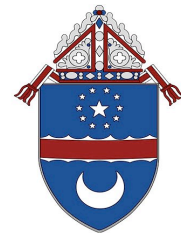




# St. Louis Catholic Church

[SaintLouisParish.org](http://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 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*

## PASTOR'S MESSAGE

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."*

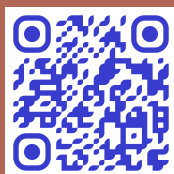
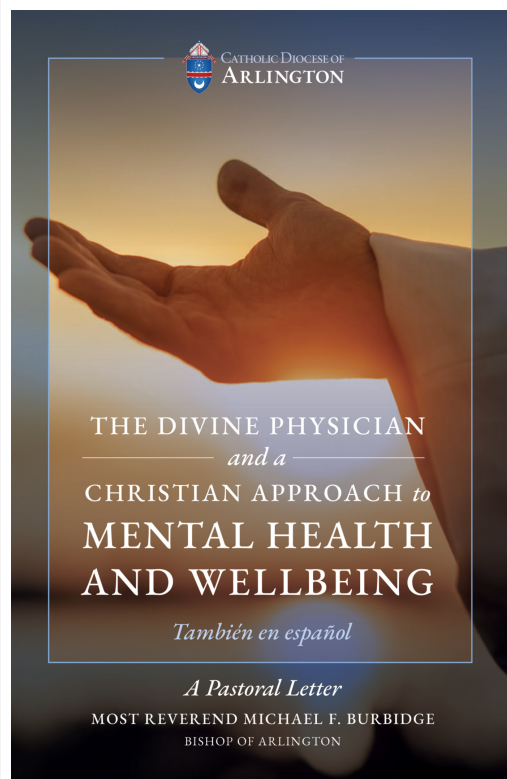
We all know the reality of emotional suffering in our lives and the lives of others. We recognize that modern life presents many challenges to our emotional and mental well-being. How wise our Bishop is! He knows that we need to be encouraged to believe in the healing love of our Savior, as well as to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



Available for  
purchase on  
Amazon

Interested in becoming Catholic? Missing any of your sacraments?

# OCIA

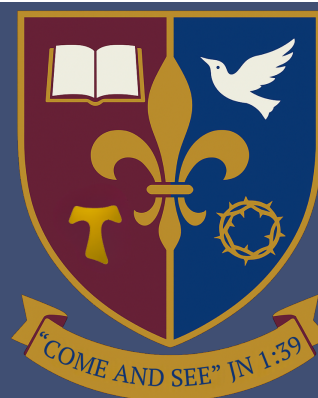
Jan 13 - May 19th

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 & Liberty  
George Mason University



Mary Stanford  
Professor of Theology  
Christendom College

For more info & to register go to:  
**[arlingtondiocese.org/women](https://arlingtondiocese.org/women)**



Office of Marriage, Family and Respect Life  
703.841.2550 | [familylife@arlingtondiocese.org](mailto:familylife@arlingtondiocese.org) | @arlingtonfamily



**Let's ride together!**

Use the QR code to sign up to drive or to ride :)  
Or go to Flocknote under signups and look for  
*Women's Conference - riding together*

CATHOLIC DIOCESE OF ARLINGTON

# MEN'S CONFERENCE 2026

**MARCH 7<sup>TH</sup> | 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 250<sup>th</sup> 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:  
**[ARLINGTONDIOCESE.ORG/MEN](https://arlingtondiocese.org/men)**



**Let's ride together!**

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

## 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 18<sup>th</sup> Street, Arlington, VA 22204.**

**The event will be available on ZOOM.**

**Visit [www.cwia.holyspirit.com](https://www.cwia.holyspirit.com) for Meeting ID and Passcode.**

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**MARCH 26-28, 2026**

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**QUESTIONS**

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**LEARN MORE**

[www.jprihealingcenter.org](https://www.jprihealingcenter.org)





**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!



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

**R<sup>3</sup>**

R<sup>3</sup> for Women ~ Second Monday of the Month 7pm ~ 2/9/26

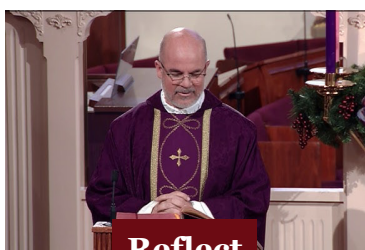
R<sup>3</sup> for Men ~ Fourth Monday of the Month 7pm ~ 2/23/26

**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.

## 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





## 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)

Scan Here to Get Started



[saintlouiscatholicchurch.flocknote.com](http://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.



St. Louis Catholic Church  
[saintlouisparrish.org](http://saintlouisparrish.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*

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](http://giving.parishsoft.com)

Cancel all your recurring gifts and remove your method of payment

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

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Password

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Or

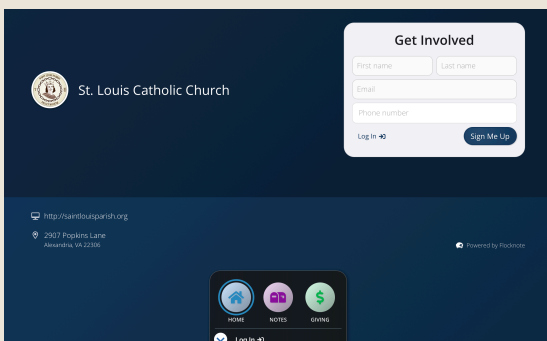
Login With MinistryID

[What's this?](#)

## Start your Flocknote giving now!

[saintlouiscatholicchurch.flocknote.com](http://saintlouiscatholicchurch.flocknote.com)

For help with Flocknote:  
[help@flocknote.com](mailto:help@flocknote.com)



## 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](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. "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

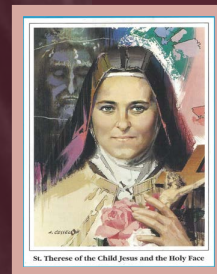
CONTACT: PATRICK DOYLE,  
[PATRICK.ANDREW.DOYLE@GMAIL.COM](mailto:PATRICK.ANDREW.DOYLE@GMAIL.COM)

SCAN THE QR CODE FOR ENTRY FORM  
FORM: [SCAN THE QR CODE FOR ENTRY FORM](#)



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## Finding Jesus with *St. Thérèse of Lisieux*



St. Thérèse of the Child Jesus and the Holy Face

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.

**WOMEN'S SILENT RETREAT**  
Friday through Sunday  
January 23 - 25  
**San Damiano Retreat Center**  
White Post, Virginia



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. Thérèse 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. Thérèse 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](mailto:retreat@sacredheartwinchester.org) or visit our website at [ArlingtonDiocese.org/Retreat](http://ArlingtonDiocese.org/Retreat)



## 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](mailto:mailto:fr.thompson@saintlouisparish.org)



**Catholic Schools**  
United in Faith and Community

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





**St. Louis Catholic School is excited to celebrate Catholic Schools Week from February 2 through February 6!**



Catholic Schools  
United in Faith and Community

**Join us in the gym after all Saturday and Sunday Masses for the PTO Catholic Schools Week Bake Sale!**



[www.stlouisschool.org](http://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 Karengé

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

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 e: kareng@karengarch.com  
 w: karengarchitects.com



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

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