

**St. James Parish
March/April, 2013 Newsletter**

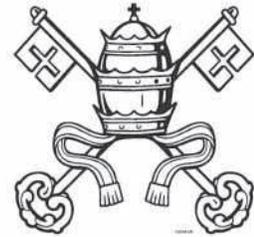


In Thanksgiving for his ministry

Pope Benedict XVI 2005–2013

Pope Benedict XVI 2005-2013

Pope Benedict XVI was born Joseph Ratzinger on April 16, 1927 in Marktl am Inn, Germany. His father, a police officer, came from a traditional family of farmers from Lower Bavaria. Pope Benedict spent his youth in Traunstein, a small village near the Austrian border. In 1943, at the age of 16, he was, along with the rest of his class, drafted into the anti-aircraft corps. He was sent to basic infantry training and was posted to Hungary, where he worked setting up anti-tank defenses until he fled the Nazi army in April 1944 (an offense punishable by death). In 1945 he was briefly held in an Allied POW camp. By June he was released, and he and his brother entered a Catholic seminary.



Pope Benedict was ordained a priest in 1951. In 1953 he obtained his doctorate in theology with a thesis entitled: "The People and House of God in St. Augustine's Doctrine of the Church." Four years later, he qualified as a university teacher. He then taught dogma and fundamental theology at several German universities from 1959 to 1969 when he became a professor of dogmatic theology and of the history of dogma and Vice President of the University of Regensburg.

In 1962, Pope Benedict was already well known when, at the age of 35, he became a peritus, or theological expert, for the Archbishop of Cologne, Cardinal Joseph Frings, at the Second Vatican Council. In March 1977, Pope Paul VI named him Archbishop of Munich and Freising. He was ordained a bishop on May 28, 1977; he was the first diocesan priest in 80 years to take over the pastoral ministry of this large Bavarian diocese.

Pope Benedict was made a cardinal by Paul VI in the Consistory of June 27, 1977. He was one of only 14 remaining cardinals appointed by Paul VI, and one of only three of those under the age of 80 and so eligible to vote in the conclave of April 2005.

In November 1981, he was named by John Paul II as Prefect of the Congregation for the Doctrine of the Faith. He also served as President of the Pontifical Biblical Commission and of the Pontifical International Theological Commission. He became Dean of the College of Cardinals on November 30, 2002.

On April 19, 2005, after one of the briefest Papal Conclaves in modern history, Joseph Ratzinger became the 265th pope of the Roman Catholic Church, taking the name Benedict XVI.

Benedict XVI explained his choice of name during his first General Audience in St. Peter's Square, on April 27, 2005: "Filled with sentiments of awe and thanksgiving, I wish to speak of why I chose the name Benedict. Firstly, I remember Pope Benedict XV, that courageous prophet of peace, who guided the Church through turbulent times of war. In his footsteps I place my ministry in the service of reconciliation and harmony between peoples. Additionally, I recall Saint Benedict of Nursia, co-patron of Europe, whose life evokes the Christian roots of Europe. I ask him to help us all to hold firm to the centrality of Christ in our Christian life: May Christ always take first place in our thoughts and actions!"

In his eight years as Successor of St. Peter, Pope Benedict XVI authored three encyclicals (*Deus Caritas Est*, *Spe Salvi*, and *Caritas in Veritate*), canonized over 40 saints, named two doctors of the church, and created 90 cardinals in five consistories. He has traveled extensively across six continents, published over 30 books since his papal election, and has consistently spoken about his desire for unity in the Church, and renewing the Church and its faithful. Pope Benedict declared a Year of Faith from October 11, 2012–November 24, 2013.

Born: April 16, 1927	Ordained a priest: June 29, 1951	Ordained Archbishop of Munich and Freising: May 28, 1977	Named Cardinal: June 27, 1977	Elected to the Office of Universal Shepherd: April 19, 2005
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LENTEN OPPORTUNITIES & HOLY WEEK SCHEDULE

Things to Give Up For Lent

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about: like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person.

There are those who are isolated by illness or age. Why isolate yourself in front of the "tube?" Give someone a precious gift: your time!

GIVE UP buying anything but essentials for yourself! Instead, give the money to God. The money you would spend on the luxuries could help someone meet basic needs. We are called to be stewards of God's riches, not consumers.

GIVE UP judging by appearances and by the standards of the world! Instead, learn to give yourself up to God. There is only one who has the right to judge, Jesus Christ.

STATIONS OF THE CROSS

Good Shepherd

Wednesdays: February 20, 27—6:00 pm
 March 6, 13, 20—6:00 pm
(Gateway to Resurrection by Joan D. Chittister, OSB)

St. Mary

Sundays during Lent at 2:00 pm

LENTEN PRAYER/DEVOTIONS

Good Shepherd

Evening Prayer—Sundays—February 17, 24,
 March 3, 10, 17 at 6:00 pm
"Living the Stories of the Cross" A Lenten Play -
 Saturday, March 16 at 7:00 pm
 Sunday, March 17 at 4:00 pm
 Monday, March 18 at 6:00 pm

St. James

Adoration of the Blessed Sacrament (in the Chapel)
 Tuesdays from 8:30 am—5:00 pm

St. Mary

Adoration of the Blessed Sacrament/Evening Prayer
 Wednesday all day followed by
 Evening Prayer w/ Reposition 6:30 pm

******COMMUNAL RECONCILIATION******

GOOD SHEPHERD Saturday, March 16 10:30 am

ST. JAMES Tuesday, March 19 7:00 pm

******TRIDUUM/EASTER******

Holy Thursday March 28

(Mass of the Lord's Supper)

Good Friday March 29

(Celebration of the Lord's Passion)

Holy Saturday March 30

(Easter Vigil)

Easter Sunday March 31

GOOD SHEPHERD

Holy Thursday	7:30 pm
(Adoration of the Blessed Sacrament 1 hour after Mass)	
Good Friday	7:00 pm
Holy Saturday	8:00 pm
Easter Sunday	8:30 am, 11:00 am

ST. JAMES

Holy Thursday	7:00 pm
Good Friday	1:00 pm
	7:00 pm
Holy Saturday Blessing of Food	11:00 am (Chapel)
Easter Vigil	8:00 pm
Easter Sunday	8:15 am, 10:15 am

ST. MARY

Holy Thursday	Morning Praise	8:00 am
		7:00 pm
(Adoration of the Blessed Sacrament until 8 am on Good Friday)		
Good Friday		12:30 pm
Holy Saturday		8:00 pm
Easter Sunday		8:00 am, 10:30 am

*******PLEASE NOTE*******

There is ***NO*** Mass of Anticipation at any parish on the evening of the Easter Vigil (Holy Saturday).

Holy Thursday
Bread & Wine Fellowship
Thursday, March 28th

Our Holy Thursday Fellowship will follow the Chrism Mass. Help us break bread and share as Jesus did with his disciples by joining in this bread and wine fellowship. We are looking for parishioners who are attending this service to help us by bringing: bottles of wine, assorted breads, mini sandwiches, cheese, sausage and crackers, pretzels and such. Just drop off in the fellowship area before mass that night.

America Magazine

Sign of God

By Marlana Portolano

What Catholics can learn from deafness.

When Moses received his call to lead the people of Israel out of slavery, he said, "Please, Lord, I have never been eloquent... I am slow of speech and tongue" (Ex 4:10). But God was not deterred. God supplied Moses with miraculous visual signs and appointed his brother Aaron as a voice interpreter for orations. God, it seems, wanted Moses to preach to his people, so God made some special accommodations.

This story is often on my mind when I attend St. Francis of Assisi, a predominantly deaf congregation in Landover, Md., where Joseph Bruce, S.J., one of the first priests in the world who has been deaf since childhood, signs the Masses. It is also where my daughter attends catechism classes in sign language. In order to embrace the Catholic faith, my daughter needed to receive direct communication in a language she could see and understand. In signing the Mass, Father Joe, as he is known, opened my daughter's eyes to essential practices of Catholicism. Every week Father Joe is able to hold the rapt attention of the entire congregation, even when he does not speak at all. Since I have long been interested in both eloquence and deafness, I decided to ask Father Joe about his call to the priesthood and his celebration of the Eucharist. In the process I discovered that deafness is an opportunity for all Catholics to learn about the Mass and the priesthood in profound and unexpected ways.

Hearing a Call

Like most boys in his Springfield, Mass., neighborhood, Joe wanted to be an altar boy. But he could not hear the Latin words of the Mass and even reading them was difficult. Deaf children require significant early intervention and persistent work to have the academic success of their peers in spoken and written languages. By the time Joe was 6, in 1953, he had moved away from his family. He lived at The Clarke School, a boarding school for the deaf that emphasized mainstreaming and used an oral/aural method of communication instead of American Sign Language. When he came home for holidays, Joe was eager for his younger brother Andy to teach him the Latin responses so that he, too, could become an acolyte. After two years of hard work, Joe reached his goal. Later Joe enrolled in mainstream classes at Cathedral High School in Springfield and then attended the College of the Holy Cross, a Jesuit institution in Worcester, Mass. He wanted to major in Spanish, but the department would not allow it because he "could not hear Spanish." The choice to study Spanish was a strategic one for Joe, since memorizing words and writing responses on the board was an easier way for a deaf student to get a good grade. For the same reason Joe could have studied math, but numbers were not his strong suit. He ultimately decided to major in English, which proved difficult because of the sheer quantity of reading and writing required. He also felt anxiety about what might happen when the English department found out he could not hear English.

Joe showed dedication to his studies, and his faith life remained strong, yet it was isolating to be the only deaf student at Holy Cross. He wished for someone who understood his experience, even hoping one of his Jesuit teachers might be deaf. One man, however, understood Joe's experience on a deeper level. Joseph LaBran, S.J., a chaplain at the college, asked him, "Why not become a Jesuit priest?" Joe responded with hesitation, much like Moses: "But the church does not allow deaf men to be ordained." Father LaBran responded that God is full of surprises. For the time being, Joe set his mind on a master's degree in deaf education from Canisius College, another Jesuit school. There he learned sign language and mentored deaf youths hungry for knowledge and communication. But he began to feel a call to the priesthood and applied to enter the seminary. Others were deaf to his call. His diocese said no. The Dominicans did not answer. Finally the religious order that educated Joe accepted him, and Joe went on to become the first deaf Jesuit priest.

Catholic Signs

Joe is one of eight deaf priests in the United States today and one of only 13 worldwide who had childhood hearing loss that influenced language development. The Pontifical Council on Healthcare Ministry reports there are more than 278 million deaf people in the world, including at least 1.3 million Catholics. Considering that deafness is a language difference and physical condition that will not go away anytime soon, the church needs more priests who can minister to this group. Receiving religious education and accessible services can be a major challenge for deaf children and their families, since many parishes cannot afford interpreters for sacramental preparation. A child or adult who has been deaf since birth necessarily requires a different way of learning than hearing people, who can communicate easily in spoken languages.

Catholics who are learning the new translation of the Mass might consider what can be learned from parishioners who are intelligent and desire to participate but who cannot hear the Mass and may have trouble reading the texts. Catholics are deeply versed in signs: signs revealed in Scripture, the sign of the cross, liturgical colors and other seasonal symbols, relics and of course the sacraments themselves, to name only a few. The Eucharist is certainly the sign of signs, and Christ, the Logos, is both a sign and the One he represents. But what exactly is a Catholic sign and what makes a sign acceptable for use in the Mass? St. Augustine in *De Doctrina Christiana* describes a sign as “something which, offering itself to the senses, conveys something other to the intellect.” In other words, a sign represents something else to the mind through the senses. For Catholics, it is essential to understand that human beings themselves can be signs of God—in the story of their lives and in the way they communicate. Christ himself succinctly used story and visual signs in abundance.

When Father Joe presides at Mass, I am often moved to wonder by the bodily—one might say fleshy—quality of his language. At St. Francis of Assisi, Masses are simultaneously spoken and signed by Father Joe, and lectors often interpret the Scripture readings in American Sign Language. In the eucharistic prayer, Father Joe allows the visual sign language to lead the pacing and diction of the spoken English. The point of vernacular Masses is to communicate in ways that make it possible for people to understand. This is especially important for the deaf, who often have difficulty processing written language at the same speed as hearing people. Attending a signed Mass, however, is instructive for all Catholics. All 20 or 30 St. Francis parishioners follow every word with the rapt attention demanded by a visual, signed language. The interpersonal connection between the priest and the people is palpable.

Father Joe’s signed vocabulary provides the congregation a feeling of visceral involvement in the celebration. “Look not upon our sins” he says in long-trained but undeniably deaf pronunciation. At the same time, he stretches one hand far above his head with two fingers pointing down to represent the eyes of God and wags the other hand’s index finger “no” from below. Sign language is indexical, pointing and using space in ways that make the audience identify their physical bodies with the acts of celebration and prayer. Facial expressions and body language are drawn in as essential elements of meaning. In a signed Mass the words of worship feel more like a state of being than a spoken string of words.

For a priest who never heard a homily growing up, and who claims he has no models for style other than his inner intention to communicate the faith, Father Joe is a master homilist. He is eloquent. He can strike a chord that perhaps can be struck only by a deaf priest addressing an audience that includes deaf listeners. “How many senses do you have?” he asks. Most have four, and a couple of deaf-blind individuals have only three and use tactile interpreters. “What do you think is the most important sense?” he continues. People respond “Hearing!” or “Seeing!” But “touch,” Father Joe preaches, “is the most important sense.” His poetic signs amply demonstrate the point. The baby (rocking motion of the arms) feels the closeness of the mother’s body (hands touch his torso). The touch of Jesus heals the blind man (hands wipe the eyes and show us “open”). The body of Christ is broken, and we receive it in an unexpected form. In sign language, Christ’s body is physically associated with the listener’s body, something immediately accessible through human touch. Father Joe’s delivery is more interactive, reminding priests and congregations alike that the intimate communicative function of a homily is to bring divine meaning to the mundane lives of listeners.

Marlana Portolano is associate professor of rhetoric at Towson University in Maryland. She is writing a book on deaf ministries and eloquence in deaf preaching.

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INTERPRETED MASSES
are offered regularly at St. James
on the 2nd & 4th Saturdays of the Month
At the 4:30 PM Mass, and at
Good Shepherd on Sundays at 11:00 am.
 (N74W13604 Appleton Avenue, Meno. Falls)

Mark your calendars for the weekend of March 2nd and 3rd.
 St. James stewardship fair is being moved to spring this year to coincide with our Lenten/Easter theme to "give up" your time, and "rise" to the occasion of trying to join a committee this year! We would love to have you on any of our committees, and you truly will get more out of it than what you put in. Any groups or committees that would like to be part of this, and haven't been in the past, contact Tom Becker @ tombecker-re@sbcglobal.net or (414)531-7664, or Steve Choate @ iowautah@aol.com, or (262)293-3000. Come on and share your gifts with all of us!

A big "THANK YOU" to the Activities Committee and the many volunteers for their work in making the "Little Taste of Italy" Spaghetti Dinner a huge success! We could not have done it without you. **Also a very special THANK YOU to Barb Jackamonis** who did all of the planning and recruiting for this event.

Congratulations to the following Winter Raffle Winners!

\$2,500	Tom Helmers	\$100	Roseann Vamus
\$500	Marilyn Hagner	\$ 75	Merrilyn Hagner
\$400	Kaila Feudner	\$ 75	Patti Ferentz
\$300	Regina Ehley	\$ 50	Vivian Gust
\$200	Terri Grimmer	\$ 50	James Sommer



CHRISTIAN FORMATION

RCIA



The Rite of Christian Initiation of Adults (RCIA) is a collaborative ministry St. James, St. Mary's, St. Anthony's, Good Shepherd, and St. Agnes Parishes. St. James welcomes Matthew Hoffa as a candidate. Matt will be fully initiated into the Catholic Church through his profession of faith, and reception of Eucharist and Confirmation at the Easter Vigil on March 30th. His sponsor is his wife, Jessica Hoffa. We also want to thank and acknowledge RCIA team member Sharon Samp for her commitment to the weekly sessions for RCIA. Please keep Matt, and all sponsors, candidates, catechumens, team members, catechists and staff members in your prayers. ~



Peg Flahive, Adult and Family Ministry

(Picture— St. James RCIA Candidate Matthew Hoffa, pictured with his wife Jessica (his sponsor), and Archbishop ListECKI at the Rite of Election at the Cathedral of St. John the Evangelist in Milwaukee.)

Easter Vigil Reception
At the March 30th Easter Vigil, Matthew Hoffa will be fully initiated into the Catholic Church through his profession of faith, and reception of Eucharist and Confirmation. There will be a reception following the Vigil. If you would like to donate a plate of refreshments, please drop it off in the Gathering Space kitchenette (on a disposable plate please) before the Vigil begins. Thank you!

**“WHEN SOMEONE DIES...”
DIGGING DEEPER –**
**MARCH 17 (11:30 am – 12:30) in the Chapel &
MARCH 19 (6:30—7:30 p.m.) in the Community Center**
When a family member dies survivors sometimes scurry to make funeral arrangements. How does one make arrangements with a funeral home and how does one plan a funeral service with the church? What options are there for a funeral service? Must the body be present at a funeral service? If cremation is preferred what options are available for a Catholic service? Can one do advanced planning of a funeral? These and many other questions will be addressed in this one hour session presented by Daryl Olszewski, Pastoral Associate at St. James.

**COOPERATING CHURCHES OF SUSSEX
MINI-WORKCAMP 2013!
Saturday, April 20th,
Arrival time is 8:30 with crews leaving St. James
around 9:30 am.
The day ends with dinner at 4:00 pm!**

Adults and youth will be needed to provide this community service for area senior residents. Adults transport, supervise & guide about 4-5 youth in doing general Spring clean up chores such as raking, window washing & cleaning gutters.
Youth grades 7 and up are encouraged to spend the day providing the above services to area residents.
This is a wonderful service opportunity for both youth and adults. There are many area residents who could really use a helping hand.
**Applications will be available around mid-March.
The deadline is Friday, April 6th.
Please watch the bulletin or check the website
Later on this month for more information!
www.stjames-parish.net
For questions call Diana at 253-2235.**

SOAL
SOAL classes (St. James Older Adult Learning) begin on April 5 and run for a total of 6 Fridays, plus a pot-luck on May 17. If you are not on the mailing list and would like to be, please contact Mara in the Christian Formation Office, 262-253-2916. Registrations are due the morning of March 18. We are also looking for 2 new SOAL board members. If you are interested in serving on the SOAL board, contact Peg at flahivep@archmil.org or 262-253-2915. The volunteer board meets twice a year to plan classes, review details, and give input for the SOAL program. The next meeting will be in August.

CHRISTIAN FORMATION

March 2013

- 3 BOW at 8:15 Mass
No CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
Adult Confirmation @ St. Mary's 11:30-1:00
MS/HS CF 6:30 Learning About Life
- 4 Lenten Book Discussion Group 9:00-10:00
MS/HS CF 4:30 & 6:30 Learning About Life
- 5 NO CF Classes Gr.1-5
Scripture Study 6:30-7:30 pm
- 6 FtCS 6:30-8:30 pm
Adult Confirmation @ Good Shepherd 7-8:30
All Committee Night
- 7 No RCIA
- 9 FtCS 8:00-noon
Mission Trip Stock Sale after Mass
- 10 BOW at 8:15 Mass
CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
Mission Trip Stock Sale after Masses
GIFT 11:30-1:30
Adult Confirmation @ St. Mary's 11:30-1:30
CF Classes MS/HS & Conf. 4:30 & 6:30
- 11 Lenten Book Discussion Group 9:00-10:00
CF Classes MS/HS & Conf. 6:30
- 12 CF Classes Gr. 1-5 5:00 & 6:30 pm
GIFT 5:30-7:30
No Scripture Study
- 13 Adult Confirmation @ Good Shepherd 7-8:30
- 14 Community Banquet
No RCIA
- 15 First Eucharist Retreat 5:30-8:30 pm
- 16 First Eucharist Retreat 9-noon
Mission Trip Stock Sale after Mass
- 17 B.O.W. 8:15
CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
GIFT Digging Deeper 11:30-12:30
Mission Trip Stock Sale after Masses
Adult Confirmation @ St. Mary's 11:30-1:30
CF Classes MS/HS 4:30 & 6:30
- 18 Lenten Book Discussion Group 9:00-1:00
SOAL Registrations Due
CF Classes MS/HS 6:30
- 19 CF Classes Gr. 1-5 5:00 & 6:30
GIFT Digging Deeper 6:30-7:30
No Scripture Study
- 20 Adult Confirmation @ Good Shepherd 7-8:30
St. Ben's
- 21 RCIA @ St. Mary's 7-9 pm
- 23 FtCS 8-noon
- 24 B.O.W. 8:15
CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
Mission Trip Paper Work due after 10:15 Mass
LAST CF Classes all MS/HS meet 6-8 pm
- 25 Last Lenten Book Discussion Group
- 26 CF Classes Gr. 1-5 5:00 & 6:30
- 27 No Community Banquet
No RCIA

April 2013

- 2 No Scripture Study
- 3 All Committee Night
- 4 RCIA @ St. Mary's 7-9 pm
- 5 S.O.A.L #1
- 6 Aluminum Can Drive
- 7 Aluminum Can Drive
- 9 Scripture Study 6:30-7:30
CF Classes Gr. 1-5 5:00 & 6:30 pm
- 11 RCIA @ St. Mary's 7-9 pm
Community Banquet
- 12 S.O.A.L #2
- 13 FtCS 8-2
- 14 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
GIFT 11:30-1:30
- 16 CF Classes Gr. 1-5 5:00 & 6:30 pm
GIFT 5:30-7:30
No Scripture Study
- 17 St. Ben's
- 18 RCIA @ St. James 7-9 pm
- 19 S.O.A.L #3
Mission Trip Retreat 5:30 pm
- 20 Mission Trip Retreat
Mini Work Camp
Confirmation Rehearsal 10-noon
- 21 CF Classes 4K/5K 8:15; Gr. 1-5 9:30 am
- 23 Confirmation at St. James
No CF Classes Gr. 1-5 5:00 & 6:30
No Scripture Study
- 25 First Eucharist Rehearsals at the following times:
5:30 for those celebrating at 4:30 mass on 4/27
6:15 for those celebrating at 8:15 mass on 4/28
6:45 for those celebrating at 10:15 mass on 4/28
RCIA @ St. James 7-9 pm
- 26 S.O.A.L #4
- 27 First Eucharist Celebration at 4:30
- 28 First Eucharist Celebrations at 8:15 & 10:15
- 30 Scripture Study 6:30-7:30



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

From the Parish Nurse: Pam Dennis

Know Your Blood Pressure Numbers

It's important to learn more about your blood pressure and what are normal readings for healthy hearts. As the saying goes, "an ounce of prevention is worth a pound of cure". The more you know, the more you'll see it's possible to manage high blood pressure. To begin with, let's start out with the definition of blood pressure. It is the force of blood pushing against the walls of your arteries. High blood pressure means that your blood is moving through your arteries with a pressure higher than normal. The higher the pressure is the higher the numbers may be. Most of the time, high blood pressure is "silent" – which means you may feel no symptoms. That's why people can have high blood pressure and not even know it. According to the American Heart Association, 1 in 3 Americans has high blood pressure. It's a common health problem. Uncontrolled high blood pressure can lead to other serious health problems such as: stroke, heart attack, and kidney failure to name a few. There are certain risk factors for high blood pressure. Some risk factors you can control and others you cannot. For example, you cannot control your age, your race/ethnicity or your family history. Research has shown that as people age they are more prone to get high blood pressure. African Americans are more likely to get high blood pressure; sometimes earlier in life and more severe. A family history of high blood pressure can also make you more prone to getting it. Risk factors you can control are: your medicines, your healthy eating habits, level of activity, smoking, alcohol consumption and your stress level. As far as the numbers for blood pressure, there are two to remember when your doctor gets your blood pressure. The first is called the systolic, the top number; which signifies the pressure when the heart beats while pumping blood. This number should be 120 or less. The next number is called the diastolic, the bottom number; which signifies when the heart is at rest between beats. This number should be 80 or less. So the ideal blood pressure is 120/80 or lower. The range of between 120-139 over 80-89 tells us that you are at risk for high blood pressure. This is good information to take to your health care provider. The best way to keep a watch on your blood pressure is to have it taken on a regular basis. As part of our health ministry here at St. James, we offer the blood pressure screenings at all three Masses on the second weekends of every month except for July and August. Please take advantage of this ministry, and be sure to ask what the readings are whenever someone takes them. You should be proactive in your healthcare and knowing what your usual blood pressure is can be a start. The beauty of our screenings here at St. James is that if you come every month you have a tracking of trends with your blood pressure. Usually high blood pressure is diagnosed when you have three consecutive readings that are high three consecutive days in a row. We have outstanding volunteers in our blood pressure screening ministry that volunteer their time for the health of our parish and I thank them for their support. Also, if there are any nurses or emergency medical technicians from our parish who would like to volunteer with this ministry please call or e-mail the parish nurse. We can always use an extra pair of hands.

“Hearts understand in ways minds cannot” Louis Wilson

Come One, Come All to the Community Banquets

On the 2nd of 4th Thursdays of every month (except Thanksgiving and Christmas weeks), St. James Community Center is the site for the Community Banquet: a free, nutritious meal and fellowship supported by 10 area Churches. These 10 Churches include Presbyterian, Methodist, Lutheran, United Church of Christ, Episcopalian, and Catholic congregations working together to provide a free meal and the volunteer crews to set up, cook, serve, and clean up. These Churches support the program financially.

Twice a year (Feb. and Sept.), free will offerings are accepted to also help support the Banquet.

Meals are served 5:30pm to about 6pm. No reservations are needed, just come and enjoy a tasty meal and friendship! Some folks come with their family; some come and meet their friends; everyone is truly welcome!

If you have questions or would like to volunteer, please contact Janet Block at jbloc5@sbcglobal.net. St. James is scheduled 6 or 7 times per year to provide a volunteer crew. Some volunteers are here at nearly each banquet we're scheduled, some are only available once or twice a year; it's very flexible and volunteer help is greatly appreciated.

MASS TIMES AT OUR CLUSTER PARISHES

Good Shepherd—*N88W17658 Christman Road,
Menomonee Falls*

Weekday Schedule: Tuesday & Friday at 9:00 am

Weekend Schedule: Saturday 4:30 pm
Sunday 8:30 am & 11:00 am

St. James

Weekday Schedule: Tuesday thru Friday 8:00 am (Chapel)

Weekend Schedule: Saturday 4:30 pm
Sunday 8:15 am & 10:15 am

St. Mary's— *N89W16297 Cleveland Avenue,
Menomonee Falls*

Weekday Schedule: Tuesday, Thursday, Friday at 8:00 am

Wednesday (All School Mass) at 8:15 am
Weekend Schedule: Saturday 5:00 pm
Sunday 8 am & 10:30 am

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. Upcoming baptisms are scheduled at the weekend Masses on:

April 20th and 21st
May 11th and 12th
June 15th and 16th
July 13th and 14th

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



- Parents should be **registered members** of St. James.
- 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.
- Pre-baptism classes are usually held once-a-month on a Saturday morning.
- So that baptisms may be as personal as possible only four baptisms are scheduled for any Mass. So register early!

Call Daryl Olszewski at 262-253-2213 or e-mail at olszewskid@archmil.org for more information.



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 May 3rd—5th at Schoenstatt Retreat Center in Waukesha. The next weekend would be September 20th—22nd. 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

Fields of Hope & Dreams - Community Garden News!

Mid summer of 2008, an anonymous St. James' parishioner dropped off some tomato plants to our church's maintenance department. The intent was to have our maintenance personnel plant the tomato plants on the church's property. Around that same time, members of our Human Concerns committee and St. Vincent de Paul Society were meeting to discuss how we could improve the quality and increase the quantity of food donated to the Cooperating Churches Of Sussex's (CCOS) food pantry. The idea of a community garden grew out of that meeting.

That fall, volunteers turned over sod and horse manure was added to the plot. It was then covered with black plastic for winter. In the spring of 2009 a young Boy Scout needed a project for his Eagle Scout badge. He was willing to get his troop members involved to help construct the garden. Planning meetings were held over winter and in early spring construction of our Fields of Dreams was started. The garden was planted, vegetables grew, food was donated to the food pantry, excitement grew within the parish and more volunteers showed up.

In 2009 the garden was expanded within the perimeter of the fence. It was expanded again in 2010 until we could not expand it any further. Additionally the garden sat under a huge oak tree that shaded the garden. This was great for cool weather crops, but hindered hot weather crops.

In 2011 we began planning another garden. In the spring of 2012 our Field of Hope garden was constructed on the sunnier south side of the church just for hot weather crops. A drop watering system was installed to meet the challenge of a draught year. The garden was planted, more vegetables grew, more food was donated to the food pantry and excitement continued to grow.

Throughout the last four years we continued to adhere to the three guiding principles developed in those early planning sessions:

- 1) To provide delicious, nutritiously fresh, chemically free, "church" grown, vitamin rich fruits & vegetables to the CCOS food pantry.
- 2) To help bring the St. James community closer together, like minded volunteering of gardeners sharing ideas, gardening tips and experiences while performing community service for the clients of the CCOS, St. Martin de Porres and Menomonee Falls food pantries and praying for guidance, direction and a productive season.
- 3) To have minimal or NO drain on parish resources of money (we raise our own funds through a plant sale, and donations), staff time (garden volunteers provide all the expertise, knowledge and labor), or resources (volunteers provide all the seeds, tools and equipment to garden).

Future garden plans include an herb garden, a butterfly garden and a squash/melon trellis. We've even thought of adding bees to the mix to help pollination. In January, 2013 our gardens were designated as a University of Wisconsin Extension's - SouthEastern Wisconsin Master Gardeners (SEWMG) site, which will attract certified master gardeners throughout Milwaukee and Waukesha counties to help further develop our gardens and provide education and training to novice or inexperienced gardeners.

If any of this sounds appealing, you can join our volunteers by calling (414) 587-1202 or email: pschneider@wi.rr.com. No experience is necessary and anyone who knows gardening knows you can always learn something more from another gardener. We've just begun to plan our gardens for 2013, so now is a good time to get involved. And don't forget to mark your calendar for the weekend of **May 18th/19th** when we will hold our annual **Plant Sale** in the Gathering Space after each mass. Thank you for supporting St. James' garden projects and the CCOS food pantry.

HUMAN CONCERNS

MATCHDAY
Give. Match. Grow.

Dear Friends,

On March 14, residents of Greater Milwaukee have a chance to come together to support agencies that provide food and shelter for individuals and families facing extreme hardship.

Match Day, a special 24-hour online giving event coordinated by the Greater Milwaukee Foundation, aims to leverage community support for 21 nonprofits that serve as a local lifeline--including Repairers of the Breach.

Last year, our generous supporters gave \$42,000 on Match Day. Each dollar was "proportionately" matched with an extra \$.63, s-t-r-e-t-c-h-i-n-g every dollar to \$1.63!

The Greater Milwaukee Foundation, Brewers Community Foundation and several donors and area foundations have pledged almost \$740,000 toward this year's match pool.

Each online gift of \$10 or more on March 14th will be s-t-r-e-t-c-h-e-d with a proportionate match.

Find out more by visiting www.MatchDayMKE.org and mark your calendar for March 14!

All the Ways to Help--

- Mark March 14 on your calendar and add this [Match Day](#) link.
- "Like" Repairers and the Greater Milwaukee Foundation on social media.
- Follow us on [Facebook](#) & [Twitter](#) and help build the buzz.
- Help us spread the word! Please forward this email to family & friends along with a note about why you believe in our work and why they should give on Match Day.
- Donate on March 14 with this [Match Day](#) link right to our page. We will send you an email reminder on Match Day!

This is a genuine opportunity to unite for "the greater good."

Please demonstrate your compassionate support of our daytime homeless outreach by donating online March 14.

Thank you for helping "homeless helping homeless" happen!

Peace,
MacCanon Brown
Executive Director
Repairers of the Breach

Match Day - March 14 Make a gift and make a difference!

**ST. JAMES IS HOSTING A BLOOD DRIVE
THURSDAY, MARCH 21, 2013
2:00 PM - 7:00 PM
IN THE COMMUNITY CENTER.**



**Appointments are encouraged.
Open to family & friends.**

Visit www.bcw.edu/stjames
to Give for Life!

Contact the Parish Office at 262-251-3944
with questions.

JUST A REMINDER A REMINDER...



The Knight's of Columbus and the Lions & Lionesses have drawers in the Food Pantry Cupboard located in the Gathering Area for collecting various items which they are able to turn into charity monies.

Some of the items they are looking for are
Ink Jet Cartridges Eyeglasses
Aluminum Can Pull Tabs Campbell's Soup Labels
And more.

Please check out the cupboard and if you have any items to help these organizations in their fundraising efforts your help is appreciated.

Thank You,

We hope that you will continue to help us serve our guests. We cannot do it without you! Have a wonderful happy and healthy New Year!

Dana Riesterer
Mgr. of Operations

Laurie Jendusa
Community Outreach

Hope Center
“Helping Hands Building Hope”

Ms. Debra Schneider,

Thank you for St. James Congregation’s generous gift of \$375.00 in 2012 to support Life Navigators (formerly ARC of Greater Milwaukee) and individuals with disabilities. The generosity of your parish allows individuals with disabilities to live, work and volunteer in our community.

Life Navigators’ group education sessions, leadership trainings and community integration outings encourage individuals with disabilities to develop decision-making skills needed to live safe, happy and healthy lives.

Your generosity will truly make a difference in the lives of individuals with disabilities. On behalf of the 4,700 individuals served by Life Navigators, thank you for believing in our Mission.

Warm Regards,
Vicki Wachniak
Executive Director

To St. James Parish,

A deep hearted thank you for all your generous donations and continued support of Hebron House of Hospitality in Waukesha. It’s because of wonderful people like you that our shelters are able to survive.

Thank you for supporting some of our most vulnerable citizens, those in Hebron House shelter. You made a difference in their lives and in ours. As we proceed into the New Year, may the blessing of your generosity reward you in many ways.

Again, thank you.

Nettie Sadler
Hebron House of Hospitality

Dear Friends,

Thank you for your donation of \$375.00 to Sojourner Family Peace Center. With this gift, we are able to better fulfill our mission to create peaceful communities in which domestic respect and life free from violence is the right of every woman, man and child.

Your thoughtful contribution will allow us to provide comfort, encouragement and support to those experiencing domestic violence. For all those that your gift will help, we thank you.

Peacefully,
Carmen Pitre
Executive Director

Dear St. James Congregation,

We appreciate your generosity to St. Martin de Porres over the past year. Your giving made possible a number of vital improvements.

Again, your kindness is highly valued. Thank you for your past support. Your continued contributions are greatly appreciated.

Sincerely,
Fr. David Preuss, O.F.M. Cap.
St. Martin de Porres Catholic Church

Interfaith Senior Programs would like to thank you for your contributions to our Holiday Giving Program. This year we made the holidays a little brighter for around 400 seniors.

Some of our seniors asked us to share their gratitude with you! The ornaments and goodies brightened their day while the stamps, Walgreens and Pick-N-Save cards helped make life a little easier. Many clients sent thank you notes to our office wanting you to know that they really appreciate your kindness.

From the staff at Interfaith and the seniors who participated in this program, we appreciate your part in making Holiday Giving 2012 a huge success!

Kris Lombardi

Dear Friends,

The members, leaders, and volunteers of Repairers of the Breach thank you for your very helpful gift of \$177, representing donations from a number of individuals attending the Mission Sunday event in December 2012. We also thank you for supporting our mission in various ways. This contribution from parishioners will help to provide not only a daytime shelter, but a sense of hope as well. The heartfelt support your faith community continues to show makes a difference in many lives and plays an important role in helping us foster positive change and personal growth within our homeless constituency.....Without such help, our efforts to create self-driven and sustainable solutions to homelessness would not be possible. Your contribution is especially meaningful to us in these most difficult financial times. We are careful stewards of all that is entrusted to us, and we thank you again!

Sincerely,
MacCanon Brown
Executive Director

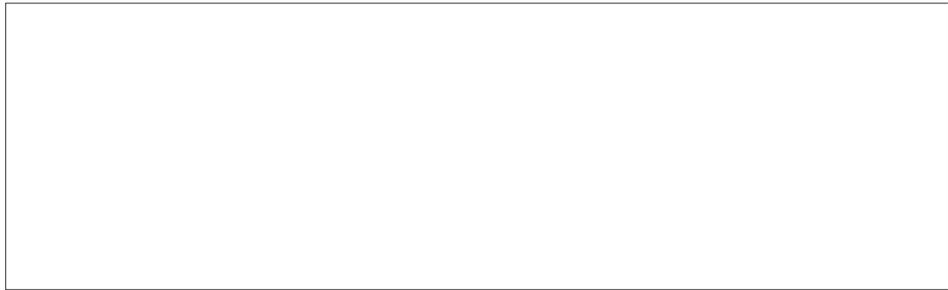
Dear Rev. Michael Moran and Parishioners,

Greetings from the Mission Office! I am writing to thank you for participating in the special collection for La Sagrada Familia earlier this month. And I want to thank all of your parishioners for their prayers and financial support.....Our call to Global Solidarity is a call to continue developing partnerships that are about sharing faith journeys, developing friendships across cultures, and promoting social justice and peace. Thank you for responding so generously in this year’s special collection for our sister Parish. Your parish contribution of \$750 is greatly appreciated! Sincerely, *Allen Scheid*, Director



St. James Parish
 W220 N6588 Town Line Road
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Dates to Remember

MARCH 2013

- | <u>DATE:</u> | <u>EVENT:</u> |
|--------------|---|
| 3: | Blessing for Engaged Couples, 8:15 Mass |
| 3/4: | Stewardship Fair & Welcome Sunday |
| 6: | All Committee Meeting Night, 7:00 pm |
| 9: | Interpreted Mass at 4:30 pm |
| 9/10: | Collection for Cell Phones for Soldiers,
Mission Trip Stock Sales & Blood Pressure
Screening after Masses |
| 12: | KC's Board Meeting, 7:30 pm |
| 13: | Parish Council Meeting, 7:00 pm
St. Vincent de Paul Meeting, 7:00 pm |
| 14: | Community Banquet |
| 15: | St. James Senior Club |
| 16: | Interpreted Mass at 4:30 pm |
| 17: | KC's Pancake Breakfast |
| 19: | Communal Reconciliation, 7:00 pm |
| 21: | Blood Drive at St. James, 2:00-7:00 pm |
| 28: | Community Banquet, 5:30 pm |

(See page 3 for the Holy Week & Easter Schedule)

APRIL 2013

- | <u>DATE:</u> | <u>EVENT:</u> |
|--------------|---|
| 2: | Election Day Polling Place, Cafeteria |
| 3: | All Committee Meeting Night |
| 6/7: | Fellowship after Masses |
| 9: | KC's Board Meeting, 7:30 pm |
| 10: | Parish Council Meeting, 7:00 pm
St. Vincent de Paul, 7:00 pm |
| 11: | Community Banquet, 5:30 pm |
| 13: | Interpreted Mass, 4:30 pm |
| 13/14: | Blood Pressure Screening after Masses |
| 18: | KC's General Membership Meeting, 7:30 pm |
| 19: | St. James Senior Club |
| 20: | Mini-Workcamp |
| 23: | Confirmation Celebration |
| 24: | Common Threads Quilting Guild
St. Vincent de Paul Meeting, 7:00 pm |
| 23: | Community Banquet, 5:30 pm |
| 27: | Interpreted Mass—Eucharist Celebration |
| 28: | Eucharist Celebrations at Masses |

Please see page 7 for Calendar of Events for the Christian Formation Department