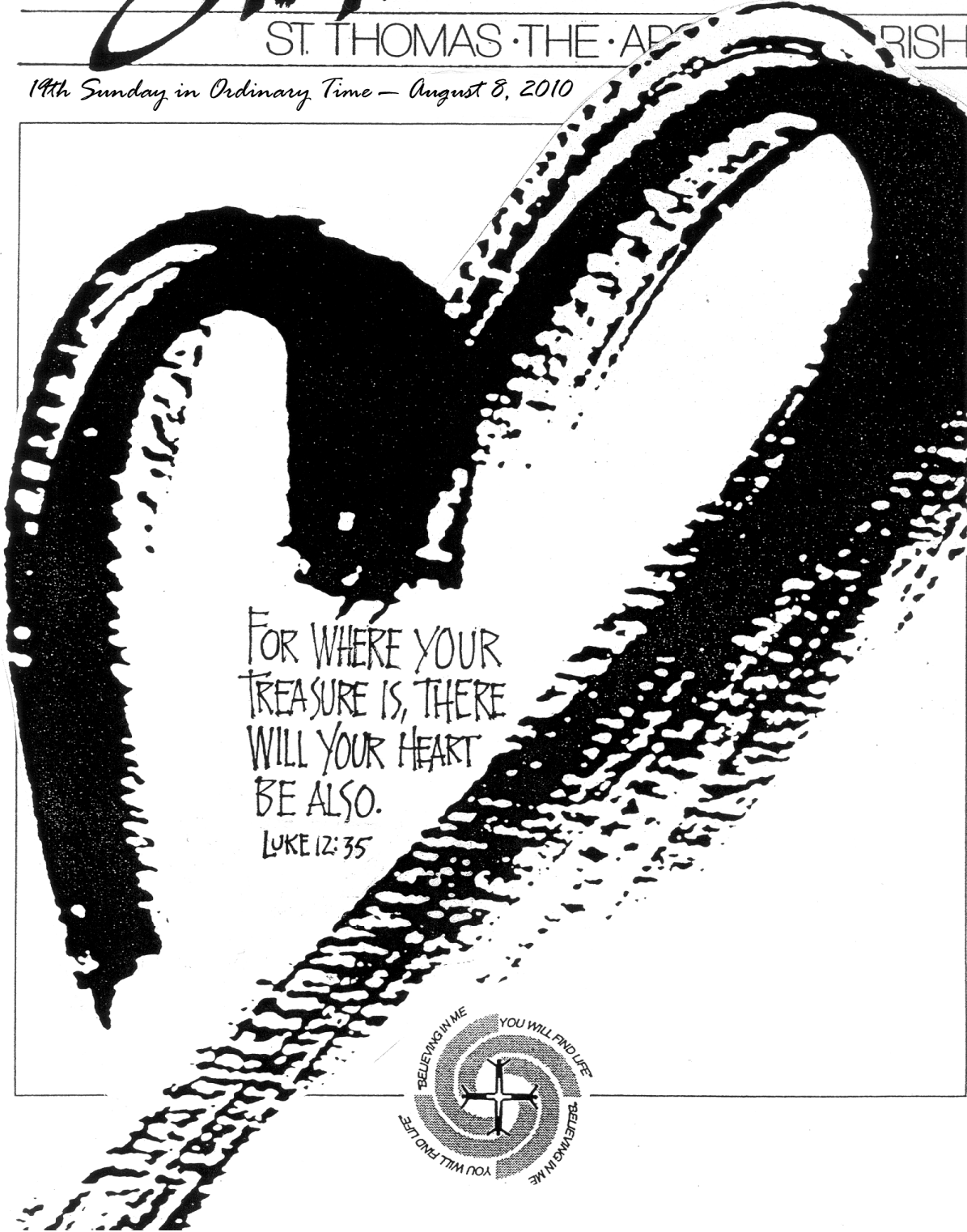


St. Thomas

ST. THOMAS · THE · ARCH · BISHOP · OF · CATHARINE · BRUSH

19th Sunday in Ordinary Time — August 8, 2010



FOR WHERE YOUR
TREASURE IS, THERE
WILL YOUR HEART
BE ALSO.
LUKE 12: 35



St. Thomas the Apostle Catholic Church

1500 Brookdale Road, Naperville, IL 60563 e-mail: mainoffice@stapostle.org

630 355-8980 (Main Office)

630 305-6318 (Religious Education)

630 355-0521 (Facsimilie)

Visit us on the internet at www.stapostle.org

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Fr. Pat Brennan, Weekend Associate

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Service Carol Healy 961.0942

Sacrament of Reconciliation

Reconciliation is available Saturday, 3:30 to 4:15 p.m., or after the 4:30 p.m. Mass in the Reconciliation Room of the Chapel. Fr. Joel is available during the week by appointment. Communal Penance services are held occasionally throughout the year.

Sick and Home Bound

Call the Church Office to receive prayer/Eucharist from a priest, deacon or Minister of Care.

Baptism

Baptisms are usually celebrated 2-3 Sundays each month at a 12:30 p.m. service. On selected dates, Baptisms are celebrated at weekend Masses. Parents are required to attend an awareness and renewal evening prior to the Baptism. Call 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 for at least three months prior to calling to set a date.

Religious Education

Call the 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 355-8980.

Counseling Service

Call Samaritan Interfaith 357-2456 or Jan Olah, Pastoral Care 355-8980 x 124.

Sunday Nursery

Nursery care is available for your child age one (walking) to four at the 9 & 10:45 a.m. Mass. For more information call the church office.

Liturgy Schedule

Daily

(Monday — Friday)

Communion Service — 6:30 a.m.

Rosary — 8:10 a.m.

Mass — 8:30 a.m.

(Saturday)

Communion Service — 8:30 a.m.

Weekend

Saturday Vigil — 4:30 p.m.

Sunday — 7:30, 9:00, 10:45 a.m.,
and 6:30 p.m.

***Adoration of the Blessed Sacrament
every first Friday, 9:00 — 9:30 a.m.***

Dear Friends,

All the readings today strike the note of *faithful waiting and preparedness*. That's a great focus and attitude for us to have. Faithful waiting and preparedness...

What are the elements necessary to have that stance or attitude in life? I think a presence of mind that holds all life as gift which allows us to be in a place of gratitude, with hope and expectation.

It's an attitude that life is good, pregnant with possibility and grace, it's an openness that allows us to wait with expectation and faith, kind of an active waiting. That is why preparedness goes hand in hand with faithful waiting, being awake and prepared to receive the gift.

These are kind of Advent themes but they are themes we find applied in the readings today. The first reading speaks of the faith people put in the oaths and promises of God which gave them courage and hope. The second reading tells us: *"Faith is the realization of what is hoped for and evidence of things not seen."*

"What a great gift we have in Jesus."

It speaks of Abraham stepping out in faith, hoping against hope "not knowing where he was to go," and being fruitful

at a very old age because of it, "having descendants as numerous as the stars." And of how he and his descendants died waiting, "not receiving what had been promised but saw it and greeted it from afar." They acknowledged themselves to be strangers and aliens on earth seeking a heavenly homeland, living and stepping out in faith because of that vision.

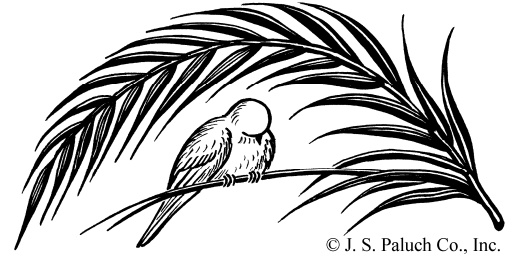
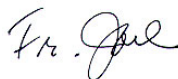
We are pilgrims on earth too, and we step out in faith with the vision of the Kingdom before us. We live our lives out of that vision and with that purpose in mind. We are not ungrateful for the gift and grace that life is and what we can make of it as we step out in faith.

Jesus tells us: "Do not be afraid any longer...for it has pleased your Father to give you the Kingdom." And so he says, "Sell your belongings and give alms. Provide for yourselves money bags that do not wear out...that no thief can reach nor moth destroy."

"For where your treasure is, there also will be your heart." We are then urged to actively prepare and wait for the gift of the kingdom, to be awake and vigilant, ready and responsive when it comes; responsible good stewards of all the grace and gifts we are given.

The question for us this week is the same as last week, "What are we doing with our lives?" Are we preparing for and hastening the coming of the Kingdom? Are we readying our world for the Kingdom of God?

In Christ's love,



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Nineteenth Sunday in Ordinary Time

August 8, 2010

Our soul waits for the Lord,
who is our help and our shield.

— Psalm 32:20

Welcome Guests and Visitors!

We're so glad you're here and invite you to walk the path to faith with us. The community of St. Thomas strives to grow closer to Christ in all that we do. We care for one another and together with Christ, we make a difference.

Would you like to become a Parishioner?

Come to Welcome Sunday,
this weekend, August 8, after the
9:00 and 10:45 a.m. Masses.

Worship Commission

Concerns about Funerals

National flags: Citizens who have earned the right to have their casket draped with their national flag are rightly proud to do so. At a Catholic funeral, the casket may be draped with the flag during the vigil and the rite of committal. In the funeral liturgy, however, the status of the deceased as a child of God by baptism takes precedence. At the door of the church, the flag is replaced by the pall, a reminder of the white garment of baptism. The flag may be replaced after the casket is taken from the church.

Suicide: The death of a loved one by suicide complicates the normal anguish of family and friends after a death. The church offers the full support of its ministers at this difficult time. The funeral liturgy and its related rites are not denied to a person who ended his or her life by suicide. Special prayers are provided in the rite for this circumstance.

Cremation: Although the church recommends that the custom of burying the dead be observed, assuming proper motives, cremation is permissible. The Order of Christian Funerals prefers that cremation take place after the funeral liturgy and before the committal service. The rite of committal includes a prayer specifically for a person who has been cremated. The church prefers that cremated remains be buried, not scattered.

Eulogy: A eulogy is a speech that honors someone who has recently died. Because Christian funeral rites focus not simply on the life of the deceased but rather on God's presence and goodness in that person, a eulogy per se is not permitted. However, words of remembrance that recall the deceased in the light of his or her faith are certainly appropriate, and may be spoken during the vigil or final commendation.

Funerals during the Triduum: Funeral Masses may not be celebrated on Holy Thursday, Good Friday, Holy Saturday or Easter Sunday. Several options are available. Families may choose to delay the services until after Easter Sunday. Or they may have a funeral liturgy outside Mass, proceed with the interment, and celebrate a memorial Mass after Easter. In this way, both the needs of the mourners and of the larger church can be taken into account.



Calling all Altar Servers!

If you have signed up to be an Altar Server for the next year, you should have received a letter last week. It is not too late to sign up. Training dates are Monday, August 16, 6:00 to 8:00 p.m. OR Tuesday August 17, 4:00 to 6:00 p.m.

Healing Masses

We will celebrate Masses for healing Mass on August 21 and 22.

Fr. Pat Brennan's homilies

are available weekly on line. To subscribe send your email address to: contact@ncepr.com

Spread the Word

Curious about the Bible? Want to know what's behind the Sunday Scripture readings? Join one of St. Thomas's Bible studies, two of which are about to launch Fall openings. Choose the one that's right for you among these options:

Thursday: 9:15-11:15am OR 7:30-9pm, Sept. 9, 2010 thru June 2, 2011. We'll be journeying with "Israel on the Move," (Genesis, Chapters 29-50), the stories of Jacob and sons, finding our lives mirrored in their hopes and dreams, fears and failures, challenges and relationships. This is a lively, interactive group, incorporating prayer, study and discussion, led by Chari Rosales.

Friday: 9-11:30am, beginning Sept. 3. An Orientation session for new members is 9-10:30am on Aug. 20 in the Senior Center. Through personal study, questions & answers, and small-group discussion, we will unearth the beauty of the Gospel of Matthew, the assurance that Jesus is Emanuel, "God-with-us."

All sessions are held in the Senior Center, with child care available for a nominal fee.

For more information, or to register, see the materials in the Gathering Area or on the website and contact Chari Rosales in the Adult Faith Formation Office.

Pray For Our Parish

19th Sunday in Ordinary Time

*Kindle in our hearts, O God of our ancestors,
the same faith that inspired Abraham and Sarah
to live as pilgrims on earth.*

*Keep our lamps burning brightly,
our hearts ever watchful
for the hour of your Son's return,
that we may open the gate
as soon as he knocks
and be admitted by him
to the eternal banquet.*

*We ask this though our Lord Jesus Christ,
who lives and reigns with you
in the unity of the Holy Spirit,
one God for ever and ever.
Amen.*

From: *Prayers for Sundays and Seasons*,
Liturgy Training Publications. www.ltp.org

Mass Intentions

Monday, August 9, 2010

8:30 †Joe Aberer, by Susan

Tuesday, August 10, 2010

8:30 †Barb Dederichs, by Lee & Anne Gibson

Wednesday, August 11, 2010

8:30 †Mary Segina, by Matt Burazin
Special Intention—God bless & protect
the unborn

Thursday, August 12, 2010

8:30 †Arthur & Kathryn, by Family
†Bob Schmitt, by Pat Schmitt

Friday, August 13, 2010

8:30 †Stanley Wozniak, by Helen & Tim Swanson
†Simon E. Mallorca, by Mom & Dad

Saturday, August 14, 2010

4:30 †Anthony DeChiara
Special Intention for Leaders &
Volunteers of Scripture Safari
†Bobby Lockport, by Jennie Sirois

Sunday, August 15, 2010

7:30 †John Easton, by Audrey
†Barb Dederichs, by Susie Santilli
9:00 Special Intention for Jack Eschmeyer,
by Dave & Karen Muthler

10:45 †Louise Andre, by Jo-Ann Disparte
†John Masterson, by The Wycklendts

6:30 For the People of St. Thomas

for the sick...

Carol Steffen, aunt of Suzanne Anderson-Nystedt
Mary Jo Terry, sister of Fred Hatcher
Ed Kubiak, brother-in-law
of Nancy & Wally Malinowski;

for the deceased...

Dorothy Neff, mother of Tricia Hummel

Today's Readings

First Reading — Your ancestors waited in faith for God's promised summons (Wisdom 18:6-9).

Psalm — Blessed the people the Lord has chosen to be his own (Psalm 33).

Second Reading — Because of his faithful obedience to God's call, Abraham's descendants number as the stars (Hebrews 11:1-2, 8-19 [1-2, 8-12]).

Gospel — Keep watch and be prepared, for you do not know the day or the hour when the Son of Man will appear (Luke 12:32-48 [35-40]).

Readings for the Week

Mon: Ez 1:2-5, 24-28c; Mt 17:22-27
Tues: 2 Cor 9:6-10; Jn 12:24-26
Wed: Ez 9:1-7; 10:18-22; Mt 18:15-20
Thurs: Ez 12:1-12; Mt 18:21 — 19:1
Fri: Ez 16:1-15, 60, 63 or 16:59-63; Mt 19:3-12
Sat: Ez 18:1-10, 13b, 30-32; Mt 19:13-15
Sun: Vigil: 1 Chr 15:3-4, 15-16; 16:1-2; Ps 132;
1 Cor 15:54b-57; Lk 11:27-28
Day: Rv 11:19a; 12:1-6a, 10ab; Ps 45;
1 Cor 15:20-27; Lk 1:39-56

Presider's Schedule—August 14/15

4:30 Fr. Bill Etheridge
7:30 Fr. Dolphe Arty
9:00 Fr. Dolphe Arty
10:45 Fr. Pat Brennan
6:30 Fr. Matt Lorenz

There will be no 6:30 Mass Sept 5

Faith and Spiritual Formation Commission

ALPHA coming soon!

Food, a movie, and good conversation – all for free! That’s what ALPHA offers you – a relaxed setting in good company to ask questions about faith, to wrestle with modern challenges and to articulate what’s important to you.

ALPHA, an opportunity to find relationships with Jesus Christ and each other in an informal setting, is returning. An “Express” session in the morning has been added to welcome those preferring daytime meetings.

ALPHA “Express” will be held from 9:00 – 10:30 a.m., and ALPHA “Regular” will be held from 6:30 to 9:00 p.m., on Wednesdays, beginning September 8. The 11-week program, concluding November 17, is free and includes a retreat opportunity October 22-23. Child care is available during meetings. Registration is requested by Monday, September 6.

Intended for anyone interested in exploring the Christian faith in a relaxed setting, ALPHA promises to stretch the mind, stir the conscience, touch the heart and engage the will.

ALPHA “Express” meets at an ideal time for those attending morning Mass, stay-at-home parents, people experiencing a change in employment, and anyone with daytime availability. It includes a movie, small group discussions and light refreshments.

ALPHA “Regular” begins with a meal that is followed by a movie and small group discussions. It’s a great way to cap off a day and the timing is perfect for commuters, couples and singles.

Registration forms, which include information about child care, are available in the Gathering Area or on the parish Web site at <http://www.stapostle.org/storage/alphareg.pdf>. Completed forms should be returned to Chari Rosales at the Adult Faith Formation office.

C.A.R.E. CORNER

Toward the end of every Mass, after all of us recite the Lord’s Prayer, our Priest also prays to the Lord to “. . . protect us from all anxiety as we wait in joyful hope for the coming of our Savior, Jesus Christ.” This is basically what Jesus was referring to in today’s gospel passage. We are to expect the return of the Master. Until that time, we are to use wisely the gifts we have been given and fulfill the responsibilities entrusted to us. We are to be prepared and vigilant at all times because we don’t know when the Master will return. And, we are not to be afraid, trusting in all that the Master has promised.

Jesus, of course, was talking about Himself. Trusting that God will fulfill His promises means we place our hope in Him. As Christians, Jesus is the source of that hope. As humans, we need hope to keep us from getting discouraged in the face of all the challenges posed by this world in which we live. We need hope to strengthen us in the face of evil. It is hope that helps to keep us focused toward the godly, the heavenly, the divine. Teresa of Avila wrote “. . . impatience makes doubtful what is certain . . .” We must trust in the truth and the certainty of what God has promised, and wait, patiently, in joyful hope for the fulfillment of those promises.



Watercolor Art Class

Everyone interested in art, beginner to accomplished artist, is invited to the 6-week series “Watercolor Step-by-Step” offered by professional artist Bob Sunyog in the Senior Center on Saturdays from 9am-noon, beginning September 11. Detailed demonstrations will be accompanied by advice on all the techniques needed to transform your ideas into finished paintings.

Information on the fee and needed supplies is in the Gathering Area. But hurry – class size is limited.

School of Prayer

The monthly Monday series “School of Prayer” returns to the Senior Center from 7:30 to 9 p.m. on September 13. First up will be “Psalms: Life As Prayer.” Using selected Psalms from “the Bible’s Prayer Book,” we will reflect on all the ups and downs of life – glad, mad and sad – in traditional and modern language, through song, art and story.

Come experience this way of praying to see, hear and “taste” familiar psalms in a whole new way!

BIDJ

BIDJ stands for the Biblical Institute of the Diocese of Joliet. This 4-year program is a structured, comprehensive study of the Bible, as a whole and book-by-book. Your instructor is Carol Kloss, M.A. in Biblical Studies/Theology from Catholic Theological Union. A new group is forming and will meet Thursdays, 7 to 9 p.m. from September through May at St. Petronille Parish in Glen Ellyn. An existing group meets Saturdays from 9-11 a.m. at St. Mary Immaculate Parish, Plainfield. For information and registration, visit www.dioceseofjoliet.org/reo or email carol@scriptureschool.org. Form your faith. Feed your soul. Come to the Table of the Word!

**Soul Searchers resumes Saturday, September 11.
Stay tuned for more information!**

Religious Education

Safe Environment for Children

St. Thomas the Apostle, is committed to protecting children and has implemented the following:

- Protecting God's Children Workshops are required for employee or volunteer who is involved with minors on a regular, recurring basis and those who may have an opportunity to be alone with children during parish, school or religious education sponsored events.
- Background checks (through an approved licensed agency) on volunteers working with children
- Safe Touch Program, a sensitive, developmentally appropriate approach to providing children with knowledge and skills needed to avoid becoming victims of sexual abuse. Presented in Grades K-8 in Religious Education Program and at All Saints Catholic Academy
- Parent Session presented each fall with award winning Video: "What Do I Say Now". Poignant vignettes and practical examples show parents how to teach children key touching safety rules and how to respond to a child's disclosure of abuse.
- Diocesan Policies and Standards of Behavior for Those Working with Minors distributed to parents yearly

As a precaution, parents should escort their children while in the church or ministry center, as well as in any public place, especially in public restrooms.

Join us in recognition and celebration of our High School Mission trip participants!

Carly Antony, Chase Antony, Tommy Baldacci, Aaron Beatty, Preston Black, David Carr, Gigi Capedona, Casey Collins, Conor Culloton, Alexa Cuttaia, Max Dempsey, Sierra DiMonte, Teri DiMonte, Chris Dunning, Mary Engardio, Matt Engardio, Leticia Engardio, Gerry Engardio, Sara Francesconi, Kristen George, Carolyn Gerken, Josh Goral-ski, Ellen Heidenreich, Greta Hopp, Lindsay Kahl, Sherrie Karnezis-Lloyd, Zoe Krzywda, Molly Leger, Jarrid Lloyd, Bradon Lloyd, Lisa Lodesky, Emma Lodesky, Matthew Mecaskey, Jamie Meno, Tony Meno, Bianca Mulaikal, Maddy Nave, Sue Nave, Jeff Nave, Marta Parrillo, Ian Pulgar-Vidal, Julian Serna, Stephanie Schmidt, Tim Schmidt, Laura Sportiello, Jacob Stec, Tom Sullivan, Dylan Tromblay, Theresa Uffner, Amber Vigneri, Michael Yumping

Parents and families of HS Mission trip participants: Please be sure to join us at the 10:45 mass. We will sit together and be recognized in front of the parish during mass. Following the 10:45 mass on August 8, participants and families are invited for a Pool Party at Brookdale Pool. This'll be a great way to celebrate our experiences, share stories and hang out with one another! The party will start about 15-20 minutes after the end of mass to allow time for changing. Food will be served. We kindly ask that you let us know if you'll be attending prior to the day of the pool party so that we have an accurate head count for food!

As always, should you have any questions don't hesitate to contact Youth Ministry at 630.355.8980x123 or ym@stapostle.org

Sessions Scheduled for Protecting God's Children

The "Protecting God's Children" Program is a very pro-active, positive, professional approach to preventing child sexual abuse. This Program is now part of diocesan policy to establish a "safe environment" for members of our parish. While "Protecting God's Children" sessions are primarily for all staff and volunteers, over 18, who work with children, they are also open to any parent or person from the parish who wishes to attend. Please note these dates and times scheduled at St. Thomas and if your ministry involves children in any way, please register by going to the web site: www.dioceseofjoliet.org. Click on Protecting Children; halfway down that page, see Virtus Protecting God's Children Workshop Schedule. Register for a workshop at a time and location that works for you.

Upcoming Training Dates at St. Thomas

Thursday, August 26 6:30 p.m. - 9:30 p.m.
Saturday, September 18 8:30 a.m. - 11:30 a.m.

*Check in and refreshments begin 15 minutes before the start of each session. Each training session lasts the full three hours, so please arrive promptly. Questions may be directed to Patti Dougherty at 630.355.8980 ext. 109.

Families: Take some time to discuss and reflect on the readings of the week.

August 8 Question of the Week...

What "possessions" distract you from faith?



Pancakes after Mass Sunday August 15!

St. Thomas the Apostle's teens are going on mission this summer and are hosting a fundraiser next Sunday. There will be a pancake breakfast August 15 after the 7:30, 9:00, and 10:45am masses (serving 8:30am-1pm). Enjoy delicious apple-cinnamon, plain or chocolate chip pancakes, scrumptious sausage, orange juice, fruit, and coffee. Yum...yum! **A free-will offering will be accepted at the door before or after your tasty meal.** All of the proceeds will help purchase supplies and cover expenses for youth missions. Please plan on attending and getting to know your fellow St. Thomas family better at the table.

Service Commission

Outreach & Social Justice



Alain is one of our summer visitors from Haiti. He is living with a family from St. Raphael's and is participating in the English immersion program, designed and delivered by our parishioner volunteers. Below are some of Alain's thoughts on his visit with us.

Dear Friends at Saint Thomas,

I would like to tell you about all the progress I have made since I left Haiti and came to Naperville on June 10.

I began to learn about American society and its language in 1994. At that time, I was a freshman in secondary school. To tell you the truth, some of my ideas about the American people were not exactly true. For example I didn't think that American society was so diverse in its people. Also, I didn't realize that all religions are welcome in the United States. I was mistaken then, and had an incorrect perception of American society.

However, after spending one month in this English Immersion Program, I find that I have made a lot of progress improving my English and I have also gotten another view of American society. The classes have helped me to understand the American people another way. I have discovered that American culture is richer than I thought. The diversity of such culture has influenced me positively. I tend to be more tolerant now. Furthermore, the parishioners' behavior in the Saint Thomas community is touching. You are a powerful example for me. You have made me feel comfortable in the US society.

My friends and teachers, may I thank you for giving my fellow brothers and me these lessons that have helped us to discern the difference between perception and reality. You are very helpful. Peace and Blessings to you. — Alain Millien, csc

ONE Haiti Help Petition Campaign

Last weekend, we published a petition opportunity from the ONE Organization advocating for Congress to pass the bill containing funding that the US pledged for long term Haiti rebuilding following the earthquake. The good news is that Congress did pass the bill.

Knights of Columbus Conduct Rosary

The Knights of Columbus (Council #1369) will conduct a pro-life rosary on Saturday, August 21, beginning at 9:00 a.m. in front of the Planned Parenthood clinic located at 3051 E. New York Street in Aurora. This will be an ongoing monthly event that will be held on the 3rd Saturday of the month. The rosary will take about 20-30 minutes. By the grace of God, your mere presence and prayer could save a life. In addition to this monthly event, there is also a weekly rosary every Tuesday afternoon (2:00 pm) at the same location.



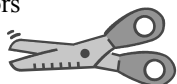
Last summer, St. Thomas had a Catholics Confront Global Poverty (CCGP) awareness campaign. Over 1,000 parishioners added their names to the CRS effort to gather 1,000,000 names. An update providing additional information on progress throughout the world, along with action opportunities can be found on the STA website (?and on the credenza in the Gathering Area.

Back to School is Here!

Don't forget school supplies for our 90 St. Thomas Care Pantry families. Purchase items listed by August 15 or make a donation (made payable to St. Thomas OSJ with "school supplies" in the memo section), and we'll shop for you! Questions? Contact Rodney 630.305.0953, or Michelle

ELEMENTARY

Pencil Case – Boxes
Pens – Black, Red, or Blue
Glue Sticks / White Glue
Notebooks – Wide Ruled, at least 70 pages
Twin Pocket Portfolio Folders
Paper – Wide ruled
Colored Pencils (12 count)
Crayons (24 count)
Washable Markers – Classic Colors (8 ct)
Inexpensive solar calculators

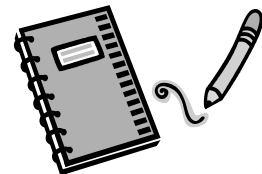


#2 Pencils
Erasers
Paper towels
Clorox Wipes
Ziploc Baggies
Kleenex
Backpack
Scissors
12 Inch Rulers
Highlighters

JUNIOR HIGH/HIGH SCHOOL

Pencils Case – zippered pouch
Pens – Black, Red, or Blue
Notebooks – College Ruled, at least 70 pages
Twin Pocket Portfolio Folders
Paper – College ruled
Colored Pencils (12 count)
Book Covers – Large/Jumbo
3 Ring Binders
Expandable Binders (9 subject)

Mechanical
Pencils
Erasers
Highlighters
Glue Sticks
Backpack



Pastoral Care

August is Cataract Awareness Month

What is a cataract? Behind the iris and pupil of the eye lies the lens, clear in color and made of protein and water. As we age, it becomes inflexible, less transparent, and thicker. Some of its protein clumps together and starts to cloud a small area of the lens and is called a cataract.

A healthy lens *focuses* light that passes into your eye, producing sharp images at the back of the eye (the retina). A cataract *scatters* the light as it passes through the lens, reducing the sharpness of the image. In time a cataract may grow so large and dense that it's difficult to read, drive at night, or see the expression on a grandchild's face.

The risk of a cataract increases as you get older. About half the population has a cataract by age 65, and nearly everyone over age 75 has at least one. Exposure to ultraviolet light and other types of radiation may injure the eye and result in cataracts. Studies suggest those with diabetes are at greater risk. Other possibilities are major tranquilizers, steroids, diuretics; cigarette smoke; air pollution, exposure to lead; heavy alcohol consumption; hormone replacement.

For a while, self-care methods like using a magnifying glass, limiting night driving, keeping eye prescriptions current, and improving home lighting may help. But when vision loss begins to interfere with quality of life, consider cataract surgery. It's simple and relatively painless.

Cataracts: Symptoms, Preventions, and Corrections

Having cataracts has been compared to viewing life through a foggy window. Specifically, here are the most common signs of cataracts (which can affect one or both eyes):

- Vision is cloudy, blurry, or dim.
- Colors seem faded or have a brown or yellow cast.
- Glare. Headlights, lamps, or sunlight seems too bright; or a halo appears around lights.
- Night vision is increasingly poor.
- Double vision occurs in a single eye.
- New prescriptions for eye glasses or contact lenses are needed frequently.

There are many ways you can protect your vision, and most rely simply on common sense:

- Wear sunglasses and a wide-brimmed hat to block ultraviolet sunlight and delay the formation of cataracts.
- If you smoke, stop!
- Eat right—especially leafy green vegetables and foods with antioxidants.
- Maintain a healthy weight.

More than 3 million Americans have cataract surgery each year, making it the most frequently performed surgery in the country. All surgery involves some risk, but very few patients have serious problems or complications after cataract surgery.

Cataract surgery is highly successful at restoring vision: 90% of patients have vision between 20/20 and 20/40 afterwards!

— Source: Advocate Health Care

Jill Bates Presents A Day of Respite, Renewal and Reflection for Caregivers Saturday August 14 OR October 23 at Mayslake Ministries

Caregivers are people who have found themselves in the role of caring for someone they love, usually a family member. Either physical or mental disabilities come along and decisions have to be made about who will be there to provide care. Some times caregivers are paid professionals who “live in”; they get burned out, too.

There are 65 million unpaid caregivers in the United States, and one third of them are men. Women and men have some similar concerns as caregivers, and some different ones, too.

Everyone is different. Some feel this task has been thrust upon them, but more often they have accepted the role because... “What else would I do, but care for this one whom I love?”

Anyone who is experiencing the role of caregiver is welcome. Light refreshments will be provided. Please bring the following with you: a sack lunch, a pillow and a small blanket for our relaxation technique.

Call Mayslake Ministries to register at 630.268.9000 or visit www.mayslakeministries.org

Job Seekers Support Group Sponsored by St. Thomas Jobs Ministry & Pastoral Care

Samaritan Interfaith Counseling Center is offering a professionally led support group for job seekers. This support group will offer the opportunity to explore the adjustments to job loss. We will look at the emotional, spiritual and psychological process involved in this life change. Group members will gain insight, support, and coping strategies to navigate this difficult transition.

This support group is limited to 10 members and an eight-week commitment is required. As a group member you must agree to respect the privacy and confidences of other group members. The group will meet at St. Thomas the Apostle Thursdays, Aug. 19, 26, Sept. 2, 9, 16, 23, 30 and Oct. 7 from approximately 9-9:30 am to Noon.

This support group will be led by Mark Pedigo, M.Div., a Licensed Clinical Social Worker with Samaritan Interfaith Counseling Center. To register: Please call Mark Pedigo at 630.357.2456x23.

Administration Commission

Jobs Ministry

Weekly Networking Meeting

Friday mornings at 9:30 a.m.

(after the 8:30 a.m. Liturgy) Lighthouse

AUGUST KEYNOTE SPEAKER PRESENTATION

Wed, Aug 25, 7:00 pm: *Lasting First Impressions, How Your General Health and Well Being Can Influence the Hiring Process*

First impressions often include being evaluated on our general health and well being. Unfortunately, poor health sends questions of our workplace effectiveness. Being healthy is good for us and good for business. Learn the impacts and walk away with a strategic health plan which includes how to get **FREE** stuff for your personal wellness program.

Sandra Larkin is a Certified Wellness Program Manager who specializes in onsite workplace wellness design and consulting. Sandra is uniquely qualified to provide objective direction, creativity and strategic direction in planning and delivering wellness initiatives to achieve profit focused objectives. She maintains key partnerships in her global strategic network of wellness professionals which provide her client base with a distinct competitive advantage. Sandra is the publisher and author of "Healthy Profits: The 5 Strategic Elements of Strategic Wellness In The Workplace". She is a contributing author for the book "Find Your Passion" as well as a health blogger for Wellsphere.com, www.wellsphere.com and has been feature on numerous radio and magazine interviews.

St. Thomas the Apostle Church, 1500 Brookdale Road, Naperville, IL 60563 630.355.8980. Friday meeting formats include announcements, speaker presentation, and 2 rounds of networking. Prepare your elevator speech, and bring enough handbills to pass out to 20 fellow networkers. Wednesday night is speaker only, no formal networking. Contact Jim Breen at jimb4853@yahoo.com for more info.

Fri, Aug 13, at 9:30 a.m.: Laura Menze, owner of Life Quest Alliance, and a Life/Success Coach, will present Overcoming Me, Myself & I. Are you feeling lost in the unemployment world? Do you have a task list that grows and nothing seems to get checked off? Find out why, and understand what it takes to overcome yourself and succeed. Discover how you hold yourself back and what it takes to persevere, move forward, and start living your life-long dreams.

THE WEEK AHEAD...

Monday, Aug. 9

7:00—9:30 p.m. Coed Volleyball, Gym

Tuesday, Aug. 10

7:00—9:00 p.m. RCIA Team, Senior Center

7:00—9:00 p.m. Charismatic Prayer Group, Judea

7:00—9:00 p.m. Adult Basketball, Gym

Wednesday, Aug. 11

7:00—9:00 p.m. Tiki Night, Lighthouse

Thursday, Aug. 12

Friday, Aug. 13

9:15am-12:00 p.m. Jobs Ministry, Gym

Saturday, Aug. 14

8:30—11:00 a.m. Ensemble Rehearsal, Lighthouse

9:00—10:30 a.m. Men's Saturday Sharing, Senior Center

Sunday, Aug. 15

7:00am-1:00 p. m. Pancake Breakfast, Gym

12:30—1:30 p. m. Baptism, Church

Stewardship... A Way of Life

Last Weekend's stewardship of financial gifts...

Weekly Sunday Offertory

August 1, 2010 (week 5)	\$21,890
Automatic Direct Debit	n/a
Mailed in & stock donations	\$2,727
Total for week	\$24,617

*Based on Collection Counters Reports

Fiscal Year (7/1 to 6/30) to date:	\$160,634
Weekly Average 7/1/10 to date:	\$32,127
Offertory Goal Year to Date	\$178,695
Over/short of goal to date:	(\$18,061)
Goal for Fiscal Year 7/1 to 6/30	\$1,858,400
Remaining for Fiscal Year goal	\$1,697,766

Jobs Ministry Thank You

I would like to extend my thanks to the St Thomas the Apostle Job Ministry for all that you do for folks in transition. I was fortunate to make some very beneficial connections and learn a lot about how to approach the job search process. While my networking involved many resources beyond that of St Thomas, I know what you are providing those in search is invaluable. You do not find your next opportunity on your own. And, I felt the presence of St Thomas faith community in my search daily.