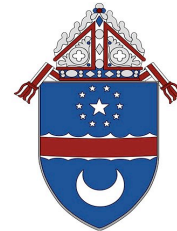




St. Louis Catholic Church

SaintLouisParish.org



*"For God so loved the world that
He gave his only Son..."*

John 3:16



September 14, 2025 ~ Exaltation of the Holy Cross

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 Poczaitek

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)

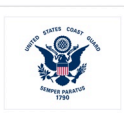
Sunday Devotions

Eucharistic Exposition

8:00am - 4:00pm

Rosary 4:00pm

Benediction 4:30pm



Pro Deo et Pro Patria

PASTOR'S MESSAGE

Dear Friends,

Today's second reading gives us these beautiful words: "*Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself...[and today] every tongue confesses that Jesus Christ is Lord, to the glory of God the Father.*" (Philippians 2:6-11)

Scripture scholars tell us that this passage in Philippians is a hymn. What we're reading are the lyrics of a song, an early Christian hymn. Don't we all wish there was a recording of the original? Don't we all wish we could learn how to sing the original version of this hymn?

But actually there's something very appropriate about not having that recording, of not knowing how it sounded. Because **the life of Jesus is itself the song**, the hymn of praise sung for love of God the Father. The life of Jesus is music to His Father's ears. And each of us, as disciples of Jesus, is likewise called to make of our own life a hymn of praise. Each 'yes' that we say to every cross that we carry joins us to the great 'Yes' of Jesus on the Cross of Redemption.

Be assured that Jesus is immensely pleased with you and "hears" the song that you sing with your life of trials and sufferings. To assist you with your prayer and meditation today, I offer you the lyrical poem below as we celebrate the Triumph of the Cross.

*"I See His Blood upon the Rose"
By Joseph Mary Plunkett*

Your Pastor,



Father O'Hare

*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 carved 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.*



Come and See:
A Graduate Level Course in Theology

Weekly classes taught by
Fr. O'Hare and Fr. Thompson

Sundays 10am to 10:45am

School Gym



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Come as you are.

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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!

Two sessions to choose from
Tuesdays 9:30am to 11:30am
Wednesdays 7pm-9pm

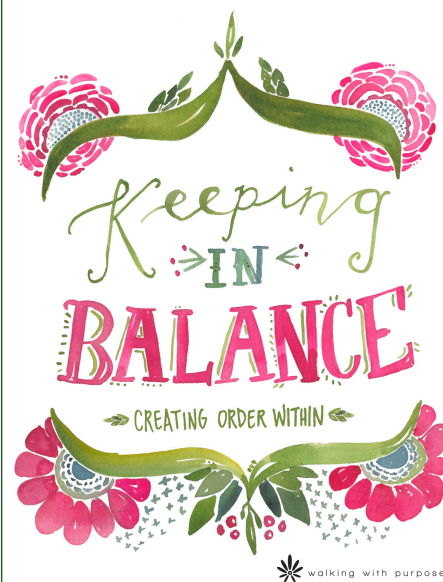
www.walkingwithpurpose.com

**Register
Using this
QR code**



**Start date: 10/15/25
Wednesday**

For questions contact the
parish office



**Don't forget to order
your book when you
register**



Sunday Morning Band of Brothers

Led by your parish Priests

7:30am - 8:30am in the Little Way Café

Scripture, prayer, discussion, and coffee

WILL RESUME September 14th



**CHRISTIAN MEN & WOMEN
IN ACTION (CWIA)**

**PRAYER BREAKFAST
MEETING**

SATURDAY, SEPTEMBER 27, 2025, 9:00 AM

HAMPTON INN & SUITES BY HILTON

5821 RICHMOND HIGHWAY, ALEXANDRIA, VA 22303

**PRAISE + WORSHIP +
TEACHING + FELLOWSHIP**

GUEST SPEAKER: Carlos (Chuckie) Ibay

Though he was born blind, Chuckie began playing the piano at the age of two and singing at the age of three. A Filipino American, he is a classically trained pianist, vocalist, and organist and fluent in seven languages. He has performed at the Basilica of the National Shrine of the Immaculate Conception, the Kennedy Center, St. Peter's Basilica in Rome, and in more than a dozen other foreign countries. He thanks God for his talents and wishes to share them with others. Come and bring a friend to learn about his extraordinary journey!!!!

Men & Women age 21 and older are invited!

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.

R³

R³ for Women ~ Second Monday of the Month 7pm ~ 10/13/25

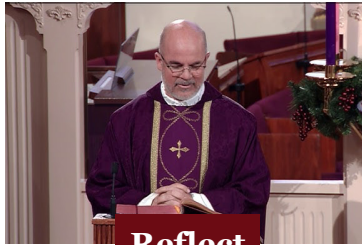
R³ for Men ~ Fourth Monday of the Month 7pm ~ 9/22/25

R³

Retreat



Reflect



Relax



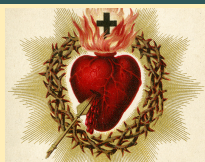
From 7pm-8pm there is Eucharistic adoration, a brief reflection, silent meditation, and confessions. This "holy hour" is followed by "happy hour" in the Little Way Cafe! Beverages and snacks are provided.

Pray

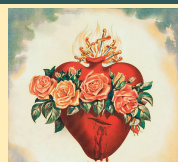
Rosary and Divine Mercy Daily

Pray

Pray



**First Friday
October 3**



**First Saturday
October 4**

Pray

Pray

Following 8:45am Mass

Pray



Intercessory Prayer
"I want someone to pray with me"

Sunday, September 21
After the 10:30am Mass

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



ST. ANNE TEACHING THE BLESSED MOTHER

RELIGIOUS EDUCATION REGISTRATION

Registration for faith formation classes is now live! Please scan the QR code or visit the parish website to register your child.

Confirmation Classes Now Begin in 6th Grade.
All 6th Graders should register.



Start Dates:

Family of Faith: Wednesday, August 27th at 7pm

Confirmation: Wednesday, August 27th at 7pm

First Communion: Wednesday, August 27th at 7pm

Spanish Confirmation: Wednesday, September 3rd at 7pm

Spanish First Communion: Wednesday, September 3rd at 7pm

For questions or more information, email faith@saintlouisparish.org



Holy Year 2025

Hope Hotline

703-778-9100

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 - PARK DAY - This Wednesday, September 17th, we will meet at the Jones Point Park Playground at 10:30AM for a park day! Feel free to bring bikes and scooters as some of the kids like to move under the bridge to bike after some park time.

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.

The next session of "Grief and Grace" will be in the Little Way Café on Wednesday, September 17, from 12:30pm-1:30pm.



REGISTER TODAY TO SECURE YOUR SPOT!



A MIGHTY IS HER CALL RETREAT HER CALL IS SACRED

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A Mighty Is Her Call retreat is designed to provide a day of rest, encouragement, and fortification in your life as a mother. Be reminded of the Christ-like nature of your calling. The day includes:

- Three inspiring talks, including one by Kimberly Cook, author of *Motherhood Redeemed*
- Mass, Adoration, and Confession
- Food and fellowship



SATURDAY, SEPTEMBER 27, 2025
9:15AM - 4:15PM
ST. MARY OF SORROWS
10500 ZION DRIVE | FAIRFAX, VA 22032

\$45 - CONTINENTAL BREAKFAST &
CATERED LUNCH INCLUDED

Nursing babies are welcome.

REGISTER AT
WWW.MIGHTYISHERCALL.COM



Sunday October 19, 2025

Cathedral of St. Thomas More | 2:30 pm

3901 Cathedral Lane, Arlington, VA

The Most Reverend Michael F. Burbidge
Bishop of Arlington | Principal Celebrant and Homilist



The Gabriel Project is coming to Saint Louis. We are establishing a parish-

based program to provide emotional,

spiritual and financial support to expectant mothers in need. If

you would like to volunteer as a project "Angel" contact

Kristina through her email: Kristina.oconnor66@gmail.com.

Confidential Helpline / Línea de ayuda confidencial:

703.841.2504



helpafterabortion.org
ayudadespuesdelaborto.org



*2 Separate Retreats. 1 Location, Based on the Entering Canaan Model



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THURSDAY, SEPTEMBER 18 • 7:30PM
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- RSVP Link or QR Code

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8592 Richmond Highway/Park in Back
Questions? Chuck Roman 202-213-0094
www.kofc5998.org

United Community (UC)

SEPTEMBER 2025 FOOD DRIVE

NEXT WEEKEND, SATURDAY AND SUNDAY, SEPTEMBER 20TH & 21ST, ST. LOUIS WILL BE CONDUCTING ITS MONTHLY FOOD DRIVE TO RESTOCK THE SHELVES OF UC'S FOOD PANTRY. LAST MONTH, OUR DONATIONS TOTALLED 2,216 LBS. OF FOOD!! LET'S WORK TO MEET OR BEAT THAT AMOUNT IN SEPTEMBER!

WE ARE ASKING EACH ST. LOUIS FAMILY TO CONTRIBUTE AT LEAST ONE GROCERY BAG FILLED WITH NON-PERISHABLE FOOD ITEMS. THERE IS A SPECIAL NEED AT UC FOR CANNED TOMATO PRODUCTS, SOUPS, AND CANNED MEATS AND SEAFOOD. MONETARY DONATIONS ARE ALSO 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 would like to volunteer, contact Marvin Spychaj @ 703-380-2970 or marvinpsychaj@msn.com.



St. Vincent de Paul

Your generosity enables the Saint Louis St. Vincent de Paul (SL SVDp) Society to provide critical assistance to neighbors facing financial crises.

Recently, we helped a grandmother raising her 16-year-old granddaughter avoid a water shutoff after her income from housecleaning declined during the summer months. She is hopeful to resume regular payments this fall.

We also assisted a dedicated nurse and mother of a 5-month-old who fell behind on rent after her baby's NICU stay and job transition. Immediate help prevented eviction while she begins training for her new nursing role.

Another neighbor, a mother of two, needed utility assistance after giving birth in June. She had to leave work early and does not receive summer pay from her school job. To help keep the lights on for her newborn, we paid part of her utility bill and provided \$200 in Aldi food cards (donated by Holy Spirit's SVDp) to reduce her monthly expenses until her paycheck resumes in late August.

"Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done." – Proverbs 19:17

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

Wish to donate? Use Faith Direct. Write a check to Saint Vincent de Paul, Saint Louis and leave it at the Rectory. Use Venmo: Venmo@SVDp-Alexandria. Contribute from your IRA; our Tax ID: 26-1100276

Want to join us (we need and want you!)? Email Larry Ferguson: larrferg@yahoo.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.



ST. LOUIS CATHOLIC SCHOOL



Saturday, Oct 4th

Start the school year off on the right foot and register now for the Hawks 5K and Fun Run. Scan here to sign up.

Presented by:

Alexandria Roofing Company

Fun Run: 8:00 AM 5K: 8:30 AM

Race Sponsors Wanted!

Sponsorship includes various advertising opportunities, including your business name on the race t-shirt and website, and complimentary race registrations.

Different sponsorship levels available.

Deadline to be included on the t-shirt is September 15.



Scan Here!

www.stlouisschool.org

Principal Mrs. Calogero

703-768-7732

LET US PRAY FOR ONE ANOTHER

Monday, September 15

7:00am Poor Clares, Intentions of Rocio A. Fernandez

8:45am, Intentions of Roxanne Vettese

Tuesday, September 16

7:00am, Poor Clares, Intentions of Susan Lippert

8:45am, Intentions of Angelina Reyes

Wednesday, September 17

7:00am, Poor Clares, +Jorge Fernandez

8:45am, +Jason Cortez

Thursday, September 18

7:00am, Poor Clares, +Salvador & Aurora Ramos

8:45am, Intentions of Jesús Marcos

Friday, September 19

7:00am, Poor Clares, +Armond & Addeline Bechard

8:45am, +Henry Samonte

Saturday, September 20

7:00am Poor Clares, Intentions of

Aby Thomas

8:45am, Intentions of Edgar & Lulu Heyrana

5:30pm, +Claudia Faherty

Sunday, September 21

7:00am, Poor Clares, +Anita Mainz

7:30am, +Matthew Sedgley

8:45am, Intentions of Michael England

10:30am, *Pro Populo*

12:30pm, +Leonard Cuddy

3:00pm, Intentions of Lilia Varela

5:15pm, Jorge Racines, Jr.

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

Joseph Ferguson, Sr.
Arthur Victor Schultz
Arlene Wrenn
Arnold Leroy Kurtz



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:

Bette Jo Eifert, Donna Jenkins, Yvonne Laque,
Mary Lassanyi, Laurel Lee



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 First Sunday of the Month - 2pm

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