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## SAINT THOMAS MORE CHURCH CATHOLIC CAMPUS MINISTRY

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[www.stmchurch.com](http://www.stmchurch.com)

### STM Mission Statement

*"We are a diverse Eucharistic family united in Jesus Christ and His Church. We accomplish our mission to spread the message of God's love through the gifts of the Holy Spirit who guides and inspires us and with the prayers of our Blessed Mother, Mary."*

## First Sunday of Lent February 21st, 2010

### Our Lenten Practices

#### Fast and Abstinence.:

Fasting and abstinence are often linked together but are two different disciplines. **Fasting** has to do with the quantity of food eaten on particular days (little or none). **Abstinence** refers to the kind of food denied oneself, for example, meat. Fasting has always been a popular religious practice. Denying oneself a basic human need such as food for a period of time may be done for different reasons. It prepares for a feast. It promotes self-discipline. It supports one's prayers. It cleanses oneself of previous abuses and sin. All of these have been motives for the Lenten tradition of fasting. Another motive has always been part of Lenten fasting and abstinence: **almsgiving**, giving to the needy from what is saved through the discipline of fasting and abstinence, or from one's surplus.

Fasting and abstinence began as voluntary practices. Gradually they became very strict and were enforced by church law. From the 400s to the 800s, only one meal a day –usually in the evening according to local custom–was permitted. Flesh meat, fish, alcohol, and in some places even eggs and milk products were forbidden. Beginning in the 10<sup>th</sup> century, it became customary to eat this meal at noon. By the 14<sup>th</sup>, a light meal was permitted in the evening. In the Middle Ages the prohibition against fish and dairy products during Lent was lifted. A rather severe Lenten discipline of fasting and abstinence remained in force until 1966. Only one main meal was permitted on all days of Lent except Sunday for parishioners between the ages of 21 and 59. Two other meatless meals were permitted, sufficient to maintain strength, but together not equaling another full meal. This was coupled with abstinence from flesh meat, gravies, and condiments on Ash Wednesday and all Fridays for those seven years of age and older. On weekdays of Lent, meat was permitted only at the main meal except on days of abstinence.

#### Stations of the Cross:

Traditionally, Lenten devotions in parish churches have drawn attention to the suffering and death of Jesus. The most popular one is known as the Stations of the Cross. During the time of the crusades (1095-1270), it became popular for pilgrims to the Holy Land to walk in the footsteps of Jesus to Calvary. In the next two centuries, after the Moslems recaptured the Holy Land, pilgrimages were too dangerous. A substitute pilgrimage, the *Stations of the Cross*, became a popular outdoor devotion throughout Europe during the Middle Ages. They represented critical events from Scripture or tradition of Jesus' journey to Calvary and varied in number from five to 20 until the 18<sup>th</sup> century, when Pope Clement XII fixed the number at 14. In the mid-18<sup>th</sup> century, Stations were allowed inside churches. The Stations became a familiar feature in Catholic churches. In the 1960s, it became popular to add a fifteenth Station representing the end of the journey: the resurrection. Some replace questionable stations with events of Christ's suffering mentioned in Scripture but not in the traditional 14.

*Excerpt from "Catholic Customs & Traditions" by Greg Dues*

## Prayer for Priests as Lent begins

**Dear Lord**, we pray that the Blessed Mother wrap her mantle around your priests and through her intercession strengthen them for their ministry. We pray that Mary – Our Mother - will guide your priests to follow her own words “Do whatever He tells you” (John 2:5) May your priests have the heart of St. Joseph, Mary’s most chaste spouse. May the Blessed Mother’s own pierced heart inspire them to embrace all who suffer at the foot of the cross. May your priests be holy, filled with the fire of your love seeking nothing but your greater glory, and the salvation of souls.  
**Amen.**

### Staff

**Pastor: Church & School**

Msgr: Labib Kobti

**Parochial Vicar:**

Fr Andrew Johnson

**Deacon:**

Khaled Abu Shaer

**Admin Assistant:**

Elvira Garcia

**Receptionist:**

Sr Teresa Malave, VDMF

**Campus Ministry:**

Verbum Dei Sisters

Sr. Su Fern Khoo, VDMF

(415) 573-9062

**RCIC:**

**Kathy Sanford**

(650) 738-0646

**RCIA & Music:**

**Suzanne Hockel**

(415) 826-6834

**STM School:**

(415) 337-0100

### This Week's Events

**Mon. Feb. 22nd**

**Prayer Group: Brazilian Community**

Scanlan Hall 7PM-9PM

**Tue. Feb 23rd**

**Legion of Mary,**

Scanlan Hall, 6:00 pm

**Communion & Liberation,**

Scanlan Hall, 8:00 pm

**Wed. Feb 24th**

**RCIA classes at**

7pm Scanlan Hall

**Friday, Feb 26th**

**AACC Youth Group**

Scanlan Hall 6:30pm

**Prince of Peace**

Scanlan Hall 8:30pm

**Sat. Feb 27th**

**RCIC Classes , 9:00am**

in Flower Sacristy

**Bible Study Group at**

Alma Via 7:00pm

### SCHEDULE

**Saturday Vigil Mass: 5:00 PM**

**Sunday**

8:00 AM Portuguese/Brazilian;

10:00 AM English

11:45 AM Arabic;

8:00 PM English

**Weekdays:**

8:30 AM

(Mon., Wed., Fri., Sat.);

5:30 PM (Tue., Thu.)

**Holy Days:**

8:30 AM & 8:00 PM

**First Saturdays:**

10:00 AM Burmese

**First Fridays:**

8:30 AM

**7:00 PM** Exposition of the Blessed Sacrament  
Followed by Mass for healing at **8:00 PM**

**Sacrament of Baptism (infants):** Parents should be registered in the parish. Parents and godparents must attend Baptism Preparation Class. Call the office for Schedule.

**Sacrament of Reconciliation:** Sundays 9:30—9:45 AM; Saturday 4:30 PM. Any time upon request.

**Sacrament of Matrimony:** Registered couples contact us at least 6 months prior to wedding date.

**Communion to the homebound and the ill:** Anyone who is ill and would like to receive Communion call the office to schedule a visit.

**Anointing of the Sick:** Any time upon request. If a parishioner is seriously ill at home, please inform the parish office regarding a visit for anointing.

**Funeral arrangements:** Funeral Director should contact Parish Office.

**For Children and Youth:** Under 2 years old, STM offers a “Crying Room” where parents can follow Mass, while children play away from the community. Over 6 years old, we have the “Children’s Liturgy”, RCIC and RCIA and FLA groups and Summer Camps

**For Adults:** English Charismatic group, Sundays 6:00 PM; St. Benedict’s Group (18-late 20’s) 2nd and 4th Saturday 2:00-4:00 PM; Arabic Youth Group, Fridays 6:30 PM; Brazilian Charismatic group, Mondays 7:00 PM; Burmese Youth Group, Sundays 2:00 PM; SFSU Campus ministry, Thursdays 7:00 PM (on Campus) [Pls call the office for contact numbers.]

**For Families:** Bible Study, Saturday at 7:00 PM; Couples For Christ: Saturday 5:00 PM; Legion of Mary; Communion & Liberation; Perpetual Novena to the Sto. Nino; Prince of Peace and Friday adoration.

**Queenofpeacefoundation.org**, An independent Foundation created to serve the needy.

**Holy Land Museum & Shroud of Turin Exhibit**

**Open 9-4:30 Monday-Friday**

### Regular Activities

Parish Council  
Liturgy Committee  
Legion of Mary  
Communion & Liberation  
Charismatic groups for different ethnics

To Be Announced  
As Announced  
Tuesday, 6:30 PM  
Tuesday, 8:00 PM  
See schedule

Bible Study & Prayer  
AACC Youth Group  
Perpetual Novena: Sto. Nino  
Prince of Peace  
FLA Youth Group

Saturday, 7 PM at Alma Via  
Friday, 6:00 PM  
Third Friday, 7 PM  
Friday, 8:30 PM  
1st & 3rd Wed. at 6:30PM

**Full Plate Program:** Thanks for your support of this program. Pls. bring your donations & place them in the green bins at the church entrance. Menu items: 1 pack of pasta, 1 can of beef or chicken, 1 can of tomato sauce, 1 can of fruit or fruit juice. Pls., no glass items. Thanks.

# ANNOUNCEMENTS

**\*Abstinence.** Everyone fourteen years of age and older is bound to abstain from meat on Ash Wednesday, the Fridays of Lent and Good Friday.

**\*Fast.** Everyone eighteen years of age and older, but under the age of sixty is also bound to fast on Ash Wednesday and Good Friday. On these two days, the law of fast allows only one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted. When health or ability to work would be seriously affected, the law does not oblige. Please consult with one of our priests if in doubt.

**\*Lenten Spiritual Retreat:** There will be a Lenten Spiritual Retreat from 9 AM to 5 PM on March 13, 2010. Pls. clear your calendars and spend a day with the Lord on this solemn season of Lent.

**\*Enclosed is a printout of the Lenten schedule** of the different parishes in our deanery. A deanery is a group of neighboring parishes that work together to enhance and support the pastors with meeting the spiritual needs of parishioners, collaborating with each other. We are Deanery # 1 which includes: Holy Name of Jesus, St Anne of the Sunset, St Brendan, St Cecilia, St Finn Barr, St Gabriel, St John of God, St Stephen, St & Riordan High School.



**\*Mass Intentions.** We still have some Masses open for Mass intentions. Please call the rectory with your lists. We request a stipend of \$10 which goes directly to the priest celebrating your Mass.

**\*Vocation Retreat Day for Young Women.** Nazareth House, 245 Nova Albion Way, San Rafael, CA 94903, Sunday, March 14, 2010 from 9 AM to 2:30 PM. Please call Sr Fintan at (310) 216-8170 or Sr. Linda at (415) 479-8282 for more information.

**\*Social Justice Conference.** Joining our friends from other churches including members of the Fr. Bill O'Donnell Social Justice Committee of St. Joseph the Worker Church, STM Church will participate in the regional Sabeel conference: **A Time for Truth and a Time for Action: Palestine/Israel and the US at the Crossroads.** The conference will be held March 5-6 in San Anselmo. Pick up a flyer or go to [www.fosna.org](http://www.fosna.org) for more information.

### Campus Ministry

Every 2nd Sun of the month is student's Mass: 8PM at STM Church. **Lenten Busy Student's Retreat** has started **Feb 20th**, If you're a student at SFSU & are interested please call Sr. Sufern Khoo at (415) 573-9062.

### MASS INTENTIONS

**Feb 21st — Feb 27th, 2010**

2/21	Sun 10:00am	Gin Gin Montesa (B'day)
	8:00pm	People of STM
2/22	Mon 8:30am	Special Intention
2/23	Tue 5:30am	BJ Garcia
2/24	Wed 8:30am	Wilfredo Fernando (hlg)
2/25	Thu 5:30pm	Souls in Purgatory †
2/26	Fri 8:30am	Brenda Garcia
2/27	Sat 8:30 am	Fr. Denis McManus†
	5:00 pm	Guadalupe Sainz

*Attending the Mass you offer is appreciated.*



### All the sick people in our parish, to be read during Masses:

especially, James Roach, Wilfredo Fernando, Rhona Palencia Jesus Uchi, Anthony Angeles, Tina Bish, Anita Soliz, Cecilia Reyes, Brigit Suazon, Christian Yousef, Barbara Cunningham, Carmel Desmond, Gordon Lu, Ann, Iluminada Sotto and for all who are ill in our parish.

**We also pray for all the deceased in our parish.**

*(Please call the office for names of people we should pray for. To facilitate this process, names will need to be taken off*

### Weekly Offering



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### Sunday Collection

Feb. 14th, 2010

\$5008.60

**Thank you for your Generosity!**



### REGISTRATION SLIP FOR ST. THOMAS MORE

*If you are new to the area and not yet registered at Saint Thomas More Parish,*

*we invite you to fill this out, cut it out and return it to the parish office/rectory or drop in the collection basket.*

I choose to become a member of St. Thomas More and commit myself to building a community that seeks to act justly, love tenderly, and walk humbly with God. I will commit myself to this mission by my active & consistent presence at worship financial giving even when I can't be present.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone (s) \_\_\_\_\_

Email: \_\_\_\_\_ I want to receive the envelopes and commit myself to a weekly contribution.

Yes, please \_\_\_\_\_ No, thanks. \_\_\_\_\_ Subscribe to our mailing list by e-mailing us: [stmchurch@aol.com](mailto:stmchurch@aol.com)