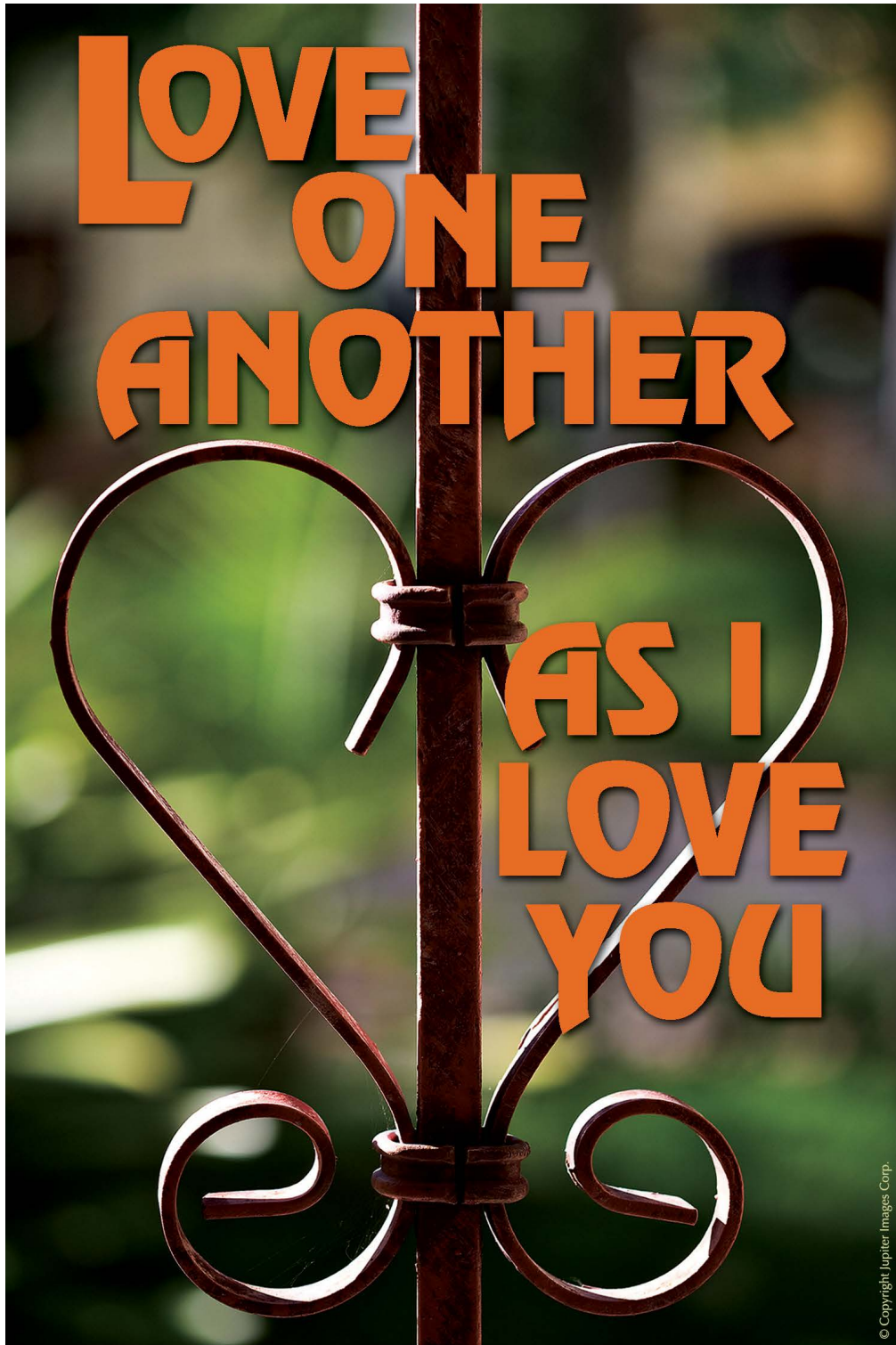


St. Thomas

MAY 9, 2021 — SIXTH SUNDAY OF EASTER



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

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) Cuzzone — 630.355.8980, x224, DeaconJoeCuzzone@gmail.com
Larry (Susan) Kearney — 630.355.8980, x225, lrkearney@comcast.net
Chuck (Sue) Lane — 630.355.8980, x223, chuck.lane2@icloud.com
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Liturgy and Music

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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
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Jenni Kennedy,* *Faith Formation Administrative Assistant*, x118, REAdmin@stapostle.org

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

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Mary Wright,* *Evening/Saturday Receptionist*
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Sue Sportiello,* *Financial Asst.*, x143, ssportiello@stapostle.org
Bob Hartmann,* *Facility Manager*, x133, facility@stapostle.org

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 Sundays each month at a 1:00 pm service. Three times a year on selected dates, Baptisms are celebrated during weekend Masses. Parents are required to attend a Baptismal awareness and renewal session prior to the Baptism. Call or email 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,

Because I was 6 years old at the time, there is not much I remember about receiving the Sacrament of Confirmation. One thing which I do remember is what it meant for those who were confirmed, that we would be "soldiers for Christ." The sacrament would give us the strength to do all that Jesus

commanded. Something else I remember is what some of you might also remember during the Confirmation liturgy — the bishop giving a slight tap on your cheek. This, so I was told, was to remind us that, as soldiers for Christ, we may have to sacrifice our own lives for Him.

So, on the weekend when we celebrated with our young people as they received the Sacrament of Confirmation on Saturday morning, May 8, isn't it a coincidence that the first reading describes the baptism and the outpouring of God's Spirit upon a group of people among whom was Cornelius, a commander in the Roman army? According to the Acts of the Apostles, Cornelius and the others were the first Gentiles (non-Jews) to open their hearts to God's call to be a follower of Christ.

Confirmation has changed over the years. There is no longer the tap on the cheek. Those who receive are not called "soldiers for Christ," but rather His followers who are fully gifted with His Spirit.

One thing which has not changed is that those who receive the Sacrament of Confirmation, along with the other sacraments, are responding to our Lord's invitation to deepen their relationship with Him. As He told the disciples in the gospel, so He tells us, "It was not you who chose me, but I who chose you." How we respond to His call is up to us.

On today's celebration of Mother's Day, we give special honor to those women in our lives who helped us to respond to the Lord's call, to His invitation to deepen our relationship with Him. Whether they were our birth mothers, stepmothers, aunts or grandmothers, they did their best in raising us, thereby fulfilling God's purpose, His plan for them to show us the generous love of God. Today we give glory and honor to God who gave us those women in our lives who did their best to follow the example of our loving and caring God who, as St. John wrote in today's second reading, loved us first.

In the Word,

Fr. Danaher



© Anthony J. Bellomo

Sixth Sunday of Easter

May 9, 2021

It was not you who chose me, but I who chose you and appointed you to go and bear fruit.

— John 15:16

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!

New Parishioners

Jason and Mary Brigid Creek and Family

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 — The gift of the Holy Spirit was poured out on the Gentiles also (Acts 10:25-26, 34-35, 44-48).

Psalm — The Lord has revealed to the nations his saving power (Psalm 98).

Second Reading — God is love (1 John 4:7-10) or 1 John 4:11-16.

Gospel — No one has greater love than this: to lay down one's life for one's friends (John 15:9-17) or John 17:11b-19.

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 16:11-15; Ps 149:1b-6a, 9b; Jn 15:26 — 16:4a

Tuesday: Acts 16:22-34; Ps 138:1-3, 7c-8; Jn 16:5-11

Wednesday: Acts 17:15, 22 — 18:1; Ps 148:1-2, 11-14; Jn 16:12-15

Thursday: Acts 1:1-11; Ps 47:2-3, 6-9; Eph 1:17-23 or Eph 4:1-13 [1-7, 11-13]; Mk 16:15-20 (for Ascension); otherwise Acts 18:1-8; Ps 98:1-4; Jn 16:16-20

Friday: Acts 1:15-17, 20-26; Ps 113:1-8; Jn 15:9-17

Saturday: Acts 18:23-28; Ps 47:2-3, 8-10; Jn 16:23b-28

Sunday: Acts 1:15-17, 20a, 20c-26; Ps 103:1-2, 11-12, 19-20; 1 Jn 4:11-16; Jn 17:11b-19; or, for Ascension, Acts 1:1-11; Ps 47:2-3, 6-9; Eph 1:17-23 or Eph 4:1-13 [1-7, 11-13]; Mk 16:15-20

A Blessing for Mothers

Loving and nurturing God,
who sent your only Son to live among us,
we ask this day for a blessing upon all mothers.

Mothers who have birthed children,
and mothers whom have adopted children as their own.
Mothers who have felt the loss of a child,
and mother's who have passed before us.
Mothers who provide support to other's children,
and mothers who raise children alone.

Bless all these mothers
and grant them grace and strength in their incredible roles.
Bless those who desire to be mothers
and provide them with patience and healing.
Bless mothers who have a strained relationship with their children
and console them in this sorrow.

We ask this through the intercession of our Blessed Mother,
and the Spirit from whom all graces come.

Amen.

Presider Schedule May 15–16

Saturday, May 15

4:30 pm: Fr. Joseph Kappilumakkal

Sunday, May 16

9:00 am: Fr. Matt Lorenz with Deacon Jim Breen

10:45 am: Fr. Joseph Kappilumakkal

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, May 10, 2021

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

Tuesday, May 11, 2021

8:30 am †Sylvestre Papillon, by The Lucado Family

Wednesday, May 12, 2021

8:30 am †Ernesto Lopez, by Amy DeGuzman

Thursday, May 13, 2021

8:30 am †Jim Rioux, by Ann Rioux

Friday, May 14, 2021

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

Saturday, May 15, 2021

4:30 pm *Mass of Anticipation*

†Jim Wolff, by MaryAnn

†Rick DeAngelo, by MaryAnn and Dennis Mlynski

Sunday, May 16, 2021

The Ascension of the Lord

9:00 am †Sylvestre Papillon, by The Lucado Family

†Lorraine Sowa, by Jim and MaryJo Breen

†Chris Kula, by The Przekwas Family

10:45 am In Thanksgiving, by Pat Wilkins



"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

Sixth Sunday of Easter: Still Loving

On Holy Thursday, at the Evening Mass of the Lord's Supper, the traditional text of *Ubi Caritas* (where true charity and love abide, God is dwelling there) would have been sung during the Washing of the Feet. Today's second reading (1 John 4:7-10) and the gospel (John 15:9-17) relate to this message, reminding us how Christ was always preaching love in word and deed throughout his earthly ministry. As we journey through this sixth week of Easter, take some time to reflect on the following questions:

- What is it like to be beloved of God?
- Who will I love as friend this week?
- What will I lay down in my life for the benefit of another?

The Sacrament of Anointing of the Sick

The past year has been difficult for us all. Each of us has had to face different challenges, some more complicated than others. As a Catholic community of faith, we have the Holy Sacraments to give us strength, nourishment and healing.

On Saturday, May 15 at 1:00 pm, we will be celebrating the Sacrament of the Anointing of the Sick during a Mass. Anyone, of all ages, can benefit from this sacrament — as many times as needed! There are no limits to anointing, as we are all in need of healing of various troubling conditions — physical, mental, emotional or spiritual.

During the Ritual of Anointing, the Priest will anoint the foreheads of all who come forward with the Oil of the Sick and proclaim, “Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up.”

Please join us for this special celebration. No online registration is necessary, contact tracing will be done upon entry. Some more information about the sacrament can be found below:

What are the effects of the Sacrament of the Anointing of the Sick?

The special grace of the sacrament unites the sick person to the passion of Christ, gives strength, peace and courage to endure sufferings of illness or old age, imparts the forgiveness of sins if the sick person was unable to obtain it through the sacrament of Penance, provides for the restoration of health and helps to prepare the person for passing over to eternal life.

Who may be anointed?

“The sacrament of the anointing is not a sacrament for those only who are at the point of death” (Catechism 1514). The sacrament of anointing is appropriate for those whose health is seriously impaired by sickness or advanced age. This includes persons who are seriously ill whether at home, in hospitals or in nursing homes, as well as sick children who are old enough to experience benefit from the sacrament. It could be physical, mental or emotional. The sacrament may be repeated if the person becomes ill again or if their condition becomes worse. A person may also be anointed before surgery.

Sources: Catechism of the Catholic Church, USCCB Catholic Catechism for Adults

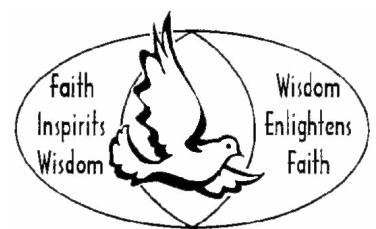
Faith and Formation Commission — Adult

C.A.R.E. CORNER

The second of our Catholic Social Teachings encourages us to participate in civic life for the benefit of the common good. This means taking measures to support family structures and strengthen neighborhood communities. It might include tracking the voting records of our state and national political representatives to

see how they align with values that will benefit the most people. That would allow us to hold them accountable for their role in any unfair legislative measures. Does their record show they support legislation that helps those in greatest need? Do we personally only support laws that benefit us rather than those who need greater assistance and protection?

We can and should pray for those in positions of power so they will take great pains to make progress on the systems that oppress those of lesser means. Civil laws of the past have allowed discriminatory practices such as slavery, racial segregation, and age and gender discrimination. Do we continue to tolerate such laws even though we know they are harmful to all of us? Whether or not we are directly involved in the political process, we are all complicit in the direction our legislators are moving our social patterns. That's why its so important to stay aware and involved.





News from All Saints Catholic Academy

2021–2022 School Year at All Saints

Our excitement for the coming 2021–2022 school year has been steadily building since we opened registration at the beginning of February. We are busy preparing to welcome many brand new students to our campus this fall. Could you be one of them?

All Saints remains committed to offering 5 day in person instruction in a safe and nurturing environment.

At this date, ASCA has completed 161 days of school (more than 92 percent of the school year) with continuous full day instruction every day for all students.

All Saints' class sizes remain small with an eye toward safety as well as ensuring that our faculty is able to offer high level, excellent instruction grounded in faith to their students.

All Saints partners with school families in the formation of our students, guided by mutual respect, and rooted in our shared Catholic values.

Individualized tours are currently available at 4:00 pm during the school week for you to visit and take a closer look at our beautiful campus. Please contact the school at 630.961.6125, or Patty Bajek at pbajek@ascacademy.org to book an appointment for your personal tour today. Our website — ascacademy.org — also has a wealth of information for you to explore.

All Saints is pleased to offer the Tuition Transfer Grant to families who transfer their child(ren) into grades 1-7 from any local private, public, charter or home school for the 2021–2022 school year.

With this two-year grant, families will receive \$1,000 per student in year one, and \$500 per student in year two, which will be applied to offset their tuition costs.



At All Saints, All Are Welcome!

A big thank you to our Full Page Advertiser:

Buck Services

(An additional thank you for keeping our building clean and safe each day.)

**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**

Dear St. Thomas Family,

Thank You for your patience as we celebrate First Communion Mass with the First Communicants, their families and guests. The last Eucharist Liturgy is Sunday, May 9 at 9:00 am for older First Communicants.

During the liturgy, the First Communicants and parents are invited to come forward first to receive Communion followed immediately by their families. Other guests and the rest of the assembly will wait to receive communion, allowing all First Communicants and their families to receive first. Eucharistic ministers will proceed to their assigned stations as usual but will remain facing the altar at their assigned stations until all First Communicants and their families have received. Then, ushers will invite the rest of the assembly to receive, including the other guests of the First Communicants. We thank you for your patience as the children and their parents receive Eucharist.

Thank you for your prayers that you have said for these children as they meet Jesus in this most holy sacrament.

Scripture Safari Registration Coming Soon

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 May. 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.



Wanted: Adult Leaders and Helpers for Scripture Safari

Scripture Safari will soon be here! It's scheduled for June 21–25. 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. Want to feel energized with your faith? 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.

Thank You

The Faith Formation/ Religious Ed. Department would like to extend their heartfelt "Thank You" in appreciation to those who have served in the formation of our children's faith, especially those who have helped with this Sacrament of First Eucharist.

Gratitude is extended to:

- Jim Clauer, Director of Liturgy and Music
- Samantha Delke, Associate Director of Liturgy and Music
- Our musicians and singers for their beautiful music
- Our Sacristans, Greeters, Eucharistic Ministers and Ushers
- Especially our First Communicants, their parents, grandparents and Godparents

A special "Thank You" to:

- Our Pastor, Fr. Philip Danaher
- Fr Joseph Kappilumakkal, Parochial Vicar
- Fr. Bob Colaresi, our Weekend Associate
- Our Deacons: Mike Barrett, Jim Breen, Joe Cuzzone, Larry Kearney, Chuck Lane and Patrick Lennon
- The All Saints and St. Thomas staff; Tricia Serna, our Second Grade Coordinator; Eileen Cruz and Jenni Kennedy, our Faith Formation Assistants

The following volunteers have given of their time, love and sharing of their faith to these First Communicants.

- Janet Bailey
- Gregory Burgess
- Jennifer Burgess
- Lilianna Ernst
- Melissa Ernst
- Caryn Phelan

Question of the week ...

How can we show someone that we don't know very well that we love him or her too?



Middle School Religious Education, 2021-2022

Plans are underway for the 2021–2022 middle school RE year. Saturday and Monday classes will take place at All Saints. You will be notified when registration materials for the 2021–2022 year are available online. Our hope is that those families who, for health reasons, could not attend RE this past year will consider being part of our middle school program this coming year.

Middle School/High School Mission Trip

Are you ready for a new adventure? Middle school and high school youth are invited to be a part of a Week of Hope mission trip experience in Kenosha, Wisconsin, from June 20-25. Week of Hope are community service mission trips where young people serve alongside seasoned local ministries and nonprofits to make a lasting difference through meaningful community service. After each day of service, the fun continues with themed days, movie nights, lip-sync battles, bedtime stories, group games and much more! The cost for Week of Hope is \$276. Week of Hope registration forms are available on the St. Thomas website and are due, with payment, by May 21.

The Week of Hope experience is provided by Group. The Group mission trip team dedicates extensive time and energy to create a Jesus-centered program experience through morning and evening programs, crew devotions and youth group devotions.

For more information about Group, go to www.groupmissiontrips.com.

Spring Cleaning?

One of our Confirmands, Sophia L. is doing a collection for Haiti Scholars for her Confirmation Service Project.

Sports has been a huge part of her own life through sports and she wants to make a difference in the physical education and wellness for the students. She was also moved to know that many students have worn-out and poorly fitting shoes as well as not having access to clean water.

If you are able to help any of the following, we have a collection box that will be in place the month of May in the Gathering Area.

Items needed

- New/gently used sneakers/running shoes for children ages 2-14
- New/slightly used sports balls, jump ropes, etc.
- New plastic water bottles

Thank you!

Catholic Baseball/Softball Camp

WHO: Boys and Girls, ages 8-14

WHEN: July 27-28, 8:00 am – 3:00 pm

WHERE: Montini Catholic High School, Lombard, IL

COST: \$150

REGISTRATION: Go to catholicssportscamps.org

Registration is currently open and will be limited to 50 campers. The Catholic Baseball/Softball Camp is the only Catholic sports camp that will be offered this summer.



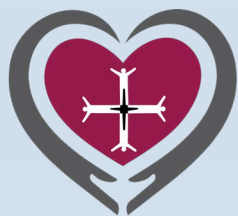
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Service Commission — Pastoral Care



PASTORAL CARE
St. Thomas the Apostle

From the Office of the Parish Nurse Liquid Biopsies May Help Identify Lung Cancer

You may be used to hearing about tissue biopsies, in which doctors snip samples of tissue to see if it's cancerous. For some cancers, liquid biopsies may offer a less invasive approach. In a liquid biopsy, specialists test your blood, plasma or urine for DNA sequences unique to specific cancers.

Scientists from the University of Illinois College of Medicine are testing the use of liquid biopsies to detect lung cancer, the third most common cancer in the country.

In a Clinical Cancer Research study published in May 2020, lead author Alicia Hulbert, an assistant professor of surgery at the University of Illinois Cancer Center's Translational Oncology Program, showed that liquid biopsies can serve as a complement to CT screening to identify lung cancer.

Some tumors shed cells that show up in body fluids. Hulbert focused on sampling urine. "It is non-invasive, accessible, less costly and repeatable compared with solid mass pathology," she says.

Used with CT screening, liquid biopsies can help oncologists determine whether to move forward with more invasive procedures. Liquid biopsies are increasingly popular: The market is expected to reach \$2 to \$3 billion by 2026.

Resource: Susan Cosier Chicago Health Spring/Summer 2021

From the Behavioral Health Ministry May is Women's Health Month

Women's Health Week May 9-15

Women's Health Week begins Mother's Day each year. It is a reminder to women to take care of themselves, and to make their health a priority.



National Center for Health Statistics:

- Percent of women aged 18 and over who had four or more drinks in 1 day at least once in the past year: 19.8
- Percent of women aged 18 and over who currently smoke cigarettes: 12.0
- Percent of women aged 20 and over who are obese: 41.8 (2015-2018)
- Percent of women aged 20 and over with hypertension (measured high blood pressure and/or taking antihypertensive medication): 45.2 (2015-2018)
- Percent of adults aged 18 and over with regular feelings of worry, nervousness or anxiety: 11.2
- Percent of adults aged 18 and over with regular feelings of depression: 4.7

Source: CDC.org

Prevent the top threats

The biggest threats to women's health are often preventable. Here's what you need to know to live a longer, healthier life.

By Mayo Clinic Staff

Many of the leading threats to women's health can be prevented — if you know how. The top causes of death among adult women in the U.S. include heart disease, cancer, chronic lower respiratory disease, stroke, Alzheimer's disease and unintentional injuries, according to statistics from the Centers for Disease Control and Prevention.

Take control by talking with your doctor about your risk factors for these conditions. Then get serious about reducing your risk.

If you have health problems — such as high cholesterol, high blood pressure or diabetes — that increase your risk of heart disease and stroke, follow your doctor's treatment recommendations. Also, consult your doctor about when you should have mammograms and other cancer screenings.

Adopt a healthier lifestyle

While you can't eliminate risk factors such as family history, you can control other risk factors for heart disease, stroke and cancer. For example:

- **Don't smoke.** If you do smoke or use other tobacco products, ask your doctor to help you quit.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated and trans fats, and foods with added sugar and sodium.
- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.
- **Get moving.** Exercise can help you control your weight and lower your risk of heart disease and stroke.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. For women, that means no more than one drink a day. The risk of various types of cancer — including breast and liver cancer — appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure and increase your risk of heart attack and stroke.
- **Manage stress.** If you feel constantly on edge or under assault, your lifestyle habits might suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

A healthy lifestyle might also play a role in preventing Alzheimer's disease. For more information: mayoclinic.org, cdc.org



From the Behavioral Health Ministry St. Dymphna Mass Celebration

Monday, May 24, 2021
7:00 pm at St. Thomas

St. Dymphna Mass, Patron Saint of Those
Struggling with Emotional/Mental Illness

St. Dymphna is the patron saint of people living with emotional and mental illness. Her mother died when Dymphna was 17. Her father struggled with emotional and mental difficulties following his wife's death. These difficulties led to her martyrdom. Cures and miracles were attributed to her and as a result highly successful treatment centers are named for her.

The Behavioral Health Ministry is offering a Mass at St. Thomas on Monday, May 24, 2021, at 7:00 pm to commemorate her courage and strength and for her plight to provide care and treatment for people with mental illness.

Come to celebrate her life and to pray for those who struggle with emotional/mental illness and their families.

Please call Susan Kearney to register or for more information at 630.355.8980, x108 or email her at sdkearney@comcast.net.

Prayer to St. Dymphna:

Dear Saint Dymphna, you gave us an example in your own life of firm faith. Neither flattery, earthly rewards nor the threat of death caused you to waver in your fidelity to God. Please help us then, amid the uncertainties of life, to imitate your wholehearted dedication to Christ. Be good enough to come to our aid in our need, and pray for us to God. Amen.

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

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



PATH May 11 Meeting

"By failing to prepare, you are preparing to fail" — Benjamin Franklin

The PATH Group, a job search support ministry, will be hosting a virtual meeting and panel discussion, "Treating the Job Interview like a Professional Sales Call," on Tuesday, May 11 at 7:00 pm.

Today's sales professionals employ a structured process to ensure successful selling outcomes. As a job seeker, you have now assumed the role of Chief Sales Officer for a product you know intimately ... YOU! The interview becomes your platform to illustrate and demonstrate the value you can deliver.

Mike Cooper is the Founder, Head Chef and Certified Sales Coach at Sales Kitchen, a sales training and consulting company. Mike will share the sales technique that will help you confidently present yourself during the Interview process (PAPCE — Preparation | Approach | Presentation | Close | Evaluation).

Register in advance for this webinar

Go to https://us02web.zoom.us/webinar/register/WN_F5mDsNHHRlyl5vc473jKEw or contact Fred Johnson at fred.c.johnson50@gmail.com.

Once you have registered for the event, you will receive the Zoom meeting information in a confirmation email.

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; and 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

Grant Provided to Re:new Project

Creating Hope for Refugee Women

St. Thomas, through the Outreach and Social Justice Office, provided a small grant to Re:new Project, located in Glen Ellyn, for the purchase of two sewing machines.



Re:new Project was birthed out of a desire to empower refugee women. Re:new exists to come alongside and invest in the lives of women through holistic renewal of their lives — economically, socially and spiritually. Go to www.renewproject.org for more information.

How Re:new Works

- **Sewing Class:** Re:new offers free sewing classes to any refugee or immigrant woman, no matter their skill level.
- **ESL:** English as a Second Language classes are offered.
- **Mentoring Program:** Designed to help integrate the women into the American workplace.
- **Employment:** Some women are hired by Re:new as an Artisan for up to two years, creating products sold at the storefront and on-line.

Meet Josefina

Josefina was driven from her home in Venezuela by the fear of political persecution and crime. She came to the United States in the hope of finding a safe harbor for herself and her daughters. She has developed her sewing skills at Re:new and learned the language and customs of America. "I have made great friends at Re:new where I've been welcomed with patience, warmth and understanding. I have found a sense of purpose and have developed new skills that make me feel empowered and heard." Josefina started as a student in 2017 and is now the Artisan Program Director.

Volunteer Opportunities

Re:new has many volunteer opportunities: ESL tutors, mentoring, storefront associate, sewing instruction, marketing and sales, development and fundraising, photography and many more.

Food Donations for Care Pantry

Drive-Through Donations Accepted Tuesday, May 18 from 9:00–11:00 am or 6:00–7:00 pm

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

Bring donations to St. Thomas on Tuesday, May 18 from 9:00–11:00 am or 6:00–7:00 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 the items listed below.

- Tomato products – diced, stewed, etc.
- Pasta sauce
- Jelly
- Cereal
- Beans in can – black, kidney, pinto
- Paper towels
- Toilet paper

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.



Happy Mother's Day

For all women who nurture, console, challenge, support and encourage us. May God's love shine in them, protect them and give them peace.

Prayer for Women Everywhere

With Miriam, who with Moses and Aaron led the people of Israel out of Egypt;
with Deborah, who judged the people of Israel in truth and righteousness;
with Ruth, who was an example of faithfulness;
with Mary Magdalen, who first brought the good news of the resurrection;
with Phoebe, deacon and leader of the early Church;
with Priscilla, who labored with Aquila in the service of Christ;
with Dorcas, who spent herself doing good and helping the poor;
with Mary the mother of Jesus, who said "yes" with no holding back.

With these, our sisters,

We pray for women everywhere who see their families divided, their children sad;

we pray for women who against all the odds create a good place for their families to live in;

we pray for women who, when tempted to give up, find new strength from their sisters and go on. Amen.

Written by B. D'Arcy. From Living God's Justice: Reflections and Prayers. Reprinted with permission of the Center of Concern in Washington, DC

Stewardship and Administration

The Week Ahead

Monday, May 10

Tuesday, May 11

10:00–11:00 am Care Pantry Food Distribution

Wednesday, May 12

9:15–11:15 am Wednesday Bible Study, Zoom

7:15–8:45 pm Faith Formation Commission, Zoom

Thursday, May 13

9:15–11:15 am Thursday Bible Study, Senior Center

6:30–8:30 pm Youth Ministry, Gym

7:30–9:00 pm Thursday PM Bible Study, Zoom

Friday, May 14

9:00 am–12:00 pm Adoration, Church

Saturday, May 15

3:30–4:15 p, m Reconciliation, Galilee

Sunday, May 16

9:00 am–12:00 pm RCIA, Senior Center

1:00–2:00 pm Baptism, Church

Help Wanted

Part-time Parish Secretary, St. Margaret Mary Parish, Naperville, Illinois

St. Margaret Mary Parish, 1450 Green Trails Drive, Naperville, IL, is seeking a Parish Secretary (29 hours per week, unbenefited), to provide a variety of general administrative duties for the Pastor, including: answering telephone calls, handling correspondence and emails, etc., preparing the parish bulletin, coordinating arrangements for funerals, weddings and baptisms, receiving registrations, record keeping, ordering liturgical supplies and preparing electronic communications. Secretarial experience with good typing skills, and basic knowledge of Microsoft Office required. Familiarity with a large Catholic parish environment is much desired. This position requires self-direction, sensitivity to confidentiality, excellent people skills and an ability to work in a team environment. Please contact Michael Prus, Business Manager, at mjprus@smp.com, or by calling the Parish Office, 630.369.0777.

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

April 25, 2021

Sunday Collection Offering* \$7,627

Credit Card Online Giving none this week

Automatic Direct Debit \$26,841
(5th and 20th each month)

Mailed in and stock donations \$7,310

Total for the week \$41,777

*Based on Collection Counters Reports prior to bank confirmation

Fiscal Year (7/1 to 6/30) \$1,521,771

Weekly Average 7/1/2019 to date \$35,390

Offertory Goal Year to date \$1,448,631

Over/short of goal to date \$73,140

Goal for Fiscal Year 7/1 to 6/30 \$1,751,833

Percent of Annual Sunday Offertory Goal 87%

Remaining for Fiscal Year goal \$230,062

This week, the Sunday collection is \$73,140 ahead of goal so far this year. Capital needs restricted gifts were \$670 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

Parish Appeal Goal \$174,100

Pledges Received \$127,890

Percent of Goal pledged to date 73.46%

Unpaid pledges \$15,403

Paid to Date \$112,487

Percent of goal paid to date 64.61%

Smart Moves in Giving to St. Thomas

Some parishioners receive tax benefits from gifts to St. Thomas by donating stock or directing their IRA distributions to St. Thomas. Consult your tax adviser or broker/agent to see if these smart moves are right for you. We appreciate your support!

thank you

Please take the time to read the ads which make this bulletin possible. Help support these businesses, especially during this time, as they support St. Thomas the Apostle. Mention the bulletin when you patronize their establishments.

Let them know they are appreciated!

Checked These Listings Lately? Thank You to Our Advertisers!

Make it a habit to check these advertisers when you need a product or a service.
And when you purchase, be sure to mention you saw their ad in the St. Thomas bulletin!

 <p>Your ad could be in this space!</p>			<p>Catholic Cruises and Tours and The Apostleship of the Sea of the United States of America Take your FAITH ON A JOURNEY. Call us today at 860-399-1785 or email eileen@CatholicCruisesandTours.com www.CatholicCruisesandTours.com</p>
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Email: sales@jspaluch.com

If you own a business or know of a local business that might like to support your local Catholic parish by advertising in its parish bulletin, please contact J.S. Paluch. Grow your business by advertising in the church bulletin and create strong connections with your target audience. Benefits include:

- GREAT COVERAGE - 97%** of all households attending church take at least one church bulletin home every Sunday.
- GREAT VALUE - 70%** of all households are aware of and look at the advertising in the church bulletin and 68% of households surveyed when making a choice between businesses are inclined to choose the one who advertised in the church bulletin.
- GREAT LOYALTY - 41%** of households do business with a company specifically because they are advertising in the church bulletin.
- GREAT PRODUCT - 62%** of households keep the church bulletin the entire week as reference.



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