

From the Desk of Father Maurice



Dear Parishioners,

Last May I sent an email to Parishioners describing best practices for preventing the spread of the H1N1 virus. With flu season upon us, I thought a reminder of these practices would be helpful. Please know that the Archdiocese of Seattle is closely monitoring the situation, making sure that we are all provided with the latest information and advisories through its website: www.seattlearch.org.

In his letter sent out to all pastors and pastoral coordinators on May 1st, the Archbishop has asked that we inform you about the following practices in order to prevent the spread of the virus. As the Archbishop writes: "These practices are strictly voluntary; however, in the interest of Christian charity, all persons are strongly urged to follow them". With that in mind, please consider the following:

1. If you suspect you might be infected with a flu virus, stay at home and do NOT attend Mass until you feel healthy. Missing Mass due to illness is not sinful; it is prudent and shows a respect for your brothers and sisters.
2. During Mass, at the Sign of Peace, you may choose to simply say "Peace be with you," without offering your hand.
3. During Communion, you may elect to receive the Blessed Sacrament in the consecrated host and not receive the Precious Blood from the chalice. Reception of the Blessed Sacrament on the hand is the best way to reduce the possibility of flu virus transmission. Additionally, wine with a higher alcohol content is now being used to further prevent the spread of germs.
4. While scientific evidence is inconclusive at this point, some health professionals recommend that Holy Water from the fonts should not be ingested, nor should it enter the body via the eyes or nose.
5. Always practice good respiratory etiquette and cover your mouth and nose when you sneeze or cough; wash hands frequently with soap and water and scrub for at least 30 seconds; and avoid the transmittal of mucus or bodily fluids if you suspect you may be infected with a flu virus. Use the hand sanitizers located in the Narthex before you enter the Nave.

My hope is that this letter answers some questions and helps to minimize the spread of germs during mass, particularly with the concern about the H1N1 virus. I pray that you will stay in good health during this season.

Fraternally Yours in Christ,

Fr Maurice Mamba
Priest Administrator

THIS SUNDAY'S READINGS

32nd Sunday in Ordinary Time
First Reading: 1 Kings 17:10-16
Second Reading: Hebrews 9:24-28
Gospel: Mark 12:38-44

NEXT SUNDAY'S READINGS

33rd Sunday in Ordinary Time
First Reading: Daniel 12:1-3
Second Reading: Hebrews 10:11-14, 18
Gospel: Matthew 13:24-32

THIS WEEK AT ST. THOMAS MORE

Sunday—November 8th-Masses

KofC Pancake Breakfast
Faith Formation Classes-CLOW
1:00pm-Columbian Squires Meeting-Renggli Room
5:00pm-LifeTeen Mass followed by LifeNight

Monday—November 9th

6:30pm-Edge-Youth Room
6:30pm-Mission Choir-Music Room
7:00pm-Faith Formation Comm.-Comm. Cntr Meeting Rm
7:00pm-Maintenance Commission-Parish Office

Tuesday—November 10th

9:30am-Bible Study-Renggli Room
9:30am-USCCA-Youth Room
6:00pm-Catholic Daughters-Adult Ed. Room
7:00pm-Stephen Ministry-Parish Office
7:00pm-Bible Study-Renggli Room
7:00pm-Baptism Class-Church
7:00pm-St. Vincent de Paul-Library

Wednesday—November 11th-Veterans Day

Parish Office Closed
6:30pm-Eucharistic Benediction and Rosary-Church
7:00pm-9:30am Choir Practice-Chapel
7:00pm-Multicultural Choir Practice-Music Room

Thursday—November 12th

9:30am-Light Weigh-Youth Room
6:00pm-Hospitality Committee-Parish Office
7:00pm-Stewardship Commission-Parish Office
7:00pm-Lux Mundi-Youth Room/Comm. Cntr Meeting Room
7:00pm-LifeTeen Band Practice-Music Room

Friday—November 13th

6:30pm-Jr High Dance-Dalton Hall
7:00pm-Snohomish County Jail Ministry-Renggli Room
7:30pm-Healing Mass-Church

Saturday—November 14th-Mass

Baptisms-Church
Parish/School Auction-Lynnwood Convention Center

Sunday—November 15th-Masses

Baptisms-Church
Faith Formation Classes-CLOW
2:00pm-Unplug Christmas Workshop-Library/Comm. Cntr Meeting Room
5:00pm-LifeTeen Mass followed by LifeNight

Parish News

STEWARDSHIP OF TREASURE

(Information stated below is based on Fiscal Year July 2009-June 2010)

In gratitude to God for the gifts we have received, parishioners and visitors made this return to the Lord.

Sunday collection for the weekend of Oct. 31st-Nov. 1st

Received: \$19,818.41

Needed: \$15,614.81

Year-to-date: \$315,654.53

Year-to-date Over/(Under): \$7,685.12

Thank you for your faithful Stewardship of St. Thomas More Parish. May God bless you!

Parish Stewardship



Today we are asking everyone to prayerfully evaluate your giving to the parish and community. Please also take some time to read over the insert in the bulletin. Today we heard a powerful witness talk about the joy of giving back to God's community. We ask that all our parishioners partake of that joy and return their commitment card(s) as soon as possible.

Unplug the Christmas Machine Workshop

On Sunday, November 15th and November 22nd from 2-4pm there will be workshops to help with planning a more joyous Christmas holiday. Based on the popular book Unplug the Christmas Machine by Jo Robinson and Jean Staeheli, these workshops help to reduce the stress of the holidays and increase enjoyment by encouraging simple changes in your celebrations. You will be given a chance to examine your current practices, define your values, and then combine your new insights into a workable plan for the coming Christmas season. There will be a signup sheet in the Narthex after all Masses the weekend of November 8th or you can register by contacting Mary Duffy at (425) 774-3703 or email her at marypduffy@comcast.net. The book is available in bookstores and online. It is not necessary to have a copy of the book to attend the workshops.



Adoration of the Blessed Sacrament

You are invited to Adoration of the Blessed Sacrament on Friday and Saturday, November 20th-21st. Adoration begins at 10am on Friday morning and ends with a Mass at 8:30am on Saturday morning. You can now sign-up for Adoration on the Parish website at stmp.org. If you don't have internet access, please call John Alexy at (425) 742-0239. This is your opportunity to spend some quiet time with God, so don't miss out.



Diamonds Are Forever



Diamonds Are Forever, St.

Thomas More Gala Dinner/Auction will be on Saturday, November 14th at the Lynnwood Convention Center. This is the last weekend to get tickets for the Auction after all Masses. The price of the tickets are \$65/per person. Please come and join us for a very enjoyable evening to help support the children of our parish and school. If you have any questions, please contact John and Kristina Rodabaugh at (425) 745-3506.

Veterans Day Assembly

The School's Veterans Day Assembly will be on Tuesday, November 10th at 2pm in Dalton Hall. All veterans and currently serving military personnel are welcome to attend.

Community Garden

Two years ago a group of determined folk looked at the pile of dirt and junk, covered by weeds, behind the basketball court and began to dream. The following year there was compost and a water tank and 16 garden plots. This year it expanded and the produce was donated to the Lynnwood Food Bank exclusively. Our gardeners grew and delivered to the Food Bank 1600 lbs of fresh fruit and vegetables. Our diligent gardeners are Randy and Grace Dyer, Ronnie and Joseph Fronheiser, Angelique Leone, Roger Guenther, Dennis Hoppenstadt, Vicki and McKenzie Jarman, Chris and Jeanne Stevenson, Connie and Denise McMahan, Lisa and Sheridan Moore, Sandy McDonald, Niniva and Loretta Tupua, Dee Wiens, Jane Alpers, and Anita and Phil Bate.

Ministry Fair a Great Success!

The Ministry Fair held on 17-18 Oct was an amazing success, with over 400 parishioners attending, and over 50 Ministries represented. The Stewardship Commission would like to thank all of the many ministries for creating wonderful displays and committing their time to being present throughout the weekend. We are especially grateful to those who sponsored the fair as well: Dr. Stephen Lee, McDonald and McGarry Insurance, Kunthara Auto Licensing, Sandi's Solutions, and David Barnhart. You will find Ministry Guides and Commitment cards in the pews, Narthex and on our website. Please sign-up for a Ministry! It takes many, many volunteers to keep all of our activities alive in the parish. Thanks again to all of you for making St. Thomas More such a visible sign of the Real Presence of Christ!

Parish News (cont.)

MOMs Group

Moms, Grandmoms & Moms-to-be, mark your calendars for Thursday, Nov. 19th. Before the holiday rush is upon us take some time to join other mothers for some scripture study. We will be using the book "Sisters in Scripture". Contact Kelly Costinett at (425) 741-3510 or email Kellyscraps @cozz.net for more information.

Altar Server Training

Calling all Altar Server Wanna Bes who are 5th grade and older. There will be 3 training sessions in November; Nov. 7th, 14th and 21st after the 5:00pm Saturday Mass in the Church. Meet Dave Fairbank in the Narthex.

Lux Mundi

Theology on Tap is here. Meet us on Thursday, Nov. 12th at Daverthumps Pub and Galley-19720 44th Ave W Suite N Lynnwood from 7-8pm. Our guest speaker will be Fr. Maurice. Daverthumps is a restaurant and bar open to all (children and under 21) until 9pm, so everyone is welcome. Theology and beer, what could be more fun (obviously drinking is not required). Check out the website and blog for more info and for recent pictures of our work at the food bank: www.stmp.org/community/lux-mundi.



Youth News!

Senior High Youth group tonight! Come join us for dinner and a Movie Night. We will begin in the Hall following Mass (6:00).

Volunteers needed to be displayers at the Auction. This counts as service hours and we need you from 5-11:00 PM Saturday November 14th. Contact Angela if you are interested.

Junior High EDGE tomorrow night at 6:30 in the Hall. Come check it out!

Friday November 13th we will be hosting a Jr. High Dance here at STM from 7-10pm in the Hall. All 6-8th graders and friends invited. Permission slips required and cost is \$7.

No Confirmation class this Wednesday night, see you next Wednesday at 6:30 in the youth room for our question and answer session with Fr. Maurice.

****Join us Sunday at 5 pm for LIFE TEEN MASS *****

Contact Angela if you have questions about anything above or just general questions at 743-2929 x106 or at angelac@stmp.org

Ongoing Opportunities

Retrouvaille of Seattle

Is your marriage tearing you apart? Or boring you to death? Retrouvaille, a Catholic Program, can help. Learn more at www.helpourmarriage.com. Please call (206) 706-2608 for more information and to register.

Marriage Encounter

Are you exercising and dieting, jogging, swimming and going to the gym to stay fit and trim? What are you doing to keep your marriage in good shape? Do yourself and your spouse a favor, register today for the next Marriage Encounter Weekend. The last weekends in 2009 are Nov. 6th-8th in Everett and Dec. 4th-6th in Centralia. Call Bruce and Judy White at (425) 771-9003 or Rory and Dawn Myers at (206) 772-2344 to register or for additional information.

COUNSELING AVAILABLE

If you need assistance with individual or relational issues, leave a message on the confidential line for our parish counselor, Connie Brousseau, MA LMHC at 425-742-6752. Insurance, sliding scale and parish assistance available.

Stephen Ministry

Would you like someone to talk to? Someone who cares, but isn't part of your family or circle of friends? Someone whose CONFIDENTIALITY you can trust, who isn't part of your situation? Someone who doesn't already have an opinion or emotional involvement? You might want to ask for a Stephen Minister. For more information or questions, please call Karen Biermanski at (206) 920-0174.

Light Weigh

Would you like to eat your favorite foods while you learn how to lose weight? Consider giving God a chance to touch your heart, your life and your eating. The meetings will be held on Thursdays from 10-12pm. Please call Debbie Olson at (425) 787-2490 for more information on joining the Light Weigh Bible Study.

Eucharistic Benediction and Rosary

Please join us for Benediction and Rosary every Wednesday, at 6:30pm in the Church.

Faith Formation For The Parish

There will be **NO** Faith Formation Classes on Wednesday, Nov. 11th-Veterans Day. **NO** Classes on Wednesday, Nov. 25th and Sunday, Nov. 29th-Thanksgiving Break.

Catholic parents promise at Baptism to bring up their child to know God and follow His Commandments. Catholic parishes provide both Catholic schools and Faith Formation programs so that the development of the Faith is available to all.

Faith Formation classes are available to children of our parish from age 4 through 5th grade, when they then enroll in the Edge for Jr High faith development. Many of our Sunday morning classes are full, but there is still room in the Wed. evening class.

Sacraments

Baptisms for babies and young children will be the weekends of Jan. 11th and Feb. 22nd. Parents and godparents must take two classes to prepare for raising children in the Catholic Faith. At least one godparent must be a practicing Catholic who has been Confirmed.

First Reconciliation and First Eucharist are celebrated when children are in 2nd grade or higher. **(They must be in their second year of religious education, at the parish school or in Faith Formation classes.)** They prepare for the sacraments in a family setting.

1st Reconciliation and 1st Eucharist-1st Reconciliation will be celebrated Dec. 5th, and 1st Eucharist is the weekend of May 16th.

Becoming Catholic

Those who would like to explore becoming Catholic are invited to join the **Rite of Christian Initiation of Adults**, which meets on Wed. evenings at 7:00 in the Renggli Rm.

For more information on any of the programs, please contact Luciann at ext 111 or email luciannm@stmp.org or Sharon at ext 114 or email sharong@stmp.org.

Sacraments

Sacrament of Baptism: Held during Mass six times a year. Call the Faith Formation office for more information.

Sacrament of Marriage: Notification of intent to marry must be given to the Pastoral Associate at least six months before the date you wish to be married.

Sacrament of the Sick: This Sacrament is celebrated with those who are seriously ill, injured, or preparing for surgery. **Eucharistic Ministers to the Sick** are available to bring the Eucharist to those who are unable to attend Mass. Please call the Pastoral Associate to arrange for the Sacrament of the Sick or for a Eucharistic Minister to the Sick.

Funeral Masses are celebrated on Mon., Tues., Wed., or Fri. at 11am. To schedule, call the Parish Office.

Our Catholic Cemetery is: Holyrood Cemetery
205 NE 205th St. Seattle Phone (206) 363-8404.

This Week at STM School

- Our Veterans' Day Assembly will be on Tuesday, November 10th at 2:00. All Veterans and currently serving military personnel are welcome to join us.



- There is no school on Wednesday, November 11th for Veterans' Day.
- Thank you to all who have been working, procuring, and will be attending the Parish Auction on Saturday, November 14th. This is an important fundraiser.
- Food Drive for St. Vincent de Paul is underway and will continue through November 24, 2009. Your generous donations bring joy and happiness to many families during the holidays.

Presider Schedule

November 14th-15th

5:00pm (Sat.)	Fr. Maurice	8:00am	Fr. Ward
9:30am	Fr. Ward	11:30am	Fr. Maurice
5:00pm (LifeTeen)	Fr. Maurice		

Ushers for November

5:00pm (Sat.)	8:00am
Al Meucci, Capt.	Juan Marzo, Capt.
Ray Michlig	Ed dosRemedios
Devin Meucci	Don Dowling
Jack Webster	Adonis Escelicas
9:30am	11:30am
John Weith, Capt.	Gael Reedy, Capt.
Dick Ptacek, Co-Capt.	Zarinna David
Oly Javidando	Chien Chang
Jose Garcia	Vincent Obino
Donna Kalaw	Devron Lam
Matt Gomez	

Altar Servers

November 14th-November 15th

5:00pm (Sat.)	8:00am	9:30am
Book: Daniel J.	Book: Victoria S.	Book: Theresa H.
Bell: Casey D.	Bell: Martin B.	Bell: Melissa H.
Cross: Riley D.		Cross: McKenna W.
11:30am	5:00pm	
Book: Allyssa R.	Book: Amanda C.	
Bell: Maxine T.	Bell: Alexandria C.	
Cross: Lis L.		