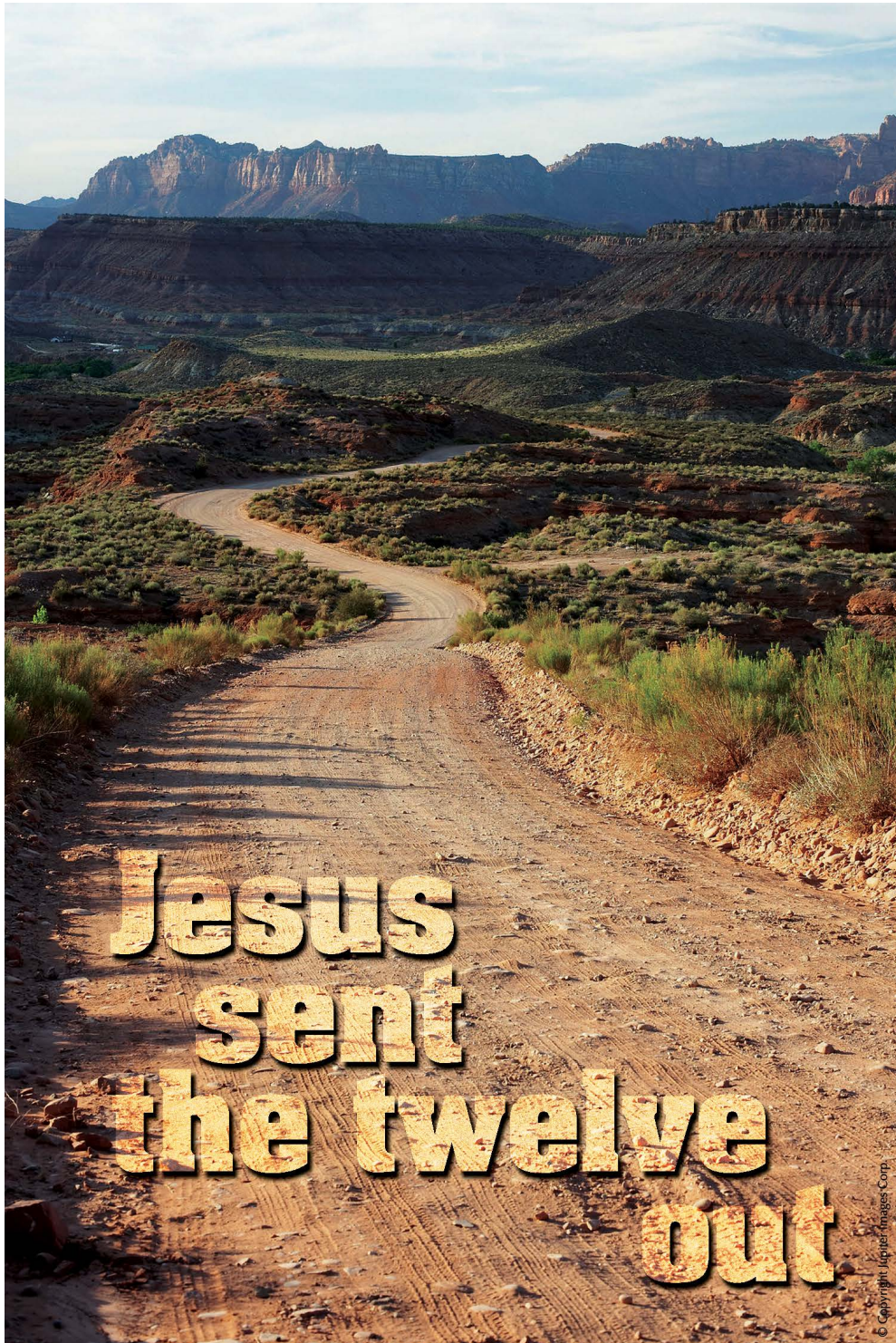


# St. Thomas

JULY 11, 2021 — FIFTEENTH SUNDAY IN ORDINARY TIME



Jesus  
sent  
the twelve  
out

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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–7:00 pm, Monday–Thursday; 9:00 am–12:00 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)

Jim (Mary Jo) Breen — 630.486.3133, [jimb4853@gmail.com](mailto:jimb4853@gmail.com)

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Larry (Susan) Kearney — 630.355.8980, x225, [lrkearney@comcast.net](mailto:lrkearney@comcast.net)

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### Faith Formation

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### Outreach and Social Justice

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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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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,

In today's gospel, we hear that "Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. . . . The Twelve drove out many demons, and they anointed with oil many who were sick and cured them."

Among those Twelve were Matthew, formerly employed by the Roman empire as a tax collector, and Simon, a member of a group called the "Zealots," a group which would use any means, including violence, to free Israel from the Romans. It would not be surprising if Jesus had paired those two together. Even though Matthew and Simon had different opinions about the political scene, and maybe even heated discussions, they were able to work together. Through their faith in our Lord, enemies became friends.

Someone else who was one of the Twelve was Judas Iscariot. In every list of the Twelve whom Jesus had chosen, Judas is always referred to as the one who turned traitor. Yet since Judas was one of the Twelve, it is safe to assume that he too preached repentance, drove out demons and cured the sick.

Nobody knows why Judas betrayed Jesus. One theory is that when Judas saw how the crowds had welcomed Jesus into Jerusalem with great pomp and ceremony, an event which we celebrate on Palm Sunday, maybe Judas thought of Jesus as a fraud. Jesus had always said that He never desired earthly power. Yet He did not stop the crowd from proclaiming, "Blessed is the king who comes in the name of the Lord."

Think how differently our history might have been if Judas had been patient enough to wait and see what happened after Jesus died just as the other disciples waited. Had he trusted in our Lord's forgiveness and not taken his own life, Judas could have been a great example of someone who had turned against God but came back because he believed that God would forgive him and welcome him back with open arms.

May we always remember that our giving and forgiving Lord lived with us so that enemies might become friends, so that all will know and believe that God's mercy knows no limits.

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

*The Saturday 4:30 pm Mass will be livestreamed with an outdoor communion option.*

## 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 17–18

### Saturday, July 17

4:30 pm: Fr. Matt Lorenz

### Sunday, July 18

9:00 am: Fr. Joseph Kappilumakkal

10:45 am: Fr. Philip Danaher

*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

Kent and Kristen Cunningham and Family

Daniel and Kathryn Meyer and Family

Bernardo Rueda

Joseph and Maureen Sheil and Family

Jeffrey and Tiffanie Sperling 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 September 6.

9:00 am–7:00 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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## Fifteenth Sunday in Ordinary Time

July 11, 2021

*Truth shall spring out of the earth, and justice shall look down from heaven.*  
— Psalm 85:12

### Readings for Today

**First Reading** — Amos said, “The LORD took me from following the flock, and said to me, Go, prophesy to my people” (Amos 7:12-15).

**Psalm** — Lord, let us see your kindness, and grant us your salvation (Psalm 85).

**Second Reading** — The God and Father of our Lord Jesus Christ has blessed us in Christ with every spiritual blessing (Ephesians 1:3-14 [3-10]).

**Gospel** — Jesus summoned the Twelve and began to send them out two by two (Mark 6:7-13).

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:** Ex 1:8-14, 22; Ps 124:1b-8; Mt 10:34 — 11:1

**Tuesday:** Ex 2:1-15a; Ps 69:3, 14, 30-31, 33-34; Mt 11:20-24

**Wednesday:** Ex 3:1-6, 9-12; Ps 103:1b-4, 6-7; Mt 11:25-27

**Thursday:** Ex 3:13-20; Ps 105:1, 5, 8-9, 24-27; Mt 11:28-30

**Friday:** Ex 11:10 — 12:14; Ps 116:12-13, 15, 16bc, 17-18; Mt 12:1-8

**Saturday:** Ex 12:37-42; Ps 136:1, 23-24, 10-15; Mt 12:14-21

**Sunday:** Jer 23:1-6; Ps 23:1-6; Eph 2:13-18; Mk 6:30-34

### Change to Livestreaming

Starting this 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, all the weekend intentions will be read at all Masses.*

**Monday, July 12, 2021**

8:30 am Mass

**Tuesday, July 13, 2021**

8:30 am †Gail Ruhnke

**Wednesday, July 14, 2021**

USA: *Saint Kateri Tekakwitha, Virgin*

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

**Thursday, July 15, 2021**

*Saint Bonaventure, Bishop and Doctor of the Church*

8:30 am Special Intention for Larry Kearney for Healing,  
by John and Felicia Lawlor

**Friday, July 16, 2021**

8:30 am †Bobbie Cliff, by Phyllis Cliff

**Saturday, July 17, 2021**

8:30 am †Zenaida Incarnation, by Buddy and Mely Mallorca

4:30 pm *Mass of Anticipation*

†Paul Pattermann, by Kay and Dick

**Sunday, July 18, 2021**

*Sixteenth Sunday Ordinary*

9:00 am †Darrell Johnson, by Mom and Dad

10:45 am †Martha Lopez, by Buddy and Mely Mallorca

### A Prayer for Our Parish

Rest now,

Rest in the peace of this moment.

Be at ease.

Look up at the stars, and down at the grass:

Imagine the stars looking back at you over years and centuries, across oceans of empty space.

Imagine the feel of the grass on your bare feet and feel it--dry and crunchy, soft and supple.

Rest now,

Rest in the peace of this moment.

Dream for a little while of young people and young animals, innocent in the way of the young, careless and uncaring, accepting everything in their newness.

Dream for a little while of the elders and the wisdom they have to give, the voices that say to you:

It is right and proper to rest now,  
Rest in the peace of this moment.

Be still,

At the turning axis of the world,

And let go,

Of the long unspooling of history, of sorrow and joy and birth and death and all the long years between.

Rest now,

Rest in the peace of this moment.

*By Kris Cervantes*

## Living the Paschal Mystery

How important is it for us to have a friend, a life partner a spouse? A friend can be there to urge us on when the going is tough, to celebrate our victories and accomplishments with us. A friend is someone in whom we can take joy by celebrating their well-being. And when a friend suffers, we too suffer. A friendship is a gift of God.

Jesus, too, recognizes how important it is to have a partner. He sends the Twelve out two-by-two. These disciples are not lone wolves; they are not renegade rangers. They travel with one another for mutual support, which will likely form a bond of friendship if it were not there already.

Being called to be in a relationship with Jesus is to be also in a relationship with other disciples. None of us is on this path alone, and thank God for that. The Christian life can never be a “Jesus and me” relationship. It always, and by necessity, involved other Christians, if not other people all together.

Even the Twelve, chosen by name to be with Jesus in a more intimate relationship with him and one another, are not sole actors. They travel together two-by-two. Who are my partners? Who travels with me two-by-two? This might be a good day to thank God and thank my partner.

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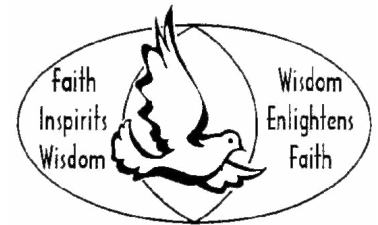
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## Faith and Formation Commission — Adult

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

Commandment of Justice #8 invites us to accept Jesus' invitation to watch and to stay alert (See Mark 13:33), which should help us to “see” the sufferings, challenges and struggles of others. Perhaps there are too many among us who have eyes but do not see and ears but do not hear the cries of others (See

Mark 8:18). Reality isn't always pretty and perhaps it's human nature to shut out and ignore what makes us uncomfortable. We can easily become complacent. And when we get too comfortable, we may not be very motivated to be concerned about those who do not enjoy the same advantages in life that we do. But it's important for all of us to recognize that people of other colors, ages, abilities and economic status might have a very different life experience than we have.



It's always a worthwhile exercise to check our own actions and choices for how they could be hurting others. Maturing spiritually can allow us to see others who might look different from us, due to color, gender, age or economic status, as persons also loved by God. Our Catechism of the Catholic Church, #1931, reminds us that “everyone should look upon his neighbor” as ‘another self.’ According to Fr. Richard Rohr, if we can do that, we will be living out of love rather than out of fear. And wouldn't it be wonderfully life-giving to no longer be living primarily out of fear?

### 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.

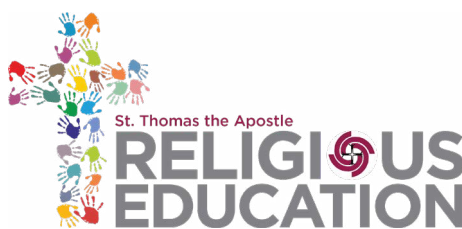
Can you donate an hour or so of your time to be the welcoming face of St. Thomas? If so, please contact Kathy Ferguson at 630.355.8980, x100 or [mainoffice@stapostle.org](mailto:mainoffice@stapostle.org).

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](https://www.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–7:00 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.

## An Incredible Journey Awaits!

Christine Ramirez served as a middle school catechist for two years while she was in high school. When writing about the experience, she reflected, "Thank you so much for allowing me to be a middle school catechist. These past two years have been an incredible journey and experience."

We are planning for in-person middle school RE classes in the fall. To make that happen, we need catechists who are willing to share their faith with our middle school students. Like Christine says, it is an amazing journey. If you EVER thought helping to form the faith of amazing young people, NOW is your chance!!! There are hopes and dreams for middle school faith formation that can only be realized with your help. For more information and to volunteer, contact Peggy Goralski at [pgoralski@stapostle.org](mailto:pgoralski@stapostle.org) or 630.355.8980, x123.

## Question of the week

What way can you bring more love into your neighborhood? Town? or world?

## 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 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

## Thank You, Margaret!

For her four years of high school, Margaret Cotner has helped with middle school ministries. During Teens with Character meetings, Margaret would lead the discussions. She did so with creativity and sensitivity, ensuring that everyone was engaged and heard. When help was needed with the Christmas Pageant or Good Friday Living Stations, Margaret was there, filling in as a cast member or helping to direct. She quickly became a role model for middle school students. In addition, Margaret assisted with other ministries at St. Thomas. You might have noticed her playing the trumpet in some of the St. Thomas music videos or assisting as sacristan during weekend liturgies. Margaret is amazing! She is amazing, not only for the help that she has so generously offered, but for her growing faith. In the fall, Margaret will attend St. Louis University where one of her majors will include theology. She hopes, someday, to work at a parish. Thank you, Margaret, for sharing your many gifts with middle school ministry and with St. Thomas. We will miss you! We love you! Now, go on to SLU and, in the true Jesuit tradition, go and set the world on fire.



## 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

## Affordable Housing: Past-Present-Future NCTV Program

The St. Thomas Housing Alliance Ministry has been advocating for more affordable housing in Naperville for at least four years. The Alliance has been working with the Naperville Human Rights and Fair Housing Commission and City Council.

The Naperville Community Television (NCTV) series Finding Common Ground recently did a program on Affordable Housing in Naperville. The Housing Alliance was asked to participate in the panel discussion. Mike Ryder (Outreach and Social Justice Office) represented the Alliance.

Other panelists included: Bob Bruegmann (Professor, U of I-Chicago, urban planning), Judy Brodhead (former city councilwoman and Professor, North Central College, urban and suburban studies), Kevin Gallaher (former city councilman).

To view "Affordable Housing: Past-Present-Future" go to <https://vimeo.com/568942316>.

Introduction to the discussion by moderator: "Naperville has been cited repeatedly in the last 10-15 years for its lack of affordable housing. Today we are digging into why that is and what collective steps we are taking to remedy it ..."

Question posed to Mike: "Do you think Naperville really believes that housing affordability is a priority issue and what do you think they will actually do to address it in the future?"

Mike's response:

- In my view, Naperville, the larger community, and the Naperville government, do not have the shared belief that housing affordability is a priority issue for our community. The collective political will to move forward with any urgency has not been there and is not there at this time.
- However, housing affordability and more specifically, affordable housing, is on the table ... and honest and open discussion is continuing.
- I do believe that there will be affordability policies put into place ... but there is still work to do. I would like to see a greater sense of urgency to make that happen.
- Based on the Council dialogue at the recent workshop, the consensus seems to be moving forward with a voluntary-incentive based policy. That is fine — let's get on with it and make it happen.



## 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.

## PATH July 13 Zoom Meeting (6:30 pm) Networking Night

Networking has proven to be one of the most effective methods in the job search process. On July 13 at 6:30 pm, the PATH Group will be featuring ‘Networking Night.’

The evening event is all about introductions, connections, suggestions, referrals and encouragement! Come prepared to introduce yourself, share your marketing handbills, ‘Get & Give’ suggestions and make valuable connections that will enable you in your job search.

At the conclusion of each individual presentation, meeting attendees will be asked to offer their ‘connections’ or ‘suggestions’ in an open forum.

Meeting attendees are encouraged to submit their Marketing Handbills to Fred Johnson prior to the start of the meeting. These handbills will then be compiled and sent to all meeting participants as part of the meeting follow-up documentation.

Register in advance for this webinar at [https://us02web.zoom.us/webinar/register/WN\\_da21dYi3QmOMQwPjKiiwxg](https://us02web.zoom.us/webinar/register/WN_da21dYi3QmOMQwPjKiiwxg) or email Fred Johnson at [fred.c.johnson50@gmail.com](mailto:fred.c.johnson50@gmail.com).

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



## Project Love Rise and Dine Breakfast

*Parishioner Eileen McGleam is Director of Project Love, the charitable outreach program of Illinois Right to Life. Project Love's mission is to support pregnant women and new mothers in a financial crisis by providing grants for rent, utility bills or other necessities.*



Please join us as we celebrate 25 years of making a difference in the lives of women, children, and families in Illinois.

- Saturday, August 7, 11:00 am
- The Doubletree by Hilton, 3003 Corporate West Drive, Lisle
- Breakfast and Silent Auction
- Presentation of the Caritas Award to Northwest Families for Life
- Tickets \$50 (less for students and children) Reservations required by July 24. Call 312.422.9300 or go online at [www.Illinoisrighttolife.org/breakfast](http://www.Illinoisrighttolife.org/breakfast).

Founded in 1996 by the late Mary Bliss, Project Love has provided over 1,000 financial grants (over \$500,000) to women in unplanned pregnancies and crisis pregnancy situations.

## 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

## From the Behavioral Health Ministry Coming Soon — Watch for More Information

Chances are you know a loved one, a friend or a youth who is struggling with an emotional/mental health issue. Chances are you would like to be able to help them. Chances are you might not know how to help them.

There is a guaranteed way to learn how to recognize when someone is hurting: Mental Health First Aid Training

Mental Health First Aid (MHFA) is a public education program that teaches people how to help someone with a mental health problem or crisis. Mental Health First Aid teaches participants to identify people who may need help with a mental illness, effectively communicate with them and guide them to appropriate professional help. The goal of this training is to make responding to a mental health crisis as common as using CPR in a cardiac emergency.

MHFA teaches participants about the signs and symptoms of specific illnesses like anxiety, depression and eating disorders. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find mental health help?” Participants are introduced to local mental health professionals and resources.

Please contact Susan Kearney to hear more details about this important class at 630.355.8980, x108 or email her at [sdkearney@comcast.net](mailto:sdkearney@comcast.net).



## From the Office of the Parish Nurse What's Your Sleep Score?

Sometimes, people with sleep problems stay in bed longer than the amount they actually sleep in the hopes of snagging some more z's. But this can create a shift in circadian rhythms and make you less sleepy the next night, so you end up staying in bed longer and longer to try to catch up on last night's lack of sleep.

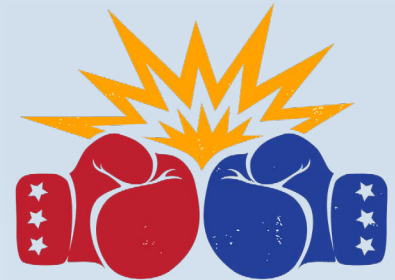
Experts in sleep medicine refer to the percentage of time that you're asleep in bed as your sleep efficiency score. The higher your score, the better and more consolidated your sleep. To find out your score, divide your total time asleep by your total time in bed. For example, if you are in bed for eight hours but sleep for only six, your sleep efficiency score is 75 percent. For older adults, a score below 85 percent is usually considered to be less than efficient.

To help you achieve greater sleep efficiency, a therapist may limit the total time you're allowed in bed including naps and other sleep periods (sleep restriction therapy). Using a sleep log, you record the amount of time you sleep each 24-hour period in addition to the total amount of time you spend in bed.

After a couple of weeks of logging this information, you can determine the average number of hours you typically spend sleeping. Then, you limit yourself to staying in bed for only that number of hours — but never less than five hours. As your sleep efficiency score increases, you increase your time in bed by 15-minute increments.

The goal of this type of therapy is to create a manageable sleep deficit in order to increase your drive to sleep when you do get in bed. It can also help you associate bed with successful sleep rather than trying to sleep.

*Resource: 2020 Mayo Foundation for Medical Education...special report*



## HELP US KNOCK OUT THE BLOOD SHORTAGE

### St. Thomas the Apostle Blood Drive

This is the last week to reserve a spot at St. Thomas blood drive on July 17 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.

More than 75 percent of all Americans reaching age 72 will need donated blood within their lifetime and 97 percent will have a loved one who will need blood. Patients with kidney issues may need blood transfusions to increase red blood cell levels.

The average red-blood cell transfusion uses three units of donated blood.

We need you!

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

*Leviticus 17:11*

# Stewardship and Administration

## The Week Ahead

### Monday, July 12

6:15–8:30 pm Knights of Columbus, Lighthouse

### Tuesday, July 13

*Building closed after Mass—Staff Retreat*

9:00–10:00 am Care Pantry Drive thru Donations

6:00–7:00 pm Care Pantry Drive thru Donations

### Wednesday, July 14

*Building closed after Mass—Staff Retreat*

### Thursday, July 15

6:30–8:30 pm Life Retreat Planning, Ministry Center

### Friday, July 16

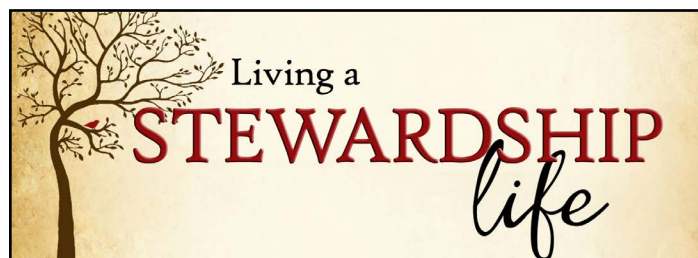
9:00 am–12:00 pm Adoration, Church

### Saturday, July 17

9:00–2:00 pm Blood Drive at Rubin Center Downtown Naperville

3:30–4:15 pm Reconciliation, Reconciliation Room

### Sunday, July 18



A big thank you goes out to all who have continued to contribute to St. Thomas the Apostle during the last year.

You continued to contribute even though there were months we were not able to physically come to Mass. Parishioners mailed their contributions or set up online giving. That is probably the easiest way to continue your giving. Now that we are able to gather physically, there still may be weeks when you are traveling. The parish does not go on vacation, but still needs to be supported. Online giving is a way you can still contribute. Some of you are still unable to join us physically because of medical conditions, but by being able to give online you can still support the parish.

In order to set up online giving, please contact the Business Office. Thank you to those who have done so already.

## Last weekend's stewardship of financial gifts

### Weekly Sunday Offertory

June 27, 2021	
Sunday Collection Offering*	\$9,191
Credit Card Online Giving	\$17,611
Automatic Direct Debit (5 <sup>th</sup> and 20 <sup>th</sup> each month)	none this week
Mailed in and stock donations	\$2,874
Total for the week	\$29,676
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$1,798,105
Weekly Average 7/1/2019 to date	\$34,579
Offertory Goal Year to date	\$1,751,833
Over/short of goal to date	\$46,272
Goal for Fiscal Year 7/1 to 6/30	\$1,751,833
Percent of Annual Sunday Offertory Goal	103%
Surplus for this fiscal year to date	\$46,272

This week, the Sunday collection is \$46,272 ahead of goal so far this year. Capital needs restricted gifts were \$1,255 this past week. We are grateful to those who recognize the need and responded.

### Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$141,990
Percent of Goal pledged to date	81.56%
Unpaid pledges	\$11,608
Paid to Date	\$130,382
Percent of goal paid to date	74.89%

## 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


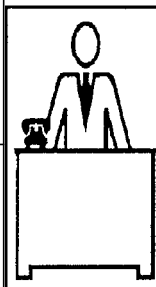

Please take the time to read the ads which make this bulletin possible. Help support these businesses, especially during this time, as they support St. Thomas the Apostle. Mention the bulletin when you patronize their establishments.

**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!

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**

				<p><b>BORTER</b> <b>HEATING &amp; COOLING</b></p>  <p>24 Hour Service</p> <p><b>(630) 668-5885</b></p>
	 <p><i>Your ad could be in this space!</i></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><b>Naper Auto Works</b> <i>Your One Stop Shop Since 1977</i></p>  <p>320 N. Mill St. Naperville, IL 60540 <b>(630) 420-2886</b></p>	

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**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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