



The Barrister

"Prefer nothing to the love of Christ."

December 4, 2008

St. John Damascene



Our Patron Saint

St. Benedict and St. Scholastica



The Word of God humbled himself to dwell with us
So that we might see his glory. Rejoicing in hope,
let us call upon him:
Emmanuel, be with us.

Ruler, just and righteous,
- bring justice to the poor and the oppressed.

King of peace, you beat swords into plowshares and spears
into pruning hooks,
- turn hatred into love and our grievances into forgiveness.

ADVENT 2008

Feast of the Immaculate Conception

As part of our Advent observance, come celebrate the *Feast of the Immaculate Conception of the Blessed Virgin Mary, a Holy Day of Obligation*, on Monday, December 8. **All Catholics are obliged to attend Holy Mass.**



On this day we celebrate the conception of Mary, free of Original Sin, in the womb of her mother, St. Anne.

NO VIGIL MASS ON SUNDAY EVENING.

Mass Schedule for Holy Day

6:30 AM, 9:00 AM (School),
5:00 PM and 7:00 PM

And there shall come forth a rod out of the root of Jesse, and a flower shall rise up out of his root.

Christmas Band Concert



Thursday, December 11th,
7:30 PM STMS Gym
and
Friday, December 12th,
9:30 AM STMS Gym



† Please remember the men and women who lost their lives 67 years ago today, on December 7, 1941, during the attack on Pearl Harbor in Hawaii. Let us also give Prayers of Thanks for all of those who survived the attack.

† Please remember to keep all of the men and women currently serving our country. Many will not be home for the holidays.

+ St. Thomas More, + St. Benedict, + St. Scholastica,
pray for us.



St. Thomas More School Presents

The Sounds of Christmas

TONIGHT

THURSDAY, DEC. 4th at 7:00 PM

Pre-K, K, Grade 1, Grade 2, Grade 3 & Grade 4

(ALL GRADES: Please read Handbook Page # 31)



Let It Snow....Let It Snow....Let It Snow....

Actually, unless it's bitterly cold outside, you can get out and play your calories away... That's right, look at these amazing fun ways to burn calories and increase fitness in the snow:

(Note: These estimates are based on a 100 pound child doing the following activities for THIRTY (30) MINUTES)

- Sledding – 143 calories
- Downhill Skiing – 102 calories
- Shoveling Snow – 138 calories
- Ice Skating – 143 calories
- Snowshoeing – 163 calories
- Snowmobiling – 71 calories

FIT BITES

Fats Can Make You Thin

Eating 'fat' is essential to your child's good health. It is required to manufacture hormones, required for proper communication of the neurotransmitters in the brain, necessary for metabolic processes, as well as lubricates your joints, maintains healthy skin, and aids in the digestion process. In addition, it also helps satisfy your hunger because fats take longer to empty from the stomach than other foods. Studies show that the average American diet consists of almost FORTY percent (40%) fat...The American Heart Association suggests we keep our fat intake to under 30%. The trick is to select "GOOD" fats and keep your total calorie intake 'in check'. Limit your intake of saturated fat to less than 10% per day (i.e. butter, whole milk cheese, whole milk products, and any limit TRANS FATS = Hydrogenated Oils)

Here's a listing of some good fats, which should be the majority of your family's fat intake:

- Corn Oil
- Any coldwater fish or fish oil (i.e. tuna, salmon, sardines, trout)
- Olive Oil
- Avocados & olives
- Nuts & seeds
- Canola Oil

FOOD BITES

*Our Lady of the Immaculate Conception,
pray for us.*

DON'T FORGET YOUR T.R.I.P.



Two (2) weeks to order TRIP before Christmas!!!!

Orders In

(December orders may arrive as late as Thursday)

Mon., 12/8

Mon., 12/15

Orders Available**

Wed., 12/10

Wed., 12/17

Merchants

Dell gift card (\$100 at 4%) usage guidelines have been updated. See "Merchant Details" under TRIP Information at www.stm-school.com. **Stracks/Ultra** will soon be available as cards—WATCH FOR THE CHANGE. Cards will most likely be offered in \$25 and \$50 denominations. The cards say "Strack&VanTil" OR "Ultra" but can be used at either store (see back of card for details).

Record Number of Holiday Bonus Discounts!!!!

The following merchant discounts have increased, but the discount period will end next week. Order these TRIP merchants by **Monday 12/8** to receive the higher amount (discounts apply to all denominations): **L.L. Bean** (increased from 15% to 17%), **Bath & Body Works** (13% to 18%), **Macy's** (10% to 12%), **Lowes** (4% to 5%).

The following merchant discount increases will not be available after Christmas. Order these TRIP merchants by **Monday 12/15** to receive the higher amount (discounts apply to all denominations): **Eddie Bauer** (increased from 9% to 15%), **BedandBreakfast.com** (\$50; 10% to 15%; write in on blank spaces** on the back of the form to order), **Total Access** phone card (15%-17%), **Kmart & Sears** (4%-10%), **Shutterfly** (9%-15%), **Land's End** (17%-19%), **Shell** (1.5%-2.5%), **Barnes&Noble** (9%-10%), **AutoZone** (5%-6%), **Finish Line** (10%-11%), **Borders** (9%-11%), **Max&Erma's** (13%-16%), **Steak N Shake** (6%-7%), **Old Chicago** (now open in Merrillville; 6%-8%), **Amazon** (4%-6%).



God Bless the Children

This past Tuesday, I had the joyous opportunity to observe "What we preach" in action. The children so very generously gave gifts which will be given to children of offenders in the Michigan City prison. Without their generosity so many of these children would not have a joyous celebration of Christmas. In spite of all that has happened, to so many, in Munster, and surrounding areas, the love of Jesus and Mary came through.

Mom and Dad ... You are doing such a good job with your children - something you don't hear enough!



WHO IS THIS MAN IN OUR BUILDING?

I am very happy to introduce **Mr. Louie Guillen** to you. Mr. Guillen, a senior at Calumet College of St. Joseph, is completing his Student Teaching assignment at STMS.

Mr. Guillen will be Student Teaching in the Social Studies Department for grades 5 & 6. He will be working with Mrs. Laura Banach.

T.R.I.P. HELPS YOU ... WELCOME MR. GUILLEN



**Feast of St. Nicholas
Saturday, December 6**



Saint Nicholas is generous not only with children, but with the adults, too! On the evening of the 5th of December, the shoes are being happily polished, or cleaned, in every home. People usually put the shoes near an entrance door, waiting for the presents.

Saint Nicholas takes care of each member of the family. He puts a little present into every shoe. ***Just one shoe per person!***

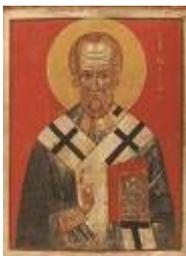
This custom is very old and Saint Nicholas Day is one of the most important festivals of the year, especially for children!

All that is known of St. Nicholas is that he was Bishop of Myra in Asia Minor during the 4th century. Legend tells how a noble, but poor man, was thinking of abandoning his three daughters because he was unable to provide them with a dowry. Nicholas threw three bags of gold through the window of their house and withdrew unseen, thereby saving them from their fate.

Once, seamen threatened by a violent storm invoked St. Nicholas, and he appeared, and assisted them with rigging until the storm died down.

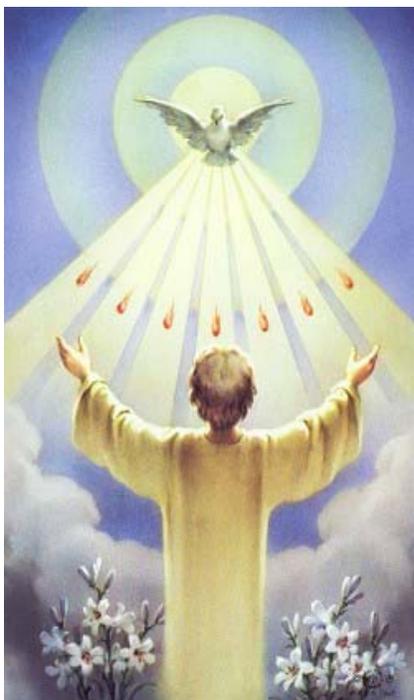
When famine spread through his diocese, Nicholas learned that several ships were anchored in the harbor laden with grain. The saint promised the fearful sailors that if they gave the grain to his starving people, the customs men would not find their cargo short.

He is the patron saint of sailors and of children, and also the origin of Father Christmas - *Santa Claus* being a derivative of St. Nicholas - an identification probably derived from his love of children and his charitable acts of presenting gifts by night.



**HAPPY
ST. NICHOLAS
DAY TO ALL!!!**





**Come Holy Ghost, Creator Blest,
And in our hearts take up Thy rest;
Come with Thy grace and heav'nly aid
To fill the hearts which Thou hast made.**

We have received official word from His Excellency, Bishop Dale Melczek, that he will be in our parish to administer the Sacrament of Confirmation on **Saturday, April 4, 2009, 10:30 AM in St. Thomas More Church.**
(This is the Saturday after we return from Spring Break.)

**Praise we the Father and the Son and Holy Spirit, with them One;
And may the Son on us bestow the gifts that from the Spirit flow!**



**St. Thomas More, pray for us
St. Benedict, pray for us.
St. Scholastica, pray for us.
Let us pray for each other.**



Preparation for the Second Week of Advent

Dear Parents/Guardians:

Advent is a season of promises – promises filled, kept. It is a joyful season of hope; a time to prepare for God's coming. The Gospel tells us to *"Take heed, watch and pray, for you do not know when the time will come."* He urges us to *"Be watchful! Be alert!"*

Reading the gospel may help us to ponder the message, *"Jesus is the Son of God"*. Jesus reacts to the events of his life with authentic human emotions: pity, triumph, sympathy, admiration, indignation and sadness. Jesus is divine and human.

This advent may I suggest we call on God to give us the grace of awareness of ;His Spirit in our world, our lives as we await the arrival of the unknown day of ;His final coming.



Have a GREAT Advent!

Chad Rordyke

S.T.M. LUNCH MENU – WEEK OF DECEMBER 8, 2008

Daily Ala Cartes: Salads – Large \$2.20, Small \$1.75; Yogurt - \$0.65; Milk - \$0.40

Monday, December 8

Hot Dog/Chili Dog
Baked Beans
Celery Sticks
Goldfish Crackers
Pineapple
Hi-C Fruit Snacks
Milk

Ala Carte: Hot Dog \$1.10

Tuesday, December 9

Chicken Tacos OR
Taco Sticks
Lettuce/Cheese/Salsa
Tater Tots
Applesauce
Ice Cream
Milk

Ala Carte: Taco \$1.10

Ala Carte: 3 Sticks \$0.85

Wednesday, December 10

Spaghetti w/ Meat Sauce
Cheese Slice
Green Beans
Muffin
Peaches
Milk

Monday Volunteers

Diane Mikrut
Tammy Savickis
Denise Smith

Tuesday Volunteers

Barb Badali
Marcy Burzynski
Catharine Olsen

Wednesday Volunteers

Alicia Zaleski
Patti Gething
Nita Barajas

Thursday, December 11

Chicken Noodle Soup
Turkey Sandwich
Carrot Sticks/Dip
Pears
Vanilla Wafers
Milk

Ala Carte: Soup \$1.65

Friday, December 12

Pizza on a Bun
Salad
Mixed Fruit
Animal Crackers
Milk

Ala Carte: Pizza \$0.70 (1)

Thursday Volunteers

Joy Chronowski
Anita Hemingway
Susan Bleza

Friday Volunteers

Dan Rusnak
Leann Maiolo
Marcy Grim



St. Thomas More School Lunch Program 2008-2009

1. Menu subject to change.
2. Hot Lunch Prices: Student - \$1.80/day 5 days = \$9.00 20 days = \$36.00
Adult - \$2.45/day
3. Cash or checks made payable to STM are accepted. NSF checks will be charged a \$25 fee.
4. Families with more than one student eating hot lunch are encouraged to send in ONE check (or cash) in one envelopes. Money will be divided between siblings accordingly.
5. Days not used are credited for future use. There is a \$-9.00 charge limit per account. If students do not bring in money after 5 charges, they will not be allowed in the hot lunch line until payment is made. However, students will be offered a peanut butter or cheese sandwich if they have nothing else to eat.
6. Students should turn in payment in a SEALED envelope labeled with the following information: Lunch Money, Student First & Last Name, Teacher Name, Amount Enclosed.
7. E-mail Mrs. Murray for lunch account balance inquiries: lmurray@stm-school.com
8. Remember to check Edline for the Monthly Menu/Volunteer List.

News from the Eagle's Nest...

Good Luck to our Dribblin' Eagles

Boy's Basketball Game Schedule for this weekend

Saturday, Dec 6th

| | |
|-----------------------------|-----------------------------------------|
| 8th Grade (Tom Mateja) | 2:00 pm @ STM vs St Mike's |
| 8th Grade (Joe Noworyta) | 3:00 pm @ STM vs Nativity of Our Savior |
| 7th Grade (Tom Bolanowski) | 12:00 pm @ STM vs St John Evangelist |
| 7th Grade (Mike Gryzbowski) | 1:00 pm @ STM vs St Mike's |
| 7th Grade (Dave Toth) | 1:00 pm @ St. Paul's vs St Paul's |
| 6th Grade (Gerry Childs) | 11:00 am @ STM vs Hanover #1 |
| 6th Grade (Greg Davidson) | 10:00 am @ STM vs Hanover #2 |
| 5th Grade (Shawn Haugh) | 12:00 pm @ St Paul's vs St Paul's |
| 5th Grade (Ron Jamerson) | 2:00 pm @ St Mary's CP vs SMCP |
| 5th Grade (Tom Novak) | 4:00 pm @ STM vs St Mary's Griffith |

Sunday, Dec 7th

| | |
|-----------------------------|---------------------------------------|
| 8th Grade (Tom Mateja) | 1:00 pm @ STM vs St. Casimir |
| 8th Grade (Joe Noworyta) | 2:00 pm @ STM vs St Mike's |
| 7th Grade (Tom Bolanowski) | 1:00 pm @ St Mary's CP vs SMCP#2 |
| 7th Grade (Mike Gryzbowski) | 3:00 pm @ STM vs St John Bosco |
| 7th Grade (Dave Toth) | 4:00 pm @ STM vs Our Lady of Grace |
| 6th Grade (Gerry Childs) | 3:00 pm @ St Mary's Griffith vs SMG#1 |
| 6th Grade (Greg Davidson) | 2:00 pm @ St Mary's CP vs SMCP |
| 5th Grade (Shawn Haugh) | 4:00 pm @ St Mary's Griffith vs SMG |
| 5th Grade (Ron Jamerson) | Bye |
| 5th Grade (Tom Novak) | Bye |



Standings as of Nov 23

| | |
|-----------------------------|-----|
| 8th Grade (Tom Mateja) | 5-1 |
| 8th Grade (Joe Noworyta) | 3-2 |
| 7th Grade (Tom Bolanowski) | 5-0 |
| 7th Grade (Mike Gryzbowski) | 6-0 |
| 7th Grade (Dave Toth) | 4-1 |
| 6th Grade (Gerry Childs) | 5-0 |
| 6th Grade (Greg Davidson) | 4-0 |
| 5th Grade (Shawn Haugh) | 2-2 |
| 5th Grade (Ron Jamerson) | 2-3 |