

M A S S S C H E D U L E**Monday 2/1 7:30am Fr. Spellman**

2 Samuel 15:13-14, 30; 16:5-13
 Psalm 3:2-7
 Mark 5:1-20

Tuesday 2/2 7:30am Fr. Idomele

Malachi 3:1-4
 Psalm 24:7-10
 Hebrews 2:14-18
 Luke 2:22-40 or 2:22-32

Wednesday 2/3 7:30am Fr. Spellman

2 Samuel 24:2, 9-17
 Psalm 32:1-2, 5-7
 Mark 6:1-6

Thursday 2/4 7:30am Fr. Idomele

1 Kings 2:1-4, 10-12
 1 Chronicles 29:10-12
 Mark 6:7-13

Friday 2/5 7:30am Fr. Spellman

Sirach 47:2-11
 Psalm 18:31, 47, 50-51
 Mark 6:14-29

**Saturday 2/6 7:30am Fr. Spellman
4:30pm Fr. Idomele**

1 Kings 3:4-13
 Psalm 119:9-14
 Mark 6:30-34

Sunday 2/7**Fifth Sunday In Ordinary Time**

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

Isaiah 6:1-8
 Psalm 138:1-8
 1 Corinthians 15:1-11
 Luke 5:1-11

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-Khoury), 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, Mario Toledo, Kelly Matthews, Angie Dupre, Shirley Miller, Emily Lewis, Basil Lewis, Mrs. Oliska Batiste, Tyrone Batiste, Santiago Zayas, Florentino Pulido, Genevieve Tobin, those seeking employment, and those struggling to make ends meet during these tough times.

Church Bulletin Board

Monday, Feb 1, 2010 7:00pm Bible Study
7:00pm Spanish Renew
7:00pm Worship Meeting

Tuesday, Feb 2, 2010 7:00pm RCIA
7:00pm Substance Abuse
7:00pm Spanish Intercessory
7:00pm Fr. Gus Bible Study

Wednesday, Feb 3, 2010 6:30pm MSC
7:00pm Mariano Ministry
7:00pm Spanish Baptism Class
7:00pm Spanish Prayer Group

Thursday, Feb 4, 2010 12:30pm Bible Study
7:00pm Confirmation
7:00pm Spanish Prayer Group

Friday, Feb 5, 2010 6:00pm Junior Setup
6:30pm BDYC
7:00pm Bible Study
7:00pm Baptism Class

Saturday, Feb 6, 2010 9:00am Junior Fish Fry
9:30am Religious Formation
9:30am Spanish Bible Study
12:00pm Girl Scouts

Sunday, Feb 7, 2010 9:00am Religious Formation
2:00pm Awe Drumming

Pastor's Letter

This weekend we kick off our **2010 Bishops Annual Appeal**, better known as "**Together In Mission.**" As many of you know, this is a way for all 297 parishes in the Archdiocese to participate in a program that benefits 38 parishes and over 50 schools, including our own Holy Name of Jesus School. Each year every Catholic in the Archdiocese is asked to make a pledge to help our parishes and schools that are struggling financially. Once the person makes the pledge, the Archdiocese will bill you each month until the total pledge is paid.

Each parish is given a goal by the Archdiocese of 10% of the previous year's total collections. Last year our Collections totaled approximately **\$416,000.00** so our goal for this year is **\$41,600.00**. If the parish does not reach its goal, the deficit must be paid from parish reserve funds. Last year, at the end of October, we were about \$12,000 short of our goal. So, during the months of November and December, we took second collections specifically for Together In Mission. Those collections, combined with the donations that we received at our New Year's Eve Healing Mass, enabled us to reach our goal, and to exceed it by a small amount. However, we would have been significantly over our goal had we been able to collect all of the pledges that were made last January. *(At the end of 2009 we had over \$5,600.00 in uncollected pledges.)*

This year I invite you to prayerfully consider your pledge to Together In Mission. And please keep in mind that *Holy Name of Jesus School receives \$35,000.00 in subsidies from Together In Mission each year*, and over the past two years Together In Mission has given special subsidies to our parish for the *Rectory improvements (\$45,000.00)* and the *Acacia Center improvements (\$13,500.00)*. So, as you can see, what we give comes back to us in abundance!

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

Dear Members of Holy Name of Jesus Church,

Last weekend Paula Kane was called home by the Lord after being on life support for a number of days. I anointed her at Hoag Hospital in Newport Beach on Thursday afternoon, and prayed with her family. Over the weekend her family decided to disconnect the life support machines and to donate her organs to those patients who were most in need. While I know that this was a painful decision for her loved ones, her organs have now gone to others who have the chance of many happy years ahead of them. Last month a friend of mine from Claremont was the beneficiary of an organ donation, and he feels so blessed by the family who made this difficult decision.

Paula's daughter has arranged for funeral services to be held this Wednesday, February 3rd at 11:00 a.m. at Evangelistic Church of God in Christ at 442 East El Segundo Boulevard (at Avalon). It is a large white and blue church next to a gas station. I have been asked to share some words of comfort in the service.

The family has requested a Memorial Mass to be held here at Holy Name of Jesus some time after the Funeral, and when I have this information I will pass it along to you. And, please pass this on to anyone who may want to know about Paula's passing and to say a special prayer for her.

May the Lord Grant eternal rest to her soul, and all the souls of the faithful departed.

Father Paul

HNOJ School News

Come on out and support our Boys and Girls Basketball Teams as they compete in the CYO Tournament. Please see the schedule below for dates, places and times:

HNOJ Lady Bruins

February 4th – HNOJ vs. St. Eugene at 3:45 p.m. at St. Eugene

HNOJ Bruins

February 6th – HNOJ vs. Mother of Sorrows at 2:00 p.m. at Serra High School

February 13th – HNOJ vs. Ascension at 4:00 p.m. at Serra High School

February 20th – HNOJ vs. St. Anthony at 4:00 p.m. at Serra High School

Come cheer on our Bruins boys and girls.

Gratitude is Golden

A warm thank you to the following parishioners who have responded to Holy Name of Jesus School's Annual Fund Appeal for 2009/2010:

| | |
|------------------------------------|----------------------------------|
| Jenny Millender: Friend of HNOJ | Gloria Banner: Friend of HNOJ |
| John Takenaka: Friend of HNOJ | Claudia Osorio: Friend of HNOJ |
| Muriel Wallace: Friend of HNOJ | Shirley Coburn: Friend of HNOJ |
| David Leech: Friend of HNOJ | Eva Mai Smith: Bronze Donor |
| Deniche Francis: Bronze Donor | Basilia Rosales: Bronze Donor |
| Verna Lipscomb: Silver Donor | Donna Finley: Silver Donor |
| Ella Jackson: Gold Donor | Martha Hamiter: Gold Donor |
| Brenda Harris: Diamond Donor | Joe Elady: Platinum Donor |
| Christine Moore: Platinum Donor | Henry Grayson: Platinum Donor |
| Barbara James: Platinum Donor | Norma Mitchell: Platinum Donor |
| L.R. LaBorde: Platinum Donor | Paul Bay: Platinum Donor |
| Marsha Barnes: Platinum Donor | Jeffrey Upperman: Platinum Donor |
| James/Janice White: Bronze Donor | |
| Dc. Alejandro/Carmen: Bronze Donor | |

The appeal will run for the remainder of January. Kindly get in touch with the school if you have not received your 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.

HNN TV – Holy Name News Hits the Airwaves



The Student Council started the first week of school to do televised student assemblies seen by students on the televisions in their classrooms. The effort integrates the use of technology in the classroom, strengthens the leadership capacity of the students and increases motivation. The students prepare and conduct the assemblies with guidance from faculty.

We are still in need of video equipment. If you would like to donate a tripod, video camera, etc., please call the school office

Healthy Living...

Heart Disease and Angina (Chest Pain)

The most common symptom of coronary artery disease is angina or "angina pectoris," also known simply as chest pain. Angina can be described as a discomfort, heaviness, pressure, aching, burning, fullness, squeezing, or painful feeling due to coronary heart disease. Often, it can be mistaken for indigestion.

Angina is usually felt in the chest, but may also be felt in the shoulders, arms, neck, throat, jaw, or back.

If you have this symptom, take notice. If you've never been diagnosed with heart disease, you should seek treatment immediately. If you've had angina before, use your angina medications as directed by your doctor and try to determine if this is your regular pattern of angina or if the symptoms are worse. (This is called unstable angina, see below.)

What Causes Angina?

Angina is caused when blood flow to an area of the heart is decreased. This impairs the delivery of oxygen and vital nutrients to the heart muscle cells. When this happens, the heart muscle must use alternative, less efficient forms of fuel so that it can perform its function of pumping blood to the body. The byproduct of using this less efficient fuel is a compound called lactic acid that builds up in the muscle and causes pain. Some medications used to treat angina work by inhibiting the use of this fuel source.

Can Angina Occur Without Coronary Disease?

Angina can occur in the absence of any coronary disease. Up to 30% of people with angina with a heart valve problem called aortic stenosis, which can cause decreased blood flow to the coronary arteries from the heart. People with severe anemia may have angina because their blood doesn't carry enough oxygen. People with thickened heart muscles need more oxygen and can have angina when they don't get enough.

How Is Angina Evaluated?

To evaluate your angina, your doctor will first ask you a series of questions to determine what your symptoms are and what brings them on. After examining you, your doctor will order one or more of a series of tests to determine the underlying cause of the angina and the extent of coronary artery disease, if present. These tests include:

- ✓ Exercise stress test
- ✓ Electrocardiogram (ECG or EKG)
- ✓ Stress imaging tests, such as nuclear tests or stress echocardiography. These are specialized imaging tests that can accurately localize the part of the heart that has decreased blood flow.
- ✓ Echocardiogram
- ✓ Cardiac catheterization

For more information regarding heart disease and angina, log onto www.webmd.com

DID YOU KNOW?**Is Your Family Prepared for a Natural Disaster?**

News reports on the recent earthquake in Haiti have shown how easily families can become separated during the chaos of a natural disaster. *The National Center for Missing and Exploited Children* offers the following recommendations to all families potentially impacted by a natural disaster: Know where your kids are at all times;

Stay together; Take photos of your children with you when evacuated; Give children identification information to carry with them, including the child's name, date of birth, address, phone numbers, etc.; E-mail digital photos of all family members to extended relatives and/or friends; Photocopy important documents and mail to a friend/relative in a safe location; make a plan with your children so they know what to do if your family becomes separated during an evacuation.

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

Black History Month 2010

***"An Unlimited Celebration;
Church, Family, Community, and Culture"***

Sunday, February 7th

Join us for the first Sunday of Black History Month with Guest Celebrant Fr. George Clements as we lift in prayer the African American Family.

After Mass, there will be a Soul Food dinner in the parish hall. Cost is \$7.00 and includes dinner, dessert and beverage. Healthier alternatives are also available!

Wear your African / Cultural attire and bring a friend!

If you would like to be a vendor for the market place (2/14) or health fair (2/21), please call the parish office and leave your name and number.

Sister Margaret Farrell and
Covenant House would like to thank you for
your kind donations and for visiting the homeless
youth at Covenant House.

Parish Photo Directory

If you missed taking your picture with Olan Mills and would like a Family Portrait to be in the Parish Photo Directory please submit a photo to the Church office by Monday, February 8, 2010..

All ministries that wish to have their picture in the Photo Directory need to submit it to the church office no later than Monday, February 8, 2010.

Stewardship Report***Stewardship: A Definition from Scripture***

Without cost you have received; without cost you are to give.

-Matthew 10:8

Current Year:

January 24, 2010 = \$ 7,084.00

Two Previous Years:

January 25, 2009 = \$ 7,337.41

January 27, 2008 = \$ 6,299.86

Thank you for your generosity!

**The Knights of Peter Claver
Coordinating Junior Branch and Courts
Annual Fish Fry
Saturday, February 6, 2010
From 11:00am - 6:00pm
Holy Name of Jesus Hall**

Office of Religious Education

- Rites of Christian Initiation for Adults (RCIA) are on Tuesday's at 7:00pm in Acacia Center.
- For all young people making First Holy Communion, the First Parent Meeting will be held in Spanish on January 23, 2010 and in English on February 6, 2010. Both will be held in the Acacia Center from 9:30am to 11:00am. You can attend either one.
- Please keep our Confirmation Classes in Prayer.
- The Rite of Acceptance for RCIA Candidate Christine Haylock and Salvador Alvarado please keep them in your prayers

For more information, please contact Cathy Brown at (323) 734-8888 ext 2.