

# TWENTY-SECOND SUNDAY IN ORDINARY TIME

## AUGUST 31, 2025



### *A Scripture Reflection.....*

I once heard it said that you could eat your way through the Gospel of Luke. This is so because Luke frequently recounts stories about Jesus dining at meals or banquets. In addition, many of Jesus' parables are about meals. Today's Gospel text is a case in point. Jesus is a guest at a sabbath dinner where he tells a parable about a wedding banquet.

As Luke begins this story, we get the strong impression that the host has a hidden agenda that goes beyond a simple get-together. We are told people were observing Jesus carefully, presumably not so they could learn and follow his example.

Luke tells us that Jesus was carefully observing the same people who had been watching him, as they jockeyed for the places of honor at table. Jesus offers these status seekers some sound advice by warning them that their smug self-aggrandizement might not match the host's calibrated guest list, resulting in their humiliation. Rather than exalting themselves, they should seek the least honored position so that the host might invite them to a higher position. Jesus ends with his oft-repeated wisdom: Those who exalt themselves will be humbled but those who humble themselves will be exalted... words for all to live by.

Jesus then offered a radical challenge to his host and us. When you host dinner, invite those who cannot repay you, the crippled, blind and lame. The marginalized neither knew nor cared about seating etiquette and could never pay back the honor. Accordingly, Jesus is suggesting that the poor are those God is most concerned about. Caring for them is to see as God sees. What Jesus is suggesting here is not merely giving food to the poor but inviting them to a place at table!

Jesus never sat at a meal that did not become a call to communion among guests and the God in whose name the table was blessed. In Jesus' day, sharing a meal was a profound act of communion. To sit at table with another was to pray together implying a shared relationship with God and one another. Entering communion with God's poor would not put a host on the social register, but according to Jesus, God would be in their debt. Their repayment would give them a place in the resurrection of the righteous, "For I was hungry, and you gave me food, I was thirsty, and you gave me drink, a stranger and you welcomed me." Matt. 25

Fr. Michael J. Hughes, O.S.A.

### ***Stewardship Thought for the Week***

*"Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you." LUKE 14:13-14*

One of the main principles of living a stewardship lifestyle is to give without expecting anything in return. This is difficult for some to comprehend in our "consumerist" culture. This is even difficult for many parish communities that have become heavily dependent on parish fundraising events to support the mission and ministry of their local parish. Generally speaking, at a parish fundraiser, you pay money and receive something in return, it's just a financial transaction. This is opposed to our parish offertory at Mass, where we unite our sacrifice with Jesus', renewing our covenant relationship with Him.

Thank you for your generosity for the weekend of August 23 and 24, 2025:

Number of Envelopes	298
Envelopes	\$20,407.00
Loose \$ / NP	\$1,173.00
Electronic	\$9,637.00
Other	\$165.00
Total	\$31,382.00 *
10% Tithe	\$3,138.20

Last Year \$17,527.00

This includes a single check for \$10,000.



<b>Mon., Sept. 1st</b> 9:00AM-RMCH	<b>Weekday</b> For All American Workers
<b>Tues., Sept. 2nd</b> 12:05PM-RMCH	<b>Weekday</b> Vincent Pitetti - Richard Moretto
<b>Wed., Sept. 3rd</b> 12:05PM-RMCH	<b>Saint Gregory the Great</b> Dr. Dante Stephen Roccario - John & Tanya Braithwaite
<b>Thurs, Sept. 4th</b>  12:05PM-RMCH	<b>THE BLESSED VIRGIN MARY, OUR MOTHER OF CONSOLATION, PATRONESS OF OUR ORDER</b> Deceased Members & Benefactors Of O.S.A.
<b>Fri., Sept. 5th</b> 12:05PM-RMCH	<b>Weekday; Saint Teresa of Calcutta</b> Isabelle Burton - Gerri Burton
<b>Sat., Sept. 6th</b> 9:00AM-RMCH 4:30PM-RMCH	<b>Weekday</b> Frank Breidinger - Bob Schreiber Pringle Family - Carole Grace
<b>Sun., Sept. 7th</b>  7:30AM-VNCH 9:00AM-RMCH 10:30AM-VNCH	<b>TWENTY-THIRD SUNDAY IN ORDINARY TIME</b> All Living and Deceased Members of the Parish In Thanksgiving to the Blessed Virgin Mary - Petrizzo Family Dr. Gaetano Pastore - Lena Pastore

**Schedule of Events for  
the week of:  
August 31, 2025**  
Recitation of the Rosary  
after the daily Liturgy.



**Monday, September 1, 2025 - Labor Day**

Parish Office Closed  
Centering Prayer - RMCH 8:00AM  
Daily Mass-RMCH 9:00AM

**Tuesday, September 2, 2025**

**Wednesday, September 3, 2025**

Exercise Class - Harten Hall 10:00AM  
Staff Meeting 1:00PM  
Family Support Group - Harten Hall 7:00PM

**Thursday, September 4, 2025**

Men's Gospel Reflection - PC1 6:30AM

**Friday, September 5, 2025 - FIRST FRIDAY**

Exposition of the Blessed Sacrament &  
Benediction-RMCH 11:00AM  
Reconciliation after 12:05 Mass

**Saturday, September 6, 2025**

**Sunday, September 7, 2025**

Mansion at Rosemont Ministry 11:00AM  
Baptism-VNCH 12:00PM  
Baptism-VNCH 1:00PM  
FAMILY PROMISE MOVES IN

**Wedding Coordinator  
Part-time, Fridays & Saturdays  
at St. Thomas of Villanova Parish**

Individual with strong communication and leadership skills is needed to be part of a team facilitating weekend wedding ceremonies at St. Thomas of Villanova. Must have an understanding of Catholic practices and the liturgy. Experience in a Catholic parish setting preferred for this paid position.

Duties include conducting wedding rehearsals with wedding party and ceremony participants on the afternoon/evening prior to the wedding and coordinating overall day-of ceremony, serving as sacristan, assisting priest and directing all those involved in the wedding ceremony.

Submit resume via email to [weddings@stvparish.org](mailto:weddings@stvparish.org)

**Because of the Labor Day Holiday on  
Monday, September 1st, the Parish Office  
will be closed.**

**Daily Mass on Labor Day is at 9:00AM  
in the Rosemont Chapel.**



**SCHOOL SUPPLIES FOR CHILDREN IN NEED**

When buying school supplies for your children, grandchildren or friends, please pick up extra school supplies for children in need. Donations will be delivered to schools and other locations in Philadelphia and its surrounding communities serving children in need, including many children who are recent arrivals to our country.

Suggested items:

- backpacks; pencils; erasable black pens; black marble composition books (no spiral notebooks please); erasers; scissors for small fingers; crayons; markers; glue sticks; construction paper; 3 x 5 index cards; book jackets for large textbooks; tissues; Clorox wipes; hand sanitizer

You can bring your donations to the Rosemont Chapel or the parish office. Thank you, in advance, for your generosity.



**We wish a warm welcome to the newest members of our parish:**

Chris and Sylvana Cottone & Family of Wayne  
Allison Elliott of Wayne  
Steven Graham of Wayne  
Robert O'Reilly-Gindhart of Haverford

**Congratulations to the newly Baptized members of the parish:**

Joseph, son of John & Julianne McClean  
Francis, son of Francis & Mary Catherine O'Reilly-Gindhart Simpson

**Resting in Peace**

Anne (Nancy) Catalano  
James (Jimmy) Murray

**Remember those in need of our prayers, especially:**

Angelina Arcamone PHD, Nicola Bonelli, Linnea Bramble, Katherine Breck, Brynn Busby, Peter Cellucci, Kelly Clarke, Jackie Colligan, Catherine Conway, Austin DePetris, Dorothy Dolan, Ella, John Joseph Flood, Jim Foley, Lina Fulton, Ian Gallagher, James Gibbons, Jr., Mary Jane Girondi, Patricia Ann Harley, Sam Horsey, Bridget Kelly, Sara Keohane, Tom Kosinski, Ashley Lythgoe, Pamela LaMonaca, Jubilee Elizabeth Meadows, Mary Moran, Bruno Petrillo, Bill Riley, Peter Sagan, Shirley Sagan, Michael Salucci, Theresa Sherwin, Terry Sousa, Lou Villa, Greta Wagner, Ron Weber and Robert J. Wahl

Please pray for our soldiers stationed throughout the world. Please also pray for the soldiers who are returning from their assignments, especially the wounded.

**SEARCHING FOR PURPOSE AND FULFILLMENT IN YOUR LIFE?**

"We need to lift our eyes, to look upwards, to the 'things that are above' (Col 3:2), to realize that everything in the world has meaning only insofar as it serves to unite us to God and to our brothers and sisters in charity."  
Pope Leo XIV

If you are interested in learning more about the Order of St. Augustine and what it means to be an Augustinian, please visit our website:

[www.beafriar.org](http://www.beafriar.org)

**CHRISTIAN SERVICE**

**PRAYER LINE**

The parish prayer line is waiting for your prayer requests. Please contact [stvprayerline1@gmail.com](mailto:stvprayerline1@gmail.com) or Marie DellaGreca at 856-981-7761 to activate the parish prayer line. We have parish teams available for your special intentions.

**DINNERS TO THE DOORSTEP**

This ministry is for parish families who are in crisis or for parish couples welcoming a new baby. Home-made dinners are delivered. Two parish coordinators keep a list of volunteers who are called as needed. If you are in need of this delicious community support, please contact Maria Gunn at 610-291-7205 or [maria.jim@comcast.net](mailto:maria.jim@comcast.net).

**ST. FRANCIS INN**

Volunteers are needed to serve the midday meal at the St. Francis Inn in Kensington. The Inn tries to meet the immediate daily needs of the poor and homeless people they serve with food, clothing and hospitality. This ministry is open to anyone 16 years or older. For more information and to sign up, contact our parish coordinator, Sheila Holst at 610-659-5828 or [hagan1126@verizon.net](mailto:hagan1126@verizon.net).

**MOTHER AND NEW FAMILY SUPPORT MINISTRY**

Parishioner and nurse practitioner volunteer offers support to new moms and their families who are navigating the complexities of motherhood and the addition of a new baby to the family. Contact Suzanne Foley at 610-952-0147 or [suzannefoley@yahoo.com](mailto:suzannefoley@yahoo.com) or Renee Massaua at [service@stvparish.org](mailto:service@stvparish.org).

**CATECHISTS AND CLASSROOM AIDES NEEDED**

for our Religious Education Program,  
2025-2026

This is a great opportunity to grow in your own faith and experience the joy that comes with serving in our Stewardship Parish Community.

Classes are on Wednesdays from 4:45pm-6:00pm or on Sundays from 10:10am to 11:25pm, September 21st to May 3rd.

Training and materials are provided. Not sure what being a catechist is all about? Want to help but don't want to teach? Contact us for information on how to share your gifts and talents and serve on this wonderful ministry team!

Contact: Eilise Rouse: [rel.ed@stvparish.org](mailto:rel.ed@stvparish.org),  
610-525-4801, x 204.

# STEWARDSHIP GRANT THANK YOU LETTERS

**ENGLISH VOLUNTEER PROGRAM**  
790 E Market Street, Suite 215  
West Chester, PA 19382

July 16, 2025

Dear Parishioners of St. Thomas:

The Parish support means the world — not just to us, but to every student who now has the chance to build confidence, skills, and independence through language. Because of you, we can continue saying “yes” to new learners and pair them with compassionate, trained tutors who meet them where they are, one lesson at a time. Your stewardship gift of is more than a donation — it’s a message to our students that they belong here, and that their voices matter.

On behalf of all who benefit, please accept my sincere appreciation for your unrestricted gift of \$3,000.00 to the Volunteer English Program. This grant which will continue to support the mission of providing free English language tutoring to adult immigrants and refugees living and working in Chester County.

As we approach VEP’s 40th consecutive year of service, we anticipate continued demand for the kind of quality volunteerism and language instruction that VEP provides. Thank you for your generosity and for supporting the work that we do.

Warmest Regards,

Terri Potrako  
Executive Director

**ST. FRANCES CABRINI CATHOLIC SCHOOL**  
406 N. 65th Street  
Philadelphia, PA 19151

August 12, 2025

Dear Friends:

Thank you for our thoughtful contribution of \$3,750.00. Because of you more students now have access to the essential resources they need to excel — whether it’s through tuition assistance, crucial learning materials, or enriching educational experiences.

You are helping to make affordable, high-quality Catholic education a reality for our students and their families. Your support is the driving force behind our mission to ensure that every child in our community has the opportunity to thrive, regardless of financial challenges.

Because of you, our students’ futures are filled with promise. We are deeply grateful for your partnership in this important work.

With gratitude,  
Erin Wooley  
Chief Advancement Officer



August 5, 2025

Dear Parishioners of St. Thomas;

As a member of the Board of Mothers’ Home, and as a long-time parishioner of our wonderful parish of St. Thomas of Villanova, please accept our profound thanks for the generous grant to Mother’s Home.

I am keenly aware of how carefully Mothers’ Home manages its funds, and how well it serves the extensive needs of the homeless pregnant women who come through our doors. In our large converted convent, these women and their babies find safety, support, compassion — and love.

Thank you again for the generosity of our wonderful parish.

Dennis McAndrews  
Mothers’ Home  
51 N MacDade Blvd.  
Darby, PA 19023



**STV Food Pantry  
NEEDS your HELP!**

The Parish food closet accepts donations of non-perishable foods on a weekly basis. The items collected are then delivered to our sister parish, St. Cyprian's in West Philadelphia, where approximately 300 families are assisted on a monthly basis.

**Items most in need are:**

**powdered milk, canned fruit and 100% fruit juice, peanut butter and jelly, tuna, canned chicken, cold cereal, oatmeal, pasta and pasta sauce, rice, stew, chili and soup, toilet paper and diapers.**

Food may be dropped off Monday-Thursday, 9:00am to 4:30pm and on Fridays from 9:00am to 1:00pm. Please drop off at the Parish Center and on weekends to the back of the Rosemont Chapel (around Mass times when the Church is open.) Please be mindful of expiration dates. We cannot deliver food items which are past their expiration dates. Thank you.

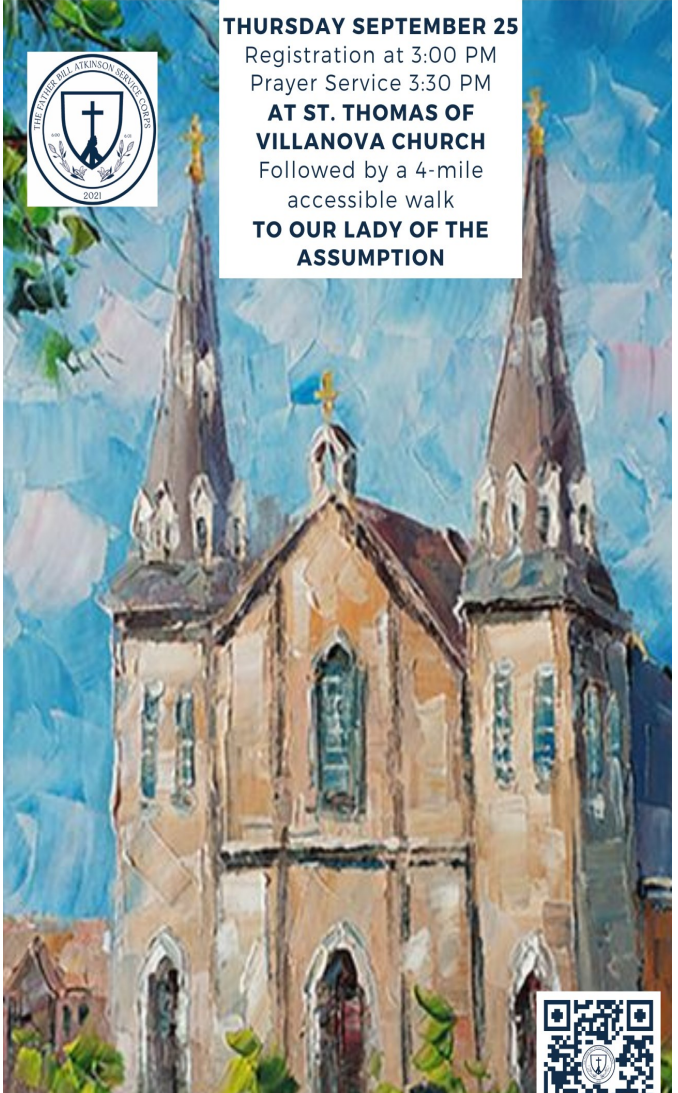
If you would rather not shop, please know that financial contributions are welcome and will allow parish volunteers to buy items for the parish food closet that directly benefit the food pantry at our sister parish, St. Cyprian. You may either send a check made out to St. Thomas of Villanova (with "Parish Food Closet" on the memo line) to the parish office or drop a check in the collection basket. Electronic contributions are also an option via the parish website.

**LOST AND FOUND — VILLANOVA CHURCH**

Several pieces of jewelry have recently been found in the **Villanova Church**. If you think you may have lost something, please don't hesitate to reach out.

**Contact:** Kathy — [office@stvparish.org](mailto:office@stvparish.org) or call the **Parish Office** at 610-525-4801.

## FR. BILL ATKINSON PILGRIMAGE



**THURSDAY SEPTEMBER 25**

Registration at 3:00 PM

Prayer Service 3:30 PM

**AT ST. THOMAS OF  
VILLANOVA CHURCH**

Followed by a 4-mile  
accessible walk

**TO OUR LADY OF THE  
ASSUMPTION**

Register online at [www.friendsoffatherbill.org](http://www.friendsoffatherbill.org)

St. Thomas of Villanova hosts a

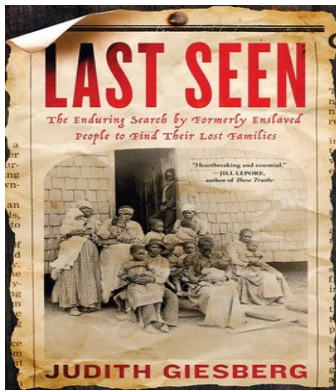
**FAMILY SUPPORT GROUP**  
**every Wednesday Evening at 7:00pm**  
in Harten Hall (Rosemont Auditorium).

Family Groups are designed to meet the needs of those with loved ones who are currently in treatment, are using alcohol and/or drugs in a problematic manner or are in recovery.

Our mission is to help ourselves and in turn help others whose loved ones are struggling with addiction.

The purpose of these groups is to provide family members a confidential, safe place to find support, education, encouragement and hope on their own path to Recovery for Life.

Those 18 years and older are welcome.



## St. Thomas of Villanova Parish Speaker Series

Thursday, September 25<sup>th</sup> at 7:00pm, Harten Hall,  
1229 East Lancaster Avenue, Rosemont, PA

Featuring historian Judith Giesberg, author of *Last Seen: The Enduring Search by Formerly Enslaved People to Find Their Lost Family*.

This new and important book recalls a little-known part of American history. Dr. Giesberg, Professor of History at Villanova University, is a compelling speaker who will share gripping stories of loss and love.

Professor Giesberg directs a digital project, *Last Seen: Finding Family After Slavery*, that is collecting, digitizing, and transcribing information — wanted ads taken out by formerly enslaved people looking for family members lost to the domestic slave trade. The project has been featured in the *New York Times*, *Washington Post*, *CBS Evening News*, and *NPR's All Things Considered*.

Dr. Giesberg is also a widely-published author. In addition to *Last Seen*, her books include *Civil War Sisterhood: The United States Sanitary Commission and Women's Politics in Transition*; *Army at Home: Women and the Civil War on the Northern Home Front*; *Emilie Davis's Civil War*; *The Diaries of a Free Black Woman in Philadelphia, 1863-1865*; and *Sex and the Civil War: Soldiers, Pornography, and the Making of Modern Morality*.

The talk will be followed by a social and a book signing. Books will be available for \$25 (cash or Venmo).

Come for an informative talk and a chance to reconnect with friends. Please RSVP to Kathy: [office@stvparish.org](mailto:office@stvparish.org)

### Please join us for a BROWN BAG LUNCH on SEPTEMBER 11, 2025

Our guest speaker will be  
Dr. Timothy Brunk, PhD,  
Professor of Theology at Villanova University  
and Associate Director of the Children,  
Liturgy and Ecology Project.

He will be speaking on Liturgy and Climate  
Change.

We will meet in Harten Hall following the  
12:05pm daily Mass.

You are welcome to bring your own  
lunch, drinks  
and dessert will be provided.

We hope you can join us!  
All are welcome!

### Children from Family Promise need NEW Clothes for School

Families experiencing homelessness who are currently staying with Family Promise are in need of NEW school clothes.

Please consider donating pants and tops to help them as they make a fresh start in new schools. Your generous support will be greatly appreciated by these families in crisis.

Please drop off your donations in a bag marked Family Promise at the parish office. The following sizes are needed:

- Girls' sizes 10/11, 11/12 and 12/14
- Boys' sizes 8/9 and 9/10

## "Care for God's Creation Holiday Fair Trade Event"

Our parish will be hosting a special fair trade holiday event on Sunday, November 9th.

We are in search of parishioners and friends who may be *vendors of fair trade* and environmentally sustainable goods, who may be interested in hosting a table at the fair.

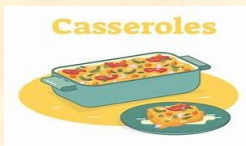
We are also in need of a group of volunteers (any age) to help staff the tables and serve refreshments at the event on November 11th.

If you are interested in helping or would like more information, please contact

Tanya Braithwaite - [liturgy@stvparish.org](mailto:liturgy@stvparish.org) or  
Peggy Schumann - [fl-youth@stvparish.org](mailto:fl-youth@stvparish.org).

This event is part of the CLEAR Project for which the parish received a grant sponsored by Villanova University focused on raising awareness on the importance of liturgy, ecology, and children.

For information, <https://www1.villanova.edu/university/liberal-arts-sciences/programs/theology/clear.html>



### ST. JOHN'S CASSEROLES

**Want to help out a great nonprofit that serves hot meals to those in need?**

St. John's Hospice is greatly in need of pre-cooked casseroles. Every day they provide over 350 lunchtime meals to homeless people in Philadelphia close to the Convention Center.

We are looking for volunteers who can make a casserole and bring it to our freezer located in the room outside the elevator in the lower level of the Rosemont Chapel. Casserole tins are available on the top of the freezers. Any home cooked casseroles must have a protein, i.e., meat and/or beans.

Please label and **date** your casserole with masking tape. If you have any questions, or need recipes for the casseroles, please contact Renee Massaua at [service@stvparish.org](mailto:service@stvparish.org).

## CATHOLIC RELIEF SERVICES

"Helping the poor is a matter of justice before a question of charity... It would be better if none were hungry." ~ Pope Leo XIV

In Mali, families fleeing violence are receiving life-saving support from CRS, including cash for food and shelter, clean water and sanitation, essential supply kits, and dignity kits for women — restoring hope, one step at a time. Please consider making a donation at [www.crs.org](http://www.crs.org). Thanks for your support.

If you would like to get involved with CRS at the parish level, please email [service@stvparish.org](mailto:service@stvparish.org) to find out more about our parish CRS chapter, a joint effort with our sister parish, St. Cyprian.

## SAVE THE DATE

### ARCHDIOCESAN JUBILEE PILGRIMAGE TO THE BASILICA OF THE NATIONAL SHRINE OF THE IMMACULATE CONCEPTION WASHINGTON, DC

**TUESDAY, OCTOBER 28, 2025**

This pilgrimage will include:

The availability of the Sacrament of Reconciliation, the celebration of Holy Mass, devotions in honor of the Blessed Virgin Mary and time for quiet prayer and reflection.

More information will follow.

Please **SAVE THE DATE!**

## RETROUVAILLE:

### REDISCOVER THE LOVE IN YOUR MARRIAGE

Tens of thousands of couples have healed their marriages through Retrouvaille (pronounced Retro-vy). If you know anyone who could benefit from this program, please pass this on. Couples learn to build communication skills and to increase intimacy. It provides help for marriage problems, difficulties or crises. The next program begins the weekend of October 3 - 5 at the Family Life Center in Malvern, PA.

For more information, or to register, call 215-766-3944 or send an email to [retrodelvalley@gmail.com](mailto:retrodelvalley@gmail.com). All inquiries are strictly confidential.

## RELIGIOUS EDUCATION REGISTRATION IS NOW OPEN!



Go to: [www.stvparish.net](http://www.stvparish.net)  
Click on Catholic Education — REP for  
all forms.  
Contacts: [rel.ed@stvparish.org](mailto:rel.ed@stvparish.org)  
[admin.rep@stvparish.org](mailto:admin.rep@stvparish.org)

**Registrations are still being accepted.**

REP Opening Class on Sundays begins September 21<sup>st</sup>  
at 10:10am in Rosemont Chapel

REP Opening Class on Wednesdays begins September  
24<sup>th</sup> at 4:45pm in Rosemont Chapel

2025-2026 Calendars now available on our website!!

## The Men of Villanova Invite You

To Join Our weekly, low-key,  
Gospel Reflection!

We're a group of guys discussing faith and  
life in a relaxed setting.  
No pressure, just meaningful conversations.  
If You Need a Better Way to Start your Day,  
or just a break from the "Normal," come and join  
us for one hour on Thursdays at the St. Thomas  
of Villanova Rosemont Parish Center at 1229  
Lancaster Avenue. The coffee is ready at  
6:30am and we finish faithfully at 7:30am.

**No need to prepare — just come as you are!**

For questions or more information contact  
Craig Null at [stv.mensgathering@gmail.com](mailto:stv.mensgathering@gmail.com)

P.S. You can join online if it is more convenient!  
Just let us know.

## ST. THOMAS OF VILLANOVA

*Are you looking  
for a small way to  
make a big  
difference for  
others this Summer?*



## *SHARE THE HARVEST*

Our parish will be helping families in our area  
who are in need of food by collecting fresh  
produce for the food pantry at ElderNet in  
Bryn Mawr. This year, **they are in particular  
need of fresh fruit, especially ones  
that don't spoil easily such as  
apples, oranges and grapefruit.**

**Baskets will be available for donations  
in the lobby of the Parish Center,  
Monday through Wednesday, or in  
the back of the Rosemont Chapel after  
the weekend Masses  
beginning in July through mid-September.**

**You may also contribute by cash or check,  
noting "Share the Harvest."  
Thank you for your generous support.**

**For more information, call the office  
at 610-525-4801.**

### Readings for the Week:

Monday: 1 Thes 4:13-18; Lk 4:16-30  
Tuesday: 1 Thes 5:1-6, 9-11; Lk 4:31-37  
Wednesday: Col 1:1-8; Lk 4:38-44  
Thursday: Aug I. 289; Is 49:8-11, 13, 15;  
Ps 30:1-8, 10-12; 2 Cor 1:3-7;  
Jn 19:25-27 or Jn 2:1-11 or  
Lk 1:39-47  
Friday: Col 1:15-20; Lk 5:33-39  
Saturday: Col 1:21-23; Lk 6:1-5  
Sunday: Wis 9:13-18b; Phlm 9-10, 12-17;  
Lk 14:25-33

**Archdiocese of Philadelphia  
Catholic Charismatic Renewal  
MASS OF HEALING**



Here is an opportunity to attend a **Mass of Healing** with Prayer and Praise. Prayer teams available for praying over individuals after Mass.

**First Friday, September 5, 2025 at 6:45pm at Our Lady of Fatima, 1 Fatima Drive in Secane with Rev. Roland Slobogin as the celebrant.**

More Information: Check website for fliers: <https://www.archphilaccr.org>. Call Beverly at 610-853-3688 or Liz at 610-348-5025

**AGELESS EXERCISE AT ST. THOMAS**

Ageless Exercise, Inc., presents a unique exercise program for the young at heart consisting of range of motion, strength training, weight bearing exercises and balance challenges -- all done to upbeat, fun music! Therapy bands, hands free weights, and balls are used for strengthening and stretching muscles and for attaining range of motion movement. Weight bearing exercises to strengthen bones and the skeletal structure as well as aerobic endurance are included in the weekly class.

The class is led by a Certified American Council on Exercise (ACE) Instructor. Come join us and learn about your body, have fun, and strengthen your muscles and bones.

**Where:** St. Thomas of Villanova  
Rosemont Auditorium

**When:** Every Wednesday from 10:00-11:00am,

**Cost:** \$6.00 for each class -- checks made payable to **Ageless Exercise, Inc.**

**CATHOLIC CHARITIES APPEAL  
Giving Hope 2025  
Please Give Generously!**

# Butterfly Blessings



Saint Thomas of Villanova Parish is looking for volunteers who can knit, crochet, sew or do needlework to make handmade baby items for babies facing challenges in our local hospitals.



Ideas include baby caps, blankets, sweaters, booties, bibs, anything you can create!



Each item will be tagged with this blessing:

*"May you be blessed with the ability of a butterfly to grow gracefully.  
May your beauty radiate like the colors of a butterfly lighting up the world.  
May your love spread like the wings of a butterfly, gently touching souls"*



**For more information contact  
the parish office at 610.525.4801**

## **CENTERING PRAYER GROUP**

**STV's Centering Prayer Group** meets in person every Monday, including holidays, at 8 AM in the Rosemont Chapel. Mask-wearing is optional. Centering Prayer is a method of meditation used by Christians placing a strong emphasis on interior silence, which takes 20 minutes. Thomas Keating offers a detailed description of the process in a you-tube clip at [https://www.youtube.com/watch?v=5FWvxwfn\\_CE](https://www.youtube.com/watch?v=5FWvxwfn_CE). **All are welcome.**