

**SAINT
THOMAS
MORE
CATHOLIC
CHURCH**

**Holy Year Pilgrimage Mercy Door
and Eucharistic Adoration
open 7:00am-7:00pm
seven days a week.
Stop by for a visit!**

*If you'd like to help out by spending
an hour a week in the church during these times,
contact Evans Formica at evansf@stmoside.org.*



*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

Sunday-Saturday, 7:00am-7:00pm

Reconciliation (Confession)

Saturday, 3:30-4:30pm
and by appointment

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



**Aging with Grace
Conference
See page 5**

**Twenty-second Sunday in Ordinary Time
August 28, 2016**

Pastor's Column

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

Embracing the Joy of Love

Earlier this year, Pope Francis issued an authoritative teaching document on marriage and family life which is entitled "The Joy of Love."

Pope Francis is encouraging Bishops to find ways to promote "The Joy of Love" in the life of Catholics in their own Dioceses.

In our Diocese, Bishop McElroy has decided to convene a Diocesan Synod which will focus exclusively on the topics of marriage and family life. The Synod will be held on October 29-30.

Please see the flyer in today's bulletin for the rest of the column.



Volunteer Now!

TREASURES 2016
Saturday, October 1

☒ TIME ☒ TALENT ☒ TREASURES

Look for us on the plaza after Mass in September
or contact John Murphy.

Mark your calendars for Treasures 2016 on Saturday, October 1. We need volunteers to solicit donations from nurseries by telephone. We need volunteers for the Treasures Committee as well. As always we will need plenty of volunteers for the day of the sale.

To sign up or for any questions, please contact John Murphy at 760-497-6117 or wmurphy8802@aol.com or visit stmoside.org.

Considering Becoming Catholic?

Has Pope Francis ignited a spark in you to know more about the Catholic faith and become a member of the Church he shepherds?

If you are already Catholic, perhaps you have a new enthusiasm for your faith that you would like to share with a friend or family member who is searching.

Our lives sometimes go through seasons of change, of closeness to God and distance from God. Yet the Father's love is steadfast, full of mercy, and ever-present to those who seek with a sincere heart, no matter what sins or situations have caused separation.

If you have thought about becoming Catholic and beginning a new "season" in your life, contact Kathleen Bell, 760-809-6526, 80bell80@gmail.com.

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 McCarthy 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.

Flower Donations

The Altar Flowers for this weekend were given by **Dick & Charlene Belprez** in honor of their wedding anniversary.



STM \$crip News

Do you shop on Amazon? Use Amazon Smile and raise money for STM while you shop! Click the link at www.stmoside.org/scrip.htm to get started.

Need back-to-school supplies? Get Scrip gift cards for Staples, Target, Wal*Mart, and more and help STM while you shop!

We appreciate your continued support for the Scrip program. **For more information, visit www.stmoside.org/scrip.htm or contact the Scrip team at 760-758-4100 x150 or scrip@stmoside.org**

Help Feed the Hungry

*Pope Francis reminds us:
"You pray for the hungry.
Then you feed them.
That's how prayer works."*

We encourage every STM family to donate one nonperishable food item each weekend when they come to Mass.

Together we can help feed the hungry in our local community.



Welcome New Parishioners

Tim & Katie Keegan & Family

Elmer & Ardin Paduganao

Zita Rudvalis & Family

Lisa Silva & Samara Bennett & Family

Christina Villegas

Joseph & Rosemarie Williamson

Congratulations to

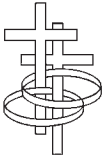
David Prüsse and Nichole Rumps

who were married on August 20

Matthew Horton & Kaitlin Bianchi

who were married on August 27

*May you grow in love for each other and
always know that God is with you.*



Congratulations to

Bill & Theresa Goeltz

who celebrate their 10th anniversary of marriage on August 19.

Jerry & Nancy Gayvert

who celebrate their 50th anniversary of marriage on August 20.

Ed & Claudette Gunderson

who celebrate their 53rd anniversary of marriage on August 24.

George & Joan Jones

who celebrate their 11th anniversary of marriage on August 27.

Dick & Charlene Belprez

who celebrate their 57th anniversary of marriage on August 29.

Mike & Joyce Malloy

who celebrate their 53rd anniversary of marriage on August 31.

*May God continue to bless your marriage, and may you be an
inspiration to other married couples.*

In Memoriam



Please pray for the repose of the souls of:

Joan Frimmer, who died on July 3. Her Funeral Mass will be celebrated on Thursday, September 8, at 11:00am at St. Thomas More. Please keep her committed partner, Harvey Oshrin, and her family in your prayers.

Geraldine Barton, who died on August 23. A Memorial Mass will be held in late September—watch for details. Please keep her family in your prayers.

*May their souls and all the souls of the faithful departed,
through the mercy of God, rest in peace. Amen.*

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

Readings for the Week Ahead

Sunday Year C; Weekday Year II
Readings online at www.usccb.org.

Sunday, August 28 (126)

Twenty-Second Sunday

in Ordinary Time

Sirach 3:17-18,20,28-29

Psalm 68:4-7,10-11

Hebrews 12:18-19,22-24a

Luke 14:1,7-14

Monday, August 29 (634)

The Passion of John the Baptist

Jeremiah 1:17-19

Psalm 71:1-4a,5-6ab,15ab,17

Mark 6:17-29

Tuesday, August 30 (432)

1 Corinthians 2:10b-16

Psalm 145:8-14

Luke 4:31-37

Wednesday, August 31 (433)

1 Corinthians 3:1-9

Psalm 33:12-15,20-21

Luke 4:38-44

Thursday, September 1 (434)

1 Corinthians 3:18-23

Psalm 24:1b-4b,5-6

Luke 5:1-11

Friday, September 2 (435)

1 Corinthians 4:1-5

Psalm 37:3-6,27-28,39-40

Luke 5:33-39

Saturday, September 3 (436)

Gregory the Great, pope, doctor

1 Corinthians 4:6b-15

Psalm 145:17-21

Luke 6:1-5

Sunday, September 4 (129)

Twenty-Third Sunday

in Ordinary Time

Wisdom 9:13-18b

Psalm 90:3-6,12-17

Philemon 9-10,12-17

Luke 14:25-33

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

Changa Aguilera
Ernie Ajchiele
Mary Alexander
Christine & Cory Anderson
The Antone Family
Carrie Autrey
Joshua Avery
Addison Abigail Avina
Bob Baker
Rosemary Ballard
Jose Luis Barbosa
Patricia Barbour
Francie Barron
The Barton Family
Clarice Bednarz
Taylor Bell
John Bennici
Regina Bentz
Lisa Berg
Roseanne Berg
Mary Betz
Betty Jean Bielich
Dieter Boets & Family
Zane Breier
Beth Brewer
Michael Brice
Janet Brown
Katie Browne
Anita Buerger
Shelby Campbell
Brianne Campos
Aria Cappeluti
Nanette Carey
Jorge Cartajena
Donald Cashmore
Anne Caywood
The Vaughn Clevenger Family
Anne Cline
Carl & Dorothy Coleman
James Coleman
Maria Colfer
Addie Colgan
Judy Colson
Karen Connell
Geoff Coolidge
William Costanza
Sandra Cracchiolo
Steven Cresencia
Lené Crowe
Karen Flaharty Daley
Beverly de Gelder
Velia Deal & Family
The Del Sesto Family
Paul Del Vecchio
Hugo Delgado, Jr.
Cassandra D'Ercole
Christine DeSantis
Cecilia DeSimone
David deVilleneuve
Carole Dillon
Elizabeth Doherty's Aunt Jackie
Art & Dave Dossman
Marge Egan
Jerome Elbacha
Arthur Eral
Carolyn Erickson Ey
Victoria Lopez Fenton
The Fiore Family
Fr. James Flanagan
Mary Fleming
Ryan Flum
Ernie Follis
Eugene Franciscus
The Greg French Family
The Frimmer Family
Brian Frink
Jim Gallagher
The Joe Garcia Family
Kathy Gardner
Joan Gay
Alyssa Gerhard
Merle Glime
Dcn. Jim Gollhofer
Wendy Gonzales' Dad
Rick Gonzalez
Tillie Gonzalez
The Gonzalez Family
Lou Gordon
George Gritt
Luke Guent
Tomo Hamasaki
The Hannon Family
The Harker Family
Dorothy Harrison
Michelle Harrison & Family
Barbara Hatem
Bill & Mary Haynes
LaNay Hazzard
Lillian Hills
Lisa (Lynn) Hodges
Georgia Ann Hodina
Samara Hook
Susan Hori
Iolanda Iacobelli
Katherine Jacobs
The Jan Riley Family
Jacqueline Johnson
Sue Johnston
Laura Kater
Dottie Kearney
Connor Kerzie
Peggy Kiernan
Debbie Kinney
Bernie Klimek

Mark Kneisel
Dewey Kolbo
Tony Korwin
Don Kowallek
Faith Kowallek
Helen Kuhn
Lorene Kundert
Lillian Lachance
The Lamelin Family
Pauline Lapre's sister Justine
Brandon LeBlanc
Susan Lee
Jake Lefferdink
Jeremiah Lemus
Aleah Leon
Ashley Load
Cassandra & Lauren Loretto
Jack Lucarelli
Joaquin Maldonado
The Maldonado Family
The Maldonado Trejo Family
Paige Mansell
Gloria Maupin
Colleen McCall
Virginia McConnell
Paige McCoy
Jerry McEniry
The McGinley Family
Ann McMahan
Bob McWilliams
Joyce Meehan
Kalei Mendiola
Lorraine Micallef
Rita Mikridge
Barbara S. Miller
Tom Miller
Phyllis Minaya
June Mitchell
Maria Molina
June Montgomery
Nancy Moore
Elizabeth Muehlbacher
Conrad Murphy
Eddie Murphy
Margie Myers
Andrew Philip Nacional
Angela Nacional
Melanie Nacional
Nida Navarro
Richard Obsitnik
Kare O'Dell
Laura Paciorek Gloor
Ethan Palm
Cynthia Pearson
Salina Pearson
Elisa Petrie
Merri Phelps
Helen Pingtella
Delilah Plasterer
Perry Postulka
Paulette Pouliot
The Joe Prokop Family
Bernie Ptak
Barbara Ramm
Randy Reznicek
Jenni Richard
Evelyn Richards
The Riley Family
Rita Ritchie
Lily Robinson
Bea Rocha
Marra Rogers
The Russo Family
Rachel Sainc
Sam Sam
Cindy Sanelli
Lori Sanna
Linda Schmidt
Joan Shea
Elizabeth Shirzad
Nick Soltau
Derek Vanessa, & Elba Spizewski
Don St. Pierre
Patricia St. Pierre
Sybil Staples
Mike Sterling
Frank & Mary Ann Stoddard
Laura Bernard Stover, MD
Pete Sullivan
Pat Swanton
The Sylva Bernier Family
Julie Teare
Laura Thiele
Frank & Mary Lou Thompson
Tommy & Ginger Thompson
Sarah Tillinghast
William Thompson
Stephen Toth, Jr.
Olivia Trejo
The Trejo/Beltran Family
The Trejo/Maldonado/Uribe Family
Martin Vertson
Lucy Vienna
Lucy Viramontes
Vanessa Vitiello
Wilson Wanner
Kevin Watson-Graff
Jerry Wechsler
Rylee West
The Xavier Family
Patricia Zavala
Gracie Zeller
Jeanne Zeltner
The Zemenick Family

Calendar Highlights

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

Aug 28	Liturgy of the Word for Children at 8:30am and 10:30am Masses
Sep 4	Liturgy of the Word for Children at 8:30am and 10:30am Masses
Sep 6	Tower Bells Open House 7:00pm
Sep 7	Bible Study 9:00am
Sep 7	Spirited Seniors Ice Cream Social 6:30pm
Sep 8	Sanctuary Choir Open House 7:00pm
Sep 8	Bible Study 7:00pm
Sep 11	Wine Tasting 101 Event
Sep 12	Women's Guild SRO Event 11:00am
Sep 7	Relationship Skills Workshop 7:00pm
Sep 17	Aging with Grace Conference
Sep 17	Mental Health Conference
Sep 17-18	Brother Benno's Toiletries Drive
Sep 24	Women's Ministry Prayer Breakfast
Sep 25	New Member Luncheon
Oct 1	Treasures Rummage Sale

Deployed Military

Gunnery Sgt. Fernando Andrade, Jr.
Lt. Devon Czarzasty
Capt. Branden M. Felker, USAF
Patrick G. Felker, USN
Grant Fischer
1st Lt. Eric Galamay
MSGT Steve Gallegos, USMC
Sgt. Alex Garcia
Adolfo Granados, MD, U.S. Navy
PFC Samuel Haro, US Army
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 29
Sr. Pia Anderson, OCD
August 30
Sr. M. Monica Andresen, MC
August 31
Sr. Flavia Arellano, CVI
September 1
Sr. Rosemary Babbitt, IHM
September 2
Sr. Joanna Baker, OCD
September 3
Sr. M. Shanti Bara, MC
September 4
Sr. Lilia Barba, SJS

Mass Intentions

Saturday, August 27, 5:00pm Joseph Immerso & Mari-Jo Porter ☩
Sunday, August 28, 8:30am Angela Barrios ☩
Sunday, August 28, 10:30am Alicia Fuentes ☩
Monday, August 29, 8:15am Pietro DeAngelis ☩
Tuesday, August 30, 8:15am Paul Kennedy ☩
Wednesday, August 31, 8:15am Joseph Suozzo ☩
Thursday, September 1, 8:15am Marianne Benjamin ☩
Friday, September 2, 8:15am Souls in Purgatory ☩
Saturday, September 3, 5:00pm Ed Dolnik ☩
Sunday, September 4, 8:30am Frank Fallone ☩
Sunday, September 4, 10:30am Gelin Ordonea ☩

Social Ministries & Outreach

Brother Benno's Toiletry Drive

Sept 17-18 will be STM's toiletry and disposable diaper drive. All types of hygiene products are needed as well as disposable diapers. Brother Benno's is the leading help to the poor and disadvantaged in North County...but in order to do so, they need lots of help. If you have soaps and shampoos, etc. "collected" from hotels on your travels...tooth paste and tooth brushes...toiletries from sample sizes to the economy size, please share. Look for Deacon Tom's truck in the parking lot before all the Masses that weekend. Please be generous!

St. Bonaventure Indian Mission

Now that the new school year is starting, with new shoes and clothes, don't throw the summer clothes out...save them for our annual clothing drive to help the Navajo served by St. Bonaventure Indian Mission. Men's, women's, and children's clothing; summer, winter, or fall...together with serviceable shoes and boots are desperately needed by some of the poorest of the poor of our country. We will be collecting the first weekend in November. Any questions, contact Deacon Tom at thomasgoeltz@aol.com or 760-727-8442.

STM Mental Health Ministry Network

STM is a member of the San Diego Mental Health Ministry Network (MHMN) and has made a commitment to become a faith community that both understands mental illness and can provide compassionate support. If you or a loved one is experiencing mental health challenges, or if you would like to find out how to become a member, please contact us at 760-758-4100 x104.

The San Diego diocese is offering a free conference entitled: *Faith in Healing* on Saturday, September 17, 8:30am-12:30pm at St. Michael Catholic Church, Poway. It is for anyone interested in or dealing with mental health issues. Register by September 14 or get more information at www.SocialMinistrySanDiego.com.

Bereavement Support Group Beginning

This new group will meet on Fridays beginning October 14, 10:00am-12:00pm. In this group, assistance will be offered to those who have suffered the loss of a loved one and are dealing with the many serious, complex, and painful effects of loss. Sr. Joan will guide the group and will be available to those who would like individual assistance. More information will be coming in future bulletins.

Sr. Joan Kowalski, OP, PhD, holds a Doctorate in Clinical Psychology and was educated in Pastoral Ministry in the Archdiocese of Detroit.

For any questions, call Sr. Maureen (760) 758-4100 x 131 or maureenb@stmoside.org

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! We have park play dates on the first and third Monday of each month at a local park, and there are many other events throughout the month posted on our private Facebook page. Join us! Contact Natalia Sada at vzlanaty@yahoo.com or Estelle Eral at estelle.eral@gmail.com.



Marriage Encounter—Do you have a good marriage but want a little jumpstart? Would you and your spouse like to rediscover and reconnect with each other? Then we invite you to attend a Marriage Encounter Weekend. Weekends take place in San Diego and other Southern California locations throughout the year. For more information, visit www.wvme.org or contact Eddie and Sheila Murphy at 760-295-0008.

Relationship Skills Workshops—Deacon John and Debbie Fredette will be presenting Relationship Skills Workshops every Tuesday evening, 7:00-8:30pm, at St. Thomas More in the Parish Center Lower Level, September 13-January 17. Come and explore how to improve your relationship! You can attend one workshop, several, or all of them. There is no pre-registration or fee. For more information call Deacon John at 760-758-4100 x104

Bishops' Letter on Marriage—Helpmates: "Marriage is a unique communion of persons. In their intimate union as male and female, the spouses are called to exist for each other. Just as Genesis describes Eve as a helper for Adam, we can see that in marriage, a husband and wife are meant to help each other through self-giving." To read the document go to <http://www.usccb.org/laity/loveandlife/>.

Marriage Moments—"Conduct your affairs with humility" (Sirach 3:17). Who is the more humble—you or your spouse? Now that's a fool's question! Don't debate this, just try to defer to you beloved today in quiet ways. By Susan Vogt, www.SusanVogt.net

Parenting Pointers—"The one who humbles himself will be exalted" (Luke 14:11). It's hard for kids to be humble. They usually want to be first, highest, best. Perhaps try a humility game for a day. Let others go first, offer another the best dessert, first choice of toy, book, game. By Susan Vogt, www.SusanVogt.net

For more information, visit www.sdccatholic.org Ministries/ Marriage and Family Life or call Jen Frost at 858-692-7438.

Aging with Grace

Saturday, September 17, 8:30am Registration, 9:00am-2:00pm Presentations (Parish Center Lower Level)

Dr. Susan Writer, from Aurora Behavioral Health, and Dr. Sharon Hamill, from the Institute for Palliative Care at California State University San Marcos, will discuss aging well, quality of life with a chronic illness, caregiving, self-advocacy tips, and tools to help maintain independence. All are welcome!

To register: www.tinyurl.com/AWGsept or 760-750-3550.

Questions? Contact Sr. Maureen at 760-758-4100 x131.

Parish Events

Women's Guild News

Reservations for "Standing Room Only," the talented duo of Wayne and Paul, our entertainment offered for our opening meeting on Monday, September 12, are coming in rapidly! This week is your last chance to reserve your spot. The Women's Guild table will be on the plaza this weekend to accept your reservation (\$10 per person—includes lunch!) Deadline is September 3! Not yet a Women's Guild member? You still have a little time to renew or join us again in membership for this coming year. Dues are just \$10 for a year of entertaining and informative programs and events. The bright pink forms are available on the plaza table or in Box 35 of the Parish Office. We want to make sure you are included in the Women's Guild Directory, which goes to press in September.

Just a reminder as well to support the St. Thomas More Women's Ministry, which is sponsoring a prayer breakfast with the theme "Feminism in the Modern World: True Femininity," on Saturday, September 24, featuring Timmerie Millington. See last week's bulletin insert for more information, or RSVP at 760-758-4100 x100.

Have a blessed week! —*Kathy Gerhard, president*

Men's Fellowship Update

Are you hungry for a good message, good fellowship, and a good breakfast? Join us for our Saturday morning men's gathering and breakfast called **iHunger**. To stay informed of what's going on with **iHunger** via SMS text messages, **Text iHunger to 84576**.

Also, if you find yourself thirsty for occasional fellowship over a beer at a local micro-brewery, or taking a day hike, or going to a ball game together with some other great men from the Parish, **Text iThirst to 84576**.

Catholic Widows and Widowers of North County

On the fourth Sunday of each month we meet for a Communal Mass at various Catholic churches in North County. Check www.cwwnc.com or the bulletin board in the Parish Center Lower Level for our calendar of events including theatre, bowling, bocce ball, dining out, hiking, and more! RSVPs are required. For more information, call Carol Kope 760-726-0533.

Spirited Seniors Fifth Annual Ice Cream Social

If you haven't yet reserved your place in the Spirited Seniors' Fifth Annual **Free Ice Cream Social** on September 7, please let us know if you plan to attend. This event is free to members and prospective members aged 50 and above. We want to have plenty of ice cream (and a lactose-free alternative). Place your name, phone number, and the need for a non-dairy treat in an envelope addressed to Spirited Seniors in the offertory collection or Box 12 in the Parish Office. Or, if you have questions, or wish to register by phone or e-mail, contact Jim and Marilyn Day at 760-509-4545 or jandmday@cox.net.



The Gala Committee will be giving the Parish more money in the coming months from our ongoing "Year of Celebration" events, which are listed below. We invite you to join us!! This is a very fun way to continue doing God's work.

Wine Tasting Party

Waiting list at information table and in Parish Office

Sunday, September 11, 1:00-4:00pm

Parish Center Lower Level

\$50/per person (\$15 tax deductible)

*****Payments Due*****

Oktober Fest

Sunday, October 23, 2:00-6:00pm

\$75/per person (\$25 tax deductible)

Christmas Cookie Exchange

Saturday, December 17, 10:00am-12:00noon

\$20/per person (\$10 tax deductible)

**For information, please contact Chris Smith
760-758-4100 x120 or chriss@stmoside.org.**

Last Chance! Pictorial Directory

Thank you to all who had your photos taken! If you were unable to have your photo taken and still want to be in our new directory, there is **one last-chance option left:**

**Submit a high-resolution photo to Chris Smith
at chriss@stmoside.org by August 31.***

For those of you who have the complimentary 8x10 photo to pick up, you can come to the Parish Office during business hours (8:30am-4:00pm, Monday-Friday), or pick it up at the information table on the plaza after all weekend Masses.

***Please note that if you did not have your photo taken at STM during our photo sessions in June, July, and August, OR at another Lifetouch photo location, there will be a \$10 charge for processing and for the photo directory.**

Kim Wright, 760-518-8465, kimw@stmoside.org

**WE WANT YOU!
in our new
Photo Directory**



Our Church—Do You Know?

Outdoor speakers are now functioning on the plaza and in the area near the main restrooms to the west of the main doors. Additional restrooms are on the northeast corner behind the choir area.

An AED is located on the west side of the Reconciliation Room.

Liturgy & Music *Worship God*

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

WHO ARE THE TOWER BELLS?

musings on almost ten years of ringing

Almost ten years ago a faithful and generous Parishioner donated a four-octave set of Schulmerich English handbells to St. Thomas More Church. Later on more bells were acquired, completing the fifth octave, as well as a set of Malmark Handchimes. Our Director of Liturgy and Music, Douglas Lynn, has had extensive experience both playing handbells and directing handbell choirs so it was a familiar step for him to venture into the church handbell choir arena. A meeting was called for any Parishioner who was interested in playing handbells and the response was gratifying.

About a dozen and a half men and women ranging in age from 18 to 81 attended the first session. Most have stayed on since that first meeting and a few have been added making up the present group of musicians now known as the Tower Bells. That group has consisted of a microbiologist, a doctor, a lawyer (sorry, no Indian Chief), teachers, nurses, housewives, a legal assistant, a catechist, some technicians, a couple of engineers, and a carpenter. Some had little if any musical background. A few had taken piano lessons in childhood. A few others had some brief experience playing some other musical instrument. Only one was an accomplished musician.

And only two had ever played a handbell.

So Douglas took this group of bright but untrained aspirants and gave them a crash course in music, taught them the basics of playing handbells, and set them off on a course of providing handbell music during Masses as well as occasionally giving concerts or joining with other handbell groups in concert. They have participate in handbell conferences in Riverside and at UC Davis, the Disneyland Hotel, and San Louis Obispo as well as in Spring Rings in numerous locations including right here at St. Thomas More.

Most handbell choirs are sponsored by churches and the Methodists, Presbyterians, and Lutherans seem to be most active in this ministry. But a few Catholic churches are catching on to this beautiful addition to their liturgies and Saint Thomas More's Tower Bells are one of them.

So how about you. Ever thought about learning to play handbells? It's not easy but anyone can do it, as you can see. We've already had a baby born to one of our musicians. The folks who have chosen this music ministry are special and really nice people and fun. And together we support one another and slowly advance in our progression to better musicianship.

Like I said, anyone can do it, no kidding.

—George Jones

The Tower Bells meet on Tuesday evenings, 7:00-8:30pm, beginning September 6. Please join us at our Open House that evening if you are interested in ringing handbells for the glory of God at St. Thomas More, please contact Douglas (see top right of this page).

Upcoming Music



The choirs and ensembles of St. Thomas More's music ministry are on summer break from July 31 to September 4. This five-week hiatus allows our musicians to sit with family and friends and to refresh the musical spirit that allows them to sing and play with vigor and deep spiritual commitment. Music rehearsals resume after Labor Day. We will be back the weekend of September 10/11.

If you are interested in joining one of our choirs or ensembles in September, please contact Douglas (see above right).



"My friend, move up to a higher position." ... For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.

Luke 14:10-11

A Change in Our Service Music

In last week's Gospel, we heard about Jesus beginning to making his way intentionally toward Jerusalem where he will face his death and resurrection. When asked who will be saved, he responded that the gate is narrow and great strength will be required to pass through it. It will not be enough to have eaten with him and listened to him speak. To enter into risen life we must journey with him to Jerusalem, we must join him in his self-emptying on the cross. One way to indicate Jesus' change of direction, and our willingness to walk with him to Jerusalem, is to we change the service music we have been singing for Mass (the Glory to God, Alleluia, Holy, Memorial Acclamation, and Lamb of God). Changing the service music we sing marks a change in our sense of direction, and expresses a choice on our part to walk the way of discipleship to its very end.

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 Begins September 18

Have You Registered Your Child for
Faith Formation?

Contact Debbie in the Faith Formation Office Today!

Sacrament Prep News



First Parent Meeting for
RE Sacrament Preparation will
be September 18, 12:30-2:00pm
Contact the Faith Formation
Office for More Information



Relationship Skills Workshop

Tuesday evenings, 7:00 - 8:30pm, beginning
September 13. There is no cost to attend.



Open during 10:30am Mass for
children up to 5 years of age. Contact
Lia Keane at liak@stmoside.org for more

Support Tommy's Café After Masses!

Did you know that eating at Tommy's Café helps to
send our teens to events like Steubenville San Diego
and Life Teen Summer Camps?

Please continue to support the youth of our Parish!

Youth Ministry

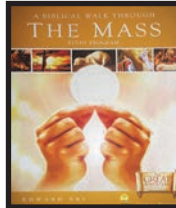
HIGH SCHOOL

IGNITE

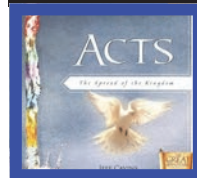
Kick-Off September 14
6:30-8:30pm

Adult Faith Formation

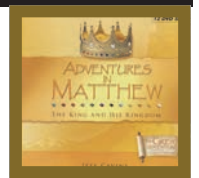
Bible Study News



Dcn. Tom and Patt Goeltz will be offering A
Biblical Walk through the Mass featuring
Dr. Edward Sri. This Sunday concludes the
series at 12:15pm. No cost to attend this study
and child care is provided for a small fee.



Register Today to Have
Your Workbook in
Time for the
First Session!



Wednesday Morning
Bible Study Begins
September 7,

Thursday Evening
Bible Study Begins
September 8,

Women's Ministry Prayer Breakfast

Join Us Saturday Morning, September 24, for
the STM Women's Ministry Prayer Breakfast with
Guest Speaker, Timmerie Millington,
Immaculate Heart Radio Host of *Hearts and Minds*

Men's Retreat October 7-9

Featuring Guest Speaker
Cy Kellett
Immaculate Heart Radio Host
of *The Bright Side*

MIDDLE SCHOOL

X EDGE

Kick-Off September 18
4:30-6:00pm

Stewardship & Development

Serve God's People

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

Collection for Week of August 20/21, 2016

Number of Registered Households	1,228
Offertory	\$14,236.48
Offertory (Loose Collection)	\$1,504.50
Total	\$15,740.98

Mortgage/Building Completion Fund Income

September 15, 2014 to July 31, 2016

Mortgage Offering Collected	\$1,030,628.85
Less Administrative Costs	\$45,826.00
Payment toward Parish Reserves (10%)	\$101,769.39
Payment toward Mortgage	\$915,924.46
Mortgage Payment Due	\$1,001,400.62
Mortgage Payment Overage/(Shortfall)	(\$85,476.16)

Memorial Items	\$1,689,540.90
----------------	----------------

Please continue to support the
Mortgage/Building Completion Fund!

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.

**Do at least two people know the location of your
Living Trust and/or Will and Health Directive?**

TOWERS OF FAITH

Future Support & Legacy 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.

Christian Stewardship Managing God's Gifts

A bride of a few months listened to two members of her husband's family deciding who were the happiest couple they knew. The decision for first place went to a cousin and his wife.

A little surprised at first, she studied the situation. She found that the happiest couple in the world had the lowest income of any of the brothers and sisters in the family.

She found that they lived in the smallest house; they knew the fewest big-name people; their professional work drew the least national recognition. But she also discovered that they had jobs which were their choice of any in the world; they liked their community; they lived in the part of the United States they loved most; their home was the center of informal friendly groups; they had more interests on the string than a dozen people could conquer in a lifetime; they instigated many community and church activities.



As a reminder to give back to the Lord, we named him Steward."

The young bride came to the decision that this couple was happy not because of the money they did not have, and not because of the money they did have, but because the interests around which their lives centered were interests that money had no power to make or break. **Their greatest happiness was found outside the realm of things.**

The important thing is how much we need to give in order to respond to the things that God has given us. Our thought should be: I need to give...so I will give regardless of my budgets, endowments, or anything else. I cannot fulfill myself as a Christian unless I give...and I'm willing to let nothing stand in the way of my fulfillment.

—partially excerpted, Parish Publishing LLC, Stewardship,
August 2016 (with permission)

Every day you may make progress.

Every step may be fruitful.

Yet there will stretch out before you an
ever-lengthening, ever-ascending,
ever-improving path.

You know you will never get to the end of the
journey. But this, so far from discouraging,
only adds to the joy and glory of the climb.

—Sir Winston Churchill

Memorial Item Donations Available

Pipe Organ	\$850,000
Christ on the Road to Emmaus Bronze Sculpture for Daily Mass Chapel	\$27,000
Parish Offices	
Metal Framing Exterior Walls	\$60,000
HVAC Components	\$55,000
Roofing	\$45,000
Exterior Windows and Doors	\$45,000
Exterior Brick	\$30,000
Plumbing	\$30,000
Plumbing Finish and Fixtures	\$10,000

Memorial Item Donations Partial

Jesus, Divine Redeemer and Master of the Universe Mosaic Panels for Memorial Garden (54) 12 available	\$5,000/each
Priests' Concelebration Vestments (4) 4 available	\$400/each
Pew Seating for the Church (1,000) 707 available	\$300/each
Daily Mass Chapel and Choir Chairs (200) 93 available	\$300/each
Altar Server Albs (15) 8 available	\$125/each

06/15/16

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.

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

The Larger Church News

After-Abortion Healing Retreat for Catholic Women (or Catholic-friendly)—September 16-18, given by Rachel's Hope at the Diocesan Pastoral Center, 3888 Paducah Dr., San Diego. For information/registration, contact Rosemary at 858-581-3022 or Rachel's_Hope@juno.com or visit www.RachelsHope.org

Marriage Help—The word *Retrouvaille* (pronounced re-tro-vi with a long i) is a French word meaning rediscovery. The program offers tools needed to rediscover a loving marriage relationship. Thousands of couples headed for cold, unloving relationships or divorce have successfully overcome their marriage problems by attending the program. Next program is September 16-18. Space is limited; call 951-259-9474 for information.

† † †

Meals with Love-Vista/Oceanside—Provides nutritious meals at reasonable cost to the homebound. For more information, visit www.mealswithlove.org or call 888-495-5075.

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

Online Post-Abortion Support—Visit abortionchangesyou.com.

Bereavement Support Group—Meets every Tuesday, 9:30-11:00am, at St. Elizabeth Seton Parish, Room 5 of the Parish Center, 6628 Santa Isabel St., Carlsbad. All those negotiating the loss of a loved one are invited to participate. For more information, contact Liz Littel at 760-917-4404.

Shoppportunity—Catholic Charities Thrift—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.

Young Adult Opportunities around the Diocese

For more information, visit www.yamsd.org.
To receive text updates, text **YAM** to **84576**.

Visit www.sandiegocac.org for activities around the Diocese for adults of **all** ages.

Catholic Radio—AM 1000/Sirius 130—San Diego

Visit ihradio.com/sandiego

St. Francis Church News

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:

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- Fundraising support.

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



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 August 23 we have netted \$65,307 from this program. Thank you donors!



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



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Parish Contacts

Updated 08/15/2016

Council Chairpersons: Pastoral-Lisa Attardo 760- 940-1505 • Finance-Ron Briseno 760-224-3105 • Development-Jody Cadieux 760-809-9761

Pastoral Council Committees

Religious Education/Faith Formation/Evangelization

Rory Griffin 760-414-3939
Religious Education for Adolescents & Children (RE.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..... Lia Haubert 760-758-4100 x100
..... Natalia Sada 760-758-4100 x100
..... Estelle Eral 760-758-4100 x100
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 Ministry Lia Keane 760-586-8049
Vocations Matt Franklin 760-758-4100 x161

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 Linens Anna Meyers 760-727-4998

Marriage & Family LifeJen Frost 858-692-7438

Bringing the Celebration Home Jen 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

Parish Organizations & Events..... Patrick 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 Activities Henny 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 Collection Dcn. 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 Life Jane Kelleher 760-822-7041
Disability Facilitation Ann Eriksson 760-305-9985
Jail Ministry Rita McCarthy 760-758-4100 x100
Mental Health Ministry..... Chair: Tim Keane 760-758-2717
..... Referrals: Deacon John Fredette 760-758-4100 x104
Prayer Request Line Pat Wong 760-806-1310
..... Lee Cocco 760-598-6248
Project Linus..... Mary Coxon 760-599-8760
Social Justice Committee Henri Black 760-758-8137
Interfaith Center for Worker Justice
..... Joyce Meehan 760-304-0373
San Diego Organizing Project (SDOP)
..... Sr. Maureen Brown 760-758-4100 x131

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 Support..... Henny Jocelyn 760-758-4100 x100
Kitchen Manager..... Rebecca Eyer 760-758-4100 x100

Development Council Committees

Annual Catholic Appeal..... Lorraine Doering 760-758-4100 x102
New Construction Brian Leahey 760-224-1674
Parish Membership Valerie Thompson 760-630-1703
Planned Giving Chris Smith 760-758-4100 x120
Publicity/Public Relations..... Jane Gladden 760-659-6168
Scrip Sales Mike 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 michaelr@stmoside.org
Rev. Karl Bauer, Senior Priest..... 760-758-4100 x133 karlb@stmoside.org
Dcn. John Fredette..... 760-758-4100 x132 johnf@stmoside.org
Dcn. Tom Goeltz 760-758-4100 x100 thomasg@stmoside.org
Sr. Maureen Brown, Pastoral Associate 760-758-4100 x131 maureenb@stmoside.org
Dcn. John Fredette, Business Manager..... 760-758-4100 x104 johnf@stmoside.org
Debbie Fredette, Director of Faith Formation 760-758-4100 x110 debbief@stmoside.org
Matt Franklin, Youth Advocate 760-758-4100 x161 mattf@stmoside.org
Stacey Griffin, Faith Formation Office Assistant 760-758-4100 x110 staceyg@stmoside.org
Lia Keane, Director of Ark Nursery 760-758-4100 x100 liak@stmoside.org
Douglas Lynn, Director of Liturgy and Music 760-758-4100 x140 douglasl@stmoside.org
Kathy Santy, Assistant Music Director 760-758-4100 x100 kathys@stmoside.org
Sally Fay, Organist/Choir Accompanist 760-758-4100 x100 sallyf@stmoside.org
Chris Smith, Director of Stewardship and Development..... 760-758-4100 x120 chriss@stmoside.org
Joe Garcia, Director of Maintenance 760-758-4100 x151 joeg@stmoside.org
Henny Jocelyn, Receptionist/Secretary 760-758-4100 x100 hennyj@stmoside.org
Lorraine Doering, Parish Office Technician..... 760-758-4100 x102 lorrained@stmoside.org
Rebecca Eyer, Sacristan 760-758-4100 x100 rebecca@stmoside.org
Brian Leahey, Director of Construction..... 760-758-4100 x152 brianl@stmoside.org

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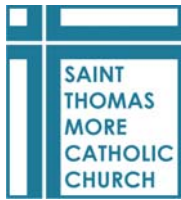
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Twenty-second Sunday in Ordinary Time
August 28, 2016

Pastor's Column

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



Embracing the Joy of Love

Earlier this year, Pope Francis issued an authoritative teaching document on marriage and family life which is entitled *The Joy of Love*.

Reflecting the consensus of bishops at two separate international synods during the past two years, *The Joy of Love* seeks to invite Catholics throughout the world to enhance their understanding and promotion of marriage and family life, precisely because family lies at the heart of the Christian life in the world.

Pope Francis' apostolic exhortation *Amoris Laetitia* (*The Joy of Love*) can be read online at the Vatican Web site. Just visit <http://w2.vatican.va/content/vatican/en.html> and click on "Apostolic Exhortations." It can also be purchased in book form at Amazon.com or at your local bookstore.

Pope Francis is encouraging Bishops to find ways to promote *The Joy of Love* in the life of Catholics in their own Dioceses.

In our Diocese, Bishop McElroy has decided to convene a Diocesan Synod which will focus exclusively on the topics of marriage and family life. The Synod will be held on October 29-30, 2016.

A Diocesan Synod embraces the dimensions of theological reflection, pastoral insight, visioning, and governing, all within the context of a deep spiritual orientation to the wider life of the Church.

The Synod in October will focus on five major challenges contained in *The Joy of Love*:

1. *The Challenge to Witness to Both the Beauty and Realism of the Catholic Vision of Marriage and Family Life*
2. *The Challenge to Form a Culture of Invitation and Hospitality to Unmarried Couples*
3. *The Challenge to Welcome, Nurture, and Form Children*
4. *The Challenge to Provide Authentic Pastoral Support for Those Who Are Divorced*
5. *The Challenge to Bring Spiritual Depth to Family Life*

Each of the 100 Parishes of our Diocese will have a representative in the Synod.

The majority of the representatives will be lay men and women, which is particularly important on this topic of marriage and family life.

In the time preceding the Synod, there will be preparatory sessions in which Synod participants who have been assigned to one of the five "Challenges" will meet to discuss their topic.

I have asked Sheila McKinley to be St. Thomas More Parish's Synod Representative, and she eagerly agreed.

She has been assigned to the working committee to deal with "The Challenge to Bring Spiritual Depth to Family Life."

The committee of which Sheila is a member will be meeting soon. The questions on which they are to deliberate are these:

1. *How can our Parishes bring prayer more into the center of family life, with specific attention to the multi-cultural dimensions of this challenge?*
2. *What steps can our Local Church take to increase the participation of families at Mass, particularly in their identities as families?*
3. *What specific steps can the Diocese take to build a spirituality of care, consolation, love, and realism in our families?*
4. *How can we promote a substantial spiritual life shared between husbands and wives?*
5. *What can lead to a spirituality of evangelization and solidarity in family life rather than a spirituality of insularity?*

In preparation for Sheila's participation, our Parish will hold a "Listening Session" on Sunday, September 4, at 12:30pm in our Parish Center Upper Level.

It is Sheila's desire, and mine, that Parishioners will take some time to reflect on the above questions and offer suggestions and advice that she can bring to the Synod when it meets in October.

We hope that many Parishioners will come to this meeting to share their thoughts and to offer advice. If you are not able to be present, feel free to send in your thoughts to either Sheila or me.

They can be mailed to the Parish Office, dropped in the offertory collection at Mass, or emailed to:

michaelr@stmoside.org.

If you would like to read Bishop McElroy's Pastoral Statement on "Embracing the

Joy of Love" describing the purpose of the Synod in greater detail, please go to: <http://tinyurl.com/gwhqnvq>.

Sheila and I look forward to your participation in this very important event. It is not necessary to have read either Pope Francis' or Bishop McElroy's documents in order to attend the "Listening Session."

Please, most importantly, pray for the Synod's success that it may invigorate and strengthen family life and love in all our Catholic families!

Fr. Mike



Four Lives Saved Whose Will Be Next?



Since the St. Thomas More CPR Program began in March 2001, at least four Parishioners who were certified in one of our courses have helped to save a life. Doubtless there have been others whose timely informed intervention prevented a condition from becoming worse.

A new program: shorter and easier to learn

The **new** Adult and Infant/Child CPR courses include more action and less theory, making responses more automatic and less complicated. You will learn more easily and remember what you have learned longer.

Upcoming class schedule

Saturday, September 10	Adult CPR/AED	9:30am-12:30pm
Friday, September 16	Adult CPR/AED	7:00pm-10:00pm
Saturday, October 8	Infant/Child CPR/AED	9:30am-12:00pm
Saturday, October 15	Adult CPR/AED	9:30am-12:30pm

Cost: \$37 for first family member, \$27 for each remaining member. Payable at the start of class.

Instructors are volunteers. Fee covers **two-year** American Red Cross certification and materials.
\$37 includes Red Cross First Aid and CPR manual.

All classes are held on the Parish Center Lower Level.

Enrich your life; become a CPR instructor. It isn't necessary to have a medical background in order to become a CPR instructor. You will gain a depth of knowledge about these lifesaving techniques that will give you additional confidence when you are faced with an emergency.

For more information or to register for a class contact
Medical Director Dr. Phil Goscienski at 760-732-1414 or drphilg@cox.net.



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www.stmoside.org • parishoffice@stmoside.org

Music Ministry at St. Thomas More

Sanctuary Choir Thursdays 7:00-8:45pm

Drawing from the treasury of sacred choral music, past and present



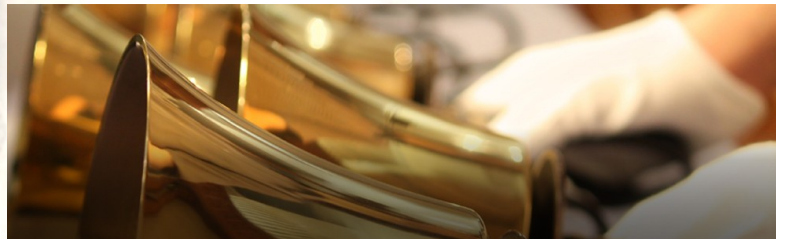
Cappella Choir Thursdays 9:00-9:30pm

Celebrating the great tradition of a cappella singing



Tower Bells Tuesdays 7:00-8:30pm

Ringing praise and prayer on five octaves of English handbells

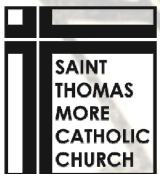


Praise Team Wednesdays 6:30-8:30pm

Singing and playing in the newer praise tradition of worship



Join Us!!!



1450 South Melrose Drive
Oceanside, CA 92056
www.stmoside.org

Contact Douglas Lynn at douglasl@stmoside.org or 760.758.4100 x140



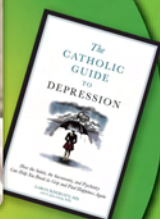
Faith in Healing a Half-day Conference

Offered by the San Diego Diocesan Mental Health Ministry Network and its 20 member parishes

Saturday, September 17, 2016, 8:30 a.m. to 12:30 p.m.
Saint Michael Catholic Church
15546 Pomerado Road • Poway, CA, 92064



Aaron Kheriaty, MD



Meet Keynote Speaker, Aaron Kheriaty, MD

Dr. Kheriaty is a UC Irvine Health psychiatrist who specializes in adult psychiatry services. His clinical interests include general adult psychiatry, medical ethics and psychiatry and spirituality. Copies of Dr. Kheriaty's book, "The Catholic Guide to Depression," will be available for sale.

Registration for this free workshop is required as seating is limited.

Register at:

SocialMinistrySanDiego.com

The registration deadline is Wednesday, September 14.

Conference Program

- Keynote Speaker Dr. Aaron Kheriaty
- Emcee: Deacon Jim Walsh, Associate Director of the Office for Social Ministry
- Panel presentation with mental health ministry network parish leaders
- Panel presentation with individuals with specific mental health challenges
- Closing remarks by Fr. John Dolan, Pastor of St. Michael Parish in Poway
- Book signing with Dr. Kheriaty

Register at: SocialMinistrySanDiego.com

Who should attend this free event?

- Those from outside the Diocese of San Diego are welcome
- Parish mental health ministry leaders and members
- Families and individuals experiencing mental health challenges
- Those who care for family members with challenges
- Priests, Deacons, and parish staff
- National Alliance on Mental Illness (NAMI) members
- Mental health professionals
- Anyone interested in mental health ministry



For questions or more information, contact
Maria Valencia at 858-490-8323
 or mvalencia@sdccatholic.org

*Todas las presentaciones de la conferencia
 serán traducidas simultáneamente al español.*