



Everyone is curious about the bishop. People have many questions about the process of appointing a new bishop for our diocese. I thought I'd take a little time and discuss some of it here. First of all, the process of finding a new bishop for our diocese has actually been going on for a few months. Bishop DiLorenzo submitted his retirement to Rome in April when he turned 75, as he was required to do by the Code of Canon Law. Now that Msgr. Lane has been appointed administrator of the diocese, the process will likely continue as usual. This means there is no telling when we will have a new bishop. Yes, I am fully aware that in the time between me writing this and it appearing in the bulletin, we may hear an announcement about a new bishop, but maybe not. According to the USCCB, it normally takes six to eight months from the time a diocese becomes vacant until a new bishop is appointed.

All bishops may submit to the archbishop of their province names of priests they think would make good bishops. These names are discussed among the bishops and eventually submitted to the apostolic nuncio, who is the pope's representative in the U.S. After that a list is sent to Rome for the pope to review with a recommendation from the nuncio and the U.S. bishops. It will then be up to the pope to make a decision on appointing a new bishop.

People also have asked if the new bishop will come from our diocese or elsewhere. Although it is possible, priests are rarely appointed to become bishops of their home diocese. Also, the pope could appoint someone who is already a bishop. Bishop Burbidge who is the new bishop of the Arlington Diocese, had been the bishop of Raleigh before he was sent to Arlington. The pope could do the same for us, in which case the new bishop will come to Richmond and be installed in our cathedral and the next bishop of Richmond. The other possibility is that a priest will be appointed as the next bishop. In that case, the priest will be ordained as a bishop in our cathedral and then installed as the bishop of Richmond.

I know there are rumors floating about who the new bishop will be. Keep in mind that the final decision will be made in Rome and then announced, so anyone on this side of the pond who claims to have inside knowledge may know some of the details, but could not possibly know everything until there is an official announcement from the apostolic nuncio. It will be an exciting time for our diocese as we transition to a new bishop. Please continue to pray for this process.

*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, Dot Miller, Eileen Mozucha, Barbara Kirk, Deacon Bob Baker, Jerry Chambers, Raul Rosa Viera, Joseph & Emily Chudoba, Thelma Herrera Lara, Sam Mikulcik, Frank Scherra Sr., Frank Scherra Jr., Carlos Rivera, Mike O'Hare, Susan MacLaughlin, Sharon K. Pilarinos, Mary Massey, Kathy Sansom, Delores Daniel

**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, Danny Wiegatz, 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, Louis Stech, Deborah Ryan, Candence Andusko

### MEETINGS THIS WEEK:

#### Church of the Sacred Heart

Monday 11th 7:00pm Stewardship Committee  
Wednesday, 13th 10:30am Bible Study  
10:30am Senior 50 plus Social & Lunch  
6:00pm Dance  
6:30pm Spanish Choir Practice  
Thursday, 14th 7:00pm Cantor Practice  
Saturday, 16th 11:30am WOW Group  
7:00pm Spanish Prayer Group  
Sunday, 17th 8:00am Monthly Breakfast  
9:15am Christian Formation (All grades)  
9:15am Adult Faith Formation

*Please note that the Sacred Heart Parish office will be closed Monday, September 4th in observance of the Labor Day Holiday.*

#### Saint James Church

Monday, 11th 6:00pm Hopewell community meal @ Parish Hall  
6:30pm Mass  
Wednesday, 13th 5:30pm Reconciliation and Holy Hour  
6:30pm Mass  
7:00pm Choir Practice  
Thursday, 14th 12:00pm Mass

#### Saint Johns Church

September 9th/10th Second collection for the flooding in Texas  
Tuesday, 12th 9:00am Mass  
10:00am Senior Citizens



Backpacks come in all sizes, colors, fabrics, and shapes and help kids of all ages express their own personal sense of style. And when used properly, they're incredibly handy. Many backpacks come with multiple compartments that help students stay organized while they tote their books and papers from home to school and back again. Compared with shoulder bags, messenger bags, or purses, backpacks are better because strong **muscles** — the back and the abdominal muscles — support the weight of the packs. When worn correctly, the weight in a backpack is evenly distributed across the body, and shoulder and neck injuries are less common than if someone carried a briefcase or purse. As practical as backpacks are, though, they can strain muscles and joints and may cause back pain if they're too heavy or are used incorrectly. Here's how to help kids find — and use — the right backpack.

**Problems Backpacks Can Pose:** Many things can lead to back pain — like playing sports or exercising a lot, poor posture while sitting, and long periods of inactivity. But some kids have backaches because they're lugging around their entire locker's worth of books, school supplies, and personal items all day long.

Doctors and physical therapists recommend that kids carry no more than 10% to 15% of their body weight in their packs. But many carry a lot more than that. When a heavy backpack is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, the child might bend forward at the hips or arch the back. This can make the spine compress unnaturally, leading to shoulder, neck, and back pain. Kids who wear their backpacks over just one shoulder — as many do, because they think it looks better or just feels easier — may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck. Improper backpack use can also lead to bad posture. Girls and younger kids may be especially at risk for backpack-related injuries because they're smaller and may carry loads that are heavier in proportion to their body weight. Also, backpacks with tight, narrow straps that dig into the shoulders can interfere with circulation and nerves. These types of straps can lead to tingling, numbness, and weakness in the arms and hands. And bulky or heavy backpacks don't just cause back injuries. **Other safety issues to consider:**

Kids who carry large packs often aren't aware of how much space the packs take up and can hit others with their packs when turning around or moving through tight spaces, such as the aisles of a school bus.

Students can be injured if they trip over large packs or a pack falls on them.

Carrying a heavy pack changes the way kids walk and puts them at risk of falling, particularly on stairs or other places where a backpack puts a student off balance.

CHILD'S WEIGHT	BACKPACK WEIGHT:
50 POUNDS	5 POUNDS
75 POUNDS	7.5 POUNDS
100 POUNDS	10 POUNDS
125 POUNDS	12.5 POUNDS
150 POUNDS	15 POUNDS

**MASS INTENTIONS**

**Church of the Sacred Heart**

- Saturday, 9th 5:00pm Art & Joyce Rakers req by Their Family
- Sunday, 10th 8:00am Armand Gagne req by Phyllis Gagne
- 11:00am Dick Beudet req by Janet Beudet
- 1:00pm Deceased members of the Parish
- Monday, 11th 6:30pm Holy Hour & Benediction
- Tuesday, 12th 6:30pm Rev David Nott req by Sang Cessna
- Wednesday, 13th 10:00am Jose A. Rodriguez req by Elizabeth Castro
- Friday, 15th 10:00am Deceased Members of the Parish
- 5:30pm Rosary
- Saturday, 16th 5:00pm Charlie & Jonathan Eddy and Robert Fisher req by Bertie Eddy
- Sunday, 17th 8:00pm Deceased Members of the Parish
- 11:00am Peter So Van Cao req by Sang Cessna
- 1:00pm Deceased Members of the Parish

**Saint James Church**

- Saturday, 9th 5:30pm Sergio Trujillo
- Saturday, 16th 5:30pm Helene Davis

**Saint Johns Church**

- Saturday, 9th 4:00pm John & Flo Lopinsky req by Rick & Norma Lonnemann
- Sunday, 10th 9:00am For all teachers and students as the new school year begins

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

**Got Questions about life  
You're Invited!!**

7pm Tuesday, September 26, 2017

Church of the Sacred Heart, Parish Center

*What is Alpha?* 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. Alpha runs in churches, bars, coffee shops and homes all over the world. Typically Alpha has around ten sessions and includes food, a short talk and a timed at the end where you can share your thoughts.

Come join us for an *informational meeting*. We will be building a Team to include—facilitators, food service, greeters, and there will be many other opportunities to serve.

RSVP to Galen W. Potter at  
Gwjipotter@comcast.net or 804-721-1364  
By September 24, 2017  
Check out: #TryAlpha or Alphausa.org

**Unified Pastoral Council Minutes Summary  
29 August 2017, Sacred Heart, 7-8 Pm**

**Father Hess Report:** 1. Father Chris said that there has been much speculation as to who will be the new Bishop. He said Monsignor Lane is currently the diocesan administrator and that there has been no announcement as to who may be the next Bishop. 2. The united Parish website has undergone some very positive developments. It is very user friendly and easier for him and the admin staff to make entries/updates. The website address is catholiccluster.com. Father Chris said the web site is important in that it is like the "front door" of our parish.

**Old Business/Follow-up actions:** - Bob mentioned that there was a joint meeting with St. Bridgette's and St. Josephs on the "ALPHA" program. He is looking for volunteers and hopes to start training soon. Steve asked if there was a possibility of looking at combining the program and partnering with St. Joseph since the programs are in such close proximity to one another. Bob said he would prefer to see how the startup for our parishes goes before considering that but it was a good backup plan. Bob mentioned that Galen Potter is the primary lead for the Alpha program and that he was primarily involved with the Evangelization Team.

**New Business-**

**A. Vision Development.** Key to this discussion will be the ideas and thoughts discussed in paragraph A of the 23 May minutes. Sam provided a summary of work done by the council on the vision statement over the past 6 months, to include the past 15 months work on developing priorities and goals. He felt the council was on track with the purpose of the council and that the council should stay focused on our original intent. Alberto said that was what he recommends as well. The five priorities established were:

1. **YOUTH**
2. **STEWARDSHIP**
3. **OUTREACH**
4. **ADULT FORMATION**
5. **INFRASTRUCTURE (ADMINISTRATION)**

The council discussed the need for a UPC vision statement as well as for individual parishes. Sam said he believed the UPC mission statement was a very good model for our vision and the two are one in the same:

*"While maintaining our distinct identities, we, the parishes of the Church of the Sacred Heart, St. James the Greater, and St. John Nepomucene, come together as a unified faith community in order to assist one another in fulfilling our missions of faith, love and service."*

Sam further stated that each parish can decide if they want to retain or revise each of their mission statements and it was up to them to determine if an individual vision statement was needed.

There was considerable discussion about our Priority # 1 (YOUTH) as it related to the vision statement. Steve was concerned about the declining attendance of and participation of youth within our parishes. Father mentioned that may be a symptom of the "culture" we have today where Christian formation is not being made a priority at the family level. Sam initiated a discussion concerning his perspective that he believed the Hispanic community has retained the family values and culture of youth involvement and wanted to know why that was the case? Bob wanted to define the parameters of a vision statement and asked the council to consider what end state or result should be achieved from a vision statement. Sam said that do to time constraints, this topic should continue into next month's meeting.

**B. United Parish Council Way Ahead:**

1. Continued discussions on "Vision".
2. What should be the way ahead for the UPC?
3. Are we on track with what we want to do?
4. Should there be a change of direction and focus or stay on course?

**Next Unified Parish Council Meeting: St. John, 7-8 PM, 21 Sept 2017.** (Meetings are always open to parishioners)



"Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law." Learn how to love your spouse even more by attending a **Worldwide Marriage Encounter (WWME)** weekend! The next weekends are: Sep 15-17, 2017 in Herndon, VA and Nov 10-12, 2017 in ATLANTIC BEACH, 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](mailto:applications@renewmarriage-vasouth.org) or 757-690-1369.

**Sponsor of the Week**

We would like to thank

**"J. S. Taylor Electric, LLC "**

this week for sponsoring an ad in our weekly bulletin.

**FOR HEALING AFTER ABORTION**, a *Rachel's Vineyard Retreat*, sponsored by Church of the Epiphany, will be held March 24-26, 2016. This retreat is for women and men who have known regret, sorrow, guilt, or shame from abortion. The 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 Marty Montgomery-Jennings at [804-704-0429](tel:804-704-0429), or Maggie Carlson at [804-432-2589](tel:804-432-2589) or email: [RV4hope@gmail.com](mailto:RV4hope@gmail.com).

Visit our website: [www.rachelsvineyard.org](http://www.rachelsvineyard.org)

Inquiries, registration and participation are strictly confidential.

Comment from a retreat participant:

*"The Rachel's Vineyard weekend has done for me what all the self-help books could not. I needed the Divine Healer Himself!"*

## Christian Formation 2017-2018

We are pleased to announce that this year we will be offering Christian Formation classes in all parishes from our Cluster. The information for each parish is as follows:

**DINWIDDIE—ST. JOHN:** *We will kick off the year with an orientation for parents and children ages 3-7 on Sunday, September 24th at 10am in the Church.* Registration will be opened that day. If you are or know of a family that has a child between these ages, we'd kindly ask if you can forward this information to them. The classes will take place on the second and fourth Sunday of the month following the 9am mass. *(Note: If you have a child that is up for a sacrament this year, they will also need to attend Sacred Heart for sacramental classes.) We are seeking 2 more adults to assist with the classes by becoming catechists.*

**HOPEWELL—ST. JAMES:** *We will kick off the year with an orientation for parents and children ages 5-16 on Sunday, September 17th, after the 11am mass in the youth center.* Registration for classes will be opened on that day. Classes will be every Sunday from 9:30am to 10:45am in the school building. We are currently seeking volunteers to assist in becoming catechists to serve children of all grades.

**PRINCE GEORGE—SACRED HEART:** *We will kick off the year with an orientation for parents and children ages 4-18 on Sunday, September 10th, at 9:30am in the parish hall* (white house across the field.) Registrations for classes will be opened on that day. Classes will be every Sunday from 9:15am to 10:30am in our C.C.D. building.

We encourage all families with children to register their child (children) in the formation program in order for them to learn and grow in their faith in God in addition, complete any sacrament that they may need. You may use this link to register online: <https://goo.gl/forms/3C77sEREn0073O3z1> We encourage you to share this information with other families who may be interested in the formation program for their children. If you have any questions regarding Christian Formation please contact Marissa at [mayaalacre@gmail.com](mailto:mayaalacre@gmail.com)

We will see you at your parishes' orientation kick off. In Christ, Marissa Ayala, CRE.



### 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 and may overtake practicing Catholics soon. 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](mailto: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 next meeting is Monday, September 18, 2017, at 7 PM at The Church of The Sacred Heart and ALPHA training starts at 7 PM on Tuesday, September 26, 2017.



*Twenty-third Sunday in Ordinary Time*

*September 10, 2017*

“Where two or three are gathered in My name ...”  
The community who gathers in Christ needs leadership. Might He be inviting you to consider a vocation to the consecrated life or priesthood? Call Father Michael G. Boehling, Vicar for Vocations, at (804) 359-5661 or email [mboehling@richmonddiocese.org](mailto:mboehling@richmonddiocese.org).