

St. Thomas



First Sunday of

Advent

November 28, 2021

St. Thomas the Apostle Catholic Church

1500 Brookdale Road, Naperville, IL 60563 | 630.355.8980 (Main Office) | 630.305.6318 (RE) | 630.355.0521 (Fax) | mainoffice@stapostle.org | stapostle.org
Roman Catholic Diocese of Joliet-in-Illinois • Most Rev. Ronald A. Hicks, Bishop

Office Hours: 8:30 am–4:30 pm, Monday–Friday.

Gathering Area reception desk is staffed 9:00 am–8:00 pm Monday–Thursday; 9:00 am–4:30 pm, Friday; and 9:00 am–1:00 pm, Saturday

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

Liturgy and Music

Kay Agustin, *Liturgy Administrative Assistant*, x112, litadmin@stapostle.org
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

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
Jenni Kennedy, *Faith Formation Administrative Assistant*, x118, REAdmin@stapostle.org
Geraldyn Parrillo, *Faith Formation Administrative Assistant*, x118, REAdmin@stapostle.org
Chari Rosales, *Director of Adult Education and RCIA*, x138, crosales@stapostle.org

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

Outreach and Social Justice

Sally Meno, *OSJ Associate*, x137, smeno@stapostle.org
Michael Ryder, *Director of Outreach and Social Justice*, x121, mryder@stapostle.org
Anne Schultz, *OSJ Partner*, x113, aschultz@stapostle.org

Pastoral Care

Felicia Lawlor, *Faith Community Nurse*, x104, flawlor@stapostle.org
Jan Olah, *Director of Pastoral Care*, x124

Administration

Casey Braun, *Communications Coordinator*, x110, cbraun@stapostle.org
Mary Derwinski, *Administration Asst.*, x143, mderwinski@stapostle.org
Bob Hartmann, *Facility Manager*, x133, facility@stapostle.org
Maureen Januszewski, *Gen Office Administrative Asst.*, x100, mainoffice@stapostle.org
Diane McQueen, *Gen Office Administrative Asst.*, x101, dmcqueen@stapostle.org
Chris Ridge, *Evening/Saturday Receptionist*
Janet Simmons, *Finance/Business Officer*, x106, jsimmons@stapostle.org
Sue Sportiello, *Financial Asst.*, x143, sspartiello@stapostle.org
Mary Wright, *Evening/Saturday Receptionist*

Parish Pastoral Council

Susan Wood O'Leary, *Chair* Alison Ohl
Noble Charles Brittany Tres
Dave Johanneson

Commission Representatives

Linda Bailey, *Service* Susan Wood O'Leary, *Finance*
Jeff Balsewicz, *Worship* Carrie Wujek, *Faith & Spiritual Formation*

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 Maureen Januszewski 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,

There are a couple of similarities with the seasons of Advent and Lent; the purple color of vestments and the omission of the Gloria. Some might think of Advent as we do of Lent, a season of a call to penance.

While the color purple has been seen as a traditional sign of sorrow for our sins, purple is also a sign of royalty. Purple was part of the clothing of the Persian king Cyrus who is mentioned in the Old Testament. Purple was revered in the Byzantine Empire. Some Roman emperors made it illegal for ordinary people to wear purple.

So why not think of the wearing of purple during Advent as a sign of welcoming royalty into our lives, though a different kind of royalty which the world is accustomed to seeing? While members of royal families don't often mingle with the common folk of their kingdom, our King, the Lord of Heaven and earth, lived among His people. The people of a kingdom rarely, if ever, have a personal encounter with their rulers. When He lived with us, our Lord and Savior made Himself available to everyone, something which He continues to do with us. There has never been a need to go through proper channels to have an "audience" with the Son of God. All we have to do is approach Him with hearts and minds open to His voice.

As we begin this Advent season, let us not think of it as a season of penance. Instead, let us celebrate a season of joyful expectation as we prepare to welcome the all-powerful and ever glorious Son of God into our lives; the all-powerful and ever glorious Son of God who has welcomed us into His life.

In the Word,

Fr. Danaher

Liturgy Schedule

Daily

Mass: 8:30 am, Monday–Saturday

Weekend

Saturday Mass of Anticipation: 4:30 pm

Sunday: 8:00 am, 9:30 am and 11:15 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 details.

Presider Schedule December 4–5

Saturday, December 4

4:30 pm: TBA

Sunday, December 5

8:00 am: TBA

9:30 am: TBA

11:15 am: TBA

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 Maureen Januszewski 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 and Building Hours

St. Thomas offices are open 8:30 am–4:30 pm Monday through Friday. The reception desk in the Gathering Area is staffed 9:00 am–8:00 pm Monday–Thursday; 9:00 am–4:30 pm Friday; and 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



© Annika Nelson

First Sunday of Advent

November 28, 2021

I will raise up for David a just shoot; he shall do what is right and just in the land.

— Jeremiah 33:15

Readings for Today

First Reading — The days are coming when the LORD will fulfill the promise made to Israel and Judah (Jeremiah 33:14-16).

Psalm — To you, O Lord, I lift my soul (Psalm 25).

Second Reading — May the Lord make you increase and abound in love that you may be blameless in holiness; conduct yourselves so as to please God (1 Thessalonians 3:12 — 4:2).

Gospel — There will be signs and you will see the Son of Man coming with power and great glory. Be vigilant (Luke 21:25-28, 34-36).

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: Is 2:1-5; Ps 122:1-9; Mt 8:5-11

Tuesday: Rom 10:9-18; Ps 19:8-11; Mt 4:18-22

Wednesday: Is 25:6-10a; Ps 23:1-6; Mt 15:29-37

Thursday: Is 26:1-6; Ps 118:1, 8-9, 19-21, 25-27a; Mt 7:21, 24-27

Friday: Is 29:17-24; Ps 27:1, 4, 13-14; Mt 9:27-31

Saturday: Is 30:19-21, 23-26; Ps 147:1-6; Mt 9:35 — 10:1, 5a, 6-8

Sunday: Bar 5:1-9; Ps 126:1-6; Phil 1:4-6, 8-11; Lk 3:1-6

Liturgy Schedule and Mass Intentions

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

Monday, November 29, 2021

Advent Weekday

8:30 am † Vito Battisto, by Battisto Family

Tuesday, November 30, 2021

St. Andrew, Apostle

8:30 am † Ken O'Daniel, by Dollie Bajusz

Wednesday, December 1, 2021

Advent Weekday

8:30 am † Donald LaBonte, by Richard and Adela Auskalis

Thursday, December 2, 2021

Advent Weekday

8:30 am † Tom Dougherty, by Mary Wright

Friday, December 3, 2021

St. Francis Xavier, Priest

8:30 am † Paul Hruskoci, by Mary Wright

Saturday, December 4, 2021

Advent Weekday

8:30 am Healing for Caroline, Mom and Dad

4:30 pm *Mass of Anticipation*

† Sylvester Noronha, by Noronha Family

† John Easton, by Audrey Easton

Sunday, December 5, 2021

Second Sunday of Advent

8:00 am St. Thomas Parishioners

9:30 am † Edward Wiejaczka, by Ken and Maxine Wiejaczka

11:15 am † Daisy Ellen Wilkins, by Pat Wilkins

Jesus is the Reason

In today's world, Christmas starts at Thanksgiving and ends on December 25. But the Church emphasizes this time as Advent, the season of expectation, when we prepare our hearts and lives for the Lord's coming at Christmas. You may already have such customs in your household as an Advent wreath, a Jesse tree, a manger scene or special devotions. A German tradition called *Kristkindl* (Christ child) involves a family passing a bowl around with each person taking a rolled up slip of paper with a family member's name on it. For the rest of Advent that person is your *Kristkindl*, and you do a good deed for them every day, but in secret! Even young children can participate. You prepare to serve Christ by serving your *Kristkindl*; pray for them, save money to send to a good cause in their name, donate gifts to a shelter, do extra chores, adopt a family in need.

MUSIC MAKERS

St. Thomas the Apostle



Lessons and Carols

This year, we are not able to celebrate Lessons and Carols as we would normally — with a large gathering in the church, lectors, musicians, etc. Instead, we will be doing virtual prayer services released each Sunday of Advent with which our St. Thomas the Apostle Community members can engage at home. See the website for more details. Begins this Sunday, November 28.

At Home with the Word

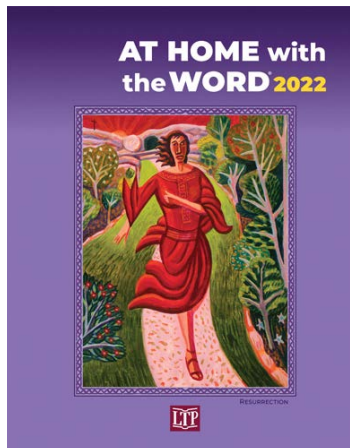
The *At Home with the Word* book is a great tool for breaking open the Sunday Scriptures at home; helping you to reflect further on God's Word and preparing to celebrate the Sunday Liturgy. Commentaries about the readings assist in comprehension and a deeper dive into the Sacred Scripture.

Books are for sale at the Front Desk during the week:

Regular Print: \$9.00

Large Print: \$13.00

Check or exact cash ONLY.



Immaculate Conception – December 8

St. Thomas will celebrate the Solemnity of the Immaculate Conception of the Blessed Virgin Mary Wednesday, December 8 at 8:30 am and 7:00 pm. This is a Holy Day of Obligation and it also offers the opportunity to celebrate the patronal feast of our country

Advent Taizé Prayer

St. Thomas will have a Taizé prayer service on Monday, December 6 at 7:00 pm in the church. Come begin the Advent Season with this unique style of peace-filled, meditative prayer.

Advent Reconciliation — December 15

St. Thomas will have an Advent Reconciliation Service Wednesday, December 15 at 7:00 pm. The opportunity for individual confessions with a Priest will conclude the service.

Prayer of Blessing for Your Advent Wreath

This weekend, as we begin the new Church year with the First Sunday of Advent, why not add an Advent wreath to your dinner table? Light a candle each night and share a moment of simple prayer with those gathered. Consider including a moment of gratitude that you experienced in your day and also a reflection on what you might have done differently if you were given the chance. Here is a blessing that can be used to begin the Advent season in your home:

*Lord, source of all energy and light,
the ancients saw the sun
as a great fire wheel rolling across the sky.
May our Advent wreath, this small wheel of green,
be for us a symbol of the sun
and of the Son of God.
May its ever-greenness
be a sign of life and of light
in the midst of the darkness of winter.
May the candles that burn brightly upon it
remind us of your Son, Jesus,
who was the light of the world.*

*Grant, Lord, that this our Advent wreath
may be for us and for all who visit our home
a sign of faith in a world grown cold with disbelief,
a symbol of hope in a time of gloom and despair
and a flaming image of love in a winter of mistrust and hate.*

*May all who look upon this symbol of Advent
be encouraged to prepare their hearts
for the coming of our Savior, Jesus Christ.
May this green wreath with its bright candles
help us to prepare for the real Christmas
which happens within our hearts.*

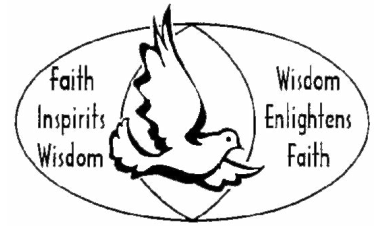
*May, then, Your blessing — Father of Light,
Son of Glory, and Spirit of Love —
be upon this Advent wreath and upon our home.
Amen.*

Faith and Formation Commission — Adult

C.A.R.E. CORNER

Some of our earliest recognized saints were young women who had consecrated their virginity to Christ. They saw themselves as a bride of Christ. They were willing to defend their chastity because they saw their virginity as a path to holiness.

Roman law forbade women to remain unmarried, since they were considered to be the property of men. But our Church promoted the dignity of women and saw their virginity as purity. And purity was seen as a spiritual gift. So women were allowed to make their own decisions with regard to marriage. Some chose to join early monastic communities. Some chose to work in their communities in service to others.



Those choices didn't always go over very well with the young men pursuing them, who often turned them over to Roman authorities for being Christians. St. Agatha was cruelly tortured, but refused to deny Christ. She died in prison. Saints Agnes and Cecilia were beheaded. And St. Lucy was killed by the sword for distributing her dowry to the poor. These young women represent stories of heroic selflessness and virtue, of non-violent resistance and of a single-minded focus on Christ. So it's fitting that we recognize their sacrifices and count them among the saints.



Advent by Candlelight

Mary's Garden will be the focus of this year's in-person (masked) event on Tuesday, December 7, 2021, from 7:00–9:00 pm. Over centuries, many flowers and shrubs have come to be associated with attributes of the Blessed Mother and with events in her life. The evening will center on 10 flowers associated with Mary through pictures, stories and legends, religious art and prayerful reflections.

Come to enjoy the companionship of friends and make new acquaintances. A \$10 donation at the door is suggested. Reservations can be made now. RSVP to REAdmin@stapostle.org no later than December 1. Both table hostesses and presenters are needed. If you would like to help in this way, please also contact REAdmin@stapostle.org. Hosting a table would consist of supplying place settings for six and a centerpiece; theme and decorations of your choice. If you would like to be a presenter, you will be supplied with all the necessary info for you to customize — no research needed!

This Advent, invite Mary into the garden of your heart and surround yourself with flowers in December.



John Angotti

Go Tell It on the Mountain Tour

From Advent to Christmas

We all have our faith stories and we are all called to go tell it on the mountain that Jesus Christ is alive and dwells among us.

**COMING TO VISITATION PARISH, ELMHURST
A FAMILY EVENT**

SUNDAY DECEMBER 5, 2021

2nd SUNDAY IN ADVENT

3:30 pm in the Church


ADVENT - CHRISTMAS CONCERT

**Also featuring Visitation's Adult, High School,
and Children's Choirs**

For more information contact

Tony Cuzzone at 630-530-2945 or tcuzzyman@comcast.net

**For more information about John Angotti, visit
www.johnangotti.com**



St. Thomas

THE SEASON OF ADVENT 2021

A few upcoming Advent events are listed below. For a complete listing and more details, check out the advent brochure on the St. Thomas website.

Advent and Christmas Prayer

Lessons & Carols

This year, we are not able to celebrate Lessons & Carols as we would normally — with a large gathering in the church, lectors, musicians, etc. Instead, we will be doing virtual prayer services released each Sunday of Advent with which our St. Thomas the Apostle community members can engage at home. See the website for more details. Begins Sunday, November 28.

Mid-day Meditation

Join in Mid-day Meditation around the Mary statue in the church to ponder with her the wonder and blessing of the incarnation. Offered at 12:00 pm on Tuesdays November 30, December 7, 14 and 21.

Advent Taizé Prayer

Monday, December 6 | 7:00 pm | St. Thomas*

Gather in prayer with other members of this faith community to worship in a Taizé style — with scripture, song and silence.

Advent by Candlelight

Tuesday, December 7 | 7:00 pm | St. Thomas

Over the centuries, many common and beloved flowers have been identified with the Virgin Mary. Learn about them in a “Mary Garden.” RSVP for this in-person, with masks event at 630.355.8980, x118 or email REAdmin@stapostle.org no later than December 3. Please pay \$10 at the door to participate.

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

Wednesday, December 8 | Holy Day of Obligation

8:30 am Mass

7:00 pm Mass*

Sacrament of Reconciliation

Wednesday, December 15 | 7:00 pm | Church

Beginning in the Church with a communal liturgy of reconciliation, this advent offering also provides the opportunity for individual confession with parish and guest priests.

(*) denotes that liturgy will be livestreamed; Holy Communion distribution in the parking lot for Masses.

Faith and Formation Commission — Youth



St. Thomas the Apostle

RELIGIOUS EDUCATION

First Reconciliation Required Make-Up Parent Enrichment Session is Now November 29 — RSVP Needed

First Reconciliation Required Make Up Parent Enrichment Session is only Monday, November 29, 2021, at 7:00 pm in the church.

Parents who have a child receiving their First Reconciliation in the spring need to attend. Only one parent, who desires to have their child receive First Reconciliation, need attend. Parents who have already attended a session for an older child need not attend.

Please RSVP to the Faith Formation Office at REAdmin@stapostle.org or 630.305.6318. The session will cover “Theology of Reconciliation” by Father Danaher and “Preparation for Reconciliation” by Lorraine Katz.

Parents Only Zoom with Lorraine for Family Advent Activities

Lorraine Katz invites you to join her on Zoom to explore ideas for celebrating Advent/Christmas in your home. Hop online Tuesday, November 30 from 7:15–7:40 pm. See inside your child’s folder for meeting ID and passcode or contact Lorraine Katz at lkatz@stapostle.org or 630.355.8980.

Children’s Liturgy of the Word — Volunteers Needed

Would you like to have some fun while teaching children about our Sunday’s Gospel? Volunteers are needed for the Children’s Liturgy of the Word during the 9:30 am Mass for children Pre-K through fifth grade. For more information or to volunteer, contact Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109.

Save the Date — Fifth Grade Mass

Fifth grade students and their families are invited to the Fifth Grade Mass on Saturday, December 4 at 4:30 pm. The children have been learning about and preparing for the Mass. They will be contributing by being readers, gift bearers, host greeters and bulletin cover designers.

Attention High Schoolers!

Are you looking to fulfill your volunteer service hours? The Elementary Religious Education Program would love your help. Friendly faces are welcome. No experience needed. Hours are flexible in December and January using your skills for filing assistance and replenishment of school supplies. We are also looking for greeters for monthly First Eucharist Prayer Services starting in January. Contact Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109 to schedule some time.

Important Dates for Elementary RE Classes

December 4, 11 and 18
Saturday Elementary RE classes meet

November 30 and December 7, 14 and 21
Tuesday Elementary RE classes meet.

Important Dates for Middle School RE

December 4, 11, 18
Saturday Middle School RE classes meet.

November 29, December 6, 13
Monday Middle School RE classes meet.

NOTE: Because of the Thanksgiving holiday, there are no middle school RE classes on November 20, 22 and 27.

RE Tuition Angel

Would you like to be a tuition angel for a family attending Religious Education (RE) classes? For some of our St. Thomas families, it is a struggle to pay their RE tuition. If you can help the fees are: \$145 for one child, \$240 for two children or \$315 for three children. Please make checks payable to St. Thomas the Apostle Church. Please write tuition gift on the memo line of the check. Please send it to the Faith Formation/Religious Education Office, attention Lorraine Katz. Thank you for your generosity of being a tuition angel. It is greatly appreciated.

Question of the week ...

Today is the beginning of Advent, what will you do to prepare for Our Savior’s birth?



Volunteers Needed for the Christmas Eve Pageant

St. Thomas young people in elementary and middle school are invited to participate in this year's Christmas Pageant. Narrators, Mary, Joseph, an innkeeper, angels, shepherds and a very special baby are needed to help proclaim the story of the birth of Jesus at the 4:00 pm Mass on Christmas Eve. Practices will be held Wednesdays December 8, 15 and 22, from 4:30–5:15 pm. Costumes are provided. Contact Peggy Goralski at pgoralski@stapostle.org if interested in being a part of this special St. Thomas tradition.

Keeping Christ in Christmas

Take a break from the hectic pace of the holidays and gather with others who seek to keep their focus on the true meaning of the season. Join us for a Zoom version of Keeping Christ in Christmas on Thursday, December 2 from 6:30–7:15 pm. This will be a time of prayer, sharing and refreshments. In addition, each family will start an Advent activity which can be continued each day of Advent. Those families who register for this special evening will be asked to pick up their Advent activity packet at St. Thomas. The activity packet will include what you need to join in prayer and our Advent activity as well as the Zoom link for the meeting. Email Peggy Goralski at pgoralski@stapostle.org or Lorraine Katz at lkatz@stapostle.org by November 30 to register.

Help Fill Care Pantry Christmas Stockings

St. Thomas middle and high school students are filling Christmas stockings for the children of our Care Pantry families. Can you help by donating items to fill the stockings? Donations are needed by December 15 and can be brought to the Gathering Area or given to Dorothy Grantham or Peggy Goralski.

Suggested stocking stuffer items include the following:

- Candy, gum and mints
- Chapstick, fun hair items
- Gloves and socks
- Gift cards (in small amounts) for Starbucks, McDonald's, Dunkin or Taco Bell
- Puzzle books or other small toy items

We appreciate your help!

Joint Middle School and High School Service Project

Middle and high school students are invited let their light shine while helping others. Come to the St. Thomas gym on Saturday, December 4, from 5:30–7:30 pm for a special project ... decorating and filling Christmas stockings for our Care Pantry families. Besides the service project, the evening will also include pizza and some other fun surprises.

Keep Christ in Christmas Poster Contest

The Knights of Columbus organization is inviting St. Thomas students in the parish ages 5 through 14 to participate in the organization's international Keep Christ in Christmas poster contest.

The contest will be conducted locally with winning entries advancing to the district/region and then to state, national and international levels. The winning entries may serve as the basis for a series of new Christmas posters that encourage a deeper understanding of the holiday. The posters will be distributed in the countries where the Knights are active. There will be monetary prizes for the winners in each age category (ages 5–7, 8–10 and 11–14).

Posters must reflect the theme of Keep Christ in Christmas and should be approximately 11x17 inches. Entries are due Wednesday, December 1.

Please contact Peggy Goralski at pgoralski@stapostle.org or 630.355.8980, x123 for more details



Stay Connected to St. Thomas

stapostle.org

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Download the St. Thomas App for your phone

Service Commission — Outreach and Social Justice



PATH December 14 Zoom Meeting Celebrate Success ... Alumni Homecoming

Join this special celebration to honor the 50 PATH Group members who have successfully secured employment during 2021 and have become PATH Group Alumni members. Recognizing the value of paying it forward, a number of these PATH group members will return to share their experiences and insights to help you activate your own job search initiatives.

The meeting will be an 'open forum,' allowing you to truly engage with these Alumni members and learn their 'Secrets to Success.' The Alumni will share the following information:

- What was learned from the job search experience (key takeaways).
- What strategy or tactic was most successful in securing their new position.
- What they would have done differently in their job search.
- What advice would they offer job seekers on the journey.

Register in advance for this webinar by emailing Fred Johnson at fred.c.johnson50@gmail.com. Once you have registered for the event, you will receive the Zoom meeting information in a confirmation email.



Harvest Sunday volunteers at Casey's Foods

Harvest Sunday at Casey's

Once again this year, Casey's Foods partnered with St. Thomas for Harvest Sunday. On Harvest Sunday, 21 St. Thomas volunteers (over four 2-hour shifts) passed out flyers to Casey customers entering the store asking them to help with Harvest Sunday. Inside the store, Casey's had marked the items that were especially good for the Harvest Sunday collection. St. Thomas volunteers brought bags of food back to St. Thomas throughout the day from 9:00 am to 5:00 pm. The final total was 369 bags of food.

Thank you Casey's Foods!

St. Thomas Cares Homeless Prevention Intervention

Fran was a victim of domestic abuse. She has a housing voucher, but still must pay her utilities. She had medical issues and could not do any part time work. She applied for disability. Her utility bills accumulated over a period of time. Her gas and electric were not shut-off due to pandemic related restrictions. Those restrictions have ended. Both gas and electric were due to be cut-off. If that happened, she would likely lose her housing voucher and become homeless.

The good news was that she did begin to receive her monthly SS Disability. However, it was not enough to pay-off the utility bills. She called St. Thomas for help. In talking with both utilities, they agreed to put her on a payment plan if she put down a down payment on the total she owed. St. Thomas Cares paid the gas and electric down payments. With her disability funds, she can make the payments going forward. As a result, she is not in danger of losing her housing voucher.



Care Pantry Christmas Party Gift Cards

There is no Care Pantry Christmas Party again this year. As done last year, we will collect gift cards. Cards will be distributed to our Care Pantry families at the drive-thru food distribution on Tuesday, December 21.

Please consider donating gift cards to Meijer, Target and Walmart in denominations of \$10, \$20 and \$25. This will give us the most flexibility when we divide the cards among the Care Pantry families. Gift cards are due no later than Sunday, December 19. Drop the cards off at church or send them to:

St. Thomas the Apostle
ATTN: Anne
1500 Brookdale Road
Naperville, IL 60563

Or, consider making a cash donation to purchase gift cards. Make checks out to "St. Thomas OSJ" with "Christmas Gifts" in the memo.

May you and your loved ones experience moments of Light and Hope during the Advent Season.

Waterleaf Miracle of the Month

She may have walked into the wrong building, but she certainly came to the right place.

"Willow" walked into the clinic indicating she had an appointment 'to get rid of her pregnancy'. When we told her we do not perform or refer for abortion, but that we could provide a pregnancy screening that would include an ultrasound to determine gestational age and viability, she decided to stay.

During her appointment, she shared that she had four children at home and did not want another child. The timing just was not right. She had no plans of telling anyone about her situation or her decision to abort. During her ultrasound, she was surprised to find out she was further along than expected. Willow was not sure what to do next. She made an appointment to come back the following week; however, she was a no-show.

It was another three weeks before she returned. When asked during her repeat ultrasound if anything had changed in her intention to abort, Willow indicated that she would parent, no matter how difficult. She stated very directly and simply, "It's a life." Where shock and uncertainty had dominated her first ultrasound, joy filled the room during her second. Willow may have walked into the wrong building, but she certainly came to the right place.

Keep Waterleaf and Willow in your prayers. Your support brings the gift of life.



Bishop John Stowe Pax Christi Illinois 2021 Gathering A Time of Reckoning

This year's annual Pax Christi Illinois gathering was held at St. Thomas on Saturday, November 6. About 30 people attended in person with another 30 on the Zoom.

Bishop John Stowe, OFM Conv. (Pax Christi USA Bishop President) was the keynote speaker. His Keynote talk is titled "A Time of Reckoning." After recent years of chaos and social fraying, most Americans long for healing and unity. But what does that mean and how do we ensure that we end up in a better place? Some believe that healing means moving on and putting the past behind us. Others believe that healing and unity are not possible without a reckoning with our past. Bishop Stowe explored those questions and other issues facing people of faith as we move forward in our struggle for social justice and peace.

To hear Bishop Stowe's keynote talk and the following question/answer, go to <https://youtu.be/son-OTF5lOk>

Service Commission — Pastoral Care

From the Office of the Parish Nurse Taking Care of Your Voice

Ear, Nose and Throat

Inna Husain, MD, thinks the larynx or voice box is a beautiful organ. When we speak, air passing through the larynx causes the vocal cords, or vocal folds, to vibrate. The vibrations make the raw sounds we shape into language with our mouths. The larynx quite literally gives us a voice.

Common causes of voice problems

Chronic voice changes are not primarily due to an acute inflammation of the larynx – it's a descriptive term, not a diagnosis.

Dysphonia

The most common cause of voice problems is actually muscle tension dysphonia, which happens when your laryngeal muscles start to contract in an abnormal way.

This often occurs during a stressful period, such as a difficult time at work or in your relationship, or right after giving birth.

"Your larynx is very sensitive to stress and other emotions," Husain explains. If the emotions last for weeks, the abnormal muscle contractions that result can make your voice feel tired, or like it's breaking up.

Laryngopharyngeal reflux, or LPR

Another common cause of voice problems is laryngopharyngeal reflux (frequently called LPR), which occurs when stomach acid travels up your esophagus to the back of your throat, often soon after you've eaten. This leads to inflammation at the base of the voice box.

"Sometimes patients come in complaining of a weak voice, and then upon examination, I'll notice tremors or rigidity — possible signs of Parkinson's," Husain says.

Other conditions that can cause voice changes range from fungal infections to autoimmune diseases to lung cancer.

Voice problems aren't just for performers

Most growths in the larynx are noncancerous. "If you're using your voice a lot for a long period of time, you may develop nodules, which are like calluses of the vocal cords," Husain explains. They can make your voice sound breathy or scratchy or feel tired.

People most at risk for this problem are those who use their voices professionally and anyone who spend hours speaking every day.

"A lot of people don't tend to think of themselves as voice professionals if they're not doing something like singing or acting. Teachers, for example, often realize they might be causing damage to their vocal cords, and they don't see a doctor until they have significant dysfunction. So I always encourage teachers to come in, get their voice checked and learn proper vocal hygiene," Husain explains.

Glottic fry (often called vocal fry) Speaking in a low, rattling register can put a strain on your vocal cords.

Not staying hydrated.

"If they dry out, it puts a lot of strain on them, and the quality of sound they produce will be different." To avoid this problem, drink plenty of water throughout the day.

Frequent throat clearing

Throat clearing puts a lot of pressure on your vocal cords. It's best to ditch the habit, if you can. When you need to clear your throat, try suppressing the urge, swallowing, taking a small sip of water or exhaling forcefully through your mouth.

If you are even a little worried about a change in the way your voice sound or feels, Husain recommends making an appointment with a laryngologist.

Treating a voice problem

If they're identified early, most voice problems are highly treatable — with the right approach.

Patients with laryngopharyngeal reflux, lifestyle changes, medications and improved vocal hygiene.

Patients with muscle tension dysphonia or nodules, work with a voice therapist to help teach them techniques for reducing strain when they speak.

For people with vocal cord paralysis or weakness, Husain can inject fillers to help bulk up the vocal cord so that the opposite, working vocal cord can once again reach it. This can make the voice less breathy.

For those whose voice weakness is due to aging, bulking up the vocal cords with injections of fat or other fillers can help make the voice sound younger.

"We don't just say, 'Oh, it's age-related so there's nothing to be done,'" Husain says. "There are plenty of things we can do to strengthen the voice and get you back to sounding like yourself."

Resource: Rush Copley Newsletter



FAITH COMMUNITY NURSE
St. Thomas the Apostle

From the Behavioral Health Ministry Boost Your Happiness

Feel more joy by bringing consciousness, gratitude and fun into your day. Try these five practices to boost your happiness.

By Charlene M. Martin Lillie

It may seem hard to believe, but there is a lot of truth behind the idea that happiness is a choice. Even though genetics and life circumstances play a role in your level of happiness, you do have control over much of it. It's unrealistic, of course, to snap your fingers and decide to be happy. But if you bring consciousness, gratitude and even frivolity to your day, you'll likely feel more joyful. So, just how can you do that?

Try these five ways to boost your level of happiness

1. Reconnect with what brings you joy. From throwing around a baseball to taking art classes, everyone has activities they used to enjoy. Perhaps a busy schedule or aging body got you out of the habit or made you feel like you should quit. Regardless of the reason you stopped, give those fun activities a try again. Reconnecting with what you love to do is a simple way to increase your joy.

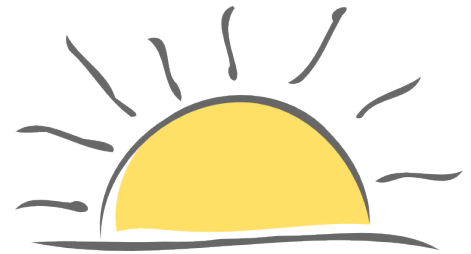
2. Get in the zone. Have you ever been so involved in something that time seems to stand still and your concerns seem to disappear? This is called being in a state of flow. It's a state of complete engagement in the task at hand, and it can boost your happiness. Playing a musical instrument and getting lost in a good book are examples of how you can get into the flow.

3. Find novelty in everyday life. Your brain is attracted to things that are new or novel. When you are paying attention to something new, you are focused on the present moment, which can boost feelings of happiness. Engage your brain by finding something new or seeing something in a new way. You don't have to go bungee jumping off the Eiffel Tower. Start with something small, such as lying in the grass and looking up at the clouds. Although the clouds and grass aren't new, each cloud is different, and be honest, when is the last time you did this?

4. Put yourself first. There will always be something you "should" be doing. That to-do list will never end. It's up to you to find balance. If you keep a calendar, add something at least once a week that's just for you. Let your family know that this is a priority, so you don't risk canceling as soon as something else pops up.

5. Immerse yourself in nature. Spending time in nature can reduce stress and increase feelings of vitality, awe, gratitude and compassion. The natural world helps remind people that they are but small beings on this planet and gives them a greater sense of the whole. Nature nurtures and restores. It is one of the greatest resources for happiness.

Source: Mayo Clinic, mayoclinic.org



The Morning Will Come

Adapted from Joyce Rupp

Oh God,

As I look back at my life

I see many little pieces of light.

They have given me hope and comfort in my
bleak and weary times.

I thank you for the radiance of a dark sky full
of stars

And for the faithful light of dawn that follows
every turn of darkness.

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, November 29

4:30–5:15 pm	Youth Choir, Cana
7:00–8:30 pm	First Reconciliation Parent Make-Up Mtg., Church
7:00–9:00 pm	Baptism Meeting, Senior Center
7:00–8:15 pm	Confirmation Classes, Ministry Center
7:15–8:30 pm	Middle School RE at All Saints Academy

Tuesday, November 30

12:00–12:30 pm	Advent Meditation, Church by Mary Statue
4:30–5:45 pm	RE at St. Thomas, Ministry Center
7:00–9:00 pm	Voices of Faith, Church

Wednesday, December 1

9:15–11:15 am	Wednesday Bible Study, Senior Center
4:30–5:15 pm	Joyful Jammers, Cana
4:30–5:30 pm	Christmas Pageant Practice, Church
6:30–8:30 pm	Pax Christi, Galilee
7:00–8:30 pm	St. Vincent de Paul, Lighthouse

Thursday, December 2

9:15–11:15 am	Thursday AM Bible Study, Senior Center
6:30–8:30 pm	Life Retreat Planning, Gym, Youth Center
7:30–9:00 pm	Thursday PM Bible Study, Senior Center

Friday, December 3

9:00 am–12:00 pm	Adoration/Benediction, Church
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Saturday, December 4

8:00–10:00 am	Fifth Grade RE Event, Gym
8:30–9:45 am	Elementary and Middle School RE at All Saints Academy
9:00–10:30 am	Saturday Men's Group, Cana
3:30–4:15 pm	Reconciliation, Reconciliation Room
4:30–5:30 pm	Fifth Grade Mass, Church
5:30–7:30 pm	Joint Middle School and High School Service Project, Gym

Sunday, December 5

1:00–2:00 pm	Baptism, Church
4:30–5:15 pm	Confirmation Class, Lighthouse
4:30–5:45 pm	Journey 1, Senior and Youth Centers
7:00–8:15 pm	Confirmation Classes, Gym and Lighthouse
7:00–8:15 pm	Journey 1, Senior and Youth Centers

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!

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

November 14, 2021	
Sunday Collection Offering*	\$6,744
Credit Card Online Giving	reported monthly
Automatic Direct Debit (5 th and 20 th each month)	none this week
Mailed in and stock donations	\$7,690
Total for the week	\$14,434
*Based on Collection Counters Reports prior to bank confirmation	
Fiscal Year (7/1 to 6/30)	\$679,435
Weekly Average 7/1/2021 to date	\$33,972
Offertory Goal Year to date	\$671,390
Over/(short) of goal to date	\$8,045
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	39%
Remaining for this fiscal year goal	\$1,066,165

This week, the Sunday collection is \$8,045 ahead of goal so far this year. Capital needs restricted gifts were \$855 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$158,790
Percent of Goal pledged to date	91.21%
Unpaid pledges	\$1,915
Paid to Date	\$156,875
Percent of goal paid to date	90.11%

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!

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			<p>320 N. Mill St. Naperville, IL 60540 (630) 420-2886</p>	

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