# St. Thomas the Apostle Parish Staff

Office Hours: M-F 9:00 a.m.—1:00 p.m.

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Dcn. Ed Mallow......360-7735 Dcn. Mark Kelsch (Senior Status)

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Annulment Consultant:

John Mackoway......699-5213

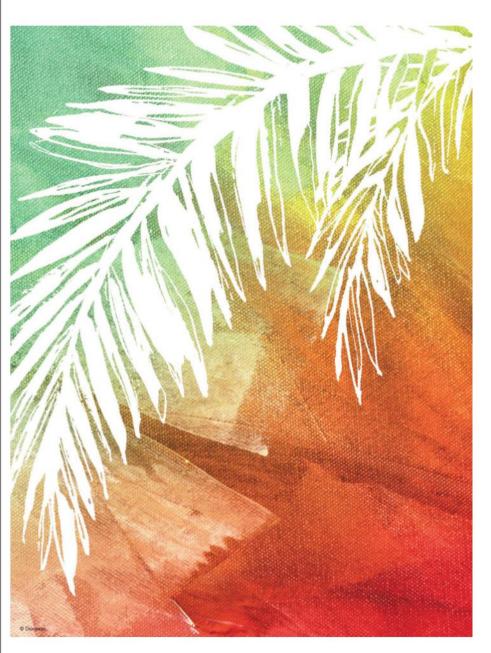
St. Vincent de Paul Society HelpLine..... (309) 264-5815

#### 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).
- 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).



# April 13, 2025 Palm Sunday of the Passion of the Lord





#### From Our Pastor

Palm Sunday begins the celebration of Holy Week and the last week of Lent. Confessions will be heard after Masses this weekend. The last opportunity for confessions will be on Friday at 5:00 p.m. before Stations of the Cross.

I encourage everyone to attend the special Masses of the Sacred Triduum that are celebrated only once each year. On Holy Thursday at 7:30 p.m., we recall the Last Supper at which Jesus instituted the Eucharist and the priesthood. On Good Friday at 3:00 p.m., we recall the Lord's death on the Cross. On Holy Saturday, the only Mass is the Easter Vigil which begins at 8:00 p.m. after sunset. We look forward to the baptism, reception into the Church, and confirmation of more than 20 people. The joy of Holy Saturday continues on Easter Sunday morning with our two Masses at 8:00 and 10:00 a.m..

For those who are praying the Divine Mercy Chaplet, the Novena for Divine Mercy Sunday begins on Good Friday and continues for the next nine days.

On Tuesday of this week, the priests of the Diocese will gather with Bishop Tylka to celebrate the Chrism Mass. The Bishop will bless the holy oils that we will use for the next year. Those oils will be presented at the Holy Thursday Mass and will be kept in the ambry which is located in the sanctuary wall near the baptismal font.

The Men's Club has extra fish and will have a carry-out only Fish Fry on Good Friday. To be sure that you can pick up fish on Good Friday, please buy your tickets this weekend after Masses at the table downstairs.

A special congratulations to our St. Thomas School students who presented Frozen Jr. this weekend at Peoria Notre Dame. The spring musical is a great event for the school and an opportunity for students to show off their talents.

- -Msgr. Gray

Pray with the Pope

For the use of the new technologies

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises

of our times.



## Readings for the Week of April 13, 2025

Sunday Palm Sunday of the Passion of the Lord

Isaiah 50: 4-7; Philippians 2: 6-11; Luke 22: 14—23: 56 OR

Luke 23: 1-49

**Monday** Isaiah 42: 1-7; John 12: 1-11

**Tuesday** Isaiah 49: 1-6; John 13: 21-33, 36-38

Wednesday Isaiah 50: 4-9a; Matthew 26: 14-25

Thursday Holy Thursday of the Lord's Supper

Exodus 12: 1-8, 11-14; 1 Corinthians 11: 23-26; John 13: 1-15

Friday Good Friday of the Lord's Passion

Isaiah 52: 13—53: 12; Hebrews 4: 14-16; 5: 7-9;

The Passion John 18: 1—19: 42

Saturday The Easter Vigil

Genesis 1: 1—2: 2; Genesis 22: 1-18; Exodus 14: 15—15: 1 Isaiah 54: 5-14; Isaiah 55: 1-11; Baruch 3: 9-15, 32—4: 4; Ezekiel 36: 16-17a, 18-28; Romans 6: 3-11; Luke 24: 1-12

Sunday Easter Sunday

Acts 10: 34a, 37-43; Colossians 3: 1-4 OR 1 Corinthians 5: 6b

-8; John 20: 1-9

### **Mass Intentions**

Monday, April 14, 2025

7:00 a.m. Mary Truitt/John Truitt

**2:30 p.m.** Vivencio Corrales/Felix Corrales

Tuesday, April 15, 2025

7:00 a.m. James Gumm/Gina Crum & The Sarmiento Family

8:00 a.m. Herman Riekert/Nancy Becker

Wednesday, April 16, 2025

7:00 a.m. Martha Truyen Nguyen/Tam & Phan Vu

8:00 a.m. Dolores Oppe/Warren Oppe

Thursday, April 17, 2025

**7:30 p.m.** For the Bishop & Priests of the Peoria Diocese/FSJB

Friday, April 18, 2025

3:00 p.m. The Passion of the Lord

Saturday, April 19, 2025

8:00 p.m. Thomas Penn/John & Amy Kelly

Sunday, April 20, 2025

8:00 a.m. For the People

10:00 a.m. Phillip Braet/Chris Braet & Family

## Week of April 13

**EXTRA CONFESSIONS** Sunday, April 13, following all Masses

CARRY-OUT FISH FRY TICKETS Sale following all Masses this weekend

**SCHOOL PLAY** Friday/Saturday/Sunday, April 11/12/13, 7:00 p.m., 2:00 p.m. on 13<sup>th</sup>, PND High School

WHY ITS GREAT TO BE CATHOLIC Monday, April 14, 7:00 p.m., Parish Hall

ROSARY Tuesday, April 15, 10:00 a.m., Chapel

CCD Wednesday, April 16, 6:00 p.m., School

MASS OF THE LORD'S SUPPER Thursday, April 17, 7:00 p.m., Church

ADORATION Thursday, April 17, 8:30 p.m., Church

PARISH OFFICE CLOSED Friday, April 18

PASSION OF THE LORD Friday, April 18, 3:00 p.m., Church

CARRY-OUT FISH FRY Friday, April 18, 5:00 p.m., School

CONFESSION Friday, April 18, 5:00 p.m., Church

STATIONS OF THE CROSS Friday, April 18, 12:00 noon & 6:00 p.m., Church

CHURCH CLEANING Saturday following 8:00 a.m. Mass, Church

EASTER VIGIL MASS Saturday, April 19, 8:00 p.m., Church

EASTER MASSES Sunday, April 20, 8:00 & 10:00 a.m. only, Church

#### **UPCOMING EVENTS**

Extra Confession Times
Divine Mercy Chaplet

Msgr. Watson Memorial Mass
Adoration
Reboot
St. Thomas Holy Hour

All Sundays of Lent
April 27

April 30

May 2

May 6

May 6

May 15

## **Weekly Collection**

April 6, 2025

		FISCAL TID
Collections needed	\$20,000	\$800,000
Sunday Collections	\$15,973	\$617,735
Electronic Collections	\$11,645	\$152,246
Total Collected	\$27,618	\$769,981
Over/(Short)	\$7,618	\$(30,019)

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**

Please pray for those who have died this week

### **Holy Week & Easter**

#### Holy Thursday, April 17 ~

Mass of the Lord's Supper, 7:30 p.m. Adoration will continue until 11:00 p.m.

#### Good Friday, April 18 ~

Stations of the Cross, 12:00 p.m.
The Passion of the Lord, 3:00 p.m.
Confessions 5:00 p.m.
Stations of the Cross 6:00 p.m.

#### Easter, April 20 ~

Easter Vigil Mass, 8:00 p.m., Saturday, Apr 19 Easter Sunday Mass, 8:00 & 10:00 a.m. (NO 5:00 p.m. Mass)



## The Divine Mercy Novena & Chaplet

The Divine Mercy Novena is traditionally prayed started on Good Friday and concluding on Divine Mercy Sunday, the Sunday

after Easter (although it can also be prayed any time of the year). This nine-day prayer devotion was revealed by Jesus to St. Faustina Kowalska, asking the faithful to immerse themselves in His infinite mercy. Each day of the novena focuses on a different group of souls to bring before the merciful heart of Jesus. The devotion ends on Divine Mercy Sunday, a feast established by Pope John Paul II in 2000, when special graces are promised to those who receive the Sacrament of Reconciliation and the Eucharist.

Link to the prayers of the Novena & Chaplet:
The Divine Mercy Novena & Chaplet - The
Catholic Crusade

## **OCIA Schedule**

**Apr 19:** Easter Vigil (Saturday)

Apr 30: Mystagogia

Sponsor of the Week







## **ONE MONTH!**

St. Vincent de Paul Parish 6001 N University Street Peoria, IL 61614

> Tuesday, May 6, 2025 7:00 - 9:00 PM



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TMIY will NOT MEET on April 18th, Good Friday, but will resume on April 25th at 6:30 a.m.

### Scan to Donate

To make donating to St. Thomas Parish easy we now have a QR Code. Just scan this code from wherever you are, whenever you want to donate.



### St. Thomas - Food Pantry

Items needed at this time are: Rice, Boxed pasta, stuffing & potato side dishes, Mac and Cheese, Crackers, Pasta Sauce & Dry Pasta Canned Meat, Peanut Butter & Jelly, Canned Fruit and Vegetables, Pancake Mix, Syrup, Canned Soup, Canned or Dry Beans (Legumes), Hamburger/Chicken/Tuna Helper

Thank you for your generous support!

## REGULATIONS FOR LENT AND THE EASTER TRIDUUM

Lent is the principal season of penance in the Christian year. Priests, religious, and laity are strongly urged to develop and follow a program of voluntary self-denial, attentiveness to prayer, and especially to works of charity and mercy.

Everyone of 14 years of age or over is bound to abstain from meat on all the Fridays of Lent.

Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday, March 5, 2025, and Good Friday, April 18, 2025.

On these two days of fast and abstinence, Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.

To disregard completely the law of fast and abstinence is a serious matter.

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. – Matthew 25: 35

The St. Thomas Food Pantry offers an excellent opportunity for students needing service hours! On Monday and Thursday mornings, federal holidays excepted, the pantry distributes groceries to neighbors in

need in the Peoria Heights area. Packing groceries, registering pantry guests, restocking shelves, repackaging food, and helping guests to their vehicles are tasks that students will perform while under adult supervision. An additional service opportunity occurs one Thursday afternoon per month when we receive a truckload of food products from Midwest Food Bank. On these days, students help adult volunteers unload the truck, repackage food, rotate stock, and stock shelves. Students interested in earning service hours at the food pantry this summer should **contact Diana Janda at** dianajanda1964@gmail.com by Friday, May 16th.

#### 2025 Opportunities Available:

Mondays & Thursdays – 8:30 am - 11:30 am June 2nd through August 14th

Monthly Food Delivery – 1:30 PM to 3:30 PM Thursdays June 12th, July 17th, and August 14th



From Your Parish Nurse

## Eat Right for Life

Contributor: Sarah Klemm, RDN, CD, LDN (Academy of Nutrition & Dietetics)

Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs at 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

#### Teens to 20s: Bone Building

In your 20s, you're still building up bone density, so this is the decade to continue to help your bones grow strong and healthy. The more you start off with, the better, as your bones will lose density over the years.

Enter <u>calcium</u>, which not only builds strong bones but also is important for healthy muscles, nerves and heart. Both men and women need 1,000 milligrams per day from the age of 19 until 50, so enjoy low-fat or fat-free dairy products, opt for calcium-fortified foods and beverages, such as soy milk, 100% fruit juices and cereals, and include other calcium sources like beans, leafy greens, almonds and canned salmon with soft bones.

#### 20s to 30s: Baby on Board

These days, women are having babies well into their 30s, which makes folate or folic acid an important nutrient throughout these two decades. This **B-vitamin** helps prevent neural tube birth defects such as spina bifida. Unfortunately, many women don't get enough. For women who plan on becoming pregnant, the 2020-2025 Dietary Guidelines for Americans recommend consuming 400 to 800 micrograms per day of folic acid from fortified foods and/or supplements, in addition to foods that provide folate in its naturally occurring form. Many breads, cereals and grain products are fortified with folic acid; numerous fruits and vegetables also are good sources of folate. If you're trying to get pregnant, your doctor may recommend a folic acid supplement. This also is a good time for men and women to start thinking about how to prevent chronic diseases that become more prevalent as we age. A well-planned eating pattern based mostly on whole-plant foods including whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the risk of chronic diseases such as Type 2 diabetes, coronary heart disease and certain types of cancer.

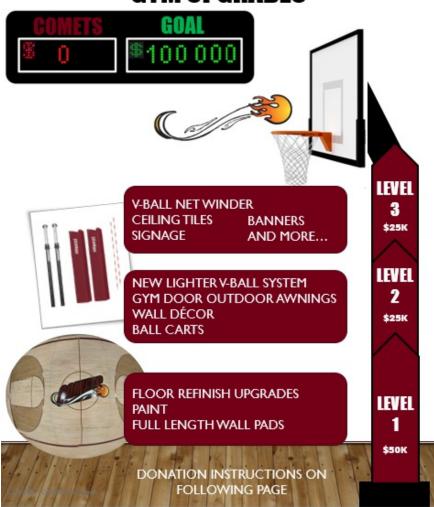
Avoid dieting, which can lead to weight cycling. A history of dieting and weight cycling (when your weight goes up and down repeatedly) has been linked with increased risk of cardiovascular issues and osteoporosis.

Be sure to read next week: 30s-40s: Keeping Score; 40-50s: Mindful Eating; & 60s & Beyond: Protein Power

Source: https://www.eatright.org/health/wellness/healthful-habits/eatright-for-life



## PLEASE SUPPORT ST. THOMAS **GYM UPGRADES**



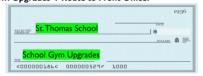


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Checks: Please make checks out to "St.Thomas School" with memo "School Gym Upgrades". Route to Front Office.



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## **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) \_\_\_\_\_\_ Mr \_ Mrs \_ Ms \_\_\_ Email \_\_ Address Phone \_\_ New Parishioner \_ Change of address/phone \_





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 - Tracey - Administrative Assist.

1341 - Sheris—Finance & Tuition

1310 - Mary-Faith Formation

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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