



I've been reading a new book titled *iGen*. It is a quick and easy read. It is also a bit like the train wreck that no one wants to see and yet you can't turn your head away from it. What exactly is *iGen*? It is what the author, Dr. Jean M. Twenge has dubbed the current generation of teens in our country. The subtitle to the book says, *Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy, and Completely Unprepared for Adulthood*. I picked up the book, ready to dispute many of her conclusions, but as I read it, I have to say the research she put into this is quite thorough. I bought the book after I heard her do an interview, and was impressed with what she had to say. Then I noticed the book catching the attention of many others including Bishop Robert Barron. As I continue reading, I will probably have a lot more to say about what the book says, but I'm going to start with something a little more simple.

It's really not that simple. It may seem unimportant to some, but it is something that really bothered me. Early in her book, Dr. Twenge talks about how younger people do not like to read anymore. Books are boring. Videos and other interactive media can capture their attention, but no one is interested in books anymore. She goes as far as suggesting that schools and universities start looking into other forms of interactive media in place of textbooks. This shocked me.

For thousands of years, literature has been such a part of the human experience. It has done so much to define who we are. Whether we are reading non fiction to educate ourselves, or immersing ourselves in a good novel as an escape, reading does so much to expand our minds and our imagination. I cannot imagine a world that does not understand the value of books. Ray Bradbury, author of *Fahrenheit 451*, once made the comment, "You don't have to burn books to destroy a culture, just get people to stop reading them."

At Sacred Heart, a library has been set up offering people access to a collection of books. These are available to people from all of our cluster parishes. To encourage this, I have put together a collection of some of my own favorite books. These are mostly books about our Catholic faith, but also include some philosophy, both classic and contemporary, and even a few novels that I have found to be inspirational. Please take some time to look at our library. As they become available, look at my personal recommendations. Help me keep this important part of our culture alive, so that we can continue to be all that we are meant 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 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, 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.



**DON'T FORGET DAYLIGHT SAVING TIME
ENDS ON SUNDAY, NOVEMBER 5th at
2:00am—SO TURN YOUR CLOCKS BACK
ONE HOUR**

MEETINGS THIS WEEK:

Church of the Sacred Heart

- Sunday, 29th 9:15am Christian Formation (all grades)
- 9:15am Adult Faith Formation
- 9:15am RCIC
- Tuesday, 31st 6:00pm Dance Class
- Wednesday, 1st 11:00am Bible Study
- Thursday, 2nd 6:30pm Spanish Choir
- 7:00pm English Choir
- Saturday, 4th 9:00am Deacons TR Session (Sacred Heart)
- 9:00am Meditation Workday
- 4:00pm Spanish Prayer for the Sick
- Sunday, 5th 8:00am Monthly Breakfast (Hall)
- 9:15am Christian Formation (all grades)
- 9:15am Adult Faith Formation

Saint James Church

- Sunday, 29th 9:30am Religious Formation—All Ages
- Monday, 30th 6:00pm Hopewell community meal @ Parish Hall
- Tuesday, 31st 6:30pm All Saints Vigil Mass
- Wednesday, 1st 5:30pm Reconciliation & Holy Hour
- 6:30pm Mass (All Saints)
- 7:00pm Choir Practice
- Thursday, 2nd 12:00pm Mass—All Souls
- 6:30pm All Ministry meeting
- Sunday, 5th 9:30am Religious Formation—All ages

Saint Johns Church

- Tuesday, 31st 7:00pm Mass—Vigil All Saints
- Wednesday, 1st 9:00am Mass—All Saints
- 6:00pm Adoration—All are invited
- Thursday, 2nd 9:00am Mass—All Souls
- NOVEMBER 4th: *Holiday Bazaar at St John's*—mark your calendar now and plan to attend. Crafts, Brunswick Stew—FUN FUN FUN!!!

MASS INTENTIONS

Church of the Sacred Heart

- Saturday, 28th 5:00pm Robert Graff req by Amy & Mike Steele
- Sunday, 29th 8:00pm Dick Beaudet req by Janet Beaudet
- 11:00am Peter So Van Cao req by Sang Cessna
- 1:00pm Deceased Members of the Parish
- 3:00pm Rosary
- Monday, 30th 6:30pm Holy Hour & Benediction
- Wednesday, 1st 10:00am Peter So Van Cao req by Sang Cessna
- 7:30pm Lorenzo Lourdes Rayel req by Deacon Bob & Luz Straub
- Thursday, 2nd 10:00am All Souls Day Mass
- Friday, 3rd 10:00am Sick and Homebound
- 5:30pm Rosary
- 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

Saint James Church

- Thursday, 26th 12:00pm Evelyn John & Jones family
- Sunday, 29th 11:00am Evelyn Dane
- Saturday, 4th 5:30pm Gilbert Kump
- Sunday, 5th 11:00am Josephine Glazier

Saint Johns Church

- Tuesday, 31st 7:00pm All Saints Vigil
- Wednesday, 1st 9:00am All Saints Day
- Friday, 3rd 9:00am Adoration
- 10:00am Mass
- You are invited: Every Wednesday evening at 6pm for Adoration

PLEASE NOTE THAT ST JOHNS NOW HAS OFFICE HOURS FROM 3:00pm-4:00pm WEDNESDAYS WITH FR. JULES and DEACON MATT.

**I love you,
Lord, my strength.**

Sponsor of the Week

We would like to thank "DiscoverMass.com"

this week for sponsoring an ad in our weekly bulletin.



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.

What Causes Leg Pain?

Peripheral Artery Disease (PAD)

With this condition, your limbs -- typically your legs -- don't get enough blood. It usually happens because your arteries have narrowed. Your legs may feel weak or numb or cramp when you walk. They might feel cold and be an odd color. Some people can manage PAD with habit changes, like quitting smoking. If that doesn't work, your doctor might give you medicine to treat the problem or help with pain. But some people need surgery.

Deep Vein Thrombosis (DVT)

This is a blood clot in a vein, usually in your thigh or lower leg. It doesn't always cause symptoms, but you might have pain, swelling in your leg, and it might be warm and red. Call your doctor right away if you notice any of these. DVT can lead to a serious condition called a pulmonary embolism -- when the clot breaks off and goes to your lungs. Your doctor can give you medicine to keep clots from forming, growing, or breaking off.

Peripheral Neuropathy

This happens when there's damage to the nerves in your body that relay messages to and from your brain. The most common cause is diabetes, but other health conditions, medicines, injuries, or infections can cause it. If it affects the nerves in your legs, they might feel prickly or tingly, or they might be numb or weak. Your doctor will treat the condition that's causing it and give you medicine for pain if you need it.

Electrolyte Imbalance

Electrolytes are minerals like sodium, potassium, and calcium that help your muscles work the way they should. You lose some through sweat when you exercise, and if you lose too much, your legs can cramp or feel weak or numb. It can happen when you get some medical treatments, like chemotherapy, too. Sports drinks with electrolytes -- or water along with foods that have those minerals -- can help. See your doctor if you cramp up often.

Arthritis

This is a common condition that affects your joints and causes pain, swelling, and stiffness. When it happens in your hips, knees, or ankles, it can be hard to walk or do other everyday activities. There's no cure, but it can help to exercise and stay at a healthy weight. Heating pads or ice packs on the aching joints can ease pain and swelling. So can over-the-counter pain relievers.

C.P.A.'s and Financial Planners

Free Lunch and Learn Seminar with CPE credits regarding the **Education Improvement Tax Credit Scholarship program (EISTC)**. Be a guest of the Diocese for Mass, lunch and a continuing professional education opportunity for CPAs and financial planners on Wednesday, November 1. Come learn how Virginia's Education Improvement Scholarships Tax Credits (EISTC) program is providing tremendous tax benefits to donors, and granting millions of dollars in scholarships to K-12 students who otherwise could not afford to attend Catholic schools. Since Nov. 1 is a Holy Day of Obligation, join us at the Diocesan Pastoral Center (located at 7800 Carousel Lane, Richmond VA 23294) at 12:00 noon for Mass (optional), lunch at 12:30 (optional), and the EISTC presentation from 1:00-1:50 pm. For C.P.A.'s, the seminar will provide one hour of continuing education credit. To register, please contact Miriam Tice at 804-622-5201 or mtice@richmonddiocese.org

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 rjstraub@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. Please join us!

ALL SAINTS DAY MASS SCHEDULE

(All Saints Day is a Holy Day of Obligation)

- Sacred Heart: Wednesday, November 1st at 10:00am & 7:00pm
St. John's: Tuesday, October 31st at 7:00pm
Wednesday, November 1st at 9:00am
St. James: Tuesday, October 31st at 6:30pm
Wednesday, November 1st at 6:30pm

ALL SOULS DAY MASS SCHEDULE

*(All Souls is **not** a Holy Day of Obligation)*

- Sacred Heart: Thursday, November 2nd at 10:00am
Following the Eucharist, we will have a brief Prayer of Remembrance in the parish cemetery (weather permitting)
St. John's: Thursday, November 2nd at 9:00am
St. James: Thursday, November 2nd at 12:00pm





EVANGELIZATION STEWARDSHIP



“All are called, few will respond!”

Over the past couple of weeks, if you attended Mass at Sacred Heart, you heard a number of individuals and families tell why they volunteer in our church. First, I would like to say thank you to each one of them for sharing your story. Stewardship is a part of Evangelization, and we are all called to evangelize. The three parts of Stewardship are Time, Talent and Treasure. We are called to give of all three of these to our church and community. There are many opportunities to give of your time whether it is during the liturgy, serving on a committee, belonging to a ministry, teaching or assisting with the education of our youngsters or adults or doing some outreach in our community. As for your talents, and we all have certain gifts that were given to us by the Holy Spirit at our confirmation, there are areas of need in our parishes and community. Maybe you have a give of leadership or organizational skills, seeing the big picture or maybe the details are your area of expertise. All of these talents can be put to good use on any one of our committees or ministries. Now for the one that we never talk about, Treasure, yes, that is God’s money, that has been entrusted to us for the good of His kingdom. Some of you are doing great with giving back to God what belongs to God, and some are struggling to put food on the table for your family. Maybe you feel that the church has enough money or that those with plenty should give more.

I am sure that you have heard of tithing, that statement in Scripture about giving 10%. Well, that statement is about Stewardship; Time, Talent, and Treasure. We are called to return to God what belongs to God in all three areas. If you are not currently giving 10% of your time, talent, or treasure to the church or those in need, please prayerfully consider doing so. You may not be in a position to jump right in with the full amount, so I suggest that you start small, maybe 1-3% and see how it goes over the next year being mindful how God rewards you, then see if you can increase your efforts thus increasing your blessings. Being a part of one of the ministries for the mass that you attend is a good place to start, maybe it could be a family affair? Many ministries only require your time during a select time of year or on few occasions throughout the year. There is an opportunity for all to serve, regardless of what you may consider your lack of time, talent, or treasure.

Please take time during this next week to review the Stewardship information you received in the bulletin and be prepared to ask questions of the individuals who will be representing each opportunity at the Stewardship Fair November 4 & 5.

What are you going to do with your 40 minutes this week?

If you feel called to “Evangelization”, join us as we further our faith and do the work that God has called us to do. Your Unified Parishes’ Evangelization Team meets on the third Monday each month in the Parish Center at The Church of The Sacred Heart in Prince George; please join us. We are looking for individuals who are willing to “Encounter The Joy of The Gospel and Set the World Ablaze”.

“Are you willing to step up for Christ”

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

“Finding The Joy of Christ Together”

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.



***Thirtieth Sunday in Ordinary Time
October 29, 2017***

“Love God with your whole heart, with your whole soul, and with all your mind.” Is Christ calling you to let Him manifest His love in you as a priest? Call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email mboehling@richmonddiocese.org.



“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.” Learn how to better love your spouse by participating in 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.