



St. Louis Catholic Church

SaintLouisParish.org



“One does not live on bread alone, but on every word that comes forth from the mouth of God.”

Matt 4:4

February 22, 2026 ~ First Sunday of Lent

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,

In collaboration with two members of my staff (Carmen Lane and Jamie Hickman) I have written a book personally for you. I place it in your hands as we begin this holy season of Lent.

This is a time to take a step back and reflect on what really matters. A time to behold the Lord's love for you as if for the very first time. A time to appreciate how uniquely important you are in God's plan. The title of this book declares the truth about you: "Holy Laity (that's you!) are the Church's *Showpiece*."

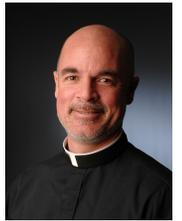
Your life as a lay person has eternal impact in this world and in the next. The Lord lives in you uniquely and you are called to be light in this world, beginning in your own home and radiating outward. It is my sincere hope that by prayerfully reading this book you will know even more in your head and feel even more in your heart that you are called to do great things through Jesus living in you. That is the "best version" of you and it is what makes you to be the Church's "showpiece."

This book is perfect spiritual reading during Lent as part of a "book club." Form a book club with a spouse, family member, or friend. Each chapter provides a format for small group discussion so that each person can gain mutual inspiration from one another's insights. I guarantee you that by reading this book with one or more persons you will have a Lenten experience that could be life-changing!

Your Pastor,



Father O'Hare



Stations of the Cross

Fridays at 9:15am
(after the 8:45am Mass)

Fridays at 7:00pm (English)

Fridays at 7:45pm (Spanish)



Happy Birthday



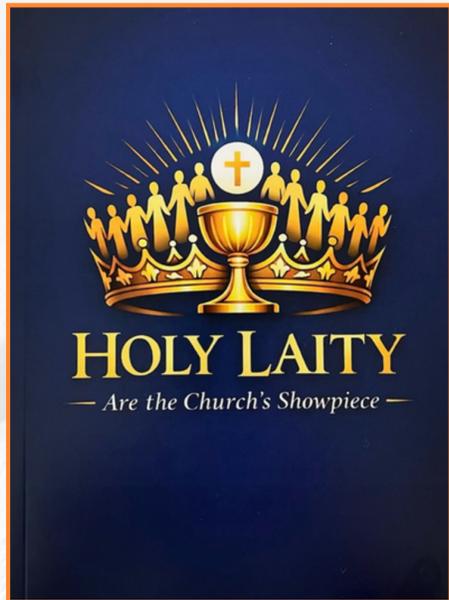
Fr. O'Hare!!!

February 25th

Ad multos annos, Pater!

Thank you for all you
do for love of God
and His People!





SPIRITUAL READING

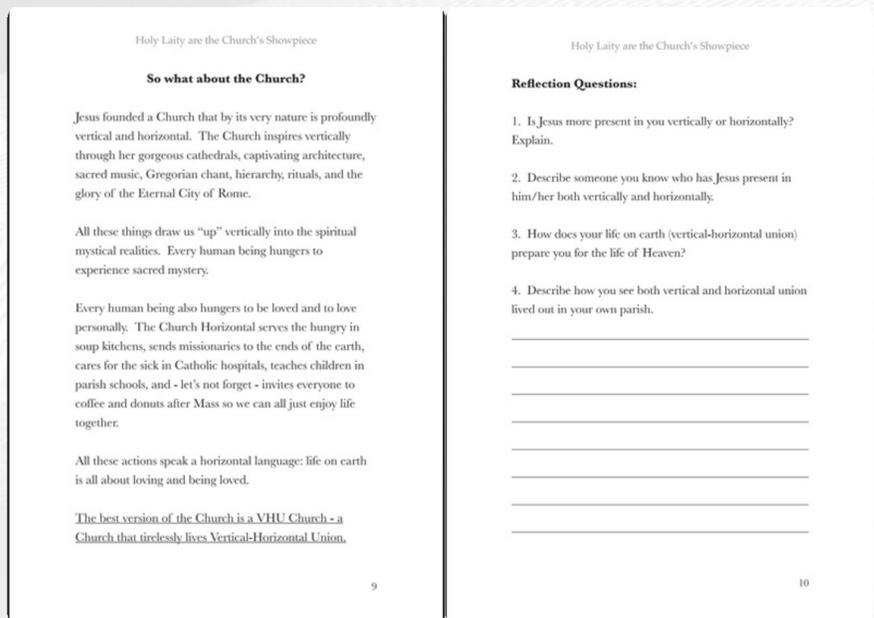
For Lent



**STARTS FIRST
WEEK OF LENT
FEBRUARY 22
10 CHAPTERS**

122 PAGES

**Includes discussion
questions and
practical applications**



SUGGESTED DONATION: \$8

FORM A "BOOK CLUB" WITH ONE OR MORE PEOPLE

BOOK IS AVAILABLE STARTING
FEBRUARY 19TH IN THE PARISH OFFICE
AND THE CAFÉ



**YOU PICK THE
PLACE**

Use this QR code to
purchase





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"



Talk on the Shroud



**Join us for a
2 hour
presentation:**

- **Unveiling the truth of Christ's Passion according to the Shroud of Turin.**
- **Medical Analysis of the Shroud of Turin**
- **Presentation of artifacts used in crucifixions.**
- **Q&A session**

**Saint Louis
Monday, March 2nd at 7:00pm
Main Church**



LENTEN WORSHIP NIGHT

WITH
JOHN FINCH



MAR 9TH, 2026

7:00 PM - 8:30 PM

**ST. LOUIS CATHOLIC CHURCH
2907 POPKINS LN.
ALEXANDRIA, VA 22306**

**ADMISSION IS FREE AND OPEN TO
FAMILIES OF ALL AGES.**

You're invited to a special Lenten prayer and worship night with Catholic songwriter and worship leader, John Finch. The evening will feature live music, guided prayer and reflection, and Eucharistic Adoration. This is a beautiful opportunity to pause, pray, and deepen your relationship with Christ during the Lenten season. All are welcome!

 JOHNFINCHMUSIC.COM

  @JOHNFINCHMUSIC

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 Leoy 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 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 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:
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

Life in the Spirit Seminar



**Saturday, February 28, 2026
8:30 AM to 3:30 PM**

Hampton Inn & Suites by Hilton
5821 Richmond Highway, Alexandria, VA 22303

Teachings Testimonies Praise Worship

Join us and learn about the gifts of the Holy Spirit.
If you want to know more about Jesus ...
If you want to receive Jesus in your life ...
If you want to love Jesus more ...
then come!

Advanced registration requested. There is no fee, but a Free Will Offering will be taken up to offset the cost of breakfast pastries, lunch, and the meeting room.

Contact/Call Evelyn Luis (703) 850-7607/cwiabolyspirit.com

CWIA
CHRISTIAN MEN & WOMEN IN ACTION

JOHN PAUL II Healing Center
Transformation in the Heart of the Church



undone
FREEDOM FOR THE FEMININE HEART

MARCH 26-28, 2026

**ST. MARY'S CATHOLIC CHURCH
7301 ANNAPOLIS ROAD, LANDOVER HILLS, MD 20874**

IN-PERSON OR LIVESTREAM

QUESTIONS
JP2RetreatDMV@gmail.com



LEARN MORE
www.jp2healingcenter.org

[JP2HealingCenter](#) [JP2HealingCenter](#) [JP2HealingCenter](#) [JP2HealingCenter](#)



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

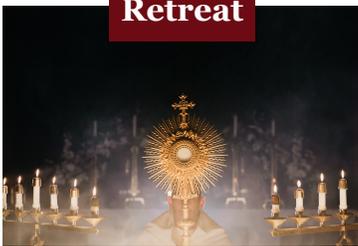


R³ for Women ~ Cancelled in March

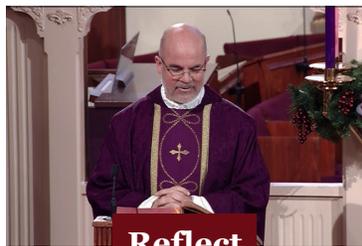
R³ for Men ~ Fourth Monday of the Month 7pm ~ 2/23/26



Retreat



Reflect



Relax

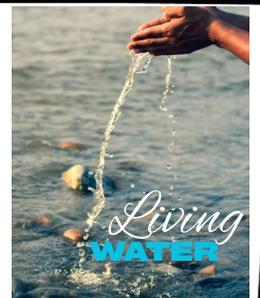


From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This "holy hour" is followed by "happy hour" in the Little Way Cafe! Beverages and snacks are provided.

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.



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



**KNIGHTS OF COLUMBUS
ST. PATRICK'S DAY
PARTY**

**SATURDAY,
MARCH 14, 2026**

TICKETS ONLINE THROUGH MARCH 1ST
\$29/ADULT | \$50/COUPLE
\$20/TEENS (13-17) | \$5/KIDS 12 & UNDER

TICKETS AFTER MARCH 1ST / AT THE DOOR
\$39/ADULT | \$60/COUPLE
\$30/TEENS (13-17) | \$5/KIDS 12 & UNDER

**DOORS OPEN
AT 5:30 PM**

**NOTE: THERE WILL LIMITED WALK-UP AVAILABILITY.
PLEASE REGISTER IN ADVANCE TO SECURE YOUR SPOT!**



"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

Interested in becoming Catholic? Missing any of your sacraments?

OCIA

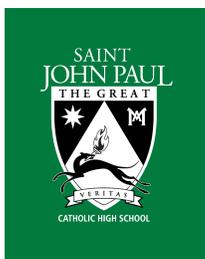
Jan 13 - May 19th

Tuesday Nights
7pm - 8:15pm
St. Francis Room

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

For more info, contact Fr. Thompson

fr.thompson@saintlouisparish.org



Save-the-Date - John Paul the Great Open House on March 5th

Planning for high school? Join us at John Paul the Great for a special Preview Open House for younger students on Thursday, March 5th from 4:00-5:30 PM! Learn more about our rigorous college-preparatory curriculum, competitive athletics, inspiring visual and performing arts, and abundant extracurricular opportunities!



IN *Christ* WE ARE *One*

15% **Vocations**

Seminarian education and support, Vocation Awareness Ministry, and the Permanent Diaconate.

12% **Charitable Works**

Catholic Charities, parish subsidies, and charitable assistance for the vulnerable and needy throughout the diocese.

11% **Religious Education**

Catholic Schools, Religious Education, Faith Formation, and the Office of Divine Worship.

11% **Assistance to Parishes and Missions**

Ministries, offices, and support services for 70 parishes and 6 missions, including 4,600+ parish, school, and diocesan personnel.

10% **Youth and Young Adult Outreach**

Office of Youth, Campus and Young Adult Ministries, and Campus Ministry at colleges and universities throughout the diocese, including Mary Washington, George Mason, and Shenandoah University.

10% **Support for Families**

Office of Marriage, Family and Respect Life, and the Diocesan Tribunal.

10% **Chancery Offices**

Support to the Virginia Catholic Conference and various Chancery offices assisting the Bishop as he leads the parishes and diocese.

5% **Evangelization Efforts**

INOVA Hospital Ministry, Peace and Justice Commission, Spiritual Assistance Ministry, Diocesan Pilgrimage, and the Bánica Mission in the Dominican Republic.

5% **Diocesan Development and Communication Programs**

The Communications Office utilizes various platforms to promote, educate, and evangelize the faithful and wider community. Development initiatives, including the BLA and other charitable vehicles, provide strategic financial support to the diocese, parishes, and schools.

4% **Hispanic Ministry and Multicultural Ministries**

Pastoral services and assistance for more than 20 ethnic communities within our diverse diocese.

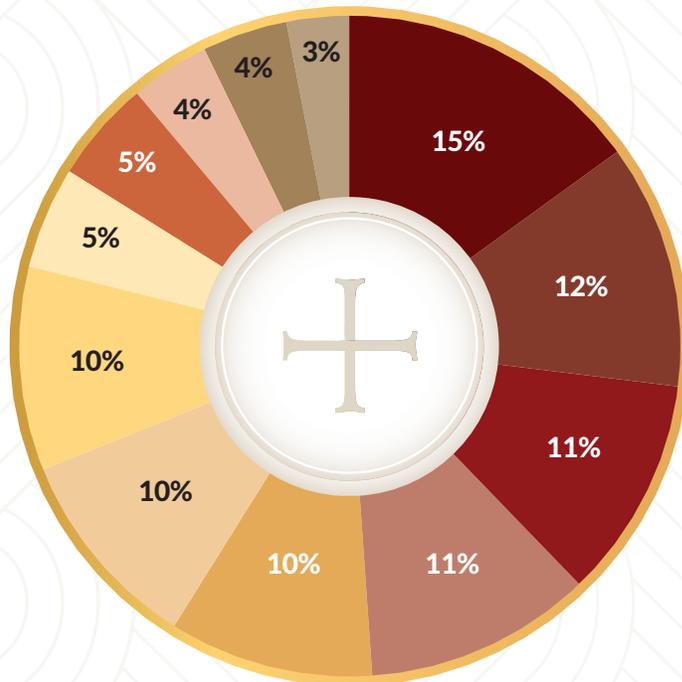
4% **San Damiano Spirituality Center**

A peaceful venue offering a wide variety of retreats for laity, religious, and clergy seeking reflection and spiritual renewal in the chapel and grounds of the Shenandoah Valley.

3% **Parish/Diocesan Properties and Land Development**

The diocese purchases land granted to newly founded parishes for their parish grounds.

This allocation reflects a projected \$24 million in 2026 BLA funding dedicated to these critical ministries of the diocese.



MATCHING GIFT OPPORTUNITY

The Diocese of Arlington has received a \$300,000 challenge gift to match first-time or increased gifts to the 2026 Bishop's Lenten Appeal (BLA).

MONTHLY GIVING

We invite families to consider starting a new monthly recurring gift to the Bishop's Lenten Appeal. Monthly giving is an easy and convenient way to support the vital ministries of the diocese throughout the year. Monthly Gifts lower the admin cost of fulfillment, and you can adjust or cancel anytime.

Monthly gifts add up and will be matched!

\$25/month adds up to \$300 over the year

\$50/month adds up to \$600 over the year

\$100/month adds up to \$1,200 over the year and enters you into the Lumen Christi Guild.

The Lumen Christi (Light of Christ) Guild recognizes those whose generous annual support helps the Bishop's Lenten Appeal illuminate the lives of countless people across the Diocese of Arlington. Membership is based on your total giving to the BLA within a calendar year.

HOW TO START YOUR MONTHLY GIFT OR PLEDGE

Scan the QR code or visit www.arlingtondiocese.org/bla



For more information, please call the Bishop's Lenten Appeal office at 703-778-8600 or visit our website at

www.arlingtondiocese.org/bla

Bishop's Lenten Appeal | Catholic Diocese of Arlington
200 North Glebe Road, Suite 811, Arlington VA 22203

The Catholic Diocese of Arlington is a 501(c)(3) charitable organization (EIN: 54-0967542).

Thank you to the Knights of Columbus and the St. Louis Dads for making Shrove Tuesday so special with a delicious pancake lunch!



Please consider supporting our 2025–2026 Annual Fund, which provides funding for security upgrades and tuition assistance.

Every donation makes a meaningful difference to our school. Thank you for your generosity!



Scan here to donate

www.stlouisschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, February 23

7:00am, Poor Clares, +James Mercer
8:45am, +David G. Afton

Tuesday, February 24

7:00am, Poor Clares, Intentions of Theresa Eppolito
8:45am, +Burch Dillon

Wednesday, February 25

7:00am, Poor Clares, Intentions of Mary J. Malinchek
8:45am, +Gerald John Scheidt

Thursday, February 26

7:00am, Poor Clares, +Spencer Forsling
8:45am, +Lauren Hansen

Friday, February 27

7:00am, Poor Clares, +Brenda Counts
8:45am, +Cesar Leynes I & III

Saturday, February 28

7:00am, Poor Clares, +Jerome Paull
8:45am, Intentions of Sandra Reyes
5:30pm, Intentions of Susan & Mike Promen

Sunday, March 1

7:00am, Poor Clares, +Carol Elizabeth Dinan
7:30am, Intentions of Pugh Family
8:45am, Intentions of Clay Family
10:30am, *Pro Populo*
12:30pm, Intentions of Elizabeth & Peter Karengé
3:00pm, +Pedro Maldonado
5:15pm, Intentions of Anna T. Park

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

Kevin Robert Moran
Michael A. Dingman
Ian Ramirez
Brian Scott Leslie
Mary Anne Hall



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:

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

Embrace A Better Lifestyle

BRIGHTVIEW SENIOR LIVING ALEXANDRIA

NOW OPEN! Schedule your visit today.
800.666.9536 | BrightviewAlexandria.com

Fortune Best 100 award logos.

Monica Sims
NVAR Lifetime Top Producer
Associate Broker, Parishioner 39+ yrs
703-626-1212
monicasims100@gmail.com

Free Home Analysis & Future Planning

40+ years Helping Sellers & Buyers Make Educated Home Decisions
Samson Properties, 6363 Walker Lane, #130, Alexandria, VA 22310

**Angela Logomasini
Christopher Prawdzik**
NVAR Top Producers
202-680-4834
DCRegionRealEstate.com
Move@DCRegionRealEstate.com

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

Samson Properties, 6363 Walker Lane, #130, Alexandria, VA 22310

Trinity Glass COMPANY
8926 Telegraph Road, Lorton, VA 22079
Residential 703-931-1837 Commercial
www.trinityglassco.com | sales@trinityglassco.com

Shower Enclosures, Custom Shower Doors • Vanity Mirrors, Custom Wall & Gym Mirrors
Windows & Glass Replacement • Glass Tabletops & Shelves
Plastic Sheet Products • Plexiglass & Lexan • Security Glazing, Bullet Resistant Glass
Aluminum Storefront Commercial Windows & Doors

Catholic School Parent Owned

SHANNON & WRIGHT LLP

- REAL ESTATE & LAND USE
- ESTATE PLANNING
- TRUST & ESTATE ADMINISTRATION
- TAX PLANNING
- BUSINESS TRANSACTIONS
- LITIGATION

Alexandria | Leesburg | 571.620.1930 | shannonwrightlaw

BEST LAW FIRMS RANKED BY Best Lawyers UNITED STATES 2025

KARENGE & ASSOCIATES
Architecture That Feels Like Home

- Renovations - Kitchens, Baths, Whole Home
- New Construction & Additions
- Architectural & Engineering Design
- We Buy Homes & Land
- Trusted Developer

Peter Karengé, RA (AAK) - Parish Member
Partnered with B360 Inc
VA Class A Licensed Contractor - #2705152697
Bonded & Insured

m: 703.624.3490
e: karengé@karengearch.com
w: karengearchitects.com

Family-Owned Business serving DC, MD, and Northern VA Since 1985

Carlos & Angela's Cleaning Service
(703)587-5679 carlosturcios21@gmail.com

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

Hall rentals available!
Mt. Vernon Columbus Club, Inc.
8592 Richmond Hwy
Alexandria, VA 22309
703-360-1964

Demaine Funeral Home
since 1841

Alexandria
520 S. Washington St.
703-549-0074

Springfield
5308 Backlick Rd.
703-941-9428

Fairfax
10565 Main St. • 703-385-1110

Pre-Arrangement Services Available

Dignity
LIFE WELL CELEBRATED

Honor and Celebrate

Jefferson FUNERAL CHAPEL
Family Owned & Operated

703-971-7400
JeffersonFuneralChapel.com

5755 Castlewellan Drive
Alexandria, VA 22315
(in Kingstowne)

Little Friend's Day Care
Infants to pre-K. Over 20 years in business. State Licensed/Insured. Great References. Near St. Louis Parish. Call for information.
littlefriendsdaycare@aol.com - (703)765-5336

OVER 100 YEARS OF SERVICE
T.J. FANNON & SONS
• Heating • Air Conditioning
• Water Heaters
1200 Duke St. 549-5700

Woodlawn Tree Service
WWW.WOODLAWNTREE.COM
JIM NELSON, Professional Arborist
Trimming • FIREWOOD
Dead Wooding • Shrubbery Care
Tree & Stump Removals • Pruning
703-780-8040
Serving N. VA Since 1977 - Fully Insured

SPECIAL 15% OFF With this Coupon

PABLO'S PAINTING, INC
Residential Interior & Exterior
Drywall Repair-Power Washing
Carpentry - Ext.
Leaf and Snow Removal
571-278-1548
PabloTPaintingInc@yahoo.com

Personally recommended by Fr. O'Hare

El Salvador's food

PUPUSAS EXPRESS

703-780-4800
www.pupusasexpress.com

Fusion REHAB AND WELLNESS

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

Free Consultations Available!

Scan QR code or call 571-347-7860