

St. Thomas

JULY 25, 2021 — SEVENTEENTH SUNDAY IN ORDINARY TIME

**"There is a boy here
who has five
barley loaves
and two fish;
but what good
are these
for so many?"**

John 6:9



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 or visit us at stapostle.org

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

Parish Staff

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Rev. Matt Lorenz, *Senior Vicar*, Archdiocese of Chicago

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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,

Beginning this week and for the next four weeks, we will hear Jesus' teaching on the Eucharist from the gospel of John. John begins Jesus' teaching with the feeding of five thousand, the only miracle story of Jesus which is described in all four gospels.

While the gospels of Matthew, Mark and

Luke all describe Jesus' institution of the Eucharist during his Last Supper, John instead describes our Lord's washing of the disciples' feet, something which is not described in the other three gospels.

There are often "photo ops" of sports figures, actors, actresses and politicians serving food to those in need around the Thanksgiving, Christmas and election seasons. We also hear about huge donations of food at food pantries from famous personalities during holiday seasons. Unfortunately, the service of the "rich and famous" seems to disappear after holidays and elections.

The same cannot be said about the nourishment which our Lord offers, the nourishment of His word and sacrament. It's always there for us to enjoy. It's up to us to answer His invitation to come and eat, an invitation which He will never stop offering because He will never stop offering Himself for our nourishment here on earth.

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 31–August 1

Saturday, July 31

4:30 pm: Fr. Joseph Kappilumakkal

Sunday, August 1

9:00 am: Fr. Bill Etheredge

10:45 am: Fr. Bill Etheredge

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!

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



Seventeenth Sunday in Ordinary Time

July 25, 2021

The eyes of all look hopefully to you, and you give them their food in due season.

— Psalm 145:15

Readings for Today

First Reading — Elisha feeds a hundred people with twenty barley loaves (2 Kings 4:42-44).

Psalm — The hand of the Lord feeds us; he answers all our needs (Psalm 145).

Second Reading — Paul urges the Ephesians to live in a manner worthy of the call they received (Ephesians 4:1-6).

Gospel — Jesus feeds a large crowd with five barley loaves and two fish (John 6:1-15).

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 32:15-24, 30-34; Ps 106:19-23; Mt 13:31-35

Tuesday: Ex 33:7-11; 34:5b-9, 28; Ps 103:6-13; Mt 13:36-43

Wednesday: Ex 34:29-35; Ps 99:5-7, 9; Mt 13:44-46

Thursday: Ex 40:16-21, 34-38; Ps 84:3-6a, 8a, 11; Jn 11:19-27 or Lk 10:38-42

Friday: Lv 23:1, 4-11, 15-16, 27, 34b-37; Ps 81:3-6, 10-11ab; Mt 13:54-58

Saturday: Lv 25:1, 8-17; Ps 67:2-3, 5, 7-8; Mt 14:1-12

Sunday: Ex 16:2-4, 12-15; Ps 78:3-4, 23-25, 54; Eph 4:17, 20-24; Jn 6:24-35

Seventeenth Sunday in Ordinary Time: Bread of Heaven

When the land is stricken with famine, Elisha the prophet believes God will provide, and he is given twenty barley loaves and some grain. A small crowd eats it, and some is left over. Jesus feeds thousands with five loaves and two fish. Jesus takes bread, gives thanks, blesses the bread and distributes it. The crowd eats their fill, and the leftovers fill twelve baskets. These are the actions of the priest today as we are fed the bread of life. Elisha trusted that God will provide, and God did. God indeed provides overflowing abundance. Christ gives himself as food, totally and completely. We, in turn, must feed other people. Feeding people in our parish creates a welcoming atmosphere. Feeding poor people helps them stop worrying about their next meal. Feeding those in a crisis or natural disaster keeps them alive. Feeding people is God's work, and our work, too.

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Liturgy Schedule and Mass Intentions

Please note, all the weekend intentions will be read at all Masses.

Monday, July 26, 2021

8:30 am Anne Battisto, by The Battisto Family

Tuesday, July 27, 2021

8:30 am Mass

Wednesday, July 28, 2021

8:30 am Mass

Thursday, July 29, 2021

8:30 am Mass

Friday, July 30, 2021

8:30 am Mass

Saturday, July 31, 2021

8:30 am Mass

4:30 pm *Mass of Anticipation*

†Carol Ann Rio, by Janice Buonamici

†Gene Buonamici, by Janice Buonamici

Sunday, August 1, 2021

Eighteenth Sunday Ordinary

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

10:45 am †Martha Lopez, by Nadia Behna

Prayer

Generous God

whose giving knows neither measure nor end,

We confess that all too often

we have kept our own hearts, hands and minds firmly closed.

Forgive us for those moments

when the fear that sharing what we have

will lead to our own impoverishment,

has kept us silent and still when those around us are in need.

Forgive us for those situations

when seeing only a problem rather than daring to dream a solution,

has left us fettered and powerless

where we might have been building your Kingdom.

Forgive us Father.

Help us to transcend self-centeredness, greed and fear

and to always to feel, think and act as those who know the hope

that is rooted in the generous giving of God

~ from *Christian Aid's Weekly Prayers*

Help Wanted

Part-time Liturgy & Music Administrative Assistant at St. Thomas

St. Thomas is seeking to hire a part-time (10-12 hours per week) Liturgy and Music Administrative Assistant. The Liturgy and Music Administrative Assistant is an integral member of the Parish's Liturgy and Music Staff with professional preparation in, and sensitivity to, the celebration of Catholic liturgy and human ritual. In collaboration with the Director of Liturgy and Music and the Associate Director of Liturgy and Music, this ministry provides assistance in the planning, execution and celebration of all parish liturgies, and coordinates with the music librarians for the Voices of Faith Choir. In the faith life of the local community, the role of liturgy is to celebrate and challenge one's relationship with God, one another, and the world. Therefore, liturgy necessitates a qualified person to assist with this important aspect of parish life.

To view a full job description, go to the St. Thomas website (stapostle.org). To apply, please send cover letter and resume to Jim Clauer at jclauer@stapostle.org.

Faith and Formation Commission — Adult

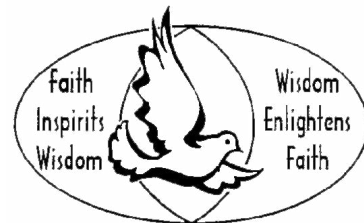
C.A.R.E. CORNER

We continue to work our way through the 10 Commandments of Justice, and today we arrive at # 6, with a focus on peace. Matthew's gospel gives us the very familiar Sermon on the Mount, the first part of which we call the Beatitudes.

We might think of these as Jesus' core values — the attitudes we are to

embrace and the way to best conduct ourselves in the world. One of those beatitudes says "Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9) We could use a lot of peacemaking right now, not only in our country, but across the world. Jesus said to his disciples "Peace be with you. As the Father has sent me, so I send you." (John 20:21) Then he gifted them with the Holy Spirit to help them experience a higher, truer, deeper sense of peace that can only come from being in sync with God.

We too have been sent out into the world to be bearers of peace. And we too have been strengthened with divine Spirit to help us do so. We live in a very competitive culture, which typically results in a few winners and a lot of losers. But that's not the way things would need to be, if only we could all focus on being "for" others rather than being "against" them. If we all seek to work toward win/win scenarios, the world we live in would be that better place we all say we want.



Biblical Institute Now Online

An exciting opportunity is now being offered! For the first time, the full 4-year cycle of the Biblical Institute of the Diocese of Joliet is being offered online in Zoom format. Join participants from our parish, our diocese and around the country in this program designed for adult learning with systematic study, discussion and prayer touching all the books of the Bible.

To find out more about The Biblical Institute, attend a Preview in one of these ways:

1. In person at the Year 2 registering site at Our Lady of Mercy parish in Aurora on Saturday, August 28 at 9:00 am
2. A Zoom preview on Thursday, August 19 at 7:00 pm. Sign up by going to www.dioceseofjoliet.org or emailing Dr. Joan Gorski, the Institute's Director, at dr.jgorski@gmail.com
3. A pre-recorded preview

Spread the Word Bible Studies

"Let the word of Christ dwell in you richly ..." (Colossians 3:16)

Adult Bible Studies will resume in just a few short weeks. Spend some time exploring Sacred Scripture with knowledgeable guides and strong community support as we pray and discuss the Word of the Lord. Multiple options exist; choose the one that best fits your time and interest:

- 1) The Gospel of John: Wednesdays 9:15–11:15 am, weekly September 8–May 25, 2022
- 2) The Catholic Epistles — Peter, James, John and Jude, weekly September 9–June 2, 2022
 - A) Thursdays 9:15–11:15 am
 - B) Thursdays 7:30–9:00 pm

No prior knowledge of Scripture is necessary — newcomers are most welcome as are long-time students of the Bible. To participate, please contact Chari Rosales, Director of Adult Faith Formation, at 630.355.8980, x138 or croales@stapostle.org.

The Art Fair Returns!

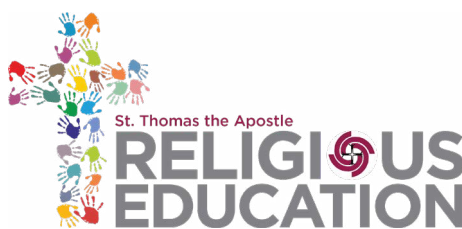
The 22nd Annual Fine Arts & Craft Fair will take place on Nov. 13–14, 2021. The celebration of the Arts Ministry is looking for additional members to help in the planning process and/or on the days of the exhibit. As planning has already begun, please contact Donna Ryder at dryder27@gmail.com as soon as possible to volunteer. No artistic ability is necessary, simply a desire to promote beautiful craftsmanship.

Artists are also invited to begin registering for the Fair. Space is allocated on "first come, first served" basis, so be an early bird and register now! Please email Donna Ryder at dryder27@gmail.com for entry forms or additional information. Only original works will be considered.

Faith and Formation Commission — Youth

Religious Education Registration

Elementary and middle school religious education registration materials for the 2021–2022 RE year are available on the St. Thomas website and in the Gathering Area. Completed registration forms can be dropped off at St. Thomas. The office is open 9:00 am–6:30 pm Monday through Thursday; 9:00 am–12:00 pm Friday and 9:00 am–1:00 pm Saturday. Our hope is that those families who, for health reasons, could not attend RE this past year will consider being part of our RE program this coming year.



Important Dates for Middle School Religious Education

- Saturday, September 11 – Middle School Saturday RE sessions begin at All Saints
- Monday, September 13 – Middle School Monday RE sessions begin at All Saints

Attention First Grade Parents

Did you know two years of faith formation instruction are needed for your child to receive the sacrament of the Eucharist for the first time?

If you have a child starting first grade in the fall, then register your child **now** to start their faith formation classes. Registration material is available outside the Faith Formation Office or is available online to be printed, filled out and returned with payment. Please contact the Faith Formation Office if you have questions at 630.355.8980, x118.

In the Words of a Middle School Catechist ...

"Thank you so much for the amazing opportunity to teach RE. It was such a joy. I was incredibly fortunate to have wonderful students that taught me as much, if not more, than I taught them."

~Mel Pickett, middle school catechist

There are hopes and dreams for elementary and middle school faith formation that can only be realized with your help. As you consider ministries for the coming year, consider helping in the elementary or middle school faith formation. Catechists are needed. Just like Mel said, helping in young student faith formation puts you in touch with amazing young people. For more information or to volunteer, contact Peggy Goralski at pgoralski@stapostle.org or 630.355.8980, x123 or Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109.

Teens with Character: Save these Dates

Mark your calendar now for upcoming Teens with Character meeting dates: October 10, November 14, December 12, January 9, February 13, March 13. All Teens with Character meetings take place from 4:30–6:00 pm, in the St. Thomas gym. Middle school students and friends are welcome!



Question of the week

What is the Holy Spirit asking of you?

High School News

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 15.** Contact Dorothy Grantham with questions or for more details (dgrantham@stapostle.org).

Catechists and More Needed for High School Ministry

Catechists, small group leaders and other roles currently need to be filled to support the upcoming year of high school youth ministry programs. If you have a love of teenagers and are willing to share your faith, contact Dorothy Grantham at ym@stapostle.org to discuss how your skills and talents may be a match for youth ministry.

LIFE Retreat Planning Starts

Any teen who has already attended a LIFE Confirmation Retreat is invited to join us on TEAM. We are planning for our August 28–29 LIFE Retreat on Thursdays from 6:30–8:15 pm at St. Thomas. Contact Dorothy at ym@stapostle.org if you have any questions.

High School Ministry Schedule At A Glance

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

August 5 – LIFE Retreat Planning Meeting, 6:30 pm

August 12 – 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

August 26 – LIFE Retreat Planning Meeting 6:30pm

August 28–29 – LIFE Confirmation Retreat

Keepers of the Memory of God

Elementary, middle school, high school and adult catechists are invited to start the year together by attending the All Catechists Meeting on Tuesday, August 24, from 7:00–9:00 pm.

The newly revised Directory for Catechesis (2020) states that “The catechist is . . . a keeper of the memory of God . . .” (113). What exactly does that mean? How does that impact what we do in faith formation sessions? Join us as we delve into these questions, share insights and memories and learn from each other.

Young Adult Samuel Group

The Diocese of Joliet is sponsoring the Samuel Group for Young Adults aged 20-35. Samuel Group is a community of like-minded young adults who are striving for holiness and seeking a deeper relationship with God. Over seven months, you'll learn how to deepen your prayer life, discover the rules of discernment by St. Ignatius of Loyola and receive guidance from a spiritual director.

Samuel Group is more than a “discernment group.” It is a program designed to help young adults know themselves and how to live in the freedom of a relationship with Jesus Christ and trust in His plan for their lives. Understanding one's vocation first comes from understanding how God is calling each person to live each day in the present moment, free from past wounds and the lies of the world.

The first session begins September 19, 2021. Check out this link for more info: <https://www.dioceseofjoliet.org/yam/sectioncontent.php?secid=22>

Service Commission — Outreach and Social Justice

Josh Goralski Port-au-Prince Experience

Josh Goralski grew up at St. Thomas. He is the founder and CEO of Unlocking Communities, a nonprofit that provides people with opportunities for business training through the sale of sustainable products in order to improve struggling communities. Josh was in Port-au-Prince when the Haitian President was assassinated. The following are excerpts from a Naperville Sun article by Suzanne Baker. To read the complete article, go to stapostle.org and type “Josh” in the search window.

Naperville Native in Haiti amid Turmoil

Last Wednesday, Josh Goralski received a call shortly after 6 a.m. while he was in his Servotel hotel room in Port-au-Prince, Haiti. “Josh, it's going to break in the news within the next half-hour,” the U.S. caller told him. “The (Haitian) president was assassinated. Go get water, go get food and stay in your room.”

Goralski had flown to Haiti July 5 for a few days of meetings in the capital city to solidify a construction timetable for the factory he plans to build in Hinche, located about 2.5 hours from Port-au-Prince. Goralski's new factory will produce filtration systems that can provide clean water for a family of 5 to 10 people for five years.

“My first inclination was, Oh my gosh, I can't believe it,” Goralski said . . . Haiti had been moving in a positive direction . . . setting its postponed constitutional referendum to coincide with the presidential and parliamentary elections September 26.

“For the first time in my life, I couldn't leave the country that I was in, which was really startling,” he said. Growing up in Naperville, he's always had the freedom to come and go, said Goralski, who now lives in Chicago. It was unnerving to be forbidden to leave Haiti for two days, he said.

“It makes you realize freedom to move and basic freedoms of a democratic country are so valuable and so cherished,” he said. “You don't really value them until later, until you experience a situation where you don't have them.”

When the border reopened Friday, Goralski said he caught the first flight out of Haiti that morning.

Goralski's passion for the Haitian people began in 1998 when the pastor of a Catholic church in Haiti visited his Naperville parish, St. Thomas the Apostle, and stayed overnight at his family's home. . . . “I sort of joke that Haiti kind of found me,” he said. . . . “It all stems from the lessons I learned in my upbringing in Naperville . . . most importantly from his parents,” he said.

It was in college that Goralski went to Haiti to study the effect charitable groups had on the country. “There's been so many charities that have done, sadly, so little work in Haiti effectively,” he said. Instead of bringing American ideas, Goralski said he listened people in the communities. “It turned out that they didn't want a handout; they don't want charity,” he said. “What they want is the ability to make a dignified income for themselves, and they asked us for business training skills.”



PATH July 27 Zoom Meeting

How to Get Your Resume Past the ATS Gatekeepers

One of the biggest challenges Job Seekers face when applying for jobs on-line is the Applicant Track System (ATS). The system scans resumes and ranks them according to keywords and skills. Many qualified applicants are being rejected by ATS, not because of a lack of qualifications, but because of unknowingly formatting their resume content so the ATS cannot recognize it. A recent study indicates that up to 75 percent of job seeking candidates are being eliminated because their resume did not meet ATS rules and requirements despite being qualified for the position!

Denis Curtin, one of Chicago's leading authorities on ATS Systems will be sharing his recommendations and insights into how to structure your resume in order to Get Past the ATS Gatekeepers.

Register in advance for this webinar at https://us02web.zoom.us/webinar/register/WN_VQ1OnUJhQdijn8cQ7eg2Xg 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.

Project Love Rise and Dine Breakfast

Parishioner Eileen McGleam is Director of Project Love, the charitable outreach program of Illinois Right to Life.



For 25 years, I've been the director of Project Love. I am so happy to tell you that we have provided financial support, totaling over a half million dollars, to more than 1,450 pregnant women and new mothers. We will celebrate this milestone at our annual fundraiser on Saturday, August 7. See further details below.

One of our most recent grants was for a mom who asked for help with her water bill. She and her family had to replace their floor and were hit with a large water bill. She had 1-year-old twins and a new baby born in April. They had been without water for three weeks when Project Love stepped in and paid their entire bill. The water was turned back on the next morning, and they were so grateful for our help. We have also saved countless families from evictions and utility shutoffs.

Requests for our help come from pregnancy centers all over Illinois. The counselors screen the applicants and send us their grant applications. The grant money goes directly to their creditors, while we send a special note to each of the moms, letting them know we are praying for them and their families.

All of our grant money comes from private donors like you. Won't you come enjoy our bountiful breakfast and silent auction to help us continue our mission? The auction already includes wine and beer baskets, a lottery ticket basket, White Sox, Chicago Wolves and Kane County Cougar tickets and gift cards for several businesses. Come see what you can win in our auction and support our moms in the process!

Thanks so much for reading all this, and I hope to see you August 7! Please keep our moms in your prayers, as many find themselves in really difficult situations.

Eileen McGleam

Rise and Dine Breakfast

- 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.

Care Pantry Drive-Thru Donations

Care Pantry volunteers accepted drive-thru donations on Tuesday, July 13. We collected 240 bags of food from people in 41 vehicles. Thank you to all who were able to donate.

Drive-thru donation dates are continuing! The next drive-thru donations date is Tuesday, August 10 from 9:00–10:00 am and 6:00–7:00 pm. Check the website and the weekly bulletins closer to the date for a list of needed items.

Take the DuPage County Budget Survey

Your opinion matters. That's why it's important to take DuPage County's FY2022 budget survey.

Each year, the county asks residents to provide their thoughts pertaining to County programs and spending priorities. The information helps shape next year's budget, determining spending levels for the County's various programs.

To take the survey, go to www.surveymonkey.com/r/FY2022Budget.

Service Commission — Pastoral Care

Recap of July 17, 2021 Blood Drive

In our effort to knock out the blood shortage, we as a parish, donated 19 pints!

Each pint can save three lives so our efforts translates to helping 57 cancer patients, accident victims and anyone else needing blood.

Let's try and top that number at our next drive on Saturday, November 20, 2021.

Thank you!



From the Office of the Parish Nurse Did You Resolve to Cut Down on Sugar?

Our New Year's resolutions often include weight loss. Healthy eating and reducing our sugar intake can help us meet both of those worthy goals. USDA guidelines recommend that we take in less than 10 percent of our daily calories from sugar. For older adults, consuming too much sugar increases the risk of cardiovascular disease, diabetes, hypertension, inflammation, osteoporosis, obesity and loss of muscle mass.



Check out these recent studies that make consuming sugar seem like even less of a sweet deal:

Sugar is linked with dangerous fat deposits. A June 2020 study published by the European Society of Cardiology found that sugar consumption is linked with unhealthy fat deposits around the heart and other organs. This fat releases chemicals in to the body that can be harmful to health.

Sugar increases, not decreases, the appetite. In December 2020, researchers from the University of Southern California confirmed the fact that sugar-sweetened beverages are a "significant driver of obesity" and are the single largest source of added sugar in American diets.

Sugar shortens life. A sugar-rich diet raises the risk of obesity, heart disease, diabetes and some cancers. A March 2020 study from Imperial College London also showed that sugar can be damaging even apart from those conditions. The research team, headed by Dr. Helena Cocheme, found that sugar causes the body to accumulate a molecule called uric acid, which can shorten life even independently of obesity.

Sugar is bad for digestive health. In November 2019, researchers from the University of Alberta cautioned that even occasional sugar binges could be bad for our digestive system. They found that shortly after people with conditions such as inflammatory bowel disease and colitis overindulged in sugar, their symptoms were likely to flare up.

Sugar doesn't perk us up or cheer us up. An April 2019 study by University of Warwick researchers found that while many of us reach for a sweet to improve our mood and energy, in fact, sugar consumption can make us feel fatigued and grouchy.

When it comes to reducing our sugar intake, banishing the sugar bowl from the table is only the first step. Most of the added sugar we consume comes from sugar-sweetened beverages, desserts, candy and other sweet snacks. And sugar is also found in breakfast cereals, nutrition bars and most processed foods — even in foods where you wouldn't expect it to be. Read food labels. Look in the ingredients list, not only for "sugar," but also for terms like "corn syrup" and words ending in -ose (fructose, sucrose, dextrose, maltose, glucose, etc.) Also, remember that "low-fat" versions of food are often higher in sugar.

This doesn't mean we should avoid everything that tastes sweet. Fruits, vegetables, grains and dairy products contain naturally occurring sugars that don't cause the above problems and are also nutrient-rich. If you have questions about your sugar intake, consult your doctor or a qualified dietitian.

Source: IlluninAge AgeWise with information from the University of Southern California, the European Society of Cardiology, Imperial College London, the University of Alberta, and the University of Warwick



BEHAVIORAL HEALTH
St. Thomas the Apostle

Save the Date

Saturday, September 11, 2021

Mental Health First Aid Training,
Blended

- 2.5 hours independent, 6 hours in-person
- 9:00 am –3:00 pm
- In the Lighthouse at St. Thomas

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. Get Mental Health First Aid Training

Watch for more information in the bulletin and on the website about how to register for this informative and life-saving class

Stewardship and Administration

The Week Ahead

Monday, July 26

Tuesday, July 27

Wednesday, July 28

10:00 am–1:00 pm PrimeTime, Lighthouse
7:00–9:00 pm Sojourners Rehearsal, Church

Thursday, July 29

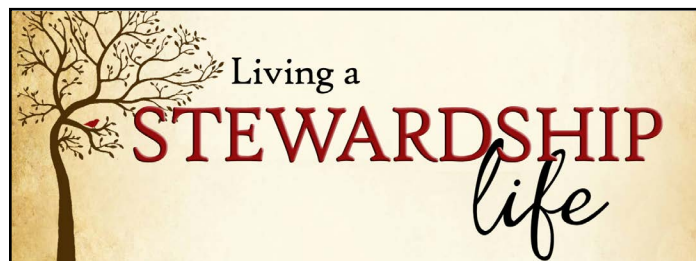
6:30–8:30 pm Life Retreat Planning, Ministry Center
7:30–9:00 pm Genesis Rehearsal, Church

Friday, July 30

Saturday, July 31

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, Aug. 1



"Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common. And with great power the apostles were giving their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as were owners of lands or houses sold them and brought the proceeds of what was sold and laid it at the apostles' feet, and it was distributed to each as any had need." —Acts 4:32-35

Imagine the early Church. Imagine being part of a group who did not allow anyone to be in need, whether it be everyday necessities or the support of others. There are still opportunities for us to be like the early Church. In fact, it is what Christ wants us to do. How are you using your gifts to fulfill the needs of others, not just in our parish but outside our doors? Check the bulletin for opportunities to use your time, talent and/or treasure.

("hint, hint") The High School RE program is looking for more help. You could be a small group leader, catechists, or support. Contact Dorothy Grantham at ym@stapostle.org for more info. Just a thought.

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

July 11, 2021	
Sunday Collection Offering*	\$16,490
Credit Card Online Giving	none this week
Automatic Direct Debit (5 th and 20 th each month)	\$21,372
Mailed in and stock donations	\$9,178
Total for the week	\$47,040
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$95,200
Weekly Average 7/1/2021 to date	\$47,600
Offertory Goal Year to date	\$67,139
Over/(short) of goal to date	\$28,061
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	5%
Remaining for this fiscal year goal	\$1,650,400

This week, the Sunday collection is \$28,061 ahead of goal so far this year. Capital needs restricted gifts were \$655 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$143,270
Percent of Goal pledged to date	82.29%
Unpaid pledges	\$10,846
Paid to Date	\$132,424
Percent of goal paid to date	76.06%

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!

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<p>FINDaPARISH.com Check It Out Today!</p>	<p><i>The Most Complete Online National Directory of Catholic Parishes</i></p>		<p>Naper Auto Works <i>Your One Stop Shop Since 1977</i></p>	
			 <p>320 N. Mill St. Naperville, IL 60540 (630) 420-2886</p>	

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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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