



DOING LIFE TOGETHER

Saint James is coming together in new ways to share life, victories, trials and joys providing opportunities for life sharing. The first four online groups will begin after Easter where we can continue to interact, share, laugh, learn and grow in our faith.

All meetings will be conducted through Zoom Rooms with **specific security protocols** to protect our community. You may connect directly with a group leader (do not call the parish office) to learn more and to be part of the experience. Groups will be limited in size so connect soon.

Group Offerings

FEED YOUR FAITH AND STARVE YOUR FEARS – the 4G GROUP

Facilitators: Trudi Haskins and Paul Van Duser

Thursday at 7 PM Starting April 16

Contact: trhaskins@sbcglobal.net or call 630-774-8000

Have you ever noticed that so many people seem to allow fear to rule their lives? Do you find yourself being fearful? Let's face the truth. Any of us can have concerns about our health and the health of our loved ones, while others face uncertainty regarding employment and reduced or lost income. How are we coping with these fears and the many other uncertain circumstances we face in our daily lives?

Join us Thursday, April 16 as we explore the 4G's, as we **G**ather-together, **G**ive-to each other, **G**row-in faith and **G**o-forth and rejoice, in search of better ways to live with life's challenges.

WEDNESDAY WELLNESS

Facilitators: Keri Slattery-Curtis and Al Meginniss

Wednesdays at 7 PM Starting April 15

Contact: stjamesdundee@gmail.com or call 847-431-4376

Join us weekly for **'Wednesday Wellness'** to discuss how we can take care of our hearts, minds and bodies during challenging times. Building on the foundation of the hugely successful 12-step program, we will share Scripture and wellness tips to guide our discussions. The 12-steps are useful in many areas of our lives and are not solely intended for addiction challenges. We will discuss ways to empower ourselves to improve our daily routines to include: healthy eating, exercise, meditation, journaling and more. Plus we will be there to celebrate our successes together and support one another when we struggle.

THE BIBLE SPEAKS TODAY LIFE GROUP

Facilitator: Fr. Don Frye

Mondays at 7 PM

Contact stjrectordundee@gmail.com or call 630-290-6704

The stories, books and letters of the Bible address real life issues like we are facing today. Join Fr. Don as we explore together the wisdom of scripture as it applies to our daily lives. Our First Study will be - *A Letter of Joy in Tough Times: Philippians*.

TP LIFE GROUP (Triple Play)

Facilitators: Margaret Watts and Pastor Mike Pierce

Wednesdays at 7:30 PM Starting April 15

Contact: margaret222@sbcglobal.net or call 224-806-0604

The **TP group**, that's who we are! With toilet paper being front and center in our nation due to shortages, our name plays on these initials and the shortage. We are the Triple Plays, working together to increase our supply of the three most critical necessities we need right now--supplies often short in our scared, suffering world. The young, scared church at Thessalonica used these supplies lavishly, and so will we. Each week we will gather to a) celebrate our **SOLID ACHIEVEMENTS**, b) identify our **HARD WORK**, and c) persevere through **SHEER DOGGED ENDURANCE**. How will we enable them? Through faith, love, and hope in Jesus Christ, according to Saint Paul. Together we will discover even deeper ways to practice these qualities in order to strengthen ourselves and help others to meet this crisis.

LIFE GROUPS: connect + grow + serve