This picture was taken at the Rite of Election at St. John’s Cathedral on March 20th, 2011. It is a combination of St. James’ two candidates: Dylan (white tie) and Erica (blond hair), David, St. Mary’s Catechumen and their candidate Terri (in brown top). The others are sponsors and RCIA team members from St. Mary’s and St. James.

We collaborated this year and held joint instruction sessions.
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.

♦ 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 the second Saturday.
♦ 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.

Upcoming baptisms are scheduled for:
1. May 14th at the 5 p.m. Mass and Sunday, May 15th at the 8:15 a.m. Mass
2. June 4th and 5th at all Masses
3. July 16th and 17th and
4. August 20th and 21st at all Masses.

ST JAMES HAS BEEN BLESSED WITH WONDERFULLY TALENTED SEWERS.

Because of these ladies we have new Table & Ambo cloths, new Lenten banners and new Easter banners. We profusely thank——

---

Margaret Manthey
Barb Barrett
Lisa French
Natalie Zimmermann
Sharon Samp

Elaine Damato
Sue Ritchie
Ann Behm
Mary Gross
Carol Johnson
Donna Shulz

CAR RAFFLE!

Mark your calendars. The Annual Spring Car Raffle will once again take place this year.

The Grand Prize will be a two year lease on a 2011 Subaru Legacy Sedan or $10,000 cash.

More information will be in The June monthly statement.
IN CASE YOU MISSED THE FOLLOWING ARTICLE IN THE MARCH 13 BULLETIN, IT IS REPRINTED HERE.

A letter to the people of St. James from S. Carol Ann Jaeger

Dear people,

I had to make a very difficult decision within the last month. My community, the School Sisters of St. Francis asked me to be the Personal Services Coordinator for our elderly Sisters in one of our nursing homes in Milwaukee. There were these two good things to consider: continue being the Adult & Family Ministry Coordinator here at St. James or serve our dear aging Sisters. I love ministering here. These 12 years have been some of my happiest years as a Sister, serving the people of God. After much prayer & discernment, I did accept the call from my community. Remember, I did mention in my Pew View of Feb. 5-6 that obedience to leadership in the community was a way of living my vow of obedience. It will be very hard for me to leave parish ministry, but I know I can use my gifts & abilities in many similar ways with the Sisters & staff. Our Sisters are great pray-ers, so if you have a need, let me know & I will ask the Sisters at Sacred Heart Center on Layton Boulevard to pray for you.

I complete my contract here at the end of June. Then I begin my new ministry in August. This is to be a transition job into retirement. (We’ll see. Actually, nuns do retire eventually). I have requested that you do not give me a Farewell party, because you thanked me for my ministry in February at my Golden Jubilee celebration. I will take all of you along with me in my heart. God bless each and every one of you wonderful people.

LEARNING ABOUT OUR NEIGHBORS

How much do we really know about what other faith traditions believe? This four-part series provides an opportunity to learn what our neighbors in other faiths really believe.

You are invited to come to listen and learn.

All sessions start at 7:00 p.m. in the Trinity Center at Holy Cross Lutheran Church, W156 N8131 Pilgrim Road, Menomonee Falls

Tuesday, May 3 Judaism: Rabbi Steven Adams
Congregation Emanu-El of Waukesha

Tuesday, May 10 Islam: Dr. Irfan A. Omar
Associate Professor of Theology, Marquette University

Tuesday, May 17 Hinduism: Dr. Lakshmi Bharadwaj
Associate Professor of Sociology, UW Milwaukee

Tuesday, May 24 Buddhism: Rev. Tonen O’Connor
Resident Priest, Milwaukee Zen Center

There is no charge but a free-will offering will be taken.

For more information, call Lois Heider or Pat Luther at 262-251-2963.
ADULT FAITH ENRICHMENT OPPORTUNITIES

A Morning of Reflection for Women with Bishop Sklba “for equipping the saints for the work of ministry” This morning is for laywomen and vowed religious women, homemakers and career women, married and single women, physical and spiritual mothers.

♦ When: Saturday, May 7 from 8:30 -11:30 AM
♦ Where: St. Francis de Sales Seminary, 3257 s. Lake drive, St. Francis
♦ Cost: $10 per person
♦ Contact Bonnie Bresnahan at 414-758-2240 or email bresnahb@archmil.org to register

♦ When: Saturday, May 28 from 8:30-11:30 AM
♦ Where: St. Francis de Sales Seminary, 3257 s. Lake drive, St. Francis
♦ Cost: Free will offering
♦ Register by May 22 to S. Rita Lui (see above)

♦ When: Wednesday, May 11 from 10AM – 3 PM
♦ Presenters: the Redemptorist staff
♦ Cost: $15
♦ Register to above phone number or email rlui@racinedominicans.org

Siena Retreat Center at
5635 Erie St. Racine, WI
Contact S. Rita Lui at 262-639-4100 or rlui@racinedominicans.org

Redemptorist Retreat Center,
1800 North Timber Trail
Lane, Oconomowoc, WI at 262-567-6900 or www.redemptoristretreat.org

Day of reflection – reflect on the goodness of God and the gifts God has so generously bestowed on each of us. The day includes conference, Eucharist, Individual reconciliation and lunch.

♦ When: Wednesday, May 11 from 10AM – 3 PM
♦ Presenters: the Redemptorist staff
♦ Cost: $15
♦ Register to above phone number or email rlui@racinedominicans.org

St. James, Good Shepherd and St. Mary Parishes Invites Families to VACATION BIBLE SCHOOL

HOMETOWN NAZARETH: JESUS WAS A KID

Summer Bible school, Hometown Nazareth will be hosted at Good Shepherd parish from June 13 to June 17 and at St. James parish from August 1 to August 5. Children will step back in time at Hometown Nazareth, exploring what it was like to live in the town where Jesus grew up. Kids, teens, and adults participate in a memorable Bible-times marketplace, sing catchy songs, play teamwork-building games, dig into Bible-times snacks, visit Jesus’ mom, Mary, and collect Bible Memory Makers to remind them of God’s Word. Plus, everyone learns to look for evidence of God all around them through something called God Sightings. Each day concludes at Celebration—a time of upbeat worship that gets everyone involved.

Hometown Nazareth will run from 9:00 am to 12:00 noon each day. You can register to attend or to volunteer on line at https://www.groupvbspro.com/vbs/hl/vbosofthefalls

For more information, call 262-251-0897.

See page 6 for Hometown Nazareth Registration Form

It’s Time to Grab your Passport for the 2nd Annual Summer Journey through Scripture, as we join St. Paul.

Last summer a wonderful group of people gathered on the patio, shared a meal and took a road trip thru Luke’s Gospel & Acts of the Apostles. This summer we’re going to again get our passports stamped as we travel to Corinth and Rome, Thessalonica, Galatia, Philippi etc.

Dinner will be served at 6 pm each Tuesday starting Tuesday June 12th and ending Tuesday Aug. 2nd.

Give yourself this wonderful gift of Journeying through Paul’s Letters. Don’t get left behind call or email Tracy today, make your reservation for the journey of a life time. (we’re starting in Thessolonica) 262-253-2908 or dereszynskit@archmil.org

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Where are they Now!?!?

Did you ever wonder what happens to the “kids” from the Christian Formation Program once we send them off to college in the fall? Do we ever hear from them or see them during breaks, are they connected to a parish or student center or any kind on the campus that they land at?

The answer to ALL of these questions is YES!!! 5yrs ago there was a program that was started called the College Care Connection Program. High School Seniors are invited to join our group and we stay in contact with them as long as possible through their college years. Some we even hold onto until Graduation. This group started with about 15 kids, this year 2010-2011, there are around 115 college students on that list.

We have college students throughout the UW-System a handful at the University of Minnesota, Twin Cities, we have kids out in South Dakota, Virginia, North Carolina, Southern Missouri and Colorado.

Each week there is some sort of communication with this group, whether its personal communication, email, there is a weekly blog piece written http://web.me.com/stjamescf/stjamescf/College_Connection/College_Connection.html; right now we’re finishing up an online retreat for Lent, there is also an online retreat offered for Advent. We also have a group on Facebook that is used for communication purposes.

http://www.facebook.com/group.php?gid=118906438126543

We do send out care packages 4-5 times throughout the year, there will be a mailing going out on April 27th, if you’d like to help “pack”

I have also had the pleasure of sitting down over coffee or lunch with many of our college kids when they’re home on Winter Break or Spring Break and getting caught up on what’s happening in their lives. Sometimes our conversations turn to Faith related discussions and sometimes I just get caught up on the latest happenings for the UW-Football or Basketball team.

The College Connection Program was started here at St. James as a way to let our graduating seniors know that the community of St. James has not forgotten them and it has turned into so much more than a box of junk food and highlighters before exams! The college connection has turned into a virtual community, that supports each other during stressful times like mid-terms and exams and has become an outlet for sharing faith and other ideas.

In about a month, we’re going to be celebrating Graduation with about 80+ High School Graduates and 8 College Graduates. If your interested in joining the college connection, search for us on Facebook, welcome aboard.

Tracy

---

Hamilton High School Presents

Hamilton High School Drama invites you to this spring’s entertaining production of Our Town by Thornton Wilder. Performances will be May 5 and 6 at 7 pm and matinees on May 7 and 8 at 1 pm at the Hamilton Fine Arts Center.

Ticket prices are $8 for adults and $5 for students / senior citizens. There will be a “buy one / get one” promotion for senior citizens on Saturday, May 7.

Thornton Wilder’s classic play Our Town is about the small picture perfect town of Grover’s Corners. It begins with the Stage Manager giving an overview on the town and then focusing on the Gibbs and Webb families. Time passes and in Act three, the play changes pace and a character gets to visit a childhood memory, realizing the importance of life.

---

Knights of Columbus Contributions:

The Knights of Columbus contributed to the various community and church activities as follows:

- Seminaries: 2,000.00
- St. James Church Scholarship: 500.00
- Faith in Our Future: 700.00
- St. Martin de Porres Food Pantry: 300.00
- Sussex Senior Shuttle: 200.00
- FDN For Retired Religious FD: 200.00
- St. Vincent de Paul Society: 400.00
- Community Banquet: 200.00
- Hebron House: 400.00
- Sussex Outreach Services: 200.00
- Ellie Simon for Medical Expenses: 500.00
- Ellie Simon For Medical Expenses: 1000.00

From the WI State Charity Raffle Fund

Total: $5,600.00

The donation money was raised through the sale of Raffle Tickets, Entertainment Books and Pancake Breakfasts.

We thank you all for your continued participation in all these events. We could not do this without your contributions.
Hometown Nazareth
Where Jesus was a Kid
Vacation Bible School
June 13th – 17th at Good Shepherd or August 1st – 5th, 2011 at St. James

Family Name ___________________________________________ Phone # ____________________________

Address _________________________________________________________

Children’s Name(s) Age Grade (2011/12) School

___________________________________________

___________________________________________

___________________________________________

When will you be attending: _____ June 13-17, Good Shepherd OR _____ August 1-5, St. James

Parent(s) Name and Daytime phone # ____________________________

Emergency Phone/person’s name ________________________________________

Who’s picking your child(ren) up? ________________________________________

Are there any allergies or medical conditions we should know about? __________________________

The requested donation for V.B.S. is 20.00 per child. Please include it with your registration. If you are unable to offer this amount simply let Sue Devine-Simon know. All are welcome regardless of ability to pay. If you have any questions please call Sue at 251-0897. You will receive more information before the week of Bible school. Children who are going into 4K through 3rd grade are invited to participate in this program. We will take the first 150 children for each week on a first come first served basis. Older youth, 6th grade and up, and adults, are invited to help.

😊 V.B.S. Helpers 😊

Helpers Name ___________________________________________ Phone # ____________________________

Address _________________________________________________________

Youth (please include age) or Adult? ____________________________

What would you like to help with:

_____ Small group leader/helper  _____ Game helper  _____ Snack helper  _____ Music Person

_____ Set up/Take down  _____ Prepare things at home ahead of time (cutting...)  _____ Craft helper

_____ Friday Program helper  _____ Odds and ends or fill in

Which days are you available to help? M  T  U  W  TH  F  or  ALL

(Circle those, which apply)
## MAY, 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, Sun</td>
<td>Eucharist Celebration, 8:15 Mass &amp; 10:15 Mass</td>
</tr>
<tr>
<td>3, Tue</td>
<td>Scripture Study, 6:30—Great Room K4 thru Gr. 5 Catechist Evaluation In the Community Center</td>
</tr>
<tr>
<td>4, Wed</td>
<td>All Committee Meeting Nite</td>
</tr>
<tr>
<td>5, Thu</td>
<td>Eucharist Rehearsal in the Community Center at 5:30 PM. RCIA</td>
</tr>
<tr>
<td>6, Fri</td>
<td>SOAL Program</td>
</tr>
<tr>
<td>7, Sat</td>
<td>Eucharist Celebration, 5:00 Mass</td>
</tr>
<tr>
<td>8, Sun</td>
<td>Eucharist Celebration, 8:15 &amp; 10:15 Mass</td>
</tr>
<tr>
<td>10, Tue</td>
<td>Scripture Study, 6:30- Great Room</td>
</tr>
<tr>
<td>12, Thu</td>
<td>Community Banquet RCIA</td>
</tr>
<tr>
<td>13, Fri</td>
<td>SOAL</td>
</tr>
<tr>
<td>14, Sat</td>
<td>CONFIRMATION REHEARSAL, 10:00-Noon in Church Beyond Date Your Mate</td>
</tr>
<tr>
<td>15, Sun</td>
<td>CONFIRMATION CELEBRATION, 1:00 pm</td>
</tr>
<tr>
<td>17, Tue</td>
<td>Scripture Study, 6:30 in Great Room</td>
</tr>
<tr>
<td>19, Wed</td>
<td>RCIA</td>
</tr>
</tbody>
</table>

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**2011/2012 CHRISTIAN FORMATION REGISTRATION WILL BE AVAILABLE TO DOWNLOAD **
@ stjames-parish.net

**EARLYBIRD DEADLINE IS THURSDAY, JULY 14TH!**

******************************************************

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>20, Fri</td>
<td>SOAL Pot-Luck</td>
</tr>
<tr>
<td>21, Sat</td>
<td>Jim Engel Memorial Ride</td>
</tr>
<tr>
<td>22, Sun</td>
<td>Graduation Mass at 10:15</td>
</tr>
<tr>
<td>24, Tue</td>
<td>Scripture Study, 6:30 in Great Room</td>
</tr>
<tr>
<td>26, Thu</td>
<td>Community Banquet RCIA</td>
</tr>
<tr>
<td>30, Mon</td>
<td>OFFICES CLOSED FOR MEMORIAL DAY!</td>
</tr>
<tr>
<td>31, Tue</td>
<td>Scripture Study, 6:30 in Great Room</td>
</tr>
</tbody>
</table>

## JUNE, 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1, Wed</td>
<td>All Committee Mtg. Nite</td>
</tr>
<tr>
<td>3 Fri -</td>
<td>Aluminum Can Drive, proceeds for Mission Trip</td>
</tr>
<tr>
<td>5, Sun</td>
<td>Trip</td>
</tr>
<tr>
<td>7, Tue</td>
<td>Scripture Study, 6:30 in Great Room</td>
</tr>
<tr>
<td>9, Thu</td>
<td>Community Banquet</td>
</tr>
<tr>
<td>13, Mon</td>
<td>VBS 9-Noon at Good Shepherd</td>
</tr>
<tr>
<td>14, Tue</td>
<td>VBS 9-Noon at Good Shepherd Journey with Paul, 6:00-8:00 pm</td>
</tr>
<tr>
<td>15, Wed</td>
<td>VBS 9-Noon at Good Shepherd St. Ben’s</td>
</tr>
<tr>
<td>16, Thu</td>
<td>VBS 9- Noon at Good Shepherd</td>
</tr>
<tr>
<td>17, Fri</td>
<td>VBS 9-Noon at Good Shepherd</td>
</tr>
<tr>
<td>18, Sat</td>
<td>Walk-In Registration at 5:00 Mass</td>
</tr>
<tr>
<td>19, Sun</td>
<td>Walk-In Registration, at 8:15 &amp; 10:15 Masses</td>
</tr>
<tr>
<td>21, Tue</td>
<td>Scripture Study, 6:30 in Great Room Journey with Paul, 6:00-8:00 pm</td>
</tr>
<tr>
<td>23, Thu</td>
<td>Community Banquet</td>
</tr>
<tr>
<td>28, Tue</td>
<td>Scripture Study, 6:30 in Great Room</td>
</tr>
</tbody>
</table>
ST. JAMES TITHING PROGRAM

Did you know St James has a tithing program? St James donates $500/wk to a charity as part of its mission to promote Social Justice. This is administered though the Human Concerns and Finance Committees of the Parish Council.

Social Justice is basic to who we are as individuals and as Church. The Catholic Church does not designate a specific amount we should give. We give what we can afford but we must meet the financial needs of the Church, so that the Church has the resources necessary for support of its ministries. Frequently, 10% is given as a goal based on the Old Testament, with 5% to the parish and 5% to other charities. All that we have belongs to God and we are just sharing God’s gifts with the poor as Jesus teaches.

The organizations we help sustain are mostly local, small, fill priority need, not over funded, and have parishioner involvement. We don’t donate to organizations that distribute funds to other organizations (e.g. United Way). We gave to 44 organizations last year. These organizations provide food, clothing, shelter, medical, education, spiritual, disability, and advocacy assistance. Some examples are: Sussex-area Outreach Services, Repairers of the Breach, Hebron House, St Joseph’s Medical & Dental Clinic, Parents Place, Dismas Ministries, Interfaith Senior Programs, and Wisconsin Right to Life.

For 5 Sundays in May, organizations designated to receive a tithe are:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUR SPACE</td>
<td>525 W. Lincoln AV, Milwaukee, WI 53215</td>
<td>Helps low income disabled mentally ill adults through education, support and job readiness skills.</td>
</tr>
<tr>
<td>SETON DENTAL CLINIC</td>
<td>1730 South 13th Street Milwaukee, WI</td>
<td>Provides accessible no-cost dentistry to uninsured, indigent children &amp; adults. Functions under Columbia-St Mary's Hospitals.</td>
</tr>
<tr>
<td>(Columbia St Mary's Foundation)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BLESSED TRINITY PARISH</td>
<td>4717 N. 38th Street Milwaukee, WI 53209</td>
<td>The focus of &quot;Reach&quot; is to transmit values (both Gospel &amp; Kwanzaa) through positive and enriching experiences outside their local neighborhood.</td>
</tr>
<tr>
<td>CAMP HOPE</td>
<td>301 Florence Dr. Stevens Point, WI 54481</td>
<td>Provides a safe place for grieving children and teens to share their pain with others.</td>
</tr>
<tr>
<td>PARENTS PLACE</td>
<td>1570 E Moreland Blvd Waukesha, WI 53186 (262/549-5575)</td>
<td>Helps low income, single parents build strong healthy families through support and education.</td>
</tr>
</tbody>
</table>

Thank You’s Received From Previous Tithing Recipients

Dear Father Art,
We want to personally thank St. James Parish and its members for supporting St. Michaels Parish as together we transform lives and build the future of the church.

The Staff & Members of St. Michael’s

Thank you for your most generous donation of $500.00. Your contribution to Kathy’s House allows us to give hope, comfort, inspiration and rest to those facing personal and medical adversity. All Contributions are used for operating our “home away from home”.

Sincerely,
Richard Vogel
Executive Director

Dear Tom,
We really appreciate the 38 skeins of yarn for our Needlecraft Program. Also, the shoes and socks donated will be delivered to the Hope Center here in Waukesha. These will help many people in need in the area.
Please pass on our heartfelt thanks to your parishioners.

Joan Berg—Program Assistant ~ RSVP of Waukesha County

More Thank You’s on page 9


**Unjust Immigration Bill Circulating In Wisconsin**

State representative Don Pridemore of Wisconsin has authored and is beginning to circulate a bill similar to the immigration law recently passed in Arizona. "The bill overrides municipal and county authority requiring all law enforcement officers to determine whether a person who is arrested for or charged with a crime or a civil violation [ex: moving violation] is lawfully present in the state. Law enforcement is to use “reasonable suspicion” and “immediate proof of lawful presence” as the criteria for movement of an individual to secured custody with 48 hours to produce proof of lawful presence. If a person cannot produce documentation they are presented to federal immigration authorities. “Under the bill, this can be done before the person is tried for a crime”. The cost of enforcing this state mandated legislation is through allowing “counties to seek reimbursement for jail costs from a person who was held in secured custody, because he or she could not provide proof of lawful presence.” Here as in AZ, there is great concern that “reasonable suspicion” will equate to racial profiling and law suits against municipalities.

The US Bishops continue to advocate with congress and the President for comprehensive immigration reform at the federal level.

We don’t need a state law that separates families and unfairly deports refugees. We need comprehensive reform that emphasizes family unity – not separating parents, spouses and children; restores due process of the law for asylum seekers and refugees, provides avenues for migrants to come here legally and safely to work and addresses the root causes of immigration. These principles provide a framework that is fair, just and humane.

Concern for family unity and the dignity of all God’s children should underlie our moral thinking as Catholic Christians. As Catholics it is our responsibility to live out our Christian moral belief within society. Please contact your state legislators and ask them NOT to support Assemblyman Pridemore’s immigration bill 1116.

To find your state representative go to www.legis.wisconsin.gov and click on “WHO REPRESENTS ME?”

**Dear St. James Congregation**

Thank you for your generous contribution to the “Falls Area Food Pantry”, part of the Falls Area Community Services Charitable Organization. We have received your donation in the amount of $699.12 on 2/14/2011.

Sincerely,
Timothy R. Nolan, CPA
Treasurer

**Dear Members of St. James**

On behalf of the membership, staff and volunteers at HOPE Network, I would like to extend my sincere gratitude to St. James for the $500 donation. These funds will be used for our programs that assist families headed by single mothers.

Sincerely,
Pauline Beck
Executive Director

**Dear St. James Congregation**

Thank you for your support of the mission at SOS (Sussex Outreach Services), and for your very kind gift. Your generosity of $699.13, will make an immediate difference in the lives of families in our community…

Thanks again for your kindness,
Aaron Schmalzle
Executive Director

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Executive Director

**DR. JOHN WHITCOMB - SPEAKING ON “WELLNESS”**

Cancer . . . Heart attack . . . Stroke . . . Alzheimer’s - which diagnosis would scare you? Chemotherapy . . . Heart surgery . . . Physical therapy/Rehab . . . Prescription drugs - which treatment option would you prefer? Why wait to hear these words or treatments from your doctor? Why not try to alter your lifestyle to avert, avoid or delay these maladies? Dr. John Whitcomb; educated at John Hopkins and Yale University has spent the last 30 years at St. Luke’s, Froedert, and Mt. Sinai as an emergency physician and is currently lead physician in Aurora’s wellness program. Dr. Whitcomb will speak on Sunday, May 22nd at 9:30 a.m. Plan to stay after the 8:15 Mass or come early to the 10:15 Mass to hear him speak and answer your questions of what lifestyle changes you can make to help avoid our increasingly costly medical options. Dr. Whitcomb grew up as a missionary kid in India whose father promoted proper agrarian/agricultural technology, vegetarian eggs and what is now becoming “in vogue” in our society: eating more fresh fruits, vegetables, and fish, lowering your stress and your blood pressure. Don’t miss your opportunity to hear Dr. Whitcomb who has presented various programs at the UCC church for the last five years.

Presented by: Human Concerns Committee & Field of Dreams Community Gardeners.
May this Spring and Summer be a very happy and healthy time for each of you. May you grow stronger in body, mind and spirit!

The Health Ministry would like to thank Father Art for his support of our ministry during the past six years. So many people have expressed their gratitude for our first Friday celebration of the Sacrament of Anointing of the Sick during Mass. We wish Father Art abundant blessings as he begins a new chapter in his life journey. As Parish Nurse, I can share that it has been an honor and a privilege to minister with Father Art. To our parishioners with health needs and those approaching death. His kindness and compassion toward people exemplifies the healing Ministry of Christ and our Church.

In our last article in the March/April newsletter, we shared some advice about increasing the number of steps we take each day. As a follow-up, we want to share some reasons to exercise first thing in the morning, although exercise is beneficial any time of the day.

- It begins the day on a positive “healthy” note that can set the tone for the rest of the day.
- It provides an opportunity to tackle an activity critical for your health that allows you to begin the day with an immediate sense of accomplishment and empowerment.
- It increases the chances that you will choose a healthier breakfast.
- It provides an immediate boost in mood and cheerfulness that studies show can last up to 12 hours.
- It primes the brain for learning and enhances focus in the first 1 to 2 hours post-exercise.
- It enhances your sleep. Studies show that regular morning exercise improves sleep patterns. In contrast, late afternoon and evening exercise can interfere with sleep onset.
- Because there are fewer “competing” events in the earliest part of the day, morning exercise is easier to build in as a consistent, daily habit. Morning exercisers have the best long-term success in maintaining fitness.
- It provides a transient increase (up to 5 hours) in metabolic rate that can help you burn off some of your breakfast and lunch calories.

[Source: www.cdc.gov]

I hope this information is helpful for you as you enjoy the coming months and plan your strategy to improve your health.

Blessings,
Ann Sardegna, Parish Nurse
262-250-2663
6th Annual Thrift Sale

We will begin accepting your donations Monday, May 16th thru Friday, June 3rd.

So please remember us when cleaning out closets - basements - garages, etc.

And

Also tell your friends, neighbors too!

We will accept most anything except large appliances, records, magazines, computer equipment, baby car seats, baby cribs or mattresses.

What really sells good is furniture - indoor and outdoor - sporting goods, men’s tools, seasonal items, bedding and linens, housewares, electronics, craft items, toys, adult and children’s gently used clothing -

jewelry, antiques, collectibles, video’s, CD’s, DVD’s and books!

Tax Donation tax forms will be available to those who request them!

Drop off times are: 7:30 am to 5:00 pm. Please do not drop off before or after those hours, nor leave any article outside the building.

The sale days are Thurs. June 9th, 8 am to 7 pm, Friday June 10th from 8 am to 3 pm and Saturday June 11th from 8 am to 1 pm.

Last but not least our biggest need is volunteers, both before and during the sale. We can’t have a successful sale without you - SO - Please Help - I’m also still looking for that “Go To” Person to work with me!

Any questions, please call Terri Weber 262-253-2259

or Emelie Klein at 262-253-1228.

Thank you All, and God Bless You!

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Found in a Church Bulletin:

Ladies, don’t forget the rummage sale. It’s a chance to get rid of those things not worth keeping around the house. Bring your husbands
May 2011:

<table>
<thead>
<tr>
<th>Dates</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>All Committee Meeting Night. 7 pm</td>
</tr>
<tr>
<td>10</td>
<td>Health Ministry Appreciation Evening</td>
</tr>
<tr>
<td></td>
<td>KC Board Meeting. 7:30 pm</td>
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<tr>
<td>11</td>
<td>Staff Meeting. 10:00 am</td>
</tr>
<tr>
<td></td>
<td>Parish Council Meeting. 7 pm</td>
</tr>
<tr>
<td>12</td>
<td>Community Banquet. 5:30 pm</td>
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<td></td>
<td>May Crowning 5 pm in the chapel</td>
</tr>
<tr>
<td>14</td>
<td>Baptismal Prep Session. 9:30 am</td>
</tr>
<tr>
<td>14/15</td>
<td>Baptism weekend</td>
</tr>
<tr>
<td>16</td>
<td>Starting to accept items for Thrift Sale</td>
</tr>
<tr>
<td>18</td>
<td>St. Ben’s Meal Program. 4 pm</td>
</tr>
<tr>
<td>19</td>
<td>KC General Membership Meeting. 7:30 pm</td>
</tr>
<tr>
<td>20</td>
<td>St. James Senior Club Meeting. 12:30 pm</td>
</tr>
<tr>
<td>20/21</td>
<td>Talk on Food for the Poor at Mass</td>
</tr>
<tr>
<td>22</td>
<td>KC Pancake Breakfast 8 am-12 pm</td>
</tr>
<tr>
<td>25</td>
<td>Staff Meeting. 10:00 am</td>
</tr>
<tr>
<td>26</td>
<td>Community Banquet. 5:30 pm</td>
</tr>
<tr>
<td>28</td>
<td>Lector Prep Session 8:00 am</td>
</tr>
<tr>
<td>30</td>
<td>ALL OFFICES ARE CLOSED FOR MEMORIAL DAY.</td>
</tr>
</tbody>
</table>

June 2011:

<table>
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<tr>
<th>Dates</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All Committee Meeting Night. 7 pm</td>
</tr>
<tr>
<td>3</td>
<td><strong>Last Day for Anointing of the Sick @</strong> 8:00 am Mass</td>
</tr>
<tr>
<td>5</td>
<td><strong>KC Corporate Communion @ 8 am Mass</strong></td>
</tr>
<tr>
<td>8</td>
<td>Staff Meeting. 10:00 am</td>
</tr>
<tr>
<td></td>
<td>Parish Council Meeting. 7 pm</td>
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<tr>
<td>9/10</td>
<td><strong>Thrift Sale</strong></td>
</tr>
<tr>
<td>11</td>
<td>Baptismal Prep Session. 9:30 am</td>
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<tr>
<td>11/12</td>
<td>Blood Pressure Screening after Mass</td>
</tr>
<tr>
<td>14</td>
<td><strong>KC Board Meeting. 7:30 pm</strong></td>
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<tr>
<td>15</td>
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<td>Lector Prep Session. 8 am</td>
</tr>
<tr>
<td>26</td>
<td><strong>Car Raffle Drawing after the 10:15 Mass</strong></td>
</tr>
</tbody>
</table>

Please see page 7 For calendar of events for Christian Formation