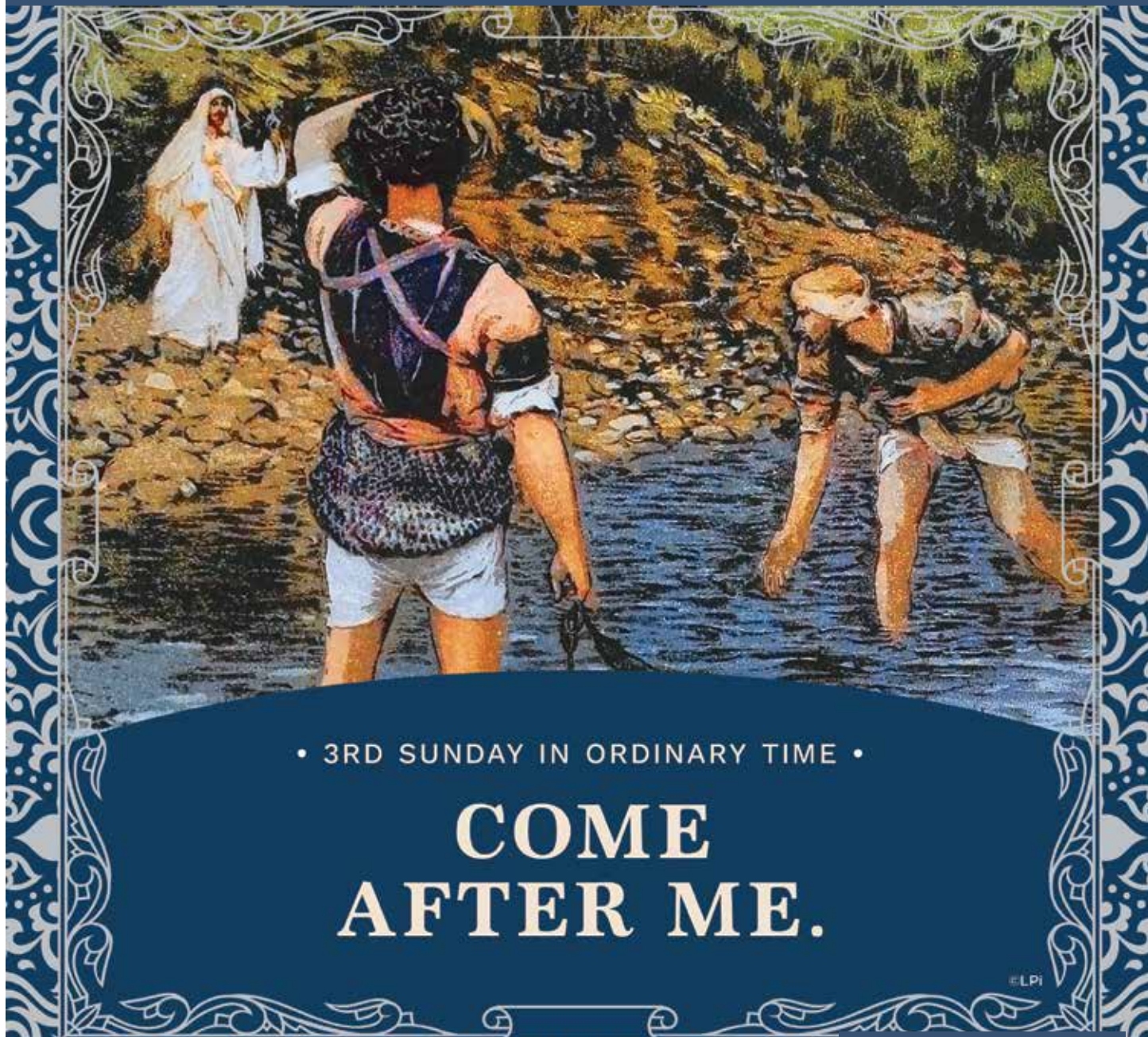




SAINT JAMES PARISH

ARLINGTON HEIGHTS



• 3RD SUNDAY IN ORDINARY TIME •

COME AFTER ME.

ELPI

JAN. 25

2026

In This Issue...

- *School Open House Today..... pg. 3*
- *SJ Headed to Feed My Starving Children..... pg. 6*
- *Save the Date for the Parish Mission..... pg. 8*



PATH TO SUNDAY

Today's Readings

First Reading

The prophet describes how Christ will bring joy out of darkness.

Isaiah 8:23–9:3

Second Reading

St. Paul reminds the church not to have any internal divisions since we are all one in Christ.

1 Corinthians 1:10-13, 17

Gospel

Jesus begins his ministry by calling his first disciples to follow him.

Matthew 4:12-23

Ever wonder why we Catholics are so into candles? There are many reasons, but at the heart of it is this: we believe that because of Jesus, there is light in the darkness.

Scripture often speaks honestly about darkness. In the first reading from Isaiah, written in the eighth century before Christ, the people of Israel were living through a terrible time. The Assyrian Empire had invaded the northern kingdom around 722 BC. The people were oppressed, many were carried off into exile, and pagan foreigners were brought into the land. The region of Zebulun and Naphtali became a mixed people with a mixed religion, later known as Samaritans, and they were looked down upon by Jews in the south. Isaiah even calls this area the “District of the Gentiles” and speaks of the “rod of the taskmaster.” Yet in the midst of that darkness, the prophet foretold that one day a great light would shine.

That message matters for us today. We look around our world and see violence in the Middle East, war in Ukraine, violence here in Chicagoland, corruption in politics, and deep wounds in families and culture. At the root, we have a sin problem. Still, Isaiah’s words remind us: there is light in the darkness, and that light is Jesus.

In the Gospel, Matthew tells us that Jesus went to live in Galilee, in the land of Zebulun and Naphtali, fulfilling Isaiah’s prophecy. God himself came to us. Jesus, God incarnate, entered a sinful and violent world without sin, laid down his life

on the cross, and rose from the dead like the rising sun. He offers us everlasting life and shows us how to live a truly human life in holiness and justice.

That is why Jesus begins by preaching, “Repent, for the kingdom of heaven is at hand,” and then calls disciples. To follow Jesus is a journey of transformation, like dedicating oneself fully to a sport. Baptism is the beginning, but discipleship requires practice, commitment, and perseverance. Brothers and sisters, we are all called to be disciples and ultimately saints. In baptism we receive the light of Christ, symbolized by a candle, and we are called to shine that light brightly in a dark world.

Reflection Questions:

- Where do I see darkness—in my own life, my family, or the world around me—and how do I allow the light of Christ to enter and transform those areas?
- What does discipleship look like for me right now, and in what concrete ways am I practicing my faith rather than simply identifying as Catholic in name?
- Since I received the light of Christ at my baptism, how am I being called to shine that light more strongly for others through my words, choices, and way of life?

THIS SUNDAY



January 25, 2026

12:30-2:00pm

SJS SUPPORTS STUDENTS IN:

- FAITH
- ACADEMICS
- PERSONAL GROWTH
- STRONG RELATIONSHIPS
- VALUES

Our close-knit community is proud to foster lifetime friendships while providing a Blue Ribbon Catholic education. Come see for yourself!

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SAVE THE DATES

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concert series

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FREE CONCERTS

Rhapsody: 20th Century Classics

February 9, 2026
7 PM



VERDI: Requiem

March 12, 2026
7 PM



 SAINT JAMES PARISH
ARLINGTON HEIGHTS

831 N. Arlington Heights Rd. Arlington Heights, IL



UPCOMING EVENTS

Volunteer Opportunity



St. James Parish is seeking a parishioner(s) to lead our "New Parishioner Welcome" ministry. This ministry reflects our Catholic call to hospitality, helping new members feel at home in the celebration of the Mass, parish life, and the sacramental life of the Church. If you feel called to serve, please contact Katie Sowa, ksowa@stjamesah.org.



Meeting Mental Health With Grace

A mental health ministry through
St. James, St. Edna & Our Lady of the Wayside



Wednesday, February 4
7:00 - 7:30 pm
St. James School Chapel

This month's topic: Calling on God's Love

Join us for scripture, songs, reflection and prayer
for those living with mental health concerns and
their loved ones.

Submit prayer requests at:
847-253-5390 or
mentalhealthministry@stjamesah.org

From Rough Waters to Steady Ground

MEN'S WELCOME RETREAT

FEBRUARY 28-MARCH 1

Join the following parishioners as they share life stories:

Brian Guerre
Fred Konopasek
Marty Gallis
Steve Hartweck
Sean Walsh
Tom Hajdich
Dave Marcheschi
Tom Stengren



stjamesah.org/mens-welcome/

UPCOMING PARISH EVENTS

A TIME TO COME TOGETHER AS A COMMUNITY FOR FELLOWSHIP, FORMATION AND PRAYER

FEB 17

DINNER AT 5PM

SPEAKER AT 6PM

Fr. Cristian Garcia

Topic:

"The Prayer of a
Newly-Ordained Priest"

ADORATION AT 6:30PM

CHILDCARE AVAILABLE
AGES 0-4

**LEARN
MORE
HERE**



STJAMESAH.ORG/ENCOUNTER/

ENCOUNTER

**"FOR I WAS *hungry* AND YOU
GAVE ME SOMETHING TO *eat...*"**

—Matthew 25:35



Join Code:

Friday, February 27

4:45pm-6:15pm- 4YN31Y

Saturday, February 28

4:45pm-6:15pm- 876END



St. James is going to
Feed My Starving Children!

Open to all children and youth from
our parish and their families!
Sign up by February 14th. Spaces
are limited. Any vacant spots will be
released back to FMSC, 2/14/26

FMSC- 740 Wiley Farm Court, Schaumburg, IL

<https://www.fmssc.org/get-involved/volunteer/>

Questions?? contact- blarson@stjamesah.org

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stjamesah.org/altar-server

PARISH AND MINISTRY NEWS

Human Trafficking Awareness Month

Human trafficking is the purposeful act of forcing an individual, through coercion, threats, lies, manipulation, to engage in involuntary labor or sex. As it serves to control or exploit the other, it is a form of relational abuse. It is contrary to God's law of love. It undermines the dignity of human life & breaches fundamental human rights. Popes John Paul II & Benedict XVI condemned the practice & Pope Francis called on "people of good will to combat this 'crime against humanity.'" Per the US Conference of Catholic Bishops, "We have a responsibility to fight against the violation & degradation of our brothers & sisters."

We must learn to recognize the signs; report suspicions & link them to sources of help.

Victim Resources:

National Human Trafficking

Hotline: 888-373-7888

Text HELP or INFO or BeFree to 233733



HUMAN TRAFFICKING IS...

- Exploiting a person through force, fraud, or coercion
- Anyone under the age of 18 involved in a commercial sex act
- Sex trafficking, forced labor, and domestic servitude
- A highly profitable crime
- Exploitation based and does not require movement across borders or any type of transportation

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.

HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES

SUBURBS RURAL TOWNS CITIES

FORCED LABOR & DOMESTIC SERVITUDE

Victims are made to work for little or no pay and are hidden in plain sight. Very often, they are forced to manufacture or grow products that we use and consume every day or forced to work in homes across the United States as maids, nannies, or domestic help.

IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS

VICTIMS OF HUMAN TRAFFICKING MIGHT BE AFRAID TO COME FORWARD, OR WE MAY NOT RECOGNIZE THE SIGNS, EVEN IF IT IS HAPPENING RIGHT IN FRONT OF US.

PARISH MISSION

SAVE THE DATE

March 14 - 16
Hallow Parish Mission | Free Talks & Formation
Location: St. James Parish

LEARN TO PRAY • GROW IN COMMUNITY • BE TRANSFORMED



SAINT JAMES PARISH
ARLINGTON HEIGHTS

Hallow

PARISH & ARCHDIOCESE EVENTS

"Whom shall I send? Who will go for us? 'Here I am, send me!'" — Isaiah 6:8



Have you ever considered
the call to be a

Deacon of the Catholic Church?

Join the Office of the Diaconate at one of their upcoming
Inquiry Evenings this season:

- February 9th 7pm at St. Francis de Sales, Lake Zurich
- March 9th 7 pm at St. John the Evangelist, Streamwood
- April 13, 7:30 pm at St. Alexander Parish, Palos Heights
- May 18, 7:00 p.m. Online (via Zoom)

For more information and to register for one of the sessions, contact the
Office of the Diaconate at (708) 366-8900.

Spring Senior Luncheon



Wednesday, March 11 at 11am-1pm
in the Laramie Room

Presenter - Jason Whittington

Topic - Fall Prevention: Aging In Place Safely

Please RSVP by March 4 to Flo Trunk
parishoffice@stjamesah.org or 224-345-7200

 **SAINT JAMES PARISH**
ARLINGTON HEIGHTS

OUR PRAYERS & INTENTIONS

Mass Intentions and Observances

Saturday, January 24

5:00 Joseph Lang
Marcin Bukowski
Doris Kelly
Shirley Powers
Jeff Williams (1st Anniv.)

Sunday, January 25 3rd Sunday in Ordinary Time

7:00 For the people of the parish
8:30 John Gleeson
Hy Lai
Sarah Schnell
10:00 Joe Maher
Emma Zabratanski
John Vincent
Christie Tansor (7th Anniv.)
11:30 Gretchen & Bill Cronin

Monday, January 26 Sts. Timothy & Titus

7:30 John F. Kordek

Tuesday, January 27 St. Angela Merici

7:30 Philip Krueger
Diane Arrigo

Wednesday, January 28 St. Thomas Aquinas

7:30 Tom Rothfus
Margarita Rodriguez
12:00 Helen & Maurice Healy

Thursday, January 29

7:30 Joan H. Lyman

Friday, January 30

7:30 Rosemary Belmonte

Saturday, February 1 St. John Bosco

7:30 Tom Rothfus (16th Anniv.)

Please pray for our sick

Norine Naselli
Nicolas Leonardo
Andy Kaplan
Lucy Dettelsen
Melinda C.
Andrew Schnell
Barbara Reed
Barb Chidalek
Lucille Krajnik
Alice Blomquist
Therese McLoraine
James Smith

Recent Baptisms

Leo Alexander Mendoza, child of
Andre Mendoza and Dora (Leonardo) Mendoza

Isla Sophia Stewart, child of
Robert Stewart and Ines (Cepero) Stewart

Readings for the week of January 26

Monday: 2 Tm 1:1-8/ Ps 89:20, 21-22, 25-26/Mk 3:22-30
Tuesday: 2 Sm 6:12b-15, 17-19/Ps 24:7, 8, 9, 10/Mk 3:31-35
Wednesday: 2 Sm 7:4-17/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20
Thursday: 2 Sm 7:18-19, 24-29/Ps 132:1-14/Mk 4:21-25
Friday: 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-11/Mk 4:26-34
Saturday: 2 Sm 12:1-7a, 10-17/Ps 51:12-17/Mk 4:35-41
Next Sunday: Zep 2:3; 3:12-13/Ps 146:6-10/1 Cor 1:26-31/Mt 5:1-12a

Celebrant Schedule Jan 31-Feb. 1

5:00 Fr. Michael
7:00 Fr. Michael
8:30 Fr. Michael
10:00 Fr. Paul
11:30 Fr. Paul
5:00 Fr. Paul

Practicing Catholic

"Sea of Galilee" Moments



"Young or old, believer or non-believer, rich or poor: it doesn't matter who we are. It doesn't matter what our life looks like. If we are a human being, if we have a soul, we stand on the shore of a great and powerful sea, a net in our hands and a hunger in our soul."

By Colleen Jurkiewicz Dorman

PARISH INFORMATION

DON'T FALL BEHIND

STAY CURRENT WITH THIS WEEK'S EVENTS
AND WHAT'S COMING UP AT ST. JAMES

SCAN HERE TO
JOIN OUR EMAIL LIST



PARISH GROUPS AND APOSTOLATES

Earth Shepherds provides opportunities to learn about the relationship between Scripture, Catholic Social Teaching and our responsibility to be stewards of God's Creation.
sjearthshepherds@gmail.com

Grief Support Group is about helping with your grief. Are you struggling with a loss? Having a hard time coping? We meet twice per month. Please email the address below for more details.
griefsupport@stjamesah.org

Jr. Ambassadors is a group for all children of St. James to practice their faith in service to others and as an example of our Catholic faith to everyone. Jr. Ambassadors act as representatives and promoters of our faith while learning about the Corporal and Spiritual Works of Mercy and Catholic Social Teaching.
kcoughlin@stjamesah.org

Loaves and Fishes provides lunches for those experiencing homelessness in Chicago's Uptown neighborhood.
stjameslandf@gmail.com

Men of St. James provides opportunities for Christian fellowship through social, spiritual and service activities for men of the parish at least 21 years of age.
msj@stjamesah.org

Mental Health Group provides support, education and awareness to our parish communities on issues related to mental health. Strives to provide resources of support, education and hope.
tsherva@gmail.com

Ministers of Care bring the Holy Eucharist to parishioners who are unable to leave their homes or are in care homes. Ministry volunteers must complete a mandatory training session and follow Archdiocesan guidelines.
ministryofcare@stjamesah.org

Moms Plus provides support and fellowship to Catholic moms. This group is part of Women of St. James.
momsplus@stjamesah.org

Mondays with Mary small group of men who pray the Rosary every Monday morning in the Teen Room at 7:00 a.m., then attend Mass together. New members are welcome. A remote option is available for those unable to attend in person.
mike_smigiel@msn.com

Over 50 Social Club provides social outings, speakers, and parties to any parishioner over the age of 50.
stecstan@sbcglobal.net

PADS Outreach provides safety, temporary shelter and services to the unhoused.
st.james.pads@gmail.com

Parish Pastoral Council serves as a representative body of the St. James parish community, guided by the Holy Spirit.
PPC@stjamesah.org

Peace & Justice educates the faithful on the Catholic social teachings, supports and complements parish ministries and empowers people to transform lives and society, both locally and globally. Meets the last Tuesday of each month.

Prayer Shawl Group creates a wide variety of shawls for anyone in need of prayers or blessings. We pray as we knit or crochet, and meet on the 3rd Sunday of each month to bless the fruits of our labors.
prayershawlministry@stjamesah.org

Respect Life strives to transform society into a Culture of Life where every human being is valued and protected from the moment of conception until natural death.
respectlife@stjamesah.org

Stepping Stones raises awareness, promotes understanding and prevents relational violence by educating communities and providing referrals to victims and survivors of emotional, financial, physical and sexual abuse. (IL Domestic Violence Helpline: 877-863-6338),
steppingstones@stjamesah.org

St. Vincent de Paul provides emergency, short-term financial help for anyone living within the parish boundaries. For information on volunteering for or using this service, call the Parish Office followed by x8517. All requests kept confidential.

The Table meets the second Sunday of each month after the 10:00 am Mass in the Teen Room (LL of the church). For anyone who is curious about the Catholic faith. This is a time to ask questions and engage in conversation with others.

Women of St. James provides support to Catholic women who are committed to growing and sharing their faith through sisterhood and service.
wosjministryleads@gmail.com

FAITH MESSAGES & COMMUNITY EVENTS

Ut Vitam Habeant



SAINT JAMES PARISH
RESPECT LIFE MINISTRY

That They May Have Life

Jesus, who once measured
only tenths of an inch in the womb of Mary,



You became incarnate as the Son of Man and
assumed the condition of an unborn child in the womb
of your Holy Mother. You, therefore, sanctify and
elevate maternal wombs for all time and every place,
where life begins at conception.

adapted from the Litany to Jesus in the Womb of Mary

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DATE**
SAINT VIATOR THEATRE PRESENTS

*Big
Fish*

February 5-8, 2026

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Lily Maloney
Annabella Redel

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reel in tickets this January.

CONFIRMATION 

Vicariate I Spring 2026 Adult Confirmation

Preparation for Confirmation for Vicariate I parishioners
will be offered weekly on Mondays beginning Monday,
March 16, 2026, 7-9 p.m. at St. Edna Parish, Door #2,
2525 N. Arlington Heights Rd. Arlington Heights

Confirmation Mass at St. Edna Parish on Wednesday,
May 13, 2026 at 7 p.m.

Registration for preparation sessions closes on Monday,
February 27, 2026. Cost \$70/person.

Contact Lorie Crepeau for information and registration:
lcrepeau@stedna.org, 847.398.3362, ext. 325.

Be disciples of Christ

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ARLINGTON HEIGHTS

Make disciples of Christ

MASS SCHEDULE

Daily Mass: Mon. - Sat. 7:30 a.m. | Mon. & Wed. 12:00 p.m.

Saturday 5:00 p.m. Praise & Worship Ensemble
Sunday 7:00 a.m. Cantor and Organ
Sunday 8:30 a.m. Traditional Choir & Organ
Sunday 10:00 a.m. Contemporary Choir
Sunday 11:30 a.m. Contemporary Choir
Sunday 5:00 p.m. Praise & Worship Ensemble

PARISH OFFICE HOURS

Monday - Friday 9:00 a.m. - 4:00 p.m.

ANOINTING OF THE SICK

Contact the Parish Office (224) 345-7200 as soon as possible when your loved one is dying or has just begun hospice. Please use extension 2 after hours. The Anointing of the Sick may be administered to those dying as well as those who are not dying but are dealing with serious illness, major surgery, or advanced age. (The Last Rites includes Anointing, as well as Confession and Communion.) A person may be anointed more than once if needed.

PARISH STAFF AND PERSONNEL

Rev. Edward J. Pelrine, Pastor
frpelrine@stjamesah.org • 224-345-7222

Rev. Paul Stein, Associate Pastor
frstein@stjamesah.org • 224-345-7215

Rev. Michael Grzesik, Associate Pastor
frgrzesik@stjamesah.org • 224-345-7201

Rev. Bill Zavaski, Pastor Emeritus

James Bannon (Laura), Deacon
jbannon@archchicago.org • 847-577-6328

Johnny Burnett (Susan), Deacon
jburnett@stjamesah.org • 847-707-3360

School Principal, Dr. Greg Scalia
principal@stjamesesschoolah.org • 224-345-7145

Director of Operations, John Maher
jmaher@stjamesah.org • 224-345-7207

Finance Director, Judith Mulvihill
jmulvihill@stjamesah.org • 224-345-7203

Assistant Finance Dir./VIRTUS Administrator, Katie Sowa
ksowa@stjamesah.org • 224-345-7239

Music & Liturgy Director, Tamaron Conseur
tconseur@stjamesah.org • 224-345-7204

Stewardship & Development Director, Julie Jacobson
jjacobson@stjamesah.org • 224-345-7212



SACRAMENTS & DEVOTIONS

BAPTISM - Please contact the Parish Office with a preferred date one month in advance.

MARRIAGE - At least six months prior to your wedding, please contact the Parish Office to set a date.

HOLY HOUR - Thursday 6:00 - 7:00 p.m. in the church for procession of the blessed sacrament, evening prayer, and rosary

FIRST FRIDAY - Devotion to the Sacred Heart after the 7:30 a.m. Mass on the first Friday of each month

CONFESSION - Thursdays at 6:00 pm & Saturdays at 8:00 am

THE ADORATION CHAPEL - Open to the public, M-F from 6:30 a.m. - 8:30 p.m. and Sat & Sun 6:30 a.m. - 6:30 p.m.
Or sign up for a time at adorationpro.org/jamesil

Religious Education Coordinator, Bethany Larson
blarson@stjamesah.org • 224-345-7152

High School Ministry Coordinator, Joshua Jones
jjones@stjamesah.org • 224-345-7214

Middle School Ministry Coordinator, Dora Mendoza
dmendoza@stjamesah.org

Director of Digital Evangelization, Aurelio Garcia
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Administrative Assistant, Carly White
cwhite@stjamesah.org • 224-345-7213

Campus Minister, Marisa Pollastrini
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FOCUS Parish Missionary, Matt Marcheschi
mmarcheschi@stjamesah.org • 224-345-7210

Reception & Front Desk, Flo Trunk
fttrunk@stjamesah.org • 224-345-7200

Open Doors Ministry Coordinator, Kathryn Coughlin
kcoughlin@stjamesah.org

Campus Maintenance Engineer, Mike Tomasiewicz
mtomasiewicz@stjamesah.org • 224-345-7200 ext. 6128

Print & Digital Communications Specialist, Natalie Conseur
nconseur@stjamesah.org • 224-345-7217

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*i live
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2 Corinthians 5:7

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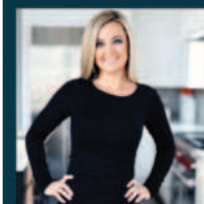


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"If only I had had a spiritual director from the beginning, then I would not have wasted so many of God's graces."
-St. Faustina

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