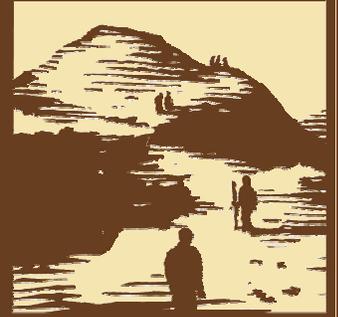


SAINT
THOMAS
MORE
CATHOLIC
CHURCH

*The eleven disciples went to Galilee,
to the mountain to which
Jesus had ordered them.
Matthew 28:16*



**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



Graduating?
Please let us
know the details!
See page 4 or
stmoside.org/graduates



**Ascension of the Lord
May 28, 2017**

Pastor's Column

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

Ascension—

“Jesus Was Lifted Up, and a Cloud Took Him from Their Sight”

When we celebrate the Feast of the Ascension, we celebrate the absence of Jesus. He is physically gone from us. He is no longer with us as He once was.

When we celebrate the Feast of Pentecost, the gift of the Holy Spirit, we celebrate the presence of Jesus in the new way in which He remains with his Church, until the end of time. The gift of the Spirit is a profound realization that the Church is the Body of Christ. The Church is Jesus for this time and this place. It is the Church that continues the Mission and Ministry of Jesus in the here and now, in and through our flesh.

This distinction is at the heart of Christianity. Our God is not just “up in heaven.” We are not theists that believe only in a God totally transcendent from us.

Our God is not only transcendent but also imminent. Our God is “down here on earth among us.”

Christianity is incarnational. God is in our flesh and bones and comes to the world through us.

This distinction is the difference between theism and Christianity. Fr. Ronald Rolheiser, in *The Holy Longing* describes it this way:

If my mother is sick and I pray that she gets better, but do not drive her to see the doctor, I have prayed as a theist, not as a Christian.

I have not given an incarnational flesh, skin, to my prayer. It is more difficult for God to answer such a prayer.

If I see a colleague or friend who looks depressed and pray for her, but do not speak to her, then I am praying like a theist, not as a Christian.

How is God supposed to console her? Send her an e-mail from heaven?

It is my voice and my compassion that is called for since I am a part of the Body of Christ, am praying, precisely through the Body of Christ, and am there, available to talk to her.

(Continued on page 2)

Our Church is a House of Prayer for all People!

Our Church and Blessed Sacrament Chapel are open
7:00am-7:00pm, every day.

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

Please enter and exit through that door.
You are always welcome!



Pastor's Column (continued from page 1)

If I pray for a close friend but do not send him a postcard to tell him I am thinking about him, how is that prayer supposed to touch him?

If I pray for world peace, but do not, inside of myself, forgive those who have hurt me, how can God bring about peace on this planet?

Our prayer needs our flesh to back it up.

As we move through these feasts of Ascension and Pentecost, may we be mindful that if we are feeling the absence of Jesus in our lives and in our world, it is because we are not relying upon the insight and strength of the Holy Spirit and we are not backing up our prayer with our flesh!

If we are asking "Where is Jesus in all of this?" maybe we should be asking, "Where am I in all of this?"

Fr. Mike

Where is Fr. Karl? Part II

Fr. Mike suggested I give you an update re: my health, so here goes...As most of you know, I've been 'AWOL' since the beginning of Lent with fatigue and a real lack of strength. The cause?? All blood work indicates no problems. Recent heart tests also show no indication of a problem. So, where do we go from here? Will see my primary doctor on May 31. Hope we can pin a label on this. Please continue to pray and I hope to see you soon!!

—Fr. Karl Bauer

Special Easter Gift for the Mortgage/Building Completion Fund

In the April 2 Parish bulletin I informed the Parish that, as of March 31, we were just a little over \$42,000 behind in our Mortgage payments for FY2017.

I was, and am, encouraging Parishioners to make a special gift to help us lessen that shortfall.

Envelopes were attached to the bulletin that week, and this far, we have received \$10,141. That is a good start!

Envelopes were also attached to the bulletin on Easter Sunday. Your special gift to the Mortgage/Building Completion Fund will be much appreciated. Thank you! —Fr. Mike

Considering Becoming Catholic?

If you know of someone who is considering joining the Church, NOW would be an excellent time to encourage them to "come and see." A new group is meeting two Sundays each 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.

Welcome New Parishioners

Cathy Cranston

Congratulations to

Bob & Jodi Wojcik

who celebrate their 40th anniversary of marriage on May 29.
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:



Theresa Aviña, who died last week. Her funeral services will be out of town. Please keep her parents, her aunt and uncle, Kathleen Aviña and Tony Korwin, and her family in your prayers.

Anthony Velardi, who died May 24. His funeral services are pending. Please keep his daughter, Mary DeFalco, and his family in your prayers.

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

2017 Annual Catholic Appeal (ACA)

Thank you to those who have already responded!

We have pledges for \$46,994 toward our total assessment of \$50,000. We are almost there!

Visit www.sdccatholic.org/ACA.

Choose to donate online to the Diocese.

Watch a video about the ACA:
<https://tinyurl.com/haxkvgp>

STM Scrip 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.

Do you shop at other online locations? Try Giving Assistant 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, May 28 (58)
Ascension of the Lord
Acts 1:1-11
Psalm 47:2-3,6-9
Ephesians 1:17-23
Matthew 28:16-20
Monday, May 29 (297)
Acts 19:1-8
Psalm 68:2-7
John 16:29-33
Tuesday, May 30 (298)
Acts 20:17-27
Psalm 68:10-11,20-21
John 17:1-11a
Wednesday, May 31 (572)
Visitation of the Blessed Virgin Mary
Zephaniah 3:14-18a or
Romans 12:9-16
Isaiah 12:2-3,4bcd,5-6 (Psalm)
Luke 1:39-56
Thursday, June 1 (574)
Justin, martyr
1 Corinthians 1:18-25
Psalm 34:2-9
Matthew 5:13-19
Friday, June 2 (575)
Marcellinus and Peter, martyrs
2 Corinthians 6:4-10
Psalm 124:2-5,7b-8
John 17:11b-19
Saturday, June 3 (302)
Charles Lwanga & Companions, martyrs
Acts 28:16-20,30-31
Psalm 11:4-5,7
John 21:20-25
Sunday, June 4 (63)
Pentecost Sunday
Acts 2:1-11
Psalm 104:1,24,29-31,34
1 Corinthians 12:3b-7,12-13
John 20:19-23

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

Changa Aguilera
Ernie Aichele
Mary Alexander
Carrie Allen
Carrie Autrey
Joshua Avery
Addison Abigail Aviña
The Aviña Family
Bob Baker
Rosemary Ballard
Jose Luis Barbosa
Patricia Barbour
Francie Barron
Fr. Karl Bauer
Clarice Bednarz
Taylor Bell
John Bennici
Regina Bentz
Lisa Berg
Roseanne Berg
Betty Jean Bielich
Case Binney
Case Binney
Pieter Boets & Family
Zane Breier
Janet Brown
Anita Buerger
Amelia Buono
Roger & Pat Burkardt
Shelby Campbell
Breanne Campos
Aria Cappeluti
Nanette Carey
Polly Carroll
Jorge Cartajena
Donald Cashmore
Anne Caywood
Ravy Chea
Della Clarke
The Vaughn Clevenger Family
Anne Cline
James Coleman
Maria Colfer
Addie Colgan
Clara Collins
Judy Colson
Karen Connell
Geoff Coolidge
Roger Cote
Sandra Cracchiolo
Steven Cresencia
Lené Crowe
Karen Flaharty Daley
Beverly de Gelder
Velia Deal & Family
Paul Del Vecchio
Hugo Delgado, Jr.
Cassandra D'Ercole
The DeSantis Family
Cecilia DeSimone
David deVilleneuve
Carole Dillon
Elizabeth Doherty's Aunt Jackie
Art & Dave Dossman
Steven Douglas
Tyler Drake
The Egan Family
Jerome Elbacha
Arthur Eral
Carolyn Erickson Ey
Victoria Lopez Fenton
The Fiore Family
Fr. James Flanagan
Mary Fleming
Ryan Flum
Ernie Follis
Eugene Franciscus
Brendan Frawley
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
Charlene Hammonds
Dwayne Hammonds
Colleen Hanna
The Harker Family
Dorothy Harrison
Michelle Harrison & Family
Barbara Hatem
Vanessa Hayes
LaNay Hazzard
Matthew Henry & Family
Barry Henwood
Lilian Hills
Lisa Hodges
Georgia Ann Hodina
Samara Hook
Susan Hori
The Iacobelli Family
Katherine Jacobs
Jacqueline Johnson
Sue Johnston
Laura Kater
Toni & Tim Keane
Dottie Kearney
The Keeffe Family
Connor Kerzie
Peggy Kiernan
Debbie Kinney
Mark Kneisel
Dewey Kolbo
Tony Korwin
Helen Kuhn
Lorene Kundert
Lillian Lachance
The Lamelin Family
Ashley LaMothe & 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
Ann McGeary
The McGinley Family
Ann McMahan
Bob McWilliams
Joyce Meehan
Kalei Mendiola
Rita Mikridge
Steven Sr., Stevie, & Noah Miller
Tom Miller
Harold Miller, Jr.
Phyllis Minaya
June Mitchell
Maria Molina
June Montgomery
Nancy Moore
Ryan Moquin
Elizabeth Muehlbacher
Conrad Murphy
Michele 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
The Pagliero Family
Ethan Palm
Cynthia Pearson
Kaili Pearson
Salina Pearson
Elisa Petrie
Merri Phelps
Aurora Piere
Roxanne Pietila
Helen Pingtella
Delilah Plasterer
Perry Postulka
The Joe Prokop Family
Bernie Ptak
Barbara Ramm
Jenni Richard
Evelyn Richards
Rita Ritchie
Joel Rivera
Ralda Rizke
Lily Robinson
Mateo Rodriguez
Maria Rogers
The Russo Family
Rachel Sainc
Cindy Sanelli
Lori Sanna
Rose Mary Saputo
Linda Schmidt
Grace Schweighofer
Doreen Schwynoch
Joan Shea
Teresa Sheehey
Elizabeth Shirzad
Barb Slabaugh
Nick Soltau
Steve Soule
Gilda Spiegl
Darek, Vanessa, & Elba Spizewski
Don St. Pierre
Patricia St. Pierre
Joy Stanton
Sybil Staples
Mike Sterling
Betty Stewart
Laura Bernard Stover, MD
Pete Sullivan
Pat Swanton
Laura Thiele
Frank Thompson
Tommy & Ginger Thompson
Maryann Tien
Sarah Tillinghast
William Tompson
Stephen Toth, Jr.
Olivia Trejo
The Trejo/Beltran Family
The Trejo/Maldonado/Uribé Family
The Velardi & DeFalco Families
Martin Vertson
Lucy Viramontes
Vanessa Vitiello
Wilson Wanner
Kevin Watson-Griff
Jerry Wechsler
Elaine Weiler
Mona Weir
Rylee West
Barbara Jennea Whalley
Gerri Wilmott & Family
The Xavier Family
Patricia Zavala
Jeanne Zeltner

Calendar Highlights

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

May 29 Memorial Day—Parish Office Closed
May 31 Breakfast with the King
Jun 4 Confirmation at 10:30am Mass
Jun 4 Virgin Mary Melkite Church Mass at 5:30pm
Jun 9-11 Parish Campout in Valley Center—*Cancelled*
Jun 11 La Jolla Renaissance Singers Concert
Jun 18 First Eucharist at 8:30am and 10:30am Masses
Jun 19-23 Vacation Bible School
Jun 25 Blood Drive
Jun 25 Young Adult Bible Study
Jul 16 Pastor's Dinner 1 at Rectory
Jul 23 Pastor's Dinner 2 at Rectory
Jul 30 Pastor's Dinner 3 at Rectory
Oct 1 Wine Tasting 101
Oct 14 Treasures Rummage Sale
Oct 15 New Member Luncheon

Questions? Contact Henny at
760-758-4100 x100
hennyj@stmoside.org.

*Thank you for your prayers for
Gunnery Sgt. Julian Fyffe, USMC
who has returned home safely.*

Deployed Military

*As a faith community let us pray for all who
serve our country in these troubled times. We
pray especially for those connected to our
Parish who have been deployed:*

Gunnery Sgt. Fernando Andrade, Jr.
Lt. Devon Czarzasty
Major Branden M. Felker, USAF
ET1 Patrick G. Felker, USN
Grant Fischer
1st Lt. Eric Galamay
MSGT Steve Gallegos, USMC
Sgt. Alex Garcia
Adolfo Granados, MD, US 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 CTR2, US Navy
Sr. Airman Robert Spear, USAF
Sgt. Charles Watts, USMC
MGY SGT Paul Weisinger

Mass Intentions
Saturday, May 27, 5:00pm Michael Bracci ☩
Sunday, May 28, 8:30am Edward J. English ☩
Sunday, May 28, 10:30am J.C. Gonzalez ☩
Monday, May 29, 8:15am Regina Pocięcha ☩
Tuesday, May 30, 8:15am Tom O'Malia ☩
Wednesday, May 31, 8:15am Patrick J. Dolan ☩
Thursday, June 1, 8:15am Jolene Jostin ☩
Friday, June 2, 8:15am Bob & Pat Wong
Saturday, June 3, 5:00pm Bill Haynes ☩
Sunday, June 4, 8:30am Joe & Lil Seufert ☩
Sunday, June 4, 10:30am Robert D. Rees ☩

Social Ministries & Outreach

Our Syrian Refugee Family

Sunday, May 7, the Alm Mustafa family joined us for Mass and a reception. They asked to come to thank us for all that we have done and continue to do for them.

The reception line following Mass was so touching to watch as so many of you greeted the family with so much love! A reception was held for our Syrian family in the Parish Center where hospitality flowed freely! Thanks so much to all of you who attended and have supported this family in the last several months!

Following the event Mr. Alm Mustafa sent a message back to us with profound gratitude and amazement at all we have done and are continuing to do to support his family.

Watch for the June edition of the diocesan newspaper, *The Southern Cross*, for an exclusive article about our outreach to this family and the plight of so many refugees and what can be done for them.

St. Bonaventure Indian Mission

Help!—Storage space needed! If you have a storage unit, extra space in your garage, loft, etc., we can sure use your help. While STM has a storage container, it is taken with items for the refugee family we are assisting...soon for items for our annual rummage sale, and the like. While the clothing drive is not until November, we receive items year round from estates, Parishioners moving, overflow from Catholic Charities and Brother Benno's thrift shops, etc. The items are usually of excellent quality and much needed, but storage is at a premium. If you can help **please** contact Deacon Tom at thomasgoeltz@aol.com or 760-727-8442. Thank you and God Bless!

Help Feed the Hungry

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.

Calling All 2017 Graduates!

The Parish Family of St. Thomas More desires to recognize the achievements of those among us who are graduating this year. Graduations may be from grade school, middle school, high school, certificate programs, college, and beyond.

If you happen to be one of these graduates, please visit www.stmoside.org/graduates, respond to the email, or call 760-758-4100 x159 by June 20 with your name and the institution from which you have graduated. We will be compiling a list that will be published in the bulletin the weekend of June 24-25. You will be remembered in prayer at all three liturgies on that weekend.

Know that your Parish Family is proud of your accomplishments, and that we will continue to support you in all your future endeavors. —Rev. Michael Ratajczak, Pastor



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, 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.



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

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. Every third Thursday of the month. Next presentation: Thursday, June 15, 7:00pm, St. Thomas More, Parish Center Upper Level. Please RSVP with Beth at 619-630-8086 or beth@veritasfertilitycare.com.

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.

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.

Spirited Seniors Luau

The Spirited Seniors are hosting a catered Hawaiian Luau dinner on Thursday June 15, 5:30-7:30pm, in the Parish Center Lower Level, with entertainment by the Ocean Hills Hawaiian Troupe. Hawaiian attire is encouraged, but not required. The cost is \$20 for members and \$22 for non-members. Please put your reservation request and your check payable to "STM Spirited Seniors" in an envelope marked "Spirited Seniors Luau" and return it to the offertory collection or Parish Office, Box 12. The deadline for reservations is noon Monday, June 12. For more information, contact Jim and Marilyn Day at 760-509-4545 or jandmday@cox.net

Parish Events

Men's Fellowship Update

iHunger is on break over the summer and will return in September with an engaging new program on Saturday mornings called "Be a Man! Becoming the Man God Created You to Be" by Fr. Larry Richards. We will continue to have breakfast off-site on the first weekend of each month throughout the summer. We hope you can join us! To stay informed of what's going on with iHunger via SMS text messages, text **iHunger** to **84576** or email Deacon John at johnf@stmoside.org to have your email added to the iHunger distribution group or get more information.

Do 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? If so text **iThirst** to **84576** to stay connected with what's going on.

Women's Guild News

In case you missed last week's column, here is the slate of officers for the Women's Guild 2017-18 year:

President: Trish Feeley; 1st Vice President: Barbara Barreras; Treasurer: Vicki Squires; Recording Secretary: Henrietta Black; Corresponding Secretary: Anna Marie Martinet. Congratulations Ladies! Unfortunately, Genevieve Green, 2nd Vice President, has had to decline her newly elected position just a few days ago. We are urgently recruiting a 2nd Vice President-Programs and would welcome you if you would like to step into this role. Because Women's Guild is such a superior organization, there is always much support and encouragement for whoever would like to take up this task. Please consider this unique opportunity, and notify either Trish Feeley at 760-685-6227 or myself, Kathy Gerhard at 760-732-5951 to discuss the position.

The Installation of these newly-elected Board members will take place on Saturday, June 10, at Shadowridge Golf Club. Winners of the quilt raffle will be drawn, and a delicious lunch will be served. You will also have an opportunity to renew your Women's Guild membership for just \$10. This is the event where we present Fr. Mike with the hard-earned proceeds of our year of fundraising for St. Thomas More's Mortgage/Building Completion Fund. Please make every effort to attend. There is a table on the plaza after each Mass this weekend and next for you to sign up (the cost is \$25). It's a great way to wish everyone a fantastic summer and to look forward to a new year in September.

By now you would have received your quilt raffle tickets in the mail. Hint—if you use address labels to save yourself from having to complete each ticket by hand, be sure to trim the edges of the label to align with the ticket stub. Much appreciated by those opening envelopes and depositing the tickets in the drawing basket! (Stubs must all be uniform in size to be eligible for drawing).

As these 50 Days of Easter draw to a close, let us rejoice in the Risen Lord! —*Kathy Gerhard, president*

Catholic Widows and Widowers of North County

On the second Sunday of each month we meet for a general meeting and potluck at various areas in North County. 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 on the Parish Center Lower Level for our calendar of events! RSVPs are required. For more info. call Carol Kope at 760-726-0533.

**CINCO
de
GALA**
May 5, 2017

**THANK
YOU!!!**

**The 2017 Gala team has presented Fr. Mike
with \$44,000 for the Parish.
We thank all who contributed to this successful event!**

**If you weren't able to sign up to attend,
you can still support the effort by
making a monetary donation or...**

**Reserve your spot for one of three choices for the
Pastor's Dinner at the Rectory
Sunday, July 16, Sunday, July 23, or Sunday, July 30
3:00-7:00pm ★ 20 people at each dinner
\$150/per person (\$75 tax deductible)
A few spots are available for July 23, so sign up soon!**

**Sign up for superb Wine Tasting 101 on October 1!
\$50 per person (\$15 tax deductible) or
Premium Experience for \$100 per person**

**Sign up for the Christmas Cookie Exchange
on Saturday, December 16
\$20 each (\$10 tax deductible)**

Sign up online at stmoside.org or on the Plaza after Masses

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

Jesus, Divine Redeemer and Master of the Universe Mosaic Update

Eight of the 54 panels of the mosaic are still available for sponsorship at \$5,000/panel.

Once all of the panels have been sponsored, we will be able to begin the restoration of the mosaic and its placement outdoors in our Memorial Garden.

Please contact Chris Smith for details: 760-758-4100 x120 or chriss@stmoside.org to sponsor a panel.



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



Mark Bartholomew
© Celebration Publications

The eleven disciples went to Galilee,
to the mountain to which
Jesus had ordered them.

Matthew 28:16

Upcoming Music



JUNE 4

Pentecost Sunday



5:00pm

Cappella Choir

8:30am

Tower Bells

10:30am

**Confirmation with
Bishop McElroy**

Praise Team
Sanctuary Choir

WHY DO WE ATTEND CHURCH?

by the numbers

As Easter and Passover helped to fill churches and synagogues around the country a few weeks ago, a new Gallup poll suggested the content of the homilies could be the most important factor in how soon worshippers return.

Gallup measured a total of seven different reasons why those who attend a place of worship at least monthly say they go. Two in three Catholic worshippers across the nation noted homilies or talks that either teach about scripture or help people connect religion to their own lives as major factors spurring their attendance.

Nationally, religious programs for children and teenagers are a major draw for just under two in three worshippers. Providing opportunities for community outreach or volunteering, as well as having dynamic religious leaders are highly important to majorities as well.

About half of regular worshippers say that getting to know people in their community is a major factor in why they attend, while 29% cite having good music, such as a choir or praise band.

So, how do you think St. Thomas More Parish is doing?

Anecdotally, from comments I hear from some of our Welcome Ministers, we seem

to be right in the ballpark. People join St. Thomas More because our homilies are timely and Gospel-based, our faith formation programs are great, our social justice and other community outreach programs are impactful, we know how to party, and we have dynamic leadership in our pastor, our bishop, and our pope.

But music at 29%? Really?! I know that I am *terribly* biased in this area, but I believe we're somewhat above the national average in this regard. Of the Protestants surveyed in the same poll, 44% said that music was a major factor. Knowing both how much we like to sing at St. Thomas More as well as the quality of our music ensembles, I'd like to think that we are closer to that level.

Wouldn't it have been interesting if Gallup had asked whether the worship of God was a major factor, a minor factor, or not a factor in attending church.

Food for thought!

—Douglas

The poll was based on telephone interviews conducted March 9-29, 2017, with a random sample of adults, aged 18 and older, living in all 50 U.S. states and the District of Columbia, with a margin of sampling error of ±4 percentage points at the 95% confidence level.

Reasons Catholics Attend Church

Is each of the following a major factor, a minor factor, or not a factor in why you attend church or a place of worship?

	% Major factor
Homilies or lectures that help you connect religion to your own life	67
Spiritual programs geared toward children and teenagers	63
Homilies or talks that teach you more about scripture	62
Lots of community outreach and volunteer opportunities	56
Social activities that allow you to get to know people in your community	48
Dynamic religious leaders who are interesting and inspiring	47
A good choir, praise band, cantors, or other spiritual music	29

Based on adults who attend church monthly or more often.

GALLUP, MARCH 9-29, 2017

Faith Formation

Teach and Live the Gospel

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

Family Faith Formation

REACH Is Out for the Summer

Make faith an important part of your family's life!
Registration packets for another fun-filled Faith Formation year are due back now!
Classes are available for ages 3-Adult. Contact Debbie in the Faith Formation office for information on how to sign up.

Sacrament Prep News



Confirmation Mass with Bishop McElroy will be held on Sunday, June 4, at 10:30am. Confirmation Rehearsal is Saturday, June 3 at 9:00am. Both candidate and sponsor are asked to attend the hour-long rehearsal.

First Communion Masses will be held on Sunday, June 18, at 8:30am and 10:30am Masses. First Communion Rehearsal is Friday, June 16, at 6:00pm for 8:30am Mass participants and 7:00pm for 10:30am Mass participants.

Help is needed by Art & Environment to hang Confirmation and First Communion banners in the church prior to the weekend Masses on Friday, June 2, and Friday, June 16. For offers to help, please contact Debbie at debbief@stmoside.org or Kathy Arciero at karciero@hotmail.com.

Register Today for VBS

Register today for Vacation Bible School!
Sign up forms are available in the Parish Office and online at www.stmoside.org.



Spots are limited and fill quickly!
Parents, grandparents, aunts, and uncles, we need you to help make this an amazing week for our kids. Are you interested in volunteering for the week? Contact Debbie in the Faith Formation Office to find out how.



June 19-23

Youth Ministry

Steubenville Conference

for Teens Grades 9-12

July 7-9



High School

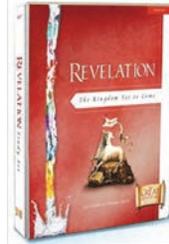
IGNITE Youth Group
Wed, May 31, 6:30-8:30pm
Parish Center Lower Level

FOOD, FUN & FRIENDS



Adult Faith Formation

Fall Bible Study



Join us for 11 sessions of
Revelation: The Kingdom Yet to Come
beginning Wednesday, September 13
9:00-11:00am

Parish Center Upper Level
Contact the Faith Formation office or Patt Goeltz at pattg@stmoside.org for more information and to register. Cost to attend is \$35. Register by September 1 to receive workbook in time for first session.

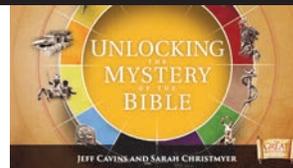
Breakfast with the King Wednesdays

Start your day in the presence of the Greatest King with Daily Mass and a nourishing cereal breakfast with friends who love the Lord! Talk about the Scriptures of the day, watch Fr. Mike Schmidt's and Mark Hart's latest YouTube release, and much, much more! Beginning Wednesday Mornings, June 28 at 8:15am. No cost to attend!



Families Welcome!
Children under 12 must be accompanied by parent or teen sibling over 16.

Young Adult Bible Study Forming Now



Young Men and Women, ages 23-35, are invited to register today for "Unlocking the Mystery of the Bible" beginning Sunday, June 25, 7:00-9:00pm. This bible study will meet twice a month for 8 sessions.

Contact Rory at roryg@stmoside.org to sign up.

St. Thomas More ARK News



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

Stewardship & Development

Serve God's People

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

Collection for Week of May 16—22, 2017	
Number of Registered Households	1,242
Offertory	\$13,503.37
Offertory (Loose Collection)	\$1,070.00
Total	\$14,573.37

Mortgage/Building Completion Fund Income	
April, 2017	
Mortgage Offering Collected	\$37,247.50
Mortgage Offering (Special Collection)	\$9,413.00
Mortgage Offering (Total for April)	\$46,660.50
Mortgage Payment Due	\$44,806.21
Payment toward Parish Reserves*	\$1,854.28
Mortgage Payment Overage/(Shortfall)	\$1,854.28
<hr/>	
Memorial Items toward Building Completion Fund	\$340.00
Please continue to support the Mortgage/Building Completion Fund!	
* Mortgage Payment overage will be applied to Parish Reserves	

PLANNED GIVING AND OUR LEGACY A WAY TO GIVE ~ A WAY TO RECEIVE



DESIGNATED BANK ACCOUNTS, STOCKS, WILLS, LIVING TRUSTS, LIFE INSURANCE, MUTUAL FUNDS, REAL ESTATE, STM ENDOWMENT WITH CATHOLIC COMMUNITY FOUNDATION OF SAN DIEGO (CCFSD)

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, STM Endowment with CCFSD, and Real Estate.

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?

Christian Stewards ~ Year Round



Just as our loving God never takes time off from watching over us and helping us through the different seasons of our lives, so too, many of us as Christian stewards, are on call all year.

As the Easter season ends with Pentecost on June 4, we move into Ordinary Time in the church. For many, the summer season is a welcome relief from the rest of the year, with longer days and more sunshine. While a lot still goes on in our lives and jobs, vacations are calendared and we are able to enjoy some rest.

For many of our stewards there isn't a lot of rest throughout the year. Our amazing Bereavement ministry is one example of that. As our beloved family members and friends pass from this life into eternity in God's time, our team is here to help.

The STM Bereavement ministry stands ready to attend to the many needs that arise upon a death in the family—planning the liturgy, celebrating the Mass, preparing for the reception, and ongoing support. Warm hospitality is key to this ministry, giving family and friends important time to connect during their season of grief.

The Bereavement ministry's Reception team needs your help with the setup of tables, drinks, plates, cups, cutlery, and beautiful centerpieces, as well as with cleanup and the laundering of tablecloths after the event. Please contact me at the above email address if you feel called to help with this important piece of the Bereavement ministry!

Watch for more on this vital ministry from Sr. Maureen in our upcoming summer newsletter! Kudos to ALL on this team!!!

LOWC (Liturgy of the Word for Children), is another year-round ministry that provides children of ages 4-12 with the opportunity to share in God's Word from the Children's Lectionary at our Sunday Masses.

Please let me know if you'd like to help with this wonderful opportunity to provide our children with an age-appropriate understanding of the biblical readings at each Mass and joining their family for the rest of the Mass.



God bless all of our faithful stewards!

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 for Memorial Garden (54) 8 available	\$5,000/each
Priests' Concelebration Vestments (4) 4 available	\$400/each
Pew Seating for the Church (1,000) 699 available	\$300/each
Daily Mass Chapel and Choir Chairs (200) 93 available	\$300/each
Altar Server Albs (15) 7 available	\$125/each
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

05/24/17

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 May 22, we have netted \$70,422
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

By Design—A Sexual Integrity Workshop for Young Women—Saturday, June 10, 9:00am-3:00pm, Birth Choice of San Marcos, 277 S. Rancho Santa Fe Rd., Suite S, San Marcos. RSVP to <http://birthchoice.net/donate/events>.

Discover Your Purpose in Life with Jesse Romero—Wednesday, June 21, 7:00-9:00pm (English) or Thursday, June 22, 7:00-9:00pm (Spanish), St. Francis of Assisi Church, Vista. Come and spend a few rounds in God's gym with your brother in Christ and spiritual fitness trainer, Jesse Romero, and learn to live your Catholic faith! \$5 donation.

✠ ✠ ✠

Father Joe's Villages Debuts Film Portraying Journey to Overcome Homelessness—Golden Globe-nominated animation studio partnered with Father Joe's to depict an important story of hope. Visit my.neighbor.org/wesee to watch the animated film.

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

Orphan Ministry—Do you want to help orphans who need to feel the love of a family and learn about Jesus, all without having to travel? Host an orphan this summer for a few weeks and change a life forever! You can be a turning point in an overlooked life. You don't need special skills. Read bios and see waiting kids here: www.nhfc.org. For any questions or support, email Maggie at thedevelins@cox.net

Hospice Volunteer Opportunities—Pacifica House (part of Hospice of the North Coast), is looking for volunteers for their inpatient facility. Contact Daneielle at 760-637-5019 or dnowicki@hospicenorthcoast.org.

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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- Equal tuition rates,
- Financial aid opportunities, and
- Fundraising support.

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

Parish Contacts

Updated 05/10/2017

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.....	Debbie Fredette 760-758-4100 x110
High School	Debbie Fredette 760-758-4100 x110
Young Adults	Debbie Fredette 760-758-4100 x110
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	Dcn. Thomas Goeltz 760-758-4100 x100
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.....	John 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.....	Nancy Whiteside 858-750-8161
.....	Lee Coccaro 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
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	Erik Acheff 760-224-6017
Annual Catholic Appeal.....	Lorraine Doering 760-758-4100 x102
New Construction	Brian Leahy 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	<i>michaelr@stmoside.org</i>
Rev. Karl Bauer, Senior Priest.....	760-758-4100 x133	<i>karlb@stmoside.org</i>
Dcn. John Fredette	760-758-4100 x104	<i>johnf@stmoside.org</i>
Dcn. Tom Goeltz	760-758-4100 x100	<i>thomasg@stmoside.org</i>
Sr. Maureen Brown, Pastoral Associate	760-758-4100 x131	<i>maureenb@stmoside.org</i>
Dcn. John Fredette, Business Manager.....	760-758-4100 x104	<i>johnf@stmoside.org</i>
Debbie Fredette, Director of Faith Formation	760-758-4100 x110	<i>debbief@stmoside.org</i>
Stacey Griffin, Faith Formation Office Assistant	760-758-4100 x110	<i>staceyg@stmoside.org</i>
Lia Keane, Director of Ark Nursery	760-758-4100 x100	<i>liak@stmoside.org</i>
Douglas Lynn, Director of Liturgy and Music	760-758-4100 x140	<i>douglasl@stmoside.org</i>
Kathy Santy, Assistant Music Director	760-758-4100 x100	<i>kathys@stmoside.org</i>
Sally Fay, Organist/Choir Accompanist	760-758-4100 x100	<i>sallyf@stmoside.org</i>
Chris Smith, Director of Stewardship and Development	760-758-4100 x120	<i>chriss@stmoside.org</i>
Joe Garcia, Director of Maintenance	760-758-4100 x151	<i>joeg@stmoside.org</i>
Henny Jocelyn, Receptionist/Secretary	760-758-4100 x100	<i>hennyj@stmoside.org</i>
Lorraine Doering, Parish Office Technician.....	760-758-4100 x102	<i>lorrained@stmoside.org</i>
Rebecca Eyer, Sacristan	760-758-4100 x100	<i>rebecca@stmoside.org</i>
Brian Leahy, Director of Construction.....	760-758-4100 x152	<i>brianl@stmoside.org</i>

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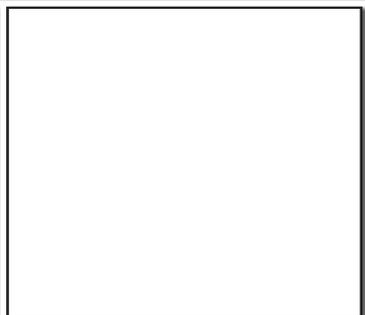
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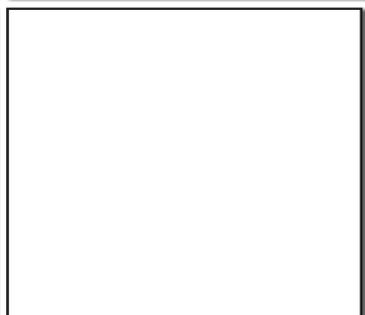
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SUMMER 2017

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When: JULY 7-9

Who: All High School Students

Where: University California Irvine

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I Choose Red

for Pentecost

David Haas

Let us have a conversation about the color, “red.” I mean—today is the day where our worship spaces are drenched in red—in our banners, flowers, altar cloths, and vestments. We are all invited and encouraged to wear red today. We are reminded of the images of what we name as “tongues of fire” today (actually, the text in Acts *actually* says that they are tongues “*as* of fire,”—but that is a completely different issue!).

Red.

To start, we can explore it through the analysis of science. It is the color at the end of the spectrum of visible light, closely linked to orange and opposite violet. It has a predominant light wavelength of about 620-740 nanometers. For artists and painters, it is one of the subtractive primary colors, along with yellow and blue. It can vary in shade from very light pink to dark maroon or burgundy. Its hues contain bright orange-red scarlet all the way to a bluish-red crimson. Red light is used to help adapt night vision in low-light or night time, as the core cells in our human eyes are not as sensitive to red.

The sunset is red. Fire is red.

From nature, the red color of blood comes from hemoglobin, the protein of iron found in the “red” blood cells. In the ancient language of Ancient Mesopotamia and in the present day language of Inuit, the color red means, “like blood.” For those who have visited the Grand Canyon, they know that the red colors found there are caused by red ochre, a form of iron oxide. The red colored leaves of autumn are part and parcel of that time of year. In the Russian language, the word means “beautiful.” Thus Red Square in Moscow that was named long before the Russian Revolution, originally meant, “Beautiful Square.”

In ancient history up until the present day, we could delve into many interesting corners of thought and belief about the color red. There is not enough space or time here to delve into all that we could learn about this. Red is packed with meaning in just about every known culture and historical period of time. Most historical research has discovered that red is the color most associated with courage. Many of us have read the American Civil War novel, “The Red Badge of Courage” by Stephen Crane.

Red is the color most associated with joy and well being.

We use red carpets to welcome guests of honor. It is also the traditional color of seats in opera houses and theaters. It is one of the most common colors used on national flags. It is strongly associated with revolution.

And of course, love is the color most commonly connected to love, and historically wedded to the action of sacrifice. But at the same time, red is also frequently associated with hatred, anger, aggression and war. When people are enraged, we say that they “see red.” Red is the color that we associate with passion and heat, and it is the ancient color associated with Mars—the god of War.

Only about one or two percent of the human population have red hair.

It is the color of stop signs and stop lights. It has also been associated commonly with the traits of seduction, sexuality, and sin and wrath. O my.

Religion is filled with red as an important and symbolic expression. While we know that red is associated with the blood of Christ, the sacrifice of martyrs, with Palm Sunday, Good Friday, and today’s feast of Pentecost, and the color for bishops and cardinals—it is also one of the

colors that emanated from the Buddha when he attained enlightenment; and in the Japanese Shinto religion, red is one of the primary colors in the gateways of temples, and is seen as a color that can expel evil and disease.

There is so much more that we can learn and say about the color red.

In the world of psychology and holistic health, red is energizing. It excites our emotions and motivates us to take action, signifying a pioneering spirit and leadership qualities, ambition and determination. It is strong-willed and gives confidence. It awakens our life force. It is the color of sexuality and intimate passions—positively in the dynamics of love and sex, but in darker corners it ignites anger and revenge. It can stimulate the appetite, which is why many restaurants supposedly use this color in their design. Being surrounded by TOO much red is said to stimulate irritation, agitation, and anger. If we have too little of it, we can become too cautious, manipulative, and fearful. It boosts the physical energy levels, increases our heart rate and blood pressure, and stirs up the release of Adrenalin. It is fast moving. It promotes the impatience for lack of action. It feeds our sexual drive, our appetite and our cravings. It demands that we take notice, and can alert us to danger. It is said in some surveys that those who drive red cars often feel more aggression than most people in their driving.

Red is the color of delight.

So what dynamic of red will we choose not only today, but in our ongoing spiritual path?

I mean, red is SO deep. So is today. For me—today—I choose to embrace the dynamic of red that drives us to action—not only in our deeds, but in the force that feeds, nurtures, and cultivates such deeds at the very center of our hearts as Spirit-filled servants. And that force is prayer...I will wear red today, to re-commit and refuel my desire and need to pray, and to surrender to the Holy Spirit's movement in my heart. In other words, today I choose not to pray TO the Spirit, but to allow the Spirit enter and pray "through me," so beautifully expressed in the hymn text by Mary Louise Bringle.

This is the way that I—today—want to "see red." With delight. This is why I am wearing red today.

And you?

Pray through us, Holy Spirit,
with deep and wordless sighs,
from faintest whispers of daybreak
to the hush of evening skies.

Pray through us, Holy Spirit,
in shimmers of delight
that spark our joy in creation—
gifts of touch and sound and sight.

Pray through us, Holy Spirit,
when anxious and distressed,
until we lay down our burdens
in your arms of quiet rest.

Pray through us, Holy Spirit,
for frail and troubled lands,
so we may aid in their healing
and enact what Love commands.

Pray through us, Holy Spirit,
that till our labors cease
we may draw strength from your
goodness
and unfurl your wings of peace.



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PRAY — About how God wants you to use the gifts He has given you.

RESPOND — By supporting the mission. You can give at your parish or online at www.giving.sdcatholic.org.

the Joy of Love



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

Philemon 1:7



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