

St. Thomas

JANUARY 31, 2021 — FOURTH SUNDAY IN ORDINARY TIME



*If today
you hear God's voice,
harden not
your hearts*

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: 9:00 am to 3:00 pm, Monday–Friday; 9:00 am to 1:00 pm, Saturday; evenings vary according to needs

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

Roman Catholic Diocese of Joliet-in-Illinois • Most Rev. Ronald A. Hicks, Bishop

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

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

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

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

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

Parish Pastoral Council

Barbara Mambu, *Chair*

Mike McCormick

Alison Ohl

Brittany Tres

Commission Representatives

Carrie Wujek, *Faith & Spiritual Formation*

Susan Wood O'Leary, *Finance*

Deb Scheckel, *Parish Life*

Linda Bailey, *Service*

Barbara Mambu, *Stewardship*

Jeff Balsewicz, *Worship*

Ex-Officio

Fr. Philip Danaher, *Pastor*

Janet Simmons, *Recording Secretary*

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 2:00 pm service (will move to 1:00 pm in 2021). 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 will begin our diocesan 2021 Catholic Ministries Annual Appeal (CMAA) next weekend with Announcement Weekend. On February 13–14, we will watch a video featuring our new bishop, Bishop Hicks, during Commitment Weekend. This year's theme is "Shining the Light of Christ." As

Pope Francis said, "It is not enough to receive the Light of Christ, one must become light." The Appeal not only funds many of the operations of the diocese, it funds services that are of great help to the ministries here in our parish. Besides supporting the Religious Education Office, the CMAA also supports the Catholic Schools Office which is also important to St. Thomas because families from St. Thomas attend All Saints Catholic Academy. Both of those offices help in the religious and education formation of our young people and their families.

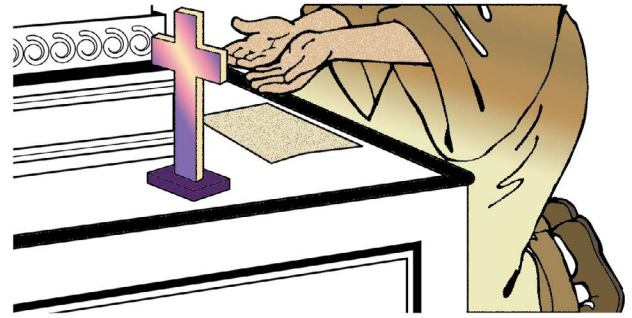
We are challenged as Catholics to be the Light of Christ. Our contribution to the CMAA enables the diocese to be Christ's light throughout the seven-county area of the Joliet Diocese. Please remember that God never forgets us. God is always giving to us. God's grace is always there for us.

One way that we can show our gratitude is through our generous financial support to our parish and our diocese. The gifts that we give enable ministries and services that touch thousands of lives. **Our parish goal is \$174,100.** With everyone's support, we can reach and exceed this goal. Please note that 70 percent of funds received over our goal are returned to the parish at the end of the CMAA campaign.

Let us all prayerfully consider making a generous pledge. Thank you in advance for your support.

In the Word,

P.S. On Thursday, January 28, our parish staff had a farewell party for Marilyn DeMeo who is retiring after working for St. Thomas for 19 years as Database Coordinator of our parishioner records. Marilyn and her husband, Dennis, have been active for years in parish ministry, Marilyn in the Voices of Faith Choir and Dennis as a host-greeter. They also helped with our St. Joseph's Table dinners. Always ready with a smile and a kind word, she's been a treasured member of our staff, whom she frequently treated to many delicious homemade sweets. Blessings to you, Marilyn, in your well-earned retirement!



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Fourth Sunday in Ordinary Time

January 31, 2021

Come, let us bow down in worship; let us kneel before the LORD who made us.

— Psalm 95:6

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.

Welcome New Parishioners

Michael and Nicole Mszal
Antoinette Pasqua
Kevin and Jennifer Piket
Daniel and Whitney Polak

Church Office Hours

9:00 am–3:00 pm Monday–Friday

9:00 am–1:00 pm Saturdays

Evenings will vary according to needs. You can call to check on times before coming. Please enter through Door A.

Worship Commission — Liturgy and Music

Reflection on the Readings

One line from today's Gospel stands out: "The people were astonished at his teaching." Mark, of course, is speaking about the Lord's teaching in the synagogue at the beginning of his public ministry. Too often we gather for liturgy and the words that are proclaimed simply wash over us. When was the last time we were "astonished at his teaching"? In today's Gospel, Jesus drives the unclean spirit from the man. Let us ask the Lord to drive from us any distractions that prevent us from knowing the true power of the Word of God. Let the words of today's psalm become our own. Today, when we hear God's voice, let us pray that our hearts will not be hardened, but opened to transformation and astonishment.

— adapted from *Saint Margaret Sunday Missal*, copyright J.S. Paluch Company

Readings for Today

First Reading — Moses spoke to all the people, saying: "A prophet like me will the LORD, your God, raise up for you" (Deuteronomy 18:15-20).

Psalm — If today you hear his voice, harden not your hearts (Psalm 95).

Second Reading — Brothers and sisters: I should like you to be free of anxieties (1 Corinthians 7:32-35).

Gospel — The people were astonished at Jesus' teaching; he taught them as one having authority (Mark 1:21-28).

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: Heb 11:32-40; Ps 31:20-24; Mk 5:1-20

Tuesday: Mal 3:1-4; Ps 24:7-10; Heb 2:14-18;
Lk 2:22-40 [22-32]

Wednesday: Heb 12:4-7, 11-15; Ps 103:1-2, 13-14,
17-18a; Mk 6:1-6

Thursday: Heb 12:18-19, 21-24; Ps 48:2-4, 9-11; Mk 6:7-13

Friday: Heb 13:1-8; Ps 27:1, 3, 5, 8b-9; Mk 6:14-29

Saturday: Heb 13:15-17, 20-21; Ps 23:1-6; Mk 6:30-34

Sunday: Jb 7:1-4, 6-7; Ps 147:1-6; 1 Cor 9:16-19,
22-23; Mk 1:29-39

Prayer

Almighty Father,

You sent forth your Son as a beacon of hope for all people.

*As Teacher, he has given us the prime example
of the importance of education.*

As disciples, we look to him for inspiration and strength.

*Thank you for the many sisters, brothers, priests, and laypeople
who have dedicated their lives in service to our Catholic schools.*

Thank you for the teachers and administrators who sustain our schools today.

*Thank you for the parents who have given support and witness
to the importance of Catholic education in their daily lives.*

*Thank you for the students who work hard to further their education.
May all school buildings be a home for those who seek to grow in faith,
knowledge, and service of others.*

*May our community always support one another
and exhibit hospitality to newcomers.*

May our understanding of the world help us to grow in appreciation for it.

*Fill our hands with the tools we need to serve others,
and may we show them your unceasing love through our actions.*

*In your name we pray.
Amen.*

Presider Schedule February 6–7

Saturday, February 6

4:30 pm – To be announced

Sunday, February 7

9:30 am – To be announced

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, February 1, 2021

8:30 am †John Slowiak, by Dick and Adela Auskalnis

Tuesday, February 2, 2021

8:30 am †Kuria and Aley, by Sophia

Wednesday, February 3, 2021

8:30 am †Aurelio Lopez, by The DeGuzman Family

Thursday, February 4, 2021

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

Friday, February 5, 2021

8:30am †Alegria Miranda, by Buddy and Mely Mallorca

Saturday, February 6, 2021

4:30 pm *Mass of Anticipation*

Special Intention for 50th birthday for Maria Paz Toniz,
by Maria Cortes

Sunday, February 7, 2021

Third Sunday in Ordinary Time

9:30 am †Ferdinand DeGuzman, by Family

†Richard Horn, by The Katz Family

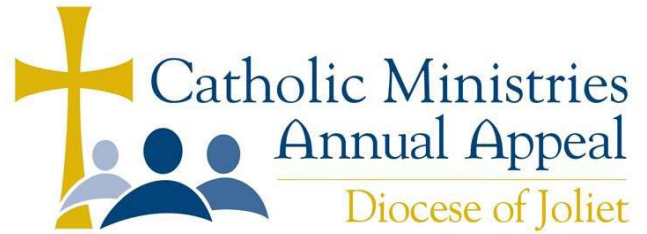


Ash Wednesday is February 17

To commence our Lenten journey, we Christians are reminded of from where we come through the distribution of ashes. Listed below are several opportunities to worship as community and receive ashes. We will also distribute ashes throughout the day from 7:30 am–7:00 pm in the circle drive whenever there is not a service happening. Please remain in your car and someone will come out to you.

7:00 am	Communion Service
8:30 am	Mass
12:00 pm	Liturgy of the Word
4:30 pm	Liturgy of the Word <i>(with a family oriented focus)</i>
7:00 pm	Mass

IMPORTANT NOTE: *Due to the COVID-19 crisis, ash distribution will be different this year. To avoid physical contact with recipients, the Vatican has asked that a tiny amount of ashes be sprinkled on the crown of the head, rather than making the cross on the forehead. This is actually an ancient tradition and is the way ashes have continued to be distributed in the Vatican, Italy and much of the world.*



Shining the Light of Christ through the 2021 Catholic Ministries Annual Appeal

It is time for the 2021 Catholic Ministries Annual Appeal (CMAA). Your gift is especially important this year, during the pandemic, as our diocese continues to explore new and innovative ways to serve those in need.

The 2021 theme is Shining the Light of Christ. The 30 ministries the CMAA supports allow parishes to join together to shine Christ's light to the benefit of many, from the poor and vulnerable to seminarians and schoolchildren. No parish could provide all of these ministries on its own.

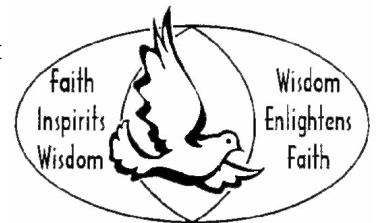
Our parish's goal for the 2021 CMAA is \$174,100, and 70 percent of any amount we raise over our goal will be returned to us. This is a great opportunity for our parish! Please review the materials you receive in the mail from the Diocese of Joliet and prayerfully reflect on your gift to this year's annual appeal. If you do not receive a CMAA mailing, please contact St. Thomas at 630.355.8980.

Faith and Formation Commission — Adult

C.A.R.E. CORNER

Another important revelation of the prophets was that they revealed the heart of God. When the leaders mistreated their own people, it caused God disappointment and great heartache. God had steadfast love for all of his people; God was loyal, faithful, kind and merciful. The people of God of course were expected to

behave in similar ways. The prophet Zechariah (7:9-10) reminded Israel to judge with true justice, and to show kindness and compassion toward each other. We, the people of God, are expected to do the same today.



The Bible is filled with stories of men and women who brought justice to situations of oppression and exploitation. This list includes the Judges, the prophets, some of the kings, and of course, Jesus. Justice includes the application of ethical and moral standards. It also includes equal and fair application of laws to all people. For Christians, Jesus is the premier example of just and merciful behavior and treatment. And the early Christian followers of Jesus sought to imitate him in order to bring God's mercy, kindness and compassion to all people – not just to those who were most like them.

Help Wanted at St. Thomas the Apostle

FAITH FORMATION ADMINISTRATIVE ASSISTANT

Job-Share Description – Part-time (12-25 hours per week), non-benefited position

The Faith Formation Administrative Assistants support the four ministries of Faith Formation: Elementary Faith Formation (pre-K through Grade 5), Middle School Faith Formation (Grades 6-8), High School Youth/Young Adult Ministry, and Adult Faith Formation.

General Job Responsibilities

- Work closely and cooperatively with the other Faith Formation Assistant to perform job duties.
- Be the welcoming face and presence of St. Thomas faith formation.
- Maintain communication with the four faith formation directors so as to understand the needs of the program and to handle questions from parishioners, parents, catechists, and grade-level coordinators.
- Phone and in-person communication with the general public.
- Maintain religious education student files and adult faith formation participant files.
- Maintain the sacrament files.
- Maintain email contact groups.
- Prepare mailings.
- Provide support for faith formation volunteers.

The following task lists provide more detail to the general job responsibilities:

- Class registration responsibilities
 - Prepare registration packet based on input and modifications by the directors.
 - Process registrations which includes assignment to classes.
 - Maintain the database of classes, students, catechists/leaders.
 - Process tuition payments.
 - Document tuition due using ParishSoft.
 - Prepare tuition due reminder letters.
 - Prepare class attendance lists, medical binder, attendance master binder, allergies list and catechists directory.
- Assist the catechists, grade-level coordinators, and directors in gathering the materials they need for classes, catechist meetings, and sacrament meetings.
- Alert directors when office supplies are running low.
- Sacrament Responsibilities
 - Code all students preparing for the sacrament.
 - Verify that the necessary paperwork/information for reception of a sacrament has been received.
 - If necessary information has not been received, communicate with the family and alert director that the information is missing.
 - Record the appropriate sacrament information in the parish database per parish and diocesan requirements.
 - Create, mail, and process documents and forms for sacrament preparation.
 - Create worship aids and seating chart for sacramental celebrations and prayer services.
- Scripture Safari
 - Process enrollment and volunteer forms.
 - Generate name tags, class lists and allergies list.
 - Assist with mailings to families.
- Create publicity for upcoming programs
- Maintain email lists for current and future programs
- Track attendance at parish programs that fall under the faith formation department
- Be willing to assist at the 'big' department events such as First Communion, Reconciliation, Confirmation, grade-level Masses, family faith events, Scripture Safari, Easter Vigil, etc., as needed by the director responsible for that event.

Skills

- Excellent teamwork, dedication and flexibility
- General willingness to help with a servant leader attitude
- Good oral and written communication skills
- Willingness to learn new technology
- Organizational skills
- Ability to prioritize tasks
- Attention to detail
- Proofreading ability

*If interested in either position, please submit resume to Kathy Ferguson, 1500 Brookdale Road, Naperville 60563, **no later than February 9, 2021.***

Questions? Contact Kathy at mainoffice@stapostle.org or 630.355.8980, x100.



News from All Saints Catholic Academy

2021-2022 Registration Opens THIS WEEK on Monday, February 1

At All Saints, **All Are Welcome!** Do you think that *your student has what it takes to be a Saint?* **We think so!** On Monday, February 1, ASCA will begin to accept registration from families new to All Saints from our **sponsoring and supporting parishes** for the next school year beginning in August 2021.

When we open registration on February 1, we will be celebrating the 99th day of this current 2020-2021 school year where our students have enjoyed and been blessed with **safe 5-day continuous in-person instruction at All Saints.**

The **safety protocols and best practices** that we successfully execute each day to keep our **building, faculty and students safe** have precluded us from opening our doors to visitors for our annual Open House. In its place, we have created a number of virtual looks and videos that show the **warmth, sense of community and family feeling** that is All Saints Catholic Academy. All Saints Catholic Academy and the Catholic Schools Office of the Diocese of Joliet are committed to offering 5-day in-person instruction **now and in the future.**

We invite you to visit our website at ascacademy.org. Take a look around and find out why you belong at All Saints where **your child and family** will be **known and loved.**

We **currently have openings** at all grade levels from preschool through grade 8. If ASCA is the right fit for your student and family, we encourage you to submit your registration in a timely way to secure your spot.

Questions? Contact the school at 630.961.6125.

All Saints is located in the heart of downtown Naperville at 1155 Aurora Avenue.

A big thank you to our ASCA Blue and Gold Sponsor:

Graber Engineering

For your generous partnership in the All Saints
2020 Dinner Dance Auction — The Crystal Gala



Faith and Formation Commission — Youth



St. Thomas the Apostle

RELIGIOUS EDUCATION

Kindergarten and First Grade Church Visits

The first graders and kindergarteners recently visited the Church during RE classes. They learned all about “The Treasures in Our Church” and were visited by Father Danaher. Thank you to all who made it happen for this Church visit and each week in RE classes for the children:

Linda Scarpino, *kindergarten coordinator and catechist*

Meg Smith, *kindergarten aide*

Rosemary Karl, *first grade coordinator*

Lauren Wierzbinski and Cheryl Kaspar, *first grade catechists*

Joe Howley and Zoraida Zarate, *first grade aides*

Ann Cotner, *special guest speaker*

Angie Pine, *additional aide*

Important Dates for Elementary RE

Saturday

January 30 — RE Classes meet

February 6 — RE Class meet

Tuesday

February 2 — RE Classes meet

February 9 — RE Classes meet

Third Grade Mass

All Third Grade children are invited to a special grade level Mass on Saturday, February 6 at 4:30 pm. This is your special Mass. Please reserve a seat Thursday afternoon for each person attending the Mass. Please bring soup or peanut butter for a collection to the Care Pantry.

Scouting Religious Medal

Girl Scouts, American Heritage Girls and Campfire Youth — Now is the time to earn your religious medal. Please contact Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109 for more information.

Scouting Day of Recollection

The Joliet Diocese Catholic Committee on Scouting (JDCCS) invites you to their annual Day of Recollection “Help People At All Times.” It is open to all registered American Heritage Girls, all levels of Girl Scouts, Camp Fire Youth, Cub Scouts, Scouts BSA and Venturers. It will be on Saturday, February 27, 2021, from 9:00 am–1:00 pm virtual or in person in Darien.

For further information go to www.dioceseofjoliet.org/scouting then click on the Day of Recollection banner for more information and to register.

Religious Education Tuition Angel

Would you like to be a tuition angel for a family attending Religious Education (RE) classes? For some of our St. Thomas families, it is a struggle to pay their RE tuition. If you can help, the fees are: \$120 for one child, \$200 for two children or \$260 for three children. Checks are made payable to St. Thomas the Apostle. Please write tuition gift on the memo line of the check. Please send it to the Faith Formation/Religious Education Office, attention Lorraine Katz. Thank you for your generosity of being a tuition angel. It is greatly appreciated.

Question of the week ...

Do you react to Jesus' words and deeds with awe and wonder?



Ash Wednesday Family Prayer Service and Faith Activity

On Ash Wednesday, February 17, there will be a family prayer service with the distribution of ashes at 4:30 pm. Families are invited to attend the service together as a prayerful way to begin their Lenten journey.

On Ash Wednesday evening, from 6:30–7:15 pm, join us for a Zoom family faith activity. This will be a time of prayer and sharing. In addition, each family will make a craft that can be used throughout the Lenten season as a reminder of the journey and focus of Lent. Those families who register for this special evening will be asked to pick up their Lent activity packet at St. Thomas. The activity packet will include what you need to join in prayer and our craft, as well as the Zoom link for the meeting.

Email Peggy Goralski at pgoralski@stapostle.org or Lorraine Katz at lkatz@stapostle.org by February 15 to register.

Terry Nelson Johnson Speaking to Middle School RE Classes

On February 20 and 22, Terry Nelson Johnson will share with middle school RE classes. Parents are welcome to attend Terry's presentation, which will take place during the regular RE (in-person) class times. To allow ample room for social distancing, this presentation will take place in church.

Terry's presentation is entitled 'Running the Paschal Mystery' and he explains the title this way, "One gets the impression that Jesus did the Paschal Mystery for us a really, really long time ago and every year during Holy Week we gather to remember the story and thank him ... again. Ah, but is it possible that with respect to the Paschal Mystery, the passing over from death to life, Jesus went first — and now, today, he invites us in to the Mystery with him? What if the Paschal Mystery is 'the rhythm of Love,' and to the extent that we have the guts to participate in this Mystery, Jesus exquisitely companions us in to New Life!"

Terry's art is the written and spoken word. Through storytelling, poetry and humor, Terry challenges us to enter more deeply into the mystery of grace, the mystery of spirit, the mystery of God. Terry has served on the faculty of the Loyola Academy Jesuit High School for 18 years and is Founder and Executive Director of Soul-Play, LLC, an enterprise serving congregations, families, schools and adult retreats. He is Resident Theologian and Animator of Faith at Old St. Patrick's Church, holds a master's degree from the Institute of Pastoral Studies, Loyola University and a Doctorate of Ministry from the University of St. Mary of the Lake.

Living Stations of the Cross

We want to be able to carry on the tradition of Living Stations of the Cross in some socially distanced and safe way this year. Middle school volunteers will be needed to act out the Stations and to provide the narration. This is a wonderful opportunity for students to come to a deeper understanding of the depth of God's love for us. If you are interested or would like more information, contact Peggy Goralski at www.pgoralski@stapostle.org or 630.355.8980, x123.

Important Dates for Middle School RE

February 1, 8, 22: Monday middle school RE classes meet.

February 6, 20: Saturday middle school RE classes meet.



Teens with Character

Middle school students ... Teens with Character will meet on Sunday, February 28, 2021, from 4:30–6:00 pm, at St. Thomas. Bring your facemask and join us. Games, faith sharing, checking in with each other are all part of the Teens with Character experience. We would love to see you!

Just 5 Days

Just5Days ... Summer of 2021???

Just5Days is a 5-day experience of service, hands-on learning activities, prayer and liturgy, and community building designed for groups of middle school youth. The Just5Days experience immerses middle schoolers in hands-on service to those in need as they learn about justice in engaging and exciting ways.

The Center for Ministry Development, the organization which organizes and plans the Just5Days mission trip experiences, is finalizing plans for the mission trip sites and dates for the summer of 2021. The wearing of masks, maintaining social distance and keeping parish groups together as much as possible will be among the expectations for this summer's participants.

Once plans are finalized by the Center for Ministry Development, St. Thomas is hoping, once again, to be able to offer this amazing experience. Be sure to watch the bulletin and St. Thomas website for updates.

Service Commission — Pastoral Care

From the Office of the Parish Nurse

10 Ways to Break a Sitting Streak and Combat the Negative Effects to Keep Your Body Stronger and Healthier

By Jeanine Detz

Dance — Play your favorite up-tempo song and boogie. The twist is a killer total-body workout.

Upright Row — Stand with your feet hip-width apart. Hold a weight in each hand and rest your hands against the front of your thighs. Pull the weights up toward your chin, letting your elbows wing out to either side. Return to the starting position.

Foot Roll — Take off your shoes and stand with the arch of your right foot on a tennis ball (lean against a wall for balance). Move your foot forward and backward. Continue for 30 seconds, then repeat with your left foot.

Lunge — Stand with your right side next to a chair or table and place your right hand on top of it. Take a big step back with your left leg. Bend your knees until your right thigh is parallel to the floor. Rise up and down for 30 seconds, then switch sides.

Lateral Raise — Stand with your feet hip-width apart and arms by your sides; hold a weight in each hand. Lift your arms to your sides so that your body forms a T shape. Lower them to the starting position.

Lap It Up — Any place can be a fitness track. Simply walk around your office or home.

Shoulder Roll — Stand with your feet hip-width apart and arms at your sides. Raise your shoulders toward your ears and slowly rotate them in a circle back, down and forward. Continue for 30 seconds, then repeat in the opposite direction.

Practice Your Form — Grab your tennis racket or golf club and work on your swing.

Punch — Make like a boxer and stand with your elbows bent and hands in fists. Extend your right arm, punching straight out in front of you; return to the starting position and punch with your left arm. Continue, alternating arms.

Calf Raise — Stand with your feet hip-width apart, arms by your sides and palms facing your thighs. Hold a weight in each hand. Lift your heels, shifting your weight to the balls of your feet. Hold for one count, then lower your heels and repeat.

Tidy Up — Vacuum, empty the dishwasher, organize a drawer — cleaning counts as moving!

Resource: diabetes.org September/October 2020



Pastoral Care Resources

For Spiritual Support and Prayer, please contact the following individuals if you are in need of assistance:

Counseling

Jan, Pastoral Care Office
630.355.8980, x124
Diane, General Office
630.355.8980, x101

Health Resource

Parish Nurses
Felicia, 630.355.8980, x104
Jan, 630.355.8980, x124

Hospital/Pastoral Care Info

Edward Hospital has a pastoral care department with a Catholic Chaplain for an emergency anointing or a Eucharistic visit.

St. Thomas Pastoral Care visit

Jan, Pastoral Care Office
630.355.8980, x124
Diane, General Office
630.355.8980, x101

From the Behavioral Health Ministry National School Counseling Week, February 1-5, 2021

National School Counseling Week is celebrated each February to focus public attention on the unique contribution of professional school counselors within U.S. school systems.

National School Counseling Week recognizes the vital roles school counselors play in the lives of students across the country. Each year during the first full school week in February, schools and teachers take time to show appreciation to the counselors who've made an impact on the lives of their students.

School counselors provide a wealth of support throughout a student's academic career. As a counselor, they help students when they face adversity such as bullying, trouble at home, academic performance and relationship issues. Counselors also listen to students' interests and assess their skills and personality to help them decide their future academic and career goals.

A counselor works closely with the student, educators and parents. They work in a variety of settings including the classroom, groups and one on one situations.

Throughout the week, schools will be shining a spotlight on the services school counselors provide. Each facet of these services offers students unique opportunities for growth. Partnering with the counselors in your school will enhance your student's academic experience.

- Send a thank you card to your school counselor.
- If you're a school counselor, share your experiences and why you chose your career.
- Recognize a school counselor who made a difference in your life.
- Ask your school's counselor questions about being more involved in your student's academic life.
- Share how your school counseling program works.
- Schools, put your counselors in the spotlight — let them lead the celebration in their own style.
- Support adding more school counselors to your school.

Source: *National Day Calendar*, <https://nationaldaycalendar.com/national-school-counseling-week-first-full-school-week-in-february/>
National Mental Health Observances Stamp Out stigma.com



SUPPORT ST. THOMAS

Please, give

Please Continue Giving to St. Thomas

We continue to follow the guidelines set 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.

Service Commission — Outreach and Social Justice

Prayers for Ertha Family

Ertha Papillon is the founder and director of an orphanage and elementary school in our Haiti Twinning community. She has visited St. Thomas on many occasions. On January 6, her husband, Sylvestre, passed away. Over the last few years, Sylvestre was being treated for prostate and colon cancer. Recently his kidneys went into failure which led to his passing.

Sylvestre moved to the Miami area with their two young children, Cassandre and Boris, more than 20 years ago to provide a better education for their children. He sent funds to Ertha as he could to help her efforts in Duchity. Whenever Ertha expressed concern that she was not often with him to help raise the children, he would always say: "I will take care of our children here, you take care of the children there." As Cassandre and Boris grew older, they did spend summers in Duchity with their mother.

Sylvestre's funeral was held at Ste. Marie-Madeleine on Saturday, January 23. The presider was Fr. Emery and the homily was given by Fr. Onold (newly ordained priest and Ertha's godson). Many of the children from Ertha's school attended the Mass in their uniforms. Following the service, there was a procession led by a brass band through village on the way to Ertha's house where Sylvestre was buried.

To view the funeral Mass and procession, click [here](#).



OSJ Weekend Culture of Life

Normally in January, the Outreach and Social Justice Office (OSJ) and the Pro-Life Ministry provide a pro-life guest speaker with a focus on protecting life from conception to birth. This year, the guest speaker's reflection is on the broader definition of life from conception to natural death. What does it really mean for followers of Jesus to be pro-life in our times, encompassing all aspects that relate to cherishing life and protecting life?

This weekend (January 30-31), Brian Hickey will provide the homily reflection. Brian is an associate director in the Office for Humanity Dignity at the Diocese of Joliet. He graduated from the University of Notre Dame with a Master of Global Affairs degree in May 2020, specializing in Catholic Social Teaching and public policy. He previously served for a year with migrants and refugees in Djibouti, a small country in the Horn of Africa. He also worked as a teacher and coach at a Palestinian High School in the West Bank. Brian will marry his fiancée Kelli in June!

To read Brian Hickey's homily reflection, please go to the [St. Thomas website Home Page at www.stapostle.org](#).

Pope Francis on the Dignity of Human Life

"Our defense of the innocent unborn, for example, needs to be clear, firm and passionate, for at stake is the dignity of a human life, which is always sacred and demands love for each person, regardless of his or her stage of development. Equally sacred, however, are the lives of the poor, those already born, the destitute, the abandoned and the underprivileged, the vulnerable infirm and elderly exposed to covert euthanasia, the victims of human trafficking, new forms of slavery and every form of rejection."

Rejoice and Be Glad (Gaudete et exsultate)

Coming to Livestream

Wednesday, February 3, 7:00 pm

Choices for Life Are Always Possible

It may not seem that way for many women, especially young women who are facing an unplanned pregnancy. What would you say to a friend who was facing that situation and did not believe there was a choice for life for them?

The Pro-Life Ministry in partnership with the High School Youth Office is offering a "Choices for Life" workshop. The workshop will address the question above. There are alternatives. Parishioner and doctor Marie-Ange Ogoudou and Deacon Joe Cuzzone will lead the workshop.

1. High school youth and their parents are invited to participate live at St. Thomas on Wednesday, February 3, beginning at 7:00 pm.
2. All parishioners are invited to view the livestream. Click [here](#) to watch.

Update from St. Agnes Parish

Members of the St. Thomas Lakota Ministry recently held a call with Fr. Edmund and Joyce Tibbitts, Pastor and Pastoral Associate of St. Agnes, St. Thomas' twinning parish on the Pine Ridge Indian Reservation in South Dakota. The call occurred on January 21, the feast day of St. Agnes. Carol Redell, facilitator of the Lakota Ministry, provides an update.

We asked how the parish and the reservation are doing concerning the coronavirus. Thankfully, while there are some cases on the reservation there has not been a huge outbreak. One factor contributing to this is the tribe still has roadblocks at all entrances and monitors who comes onto the reservation. Due to the pandemic, no wakes are allowed, only graveside services. This is difficult for the Lakota people. Wakes are a big part of their culture and considered an integral part of a proper goodbye.

On a positive note, they have vaccinated most of the older people and are starting on adults in the schools. Schools are still providing 100% virtual learning. The local internet company, Golden West, provides free internet service to students whose families cannot afford it. Breakfasts and lunches are delivered to students at their homes.

Father Edmund continues to be pastor for two parishes including St. Agnes. One of his big projects last year was a parish garden and he is already planning on one for 2021. He is looking at two possible cash crops for the reservation, rhubarb that can be sold to winemakers in the region, and eggplant which is popular with the area Asian population. He continues to encourage parishioners to plant their own gardens so their families can enjoy more fresh vegetables.

The cause for canonization of Nicholas Black Elk is still under consideration in Rome. New holy cards and a new brochure are in the works. We will order some of both for St. Thomas. Another project that Father Edmund has in mind is to have a sign made and placed in front of St. Agnes indicating that this is the home parish of Nicholas Black Elk.

Tribal council elections were held recently. Joyce is quite optimistic about the new president and vice president. Members are elected to a two-year term and there are no term limits.

Finally, Joyce told us that it's been a relatively mild winter on the reservation, but even so, some people have asked her about the coats and blankets that usually come from St. Thomas. We agreed that depending on the status of the pandemic, we will consider having a collection at St. Thomas in 2021. We also expressed the hope of being able to send a team out to the reservation as soon as conditions permit.

It was good to see one another and catch up. We look forward to doing this again soon.



Part Time Sonographer Needed

Waterleaf Women's Center in Aurora seeks a part time sonographer to join the medical team. Waterleaf provides confidential, no-cost early pregnancy screening that includes pregnancy testing, limited ultrasounds and consultation. OB-GYN ultrasound experience required, ADMRS preferred. For more information and to apply contact Julie Garofalo at 630.701.6270 or julieg@waterleafwc.org.



Food Donations for Care Pantry

**Drive-Through Donations Accepted
Tuesday, February 9 from
9:00–11:00 am or 4:00–5:00 pm**

The "Drive-Thru Donations" days have been a great success. Thank you!

Bring donations to St. Thomas on **Tuesday, February 9 from 9:00–11:00 am or 4:00–5:00 pm**. Place the items in the trunk or the back of your vehicle, stay in your vehicle and we will remove the items for you. Items will be collected outside Door C, which is across from the labyrinth. As you start to drive around the building, you will see orange cones with instructions.

In order to serve our Care Pantry families in the best possible way, we are requesting items unavailable from the food bank and items we particularly need. Please bring only the items listed below.

- Mac & Cheese
- Boxed Pasta
- Pasta Sauce
- Jiffy Mix
- Jell-O
- Bar Soap
- Meat Meal in a Can (Chili, SpaghettiOs, etc.)
- Pancake Syrup

Thank you for your support. Consider being a drop off location for people in your neighborhood and bringing a trunk load of food to St. Thomas.

Stewardship and Administration

The Week Ahead

Monday, February 1

7:00–9:00 pm The Mass Part II, Zoom
 7:00–9:00 pm Confirmation Class, Lighthouse
 7:00–9:00 pm Journey 1, Youth Center
 7:15–8:30 pm Middle School RE, Ministry Center

Tuesday, February 2

10:00–11:00 am Care Pantry Drive Around
 4:30–5:15 pm Elementary RE, Ministry Center

Wednesday, February 3

9:15–11:15 am Wednesday Bible Study, Zoom
 7:00–8:00 pm Youth Ministry Pro-Life Event, Church

Thursday, February 4

9:15–11:15 am Thursday AM Bible Study, Senior Center
 6:30–8:30 pm Retreat Reunion, Gym & Youth Center
 7:30–9:00 pm Thursday PM Bible Study, Zoom

Friday, February 5

Saturday, February 6

8:30–11:45 am RE at All Saints Academy
 3:30–4:15 pm Reconciliation, Galilee
 4:30–5:30 pm Third Grade Mass, Church

Sunday, February 7

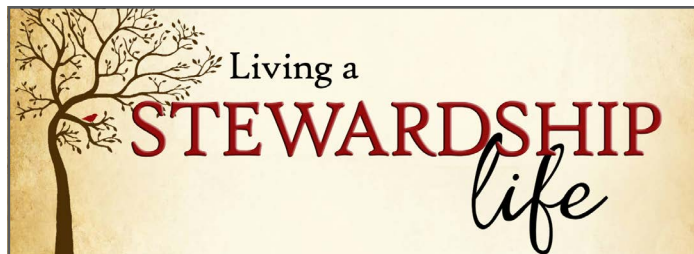
9:00am–12:00 pm RCIA, Senior Center
 9:30–10:30 am Boy Scout Mass, Church

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

January 17, 2021	
Sunday Collection Offering*	\$4,492
Credit Card Online Giving	none this week
Automatic Direct Debit (5 th and 20 th each month)	none this week
Mailed in and stock donations	\$5,775
Total for the week	\$10,267
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$1,029,595
Weekly Average 7/1/2019 to date	\$35,503
Offertory Goal Year to date	\$976,984
Over/short of goal to date	\$52,611
Goal for Fiscal Year 7/1 to 6/30	\$1,751,833
Percent of Annual Sunday Offertory Goal	59%
Remaining for Fiscal Year goal	\$722,238

This week, the Sunday collection is \$52,611 ahead of goal so far this year. Capital needs restricted gifts were \$170 this past week. We are grateful to those who recognize the need and responded.



During this pandemic it is estimated that there has been an estimated 70 percent increase in those who are in need of food and who visit food pantries. Our food pantry has definitely seen that increase. All food pantries have seen a need for additional volunteers and funds. In a recent mailing from the Diocese, one of the parishes in the area was highlighted for receiving funds from the Catholic Charities to help supplement their needs. Those funds are partly drawn from what is collected in the Catholic Ministries Annual Appeal, which will be starting in the next few weeks. Start to consider what gifts from the Lord you can contribute to help.

Another way to use your gifts is to volunteer to help out at our Masses during the pandemic. Right now we have two Masses available (4:30 Saturday nights and 9:30 Sunday mornings). Each Mass is approaching being filled to recommended capacity, so another Mass would help. There is a need for Lectors, Greeters and Ushers. You will be trained and it is also a way to meet fellow parishioners. Please consider this way to use your gifts.

Help Wanted

St. Petronille Catholic Church in Glen Ellyn is seeking to hire a Director of Young Adult Ministry. The Young Adult Ministry Leader will implement a comprehensive program of Christian life development for the 18–35-year-old, college, career, single and married adults in our community. It is essential that this person be able to connect with young adults on a social and spiritual level, with the intent of coaching them toward Christ-like maturity in the Catholic Church. The Young Adult Minister will also organize some annual programming for teens. Requires some significant background/training/catechesis in Catholic Theology. Undergraduate or Graduate Degree in Theology or Catechetics preferred. Some training in marketing or communications or recruitment preferred. To full a full job description, please click [here](#).

To apply, please email resume to frmilota@outlook.com. or call 630.469.0404 with any questions.

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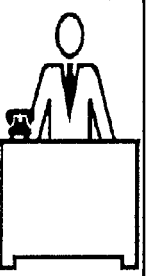
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