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

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Parochial Vicar: Fr. Leopold Mushobozi.. (x4)

 $Fr_Leo@stthomas\text{-}church.net$

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

Deacon: Dcn. John Nelson......981-2716

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

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CCD Coordinator: Liz Plaskon...(309)339-4775 ccd@stthomas-church.net

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

Music Coordinator: Steven Harms.....steveharms@stthomas-church.net

Annulment Consultant:

John Mackoway......699-5213

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

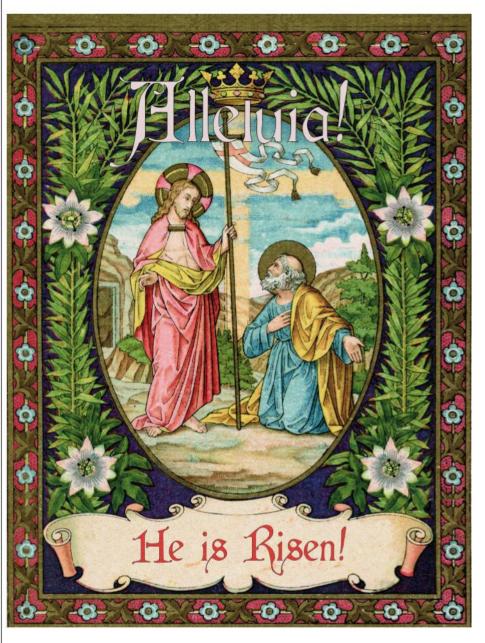
Stay in Touch

- 1. 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).



April 20, 2025

Easter Sunday of the Resurrection of the Lord



From Our Pastor Christ is Risen! Alleluia!

Today we celebrate one of the holiest days of the year and the central mystery of our faith. The Resurrection of Jesus Christ is at the heart of our faith and gives us hope that amidst all the challenges we face in life, God is more powerful than any weakness, any sin, or any imperfection. After purifying ourselves during Lent, repenting of our sins, and disciplining our desires, we come to that inexpressible joy because Jesus Christ has risen to glory!

Let us celebrate also because we had 27 Catholics who have been baptized, received into the Church, or confirmed through the Order of Christian Initiation (OCIA) this year. Special congratulations to all those who have received these Easter sacraments, primarily at the Easter Vigil. This is a sign of health, growth and vitality in our parish! In fact, we have ready begun receiving inquiries from individuals who are preparing for next year's OCIA class.

For those who participate in the Divine Mercy Novena, the novena began on Good Friday and Easter Sunday marks the third day of this devotion. Next Sunday, Divine Mercy devotions will be offered at 3:00 p.m. with confessions available also at that time.

At this time of the year, we are receiving applications for school families for next year at St. Thomas School. Some of these families are counting on tuition assistance from the Diocesan John Lancaster Spalding Fund, as well as our own school endowment. Your support of our Sponsor-a-Student fund also assists with families who cannot otherwise afford a Catholic education. If you receive envelopes, the yellow envelope is dedicated for this purpose.

Some parishioners give electronically, either through a direct debit requested through our parish office or using your financial institution's bill pay services. Our parish website is also available if you want to set up a one-time or recurring donation. Click the Giving tab on our parish website. Gifts can be applied to regular Sunday Contributions or to other dedicated funds.

For those who prefer to use online banking services, we want to make it convenient to contribute to St. Thomas. You will find a QR code in the bulletin or in the pews that can be scanned to take you directly to this contribution page.

Throughout the year, we tend to fall behind our weekly contribution goal of \$20,000. Your support not only helps us to continue our mission at both St. Thomas Church and St. Thomas School. Thank you for your generosity.

- -Msgr. Gray



Readings for the Week of April 20, 2025

Sunday Easter Sunday

Acts 10: 34a, 37-43; Colossians 3: 1-4 OR

1 Corinthians 5: 6b-8; John 20: 1-9

Monday Acts 2: 14, 22-33; Matthew 28: 8-15

Tuesday Acts 2: 36-41; John 20: 11-18

Wednesday Acts 3: 1-10; Luke 24: 13-35

Thursday Acts 3: 11-26; Luke 24: 35-48

Friday Acts 4: 1-12; John 21: 1-14

Saturday Acts 4: 13-21; Mark 16: 9-15

Sunday Sunday of Divine Mercy

Acts 5: 12-16; Revelation 1: 9-11a, 12-13, 17-19;

John 20: 19-31

Mass Intentions

Monday, April 21, 2025

8:00 a.m. Msgr. William Watson

Tuesday, April 22, 2025

7:00 a.m. Nancy Wilson/Mike & Cindy Scime

8:00 a.m. Special Intention of Barb Dolton/Mary Ann Noe

Wednesday, April 23, 2025

7:00 a.m. Stanley & Edith Gifford/John Truitt

8:00 a.m. Nan Scrivner/Beth Lees

Thursday, April 24, 2025

7:00 a.m. Adrian & Helen Truitt/John Truitt

8:00 a.m. Donna Chance/Mike & Barbara Chance

Friday, April 25, 2025

7:00 a.m. Nancy Kelly/Amy & John Kelly

8:00 a.m. Remedios Tolentino/The Sarmiento Family

Saturday, April 26, 2025

8:00 a.m. Mary Kay Kemp/Jody & Marc Maske

5:00 p.m. Pat McCauley/Family

Sunday, April 27, 2025

8:00 a.m. Msgr. William Watson 4th Anniversary 10:00 a.m. John & Maryann Lankton/The Kiel Family

3:00 p.m. Divine Mercy Devotions

5:00 p.m. Rose & Gene Leihenseder/David & Rose Chase

Week of April 20

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

PARISH OFFICE CLOSED Monday, April 21

STS Spring break all week

ROSARY Tuesday, April 22, 10:00 a.m., Chapel

MILLIONS OF MONICAS Tuesday, April 22, 7:00 p.m., Church

TMIY Friday, April 25, doors open 6:00, program 6:30 a.m., ends by 7:30 a.m., Parish Hall

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

UPCOMING EVENTS

Divine Mercy Chaplet April 27
Msgr. Watson Memorial Mass April 30
Adoration May 2
LifeTeen at St. Ann Parish Reboot St. Thomas Holy Hour May 15

Men's Retreat at White House in St. Louis

Men from St. Thomas Parish are invited to participate in a 3 day men's retreat at White House Retreat in Saint Louis. This year's retreat will take place from September 18 to 21, 2025. Join us at White House's beautiful 80-acre campus high on the bluffs overlooking the Mississippi River. This is a silent, guided retreat filled with good rest, good food, and inspiring conferences that will help bring you closer to Christ. You'll come away with a new perspective on your life and a wonderful inner peace to face

challenges with a new perspective. Give it a chance and see what it can do for your life! To register, or if you have questions, email George Burek at georgeburek@yahoo.com

More information on White House Retreats can be found at:

https://whitehouseretreat.org

We hope you will join us!



Weekly Collection

April 13, 2025

		riscai 11D
Collections needed	\$20,000	\$820,000
Sunday Collections		
Electronic Collections		
Total Collected		
Over/(Short)		

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

Easter Masses

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

Join us in praying the Divine Mercy Devotions Sunday, April 27th, at 3:00 p.m. in Church

OCIA Schedule

Apr 30: Mystagogia

Sponsor of the Week



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From Your Parish Nurse

Eat Right for Life

Continued from April 13 bulletin

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.

30s to 40s: Keeping Score

Your 30s and 40s are a good time to be vigilant about eating plenty of fruits and vegetables, which contain health-promoting vitamins, minerals and antioxidants. Adults in this age range need at least $1\frac{1}{2}$ to 2 cups of fruit and $2\frac{1}{2}$ to 3 cups of vegetables a day for women and men, respectively. Explore new tastes by trying a new fruit or vegetable a couple times per month.

Try snacking on fruit including apples, bananas and clementines, or opt for vegetable -packed, broth-based soups; salads piled with greens; and smoothies with berries. If you don't like the taste of raw vegetables, try roasting them; which brings out their natural sweetness.

Another important nutrient is dietary fiber, which may help protect against heart disease and some types of cancer. Women and men who are 31 to 50 years old need about 25 and 31 grams per day, respectively. Most adults get only about half that amount. Luckily, the fruits and veggies you're eating for the vitamins and minerals are rich in dietary fiber, and whole grains and beans are other good sources.

40s to 50s: Mindful Eating

These two decades are a time of big changes for women thanks to perimenopause and menopause. Hormone fluctuations during this time cause changes in metabolism and body weight. Rather than dieting to maintain your premenopausal shape, work on accepting your changing body and focusing on mindful eating and regular physical activity.

Men also need to consider the changes that occur as they age. Around age 40, calorie needs to start to decrease. If the same amount of calories continue to be consumed, weight gain can result. Of course, regular physical activity can help with weight maintenance and provide other benefits, too. A minimum of 150 minutes of moderate-intensity physical activity is recommended weekly for adults.

Another important nutrient is vitamin D. It's essential for bone health, and researchers believe it may reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food — the best sources are fatty fish such as salmon and trout; fortified foods and beverages, including milk and milk alternatives, 100% fruit juices and cereals; as well as eggs.

The recommended daily amount of vitamin D is 600 IU per day for both women and men 19 to 70 years old, but the majority of adults don't get enough. Consult your doctor or registered dietitian nutritionist about your need for a supplement.

60s and Beyond: Protein Power

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein may be linked with bone health.

Women and men in their 60s need 5 to 5½ ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as in low-fat or fat-free milk, yogurt and cheese. Vitamin B12 — which helps your body make red blood cells and keep the brain and nervous system healthy — is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B12. You can get B12 through any food that comes from an animal: meat, fish, dairy products and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.

Each decade brings with it specific health concerns and different nutrition needs. Eat right for your age to help you sail through the decades feeling great.

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

She saw the stone REMOVED FROM THE TOMB

EASTER SUNDAY OF THE RESURRECTION OF THE LORD

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!

COFC

Members of the Knights of Columbus from throughout the Peoria Diocese, as well as Illinois State Officers, will

Night of

Knights

as well as Illinois State Officers, will be in attendance at the Saturday evening 5:00 p.m. Mass April 26th.

This Mass begins their night of celebration for the recipients of the Night of Knights awards which recognize their countless dedicated hours of service to others.

These award winners stand as living testaments to the noble principles upon which our Order was founded—Charity, Unity, Fraternity, & Patriotism.

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.



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



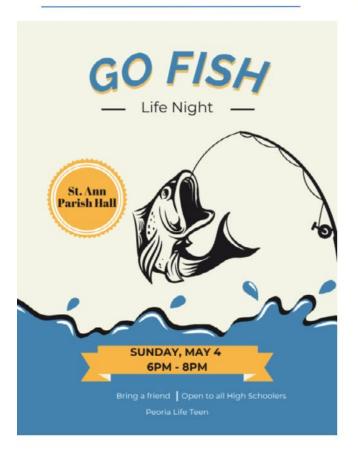
The St. Thomas Food Pantry offers an excellent opportunity for students needing service hours! On Monday and Thursday mornings, federal holidays excepted, the pantry distributes

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





Men of St. Thomas the Apostle Parish,

Do you desire to experience the joy of Christ's resurrection in a deeper way this Easter season? Join St. Thomas the Apostle's Exodus 90 group for Easter 50, a program designed to help you to fulfill your mission as a son of God through Scripture study, prayer, and fraternity. Make the most of this glorious season by embracing its celebratory character and drawing upon its power to live differently. Visit https://exodus90.com/ for more information.

Questions or interested in joining? Contact hhcosner@gmail.com.



Pray with the Pope

April 2025

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.



ONE MONTH!

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

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



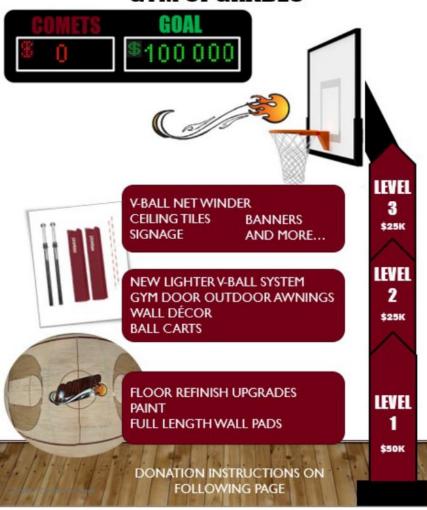
This high-energy, 2-hour event with internationally acclaimed speaker **Chris Stefanick** will awaken your faith, reignite your joy, and equip you with tools to live the life God created you for: A life of JOY!

It will help you rediscover the JOY you were created for, and is perfect for everyone... even friends, family, and children (12+) who may not be actively practicing their faith.



SCAN THE QR CODE OR VISIT THE FOLLOWING LINK TO SECURE YOUR SPOT: HTTPS://REALLIFECATHOLIC.COM/REBOOT/

PLEASE SUPPORT ST. THOMAS GYM UPGRADES



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.

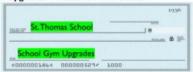
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Last Name		
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<u>Checks</u>: Please make checks out to "St.Thomas School" with memo "School Gym Upgrades". Route to Front Office.



CAT

Caterpillar Foundation 1:1 Matching Gifts:

- I. Click on Matching Link or CAT Icon Button.
- 2. Select St.Thomas Elementary School
- 2. Select St. I normas Elementary School
- 3. Request full match
- Email kellyascholz@gmail.com and/or sheriscatton@stthomaschurch.net the amount CAT will match for our tracking purposes.



Dunlap Valley Middle School Red Cross Blood Drive in Memory of Mrs. Brooke Crawmer-Joseph

Thursday, May 1, 2025 2:00-6:00 PM Dunlap Valley Middle School Commons

> 13120 Route 91 Dunlap, IL 61525

For an appointment call 1-800-RED CROSS Or visit https://www.redcrossblood.org/ give.html/drive-results?zipSponsor=DVMS

All donors will be entered into a raffle to win a \$40 gift card from Weaver's Restaurant, generously donated by Weaver's.





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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