

## M A S S S C H E D U L E

**Monday 1/10 7:30am Fr. Spellman**

Hebrews 1:1-6  
 Psalm 97:1-2, 6-7, 9  
 Mark 1:14-20

**Tuesday 1/11 7:30am Fr. Idomele**

Hebrews 2:5-12  
 Psalm 8:2, 5-9  
 Mark 1:21-28

**Wednesday 1/12 7:30am Fr. Spellman**

Hebrews 2:14-18  
 Psalm 105:1-4, 6-9  
 Mark 1:29-39

**Thursday 1/13 7:30am Fr. Idomele**

Hebrews 3:7-14  
 Psalm 95:6-11  
 Mark 1:40-45

**Friday 1/14 7:30am Fr. Spellman**

Hebrews 4:1-5, 11  
 Psalm 78:3-4, 6-8  
 Mark 2:1-12

**Saturday 1/15 7:30am Fr. Spellman  
4:30pm Fr. Spellman**

Hebrews 4:12-16  
 Psalm 19:8-10, 15  
 Mark 2:13-17

**Sunday 1/16 Second Sunday in Ordinary Time**

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

Isaiah 49:3, 5-6  
 Psalm 40:2, 4, 7-10  
 1 Corinthians 1:1-3  
 John 1:29-34

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

**Praying the Rosary**

Every 12<sup>th</sup> of the month there will be a Rosary in the church at  
 6:00pm.

**In need of our prayers...**

Ethel Allen, Genevieve Alexander, Eva Anderson, Cheryl Aubrey, Donald Aubrey, Susan Augustine, Felicia Bagley, Mrs. Oliska Batiste, Tyrone Batiste, Shannon Benjamin, Joshua Bolden, Arleen Bouscher, Jordan Brown, Iola Brown, McCoy Brown, Taylor Brown, Gloria Bunkley, Lucy Byrd, Inez Cameron, Jerry Clary, Sheryl Cooper-McGinest, Elrena Dandy (Sister of Tina Floyd), Edward DeJohn, Thomas Delon-Monroe, Nicholas Dudley, Angie Dupre, Rudi Eagleson, Barbara Ellis, Norma Ellison, Bettye Epps, Pauline Favors, Zelandia Fero, Jose Gonzalez, Raul Gonzalez, Amy Gosey, Henry Green, Joey Green, Olivia Griffin, Margaret Guillory, Ruth Howard (Sister of Tina Floyd), Milton Johnson, Irene Johnson, Thurman Johnson, Ellender Julian, Lorraine Julian, Warren Knox Jr., Aimee Lewis, David Lewis, Ina Lewis, Verna Lipscomb, David Little, Maria Lopez, Jennifer Lynch (niece of Debra Stewart), Karla Martinez Ochaeta (niece of Carmen El-Khouri), Kelly Matthews, Julio Mejia, Shirley Miller, Robin Mitchell, Ruben Palamaris, Phyllis Pope, Christopher Ray, Joyce Robinson, Oscar Antonio Romero, Naomi Sealey, Norma Session, Verdell Shelvin, Maria Sierra, Stephanie Sims, Johnnie Singleton, Eva Smith, James Smith, Debra Stewart, Edwin Thomas Sr., Mario Toledo, Phyllis Troupe, David Tureaud, Edna Valdry, Ophelia Walker, Elsie Weston, Sandy Wheeler, West "Ted" Williams, Thad Wiltz, Gerald Winn, Santiago Zayas, Adrianna Zelaya, those seeking employment, and those struggling during these tough times.

**Church Bulletin Board**

**Monday, January 10, 2011** 7:00pm Bible Study  
7:00pm Spanish Renew  
7:00pm Spanish Prayer Group  
7:00pm School Board

**Tuesday, January 11, 2011** 6:45pm Spanish Musicians  
7:00pm Substance Abuse  
7:00pm Spanish Intercessory

**Wednesday, January 12, 2011** 6:00pm Rosary  
6:30pm MSC  
7:00pm Spanish Baptism Class  
7:00pm Mariano Ministry  
7:00pm Youth Group

**Thursday, January 13, 2011** 12:30pm Bible Study  
7:00pm Cristo Negro Mass  
7:00pm Spanish Prayer Group  
7:00pm Confirmation Class

**Friday, January 14, 2011** 6:30pm BDYC  
6:45pm Spanish Musicians  
7:00pm Bible Study  
7:00pm Baptism Class

**Saturday, January 15, 2011** 9:30am Religious Formation  
9:30am Bible Study  
12:00pm Girl Scout  
3:00KPC Meeting

**Sunday, January 16, 2011** 9:00am Religious Formation  
2:00pm Awe Drumming

### Pastor's Letter

Today, Sunday, January 9th, the people of **southern Sudan** will cast their votes as to whether they wish to secede from the northern part of Sudan and **form the world's newest country**. The reasons for this are many, but this vote could result in enormous violence, possibly leading to another civil war and more genocide, such as that which the country experienced in the 1990's in the Darfur region.

**Over the past two centuries the Arab north has oppressed the African south.** Sudan's two long civil wars since its independence from Anglo-Egyptian control in 1956 have claimed over two million lives. In 2005 the United States brokered a Comprehensive Peace Agreement to end more than half of a century of conflict, creating an autonomous southern region. But it has not been an easy road. Last fall, **U.S. Secretary of State Hillary Clinton** told the Council on Foreign Relations that **Sudan is a "ticking time bomb of enormous consequences."** If the country splits into two separate countries, it will be very hard for the north to accept it; for most of Sudan's oil, which accounts for 60% of Sudanese government revenue, is in the south. So, we have on our hands a battle over religion, culture, tribe, language, and economics.

Next week we will celebrate the **Feast of Christo Negro de Esquipulas** (from Guatemala) and next month we will celebrate **Black History Month**. In both of these celebrations we remember our ancestors and our heritage, and the many blessings that we have gained from them. However, as we celebrate our culture and our faith, let us not forget the people of Sudan who are facing a challenging year, regardless of the outcome of the election. *Let us pray for our brothers and sisters in Sudan, Guatemala, and all of the countries in which our ancestors have lived in the past and where our brothers and sisters live today!*

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

#### A few friendly housekeeping reminders...

- **Please do not tape any flyers, posters, etc. on the walls or doors of the church.**
- **Children under the age of 13 will have to be accompanied by an adult when going to the restroom...**
- **No teenagers can accompany a younger child to the restroom unless they are over the age of 18...**
- **The crying room is for parents with babies only. All others will be asked to leave...**
- **Children must sit with their parents at all times during the mass services...**
- **Ushers will escort unsupervised children to their parents...**
- **When arriving late for mass, you will be asked to remain in the vestibule until directed by an Usher...**
- **Turn cell phones and pagers off when entering church...**
- **No gum, food or drinks in the church!!!!**

The Altar Society would like to thank all of those who answered the call to help clean the church and decorate for our Christmas celebrations. Your support is truly appreciated!

#### Clean Up Crew

Leticia Alvarado, Mary Alvarado, Maria Alvarez, Ina Bryant, Luz Patino, Ruth Gill, Angelina Huizar, Rafael Carvajal, Felicitas Cornillo, Rodolfo Fapia, Cecilyn Desvigne, Emmanuel and Alexander Powell, Yvette King, Amanda Terry, Oliska Batiste, Keith LeSassier, Thomas St. Julien, Fran Wiltz-Aubry, Cheryl Blount, Sheree Brown-Johnson, Dc. Douglass Johnson Sr., LaNecia Vicknair, and Erica Mitchell.

#### Decorating Crew

Carol Otis, Joshua Aviles, Victor Aguilar, Rosa Pinate, Heann Pinate, Cathy Brown, Sierra Rose, and Ruth Gill.



### *Holy Name of Jesus School News!*

#### **Annual Fund Appeal:**

While our student population continues to grow, the need is also increasing. The Annual Fund Appeal has been one of the ways Holy Name of Jesus Church parishioners have been able to impact student education. Many more students now need financial aid to be able to receive an excellent, Catholic education and this year's appeal provides music education and tuition scholarships.

The Annual Fund Appeal will last until the end of the month, January 31, 2011. If you haven't done so yet and feel the need to help a child stay in Holy Name of Jesus School by providing a deserving family with financial aid, kindly provide a contribution through the Annual Fund Appeal.

We also want to thank all the kind, wonderful parish members that have responded so far. A warm thank you to the following:

- Verna Lipscomb
- Edna Voldry
- Deniche Francis
- Robert Smith
- Dr. and Mrs. Steven Lopez
- KPC Ladies of Grace Chapter 13
- Knights of Peter Claver, Inc.
- Michael and Catherine Khouri
- Shirley Anderson
- Ruth Schlater
- Jeanette Williams
- Gwendolyn Duncan
- Gloria Banner
- Edwin Martin Jr.
- Aaydan and Ray Peppard
- William Sr. and June Pajaud
- Allen and Jenny Millender
- Pauline Favors
- Dewayne and Dr. Judith Nash
- Robert and Phyllis Ambrose
- Patricia O'Brien
- Shirley Coburn
- John Takenaka
- Joyce Robinson
- Ella Jackson
- Martha Pruden Hamiter
- Dr. Jeffrey Upperman
- Bevanne A Bean-Mayberry
- Norma Mitchell
- Barbara James
- Virginia Dalcoe
- Winston and Pansy Greene
- Marion and Eduarda King

Remember it is not too late to make a generous contribution to the work the school is doing. As is evidence by the family masses every month, the school does a fabulous job educating the spirit and the mind!

#### **HNOJ 3<sup>rd</sup> Annual Gospel/Jazz Brunch**

Saturday, April 9<sup>th</sup>, 2011!

St. Mary's Academy (701 Grace Blvd. in Inglewood)

From 11:00 a.m. – 4:00 p.m.

Featuring food by – **The Creole Chef and jazz music by the best our parish has to offer!** Contact Michael Williams for more information and contact Greg Warner if you want to include an advertisement in the Souvenir Book! Remember that we are also accepting donations for the Silent Auction. See Cathy Brown if you have a goodie or two to contribute!

### *Healthy Living*

#### **The 9 Most Fattening Foods of Winter**

#### **Cold-weather favorites that can lead to winter weight gain.**

By Kathleen M. Zelman, MPH, RD, LD

So what are the worst winter foods, the calorie-packed culprits that we should stay away from? The truth, experts say, is that there really are no "bad" foods. A few bites of even the most fattening food can fit into your diet. But there certainly are foods that are worse for us than others. When you check out the nutritional numbers on these foods, keep in mind that most adults need fewer than 2,000 calories, 65 grams of total fat, and 20 grams of saturated fat each day. Here are picks from the experts for the nine winter foods most likely to pack on the pounds:

1. Macaroni and cheese
2. Cream-based soups, bisques and chowders
3. Cream- and cheese-based casseroles
4. Cheesecake treats
5. Chili and stews loaded with ground beef, sausage, and/or cheese
6. Pies topped with whipped cream or ice cream
7. Cookies
8. Fried side dishes -- chili cheese fries, onion rings, and plain old French fries
9. Creamy pot pies with pastry on the top and bottom

Beyond limiting the most fattening foods, here are some more general expert tips for avoiding winter weight gain: Have plenty of low-sodium soups and stews that are broth or tomato-based and contain lots of vegetables. Studies show that eating broth-based soup before a meal can fill you up and help you eat fewer calories during the meal. Heat up your food with spices and peppers to give it more pizzazz so you won't miss the high-fat ingredients. Use only lean meats in casseroles and other dishes. Even then, remember to keep portions reasonable. Drink plenty of water with your meals. Include plenty of lean protein in your diet to keep you feeling full and satisfied. Replace cream in recipes with fat-free half-and-half or low-fat milk. Use 2 egg whites instead of each whole egg in recipes. Get plenty of natural sunlight, and stay fit to keep your metabolism perking. Keep your menus simple and reduce the number of choices to reduce the temptation to try everything. During the holiday season, keep your routine as normal as possible, and if you do splurge, just get right back on track so Thanksgiving dinner does not extend all the way to New Year's Day. (For more information, log onto [www.webmd.com](http://www.webmd.com))

#### **Please keep the following Confirmation and RCIA Candidates in your prayers:**

#### **2<sup>nd</sup> year Confirmation Candidates:**

Nnamdi Abaekobe, Jonathan Brice, Chanel Davis, Ashley De La Paz, Linwood Foy, Bernard Franklin, Carlos (Andy) Gonzalez, Barbara King, Osmar Molina, Jacquelyn Nwagwu, Olaedo Ofona, Reginald Paige, Marcus Ruduloph, Rosalind Smith, Tayelor Turner, Augustin Valencia, Sandy Mecinas Ventura, Tyler Vicknair, Gregory Warner, and Jourdhyn Williams.

**RCIA Candidates:** Tiffany Brown, Derick Calbert, Nola McBroom, Stone Shelton, and Melissa Vargas.

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

We are called to "bear good fruit," not just for ourselves, but for all. Thank you for the many gifts you share with this community of faith. Please take a few minutes to prayerfully consider your stewardship Gift to God in thanksgiving for the many blessings you have received.

**Current Year:**

**January 2, 2011 = \$ 8,122.00**

**Two Previous Years:**

**January 3, 2010 = \$11,312.00**

**January 4, 2009 = \$8,551.75**

**Thank you for your generosity!**

**DID YOU KNOW?****Safety tips for parents traveling with children**

Traveling with kids during the holidays can be a challenge, especially with the added worry of safety thrown into the mix. Here are some suggestions parents can use to help ensure their children's safety while traveling: 1. Prior to leaving on your holiday, remind children about your family safety procedures for dealing with strangers and what to do if they get lost. 2. Keep a recent photo of children handy, also a photocopy of passports kept in a safe place or with a relative that can fax it to you in case of loss. 3. If you label children's clothing, make sure the label is inside so strangers are not able to learn your child's name.

**SHARMAINE HAYLOCK, CHAIRPERSON  
HOLY NAME of JESUSCHURCH  
SAFEGUARD THE CHILDREN COMMITTEE**

**The What's Happening Now Corner☺**

As part of our **Stewardship** program, our parish leadership is presenting the financial results of the parish so that you can understand where our funds are coming from, and how we are spending the money you have donated to us. Below is a summary of the results for the six months ended December 31, 2010:

**INCOME:**

\$222,869.61 Collections  
7,250.00 Second Collections for the Poor and Needy  
9,619.00 Special Collections for Together In Mission  
22,033.46 Other Donations and Other Income

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**\$261,772.07 Total Funds Received**  
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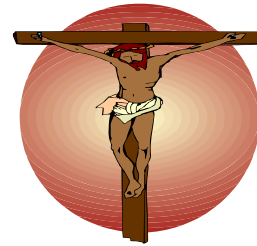
**EXPENSES:**

\$ 249,370.44 Parish Expenses  
7,250.00 Second Collections - Disbursed for the Poor and Needy  
9,619.00 Special Collections - Sent to Together In Mission  
20,000.00 Transfers to our Parish School  
3,300.00 Donations to the St. Peter Claver Center (Catholic Charities)

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**\$289,539.44 Total Funds Disbursed**  
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**\$ ( 27,767.37) Deficit - Funds Taken out of our Reserves to Cover our Expenses**  
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As you can see, our expenses are exceeding our income by approximately \$4,600.00 per month. Our parish Stewardship Committee invites you to prayerfully consider you and your family donates to our parish each week. Just as your family's expenses increase each year, so do the expenses of our parish. Please give generously of your time, your talent, and your treasure!

**Holy Name of Jesus Church**

**Invites all our brothers and sisters in general, to celebrate with us our ninth annual celebration of**

**“The Miraculous Black Christ of Esquipulas”**

**Thursday, January 13, 2011**

**6:30pm – Solemn Procession**

**7:00pm – Solemn Mass**

**8:00pm- Small reception in the church's parish hall**

**Rite of Christian Initiation for Adults (RCIA)**

The next meeting is January 18<sup>th</sup>. The topic is Sacraments of Baptism and Confirmation presented by Bro. Anthony AniChukwu.

Are you over 18 and interested in becoming Catholic or learning more about the Catholic faith? If so please come to our inquiry classes on Tuesdays, 7:00pm to 8:30pm in the Acacia Center.

Starting on Tuesday, January 18th our Young Adult Bible Study meeting night will be changed to Tuesdays, 7:30pm-9:00pm, the Church Crying Room. Come out and be a part of the ongoing renewal and makeover of our Covenant Bible Fellowship. We will begin to discover our true identity in Christ as we encounter the Holy Spirit. Going deep into the Word of God, we will bring our life issues and challenges to our Lord and Savior Jesus Christ through prayer as we fellowship together. Deacon Doug Johnson will be teaching and facilitating. All are welcome! For further questions, please call Deacon Doug at (323) 251-1881.