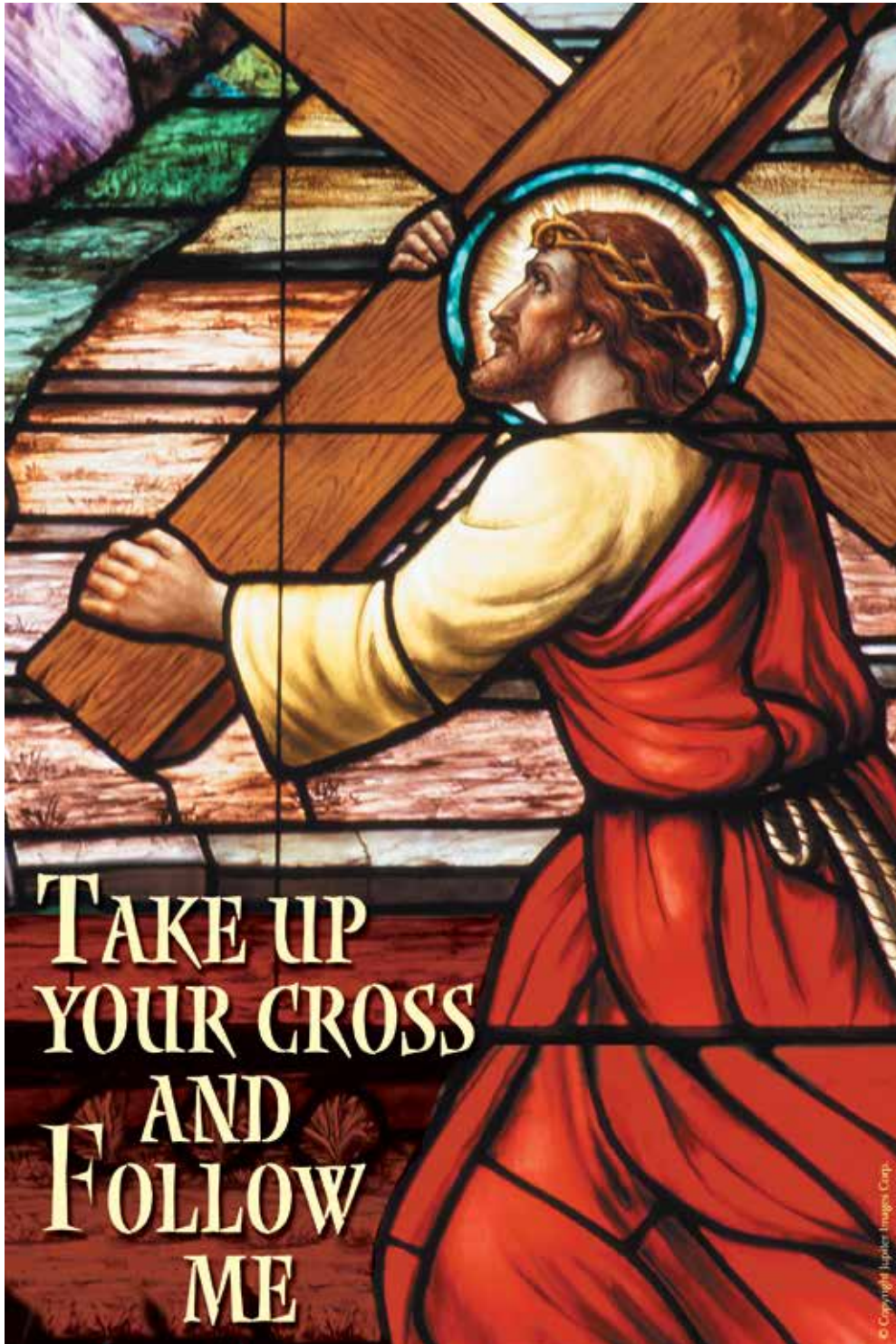


St. Thomas

AUGUST 30, 2020 — TWENTY-SECOND SUNDAY IN ORDINARY TIME



TAKE UP
YOUR CROSS
AND
FOLLOW
ME

St. Thomas the Apostle Catholic Church

1500 Brookdale Road, Naperville, IL 60563 | 630.355.8980 (Main Office) | 630.305.6318 (Religious Education) | 630.355.0521 (Fax)

Office Hours: 8:30 am to 8:30 pm, Monday–Thursday; 8:30 am to 4:30 pm, Friday

email to mainoffice@stapostle.org or visit us at www.stapostle.org

Roman Catholic Diocese of Joliet-in-Illinois • Most. Rev. Richard E. Pates, Apostolic Administrator

Parish Staff

Priests in Residence

Rev. Philip Danaher, *Pastor*, x102, pdanaher@stapostle.org

Rev. Joseph Kappilumakkal, CMI, *Parochial Vicar*, x103, jkapp@stapostle.org

Priests Assisting on Weekends

Rev. Bob Colaresi, O. Carm., *Weekend Associate*, robco@robco.org

Rev. Matt Lorenz, *Senior Vicar*, Archdiocese of Chicago

Permanent Deacons

Michael (Kathryn) Barrett — 630.355.8980, x145, meabarrett@gmail.com

Jim (Mary Jo) Breen — 630.486.3133, jimb4853@gmail.com

Joe (Carolyn) Cuzzzone — 630.355.8980, x224, DeaconJoeCuzzzone@gmail.com

Larry (Susan) Kearney — 630.355.8980, x225, lrkearney@comcast.net

Chuck (Sue) Lane — 630.355.8980, x223, chuck.lane2@icloud.com

Patrick (Mary Jo) Lennon — 630.901.3223, presence.now@gmail.com

Liturgy and Music

Jim Clauer, *Director of Liturgy and Music*, x111, jclauer@stapostle.org

Samantha Delke, *Associate Director of Liturgy and Music*, x120, sdelke@stapostle.org

Faith Formation

Margie Marshall, *Principal at All Saints Catholic Academy*, 630.961.6125

Lorraine Katz, *Director of Religious Education*, x109, lkatz@stapostle.org

Peggy Goralski, *Director of Middle School Faith Formation*, x123, pgoralski@stapostle.org

Dorothy Grantham, *Director of Youth/Young Adult Ministry*, x117, dgrantham@stapostle.org

Chari Rosales, *Director of Adult Education and RCIA*, x138, croales@stapostle.org

Marge Coronado, *Faith Formation Administrative Assistant*, x118, mcoronado@stapostle.org

Outreach and Social Justice

Michael Ryder, *Director of Outreach and Social Justice*, x121, mryder@stapostle.org

Anne Schultz, *OSJ Partner*, x113, aschultz@stapostle.org

Sally Meno, *OSJ Associate*, x137, smeno@stapostle.org

Pastoral Care

Jan Olah, *Director of Pastoral Care*, x124

Felicia Lawlor, * *Faith Community Nurse*, x104, flawlor@stapostle.org

Administration

Janet Simmons, *Finance/Business Officer*, x106, jsimmons@stapostle.org

Diane McQueen, *Gen Office Administrative Asst.*, x101, dmcqueen@stapostle.org

Kathy Ferguson, *Gen Office Administrative Asst.*, x100, mainoffice@stapostle.org

Casey Braun, * *Communications Coordinator*, x110, cbraun@stapostle.org

Elizabeth Fisher, * *Evening/Saturday Receptionist*

Mary Wright, * *Evening/Saturday Receptionist*

Mary Derwinski, * *Administration Asst.*, x143, mderwinski@stapostle.org

Sue Sportiello, * *Financial Asst.*, x143, ssportiello@stapostle.org

Marilyn DeMeo, * *Database Coordinator (T/Th)*, x107, mdemeo@stapostle.org

Bob Hartmann, * *Facility Manager*, x133, facility@stapostle.org

Parish Pastoral Council

Barbara Mambu, *Chair*

Alison Ohl

Todd Galer

Anne Scanlan

David Johanneson

Commission Representatives

Linda Bailey, *Service*

Deb Scheckel, *Parish Life*

Jeff Balsewicz, *Worship*

Susan Wood O'Leary, *Stewardship*

Mary Beth Nagai, *Faith Formation*

Ex-Officio

Fr. Philip Danaher, *Pastor*

Rev. Joseph Kappilumakkal, *Parochial Vicar*

*indicates part-time staff

Sacrament of Reconciliation: Reconciliation is available Saturday, 3:30 to 4:15 pm, 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 two to three Sundays each month at a 12:45 pm service. On selected dates, baptisms are celebrated during weekend Mass. Parents are required to attend a Baptismal awareness and renewal session prior to the Baptism. Call Kathy Ferguson in 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 at least three months before setting a date. Call Diane McQueen to schedule.

Religious Education: Call 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: Contact Jan Olah, Pastoral Care 630.355.8980, x124.

Sunday Nursery: Nursery care is available for your child age one (walking) to four at the 9:30 and 11:15 am Masses. For more information call the church office.

Our Outreach Twinning Parishes:

St. Thomas the Apostle has an ongoing twinning relationship with the following parishes:

St. Marie Madeleine in Duchity, Haiti

St. Agnes on the Lakota Indian Reservation, Manderson, South Dakota

St. Nicholas in Aurora, Illinois

Our Parish School:

All Saints Catholic Academy

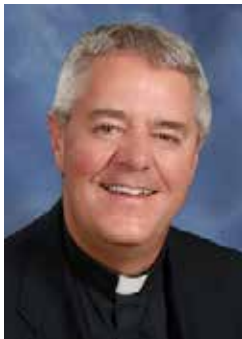
1155 Aurora Ave

Naperville, IL 60540

630.961.6125

in the word

with
fr danaher



Dear Parish Family,

We often hear the term “obstruction of justice” on TV police programs. Those accused of obstruction of justice have either lied or physically damaged the evidence, thus preventing the police from trying to solve a crime.

Today’s gospel describes not an “obstruction of justice,” but an “obstruction of love.” By trying to discourage Jesus from seemingly accepting His suffering, death and resurrection, Peter is actually trying to block Jesus from putting God’s loving plan into action. Peter is trying to obstruct God’s way of showing the world how much He truly loves us.

Like Peter, there are times when we also obstruct God’s loving plans for us. Certainly it has never been part of God’s loving plan for us to hurt others through our thoughts, words or actions. As Jesus persuaded Peter to see His suffering and death as the only way for God to show His love, so He tries to persuade us to see the fullness of God’s love in our hearts and the power He has given us to share it.

A belated thank you to Lorraine Katz, Patti Dougherty, Marge Coronado and catechists who helped our children, their families and our parish community celebrate our children’s belated First Eucharist. Though we had to wait a few months, certainly the wait was well worth it as we celebrated our children receiving the nourishing love of Jesus for the first time.

In the Word,

Fr. Danaher



Twenty-second Sunday in Ordinary Time August 30, 2020

Be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

— Romans 12:2

Liturgy Schedule

Daily

Mass: 8:30 am, Monday – Friday

In addition, the St. Thomas Deacons record a Daily Prayer Service that is available to watch on demand at www.stapostle.org

Weekend — Must sign up online to attend

Saturday Mass of Anticipation: 4:30 pm

Sunday: 9:30 am

Both weekend Masses will also be livestreamed and available to watch on demand at www.stapostle.org

Reconciliation

St. Thomas offers the Sacrament of Reconciliation before the Saturday 4:30 pm Mass. Reconciliation will be from 3:30–4:15 pm in the Galilee Room. Please check the website for full details.

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. Join us!

Would you like to become a parishioner?

Call Kathy Ferguson in the General Office at 630.355.8980, x100



This year marks the 35th Anniversary of St. Thomas the Apostle Catholic Church. Throughout this commemorative year, we as a parish family will explore the CHERISHED, CHARGED, CHALLENGED theme through liturgy, service and study.

Worship Commission — Liturgy and Music

Reflection on the Readings

In the gospel, Jesus is asking us to lose the most valuable thing we have — our very self. Moreover, this is not a single instance of loss, but a lifetime of giving ourselves over to God's plan for us. Jesus teaches us to let go of ourselves so that a new self can emerge. What we relinquish is ourselves as we are now; what we are given is a new self born from identifying completely with Jesus. It takes a lifetime of discipleship to let Jesus transform our life into his life.

Readings for Today

First Reading — The name of the LORD has become like fire burning in Jeremiah's heart (Jeremiah 20:7-9).

Psalms — My soul is thirsting for you, O Lord my God (Psalm 63).

Second Reading — Be transformed; renew your mind; discern what is good (Romans 12:1-2).

Gospel — Those who lose their lives for Jesus' sake will find them (Matthew 16:21-27).

The English translation of the Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Readings for the Week

Monday: 1 Cor 2:1-5; Ps 119:97-102; Lk 4:16-30
Tuesday: 1 Cor 2:10b-16; Ps 145:8-14; Lk 4:31-37
Wednesday: 1 Cor 3:1-9; Ps 33:12-15, 20-21; Lk 4:38-44
Thursday: 1 Cor 3:18-23; Ps 24:1bc-4ab, 5-6; Lk 5:1-11
Friday: 1 Cor 4:1-5; Ps 37:3-6, 27-28, 39-40; Lk 5:33-39
Saturday: 1 Cor 4:6b-15; Ps 145:17-21; Lk 6:1-5
Sunday: Ez 33:7-9; Ps 95:1-2, 6-9; Rom 13:8-10; Mt 18:15-20

Prayer

*Come to us, God, source of every blessing
and tune our whole lives to sing your praise!*

*Not because we have to but because we sincerely want to,
not because we are afraid, but because we are full of gratitude.*

*Not so that we might gain some advantage over other people,
not so that we might try and buy our way into heavenly favors.*

*Not because you need our praise to keep you happy,
not because our songs are sweeter than any other sinners.*

*Not in order that we may prove more righteous than our neighbors,
not in order to make our church appear more worthy than any
other.*

*Not because our words will impress you by their wisdom,
not because we might be damned if we fail to get it right:*

*Come to us, God, source of every blessing
and tune our whole lives to sing your praise!*

Amen!

~ written by Bruce Prewer

Presider Schedule September 5–6

Saturday, September 5

4:30 pm – Fr. Philip Danaher

Sunday, September 6

9:30 am – Fr. Joseph Kappilumakkal

Presider schedule is subject to change.

Liturgy Schedule and Mass Intentions

Please note, because we currently only have two weekend Masses, all the weekend intentions will be read at both Masses.

Monday, August 31, 2020

8:30 am Mass

Tuesday, September 1, 2020

8:30 am †Tom Kearney, by Dick and Adela Auskalnis

Wednesday, September 2, 2020

8:30 am †Gwen Parficvich, by Charlene Herbert

Thursday, September 3, 2020

8:30 am †Pat O'Donnell, by Kathy and Rudy Mensone

Friday, September 4, 2020

8:30 am †Jerry Garrity, by Family

Saturday, September 5, 2020

8:30am †Anne and Vito Battisto, by The Battisto Family

4:30 pm *Mass of Anticipation*

Sunday, September 6, 2020

Twenty-Third Sunday in Ordinary Time

8:00 am Special Intention for 50th Anniversary of
Buddy and Mely Mallorca

9:30 am For the People of St. Thomas

11:15 am †Regino Tuazon, by Tess Tuazon and Family

Receptionist Needed at St. Thomas

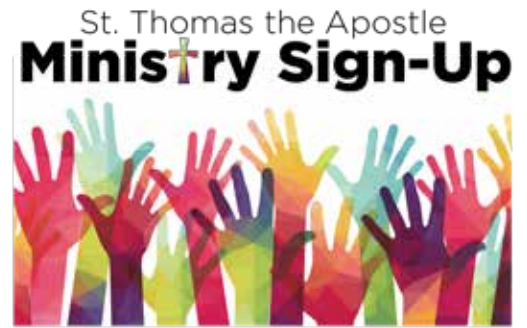
Seeking one part-time individual to job share with our current receptionist for nights and Saturday receptionist duties. Must be at least 21 years of age, fluent in English (Spanish is helpful but not required) and able to work flexible hours. Good communication skills, friendly and welcoming demeanor also needed. Assist with clerical work and capable of directing in emergency evacuations and other duties, when needed. Training provided.

Submit resume to Kathy Ferguson, 1500 Brookdale Road, Naperville 60563, no later than September 9. Questions? Call Kathy at 630.355.8980, ext. 100.

Ministry Sign-up

As we have learned the past few months, even with the church building closed, there are so many ways that St. Thomas continued to be church, being the hands and feet of Christ to our faith community and in the world. We need to continue that spirit of service, perhaps now more than ever.

We need you. There are talents and gifts unique to you that are needed at St. Thomas. A wonderful way to use those talents and gifts would be to volunteer for a ministry. The brochure outlining the ministries at St. Thomas is updated and online. The actual sign-up process can also take place online. Consider sharing your gifts and talents with our faith community. We need you!



Service Commission — Outreach and Social Justice

St. Thomas Lenten Project Revival

Due to the COVID-19 pandemic, there was no opportunity to collect donations for Bethany House. We are reviving the 2020 Lenten project in August to help Bethany House help others.



Bethany House of Hospitality

Welcome the Stranger

Bethany House provides housing and support services to young immigrant women as they journey to independence. The project goal is \$7,000.

Please make a donation, as you are able:

- Little Brown Boxes (place in basket at Mass exits, drop off at church Monday–Friday, 9:00 am–12:00 pm)
- Check “St Thomas OSJ” with “Bethany House” in memo. (basket at Mass exits, drop off at church Monday–Friday, 9:00 am–12:00 pm, mail to St. Thomas OSJ)
- On-Line Donation <https://www.osvonlinegiving.com/1479/DirectDonate/76402>. Be aware that a credit card processing charge of 3.4% will be deducted from donation.

Elizabeth’s Story

Imagine you are 18 years old and have spent fully half of your life searching for a safe and welcoming place. Elizabeth fled the Democratic Republic of the Congo at nine years old to escape a brutal civil war . . . and after refugee camps in Angola and Brazil, she finally arrived at Bethany House. She is working on her high school diploma and has just received a work permit. Efforts to find her family left in Angola have been unsuccessful, but Elizabeth holds out hope. For now, the people at Bethany House are her family.

“Oh, I’m Free!” Mary’s Story

What does Bethany House mean to Mary? “Oh, I’m free!” BHH works so these young immigrant women can be free of a traumatic past . . . free to dream widely, and sometimes wildly, about their future. Mary has lived at BHH for six months. She works a full-time factory job. She saves her money for driving lessons and a future apartment. She prepares to take the GED tests. “I can do things that I was never able to do in my past life.”

Memorial Service for Aborted Children

Saints Peter and Paul

On Saturday, September 12, people throughout the country will gather at the gravesites of aborted babies and other memorial sites dedicated in their honor for the eighth annual National Day of Remembrance for Aborted Children.

Solemn vigils will be held at these sites to commemorate the more than 60 million children who have lost their lives to legal abortion since 1973, and to remind our society of the humanity of the unborn child. You are invited to join us for the memorial service.

Event Details: Saturday, September 12, at Saints Peter and Paul Cemetery (911 North Avenue, Naperville)

Patriotic Rosary begins at 12:30 pm. Speakers include: Cindy Morales (Pro-Life Champions) and Mary Griffith (Waterleaf Women’s Center). Please bring face coverings and social distance from non-family. Together let us remember the victims of abortion and pray for a final end to this injustice in our land. Contact Deacon Joe Verdico with questions at: jverdico@sspeterandpaul.net.

St. Thomas Cares

The SPIRIT in Action

The Story of Barbara and Charles

These are interesting times. Barbara called St. Thomas Cares for emergency help. Barbara and Charles have been together for over five years. They have a five-year-old son. They were doing OK. Charles was working as a mechanic off and on. She had an admin job with a lawyer. They were in an apartment. In rapid succession, the apartment owner sold the home, the lawyer needed brain surgery and shut down his business. (He was paying her cash, so her unemployment was denied, but she should be eligible for PUA — but that is still pending.) They were pretty much living in their car with two dogs and a cat. Then they were in a car accident that totaled the car. She is still having some recurring nerve pain in her foot. The other driver was issued tickets by the police. The truck that hit them was owned by a company, and was being driven by the wife of an employee. The company is insured, but they are saying the truck was stolen so they don't have to pay. (In fact, they never filed a stolen vehicle report.) The insurance companies are fighting, and Barbara and Charles haven't received anything from either insurance company to date. When they went to the storage facility where the car had been towed, all their belongings had been stolen including his mechanic tools (worth about \$5,000). The storage facility has no video cameras and took no responsibility. The police said they could not do anything. The family had a bit of help with a rental car that they were living in, but that help was ending. They asked for help with a rental car.

St. Thomas Cares provided a rental car for a week so they had a place to live. Meantime, Barbara was doing Door Dash to make some money, and Charles had two job interviews. As the SPIRIT would have it, someone had donated a car to St. Thomas Cares on July 7. St. Thomas Cares had the car checked out, put new brakes on it, and it was good to go. We were just waiting for someone to come along that needed it. We transferred the title to Barbara and Charles on August 13. They have a place to stay until things get better. Barbara was so excited and thankful!

Care Pantry Drive-Thru Donations

Care Pantry volunteers accepted drive-thru food donations on Tuesday, August 18. Once again, the response from the St. Thomas community was very generous. People in 78 vehicles brought 262 bags of food/packages of toilet paper, Kleenex and paper towels.

Thanks to all who provided food for those in need of physical nourishment. The food may also help people feel stronger emotionally and spiritually. The next drive-thru donations date is Tuesday, September 22. Closer to that date, a list of items needed will be provided.



Haiti Twinning

Solar Power for the Clinic

For almost 20 years, the Haiti Twinning Committee has investigated various methods of providing some level of electric power to our twinning parish and the larger community in Duchity.



History

The first approach in 2001 was a small hydroelectric power plant. It may sound improbable, but at the time, there was a partnership with engineering professionals at the University of Puerto Rico who had some access to funding support for such a project. Two Haiti Twinning mission teams visited Duchity to determine if the River Glace had sufficient dynamic head (flow rate and hydrostatic head) to power a water driven generator that could produce approximately 50 kW of electrical power and could that power be reliably transported to the village about a half mile away. The technical results were positive. However, due factors such as capital cost, the poor condition of the main road serving the area, and the lack of sufficient technical resources, it was determined that the village could best be served by installing a diesel/electric generator and a small electrical grid to provide electric power to the central area of the Village.

In August of 2004, a team of nine people from St. Thomas along with about 30 young men from the village installed a 17 kW diesel generator and an overhead electrical distribution system: 40 street lights and electric power feeders to two schools, five churches and some 50 homes. On the final day of the visit, in the twilight of early evening, the generator was turned on. Would the system work? The team really didn't know. Then they heard cheers from all corners of the village as the light sensor street lights came on, one by one, around the village! The system lasted for two to three years, but maintenance was a problem, as well as the cost of the fuel for the generator. Hurricanes damaged and brought down the power lines. But the brief period of street lights had an unexpected benefit to the community. It brought families to Duchity to live and grow the community.

Solar Power

Back in the day, solar power was not a viable solution . . . solar panel size, reliability and high cost were all factors that were prohibitive. But now, the technology is far advanced. Out of conversations with the Ste. Marie-Madeleine leadership and the health clinic staff came the idea to power the clinic 24/7 to allow: treatment at all hours as needed, the use of a refrigerator to store medicines and the addition of lab testing equipment. The Haiti Twinning feasibility study was positive. Fr. Bellange, the Holy Cross priest and engineer that built the clinic, provided a project pro-forma (\$26,000 for a 5 kW system). The funds are available (\$10,000 from a St. Thomas parishioner and \$16,000 from a Rotary Club in New York City.) The project will begin shortly!

Faith and Formation Commission — Adult

C.A.R.E. CORNER

As we continue to work our way through history, the southern most parts of Christendom such as Italy, France and Spain faced new challenges in the seventh and eighth centuries with the rise of Islam. But Christianity remained the predominant religion throughout most of Europe. During the Middle Ages, Europe found itself in the midst of considerable local in-fighting among regional chiefs, princes and kings. But in contrast to that disunity, the Church remained unified with one head (the Pope), one set of (canon) laws and the same seven sacraments available to the people. In the year 800, the Pope made Charlemagne the Holy Roman Emperor, or the secular ruler over the known world. That's when Latin became the language of the government and the standard liturgical language of the Church.

But trouble was brewing from within. The Western part of the Church had a political leader in the Emperor and a Church leader in the Bishop of Rome. But the Eastern part of the Church also had their own Emperor and Church leader in the Patriarch of Constantinople. And power struggles and theological differences eventually took a toll. In 1054, the Church suffered a great schism. It split into an Eastern strand, known as Orthodox or Eastern Rite and a Western strand known as Latin or Roman. Even today, we continue to suffer hindrances to our unity because of that separation a millennium ago. Power struggles seem to be a universal and timeless human phenomenon.

Bible Study this Fall

This Fall, we will again continue the Study of the Bible on Wednesdays and Thursdays.

Wednesday class is from 9:30–11:30 am and starts September 9. We will be studying the two Books of Samuel. Samuel has a list of wonderful characters. These are Books in the Old Testament but please consider studying them. You will be able to relate to the Books of the New Testament as well as the happenings of today.

Thursday class is either 9:30–11:30 am or 7:30–9:00 pm (you choose) and starts September 10. Thursday class will be an exploration in story, song and discussion of the Book of Psalms, the 'prayer book of the Bible' that covers every human emotion and circumstance.

We welcome all newcomers. The cost is only for the book. New Members should contact Chari Rosales at croales@stapostle.org or 630.355.8980, x138.



Misericordia Women's League New Membership Meeting

We are looking for new members!

Misericordia provides a caring environment for more than 600 children and adults with developmental and physical disabilities. Our league supports Misericordia through fundraising and service.

Please join us:

Thursday, September 10, 2020 at 10:00 am at Katherine Legge Memorial Park, 5901 S. County Line Road (Bring a lawn chair and a morning drink).

For more information contact: Diane Fritz at dfritz0728@sbcglobal.net, Theresa McClear at growitgreenerchicago@gmail.com or Janet Meyer JMCilella@gmail.com.

The Faith & Spirituality Commission Presents: St. Thomas Reads: Just Mercy

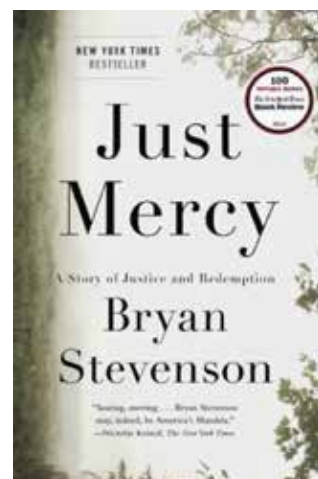
An amazing book group coming soon to your parish!

"We are all more than the worst thing we have ever done."

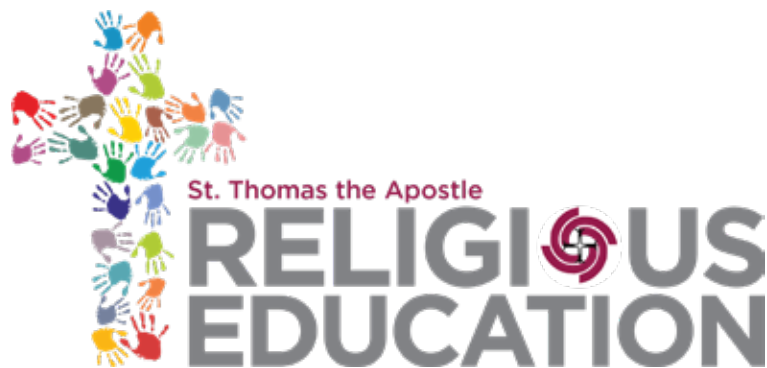
- Bryan Stevenson, Author of Just Mercy

- Read an incredible story about justice, mercy and redemption
- Engage with others from the safety and comfort of your home over Zoom
- Be inspired by the power one life can have to affect many others
- Discuss challenging issues surrounding the justice system in America

Look for sign-up information in early September! Contact Carrie Wujek with any questions at cawujek@gmail.com.



Faith and Formation Commission — Youth



RE Meet and Greet Sunday, August 30, 10:45–11:15 am

Start our RE Year Together!

For: PreK to 5th Grade

Location: Outside of St. Thomas, weather permitting

- Go to back of parking lot by station 1 of Stations of the Cross
- Check in at table
- Then, find your grade and class at the designated outdoor classroom along the stations.

See you there!

Elementary RE Faith Formation and Grade Level Meeting

Our first RE Catechist Faith Formation and grade level meeting is Tuesday, September 1 at 7:00 pm. See you there!

Parents and Catechists ... Important Dates for Religious Education

- **Saturday, September 12** Elementary and Middle School Saturday RE sessions begin
- **Monday, September 14** Middle School Monday RE sessions begin
- **Tuesday, September 15** Elementary Tuesday RE sessions begin

Catechists and Aides Needed

Catechists and aides are needed for elementary and middle school RE sessions. Catechists are needed for first grade (Tuesday and Saturday), second grade (Tuesday and Saturday), fourth grade (Saturday), fifth grade (Tuesday), and a seventh grade Zoom class (for either Monday or Saturday).

Aides are also needed on Tuesday and Saturday. If you EVER thought about ministering as a catechist, helping to form the faith of amazing young people, NOW is your chance! For more information or to volunteer, contact Lorraine Katz at lkatz@stapostel.org or 630.355.8980, x109, or Peggy Goralski at pgoralski@stapostle.org or 630.355.8980, x123.



Words to Encourage and Guide

If you are inspired and encouraged by the latest fight for racial justice:

Continue to take courage to face the real pain and suffering our communities have experienced through sanctioned, state-sponsored laws, practices and policies and enforcement. Study all of our histories each day but try to avoid being swayed by the glamor of the latest and greatest meme or post. Be like a pebble thrown into water — travel deeper and deeper, listening to the people most impacted by the ways you live. Have patience with yourself and others. Demand truthful witness. “Act justly, love mercy, and walk humbly with God” (Micah 6:8).

If you are participating in and/or tired of livestreamed church:

Pray every day with a newspaper in one hand and the Bible in another. Add a journal to the mix and write your prayers — requests, desires, lamentations, joys, concerns, sorrow — in it. Read the previous days’ prayers as you begin each day.

(Excerpts from “Words to encourage and guide, wherever you find yourself during this pandemic” by Jocelyn Sideco, National Catholic Reporter)

Question of the week ...

Discuss what it means to “take up your cross.”



Service Commission — Pastoral Care

Community Wide Mask Drive



Help Your Neighbors Stay Safe — Participate in a Community Wide Mask Drive

Access DuPage is a collaborative effort by thousands of individuals and hundreds of organizations in DuPage County to provide access to affordable health services to the county's low-income, medically uninsured residents. They are coordinating a community wide mask drive.

You can Participate. Here's How:

- Purchase or make mask for someone in need
- Request masks for yourself or your agency
- Spread the word! Tell your friends/family!
- Visit accessdupage.org/mask-drive to learn how

Spiritual Accompaniment for Those with Mental Illness and their Families.

"Holy listening, that is, listening in the context of the healing presence of God, means hearing what a person tells us and letting their story unfold at their pace. It affirms a person's dignity and value. Their story is a sacred story."

People with mental illness and their families may feel isolated from their faith community and thus isolated from God. The joy of life is knowing we are loved by God and one another. The Lambert's will speak from their over 30 year experience of ministry with and for people with mental illness and their families.

Don't worry — I am with you. Don't be afraid — I am your God. I will make you strong and help you. I will support you with my right hand that brings victory.
Isaiah 41: 10

Spiritual Accompaniment for those with mental illness and their families.

Providing spiritual support to those struggling with mental health issues and their families.

September 29, 2020

Deacon Tom Lambert, Archdiocese of Chicago
Rita Lambert, Spiritual Director

A Zoom presentation livestreamed from 7:00–8:30 pm or available on the St. Thomas website following the presentation. To register, contact Susan Kearney at 630.355.8980, x108 or sdkearney@comcast.net.

From the Office of the Parish Nurse: Time for Bed

People who struggle with insomnia are often advised to go to bed and get up at the same time each day, as one of the "sleep hygiene" measures that may promote better slumber. But even if you're a champion sleeper, two studies published earlier this year suggest another good reason to aim for a stable bedtime: your heart health.

In a study in the *Journal of the American College of Cardiology*, researchers examined data from 1,992 older adults, all initially free of cardiovascular disease. Sleep was tracked for a week at the start of the study. Those with the most variation in their bedtimes or in the amount they slept were more likely to have a cardiovascular event or die from cardiovascular disease in the next five years than those who went to bed at roughly the same time each night and slept roughly the same number of hours. The findings held up regardless of how long the person actually slept. The researchers adjusted for the participants' cardiovascular risk factors and self-reported sleep quality. Their conclusion: "Irregular sleep duration and timing may be novel risk factors for cardiovascular disease."

The second study, in *JPJ Digital Medicine*, included 557 young adults. The researchers used Fitbits to track the participant's sleep behavior over four years, logging a total of 255,736 sleep sessions. The individual's resting heart rates were recorded along with their sleep and wake times. Going to bed even 30 minutes later than one's usual bedtime was associated with an increase in resting heart rate that persisted through the sleep session and into the next evening. (Usual bedtime was defined as the hour surrounding the individual's average bedtime over all the nights of monitoring.) A higher resting heart rate has been linked to a greater risk of heart disease and premature death. The greater the deviation in bedtimes the greater the heart rate increase.

Interestingly, going to bed an hour or more before the usual bedtime also raised resting heart rate, but it returned to normal faster. As in the other study, the effect of inconsistent bedtimes held up even if the person got a healthy amount of sleep (seven to nine hours) on a given night. The findings "stress the importance of maintaining proper sleep habits, beyond sleep duration, as high variability in bedtimes may be detrimental to one's cardiovascular health," the authors wrote.

While more research is needed to determine how inconsistent sleep times affect the heart, it's reasonable to try to head to bed around the same time each night and avoid sleeping radically different amount from day to day. It can't hurt and it might help your sleep, your heart or both.

Resource: University of California Berkeley, August 2020

Stewardship and Administration



Every year our parish has a Lenten project which targets an organization that provides help to others. This year we had earmarked Bethany House, which provides housing and support for immigrant women in Chicago as they make their journey to independence. More information about Bethany House is available on the website.

This year that project was interrupted because of the pandemic. However, it was not forgotten. There is still an opportunity for you to share your treasure by contributing to the project. The goal was to raise \$7000. You can do that one of three ways. If you took a little brown box, that can be returned to the baskets as you exit Mass. You can write a check to St. Thomas OSJ and return it to Church (either by mail or after Mass) with the notation "Bethany House". Or you can make a donation on line. Access the website, under "Bulletin/News."

What a wonderful way to share the treasure that God has given you.

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

August 16, 2020	
Sunday Collection Offering*	\$8,516
Credit Card On-Line Giving	none this week
Automatic Direct Debit (5 th and 20 th each month)	none this week
Mailed in and stock donations	\$3,345
Total for the week	\$11,861
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$207,883
Weekly Average 7/1/2019 to date	\$29,698
Offertory Goal Year to date	\$235,824
Over/short of goal to date	(\$27,941)
Goal for Fiscal Year 7/1 to 6/30	\$1,751,833
Percent of Annual Sunday Offertory Goal	12%
Remaining for Fiscal Year goal	\$1,543,950

This week, the Sunday collection is \$27,941 behind goal so far this year. Capital needs restricted gifts were \$53 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2020

Parish Appeal Goal	\$174,600
Pledges Received	\$136,344
Percent of Goal pledged to date	78.09%
Unpaid pledges	\$19,707
Paid to Date	\$116,637
Percent of goal paid to date	66.80

Please Continue Giving During COVID-19

We are reopening St. Thomas slowly under guidelines set for by the CDC and Diocese of Joliet. We are still limited to the number of worshipers and understand that many are unable to join us as they are in the at risk population or they simply aren't comfortable yet. There are two easy to use options to continue giving so you can support St. Thomas during this time:

Option 1: Sign Up For Online Giving

THE EASIEST AND BEST OPTION! St. Thomas partners with Our Sunday Visitor (OSV) which gives an online interface where you can create a secure account to enter your credit card number and manage your giving.

Option 2: Mail Your Envelopes

You can also mail your donation using one of the postage paid return envelopes in your envelope packet. Please note that St. Thomas continues to receive and check mail daily. The parish address is: St. Thomas the Apostle Catholic Church, 1500 Brookdale Road, Naperville, IL 60563.

St. Thomas Is Grateful For You

We are very grateful for your continuing support, especially through this health crisis, to be the vibrant and engaging faith home you come to for spiritual nourishment. We continue to pray you are healthy and remain so until we can ALL joyfully celebrate Mass together again.

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