



Norwalk, CT • Est. 1935

# ST. THOMAS

## THE APOSTLE CATHOLIC CHURCH

### February 26, 2023



## 1<sup>st</sup> SUNDAY OF LENT

Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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Rev. Miroslaw Stachurski, Pastor  
(203) 866-3141

203 East Avenue  
Norwalk, CT 06855

## MASS INTENTIONS FOR THE WEEK

Family Mass Every Sunday at 9:00AM.

Adoration Every Monday 6:00PM - 8:00PM

### Daily Mass

#### Monday, February 27

7:00 AM† Msgr. Henry E. Flanagan  
5:30 PM† Filippo Mastroianni

#### Tuesday, February 28

7:00 AM† Frank M. De Bellis  
5:30 PM Intentions of Carmen F.

#### Wednesday, March 1

7:00 AM† Luisa Labraga  
5:30 PM† Kazimiera Grzybowska

#### Thursday, March 2

7:00 AM† Carmela & William O'Boy, Sr.  
5:30 PM† Brendan Stack

#### Friday, March 3

7:00 AM† Intentions of Bridget O'Dwyer  
5:30 PM† Mass of Remembrance  
7:00 PM Stations of the Cross

#### Saturday Vigil, March 4

5:15 PM† Joseph Veno

**Celebrant**  
Fr. Mirek

#### Sunday, March 5

7:30 AM† For Our Parishioners, Living & Deceased  
9:00 AM† Intentions of Ileana & Silvana Alarcon, Terry Cain, & Luis Cardenas  
11:30 AM† Silvio Pattacini  
5:00 PM† Michael A. Sandmeno

Fr. Mirek  
Fr. Mirek  
Fr. Ralph  
Fr. Ralph



The Sanctuary Candle burns  
February 26<sup>th</sup> through March 4<sup>th</sup>  
for Mario Laracco.

Eternal Rest Grant Unto Them, O Lord, and  
let perpetual light shine upon them.

Please remember in your prayers:

Fréd Ringleg, Jr. Betty Murphy  
Gloria Tougar Alfred Palumbo, Sr.

We extend our sympathy to their families & friends.



ADORATION  
MONDAY NIGHT  
6PM - 8PM

#### Rectory:

Rev. Miroslaw Stachurski  
Pastor (ext. 12)

Rev. Ralph Segura  
Parochial Vicar (ext. 19)

#### Office Hours:

Monday through Friday 9 - 4  
Closed Saturday & Sunday

#### Rectory Staff:

Cathy Lauder  
Parish Secretary (ext. 10)

#### Finance Chair:

Ulrike Schambeck  
(203) 434-6488

#### Religious Ed Office:

(203) 866-1189  
Mary Vladimirov, DRE  
stthomasreledoffice@gmail.com

#### Parish Bookkeeper

Monika Piascik

#### Facilities:

Tito (Jose) Rivera

#### Youth Ministry:

stthomasyg1@gmail.com  
Elizabeth Squicciarino, Coordinator

#### Website:

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## PARISH STEWARDSHIP

	2023	2022
<b>February 19</b>		
Collection	\$3,761.00	\$3,976.00
On-Line	\$2,343.00	\$2,587.00
Diocesan Assessment	(\$1,567.00)	(\$1,636.00)
Net Retained	<u>\$4,537.00</u>	<u>\$4,927.00</u>
Votives	\$ 176.33	\$ 172.00

### Diocesan Assessment

The assessment is used to cover the cost of Diocesan operations and schools. The formula is based on all gross receipts. For our 2023 fiscal year, the annual Cathedral Assessment is \$81,472. This equates to a weekly payment of \$1,567. This represents an annual decrease of \$3,600.00 from the prior year.



### —MASS OF REMEMBRANCE—

The following parishioners died in the month of February: Carmine Siano and Alfred Palumbo, Sr.. There will be a special mass for all deceased parishioners on Friday, March 3<sup>rd</sup>, at 5:30 pm, in the church. Family members and friends are encouraged to attend. If you would like information about the ministry, please contact Jane Eichwald at (203) 838-4590.



# CONNECTICUT MARCH FOR LIFE

**Wednesday, March 22, 2023**  
**Rally – 12:00pm**  
**March – 1:00pm**

Connecticut State Capitol  
210 Capitol Ave.  
Hartford, CT 06106



## The Catholic Bridge



### A Diocesan Mentorship Program

#### ARE YOU INTERESTED IN PARTICIPATING IN A DIOCESAN-WIDE MENTORSHIP PROGRAM?

The diocese has launched a mentorship program benefiting young adult Catholics as they look for career and life guidance. The program consists of one monthly meeting with your mentor or mentee for six months. Meetings can be held in person or via Zoom. If you or someone you know is interested in participating as either a mentor or mentee, please sign up by clicking on the link or QR code below:

[www.FormationReimagined.org/Bridge](http://www.FormationReimagined.org/Bridge)



For more information, please contact the Program Coordinator, Cindy Egloff, at [CEgloff@diobpt.org](mailto:CEgloff@diobpt.org)



#### Find a bus trip near you

The Knights of Columbus is sponsoring reduced fares for round-trip bus rides from locations throughout Connecticut. Use the QR code or visit [rally.co/ct-march-for-life](http://rally.co/ct-march-for-life) to find buses in your area.



Enter the promo code found at checkout for a discounted price.  
Discounts are limited and first-come, first-served.

Visit [ct.marchforlife.org](http://ct.marchforlife.org) for more information.

### One In Christ – The 2023 Bishop’s Appeal Your gifts at work

The Institute for Catholic Formation offers parishes resources throughout the year that allow leaders to focus on what they do best - engaging with the faithful in the pews. From book clubs to reading groups, workshops, posters in Lent and Advent, the Institute provides free resources to make parish life better, a pastor’s life easier, and the faithful more engaged. When you make a gift to the Bishop’s Appeal, you support the ministries that continue faith formation.

To make a gift, or for more information, please visit us at [2023BishopsAppeal.org](http://2023BishopsAppeal.org), call (203) 416-1470 or scan with your phone.

Thank you for your gift.



*ST. THOMAS THE APOSTLE*

## SECOND CHANCE

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### Have the Best Lent Ever with Dynamic Catholic!

Sign up for daily email reflections, beginning with their seasonal BEST LENT EVER series.

Scan the QR code below or go to [www.dynamiccatholic.com/lent.html](http://www.dynamiccatholic.com/lent.html).



## A REFLECTION ON LENTEN FASTING BY REV. DANIEL MERZ

In the early Church and, to a lesser extent still today, there were two fasts. There was the "total fast" that preceded all major feasts or sacramental events. The ancient name for this fast was "statio" from the verb "sto, stare" to stand watch, on guard or in vigil. The second fast was a fast of abstinence from certain foods, e.g., meats or fats. This was more an act of self-discipline and self-control. The *statio* fast was total and a means of watching and waiting...i.e. *for* something. The fast of abstinence was more general and personal, to help oneself be more disciplined or self-controlled. The total fast is still kept today prior to reception of Holy Communion. Following Holy Communion, the total fast ceases because Jesus had explicitly stated that we don't fast when the bridegroom is here, in other words, what we're keeping vigil for has arrived, the wait is over. On the other hand, the fast of abstinence was allowed on Sundays because the continuity of abstinence can be important for it to be effective.

These initial observations, then, teach us that the Eucharist is always the end of a preparation. It is always the fulfillment of an expectation. In the Orthodox Church during Lent, they have Eucharist only on Saturday and Sunday. But because Wednesdays and Fridays are total fast days, those two days are also days for the Communion service (Liturgy of the Pre-Sanctified) which are held in the evening, i.e., after the day of preparation. Fasting is always *preparatory*.

But how did *fasting* become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the "breaking of the fast" by Adam and Eve; and the "keeping of the fast" by Christ at the beginning of his ministry.

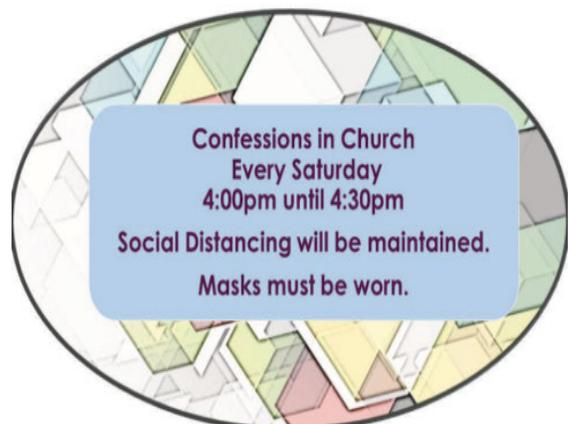
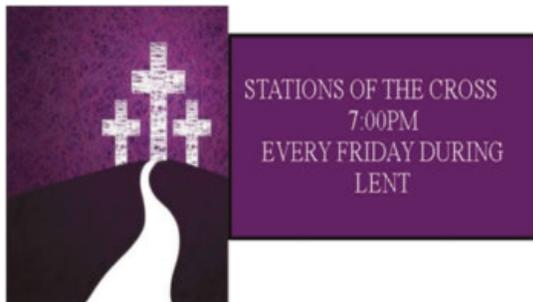
Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2:17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death." (Wis. 1:13). Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone." (Dt. 8:3; Mt. 4:4; Lk. 4:4). The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food ("Their god is their belly." Phil. 3:19). The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of Him. Believing that food had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone." Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." (Mt. 4:4; Lk. 4:4).

This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

Christian tradition can name at least seven reasons for fasting:

1. From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.
2. For the Christian, fasting is ultimately about fasting from sin.
3. Fasting reveals our dependence on God and not the resources of this world.
4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
5. Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
6. Fasting is a means of saving resources to give to the poor.
7. Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

*This article draws in part on the writings of Alexander Schmemmann, "Notes in Liturgical Theology," St. Vladimir's Seminary Quarterly, Vol. 3, No. 1, Winter 1959, pp. 2-9. Rev. Daniel Merz is a former Associate Director of the USCCB Divine Worship office.*



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## SACRAMENTS

RECTORY OFFICE HOURS: Monday - Friday: 9:00am to 4:00pm

### Prayer Requests!

Please contact the St. Thomas Prayer Ministry. Call Sue Wegiel at (203) 838-4088 with your prayer request or email her at [wegiesj@hotmail.com](mailto:wegiesj@hotmail.com). If you cannot reach Sue, please call the office at (203) 866-3141.

### Procedure for Baptisms & Weddings

Please go to the homepage of our website, click on Parish Registration and Sacramental Requests. Choose the fillable form that you need and follow the instructions at the top of the webpage. **To reserve the church for your desired wedding date, please contact the parish office at least 9 months to 1 year in advance.**

### Anointing of the Sick

Please call the Rectory anytime.

### Reconciliation

Saturdays: 4:00 - 4:30 PM      Weekdays: By appointment



**DID YOU KNOW...you must complete your Sacraments of Initiation (Baptism, Eucharist, & Confirmation) in order to be a sponsor for Baptism & Confirmation? Do you, or someone you know, want to join the Catholic church? Then the RCIA (Rite of Christian Initiation for Adults) program is for you! Just call the Faith Formation Office at (203) 866-1189 for more information.**

## PARISHIONERS AND FRIENDS IN NEED OF PRAYER

If you would like to be added to or removed from this prayer list, please email or call the office.

Please pray for the sick of our parish that may be restored to health and that all who ASSIST and CARE for them will be given the strength to continue their Christian service. Please remember the following in your prayers:

Carm Pagliano	Jim Sweet	Debbie Reddock	James Amrich	Theresa Buono	Linda Lima
Pearl Futo	Robert Parmalee	Mike Torres	Emily Calabeese	Anne Edwards	Merina Deluc
Jack Cade	Constance Williams	Skip Bossone	Marie Silver	Grace DeMilo	George Travers
Gary Livia	Peggy McDonald	Kimberly Fratoloni	Jeanette Ralston	Pam Simso	Phil Tavella
Julia Cade	Marianne Schambeck	Cathy Sinica	Rick Azillo	Jeannetta Torres	Hamilton Family
Jeannie Maxwell	Michele Mola-Gulemi	Richard Barton	Richard Berg	Diane Turek	Anthony Bruno
Vicki	Betty Lou Heffernan	Kathleen Ford	Antonio Vescio	Jackie Hamilton	Angela McCrae
Kathleen Dominick	1 <sup>st</sup> Sgt. Joe Toscano (Ret.)	Joan Kennedy	Chuck Scott	John Lima	Debbie Poruban
Dawn Grover	Josephine Mola Buckley	Nancy G.	Joanna Marvin	Ken Schulman	Denise Cassin
Vinny Massaro	Elizabeth Malerba	Alessandro Fornara	Jim Charest	Joe M.	Holly Sanders
Stefanie Sena	Jim Bogdany	Paul F.	David R.	Karen B.	

**The Food Pantry is open  
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10:00 AM to 11:30 AM.**

Donations are now being accepted during regular hours or leave **NON-PERISHABLE** items in the bin at the food pantry entrance. Questions? Call them at (203) 866-1644



### The Connecticut Hospice, Inc., Homecare Volunteers Needed

The Connecticut Hospice, Inc. is accepting applications for new volunteers! Our patients and families are in need of your care and support. If you have an interest in companionship, light housekeeping or making meals, please contact Joan Cullen, Director of Volunteers at (203) 315-7510.



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