

ST. THOMAS MORE CATHOLIC CHURCH



www.stmparadise.net | 530.877.4501 | Email: office@stmparadise.org

About St. Thomas More

Priest Supvr. Fr Martin J. Ramat
Deacons Mike Mangan, Gary Zellmer, Ray Helgeson
Parish Steward Greg Kidder
Secretary Maresa Kelly
Religious Education Sandra Rodriguez

St. Thomas More Catholic Church
 767 Elliott Rd. Paradise, CA 95969
 Office Hrs: Mon. - Thurs. 9a-2p
 530.877.4501 (Office closed Fri)
Mass: Sunday at Noon

CONFESSION 1st Wednesday 5P - 6P

Important Dates

18FEB: We pray the Rosary 30 mins b4 Mass 2day
18FEB: El rosario 30 mins antes de la misa de hoy
 20FEB: STM Lenten Series STM 6p & 21Feb STM at 10A
 20FEB: Jerry Hegenbart Funeral Mass STM 1030A
 23FEB: Soup & Stations of the Cross STM 6P
 23FEB: Sopa y Estaciones de la Cruz STM 6P
 25FEB: Women of STM host hospitality next Sunday

Sunday Readings

First Sunday in Lent
I Domingo de Cuaresma
1st Reading Genesis 9:8-15
Psalm 25:4-5, 6-7, 8-9
 Your ways, O Lord, are love and truth to those who keep your covenant.
 Descúbrenos, Señor, tus caminos.
2nd Reading 1 Peter 3:18-22
Gospel Mark 1:12-15



MEDITATION OF THE DAY

“The angels ministered to him”

In the Holy Land, the Judean desert, which lies to the west of the River Jordan and the Oasis of Jericho, rises over stony valleys to reach an
Meditation of the Day continues on next page

FEBRUARY INTENTIONS of the HOLY FATHER

For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Para los enfermos terminales

Oramos para que quienes padecen una enfermedad terminal y sus familiares reciban el cuidado y acompañamiento físico y espiritual necesario.

MASS INTENTIONS FOR SUNDAY FEBRUARY 18TH

Carol Zellmer †
 Juan Alberto Dominguez Espinoza †
 Luz Tacandong †

For the intentions of Rod Bradford

PRAYERS FOR THE SICK LET US PRAY FOR

Billy Ahumada	Rod Montgomery	Sofia Garcia
Cathy Larsen	Carrie Sue Sonsteng	Bruce Hasek
John Johnson	Sam Kempner	Barbara Maldonado
Angela Babcock	Larry Penna	Adriana Sepulveda
Sharon Calhoun	Denise Hughes	Senona Gonzalez
Barbara Collins	Kimberly Helgeson Avoy	Samia Zumout
James & Lillian Daley	Diana Wise	Karen Reynolds
Victor Garcia	Bill Bechtold	Patricia Laird
Pat Mortensen		David Jorgensen



This Week's Readings

FIRST WEEK OF LENT

Monday; February 19th

1st Reading: Leviticus 19:1-2, 11-18

Psalm 19:8, 9, 10, 15

Your words, Lord, are Spirit and life.

Gospel: Matthew 25:31-46

Tuesday; February 20th

1st Reading: Isaiah 55:10-11

Psalm 34:4-5, 6-7, 16-17, 18-19

From all their distress God rescues the just.

Gospel: Matthew 6:7-15

Wednesday; February 21st

1st Reading: Jonah 3:1-10

Psalm 51:3-4, 12-13, 18-19

A heart contrite and humbled, O God, you will not spurn.

Gospel: Luke 11:29-32

Thursday; February 22nd FEAST OF THE CHAIR OF SAINT PETER, APOSTLE

1st Reading: 1 Peter 5:1-4

Psalm 23:1-3a, 4, 5, 6

The Lord is my shepherd; there is nothing I shall want.

Gospel: Matthew 16:13-19

Friday; February 23rd

1st Reading: Ezekiel 18:21-28

Psalm 130:1-2, 3-4, 5-7a, 7bc-8

If you, O Lord, mark iniquities, who can stand?

Gospel: Matthew 5:20-26

Saturday; February 24th

1st Reading: Deuteronomy

26:16-19

Psalm 119:1-2, 4-5, 7-8

Blessed are they who follow the law of the Lord!

Gospel: Matthew 5:43-48



Meditation of the Day continued from front page.

MEDITATION OF THE DAY “The angels ministered to him”

altitude of about one thousand meters at Jerusalem.

After receiving baptism from John, Jesus entered that lonely place, led by the Holy Spirit himself who had settled upon him, consecrating him and revealing him as the Son of God. In the desert, a place of trial as the experience of the people of Israel shows, the dramatic reality of the self-emptying of Christ who had stripped himself of the form of God (Phil 2:6-7) appears most vividly.

He who never sinned and cannot sin submits to being tested and can therefore sympathize with our weaknesses (Heb 4:15). He lets himself be tempted by Satan, the enemy, who has been opposed to God's saving plan for humankind from the outset.

In [Mark's] succinct account, angels, luminous and mysterious figures, appear almost fleetingly before this dark, tenebrous figure who dares to tempt the Lord. Angels, the Gospel says, ministered to Jesus; they are the antithesis of Satan. “Angel” means “messenger.” Throughout the Old Testament we find these figures who help and guide human beings on God's behalf.

It suffices to remember the Book of Tobit, in which the figure of the Angel Raphael appears and assists the protagonist in every vicissitude. The reassuring presence of the angel of the Lord accompanies the people of Israel in all of their experiences, good and bad.

On the threshold of the New Testament, Gabriel is dispatched to announce to Zechariah and to Mary the joyful events at the beginning of our salvation; and an angel whose name we are not told warns Joseph, guiding him in that moment of uncertainty. A choir of angels brings the shepherds the good news of the Savior's birth; and it was also angels who announced the joyful news of his Resurrection to the women.

At the end of time, angels will accompany Jesus when he comes in his glory (Mt 25:31). Angels minister to Jesus, who is certainly superior to them. This dignity of his is clearly, if discreetly, proclaimed here in the Gospel. Indeed, even in the situation of extreme poverty and humility, when he is tempted by Satan he remains the Son of God, the Messiah, the Lord.

We would be removing an important part of the Gospel were we to leave out these beings sent by God, who announce and are a sign of his presence among us. Let us invoke them frequently so that they may sustain us in our commitment to follow Jesus to the point of identifying with him. Mary, Queen of Angels, pray for us! -POPE BENEDICT XVI

Benedict XVI († 2022) reigned as pope from 2005 until 2013. / From Angelus Address on the First Sunday of Lent, March 1, 2009, Saint Peter's Square, Rome, Italy. www.vatican.va.

Excerpt from Magnificat Magazine, Meditation of the Day, February 18, 2024

40 DAYS FOR LIFE. SPRING CAMPAIGN IS HERE!
February 14 - March 23

Please pray the daily intentions! You can sign up for hours at: <https://www.40daysforlife.com/en/chiconorth> See Kathy DiChristofaro after Mass for questions and/or vigil signup.



¡Bienvenidos a febrero, el mes dedicado a la Sagrada Familia de Jesús, María y José! Esta devoción especial ofrece a la Sagrada Familia de Jesús, María y José como modelo de virtud para todos los hogares cristianos.

Comenzó en el siglo XVII, casi simultáneamente en Canadá y Francia con la Asociación de la Sagrada Familia, fundada en Montreal en 1663, mientras que las Hijas de la Sagrada Familia se fundaron en París en 1674.

La devoción pronto se extendió y en 1893 el Papa León XIII expresó su aprobación de una fiesta y compuso parte del Oficio.

Debido a la huida de la Sagrada Familia a Egipto, los coptos han celebrado esta fiesta desde los primeros tiempos. Los sucesivos Pontífices acogieron la fiesta como un medio eficaz para hacer comprender a los cristianos el ejemplo de la Sagrada Familia de Nazaret. Su Santidad el Papa León XIII dijo: "Nada puede ser verdaderamente más saludable o eficaz para la meditación de las familias cristianas que el ejemplo de esta Sagrada Familia, que abraza la perfección y la plenitud de todas las virtudes domésticas".

El Avivamiento Eucarístico y la Sagrada Familia

Mientras continúa el Avivamiento Eucarístico, esta iniciativa de tres años lanzada en 2022 en la Solemnidad del Santísimo Cuerpo y Sangre de Cristo, o Corpus Christi, nos recuerda el imperativo esencial y continuo de descubrir la relación entre la Eucaristía y la vida familiar. El Papa Juan Pablo II escribió: "En el don eucarístico de la caridad la familia cristiana encuentra el fundamento y el alma de su comunión y de su misión" (Carta sobre la Familia, n. 57). –Extracto de La Sagrada Familia modela lo que debería ser la vida familiar –Arzobispo Charles J. Chaput, O.F.M. Gorra

Cinco pensamientos del Papa Francisco sobre la familia

1. "La familia es el foco fundamental de la alianza entre la iglesia y la creación de Dios, con aquella creación que Dios bendijo en el último día con una familia. Sin la familia ni siquiera la iglesia existiría".
2. "La familia es la base de la convivencia y un remedio contra la fragmentación social. Los niños tienen derecho a crecer con un padre y una madre capaces de crear un ambiente adecuado para su desarrollo y madurez emocional".
3. "Todo el amor que Dios tiene en sí mismo, toda la verdad que Dios tiene en sí mismo, Él la da a la familia. Y una familia es verdaderamente familia cuando es capaz de abrir los brazos y recibir todo este amor".
4. "No existe la familia perfecta, ni hay un marido perfecto ni una esposa perfecta, ¡y ni hablemos de la suegra perfecta! Somos sólo nosotros los pecadores. Una vida familiar saludable requiere el uso frecuente de tres frases: "¿Puedo?", "Gracias" y "Lo siento" y nunca, nunca, nunca termines el día sin hacer las paces".
5. "Los dejo con una pregunta para que cada uno responda...: ¿En casa nos gritamos o hablamos con amor y ternura? Esta es una buena manera de medir nuestro amor".

Welcome to February, the month devoted to the Holy Family of Jesus, Mary & Joseph! This special devotion offers the Holy Family of Jesus, Mary, and Joseph as the model of virtue for all Christian households. It began in the 17th century, starting almost simultaneously

in Canada & France with The Association of the Holy Family, founded in Montreal in 1663, while the Daughters of the Holy Family launched in Paris in 1674. The devotion soon spread and in 1893 Pope Leo XIII expressed his approval of a feast and he composed part of the Office.

Because of the Holy Family's flight into Egypt this feast has been observed by the Coptics from early times. Succeeding Pontiffs welcomed the feast as an efficacious means to bring home to Christians the example of the Holy Family at Nazareth.

His Holiness Pope Leo XIII said, "Nothing truly can be more salutary or efficacious for Christian families to meditate upon than the example of this Holy Family, which embraces the perfection and completeness of all domestic virtues."

The Eucharistic Revival & the Holy Family

As the Eucharistic Revival continues, this three-year initiative, launched in 2022 on the Solemnity of the Most Holy Body and Blood of Christ, or Corpus Christi, reminds us of the ongoing essential imperative to discover the relationship between the Eucharist and family life. Pope John Paul II wrote, "In the eucharistic gift of charity the Christian family finds the foundation and soul of its communion and its mission" (Letter on the Family, No. 57). –Excerpt from *The Holy Family Models What Family Life Should Be* –Archbishop Charles J. Chaput, O.F.M. Cap.

Five Thoughts on the Family From Pope Francis

1. "The family is the fundamental focus of the covenant between the church & God's creation, with that creation which God blessed on the last day with a family. Without the family, not even the church would exist."
2. "The family is the foundation of co-existence & a remedy against social fragmentation. Children have a right to grow up with a father and mother capable of creating a suitable environment for the child's development and emotional maturity."
3. "All of the love that God has in himself, all of the truth that God has in himself, He gives to the family. And a family is truly a family when it is able to open its arms & receive all of this love".
4. "The perfect family doesn't exist, nor is there a perfect husband or a perfect wife, and let's not talk about the perfect mother-in-law! It's just us sinners. A healthy family life requires frequent use of three phrases: "May I?", "Thank you", and "I'm sorry" and never, never, never end the day without making peace."
5. "I leave you with a question for each of you to answer...: At home do we shout at one another or do we speak with love & tenderness? This is a good way of measuring our love."

Source: <https://aleteia.org/slideshow/slideshow-10-inspiring-quotes-from-pope-francis-on-family-life/4/>
<https://catholic.org/wp-content/uploads/2024/01/English-Diocesan-Directors-Radiate-Love-2-1.pdf> <https://www.catholicculture.org/culture/liturgicalyear/overviews/months/02.1.cfm>

PARISH UPDATES

The STM DateBook

☑ **TODAY! Feb. 18 | ¡HOY!; 18 de febrero**

We will pray the Rosary 30 mins b4 Mass.
Rezaremos el Rosario 30 mins antes de la Misa.

☑ **Tuesday, Feb. 20 | Martes 20 de febrero**

Jerry Hegenbart Funeral Mass STM 1030A
Lectio Divina (Divine Reading) Contemplation & Meditation Session STM 6P (Session 1 of 4)
Sesión de contemplación y meditación de Lectio Divina (Lectura Divina) STM 6P

☑ **Wednesday, Feb. 21 | Miércoles 21 de febrero**

Lectio Divina (Divine Reading) Contemplation & Meditation Session STM 10A (Session 1 of 4)
Sesión de contemplación y meditación de Lectio Divina (Lectura Divina) STM 10A

☑ **Friday, Feb. 23 | Viernes 23 de febrero**

Estaciones de la Cruz STM 3P
Soup & Stations of the Cross STM 6P
Sopa y Estaciones de la Cruz STM 6P

☑ **Sunday, Feb. 25 | Domingo 23 de febrero**

Women of STM will host Hospitality after Mass

☑ **Tuesday, Feb. 27 | Martes 27 de febrero**

Grupo de Apoyo Paradise de Mujeres STM 10A
Lectio Divina (Divine Reading) Contemplation & Meditation Session STM 6P (Session 2 of 4)
Sesión de contemplación y meditación de Lectio Divina (Lectura Divina) STM 6P

☑ **Wednesday, Feb. 28 | Miércoles 28 de febrero**

Lectio Divina (Divine Reading) Contemplation & Meditation Session STM 10A (Session 2 of 4)
Sesión de contemplación y meditación de Lectio

All are invited

**to the St. Thomas More Parish Lenten Series
 Lectio Divina (Divine Reading)**

Leading to meditation and contemplation in light of Teresa of Avila, Thomas Kempis, and Thomas Keating.

Consider adding extra prayer & reflection to your life this Lent.

The sessions will be led by Deacon Tom & Deacon Mike for four weeks with two times available.

6 p.m. Sessions

Tues.; Feb. 20
 Tues.; Feb. 27
 Tues.; March 5
 Tues.; March 12

10 a.m. Sessions

Wed.; Feb. 21
 Wed.; Feb. 28
 Wed.; March 6
 Wed.; March 13

The St. Thomas More Parish family offers our most sincere condolences to the family and friends of **Jerry Hegenbart** who passed away Feb. 4. A Rosary Feb. 19 at Brusie Funeral Home in Chico. The Funeral Mass will be at STM Tues., Feb. 20 at 10:30A.

Please add Jerry Hegenbart to your prayers.

ALL ARE INVITED

**CHRISM
 MASS**

The Cathedral of the Blessed Sacrament
 1019 11th Street, Sacramento, CA 95814
 Thursday; March 21 at 6p

Bishop Jaime Soto will preside at the annual Chrism Mass at the Cathedral, Thursday, March 21 at 6p in Sacramento. The Bishop & priests of the diocese will pray for God's continued blessings on the local church of Sacramento.

The priests will renew their priestly promises. The Chrism Mass is one of our most important Diocesan celebrations. This is where Bishop Soto will bless the Holy Oils that are used in sacramental celebrations in all the parishes of the Diocese throughout the coming year.

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