

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

Monday 7/12 7:30am Fr. Idomele

Isaiah 1:10-17
 Psalm 50:8-9, 16-17, 21, 23
 Matthew 10:34-11:1

Tuesday 7/13 7:30am Fr. Idomele

Isaiah 7:1-9
 Psalm 48:2-8
 Matthew 11:20-24

Wednesday 7/14 7:30am Fr. Idomele

Isaiah 10:5-7, 13-16
 Psalm 94:5-10, 14-15
 Matthew 11:25-27

Thursday 7/15 7:30am Fr. Idomele

Isaiah 26:7-9, 12, 16-19
 Psalm 102:13-21
 Matthew 11:28-30

Friday 7/16 7:30am Fr. Spellman

Isaiah 38:1-6, 21-22, 7-8
 Psalm 38:10-12, 16
 Matthew 12:1-8

**Saturday 7/17 7:30am Fr. Spellman
4:30pm Fr. Spellman**

Micah 2:1-5
 Psalm 10:1-4, 7-8, 14
 Matthew 12:14-21

Sunday 7/18 Sixteenth Sunday in Ordinary Time

8:00am Fr. Spellman
10:00am Fr. Idomele
12:30pm Fr. Spellman

Genesis 18:1-10
 Psalm 15:2-5
 Colossians 1:24-28
 Luke 10:38-42

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

In need of our prayers...



Ethel Allen, Genevieve Alexander, Susan Augustine, Arleen Bouscher, Iola Brown, 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, 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, Warren Knox Jr., Edwin Thomas Sr., Barbara Ellis, Clyde Mitchell, Oscar Antonio Romero, Thurman Johnson, Debra Stewart, Gary Elliott, Mario Toledo, Kelly Matthews, Angie Dupre, Shirley Miller, Emily Lewis, Basil Lewis, Mrs. Oliska Batiste, Tyrone Batiste, Santiago Zayas, Ina Lewis (aunt of Monica Lewis and Carlotta Keaton), Julio Mejia, Maria Lopez, Adrianna Zelaya, Norma Ellison, Felicia Bagley, Edward DeJohn, Thomas Delon-Monroe, Joyce Robinson, Robin Mitchell, Gloria Bunkley those seeking employment, and those struggling to make ends meet during these tough times.

Church Bulletin Board

Monday, July 12, 2010 7:00pm Bible Study
 7:00pm Spanish Renew
 7:00pm Spanish Prayer Group

Tuesday, July 13, 2010 6:45pm Spanish Musicians
 7:00pm Substance Abuse
 7:00pm Spanish Intercessory

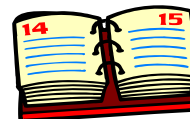
Wednesday, July 14, 2010 6:30pm MSC
 7:00pm Mariano Ministry
 7:00pm Spanish Baptism Class

Thursday, July 15, 2010 12:30pm Bible Study
 7:00pm Spanish Prayer Group

Friday, July 16, 2010 6:45pm Spanish Musicians
 7:00pm Bible Study
 7:00pm Baptism Class

Saturday, July 17, 2010 9:00am Spanish Prayer Group Retreat
 11:00am Choir Rehearsal
 12:00pm Girl Scout

Sunday, July 18, 2010 2:00pm Awe Drumming



Pastor's Letter

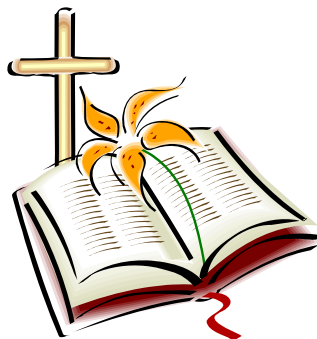
During my five years here at Holy Name of Jesus Church I have been blessed to meet many African American Catholics, primarily here at our parish, but also at other parishes throughout the Archdiocese. One organization that serves to make the connections is the **African American Catholic Center For Evangelization (AACCFE)**. This organization addresses the issues facing our community; especially as we strive to share the Catholic faith throughout all races and cultures. But, do we have more people joining the Catholic Church - or more people leaving the Church?

This Saturday morning, July 17th, at 10:00, the AACCFE is holding its **Annual Town Hall Meeting**, and the topic is, *"Are Black Catholics leaving the Church?"* At this forum, questions will be addressed, such as, *"Who is evangelizing Black Catholics?"* and *"Are there fewer Catholics in your parish?"* and *"Do Black Catholics really want to be evangelized?"*

We are all called to a **spirit of evangelization** through Matthew's Gospel when Jesus instructs us to, *"Go and make disciples of all nations."* Evangelization is part of who we are as Catholics. And we are all called to **conversion**, which may or may not involve a change from one religion to another. Conversion involves turning our hearts to God, and it is an ongoing part of our lives. Conversion is a process that never ends.

So, I invite you to join us this Saturday at **St. Eugene Parish** at **10:00** in the morning so that we can listen, learn, and act! **St. Eugene** is on **the corner of 96th Street and Van Ness Avenue**. For more information please call **(323) 777-2106**.

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



Holy Name of Jesus School News!

Our church overflowed with family, friends, and well wishers as HNOJ’s Class of 2010 graduated. With the preparation they received here at Holy Name, we are confident that they will do well. On behalf of the families we want to thank the following groups, families and individuals that provided scholarships to the graduates:

- The Knights of Peter Claver
- St. Peter Claver Ladies Auxiliary
- Girls Scouts of America
- Brighter Day Choir
- Holy Name of Jesus Ushers
- The Forever Young 50+ Club
- Holy Name of Jesus Altar Servers
- The Ellis Family
- Mary Ann and Anthony Braithwaite
- Mrs. Verna Lipscomb
- Thomas and Lorraine Julian
- Mrs. Jeanne Wiltz
- Ms. Dana Sims
- Mr. Henry Grayson
- Mrs. Kendra Kerr

School Starts August 2, 2010 as HNOJ Works on Closing the Learning Gap

Thanks to the Ahmanson Foundation, which recently approved a grant of \$25,000 to HNOJ, our school has extended the school year to eleven months. Our research has shown that an extended year will reduce the learning gap created by a long summer break and set the stage for better academic performance by our students. As a result of this improvement, the 2010 – 2011 school starts **Monday August 2nd** and Thursday, July 29, 2010 for all 6th, 7th, and 8th graders.

Office of Religious Education

Religious Formation classes (CCD) registration for 2010-2011 new and returning students will take place during the month of August. You may register in the office or through the mail. Check the bulletin for more information.

Parents, please remember that religious education is ongoing. Children who have received the Sacraments should return to class next year. For more information, please contact **Cathy Brown at (323) 734-8888 ext. 2.**

Please keep our Confirmation and First Communion recipients in your prayers!

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Any Youth that need Community Service Hours can help in the Mini-Kitchen during the month of August from 8:30am to 11:00am. Please call the Parish Office for more information. Thank you!

Healthy Living...

Healthy Sleep

After a good night’s sleep, we wake up feeling refreshed and ready to face the challenges of the day. But when our rest is compromised due to insufficient or disordered sleep, all aspects of our lives can suffer: personal relationships, productivity at work, and even our physical health. The National Sleep Foundation and the Centers for Disease Control and Prevention say that adults should be getting an average of about 7 hours per night (individual needs vary). But over the past hundred years, we’ve started sleeping less and less. The National Sleep Foundation estimates that 74% of adults in the U.S. get less than 7 hours each weeknight, and that 37% of us are so sleepy during the day that it interferes with daily activities.

Consequences of Sleep Loss

Sleep follows a pattern of alternating REM (rapid eye movement) and NREM (non-rapid eye movement) phases. In a typical night, this cycle repeats about every 90 minutes. If we don’t get enough sleep, our bodies don’t have time to move through these phases and repair muscles, consolidate memory, and regulate growth and appetite. That’s why we sometimes wake up less able to concentrate, make decisions, and be fully present in our daily lives. And it’s not just the quantity of sleep that matters – it’s the quality, too. Our sleep can be interrupted due to stress, medical problems, the need to go to the bathroom, and irregular schedules. These interruptions can disrupt our circadian rhythms and contribute to daytime sleepiness. Finally, insufficient sleep—also called sleep deprivation—is associated with several chronic diseases and conditions, including diabetes, various types of cardiovascular disease, obesity, and depression. Chronic sleep deprivation increases our risk of contracting and managing these conditions.

It’s a sign of the times that we try to pack as much activity as possible into our days – but while our societal rhythms have changed, our biological needs have not. More and more, health experts are recognizing sufficient sleep as an essential component of disease prevention and health promotion. Cultivating healthy sleep habits (see box) will help us to rest in accordance with our internal clocks while lessening risk of chronic disease, improving quality of life, and even keeping us safer on the road. Healthy sleep isn’t a luxury – it’s an essential component of overall health.

For More Information log onto: National Sleep Foundation - <http://www.sleepfoundation.org/> or The Centers for Disease Control on Sleep Disorders – <http://www.cdc.gov/sleep/disorders.htm>

10 Tips for Better Sleep Hygiene

1. Go to bed and get up at about the same time every day, even on weekends.
2. Don’t eat or drink large amounts before bedtime.
3. Avoid nicotine, caffeine and alcohol in the evening.
4. Exercise regularly.
5. Make your bedroom cool, dark, quiet, and comfortable.
6. Sleep primarily at night.
7. Choose a comfortable mattress and pillow.
8. Start a relaxing bedtime routine.
9. Go to bed when you are tired and turn out the lights.
10. Use sleeping pills as a last resort.

The Mayo Clinic - www.mayoclinic.com/health/sleep/hq01387

DID YOU KNOW?**Child abuse is a national problem.**

According to the U.S. Department of Health and Human Services there were 794,000 reported child abuse victims in 2007 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. For information on how you can become more informed and involved in keeping our children safe, please call the parish office or visit:

<http://www.archdiocese.la/protecting/index.php>.

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

Child Safety Month**Things Parents should know...**

Do you know the route your child uses to get home from school? Do you know the names and numbers of your child's friends? Are you monitoring their Facebook, MySpace and Twitter accounts? Do you have passwords on your computers at home? How many hours does your child spend on the internet and/or playing games? Do you monitor their text messaging?

Did You Know?**Five Steps to Safer Environments**

The Archdiocese mandates that all people who work with children and youth in our parishes and schools must undergo child abuse prevention training through the VIRTUS program. The training details five steps to prevent child sexual abuse: Know the warning signs of an inappropriate relationship with a child.

1. Know the warning signs!
2. Control access to children by carefully selecting the adults who work with children and youth.
3. Monitor all programs for the safety of children and youth.
4. Be aware of and sensitive to what is going on in the lives of children.
5. Communicate concerns to the appropriate person in authority.

Source: www.virtusonline.org/virtus

Body Safety Rules for Every Child

1. It's My Body!!! - I have the right to know all the safety rules.
2. The "Uh-Oh" Feeling - If I feel like something's wrong then I'm right. Sometimes I need to ask questions.
3. I can say "NO!" to sexual abuse or bad touch.
4. I will Tell Someone if I am sexually abused or hurt.
5. IT IS NEVER MY FAULT.

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

Without cost you have received; without cost you are to give. – Matthew 10:8

Current Year:

July 4, 2010 = \$ 7,989.50

Two Previous Years:

July 5, 2009 = \$ 10,346.00

July 6, 2008 = \$ 10,278.00

Thank you for your generosity!

Forever Young 50+ Club**Is Hosting..**

A night with Diana Washington at the Vintage Hollywood on Saturday, July 17th at 7pm. Please call Lorraine Sparrow for information. Tickets are \$35.00.

African American Catholic Center for Evangelization

The African American Catholic Center's 2010 Town hall meeting will be held Saturday, July 17 in St. Eugene's Parish Hall at Van Ness and 96th Street. The meeting will begin at 10am with continental breakfast. The focus of this year's meeting will be the future of Black Catholics in the Archdiocese of Los Angeles. In addition to breakfast there will be a no cost buffet luncheon sponsored by the AACCFE. Please RSVP your attendance to your Parish Rep or call the Center 323-777-2106.

Gardening Club

Holy Name of Jesus Church is interested in starting a Gardening Club. This club will help keep the Church and School gardens looking nice. If you are interested in joining the club please call Laqueta Shelton at 323-733-2308.



Save the Date!

The Family Celebration will be held on Saturday, September 25, 2010 from 10am-4pm at Kenneth Hahn Park. We will have fun and games for all! Please come and enjoy. Tickets are \$10.00 and now on sale.