

ST. JAMES PARISH

MARCH & APRIL 2011 NEWSLETTER



S.O.A.L. Program
Painting on Sweatshirts



S.O.A.L. Program
Baseball Dartball

SOAL

Another season of SOAL (St. James Older Adult Learning) begins on Friday, April 1. We will again be offering some of the favorites of exercise, travelogue, quilting, bridge and some new classes of a book discussion and a genealogy class. These classes are open to anyone 50 years of age & older in the area. **Open to people of all faiths.** They begin at 9 AM, include lunch & the day ends at 3:15 PM. You can choose how much of the day you want to attend. The season ends with a Pot-Luck lunch and a display of projects on May 20. All classes are held at St. James.

Comments from past participants:

- ◆ “For one living alone, it’s easy to turn into a hermit. This provided a learning skill as well as making friends.” and
- ◆ “Enjoy making new friends and sharing ideas.”

Registration brochures are mailed to those who attended in the past. Additional brochures are available in St. James church display racks. Any questions, call S. Carol Ann at 253-2915.



Welcome to Our New Business Administrator, Terri Weber

Many of you may have noticed in the bulletin an additional Business Administrator's name, **Terri Weber**, in the Parish Staff Roster and are asking, "What's up with that?" Well ... with the upcoming retirement of Charles Davis at the end of March, on February 1st, I came on board and began transitioning into the Business Administrators position.

I have worked in Church Ministry full time for the past 17 years as the Business Manager at St. Clare Church, Wind Lake. Prior to working at St. Clare's I worked for M&I Bank for 21 years in various loan departments. In the two short weeks I have been here, I have experienced how the Faith Community of St. James Parish truly lives the Mission Statement of being a "Vibrant, Welcoming Catholic Community."

I thank the staff, Fr. Art and the trustees for their warm welcome and their assurance of support in this time of transition. I am aware of the visions and dreams of the Parish and am excited and look forward to working together with you to make them a reality.

Please feel free to stop in and introduce yourself, the door is always open!

As we begin our journey together,

Terri Weber

LENT

Lent starts this month. **Ash Wednesday** is **March 9th**. You will be able to receive Ashes during the 8:00 am and 6:00 pm Mass on the 9th in church.

Regulations for Lent are as follows:

Lenten Regulations

ABSTINENCE from meat is to be observed by all Catholics 14 years old and older on Ash Wednesday, Good Friday and on all of the Fridays of Lent.

FASTING is to be observed on Ash Wednesday and Good Friday by all Catholics who are 18 years of age but not yet 59. Those who are bound by this may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

St. James has many opportunities to be involved during Lent ...

We have various Bible classes for you to attend:

TUESDAYS:

- Every Tuesday morning starting at 6:30 am Daryl meets in the great room for a Men's Scripture Study.
- Father Art meets at 9:00 am for a Bible Study in the great room every Tuesday morning.
- Then S. Carol Ann holds a Scripture Class every Tuesday night in the great room at 6:30 pm.

THURSDAYS:

- Thursdays, we will continue the **Great Adventure Bible Study** at 9:30 am and 7:00 pm in the cafeteria.

- Every Thursday morning at 9:00 am we hold a Senior Adult Bible Study in the great room.

All are invited to join us for these various Bible studies. We encourage you to think about this during Lent.

Special Events During Lent:

Vespers is held Tuesday nights March 15th, 22nd & 29th; April 5th & 12th in the chapel at 5:30 pm.

Vespers is a 30 to 40 minute celebration. It includes light Psalms, scripture, incense, intercessions, song and reflections.

Vespers ends the **Day of Adoration** which takes place every Tuesday starting after our 8:00 am Mass and continues until Vespers start. So if you cannot make anything else this Lent this is a wonderful way of spending time with our Lord.

STATIONS OF THE CROSS:

You are invited for the Stations of the Cross on Fridays during Lent starting at 6:30 pm in the church. Join us as we journey around the Church, praying, reflecting and connecting our lives to Jesus. The Stations should last approximately 45 minutes.

Then stay for ...

LENTEN REFLECTIONS ON THE PASSION NARRATIVES

The center of our faith life blends the pain of the cross with the hope of the resurrection. During the season of Lent, consider spending Friday nights at church. Following a reflective Way of the Cross at 6:30, we will study the word portraits of Jesus that each Gospel writer drew. We will mainly focus on the unique details found in the Passion and Resurrection narratives. You will not hear or read these stories again in the same way. The order of presentation will be the Gospel of St. Luke on March 18th, the Gospel of

St. Matthew on March 25th, the Gospel of St. Mark on April 1st and the Gospel of St. John on April 8th. Please bring a Bible. Our study leader will be Miles Vilski, who currently directs the Metro Bible Study program. There is no fee charged for this program.

HOLY WEEK SERVICES

HOLY THURSDAY:

Our Holy Thursday Liturgy will start at 7:00 pm on April 21st, followed by a **Bread & Wine Fellowship** in the community center. We will be looking for parishioners who are attending this service to help us by bringing: bottles of wine, assorted breads, mini sandwiches, cheese, sausage and crackers. Please watch the bulletin for more information as we get closer to Holy Week.

GOOD FRIDAY:

Our Good Friday service will be at 1:00 pm in church; and then at 7:00 pm we will offer Tenebrae as an extension of our Good Friday prayer. The name "Tenebrae" is the Latin word for "darkness" or "shadows." You will experience only a small portion of Christ's pain and suffering the day of His crucifixion. During this service there is the extinguishing of candles until only a single candle remains. As it gets darker and darker we can reflect on the great emotional and physical pain that was very real for Jesus.

HOLY SATURDAY:

- We will have **Blessing of the Food** at 11:00 am in the chapel.
- **Easter Vigil** will start at 8:00 pm this year (hopefully outside).

EASTER SUNDAY:

Our Mass schedule for Easter Sunday is at 8:15 & 10:15 am.

Please check pages 4 & 5 for More Lenten Activities

LENT AND THE MATTHEW 25 PROJECT

“Lord, when did we see you?”

The Human Concerns Committee of St. James will once again conduct the Matthew 25 Project this Lent. In this parable (Mt. 25:31-46) Christ comes at the end of the world and divides people into two as a shepherd divides sheep and goats. The righteous are welcomed into eternal life for they fed the hungry, gave drink to the thirsty, clothed the naked, sheltered the homeless, and visited the sick and imprisoned. The others are condemned to eternal punishment for they neglected to do these corporal works. Both groups are informed that when they did something (or failed to do it in the case of the damned) to the least ones on earth then they did it (or failed to do it) to Christ.

The Matthew 25 Project invites parishioners to donate different items each week during Lent based upon the Corporal Works of Mercy which emerge from this Gospel. The Human Concerns Committee will collect and distribute items according to the following schedule:

March 13 – Feed the Hungry. Bring food items for the St. Martin de Pores and Sussex Food Pantries.

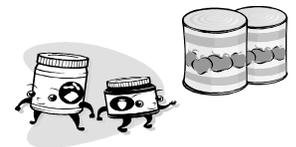
Dry Seasonings (Taco, Sloppy Joe, Lipton Soup, Hidden Valley Ranch, etc.)

Cans of diced or stewed tomatoes, spaghetti sauce, Chunky soups, and tuna fish.

Boxes of Mac ‘n Cheese, Hamburger Helper, etc.

Jars of Peanut butter and jelly

Pick N Save Gift Cards for Meats and Vegetables.



March 20 – Give Drink to the Thirsty. Items for the St. Martin’s and Sussex Food Pantries

Cans or boxes of juices; bottles of juices or water

Drink mixes such as Tang or Quick chocolate, etc.

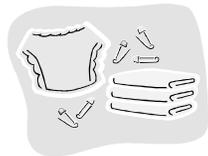
March 27 – Clothe the Naked – Items divided to appropriate agencies such as Hebron House, St. Vincent de Paul, Interfaith for the Elderly, and Repairers of the Breach

Diapers (sizes 2, 5 & 6)

Any kind of clothing

Yarn (4 ply acrylic, baby or cotton)

Blankets, socks, shoes, boots, slippers



April 3 – Welcome the Stranger – Items given to Hebron House or as baskets for shut-ins

Senior Easter Baskets (lotions, non-skid slippers, Kleenex, stationery, games, books, notepads, spring decorations, Easter-type items!)

Any type of household cleaning supplies for Hebron House Shelter.

April 10 – Care for the Sick – Items given to St. Ben’s and Repairers of the Breach Shelter

Personal hygiene items such as soaps, shampoos, toothpaste, mouthwash, deodorant, Band-aids, Q-tips

Foot care products such as salves, ointments, anti-fungal powders

Non prescription cold and flu medications

April 17 – Visit the Imprisoned – items donated to the County Jail

Bibles, spiritual literature, stationery, reading glasses

PLEASE NOTE: Specially marked green bins will be available near the main entrance of the church to receive your weekly Matthew 25 items.

In addition, please do not forget the regular weekly donations to the Sussex-Area Outreach Pantry! Watch the weekly bulletin for the Sussex Pantry “Fave Five” items that are especially needed. These donated items are to be placed in front of the “pantry cupboard” in the gathering area of the church.

“HELPING PEOPLE WITH INTELLECTUAL DISABILITIES”

The Knights of Columbus annual program “**Helping People with Intellectual Disabilities**” will be in full swing the weekend of **April 9th thru the 11th, 2011**. The KC members with their yellow aprons and canisters will be at the local businesses. Over the past ten years over \$10 million has been raised for the program. Our State goal is \$665,000. We are again asking the community to give generously to help us meet our goal and the needs of these special people. All 100% of these funds received are given to the community to benefit these special people.

Ash Wednesday Soup Supper
 FASTING WITH FRIENDS
 FASTING WITH FRIENDS



March 9th, 2011

5:00 – 5:50 p.m. – Serve soup

6:00 – Liturgy

6:45 – 7:30 p.m. – Serve Soup

All are welcome to attend this event.

Through fasting, prayer, & giving of Alms (sacrifices and money), we will honor the beginning of Lent

Come to Church to Pray with the community.

There will be an Ash Wednesday mass at 6:00 p.m.

After prayer, come to the Community Center to Fast with a Simple meal.

We will serve a simple meal of soup, bread, and beverages for all to share.

Come to give alms.

Donations will go to Operation Rice Bowl.

Come enjoy the friendship of your Parish Family.

*The menu will include;
 Homemade Soup, bread, and a beverage.*

**Any questions call Sue Devine-Simon at
 262-253-2904**

If you would like to help by donating items for the soup please call. We need things like noodles, carrots, frozen and fresh broccoli, Velveeta cheese, potatoes, and vegetable broth.

TO PREPARE FOR EASTER

The Three Saints & A Good Shepherd Cluster will have two **Communal Reconciliation Services** in April. The dates, time & place are:

- Good Shepherd ~ 7:00 pm ~ Tuesday, April 12th
- St. James ~ 10:30 am ~ Saturday, April 16th

ONLINE SCRIPTURE SESSION DURING LENT....

Lent is one of those seasons that people tend to think of as a time of "Spiritual Renewal" which often includes Prayer, Reflection, sometimes scripture study or maybe a time to join a small faith community to study & pray together. Not everyone has time in their week to join a group because of jobs, kids, families etc. This year for Lent, we're going to offer an online scripture reflection. Please visit <http://iamsentmetoyou.blogspot.com/>; the website will be up and running on Monday March 7th!!

The schedule will be as follows:

- On **Mondays** we will post a family prayer/activity
- **Wednesdays** will feature a recipe with a scripture reflection (Please feel free to share your own recipes and reflections)
- And **Fridays**: will feature a reflection on the upcoming weekend's readings

If you have any questions about this online series please contact Tracy in the CF office

dereszynskit@archmil.org

Have a Blessed Lenten Season

LENTEN SERIES

Lent is later this year, because Easter is later. So our usual Lenten series for personal spiritual growth will begin on Ash Wednesday, **March 9, from 9- 10:15 AM in the Great Room.**



The resource this year will be Joyce Rupp's book Open the Door, a Journey to the True Self. We have used other books by S. Joyce in the past and they were very inspiring.

It will include about 2 pages for each day in the week with reflection questions, a brief meditation, a prayer & a scripture to carry in your heart. Some chapter headings are: knocking on the door of our heart and the door of the divinity, opening the door, & closing the door.

Cost will be \$15. S. Carol Ann will obtain the books, so please call her at 262-253-2915 or email scajaeger@archmil.or to register.

JESUS BRINGS NEW LIFE

Save the date, **Saturday, April 16, 2011** This is an inter-activity event to help young children, ages 2-5 to prepare for the celebration of Easter. Watch for more details in the bulletin and on the website.

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: March 5th and 6th.

(Easter is April 24th and First Communions are scheduled for the weekends of May 1st and May 8th.) Baptisms will be scheduled at the 5 p.m. on May 14th and only at the 8:15 a.m. on May 15th because Confirmation will be celebrated at 1 p.m. on May 15th.

The June baptisms will be scheduled for the weekend of June 4th and 5th because June 12th is Pentecost; June 19th is Fr. Art's last weekend at St. James; and it is anticipated that the weekend of June 26th will be the weekend for welcoming the new pastor.

ST. JAMES SENIOR CLUB

The St. James Senior Club will be holding their Spring Fling on **Friday, March 18th**, at St. James Catholic Church. The tickets will be \$4.00 for members and \$5.00 for non-members. The doors open at 11:00 a.m. and the meeting will promptly start at 11:30 a.m. The cut-off date will be March 11th, You may call Lou, our Treasurer, at 262.389.8841 to order your ticket if you cannot make it to our February meeting.

The next St. James Senior Club Meeting will be held on Friday, April 15th. Hope to see you at our meetings.

FIELD OF DREAMS COMMUNITY GARDEN

Think Spring! Think green grass and plants. Think Field of Dreams gardening. Last year was our initial year of our St. James' community garden. It was a resounding success thanks to all of you who helped support it. Sod was busted up; dirt was turned over; compost fertilizer was added; raised beds were built and anchored in place; bark was put down in aisles; fencing was placed around the garden; entrance gates and an arbor were added; a compost bin was erected and used; and continuous weeding was done. Meetings were held; plantings were planned, tools and recipes were donated; and volunteers signed up to help.



Then with the good graces of God we were blessed with an abundance of rain while we planted and harvested a bounty of beautiful chemical free vegetables that were donated to the Cooperating Churches of Sussex (CCOS) food pantry - helping many grateful community members enjoy the nutritional eating of fresh grown garden vegetables. What a year to start and to encourage us to do even better this year. Most of the hard labor has been done. Now we become smarter from what we've learned and ramp up production to produce even more within the confines of the space we have. And we will see if we can donate fruit from the fruit trees that were planted.

A small group of last year's volunteers have already began to meet and review the placement of last year's vegetables for crop rotation this year. Some seeds have already been donated and there has been some inquiries if we will hold another plant sale and if we will continue to accept vegetables from home gardens with our "plant an extra row" for the needy. The answer to these last two questions is "YES" and you can tell by the interest, that excitement it building to get started prompted by the seed catalogues arriving in the mail.

The objectives of the Field of Dreams community garden remain the same: (1)-To provide more nutritious food to the CCOS food pantry (free, chemical free, fruits and vegetables) (2)-To bring St. James' community closer together through gardening (working together, sharing: knowledge, resources, shortcuts, field trips, seminars) (3)-To do this with minimal to NO drain on parish resources of money or time (parishioners provide and do everything).

We need all you gardeners from last year and new volunteers to help offer ideas and help out. If you would like to volunteer or learn more about gardening, you can sign up at the Information/Kitchenette after each Mass, or contact Paul Schneider at (414) 587 - 1202 or email him at: pschneider@wi.rr.com. We look forward to Spring and another year of gardening with all of your help.

CHRISTIAN FORMATION INFORMATION

PUSH



Pray Until Something Happens

4/5th Grade Mini Retreat



March 11, 2011
5:30 – 9:30 p.m.

In the Community Center at St. James Parish

All 4/5th graders of St. James Parish are invited to attend a 4-hour retreat on **Friday, March 11th at 5:30 p.m.** During our time together we will participate in activities that focus on the themes and ways to pray. We will look at how Jesus was a person of prayer and see how we can incorporate prayer into our lives in fun and creative ways. This would be a great way to begin the season of Lent. Come and enjoy an evening of learning and fun.

The retreat will include prayer, discussions, games, supper, and other activities. Parents or teens are needed to help in a number of areas that are listed below. Please sign up to help if you can. You will be contacted with further instructions.

If you have any questions, or would like to register, please call Sue at 262-251-0897.

A donation of \$2.50 would be appreciated to help cover the cost of the meal.

Name _____

Phone # _____

School you attend _____

Any allergies? _____

I give my son/daughter permission to participate in the PUSH retreat at St. James Community Center on March 11th from 5:30 – 9:30 p.m.

(Parent Signature)

If you are an adult/teen who would like to help with the meal or a small group please contact Sue at devinesimons@archmil.org or 262-253-2904.

MINI-WORKCAMP 2011!!!!

Saturday, April 16th,
Begins at 8:00 AM and ends around 5:30 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 Grades 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 which are 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 1st!

If you are interested in participating and do not have an application, call our office now at 253-2902.

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 as well as check at the Information Booth in the Gathering Area on or after March 13th for more details and an application for this service if one doesn't get mailed to you.

CHRISTIAN FORMATION CALENDAR OF EVENTS FOR

MARCH, 2011

1, Tue G1-5 Classes, 5:00 & 6:30
Scripture Study, 6:30 in Great. Room.
GIFT Digging Deeper, 6:30-7:30

2, Wed All Committee Mtg. Night

3, Thu **Great Adventure Bible Study, 9:30 & 7:00**
RCIA—*offsite*

4, Fri **SOAL Mailing goes out**

6, Sun K4/K5 Classes, 8:15
Gr. 1-5 Classes, 9:30-10:30
G6-10 Classes, 4:30 & 6:30
St. Martin's revival at 5:30 in Church

7, Mon Gr. 6-10 Classes, 6:30-8:00
Mini-Workcamp Planning Mtg.
At Christ Our Savior, 6:30

8, Tue **Gr. 1-5 Classes, 5:00 & 6:30**
Scripture Study, 6:30— in Great Room

9, Wed **ASH WEDNESDAY (Soup Supper)**
between 5:00 & 8:00
Lenten Series, 9:00-10:15

10, Thu **Great Adventure Bible Study, 9:30 & 7:00**
Community Banquet
Catholics Returning Home—offsite
RCIA at St. James
VBS Cluster Meeting at GS, 6:30

11, Fri G4/5 Retreat, 5:30-9:30 Community Center

13, Sun **Break Open the Word, 8:15 Mass**
K4/K5 Classes, 8:15
Gr. 1-5, 9:30-10:30
GIFT, 11:30-1:30
Gr. 6-11, 4:30 & 6:30

14, Mon Gr. 6-11 Classes, 6:30-8:00

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

16, Wed Lenten Series, 9:00-10:15

17, Thu **Great Adventure Bible Study, 9:30 & 7:00**
Community Banquet
Catholics Returning Home off-site
RCIA at St. James
Beyond Date Your Mate

19, Sat **Break Open the Word, 8:15 Mass**

20, Sun K4/K5 Classes, 8:15
Gr. 1-5 Classes, 9:30
Gr. 6-10 Classes, 4:30 & 6:30
Rite of Sending at 10:15 Mass

21, Mon **SOAL Registrations are due!**
Gr. 6-10 Classes, 6:30

22, Tue Gr. 1-5 Classes, 5:00 & 6:30
Scripture Study, 6:30

23, Wed Lenten Series, 9-10:15

24, Thu **Great Adventure Bible Study, 9:30 & 7:00**
Community Banquet
RCIA at St. James
Catholics Returning Home—off-site

27, Sun **Break Open the Word, 8:15 Mass**
K4/K5 Classes, 8:15
G1-5 Classes, 9:30
GIFT Digging Deeper, 11:30-12:30

G6-11 Classes, 4:30 & 6:30
Scrutiny at 10:15 Mass; also Youth Mass
Gr. 6-11 Classes, 6:30

28, Mon **Gr. 1-5 Classes, 5:00 & 6:30**

29, Tue GIFT Digging Deeper, 6:30-7:30
Scripture Study, 6:30

30, Wed **Lenten Series, 9-10:15**

31, Thu Catholic's Returning Home—off-site

APRIL, 2011

1, Fri SOAL begins today!
EUCCHARIST RETREAT, 5:30-8:30
Aluminum Can Drive

2, Sat **Eucharist Retreat, 9:00-12:00**
Aluminum Can Drive

3, Sun **Break Open the Word, 8:15**
K4/K5, 8:15 & G1-5 classes 9:30
Last Gr. 6-11 Class, Large Group
Confirmation Letters to Bishop due!
Scrutiny at 10:15 Mass

4, Mon **NO Gr. 6-11 Classes**

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

6, Wed All Committee Meeting Nite
Lenten Series, 9:00-10:15

7, Thu **Great Adventure Bible Study, 9:30 & 7:00**
RCIA—St. James
Catholics Returning Home offsite

8, Fri **SOAL**
Catholics Returning Home-off-site

9, Sat **Seder Meal with BDYM**

10, Sun **Break Open the Word, 8:15 Mass**
K4/K5 Classes, 8:15
Gr. 1-5 Classes, 9:30
GIFT, 11:30-1:30
Scrutiny at 10:15 Mass

12, Tue **GIFT, 5:30-7:30**
Gr. 1-5 Classes, 5:00 & 6:30
Scripture Study, 6:30

13, Wed **Last Lenten Series, 9:00-10:15**

14, Thu **Great Adventure Bible Study 9:30 & 7:00**
RCIA—St. James
Catholics Returning Home

15, Fri **SOAL**
Mission Trip Retreat, 5:30 PM
Jesus Brings New Life, cafeteria

17, Sun **Break Open the Word, 8:15 Mass**
LAST K4/K5 Class, 8:15
LAST G1-5 Class, 9:30
LAST G1-5 Class, 5:00 & 6:30

19, Tue **LAST G1-5 Class, 5:00 & 6:30**

25, Mon Offices Closed!

28, Thu Eucharist Rehearsals:
5:30 those celebrating May 1 @ 5:00
6:15 those celebrating May 2 @ 8:15
6:45 those celebrating May 2 @ 10:15
RCIA—offsite

29, Fri **SOAL**

30, Sat Eucharist Celebration at 5:00 Mass

THE GIVING TREE!

Remember the Giving Tree that was located in the gathering area of the church just a few months back? The Giving Tree had “ornaments” with the names of organizations that needed special donations for Christmas. The Advent/Christmas Giving Tree has become an annual tradition for parishioners to generously reach out and help those in need.

As part of the Matthew 25 Project for Lent the Human Concerns Committee has established a Giving Tree that will be available in the gathering area. This will be the original and real Giving Tree – the Cross! It was upon the wood of the cross that Christ gave himself up for us, that he reached out and extended his arms in an embrace that said to all people, “You are loved!”



While the Matthew 25 Project will ask for the donation of specific items each week corresponding to one of the Corporal Works of Mercy, the Lenten Giving Tree will have tags attached to it which will list specific service opportunities. Thus, in taking a tag an individual or family will be asked to do some specific action for an individual or an organization. Here are a few examples:

- Prepare a meal and visit a home-bound parishioner.
- Clean one of the Waukesha Hebron House homeless shelters.
- Prepare a brown bag lunch for someone at Repairers of the Breach.
- Work at the St. Vincent de Paul Thrift Store in Waukesha or Oconomowoc.

Get the idea? These are actions of service that often involve personal contact with other people. These will be great opportunities for individuals to work with other parishioners (maybe “buddy-up” and partner with someone else from the parish) or families to do together. And maybe, just maybe, these works of mercy will be done on a regular basis and even beyond Lent!

The big, black cross that will be in the gathering area beginning on Ash Wednesday will have tags for you to take with the specific service opportunities along with contact names and phone numbers. Just as we purchased items for the Christmas Giving Tree we hope that you will make a commitment to perform the action described.

Once the activity is completed we are asking people to write a brief description of their reaction to the service on the back of the card and to return the card to the basket that will be near the cross. This will be your personal witness and testimony to the activity.

Are you already performing a service that would be part of the Corporal Works of Mercy described in Matthew 25? Then we invite you to take one of the blank cards, write a brief description of your service, and return the card to the basket so that we may include it in the witness of Giving that will be posted on our Tree/Cross. We want to affirm those who are already living Giving-Lives. Perhaps you are providing care for a parent, a spouse, or another family member. Maybe you are involved in preparing a meal regularly for a neighbor or friend. There are innumerable ways that people in our parish are fulfilling the mandate of Matthew 25 beyond the organized activities of St. James. Take a moment to write that on one of the cards that can then be placed on our “Giving Tree” which will become our “Tree of Life!”

This Lent we invite you to come to the cross, THE Giving Tree, and respond with your life in service. Watch the bulletin for further information and details on the specific activities. If you have questions, please call Tom Bohmann @262-628-8323.

MARK YOUR CALENDARS FOR THE UPCOMING THRIFT SALE IN JUNE

Starting Saving those unwanted Items NOW

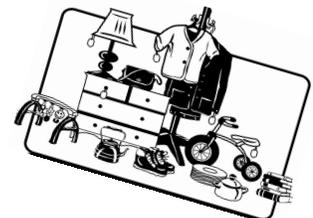
Starting **May 16th, 2011** you will be able

To bring you items to St. James Parish

(Please do not bring anything before the 16th of May)

The Thrift Sale will take place on June 9th, 10th & 11th, 2011

Please watch future bulletins for more information



HEALTH MINISTRY

"I have come that they may have life and have it more abundantly." ... John 10:10

As we welcome spring, we can begin to think about a plan to make our bodies healthier. If we do make some life-style changes, we will also feel healthier in mind and spirit.

We need to start with small changes and then work up to bigger ones. **Make A Plan and Stick to It** ~ the rewards will be great!

Below, you will find a health update from the Mayo Clinic regarding the health benefits of increasing our daily steps. Included in this article, is a list of valuable resource numbers for you and your families.

I also have the 2011 Aging and Disability Resource Guides. Please call me if you would like to pick up a copy. Many useful resources are listed in this book regarding legal help, Assisted Living, Medicare benefits, etc. I also have the Waukesha County Transpiration Book.

May each of you have a very happy, healthy spring and a truly blessed Lenten journey.

***Blessings,
Ann Sardegna, Parish Nurse
262-250-2663***

Health Update ... Daily Steps Count Toward Health

Increasing the number of steps taken in a day may reduce the likelihood of developing metabolic syndrome.

Metabolic syndrome is a cluster of three or more conditions — increased blood pressure, elevated insulin levels, excess body fat around the waist or abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.

The study, published in the June 2010 issue of *The American Journal of Preventive Medicine*, involved 1,446 adults. For seven days, each participant wore an accelerometer to record the number of steps taken. Those who took between 5,000 and 9,999 steps a day were considered low to somewhat active, and those taking 10,000 or more steps were deemed active to highly active. About 2,000 steps is considered roughly the same as one mile.

Among men, the odds of metabolic syndrome were 24 percent lower in the low to somewhat active group and 69 percent lower in the active to highly active group. Women in the low to somewhat active group had a 53 percent decreased risk of metabolic syndrome. The odds decreased by 72 percent in the most active group. For each additional 1,000 steps in a day, there was an approximate 10 percent decrease in the odds of developing metabolic syndrome.

Mayo Clinic Cardiologists say the study clearly demonstrates that activity amounts are related to reduced cardiovascular risk and specifically to reduced chances of developing metabolic syndrome.

www.healthletter.mayoclinic.com [Jan. 2011]

Resources:

- First Call For Help.....2 1 1 or (262) 547-3388

Aging & Disability Resource Center:

- Waukesha County262-548-7848
- Milwaukee County414-289-6874
- Washington County262-335-4497
- Walworth County262-741-3200
- Jefferson County920-674-8734
- Alliance for Aging Research202-293-2856
- Alzheimer's Association.....800-272-3900
- AARP866-448-3611
- Bureau of Consumer Protection800-422-7128
- Center for the Deaf
& Hard of Hearing414-604-2200
- Coalition of WI Aging Groups800-488-2596
- Elder Abuse WI Bureau of
Aging & Long Term Care.....608-266-2536
- Fraud Hotline800-447-8477
- Hispanic Resource Center262-928-4181
- Interfaith Senior Programs262-549-3348
- IRS Taxpayer Advocate877-777-4778
- Medigap Helpline800-242-1060
- Medicare800-633-4227
- Office for the Blind &
Visually Impaired888-879-0017
- Pets are Life Savers
For Seniors262-548-7848
- Senior Care, Prescription
Drug for WI Seniors800-657-2038
- WI Board on Aging & Long
Term Care.....800-815-0015

Cleaning For A Reason

- Free housecleaning for four months while a woman is undergoing chemotherapy. Go to website for details at <http://www.cleaningforareason.org>

**EXPERIENCE OF A LIFETIME
JOIN OUR
KNIGHTS OF COLUMBUS COUNCIL**



St. James has an active Catholic Men's organization affiliated with your 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 **NINETEENTH** anniversary and over the years have given over **\$215,000** to various 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 Welcome Sundays. We practice the principles of **Charity, Unity** and **Fraternity** throughout the community. This Internationally Fraternal Organization has a membership of over **1.8** million members. This past year over **\$151.0** million dollars and **69.3** million man ours were donated to the various communities. In Wisconsin alone in that time period over **\$2** million dollars and **1.5** million man hours were donated to charity. Assistance was provided to parishes, schools, religious-education programs, people and those with disabilities, special Olympics, assistance to people that have disabilities, programs for the poor and disaster victims, pro-life activities, hospital and abuse, athletics and other important projects.

We need
new ideas, energy & 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 & Contact
Robert Meller ~ 262-255-4918
Or
Al Nienas ~ 262-252-3484

FAITH ENRICHMENT OPPORTUNITIES AT RETREAT CENTERS

At Siena Center, Racine, WI Contact S. Rita Lui at 262-639-4100 or rlui@racinedominicans.org

Saturday, March 12: Praying in color with families. Helps us to quiet ourselves and to express our prayer with color, words, lines, squiggles. No artistic skill is necessary. A wonderful thing to do as a family- age appropriate. **Time:** 9:30 -11:30 AM ~ **Cost:** \$7 per person or \$20 per family of 3 or more (includes supplies). **Deadline for registration:** March 5th.

Continued on bottom of the 2nd column ~ p. 11

**ACTIVITIES COMMITTEE
EVENTS**

NEW THIS YEAR

Mother-Daughter Spring Breakfast

Tentative Date: April 3, 2011.
Watch the bulletin for more information.

**Holy Thursday
Bread & Wine Fellowship
Thursday April 21st**

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.

Thank you.
The Activities Committee



Ladies Night Out

Scheduled for October 20, 2011
Mark your calendar!

Saturday, April 2: Ukrainian Egg decoration. This is part of the preparation for Easter for the Ukrainian people. It consists of a special type of writing on eggs through symbols and color with prayers and good wishes for the recipient of the egg. **Time:** 8:30 AM – 3 PM. **Cost:** \$45
Registration deadline: March 26th.

At Redemptorist Retreat Center, Oconomowoc, WI

To register , call 262-567-6900 or
www.redemptoristretreat.or

March 4-6: Weekend silent preached retreat for men. **Theme:** "Growing in God's love". **Time:** 6:15 PM on Friday – 12:00 noon on Sunday. **Cost:** \$180

Ash Wednesday, March 9 Day of Prayer- includes lunch, a conference, stations of the cross, Individual reconciliation and celebration of the Eucharist. **Time:** 10:00 AM – 3 PM. **Cost:** \$15

For more information



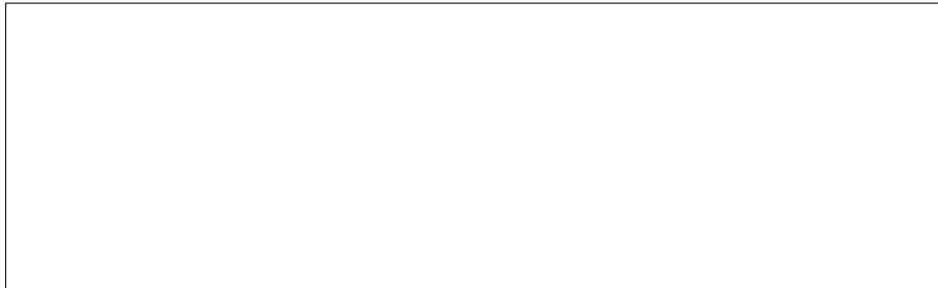
St. James Parish

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DATES TO REMEMBER

March 2011:

<u>Dates:</u>	<u>Event:</u>
2:	All Committee Meeting Night. 7 pm
5 & 6:	Baptisms at Mass
8:	KC Pancake Breakfast 8 to Noon
	St. Martin de Porres Choir Revival 5:30 pm
9:	Ash Wednesday Liturgy. 8 am & 6 pm Soup Supper 5 pm in the community center Parish Council Meeting 7 pm
10:	Community Banquet. 5:30 pm
11:	Stations of the Cross/ Passion Story
12:	Baptismal Prep Session 9:30 am
12/13:	Blood Pressure Weekend after all Masses
15:	Vespers. 5:30 pm Chapel
16:	St. Ben's Meal Program
17:	KC General Membership Meeting. 7:30 pm
18:	St. James Senior Club meeting. 11:30 am Stations of the Cross / Passion Story
22:	Vespers. 5:30 pm Chapel
24:	Community Banquet. 5:30 pm
25:	Stations of the Cross/Passion Story
26:	Lector Prep Session. 8 am
27:	KC Pancake Breakfast 8 am
29:	Vespers. 5:30 pm

Dates:

Event:

1:	Anointing of the Sick 8 am Mass
3:	Mother/Daughter Mass & Breakfast
5:	Vespers. 5:30 pm Chapel
6:	All Committee Meeting Night. 7 pm
8:	Teen Night 7 pm
9:	Baptismal Prep Session 9:30 am
9/10:	Blood Pressure Screening after all Masses
12:	Vespers. 5:30 pm Chapel Cluster Communal Penance @ Good Shepherd 7 pm
13:	Parish Council Meeting. 7 pm
14:	Community Banquet. 5:30 pm
15:	St. James Senior Club meeting. 11:30 am Men-O-HARMoney
16:	Cluster Communal Penance 10:30 am @ St. James
19:	Vespers. 5:30 pm Chapel
21:	Holy Thursday Liturgy. 7 pm Wine & Cheese Fellowship after Holy Thursday Liturgy
22:	Good Friday Service. 1 pm Tenabrae Service. 7 pm
23:	Easter Vigil. 8 pm
24:	Easter Sunday Liturgies. 8:15 & 10:15 am
25:	ALL OFFICES CLOSED
28:	Community Banquet. 5:30 pm