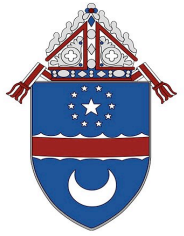




St. Louis Catholic Church

SaintLouisParish.org



“All authority in heaven and on earth has been given to me.” Matt 28:18

May 17, 2026 ~ Ascension of the Lord

<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,

This weekend 100 children will be receiving the Blessed Eucharist for the very first time, so it's a very joyous "First Holy Communion" weekend here at St. Louis! In preparing the children for this momentous occasion I asked them, "Who is in the tabernacle?" They all responded, "Jesus!"

Then I asked them, "Who will be present inside of you as soon as you receive the Blessed Eucharist?" Again they all responded, "Jesus!"

Then I asked them the most important question, "After you receive Jesus in Holy Communion, which is holier - you or the tabernacle?"

This question really got them thinking. The tabernacle is so sacred and we genuflect in front of the tabernacle because we know that the Lord is truly and sacramentally present in the tabernacle. But at the Last Supper the Lord did not say, "This is my Body which will be given up....for a tabernacle." He said, "This is my Body which will be given up FOR YOU."

My friends, the Lord's desire is to unite himself completely to you by means of the Blessed Eucharist, as it is the Body, Blood, Soul, and Divinity of the Lord. He gave all of himself up on the Cross, so that YOU could receive ALL of HIS LOVE.

That is what makes this weekend so important and so significant in the lives of these 144 children. Their lives enter a new spiritual phase, which will never end on earth - a Eucharistic phase of life. The Blessed Eucharist permits them to unite all of their lives (the good and the bad) to the Heart of Jesus, who is our truly present Savior.

Be inspired by the children today and begin again to believe the truth: when you receive the Blessed Eucharist YOU are holier than a tabernacle. As St. Therese said so eloquently, "Jesus did not come down from heaven to dwell in a golden ciborium; he came down for another Heaven, the Heaven of our souls."

* * *

We congratulate Father Thompson on his appointment as Pastor of Sacred Heart Parish in Manassas! He will be sincerely missed here at St. Louis, and we express to him our gratitude for his four years of dedicated service. Stay tuned for events related to his departure, and to the events for the welcoming of his replacement, Father Hayes.

Your Pastor,



Father O'Hare



Congratulations Father Thompson!

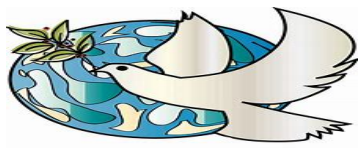
Newly assigned Pastor at
Sacred Heart in Manassas, VA.
Thank you for all you have done for St. Louis parish
these last four years, Father!
May God Bless you in your new role.



Welcome, Father Hayes!

Our newly assigned parochial vicar,
Father Hayes





CHRISTIAN MEN & WOMEN IN ACTION (CWIA)

PRAYER BREAKFAST MEETING

SATURDAY, MAY 30, 2026, 10:00 AM

HAMPTON INN & SUITES BY HILTON

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

GUEST SPEAKER: SHARON BONEBRAKE

While still in high school, Sharon began her faith journey as a catechist at Fort Riley Kansas. She continued her faith journey as an Army wife, mother, home school teacher, community volunteer and businesswoman. In 2011, Sharon, founded -- and continues as a trustee of -- Halo Haven Ministries, an organization whose mission is to help strengthen spirituality and religious formation within families, communities, and parish ministry teams. Six years later, she became the co-host of Armor of Faith Radio, a broadcast which works to bring its listeners closer to the Word of God and the blessings we receive through living in the fullness of the Catholic Faith. In 2019, Sharon debuted a segment entitled "Why Catholics Do What We Do" to remind us of the purpose of the traditions and actions by which we live our Christian lives. Come hear her 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 18th Street, Arlington, VA 22204.

The event will be available on ZOOM.

Visit www.cwia.holyspirit.com for Meeting ID and Passcode.

FAITH, SCREENS, AND OUR FAMILIES WITH PETER RYAN



Before COVID-19, nearly half of teenagers reported using the internet almost constantly. Since then, screen use has increased across all age groups, both young and old.

What effects is this rising screen time having on children? What steps can we take to address it?

Peter Ryan is a Catholic husband and father of four who recently retired as a Navy Captain after 28 years of service. In his free time, he began studying the profound effects that screen-based Personal technology is having an impact on our lives. He authored "Technology, The New Addiction," which was published in the September 2018 edition of the U.S. Navy Journal Proceedings. Learn how screen-based technology use is affecting your family, and get advice on protecting yourself and your children from its harmful effects. This is a practical and spiritual call to action.



Monday, May 18



7:00 PM



Little Way Café

responsible-technology.org



St. Vincent de Paul

Following Christ's call to care for our neighbors in need, our parish St. Vincent de Paul (SVdP) conference continues to offer compassionate assistance to those facing difficult circumstances — made possible through your generosity.

We recently helped a neighbor whose electricity had been shut off due to nonpayment. She has been unable to work because of a broken pacemaker and chronic pain resulting from internal injuries. Unexpected expenses, including a recent death in the family and vehicle registration fines, exhausted her already limited budget.

Despite these hardships, together we were able to fully pay the overdue balance and get her power restored. She has since resumed work and has been able to maintain her financial stability.

St. Vincent de Paul reminds us:

"Go to the poor: you will find God."

Thank you for helping us bring hope, dignity, and compassion to neighbors in crisis through your prayers and generous support.

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

Wish to donate? Use the "Make a Gift" button in Flocknote

(saintlouisatholicchurch.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 or come to one of our bi-weekly meetings to learn more: 2nd and 4th Thursdays, 7:00 pm in the St. Francis Room.





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

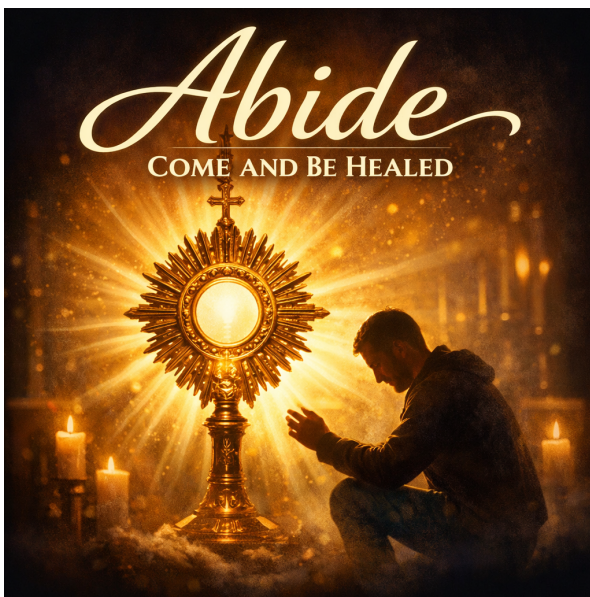
Scripture, prayer, discussion, and coffee
No registration required - just show up!



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



MONDAY, MAY 18TH

7PM-8PM

EUCCHARISTIC HOLY HOUR

WITH HEALING PRAYERS

FEATURES CONTEMPORARY MUSIC

SOCIAL AFTERWARDS

WITH SNACKS AND BEVERAGES

Pray for Mothers in the Month of May!

St. Louis Parish offers two special ways to pray for and honor mothers:

- 1) We have set up a special **Table of Remembrance for Mothers** in front of the statue of Mary in the church. You are invited to place a photo (or a copy of a photo) of your deceased mother or grandmother on the table during the month of May.
- 2) The annual **Mother's Day Novena** is a special series of 9 consecutive Masses (Sunday, May 10, through Monday, May 18) offered for the names of mothers (both living and deceased) submitted in the "Mother's Day Novena" collection envelope. You may also enclose brief written prayer petitions for those mothers. During the Novena the envelopes will be placed in a basket on display in front of the altar. If you do not have one of these envelopes, then use the blank prayer cards that can be found at the church entrances and give them to an usher.



Table of
Remembrance
for Mothers

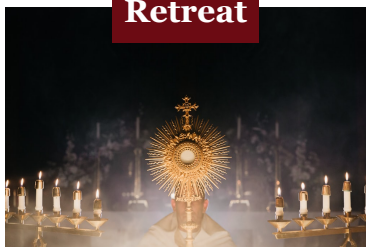
R³

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

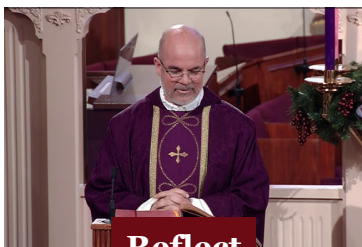
R³ for Men ~ Cancelled for Memorial Day

R³

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.



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- 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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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.



"Come and See:
A Graduate Level Course
in Theology"

Weekly classes taught by
Fr. O'Hare
and Fr. Thompson
Sundays 10 - 10:45am
in the school gym

Religious Articles for Sale



Next weekend there will be a display of beautiful Olivewood handmade carvings from the Holy Land in Our Church. These Carvings are made by the Christians of Bethlehem who use them as their source of income.

Christians in the Holy Land used to be more than **37%** of the population. There is less than **1%** now. As Christians of faith, it is our duty to support our brothers and sisters in Bethlehem. You can support them by purchasing some of these beautiful carvings after mass.

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, May 20th, 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



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

Little Way Café is located in the upper area of the parking lot.
Open Sunday 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.

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Saturday, May 30
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2901 Popkins Ln Alexandria, VA 22306

Snack Bag Provided After Games

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Virgin Mary with a beautiful
May Crowning Mass.



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DAY OF SCHOOL!

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Principal Mrs. Calogero

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LET US PRAY FOR ONE ANOTHER

Monday, May 18

7:00am, Poor Clares, Mother's Day Novena
8:45am, +Salvador & Aurora Ramos

Tuesday, May 19

7:00am, Poor Clares, +Sonia & Eduardo Tomas
8:45am, Intentions of Patrick Woznak

Wednesday, May 20

7:00am, Poor Clares, Intentions of Ziegler Family
8:45am, +Mike Margreta

Thursday, May 21

7:00am, Poor Clares, +Trudy Van Hemmen
8:45am, +Daniel Gao

Friday, May 22

7:00am, Poor Clares, +Danny Robinson
8:45am, Intentions of Denis & Maria Gingras

Saturday, May 23

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

8:45am, +James & Anna Horne
5:30pm, +Kevin Young

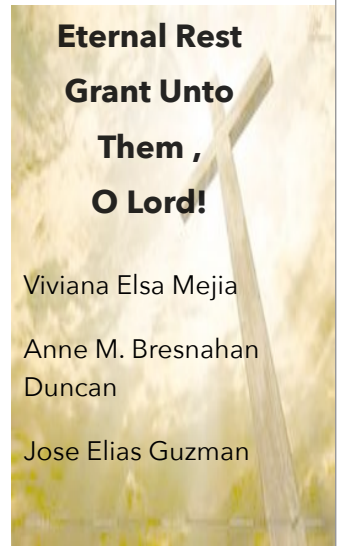
Sunday, May 24

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

7:30am, +Lita Clark
8:45am, +Huguette Ernweir
10:30am, *Pro Populo*
12:30pm, +Jaime Napoco
3:00pm, +Maria Jaldin
5:15pm, +Purificacion Suiza

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

Viviana Elsa Mejia
Anne M. Bresnahan
Duncan
Jose Elias Guzman



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:

Lillian Spragen, Jack Todd, Raul and Silvia Toyos,
Margherita Woods, and Bette Tyler.

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BINGO
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 First Sunday of the Month - 2pm

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