



# SAINT JAMES PARISH

## ARLINGTON HEIGHTS



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

**FEB 1**

**2026**

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THE FOURTH SUNDAY IN ORDINARY TIME



## 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.



SAINT JAMES PARISH  
ARLINGTON HEIGHTS

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

CHILDCARE AVAILABLE  
AGES 0-4

**LEARN  
MORE  
HERE**



Speaker: Fr. Cristian Garcia  
Topic:  
"The Prayer of a  
Newly-Ordained Priest"



[STJAMESAH.ORG/ENCOUNTER/](https://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](mailto: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  
ABELINGTON HEIGHTS

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

—Matthew 25:35

FEED MY  
STARVING  
CHILDREN



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

sacred sounds  
*concert* series

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## FREE CONCERTS

# Rhapsody: 20th Century Classics

February 9, 2026  
7 PM



Leah Kang



Jay Shankar



Tameron  
Conseur

# 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

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



[www.StJamesSchoolAH.org](http://www.StJamesSchoolAH.org) | 820 N. Arlington Heights Rd. | Arlington Hts., IL 60004

REGISTER HERE



St. James School Broadway Bulldogs

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Disney • PIXAR  
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JR.



February 13-15, 2026

Please scan or visit [www.StJamesSchoolAH.org](http://www.StJamesSchoolAH.org) for tickets



## UPCOMING EVENTS

SAINT JAMES PARISH  
ARLINGTON HEIGHTS

# Hallow Parish Mission

Hallow  
St. James Parish

March 14 → March 16  
Arlington Heights, IL

### *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 Hajdich  
Dave Marcheschi  
Tom Stengren



[stjamesah.org/mens-welcome/](http://stjamesah.org/mens-welcome/)



## 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  
PALMINGTON HEIGHTS

[stjamesoh.org/altar-server](http://stjamesoh.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

Raffaella Loizzo

John Leonard

## 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

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 Pili**, child of Nicholas Pili 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 Eugene**, child of Nazareen Eugene 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**

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

## 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.  
[sjeearthshepherds@gmail.com](mailto:sjeearthshepherds@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](mailto: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](mailto:kcoughlin@stjamesah.org)

**Loaves and Fishes** provides lunches for those experiencing homelessness in Chicago's Uptown neighborhood.  
[stjameslandf@gmail.com](mailto: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](mailto: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](mailto: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](mailto:ministryofcare@stjamesah.org)

**Moms Plus** provides support and fellowship to Catholic moms. This group is part of Women of St. James.  
[momsplus@stjamesah.org](mailto: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](mailto: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](mailto:stecstan@sbcglobal.net)

**PADS Outreach** provides safety, temporary shelter and services to the unhoused.  
[st.james.pads@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:wosjministryleads@gmail.com)

## ARCHDIOCESE & PARISH NEWS



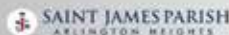
### Grief Support Group

What are we all about:

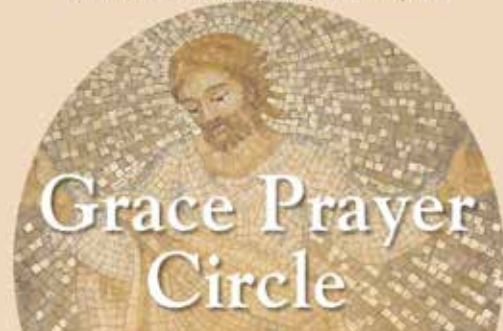
Our grief support is a ministry at St. James for conversation and friendship with others who have also experienced a loss.

Our group meets twice a month.

For more information, please contact:  
[griefsupport@stjamesah.org](mailto:griefsupport@stjamesah.org)



Meeting Mental Health  
With Grace  
A mental health ministry through  
St. James, St. Edna & Our Lady of the Wayside



### Grace Prayer Circle

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](mailto:mentalhealthministry@stjamesah.org)

*"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.



# Be disciples of Christ

820 N. Arlington Heights. Road  
Arlington Heights, IL 60004  
(224) 345-7200  
[www.stjamesah.org](http://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](mailto:frpelrine@stjamesah.org) • 224-345-7222

Rev. Paul Stein, Associate Pastor  
[frstein@stjamesah.org](mailto:frstein@stjamesah.org) • 224-345-7215

Rev. Michael Grzesik, Associate Pastor  
[frgrzesik@stjamesah.org](mailto:frgrzesik@stjamesah.org) • 224-345-7201

Rev. Bill Zavaski, Pastor Emeritus

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

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

School Principal, Dr. Greg Scalia  
[principal@stjamesesschoolah.org](mailto:principal@stjamesesschoolah.org) • 224-345-7145

Director of Operations, John Maher  
[jmaher@stjamesah.org](mailto:jmaher@stjamesah.org) • 224-345-7207

Finance Director, Judith Mulvihill  
[jmulvihill@stjamesah.org](mailto:jmulvihill@stjamesah.org) • 224-345-7203

Assistant Finance Dir./VIRTUS Administrator, Katie Sowa  
[ksowa@stjamesah.org](mailto:ksowa@stjamesah.org) • 224-345-7239

Music & Liturgy Director, Tamaron Conseur  
[tconseur@stjamesah.org](mailto:tconseur@stjamesah.org) • 224-345-7204

Stewardship & Development Director, Julie Jacobson  
[jjacobson@stjamesah.org](mailto: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](http://adorationpro.org/jamesil)

Religious Education Coordinator, Bethany Larson  
[blarson@stjamesah.org](mailto:blarson@stjamesah.org) • 224-345-7152

High School Ministry Coordinator, Joshua Jones  
[jjones@stjamesah.org](mailto:jjones@stjamesah.org) • 224-345-7214

Middle School Ministry Coordinator, Dora Mendoza  
[dmendoza@stjamesah.org](mailto:dmendoza@stjamesah.org)

Director of Digital Evangelization, Aurelio Garcia  
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Campus Minister, Marisa Pollastrini  
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FOCUS Parish Missionary, Matt Marcheschi  
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Reception & Front Desk, Flo Trunk  
[fttrunk@stjamesah.org](mailto:fttrunk@stjamesah.org) • 224-345-7200

Open Doors Ministry Coordinator, Kathryn Coughlin  
[kcoughlin@stjamesah.org](mailto:kcoughlin@stjamesah.org)

Campus Maintenance Engineer, Mike Tomasiewicz  
[mtomasiewicz@stjamesah.org](mailto:mtomasiewicz@stjamesah.org) • 224-345-7200 ext. 6128

Print & Digital Communications Specialist, Natalie Conseur  
[nconseur@stjamesah.org](mailto:nconseur@stjamesah.org) • 224-345-7217

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important  
to you?  
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for your  
future together.



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2 Corinthians 5:7

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