St. Thomas the Apostle Parish Staff

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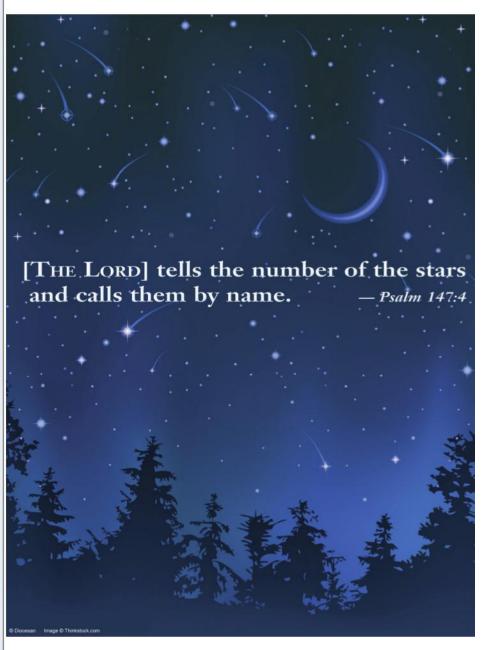
John Mackoway......699-5213

Stay in Touch

- Join Msgr. Gray for OCIA Class. Link can be found on the parish website, stthomaspeoria.org or the My Parish App
- Download My Parish App to receive push notifications (Visit myparishapp.com/download).
- 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 4, 2024 Fifth Sunday in Ordinary Time





From Our Pastor

Thank you to everyone who made Catholic Schools' Week successful. I am grateful to the administration, faculty, and staff of St. Thomas School who work so hard to provide a Catholic education for our children.

The Knights of Columbus generously help serve coffee and donuts at our monthly gatherings. This weekend, the Knights will speak about the other activities of this Catholic organization and invite you to join. I encourage the men of the parish to listen to this invitation and consider becoming a member.

Our food pantry is also asking for your help with a canned goods drive as we look forward to Super Bowl weekend. Regardless of the team you cheer for, you can participate in this "Souper Bowl" drive by bringing in canned goods or other non-perishable food items to donate to the pantry. The clients served by our pantry are very appreciative of the generosity for which St. Thomas Parish is well known.

- -Msgr. Gray

Masses for Ash Wednesday

Ash Wednesday is February 14, 2024. While Ash Wednesday is not a Holy Day of Obligation all Roman Catholics are encouraged to attend Mass on Ash Wednesday. Ash Wednesday is a day of fasting and abstinence, intended to prepare the church membership for Easter. It is strongly advisable to attend Mass on Ash Wednesday to mark the beginning of the penitential season of Lent.

Mass Schedule

7:00 a.m., 9:15 a.m. (school Mass), 12:15 p.m. and 7:00 p.m.





Readings for the Week of February 4, 2024

Sunday Fifth Sunday in Ordinary Time

Job 7: 1-4, 6-7; 1 Corinthians 9: 16-19, 22-23; Mark 1: 29-39

Monday St. Agatha, Virgin & Martyr

1 Kings 8: 1-7, 9-13; Mark 6: 53-56

Tuesday St. Paul Miki & Companions, Martyrs

1 Kings 8: 22-23, 27-30; Mark 7: 1-13

Wednesday 1 Kings 10: 1-10; Mark 7: 14-23

Thursday St. Josephine Bakhita, Virgin

1 Kings 11: 4-13; Mark 7: 24-30

Friday 1 Kings 11: 29-32; 12: 19; Mark 7: 31-37

Saturday St. Scholastica, Virgin

1 Kings 12: 26-32; 13: 33-34; Mark 8: 1-10

Sunday Sixth Sunday in Ordinary Time

Leviticus 13: 1-2, 44-46; 1 Corinthians 10: 31—11:1;

Mark 1: 40-45

Mass Intentions

Monday, February 5, 2024

7:00 a.m. Pat Agnoletti/Linda Osika 8:00 a.m. Jim Becker/Jordan Stahl

Tuesday, February 6, 2024

7:00 a.m. Fr. Paul Stark, S.J./The Luong Family

8:00 a.m. Special Intentions of the Zarley Family/Mary Ann Noe

Wednesday, February 7, 2024

7:00 a.m. Steve Sprenger/Mike and Mary Lou Bartley

8:00 a.m. Dorothy Paesani/Family

Thursday, February 8, 2024

7:00 a.m. Ron Stear/George & Connie Burek **9:15 a.m.** John R. Pusey/Ed and Cathy Mallow

Friday, February 9, 2024

7:00 a.m. Joanne Shields/The Phelan Family8:00 a.m. Louis Kardos/Michelle & Sarah Konecki

Saturday, February 10, 2024

8:00 a.m. Eugene Poignant/Don and Sandra Volk

5:00 p.m. Ann & Lloyd Wiesemann/Julie & Michael Henson

Sunday, February 11, 2024

8:00 a.m. Hafner and Smith Families 10:00 a.m. Jo Schaber/Paul & Ann Horst

5:00 p.m. For the People

Week of February 4

LIGHT OF THE WORLD SIGN-UP Sat/Sun, Feb 3/4, following all Masses

KNIGHTS OF COLUMBUS Sat/Sun, Feb 3/4, following all Masses, Parish Hall

ST. VINCENT DE PAUL AND FOOD PANTRY COLLECTIONS this weekend

COFFEE AND DONUTS after Sunday morning Masses this weekend

MEN'S BASKETBALL Sunday, February 4, 7:00 p.m., School Gym

ROSARY Tuesday, February 6, 10:00 a.m., Daily Mass Chapel

CCD Wednesday, February 7, 6:00 p.m., School

OCIA Wednesday, February 7, 7:00 p.m., Parish Hall

WOMEN OF THE WORD Thursday, February 8, 6:30 p.m., Parish Hall

MEN'S CLUB Thursday, February 8, 6:30 p.m., Rudy's Cantina

THAT MAN IS YOU Friday, February 9, doors open at 6:00 a.m., program at 6:30, ends by 7:30 a.m., Parish Hall

UPCOMING EVENTS

Ash Wednesday
St. Thomas Holy Hour
Light of the World Retreat
Men's Club Fish Fry

February 14
February 15
February 23-25

Frv March 8

Pray with the Pope

February 2024 For The Terminally III

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.

Weekly Collection

January 28, 2023

		TISCUI TID
Collections needed	\$20,000	\$620,000
Sunday Collections	\$15,610	\$414,513
Electronic Collections	\$ 2,370	\$119,867
Total Collected	\$17,980	\$534,380
Over/(Short)	\$(2,020)	\$(85,620)

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

Jemma George

Mary Margaret Murphy

George Crawford



Registration is open for our second Light of the World Retreat on February 23-26th. 2024!

This is an immersive weekend experience where participants personally encounter Christ through the presentation of the *kerygma* - the basic gospel message. This retreat is meant for any adult who wishes to move ahead in their journey of faith.

The retreat takes place at St. Thomas and participants go home to sleep each night. For more details and to register, see the parish website or pick up a flyer in the narthex!



Sponsor of the Week



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Eige al VID

February is Heart Month: Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to destress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for hearthealthy practices. Take an online yoga class, prepare a hearthealthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday:

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday:

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change

Tasty Tuesday:

Choose how you want to approach eating healthier. Start small by pepping up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension or DASH, eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

NHLBI Deliciously Healthy Eating Recipes (nih.gov)

Wellness Wednesday:

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday:

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday:

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the Journal of the American Heart Association. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday:

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Visit The Heart Truth® | NHLBI, NIH

Source: National Heart, Lung, and Blood Institute MakeHeartHealthPartofYourSelf.docx (live.com)

Souper Bowl Against Hunger

Let's 'team up' for a Souper Bowl win against hunger! Please help us reach our goal of 1000 cans of soup donated to the St. Thomas



Food Pantry **before the Super Bowl on February** 11th.

The food pantry dispenses an average of 350 cans of soup per month, so 1000 cans will get us through the cold winter months. Bringing just a few cans to each mass you attend from now until February 11th will go a long way towards our goal. Donations may be placed in the Feed The Hungry box in the church narthex. Watch our team progress on the score board near the box.



Thank you so much for helping us 'score' in the fight against food insecurity!



Experience the sights and sounds of the places where Jesus walked, prayed, suffered, and died. This Lent, join us on Thursday evenings beginning February 22nd from 7:00-8:15pm in the St. Francis Room at Holy Family Parish in Peoria for this 5-week study from Ascension Press called "No Greater Love." Each session will include a 30-minute video during which we will walk with Christ from the Garden of Gethsemane to Calvary.

Filmed in the Holy Land with Dr. Edward Sri, this five-part study reveals how Old Testament prophecies, messianic expectations, historical realities and powerful symbolism come together to reveal God's unfathomable love for us. Dr. Edward Sri is an evangelist and has spent much time studying and reflecting on the full significance of Christ's Passion and Death.

The St. Francis Room is located in the Holy Family Parish Center, 2312 W. Wagner Lane, Peoria, IL 61615. Please use the south entrance (located off the parking lot).

The meeting dates are **February 22**, **February 29**, **March 7**, **March 14**, **and March 21**. Questions? Please call Jerry & Lisa Sanderson at **309-256-3398**.

Have You Ever Wondered about the Knights of Columbus?

The Spalding Council of the Knights of Columbus serves our parish, St. Thomas the Apostle, as well as greater Peoria. Many of you might be surprised to know how much they do across our community. During an upcoming evangelization, or recruitment drive, you will learn more about the mission of the Knights of empowering Catholic men to live their faith at home, in their parish, at work, and in their community.

An Exemplification Ceremony, the ceremony when men join the Knights or are elevated another degree, will be held in conjunction with the drive. All are welcome to bear witness.

If you are, or know of a Catholic gentleman, 18 years of age, or older, who is in good standing in the Catholic Church, who might be interested in becoming a member of the Knights of Columbus or if you are just curious to see what the Knights of Columbus is all about, come to St. Thomas' Parish Hall after the 5:00 p.m. Mass on **Saturday, February 3rd** or after the 8:00 a.m., 10:00 a.m., or 5:00 p.m. Mass on **Sunday, February 4th** to find out.



St. Thomas - Food Pantry

Items most needed at this time are: pasta sauce, hamburger helper, peanut butter, pancake mix, syrup, and canned vegetables.

Thank you for your generous support!

Thank You for Your Generosity!

If you would like a statement of your 2023 giving for your records or for tax purposes, please contact the parish office after **January** 15, to terrimoon@stthomas-church.net, so we can make arrangements to get it to you.

~ Msgr. Gray

When you go to the poor, you encounter Jesus

Poverty and financial struggle weigh on so many in Peoria. Here in Peoria, people with an income below poverty level in 2021 (most recent State report available), was 22.5% of the total population vs 12.1% in the state as a whole. The largest demographic living in poverty are Females 25-34.

In November of 2022 our Food Pantry served a total of 300 persons. This past year, in November of 2023 our Pantry served 665 persons, a more than two fold increase.

As evidenced above, these are times of great stress, financial hardship, and worry for many of our neighbors. Monthly bills are a juggling act, especially for those on fixed income.

Pope Francis recently reminded us that it is the calling of every Christian to become personally involved in the plight of the poor. All the gifts that God has given us, be it little or great, are not to be used just for ourselves. They are to be used in the service of others, and in the service of God who gave them to us.

Will you help us? We cannot provide food and monetary assistance without YOUR help! You can make a difference to those in need in Peoria.

~ Cindy Hall

P.S. at our next St. Vincent de Paul collection consider this: God answers the prayers of the Poor through you!

Sources: https://www.city-data.com/poverty/poverty-Peoria-Illinois.html; https://datausa.io/profile/geo/peoria-il/#housing





It is never true to say that we have no time to meditate; the less one thinks of God, the less time there will always be for God. The time we have for anything depends on how much we value it.

~ Fulton J. Sheen

20s & 30s Lenten Bible Study



Cursillo is a Spanish word meaning "a short course." But Cursillo is more than just a short course. It's a three-day call to each of us to learn more about living a Christian life.

Have you had a longing to encounter God's grace? Cursillo may just be the place.

Each Cursillo experience is as unique and different as each individual's life journey.

For more information, call (309) 676-5587 or visit peoriacursillo.org.

Next Men's weekend: Feb. 22-25, 2024 Next Women's Weekend: May 30 – June 2, 2024

Weekends held at St. Anthony Catholic Church in Bartonville You're welcomed to join us today, tomorrow, or whenever you feel inclined to answer the invitation.

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.

New Parishioner	Change of address/phone		
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City	ZIP		
Address			
Phone			
Email			
First Name(s)	Mr Mrs Ms		
Last Name			
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For more details and to RSVP, scan below or email office@ncbu.org





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.



Diocesan is proud to be printing St. Thomas the Apostle's Sunday Bulletin



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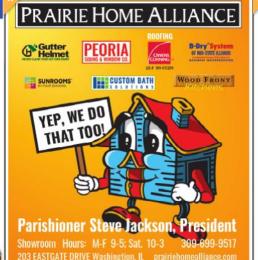
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