

Saint Monica-Saint Thomas the Apostle Parish

www.smstaparishsf.org

Fourth Sunday in Ordinary Time ~ February 1, 2026

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

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

Administrator

Rev. Ben Rosado
pastor@smstaparishsf.org

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

Deacon

Rev. Mr. Kristopher Compagno
dcnxristopher@gmail.com

Parish Staff

Administrative Assistant
Jessica Montgomery
parishoffice@smstaparishsf.org

Music Ministry
Alix Jerinic
alixjericin@gmail.com



Matthew 5, 1-12a

BLESSED
ARE
THE POOR IN SPIRIT
FOR THEIR IS THE KINGDOM OF HEAVEN
THOSE WHO MOURN
FOR THEY SHALL BE COMFORTED
ARE THE MEEK
FOR THEY SHALL INHERIT THE EARTH
THOSE WHO HUNGER
& THIRST FOR RIGHTEOUSNESS
FOR THEY SHALL BE SATISFIED
MATTHEW 5:3-6



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Dear brothers and sisters,

As we continue our reflection, we now arrive at the petition in the Our Father Prayer which asks, "Give us this day our daily bread." Here we ask God for all that will nourish us on this day. This is not only physical nourishment, physical bread, but all that we need spiritually, intellectually, and emotionally. We ask God for all that we need each day.

As we become wiser and more mature along this journey of life, we should discover how much we need God and his help each day. To depend only on us comes from our ego and pride. But with a little humility, we start to see that we need the Lord to guide us, heal us, and care for us in a variety of ways. This petition in the Our Father is a result of knowing our need for God's wonderful help.

As we pray for our daily bread, let us ask God to step into our lives. Let us look to him as his own children who depend upon him. As we call out to our Father in Heaven, we will find new graces come our way. He will provide for our needs in surprising ways if only we ask.

May we be a person who longs for his help, who longs for our daily bread. He will give this to us and more, even the Bread of Eternal Life.

Fr. Ben



The Feast of St. Blaise
February 3rd

The Blessing of the Throats will take place on **Tuesday, February 3rd at 8:30 AM** at St. Monica Church.

BLESSING OF THROAT PRAYER
on the feast of St. Blaise

*"Through
the intercession
of St. Blaise,
bishop and martyr,
may God deliver you
from every disease
of the throat and
from every other illness:
in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen"*





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VIETNAMESE NEW YEAR'S MASS & CELEBRATION

Sunday, February 8 at 1:00 PM

St. Monica Church

Following the Mass there will be a celebration
in the Hall.

ALL ARE WELCOME TO JOIN IN THE CELEBRATION!

Tết, short for Tết Nguyên Đán (Lunar New Year), is the most important celebration in Vietnamese culture. Tết celebrates the arrival of spring based on the Vietnamese calendar, which is mostly based on the lunisolar Chinese calendar and usually has the date in January or February in the Gregorian calendar.

Online Rosaries

International Day Against Human Trafficking
Thursday, February 6, 2026, at 12:30 p.m.



Join in praying the Rosary to celebrate the Feast Day of St. Joseph Bakhita & for Prayer and Awareness against Human Trafficking. Register below:

sfarch.org/event/rosary-against-trafficking

International Day for the Unborn
Wednesday, March 24, 2026, at 1 p.m.



Join in praying the Rosary for the Unborn, build a Culture of Life & celebrate the anniversary of Evangelium Vitae. Guest speaker: Ryan Mayer. Register below:

sfarch.org/event/rosary-for-unborn-child



Catholic Charities Aging Case Management Services

If you need assistance navigating services to keep you safe at home and enhance your aging process in San Francisco County, please call our Catholic Charities Aging Case Management Programs at 415-334-5555.

Catholic Charities Breaking Bread with Hope

If you know an adult with a disability in San Francisco who is isolated or simply wants to engage with their community, **Breaking Bread with Hope** offers a place to meet for monthly Mass, lunch, and general fellowship. Please call 415-452-3500 for more information and to reserve a spot.



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GOSPEL REFLECTION

The Gospel Reading for today is what is popularly called the Sermon on the Mount. Many think it is the absolute epitome of Jesus' teachings. To be sure it tells us how we are to live our lives, the attitudes we are to have. We must remember that those who were waiting and hoping for the Messiah expected a military leader, one who would lead them in battle against their oppressors.

In His Sermon on the Mount Jesus gives a more accurate perspective of Who He is. He begins what we call the Beatitudes (the word means "blessings") with "Blessed are the poor in spirit, for theirs is the kingdom of heaven." In a sense we are all "poor in spirit." Without the guidance and strength provided us by the Lord there is no way we can escape this poverty of spirit, of spirituality, if you will.

That is why we often say that living God-centered lives is at the very core of stewardship. Being a disciple of Christ translates into being a steward of our many gifts and blessings. Some scholars believe that Jesus may have given this sermon often during His ministry. Those who followed Jesus and became the earliest Christians, the first members of the Church, were fond of quoting and referring to what the Lord said on this occasion. As stated, Jesus provides us with the secret of living a good life. If we rely on Him and follow Him, we will be blessed.

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CATHOLIC SCHOOL EDUCATION

ST. MONICA SCHOOL

Principal: Vince Sweeters

Preschool and Grades K-8

Phone Number: 415-751-9564

Email: office@stmonicasf.org



SAVE THE DATES

Sports-O'Rama

Saturday, February 21st

Auction Gala

Saturday, March 14th

WE INVITE ALL OUR PARISHIONERS TO SPEND TIME IN FELLOWSHIP

ST. MONICA CHURCH - FRIENDSHIP SUNDAY Friendship Sunday will be held on the first Sunday of each month following the 11 a.m. Mass. To volunteer, please e-mail Fr. Ben.

ST. THOMAS THE APOSTLE CHURCH - SOCIAL SUNDAY will be held on the 2nd Sunday of every month in the church's vestibule after the 9:00 AM Mass. To volunteer please e-mail Fr. Ben.



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Mass Intentions

St. Monica				St. Thomas the Apostle			
Mon.	02/02	8:30 AM	Tomas Bermejo †	Mon.	02/02	8:30 AM	Parishioners
Tue.	02/03	8:30 AM	Eloisa Franco & Joel Sabedra †	Tue.	02/03		No Mass
Wed.	02/04	8:30 AM	Marian Dizon †	Wed.	02/04	8:30 AM	Parishioners
Thu.	02/05	8:30 AM	Kin Lee, Healing	Thu.	02/05		No Mass
Fri.	02/06	8:30 AM	Nancy V. Yates †	Fri.	02/06	8:30 AM	Parishioners
Sat.	02/07	8:30 AM	Julio & Balbina Mangana†	Sat.	02/07	8:30 AM	Parishioners
		5:00 PM	Parishioners				
Sun.	02/08	11:00 AM	Casto John Buzon †	Sun.	02/08	9:00 AM	Hebert & Julieta Honma, Wedding Anniversary

THANK YOU	ST. MONICA		ST. THOMAS
January 25, 2026	ENGLISH	VIETNAMESE	THE APOSTLE
1ST COLLECTION	\$2,631.00	\$482.00	\$1,613.00

Respect for Life Prayer
*O God, our eyes behold the beauty
of your creation, and our ears catch the sounds of your power.
We hold our lives sacred
because they are your gift.
Bring us to greater awareness
of the sanctity of human life and to sorrow for the times we have
ignored or offended it.
We ask this through Christ our Lord.
Amen.*

Request a
Mass Intention

Mass intentions for 2026 may be offered in honor of loved ones at either St. Monica or St. Thomas the Apostle Churches. For scheduling and additional information, you can either stop by or mail the parish office at 470 24th Ave. SF, CA 94121 or email (parishoffice@smstaparishsf.org). Please list all your Mass intentions and requested dates. You can also call Jessica at 415-751-5275.

ST. MONICA & ST. THOMAS THE APOSTLE PRAY FOR US