



By now the elections are over, and I am hoping everyone had the opportunity to get out and vote. As I write this, the outcomes of the elections are still unknown to me, but as everyone reads this, we all know. We have a new governor, and newly elected leaders who will be working on our behalf in the government on all levels. Even not knowing the outcome of the elections, there are some things I do know. Some of the people reading this will be happy with the outcomes, and some will not be.

Actually, most of us will be unhappy about at least some portion of the past week's election. It is very rare that any of us get everything we want when looking at politics. It is part of what makes our country great, but it is also one of the more frustrating things we have to experience. There will no doubt be more disagreements, arguments, and other confrontations that develop as we look at the political landscape over the next year.

I'd like to offer a few of my own reflections as we move forward from these elections. First off, the election is over. Regardless of how any of us feel, there is nothing we are going to do at this point to change the outcome. The more positive we can be in our response to the elections, the more chance we will have for a positive outcome.

Second, no matter where people stand on the political spectrum, it is very unlikely that anyone will not have at least one issue on which they disagree with our elected leaders. How should we address these disagreements? We can stew in our anger and express thoughts about what we'd like to see happen to politicians with which we disagree. Trust me, that will cause us more harm than it will anyone else. We can also try to find a positive path forward. I'm not saying that is easy, or that it will happen quickly. It is possible however.

I mentioned a few weeks ago that I was adding a collection of my personal favorites to the parish library at Sacred Heart. Included in this collection are some classical dialogues written by Plato. Among the many things these texts can teach us is the power of rational discourse to solve problems and discover the truth. We have become a society that prefers to shout at each other, or in extreme cases attack one another when we disagree. When has that ever accomplished anything positive? It is sad to see that true rational discourse is becoming such a lost art. I pray we can see a time where more people learn the value of this ancient wisdom rather than being consumed by anger when disagreements arise.

Fr. Chris



On November 16, the Prince George Local Emergency Planning Committee (LEPC) will

conduct a public forum to discuss how opioid addiction is threatening our nation and community. Participants in the forum will include our pastor Fr. Chris, as well as a recovering addict, a representative from the Commonwealth Attorney's Office, and representatives from Emergency Medical Services and District 19 Community Services Board who will discuss how the crisis is affecting Prince George County. The forum will begin at 6:00 pm inside the Parish Hall at Church of the Sacred Heart.



CLUSTER PRAYER LIST

Those who bear the burden of years and those who have asked for our prayers:

Sacred Heart: Deborah Hanzlik, Janet Beaudet, Sharla Kirk, Anh Cao, Binh Cao, Phyllis Gagne, Donna Sarver, Thomas Bird, Carl Hall, John Mertz, Helen Tres, Evelyn Rivera, Kathy Marr, Debbie Stidfole Agurwal, Nancy Clemons, Anna Liszeski, David Paden, Eileen Mozucha, Barbara Kirk, Deacon Bob Baker, Jerry Chambers, Raul Rosa Viera, Emily Chudoba, Thelma Herrera Lara, Sam Mikulcik, Carlos Rivera, Mike O'Hare, Susan MacLaughlin, Sharon K. Pilarinos, Kathy Sansom, Delores Keith, Janice Walsh, John Visconti

St. James: Catherine Romig, Anne & Sam Richeson, Crista Cole, Jimmy Carter, Mary Kain, Audrey Keith, Anita Anthony, Wayne Whitehead, Bill Brown, Casey McQuillan, Glenn Toenniges, Tomas Rose, Jimmy Clark, John Seckora, Robert McGough

St. Johns: Dick Clark, John Stech, Ernest & Sheree Cerny, Dorothy Kohout, Etna Traylor, Steve Kofron, Joan Lonnemann, Matt MacLaughlin, Patsy Stech, Joe Stech, Santi Santos, Stuart Reynolds, Bill Kaspar, Judy Newsome, Michael (MJ) Schofield, Frank Stech, Deborah Ryan, Candence Andusko, Donet Poindexter, Jean Dise

PILGRIMAGE TO GUADALUPE

Deacon Bob & Luz Straub are hosting a pilgrimage to Our Lady of Guadalupe, Mexico, May 7 – 13, 2018. For more information or a copy of the brochure, please contact Deacon Bob at rjcstraub@gmail.com, or 804.721.5300. For a direct link for the tour, copy and paste the following into your browser:

<http://www.eocatholic.com/tours/our-lady-of-guadalupe-2018-straub-56877#eotours>

The tour ID is GU18 and Host ID is 56877. Join us!

Sponsor of the Week

We would like to thank

“Crater Community Hospice”

this week for sponsoring an ad in our weekly bulletin.

MEETINGS THIS WEEK:**Church of the Sacred Heart**

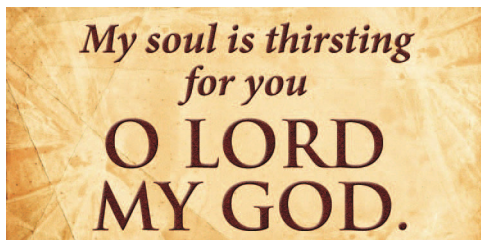
- Sunday, 12th 9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
11:00am RCIC Rite of Welcoming
- Monday, 13th 7:00pm Stewardship Meeting
- Tuesday, 14th 4:00pm Cluster Staff Meeting
7:00pm Study of the Bible timeline
7:00pm Baptism Class Part 2
- Wednesday, 15th 10:30am Bible Study
3:00pm Art & Environment
5:00pm Deacon's meeting
5:30pm Finance Council
6:00pm Prayer Shawl
6:00pm Dance
6:30pm Spanish Choir
- Thursday, 16th 6:00pm Opioid Crisis Session (Hall)
7:00pm English Choir
- Friday, 17th 7:30pm Ultreya—St John Newmann in Powhatan
- Saturday, 18th 11:30am WOW Group
- Sunday, 19th 9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
10:45am Confirmation Class
11:00am Confirmation Rite of Enrollment

Saint James Church

- Sunday, 12th 9:30am Religious Formation—All ages
12:00pm Veterans Day Lunch at St James Parish Hall
- Monday, 13th 6:00pm Hopewell community meal @ Parish Hall
- Wednesday, 15th 5:30pm Reconciliation & Holy Hour
6:30pm Mass
7:00pm Choir Practice
- Thursday, 16th 12:00pm Mass
- Sunday, 19th 9:30am Religious Formation for Adults and Children (No High School Class—you will be at Sacred Heart for Rite of Enrollment)

Saint Johns Church

- Tuesday, 14th SENIOR CITIZENS after the
9:00am Mass
4:00pm Cluster Staff meeting @ Sacred Heart
- Wednesday, 15th 6:00pm Adoration—All are invited
- Thursday, 16th Finance Council Meeting

**MASS INTENTIONS****Church of the Sacred Heart**

- Saturday, 11th 5:00pm Charlie & Jonathan Eddy and Robert Fisher req by Bertie Eddy
7:00pm Spanish Prayer
- Sunday, 12th 8:00am William & Margaret Schroeder req by Don Schroeder
11:00am Dick Beaudet req by Janet Beaudet
1:00pm Deceased Members of the Parish
- Monday, 13th 6:30pm Holy Hour & Benediction
- Tuesday, 14th 6:30pm Maria Xua req by Sang Cessna
- Wednesday, 15th 10:00am Sick and Homebound
- Friday, 17th 10:00am Leo Gutierrez req by Evelyn Gutierrez
5:30pm Rosary
- Saturday, 18th 5:00pm In honor of David & Daja Eddy req by Bertie Eddy
7:00pm Spanish Prayer
- Sunday, 19th 8:00am Dick Beaudet req by Janet Beaudet
11:00am Peter So Van Cao req by Sang Cessna
1:00pm Deceased members of the Parish

Saint James Church

- Saturday, 11th 5:30pm Matthew Taylor
- Sunday, 12th 11:00am Pete Kain
- Saturday, 18th 5:30pm Evelyn Dane
- Sunday, 19th 11:00am Judy Lupori
- Monday, 20th 6:30pm Clement Halupka

Saint Johns Church

- Saturday, 11th 4:00pm Daniel Ciurlino req by Elizabeth Mirro
- Saturday, 18th 4:00pm Maia Mirro req by Elizabeth Mirro

Hospitalized or Home-Bound? If you or someone you know is hospitalized or home-bound and wishes to receive Communion or Anointing of the Sick, please call the Parish Office and let us know. The Parish office is the central clearing point and we cannot respond if we don't know of the situation. Also, if one is having a medical procedure and wishes to be anointed before hand after Mass, simply let Fr. Hess know and if at all possible, he will accommodate you.

BAPTISM CLASSES: Parents preparing to have a child baptized must attend a Baptism class prior to the sacrament. The Second part of the class offered in English will be held on:

Part 2 on Tuesday, November 14th, 7:00-8:30pm. These sessions are held at Sacred Heart. Please contact your parish office to register if you need these classes. Godparents are also invited to attend.



The Prescription Becomes the Problem

Providers Drug overdose deaths and opioid-involved deaths continue to increase in the United States. The majority of drug overdose deaths (more than six out of ten) involve an opioid. Since 1999, the number of overdose deaths involving opioids including **prescription opioids** and **heroin** quadrupled. From 2000 to 2015 more than half a million people died from drug overdoses. 91 Americans die every day from an opioid overdose. We now know that overdoses from prescription opioids are a driving factor in the 15-year increase in opioid overdose deaths. The amount of prescription opioids sold to pharmacies, hospitals, and doctors' offices nearly quadrupled from 1999 to 2010, yet there had not been an overall change in the amount of pain that Americans reported.^{5,6} Deaths from prescription opioids—drugs like oxycodone, hydrocodone, and methadone—have more than quadrupled since 1999. Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness.

When wrote nearly a quarter of a billion opioid prescriptions in 2013—with wide variation across states. This is enough for every American adult to have their own bottle of pills.

- Health care providers in the highest prescribing state, Alabama, wrote almost three times as many of these prescriptions per person as those in the lowest prescribing state, Hawaii.
- Studies suggest that regional variation in use of prescription opioids cannot be explained by the underlying health status of the population.
- The most common drugs involved in prescription opioid overdose deaths include:
 1. Methadone
 2. Oxycodone (such as OxyContin®)
 3. Hydrocodone (such as Vicodin®)

To reverse this epidemic, we need to improve the way we treat pain. We must prevent abuse, addiction, and overdose before they start.

Risk Factors for Prescription Opioid Abuse and Overdose

Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness.

Research shows that some risk factors make people particularly vulnerable to prescription opioid abuse and overdose, including:

- Obtaining overlapping prescriptions from multiple providers and pharmacies
- Taking high daily dosages of prescription pain relievers.
- Having mental illness or a history of alcohol or other substance abuse.
- Living in rural areas and having low income.

Medicaid Patients

- Inappropriate prescribing practices and opioid prescribing rates are substantially higher among Medicaid patients than among privately insured patients.
- In one study based on 2010 data, 40% of Medicaid enrollees with prescriptions for pain relievers had at least one indicator of potentially inappropriate use or prescribing:
 1. overlapping prescriptions for pain relievers,
 2. overlapping pain reliever and benzodiazepine prescriptions,
 3. long-acting or extended release prescription pain relievers for acute pain, and
 4. high daily doses

Addiction and Overdose

Anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction. Once addicted, it can be hard to stop. In 2014, nearly two million Americans either abused or were dependent on prescription opioid pain relievers. Taking too many prescription opioids can stop a person's breathing—leading to death. Prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. Examples include alprazolam (Xanax®), diazepam (Valium®), and lorazepam (Ativan®). Avoid taking benzodiazepines while taking prescription opioids whenever possible.



**Thirty-second Sunday in Ordinary Time
November 12, 2017**

“My soul is thirsting for you, O Lord my God.” We were created with a thirst for God. Could He be calling you to quench it by living in Him as a priest? Contact Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.



“Therefore, stay awake, for you know neither the day nor the hour.” Let us appreciate our spouses by attending a **Worldwide Marriage Encounter (WWME)** weekend. The next weekends are: Feb 2-4, 2018 in Clemmons, NC and Mar 2-4, 2018 in Herndon, VA. Early sign up is recommended. For more information visit our website at: <https://renewmarriage-vasouth.org/> or contact us at applications@renewmarriage-vasouth.org or 757-690-1369.

**EVANGELIZATION
Three Parishes – One God**

“All are called, few will respond!”

Your Unified Parish Evangelization Team is continuing preparations for our upcoming sessions of ALPHA. This series will begin on Tuesday evening, January 2, 2018, at Church of the Sacred Heart in Prince George, in the Parish Center following Mass.

ALPHA is an opportunity to explore life and the Christian faith in a friendly, open and informal environment. No pressure. No follow-up. No charge. It does not matter if you attend church every Sunday or have never been to church, ALPHA is for you. If you know individuals who are curious about Christianity or would just like to know more, invite them to attend. We are open to all. This series is eleven weeks on Tuesdays with one Saturday session. Life happens, and you may not be available for all sessions but come to as many as you can.

If you are a member of the ALPHA Team or would like to be, we will be holding an organizational meeting on Monday, December 11, 2017 @7PM. We are in need of individuals who are willing to help in many areas; welcome team, tech support, set up and clean up, MC, administration, food team and host and helpers. If you feel called to any of these positions, please join us on December 11, 2017.

If you or someone you know is interested in attending ALPHA, please complete the below RSVP and return it no later than December 11, 2017 to your church office or email to gwjipotter@comcast.net.

Alpha

Name: _____ Male Female

Age Group:

Under 20 20-29 30-39 40-49 50-59 60+

Would you like to join us for Alpha next week?

Yes I will be there!* Not sure yet No sorry, I will not be attending

Spiritually speaking, I identify most with:

Searching Undecided Skeptical Spiritual, but no religious affiliation Christian Other

Group Preferences:

Please put me in the same group as: _____

Dietary Needs:

Do you have dietary needs? No Yes _____

Please list any food allergies: _____

Thank you for coming!

