



ST. THOMAS ANNOUNCEMENTS

August 2, 2026

1. **PLEASE CONTINUE TO PRAY FOR PEACE IN THE UKRAINE AND ISRAEL.**
2. **The obligation to participate in the Eucharist in person on Sundays and other holy days of obligation was restored four years ago on Palm Sunday 2022.** Regular attendance at Mass is what fulfills God's commandment to "Keep holy the Sabbath Day". Our world is hurting. We all need healing yet many of us are separated from the source of our strength. Jesus Christ invites us to return to the source and summit of our faith: his Real Presence in the Eucharist.
3. Our Parish bulletin can be viewed weekly online by clicking on the Bulletin button on our website at www.stthomasbartow.org. There is also a button to view the previous week's bulletin if you missed it. If you do not have access to the internet, please let the office know, and copies can be printed. If you look at the bulletin on your phone, you can add an icon to your homepage by doing the following steps for an iphone.
1. Do a search for stthomasbartow.org. 2. When the page opens, Click (touch) the small square with an arrow pointing up on the bottom of the screen. **3. Scroll** down and (touch "Add to Home Screen". **4. Click** (touch) "Add" in the upper right-hand corner. The next time you want to view the website, you only have to touch the new icon on your home page screen. If you need help finding the website or creating the icon on your phone, call the office or stop in the narthex after Mass for help. If you have an Android phone, please call the office for directions.
4. To subscribe to Bishop John Noonan's E-Scroll, news from the Diocese of Orlando go to www.orlandodiocese.org/e-scroll/. Just provide your name and email address.

5. Fr. Blake Britton, a priest in our Diocese, who is now at the Pontifical Institute of St. John Paul II in Washington DC for further studies, has written a book, *Reclaiming Vatican II, What It (Really) Said, What It Means, and How It Calls Us to Renew the Church*. If you would like to purchase the book, click on the following link: <https://books.wordonfire.org/reclaimingvaticanii>
6. Bishop Robert Barron, author, speaker, theologian and founder of Word on Fire, a global media ministry, is producing a seven volume Bible series. Volume I focuses on the Gospels, Volume II on Acts, Letters, and Revelation, Volume III, on The Pentateuch, Volume IV on The Promised Land and Volume V on Exile and Return. All are all available now at <https://wordonfire.org/bible>. Volume VI The Wisdom Literature and will be released at a later date. If you would like to subscribe to Bishop Barron's newsletter, go to <https://wordonfire.org/#newsletter> and just provide your email address.
7. In honor of Mother Angelica, foundress of EWTN catholic television network, please consider a gift of \$10, \$20, or \$25 per month or any amount you choose.

Catholic Trivia

The secret behind the monks' peace isn't what you might think. Yet while silence and focus were important, the secret wasn't simply that. When we picture Benedictine monks, we might imagine peaceful monasteries, quiet chapels, and lives free from the interruptions and distractions that fill our own days. It's easy to assume that's where their peace comes from. But St. Benedict would likely tell us something different. While silence and focus were important, the secret wasn't simply that. It was also **order**.

More than 1,500 years ago, St. Benedict wrote a Rule that carefully ordered every part of a monk's day. Prayer had its time. Work had its time. Reading had its time. Meals had their time. Rest had its time. Nothing was random, and nothing competed for attention. Everything was ordered toward one goal: seeking God.

Our lives probably look very different from those of sixth-century monks, and even monks today. We have careers, children, errands, appointments, and phones that seem determined to interrupt us every few minutes. Yet perhaps the greatest lesson St. Benedict offers isn't that we need quieter lives. It's that we need more intentional ones.

Peace isn't found when life finally slows down. It often comes when we stop trying to do everything at once and begin giving our full attention to what God has placed before us in the present moment. The beautiful thing about Benedictine spirituality is that it isn't reserved for monasteries. It's meant to help ordinary people live ordinary days with intention and purpose. When our priorities are rightly ordered, our hearts can become more peaceful as well.

Maybe the secret behind the monks' peace isn't found within monastery walls after all. Maybe it's found in learning to order each day toward God.