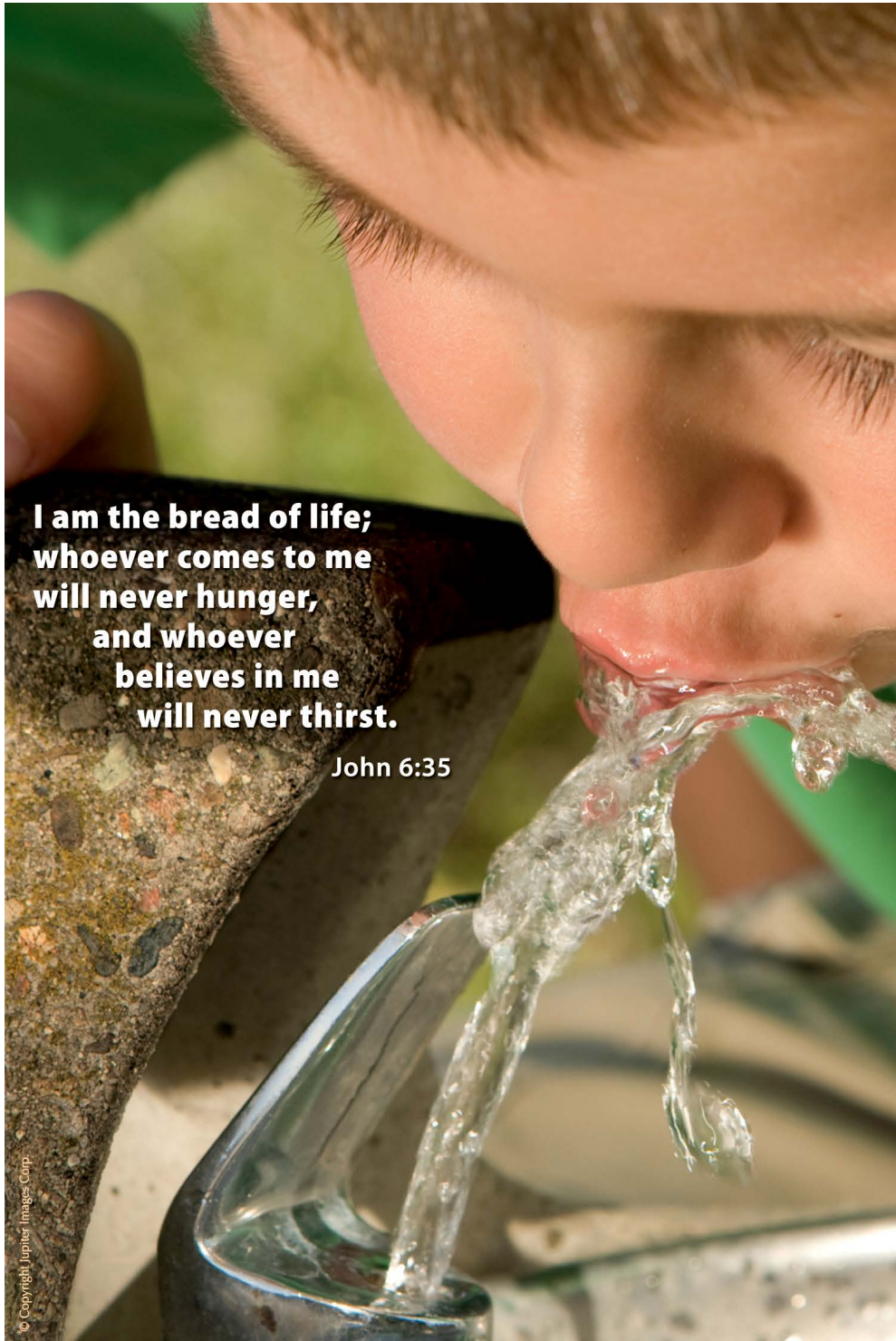


St. Thomas

AUGUST 1, 2021 — EIGHTEENTH SUNDAY IN ORDINARY TIME



**I am the bread of life;
whoever comes to me
will never hunger,
and whoever
believes in me
will never thirst.**

John 6:35

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

Priests in Residence

Rev. Philip Danaher, *Pastor*, x102, pdanaher@stapostle.org

Rev. Joseph Kappilumakkal, CMI, *Parochial Vicar*, x103, jkapp@stapostle.org

Priests Assisting on Weekends

Rev. Bob Colaresi, O. Carm., *Weekend Associate*, robco@robco.org

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

Permanent Deacons

Michael (Kathryn) Barrett — 630.355.8980, x145, meabarrett@gmail.com

Jim (Mary Jo) Breen — 630.486.3133, jimb4853@gmail.com

Joe (Carolyn) Cuzzone — 630.355.8980, x224, DeaconJoeCuzzone@gmail.com

Larry (Susan) Kearney — 630.355.8980, x225, lrkearney@comcast.net

Chuck (Sue) Lane — 630.355.8980, x223, chuck.lane2@icloud.com

Patrick (Mary Jo) Lennon — 630.901.3223, presence.now@gmail.com

Liturgy and Music

Jim Clauer, *Director of Liturgy and Music*, x111, jclauer@stapostle.org

Samantha Delke, *Associate Director of Liturgy and Music*, x120, sdelke@stapostle.org

Faith Formation

Margie Marshall, *Principal at All Saints Catholic Academy*, 630.961.6125

Lorraine Katz, *Director of Religious Education*, x109, lkatz@stapostle.org

Peggy Goralski, *Director of Middle School Faith Formation*, x123, pgoralski@stapostle.org

Dorothy Grantham, *Director of Youth/Young Adult Ministry*, x117, dgrantham@stapostle.org

Chari Rosales, *Director of Adult Education and RCIA*, x138, croales@stapostle.org

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

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Sally Meno, *OSJ Associate*, x137, smeno@stapostle.org

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

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Diane McQueen, *Gen Office Administrative Asst.*, x101, dmcqueen@stapostle.org

Kathy Ferguson, *Gen Office Administrative Asst.*, x100, mainoffice@stapostle.org

Casey Braun,* *Communications Coordinator*, x110, cbraun@stapostle.org

Chris Ridge,* *Evening/Saturday Receptionist*

Mary Wright,* *Evening/Saturday Receptionist*

Mary Derwinski,* *Administration Asst.*, x143, mderwinski@stapostle.org

Sue Sportiello,* *Financial Asst.*, x143, ssportiello@stapostle.org

Bob Hartmann,* *Facility Manager*, x133, 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,

Next weekend, August 7–8, we will welcome **Sister Victoria Oleka of the Sisters of Divine Love Congregation** as she speaks at our masses to tell us about the missionary work of her congregation. The following describes the ministry of the congregation.

“The Daughters of Divine Love Congregation is an international Order of Religious Women, founded in Nigeria in July 1969 by Late Bishop Godfrey Mary Paul Okoye, C.S.Sp. The congregation is of Pontifical Right and has over 900 professed members. Our Formation house is blessed with many vocations: Aspirants, Postulants and Novices.

“The Sisters are engaged in variety of apostolate in different parts of the world, including United States of America, Cuba, Jamaica, Haiti, Germany, England, Italy, Switzerland, Australia, France, Belgium, Nigeria, Chad, Gabon, Cameroon, Mali and Kenya. We minister in all walks of life where manifestation of God’s love is needed.

“Our source of income is very limited to stipends, donations and appeal fund. We really need your help in order to continue these apostolates, especially in Cuba, Jamaica, Haiti and African countries.

“We do great works in different places but it wouldn’t be possible without help from God’s people around us. Their generous gifts enable us to continue sowing the seed of Divine Love all over the world, among all God’s children.”

Our financial support is our opportunity to support the ministry of the Sisters of Divine Love Congregation.

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 August 7–8

Saturday, August 7

4:30 pm: Fr. Matt Lorenz

Sunday, August 8

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!

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.

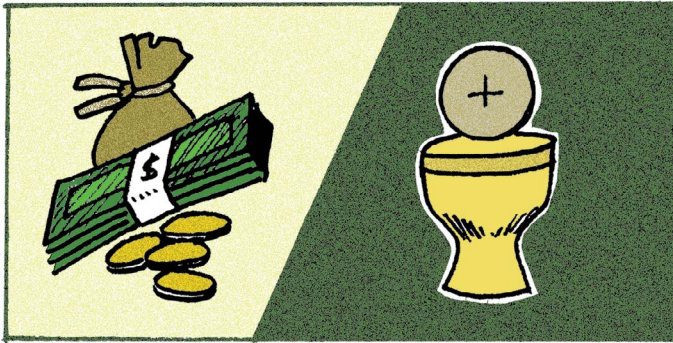
9:00 am–7:00 pm Monday–Thursday

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



Eighteenth Sunday in Ordinary Time

August 1, 2021

Do not work for food that perishes but for the food that endures for eternal life.

— John 6:27a

Readings for Today

First Reading — The people of Israel receive bread from heaven in response to their grumbling (Exodus 16:2-4, 12-15).

Psalm — The Lord gave them bread from heaven (Psalm 78).

Second Reading — Put on the new self that has been created in God's way (Ephesians 4:17, 20-24).

Gospel — I am the bread of life; whoever comes to me will never hunger (John 6:24-35).

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: Nm 11:4b-15; Ps 81:12-17; Mt 14:13-21

Tuesday: Nm 12:1-13; Ps 51:3-7, 12-13; Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday: Nm 13:1-2, 25 — 14:1, 26-29a, 34-35; Ps 106:6-7ab, 13-14, 21-23; Mt 15:21-28

Thursday: Nm 20:1-13; Ps 95:1-2, 6-9; Mt 16:13-23

Friday: Dn 7:9-10, 13-14; Ps 97:1-2, 5-6, 9; 2 Pt 1:16-19; Mk 9:2-10

Saturday: Dt 6:4-13; Ps 18:2-4, 47, 51; Mt 17:14-20

Sunday: 1 Kgs 19:4-8; Ps 34:2-9; Eph 4:30 — 5:2; Jn 6:41-51

Eighteenth Sunday in Ordinary Time: All God's Children

Saint Paul talks today about Christian community. He urges us to be well mannered, but also to show courtesy, tolerance and mutual forgiveness in imitation of Christ. This is hard enough in our own family, but even tougher in a parish, which exhibits such a diversity of people. We come from every walk of life, many backgrounds and every income level. Some families founded the parish; others just arrived. For such a group to be harmonious requires recognizing and honoring different gifts, and bearing differences with grace and acceptance. As such, a Christian community can offer a powerful witness to a multi-ethnic and multicultural society that it is possible for people of different origins to live and worship together. This unity in diversity of a people gathered around the one table of the one Lord proclaims the truth that in God there are no distinctions, only the family of God's children, beloved of the One who created all.

Liturgy Schedule and Mass Intentions

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

Monday, August 2, 2021

8:30 am †Mary Joan Kieklak, by Family

Tuesday, August 3, 2021

8:30 am Mass

Wednesday, August 4, 2021

8:30 am †John Egermann

Thursday, August 5, 2021

8:30 am Mass

Friday, August 6, 2021

8:30 am Mass

Saturday, August 7, 2021

8:30 am Mass

4:30 pm *Mass of Anticipation*

†Rupert Malone, by Pat and Greg Cork

Sunday, August 8, 2021

Nineteenth Sunday Ordinary

9:00 am †Robert Bickel, by Karen Currier

10:45 am †Rosemary Kubik, by Elise and Tim Niles

A Prayer for our Parish

Bread of angels, we receive you; with us now abide. Precious Jesus, manna of ages, with us now reside.

Cup of Mercy overflowing, fill us with your grace; wine of passion, O Son begotten, we flee to your embrace. Word incarnate, dwell within us; pierce our hardened hearts. Tender Jesus, Love so gentle, never let us part. Though unworthy, we receive you, sacrament divine. Bread of angels, accept our praises, let your glory shine!

"Bread of Angels" English text, Curtis Stephan.

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Faith and Formation Commission — Adult

Why Does Going to Mass Really Matter?

That's a great question as we continue to emerge from months of virtual worship services. Why is our physical presence essential at Mass?

That's the focus of the next online session of Be Formed: A 90-Day Discipleship Experience sponsored by the Secretariat for Christian Formation of the Diocese of Joliet. Hosted by Fr. Burke Masters, the program aims to help participants form Christian community, learn how to pray and form life-long virtuous habits so that you can conform your life more closely to the person of Jesus Christ.

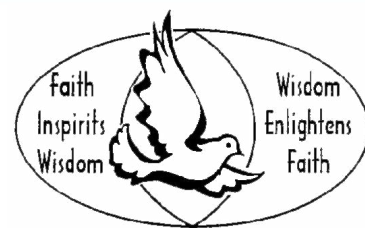
This cycle of Be Formed will run from September 10 to December 8. Registration is now open and will run thru August 17. For more information or to register go to www.dioceseofjoliet.org/beformed.

C.A.R.E. CORNER

Commandment of Justice #5 invites us to embrace diversity and celebrate our differences. Martin Luther King, Jr. said "we must learn to live together as brothers or we will all perish as fools." As a Christian disciple, he likely took his inspiration from Jesus. A walk through Matthew's gospel reveals Jesus interacting

with quite a diverse collection of people, including a gentile centurion who represented the oppressive Roman Empire, foreigners who were seen as outsiders to the People of God, a Jewish tax collector who was despised for financially oppressing his own neighbors and the sick (lepers) and the disabled (the blind, the lame, the paralyzed) who were seen as a drain on the rest of society. And Jesus was willing to offer healing and restoration to them all.

Jesus typically approached everyone with an attitude of respect. But even Jesus seemed to learn something about respect from the foreign woman whom he referred to as a "dog" in Mark's Gospel (7:25-28). She stood her ground and asked to be recognized as a person worthy of the attention of God. Jesus then granted her that dignity. As disciples, we too must approach all others with respect and neighborliness. We all have something to learn from others who have a different life experience than we do. This earthly life is a journey of being stretched — of experiencing growing pains that accompany conforming ourselves into the likeness of the God who made us. Even Jesus, in his humanity, had to grow into his own likeness of God.



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 crosales@stapostle.org.

The Art Fair Returns!

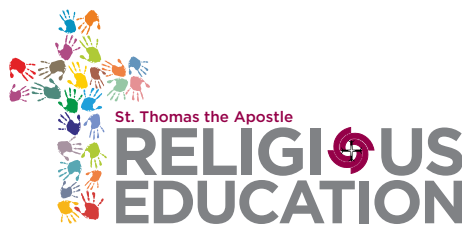
The 22nd Annual Fine Arts & Craft Fair will take place on November 13–14, 2021. The celebration of the Arts Ministry is looking for additional members to help in the planning process and/or on the days of the exhibit. As planning has already begun, please contact Donna Ryder at dryder27@gmail.com as 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 Information

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.



Start Dates for Elementary Faith Formation

Elementary Faith Formation first classes are Saturday, September 11, 8:30–9:45 am at All Saints Catholic Academy or Tuesday, September 21, 4:30–5:45 pm at Brookdale Elementary School. See you soon!

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

Pre-Kindergarten or Kindergarten Faith Formation Classes

Do you have a Pre-Kindergarten or Kindergarten child in the fall (age 4 or 5 by September 1)? Faith formation classes are available for your child. Children entering Pre- Kindergarten in the fall have a choice of attending faith formation classes Tuesday 4:30–5:45 pm or Saturday 8:30–9:45 am. Children entering kindergarten may attend classes on Saturday morning 8:30–9:45 am. 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 for more information at 630.355.8980, x118 or Lorraine Katz, x109.

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.

The Ministry of Catechesis Needs You!

We are so excited to be able to offer in-person religious education classes this year. In order to keep class sizes manageable and allow for social distancing, more catechists are needed at the middle school and elementary grade levels. If you EVER thought about ministering as a catechist, helping to form the faith of amazing young people, NOW is your chance!!! Training is provided. 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

When you pray do you thank the Lord first?

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

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

Beginning African Initiative

Thank You, St. Thomas

Unlocking Communities was founded and is directed by one of our own. Josh Goralski grew up at St. Thomas. Unlocking Communities currently works in poor Haitian villages. They train people (mostly women) in smaller rural villages to be entrepreneurs (providing clean water filters and clean burning stoves for families) — providing self-sustaining economic, health and environmental impacts in the communities.

Our 2021 Lenten project benefited Unlocking Communities ... specifically to jump start their partnership relationship with existing on the ground organizations in Africa. We received the following update from Josh:

“I wanted you to be one of the first to know we are going to Kenya on Sunday to work with ICChange on the scaling up of their water filtration system factory. This is thanks to the support received from St. Thomas. We will send you an update to share with the parish after the trip.”

ICChange

Innovative Canadians for Change strives to create sustainable well-being for all ... together. Their project in Kenya is to provide an innovative manufacturing space and social entrepreneurship academy. In addition to consulting on factory scaling support, Unlocking Communities will provide their business training methods and technology infrastructure to the partnership.



Ste. Marie-Madeleine Feast Day Celebration

Ste. Marie-Madeleine is our Haiti Twinning parish in the rural village of Duchity in the mountains of southwest Haiti.

In Haiti, a parish's annual feast day is a cause for great celebration. All the area priests come great distances to attend. There is a special Mass. Ste. Marie-Madeleine's feast day is July 22. A source of great pride in the community this year was the presence of the Bishop Decoste, the Bishop of Jeremie.

A week before the event, Father Emery sent the following communication: “Next Thursday Bishop Decoste will celebrate the feast of Saint Marie Madeleine with all the parishioners. I ask you to pray for all the faithful in Duchity.”

To view the Mass, go to <https://youtu.be/slfPBiNetxM>. You can see more photos from the celebration online at stapostle.org.



Liturgical dancers and choir during the feast day celebration at Ste. Marie-Madeleine.



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, August 10 from 9:00–10:00 am or 6:00–7:00 pm. Place the items in the trunk or the back of your vehicle, stay in your vehicle, and we will remove the items for you. Items will be collected outside Door C, which is across from the labyrinth. As you start to drive around the building, you will see orange cones with instructions.

In order to serve our Care Pantry families in the best possible way, we are requesting items unavailable from the food bank and items we particularly need. Please bring the items listed below.

- Pasta
- Pasta Sauce
- Cereal
- Small Peanut Butter
- Jiffy Mix
- Jello
- Canned Tuna

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)
- #2 Pencils (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.” The book has generated much controversy among many commentator and reviewers. We encourage you to read with an open mind and form your own opinion. 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 10 White Fragility and the Rules of Engagement

DiAngelo: “Stopping our racist patterns [often unconscious] must be more important than working to convince others that we don’t have them.”

DiAngelo identifies the unspoken framework for discussing the topic of racism. The framework was deduced from her experience working with fellow whites related to the characteristics of white fragility laid out in previous chapters.

The basic misunderstanding present for many, leading to white fragility, is that systemic racism does not exist. Therefore, feedback about racist patterns is almost impossible to be received because it immediately triggers a defense response against a perceived personal attack: “I am not a racist.”

The white person wants to feel trusted, safe and respected in such feedback conversations. But these expectations work very effectively to “obscure racism, protect white dominance and regain white equilibrium” ... even when the white person has not consciously chosen to do that.

Many white people leading discussions to explore racism in educational settings spend much time designed to “build trust” among participants. At the core of that effort is the need for the participants to have their intentions acknowledged as good. But because power does not exist equally across race, the conditions for trust set forth by whites actually promote the status quo in which white people set the standards. In fact, those conditions for trust often become an excuse for disengaging from discussion.

There should only be two guidelines for receiving feedback about racism:

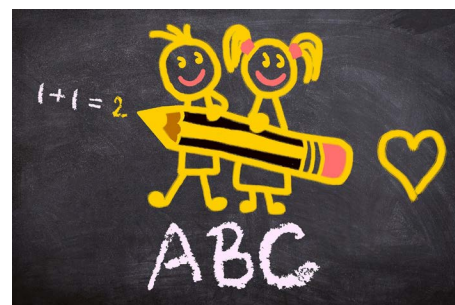
1. Foster “racial stamina.” Because feedback is necessary for the white person to understand the power position of whites as a whole and to understand white fragility, it is up to the white person to build their racial stamina.
2. Be grateful for feedback which leads to understanding of blind spots and unconscious investments in racism.

DiAngelo says: “Stopping our racist patterns [often unconscious] must be more important than working to convince others that we don’t have them.”

Back to School is Here!

St. Thomas is collecting new school supplies on behalf of its Care Pantry families with school age children. Just purchase items from the list below and drop them off in the clearly marked collection bin in the Gathering Area between now and August 8. Questions? Contact Michelle at 630.235.2997. Thank you for your generous support! When you shop, imagine a child being well equipped for the upcoming school year.

- #2 Pencils (packs of 8 to 12)
- Black Pens (packs of 10 to 12)
- Colored Pencil Sets (12 count)
- Glue Sticks (packs of 2)
- Paper (wide or college ruled, 70 to 100 sheets)
- Notebooks (wide or college ruled, 70 to 100 sheets)
- Crayons (24 count)
- Washable Markers (Classic Colors, 8 count)



Service Commission — Pastoral Care

From the Office of the Parish Nurse Key Minerals to Help Control Blood Pressure

A healthy, balanced diet plays a major role in blood pressure control. And you should consume some specific minerals on a regular basis for good blood pressure management: calcium, magnesium and potassium. But do most of us get enough of these? "If you're eating a healthy diet, you probably have nothing to worry about. But people eating a diet of processed and canned foods or taking certain medications might not be getting enough of these micronutrients," says Dr. Randall Zusman, director of the Division of Hypertension at the Massachusetts General Hospital Heart Center.

Potassium – Normal body levels of potassium are important for muscle function, including relaxing the walls of the blood vessels. This lowers blood pressure and protects against cramping. Normal potassium levels also are important for the conduction of electrical signals in the nervous system and in the heart. This protects against an irregular heartbeat.

Potassium is found naturally in many foods, such as prunes, apricots, sweet potatoes and lima beans. But food may not be enough to keep up your potassium levels if you take a diuretic for high blood pressure such as hydrochlorothiazide (Esidrix, HydroDiuril). These drugs cause potassium to leave your body in the urine, thereby lowering your body's potassium levels. "I'd say at least a third of patients on diuretics for heart failure or high blood pressure or edema don't get enough potassium from their diets. In those cases, we do use supplements," says Dr. Zusman. Don't try a supplement on your own. Too much potassium, like too little, can lead to dangerous irregular heart rhythms. The Recommended Dietary Allowance (RDA) of potassium is 4.7 grams per day for both men and women ages 51 and older.

Magnesium – Magnesium helps regulate hundreds of body systems, including blood pressure, blood sugar, and muscle and nerve function. We need magnesium to help blood vessels relax, and for energy production and bone development. Just like potassium, too much magnesium can be lost in urine due to diuretic use, leading to low magnesium levels.

The National Institutes of Health (NIH) reports that most older adults in the U.S. don't get the proper amount of magnesium in their diets, although extreme magnesium deficiency is very rare. It's best to get the mineral from food, especially dark, leafy green vegetables, unrefined grains and legumes. The RDA of magnesium is 420 milligrams (mg) per day for men ages 50 and older, 320 mg/day for women ages 50 and older. Too much magnesium from a supplement or from magnesium containing drugs such as laxatives may cause diarrhea. There are no known adverse effects of magnesium intake from food.

Calcium – Calcium is important for healthy blood pressure because it helps blood vessels tighten and relax when they need to. It's also crucial for healthy bones and the release of hormones and enzymes we need for most body functions. We consume it naturally in dairy products, fish (such as canned salmon and sardines) and dark leafy greens.

The RDA of calcium for men ages 51 and older is between 1,000 and 1,200 mg per day. For women ages 51 and older it's 1,200 mg per day. However, many experts believe that these levels are set too high and some studies suggest an association between calcium supplements and higher risk of heart disease.

"It's been controversial, so most of us advise our patients to get their calcium from food rather than from supplement pills," says Dr. Zusman. If it's not possible to get enough calcium from food, talk with your doctor if you think you may need a calcium supplement.

Resource: Harvard Health Letter



FAITH COMMUNITY NURSE
St. Thomas the Apostle



BEHAVIORAL HEALTH
St. Thomas the Apostle

Mental Health First Aid Training at St. Thomas

Saturday, September 11, 2021
9:00 am–3:00 pm

What is Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

What you will learn:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help

Blended Learning

After completing a 2-hour, self-paced online course, First Aiders will participate in a 5.5-hour (6 hr w/ breaks), in-person, Instructor led class.

Cost

\$23.95

To Register

<https://bmhfa091121.eventbrite.com>

7.5 Continuing education units available; LCPC/LPC, LCSW/LSW, LMFT, RN, and Psychologist.

Pastoral Care Resources

For Spiritual Support and Prayer, please contact the following individuals if you are in need of assistance:

Counseling

Jan, Pastoral Care Office
630.355.8980, x124
Diane, General Office
630.355.8980, x101

Health Resource

Parish Nurses
Felicia, 630.355.8980, x104
Jan, 630.355.8980, x124

Hospital/Pastoral Care Info

Edward Hospital has a pastoral care department with a Catholic Chaplain for an emergency anointing or a Eucharistic visit.

St. Thomas Pastoral Care visit

Jan, Pastoral Care Office
630.355.8980, x124
Diane, General Office
630.355.8980, x101

Stewardship and Administration

The Week Ahead

Monday, August 2

7:00–9:00 pm Buildings and Grounds, Judea

Tuesday, August 3

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

Wednesday, August 4

6:30–8:30 pm Pax Christi, Cana

7:00–8:30 pm St. Vincent de Paul, Lighthouse

Thursday, August 5

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

Friday, August 6

9:00 am–12:00 pm Adoration/Benediction, Church

Saturday, August 7

9:00–10:30 am Saturday Men's Group, Cana

10:30 am–12:00 pm Pax Christi IL., Galilee

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

Sunday, August 8

1:00–2:00 pm Baptism, Church

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

| | |
|---|----------------|
| July 18, 2021 | |
| Sunday Collection Offering* | \$11,651 |
| Credit Card Online Giving | none this week |
| Automatic Direct Debit (5 th and 20 th each month) | none this week |
| Mailed in and stock donations | \$2,338 |
| Total for the week | \$13,989 |
| <small>*Based on Collection Counters Reports prior to bank confirmation</small> | |
| Fiscal Year (7/1 to 6/30) | \$109,189 |
| Weekly Average 7/1/2021 to date | \$36,396 |
| Offertory Goal Year to date | \$100,708 |
| Over/(short) of goal to date | \$8,481 |
| Goal for Fiscal Year 7/1 to 6/30 | \$1,745,600 |
| Percent of Annual Sunday Offertory Goal | 6% |
| Remaining for this fiscal year goal | \$1,636,411 |

This week, the Sunday collection is \$8,481 ahead of goal so far this year. Capital needs restricted gifts were \$285 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

| | |
|---------------------------------|-----------|
| Parish Appeal Goal | \$174,100 |
| Pledges Received | \$143,375 |
| Percent of Goal pledged to date | 82.35% |
| Unpaid pledges | \$9,891 |
| Paid to Date | \$133,484 |
| Percent of goal paid to date | 76.67% |

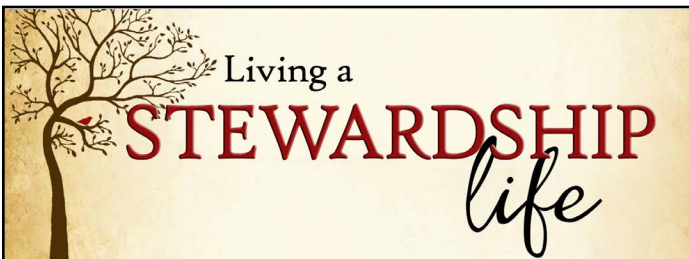
Smart Moves in Giving to St. Thomas

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!



Once, when asked how she could have imagined taking care of so many in need, St. Mother Teresa of Calcutta responded that she started with helping one person. "Maybe if I didn't pick up that one person, I wouldn't have picked up forty-two thousand." In other words, she started small.

God has given you the gifts of time, talent, and treasure. You may think that your gifts are too small to matter. In the story of the Miracle of the Loaves and Fishes, a small boy started by giving his meager "lunch" to share with others, and we all know what happened after that. If you follow the example of St. Mother Teresa, your gifts can start to make a difference. No gift is too small, but put together with the gifts of others, a difference is made. Remember that when you are asked to contribute your time, talent or treasure.

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



| | | | | |
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| | | | | <p>BORTER HEATING & COOLING</p> <p>24 Hour Service</p>  <p>(630) 668-5885</p> |
| | | <p>Esser Hayes Insurance Group Inc. Insurance is Our Only Business Since 1939 With Excellent Companies & Competitive Rates 1811 High Grove • 355-2077</p> | | |
| <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 Your One Stop Shop Since 1977</p> | |
| | | |  <p>320 N. Mill St. Naperville, IL 60540 (630) 420-2886</p> | |

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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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Email: sales@jspaluch.com

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