

1st Sunday in Lent, February 26, 2023
Primer Domingo de Cuaresma, 26 de Febrero de 2023



**ST. THOMAS
CATHOLIC CHURCH**

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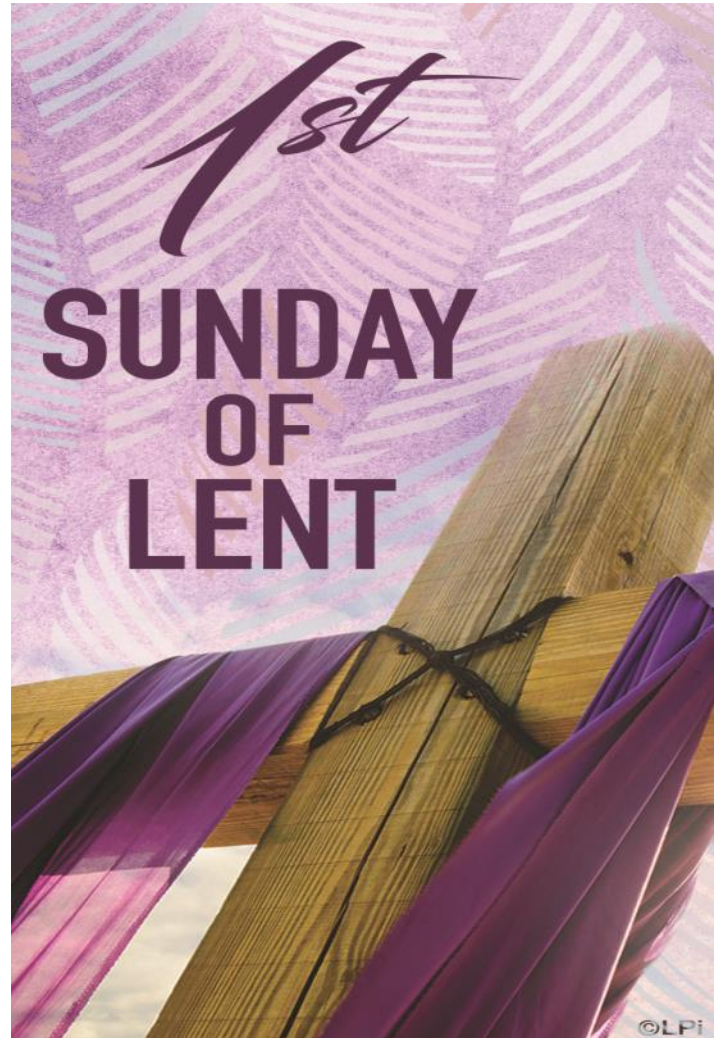
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LITURGY

Public Weekend Masses—In Church

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



FIRST WEEK OF LENT

LENTEN DISCIPLINES OF FASTING & ABSTINENCE

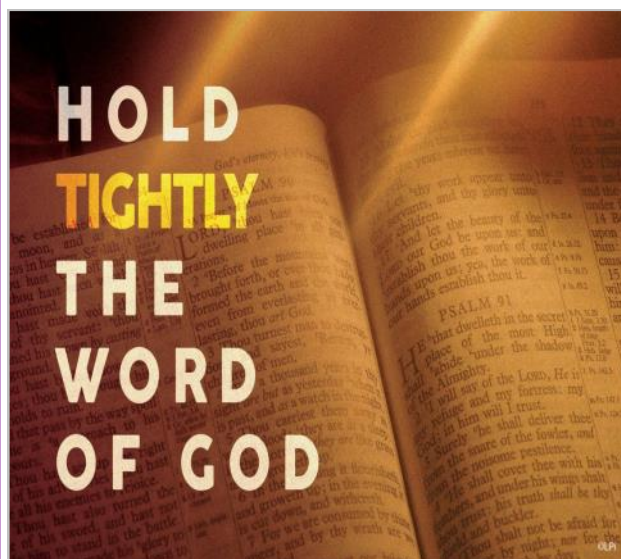
Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

Live The Liturgy Inspiration of the Week

We worship a God who understands human limitation. A God who has felt the pangs of fasting and the enticements of the tempter. Our God, hungry and tired and weakened, has stared into the face of the devil and said: *“I am stronger than you.”*



GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

February 26, 2023
1st Sunday of Lent

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: **“He fasted for forty days and forty nights, and afterwards he was hungry.”** Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word “fast” means to “hold firmly.” We still use it that way when we say, “I held *fast* to my original decision.” We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. **“Man does not live by bread alone,”** he says, **“But by every word that comes forth from the mouth of God.”** Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

— Father John Muir

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MEDITACIÓN DEL EVANGELIO – ALENTAR UN ENTENDIMIENTO MÁS PROFUNDO DE LA ESCRITURA (Gospel Meditations)

26 de febrero de 2023
1^{er} Domingo de Cuaresma

Preparados o no, ya estamos en el Primer Domingo de Cuaresma. Después de Navidad, escuchamos durante seis domingos de Tiempo Ordinario. Durante ese tiempo fuimos preparando el corazón para entrar en la Cuaresma, tiempo litúrgico que comienza con el Miércoles de Ceniza. Es un tiempo de preparación a la Pascua y termina el Jueves Santo, después de mediodía. También, es un tiempo intenso de preparación para los catecúmenos, quienes van a ser bautizados en la Vigilia Pascual. Los ya bautizados se preparan para celebrar la pasión, muerte y resurrección de nuestro Salvador.

La liturgia de hoy nos introduce al misterio de Cristo. Ayuno, limosna y oración son los elementos importantes de este tiempo. Es un tiempo de reflexión y conversión profunda para volver a Dios. El color litúrgico de este tiempo es el morado, color que significa penitencia. El Evangelio nos muestra el ayuno y las tentaciones de Jesús en el desierto. Cuarenta días de ayuno y oración y el rechazo de la tentación. La oración da fortaleza para rechazar al enemigo y el ayuno prepara el espíritu para arrepentimos con hechos de nuestro enorme egoísmo, y de la falta de respeto a los demás. Es también, tiempo para hacer de la justicia un escudo que lleve a creer en el Evangelio de Jesús. Significa, también, esfuerzo para ajustar el cambio adecuado en nuestra vida a los criterios, enseñanzas y ejemplos de Cristo. Acompañar el recorrido hacia Jerusalén con un corazón dispuesto a morir en la cruz para resucitar gloriosos con Jesús.

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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, February 26, 10:30 AM
Joseph C. Lorenzo (by Vina Lorenzo)

Monday, February 27
No Mass

Tuesday, February 28, 7 PM

Wednesday, March 1, 9 AM
† Judy Lund (by Margaret Brodigan)

Thursday, March 2, 9 AM

Friday, March 3, 9 AM

Saturday, March 4, 5 PM
† America Zanatta (by Dallosto-Elliott Family)

CONFESIONES DURANTE EL TIEMPO DE CUARESMA

HABRA 2 SACERDOTES CELEBRANDO EL SACRAMENTO DE LA CONFESION, EL MARTES 07 DE MARZO, DE 6:00PM-7:45PM.



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

FOR THE SICK: We remember especially: Bill Gorjance, Felix Brodigan, Marie Lohmann, Joan King, Martha Hickman

FOR THE DEAD: Please pray for our beloved deceased Judy Lund, Gary Northrop. May the Lord receive him unto Himself giving strength, comfort, and peace to their families and our parish community. Amen.



OUR FINANCIAL GIFTS

February 18th and February 19th, 2023

Saturday & Sunday English Masses.....\$4,244.85
Sunday & Tuesday Spanish Masses.....\$1,780.68
Weekly Online Stewardship.....\$763.07
Maintenance Fund /
Fondo de Mantenimiento.....\$546.00

**Total Donation /
Donación Total.....\$7,334.60**

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@sainthomastukwila.org