



# St. Louis Catholic Church

www.saintlouisparish.org



“Unless each of you forgives his brother from the heart.”

Matthew 18:35

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“A warm wise, and helpful book.” –Harold Kushner  
author of *When Bad Things Happen to Good People*

# Forgive & Forget



## Healing the Hurts We Don't Deserve

Lewis B. Smedes

Plus:  
Insights,  
Interviews,  
and More

### September 13, 2020 ~ Twenty-Fourth Sunday in Ordinary Time

#### 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*  
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



*Pro Deo et Pro Patria*

## PASTOR'S MESSAGE

Dear Friends,

Forgiveness is both a science and an art; a matter of the mind and of the heart. The readings today declare the need to be merciful as our Father is merciful, to forgive as we have been forgiven. But how to do this? To forgive from the heart is the most difficult thing to do and for that reason it is the greatest act of love. Make time in your schedule to read a book by a world-renowned "expert" on forgiveness, Lewis Smedes. His most famous book is entitled, "**Forgive and Forget: Healing the Hurts We Don't Deserve.**"

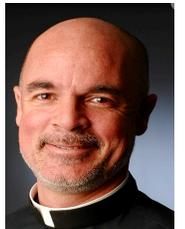
Here are two nuggets from this life-changing book: "*When we forgive evil we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive it.*" "*To forgive is to set a prisoner free, and discover that the prisoner was you.*"

I strongly encourage you to make time to read the book mentioned above or his other work: "**The Art of Forgiving: When You Need to Forgive and Don't Know How.**"

\* \* \*

Maria Blazeovich (Director of the Atrium Montessori Program) has discerned that it is time for her to begin a new chapter in her life. After 16 years here at St. Louis she has decided that her family needs require attention and so she is resigning this month. We are VERY sad to see her go! Maria has done tremendous work with countless children in the Atrium (which she herself established in 2006 under the direction of Father Staples) and has provided these little ones with profound spiritual formation. There really are no words to describe the impact that the Atrium has had on these children and their families. Maria, THANK YOU! Thank you for your faith, your love, and your service for the past 16 years! We promise you our prayers and love as you begin a new transition in your life!

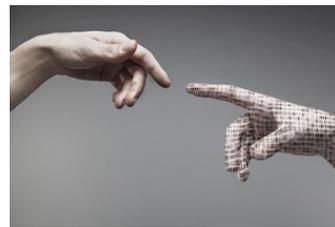
Your Pastor,  
Father O'Hare



## Digital Dehumanization

ANTHROPOLOGICAL AND ETHICAL CHALLENGES IN A SELFIE WORLD

Mark your calendars for this  
dynamic presentation on Tuesday, 9/29 at 7pm!!

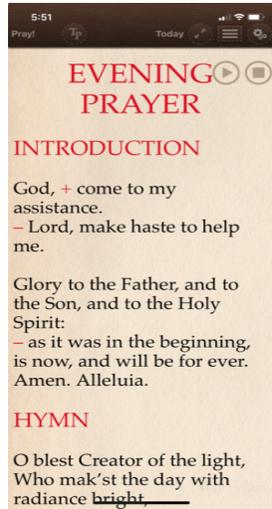
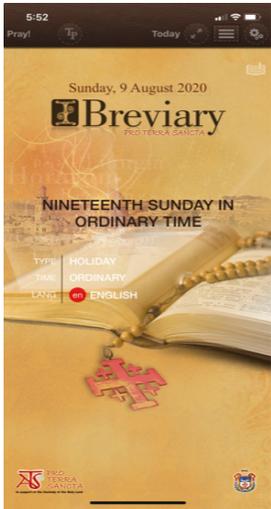
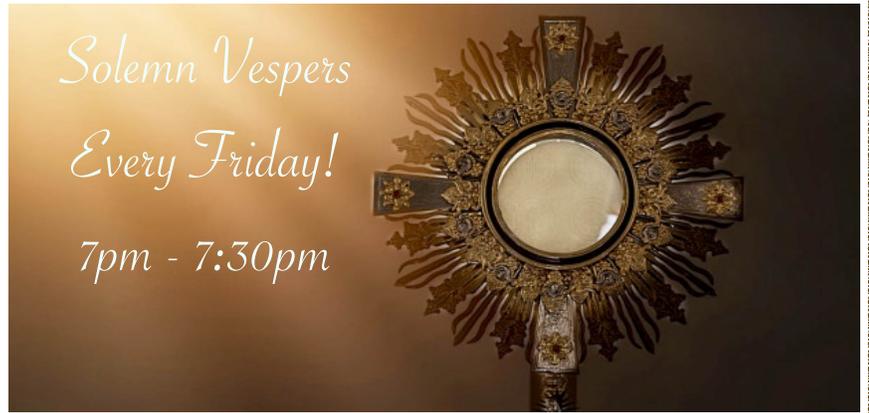


Father Jerome Magat, P.S.S., is a moral theologian and professor who founded the Guadalupe Free Clinic of Colonial Beach, the Arlington Diocese's first free medical clinical for the poor. He has served as the Director of Liturgy and Professor of Homiletics and Liturgy at St. Patrick's Seminary in Menlo Park, CA, as well as an Associate Professor of Systematic Theology at St. Mary's Seminary and University in Baltimore, MD. Having finished his advanced studies in Rome he is now completing his doctorate in Moral Theology.

Please join us LIVE at our CWIA Prayer Breakfast Meeting on Saturday, September 26th at 9:00am at the Hampton Inn& Suites by Hilton - 5821 Richmond Highway, Alexandria VA 22203. Note that per guidelines only 50 may attend. You MUST register in advance (\$8 - first come first served. Masks are required, and social distancing protocols will be followed. Check back for additional info.

**Solemn Vespers for Women!  
Third FRIDAY of the month!  
7pm-8pm**

Eucharistic Adoration for 30 minutes  
(includes Evening Prayer, a brief homily,  
silent meditation, and Benediction)  
Followed by a dynamic interactive  
discussion for women only.



To participate in Solemn Vespers (if you do not own a copy of the Liturgy of the Hours), please download the free app: iBreviary. This app contains all the prayers that will be used for Solemn Vespers and Solemn Benediction.

**Weekly Catholic Bioethics Class with Father Mullaney**

Father Mullaney's class on Bioethics will take place every Tuesday at 7pm in the church, and every Wednesday at 10:30am in the church. As Catholics, our reverence for human life and adherence to the Ten Commandments provides us with the tools necessary to rightly accept or reject advancing medical procedures and societal policies. Fr. Mullaney will explore many issues that are current and quickly changing. The teachings of the Catholic Church allow a well-formed conscience to discern what is morally acceptable and what is not. Ethical challenges are encountered in our daily life, and often in very personal and emotional situations: in our medical care, when facing death, in difficulties in conception and pregnancy, facing genetic testing and screening, understanding sexuality and gender, disabilities, mental health issues, consent, medical research and more. Please plan to come to learn how to navigate these many topics and maintain a Catholic perspective. This class will be available both in-person and on-line. Contact Fr. Mullaney for the reading list.



**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: Mary Lassanyi, Francisca Leynes, Helen Machonis, Virginia Masse, Douglas McCollum, and Abbie Moore.

# ~A~W~A~K~E~N~ (FOR GRADES 9-12)



Dinner, Fun and Faith!  
Every Wednesday ~ 6pm to 8pm  
In the Gym

For info contact: Andrew Lane at [ym@saintlouisparish.org](mailto:ym@saintlouisparish.org)

## **United Community (UC) Food Drive**

Next Saturday and Sunday, September 19<sup>th</sup> and 20<sup>th</sup>, St. Louis will be conducting its monthly Food Drive to help restock the shelves at UC's *Food Pantry*. Last month our parish donated **2,060 lbs** of food to UC. We invite each St. Louis family to contribute at least one grocery bag filled with non-perishable food items. Monetary donations and grocery store gift cards also are welcome. On Saturday, we will be collecting the donations at the rear of the church building from 10:00 AM to 4:00 PM. Just drive up, drop off and drive away! We also will be collecting donations at all the weekend Masses.

For further information contact Marvin Spychaj @ 703-780-3498 or [marvinspychaj@msn.com](mailto:marvinspychaj@msn.com).



The 2020 Alexandria Life Chain will be conducted along Franconia Road on Sunday, October 4, from 2:30 PM to 3:30 PM, from Saint Lawrence Parish all the way to Springfield Mall. Social distancing between participants will be observed. Life Chain signs will be available for individual and parish use from Saint Lawrence's parish hall. All are invited to stand up and prayerfully witness to the sanctity of human life!

## **Mother's Group**



To the mother's group who celebrates 20 years here at Saint Louis parish!

Theresa Talavera at (703)313-8782 or [tatalavera@yahoo.com](mailto:tatalavera@yahoo.com)

## **Confirmation and RCIA Classes for Adults**

Classes take place at 7pm on Thursdays in the St. Francis Room. For info, contact Lisa Temple at [rcia@saintlouisparish.org](mailto:rcia@saintlouisparish.org)



St. Louis Catholic School is seizing opportunities for new and different ways to learn inside and outside of the classroom.

It's going to be a great year!

Principal Anne Dyke ~ [www.stlouisschool.org](http://www.stlouisschool.org) ~ 703-768-7732

LET US PRAY FOR ONE ANOTHER

**Monday, September 14**

6:30am, +Mr. and Mrs. Leroy Woznak  
7:00am-Poor Clare, +David G. Afton  
8:45am, +Gregory Powell

**Tuesday, September 15**

6:30am, +Patricia Gray  
7:00am-Poor Clare, +Carol Woodall  
8:45am, Intentions of Roxanne Vettese

**Wednesday, September 16**

6:30am, Intentions of Charlotte Naegele  
7:00am-Poor Clare, Intentions of Angelina Reyes  
8:45am, Intentions of Susan Lippert

**Thursday, September 17**

6:30am, +Jay Anthony  
7:00am-Poor Clare, +Andreas Shizas  
8:45am, Intentions of the healing of Amador Gomez

**Friday, September 18**

6:30am, +Susan Barbieri  
7:00am-Poor Clare, +Cecilia M. Gabarda  
8:45am, +Maria Malicki

**Saturday, September 19**

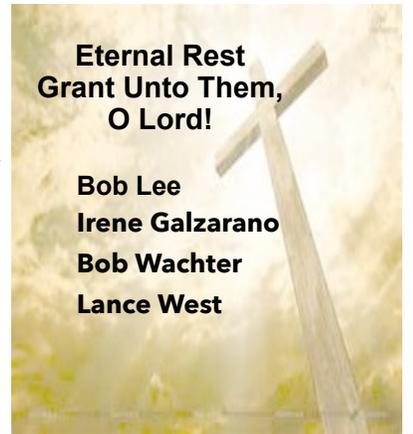
7:00am-Poor Clare, Intentions of Mary and Tobias Naegele  
8:45am, Intentions of Baron and Emma Buckner  
5:30pm, +George R. Schumann

**Sunday, September 20**

7:00am-Poor Clare, Intentions of Rosie Dust  
7:30am, Intentions of Lilia Varela  
8:45am, Intentions of Michael England  
10:30am, Intentions of People of St. Louis  
12:30pm, +Frances Capps  
3:00pm, Special Intention for Healing

Eternal Rest  
Grant Unto Them,  
O Lord!

Bob Lee  
Irene Galzarano  
Bob Wachter  
Lance West



<b>Monday</b>	<b>Feast of the Exaltation of the Holy Cross</b> Nm 21:4b-9; Ps 78:1bc-2, 34-35, 36-37, 38; Phil 2:6-11; Jn 3:13-17	
<b>Tuesday</b>	<b>Memorial of Our Lady of Sorrows</b> 1 Cor 12:12-14, 27-31a; Ps 100:1b-2, 3, 4, 5; Jn 19:25-27 or Lk 2:33-35	<b>Friday</b>
<b>Wednesday</b>	<b>Memorial of Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs</b> 1 Cor 12:31—13:13; Ps 33:2-3, 4-5, 12 and 22; Lk 7:31-35	<b>Saturday</b>
<b>Thursday</b>	<b>Saint Robert Bellarmine, Bishop and Doctor</b>	<b>Sunday</b>
		<b>of the Church</b> 1 Cor 15:1-11; Ps 118:1b-2, 16ab-17, 28; Lk 7:36-50
		1 Cor 15:12-20; Ps 17:1bcd, 6-7, 8b and 15; Lk 8:1-3
		<b>Saint Januarius, Bishop and Martyr</b> 1 Cor 15:35-37, 42-49; Ps 56:10c-12, 13-14; Lk 8:4-15
		<b>Twenty-Fifth Sunday in Ordinary Time</b> Is 55:6-9; Ps 145:2-3, 8-9, 17-18; Phil 1:20c-24, 27a; Mt 20:1-16a

# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

September 2020

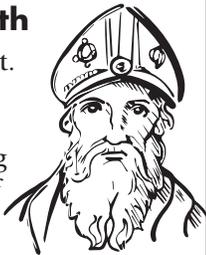
Saint Louis Catholic Church

Rev. Keith O'Hare, Pastor

## One Minute Meditations

### Mysteries of faith

Legend says that St. Augustine was walking on a beach puzzling the mystery of the Holy Trinity when he spotted a boy filling a bucket from the ocean and dumping it in a hole. The boy said he was trying to fit the ocean into the hole. St. Augustine cried, "But you can never do that!" The boy replied, "And neither can you understand the Holy Trinity," and vanished. Some things we just have to take on faith.



### "God bless you"

When you sneeze, think of Pope St. Gregory, the Great. In 590AD, the bubonic plague was spreading to Rome. To combat the disease, the pope requested increasing prayer. "God bless you!" in response to a sneeze was part of that effort.

*"You shall not fear the terror of the night nor the arrow that flies by day, Nor the pestilence that roams in darkness, nor the plague that ravages at noon" (Psalm 91:5-6).*



## Do you trust God?

*"The Lord is my strength and my shield, in whom my heart trusts"* (Psalm 28:7). Do you trust God with everything in your life or only some things? Do you give him your problems but take them back when he doesn't do what you want? It is when we have complete trust in God that our lives work well.

**Is God trustworthy?** A person worthy of trust is one of good character and integrity. We have more than two thousand years of history that prove God means what he says and says what he means. He does what he promises.

**Is God capable?** God has power

over all creation – He even has power over life and death. Through the ages, we have learned that all things are possible with God. More to the point, God's Son told us that God loves us with

unimaginable intensity so he always wants what is best for us. In fact, God is more qualified than we are to take care of what we need.

**Are you ready to really trust God?** Start

by thanking him no matter what. Everything that he allows to happen to us is for our good. Then remind yourself that God is fully in charge. Finally, ask him what you should do next and do it.



## Why Do Catholics Do That?

### Why do Catholics believe the Eucharist is Jesus' Body and Blood?

The concept of transubstantiation means that, during Mass, the entire substance of bread changes into the substance of the Body of Christ. The entire substance of wine changes into the substance of His Blood. This change is brought about in the eucharistic

prayer through the Word of Christ and the action of the Holy Spirit.

However, the outward

characteristics of bread and wine, the "eucharistic species," remain unaltered.

Jesus is truly present during Mass, Body and Blood, soul and divinity.

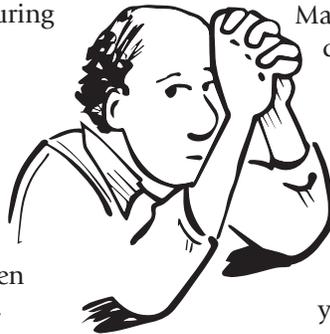


# Make distractions a plus in prayer

There is no better way to build a relationship with Jesus than through prayer. Relying on His strength during difficult times is how we get through them. Yet when we become distracted during prayer, we can become discouraged and give up. Try these ideas for turning distractions into blessings:

**Gently return.** Start your prayer by placing yourself in the presence of God. When you wander, gently bring yourself back.

**Practice recall.** St. Frances de Sales said, "When your mind wanders or gives way to distractions,



gently recall it and place it once more close to its Divine Master. If you should do nothing else but repeat this during the whole time of prayer, your hour would be very well spent and you would perform a spiritual exercise most acceptable to God."

**Turn distractions into prayer.** If you start thinking about people and events unrelated to your prayer, pray about them and then return to the original subject of your prayer.

**Pray out loud.** When distractions overwhelm you, pray out loud.

## from Scripture

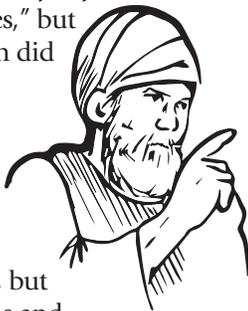
### Matthew 21:28-32, Faithful obedience.

Jesus told of a man who asked his two sons to go work in his vineyard. The first said, "No," but went anyway.

The second said, "Yes," but didn't go. Which son did as the father asked?

The father in the parable is God. The first son represents the outcasts of society. They said "No" to God at first, but repented of their sins and changed.

The second son represents the Jewish religious leaders. They said "Yes," but it was just lip service. They followed rules rather than changing their hearts.



Saying, "Yes, God, I believe in you," is not enough. If we presume that the Lord will take us into Heaven just because we profess our faith, we will be disappointed. Words are not enough.

True obedience is lived. When we realize we are in a state of sin, we have two options. We can say we're sorry, or we can show we're sorry by going to Confession, doing sincere penance and amending our lives. Living as Jesus taught us is our way of "working in our Father's vineyard."



## Feasts & Celebrations

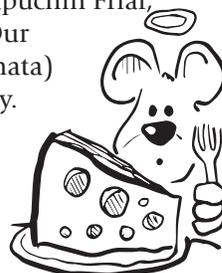
**Sept. 8 - The Nativity of the Blessed Virgin Mary (1st century).** Tradition holds that Mary was born in Jerusalem after her parents had been childless for more than twenty years. Mary's birth brought them - and us - joy.

**Sept. 15 - Our Lady of Sorrows.** In Luke 2:35, Simeon predicted Mary's sorrows as "a sword piercing" her soul. This referred, in part, to a time when Mary would stand at the foot of her son's Cross. Still, Mary stood dignified and fearless while others fled.

**Sept. 21 - St. Matthew (1st century).**

Also known as Levi, he was a notorious tax collector. St. Matthew left everything behind when Jesus called him to spread the Gospel. He wrote the Gospel According to Matthew.

**Sept. 23 - St. Padre Pio (1968).** Francesco Forgione was born to farmers in southern Italy. Eight years after he became a Capuchin Friar, the five wounds of Our Lord's Passion (stigmata) appeared on his body. Despite intense personal and physical suffering, he remained dedicated to prayer.



## Q & A How can I stop worrying about what other people think?

The problem with placing too much importance on other people's opinions of you is that you give them inappropriate power over you. In effect,



you are substituting other people's values and judgment for your own and there is no guarantee that they have your best interests - or your eternal future - at heart. Not everyone is interested in helping you get to Heaven.

Try instead to live by the rules detailed in the Ten Commandments and in the Beatitudes. They tell us to be devoted to God, to care for other people, to be honest and dedicated to truth, and to value the blessings God has given us.

Remember that there is value in being criticized or insulted even though you do the right thing. Not only can you offer it as penance for your sins, such suffering teaches humility and patience - two virtues that will help you get to Heaven. And when it comes down to it, the opinion of other people will pass, but God's judgment is forever.

### Our Mission

To provide practical ideas that promote faithful Catholic living.  
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