

M A S S S C H E D U L E**Monday 10/12 7:30am Fr. Spellman**Romans 1:1-7
Psalm 98:1-4
Luke 11:29-32**Tuesday 10/13 7:30am Fr. Idomele**Romans 1:16-25
Psalm 19:2-5
Luke 11:37-41**Wednesday 10/14 7:30am Fr. Spellman**Romans 2:1-11
Psalm 62:2-3, 6-7, 9
Luke 11:42-46**Thursday 10/15 7:30am Fr. Idomele**Romans 3:21-30
Psalm 130:1-6
Luke 11:47-54**Friday 10/16 7:30am Fr. Spellman**Romans 4:1-8
Psalm 32:1-2, 5, 11
Luke 12:1-7**Saturday 10/17 7:30am Fr. Spellman
4:30pm Fr. Spellman**Romans 4:13, 16-18
Psalm 105:6-9, 42-43
Luke 12:8-12**Twenty- Ninth Sunday in Ordinary Time****Sunday 10/18**
8:00am Fr. Spellman
10:00am Fr. Idomele
12:30pm Fr. SpellmanIsaiah 53:10-11
Psalm 33:4-5, 18-20, 22
Hebrews 4:14-16
Mark 10:35-45 or 10:35-42CDs of Sunday Masses are available in the Church
Office on Tuesday of each week.**In need of 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, Basil Lewis, Herbie King, Mario Toledo, Elizabeth Profit, Kelly Matthews, Shirley Miller and those seeking employment, and those struggling to make ends meet during these tough times.

The Los Angeles County Health Department will be here Sunday, October 18, 2009 giving out Flu Shot.**Church Bulletin Board**

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| Monday, Oct 12, 2009 | 7:00pm Bible Study 7:00pm Lector 7:00pm Renew 2000 (Spanish) 7:00pm School Board Mtg. |
| Tuesday, Oct 13, 2009 | 7:00pm Substance Abuse 7:00pm Spanish Intercessory 7:00pm Youth Group |
| Wednesday, Oct 14, 2009 | 6:30pm MSC 7:00pm Mariano Ministry 7:00pm Spanish Baptism Class |
| Thursday, Oct 15, 2009 | 12:30pm Bible Study 7:00pm Confirmation 7:00pm Spanish Prayer Group |
| Friday, Oct 16, 2009 | 6:30pm Young Adult 7:00pm Bible Study 7:00pm Baptismal Class |
| Saturday, Oct 17, 2009 | 9:30am Religious Formation 9:30am Bible Study 11:00am Girl Scouts 11:30am Memorial Mass |
| Sunday, Oct 18, 2009 | 9:00am Religious Formation 2:00pm Awe Drumming |



Pastor's Letter

In last Sunday's Los Angeles Times, the *Parade* magazine had a cover story entitled, "*Has America Become More Spiritual?*" The article was based on a survey taken by the magazine in which various questions were asked of people across America. While it is true that some survey questions can be confusing and misleading, and there is no guarantee that anyone is answering with the truth, I did find some of the results to be quite thought-provoking. For example:

#1) 69% of the respondents believe in God and 45% call themselves "religious." Does that mean that 31% do not believe in God? Or, are many of our neighbors just not sure who God is in their lives? For some, it may not be a question that they have thought to ask. I pray that everyone does ask themselves who God is in our lives.

#2) 50% of the respondents said that they "rarely or never attend religious services" and 20% said that they go to services anywhere from once a month to a few times a year. Unfortunately, that is probably true. I'm sure we each have friends, neighbors, or co-workers who only come to church when they are invited to a Baptism, a wedding or a funeral. Or, to put it bluntly, when someone is "hatched, matched, or dispatched."

#3) 24% of the respondents said that they are "spiritual, but not religious." Perhaps that refers to someone who has a personal faith that fits no standard definition. That seems to be a number that is growing each year in our country.

#4) Only 40% said that they believe that their own religion "is a source of truth." If our faith is not the primary source of truth in our lives, I am afraid to ask what is. Is it the television, the movies, or the computer?

#5) 72% pray for the well-being of others. While it is easy to pray for ourselves, I'm glad that so many people are praying for others. Let's continue to do so!

As I look at these percentages, and consider how many millions of people these numbers would correspond to, I see an even greater need for **Evangelization** in our country. Sometimes it is easy to say, "I'm happy with my faith and let's leave everyone else alone to make their own decisions." While we respect the Constitutional right of freedom of religion, we must also remember that **Jesus** instructed us to "**Go and make disciples of all nations.**"

So, the next time you encounter someone who has no connection with organized religion, or does not seem content with the way their faith is living in their lives, **please invite them to join us for Mass here at Holy Name of Jesus.** And, if they come, please make sure you invite them to come back again soon! We have a wonderful faith community - let's share it with all of our brothers and sisters.

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

Help Get HNOJ's Sports Program Going

The school is looking for Coaches for the Girls and Boys Basketball teams. If you have experience with coaching or want to support the team with equipment and resources kindly call: 323-731-2255.

Physical Education is as Exciting as Ever

Our innovative P.E. Program started with this new school year. Students from Grades 3 - 8 all take Physical Education at the same time, 2:00 p.m. - 3:00 p.m. every Monday.

Each student has an opportunity to select from one of the following electives:



Skateboarding
Praise Dance
Modern Dance
Aerobics

Taekwondo
Flag Football
Cheerleading

We still need equipment for some of these classes so feel free to donate.

A Big Thank You to:

HNOJ's Board of Advisors
The Luncheon Planning Committee
Sister Eva Lumas (Special Guest Speaker)
Marguerite LaMotte (Mistress of Ceremonies)
Ronald Berryman
Albert "Poncho" Williams
Eddie Hilley
Monica Lewis and Michael Williams (Luncheon Co-Chairs) and all the parishioners, alumni, parents, and friends who supported us with the Luncheon and Silent Auction, who submitted donations, who bought tickets, volunteered their time and assisted us with the luncheon in other ways.

We also want to thank our parishioners who continue to support our Scholarship fund and provide stationery, school and office supplies.

Healthy Living...

Positive thinking: Reduce stress, enjoy life more
By Mayo Clinic staff (www.mayoclinic.com)

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic.

In fact, some studies show that these personality traits — optimism and pessimism — can affect many areas of your health and well-being. Positive thinking also is a key part of effective stress management. Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. It just means that you approach the unpleasantness in a more positive and productive way.

With all this in mind, take a refresher course in positive thinking. Learn how to put positive thinking into action in your own life, and reap the benefits. Self-talk is the endless stream of thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking. Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Here are some ways to think and behave in a more positive way:

- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people, those who believe they have no power over their lives, may increase your stress level and may make you doubt your ability to manage stress in healthy ways.

DID YOU KNOW?**GETTING TO AND FROM SCHOOL SAFELY**

If your child walks to school, walk the route with him/her to identify landmarks and safe places to go if he/she is being followed or needs help. Create a map with your child showing acceptable routes to and from school using main roads and avoiding shortcuts and isolated areas. Make sure young children are properly supervised going to and from school, whether it is by you as a parent/guardian, an older sibling or another trusted adult. Remind older children to always take a friend when walking or riding their bikes to and from school. For a back-to-school child safety checklist, please visit: www.missingkids.com and click on "Back to School Safety."

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

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

*Without cost you have received; without cost you are to give.
-Matthew 10:8*

Weekly Collections**Current Year:**

October 4, 2009 = \$ 8,844.00

Two Previous Years:

October 5, 2008 = \$ 11,500.99

October 7, 2007 = \$ 9,431

Thank you for your generosity!

It is time to start getting ready for the 2010 Los Angeles Marathon; it is on a new date and has a new route, "from the stadium to the sea". The 2010 LA Bike tour will not be held on the day of the marathon, it has been postponed until a later date. For registration and more information go to lamarathon.com.

Cathedral of Our Lady of Angels Gift Shop

For October, the month of the Most Holy Rosary, the Cathedral Gift Shop at the Cathedral of Our Lady of the Angels is having a sale on all in-stock rosaries. **Buy one rosary and get a second one of equal or lesser value at 50% off!** Valid through October 31st.

Cathedral Gift Shop
Cathedral of Our Lady of the Angels
555 Temple Street
Los Angeles, CA 90012
(213) 680-5277

Holy Name of Jesus Youth group will be participating in the Aids Walk on Sunday, October 18, 2009. You are welcome to participate with us by donating your time and /or money for a great cause.

A few friendly reminders...

- 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 requested to remain in the church lobby until directed by an usher...
- Turn cell phones and pagers off when entering church...
- No gum, food or drinks in the church!!!!

Office of Religious Education

Registration for all Religious Classes, which includes First Communion and Confirmation, is still underway. October is the last month to register.

Rite of Christian Initiation for Adults (RCIA) will begin October 20, 2009 at 7:00pm in Acacia Center.

The Rites of Initiation for Adults (RCIA) classes are for people who were baptized Catholic but never made First Communion, were never baptized or baptized in another Christian faith. All parishioners are welcome to join us in our journey of faith.

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.

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