



I spoke last weekend about statements the pope made during his Wednesday general audience. In particular he gave a sharp criticism of people using their phones during Mass. Apparently, it really tubs him the wrong way when someone lifts a phone to snap his picture while he's saying Mass. He even called out priests and bishops for doing this during papal Masses. He did not dedicate his remarks just to criticizing the use of phone during Mass however, he spoke of distractions during the liturgy in general. "The Lord is here with us, present. Many times we go there, we look at things and chat among ourselves while the priest celebrates the Eucharist... But it is the Lord!"

The staff, and members of the evangelization team have asked me to speak more about the Mass. I have written some about this, but I think this might be a good time to start saying more. The pope has stated that he is going to dedicate his Wednesday audiences for the next year to this topic, so I can definitely spend some time addressing this as well.

This week, I am going to start specifically with the Liturgy of the Word. The Mass is made up of two equal parts, the Liturgy of the Word, and the Liturgy of the Eucharist. We come to be fed by both. The Eucharist is the source and summit of our faith, but we are also fed by the living Word of God in the readings as we prepare to receive the sacrament. When we hear the Scriptures proclaimed at Mass, we hear the living Word of God speaking to us. It is an excellent way to encounter the Scriptures in our lives in short readings we can hold in our memories and reflect on what God is saying to us each day.

What are some ways we can get the most out of this experience and focus more on what God is saying to us and not the distractions of daily life. I'll offer two suggestions. The first is to come into the church before Mass begins and take some time for quiet prayer. Taking even a few minutes to place ourselves in God's presence and reflect on the sacred nature can add to the experience of the Mass. The second suggestion is to take the time to read and reflect on the readings before Mass. Many people like to follow along with the readings during Mass. I'm not saying this should never be done, especially for people who have trouble hearing the readings during Mass. When we take the time to become familiar with the readings before Mass begins, it gives us the opportunity to better devote our full attention to hearing the Word proclaimed during the liturgy.

There are a number of ways this can be done. The US bishops publish the Mass readings for each day at <http://USCCB.org>. There are also a number of monthly publications such as *Magnificat*, or *The Word Among Us* that print the Mass readings. Some of them even offer commentaries. Come speak to me if you are looking for ways to get more out of the readings from the Mass. I would be happy to speak about this and continue the discussion about how to enhance our experience of God's Word in our daily lives.

Fr. Chris



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

**“Andrea M. Hawkins, Agent
StateFarm”**

this week for sponsoring an ad in our weekly bulletin.

MEETINGS THIS WEEK:
Church of the Sacred Heart

- Sunday, 19th** 9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
10:45am Confirmation Class
11:00am Confirmation Rite of Enrollment
- Monday, 20th** 7:00pm Evangelization Meeting
- Tuesday, 21st** 4:00pm Staff Meeting
7:00pm Journey through the Bible
7:00pm English Choir
7:00pm Unified Pastoral Council (Sacred Heart)

Sacred Heart Parish Office will be Closed Thursday and Friday, November 23rd and 24th in observance of the Thanksgiving Holiday

Saint James Church

- Sunday, 19th** 9:30am Religious Formation for Adults and Children (No High School Class—you will be at Sacred Heart for Rite of Enrollment)
- Monday, 20th** 6:00pm Hopewell community meal @ Parish Hall
- Wednesday, 22nd** 5:30pm Reconciliation & Holy Hour
6:30pm Mass
7:00pm Choir Practice
- Thursday, 23rd** 11:00am Mass—Thanksgiving Day

St James Office will be closed from Wednesday, November 22nd through Friday, November 24th for the Thanksgiving Holiday

Saint Johns Church

- Tuesday, 21st** 7:00pm UPC meeting at Sacred Heart
- Wednesday, 22nd** 6:00pm Adoration—All are invited

Readings for the Week of November 19, 2017

- Sunday** Thirty-Third Sunday in Ordinary Time
Prv 31:10-13, 19-20, 30-31; Ps 128:1-2, 3, 4-5;
1 Thes 5:1-6; Mt 25:14-30 or 25:14-15, 19-21
- Monday** 1 Mc 1:10-15, 41-43, 54-57, 62-63; Ps 119:53, 61, 134, 150, 155, 158; Lk 18:35-43
- Tuesday** The Presentation of the Blessed Virgin Mary
2 Mc 6:18-31; Ps 3:2-3, 4-5, 6-7; Lk 19:1-10
- Wednesday** Saint Cecilia, Virgin and Martyr
2 Mc 7:1, 20-31; Ps 17:1bcd, 5-6, 8b and 15;
Lk 19:11-28
- Thursday** Saint Clement I, Pope and Martyr; Saint Columban, Abbot; Blessed Miguel Agustín Pro, Priest and Martyr; Thanksgiving Day
1 Mc 2:15-29; Ps 50:1b-2, 5-6, 14-15;
Lk 19:41-44
- Friday** Saint Andrew Dúng-Lac, Priest, and Companions, Martyrs
1 Mc 4:36-37, 52-59; 1 Chr 29:10bcd, 11abc, 11d-12a, 12bcd; Lk 19:45-48
- Saturday** Saint Catherine of Alexandria, Virgin & Martyr
1 Mc 6:1-13; Ps 9:2-3, 4 and 6, 16 and 19;
Lk 20:27-40

MASS INTENTIONS

Church of the Sacred Heart

- Saturday, 18th** 5:00pm In honor of David & Daja Eddy req by Bertie Eddy
- Sunday, 19th** 7:00pm Spanish Prayer
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
- Monday, 20th** 6:30pm Holy Hour & Benediction
- Tuesday, 21st** 6:30pm Peter So Van Cao req by Sang Cessna
- Wednesday, 22nd** 10:00am Sick and Homebound
- Thursday, 23rd** 10:00am Armand Gagne req by Phyllis Gagne
- Friday, 24th** 10:00am Leandro Lugo Aponte req by Elizabeth Castro
- Saturday, 25th** 5:30pm Rosary
5:00pm John and Olga Kvasnicka req by Doris Lavelle and Carol Robertson & Family
- Sunday, 26th** 7:00pm Spanish Prayer
8:00am Jerome Eunice Straub req Deacon Bob & Luz Straub
11:00am Mary Mikulcik req by Her Family
1:00pm Deceased Members of the Parish

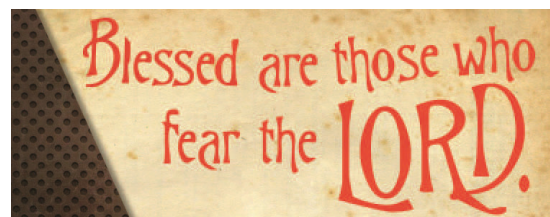
Saint James Church

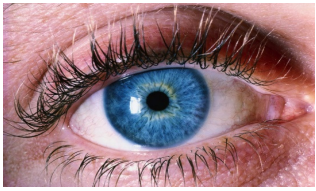
- Saturday, 18th** 5:30pm Evelyn Dane
- Sunday, 19th** 11:00am Judy Lupori
- Monday, 20th** 6:30pm Clement Halupka
- Saturday, 25th** 5:30pm John Douglas Gamble
- Sunday, 26th** 11:00am Cecillia Antoinette Theodore

Saint Johns Church

- Saturday, 18th** 4:00pm Maia Mirro req by Elizabeth Mirro
- Thursday, 23rd** 4:00pm for families

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.





What Is Glaucoma?

It's a condition that can damage your optic nerve, usually because of too much pressure in your eye. The optic nerve does an important job. It sends signals from your eye to your brain, which turns them into an image you can see. When the optic nerve isn't working right, you'll get problems with your vision. You can even lose your sight.

What Causes Glaucoma?

Your eyes make a fluid that bathes and nourishes tissue in them. Normally the liquid flows through a channel called the drainage angle. When you have glaucoma, the channel stops working well. Fluid backs up and causes pressure to build up inside your eye.

Who Gets Glaucoma?

You're more likely to get the condition if your parent, brother or sister, or another close relative has it. Your chances of getting it are greater if you're over 40, are African-American or Hispanic, or because of things like:

- High pressure in eyes
- Eye injury or surgery
- Thin cornea (clear layer in front of the eye)
- Diabetes, high blood pressure, or heart disease
- Problem with your optic nerve
- You use steroid eye drops or pills

What Are the Symptoms?

Since open-angle and normal-tension glaucoma sneak up on you slowly, symptoms may not show up until the disease is already far along. Without treatment, you'll slowly lose your peripheral (side) vision. That means you may miss objects that you would normally see out of the corner of your eye. It's a bit like looking through a tunnel.

Tests for Glaucoma

A regular eye exam is the best way to find glaucoma early. Your doctor will do some or all of these tests:

- Measure the pressure inside your eye
- Test your side vision
- Measure the thickness of your cornea
- Use a magnifying tool to check your optic nerve for damage
- Take a picture of your optic nerve
- Check the drainage angle in your eye

Protect Your Vision

About half of people with glaucoma don't know they have it. To prevent vision loss, know your family history and other risks. Get an eye exam every 1 to 2 years. If your doctor tells you that you have glaucoma, follow his treatment directions carefully. Let him know about any changes in the way you see right away.

What to Expect

Eye drops, surgery, and other treatments can help you manage your glaucoma and prevent you from losing your vision. You'll need to keep up with your treatment throughout your life to keep your eye pressure in check. Your doctor will want you to see her for checkups a few times a year.

Prayer for Vocations

O God, Father of all Mercies,
 Provider of a bountiful Harvest,
 send Your Graces upon those
 You have called to gather the fruits of Your labor;
 preserve and strengthen them in their lifelong service of you.

Open the hearts of Your children
 that they may discern Your Holy Will;
 inspire in them a love and desire to surrender themselves
 to serving others in the name of Your son, Jesus Christ.

Teach all Your faithful to follow their respective paths in life
 guided by Your Divine Word and Truth.
 Through the intercession of the Most Blessed Virgin Mary,
 all the Angels, and Saints, humbly hear our prayers
 and grant Your Church's needs, through Christ, our Lord.
 Amen.

O God of all creation, Giver of all good gifts,
 You bless our lives with our generous love,
 By giving us one more the fruit of the fields,
 Our family and friends, our faith, our work, and
 Our lives together.
 We thank you for these gifts,
 And ask that you help us to imitate your goodness,
 and
 To share our blessings with those who are in need.





Thirty-third Sunday in Ordinary Time
November 19, 2017

“Well done, good and faithful servant...” How are you called to use your talents? If Christ may be inviting you to faithful service as a priest, call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.



“When one finds a worthy wife, her value is far beyond pearls.” Spouses, find value in one another by living a **Worldwide Marriage Encounter (WWME)** weekend together. 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!

