



This coming week is vocations awareness week. It is an event that always sneaks up on me and I never discuss it as much as I should. It's a good time for us all to take a moment and think about what vocations means to each of us. Yes, I'm really saying that this has a significant meaning for all of us.

Some will say absolutely not. I don't have a vocation. Others will say, I can't have a vocation, I'm married. I remind those people that marriage is a vocation. True, we all hear the topic of vocations come up and we immediately think that means we are look for people to send off to the seminary, the convent, or maybe even a monastery high up in the mountains. This is definitely a part of vocations, and it is definitely something we want people to think about when we discuss this issue, but there is more. When we discuss vocations awareness, we are not trying to persuade people to go and do something holy with their lives. We are all called to do that. Let me repeat that. We are all called to be holy in whatever we do with our lives.

Understanding vocations is much more than understanding the call to be holy. It is understanding what God has called us to do with our lives. I think this is another reason vocations awareness is not discussed as much as it should be. No one likes the idea of someone else choosing what their life should be. We live in a culture that says the individual has a right to decide what they are and what they will be. However, vocations is not about God telling what we should do with our lives. That is a very short sighted outlook.

God does not point us in a direction that he thinks would be good for our lives, because he wants to control us. If take the time to listen to him, God will reveal to each of us what we were created to be. The same God who told the prophet Jeremiah, "Before I formed you in the womb, I knew you," created each of us in the same way. He knew us before we came into being, and then reveals to us what we were meant to be.

Discussing vocations is not about trying to convince people what they should be doing with their lives. I've spent a lot of time talking about building a relationship with our God. Part of developing that relationship is allowing him to reveal himself to us. That also includes loosing the tight grip we have on our own lives as we struggle to control everything, and let God show us how we were all created for a purpose. It's not always easy to trust God in that way, but in the end, what could we ever decide to do with our lives that will rival what God created us to be?

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 Lizeski, 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

Use VCC voter ed materials to learn candidates, principles before voting

On Tuesday, November 7, Virginians will cast ballots in several important elections: races for governor, lieutenant governor and attorney general, as well as for their local Virginia delegate seat. All these races are important. Catholics are encouraged to turn to principles of Catholic social teaching to guide them as well as to prayer as they weigh how to cast their ballots. The Virginia Catholic Conference 2017 voter education materials, including candidate comparisons and Catholic principles, are available and printable from the Conference website at www.vacatholic.org. The Conference neither supports nor opposes candidates for public office.

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

**“Petersburg Family Eye Care
Dr. Patricia L. Testamark”**

this week for sponsoring an ad in our weekly bulletin.

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

- Sunday, 5th 8:00am Monthly Breakfast (Hall)
9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
- Tuesday, 7th **ELECTION DAY**
7:00pm Study of the Bible timeline
7:00pm Baptism Class Part 1
- Wednesday, 8th 10:30am Bible Study
6:00pm Dance
6:30pm Spanish Choir
- Thursday, 9th 7:00pm English Choir
- Saturday, 11th 9:00am Care A Van
- Sunday, 12th 9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
11:00am RCIC Rite of Welcoming

Saint James Church

- Sunday, 5th 9:30am Religious Formation—All Ages
- Monday, 6th 6:00pm Hopewell community meal @ Parish Hall
- Wednesday, 8th 5:30pm Reconciliation & Holy Hour
6:30pm Mass
7:00pm Choir Practice
- Thursday, 9th 12:00pm Mass
- Sunday, 12th 9:30am Religious Formation –All ages
12:00pm Veterans Day Lunch at St James Parish Hall

Saint Johns Church

- Tuesday, 7th Voting at Parish Hall
- Wednesday, 8th 6:00pm Adoration –All are invited

Readings for the Week of November 5, 2017

- Sunday** Thirty-First Sunday in Ordinary Time
Mal 1:14b—2:2b, 8-10; Ps 13:1, 2, 3;
1 Thes 2:7b-9, 13; Mt 23:1-12
- Monday** Rom 11:29-36; Ps 69:30-31, 33-34, 36;
Lk 14:12-14
- Tuesday** Rom 12:5-16b; Ps 131:1bcde, 2, 3;
Lk 14:15-24
- Wednesday** Rom 13:8-10; Ps 112:1b-2, 4-5, 9;
Lk 14:25-33
- Thursday** **The Dedication of the Lateran Basilica**
Ez 47:1-2, 8-9, 12; Ps 46:2-3, 5-6, 8-9;
1 Cor 3:9c-11, 16-17; Jn 2:13-22
- Friday** **Saint Leo the Great, Pope and Doctor of the Church**
Rom 15:14-21; Ps 98:1, 2-3ab, 3cd-4;
Lk 16:1-8
- Saturday** **Saint Martin of Tours, Bishop**
Rom 16:3-9, 16, 22-27; Ps 145:2-3, 4-5,
10-11; Lk 16:9-15

MASS INTENTIONS**Church of the Sacred Heart**

- Saturday, 4th 5:00pm Art & Joyce Rakers req by Their Family
7:00pm Spanish Holy Hour
- Sunday, 5th 8:00am Dick Beaudet req by Janet Beaudet
11:00am Joe Wharton and in Honor of Donna Sarver req by Virginia Wharton
1:00pm Deceased members of the Parish
- Monday, 6th 6:30pm Holy Hour & Benediction
- Tuesday, 7th 6:30pm Peter So Van Cao req by Sang Cessna
- Wednesday, 8th 10:00am Armand Gagne req by Phyllis Gagne
- Friday, 10th 10:00am Dick Beaudet req by Janet Beaudet
5:30pm Rosary
- 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

Saint James Church

- Saturday, 4th 5:30pm Gilbert Kump
- Sunday, 5th 11:00am Josephine Glazier
- Saturday, 11th 5:30pm Matthew Taylor
- Sunday, 12th 11:00am Pete Kain

Saint Johns Church

- Sunday, 5th 9:00am Pedro Amadore req by Luci Hart
- Saturday, 11th 4:00pm Daniel Ciurlino req by Elizabeth Mirro



VETERANS DAY MASS & LUNCH
SUNDAY, NOV 12th

We will be honoring our Veterans with a lunch in the ST JAMES Parish Hall after our 11:00AM Mass on Sunday, November 12th.

This will be a pot luck lunch so please save the date and find your best pot luck recipe to help honor those who have served our country.

All veterans please bring a photo of when you served in the military. We want to share those memories with our community. Please provide prior to event for setup. All photos will be returned. Any questions please contact Barbara Zello 804-943-3957 or Robin Harris.

Unified Pastoral Council Minutes
25 October 2017, St. James, 7-8 Pm

Father Hess Report:

- 1) The new sound system has been installed at St. James as well as a new carpet in the choir area.
- 2) The Fall parish festivals were very successful this year.

Old Business/Follow-up actions: Continuation of Vision Development Discussion.

- A. "Define the parameters of a vision statement and consider what end state or result should be achieved from a vision statement." (Per Bob Amirault's request at the 29 August meeting.)
- B. Sam Jones summarized the August Parish council meeting as a lead in to discussion for item A:
- C. The following points were made during discussion: 1). All agreed that the United Parish Council mission statement will also serve as the vision statement for the council. 2) Parameters are defined within the vision statement. The end state is found within the priorities, objectives and goals documented by the council over the past 18 months. 3) Father Chris commented that the vision statement serves as a "compass" and should reflect the consensus with what the tri-parish community is and that it is a continuing "work in progress". 4) The council should continuously review goals to determine progress and results achieved.

New Business- None

A. United Parish Council Way Ahead:

- 1 Continued discussions on "Vision".

All agreed that Vision development has been finalized. No further discussion is needed.

2. What should be the way ahead for the UPC?

Continue in our role of pastoral planning which envisions, addresses and evaluates the needs and goals of the parish community in light of church teaching. Strive to promote communication, understanding, collaboration and cooperation among the three parishes.

3. Are we on track with what we want to do?

Father Chris and all members present agree that the council is on track as a visioning and planning body providing advice, insights, and recommendations.

4. Should there be a change of direction and focus or stay on course?

The council is currently on the path as originally envisioned and no change in direction and focus is recommended.

New Input from Council Members/Open Discussion:

- 1) Steve volunteered to provide each member a three ring binder notebook to help members retain and organize parish council minutes and other important documents. He also would like to see a summary of achievements or progress made in the goals we established with each of our five priorities.
- 2) Sam said he would compile a summary of the last 2 years of meetings to add as an insert to the binders. Future minutes and other documents will be provided to Steve to have adequate copies printed for members at each meeting.
- 3) Father Chris mentioned that there will be a community forum at Sacred Heart, 16 November, 6PM concerning the opioid crisis in our area.

Next Unified Parish Council Meeting:

Sacred Heart, 7-8 PM, 21 November, 2017. (Meetings are always open to parishioners)

Closing Prayer/Adjournment- Ron Franzysen gave the closing prayer. The meeting was adjourned at 7:58 PM.



Is That Bruising Something Serious?

Most bruises aren't anything to worry about, but others may point to a bigger problem. Know when to call the doctor.

Those Colorful Marks: We all get a bruise from time to time -- maybe you walked into the door-jamb in the middle of the night or tripped over the dog on your morning walk. Most aren't anything to worry about and heal on their own. Others can be a sign of something more serious. It's a good to know the difference.

Why Do They Happen? A bruise shows up when an injury makes small blood vessels under your skin bleed. Your skin isn't broken, so the blood doesn't have anywhere to go. It pools and forms clots and changes the color of the skin above the injury. Harder blows tend to cause bigger

Types of Bruises: Bruises -- also called contusions. They may be tender or hurt badly.

A flat, purple bruise that happens when blood leaks into the top layers of your skin is called an ecchymosis. A black eye, or "shiner," is an example of this kind of bruise. A hematoma happens when clotted blood forms a lump under your skin. The area is usually swollen, raised, or painful. A "goose egg" on your head is one example. A hematoma is not the same thing as a hemorrhage -- that's heavy bleeding inside or outside your body.

Many Colors: As you heal, an iron-rich substance in your blood -- called hemoglobin -- breaks down into other compounds. This process makes your bruise change colors:

- It's usually red right after the injury.
- Within a day or two, it turns purplish or black and blue.
- In 5 to 10 days, it may be green or yellow.
- In 10 to 14 days, it's yellowy-brown or light brown.

It should fade away totally in about 2 weeks.

What to Do About Them? Cold can help with swelling and may shrink the size of your black-and-blue mark. It also slows blood flow to the area, so less of it ends up leaking into your tissues. When you first get a bruise, take a bag of frozen veggies or fill a plastic bag with ice, wrap it in a towel, and gently put it on the injured area. Leave it there 15 to 20 minutes, take it off for 30 minutes or so, and then put it back on.

Why Do I Bruise Easily? Your age, sex, and genes can all play a role. As you get older, your skin gets thinner and loses much of its fatty layer. There's no "cushion" to protect blood vessels, so they can break more easily. Women tend to bruise more easily than men -- especially from slight injuries on their upper arms, thighs, and buttocks. Easy bruising sometimes runs in families, too.

Could It Be My Medication? Blood thinners, aspirin, corticosteroids, and chemotherapy that fights cancer can cause black-and-blue marks. Don't stop taking your meds on your own, though. Talk to your doctor. She may be able to change your medicine or your dose so you bruise less or not at all.

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 next class offered in English will be held in two parts:

Part 1 on Tuesday, November 7th, 7:00-8:30pm;

Part 2 on Tuesday, November 14th, 7:00-8:30pm.

Both of these sessions will held at Sacred Heart. Please contact your parish office to register if you need these classes. Godparents are also invited to attend.



*Thirty-first Sunday in Ordinary Time
November 5, 2017*

(National Vocations Awareness Week)

This is National Vocation Awareness Week. Let us unite in prayer for those who are discerning a call to imitate the humility of Christ as religious brothers, sisters, priests or deacons. If you feel God is offering you the grace of a vocation to the priesthood, call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.



"Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." Learn how to humble ourselves for our spouse by attending a **Worldwide Marriage Encounter (WWME)** weekend. The next weekends are: Nov 10-12, 2017 in ATLANTIC BEACH, NC and Feb 2-4, 2018 in Clemmons, NC. 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.