



St. Louis Catholic Church

SaintLouisParish.org



“From the cloud came a voice that said, ‘This is my beloved Son, with whom I am well pleased; listen to him.’

Matthew
17:5



March 1, 2026 ~ Second Sunday of Lent

<p>Parish Office 2907 Popkins Lane Alexandria, VA 22306 Phone: 703-765-4421</p> <p>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</p> <p>Confesiones: Dom. 2:15pm-3:00pm</p> <p>Grupo de Oración Sábado 6:30pm</p> <p>Poor Clare Monastery 703-768-4918 2505 Stone Hedge Drive</p> <p>Mass Every Day 7:00am (Gregorian chant)</p> <p>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,

In the best-selling book, *“Lead Like Jesus: Lessons from the Greatest Leadership Role Model of All Time,”* the authors propose that the word **“EGO”** can appropriately be given the acronym of **“Edging God Out.”**

The authors (Ken Blanchard, Phil Hodges, and Phyllis Hendry) write: **“We believe that you can **Edge God Out** in three ways: (1) you can replace Him as the object of your worship; (2) as the source of your security, self-worth, and wisdom; and (3) as the audience for and authority over your daily work and life story.”**

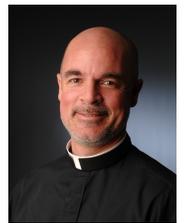
We are all inclined to do this. We are all inclined towards sin and selfishness because of our fallen human nature. For that reason throughout the holy season of Lent we give primary attention to the Lord's Sacrificial Love for each one of us. His Love is greater than our sins; His Love is deeper than our selfishness; His Love is more enduring than our fallen nature. *“By his wounds we are healed.” (Isaiah 53:5)*

As you receive our Lord in the Blessed Eucharist today, do not be afraid to name your selfishness, your **“EGO.”** We all do it; we all try to **“Edge God Out”** in myriad ways. In quiet prayer today name one of those ways that you **“Edge God Out.”** And then as you receive Jesus in Holy Communion, let His Pure Love rest in your heart. Surrender that part of your heart to Him; His Love is Greater.

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)



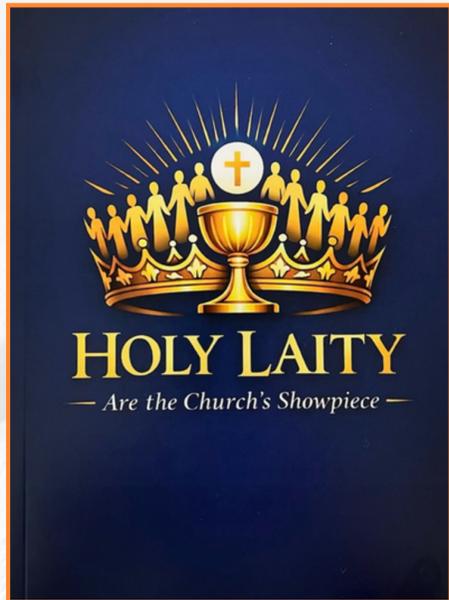
QUITTO QUIT IT



Download the app here!



“Immortality is given to the
one who perseveres.”
St Cyprian of Carthage



SPIRITUAL READING

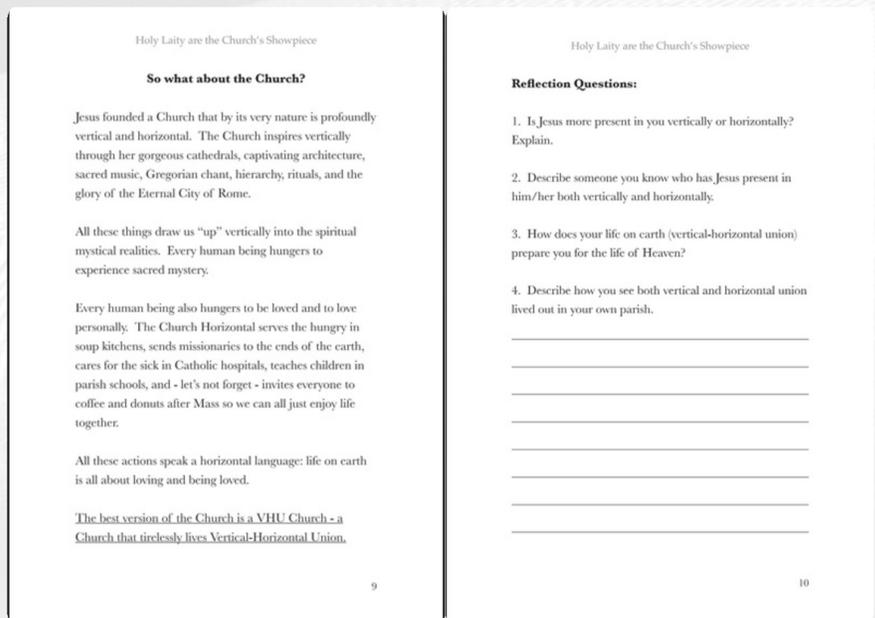
For Lent



**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



March 13-15, 2026



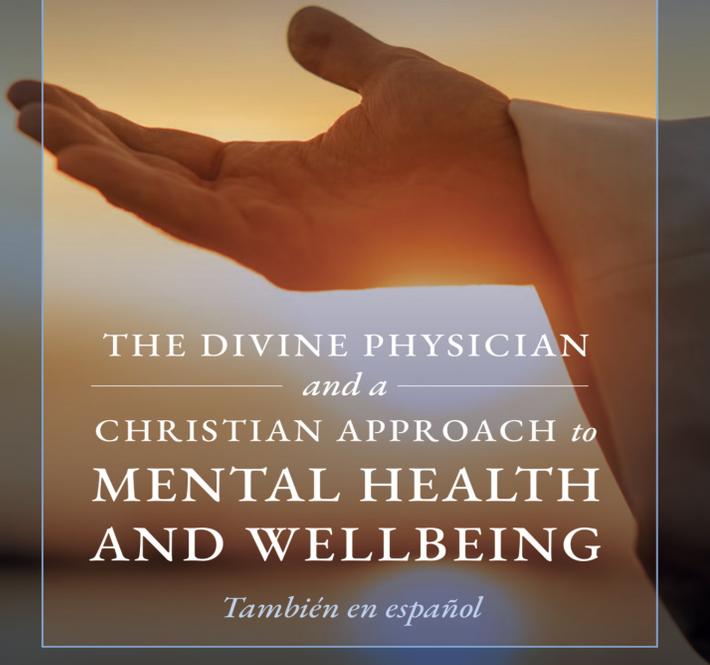
Diocesan Days of Unplugging

"Unplugging" is the act of intentionally disconnecting from digital devices in an effort to reconnect with the Lord and to reengage the community. Learn more about this initiative below and pledge your level of participation!

PLEDGE TO UNPLUG

Steps to Unplug

1. **Pray** to discern your level of participation. Ask God to help you decide how much you can and should dedicate time offline and reinvest with him in mind.
2. With that "unplugging level" in mind, **prepare** for the Day of Unplugging by planning for how you'll spend your time offline in prayer or works of charity.
3. **Commit** to spending March 13-15 partially—or fully—unplugged!
4. After the Day of Unplugging, be sure to **converse with Jesus** on the experience. (see prayer prompts in the FAQs section)



THE DIVINE PHYSICIAN *and a* CHRISTIAN APPROACH to MENTAL HEALTH AND WELLBEING

También en español

A Pastoral Letter

MOST REVEREND MICHAEL F. BURBIDGE
BISHOP OF ARLINGTON



Pastoral Telecounseling Services

Let us help you find faithful, effective solutions for...

- Marital/Relationship Problems (couples or solo spouse)
- Parenting Struggles
- Emotional Problems
- Problem Anger
- Understanding and Establishing Healthy Boundaries
- Family-of-Origin Issues
- Recovery from trauma
- Sexual Problems (Individual and Marital)
- Behavioral Addictions/Compulsions
- Spiritual Crises
- Personal Growth

Tele-counseling services are provided by highly-trained faithful Catholic counselors.

catholiccounselors.com



Building a Beautiful Life



Build a beautiful life for people with disabilities:

- Attend practical breakout sessions for parents, educators, clergy, and self-advocates
- Network with other advocates
- Visit local providers at the vendor area
- Enjoy a beautiful all-abilities art exhibit

\$50/adult | \$25/self-advocate
\$15/childcare

registration fee includes breakfast & lunch

REGISTER NOW

portocharities.org/2026conference

PRESENTED BY:



IN PARTNERSHIP WITH:



KEYNOTE

SPEAKERS



Most Rev. Michael Burbidge
Virtual Prayer and Address
Bishop of the Catholic Diocese of Arlington, VA



Mark Bradford
Fellow for Persons with Intellectual and Developmental Disabilities at Word on Fire



Melody Escobar
Associate Research Scientist at Baylor University, Collaborative on Faith and Disability

March 7, 2026 Saint John Paul the Great H.S., Potomac Shores, VA

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!

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 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 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



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, March 10, at 10 AM in the San Damiano room. For more information contact Alice Ess at 703-360-8853

**Have an Upcoming
Wedding Anniversary?**

Please let us know! If it is a significant anniversary (ending in a "5" or a "0") we would especially like to honor you. Please contact the parish office.

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



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QUESTIONS

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LEARN MORE

www.jp2healingcenter.org



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[JP2HealingCenter](https://www.facebook.com/JP2HealingCenter)



[@JP2HealingCenter](https://www.youtube.com/JP2HealingCenter)



[JP2Healing](https://www.twitter.com/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

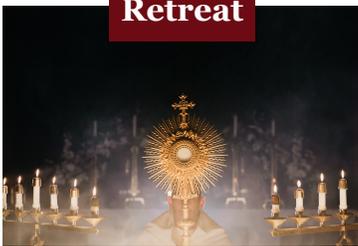


R³ for Women ~ Cancelled in March

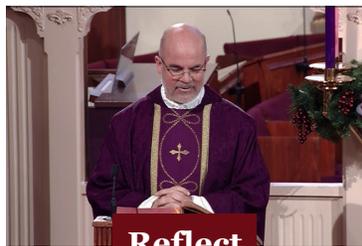
R³ for Men ~ Fourth Monday of the Month 7pm ~ 3/23/26



Retreat



Reflect



Relax

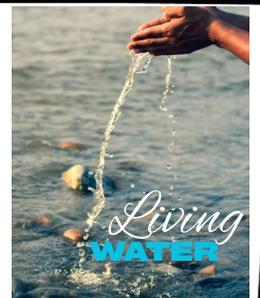


From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This "holy hour" is followed by "happy hour" in the Little Way Cafe! Beverages and snacks are provided.

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 - This Wednesday, March 4th, we will have a guest speaker, Barbara Currano, MA, LCPC, join us at 10:15am in the YAR to speak about dealing with conflict in marriage, while the kids play! (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, March 18, 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

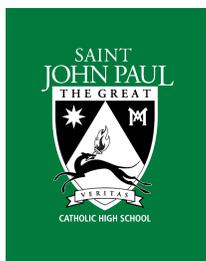
Jan 13 - May 19th

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.

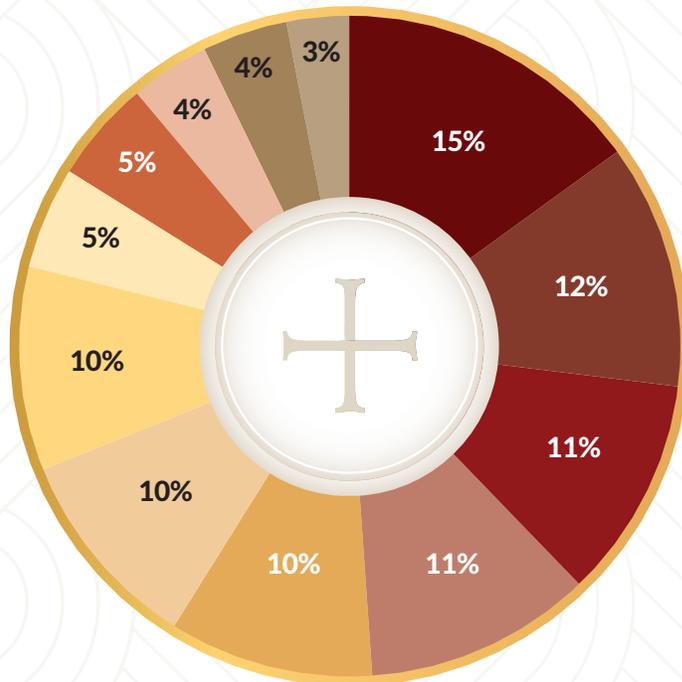
4% **San Damiano Spirituality Center**

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



At St. Louis, we were honored to receive a visit from Sister Ann Dominic of Saint John Paul the Great. She visited each classroom, spending time with our students and answering their questions about her vocation.

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, March 2

7:00am, Poor Clares, Intentions of Scarcelli Family
8:45am, ++Pablo & Mena Heyrana

Tuesday, March 3

7:00am, Poor Clares, Intentions of Matthew Shufflebarger

8:45am, +Mireya Antonia Concepcion

Wednesday, March 4

7:00am, Poor Clares, +Daniel Carroll

8:45am, Intentions of Jan Q. Heyrana

Thursday, March 5

7:00am, Poor Clares, +George C. Tolhurst

8:45am, +Emmanuel Kimwell

Friday, March 6

7:00am, Poor Clares, Intentions of Aby & Kristina Thomas

8:45am, +Andres & Luisa Kimwell

Saturday, March 7

7:00am, Poor Clares, Intentions of Patrick Franco

8:45am, +Queena N. Lee-Chua

5:30pm, +Curtis Klebs

Sunday, March 8

7:00am, Poor Clares, Intentions of Brimes Family

7:30am, Intentions of Mike Seidel

8:45am, +Annie & Theresa Nguyen

10:30am, *Pro Populo*

12:30pm, +Arcadia Hilot

3:00pm, +Dean Shienbein

5:15pm, Intentions of Geneva Park

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

Danny Robinson
Kevin Robert Moran
Michael A. Dingman



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:

Carol Canada, James Carroll, Andrew Corrigan,
Ethel Cumming, and Suki Cunning.

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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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 w: karengearchitects.com

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

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