



# SAINT JAMES PARISH

## ARLINGTON HEIGHTS

# Making Disciples



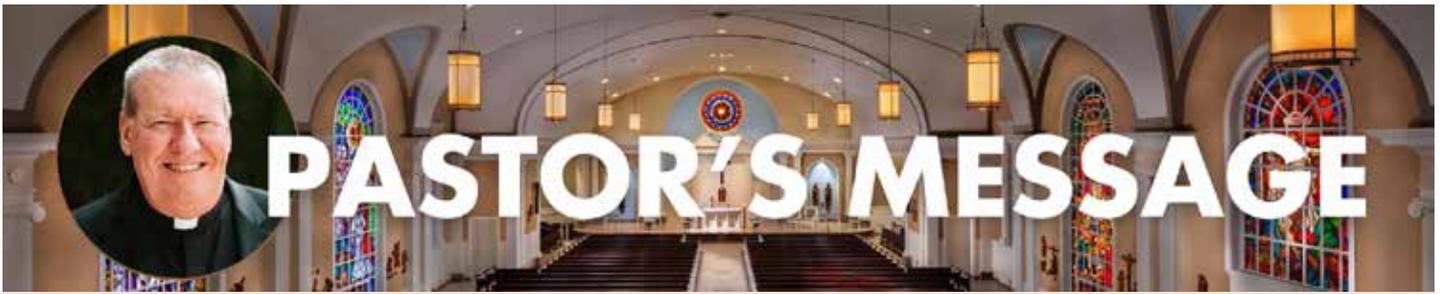
January & February, 2026

FEB 22

2026

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## Today's Readings

### First Reading

God forms man and woman, placing them in the paradise of Eden. Tempted by the serpent, they distrust God, disobey, and experience separation from Him.

*Genesis 2:7-9; 3:1-7*

### Second Reading

Through Adam, sin and death entered the world; through Christ's obedience, grace and righteousness abound, bringing justification and life to many.

*Romans 5:12-19*

### Gospel

Jesus fasts in the wilderness and resists Satan's temptations through Scripture, remaining faithful to God and revealing His obedient Sonship.

*Matthew 4:1-11*

Dear Friends,

Every year at this time we hear the account of the temptation of Jesus in the desert. This happens soon after Jesus' Baptism in the Jordan River, where he sees the Holy Spirit descend upon him, and hears the Father's voice saying, "You are my beloved Son, in whom I am well pleased." In this moment, heaven is opened, and Christ's divine identity and mission are revealed before He begins His public ministry.

Satan uses the first two temptations (lust and pride) with the attempt to cast doubt saying, "If you are the Son of God..." with the emphasis on "if." The strategy is to undermine trust in the Father and distort Jesus' understanding of His mission. The third temptation tries to entice Jesus to worship the Enemy by offering worldly power and glory. Jesus responds firmly, "Away with you, Satan!"

Jesus' entire earthly ministry, as well as His passion and death, are part of a cosmic spiritual war, the first salvo of which was the temptation and original sin of Adam and Eve. As St. Paul wrote, "the wages of sin is death" (Romans 6:23). Just as a soldier receives pay for his service, sin produces a deserved consequence, which is death: physical death, spiritual separation from God, and eternal

punishment (the "second death" or hell). We are reminded of the seriousness of sin and the need for redemption.

St. Paul continues in Romans 6, "but the gift of God is eternal life through Jesus Christ our Lord." Jesus has won the war and conquered sin and death. He gratuitously offers this victory, which He gained through His Death and Resurrection, to us. This Lent we are asked to take up arms in this spiritual battle with renewed commitment and vigilance.

Through prayer, fasting, and almsgiving, we can open ourselves more and more to His grace. Through these practices, and through the sacraments (particularly confession) we can more successfully reject "the lust of the flesh and the lust of the eyes and the pride of life, which is not of the Father but is of the world" (1 John 2:16).

May the Lord strengthen you on this Lenten journey, grant you perseverance in temptation, and fill you with the peace that comes from trust in Him.

God bless you,

Fr. Ed

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## Lenten Regulations

**FASTING:** Catholics ages 18–59 are required to fast on Ash Wednesday and Good Friday. Fasting means eating one full meal and two smaller meals that don't add up to a full meal. Snacking between meals is not allowed

**ABSTINENCE:** Catholics ages 14 and older are required to abstain from meat on Ash Wednesday and all Fridays of Lent.

# COMING UP FOR LENT

## 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.

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



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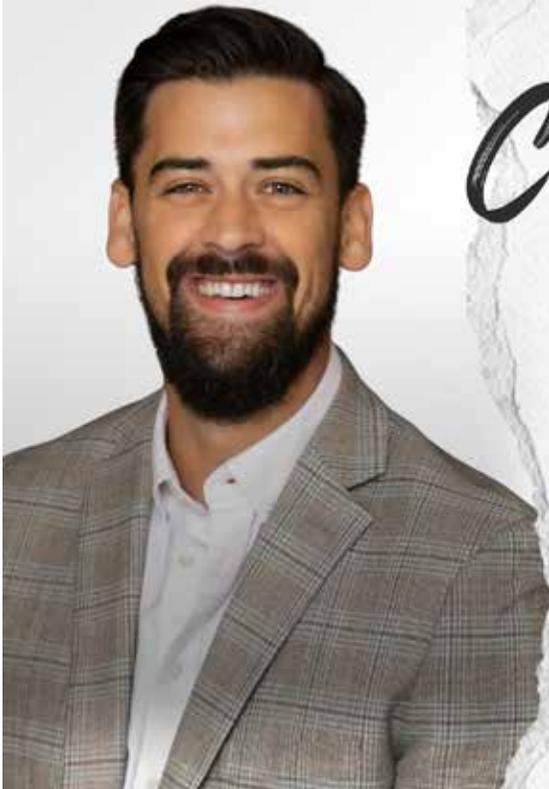
## Lent Observances

Additional Daily Mass  
Monday - Friday during Lent  
12:00 pm  
in the church

Stations of the Cross  
Fridays during Lent  
7:00 pm  
in the church

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JOIN US THIS LENT TO DEEPEN YOUR PRAYER LIFE.



## BUILDING A *Culture of* MARCH 14-16 *Prayer*

Saturday-Monday  
6:30-8:00 p.m.

  
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ARLINGTON HEIGHTS



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

# SACRED SOUNDS CONCERT

Experience  
the drama  
and beauty.

sacred sounds  
*concert* series

*Uniting Communities Through Music, Truth, and Beauty.*

# VERDI Requiem



**FREE CONCERT IN THE CHURCH**

March 12 • 7:00 PM

[STJAMESAH.ORG/SACRED-SOUNDS](http://STJAMESAH.ORG/SACRED-SOUNDS)

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# SUMMER PROGRAMS



 SAINT JAMES PARISH  
RELIGIOUS EDUCATION

# Save the Date Summer Intensive

June 8- 19, 2026

9:00am - 2:00pm Monday - Friday

The Summer Intensive Program is offered as an alternative to the traditional Tuesday night program held during the school year. This program is for students in grades 3-5 who have already made the sacraments of Reconciliation and First Holy Communion. Each week we will spend time building community, learning about our faith and practicing our faith in service to others. We will have time for fun summer activities, while fostering spiritual growth through interactive lessons and opportunities for prayer.

Registration opens April 1st!



Contact: [blarson@stjamesah.org](mailto:blarson@stjamesah.org)

# save the date

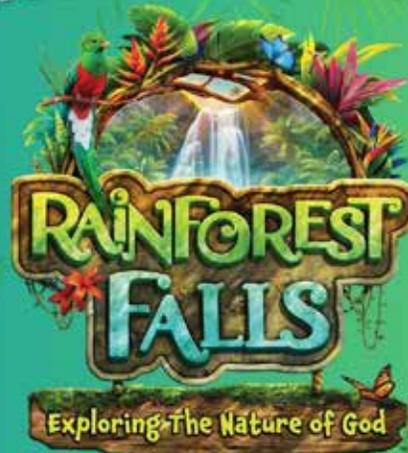
## ST. JAMES VBS 2026

JUNE 8-11

9:00am-12:00pm

JUNE 12 - family picnic

5:30pm - 7:30pm



# REGISTER APRIL 1

## Cost: \$75.00

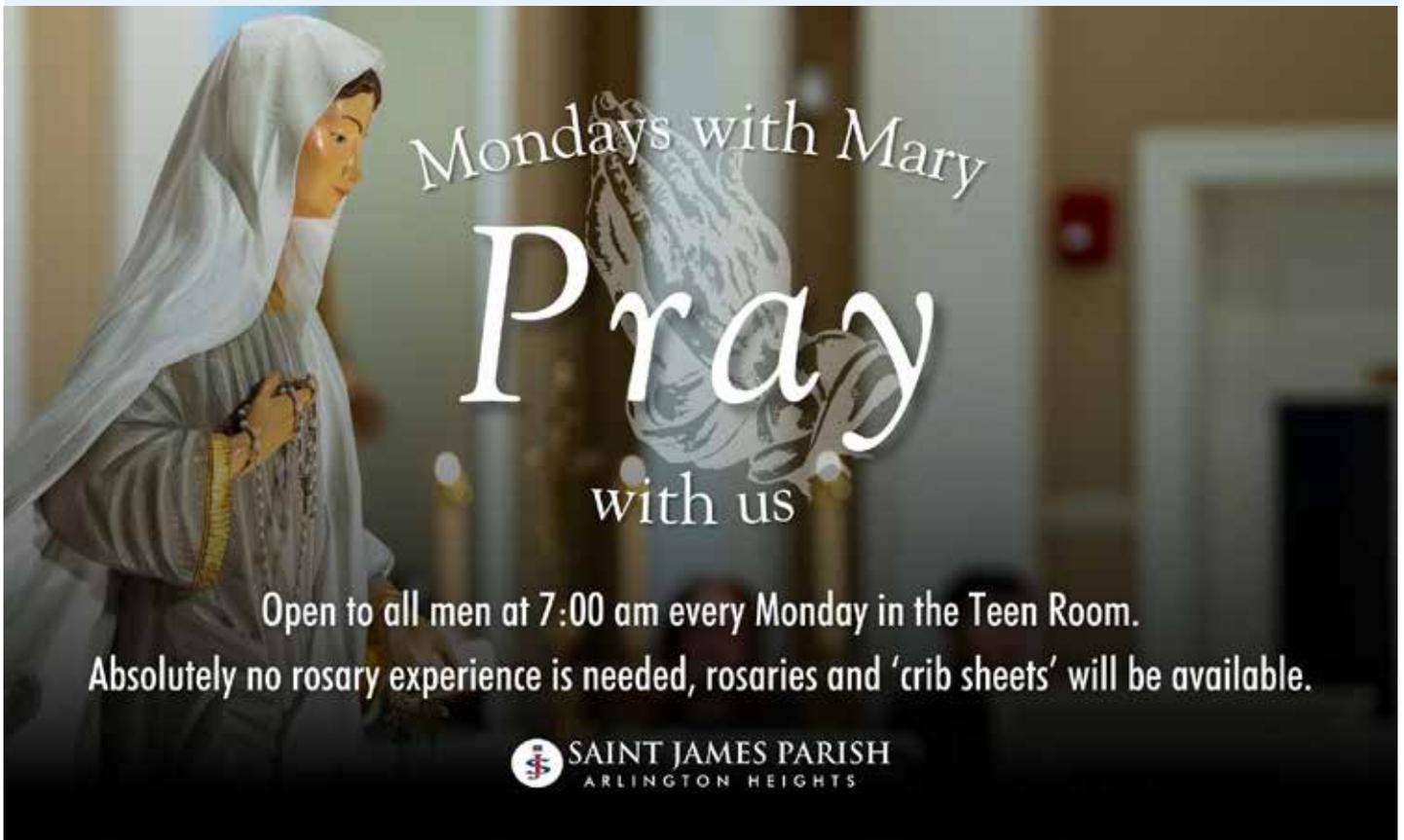
Contact Kathryn Coughlin for more info  
[stjamesvbs@stjamesah.org](mailto:stjamesvbs@stjamesah.org)

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PARISH NEWS & EVENTS



Coming July 2026!  
St. James Theatre  
presents  
**Seussical**<sup>TM</sup>  
Auditions April 2026  
Visit [www.stjamestheatre.org](http://www.stjamestheatre.org) for more information!



Mondays with Mary  
**Pray**  
with us

Open to all men at 7:00 am every Monday in the Teen Room.  
Absolutely no rosary experience is needed, rosaries and 'crib sheets' will be available.

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# PARISH NEWS

## A Special Message

The Little Sisters of the Poor from St. Joseph's Home for the Aged in Palatine will be at the Masses at St. James on the weekend of February 28th and March 1st to share information about their mission.

Sisters welcome the neediest elderly, regardless of race or religion, as they would welcome Christ himself, and care for them as family until the moment when Our Lord calls them to himself. There will be a second collection for St. Joseph's Home as well. Visit their website to read more, make a donation, or submit a prayer request, which will go directly to a sister.



[littlesistersofthepoortalatine.org](http://littlesistersofthepoortalatine.org)

## Moms Plus 2026

### Evening Speaker Event

February 26 from 6:30-8:30 PM  
In the Teen Room (LL Church)

### Alysa Clark "Raising Servant-Hearted Kids"

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:

March 13, April 10, May 8

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)

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## Looking for some fun on the golf course?



### St. James Women's 9-hole Golf League

- Weekly Golfer or Sub.
- Fridays at Arlington Lakes Golf Course,
- May through September (8:00 am)
- Any level of golfer
- We offer A, B, C, and D divisions

Contact Mary Beth Pettenuzzo  
[pettenuzzofamily@gmail.com](mailto:pettenuzzofamily@gmail.com)  
847-542-0876

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## Women's Day Retreat

"Where Faith Grows and Roots Deepen."

Create meaningful connections with fellow women of our parish.

When: Saturday, April 25

Where: St. James Parish

Contact:

[siwomenswelcomechrp@gmail.com](mailto:siwomenswelcomechrp@gmail.com)



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

SAINT JAMES PARISH  
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# SCHOOL & PARISH



TICKETS AND  
INFO HERE!

LADIES NIGHT OUT INVITES YOU TO A NIGHT  
IN OF FUN AND FUNDRAISING TO SUPPORT  
OUR ST. JAMES SCHOOL BULLDOGS!



## PJ's and Prosecco

ALL LADIES ARE WELCOME!

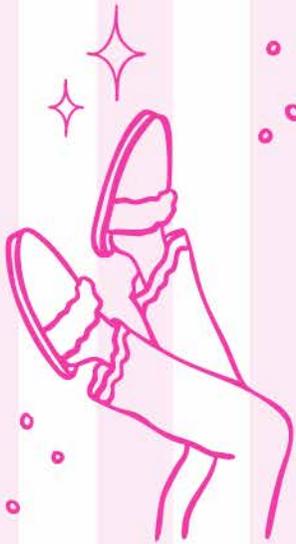
SATURDAY MARCH 7, 7PM

ST. JAMES GYM

IF YOU CAN'T MAKE THE EVENT, YOU  
CAN STILL PURCHASE GRAND PRIZE  
RAFFLE TICKETS!

GETAWAY TO KOHLER WISCONSIN

ENJOY DELUXE ROOM ACCOMMODATIONS FOR  
TWO NIGHTS AT THE AMERICAN CLUB AND A \$500  
GIFTCARD TO USE AT THE SPA, GOLF OR DINING.



*Congratulations to the cast and crew  
of our Broadway Bulldogs presentation  
of Finding Nemo Jr.!*

## Disney • PIXAR FINDING NEMO JR.

A heartfelt thank you to all  
of our cast, crew, parents, and  
volunteers who helped make  
this production such a success!  
Your time, talent, dedication,  
and behind-the-scenes support  
brought everything together  
beautifully. We are so grateful  
for the countless hours and  
teamwork that made this  
show truly special.  
Bravo to everyone involved!

# PARISH NEWS

## 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



# Hallow

## PRAYER CHALLENGE

Join us on the Hallow App as we journey through "Pray40" starting February 18, 2026, Ash Wednesday! It is FREE!



<https://hallow.com/communities/1693/>



# OUR PRAYERS & INTENTIONS

## Mass Intentions and Observances

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### Saturday, February 21

5:00 Joseph Lang  
Marcin Bukowski  
Jay Burger  
Kevin & Patrick Houlihan  
David Lindemann  
Steve Churak

### Sunday, February 22 1st Sunday of Lent

7:00 For the people of the parish  
8:30 Richard & Catherine Lyons  
Hy Lai  
10:00 Joyce Kochan  
John Vincent  
Ed Cahill (2nd Anniv)  
Paul Rinaldi  
11:30 Gretchen & Bill Cronin  
5:00 For the people of the parish

### Monday, February 23 St. Polycarp

7:30 John F. Kordek  
12:00 Thomas Roy Larson  
Jane & Al Klein

### Tuesday, February 24

7:30 Joyce Kochan  
Aldo Coda  
Mickie Udell  
Teresa Szott  
12:00 Adelaida Rodriguez  
Lourdes Rodriguez

### Wednesday, February 25

7:30 Arlene Brescia  
Joe Freda  
Rosemarie O'Leary (25th Anniv.)  
Bill and Joan Gallagher  
Dr. Ricardo Cruz  
12:00 Joseph Hertvik  
Gilmour Krogstad  
Mariusz & Barbara Owczarczak \*

### Thursday, February 26

7:30 Br. Camillus Dulude OFM CONV.  
Deacon Pierce Sheehan (2nd Anniv.)  
12:00 Jersey Jankowski

### Friday, February 27 St. Gregory of Narek

7:30 Philip Krueger  
12:00 Francesco Barbaro

\*Indicates Living

## In Loving Memory

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Dr. Ricardo Cruz  
Dolores Morgan

## Please pray for our sick

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Norine Naselli  
Nicolas Leonardo  
Andy Kaplan  
Lucy Detlefsen  
Melinda C.  
Andrew Schnell  
Barbara Reed  
Barb Chidalek  
Lucille Krajnik  
Alice Blomquist  
Richard M.  
Ashley Abraham  
Mary Kirwan  
Evelyn Mutzabaugh  
Nicolas Del Real  
Olga Del Real  
Maria Teresa Alvarez  
Narcisa Lucas

## Recent Baptisms

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**Mallory Emery Knox**, child of  
Garrett Knox and Emily (Widger) Knox

**Marcelina Ava Baczek**, child of  
Mateusz Baczek and Maria (Samson) Baczek

## Readings for the week of February 23

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**Monday:** Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46  
**Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15  
**Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32  
**Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-8/Mt 7:7-12  
**Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26  
**Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48  
**Next Sunday:** Gn 12:1-4a/Ps 33:4-5, 18-22/2 Tm 1:8b-10/Mt 17:1-9

## Celebrant Schedule Feb. 28 - March 1

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

# PARISH INFORMATION

Beyond Sunday  
**Worship**  
with us during the week

**Lent Daily Mass**  
Monday - Saturday at 7:30am  
Monday - Friday at Noon

## 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](mailto: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](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)

## YOU MIGHT BE INTERESTED IN

### KNIGHTS OF COLUMBUS

# Friday Fish Frys

March 6, March 13, March 20, March 27

Dinner Buffet Served from 5:00–7:30 PM  
At the KC Hall, 15 N. Hickory Ave, Arlington Heights

Buffet includes: deep fried cod, baked cod, tater rounds, coleslaw, mostaccioli, cornbread, french bread and complimentary coffee.

Adults: \$17  
Children 5 to 12 years: \$8  
Children under 5 years: Free  
Carryout \$15  
Cash, Credit and Debit Cards Accepted

#### Proceeds support:

3/6 St. James, 3/13 Gerry's Café, 3/20  
St. Edna, 3/27 Our Lady of the Wayside

The Knights Thank You for Your Support!

### Walking in the Footsteps of St. Augustine

2026 Multi-Parish Mission

March 9, 10 & 11  
7:00 - 8:30pm

Hosted by St. Edna Church

Speakers:

Fr. Thomas R. McCarthy, OSA,  
Br. David Marshall, OSA  
Br. David Relstab, OSA

Each topic will be built upon each other as we encounter the dynamics of restlessness, scripture, and grace in the Augustinian Spiritual life.

Everyone is invited!

Bring a friend! Bring your neighbor!

Sponsored by St. Clare of Assisi, St. Mary, St. James, Our Lady of the Wayside, and hosted each night at St. Edna!

2525 N. Arlington Heights Rd, Arlington Heights, IL 60004



From Rough Waters to Steady Ground

# MEN'S WELCOME

## RETREAT

FEBRUARY 28-MARCH 1

Register Today!



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

Be disciples  
of Christ

820 N. Arlington Heights. Road  
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(224) 345-7200  
www.stjamesah.org

 SAINT JAMES PARISH  
ARLINGTON HEIGHTS

Make  
disciples  
of Christ

## LENTEN MASS SCHEDULE

Daily Mass: Mon. - Fri. 7:30 a.m. & Noon | Sat. 7:30 a.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. William 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@stjamesah.org • 224-345-7145

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

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

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

Assistant Director of Music, Dr. Leah Kang  
lkang@stjamesah.org • 224-345-7221

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

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



## 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)

Director of Digital Evangelization, Aurelio Garcia  
agarcia@stjamesah.org • 224-345-7218

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

Administrative Assistant, Carly White  
cwhite@stjamesah.org • 224-345-7213

Campus Minister, Marisa Pollastrini  
mpollastrini@stjamesah.org • 224-345-7223

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

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

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

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

Sacramental Records, Patty Reilly  
preilly@stjamesah.org

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

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SUPPORT  
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**Edward Jones**

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What's important to you? Let's plan for your future together.



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(224) 576-0090



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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