

St. Thomas the Apostle Parish Staff

Office Hours: M-F 9:00 a.m.—1:00 p.m.

904 East Lake Avenue,
Peoria Heights, IL 61616
stthomaspeoria.org; 309-688-3446
parishoffice@stthomas-church.net

Pastor: Msgr. Jason A. Gray.....(x3)
msggray@stthomas-church.net
Fr. John Twinomujuni.....In Residence

Sacristan: Mother Vaclava Ballon, FSJB
(688-3500); fsjbpeoria@yahoo.com

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Dcn. John Nelson.....981-2716
Dcn. Ed Mallow.....360-7735

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CCD Coordinator: Angie Robenstein.....
309-645-1364; ccd@stthomas-church.net

Music Coordinator: Ann Horst..... 682-5507

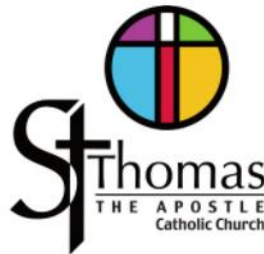
Choir Director: Erin Craig.....
erincraig@stthomas-school.net

Annulment Consultant:
John Mackoway.....699-5213

Parish Nurse: Mary Clare Geraghty.(x1350)
parishnurse@stthomas-church.net

Stay in Touch

1. Join Msgr. Gray for Mass. Link can be found on the parish website, stthomaspeoria.org or the My Parish App
2. Download My Parish App to receive push notifications (Visit myparishapp.com/download).
3. Receive the Bulletin and announcements in weekly emails from the parish. (Email parishoffice@stthomas-church.net to sign up).
4. Bookmark the parish webpage (stthomaspeoria.org).

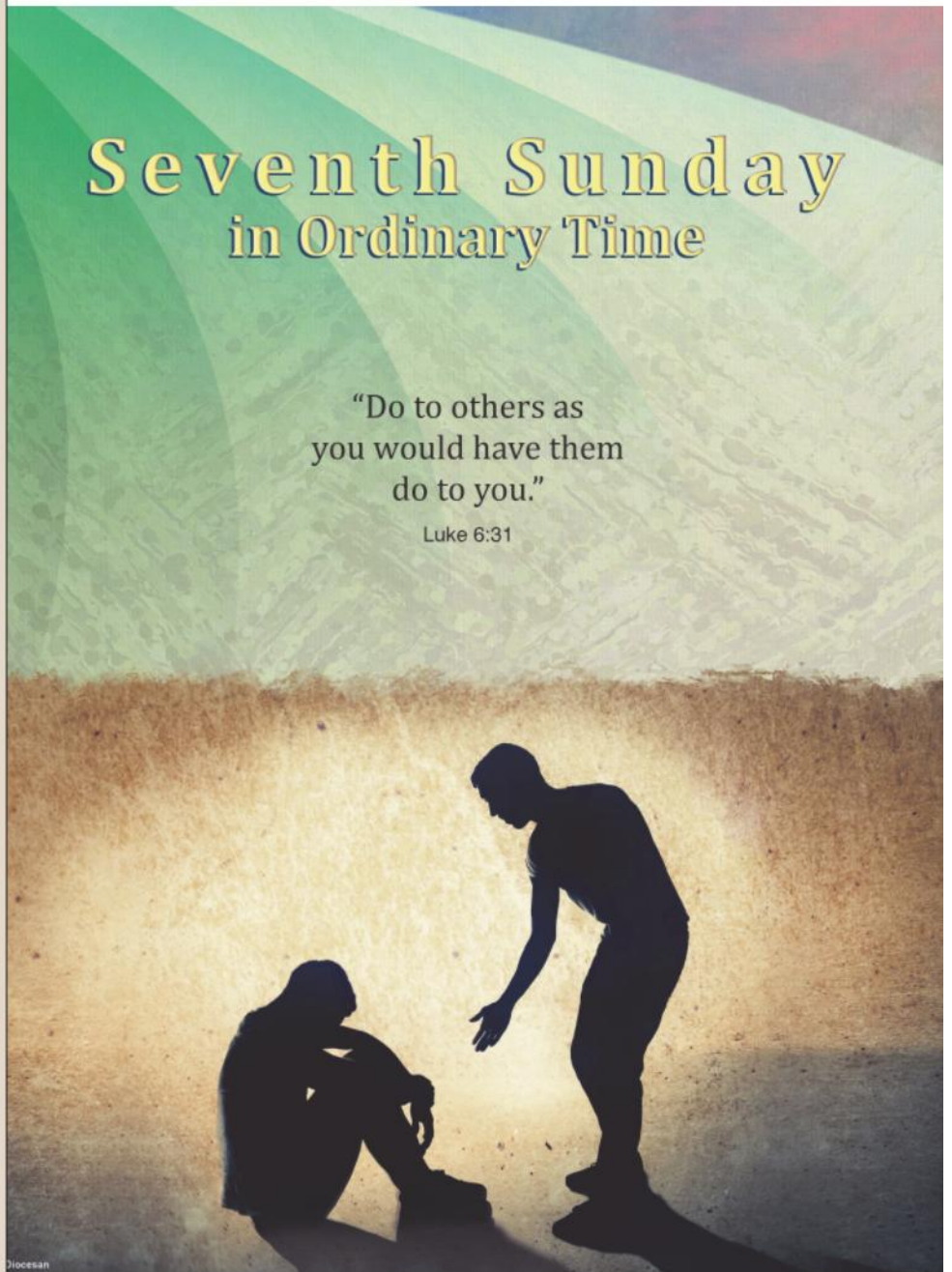


February 20, 2022
Seventh Sunday in Ordinary Time

Seventh Sunday in Ordinary Time

"Do to others as
you would have them
do to you."

Luke 6:31





From Our Pastor

Happy President's Day on Monday. The parish and school offices will be closed on Monday. Please join us on Thursday as we will have our monthly parish Holy Hour on February 24, from 7 to 8 PM.

Bishop Jenky will soon celebrate his 75th birthday on March 3rd. As required by canon law, he will submit his resignation to the Pope. Once the Holy Father accepts his resignation, Bishop Jenky will become our Bishop Emeritus. At the same time, Bishop Louis Tylka will automatically become the ninth Bishop of Peoria.

During this month, the Diocese has been celebrating Bishop Jenky's service over the past 20 years. The last edition of the Catholic Post contained a wonderful commemorative insert. We have a unique connection with Bishop Jenky, since he came to dedicate the new St. Thomas Church in October, 2002, during his first year as our Bishop.

I can also say that the progress that has been made with the Cause of the Venerable Servant of God Fulton Sheen over the past 20 years would not have been possible without Bishop Jenky's determination and commitment. Although Archbishop Sheen's beatification has been delayed, I am confident that we will have a new Blessed in the near future. I am thankful for the role that I had in investigating the miracle attributed to Sheen's intercession.

Bishop Tylka has spent the past 20 months as our Coadjutor Bishop by actively visiting the people and traveling throughout the Diocese of Peoria. Several months ago, he asked each parish to send representatives to regional discussions that he held to discuss the needs of the Diocese. After hearing from those who attended, I know that Bishop Tylka and the participants found these meetings very insightful and encouraging.

Please remember to pray for Bishop Jenky in his retirement. Moreover, please keep Bishop Tylka in your prayers as he takes on the leadership of this Diocese. Let us ask God's grace to be with him and to bless our Diocese with growth in the Gospel.

-Msgr. Gray



Readings for the Week of February 20, 2022

Sunday	Seventh Sunday in Ordinary Time 1 Samuel 26: 2, 7-9, 12-13, 22-23; 1 Corinthians 15: 45-49; Luke 6: 27-38
Monday	St. Peter Damian, Bishop & Doctor of the Church James 3: 13-18; Mark 9: 14-29
Tuesday	The Chair of St. Peter the Apostle 1 Peter 5: 1-4; Matthew 16: 13-19
Wednesday	St. Polycarp, Bishop & Martyr James 4: 13-17; Mark 9: 38-40
Thursday	James 5: 1-6; Mark 9: 41-50
Friday	James 5: 9-12, 26; Mark 10: 1-12
Saturday	James 5: 13-20; Mark 10: 13-16
Sunday	Eighth Sunday in Ordinary Time Sirach 27: 4-7; 1 Corinthians 15: 54-58; Luke 6: 39-45

Mass Intentions

Monday, February 21, 2022	7:00 a.m. Kevin Harmon (1 st Anniv) & Ed Harmon
Tuesday, February 22, 2022	7:00 a.m. Joe Bartley III/Mike & Mary Lou Bartley
Wednesday, February 23, 2022	7:00 a.m. Jerry McDonough/Eileen McDonough
Thursday, February 24, 2022	7:00 a.m. Nancy Gordon/Jeanne Whalen 9:15 a.m. Rosie Robinson/8 th Grade Class STS
Friday, February 25, 2022	7:00 a.m. John Schermer/Family
Saturday, February 26, 2022	8:00 a.m. Mary Parry/Jeanne & Dan Smith 5:00 p.m. David & Frieda Stahl/Jim & Nancy Becker
Sunday, February 27, 2022	8:00 a.m. Pete & Mary Lou Spitzer/Friends 10:00 a.m. Amanda Burtfield Kent/Family 5:00 p.m. For the People

Week of February 20

ST SCHOOL & PARISH OFFICE Closed Monday, February 21

ROSARY Tuesday, February 22, 10:00 a.m., Daily Mass Chapel

CCD Wednesday, February 23, 6:00 p.m., School

RCIA Wednesday, February 23, 7:00 p.m., Parish Hall

ST. THOMAS HOLY HOUR Thursday, February 24, 7:00 p.m., Church

THAT MAN IS YOU Friday, February 25, doors open 6:00 a.m.,
program 6:30 a.m., Parish Hall

UPCOMING EVENTS

Ash Wednesday	March 2
Adoration	March 4
Fish Fry	March 25



Small Appliance Drive

That Man Is You is sponsoring a
Small Household Appliance Drive.

We have identified needs from some of the clients of the St. Thomas Food Pantry for small household appliances. Similar to the Christmas Giving Tree Program, you will find slips of paper with the identified needed item in the gathering area in the back of the church. You can select a needed item, and then provide either a new or *gently used* appliance that's listed on the slip of paper. Bring the item back to St. Thomas with the slip of paper attached to it, and place it in one of the collection bins in the back of the church. **The slips of paper will be available after all Masses the weekends of February 19 & 20 & February 26 & 27.**

We ask that you obtain the item requested and bring it in with the label attached by Sunday March 6th. The St. Thomas Food Pantry will then distribute the items to the recipients. Please join us in helping those less fortunate in our community, who have a need but not the means to have some of the basic household appliances that many of us take for granted.

If you have any questions or need assistance in transporting an item to the church, please email **George Burek** at georgeburek@yahoo.com

Thanks you for your support of those less fortunate in our community.

Weekly Collection

	February 13, 2022	Fiscal YTD
Collections needed.....	\$20,000	\$660,000
Sunday Collections.....	\$15,431	\$479,439
Electronic Collections	\$3,188	\$105,626
Total Collected.....	\$18,619	\$585,065
Over/(Short)	\$(1,381)	\$(74,935)

Your support of St. Thomas Parish is important to sustain our mission. Please remember to contribute regularly with your envelopes or checks in our regular Sunday collection. Electronic contributions can be made through direct debit, or by using the Giving tab on our parish website: stthomaspeoria.org. Thank you for your support.

Our Sympathy

Pat McGann, father of Dennis McGann

Emma E. Harris, sister of Herb Bingham

Pray with the Pope

February 2022

For religious sisters and consecrated
women



We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

Scripture Homework

For those who would like to dive more into scripture, read the readings for the Sunday and then consider the following homework for further study.

8th Sunday: February 27, 2022

The first reading talks about the dangers related to speech. For the full context, read Sirach 27 to get a better understanding of the first reading.

An example of malicious speech can be found in Luke 20:19-26. See how the scribes and chief priests seek to set a trap for Jesus in speech, but they are the ones who are confounded by Jesus' answer.

Regarding the danger of speech, read James 3 which speaks of the importance of governing the tongue and the harm that can be done through our words.

Ash Wednesday: March 2, 2022

The first reading calls us to repent. To get the fuller context, read the entire chapter Joel 2.

The psalm asks for the Lord's mercy for our sins. As a meditation, pray through the entire Psalm 51.

The Gospel speaks of prayer, fasting, and almsgiving. The book of Tobit extols these three spiritual practices. For example, read Tobit 12:8-10.

Free 3-D Ultrasound

Expectant mothers up to 32 weeks are invited to volunteer for the 3-D ultrasound as a gift to the mission of **Destiny for Women**



Serve God as a model during the weeks of
February 27 or March 6

Assist our Nurse Practitioners (we have two) and Registered Nurse in becoming certified in Limited Obstetric Ultrasound

There will be no charge to the mothers who volunteer as it is to provide the opportunity for Destiny For Women staff to gain experience.

This is in addition to the care you are receiving from your own OB/GYN and in no way does this replace the care from your OB/GYN

Schedule an Appointment at:
DestinyforWomen.com

RCIA Topics

Feb 23: Moral Law, grace

Mar 2: Ash Wednesday, NO Class

Mar 9: Ten & Great Commandments, #1-3;
Divine/Natural Law

Mar 16: Commandments 4, 5, 7, 8

Mar 23: Commandments 6, 9, 10

Mar 30: History of the Church

Apr 6: Examination of Conscience, Preparation
for Confession, Review

Apr 13: Penance Service, Practice

Apr 16: Easter Vigil (Saturday)

Apr 20: Mystagogia

Maintenance Position: The Catholic Diocese of Peoria is recruiting a Full-time (1st shift) - Building Maintenance Professional for St. Mary Cathedral, Spalding Pastoral Center and other Diocesan locations. Emphasis of the position is to carry out preventive/corrective maintenance along with general daily upkeep of the buildings and property. Highly skilled with a background in maintenance of electrical, plumbing and HVAC systems will be required. Competitive wages and excellent benefits package! **Forward your resume to humanresources@cdop.org.**

February is **American Heart Month**. I will be sharing Heart Health tips throughout the month. Please call or email me if you have any questions call ♥ Mary Clare Geraghty, RN, BSN, Parish Nurse

Recipes and Advice for Tasty Low-Sodium Eating**

We all know we should eat well, but it's not always easy – or enjoyable. Terms like “low-sodium” or “healthy” are often equated with “bland” or “boring”. But the truth is, we can up the flavor and fulfillment with a few small improvements.

Low- or no-sodium dining doesn't have to be dull.

Try these easy tactics for more flavorful food:

1. Boost flavor with seasonings. Some spices, like chili pepper, can overwhelm the whole dish while others, like basil, are very mild and can be used in abundance. Garlic (powder, granules or fresh), cumin and onion powder add a savory element to dishes without having to add much salt.
2. Add interest with infused olive oils and vinegars. Infused oils are a great way to add flavor to salads, veggies, meat and dressings without any extra work. Popular infusions include rosemary, garlic, jalapeno and basil, and more options are available at your local gourmet grocery and online. These items are also easy to make at home.

Lowering sodium is only one aspect of healthier eating.

Here are four tips for maintaining nutritional health:

1. Manage your portions. Non-starchy veggies like broccoli, cabbage, green beans, peppers, cauliflower and zucchini should take up about half your plate or bowl. Carbohydrates like rice, breads, quinoa and white potatoes should be about a 1/4 of your plate or bowl. Meat servings should be about the size of the palm of your hand or 3 to 5 ounces.
2. Know your fats. Fat isn't the enemy, but some fats aren't very healthy. Avoid trans fats as much as possible, focusing instead on healthy fats like olive oil, avocados and nuts. The American Heart Association's recommendations include: olive, safflower, soybean and sunflower oils.
3. Eat enough protein. Ideally eating about 1 gram of protein per kilogram of body weight -- take your weight in pounds and divide by 2.2 to get kg -- is what is needed. It is important to include protein at every meal. Don't eat meat? Vegan or vegetarian sources of protein include seitan, tofu, tempeh, edamame, lentils, chickpeas, green peas, quinoa and hemp seed.
4. Check off packaged and prepared foods. Choose packaged items that have 5 or fewer ingredients you recognize; those are minimally processed and not a bunch of additives, chemicals and artificial ingredients. Choose meats that are grilled or baked rather than fried. Ask for veggies as a side instead of mashed potatoes, bread or fried foods.

Recipes for Healthier Eating

Check out healthy and flavorful recipes suitable for those on a low-sodium diet and delicious for everyone at **<https://recipes.heart.org>**

**Source: Margot Lester, Mar 04, 2020 | Aging & Health (<https://www.lifeline.phillips.com/resources/blog/2020/03/recipes-for-tasty-low-sodium-healthy-food.html?fbclid=IwAR2iN4Zw08YxUBSvwjZDIUF-et2Ga-YZRpEVgn9U-JMyU0ZVoix1Lh1a51A>)

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To the Clergy, Religious, and Laity of the Diocese of Peoria,

When there is news in our families, whether good or challenging, it spreads quickly. An engagement, the birth of a child or grandchild, or someone taking ill results in a flurry of emails, phone calls, and social media posts sharing our joy or inviting prayer.

The Diocese of Peoria is our large family of faith in central Illinois. As with any family, it is important that we stay connected, listen to one another, and make an effort to know one another. And a vital way that is done among our 26 counties is through the print and digital efforts of our excellent diocesan newspaper, **The Catholic Post**.

The Catholic Post is launching its 2022 *Delivering Unity Campaign* with a theme of *Spread the Word*. The theme reflects the call of every baptized Catholic to share the good news of Jesus Christ. It also calls to mind **The Catholic Post's** mission of reporting on the words and actions of the People of God. Further, it invites readers to assist that mission—through financial support, prayer, and sharing the Post's stories and photos, including via social media.

I strongly urge your support and readership. Details about how to subscribe are printed below. Thank you for choosing to be an informed Catholic, united with your family of faith across our great diocese. With prayers for your health and for your own efforts to *Spread the Word* in 2022, I am

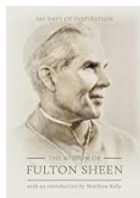
Sincerely yours in Christ,

†Daniel R. Jenky
*Most Reverend Daniel R. Jenky, C.S.C.
BISHOP OF PEORIA

How to subscribe to the Catholic Post:

The subscription price is \$30, but larger gifts in support of the mission are welcome. Subscribe online at thecatholicpost.com; call (309) 671-1550 during business hours; or send a check made out to **The Catholic Post** to P.O. Box 1722, Peoria, IL 61656. More information, including an envelope, will appear in the Feb. 27 edition of the newspaper.

Books Available



There are copies of *The Wisdom of Fulton Sheen: 365 Days of Inspiration* available in the narthex.

This book contains a quote from Bishop Sheen for each day of the year and would be a nice addition to your daily reading. Please take a copy.

Emmaus Knights For Vocations

2/20, 3/13, 4/10, 5/22 in 2022 from 4:30 p.m.—6:30 p.m.
2327 W. Heading Ave., Peoria, IL

See You Sunday

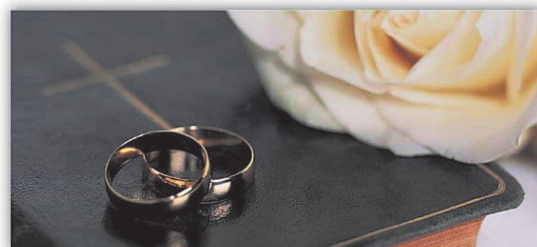
Let us know that you'll be there!

Pizza
Friends
Pingpong
Prayer



Married Couples Retreat

We've Come to Share Our Story!



Presented by Deacon Rob and Joyce Heiple

Friday, March 11, 2022 to Sunday, March 13, 2022

Check-in starts at 6pm Friday. We end at Noon on Sunday.

Where:

Catholic Diocese of Peoria's
Sacré-Coeur Retreat Center
8508 County Road 100 North
Magnolia, IL 61336



Pricing:

\$375 per couple (includes two-night stay, all meals and snacks)

For Reservations:

Please register at www.sccrmagnolia.org

For any questions, please contact Deacon Terry Stalsberg at

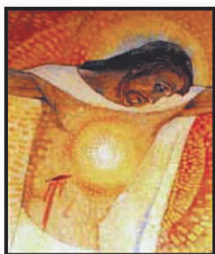
(815) 869-4106 or at dcn_stalsberg@cdop.org

Men's Retreat

All men from St. Thomas are invited to attend a 3 day spiritual retreat to be held from **September 15 -18, 2022** at the **White House Retreat Center in St. Louis**.

The 3 day retreat schedule includes a series of conferences/talks led by the retreat director, Benediction, Masses, Rosary, Confession opportunities, Sacrament of Anointing, time for personal prayer, discernment, meditation and more. Spiritual retreats provide an excellent opportunity to renew and deepen your personal faith and relationship with God.

If you have any questions or would like to register, please contact **George Burek** at georgeburek@yahoo.com.



2022 Lenten Day of Recollection

Redemptive Suffering & the Hope of Heaven

Saturday, March 19, 2022 9am – 3pm
Spalding Pastoral Center
419 N.E. Madison Ave., Peoria



Fr. John Verrier
Pastor, St. Joseph, Brimfield
and St. James, Williamsfield



Sister Faustina Thomas O.P.
Dominican Sisters of Mary,
Mother of the Eucharist



Fr. Daniel McShane
Parochial Vicar, St. Jude Peoria

9:00 a.m. Check-in and Continental Breakfast
Breakfast, Lunch, and talks | Adoration | Sacrament of Reconciliation
Mass at 11AM

Books, gifts, religious goods for sale
Community of St. John | Dominicans of Mary, Mother of the Eucharist | Servants of the Pierced Hearts
Fulton Sheen Museum (on-site) | Visit Fulton Sheen tomb at St. Mary's Cathedral (2 blocks away)

****REGISTRATION CLOSING MARCH 11****
Due to lunch reservation required

Questions? Arlene Heinz (309)868-9061 or Janice Lukich (309)231-1814.

\$25 per person Check made payable to "Divine Mercy Cenacle of Peoria"
Please include attendee(s) name, contact email, and phone.

ALL REGISTRATIONS WILL BE CONFIRMED VIA EMAIL

MAIL TO: Mrs. Paula Gottmoller, 13027 W. Parks School Rd., Princeville, IL 61559

"You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us."
(Diary of St. Faustina, 1319)

PND Annual Blue & Green Gala

March 19, 2022



Join us for the 39th Annual Blue & Green Gala - Heart of PND County Fair - Saturday, March 19, 2022. Our creative and energetic Gala Committee members have done a great job planning a very fun evening of delicious food and entertainment reminiscent of the county fair. You could:

- Win a pair of diamond stud earrings valued at \$1400 from Jones Bros. Jewelers!
- Show off your basketball skills at our Pop-A-Shot competition!
- Purchase your keepsake glass and choose from two signature drink options!
- Bring home a gift card for two (2) new pairs of Maui Jim Sunglasses (non-prescription, value: \$700)!
- View our NEW! Live & Silent Auction items!



To register online, please visit: <https://pndhs.ejoinme.org/Gala2022> or scan the QR code above. We will see you at the fair!

St. Thomas - Food Pantry

Current needs are: boxed skillet meals, pasta sauce, peanut butter, boxed side dishes, and personal hygiene products.
Thank you for your generosity

Parish Registration

Complete this form and drop it in the collection basket, **or** mail to the Parish Office **or** Register on our website at stthomaspeoria.org. Under **About** open the *New Parishioner Registration*, complete and submit the form.

Last Name _____

First Name(s) _____

Email _____

Phone _____

Address _____

City _____ ZIP _____

Phone _____

New Parishioner _____ Change of address/phone _____

Support the Catholic Post

We strongly encourage support and readership of our diocesan newspaper, **The Catholic Post**. We hope all members of our parish will use this valuable resource for Catholic living and unity in our diocese. Follow **The Catholic Post** on Facebook to get breaking news first and to share stories and images of faith with your friends and family.

Monthly Holy Hours for Vocations with Fr. Chase.

Did you know that Fr. Chase Hilgenbrinck hosts a monthly holy hour and leads meditation in various Peoria area parishes? Join the movement of monthly devotion to our Eucharistic Lord for the increase in faithful vocations to priesthood and consecrated life!

All holy hours are from 6:30pm-7:30pm.

- March 8th: St. Jude's, Peoria
- April 5th: St. Edward's, Chillicothe
- May 10th: St. Vincent's, Peoria

How to Submit Bulletin Information

Send information for the bulletin to parishoffice@stthomas-church.net with subject *Bulletin*.

Submissions are due by Friday noon, one full week prior.

Send images or logos separately as attachments.

Submissions may be edited for content and length. Please, DO NOT send PDFs.

Sacrament of Baptism

Parents participate in a Baptism class before the Baptism of their first child. Contact the Parish Office to schedule the class.

Confessions

Saturday 4:00-4:45pm
&
6:00 p.m.-until last confession heard.

Parish Office Hours

The Parish Office is open Monday-Friday from **9:00 a.m. to 1:00 p.m.** Staff are also available by email or voicemail. To leave a message, call 309-688-3446, and at the prompt, press:

- 3 - Msgr. Gray
- 0 - Terri- Administrative Assist.
- 1340 - Julie-Accounting
- 1341 - Pat-Tuition

If you have items to deliver for the Parish Office, you are welcome to put them through the mail slot of the Office downstairs in the Church, or under the door of the main Sacristy upstairs. The Church is open from 7:00 a.m. to 4:00 p.m. every day.

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Stop in Scherer Mazda to see
Keri Thierer, mother of
Aberdeen in St. Thomas
graduating class of 2026.

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