HOLY WEEK & EASTER

To help prepare for Easter the Four Saints & A Good Shepherd Cluster Parishes will have two Communal Reconciliation Services. They will take place on:

- Wednesday at St. Agnes Parish ~ 12801 W. Fairmount Ave in Butler at 7:00 pm
- Saturday, March 27th here at St. James at 10:30 am in church.

Please join us during Holy Week and Easter …April 1st, 2nd 3rd & 4th
For Holy Week and Easter Services

Holy Thursday
April 1st
7:00 pm Liturgy
In Church
Mass of the Lord’s Supper
With fellowship following the liturgy

Good Friday
April 2nd
1:00 pm Service
In Church
Celebration of the Lord’s Passion

Holy Saturday
April 3rd
7:30 pm ~ In Church
Easter Vigil

Easter Sunday
April 4th
8:15 & 10:15 am
In Church
Stations of the Cross

Blessing of Food
Saturday – April 3rd
11:00 am
In Church

Holy Thursday
Bread & Wine Fellowship
Thursday April 1st
Remember our Holy Thursday Fellowship following 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.
Thank you.
The Activities Committee

Stations of the Cross
Trying to make sense of Lent? Our God? Your Life?
Stations of the Cross will be offered at St. James on Fridays during Lent at 6:30PM in the Church. Join us as we reflect on and connect to Jesus’ life, passion, and death in our lives today. All are welcome!
Parish Council
Meeting.-

Excerpts from the January 13, 2010 meeting

CF Committee Update
- explained structure of CF and G.I.F.T. Went into depth on ...
- adults and children separate into groups for more activities
- meet once a month
- about 80 families participate on either Sundays or Tuesdays
- family continues to teach faith at home and participate in service project
- Issac Garcia and his role in expanding CF programs through the ECHO program (a joint program hosted by the Archdiocese of Milwaukee and Notre Dame University) was discussed as well as our ability to continue programs he has initiated once he graduates and leaves us in June.
- CF -shared their stated goals and updated us on their status.

Chairperson’s Report-

Follow up on Finance and Stewardship Committee /Fundraising
- Nov.- discussed that finance and stewardship should form a sub-commitee about possible fund-raising ideas
- Dec.: the finance committee and stewardship met and it was decided that the fundraising committee will become a subcommittee of finance. They also discussed how to start it. We would like this new committee to be off the ground before July/August 2010. We are looking for a creative person to head the committee

New Ideas
- put a finance report in bulletins
- a separate collection just for St. James fund
- winter raffle did very well
- The Needs/Wants board was discussed. It is too soon to tell if these signs are making an impact.

Cluster Council
- Ruth Ann will take Chris’ place on cluster immediately to have continuity as the newly formed cluster of St. James, St. Mary’s and Good Shepherd work on completing the Vision 21 work.

Vice-Chairperson’s Report
- Retreat was discussed- Ruth Ann sent reminders for the weekend.

Pastor’s Report
- St. James is 3 years behind on our Archdiocese fees. Fr. Art hopes to get the church caught up by the time he leaves
- Fr. Art may have a medical procedure in the spring which may mean he will be on a medical leave for a short period of time.

Committee Headlines

Prayer and Worship
- 3:30 mass situation at Christmas (very large!!)
- Committee discussed having valet parking for the people that have trouble walking into church. The council weighed in and suggested that we have selected greeters walking frail/elderly to seats in Mass
- asked that we look into asking the Archdiocese and insurance carrier about what our options are

Activities
- Holly Days was very successful and made $1000 more than last year
- Trivia night is coming January 31st.
- Ladies Night will be held at the end of April (has sold out in past years)

Finance
- made a large payment to Archdiocese, but we still owe about $100,000

Buildings and Grounds
- floors (buffed and waxed) will be completed shortly
- lights were replaced

Human Concerns
- finding a balance between youth, family, and adult plans for Matthew 25 and a balance between donations and service
- sent $200 to Respect Life fund
- Tithing has resumed and committee members are working on criteria that we will donate to.
- St. Vincent de Paul has put money into the bank but is worried about what will happen in April when utilities can legally be shut off.

Stewardship
- Is working on fundraising committee with finance

Health Ministry
- many parishioners suffering from cancer
- Ann is doing a great job keeping the parish and pastor updated

Youth
- Youth event next Friday is planned for January 24th.
- Youth mass on the 31st

The St James Activities Committee is Please
to Present

Thursday April 29, 2010
St James’ Community Center
W220 N6588 Town Line Road,
Menomonee Falls
Cocktails, Dinner, Entertainment and Prizes
5:50 pm
Cocktails and Hors d’oeuvres
6:30 pm
Dinner
Entertainment provided by:
Main Street
Song & Dance Troupe
Tickets: $20.00

Tickets available ONLY in the gathering area at all masses on April 10/11, 17/18, and 24/25. Tickets available on first come basis. Seating limited.

Interested in setting a table? Please contact Barbara at 262 246-6000 for details.
We Need Immigration Reform for Family Unity....

“We have, literally, tens of thousands of American citizens whose wives are being deported, whose husbands are being deported. We have millions of American citizen children who when they wake up in the morning to go to school fear all day long whether or not their parents will be there at the end of the day.”

Most children under 18 of unauthorized immigrants—73% in 2008—are U.S. citizens by birth. These young Americans number 4 million.

The “Catch 22” facing an Undocumented Parent of a Citizen Child:
Your citizen child under 18 cannot sponsor you for a visa.
You cannot legalize your status while remaining in the U.S.
If you leave to obtain a visa, you are barred from re-entering the U.S. for 3 or 10 years, and perhaps permanently.
The hardship to your citizen child is not grounds for relief from the re-entry bars.
Even if you obtain a waiver of the re-entry bars, you may have to wait 10 years or more to receive a visa.
In short, there is no way for you to legalize your status while maintaining family unity in the U.S.

Milwaukee Archdiocese Postcard Campaign for Immigration Reform

As Congress considers comprehensive immigration reform, it is important that supporters of reform make their voices heard on Capitol Hill. For this reason, Justice for Immigrants has initiated a national postcard campaign to urge Congress to pass reform legislation.

Following each Mass the weekend of March 6-7, Catholics here at St. James and throughout the Archdiocese of Milwaukee are signing postcards asking legislators to support immigration reform legislation that keeps immigrant families together, adopts smart and humane enforcement policies, and ensures that immigrants without legal status register with the government and begin a path toward citizenship.

To learn more, visit www.justiceforimmigrants.org.
For more information contact Debra Schneider Human Concerns coordinator djschneider@wi.rr.com

MJ Partnership - House Rehab Project

Volunteers from St. James and St. Martin de Porres (i.e. MJ Partnership) have been rehabbing a house near our sister parish on 2nd and Burleigh. The house is located at 2932 N. 7th Street. New porch railings have been constructed on the upper and lower porches of this duplex. All the plaster and lathe walls have been repaired with sections of new drywall and the walls have been prepared with a spray on texture to hide imperfections and blemishes. Several youth groups have devoted service project time to help clean-up and paint the walls of the house. Other volunteers have renovated two kitchens and two bathrooms with new cabinets, flooring and fixtures. And a new black top driveway was laid last fall. Refinishing the hard wood flooring will be next on the agenda along with a good final cleaning of the inside of the house before spring. We will continue the work on the outside of the house when weather permits. Most of the work has been on weekends, mostly Saturday mornings with some group service project work done on Sundays. If you would like to get involved and share your home improvement talents with the group, or would like to learn some skills from other volunteers, you can be included on our email list for invitations to work and updates on the progress being made. Just email Paul Schneider at pschneider@wi.rr.com. Or if you want additional information before you volunteer, you can call him at (414) 587-1202. You can help a single woman who cares for an extended family of children live in a nicer inner city home of her own.

Pilgrimage to Spain for the Jubilee Year of St James

Join pilgrims from around the world as they come together in Spain to celebrate the Jubilee Year of St James on November 4-12 2010. A plenary indulgence is gained for pilgrims who travel to the Cathedral of St James in Santiago de Compostela Spain in this Holy Year. Pilgrimage includes stops at Fatima, Avila, Santiago de Compostela, Madrid and more. $2,499 includes daily mass, sightseeing, spiritual director and Catholic tour escort, all breakfasts, four dinners, accommodations at 3&4 star hotels and transportation from New York. Join us on this spiritual journey to Spain! Please call Corporate Travel for more details 313-565-8888 x121.

Thrift Sale

Dates are:
June 4th, 5th & 6th, 2010
We will collect items from:
May 10th to May 28th
Watch upcoming bulletins for more information

St. James Senior Club

The St. James Senior Club will hold their Spring Fling on Friday, March 19th. The cost will be $4.00 per ticket and you can purchase this ticket until March 12th by calling Lou, our Treasurer, at 262.389.8841.
The doors will open at 11:00 a.m. and the meeting will promptly start at 11:30 a.m. The pizza and subs will be delivered at 12:00 p.m. The April Senior Club meeting will be held on Friday, April 16th.
Prayer & Worship Update ...

Singing Like Angels

On February 7th, the reading from Isaiah recounted the vision that Isaiah had in the temple. This is commonly known as the call of Isaiah, even though it occurs in the sixth chapter.

In the vision, Isaiah sees seraphim above God’s throne singing, “holy, holy, holy is the Lord of hosts! All the earth is filled with his glory.” The repeated “holy” is a Semitic way of expressing emphasis, so it means “most holy.” Hearing this causes Isaiah to proclaim his unworthiness, as he recognizes the contrast between God’s holiness and his sinfulness.

We echo the angels’ song at every Mass in the eucharistic prayer, but seldom does it produce an effect like that! In fact, it has become so familiar that it may produce almost no effect at all.

The “Holy, Holy” has a long history in our worship. It was part of the synagogal morning prayer at least by the second century and was incorporated into the eucharistic prayer in both East and West by the fifth century.

In the sixth and seventh centuries, the words used by the people to greet Jesus as he rode into Jerusalem were added to the angelic refrain.

Are you aware that you are singing the words of the angels and the crowds in Jerusalem?

Do you experience the “Holy, Holy” as a joyful acclamation of praise to the clamation of praise to the Father? How well do we sing it? Do we recognize that we are joining our voices to the saints and that we worship with all creation?

The new missal makes only one change to the text of this part of the Mass. Instead of “God of power and might,” we will sing “God of hosts.” Like many of the upcoming changes, this obscures the meaning of the phrase. Some will think of the tiny round wafers many churches use instead of real bread at Mass. But “hosts” here means armies rather than wafers. It is a way of suggesting God’s power and might, which our current working makes clear.

It is a way to help deepen our awareness that the liturgy involves us in an act of worship that transcends the local assembly. We worship God in union with the angels and saints, with past and present members of Christ’s body all around the world.

So, let’s pray for us to be holy as God is holy, for us to join our voices enthusiastically in the song of the angels, the next time we sing …

Holy, Holy, Holy Lord
God of Power and Might
Heaven and Earth Are Full Of Your Glory
Hosanna in the Highest ...

St. James’ Community Garden

Even though it is winter, volunteers continue to plan for spring planting in our planned community garden. The garden is located on St. James property east of the driveway that goes up to the Willow Springs parking lot. The garden lies next to the chain link fence that separates church property from Willow Springs. The objectives of our community garden are as follows:

1. To provide more nutritious food for the Cooperating Churches of Sussex’s (CCOS) food pantry
2. To help bring the St. James community closer together through gardening (i.e. working and sharing gardening tips, secrets and shortcuts)
3. To have minimal to NO drain on parish resources of money or staff time (i.e. volunteers provide and do all the work)

Volunteers have been meeting the first Thursday of each month for the last several months to share ideas and to start the planning process. During those meetings, suggestions were considered for a name of the garden. You might have seen a request for a name in the Sunday Bulletin. After reviewing all the suggested names, a vote was taken and it was decided that the garden would be called:

St. James’ Field of Dreams.

Now we have to turn those dreams into a reality. Volunteers have already settled on a design, received donations of seeds, purchased a green house to start plants early and decided that the garden would be natural or a chemical free garden (i.e. true “organic gardening” is a higher standard and we will strive to do our best to incorporate its principles). Richie Schmidt has taken on the leadership role of the group of volunteers for his Eagle Scout project and will involve other members of his troop. Up to twelve adult parish members have already volunteered their time during the planning process and have been attending our meetings. Additional volunteers are needed now and in spring when the real dirty work begins with the tilling of soil, planting, weeding, watering, and harvesting. If you would like more information about St. James’ Field of Dreams, come to one of our next meetings (i.e. March 4th or April 1st) in classroom # 8 starting at 7:00 p.m. All are welcome. If you want additional information or have suggestions you can sign up in the Information Kitchenette, or call Paul Schneider at (414) 587-1202. If you would like to be on our email list to receive progress notes and updates, email Paul Schneider at: ppschneider@wi.rr.com. Whether you are young or old, experienced or novice, you can help make a difference by getting involved in St. James’ Field of Dreams - community garden project.
Christian Formation Events & Information

It's time to Think Spring… Spring Break that is!!!

Again this year we have a couple of fun events scheduled to break up your week off of school and blow off some steam.

Join us on Tuesday April 6th for our Annual Trip to the Kalahari $40.00 will get you a ticket to the waterpark, unlimited use of the new amusement park, which includes a Ferris wheel, bumper cars, Lazer tag & a ropes course just to get you started. You'll also get a Super Slice of Pizza and soda for lunch, as well as transportation to and from.

What a Steal!!!!!!

All are welcome, kids 11 and under need to have an adult with them.
The Registrations are due by 2pm Thursday April 1st (aka Holy Thursday).

How about an Afternoon of Lazer Tag….Thursday April 8th from 11am--1pm. Tickets are $15.00 for 3 games. You will need to purchase a ticket from one of the Mission Trippers after Mass on the weekends of March 6th/7th or 13th/14th...after that tickets may be purchased thru the CF office. Again Kids under 11 years old need an adult with them.

If you have questions about either of these events or would like to register, please call Tracy in the CF Office 251-0897 x202 or dereszynskit@archmil.org

Retreat Information

There are many opportunities for upcoming retreats at Siena Center in Racine and the Redemptorist Retreat Center in Oconomowoc. Call or email S. Carol Ann for information 262-251-0897 scajaeger@archmil.org

MINI-WORKCAMP 2010!!!!

Saturday, April 24th,
Begins by 7:30 AM and ends around 6:00 PM

Participants will be needed to provide this community service for area senior citizens. We will need:

★ Adults to transport, supervise and work with groups of around 4-5 youth in doing general Spring Clean Up work. Work usually includes raking, possibly window washing, cleaning gutters, etc.

Also needed are . . . . . . .

★ MANY Youth in Gr. 7 and Up to spend their day providing this service to our area seniors. The day involves Spring clean up tasks, interacting with the seniors on-site, and staying for the dinner & closing program at the end of the day.

There is a small fee of $12 per person/maximum of $20 per family to participate, which helps pay for your breakfast, lunch and dinner that is provided, as well as a t-shirt with this year's logo and sponsors.

This is a wonderful service opportunity for both youth and adults. Mini-Workcamp has been an annual service activity provided through the Cooperating Churches of Sussex of which St. James is a part. There are many area residents who could really use a helping hand. Please consider joining us!

Applications will be available mid-March.
The deadline to register is Friday, April 9th!
If you are interested in participating and do not have an application, call our office now at 251-0897 ext. 200.

Senior Citizens

Needing help with Spring Clean Up . . .

Applications to receive help through Mini-Workcamp will be available in mid-March. If you are looking for help with your spring clean up tasks such as raking leaves, washing windows, cleaning gutters, please watch the bulletin in March for more details and information on how you can get an application if one doesn't get mailed to you.

SPRING SESSION OF S.O.A.L.

(St. James Older Adult Learning)

★ “This is a wonderful program and brings the community together.”
★ “All participants appeared to enjoy themselves immensely; laughter from all the classrooms and in the lunchroom; wonderful”

Those were some comments from participants from the Fall session of S.O.A.L. These are classes for adults age 50 and older. This Spring they begin on Friday, April 9.

The classes go for 6 weeks and end with a Pot Luck lunch and display of projects on May 21. Lunch is included each time. The cost for the total program is $20 per person. Brochures are sent to former participants. If you want a brochure for a listing of the classes and a registration form, please call S. Carol Ann at 262-151-0897 or email her at scajaeger@archmil.org. Brochures will be in the Gathering Area after March 5th
## CHRISTIAN FORMATION CALENDAR OF EVENTS

### MARCH, 2010

| 1, Mon | G6-11 Classes meet, 6:30-8:00  
RCIA, 7:00 in Great Room  
GIFT Core Team, 6:30 –cafeteria |
| 2, Tue | G1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 in Great Room |
| 3, Wed | Lenten Series, 9:00-10:15, Great Room  
All Committee Mtg. Night  
Breaking Bread w. Luke, 6:00 pm  
Stations of the Cross, 6:30-church  
Youth Night (G7-11)  
SOAL Mailing goes out |
| 5, Fri | Break Open the Word, 8:15 Mass  
CLUSTER MISSION @ St. Agnes  
7:00-8:30  
Museum Trip, 12:00 |
| 7, Sun | Break Open the Word, 8:15 Mass  
CLUSTER MISSION @ St. Agnes  
7:00-8:30  
Mini-Workcamp Planning Meeting, 6:30 at Christ Our Savior |
| 8, Mon | CLUSTER MISSION@ St. Agnes  
CLUSTER RECONCILIATION @ St. Agnes  
Breaking Bread w. Luke, 6:00 pm  
Eucharist Retreat, 5:30-8:30  
Stations of the Cross, 6:30 church  
Eucharist Retreat, 9-Noon  
Beyond Date Your Mate, 6:30 |
| 9, Tue | CLUSTER MISSION@ St. Agnes  
7:00-8:30  
Mini-Workcamp Planning Meeting, 6:30 at Christ Our Savior |
| 10, Wed | CLUSTER MISSION@ St. Agnes  
CLUSTER RECONCILIATION @ St. Agnes  
Breaking Bread w. Luke, 6:00 pm  
Eucharist Retreat, 5:30-8:30  
Stations of the Cross, 6:30 church  
Eucharist Retreat, 9-Noon  
Beyond Date Your Mate, 6:30 |
| 14, Sun | Break Open the Word, 8:15  
Adult Confirmation, 11:30 rm 4  
K4/K5, 8:15  
G1-5 Classes, 9:30  
GIFT, 11:30-1:30  
G6-11 Classes, 4:30 & 6:30 |
| 15, Mon | G6-11 Classes, 6:30  
RCIA, 7:00 in Great Room |
| 16, Tue | G1-5 Classes, 5:00 & 6:30  
GIFT, 5:30-7:30  
Scripture Study, 6:30 in Great Room |
| 17, Wed | Lenten Series, 9:00-10:15  
Breaking Bread w. Luke, 6:00 |
| 18, Thu | Young Adult Mass, 7 PM chapel |
| 19, Fri | Stations of the Cross, 6:30 church |
| 20, Sat to 21, Sun | Senior Retreat (overnight) 1:00 PM |
| 21, Sun | Break Open the Word, 8:15 Mass  
Adult Confirmation, 11:30 rm 4  
Mini-GIFT, 11:30-12:30  
K4/K5 Classes, 8:15  
G1-5 Classes, 9:30-10:30  
G6-11 Classes, 4:30 & 6:30 |
| 22, Mon | G6-11 Classes, 6:30-8:00  
SOAL REGISTRATIONS DUE!  
RCIA, 7:00 in the Great Room |
| 23, Tue | Mini-GIFT, 6:30-7:30  
G1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 Great Room |
| 24, Wed | Lenten Series, 9:00-10:15  
Breaking Bread w. Luke, 6:00 |
| 26, Fri | Stations of the Cross, 6:30 church  
G4 & G5 Retreat in Community Center, 5:30-9:30 |
| 27, Sat | Jesus Brings New Life! 10:00-11:30 in Cafeteria |
| 28, Sun | Break Open the Word, 8:15 Mass  
K4/K5 Classes, 8:15  
G1-5 Classes, 9:30-10:30  
Mission Trip Meeting, 11:30-12  
G6-11 Large Group, 6:00-7:30  
(LAST CLASS) |
| 29, Mon | NO RCIA |
| 30, Tue | NO G6-11 CLASSES (see above)  
Easter Vigil rehearsal, 6:30 pm |
| 31, Wed | Breaking Bread w. Luke, 6:00 |

### APRIL, 2010

| 5, Mon | RCIA, 7:00 in Great Room  
Scripture Study, 6:30 Great Room |
| 7, Wed | All Committee Meeting Nite  
Lazer Tag, 11 AM– 1 PM |
| 9, Fri | SOAL BEGINS TODAY!  
Aluminum Can Drive thru Sun.  
Beyond Date Your Mate  
Aluminum Can Drive thru Sun  
GIFT, 11:30-1:30 |
| 10, Sat | Beyond Date Your Mate  
Aluminum Can Drive thru Sun  
GIFT, 11:30-1:30 |
| 11, Sun | GIFT, 5:30-7:30  
Scripture Study |
| 13, Tue | GIFT, 5:30-7:30  
Scripture Study |
| 15, Thu | Catholics Returning Home  
Young Adult Mass, 7:00  
RCIA at St. Mary’s |
| 16, Fri | SOAL |
| 17, Sat | Confirmation Rehearsal |
| 18, Sun | K4/K5 Classes, 8:15  
G1-5 Classes, 9:30  
CONFIRMATION MASS, 1 PM |
| 19, Mon | RCIA, 7:00 in Great Room  
G1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 in Great Room |
| 22, Thu | Catholics Returning Home  
SOAL |
| 23, Fri | SOAL  
Mission Trip Overnight Retreat |
| 24, Sat | CCOS MINI-WORKCAMP @ ST. JAMES  
K4/K5 Classes, 8:15  
G1-5 Classes, 9:30-10:30 |
| 25, Sun | RCIA, 7:00 in Great Room  
G1-5 Classes, 5:00 & 6:30  
Scripture Study, 6:30 in Great Room |
| 29, Thu | EUCHARIST REHEARSAL for celebrations on May 1st & 2nd  
5:00 Mass practices @ 5:30  
8:15 Mass practices @ 6:15  
10:15 Mass practices @ 6:45  
Catholics Returning Home |
| 30, Fri | SOAL |
Experience of a Lifetime
Join Our

Knights of Columbus

St. James has an active Catholic men’s organization affiliated with our parish. We are seeking new members who love God, your family, your church and your country. Membership in the Order receive special grace from God for themselves and their families. As a member you can participate in the many activities of the KC’s — Charity, Youth, Community, St. James and service to God. We recently celebrated our Sixteenth Anniversary and over the past sixteen years have supported many church and community groups. We are very proud of this accomplishment.

- Service to God includes Usher duties at Holy Hill, special masses and participation in special prayer services.
- Service to St. James includes preparing food for Mass on the Grass, spring and fall cleanup and Fellowship Weekends.

We practice the principles of Charity, Unity and Fraternity throughout the community. The internationally fraternal organization has a membership of over 1.7 million members. Assistance was provided to parishes, schools, religious education programs, people and those with disabilities, special Olympics, assistance to people that are mentally challenged, programs for the poor and disaster victims, pro-life activities, hospital and abuse, athletics and other important projects.

We need new ideas, energy and commitment which new members would bring to our council. We are about making better men, better husbands, better fathers and better community leaders.

STEP FORWARD
And contact
Al Nienas at 262-252-3484

Join the Knights of Columbus on Sunday, March 7th for one of their delicious All-You-Can-Eat Pancake Breakfasts. Please join them in the community center between 8 am and 12:00 pm. The breakfast consists of pancakes, sausages, beverages and more. Cost for adults is $4.00.

Human Concern’s Ministry
Some Thank You’s Received ...

I would like to thank the parishioners of St. James Congregation for their generous donation of $873.00 to Milwaukee Achiever Literacy Services. … Through the dedication of our volunteers and contributions from donors, we have been able to reach out to over 18,000 adult learners over the past 25 years. With your continued support, we hope to provide services to those in need for many years to come.

Sincerely,
Peg Palmer, MSW ~ Executive Director

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DO YOU LOVE WEDDINGS?

Do you love weddings? Do you want to help make the sacramental celebrations of marriage to be the best they can be? Would you like to assist in making that “special day” really special for couples here at St. James? If so, you may want to participate in the Wedding Hosting Ministry of St. James.

Those who host the weddings at St. James assist the wedding party during the rehearsal and on the day of the celebration. Many people in the wedding party are visitors to the parish and the welcoming spirit and guidance of the wedding hosts help to make all feel comfortable and at home.

Wedding hosts assist the presider of the wedding, either the priest or deacon, in preparing the setting for the celebration. This may involve arranging the chairs in the sanctuary, bringing out the unity candle holder, changing the cloth on the altar and ambo, lighting the candles in preparing for the service, and doing other similar tasks. The hosts also assist in lining up the wedding party and giving ushers instructions about their responsibilities.

Eighteen weddings are scheduled at St. James for the remainder of this year. The more weddings hosts we have the fewer times each host or hostess would need to serve. The wedding hosting ministry is an upbeat and joyous ministry that continues the spirit of our parish which proudly proclaims, “All Are Welcome!”

Consider helping to make “that special day” extra special for the couples at St. James by serving in this welcoming and supportive ministry. Call Daryl Olszewski, the pastoral associate, at 251-3944 or e-mail at ol-szewskid@archmil.org for more information and to participate in this ministry of love!

Please see page 10 for more thank you letters
Greetings from the Health Ministry! Spring is coming and with the warmer weather and longer days, it will be easier to exercise outdoors again. Exercise is so important because two out of three Americans are overweight or obese. Some tips to help boost your activity level include:

1. Wake up 30 minutes earlier and use the time to exercise (stretching exercises, walking, etc.)
2. Do household chores at a pace that raises your heart rate.
3. Walk or bike to work and when you run errands.
4. Take the stairs instead of the elevator.
5. Start a lunchtime walking group.
6. When driving, park further away from your destination and walk the rest of the way.

As you exercise, cut back on some of your favorite foods and change your eating habits to healthier choices and watch the results that will follow. Maintaining a healthy weight and lifestyle is a lifelong approach so it needs to be enjoyable.

Note the following healthy weight pyramid from Mayo Clinic:

Healthy eating involves a diet emphasizing vegetables, fruits and whole grains. These food groups are the foundation of the Mayo Clinic Healthy Weight Pyramid. This approach is healthy and effective because it focuses on nutritious foods that have few calories for their volume. For example, you could eat 20 cups of salad greens to consume the same number of calories in one candy bar or six slices of bacon. So, by choosing to eat more-generous portions of foods found lower on the pyramid, you can consume fewer calories and still feel full.

You need to reduce your calorie intake by about 3,500 calories — that’s 500 calories each day — to lose 1 pound in one week. This can also be accomplished through a combination of consuming fewer calories in your diet and burning more calories through physical activity. One pound may not seem like a lot but healthy weight loss is slow and steady, at a rate of about 1 to 2 pounds a week. This number will depend on your age, sex, health risks and activity level. Daily calorie goals under 1,200 for women and 1,400 for men generally aren’t recommended, as you may not get enough nutrients.

Because there are no banned foods in the Healthy Weight Pyramid, you can still include your favorite foods and the occasional indulgence. The idea is to consume smaller portions or eat them less frequently to make sure they fit into your healthy eating plan and daily calorie goals. The number of servings of each food group you should consume is determined by your calorie goals. For the ranges on the pyramid, the lower number in the range is for lower calorie goals and the higher number is for higher calorie goals. In addition, the Healthy Weight Pyramid allows you to eat unlimited amounts of fresh or frozen fruits and vegetables, so it’s important to remember that a serving isn’t just how much food you decide to eat, but a specific amount of food defined by standard measurements.

Listen to your body. Eat when you’re hungry, and stop when you’re full, even if your plate isn’t clear. Enlisting the help of friends, family or support groups is also helpful for some people. And remember to enjoy your food. Savoring and taking pleasure in eating will remind you of how enjoyable and satisfying a healthy lifestyle can be.

I hope this information will be helpful for you this year.

Blessings & Stay Well!
Ann ~ Parish Nurse

Sources:
1. 2009 Mayo Foundation for Medical Ed & Research, Rochester, MN
2. www.healthletter.mayoclinic.com
Engaged Encounter Weekend ~ Coming to our Parish in Late Summer!!

We will be hosting an Engaged Encounter weekend at St. James for couples preparing for marriage. It will be held on August 6-8, 2010 utilizing our parish facility.

Catholic Engaged Encounter is a marriage preparation program for couples being married in the Catholic Church. This weekend-long workshop will encourage couples to share honest and intensive communication about their future lives together, discussing nearly every aspect of their relationship, including money, children, sexuality, and their roles in the church and society. For many, even couples who have been together for many years, it is a unique opportunity for completely open and honest communication. The weekend often serves as a new foundation for a more enriching life together.

So, why are we doing this?
In our early years of marriage, we could've used a formal preparation rooted in Christ. It was not until we attended Marriage Encounter that we were able to communicate better. Engaged Encounter weekends are modeled after this format. We have worked in marriage preparation ministry for most of our married life. We feel that engaged couples need time to reflect on their relationship prior to marriage. We were surprised that when moving back to this area, there was not any week-end marriage preparation similar to this program format.

We have two needs:
One is to get couples about to be married in fall 2010 or in 2011 to sign up for this weekend. It is a great gift for parents or grandparents to give as a wedding gift. Since this will be a commuter weekend where the couples drive to/from the parish, the cost will be relatively low - about $150.00 to cover meals and materials.

The second need is for support both for the weekend here at St. James and to bring National Engaged Encounter into Southeastern Wisconsin. We need your help in many ways. Fr. Art is supportive of us starting up this wonderful ministry at his parish.

We can be reached at our home – 262-439-8559 or by email – loujon@email.com.

John and Louise Vos – parish members

Unleashing the Reconciling Power Of Jesus in Our Lives

Four Saints and a Good Shepherd will host a Mission at St. Agnes Parish ~ 12801 W Fairmount Ave in Butler, on

Sunday,
March 7th through Wednesday March 10th
From 7:00 to 8:30 pm

The theme, Unleashing the Reconciling Power of Jesus in Our Lives, focuses on our need as Catholics to experience reconciliation.

The Presenters are Fr. Don Hying, Rector of St. Francis Seminary and Sr. Fran Cunningham, SSSF, Director of Milwaukee Archdiocesan Office of World Mission Ministries.

Each Evening session examines a unique view of reconciliation:

Sunday: Experiencing the reconciliation Christ wants to share with us.

Monday: Living our reconciliation in our personal lives.

Tuesday: Living our reconciliation in society

Wednesday: Communal Lenten Penance Service with private reconciliation

For those unable to attend all the evening sessions, there will be an 8:15 am Liturgy at St. Agnes, followed by a light breakfast and a video repeat of the previous evening’s presentation on Monday, Tuesday & Wednesday mornings.

For further information, call Mike George at 414-358-2833 or Sr. Carol Ann Jaeger at 262-251-0897.

Signing for the hearing impaired available for the evening sessions: Contact Mike George at 414-358-2833 by March 1st if needed.

Child care available for the evening sessions: Contact Dawn Meyers at 262-781-5712 by March 1st if needed.

Thank you so much for your very generous contribution of $873 to Habitat for Humanity of Waukesha County … Your gift will support our efforts to provide decent housing for families in Waukesha County …

Sincerely,
The Board of Directors

The members & leaders of Repairers of the Breach would like to thank you for your donation of 100 bags of clothing. Your contribution is deeply appreciated. We are grateful for your response to our need.

Sincerely,
MacCanon Brown

11/18/09

We wish to express our utmost gratitude to you all for the most generous donation of 873.00

St. James has been so faithful in its prolife support of WRL—Waukesha Co. Chapter and we are so grateful …

Sincerely,
Mary Carey
Wl Right to Life
RECONCILIATION

THE ACT OF WALKING WITH, AGAIN

Who do you need to walk with again?
   God?    Others?

Come spend some time reflecting on these questions this Lent at the Cluster Mission/retreat

WHEN?  SUN., MARCH 7, MON., MARCH 8
   & TUESDAY, MARCH 9
   CONCLUDE WITH THE SACRAMENT OF RECONCILIATION ON WED., MAR. 10

TIME?  7-8:30 PM

WHERE?  ST. AGNES, BUTLER

SPEAKERS:  S. FRAN CUNNINGHAM & FR.
   DON HYING ON “Unleashing the reconciling power of Jesus in our lives” Repeated the following morning on video. For more information call S. Carol Ann at 251-0897

A Family Celebration

JESUS BRINGS NEW LIFE

For families with young Children. Older siblings are
ALWAYS welcome. There is plenty of fun for all ages!

Saturday ~ March 27, 2010
10:00 - 11:30 AM
In St. James Cafeteria

Share in the true meaning of Easter… Enjoy a special, interactive story, songs, crafts, refreshments, and an Easter Egg Hunt!

Pass it on! Bring a filled Easter Basket for a child in need. Suggestions to fill the basket: tissues, crayons, markers, glue, color books, small toys, candies, socks.

Please pre-register by March 15, 2010. Cost for the event is $5.00 per family.
If you have any questions or would like to volunteer for the event, please call:
Becky Zunke at 1-262-244-0890

Detach and return the bottom portion of this form and $5.00 to the address below.

Registration form for Family Easter Celebration

Parent(s) name(s) ____________________________________________

Child's name __________________________ Age ______
Child's name __________________________ Age ______
Child's name __________________________ Age ______

Phone number
St. James Christian Formation Office  W220 N6588 Townline Rd. Menomonee Falls, 53051 or email scajaeger@archmil.org
March 2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1</td>
<td>Holy Thursday Liturgy with Bread &amp; Cheese Fellowship to follow. Mass at 7:00 pm</td>
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<tr>
<td>2</td>
<td>Good Friday Service. 1 pm</td>
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<td>3</td>
<td>Blessing of the Food in church 11 am Holy Saturday Liturgy … 8 pm</td>
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<tr>
<td>4</td>
<td>Easter Sunday Masses: 8:15 &amp; 10:15 am</td>
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<tr>
<td>5</td>
<td>All Committee Meeting night. 7 pm</td>
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<tr>
<td>6</td>
<td>Community Banquet. 5:30 pm</td>
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<tr>
<td>7</td>
<td>S.O.A.L. Program starts</td>
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<tr>
<td>8</td>
<td>Baptismal Prep Session. 9:30 am</td>
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<td>9</td>
<td>Blood Pressure Screening after all Masses</td>
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<tr>
<td>10</td>
<td>KC Board Meeting. 7:30 pm</td>
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<tr>
<td>11</td>
<td>Parish Council Meeting. 7 pm. Great room</td>
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<tr>
<td>12</td>
<td>KC General Membership Meeting. 7:30 pm</td>
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<tr>
<td>13</td>
<td>Leave for St. Ben’s Meal Program. 4 pm</td>
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<tr>
<td>14</td>
<td>Community Banquet … 5:30 pm</td>
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<tr>
<td>15</td>
<td>Mini-Work Camp Day</td>
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<tr>
<td>16</td>
<td>Lector Prep Session. 8:00 am</td>
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<tr>
<td>17</td>
<td>Ladies Night Out. 6 pm</td>
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</tbody>
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St. James Parish
W220 N6588 Town Line Road
Menomonee Falls, WI 53051