



St. Louis Catholic Church

SaintLouisParish.org



“To one who has faith, no explanation is necessary.

To one without faith, no explanation is possible.”

~

*Feast of
St. Thomas
Aquinas
Jan 28*

January 25, 2026 ~ Third 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

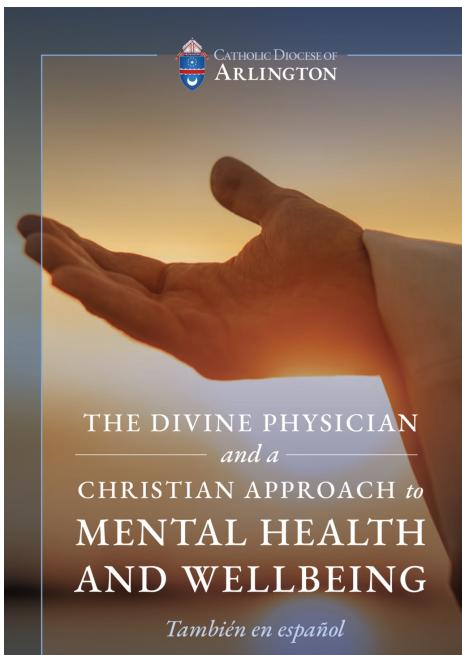
Rosary 4:00pm

Benediction 4:30pm



Pro Deo et Pro Patria

PASTOR'S MESSAGE



A Pastoral Letter
MOST REVEREND MICHAEL F. BURBIDGE
BISHOP OF ARLINGTON



Available for
purchase on
Amazon

Dear Friends,

It's a significant thing when a bishop publishes a "Pastoral Letter." It's akin to a Pope publishing an encyclical. It's very important!

Bishop Burbidge has just published a pastoral letter (19 pages) entitled: **"The Divine Physician and a Christian Approach to Mental Health and Wellbeing."**

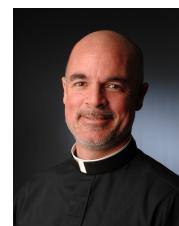
Our Bishop introduces the Pastoral Letter with these words: *"The intent of this pastoral letter is to offer encouragement and guidance, in light of the teachings of Christ and the Gospel, to all who wish to confront and overcome the modern world's challenges to mental health and wellbeing. In this pastoral letter, I offer my reflections on the proper place of counseling in the Catholic life — when and in what manner we should make use of it in our pursuit of that authentic happiness that is holiness."*

We all know the reality of emotional suffering in our lives and the lives of others. We recognize that modern life presents many challenges to our emotional and mental well-being. How wise our Bishop is! He knows that we need to be encouraged to believe in the healing love of our Savior, as well as to appreciate the role of counseling to help us through the difficult times of life.

Read this Pastoral Letter and be encouraged by the love that our Bishop has for all of us and the healing love that our God has for all of us!

Your Pastor,

Father 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
Sundays 10 - 10:45
in the gym

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:
ARLINGTONDIOCSE.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



MARCH 26-28, 2026

ST. MARY'S CATHOLIC CHURCH

7301 ANNAPOLIS ROAD, LANDOVER HILLS, MD 20874

IN-PERSON OR LIVESTREAM

QUESTIONS

JPIIRetreatDMV@gmail.com



LEARN MORE

www.jpiihealingcenter.org



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JPIIHealing

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!

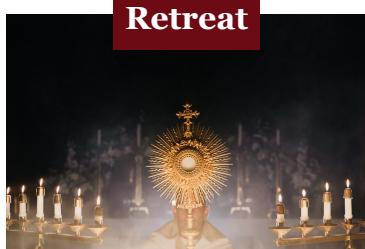


R³

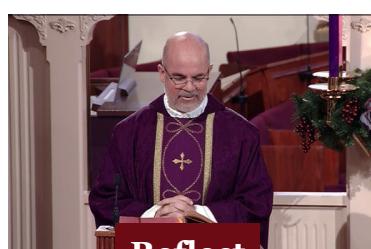
R³ for Women ~ Second Monday of the Month 7pm ~ 2/9/26

R³ for Men ~ Fourth Monday of the Month 7pm ~ 2/23/26

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 Cafe! 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

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

Register



www.walkingwithpurpose.com



flocknote

FlockNote Giving Has Begun!

Our communications system is now our safe and secure electronic giving system!

**Please sign up for FlockNote giving today!
(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

Go to giving.parishsoft.com

Cancel all your recurring gifts and remove your method of payment

For help with ParishSoft:
1-866-930-4774

ParishSOFT®

Login to manage your account

Email

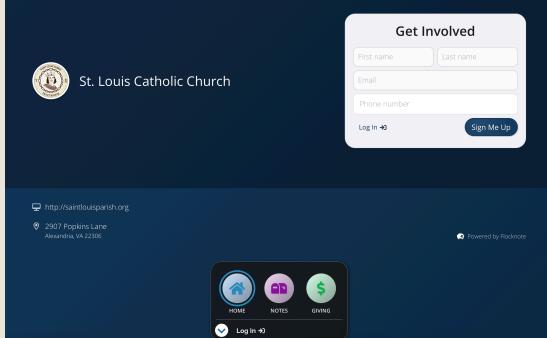
Forgot Password?

Log In

Or

Login With MinistryID

What's this?



Start your Flocknote giving now!

saintlouiscatholicchurch.flocknote.com

For help with Flocknote:
help@flocknote.com

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 - CANAVOX - This Wednesday, Jan 28th, is our monthly CanaVox meeting - we'll meet in the YAR at 10:15am. Please contact Theresa if you are interested in joining the reading and discussions each month.

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

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



Knights of Columbus
FREE THROW CHAMPIONSHIP
Boys and Girls, Ages 9-14

Where: St Louis Catholic School Gym When: Sat.,
January 31st, 2026 from 6:30pm to 8pm

CONTACT: PATRICK DOYLE,
PATRICKANDREW.DOYLE@GMAIL.COM

SCAN THE QR CODE FOR ENTRY FORM
SCAN THE QR CODE FOR ENTRY FORM:

Sponsored by Mount Vernon Council #5998

New Altar Boy Training

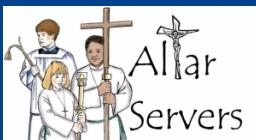
Boys in 4th grade and 5th grade are invited to a training for new altar servers on Saturday,

January 31,

from 9:30am to 12pm

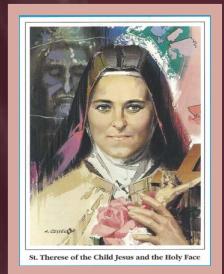
No registration is required -
just show up!

For more information, contact Father Thompson at
<mailto:fr.thompson@saintlouisparish.org>



Catholic Schools
United in Faith and Community

Finding Jesus with *St. Thérèse of Lisieux*



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.

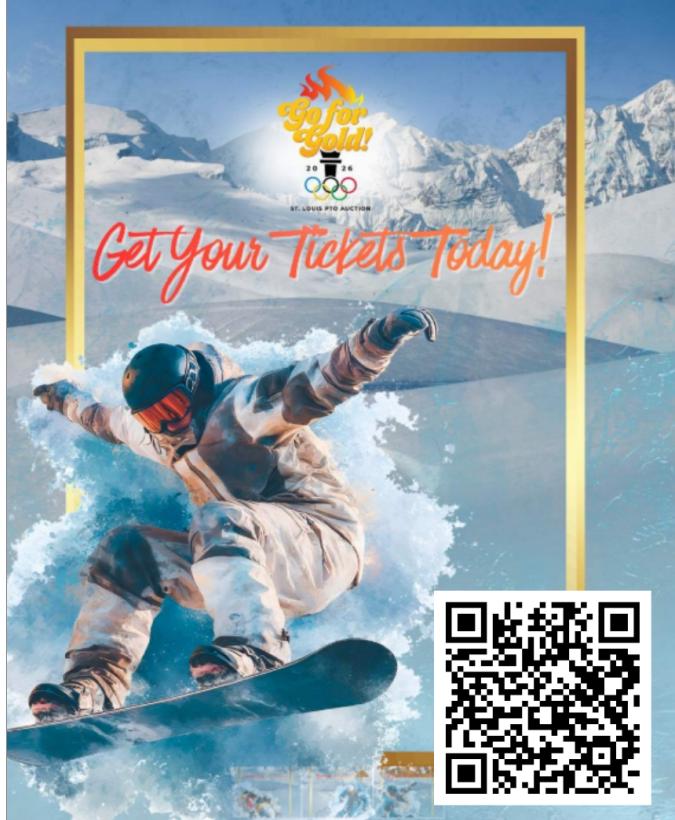
St. Therese is a magnificent manifestation of "the Feminine Genius" and a "Wise Woman" in the fullest sense of the words. Pope St. Pius X called her "the Greatest Saint of modern times" before Pope St. John Paul the Great declared her a "Doctor of the Church."

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



Next Sunday, February 1st, we celebrate
Catholic Schools Week
School families and
school staff will attend the 8:45am Mass

ST. LOUIS SCHOOL



www.stlouisschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, January 26

7:00am, Poor Clares, Intentions of James P. Sayson
8:45am, +Paul Scott

Tuesday, January 27

7:00am, Poor Clares, +Chester & Evangeline Kosciusko

8:45am, +Sr. Zita Quintos

Wednesday, January 28

7:00am, Poor Clares, +Rose Marie Anthony
8:45am, +Barrett & Ann Leonard

Thursday, January 29

7:00am, Poor Clares, Intentions of Alicga Pinkowski
8:45am, Intentions of Diana Coates

Friday, January 30

7:00am, Poor Clares, +Kenneth Channon, Jr.
8:45am, Intentions of Rosanna Parra

Saturday, January 31

7:00am, Poor Clares, +Jeanne Edwards
8:45am, +Edward Srednicki

5:30pm, +David V. Anthony

Sunday, February 1

7:00am, Poor Clares, +Mark Donahue

7:30am, +David Quinn

8:45am, Intentions of Peter &

Elizabeth Karenge

10:30am, *Pro Populo*

12:30pm, +Ambassador Onah

3:00pm, +Eduardo Green

5:15pm, + Elizabeth Barrett

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:

Imelda Druke, Bette Jo Eifert, Donna Jenkins,
Yvonne Laque, and Mary Lassanyi.

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BINGO

Friday Nights - 7pm
 First Sunday of the Month - 2pm



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 Alexandria, VA 22309
703-360-1964

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m: 703.624.3490
 e: karenge@karengearchitects.com
 w: karengearchitects.com



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"Don't struggle with pain. Let me help you out." Parishioner Kim Tyborowski, Physical Therapist

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