



St. THOMAS the APOSTLE

2160 North Edward Decatur, IL 62526 (217) 877-4146 StThomasDecatur@gmail.com

7th Sunday in Ordinary Time • February 20, 2022



LITURGY SCHEDULE

Weekends

Sunday 10 am

Weekdays

Monday-Thursday 5:15 pm

Reconciliation

Sundays: 9:15 am - 9:45 am

Tuesdays: 4:15 pm - 5 pm

Eucharistic Adoration

First Saturday at 8:30 am

Decatur Catholic Radio

WDCR 88.9/96.5

CONTEMPLATE

Love your enemies and do good to them.

We have such a hard time with this teaching! But it doesn't end there. Jesus continues with turning the other cheek when struck, giving to everyone who asks, doing to others as you would have them do to you, being merciful, stopping our judgment of others, forgiving, and giving.

We are okay when God does these things but get a little anxious when we realize that God really wants us to do them too! Secular justice and Gospel justice are definitely not the same. We need to remember that we are made in the image of God, not the image of ourselves. The Christian is called to act like Christ even in those situations where a more assertive or defensive response may seem more justifiable.

In order to live up to this call we have to leave our resentment and need for retaliation behind, lose our defensiveness and bring into our mind and heart the realization of who we represent in this world.

We are not here to satisfy or promote our own well-being and agenda. We are here for God's. That's a hard nut to crack especially when it comes to loving and forgiving people who do hurtful and violent things.

Believing and Doing Five Things.

Jesus, today, continues his preaching from last week. He tells us five things we must do as his followers. Love even those who do not love us. Be merciful as God is merciful. Stop judging other's actions and motives. Forgive in order to be forgiven. Give, give, give. What a list! It makes for a busy week for each of us. And that is the pattern for every week that follows.

- How can my prayer and action be: "Lord, bless those I love and even those I do not love."?
- How will I be merciful? What gifts will I give?
- Whom must I forgive?

Your Thoughts Are Killing You

Happy What would you do if there was a large poisonous snake in your living room? Would you let it stay there? No! You wouldn't! Especially if you had a family. You would muster up the strength to kill the snake yourself or find someone else who could kill it or trained to take care of the situation. The main point is, you wouldn't let the snake just remain there. The snake would take away all enjoyment and peace of living at home.

What is interesting is that in our spiritual or emotional life, we allow "snakes" to inhabit our souls. We allow negative emotions, but particularly strongholds to inhabit our mind and soul. This topic is drawn from the book *Your Thoughts Are Killing You* by Marybeth Wuenschel. I will also share some of her points. Strongholds are simply negative feelings, emotions, habits, sins, or thinking patterns that have a strong hold on us.



Fr. Trummer
Parochial Vicar

When we can't control or avoid these negative things in our minds and souls, we have a stronghold. Strongholds can be "inherited," not genetically, but they can be learned behaviors. If we had a parent who was critical, impatient, anxious, etc., then we often adapt their thinking patterns and ways of responding to problems and difficulties. Another way a stronghold can form is we respond to something negatively that has happened in our life, and it then becomes a habit or the typical pattern we respond to suffering, difficulties, or situations that don't go our way.

Oftentimes people identify themselves with a stronghold in them. People say things like, "I have always been a worrier. I am just an anxious person. A bad temper just runs in my family. I'm a pessimist. I'm cynical. I am lazy, tired, sick depressed, etc." These are ways people identify themselves with a stronghold, which doing so unfortunately prevents a person from finding healing and freedom. I have met faithful Catholics who are very devoted to the Lord, engage in regular use of Confession, pray, and believe in the teachings of the Church, but who still

have strongholds rooted in their life. I have even met priests who love the Lord and His people but have identified themselves with their cynicism as simply being part of their personality.

Concretely, what are some ways to know if we have strongholds present? If we answer yes to any of these questions, then that shows the presence of a stronghold. Here are some questions: Are you moody or critical of others? Do you often feel overwhelmed? Are you jealous? Are you blaming others for everything? Do you experience chronic fear or worry? Do you always seem to be angry or cynical? Are you rarely satisfied with yourself, others, the Church, etc.? Do you doubt yourself or are you hard on yourself? Are you constantly concerned with what others think? Do you feel doubtful and find faith in God and His plan difficult? Are you impatient? Do you always have to be right? Do you feel bad about yourself, ugly, fat, stupid, like a failure, etc.?"

This is not an exhaustive list by any means, but it gives you an idea. There might not be many strongholds present in us (although it is certainly possible), but even a few smaller ones really should not have a place in our souls. Someone may know they are cynical or judgmental, but because they can get on with life fairly well, they don't realize their need for inner healing. Going back to the snake image, maybe we aren't living with a giant rattlesnake in our living room, but maybe we allow smaller snakes to linger around.

In the upcoming Retreat for Inner Healing, we will address more topics like these, and find ways to break free from these strongholds, from these negative emotions and habits that rob us of the fullest of joy and peace.

The retreat is a big commitment, but I do strongly believe it will be life-changing if you go. Simply ask God the question, "Jesus, do you want me to go on this retreat?" If you have a lot going on in your schedule, you can also ask, "Jesus, I would like to go on this retreat, but I feel like I have so much going on. If you want me to go, then give me the desire to go, and arrange the circumstances in my life to allow me to go."



	Collected	Budgeted
February 13, 2022	\$4,318.	\$5,000.

Year-to-Date: \$160,558. \$165,000.

Short/Ahead: -\$4,442.

R/M Donations	\$85.
Sister Parish Donations	\$215.
Catholic Times	\$20.
Assistance to the Needy	\$20.

Thank you for your continued generosity in supporting the church. Envelopes may be mailed to the parish office, or slipped through the mail slot on the office door.

Online giving is also available:
<https://parishgiving.dio.org/stthomasdecatu>



Sunday, February 20
 10 am – For all parishioners

Monday, February 21
 NO MASS – Presidents’ Day

Tuesday, February 22
 5:15 pm – **Vivian Brosamer †**

Wednesday, February 23
 5:15 pm – **Bernie Custin †**

Thursday, February 24
 5:15 pm – **Fred Luckenbill †**

Friday, February 25
 No Mass

Saturday, February 26
 No Mass

Sunday, February 27
 10 am – **Jerry and Marge Hertel, Janet and Jerry Hill, and Peter Schumacher †**

Parish Office

Rev. Michael Friedel, Pastor
 mfriedel@dio.org (217) 877-4404

Rev. Michael Trummer, Parochial Vicar
 mtrummer@dio.org (217) 877-4404

Rev. Richard Weltin, Pastor Emeritus

Deacon Kevin Richardson
 deaconkev@gmail.com (217) 877-4146

Vern Wilson, Plant Manager (volunteer)

Parish Office
 Open Mon-Thurs., 9am-noon
 2160 N. Edward Street, Decatur, IL 62526
 (217) 877-4146

StThomasDecatur@gmail.com
<http://www.StThomasDecatur.com>

Office Hours: 9am-noon, Monday-Thursday



Please Remember in your Prayers

**All who are Ill at Home or in the Hospital
 and their Families and Caregivers**

Isabelle Blakeman, Irene Crotser,
 Kevin Henry, Polly Hensley,
 Jim Hertel, Brian Hill, Sawyer Dale Hunter,
 Anonymous, Don Keefner, Kelly McLean,
 Trey McLean, Lucia Molloy, Christina Mooney,
 Lucia Mounce, Rev. Msgr. James O’Shea, Joe Perry,
 Kay Russell, Carolyn Thorpe, Roz Sandage,
 Brenda Sullivan, Virginia Thompson,
 JoAn Wayne, Vern Wilson, Tami Wittenauer

Please call the parish office or email
 StThomasDecatur@gmail.com to add or remove a name.

Retreat



Retreat for Inner Healing

March 11-13

During this retreat, we will look at what in our souls and stories prevent us from experiencing the full peace, freedom, joy, and happiness that Jesus offers us. We may have been Catholic Christians our entire lives, but not experience the abundant life that Jesus promises us. This retreat will facilitate an encounter with God's transformative and healing love.

If possible, bring a Bible for the retreat. Non-Catholics are welcome, although there will be Catholic elements such as Mass, Adoration, and Confession. One is not required to attend the entire retreat, although one may miss important information/meditations, as each part of the retreat is part of an integrated whole. Minimum age to be part of the retreat is 18. We plan on using the church building and the school gym (at Lourdes) for our retreat space. Please try to show up ~10min before the start of each day. We will start each day in the gym.

The retreat will span the weekend although it is not an overnight retreat. This schedule gives you a rough idea of how time will be spent. Light breakfast and snacks will be served Saturday and Sunday. Dinner will be provided on Saturday.

To sign up you can call 217-877-4404 or email communications@lolchurch.com. Signups will also be in the back of OLOL and St. Thomas Church. It will be led by Fr. Trummer.

Friday | 6:30pm-8:30pm

Saturday | 9:00am Start

12:00-1:30pm Lunch Break

4:30pm Mass

7:30pm End of Day

Sunday | 9:00am Start

Prayer Shawls Are Available

Do you know someone who is ill or grieving a loss? Perhaps they would enjoy the comfort of a prayer shawl that was created by women of the Prayer Shawl



Group. The shawls have been blessed at Mass. Call Deacon Kevin at the parish office or speak to him after Mass to arrange to pick out a prayer shawl for someone.



Join us as WDCR Welcomes

Keynote Speaker

Father Burke Masters

Baseball Player to Priest

WDCR Decatur Catholic Radio

11th Annual Dinner

Tuesday, March 22

Mt Zion Convention Center

Doors open 5:30 p.m. Dinner 6:15 p.m.

Reservations \$50pp or \$400 Table of 8

To Purchase your Reservations

Please call 217-464-1099

Chance to Win 2 Cub/Cardinal Tickets at the Dinner with each Paid Reservation!

Gospel Mass and Soul Food Luncheon

In recognition of Black History Month, all are invited to a Gospel Mass and soul food lunch in Springfield, hosted by the Black Catholic Commission. Sunday, Feb. 27, Mass starts at 11 a.m., St. Aloysius Church on Springfield's north end. The soul food lunch follows Mass and is \$5 per person. Please RSVP for the lunch: dio.org/plasm/black-catholic-commission.html Coordinator-Donna Moore: 217-321-1161.

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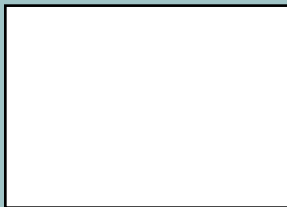
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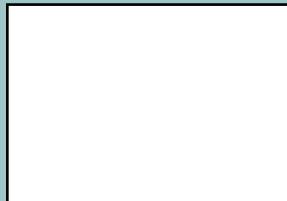
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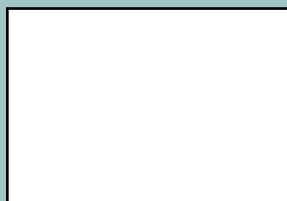
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