

# Saint Monica-Saint Thomas the Apostle Parish

[www.smstaparishsf.org](http://www.smstaparishsf.org)

## First Sunday of Lent ~ March 9, 2025

### St. Monica Catholic Church

470 24th Avenue  
San Francisco, CA 94121  
Tel: 415-751-5275

Office Hours:  
Monday - Friday  
9:00 AM - 3:30 PM



### St. Monica Catholic Church MASS SCHEDULE

Saturday Vigil  
5:00 PM

Sunday  
8:00 AM (Vietnamese)

11:00 AM

Weekdays  
8:30 AM (Monday-Saturday)

Rosary  
8:00 AM (Monday-Saturday)

Confessions  
4:00 PM - 4:40 PM Saturday

#### Administrator

Rev. Ben Rosado  
pastor@smstaparishsf.org

#### Parochial Vicar

Rev. Jerome Murphy

#### In Residence

St. Monica Rectory  
Rev. Paulinus Iwuji, SMMM, Ph.D.  
Catholic Chaplain VA Hospital

St. Thomas the Apostle Rectory  
Rev. Te Van Nguyen  
Vietnamese Ministry  
Catholic Chaplain for UCSF

Rev. Andrew Spyrow  
Vicar for Clergy

#### Deacons

Rev. Mr. Dana Perrigan  
perrigan2000@yahoo.com  
Mr. Kristopher Compagno  
Permanent Deacon Candidate

#### Parish Staff

Administrative Assistant  
Jessica Montgomery  
parishoffice@smstaparishsf.org

Director of Religious Education  
Pastoral Associate  
Sr. Noreen O'Connor, CSJ  
noconnor@csjla.org

Music Ministry  
Alix Jerinic  
alixjerinic@gmail.com

### St. Thomas the Apostle Catholic Church

3835 Balboa Street  
San Francisco, CA 94121



### St. Thomas the Apostle Church MASS SCHEDULE

Sunday  
9:00 AM

Weekdays  
8:30 AM  
(Monday, Wednesday,  
and Friday)

First Saturday  
Mass  
8:30 AM

First Saturday Adoration  
9:00 AM - 10:00 AM



**"Lent is a time of grace  
to the extent that we listen to Him  
as He speaks to us."**

Pope Francis, Message for Lent 2023



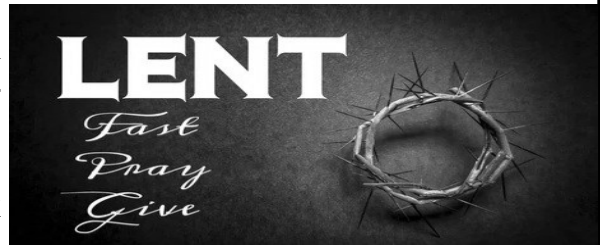


# First Sunday of Lent ~ March 9, 2025



Dear brothers and sisters,

God has given us the grace of another Season of Lent, this sacred time to draw closer to God than we have in the past. To do so, we can “give up” and “take up” certain activities. We are to enter into a deeper relationship with God by what we do and do not do during these 40 days of journeying with Jesus. We walk through Lent with him who sacrificed for us.



I am certain we are all familiar with the practice of giving something up during Lent. For some this could be chocolate, coffee, meat, social media consumption, watching television, or a host of things we normally do, or maybe do too much. By giving up these things for Lent, we open up the opportunity to do something for the Lord.

We give up things for Lent, so that we can also take up holy and good activities in their place. We can free up time to pray more than usual, to fast so that we have something more to give to those in need, and we can use our time to serve others in a variety of ways. This is not just good for those in need, but pleases God, and is good for us. It stretches our hearts to love and give in a generous way, to give as Jesus does.

Let us take some time to reflect on what this year’s Lent can become. It can be the best Lent we have ever had if we enter into it with all our heart, mind, and strength. It can be a Lent where we discover how near God is to us as we make efforts to draw near to him. Let us begin!

Fr. Ben

***Welcome to all who worship with our parish family,  
whether long time residents or newly arrived in the parish.***

***If you are not registered, please fill out this form and put it in the collection basket or mail it to the Rectory.***

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- New Parishioner       New Address       New Phone Number       Remove from List
- Send Sunday Envelopes
- St. Monica       St. Thomas the Apostle

You may register online at: <https://www.osvhub.com/smstaparishsf/directory/register>



# First Sunday of Lent ~ March 9, 2025

## GOSPEL REFLECTION

And so, it begins — the holy and, for some, daunting, season of Lent. This is the season in our liturgical year when the Church encourages us to increase our prayer, fasting, and almsgiving to help us enter more deeply into the mystery of our Lord’s Passion and Death, and to celebrate more fully His Resurrection.

Jesus, by His own example in today’s Gospel, demonstrates the necessity of setting aside a period devoted especially to prayer and fasting as a means of strengthening our spiritual muscles. Just before the launch of His public ministry, He is “led by the Holy Spirit into the desert for forty days, to be tempted by the devil.” In imitation of Jesus, we should ask the Holy Spirit to lead us into the desert, too — the desert of our interior lives where our thoughts and desires reside.

While our Lord was strong enough to withstand the temptations of the devil on His own, we most certainly are not! We must turn to the Holy Spirit and ask Him to show us where we need to grow and then rely on the Holy Spirit for strength and guidance throughout these 40 days of growth. Perhaps we will be led to take on a spiritual reading program, or a daily time of meditation on the Scriptures. Maybe we’ll be inspired to fast from our favorite food or social media fix and find a project that serves the poor in this community.

If these spiritual exercises hurt a little, that means we are doing them right! At the end of this season, we will be prepared to enter the grace-filled days of the Triduum, and we will, through the power of the Holy Spirit, be resurrected as a new creation with our Lord come Easter. Let us begin!

©Catholic Stewardship Consultants

## LENTEN FAST AND ABSTINENCE

As in the past, the following regulations are in place for abstaining and fasting during Lent:



• **ABSTINENCE:** Everyone 14 years of age and older is bound to abstain from meat on Ash Wednesday, the Fridays of Lent, and Good Friday.

• **FAST:** Everyone 18 years of age and older but under the age of 60 is also bound to fast on Ash Wednesday and Good Friday.

On these two days the law of fast allows only one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted. When health or ability to work would be seriously affected, the law does not oblige. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

## HELP OUR CHURCHES BLOOM FOR EASTER!



As we approach Easter, we are beginning to accept offerings for the purchase of flowers for Easter for our two Churches. You may use the Easter Flower envelope in your envelope packet or pickup one on the tables in church. You may make an offering in honor/memory of a loved one and we will place the envelopes on the altars of our churches during Easter. Please drop off the completed envelopes in the regular collection or at the parish office.



# First Sunday of Lent ~ March 9, 2025

## PARISH LENTEN SCHEDULE

### St. Monica Church

**Fridays - Stations of the Cross - 9:00 AM Mass (following our 8:30 AM Mass)**

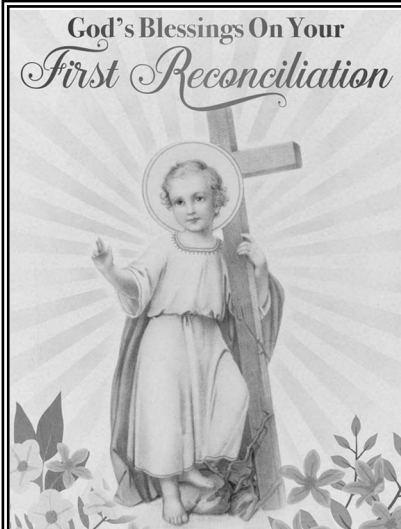
### St. Thomas the Apostle Church

**Fridays - Confessions at 5:30 PM**

**Stations of the Cross at 6:00 PM follow by a Lenten Soup Supper**

If you'd like to sign up to bring soup or bread to one or more of the Lenten Friday Suppers, please see our Organist and Coordinator, Debi Curley, at the organ bench after Mass or contact the Parish Office.

**All are welcome - we hope to see you there!**



**Please remember in your prayers the following students who received the Sacrament of Reconciliation on March 1, 2025:** Alicia Alcalá-Cubas, Clarissa Griffin, Emma Herlihy, Noah Herlihy, Victoria Kelly, Caitlin Lan, Eliana Morales, Maria Morales, Ilse Mui, Calim O'Doherty, Zoe Pang, Kylie Ramos, Kyra Ramos, Meilani Suchovsky, Natalie Tran, Quilaziti Vargas, Otto Wallace, and Emily Zogman.

## ST. MONICA SCHOOL TRANSITIONAL KINDERGARTEN

Greetings Saint Monica Community Members,  
 We are pleased to announce that Saint Monica School is now accepting applications for our Transitional Kindergarten (TK) program for the 2025 - 2026 School Year! Our TK program will be a two-year program for students: attending TK for the first year, and Kindergarten for the second year.  
 We welcome families to consider Saint Monica School for their child in TK through 8th grade. Please come and see our school program in action. Contact us for a school day tour at <https://www.stmonicasf.org/admissions/>.  
 We offer families a quality Catholic Education, a strong academic program, a rich experience for our students, and a safe environment.  
 Applications are available now for our TK Program! All application info and forms can be found on our school website: <https://www.stmonicasf.org/admissions/apply/> Families may also inquire with our school office to receive an application and information packet.  
 Sincerely,  
 Vincent M. Sweeters  
 Principal  
 415-751-9564  
[sweeters@stmonicasf.org](mailto:sweeters@stmonicasf.org)



**First Sunday of Lent ~ March 9, 2025**

*Mass Intentions*

St. Monica				St. Thomas the Apostle			
Mon.	03/10	8:30 AM	Tomas Bermejo, Jr. †	Mon.	03/10	8:30 AM	Mariama John, Good Health
Tue.	03/11	8:30 AM	Bernard J.C. Smith †	Tue.	03/11		No Mass
Wed.	03/12	8:30 AM	Parishioners	Wed.	03/12	8:30 AM	Parishioners
Thu.	03/13	8:30 AM	Parishioners	Thu.	03/13		No Mass
Fri.	03/14	8:30 AM	Parishioners	Fri.	03/14	8:30 AM	Parishioners
Sat.	03/15	8:30 AM	Tomas Bermejo †	Sat.	03/15	8:30 AM	No Mass
		5:00 PM	Parishioners			9:00 AM	Kam F. Tung, Birthday
Sun.	03/16	11:00 AM	Bernard J.C. Smith †	Sun.	03/16	9:00 AM	Kam F. Tung, Birthday

THANK YOU	ST. MONICA	ST. THOMAS	
March 2, 2024	ENGLISH	VIETNAMESE	THE APOSTLE
IST COLLECTION	\$2,279.00	\$299.00	\$1,431.00
FEBRUARY ONLINE DONATIONS	\$1,611.00		

**BENEFICIARY STORIES FROM THE ARCHDIOCESAN ANNUAL APPEAL (AAA)**

- ♦ Your generosity supports **Teacher Incentive Grants**. One teacher notes, “The Incentive grant has helped me become a more responsive educator. It’s helped me assess my students’ needs and respond to them more effectively by providing a nurturing environment where they can continue to learn and grow as a whole person. It has made a tremendous impact on my life and the life of my students.”
- ♦ **Marriage & Family Life – Adventures in Marriage Couples Workshop** – In the words of an attendee, “It was down-to-earth, relatable, and compassionate. Others’ willingness to speak about their marriages helped us let down our guard. We left feeling hopeful that we’d revitalize our marriage...and the week before the workshop felt dire.”

**Our 2025 Archdiocesan Annual Appeal Goal is \$46,186.00.**  
**We have reached 17% of our goal.**  
**Donate online: <https://sfarchdiocese.org/aaa/>**



**MASS INTENTIONS FOR 2025** may be offered in honor of loved ones at either St. Monica or St. Thomas the Apostle Church. For scheduling and additional information, you can either stop by or mail your list to the parish office at 470 24th Ave. SF, CA 94121. Please list all your Mass intentions and requested dates. You can also call Jessica at 415-751-5275 during office hours: Monday - Friday 9:00 AM - 3:30 PM.