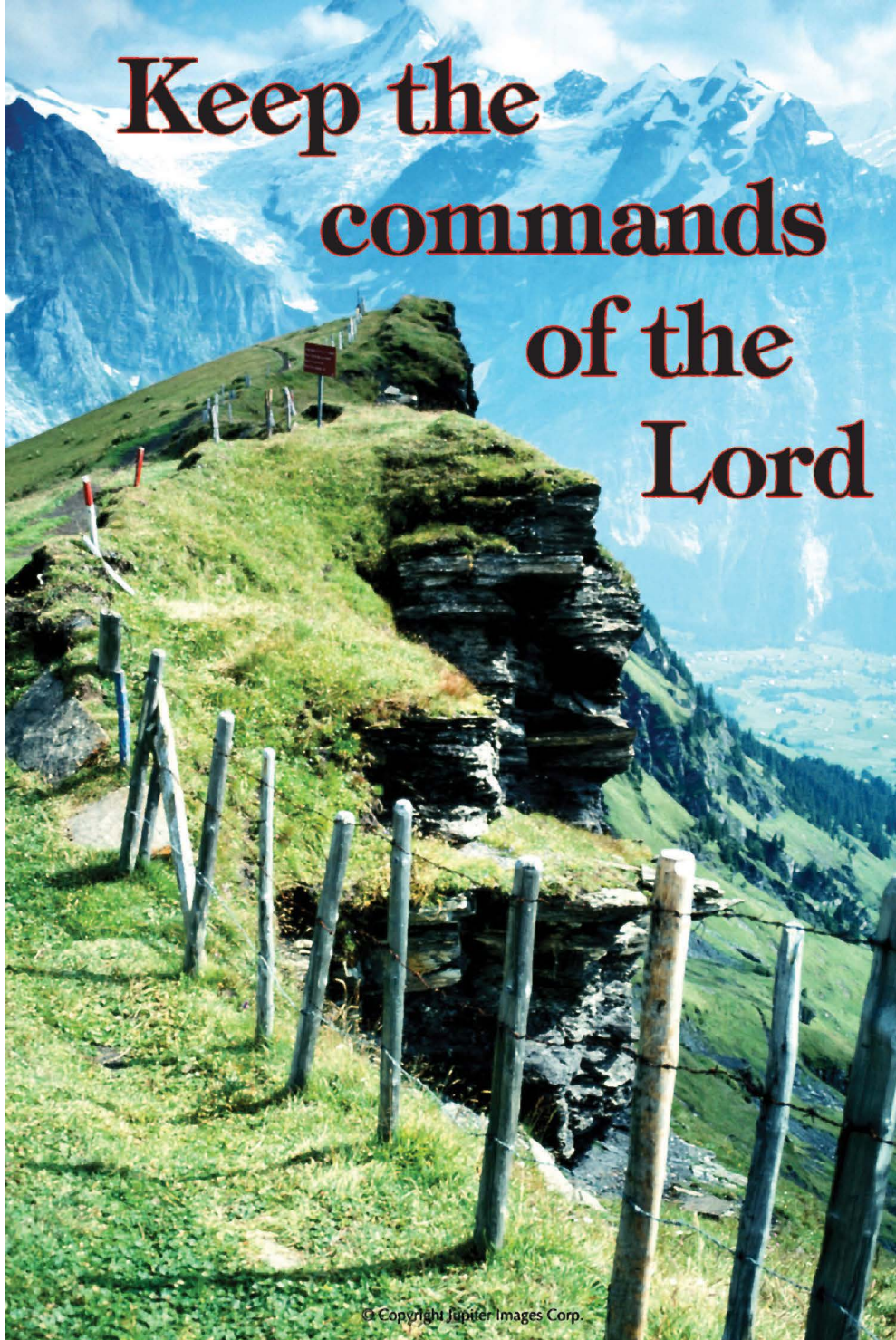


St. Thomas

AUGUST 29, 2021 — TWENTY-SECOND SUNDAY IN ORDINARY TIME



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

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

Joe (Carolyn) Cuzzzone — 630.355.8980, x224, DeaconJoeCuzzzone@gmail.com

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

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

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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

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

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

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

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Geralyn Parrillo, * *Faith Formation Administrative Assistant*, x118, REAdmin@stapostle.org

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

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

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Jan Olah, *Director of Pastoral Care*, x124

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

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Kathy Ferguson, *Gen Office Administrative Asst.*, x100, 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

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

Dave Johanneson

Commission Representatives

Carrie Wujek, *Faith & Spiritual Formation*

Linda Bailey, *Service*

Susan Wood O'Leary, *Finance*

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,

If all who were born after the passage of the Civil Rights Act in the 1960s could travel back in time, they would be appalled at what they saw; separate restrooms and water fountains for Blacks and whites, Black passengers forced to sit in the back of the bus, “whites only” restaurants and hotels. Those were not just despicable traditions; they became

laws under the guise of disturbing the peace. People were thrown in jail for going against those “traditions.” Those who enforced those “traditions” disregarded God’s basic commandment of love of neighbor.

We heard Jesus complain about the Jewish leaders adding their traditions to God’s commandments in the gospel. The leaders had complained to Jesus about His disciples not washing their hands before eating, a tradition which the leaders treated as law.

We have seen how traditions became laws in our Church, laws which disregarded God’s commandments. Years ago, it was illegal for women to be in the sanctuary area during mass. The only exception was during their marriage. Marriages between Catholics and non-Catholics were often “celebrated” in the parish office because of the traditional attitude of the Church toward other Christian communities. What did those “laws” say about the way the Church followed God’s commandments?

There are other “traditions,” other human laws within our Church which many think should be re-evaluated with respect to God’s commandments. Certainly Pope Francis has taken the lead in changes in our Church as he encourages us to follow Christ’s example of compassion and care for all who have felt estranged by the Church.

Let us pray for our Holy Father, along with other Church leaders, as they encourage us to give glory and honor to God not only with our lips but also with hearts that reflect God’s caring love for all.

Please join me in welcoming Maureen Januszewski as our new parish secretary. Maureen comes from Downers Grove. Her husband Michael is a deacon at Notre Dame in Clarendon Hills. Maureen, welcome to St. Thomas. You are joining a wonderful faith community.

In the Word,

Upcoming Change to Mass Schedule

Starting the weekend after Labor Day, September 11-12, St. Thomas will return to its old Sunday morning Mass schedule: 8:00 am, 9:30 am and 11:15 am. The Saturday 4:30 pm Mass will continue as well, but the Sunday, 6:00 pm Mass will not be returning at this time.

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.

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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 September 4–5

Saturday, September 4

4:30 pm: Fr. Matt Lorenz with Deacon Joe Cuzzone

Sunday, September 5

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.

Calling All Men!

Would you be interested in learning more about membership in our St. Thomas Knights of Columbus council? For an introduction, contact David Yelaska at cseaaskme@gmail.com

Church Office Hours

Please note the office hours effective through September 6.

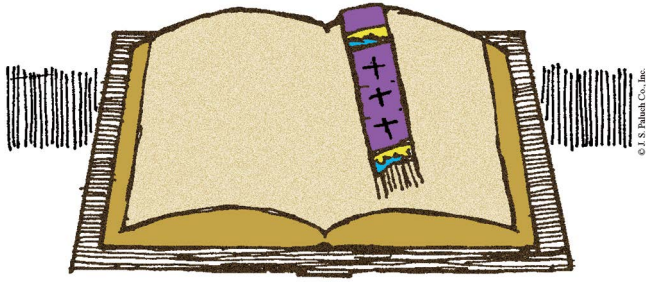
9:00 am–7:00 pm Monday–Thursday

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



Twenty-Second Sunday in Ordinary Time

August 29, 2021

Humbly welcome the word that has been planted in you and is able to save your souls.

— James 1:21b

Readings for Today

First Reading — Moses directs the people to observe the commandments of the Lord (Deuteronomy 4:1-2, 6-8).

Psalm — The one who does justice will live in the presence of the Lord (Psalm 15).

Second Reading — Welcome the word that you have received and become doers of the word, not hearers only (James 1:17-18, 21b-22, 27).

Gospel — You disregard God's commandment but cling to human tradition (Mark 7:1-8, 14-15, 21-23).

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: 1 Thes 4:13-18; Ps 96:1, 3-5, 11-13; Lk 4:16-30

Tuesday: 1 Thes 5:1-6, 9-11; Ps 27:1, 4, 13-14; Lk 4:31-37

Wednesday: Col 1:1-8; Ps 52:10-11; Lk 4:38-44

Thursday: Col 1:9-14; Ps 98:2-6; Lk 5:1-11

Friday: Col 1:15-20; Ps 100:1b-5; Lk 5:33-39

Saturday: Col 1:21-23; Ps 54:3-4, 6, 8; Lk 6:1-5

Sunday: Is 35:4-7a; Ps 146:7-10; Jas 2:1-5; Mk 7:31-37

Wanted: Altar Servers!

Youth from grade 4 on up are welcome and encouraged to serve at the altar of Jesus.

Training is provided:

Thursday, September 2	4:30–5:30 pm
Sunday, September 5	12:00–1:00 pm
Tuesday, September 7	4:30–5:30 pm
Saturday, September 11	3:00–4:00 pm

Meet in Church for training. Please RSVP to: sdelke@stapostle.org

Liturgy Schedule and Mass Intentions

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

Monday, August 30, 2021

8:30 am †Rosario Quattrochi, by The Battisto Family

Tuesday, August 31, 2021

8:30 am †James Maul, by The Jacobi Family

Wednesday, September 1, 2021

8:30 am Special Intention for 65th Wedding Anniversary for Dick and Adela Auskalnis

Thursday, September 2, 2021

8:30 am In Commemoration of Jim and Ellie Baird's Wedding Anniversary

Friday, September 3, 2021

Saint Gregory the Great; Pope and Doctor of the Church

8:30 am †Gail Ruhnke

Saturday, September 4, 2021

8:30 am Mass

4:30 pm *Mass of Anticipation*

†Dorothy Mhok, by Lisa and Larry Hjorth

Sunday, September 5, 2021

Twenty-Third Sunday Ordinary

9:00 am Special Intention for Jerry and Kelly Sebold's 60th Anniversary, by Vicki and David Gruenewald

10:45 am For All Laborers whose hard work helps shape America

“We Become What We Love”

St. Clare of Assisi

*We become what we love
and who we love shapes what we become.*

If we love things, we become a thing.

If we love nothing, we become nothing.

*Imitation is not a literal mimicking of Christ,
rather it means becoming the image of the beloved,
an image disclosed through transformation.*

*This means we are to become vessels
of God's compassionate love for others.*

Twenty-Second Sunday in Ordinary Time: Reflecting on God's Word

Today's second reading urges, "Be doers of the word and not hearers only" (James 1:22) Following Jesus is not easy. Sometimes we have "reasons" for not doing things — we are too tired, too old, too sick, too needy, too busy with responsibilities. Yet some of the best "prayers" are the sick and disabled, the wisest listeners the elderly and the most generous givers those who've endured poverty. Great organizers delegate and let other people shine. All of us are called to live generously and selflessly and the opportunities are endless. Try to balance prayers, action and financial giving. A busy mother cannot spend hours in prayer, a man working two jobs has limited time to volunteer and a person on a tiny fixed income has little money to spare. However, the busy mother can start her day with a prayer, the hardworking man can help at a parish event and the person with a limited income can put a steady few dollars in the collection. Everyone can be a "doer."

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Living Stewardship Now

What is your offering of stewardship, in gratitude for God's goodness? Do you need to increase your giving, pull back from something or change your commitments in some way?

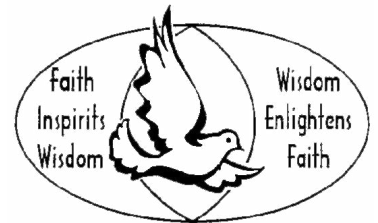
Faith and Formation Commission — Adult

C.A.R.E. CORNER

We now come to the end of our countdown. And the first and most important Commandment of Justice is to place God first, which means to love God and keep his commandments. The most important Commandment given to Moses to hand on to the People of God was to put God above and before all other things

and to have no other gods in life. In essence, Jesus summed up this idea with what we know as the Greatest Commandment: "You shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength." (Mark 12:30) And of course the second part of this great command is to love others as we love ourselves.

St Catherine of Genoa wrote "My deepest me is God." If our deepest me is God, then we are capable of seeing as God sees. We can practice being just, as God is just. We are capable of acting more like God acts. But doing so would require undertaking the hard work of personal transformation. According to St. Peter of Alcantara: "The trouble is that we all talk of reforming others without ever reforming ourselves." Being godly, and acting like the holy people we were made to be, requires God's direction and our cooperation. But if we claim to love God, then we have to love what God loves. And we have to love who God loves — which is everyone!



Sophia's Circle Welcomes You

Feeling a bit disconnected from your faith? Has your practice become routine rather than rejuvenating?

Come for a refresher in "Seeing God in All Things" — Sharing Our God Stories, the newest micro-retreat for women from Sophia's Circle at 7:00 pm on Friday, September 17. The Bible is full of stories of God's presence among his people. When we take the time to see God in all things, we become more aware of his presence in our daily lives. Sharing our stories helps to build our own faith and the faith of those around us. We'll delve into some "God stories" from the Bible and share some of our own 'God moments.' If you like, you can bring an object or image that reminds you of God's presence.

Our presenter will be Denine Chambers, coordinator of the Service and Outreach Commission at St. Anne Church in Oswego. Involved in ministry for over 30 years, Denine is a certified Spiritual Director and was the co-leader of Harbor of Hope, a ministry of retreats and reflections. An avid writer, she has kept an "I Spy" journal for many years, a great way to remember all the times of 'spying' God in her life.

To assure your seat, please register by September 15 with Chari Rosales at croales@stapostle.org or 630.355.8980, x138. Walk-ins are also welcome. All current safety protocols will be observed. Fee to attend is \$10. Come, relax into God's presence and enjoy the company of women.



The Creed — WHAT We Believe and WHY

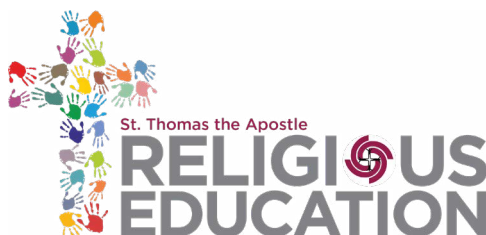
On Monday, September 13 at 7:00 pm, join Chari Rosales, Director of Adult Faith Formation, on Zoom to delve deeply into the Nicene Creed, the essential expression of our Catholic faith. Why is it so important and why should it matter to us? In this COVID era, many are questioning the need to believe in anything at all. Why is "I believe" at the heart of our faith? Join in to explore, interact and pray with the Creed!

To receive the Zoom link, contact Chari Rosales at croales@stapostle.org.

Faith and Formation Commission — Youth

Not Too Late to Register for RE

There is still time to register for elementary and middle school religious education sessions. 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 from 9:00 am to 6:30 pm Monday through Thursday; from 9:00 am to 12:00 pm Friday; and from 9:00 am to 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. Don't delay ... classes begin in mid-September!



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 kickoff another wonderful RE year!

Parents and Catechists ... Important Dates for Religious Education

- 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

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 for more information at 630.355.8980, x118

Rainbows for All Children

Rainbows for All Children (www.rainbows.org) is an international program that offers children a chance to talk about their loss from divorce to death of a loved one with children their own age who may have had similar experiences. It is a peer support program for children dealing with loss in their lives. It is geared for children grades 1-8 and starts September 9, but children are always accepted throughout the year. It is being offered at St. Raphael's School in Naperville.

Please contact Henrietta Christenson at 630.664.6545 or Lorraine Katz 630.355.8980, x109 or lkatz@stapostle.org for more information and to register.

Elementary Catechists Opportunities

Remember when you children were small and they pretended to make dinner, cut the grass, nail wood, vacuum the floor and many other things that you do at home? Children watch carefully what their parents and other adults do daily. Wouldn't you like to be the one sharing our faith with children? Lesson plans and training is provided. Class size is small. Currently, Elementary Religious Ed. Catechists are needed for grade 1 Saturday and Grade 4 Tuesday as well as many aides on both days. Contact Lorraine Katz to discuss further at lkatz@stapostle.org or 630.355.8980, x109.

Middle School Catechists Needed ... Now is your Chance

There is a need for 7th and 8th grade catechists for Monday evening middle school religious education classes. Volunteering for the ministry of catechesis puts you in touch with an amazing group of middle school students who will delight you, challenge you and inspire you with their faith and Spirit. Materials and training are provided for catechists. If you are interested in learning more, contact Peggy Goralski at pgoralski@stapostle.org or 630.355.8980, x123.

Question of the week

What do you do to turn your heart toward Jesus?

A Shining Star is Leaving the St. Thomas Galaxy

If you were a new parishioner registering in the parish, or someone needing a mass card, or someone who appreciated the efforts taken to ensure the safety of parishioners during our re-opening phase, then you've encountered Kathy Ferguson.

Kathy has worked in the St. Thomas General Office for over 17 years. In her position, she has ministered to so many parishioners, making them feel valued and welcomed. Kathy and her husband will be moving to Houston. We will miss the many ways Kathy let her light shine around St. Thomas.

We will send Kathy and her husband, Bear, off with a blessing at masses the weekend of September 11–12. There will also be a reception for Kathy from 10:30 am–12:30 on Sunday, September 12. Please stop by to say thanks to Kathy Ferguson ... one of our brightest stars.

High School News

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.

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

20th Anniversary Observance of the 9/11 Attacks

From Hurt to Healing to Hope: Creating a More Perfect Union

In this time of increasing polarization, we embrace the challenge of creating unity in our nation and amongst faith groups. Unity does not require unanimity. Creating a sense of solidarity does not insist on uniformity. Unity does require empathy, compassion and inclusion.

It does require repairing the bonds among us. Especially in times of conflict, unity means that regardless of our differences, we acknowledge our common humanity and strive to respect the dignity of every person. Everyone everywhere is important. Everyone everywhere is included. This is the path to a "More Perfect Union."

- Sunday, September 12, 2021 Wentz Concert Hall, 171 E Chicago Ave, Naperville, IL 60540
- 2:30 pm — Concert Hall doors open.
- 3:00 pm — The Main Event: Program with music readings and reflections. Masks required, please.
- 4:00 pm — Community Activity: Walk to North Central College campus to plant a tree.



Hesed House PADS September Food Donations Friendly Reminder

This is a friendly reminder to all who signed up to provide a food item for the month of September.

- Please deliver all items to the St. Thomas Gathering Area on Thursday, September 5 before 4:00 pm.
- For those providing an entrée or dessert, an aluminum pan (with a recipe and with your name on it) can be picked up in the Gathering Area.

Thanks to all who were able to help.



Food Donations for Care Pantry

The “Drive-Thru Donations” days have been a great success. At the August 10 collection date, we received 231 bags of food from people in 60 vehicles. Thank you!

Bring donations to St. Thomas on **Tuesday, September 7** 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.

- Large canned soup
- Toilet paper
- Kleenex
- Cereal
- Canned beans (black, kidney, pinto, etc.)
- Canned vegetables
- Side dishes
- Sugar

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.

Retired Flag Collection September 11–12 Weekend

Did you know there is a proper procedure for disposing of old, tattered, torn, soiled and worn American flags? The Knights of Columbus are collecting American flags that are in need of proper disposal the weekend of September 11–12. Collection containers will be in the Narthex and Gathering Area. The Knights will respectfully dispose of them in the proper manner

Haiti Earthquake Duchity Update

Due to Bulletin deadlines, this article was written Friday, August 20, the sixth day after the 7.2 magnitude earthquake occurred in southwestern Haiti. For any new information, see the St. Thomas website. This talk was given at all the Masses August 21–22 weekend by Mike Ryder and Anne Schultz from the OSJ Office.



Our Haiti Twinning community in Duchity was severely impacted by the recent earthquake.

We have been in contact with Fr. Emery, Pastor of Ste. Marie Madeleine. There have been some deaths, but not large numbers. He walked around the village of 5,000–6,000 people and told us that every other home was collapsed or significantly damaged. He reported that the earth “moved like a wave” through the village. Similar damages occurred in the mountainous countryside nearby where another 15,000–20,000 people live.

There was an overwhelming number of injuries ... broken bones, lacerations and many more serious injuries. The whole village worked together outside the clinic, but soon ran out of medical supplies. Some injured were carried on mattresses seven miles down the mountain to the Camp Perrin Hospital, as the road was blocked by rockslides.

The schools, clinic, worship space and other compound buildings did not suffer much damage. Ertha’s orphanage building did have more damage, but is standing. An interior wall fell on two of the children, but the injuries were minor.

Fr. Emery reported that people still sleep outside (as of 08/20/21), as aftershock waves continue and rain comes and goes. People are frightened.

The larger NGOs are focused on the larger cities of Les Cayes and Jeremie. We are working to get immediate help to our village and the surrounding area.

Josh Goralski grew up at St. Thomas and founded Unlocking Communities. We partnered with Josh’s people in Haiti to purchase a large truck load of medical supplies and food. They arrived Friday (08-20-21).

Other major short-term needs are tents and tarps for shelter and food. We are working with Youthaiti to fill a large truck with these items. Youthaiti was founded by Gigi Pomerantz, who first went to Duchity with our Medical teams. Longer term needs will include rebuilding supplies.

Today we are having a second collection for earthquake relief and recovery in the Duchity area. One hundred percent of the funds will be used to directly help our twinning community with the projects already mentioned and others as they arise.

Duchity is **OUR** twinning community and has been for 22 years. I know we are all embracing the people in our thoughts and prayers. I have traveled to Ste. Marie-Madeleine more than ten times. It is heartbreaking for those of us who have been there to imagine what our friends are living through. But they have proven to be a resilient people. They will perform miracles with all the resources we are able to provide for them.

The SPIRIT is with you.

Earthquake Recovery Donations

One hundred percent of the funds received will be used to directly help our twinning community with the projects already mentioned and others as they arise. The funds will be coordinated through Fr. Emery, the Pastor of Ste. Marie Madeleine, for the benefit of the larger Duchity community.

- Checks can be written to “St. Thomas OSJ” with “Haiti Earthquake” in the memo and mailed to: St. Thomas OSJ, 1500 Brookdale Rd., Naperville, IL 60563.
- Online donations can be made from the St. Thomas Website or go directly to <https://www.osvhub.com/stapostle/funds/haiti-earthquake-relief-duchity>. Be aware that a credit card processing charge of 3.4 percent will be deducted from your donation.

Service Commission — Pastoral Care

From the Office of the Parish Nurse Digital Home Monitoring Instruction

St. Thomas Parishioners:

Do you have the diagnosis of hypertension, “high blood pressure” (abnormal and/or persistent elevation of blood pressure) in your health history? Do you have questions about your blood pressure?

Will you or do you now self-monitor your blood pressure at the advice of your doctor or for yourself?

Would you be interested in a private, in-person and socially distanced review of Harvard University’s guidelines to Home Blood Pressure Monitoring? This tutorial will be held with all safety criteria in place, social distancing, face masking and disinfecting materials and hands. Blood pressures, however, will optimally be taken on a bare arm, please be aware.

Scheduling a 20-minute appointment at a convenient time for you or scheduling on a Blood Pressure weekend Mass is required. Please call Diane McQueen in the general office at 630.355.8980, x101 to schedule with the Parish Nurse, Felicia Lawlor.



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.

From the Behavioral Health Ministry Children’s Fatigue: School Preparation

Lack of sleep and irregular sleeping patterns

If your child experiences lack of sleep or an irregular sleeping pattern for any various reason, it can usually be remedied by an adjustment in the child’s routine to allow for more time to sleep. We recommend setting your child’s bedtime an hour or two earlier or allowing him to get up a little later in the morning as time may allow. Even if you believe your child currently gets plenty of sleep for his age, he may require more sleep to feel fully rested. Observe correlated sleeping patterns and levels of tiredness to determine their ideal amount of sleep per night.

Emotional stress

Although stress can be unavoidable (for example, if you’ve moved and your child is starting at a new school), you can minimize it by encouraging your child to engage in healthy conversation and making a special effort to help them feel confident and content. Other types of emotional stress are more avoidable and, if the stress leads to fatigue, should be dealt with on a case-by-case basis. Bullying, academic anxiety and pressure to perform athletically are all forms of negative emotional stress that can eventually manifest itself physically.

Hectic schedule

The hectic schedules we intentionally or unintentionally place upon our children can unfortunately result in lack of sleep. If your child participates in after-school and weekend activities, he or she may not have enough time to properly decompress before going to bed, potentially resulting in poor sleep quality and quantity. Examine your schedules and determine how you can make rest a priority — maybe even for both of you!

Prevention

- Keep your child feeling energized and healthy by keeping a close eye on their daily routine and activities.
- An hour before bedtime, create a “sleepy” environment by turning down lights and turning off electronics.
- Establish a pre-bedtime routine (brushing teeth, choosing the next day’s clothing, prepping school things, etc.) to “tell” your child’s brain to prepare for sleep.
- As a general suggestion, consider limiting your child’s participation in extracurricular activities to no more than three or four days per week. Every child needs allotted time to do schoolwork, casually hang out with friends, bond with family and relax. If your child is particularly active throughout the year with sports and other activities, consider requiring him to take a season (two to three months) off to simply be a kid.
- Always encourage your child to maintain a reasonably healthy diet and to drink plenty of water. This will help keep her immune system strong and reduce her chances of fatigue-inducing illness.

Source: *Children’s Wellness Center - childrenswellnesscenter.com*

Attention Caregivers!

All caregivers, relatives and friends of those who struggle with anxiety, depression, bipolar, eating disorder or self-injury, please join us for an evening of prayer, discussion and reflection. Meetings are held at St. Elizabeth Seton Catholic Church, 2220 Lisson Rd. Naperville. Please email welisten2017@gmail.com or call Joe at 630.596.1635 with any questions. The upcoming meetings are as follows:

- September 9, 23
- October 14, 28

Stewardship and Administration

The Week Ahead

Monday, August 30

7:00–8:30 pm Middle School Catechists, Lighthouse

Tuesday, August 31

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

7:00–9:00 pm Elementary RE Catechists, Ministry Center

Wednesday, September 1

6:30–8:30 pm Pax Christi, Cana

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

Thursday, September 2

8:30 am–4:30 pm Hesed House Food Drop Off, Gathering Area

6:30–8:30 pm Life Reunion, Gym, Youth Center

Friday, September 3

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

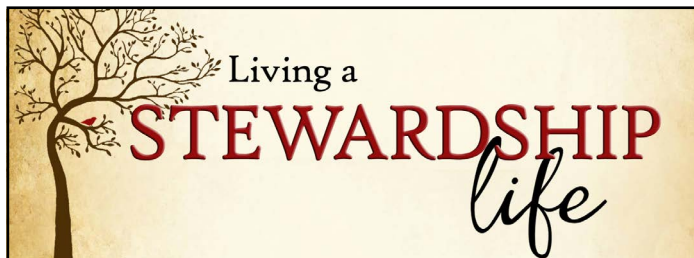
Saturday, September 4

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

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

Sunday, September 5

12:00–1:00 pm Altar Server Training, Church



Each one, as a good manager of God's different gifts, must use for the good of others the special gift he has received from God. ... whoever serves must serve with the strength that God gives him. ...
1 Peter 4:11

Two weeks ago a devastating earthquake struck Haiti and our twinning parish, St. Marie Madeleine, in Duchity, Haiti. The Lord gave us the gift of treasure, which He expects to be used to benefit others. There is no better time than now to use that gift to help our brothers and sisters in Haiti. You may still send in your contributions by writing a check made out to St. Thomas the Apostle OSJ with a notation in the memo, Haiti-Earthquake. One hundred percent of the check or cash amount will go directly to that relief. The village is so small that many of the NGOs that work on relief operations in the large cities seem to miss Duchity or delay their disaster relief. Then also pray that "whoever serves must serve with the strength that God gives him."

On another note, the RE program, elementary through high school, is still looking for those willing to use the time and talent that God has given them to lead our young people in the Faith. Please give Lorraine Katz (elementary), Peggy Goralski (middle school), or Dorothy Grantham (high school) a call to volunteer. Our Religious Education program starts soon, so don't delay.

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

August 15, 2021	
Sunday Collection Offering*	\$9,251
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	\$4,238
Total for the week	\$13,489
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$238,668
Weekly Average 7/1/2021 to date	\$34,095
Offertory Goal Year to date	\$234,986
Over/(short) of goal to date	\$3,682
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	14%
Remaining for this fiscal year goal	\$1,506,932

This week, the Sunday collection is \$3,682 ahead of goal so far this year. Capital needs restricted gifts were \$155 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$145,660
Percent of Goal pledged to date	83.66%
Unpaid pledges	\$7,761
Paid to Date	\$137,899
Percent of goal paid to date	79.21%

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 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.

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