



# St. Louis Catholic Church

SaintLouisParish.org



"The angel of the Lord declared unto Mary and she conceived by the Holy Spirit..."

Angelus

## March 22, 2026 ~ Fifth 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,

Holy Week is "The Week that Changed the World." Plan ahead now to participate fully in the Sacred Liturgies and devotions of Holy Week. It is only by prayerfully participating in Holy Week that it can change your world this year. There are unique graces that are available to you only during Holy Week and the Sacred Triduum.

In particular I exhort you to do no work on Good Friday. It is the only Friday of the year that specifically commemorates the Greatest Love on Earth. "Jesus paid a debt that he didn't owe, because we owed a debt that we couldn't pay. Good Friday is the day that our eternal debt was paid.

See the Holy Week Schedule on the facing page and make the plans you need to make. Come during the three sacred hours of the "Tre Ore," featuring 5 priests hearing confessions and 5 different preachers offering reflections on Jesus' "7 Last Words," accompanied by a professional choir singing polyphony. Then come back in the evening to witness a dramatic outdoor re-presentation of the Passion by our parish's Spanish Prayer Group.

As we continue to prepare our hearts for Holy Week, I offer you this beautiful poem by the Irish poet, Joseph Mary Plunkett, entitled, "I See His Blood Upon the Rose:"

*I see his blood upon the rose  
And in the stars the glory of his eyes,  
His body gleams amid eternal snows,  
His tears fall from the skies.*

*I see his face in every flower;  
the thunder and the singing of the birds  
are but his voice—and carven by his power;  
rocks are his written words.*

*All pathways by his feet are worn,  
His strong heart stirs the ever-beating sea,  
His crown of thorns is twined with every thorn,  
His cross is every tree.*

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)



**SAVE THE DATE!**

**PARISH G.I.G.**

**APRIL 10TH**

**STARTS AT 5PM**

*Don't miss it!*

# Holy Week Schedule

## Holy Monday 3/30

7:00am Mass (Poor Clares Monastery)

7:45am-8:15am Confessions

8:45am Mass

6pm Confessions

## Holy Tuesday 3/31

7:00am Mass (Poor Clares Monastery)

7:45am-8:15am Confessions

8:45am Mass

6pm Confessions

## Holy Wednesday 4/1

7:00am Mass (Poor Clares Monastery)

7:45am-8:15am Confessions

8:45am Mass

6pm Confessions



## Holy Thursday 4/2

*No Morning Masses or Confessions*

**7:30pm Mass of the Last Supper**

8:30pm Eucharistic Procession to the Gym

8:45-11:45pm Silent Adoration in the Gym

11:45pm Night Prayer

## Good Friday 4/3

**12pm-3pm: Tre Ore (Seven Last Words)**

**\* Confessions throughout the three hours \***

**3pm: Liturgy of the Veneration of the Cross**

6:30pm Outdoor Stations of the Cross (Spanish)

7:30pm: Liturgia de la Veneración de la Cruz

## Holy Saturday 4/4

12pm Blessing of Easter Food

8:30pm Easter Vigil Mass

## Easter Sunday 4/5

7:30am Mass (Classical Guitar)

8:45am Mass  
\*Easter Egg Hunt after Mass \*

10:30am Mass

12:30pm Mass

3pm Mass (Spanish)

### Prayer with EXCELLENT Music!



music to support your prayer experience.

Please note that all the solemn liturgies will be supported by our parish musicians as well as contracted musicians to provide you the highest quality

### What is "Tre Ore"?

#### Good Friday 12pm - 3pm

Every half hour one of our parish priests will preach a brief homily on each of Christ's last words spoken from the Cross. Each "word" will also be chanted in four-part harmony by our Good Friday schola. Confessions will be heard throughout the three hours.

## Work Camp Nail Sale!

Saint Louis Youth Ministry will be doing the annual **Nail Sale** after all Masses this weekend to fundraise for WorkCamp. WorkCamp is a week-long event in June, where hundreds of teens from the Diocese will gather together to pray, learn about the faith, and participate in home repair projects for residents in need. We will be giving out masonry nails as a symbol of the labor we will participate in and as a reminder of Jesus who was nailed to the cross for us. All proceeds will go towards our fundraising efforts for WorkCamp.

Thank you for your support!



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- Behavioral Addictions/Compulsions
- Spiritual Crises
- Personal Growth

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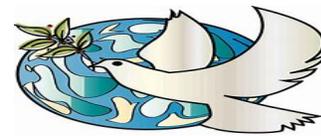
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## CHRISTIAN MEN & WOMEN IN ACTION (CWIA)

### PRAYER BREAKFAST MEETING

SATURDAY, MARCH 28, 2026, 9:00 AM

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5821 RICHMOND HIGHWAY, ALEXANDRIA, VA 22303

### PRAISE!! WORSHIP!! TEACHING!! FELLOWSHIP!!

### GUEST SPEAKER: FR. RICK WENDELL

*Fr. Rick had it all: wealth, business success, education and was engaged to be married—but full of pride and arrogance. Then a near death experience and a glimpse of heaven and hell changed his heart and rerouted his life. He felt the fullness of God's unending love and was drawn to Jesus and his Mother Mary. He visited Medjugorje numerous times with repeated heart and soul awakenings. He was ordained to the priesthood in 2006 at the age of 46. He currently travels the globe, retelling his amazing life changing series of events. Come hear his remarkable story and bring a friend. Men and women are welcome!*

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](http://www.cwia.holyspirit.com) for Meeting ID and Passcode.



Sunday Morning  
"Band of Brothers"  
Led by our Parish Priests  
7:30am - 8:30am in the  
Little Way Café

Scripture, prayer, discussion, and coffee  
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## 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, March 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](mailto:tatalavera@yahoo.com)

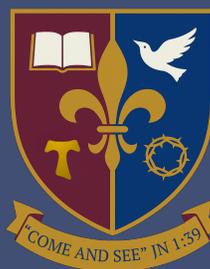
## Are You Grieving?

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, April 15, from 12:30pm-1:30pm.



## 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.



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## St. Vincent de Paul

**In the spirit of compassionate presence, our parish St. Vincent de Paul Conference continues to meet neighbors where they are—bringing practical help and Christ's love into moments of urgent need, thanks to your generosity.**

We have been assisting a single woman in her thirties who has experienced periods of homelessness over the past few years, at times living in her car with her two large dogs. Encouragingly, her situation may soon improve. She recently found a basement apartment to rent in Stafford from a Navy homeowner who travels frequently and is comfortable with the dogs.

She is about to begin two new jobs—one with a store and another as a home health aide for the elderly. She also earns occasional income as a freelance model and selling handmade jewelry. Bright and articulate, with some college education, she has struggled to achieve stable housing and employment but is working hard toward that goal. We hope and pray this new chapter will bring the stability she has been seeking.

Her family background has been difficult, including growing up in a large and fragmented household. Our conference helped cover the cost of renewing her driver's license and car insurance so she could maintain transportation for work.

As Blessed Frédéric Ozanam reminds us:  
"Let us go to the poor."

Thank you for helping us respond quickly and compassionately to neighbors in need.

**Need help?** Call our Helpline: 703-765-0050

**Wish to donate?** Use the "Make a Gift" button in Flocknote ([saintlouiscatholicchurch.flocknote.com](http://saintlouiscatholicchurch.flocknote.com)) Also, you can write a check to Saint Vincent de Paul, Saint Louis and leave it at the Rectory. Donations can also be made using our Tax ID: 26-1100276. "Please contact us with questions.

**Want to join us** (we need and want you!)? Email Jim Paton: [patonbert@gmail.com](mailto:patonbert@gmail.com) or come to one of our bi-weekly meetings to learn more: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7:00 pm in the St. Francis Room.



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Principal Mrs. Calogero

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**LET US PRAY FOR ONE ANOTHER**

**Monday, March 23**

7:00am, Poor Clares, Intentions of Cecile Kiendrebeogo

8:45am, +Souls in Purgatory

**Tuesday, March 24**

7:00am, Poor Clares, +Charles Coates

8:45am, +Exaltacion & Pablo Heyrana

**Wednesday, March 25**

7:00am, Poor Clares, +Trinidad L. Sayson

8:45am, +Larry D. Miller

**Thursday, March 26**

7:00am, Poor Clares, +Sheryl Purpora

8:45am, Intentions of Luz Afan

**Friday, March 27**

7:00am, Poor Clares, +David Purpora

8:45am, +Linda Coates

**Saturday, March 28**

7:00am, Poor Clares, Intentions of Buck Coates

8:45am, Intentions of Steven Woznack

5:30pm, Intentions of Kristine F. Brown

**Sunday, March 29 Palm Sunday**

7:00am, Poor Clares, +Matilde Blanco

7:30am, +Minnie Favero Rice

8:45am, +John & Anna Bukoski

10:30am, *Pro Populo*

12:30pm, +Illuminada & Joseph Cianflone

3:00pm, +Maria Delia Andrade

5:15pm, +John Caycedo

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

Lita Clark



**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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