

St. Thomas

APRIL 24, 2022 — SECOND SUNDAY OF EASTER

Jesus came and
stood in their midst
and said to them,
“Peace be with you.”

John 20:19

in the word



with
fr danaher

Dear Parish Family,

“Blessed are those who have not seen and have believed.”

Those words of the risen Jesus to Thomas were meant for us. We did not see Him with our eyes nor touch Him with our hands, but we have believed. Even in times of sorrow,

we show our belief in our Risen Lord through our prayers. Would we come together for a funeral liturgy, a Mass of Resurrection, if we did not believe in the new life of Jesus, the same new life promised to all who believe?

As believers in new life, we are also sent by God, as were the disciples, to bring that new life to the world. As we heard in the first reading from Acts, one way which the early Church brought new life was to care for the sick who were brought to Peter who cured them in the Lord’s name.

Speaking of new life, we celebrate the new life which our children will receive as they receive Eucharist for the first time this weekend and next. May they and all of us continue to share the nourishing love which we receive each and every time we receive our Lord’s special gift of Himself in the Eucharist.

And, just as we celebrate the nourishment which our children will receive this weekend, I want to take this opportunity to thank Deacon Patrick Lennon and his wife, MaryJo, for their many years of nourishing our St. Thomas the Apostle parish community. As many of you know, Patrick and MaryJo are moving to Madison, Wisconsin.

Patrick and MaryJo, we thank you for your ministry and wish you Godspeed in your future. Please know that the prayers of our parish whom you served so faithfully and well will always be with you and those you love.

In the Word,

Changes Coming to the St. Thomas Bulletin

The St. Thomas the Apostle bulletin will have a whole new look starting next weekend, May 1.

Stay tuned — you won’t want to miss it!

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 April 30–May 1

Saturday, April 30

4:30 pm: Fr. Joseph Kappilumakkal

Sunday, May 1

8:00 am: Fr. Bob Colaresi

9:30 am: Fr. Philip Danaher with Deacon Joe Cuzzone

11:15 am: Fr. Matt Lorenz with Deacon Jim Breen

Presider schedule is subject to change.

Welcome Guests and Visitors!

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

New Parishioners

Rick and Kathy Peterson

Would you like to become a parishioner?

Call Maureen Januszewski in the General Office at 630.355.8980, x100.

Calling All Men!

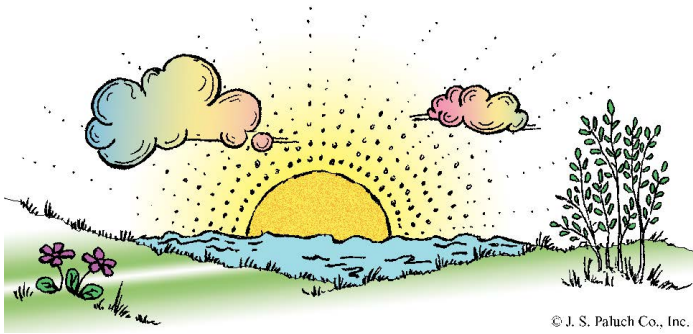
Would you be interested in learning more about membership in our St. Thomas Knights of Columbus council? For an introduction, contact David Yelaska at cseaaskme@gmail.com.

Church Office and Building Hours

Regular hours are 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 of Easter

April 24, 2022

Once I was dead, but now I am alive forever and ever.

— Revelation 1:18a

Readings for Today

First Reading — The apostles perform many signs and wonders among the people. Many are added to their numbers (Acts 5:12-16).

Psalm — Give thanks to the Lord for he is good, his love is everlasting (Psalm 118).

Second Reading — John, caught up in the spirit, envisions the glorified Lord, the first and the last, the one who lives (Revelation 1:9-11a, 12-13, 17-19).

Gospel — The risen Christ comes to his disciples with peace and the Spirit. The absent Thomas doubts (John 20:19-31).

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 Pt 5:5b-14; Ps 89:2-3, 6-7, 16-17; Mk 16:15-20

Tuesday: Acts 4:32-37; Ps 93:1-2, 5; Jn 3:7b-15

Wednesday: Acts 5:17-26; Ps 34:2-9; Jn 3:16-21

Thursday: Acts 5:27-33; Ps 34:2, 9, 17-20; Jn 3:31-36

Friday: Acts 5:34-42; Ps 27:1, 4, 13-14; Jn 6:1-15

Saturday: Acts 6:1-7; Ps 33:1-2, 4-5, 18-19; Jn 6:16-21

Sunday: Acts 5:27-32, 40b-41; Ps 30:2, 4-6, 11-13; Rv 5:11-14; Jn 21:1-19 [1-14]

Liturgy Schedule and Mass Intentions

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

Intentions for this weekend

Sunday, April 24, 2022

Second Sunday of Easter

4:30 pm *Mass of Anticipation*

†Joseph Chalupka, by Mark and Agatha Chalupka

†Vickie Power, by Joanne and Walter Kiselyk

8:00 am The People of St. Thomas

9:30 am †Peggy Clark, by St. Vincent de Paul

†Irene and Leo Agustin, by Ed and Kay Agustin

11:15 am †Colleen Dolen, by Agatha Chalupka

Intentions for this week

Monday, April 25, 2022

St. Mark, Evangelist

8:30 am †Jim Rioux, by Ann Rioux

Tuesday, April 26, 2022

Easter Weekday

8:30 am James Maul, by Maul Family

Wednesday, April 27, 2022

Easter Weekday

8:30 am †Anthony Kurian and Alex Anthony, by Buddy and Mely Mallorca

Thursday, April 28, 2022

Easter Weekday

8:30 am †Anne Battisto, by Battisto Family

Friday, April 29, 2022

St. Catherine of Siena, Virgin and Doctor of the Church

8:30 am Mary Kieklak, by Lawrence

Saturday, April 30, 2022

Easter Weekday

8:30 am †Ferdinand DeGuzman, by DeGuzman Family

4:30 pm *Mass of Anticipation*

†Don Bartyzel, by Sunday Birdie Golfing Friends

Sunday, May 1, 2022

Third Sunday of Easter

8:00 am †Jacob D'Souza, by Neville and Family

9:30 am †Ed Olah, by Marilyn and Dennis DeMeo

†Joseph Chalupka, by Mark and Agatha Chalupka

11:15 am The People of Ukraine

An enormous thank you to all of the ministers who made our Sacred Paschal Triduum liturgies and Easter masses such a success. To all the sacristans, lectors, extraordinary ministers of holy communion, altar servers, ministers of hospitality, art and environment coordinators, instrumentalists, vocalists and all other behind the scenes help — THANK YOU!

We are one Body of Christ working to build the kingdom on earth as it is in heaven, and the Liturgy and Music staff could not be more grateful for the many hands that make this task light work. It was an absolute joy to celebrate this pinnacle of our Church year to the fullest and we look forward to continuing our celebration of the Resurrection for many weeks to come.

Many thanks,

Jim Clauer, Samantha Delke, Kay Agustin

Prayer

*Lord Jesus,
you showed your apostle Thomas
the wounds in your hands and side
and called him to believe in you,
as Lord and God.
Risen and present everywhere,
bless those who have not seen
and renew our world of doubt
and weakened faith.
Bless us, Lord, with the love
that flows from your wounds,
Renew our faith
and help us to grow
so that we might believe
more deeply in you.
Amen.*

Second Sunday of Easter Time: Still in our Midst

Two thousand years ago “on the evening of the first day of the week,” when the disciples hid behind locked doors, Jesus did three things. He stood in their midst. He gave gifts of peace and Holy Spirit. He sent them out. Jesus is still in our midst, still doing the same. Every Sunday Mass makes it so. In our midst in Word and Eucharist. Gifting us with peace and Spirit. Telling us to “Go in peace, glorifying the Lord by your life.”

- Who am I and who are we locking in or locking out?
- Because peace is a gift given and shared, what will I do this week?
- To whom will I go; what will I do?



Easter Environment/Flower Fund

Thanks to all of those who made a donation toward the Easter Environment/Flower Fund in recognition of a loved one. The names of these individuals was on display at the Easter Masses and can be found on the St. Thomas website at stapostle.org.

Faith and Formation Commission — Adult

Participate in the Synod

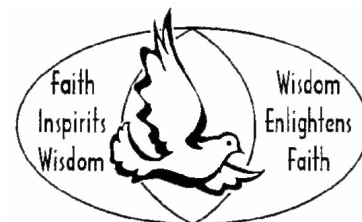
Just a friendly reminder to submit your input on the topics raised for the upcoming Synod of Bishops. The survey is available on the St. Thomas website by clicking [here](#).

Thank you!



C.A.R.E. CORNER

When the last Roman emperor died in 476, civil order in Rome collapsed. The government vanished, the military dissolved, prosperity diminished and barbarian invaders created chaos. Only the Church survived as a unified and authoritative force for order, law, education and charitable works. And some courageous Church leaders during the years that followed were instrumental in preserving some sanity and keeping life from dissolving into absolute chaos. One such leader was Gregory, who worked as a Roman magistrate. He was the Mayor of Rome in 571 when the Lombards were invading. But he left that for religious life and around the age of 35, he founded 7 monasteries and entered one of them.



Gregory was elected pope in 590 after the previous pope died from the plague. As pope, he brought relief to victims of plague and famine in Rome. He used to dine nightly with 12 poor people in order to keep himself humble. He sent monks out into the world as missionaries. He navigated political issues with the Lombards, the Franks and the Visigoths. He renewed the liturgy and helped develop what became known as Gregorian Chant. Pope Gregory was a prolific writer of homilies, Scripture commentaries and the lives of early saints. He also wrote a primer for pastors and was a great supporter of bishops. Gregory is the one who coined what is now understood to be the primary title and role of a pope: "the servant of the servants of God." Gregory the Great served as pope for 14 years and died in 604. He is also a Doctor of the Church.

Sophia's Circle Presents ...

Join Dr. Joan Gorski, Director of the Biblical Institute of the Diocese of Joliet, from 7:00–9:00 pm on Friday, April 29 in the Lighthouse for "Foods of the Bible."

What foods were available to people of biblical times? How were they gathered, preserved, cooked and served? "Taste and see" with a biblical scholar who's also a great cook! Come to enjoy each other's company, get a peek into our foremothers' lives and enjoy refreshments including some ancient treats.

To participate, RSVP by April 26 to REAdmin@stapostle.org. A \$10 suggested donation will be accepted at the door.

Sophia's Circle presents micro-retreats for all women of the parish 3 times per year to grow our spirituality and our friendships.



2022 Holy Land Pilgrimage

October 30–November 10, 2022

Fr. Bob Colaresi leads his 34th Pilgrimage to the Holy Land, with his biblical sidekick, Zack. Just think of journeying to our spiritual home to reflect on the scriptures. Visit and pray all the holy sites mentioned in our Bible especially events in the life of Jesus. Mass and Scripture Prayer services daily at holy sites. Israel has been very aggressive with the COVID vaccination program and is safe. Cost: \$4,500 (double occupancy) covers air transportation from Chicago to Tel Aviv, and all hotels, dinners and breakfast, biblical guide and private bus and driver — and other benefits listed in the brochure. Fr. Bob has taken 1,089 pilgrims to the Holy Land on this sacred journey.

For further information, full brochure and registration form, please contact: Carmelite Spiritual Center, 8419 Bailey Road, Darien, Illinois 60561, 630.969.4141.

Parish Directory Publication Notice

We are in the process of updating our Guide Book and Directory for the church. This book will contain general St. Thomas information plus a directory of all registered parishioners. Guide Book Publishing is producing the directory and direct mailing it to each household listed in the directory at no cost to our church. It is being subsidized by local businesses that advertise.

The directory will contain name, address and primary phone number for registered parishioners (heads of household only). We will extract this information from our parish database.

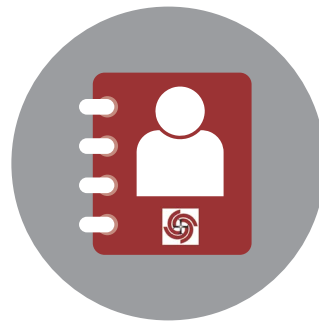
- If you **DO NOT** wish to be included in the Guide Book and Directory, contact Sue Sportiello in the Business Office at 630.355.8980, x107 or ssportiello@stapostle.org. You will be included in the Guide Book and Directory **UNLESS** we hear from you that you wish to opt out by May 15, 2022.
- Please notify us if your name, address and phone information has recently changed by May 15, 2022. You may contact Sue Sportiello in the Business Office by phone at 630.355.8980, x107 or email ssportiello@stapostle.org.

Thank you for your help!

Parish Directory Publication — Advertising Opportunity

We are in the process of updating our Guide Book and Directory for the church. This book will contain general St. Thomas information plus a directory of all registered members. This book is being provided and direct mailed to each household listed in the directory at no cost to our church, and it is being subsidized by local businesses that advertise. If you own or manage a business and would like to find out about advertising in our book, please contact Curt Eichemann at Guide Book Publishing at 800.597.3037.

Recent survey results by Guide Book Publishing show that 92.1 percent of families would rather patronize a Guide Book and Directory advertiser over a non-advertiser. It "will pay" to advertise in our new Guide Book and Directory.



Junior High Mass Reflection at ASCA

K-8 students at All Saints attend Mass at school every Friday morning. It is a time to place ourselves in the loving presence of our good and gracious God as a school community and to listen to the Word of God. The celebration of the Holy Sacrifice of the Mass is our highest calling as Catholic Christians. It is the foundation for the universal Church where we collectively honor and praise God, and unite in prayer with both fellow believers in Christ and unite with the Church in heaven. Saint John Paul II described the Mass as "Heaven on Earth."

Following Mass, students at ASCA have an opportunity to dive deeper into the scripture and homily when thinking about what they heard by preparing a Mass Reflection. You will find a recent Mass Reflection from one of our 6th grade students and their answers to the bolded questions below:

Father James talked about his experiences in high school. What message did you hear about this? The message was that Jesus will always be your friend. He said that we may have hard times on Earth, but He will always be with us. I also heard that your friends might now do what is right, but Jesus will always be there for us. Father James said that Jesus only wants what is best for you, and He alone knows what is best for us. Jesus wants us to succeed, on Earth and in Heaven.

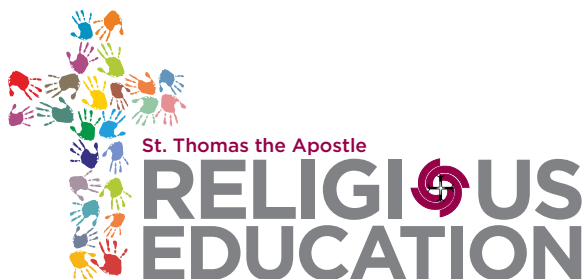
"Whoever is not with me is against me." "Whoever does not gather with me, scatters." These are strong statements. What did Jesus mean? How does this affect you today? Jesus meant that if you are not on His side, you are on Satan's side. He also meant that if you have the chance to go with Jesus and you choose not to, you will not know what to do. It affects me today because I want to have the chance to be with Jesus one day in Heaven forever. I have to do my part to be there, and we all can if we go with Jesus' side. Jesus invites us all in the kingdom of Heaven, and we just have to see it.

How did this Homily tie into our discussions about Justice? The homily tied into our discussions about justice because the homily was about how Jesus is always our friend, and justice is about what is right. Jesus is the right way to go, and if we realized that, we would have a better world. Jesus died for us, and he did that to let us into Heaven and because it would give us justice. We would all be right if we realized what is just, and what is just is following God. Justice means what is right, and Jesus is the right path for us all.

All Saints has a few select openings remaining for this coming fall in the Junior High Academy (grades 6-8). If your student is seeking a deepening of their faith at this important time in their life, a move to All Saints may open the door to a greater connection to God. For more information, or to schedule a tour, visit ascacademy.org, or call 630.961.6125.



Faith and Formation Commission — Youth



First Eucharist Liturgies- Communion Procedures

First Eucharist Masses are on the following dates:

- Saturday, April 23 at 4:30 pm Mass
- Sunday, April 24 at 9:30 am Mass
- Sunday, April 24 at 11:15 am Mass
- Saturday, April 30 at 4:30 pm Mass
- Sunday, May 1 at 9:30 am Mass
- Sunday, May 1 at 11:15 am Mass

During these liturgies the First Communicants and parents are invited to come forward first to the front stations. Other guests in those rows and the rest of the assembly will wait to receive communion, allowing all First Communicants and their parents to receive the Eucharist first. Eucharistic ministers will proceed to their assigned stations as usual but will remain facing the altar at their assigned stations until all First Communicants and parents have received. Once all the First Communicants have received the Eucharist, host greeters will invite the rest of the assembly to receive, including the other guests in the First Communicant's pew. We thank you for your patience as the children and their parents receive Eucharist and thank you for the prayers you have said for these children.

First Communion Masses and First Communicants

In January, our First Communicants and families committed to preparing for the sacrament of Eucharist. As they finish their preparation, we ask the faith community to hold these families in prayer. Below is a list of First Communicants and their First Eucharist Mass. If you have neighbors and friends receiving their First Communion, we invite you to attend their Mass. In the loving spirit of St. Thomas, please welcome these First Communicants, their families and guests.

Saturday, April 23, 4:30 pm

Colin Alberson
Ella Coffey
Virginia DiJoseph
Michael Hajek
Sydney Kiselyk
Charlie Lymangood
Olivia Munoz
Adam Ogoudou
Abigail Pociask
Ryder Sisto
Nolan Spaeth
Phillip Tsang
Daniel Welch
Chet Wierzbinski
Dean Wierzbinski

Sunday, April 24, 9:30 am

Laura Alfaro
Aria Borges
Crystal Dominguez
Eduardo Dominguez
Luis Dominguez
Nathan Kuhn
Hudson McDaniel
Reeve McDaniel
Tullula McDaniel
Lilianna Piket
Madeline Sperling

Sunday, April 24, 11:15 am

Asher Alverson
Landon Ferrao
Brooklyn Harding
Ashley Jones
Lily Kregor
Leonardo Merino
Dylan O'Donohue
Kristine Sampang
Matthew Sampang
Andrew Spurlock
Ellie Tamayo
Riley Tenebehn
Dora Tiago
Emily Zabinski
Zoraya Zarate

Saturday, April 30, 4:30 pm

Dominic Alejo
Karen Drever
Mary Duran
William DuVal
Parker Johnson
Emma Kelley
Amy Lopez
Edgar Montoya
Kiera Philott
Kyle Philpott
Nolan Stangler
Anthony Williams

Sunday, May 1, 9:30 am

Gavin Brindisi
Mateo Curci
Caleb Kmec
Greyson May
Johathan Michalak
Tessa Mygind
Caroline Setlur
Caden Thurm
Pierce Voller

Sunday, May 1, 11:15 am

Marie Bailey
Shaw Biehl
Mason Biewer
Emerson Braheny
Jacob Friery
William Galise
Jack Hill
Olivia Kometz
Rodrigo Muzquiz
Rafael Tapia Langle
Kylie Theccanat
Luke Valle
William Venus
Liam Wange

Scripture Safari, Our Vacation Bible School

Mark your calendars now for Scripture Safari, our Vacation Bible School. It is June 13–17, 2022. Our theme this year is “Concrete and Cranes Under God’s Construction.” Registration opened April 1, 2022, and is available in the Gathering Area and the Faith Formation Office.

It promises to be an exciting week. Come join the fun!



Being Easter (Young) People

The troubles and stresses of our current world can get us down. But, we are Easter people! And often, it is our young people who are models, to us, of Easter people, sharing one of their most valuable gifts: their time and energy. Be encouraged by these examples of service: the young people who were part of this year’s Living Stations and gave of their time and energy to provide meaningful prayer for the community; the young people who are anxious to be part of mission trips; and those students who faithfully come to Teens with Character seeking ways to model Christian life.

This generous spirit of service is so present in our young people. Although they are not looking for recognition or thanks, let’s encourage them with it anyway! When we think what it means to be Easter people, let us look to our youth who are blessing us with their model of quiet, unselfish love.

Week of Hope Mission Trip

This year, four St. Thomas middle school students will be part of a Week of Hope, from June 19–24, in Kenosha, Wis. Week of Hope is a mission trip experience where young people serve alongside seasoned local ministries and nonprofits to make a lasting difference through meaningful community service. The young people who will be missionary disciples in the name of St. Thomas are Nadia Bocher, Ryan Cotner, Joe Howley and Fiona Owens.



Please keep these young people and this trip in your prayers ... pray that their experience will be marked by joy and hope, that their service to those in need will be fruitful and that they will grow in knowledge and faith through the experience.

St. Francis High School Events

Seventh graders can check out St. Francis High School by attending a fun-packed night on April 29 at 6:00 pm. Those who attend will get a chance to meet current SFHS students and fellow seventh grade future Spartans, participate in team-building activities and compete in the Spartan Amazing Race. Register at www.sfhscollegeprep.org/7thgradenight.

Interested students can ‘shadow’ a St. Francis high school student for a day to see what life is like as a Spartan. Parents are invited for a tour while school is in session Monday through Friday at a variety of times. Register for these events at www.sfhscollegeprep.org.



Coffee + Cocoa Bar and Krispy Kreme Doughnuts Fundraiser this Sunday

This Sunday, April 24 after all Masses, stop by to support our high school teens going on the summer mission trip. We will be offering coffee with flavors available, hot cocoa with marshmallows and sprinkles, and tea for a free will offering. Krispy Kreme presale donuts will be available for pickup. We will have some individual donuts for sale as long as supplies last. There will be seating in the Gathering Space and outside (weather permitting).

Thanks for your help in raising funds for our St. Thomas participants to attend the 2022 Alive in you Mission (www.aliveinyou.com). Thanks also to our Confirmation teens and adults for helping make our fundraiser possible.

Drive-Thru BBQ on May 7!

Support this summer’s middle school mission trip to Kenosha, Wis., and get a delicious meal to go!

When: Saturday, May 7, 4:30–6:00 pm

Meal Includes: Chicken, ribs, corn on the cob, roll and dessert (Meal preparation by St. Thomas Knights of Columbus)

Cost: \$15.00

Order: Online at stapostle.org or after Masses the weekend of April 30–May 1.

Payment: Checks made payable to St. Thomas with BBQ in the memo line. Payment can be dropped off at St. Thomas (to the attention of Peggy Goralski). Payment will also be accepted at the time of food pickup.

Questions: Contact Peggy Goralski at pgoralski@stapostle.org or 630.355.8980, x123.

Note: Preordering is recommended but not required.

Question of the week ...

Is there anyone who needs your forgiveness and mercy?



Service Commission — Outreach and Social Justice



Food Donations for Care Pantry

Bring donations to St. Thomas Tuesday, May 3 from 9:00–10:00 am or 5:00–6:00 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.

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.

- Ramen Noodles
- Peanut Butter
- Pasta Sauce
- Cereal
- Toilet Paper
- Shampoo
- Dish Soap

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.

Legislators Listened

Statewide Source of Income Protection Passed

In early April, HB 2775 was not assured of passage. Hope Fair Housing was very active in lobbying to pass the bill. They organized an advocacy “send a message to your legislator” campaign. St. Thomas participated. On Thursday, April 8, the following email arrived from Michael Chavarría, Executive Director of HOPE Fair Housing Center



As many know, we passed the House’s Housing Committee this morning. But what we didn’t expect was to be called before the full House early this evening. And about 5 minutes ago HB2775 passed! Congratulations to all. Thank you for your amazing work helping to bring an end to source of income discrimination across the State!! More info will be sent in the coming days about how things developed and asking for help appealing to Governor Pritzker for a quick signature. Happy Fair Housing Month Illinois!

HB 2775 will allow people with disabilities, veterans, seniors and Housing Choice Voucher-holders to no longer be turned away from housing because of how they pay their rent.

Naperville was one of the first Illinois communities to pass a “voucher as a legal source of income” ordinance. The St. Thomas Housing Alliance originally identified the issues and worked for two years to gain its passage.

DuPage PADS Purchases Red Roof Inn to Become Fixed Shelter Site

The pandemic forced DuPage PADS to abandon the “different church every night” homeless shelter model. They began to house the homeless in portions of three different area motels. That emergency solution put the St. Thomas DuPage PADS Ministry (which provided food and support at a local church one night a month) out of business.

On March 29, DuPage PADS made the following announcement:

We are thrilled to share with you that as of 10:00 am this morning, DuPage PADS officially owns the former Red Roof Inn in Downers Grove and will begin the process of turning it into our Interim Housing Center. ... This exciting new beginning dawns a new era of service for individuals and families in our care with a safe place to sleep, the dignity of a door and a pathway to a home of their own. Thank you for walking this journey with us so far.

The Interim Housing Center will be a fixed site to provide shelter and meals for clients. It is not clear at this time if the new model will be asking churches like St. Thomas to participate in some way on a regular basis.

Mother's Day Opportunities

Help Project Love, Help Moms in Need

Parishioner Eileen McGleam is Director of Project Love, the charitable program of Illinois Right to Life.

Just imagine being pregnant or a brand-new mom and receiving an eviction notice because you can't pay your rent. Or, losing your job because you needed to be on bed rest for the last few months of your pregnancy.

Or, your husband, your boyfriend or your parents abandoning you because you refuse to have an abortion.

Unfortunately, these are very often the situations of the young women who seek help each week from Project Love. They are referred to us by pregnancy care centers all over Illinois, like Waterleaf and the Avenue Women's Centers.

Project Love is the charitable program of Illinois Right to Life. For 26 years, we have given over a half million dollars as well as hope to more than 1,450 mothers in a financial crisis. We are the answer to prayers, the support they need to raise their children and move forward with their lives.

At this time of year, Project Love offers its beautiful Mother's Day and Father's Day cards. This is one important way we raise money for our grants. Both Mother's Day and Father's Day cards will be available the weekends of April 30–May 1 and May 7–8. A free will donation to Project Love will be accepted.



Diaper Drive for Caring Network

Caring Network Illinois provides services for women facing an unplanned pregnancy. They welcome women with unconditional love, counsel and resources that offer the light of truth — changing hearts and saving lives. They coordinate with six locations of Avenue Women's Center. The centers are in need of diapers—especially sizes 4 to 6 with a very specific need for size 6.

Diaper donations can be placed in the playpen in the Gathering Area from now until Father's Day, June 19. Thank you for your support.



Hesed House PADS May 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 April donations. We are now asking for donations for May 5.

How to donate food for Hesed House

If you are willing and able to provide food for May, you can sign up on the St. Thomas website at 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, May 5, before 4:00 pm. Thanks to all who are able to help.

2022 Lenten Project

Food with Love

Thank You, St. Thomas!

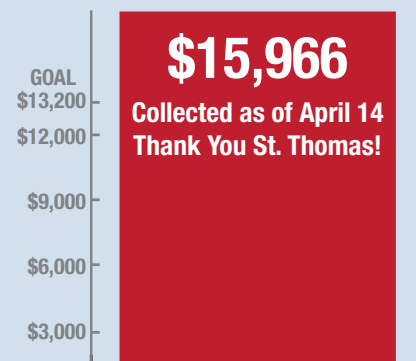
- The Lenten Project was to provide the basic need of food (with love) for one year for the 25 children of Ertha's Orphanage near Duchity, Haiti.
- The Goal of \$13,200 was achieved and exceeded!
- \$15,966 has been collected, as of Thursday, April 14 (deadline for this bulletin).
- The funds beyond the goal will provide additional months of food for the orphanage children!

Thank you, St. Thomas. Your continuing support of our relationship in Duchity, Haiti is truly amazing.

St. Thomas Lenten Project

Ertha's Orphanage

To provide food for one year for the 25 children of Ertha's Orphanage in Duchity, Haiti. Funds above goal will provide additional months of food.



Service Commission — Pastoral Care

From the Office of the Parish Nurse Men and Stroke

Stroke is a leading cause of death in men, killing almost the same number of men each year as prostate cancer and Alzheimer's disease combined. Stroke is also a leading cause of long-term disability and men under age 44 are hospitalized for ischemic stroke at a higher rate than women in the same age group.

These facts are alarming, but there is good news. About 4 in 5 strokes are preventable. That's why it's important to know your risk for stroke and take action to reduce the risk.

If a stroke Happens act F.A.S.T.

F – Face Drooping — Ask the person to smile. Does one side droop?

A – Arm Weakness — Ask the person to raise both arms. Does one arm drift downward?

S – Speech Difficulty — Ask the person to repeat a simple sentence. Are their words slurred?

T – Time to Call 9-1-1 — If the person shows any of these signs, call 9-1-1 immediately.

What is stroke?

A stroke, sometimes called a brain attack, happens when blood flow to an area of the brain is blocked or when a blood vessel in the brain bursts. When brain cells are starved of oxygen, they die. Stroke is a medical emergency.

It's important to get treatment as soon as possible. A delay in treatment increases the risk of permanent brain damage or death.

What puts men at risk for stroke?

High blood pressure, also called hypertension, is a major risk factor for stroke. Nearly half of men (47%) have high blood pressure (greater than or equal to 130/80 mm Hg) or are taking medicine for their blood pressure. Four out of five men with high blood pressure do not have their blood pressure controlled.

Half of U.S. Men, or 17.3 million people, who are recommended to take medicine for high blood pressure aren't treated or aren't taking medicine. Two out of three of these men have a blood pressure greater than or equal to 140/90mmHg.

Half of men who are taking medicine for high blood pressure but whose blood pressure is uncontrolled have a blood pressure greater than or equal to 140/90mmHg.

Other risk factors for stroke include:

- Smoking
- Overweight and obesity
- Diabetes
- Too much alcohol
- Not enough physical activity



Why are African American men at higher risk for stroke?

High blood pressure is more severe in African American men than in white men.

- About 1 in 9 African American men have been diagnosed with diabetes.
- Sickle cell disease, a common genetic disorder in African American can lead to a stroke.
- About 7 in 10 African American men have overweight or obesity.
- Eating too much salt or sodium
- More than half of Hispanic men with blood pressure greater than or equal to 140/90 mmHg or who are taking medicine to control their blood pressure do not have it under control.
- About 1 in 7 Hispanic men have been diagnosed with diabetes
- About 1 in 7 Hispanic men smoke
- About 4 in 5 Hispanic men have overweight or obesity.

How can I prevent stroke?

Most strokes can be prevented by keeping medical conditions under control and making healthy lifestyle changes. Know your ABCs of heart and brain health:

Aspirin — may help reduce your risk for stroke, but you should check with your doctor before taking aspirin, because it can make some types of stroke worse. Before taking aspirin, talk with your doctor about whether it is right for you.

Blood pressure — control your blood pressure with healthy lifestyle changes. If a blood pressure medicine is prescribed, take it as directed. Learn more about blood pressure.

Cholesterol — manage your blood cholesterol with healthy lifestyle changes. If a cholesterol medicine is prescribed, take it as directed. Learn more about cholesterol.

Smoking — Don't start smoking. If you do smoke, learn how to quit.

Resource: CDC Center for Disease/Control and Prevention last reviewed Aug. 5, 2020

Wellspring Presents
Alive Again ... Rising with Christ!



Monday, May 2, 2022
7:00–9:00 pm | Lighthouse

We are living in unprecedented times. Stress levels are at an all-time high as we still cope with the health risks of COVID, financial stress and continued fears at many levels. The paschal mystery teaches us that living, dying and rising are part of our experience as Christians. In this session we will explore how the best practices of psychology intertwined with this mystery will allow us to thrive and maintain wellbeing even in the midst of the most difficult times in this life.

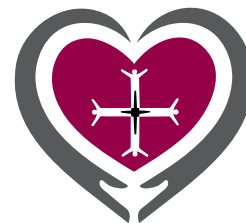


Rev. Dr. Scott Mitchell, PsyD

Rev. Dr. Scott Mitchell, PsyD, is the President and CEO of SamaraCare, providers of progressive, life changing counseling and consulting services, serving people in DuPage, Cook, Kane, Kendall, Lake and Will counties.

As a clinical psychologist and clergy, Dr. Mitchell has 30 years of experience with a special interest in the development of preventive factors that build resilience across the life span and the role of spirituality in resilience. He uses a holistic approach, integrating the best practices of psychology with a respect for mindfulness and spirituality.

RSVP to REadmin@stapostle.org by April 29, 2022. Reservations are strongly encouraged; walk-ins are also welcome.



PASTORAL CARE

St. Thomas the Apostle

Save the Date
Minister of Care Training

*Ordinary People Ministering to
Ordinary People in Extraordinary
Circumstances*

Date: Saturday, May 14, 2022

Time: 9:00 am–1:00 pm

Location: The Senior Center

Light Breakfast will be served

Registration Required

Deadline: Monday, May 7, 2022

Contact: Kathy Ford, RN, Director of
Pastoral Care, 630.355.8980, x124 or
kford@stapostle.org.

From the Behavioral Health Ministry

National Children's Mental Health Awareness Day, May 1

Download "Meet Little Monster" Coloring and Activity Book

To help foster dialogue between children and the safe adults in their lives, as well as provide children a tool for helping express and explore their feelings in a fun, creative and empowering way, NAMI offers "Meet Little Monster," a mental health coloring and activity book, available for download at no cost in both English and Spanish.

Created by NAMI Washington, "Meet Little Monster" developed in response to both the COVID-19 pandemic, when children were cut off from their friends, teachers, coaches, club leaders and school counselors, and the Black Lives Matter protests for racial justice after the murder of George Floyd. The book also includes a list of mental health resources.



Stewardship and Administration

The Week Ahead

Monday, April 25

7:00–8:30 pm Confirmation Freshmen Parent Meeting, Church

Tuesday, April 26

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

7:00–9:00 pm Insight, Senior Center

7:00–8:30 pm Voices of Faith, Lighthouse

Wednesday, April 27

9:15–12:15 am Wednesday Bible Study, Senior Center

2:00–3:30 pm Behavioral Health Team, Senior Center

6:30–8:00 pm Racial Justice, Senior Center

Thursday, April 28

9:15–11:15 am Thursday AM Bible Study, Senior Center

6:30–8:00 pm Life Meeting, Gym and Youth Center

7:30–9:00 pm Thursday, PM Bible Study, Senior Center

Friday, April 29

7:00–9:00 pm Sophia's Circle, Lighthouse

Saturday, April 30

9:00–4:00 pm Mental Health First Aid Training, Lighthouse

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

3:30–4:15 pm Reconciliation, Chapel

4:30–5:30 pm First Communion Mass, Church

Sunday, May 1

9:30–10:30 am First Communion Mass, Church

11:15 am–12:15 pm First Communion Mass, Church

Last weekend's stewardship of financial gifts

Weekly Sunday Offertory

April 10, 2022	
Sunday Collection Offering*	\$13,802
Credit Card Online Giving (reported monthly)	none this week
Automatic Direct Debit (5 th and 20 th each month)	\$20,981
Mailed in and stock donations	\$2,885
Total for the week	\$37,668
<small>*Based on Collection Counters Reports prior to bank confirmation</small>	
Fiscal Year (7/1 to 6/30)	\$1,428,941
Weekly Average 7/1/2021 to date	\$34,852
Offertory Goal Year to date	\$1,376,349
Over/(short) of goal to date	\$52,592
Goal for Fiscal Year 7/1 to 6/30	\$1,745,600
Percent of Annual Sunday Offertory Goal	82%
Remaining for this fiscal year goal	\$316,659

This week, the Sunday collection is \$52,592 ahead of goal so far this year. Capital needs restricted gifts were \$393 this past week. We are grateful to those who recognize the need and responded.

Ukraine Relief

Monetary Donations

If you would like to support Ukraine and Ukrainian refugees, the current recommendation is to donate to Catholic Relief Services (CRS). Catholic Relief Services — CRS — is the official relief and development organization of the Catholic Church in the US. CRS and their partners are preparing and need immediate support to meet both ongoing needs, as well as those related to families forced to flee their homes. CRS and Caritas partners are on the ground across Ukraine and in bordering countries, working to provide safe shelter, hot meals, hygiene supplies, fuel to keep warm, transport to safe areas, counseling support and more.

When you donate, you provide immediate assistance for your Ukrainian sisters and brothers affected by this crisis.



- To donate online, go to <https://bit.ly/3hbagDJ>
- Check can be written to "CRS" with "Ukraine" in the memo and sent to:
Catholic Relief Services, PO Box 17090, Baltimore, MD 21297-0303



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>Please Cut Out This "Thank You Ad" and Present It The Next Time You Patronize One of Our Advertisers</p> <p>Thank You</p> <p>Thank you for advertising in our church bulletin. I am patronizing your business because of it!</p>			<p>Naper Auto Works <i>Your One Stop Shop Since 1977</i></p>	
			 <p>320 N. Mill St. Naperville, IL 60540 (630) 420-2886</p>	

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GREAT COVERAGE - 97% of all households attending church take at least one church bulletin home every Sunday.

GREAT VALUE - 70% of all households are aware of and look at the advertising in the church bulletin and 68% of households surveyed when making a choice between businesses are inclined to choose the one who advertised in the church bulletin.

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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