

Saint Monica-Saint Thomas the Apostle Parish

www.smstaparishsf.org

Third Sunday of Lent ~ March 8, 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

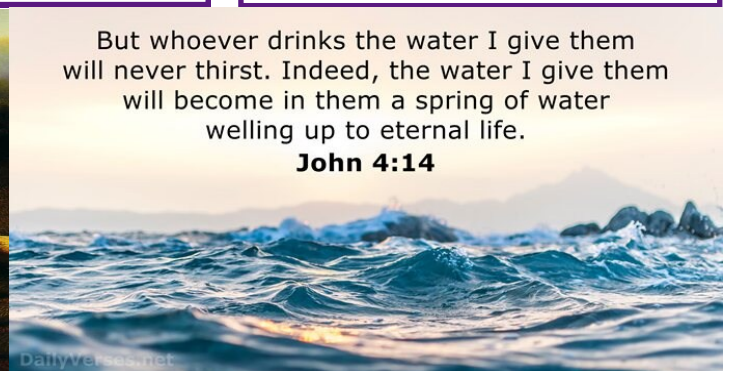
Administrative Assistant
Jessica Montgomery
parishoffice@smstaparishsf.org

Music Ministry
Alix Jerinic
alixjerinic@gmail.com



But whoever drinks the water I give them
will never thirst. Indeed, the water I give them
will become in them a spring of water
welling up to eternal life.

John 4:14





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Dear brothers and sisters,

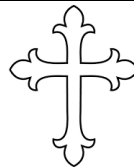
Lent is upon us, this graced period in the life of the Church. It is a time to become more holy through spiritual works. To truly enter into Lent, we must embrace its discipline. These are the three practices of Prayer, Fasting, and Almsgiving. Let us spend the next several weeks considering these and embracing them more fully in our lives.



To pray means to turn our hearts to God. Prayer takes many forms: Adoration of God, Contrition for sin, Thankfulness for his benefits, and Supplication for our many needs. When we pray, we can experience that God is not a mere idea or theory. He is the Living God who is among us. Prayer seeks to encounter him and know that *"he is for us and not against us."*

This Lent, let us make a plan to pray more often and better. Maybe we can devote an extended time to pray each day. Some ways we might do that are: praying the Rosary or the Chaplet of Divine Mercy each day, attending Holy Mass more than just on Sundays, visiting Jesus in the Church, maybe coming early before Mass to pray, and always inviting the Lord to help us in all our daily works. The Lord is waiting for us to call upon and experience his powerful help. Let us seek and find him during this holy season of Lent.

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.



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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GOSPEL REFLECTION

Today's readings for this Third Sunday of Lent center on the theme of thirst, reminding us that a stewardship way of life both satisfies our own longing for Christ and helps us respond to Christ's thirst for souls.

In our first reading from Exodus, the Israelites complain in their thirst for water, despite all God has done to free them from slavery. Yet when Moses cries out for help, God provides abundantly, bringing water from the rock to satisfy His people. The Lord's generosity did not end there. He continues to provide for us today, patiently meeting our needs again and again. In today's Gospel, we hear the powerful encounter between Jesus and the Samaritan woman at the well, beginning with His simple request: "Give me a drink." He then tells her that He can offer living water — water that truly satisfies.

These words speak directly to us as well. Christ asks us to "give Him a drink" by sharing the gifts we have received with Him and with others for His sake. Yet it is Christ Himself who fills us, offering the living water of His grace.

God invites each of us to play a part in bringing others to Him through a stewardship way of life. This Lent, may we respond to that invitation with renewed commitment, offering our time, talent, and treasure so that many may come to know Christ. In doing so, we help to quench His thirst for souls.

©Catholic Stewardship Consultants

Join us for an evening of prayer and healing...



Night of Prayer

March 13, 2026

And every 2nd Friday of each Month

St. Monica Church

5920 Geary Boulevard, San Francisco
Between 23rd Avenue & 24th Avenue

Celebrant: Fr. Ben Rosado

Holy Hour: 5:00pm—6:00pm

Holy Mass: 6:00pm—7:00pm

Healing Service: 7:00pm—8:00pm

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 RELIEF SERVICES COLLECTION



Next week-end, March 14th & 15th, we will be taking up the collection for Catholic Relief Ser-

vices. 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.



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Mass Intentions

St. Monica				St. Thomas the Apostle			
Mon.	03/09	8:30 AM	Parishioners	Mon.	03/09	8:30 AM	Parishioners
Tue.	03/10	8:30 AM	Tomas Bermejo, Jr. †	Tue.	03/10		No Mass
Wed.	03/11	8:30 AM	Danita McGinnis	Wed.	03/11	8:30 AM	Parishioners
Thu.	03/12	8:30 AM	Parishioners	Thu.	03/12		No Mass
Fri.	03/13	8:30 AM	Parishioners	Fri.	03/13	8:30 AM	Parishioners
Sat.	03/14	8:30 AM	Parishioners	Sat.	03/14	8:30 AM	Susan Mabes †
		5:00 PM	Parishioners				
Sun.	03/15	11:00 AM	Parishioners	Sun.	03/15	9:00 AM	Parishioners

THANK YOU	ST. MONICA		ST. THOMAS
March 1, 2024	ENGLISH	VIETNAMESE	THE APOSTLE
IST COLLECTION	\$1,830.00	\$455.00	\$1,382.00
FEBRUARY ONLINE DONATIONS	\$2,268.00		

ARCHDIOCESAN ANNUAL APPEAL KICKOFF SUNDAY

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