

**SAINT
THOMAS
MORE
CATHOLIC
CHURCH**

I am the living bread that came down from heaven.
—John 6:41



**A Roman Catholic Parish
in the Diocese of San Diego**

- ✝ Spirituality
- ✝ Tradition
- ✝ Community

Mass Schedule

Saturday at 5:00pm
Sunday at 8:30am and 10:30am
Monday-Friday at 8:15am

Eucharistic Adoration

Monday-Friday, 6:30am-7:30pm

Reconciliation (Confession)

Saturday, 4:00-4:30pm

Rev. Michael Ratajczak, Pastor
Rev. Karl Bauer, Senior Priest
Deacon John Fredette
Deacon Thomas A. Goeltz

1450 South Melrose Drive
Oceanside, CA 92056
760-758-4100
760-758-4165 fax

Office Hours: Monday-Friday,
8:30am-12:00noon
and 12:30-4:00pm
parishoffice@stmoside.org
www.stmoside.org



StThomasMoreRCC



**Nineteenth Sunday in Ordinary Time
August 9, 2015**

Pastor's Column

Rev. Michael Ratajczak
760-758-4100 x100
michaelr@stmoside.org

Do Not Grieve the Holy Spirit...

“Brothers and sisters, do not grieve the Holy Spirit of God, with which you were sealed for the day of redemption.”

With these words, St. Paul reminds the Ephesians that they have been given a special gift—the gift of the Holy Spirit—which they are to engage and use as they go about their everyday lives.

Their lives now can and must be different because they have been gifted and sealed with this Spirit of strength, energy, and courage.

This gift when employed on a daily basis will bring them to the fullness of salvation and redemption, and will carry them to heaven.

If they return to their old selves and their old ways of life, then the Holy Spirit is being tossed aside, a gift no longer desired, like a friend who is now abandoned and no longer wanted.

If and when this happens, the Holy Spirit is saddened, the Holy Spirit is grieved. This language is very human in its tone and gives the Holy Spirit human-like qualities: personality and feelings.

This same gift of the Holy Spirit, of which the Letter to the Ephesians speaks, has also been given to us and we have been sealed for the day of redemption.

(Continued on page 2)

Did You Know?

Our Finance Council has budgeted \$41,662 to cover the Payroll Tax expense for FY 2015–2016. Your gift to the “Did You Know?” Campaign helps the Finance Council’s efforts to maintain a balanced budget year after year.

Please don’t throw away the envelope that is attached to this week’s Bulletin. Please use it and put in it whatever monetary gift you can afford.

No gift is too small or too large! Your support is much appreciated...

Construction Progress

**Travertine wall tiles and
wooden louvers.**

**Visit www.stmoside.org
to see more photos!**



Pastor's Column *(continued from page 1)*

The Holy Spirit desires to be in personal relationship with us, and wants to work on our behalf to bring us joy and peace, in this life and in the life to come.

Are we using this gift of the Holy Spirit, or are we grieving the Holy Spirit? What is the condition of our lives today?

The Ephesians are reminded, and we as well, that if we are to live in the Holy Spirit, we must remove all bitterness, fury, anger, shouting, reviling, and malice. We must be kind to one another, compassionate, forgiving, and living in love.

The Holy Spirit makes all these ways of living possible!

As we examine our lives today, let us be willing to ask: "Am I grieving the Holy Spirit, the gift with which I have been sealed for the day of redemption, or am I befriending the Holy Spirit, and becoming a sacrificial offering to God for a fragrant aroma?"

F. Mike

Missionary Cooperative Appeal

Last weekend, Br. Steve Parly shared with us about the work of the Society for the Propagation of the Faith and how all the good work is made possible by support "from the likes of you."

The envelopes that were attached to the bulletin may be returned any time before the end of September. Thank you for your prayers and generosity!

Considering Becoming Catholic?

Are you beginning to search for a deeper meaning and purpose in your life? Would you like to explore a spiritual dimension inside yourself? Do you have a yearning to experience God in your life? You are invited to join our group of "seekers" who are just beginning to discover the joy of knowing God. We meet two Saturdays a month from 3:00-4:45pm and **you** are most welcome! For more information, contact Kathleen Bell at 760-809-6526 or 80bell80@gmail.com.

STM Scrip News

Thanks to all who support the Scrip program! A percentage of every Scrip gift card purchased benefits our Parish Mortgage/Building Completion Fund. **For more information, visit www.stmoside.org/scrip.htm or contact the Scrip team at 760-758-4100 x150 or scrip@stmoside.org**

Looking for a Way to Be Involved?

Visit our website (www.stmoside.org) and click on Get Involved for an easy way to find the perfect ministry to fit your time and talent!



Welcome New Parishioners

Michael & Kimberly Severino & Family

Announcing the Baptism of

**Jayce Abel Autry
Jacob Raymond McFarland**
on August 9



Our Christian community welcomes you with great joy!

Congratulations to

Keith Jackson & Amanda Fresca
who were married on August 8, 2015.
Jon McClellan & Heather Youmans
who were married on August 1, 2015.



Congratulations to

Patrick & Lisa Attardo
who celebrated their 25th wedding anniversary August 4.
Matt & Amy Franklin
who celebrated their 14th wedding anniversary August 4.
Lynn & Joyce Butcher
who celebrated their 37th wedding anniversary August 5.
May God continue to bless your marriage, and may you be an inspiration to other married couples.

Flower Donations

The Altar Flowers for this weekend were given by **Patrick & Lisa Attardo** in honor of their wedding anniversary.



Local Hospitals with Catholic Chaplains Available

If you or a loved one is in one of these hospitals and need the ministry of a Catholic priest, please contact the Chaplain's Office to make the arrangements.

Hospital	Chaplain's Office
Tri-City	760-940-7954
Palomar	442-281-1328
Scripps Encinitas	760-633-7784
Scripps Green	858-554-3698
Scripps Mercy	619-260-7020
UCSD Thornton	619-543-2103
Kaiser Zion	619-528-5188

Vocations

Pope Francis, in his writings and talks has emphasized, time and again, the need for "worker" priests and religious, i.e., men and women who will carry the Gospel message, not only by word but more importantly by deed, to the marginalized, poor, and needy. Are you such a person? Do you have a calling from God to be his "worker"? If so, investigate how you can become such a "worker" as a priest or vowed religious. They are wonderful and challenging vocations. To investigate such a calling, contact Deacon Tom at thomasgoeltz@aol.com or 760-727-8442...or any priest, deacon, or religious. They will help you get started.

Readings for the Week Ahead
 Sunday Year B; Weekday Year I
 Readings online at www.usccb.org.
Sunday, August 9 (116)
Nineteenth Sunday in Ordinary Time
 1 Kings 19:4-8
 Psalm 34:2-9
 Ephesians 4:30-5:2
 John 6:41-51
Monday, August 10 (618)
Lawrence, deacon and martyr
 2 Corinthians 9:6-10
 Psalm 112:1-2,5-9
 John 12:24-26
Tuesday, August 11 (619)
Clare, virgin
 Philippians 3:8-14
 Psalm 16:1b-2a,5,7-8,11
 Matthew 19:27-29
Wednesday, August 12 (623A)
Jane Frances de Chantal, religious
 Proverbs 31:10-13,19-20,30-31
 Psalm 131:1bcde,2-3
 Mark 3:31-35
Thursday, August 13 (620)
Pontian, pope, and Hippolytus, priest, martyrs
 1 Peter 4:12-19
 Psalm 124:2-5,7-8
 John 15:18-21
Friday, August 14 (620A)
Maximilian Mary Kolbe, priest and martyr
 Wisdom 3:1-9 or 1 John 3:14-18
 Psalm 116:10-13,16ac-17
 John 15:12-16
Saturday, August 15 (621)
The Assumption of the Blessed Virgin Mary
 Revelation 11:19a;12:1-6a,10ab
 Psalm 45:10-12,16
 1 Corinthians 15:20-27
 Luke 1:39-56
Sunday, August 16 (119)
Twentieth Sunday in Ordinary Time
 Proverbs 9:1-6
 Psalm 34:2-7
 Ephesians 5:15-20

Mass Intentions
Saturday, August 8, 5:00pm De Wayne Postulka ☩
Sunday, August 9, 8:30am Enos "Bill" Williams ☩
Sunday, August 9, 10:30am Mark Ianni ☩
Monday, August 10, 8:15am William Hoogestraat ☩
Tuesday, August 11, 8:15am Paul Cassidy ☩
Wednesday, August 12, 8:15am Nene & Ely Tanchoco ☩
Thursday, August 13, 8:15am Bill Draper ☩
Friday, August 14, 8:15am Kathy Quinn
Saturday, August 15, 9:00am Deborah Anne Dowling ☩
Saturday, August 15, 5:00pm Zane Staebell ☩
Sunday, August 16, 8:30am Bill & Theresa Goeltz
Sunday, August 16, 10:30am Ernesto & Elena Vozza ☩

Prayer List (Call 760-758-4100 x102 to add a name for four weeks.)

Changa Aguilera
 Ernie Aichele
 Mary Alexander
 Carrie Autrey
 Joshua Avery
 Rosemary Ballard
 Dee Barakman
 Jose Luis Barbosa
 Patricia Barbour
 Francie Barron
 Clarice Bednarz
 John Bennici
 Regina Bentz
 Lisa Berg
 Roseann Berg
 Mary Betz
 Betty Jean Bielich
 Pieter Boets & Family
 Zane Breier
 Beth Brewer
 Hannah Bronson
 Janet Brown
 Todd Brown
 Katie Browne
 Jack & Mary Bruzas
 Anita Buerger
 Shelby Campbell
 Brienne Campos
 Aria Cappeluti
 Jorge Cartajena
 Donald Cashmore
 The Vaughn Clevenger Family
 The Cole & Kowallek Families
 Carl & Dorothy Coleman
 James Coleman
 Steven Cresencia
 Lené Crowe
 Karen Flaharty Daley
 Beverly de Gelder
 Nick Del Sesto
 Paul Del Vecchio
 Hugo Delgado, Jr.
 Cassandra D'Ercole
 Christine DeSantis
 Cecilia DeSimone
 Carole Dillon
 The Dolnik Family
 Art & Dave Dossman
 La Vonne Dumas
 Marge Egan
 Jerome Elbacha
 Carolyn Erickson Ey
 Victoria Lopez Fenton
 The Fiore Family
 Fr. James Flanagan
 Mary Fleming
 Ryan Flum
 Ernie Follis
 Eugene Franciscus
 Kathryn Franklin
 The Greg French Family
 Brian Frink
 Jim Gallagher
 The Joe Garcia Family
 Kathy Gardner
 Jack & Marge Gillen
 Wendy Gonzales' Dad
 Rick Gonzalez
 Tillie Gonzalez
 Lou Gordon
 George Gritt
 Fred Grittzen and Family
 Luke Guent
 Susan Hallahan
 Pat & Tom Hannon
 The Harker Family
 Dorothy Harrison
 Barbara Hatem
 Heidi Heaton
 Lilian Hills
 Julia Hill's Mom
 Lisa Lynn Hodges
 Mike Hofer
 Samara Hook
 Susan Hori
 Iolanda Iacobelli
 Tom Jocelyn
 Bradley Johnson
 Sue Johnston
 Joan Jones
 Laura Kater
 Dottie Kearney
 Paul Kennedy
 Connor Kerzie
 Peggy Kiernan
 Debbie Kinney
 Mark Kneisel
 Dewey Kolbo
 Tony Korwin
 Steven Kowallek
 Helen Kuhn
 Lillian Lachance
 The Lamelin Family
 Bart Landry
 Brandon LeBlanc
 Jeremiah Lemus
 The Paul Leué Family
 The Lew Family
 Ashley Load
 Cassandra & Lauren Loretto
 Jack Lucarelli
 Joaquin Maldonado
 The Maldonado Family
 The Maldonado Trejo Family
 Paige Mansell
 Alexander Mathews
 Gloria Maupin
 Colleen McCall
 Virginia McConnell
 Bob McWilliams
 Joyce Meehan
 Kalei Mendiola
 Rita Mikridge
 Tom Miller
 Phyllis Minaya
 June Mitchell
 June Montgomery
 Nancy Moore
 Elizabeth Muehlbacher
 Conrad Murphy
 Margie Myers
 Angela Nacional
 Melanie Nacional
 Nida Navarro
 Richard Obsitnik
 Kare O Dell
 Laura Paciorek Gloor
 Ethan Palm
 Salina Pearson
 Elisa Petrie
 Helen Pingtella
 Perry Postulka
 The Joe Prokop Family
 Barbara Ramm
 Evelyn Richards
 Jan Riley
 The Ringel Family
 Rita Ritchie
 Lily Robinson
 Maria Rogers
 The Russo Family
 Jennine Rybarczyk
 Rachel Sainc
 Cindy Sanelli
 Lori Sanna
 Linda Schmidt
 Joan Shea
 Elizabeth Shirzad
 Nick Soltau
 Drew Spangler
 Darek, Vanessa, & Elba Spizewski
 Don St. Pierre
 Patricia St. Pierre
 Sybil Staples
 Mike Sterling
 Laura Bernard Stover, MD
 Pete Sullivan
 Julie Teare
 Tommy & Ginger Thompson
 Sarah Tillinghast
 William Tompson
 Stephen Toth, Jr.
 Olivia Trejo
 The Trejo/Beltran Family
 The Trejo/Maldonado/Uribe Family
 The Vasquez Family
 Martin Vertson
 Lucy Vienna
 Lucy Viramontes
 Vanessa Vitiello
 Wilson Wanner
 Kevin Watson-Graff
 Jerry Wechsler
 Patricia Zavala
 Jeanne Zeltner
 Martin Zschoche

Calendar Highlights
 More details at www.stmoside.org,
 Schedule and Calendar

Aug 9 Liturgy of the Word for
 Children at 8:30am and
 10:30am Masses

Aug 16 Liturgy of the Word for
 Children at 8:30am and
 10:30am Masses

Aug 18-19 Restaurant Fundraiser at
 Nucci's

Aug 23 Towers of Faith Reception

Sep 1-3 Music Ministry Rehearsals
 Resume

Sep 9 Gospel of Matthew Bible
 Study Begins

Sep 16 Spirited Seniors Ice Cream
 Social

Sep 19-20 Brother Benno's Toiletries
 Drive

Sep 20 New Member Luncheon

Oct 3 Treasures Rummage Sale

Oct 4 Blessing of Animals

Oct 9-11 Men's Retreat

Nov 1 Pizza & Beer Party

Dec 19 Christmas Cookie Exchange

2016
 Apr 29 STM Gala

Deployed Military

Gunnery Sgt. Fernando Andrade, Jr.
 1st Lt. Jeffrey Bauer, USMC
 Lt. Devon Czarzasty
 Chaplain Van Dinh
 Lance Corp. Brandon Doyle, USMC
 Capt. Branden M. Felker, USAF
 Patrick G. Felker, USN
 Grant Fischer
 Gy Sgt Julian Fyffe, USMC
 MSGT Steve Gallegos, USMC
 Sgt. Alex Garcia
 Adolfo Granados, MD, U.S. Navy
 PFC Samuel Haro, US Army
 Sr. Airman Stephan LaMothe, USAF
 Cpl Caleb Lemons, USMC
 PFC Cody Madere
 Jordan Millikan
 1st Lt. Jennifer Mozzetta
 Jeremiah Gabriel Nelson, USAF
 Thomas Kevin Nelson, US Navy
 Fireman Griffin Joseph Ochoa, US Navy
 Pvt. 2 Jess Phillips, US Army
 Nicole Rieger, US Navy
 Sr. Airman Robert Spear, USAF
 Sgt. Charles Watts, USMC

Pray for Women Religious
 Please join us in praying for the women
 religious who serve in the Diocese of San
 Diego. They have been assigned to days
 of the year in alphabetical order.

August 10 Sr. Kathleen Martin, CSJ
August 11 Sr. Briana Martinez, OCD
August 12 Sr. Barbara Ann Mason, OP
August 13 Sr. Alexandra Matti, DMI
August 14 Sr. E. Aileen McCombs, SFCC
August 15 Sr. Jeanette McDermott, MMS
August 16 Sr. Hilda McDonagh, RSM

Social Ministries & Outreach

Planning for the Pope's Visit to America

Would you like to be part of a group to plan some events that will help us prepare for the Pope's visit to America in September?



There is great excitement about his visit, but more importantly, we want to plan opportunities for our Parishioners and ourselves to reflect on his message and implement it in our daily lives and our local communities.

Two planning meetings are scheduled for Tuesday, August 11, and Tuesday, August 18, 10:00am to 12:00noon. It would be helpful if you can attend both meetings as one will build on the other!

If you wish to participate, please contact Sr. Maureen at 760-758-4100 x131 or maureenb@stmoside.org!

Brother Benno's Toiletry Drive

Our annual toiletry and NEW underwear drive will take place the weekend of Sept 19-20. This year we are also asking for disposable diapers which are desperately needed. Any questions, contact Deacon Tom at thomasgoeltz@aol.com or 760-727-8442.

St. Bonaventure Clothing Drive

Are the kids going back to school and you find they have out grown last year's clothes? Have you finally started that long put off project of cleaning out your closets and storage areas and found those winter clothes you saved from when you lived in Chicago (or some such area) six years ago? The people served by St. Bonaventure Indian Mission are desperately in need of good, slightly used shoes and clothing for men, women, and children of all ages and of all types. (They are among the poorest people in our country and live in an area where the temperatures range from below zero to over one hundred degrees.). Our annual clothing drive is the second weekend in November...but please set aside such clothing now. For information, assistance or to answer any questions you might have, contact Deacon Tom at thomasgoeltz@aol.com or 760-727-8442.

STM Mental Health Ministry Network

Are you interested in participating in the Ministry team of the STM Mental Health Ministry Network to help serve as "prayerful companions" for fellow Parishioners experiencing mental health issues, walking with them through the treatment process, and helping to provide Parish-wide education on the subject of mental illness? For more information., contact Deacon John at 760-758-4100 x104 or johnf@stmoside.org.

Jail/Detention Ministry

Jesus said, "I was in prison and you visited me. What you did for the least of these you did for me." To volunteer and bring the gifts of presence, compassion, hope, and love to those in prison, call Rita at 760-758-4100 x100. For more information, visit www.diocese-sdiego.org/restore, where you will find information on not only visiting those in prison, but ways to provide support for victims or their families and ways to get involved with victim/offender mediation and reconciliation.

Marriage & Family Life

Moms & Kids—Are you a mom with infant through school-age children wanting to meet other moms in our Parish? Want to find a great way to meet friends for both you and your children? Join our dynamic and energetic Moms and Kids ministry on Monday, August 17, at 10:00am at Buccaneer Beach Park in Oceanside.

There are many other events throughout the month posted on our private Facebook page. Join us! Contact Jen Abelson at jen.abelson@gmail.com.

Natural Family Planning—Have you heard about NFP and aren't quite sure what it is? Are you interested in learning more about Natural Family Planning? Contact Cheryl and Dave Ross at davidandcherylross@gmail.com to learn more about the various NFP methods and determine which method is right for you and your family.

Bishops' Letter on Marriage—The Call to Parents: "While all members of the family are called to live out the foundational Christian virtues, fathers and mothers have a special responsibility for fostering these virtues within their children. They are the first to proclaim the faith to their children. They are responsible for nurturing the vocation of each child, showing by example how to live the married life, and taking special care if a child might be called to priesthood or consecrated life." <http://www.usccb.org/loveandlife/>.

Marriage Moments—Reinventing Date Night. "Novelty is more important than just doing the familiar" (Arthur Aron). Dinner, a movie, the usual aren't bad, but often a quirky, weird date can bring pleasure because it's different. Take turns surprising each other. By Susan Vogt, www.SusanVogt.net.

Parenting Pointers—"God doesn't ask us to be successful, only faithful" (Mother Teresa). Share with your child a time you had a success, a failure, and a time that it was hard to keep a commitment. I wonder what your child will share? By Susan Vogt, www.SusanVogt.net.

For more information, visit [www.diocese-sdiego.org/Ministries/Marriage and Family Life](http://www.diocese-sdiego.org/Ministries/Marriage%20and%20Family%20Life) or call Jen Frost at 858-692-7438.



Rosary

A communal Rosary is prayed after every weekday Mass (Monday-Friday) in the Blessed Sacrament Chapel. Please join us!



"A Closer Look" Tours Continue

We provide the hard hats, **you provide the closed-toe shoes!** Weekly tours are offered following the 8:30am Mass and before the 10:30am Mass. To make a reservation, please contact Chris Smith at chris@stmoside.org or 760-758-4100 x120.



**Our Mission is to:
worship God,
teach and live the Gospel of Jesus Christ,
and serve God's people in word and deed.**

Parish Events

Catholic Night at the Padres

Join your fellow Parishioners, our own padre, Father Mike, and other Catholics from around the diocese along with Bishop McElroy, to cheer for the Padres vs. the Cardinals on Friday, August 21, at 7:10pm for "Catholic Night" at Petco Park. Tickets are \$14.50 or \$25.00. Contact Deacon John at 760-758-4100 x104 to reserve your tickets or find out more information. Wear a WHITE jersey, t-shirt, or jacket to the game show our unity.

Women's Guild News

The Women's Guild of St. Thomas More is entering the final phase of their 2015-2016 Membership Drive. To be listed in the Membership Directory, please return your membership form soon. The annual dues are only \$10 a year, payable by check.

Men's Fellowship Update

Many of the men in our Men's Fellowship group get together on occasion to fellowship over a few beers at a local micro-brewery, take a day hike, throw a few horseshoes, catch a movie, or go to a ball game together. If you would like to know what's going on with the guys and perhaps join in on the fellowship, **text @ithirst to 23559** and receive SMS text messages of all the happenings...

For more information, contact Deacon John at 760-758-4100 x104 or johnf@stmoside.org.

Catholic Widows and Widowers of North County

On Sunday, August 9, CWWNC will be here at STM at 2:00pm for their General Meeting and Potluck. This would be a perfect time to get acquainted with our members from all of North County. For more information, call Gerri Wilmott at 760-758-9949. See the bulletin board on the lower level for our complete monthly calendar including dining out, free concert, dancing, bowling, hiking, miniature golf, and bocce ball. RSVPs are required.

STM Vehicle Donation Program

Do you have a vehicle you want to donate?
Call us, and we'll have it picked up operational or not!

You get the tax deduction!

We can accept vehicles without current registration and can file for replacement title if it has been lost.

As of July 29 we have netted \$58,252 from this program. Thank you donors!



**For more information, contact the Parish Office:
760-758-4100 x100 or parishoffice@stmoside.org**

Memorial Item Donations Available

Pipe Organ	\$850,000
Memorial Garden & Reflection Garden	
Landscape Concrete Walkways	\$80,000
Decomposed Granite Pathways with Header	\$24,000
Melrose Landscape Slope	\$15,000
Building Accent Lighting & Pole Fixtures	\$14,000
Drinking Fountains (2) 1 available	\$2,500/each
Audio Visual Systems	
Sound and Video Mixing Board	\$12,000
Video Screen (Motorized 21-foot)	\$9,000
Sound System Base Speaker	\$8,000
Sound System Cabling	\$5,000
Overflow Parking Lot Mulch	\$3,500

Memorial Item Donations Partial

Pew Seating for the Church (1,000) 778 available	\$300/each
Daily Mass Chapel and Choir Chairs (200) 103 available	\$300/each

07/30/15

Memorials are a way of honoring those whom we love, whether they are living or deceased. Often, memorials are made for a special intention or in thanksgiving for a variety of blessings received from God.

Our Parish Campus will be a living memorial. All who help in building it will leave something to the community itself that will be used by generations to come. The good they do is not interred with them, but will remain to share in the divine activity of God here on earth.

Listed above are items still available for adoption.

All contributions will be recognized in a special memorial to be displayed in our Parish Memorial Garden.

For more information or to adopt an item, contact Chris Smith
760-758-4100 x120 or chriss@stmoside.org



For more information on our progress, visit our website, stmoside.org, and click on New Construction.

Treasures 2015—Save the Date! Saturday, October 3

Please mark your calendars and check your schedules to see how you may be able to help with our Treasures rummage sale this year. If you are interested in joining the Treasures Committee, please contact John and Wendy Murphy at 760-497-6117. We will need approximately 70 volunteers to help that weekend. Look for us after future Masses to sign up and watch the bulletin for details.

Liturgy & Music *Worship God*

Douglas Lynn
 Director of Liturgy & Music
 douglasl@stmoside.org; 760-758-4100 x140

IT'S GOOD FOR ME?

study finds those who attend choir rehearsal report less anxiety

Research published online in the scientific journal *Psychology of Music* has found those singing in a choir report a positive impact on their psychological health.

“Singing in a choir is a leisure occupation performed by millions of people in different cultures which requires a collaborative action,” Ahmet Muhip Sanal and Selahattin Gorsev of the Abant Izzet Baysal University in Turkey explained in their study.

“Like other leisure occupations, singing in a choir has been reported to promote human health and well-being. However, the effects of music on human psychological, physiological, social, intellectual and physical processes still remain to be explored.”

The study of 70 college students discovered that choir rehearsal was associated with reduced anxiety and decreased negative moods in those who participated.

For their study, Sanal and Gorsev split the college students into two groups. For eight weeks, one group participated in a one-hour choir rehearsal each week, while the other group participated in an hour of free time each week. The students, who were all enrolled in choir courses, were tested before and after the sessions.

“Our findings suggested that singing in a choir had a significant impact on decreasing the negative affect and stated anxiety levels of the singers,” the researchers concluded.

Eric W. Dolan
 April 16, 2013 | PsyPost (online)



John 6:42

Upcoming Music



AUGUST 15

The Assumption of the Blessed Virgin Mary



9:00am

Cantor & Congregation



**AUGUST 16
 20th Sunday in Ordinary Time**



5:00pm

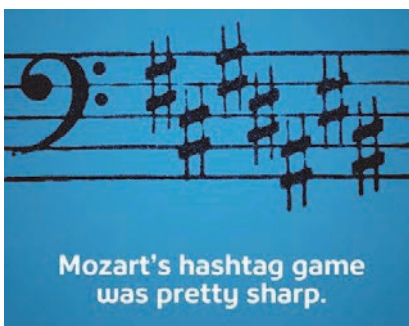
Cantor & Congregation

8:30am

Cantor & Congregation

10:30am

Cantor & Congregation



MUSIC MINISTRY START-UP

Tower Bells

Tuesday, September 1, 7:00pm
 All are welcome.

Praise Team

Wednesday, September 2, 6:30pm
 By audition.
 Contact Joleen at 760-295-7170
 or joleens@stmoside.org

Sanctuary Choir

Thursdays, September 3, 7:00pm
 All are welcome.

Cappella Choir

Thursday, September 3, 9:00pm
 By audition.
 Contact Douglas at
 760-758-4100 x140 or
 douglasl@stmoside.org

Fresh Flowers for Our Weekend Mass Celebrations

If you would like to remember, honor, or celebrate someone special or a special occasion with the addition of an arrangement of flowers at our weekend Masses during Ordinary Time, please see our Parish Receptionist during the week.

Your donation of \$85 will provide a lovely arrangement on the altar platform, including all taxes and delivery.

A note in the weekend's bulletin will announce your special person or event.

Only one flower arrangement may be offered each weekend and payment must be made at the time you reserve your weekend. Two week's notice is required. We are sorry that we are not able to take your reservation over the phone at this time. Thank you!



New Altar Server Training

Saturday, August 22 | 1:00pm

Are you in 4th, 5th, 6th, 7th, or 8th grade? An adult?

Contact Rebecca Eyer at
 psalm_23@live.com

Faith Formation

Teach and Live the Gospel

Matt Franklin
Youth Advocate
760-758-4100 x161; mattf@stmoside.org

Debbie Fredette
Director of Faith Formation
760-758-4100 x110; debbief@stmoside.org

Family Faith Formation

REACH NEWS

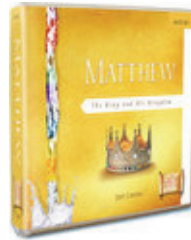
**If You Loved Our Vacation Bible School,
You Will Love Our Faith Formation Program!**

Re-Enroll for the 2015-2016 REACH Year Today!
First Day of REACH is September 13!

Parents: We will be offering Adult Faith Formation once a month during our 12:30-2:00pm REACH sessions. Please attend this opportunity for faith and fellowship! Contact Debbie in the Faith Formation Office for more information.

Adult Faith Formation

COMING SOON!



Join Us for
Matthew:

The King and His Kingdom
Beginning Wednesday mornings,
September 9
9:00-11:00am

Sign Up before August 15 to get your workbook in time for the first session

STEBENVILLE SAN DIEGO 2015



Sacramento Prep News

Does your child need to make his/her Sacraments?
Would you like to know more about the process?
For more information on
please contact Debbie in the Faith Formation Office at
760-758-4100 x110 or debbief@stmoside.org.

SIGN UP TODAY!!

**Do You Want to Know
the Bible Better?**

*The Great Adventure
Bible Study
Featuring Jeff Cavins*

This is the foundational study in the Bible Study Series that has helped hundreds of thousands of Catholics learn to read the Bible.

**Join Us Thursday
Evening, August 6
7:00-9:00pm**

The previous week's Video will be shown starting at 6:00pm sharp. Contact the Faith Formation Office at debbief@stmoside.org to register today

Expecting ??



Why not schedule your Baptismal appointment today before the arrival of your little one? Please contact the Faith Formation Office at 760-758-4100 x110 or debbief@stmoside.org for more information.

Summer News For Kids & Teens

STM OCEANSIDE LIFE TEEN IGNITE

"Wake Up With The King"

Every Wednesday during the summer
8:15am Mass
Followed by
Cereal Breakfast

**YOUTH GROUP
Meets Monday
Nights 7-8:30pm
Starting August 24**

Get Ignite Updates on your Cell! TEXT:

**@STMIGNITE15 to
23559**

*USA mobile phones only.
Message & Data Rates May Apply

Do You Want to Do More to Strengthen Your Own Faith and the Faith of Other Youth?

JOIN the LEAD TEAM!

Contact Matt Franklin For More Information
mattf@stmoside.org

Stewardship & Development

Serve God's People

Chris Smith
 Director of Stewardship & Development
 chriss@stmoside.org; 758-4100 x120

TOWERS OF FAITH

Future Support & Estate Planning Options

Towers of Faith is a movement that has arisen due to the visionary leadership and generosity of several of our Parishioners. We stress that this is not about the gift amount, but rather the love and thought behind the gift.

These individuals (*several anonymous*) have included STM in their estate planning. This helps to ensure their ongoing support and a legacy for our Parish. *Towers of Faith* is a valuable portion of our future support.



Examples of the various future planning vehicles are:
**Designated Beneficiary Accounts,
 Last Will and Testament, Living Trust, Life Insurance,
 Stocks and Bonds, Real Estate, and Endowments.**

Parishioners who have already included STM in their estate plans are *Towers of Faith* participants. If you are interested, please contact us. Your participation is most welcome and appreciated!

Chris Smith at 760-758-4100 x120 or chriss@stmoside.org.

Collection for Week of August 1/2, 2015	
Number of Registered Households	1,150
Offertory	\$10,008.95
Offertory (Loose Collection)	\$891.50
Total	\$10,900.45

Mortgage/Building Completion Fund Income	
September 15, 2014 to July 31, 2015	
Mortgage Offering Collected	\$472,125.54
Less Administrative Costs	\$22,913.00
Payment toward Parish Reserves (10%)	\$44,921.25
Payment toward Mortgage	\$404,291.29
Mortgage Payment Due	\$463,726.10
Mortgage Payment Overage/(Shortfall)	(\$59,434.81)
<hr/>	
Memorial Items	\$204,069.00
Please continue to support the Mortgage/Building Completion Fund!	

“Did You Know “ Collection July 2015
\$1,091.00

St. Francis and St. Thomas More Offertory Envelopes

Any St. Francis Offertory Envelopes given to the offertory collection at St. Thomas More will be returned to St. Francis.

Any St. Thomas More Offertory Envelopes given to the offertory collection at St. Francis will be returned to St. Thomas More.

Celebrating Our First Christian Steward:

The Blessed Virgin Mary

On August 15 we celebrate the Feast of the Assumption; the day we recall Our Blessed Mother being assumed into heaven and crowned queen. In the Gospel reading on this day we hear proclaimed once again the Cantic of Mary, recorded in the Gospel of Luke. It is the Virgin Mary’s song of joy in response to her cousin Elizabeth’s greeting. This summarizes Mary’s deep faith and trust in God, even at such a very young age.

This joyous song is also known as the *Magnificat*, from the opening line of scripture’s Latin translation which means “My soul magnifies the Lord” (“*Magnificat anima mea Dominum*”). The *Magnificat* is a beautiful stewardship prayer used by the Church every day since the fifth century. It is a hymn at Evening Prayer in the Liturgy of the Hours.

The Catechism of the Catholic Church teaches us that the Magnificat: ...is the song both of the Mother of God and of the Church; the song of the Daughter of Zion and of the new People of God; the song of thanksgiving for the fullness of graces poured out in the economy of salvation and the song of the “poor” whose hope is met by the fulfillment... (#2619).



Among the many stewardship themes in this reading, the prayer helps us realize that God’s stewardship plan turns the world’s values upside down. God comes to the aid of the poor and lowly, to the detriment of the rich and powerful. And for those who entrust their lives to the Lord, they are filled with good things.

As a young woman, humble and poor, Mary becomes an interpreter of God’s plan of salvation, she reveals to us the fundamentals of good

stewardship, and she becomes a prophetic witness to social justice for all future generations who “will call me blessed” (Luke 1:48).

Mary was the first disciple, the first Christian steward of God’s plan. Take a few moments and pray this stewardship prayer. Consider its implications for your life. How do you magnify the Lord? How do you make God “bigger” in your day-to-day world? How do you bring God’s compassion to the poor?

—ICSC Stewardship e-bulletin, August 2015 e-bulletin (with permission)

Let us all follow Blessed Mary’s model as the first Christian Steward. Say “Yes” and be guided by God’s Will.

News & Information from the Larger Church

Grand Finale of the Heritage Ball at Mission San Luis Rey—Saturday, August 15, 6:00pm. An elegant evening of cocktails and hors d'oeuvres, followed by a sit down dinner. For information and reservations, contact Linda Causee at 760-757-3651 x161.

Diocese of San Diego Ministers Conference—Saturday, September 19, 9:00am-4:30pm, Mater Dei Catholic High School, 1615 Mater Dei Dr., Chula Vista. Bishop McElroy will be the keynote speaker. Visit www.diocese-sdiego.org/cmc for more information and to sign up.

Sixth Annual "Pro-Life Is Good" Gala and Auction—October 10; keynote speaker is Lila Rose, director of Live Action; visit www.colfs.org for details. Sponsored by Culture of Life Family Services.

Life Perspectives' Life Walk 2015—October 24; visit www.LPLifeWalk.com for details on walking and/or sponsoring.

Around the Diocese—Visit www.diocese-sdiego.org to learn more about activities available through the Diocese and other Parishes.

Shoppportunity—Catholic Charities Thrift Store—Item donations appreciated. For more information, contact Yolanda Ungo, Program Manager, 760-631-2819.

Catholic Charities Food Resource Center Has Volunteer Opportunities for YOU!—Drivers, Daily Food Packers, Intake Workers, and Calfresh (food stamp) Advocate. For information call Marco Lemus at 760-631-4792.

Weekly Peaceful Prayer Vigil to End Abortion—Tuesdays, 9:00-10:00am, outside the clinic at 120 Craven Rd., San Marcos. For more information, contact Jane Kelleher at 760-822-7041.

Birth Choice Volunteer Counselors Training—Call Heidi at 760-744-1313 for details and to sign up. Birth Choice is a pro-life, Christ-centered pregnancy resource center offering free pregnancy testing, ultrasound, and options counseling for women in crisis. For more information, visit www.birthchoice.net.

Support Group for Separated/Divorced—An ongoing support group meeting Sundays at 10:15am at St. James Catholic Church in Solana Beach. For more information, contact Frank Grant at 760-533-1520 or fwgrant@gmail.com.

Mission San Luis Rey Retreat Center in Oceanside has an ongoing schedule of retreats! Visit www.sanluisrey.org for more details.

Retrouvaille for Troubled Marriages—A program designed to help troubled marriages regain their health. It helps spouses uncover or re-awaken the love, trust, and commitment that originally brought them together. For confidential information or to register a weekend workshop, call 951-259-9474 or visit www.retrosandiego.org.

Natural Family Planning Course in San Diego—For more information and/or to register for the series, contact 619-303-5053 or davidandcheryloss@gmail.com.

Diocese of San Diego Social Ministry Office Website: www.socialministriesandiego.com. Check it out and sign up for email notification of issues and events.

MISSIO App for Smart Phones—Connects you to the Pope and his daily messages. Learn more at www.MissioApp.org/bulletin.

Iraqi Christian Relief Fund—Over 200,000 Iraqi Catholic Christians are being persecuted, and have been left homeless living in dire conditions. St. Peter Chaldean Church in El Cajon is soliciting donations to help our brothers and sisters in Iraq. Visit www.IraqiChristianReliefFund.org for more information.

Volunteers Needed—Scripps Coastal Medical Center, 4138 Mission Ave., Oceanside. Patient escorting, reception, and clinical and clerical help in clinic setting. For more information, contact Maria Flores at 760-901-5057.

The Center for Christian Spirituality at the University of San Diego has a great lineup of events. Visit www.sandiego.edu/ccs.

Volunteer with Voices for Children—Voices for Children provides volunteer Court Appointed Special Advocates (CASAs) to abused and neglected children in San Diego County to ensure their needs are met. For more information, contact www.speakupnow.org or 858-598-2235.

Catholic Singles Organization—The Catholic Alumni Club International is expanding into the San Diego area. Visit www.caci.org for more information.

Marriage Encounter Program in San Diego—Resolving to have a better relationship? Choose a Marriage Encounter weekend to start that process! For more information, contact www.wmme-sandiego.org or 619-445-0564.

Pauline Books and Media—5945-B Balboa Ave., San Diego, carries a wide selection of gifts, books, and bibles—great for First Communion and Confirmation gifts. For more information, contact 858-565-9181.

Catholic Radio—AM 1000/Sirius 130—San Diego

Visit ihradio.com/sandiego

Catholics Come Home

Do you have a family member, friend, or co-worker who has left the Catholic Church? If so, encourage them to visit www.CatholicsComeHome.org.

News from St. Francis Church

525 W. Vista Way, Vista • 760-945-8000 • stfrancis-vista.org

St. Francis School is our Parish School!—Families from St. Thomas More are extended the same benefits and rewards as St. Francis Parishioners, including:

- Parishioner priority for enrollment at St. Francis School,
- Equal tuition rates,
- Financial aid opportunities, and
- Fundraising support.

Visit this link for a video about the school: <https://www.youtube.com/watch?v=d2CaXZVBA7s&feature=youtu.be>



1450 SOUTH MELROSE DRIVE · OCEANSIDE, CA 92056 · PHONE: 760- 758-4100 · FAX: 760- 758-4165

www.stmoside.org • Parishoffice@stmoside.org

Office Hours: Monday-Friday, 8:30-12:00noon and 12:30-4:00pm

Parish Contacts

Updated 07/07/2015

Council Chairpersons: Pastoral-Doug D’Agrosa 760- 941-6800 • Finance-Paul Ibbetson 760- 734-1051 • Development-Ron Briseno 760- 726-4496

Pastoral Council Committees

Religious Education/Faith Formation/Evangelization

-**Rory Griffin 760-414-3939**
- Religious Education for Adolescents & Children (R.E.A.CH)
 -Debbie Fredette 760-758-4100 x110
- Liturgy of the Word for Children..... Heidi Madden 760-529-2400
- Sacramental Preparation.....Debbie Fredette 760-758-4100 x110
- RCIA..... Kathleen Bell 760-809-6526
- Moms & Kids.....Jen Abelson 410-570-6962
 - Lia Haubert 949-322-6458
- Ecumenical & Interreligious Affairs Regina Aulisio 760-295-5530
- Youth Ministry..... Matt Franklin 760-758-4100 x161
 - High School Matt Franklin 760-758-4100 x161
 - Young Adults Matt Franklin 760-758-4100 x161
- Religious Education for Adults...Debbie Fredette 760-758-4100 x110
- Bible Study..... Patt Goeltz 760-727-8442
- Centering Prayer Mary Williams 760-758-4100 x100
- Men’s Fellowship..... Dcn. John Fredette 760-758-4100 x132
- Women’s MinistryDebbie Fredette 760-758-4100 x110
- Vocations Dcn. Tom & Patt Goeltz 760-727-8442

LiturgyKathy Arciero 760-231-1022

- Art & Environment Kathy Arciero 760-231-1022
- Bereavement Ministry.....Sr. Maureen Brown 760-758-4100 x131
- Eucharistic Adoration Available
- Interior Design Team Pat & Phil Goscienski 760-732-1414
- Liturgical Ministries.....Douglas Lynn 760-758-4100 x140
- Music Ministry.....Douglas Lynn 760-758-4100 x140
- Sacristans—Altar Guild Diana Diaz 760-758-7870
- Sacristans—Altar LinensAnna Meyers 760-727-4998

Marriage & Family Life Jen Frost 858-692-7438

- Bringing the Celebration HomeJen Frost 858-692-7438
- Diocesan Liaison..... Andrea Spencer 760-560-6540
- Family Services..... Rev. Michael Ratajczak 760-758-4100 x100
- Marriage Preparation..... Rev. Michael Ratajczak 760-758-4100 x100
- Widows & Widowers of North County..... Carol Kope 760-726-0533
 - Germaine Wilmott 760-758-9949

Parish Organizations & Events..... Lisa & Pat Attardo 760-940-1505

- Annual Gala Chris Smith 760-758-4100 x120
- Historian/Archives Brandon Oswald 760-845-5450
- Knights of Columbus John Murphy 760-497-6117
- Social ActivitiesHenny Jocelyn 760-758-4100 x100
- Spirited Seniors..... Jim & Marilyn Day 760-509-4545

- Treasures Rummage Sale.....John & Wendy Murphy 760-497-6117
 - Walking Ministry Diane Pal 760-815-2519
 - Women’s Guild..... Kathy Gerhard 760-732-5951
- Social Ministries Stacey & Morgan Espe 760-224-2699**
- Blood Drive Stacey & Morgan Espe 760-224-2699
 - Brother Benno’s CollectionDcn. Tom Goeltz 760-727-8442
 - Brother Benno’s Kitchen Server George Jones 760-940-9288
 - Christmas Angel Ministry Kevin & Lisa Seufert 760-732-5965
 - CPR/AED Classes..... Phil Goscienski 760-732-1414
 - Culture of LifeJane Kelleher 760-822-7041
 - Disability Facilitation Ann Eriksson 760-599-7151
 - Jail Ministry Rita McCarthy 760-758-4100 x100
 - Prayer Request Line..... Pat Wong 760-806-1310
 - Norma Flanagan 760-630-0180
 - Project Linus..... Mary Coxon 760-599-8760
 - Social Justice Committee Henri Black 760-758-8137
 - Interfaith Committee for Worker Justice
 - Joyce Meehan 760-724-4974
 - JustFaith Activities Sr. Maureen Brown 760-758-4100 x131
 - San Diego Organizing Project (SDOP)
 - Craig & Mary Castle 760-727-3097
 - Solutions for Change Kevin & Lyn Leahy 760-643-0872
 - Family Shoe Ministry Rick & Heidi Madden 760-470-4998
 - St. Bonaventure Mission..... Dcn. Tom Goeltz 760-727-8442

Office Support..... Henny Jocelyn 760-758-4100 x100

- General SupportHenny Jocelyn 760-758-4100 x100
- Chair Set-UpLorraine Doering 760-758-4100 x102
- Kitchen Manager.....Rebecca Eyer 760-758-4100 x100

Development Council Committees

- Annual Catholic Appeal..... Flora Fallone 760-758-4100 x100
- New ConstructionBrian Leahey 760-224-1674
- Parish MembershipValerie Thompson 760-630-1703
- Planned Giving Chris Smith 760-758-4100 x120
- Publicity/Public Relations..... Jane Gladden 760-659-6168
- Scrip SalesMike Nichols 760-727-7522
 - Andrea Sweeney 760-216-6389
- Stewardship Chris Smith 760-758-4100 x120
- Vehicle Donations..... Diana Diaz 760-758-4100 x100
- Welcome Ministry Chris Smith 760-758-4100 x120

Pastoral Staff

Rev. Michael Ratajczak, Pastor	760-758-4100 x100	<i>michaelr@stmoside.org</i>
Rev. Karl Bauer, Senior Priest.....	760-758-4100 x133	<i>karlb@stmoside.org</i>
Dcn. John Fredette	760-758-4100 x132	<i>johnf@stmoside.org</i>
Dcn. Tom Goeltz	760-758-4100 x100	<i>thomasg@stmoside.org</i>
Sr. Maureen Brown, Pastoral Associate.....	760-758-4100 x131	<i>maureenb@stmoside.org</i>
Dcn. John Fredette, Business Manager.....	760-758-4100 x104	<i>johnf@stmoside.org</i>
Debbie Fredette, Director of Faith Formation.....	760-758-4100 x110	<i>debbief@stmoside.org</i>
Matt Franklin, Youth Advocate	760-758-4100 x161	<i>mattf@stmoside.org</i>
Stacey Griffin, Faith Formation Office Assistant	760-758-4100 x110	<i>staceyg@stmoside.org</i>
Douglas Lynn, Director of Liturgy and Music.....	760-758-4100 x140	<i>douglasl@stmoside.org</i>
Kathy Santy, Assistant Music Director.....	760-758-4100 x100	<i>kathys@stmoside.org</i>
Sally Fay, Organist/Choir Accompanist	760-758-4100 x100	<i>sallyf@stmoside.org</i>
Chris Smith, Director of Stewardship and Development	760-758-4100 x120	<i>chriss@stmoside.org</i>
Joe Garcia, Director of Maintenance	760-758-4100 x151	<i>joeg@stmoside.org</i>
Henny Jocelyn, Receptionist/Secretary.....	760-758-4100 x100	<i>hennyj@stmoside.org</i>
Lorraine Doering, Parish Office Technician.....	760-758-4100 x102	<i>lorrained@stmoside.org</i>
Brian Leahey, Director of Construction.....	760-758-4100 x152	<i>brianl@stmoside.org</i>

Patronize Our Advertisers

Thank you to our advertisers! Please patronize these merchants and let them know you saw their ad in the St. Thomas More bulletin. Any business owners are welcome to advertise their services. Please call Chris McAdams of C & M Publications at 951-776-0601. Thank you.



BRE# 01361295



10% of my commission will go to the building fund in your name at COE

Making your HOME dreams come true since 2002
Honesty, Integrity & Proven Results

Pina Shaw

Realtor • *Parishioner Since 1997*

760.473.1227

pinashaw@gmail.com • www.HSRealtyWest.com



Kellogg

Plumbing, Inc.

Lic.# 970776

Damon L. Kellogg

Custom Homes • Remodels
Repipes • Service & Repair

760-497-7879

damon@kelloggplumbing.com

MEDIATION SERVICES

Alfred V. Deleo

Serve on the San Diego Superior Court Civil Mediation Panel

If you need my services, please email me
avdeleo@msn.com

Se Habla Español
Parishioner

PET SITTING

"BONE VOYAGE"

Louise Toth - Parishioner

10% Discount
First Service

760-536-9573

Loving Care for Your Four Legged Friends
References Available
Insured



Lady Dentist
Maria Elena P. Afan D.M.D.



1350 E. Vista Way, Ste. 6
Vista, CA 92084
(760) 940-1011

1010 E. Ohio Ave.
Escondido, CA 92025
(760) 743-7117

\$80 New Patient Discount (Exam/X-Rays & Cleaning)

Most Insurances Accepted

Open Mon.-Sat. / Evenings Tagalog Spoken/ Se Habla Español

D & M Wholesale Flowers

3208 La Mirada Dr. • San Marcos

760-410-7303

Balloons • Roses • Arrangements • Mixed Bouquets

House Plants • Weddings • Leis • Corsages

Flowers for all Occasions • Open to the public Mon. - Fri. 8-5 • Sat. 8-4

Free Home Inspection*

Heloisa Teymourian, Realtor
760.421.1844

Keller Williams Carlsbad
Buying... Selling... Investing?



Call me, I can help you!
www.seaandsandhomes.com
seaandsandhomes@gmail.com

Se Habla Español, Falo Portugues
*Free home inspection credit at closing

CABRE 01956243

HANNA PLUMBING

Sales, Service, Repairs
\$10.00 Discount on Service Calls

726-2002

643 S. Santa Fe • Vista

AVALON HOME CARE

"COMPASSIONATE SENIOR CARE"



...BECAUSE HOME IS WHERE YOU REALLY WANT TO BE."

Hourly • 24 Hour Care • Couples Care • Hospital Sitings
Alzheimer's Care • Errands • Cognitive Stimulation • Exercise
Special Diet • Personal Care & Much More!

Serving All San Diego County • Parishioner Owned

Call: **(760) 730-3995** Toll Free: **(800) 723-4197**

1207 Carlsbad Village Dr. Ste. E, Carlsbad, CA 92008
www.avalonhomecare.com

C & M Publications is proud to print this bulletin at **no cost** to the Church thanks to the support of the local businesses found on this page.

SUPPORT OUR SPONSORS

For information on how you can become a sponsor please contact us at
951-776-0601

Our Sunday Bulletin is printed professionally, thanks to the support of the folks whose ads can be found on this page every week. Please show your appreciation for their support by patronizing these businesses.

Thank You.

CORAL BUILDING INC.

- Kitchens
- Additions
- Flooring
- Bathroom
- Windows
- Painting

Licensed (#B908097) and Bonded
1% of all contracts will be donated to the St. Thomas More Building Fund.



Andy Frost
(Owner, Operator, Parishioner)
858-245-6305 aafrost@aol.com

German Auto Repair
Est. 1991

Local Shuttle Service • Towing
Parishioner Owned

European MotorSports
2588 Progress St. • Vista
599-9307

Holly Home
Carpets & Interiors

Lic. #367088
Nic DePies

3130 South Santa Fe
San Marcos/Vista
(760) 727-2122

- CARPET
- TILE
- LAMINATES
- WOOD
- VINYL
- WINDOW COVERING

Curtis E. McRae, D.D.S.
General Dentistry
(760) 536-5131

3601 Vista Way, Ste. 205
Oceanside, CA 92056
Cosmetic & Implant Dentistry
Parishioner

RATAJCZAK
PLUMBING

Need a plumber?
Call 760-277-3437

JOHN SHAKARIAN
JEWELER
Since 1989

Jewelry Restoration
Custom Design
Jewelry Repair
Watch Repair
Appraisals

760-726-1670
212 Main Street, Vista
www.johnshakarianjeweler.com

Our Family Serving Yours Since 1964
ALLEN BROTHERS MORTUARY, INC.
www.allenbrothersmortuary.com

Traditional, Graveside, or Memorial Services
Burial and Cremation Plans • **On-Site Reception Room**
Preneed Planning and/or Arrangements
Veterans & Social Security Assistance
Insurance Assignments Accepted

Vista Chapel FD-1120 760-726-2555
San Marcos Chapel FD-1378 760-744-4522

DISCOUNT DRYWALLERS

- Patching
- Hanging
- Taping
- Texture
- Popcorn Ceiling Removal
- Remodeling
- New Construction

(760) 294-1717

Michel's Appliance Repair

Whirlpool MAYTAG
Fair Prices
Open late Mon.-Sat. • Closed Sun.
760-433-7027

10% OFF MAJOR REPAIRS LABOR ONLY

Simon Valdez
916 Postal Way
(760) 630-9427

Specialists Factory Trained Technicians
All Foreign & Domestic Vehicles
Tune-Ups • Alignments
Computer Diagnostics

Catholic Gift Shop
Bibles, Books, Gifts and Sacramentals

Holy Communion, Confirmation & Baptism Gifts

714 N. Coast Hwy. • Oceanside
(located at Harbor House Cafe)

Annette Serui 760-822-6732
email: peacebewithyougifts@yahoo.com
Order online at: peacebewithyougifts.com

We print Holy Cards for funerals & Everyday Prayers
Open Daily 10 am - 5 pm
Closed Mon. & Thurs.

10% OFF with coupon

Two Brothers Italy
Pizza • Pasta • Subs
We Deliver
760-599-0088
1651-C.S. Melrose Dr.

ASSISTED LIVING & MEMORY CARE

Aegis Living at Shadowridge

Exceptional Services, Outstanding Care
Call today to schedule a tour (760) 806-3600
1440 South Melrose Drive - www.aegisatshadowridge.com
RCFE # 374602653

Dignity Memorial

Eternal Hills Memorial Park, Mortuary & Crematory
1999 El Camino Real • Oceanside, CA 92054
(760) 754-6600 FD-234

• We specialize in preplanning • Proudly perform cremation onsite
Serving the North County community of San Diego since 1947

TRI-CITY CARPET

Quality Carpet at Wholesale Prices
1455 W. Vista Way
Vista, CA 92083

BROOKDALE
SENIOR LIVING SOLUTIONS™

brookdale.com

Emeritus® at Carlsbad
Assisted Living | Alzheimer's & Dementia Care
Rehabilitation & Skilled Nursing
3140 El Camino Real
Carlsbad, CA 92008
(760) 720-9898

PAUL V. L. CAMPO
ATTORNEY AT LAW

WILLS, TRUSTS, AND PROBATE

Graduate of Stanford University
and UCLA School of Law

(760) 639-1680

314 South Melrose Dr., Ste. 150
Vista, CA 92081-6669
www.attorneypaulcampo.com

DISTINCTIVE CRUISES & TOURS Your Travel Agency

We have the Experience that takes you Places and helps to make your Dreams come true.
We design and arrange Individual, Family, Multi-generational, and Group Travel Worldwide.
CRUISES • INDEPENDENT & ESCORTED TOURS • LUXURY TRAVEL
For Unparalleled Service and Value, Please give us a call.

Special amenities for parishioners.
www.Distinctive-Cruises.com (760) 721-9420
CST 1016989-40

Bridging the Gap Between Hospital to Home
Serving North Coastal San Diego Since 2003

Complete Caregiving Services

- Homemaker
- Personal Care
- Nurse Case Manager
- Hospital Transitional Care
- Medical Monitoring

Long-Term Care Insurance Accepted

Lisa & Patrick Attardo - RN Owned
Accredited | Licensed | Bonded | Insured

Formerly Home Helpers

Tele-Bridge Medical
(866) 500-0029
www.telebridgemedical.com

New Patient Special

\$50 gift certificate
for St. Thomas More parishioners & friends

Complete Dental Care in One Office

Come in and meet our team with an introductory offer of \$50 towards any treatment when you come in for an exam and cleaning. I have 25 years experience as a Family dentist. The specialists include an Oral surgeon, Periodontal surgeon and an Endodontist.

Dr. Michael Maksim
Parishioner

(760) 726-5703
630 S. Melrose Drive, Vista CA 92081

Knights of Columbus

Breakfast

Sunday, August 23,
at St. Thomas More
9:00-10:30 a.m.



Pancakes
Eggs
Sausage
Hash Browns
Fruit
Coffee/Juice



and lots of friendly people

Come dine with us!

Adults \$7; Children \$4 (age 5 & under free)
Families with 4 or more children \$20 maximum

Reservations (6 or more) 760-717-5524 or
BakerJamesL39@gmail.com





RELATIONSHIP SKILLS WORKSHOP

Diocese of San Diego—Office for Marriage and Family Life

Presented by: Deacon John & Debbie Fredette

*For more information, contact—760-758-4100 x104 or x110
johnf@stmoside.org or debbief@stmoside.org*

September 2

*Building a Climate of
Respect*

September 9

*Responsibility & the
Blame Game*

September 23

*Understanding
Expectations*

September 30

*Power Struggle and
Control Issues*

October 7

*Listening Beyond the
Words*

October 14

Personality Differences

October 21

*Childhood Issues &
Emotional Baggage*

October 28

*Handling Anger
Constructively*

November 4

*Speaking the Truth in
Love*

November 11

*How to Fight Fair:
Conflict Resolution*

November 18

*Feelings & the Hurt
Spiral*

December 2

Forgiveness & Repair

December 9

Rebuilding Trust

Wednesday evenings, 7:00-8:30pm

St. Thomas More Catholic Church Lower Level

1450 S. Melrose Dr., Oceanside, CA 92056

Drop in for one, several, or all sessions

No pre-registration

No cost to attend

No child-care will be provided

