

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

**Monday 6/15 7:30AM Fr. Spellman**

**2 Corinthians 6:1-10  
Psalm 98:1-4  
Matthew 5:38-42**

**Tuesday 6/16 7:30AM Fr. Idomele**

**2 Corinthians 8:1-9  
Psalm 146:2, 5-9  
Matthew 5:43-48**

**Wednesday 6/17 7:30AM Fr. Spellman**

**2 Corinthians 9:6-11  
Psalm 112:1-4, 9  
Matthew 6:1-6, 16-18**

**Thursday 6/18 7:30AM Fr. Idomele**

**2 Corinthians 11:1-11  
Psalm 111:1-4, 7-8  
Matthew 6:7-15**

**Friday 6/19 7:30AM Fr. Spellman**

**Hosea 11:3-4, 8-9  
Psalm 12:2-6  
Ephesians 3:8-12, 14-19  
John 19:31-37**

**Saturday 6/20 7:30AM Fr. Spellman  
4:30PM Fr. Idomele**

**2 Corinthians 12:1-10  
Psalm 34:8-13  
Luke 2:41-51**

**Twelfth Sunday in Ordinary Time**

**Sunday 6/21 8:00am Fr. Spellman  
10:00am Fr. Spellman  
12:30pm Fr. Spellman**

**Job 38:1, 8-11  
Psalm 107:23-26, 28-31  
2 Corinthians 5:14-17  
Mark 4:35-41**

CDs of Sunday Masses are available in the Church Office on Tuesday of each week.

Next weekend is our Annual Peter's Pence Collection which enables the Holy Father to give emergency funds to those most in need who suffer from oppression, war, disease, or natural disaster. Envelopes are in the pews and we invite you to take one home with you and bring it back next weekend.

**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, David Lewis, Gerald Winn, Susan Hughes, Karla Martinez Ochaeta (niece of Carmen El-Khoury), Joshua Bolden, Yvonne Peebles, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Clyde Mitchell, Ruby Louque, Henry Green, Lloyd Moses, Haydee Ocampo, Oscar Antonio Romero, Thurman Johnson, Edna Bendy, Debra Stewart, Gary Elliott, Monica Lewis, those seeking employment, and those struggling to make ends meet during these tough times.

The HNOJ Usher Ministry would like to once more thank all participants in our 50/50 raffle and members of our Parish community who supported our Scholarship drive to benefit the Graduating Class Of 2009 at HNOJ School. We hope you support our scholarship drive again for the Class of 2010.

Congratulations to all the HNOJ School graduating class of 2009 and special congratulations to our scholarship winners: *Rosalind Smith, Skaih Henderson, D'Nae Lewis, Shayla McDowell and Bernard Franklin Jr.*

We wish you Good Luck in High School.  
Albert Haylock and Felix IkeOkonta  
For the HNOJ Ushers.

**Church Bulletin Board**

**Monday, June 15, 2009 10:30am Journey Bible  
7:00pm Renew 2000 (Spanish)**

**Tuesday, June. 16, 2009 7:00pm Discipleship Group  
7:00pm Substance Abuse  
7:00pm Spanish Intercessory**

**Wednesday, June. 17, 2009 6:30pm MSC  
7:00pm Mariano Ministry  
7:00pm Spanish Baptism Class**

**Thursday, June. 18, 2009 12:30pm Bible Study  
7:00pm Spanish Prayer Group  
7:00pm KPCLA By-Laws**

**Friday, June. 19, 2009 7:00pm Bible Study  
7:00pm Baptismal Class**

**Saturday, June. 20, 2009 7:00pm Spanish Retreat  
12:00pm Girl Scouts**

**Sunday, June. 21, 2009 2:00pm Awe Drumming**

### Pastor's Letter

During this month of June, we hear Jesus instruct His disciples to "Go and make disciples of all nations." We are called as **disciples**, (followers of Jesus), by our **Baptism**, and we, like the disciples in the Bible, are then sent forth to proclaim the message of the Kingdom of God. There are many ways in which we may accomplish this and we must begin in our own homes. Then we can look forward to spreading the news in our parish, in our neighborhoods, in the wider community, and then "in all nations."

One way to spread the Gospel message is to do so as a **priest, brother, sister, or deacon**. The Archdiocese of Los Angeles is initiating a **Vocations Program** at each parish to encourage more young men and women to commit their lives to serving God and serving God's people. In the past, when many families had six or eight children, it was considered an honor to have a child enter the seminary or the convent. Now, with families having fewer children, the parents are less likely to encourage their sons and daughters to consider a religious vocation. **And, as we know, vocations begin in the home and are nourished in the parish.**

The Jesuit magazine, "America" recently presented an analysis of the men being ordained in the United States during this year. The study shows that while **Asian-Americans** represent about 3 percent of Catholics in the United States, almost 11 percent of this year's ordinations were Asian-Americans. **About 3 percent of U.S. Catholics are Black, and the same percentage of this year's ordination class is Black.** The most under-represented group was Hispanics. **Hispanics** in the United States make up 34 percent of the Catholic population, but only 12 percent of those being ordained are Hispanic. **Caucasians** now make up only 58 percent of the U.S. Catholic population, but 72 percent of the men ordained this year identified themselves as Caucasian. *These are figures based on the entire United States.* (May 18, 2009).

Here in the **Archdiocese of Los Angeles**, we have only one African-American priest who is a diocesan priest and he was ordained 29 years ago. Since then we have had a number of African men ordained for the Archdiocese, but no African-American men. **This year's ordination class is made up of six men:** one Caucasian man who was born in the **United States**, one man who was born in **Mexico**, one man who was born in the **Philippines**, one man who was born in **Guam**, one man who was born in **Vietnam**, and one man who was born in **Indonesia**. This clearly indicates where our vocations are coming from and the work that we need to do here in our own homes and parishes.

Not everyone is called to be a priest or sister, *but hopefully every young Catholic will consider a vocation, and pray about it, and ask the tough questions of priests and nuns, and then open themselves up to the power of the Holy Spirit.* After celebrating our **Pentecost** Mass each year, it is abundantly clear that the **Holy Spirit** is at work here at Holy Name of Jesus Church. It is our responsibility to encourage our young disciples to hear the call from God and to respond to the power of the Spirit!

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

#### Circle V Ranch Camp

Circle V Ranch is a summer camp at Lake Cachuma in the Santa Barbara Mountains. It is supervised by the 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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#### 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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#### 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.

### HNOJ School News

#### 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.

The Scholarship Fund continues through August 31, 2009; the beginning of the new school year. If you intend to make a pledge, please contact us 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

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#### Keyboards needed:

Holy Name of Jesus School's Music Program is in need of keyboards. The number of students receiving piano training has increased. As a result, the school is requesting donations of functioning keyboards. If you are able to donate one, please contact the school: 323-731-2255.

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### Save the Date!



Save the Date for HNOJ School's 2<sup>nd</sup> Annual Fundraiser Luncheon with guest speaker Sr. Eva Lumas and musical entertainment provided by Poncho Williams  
Saturday, September 19, 2009 11:00am – 4:00 pm  
at the Airport Marriot Hotel.  
More details to follow!

### Healthy Living...

#### Depression: Recognizing the Physical Symptoms

Most of us know about the emotional symptoms of depression. But you may not know that depression can cause physical symptoms, too. In fact, many people with depression feel pain or other *physical* symptoms. These include:

**Headaches.** These are fairly common in people with depression. If you already had migraine headaches, they may become worse if you're depressed.

**Back pain.** If you already suffer with back pain, it may get worse if you become depressed.

**Muscle aches and joint pain.** Depression can make any kind of chronic pain worse.

**Chest pain.** Obviously, it's very important to get chest pain checked out by an expert right away. It can be a sign of serious heart problems. But chest pain is also associated with depression.

**Digestive problems.** You might feel queasy or nauseous. You might have diarrhea or become chronically constipated.

**Exhaustion and fatigue.** No matter how much you sleep, you may still feel tired or worn out. Getting out of the bed in the morning may seem very hard, even impossible.

**Sleeping problems.** Many people with depression can't sleep well anymore. They wake up too early or can't fall asleep when they go to bed. Others sleep much more than normal.

**Change in appetite or weight.** Some people with depression lose their appetite and lose weight. Others find they crave certain foods -- like carbohydrates -- and weigh more.

#### Dizziness or lightheadedness.

Many depressed people never get help, because they don't know that their physical symptoms might be caused by depression. A lot of doctors miss the symptoms, too. These physical symptoms aren't "all in your head." Depression can cause real changes in your body. For instance, it can slow down your digestion, which can result in stomach problems. Depression seems to be related to an imbalance of certain chemicals in your brain. Some of these same chemicals play an important role in how you feel pain. So many experts think that depression can make you feel pain differently than other people.

#### Treating Physical Symptoms

In some cases, treating your depression -- with therapy or medicine or both -- will resolve your physical symptoms. But make sure to tell your health care provider about any physical symptoms. Don't assume they'll go away on their own. They may need additional treatment. For instance, your doctor may suggest an anti-anxiety medicine if you have insomnia. Those drugs help you relax and may allow you to sleep better. Since pain and depression go together, sometimes easing your pain may help with your depression. Some antidepressants, such as Cymbalta and Effexor, may help with chronic pain, too. Other treatments can also help with painful symptoms. Certain types of focused therapy -- like cognitive behavioral -- can teach you ways to cope better with the pain.

For more information, log onto [www.webmd.com](http://www.webmd.com)

**DID YOU KNOW?**  
**WHO ARE THE PERPETRATORS**

According to data provided by the L.A. City Attorney's Office, parents constitute 84 percent of the child abuse perpetrators, while caregivers, relatives, foster parents, and babysitters constitute the rest. Sixty percent of perpetrators are females, whose median age is 31 years. Forty percent are male whose median age is 34 years. The L.A. City Attorney's Office maintains a webpage of useful information on child safety. To access the page, go to: <http://www.lacity.org/atty/> and click on "Safeguarding Our Children and Schools."

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

**Summer School & Enrichment Programs**

Give your child a safe, spiritual and academically enriching summer. Our parish elementary school will be providing summer school and summer enrichment. Summer school is from June 22 - July 24, 2009 and summer enrichment is June 15 - August 15, 2009. Call the school office at (323) 731-2255 or visit the school to register for summer school. **ALL ARE WELCOME!**

*Stewardship Report*

*Stewardship: A Definition from Scripture*  
*The wicked borrows and will not repay, but the upright is generous in giving.*

*-Psalm 37:21*

*Weekly Collections*

**Current Year - Pentecost:**  
May 31, 2009 = \$ 9,581.00

**Two Previous Years - Pentecost:**  
May 11, 2008 = \$ 8,024.00

May 27, 2007 = \$ 7,837.00

*Thank you for your generosity!*

**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.

**Apartment for Rent**

**2 bedroom, 1bath apartment for rent. Located in the Mid-Wilshire area. This apartment is a 1930's style with French windows, Hardwood Floors, Tile Kitchen Floor, Stove, Refrigerator, Washer and Dryer hook up. It's a Non-Smoking Building. Parking is available. \$1800 per month. For more information please call Jeri (323) 930-1590, cell (323) 203-8797.**

**Annual Parish Meeting**

**The Annual Parish Meeting will be on Monday, June 22, 2009 at 7:00pm in the Parish Hall. All are welcome to attend.**

**Holy Name of Jesus Church**

Invites you and your family to the 10<sup>th</sup> Annual Spanish Retreat which will take place in the Parish Hall on Saturday, June 20, 2009 from 8:00am to 5:00pm. As every year, we are going to rejoice in Our Lord. Come and feel the power of the Holy Spirit. (In Spanish )

The theme will be:

"Lord, you call me and I want to follow you."

Presenters Missionary Jaime A Gutierrez and our brother Guillermo Mazariego

**"A Place to Start" Resource Fair**  
**Foshay Learning Center, Corner of Western**  
**and Exposition**

**Sat., June 20, 2009, 10 a.m.-2 p.m**

Resource Fair will feature 75 local health, employment, counseling, housing, legal, and other services and programs for South LA residents, youth and families, as well as adults transitioning out of prison to start building healthier and safer lives and neighborhoods.

Program starts at 11 a.m.

Information: Deka, 323-750-9087 ext. 201.

[www.cocosouthla.org](http://www.cocosouthla.org)

**Marriage Encounter**

**Your wedding was just one day in your life but your marriage is forever. The weekend is a powerful experience for couples who believe that their Sacrament of Matrimony is a sign of love in a world that hungers for stability and commitment.**

**The next weekend scheduled is July 17-19, 2009. For information please call Winston & Pansy Greene (661) 297-8271.**