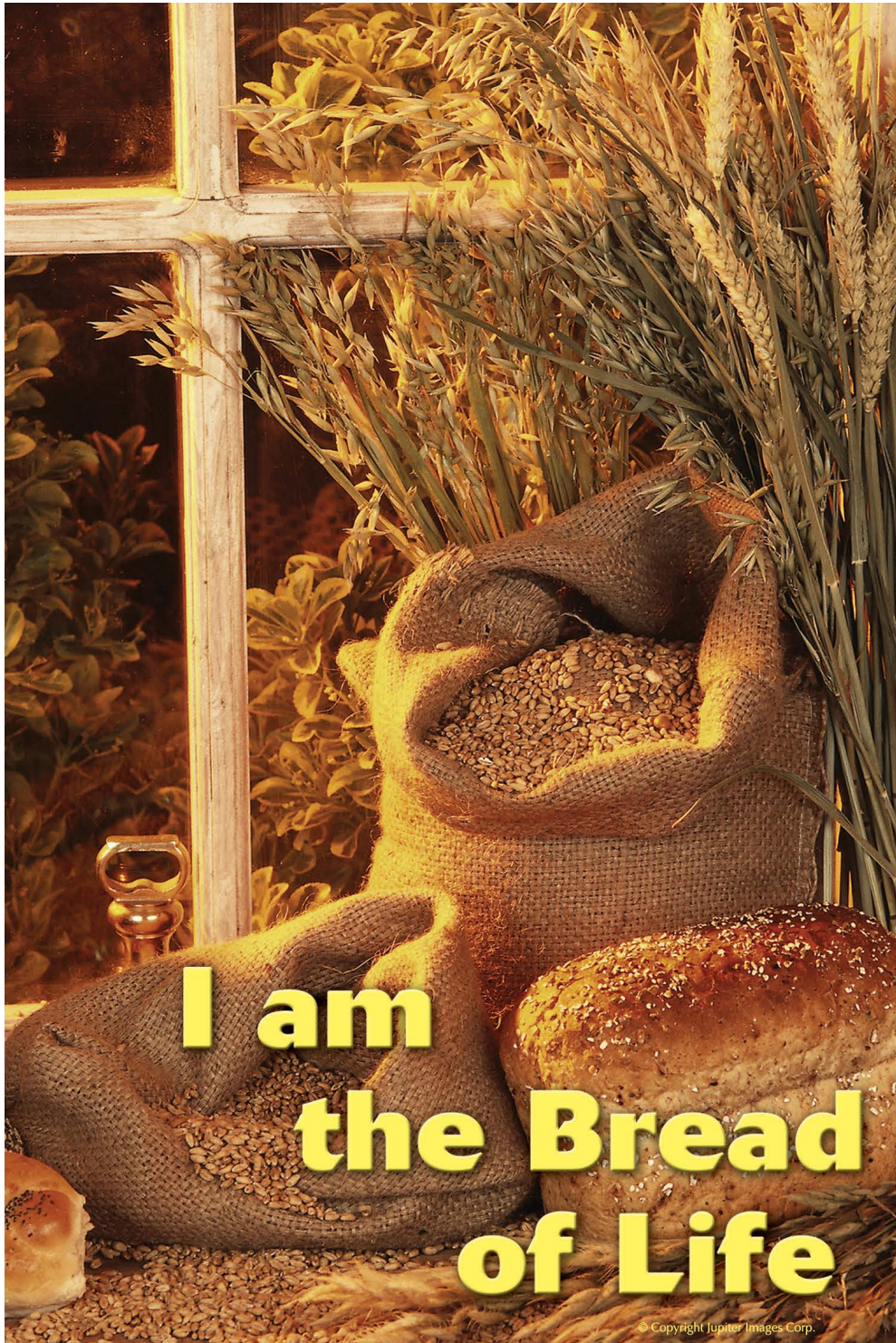


# St. Thomas

AUGUST 8, 2021 — NINETEENTH SUNDAY IN ORDINARY TIME



**I am  
the Bread  
of Life**

# 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)

Joe (Carolyn) Cuzzone — 630.355.8980, x224, [DeaconJoeCuzzone@gmail.com](mailto:DeaconJoeCuzzone@gmail.com)

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

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### Liturgy and Music

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### Faith Formation

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

Lorraine Katz, *Director of Religious Education*, x109, [lkatz@stapostle.org](mailto:lkatz@stapostle.org)

Peggy Goralski, *Director of Middle School Faith Formation*, x123, [pgoralski@stapostle.org](mailto:pgoralski@stapostle.org)

Dorothy Grantham, *Director of Youth/Young Adult Ministry*, x117, [dgrantham@stapostle.org](mailto:dgrantham@stapostle.org)

Chari Rosales, *Director of Adult Education and RCIA*, x138, [croales@stapostle.org](mailto:croales@stapostle.org)

Jenni Kennedy,\* *Faith Formation Administrative Assistant*, x118, [REAdmin@stapostle.org](mailto:REAdmin@stapostle.org)

### Outreach and Social Justice

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Sally Meno, *OSJ Associate*, x137, [smeno@stapostle.org](mailto:smeno@stapostle.org)

### Pastoral Care

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Felicia Lawlor,\* *Faith Community Nurse*, x104, [flawlor@stapostle.org](mailto:flawlor@stapostle.org)

### Administration

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Kathy Ferguson, *Gen Office Administrative Asst.*, x100, [mainoffice@stapostle.org](mailto:mainoffice@stapostle.org)

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Chris Ridge,\* *Evening/Saturday Receptionist*

Mary Wright,\* *Evening/Saturday Receptionist*

Mary Derwinski,\* *Administration Asst.*, x143, [mderwinski@stapostle.org](mailto:mderwinski@stapostle.org)

Sue Sportiello,\* *Financial Asst.*, x143, [ssportiello@stapostle.org](mailto:ssportiello@stapostle.org)

Bob Hartmann,\* *Facility Manager*, x133, [facility@stapostle.org](mailto:facility@stapostle.org)

### Parish Pastoral Council

Susan Wood O'Leary, *Chair*

Alison Ohl

Noble Charles

Brittany Tres

### Commission Representatives

Carrie Wujek, *Faith & Spiritual Formation*

Linda Bailey, *Service*

Susan Wood O'Leary, *Finance*

Barbara Mambu, *Stewardship*

Deb Scheckel, *Parish Life*

Jeff Balsewicz, *Worship*

### Ex-Officio

Rev. Philip Danaher, *Pastor*

Rev. Joseph Kappilumakkal, *Parochial Vicar*

Janet Simmons, *Recording Secretary*

\*indicates part-time staff

**Sacrament of Reconciliation:** Reconciliation is available Saturday, 3:30 to 4:15 pm, in the Reconciliation Room of the Chapel. Our priests are available during the week by appointment. Communal Penance services are held occasionally during the year.

**In the Hospital or Home Bound:** Call the Church Office to receive prayer/Eucharist from a priest, deacon or Minister of Care. Augusta Diana, Coordinator of Ministers of Care, 630.355.8980, x140 or Jan Olah 630.355.8980, x124.

**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,

Maybe one of the most frustrating times for college students used to be class registration, especially when it comes to trying to get into a class taught by a well-known professor. I remember students having to rise early to stand in line to get into one particular class because of the

professor's outstanding reputation as a lecturer. Nowadays, of course, students sit at their computer and wait for registration to become active!

The most outstanding lecturer/teacher of all time is, of course, Jesus. As Jesus quoted the prophet Isaiah in today's gospel when He said "They shall all be taught by God," Jesus reminded the crowd how special His words were, that they came directly from the mouth of God. The crowd had trouble believing Him, that He had come down from heaven as the Bread of Life, because they knew His family, a carpenter's family, a family which was very ordinary. The crowd wondered how could someone like Jesus of Nazareth get away with teaching the way He did.

Through our eyes and ears of faith, we have come to believe all that Jesus said did indeed come from the mouth of God. A wonderful thing about our relationship with the greatest teacher of all time is that we do not have to stand in line to "register" to listen to Him, nor worry about not being able to "enroll" in His "class." All we have to do is open our ears to His words during our Eucharistic liturgy and our hearts to His voice because He always makes Himself available for us.

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 14–15

### Saturday, August 14

4:30 pm: Fr. Philip Danaher

### Sunday, August 15

9:00 am: Fr. Bob Colaresi with Deacon Joe Cuzzone

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

*Presider schedule is subject to change.*

## Welcome Guests and Visitors!

We're so glad you're here and invite you to walk the path of faith with us. St. Thomas strives to provide a spiritual home where all are welcome, where the healing, reconciling, liberating love of God is shared by all. Join us!

## 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.

## Anointing Mass

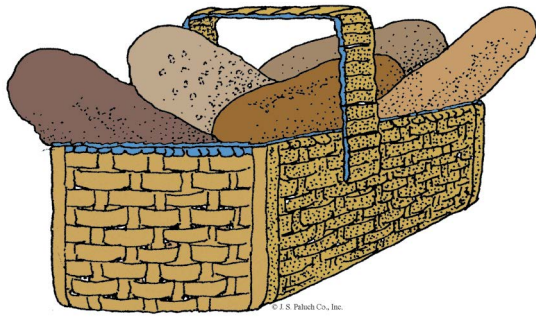
On Saturday, August 14, we will have a special 1:00 pm Mass for those who desire to receive the Sacrament of the Anointing of the Sick.

### A Sacrament of Healing

We come before the Lord for healing. Like all sacraments, the Anointing of the Sick is a liturgical and communal celebration. The sacrament includes the following principle elements: the priest in silence lays his hands on the head of the sick or elderly person and prays over them. He then anoints their forehead and hands with the Oil of the Sick saying, "Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up."

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

# Worship Commission — Liturgy and Music



## Nineteenth Sunday in Ordinary Time

August 8, 2021

*I am the living bread that came down from heaven.*

— *John 6:51*

### Readings for Today

**First Reading** — After resting and taking nourishment twice, Elijah is strengthened to walk to the mountain of God, Horeb (1 Kings 19:4-8).

**Psalm** — Taste and see the goodness of the Lord (Psalm 34).

**Second Reading** — Be sealed by the Holy Spirit of God so as to be imitators of God and live in love (Ephesians 4:30 — 5:2).

**Gospel** — Jesus professes that he is the living bread and whoever eats this bread will live forever (John 6:41-51).

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:** Dt 10:12-22; Ps 147:12-15, 19-20; Mt 17:22-27
- Tuesday:** 2 Cor 9:6-10; Ps 112:1-2, 5-9; Jn 12:24-26
- Wednesday:** Dt 34:1-2; Ps 66:1-3a, 5, 8, 16-17; Mt 18:15-20
- Thursday:** Jos 3:7-10a, 11, 13-17; Ps 114:1-6; Mt 18:21 — 19:1
- Friday:** Jos 24:1-13; Ps 136:1-3, 16-18, 21-22, 24; Mt 19:3-12
- Saturday:** Jos 24:14-29; Ps 16:1-2a, 5, 7-8, 11; Mt 19:13-15
- Sunday:** Vigil: 1 Chr 15:3-4, 15-16; 16:1-2; Ps 132:6-7, 9-10, 13-14; 1 Cor 15:54b-57; Lk 11:27-28  
Day: Rv 11:19a; 12:1-6a, 10ab; Ps 45:10-12, 16; 1 Cor 15:20-27; Lk 1:39-56

## Nineteenth Sunday in Ordinary Time: All God's Children

The Passover bread that the Israelites made when leaving Egypt had no leaven in it so that it would not spoil and could continue to provide nourishment to them on the road. It was referred to as bread for the journey.

The story of Elijah being nourished in the desert beautifully epitomizes the many ways in which God provides bread for our journey. For Christians, Jesus' words, works and life given for us are the bread we crave. He alone gives us the strength and courage to "be kind ... (forgive) one another ... and live in love" (Ephesians 4:32, 5:2). And, oddly enough, we can find this ample nourishment from the Eucharist when all we taste is a sip and a crumb. — Virginia Stillwell

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## Liturgy Schedule and Mass Intentions

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

### Monday, August 9, 2021

8:30 am †Billy Bastick, by Mary Bartusiak

### Tuesday, August 10, 2021

8:30 am †Vito Battisto, by Battisto Family

### Wednesday, August 11, 2021

*St. Clare, Virgin*

8:30 am †Gail Ruhnke

### Thursday, August 12, 2021

8:30 am †Rosemary Monahan, by Sharon Serangeli

### Friday, August 13, 2021

8:30 am †Simon E. Mallorca, by Buddy and Mely Mallorca

### Saturday, August 14, 2021

*St. Maximillian Kolbe, Priest and Martyr*

8:30 am †Robert Bartusiak, by Mary Bartusiak

4:30 pm *Mass of Anticipation*

†Marilou A. Jocson, by Mayoralgo Family

### Sunday, August 15, 2021

*The Assumption of the Blessed Virgin Mary*

9:00 am †June Witt, by Tom and Gerri Kustermann

In Thanksgiving, by Steven Mallorca

†Patricia Murawski, by Richard Murawski

10:45am †Modena Chovanec, by Nadia Behna

### Prayer

God of All Life and Love,  
We know that nothing and no one is lost with your grace.  
Should great difficulty come upon us,  
we believe that blessings will eventually come  
from the apparent troubles of our lives.  
When we look back on the hardships of life,  
we marvel at how unexpected good has come  
from such apparent setbacks and disappointments.  
Lord, remove any heaviness of heart that might weigh us down today,  
and deepen within us the assurance that ultimately all will be well...  
because you are God.  
Amen.

## Choirs are back!!

The Liturgy and Music office at St. Thomas the Apostle is excited to resume choirs this Fall. Starting in September, Music Makers of all ages will return to ministry — bringing more joy and life to our liturgies through song. See the parish website for registration opportunities.



\*\*And a special note for our STA youth — kids as young as entering kindergarten through grade 12 are invited to be involved in music ministry! See the website for group descriptions and rehearsal times.

# 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?

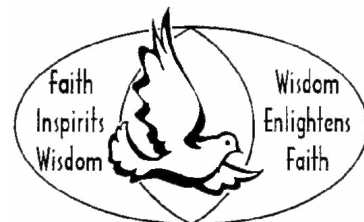
That's the focus of the next online session of **Be Formed: A 90-Day Discipleship Experience** sponsored by the Secretariat for Christian Formation of the Diocese of Joliet. Hosted by Fr. Burke Masters, the program aims to help participants form Christian community, learn how to pray and form life-long 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](http://www.dioceseofjoliet.org/beformed).

## C.A.R.E. CORNER

Commandment of Justice #4 has to do with forgiveness. Jesus was big on forgiveness, on mercy and on working toward reconciliation. In spite of his tremendous suffering on the cross, his compassionate heart still allowed him to utter the words "Father, forgive them, they know not what they do." (Luke 23:34)

Our first Christian martyr, St. Stephen, modeled Jesus' call to forgiveness for those who were responsible for his death (See Acts 7:60). As disciples of Christ, it is also within our calling to forgive, to avoid revenge and to work toward reconciliation.



Jesus told us to "love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father ..." (Matthew 5:44-45) This is a difficult command for us mere mortals, who prefer to exact revenge and mistreat others, especially if we have been mistreated ourselves. Yet, we have been commissioned to "forgive others their transgressions" so that our "heavenly Father will forgive" us (Matthew 6:14). Forgiveness and mercy would go a long way toward healing the many rifts within our society and the world.

## 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](http://www.dioceseofjoliet.org) or emailing Dr. Joan Gorski, the Institute's Director, at [dr.jgorski@gmail.com](mailto: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](mailto:croales@stapostle.org).

## The Art Fair Returns!

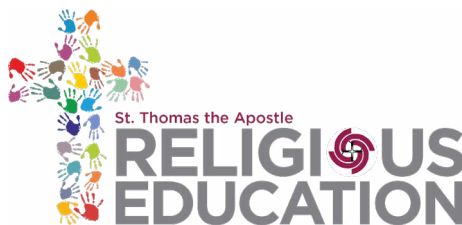
The 22<sup>nd</sup> Annual Fine Arts & Craft Fair will take place on **November 13–14, 2021**. The celebration of the Arts Ministry is looking for additional members to help in the planning process and/or on the days of the exhibit. As planning has already begun, please contact Donna Ryder at [dryder27@gmail.com](mailto:dryder27@gmail.com) 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](mailto:dryder27@gmail.com) for entry forms or additional information. Only original works will be considered.

# Faith and Formation Commission — Youth

## Parents and Catechists ... Important Dates for Religious Education

- Tuesday, August 24, All Catechists Meeting, 7:00 pm
- Sunday, August 29, RE Kickoff Mass and a chance to meet catechists, 10:45 am Mass with meet and greet following Mass
- Monday, August 30, Middle School Catechists Meeting, 7:00 pm
- Tuesday, August 31, Elementary Catechists Meeting, 7:00 pm
- Saturday, September 11, Elementary and Middle School Saturday RE sessions begin at All Saints
- Monday, September 13, Middle School Monday RE sessions begin at All Saints
- Tuesday, September 21, Elementary Tuesday RE sessions begin at Brookdale School



## Catechist News

### 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.



## 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.

## Orientation for New Families in Religious Education

Will this be your child's first year attending St. Thomas' Religious Education Program? Come to a brief orientation in the Gathering Area of the Ministry Center:

Monday, August 16, 4:30–5:00 pm  
Tuesday, August 17, 6:00–6:30 pm

Please RSVP (preferred) to the Faith Formation Office, REAdmin@stapostle.org or 630.305.6318 or to Lorraine Katz, lkatz@stapostle.org or 630-355-8980, x109.

Orientation will cover drop off and pick up procedures, books, dates, grade level events and communication. Children are welcome.

### 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.

### Kickoff Mass and Chance to Meet Catechists

On Sunday, August 29, the new religious education year will kick off at the 10:45 am Mass. All religious education families (Pre-K through grade 8) are invited to attend that liturgy. Immediately after the 10:45 am Mass, there will be a chance to meet RE catechists and volunteers. Mark your calendars for August 29 and be on hand to help kick off another wonderful RE year!

## Question of the week

How does going to church nourish you — God's Word, the Eucharist, the assembly?

## Teens with Character Core Team

7<sup>th</sup> and 8<sup>th</sup> grade students... if you would like to take a more active role in Teens with Character, and help to plan and lead the Teens with Character meetings, then join the Teens with Character



Core Team. The Core Team meets immediately before each Teens with Character meeting to plan the games, activities and group discussion for each meeting. During Teens with Character meetings, Core Team members take an active role in welcoming and in leading the meetings. If you are interested in being part of the Core Team, contact Peggy Goralski at [pgoralski@stapostle.org](mailto:pgoralski@stapostle.org) or 630.355.8980, x123.

The 2021-2022 Teens with Character meeting dates are October 10, November 14, December 12, January 9, February 13 and March 13. All Teens with Character meetings take place from 4:30-6 pm, in the St. Thomas gym. Middle school students and friends are welcome!

## 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>

## 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](mailto: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](mailto: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](mailto:ym@stapostle.org) if you have any questions.

### High School Ministry Schedule At A Glance

**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

# Service Commission — Outreach and Social Justice

## St Thomas Cares Edna's Story

Edna is a senior citizen living on a fixed income of ~\$850 a month (SS Disability). She has a Housing Choice voucher. She recently moved to the area from another state. Before she moved, she found an apartment in the area that would accept her voucher and paid the application fee and a deposit. She did everything right in arranging to transfer her voucher to Illinois. However, the voucher transfer took longer than she expected. As a result, she lost the apartment (and non-refundable deposit). She needed help with a motel in the interim and deposit on another apartment. St. Thomas Cares provided that help.

### Car Donation for Edna

Edna is now in her apartment. However, expenses here are higher than where she used to live. She has a car payment of \$550 a month, which she cannot afford, leaving \$350 for remaining monthly expenses. (When she initially bought the car, someone else was making the car payment for her. However, that person is no longer making the payments.) Her credit rating and income do not allow her to refinance for a lower car payment. She will need to give up the car.

If you are considering purchasing a new car, please consider donating your older vehicle. If you have a car that is not being utilized, please consider donating the vehicle. St. Thomas Cares will have the donated vehicle inspected for safety and will provide for any repairs required. Contact Mike in the Outreach and Social Justice Office at [mryder@stapostle.org](mailto:mryder@stapostle.org) or 630.355.8980, x121.



## 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.

## PATH Meeting Sets Records

The July 27 PATH Group meeting featured Mr. Denis Curtin. As we have come to expect, Mr. Curtin delivered an outstanding and engaging presentation on “How to Get Your Resume Past the ATS Gatekeepers.”

The following metrics will illustrate the popularity of Mr. Curtin and his program presentation:

- 95 people registered for this event (largest number in 2021)
- 46 people registered for this event for the first time (largest number in 2021)
- Meeting registrants hailed from 12 states



## PATH August 10 Zoom Meeting

### Foundation for Personal and Professional Success ... Knowing Thyself

While you may be looking for a job, it is important to take a step back in the job search process to conduct a self-diagnosis to discover the person you are and the drives and passions you have. We are all familiar with the famous quote “Choose a job you love, and you will never have to work a day in your life,” but have you ever really identified what you genuinely love and are passionate about? Join us on August 10 when Chris Meister of Reimagined Potential shares his holistic approach to self-evaluation and outlines specific tools of discernment that will enable you to better understand yourself

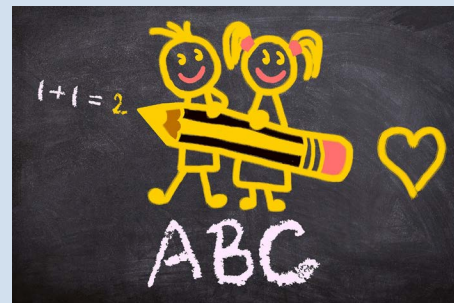
Chris Meister is the owner and founder of Reimagined Potential, a career exploration and consulting group that helps individuals to better discern the people they are meant to be.

Register in advance for this webinar at [https://us02web.zoom.us/webinar/register/WN\\_5qb4olUvRJu\\_OQ5tvTB82w](https://us02web.zoom.us/webinar/register/WN_5qb4olUvRJu_OQ5tvTB82w) or contact 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.

## 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 15. 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)
- Paper (wide or college ruled, 70 to 100 sheets)
- Black Pens (packs of 10 to 12)
- Notebooks (wide or college ruled, 70 to 100 sheets)
- Colored Pencil Sets (12 count)
- Crayons (24 count)
- Glue Sticks (packs of 2)
- Washable Markers (Classic Colors, 8 count)

# Service Commission — Pastoral Care

## From the Office of the Parish Nurse 8 Pill-Free Ways to Lower your Blood Pressure

Sometimes getting your blood pressure under control requires that you take several medications each day, such as a diuretic and a calcium-channel blocker. But some therapies don't involve medication. "People who have drug intolerances or are unwilling to take medication can try pill-free therapy, and it can also be used to make a medication regimen more effective," says Dr. Randall Zusman, a cardiologist and Harvard Medical School associate professor.

Pill-free therapy also reduces your risk of developing high blood pressure if you don't have it. Consider trying even just one of the following steps.

**Exercise** — Any activity that gets your heart pumping faster and your lungs working harder is one of the best ways to lower high blood pressure. "It improves the blood vessels' ability to open and close, which improves blood flow," says Dr. Zusman. Aim for at least 150 minutes of moderate-intensity activity per week, such as brisk walking.

**Lose weight** — Being overweight means that your heart has to pump blood to a larger body mass, which makes the heart work harder. Losing weight reduces the workload. "Plus, your heart will be better able to respond to circumstances that do require more work, like exercise," says Dr. Zusman.

**Change your diet** — You'll reduce inflammation and damage to the blood vessel walls if you ditch refined grains, sugary foods and saturated fats, and add more vegetables and fruits, fiber, whole grains and fish to your diet. A healthier diet will also help you lose weight.

**Watch your salt intake** — "Too much salt raises blood pressure in just 5 percent of the population. But for everyone taking blood pressure medications, salt negates the effect of blood pressure medications, so you'll need to limit salt intake," says Dr. Zusman. The U.S. Department of Health and Human Services recommends a daily maximum of 1,500 milligrams of salt for people ages 51 and older, African American adults of any age and people who already have high blood pressure, diabetes, or chronic kidney disease.

**Stop smoking** — Smoking damages the inner lining of arteries and makes it harder for these blood vessels to relax. That, in turn, raises blood pressure and counters the effects of certain blood pressure medicines.

**Control underlying conditions** — You can't ignore other conditions if you have high blood pressure. "For example, high blood sugar causes blood vessels to get narrower and is associated with insulin resistance, both of these are linked to increased blood pressure," says Dr. Zusman. "High cholesterol doesn't raise blood pressure, but it does increase vascular damage." Other conditions associated with high blood pressure include sleep apnea and thyroid disorders.

**Limit alcohol intake** — Excessive alcohol intake raises blood pressure. Men should limit intake to two drinks per day, and women should limit intake to one drink per day.

**Ease stress** — Meditating triggers the relaxation response, a well-studied physiological change that can help lower your blood pressure, heart rate, breathing rate, oxygen consumption, adrenaline levels and levels of the stress hormone cortisol. You can trigger this response with any type of meditation, tai chi, yoga or even activity such as painting or gardening.

*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://bmfha091121.eventbrite.com>

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

## Save the Dates: Blood Pressure Screenings

Blood Pressure Screenings will be returning monthly to St. Thomas the Apostle Church on Sundays September 2021 through May 2022, subject to parishioner interest and participation.

To assure a level of safety, dependability and accuracy with the blood pressure screening events, Blood pressure Screenings will be offered at St. Thomas following the latest CDC, Coronavirus guidelines regarding masking and hand sanitizing. Recommendations from Harvard Health System for participant involvement will be encouraged. Specific details will follow shortly.

September 12, 2021	October 10, 2021	November 14, 2021
December 12, 2021	January 9, 2022	February 6, 2022
March 6, 2022	April 3, 2022	May 15, 2022

## A Bouquet of Thanks!

A very special thank you to our volunteer gardeners, especially Jean McKinley and Linda Scholle, for their magnificent gardens by the St. Thomas statue and the back of the church. Many thanks to our Knights of Columbus for arranging delivery and spreading fresh mulch on our flower beds!

# Stewardship and Administration

## The Week Ahead

### Monday, August 9

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

### Tuesday, August 10

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

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

### Wednesday, August 11

### Thursday, August 12

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

### Friday, August 13

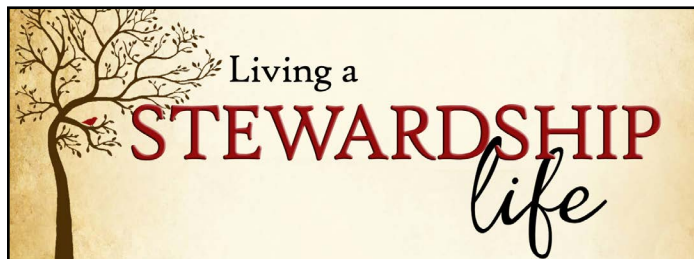
### Saturday, August 14

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

1:00–2:00 pm Anointing of the Sick Mass, Church

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

### Sunday, August 15



*A generous person will prosper; whoever refreshes others will be refreshed. Proverbs 11:25*

At first glance this Bible passage might be talking about our gift of treasure that comes from the Lord. However, it could be reminding us how we can also use our gift of time for the benefit of others.

The Religious Education program has been asking for help in instructing our elementary, middle school and high school students in the Catholic Faith. Those who would volunteer would be given guidance and materials for the appropriate age level.

For more information please contact Lorraine Katz (elementary) 630.355.8980, x109, Peggy Goralski (630) 355.8980 x123 (middle school) or Dorothy Grantham 630.355.8980, x117 (high school).

Our young people are the future of our Church. Be part of setting an example for them how we can use the gift of time and/or talent that God has given us.

## Last weekend's stewardship of financial gifts

### Weekly Sunday Offertory

July 25, 2021	
Sunday Collection Offering*	\$9,706
Credit Card Online Giving	none this week
Automatic Direct Debit (5 <sup>th</sup> and 20 <sup>th</sup> each month)	\$25,642
Mailed in and stock donations	\$7,865
Total for the week	\$43,213
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$152,402
Weekly Average 7/1/2021 to date	\$38,101
Offertory Goal Year to date	\$134,278
Over/(short) of goal to date	\$18,124
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	9%
Remaining for this fiscal year goal	\$1,593,198

This week, the Sunday collection is \$18,124 ahead of goal so far this year. Capital needs restricted gifts were \$220 this past week. We are grateful to those who recognize the need and responded.

### Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$144,025
Percent of Goal pledged to date	82.73%
Unpaid pledges	\$9,138
Paid to Date	\$134,887
Percent of goal paid to date	77.48%

## 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><b>FINDaPARISH.com</b> Check It Out Today!</p>	<p><i>The Most Complete Online National Directory of Catholic Parishes</i></p>		<p><b>Naper Auto Works</b> Your One Stop Shop Since 1977</p>	
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