

SAINT JAMES PARISH

ARLINGTON HEIGHTS



Monday is the new Friday.

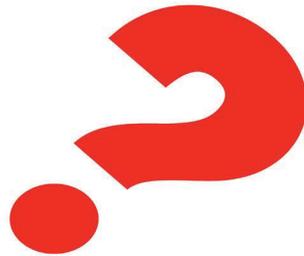
#TryAlpha

February 3rd 6-8PM

St. James Parish
Laramie Room

820 N. Arlington Heights Rd
Arlington Heights, IL 60004

stjamesah.org/alpha



*BE DISCIPLES OF CHRIST.
MAKE DISCIPLES OF CHRIST.*

FEB 2
2020

A MESSAGE FROM....

Take the next step with Alpha

As we continue to fulfill our parish mission of being disciples and making disciples, I am excited that we re-launched Alpha this past fall and had a total of 183 guests attend. As a result, 130+ Alpha leaders intend to continue their faith journeys in small groups together; most of whom will break open the United States Catholic Catechism for Adults over an 8-week study called 'Foundations'.



Alpha is an opportunity to explore life's biggest questions and the Christian faith in a friendly, open and informal environment such as "Is there more to life than this?", "Who is Jesus and why did he die?", "How can I have faith?" Meeting once a week for 10 weeks, Alpha guests and hosts share a meal, watch a video, and then discuss the night in a group of their peers.

Alpha is about authenticity, and creating a space for guests to come as they are and share their own life experience. When people speak about Jesus authentically, unapologetically, and pray in the power of the Holy Spirit, people's lives can be changed.

When you experience the love of God, the natural response is to tell others. Alpha is a way for anybody to share their faith and hear the same from others. Oftentimes, after experiencing Alpha, guests want to get involved, to impact the lives of others in a powerful way. After attending Alpha in the fall, some of the Alpha guests have been inspired to join Core Teams for our different Youth ministries & Religious Education, or come back to Mass more regularly & pray more often; some even encountered the person of Jesus for the first time! Overall, Alpha guests and hosts say they have experienced community, love, freedom to be themselves, inspiration, and a reminder of what is most important in life.

"Alpha has helped me examine Jesus' role in my life. It helped me better understand the teachings and mysteries of Christian faith. I'm sure I learned about this somewhere along my journey through Catholic school, yet Alpha gave me a greater context for comprehending and connecting to Jesus' teachings," said Sean, who recently completed the Alpha series. He went on to say, "Through Alpha, I've developed a more consistent and personal relationship with Christ Jesus, and I've gained a deeper understanding of the gifts of the Holy Spirit. I would definitely recommend everyone participate in Alpha!"

St. James is ready to launch the next session of Alpha starting tomorrow, February 3rd. I strongly urge you to come, share a meal and take a step in your faith.

Fr Matt

RELIGIOUS ED - GRADES 1-5



Do you want to give Lent more meaning? Bring the season alive with a new tradition

During Lent, we're going to be sharing traditions you can bring to your family. Keep an eye out for these in the bulletin!

Stations of the Cross Candles: What a powerful way to pray the Stations as a family. If you are unable to attend a formal Stations of the Cross recitation with your parish, why not create a similar ambience in your home? Purchase fourteen small, white candles in glass cases, and then find pictures of each station to the candles. Cut out each image and secure on separate candles. As you pray the Stations, you light each respective candle. In the end, your mantle will be illuminated with a beautiful symbol of the Light of the World.

Lenten Chain: Here's an activity that not only encourages your children to grow in holiness but also serves as a colorful decoration to fill your home during Lent! The simple instructions include taking several different colors of construction paper, cutting them into equally sized strips, and then distributing one strip to each of your children each week at Lent (parents can join, too). Every member of the family writes down (or dictates, depending on age and ability) a special prayer, sacrifice, or work of mercy they plan to implement that week. Once this is complete, loop and secure the first piece of paper. Then create a chain by repeating this step. Watch your chain grow as Lent progresses.

HIGH SCHOOL LIFETEEN



5 WAYS TO BE SUCCESSFUL IN ADORATION

CAITLIN SICA
LIFETEEN BLOG

1. Be Patient

Have you ever been out of shape and tried to go for a one mile run. Suddenly, 5 minutes into the run, you're huffing and puffing and you realize you've only gone one block. Adoration can be a bit of a work out... for your soul. So set yourself up for success. If it's been awhile, or your first time, 5 minutes of sitting with Jesus is a good goal. Slowly increase your time—you'll be amazed at how God increases your capacity to be with Him!

2. Bring Scripture

Reading scripture is always a good thing, but is especially helpful and meditative during adoration. There are many prayer books and apps that contain daily scripture readings. As I read scripture I ask myself: How is this scripture speaking to my heart? What changes is God asking me to take? How will I go about making those changes? I make this part of my prayer.

3. Pray the Rosary

The rosary is a beautiful prayer, one that many saints have prayed. St. Louis de Montfort said "When the Holy Rosary is said well, it gives Jesus and Mary more glory and is more meritorious than any other prayer."

4. Listen to Praise and Worship Music

When I'm the only one in the Church or chapel, I love to start adoration by listening to praise and worship music. "Restless" and "I Shall Not Want" by Audrey Assad, "Lay it Down" and "Lord, I Need You" by Matt Maher, are just a few of my favorite songs to listen to during adoration. The music and the lyrics help me quiet myself and turn my thoughts to God.

5. Be Okay with Silence

Even if we are in a quiet environment, we are usually accustomed to checking our phones—for a text, the latest Facebook drama, the trending hashtag on Twitter, the newest picture on Instagram, the list goes on. Don't get me wrong, I fall prey to every one of those habits. Which is why, when I'm sitting in adoration, I can find it difficult to focus. Sure, the first few minutes I am restless as I begin to wind down. But eventually, I am filled with insurmountable peace. Allow yourself to sit in silence and to just be with Jesus.

MIDDLES SCHOOL EDGE



The greatest "gift" we can give our children is the gift of Faith, Family, and Friends. The EDGE program is a time where all are invited to put down our cell phones and try something new! Inspirations flow from teaching our youth to follow their "conscience" or the "intuition" that comes with making a good decision. This true inspiration is the Living Christ within us all and a true gift of the Spirit. #Conscience = Holy Spirit!!

"Prayer makes your heart bigger, until it is capable of containing the gift of God himself". ~ St. Mother Teresa ~



- MARY MCDERMOTT

ADULT FORMATION

STARTING AGAIN FEB 3 AT
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THIS WEEK AT ST JAMES

SUNDAY: Lifeteen 6PM in the Church

MONDAY: Children's Rosary at 4PM SJS Chapel
Alpha 6-8PM in Laramie Rm

TUESDAY: BYOB Fr Ryan 6:30PM SJS Cafeteria

WEDNESDAY: Visit our Adoration Chapel

THURSDAY: **ADORE** + Confessions at 7PM in
the Church

FRIDAY: Prayer for Care Meeting 1PM Sr. Rm.
Celebrating Women Mass 7PM Church

SATURDAY: Confessions in the Church 8AM



MINISTRY SPOTLIGHT

BYOB

NEXT SESSION

Tuesday, Feb. 4th

6:30 PM • School Cafeteria

Topic: Mark 8-9...ish

Bring a Bible (required) and a Beverage (optional)

For more information, contact Fr. Ryan:
frryan@stjamesah.org

STEWARDSHIP

Please Make Your Gift to the 2020 Annual Catholic Appeal
Come, follow me and heal our world



Many families in our parish will be receiving the Annual Catholic Appeal request mailing from Cardinal Cupich. On behalf of those served by the ministries, parishes, and schools who receive funding from the Appeal, we thank you for your gifts. Please return your response as soon as possible. The Annual Catholic Appeal offers a wonderful opportunity to answer Jesus' call to "Come, follow me... and heal our world."

As we contemplate God's many gifts to us, we should also reflect on our gratitude. Your financial support for the work of our parish, our archdiocese, and the Church throughout the world is one way to express this gratitude. Please give generously to the 2020 Annual Catholic Appeal.

MINISTRY SPOTLIGHT



"God is within her, she will not fall."
-Psalm 46:5

WOSJ INVITE ALL WOMEN TO **Celebrating Women Mass**

Friday, February 7th
7:00-9:00 pm
St. James Church
Reception after mass
in the Laramie Room

This mass, celebrated by Fr. Ryan is a celebration of ALL women. Women from St. James and surrounding parishes are welcome. Mothers, sisters, family & friends, we are all sisters in Christ.

FOR MORE INFO CONTACT TRACY SHERVA AT
TSHERVA@GMAIL.COM

MINISTRY SPOTLIGHT



FRIDAY, MARCH 6, 2020

6:00pm in the Parish Center
Entertainment starts at 7:00pm
Live Band & Salsa Dancing

- Raffle for amazing baskets/prizes
- Grand Raffle 3-Night Vacation of your choice with 3-piece hardside Luggage Set
- \$40 per person includes: 2 complimentary drinks
- BYO SPIRITS/drinks, food & dessert

RSVP by February 21, 2020

\$10 LATE FEE FOR REGISTRATION AFTER 2.21.20
<https://www.stjamesah.org/No-registration/>

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MINISTRY OF CARE TRAINING



MINISTRY OF CARE TRAINING FOR NEW MINISTERS OF CARE

Full participation in both training sessions will fulfill Archdiocesan requirements for mandation.

Saturday, March 7: 9:00-3:00pm Spirituality in the Ministry – Marlene Sweeney, Pastoral Communication Skills—Amy Florian, Ministerial Procedures—Linda Engle

Saturday, March 14: 9:00-3:00pm The Experience of Suffering—Andrea Hug, Theology of the Eucharist—Deacon Jim Minor, and Prayer in Care Ministry—Sister Mary Barbara Hassler

Where: St. Mary of the Annunciation Catholic Learning Center (former school),
22277 W Erhart Rd., Mundelein, IL

Food: You are asked to bring your own brown bag lunch. A continental breakfast will be provided by St. Mary of the Annunciation, as well as beverages for lunch.

Reservations: You MUST contact the Ministry of Care Coordinator at your parish PRIOR to registering for the workshop. For St. James, the contact person is Nancy Braun at njbraun1148@gmail.com or 847-915-1507. After you have contacted Nancy, you may register for the Ministry of Care Training at www.vic1chicago.org.

Directions: Take Rte. 60 to Erhart Road. The Learning Center comes quickly after turning onto Erhart Rd. Take the driveway on the EAST side to the rear parking lot. The door in the back lead directly into the gym.

Presented by Vicariate I, Deanery ABC Ministry Commission.



St. James Men's Golf League is looking new members for the 2020 season. We play Tuesday afternoons at the Buffalo Grove Golf Club. The league begins in mid-April with a couple of practice rounds and run through August. Each week, players are matched with a golfer of similar ability for nine holes of match and stroke play. If you're up for some friendly competition and meeting more fellow parishioners email Chuck Frankiewicz at ctfrankiewicz@comcast.net. Sign up is open now and closes the end of March, or until the roster is full.



Holy Rosary Council #4483



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February 28, March 6, March 13, March 20, March 27, April 3
Hours: 5:30 – 7:30 PM



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Children 5 to 12 years:	\$6.00
Children under 5 years:	Free



FISH DINNER MENU:

DEEP FRIED COD, TATER ROUNDS, COLESLAW, MOSTACCOLI WITH MARINARA SAUCE, CORNBREAD MUFFINS, AND COMPLIMENTARY COFFEE OR TEA.
FULL CASH BAR INCLUDING MIXED DRINKS, BEER, WINE & SODA (FREE REFILLS ON SODA) FOR PURCHASE. MILK AVAILABLE FOR CHILDREN.

WHY NOT COME OVER AND JOIN US!

Supporting Parish Youth Ministries and Special Olympics

St. Vincent de Paul - is an emergency source for food and short-term financial help for those living within parish boundaries, please call 224-345-7200, ext. 8517.

Wheels to Worship - To participate in this ministry either as a passenger or driver, please contact Deb Amann at dumann57@yahoo.com.

Stepping Stones - If you or someone you know may be in an abusive relationship, a path to safety exists. Get help. Call the NV Hotline at 800-799-SAFE, or locally, call WINGS 24-hour Hotline at 847-221-5680.

SPRED (Special Religious Education) - Faith development for young adults with special needs to help nurture the presence of God in themselves. SPRED is held every other Wednesday Oct. to May 7-8:30PM in the St. James School SPRED Room. Contact d.desmond@comcast.net for information.

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

NAMI—Nat'l. Alliance on Mental Illness 847-899-0195

Alcoholics Anon.	312-346-1475
Alanon/Alateen	847-358-0338
Narcotics Anon.	708-848-4884
Families Anon.	847-795-8320
Sexaholics Anon.	630-415-0341

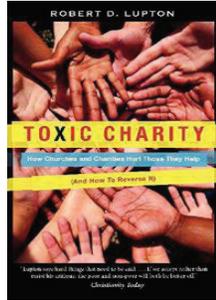
St James Over 50 Group: to provides events, activities, trips and speakers to our Over 50 parishioners - both spiritual and social. We have a board of directors that plan activities from September -June. Our events are published in the church bulletin and via email. For more information call Gerry at 847-398-2097.

Caregivers Ministry - help the people who give care to family members, at home or with their loved ones – with prayers and discussion. We meet the 2nd Friday of each month at 1PM in the Senior/Teen Room in the lower level of the church.

Elizabeth Ministry – Assists people in cherishing children, and witnessing to the dignity of all life, by treasuring the gifts of fertility and pregnancy, embracing natural family planning (NFP), supporting those with infertility problems, encouraging people in the adoptive process, and assisting families facing prenatal, infant or child death, illness or special needs. Local contact: ElizabethMinistry@stjamesah.org For Post-Abortion Counseling Help – call Project Rachel at Catholic Charities: 312-337-1962 www.hopeafterabortion.com

Aid for Women – Offers free life-affirming services to women in the Chicago area who find themselves facing unexpected pregnancies. Each woman is provided with the emotional, practical and spiritual support that she needs to choose life for her unborn baby and to provide a better future for both Call 24/7 pregnancy helpline (312) 621-1100 or main phone (312) 621-1107 for volunteer opportunities.

Please join us for the
St James Parish
Book Discussion of
TOXIC CHARITY
By Robert D. Lupton
On February 29th at 3PM
Registration opens early February.



ST. JAMES RETIRED MEN'S MEETING

We will continue with the ALPHA SERIES. We have had a decent turn out for these meetings and those who have come to them have enjoyed the discussion and the spirituality that comes from them. We can always use more men. So if you haven't joined us before, please do. I know you will be happy you did. Our next meeting is Wednesday, February 12th at 10:00. See you there.
Deacon Pierce (847 259-1743)

Please pray for our sick...
Russ Wagner, Mary Wagner,
Jack Niemiec

Baptisms
Jack David Muhasky, child
of David Muhasky and
Jessica Baker

Rose For Life
The McLaughin Family in
loving memory of their wife
and mother, Joann, and their
daughter and sister, Suzanne,
on the 2nd anniversary of
her death.

Remembrances
Saturday Evening/Sunday,
February 2, 2020
Bob Jarosz, Paul Reinsch,
Joseph Frances Vessely III,
John Glueckert Sr,
Ann K Butler, Donald Seiler

Monday, February 3
Maria Murray, Bob Riefke Jr.,
Dr. Robert LaVeau and Family
Tuesday, February 4
Arlene Knorr, Joan Castino
Wednesday, February 5
Patricia Cooper
Thursday, February 6
John Szczepaniak,
Elizabeth Lyman,
Mabel Preiss
Friday, February 7
Maryann Foley,
Sandra Junck-Carpenter
Saturday, February 8
Robert Lyman (5 yr. Anniver),
Matt Lombardi



TODAYS/WEEKLY READINGS

TODAY'S READINGS

First Reading — There will come to the temple the LORD whom you seek (Malachi 3:1-4).

Psalm — Who is this king of glory? It is the Lord! (Psalm 24).

Second Reading — Jesus had to become like his brothers and sisters in every way to help the descendants of Abraham (Hebrews 2:14-18).

Gospel — The just and pious Simeon proclaims the infant Jesus to be a revealing light to the Gentiles, the glory of the people Israel (Luke 2:22-40 [22-32]).
The English translation of the Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: 2 Sm 15:13-14, 30; 16:5-13; Ps 3:2-7;
Mk 5:1-20

Tuesday: 2 Sm 18:9-10, 14b, 24-25a, 30 — 19:3;
Ps 86:1-6; Mk 5:21-43

Wednesday: 2 Sm 24:2, 9-17; Ps 32:1-2, 5-7; Mk 6:1-6

Thursday: 1 Kgs 2:1-4, 10-12; 1 Chr 29:10-12;
Mk 6:7-13

Friday: Sir 47:2-11; Ps 18:31, 47, 50, 51; Mk 6:14-29

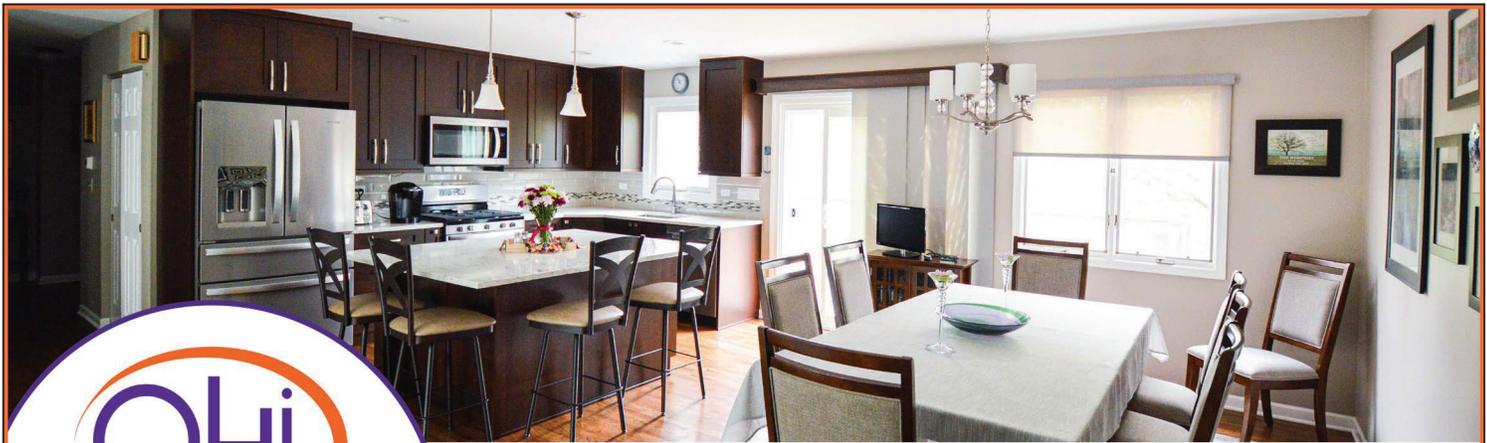
Saturday: 1 Kgs 3:4-13; Ps 119:9-14; Mk 6:30-34

Sunday: Is 58:7-10; Ps 112:4-9; 1 Cor 2:1-5; Mt 5:13-16

LITURGICAL MINISTERS

Week of February 9
Eucharistic Ministers: A TEAM

Mass Times	Presider	Lectors
Sat 5:00pm	Fr. Ryan	Rebecca Howe Sam Resch
7:00am	Fr. Matt	Julie Bruett Robert Bruett
8:30am	Fr. Ryan	Sue Nowakowski Mike Schneider
10:00am	Fr. Matt	Family Mass Marla Serur Alice Brown
11:30am	Fr. Matt	Rich Kincki Kathy Ponce
Sun 5:00pm	Fr. Ryan	Dominick Starr Zach Ellerbrook



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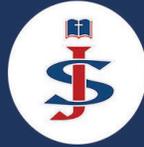


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Weekend Masses - All Masses held in Church

Saturday	5:00pm	Contemporary Group
Sunday	7:00am	Traditional Cantor
Sunday	8:30am	Traditional Choir
Sunday	10:00am	Contemporary Choir
Sunday	11:30am	Contemporary Choir
Sunday	5:00pm	Contemporary Group

Weekday Masses (Church)

Monday – Saturday Mass at 7:30AM
Saturday Confessions 8-9AM

Holy Day Liturgy

Please see special schedules for Holy Days.

St. James Parish Council Contact:

Amanda Noascono PPC@stjamesah.org

Parish Office Hours

Monday-Thursday

9:00am—8:00pm

Friday

9:00am—6:00pm

Saturday & Sunday

9:00am—1:00pm

Bulletin Submission:

Editor@stjamesah.org

St. James School:

224-345-7145

Please follow us on:



@stjamesah



@StJamesParishAH

Sacramental Celebrations

Baptism - Please call the Parish Office with your preferred date at least one month in advance.

Marriage - At least six months prior to your wedding date please contact the Parish Office about setting a date.

Reconciliation -Saturdays 8-9 AM and Thursdays 7–8 PM or call for an appointment anytime at 224-345-7200.

ADORE - Join us Thursdays in the Church for Eucharistic Adoration, procession of the blessed sacrament, a witness talk, meditative praise and worship music, silent prayer, and confession.



ST. JAMES PARISH AND SCHOOL STAFF

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Rev. Ryan McMillin, Associate Pastor

224-345-7201 fr ryan@stjamesah.org

Rev. Bill Zavaski, Pastor Emeritus

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Matthew Hahn (Zuly) Deacon 847-222-1944

Paul Schmidt (Paulette) Deacon 847-253-3656

Pierce Sheehan (Midge) Deacon 847-259-1743

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