

St. James Parish Newsletter

March & April 2015

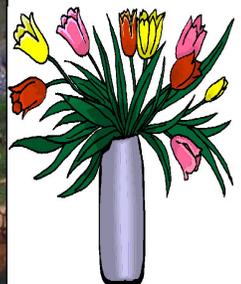
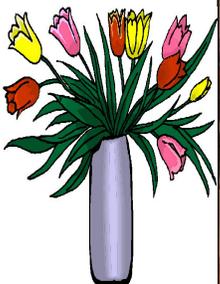
RITE OF ACCEPTANCE
Into Full Communion
(with Confirmation)
JANUARY 25, 2015



Erica Mikulecky (Catechumen),
Andrew Gebel & Tony Meneses (Candidates)



Erica Mikulecky being signed by her sponsor
Matthew Mikulecky.



(Left to Right): Erica & Matthew Mikulecky, Andrew & Chelsey Gebel, Tony & Atricia Meneses. Jackie & Teddy Meneses

RCIA RITE OF ACCEPTANCE (Pictured on Cover)

We recently had our Rite of Acceptance/Welcome of our catechumen, Erica Mikulecky, and our candidates Andrew Gebel and Tony Meneses. Congratulations! They have been in RCIA preparing to receive the Easter sacraments. Let's keep them in prayer. Make them feel welcome when you see them.

Last year we had no catechumens or candidates. Let's start inviting so we have an increase next year.

Nick Wagner, founder and president of TeamRCIA.com writes "If we have no catechumens at our Easter Vigil, what does that say about our parish as an evangelizing community? This is not an idle question. According to statistics from the Center of Applied Research in the Apostolate at Georgetown University, the number of adult baptisms has dropped by approximately half since 2000. The reason baptisms are declining is not because we have accomplished the mission and there is no one left who needs to hear the good news. The Pew Research Group reports that 'the number of Americans who do not identify with any religion continues to grow at a rapid pace.' The Pew study suggests that young adults, in particular, are steering clear of organized religion because of political backlash, broad social disengagement, secularization of American society...It might seem odd to say it, but this moment of crisis can also be a moment of hope—a moment of grace. We Catholics always have been a little shy about sharing our faith. Now, we have no choice. If we are going to grow as a church, and, more important, if we are going to continue to spread the Gospel, we will have to learn (or relearn) how to live our faith out loud."

2015 Cluster Liturgical Events

COMMUNAL RECONCILIATION

ST. Mary
Saturday, March 21, 10:30 a.m.

Good Shepherd
Tuesday, March 24, 7:00 p.m.

TRIDUUM/EASTER-----

Holy Thursday	April 2
Good Friday	April 3
Holy Saturday	April 4
Easter Sunday	April 5

GOOD SHEPHERD

HOLY THURSDAY

Mass of the Lord's Supper 7:30 p.m.
(Adoration of the Blessed Sacrament one hour after Mass)

GOOD FRIDAY

Celebration of the Lord's Passion 7:00 p.m.

HOLY SATURDAY

Easter Vigil 8:00 p.m.

EASTER SUNDAY 8:30 a.m., 11:00 a.m.

ST. JAMES

HOLY THURSDAY

Mass of the Lord's Supper 7:00 p.m.

GOOD FRIDAY

Celebration of the Lord's Passion 1:00 p.m.

HOLY SATURDAY

Blessing of the Food (Chapel) 11:00 a.m.

Easter Vigil 8:00 p.m.

EASTER SUNDAY 8:15 a.m., 10:30 a.m.

ST. MARY

HOLY THURSDAY

Morning Praise 8:00 a.m.

Mass of the Lord's Supper 7:00 p.m.

(Adoration of the Blessed Sacrament after Mass
until 8:00am on Good Friday) in Church

GOOD FRIDAY

Celebration of the Lord's Passion 12:30 p.m.

HOLY SATURDAY

Easter Vigil 8:00 p.m.

EASTER SUNDAY 8:00 a.m., 10:30 a.m.

Easter Blessing of Food

The Easter blessing of food owes its origin to the fact that particular foods, namely, fresh meat and milk products, including eggs, were forbidden in the Middle Ages during the Lenten fast and abstinence. When the feast of Easter brought the rigorous fast to an end, and these foods were again allowed at table, the people showed their gratitude and joy by first taking the food to church for a blessing. Moreover, they hoped that the Church's blessing on such edibles would prove a remedy for whatever harmful effects the body might have suffered from a long period of self-denial. Today the Easter blessing of food is still celebrated in the Catholic Church.



The blessing also recognizes that food itself has an important place in the Resurrection story. Proving that He was truly risen, in Luke's Gospel, Jesus asked for something to eat. He also ate with the disciples on other occasions; and in Acts, St. Peter testified that they had eaten with the risen Lord.

Although many ethnic groups celebrate the blessing, each culture has made its own adaptations regarding the foods, prayers and ways to decorate the baskets.

Each food has a symbolic meaning. The meat is a sign of abundance and the symbol of the end of Lenten penance. The hard-boiled eggs symbolize the tomb and new life. Butter and cake in the shape of the lamb remind us that Jesus is the Lamb of God, sacrificed for humanity's sins. Salt may also be included because it is necessary to sustain life and a reminder to be the "salt of the earth". Candles in the basket acknowledge that Christ is the light of the world.

On Holy Saturday, April 4th, at 11:00 A.M., Deacon Mike will be blessing Easter baskets in the Chapel. (The original church.) If you wish, please join us in this celebration and start your own family tradition.

Sunday Evening Mass at 5:30

Beginning on **February 22nd** and going through **March 29th**, we will be celebrating Liturgy at 5:30 p.m. on Sunday Evenings. This **parish mass** will be held on Sunday evenings for the 6 weeks of Lent. The youth who attend classes on Sunday nights will be serving at this mass. Their class time will change slightly. The schedule is as follows;

4:30 Classes (Early)

4:30 - 5:30 Meet with your group in classrooms

5:30 - Go to church with your group for mass

6:30 - Kids get picked up after mass to go home

6:30 Classes (Late)

5:30 - 6:30 - Meet your group in Church for mass

6:30 - 7:30 - Meet with your group in classrooms

7:30 - Kids get picked up to go home

We hope you can join us for this special time of prayer. Together our families can make this a Lent like no other!

Contact the CF office at 251-0897 for more Information on any of these opportunities.

“Fellowship” Update

What is it? Food, faith, and friends following Mass in the main gathering area

When is it? *Usually*, the first full weekend of each month, upcoming dates are: **March 7th/8th**, **April 11th/12th** (pushed to 2nd weekend due to Easter), **May 2nd/3rd** (mark your calendars)!

Who is it for? Everyone!

How can I help?

1. Just bring something yummy to share when you come to Mass. Drop it off at the kitchen window in the gathering area.
2. Volunteer to help with set up or clean up (this is a simple job for a few people or a family)
3. Be on the “Fellowship Bakers” list...for those of you that like to bake but are busy and sometimes forgetful (like me), you will receive an email the Monday before “fellowship weekend” reminding you that it’s time to bake. This is, by no means, a contract that you **MUST** bake every month...it’s just a simple way for us to get more people involved and helps assure that there will be enough food for our gatherings.

To volunteer to be a part of this ministry, contact Fellowship Coordinator, Kim Boho at tboho@wi.rr.com or text 262-224-1350. Thank you!



ADORATION TAKES PLACE IN THE CHAPEL EVERY TUESDAY 8:30 AM—6:00 PM
Please consider joining us for prayer.



Step Up to the Plate at St. James!

The annual Stewardship Fair will be the weekend of March 7th and 8th. As the season starts to change (hopefully!), we start thinking about baseball and spring training. We have a wonderful team of folks helping in many ways here at St. James. The roster has many positions openso come and see which one is right for you! Veterans and rookies all are welcome! See you at the fair. **Batter up!**

St. James Parish 2015 “Shamrock” CASH RAFFLE



Great Odds to Win!



\$2,500 Cash
Grand Prize Plus 9
Additional Cash Prizes!!!

Only 600 Tickets Will Be Sold!!!

What makes this year’s “Shamrock” Cash Raffle so special? **Only 600 tickets will be sold! If you purchase 1 ticket your odds of winning a prize are 1 in 60! If you purchase 2 tickets your odds of winning a prize are 1 in 30!** Those are some great odds!!!

The price for 1 ticket is \$25. You can win big with a grand prize of \$2,500 or one of 9 other cash prizes!

If you are interested in buying tickets, they are available at the church office or by calling the office at **262-251-3944**. Remember, only **600** tickets will be available so **get them while they last!** Winners will be drawn on Tuesday, March 17, 2015 at St. James Church in the Parish Office at 9:00 AM.

Clip and return order form to:
St. James Catholic Church
W220 N6588 Town Line Road
Menomonee Falls, WI 53051

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Tickets Ordered: _____ @ \$25.00 each

Check # _____ enclosed for \$ _____

(By completing this coupon with payment, you hereby authorize St. James to fill in your name and other information onto your ticket stub and place in the raffle bin.)

Lic. No. R0001385A-10721

Thank you St. James, we had a "Souper" weekend! Your generous donations totaled over \$1100 which will support the fight against hunger at the Sussex, Menomonee Falls and St. Martin De-Porres Food Pantries.
St. James Human Concerns Committee



Giving Tree Thank You

Thank you so much to the St. James Community for the outpouring of support for the Christmas Giving Tree project. Your donations included over \$6500.00 in gift cards, cash and stamps, as well as an abundance of toys, clothing and gifts. These were all greatly appreciated by the organizations that we sponsor: Sussex Outreach Services, Milwaukee Center for Independence, Hebron House, St. Vincent de Paul and Interfaith. This generous outpouring helped many people enjoy a blessed holiday season.
Thank you

St James Annual Thrift Sale

Plans are underway for our Annual Thrift Sale -
June 4th, 5th and 6th, 2015.

Please set aside your unused and unwanted items for this sale. We welcome all clean, useable items including furniture – big and small, indoor and outdoor; lamps, pictures, sporting goods, housewares, bedding, linens, seasonal decorations, toys and tools. Clean, gently used clothing, jewelry, antiques, craft items, records, CDs, DVDs, etc. and books are also accepted.

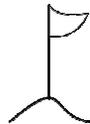
Items we do not accept are: computers, TVs, large appliances, exercising equipment, skis, baby cribs or mattresses, car seats, and encyclopedias.

More information will follow in the April & May bulletins, May/June Newsletter and on the website.



Mark your calendars..

July 18th . . .
St. James' Frank Wanner
Memorial Golf Outing
at Song Bird Golf Course.
More details to follow



ST. VINCENT DE PAUL COLLECTION BOX

St. Vincent de Paul now has a collection box here at St. James! If you have clothing or shoes to donate to St. Vincent de Paul please drop these items in the SVdP Collection Box located in front of the parish office garage directly across the driveway from the parish office. The SVdP white box is emptied weekly and items are taken to the SVdP Store in Waukesha. The donated items are sold in the store, located on Sunset Drive and proceeds are used to support the work of the St. Vincent de Paul Society. When our Vincentians encounter an individual or family who needs clothing or other items, they are given a voucher to shop at the SVdP store free of charge. So either way know that your donations benefit those in need.

PLEASE, put only clothing, shoes, or "soft" items such as bedding or drapes/curtains in the St. Vincent de Paul Box. And do not leave items outside the box. Please call 262-569-0763 to arrange a pick-up of larger items.

Thank you for your continued generosity to the St. Vincent de Paul Society and to all those who benefit from your donations.



Mary, Moms and Muffins Rosary Group - When was the last time YOU prayed the Rosary?? This wonderful prayer is rich in scripture and not only teaches us about the life of Christ, but about the love of a mother for her Son. Where ever you are in your faith journey, the Rosary promises to bring you closer to Christ. Join us, once a month, as we seek God's grace in our vocation as mothers, through the intercession of the mother of us all, Mary. Our next gathering is Saturday March 21st, 7am, in the Reconciliation Room at St James. Feel free to bring a friend from another parish...the coffee will be hot and Mary and the muffins will be waiting!



AREA SENIORS

20TH ANNUAL MINI-WORKCAMP 2015
APRIL 18TH

Need some help with work around your home? Help is on the way! On April 18th, our Christian teens and the Cooperating Churches of Sussex will provide this free service to local residents in need of a helping hand with spring clean up chores such as raking, window washing, gutter cleaning . . . etc.

If you need help and have participated in Mini-Workcamp last year, an application will be mailed to you. If you haven't participated in the past you can pick up a "Resident Application" at the Information Center in the Gathering Space of Church or call Diana in the Parish Office at 253-2235 to have one mailed to you.

HUMAN CONCERNS

Human Trafficking

Understanding the Problem. Hearing the Stories.



Anna was only 12 when she ran away from home and was quickly scooped up by a trafficker named Ted.

“He just put me in the car and drove to [a Midwestern city] and left everything behind. It was dark when we got there. He brought me to this kind of apartment warehouse with a lot of young girls there.” “The girls showed me about the escort service. Then Ted locked me in a room with no food or water. All I heard were trains going by. I thought about jumping out but I couldn’t manage it.”

A lot of people don’t understand why these girls don’t run the minute they get the chance. But regular beatings, often torture, and threats against them or their family, are meted out by traffickers and pimps to punish the girls for any infraction of their rules.

When a group of us from St. James started researching this topic last August, we were overwhelmed by the sheer breadth of this global issue. In fact, a few of the stories we researched were so disturbing some of us could not bring ourselves to finish the reading. It quickly became clear why Pope Francis has raised a high level of awareness calling “human trafficking, which includes forced labor and prostitution, organ trafficking and any relationship that fails to respect the fundamental conviction that all people are created equal and have the same freedom and dignity, a crime against humanity.”

What have we learned through our research?

After drug dealing, trafficking of humans is tied with arms dealing as the 2nd largest criminal industry in the world.

In 54% of human trafficking cases the recruiter was a stranger to the victim;

In 46% of cases the recruiter was known to the victim.

Human trafficking is a \$9.8 billion industry in the United States

100,000 children are victims of commercial sexual exploitation in the United States

The average age of a sex trafficking victim is between 12 and 14 years old

From 2010 to 2012, Milwaukee Police Department encountered 77 juvenile sex trafficking victims

The good news is that awareness of this issue is increasing in Wisconsin and in our area. In part with our support of Gifts for the Journey soap sales, the Franciscan Peacemakers are developing Clare Community as a safe place for adult women coming from the street to integrate back into the community. Our friends at Exploit No More, who spoke with us in February, are working to change WI law to set up a safe house for minors.

Wisconsin Representative Amy Loudenbeck, (R-Clinton) is sponsoring a bill that requires the Wisconsin Department of Justice (DOJ) to make public information posters available with the national human trafficking resource center hotline to certain strategic businesses. We’ve teamed up with Northbrook Church to provide restoration bags to women who have been picked up by local police.

These may be small steps, but every step makes a difference especially when we consider that these girls and women could be, and are, our children, our sisters, and our neighbors.

In March/April we will be offering an opportunity to read and discuss a book on human trafficking. It is a book that we can all read. The book is called “In Our Backyard”. In Our Backyard invites the reader into the lives of human trafficking victims, survivors and the traffickers themselves with true stories. These stories not only inform the reader, but also take them quickly through a well-documented crash course about human trafficking--better described as modern-day slavery--in the United States. “In Our Backyard” is a quick read which includes study questions for small groups. We invite you to join us. In Our Backyard could change your life and save the life of someone around you. Visit the St. James website for more information.

Prayer for Persons Suffering from Domestic Violence and Human Trafficking

Gracious God, whose son wept over the city of Jerusalem,

Fill our hearts with compassion for those women and children who suffer violence and exploitation at the hands of the wicked.

Guide us in vigilance so that we may recognize those who need our assistance.

Direct our hearts that we might untie the burdens placed upon them and bring them to freedom and safety.

We ask this through the intercession of Our Lady of Lourdes and in the name of your Son, Jesus and the Holy Spirit, now and forever.

Amen

Source: Catholic Health Association of the United States

The Synod of Bishops will continue to meet in the coming year to discuss how to better serve families in the Church and in the world. Here's a prayer to pray regularly for the success of their efforts.

*Jesus, Mary and Joseph,
In you we contemplate the splendor of true love, to you we turn with trust.
Holy Family of Nazareth, grant that our families too
may be places of communion and prayer, authentic schools
of the Gospel and small domestic Churches.
Holy Family of Nazareth, may families never again experience
violence, rejection and division: may all who have been hurt or scandalized
find ready comfort and healing.
Holy Family of Nazareth, may the approaching Synod of Bishops
make us once more mindful of the sacredness and inviolability of the family,
and its beauty in God's plan.
Jesus, Mary and Joseph, graciously hear our prayer*

COMMUNITY GARDNERS SEASON'S END POT LUCK DINNER

Community garden volunteers gathered to celebrate the end of our fifth season of gardening. Many of the dishes were vegetarian in nature, most from produce from home gardens. As a final business item, we voted on the name of our new (i.e. third) garden. The choice was: "Holy Ground Garden" which unknown to most participants was suggested by Father Mike. We'll already planning for spring planting, and our annual Spring Plant Sale.



CHRISTIAN FORMATION

YOUTH CORNER

REGISTER TODAY

Matthew 25 2015

June 22nd-26th

A Week of Service to our LOCAL Community,
open to those going into 6th grade and up.
The registrations are ready so check the website, your
email, or the CF office for details and your registration.

Mini-Workcamp Saturday April 18th 8:00am - 5:30pm

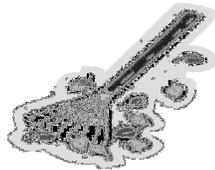
7th Grade & Up

(Adult drivers needed as well)
\$15 (\$25 maximum per family for
2 or more participants)

A day of spring cleanup for our
area seniors - PLUS - three meals
& a cool t-shirt!

It's a great project for a CF class, a family or group of
friends to get some service hours

Check the Christian Formation tab on the website or
stop by our office for a registration application.



"Fire Up for Summer"

Mission Trip Brat Fry

March 7th & 8th after ALL Masses

Support our young people as they prepare
to help people in need in St. Paul, Minne-
sota this summer.

Get your first brat of the season, some chips and a
fresh glass of lemonade for a donation to our mission
trip.

Coming Soon in May

Mission Trip Mulch Spreaders

Hire a team of mission trippers to spread your
mulch

EVERY SATURDAY IN MAY

Watch the bulletin for more details

Everest Vacation Bible School will be August 3rd - 7th, 2015.

Embark on an icy expedition and overcome obstacles with God's
awesome power! Be the first to reach the summit! Children en-
tering 4K -5th grade in 2015-16 are invited to
participate. Adults and youth in 6th grade &
up are welcome to help. Mark you 2015 cal-
endar now... registration info coming this
spring.



MESSAGE FROM ADULT MINISTRY

IGNITE IS OVER....or is it?

Actually IGNITE continues. It has been a wonderful **BEGIN-
NING**, getting us in the mood for our Lenten days. What **one
thing** are you taking with you? God's beauty? God's grace?
Personal relationship with the Lord? Gratitude? Service? Living
your baptism? Being a true disciple? What do you want to be-
come? What are you looking for?

I heartily encourage you to set aside time each day for prayer.
Reflect on the Mass readings. Chat with the Lord. A few min-
utes will make a huge difference in your life. **Start living a new
life!**

HEARTFELT GRATITUDE

Such generosity! I want to express my heartfelt **GRACIAS,
GRAZIE, DANKE, MERCI, THANKS** to all who contributed
to the success of IGNITE. All who shared your time, talent, and
treasure. Your presence at the sessions was greatly appreciated. I
pray that this has been a gift and a blessed experience.

LENT

Not necessarily a time to **GIVE UP** but a time to **GIVE**. . .
Time, talent, treasure. Make Lent a positive experience.
Great time for personal reflection. See the Fiveloaves.com
by Tom & Kimi Tomaczek our Ignite presenters, and
wof@wordonfire.org.

2015—Year of Consecrated Life Prayer

*O God, throughout the ages you have called women and men to
pursue lives of perfect charity through the evangelical counsels
of poverty, chastity and obedience.*

*During this Year of Consecrated Life,
we give you thanks for these courageous witnesses of Faith
and models of inspiration.*

*Their pursuit of holy lives teaches us to make a more perfect
offering of ourselves to you.*

*Continue to enrich your Church by calling forth sons and
daughters who, having found the pearl of great price,
treasure the Kingdom of Heaven above all things.*

*Through our Lord Jesus Christ, your Son, who lives and reigns
with you in the unity of the Holy Spirit,
One God, for ever and ever. Amen*

CHRISTIAN FORMATION

March 2015

- 1 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
9th Grade retreat @ Good Shepherd
BOW at 8:15 & 10:30 Masses
Book Study 9:30 am
CF Classes MS/HS and Confirmation
Sunday Evening Mass 5:30 pm
Adult Confirmation @ Good Shepherd 11:30 am
- 3 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Book Study 6:30 pm
Scripture Reflection 6:30 pm
- 4 Book Study 9:00 am
- 5 RCIA @ St. Agnes 7-9 pm
- 8 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
BOW at 8:15 & 10:30 Masses
Book Study 9:30 am
GIFT 11:30 am
CF Classes MS/HS and Confirmation
Sunday Evening Mass 5:30 pm
- 10 CF classes Gr. 1-5 5:00 pm
CF classes Gr 1-10 6:30 pm
Book Study 6:30 pm
Scripture Reflection 6:30 pm
- 11 Book Study 9:00 am
- 12 Centering Prayer 1:30 pm
Community Banquet 5:30pm
- 13 RCIA Retreat @ Good Shepherd
- 14 RCIA Retreat continues @ Good Shepherd
- 15 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
BOW at 8:15 & 10:30 Masses
Book Study 9:30 am
Adult Confirmation @ Good Shepherd 11:30 am
CF Classes MS/HS and Confirmation
Sunday Evening Mass 5:30 pm
- 16 21 Youth Group @ Good Shepherd
- 17 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Book Study 6:30 pm
Scripture Reflection 6:30 pm
- 18 Book Study 9:00 am
St. Ben's
- 19 RCIA @ St. Agnes 7-9 pm
- 20 **First Eucharist Retreat 5:30-8:30 pm**
- 21 **First Eucharist Retreat 9-noon**
- 22 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
BOW at 8:15 & 10:30 Masses
Book Study 9:30 am
GIFT One Hour 11:30 am
Adult Confirmation at Good Shepherd 11:30 am
CF Classes MS/HS and Confirmation
Sunday Evening Mass 5:30 pm

March 2015 (cont.)

- 24 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Book Study 6:30 pm
Scripture Reflection 6:30 pm
- 25 Book Study 9:00 am
- 26 Centering Prayer 1:00 pm
Community Banquet 5:30 pm
RCIA @ St. Agnes 7-9 pm
- 29 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
BOW at 8:15 & 10:30 Masses
Book Study 9:30 am
CF Classes MS/HS
Sunday Evening Mass 5:30 pm
- 31 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Book Study 6:30 pm
Scripture Reflection 6:30 pm

April 2015

- 1 Book Study 9:00 am
- 7 Scripture Reflection 6:30 pm
- 9 Centering Prayer 1:00 pm
Community Banquet 5:30 pm
RCIA @ St. Agnes 7-9 pm
- 10 SOAL #1 9 am -3 pm
- 14 Scripture Reflection 6:30 pm
- 15 St. Ben's
- 16 RCIA @ St. Agnes 7-9 pm
- 17 SOAL #2 9 am-3 pm
Mission Trip Retreat starts @ 6:00 pm
- 18 Mission Trip Retreat (cont.) until 6:00 pm
Mini Work Camp
- 19 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
GIFT 11:30
- 20 21 Youth Group @ St. Mary's 6-8 pm
- 21 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Scripture Reflection 6:30 pm
- 23 Centering Prayer 1:00 pm
Community Banquet 5:30 pm
RCIA @ St. Agnes 7-9 pm
- 24 SOAL #3 9 am-3 pm
- 25 First Eucharist 4:30 pm mass
- 26 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
- 28 CF classes Gr. 1-5 5:00 pm
CF classes Gr. 1-10 6:30 pm
Scripture Reflection 6:30 pm
- 30 Eucharist Rehearsals
5:30 for 4:30 mass
6:15 for 8:15 mass
7:00 for 10:30 mass
RCIA @ St. Agnes 7-9 pm

HEALTH MINISTRY
***“MAY THE GOD OF PEACE MAKE YOU COMPLETELY HOLY
AND MAY YOUR SPIRIT AND SOUL AND BODY BE KEPT
SOUND”***

1 THESSALONIANS 5:23

A Note from the Parish Nurse, Pam Dennis:

March is National Colorectal Cancer Awareness Month. I thought it would be a good time to provide information on colorectal cancer to our parishioners. Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. According to the Prevent Cancer Foundation, this year over 136,830 people will be diagnosed with colorectal cancer and an estimated 50,310 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (nickel size growths on the wall of the intestine) before they become cancerous.

Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated. Some of the risk factors found in the research are: people who are age 50 and older, people who smoke, people who are overweight or obese, especially those who carry fat around the waist, people who aren't physically active, people who drink alcohol in excess, especially men, people who eat a lot of red meat or processed meat (hot dogs, bacon or cold cuts), people with a family history of colorectal cancer or benign (not cancerous) colorectal polyps and people with histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease).

Prevention is the key and you have to be proactive with making it a priority in your life. Some ways to be a part of the prevention of colorectal cancer is: be physically active for at least 30 minutes, at least five days a week, maintain a healthy weight, don't smoke, if you drink alcohol have no more than one drink a day if you're a woman and two drinks a day if you're a man, eat fruits and vegetables along with whole grains to help you get and stay healthy and eat less red meat as well as less processed meat.

If you are at average risk for colorectal cancer, it is recommended that you start getting screened at age 50. If you are at higher risk, you may need to start regular screening at an earlier age and be screened more often. If you are older than 75, ask your doctor if you should continue to be screened. The best time to get screened is before you have any symptoms.

The main screening test to find pre-cancer and cancer is the colonoscopy which is recommended every 10 years. Your doctor may recommend a colonoscopy sooner such as every 5 years if you have a history of polyps or a family history of colorectal cancer. Initial tests that mainly find cancer are stool occult blood test recommended to be done every year and stool immunochemical test also recommended every year. These tests are very important because early stages of colorectal cancer don't usually have symptoms. It is later on, that people have visible signs and symptoms such as blood in the stool, change in bowel habits, weight loss for no apparent reason, general problems in the abdomen, such as bloating, fullness or cramps.

**Life can be busy for us all and the best of us can be procrastinators
but taking time out for preventative health measures can save your life!**

WEDDING AND BAPTISM ASSISTANTS NEEDED

Would you like to have an important role in the welcoming mission of St. James? Opportunities are available for volunteers to minister as assistants for the celebration of weddings and baptisms. **Wedding assistants** help to make everything go smoothly for the couple, their attendants, and their guests on that "special day." Wedding assistants work with the priest or deacon to prepare for the celebration by helping at the rehearsal. On the day of the celebration the wedding assistant serves as the representative of St. James Parish to open the church, turn on lights, do sacristan duties, and to generally be available to help the wedding party with any final details so that all "is perfect" for their celebration. Fr. Mike, Deacon Mike, and the many visiting priests who have presided at weddings here at St. James have expressed their deep appreciation for the assistance provided by those who have hosted the weddings. About fifteen weddings are celebrated each year and presently there are four hosting couples.

In a similar but much less extensive manner, **baptism assistants** help to make everything just right for the parents as they celebrate their child's "Life in Christ!" Baptisms are generally celebrated at any of the Masses on a designated weekend each month. The 4:30 p.m. on Saturday and 10:30 a.m. on Sunday are the most popular times. The baptism assistant prepares the necessary supplies for the baptism (oil, towels, candles, reserve signs on the pews, etc.) and greets the family and helps them to make that final preparation before they come forward for the celebration of the Mass. The assistants serve as parish hosts to provide the welcoming spirit for all who have come to the special celebration. Baptism assistants have an important role in the celebration of this sacrament which is greatly appreciated by Fr. Mike and Fr. Jerry.

There will be opportunities to volunteer for these positions at the up-coming Stewardship Faith on March 7th and 8th. "Step up to the Plate" to serve others. For more information now or to volunteer now call Daryl at 253-2213 or olszewskid@archmil.org.

Cluster Parish Mass Times

Good Shepherd (N88 W17658 Christman Road, Meno. Falls)

Weekdays—Tuesday & Friday 8:30 am
Weekends—Saturday 4:30 & Sunday 8:30 & 11 am

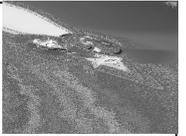
St. James

Weekdays—Tuesday, Wednesday, & Friday in the Chapel at 8 am.
Weekends—Saturday 4:30 & Sunday 8:15 & 10:30
And during Lent also 5:30 pm

St. Mary's (N89 W16297 Cleveland Avenue, Meno. Falls)

Weekdays—Tuesday 12:10 pm, Wednesday 8:15 am
Thursday 5:30 pm & Friday 8:00 am
Weekends—Saturday 5:00 pm & Sunday 8:00 & 10:30

ENGAGED ?? —A Wedding is a Day, A Marriage is a Lifetime — Motto for Catholic Engaged Encounter (CEE)



Catholic Engaged Encounter in collaboration with the Archdiocese of Milwaukee is happy to offer a weekend retreat for Engaged Couples who are preparing for marriage. This retreat is a weekend shared by an engaged couple reflecting and discussing every aspect of a marriage relationship. Topics include, but not limited to, finances, sexuality/NFP, parenting, communication and spirituality. A team of three married couples and a priest will present the weekend. Perhaps, parents or grandparents could offer this to you as a wedding gift. The first weekend is April 20-22, 2012 at Schoenstatt Retreat Center in Waukesha. Please register online through the John Paul II Center website:

www.johnpaul2center.org

Questions? Call Jenni Oliva (414) 758-2213 or email: olivaj@archmil.org Or John & Louise Vos – local coordinators for CEE (262-439-8559) or email: johnlouisevos@yahoo.com

EXPECTING A BABY? JUST HAD A BABY? BAPTISM INFORMATION!

If you are expecting a baby or have had a baby, we are pleased to help you prepare for your child's baptism. The community of St. James wishes to celebrate this sacrament with you so we generally schedule the baptisms during Masses on the weekend of the third Sunday of the month. Baptisms may be scheduled for the following weekends:

Baptisms are generally not celebrated during Lent so the next ones will be:

April 18th and 19th
May 9th and 10th
June 13th and 14th
July 18th and 19th
August 15th and 16th.



Here is some other basic information about celebrating baptism at St. James.

1. Parents should be registered members of St. James.
2. Participation in a pre-baptism class is expected of parents. It is highly recommended that parents participate in the class before the child is born.
3. Pre-baptism classes are usually held once-a-month on the first Saturday.
4. So that baptisms may be as personal as possible only four baptisms are scheduled for any Mass. Register early!

Call Daryl Olszewski at 262-253-2213 to register for a class and to schedule a baptism.

COMMITTEE MEETINGS' SUMMARY

As a way to improve communication and transparency to allow all parishioners to become aware of the important work that each of our parish committees is working on this summary is prepared by parish council.

Buildings and Grounds

- Buildings and Grounds has been **evaluating several repairs** that need to be addressed, including roofing issues on the school and church. Some minor repairs need to be made with the skirting on the school roof. The roofer estimates we have 5-6 years of life expectancy on the church roof.
- A member of the maintenance team resigned to work closer to home. The **position will be posted** and current fill-in help has been adequate.
- **LED above Altar**- Terri is re-exploring the option of LED lighting on Altar area. The advantages would be less power usage, less heat for Celebrants and bulbs that would last a decade or more. Concerns are candlepower/lumens and initial cost.
- Also under discussion are **various heating/cooling issues** in the buildings- some will be fixed including the parish nurse office and some are related to functionality of the system including the fact that for the system to work properly the doors between the gathering space to the church need to be closed.

Activities Committee

- Activities Committee has been busy with planning and execution of Holly Daze- followed closely by Parish Spaghetti Dinner on Valentine's Day!

Parish Council

- **Cluster Update:** The diocese has determined that the St. James Parish is large enough to be a stand-alone parish. This means that as long as our membership remains where it is or grows our parish will always have one priest and be eligible for an associate priest. St. Mary, St. Agnes, Good Shepherd and St. Anthony will be clustered together for the assignment of priests.
- During the pastoral staff meeting, a discussion was held regarding the addition of a **5:30pm Sunday evening mass** during the summer months. This would mean a change in the other mass schedules such as the elimination of a Sunday morning mass, the changing of the start time of the remaining Sunday mass and the changing of the start time for the Saturday evening mass. More discussions will be had and we will evaluate the Sunday evening Lenten mass before a decision will be made.
- **Daryl has decided to retire** so that he can spend more time with his wife and grandchildren. June 9th will be his last day. The Staff will review the Pastoral Associate position to determine the future position.
- **The committee welcomes Valerie Ehr** as the youth representative!
- **Website Update:** Council suggested that the Parish look into the possibility of creating a new Staff position - Social Media/Marketing Manager. As our parish moves more into the technology world, we need a paid staff member whose job it is to maintain the website as well as create the marketing/communications for our parish. We need to review our website and determine if we need professional support for it in order to have it be timely and interactive. The company that creates our bulletins came to our February meeting to talk to us about the website services they can provide.

Prayer and Worship

- The logistics and **feedback from Christmas** masses was evaluated – especially timing of 3:30 mass and other logistics. This will be considered for next Christmas season's planning.
- Sue Devine-Simon of Christian Formation – **5:30 Mass on the 6 Sundays of Lent**. Expecting about 400 youth. This mass is for the entire parish, the youth will have a greater role within the mass as Ushers, Eucharistic Ministers, Lectors, Music leaders, Acolyte.
- **Lenten Focus – Choose Love-Choose Christ** – will do the same quiet time at the beginning of mass. The doors will not be closed as there were complaints about this during advent as parishioners were taken by surprise. Will try to inform parish prior to any changes – like periods of silence via bulletin.
- Lenten books will be available for pick up in the gathering space beginning on Ash Wednesday.

Health Ministry

- **First Fruits/Women's Retreat for Spring** – We are hosting First Fruits on May 5th here at St. James.
- Meal Ministry- the previous coordinator asked to step down and a new coordinator volunteered to take this ministry over.
- The ministry will be implementing the Rosebud Project- which establishes a vase of roses (artificial) with different colors signifying different issues (pregnancy, loss of a child, and illness of a child) that can be used to direct prayers. The vase of roses will be placed by the St. Mary Statue.

Human Concerns

- Human Concerns had a **guest speaker, MacCanon Brown**; speak about a new homeless shelter being established on Center Street.
- Committee working on Matthew 25 project for lent and increasing awareness and opportunities for parish to participate.
- Exploit No More- program to end human trafficking will take place on February 22nd between the masses to increase awareness.
- Review of the Giving Tree Donations- donations this year were \$221 more than last year and distributed to selected agencies. Total giving was close to \$7,000.

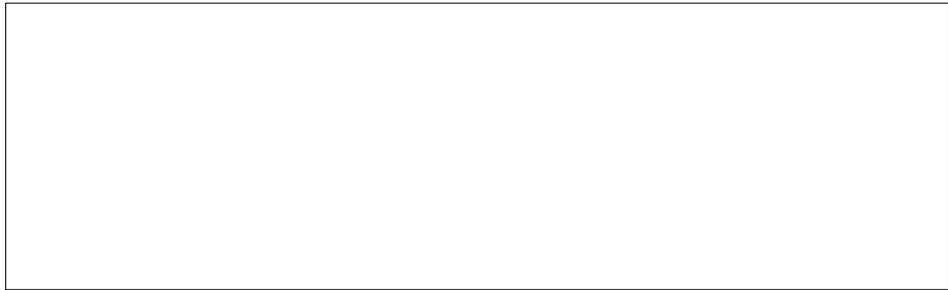
Stewardship

- Working on the Stewardship Fair the weekend of March 7th and 8th with a theme of Step Up to the Plate.



St. James Parish
 W220 N6588 Town Line Road
 Menomonee Falls, WI 53051
 262-251-3944

Non-Profit
 US Postage
PAID
 Permit No. 26
 Sussex, WI



Dates to Remember

MARCH 2015

- | <u>DATE:</u> | <u>EVENT:</u> |
|---------------------|-----------------------------------------------------------------------------------|
| 1: | Adoptive Family Potluck, 11:30 am
Rite of Sending, 10:30 Mass
Mass, 5:30 pm |
| 3: | Eat Better Move More, 1:30 pm |
| 4: | Joy of the Gospel Book Study, 10 am
All Committee Meeting Night, 7 pm |
| 7/8: | Stewardship Fair after all Masses |
| 10: | Knights of Columbus Board Mtg, 7:30 pm |
| 11: | Parish Council Meeting, 7 pm
St. Vincent de Paul, 7 pm |
| 12: | Community Banquet, 5 pm |
| 15: | Knights of Columbus Pancake Breakfast, 8-Noon |
| 18: | St. Ben's |
| 19: | Knights of Columbus General Membership Mtg, 7:30 |
| 20: | St. James' Senior Club, 12 pm |
| 21: | Mom's Rosary Group, 7 am |
| | Cluster Reconciliation @ Good Shepherd, 10:30 am |
| 21/22: | Soap Sales after Masses |
| 24: | Cluster Reconciliation @ St. Mary, 7 pm |

APRIL 2015

- | <u>DATE:</u> | <u>EVENT:</u> |
|---------------------|-------------------------------------------------------------------------|
| 1: | Joy of the Gospel Book Study, 9 am
All Committee Meeting Night, 7 pm |
| 2: | Holy Thursday, 7 pm |
| 3: | Good Friday, 1 pm |
| 4: | Blessing of the Food, 11 am (Chapel)
Easter Vigil, 8 pm |
| 5: | Easter Masses, 8:15 & 10:30 am |
| 7: | Eat Better Move More, 1:30 pm |
| 8: | Parish Council Meeting, 7:00 pm |
| 9: | Community Banquet, 5 pm
Community Gardeners Mtg, 6:30 pm |
| 10: | SOAL Program, 9 am |
| 15: | St. Ben's |
| 17: | SOAL Program, 9 am |
| 18: | Mini-Workcamp, 8 am |
| 22: | Common Threads Quilting Guild, 9 am |
| 23: | St. Vincent de Paul Meeting, 7 pm
Community Banquet, 5 pm |
| 24: | SOAL Program, 9 am |

Please see page 8 for Calendar of Events for the Christian Formation Department