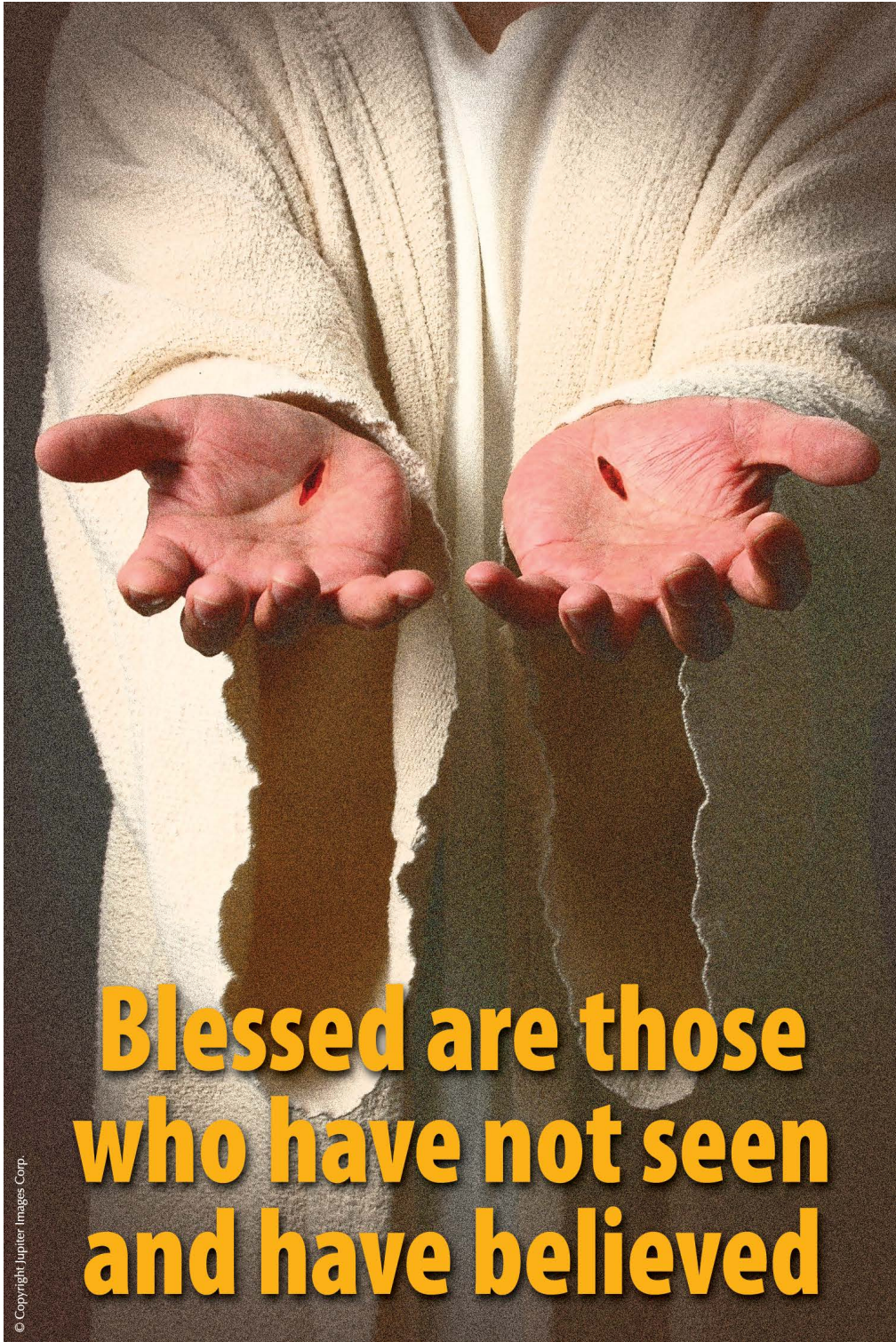


St. Thomas

APRIL 11, 2021 — SECOND SUNDAY OF EASTER



**Blessed are those
who have not seen
and have believed**

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–7:30 pm, Monday–Wednesday; 9:00 am–8:30 pm, Thursday; 9:00 am–4:00 pm, Friday; 9:00 am–1:00 pm, Saturday
email to mainoffice@stapostle.org or visit us at stapostle.org
Roman Catholic Diocese of Joliet-in-Illinois • Most Rev. Ronald A. Hicks, Bishop

Parish Staff

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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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Jim (Mary Jo) Breen — 630.486.3133, jimb4853@gmail.com
Joe (Carolyn) Cuzzone — 630.355.8980, x224, DeaconJoeCuzzone@gmail.com
Larry (Susan) Kearney — 630.355.8980, x225, lrkearney@comcast.net
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Mary Wright,* *Evening/Saturday Receptionist*
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Sue Sportiello,* *Financial Asst.*, x143, ssportiello@stapostle.org
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Parish Pastoral Council

Barbara Mambu, *Chair*
Noble Charles

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

Rev. 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,

The first words from the risen Jesus to his disciples were, "Peace be with you." Though it's translated as "shalom," a common Jewish greeting much like "hello" in English, you wonder if Jesus had another reason for saying "Peace be with you." Did He come in the room, the same room where He ate His

last supper with them before He died, during an argument?

According to Luke's gospel, during Jesus' last supper with his disciples, they argued over who was the greatest. When the risen Jesus entered the room on the day of His resurrection, might they have been arguing about how they had all abandoned Jesus?

One week later, Jesus again said to the disciples, "Peace be with you." Thomas, who was not present when Jesus first appeared to the disciples, refused to believe the news of Jesus' resurrection. Did Jesus walk in on yet another argument over Thomas' refusal to believe?

As He did with the disciples 2,000 years ago, the risen Jesus also brings peace to our sometimes troubled hearts and minds. While He might not appear to us as He did to the disciples, He does appear through those who notice when we are troubled and who do their best to help us be at peace. Let us pray for those who share with us the joy and peace of the risen Christ in our lives.

In the Word,

Fr. Danaher



Second Sunday of Easter

April 11, 2021

Who indeed is the victor over the world but the one who believes that Jesus is the Son of God?

— 1 John 5:5

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 stapostle.org

Weekend — Must sign up online to attend

Saturday Mass of Anticipation: 4:30 pm

Sunday: 9:00 am and 10:45 am

All three weekend Masses will also be livestreamed and available to watch on demand at 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!

Welcome New Parishioners

Britton Miner

Would you like to become a parishioner?

Call Kathy Ferguson in the General Office at 630.355.8980, x100.

Church Office Hours

Please note the office hours effective through June.

9:00 am–7:30 pm Monday–Wednesday

9:00 am–8:30 pm Thursday

9:00 am–4:00 pm Friday

9:00 am–1:00 pm Saturday

Schedule subject to change. You can call to check on times before coming. Please enter through Door A.

Worship Commission — Liturgy and Music

Readings for Today

First Reading — With great power the apostles bore witness to the resurrection of the Lord Jesus (Acts 4:32-35).

Psalm — Give thanks to the Lord for he is good, his love is everlasting (Psalm 118).

Second Reading — The victory that conquers the world is our faith (1 John 5:1-6).

Gospel — Blessed are those who have not seen and have believed (John 20:19-31).

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: Acts 4:23-31; Ps 2:1-3, 4-9; Jn 3:1-8

Tuesday: Acts 4:32-37; Ps 93:1-2, 5; Jn 3:7b-15

Wednesday: Acts 5:17-26; Ps 34:2-9; Jn 3:16-21

Thursday: Acts 5:27-33; Ps 34:2, 9, 17-20; Jn 3:31-36

Friday: Acts 5:34-42; Ps 27:1, 4, 13-14; Jn 6:1-15

Saturday: Acts 6:1-7; Ps 33:1-2, 4-5, 18-19; Jn 6:16-21

Sunday: Acts 3:13-15, 17-19; Ps 4:2, 4, 7-9;
1 Jn 2:1-5a; Lk 24:35-48

Prayer

*Lord Jesus,
you showed your apostle Thomas
the wounds in your hands and side
and called him to believe in you,
as Lord and God.*

*Risen and present everywhere,
bless those who have not seen
and renew our world of doubt
and weakened faith.*

*Bless us, Lord, with the love
that flows from your wounds,
Renew our faith
and help us to grow
so that we might believe
more deeply in you.
Amen.*

Presider Schedule April 17–18

Saturday, April 17

4:30: Fr. Philip Danaher

Sunday, April 18

9:00: Fr. Matt Lorenz with Deacon Joe Cuzzone

10:45: Fr. Bob Colaresi

Presider schedule is subject to change.

Weekend Mass Schedule

The weekend Mass times are:

Saturday 4:30 pm

Sunday 9:00 am

Sunday 10:45 am

Sign-up will continue to be necessary and available on the St. Thomas website. All Masses will be streamed live with an outdoor communion option.

Liturgy Schedule and Mass Intentions

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

Monday, April 12, 2021

8:30 am For Easter Blessings to All

Tuesday, April 13, 2021

8:30 am †Marion F. Jerousek, by Lana and Manolo Uy

Wednesday, April 14, 2021

8:30 am †John Egermann

Thursday, April 15, 2021

8:30 am †William Raef, by The Battisto Family

Friday, April 16, 2021

8:30 am †Jim Archey, by The Petersen Family

Saturday, April 17, 2021

4:30 pm *Mass of Anticipation*

†Bonnie Martin, by Carol Bonick and Pam Bernard

Sunday, April 18, 2021

9:00 am †Freda Burg, by Kathy and Bear Ferguson

†Raymundo Venegas, by The Vargas Family

†Romona Florean, by The Rodriguez Family

10:45 am †Ruth and Rosa Gayol, by Fernando Gayol



"The great fifty days of Easter are not an unwelcome, unrealistic obligation to 'party on,' even if we don't feel like it, but an invitation to explore more deeply 'the weather of the heart,' to awaken our memory of God's presence and power in our lives, to look more closely at all the rich and varied textures of creation."

— Nathan Miller, theologian

Second Sunday of Easter Time: Still in our Midst

Two thousand years ago "on the evening of the first day of the week," when the disciples hid behind locked doors, Jesus did three things. He stood in their midst. He gave gifts of peace and Holy Spirit. He sent them out. Jesus is still in our midst, still doing the same. Every Sunday Mass makes it so. In our midst in Word and Eucharist. Gifting us with peace and Spirit. Telling us to "Go in peace, glorifying the Lord by your life."

- Who am I and who are we locking in or locking out?
- Because peace is a gift given and shared, what will I do this week?
- To whom will I go; what will I do?

Thank You!

The Liturgy/Music Office would like to recognize all of the liturgical ministers who so generously gave of their time to make our Lent and Holy Week such a special time here at St. Thomas.

Musicians, Eucharistic ministers, lectors, sacristans, host greeters: Thank You! You bring the paschal mystery to life through your work in our church.

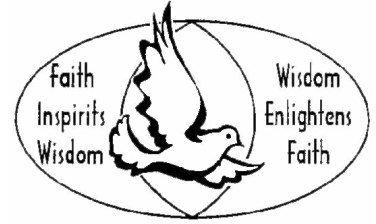
Also, special thanks to the Art and Environment team for creating such a beautiful environment for prayer during Holy Week. Thank you for helping all of us experience God's love!

Faith and Formation Commission — Adult

C.A.R.E. CORNER

Ephesians 5:1-2 reminds us to be “imitators of God” and to “live in love, as Christ loved us.” How did Christ love us? He loved us extravagantly and sacrificially. As disciples of Christ, we are expected to do the same, with the same amount of generosity and passion. Are we truly willing to suffer for the benefit of others like

Christ was willing to suffer for us? We might be for our family or closest friends. But are we willing to make personal sacrifices for the benefit of people we do not know and who are not part of our daily lives?



According to the French Catholic philosopher Antonin Sertillanges, “Conversion means a willingness to see the truth of things and conform one’s conduct to it.” As we saw last week, St. Paul definitely lived his conversion by spending the remainder of his life preaching and spreading the good news of Jesus Christ, even though he suffered greatly for it. Most of us say we want a better world. But are we truly willing to make the personal changes that would be necessary to make that happen? Change or transformation is not just the responsibility of our political, government, civic or church leaders. It is the responsibility of all of us, individually. And individual changes can add up to some very positive and worthwhile collective changes.



Sophia's Circle returns!

All women are invited to a special Zoom presentation of Sophia's Circle from 7:00–8:30 pm on Friday, April 16. To explore “Spiritual Growth through Dream Work,” we will gather for an evening of self-discovery and shared wisdom as we look at what our dreams may be trying to tell us. Together we will explore why it's worth paying attention to our dreams, how we can work with and interpret them, and ways we can accept guidance from them to enrich our lives. You can, if you wish, bring to the presentation a dream you've written down; this is not required for participation.

Our guide will be parishioner Tammy Winn Bocher. She holds a graduate degree in Religious Studies, and works as a recording artist, contemplative writer and presenter. Tammy has worked with her own dreams in spiritual direction over the past 15 years, participates in continuing education workshops on the topic and stays active in an ongoing dream group.

To register and receive the Zoom link, please contact Chari Rosales in the Adult Faith Formation Office at crosales@stapostle.org or 630.355.8980, x138.

Adult Confirmation Prep

If you are 18 years of age or older and have not yet received the Sacrament of Confirmation, preparation sessions will be starting soon. Adult Confirmation will take place at the Cathedral of St. Raymond in Joliet on both April 18 and May 2.

If you wish to be confirmed, please contact Chari Rosales in the Adult Faith Formation Office at crosales@stapostle.org or 630.355.8980, x138.

You will need to have a copy of your baptismal certificate and the name of your sponsor.

21-Day Challenge

Spring is in the air. We take our cue from the new growth emerging from the earth to remind ourselves that hearts and minds need to grow too.

To help with that, the Racial Justice Committee is asking you to take on the 21-Day Racial Equity Challenge found at <https://www.debbyriving.com/21-day-challenge/>. Each day (which need not be consecutive) you can select from the website a category inviting you to either: read, listen, watch, notice, connect, engage or act. There are many selections under each category. Included is a chart you can use as a tracking tool to note your choices. Some selections take only a few minutes; others will ask you to invest a bit more time. It's an engaging way to diversify your habits and meet people, cultures and issues you may not be aware of.

While this is an individual pursuit, please let Chari Rosales at crosales@stapostle.org know if you participate so we know how many of us take advantage of this opportunity. Additionally, please indicate if you would like to be part of small-group discussions on what you have read, heard, noticed or done.

In Lent, we focused on Education around matters of equity and inclusion, reminding ourselves of how much God cherishes each and every person. Now, in this Easter season, charged with Jesus' mission of healing and reconciliation, we rise to the challenge of putting into Action what we have learned .

Come on, St. Thomas family — let's do this!



News from All Saints Catholic Academy

Our Terrific Third Grade

Third grade is so excited for spring! Our students and teachers have been working on many fun and exciting activities.

In language arts, we started reading biographies. Students will then write an informative paper about the person they selected, pick a project to complete and hone their public speaking skills in a presentation to the class. Options include making a poster, fashioning a "pop bottle" person, creating a Google slides presentation or dressing up and assuming the persona of their subject.

Also up this spring, is a novel study on Charlotte's Web, a children's literature classic. We will be exposed to new vocabulary, learn more about character development, create our very own summary book and then view the animated movie at the end of our unit.

We just finished a descriptive narrative about 'being a butterfly,' sharing all of the adventures we 'experienced.' We will conclude our writing curriculum this year by learning about Earth Day and researching and writing about an endangered animal. We will learn about ways to help God's creatures survive and then present this information to the class.

In Math, we are practicing our multiplication facts and division facts, learning about multi-digit multiplication and division.

In Religion, we have learned about and acted out the Stations of the Cross.

In Science, we have learned about the Food Chain. We dissected owl pellets to find out what the owl ate, and then we played a game about the Food Chain. It was survival of the fittest!

In Social Studies, we learned more about our environments, studying man-made features like roads, bridges, dams and wind turbines. We also learned about our communities in the past and related timelines.

While this school year has been different in so many ways, our All Saints staff and students have met every challenge. We have created a safe environment and enjoyed more than 80 percent of this school year with 5-day, full-time in-person instruction, to which All Saints is dedicated — now and in the future.



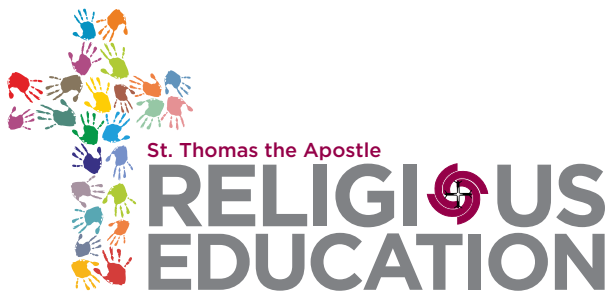
A big thank you to our ASCA Blue and Gold Sponsor:

Continental Motors – Naperville

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



Faith and Formation Commission — Youth



April First Communion Prayer Service

The April First Communion Prayer Service is "It's About Making Peace." The April Prayer Services are Monday, April 12 and Wednesday, April 14 at 7:00 pm. Please RSVP online. Sign-ups are closed 24 hours before the prayer service. If three people are coming, please sign up three times for three seats. Please bring your "My Mass Booklet" to the prayer session.

First Communicant Church Visit

First Communicant Church Visit is Saturday, April 17, 2021, from 8:30–10 am or 10:30 am–12:00 pm. First Communicant families, please remember to sign up online for the First Communicant Church visit to go over how to receive Communion. Sign up details are in your email. Sign-up times are limited.

Scripture Safari

Scripture Safari will be happening June 21–25 with a special Mass on June 26.

Participants and teen volunteer sign-up registration will be available in the middle of April.

Be part of this exciting journey. Children entering kindergarten through fifth grade are participants this year. Teen helpers are those entering sixth grade and older.



Help Wanted: Scripture Safari Adult Leaders and Helpers

Scripture Safari will soon be here! It's scheduled for June 21–25. Want to feel energized with your faith? Do you have a few hours to share with children in our faith community of St. Thomas? Adults are especially needed for this wonderful ministry. One of the beautiful things during the week is witnessing Jesus work in every volunteer and participant. Come be part of the Scripture Safari team. No experience needed.

Find out more by contacting Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109.

Letters from our First Communicants

Dear St. Thomas family ...

I am worried that the wine won't taste good. What if I don't like it? Please pray for me.

I want people to pray for me to be the best vorshon of myself.

I'm excxed. Plese pray for me to be closer to God.

Please pray that i won't get my hand things wrong.

I am happy for my firt cumenin and Happy too and Jesus too. Because he givig a prsnt. Can you please prey for me about my first communion. Because I am really exided about it and I Do not want to mess up.

I am excited about my first communion because I want to try the bread.

I am excited for my first communion and nrvis at first I was nerveves. But now I am so excited! I am going to have a Party after wards.

I am nervos for my comuoin. I am also excited to have my comuoin, pray for me please god, I am so happy that the time has come, to.

I would be happy if you pray for me! I am excited to receive my first communion.

i am happy about 1 communion. please pray for me and my classmates.

im having my First Communion. Pls pray fo me.im chill about it

Please pray for us as we get ready for our First comunyun. I do not know what it will be like. Thank you for your support.

Pleas pray for me as I prepare for my first communion. I am nervous for this Big Day. thank you

I am making my 1st communion soon and I am very exted.

I am Happy about going up for communion every time at mass. Thank you

Please pray for me because I'm making my first Sacrament of Holy Eucharist. I am a little nervous, but I know it's a Special Day because Jesus will Be with me.

I will have the Holly Communion in May. I'm afraid, because I'm going to be in front of 100-200 people! Jesus will be in me. Because I really want the Body of Christ.

I am happy to receive First Commuin. Thank you for blessing me. Thank you for supporting me. Please Pray for me. I cant wait for this event.

Question of the week ...

How does Jesus resurrection give you hope today?



Being Easter (Young) People

In these days when the weariness of COVID is still so present in our lives, the troubles and stresses of our current world can get us down. But, we are Easter people! And often, it is our young people who are models, to us, of Easter people, sharing one of their most valuable gifts: their time and energy. Be encouraged by these examples of service: the young people who were part of this year's Living Stations and gave of their time and energy to provide meaningful prayer for the community, the young people who are anxious to be part of mission trips, days of service, and service projects when it is safe to resume ministering in these ways, and those middle school students who faithfully come to Teens with Character seeking ways to model Christian life.

This generous spirit of faith and service is so present in our young people. Although they are not looking for recognition or thanks, let's encourage them with it anyway! When we think what it means to be Easter people, let us look to our youth who are blessing us with their model of quiet, unselfish love.

a big
shout
OUT!

We are so glad that we could bring you the Living Stations of the Cross. A sincere thank you to all who made it possible:

- Nadia Bocher, Abby Galer, Matt Galer, Peter Galer and Joe Howley provided the actions for each of the Stations.
- Lauren McCormick and Mia Rios so beautifully told the story and provided the narration.
- Margaret Cotner helped with rehearsals and on the day of the filming, and joyfully and enthusiastically did whatever was needed.
- Claire Curran, Jacob Lee, Hope Nagai, Willow Nagai, Mike Brose, Sojourners (directed by Margo Stone) and Frank Trujillo generously shared their gift of music.
- Alora Foley provided some of the images used throughout Stations and also the masks worn by the actors.
- Lisa Brose photographed and filmed and Mike Brose produced the video. They patiently took all of the pieces and wove them into something prayerful and beautiful. Their heart-prints are all over Living Stations and we are so grateful.



High School Youth Ministry Service Projects:

Bread Tag Recycling Program for Wheelchairs

We've partnered with SCARCE for this recycling project. SCARCE works with Danielle Cares for Chairs to recycle bread tags. Funds raised through recycling bread tags provide mobility equipment for those in need. You can go to <https://www.scarce.org/bread-tag-recycling-provides-wheelchair/> for more information. Please help us by collecting bread tags. We have a box on the RE credenza in the Gathering Area marked "Bread Tag Recycling Program" for bread tags.

Super Crayon Project

We are collecting crayons for SCARCE. Good condition full sized crayons will be put together in packets for teachers to use with their classes. The broken crayons will be separated by color and peeled so that they can be melted down for children with special needs. If you have some old crayons you no longer want, drop them off at St. Thomas. There is a crayon drop off box in the Gathering Area. High School youth who would like to help with this project should call or email Dorothy Grantham at 630.355.8980, x117 or ym@stapostle.org. This is a project that can be done at home!

Journey 1 Online Retreats

For those who are in Year 1 of Confirmation preparation, please sign up for the online retreat on either Friday, April 23, from 6:00–9:00 pm or Friday, May 7, from 6:00–9:00 pm. Call or email Dorothy Grantham at 630.355.8980, x117 or ym@stapostle.org to sign up if you have not done so yet.

LIFE Community Nights

Open to High School teens for prayer, sharing, service and games on Thursday Nights: April 22 and April 29.

Shadow Experience, Tours and Summer Camps at St. Francis

For those interested in pursuing St. Francis as a high school option, students in grades 7 through 11 are welcome to spend three periods with a St. Francis High School student during the months of April and May. Families of interested students can meet with a member of the Admissions Team and tour the building. Appointments are personalized to accommodate one family at a time. For more information, go to www.sfhscollegeprep.org.

A wide variety of camps and clinics are available for students entering grades 3-12. Camps on art, various sports, band, choir, English, technology and theatre are offered. For information or to register, go to <https://sfhs.8to18.com.accounts/login>.

Service Commission — Pastoral Care



Wellspring

Upcoming Event

We invite you to a Zoom Event on Monday, April 12, 2021

How to Live Hopefully in a Culture of Anxiety

Presented by Dr. Lauren Friedrich. Lauren is the Director of Clinical Psychology Training at SamaraCare Counseling. She completed her masters and doctoral degrees in Clinical Psychology at the Illinois School of Professional Psychology.

This event is from 7:00–8:00 pm with time for questions and answers.

To register, contact Chari Rosales at crosales@stapostle.org or 630.355.8980, x138.

*“Comfort, give comfort to my people says your God.”
Isaiah 40:1*

From the Office of the Parish Nurse

How to Build a Resilient Brain 5 simple and positive steps toward growing a healthier, brain, now and in the future

Step 1: Maintain social connection in a physically distant world.

Tip: When asking about someone’s well-being, probe more deeply and refuse to accept a generic, “I’m doing fine.”

Another tip from my own life: Ask for guidance from people. It lets them feel a degree of usefulness that can activate the mind. When you can, participate in virtual chats with friends and family. And when you can see people in person, focus on eye contact; it’s more important than ever to ease the stress on masking faces.

Step 2: Eat for resiliency

Tip: Processed and sugary foods tend to raise inflammation levels. Try swapping out one processed, pro-inflammatory meal for a day for minimally processed fare grounded on whole, fresh foods.

Step 3: Move more — exercise remains key to mental sharpness and a healthy immune system.

Tip: Access to exercise is better than it ever was pre-pandemic, thanks to a surge in online programming. Find a corner in a room, log in to a virtual class, and get moving — no membership required. And remember, being outside is safer than being inside, where the virus can linger longer, so discover new, less crowded routes and quieter times of day to enjoy a brisk walk, run or bike ride.

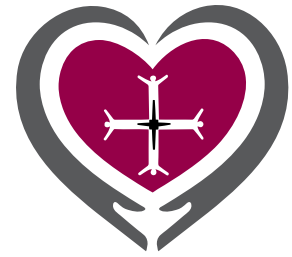
Step 4: Boost immunity through sound sleep

Tip: I used to take at least 30 minutes to wind down before bedtime, but these days I’ve bumped up relaxing pre-sleep activities (no more screens) to at least an hour. Harvard University psychologist and dream researcher Deidre Barrett says, it’s helpful to keep a dream journal as we go through this pandemic. “You’ll notice patterns in your dreams over time that you might not get just from thinking about each individual dream.” She told me. Try to prevent anxiety-ridden COVID-19 dreams by actively planning out what to dream about before you fall asleep.

Step 5: Ward off anxiety and fears by learning something new, to distract from the negative news.

Tip: You can up the challenge of learning something new by teaching a class yourself. Some educational platforms allow anyone — no teaching degree or formal credentials required — to share their expertise and interests with the world, anything from sign language to survival skills to the stock market.

Resource: *AARP The Magazine: By Sanjay Gupta, M.D.*



PASTORAL CARE

St. Thomas the Apostle

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 April is National Autism Awareness Month

Autism Spectrum Disorder, ASD, is a developmental disorder caused by differences in the brain. It is characterized by difficulties with social interaction and communication, and by restricted and repetitive behavior. The main symptoms of autism:

- Repetitive behaviors like hand-flapping, rocking, jumping or twirling.
- Constant moving (pacing) and “hyper” behavior.
- Fixations on certain activities or objects.
- Specific routines or rituals (and getting upset when a routine is changed, even slightly).
- Extreme sensitivity to touch, light and sound.

ASD begins before the age of 3 and lasts throughout a person’s life, although symptoms may improve over time. Some children with ASD show hints of future problems within the first few months of life. In others, symptoms may not show up until 24 months or later.

Scientists do not know yet exactly what causes these differences for most people with ASD. Some people with ASD have a known difference, such as a genetic condition. There are multiple causes of ASD, although most are not yet known.

There is often nothing about how people with ASD look that sets them apart from other people, but they may communicate, interact, behave and learn in ways that are different from most other people. The learning, thinking and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less.

Types of Treatments

There are many types of treatments available. These include applied behavior analysis, social skills training, occupational therapy, physical therapy, sensory integration therapy and the use of assistive technology.

The types of treatments generally can be broken down into the following categories:

- Behavior and Communication Approaches
- Dietary Approaches
- Medication
- Complementary and Alternative Medicine

mayoclinic.org, Center for Disease Control, cdc.org



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

Easter Ham Results

This year's Easter ham collection looked a bit different. There was no truck in the parking lot and all donations came via drive-thru. The Easter ham collection goal was 200. The total collected was 168.



The 168 hams were distributed as follows: 50 hams went to Fr. Dof's Parish, St. Patrick in Joliet; 50 hams to the St. Nicholas Pantry in Aurora; and 68 were used at St. Thomas. Fortunately, there were still 19 frozen turkeys left from the Thanksgiving drive, so St. Thomas was able to provide a ham or a turkey to 70 families.

Thanks to everyone who donated a ham.

Food Delivery During the Pandemic

In February, the OSJ Office received a call from a COVID Tracer at the DuPage County Health Department.

Three young adults sharing an apartment on Naper Boulevard were in need of food. Two of the adults had tested positive for COVID. The third adult was doing what he could to keep his roommates comfortable and healthy. The group needed to quarantine for 10 days. St. Thomas Care Pantry delivered a double amount of food along with milk, eggs and paper products.

Recently the OSJ Office received a card from the individuals along with a donation for the Care Pantry. The note in the card read:

"Thank you for the delivery of food this past February. We were in 10-day isolation due to COVID. God bless you and all the great work you do for our community. Sending a donation. I hope this helps the community to provide those in need during difficult times."

PATH April 13 Meeting

Through the Eyes of a Recruiter

The PATH Group . . . a job search support ministry will host "Through the Lens of a Recruiter," a webinar meeting, April 13 at 6:30 pm.

Are recruiters a part of your job search marketing plans? Have you ever wanted to learn more about recruiters and how they can enable your job search but were afraid to ask? A panel of recruiters will share their insights into the current marketplace while answering your questions as to how to best work with recruiters in your job search. This program will feature recruiter presentations; a moderated Q&A discussion; and your individual questions.

Due to anticipated interest in this program, we will begin the meeting promptly at 6:30 pm in order to accommodate as many of your questions as possible.

Advance registration is required for this webinar:

https://us02web.zoom.us/webinar/register/WN_fRaTDAx7T0agX_dt3bf97g or contact Fred Johnson at fred.c.johnson50@gmail.com to register or for additional information. Once you have registered for the event, you will receive the Zoom meeting information in a confirmation email.

For more information on PATH, go to stapostle.org and type "PATH" in the search window.



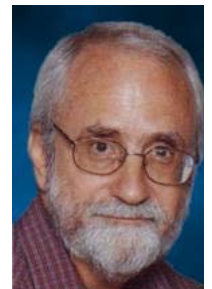
OSJ Weekend

"You are witnesses": Parishes without Borders

Tom Cordaro — Guest Homilist

The weekend of April 17–18 is an Outreach and Social Justice weekend at St. Thomas. Tom Cordaro has accepted our invitation to provide the homily at all the Masses on that weekend. He is a passionate and effective advocate for social justice, and is a long-time interfaith leader in the Naperville community.

Tom has served as the Justice and Outreach Minister at St. Margaret Mary Parish in Naperville for almost 24 years. This involves providing social justice education and advocacy opportunities for parishioners supported by Catholic Social Teaching. He also co-founded Naperville CARES (now merged with Loaves & Fishes Community Services), which provides cars and emergency assistance to those in need in the Naperville area. Tom has also been instrumental in fostering inter-faith collaboration and cooperation throughout DuPage County, including organizing annual World Peace Day Interfaith Prayer Services on the first Sundays in January.



WHITE FRAGILITY

The St. Thomas Solidarity Coalition Ministry is periodically providing chapter summaries of the book "White Fragility" by Robin DiAngelo. We encourage you to purchase the book and follow along with us as we, as the author states, "challenge racism." It is a challenging book, and not always an "easy read." It might challenge your beliefs. That is a good thing in these times.

Chapter 6: Anti-Blackness

Ms. DiAngelo writes that, for Whites, Black people are the ultimate racial "other." She is addressing White people at the societal level and acknowledges that today we may have individual friendships with Black people with whom we do not have to suppress the anti-black feelings that have been inculcated since childhood. These feelings often resurface when Black people are conceptualized in general, for example, when passing black strangers on the street or seeing stereotypical depictions of black people in the media. These feelings can occur without awareness.

As discussed in Chapter 2, the concept of White race began as a way to justify the enslavement of Africans. Throughout our national history, Whites have projected onto Black people characteristics that they do not want to acknowledge in themselves. White masters of enslaved Africans consistently depicted them as lazy and childlike even as they toiled in the fields and homes of the slaveholders. Today, feelings of superiority and hostility are reflected in various other ways. For example, resentment and misunderstanding of affirmative action persist. White flight has been triggered when a neighborhood reaches as little as 7 percent of homes occupied by Black residents. Justification of brutality toward Blacks, even children, as being deserved is often quick. Drug offense policies are routinely harsher for Black offenders.

Whites often see themselves as the rescuers of deserving Black people. Popular films such as the "Blind Side" reinforce the idea that benevolent whites are the saviors of innocent black children, while Black adults are morally and criminally corrupt.

OVERALL, White racial socialization has produced many conflicting feelings toward African Americans and an irrational need rooted in misinformation and lack of knowledge of history to justify the superior position of White people in society.

Questions for Thought and Discussion:

Which of the following potentially conflicting feelings toward Black people, engendered by White racial socialization, do you recognize within yourself, your family, your acquaintances, public events, policies or actions ?

- Benevolence
- Resentment
- Superiority
- Hatred/Dislike
- Guilt
- Indifference
- Fear



This year the Lenten project benefits Unlocking Communities and more specifically, their African initiative. The goal is to raise \$10,000. As of April 3, \$1,400 is needed to reach our goal. If you would like to help meet our goal, there are three ways to make a donation. Thanks to all that have already made a donation.

1. Attend Mass and place a donation envelope clearly marked "Lenten Project" in the basket at the church exit.
2. Checks can be written to "St. Thomas OSJ" with "Lenten Project" in the memo and sent to St. Thomas OSJ – ATTN: MIKE (1500 Brookdale Rd. Naperville, 60563).
3. Credit Card: Go to <https://www.osvhub.com/stapostle/funds/2021-lenten-project-unlocking-communities-africa> Be aware that a credit card processing charge of 3.4 percent will be deducted from your donation.

Unlocking Communities was founded and is directed by one of our own ... Josh Goralski grew up at St. Thomas. Unlocking Communities works in poor third world villages. They train people (mostly women) in smaller villages to be entrepreneurs (providing clean water filters and clean burning stoves for families) ---- providing self-sustaining economic, health, and environmental impacts in communities. See the St. Thomas Website Home Page for more information and a short video.

St. Thomas Lenten Project
Unlocking Communities

Goal: \$10,000

**\$8,600 Collected
as of April 3**

86%

Stewardship and Administration

The Week Ahead

Monday, April 12

7:00–7:45 pm First Eucharist Prayer Service, Church
7:00–8:00 pm Wellspring Presentation, Zoom

Tuesday, April 13

10:00–11:00 am Care Pantry Food Distribution, Drive Around
7:00–9:00 pm Baptism Meeting, Zoom

Wednesday, April 14

9:15–11:15 am Wednesday Bible Study, Zoom
7:00–8:00 pm First Eucharist Prayer Service, Church

Thursday, April 15

9:15–11:15 am Thursday Bible Study, Senior Center
6:30–8:30 pm Life Community Night, Gym
7:30–9:00 pm Thursday PM Bible Study, Zoom

Friday, April 16

7:00 pm Sophia's Circle, Zoom

Saturday, April 17

8:30–9:45 am First Communion Church Visit
10:30–11:45 am First Communion Church Visit
3:30–4:15 pm Reconciliation, Galilee

Sunday, April 18

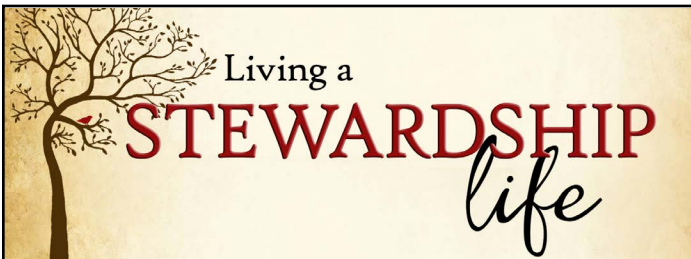
9:00 am–12:00 pm RCIA, Senior Center
1:00–2:00 pm Baptism, Church
7:00–9:00 pm Freshmen and Parents, YM, Gym

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

March 28, 2021	
Sunday Collection Offering*	\$16,169
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	\$7,965
Total for the week	\$24,134
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$1,382,590
Weekly Average 7/1/2019 to date	\$35,451
Offertory Goal Year to date	\$1,313,875
Over/short of goal to date	\$68,715
Goal for Fiscal Year 7/1 to 6/30	\$1,751,833
Percent of Annual Sunday Offertory Goal	79%
Remaining for Fiscal Year goal	\$369,243

This week, the Sunday collection is \$68,715 ahead of goal so far this year. Capital needs restricted gifts were \$80 this past week. We are grateful to those who recognize the need and responded.



Last year, as the pandemic hit and our churches were closed during the Triduum, Holy Name Cathedral created a virtual Stations of the Cross, entitled "An Ecumenical Stations of the Cross." Each Station was introduced by a member of the Chicago community. There was a police officer, a paramedic, a physician and clergy from various Christian communities.

Sister Diane Bergant (who presented a mission to our parish a few years ago) spoke about the eighth station, Simon the Cyrenian carrying

the Cross. Simon was unknown to Jesus and yet he took up the Cross for Him. And she asked if you have ever been a Simon. Have you ever stepped up and helped someone with or without being asked? That is what being a Christian is all about.

Here is an opportunity to be a Simon. It involves your time, a washer and an iron. There are towels and purificators that are used at each Mass by the priest as the Eucharist is consecrated. They are used once and then needed to be laundered. There is a very small group (now down to three) who take care of the laundry. Because of the pandemic, we are not receiving under two species, so the amount of laundry has decreased. This job involves picking up the towels and purificators from church every six weeks or so (the more volunteers the less has to be done), laundering and ironing, and returning them within a week. Someone will show you the "what and how." And, gentlemen, you can volunteer, also.

So, be a Simon and give Samantha Delke a call to volunteer. She will direct you to the small but mighty group who is responsible for this chore. Our parish will thank you.

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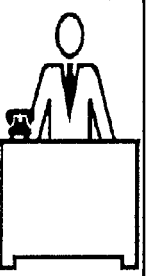
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