“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”

Matthew 16:24

What’s Inside:
- 33 Days to Morning Glory
- Cancer Novena
- We’re Hiring!
- Poor Box
As of this past week the school has started up again. Religious Ed is pretty much set for a new year of learning and grace too. Men For All Seasons begins, albeit on ZOOM for the time being, in three weeks on Friday, September 18. Different prayer and ministry groups are getting back together in whatever manner they can and prayer and action is once again making itself present and visible in our faith community. Praise the Lord for your creativity and resilience.

I will personally be happy when the center of most conversations is not about a virus that has captured the world’s attention and proven to be the most unwelcome guest in a century. And although we are not going to ignore the safety and prudent actions that will help us to remain as harmless and healthy as we can be for ourselves and those around us, we are nonetheless coming out of our various protection bubbles and starting to interact with those around us once again. And it is good to see and experience.

Now, realizing that we won’t be fully back to what we would have once called “normal” for a while, we are wanting to direct our minds and hearts again to that which makes our lives more meaningful and beneficial for the building up of the Kingdom of Heaven and the bettering of our world around us. As such, we are going to begin a new endeavor at St. Thomas More starting in September. In this we will be reflecting upon and consciously being proactive in manifesting the Corporal and Spiritual Works of Mercy.

There are seven specific works in each of those two categories, and over the coming several months we will be reminding ourselves of what they are, how we can manifest and live them out in our lives today, and besides bringing the loving grace and compassion of our Lord more fully into our immediate world, family, and community, we will try to enjoy incorporating the call to holiness more tangibly into our daily spiritual journey.

The effort is being called a Pilgrimage of Mercy. You will receive a Flocknote from the parish with further information about it. Upon receiving your invitation, I encourage you, young and old alike, to obtain your passport, begin to familiarize yourself with the various Mercy groupings, and start carrying out the suggested possibilities to help you move forward on this spiritual pilgrimage. God willing we will find it brings grace and blessings to many as a result of our prayers and actions.

And perhaps the possibility of an actual pilgrimage next spring will find you moving with the Lord in a way that helps your own growth in mercy and grace.

One thing that might be very beneficial for the effort will be following the wisdom and outline of the works of mercy as outlined in Fr. Michael E. Gaitley’s book You Did It to Me. You should be able to obtain a copy from our parish bookstore as well as various possible sources online and in other settings.

Do yourself a favor and get the book, read it, and follow along as we initiate this pilgrimage for the good of souls.

May the Lord of Mercy and Love call us all forward in ways that makes His presence truly manifest and allows us to show repeatedly our desire to serve Him, and brings His love to others. I look forward to sharing the journey with you.

– Msgr. Tom

Note from Dcn. Peter Srsich

I have had the incredible opportunity to be here at St. Thomas More Parish for the past two and a half months. It has been beautiful to witness how this community has come together and responded in the face of the numerous challenges this year has brought.

I have only been here for a short while but this parish will always hold a special place in my heart as being where I began my ordained ministry. It was here at Saint Thomas More that I was able to welcome my first children into the Church through the Sacrament of Baptism and where I have had the privilege of being a minister of our Lord’s Body and Blood at the altar and a preacher of His Gospel.

I will be returning to Rome this week to begin my last year of Seminary formation in the eternal city and I will be bringing all of you with me in prayer. I ask for your prayers for me, that Christ may bring to completion the good work He has been doing through the last six years of seminary so that I may become a holy priest.

Know of my prayers and gratitude for each of you. May God bless you and keep you.
Welcome to St. Thomas More!

Go and make disciples

8035 S Quebec St | Centennial, Colorado 80112
303.770.1155 | stthomasmore.org

Clergy
Pastor: Msgr. Thomas Fryar
Dcn. George Brown (retired), Dcn. Bob Cropp (retired)

Parish Office
303.770.1155 | Hours: Monday–Friday: 9:30AM–5:00PM
Business Manager: Dick Rapp, 303.221.9248
Director of Communications & Stewardship: Irene Lindemer, 303.221.9181
Facilities Manager: Keith Tellus, 303.221.9145
Director of Liturgy: Phil Strong, 303.221.9251
Director of Marriage & Family Life: Jo Holt, 303.221.9222
Director of Music: Jeff McGarrity, 303.221.9168
Receptionist: Kathy Weiland, 303.221.9238

Faith & Academic Formation
Office of Catechesis
303.770.0531 | Fax: 720.529.0157
Director: John Cox, 303.221.9245
STM Catholic School Office (Address: 7071 E Otero Ave)
303.770.0441 | stmcatholic.org
Principal: Gretchen DeWolfe, 303.221.9172
Youth Ministry
303.220.3388 | stthomasmore.org/youth
Director: David Tschumper, 303.221.9257

For the complete staff directory with contact information for all our parish staff members, visit stthomasmore.org (under “About Us”).

Church Hours: Monday–Friday: 9:30AM–7:00PM. Saturdays from 8:00AM–3:00PM and on Sundays from 2:00PM to 7:00PM.
Sunday Masses: Saturday (Anticipatory): 4:00 & 5:30PM
Sunday: 7:00, 8:30 & 10:30AM (live streamed); 12:30PM, 5:30PM
See page 9 for registration details.
Daily Masses: Monday–Friday: 6:30 (live streamed) & 9:00AM.
Saturday: 7:30AM (live streamed)
Confessions: Thursday: 6:30PM & Saturday: 8:30AM. Or contact the parish office for an appointment.
Morning Prayer & Holy Hour for Vocations: Temporarily canceled.
Perpetual Adoration: 24-hour Eucharistic Adoration. Please see page 4 for details.

Sacrament of Baptism: For baptisms, contact Jo Holt at joanneh@stthomasmore.org no less than one month prior to the baptism ceremony. Visit stthomasmore.org for more information.

Sacrament of Matrimony: For weddings, contact Sandra Schwab at sandras@stthomasmore.org no less than eight months prior to the wedding for marriage preparation information.

Sacrament of the Sick: Contact the parish office at onset of illness. In case of death in the family, contact the parish office immediately at 303.770.1155.
For sacramental emergencies when the parish office is closed, call 303.370.0242.

You and your family are invited to join us on a Pilgrimage of Mercy beginning this September through January, 2021!

To begin your Pilgrimage of Mercy, pick up your passport from the Parish Office or in the Narthex before and after Mass beginning Tuesday, September 1. You may also call 303.770.1100 and request that we send one to you.

Each month, you will keep track of your acts of mercy using a “Works of Mercy” card, and upon completion, we will stamp your passport for each month! Children and youth are welcome to complete their own card and passport.

Passports stamped for all five months will be included in a grand prize drawing. The adult winner will join Monsignor Tom on a pilgrimage to Chimayo, NM and other sites in Colorado and New Mexico in April 2021. A separate drawing and prize will be held for our 17 year old and younger youth.

As on any trip or pilgrimage, take some pictures! We have a space on the Pilgrimage of Mercy web page, accessed from our website homepage for you to post your favorite photo.

Watch your email for details on how to participate and visit stthomasmore.org/pilgrimage for more information.
This Week’s Prayer Intentions

Pray for our ill parish members & relatives:
Clay Carr, Peggy Holinger, Pete LaFleur

Pray for our deceased parish members & relatives:
John Braun, Viola Cavallo, Paul Jacobs, Annette Krosky Giacchino

Due to the Privacy Act, only immediate family members may request a name to be placed on the prayer list. Please call 303.770.1155.

This Week’s Mass Intentions

Sunday, August 30:
Twenty-Second Sunday in Ordinary Time
7:00 am Marcelina Zapata Olan †
8:30 am Sr. Connie Beiriger
10:30 am Mass for the People of St. Thomas More
12:30 pm Matt & Cali DePinto & Family
5:30 pm Susan Saunders Palli

Monday, August 31:
6:30 am Sam Perry
9:00 am Prudy Hilger †

Tuesday, September 1:
6:30 am Kathy Willand
9:00 am Frank Welch †

Wednesday, September 2:
6:30 am Linh Khank Nguyen †
9:00 am Nelly Ramos Vizurraga †

Thursday, September 3:
6:30 am Tom, Betty & Pat Neville †
9:00 am Mick Mrozek

Friday, September 4:
6:30 am Don P. Stoekel †
9:00 am Tony & Maria Sanchez

Saturday, September 5:
7:30 am Don P. Stoekel †
4:00 pm Donald McNellis †
5:30 pm Prudy Hilger †

Sunday, September 6:
Twenty-Third Sunday in Ordinary Time
7:00 am Timothy Bauer †
8:30 am Robin Newsom
10:30 am Mass for the People of St. Thomas More
12:30 pm Mass of Reparation
5:30 pm Evelyn Mary Patterson †

For prayer requests, please visit our website or use our parish app.

Daily readings available on our website & parish app.
TWENTY-SECOND SUNDAY IN ORDINARY TIME

faith

33 Days to Morning Glory
Six weekly sessions and Marian Consecration
Ponder the wisdom of Marian spirituality with a 33-day journey toward a deeper relationship with Jesus through Mary.

Wednesdays beginning September 2 at 7:00PM in St. Francis Hall
Preregistration is required.
For questions or to register, contact Colleen or Paul Lum Lung at mclumlung@gmail.com or 303.779.0396.

Our Parish is Turning 50!
In February of 2021 we will begin to celebrate our 50th anniversary year and we would love your help.
If you have a special photo (wedding, baptism, parish event, etc) taken at an event at St. Thomas More in years past that you would like to share, please contact Irene Lindemer at 303.221.9181 or email irenel@stthomasmore.org. Thank you!

A Gathering for Mental Health Awareness
Join Dr. Michelle Connor Harris & therapists from St. Raphael Counseling in a FREE inaugural event, “Hope and Healing: A Gathering for Mental Health Awareness” to explore everyday mental health, reduce stigma and provide practical tools for stress reduction for teens, parents and adults.
Saturday, September 26
7:30AM–2:30PM in STM Catholic School Gym
STM staff member Jo Holt and her daughter will also present a special talk about their experiences with depression and suicidal ideation.
Visit straphaelcounseling.com to register for this event.

Catholic Chat with John Cox
Come be inspired and learn more about the Catholic faith!
Join Director of Catechesis John Cox on Facebook Live every week for conversations about Catholicism and life.

Tuesdays at 6:30PM at facebook.com/stthomasmorecatholicparish
This week, John will be talking about What is faith?

Support for Single Parents
The Single & Raising Saints program is for all single parents looking for balance and support in their role as a parent.

Mondays beginning September 14: 6:00PM in St. Francis Hall
Cost is $10. Childcare is available.
Register at membership.faithdirect.net/events/details/4979
For questions, contact Sandra Schwab at sandras@stthomasmore.org or 303.221.9235.

Respect For All Life
"If we want a better world... we have to care for the dignity of every woman. Women are sources of life. Any violence inflicted on women is a profanation of God, born of a woman."
–Pope Francis
Donate Online

COVID-19 cases are still on the rise. During this challenging time people are turning to us for help. St. Thomas More wants to answer that call but we depend on online donations to continue our ministry.

We prayerfully invite you to sign up for eGiving from your computer, smartphone or tablet and set up a recurring donation or make a one-time gift.

Sign up today by visiting faith.direct/CO739 or text the word ENROLL to 720.619.8959.

We thank you for your generous support of our STM parish family!

Poor Box

“When you give to the poor, do not let your left hand know what your right hand is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.” (Matthew 6:3-4)

Help the poor and needy of our community

Consider anonymous almsgiving by donating to the poor box at the side entrances of the church.

Donations from the poor boxes are used to purchase King Soopers gift cards to be given to people who come to us with an immediate, and often urgent, need for assistance.

vocation

Celebrating an Anniversary

Harry J. & Shirlee Glass – 70 years
Robert and Nancy Seaman – 53 years

Happy anniversary!

To publish your anniversary, please email bulletin@stthomasmore.org or call 303.221.9240 with your names, anniversary date and the number of years you will be celebrating.

Traveling Chalice

Praying for vocations this week:

The Otipoby Family

To sign up for one of the available weeks, contact Karen Smoody at karens@stthomasmore.org.

High School Boys’ Discernment Retreat

Are you a high schooler open to discerning a vocation to the priesthood?

Come to a FREE retreat for prayer, Mass and brotherhood.

Sunday, September 13:
9:00AM–4:00PM at St. John Vianney Seminary

Register at archden.org/vocations.

Please pray for our seminarians and for an increase in vocations to the priesthood and religious life.

Visit denverseminarians.org for more info & a prayer list.

Help the poor
and needy of our community
time & talent

Cub Scouts & Boy Scouts!

Join STM’s Boy Scouts of America chapter!

All boys are invited to start your next adventure in scouting!

Cub Scouts (boys grades K–5)
Attend our join event and info night
**Monday, August 31** at 7:00PM
in the Youth Center

Boy Scouts (boys in grades 6–12)
You are invited to come see what we do on Monday evenings at 7:00PM in the Youth Center

For more information, contact Debbie Sears at tiggerz_4u@yahoo.com or 303.522.6291.

We’re Hiring!

STM Catholic Preschool offers a safe and nurturing environment for children ages 3–5.

St. Thomas More Catholic Preschool is seeking dynamic, creative candidates for Part-Time Early Childhood Teachers for the 2020-2021 school year.

Catholic Preschool teachers serve actively in the education and faith development of their students.

For a full job description, please visit stmcatholic.org/employment. If you are interested please call Mary Tellus at 303.221.9256 or email your resume to maryt@stthomasmore.org.

Lion’s Den Care Helper

Take care of children in our after school program!

St. Thomas More Catholic School is looking for a part-time child care helper for Lion’s Den after school program.

For a full job description, please visit stmcatholic.org/employment. If interested, please contact Sarah Teall at 720.984.7769 or saraht@stthomasmore.org.

40 Days For Life

Past 40 Days For Life efforts have saved many babies’ lives from abortion

**September 23–November 1:**
Help save lives! Join the international campaign to end abortion through prayer, fasting and community outreach.

St. Thomas More Days to Pray
**Wednesday, September 23 and Saturday, September 26:**
7:00AM–5:00PM outside the Planned Parenthood abortion facility at 7155 E 38th Ave, Denver

Pray for an hour during the peaceful prayer vigil. Fr. John Ludanha will offer Holy Mass at 1:00PM on Wednesday, September 23. Please bring a facemask.

Sign up at 40DaysforLife.com/Denver (then “Sign Up for Vigil Hours”) or contact respectlife@stthomasmore.org.

Are you on Flocknote?

If you are not receiving regular updates from STM via text or email, you may not be signed up for Flocknote.

All parish email communications, along with Mass sign-up updates, surveys, event information and links to important resources are sent to our parishioners through Flocknote.

To make sure you are signed up, please contact Nicole Turner at 303.221.9148 or nicolet@stthomasmore.org for help.
Evidence suggests that church services following public health guidelines do not present a greater risk of spreading the novel coronavirus than other similar activities, doctors said last week.

Washing hands, social distancing, and mask requirements have helped prevent the spread of COVID-19, even in cases when contagious, pre-symptomatic parishioners took part in church events, three members of the Thomistic Institute Working Group on Infectious Disease Protocols for Sacraments & Pastoral Care concluded.


“For Catholic churches following [the] guidelines, no outbreaks of COVID-19 have been linked to church attendance, even though we have examples ... of asymptomatic, unknowingly infected individuals attending mass and other parish functions,” they wrote. “Their attendance could have led to an outbreak if appropriate precautions were not followed, yet in each case, we found no evidence of viral transmission.”

“This encouraging news should inspire confidence that the guidelines in place - based on CDC recommendations - are working to decrease COVID-19 transmission,” the doctors continued. “While nothing during a pandemic is risk-free, these guidelines mean that Catholics (and public officials) may be confident that it’s reasonably safe to come to Church for Mass and the sacraments.”

Over the last 14 weeks, they said, approximately 17,000 parishes have held three or more Masses each weekend, as well as daily services, combining to equal more than 1 million public Masses celebrated across the United States since shelter-in-place orders were lifted.

By following public health guidelines, these Masses have largely avoided viral spread, the authors suggested.

Nick Schoen, an employee of the Archdiocese of Seattle, has initiated a contact-tracing protocol for Mass-goers in the area.

Tracking individuals who have participated in church events shortly before testing positive for COVID-19, he found that none of these individuals launched outbreaks at churches.

The authors pointed to at least four examples of infected individuals attending Mass while pre-symptomatic, as
well as three anointings of sick individuals by priests in poorly-ventilated rooms. In each case, they said, the sick individuals avoided infecting other people.

“During a July 3 funeral mass (45 attendees, capacity 885), two members of one household notified the parish that they had tested positive for COVID-19 and were infected and pre-symptomatic during the mass,” they said.

“During a July 11 wedding (200 attendees, capacity 908), fresh air circulated from multiple open windows with the aid of fans. The following day, an attendee developed symptoms of COVID and on July 13 tested positive. The attendee was almost certainly contagious with pre-symptomatic infection during the wedding.”

In April, the Thomistic Institute’s Working Group on Infectious Disease Protocols for Sacraments & Pastoral Care released guidelines for reopening churches for Mass and other sacraments.

These guidelines were incorporated by numerous dioceses into their protocols for reopening.

The guidelines were built on a multi-phase proposal for resumption and expansion of public Masses while remaining in conformity with public health guidelines in force in different places.

In “Phase 1” of the proposal, the institute encouraged the “Sunday obligation” to be dispensed, the elderly and those at high risk of COVID-19 to stay home, and those with symptoms to stay home from Mass. The institute also promoted social distancing, masks requirements, and the regular use of hand sanitizer.

The few churches that have reported a COVID-19 outbreak did not follow these regulations and in some cases engaged in discouraged actions such as congregational singing.

In some cases, these isolated incidents have led local government officials to restrict church services more than activities in restaurants, movie theaters, and casinos.

This has prompted lawsuits alleging religious discrimination, which have often been successful.

The doctors said in their article that there is no evidence that church services are higher risk than similar activities when guidelines are followed.

“The evidence does not suggest that Church attendance - following the current guidelines - is any more risky than shopping for groceries. And the spiritual good for believers in coming to Church is immeasurably important for their well-being,” they said.

“Indeed, for Catholics, the Mass and above all the Eucharist are central to the Christian life. In a time like this, it is even more important that the faithful be able to come to Church and receive Holy Communion.”

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