



I have received a great deal of positive feedback about the homily Deacon Bob gave last weekend. I want to join the rest in thanking him for his message, but also to thank those who responded in such a positive way. It is very encouraging for me to hear how well received his message was. That says a great deal about our community. For those who did not hear his homily, he spoke about the Catholic teaching on abortion and what it means to truly be a practicing Catholic. It is not always an easy message to teach or to hear, but it is very relevant. It is also important that we continue to stand up for faith, even when it is uncomfortable.

Speaking of things that make some people uncomfortable, in a few days it will be time to vote again. At least for those who have not done so already. Many people have said they do not want to do this. I am not very excited about it myself, and I am less excited about hearing the results, but it is nonetheless something important for all of us who are able to do so. We are not only voting for our next president. We are voting for other elected officials and two changes to the law in Virginia. It may not always seem to be the case, but our voices and our opinions do matter. We cannot be silent in the public sphere.

Last week I wrote about religious freedom and those who want to take it away. This is only a possibility, because of those who portray our faith as something other than what it truly is. There are still many who would like to portray Christianity as obsolete, irrelevant, and even hateful, and bigoted. This is why it is important that we continue to tell the truth about who we are, even when it is uncomfortable. If not, we allow others to tell the story for us and we are left being defined by their narrative.

We all have a great story to tell in our faith. So many people have experienced great things because of our faith. There is so much the world needs to know about our faith and they need to hear it from us. They need to hear it from all of us. We must make our voices heard in our daily lives, and in the coming week, we will make our voices heard by voting. The worst thing any of us can do when confronted by the evil and injustice that is present in our world is to remain silent.

*Fr. Chris*

**VETERAN'S LUNCH @ ST JAMES—NOV 13th**  
Come join us for a Veteran's Day luncheon after Mass on Sunday Nov 13 to honor all of our local Veterans on their special day. Please drop off your favorite casserole prior to Mass, desserts will be provided. All are welcome, bring your special Vet to join us. Veterans need not bring a dish as you are our honored guests.



As men and women of God we are to "pursue righteousness, devotion, faith, love, patience and gentleness." We are called to keep his commandment to love one another as he has loved us. Is this evident in your lives and marriages? Strengthen, renew and rekindle your marriage by attending a Worldwide Marriage Encounter on 18-20 November in Norfolk. For more information or to apply, visit our website at [www.renewmarriage-vasouth.org](http://www.renewmarriage-vasouth.org) or contact us at [applications@renewmarriage-vasouth.org](mailto:applications@renewmarriage-vasouth.org) or 757-483-3209

#### ***VOTING INFORMATION FROM THE DIOCESE***

On Nov. 8 Virginia voters will go to the polls. Through the Virginia Catholic Conference, the Virginia Bishops have provided [voter education resources](#) to guide these decisions. Please consult these resources, in addition to making sure your conscience is well-formed in light of Church teaching, and praying for guidance to make these critical decisions. Only materials provided by the diocese, the Virginia Catholic Conference or the U.S. Conference of Catholic Bishops (USCCB) are authorized for distribution in parishes. Available at [www.vacatholic.org](http://www.vacatholic.org), the resources include: 1) [Four Principles of Catholic Social Teaching](#); 2) a [Congressional Voters' Guide](#), with questions to ask congressional candidates; 3) a [side-by-side comparison](#) of the two major party presidential candidates; 4) a [list of third-party presidential candidates](#) whose names will appear on the ballot and their websites; and 5) a [pre-election statement](#) by Bishop Francis DiLorenzo of Richmond and Bishop Paul Loverde, Apostolic Administrator of Arlington, that dispels common myths this election season and encourages Catholics to weigh issues in light of Church teaching and natural law. These resources are also available in Spanish.



**MEETINGS THIS WEEK:**

**Church of the Sacred Heart**

- Sunday, 6th 8:00am Monthly Breakfast (hall)  
 9:15am Christian Formation pk-5  
 5:30pm Christian Formation 6-12
- Tuesday, 8th 5:00pm Deacon's meeting  
 7:00pm RCIA
- Wednesday, 9th 4:00pm Cluster Staff meeting @ Sacred Heart  
 6:00pm Spanish Choir Practice  
 6:30pm Dance
- Thursday, 10th 7:00pm Unified Pastoral Council @ St John's  
 7:00pm Choir Practice
- Saturday, 12th 9:00am Care-A-Van
- Sunday, 13th 9:15am Christian Formation Pk-5th grade  
 5:30pm Christian Formation 6-12

**Saint James Church**

- Sunday, 6th 9:30am Religious Formation for all ages (Children/Youth/Adult) & RCIA
- 11:00am Mass
- Monday, 7th 6:00pm Outreach—Hopewell Community Meal @ Hall  
 6:30pm Mass
- Wednesday, 9th 5:30pm Reconciliation  
 6:30pm Mass  
 7:00pm Choir Practice
- Thursday, 10th 11:00am Bible Study in Hall  
 12:00pm Mass
- Sunday, 13th 9:30am Adult Religious Formation & RCIA  
 11:00am Mass— Rite of Calling for High School Confirmands  
 12:00pm Veteran's Day Lunch @ Parish Hall

**Saint Johns Church**

- Wednesday, 9th 4:00pm Cluster Staff meeting @ Sacred Heart  
 6:00pm Holy Hour of prayer and Adoration –*All are invited*
- Thursday, 10th 7:00pm Unified Pastoral Council Meeting @ St John's
- Sat/Sun, 12-13th Second Collectino for our Thanksgiving baskets (to purchase the perishable items)  
**\*\*STEWARDSHIP FORMS DUE**

*Saturday, Nov. 5th 8am-2pm Christmas Bazaar, with a Pancake Breakfast & many vendors - LOTS OF FUN!!! Everyone is invited:)*



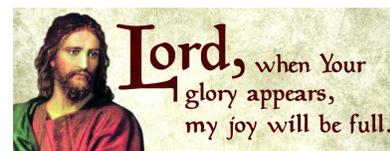
**CLUSTER PRAYER LIST**

**Those who bear the burden of years and those who have asked for our prayers:**

**Sacred Heart:** 12/4/16—Deborah Hanzlik, Janet Beaudet, Sharla Kirk, Anh Cao, Binh Cao, Phyllis Gagne, Donna Sarver, John Mertz, Mike O'Hare, Helen Tres, Nancy Clemons, Anna Liszeski, David Paden, Dot Miller, Eileen Mozucha, Barbara Kirk, Cecile Charrette

**St. James:** Mary Kain, Jim Knoontz, Audrey Keith, Elisa Carraway, Ralph Summerson, Anita Anthony, Wayne Whitehead, Bill Brown, Casey McQuillan, Gary Mier, Glenn Toenniges, Tomas Rose, Jimmy Clark, John Seckora, Robert McGough, Phuc Trong Dinh

**St. Johns:** John Stech, Carolyn Belliveau, Robert Bertrand, Ralph Summerson, Sally Riley, Barbara Togger, Dick Clark, Mary Stech, Ernest & Sheree Cerny, Danny Wiegatz, Wayne Mears, Joan Bertrand



**COMMONWEALTH CATHOLIC CHARITIES**

**Holiday Festival of Music**

This year the Holiday Festival of Music is celebrating its 25<sup>th</sup> Anniversary! The concert will feature the Richmond Symphony, VCU Choral Arts Society, and members of the Cathedral Choir. Selections will range from classics by Bach, Mozart and Handel to a congregational sing-a-long of familiar Christmas carols by Irving Berlin and Mel Tormé. Join us Monday, November 28 at 7:00 p.m. Tickets are available at [www.cccofva.org](http://www.cccofva.org).

**Caregiver Relief Program**

Volunteers are needed to enhance the quality of life for caregivers and their aging loved ones. By volunteering for just a few hours a month, you can provide companionship to an elderly person while giving the family caregiver a much needed break. Your time and efforts can make a difference in keeping loved ones with their families. For more information call us at (804) 545-5916.

**Thank you for Your Support**

Thank you to each and every person whose generous and continued support allows CCC to carry on the work of serving the community. Without a caring and committed network of mission-minded individuals, we would not be able to continue helping the homeless, feeding the hungry, and caring for the young, the elderly, and the sick. Thank you!

**Pilgrimage to Fatima & Lourdes with Deacon Bob & Luz Straub**

Deacon Bob & Luz Straub are hosting a pilgrimage to Lourdes and Fatima, September 25 to October 4 2017. It will be the 100<sup>th</sup> anniversary of the Marian Apparitions at Fatima. For more information or a copy of the brochure, please contact Deacon Bob at [rijcstraub@gmail.com](mailto:rijcstraub@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/a-pilgrimage-to-fatima-lourdes-with-deacon-bob-luz-straub#eotours>.

Early registration and cash discounts are available. The tour ID is LF17 and Host ID is 56877. Please join us!



*The 2016 Simbang Gabi Opening Mass is just around the corner.*

The “Simbang Gabi” is a long treasured Philippine tradition originally a series of “dawn masses” for nine consecutive days before Christmas Day. Its liturgical significance emanates from the Season of Advent, being the time of spiritual preparation and purification to worthily welcome and receive the Child Jesus in our midst. The Mass at Dawn, Simbang Gabi, is a nine-day novena to the Blessed Mother. It starts every December 16th and is one of the longest and most important religious celebrations in the Philippines that has lasted over 600 years. Look for more information over the next few weeks.

**Sponsor of the Week**

We would like to thank  
**“Discovermass.com”**

this week for sponsoring an ad in our weekly bulletin.

**ANNOUNCEMENTS FOR THE BULLETIN:** IF YOU OR YOUR MINISTRY HAVE ANY ANNOUNCEMENTS OF MEETINGS, UPCOMING EVENTS, FUNDRAISERS, SOCIAL GATHERINGS, OR NEWS OF ANY KIND THAT YOU WOULD LIKE TO SHARE, PLEASE CALL OR EMAIL JANICE PETET AT THE ST JAMES OFFICE: 804-458-9223 or

*Office@Stjameshopewell.comcastbiz.net*



**Church of the Sacred Heart**

- Saturday, 5th 5:00pm Art & Joyce Rakers
- Sunday, 6th 8:00am Armand Gagne req by Phyllis Gagne
- 11:00am Peter So Van Cao req by Sang Cessna
- 1:00pm Deceased Members of the Church
- Monday, 7th 6:30pm Holy Hour & Benediction
- Tuesday, 8th 6:30pm Peter So Van Cao req by Sang Cessna
- Wednesday, 9th 10:00am Dick Beaudet req by Janet Beaudet
- Friday, 11th 10:00pm Sick & homebound
- 7:00pm Rosary
- Saturday, 12th 5:00pm in honor of David & Daja Eddy req by Bertie Eddy
- 7:00pm Spanish Holy Hour
- Sunday, 13th 8:00am William & Margaret Schroeder req by The Schroeder Family
- 11:00am Peter So Van Cao req by Sang Cessna (Rite of Calling for Confirmands @ St James)
- 1:00pm Deceased members of the Church

**Saint James Church**

- Saturday, 5th 5:30pm Judy Lupori
- Saturday, 12th 5:30pm Patsy Zello

**Saint Johns Church**

- Saturday, 5th 4:00pm For deceased parishioners
- Sunday, 6th 9:00am For deceased parishioners
- Tuesday, 8th 9:00am For those who are voting, and for our elected leaders
- Friday, 11th 9:00am For all Veteran’s
- Saturday, 12th 4:00pm Lou Bertrand req by Elizabeth Piecek
- Sunday, 13th 9:00am Daniel DeAngelis req by Elizabeth Piecek

**Note: A huge apology to those whose Mass intentions from St John’s were not printed correctly in last week’s cluster bulletin:(  
*Truly Sorry,  
 Janice***

## 5 Reasons Apples Are a Perfect Pick

Can an apple a day really keep the doctor away? For thousands of years, many cultures have valued apples for their medicinal properties. Now, modern-day research has confirmed many health benefits associated with apples. In fact, there are hundreds of published papers showing why apples are a true super fruit.

**Here are 5 reasons to enjoy an apple or two today:**

- 1. They're Nature's Perfect Snack.** A large apple is the perfect portion-controlled portable pick, with 115 calories and 5 grams of filling fiber. It's a good source of vitamin C and contains no fat, sodium or cholesterol. Though not all apples are nutritional twins, they're all a natural [source](#) of health-promoting phytonutrients, including plant-based antioxidants. Leave the skin on and you'll score even more nutrition perks; the skin is where two-thirds of the fiber and beneficial antioxidants are found. What's more, they're not just for snacking. They're ideal for sauces, entrees and desserts. One way to enjoy them is in this [Apple Pear Crisp](#).
- 2. They May Cut Your Cancer Risk.** Studies show that apples may provide protection against certain types of cancer. Peer-reviewed [research](#) indicates that apples may reduce the risk for oral, esophageal, larynx, lung, colon, breast, ovary and prostate cancers.
- 3. They Can Help Whittle Your Middle.** Enjoy an apple or two a day and you might just avoid an apple shape (where extra weight settles in the abdomen). That's because apples contain filling soluble fiber and ursolic acid, a natural compound that has been found to boost fat-burning. Researchers from the University of Rio de Janeiro [found](#) that women who added three apples per day to their diet lost more than two pounds in 10 weeks – a greater loss than dieters who didn't add apples.
- 4. They'll boost Your Brain.** Apples are natural brain boosters. Researchers from Cornell University found that nutrients in apples may protect brain neurons against oxidative damage, which contributes to neurodegenerative diseases such as Alzheimer's and Parkinson's disease. Scientists believe that a particular apple compound called quercetin may be responsible for this protective effect. Another study of people with moderate-to-severe Alzheimer's disease [revealed](#) that enjoying 8 ounces of apple juice daily resulted in a 27% improvement in mood and behavioral symptoms.
- 5. They'll Help You Breathe Easier.** The antioxidants in apples may help protect the lungs against the oxidative damage that's associated with asthma, bronchitis and emphysema. In one [study](#), women who reported eating apples during pregnancy reduced the risk of asthma and wheezing in their child at age five.

### Readings for the Week of November 6, 2016

<b>Sunday</b>	<b>Thirty-Second Sunday in Ordinary Time</b> 2 Mc 7:1-2, 9-14; Ps 17:1, 5-6, 8, 15; 2 Thes 2:16—3:5; Lk 20:27-38 or 20:27, 34-38
<b>Monday</b>	Ti 1:1-9; Ps 24:1b-2, 3-4ab, 5-6; Lk 17:1-6
<b>Tuesday</b>	Ti 2:1-8, 11-14; Ps 37:3-4, 18, and 23, 27, & 29; Lk 17:7-10
<b>Wednesday</b>	<b>The Dedication of the Lateran Basilica</b> 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
<b>Thursday</b>	<b>Saint Leo the Great, Pope and Doctor of the Church</b> Phlm 7-20; Ps 146:7, 8-9a, 9bc-10; Lk 17:20-25
<b>Friday</b>	<b>Saint Martin of Tours, Bishop</b> 2 Jn 4-9; Ps 119:1, 2, 10, 11, 17, 18; Lk 17:26-37
<b>Saturday</b>	<b>Saint Josaphat, Bishop and Martyr</b> 3 Jn 5-8; Ps 112:1-2, 3-4, 5-6; Lk 18:1-8
<b>Sunday</b>	<b>Thirty-Third Sunday in Ordinary Time</b> Mal 3:19-20a; Ps 98:5-6, 7-8, 9; 2 Thes 3:7-12; Lk 21:5-19

**Bluegrass Jam Session 2ND Friday of the month November 11th from 7pm to 9:30pm at the Brighter Living Assisted Living Facility 5301 Plaza Drive, Hopewell, VA 23680.** Come on out, and share with special individuals. Bring your voice, talent and love to share. Bring your favorite Thanksgiving appetizer, dessert or finger foods to share with the residents and our community. Do not miss this talented musical group. The Bluegrass players and singers are local area residents, and the event is FREE. Come and join us for a night of talent, socialization, sharing and smiles. Anyone can join the group. Check us out on FACEBOOK at Brighter Living Assisted Living or Friends of Bluegrass in Richmond. We will collect non-perishable foods for St. James Food bank as a donation. Any questions call Barbara @ 943-3957