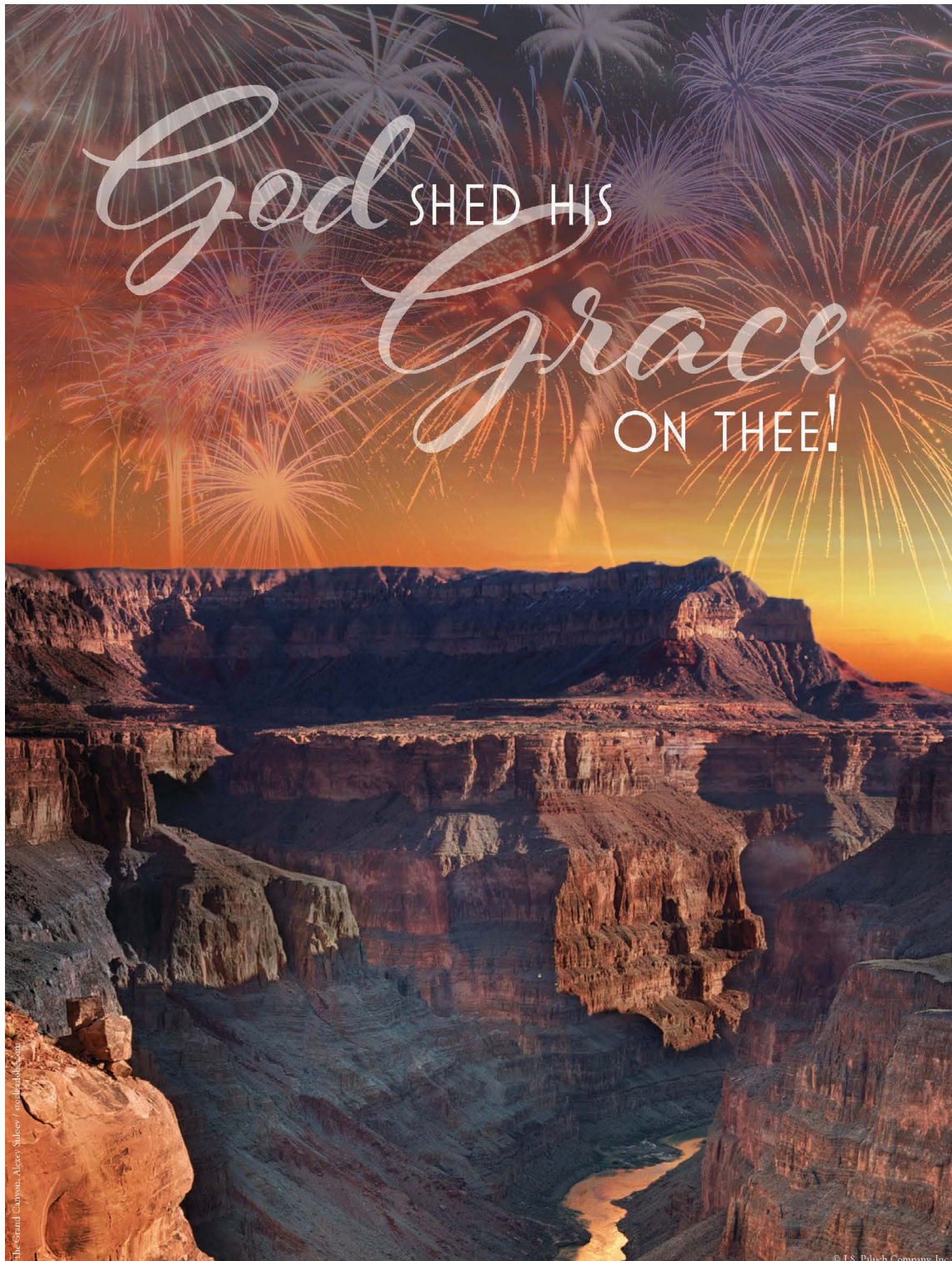


# St. Thomas

JULY 4, 2021 — FOURTEENTH SUNDAY IN ORDINARY TIME



The Grand Canyon, Alamy, Balser / iStock.com

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# 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](mailto:mainoffice@stapostle.org) or visit us at [stapostle.org](http://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](mailto:pdanaher@stapostle.org)  
Rev. Joseph Kappilumakkal, CMI, *Parochial Vicar*, x103, [jkapp@stapostle.org](mailto:jkapp@stapostle.org)

### Priests Assisting on Weekends

Rev. Bob Colaresi, O. Carm., *Weekend Associate*, [robco@robco.org](mailto:robco@robco.org)  
Rev. Matt Lorenz, *Senior Vicar*, Archdiocese of Chicago

### Permanent Deacons

Michael (Kathryn) Barrett — 630.355.8980, x145, [meabarrett@gmail.com](mailto:meabarrett@gmail.com)  
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Patrick (Mary Jo) Lennon — 630.901.3223, [presence.now@gmail.com](mailto:presence.now@gmail.com)

### Liturgy and Music

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### Faith Formation

Margie Marshall, *Principal at All Saints Catholic Academy*, 630.961.6125  
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Chari Rosales, *Director of Adult Education and RCIA*, x138, [croales@stapostle.org](mailto:croales@stapostle.org)  
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Sally Meno, *OSJ Associate*, x137, [smeno@stapostle.org](mailto:smeno@stapostle.org)

### Pastoral Care

Jan Olah, *Director of Pastoral Care*, x124  
Felicia Lawlor,\* *Faith Community Nurse*, x104, [flawlor@stapostle.org](mailto:flawlor@stapostle.org)

### Administration

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Chris Ridge,\* *Evening/Saturday Receptionist*  
Mary Wright,\* *Evening/Saturday Receptionist*  
Mary Derwinski,\* *Administration Asst.*, x143, [mderwinski@stapostle.org](mailto:mderwinski@stapostle.org)  
Sue Sportiello,\* *Financial Asst.*, x143, [ssportiello@stapostle.org](mailto:ssportiello@stapostle.org)  
Bob Hartmann,\* *Facility Manager*, x133, [facility@stapostle.org](mailto:facility@stapostle.org)

### Parish Pastoral Council

Susan Wood O'Leary, *Chair* Alison Ohl  
Noble Charles Brittany Tres

### Commission Representatives

Carrie Wujek, *Faith & Spiritual Formation* Linda Bailey, *Service*  
Susan Wood O'Leary, *Finance* Barbara Mambu, *Stewardship*  
Deb Scheckel, *Parish Life* Jeff Balsewicz, *Worship*

### Ex-Officio

Rev. Philip Danaher, *Pastor* Rev. Joseph Kappilumakkal, *Parochial Vicar*  
Janet Simmons, *Recording Secretary*

\*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,

Jesus' words in today's gospel, chosen especially for our celebration of Independence Day, might not have been that popular with some of Jesus' listeners; "Love your enemies, and pray for those who persecute you." It's not hard to imagine that, when Jesus' disciples preached that same message after Jesus returned to heaven,

there might have been people who did not want to hear those words. Jesus once said that He was sending His disciples "as lambs among wolves." There were some so-called wolves who did not want to hear the gentle words, the "lamb like" words from Jesus' followers.

It's also not hard to imagine that our Founding Fathers felt like they were "lambs among wolves." Great Britain was a world-renowned military power. Those who signed the Declaration of Independence all knew that they were putting their lives on the line for what they knew was an act of treason against the British Empire.

There have been other "lambs among wolves" in American history, men and women who opposed very powerful forces in the name of freedom and justice. Voting was a right restricted to white males until Susan B. Anthony in the 19<sup>th</sup> century, and, in our day, Dr. Martin Luther King and others spoke out in favor of universal suffrage. Advocates for Pro-Life who speak out against abortion and capital punishment, those who advocate just and fair wages for workers are the "lambs among wolves" among us today.

It has always been a struggle for those whom society has thought of as weak to stand up to the powerful. Yet, let us never forget that the Lamb of God is always with those who stand up and speak out so that God's peace and justice will one day rule our world.

In the Word,

*Fr. Danaher*



## Liturgy Schedule

### Daily

Mass: 8:30 am, Monday–Saturday

### Weekend

Saturday Mass of Anticipation: 4:30 pm

Sunday: 9:00 am and 10:45 am

*All Masses will be livestreamed with an outdoor communion option. Please see the note on page 5 about the upcoming change to the livestreaming.*

## 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 Reconciliation Room. Please check the website for full details.

## Presider Schedule July 10–11

### Saturday, July 10

4:30 pm: Fr. Bill Etheredge

### Sunday, July 11

9:00 am: Fr. Bob Colaresi

10:45 am: Fr. Joseph Kappilumakkal with Deacon Jim Breen

*Presider schedule is subject to change.*

## 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

Rae Hibner

Anthony and Danielle Hughes

Anthony Sisto

## 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 September 6.

9:00 am–6:30 pm Monday–Thursday

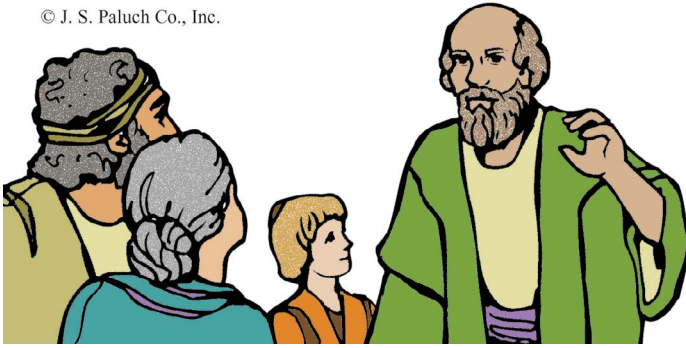
9:00 am–12:00 pm Friday

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

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## Fourteenth Sunday in Ordinary Time

July 4, 2021

*My grace is sufficient for you, for power is made perfect in weakness.*

— 2 Corinthians 12:9

## Readings for Today

*Scripture selected with consideration to Behavioral Health Ministry weekend and the Celebration of Independence Day.*

**First Reading** — Isaiah 9:1-6

**Psalm** — Psalm 72: Every Nation on Earth

**Second Reading** — 2 Corinthians 8:7, 9, 13-15

**Gospel** — Matthew 5:43-48

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:** Gn 28:10-22a; Ps 91:1-4, 14-15ab; Mt 9:18-26

**Tuesday:** Gn 32:23-33; Ps 17:1b, 2-3, 6-7ab, 8b, 15; Mt 9:32-38

**Wednesday:** Gn 41:55-57; 42:5-7a, 17-24a; Ps 33:2-3, 10-11, 18-19; Mt 10:1-7

**Thursday:** Gn 44:18-21, 23b-29; 45:1-5; Ps 105:16-21; Mt 10:7-15

**Friday:** Gn 46:1-7, 28-30; Ps 37:3-4, 18-19, 27-28, 39-40; Mt 10:16-23

**Saturday:** Gn 49:29-32; 50:15-26a; Ps 105:1-4, 6-7; Mt 10:24-33

**Sunday:** Am 7:12-15; Ps 85:9-14; Eph 1:3-14 [1:3-10]; Mk 6:7-13

## Change to Livestreaming

Starting next weekend, July 10–11, we will only be livestreaming one Mass per weekend. The 4:30 pm Mass on Saturdays will be livestreamed and Holy Communion will be distributed in the parking lot. The recording of the livestreamed Mass will be available to watch on the St. Thomas website (stapostle.org) for those who wish to watch at a different time.

## 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, July 5, 2021**

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

**Tuesday, July 6, 2021**

8:30 am †James Maul, by Bill and Joan Swigle

**Wednesday, July 7, 2021**

8:30 am †Vince Streff, by Dick and Adela Auskalis

**Thursday, July 8, 2021**

8:30 am Mass

**Friday, July 9, 2021**

8:30 am †Mary Growney, by John

**Saturday, July 10, 2021**

8:30 am Mass

4:30 pm *Mass of Anticipation*

†Jim Wolff, by MaryAnn

†Rupert Malone, by Kathleen Johnson

**Sunday, July 11, 2021**

*Fifteenth Sunday Ordinary*

9:00 am †Steven Caruso, by Mom and Dad

10:45 am †Edward Dillmann, by Betty

## Congressional Prayer for the Fourth of July

*"Blessed is the nation whose God is the Lord." (Psalms 33:12, ESV)*

Eternal God, stir Thou our minds and stimulate our hearts with a high sense of patriotism as we approach the Fourth of July. May all that this day symbolizes renew our faith in freedom, our devotion to democracy, and redouble our efforts to keep a government of the people, by the people, and for the people truly alive in our world.

Grant that we may highly resolve on this great day to dedicate ourselves anew to the task of ushering in an era when good will shall live in the hearts of a free people, justice shall be the light to guide their feet, and peace shall be the goal of humankind: to the glory of Thy holy name and the good of our Nation and of all mankind.

Amen.

*(Congressional Prayer offered by Chaplain, Reverend Edward G. Latch on Wednesday, July 3, 1974.)*

## Enroll at All Saints Catholic Academy – Your Parish School

Since March 2020, many students have experienced a roller coaster of ever changing academics and methods of teaching. There has been a lot of recent discussion about curricular focus and approach. How did your student fare over the past 16 months?

At All Saints, we are proud to have delivered excellent, safe, in-person instruction all year. We are committed to continuing this practice, with intentionally small class sizes so each student can be recognized and appropriately challenged and supported.

### All Saints offers:

- Small class sizes
- Academic excellence
- Welcoming family and faith community
- Beautiful campus

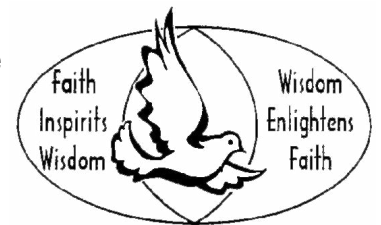
We still have room for a few 'new Saints' in the upcoming 2021-2022 school year! For more information, please call 630.961.6125, email pbajek@ascacademy.org or visit ascacademy.org.



## Faith and Formation Commission — Adult

### C.A.R.E. CORNER

Today we come to Commandment of Justice #9. The eighth of the original 10 Commandments reminds us to not speak falsely or dishonestly against others. We live in a culture dominated by mass communication. Information travels quickly, globally, via multiple channels. And much of that information goes unchecked for truth or civility. We all have biases, prejudices and ego-centered opinions. Unfortunately too many people are more than willing to blast those biases and opinions out into cyberspace to anyone who might be willing to listen to them.



But we do not have the right to ruin the reputations of others or to put obstacles in their way and hold them back from becoming all that God intended them to be. We have each been given a set of talents. The inability of even one person to use their unique talents for the benefit of others negatively impacts all of us, whether we realize it or not. St. Paul told the Church in Corinth "there are many parts, yet one body." One part cannot say to another "I do not need you." Also, "God has so constructed the body ... that the parts may have the same concern for one another. If one part suffers, all the parts suffer with it. ..." (see 1 Corinthians 12:20–26) We are all part of the one body of the human race. Our God-given gifts are to be used for the benefit of all, as God intended.

### Baptism Hosts Needed

"All Are Welcome" has long been the unofficial motto of St. Thomas the Apostle Church. But to put it into practice, willing hands and hearts are needed. As COVID restrictions have eased, the number of baptisms are rapidly increasing and there is a need for hosts/hostesses at the baptismal ceremonies.

This is primarily a ministry of hospitality, welcoming the families and setting out needed items for the presiders. There is a possibility of shadowing to see up close and personal what is required and training is also available. Baptisms are scheduled in the early afternoon and sometimes at Mass. You can volunteer for as many or as few times as you choose.

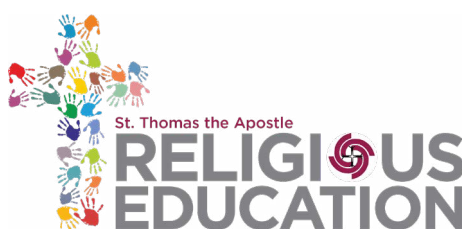
Can you donate an hour or so of your time to be the welcoming face of St. Thomas? If so, please contact Kathy Ferguson at 630.355.8980, x100 or [mainoffice@stapostle.org](mailto:mainoffice@stapostle.org).

Thank you!

# Faith and Formation Commission — Youth

## Religious Education Registration

Did you know Elementary and Middle School Religious Education Classes are being planned now for the 2021–2022 school year? In order to better plan, your children's registration needs to be turned in to the Faith Formation Office as soon as possible. Forms were due July 1. Registration forms and information can be picked up outside the Faith Formation Office or printed from the St. Thomas website ([stapostle.org](http://stapostle.org)). Completed registration forms should include the registration, medical release and acknowledgment forms with payment. Completed forms can be dropped off outside the Faith Formation Office and placed in the box at the following times:



Monday–Thursday: 9:00 am–6:30 pm

Friday: 9:00 am–12:00 pm

Saturday: 9:00 am–1:00 pm

Please call the Faith Formation Office at 630.305.6318 with any questions or concerns. Please work with us and hand in your registration forms as soon as possible.

## Scripture Safari Thank You

Our Scripture Safari Greatest Hits week concluded with a celebratory Saturday Mass. We learned how each of us are Rock Stars in God's eyes! It was an awesome week outside, inside and even an evening with families.

This could not have been done without the talented team of volunteers. Special thanks goes to our terrific leaders Gina Howley and Wanda Fattes, who worked many hours and were inventive to make it all happen. Mary Currier and her team of family volunteers set the tone with banners, signs and animals and welcomed our participants daily. Music, photography, recreation, puppet shows, crafts and saint of the day all occurred through these creative volunteers: Renay Biehl, Nadia Bocher, Shannon Brown, Lynn DeNicolo, Edjon Feka, Samantha Fattes, Andrea Gerald, Amanda Gray, Martin Howley, Joe Howley, Tim Howley, Jack Krueger, Natalie Murray, Renee Murray and Maggie Pepiot.

The group leaders and helpers who led the safari animals with enthusiasm were Vicki Agustsson, Freya Agustsson, Katherine Agustsson, Joann Bryja, Rose Cuzzone, Simon DeGeeter, Jack DeYoung, Sara Burnett Drever, Tatiana Feka, Grace Friery, Samantha Gray, Isabell Johnson, Kathy Pepiot, Regina Martinez, Kelly Miles, Meghan Miles, Emma Miles, Samantha Miles, Marie Ange Ogoudou, Meg Smith, Julia Smith, Hannah Steffgen and Nidhi Thomas. The Holy Spirit blessed us with an exciting and fun Scripture Safari journey.

## Religious Education Scouting Medals

Summer is the perfect time to work on religious medals (Light of Christ, Parvuli Dei) or even explore Scout Eagle projects at St. Thomas for those involved in Scouts, Girl Scouts and Campfire programs. Please contact Lorraine Katz at [Lkatz@stapostle.org](mailto:Lkatz@stapostle.org) or 630.355.8980, x109 for more information

## A BIG Thank You

Thank you so very much for your generous donations of baby diapers and baby wipes. Because of your generosity, the Week of Hope mission team was able to gift Foster Family Support Network in Kenosha, Wis., with much needed supplies allowing them to continue their important ministry.

## Question of the week

How do you support friends and family?

## LIFE Retreat Reunion

Thursday, July 8, 6:30-8:30pm

It's time to reunite! If you have ever been on a LIFE retreat, you are welcome to join us for an evening of barbecue fun, water games and connecting with friends out back by the labyrinth.

## High School Registration for 2021-2022

Registration packets for 2021–2022 High School Religious Education Journey program are now available. Forms may be downloaded online at <https://www.stapostle.org/st-thomas-confirmation-program/>. Hard copies may be picked up in the Gathering Area or outside of the Religious Education and Youth Ministry Offices. Registration is for a year-long commitment in the two-year program preparing teens to receive the Sacrament of Confirmation. There are other opportunities offered as well for teens if they have already been confirmed or are not interested in receiving the Sacrament of Confirmation at this time. The registration deadline is August 9. Contact Dorothy Grantham with questions or for more details ([dgrantham@stapostle.org](mailto:dgrantham@stapostle.org)).

## Thank You!

Thanks to all who donated sports equipment, shoes and water bottles for the Haiti Scholars collection we did. A special thank you to Sophia Lodge, one of our outgoing Sophomores who spearheaded the collection for her Confirmation service project. Way to go Sophia! Learn more at <https://www.facebook.com/watch/?v=1210716619358484>

## High School Ministry Schedule At A Glance

July 8 – LIFE Retreat Reunion, 6:30–8:30pm

July 15 – LIFE Retreat Planning Meeting, 6:30 pm

July 22 – LIFE Retreat Planning Meeting, 6:30 pm

July 29 – LIFE Retreat Planning Meeting, 6:30 pm

August 15 – Deadline to turn in first year service hours; High School Year 2 Registration Deadline

August 22 – High School Confirmation Program Year 1 Registration Deadline

## Back ... Safe and Sound and CHANGED!

The members of our parish Week of Hope mission trip team returned safely from their week of service in Wisconsin. During the week, we ministered at Inspirational Ministries and Crossroads Care Center. We encountered so many beautiful people who touched our hearts. Our prayer focus for the week was "Worth It." We reflected on the story of the Prodigal Son, the journeys of both the older and younger sons, and the lavish love of the father for both sons. We came to a better understanding of our worth in God's eyes. Thank you so much for your prayer support.

We felt blessed to be going in the name of St. Thomas.



## Service Commission — Outreach and Social Justice

### St. Vincent de Paul Successful Clothing Drive

THANK YOU!!! THANK YOU!!! THANK YOU!!!

- To all the wonderful volunteers who took time to help in this endeavor.
- To all the people who donated their goods to help those in need.
- For filling the truck and those who played life-size Tetris to make everything fit.
- To God for the weather and keeping the rain away.
- For the truck showing up (better late than never).
- For making the special announcements at the 4:30 pm Mass regarding the truck logistics.
- For a HIGHLY SUCCESSFUL clothing drive (we got a lot more than just clothes).

We look forward to having another successful drive in the fall. Please mark your calendars for the weekend of September 25–26.

### God bless!

*Jack Randazzo and the entire St. Thomas the Apostle Society of St. Vincent de Paul*



*Rick Cotner on the full truck.*



*Fran Furibondo on a donated child's bike.*

### Racial Justice Focus Survey ... What are your thoughts?

**Please complete the short survey. We value the input of ALL parishioners.**

Last November, St. Thomas announced a parish-wide focus on racial justice. That action was in response to events over recent times that brought racial justice issues to the surface for all of us, not just those most affected. Each of us was asked to be open of heart and open of mind.

#### The intention of the racial justice focus is:

- To raise awareness,
- To provide opportunities to educate ourselves and learn from each other, and
- To support actions that create change of heart and bring about systemic change.

*And we do all this centered in prayer.*

Over six months have passed since we began this journey. Please take a few minutes to share your thoughts. Comments in addition to a yes/no answer would be appreciated to provide a better understanding of your response. At your option, your survey response can be anonymous.

#### Three ways to respond to the survey

- Online, go to the St. Thomas home page and click on the Racial Justice Focus survey box.
- Take home a bulletin this weekend. A copy of the survey will be in the bulletin.
- Pick up a survey anytime in the Narthex or Gathering Area over the next few weeks. Baskets to collect the surveys will be in the Narthex and the Gathering Area.



## Food and School Supply Donations for Care Pantry

The “Drive-Thru Donations” days have been a great success. Thank you! Bring donations to St. Thomas on Tuesday, July 13 from 9:00–10:00 am and 6:00–7:00 pm. **Please note the new morning drop-off time.**

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.

- Ramen Noodles
- Pasta Sauce
- Cereal
- Meat Meal In A Can
- Toilet Paper
- Kleenex

### School Supplies (for distribution to Care Pantry families in August)

- Notebooks – wide or college ruled, 70 to 100 sheets
- Paper – wide or college ruled, 70 to 100 sheets
- Pencils – #2-packs of 8 to 12
- Colored pencil sets
- Colored marker sets
- Black pens – packs of 10 to 12
- Crayons
- Glue sticks – packs of 2

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.

# 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 8: The Result: White Fragility

### Chapter 9: White Fragility in Action

In Chapters 8 and 9, DiAngelo offers specific examples from her work as a diversity consultant and facilitator for business and institutional workshops raising awareness of systemic racism. In that capacity, she has observed a pattern of White people’s behaviors and assumptions in the presence of these ideas. This is what she has termed White Fragility, i.e., the factors that make White people nearly unable to engage in a serious consideration of racism in the U.S. and their unknowing participation in its continued power, especially with people of color.

These are the principle strategies that are invoked by White people, consciously or unconsciously, to derail attempts at a cross race discussion:

1. Insisting that since my personal intentions are good and not meant to be hurtful, I cannot possibly be racist in my beliefs or actions.
2. Citing personal friends of color and sufficient education or lived experience with this topic.
3. Making “being comfortable” and “building trust” the first requirement of any discussion of racism.
4. Insisting when faced with the suggestion that my language or behavior demonstrates racism, that I have been misunderstood and treated unfairly, and withdrawing from the process.
5. Calling those who lobby for public conversation about the issue “divisive” and destructive of peaceful community.
6. Turning the conversation to other kinds of discrimination, e.g., gender or class, to minimize the focus on race.
7. Charging that there is “reverse discrimination” against White people and thereby discrediting the whole effort to examine the nature of systemic racism and those who raise it as a topic.

While the term “fragility” indicates a weakness, its effect is, ironically, to maintain White perspective and narrative as the only reasonable standard. Consequently, White dominance remains undisturbed and unchallenged.

### Question for thought and discussion

Which of the seven listed strategies have you heard used in conversation or used yourself?

## Semi-Retired? Retired? Open the Doors of Your Heart

Join the Ignatian Volunteer Corps! Members of this Jesuit service program serve in poor and marginalized communities two days per week (September-June), grow deeper in their Christian faith by reflecting and praying in the Ignatian tradition and meet monthly with other IVC members and a spiritual reflector. IVC members volunteer as tutors, employment counselors, food pantry volunteers, companions to the elderly, hospital chaplains and more! Detailed information is online at [www.ivcusa.org/chicago](http://www.ivcusa.org/chicago).

Please attend an information session to learn more and meet current IVC volunteers at St. Daniel the Prophet, 101 West Loop Road, Wheaton on Thursday, July 15 at 10:30 am. Please register with Jacqueline Fitzgerald at 312.961.6206 or [jfitzgerald@ivcusa.org](mailto:jfitzgerald@ivcusa.org).

# Service Commission — Pastoral Care



BEHAVIORAL HEALTH  
St. Thomas the Apostle

## Comfort My People A Prayer Service for Healing

*"Come to me, all you who are weary and burdened, and I will give you rest".  
Matthew 11:28*

The Comfort My People Prayer Service is for anyone looking for hope and healing amid struggles in mind, body or spirit. Be reminded to hope in God and never lose sight of God's constant presence and love. Come to find consolation and peace within a loving community.

**Wednesday, July 7, 2021 at 7:00 pm at St. Thomas the Apostle Church**

### Phase 5 Covid Procedures:

There is no registration/contact tracing required. Those who are fully vaccinated do not need to wear masks. A section of the church will be socially distanced and hand sanitizer will be available.

If you have questions, please contact Susan Kearney, Behavioral Health Ministry, at 630.355.8980, x108 or email [sdkearney@comcast.net](mailto:sdkearney@comcast.net).

## From the Office of the Parish Nurse How much sleep do you really need?

Eight hours seems to be the standard for the required amount of sleep at night. But does that number hold true for everyone? It depends.

Infants and toddlers need the most sleep — nine to ten hours at night plus naps during the day. School-age children, including teens, do best with nine to eleven hours a night. Most adults require seven to eight hours of sleep each night.

While older adults need about the same amount of sleep as younger adults, older adults tend to sleep more lightly and for shorter periods than do younger adults.

Do some people just need fewer hours of sleep a night? Yes, it's estimated that somewhere between 1 and 5 percent of the population sleeps six hours or less a night without ill effects. The need for less sleep tends to run in families, as does the need for more sleep, which suggests a genetic basis for sleep duration.

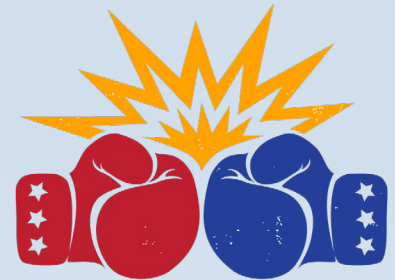
Sleeping less than six hours — or more than nine hours — has been associated with an increased risk of health problems and a greater risk of dying.

The most important factor in determining how much sleep you need is whether you routinely feel rested during the day. Do you tend to feel drowsy, or does your concentration ability decline in low-stimulus situations, such as long drives, reading watching television, talking on the phone or completing desk work? If this sounds like you, you're likely not getting enough sleep.

*Resource: 2020 Mayo Foundation for Medical Education Special Report*



FAITH COMMUNITY NURSE  
St. Thomas the Apostle



# HELP US KNOCK OUT THE BLOOD SHORTAGE

## St. Thomas the Apostle Blood Drive

As we are knocking out COVID-19, let's knock out the blood shortage.

You can help at the St. Thomas Blood Drive Saturday, July 17, 2021, from 9:00 am–2:00 pm at the Rubin Center in downtown Naperville.

Reserve a spot today on the Versiti link:  
[https://donate.illinois.versiti.org/donor/schedules/drive\\_schedule/5583905](https://donate.illinois.versiti.org/donor/schedules/drive_schedule/5583905)

Please help cancer patients, accident victims and all others who depend on donated blood to survive.

### We need you!

*The life of every living thing is in the blood ...*

*Leviticus 17:11*

# Stewardship and Administration

## The Week Ahead

### Monday, July 5

Offices Closed

### Tuesday, July 6

10:00–11:00 am Care Pantry Food Distribution, Outside  
7:00–9:00 pm Baptism Meeting, Senior Center

### Wednesday, July 7

6:30–8:30 pm Pax Christi, Cana  
7:00–8:00 pm Healing Service, Church  
7:00–8:30 pm St. Vincent de Paul, Lighthouse

### Thursday, July 8

6:30–8:30 pm Life Retreat Planning Team, Ministry Center  
7:30–9:00 pm Genesis Rehearsal, Church

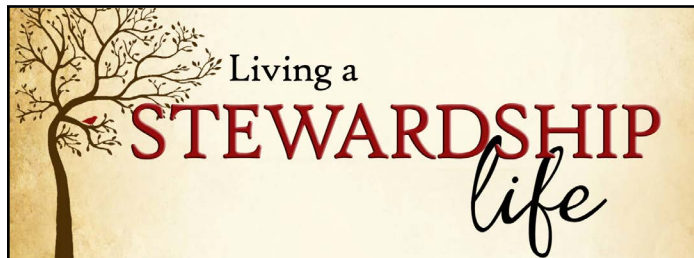
### Friday, July 9

### Saturday, July 10

9:00–11:00 am Ensemble Rehearsal, Lighthouse  
9:00–10:30 am Saturday Men's Group, Cana  
3:30–4:15 pm Reconciliation, Reconciliation Room

### Sunday, July 11

1:00–2:00 pm Baptism, Church



Happy Fourth of July or, as it is properly called, Independence Day. Every school child learns that this is the day we celebrate when the United States broke away from England and became an independent nation. With that came the responsibility of governing ourselves. A constitution was drawn up several years later and the rules of freedom were established.

We can think of this freedom as a gift and with that gift comes our responsibility to be good stewards of our freedom. We have a responsibility to insure that our brothers and sisters are respected and protected by that Constitution. In other words, it is our responsibility to insure that all people no matter the color of their skin or the religion they follow are protected by that Constitution. On this Fourth of July let us thank the Lord for the gift of freedom together with our fellow parishioners at St. Thomas the Apostle.

As we have seen in other parts of the world, that freedom can be suddenly taken away.

## Last weekend's stewardship of financial gifts

### Weekly Sunday Offertory

June 20, 2021	
Sunday Collection Offering*	\$9,060
Credit Card Online Giving	none this week
Automatic Direct Debit (5 <sup>th</sup> and 20 <sup>th</sup> each month)	\$26,836
Mailed in and stock donations	\$3,530
Total for the week	\$39,426
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$1,768,429
Weekly Average 7/1/2019 to date	\$34,675
Offertory Goal Year to date	\$1,718,144
Over/short of goal to date	\$50,285
Goal for Fiscal Year 7/1 to 6/30	\$1,751,833
Percent of Annual Sunday Offertory Goal	101%
Surplus for this fiscal year to date	\$16,596

This week, the Sunday collection is \$50,285 ahead of goal so far this year. Capital needs restricted gifts were \$585 this past week. We are grateful to those who recognize the need and responded.

### Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$141,440
Percent of Goal pledged to date	81.24%
Unpaid pledges	\$12,472
Paid to Date	\$128,968
Percent of goal paid to date	74.08%

## 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><b>If You Live Alone You Need MDMedAlert!</b></p> <p>24 Hour Protection at <b>HOME</b> and <b>AWAY!</b></p> <p>✓ Ambulance ✓ Police ✓ Fire ✓ Friends/Family</p> <p>Solutions as Low as <b>\$19.<sup>95</sup></b> a month</p> <p>FREE Shipping FREE Activation NO Long Term Contracts</p> <p>CALL NOW! <b>800.809.3352</b></p> <p><b>MDMedAlert</b> Safe-Guarding America's Seniors Nationwide!</p> <p>GPS Tracking w/Fall Detection Nationwide, No Land Line Needed EASY Set-up, NO Contract 24/7 365 Monitoring in the USA</p> <p>This Button SAVES Lives! As Shown GPS, Lowest Price Guaranteed!</p> <p>"I have peace of mind... Mom remains independent."</p>	<p><b>Esser Hayes Insurance Group Inc.</b> Insurance is Our Only Business Since 1939 With Excellent Companies &amp; Competitive Rates 1811 High Grove • 355-2077</p>		<p>Consider Remembering Your Parish in Your Will.</p> <p>For further information, please call the Parish Office.</p> 
<p>Protecting <b>Seniors</b> Nationwide</p> <p>Medical Alert System</p> <p><b>\$29.95/Mo.</b> billed quarterly</p> <ul style="list-style-type: none"> <li>• One Free Month</li> <li>• No Long-Term Contract</li> <li>• Price Guarantee</li> <li>• Easy Self Installation</li> </ul> <p>Call Today! Toll Free 1.877.801.8608</p> 		<p><b>Naper Auto Works</b> Your One Stop Shop Since 1977</p> 	<p><b>BORTER</b> HEATING &amp; COOLING</p> <p>24 Hour Service</p>  <p>(630) 668-5885</p>
			<p>320 N. Mill St. Naperville, IL 60540 (630) 420-2886</p>

## WHY ADVERTISE IN YOUR LOCAL CHURCH BULLETIN?

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*Advertise With Us!*

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.

Learn More About Advertising In Your Parish Bulletin

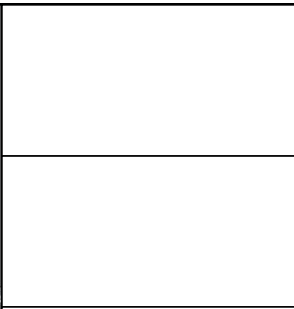
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**Get this weekly bulletin delivered by email - for FREE!**  
Sign up here:  
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Courtesy of J.S. Paluch Company, Inc.

**Thank You**  
Thank you for advertising in our church bulletin. I am patronizing your business because of it!

**Say Good-bye to Clogged Gutters!**  
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Please Ask For Details  
Receive a \$25 Darden card with FREE in-home estimate  
All participants who attend an estimated 60-90 minute in-home product consultation will receive a \$25 gift card. Retail value is \$25. Offer sponsored by LeafGuard Holdings Inc. Limit one per household. Company procedures, rules, and restrictions govern participation. The offer is valid for homeowners over 18 years of age, if married or involved with a life partner, both cohabiting persons must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of Company or affiliated companies or entities, their immediate family members, previous participants in a Company in-home consultation within the past 12 months and all current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail or emailed within 30 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer not sponsored or endorsed by Darden and is subject to change without notice prior to reservation. Expires 03/31/21.

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