



ST. THOMAS ANNOUNCEMENTS

September 13, 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

7 surprising ways your guardian angel can help you. Perhaps the most remarkable thing about this list is how it helps us to recognize how often we probably underutilize the help God has given us. Most of us probably learned the Guardian Angel Prayer as children. We may still pray it today. But how often do we actually ask our guardian angel for help with the ordinary circumstances of our lives? The Church teaches that from infancy to death, human life is surrounded by the angels' watchful care and intercession. Our guardian angels are not simply there to protect us from physical danger. Their concern is ultimately for something much greater: helping us get to heaven.

Seven ways guardian angels can help us:

1. They protect us from dangers to body and soul. We often think of guardian angels protecting us from accidents, but their care extends to our souls as well. They can help us recognize and avoid situations that might lead us into sin.
2. They help us fight temptation. St. John Bosco gave wonderfully practical advice: "When tempted, invoke your angel." Rather than trying to fight temptation entirely on our own, we can immediately ask our guardian angel for assistance.
3. They encourage us toward what is good. Guardian angels can inspire holy thoughts and encourage us toward prayer, charity, and virtue. St. John Vianney said, "The Angels take great pleasure in helping us with our enterprises, when they are in accordance with God's will."
4. They can help us recognize spiritual danger. That uncomfortable interior nudge telling us to leave a situation, reconsider a choice, or turn away from something harmful shouldn't always be ignored. Our guardian angels desire our holiness and can help alert us to dangers to our souls. They can even help us prepare for Confession. Fr. John Horgan, author of *His Angels at Our Side*, suggests asking our guardian angels to assist us in our examination of conscience.
5. They pray with us and for us. Our guardian angel can be a wonderful prayer companion. St. Augustine taught that the angels pray for us, interceding that we might receive God's mercy and grace. When prayer is difficult or we're carrying a particularly heavy cross, we can ask our angel to pray alongside us.
6. They assist us at the hour of death. Our guardian angel's mission doesn't end when life becomes difficult or frightening. Catholic tradition speaks particularly of the angel's assistance at the hour of death, when we most need spiritual protection and help.
7. Their care can continue even after death. Catholic spiritual tradition also speaks beautifully of guardian angels consoling souls in Purgatory and accompanying them until they enter heaven. Perhaps the most remarkable thing about this list is how it helps us to recognize how often we probably underutilize the help God has given us.

Our guardian angels already watch over us according to the mission God has entrusted to them. But because they respect our freedom, we can also intentionally invite their assistance. We can ask for help resisting a temptation, making a difficult decision, examining our conscience, praying well, or simply getting through an ordinary day faithfully.

And we can thank our guardian angels, too! Have you thanked yours lately?