

# ***St. James Newsletter***

## ***November / December 2010***



Please see the article on our parishioner Mitzi McGovern  
on page 3 of this newsletter

(This picture originally appeared in the October 14, 2010 Catholic Herald. For subscription information please call 1-877-769-7699)

Also check out the story on page 8 of another one of our parishioners

# Meeting Notes – St. James Parish Council

Excerpts from the September 8, 2010 Parish Council Minutes...

Vision 21 Update by Ruth Ann Power Point Presentation

Replacement for Amy Needed

Stewardship Fair  
Will have table for Parish Council Opening

Council/Finance Subcommittee together with Charles will develop list of fundraising activities (current and proposed)

Parish Council Retreat  
January 14 and 15, 2011

Gospel

Pastor Report  
Father Art retirement effective June 30, 2011. New Priest will likely be assigned June 21, and we may know who the priest is in May.

## Committee Headlines

Prayer and Worship—Mark Zeutzius

- Committee wants to get more youth involved in Mass—ushers, lectors, music ministry

Activities—Ruth Ann Stevens

- Fall bus trip is approaching
- April 3, 2011 Mother/daughter breakfast

Buildings and Grounds—Jeff Spence

- Parking lot completed
- Burned-out lights replaced
- Fall clean-up to be determined

Stewardship—Tom Becker  
Stewardship fair September 25 and 26

Christian Formation—Mike Schwartz

- Discussed goals from last year
- Possible continuation of Monthly Mission
- Collaborate with Prayer and Worship to increase youth in-

volvement during Mass

Health Ministries—Jerry Ritchie

- October 22 –cluster anointing of the sick
- Nov 6 and 7 St James anointing of the sick
- Need more volunteers to take blood pressure

Finance Committee—Dennis J  
Archdiocese requires a procedural audit in October



## Knights of Columbus

The Knights of Columbus contributed to the following community and church activities:

• St. James Wish List	\$2,000
• St. James Church Scholarship Fund	500
• Sussex Outreach	500
• St. Martin de Porres Food Pantry	250
• Sussex Senior Shuttle	250
• FDN For Retired Religious FD	200
• CCOS Turkey Dinner	100
• St. John Bosco Youth Day	100
• Relevant Radio	100
• St. Vincent de Paul	500
• Community Banquet	200
• Operation Back Pack	100

For a total of \$4,800. The donation money was raised through the sale of Raffle Tickets, Brat Fries, Entertainment Books and Pancake Breakfasts.

# BAPTISM INFORMATION



To register for a pre-baptism class and to schedule a baptism call Daryl Olszewski at 253-2213.

Here is some 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 second Saturday.
- 4) Baptisms are generally celebrated at any of the Masses on the weekend of a third Sunday, except during Advent and Lent. So that the baptisms may be as personal as possible only four baptisms are scheduled for any Mass.
- 5) Upcoming baptisms are scheduled for the weekend of: November 20<sup>th</sup> and 21<sup>st</sup>; January 15<sup>th</sup> and 16<sup>th</sup>; February 19<sup>th</sup> and 20<sup>th</sup>; and March 5<sup>th</sup> and 6<sup>th</sup>. (Easter is April 24<sup>th</sup>.) May 21<sup>st</sup> and 22<sup>nd</sup>.

## Humble Volunteer Honored for Service, Devotion

Here is a partial article seen in the Catholic Herald on our parishioners ~ **Mitzi McGovern**

Mitzi McGovern of Sussex knows love at first sight. It happened to her 23 years ago when she first visited the Ronald McDonald House in Milwaukee. She was amazed at the loving attention given to parents and families with seriously ill children who were receiving treatment at Children's Hospital.

"I fell in love with the kids and the families instantly, and I was hooked," she said. "Over the years, I have met so many friends and I love going there."

After joining the Milwaukee Chapter of the Christ Child Society, McGovern volunteered her time at the Ronald McDonald House, the Christ Child resale shop and tutoring at Blessed Savior School, formerly Our Lady of Sorrows. She downplays her commitment to others.

"It's nothing special," she said. "I just love to do it and there are plenty of others who do much more than me."

Perhaps, but it might be tough to find someone who, at 74, is as active as she is in the 250-member Christ Child Society, as well as in her parish, St. James Catholic Church, Menomonee Falls. At a luncheon last April, McGovern received the organizations' Red Shoe Award for her faithful service and devotion to helping others.

According to Marianne Schulz, vice president and public relations officer, McGovern is the epitome of the selfless volunteer.

"She has been a member of CCS for 23 years and in that time has chaired the scholarship committee, membership committee, mailing committee and served as our vice president," she said. "In addition to her work at the resale shop and Blessed Savior, she volunteers at St. James Parish and distributes Communion to the sick at St. Joseph Hospital, Milwaukee. No job is too menial for Mitzi. She is always there to lend a helping hand, from cutting out flannel for the layette program to seeing that the newsletter gets in the mail. She's certainly going to occupy a higher spot in heaven than some of us."

At the urging of a close friend, McGovern joined Christ Child Society. She did what she could to help, whether making layettes, chairing the annual spring banquet, or collecting and making items for the organization's "My Stuff" program for children of abuse, neglect or natural disaster. She worked tirelessly, while at the same time maintaining her household and devoting time to her two boys and four grandchildren....

To read the entire article please see the October 14, 2010 issue of the Catholic Herald

(This article originally appeared in the October 14, 2010 Catholic Herald. For subscription information please call 1-877-769-7699)



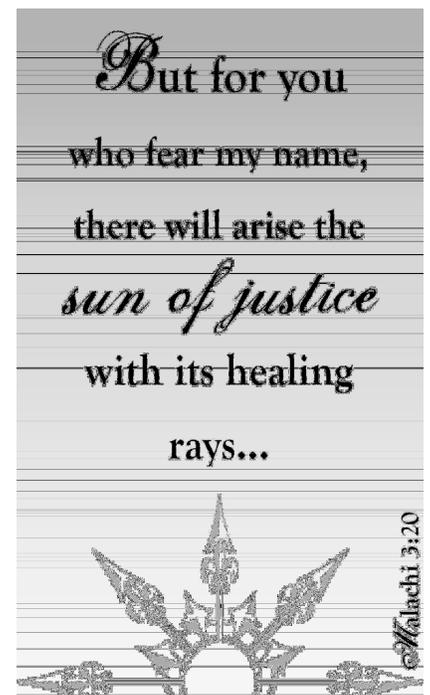
Mitzi McGovern works with Milwaukee's Blessed Savior School students in a junior kindergarten class on Tuesday, Oct. 5. McGovern was recently honored by the Christ Child Society for her volunteer work. (Catholic Herald photo by Ernie Mastrolanni)

## Dear Ladies,

Beginning January 18<sup>th</sup> (9-11am) and continuing for the next 12 Tuesdays, we will gather here at St. James to walk the program "**Lord Teach Me To Pray**". It is a three part journey with St. Ignatius of Loyola. We will start with Part 1: Praying Christian Virtues which teaches women how to listen using the method of prayer devised by St. Ignatius of Loyola.

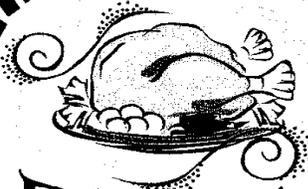
I will be facilitating these sessions and invite you on this journey of heart. It is through prayer that our hearts open to a deeper relationship with our Lord and overflows into our homes and beyond. Please call me (Judy Clark 262-251-2967) for more information, to register, or to view a DVD on the program. An evening session is possible (day, time and place to be determined).

To further help you discern walking Part 1 at this time, visit [www.lordteachmetoprayer.com](http://www.lordteachmetoprayer.com) or pick up a leaflet available through adult ministry located in the Christian Formation office. Registration is limited. To help defray the cost of materials, \$10 will be collected at our first meeting. To help defray cost of materials, \$10 will be collected at first session.



**Volunteer Registration  
Only**

# Thanksgiving Dinner



The Cooperating Churches of Sussex will once again provide the 13th Annual Turkey Dinner for area Seniors & their Friends on Sunday, November 21st!

Adults and Teens interested in participating in the Thanksgiving Dinner can help by contributing food and/or some of their time to work this dinner. Please indicate below how you would like to help and mail it in, or call Diana for more information at 253-2902.

**ADULTS & TEENS, WHAT CAN YOU DO?**

Please let us know what you are interested in helping with by returning this form no later than Monday, November 15th to:

Att: St. James Christian Formation Office  
Thanksgiving Dinner ~ W220 N6588 Town Line Road  
Menomonee Falls, WI 53051

Email [wyszkowskid@archmil.org](mailto:wyszkowskid@archmil.org) OR call Diana at 253-2902

**\*\*Please drop off any food donations at St. James, between 9:00 and Noon on Saturday, November 20th downstairs in the Community Center kitchen. If it needs to be put in the refrigerator, please do so and mark "Turkey Dinner" along with your name.**



-----cut here, and return-----

<p>_____ lbs of Turkey (cooked &amp; sliced)</p> <p>_____ Pie(s), Bars, Cake, Cookies</p> <p>_____ Jar(s) of Pickles</p> <p>_____ 13 x 9 prepared Pan of Stuffing</p> <p>_____ Dozen Rolls</p> <p>_____ Jar(s) of Olives</p> <p>_____ Jar(s) of Gravy</p>	<p>_____ 10 lbs of potatoes peeled &amp; sliced</p> <p>_____ large bag(s) of frozen Green Beans</p> <p>_____ large bag(s) of frozen Corn</p> <p>_____ large can(s) of Sweet Potatoes</p> <p>_____ can(s) of Cranberries</p> <p>_____ tub(s) of Cool Whip</p> <p>_____ jar(s) of Applesauce</p>
---	--



Name: \_\_\_\_\_ Grade \_\_\_\_\_ / Adult \_\_\_\_\_ Phone #: \_\_\_\_\_

\_\_\_\_\_ I would like to help by working the following shift on Sunday, November 21st.  
 \_\_\_\_\_ 1:15-3:30 \_\_\_\_\_ 3:00-5:00 \_\_\_\_\_ 4:45-6:45  
 (Please come to the cafeteria for directions before your shift.)

**If participant is a minor:**

Parent Signature \_\_\_\_\_ Phone # \_\_\_\_\_



## Breakfast with Isaiah..an Advent Scripture Reflection Group

Advent is an excellent time to slow down, take a breath and regroup as we prepare for the incarnation of Jesus into our lives in a special way during the Christmas season. Advent is also a great time to dig into some wonderful readings especially from the Book of Isaiah. This Advent we will be taking some time to explore the Advent Readings from the Book of Isaiah, this will be a 5 week session on Saturday mornings from 8:30-10am starting Saturday Nov.

20th and ending on Saturday Dec. 18th. We'll share in a light breakfast and peek into Isaiah's life and thoughts, book(s) and how they relate to Advent and our lives today. All ages are welcome (child care will be provided if its needed). If your interested in joining us on this Advent Journey, contact Tracy to register at 253-2908 or [dereszynskit@archmil.org](mailto:dereszynskit@archmil.org)

**13TH ANNUAL THANKSGIVING DINNER is on Sunday, November 21st!**



**SENIOR CITIZENS & FRIENDS,**

In thanksgiving for all you bring to our community, **SENIOR CITIZENS & FRIENDS of the area** are invited by the **Cooperating Churches of Sussex**, to attend the **13th Annual CCOS Thanksgiving Dinner**. We will be serving from 3:00 - 5:30 PM at St. James Church in the Community Center.

**We will offer 2 different serving times** to better serve our guests, so when reserving a spot please indicate if you would like the 3:00 or 4:30 serving time. Please RSVP either by submitting invitation form, calling Lori at 820-9956 between 9 AM & 7 PM, or by emailing [diehl4@rocketmail.com](mailto:diehl4@rocketmail.com). We need to know how many spots you are reserving, names & phone numbers of those attending and whether you will be at the 3:00 or 4:30 serving time. We look forward to seeing you there!

**FLYERS FOR THOSE WANTING TO ATTEND THE DINNER AND ALSO FOR THOSE WANTING TO HELP WITH THE DINNER CAN BE PICKED UP AT THE INFORMATION BOOTH OR ON OUR WEBSITE.**

[www.stjames-parish.net](http://www.stjames-parish.net)

**Then go to the upcoming events sections for the information**

**CCOS THANKSGIVING DINNER RESERVATION**

\_\_\_ I will attend the 3:00 serving time \_\_\_ I will attend the 4:30 serving time

**A. Individual/couple reservation**

Last Name \_\_\_\_\_ Number of people 1 2 3

Phone # \_\_\_\_\_

**B. Group Reservation (for parties larger than 3 people)**

Contact Person's Name: \_\_\_\_\_ (this will be your group name)

Phone #: \_\_\_\_\_

Number of People in your Group: \_\_\_\_\_ (write names below on lines)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If you reserved with a group please check in under the group name when you arrive for dinner.**

**Entertainment Books**  
**for Sale - \$35ea**

1. This year the Knights of Columbus are offering two ways to purchase Entertainment Books:
2. Books will be sold in the church gathering area before & after mass on the weekends of Oct.24th, Oct.30th and at Holly Days Dec.4th and 5<sup>th</sup>.
3. You can also submit an order by mail along with a check to:

*Peter Crisci*  
*K of C Entertainment Books*  
*N71 W27144 Hansen Dr.*  
*Sussex, WI 53089*

For Questions Contact:  
Peter Crisci 414-659-2963 or email: [pcrisci@wi.rr.com](mailto:pcrisci@wi.rr.com)

*(Mail-in orders will be delivered free of charge)*

**Order Form\***

Make check payable to: Knights of Columbus

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

# of Books: \_\_\_\_\_ Amt.: \$ \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

*\*(also available online: <http://stjames-parish.net/>)*

# CHRISTIAN FORMATION CALENDAR OF EVENTS

## NOVEMBER 2010

**1, Mon** **NO Gr. 6-11 Classes!**  
Love & Logic, 6:30—Youth Room

**2, Tue** NO G1-5 Classes!  
*Scripture Study, 6:30 in Great Room*

**3, Wed** All Committee Mtg. Night

**4, Thu** **Great Adventure Bible Study @ 9:30-11:30 AM & 7:00-9:00 PM** In the Cafeteria  
RCIA

**5, Fri** SOAL  
**Reconciliation Retreat** for Families with 2nd graders, 5:30-8:30 in the Community Center

**6, Sat** **Reconciliation Retreat** for Families with 2nd graders, 9AM-Noon in Community Center

**7, Sun** K4/K5, 8:15 & G1-5, 9:30 Classes  
**Candidate/Sponsor Meeting 9:00-10:15 followed by the 10:15 Mass**  
G6-10 Classes, 4:30 & 6:30

**8, Mon** G6-10 Classes, 6:30

**9, Tue** G1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 in Great Room

**9, Wed** RCIA Sponsor Training. 7-8:30 pm Rm 7

**11, Thu** **Great Adventure Bible Study @ 9:30-11:30 AM & 7:00-9:00 PM** In the Cafeteria  
RCIA

**12, Fri** SOAL

**13, Sat** Gr. 10 Retreat, 10 thru 5:00 Mass at Redeemer  
**Forming Catechetical Spirit** 8-noon

**14, Sun** **GIFT Program, 11:30—1:30**  
K4/K5, 8:15 & G1-5 Classes, 9:30  
**Gr. 10 Retreat, 10:15 Mass, 5 pm** at Redeemer  
G6-11 Classes, 4:30 & 6:30

**15, Mon** G6-11 Classes, 6:30

**16, Tue** G1-5 Classes, 5:00 & 6:30  
**GIFT Program, 5:30-7:30**  
*Scripture Study, 6:30 in Great Room*

**18, Thu** **Great Adventure Bible Study @ 9:30-11:30 AM & 7:00-9:00 PM** In the Cafeteria  
RCIA

**19, Fri** SOAL Pot-Luck!

**20, Sat** **Turkey Dinner Food Drop-Off** In the Community Center kitchen from 9-Noon  
Beyond Date Your Mate

**21, Sun** K4/K5, 8:15 & G1-5 Classes, 9:30  
NO Gr. 6-11 Classes!  
**CCOS TURKEY DINNER!**

**22, Mon** **NO G6-11 Classes!**

**23, Tue** **G1-5 Classes, 5:00 & 6:30**  
NO Scripture Study!

**27, Sat** **Breakfast with Isaiah, 8:30-10:00**  
In the Great Room

**28, Sun** **Break Open the Word, 8:15 Mass**  
**NO K4 thru Gr. 11 CLASSES!**

**29, Mon** **NO G6-11 CLASSES**  
RECONCILIATION celebration @ 6:30 in Church

**30, Tue** **NO G1-5 CLASSES**  
**Scripture Study, 6:30 Great Room**  
RECONCILIATION celebration @ 6:30 in Church

## DECEMBER, 2010

**1, Wed** All Committee Mtg. Nite

**2, Thu** **Great Adventure Bible Study @ 9:30-11:30 AM & 7:00-9:00 PM** In the Cafeteria

**3, Fri—5, 4, Sat** **Sunday Aluminum Can Drive**  
**Breakfast with Isaiah, 8:30-10** In the Youth Room  
**HOLLY DAYS!**

**5, Sun** **Break Open the Word, 8:15 Mass**  
K4/K5, 8:15 & G1-5 Classes @ 9:30  
G6-11 Classes, 4:30 & 6:30

**6, Mon, Tue** G6-11 Classes, 6:30  
Gr. 1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 in Great Room

**9, Thu** **Great Adventure Bible Study @ 9:30-11:30 AM & 7:00-9:00 PM** In the Cafeteria  
RCIA

**10, Fri** **DROP & SHOP**

**11, Sat** **Breakfast with Isaiah, 8:30-10** in the Youth Room  
Forming Catechetical Spirit 8-noon  
**DROP & SHOP**

**12, Sun** **Break Open the Word**  
K4/K5, 8:15 & G1-5 Classes, 9:30  
**GIFT Program, 11:30-1:30**  
Gr. 6-11 Classes, 4:30 & 6:30

**13, Mon** Gr. 6-11 Classes, 6:30

**14, Tue** **GIFT Program, 5:30-7:30**  
Gr. 1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 - Great Room  
RCIA

**16, Thu** **Breakfast with Isaiah, 8:30-10** In the Youth Room

**18, Sat** **Break Open the Word, 8:15 Mass**  
**NO CF CLASSES UNTIL JAN. 9**

**19, Sun** **NO Scripture Study**

**21, Tue** **NO Great Adventure Bible Study**

**23, Thu** **NO RCIA**

**24, Fri** CHRISTMAS EVE!

**25, Sat** CHRISTMAS DAY!

**27, Mon** **ALL OFFICES ARE CLOSED!**

**28, Tue** **Sunburst ~ 1 to 4 pm**  
NO Scripture Study

**29, Wed** Admirals Game 5:30 to 10:30 pm

**30, Thu** **NO Great Adventure Bible Study**  
**NO RCIA**  
**New Year's Eve Party for Teens**  
7pm-12:30am in the community center

**31, Fri** NEW YEAR'S EVE!

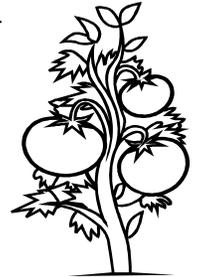
## **Field of Dreams – Community Garden Update**

This was the first year of St. James' community garden called the "Field of Dreams" named after an inspirational film about an Iowa corn farmer starring Kevin Costner and James Earl Jones.

Our garden started out by some anonymous parish member dropping off a couple of tomato plants to our church's Maintenance Department. John Bohdalik and Tom Dow started the garden by designating a place on the church grounds for the garden. With the help of Ray Gross, Tom and John turned over a plot of soil on the church's property and covered it with horse manure during the fall of 2009.

Daryl Olszewski and Tom Barrett representing St. Vincent de Paul and Paul and Deb Schneider representing the Human Concerns Committee were on a separate track to help the food pantry due to the tough economic times and thought that the garden could help provide additional food to the food pantry. Jerry Gnadl wanted to plant some fruit trees on the grounds for the same purpose.

So through a collaboration of people including Christina Hartwig the coordinator of the food pantry, Richie Schmidt who was looking for an Eagle Scout project, Gertrud Zoeller a Master Gardener, and numerous other volunteers, the "Field of Dreams" garden was developed.



The initial purpose of the garden was to: 1) grow and provide fresh vegetables to the Cooperating Churches of Sussex's (CCOS) food pantry, 2) continue to build community within St. James and 3) to do this through volunteers and donations so there would be no drain on parish resources. A secondary objective was to inspire other parish members to "plant an extra row" in their own home garden to donate to the food pantry.

Well after one year from its inception and the first turning over of sod, here is what our "Field of Dreams" community garden, along with other inspired donations that we were able to document, provided to the Cooperating Churches of Sussex's (CCOS) food pantry. It's pretty impressive and something our whole parish community should be proud of.

No.	Type	Total	
1	Basil	31	Qt. Bags
2	Beans - Wax & Green	60	Gal. Bags
3	Beets	34	Individual
4	Broccoli	18	Gal. Bags
5	Cauliflower	3	Gal. Bags
6	Chives	6	Qt. Bags
7	Cucumbers	232	Individual
8	Dill	1	Qt. Bags
9	Egg Plant	5	Individual
10	Garlic Scapes	11	Gal. Bags
11	Hot Peppers	15	Individual
12	Kale	34	Gal. Bags
13	Lettuce - Mix Greens	65	Gal. Bags
14	Melons	5	Individual
15	Mint	1	Gal. Bags
16	Mustard Greens	3	Gal. Bag
17	Onions	9	Gal. Bags
18	Oregano	6	Qt. Bags
19	Parsley	45	Qt. Bags
20	Peppers each	237	Individual
21	Radish	14	Gal. Bags
22	Snap Peas	9	Gal. Bags
23	Spinach	12	Gal. Bags
24	Squash - Butternut	2	Individual
25	Squash - Patty Pan	45	Individual
26	Swiss Chard	58	Gal. Bags
27	Tomatoes - Cherry & Yellow Pear	102	Gal. Bags
28	Tomatoes - Large & Medium	767	Individual
29	Turnips	1	Individual
30	Zucchini	22	Individual
31	Pears (donation)	67	Individual

**Special thanks go out to the other volunteers** who helped make this vision a reality: Betty and Mike Rooney, Cathy Pendergast, Chris Cole, Chris Lodl, Ed Boss, Isaac Garcia, Janet Block, Jean Dickman, Jim Olsen, Laura Gerovac, Mark Zeutzius, Mary Nettesheim, Monica Frantl, Pam Biron, Ralph and Lori Robers, Ric Schmidt, Ron Gerard, Sister Carol Ann, Sue Devine-Simon, Tom and Toni Bohman, Toni Barr, John Swanson Tracy Dereszynski, Michele Schmitz, Charles Davis, and our Pastor - Father Art Heinze. And of course there are the other anonymous parish members who "planted an extra row" in their own garden and dropped their harvest to the food pantry unrecognized as well as those who supported the garden through prayers, support and encouragement. Thank you all for a successful first year and for helping those less fortunate.

## Team Cassidy

Our parishioners are getting noticed. First Mitzi and now John Cassidy another member of St. James Parish, who suffers from ALS. Some parishioners from St. James helped to formed a team to walk for ALS. Here is a little message regarding this important walk.

We should all be very proud! Sunday, October 17th was incredible and I can't thank you all enough for being a part of "Team Cassidy" and for your hard work raising money to FIGHT ALS. As a team, we shattered our goal of \$1,500 and have now surpassed the \$8,000 dollar mark!

There were 131 teams that participated in the walk! Out of these 131 teams, we are ranked 4th for the most funds raised!!! We also had one of the largest teams with over 150 people who showed up to walk!

*Kira Cerroni*



John Cassidy (front) with John Swanson & Dee Oton and many others walking along.

# Health Ministry

*"For I am the Lord, Your God, who grasps your right hand;  
It is I who say to you: 'Fear not I will help you.'" ... Isaiah 41:13*

During November we remember all of our friends and family who have died at the Mass of Remembrance on November 2nd. On November 6th & 7th, we will celebrate the Sacrament of Anointing of the Sick at each Mass. This is a very powerful and strengthening Sacrament for those of us facing surgery, experiencing chronic or serious illness, or dealing with emotional issues. Please pick up a name tag before Mass so we know that you want to be anointed.

In this season of thanksgiving, we thank all of the people in the Health Ministry who so generously prepare and deliver meals for parishioners in need. This is a valuable and much appreciated service that our parishioners really appreciate. We have helped ten families in the past year. Also, we have very generous and talented people who make and donate prayer shawls for our parishioners who are ill. We thank the people in our Prayer Shawl Ministry.

Our Blood Pressure Screeners deserve a big thank you as well. We have five new volunteers in this ministry. We thank the faithful people who help me with visits to the homebound and parishioners in nursing homes.

As Parish Nurse, I would also like to extend my **gratitude to six dedicated peopled** who comprise the Health Ministry Committee and help me with planning, etc. for the Health Ministry.

As part of our goal for keeping you healthy, I want to share the following important information regarding your health.

## **Seniors May Be Eligible for a Variety of Benefits Program:**

BenefitsCheckUp, a free online screening service developed and maintained by the National Council on Aging (NCOA), helps seniors check their eligibility for a comprehensive range of benefits programs,

including 2,000 federal, state, and local programs that can help with prescription drugs, healthcare, utilities, food, housing, and other basic needs. BenefitsCheckUp is continually updated to account for changes in benefits program eligibility, making it quick and easy for seniors to access updated information, eligibility rules and application forms. Go to [BenefitsCheckUp.com](http://BenefitsCheckUp.com).

## **Protect Yourself This Flu Season**

The CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older and those with chronic medical conditions, as well as their family caregivers.

This season's vaccine will protect against three different flu viruses, including the H1N1 virus that caused so much illness last season. You should get vaccinated this year even if you received the H1N1 and/or the seasonal flu vaccine last year because the vaccine viruses have been updated.

**Note:** If you or someone you know is 65 or older, the CDC is recommending you get the Fluzone High-Dos vaccine, a new influenza vaccine designed specifically for people 65 years and older. Ask your doctor if this new vaccine is right for you and/or your loved one.

If you have diabetes as well as sleep Apnea, treating the Apnea may help improve your blood sugar control.

If you are older and have balance problems, don't go barefoot or wear socks at home. A recent study of 765 people (almost all over 70), done by the Institute for Aging Research at Hebrew Seniorlife found that half of all falls, occurred in those going barefoot or wearing just socks or slippers. People who fell

when not wearing shoes were also more likely to experience serious injuries.

To reduce the risk of heart disease and diabetes, limit your intake of processed meats. In a recent Harvard review that combined data from 20 studies, people who ate smoked, cured or salted meats (sausage, bacon and processed deli meats) had a 42% higher risk of heart disease and 19% higher risk of diabetes than those who ate them rarely. In contrast, unprocessed meats (beef, lamb, pork) were not linked to increased risk.

If you have symptoms of a heart attack, such as chest pain, chew and swallow one adult aspirin tablet (325 mg) immediately while you seek medical help. This can help dissolve the blood clot, if there is one. If you have only low-dose aspirin, chew four of them.

Source: University of California Wellness Letter

For more valuable health information go to:  
[wellnessletter.com](http://wellnessletter.com)

As always, if you know of anyone in the parish who is having health issues and cannot come to church, please let me know. I would be happy to visit them, pray with them and share the Eucharist with them. When people are ill and homebound, they can experience isolation and fear. Through my role as Parish Nurse, linking the person with our St. James Faith Community is an honor and a privilege for me. Many blessings for HOPE, PEACE, AND STRONGER FAITH during Advent and the Christmas season and beyond!

**Ann Sardegna, BSN**  
**Parish Nurse**  
262-250-2663 or  
[sardegnaa@archmil.org](mailto:sardegnaa@archmil.org)

## Human Concerns Thank You Letters Received

Every month St. James Parish sends out tithes to different charities that our Human Concerns Committee looks at. Here are some of the thank you's that were received from the recipients.

Dear Human Concerns Committee,  
In our recent appeal you heard directly from youth ministers who come here with their teens. Like them, you know the value of retreat experiences in the lives of young people and for this I am grateful.  
Your generous gift of \$500 is going the distance to make sure our teens have what they most need this year ~ affirmation, encouragement, caring adults, "tyme out" from their busy schedules to find what really matters in life....

**Rejoicing,  
Ben Brzeski  
Executive Director  
TYME OUT Center**

Dear Congregation of St. James,  
We thank you for your donation of \$500 from your tithing program. St. Martin de Porres has been doing well considering the national economy. Our pantry and St. Vincent de Paul has kept quite busy this summer. We have continued to work on our energy conservation programs and brought our WE bill down to \$730 this past month. Volunteers have tackled painting and plumbing projects. Know that we are very careful with our spending. Thanks, for your donation; we will make your dollars stretch.

**May the Lord Continue to bless you;  
Fr. David Preuss, OFM Cap.  
& the parishioners of St. Martin de Porres**

Dear Committee Members:

Thank you very much for the \$500 check that Columbia St Mary's Foundation received recently for St. Ben's Clinic for the Homeless. We are most grateful to St. James parishioners for their kindness...

*Thank you so much ~  
This support will have a real and meaningful  
impact on easing the pain for many of the  
most vulnerable*

**Sincerely,  
Lisa A. Froemming  
President & CEO  
Columbia St. Mary's Foundation**

Dear Mr. Olszewski,  
Thank you for your donation of \$500 to Interfaith Senior Programs. Your on-going support makes it possible for us to connect caring volunteers with seniors, adults with

Disabilities and community agencies in need of assistance in Waukesha County...

Thank you again for your generous support.

**Sincerely,  
Marie Honel  
Community Outreach Manager  
Interfaith Senior Programs**

Dear Friends,

Thank you for your generous gift of \$500 designated to the Community Outreach Health Clinic at Community Memorial Hospital.

We are grateful for your support of the Community Outreach Health Clinic that serves as a lifeline for area residents who find themselves without insurance or other resources to pay for essential health care. Your contribution is greatly appreciated by the thousands of individuals and families who can look forward to a healthier, more hopeful future because of the care they receive from Community Outreach Health Clinic.

**Best Regards ~~ Kerry J. Freiberg, Executive Director**

Dear Charles:

Thank you so much for your generous donation of \$840, your gift enables us to provide assistance to households in a housing crisis. We greatly appreciate your support.

With your support we provide critical services that address basic needs of families, children and adults with special needs. Your gift helps us provide food, shelter and clothing to people coming to the shelters and for those needing support services to stay in their homes...

**Sincerely,  
Bernie Juno  
Executive Director  
Hebron House & Hospitality**



## **Welcoming immigrants rooted in human dignity**

Written by Archbishop Jerome E. ListECKI Thursday, 05 August 2010 10:22 Catholic Herald On Line

I remember the prophetic words of the great Dr. Mortimer Adler, well-known philosopher and educator, who remarked in a discussion symposium in the 1980s that unless we get our immigration policy under control, we will risk dividing the country and even severely damaging our economy and cultural way of life. He was not taking sides; he was merely stating his observation. Now, more than 20 years later, the country is divided on this critical issue and there is a need for all of us to step back and to reflect with reason on this important issue.

This may sound like a simple statement, i.e., to reflect with reason, however, it is obvious that the emotions that surround this question have often led to a polarization. Because of our recent economic woes, there is a tendency to look for a scapegoat, and it's easy to characterize illegal immigrants as the ones who are taking jobs away from citizens (unemployment is at 9.5 percent) or increasing the strain on social welfare and on overtaxed state budgets.

On the other side of the issue, there is the demonization of those who challenge current lack of enforcement of immigration laws, often referring to them as dictatorial or racial bigots. It's no wonder that many try to avoid the issue, making it difficult to engage in a meaningful dialogue on this topic.

Many of us are children or grandchildren of immigrants, and it is important to remember that we, as a country, welcomed those who sought to make their home here. It could be argued that our greatness as a nation was built on those who came from other countries in order to build a better life here.

Now we are confronted with the question of the millions of illegal immigrants. Certainly there were laws prohibiting illegal immigration, but the execution was not always enforced. In fact, it might be suggested that many governmental agencies looked the other way and even tolerated illegal immigrants. If the law is not being enforced, does a sudden radical enforcement severely injure those individuals and families that relied upon the tolerance?

Many of us do not realize how difficult it is to become a citizen through the normal channels. It can take up to 12 years, and legal immigration cannot only be expensive but is often extremely bureaucratic and sometimes arbitrary. However, those individuals are standing in citizenship lines making the legally responsible effort. Therefore, those who would propose total amnesty would be rejected by many Americans who view this as a type of cutting in line.

Likewise, those who want to load all illegal immigrants on buses, planes or trains and have them returned to their homeland would be exempting our society from the responsibility that we have had as Americans for creating the environment which permitted and tolerated the current situation. Here we have the two extremes: send all illegal immigrants back or grant them all citizenship. Neither is a satisfactory solution for the majority of Americans. Therefore, the answer stands somewhere in the middle.

Since 2003, U.S. Catholic bishops have called for comprehensive immigration reform. The USCCB has presented five basic principles:

1. Persons have the right to find opportunities in their homeland.
2. Persons have a right to migrate to support themselves and their families.
3. Sovereign nations have a right to control their borders.
4. Refugees and asylum seekers should be afforded protection.
5. The human rights and the human dignity of all should be respected.

All of these principles are part of the dignity of the human person which is grounded in our faith and reflected in natural law. Likewise, the USCCB has called for five specific areas of reform.

1. Easier and fairer pathways to citizenship.
2. Better treatment of immigrant families.
3. Attention given about legal avenues for workers.
4. Protection of (human and legal) rights of immigrants.
5. Going back to root causes. Why have they immigrated?

Perhaps these areas could be a starting point for our discussion of why the need for reform and the necessity as Christians to maintain the dignity of the person in the midst of this emotionally charged environment.

We must remind ourselves that many of the illegal immigrants are from Mexico and South America and that they are Catholic. They are our brothers and sisters in faith. They will often look to the church for spiritual support and personal needs. We must be ready to be Christ for them and to see Christ in them.

We lost much of our innocence as a nation after 9/11 as we became highly suspect of all strangers. Our lives were radically changed. However, our greatness as a nation will depend upon our ability to secure and protect the rights and dignity of all persons – even the immigrants among us.

In order to keep current on the immigration issue please visit the USCCB Justice for Immigrants Web site [www.justiceforimmigrants.org](http://www.justiceforimmigrants.org) or contact Rob Shelledy, coordinator of social justice ministry for the Archdiocese of Milwaukee, at [shelledyr@archmil.org](mailto:shelledyr@archmil.org).

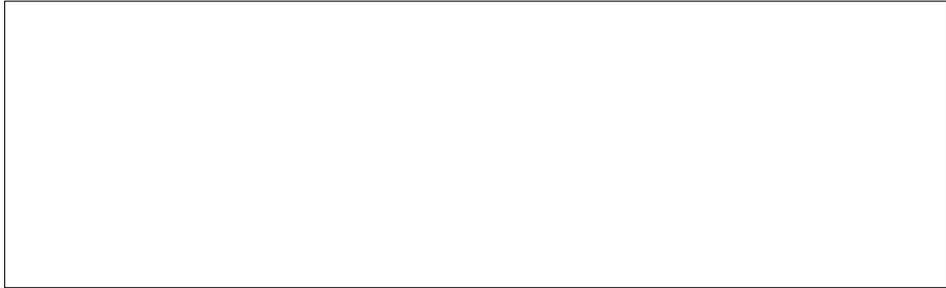
We can only achieve success in the immigration issue if we respect one another and recognize that we are all members of God's family.



# St. James Parish

W220 N6588 Town Line Road  
Menomonee Falls, WI 53051

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



# Dates to Remember

## November 2010

<b><u>Date:</u></b>	<b><u>Event:</u></b>
2:	Mass of Remembrance & Fellowship. 6 pm
3:	All Committee Meeting Night. 7 pm
6/7:	Fellowship Weekend Collection for St. Joseph's Tool Chest
9:	KC's Board Meeting. 7:30 pm
10:	Parish Council Meeting. 7 pm. Great room
11:	Community Banquet. 5:30 pm
13:	Baptism Prep Class. 9:30 am. Great room
13/14:	Blood Pressure Screening Weekend after all Masses
17:	<b>Leave for St. Ben's Meal Program.</b> 4 pm
18:	KC's General Membership Meeting. 7:30 pm
19:	St. James Senior Club Member. 12 pm
21:	<b>CCOS Turkey Dinner.</b> 3 & 4:30 pm
25:	Community Banquet. 5:30 pm
27:	Lector Prep Session. 8 am

## December 2010

<b><u>Date:</u></b>	<b><u>Event:</u></b>
1:	All Committee Meeting Night. 7 pm
3:	Anointing of the Sick. 8 am Mass. Church Holly Days Set Up
4:	Holly Days. 4 to 7:30 pm
5:	Holly Days. 8 to 1:30 pm
6:	Parish Council Meeting. 7 pm
9:	Community Banquet. 5:30 pm
11:	Baptismal Prep Class. 9:30 am
11/12:	Blood Pressure Screening Weekend after all Masses
14:	KC Board Meeting. 7:30 pm
15:	<b>Leave for St. Ben's Meal Program.</b> 4 pm
16:	KC's General Membership Meeting. 7:30 pm
17:	St. James Senior Christmas Party
18:	Lector Prep Session. 8 am
23:	Community Banquet. 5:30 pm
24:	Christmas Liturgies: 3:30 ~ 5:30 & 10:30 pm
25:	Christmas Liturgy: 9:00 am

**Please see page 6 for Calendar of Events for the Christian Formation Department**