

Saint Monica-Saint Thomas the Apostle Parish

www.smstaparishsf.org

The Most Holy Trinity ~ May 31, 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



**"God so loved the world that
he gave his only-begotten Son,
so that everyone who believes
in him might not perish
but might have eternal life."
(Jn 3:16)**





The Most Holy Trinity ~ May 31, 2026



Dear brothers and sisters,

Today we continue to reflect on who the Holy Spirit is in our lives. God has given us the Spirit to live within us, his grace working within to make us a holy people. The Spirit of God moves us when we learn to follow his guidance. Today we consider that he is the Counselor we need in our daily lives.

A counselor is someone who speaks words of wisdom, who brings us comfort when we are distressed, who points out to us a way forward. We all need counselors in our lives, someone who we know cares about us and has wisdom to impart. The Holy Spirit is both of these things in abundance. He cares for us like no other, he is the Spirit of God, the Spirit of love. And his wisdom is greater than all, since God knows all things. To have the Holy Spirit with us, counselling us, means that we have the wisest friend with us always.

Nowadays people spend great deals of money to find a good counselor, and this can be very effective. But let us not neglect the Spirit that has been poured into our hearts, the Holy Spirit of God. We must pray and invite him to help us often. May we ask his guidance each day. May we call upon him when making decisions great and small. May we ask the Holy Spirit to counsel us, trusting in his loving, wise care.

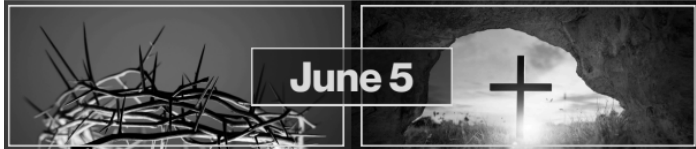
Fr. Ben



SPONSORED BY THE CATHOLIC CHARISMATIC RENEWAL OF THE
ARCHDIOCESE OF SAN FRANCISCO

First Friday Mass

Presided by Fr Andrew Ibegbulem & Dc Ernie von Emster



SCHEDULE

6:30 PM

Recitation of the Holy Rosary
Praise and Worship

7:00 PM

Holy Mass and Healing Service

CONTACTS

Danny Garza
(650) 270-8065

Sally Yeo
(650) 400-4825

Music by Holy Spirit Music Ministry

St. Thomas the Apostle Catholic Church

3835 Balboa St, San Francisco CA

Join us for an evening of Prayer and Healing

June 12, 2026

And every 2nd Friday of each Month

St. Monica Church

Celebrant: Fr. Ben Rosado

Holy Hour: 5:00pm—6:00pm

Holy Mass: 6:00pm—7:00pm

Healing Service: 7:00pm—8:00pm

Refreshments immediately following in the Small Hall

ROSARY

All are welcome to join in praying the Rosary
every Monday through Saturday at
8:00 AM at St. Monica Church.

&

ADORATION

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



The Most Holy Trinity ~ May 31, 2026

GOSPEL REFLECTION

Today we celebrate the Solemnity of the Most Holy Trinity — the central mystery of our faith.

Though the Trinity is a profound mystery, it also reveals something very practical for us as Christian stewards. The Trinity is a communion of Persons who give themselves completely to one another. This self-giving love is at the heart of the stewardship way of life.

In our Gospel, we hear, “God so loved the world that he gave his only Son.” God gives Himself to us out of love. We are called to respond in the same way by giving ourselves back to Him and to others.

The more we give of ourselves in love, the more we experience “the grace of the Lord, the love of God, and the fellowship of the Holy Spirit” within us.

This Triune God invites us into a deeper relationship with Him. One that grows as we live a life of gratitude and self-gift through the stewardship way of life.

©Catholic Stewardship Consultants

Dear Parishioners,

I'm writing on behalf of the parish regarding the maintenance of our parish organs and pianos. Both the pianos at St. Monica's and St. Thomas the Apostle are in need of maintenance to keep them in optimal working order so that they can serve our parish's needs.

The hammers in the upright grand piano at St Monica's have deep grooves on the striking service from longtime use and need to be reshaped and revoiced to improve the tone.

At St. Thomas the Apostle, the humidity of our neighborhood is affecting the tuning, timbre, and action of our new instrument. Our tuner recommends installing a humidity control system made specifically for pianos called Damp Chaser.

The costs for these repairs, not including periodic tuning, are as follows:

St. Monica's upright: \$500.00

St. Thomas the Apostle baby grand: \$900.00

The St. Monica's pipe organ is also in need of significant maintenance. It has been affected by a roof leak over the organ loft, resulting in moisture damage and mold. The church is making the necessary repairs to prevent further damage to the building and the instrument going forward, after which the organ will need regular tuning and maintenance. Our St. Monica's organ is a very old and complicated instrument, with dual consoles. There are dead notes and various mechanical issues, especially with the downstairs/sanctuary console, that need to be investigated. The cost of these repairs is TBD, but the next tuning of the instrument will cost the parish at least \$1300.00.

Contributions of any amount from the parish towards any of these costs would be greatly appreciated. Any "excess funds" we receive will be put aside for further instrumental maintenance. Should you be interested in contributing or have any questions, please feel free to contact me, Fr. Ben, or the parish office.

Sincerely,
Alix Jerinic, Parish Music Director



The Most Holy Trinity ~ May 31, 2026

ST. VINCENT DE PAUL COLLECTION & VOLUNTEER OPPORTUNITY

Thank you to all those who helped with sandwich making on Wednesday, May 20th. 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 on **Wednesday, June 17th at 7:00 PM**. We meet in the St. Monica Parish Hall.

For questions contact: Maria McDevitt at megmared@comcast.net or 415-515-6945.

**Our next St. Vincent de Paul collection will be today.
Thank you for your generosity.**

SVDP online donation QR code:



Need direction in your Faith Journey? Need a boost? You're free on a Saturday?

COME AND SEE

TALKS & TESTIMONIES LUNCH PROVIDED

MORNING MASS REGISTRATION

8:30 AM
Optional

8:30 - 9:15 AM

CONCLUDING WITH
VIGIL MASS WITH THE PARISH

5:00 PM

REGISTRATION IS FREE

Please let us know if you're attending to assist us
on a head count for lunch.



YOU'RE
INVITED

bit.ly/lifeinthepiritseminar

SPONSORED BY
THE CATHOLIC
CHARISMATIC
RENEWAL OF THE
ARCHDIOCESE OF
SAN FRANCISCO





*"Father, Son & Holy Spirit:
to all three belong
the same eternity, the
same unchangeableness,
the same majesty,
the same power.
In the Father is unity,
in the Son equality,
in the Holy Spirit
the harmony of
unity and equality."*

Happy Feast of
the Holy Trinity!

*"The Spirit of truth,
will guide you
to all truth."*

- John 16:13

*"The Spirit of truth,
will guide you
to all truth."*

- John 16:13

Inspirations

MASS INTENTIONS FOR 2026 may be offered in honor of loved ones at either St. Monica or St. Thomas the Apostle Church. For scheduling contact the parish office.

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.



The Most Holy Trinity ~ May 31, 2026



Mass Intentions

St. Monica			
Mon.	06/01	8:30 AM	Robert Tobin †
Tue.	06/02	8:30 AM	Roy & Gwen Otto †
Wed.	06/03	8:30 AM	Susan Couldron †
Thu.	06/04	8:30 AM	Parishioners
Fri.	06/05	8:30 AM	Parishioners
Sat.	06/06	8:30 AM	Parishioners
		5:00 PM	Parishioners
Sun.	06/07	11:00 AM	Mary Byrne, Julia & Bernard Smith †

St. Thomas the Apostle			
Mon.	06/01	8:30 AM	H. Loe, Healing
Tue.	06/02		No Mass
Wed.	06/03	8:30 AM	Parishioners
Thu.	06/04		No Mass
Fri.	06/05	8:30 AM	Annabelle Tung, Birthday
Sat.	06/06	8:30 AM	Maria La Nguyen †
Sun.	06/07	9:00 AM	Agnes Tung, Good Health

Please be advised bulletin collection reporting amounts will be delayed due to Mission Publication's deadlines. Thank you for your understanding.

JOIN THE SUCCESS!

If you have not yet made a gift to the Archdiocesan Annual Appeal, we ask you to do so today. We invite everyone to share a portion of God's blessings with others by supporting the Annual Appeal. Your gift has a great impact. We hope for **100%** participation from our parish family this year. Thank you for supporting our Archdiocesan ministries and the people who need and depend on our programs and services.

The following is a specific way you help change lives through making a gift to the AAA:

- ♦ **Chaplaincy Program** – Chaplaincy is offered in hospitals and prisons. **Chaplains, like Rev. Te Van Nguyen and Rev. Paulinus Iwuji, SMMM, Ph.D.**, bring support, healing, and counseling to individuals and families during their times of greatest need, in the most vulnerable moments of their lives. They administer sacraments, provide spiritual guidance, and foster hope through their presence.

Those who hope
in the Lord
will renew
their strength.

ISAIAH 40:31

**Our 2026 Archdiocesan Annual Appeal Goal is \$57,058.00.
We have reached 34% of our goal.**

Donate online: <https://sfarchdiocese.org/aaa/> or by
using the QR Code

Donate by mail: Fill out the form inside the
Church and mail the form to the Archdiocese.

Thank you for your generosity!



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