

Saint Monica-Saint Thomas the Apostle Parish

www.smstaparishsf.org

Fifth Sunday of Lent ~ March 22, 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

5th Sunday of
Lent



Then Jesus said, "Did I
not tell you that if you
believe, you will see the
glory of God?"
John 11:40



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Dear brothers and sisters,

We continue to reflect on the three Lenten practices of fasting, almsgiving, and prayer. Of course, we do more than simply reflect or consider them, but we are to put them into practice, entering into the Holy Season given to us, so as to obtain its benefits.

Today, we consider almsgiving, which is the sharing of material goods with those in need. Everyone can give alms, not just the wealthy. We are to give according to our means. Some can give more, and some less. What matters is that we give in such a way as to make a sacrifice for God and for others.

We do this because our God is abundant in his giving. He has given us all things: life, health, our intellect, our abilities, our family and friends, and so much more. Through our giving, we are to imitate the generous heart of God. The more we become like him, the more we will understand him. The more we understand him, the more we will love him.

There are many charitable organizations that we can assist. Especially those that truly embrace the Catholic mission, those who serve others in the name of Christ. It is not hard to find people in need; in fact, they are waiting for us. Let us determine to love them as God loves them and give as he gives. Let us boldly proclaim that *"It is no longer I, but Christ who lives in me."* It is Christ who gives in me.

Fr. Ben



GOSPEL REFLECTION

At this point in our Lenten journey, it is tempting to grow weary of the spiritual disciplines we have taken on. Today's readings inspire us to remain faithful, in grateful response to a God who loves us so much.

In our first reading, the prophet Ezekiel speaks God's own words to us. "I will put my spirit in you that you may live... I have promised and I will do it, says the Lord." Our God wants to be so closely united to us that we are one with Him. And He has promised He will do it. But only if we make room for Him by making Him THE priority of our lives. Putting God first is a grateful response that is very pleasing to Him.

How can we do this? Our second reading, from Romans, tells us. "Those who are in the flesh cannot please God. But you are not in the flesh... you are in the spirit if only the Spirit of God dwells in you."

The disciplines of Lent and a stewardship way of life are wonderful gifts that free us from too great an attachment to "the flesh." The sacrifices we make as Christian stewards are not meant to restrict our freedom and joy. Quite the contrary. They are tools to help us find the real freedom and joy that only come when we make room in our lives for God.

As we journey closer to the Passion of our Lord, let us intensify our Lenten resolutions and our stewardship way of life, inviting the Holy Spirit to take over more and more of our lives. By Easter, we will be freer to rejoice in Him and truly pleasing to God.

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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

* There are no morning 8:30 AM Masses during the Triduum (Holy Thursday, Good Friday and Holy Saturday).

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

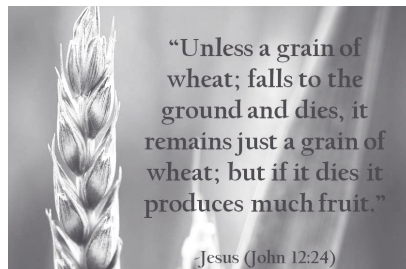
place the envelopes on the altars of our churches during Easter. Please drop off the completed envelope in the regular collection or at the parish office. Additionally, you may also donate online by using the QR code:

Thank you for your
generosity.



PALM SUNDAY

Next weekend, we will celebrate Passion (Palm) Sunday and the beginning of Holy Week. For the 9:00 AM Mass at St. Thomas and the 11:00 AM Mass at St. Monica, you may gather inside the church as usual and then at the start of Mass, we will go outside, weather permitting, for the blessing of palms and procession into the church. For the 5:00 PM Saturday Mass at St. Monica, we will have an indoor procession from the back of the church.



Lent IS A TIME TO
GROW
CLOSER TO JESUS



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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!

ST. VINCENT DE PAUL COLLECTION & VOLUNTEER OPPORTUNITY

Thank you to all those who helped with sandwich making on Wednesday, March 18th. A special thank you to those who volunteered to help with shopping for supplies and delivery to the shelter the next day. Future sandwich making will be on the 3rd Wednesday of every month. The next opportunity will be this **Wednesday, April 15th at 7:00 PM**. We meet in the St. Monica Parish Hall. For questions contact: Maria McDevitt at meg-mared@comcast.net or 415-515-6945.

Our next St. Vincent de Paul collection will be next weekend, March 28th-29th.
Thank you for your generosity.



SVDP online donation QR code:



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			
Mon.	03/23	8:30 AM	Parishioners
Tue.	03/24	8:30 AM	Lucio Aguirre †
Wed.	03/25	8:30 AM	John & Teresa Vasquez †
Thu.	03/26	8:30 AM	Helen Ang, In Thanksgiving
Fri.	03/27	8:30 AM	Ludwika Novak †
Sat.	03/28	8:30 AM	Parishioners
		5:00 PM	Parishioners
Sun.	03/29	11:00 AM	Peter & Alice Kerley †

St. Thomas the Apostle			
Mon.	03/23	8:30 AM	Parishioners
Tue.	03/24		No Mass
Wed.	03/25	8:30 AM	Julieta Homna, Healing
Thu.	03/26		No Mass
Fri.	03/27	8:30 AM	Mary Louise Madero †
Sat.	03/28		No Mass
Sun.	03/29	9:00 AM	Fiona Mitsuoka †

THANK YOU	ST. MONICA		ST. THOMAS
March 8, 2024	ENGLISH	VIETNAMESE	THE APOSTLE
1ST COLLECTION	\$1,571.00	\$439.00	\$1,777.00
CATHOLIC RELIEF SERVICES	\$677.00	\$278.00	\$573.00

2026 ARCHDIOCESAN ANNUAL APPEAL CALLED TO CARE AND TO SHARE

Those who hope
in the Lord
will renew
their strength.

ISAIAH 40:31

The Annual Appeal is our annual opportunity to join with Catholics throughout our Archdiocese and assist those who depend on us. Your generosity supports social justice ministries, seminarians, and our schools, to name just a few. On behalf of everyone who needs and utilizes our programs and services, I invite you to support this Appeal. It is critical to our mission and ministry as an Archdiocese.

Your gifts to the Appeal support the Archdiocese's Life Giving Wounds ministry. Life Giving Wounds is a retreat ministry that helps heal, restore, and provide peace of mind to adults whose parents divorced when they were children. Through tears, a participant at one of the retreats said, "...my parents' divorce was so traumatic that I didn't even know if I believed in love. It feels

good to know I'm not alone in feeling this way." Another commented, "This is probably the best thing the Church has ever done for me and my siblings."

Our Archdiocesan Annual Appeal goal this year is \$57,058.00.

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