

M A S S S C H E D U L E**Monday 6/29 7:30AM Fr. Spellman**

Acts 12:1-11
 Psalm 34:2-9
 Timothy 4:6-8, 17-18
 Matthew 16:13-19

Tuesday 6/30 7:30AM Fr. Idomele

Genesis 19:15-29
 Psalm 26:2-3, 9-12
 Matthew 8:23-27

Wednesday 7/1 7:30AM Fr. Spellman

Genesis 21:5, 8-20
 Psalm 34:7-8, 10-13
 Matthew 8:28-34

Thursday 7/2 7:30AM Fr. Idomele

Genesis 22:1-19
 Psalm 115:1-6, 8-9
 Matthew 9:1-8

Friday 7/3 7:30AM Fr. Spellman

Ephesians 2:19-22
 Psalm 117:1-2
 John 20:24-29

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

Genesis 27:1-5, 15-29
 Psalm 135:1-6
 Matthew 9:14-17

Fourteenth Sunday in Ordinary Time**Sunday 7/5 8:00am Fr. Idomele
10:00am Fr. Spellman
12:30pm Fr. Spellman**

Ezekiel 2:2-5
 Psalm 123:1-4
 2 Corinthians 12:7-10
 Mark 6:1-6

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, 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 Youth Ministry's next garage sale will be on July 18, 2009. Please watch the bulletin for upcoming announcements.

Church Bulletin Board

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| Monday, June 29, 2009 | 7:00pm Renew 2000 (Spanish) 7:00pm Alumni Meeting |
| Tuesday, June 30, 2009 | 7:00pm KPCLA Bylaws 7:00pm Substance Abuse 7:00pm Spanish Intercessory |
| Wednesday, July 1, 2009 | 6:30pm MSC 7:00pm Mariano Ministry 7:00pm Spanish Baptism Class |
| Thursday, July 2, 2009 | 12:30pm Bible Study 7:00pm Spanish Prayer Group 7:00pm One LA |
| Friday, July 3, 2009 | 6:30pm BDYC 7:00pm Bible Study 7:00pm Baptismal Class |
| Saturday, July 4, 2009 | Happy 4th of July |
| Sunday, July 5, 2009 | 2:00pm Awe Drumming |

Pastor's Letter

This past Monday night Holy Name of Jesus Church held our **Annual Parish Meeting** in which our parishioners discussed where our parish has gone during the past year and in what direction we see ourselves proceeding in the future. One of the areas that we discussed in detail is the concept of **Evangelization**. Evangelization involves "**Disciple-making**" by sharing the Good News of Jesus Christ with our families, our friends and our community. For many centuries the world has had more Catholics than any other organized religion. **Last year Muslims surpassed Catholics in world-wide numbers** and countries that have had a strong Catholic history in the past are now facing declining numbers of Catholics as the number of Muslims has increased. *Here at home we are facing similar challenges to our faith in Jesus Christ, and it is our responsibility to spread our faith, beginning in our own homes and our own neighborhoods.*

For the past eight or nine years, our parish has had approximately 1,000 registered families. As parishioners die or move out of state, other families join us. But overall, our numbers are not growing. In recent years we have more funerals than weddings or Baptisms. Many of our families are not involved in our school or in our various parish ministries and over half of our families give less than \$1.00 per week to the Church. And, unfortunately, many of them do not attend Mass here on a consistent basis. This leaves 500 active families and this number needs to grow. Jesus said to "**Go and Make Disciples**" and that is what we intend to do. *"The harvest is great, but the laborers are few."* We must all be laborers for the Lord!

As many of you already know, in the next ten years, half of the priests in the Archdiocese will reach the age of retirement. Right now we have only 35 men at Saint John's Seminary studying for the priesthood. As a result, in the coming years the Archdiocese will have to look at how to allocate priests to parishes, and it will be based on the number of families, the number of Baptisms, and Weddings, and Funerals, and other quantifiable measures. The smaller parishes will be "twinned" with other parishes or will hire a Parish Life Director (which is an expensive position). And the parish will still have to find priests to celebrate the Masses and administer the Sacraments. So, **Evangelization** and "**Disciple-making**" are going to be critical elements of our parish ministries over the next few years.

As we look at our world, we must ask ourselves, *"What do we want most for the next generations - our children and our grandchildren?"* As we bring these questions to prayer, we must also ask the Lord to enable us utilize our gifts to spread the Good News of salvation for years to come.

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 28th through August 12th. 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.

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 2nd 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.
Tickets are \$55.00 per person
More details to follow!

Healthy Living...

Craving Carbs: Is It Depression?

Many people crave carbohydrates when they feel low.

By Kathleen Doheny

Does a bad day at the office or a tiff with your spouse send you marching to the cookie jar or the corner bakery? Or do you find yourself at the vending machine every day precisely at 4 p.m. for some crackers or candy? If either scenario fits, you're not alone. Many people crave carbohydrates -- especially cookies, candy, or ice cream -- when they feel upset, depressed, or tired.

"Carb craving is part of daily life," says Judith Wurtman, PhD, a former scientist at the Massachusetts Institute of Technology and co-author of *The Serotonin Power Diet*. She and her husband, MIT professor Richard J. Wurtman, have long researched carbohydrates and their link to mood and depression.

The Wurtmans published a landmark article about carbs and depression in *Scientific American* in 1989. They are convinced that the carbohydrate craving is related to decreases in the feel-good hormone serotonin, which is marked by a decline in mood and concentration. Other experts aren't so sure. Some wonder if depressed mood and reaching for carbs are both related to an external event -- such as the stock market decline -- or to simply habit.

Carbohydrate Cravings: Normal or Not?

Step back and analyze your cravings a bit, Wurtman suggests. Do you crave carbs only when you see someone eating something you like? Then, says Wurtman, you may simply be succumbing to the power of suggestion. Or do you crave carbs when you face an unpleasant task, like balancing the checkbook, and feel better after you've had some? Then you may be "self-medicating." Your serotonin is up, and you are doing what you are supposed to, says Wurtman. Late-afternoon carb cravings are also quite normal, Wurtman says, and don't necessarily signal depression. "The reason we want to self-medicate with carbs late in the afternoon is not just that life is difficult and filled with frustration, but that it is a normal day-night cycle." When is a carb craving over the top?

If you go to great lengths for a carb-rich food continually, you may want to seek professional help, Wurtman says. That kind of persistent craving may be a sign of depression, not just a funky off mood, and perhaps a clue you should seek mental health care, Wurtman and others say. If your mood stays low and the carbs don't seem to be helping, you should also consider checking in with a health care provider.

If you're a carb craver, you can learn to cope with them -- at minimal or no expense to your health or waistline, experts say.

- Time your eating to accommodate your cravings.
- Choose sensible carbohydrate-rich foods.
- Don't buy into the guilt.
- Focus on carbs that are "slow foods."

For more information, log onto www.webmd.com

DID YOU KNOW?**KEEPING THE INTERNET SAFE FOR YOUR CHILD**

Did you know that teen girls who post photos online and teens who create social networking profiles report higher rates of online contact by people unknown to them than boys or teens who do not post photos or maintain social networking profiles? Keeping the Internet safe for your child is an important part of abuse prevention. The L.A. City Attorney's Child Abuse Policy Division staff is available to all public and private schools for presentation of Internet Safety programs.

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

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:**

June 21, 2009 = \$ 7,578.00

Two Previous Years:

June 22, 2008 = \$ 6,205.00

June 24, 2007 = \$ 8,510.00

Thank you for your generosity!

Family Annual Celebration**The Mariano Ministry****"Immaculate Conception"****Holy Name of Jesus Church**

Invites all to come, have fun and enjoy music (DJ) and food.

On Saturday, July 18, 2009

7:00pm -11:00pm in the Parish Hall

Tickets in advance are \$5.00

Tickets at the Door are \$7.00

Children under 12yrs are free!!!

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.

Summer School & Enrichment Programs

Give your child a safe, spiritual and academically enriching summer. Our parish elementary school will be providing summer school and a summer enrichment program. 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!

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.

The Junior Daughters of St. Peter Claver Court 121 (HNOJ) is hosting their annual walkathon on Sunday, June 28, 2009. As an active organization within the church, we are committed to assisting our Holy Name of Jesus community on issues of Social Justice. This year half of the proceeds will go to Covenant House to assist them in their efforts to provide at risk youth with resources. In August, the Junior Daughters and other youth ministries will be responsible for providing monetary and hands on service for our mini-kitchen. In addition some of our Juniors have the opportunity to participate in their National Conference which will be held in Houston, Texas. Some of the proceeds will assist them in this endeavor. Please help support our worthwhile causes by pledging a donation with one of the Juniors or to the Court. All donations are tax deductible.