

### St. Louis Catholic Church

www.saintlouisparish.org



### March 8, 2020 ~ Second 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

> St. Louis School 703-768-7732

St. Vincent De Paul Helpline 703-765-0050

Pastor: Rev. Keith O'Hare **Parochial Vicars:** Rev. Mark Mullaney Rev. Andrew Haissig

#### **Sunday Mass**

7:30am 8:45am 10:30am Traditional Ad Orientem 5:30pm 12:30pm

#### **Saturday Mass**

8:45am 5:30pm Vigil Mass

### **Monday-Friday Mass**

6:30am 8:45am

#### Confessions

Mon-Sat: 9:15am Wednesday: 6:30pm Saturday: 4:30pm-5:30pm 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















### Please note the following with regard to the Coronavirus situation:

- 1) The Diocese of Arlington asks parishioners with known symptoms of influenza to refrain from attending Mass and other parish activities for the duration of their illness and up to 24 hours after the symptoms abate.
- 2) Please make use of the hand sanitizers that you find at the church entrances.
- 3) During the Sign of Peace, it is not necessary to shake hands. Another appropriate gesture suffices for participation in that part of the Sacred Liturgy.
- 4) St. Louis Parish and St. Louis School have contracted the professional services of PMM to provide a weekly cordless electrostatic touchless disinfectant treatment of the school and church buildings. (See below.)

### Protexus vs. Trigger Sprayer



4x Faster



16,000 Ft./Hour







### Biocidal Efficacy Protexus PURTABS

The Evaclean Protexus technology EarthSafe PURTABS has the power to kill 99.99% of bacteria and has demonstrated effectiveness against viruses similar to the 2019 Novel Coronavirus (nCoV). The Protexus system is effective against a broad range of microorganisms on nonporous, inanimate surfaces, including:

- Coronavirus
- Salmonella enterica
- Pseudomonas aeruginosa
- Klebsiella pneumoniae
- Staphylococcus eureus
- Staphylococcus epidermidis
- Staphylococcus aureus MRSA & GRSA
- Escherichia coli 0157:H7
- Carbapenan resistant Klebsiella
- Acinetobacter baumannii

- Poliovirus type 1
- Herpes simplex virus type 1
- Hepatitis A virus
- · Hepatitis B virus
- Clostridium difficile
- Influenza virus H1N1
- Respiratory syncytial virus
- Canine Parvovirus
- Newcastle Disease Virus
- Pseudorabies



- Canine Distemper Virus
- Human immunodeficiency virus type 1
- Feline Calicivirus
- Norovirus
- Enterococcus faecalis
- Vancomycin
- Resistant, Trichophyton mentagrophytes
- Mycobacterium bovis (TB)

### PASTOR'S REFLECTION



### Spend more time with Jesus this Lent.

- Begin with the sign of the cross.
  Take a moment to be quiet and still.
  Ask the Holy Spirit to guide you in this prayer time.

- Read a Scripture selection slowly and attentively.
  Note any word, phrase, or image that catches your attention.
  Consider reading more than once, and/or out loud.

- Think about the meaning of whatever caught your attention.
  Possibly imagine yourself in the scene.
  What is the Lord saying to you through this text?

#### RESPOND

- •Talk to God about the passage or anything else on your heart.
   •Thank God for blessings received; Ask him for what you and others need.
   •Note any changes or actions you are drawn to live out.

- Spend a few minutes in restful silence with God. "Be still and know that I am God." (Psalm 46:11)

Dear Friends,

The Second Sunday of Lent presents us with the 4th Luminous Mystery of the Rosary, the Transfiguration. Our Lord takes on a mysterious glorious appearance and converses with Moses and Elijah about his approaching Passion and Death. Our Lord embraces this plan of redemptive suffering; he faces it in advance and shows that the suffering will end in victory by being "transfigured before them."

We ALL have suffering in our lives; we ALL have a Crucifixion to embrace; we ALL have crosses to carry. Embrace them! Be confident in the redemptive power of your particular suffering and crosses!

By faith we know that saying 'yes' to the Cross is ultimately saying 'yes' to the power of Christ's Cross and 'ves' to eternal life.

PS: I know that many of you are taking the 1% Challenge by dedicating 15 minutes a day in quiet prayer with Scripture. Keep up the good work!

Your Pastor, Father O'Hare

### YOUR PRIESTS RECOMMEND...



After 12 years as a Protestant pastor, Jeff returned to the Catholic Church. He's become an internationally known speaker and gives dynamic inspiring talks!

#### THE BATTLE WITHIN: SIN AND HOW TO FIGHT IT

- 1. Go to the parish website: SaintLouisParish.org
- 2. Scroll down to "Links"
- 3. Select "Register for Formed.org"
- 4. Create an account (with just your name and email address)
- 5. You're in!
- 6. Search "battle within" and start listening!

"Your Priests Recommend..." is a new section in our bulletin!

Each week your parish priests will recommend a cool tool to help you grow in your faith and spiritual knowledge. Tools include podcasts, websites, app's, videos, movies, and more!

### An Amazing Weekend for Adults at Franciscan University!

Discover the power of God and gain insight into God's plan for your life! Come away for a weekend of prayer, inspiring talks, Eucharistic adoration, and uplifting music! To be part of the group that will be attending from St. Louis Parish contact Ignacio in the parish office or email <a href="mailto:admin@saintlouisparish.org">admin@saintlouisparish.org</a>. July 24-26. For info search "Franciscan University Adult Conference"

### Ignatian Weekend Retreat for Men - Mar 20-22 "Lord, Teach Us to Pray."

St. Ignatius emphasized that prayer is the essence of our life as Christians; and we know that communication is the key to any successful relationship. On our retreat we will learn to more effectively communicate with God as we listen in the prayerful silence and as we speak from our heart and experience. The retreat is open to any man who wants to grow in his relationship with God. It is conducted in an atmosphere of prayerful silence and includes generous time for personal prayer, communal prayer, and rest. Retreat fee is \$245 (\*First time retreatants and men under 30, fee is only \$195). Takes place in Faulkner, Maryland. For info contact Lisa White at 301 392 0801, <a href="mailto:lisa.white@loyolaretreat.org">lisa.white@loyolaretreat.org</a> or go to <a href="https://www.loyolaonthepotomac.com">www.loyolaonthepotomac.com</a>



Hurting after an abortion experience? You are NOT alone....

Let the healing begin today....

Search "project rachel arlington" or call 888 456 HOPE

### Day of Prayer and Healing for Women

Post-Abortion Healing Retreat for Women: An Entering Canaan Day of Prayer & Healing for women who have experienced abortion will be held on Saturday, March 21, 2020. Come begin your healing journey and experience God's hope and mercy. You are not alone. There is hope. There is healing. For more information and confidential registration, please contact Project Rachel Ministry at 888-456-HOPE (4673) or info@helpafterabortion.org.

### Join the "Prayer Line"!

Prayer is the greatest gift we can give to others, especially those who are sick or suffering. Prayer intentions are sent by email to members of the "Prayer Line." To become a part of this important prayer ministry or to submit a prayer request, contact Amy Pengidore at amy.pengidore@gmail.com or call 703-765-0761.

### **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.

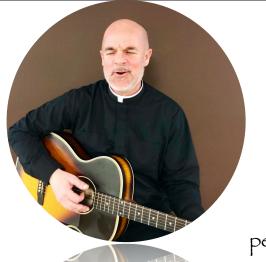
We ask this through Christ our Lord. Amen.

This week we pray especially for the following homebound parishioners: Ann Pacholec, Maria Panameno, Renato Panameno, Chris Schreiner, Bob Wachter, and Gerry Wagner.

## It's a battle! Get the weapons you need!



Go to www.cardinalstudios.org



### LENTEN COFFEEHOUSE: SIGHT AND SOUND

Mark your calendars for a very special musicalspiritual event! On <u>Saturday, March 21, at 7pm</u>, Father O'Hare, Andrew Lane, and Andrew Beatty will perform an evening of acoustic meditative compositions.

Songs will be accompanied by a video montage that brings you even deeper into the meaning of every song. You won't want to miss it! Proceeds support our teens who will be participating in WorkCamp this summer.



### **Annual Mass and Anointing of the Sick**

On Saturday, March 28 at 11 a.m. at Saint Ambrose Parish (Annandale), The Order of Malta, Northern Virginia Region will host a special Mass and Anointing of the Sick. Faithful are encouraged to arrive by 10:30 a.m. to secure parking and seating for the Mass. The Most Reverend Michael F. Burbidge, Bishop of Arlington, will serve as the principal celebrant for the Mass. Members of the Northern Virginia Region extend invitations to the faithful from the Diocese, especially to residents of assisted living and long-term care facilities. Transportation arrangements may be made to assist those with extraordinary needs. A free luncheon for all attendees will be hosted by the Order at the conclusion of the Mass. For more information or to RSVP for Mass. please contact Kevin Fisher, KM at 703-475-2906 or at KevinFischer32@gmail.com



Get closer to Jesus through Sunday reflections given by the priests of the Diocese of Arlington. TEXT "2m2v" to 84576 or visit www.arlingtondiocese.org/2minutes2virtue

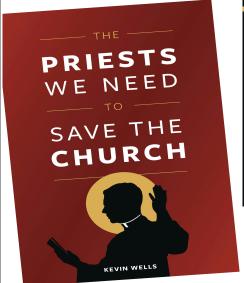
### Life in the Spirit Seminar!

Are you longing to be more alive in your faith? Do you want to experience more gifts of the Holy Spirit? Come to a special oneday event on Saturday, March 21, in Walsh Hall. Begins with Mass at 8:45am; concludes at 4pm. (Continental breakfast and lunch provided.). To reserve call Evelyn Luis 703 850 7607 or Kathleen Murray 703 451 5737.

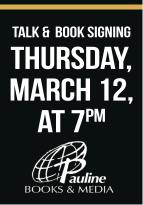


### HEALING OUR CULTURE THROUGH PERSONAL HOLINESS

**KEVIN WELLS** 







### PAULINE BOOKS & MEDIA 1025 KING ST. ALEXANDRIA, VA 22314 ALEXANDRIA@PAULINEMEDIA.COM 703-549-3806



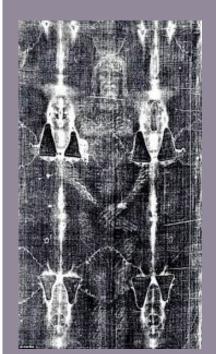
Please come join us on the sidewalk and show your love and support for pregnant women by your peaceful, prayerful witness. This campaign runs from February 26th through April 5th. The location is 5999 Stevenson Avenue, Alexandria, VA. Your physical presence does make a difference: 75% of women don't show up to have an abortion when there are people outside the clinic praying for them. For more info contact Geneva Park at <a href="mailto:jim.geneva@cox.net">jim.geneva@cox.net</a> or call the parish office.

### Soup and Stations of the Cross Every Friday!

Every Friday enjoy a delicious soup supper (6pm in the school cafeteria), followed by the Stations of the Cross in the Church at 6:45pm.

\* Note: All are invited to pray the Stations of the Cross with the school children at 2:30pm every Friday.\*





### Do you Know about the Shroud of Turin?

Scientific evidence strongly suggests that it was the burial cloth of Christ! Come learn all about this amazing proof of Christ's Resurrection! Two dates and locations:

 \* Sunday, March 15, 6pm (Our Lady of Lourdes Parish, Arlington)
 \* Sunday, March 22, 2:30pm (St. Lawrence Parish, Alexandria)

For more info about the presenter (Bill Wingard) go to ShroudTalks.com

Discovering **hope and joy** in the Catholic faith.

March 2020

Saint Louis Catholic Church Rev. Keith O'Hare, Pastor

### **One Minute Meditations**

### St. Toribio de Mogrovejo

Born in Mayorga, Spain, St. Toribio was educated in law and became the Professor of Law at Salamanca University. His work and his holiness earned him the notice of the king, who named him to be the next Archbishop of Lima. Despite his arguments, Toribio was ordained a priest, consecrated, and sent to Peru. He spent his office reforming the then-corrupt diocese, catechizing the native Peruvians, and defending them from the abuses of the Spanish conquistadors.

### Sunday rest

Rather than a day to catch up on errands and chores, God intends Sunday to be a day of contemplation and of rest. Sunday is the day we set aside for God and moments of praise and worship.

"I would like everyone to feel loved by the God who gave his Son for us and showed us his boundless love.

I want everyone to feel the joy of being Christian"

(Pope Benedict XVI).

### Dealing with difficult people Jesus' way

People who argue, fight, or refuse to cooperate can make our lives downright miserable. Yet, Jesus was masterful at dealing with difficult people. Following his example can save our sanity and our relationships.

Know when to ignore. When Jesus made his Nazareth friends and neighbors so mad that they wanted to throw him off a cliff, he knew there was no reasoning with them. "Passing through the midst of them he went

away" (Luke 4:30). When people speak harshly or offensively, the best response can be to disengage and walk away.

Know when to say "no." Sometimes others demand more from us than we

are able or willing to give, yet we give in out of guilt or fear of displeasure.

Two of his best friends, James and John, said to Jesus, "we want you to do whatever we ask of you" (Mark 10:35). In response to this stunning breach of boundaries, Jesus was calm and firm. He said "no" and didn't second-guess himself when he didn't make his loved ones happy.

Know when to stay calm. When Jesus took a Sabbath stroll with his friends (Matthew 12), Pharisees barged in and

accused him of breaking the Sabbath. He remained calm and answered them peacefully. He wasn't afraid of being tripped up or trapped because he was unconcerned about others' opinions.

### Why Do Catholics Do That

# Why do Catholics call Good Friday "good"?

Although a sad day, Good Friday actually is "good" because it is the day when Jesus saved us from our sins, reconciled us with God, and reopened Heaven. Out of what seemed like defeat, God brought a greater victory. With

his sacrifice, Jesus conquered sin and death. On Good Friday, we see more clearly God's goodness, justice, wisdom, power, and love. "God proves his love for us in that while we were still sinners Christ died for us" (Romans 5:8).

### 3 ingredients for powerful prayer

A close, loving relationship with God depends on a rich prayer life. It is through prayer that God guides, consoles, strengthens, challenges, and transforms us. Ingredients of a strong prayer life can include a Scripture reading, quiet meditation, and expectation.

Meditate on Scripture each day: The Bible contains everything God wants us to know. Start each morning with a verse, a chapter, or a phrase that speaks to you and carry it with you

throughout the day.

**Listen in silence:** Listening is as important as talking. Spend 15 minutes in silence each day to listen to what God wants your heart to know.

Wait in positive expectation. When we have faith that God personally loves us and wants what is best, we eagerly await the plans he has for us. "... faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). The conviction that God hears and answers us makes our prayer truly powerful.

# from Scripture

## John 11:1-45, Trust, and you shall be rewarded

God's ways can be puzzling. In this Gospel passage, Martha and Mary sent word to Jesus that their brother

was seriously ill, believing Jesus could help. Yet, Jesus delayed in coming to them and Lazarus died. Despite this, Martha showed great faith: "Even now I know that whatever you ask of God he will give you." For her firm faith in God, she was rewarded generously.

God never leaves us in our troubles but draws closer to us. When the situation was at its bleakest for his friends, Jesus was with them. He wept; he wasn't insensitive to their pain. God's timing is not ours, yet

everything he does – even when he does it – is with our best interests in mind. He was not too

late for

Lazarus, but right on time and worked his greatest miracle yet.

The next time it feels like God isn't

listening, remember Jesus' own words: "Father I thank you for hearing me. I know that you always hear me." We can trust his response, while perhaps not what we want, will work for good.

### Feasts & 🗕 💿 Celebrations

March 3 – St. Katharine Drexel (1955). A Philadelphia heiress, Katharine Drexel became a nun and used her inheritance to establish the Sisters of the Blessed Sacrament for African and Native American peoples. She founded missions for Native Americans and Xavier University in New Orleans, the first to admit African American students.

March 4 – St. Casimir of Poland (1483). When his father sent him to conquer Hungary, Casimir assessed the odds against winning the war and

turned back out of concern for his troops. He resolved never to be involved in war again.

March 19 – St. Joseph, husband of Mary (1st Century). Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

March 27 – St. John of Egypt (c.394). Born in modern Assiut, Egypt, St. John became a hermit when he was twenty. He lived an ascetic life but preached publicly on weekends. Also a prophet, he made two accurate predictions for Emperor Theodosius I.





# Can you suggest a meaningful sacrifice for Lent?

The point of Lent is not to greet Easter a few pounds lighter but to be transformed. Try something new this Lent:

Make extra time for him each day.

Read the Bible, attend daily Mass, pray a Rosary, or visit Jesus in the Blessed Sacrament.

Avoid the mirror. Take the focus off your appearance or looks. Refuse to compare yourself to others or accept others' view of you. Remember, your worth isn't in how others see you, but in God's infinite, unchanging love for you.

Give up one thing at every meal. Offer up a little something every time you eat – forego sugar in coffee, honey on cereal - to keep the idea, "it's Lent," in the forefront.

Offer the heroic minute. St. Josemaría Escrivá suggested jumping out of bed – no snooze button - as soon as the alarm goes off, "without granting a single minute to laziness. If, with the help of God, you conquer yourself in that moment, you'll have accomplished a great deal for the rest of the day."

#### Our Mission

To provide practical ideas that promote faithful Catholic living.

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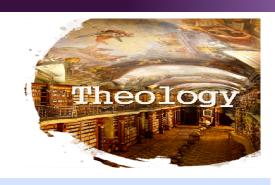
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)

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### **Learn your Faith with Father Mullaney!**

A weekly class on theological and spiritual topics!
Fr. Mullaney LOVES to teach! "Fundamentals of Catholic Theology" is offered twice a week:

- Tuesdays, 7pm-8:30pm in the School Library
- \* Wednesdays, 10am-11:30am in the St. Francis Room



### The Best Catholic Content. All In One Place.

FORMED.org is a revolutionary online platform featuring the best Catholic videos, audio talks, eBooks and movies from trusted partners like the Augustine Institute, St. Paul Center, Marian Fathers, Lighthouse Catholic Media, Ignatius Press and Word on Fire. Catechism and Personal Faith Formation are at the fingertips of every parishioner. Visit FORMED.org to learn about these resources delivered to you by the Augustine Institute.



# FORMED.

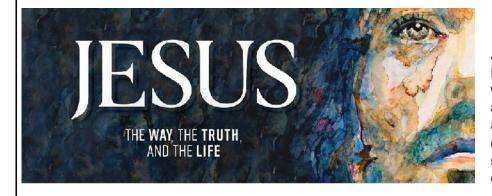
Free Catholic: Videos Movies OKS 35

#### Join for Free!

(Fees have already been paid by St. Louis Parish)

Go to the parish website and find <u>Formed.Org</u> on the "Links" section.

SaintLouisParish.org



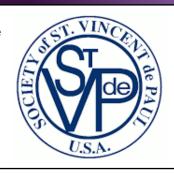
### Jesus: The Way, the Truth, and the Life

Jesus is our savior, our redeemer, our Lord, and our God. Our belief in Jesus is what makes us who we are as Catholics, as Christians, but do we really know him as we should? Is Jesus a part of your life, or is he at the center of your life as he should be? We invite you to make him the center of your life by joining us for Jesus: The Way, the Truth, and the Life, a 10-

week video study program that explores the entirety of Jesus' life and what he means for us as Catholics today. St. Louis will begin the *Jesus* study on 11 March 2020 at 7:00pm in the school library. Participants will meet every week to view an engaging video presentation by Marcellino D'Ambrosio, Jeff Cavins, and Edward Sri, followed by a lively group discussion and fellowship. For more information or to register, <a href="https://study.ascensionpress.com/location/alexandria-va-st-louis-church-1">https://study.ascensionpress.com/location/alexandria-va-st-louis-church-1</a> or contact John Gray at 571-229-6453 and johngray91@gmail.com. We hope you can join us!

### **SERVICE**

The Society of St. Vincent de Paul at St. Louis operates the St. Vincent de Paul telephone helpline and provides direct financial assistance to families in our parish who are facing financial emergencies. We need your support to do your work. We meet the second and fourth Thursday of every month in the basement of the rectory. For more information about volunteering with us, contact Keith Snider, <a href="mailto:kasnider@cox.net">kasnider@cox.net</a>; or Robin Bachman at <a href="mailto:robin@svdpalexandria.org">robin@svdpalexandria.org</a>.



### Are you an App Designer?

Father O'Hare has a special project and is looking for a person with professional skill in the area of app design. If you want to help, contact Ignacio in the parish office at 703 765 4421 or <a href="mailto:admin@saintlouisparish.org">admin@saintlouisparish.org</a>. Or send an email via the "Contact Us" option on the parish webpage.



### Catholic Charities Seeks Medical Volunteers for Free Clinic

Catholic Charities will open a second free medical clinic for poor, uninsured and under-insured adults in late April and needs volunteer medical professionals and other volunteers to operate the clinic. The Mother of Mercy Free Medical Clinic, Woodbridge, will open at 13900 Church Hill, Woodbridge. Catholic Charities opened the first Mother of Mercy clinic in Manassas in 2017. Volunteer nurses and doctors, including internists, cardiologists, gynecologists and other specialists, nutritionists, physical therapists and others are needed. To volunteer contact Alexandra Luevano at 703- 335-2779 ext. 15 or alexandra.luevano@ccda.net.



### **FELLOWSHIP**

### **Mother's Group**

The St. Louis Mothers' Group will meet this Wednesday, Mar. 11, from 10am-noon in the YAR (Youth Activities Room, beneath the church). Join us for a fun exercise in "finding our blue flame", inspired by Jennifer Fulwiler's book "One Beautiful Dream" and her new book coming out next month "Your Blue Flame: Drop the Guilt and Do What Makes You Come Alive". We did this a couple years ago and found it both fun and helpful, so please come even if it is a repeat for you! All mothers are invited to join us, and children are

welcome. For more information or to join our email list, please contact Theresa Talavera at 703-313-8782 or



### Are You Grieving?

Are you grieving the loss of a loved one? You may have lost him/her recently or years ago.... Come to a monthly opportunity for prayer and conversation. "Grief and Grace" begins with a holy half-hour in the church followed

by informal conversation led by Father O'Hare. The next session will be Wednesday, March 18th, 12:30pm-2:00pm.







inspiring secure giving ®

Go Paperless! Save the parish money! To sign up just google "Faith Direct VA 141" It's super easy!

Enroll now for online giving



All Young Adults Invited! 20's and 30's

Monday, March 9
O'Sullivan's Irish Pub
3207 Washington Blvd,
Arlington, VA 22201
6:30pm-8:30pm

Contact Andrew if you're interested in going! <a href="mailto:ym@saintlouisparish.org">ym@saintlouisparish.org</a>

# FROM THE GRAPEVINE

Saint Louis Young Adult Ministry
Delving deeper into relationship with
ourselves, God, and others.

For more information please email Andrew at ym@saintlouisparish.org

### YOUTH FORMATION

## Exciting Retreat Opportunity for Teens!

Join 1000 teens at the exciting and inspiring youth weekend at Franciscan University in Ohio this summer! Spots are limited, so register soon with our Director of Youth Ministry (Andrew Lane). July 17 - July 19. Call the parish office or email - ym@saintlouisparish.org





# AWAKEN

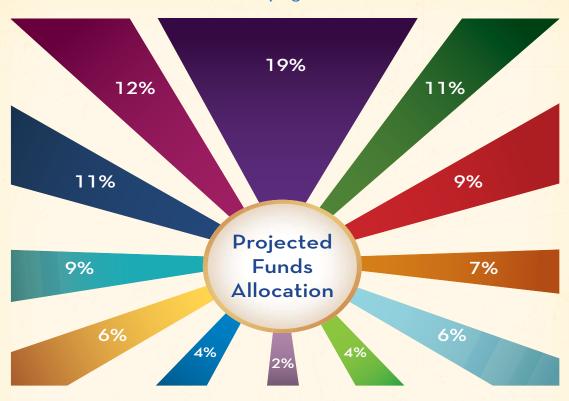
BECOME THE PERSON YOU ARE CALLED TO BE FOR GRADES 9-12 WEDNESDAYS FROM 6:30-8:30PM FAITH, FELLOWSHIP, & FOOD

### 2020 BISHOP'S LENTEN APPEAL

Projected Funds Allocation

Below is a summary of the ministries, programs and offices that help to enrich parish life, inspire and form future generations, strengthen families and help the poor and vulnerable throughout our diocese:

100% of all donations received for the BLA are restricted gifts to be used within the diocese for the sole benefit of the programs and ministries outlined below.



- Seminarian Education and support, Vocation Awareness Programs, Permanent Diaconate Program
- Catholic Charities, parish subsidies and other charitable works that assist people in need
- 11% Youth, Campus and Young Adult Ministries
- Programs and ministries that assist our 70 parishes, 6 missions and 5,300+ parish, school and diocesan personnel
- 9% Office of Marriage, Family and Respect Life and the Tribunal
- catholic Schools, Office of Sacred Liturgy and Religious Education Programs

- Support to the Virginia Catholic Conference and Chancery offices assisting the Bishop as he leads our parishes and the diocese
- Diocesan development and communication programs
- 6% Spanish Apostolate and Multicultural Ministries
- Evangelization efforts including: INOVA
  Hospital Ministry, Peace and Justice
  Commission, Charismatic Renewal Ministry
  and our Dominican Republic Missions
- Parish/Diocesan properties and land development
- 2% San Damiano Spiritual Life Center

This chart reflects projected 2020 BLA funding for \$18.85 Million which is allocated to these various areas.

STEADFAST IN faith and JOYFUL IN hope

# <u>United Community (UC)</u> <u>MARCH 2020 FOOD DRIVE</u>

NEXT WEEKEND, SATURDAY AND SUNDAY, MARCH 14<sup>TH</sup> AND 15<sup>TH</sup>, ST. LOUIS WILL BE CONDUCTING ITS MONTHLY FOOD DRIVE TO HELP RESTOCK THE SHELVES OF UC'S *FOOD PANTRY!!!* 

IN FEBRUARY, OUR PARISH DONATED JUST UNDER 1,500 LBS. OF GROCERIES TO UCM. THANK YOU ALL, SO, VERY MUCH!!! LET'S WORK TO MEET OR EXCEED FEBRUARY'S TOTAL NEXT WEEKEND.



WE ARE ASKING EACH ST. LOUIS FAMILY TO CONTRIBUTE AT LEAST ONE GROCERY BAG FILLED WITH NON-PERISHABLE FOOD ITEMS -- RICE, PASTA, PASTA SAUCE, BEANS, CEREAL, CRACKERS, MAC & CHEESE, FRUITS, VEGETABLES, PEANUT BUTTER, JELLY, TUNA, MEAT -- AS WELL AS BABY FOOD AND BABY FORMULA.

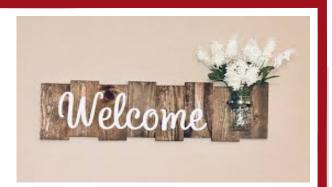
Monetary donations and grocery store gift cards also are welcome!!

Please recycle your plastic bags!!

If you have any questions about the Food Drive or UCM's Food Pantry, please contact Marvin Spychaj @ 703-780-3498 or marvinspychaj@msn.com.

### If you are new to St. Louis Parish....Welcome!

The parish is a spiritual family and we are happy that you are here! Please introduce yourself to any of the priests after Mass and (if you desire) you can formally register by completing a registration form (found in the vestibule of the church). If you feel called to be active in a certain area of parish life do not hesitate to contact the parish office to inquire. If you have sacramental needs please do the same. A special welcome to military families who have transferred to this area!



### **RELIGIOUS EDUCATION**

We are still in need of an assistant catechist for both Wednesday evening and Sunday RE classes. No teaching experience required! If you have a student in the RE program and are waiting, considering becoming a catechist! Or if you have considered teaching RE, or teaching in general, and want to try it out in the remaining 8 weeks, we'd love to have you. Contact Paige Johnson at <a href="mailto:dream.needing.nee

Reminder: if you have a student in First Holy Communion Year TWO class, please turn in the First Communion registration. The First Communion retreat for RE class is Saturday, April 25, and the First Communion Masses for RE students are Sunday, May 17. Mark your calendars!

### ST. LOUIS SCHOOL

### Temperance

Ever have too much of a good thing? If we only focused on the good things, we would become selfish and unbalanced. Students at St. Louis are working on finding a healthy, balanced, and consistent spiritual way of living-God wants us to enjoy good things, but in the right amounts. Temperance is the virtue of moderation and balance and students in K-8th grade are focusing on what that means for us in our daily living this month. If we lead temperate lives, then we will become more flexible and stronger; we will strike a balance between too much and too little. Venerable Matt Talbott was a small but strong man who used prayer and penance to help him overcome the excessives in his life. His devotion to his faith helped him grow in the virtue of temperance. He worked hard for God's glory and used the saints as his guide to help him find a healthier balance. Ven. Matt Talbott 's life reminds our students and us what temperance can do for us!

### CAREER DAY

On April 22nd, St. Louis School 4th-8th graders will all have an opportunity to learn about different careers. We are looking for alumni and parishioners who are passionate about their work and who are willing to talk with students about what they do, why they chose the field they did, and perhaps even how what they learned when they were young has helped them in their field. If you are interested in participating, please contact our School Counselor Mrs. Jennifer Cotnoir at icotnoir@stlouisschool.org.

### LET US PRAY FOR ONE ANOTHER

Monday, March 9

6:30am, Intentions of Fr. Brian Mulcahyop

7am-Poor Clares, In Thanksgiving for Healing of Viviana

Prado Lopez

8:45am, + Adoracion Santos

Tuesday, March 10

6:30am, Intentions of Fr. Brian Mulcahyop

7am-Poor Clares, Intentions of Tom Balint 8:45am, + Sor Conchita Leopoldo

Wednesday, March 11

6:30am, + Menz and Mihalov Families

7am-Poor Clares, + Aleen Doughert

8:45am, + Aleen Doughert

Thursday, March 12

6:30am, + Angelina Saldaña

7am-Poor Clares, + Thomas Klima 8:45am, Intentions of Hribar Family Friday, March 13

6:30am, Intention of Alicia de Medina

7am-Poor Clares, Intentions of Fr. Robert McCreary

8:45am, + Joanne Nolin

Saturday, March 14

7am-Poor Clares, Intentions of Margaret Coyle

8:45am, + Mr. Larry LaBelle

5:30pm, Intention of Fr. Matthew Zuberbueler

Sunday, March, 15

7am-Poor Clares, Intentions of Fr. Andrew Haissig

7:30am, + Walter and Lan Edmonds

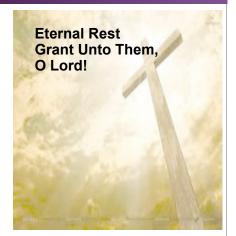
8:45am, Intentions of Fr. Mark Mullaney

10:30am, Intentions of People of St. Louis

12:30pm, + Anne Marie Frigon

3:00pm. + Francisca Rugama

5:30pm, + Joan O'Donnell



Monday Saint Frances of Rome, Religious

Dn 9:4b-10; Ps 79:8, 9, 11 and 13; Lk 6:36-38

Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21 and 23; Tuesday

Mt 23:1-12

Wednesday Jer 18:18-20; Ps 31:5-6, 14, 15-16;

Mt 20:17-28

**Thursday** Jer 17:5-10; Ps 1:1-2, 3, 4 and 6; Lk 16:19-31 Friday Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-17,

18-19, 20-21; Mt 21:33-43, 45-46

Mi 7:14-15, 18-20; Ps 103:1-2, 3-4, 9-10, Saturday

11-12; Lk 15:1-3, 11-32

Sunday Third Sunday of Lent

Ex 17:3-7; Ps 95:1-2, 6-7, 8-9; Rom 5:1-2, 5-8;

Jn 4:5-42 or Jn 4:5-15, 19b-26, 39a, 40-42



### **YOUR HELP** TO SAVE LIVES IN VENEZUELA...



In the past 6 years PAHPV (Humanitarian Aid Program for Venezuela) has sent over 2 million lbs of medicine/medical/ hospital/orthopedic supplies/infant formula, nutrition formula for mothers/elderly to Venezuela arriving at more than 100 NGO/NFP Institutions throughout the country including the State of Amazonas (hospitals, orphanages, nursing homes, volunteer-firehalls, all Caritas Centers-CathOrg). View our work in Facebook. With your donations you can help us improve or save lives of people starving to death and trying to survive without medicine when they receive medicine, baby/seniors formula, an antibiotic, malaria control, wheelchair, potable water and more. With your help we can keep them from having to migrate as refugees searching for life. Donations in USA are tax deductible under the IRS-501(c)3 Charitable Organization, FDACS #CH-42157.

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Saturday	10:00 am - 2:00 pm
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