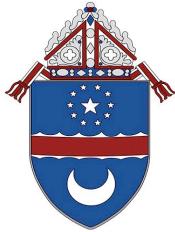


St. Louis Catholic Church

SaintLouisParish.org



Feast
of
Saint Agnes
~
January 21



January 18, 2026 ~Second 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 Poczatek

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

PASTOR'S MESSAGE

Dear Friends,

Every life has purpose. Nobody is a "nobody." "*I have called you by name and you are mine.*" (Isaiah 43:1)

This Friday is the annual "March for Life" in our nation's capital. It is primarily a spiritual event with prayer, song, and fellowship among people who gather to ask God to bless our nation with a Culture of Life. Don't be misled by secular media portrayals which seek out the few among the many thousands who are not true representatives of the event. In fact, a significant number of the participants are high school and college students from across the nation who travel many hours to be here. They joyfully sing and pray and lift everyone's spirits, asking our nation's leaders to "love them both" (women and their unborn children).

The Culture of Life is advancing in our country, step by step, and much of that advance is owing to the younger generations. Their knowledge of biology and their instinctive skepticism of authority have led them to be the most pro-life generation ever.

It is poetic that the March for Life takes place during the same week that our nation honors Martin Luther King, Jr., who heroically led the Civil Rights Movement. If he were alive today he would undoubtedly help to lead the Civil Rights Movement of our time, which is the pro-life movement. In fact, his niece, Dr. Alveda King, is herself a national pro-life leader. What makes Dr. Alveda King's witness even more powerful is that she is post-abortive. She herself suffered the pain and loss of making that mistake in her life, and now she speaks eloquently about the dignity of the unborn child as well as the compassion which must be shown to post-abortive women and men.

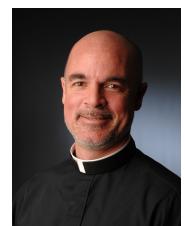
The Lord Jesus came to forgive and to heal. I personally believe that the voices of post-abortive women are the most inspiring voices in the pro-life movement today. Give your ears and hearts to their voices - go to www.helpafterabortion.org and select "testimonies." It will bring tears to your eyes and also give hope to your heart to see how God's mercy transforms and heals.

In this 250th anniversary year may God bless the USA!

Your Pastor,



Fr. O'Hare



Interested in becoming Catholic? Missing any of your sacraments?

OCIA

Jan 13 - May 19th

Tuesday Nights
7pm - 8:15pm
School Library

For full initiation on Easter Vigil in Spring 2027 (March 27th)

For more info, contact Fr. Thompson
fr.thompson@saintlouisparish.org



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

**Weekly classes taught by
Fr. O'Hare
and Fr. Thompson**

**Sunday 25th will
be cancelled**



Special Mass with Bishop Burbidge

Sunday, January 25th,
10:30am

Two museum-quality
paintings will be installed
and blessed:

"St. Louis at Prayer" and
"The Good Samaritan"



Vertical-Horizontal Union (VHU): The Best Version of Yourself

“The best version of yourself.”

What an uplifting and encouraging phrase! Do you want to be mediocre? Do you want to be unremarkable? Do you want to be forgettable? Of course not! You instinctively and daily want to be the “best version of yourself.”

What - or rather WHO - makes that version possible?

“It is no longer I who live; it is Christ who lives in me.” (Galatians 2:20)

The BEST version of you is Jesus Christ living in you. It's not a talent thing. It's not a “try harder” thing. It's not a merely human thing. It's a Jesus thing. The BEST version of you is Jesus living in you.

And how exactly does He live in you?

Look at the Cross. The Cross bears a vertical beam and a horizontal beam. Jesus lives in you vertically and horizontally. Vertical union with God. Horizontal union with your neighbor.

The best version of you is Jesus living in you vertically and horizontally.

In a phrase, life is all about *VHU - Vertical-Horizontal Union*. Make that your personal motto. *Vertical-Horizontal Union*.

Jesus perfectly lived *VHU*. He lived vertically by always being one with His Father, and horizontally by using his divine power to heal, to love, and to save.

Vertical-Horizontal Union - Jesus living in you - the best version of you.

By the way, this is not just the best version of you on earth, it's the ONLY version of you in Heaven!

Have you ever read the official description of Heaven in the Catechism of the Catholic Church? It is a combination of vertical union (oneness with God) and horizontal union (unity with other human beings):

“...this communion of life and love with the Trinity, with the Virgin Mary, the angels and all the blessed - is called ‘heaven.’ Heaven is the ultimate end and fulfillment of the deepest human longings, the state of supreme, definitive happiness. (CCC 1024) Heaven is the blessed community of all who are perfectly incorporated into Christ. (CCC 1026)

Heaven is NOT just eternal face-to-face time with God. It's not just “resting in peace.” It's also back-slapping enjoy-life-to-the-full social time with people of “*every race and tongue, every people and*

nation" (*Revelation 7:9*); the "city of the living God, the heavenly Jersusalem," (*Hebrews 12:22-23*). Heaven is a city full of people!

Think about the saints. Didn't they live their lives vertically and horizontally to an intense degree? Mother Teresa lived a deep mystical prayer life but was also a tireless missionary loving the poorest of the poor across the globe.

Karol Wojtyła embraced contemplative Carmelite spirituality as a young man, but went on to become a politically savvy Cardinal and Pope who helped defeat Communism. Mother Teresa and Pope John Paul II intensely lived the vertical as well as the horizontal in their amazing lives.

Jesus said "*I came that they might have life and have it to the full.*" (*John 10:10*) A life of vertical-horizontal union - VHU - that's living life to the full!

So what about the Church?

The Church that Jesus founded must be a Church that is profoundly vertical and horizontal. The Church inspires vertically through her gorgeous cathedrals, captivating architecture, sacred music, Gregorian chant, hierarchy, rituals, and the glory of the Eternal City (Rome).

All these things draw us "up" vertically into the spiritual mystical realities. Every human being hungers to experience sacred mystery.

Every human being also hungers to be loved and to love personally. The Church Horizontal serves the hungry in soup kitchens, sends missionaries to the ends of the earth, cares for the sick in Catholic hospitals, teaches children in parish schools, and - let's not forget - invites everyone to coffee and donuts after Mass so we can all just enjoy life together. All these actions speak the language of horizontal love. Life on earth is all about loving and being loved!

The best version of the Church is a VHU Church - a Church that tirelessly lives Vertical-Horizontal Union.

* When you look at the new museum-quality paintings that adorn the transept walls of our church, be reminded of the vertical and the horizontal. The painting in the left transept entitled, "St. Louis at Prayer" reminds us of the saint's "vertical" life of piety and his eagerness to frequently attend Mass and listen to preaching of the Word of God. The right transept features a painting of the Good Samaritan. This represents our life of horizontal union by which we love our neighbor. The hinge which joins the two is in the center of our sanctuary, Jesus truly present in the Most Blessed Sacrament. *

2026 Women's Conference

Faith, Hope & Courage

Catholic Women Helping to Form our Great Nation



Saturday, March 14

8 am – 2 pm | St. Joseph Catholic Church
750 Peachtree St., Herndon, VA

Featuring:



Most Rev. Michael F. Burbidge
Bishop of Arlington
Mass Celebrant & Homilist



Helen M. Alvaré
Robert Levy Chair in Law at Liberty
George Mason University



Mary Stanford
Professor of Theology
Christendom College

For more info & to register go to:
arlingtondiocese.org/women



Office of Marriage, Family and Respect Life
703.841.2550 | familylife@arlingtondiocese.org | arlingtonfamily

Let's ride together!
Use the QR code to signup to drive or to ride ;)
Or go to Flocknote under signups and look for
Women's Conference - riding together



CHRISTIAN MEN & WOMEN IN ACTION (CWIA) PRAYER BREAKFAST MEETING

SATURDAY, JANUARY 31, 2026, 9:00 AM HAMPTON INN &
SUITES BY HILTON

5821 RICHMOND HIGHWAY, ALEXANDRIA, VA 22303

PRAISE + WORSHIP + TEACHING + FELLOWSHIP!
GUEST SPEAKER: SISTER DEIRDRE BYRNE

Sister Deirdre, POSC -- known to many as Sister DeDe -- is an active missionary sister and Superior of her religious community -- the Little Workers of the Sacred Hearts in Washington, DC. A graduate of Georgetown University Medical School, she is double board-certified in family medicine and general surgery. She subsequently joined the United States Army and spent 29 years on active duty, to include deployments to the Sinai and Afghanistan. After leaving active duty, the Lord led her to the Little Workers of the Sacred Hearts, which performs overseas medical missions and free medical care for the poor and uninsured. Currently, Sister DeDe serves as the Superior of D.C. Little Workers near Catholic University, where the Sisters run a pro-bono physical therapy clinic and diabetic eye clinic, as well as a retirement home for elderly Sisters and promote a pro-life mission. Come and hear her remarkable story. And bring a friend!

Advanced reservations required. Please call Evelyn Luis at 703-850-7607 or mail a check in the amount of \$12.00 for a full buffet breakfast payable to: CWIA, 4113 18th Street, Arlington, VA 22204.
The event will be available on ZOOM.
Visit www.cwia.holyspirit.com for Meeting ID and Passcode.

CATHOLIC DIOCESE OF ARLINGTON

MEN'S CONFERENCE 2026

MARCH 7TH | 8AM – 2PM

ST. JOSEPH CATHOLIC CHURCH
750 PEACHTREE ST., HERNDON, VA

Men of the Diocese are invited to a day of fellowship, prayer and learning centered around the historic election of the first American Pope, Leo XIV, and its coinciding with the 2026 celebration of the 250th anniversary of our national founding.



FEATURING:



MOST REV. MICHAEL F. BURBIDGE
Bishop of Arlington | Mass Celebrant & Homilist



MATTHEW BUNSON
Vice President & Editorial Director, EWTN News

For more info & to Register:
ARLINGTONDIOCSESE.ORG/MEN



Let's ride together!

Use the QR code to signup to drive or to ride
Or go to Flocknote under signups and look for
Men's Conference



Highlights include: St. Pope John Paul II, St. Faustina, St. Maximilian Kolbe, St. Edith Stein, Our Lady of Czestochowa, Auschwitz, Warsaw, Zakopane, Krakow, and so much more!

\$500
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SPIRITUALITY



Sunday Morning
“Band of Brothers”
Led by our Parish Priests
7:30am - 8:30am in the
Little Way Café

Scripture, prayer, discussion, and coffee
No registration required - just show up!

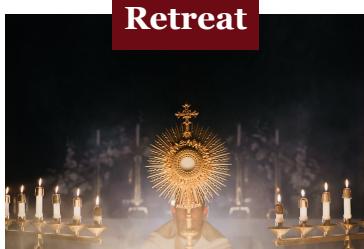


R³

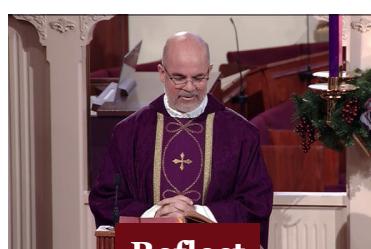
R³ for Women ~ Second Monday of the Month 7pm ~ 2/9/26

R³ for Men ~ Fourth Monday of the Month 7pm ~ 1/26/26

R³



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 Café! Beverages and snacks are provided.

Monthly Offertory Donation/Household Income

Total household income	3% monthly	4% monthly	5% monthly
\$85,000	\$213	\$283	\$354
\$100,000	\$250	\$333	\$417
\$125,000	\$313	\$417	\$521
\$150,000	\$375	\$500	\$625
\$200,000	\$500	\$667	\$833

Register

walking with purpose

Come as you are.

YOU ARE WELCOME HERE

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!

Tuesdays 9:30am to 11:30am

in St. Francis Room

Wednesday 7pm to 9pm

in The Little Way Café

<https://bit.ly/WWP2024STL>

www.walkingwithpurpose.com



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(and then cancel your FaithDirect account)**

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St. Louis Catholic Church
saintlouisparish.org



Make a Gift

"It is in giving that we receive." (Prayer of St. Francis). Thank you for your humble generosity which makes possible countless blessings for the members of the Saint Louis Parish community and beyond! Click below to make a recurring or one-time gift. Click above to see the list of other special collections that need your support. God sees the good that you do! *Father O'Hare*

saintlouiscatholicchurch.flocknote.com

How do I donate to the second collection and other special collections?

* Click the button labeled "Make a Gift" (below the photo) *

The black-white menu will appear with the list of other collections. Select the collection of your choice to make a one-time or recurring gift.

Where would you like to direct your gift?

General Fund

Society of St. Vincent de Paul

Poor Box

Sister Parish in Nicaragua

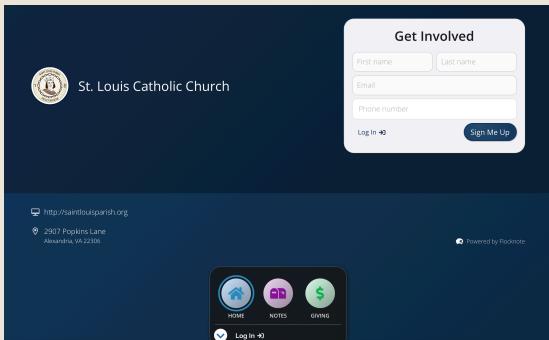
Maintenance Fund

Show More

**Did you know?? FaithDirect changed its name to ParishSoft
Please CANCEL ParishSoft**

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Cancel all your recurring gifts and remove your method of payment



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[Login With MinistryID](#)

[What's this?](#)

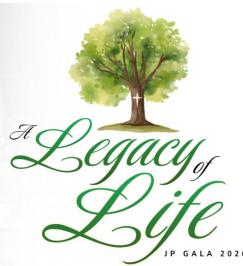
FELLOWSHIP

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 - This Wednesday, Jan 21st, we will meet at 10:15am in the YAR to pray a rosary together in solidarity with the March for Life and for all pregnant moms and their babies! After the rosary we will share our favorite funny stories of pregnancy and babies while the kids play! (The YAR is located at the back of the church building, look for the black gate and follow the stairs down to the YAR door)

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



St John Paul the Great Catholic High School Gala

February 7, 2026 @ Sweeney Barn, Manassas

Join us for an unforgettable evening of celebration and support for Catholic education, featuring a buffet dinner, live music & dancing, a special presentation, and live & silent auctions with exclusive items and experiences!

This is a wonderful opportunity to support Catholic education while enjoying a night of fun, entertainment, and community. Your participation helps further our mission of promoting ethical formation in youth and supporting their pursuit of Veritas (Truth).

Get Involved: Sponsorship & Advertising Opportunities

Family & Individual Sponsorships Are Welcome!

Tickets & Table Packages

Why Sponsor?

- Increased visibility within a vibrant, engaged community
- Recognition at the event and across our digital platforms
- Support the mission of John Paul the Great Catholic High School
- With an audience of over 5,400 people, across an area that encompasses Fredericksburg to Alexandria and Loudoun to Woodbridge, being a sponsor or advertiser is a powerful way to showcase your business while supporting a meaningful cause.



For tickets, tables, and sponsorships contact us at
<https://onecau.se/johnpaulgala>

Contact Amy Thomason at 703-445-0306

Or Gala Chair Jerri Teodosio at gala@JPtheGreat.org

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. "Grief and Grace" meets in the Little Way Cafe. The next session will be Wednesday, **January 28**, from 12:30pm-1:30pm.

* Please note the change of date



March for Life

The National March For Life in Washington, DC is on Friday, January 23. St. Louis Parish, Good

Shepherd Parish, and the Knights of Columbus have a bus reserved. The bus departs and returns to Good Shepherd. Mass at 9 a.m. breakfast at 9:30 a.m. Bus departs at 10:15 a.m. and returns at or about 5 p.m.



Scan the QR code for entry form

www.mvknights.org/entry-form

undone

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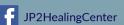
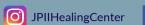
QUESTIONS

JPIIRetreatDMV@gmail.com

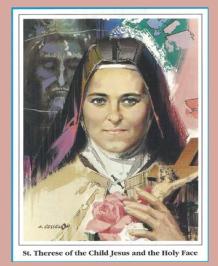


LEARN MORE

www.jpiihealingcenter.org



Finding Jesus with
St. Thérèse of Lisieux



St. Therese of the Child Jesus and the Holy Face

WOMEN'S SILENT RETREAT

Friday through Sunday

January 23 – 25

San Damiano Retreat Center
White Post, Virginia

Thérèse's spiritual doctrine is easily understood and can be practically applied in our very occupied, day-to-day lives. Her counsel can ably assist us in enduring and embracing difficulties in prayer, overcoming scruples, and patiently putting up with people who challenge us.



Fr. Jack Riley has been a priest for over 30 years, serving in the Arlington Diocese and beyond. He has taught and led hundreds of conferences, missions, and retreats for priests, religious sisters, and laity around the country and as far afield as Calcutta, India. Carmelite Spirituality and the life and experience of St. Therese of Lisieux permeate his courses and spiritual conferences. Fr. Riley currently serves as Spiritual Director for the Arlington Diocese's San Damiano Retreat Center in White Post, VA.

St. Therese is a magnificent manifestation of "the Feminine Genius" and a "Wise Woman" in the fullest sense of the words. Pope St. Pius X called her "the Greatest Saint of modern times" before Pope St. John Paul the Great declared her a "Doctor of the Church."

Retreat cost is \$299. Financial assistance may be available.

For more information or to register, please contact Father Riley:

retreat@sacredheartwinchester.org or visit our website at ArlingtonDiocese.org/Retreat



St. Vincent de Paul

Moved by the Gospel call to serve Christ in the poor, our parish St. Vincent de Paul (SVdP) conference accompanies neighbors through moments of hardship with compassion, respect, and practical support—made possible by your generosity.

Recently, we assisted a neighbor who needed help paying for an eye exam and glasses. Struggling with vision issues, she was unable to afford the expense as her limited income is fully consumed by rent and basic living costs.

Whenever possible, SVdP members conduct home visits to better understand a neighbor's situation. During one such visit, a member learned that an elderly couple's electricity had been shut off that very morning due to an unpaid balance far beyond their means. The couple has no income and relies on their adult daughters—who themselves have limited resources—to cover rent and utilities. A misunderstanding over who was paying the bill led to several months of nonpayment, leaving the family without the funds to restore service. Through collaboration with other community agencies, Saint Louis SVdP was able to help pay down the substantial electric balance so power could be restored in time for the winter months. The couple will also be applying for a medical utility discount that will significantly reduce future bills.

Blessed Frédéric Ozanam, founder of the Society of St. Vincent de Paul, reminds us:

"The poor are our masters, and we are their servants."

Thank you for helping us live out this mission through your prayers, compassion, and generous support.

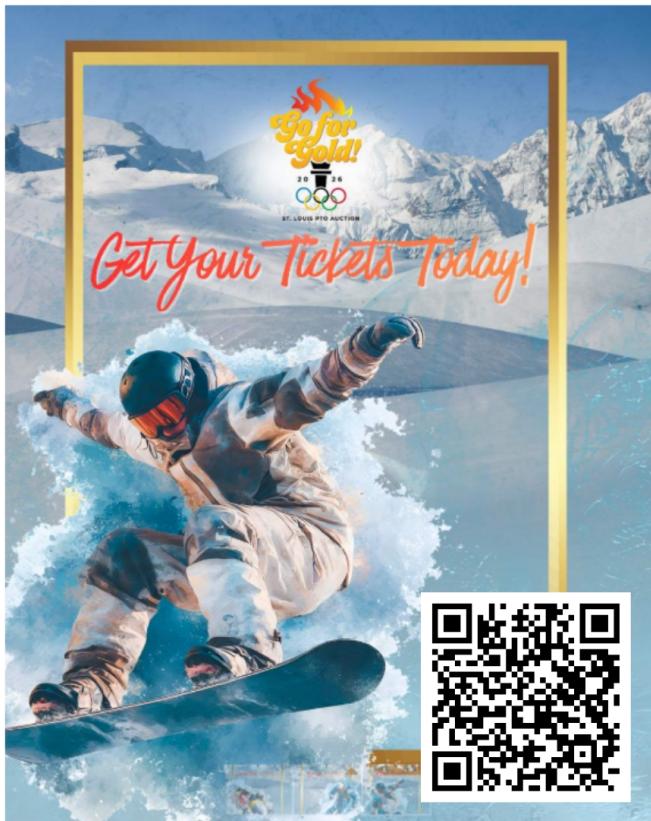
Need help? Call our Helpline: 703-765-0050

Wish to donate? Use the "Make a Gift" button in Flocknote. Write a check to Saint Vincent de Paul, Saint Louis and leave it at the Rectory. Use Venmo: Venmo@SVDP-Alexandria. Contribute from your IRA; our Tax ID: 26-1100276

Want to join us (we need and want you!)? Email Jim Paton: jimp@svdpalexandria.org or come to one of our bi-weekly meetings to learn more: 2nd and 4th Thursdays, 7:00 pm in the St. Francis Room.



ST. LOUIS SCHOOL



ST. LOUIS CATHOLIC SCHOOL OPEN HOUSE

Join us for our Open House for prospective families on Sunday, January 25, from 10:00 AM to 12:00 PM. Families interested in our school community are welcome to attend. St. Louis Catholic School offers admissions for students from Preschool through 8th grade. Please RSVP using the QR code below.

SUNDAY, JANUARY 25,
10:00AM - 12:00PM

- (703) 768-7732
- www.stlousschool.org
- 2901 Popkins Lane
Alexandria, VA 22306



www.stlousschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, January 19

7:00am, Poor Clares, +Anne Marie Brice
8:45am, +Leander & Olive Cahill

Tuesday, January 20

7:00am, Poor Clares, +Jeanette Cote Niska
8:45am, Intentions of Fred England

Wednesday, January 21

7:00am, Poor Clares, +Virginia Shufflebarger
8:45am, +Donald Rogan

Thursday, January 22

7:00am, Poor Clares, Intentions of Robert Krebs
8:45am, +Oleh Pushkar

Friday, January 23

7:00am, Poor Clares, Intentions of Gene Krebs
8:45am, +Mr & Mrs. Leroy Woznak

Saturday, January 24

7:00am, Poor Clares, Intentions of
Michael Mullen
8:45am, Intentions of Amalia Afan-Santos
5:30pm, +Marlene & Francis Andas

Sunday, January 25

7:00am, Poor Clares, +Rosalie Marie Schwent
7:30am, +Rose Marie Anthony
8:45am, +Rita Cahill
10:30am, *Pro Populo*
12:30pm, Intentions of Rogan Family
3:00pm, Intentions of Carmen Mejia
5:15pm, Intentions of Kathleen Miara

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

Glenda Solorzano
Leo A. Ardizzone
Jerome D. Sekula
Charles Sherman Grazier
Theresa M. Marston
Mike Margreta



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:

Carol Canada, James Carroll, Andrew Corrigan,
Ethel Cumming, and Suki Cunning.

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Christopher Prawdzik**
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DCRegionRealEstate.com
Move@DCRegionRealEstate.com

Authors of *D.C. Region Real Estate's Essential Guide for Smart Buyers*
 (available at Amazon.com)



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BINGO
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 First Sunday of the Month - 2pm



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