



ST. THOMAS ANNOUNCEMENTS

October 4, 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

4 ways to pray the Rosary: Which is best for you? October is the month of the Rosary. Discover four spiritual styles of praying the Rosary and find a fresh way to meditate on the mysteries with Mary.

The Holy Rosary consists of ten Hail Marys for each mystery. But what do you actually think about while you're praying them? For some of us, that's the difficult part of the Rosary. We know the prayers, but our minds wander. Or perhaps we've prayed the same mysteries so many times that we're struggling to enter into them in a fresh way. Jennessa Terraccino in her book, *"A Rosary for Every Heart: Meditations in Four Spiritual Styles"*, explores the idea that the Church's different spiritual traditions give us different ways to meditate on the same mysteries. The book uses four of the Church's great spiritual traditions to approach each mystery differently: Thomistic, Augustinian, Franciscan, and Ignatian.

Four spiritual styles for praying the Rosary

The **Thomistic** approach engages the intellect. If you're someone who wants to understand Scripture, theology, and what a mystery teaches us about God, this may come naturally.

The **Augustinian** approach turns inward, examining the heart and our personal relationship with God. In the book's meditation on the Annunciation, for example, Terraccino considers Mary's free "yes" to God and encourages us to ask Mary for the courage to accept God's will in our own lives.

The **Franciscan** approach draws us toward God through creation, beauty, simplicity, and the humanity of Christ. Someone praying this way might linger over the poverty of the stable at Bethlehem or picture Mary holding the newborn Christ.

The **Ignatian** approach uses the imagination to enter the Gospel scene. What would you have seen at the Crucifixion or heard at the wedding feast at Cana? What might it have been like to stand beside Mary at the empty tomb?



Same Rosary. Same mysteries. Terraccino shares in her book that the Rosary isn't meant to be words we rush through while trying desperately not to get distracted. It is meditation on the life of Christ with Mary. Learning how God has made us to pray may help those familiar mysteries become new again.