

**M A S S S C H E D U L E****Monday 5/18 7:30AM Fr. Spellman**

Acts 16:11-15  
 Psalm 149:1-6, 9  
 John 15:26-16:4

**Tuesday 5/19 7:30AM Fr. Idomele**

Acts 16:22-34  
 Psalm 138:1-3, 7-8  
 John 16:5-11

**Wednesday 5/20 7:30AM Fr. Spellman**  
9:30AM (School Mass)

Acts 17:15, 22-18:1  
 Psalm 148:1-2, 11-14  
 John 16:12-15

**Thursday 5/21 7:30AM Fr. Idomele**

Acts 18:1-8  
 Psalm 98:1-4  
 John 16:16-20

**Friday 5/22 7:30AM Fr. Spellman**

Acts 18:9-18  
 Psalm 47:2-7  
 John 16:20-23

**Saturday 5/23 7:30AM Fr. Spellman**  
4:30PM Fr. Idomele

Acts 18:23-28  
 Psalm 47:2-3, 8-10  
 John 16:23-28

**The Ascension of the Lord****Sunday 5/24 8:00am Fr. Spellman**  
10:00am Fr. Spellman  
12:30pm Fr. Spellman

Acts 1:1-11  
 Psalm 47:2-3, 6-9  
 Ephesians 1:17-23  
 Mark 16:15-20

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, Olivia Griffin, Amy Gosey, Henry Green, Margaret Guillory, Rudi Eagleson, Milton Johnson, 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, Sheila Marshall, David Lewis, Gerald Winn, Susan Hughes, Karla Martinez Ochaeta (niece of Carmen El-Khouri), Joshua Bolden, Yvonne Peebles, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Clyde Mitchell, Ruby Louque, Henry Green, Lloyd Moses, Haydee Ocampo, Guillermo Ocampo, Oscar Antonio Romero, Monica Lewis, and Thurman Johnson.

**The HNOJ Usher Ministry is conducting a Scholarship drive to benefit the Graduating Class Of HNOJ School. We are selling 50/50 Raffle Tickets to help towards raising funds for these scholarships.**

*We will be drawing the Winning Ticket on Sunday May 17<sup>th</sup> 2009 at 1:00 P.M in the Parish Hall it is a Winner takes all prize, winner does not need to be present.*

**Tickets are still available for purchase. Please contact any of the Ushers before and after any of the masses. Please join us after the 8:00 and 10 A.M Masses, we will have Pastries, Juices and Coffee on sale to support our scholarship drive.**

**Thank you in advance for your support.**

**Church Bulletin Board**

<b>Monday, May 18, 2009</b>	<b>10:30am Journey Bible</b> <b>7:00pm Journey Bible</b>
<b>Tuesday, May. 19, 2009</b>	<b>7:00pm 3Group</b> <b>7:00pm Substance Abuse</b>
<b>Wednesday, May. 20, 2009</b>	<b>6:30pm MSC</b>
<b>Thursday, May. 21, 2009</b>	<b>12:30pm Bible Study</b> <b>7:00pm Charismatic</b>
<b>Friday, May. 22, 2009</b>	<b>7:00pm Bible Study</b> <b>7:00pm Baptismal Class</b>
<b>Saturday, May. 23, 2009</b>	<b>12:00pm Quilting Class</b> <b>1:00pm Baptism</b>
<b>Sunday, May 24, 2009</b>	<b>12:30pm Jr. Knights/ Daughters</b> <b>2:00pm Awe Drumming</b>

## Pastor's Letter

This week **Pope Benedict XVI** is in the **Holy Land** of **Israel**, visiting the sacred places where Jesus walked and where He proclaimed the message of the Kingdom of Heaven. While the Pope is in Israel, he will be meeting with leaders of various religious traditions in hopes of bringing peace, healing and reconciliation among all of God's people.

As the **Pope** makes his journeys to **Bethlehem, Nazareth and Jerusalem**, we as Catholics and Christians recall the events that are recorded in the **New Testament** and how **Our Lord Jesus** reached out to the poor and the marginalized, the lepers and the lame, the tax collectors and the prostitutes. He brought the **Good News** of the **Gospel** to all who were willing to respond to His invitation to "**Come and see.**"

While we recognize the holy sites in Israel that are significant to our faith tradition, we must also remember that **the Holy Land is sacred ground to three of the world's great religions: Judaism, Christianity and Islam.** According to National Geographic, the Christian population of **Israel** is only 2% of the total population, while 81% of the people are Jewish and 15% are Muslim. The **Occupied Territories of the West Bank and the Gaza Strip** is also 2% Christian, with 9% of the population being Jewish and 89% Muslim. ***As you can see, Christians make up a tiny minority in the lands where Jesus taught and healed.*** Yet there is a strong Christian presence and that is primarily due to the ministry of the **Franciscan priests and friars** who maintain the Christian holy sites. It is for this ministry that we take up the special collection on **Good Friday** each year.

**All three of these religions can trace their roots back to the God of Abraham, the one true God who created everything and saw that all that He created was good.** Other faith traditions may worship multiple gods, and others may not have a sense of the deity at all (but still have a deep sense of spirituality). But Judaism, Christianity and Islam all worship the God who made us through His love and His desire for us to be one with Him. So, while we may have different beliefs and ways of worshipping, we all pray to the **One True God.**

During this week I invite you to say a special prayer for the **Holy Father** as he continues his pilgrimage in the **Holy Land** and we pray that his words may bring peace, healing and unity to an area that is besieged with violence, hatred and division. And we pray, as Jesus did, that someday **"All may be one, just as the Father and I are One."**

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

## Thank You HNOJ Parishioners

Thank you very much for making Holy Name of Jesus School's "EVENING OF MUSIC" a success. Our goal is to raise \$20,000 by August 31, 2009 to provide scholarships to deserving students. With your assistance we have raised \$9,000 thus far.

You are a valued member of our school community and we appreciate your efforts to join us in making the school more affordable and accessible to those families that want to access a quality, Catholic education.

Please join us in thanking the following scholarship fund donors:

- **Leticia V. Sanchez**
- **Lupe Haylock**
- **Alnoye Haylock**
- **Harry & Shirley Miller**
- **Gena Diaz**
- **Sherryl M. Wells**
- **Velma Ottley**
- **Laqueta Shelton**
- **Shannon Mercadel**
- **Deacon Johnson**
- **Dolores Ricks**
- **Lori Williams**
- **Kendice Smith**
- **Barbara James**
- **Phillippa Haley**
- **Virginia Dalcoe**
- **Johnny Moore Jr.**
- **Fr. Paul Spellman**
- **Mrs. Marva Belisle**
- **Mekeya Brown**
- **Dina Ross**
- **Teresa Level**
- **Verna Lipscomb**
- **Shirley Coburn**
- **Ron Crimins**

The Scholarship Fund continues until August 31, 2009, the beginning of the new school year. If you intend to make a pledge, please get in contact with us here at the school.

Tel: 323-731-2255 or mail your check to:  
Holy Name of Jesus School  
1955 W. Jefferson Blvd.  
Los Angeles, CA 90018

### *Healthy Living...*

#### **Too busy? Time-savers that hurt your health**

##### **Too busy to stay healthy?**

It's no secret that leading a healthy lifestyle often feels like it takes more time than most of us have. So found a survey by the American Public Health Association in which 34% of adults said they were too busy to fit in things they knew were good for them, like eating right and exercising regularly. So raise your hand if, as you hurry through the day, you cut a few corners: "I'm too tired to take out my contacts, so I'll leave them in overnight," you say, or, "I won't bother with my seat belt — I'm not going far." What you may not realize is that these moves could actually cost you time, money, and sometimes serious health issues in the long run. Here, the scoop on time-savers that really aren't, plus safer alternatives that fit easily into a tight schedule.

**Forgetting nightly floss - Next time:** Swear to yourself that you'll floss the following evening. Nightly flossing is ideal, but it's acceptable to do it every other day, as long as it's thorough and you don't have a family history of gum disease, says Gordon L. Douglass, DDS, a past president of the American Academy of Periodontology. On days when you're not going to floss, swish water around in your mouth after brushing; Douglass says this has been shown to reduce bacteria.

**Not removing makeup - Next time:** Keep pre-moistened makeup removal pads on hand. Some that also remove eye makeup: Comodynes Makeup Remover Towels for Face & Eyes, Olay Daily Facials Lathering Cleansing Cloths, and Noxzema Wet Cleansing Cloths. A few swipes, and — voilà! — you're done.

**Choosing juice over fruit - Next time:** If it's juice or nothing, at least choose the one that packs the best nutritional punch. "One hundred percent orange juice that's fortified with calcium and vitamin D is my juice of choice," says Somer. "A good option if you also aren't eating enough veggies is Low-Sodium V8 100% Vegetable Juice, which delivers 2 servings of vegetables in 8 ounces."

**Depending on the drive-thru - Next time:** Anticipate — and avoid these "must eat now" situations. "We're so busy that if we wait to listen to our bodies, it's often too late," says Cindy Moore, RD, director of nutrition therapy at the Cleveland Clinic and a spokesperson for the American Dietetic Association. "Thinking about lunch even a half hour earlier would allow you to make sounder, less emotional choices." To tide you over between meals, keep healthy snacks such as fruit and nuts in your purse, desk, and glove compartment. When fast-food fare is your only option, order a grilled chicken sandwich, no mayo.

**Not wearing a seat belt - Next time:** You know this one: Just do it. Buckling up takes a second or two, after all, and it prevents you from being tossed around inside the car or thrown from it if you're in a crash. If you're counting on air bags to save you, don't. By themselves, air bags reduce your odds of dying in a crash by just 12%. "Air bags are designed to work with safety belts, not by themselves," says Rader.

For more time savers that aren't healthy and their healthy alternatives, log onto [www.prevention.com](http://www.prevention.com)

**DID YOU KNOW?****CHILD ABUSE IS A NATIONAL PROBLEM**

According to the U.S. Department of Health and Human Services, there were 905,000 reported child abuse victims in 2006 alone. Imagine if a disease claimed that many young lives. What would be our national response? Abuse, even if it is not fatal, robs a life and damages a child's spirit. It changes who that person is on a fundamental level. April is National Child Abuse Prevention Month. For information on how you can become more informed and involved in keeping our children safe,  
<http://www.archdiocese.la/protecting/index.php>

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

Please keep the youth of our parish who made their First Holy Communion yesterday, May 16<sup>th</sup> in your prayers.

**Holy Name of Jesus School**  
**First Communion**

Marcus Calbert, Daniel Felix, Kayce Hansford,  
 Shea Herrera, Kierra Massangale, Andaiye McAndrew  
 Justin Muojekwu, Angel Perez, Jared Rhaburn,  
 Morgan Rhode, Korey Smith, Dayra Ventura,  
 Nathaniel Webb, Samantha Webb.

**Holy Name of Jesus Religious Formation**

Samantha Chacon, Dominique Conley, Jonathan Cameros,  
 Joseph Charles Jr., Enrique Chavarria,  
 Mariana Chavarria, Omar Chavarria,  
 Rodney Desvignes IV., Justin Dockery, Ana Escalante,  
 Aranzazu Fernandez, Alejandra Guidel, Edgar Gutierrez,  
 Sasha Lozano, Elizabeth Marcial Mendez,  
 Elbert McDowell Jr., Alan Pablo, Zully Quiche,  
 Lisandro Ramirez, Abraham Ramos, Kyle Reece,  
 Emile Rouzan, Matthew Tovar, Michael Tovar,  
 Jorge Vasquez, Pedro Vasquez, David Vazquez.

**Please continue to pray for our Confirmation class of 2009.  
 These young people were confirmed at St. Brigid Catholic  
 Church on Friday, May 8, 2009 at 7:00pm.**

Jared Allen, Lei'lani Bladen, Cryselda Chavez, Joshua Davis,  
 Joshua Edwards, Richard Flores, Astrid Galindo, Kori Gilmer,  
 Mani Johnson, Derrick Knighton, Timothy Lambey, Jonathan  
 Lopez, Bessie Landaverde, Clayton Landry, Andrea  
 McKinley, Edna Mendez, Maria Perez, Marie Pablo, Pedro  
 Ramos, Melissa Roberts, Jocelyn Sandoval, Shirley Seferino,  
 Shawneece Sosa, Morgan Stelly, Dawna Thornhill, Brandon  
 Washington, Brooke Washington and Dehneim Young.



**Los Angeles Marathon 2009  
 May 25, 2009**

We remember our friend Charles "Cab" Caballero by participating in the Los Angeles Marathon. The time is almost here. If you are planning to walk, run or ride your bike please let us know by calling the Church Office at (323) 734-8888 ext. 1 or call Norma Mitchell at (323) 356-9922. All names will be put in the bulletin so our Holy Name Family can continue to pray for everyone on their journey.

**Office of Religious Education**

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



**Please Note:**

- 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.

**Those who made a donation towards Easter flowers may pick them up after the 8am, 10am and 12:30pm masses today. Please see Monica Lewis, Carmen Tetanco or Veronica Tetanco after mass. Thank you!**

***Stewardship Report***

***Stewardship: A Definition from Scripture***  
*"For truly the potter, laboriously working the soft earth, molds for our service each several article: Both the vessels that serve for clean purposes and their opposites, all alike; As to what shall be the use of each vessel of either class the worker in clay is the judge.*

***Weekly Collections***

**Current Year:**

May 10, 2009 = \$ 10,960.75

**Two Previous Years:**

May 11, 2008 = \$ 8,024.00

May 13, 2007 = \$ 8,636.26

***Thank you for your generosity!***

**Loan Modifications & Foreclosure Assistance**

During these troubled times many of us are facing difficulties with our mortgage. Through a series of misleading loan documents, adjustable rates, faulty loan brokers, and just a system of poor checks and balances, many of our mortgages have become too expensive to afford. Please contact **Joshua Steen MBA**; the director of finance, at the Law Offices of Carlos A. Lloreda Jr. for inquires about loan modifications, buybacks and the other available options to help save your home, (323) 965-5461; or email JoshuaHSteen@gmail.com

**Pentecost Sunday**

**Pentecost Sunday is May 31, 2009. All parishioners are encouraged to wear Red, Yellow or Orange on that Day. There will be ONE MASS ONLY on Pentecost Sunday at 10:00 am. There will be 4:30pm Mass on Saturday, May 30, 2009.**



**Circle V Ranch Camp**

Circle V Ranch is a summer camp at Lake Cachuma in the Santa Barbara Mountains. It is supervised by St. Vincent de Paul Society. There are eight scheduled one week sessions starting June 28<sup>th</sup> through August 12<sup>th</sup>. The camp serves boys and girls ages 7-13. There is also a counselor training program for teen's ages 14-17 called the Counselor-In-Leadership training.

A week at camp will offer the opportunity to participate in various activities, have fun and meet new friends. For further information please contact Velma Ottley (323) 732-2201.

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**May Fair Dollar Day**

Get your dollars ready for the St. Vincent de Paul May Fair Dollar Day sale on Sunday, May 31, 2009, after the Masses. Children's T-Shirts, Backpacks, Caps and Accessories will be on sale for only \$1.00 each. See you at the tables near the side doors of the Church.

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**St. Vincent De Paul Needs You**

Are you a caring and committed Catholic who wants to reach out to your brothers and sisters in need? Are you willing to donate a few hours a month to help the poor? Then the Society of St. Vincent de Paul needs you! We meet on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the month at 9:15am in the Acacia Center. All are welcome to join us as we bring the light of Christ into the world. Come to a meeting or call the church Office at 323-734-8888 ext 1.

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**Graduation Sunday Mark your Calendars**

On Sunday, June 7, 2009 we will celebrate all of our Graduates for the year of 2008/2009. Please look for the inserts in next week's bulletin. Thank you.

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**PPC Elections**

Once again, it is time to fill vacant seats on the Parish Pastoral Council. We need dedicated, practicing parishioners who can offer their time and talents to work with our pastor to improve and enrich Holy Name of Jesus Parish. Nomination forms will be in the bulletin next week. Please consider offering your name as a candidate for the Parish Pastoral Council.