

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

Monday 10/4 7:30am Fr. SpellmanGalatians 1:6-12
Psalm 111:1-2, 7-10
Luke 10:25-37**Tuesday 10/5 7:30am Fr. Idomele**Galatians 1:13-24
Psalm 139:1-3, 13-15
Luke 10:38-42**Wednesday 10/6 7:30am Fr. Spellman**Galatians 2:1-2, 7-14
Psalm 117:1-2
John 11:1-4**Thursday 10/7 7:30am Fr. Idomele**Galatians 3:1-5
Luke 1:69-75
Luke 11:5-13**Friday 10/8 7:30am Fr. Spellman**Galatians 3:7-14
Psalm 111:1-6
Luke 11:15-26**Saturday 10/9 7:30am Fr. Spellman
4:30pm Fr. Idomele**Galatians 3:22-29
Psalm 105:2-7
Luke 11:27-28**Sunday 10/10 Twenty-Eight Sunday in Ordinary
Time****8:00am Fr. Spellman
10:00am Fr. Spellman
12:30pm Fr. Spellman**2 King 5:14-17
Psalm 98:1-4
2 Timothy 2:8-13
Luke 17:11-19CDs 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, 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, Verna Lipscomb, Ruth Revis, Edna Valdry, James Smith, Eva Smith, Phyllis Troupe, Elsie Weston, West "Ted" Williams, 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, Eva Anderson, Lucy Byrd, Zelandia Fero, Taylor Brown, Jordan Brown, David Lewis, Gerald Winn, , Karla Martinez Ochaeta (niece of Carmen El-Khoury), Joshua Bolden, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Clyde Mitchell, Oscar Antonio Romero, Thurman Johnson, Debra Stewart, Gary Elliott, Mario Toledo, Kelly Matthews, Angie Dupre, Shirley Miller, Mrs. Oliska Batiste, Tyrone Batiste, Santiago Zayas, Ina Lewis (aunt of Monica Lewis and Carlotta Keaton), Julio Mejia, Maria Lopez, Adrianna Zelaya, Norma Ellison, Felicia Bagley, Edward DeJohn, Thomas Delon-Monroe, Joyce Robinson, Robin Mitchell, Gloria Bunkley, Raul Gonzalez, Basil Lewis, Sandy Wheeler, Lorraine Julian, Joey Green, Cheryl Aubrey, Norma Session, Maria Sierra those seeking employment, and those struggling to make ends meet during these tough times.

Church Bulletin Board

- Monday, October 4, 2010** 7:00pm Bible Study
7:00pm Spanish Renew
7:00pm Spanish Prayer Group
7:00pm Worship Meeting
- Tuesday, October 5, 2010** 6:45pm Spanish Musicians
7:00pm Substance Abuse
7:00pm Spanish Interssory
- Wednesday, October 6, 2010** 6:30pm MSC
7:00pm Mariano Ministry
7:00pm Spanish Baptism Class
- Thursday, October 7, 2010** 12:30pm Bible Study
7:00pm Spanish Prayer Group
7:00pm Confirmation
- Friday, October 8, 2010** 6:45pm Spanish Musicians
7:00pm Bible Study
7:00pm Baptism Class
- Saturday, October 9, 2010** 9:30am Religious Formation Class
9:30am Spanish Bible Study
12:00pm Girl Scouts
2:00pm Baptism
- Sunday, October 10, 2010** 9:00am Religious Formation
2:00pm Awe Drumming



Pastor's Letter

Each year in **October** parishes throughout the United States celebrate **Stewardship Month**, a time to reflect upon the gifts that God has bestowed on us and to discern how we wish to share our Time, our Talent, and our Treasure with our parish and other worthwhile charities. During this month members of our **Discipleship Committee**, as well as members of our parish who have completed the **Loyola Marymount University certificate program**, will be speaking at the Masses as they share their thoughts as to what Stewardship means to them. I am sure that we will hear some very interesting testimonies!

As Stewards of God's many gifts, we are responsible for taking care of our environment, our homes, and our community. And we are also encouraged to share our resources with our parish community. Each summer our **Parish Finance Council** reviews the financial results of the previous twelve months and then approves the Budget for the upcoming year. *Last year, for the second year in a row, Holy Name of Jesus Church did not generate enough in Collections and other income to cover our expenses and we had to dip into our reserves for approximately \$4,000.00.* This trend is obviously not sustainable; as we cannot continue to use our reserve funds in this manner. Also worth noting is that our Collections over the past seven months have decreased approximately **3%** compared to the same months of the previous year. As Stewards of what God has given us, we must find a way to increase our weekly Collections or begin to reduce expenses. And I do not think that anyone wants to see us cutting back on anything here at Holy Name of Jesus Church.

This past Monday night our **Parish Pastoral Council** reviewed the Budget for the upcoming year and we have concluded that, since our Expenses are increasing by approximately 3% each year, we need to either increase our Collections by 3% each year, or reduce our Expenses by a similar amount. During October, November, and December, we are encouraging everyone to review your family's financial situation and to discern how God is calling you to contribute to our weekly Collections. We all recognize that the economic situation here in California is the worst that we have seen in many years and we know that many families have been impacted by the Recession. However, if you are in a position to increase your donations to our parish, please ask the Lord to help you determine what is the correct amount for your family to tithe each week.

Later on this month we will be asking each family to complete a pledge card, making a weekly (or monthly) commitment to Holy Name of Jesus Church for the coming year. These pledges are not legally binding; if you lose your job or have some other financial challenge in your family, you can adjust your pledge at any time. But we do ask each of our 1,000 registered families to prayerfully consider your commitment to Holy Name of Jesus Church. Last week I had lunch with **Father Jerry Schmit**, who was our Pastor for many years and he told me about how Holy Name of Jesus adopted a program of "**Sacrificial Offering.**" The idea is **not** to give to the Lord what is left over, but to make our commitment to the Lord to be a sacrifice on our part, so that we may give thanks to God for all He has given us. Father Schmit said that is why the parish stopped the annual carnival and other fund-raising events and he said that the program of "Sacrificial Offering" was very successful. The key is to make the Lord number one in our lives, as evidenced by our words and our actions.

During this month of October let us each take some time to pray about how the Lord is calling us to share our Time, our Talent and our Treasure!

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

Holy Name of Jesus School News!

Grand Halloween Carnival – Friday, October 29 at HNOJ School from 1:00 – 5:00 p.m.

Come join our students for the Halloween Carnival sponsored by the PTO Board here on the school grounds. As always, you will be able to sample a variety of delicious dishes, watch the students have fun in their costumes and even take a walk through the haunted house. For more information, contact Cathy Brown Tel: 323-734-8888.

Football Fans come Watch HNOJ Bruins Football team extend their winning ways.

Here is our October schedule:

- Maria Regina vs. Holy Name of Jesus School on Saturday, October 9th, 2010 at 1:00 p.m. 3:45 p.m. at Verbum Dei High School
- HNOJ vs. St. Raphael on Saturday, October 16th, 2010 at 1:00 p.m. at Verbum Dei High School
- Ascension vs HNOJ on Sunday, October 17th, 2010 at 3:00 p.m. at Verbum Dei High School
- St. Anthony of Padua vs. HNOJ on Saturday, October 23rd, 2010 at 3:00 p.m. at Verbum Dei High School
- HNOJ vs. St. Eugene on Saturday, October 30th, 2010 at 2:00 p.m. at Verbum Dei High School

Verbum Dei High School is located at 11100 S. Central Avenue, Los Angeles, CA 90059

Get HNOJ's September newsletter sent to your e-mail address for free.

The September issue of the school's monthly newsletter is now available in PDF form and can be made available to all members of Holy Name of Jesus Parish via e-mail. If you would like to be included on the mailing list, kindly send your e-mail address to mlambey@hotmail.com.

Gratitude is Golden

Thanks to Kevin P. Burke for tuition scholarships to 5 students for the 2010/2011 school year.

Office of Religious Education

Parents, please remember that religious education is ongoing. Children who have received the Sacraments should return to class next year. For more information, please contact Cathy Brown at (323) 734-8888 ext. 2.

Holy Name will host a live scan finger printing session on Wednesday, October 13th in the Acacia Center. Please call the office for an appointment 323-734-8888 ext 1.



Healthy Living

15 Ways To Keep Cool When it's Hot

Medical Author: Melissa Conrad Stoppler, MD

Medical Editor: William C. Shiel, Jr., MD, FACP, FACR

www.medicinenet.com

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead or running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid caffeine and alcohol as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Did You Know?**Five Steps to Safer Environments****Source:** www.virtusonline.org/virtus

The Archdiocese mandates that all people who work with children and youth in our parishes and schools must undergo child abuse prevention training through the VIRTUS program. The training details five steps to prevent child sexual abuse: Know the warning signs of an inappropriate relationship with a child.

1. Know the warning signs!
2. Control access to children by carefully selecting the adults who work with children and youth.
3. Monitor all programs for the safety of children and youth.
4. Be aware of and sensitive to what is going on in the lives of children.
5. Communicate concerns to the appropriate person in

DID YOU KNOW?**Archdiocesan Child Sexual Abuse Prevention Policies**

“The Archdiocese of Los Angeles has implemented rigorous policies and procedures to provide safe environments in our parishes and parish schools for all children and young people. These include: ‘Zero Tolerance’; Guidelines for Adults Working or Volunteering with Minors; Boundary Guidelines for Junior High and High School Youth Working or Volunteering with Children or Youth; Megan’s Law Compliance Procedures. These and other policies are available online at: www.archdiocese.la/protecting.” From the pamphlet, “Working Together to Prevent Child Sexual Abuse: Keeping Ministerial Relationships Healthy & Holy,” published annually by the Archdiocese of Los Angeles. The 2010 pamphlet is available in the parish and online at: www.archdiocese.la/protecting.

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

Rite of Christian Initiation for Adults (RCIA)

The Next meeting will be October 5th at 7:00pm. The topic will be “Journey of Faith” presented by Cathy Brown, Elise Dixon and Anita Thomas.

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.

**Flu Clinic**

The Knights of Peter Claver will sponsor the Annual Flu Clinic on Sunday, October 31st from 9:00am-1:00pm in the Parish Hall after all masses. For further information please contact Raphael Blount at (310) 422-9542.

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!!!!

If anyone is in need of a care giver please give Theresa Smith a call at (323) 872-2686.

Stewardship Report***Stewardship: A Definition from Scripture****Without cost you have received;**without cost you are to give. – Matthew 10:8****Current Year:******September 26, 2010 = \$ 5,732.00******Two Previous Years:******September 27, 2009 = \$7,118.00******September 28, 2008 = \$ 7,192.50******Thank you for your generosity!***