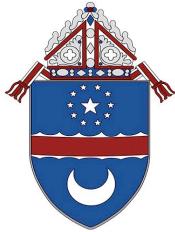




St. Louis Catholic Church

SaintLouisParish.org



World Day of Consecrated Life ~ February 2nd

February 1, 2026 ~ Fourth 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,

There is no such thing as a one-sided coin, and there is also no such thing as a one-sided Jesus. Jesus in the movies is always portrayed as meek and humble: *“Learn from me for I am meek and humble of heart”* (Matt 11:29). Humble Jesus is certainly *one side* of the coin and our first reading today speaks of the importance of humility.

But if you turn the coin over what is the other “side” of Jesus that we find?

You find the Jesus who teaches boldly, who confidently casts a new vision for humanity. Our Lord boldly taught what no one on earth had ever taught before: *“Blessed are the poor in spirit...blessed are they who mourn...blessed are the meek...blessed are the merciful...”*

One side of the coin is the Humble Jesus. But the other side of the coin is what we should call Magnanimous Jesus. (“Magnanimous” means “great-souled.”) Jesus has the largeness of heart and the largeness of soul to think, to teach, and to do bold new things.

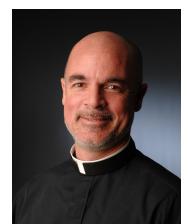
So be encouraged today, as a disciple of Jesus, to imitate not only his humility, but also his magnanimity. You can do great things in his name!

We wish a very happy feast day to the Poor Clares on the “World Day of Consecrated Life” (February 2nd). May God bless them in their living out a magnanimous ‘yes’ to the Lord as cloistered religious!

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



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in Theology”

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and Fr. Thompson
Sundays 10 - 10:45
in the gym

2026 Women's Conference

Faith, Hope & Courage

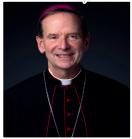
Catholic Women Helping to Form our Great Nation



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



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

Special Mass with Bishop Burbidge

Sunday, March 1,
10:30 am

Two museum-quality
paintings will be installed
and blessed:
"St. Louis at Prayer" and
"The Good Samaritan"



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:
ARLINGTONDIOCESOE.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



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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!

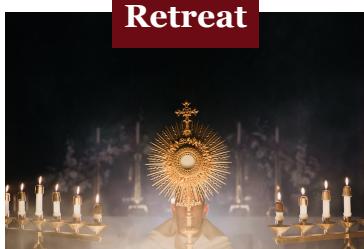


R³

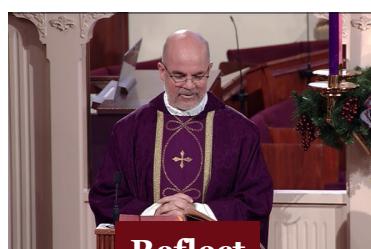
R³ for Women ~ Second Monday of the Month 7pm ~ 2/9/26

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

R³



Retreat



Reflect



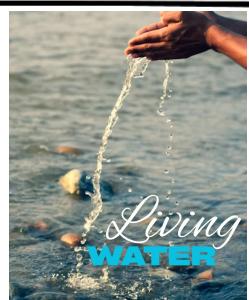
Relax

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.

Ignatian Weekend Retreat

The theme, **Living Water**, reflects what Scriptures teach us about Jesus being the living water. As you journey through this weekend (Men, Mar 6-8 & Women Mar 13-15), you will be refreshed, restored, and transformed by Christ, our *Living Water*. The Ignatian Weekend Retreat fee is \$255 or \$195 for first time retreatants and those 35 and under.

For more information contact our Registrar at (301) 392-0801
or by email at registrar@loyolaretreat.org.



walking with purpose
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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!

*Tuesdays 9:30am to 11:30am
in St. Francis Room*

*Wednesday 7pm to 9pm
in The Little Way Café*



Register

www.walkingwithpurpose.com

IN Christ WE ARE One



Letter from Bishop Burbidge (see opposite side for Spanish translation)



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. I ask you especially to consider a recurring monthly commitment, which allows your generosity to continue bearing fruit throughout the year and may enable you to make a greater gift in thanksgiving for God's goodness.

Thank you for all the ways you live the truth that, in Christ, we are one. Be assured of my prayers for you and your loved ones during this holy season of Lent.

Sincerely in Christ,

Michael F. Burbidge

Most Reverend Michael F. Burbidge
Bishop of Arlington

2026 BISHOP'S LENTEN APPEAL
CATHOLIC DIOCESE OF ARLINGTON



St. Vincent de Paul

Guided by the example of St. Vincent de Paul and St. Louise de Marillac, our parish St. Vincent de Paul (SVdP) conference responds to neighbors in crisis with practical assistance rooted in faith, dignity, and compassion—made possible through your generosity.

Recently, we assisted a neighbor who exhausted his savings after being laid off from his full-time construction job during the winter slowdown. Despite support from friends, family, Fairfax County, and the Salvation Army, he remained short on his January rent. Saint Louis SVdP helped fill the gap, allowing him to stay housed. He expects to be rehired in March and is seeking interim work through a rideshare company. We also referred him to additional local charities should he need help in February.

We also partnered with other Arlington SVdP conferences to assist a neighbor who lost her job with a defense contractor and was recently diagnosed with cancer. After using all available leave and savings to cover medical expenses not fully covered by insurance, she faced housing insecurity. While awaiting unemployment benefits, SVdP collaboration ensured she and her two-year-old daughter could remain safely in their home.

St. Louise de Marillac reminds us: "You will find your peace in serving the poor with love."

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.



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, Feb 4th, 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. (This meeting was rescheduled due to the snow.)

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. Lucy's Guild



The St Lucy's Guild is one of the oldest groups in our parish. We are seeking ladies who would like to join us for a monthly one hour meeting with rosary and intercessory prayers. Our next meeting will be Tuesday, February 10 at 10 AM in the San Damiano room. Please note that if public schools are delayed or closed for weather, our meeting is canceled. For more information contact Alice Ess at 703-360-8853

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, February 25, from 12:30pm-1:30pm.



Intercessory Prayer

"I want someone to pray with me"

Sunday, Feb 15
After the 10:30am Mass



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

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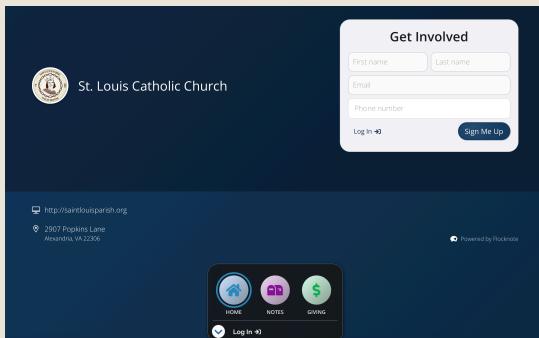
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LET US PRAY FOR ONE ANOTHER

Monday, February 2

7:00am, Poor Clares, +Joseph F. Kolb
8:45am, Intentions of Carmen Rojas

Tuesday, February 3

7:00am, Poor Clares, Intentions of Paul V. Anthony

8:45am, +Josephine Cofer

Wednesday, February 4

7:00am, Poor Clares, +John N. Church & Family
8:45am, +Richard Ahearn

Thursday, February 5

7:00am, Poor Clares, +Joseph & Maria Sun
8:45am, +Anne Frigon

Friday, February 6

7:00am, Poor Clares, +Gerald Walsh, Sr.
8:45am, +Mr. & Mrs. David Afton

Saturday, February 7

7:00am, Poor Clares, +Mary D. Walsh
8:45am, +Clelia Capestanay

5:30pm, Intentions of John & Allison Bednarek

Sunday, February 8

7:00am, Poor Clares, +Maria Lin
7:30am, Intentions of Jennifer Griffin

8:45am, +Donnie Leader

10:30am, *Pro Populo*

12:30pm, +Brigida Erat & Victorino Baluyos

3:00pm, +Hugo R. Siles

5:15pm, Intentions of Elizabeth & Peter Karenge

Eternal Rest

Grant Unto

Him,

O Lord!

Matthew Joseph Jones, Jr.



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:

Laurel Lee, Renato & Maria Panameno Magne,
GW Health & Rehab residents, and Manuel & Orbelina Ortega.

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BINGO

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



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