

# Saint Monica-Saint Thomas the Apostle Parish

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

## Fourth Sunday of Lent ~ March 15, 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](mailto: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](mailto:dcnxristopher@gmail.com)

### Parish Staff

Administrative Assistant  
Jessica Montgomery  
[parishoffice@smstaparishsf.org](mailto:parishoffice@smstaparishsf.org)

Music Ministry  
Alix Jerinic  
[alixjerinic@gmail.com](mailto: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

**LAETARE**  
*Sunday*  
-to rejoice  
a day of hope - Easter is near

## John 9:1-41

I am the light of the world,  
says the Lord;  
whoever follows me will  
have the light of life.





## Fourth Sunday of Lent ~ March 15, 2026



Dear brothers and sisters,

This time of Lent, is a time of walking with Jesus as he carries his cross for us. It is a time of penance and a time to grow in our holy Faith, a Faith that unites us to the Lord. Through the Lenten Disciplines of Fasting, Almsgiving, and Prayer we find a pathway to walk closer with Christ our Lord.

Today let us consider the value of fasting. This is simply the denying ourselves of the good things of this world, that we might better appreciate the blessing of spiritual goods. We can fast from certain foods, for example luxurious foods, and eat more simply. That way we can save up something to give to the poor. We can also fast from media and entertainment.

We can also say that Lent is a time to fast from sinful thoughts, words and deeds, but of course it is always the time to do that. Jesus calls us "to repent," and Lent is a proper time to turn away from all that is an obstacle to our relationship with God. The more we turn away from sin, the more we will find God present in our lives. The more we deny ourselves, the more we find him. As St. John the Baptist said of Jesus "He must increase, and I must decrease."

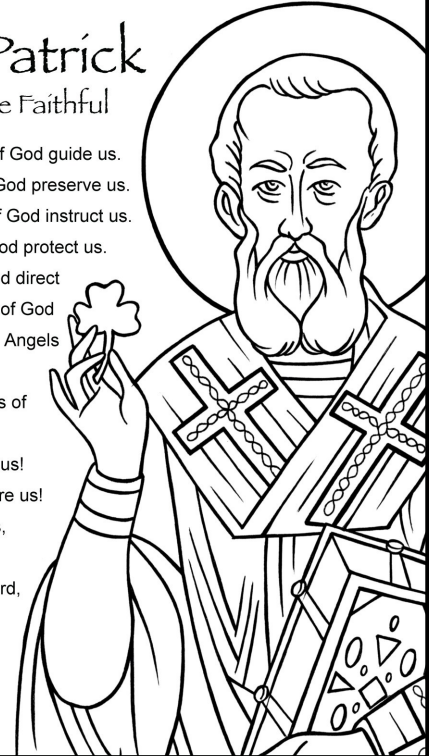
This Lent let us walk this path courageously, willing to make sacrifices for Christ and with Christ. May our souls rise up from the earth to the things of Heaven, and find ourselves nearer to God.

Fr. Ben

### Saint Patrick

Prayer for the Faithful

May the Strength of God guide us.  
May the Power of God preserve us.  
May the Wisdom of God instruct us.  
May the Hand of God protect us.  
May the Way of God direct us.  
May the Shield of God defend us.  
May the Angels of God guard us.  
- Against the snares of the evil one.  
May Christ be with us!  
May Christ be before us!  
May Christ be in us,  
Christ be over all!  
May Thy Grace, Lord,  
Always be ours,  
This day, O Lord,  
and forevermore.  
Amen.



### GOSPEL REFLECTION

Today's readings for this Fourth Sunday of Lent are filled with powerful contrasts — God's vision versus human vision, the light of Christ versus the darkness of sin, and spiritual blindness versus spiritual sight. Embracing a stewardship way of life frees us from spiritual blindness, helps us see as God sees, and allows us to reflect Christ's light in our daily lives.

In our Second Reading from Ephesians, St. Paul reminds us, "... You were once in darkness but now you are light in the Lord. Live as children of light." Through Baptism, the very life and light of the Blessed Trinity dwell within us. Yet amid the busyness and challenges of daily life, it is easy to forget this truth. We may even struggle to recognize whether our actions truly reflect Christ's light.

A stewardship way of life with its intentional and grateful use of our time, talent, and treasure, provides a daily guide to help us live as children of the light. It encourages us to make choices that reflect Christ in the way we serve, give, and love others.

In today's Gospel from John, Jesus restores sight to a man born blind, and the man simply testifies that Christ "opened my eyes." During these Lenten days, we too can ask Jesus to open our eyes and to help us see areas where spiritual blindness may still linger, especially in how we use the gifts entrusted to us.

As we continue our Lenten journey, let us renew our efforts wherever our vision has grown dim, so that by Easter we may truly live as children of the

light.

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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!**

### CATHOLIC RELIEF SERVICES COLLECTION



Today we will be taking up the collection for Catholic Relief Services. Funds from this collection provide food to the hungry, support displaced refugees, and bring Christ's love and mercy to vulnerable people here and abroad. Please give generously to the collection and reveal Christ's love to those most in need. Learn more about the collection at [www.usccb.org/catholic-relief](http://www.usccb.org/catholic-relief).

### 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.



## Fourth Sunday of Lent ~ March 15, 2026

### EASTER & HOLY WEEK SCHEDULE

#### St. Monica

**Palm Sunday, March 29th**

5:00 PM (Saturday)

8:00 AM (Vietnamese)

11:00 AM

**Holy Thursday Mass, April 2nd**

7:00 PM

**Good Friday, April 3rd**

2:00 PM - Seven Last Words

3:00 PM - Good Friday Liturgy

4:00 PM - Confessions

**Holy Saturday Vigil, April 4th**

8:00 PM

**Easter Sunday, April 5th**

11:00 AM

1:00 PM (Vietnamese)

#### St. Thomas the Apostle

**Palm Sunday**

9:00 AM

**Holy Thursday,  
Good Friday, and  
Holy Saturday will be  
held at St. Monica  
Church.**

**Easter Sunday**

9:00 AM

### **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.



### **THE FOURTH SUNDAY OF LENT LAETARE SUNDAY**



Laetare, taken from the first words of the Introit at Mass, "Laetare Jerusalem" which means "**Rejoice, O Jerusalem**" Like Gaudete Sunday, Laetare also reminds us the even we look forward to at the end of the **penitential season and the joy in anticipation of the resurrection.**



**Pray for us  
St. Joseph**

**Feast Day  
March 19th**



## Fourth Sunday of Lent ~ March 15, 2026



### Mass Intentions

| St. Monica |       |          |                        | St. Thomas the Apostle |       |         |                                            |
|------------|-------|----------|------------------------|------------------------|-------|---------|--------------------------------------------|
| Mon.       | 03/16 | 8:30 AM  | Elizabeth Rosado †     | Mon.                   | 03/16 | 8:30 AM | Kam, Larry, Grace, & Timmy Tung, Birthdays |
| Tue.       | 03/17 | 8:30 AM  | Eleanor Louis †        | Tue.                   | 03/17 |         | No Mass                                    |
| Wed.       | 03/18 | 8:30 AM  | Sharon Montgomery †    | Wed.                   | 03/18 | 8:30 AM | Parishioners                               |
| Thu.       | 03/19 | 8:30 AM  | Violet Goebel †        | Thu.                   | 03/19 |         | No Mass                                    |
| Fri.       | 03/20 | 8:30 AM  | Sharon Montgomery †    | Fri.                   | 03/20 | 8:30 AM | Gary Brennan †                             |
| Sat.       | 03/21 | 8:30 AM  | Elizabeth Rosado †     | Sat.                   | 03/21 |         | No Mass                                    |
|            |       | 5:00 PM  | Parishioners           |                        |       |         |                                            |
| Sun.       | 03/22 | 11:00 AM | John Patrick Brennan † | Sun.                   | 03/22 | 9:00 AM | John Patrick Brennan & Ruby Brennan †      |

| THANK YOU      | ST. MONICA |            | ST. THOMAS  |
|----------------|------------|------------|-------------|
| March 8, 2024  | ENGLISH    | VIETNAMESE | THE APOSTLE |
| IST COLLECTION | \$1,674.00 | \$444.00   | \$1,154.00  |

### 2026 ARCHDIOCESAN ANNUAL APPEAL

I hope all of you received the Archbishop's letter highlighting this year's Archdiocesan Annual Appeal. On behalf of youth, young adults, seminarians, social ministries, and everyone who you support through the Appeal, I ask you to prayerfully consider giving to the 2026 AAA. Through our generosity, we join others throughout our Archdiocese in answering God's call to discipleship by supporting His work.

The theme for this year's Annual Appeal is from Isaiah 40:31, "Those who hope in the Lord will renew their faith." As Catholics, we use our talents and provide our gifts for God's Glory. One way we vividly do so is by supporting the programs and ministries of the Archdiocesan Annual Appeal. Through the Annual Appeal, all the parishes in our Archdiocese unite as one body. We are thus able to assist others in ways that an individual parish would not be able to on its own. We demonstrate God's glory through the AAA by supporting such critical needs as youth and young adults, parish schools and students, social ministries, ecumenical efforts, and the greater Church. Among other ministries, your generosity supports Restorative Justice. Restorative Justice is the Archdiocese's outreach to crime victims and their families, offenders, and the incarcerated.

On behalf of everyone who needs and depends on the ministries and services of the Archdiocese of San Francisco, I extend my deep gratitude for your support of the Annual Appeal and your commitment to our Catholic faith. Thank you in advance for all you do to support the Church and her mission.

Fr. Ben

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