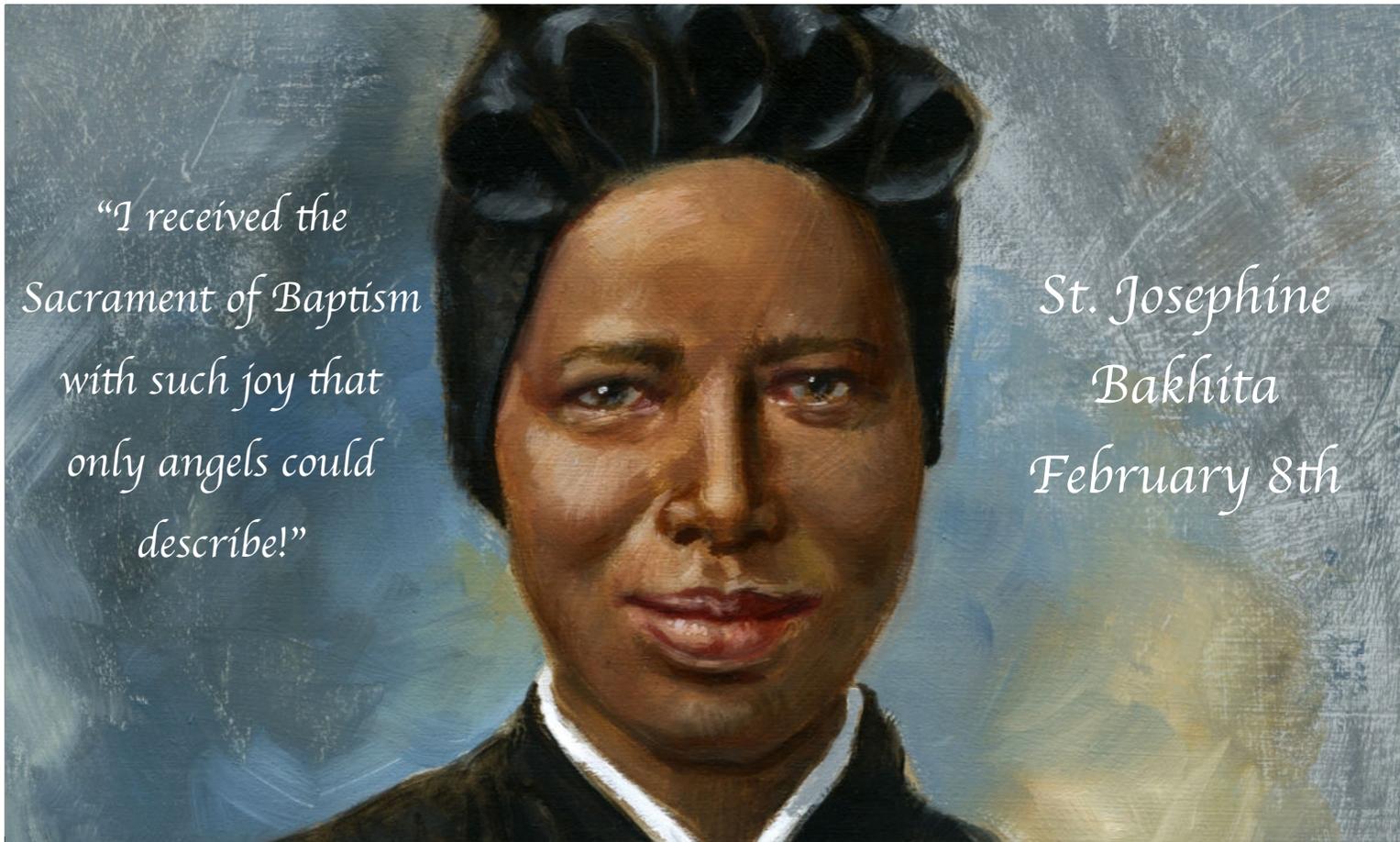
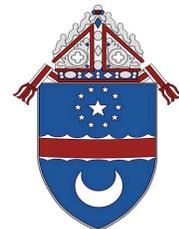




St. Louis Catholic Church

SaintLouisParish.org



*“I received the
Sacrament of Baptism
with such joy that
only angels could
describe!”*

*St. Josephine
Bakhita
February 8th*

February 8, 2026 ~ Fifth Sunday in Ordinary Time

<p>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)</p> <p>St. Louis School 703-768-7732</p> <p>St. Vincent De Paul Helpline 703-765-0050</p> <p>Pastor: Rev. Keith O'Hare Parochial Vicars: Rev. Gregory Thompson Rev. Luke Poczatek</p>	<p>Sunday Mass 7:30am 8:45am <i>Children's Mass</i> 10:30am <i>Traditional Ad Orientem</i> 12:30pm <i>Traditional Ad Orientem</i> 5:15pm <i>Quiet Traditional</i></p> <p>Saturday Mass 8:45am 5:30pm Vigil Mass</p> <p>Monday-Friday Mass 8:45am</p> <p>Confessions Mon-Sat: 7:45am-8:15am Wednesday: 6:00pm Saturday: 5:00pm Sunday: 8:30am-9:15am</p>	<p>Misa en Español Domingo 3:00pm Confesiones: Dom. 2:15pm-3:00pm Grupo de Oración Sábado 6:30pm</p> <p>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</p>
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Pro Deo et Pro Patria

PASTOR'S MESSAGE

Dear Friends,

Jesus said, "I am the light of the world." (John 8:12)

Then he seems to contradict himself in today's Gospel when he says, *"You are the light of the world." (Matthew 5:14)*

So which is it?

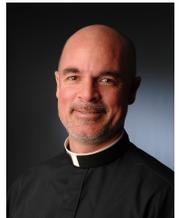
Both are true.

You are light by way of Christ living in you. You radiate the goodness and mercy of God inasmuch as Christ lives in you by faith. This "Jesus in me" kind of radiance is firstly made possible by your life of prayer. Prayer is that intimate union with God which transforms us, heals us, strengthens us, and ultimately sends us forth from our prayer time into "real time" with the real world that we live in.

Bishop Burbidge and his brother bishops of the United States recognize that there is much division and discord in our society at large. Social media and political elements too easily foster antagonism for selfish gain. For that reason they recently asked us *to seek peace through prayer*. Last Saturday Bishop Burbidge announced that he and the bishops of our nation have asked parishes and parishioners across our nation to come before the Lord in the Blessed Sacrament for a "Holy Hour for Peace."

As this Monday is our monthly **"R3 for Women" (7pm-8pm)**, it will be dedicated especially to this prayer intention of begging the Lord for peace in all aspects of our American society. (Men are invited, too.) In this 250th anniversary of our nation's founding we come before the Lord on our knees and ask the Prince of Peace to send the Spirit of unity and reconciliation into every human heart.

"In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace." (Ephesians 2:13-14)



Your Pastor,



Father O'Hare

Interested in becoming Catholic? Missing any of your sacraments?

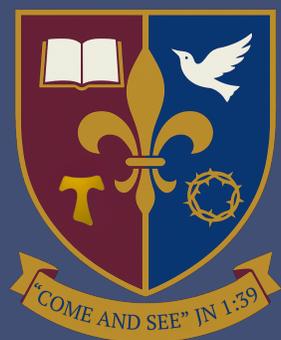
OCIA

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

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.

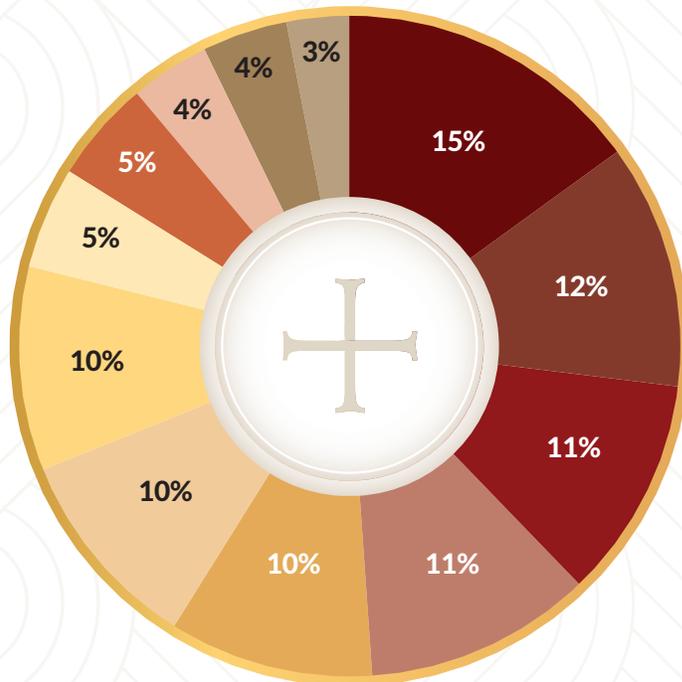
4% **San Damiano Spirituality Center**

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).

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 Leys 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.

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



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"



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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



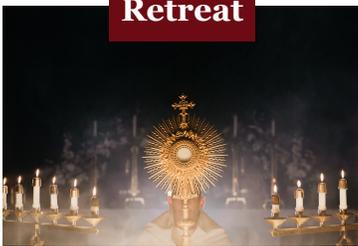
www.walkingwithpurpose.com



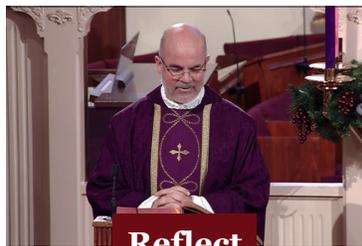
R³ for Women ~ Second Monday of the Month 7pm ~ 2/9/26
R³ for Men ~ Fourth Monday of the Month 7pm ~ 2/23/26



Retreat



Reflect



Relax

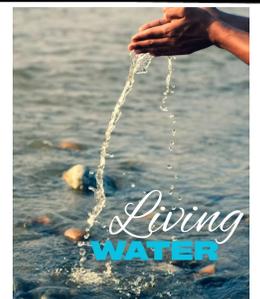


From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This "holy hour" is followed by "happy hour" in the Little Way Cafe! Beverages and snacks are provided.

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.



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, Feb 11th, we will meet in the YAR for a potluck brunch and brainstorming session! Bring a dish to share and any ideas you have for topics for the next semester! (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

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

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



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

United Community (UC)

February 2026 Food Drive

NEXT WEEKEND, SATURDAY AND SUNDAY, FEBRUARY 14TH & 15TH, ST. LOUIS WILL BE CONDUCTING ITS MONTHLY FOOD DRIVE TO RESTOCK THE SHELVES OF UC'S FOOD. LAST MONTH, OUR DONATIONS TOTALLED 2,149 LBS. OF FOOD!! LET'S WORK TO MEET OR BEAT THAT AMOUNT IN FEBRUARY!



WE ARE ASKING EACH ST. LOUIS FAMILY TO CONTRIBUTE AT LEAST ONE GROCERY BAG FILLED WITH NON-PERISHABLE FOOD ITEMS. MONETARY DONATIONS ALSO ARE WELCOME!

ON SATURDAY, WE WILL BE COLLECTING DONATIONS AT THE REAR OF THE CHURCH BUILDING FROM 9:30 AM TO 3:30 PM. JUST DRIVE UP, DROP OFF AND DRIVE AWAY!!! WE ALSO WILL BE ACCEPTING DONATIONS AT ALL THE WEEKEND MASSES.

If you have any questions about the Food Drive or are interested in volunteering, please contact Marvin Spychaj @ 703-380-2970 or marvinspychaj@msn.com.

BEAT THE WINTER BLUES

with the St. Clare & St. Francis Club

Mondays, 6:30p - 8p

St. Louis School Cafeteria



Dodgeball Night
 Monday, February 9th

All high school teens are welcome to join us each week for pizza, fun, and small group faith formation



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!





Catholic Schools Week 2026!

Help support our school's Annual Fund by donating below. All donations support security upgrades and tuition assistance.



www.stlouisschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, February 9

7:00am, Poor Clares, +Gerald C. Kertz
8:45am, +Margaret Favero Dulaney

Tuesday, February 10

7:00am, Poor Clares, +Sister Angie
8:45am, +Oleh Pushkard

Wednesday, February 11

7:00am, Poor Clares, +Leonard Cuddy & Parents
8:45am, Intentions of Rosario Cody

Thursday, February 12

7:00am, Poor Clares, +Fr. Paul
8:45am, Intentions of Timothy Spencer & Socorro Seballos

Friday, February 13

7:00am, Poor Clares, Intentions of Erlinda A. Manalac
8:45am, Intentions of Dave Kovach

Saturday, February 14

7:00am, Poor Clares, +Joseph Hribar
8:45am, +Puren A. Quintos & Lita Quintos
5:30pm, +Earland Mary Moore

Sunday, February 15

7:00am, Poor Clares, +Billie Sneed
7:30am, Intentions of Harriet Deering
8:45am, Intentions of Sister Parish Nicaragua
10:30am, *Pro Populo*
12:30pm, Intentions of Elizabeth & Peter Kareng
3:00pm, Intentions of Norma & Brendon Zaldivar
5:15pm, Intentions of Matt Gresko

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:

Paul Spring residents, Robert Pierpoint, Rose Pugh, and Ethel Moreland.

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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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BINGO
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First Sunday of the Month - 2pm

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