



ST. THOMAS AQUINAS CATHOLIC CHURCH

1st Sunday of Advent | 29th of November, 2020

Advent

PREPARING THE WAY

©LPI

To seek the greater honor and glory of God and the salvation of souls, by teaching, sanctifying, and shepherding the faithful through dynamic orthodoxy.

1502 Sara Rd. SE, Rio Rancho, NM 87124 | OFFICE: 1594 Sara Rd. SE Suite F, Rio Rancho, NM 87124
HOURS: Monday - Friday 9:45am - 5:00pm
PHONE: 505.892.1511 FAX 505.891.3044 | WEBSITE: www.stanm.org

GOSPLE MEDITATION

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

You are at the eye doctor and it's time for the peripheral vision test. You know the one. It's where you put your head up to a contraption and have to click a switch every time you see a squiggly line. If you don't concentrate and maintain optimal focus, you will miss them and skew the outcome of the test. You can easily find yourself with a diagnosis that really isn't accurate! Concentration and focus are key to succeeding with this evaluation. They are also key to developing a healthy, vibrant spiritual life. If we do not bring our full consciousness to the task, concentrate with all our might, be watchful and vigilant, we are not going to see God's loving presence flashing before our eyes! That's why we need Advent. Let's face it. We can easily get distracted, focus on nonessential and superficial things and lose touch with what really matters. Our attentions wander. We daydream and even become a bit overwhelmed and tired. All of the stresses and demands of life consume us and we find ourselves constantly trying to play catch up rather than relishing the moment of the now. "Now" moments are so fleeting. They flash before us like those squiggly lines on a screen. Present moments go as quickly as they come but it is important to discover them and rest in them as often as we can. Though gone in a flash, these now moments of encounter with God teach powerful lessons and offer a grounding in truth that can be found nowhere else. It's the grace of Advent to become watchful and attentive because we are never sure when God will surprise us. God loves surprises and love thrives on them! God's now moments of surprises come as tender instants of intimate connection where I find profound peace, experience joy, and rest in love. These are Advent times reflective of the now moments when Christ first was born, when God surprises us during every time we care to watch and when the great surprise of Christ's second coming dawns upon us all. But, to discover the grandeur and experience the awe of these now times, we have to be ready. We have to want to be there. We have to believe. And, we have to have the desire to soak in as much as we can in the time we have before us.

WORSHIP

[*We are no longer holding in person Mass, but Mass can be heard in the parking lot via FM Radio!*](#)

Sunday Obligation

Saturday Vigil Mass- 5pm

Sunday: 7:00am, 9:00am, 11:00am, 1:00pm & 6:00 pm

Daily Mass

Monday - Saturday 9:00 am in person and online

Monday - Friday 6:00 pm

Confessions- in the Adoration Chapel

Monday - Friday at 9:30 am & 5:00 pm, Saturdays at 2:30pm

Church is open for prayer everyday

9:30 am - 6:00 pm

READINGS FOR THE WEEK OF NOVEMBER 29TH, 2020

Sunday: Is 63:16b-17, 19b; 64:2-7/Ps 80:2-3, 15-16, 18-19 [4]/1 Cor 1:3-9/Mk 13:33-37

Monday: Rom 10:9-18/Ps 19:8, 9, 10, 11 [10]/Mt 4:18-22

Tuesday: Is 11:1-10/ Ps 72:1-2, 7-8, 12-13, 17 [cf. 7]/Lk 10:21-24

Wednesday: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 [6cd]/Mt 15:29-37

Thursday: Is 26:1-6/Ps 118:1 and 8-9, 19-21, 25-27a [26a]/Mt 7:21, 24-27

Friday: Is 29:17-24/Ps 27:1, 4, 13-14 [1a]/Mt 9:27-31

Saturday: Is 30:19-21, 23-26/Ps 147:1-2, 3-4, 5-6 [cf. Is 30:18d]/Mt 9:35—10:1, 5a, 6-8

Next Sunday: Is 40:1-5, 9-11/Ps 85:9-10, 11-12, 13-14 [8]/2 Pt 3:8-14/Mk 1:1-8

ANNOUNCEMENTS AND EVENTS

Adult Formation ALPHA

Do you ever find yourself pondering the bigger faith based questions in life?

What is the Church?

Am I apart of a bigger community?

Why does it seem like everyone around me is referring to the Church as if though its more than a building??

What about the Church is so special?

If you've asked yourself any of these questions, Alpha is the program for you! Register online at www.stanm.org/alpha and join us for a night of joyful conversation and spiritual growth - 100% online and COVID compliant.

**Explore & discuss
life's biggest
questions.**

Join us!

Tuesday at 6:30 pm via Zoom

Register online: stanm.org/alpha



THIS ADVENT SEASON

*Do not be
afraid*



WEEK ONE: DO NOT BE AFRIAD TO HOLD HOPE

With the way this year has been going, it's almost hard to believe that Advent is here, which means that Christmas is right around the corner!

In light of Advent, take this moment to think about your priorities this holiday season. What is on the front of your mind? Is it finding presents for the kids? Wondering where the in-laws are going to stay? Is it Christmas dinner that you're thinking about? Or are you taking the time to look inward and preparing your heart for the birth of Jesus Christ?

Every year, we're being given a valuable opportunity to begin preparing for the coming of Christ, and we encourage you to evaluate how much of our heart is taken up by other lesser or material things. What material things are you holding onto that you can let go of this season?

Tune in for the first week of our Advent series: Do Not Be Afraid, available on YouTube and the STANM app today.

WE'RE HIRING!

Part-time Communications Specialist

Skills: some experience or exposure to graphic design, copywriting, social media management, photography and website upkeep

Perks: Retirement & Health benefits, Paid vacation & sick leave, friendly environment and more!

Come work for a team dedicated to serving our Lord.

visit: www.stanm.org/employment



SEEKING A PART TIME
COMMUNICATIONS SPECIALIST

**WE'RE
LOOKING FOR
YOU!**

VISIT WWW.STANM.ORG/JOBS
FOR MORE INFORMATION!

Q & A

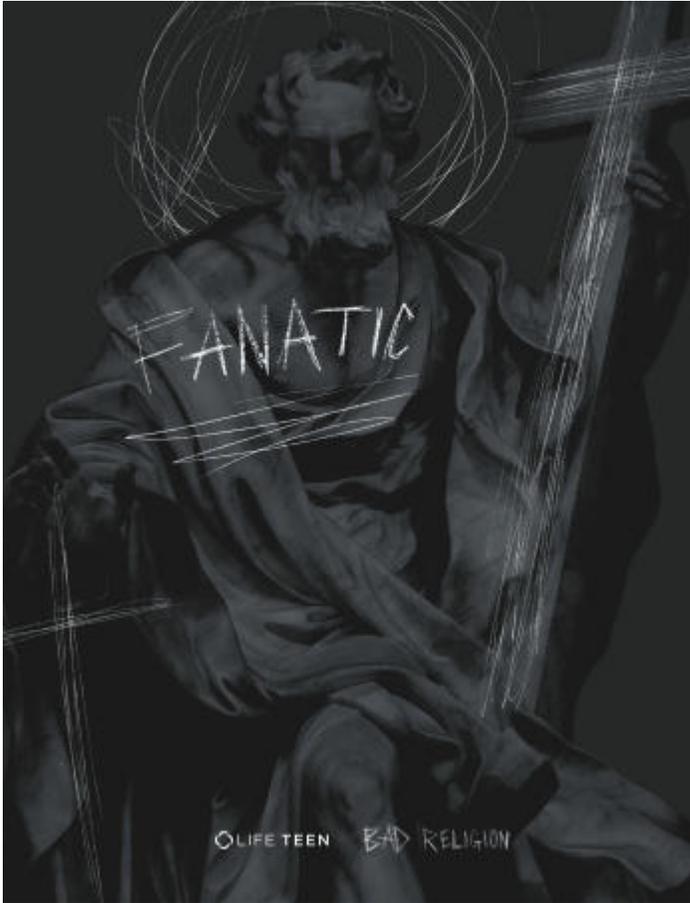
WHEN WE SAY THE PENITENTIAL ACT AT MASS, WHY DO WE STRIKE OUR CHEST THREE TIMES?

Our rituals and liturgical celebrations are filled with a variety of symbols, some of which also relate to our gestures and physical postures (e.g. kneeling, sitting, processing, making the Sign of the Cross). The custom of striking our breast three times during the “I Confess” of the Penitential Act of the Mass is one of those gestures that is loaded with symbolism.

The tradition of Christian’s striking the breast (above the heart) is rooted in the image of Sacred Scripture, especially texts like Psalm 51 which speak of a “humbled contrite heart” or how God heals broken hearts, binding up our wounds (see Psalm 147:3). Early Christian writers like Saint Augustine of Hippo and Saint Jerome also refer to this custom in their writings.

Ultimately, this practice is an expression of our sorrow for those times when we have been guilty of faults and a sign that we are willing to take responsibility for our sins and failings. That we all perform this gesture together is also an act of solidarity, recognizing that none of us, regardless of where we are on our journey of faith, is without fault and the need for grace and forgiveness.

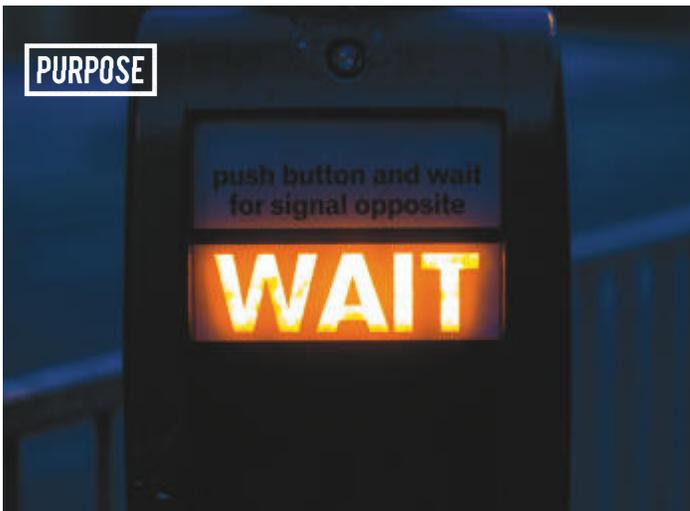
YOUTH MINISTRY



FANATIC - NOV 29, 2020

If you had something you knew other people needed, what would you do with it? We might ask some important questions first: How much is there? Can everyone have it, or do I need to decide who gets it? Do I also need it? What happens if there is not enough? There are two major obstacles that can prevent us from sharing something we have that other people need. One is fear and the other is ignorance.

If we have something others need, we may recognize the need but become fearful that by giving what we have, there will not be enough left for us. This is a fear of scarcity. When we are afraid of losing what we have and sharing with others, we hide what we have and we also hide from people.



The Good News is not just a piece of interesting information; it is a message that the world changed through Jesus' death and Resurrection.

This new reality was proclaimed boldly by the early Church thanks to the outpouring of the Holy Spirit on the apostles at Pentecost and on every community who converted.

The death and Resurrection of Christ had the final word for those who accepted the Good News. Nothing else mattered: not status, wealth, family, friends, suffering, or even death. The followers of Christ believed there was more to life in Christ.



ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider **SafeStreets** 1-855-225-4251



A V A M E R E
at RIO RANCHO (505) 892-8400
1000 Riverview Dr. SE
Rio Rancho, NM 87124

**INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE**

Your Life.
Our Commitment.

AvamereAtRioRancho.com



**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
- 800-950-9952 -

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM




Casa de Paz
Our Family Caring for Your Family
(505) 715 9649

www.rioranchoassistedliving.com
info@rioranchoassistedliving.com



**ADVERTISE YOUR
BUSINESS HERE**

*Your Community
is Looking!*

Call LPi today for advertising info
(800) 950-9952



**WE'RE HIRING
AD SALES EXECUTIVES**

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com
www.4LPi.com/careers

Join our team



**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



NEVER MISS A BULLETIN !

Sign up to have our weekly parish bulletin
emailed to you at www.parishesonline.com





GONSTEAD

PHYSICAL MEDICINE

Dr. Tony Del Angel (Parish Member)
1920 Westside Blvd. Ste. A • (505) 922-9444

Most Insurance/Medicare Accepted

HEALTH. FUNCTION. RESULTS

Louis R. Rivera, DDS, PA



4824 McMahon Blvd. NW #105 • Albuquerque, NM
Across the street from the Lovelace Westside Hospital

AVAILABLE FOR A LIMITED TIME

ADVERTISE YOUR BUSINESS HERE

Contact Gabriel Lara to place an ad today!
glara@4LPI.com or (800) 950-9952 x5842

UPGRADE TO A **VIBRANT ad**

Contact us for details • 800-950-9952



Free slice of pie with any entree
Not valid with any other discounts, offers or promotions.

1741 Rio Rancho Blvd • 892-4200



Open enrollment is here! Please call today! We Provide FREE Help and Guidance for:

- Medicare • Health • Group • Life Insurance Needs
- *REPRESENTING ALL THE TOP RATED COMPANIES IN NM
- FREE Consultations Call 505-200-0069
- GetYourBestPlan.com

821 Coors Blvd. NW • Albuquerque, NM



April Lujan - Agent/Owner
April@getyourbestplan.com

NEVER MISS A BULLETIN!

Sign up to have our weekly parish bulletin emailed to you at www.parishesonline.com

Burrito Express Mon. - Sat. 6:30 AM to 2 PM
"Let's go to the Burrito!!!"
www.burritoexpressinc.com
Rio Rancho & Albuquerque
\$1.00 off any one Burrito with this ad

St. Thomas Aquinas
stanm.weshareonline.org



SUPPORT YOUR LOCAL PARISH.

Buy a bulletin ad space today!



DAVIS • GRIBBLE • HOLLOWWA

Gentle Caring Family Dentistry

New Patients Welcome
Preventative & Comprehensive Treatment

Cosmetic Dentistry

dentistofalbuquerque.com

898-1976

3610 Calle Cuervo NW

WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT careers@4LPI.com
www.4LPI.com/careers



John A. Budagher

Attorney/Parishioner

• Estate Planning • Wills • Trusts

881-9060

john@budagherlaw.com



We're The Finest Dry Cleaning Service In The Area

1690 Rio Rancho Blvd.-Ste. A
505-891-2928
180 US Hwy 550-Ste. F
505-771-3635

UPGRADE TO A **VIBRANT ad**

Contact us for details
800-950-9952

albuquerque medicare.com

Sandy Salazar

Licensed Independent Agent - LIC: 7255691

(505) 453-6360 • smedicare@outlook.com

4801 Lang Ave NE, Ste. 110 • Albuquerque, NM

By Appointment Only



Locally Owned & Operated

An Angel's Presence Home Health Care, LLC



If you, your spouse, parent or grandparent have worked for the Department of Energy facility or the Atomic Weapons Employer (AWE) facility, have suffered from a condition related to exposure to radiation or a toxic substance. Then you are eligible to receive Free home health care services (if you got approved to receive medical benefits).

If you are looking for "GOLD STANDARD CARE", You have just found that opportunity!

Contact us to start receiving Gold Standard Care:

505-429-5750

Allstate PERSONAL SERVICE IN PERSON
IT'S GOOD TO BE IN
Juliana Berger 505-891-0789
www.allstate.com

SPREAD THE WORD
A Thriving, Vibrant Community Matters
SUPPORT OUR ADVERTISERS

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-950-9952 -

Do you have a question about Medicare?



Learn about:

Preventive Services, Prescription Drug Assistance Information, Medicare Fraud, Open Enrollment and Much More.

For more Information or to apply for help call

1-800-432-2080

Our Assistance is Non-Biased, Confidential and Free!



For ad info. call 1-800-950-9952 • www.4lpi.com

St. Thomas Aquinas, Rio Rancho, NM

B 4C 05-0147

RIO RANCHO
True Value[®]
 HARDWARE
 Southern Blvd. (Near Unser Blvd)
 891-2300 Deacon George & Peggy Meyerson

catholicmatch[™]
 New Mexico

 CatholicMatch.com/NM

ADVERTISE YOUR
 BUSINESS HERE
**Your Community
 is Looking!**
 Call LPI today for advertising info
 (800) 950-9952




**FREE
 AD DESIGN
 WITH PURCHASE
 OF THIS SPACE.**
 - 800-950-9952 -

Holy Family
 Catholic Religious Supplies
 Deacon Roger & Debbie Ayers
 898-HOLY (4659)
 9421 Coors Blvd. NW Ste. 1

HM ELECTRIC LLC
 505-920-3361
DEAL DIRECT WITH OWNER
 I'm Your Local Neighborhood Electrician
 I Will Take Your Call & Give You FREE Phone Advice
 I Will Personally Solve Your Electrical Problems
 in Person
I Will Be There When You Need Me
 Licensed, Bonded & Insured

**SUPPORT YOUR
 LOCAL PARISH.**
 Buy a bulletin ad space today!

SPREAD THE WORD
 A Thriving, Vibrant Community Matters

SUPPORT OUR ADVERTISERS

RESIDENTIAL & COMMERCIAL
 Flickering Lights • Power Outrage
 Circuit Breaker & Fuses • Ceiling/Attic Fan
 AC/Heating/Dryer/Range Installation
 Home Rewiring • 100 & 200 AMP Services
**\$25 OFF WHEN YOU MENTION THIS AD
 Discount for Senior Citizens**

The **Visi^on Store**

**Dr. Deidra
 Casasa**
 Board Certified
 Optometric Physician
Parishioner
505-771-EYES
 Contacts - Glasses
 Eye Diseases
 160 S Camino del Pueblo • Bernalillo
 www.thevisionstorenewmexico.com

PERFECTION CARPET
 For All Your Flooring Needs
 •Carpet •Tile •Vinyl •Wood
 Sales & Installation
 Carpet & Upholstery Cleaning
 1511 Golf Course Rd. SE Ste. B • 891-2546 Parish Member

**SUPPORT THE ADVERTISERS
 THAT SUPPORT OUR COMMUNITY**



ASHLEY SHAININ
 Realtor - Parishioner
 BERKSHIRE HATHAWAY
 HomeServices
 Cell (505) 463-9081
 Office (505) 798-6300


**Window
 World**
 "Simply the Best for Less"
 Top Quality
 Windows & Doors
 at a Reasonable Price
 Call today for a
 FREE Estimate!


Matt & Vickie DeAveiro
 Realtors/Parishioners
 30 Years Experience in Real Estate
 Call: For a Free Market Analysis
 or
 For Help Finding Your New Home
 Cell: 505-489-3940
 Office: 505-892-1000
 email: mvdeaveiro@gmail.com


**GROW YOUR BUSINESS WHILE
 SUPPORTING YOUR LOCAL PARISH.**

 Purchase a bulletin ad today!

**GARAGE DOORS
 BY
 NESTOR Ltd**
897-5962
 7911 Lorraine CT-A NE
 Sales • Installation • Repair
\$15 off Repair with this ad
 All Makes & Models • Parts Available
 Broken Springs, Cables, Doors Replaced
 Free Estimates Lic. # 80688
 www.garagedoorsbynestor.com


Dan Ballard
 Design Consultant
 505-280-9370

Considering a Trust
 or Will?
 Call Attorney
JAMES E. DORY
 505-550-0395

 Dory-Garduño Law Firm, LLC
 8020 Cottonwood Park NW, Ste E
 Albuquerque, NM 87114
 Near Cottonwood Mall
 TRUSTS * WILLS * PROBATE

NEVER MISS A BULLETIN !
 Sign up to have our weekly parish bulletin
 emailed to you at www.parishesonline.com



Bernard L. Ela, AAMS[®]
 Financial Advisor
 (Parish Member)
 6300 Riverside Plaza Lane NW
 Suite 150
 Albuquerque, NM 87120
 Bus. 505-792-8902
 bernard.ela@edwardjones.com
 www.edwardjones.com

 Member SIPC


United Plumbing
 License #399583
 HVAC, Plumbing & Drains
 LOCATED IN RIO RANCHO &
 SERVING SURROUNDING AREAS
(505) 319-8791
 mr.fixitrich@yahoo.com
 joesplumbingnm.com

Too Sick for Mass?
 SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!
 Sign-up to get your bulletin delivered
 right to your inbox!
 www.parishesonline.com
