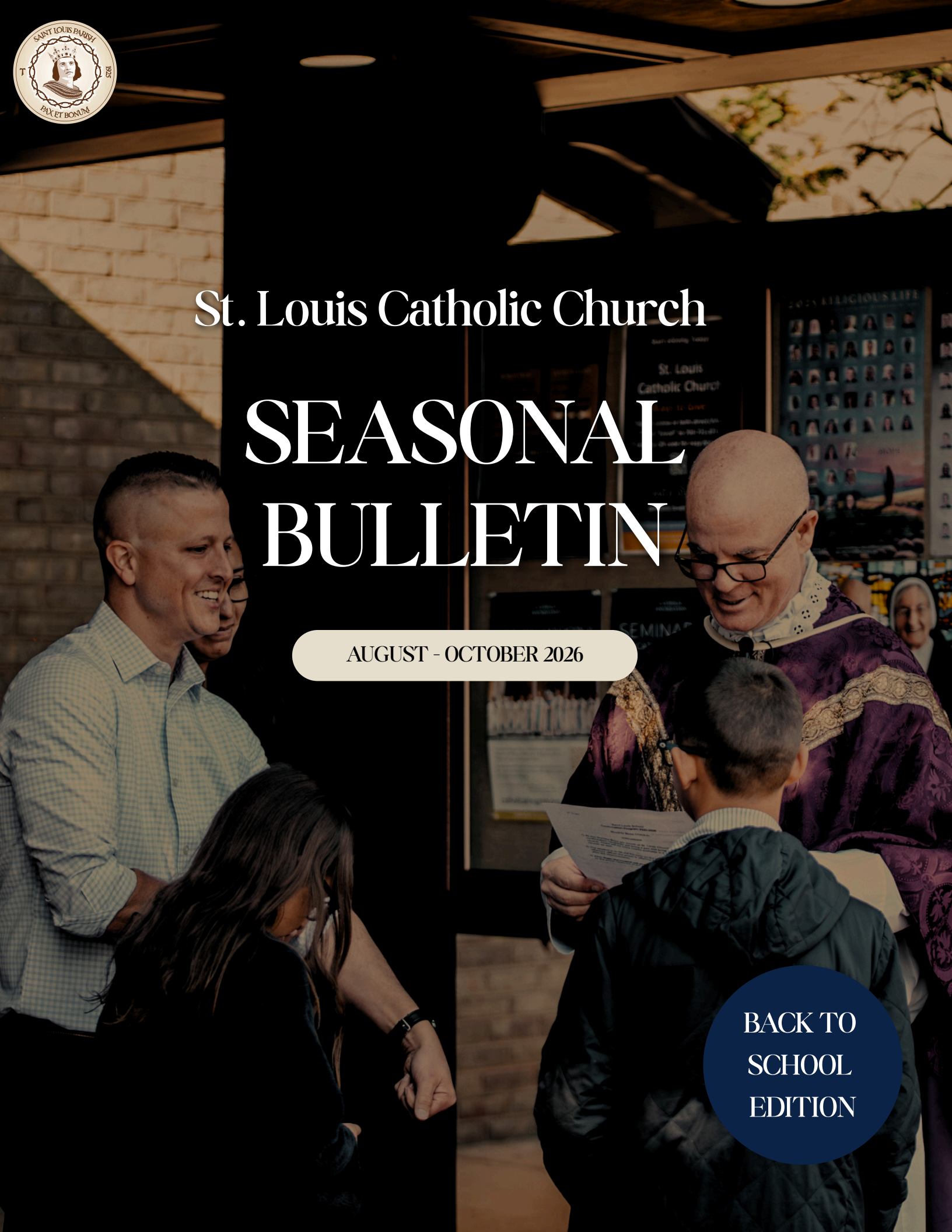

St. Louis Catholic Church
SEASONAL BULLETIN
AUGUST - OCTOBER 2026
BACK TO SCHOOL EDITION

Contents

Little Way Café	2
Faith Formation	4
Youth Ministry	7
Healing Ministries	8
Service Ministries	9
Women´s Ministry	10
Men´s Ministry	11
Military Community	12
Hispanic Ministry	13
St. Louis Catholic School	14
Calendar	16
Priests and Staff	19
How to Get Involved	20

Pastor's Message

Dear Brothers and Sisters in Christ,

The publication you hold in your hands is our inaugural "Seasonal Bulletin" which covers the time period from mid-August to mid-October. While a typical printed weekly bulletin is shorter in length and more limited in its scope, the Seasonal Bulletin is a full-length 24-page publication which gives a comprehensive overview of our vibrant growing parish.

The ministries here at St. Louis are tailored to men, women, families, youth, the military, and the Hispanic community. All ministries have the goal of strengthening the vertical and horizontal aspects of our lives. We are made for vertical union with God through the spiritual and sacramental, and we are made for horizontal union with one another through a life of fellowship and service.

Kindly make a permanent place on your coffee table at home for this Seasonal Bulletin, as a reminder of the spiritual family which is yours. You can also use this printed resource as a way to invite others to St. Louis. The doors of the church (and the Little Way Café) are always open!

For weekly updates on activities **be sure to sign up for our weekly electronic newsletter**. While the Seasonal Bulletin provides an overview of parish life, the weekly electronic newsletter updates you on upcoming events.

Most of all, please know that this Church is a family and that you and your loved ones matter to God and you have a place here at St. Louis. Father Luke, Father Hayes, the parish staff, and myself pray for you and we count it our distinct privilege to serve you!

Fr. O'Hare

Father O'Hare

Sign Up for Our Weekly Newsletter Here:



Little Way Café



The Church is a Family

The parish is a family, and every family needs a family room. Little Way Café is that room!

A place where all members can gather and belong. It is in enjoying the fruits of fellowship that we give glory to God.

Belonging Matters

The café is a completely volunteer-driven ministry that provides high quality food and beverage to bring parishioners and their loved ones together.

Meet new people, reconnect with old friends, or chat with your priest in the family room of the parish.





Excellence

Named after the spirituality of St. Thérèse of Lisieux, every sandwich and cup of coffee is made with great love.

Service

Support this growing ministry while building lasting friendships!

For volunteer inquiries, email littleway@saintlouisparish.org



Little Way Café

New to St. Louis? Welcome!

Show this voucher at the café for a free breakfast food item and beverage.

Hours of Operation

Monday - Friday: 9am - 12pm
Saturday: Closed
Sunday: 9:30am - 12:30pm

Located in the upper area of the parking lot.

Watch the entire Little Way Café story here:

Adult Faith Formation

Come and See: A Graduate Level Course in Theology

Sunday morning theology class for adults

Located in the School Gym
10 - 10:45 AM



Stay connected with these parish podcasts:



St. Louis Parish Podcast

Stay in the know about parish updates, initiatives, and guest speakers to enhance your personal and spiritual lives.





3+1: A Weekly Conversation on the Sunday Gospel

Three priests. One Gospel. Listen to our three priests reflect and discuss the upcoming Sunday Gospel.





Come and See: A Graduate Level Course in Theology

Catch up on classes that you may have missed by visiting our catalog.



Interested in becoming Catholic? Missing a sacrament?
Weekly sessions are available throughout the year.
For more information, email Fr. Hayes at fr.hayes@saintlouisparish.org

Holy Laity are the Church´s Showpiece

˝The best version of yourself.˝

What an uplifting and encouraging phrase! Do you want to be mediocre? Do you want to be unremarkable? Do you want to be forgettable? Of course not! You instinctively and daily want to be the ˝best version of yourself.˝

What - or rather WHO - makes that version possible?

˝It is no longer I who live; it is Christ who lives in me.˝ (Galatians 2:20)

The BEST version of you is Jesus Christ living in you. It´s not a talent thing. It´s not a ˝try harder˝ thing. It´s not a merely human thing. It´s a Jesus thing. The BEST version of you is Jesus living in you.

And how exactly does He live in you?

Look at the Cross. The Cross bears a vertical beam and a horizontal beam. Jesus lives in you vertically and horizontally. Vertical union with God. Horizontal union with your neighbor.

The best version of you is Jesus living in you vertically and horizontally.

In a phrase, life is all about VHU - Vertical-Horizontal Union. Make that your personal motto. Vertical-Horizontal Union.

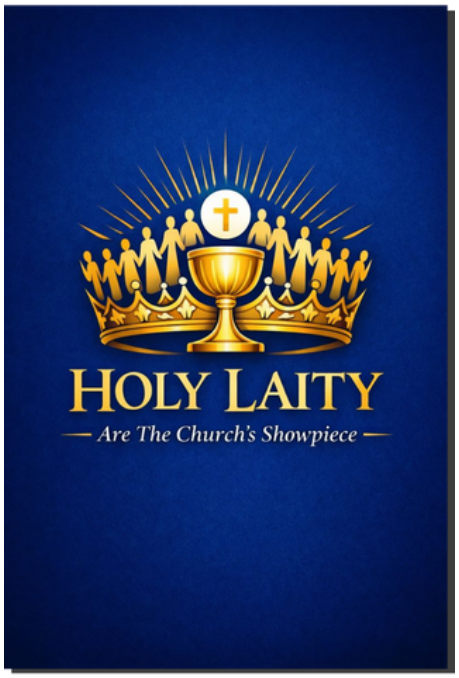
Jesus perfectly lived VHU. He lived vertically by always being one with His Father, and horizontally by using his power to heal, to love, and to save.

Vertical-Horizontal Union - Jesus living in you - the best version of you.

"Holy Laity" is a 90 page book written by our Pastor in collaboration with two members of our parish staff.

To obtain a copy contact the parish office or inquire with one of the ushers after Sunday Mass.

**Excerpt taken from Chapter 1*



Family Faith Formation







Religious Education

Wednesday, August 26 (English)
Wednesday, September 2 (Spanish)

First Holy Communion,
First Reconciliation,
and Confirmation







Contact

Mr. Jamie Hickman
faith@saintlouisparish.org

Mrs. Sandra Reyes
secretary@saintlouisparish.org

Youth Ministry



Middle and High School

For more information, reach out to:
Fr. Luke
Director of Youth Ministry
fr.luke@saintlouisparish.org



RALLY For High Schoolers

WHEN: Sunday, October 25, 12:00 p.m. - 8:00 p.m.
WHERE: Bishop O'Connell High School, Arlington, VA

- Keynote Speakers
- Breakout Sessions
- Games and Entertainment
- Delicious Dinner and Dessert

Trail Life USA

A Church-Based, Christ-Centered, Boy-Focused mentoring and discipleship journey that speaks to the heart of a boy.

Established on timeless Christian values and set in the context of outdoor adventure, boys from Kindergarten through 12th grade are engaged in a Troop setting by male mentors.

They are challenged to grow in character, understand their purpose, serve their community, and develop practical leadership skills to carry out the mission for which they were created.



Healing Ministries

ABIDE: Come and Be Healed

7-8 PM Eucharistic holy hour with healing prayers and contemporary music.

Social afterwards with snacks and beverages.





Intercessory Prayer

A monthly opportunity for brief personal intercessory prayer with a priest and a prayer team member.

Following the 10:30 AM Mass.

Grief and Grace

A monthly opportunity for prayer and conversation led by one of our priests for those grieving the loss of a loved one.

Every third Wednesday of the month.

Little Way Café
12:30pm - 1:30pm.

Pastoral Counseling Telephone Services

Telecounseling services are provided by highly trained faithful Catholic counselors. Financial assistance availble through St. Louis Parish.

Visit catholiccounselors.com for more information.

Service Ministries

St. Vincent de Paul

The Society of St. Vincent de Paul - St. Louis Conference (SVdP) is a nonprofit Catholic lay organization that provides temporary assistance for basic needs as well as educational, advocacy and referral support to promote self-sufficiency.

We serve those in need within the parish boundaries of St. Louis Catholic Church of Alexandria, VA. SVdP assists those in need regardless of race, creed, ethnic or social background, health, gender or political affiliations.



Sister Parish in Nicaragua

A partnership of prayer and financial support between St. Louis Parish and the Parish of San Isidro, located in Ayapal, Nicaragua. Includes a parish school with 200 children enrolled.

UC Food Collection

Monthly opportunity to donate non-perishable food items to the UC (United Community) food pantry, serving local neighbors in need. Drop off on the designated Saturday 9:30am-3:30pm or bring donated items to Sunday Mass. See the calendar on pages 16-18 for dates of collection.



Homebound by Name

The homebound parishioners of St. Louis receive regular visits from our priests and homebound ministers. These two months we are especially praying for the following beloved members of our community: Michael Billings, Frances Burke, Bright View Senior Living residents, Jane Byers, Carol Canada, James Carroll, Andrew Corrigan, Ethel Cummings and Suki Cunning.

Women's Ministry

walking with purpose

"Walking With Purpose" Bible study combines personal study with small group discussion. If you desire to grow in your faith–in a supportive community of Catholic women–join us!

Register Here:





Mothers' Group

The St. Louis Mothers' Group meets every Wednesday from 10:15am to noon.

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.

Visit our website:

R3 for Women - Second Monday of the Month 7PM

Retreat, Reflect, Relax
Eucharistic adoration, a brief reflection,
silent meditation, and confessions.

Beverages and snacks in the Little Way Café to follow.

Men's Ministry

Band of Brothers

Sunday Mornings from 7:30am - 8:30am

Join our Parish Priests in the Little Way Café
for Scripture, prayer, discussion, and coffee
No registration required - just show up!

R3 for Men

Fourth Monday of the Month 7 PM

Retreat, Reflect, Relax
Eucharistic adoration, a brief reflection, silent meditation, and confessions.
Beverages and snacks in the Little Way Café to follow.

Mount Vernon Catholic Men's Conference

Sponsored by the Knights of Columbus



Dr. John A. Cuddeback



Fr. Jason Burchell



Chris Vander Woude

Saturday, September 19
8:45AM - 1:00PM*
$25/Person
Open to all men from Good Shepherd & St. Louis Parishes.

*Confessions available at 7:45AM

Register Here:

Military Community

Monthly Potluck

An opportunity to Hail and Farewell military families
who are new or leaving the parish,
and a great place to find new friends and fellowship!
All military families and veterans are welcome.

Please email Madeline Gorini at
madelinegorini@me.com
if you are able to join us!

Last Saturday of the Month at 6:30 PM
Little Way Café

Register Here:





Service Birthdays

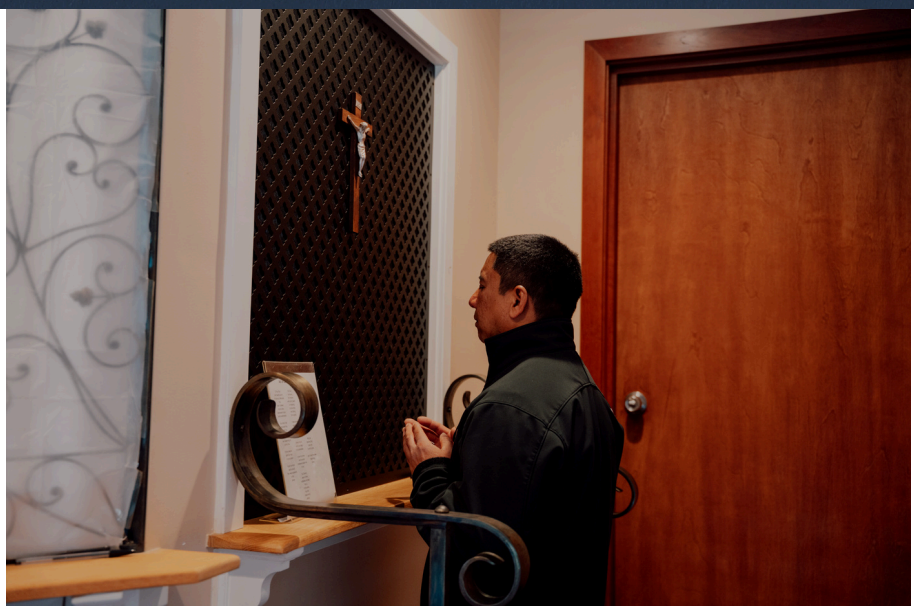
Coast Guard - August 4th, 1790
Air Force - September 18th, 1947
Navy - October 13th, 1775

Thank you for your sacrifice!

Hispanic Ministry

Misa en español

Domingos: 3 PM



Confesiones

Miércoles: 6 PM

Domingos: 2:15 PM

Bautizos y visitas a los enfermos:

Moises Cruz:
571-435-7518

Matrimonio

Ignacio Gutierrez
703-765-4421

Clases de Catequesis

Sandra Reyes:
703-765-4421

Legion de Maria

Nora Guzman
noraeza55@gmail.com

Grupo de Oración

Sabado 6:30pm - 9:00pm en el gimnasio



Enlace de Facebook:

St. Louis Catholic School



Welcome to our St. Louis Catholic School family!

We are thrilled to extend a warm and heartfelt invitation to all of you as we embark on another exciting school year filled with faith, learning, and growth.

St. Louis Catholic School is not just a place of education; it's a place where faith, values, and knowledge come together to nurture young minds and spirits.

We believe that every child is a unique gift from God, and our mission is to guide and support each student on their educational and spiritual journey.

As a parishioner of St. Louis for 31 years and an educator for 27 years, I am honored to serve as a leader of the school. St. Louis Catholic School is a home away from home.

In our classrooms, you'll find dedicated teachers who are not just educators but mentors and role models. They are committed to providing a safe, nurturing, and inspiring environment where our students can thrive academically and grow in their understanding of their faith.

As a team, we partner with parents, who are their child's first educators. Together, with our Pastor, Fr. O'Hare, and our Parochial Vicars, Fr. Luke and Fr. Hayes, we seek to provide the highest level of instruction, grounding students as servants of Christ and setting each child on a path of success.

Warmest regards,
Mimi Calogero, Principal







ST. LOUIS ANNUAL

FEASTIVAL

ALL ARE INVITED!

Friday, August 28

5-9 PM

Live Music | Food | Games | Magic Show

BRING YOUR OWN
SEATING





AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7 Pickleball Night 4:30-8:30 PM	8
9	10 R3 for Women 7 PM	11 Feast of St. Clare	12	13	14	15 UC Food collection 9:30am-3:30pm
16 Intercessory Prayer 11:30 AM	17 ABIDE: Holy Hour 7 PM	18	19	20 First Day of Class St. Louis School	21	22
23	24 R3 for Men 7 PM	25 History presentation on St. Louis 6:30 PM	26 ˝Grief and Grace˜ 12:30pm English RE Classes Begin	27	28 St. Louis Parish FEASTIVAL 5-9 PM	29 Military Potluck 6:30 PM





SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
30 History presentation on St. Louis 10 AM	31	1	2 Spanish RE Classes Begin	3	4	5
6	7 Labor Day	8	9	10	11	12
13 KofC Pancake Breakfast	14 R3 for Women 7 PM	15	16 Grief and Grace 12:30 PM	17	18	19 Men's Conference 8:45 AM - 1 PM UC food collection
20 Intercessory Prayer 11:30 AM	21 ABIDE: Holy Hour 7 PM	22	23	24	25	26 St. Louis School Oktoberfest 6-10 PM
27	28 R3 for Men 7 PM	29	30			

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Hawk's Day 5K
4 Blessing of the Animals 2 PM	5	6	7	8	9	10
11 KofC Pancake Breakfast	12 Columbus Day	13	14	15	16	17
18 Enrollment in the Brown Scapular Intercessory Prayer 11:30 AM	19 ABIDE: Holy Hour 7 PM	20	21 Grief and Grace 12:30 PM	22	23	24 Military Potluck 6:30 PM
25	26 R3 for Men 7 PM	27	28	29	30	31



Priests and Staff



Fr. Keith O'Hare

Pastor



Fr. Luke Poczatek

Parochial Vicar



Fr. Chris Hayes

Parochial Vicar



Mr. Locke Shufflebarger

Business Manager
finance@saintlouisparish.org



Mrs. Carmen Lane

Director of Operations
carmen@saintlouisparish.org



Mr. Andrew Lane

Director of Communications
General Manager of Little Way Café
communications@saintlouisparish.org



Mr. Jamie Hickman

Director of Faith Formation
faith@saintlouisparish.org



Mrs. Sandra Reyes

Assistant to DFF
secretary@saintlouisparish.org



Mr. Andrew Beatty

Bookkeeper
bookkeeper@saintlouisparish.org

To contact the office call
Mr. Ignacio Gutierrez
703-765-4421

How to Get Involved

Adoration Chapel
Princess Fermin
prinfermin@yahoo.com

Altar Servers
Brad Davis
bldavis878@gmail.com

Art and Environs
Theresa Kritcher
terricolor@aol.com

Band of Brothers
Luis Villalobos
bolero680@yahoo.com

Bread for Our Brothers
Jim McCracken
jimmc@nova.org

Catholic Sports (Young Adults)
Cole Hernandez
hernandez.cole97@gmail.com

Council of Catholic Women
Pierrette Kasil
pkasil@yahoo.com

Daily Morning Prayer
Marvin Spychaj
marvinspychaj@msn.com

Divine Mercy Cenacle
Monica Amparo
monikanne@verizon.net

Filipino American Ministry
Maria Escoto
escotomaria792@gmail.com

Funeral Reception Ministry
Sonia Cortez
scortez1@verizon.net

Gabriel Project
Kristina O'Connor
kristina.oconnor66@gmail.com

Grief and Grace
Sharon Rustemier
wnsharus@gmail.com

Knights of Columbus
Cole Hernandez
hernandez.cole97@gmail.com

Legion of Mary
Dolores Spencer
mariads58@gmail.com

Little Way Café
Andrew Lane
littleway@saintlouisparish.org

Lord Teach Me to Pray
(Ignation meditation)
Maryann Fay
maryann.fay@cox.net

Mother's Group
Theresa Talavera
tatalavera@yahoo.com

Prayer Line
Amy Pengidore
Amy.pengidore@gmail.com

Prayers and Squares (quilts for the sick)
Tricia Reeder
tricia.reeder@gmail.com

Sacrament Classes for Adults (OCIA)
Fr. Hayes
fr.hayes@saintlouisparish.org

Sister Parish in Nicaragua
Ignacio Gutierrez
admin@saintlouisparish.org

St. Lucy Guild
Alice Ess
lisanne.ess@gmail.com

St. Vincent de Paul Society
Jim Paton
patonbert@gmail.com

Trail Life
Ben Morris, Stephen Clement
troopva2907@gmail.com

UC Monthly Food Collection
Marvin Spychaj
marvinspychaj@msn.com

Walking with Purpose
Carmen Lane
carmen@saintlouisparish.org

Well-Read Mom Book Club
Diana Snider
simssnider@cox.net

To make a one-time donation:



Embrace A Better Lifestyle

BRIGHTVIEW SENIOR LIVING ALEXANDRIA

NOW OPEN! Schedule your visit today.
800.666.9536 | BrightviewAlexandria.com

Monica Sims

NVAR Lifetime Top Producer
Associate Broker, Parishioner 39+ yrs
703-626-1212
monicasims100@gmail.com
Free Home Analysis & Future Planning
40+ years Helping Sellers & Buyers Make Educated Home Decisions
Samson Properties, 6363 Walker Lane, #130, Alexandria, VA 22310



Angela Logomasini
Christopher Prawdzik

NVAR Top Producers
202-680-4834
DCRegionRealEstate.com
Move@DCRegionRealEstate.com

Authors of *D.C. Region Real Estate's Essential Guide for Smart Buyers* (available at Amazon.com)

Samson Properties, 6363 Walker Lane, #130, Alexandria, VA 22310



Catholic School Parent Owned

Shower Enclosures, Custom Shower Doors • Vanity Mirrors, Custom Wall & Gym Mirrors
Windows & Glass Replacement • Glass Tabletops & Shelves
Plastic Sheet Products • Plexiglass & Lexan • Security Glazing, Bullet Resistant Glass
Aluminum Storefront Commercial Windows & Doors

Trinity Glass COMPANY

8926 Telegraph Road, Lorton, VA 22079
Residential **703-931-1837** Commercial
www.trinityglassco.com | sales@trinityglassco.com

SHANNON & WRIGHT LLP

- REAL ESTATE & LAND USE
- ESTATE PLANNING
- TRUST & ESTATE ADMINISTRATION
- TAX PLANNING
- BUSINESS TRANSACTIONS
- LITIGATION



BEST LAW FIRMS ranked by Best Lawyers UNITED STATES 2025

Alexandria | Leesburg 571.620.1930 shannonwright.law

KARENGE & ASSOCIATES

Architecture That Feels Like Home

karenge ASSOCIATES B360

- Renovations – Kitchens, Baths, Whole Home
- New Construction & Additions
- Architectural & Engineering Design
- We Buy Homes & Land
- Trusted Developer

Peter Karenge, RA (AAK) – Parish Member
Partnered with B360 Inc
VA Class A Licensed Contractor – #2705152697
Bonded & Insured
m: 703.624.3490
e: karenge@karengearch.com
w: karengearchitects.com





Family-Owned Business serving DC, MD, and Northern VA Since 1985

Carlos & Angela's Cleaning Service

(703)587-5679 carlosturcios21@gmail.com

BINGO

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

Hall rentals available!

Mt. Vernon Columbus Club, Inc.
8592 Richmond Hwy
Alexandria, VA 22309
703-360-1964

Demaine Funeral Home

since 1841

Alexandria
520 S. Washington St.
703-549-0074

Springfield
5308 Backlick Rd.
703-941-9428

Fairfax
10565 Main St. • 703-385-1110

Pre-Arrangement Services Available

Dignity Memorial LIFE WELL CELEBRATED

Honor and Celebrate

Jefferson FUNERAL CHAPEL
Family Owned & Operated

703-971-7400
JeffersonFuneralChapel.com

5755 Castlewellan Drive
Alexandria, VA 22315
(in Kingstowne)



Little Friend's Day Care

Infants to pre-K. Over 20 years in business. State Licensed/Insured. Great References. Near St. Louis Parish. Call for information.

littlefriendsdaycare@aol.com - (703)765-5336

OVER 100 YEARS OF SERVICE

T.J. FANNON & SONS

• Heating • Air Conditioning
• Water Heaters
1200 Duke St. 549-5700



Woodlawn Tree Service



WWW.WOODLAWNTREE.COM
JIM NELSON, Professional Arborist
Trimming • FIREWOOD
Dead Wooding • Shrubbery Care
Tree & Stump Removals • Pruning
SPECIAL 15% OFF
703-780-8040
Serving N. VA Since 1977 - Fully Insured

PABLO'S PAINTING, INC

Residential Interior & Exterior
Drywall Repair-
Power Washing
Carpentry - Ext.
Leaf and Snow Removal
571-278-1548
PabloTPaintingInc@yahoo.com

Personally recommended by Fr. O'Hare

El Salvador´s food

PUPUSAS EXPRESS

703-780-4800
www.pupusasexpress.com

KPOT KOREAN BBQ & HOT POT



AYCE for 2 hrs



ST. LOUIS CATHOLIC CHURCH

Weekly Mass & Confession Schedule

Sunday Masses

7:30 AM
8:45 AM - Children's Mass
10:30 AM - Traditional Ad Orientem
12:30 PM - Traditional Ad Orientem
3:00 PM - Español
5:15 PM - Quiet Traditional

Weekday Masses

Monday to Friday

7:00 AM - Poor Clares Monastery
8:45 AM - Daily Mass

Saturday

7:00 AM - Poor Clares Monastery
8:45 AM - Daily Mass
5:30 PM - Vigil Mass

Confessions

Monday - Saturday: 7:45 - 8:15 AM
Wednesday: 6:00 PM
Saturday: 5:00 PM
Sunday: 8:30 - 9:15 AM
2:15 - 3 PM (español)

All Are Welcome!

Office Hours:
Mon/Tues/Thur/Fri: 9:30 AM - 5:30 PM
Wed: 9:30 AM - 1:00 PM
Closed every day for lunch: 1:00 PM - 1:30 PM

2907 Popkins Ln, Alexandria, VA 22306
Phone: 703-765-4421
Website: www.saintlouisparish.org