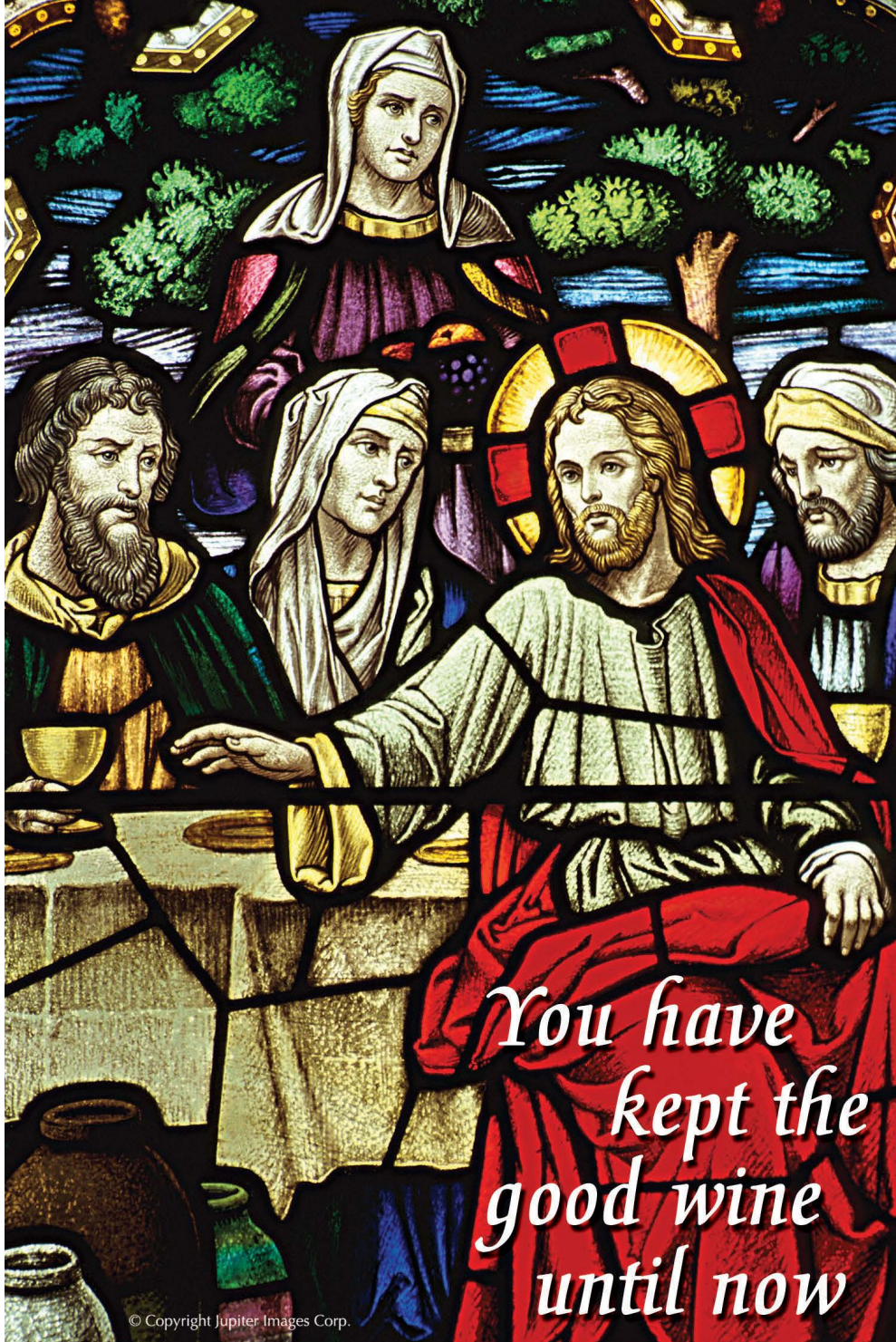


St. Thomas

JANUARY 16, 2022 — 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 (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

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Jim Clauer, *Director of Liturgy and Music*, x111, jclauer@stapostle.org
Samantha Delke, *Associate Director of Liturgy and Music*, x120, sdelke@stapostle.org

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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

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

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

Frank Szymanek, *Service* Susan Wood O'Leary, *Finance*
Cheryl Kaspar, *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

Letter from the Bishop



Dear Friends,

Soon our diocese will take up the Collection for the Church in Latin America. This national collection supports many pastoral projects that benefit the faithful in Latin America and the Caribbean.

An example of a beneficiary of this collection is Brazil's Associacao do Sementes do Verbo (Seeds of the Word Community), which is a young and growing congregation with a unique vision of forming missionary communities

of disciples in all states of life — consecrated men and women, clergy, lay missionaries, and married couples and families, all living together in community. Founded in 2004, Sementes do Verbo has 20 communities throughout Brazil, as well as in Portugal, Belgium, Canada, Comoros and Mozambique.

A central aspect of the group's spirituality is a nine-month formation period called a "sabbatical year," during which participants live in a mission house with the community and study Scripture; take courses in the theology of the body and human sexuality, with an emphasis on prevention of abuse; and participate in spiritual exercises and parish mission weeks.

An important fact that you must know is that 25 percent of this diocesan collection goes to support our own diocesan mission work. Since 1994 our diocese has sent missionaries to Sucre, Bolivia to not only offer our support with concrete actions, but to build relationships with the people who are so grateful for our presence and work there. We are blessed to have our Bolivian friends.

Let us all become missionaries by strengthening the Church in Latin America with a donation to the second collection on the weekend of January 22–23.

Paz y bien,
Most Reverend Ronald A. Hicks
Bishop of Joliet

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

Liturgy Schedule

Daily

Mass: 8:30 am, Monday–Saturday

Wednesdays

Communion Service: 6:30 am

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 January 22–23

Saturday, January 22

4:30 pm: Fr. Matt Lorenz

Sunday, January 23

8:00 am: Fr. Matt Lorenz
9:30 am: Fr. Philip Danaher w/ Deacon Joe Cuzzzone
11:15 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 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 cseaskme@gmail.com.



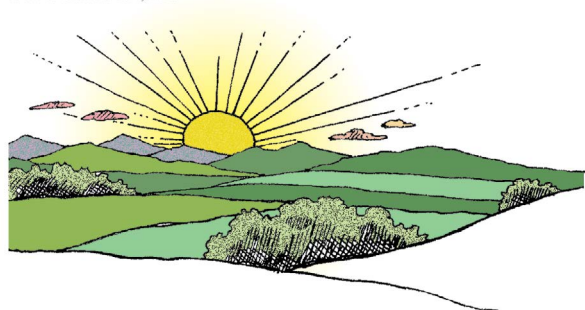
Church Office and Building Hours

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

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Second Sunday in Ordinary Time

January 16, 2022

Nations shall behold your vindication, and all the kings your glory.

— Isaiah 62:2

Readings for Today

First Reading — As a bridegroom rejoices in his bride, so God rejoices in the chosen Zion and Jerusalem (Isaiah 62:1-5).

Psalm — Proclaim his marvelous deeds to all the nations (Psalm 96).

Second Reading — All the varied gifts and talents found in the Christian community are products of the same Spirit (1 Corinthians 12:4-11).

Gospel — At a wedding festival in Cana, Jesus changes water into wine at his mother's request (John 2:1-11).

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 Sm 15:16-23; Ps 50:8-9, 16bc-17, 21, 23; Mk 2:18-22

Tuesday: 1 Sm 16:1-13; Ps 89:20-22, 27-28; Mk 2:23-28

Wednesday: 1 Sm 17:32-33, 37, 40-51; Ps 144:1b, 2, 9-10; Mk 3:1-6

Thursday: 1 Sm 18:6-9; 19:1-7; Ps 56:2-3, 9-13; Mk 3:7-12

Friday: 1 Sm 24:3-21; Ps 57:2-4, 6, 11; Mk 3:13-19

Saturday: 2 Sm 1:1-4, 11-12, 19, 23-27; Ps 80:2-3, 5-7; Mk 3:20-21, or any of a number of readings for the Day of Prayer

Sunday: Neh 8:2-4a, 5-6, 8-10; Ps 19:8-10, 15; 1 Cor 12:12-30 [12-14, 27]; Lk 1:1-4; 4:14-21

Liturgy Schedule and Mass Intentions

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

Monday, January 17, 2022

St. Anthony, Abbot

8:30 am †Jennie Battisto, by Battisto Family

Tuesday, January 18, 2022

Weekday

8:30 am †James Maul, by Ron and Carol Korecky

Wednesday, January 19, 2022

Weekday

8:30 am †Mark Smego, by Joe and Donnamarie Pierson

Thursday, January 20, 2022

Weekday

8:30 am Thanksgiving for Jan Olah, by Audrey Easton

Friday, January 21, 2022

St. Agnes, Virgin and Martyr

8:30 am †William Raef, by Battisto Family

Saturday, January 22, 2022

Day of Prayer for the Legal Protection of the Unborn

8:30 am Unborn Children

4:30 pm *Mass of Anticipation*

†Thomas Dougherty, by Gerry and Maureen Deneen

†Dorothy McGrath, by Norb Oliver and Family

†Francisco Vitug Sr., by The Mayoralgo Family

Sunday, January 23, 2022

Third Sunday of Ordinary Time

8:00 am Safe Delivery of Baby, by Mom and Dad

9:30 am †Dolores and Rosa Segouia, by Fernando

†Peggy Clark, by Jim and Mary Jo Breen

†Ferdinand DeGuzman, by DeGuzman Family

11:15 am †Norton Kollmann, by Kathy, Diane, Anne and Lorraine

Reflecting on the Readings ...

From the beginning of and throughout his ministry, Jesus revealed who he was. Today's first reading describes God's relationship with Israel in spousal terms, so it is not surprising that Jesus' first sign took place at a wedding feast. All that he did was essentially about God's unending love for us. Every aspect of life, including marriage, can speak to us of this deep, pervading, unifying love. How is that expressed in our own particular lives?

Communion Service

St. Thomas the Apostle is now offering a 6:30 am Communion Service on Wednesdays.

Deacon Joe Cuzzone will preside over this 30 minute liturgy in the Church space in which the Word is proclaimed, a reflection on Sacred Scripture is given and Eucharist is distributed. What a wonderful way to begin your day and provide a moment of prayer and community mid-week.

All are welcome!

Anointing Mass Saturday, February 5

Saturday, February 5 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*

Week of Prayer for Christian Unity

January 18-25

The theme for the Week of Prayer for Christian Unity in 2022 was selected by the Middle East Council of Churches and originates from the churches in Lebanon. Present times in Lebanon are extremely difficult and economically disastrous. All this combined with the effects of the COVID-19 pandemic have made the situation quite stressful. The power of prayer in solidarity with those who suffer is a demonstration of Christian unity and a sign of communion.

The theme, taken from the second chapter of the Gospel according to Matthew, is the Epiphany. Each year in January, the Church recalls the visit of the Magi to Bethlehem, highlighting God's invitation to all of humanity to a new covenant in the Incarnation of Christ. In the Eastern Churches, Epiphany is joined to the mystery of the Baptism of Christ, a baptism all Christians hold in common as testimony to their faith in the Son of God.

Prayer for the Week of Prayer for Christian Unity 2022

God of every nation, creator of every human life, the Lord Jesus Christ, the Word of God, has been made manifest in human history by becoming one of us and one with us. Born in a stable, born in homelessness, he is our King and Lord. The Magi bore witness to the Light of hope coming into the world as they faithfully followed the star, coming from foreign lands in the East, until arriving in Bethlehem of Judea.

The solidarity of God with created humanity in this gift of Epiphany calls us to a life of solidarity with the homeless, the refugee, the weakest and the rejected. We are all human beings worthy of redemption and prepared by that redeeming love to the glory of your Kingdom. Help us, O gracious Lord, to do this in unity and peace.

As we who bear the name of Christian, from the days of the church at Antioch, hold a special place in our hearts for the ancient Christian communities in the land we call holy, remind us to continually respond to our baptismal promises to you, who said through your Spirit at the Jordan, "This is my Son, the Beloved, with whom I am well pleased."

Help your Church, merciful One, to be a light for unity within itself and a beacon of hope for all humanity. We ask this through Jesus Christ, who with you and the Holy Spirit reign as One God for ever and ever. Amen.

Greetings St. Thomas the Apostle Community,

We recently celebrated the Solemnity of the Epiphany of the Lord. This day is most notable for the story of the Three Kings following the star to the baby Jesus and presenting their gifts to him. And while most of us would not gift Gold, Frankincense or Myrrh in this day and age, we can still give Christ the greatest gift — ourselves.

There are various liturgical ministries that are essential to St. Thomas the Apostle Catholic Church being the welcoming, vibrant parish community that it is. We need friendly and helpful people to serve as Ministers of Hospitality. We need poised and reflective people to serve as Extraordinary Ministers of Holy Communion. We need organized and detailed people to serve as Sacristans. We need tidy and flexible people to serve as Temple Keepers. No matter your God given gifts, there is a ministry in which you can give yourself.

Please take time in prayer and discern where God may be calling you to share your gifts. As a child of God, you are the face of Christ. As a parishioner of St. Thomas the Apostle, you are the face of this community. We need you.

For more information about ministry opportunities, please contact the Liturgy and Music Office or visit the St. Thomas the Apostle website. Make the Year of Our Lord 2022 the year in which you discover a new way in which you can share your gifts for the building of God's reign.

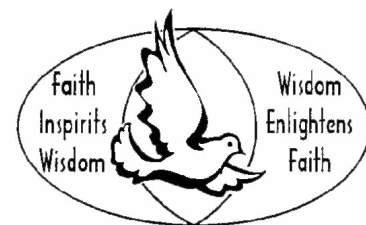
Blessings,
Samantha Delke
Associate Director of Liturgy and Music

Faith and Formation Commission — Adult

C.A.R.E. CORNER

As we continue with our series on saints, we look to those early influencers who had links to the apostles and who made heroic efforts to keep this new Christian faith and Church true to its origins. One of those was Clement of Rome, likely born around the year 30. Like most Romans, he was a pagan idol-worshiper. But Clement was a seeker of truth, so he went in search of answers to life's big questions by sampling a variety of philosophies of the day. Then he encountered some Christians. Clement found the truth he was seeking in the Gospel and he converted to Christianity. He is said to have been instructed by Peter himself. Clement then took up the task of evangelization, catechizing other pagan Romans and helping them come into the Christian faith.

Clement became the third successor of Peter as the Bishop of Rome, leading the Church from about the year 90 of the first century A.D. During his papacy, Clement exercised his primacy as Bishop of Rome over the Church in Corinth by addressing factions within and giving them instruction on how to resolve some issues and restore unity. The Emperor Trajan exiled him to hard labor in the limestone quarries in what is present day Crimea. He was martyred there around the year 100. There is a monastery to St. Clement in what is now Sevastople, as well as a St. Clement's Cathedral in Rome.



Where R U God?

Free Virtual Men's Annual Retreat with Fr. Bob Colaresi facilitating

January 29, 2022, from 9:00 am–12:00 pm

These frustrating times have changed our religious and spiritual practices. The in-person human connection is not the same — and don't we wonder: Where are you, God?

Is God ever going to help us out of these chaotic, stressful and dangerous times.

Fr. Bob Colaresi will lead us in the discussion of where we look for and expect to find God — exploring the "dark nights" of spiritual emptiness and absence; how we deal with these desert times.

God is called Emmanuel (God with us) but sometimes the divine seems hidden.

There will be some input, small group sharing as we break into groups, prompts, etc. Sometimes God is in the search.

This will be a free virtual retreat, but register early so we have time to set up home groups/council circles. It will be good to share and search this important and relevant issue.

Pre-registration necessary by January 24. Contact the Carmelite Spiritual Center at 630.969.4141 or retreats@CarmeliteSpiritualCenter.org.

The Reading Rack

Prayer. What does the word evoke for you? A conversation with God? Beloved selections from our treasury of written prayer? Reflecting on the word of God in Scripture? Or joining with Mary in prayer through the Rosary?

Whatever your preferred method of prayer, you will find something to refresh and nourish your soul through the winter with the current selections on the Reading Rack in the Gathering Area.

A self-checkout binder is on the top shelf for your convenience. Please remember to return the materials (including periodicals) after 2 weeks so that others may enjoy them. On the lowest shelf there are even books for our littlest prayers — our children, so they may learn the ways of speaking with and listening to God.

Day of Support for Annulment Petitioners via Zoom

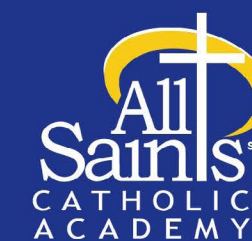
The Office of Family Ministry, in collaboration with the Joliet Diocesan Tribunal, is once again offering an optional Day of Support for Annulment Petitioners on Saturday, January 22, 2022, from 9:00 am to 12:00 pm via Zoom.

This workshop is designed for divorced persons who have already started the annulment process by petitioning the Diocesan Marriage Tribunal, have submitted their Matrimonial Fact Sheet and have a current case in process but have not yet completed the Marriage Summary Long/Questionnaire.

For more information and to register, go to stapostle.org and enter annulment in the search box.



Prayerfully consider a move to All Saints Catholic Academy this coming fall for your child(ren) and family. We look forward to meeting you soon!



Academic Excellence
Grounded in Faith

Family Values
Rooted in a Christ-centered
Community

The All Saints Catholic Academy Faculty and Staff invite you to our first Open House since 2020. At All Saints, All are Welcome.

You will feel warmth, acceptance, and the feeling of family and home from the moment you visit All Saints.

IF YOU ARE LOOKING FOR A SCHOOL WHERE –

- Faith is important, and woven into every part of your student's day
- The bar is set high for all students with respect to academics
- The values that are important to your family are shared

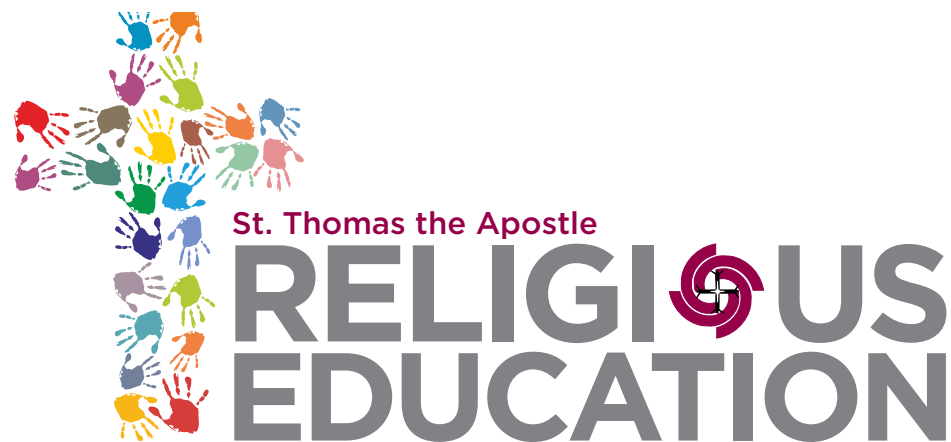
Go to ascacademy.org to sign up for your Open House experience. Questions? Contact Patty Bajek at pbajek@ascacademy.org, or call the school at (630) 961-6125

OPEN HOUSE

SUNDAY
January 30, 2022

1-3PM

Faith and Formation Commission — Youth



Kindergarten Mass

The Kindergarten Religious Education Class is invited along with their families to a special Mass on Sunday, January 16 at 11:15 am. Kindergarten children may be part of the ordinary time Mass procession. If interested, please meet in the Narthex at 11:00 am. Please bring a can of soup or toilet paper for the Care Pantry.

We are thankful for the kindergarten coordinator who coordinates the lesson plans and teaches sharing her love of Jesus. She has two dedicated aides Rae Hibner and Alison Davids, who assist in the classroom.

First Eucharist Prayer Service

The First Eucharist Prayer Service “Family Inscription Service” is on Wednesday, January 19, 2022, at 7:00 pm in the Church. It is for First Communicants, parents and their families. Please RSVP to this session on the St. Thomas website at stapostle.org and indicate the number attending from your family.

Attendance at this service is required as part of the preparation for receiving First Communion. It is a special liturgy for your First Communicant and your family. For more information or questions, contact Jenni or Geralyn in the Faith Formation Office at READmin@stapostle.org or 630.305.6318 or Lorraine Katz at lkatz@stapostle.org or 630.355.8980, x109.

Teens with Character

Middle school students ... Teens with Character will meet on Sunday, February 13, from 4:30–6:00 pm at St. Thomas. Bring your face mask and join us.

Games, faith sharing, and checking in with each other are all part of the Teens with Character experience.

We would love to see you!



Important Dates

Elementary RE
January 25 and February 1
Tuesday elementary RE classes meet

January 15, 22 and 29
Saturday elementary RE classes meet

- Saturday, January 15 – Kindergarten Class meets at the Church
- Saturday, January 22 – First Grade Classes meet at the Church

Middle School RE
January 24, February 7, 14, 28:
Monday middle school RE classes meet.

January 15, 22, 29, February 5, 12, 26
Saturday middle school RE classes meet.

The February 5 and 7 classes will be held at St. Thomas.



Coming Soon to Middle School Religious Education

On February 5 and 7, middle school RE classes will be hosting a special speaker, Mary Latham. From October 2016 to November 2019 Mary Latham drove her mother's old Subaru (in her honor) 43,000 miles across America to collect stories of acts of human kindness. She hit all 50 states and is now compiling these stories into a book to donate to hospital waiting rooms. She will be sharing her story/faith journey and some of those acts of kindness with us. The title of Mary's presentation is 'More Good.' Mary's presentations will be held at St. Thomas during regular RE class times. Parents are also welcome to attend.

Alive in You – High School Youth Ministry Mission Trip

Registrations are now open for the Alive in You Mission Trip to Knoxville, Tenn. June 28-July 3, 2022.

The vision of Alive in You is to enable High School teen participants to open their hearts and allow Christ to become the center of their lives. The goal is to educate, motivate and provide young people with a life changing Catholic experience. Alive in You is grounded in the beliefs and teachings of the Catholic Church and we strive to provide the perfect balance of faith, service, education and fun. Incoming freshmen to outgoing seniors eligible to sign up. Young Adults are welcome but must take Protecting God's Children in order to go. Typical work may include: painting, simple building projects, landscaping, working at a food pantry or social service organization, working with children at a low income day care, etc. Chaperones needed.

We will be having an information night on Wednesday, February 16, at 7:00 pm. Registration forms can be found online at stapostle.org. Contact Dorothy Grantham for more information at 630.852.3303, x117 or ym@stapostle.org.



HS Youth Ministry Calendar at a Glance

Sunday, January 16
LIFE Retreat | 9:15 am–3:15 pm Retreat Liturgy

Thursday, January 20
LIFE Retreat Reunion | 6:30–8:00 pm

Thursday, January 27
LIFE Retreat Meeting | 6:30 pm

Sunday, January 30
Journey Parent/Youth Night – Speaker Roy Petitfils | 7:00 pm in Church or 2:00 pm at St. Margaret Mary

Thursday, February 3
LIFE Team Meeting | 6:30 pm

Saturday, February 5
Journey Parent/Youth Event – Mary Latham – More Good! | 8:30-9:45 am

Sunday, February 6
LIFE Retreat Gathering for Greater online Retreat youth | 1:00–3:00pm, Zoom

Tuesday, February 7
Journey Parent/Youth Event – Mary Latham –More Good! | 7:15–8:30 pm

Question of the week ...

Do you believe that during Mass the wine is changed into Jesus blood?



Service Commission — Outreach and Social Justice



St. Thomas Cares Thank You

Cheryl is a single mother with two small children. She had been unemployed for some time. She has a housing choice voucher that helps with the rent, but needed to find employment to pay other bills. Her phone was about to be shut off, which she needed in her job search. St. Thomas Cares paid the phone bill. She has since found a job in an area nursing home. Cheryl sent the following thank you.

Thank you, St. Thomas Church for helping me pay my bills during this pandemic and extreme hard times for me. I am so grateful to have my phone on during a serious time.

May God continue to bless your church and bless other people in need like I was.

God bless you all!

Cheryl

Laudato Si' Ministries Diocesan Initiative

Asking for St. Thomas Participation

Laudato si' is the second encyclical of Pope Francis, published on June 18, 2015. The encyclical has the subtitle "on care for our common home." In it, the pope critiques consumerism and irresponsible development, laments environmental degradation and global warming and calls all people of the world to take "swift and unified global action."

Please review the information below. If you have interest in understanding more about the diocesan initiative and perhaps becoming involved, we will arrange a meeting as suggested by the diocese below. Please contact Mike in the OSJ Office at mryder@stapostle.org, 630.355.8980, x121 with any questions or for more information.

Diocesan Message

Laudato Si' Ministries of the Diocese of Joliet uses the lens of Catholic Social Teaching to approach agriculture, environmental, food sustainability, climate and rural life issues. Through Scripture and Church teachings, we seek to provide principled guidelines for faithful practices. The objective of this ministry is to develop a comprehensive approach to environmental justice and the implementation of Laudato Si'. We do this through educational and pastoral support, policy and legislation, creating community, and sustainable food sources for the poor and vulnerable. Do you know of any parishioners who might be interested? If so, please let me know and we can arrange a convenient time and date to meet.

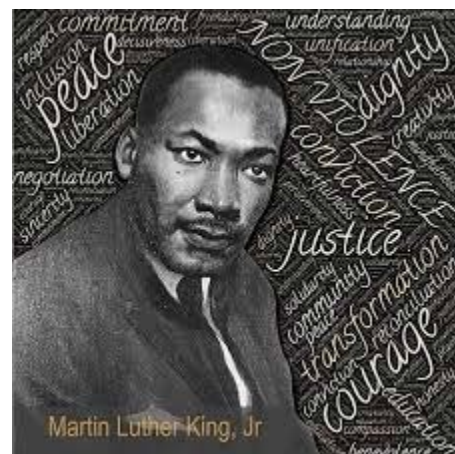
Martin Luther King, Jr.

Martin Luther King (MLK), Jr.'s birthday is January 15. MLK Day is an American federal holiday, observed in 2022 on January 17. MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. Making time to volunteer for MLK Day of Service is a great way to engage with your community while honoring the legacy of Dr. King.

"O God, we thank you for the fact that you have inspired men and women in all nations and in all cultures. We call you different names: some call you Allah; some call you Elohim; some call you Jehovah; some call you Brahma; some call you the Unmoved Mover. But we know that these are all names for one and the same God. Grant that we will follow you and become so committed to your way and your kingdom that we will be able to establish in our lives and in this world a brother and sisterhood. That we will be able to establish here a kingdom of understanding, where men and women will live together as brothers and sisters and respect the dignity and worth of every human being. In the name and spirit of Jesus. Amen."

Martin Luther King, Jr., from "Thou, Dear God:" Prayers That Open Hearts and Spirits.

The prayers in "Thou, Dear God:" Prayers that Open Hearts and Spirits reveal that Martin Luther King, Jr. never associated "the spiritual" with a particular religion or religious tradition. He associated a sense of "the spiritual" not only with Christianity, but also with Judaism, Islam, Hinduism, Buddhism and other world religions. It is at this point that his prayers are so spiritually enlightening. They are the passionate pleas, longings and hopes of a man who was deeply wedded to his own faith tradition while, at the same time, recognizing the truths and the vitality of other traditions. In short, the prayers in "Thou, Dear God" emerged out of King's unwavering belief that the Kingdom of God ultimately intersects with all people of faith.



Swaddling Project — Last Week to Donate

The St. Thomas Pro-Life Ministry is again sponsoring its Swaddling Project to support area pregnancy centers. Usually, swaddling bags are distributed with a list of needs and the bags are returned to St. Thomas full or even overflowing. With the pandemic still upon us, please donate gift cards. They will be given to three area pregnancy centers (Waterleaf in Aurora, Birthright of Joliet, and Avenue Women's Center with six offices-including Naperville, Glen Ellyn, and Darien). Please be as generous as you are able to support young pregnant women in need.



Consider donating gift cards to Walmart, Target, Kohl's and grocery stores in denominations of \$10 and \$20 so that the pregnancy centers can easily distribute them to their clients.

Put the gift cards in the collection baskets at Mass, drop them off at St. Thomas during the week or send to: St. Thomas the Apostle, ATTN: Anne Schultz, 1500 Brookdale Drive, Naperville, IL 60563.

Or, make a cash donation to purchase gift cards. Make checks out to "St. Thomas OSJ" with "Swaddling Project" in the memo. Please return all donations by Tuesday, January 18.

May you and your loved ones experience moments of Light and Hope in 2022.

St. Thomas Pro-Life Committee

Hesed House PADS February Food Donation Sign-Up

St. Thomas Hesed House PADS Ministry serves the homeless at Hesed House in Aurora the first Thursday of every month throughout the year. The ministry prepares and serves dinner and breakfast ... and provides a bag lunch.

We are asking parishioners to donate the food items needed each month. Thanks to all those that helped with December donations. Special thanks to the St. Thomas Knights of Columbus that took full responsibility for providing food and preparing the food for January. We are now asking for donations for the first Thursday in February.

How to donate food for Hesed House

If you are willing and able to provide food for February, you can sign-up on the St. Thomas website home page (www.stapostle.org) for specific items. If you enjoy cooking, you can sign up to prepare the entrée or the dessert. Recipes and pans are provided. If cooking is not your greatest gift, there are many other items needed. Please deliver all items to the St. Thomas Gathering Area on Thursday, February 3, before 4:00 pm. Thanks to all who are able to help.



St. Nicholas Thank You

St. Thomas has a "twinning" relationship with St. Nicholas Catholic Church in Aurora. St. Nicholas is a predominantly Mexican community. We received the following "Thank You" from St. Nicholas at the end of the year.

St. Thomas the Apostle Parishioners, As the year ends, I wish to thank the parish of St. Thomas the Apostle for the abundant generosity during this year. The donations to our pantry have helped many families during the holidays and throughout the year.

Of behalf of parishioners here, I thank you for your kindness, thoughtfulness and the joy brought about from your gifts.

*Sincerely yours in Christ,
Rev. Josue R Lara, Pastor*

Christmas Card Thank You's

We also received 14 Christmas cards from St. Nicholas families. One had the following message.

Que Dios los llene de bendiciones y muchos gracias por las donaciones que dan. Son de mucha ayuda para mi familia y para todos otras familias. Estamos muy agradecidos. Gracias.

May God fill you with blessings and thank you very much for the donations you give. They are very helpful for my family and for all other families. We are very grateful. Thank you.

Service Commission — Pastoral Care



Wellspring Zoom Event Healing and Rebuilding Community Through COVID-19

COVID-19 has challenged us in many ways, not least in the ways we relate to one another.

Join us for a Zoom event Tuesday, February 1, 2022, from 7:00–8:30 pm to develop and try out tools for working through grief and loss, working toward “Healing and Re-Building Community.”

Our presenter, Bernadette Beyer, will explore with us ways to re-form our relationships with God and one another. The pandemic era has changed us in many ways. Where do we go from here?

Bernadette Beyer, LMFT, LLP is a Licensed Marriage and Family Therapist and a Limited Licensed Psychologist. She is presently a Pastoral Counselor at Mayslake Ministries and also in private practice.

This event is sponsored by Wellspring. Wellspring is co-hosted by the Adult Faith Formation and the Pastoral Care Ministries and is dedicated to integrating a holistic, body-mind-spirit way of living.

Please join us for this safe and welcoming evening. Questions and sharing are encouraged.

To participate, please RSVP to REAdmin@stapsotle.org or call 630.355.8980, x118 by January 28.

Reservations are required in order to receive a Zoom link.

From the Office of the Parish Nurse Expanding Your Mind Through Exercise

Physical activity is as vital for the brain as it is for the body.

If you want to stay mentally sharp, you'd better ease out of that easy chair. A sedentary lifestyle can lead to mental decline. It takes regular exercise to keep your brain in shape.

Scores of studies have shown that activities like stair climbing, jogging, raking leaves, swimming, dancing, yoga and strength training can pump up mental powers, fueling the brain with the oxygen and nutrients it requires to stay healthy and functioning at its best.

When you're actively exercising, you're not only using your heart and muscles, but you're exercising your brain. You're thinking and responding quickly. You may be increasing the growth of brain cells. You're strengthening your system as a whole. It's essential to keeping us mentally healthy and alert as we get older, and it helps prevent depression as well.

How Exercise Goes to Your Head

The list of the mental benefits of exercise is long and getting longer as scientists add to their knowledge of the brain and its functioning. Research suggests that the impact on brain cells of, say, a brisk 30-minute walk, a bike ride around the neighborhood or an energetic workout with weights may include:

- **Oxygenating the brain:** A Japanese study found that joggers scored significantly better on complex tests after running for 30 minutes two or three times a week for 12 weeks, but that their scores began to fall off again after they stopped regular exercising. The subjects' oxygen intake had risen along with their test scores, suggesting that increased brainpower came from exercise-related infusions of oxygen-rich blood to the brain, which consumes 25 percent of all oxygen taken by the lungs.
- **Fueling brain activity:** The increased circulation associated with exercise delivers more glucose to hungry brain cells, providing energy to facilitate mental functioning.
- **Boosting growth factors:** Exercise boosts levels of important growth factors that keep the brain responsive and healthy. Among the most important growth factors are brain-derived neurotrophic factor (NGF), and insulin-like growth factor (IGF-1).

Adapted from: MMM 2013, Massachusetts General Hospital



FAITH COMMUNITY NURSE
St. Thomas the Apostle

Pastoral Care Resources

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

Counseling Resource

Diane, General Office
630.355.8980, x101

Health Resource

Parish Nurse
Felicia, 630.355.8980, x104

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

Diane, General Office
630.355.8980, x101



From the Behavioral Health Ministry The Year in Mental Health

It hasn't been easy to be a student during the pandemic. Here's a look at some of the challenges our kids have faced.



BEHAVIORAL HEALTH
St. Thomas the Apostle

Children

- Even as nearly every school opened last fall, teachers had to handle some of the aftereffects of long-term remote schooling.
- Some kids were melting down at school. Moms struggled, too. This fall, the number of children in crisis under the age of 13 was increasing.
- Over the summer, camp directors bore the brunt of kids' anxieties. And in schools, nurses are often on the front lines of the mental health crisis, and they're often overwhelmed by the need.
- Let's not forget that a staggering number of children — at least 120,000, according to a recent study — have lost a parent or a caregiver to COVID-19.

Adolescents

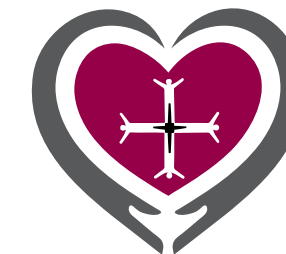
- The surgeon general warned this month that young people are facing “devastating” mental health effects as a result of the challenges experienced by their generation, including the coronavirus pandemic.
- Remote learning in the last academic year played a part. Few have had a harder time than children coming from immigrant households who rarely speak English at home. Families of color — who have disproportionately borne the impact of the pandemic and the shortfalls of remote learning — are often struggling the most.
- “In the more than two decades I've spent as a psychologist working with adolescents, I have never seen teenagers so worn down at the end of an academic year as they are right now,” Lisa Damour wrote in *The Times* this spring.
- A survey this summer found that 72 percent of 13 to 19-year-olds have struggled with their mental health. Eating disorders have skyrocketed, too. In a recent survey, about half of middle and high school students in Los Angeles said they worried about their own mental health and that of their families and friends.
- Genesis Duran is one of millions of high school seniors whose world has been shaken by the pandemic. She lives in New York City where she had to help her sister with remote learning while dealing with her own classes, too.

The Bright Spots in a Hard Year

More schools are planning to use coronavirus relief money to strengthen mental health resources. And a lot of schools have allowed mental health days, after teenagers pushed for them.

“My 13-year-old soccer-obsessed son asked to miss school for a mental health day,” wrote Holly Roberson, a parent in Berkeley, Calif. “He spent the day in bed, sipping hot chocolate and working on a script for a musical. He said it was the best day of his life.”

Source: New York Times nytimes.com



PASTORAL CARE
St. Thomas the Apostle

Help Wanted

Part-time Director of Pastoral Care and Nursing

St. Thomas is looking for a part-time Director of Pastoral Care and Nursing.

Position Goal: To continue the healing mission of Jesus

Promote holistic health (physical, psychological, social and spiritual) by providing leadership in identifying and responding to the holistic health needs of the parish. Work collaboratively with other departments, Pastoral Care staff and volunteer leaders to ensure volunteers are trained, developed and supported in their ministry roles. Oversee preparation and administration of the department budget. Meet with individuals seeking support in their holistic needs, and provide professional referrals as needed.

Pastoral Care Ministries Include:

- Health Ministry (including blood pressure screenings)
- Ministers of Care (Eucharistic visits)
- Behavioral Health
- Prayer Shawl Ministry
- Prayer Network
- Rosary Ministry
- Wellspring Education (in collaboration with Adult Faith Formation)

This position is a 25 hour per week non-benefitted, salaried position reporting to the pastor. The ideal candidate is a currently licensed registered nurse in good standing with the State of Illinois and has at least three years experience as a spiritually grounded servant-leader.

Please send a resume and cover letter to jsimmons@stapostle.org.

Stewardship and Administration

The Week Ahead

Monday, January 17

Martin Luther King Jr. Day

Building Closed after 8:30 am Mass

Tuesday, January 18

9:00–10:00 am Care Pantry Food Distribution, Outside
 7:00–9:00 pm Elementary RE Catechists, Ministry Center
 7:00–9:00 pm PPC, Zoom
 7:00–8:30 pm Voices of Faith, Church

Wednesday, January 19

9:15–11:15 am Wednesday Bible Study, Senior Center
 7:00–8:30 pm First Communion Prayer Service, Church

Thursday, January 20

9:15–11:15 am Thursday AM Bible Study, Senior Center
 10:00 am–12:00 pm Prayer Shawl Ministry, Emmaus
 6:30–8:00 pm Life Retreat Reunion, Gym and Youth Center
 7:30–9:00 pm Thursday PM Bible Study, Senior Center

Friday, January 21

Saturday, January 22

8:00–10:00 am First Grade Church Visit
 8:30–11:45 am RE at All Saints Academy
 8:30–9:45 am Middle School at All Saints Academy
 9:00–10:30 am Saturday Men's Group, Cana
 3:30–4:15 pm Reconciliation, Chapel

Sunday, January 23

4:30–5:45 pm Journey 1, Gym
 7:00–8:30 pm Journey 1, Lighthouse

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

January 2, 2022	
Sunday Collection Offering*	\$3,878
Credit Card Online Giving (reported monthly)	\$21,920
Automatic Direct Debit (5 th and 20 th each month)	none this week
Mailed in and stock donations	\$23,523
Total for the week	\$49,321
*Based on Collection Counters Reports prior to bank confirmation	
Fiscal Year (7/1 to 6/30)	\$950,229
Weekly Average 7/1/2021 to date	\$35,194
Offertory Goal Year to date	\$906,376
Over/(short) of goal to date	\$43,853
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	54%
Remaining for this fiscal year goal	\$795,371

This week, the Sunday collection is \$43,853 ahead of goal so far this year. Capital needs restricted gifts were \$325 this past week. We are grateful to those who recognize the need and responded.

Diocesan Appeal 2021

Parish Appeal Goal	\$174,100
Pledges Received	\$162,505
Percent of Goal pledged to date	93.34%
Unpaid pledges	\$269
Paid to Date	\$162,236
Percent of goal paid to date	93.19%

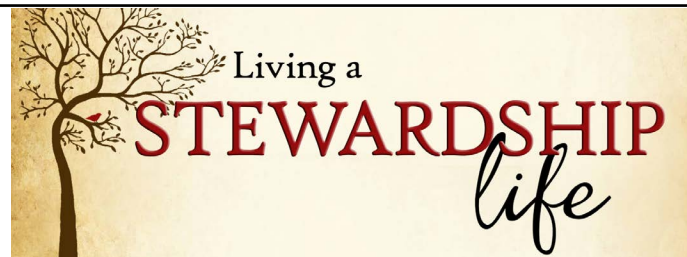
The Stewardship Way of Life is the grateful response of a Christian disciple who recognizes and receives God's gifts and shares these gifts in love of God and neighbor.

Diocese of Charleston, January 9, 2022

We all have gifts, given to us by our Lord. Last week a call went out from the Liturgy Office for volunteers to participate in the Mass. This could be a way to use the gifts of time and talent that God has given us. There is a need for Lectors: those who could read passages from the Old and New Testaments during Mass. There is a need for Eucharistic Ministers: those who could distribute the Body of Christ. There is a need for Greeters: those who can share a warm welcome and a kind word to those attending Mass. We tend to take for granted that we will always have enough Lectors, Greeters or Eucharistic Ministers, but sometimes those scheduled need substitutes for whatever reason. At a few Masses lately we have been short of volunteers. Please consider volunteering and call the Liturgy Office.

Thus should one regard us: as servants of Christ and stewards of the mysteries of God.

1 Corinthians 4:1



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