



St. Louis Catholic Church

SaintLouisParish.org



“I came so that they might have life and have it more abundantly.”

John 10:10

April 26, 2026 ~ Fourth Sunday of Easter

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 today's Gospel Jesus says, "I came so that they might have life and have it more abundantly." (John 10:10)

It's time to examine your life and consider how your "smart" phone is contributing (or not) to your being able to live your life "more abundantly." By now we have all heard and read the reports about how the "smart" phone is designed to keep our eyes glued to the screen the maximum amount of minutes and hours each day and night. Formerly the human person was the consumer and the phone was designed to meet our needs, but now the roles are reversed. Now it is our attention which is the product which is being sold to the advertisers, and so the phone is no longer designed primarily to meet our needs. Rather it is designed to make us the most compliant audience for the advertisers.

The result is that we lose hours each day and each week, looking at news, sports, entertainment, etc., which does not contribute to us living life "more abundantly."

It's time to reconsider the whole equation and put yourself back in the driver's seat as the consumer and not allow your attention to be sold to the highest bidder. **I highly recommend making the move from a "smart" phone to a "Wise Phone."**

The "Wise Phone II" was recently released. Check out the website and do the research. It might just be the key to getting your life more in order, so that you can be more present to yourself, to God, to family, and to friends. A more abundant life awaits you!



Your Pastor,

Father O'Hare



SPECIAL KIDS / SPECIAL NEEDS
MAY 9-10

Give the gift of Catholic Education to children with intellectual and developmental disabilities in the Diocese of Arlington. 100% of all proceeds from this collection support special programs at our schools.

portocharities.org/sksn

Intercessory Prayer
"I want someone to pray with me"
Sunday, May 31
After the 10:30am Mass

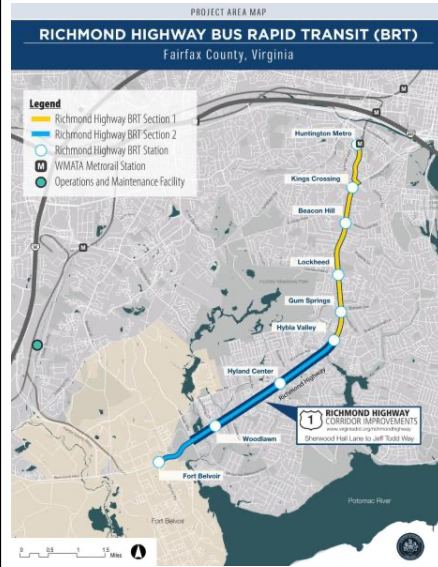
Meditative Music
11:30am-12:00pm
Brief personal intercessory prayer with a priest and prayer team member



Saturday, May 9
10:00 am
Little Way Café

Coffee and light refreshments will be provided

RSVP: Sunny O'Malley
sunny@shsmetrospringfield.com



Community Meeting Update on the Rt. 1 Project

Fairfax County Department of Transportation staff will host an open house to provide displays of the proposed artwork, answer

questions and receive feedback on the proposed designs. The open house will be held **Wednesday, April 29, 2026, from 6:30 to 8:30 p.m., at Bryant High School (2709 Popkins Lane, Alexandria).**

Rock Climbing



WHAT IS TRAIL LIFE UP TO?

Trip to Museum of the Army



SUPPORT OUR TROOP & DONATE!

- Camping cooking gear (Dutch Ovens, Propane Stoves, Mess Kits, Cast Iron Pans, Portable Grill, etc.)
- Camping Tools (Pocket Knife, Hatchet, Brush Saw, Entrenching Tool)
- Fire Pit & Fire Tongs
- Sports Canopy Tent
- Bows (30 lb draw or lighter) and Arrows
- BB/pellet rifles
- Collapsible Cargo Wagon
- Heavy-Duty Outdoor Extension Cords
- Rope
- Tarps
- Plastic Totes & Bins
- 5-gallon Buckets
- Air Compressor
- Air Hoses



Family Bike Outing



To join or donate, contact us at troopva2907@gmail.com



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

Abide
COME AND BE HEALED



MONDAY, MAY 18TH

7PM-8PM

EUCCHARISTIC HOLY HOUR

WITH HEALING PRAYERS

FEATURES CONTEMPORARY MUSIC

SOCIAL AFTERWARDS

WITH SNACKS AND BEVERAGES

Mornings of
MERCY
for Divorced Catholics

Hurting after divorce? Want to enter into fellowship with Catholics in similar situations and to grow more deeply in your relationship with Jesus?

May 16th
Good Shepherd
Catholic Church

The event is free, but please register at arlingtondiocese.org/event/morningsofmercy



Office of Marriage, Family and Respect Life
703.841.2550 | familylife@arlingtondiocese.org | [@arlingtonfamily](https://www.arlingtonfamily.org)

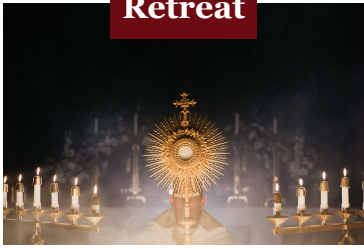
R³

R³ for Women ~ Second Monday of the Month 7pm ~ 5/11/26

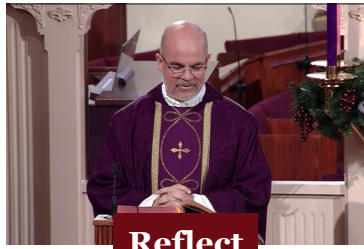
R³ for Men ~ Fourth Monday of the Month 7pm ~ 4/27/26

R³

Retreat



Reflect



Relax



From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This



Military Potluck

All military families and veterans are welcome!
Scan the QR code to sign up to bring a potluck dish.



Please RSVP by May 13th to (Colonel) Madeline Gorini at madelinegorini@gmail.com if you are able to join us!

16 May, 2026
6:30 PM

2907 Popkins Ln
Alexandria, VA 22306
Little Way Café



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

catholiccounselors.com

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FlockNote Giving Has Begun!

Our communications system is now our safe and secure electronic giving system!

Please sign up for FlockNote giving today!
(and then cancel your FaithDirect account)



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, April 29th, we will meet in the YAR at 10:15am to discuss healthy habits and manageable fitness routines, led by one of our moms - 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



NEW TO ST. LOUIS?

THIS CAFÉ VOUCHER IS OUR WELCOME GIFT FOR YOU!

BRING THIS VOUCHER TO THE CAFE FOR A FREE BREAKFAST FOOD ITEM AND BEVERAGE.

Little Way Cafe is located in the upper area of the parking lot.
Open Sundays 9:30am - 12:30pm;
M-F 9am - 12pm



ENJOY!

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.

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, May 27, from 12:30pm-1:30pm.



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SATURDAY
JUNE 13
3:45 - 9:30 PM

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



Open Positions for the 2026-2027 Academic Year:

- Elementary (K-5)
- 6-8 Math
- 6-8 Spanish
- Music

Please email your cover letter and resume to Mimi Calogero, Principal: mcalogero@stlouisschool.org



ENTER HERE

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DON'T MISS YOUR CHANCE TO WIN FREE TUITION FOR ONE STUDENT FOR THE 2026-2027 SCHOOL YEAR!

DETAILS:

- ONLY 300 TICKETS AVAILABLE
- YOU MAY PURCHASE UP TO 5 TICKETS
- PROCEEDS BENEFIT THE ANNUAL FUND
- VALUED AT \$9,600



THE WINNER WILL BE CHOSEN ON THE LAST DAY OF SCHOOL!

www.stlouisschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, April 27

7:00am, Poor Clares, +Chuck Milton
8:45am, +Hector Yanez

Tuesday, April 28

7:00am, Poor Clares, +Pio Thomas
8:45am, +Rita A. & Jose Quintos

Wednesday, April 29

7:00am, Poor Clares, +Mercy Freeman
8:45am, +Bill Cavender

Thursday, April 30

7:00am, Poor Clares, +Danny Robinson
8:45am, +D.W. De Silva

Friday, May 1

7:00am, Poor Clares, +Florence Perera
8:45am, +Mabel M. Carpenter

Saturday, May 2

7:00am, Poor Clares, +Samantha De Silva
8:45am, +Br. Mike Margreta

5:30pm, Intentions of Donna Scagliotti

Sunday, May 3

7:00am, Poor Clares, Intentions of Veronica Brooks

7:30am, +Ann P. LLoyd

8:45am, Intentions of Seballos Family

10:30am, *Pro Populo*

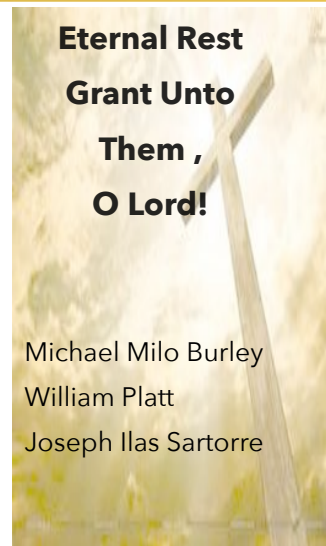
12:30pm, +Amador Gomez

3:00pm, +Maria Del Carmen Carcamo

5:15pm, +Kevin Moran

Eternal Rest
Grant Unto
Them,
O Lord!

Michael Milo Burley
William Platt
Joseph Ilas Sartorre



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:

Imelda Druke, Bette Jo Eifert, Donna Jenkins, Yvonne Laque, and Mary Lassanyi.

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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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Peter Karengé, RA (AAK) - Parish Member
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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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 Alexandria, VA 22309
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