porta Fidei, and more!

Catholic Charities is holding Classes for Adults in Sterling— ENGLISH: Catholic Charities is offering English & Citizenship classes for adults at Christ the Redeemer parish in Sterling. English is \$80 & Citizenship is \$125. To register, visit the parish Tuesday, **March 10th** at 7:30 p.m. or call 571.208.1572.

SPANISH: Caridades Católicas ofrece clases de inglés y ciudadanía para adultos en la parroquia Cristo Redentor en Sterling. El precio de las clases de inglés es \$80 y de ciudadanía es \$125. Para registrarse, visite la parroquia el martes **10 de marzo** a las 7:30 p.m. o llame al 571.208.1572.

Three to Get Married Marriage Prep in 2026: 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.

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.

Personal Retreat Days in Lent: Mar 13 ~ 9am-4pm—Lent is a sacred sea-

son for prayer, repentance, and renewal of heart. This Lent, we invite you to spend a day in quiet reflection at Our Lady of Bethesda Retreat Center during a Personal Retreat Day. Step away from the distractions of daily life and enter more deeply into the grace of Lent as you prepare your heart for Easter. During your personal retreat, from 9am-4pm, an experienced retreat director will guide you to a place of rest with Christ. Mass, Confession, Eucharistic Adoration, and the option for spiritual direction are all part of the day, plus lunch and light snacks. You will be nourished and cared for while Our Lord speaks to your soul about the depths of His love for you. Cost is \$135 per person. Advance Registration is required. Visit our website to register and to find more dates at ourladyofbethesda.org. Or call 301.365.0612. Our Lady of Bethesda Retreat Center, 7007 Bradley Blvd., Bethesda, MD 20817.

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, 6-10pm and Saturday, March 29, 9am to 4pm). This event is being offered in person OR virtually via livestream! Register online fat www.jpilhealingcenter.org. Scholarships, student and missionary discounts available. Contact JPILRetreatDMV@gmail.com for more information.

Lenten Retreats for Men—Mar 26-29 (Thu-Sun). Enter into Lent with a weekend of silence, 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.

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

Principal: Danny Costa, 703.729.3577
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

Many thanks to the Knights of Columbus for their generous donation to Divine Mercy Outreach from the Father/Daughter dance to help families in need! May God bless you!

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 week or so. Please consider selling/purchasing the tickets mailed to you. \$29,000 was raised last year to help us assist families in 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.

Bed Ministry—volunteers with trucks or Large SUVs needed especially! 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? Brian Dwinnell at beds@sainttheresaparish.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. Donations accepted online, by mail or drop off to the parish office. Please indicate DMO in the memo of the check or on the envelope. Online go to www.sainttheresaparish.com and click on "Donate" tab to make a donation! Thank you for helping us to bring Christ's love to others.

Looking for more ways help? Consider signing up to receive our Outreach email to get up to date information on needs and volunteer opportunities. To sign up for the emails, contact Myriam Perez 703.729.2334 or dmoutreach@sainttheresaparish.com

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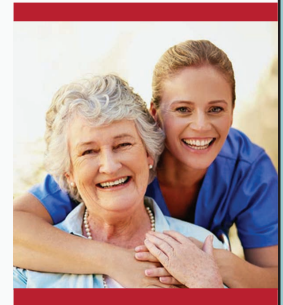
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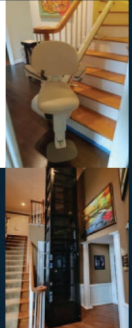
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