



I would like to continue talking about Pope Francis' catechesis on the Holy Mass, because I am thrilled that he is devoting so much time to this topic, and I continue to be impressed with what he has to say. I have mentioned in many of my articles that the Mass is the highest form of prayer that we have. Last week, I offered the suggestion we arrive early to spend some time in prayer to prepare for what we experience during the Mass. During his audience on November 15, the pope repeated these same thoughts in a more beautiful style than anything I have said about this. I strongly encourage everyone to take some time to read the full text of his catechesis which can be found here: <https://zenit.org/articles/pope-francis-mass-is-prayer-par-excellence/>

The Mass is an encounter with God. It is a way for us to meet God in our lives in a very real way. We hear him speaking to us in the Scriptures, and we receive him in the sacrament. It can seem like we are just going through the motions sometimes, and maybe we are. I think it can be easy to lose sight of what is really happening in the liturgy. God is still present to us. Even when our minds wander, he is still with us, and he is still revealing himself to us.

Speaking as someone who spent time away from the Church, I understand well the power of the Mass to bring us into God's presence. I came to understand this is what I needed in my life. It wasn't just something I did every weekend because I was raised that way, or it had become a habit. It was what I needed. I even started attending Mass during the week, whenever my work schedule allowed. This was long before I was thinking about entering the seminary. I simply went to Mass nearly every day, because that encounter with my God completed my life. That was the anchor for everything else I did throughout the day.

I have met many people who have had the same experience. It is beautiful to see someone who has come to Mass after being away for a while and realizing this is what they have been needing for a long time. As we prepare to enter into the holidays, I'm guessing everyone reading this knows someone who is in need of the same thing. It is a sad thing, but as we become more festive preparing for the holidays, it is not hard to find people who are searching for joy in their lives and not able to find it. Consider inviting someone to come to Mass who has been away. Give them the opportunity to experience that encounter with God that we all long for.

Fr. Chris



Catholic Diocese
of Richmond

Prayer for an Unnamed Bishop

Lord God, eternal shepherd,
you tend your Church in many ways
and you watch over it with great love,.

Soon you will choose your servant,
who is yet unnamed,

to be a shepherd of your flock
in the Diocese of Richmond.

Grant him a spirit of courage and right judgment,
a spirit of knowledge and love.

We eagerly await his coming and look forward
to welcoming him into our lives.

By governing with fidelity
those entrusted to his care,
may he build your Church as a sign of
salvation for the world.

We ask this in the name of Jesus, your Son,
Amen.



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 or someone you know is interested in attending ALPHA, please contact your church office or to your church office or email gwjipot-ter@comcast.net no later than December 11, 2017.

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

- Tuesday, 28th** 7:00pm Cemetery Committee meeting
7:00pm Journey through the Bible
- Wednesday, 29th** 10:30am Bible Study
6:00pm Dance
6:30pm Spanish Choir Practice
- Thursday, 30th** 7:00pm English Choir Practice
- Sunday, 3rd** 8:00am Monthly Breakfast
9:15am Christian Formation (all grades)
9:15am Adult Faith Formation

Saint James Church

- Monday, 27th** 6:00pm Hopewell community meal @ Parish Hall
- Wednesday, 29th** 5:30pm Reconciliation & Holy Hour
6:30pm Mass
7:00pm Choir Practice
- Thursday, 30th** 11:00am Adult Bible Study
12:00pm Mass

Saint Johns Church

- Wednesday, 29th** 6:00pm Adoration –All are invited

Readings for the Week of November 26, 2017

- Sunday** Our Lord Jesus Christ,
King of the Universe
Ez 34:11-12, 15-17; Ps 23:1-2, 2-3, 5-6;
1 Cor 15:20-26, 28; Mt 25:31-46
- Monday** Dn 1:1-6, 8-20; Dn 3:52, 53, 54, 55, 56;
Lk 21:1-4
- Tuesday** Dn 2:31-45; Dn 3:57, 58, 59, 60, 61;
Lk 21:5-11
- Wednesday** Dn 5:1-6, 13-14, 16-17, 23-28;
Dn 3:62, 63, 64, 65, 66, 67; Lk 21:12-19
- Thursday** Saint Andrew, Apostle
Rom 10:9-18; Ps 19:8, 9, 10, 11;
Mt 4:18-22
- Friday** Dn 7:2-14; Dn 3:75, 76, 77, 78, 79, 80, 81;
Lk 21:29-33
- Saturday** Dn 7:15-27; Dn 3:82, 83, 84, 85, 86, 87;
Lk 21:34-36
- Sunday** First Sunday of Advent
Is 63:16b-17, 19b; 64:2-7; Ps 80: 2-3,
15-16, 18-19; 1 Cor 1:3-9; Mk 13:33-37

MASS INTENTIONS**Church of the Sacred Heart**

- Saturday, 25th** 5:00pm John and Olga Kvasnicka req by Doris Lavelle and Carol Robertson & Family
7:00pm Spanish Prayer
- Sunday, 26th** 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
- Monday, 27th** 6:30pm Holy Hour & Benediction
- Tuesday, 28th** 6:30pm Wayne, Susan & Ruth Cessna req by Sang Cessna
- Wednesday, 29th** 10:00am Henry Pasko & Barbara Pasko req by Chet & Sue Pasko
- Friday, 1st** 10:00am Dick Beaudet req by Janet Beaudet
5:30pm Prayer Service & Rosary
- Saturday, 2nd** 5:00pm In honor of Barbara Kirk req by Bertie Eddy
7:00pm Spanish Holy Hour
- Sunday, 3rd** 8:00am Lorenzo Rayel req by Deacon Bob & Luz Straub
11:00am Joe Wharton and in honor of Donna Sarver
1:00pm Deceased members of the Parish

Saint James Church

- Saturday, 25th** 5:30pm John Douglas Gamble
- Sunday, 26th** 11:00am Cecillia Antoinette Theodore
- Saturday, 2nd** 5:30pm Michael Kump
- Sunday, 3rd** 11:00am George Kump

Saint Johns Church

- Friday, 1st** 9:00am Adoration followed by 10am Mass
- Saturday, 2nd** 4:00pm Maia Mirro req by Elizabeth Mirro



“I myself will pasture my sheep; I myself will give them rest, says the Lord GOD.”
As we celebrate Christ the King, let us also learn to serve our spouses by participating in 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.



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

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.

Sponsor of the Week

We would like to thank
"Care Advantage"

this week for sponsoring an ad in our weekly bulletin.

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!



Commonwealth Catholic Charities
 We  The Power of Hope Every Day™

Holiday Festival of Music

Get your tickets now for this year's 26th annual Holiday Festival of Music at the Cathedral of the Sacred Heart Monday, November 27, 2017 at 7 p.m. featuring the Richmond Symphony and women's choirs from Cathedral of the Sacred Heart, Deep Run High School, St. Gertrude High School and VCU. Proceeds benefit CCC. Learn more at www.cccofva.org/holidaymusic.

CCCseason of gratitude

"I thank my God every time I remember you,"
 Philippians 1:3.

During this month of giving thanks, we extend our sincere appreciation to your parish for its support of CCC. We are incredibly grateful to our supporters, donors and sponsors who help us work alongside local parishes to provide programs and services to those in need in our communities.

#GivingTuesday

Celebrated around the world on the Tuesday following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy. Learn more on CCC's Facebook page!



**He will sit upon His
 seat of glory and
 separate people
 from one
 another.**

Migraine Headaches

According to the Migraine Research Foundation over 12% of the population (adults and children) suffer from migraine headaches. Migraines are a chronic disease that reduces quality of life and is the 6th most disabling illness in the world. Sadly the throbbing, pounding, extremely painful, usually one-sided headache often accompanied by nausea, lack of appetite, vomiting and diarrhea is often undiagnosed in children. It is believed that infant colic may be an early form of migraine. Mothers who had migraines were 2.6 times more likely to have a colicky baby, and children or teens with migraine were 6.6 times more likely to have had colic as a baby. A migraine headache that last off and on for more than 3 days is very dangerous. The condition is called "status migrainosus" and needs aggressive treatment. Ignoring this type of migraine can be deadly.

New Research: For some people foods high in nitrates such as hot dogs, sausages, bacon and processed meats are migraine triggers. New research is shedding light on why that may be so. According to Science Daily, a study published on October 18, 2016 found that persons who suffer with migraine headaches have more microbes in their mouth and digestive tract with the ability to change nitrates to nitrites and then to nitric oxide. Nitric oxide helps improve blood flow and is considered good for cardiovascular health. Researchers are questioning whether the microbes are connected to the cause or the effect of migraines.

More connections have been made between migraines and gut bacteria. A published review found migraines linked to gastrointestinal disorders and bacteria living in our digestive tract. The review notes that our digestive tract is strongly connected to our brain and thus to neurological conditions including migraines. The article also notes that probiotics have been used to treat and prevent colic and strengthen the intestinal gut barrier. A healthy gut barrier is a good and important thing for all of us, and may help prevent migraine headaches.

Precautions When Traveling: As we have stated in the past, migraineurs often notice that vacation and travel triggers migraines. When most of us travel, we usually do not keep to our good eating schedule and healthy diet. Sometimes we forget to take our supplements, and we eat foods that are too rich and lack fiber. "Irregularity" is a common side effect of travel. A study found that healthy elimination reduces migraines.

Drink plenty of water to avoid dehydration, and when traveling carry convenient Fiber Breakfast Bars and Fiber Drink Packets. **Supplements:** All of us need a daily supply of minerals and vitamins. But in the case of those who suffer migraine headaches, a deficiency of vitamins and minerals, especially magnesium, is known to trigger migraine headaches. A diet high in EPA/DHA Omega-3s significantly decreased headaches. Omega-3 contain the ideal balance of DHA and EPA Omega-3 fatty acids.

For Pain Relief: The Practical Guide to Essential Oils tells us that a solution of 10% peppermint oil diluted in ethanol (alcohol), applied to the forehead and temple areas, was as effective as taking 1000mg of acetaminophen. Please avoid eye area. Dilute in carrier oil such as sweet almond oil or fractionated coconut oil. Sleeping too much or too little can be a migraine headache trigger. For those nights when you can't fall asleep take natural, non-habit forming Relaxation Support such as Melatonin.

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.



Solemnity of Christ the King November 26, 2017

"I was hungry and you gave me to eat, I was thirsty and you gave me to drink." Is Christ calling you to serve Him in others as a priest? Call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.

