

**Twenty First Sunday in Ordinary Time, August 21, 2022**  
**21 Domingo Del Tiempo Ordinario, 21 de Agosto de 2022**



**ST. THOMAS  
CATHOLIC CHURCH**

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**21<sup>st</sup> SUNDAY IN ORDINARY TIME**  
**21<sup>er</sup> DOMINGO DEL TIEMPO ORDINARIO**

[Jesus] answered them, "Strive to enter through the narrow gate for many, I tell you, will attempt to enter but will not be strong enough." - Lk 13:24

Jesús le respondió: "Esfuércense por entrar por la puerta, que es angosta, pues yo les aseguro que muchos tratarán de entrar y no podrán". - Lc 13, 24

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.  
Leccionario II © 1987 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

**LITURGY SCHEDULE**

**Public Weekend Masses—In Church**

Saturday: 5 PM English—Livestreamed  
Sunday: 8:30 AM Spanish —Livestreamed  
10:30 AM English—Livestreamed

**Public Weekday Masses—In Church**

Tuesday: 7 PM Spanish  
Wednesday: 9 AM English  
Thursday: 9 AM English  
Friday: 9 AM English  
1st Friday & Adoration: 8 AM-Adoration  
8:30 AM-Rosary  
9 AM-Mass  
Adoration ends at 11 AM

**All weekday Masses are also livestreamed**

**Adoration**

Tuesday: 5 PM—6:45 PM  
Friday: 9:30 AM—11 AM

**Anointing of the Sick**

First Friday of the month, or by appointment.

**Confessions**

Tuesday: 6 PM—6:45 PM  
Friday: 9:30 AM—10:15 AM  
Saturday: 4 PM—4:50 PM  
Sunday: 7:30 AM—8:20 AM

**Parish Office Hours**

Monday—Thursday: 9 AM—2 PM  
Friday: 9 AM—Noon  
Saturday & Sunday: Closed  
All major holidays: Closed

## CHANCING THE NARROW GATE

From doctors to counselors, anthropologists to schoolteachers, it seems like everyone has their own parenting style to peddle, guaranteeing it will result in a happy and well-adjusted kid.

You've got "gentle parenting," predicated on respect for the child's feelings and needs. You've got "attachment parenting," based on the belief that kids need time to adjust to being outside of the womb. You've got "free-range parenting," where self-sufficiency reigns supreme.

But of all the parenting approaches I've come across, I've never encountered a philosophy that rejects discipline altogether. There are lots of conflicting opinions on how best to administer that discipline, but I've never heard any parent or parenting "expert" worth their salt say that a mother or father should completely ignore misbehavior that threatens the well-being of the child himself.

Discipline is in our human DNA. Consider for a moment what the world would look like if it

came to be filled with people who had never been taught to reflect on their life challenges. People who bristled at the suggestion of personal growth.

And yet we become this way with God. Even the most "devout" among us shy away from occasions of divine constructive criticism. We avoid confession and forego daily examinations of conscience. We keep things superficial in our prayer life, avoiding depth of heart and real intimacy with God, afraid of what He will speak to us.

But when we do this, we rob ourselves of an opportunity to rely on God's fatherly strength, to rest in His mercy, to fill ourselves up with His goodness. We're putting up our hands, saying: "No thanks, Father, I'm good. You can keep your discipline. You can keep your grace."

When we do this, we are making a beeline for the "narrow gate," sure of our own strength and ability to pass through it. All I can say is this, proceed at your own peril. Are you so sure of yourself?

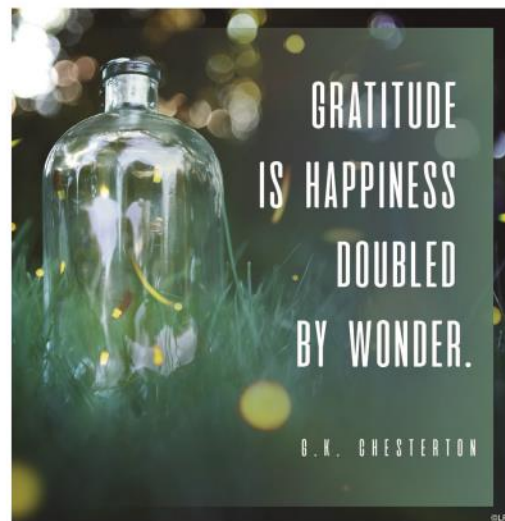
—Tracy Earl Welliver, MTS

## HOW CAN I PRACTICE GRATITUDE IN MY EVERYDAY LIFE?

God has given each of us many blessings. Fostering an "attitude of gratitude" might be easier than you think. Simple, concrete practices can help us to be more thankful more often. Incorporate it into your dinner with your spouse, or as you tuck the kids into bed at night. "*What are three things you're thankful for today?*" Make a habit of writing one note a week to someone special in your life, thanking them for how they've impacted you. This is also a good practice in the workplace. Consider opening your weekly meetings with a quick round of gratitude sharing. "*I'm grateful John helped me with that last-minute change to my presentation last week. I wouldn't have finished it in time for the meeting without him.*"

Another way is to designate a few minutes to thank God. This could be the first bit of your daily prayer time or after you receive

communion on Sundays. You can also integrate it into your daily routine. How about while brushing your teeth? There's probably nothing so important it can't wait two minutes. Brush your teeth, quiet your mind, and thank God from your heart for His blessings throughout the day. Get creative! Any moment is an opportunity to praise and thank God.



**WELCOME TO ST. THOMAS PARISH!**

Thank you for celebrating with us today. We invite you to come and worship with us again. If you would like to be a member of our faith community, please take a moment to register. We would love to have you as our spiritual companion.

**BIENVENIDOS A LA PARROQUIA DE SANTO TOMÁS!**

Gracias por celebrar con nosotros. Les damos una cordial invitación para celebrar la santa misa cada domingo con nosotros. Si usted desea ser un miembro de nuestra comunidad de fe, por favor llene el formulario de registro. Nos encantaría contar con usted como miembro de nuestra familia.

**THIS WEEK'S MASS INTENTIONS**

**INTENCIONES DE LA MISA DE ESTA SEMANA**

**Sunday, August 21, 10:30 AM**  
Sacred Heart Parish in Bellevue (by Brenda Sherman)

**Monday, August 22**  
**No Mass**

**Tuesday, August 23, 7 PM**  
Intenciones de la Comunida Parroquial

**Wednesday, August 24, 9 AM**  
† Bradley Fernandes (by Mona Fonseca)

**Thursday, August 25, 9 AM**  
† Fr. Philip Wallace (by Mona Fonseca)

**Friday, August 26, 9 AM**

**Saturday, August 27, 5 PM**

**BAUTISMOS:** Cada Primer DOMINGO del mes.  
Para mas información favor de llamar a la oficina.

**PRESENTACIONES:** cada últimos domingo del mes. Favor de llamar a la oficina primero

**CONFESIONES:** Todos los Domingos de 7:30 am a 8:20 AM  
Todos los Martes de 6:00 a 6:45 PM

**CLASES PREMATRIMONIALES**  
Mas información, favor de llamar a Gabriel y Átala Olivas al numero. (206) 909—4944



**-PROFESION DE FE-**

HOY Y EL PROXIMO DOMINGO 28 DE AGOSTO SE ESTARAN ENTREGANDO LAS FORMAS DE REGISTRO PARA LAS CLASES DE CATECISMO. LAS FORMAS PARA REGISTRARSE SON PARA NINOS QUE SE PREPARAN PARA PRIMERA COMUNION, JOVENES QUE SE PREPARAN PARA CONFIRMACION Y ADULTOS QUE SE PREPARAN PARA RECIBIR SUS SACRAMENTOS (RICA). ES NECESARIO LLENAR LA HOJA DE REGISTRO Y REGRESARLA A LA OFICINA. LA SRA. NOEMI TRABAJA LOS MARTES DE 4pm-8pm Y EL SABADO DE 9am-1pm. ALGUNOS DE LOS REQUISITOS QUE USTED NECESITA JUNTO CON SU HOJA DE REGISTRO SON:  
—ACTA DE NACIMIENTO.  
—FE DE BAUTISMO.  
—ACTA DE PRIMERA COMUNION.

**-POR MEDIO DE LOS SACRAMENTOS DIOS NOS HACE LLEGAR SU GRACIA-**



PLEASE REMEMBER IN YOUR PRAYERS THIS WEEK, ALL THOSE WHO HAVE ASKED FOR OUR PRAYERS:

FOR THE SICK: We remember especially: Joan King, Martha Hickman

FOR THE DEAD: Please pray for our beloved deceased Maddalena Carlson, Jose DeLeon, Lindy Ocampo, and Rufino Deloeste. May the Lord receive him unto Himself giving strength, comfort, and peace to their families and our parish community. Amen.

(To add or remove names please contact Michelle at: [michellem@saintthomastukwila.org](mailto:michellem@saintthomastukwila.org) or 206-242-5501 ext. 100)

**2022 ANNUAL CATHOLIC APPEAL GOAL \$31,669, Gifts Received \$28,671.06**

**OUR FINANCIAL GIFTS**

**August 13th and August 14th, 2022**  
Saturday & Sunday English Masses.....\$3,780.50  
Sunday & Tuesday Spanish Masses.....\$1,395.00  
Weekly Online Stewardship.....\$513.07  
Maintenance Fund /  
Fondo de Mantenimiento.....\$80.00  
**Total Donation /  
Donación Total.....\$5,768.57**

**Thank you for your generosity!**

**Bulletin Notices:** The article deadline is 12 PM (Noon) on the Friday a week before the weekend you wish it to appear (8 days in advance). Notices about parish events or items of interest to the parish are welcome, however posting cannot be guaranteed. Email bulletin articles/notices to : [michellem@saintthomastukwila.org](mailto:michellem@saintthomastukwila.org)