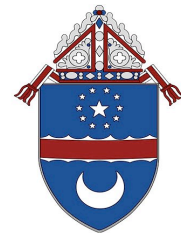




# St. Louis Catholic Church

[SaintLouisParish.org](http://SaintLouisParish.org)



"Let nothing  
disturb you,  
Let nothing  
frighten you,  
All things are  
passing away.  
God never  
changes.  
Patience obtains  
all things.  
Whoever has God  
lacks nothing;  
God alone  
suffices."

St. Teresa of Avila  
Feast Day  
October 15th



October 12, 2025 ~ Twenty Eighth Sunday in Ordinary Time

## Parish Office

2907 Popkins Lane  
Alexandria, VA 22306

**Phone:** 703-765-4421

**Office Hours:** Mon - Fri  
9:30am - 1:00pm  
1:30pm - 5:30pm (except Wed)

## St. Louis School

703-768-7732

## St. Vincent De Paul Helpline

703-765-0050

Pastor: Rev. Keith O'Hare  
Parochial Vicars:  
Rev. Gregory Thompson  
Rev. Luke Poczaitek

## Sunday Mass

7:30am

8:45am *Children's Mass*

10:30am *Traditional Ad Orientem*

12:30pm *Traditional Ad Orientem*

5:15pm *Quiet Traditional*

## Saturday Mass

8:45am

5:30pm Vigil Mass

## Monday-Friday Mass

8:45am

## Confessions

Mon-Sat: 7:45am-8:15am

Wednesday: 6:00pm

Saturday: 5:00pm

Sunday: 8:30am-9:15am

## Misa en Español

Domingo 3:00pm

**Confesiones:** Dom. 2:15pm-3:00pm

## Grupo de Oración

Sábado 6:30pm

## Poor Clare Monastery

703-768-4918

2505 Stone Hedge Drive

## Mass Every Day

7:00am (Gregorian chant)

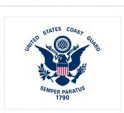
## Sunday Devotions

Eucharistic Exposition

8:00am - 4:00pm

Rosary 4:00pm

Benediction 4:30pm



*Pro Deo et Pro Patria*

# Big News!

## St. Louis will soon be a "FlockNote Complete" Parish!

FlockNote is used by over 10,000 churches and has successfully developed into much more than an email communications system for Catholic parishes.

"FlockNote Complete" now provides an integrated database as well as a VERY user-friendly giving platform. So we will soon be leaving "Faith Direct" behind to become a "FlockNote Complete" Parish!

Stay tuned for more information  
in the coming weeks!



hospital bed) using the "Prayer of Saint Padre Pio for Health." (See page 20 in the St. Louis Parish Prayer Booklet.). The woman showed great faith and her faith was visibly rewarded with a physical strengthening, literally lengthening her life on earth as she continues to carry the cross of a terminal illness.

Believe in the Lord's power and mercy by praying with people and for people in their need for physical healing. Use especially the beautiful prayer of Saint Padre Pio.

And most importantly realize that your faith in the Lord's power to heal physically on earth is ultimately a declaration of your faith that he can heal you - and others - at the level of the soul. "Soul healing" is ultimately why our Lord came.

P.S. Please know that we, your priests, rely on you to let us know when a person is in need of sacramental care (whether at home or in the hospital). Priestly ministry is strongly dedicated to the care of the sick and homebound, so please do your part by keeping us informed of anyone (neighbor, family, friend) who would benefit from a visit, especially to receive the Sacraments of Anointing, Confession, and Holy Communion.

Your Pastor,

Father O'Hare

Dear Friends,

Throughout his three-year public ministry the Lord exercised a ministry of healing. Precisely twenty-six particular healings are detailed in the four Gospels, though certainly He performed even more than these. Miraculous healings of the body (blindness, paralysis, deformities, etc.) witness to the even greater feat of soul-healings. Today's readings highlight the healing graces that Jesus brings.

The Lord ultimately wants to heal us at the level of our souls: to heal us of pride, jealousy, selfishness, unrighteous anger, unforgiveness, lust, greed, dishonesty, and every kind of sin. Recognize that all sin is a form of "soul sickness" and believe in the Lord's power and desire to heal you. The Sacrament of Confession is his most ordinary "prescription" as the Physician of our souls.

Also recognize that the Lord continues to accomplish physical healings in the present age. His power over nature and the human body was not limited to his three-year ministry two thousand years ago. Just recently I visited a woman in the hospital who was at death's door, and now she is at home after having "bounced back" from her serious illness to a more stable condition. In addition to anointing her during the visit, I prayed with her (and family and friends gathered around her







walking with purpose

***Come as you are.***

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WWP Bible studies combine personal study with small group discussion, linking our everyday challenges to solutions given through Scripture. If you desire to grow in your faith—in a supportive community of Catholic women—join us!

*Two sessions to choose from*

*Tuesdays 10/14*

*9:30am to 11:30am*

*Wednesdays 10/15*

*7pm-9pm*

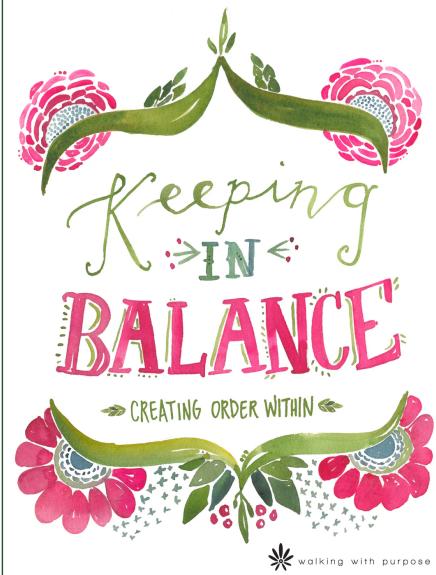
[www.walkingwithpurpose.com](http://www.walkingwithpurpose.com)

**Register  
Using this  
QR code**



**Start date: 10/14/25**

For questions contact the  
parish office



**Don't forget to order  
your book when you  
register**



**Sunday Morning Band of Brothers**

**Led by your parish Priests**

**7:30am - 8:30am in the Little Way Café**

**Scripture, prayer, discussion, and coffee**



**Confidential Helpline / Línea de ayuda confidencial:**

**703.841.2504**



[helpafterabortion.org](http://helpafterabortion.org)  
[ayudadespuesdelaborto.org](http://ayudadespuesdelaborto.org)



\*2 Separate Retreats. 1 Location, Based on the Entering Canaan Model



**Come and See:  
A Graduate Level Course in  
Theology**

**Weekly classes taught by  
Fr. O'Hare and Fr. Thompson  
Sundays 10am to 10:45am  
School Gym**

R<sup>3</sup>

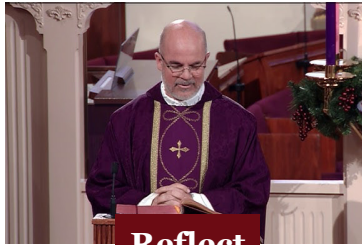
R<sup>3</sup> for Women ~ Cancelled due to Columbus Day Holiday  
R<sup>3</sup> for Men ~ Fourth Monday of the Month 7pm ~ 10/27/25

R<sup>3</sup>

Retreat



Reflect



Relax



From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This "holy hour" is followed by "happy hour" in the Little Way Cafe! Beverages and snacks are provided.

Pray

*Rosary and Divine Mercy Daily*

Pray



**First Friday  
November 7**



**First Saturday  
November 8**

Pray

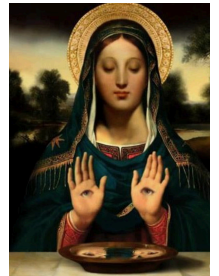
Pray

Pray

*Following 8:45am Mass*

Pray

The **St. Lucy's Guild** will be meeting Tuesday, October 14 at 10 AM in the St. Francis room. All ladies of the Parish are invited for a one hour meeting of intercessory prayer, rosary, and fellowship. For more information contact Alice Ess 703-360-8853



Intercessory Prayer  
"I want someone to pray with me"

Sunday, October 19  
After the 10:30am Mass

Meditative Music  
11:30am-12:00pm  
Brief personal intercessory  
prayer with a priest  
and prayer team member



Check out the newest episode on the topic of our parish's St. Vincent de Paul Society. You can find the link on the parish website, or search "St. Louis Parish Podcast" on youtube, Spotify, or Apple Podcasts. Perfect listening material for your long commute to work!



## Mothers' Group

- The St. Louis Mothers' Group meets every Wednesday from 10:15am to noon - feel free to drop-in for any length of time. All mothers are invited and all children are welcome! We host discussions, social time, meetups for field trips and park days, as well as brunch gatherings and events around the liturgical calendar.

**THIS WEEK - FIELD TRIP** - This Wednesday, Oct 15th, we will take a field trip to Nall's Produce to visit the pumpkin patch! We will meet at Nall's on Beulah Street from 10:15 AM to noon. There are great photo opportunities, plenty of space for kids to play, and fresh produce for sale - entrance is free and no purchases needed.

**CONTACT:** For more information or to join our email list or Facebook page, please contact Theresa Talavera at (571)331-8441 or [tatalavera@yahoo.com](mailto:tatalavera@yahoo.com)

## Are You Grieving?

Are you grieving the loss of a loved one? Come to a monthly opportunity for prayer and conversation led by Fr. O'Hare. The next session of "Grief and Grace" will be in the Little Way Café on Wednesday, October 15, from 12:30pm-1:30pm.



### Participants in Promoting the Common Good

September 2025

As Virginia voters, this fall we will elect our next Governor, Lieutenant Governor and Attorney General. We will also decide who will occupy all 100 Virginia House of Delegates seats. Election Day is November 4. Early voting begins September 19.

As the *Catechism* reminds us, "It is necessary that all participate, each according to his position and role, in promoting the common good.... As far as possible, citizens should take an active part in *public life*" (nos. 1913-1915).

To promote the common good, we must form our consciences and vote, recognizing that:

- Many issues are important.
- Not all issues have equal moral weight.
- Protecting life is paramount.

Above all else, addressing the tragedy of abortion is the "pre-eminent priority because it directly attacks our most vulnerable and voiceless brothers and sisters and destroys more than a million lives per year in our country alone" (*Forming Consciences for Faithful Citizenship*, Introductory Note, U.S. Conference of Catholic Bishops, 2023).

The Virginia Catholic Conference (VCC) has prepared an array of voter education resources to help form consciences and provide timely information. Visit [www.vacatholic.org/Election2025](http://www.vacatholic.org/Election2025) to view these materials.

We encourage parishes to distribute each of the VCC resources, especially:

- **The VCC's Candidate Comparisons in the races for Governor, Lieutenant Governor and Attorney General**, which provide the candidates' positions on key issues; and
- **The Proposed Constitutional Amendments: Be Vigilant!** resource, which explains three proposed amendments to Virginia's constitution. These proposals have already moved part of the way through the General Assembly process. One of them would allow virtually unlimited abortion at any stage of pregnancy. The legislators we elect in the House races this November will decide whether these proposed constitutional amendments advance any further.

With so much at stake, we must prepare to engage in this year's critical voting decisions – through conscience formation, prayer and fasting. United in the Eucharist, let us pray for one another and join together as active participants in promoting the common good.

Faithfully yours in Christ,

*Michael F. Burbidge*

Most Reverend Michael F. Burbidge  
Bishop of Arlington

*Barry C. Knestout*

Most Reverend Barry C. Knestout  
Bishop of Richmond

# RALLY

## SUNDAY, OCTOBER 26, 2025

**ALL HIGH SCHOOL STUDENTS ARE INVITED!**

**Cost per student \$40**

For more information contact:

[secretary@saintlouisparish.org](mailto:secretary@saintlouisparish.org) or  
[fr.thompson@saintlouisparish.org](mailto:fr.thompson@saintlouisparish.org)

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## Have an Upcoming Wedding Anniversary?

Please let us know! If it is a significant anniversary (ending in a "5" or a "0") we would especially like to honor you. Please contact the parish office.

# Keep in touch.

Sign up on  
the website



## Flocknote





★ *You are Invited* ★

## VETERANS RETREAT

### FOR THOSE WHO SERVED

**October 24 - 26, 2025**  
**Loyola Retreat House**  
**Faulkner, MD**

**FR. JIM CONROY, SJ, RETREAT DIRECTOR**  
 US Army Veteran Fr. Conroy will lead veterans in prayer and reflection about their experience in the military. Anyone who has served this country has been generous with their skills and talents, often at a cost. God has been with them but often in hidden ways.

Register at [loyolaonthepotomac.com](http://loyolaonthepotomac.com)  
 or by scanning the QR Code. Need more information? Call 301-392-0819  
 Retreat fee is \$175





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#### *Enroll in the Brown Scapular*

Sunday, October 19, 2024  
 After 8:45 am Mass &  
 10:30 am Mass @ St. Louis  
 Memorial to St. Thérèse of Lisieux and St. Teresa of Avila  
 Carmelite Doctors of the Church

October 1 is the feast of St. Thérèse of Lisieux and October 15 is the celebration of Teresa of Avila, so on the Sunday following, we will offer the opportunity to receive and be enrolled in the Confraternity of the Brown Scapular, an outward sign of one's interior consecration to Our Lady.



*Sign Up*



First 100 Scapulars provided by



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*Learn More*



## LET US PRAY FOR ONE ANOTHER

### Monday, October 13

7:00am Poor Clares, Intentions of Cheryl Gores  
 8:45am, +Lee & Gus

### Tuesday, October 14

7:00am, Poor Clares, Intentions of Cheryl Gores  
 8:45am, +Salvador & Aurora Ramos

### Wednesday, October 15

7:00am, Poor Clares, +Joseph Fulton  
 8:45am, +Irene & A.A. Dulaney, Sr.

### Thursday, October 16

7:00am, Poor Clares, +Kristy Mindak  
 8:45am, Intentions of Marian Spencer

### Friday, October 17

7:00am, Poor Clares, +Rene Carag  
 8:45am, +Timothy Swartz

### Saturday, October 18

7:00am Poor Clares, Intentions of  
 Naegele Sisters

8:45am, +Michael & Peggy Darcy  
 5:30pm, Intentions of Carlo Escoto

### Sunday, October 19

7:00am, Poor Clares, +Charity Bonsu  
 7:30am, Intentions of Sarai Navarrete

8:45am, +Leonard Cuddy

10:30am, *Pro Populo*

12:30pm, +Gerardo & Rufina Maisog

3:00pm, +Juana Ramirez Guevara

5:15pm, +Michael Warsocki

**Eternal Rest**  
**Grant Unto**  
**Them,**  
**O Lord!**

Ann Elizabeth Phillips

Luciano Basa Craft



### Prayer for the Homebound

Lord, you have a special love for those who are weak, infirm, and dependent. Bless the homebound parishioners of our parish as they carry their daily crosses. May our prayers bring them strength and consolation, and the Sacraments sanctify and inspire them. We ask this through Christ our Lord. Amen.

This week we pray especially for the following homebound parishioners:

Gustavo Arenas, Michael Billings, Frances Burke,  
 Brightview Senior Living, and Jane Byers.

**Thank you to all the sponsors and participants for making the 2025 Hawks 5K & Fun Run a wonderful event last weekend! We especially want to thank all our amazing sponsors, including :**

ST. LOUIS CATHOLIC SCHOOL



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