

SAINT
THOMAS
MORE
CATHOLIC
CHURCH

You have
heard that
it was said...

—Mathew 5:17-37

*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

Every Day, 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



Our Church is a House of Prayer for all People!

Our Church and Blessed Sacrament Chapel are open
7:00am-7:00pm, seven days a week.

The door on the left side of our main doors remains unlocked.

Please enter and exit through that door.

You are always welcome!



Sixth Sunday in Ordinary Time
February 12, 2017

Pastor's Column

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

The Annual Catholic Appeal (ACA)—Time to “Pay It Forward”

This week we will begin this year's Diocesan Annual Catholic Appeal (ACA). “Love letters” from me will be in the mail in a few days. Please take time to read and reflect on this information. I pray that it will move you to support this Appeal. This year's goal is \$3.5 million. As we, the Parish of St. Thomas More, have been helped by the Diocese, it is now our time to help our Diocese and our sister Parishes.

If you have not supported the ACA in the past, this is the year to begin to do so. If you have supported the ACA in the past, and you are in a position to increase your gift, this is the year to do so.

Here are some facts and figures that are important information for you to have as you reflect upon your gift to the ACA.

Know that all that you do is much appreciated by me!

Did You Know?

1. The **ten acres of land** on which our Parish Campus is built was a **GIFT** from the Diocese of San Diego. It has been the policy of the Diocese that it provides the land on which new Parishes will build their Campuses.
2. The Diocese of San Diego provided St. Thomas More Parish with a **\$2 million INTEREST FREE** loan to help us in the building of our Parish Center. We had been paying down this loan sporadically between 1999 and 2006. Then in January 2006 we began paying down the debt at \$11,000/month. Our last payment was in December 2011.
3. The Diocese of San Diego helped us to secure a **\$6.6 million loan** with the National Office of the Knights of Columbus which allowed us to move forward and build our Permanent Church. Due to our good financial standing, the Diocese easily agreed to be the “second” on this loan.
4. The **Annual Catholic Appeal (ACA)** is our yearly opportunity to engage in the

(Continued on page 2)

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

Diocesan effort to participate in Jesus' mission of teaching, sanctifying, and serving.

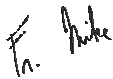
5. The goal of this year's ACA is **\$3.5 million**. The money will be directed for these purposes:

† Catholic Schools & Tuition Assistance:	\$1,400,000
† Catholic Charities:	\$500,000
† Retired Priests:	\$500,000
† Seminarian Support:	\$500,000
† Young Adult Ministry:	\$200,000
† Prison Ministry:	\$150,000
† Formation in the Faith:	\$250,000

6. Our **Fair Share Assessment** this year is **\$50,000**. This provides us with the opportunity "to pay it forward" and to assist not only the ongoing mission of Jesus on a Diocesan level, but to directly help other sister Parishes in our Diocese who are in need. Just as we have been helped, it is now our turn to help other Parishes.
7. Last year, only **375 STM households** out of **1,178** chose to participate in the ACA. Last year our assessment was **\$50,000**. We raised **\$59,796** from **32%** of the Parish. The average gift was **\$159**. Let us double the number of households participating in the ACA this year. I know that we can do this!
8. **100% of the money raised over** our \$50,000 assessment will be returned to our Parish and it will be directed to the Operations Budget to ensure that we continue to balance our bottom line. Last year, a little over \$9,000 was returned to the Parish and was directed to our Operations Budget.
9. Beginning this weekend, and continuing for the several weekends, you will find Bulletin inserts describing how the ACA money is directed and used. Please take time to read these inserts each week.

Please respond favorably to my "love letter." Please prayerfully reflect upon this information and act accordingly.

Thank you!


Considering Becoming Catholic?

In recent weeks a number of people have expressed interest in becoming Catholic, and so a new group will begin the RCIA process on Sunday, February 26, at 9:00am.

If you know of someone who is considering joining the Church, NOW would be an excellent time to encourage them to "come and see."

We will meet two Sundays a month from 9:00-10:20am on the Parish Center Lower Level. This will become a weekly meeting in a few months, leading to initiation in the Catholic Church at the Easter Vigil 2018.

Anyone interested should contact Kathleen Bell soon at 760-809-6526 or 80bell80@gmail.com

Everyone in RCIA has a sponsor who welcomes them into the St. Thomas More community and walks through the process with them as a guide. If you would like to be a sponsor and enrich your faith journey, please contact Kathleen right away.

HELP WANTED!

Welcome New Parishioners

Thomas & Gicell Schaezler & Family

In Memoriam

Please pray for the repose of the souls of:

Raymond Jaime, who died on February 3. His Rosary will be on Thursday, February 16, at 7:00pm and his burial service will be on Friday, February 17, at 10:00am at Eternal Hills Memorial Park in Oceanside. Please keep his daughter, Trisha Rosas, and his family in your prayers.

Alfredo Fortaleza, Jr., who died on February 2. His Rosary will be on Saturday, February 18, at 9:30am, and his Funeral Mass will be celebrated on Saturday, February 18, at 11:00am, both at St. Thomas More. Please keep his family in your prayers.

May their soul 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

Rosary

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

**STM \$crip News**

Do you attend the 5:00pm Mass? Can you spare 20 minutes after Mass? If so, the Scrip Ministry would like your help to sell Scrip. Please contact Andrea Sweeney at 626-824-7973 or scrip@stmoside.org. Volunteers for the other Masses are needed as well. Remember this Ministry supports our Church Operation Fund.

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.

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.**

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

Readings for the Week Ahead

Sunday Year A; Weekday Year I
Readings online at www.usccb.org.

Sunday, February 12 (76)

Sixth Sunday in Ordinary Time

Sirach 15:15-20

Psalm 119:1-2,4-5,17-18,33-34

1 Corinthians 2:6-10

Matthew 5:17-37

Monday, February 13 (335)

Genesis 4:1-15,25

Psalm 50:1,8,16b-17,20-21

Mark 8:11-13

Tuesday, February 14 (532)

Cyril, monk, and Methodius, bishop

Acts 13:46-49

Psalm 117:1bc,2

Luke 10:1-9

Wednesday, February 15 (337)

Genesis 8:6-13,20-22

Psalm 166:12-15,18-19

Mark 8:22-26

Thursday, February 16 (338)

Genesis 9:1-13

Psalm 102:16-18,19-23,29

Mark 8:27-33

Friday, February 17 (533)

Seven Holy Founders of the

Order of Servites, religious

Romans 8:26-30

Psalm 34:2-11

Matthew 19:27-29

Saturday, February 18 (340)

Hebrews 11:1-7

Psalm 145:2-5,10-11

Mark 9:2-13

Sunday, February 19 (79)

Seventh Sunday in Ordinary Time

Leviticus 19:1-2,17-18

Psalm 103:1-4,8,10,12-13

1 Corinthians 3:16-23

Matthew 5:38-48

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

Changa Aguilera

Ernie Aichele

Mary Alexander

The Alves Family

Carrie Autrey

Joshua Avery

Addison Abigail Avina

Bob Baker

Rosemary Ballard

Jose Luis Barbosa

Patricia Barbour

Francie Barron

Clarice Bednarz

Taylor Bell

John Bennici

Regina Bentz

Lisa Berg

Roseanne Berg

Mary Betz

Betty Jean Bielich

Zane Breier

Janet Brown

The Budzyn & Frost

Families

Anita Buerger

Amelia Buono

Shelby Campbell

Breanne Campos

Aria Cappeluti

Nanette Carey

Jorge Cartajena

Donald Cashmore

Anne Caywood

Ravy Chea

The Vaughn Clevenger

Family

Anne Cline

Carl & Dorothy

Coleman

James Coleman

Maria Colfer

Addie Colgan

Clara Collins

Judy Colson

Karen Connell

Geoff Coolidge

Sandra Cracchiolo

Steven Cresencia

Lené Crowe

Karen Flaharty Daley

Beverly de Gelder

Velia Deal & 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

Steven Douglas

Marge Egan

Jerome Elbacha

Arthur Eral

Carolyn Erickson Ey

Victoria Lopez Fenton

The Fiore Family

Fr. James Flanagan

Mary Fleming

Ryan Flum

Ernie Follis

The Fortaleza Family

Eugene Franciscus

The Greg French

Family

Brian Frink

Jim Gallagher

The Joe Garcia Family

Kathy Gardner

Joan Gay

Alyssa Gerhard

Dan Gilman

Betty Golden Brown &

the Golden Family

Wendy Gonzales' Dad

Rick Gonzalez

Lou Gordon

George Gritt

Luke Guenst

Susan Hallahan

Colleen Hanna

The Harker Family

Dorothy Harrison

Michelle Harrison &

Family

Barbara Hatem

LaNay Hazzard

Matthew Henry &

Family

Barry Henwood

Lilian Hills

Lisa Hodges

Georgia Ann Hodina

Samara Hook

Susan Hori

Iolanda Iacobelli

Katherine Jacobs

The Jaime Family

Jacqueline Johnson

Sue Johnston

Laura Kater

Dottie Kearney

Connor Kerzie

Peggy Kiernan

Debbie Kinney

Mark Kneisel

Dewey Kolbo

Tony Korwin

Faith Kowallek

Helen Kuhn

Lorene Kundert

Lillian Lachance

The Lamelin Family

Ashley LaMothe &

Family

Parker Landis

Pauline Lapre's sister

Justine

Brandon LeBlanc

Susan Lee

Jake Lefferdink

Jeremiah Lemus

Aleah Leon

David Lewis

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

Ann McGeary

The McGinley Family

Ann McMahan

Bob McWilliams

Joyce Meehan

Kalei Mendiola

Lorraine Micallef

Rita Mikridge

Steven Sr., Stevie, &

Noah Miller

Tom Miller

Phyllis Minaya

June Mitchell

Maria Molina

June Montgomery

Nancy Moore

Ryan Moquin

Elizabeth Muehlbacher

Conrad Murphy

Eddie Murphy

Clay Murray

Margie Myers

Andrew Philip

Nacional

Angela Nacional

Melanie Nacional

Nida Navarro

Richard Obsitnik

Gillian Ochoa

Kare O'Dell

Laura Paciorek Gloor

Katie Padilla

Ethan Palm

Cynthia Pearson

Salina Pearson

The Pelletier Family

Elisa Petrie

Merri Phelps

Roxanne Pietila

Helen Pingtella

Delilah Plasterer

Perry Postulka

The Joe Prokop Family

Bernie Ptak

Barbara Ramm

The Reznicek Family

Jenni Richard

Evelyn Richards

Pat Richart

Rita Ritchie

Ralda Rizke

Lily Robinson

Mateo Rodriguez

Maria Rogers

The Russo Family

Rachel Sainc

Sam Sam

Cindy Sanelli

Lori Sanna

Rose Mary Saputo

Linda Schmidt

Grace Schweighofer

Joan Shea

Elizabeth Shirzad

Nick Soltau

Gilda Spiegl

Darek, Vanessa, &

Elba Spizewski

Don St. Pierre

Patricia St. Pierre

Joy Stanton

Sybil Staples

Mike Sterling

Laura Bernard Stover,

MD

Pete Sullivan

Pat Swanton

Julie Teare

Bob & Marsha Terhall

Laura Thiele

Tommy & Ginger

Thompson

Maryann Tien

Sarah Tillinghast

William Tompson

Stephen Toth, Jr.

Olivia Trejo

The Trejo/Beltran

Family

The Trejo/Maldonado/

Uribe Family

Frank Urso

Martin Vertson

Lucy Vienna

Lucy Viramontes

Vanessa Vitiello

Wilson Wanner

Kevin Watson-Graff

Jerry Wechsler

Elaine Weiler

Rylee West

Social Ministries & Outreach

Baltimore Fire Takes Lives of Six Children

Many of you may have read recently of the fire that took the lives of six of nine children, all brothers and sisters, in Baltimore.

A great tragedy for one family to bear!

Fr. Rich Lewandowski informed me that this family is his family, the mother is his cousin.

If you would like to financially help the parents and the three remaining children at this tragic time, please go to www.gofundme.com/malone-housefire.

Any assistance will be greatly appreciated!

Thanks. —Fr. Mike Ratajczak

Brother Benno's Food/Diaper Drive—March 4-5

Once each year, Brother Benno's asks us to conduct a food and diaper drive to aid the homeless and poor they serve. Please be generous as always and donate nonperishable food items and much needed and appreciated baby and adult diapers. That which you donate goes directly to Brother Benno's. Deacon Tom will have trucks available in the parking lot before all Masses on March 4-5.

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. Note that Gatorade and other sweetened beverages are not recommended.

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



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.

STM Mental Health Ministry Network

STM is a member of the San Diego Mental Health Ministry Network 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.

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 twice a month at a local park (the next one is Monday, February 20, 9:30-11:30am at Shadowridge 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.



Civil to Church Marriage—Are you civilly married, but haven't yet been married in the church? Contact Fr. Mike at michaelr@stmoside.org to begin your preparation!

Natural Family Planning—Struggling to conceive but nothing is happening? Or doctors tell you IVF is your only hope? Want to space children naturally and effectively? Come listen to a free Introductory Presentation of the Creighton Model FertilityCare system. Next presentation: Thursday, February 23, 7:00pm, St. Thomas More, Parish Center Upper Level. Please RSVP with Beth at 619-630-8086 or beth@veritasfertilitycare.com.

Bishops' Letter on Marriage—Imitating Christ: "Christian spouses are called to this imitation of Christ, an imitation that is possible only because, in the Sacrament of Matrimony, the couple receives a participation in his love. As a sacrament, marriage signifies and makes present in the couple Christ's total self-gift of love. Their mutual gift of self, conferred in their promises of fidelity and love to the end, becomes a participation in the love to the end by which Christ gave himself to the Church as to a Spouse (see Jn 13:1)." To read the document go to <http://www.usccb.org/loveandlife/>.

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

Women's Guild Third Annual Tea

Starting next weekend (February 4-5), Women's Guild representatives will be on the plaza to accept your reservations for the Tea scheduled on Saturday, February 25, at 11:00am. The flyer was in last week's bulletin and will be available at the table on the plaza. Bring your friends, neighbors, daughters, and/or granddaughters. If you wish to reserve a table for six, decorate your own table, or just join the festivities as a guest, you are welcome. Wear your best going-to-tea ensemble, as prizes will be awarded for the best hat and for the prettiest table. High (noon) tea will be served with a delicious menu in the works. Those of you who attended our previous teas know what a wonderful time it is! In the meantime, more information is available by calling co-chairs Maureen Tutino at 760-598-8211 or Mary Dahlberg at 760-598-1330.

Catholic Widows and Widowers of North County

The second Sunday of each month is our General Meeting and Potluck at 2:00pm. On the fourth Sunday 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 more! RSVPs are required. For more information call 760-726-0533.

Parish Events

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 or email Deacon John to have your email added to the iHunger distribution group. (Note: breakfast is off-site on the first weekend of each month).

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.

Women's Guild News

Now is the time to contact Patty Remington, Hospitality Chair, at 760-805-6935 or cprem@pacbell.net if you will be attending our February 13 meeting "Books/Bingo/BBQ". We sure hope to see you there at 11:00am in the Lower Level of the Parish Center. Please remember to bring publications you no longer need, including CDs and DVDs, for our book exchange. After a delicious BBQ lunch, we'll play a few games of Bingo which always puts us in a competitive spirit!

Our Third Annual Tea is February 25; come to the Women's Guild table on the plaza after all Masses to sign up. All women of the Parish are welcome; bring your daughters, granddaughters, mothers-in-law, and friends. You are welcome to reserve and decorate a table or simply come as a guest. Cost is \$25 per person and you are guaranteed a spectacular time of fun, good food, prizes for best hats and best tables, and friendship.

Spirited Seniors and Women's Guild will co-sponsor the Day of Recollection for all Parishioners and friends on Monday, March 6 at 8:30am. There is a flyer in the bulletin this weekend, and the Women's Guild table will also take reservations this weekend and the next two on the plaza.

The semi-annual Bake Sale takes place on the plaza the weekend of March 25-26. Be sure to stop by the tables for a delectable goodie to take home and share (or not to share!). Also on the horizon is the popular Women's Guild Annual Fashion Show. Save the date: Saturday, April 8, at Shadowridge Golf Club. Seating is limited and the Board got a sneak preview this past week of the plans and lovely decorations; you will NOT want to miss it! More information to come in future columns.

The Board of Directors Nominating Committee is in full swing and looking for members who are ready willing and able to tackle a position next year. If you or a member you know would consider a Board position, please contact Nominating Committee Chair, Trish Feeley, at 760-685-6227. Job descriptions for each office will be available for review at the February 13 meeting.

Happy St. Valentine's Day; may your hearts be love-filled!

—Kathy Gerhard, president

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.

Pictorial Directories Ready for Pickup!

Thank you to all who had your photos taken! Our beautiful new Pictorial Directories are here, and are ready for distribution as follows:

1. In the Parish Office between 8:30am and 4:00pm.
2. Directories are labeled and free to all Parishioners who had their pictures taken during the Lifetouch sessions at STM.
3. There is a \$10 charge for those who submitted photos or did not participate in the photo sessions.

If you have questions, please contact:
Kim Wright, 760-518-8465, kimw@stmoside.org



Dedication DVD Celebrates Our 30-Year History and Our Dedication Anniversary!



St. Thomas More Catholic Church held our Mass of Dedication and Blessing on December 16, 2015. This culminated a 30-year effort to realize a dream come true, with a beautiful liturgy, followed by a fabulous reception! **Our Dedication DVD covers our 30-year history, as well as special parts of the Mass and the reception.**

The DVD is about 53 minutes long. It is beautifully done by Thom Hiatt of Faith in Marketing! Thanks to all who helped over all the years and also in preparation for this special day and year!

DVDs are available for \$20 each on the plaza before or after all Masses, as well as in the Parish Office during working hours and online at our website, www.stmoside.org.

You may also contact Chris Smith at 760-758-4100 x120 or chriss@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!



Liturgy & Music *Worship God*

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

SINGING CHANGES YOUR BRAIN

lower stress, relieve anxiety, and elevate endorphins

Whether you sing in the pews or in one of our music ensembles, you already know that there are many *spiritual* benefits to “praying twice,” as St. Augustine called it. Indeed, the US Bishops began their 2007 document on singing as follows:

God has bestowed upon his people the gift of song. God dwells within each human person, in the place where music takes its source. God, the giver of song, is present whenever his people sing his praises (Sing to the Lord 1).

As we approach Lent and church musicians all over the world begin their preparations for Easter, it is a good time to remind everyone about *non-spiritual* reasons for singing in church. I share the following article with you to encourage you to keep singing in the pews, and, if you aren't already, to sing in the choir for Lent and Easter!



When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony. So it's not surprising that group singing is on the rise. According to Chorus America, 32.5 million adults sing in choirs, up by almost 10 million over the past six years. Many people think of church music when you bring up group singing, but there are over 270,000 choruses across the country and they include gospel groups to show choirs like the ones depicted in Glee to strictly amateur groups.

As the popularity of group singing

grows, science has been hard at work trying to explain why it has such a calming yet energizing effect on people. What researchers are beginning to discover is that singing is like an infusion of the perfect tranquilizer, the kind that both soothes your nerves and elevates your spirits.

The elation may come from endorphins, a hormone released by singing, which is associated with feelings of pleasure. Or it might be from oxytocin, another hormone released during singing, which has been found to alleviate anxiety and stress. Oxytocin also enhances feelings of trust and bonding, which may explain why still more studies have found that singing lessens feelings of depression and loneliness. A very recent study even attempts to make the case that “music evolved as a tool of social living,” and that the pleasure that comes from singing together is our evolutionary reward for coming together cooperatively, instead of hiding alone, every cave-dweller for him or herself.

The benefits of singing regularly seem to be cumulative. In one study, singers were found to have lower levels of cortisol, indicating lower stress. A very preliminary investigation suggesting that our heart rates may sync up during group singing could also explain why singing together sometimes feels like a guided group meditation. Study after study has found that singing relieves anxiety and contributes to quality of life.

It turns out you don't even have to be a good singer to reap the rewards. According to one 2005 study, group singing “can produce satisfying and therapeutic sensations even when the sound produced by the vocal instrument is of mediocre quality.”

**You have
heard that
it was said...**

Matthew 5:17-37

Singing groups vary from casual affairs where no audition is necessary to serious, committed professional or avocational choirs like the Los Angeles Master Chorale or my chorus in New York City, which I joined when I was 26 and depressed, all based on a single memory of singing in a choir at Christmas, an experience so euphoric I never forgot it.

Group singing is cheaper than therapy, healthier than drinking, and certainly more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed. Even if you walked into rehearsal exhausted and depressed, by the end of the night you'll walk out high as a kite on endorphins and good will.

Stacy Horn is the founder of the social network Echo and the author of Imperfect Harmony: Finding Happiness Singing With Others. This article from Time.com on August 16, 2013.

WANTED

Singers for the Sanctuary Choir
for Easter and/or beyond.

No audition.

Contact Douglas at
douglasl@stmoside.org.

Upcoming Music



**FEBRUARY 19
7th Sunday in
Ordinary Time**



5:00pm

Cantor &
Assembly

8:30am

Tower Bells

10:30am

Sanctuary Choir

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

Today Is a REACH Sunday

Make faith an important part of your family's life!

Enroll Your Child in Faith Formation for 2017!

Classes are available for ages 3-Adult

Contact Debbie in the Faith Formation Office for Info

Sacrament Prep News



Our next **Eucharist Parent Meeting** for parents with a child in their second year of Sacrament Preparation is on Sunday, February 26, at 12:30pm. Please meet on the Parish Center Upper Level.

Confirmation Retreat 2017

*We Grew
Closer to God
and to
Each Other*



*And Had a
Blast!
Please Keep
Praying for
Us!*

Adult Confirmation Prep Continues

Are you an adult (19 years or older) who would like to prepare for the Sacrament of Confirmation in 2017? **Classes have begun!** Next class is scheduled for Sunday, February 12, at 7:00pm and classes will continue twice a month through May. Please contact Debbie in the Faith Formation office at debbief@stmoside.org to discuss registering for the classes.

The Ark Nursery



Open during the 10:30am Mass for children up to 5 years of age. Contact Lia Keane at liak@stmoside.org for more information or to buy your ARK card.

Adult Faith Formation

New Faith Study Begins March 8

PART 2 SYMBOLON
THE CATHOLIC FAITH EXPLAINED

Wednesday Mornings, Beginning March 8

9:00-11:00am for 10 sessions.

Held on the Parish Center Upper Level.

Please register by March 1

Contact the Faith Formation office or Patt Goeltz at pattg@stmoside.org for dates and more info.

Till "Death" Do Us Part! Wait! What?!



What's the Secret to a Perfect Marriage?

Join us **Sunday, February 12**, at 12:30pm on the Parish Center Upper Level, where we will hear stories and anecdotes from several of our very own Parish couples and what makes marriage work for them. Don't miss this fun-filled afternoon! No RSVP required and no cost to attend!

Women's Ministry News



If You Missed Our Evening of Fun, Faith, and Fellowship, on Friday, February 10, at 6:30pm with Author Dr. Cyndi Peterson, visit her website: www.cyndipeterson.com to learn more!

Support Tommy's Café!



Specialty Coffee/Homemade Cinnamon Rolls/Donuts/Bagels/Juices. Come check out Tommy's Café after Sunday Masses and Support Youth Ministry at our Parish.

Youth Ministry



Sunday, 4:30-6:00pm

High School
IGNITE
ST. THOMAS MORE
oceanside, ca
Wednesday, 6:30-8:30pm



Monday, 7:00-10:00pm

Contact Matt Franklin at mattf@stmoside.org

Stewardship & Development

Serve God's People

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

Collection for Week of Jan 31– Feb 6, 2017

Number of Registered Households	1,234
Offertory	\$21,777.47
Offertory (Loose Collection)	\$1,169.50
Total	\$22,946.97

Mortgage/Building Completion Fund Income

January, 2017

Mortgage Offering Collected	\$41,951.00
Mortgage Payment Due	\$44,806.21
Payment toward Parish Reserves*	\$0.00
Mortgage Payment Overage/(Shortfall)	(\$2,855.21)

Memorial Items toward Building Completion Fund \$600.00

Please continue to support the
Mortgage/Building Completion Fund!

* Mortgage Payment overage will be applied to Parish Reserves

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.

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DESIGNATED BANK ACCOUNTS, WILLS, LIVING TRUSTS, STOCKS, LIFE INSURANCE, MUTUAL FUNDS, REAL ESTATE, ENDOWMENTS

Planned Giving is a generic term that covers the many ways an individual can give to a charity while, in many cases avoiding taxes. A few examples of Planned Giving are: Wills, Living Trusts, Designated Beneficiary Accounts, Stocks, Life Insurance, Mutual Funds, Real Estate, and STM Endowment with CCFSD.

This program is one way of helping the Parish raise the resources necessary to continue our campus build out and also help plan for our future needs (i.e., Tower of Faith participants). Gifts of this nature are beneficial and much appreciated by St. Thomas More.

For more information please contact:

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

**Do two or more members of your family know where to
locate your Will, Living Trust and/or Health Directive?**

Stewardship of God's Word Reading the Bible



February is a transitional month, especially in 2017 with its 28th day right on the doorstep of Ash Wednesday, March 1, and the season of Lent.

What better time than February, before Lent and the advent of spring, to settle in for some reading and praying with sacred scripture? February can be a quiet time of patient reflection for the Christian steward. The psalms, like so many biblical passages, remind us of the benefits of reading God's word: "Your word is a lamp unto my feet, and a light unto my path" (Ps. 119:105).

Our liturgical year offers us a wonderful pathway to the Bible by providing Lectionary readings for each day. Our Sunday Gospel readings this year come to us mainly from St. Matthew. This month we have an opportunity to reflect on Christ's teachings in his Sermon on the Mount with its hope-filled Beatitudes. This Gospel is ideal for spending time with the Lord in quiet meditation.

In the Gospel of St. Matthew Jesus gives us a guide to Christian living. If you choose to read this great book of the Bible, consider just one episode in the Gospel each time you read it. Put yourself into the scene. See what words strike a chord in you. Ask the Lord to help you know him through the Gospel reading.

One of the hallmarks of St. Matthew's Gospel is his emphasis on discipleship and what it means to follow Jesus. Christian stewards look to this Gospel to gain new insights into their journey of faith; and much like the desires of gardeners, long for the seeds of the Gospel, especially the Beatitudes, to be planted in their own hearts. Find some quiet time. Pick up your Bible. And use God's gift of these quiet February days to deepen your knowledge of Christ through sacred scripture.

—partially excerpted, ICSC February 2017 e-bulletin
(with permission)

**For I know well the plans I have in mind for you,
plans to give you a future full of hope.**

—Jeremiah 29:11

Memorial Item Donations Available

Jesus on the Road to Emmaus

Bronze Sculpture for
Daily Mass Chapel \$30,000

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 \$5,000/each
(54) 12 available

Priests' Concelebration Vestments \$400/each
(4) 4 available

Pew Seating for the Church \$300/each
(1,000) 705 available

Daily Mass Chapel and Choir Chairs \$300/each
(200) 93 available

Altar Server Albs \$125/each
(15) 8 available

Pipe Organ—Our pipe organ is our
“pipe dream”...but dream we must...
donations of any amount toward the
pipe organ will be accepted **\$850,000**

12/29/16

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



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 January 4, we have netted \$67,702
from this program. Thank you donors!**



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

The Larger Church News

St. Francis Annual Women's Retreat: *Let My Soul Glory in the Lord*—May 5-7, Vina De Lestonnac, Temecula. Presenter is Fr. Ruben Arceo, SJ, pastor of St. Francis Church. For more information, contact Rae Arnold at 760-500-3201 or sonraetoo@gmail.com.

✠ ✠ ✠

Sunday TV Mass for the Homebound—Every Sunday at 9:30am. XDTV Channel 49 (MyTV13) or www.heartofthenation.org.

John Paul the Great Catholic University Master of Arts in Biblical Theology—For more information, go to www.jpccatholic.com or contact 858-653-6740 x1117.

Franciscan School of Theology in Affiliation with the University of San Diego—For more information, go to www.fst.edu or contact 760-547-1800 x204

Detention Ministry Volunteers Needed—Spend a couple hours per week or once per month to serve on a ministry team and pray, read scripture, and facilitate discussion year of service to those in need. The emphasis of the program is service, community, and prayer. Volunteer possibilities include teaching or nursing, working in homeless shelters, clinics, and social service agencies in urban and rural settings throughout the United States and Guyana. Room, board, medical insurance, and a small stipend are provided. Loan deferments are available. For more information, contact Janet Gray at 215-641-5535 or www.mercyvolunteers.org.

Hospice Volunteers Needed in Your Area—Kaiser Permanente Hospice & Palliative Care has many patients in North County who are facing life threatening illness and need volunteers to assist them. Volunteers offer a few hours of relief for caregivers, usually once a week, companionship and emotional support, and practical assistance such as errands. No “hands on” care is required. You will be blessed abundantly for giving your time and caring! Volunteers are assigned near the areas around their residence and are reimbursed for all mileage. For more information call Diane Hazard at 619-641-4669.

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:

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

For a video about the school, visit: <http://tinyurl.com/gwqu23u>

Parish Contacts

Updated 01/01/2017

Pastoral Council

Chairperson	Lisa Attardo 760-940-1505
Secretary	Marti Harper 760-724-1181
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 x104
Women's Ministry	Lia Keane 760-586-8049
Vocations	Matt Franklin 760-758-4100 x161
Liturgy	
Kathy Arciero 760-231-1022	
Art & Environment	Kathy Arciero 760-231-1022
Bereavement Ministry.....	Sr. Maureen Brown 760-758-4100 x131
Eucharistic Adoration	Available 760-758-4100 x120
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 Life	
Jen 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.....	Available 760-758-4100 x120
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

Chairperson.....	Jody Cadieux 760-809-9761
Secretary	Eric Acheff 760-224-6017
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	Andrea Sweeney 760-216-6389
.....	Lisa Seufert 760-732-5965
Stewardship	Chris Smith 760-758-4100 x120
Vehicle Donations.....	Diana Diaz 760-758-4100 x100
Welcome Ministry	Chris Smith 760-758-4100 x120

Finance Council

Chairperson.....	Ron Briseno 760-224-3105
Secretary	Nancy Busse 760-519-7783
Budget Review.....	Don Eppich 760-744-8705
Financial Liaison	Doug D'Agrosa 760-941-6800
Inventory	Irene Balli-Dumas 760-521-7157
Personnel	Nina Woodard 760-717-1431
Building & Maintenance.....	Paul Ibbetson 760-734-1051
Parish Emergency Preparedness	Mario Cugini 760-726-2932
Special Projects.....	Bill Ipsen 760-723-0402

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 x104	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	lorraine@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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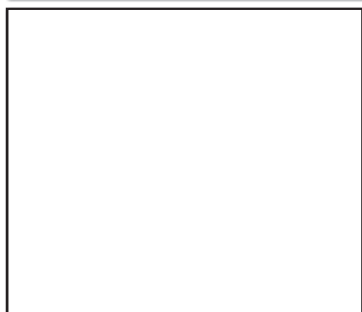


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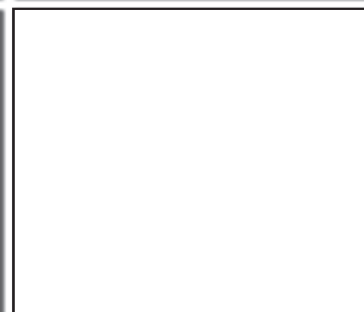
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our Response as Stewards

Participation in the Annual Catholic Appeal accomplishes something simple but profound: it opens the door of faith for others and for yourself. Because of your gift, someone will meet Jesus Christ, have the opportunity to experience His loving grace, know His Mercy, and Love.

Don't delay, make a pledge today!

There are many ways to respond to the Annual Catholic Appeal:

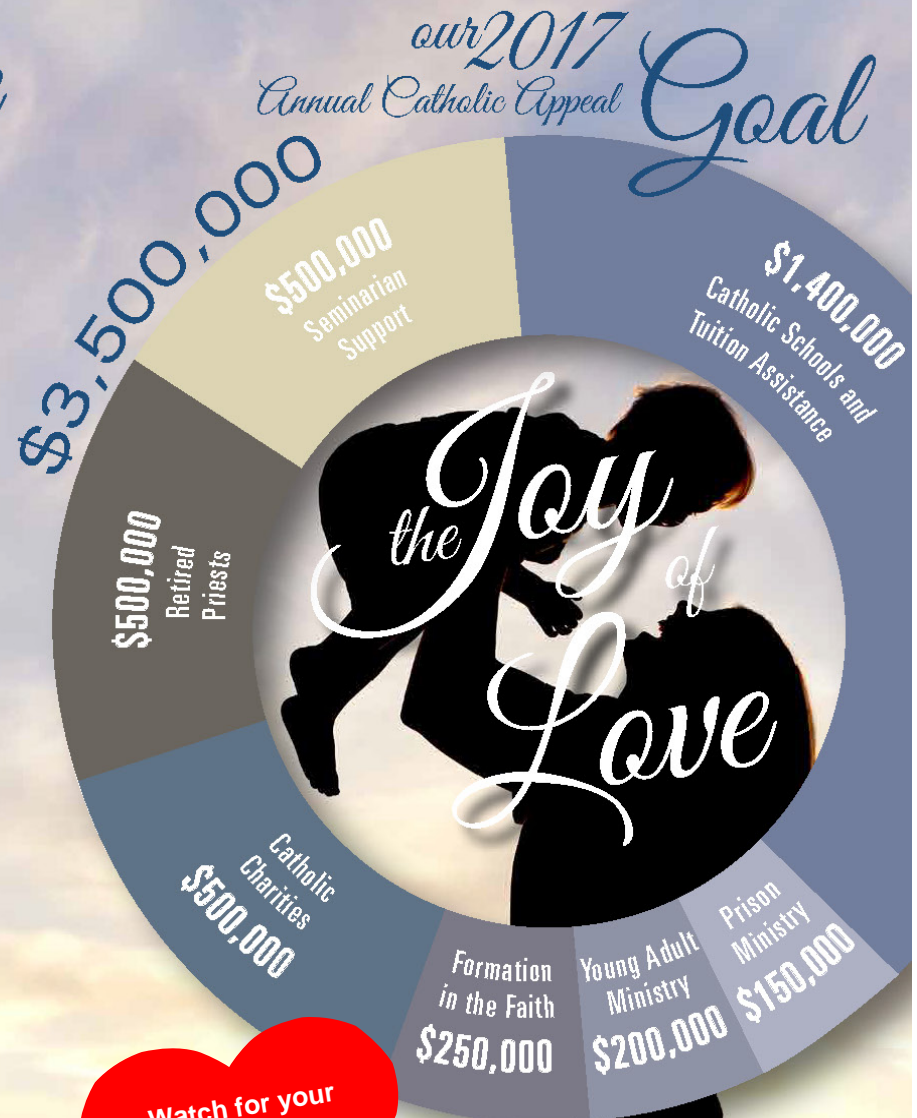
- a monthly or quarterly pledge
- a one-time cash gift
- a credit card or electronic funds transfer; visit www.giving.sdcatholic.org
- a gift of stocks or bonds

For more information or to obtain a pledge card, contact the parish office.

Note that the Annual Catholic Appeal qualifies for many company matching gift programs.

Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.

Philemon 1:7



Watch for your "love letter" from Fr. Mike in the mail!

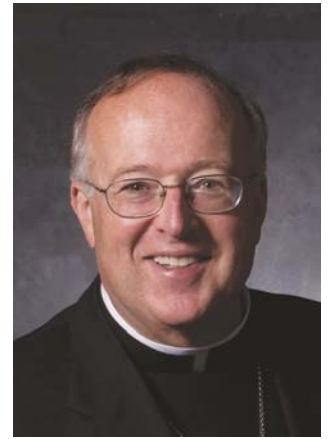


2017 ANNUAL CATHOLIC APPEAL
DIOCESE OF SAN DIEGO

What Is the Catholic Response to the Rise of Nationalism?

Most Rev. Robert W. McElroy

Reprinted from America Magazine, January 24, 2017



DAY OF RECOLLECTION

for All Men and Women of the Parish and Friends

Monday, March 6

8:30 a.m. to 12:50 p.m.

St. Thomas More Catholic Church
Parish Center Upper Level



Rev. Michael Robinson

Sponsored by STM Women's Guild and Spirited Seniors

Sack lunch will be provided after Mass.
Stations of the Cross will conclude the day.

Join us on our Lenten journey. Please return registration form with your check in the amount of \$15 for each person (or \$25 per couple) to the Parish Office, Box 35, or place it in the offertory collection. Make checks payable to STM Women's Guild. For more information Call Edith Noel at 760-536-9462 or Pat Wong at 760-806-1310.

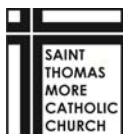
Registration deadline is Wednesday, March 1

Registration Form Day of Reflection March 6, 2017

Name(s) _____

Address _____ Phone _____

Make check payable to "STM Women's Guild" \$15 single; \$25 couple. Deadline: Wednesday, March 1.



1450 SOUTH MELROSE DRIVE, OCEANSIDE, CA 92056 | 760-758-4100 | WWW.STMOSIDE.ORG