



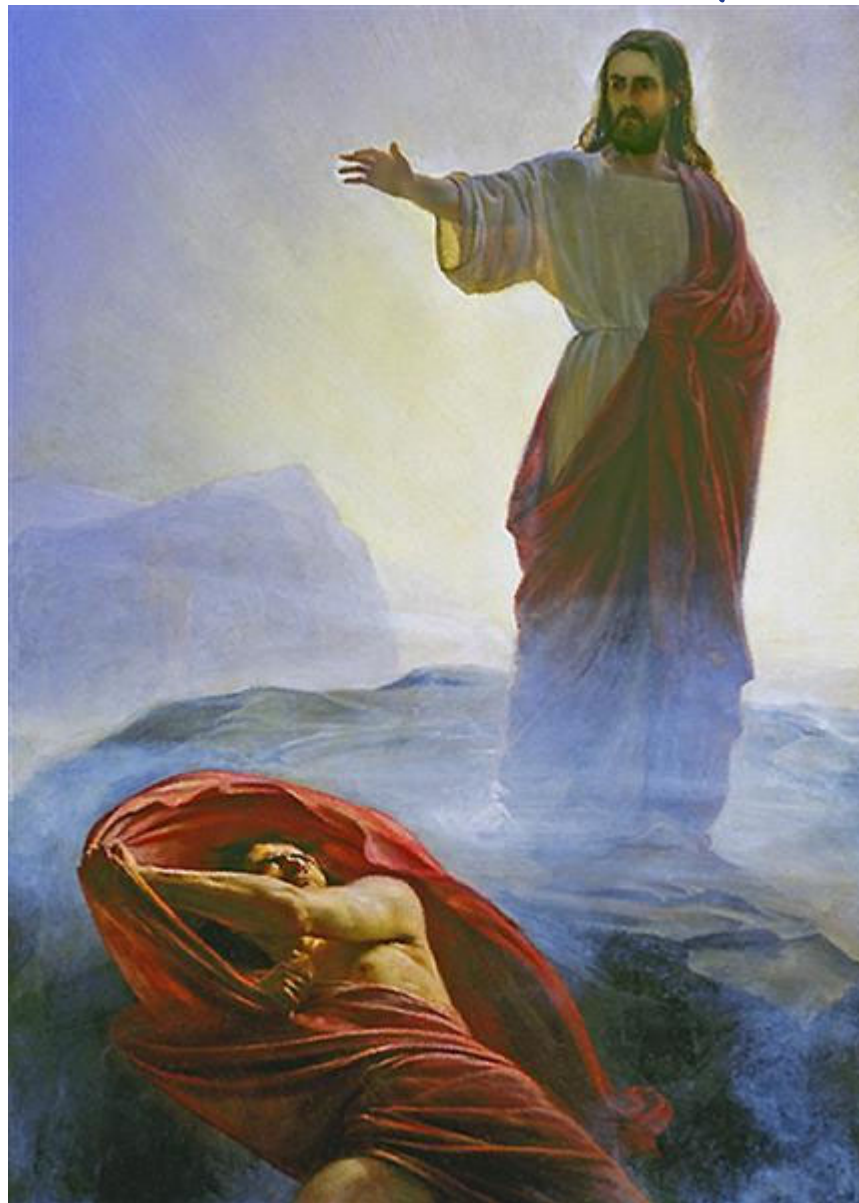
Norwalk, CT • Est. 1935

ST. THOMAS

THE APOSTLE CATHOLIC CHURCH

March 6, 2022

First Sunday of Lent



*Words by God, Luke 4: 12
Painting Denying Satan by
Carl Bloch*

“You shall not put the Lord, your God, to the test.”

Rev. Mirosław 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, March 7

7:00 AM† Linda Silva (17th Anniversary)
5:30 PM† Attilio Miguel

Tuesday, March 8

7:00 AM† Linda McCallum
5:30 PM Intentions of Nell & Mark Bernegger & Family

Wednesday, March 9

7:00 AM† Paul Kurnesky
5:30 PM† Teresa Passarelli

Thursday, March 10

7:00 AM† Mary Beth Capik
5:30 PM† Paul Douglas Hartzell

Friday, March 11

7:00 AM† Shirley Sweet
5:30 PM† Mario Laracca
7:00 PM Stations of the Cross

Saturday, March 12

5:15 PM† Elaine Sheehan

Celebrant
Fr. Mirek

Sunday, March 13

7:30 AM† Gregoire Dumas
9:00 AM† Brittany Reith
11:30 AM† Robert Prescott
5:00 PM† For Our Parishioners, Living & Deceased

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



The Sanctuary Candle burns
March 6th through March 12th
for Linda Montana Silva.

Eternal Rest Grant Unto Them, O Lord, and
Let Perpetual Light Shine Upon Them.

Please remember in your prayers:

Joseph Niez, Sr. Alan Trowbridge Ryan Dudz

We extend our sympathy to their families & friends.

Adoration and Confession

St Thomas will be having Adoration and Confession on Thursday Nights from 7-8pm, on March 10th, 17th, 24th, 31st, and April 7th. Confessions will be heard in the Marian Side Chapel.

Rectory:

Rev. Miroslaw Stachurski
Pastor

Rev. Ralph Segura
Parochial Vicar

Office Hours:

Appointments 10-3 Monday through
Thursday & Friday 10-12
Closed Saturday & Sunday

Rectory Staff:

Catherine Mulvehill
Business Manager

Cathy Lauder
Parish Secretary

Finance Chair:

Ulrike Schambeck
(203) 434-6488

Religious Ed Office:

(203) 866-1189

Michelle O'Mara, DRE
stthomasnorwalkred@gmail.com

Mary Vladimirov, Secretary
General Office Email
stthomasreledoffice@gmail.com

Facilities:

Tito (Jose) Rivera

R.I.S.E. Youth Ministry:

stthomasyg@gmail.com

Website:

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PARISH STEWARDSHIP

	2022	2021
February 27		
Collection	\$3,549.00	\$4,887.00
On-Line	\$2,545.00	\$2,463.00
Diocesan Assessment	(\$1,636.00)	(\$1,869.00)
Net Retained	<u>\$4,458.00</u>	<u>\$5,481.00</u>
Votives	\$ 166.00	\$ 135.00

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 2022 fiscal year, the annual Cathedralium Assessment is \$85,072. This equates to a weekly payment of \$1,636. This represents an annual decrease of \$4,633.00 from the prior year.



STATIONS OF THE CROSS
7:00PM
EVERY FRIDAY DURING
LENT

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Pray the Rosary in the Church

Monday - Friday: 6:30am

Monday: 7:00pm

Saturday: 4:45pm

stthomasnorwalk@optonline.net

(203) 866-3141

(203) 866-1219 Fax

Bible Study With Fr. Mirek
Wednesdays March 9th - March 30th in the
Parish Center Toomey Room at 7pm

Dear Friends;

This Lent I would like to invite you for a journey through EXODUS; we will study not only the Book of Exodus but, in addition, I would like us to consider the following, as we learn: The Book, The Time, The People. Then, maybe we could see: My personal EXODUS, and what could be the consequences of such: The Tabernacle, The Law, The Temple and the way of living. All necessary materials will be provided.

I hope to see many of you!

Fr. Mirek



YOUNG CATHOLIC
PROFESSIONALS

YCP is excited to announce that the nation's largest Young Professional Catholic Network is establishing a chapter right here in Fairfield County! Please Join us, alongside Bishop Frank Caggiano at Holy Spirit Parish (Stamford, CT), *Saturday March 19th at 7PM* for the Chapter's official Launch Party! RSVP for free at www.tinyurl.com/fairfieldcounty

YCP is a national organization whose mission is to inspire young adults in all professions to Work in Witness for Christ by hosting events that foster Catholic identity, encourage community, and inspire action.



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Selected Month: Selected Stop & Shop:

March

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The 2022 MASS BOOK is open.
 Please call or email the office to reserve your masses and candles.

DO YOU LIKE TO
KNIT OR CROCHET?
JOIN THE PRAYER SHAWL
MINISTRY

We supply all the materials at our meetings and discuss if there have been any special requests made. The next meeting is Thursday, March 24th, at 7:00pm, in the Small Meeting Room. Come meet our group and pick up your supplies!

Our shawls are free gifts meant to warm, comfort and embrace. To request a shawl or if you would like more information about our ministry, please call Vicki Remson, (203) 847-8196 or the Rectory, (203) 866-3141 or go to our website & click on Parish Ministries.

A REFLECTION ON 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 PreSanctified) which are held in the evening, i.e., after the day of preparation. Fasting is always preparatory.

Catholics are required to fast on Ash Wednesday and Good Friday and abstain from meat on all Fridays during Lent. 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 “did not create 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.” 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. 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,” 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 (the fruit of the tree of knowledge and good and evil), 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.

The author, Rev. Daniel Merz is a former Associate Director of the USCCB Divine Worship office.

PRAY For Our Men and Women Serving our Country



During these difficult times, please remember to support our local bulletin advertisers. Make the back 2 pages of this publication your "go to place" for local business help. They can only help us if we continue to help them!

FAST AND ABSTINENCE
Ash Wednesday and Good Friday are obligatory days of fasting and abstinence. In addition, Fridays during Lent are obligatory days of abstinence. Catholics over the age of 14 years are required to abstain from meat every Friday during Lent. All Catholics between the ages of 18 and 59 are required by Church law to fast on Ash Wednesday and Good Friday. Only one full meal is permitted to persons in this age group on this day, plus two lighter meals.



**ADORATION
MONDAY NIGHT
6PM - 8PM**

If you would like to arrange a baptism, please call the office at (203) 866-3141. If this is your first baby, you will need to complete the Pre-Baptism class with one of our priests. *Pre-Baptism classes are the 3rd Saturday of every month. Please call to reserve your space.*



Birthright

Birthright is in need of gently worn *baby and maternity clothing*. Please call to arrange for a drop off. They also need volunteers (especially Spanish speaking). Opportunities include friendship counseling, clerical, and clothing work. Training is provided. Please call the Norwalk Chapter for more information: (203) 853-4872.

Planning a wedding? Congratulations!!

Call the office to secure your date. We are having ceremonies with all current COVID guidelines in place. We also live-stream your ceremony for those who can't be with you or don't feel comfortable with participating in person. *You need to contact the office at least 9 months prior to your chosen date.*

MEMORIAL MASS OR FUNERAL

We are scheduling Memorial Masses for those who died during the virus period. Anyone who wishes to arrange for a Memorial Mass is asked to call the office in order to plan the mass. If you would like a full funeral mass, please let your funeral home know your wishes so they can contact us to schedule. We will continue to have graveside only service as an option.

Trustees:
Robert Lametta
Christopher Jarboe

Finance Council:
Rev. Miroslaw Stachurski
Bill Austin
Hugh Gartland
Thomas Gorzkowski
Linda O'Shaughnessy
Ulrike Schambeck

Parish Council:
Ed Bocchino
Tom Donaher
Joe Dudek
Glenn Iannaccone
Ann Jacoby
Christopher Jarboe
John Stoops

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**Catholic
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(203) 416-1307

SACRAMENTS

RECTORY OFFICE HOURS: Monday - Thursday: 10:00am to 3:00pm Friday: 10:00am to 12 Noon

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. If you cannot reach Sue, please call the office at (203) 866-3141.

Baptisms or Weddings

Please call the Rectory during regular weekday business hours for more information or to make arrangements. 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	Walter Cortese
Pearl Futo	Robert Parmalee	Jill Bowman	Emily Calabeese	Anne Edwards	Linda Lima
Mike	Constance Williams	Mike Torres	Marie Silver	Grace DeMilo	Merina Deluc
Gary Livia	Peggy McDonald	Skip Bossone	Jeanette Ralston	Tony Cappuccia	Pam Simso
Julia Cade	Marianne Schambeck	Kimberly Fratoloni	Rick Azillo	Jeannetta Torres	George Travers
Jeannie Maxwell	Michele Mola-Gulemi	Michael Walsh	Richard Berg	Diane Turek	Phil Tavella
Vicki	Betty Lou Heffernan	Richard Barton	Antonio Vescio	Jackie Hamilton	Hamilton Family
Kathleen Dominick	Cathy Sinica	Kathleen Ford	Chuck Scott	John Lima	Anthony Bruno
Janina Stachurski	Joe M.	Joan Kennedy	Joanna Marvin	Ken Schulman	Angela McCrae
Greg N.	Donny Cassavechia	Nancy G.	Vinny Massaro	Alessandro Fornara	Kathy D
Dawn Grover	1 st Sgt. Joe Toscano (Ret.)	Debbie Poruban	Denise Cassin	Jack Cade	Jim Charest
Jackie Capobianco					

**The Food Pantry is open
Tuesdays & Saturdays
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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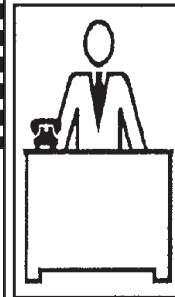


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