

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

Monday 3/2	7:30AM	Fr. Spellman
<p>Leviticus 19:1-2, 11-18 Psalm 19:8-10, 15 Matthew 25:31-46</p>		
Tuesday 3/3	7:30AM	Fr. Idomele
<p>Isaiah 55:10-11 Psalm 34:4-7, 16-19 Matthew 6:7-15</p>		
Wednesday 3/4	7:30AM	Fr. Spellman
(School Mass)	9:30AM	Fr. Spellman
<p>Jonah 3:1-10 Psalm 51:3-4, 12-13, 18-19 Luke 11:29-32</p>		
Thursday 3/5	7:30AM	Fr. Idomele
<p>Esther C:12, 14-16, 23-25 Psalm 138:1-3, 7-8 Matthew 7:7-12</p>		
Friday 3/6	7:30AM	Fr. Spellman
<p>Ezekiel 18:21-28 Psalm 130:1-5, 7-8 Matthew 5:20-26</p>		
Saturday 3/7	7:30AM	Fr. Spellman
	4:30PM	Fr. Spellman
<p>Deuteronomy 26:16-19 Psalm 119:1-2, 4-5, 7-8 Matthew 5:43-48</p>		
Second Sunday of Lent		
Sunday 3/8	8:00am	Fr. Idomele
	10:00am	Fr. Spellman
	12:30pm	Fr. Spellman
<p>Genesis 22:1-2, 9-13, 15-18 Psalm 116:10, 15-19 Romans 8:31-34 Mark 9:2-10</p>		

CDs 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, Regina Christian, Nicholas Dudley, Bettye Epps, Rita Gaudin, Olivia Griffin, Amy Gosey, Henry Green, Margaret Guillory, Rudi Eagleson, Milton Johnson, Irene Johnson, David Little, Anita Polite, Ruth Revis, Edna Valdry, James Smith, Eva Smith, Phyllis Troupe, Elsie Weston, West "Ted" Williams, Mary Wiley, Thad Wiltz, Donald Aubrey, Phyllis Pope, Yvonne Hill (sister of Pansy Greene), 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, Sheila Marshall, David Lewis, Gerald Winn, Alberta Cannon (sister of Debra Stewart), Lawanda Jackson, Susan Hughes, Karla Martinez Ochaeta (niece of Carmen El-Khour), Joshua Bolden, Yvonne Peebles, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Betty Menzies, Thurman Johnson, and Deacon Edgar Borne.

Church Bulletin Board

Monday, Mar. 2, 2009	7:00pm Worship Meeting
Tuesday, Mar. 3, 2009	7:00pm RCIA 7:00pm Substance Abuse 7:00pm Fr. Gus
Wednesday, Mar. 4, 2009	6:30pm MSC
Thursday, Mar. 5, 2009	10:00am Jefferson Prayer 12:30pm Bible Study 7:00pm Confirmation 7:00pm Charismatic Group
Friday, Mar. 6, 2009	6:30pm Youth Choir 7:00pm Baptism Class 7:00pm Bible Study
Saturday, Mar. 7, 2009	9:30 am Religious Formation 11:00am Girl Scout 11:00am Jr. Daughters
Sunday, Mar 8, 2009	9:00am SVDP 9:00am Religious Formation 12:30pm KPC/KPLA 2:00pm Awe Drumming

Pastor's Letter

Last week I had lunch with our **Holy Name of Jesus School** Principal, **Ms. Marva Belisle**, and our School Development Director, **Mr. Mervin Lambey**. We began by discussing the accomplishments of the school during the past year, and how many of our eighth-grade students are applying to the fine Catholic High Schools in our city. We hope and pray that each student gets accepted to their first-choice school, as we know that each student is well-prepared to enter high school - and to do well in their endeavors!

The second part our discussion centered on the outlook for Holy Name of Jesus School for the coming academic year, which begins at the end of next August. That may seem like a long time away, but now is the time when we need to be recruiting new students, especially for kindergarten and the lower grades. Unfortunately, many of our parishioners live a number of miles away from the parish, and it is not feasible for them to drive their children to Holy Name of Jesus School five times per week. But we have a large number of families in the parish area (zip code 90018) that would benefit from what Holy Name of Jesus School has to offer. **So - what is preventing these children from attending our school?** The most frequent response that we hear is: **Tuition!**

Our conversation continued with a number of ideas as to how we can encourage more families to bring their children to Holy Name of Jesus School. As you know, **the Catholic Education Foundation provides \$1,000.00 scholarships for students whose families meet the income requirements.** In addition, there are other scholarships available, and we are seeking more scholarships in order to assist more children. A key thing to remember is that **the deadline for Catholic Education Foundation scholarships is March 31st - only four weeks away!** So, if you have family members or friends who are considering an education for their children at Holy Name of Jesus School, please remind them that time is running short for a very valuable scholarship! And then ask them to call the school office for more details.

Also on March 31st, **Bishop Clark** is holding an "**Educational Summit**" with all of the **Principals** and **Pastors** of the Catholic Schools in our region (which is Our Lady of the Angels Pastoral Region). At this meeting we will share ideas as to how our schools can attract more students and how we can offer more scholarships to needy families. ***Please keep us in your prayers as we set our goals for the coming years - and as we make plans to implement them!***

Holy Name of Jesus School provides an excellent education for our children, both from a standpoint of spirituality and academics. I am proud to be the Pastor of this community, and each Tuesday when I am in the classrooms teaching the children, and each Wednesday when I am celebrating the School Masses, I recognize how blessed I am to be associated with such a wonderful Principal, such excellent Teachers and Staff, and such fabulous students! ***So, during these next few months, let us all work together to bring in another one hundred students to our school!***

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

Lenten Facts

- The word "Lent" comes from an Anglo-Saxon word which means "lengthening", a reference to lengthening days as spring approaches.
- Lent lasts for 40 weekdays, beginning Ash Wednesday and concluding at sundown on Holy Thursdays.
- The remainder of Holy Week beginning with the Mass of the last Supper on Holy Thursday, and including Good Friday and Holy Saturday are called the "Triduum", which means three days.
- The Lenten liturgical color is purple, the color of royalty, which symbolizes the suffering of Jesus and anticipates the glory of the Resurrection.
- During Lent the *Gloria* and the word "alleluia" are omitted from the Mass.

Help Wanted! HNOJ School Volunteers!

Holy Name of Jesus School is looking for additional help to refer families to the school.

What will I do?

As a volunteer you can choose to help with one or more of the following:

- Speakers Bureau.
- Promotional Materials Development.
- School Website Management.
- Community Outreach.

Who is an Ideal Candidate?

If you attend Holy Name of Jesus Church, are a Parent of the Student or an Alumni who can offer first hand testimonial within and outside the parish about our exceptional school, you are an ideal candidate.

What are the Minimum Qualifications?

- Knowledge about HNOJ School.
- Desire to share the Catholic Faith.
- Willingness to direct interested Parents to the school or parish offices.

For more information, contact:

Mervin Lambey

Director of Marketing and Development

Telephone: 323-731-2255

Cell: 323-551-7846

Important Dates:

Now Testing for Enrollment

At **Holy Name of Jesus School**

1955 W. Jefferson Blvd. Los Angeles, CA 90018

Call: **323-731-2255** to set up an appointment!!!

Deadline for Scholarship Application for New Students

is March 15, 2009! If you are a parent interested in registering your child at Holy Name of Jesus School call the office to fill out a scholarship form!

HNOJ Volunteers Meeting takes place the second Wednesday of every month in Kindergarten Class. If you are a current volunteer or are interested to become a member, please take note. Meetings begin at 6:30 p.m. Next Meeting - March 2, 2009.

Healthy Living...

Emotional and Mental Vitality

Emotional and mental vitality are closely tied to physical vitality-just as your mind has powerful effects on your body, so your physical state affects how you feel and think. Social contact can also make a big difference in how you feel.

Replacing a "lost" activity is a key to staying active and feeling good about yourself. For instance, if you can no longer run, you might try walking, biking, and/or swimming. And if your favorite activity was dancing, you might try something else that combines social and physical activity, such as joining a water aerobics class. Replacing lost activities can help you keep a positive attitude and sense of well-being over time, even if aging and changes in your health mean you can not do all the things you used to do.

Protect or improve your emotional health by staying in touch with friends, family, and the greater community.

Protect or improve your memory and mental sharpness by challenging your intellect on a daily basis. Read, learn a new musical instrument or language, do crossword puzzles, play games of strategy with others. Just like an active body, an active brain continues to develop and thrive, while an inactive brain loses its power over time. Cigarette smoking may speed mental decline.

Preventing depression, which is a common yet treatable cause of cognitive decline in older people. In addition to getting regular physical activity and social contact, avoid the depressant effect of alcohol and sedative use, eat healthy meals and snacks, and include meaningful activity in your daily life (such as learning, creating, working, volunteering).

Too much life stress can take a toll on your body, your mind, and the people who are closest to you. In addition to getting regular physical activity, you can take charge of how stress affects you by taking 20 minutes a day for relaxation time.

Positive thinking may help you live a longer, happier life. But even if you tend to be an optimist, there are times when it takes extra effort to frame your life positively. Take the following steps to harness the power of positive thinking in your daily life.

Create positive expectations of yourself, your health, and life in general. When you catch yourself using negative self-talk or predicting a bad outcome, stop. Reframe your thought into a positive one, and speak it out loud or write it down. This type of thinking can help you best recover from surgery, cancer, and other life crises. Open yourself to humor, friendship, and love. Go out of your way to find reasons to laugh and to spend time with people you enjoy. Appeal to a higher power, if it suits you. Whether it be through your faith in a loving, all-powerful God or your connection with nature or a collective unconscious, your sense of spiritual wellness can help you through personal trials and enhance your joy in living. For more information, log onto www.webmd.com.

DID YOU KNOW?**Ensuring Your Child's School is Safe**

Every teacher, coach and volunteer who works with children in the Archdiocese's parishes and schools must have a background check before he or she is permitted to work in any school – or – parish-related job or activity that involves contact with children. But what about the children who attend non-Catholic private or public schools? Talk with school administrators and find out what steps they take to protect children from harm. Suggest that they review other abuse prevention programs to ensure that their policies and practices are up to date. And demand that all employees and volunteers who work in the school be properly screened, including background checks, before they are allowed to be near your children.

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

Anyone who took the VIRTUS Training class in 2004 must re-certify their training. You will have to take a class for an hour and a half. Look to the Bulletin for more information or call Cathy Brown at 323 734-8888 ext. 2.

**Holy Name of Jesus Retreat for Men
April 17-19, 2009**

This year's men's retreat will be held at Mater Dolorosa Retreat Center in the city of Sierra Madre. The retreat which is preached by the passionate retreat team begins Friday evening and concludes early Sunday afternoon. The lovely grounds and peaceful atmosphere of Mater Dolorosa makes this a perfect spot for a weekend of spiritual renewal and growth. The theme for this year is: Communion of Saints...Our everyday heroes. Requested donation: \$170.00 \$50.00 non-refundable deposit completes registration (no one is turned away because of financial inability to make recommended donation).

Call Clyde G. Sparrow 213-392-1916 Cell or 323-770-4708 office.

Holy Name of Jesus School News

Holy Name School has open enrollment for grades K-8. If interested, please call the School Office 323-731-2255 for further information.

- Find out how you too can become a part of the school's activities. We are seeking volunteers for Reading and Student supervision. We also welcome donations of supplies, books and copy paper.
- Are you retired? Come speak to the students about a topic of interest. Call 323- 731- 2255 for more information today!
- Stations of the Cross - Friday, March 6th at 11:00am 7th grade.
- Family Mass Sunday, March 22, 2009 3rd Grade

We are recycling plastic bottles, aluminum cans and Cell Phones to help raise money for the school.

Thank you for your support!

Last weekend we completed another wonderful **Black History Month** here at Holy Name of Jesus Church. The decorations in the church were outstanding, the music was fabulous, the Entrance Procession each week was exciting, and the liturgies were beyond compare! And, of course, our guest speakers gave us much to reflect upon as we delve deeper into our cultural awareness.

I would like to personally thank everyone who participated in the planning and implementation of our Black History Month for a job well done.

We are very blessed to have such a vibrant worshiping community here at Holy Name of Jesus Church, and I am blessed to be a part of it all!

Father Paul

Office of Religious Education

- Rites of Christian Initiation for Adults (RCIA) are on Tuesdays at 7:00pm in Acacia Center.
- English First Communion Meeting is on March 7, 2009 at 9:30am.
- Spanish First Communion Meeting is on March 14, 2009 at 9:30am.
- First Reconciliation Saturday, March 21, 2009 9:30am-11:00am English and Spanish.
- First Communion Celebration Saturday, May 16, 2009 10:00am English and 12:30pm Spanish

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

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

Probe me, God, know my heart; try me, know my concerns. See if my way is crooked, and then lead me in the ancient paths.

Psalm 139:23-24

Weekly Collections**Current Year:**

February 22, 2009 = \$ 7,395.54

Two Previous Years:

February 24, 2008 = \$ 6,379.12

February 25, 2007 = \$ 8,715.57