



SAINT JAMES PARISH

ARLINGTON HEIGHTS

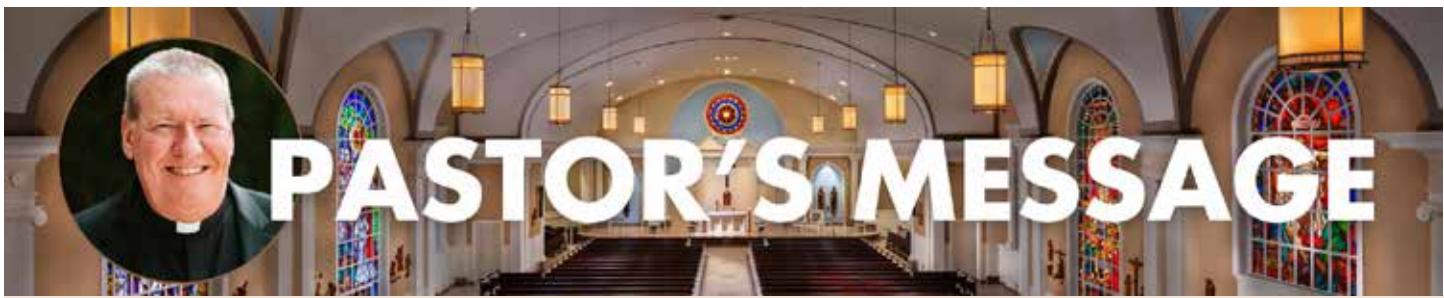


*Blessed are they
who hunger and thirst for righteousness,
for they will be satisfied.*

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**FEB 1
2026**



Today's Readings

First Reading

Seek the Lord in humility; He preserves a lowly, faithful people who trust Him and live without fear or wrongdoing.

Zephaniah 2:3; 3:12-13

Second Reading

God chooses the lowly and weak to shame the wise, so all boasting is in Him through Christ, our wisdom, righteousness, and redemption.

1 Corinthians 1:26-31

Gospel

Jesus blesses the humble, merciful, and faithful, teaching that God's kingdom belongs to those who trust Him, seek righteousness, and endure suffering with hope.

Matthew 5:1-12a

Dear Friends,

The Beatitudes, proclaimed by Our Lord in the Gospel of Matthew (Mt 5:1-12), are among the most beloved passages of Sacred Scripture. They are familiar to most Christians, though not always easily understood. At first glance, some of them appear comforting and attractive: hungering and thirsting for righteousness, showing mercy, being pure of heart, or working as peacemakers. These resonate with our natural desire for goodness and harmony. Others, however, can seem far less appealing—poverty of spirit, mourning, meekness, persecution, and being reviled. Why would Christ call these states “blessed”?

The Fathers of the Church help us see that Jesus is not praising suffering for its own sake, but revealing a deeper, spiritual reality. Read through Christian eyes, the Beatitudes unfold as a portrait of the life of grace. Poverty of spirit, as St. Hilary teaches, is humility: the recognition that all we have comes from God. Mourning, St. Jerome explains, can mean sorrow over sin—a grief that opens the heart to repentance and healing. Meekness, according to Chromatius, is not weakness, but the deliberate imitation of the gentleness of Christ, who is “meek and humble of heart.”

In the Sermon on the Mount, Jesus invites us into a new way of seeing both the world and ourselves. The Beatitudes challenge the values of power, comfort, and self-sufficiency, replacing them with trust, mercy, and love. They show us how to live each day: by choosing humility instead of pride, forgiveness instead of resentment, purity

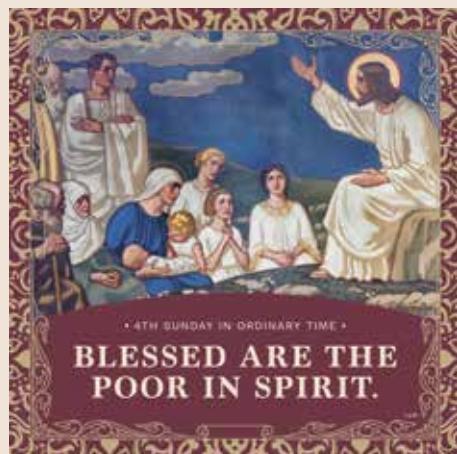
of intention instead of divided hearts. To hunger and thirst for righteousness is to seek God's will in our daily decisions—at home, at work, and in our relationships—especially when it costs us something.

St. Augustine reminds us that true blessedness cannot be found in passing circumstances. “Nothing can satisfy one who would not be satisfied with God,” he writes, for peace is born where faith shines, hope grows strong, and charity is set ablaze. The Beatitudes point us beyond the present moment toward the blessedness of Heaven, even as they shape our lives here and now.

St. Thomas More, preparing for martyrdom, captured this hope beautifully when he wrote to his family, “Pray for me and I will for thee that merrily we may meet in Heaven.” As we continue our Christian pilgrimage, let us take the Beatitudes to heart, striving to live them faithfully and praying for one another along the way.

God bless you,

Fr. Ed



UPCOMING EVENTS

ASH WEDNESDAY

Feb. 18, 2026

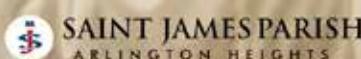
Mass Times

6:30 a.m.

7:30 a.m.

12:00 p.m.

7:00 p.m.



All Ash Wednesday events will occur in the church. Ash Distribution Only - 5:30-6:30 pm in the church.

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

FEB 17

DINNER AT 5PM • SPEAKER AT 6 PM



Speaker: Fr. Cristian Garcia

Topic:

"The Prayer of a
Newly-Ordained Priest"

CHILDCARE AVAILABLE

AGES 0-4

**LEARN
MORE
HERE**



STJAMESAH.ORG/ENCOUNTER/



ENCOUNTER

SAVE THE DATES

WOMEN OF ST. JAMES

Moms Plus

2026

Monthly meetups for moms and kids will take place in the Teen Room in the church basement on the second Friday of each month
9:00 - 11:00 a.m.

Spring Meetup Dates:
February 13, March 13, April 10, May 8



Join us for our Evening Speaker Series
February 26 from 6:30-8:30 PM
In the Teen Room (LL Church)

Alysa Clark

"Raising Servant-Hearted Kids"

Save the Date for our final Evening Speaker:
Thursday, April 30 (Laramie Room)

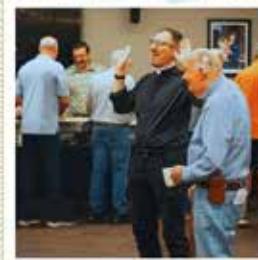


Please contact Rachel Lucas or Mary Jo Elsey
to be added to our email list or for more information
momsplus@stjamesah.org

 SAINT JAMES PARISH
ARLINGTON HEIGHTS

UPCOMING EVENTS

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

**“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.fmsc.org/get-involved/volunteer/>

Questions?? contact- blarson@stjamesah.org

MUSIC MINISTRY

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FREE CONCERTS

Rhapsody: 20th Century Classics

February 9, 2026
7 PM



Leah Kang



Tamaron
Conseur



Jay Shankar

VERDI: Requiem

March 12, 2026
7 PM



SAINT JAMES PARISH
ARLINGTON HEIGHTS

831 N. Arlington Heights Rd. Arlington Heights, IL



ST. JAMES SCHOOL PRESENTS



Baby Bulldogs ages 0-4, this one's for you! Come play, laugh, and mingle. Everyone is welcome. You don't have to be part of a St. James family to join. Bring a friend along!

Mondays from 8:30-9:30am @ St. James School

Feb. 2
Mar. 2
Apr. 13
May 4

REGISTER HERE



Please register and enter through the main office doors.
Follow us on social media for any date changes.

www.StJamesSchoolAH.org | 820 N. Arlington Heights Rd. | Arlington Hts., IL 60004



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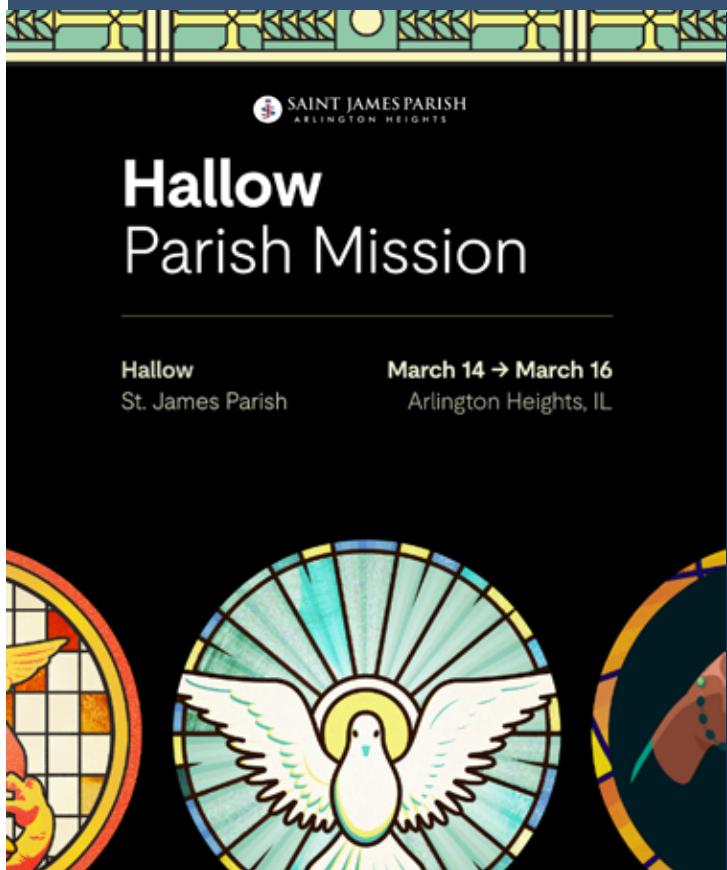
Cast & Crew

February 13-15, 2026

Please scan or visit www.StJamesSchoolAH.org for tickets



UPCOMING EVENTS



Hallow
Parish Mission

Hallow
St. James Parish

March 14 → March 16
Arlington Heights, IL

SAINT JAMES PARISH
ARLINGTON HEIGHTS

Read the One Letter: St. James A Lenten Bible Study

Our patron saint, St. James (the Lesser), cousin of Jesus himself, wrote one letter that we have in the New Testament.

Join Fr. Paul on the Mondays of Lent
beginning February 23
7:00-8:30pm
in the Laramie Room (Church
basement)

No sign-up necessary,
no cost, just bring
your Bible.



SAINT JAMES PARISH
ARLINGTON HEIGHTS

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 Hajduch
Dave Marcheschi
Tom Stengren



[8 St. James Parish • Arlington Heights, IL • \[stjamesah.org\]\(http://stjamesah.org\)](http://stjamesah.org/mens>Welcome/</p></div><div data-bbox=)

PARISH OPPORTUNITIES

Over 50 Group

Let's chase those winter blahs away with a Bingo Game

Location: Laramie Room

Friday, February 6
1:00 - 3:00 pm

Please bring a White Elephant, and we will enjoy a few laughs!
Refreshments will be served!

RSVP: Gerry 847-398-2097

Over 50 Group

Chinese New Year Luncheon

Tuesday, February 17 at 11:30 am
Chef Ping, 1755 W. Algonquin Rd. Rolling Meadows

Lunch Choices:

Combination Chow Mein
Mandarin Trio
Mongolian Beef
Seafood Thai Noodle

Also included are Tea, Soup, Fried Wonton Chip, Egg Roll, and Rice

Cost: \$20.00

Cash Bar Available

RSVP to Eva at 847-345-2305 with your menu choice
Deadline: February 14

SERVE THE KING OF KINGS

Altar Server Training

Please scan the QR Code to learn more.



SAINT JAMES PARISH
ELGIN HEIGHTS

sjamesoh.org/altar-server

OUR PRAYERS & INTENTIONS

Mass Intentions and Observances

Saturday, January 31

5:00 Kevin & Patrick Houlihan

Sunday, February 1

8:30 For the people of the parish
10:00 Donald A. Smith
John Vincent
Dale Gordon
Susan Terry

Monday, February 2 The Presentation of the Lord

7:30 John F. Kordek
Jose Nayre
12:00 Josephine Gillespie

Tuesday, February 3 St. Blaise

Wednesday, February 4

7:30 Walter Kragh
Andy Beattie
12:00 Anita & Frank Trunk

Thursday, February 5 St. Agatha

7:30 Alois "Lou" Simeth
Peter Poprawski

Friday, February 6 St. Paul Miki and Companions

7:30 Fr. Edward Pelrine*
Fr. Paul Stein*
Fr. Michael Grzesik*
Ann McCabe*
Helena Jochaniewicz
Elizabeth Lyman

*Indicates Living

In Loving Memory

Dominic Farry
Patrick O'Malley
Raffaela Loizzo
John Leonard

Please pray for our sick

Norine Naselli
Nicolas Leonardo
Andy Kaplan
Lucy Detlefsen
Melinda C.
Andrew Schnell
Barbara Reed
Barb Chidalek
Lucille Krajnik
Alice Blomquist
Therese McLorraine
James Smith
Dominic Farry
Richard M.
Fenie Kho
Ashley Abraham
Mary Kirwan

Recent Baptisms

Lily May Fleig, child of Ryan Fleig and Emily (Deis) Fleig
Chase Michael Pilli, child of Nicholas Pilli and Samantha Salvi

Dominic Joseph Horner, child of Christopher Horner and Martina (Pettenuzzo) Horner

Grady Joseph Sherrier, John Sherrier and Colleen (Goy) Sherrier
Risha Lourd Eugine, child of Nazareen Eugine and Shanthi Lourd

Readings for the week of February 2

Monday: Mal 3:1-4/Ps 24:7-10/Heb 2:14-18/Lk 2:22-40
Tuesday: 2 Sm 18:9-10, 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, 6, 7/Mk 6:1-6
Thursday: 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12/Mk 6:7-13
Friday: Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29
Saturday: 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34
Next Sunday: Is 58:7-10/Ps 112:4-5, 6-7, 8-9/1 Cor 2:1-5/Mt 5:13-16

Celebrant Schedule February 7-8

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



Practicing Catholic

By Colleen Jurkiewicz Dorman

How similar we all are in sin. How similar we all are in potential. How different we look to the world. And yet, how wondrous it is that we are all offered the same hope: "Rejoice and be glad, for your reward will be great in Heaven."

©LPI

PARISH INFORMATION

Thank you, St. James Community, for your contributions during December, 2025

Sunday Collections	Budgeted	Actual	Variance
	\$257,600.00	\$344,353.00	\$86,753.00
		Envelopes: \$210,226.00	
		Online Giving: \$134,127.00	
Christmas Collection	Budgeted	Actual	Variance
	\$110,000.00	\$133,166.23	\$23,166.23
		Envelopes: \$111,971.98	
		Online Giving: \$211,94.25	

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

ARCHDIOCESE & PARISH NEWS



Grief Support Group

What are we all about:

Our grief support is a ministry at St. James for conversation and friendship with others who have also experienced a loss. Our group meets twice a month.

For more information, please contact:
griefsupport@stjamesah.org

SAINT JAMES PARISH
ARLINGTON HEIGHTS

"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:

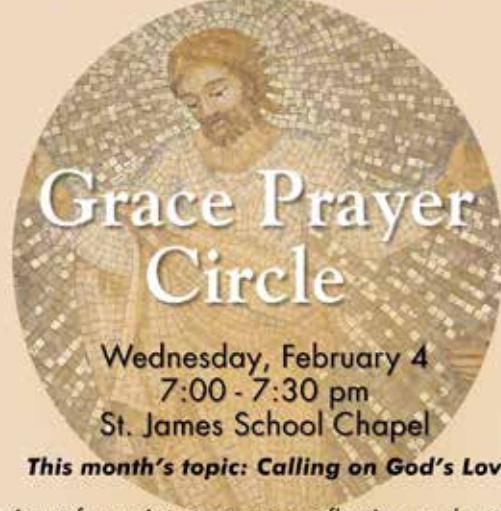
- February 9th 7pm at St. Francis de Sales, Lake Zurich
- March 9th 7 pm at St. John the Evangelist, Streamwood
- April 13, 7:30 pm at St. Alexander Parish, Palos Heights
- May 18, 7:00 p.m. Online (via Zoom)

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

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

Be disciples of Christ

820 N. Arlington Heights. Road
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www.stjamesah.org

SAINT JAMES PARISH
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@stjameschoolah.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

Welcome!

So glad you are here with us.

Stop by our table at the
10 a.m. Mass every Sunday.



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
agarcia@stjamesah.org • 224-345-7218

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
fftrunk@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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2026 Catholic Calendar

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Dr. Ernest Costello and his
family are Parishioners of
St. James Catholic Church

i live
by faith.
2 Corinthians 5:7



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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



*PARISHIONER

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