

M A S S S C H E D U L E**Monday 10/5 7:30am Fr. Spellman**Jonah 1:1-2:1-2, 11
Jonah 2:3-5, 8
Luke 10:25-37**Tuesday 10/6 7:30am Fr. Idomele**Jonah 3:1-10
Psalm 130:1-4, 7-8
Luke 10:38-42**Wednesday 10/7 7:30am Fr. Spellman**Jonah 4:1-11
Psalm 86:3-6, 9-10
Luke 11:1-4**Thursday 10/8 7:30am Fr. Idomele**Malachi 3:13-20
Psalm 1:1-4, 6
Luke 11:5-13**Friday 10/9 7:30am Fr. Spellman**Joel 1:13-15; 2:1-2
Psalm 9:2-3, 6, 16, 8-9
Luke 11:15-26**Saturday 10/10 7:30am Fr. Spellman
4:30pm Fr. Spellman**Joel 4:12-21
Psalm 97:1-2, 5-6, 11-12
Luke 10:27-28**Twenty- Eight Sunday in Ordinary Time****Sunday 10/11
8:00am Fr. Spellman
10:00am Fr. Spellman
12:30pm Fr. Spellman**Wisdom 7:7-11
Psalm 90:12-17
Hebrews 4:12-13
Mark 10:17-30 or 10:17-27CDs 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-Khouri), 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, those seeking employment, and those struggling to make ends meet during these tough times.

Church Bulletin Board**Monday, Oct 5, 2009 7:00pm Bible Study
7:00pm Worship Committee
7:00pm Renew 2000 (Spanish)****Tuesday, Oct 6, 2009 7:00pm Substance Abuse
7:00pm Spanish Intercessory
7:00pm Fr. Gus Bible study****Wednesday, Oct 7, 2009 6:30pm MSC
7:00pm Mariano Ministry
7:00pm Spanish Baptism Class****Thursday, Oct 8, 2009 12:30pm Bible Study
7:00pm Confirmation
7:00pm Spanish Prayer Group****Friday, Oct 9, 2009 3:00pm Olan Mills
6:30pm BDYC
7:00pm Bible Study
7:00pm Baptismal Class****Saturday, Oct 10, 2009 9:30am Religious Formation
9:30am Bible Study
10:00am Olan Mills
11:00am Girl Scouts
12:00pm Forever Young 50+****Sunday, Oct 11, 2009 9:00am Religious Formation
9:00am SVDP
12:30pm KPC/KPLA
2:00pm Awe Drumming**

Pastor's Letter

We have completed our **Stewardship month** of September and we have been blessed with testimonies from many of our parishioners who have felt the call of God in their hearts and then decided to act upon it by sharing the Good News with one another. As **Saint Paul** tells us, "*there are many gifts, but the same Spirit.*" I hope that you were as touched by the words of our parishioners as I was and I hope that each one of us will discern where God is calling us to use our gifts to spread the message of salvation.

In this week's bulletin there is an insert entitled, "**STEWARDSHIP - Sharing our Time, our Talent, and our Treasure!**" in which we invite you to consider sharing your gifts with our parish community. We did not list every ministry that we have here at Holy Name of Jesus, but we included the major categories of ministry. I invite you to spend some time in prayer, asking God to help you discern your gifts, and to take advantage of this opportunity to share your gifts with our brothers and sisters. Are you feeling called to Liturgy (the Mass and the Sacraments)? How about Outreach to the Poor and Marginalized? Or Communion to the Sick and Elderly? There is a place for everyone here at Holy Name of Jesus to share our gifts with one another!

Please bring the completed form back to church and give it to me, one of the ushers, or a member of the **Discipleship Committee**. We will then contact you to see how we can help you find the right place to serve God by serving God's people!

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

Did You Know? (A Service of © 2009 Pflaum Publishing Group, Dayton, OH. Permission is granted to reproduce this page for use by parishes, schools, and families using Pflaum Gospel Weeklies.)

Catholic Culture

On their way to the 10 o'clock Mass on Sundays, the Miller family enjoys hearing the bells of St. Mark's Church. The sound of the bells sets their mood for the holy celebration in which they will participate. As they enter the church, the Millers bless themselves with holy water, a sacred sign that reminds them of their Baptism. Inside the church, they are surrounded by other sacred signs and objects. Lighted candles, crosses, statues, stained glass windows, the lingering odor of incense from the previous Mass—all add to the family's sense of the sacred. The incense, the bells, the holy objects inside the church, and the holy actions of rituals and blessings are called sacramentals. There are three kinds of sacramentals.

- **Prayerful actions or rituals**, such as making the Sign of the Cross or exchanging the Sign of Peace at Mass
- **Prayerful blessings** that call on God's care and protection, such as tracing a cross on the foreheads of our children or having the celebrant at Mass sprinkle us with holy water
- **Blessed objects** designed to remind us of the divine, such as the rosary beads Aunt Minnie gave your sister for a First Communion gift, the miraculous medal you wear around your neck, the crucifix that hangs on the wall in the dining room, and the statues of angels and saints in your church. The Church gives us many sacramentals to enhance and inspire our spirituality. They are not only a part of our private devotions, but also play an important part in the celebration of the Mass and the other sacraments.

Note to Parents: More resources at pflaum.com/familypages

HNOJ School News

Thank You HNOJ Parishioners!

The School Fundraiser Luncheon Committee would like to sincerely thank everyone who helped to make the Luncheon a success! Your ticket purchases, monetary donations, silent auction donations, and prayers made for wonderful event like no other we've ever had! Sr. Eva Lumas blessed us with spirit filled inspiration and history of Holy Name School. Mr. Albert Poncho Williams, Eddie Hilley and Rosalind Smith shared their musical talents as our entertainment for the afternoon. The many beautiful silent auction items yielded results we never expected! Please continue to keep the success of Holy Name School in your prayers.

The School Fundraiser Luncheon Committee

Michael Williams, Monica Lewis, Shirley Miller, Ganine Arnold, April Stone, Cheryl Blount, Audrey Shaw, Greg Warner, Debbie Quave, Cheryl Young, Dana Sims, Thomas St.Julien, and the many others who gave of their time, talent and treasure!

HNOJ Pastor's Scholarships Are Still Available

Holy Name of Jesus School is still enrolling new students for the 2009/2010 school year. If you are a member of Holy Name of Jesus Parish, Pastor's Scholarships are still available. Contact our Principal Ms. Belisle to obtain more information at 323-731-2255.

Volunteers Needed:

We are still looking for parishioners who can volunteer to assist with our marketing and development efforts. To obtain a list of the planned activities for this Fall, please contact HNOJ's Marketing Director at 323-551-7846.

Scholarship Fund:

HNOJ is still accepting pledges for the scholarship fund for the new school year. The school has received numerous requests for admission that can be met if financial aid is available. Your donations and contributions to the scholarship fund will help to make the school more accessible to these students and their families. Thank You!

Holy Name of Jesus School
1955 W. Jefferson Blvd.
Los Angeles, CA 90018
323-731-2255

Healthy Living...

Stress and the Economy (By Sherry Gaba, LCSW)

If you are like most people, you are feeling the effects of the economy. The fears of a failing economy, fallen house prices, banks going out of business, and high gas prices cannot be alleviated by an "economic rescue package." What most people are needing is instead, a "mental health rescue package." Perhaps our parents and grandparents can remember days gone by of soup kitchens and people throwing themselves out of tall buildings because of the depression. I don't know if we are not that far off from similar desperate measures due to desperation in these frantic times. If managing stress was the buzz before the economic downturn, it is most definitely needed in today's financially disastrous times. Some people get confused with the differences between pressure and stress. Pressure is what is happening to you, while stress is how you react to those pressures. Stress is composed of the thoughts that we believe are happening, although there is not always any reality related to those thoughts. For example, you may have a boss that is in a bad mood but you instantly believe he is going to fire you and that may not be necessarily true. Therefore, be careful what you think because that may be what is causing you unnecessary stress in your daily life. There are various different types of stressors such as financial stress, marital stress, mental, and physical stress. The following are tips to help you cope with the various stress plaguing your serenity and peace of mind.

FINANCIAL STRESS

Try to do an assessment of where you stand financially. Ask yourself where is your money? Do you need assistance from a trusted financial advisor? Limit your exposure to media coverage about the failing economy. Make sure that all your bank accounts are covered by the FDIC – Federal Deposit Insurance insures deposits up to \$100,000.00. Be extra wary of financial scams that promise instant high returns. Talk with your creditors if you are having trouble making your monthly bills and ask if they can be made into smaller payments. Learn if there are financial assistance programs available to you such as Federal and state programs.

MENTAL STRESS

Don't use buying something new as a way to improve your mood. Ask yourself if you really need the item? Try to get perspective on your thoughts and beliefs around money so that you have more clarity. Avoid compulsive and addictive behavior to cope with your financial problems such as substance abuse, compulsive shopping, gambling, or sex addiction. If you find yourself in trouble with any addictions, seek the proper help. Don't compare yourself to what others have. You really don't know what is going on behind closed doors. Learn to let go of what you cannot control. Freedom begins when we begin to understand what we can and cannot control.

PHYSICAL STRESS

Take brisk walks. Meditate focusing on breathing in through your nose and out through your mouth. Laugh. It does wonders. Tense and relax various muscle groups. Use guided visualizations to invoke all your senses. Take a personal day off from work to just get out of the "doing" and get into the "being." Although we are powerless over what goes on in certain outside aspects of our financial lives, there are some things we can control when it comes to our financial success. Remember most financial crises are temporary and that when we are in deep fear, it is most likely un-founded, but only feels real in the moment. If we can reframe our negative thoughts to positive ones, our fears lessen allowing us to make better financial decisions today for a more thriving tomorrow. For the full article, log onto www.goodtherapy.org.

DID YOU KNOW?
KNOW YOUR KID'S SCHOOL

Parents and guardians have the primary responsibility for protecting their children from all potential harm. When choosing a nursery, daycare center, or school, parents should inspect the building and grounds to make sure there are no areas where children play or work that are "off limits" to parents. Such facilities should have a policy that welcomes parents to visit the center or school without prior appointment.

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:

September 27, 2009 = \$ 7,132.00

Two Previous Years:

September 28, 2008 = \$ 7,192.50

September 23, 2007 = \$ 7,320.80

Thank you for your generosity!

Holy Name of Jesus Church would like to thank the Jefferson Council for their Tuition Scholarship that they gave to the school in honor of Cecelia Bordenave.

Are you interested in evangelizing and sharing the uniqueness of Holy Name with others? If so, then come to the next Hospitality Committee meeting. We meet every 2nd and 4th Thursday of the month at 7:00 pm in the Acacia Center. We hope to see you there.

The Young Adult Bible Study meets every Monday in the Hall from 7:00pm-8:30pm. It is specially designed for those who are hungry and thirsty to be spiritually fed. You will experience an encounter with the living God through His living word, so prepare to be transformed and enlightened through the awesome power of God's Holy Word. Please take a flier in the back of the church and spread the word.

COMPUTER SYSTEM FOR SALE:

I have an IMAC G3, complete with software, flatbed scanner, printer and all cables ready for you to plug in and work. It is an amazing little workstation, just needs a new home. \$500 . . . or best offer. Please call: 323) 294-3427.

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!!!!**

The St. Peter Claver Center has discontinued distribution of thrift shop clothing. They will only have food. Please do not bring clothes to the Center. Their new address is:

4502 West Washington Blvd.
L.A., CA 90016
(323) 297-2203

Office of Religious Education

Registration for all Religious Classes, which includes First Communion and Confirmation, is still underway.

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