



When I have time to listen to radio in the morning, I enjoy listening to Michael Smerconish. He is one of the most rational and centrist voices in political commentary these days. I don't always agree with him, but I do always respect the way he conducts himself and the way he engages in conversation with others, even those who disagree with him. In fact, callers that disagree with him are usually bumped to the front of his queue.

In the last year, he has been discussing the polarization that has become the norm in American politics. It is one thing to disagree with someone, but it is another thing entirely to brand someone as the enemy because they take an opposing viewpoint on a particular issue. There is no discussion anymore. There is no rational argument. There is only our side and theirs. I listen to this being discussed by the commentators, and they cannot come up with an explanation for how things have gotten so polarized, and I'll admit, I cannot either.

It is one thing when we see this kind of polarization in the political sphere. I am starting to expect it from politicians. It is another thing entirely when this polarization spreads to the Church. We are starting to see more and more division in our Church over issues that should not be dividing us. Christ himself said, "A house divided against itself, cannot stand." We have enough opposition to worry about from the secular world. How can we stand up to that if we cannot stand as one Church?

We will not always agree on how things should be done in the Church. In fact, we can travel from one parish to another and see things being done in very different ways. However, when we say one group should not be doing something, because they do it differently, we are defeating ourselves. When we stop having discussion, and seek to silence those who have opposing viewpoints, we are defeating ourselves. It is so easy to tell other people that someone is doing something wrong. It is just as easy to use social media to discredit someone, or silence them. It is much more challenging to engage in a discussion with those with whom we disagree and try to understand each other. Doing so may even create more stress and frustration in our lives, but it is also the way Jesus taught his followers to deal with such disagreements. If it worked for him, I'm quite certain that it can work for us. When we see our politicians setting a bad example when it comes to public discourse, we as a Church should be setting a better example, by following the example of Christ.

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 Daniel, Janet Potter

St. James: Ronnie & Therese Parker, Felix Licicero, 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



Twenty-sixth Sunday in Ordinary Time *October 1, 2017*

"He humbled Himself and became obedient...."
If the Lord invites you to follow Him in humble obedience as a priest or in the consecrated life, how will you respond? Call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.

Sponsor of the Week

We would like to thank
"Wyatt's Florist"

this week for sponsoring an ad in our weekly bulletin.

A Prayer for Recovery After Disaster

God our Father, in the wake of disaster, visit our places of desolation with your consolation.

Bring strength to the weary and courage to those who feel overwhelmed.

We believe that you hold our concerns in your Fatherly care, and that you entrust us to one another as sisters and brothers.

Mobilize your people near and far to feed the hungry, shelter the displaced, and protect those in deepest poverty.

As we rebuild what is ruined, may we recover together as a stronger community. We ask this through Christ, our Lord. Amen.

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

- Sunday, 1st 9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
10:00am Parish Fall Festival at Hall
- Tuesday, 3rd 5:00pm VIRTUS Workshop
7:00pm Alpha Formation
- Wednesday, 4th 10:30am Bible Study
Church Directory Pictures
6:00pm Dance Class
6:30pm Spanish Choir Practice
- Thursday, 5th Church Directory Pictures
7:00pm Choir Practice
- Friday, 6th Church Directory Pictures
- Saturday, 7th Church Directory Pictures
9:00am Diocesan Youth Day Busch Gardens
- Sunday, 8th 8:00am Monthly Breakfast
9:15am Christian Formation (all grades)
9:15am Adult Faith Formation
9:30am First Eucharist Parent Meeting (church)
10:00am Confirmation Meeting (church)

Saint James Church

- Sunday, 1st 9:30am Religious Formation –All ages
- Monday, 2nd 6:00pm Hopewell community meal @ Parish Hall
6:30pm Mass
- Wednesday, 4th 5:30pm Reconciliation and Holy Hour
6:30pm Mass
7:00pm Choir Practice
- Thursday, 5th 12:00pm Mass
6:30pm All Ministry Meeting (Final Fall Festival Planning)

Saint Johns Church

- Wednesday, 4th 6:00pm Adoration—All are invited



In this historic year of the Gattima Centennial (1917-2017), the world is at a historic crossroad... ***YOU are invited to participate in the 100th Anniversary Public Square Rosary Crusade. Friday, October 13, 2017 at 2:30p.m.*** – gather with others in our area at the ***Chick Fil-A Restaurant in Colonial Heights*** (the one outside, by Wal-Mart) parking lot. There we will publicly pray the Rosary.

“Public prayer is far more powerful than private prayer to appease the anger of God and call down His mercy and Holy Mother Church, guided by the Holy Ghost, has always advocated public prayer in times of public tragedy and suffering.” St. Louis de Montfort

MASS INTENTIONS**Church of the Sacred Heart**

- Saturday, 30th 5:00pm Timothy McCormick req by His Parents
- Sunday, 1st 8:00pm Deceased Members of the Parish (Bi-lingual)
11:00am Joe Wharton and in honor of Donna Sarver req by Virginia Wharton
3:00pm Rosary
- Monday, 2nd 6:30pm Holy Hour & Benediction
- Tuesday, 3rd 6:30pm Deceased Members of the Parish
- Wednesday, 4th 10:00am Carl Shields req by Chet and Sue Pasko
- Friday, 6th 10:00am First Friday Mass w/all day adoration
5:30pm Prayer Service and Rosary
- Saturday, 7th 5:00pm James Francis Glover req by Mike & Amy Steele
7:00pm Spanish Holy Hour
- Sunday, 8th 8:00am Armand Gagne req by Phyllis Gagne
11:00am Dick Beaudet req by Janet Beaudet
1:00pm Deceased members of the Parish
3:00pm Rosary

Saint James Church

- Sunday, 1st 11:00am Joe Hanzlik
- Thursday, 5th 12:00pm David Kump Sr.
- Saturday, 7th 5:30pm Josephine Alessi
- Sunday, 8th 11:00am David Kump, Sr.

Saint Johns Church

- Sunday, 1st 9:00am Pedro Amadore req by Luci Hart
- Friday, 6th 9:00am Adoration
10:00am Mass

You are invited: Every Wednesday evening at 6pm for Adoration

FOR HEALING AFTER ABORTION, a *Rachel's Vineyard Retreat*, sponsored by Church of the Epiphany, will be held Oct 13-15th. This retreat is for women and men who have known regret, sorrow, guilt, or shame from abortion. The healing weekend combines living scripture meditations, spiritual exercises, and discussions in a guided process that leads to the heart of God's love and compassion. If you would like to learn more about this retreat you can contact Maggie Carlson at [804-432-2589](tel:804-432-2589) or Marty Montgomery-Jennings at [804-704-0429](tel:804-704-0429), or email: RV4hope@gmail.com. Visit our website: www.rachelsvineyard.org All inquiries, registration and participation are strictly confidential.

Signs You May Have an Autoimmune Disease

Sometimes your immune system attacks healthy parts of your body as though there's a threat. Here's what to look for and why it happens.

What Are They?

Your immune system fights off harmful germs and other things that shouldn't be in your body. Sometimes, though, something goes wrong and it attacks healthy tissue like it's a threat. That can lead to inflammation and damage to joints, nerves, muscles, skin, and other parts of your body.

Why Do They Happen?

Researchers think two things have to happen for you to have an autoimmune disorder. First, you get genes from your parents that make you more likely to have one. Then it's triggered by something in your environment, like a virus. Because more women are affected than men, doctors think certain hormones may play a role.

Type 1 Diabetes

This used to be known as the "juvenile" type of diabetes because it usually starts in children or teens. It happens when your immune system kills the cells in your pancreas that make a hormone called insulin that your body needs to change food to energy. If you have type 1, you'll always have it, but you can manage it by watching your blood sugar levels and giving yourself insulin when you need it.

Multiple Sclerosis (MS)

When you have MS, your body's defenses misfire and cause inflammation that damages your central nervous system. Scar tissue builds up along the network that carries nerve signals from your brain to other parts of your body. This causes pain, problems with movement and balance, and weakness. Medicines can help with your symptoms and may slow down the illness.

Inflammatory Bowel Disease (IBD)

Crohn's disease and ulcerative colitis (UC) are kinds of IBD. Your body's defenses attack your intestines and cause inflammation, belly pain, and bleeding. Crohn's disease usually happens in the last part of your small intestine and your colon, while UC is in the lining of your colon. Treatment includes anti-inflammatory drugs, antibiotics, and medicine to slow your immune system. Surgery is another possibility. It can often get rid of UC, but Crohn's disease is likely to come back.

Rheumatoid Arthritis

This autoimmune disorder affects your joints and causes swelling and pain. Over time, inflammation can damage your cartilage and bones, and you can't move them as well. RA also can cause problems with your heart and lungs. Medications can help with symptoms and slow the disease down.

Ankylosing Spondylosis

This type of arthritis mostly affects your spine, but it can also be in your chest, neck, hips and knees. It causes pain and stiffness. Your bones might eventually join together and make it hard for you to move those areas. It can affect organs also. Your treatment may include specific stretches and exercises along with medication to assist with pain. Disease-modifying ant rheumatic drugs (DMARDs), and steroid shots. You may need surgery to replace damaged joints.

Hashimoto's Disease

If your thyroid doesn't make enough of the hormones it's supposed to, it can lead to this illness, also called chronic lymphocytic thyroiditis. It can make you gain weight, be more tired than usual, be sensitive to cold, and make your hair fall out, among other issues. You may notice that the front of your throat is swollen or your face is puffy. Medicine can replace these hormones and ease the symptoms.

Alopecia Areata

When your body attacks the follicles where your hair grows, they may shrink and stop working. That can lead to bare patches or a total loss of hair on your body. Medicine can calm your immune system and may help hair grow back.

Psoriasis

This condition starts when your body's defenses trigger inflammation and make your skin cells grow too fast. They rise to the surface before they're fully developed. This causes thick, red patches that might itch or feel sore. It's treated with creams or ultraviolet light that ease symptoms, or with medicine that calms your immune system.

**Remember
your mercies
O Lord.**

2017 RED MASS

The Very Reverend Monsignor Mark Richard Lane, Diocesan Administrator, and The Saint Thomas More Society invite everyone in the Richmond Diocese to join in worship and fellowship at the **34th Annual Red Mass and Dinner on Thursday, October 26**. Reverend Monsignor R. Francis Muench, J.C.L., Judicial Vicar for the Diocese of Richmond will celebrate the Red Mass. Mass is at 5:30 p.m. at Saint Mary Church, 9505 Gayton Road, Richmond. The dinner will follow in the Saint Mary Church Upper Commons. The keynote address will be given by Professor Hadley Arkes, Founder and Director of the James Wilson Institute on Natural Rights and the American Founding. Tickets for the dinner are \$65.00 each. The Saint Thomas More Society is an educational, fraternal, and service organization of Catholic lawyers. Further information can be obtained from Society President, James Schliessmann, jeschliessmann@hotmail.com or 804-873-1035.

VIRTUS TRAINING

It is a requirement from the Diocese for all those who serve in ministries of any kind and will be working with children or youth or working in a ministry in which children or youth can also participate, take the Virtus Training course.

For anyone who has not yet taken the course but will be volunteering in any capacity with our youth or children, there is a training session in English on **Tuesday, October 3rd at 5:00pm in the Parish Center of Sacred Heart**. You are asked to register in advance for this session online at www.virtusonline.org. Once registered you will be asked to fill out a volunteer form. The class is facilitated by Marissa Ayala and lasts approximately 2.5 hours. No children are allowed to attend.



“Your ways, O LORD, make known to me; teach me your paths,” Explore the paths with your spouse by engaging in a **Worldwide Marriage Encounter (WME)** weekend with your spouse. 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.

EVANGELIZATION

Three Parishes – One God

“All are called, few will respond!”

When you attend church is it crowded? Is it a challenge to find seats for you and your family? My guess is that the answer to these questions is “No”. Was there a time in the past that it was an issue? Catholics are the largest religious group in the USA. The second largest is non-practicing Catholics and they are growing at an amazing rate. My questions are: Does this bother you? How does this affect you and your family? We all know fellow Catholics who are no longer attending Mass regularly; they may be members of your family. I have some in this category. How do we as a Church address this mass exit from our faith? What can each of us do to turn the tide and start bringing more people back to the Church?

First, we must be true to our faith by attending weekly services and living it during the week. We are sent each week at the dismissal to “Go in peace, glorifying the Lord by your life”. These are not just words, they are our charge to take what we have experienced and share them with all who we will be in contact with in the coming week. If we don’t who will? We are called to evangelize our faith and the life of Christ to our fellow humans.

We will be starting ALPHA Training on Tuesday evenings in preparation for running our first ALPHA course beginning in January, 2018. If you feel called to “Evangelization” and do what “the young man with many possessions” was not able to do, join us as we further our faith and do the work that God has called us to. If you are interested or would like to know more about ALPHA, contact Galen W Potter @ gwjipotter@comcast.net or phone 804-721-1364, a member of your “Unified Parishes’ Evangelization Team” or a member of the Clergy. We are looking for individuals who are willing to “Encounter The Joy of The Gospel and Set the World Ablaze”. If you feel called to “Get out of your boat”, our facilitator training is Tuesday, October 3, 2017, at 7 PM at The Church of The Sacred Heart Parish Center

“Are you willing to step up for our faith”

This message is brought to you by “The Unified Parishes’ Evangelization Team”

“Finding The Joy of Christ Together”