St. James at the SEEK2019 Conference in Indianapolis

Mass in Convention Center with 17,000 people
A Reflection….from Deacon James Bannon

January 20, 2019

Fr. Joji used to say, “Try, try again. And if that doesn’t work, try doing what your mother told you.” We learn a lot from our mothers and would be better off if we just act on what they taught us. In today’s gospel, Mother Mary gave Jesus a nudge, suggesting that it was time for Him to take action. Initially Jesus did not act, but I suspect that He thought about it and prayed to His Father in heaven for guidance. And then Jesus performed his first miracle. Mothers have this incredible insight.

Since the Roe vs. Wade decision, estimates are that there have been about 60 million abortions in this country; that’s averaging 1.3 million per year. I went to a government website to find death statistics. They don’t count abortions, but show about 2.7 million deaths per year, with about 600,000 from heart disease, the leading cause recorded by the government. So if I do the math, about one-third of the deaths in this country are caused by abortion. And twice as many people die of abortion than of heart disease. The numbers are astounding.

Now my mother taught me that we should stick up for the vulnerable; that it is our duty to act. But that is hard isn’t it? After all, abortion rights are currently the law of the land. And I might feel that it is none of my business. Perhaps I should just keep to myself…say and do nothing.

Indifference to pro-life issues is not not caring, it is not caring enough to act. Two weeks ago I was at the FOCUS Catholic conference in Indianapolis. It was primarily for college students. I was impressed by the energy and enthusiasm of the students, particularly with regard to pro-life. There were a dozen or more pro-life organizations there: Students for Life, Bikes for Babies and so on. There were young people declaring, “We are the Pro-Life generation!” My wife and I went up to the booth for Aid for Women, a Chicago-based group that helps thousands of women each year who find themselves facing unexpected pregnancies. It provides each woman with the emotional, practical and spiritual support that she needs to choose life for her unborn baby and provide a better future for her and her children. As we were talking, a college student joined us. She said that she was moving to Chicago in a few months and that she wanted to learn how she could help Aid for Women. I was blown away by the faith and commitment of this young woman. Then she said that her mom had started a pregnancy support center in her hometown of Cincinnati. Aha! She learned from her mother and acted accordingly.

So what to do? Mother Church provides many opportunities for action:

- **Pray.** Pray every day for women to have their babies, for those who support them and for a change of heart of those who are anti-life. Pray and do penance on Tuesday the 22nd for the Day of Prayer for the Legal Protection of Unborn Children.
  

- **Advocate.** Advocate for life in your families, community, and with legislators. Tell your children about the wonders of life from conception to natural death.

- **Participate.** Participate in pro-life activities. We have a vibrant Respect Life Ministry here at St. James. Join them in making a difference!

Mary Mother of God, pray for us!

Jim Bannon
Liturgical and Worship

The Adoration of Our Lord

Adoration in the Parish Center Chapel on Thursdays, from 4pm-8pm. Holy Hour including recitation of the Holy Rosary & Closing Benediction with Deacon Hahn starts at 7:00 pm.

For more information and to receive news or updates, contact: Regina Kastner at 847-207-8893 regkastner@gmail.com

We will meet in the Chapel at 4:00pm each Monday, to pray the rosary.

MASS REMEMBERENCES

Weekday and weekend Mass intentions are available for parishioners who would like their intention to be remembered at Mass. Call the parish receptionist to obtain a date and time. The names of the Mass Remembrances for the deceased are read at the daily Masses only.

Oh Come, Let Us Adore Him!

Our new Perpetual Adoration Chapel is coming soon!

To be involved or find out more, contact:
- Regina Kastner (847) 207-8893
- Jane Fiore (847) 630-7461, or
- Tom Garson (847) 922-6652
- Email: adoration@stjamesah.org
Welcome to Saint James.....

Register as a Parishioner
To become part of our Parish, please visit our website at stjamesah.org. On the home page, scroll until you see the link for registration.

Update your information...
Have you moved? Married? Changed your phone number or email address? Help us keep our information accurate. Call the Parish Office or email cdesmond@stjamesah.org with your new information.

Download our Parish App...
Stay connected with all the news and events here at Saint James. The App is available through the App store and Google Play.

St. James School Presents:

"A Winter Band Concert"
Featuring:
Beginning, Junior, Senior,
Pep, Jazz, Bucket Bands
Bulldog Chorus and M.E.

Mrs. Mary McDermott, Director of Bands
Miss Julie Winter, Director of Bulldog Chorus
Wednesday, January 30, 2019
7:00 PM Parish Center

THE BOOKFAIR IS COMING!

Please stop by our annual book fair during your open house visit on January 27th. There will be exciting titles for all ages and we accept cash, check or credit cards. Your purchase helps maintain our library collection and brings popular authors to speak at our school!
Faith Formation

Saint James School
Arlington Heights

OPEN HOUSE
Sunday, January 27, 2019
12:45pm - 2:00pm

✦ Tour The School ✦ Meet Our Students
✦ Check Out Our School Activities

Saint James School offers PK3 to 8th grade
RSVP to 224-345-7145 or secretaries@stjamesschoolah.org
Visit us at stjamesschoolah.org  
820 N. Arlington Heights Rd., Arlington Heights, IL 60004
ST. JAMES SUMMER 2019
milwaukee

Current 8th-12th graders
Dates: June 9 - 15
Registration: $380
   Registration pricing includes registration cost, meals, accommodations

Where do I sign up?
For more information, or to sign up, visit
http://www.stjamesah.org/youth-ministry

Who can I contact if I have questions?
Christina Hudson, chudson@stjamesah.org

Where can I learn more about Catholic Heart Workcamp?
Visit http://heartworkcamp.com

Detective Richard Wistocki

Cyber Guide for Parents
Wed., Feb. 27, 2019—7 - 9 p.m.
St. James Parish Center
820 N. Arlington Heights Rd., Arlington Heights

Parents will learn about how to have technology talks with their child, parental responsibility, trending crimes, reporting incidents, collecting evidence, software for computer and cell phone, red flags, sexting issues, and social networking issues.


* Note - New Event Date!
This event was originally scheduled for Jan. 9, —it has been changed to Feb., 27, 2019.
ST. JAMES SCHOOL PRESENTS

MARY POPPINS JR.

Thursday, February 14 • 7:00pm
Friday, February 15 • 7:00pm
Sunday, February 17 • 2:00pm

FOR TICKETS VISIT
https://www.stjamestheatre.org/mary-poppins-tickets/
Tickets only $10 each! No charge for children under age two.

St. James Parish Center  I  820 N. Arlington Heights Road  I  Arlington Heights, IL 60004

A Musical Based on the Stories of
P.L. Travers and the Walt Disney Film

Original Music and Lyrics by
RICHARD M. SHERMAN and
ROBERT B. SHERMAN

Book by
JULIAN FELLOWES

New Songs and Additional Music and Lyrics by
GEORGE STILES and ANTHONY DREWE

Co-Created by
CAMERON MACKINTOSH

Adapted by iTheatrics under the Supervision of
TIMOTHY ALLEN MCDONALD
Congratulations!

On December 1st, 2018, The Archdiocesan Council of Catholic Women awarded 18 young women in Vicariate 1 the Golden Rose Award. Each church in the Vicariate nominates one young woman who is an outstanding example of leadership, spirituality and service.

The Women of St. James was honored to nominate Maura Hogaboom for the St. James recipient. Vicar General/Bishop Ronald Hicks presented this year's awards.

OUR MISSION

To be disciples of Christ and make disciples of Christ.

OUR VISION

That each member of our community encounters the fire of God’s love; then with hearts burning brightly, shares that love with others.

OUR VALUES

Divine Intimacy
...cultivating a deep and abiding relationship with Jesus Christ centered on prayer and the Eucharist.

Education
...seeking to learn the teachings of the Catholic Church.

Respect
...honoring the dignity of each human person.

Generosity
...giving selflessly and abundantly of our time, talent, and treasure.

Hospitality
...creating an atmosphere of joy and welcome.
Men, do you have 24 hours?

In today’s world, the Catholic gentleman faces multiple commitments to his family, workplace, community, and Church. Every day these responsibilities seem to grow while the time to meet them is ever-shrinking. It can be a distinct challenge for today’s man to find time to volunteer and serve his fellow man. However, consider this: If you give only 24 hours per year to the Knights of Columbus, you could have a positive impact in your community and Church.

Here is a sample breakdown of how little time it takes to be an active member in the Order:

- **Twelve hours** reading the weekly parish bulletin, the council newsletters, *Columbia* magazine, and surfing the state council and Supreme Council Web sites.
- **Two hours** to volunteer at our annual Intellectual Disabilities (ID) drive to assist individuals with intellectual disabilities.
- **Two hours** attending prayer services at the parish. Praying the Rosary at St. James or another Parish in the area.
- **Two hours** to support a council-sponsored event.
- **Two hours** to attend two (you may attend more!) council business meetings, which are held on the first Thursday of each month at 7:30 PM. We try to finish by 8:30 PM and then enjoy some fraternalism. It’s a great way to find out what’s happening and make sure your voice is heard when important decisions are made.
- **Four hours** for you and your family to enjoy two or three Council social functions such as a Lenten Fish Fry, Breakfast with Santa, etc.

Almost any man can fit these activities into his schedule. There are 8,760 hours in a year. By dedicating only 24 of those hours to the Knights, a man has an opportunity to become a better Catholic, father, husband, and member of the community.

*Holy Rosary Council will be having a “Major Degree” on Sunday, January 27, 2010. Registration starts at 11:15 AM with the program beginning at Noon. At this event, you can become a Knight of Columbus AND take your first three degrees on the same day. Dues are $50.00 for the year with and additional $15.00 for taking in Degrees. This event will conclude with Dinner.*

*For more information, please contact Mike Harte at 773-909-0102.*
Order of Worship

Second Sunday in Ordinary Time

Gloria

Psalm Response
Proclaim to all the nations the marvelous deeds of the Lord!

Alleluia

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages, God from God, Light from Light, true God from true God, begotten not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.
### TODAY’S READINGS

**First Reading** — As a bridegroom rejoices in his bride, so God rejoices in the chosen ones (Isaiah 62:1-5).

**Psalm** — Proclaim his marvelous deeds to all the nations (Psalm 96).

**Second Reading** — All the varied gifts in the Christian community are from one Spirit (1 Corinthians 12:4-11).

**Gospel** — Rejoicing at a wedding celebration in Cana, Jesus replenishes the wine supply (John 2:1-11).


### READINGS FOR THE WEEK

- **Monday:** Heb 5:1-10; Ps 110:1-4; Mk 2:18-22
- **Tuesday:** Heb 6:10-20; Ps 111:1-2, 4-5, 9, 10c; Mk 2:23-28, or any of a number of readings for the Day of Prayer
- **Wednesday:** Heb 7:1-3, 15-17; Ps 110:1-4; Mk 3:1-6
- **Thursday:** Heb 7:25 — 8:6; Ps 40:7-10, 17; Mk 3:7-12
- **Friday:** Acts 22:3-16 or 9:1-22; Ps 117:1bc, 2; Mk 16:15-18
- **Saturday:** 2 Tm 1:1-8 or Ti 1:1-5; Ps 47:2-3, 6-9 or Ps 96:1-3, 7-8a, 10; Mk 3:20-21
- **Sunday:** Neh 8:2-4a, 5-6, 8-10; Ps 19:8-10, 15; 1 Cor 12:12-30 [12-14, 27]; Lk 1:1-4; 4:14-21
GATHER YOUR PEOPLE

Bob Hurd

Refrain

Gather your people, O Lord. Gather your people, O Lord.

One bread, one body, one spirit of love. Gather your people, O Lord.

Verses

1. Draw us forth to the table of life:
2. We are parts of the body of Christ,
3. No more harm on the mountain of God;
4. Wash us, Lord, in the waters of life;

1. brothers and sisters, each of us called to
2. needing each other, each of the gifts the
3. swords into plowshares. Free us, O Lord, from
4. waters of mercy, waters of hope that

1. walk in your light.
2. Spirit provides.
3. hardness of heart.
4. flow from your side.

Text: Based on 1 Corinthians 12; Isaiah 2:3–4; 11:9. Text and music © 1991, Bob Hurd. Published by OCP. All rights reserved.
Order of Worship

Communion Song

Refrain
I have loved you with an ever-lasting love, I have called you and you are mine; I have loved you with an ever-lasting love, I have called you and you are mine.

Verses
1. Seek the face of the Lord and long for him: He will bring you his light and his peace.
2. Seek the face of the Lord and long for him: He will bring you his joy and his hope.
3. Seek the face of the Lord and long for him: He will bring you his care and his love.

D.C.
LIFT UP YOUR HEARTS

Roc O’Connor, SJ

Refrain

Lift up your hearts to the Lord, praise God’s gracious mercy!

Sing out your joy to the Lord, whose love is enduring.

Verses

1. Shout with joy to the Lord, all the earth!
2. Let the earth worship, singing your praise.
3. God’s right hand made a path through the night,
4. Listen now, all you servants of God,

1. Praise the name above all names! Say to God, “How
2. Praise the glory of your name! Come and see the
3. split the waters of the sea. All creation,
4. as I tell of these great works. Blessed be the

1. wondrous your works, how glorious your name!”
2. deeds of the Lord; bless God’s holy name!
3. lift up your voice: “Our God set us free!”
4. Lord of my life, whose love shall endure!

Text: Based on Psalm 66. Text and music © 1981, 1993, Robert F. O’Connor, SJ and OCP. All rights reserved.
The reserve for uncollectible pledges is an estimated amount of what might reasonably not be fulfilled pledges due to changes in financial circumstances, moves, deaths, etc. of the donors. This amount increases the remaining funds needed just as cancelled pledges do. Any questions, please contact Barbara Krawczyk at 224-345-7239.

Where did all those signed beams go?  ALREADY INSTALLED IN THE BUILDING!
**St. James Parish Groups**

**Elizabeth Ministry**—A ministry of women reaching out to other women in their childbearing years. We offer prayers and support regarding pregnancy, infertility, miscarriage, child loss, adoption, NFP, and other issues. Visit the Rosebud Display in the Parish Center Gathering Space or connect with us: ElizabethMinistry@stjamesah.org or www.stjamesah.org

**St. Vincent de Paul**—is an emergency source for food and short-term financial help for parishioners and those living within the parish boundaries. Please call 224-345-7200, ext. 8517. Requests will be handled with care and confidentiality.

**Wheels to Worship**
If you need a ride to Mass or wish to be a volunteer driver, please call Carol at 847-253-4680.

carol Perrin anderson@yahoo.com

**Stepping Stones**
Everyone deserves to be in a safe, healthy relationship. If you or someone you know may be in an abusive relationship, a path to safety exists. Get help. Call the National Domestic Violence Hotline at 800-799-SAFE, or locally, contact WINGS 24-hour Hotline at 847-221-5680.

**Other Resources Outside St James**

**LOSS: Loving Outreach to Survivors of Suicide**—Loving Outreach to Survivors of Suicide (LOSS) is a free, non-denominational program that supports individuals who are grieving the loss of a loved one by suicide offered by Catholic-Charities of the Archdiocese of Chicago. LOSS offers a safe, non-judgmental environment where survivors of suicide can openly talk about feelings, and find resources for healing. For locations of support groups or access to individual supportive grief counseling, call the LOSS Program Office at 312-655-7283 or visit www.catholiccharities.net/LOSS

**Support for Loss of a Loved One**—Support and Counseling for anyone who has lost a loved one. Grief and Loss Services at Rainbow Hospice and Palliative Care offers one-on-one counseling, support groups and education for anyone who has lost a loved one. For more information visit www.RainbowHospice.org or call 847-653-3242.

**Lunches by Catholic Charities**
Luncheons are served M-Fri for seniors 60 and older at Arlington Heights Senior Center, 1801 W. Central. Suggested donation of $4.00 on a reservation basis only. Call 847-797-5354 for more info & reservations.

**Community Resources**

Alcoholics Anon. 312-346-1475
Amin/Alateen 847-358-0338
Narcotics Anon. 708-848-4884
Families Anon. 847-795-8200

A self-help program for family and friends of those with substance abuse and/or behavioral problems. Meets regularly at 7:30pm on Wednesday evenings at Our Savior Lutheran Church in Arlington Heights.

Sexaholics Anon. at 630-415-0341
A fellowship with a solution to the problems of lust, sex and pornography addiction. Meeting list available on the chicagosa.org website.

**For Post-Abortion Counseling Help:**
Project Rachel - Catholic Charities: 312-337-1962
http://www.hopeafterabortion.com

**Office for Protection of Children and Youth**
www.archchicago.org or call 312-534-5254

**NAMI**—National Alliance on Mental Illness—847-899-0195

**Escorted Transportation for Seniors**
Escorted Transportation Services Northwest (ETS/NW) - is a service available to those 60 and over in our community who are in need of rides to medical and dental appointments. It is a multi-denominational outreach to the elderly. If you are in need of such assistance, or if you would like to volunteer to serve seniors in our community, please call 847-222-9227 or email info@etsnw.org

**St. Mary’s Services**—Offers free, confidential counseling to assist women with an unplanned pregnancy as well as postpartum depression, grief and loss over a miscarriage, stillbirth, post abortion, and/or adjustment to motherhood. Our baby closet is available for all receiving counseling. Please call at 847-870-8181 to make an appointment or to volunteer.

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**Community Groups and Events**

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**Special Events**

The Adult Enrichment Ministry of Our Lady of the Wayside Parish invites you to participate in a "Teaching Mass", this January 29 at 7 p.m. Rev. Edward Falkowski, Pastor of Our Lady of the Wayside, will preside over the Mass, explaining the parts of the Mass as he celebrates it. He will talk about the meaning and purpose behind the prayers, gestures, postures, blessings, and symbols in the Mass. He will also explain the Catholic understanding of the Eucharist. The Mass will be celebrated in the Our Lady of the Wayside Church building, 434 W. Park Street, Arlington Heights. Please join us and discover the richness of tradition and sacramental mystery in the Mass.

**RUN WITH TEAM OLA in the BANK OF AMERICA CHICAGO MARATHON OR Shamrock Shuffle 8K**—Mission of Our Lady of the Angels (via the Franciscans of the Eucharist) provides hope to the poor on the west side of Chicago via food pantries, afterschool programs, seniors programs, community meals, and much more. Consider running to support Mission OLA! Deadline to sign up: March 1. Please e-mail or call Sr. Stephanie at olamission@gmail.com or 773-486-8431 with questions or to sign up!

Our Lady of the Wayside – WOMEN AT THE WELL All women are invited to gather with others interested in finding new ways to think about our Christian call and how it moves and changes in our lives. Please join us as we visit with Fr. Corey Brost as he describes his current ministry to young immigrants at Viator House of Hospitality. How does this speak to our own journey as we reach out to those among us in need in our own lives? Please join us on January 26, 2019—Communion Service in the Church at 8:30am; Refreshments and presentation in the Gathering Place at 9:00am; Cost is $10 or $12 at the door; Please RSVP by Wednesday, January, 23; For more details and registration form click here or check the Our Lady of the Wayside Bulletin.

Catholic Charities is looking for volunteers to help in the food pantry and clothing room at our office at 1711 Rand Road, Des Plaines. Volunteers are needed on Tuesdays, Wednesdays and Thursdays, during the day. If you are interested in helping, please contact Denise Yonkers at (847) 376-2101 or dyonkers@catholiccharities.net.

Thank you!
Please pray for our sick...
Barbara May

In Loving Memory
Jean Stachura... mother to Linda (Marty) Cochrane; Nanny to Eric (Kate) Cochrane, Lindsay (Jeff) Dulla; Gigi to Owen, Lucy and Charlie Cochrane, Sam, Wyatt and Maisie Dulla; sister of Jack.

Tinamarie Allind...survived by her son Michael Allind and her daughter Leya (fiancé Nicholas Nolan) Allind; her parents Ralph and Eleanor Squillacioti; her sisters Mary (John) MacBride, Annmarie (Leif) Nelsen and Linda (Michael) Maher; many nieces and nephews.

Baptisms
Shay Birdie Zittergruen, child of Tyler Zittergruen & Kathryn Bonk

Rose for Life is donated by The McLaughin Family in loving memory of their wife and mother, JoAnn, and their daughter and sister, Susanne, on the second anniversary of her death.

Remembrances
Saturday Evening/Sunday, January 20
Dorothy Firnbach, Agnes Park, Lyndle Casleton

Monday, January 21
Edward Chiappetta (10th Anniv.), Margaret Kett, Gilmour Krogstad (1st Anniv), Robert Firnbach

Tuesday, January 22
JT Foley

Wednesday, January 23
Rosemary Karlovits, Modesta Tenorico

Thursday, January 24
Donna Haas (1st Anniv.), Donald Schaefer

Friday, January 25
Roz Gourley, Joan Lyman (9th Anniv.)

Saturday, January 26
Rosemary Bertolasi, Tom Bertolasi, Helen Bailitz, Diane Arrigo (4th Anniv.)

Saturday Evening/Sunday, January 27
Sr. Dorita Wotiska (1st Anniv.), Mary Hemaller, Theresa Kazak, Mary R. Crane, Susan O’Neill, Mary Ellen Spiekerman

Parish Stewardship
Financial Stewardship
Below please find the financial stewardship report for the month of December. Thank you for your investment in the mission and ministries of St. James Parish.

Make A New Year’s Resolution to Give Online
What better way to start the New Year than with a continual blessing to St. James Parish. Enrolling in online giving is a safe and secure way to give to St. James. It lets you determine the amount and timing of your donations without the hassle of writing checks and remembering envelopes. Just visit faith.Direct/IL859. When you sign-up for online giving, your gift will transfer directly into the parish bank account. May God bless you and your loved ones now and into the New Year.

December 2018
Sunday Collections $262,509.78

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<th>December 2018</th>
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<tr>
<td>Envelope Donations</td>
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<td>Sat 5:00pm</td>
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<tr>
<td>Sun 5:00pm</td>
<td>Fr. Matt</td>
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**Weekend of January 27, 2019**

**Eucharistic Ministers**

- B.Gedmin, S.Sharer, A.Van DenAvont, C.Van Den Avont, M. Van Den Avont, L. Behls, N.Chafin

**Lectors**

- J.Todesco, K.Resch
- R.Bruett
- M.Schneider, R. Cerabona
- J.McDermott, M.Belter
- B.Charland, S.Sharer
- M. Odell, D.Pawlak

**Altar Servers**

- C. Whelan, K.Sheehan, J.Welsh, D.Salatino
- L.Sheriff, A.Gasey, E.Stenger
- E.Bleasdale, M.Bleasdale, J.Bayer, T.McKay
- J.Cohen, O.Cohen, L.Cohen, M.McManaman
- C.Chambers, S.Choronzuk, E.Denten, T.Losch

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**Human Concerns**

**Understanding Mental Illness**

*Family-to-Family* is a series of 12 weekly classes structured to help you understand and support individuals with mental illness while maintaining your own well-being.

These free NAMI classes are for family members, partners and friends of individuals with serious mental illness. Research shows that this program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. **What you’ll gain**

- Strategies to manage crises, solve problems, and communicate effectively
- Up-to-date information on mental health conditions and how they affect the brain
- Information about symptoms, therapies, medications, and side effects
- Tips on self-care and stress management

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you’ll also find out that you’re not alone. **Contact us to learn more and reserve a spot in an upcoming class:**

- Arlington Heights: Thursday’s, February 7th through April 25th, 6-9 p.m.
- Lake Zurich: Tuesday’s, February 12th through April 30th, 6-9 p.m. Call to register at 847-800-6038.
- Check out namitc.org/education/family-to-family/courses/ to learn more

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**11 Suicide Warning Signs**

1. Talking about feeling overwhelming pain (may be related to recent loss)
2. Extreme changes in behavior or an increase in risky, reckless behavior
3. Talking about feeling hopeless, trapped, invisible or burdensome
4. Letters/messages/social media posts saying goodbye
5. Social withdrawal, loss of interest in usual hobbies and activities
6. Talking about wanting to die or commit suicide
7. No longer tending to physical appearance
8. An increase in use of alcohol or drugs
9. Giving away important possessions
10. Having difficulty sleeping and eating
11. Exhibiting a depressed mood

**24/7 National Suicide Hotline:** 1-800-273-8255

Other resources for help:

- Amita Health, Alexian Brothers Center for Mental Health: 847-952-7464
- National Alliance on Mental Illness for the Northwest Suburbs: 847-894-0195
- OMNI Youth Services in Buffalo Grove: 847-353-1500
January is Poverty Awareness Month!

During Poverty Awareness Month, join the U.S. Bishops, the Catholic Campaign for Human Development and the Catholic community in the United States in taking up Pope Francis’ challenge to live in solidarity with the poor!


Surviving Divorce for Separated & Divorced Catholics
Presented by St. James Divorce Ministry

The St. James Divorce Ministry offers help, ministers to the emotional and spiritual needs of the separated and divorced. We encourage healing through the Sacraments where you'll personally encounter Christ—with all His love and tender mercies. Our powerful program features real-life testimonies and top Catholic experts. This 12 Week DVD series with leader support offers participants healing, fellowship and peace. It's not a substitute for necessary professional, legal, or therapeutic needs, but we offer the truth about love, marriage, divorce, and recovery from a faithfully Catholic perspective.


**Spring 2019 Surviving Divorce Series: February 5th - April 30th**

O'Brien Room  7:00 P.M. Tuesdays  
(Lower Level, Northside Entrance)  
St James Office Center  
820 N Arlington Heights Road  
Arlington Heights, IL  
Contact Deacon Jim Bannon to register  
224-345-7200  jamesrbannon@sbcglobal.net

“Come to me, all you who labor and are burdened, and I will give you rest.” Matthew 11:28

St. James Surviving Divorce  -Tuesdays 7:00 PM-9:00 PM O'Brien Room
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For further information, please call the Parish Office.

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**Consider Remembering Your Parish in Your Will.**

For further information, please call the Parish Office.
Welcome to St. James!
St. James Parish
820 N. Arlington Heights Road
Arlington Heights, IL 60004
224-345-7200
Website: www.stjamesah.org
St. James Parish Council Contacts:
Catherine Meyer and Mike Smigiel - PPC@stjamesah.org

Weekend Masses - During our church renovation,
Mass will be in the Parish Center
Saturday Evening  5:00pm  Cantor
Sunday Morning  7:00am  Cantor
Sunday Morning  8:30am  Traditional Choir
Sunday Morning  10:00am  Contemporary Choir &
Children’s Liturgy of the Word
Sunday Morning  11:30am  Contemporary Choir
Sunday Evening  5:00pm  Choir

Weekday Masses (Parish Center)  820 N. Arlington Hts. Rd
Monday – Friday . . . . . . . . . . . . . . 7:30am Mass
Saturday . . . . . . . . . . . . . . . . . . . . . . . . . . 8:30am Mass

Holy Day Liturgy
Please refer to publicized special schedules for Holy Days.

Parish Office Hours
Monday-Thursday  9:00am—8:00pm
Friday          9:00am—6:00pm
Saturdays   9:00am—1:00pm
Sundays     9:00am—1:00pm

Parish E-mail Address: parishoffice@stjamesah.org
Parish Fax Number: 224-345-7220
St. James School Number: 224-345-7145

Sacramental Celebrations
Baptism - Parishioners must notify the Parish Office of preferred date at least one month in advance.

Marriages - Congratulations on your engagement! At least six months prior to your wedding date, we welcome you to contact the Parish Office. Our Office Manager will explain the process of preparing for a Christian marriage and assist you in selecting a date for your liturgy.

Reconciliation - Saturdays . . . . . . . 3:30 - 4:30pm
In the Chapel—820 N. Arlington Hts. Road, or you may call for an appointment anytime at 224-345-7200.

Priests
Rev. Matthew Foley, Pastor - 224-345-7222
frmatt@stjamesah.org

Rev. Derek Ho, Associate Pastor-224-345-7201
fderek@stjamesah.org

Rev. Bill Zavaski, Pastor Emeritus

Permanent Deacons
James Bannon (Laura)  847-577-6328
Matthew Hahn (Zuly)  847-222-1944
Paul Schmidt (Paulette)  847-253-3656
Pierce Sheehan (Midge)  847-259-1743
Tom Westerkamp (Diane)  847-253-3090

St. James School and Pastoral Staff
Principal, Judy Pappas
224-345-7145  jpappas@stjamesschoolah.org

School Spiritual Formation Director, Patricia Farrell
224-345-7149  pfarrell@stjamesschoolah.org

Religious Education Co-Directors
Carrie Conley- 224-345-7217 stjamesRE@stjamesah.org
Rebecca Linscott- 224-345-7216 stjamesRE@stjamesah.org

Youth Discipleship & Evangelization Director, Christina Hudson
224-345-7214 - chudson@stjamesah.org

Children’s Ministry Coordinator, Sharon Moeykens
224-345-7218 smoeykens@stjamesah.org

Facilities Manager, Debbie Bolash
224-345-7212 dbolash@stjamesah.org

FOCUS Parish Outreach, Matt Marcheschi
224-345-7210 mmarcheschi@stjamesah.org

Controller, Barbara Krawczyk
224-345-7239  bkrawczyk@stjamesah.org

Office Manager, Liz Czajkowski
224-345-7205 parishoffice@stjamesah.org

Music Ministry Director, Tamaron Conseur
224-345-7204  tconseur@stjamesah.org

Development Director, Mary Lederer
224-345-7203  lederer@stjamesah.org

Communication Director, Carol Desmond
224-345-7207  cdesmond@stjamesah.org

Planning Director, Sandra Chaplin
224-345-7206  schaplin@stjamesah.org

Seminarian at St. James, Ben Rahimi
224-345-7213  brahimi@stjamesah.org