

Saint Monica-Saint Thomas the Apostle Parish

www.smstaparishsf.org

Second Sunday of Lent ~ March 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

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
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

THIS IS MY BELOVED
SON, WITH WHOM I
AM WELL PLEASED;
LISTEN TO HIM."

Mt 17:5





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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 perhaps do too much of. 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/smsparishsf/directory/register>



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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 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 Good Friday.

The law of fasting 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.

PARISH LENTEN SCHEDULE

St. Monica Church

Fridays - Stations of the Cross - 9:00 AM (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 followed by our 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 contact Fr. Ben or the Parish Office.

All are welcome. We hope to see you there!

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 by picking up an envelope on one of the tables in church. You may make an offering in honor/memory of a loved one. We will place the envelopes on the altars of our churches during Easter. Please drop off the completed envelope in the regular collection or at the parish office. Additionally, you may also donate online by using the QR code:

Thank you for your generosity.



Pope Leo XIV on Lent, "I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace."



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GOSPEL REFLECTION

Our readings for this second Sunday of Lent offer us, as Christian stewards, the motivation to continue our 40-day journey toward deeper holiness. The first reading from the book of Genesis describes God's call to Abram (who would later be called Abraham). God instructs Abram to leave his home and set out to a land that God had chosen for him. Abram's response is an ancient example of good stewardship. Instead of clinging to his comfortable home and way of life, he recognizes that all he has is a gift from God, puts his trust in God, and obeys. And God rewards him, saying, "I will make your name great, so that you will be a blessing."

To "be a blessing" is the true aim of a stewardship way of life. It is also an excellent way to live out the season of Lent. The sacrifices we take on, the spiritual disciplines we practice, and the extra acts of service we perform during this season, all give glory to God and transform our lives into a blessing for others.

Lest we grow weary on this path, our Gospel passage today, from Matthew, offers us a powerful image of the great God we serve. It is the story of the Transfiguration of Jesus, when our Lord reveals Himself in His true glory and the Father says, "This is my beloved Son, with whom I am well pleased; listen to him." The apostles who witnessed this were awestruck. But our loving Savior reassured them saying, "Rise, and do not be afraid."

As we continue our Lenten journey, let us take these two verses, "Listen to him," "Rise, and do not be afraid" to heart. Let us rely on God's strength to aid us in our spiritual disciplines as we move through Lent. We will arrive at Easter with deeper holiness, as a blessing to God and others and as better stewards of all God's gifts to us. ©Catholic Stewardship Consultants

**Rise, and
Do Not Be
Afraid**

Matthew 17:1-9

* We pray for the repose of the souls of *
* Phyllis Cardinal, Angèlique Fong, and Eva Fong *
* and offer our sympathy to their families and friends. *

On the first Friday
in March the Day of Prayer begins
on the international dateline, in Samoa.
Early in the morning, Christian women begin
praying for our world. As the earth rotates, a
great wave of prayer begins to build. It sweeps
across the Pacific, touching Fiji and New Zealand,
rolling on through Asia: Japan, the Philippines, Korea,
and Bangladesh. The countries of Africa, and the
Middle East are next. The wave reaches the shores of
Europe as the day dawns there. Across the Atlantic,
it moves onwards, the Caribbean, the Americas,
and on to the Pacific again until the sun finally
sets over American Samoa where the final
service takes place. A worldwide
circle of prayer is complete.

come rest, give you
I will give you rest,
Nigeria 2026 -

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 a.m. Mass. To volunteer please e-mail Fr. Ben.



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Mass Intentions

St. Monica				St. Thomas the Apostle			
Mon.	03/02	8:30 AM	Joseph Hai Nguyen †	Mon.	03/02	8:30 AM	Carmen Smith †
Tue.	03/03	8:30 AM	Bernardino, Sr. & Violetta Ramos †	Tue.	03/03		No Mass
Wed.	03/04	8:30 AM	Simon Lee †	Wed.	03/04	8:30 AM	Chiu Man Yuk †
Thu.	03/05	8:30 AM	Parishioners	Thu.	03/05		No Mass
Fri.	03/06	8:30 AM	Parishioners	Fri.	03/06	8:30 AM	Agnes Tung
Sat.	03/07	8:30 AM	Parishioners	Sat.	03/07	8:30 AM	Lui Pui King †
		5:00 PM	Maria & Sergio Catolos & Parishioners				
Sun.	03/08	11:00 AM	Bernard J.C. Smith †	Sun.	03/08	9:00 AM	Agnes Tung

THANK YOU	ST. MONICA		ST. THOMAS
	ENGLISH	VIETNAMESE	THE APOSTLE
IST COLLECTION - February 15, 2026	\$1,517.00	\$472.00	\$1,082.00
IST COLLECTION - February 22, 2026	\$1,216.00	\$481.00	\$1,190.00

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.

All are welcome to join us
Monday - Saturday at 8:00 AM
to pray the **Rosary**
at **St. Monica Church.**

&
All are welcome to join us
on the First Saturday of every month for
Adoration of the Blessed Sacrament
from 9:00 AM - 10:00 AM at
St. Thomas the Apostle Church.

Please see our Lenten Schedule for more opportunities on page 2.

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