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# CELEBRATES

## *Catholic Schools Week*

§ 2021 §



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MAKE DISCIPLES OF CHRIST.

JAN 31  
2021



# A MESSAGE FROM...

This week at St. James School we are celebrating Catholic Schools Week. During this week, we will celebrate our school, our community, and most importantly our Catholic faith. Jesus, our ultimate teacher, is at the center of everything we do at St. James School. Our teachers implement a Christ Centered Culture of Joy to help instill the virtues of the gospel in our students. Our faith based education addresses the whole child and provides them with the academic, character, and spiritual support to become well-rounded children of God.



This school year has presented unique challenges during the pandemic. But that has not stopped us from doing what is best for the children we serve. At St. James our teachers and staff work together to FIND A WAY to do what is best for our students, no matter the circumstances. This school year we have been able to provide in-person instruction while simultaneously supporting remote learners from home. We have developed new safety protocols and have become more creative in the classroom to meet the needs of our students. We do this because our mission is to partner with parents to raise their children to be young men and women of faith and intellect. This school year we have found a way to serve our growing community in the face of adversity and that has made us stronger as a school community.

In addition to helping students grow in their faith, our teachers provide an outstanding inclusive education. Our teachers identify the individual needs of the students and design instruction to meet those specific needs. This school year St. James School won the National Blue Ribbon Award for the second time for being a high-performing school. This prestigious national award is a byproduct of the fantastic work our teachers do with our students in the classroom. Our students move on from St. James to be highly successful at the high schools of their choosing.

This week we are offering an online virtual open house to showcase the great work being done at SJS. If you are looking for a school that will help your child grow academically, strengthen their character, and bring them closer to Christ, then sign up for our virtual open house. We would love for you to join our SJS community.

<http://www.stjameschoolah.org/2020/12/28/2021-virtual-open-house/>

It is a great day to be a national blue ribbon Bulldog!

-Mike Kendrick  
Mkendrick@stjameschoolah.org  
Principal, St. James School





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feb. 4-7 | [seek.focus.org](http://seek.focus.org) | [#seek21](https://twitter.com/seek21)

“

SEEK21 is less than a week away, sign up today because you are worth investing in the most important relationship you'll ever have! Find more information and register today on the St. James website. Parishioners who attended SEEK in the past highly recommend!

*"I feel refreshed. I am seeking a life for myself and my family with God at the center...my heart was full. I am grateful for the nudge, and it was a great way to start the year!" - Tess Dean*

LITURGY & WORSHIP

Thurs, Feb 4<sup>th</sup>'s **ADORE** has  
moved to Sat, Feb 6<sup>th</sup> at 7 pm



Join us via livestream or  
register for SEEK21 to attend

## CONFIRMATION



Fr. Ryan and seminarians Dan and Mauricio presented our 8th Grade Confirmation students with bibles at each mass last weekend. As Fr. Ryan presented each student with their bible, he encouraged them to "Pray it, Study it and Live it!" Every bible brought to mass received a blessing as well.

## LIFETEEN

### LIFETEEN RETREAT

FEBRUARY 6 | 8AM-9PM

Retreat registration is still open! Our retreat may look a little different this year, but we're still excited for what is ahead.

Join us this year for an all day, in person retreat! We will have all of your favorite elements of the retreat: incredible talks, interactive small group time, games, music, and prayer... oh and the t-shirt! All high school students are invited. Registration is \$50 for registered LIFETEEN teens and \$60 for new teens. [CLICK HERE](#) to sign up!



### THIS SUNDAY

JANUARY 31 | 6PM-8PM

This Sunday we are in person! New to LIFETEEN, no problem! Let our youth minister know you are joining so we can plan for numbers. Ready to register? Register for spring semester [HERE](#).

\*Photos from Retreat 2019





St. James School students, Bryce and Devon, received their First Communion last Sunday. Please pray for them and for all our students at St. James preparing for First Communion this spring!

LITURGY & WORSHIP



## 2021 Annual Catholic Appeal

Many families in our parish will be receiving the Annual Catholic Appeal mailing from Cardinal Cupich. 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 bring hope to the world." This is especially important during these challenging times. Many in our parishes are affected financially by the pandemic, and we encourage giving at all levels to support this initiative. By sharing our wealth through gifts to the 2021 Annual Catholic Appeal, we demonstrate our commitment to the Church and each other.

## MINISTRY SPOTLIGHT

JOIN WOSJ FOR A MINI RETREAT  
AS WE PREPARE OUR HEARTS FOR LENT

# Lenten Meditation & Rosary

## February 3, 2021 | 7-9 PM

This special live rosary night will include a Catholic meditation led by Joy Anderson. Remember to bring a journal, pen and rosary to this special evening of prayer and reflection

**All women of the parish are welcome!**

Did you know that you can join WOSJ any time during the year? We invite you to come to see how the WOSJ can help you grow in faith through sisterhood & service.



ST. JAMES PARISH  
WOMEN OF ST. JAMES

Contact [wosjministryleads@gmail.com](mailto:wosjministryleads@gmail.com) for more information or to access the ZOOM link.

## MINISTRY SPOTLIGHT



### Meeting Mental Health With Grace: Dealing with Anxiety

Please [CLICK HERE](#) to check out our Mental Health Ministry webpage for resources, support and educational info.

#### Anxiety during the pandemic? You are not alone.

Since early 2020, we have all been struggling with the COVID 19 pandemic 24/7. Many of us are dealing with feelings we may not fully understand or know how to handle. One of these feelings is anxiety.

##### What is Anxiety?

Anxiety is an emotion you feel when you are worried about something. We all experience it. Your body tenses up, and your mind becomes fixated on the thing you are worried about. A little anxiety can be useful, if it helps us to adjust to a needed situation, but when it INTERFERES with your daily life, it is something that needs attention.

##### What are the symptoms?

Everyone's experience with anxiety is different.

Some of the common symptoms are:

- Feeling restless and irritable
- Eating too much or not enough
- Difficulty concentrating
- Muscle pain, tightness, or soreness
- Trouble falling asleep or staying asleep, feeling exhausted
- Going out of your way to avoid situations that make you anxious
- Intrusive thoughts (unwanted thoughts that won't go away)

##### How to cope:

- Keep a routine in your daily life
- Eat regularly and healthily & get enough sleep
- Overthinking? try repeating a mantra like "Jesus, I trust in you."
- Use breathing techniques to trigger your nervous system to reset: Take 3 *DEEP* breaths; then pray the Hail Mary slowly.
- If you feel the need to REACH OUT, listen to yourself and what you need.
- Limit media information and connections
- Think of something for which you are grateful

For more information on anxiety check out [nami.org](http://nami.org)



# Please join us Februray 6 at 8AM for First Saturday Rosary and Devotion to Our Lady

We will begin the rosary and prayers of devotion  
immediately after the 7:30am mass.  
To follow along, please refer to the materials  
found [here](#) on the website.  
All are welcome!

This minstry meets in the church the first Saturday of every month to pray the rosary.



The signs of this time are asking us to wake up, to stand up and to speak up when we see racism. This is how we love our neighbor as ourselves. This is how we act like Jesus. This is how we do justice and love goodness (Micah 6:8). This is how we make safe lodging for all. This is how we begin the healing from racism in our land, writing a new parable of racial justice for this time.

Let us examine our conscience in light of the sin of racism, asking ourselves:

1. Have I fully loved God and fully loved my neighbor as myself?
2. Have I caused pain to others by my actions or my words that offended my brother or my sister?
3. Have I done enough to inform myself about the sin of racism, its roots, and its historical and contemporary manifestations? Have I opened my heart to see how unequal access to economic opportunity, jobs, housing, and education on the basis of skin color, race, or ethnicity, has denied and continues to deny the equal dignity of others?
4. Is there a root of racism within me that blurs my vision of who my neighbor is?
5. Have I ever witnessed an occasion when someone "fell victim" to personal, institutional, systematic or social racism and I did or said nothing, leaving the victim to address their pain alone?
6. Have I ever witnessed an occasion when someone "fell victim" to personal, institutional, systematic or social racism with me inflicting the pain, acting opposite of love of God and love of neighbor?
7. Have I ever lifted up and aided a person who "fell victim" to personal, institutional, systematic or social racism and paid a price for extending mercy to the other? How did I react? Did my faith grow? Am I willing to grow even more in faith through my actions?



from [A Prayer Service for Racial Healing in Our Land, USCCB](#)



Jubilation is thrilled to announce that Krista & Mike Coleman will join our veteran co-chairs, John & Terri Todesco, to bring an *Amazing Grace Gala* to St. James on November 6, 2021. Krista and Mike have worked on Jubilation decorating committees in past years and are very anxious to work with the Todescos as co-chairs this year. They have two young daughters who attend St. James School and all are looking towards a hopeful and merry Jubilation 2021! Welcome Colemans, and thank you for your stewardship and commitment to St. James Parish!

Saint James School



Arlington Heights

## DO YOU ❤️ A CATHOLIC SCHOOL EDUCATION?

Tax season is quickly approaching. This year please consider the **Tax Credit Scholarship Program** that may provide you a tax credit *and* allow children without means to attend St. James School.

Please visit this link for further information on how you help St. James School's Tuition Assistance program.

<https://schools.archchicago.org/donating-to-a-tax-credit-scholarship>





## MINISTRY SPOTLIGHT

We invite you to get to know our

### St. James Over 50 Social Group

In non-pandemic times, we provide social outings, game days, cards, speakers, parties, current events/news and spirituality to any parishioner over the age of 50. At the moment we are supporting each other via phone calls. For more info or to join our club, please email Gerry Stec at [StecStan@sbcglobal.net](mailto:StecStan@sbcglobal.net).

## WEEKLY INTENTIONS

### Please pray for our sick...

Tom O'Connor, Carmella Hionis,  
Anne Golbeck

### Rose For Life

Is donated by Diane Groth in loving  
memory of Andrew Szott.

### Baptisms

**Max Michael Nowakowski**, child of  
Michael and Samantha Nowakowski

### Remembrances

#### Saturday Evening/Sunday January 30/31

Edward Hopper, Eugene Harmack,  
Heleodro Vazquez (1yr Anniv),  
Clifford Bergstrom,  
Thomas Rothfus (12yr Anniv),  
Frank & Victoria Bosco

### Monday, February 1

Donald Smith Sr.

### Tuesday, February 2

All deceased members of our parish

### Wednesday, February 3

Mitchell Bruski, Jim O'Neil, Bob Riefke Sr.

### Thursday, February 4

Arlene Knorr, Walter Kragh,  
Clara Redshaw Lantano

### Friday, February 5

Patricia Cooper

### Saturday 7:30am February 6

Tiffany Kloeppel (1yr Anniv), Allan Geimer,  
Elizabeth Ann Lyman, Bob Jarosz, Mabel Preiss,  
Helena Jochaniewicz

## WEEKLY READINGS

### TODAY'S READINGS

**First Reading** — Moses spoke to all the people,  
saying: "A prophet like me will the LORD, your  
God, raise up for you" (Deuteronomy 18:15-20).

**Psalm** — If today you hear his voice, harden not  
your hearts (Psalm 95).

**Second Reading** — Brothers and sisters: I should  
like you to be free of anxieties (1 Corinthians  
7:32-35).

**Gospel** — The people were astonished at Jesus'  
teaching; he taught them as one having authority  
(Mark 1:21-28).

### READINGS FOR THE WEEK

**Monday:** Heb 11:32-40; Ps 31:20-24; Mk 5:1-20

**Tuesday:** Mal 3:1-4; Ps 24:7-10; Heb 2:14-18;  
Lk 2:22-40 [22-32]

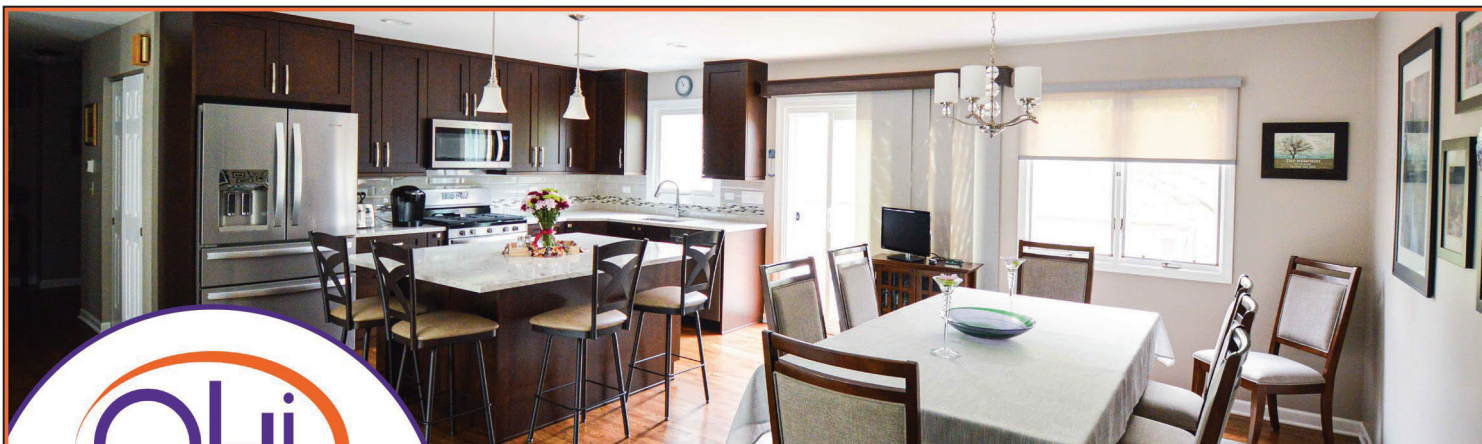
**Wednesday:** Heb 12:4-7, 11-15; Ps 103:1-2, 13-14,  
17-18a; Mk 6:1-6

**Thursday:** Heb 12:18-19, 21-24; Ps 48:2-4, 9-11;  
Mk 6:7-13

**Friday:** Heb 13:1-8; Ps 27:1, 3, 5, 8b-9; Mk 6:14-29

**Saturday:** Heb 13:15-17, 20-21; Ps 23:1-6; Mk 6:30-34

**Sunday:** Jb 7:1-4, 6-7; Ps 147:1-6; 1 Cor 9:16-19,  
22-23; Mk 1:29-39



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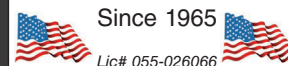
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# SAINT JAMES PARISH

## ARLINGTON HEIGHTS

820 N. Arlington Hts. Rd., Arlington Heights, IL 60004

(224) 345-7200

[www.stjamesah.org](http://www.stjamesah.org)

### Weekend Masses - All Masses are in the Church

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

### Weekday Masses (Church)

Monday – Saturday Mass at 7:30AM

### Holy Day Liturgy

Please see special schedules for Holy Days.

### St. James Parish Council Contact:

Lynne Gasey and Mark Galioto at  
[PPC@stjamesah.org](mailto:PPC@stjamesah.org)

### Parish Office Hours

#### Monday-Thursday

9:00am—8:00pm

#### Friday

9:00am—4:00pm

#### Saturday & Sunday

9:00am—1:00pm

### Bulletin Submission:

[Editor@stjamesah.org](mailto:Editor@stjamesah.org)

### St. James Parish

224-345-7200

Please follow us on:



@stjamesah



@StJamesParishAH

**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** -Thursday – **ADORE** - Eucharistic Adoration and Confessions – 7PM-8PM

& Saturday – 8-9AM following daily Mass

**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

### Rev. Ryan McMillin, Administrator

224-345-7201 [frryan@stjamesah.org](mailto:frryan@stjamesah.org)

### Rev. Bill Zavaski, Pastor Emeritus

**James Bannon (Laura), Deacon** 847-577-6328

**Paul Schmidt (Paulette) Deacon** 847-253-3656

**Pierce Sheehan (Midge) Deacon** 847-259-1743

### Executive Dir., Parish Operations, Deacon

**Matthew Hahn** 847-222-1944  
[mhahn@stjamesah.org](mailto:mhahn@stjamesah.org)

### Principal, Michael Kendrick

224-345-7145 [mkendrick@stjamesah.org](mailto:mkendrick@stjamesah.org)

### Marketing Dir., Kathleen Kennedy

224-345-7149 [kkennedy@stjamesah.org](mailto:kkennedy@stjamesah.org)

### Evangelization and Formation Dir., Jonathan Blevins

224-345-7211 [jblevins@stjamesah.org](mailto:jblevins@stjamesah.org)

### Music & Liturgy Dir., Tamaron Conseur

224-345-7204 [tconseur@stjamesah.org](mailto:tconseur@stjamesah.org)

### High School Ministry Coord., Christina Hudson

224-345-7214 [chudson@stjamesah.org](mailto:chudson@stjamesah.org)

### Children's Formation Coord., Kevin Byrnes

224-345-7217 [kbyrnes@stjamesah.org](mailto:kbyrnes@stjamesah.org)

### Evangelization & Formation Team Administrator

**Theresa Storto** 224-345-7213 [tstorto@stjamesah.org](mailto:tstorto@stjamesah.org)

### FOCUS Parish Missionary, Matt Marcheschi

224-345-7210 [mmarcheschi@stjamesah.org](mailto:mmarcheschi@stjamesah.org)

### FOCUS Parish Missionary, Sarra Stanley

224-345-7203 [ssstanley@stjamesah.org](mailto:ssstanley@stjamesah.org)

### Controller, Barbara Krawczyk

224-345-7239 [bkrawczyk@stjamesah.org](mailto:bkrawczyk@stjamesah.org)

### Office Manager, Flo Trunk

224-345-7206 [parishoffice@stjamesah.org](mailto:parishoffice@stjamesah.org)

### Development Dir., Julie Cohen

224-345-7212 [jcohen@stjamesah.org](mailto:jcohen@stjamesah.org)

### Campus Maintenance Engineer, Mike Tomasiewicz

224-345-7200 ext. 6128 [mtomasiewicz@stjamesah.org](mailto:mtomasiewicz@stjamesah.org)