Second Sunday of Lent - March 1, 2015
St. Thomas the Apostle Catholic Church
1500 Brookdale Road, Naperville, IL 60563 e-mail: mainoffice@stapostle.org
630 355-8980 (Main Office)              Visit us on the internet at www.stapostle.org
630 305-6318 (Religious Education)
630 355-0521 (Facsimile)

Parish Staff

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Rev. Lawrence Jagdfeld, O.F.M.

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Mike Murray
Aileen Rominger
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Commission Representatives
Gail Jindrich – Worship and Liturgy
Chris Baker – Faith and Spiritual Formation
Joanne Bordage – Service and Outreach
Jeff Berta – Stewardship
Mike M. Yers – Finance Council/Administration

Ex-Officio
Fr. Don Arty – Parochial Vicar
Fr. Don McLaughlin – Pastor

*indicates part-time staff

Sacrament of Reconciliation
Reconciliation is available Saturday, 3:30 to 4:15 p.m., in the Reconciliation Room of the Chapel. Our priests are available during the week by appointment. Communal Penance services are held occasionally during the year.

In the Hospital or Home Bound
Call the Church Office to receive prayer/Eucharist from a priest, deacon or Minister of Care.

Baptism
Baptisms are usually celebrated 2-3 Sundays each month at a 12:30 p.m. service. On selected dates, Baptisms are celebrated at weekend Masses. Parents are required to attend an awareness and renewal evening prior to the Baptism. Call the Church Office a few months in advance to make arrangements.

Matrimony
A couple planning on being married at St. Thomas should contact the church six months in advance. One year is preferred. Either the bride or groom, or their parents, must be a registered parishioner for at least three months prior to calling to set a date.

Religious Education
Call the 630.305.6318 to register.

RCIA (Rite of Christian Initiation for Adults)
Any person wanting to learn more about the Catholic Faith, or to join our Catholic community should call the church at 630.355.8980.

Counseling Service
Call Samaritan Interfaith 630.357.2456 or Jan Olah, Psychological Care 630.355.8980 x 124.

Sunday Nursery
Nursery care is available for your child age one (walking) to four at the 9:30 a.m. Mass. For more information call the church office.

Liturgy Schedule
Daily
(Monday – Friday)
Communion Service — 6:30 a.m.
Rosary — 8:10 a.m.
Mass — 8:30 a.m.
(Saturday)
Mass — 8:30 a.m.

Weekend
Saturday Vigil — 4:30 p.m.
Sunday — 8:00, 9:30, and 11:15 a.m. and 6:00 p.m.

Adoration of the Blessed Sacrament
every first Friday, 9:00 — 5:00 p.m.
Practically all of us grew up understanding Lent as a time for penance, prayer, fasting, almsgiving and the dreaded fish only on Fridays. This is true to some extent and has dominated our thoughts and practices for years. But there is a much more uplifting focus to Lent than dwelling on our sinfulness that still seems to get lost or unrecognized. The key to truly understanding Lent is simple: BAPTISM! Preparation for Baptism and for renewing baptismal commitment (for those of us already baptized) lies at the heart of the season. Since the Second Vatican Council, the Church has reemphasized the baptismal character of Lent, but as I mentioned, that has just not seemed to sink in yet – we still dread the season. So why is Baptism so important in our Lenten understanding? Lent as a 40 day season developed in the fourth century from three merging sources. The first was the ancient paschal fast that began as a two-day observance before Easter but was gradually lengthened to 40 days. The second was the catechumenate as a process of preparation for Baptism, including an intense period of preparation for the Sacraments of Initiation to be celebrated at Easter. The third was the Order of Penitents, which was modeled on the catechumenate and sought a second conversion for those who had fallen back into serious sin after Baptism. As the catechumens (candidates for Baptism) entered their final period of preparation for Baptism, the penitents and the rest of the community accompanied them on their journey and prepared to renew their baptismal vows at Easter. Lent then IS radically baptismal.

This year at St. Thomas, there are seven adults preparing to be baptized at the Easter Vigil. We are all called to journey with them to the font. We do this by praying with and for them, AND recognize our own need for conversion. The next three weekends the Scrutinies will be celebrated with the Elect (those to be baptized). To scrutinize something means to examine it closely. These rituals are meant to strengthen the Elect to overcome the power of sin in their lives and grow in virtue. But it would be a huge mistake to presume that the Elect are the only sinners in our midst who need conversion. ALL of us are called to continuing conversion throughout our lives.

And so, with that in mind, I encourage all of us to attend our Parish Mission given by Fr. Lawrence Jagdfeld, OFM March 1 through 4.

Think of Lent as a 40 day retreat of rediscovering your baptismal call!

From the Pastor’s Desk...

Second Sunday in Lent
March 1, 2015
If God is for us, who can be against us?
— Romans 8:31b

Welcome Guests and Visitors!

We’re so glad you’re here and invite you to walk the path of faith with us. St. Thomas strives to provide a spiritual home where all are welcome, where the healing, reconciling, liberating love of God is shared by all. We believe the church is the sacrament of God’s saving presence in the world, join us!

Would you like to become a parishioner?
Join us, March 8 in the gym, with donuts anytime between 9:00 and 9:30 a.m. or 10:30 to 11:15 a.m.
Stations of the Cross
Stations of the Cross will be held each Friday of Lent at 7:30 p.m. in the Church. Prayer, response, song, movement, and art will be used to help us reflect on Jesus’ greatest act of love for us. Having a simple meal (observing Friday as a day of fasting) and attending this service yourself or with family/friends can be a wonderful Lenten practice.

Lenten Regulations
1. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday.
3. On these two days of fast and abstinence, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one’s needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.

Worship Commission—Liturgy & Music

A Prayer for Our Parish
Lord Jesus,
lead me to that mountain place of stronger light and surer sound where I may see your glory.

The mountain pilgrims climb, up steep valley paths, their clothes covered with everyday dust, and tired in their bones.

The lovely mountain where lowly sparrows feast, and one day outshines thousands elsewhere because you are there, my God.
The mountain close by, within, that I climb everyday; the holy ground I stand on now.

Light and truth, bright as blinding snow, whom Peter, James and John saw, “Lead me on, and bring me to your holy mountain, to your dwelling place.”

Lent Reconciliation
St. Thomas will have a Lenten Communal Reconciliation Service on Monday, March 16 at 7:30 p.m. A communal word service will be followed by the opportunity for individual confession with a priest.

Has it been a while since you’ve been to the Sacrament of Reconciliation? Do you need a refresher or do you just want the opportunity to understand all that the Sacrament offers? You are invited to come to the chapel at 7:00 p.m. for a quick review to prepare for this sacrament.

Temple Keepers
St. Thomas is in need of a few more Temple Keepers. Some jobs are difficult, some not – but all tasks are necessary in keeping a clean, hospitable environment in our church, chapel, and sanctuary areas. The church gets cleaned on the 2nd & 4th Fridays of the month following 8:30 Mass. Please contact the Liturgy Office if you are able to help.

Presider’s Schedule March 7/8
4:30 pm – Fr. Don McLaughlin, Deacon Mike Barrett
8:00 am – Fr. Don McLaughlin
9:30 am – Fr. Bob Colaresi, Deacon Pat Lennon
11:15 am – Fr. Dof Arty
6:00 pm – Fr. Bob Colaresi

Schedule is subject to change. Changes are posted to the St. Thomas website www.stapostle.org
Pray for Our Parish:
For the sick...
Tom Kamin, brother of Corlyn Juzeszyn
Barb Shannon, mother of Lissa
Denny Miller, husband of Sharron
Harold Throckmorton, father of Angie Tuttle
Pat Oswalt, mother of Deb Scheckel
Joe McGowan, friend of Jim & Mary Jo Breen
Tom Mathern, friend of the morning bible study group

Please Pray for our Men and Women Serving in the Military
Our parish community would like to recognize and remember the following individuals in prayer:

U.S. Air Force
Staff Sgt. Brooke Sica
Lt. Joseph Zito
AB Jon Babiarz, Special Forces
Capt. Joseph Bennington (Reserve)
Technical Sgt. Shanna Crones

Air Force National Guard
Senior Airman Jacob Brancaleon
Major Eric H. Dolan

U.S. Army
Capt. Lynnea Jensen
Capt. Aulana Casey
Staff Sgt. Aaron Simms
PFC. Sean Wesley
Army Ranger Medic Jeremy See
Capt. Matthew Haselhorst

U.S. Marine Corps
Capt. Brad Rothman
Lt. Colin Miller-Ratcliffes
LCpl Brandyn Tagliavia
LCpl Oliver Buckley
LCpl Tommy Baldacci
Col James Arthur Hogberg

U.S. Navy
Ensign Jason Coons
Alex Metzger
Airman Alex Dwork

Naval Reserve
CDR. Lance Klosterman, MD

U.S. Coast Guard
Call the parish office 630.355.8980 to include someone you love in the Military prayer list.

For the deceased...
Irene Connors, other of Lorraine & Patsy
Debra Holt, sister of Suzi Rasen
Bill Yatka & Ron Surdyk,
uncles of John & Linda Prezkwas
Maryann Kaminski, friend of Dottie Storto

Liturgy Schedule & Mass Intentions
Second Sunday of Lent

Monday, March 2, 2015
6:30am Communion Service
8:30am †Sylvia Grant, by Fr. Don
†JoAnn Koranga, by The Pavlik Family

Tuesday, March 3, 2015
(Saint Katherine Drexel, Virgin)
6:30am Communion Service
8:30am †Elaine Johnson, by Bill Mann
†Joseph Derwin, by Joe & Margaret

Wednesday, March 4, 2015
(Saint Casimir)
6:30am Communion Service
8:30am †Willie Johnson, by Bill Mann
Special Intention for Aunt Marie Hoffman’s 100th Birthday & daughter, Arlene Oris & Family

Thursday, March 5, 2015
6:30am Communion Service
8:30am †Bill Bolger, by Family & Friends

Friday, March 6, 2015
6:30am Communion Service
8:30am †George & Hilda Heck, by The Myers Family

Saturday, March 7, 2015
(Saints Perpetua and Felicity, Martyrs)
8:30am †Fr. Don Kenney, by Eugene & Jeanette Kenney
†Bob Collins, by Bob & Kathy Updike
4:30pm Vigil: Third Sunday of Lent
†John Vesper, by M ark Vesper
†Elaine Johnson, by Don & Mary Ann M anderscheid

Sunday, March 8, 2015
(Third Sunday of Lent)
8:00am †John Easton, by Audrey
†Jim Burns, by Rupert & Mary Malone
9:30am †Pat Hoffmann, by Bob & Loretta Kurland
†Willie Johnson, by Jim & Mary Jo Breen
11:15am For All those Suffering with Mental or Physical Illness
6:00pm For the People of St. Thomas
The Beatitudes are sometimes referred to as “be-attitudes.” They define the way we need to think and act and the perspective that we the faithful need to have and bring to each day in spite of the challenges the human journey brings. The Beatitudes are also statements of encouragement and congratulations for those who endure struggles. This style of Jesus’ statements was not original to Him. Beatitude statements can be found throughout the Old Testament, especially in the Psalms. For example: Blessed is he whose transgressions are forgiven . . . (Psalm 32:1); Blessed is the man whose sin the Lord does not count against him . . . (Psalm 32:2); Blessed is he who has regard for the weak . . . (Psalm 41:1); and Blessed are those you choose and bring near to live in your courts (Psalm 65:4).

The gospels also contain other, isolated beatitude type statements made by Jesus. Here are some examples. Blessed are you, Simon son of Jonah, for this was not revealed to you by man, but by my Father in heaven (Matthew 16:17). Now that you know these things, you will be blessed if you do them (John 13:17). And from John 20:29 we read . . . blessed are those who have not seen and yet have believed. Beatitude statements can also be found in the Book of Revelation. For example, Blessed are those who are invited to the wedding supper of the Lamb (Revelation 19:9). Do you fall into any of the above categories of people whom God considers to be blessed?

To prepare for next Sunday’s homily, read the Gospel several times during this week, and let your mind and spirit begin to nurture the seeds of God’s word.

March 8—John 2:13-15

Jesus refers to His body as the temple and foretells his Death and Resurrection. Our bodies are the temple of the Holy Spirit. What, this Lent, needs to be cleared out of your temple to make room for zeal for Jesus and His Church? You meet Jesus when you receive the Eucharist - your body now joined with His!

Soul Searchers Meet March 14

Soul Searchers will meet once a month to explore and discover truths in Teresa of Avila’s The Book of My Life. Saint Teresa lived in Spain at the time of the Inquisition, an accomplished woman in a 16th century world dominated by men. She was a Carmelite nun, reformer of monasteries and the first woman Doctor of the Church. Teresa wrote about her mystic visions and contemplative prayer. “Let nothing trouble you. All things are passing; God never changes. He who possesses God lacks nothing.” This month’s reading: Chapters 31-33.

The next meeting of Soul Searchers is March 14 from 9:15 to 10:30 a.m. in the Rectory Basement. Come whenever your schedule allows and enjoy a thought provoking experience. All are welcome to attend this monthly discussion group.

Irish Mass at St. Thomas

The West Suburban Irish will celebrate an Irish Mass at St. Thomas the Apostle Church in Naperville, honoring St. Patrick, on Wednesday, March 11, beginning at 6:30 p.m. There will be a Soda Bread Reception held afterwards, along with entertainment. All are invited to attend.

Reporting Sexual Abuse

Anyone who has reasonable cause to suspect the sexual abuse of a minor by a member of the clergy or other Church personnel is urged to report the matter immediately. To inform the Diocese of Joliet, call Sr. Mary Frances Seeley, OSF (Victim Assistance Coordinator) at 815.221.6118 or write the Diocese of Joliet, Blanchette Catholic Center, 16555 Weber Rd. Crest Hill, IL 60403. Also contact DCFS (Department of Children and Family Services) at 1.800.252.2873 or call the office of the local County States Attorney.
Be sure to join Fr. Lawrence Jagdfeld, OFM, March 2-4, as he presents our Parish Mission 2015 - “I Am St. Thomas.” What do the words of St. Thomas himself, as found in the Gospel of John, tell us about what it is to be an apostle - one sent on a mission by Jesus. To do what? To go where? To serve how?

Choose either the morning session (9:15-10:30am) or the evening session (7:15-8:30pm) to explore these questions with Fr. Lawrence, a popular homilist, columnist, and teacher.

Monday’s session will include Adoration and Benediction.
Tuesday’s session will feature a Lenten Examination of Conscience.
Wednesday’s session will conclude with Mass.
If you wish free child care at these sessions, registration is required by Feb. 23.

A special Family Mission will be on Tues., March 3, from 5-6:30pm and includes dinner. A $5 per person or $15 family registration is required. Contact Marge Coronado in the R.E. Office for reservations.

HIGH SCHOOL NEWS...

Authentic Life for 20s & 30s Young Adults
The Lenten series for young adults is underway, but it’s not too late! If you are young adult 21 and over and are seeking spiritual nourishment and a community to share your journey and struggles with, then this is a perfect opportunity for you!

Authentic Life meets every Wednesday from 6:30 to 8:30 p.m. from this week, through April 8. Format includes a dinner, followed by small group discussion of the upcoming Sunday’s Gospel story and other reflection materials. Cost is free, but free-will offerings are much appreciated. Suggested donation amount for participation in the series is $25, but any amount is welcome. So whether you’re single, married, with kids, without kids, long-time Catholic, or spiritual seeker you are welcome to be involved! Child care is available for those needing it, with advanced notice. To sign up for the series and to be on the contact list, simply e-mail or call Brett (badams@stapostle.org; 630.731.7721).

High School Summer Missions Leaders Needed
Dedicated and passionate adult leaders are needed to accompany teens on their service mission trips this summer. Exact trips will be determined based on the availability of adult leaders, so if this is something that speaks to your heart, contact Brett in the Youth Ministry Office (badams@stapostle.org; 630.731.7721) as soon as possible! The only prerequisites are an open heart to serve God and a love and care towards teenagers. The following trips are being considered:
- Young Neighbors in Action - 7 day, overnight - June 21-27 - Omaha, Green Bay, or Cleveland
- Young Neighbors in Action - 7 day, overnight - July 5-11 - Omaha or Chicago
- Young Neighbors in Action - 7 day, overnight - July 12-18 - Chicago or Washington D.C.
- Summer Witness in Mission - 6 day, overnight - July 20-26 - Local Chicago suburbs
- International Experience - 8-9 day, overnight - Dates TBA - Haiti or Nicaragua
First Grade Fun Fair
First Graders in the Religious Education Program, along with a parent, are invited to attend the 1st Grade Fun Fair on Saturday, March 7 in the gym at St. Thomas any time between 12:30 - 2:00 p.m. Tickets for the games will be held at the gym door for each child. Questions may be directed to the First Grade Coordinator, Rosemary Karl (630 357-4321) or to Patti Dougherty in the R.E. Office (630 305-6318), pdougherty@stapostle.org

Prizes Needed for Fun Fair
The First Graders in the Religious Education Program have a Fun Fair as part of their year of Faith Formation. There is a need for large and small gently used prizes, so if you have any usable toys suitable for first graders, we would love to have them. Please drop off at the Faith Formation/Religious Education Office by Monday, March 2. Mark it “First Grade Fun Fair”. Thank you!

Sacrament of Reconciliation for Youth
A Reconciliation Service for fourth graders and their families will be on Saturday, March 7 and March 21 starting at 1:00 p.m. in the church. Please pray for these children that they may always know the love of our Forgiving God and may we all know the joy that comes with forgiveness as we celebrate this sacrament. Anyone needing information about the Sacrament of Reconciliation may contact the Faith Formation/Religious Education Office at 630.305.6318.

Attention 4th and 5th Graders
Liturgy of the Word for 4th and 5th graders will be held on Sunday, March 8 at the 9:30 and 11:15 liturgies. Come out with the other children and go down by the Cabin where you will be directed to your meeting place.

Family Mission: THIS WEEK -March 3
What: The family mission is a chance for your family to come together, reflect and pray, and create a family prayer journal.
When: Tuesday, March 3, 5:00-6:00 pm with dinner following from 6:00-6:30 pm
Cost: $5/person or $15/family to cover the cost of the dinner
Registration forms are available outside the R.E. office and through religious education classes.

Stay, Pray and Play!
Your family is invited to Stay, Pray and Play! Come to the St. Thomas Gym from 4:15 to 5:45 p.m. on March 9, 16 and 23. Children of all ages are invited to attend, along with a parent or guardian. There will be open gym play time for children along with family prayer time. On occasion, the gathering will be moved to the Nursery if the gym is not available. Questions may be directed to the Faith Formation Office at 630.305.6318 or email parishioner Gina Howley ginahowley@comcast.net.

Meet an Amazing Young Person...
Sebastian Gast
Sebastian Gast started the grandparent program at St. Thomas and was involved in many ministries, among those, he was an RE catechist aide for his mom when she taught RE. He also started in January 2013 to do a random act of kindness every day and he has done one every day since then. During his college years, he chose to spend his spring breaks doing mission works in New Orleans and Florida with the Newman center at Urbana-Champaign. He is a great human being and a compassionate person!
**Just5Days Middle School Mission Trip:**

**Register by March 1**

**WHO:** Students completing grades 6, 7, 8  

**WHEN:** July 6-10  

**WHERE:** St. Joe, Michigan  

**WHAT TO EXPECT:** a 5-day experience of service, hands-on learning, prayer, liturgy, and community building, an unforgettable week, and a whole lot of fun!  

**COST:** $285  

**SIGN-UP DEADLINE:** March 1  

**REGISTRATION FORMS:** outside of Peggy Goralski’s office  

**QUESTIONS/ADDITIONAL INFORMATION:** Go to www.just5days.org or contact Peggy at pgoralski@stapostle.org or 630.355.8980 x 123.

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**Volunteers Needed for Living Stations of the Cross**

Middle school students are invited to be part of the Living Stations of the Cross Service which takes place on Good Friday, April 3. The Stations are ‘acted out’ with still-poses (no speaking required!). This is a wonderful opportunity for students to come to a deeper understanding of the depth of God’s love. Practices will be held on Wednesdays, from 4:30 to 5:30 pm, beginning February 25. If you are interested or would like more information, contact Peggy Goralski at www.pgoralski@stapostle.org or 630.355.8980 x 123.

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**Teens with Character Meeting: March 22**

St. Thomas Teens with Character will meet on Sunday, March 22, 4:30 - 6 pm, in the St. Thomas gym. Dinner (pizza) will be served, so bring your appetite! Teens with Character allows middle school students the chance to gather together, explore Catholic Social Teaching in a fun way, learn about upcoming service projects, grow in faith, and have a whole lot of fun. All middle school students and friends are welcome! So that enough food is planned, email Peggy Goralski at pgoralski@stapostle.org if you plan on attending.

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**Youth Ministry Corner**

This week marks the fourth anniversary of my husband’s kidney transplant and my son’s kidney donation to him. Family members had come from out of town to be present and lend support around the time of the transplant. As my sister was leaving the hospital, she said, “It is good that we were here.” Similar words are spoken by Peter in today’s Gospel account of the Transfiguration.

The transplant was certainly a mountaintop experience for my family, one in which the glory of God was revealed to us in so many ways. It has been nice to remember and to bask in the glow of that day. However, life is more than those mountaintop experiences. Life’s hard times and challenges come, too. After Jesus was transfigured and the voice from the cloud sounded, “This is my beloved Son”, Jesus came down from the mountain and faced the cross. We face our challenges and crosses in the same way — knowing that we are God’s beloved.

**Blessings,**  
**Peggy**

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**Feed My Starving Children Meal Packing**

On Thursday, March 19, from 6:00 to 7:30 p.m., middle school students and their families are invited to pack meals at Feed My Starving Children (500 Exchange Court, Aurora). To reserve a spot to volunteer, sign up online at www.fmsc.org. Click on For Volunteers and select Volunteer Registration, then click on Permanent Site and Join a Group. Enter St. Thomas the Apostle as the group name, Aurora as the Site, and March as the Month. If you have questions or would like more information, contact Peggy Goralski at 630.355.8980, Ext. 123 or pgoralski@stapostle.org.

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**Middle School Religious Education Class Schedule**

**Mon, March 2:** RE classes meet at All Saints, 7:15 pm  

**Sat, March 7:** 6th grade RE classes meet at St. Thomas, 7th and 8th grade RE classes meet at All Saints, 8:30 & 10:30 am
**Service Commission—Outreach & Social Justice**

**Doctor in Duchity**

When Twinning with Ste. Marie-Madeleine began in 1999, there was no healthcare in the village of Duchity. In 2010, St. Thomas built the Bon Samaritan Clinic. This year’s Lenten Project is to raise one year of salary for the doctor to assure year-round healthcare. The goal is $9,600.

Dr. Ricardo began working at the Bon Samaritan Clinic last November. He received his medical degree in 2013 and completed his Haitian social service year in 2014. He is treating patients, proactively educating the community on preventive practices, and taking a mobile clinic to the outlying chapels some distance from the clinic.

Take home a collection box—available in the Narthex and Gathering Area—and save your change during Lent. Return the collection box by Holy Thursday, April 2.

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**March KIDSKARE**

Help with cleaning at one evening a week in March. Then bring a box of cereal to the altar when you come to church Saturday or Sunday.

Thank You!

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**March Food Collection**

Next Weekend March 7 & 8

Items especially needed are:

- Toilet Paper
- Jell-o
- Cereal
- Jiffy Mix
- Pasta Sauce
- Small Size Peanut Butter and Jelly
- Microwave Popcorn

As part of your offering, please bring your gift of food to the altar when the gifts of bread and wine are brought forward.

If you can’t bring food to Mass next weekend, bring it when convenient... just leave it outside the Outreach Office or in the Gathering Area.

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**Caring is thinking with your heart!**

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**Mentors Needed**

St. Thomas Transitional Housing Ministry currently supports two families. We would like to support a third. To do that we need two additional mentors. Mentors work in teams of two or three. Contact Frank Szymanek (815-592-7154, frank3563@comcast.net). Mentor training provided by Bridge Communities is Saturday, March 14 from 8:30 am – 4:30 pm. If that time is not convenient, other arrangements can be made. No commitment is required. One does not necessarily have to become a mentor simply because of attending the training. You can give it a try without making a commitment! Attend a mentor meeting with a transitional Housing family.

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**Catholic Vocabulary Test**

**HYMN:**

A song of praise usually sung in a key three octaves higher than that of the congregation’s range.
St. Thomas the Apostle
Habitat for Humanity Mission Trip 2015

In early June, a group of St. Thomas the Apostle parishioners will again travel to the Mississippi Delta for a week long mission trip for Habitat for Humanity. This will be St. Thomas’ 25th year of service to the people of the Mississippi Delta. There are 2 Mission Trips planned:

**Week 1:** June 8-13
**Week 2:** June 15-20

Interested in learning more about a St. Thomas trip to Mississippi? Attend an information session Sunday, March 15 in the Senior Center to answer any questions about the trip. The meetings will be held after the 9:30 and 11:15 a.m. liturgies. Plan to attend and meet some of the Mission Trip team!

**Why join a Habitat for Humanity trip?**
- Opportunity to work alongside a homeowner from the community
- Job Supervisors to help and teach new skills to volunteers
- Great opportunity for families—at a cost of about $150 per person
- It’s lots of fun!

Pax Christi
Model the Peace of Christ

Grounded in the Gospel and Catholic social teaching, Pax Christi USA (PCUSA) is a membership organization that rejects war, preparation for war, every form of violence and domination, and personal and systemic racism. PCUSA, a section of Pax Christi International, is a Catholic peace and justice movement that seeks to model the Peace of Christ in its witness to the mandate of the nonviolence of the Cross.

Pax Christi’s vision is a more peaceful, just, and sustainable world through the efforts of its members and in collaboration with other groups. Pax Christi is guided by the spirituality of nonviolence. Its members strive through prayer, study, and action to work to align its organizational structures, policies, and practices with the intent to be an anti-racist, multicultural Catholic movement for peace with justice.

If you are interested in learning more about Christ’s Model for Peace, attend a meeting of St. Thomas Pax Christi Servants on Sunday, March 8 at 6:30 p.m. in the Cana Room at St. Thomas the Apostle Parish. If you have questions, call Nancy Oetter at 630-904-3859. If you are interested in joining Pax Christi USA, visit the website at www.paxchristiusa.org.

40 Days For Life, an ecumenical, faith-based effort, includes 40 days of:
- Prayer and Fasting for an end to abortion.
- Peaceful Vigil at Planned Parenthood.

From February 18 to March 28, there will be daily prayer from 7:00 a.m. until 7:00 p.m. in front of Planned Parenthood, 3051 East New York Street in Aurora. Please sign up to provide prayerful witness to the value of the life of the unborn child and his/her parents. For more information, phone Mary Ellen O’Rourke at 630.851.8262, or go to www.40daysforlife.com/aurora.

St. Thomas Homeless Alliance Ministry-
Letters to Governor Rauner

Thank you, St. Thomas! Parishioners signed 767 letters to Governor Rauner, asking him to prioritize state funds for homeless families and students in Illinois. This is over half of the 1500 letters that were collected statewide by the Chicago Coalition for the Homeless. The letters were delivered to Governor Rauner prior to the release of his fiscal year 2016 budget proposal on February 18. Now the difficult work of approving a state budget begins.
Behavioral Health: Seasonal Gloom

It’s Not Just a Phase: How Seasonal Affective Disorder Can Affect Adolescents

“It just can’t wake up!” It’s easy to blame it on staying up late to study, or the school’s early start time, but it could be a symptom of Seasonal Affective Disorder (SAD). Seasonal affective disorder is a type of depression that’s related to changes in seasons – SAD begins and ends at about the same times every year. If you’re like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. SAD is a disorder that can affect young adults through senior citizens. In adolescents, however, recent research has shown that SAD primarily causes an inability to wake up feeling refreshed, but does not have any impact on the quality of sleep.

Treatment of SAD may include light therapy, medication, and/or psychotherapy all under the care of appropriate health care professionals. In light therapy, also called phototherapy, you need to sit a few feet from a light source that is full spectrum. Full spectrum light bulbs can be purchased at most hardware stores. An easy was to get the best and most efficient treatment with light therapy is to put the bulb in a desk lamp or other reading light, and study using the light.

A another form of treatment, anti-depressant medications, are given if the symptoms are severe, and are prescribed and monitored by a physician, nurse practitioner, or physician’s assistant. It may take several weeks to notice the full benefits from an antidepressant, and you might have to try different medications before you find one that works the best for you with the fewest side effects.

Lastly, psychotherapy might be prescribed to help identify and change negative thoughts and behaviors that may trigger SAD symptoms, and also to learn alternative healthy ways to cope with SAD, for example, how to best manage stress.

Other important changes that would be helpful to make in your lifestyle are: getting regular exercise; getting outside, particularly within two hours of waking in the morning, even if the day is cloudy; and making your environment sunnier and brighter by opening blinds and sitting closer to windows at school or home.

References: Tonetti, et.al. Association between seasonal affective disorder and subjective quality of the sleep/wake cycle in adolescents; Mayo Clinic

Resources

If you want a St. Thomas Minister of Care to visit you at home or while in the hospital, please call the Pastoral Care Office 630.355.8980 x 124.

Counseling Service
Call Samaritan Interfaith, 630.357.2456 or Jan Olah, Pastoral Care, 630.355.8980 x 124.

A.E.D. LOCATIONS

1. Gathering Area
2. Church
3. Lighthouse Entrance Wall
4. Rectory Basement
Stewardship Commission

Today’s Readings

First Reading — The sacrifice of Abraham, our father in faith (Genesis 22:1-2, 9a, 10-13, 15-18).

Psalm — I will walk before the Lord, in the land of the living (Psalm 116).

Second Reading — If God is for us, who can be against us? (Romans 8:31b-34).

Gospel — Jesus was transfigured before them, and his clothes became dazzling white (Mark 9:2-10).


The 2015 Catholic Ministries Extending God’s Mercy

Please make a generous gift—consider pledging!

This week, please review the 2015 Catholic Ministries Annual Appeal materials in today’s bulletin. The CMAA is much different than a one-time special collection. It is a pledge campaign where you can make a pledge and pay it in 10 payments.

A significant gift to the 2015 Catholic Ministries Annual Appeal will touch the lives of many in a very positive way. The Annual Appeal provides a significant portion of the budget of our Diocese of Joliet. Most dioceses in the country conduct an appeal, once a year, to help with the costs of providing services and programs to their parishes. The Diocese of Joliet is no exception.

As you review the work enabled by your contribution to the CMAA, reflect on God’s gifts to you—He has given you all that you have. Your gifts to our parish, the diocese, and the work of the church throughout the world should be given in gratitude for the continuing gifts that God gives you. God extends His mercy to us each day, and you can be a part of “Extending God’s Mercy” to others through the CMAA.

Sometimes it is difficult to envision how one pledge can help an organization the size of our diocese, make a real difference. Realize each pledge does make a difference, because all parishes participate in the campaign, and the gifts of many enable our diocese to deliver needed education, ministry, and services. Our combined gifts not only signify our gratitude to God, they glorify Him by enabling the work of our diocese.

If you received your pledge form in the mail, please complete it and mail it back or bring it to Mass next weekend. For those of you who did not receive a mailing or have not had time to respond, we will conduct our Commitment/In Pew Weekend process at all Masses next weekend.

After our parish exceeds the 2015 CMAA goal of $146,271 in paid pledges, 65% of any additional funds are returned for use in our parish.

We are happy and grateful to announce that we did exceed our goal of the 2014 CMAA and once all the final collections are tallied, we will receive 55% of the overage back to St Thomas.

Readings for the Week

Mon: Dn 9:4b-10; Ps 79:8, 9, 11, 13; L k 6:36-38
Tues: Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; M t 23:1-12
Wed: Jer 18:18-20; Ps 31:5-6, 14-16; M t 20:17-28
Thurs: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
Fri: Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-21; M t 21:33-43, 45-46
Sat: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32
Sun: Ex 20:1-17 [1-3, 7-8, 12-17]; Ps 19:8-11; 1 Cor 1:22-25; Jn 2:13-25

Alternate readings (Year A): Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

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A Lenten Journey at All Saints — This year’s Lenten theme at All Saints is *Create in Us a Generous Heart*. Ash Wednesday was celebrated at mass as a school community a couple of weeks ago. In the communion meditation of our Ash Wednesday liturgy, we examined what makes a heart whole:

Return to me with your whole heart. We read these words in the book of Joel. Return to me with your whole heart. To do this, we must ask ourselves, What makes a heart whole?

The word whole means “unbroken” or “complete.” It can be traced to an old German word that means “unhurt” or “healthy”. The English word, holy, meaning “perfect in goodness,” is derived from the word whole.

When God calls Return to me with your whole heart, we know that our Lord wants us to choose activities that will make our hearts healthy and holy.

Dr. Seuss illustrated this point through a character that grows in spirit. When the Grinch learns to be kind and charitable, his heart grows three sizes. When we turn away from all that distracts us from God’s call to holiness, and turn towards the needs of others, our hearts will grow three sizes, too.

As a school community, All Saints students have taken on the following Lenten pledges. Perhaps, their Lenten journey might become yours.

From Ash Wednesday through February 20: students pledged to turn away from things that tempt them and toward spending more time in prayer. In this way, fasting from wrong will fill our hearts with God’s generous love.

From February 23 through 27: Students pledged to give freely without expecting something in return.

From March 2 through 6: Students pledge to live according to the commandments, especially to honor and respect their parents, others around them, and to live truthfully.

From March 9 through 13: Students pledge to try to understand and know someone better because “When I give of myself and love others freely, then I shall have a generous heart.”

From March 16 through 20: Students pledge to be more like Jesus, and have a special relationship with Him. “Help me to know you more dearly, love you more clearly and follow you more nearly.”

From March 23 through 27: As a students near the end of their Lenten journey, they pledge to spend special quiet time each day with Jesus, thinking about how important his sacrificial meal is for them.

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**THE WEEK AHEAD...**

| Monday, Mar. 2 | 9:15 — 10:30 a.m. | Parish Mission, Church |
| 7:00 — 9:00 p.m. | Buildings & Grounds, J udea |
| 7:15 — 8:30 p.m. | Parish Mission, Church |
| 7:15 — 8:30 p.m. | Middle School R. E. at All Saints Academy |
| Tuesday, Mar. 3 | 9:15 — 10:30 a.m. | Parish Mission, Church |
| 10:00 — 11:00 a.m. | Care Pantry, Gym |
| 5:00 — 6:30 p.m. | Family Mission, Gym |
| 7:15 — 8:30 p.m. | Parish Mission, Church |
| 8:00 — 9:00 p.m. | Voices of Faith, Lighthouse |
| Wednesday, Mar. 4 | 9:15 — 10:30 a.m. | Parish Mission, Church |
| 6:30 — 8:00 p.m. | Young Adult Lenten Discussion Grp, Lighthouse |
| 7:00 — 9:00 p.m. | St. Vincent de Paul, Senior Center |
| 7:15 — 8:30 p.m. | Parish Mission, Church |
| Thursday, Mar. 5 | 9:15 — 11:15 a.m. | Spread the Word Bible Study, Lighthouse |
| 4:15 — 5:15 p.m. | Jammers, Church |
| 6:00 — 7:00 p.m. | Journey Praise, Lighthouse |
| 6:30-8:30 p.m. | Life Retreat Meeting, Youth Center |
| 7:30 — 9:30 p.m. | Jubilate Rehearsal, Church |
| 7:30 — 9:00 p.m. | Spread the Word Bible Study, Senior Center West |
| Friday, Mar 6 | 9:00 — 11:00 a.m. | Friday Bible Study, Senior Center |
| 9:15am-12:00 p.m. | Jobs Ministry, Gym |
| Saturday, Mar. 7 | 8:30 — 11:45 a.m. | 6th Grade Church Visit |
| 8:30 — 11:45 a.m. | Elementary R.E. at All Saints Academy |
| 8:30 — 11:45 a.m. | Middle School R.E. at All Saints Academy |
| 8:30 — 11:00 a.m. | Ensemble Rehearsal, Lighthouse |
| 9:00 — 10:30 a.m. | Men’s Saturday Sharing, Senior Center |
| 10:15 — 11:15 a.m. | Rainbows, Ministry Center |
| 12:30 — 2:00 p.m. | 1st Grade Fun Fair, Gym |
| 1:00 — 3:30 p.m. | Family Reconciliation Service, Church |
| 4:00 — 7:00 p.m. | R CIA, Senior Center |
| 4:30 — 6:00 p.m. | Blood Pressure Screening, Deacon’ Office |
| Sunday, Mar. 8 | 8:00am-12:30 p.m. | Blood Pressure Screening, Deacon’s Office |
| 8:00 — 9:15 a.m. | Choir Rehearsal, Lighthouse |
| 8:00am-1:00 p.m. | Donut & Welcome Sunday, Gym |
| 9:30am-12:30 p.m. | Sunday Nursery |
| 9:30am-12:00 p.m. | Liturgy of the Word for Children thru 5th Grd, Ministry Center |
| 4:30 — 5:30 p. m. | Spring Confirmation Classes, Emmaus & Gallilee |
| 6:00 — 7:30 p. m. | Pax Christi, Cana |

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**PART TIME HELP WANTED**

Saint Anne Parish in Oswego, IL seeks secretary and clerical position. This is a ministerial position of welcome. Knowledge of the Catholic faith is required. A familiarity with Microsoft based software including Microsoft Office and Publisher is needed. Some knowledge of Adobe Photo Shop is a plus. Daytime position with occasional evening as requested. Please send resume to: stanne@stanneparish.org