

M A S S S C H E D U L E**Monday 1/4 7:30am Fr. Spellman**

1 John 3:22-4:6
 Psalm 2:7-8, 10-12
 Matthew 4:12-17, 23-25

Tuesday 1/5 7:30am Fr. Idomele

1 John 4:7-10
 Psalm 72:1-4, 7-8
 Mark 6:34-44

Wednesday 1/6 7:30am Fr. Idomele

1 John 4:11-18
 Psalm 72:1-2, 10, 12-13
 Mark 6:45-52

Thursday 1/7 7:30am Fr. Idomele

1 John 4:19-5:4
 Psalm 72:1-2, 14-15, 17
 Luke 4:14-22

Friday 1/8 7:30am Fr. Spellman

1 John 5:5-13
 Psalm 147:12-15, 19-20
 Luke 5:12-16

**Saturday 1/9 7:30am Fr. Spellman
4:30pm Fr. Idomele**

1 John 5:14-21
 Psalm 149:1-6, 9
 John 3:22-30

Sunday 1/10**The Baptism of the Lord**

8:00am Fr. Spellman
10:00am Fr. Spellman
12:30pm Fr. Spellman

Isaiah 40:1-5, 9-11
 Psalm 104:1-4, 24-25, 27-30
 Titus 2:11-14; 3:4-7
 Luke 3:15-16, 21-22

CDs of Sunday Masses are available in the Church
 Office on Tuesday of each week.

In need of our prayers...

Ethel Allen, Genevieve Alexander, Susan Augustine, Arleen Bouscher, Iola Brown, Rebecca Braithwaite, McCoy Brown, Inez Cameron, Nicholas Dudley, Bettye Epps, Olivia Griffin, Amy Gosey, Henry Green, Margaret Guillory, Rudi Eagleson, Milton Johnson, Ellender Julian, Irene Johnson, David Little, Ruth Revis, Edna Valdry, James Smith, Eva Smith, Phyllis Troupe, Elsie Weston, West "Ted" Williams, Mary Wiley, Thad Wiltz, Donald Aubrey, Phyllis Pope, Jose Gonzalez, Ruben Palamaris, Elrena Dandy and Ruth Howard (Sisters of Tina Floyd), Ophelia Walker, Sheryl Cooper-McGinest, Naomi Sealey, Berenice Scott, Eva Anderson, Lucy Byrd, Zelandia Fero, Taylor Brown, Jordan Brown, David Lewis, Gerald Winn, Susan Hughes, Karla Martinez Ochaeta (niece of Carmen El-Khour), Joshua Bolden, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Clyde Mitchell, Lloyd Moses, Oscar Antonio Romero, Thurman Johnson, Edna Bendy, Debra Stewart, Gary Elliott, Herbie King, Mario Toledo, Kelly Matthews, Angie Dupre, Shirley Miller, Emily Lewis, Basil Lewis, Mrs. Oliska Batiste, Tyrone Batiste those seeking employment, and those struggling to make ends meet during these tough times.

Church Bulletin Board

Monday, Jan 4, 2010 7:00pm Bible Study
7:00pm Renew 2000 (Spanish)
7:00pm Worship Committee mtg

Tuesday, Jan 5, 2010 7:00pm RCIA
7:00pm Substance Abuse
7:00pm Spanish Intercessory
7:00pm Fr. Gus Bible Study

Wednesday, Jan 6, 2010 6:30pm MSC
7:00pm Mariano Ministry
7:00pm Spanish Baptism Class

Thursday, Jan 7, 2010 12:30pm Bible Study
7:00pm Confirmation
7:00pm Spanish Prayer Group

Friday, Jan 8, 2010 6:30pm BDYC
7:00pm Bible Study
7:00pm Baptism Class

Saturday, Jan 9, 2010 9:30am Religious Formation
9:30am Spanish Bible Study
11:00am Girl Scout
11:00am Forever Young Senior

Sunday, Jan 10, 2010 9:00am Religious Formation
9:00am STVDP
12:30pm KPC/KPCLA
2:00pm Awe Drumming

Pastor's Letter

Here we are, at the beginning of another new year. We have celebrated Christmas and we have made (and possibly broken!) our New Year's Resolutions. But, here is the question that stumps me: *What do we call this year?* Is it **Two thousand and ten?** Or do we call it **Twenty-ten?**

Regardless of what we call it, a new year is a time of celebrating, rejoicing, and giving thanks. As we celebrate the **Epiphany of the Lord**, we recall some of the great Epiphanies in our lives; our wedding day, our ordination day, the birth of a child, the successful surgery of a loved one. And there are the Epiphanies that begin so simply and then manifest themselves into the recognition of God's glory. Have you ever seen a remarkable sunset, or a beautiful flower, or the rainbow in the sky after a powerful rainstorm; and, after seeing such a sight, then taking time to reflect on God's greatness, God's power, and God's immense love for us? *Those are the Epiphanies in our lives that open our hearts to God's intricate plan for us.*

This past week I was able to spend four days with my family in Memphis, Tennessee. Since the death of our Dad in 1990 and our Mom in 2006, the four "children" in our family have made it a point to get together at least one time each year. It is usually in Memphis or in St. Petersburg, Florida (where our other sister lives with her husband). But, wherever it is, it is a time of celebrating and sharing memories. And, now that our niece has graduated from nursing school, we are blessed to see another member of our family enter into a profession that is based on service to others.

So, whatever we end up calling this year, let us make it a positive year, a productive year, and, and a year of serving God by serving one another.

May the Lord continue to bless us always and in all ways, **Father Paul**

Thank you!!!

We would like to thank the Junior Knights and Daughters, Girl Scouts, and Youth for serving the participants of the Mini-Kitchen. Also we want to thank the Youth and Cathy Brown for providing, hats, scarves and gloves to the Mini-Kitchen participants.

A Big thanks to all the adults who sponsored the youth: Yvette Levarity, Maude Wilkins, Kenrick Haylock, and Cathv Brown.

For Sale: Brand New 2009 in the box, never been open, Goodman Gas Furnace 95% AFUE performance. The heat exchange has a 10 year warranty as well as all the functional parts. Replacement is free. Please get in touch with Ardis at 323-298-7766.

If anyone knows an elderly person who needs home care, please call Cheryl Wilson at 323-931-6119.

Happy New Year!



HNOJ School News

Approximately 130 preschool students and their parents spent a blessed morning December 15, 2009 at Holy Name of Jesus School. The students and their parents were special invited guests to the school's Pre-schools Appreciation Day. The school's band, cheerleaders, praise and modern dance team were among the performers that entertained the preschool students. Later in the program, HNOJ students joined the preschoolers in singing Christmas songs. The students also took photographs with Santa Claus and received a Christmas toy courtesy of HNOJ students.



HNOJ launches Annual Fund Appeal

A warm thank you to the following parishioners who have responded immediately to Holy Name of Jesus School's Annual Fund Appeal for 2009:

Jenny Millender
Verna Lipscomb
Gloria Banner
John Takenaka
Ella Jackson
Martha Hamiter

The appeal will run for the remainder of December and early January. Kindly get in touch with the school if you have not received your Christmas Greetings and appeal forms in the mail. Thank you to all our donors and may God continue to richly bless you! You are making a difference in the lives of our students through your kind contribution.

LAMARATHON.

It is time to get ready for the 2010 Los Angeles Marathon; on a new date and a new route, "from the stadium to the sea" held on Sunday, March 21st. The 2010 LA Bike tour will not be held on the day of the marathon. It has been postponed until a later date. There's also a 5K Run on Saturday, March 20th that ends in the middle of the Marathon Expo at Dodger Stadium! For registration and more information go to www.lamarathon.com and sign up!

Healthy Living...

Tips to Prevent Holiday Stress and Depression (www.mayoclinic.com)

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- ❖ **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- ❖ **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
- ❖ **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- ❖ **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.
- ❖ **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- ❖ **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- ❖ **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- ❖ **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.
- ❖ **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- ❖ **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays. Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.

DID YOU KNOW?**ALWAYS KEEP AN UP-TO-DATE PHOTO OF YOUR CHILD**

Picture this: A good photo could save a child's life. One of the most important tools for law enforcement in the case of a missing child is an up-to-date (take a new one every six months), good –quality photograph. The photograph should be recent head – and –shoulders of the child in which the face is clearly seen. It should be of school- portrait quality, and the background should be in a digitized form and available on a compact disk (CD), as opposed to just a hard copy. This minimizes the time necessary to scan, resize, and make color correction before disseminating it to law enforcement. The photograph should have space for accurate, narrative description useful to identify the child, such as name, nickname, height, weight, sex, age, eye color, identifying marks, glasses, and braces.

**SHARMAINE HAYLOCK, CHAIRPERSON
HOLY NAME CHURCH SAFEGUARD
THE CHILDREN COMMITTEE**

Together In Mission

As we come to the end of the year, it is time to make the final payments on our **Together In Mission** pledges that we made last spring. Together In Mission is the Bishop's Annual Appeal where by low income schools and parishes receive financial assistance from the 297 parishes throughout the Archdiocese. **We are currently about \$12,000 short of our goal, and the deficit must be made up from parish funds.** If you have made a pledge to Together In Mission and have not paid your balance in full, please send your check to the parish office or directly to Together In Mission in the envelope that they have provided. If you have not made a pledge, we invite you to do so. Please make your check payable to **Together In Mission** and send it to us in the parish office, or simply drop it in the weekly collection with a note stipulating that it is for Together In Mission.

Remember, **our school receives over \$35,000 each year** through the generosity of families who contribute to Together In Mission. And, last year, our parish received an additional **\$58,000** in funds from Together In Mission for the remodel of the exterior of the Rectory. Please be as generous as your means will allow.

Religious Formation Schedule for December 2009**CCD****Christmas break December 26- January 2, 2010****Class resumes:**

Saturday, January 9, 2010 9:30-11:00
Sunday, January 10, 2010 9:00-10-00

Confirmation

First year -Thursday, December 3rd & 17th 7:00pm-8:30pm in the Acacia Center. Classes resume on January 7, 2010.

Second year - Thursday, December 10, 2010 7:00pm-8:30pm in the Acacia Center. Classes Resume on January 14, 2010.

Stewardship Report

Stewardship: A Definition from Scripture
Without cost you have received; without cost you are to give.

-Matthew 10:8

Weekly Collections**Christmas Collections:**

2009 = \$ 5,926.00
2008 = \$ 6,799.00
2007 = \$ 8,428.00

Current Year:

December 27, 2009 = \$ 7,477.00

Two Previous Years:

December 28, 2008 = \$ 6,799.00
December 30, 2007 = \$ 7,760.00

Thank you for your generosity, especially during this holiday season!



A parishioner has a Duplex/Apartment for rent. Please call Carole Hawkins for more information, (323) 733-3657.