



## *Pastor's Letter*

It's hard to believe, but **the beginning of our new school year is rapidly approaching!** This past week our teachers have been preparing their classrooms and our Principal and office staff are getting everything ready for our new students - and our returning students. **Our sixth graders, seventh graders and eighth graders will begin classes this Thursday, and the rest of the students return the following Monday, August 1st.** I know that this seems early, but, as many of you know, last year we began our school year a month early and it was received with many positive results. We found that with a three-month summer vacation, many of our students were getting bored and some of them were not keeping up with their reading and other skills that they develop during the school year. And, having children at home for three months proved to be a challenge for many of our working parents.

As I do each year, I offer a number of **Pastor's Scholarships** for families who value a Catholic education but do not have the financial resources to pay the full tuition. Mrs. Belisle, our Principal, meets with each family and reviews their financial situation and we then determine the amount of the scholarship that we can offer. The funds for these scholarships come from my sister in Florida and from some of the parishioners at my previous parish in Claremont. We believe that no child should be denied a Catholic education because of the lack of ability to pay. **So, if you know a family who would like to send their child to an excellent Catholic school, but are unable to pay full tuition, please have them call me or Mrs. Belisle in the School Office.**

Next weekend, July 30-31, **Sister Dolores Pardini and Sister Mary Ellen Howard** will be speaking at our Masses about the missionary work of the **Notre Dame de Namur Sisters**. Sister Dolores has served for many years at Nativity and St. Columbkille Parishes in Los Angeles. Prior to that, she taught and was in parish ministry in Hawaii and Alaska. Sister Howard served for many years in Congo, Nigeria and Kenya and also as Notre Dame's NGO (Non-Governmental Organization) representation to the United Nations. The second collection for the Missionary Cooperative Plan will help support the work of Notre Dame Sisters Africa and Latin America and will also help prepare new Sisters for their ministries. The Sisters of Notre Dame are an international community of nearly 2,000 members serving on five continents. They will be grateful for your prayers and your support.

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

### DID YOU KNOW?

#### **Road to Priesthood Involves a Rigorous Formation Process**

Seminary formation involves much more than academic study. Prior to ordination, a candidate for priesthood goes through a lengthy evaluation period, including an internship during which he lives in a rectory and works with priests, staff and parishioners. During this time, the candidate is judged as to his suitability to be a priest. No one is ordained unless the staff of St. John's Seminary, including the lay faculty and formation advisers, concludes that the candidate has attained an emotional, psychological and sexual maturity appropriate for his age and for the celibate life of a priest. For more information, please visit [www.la-archdiocese.org](http://www.la-archdiocese.org) and click on the "Vocations" tab.

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

### **Youth Ministry**

Holy Name of Jesus Church Youth Ministry invites all Youth between the ages of 14 and 18 to come and join the Youth Ministry.

We meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the Month in the Acacia Center from 7:00pm to 8:30pm. For more information, please see Norma Mitchell or any Youth Ministry member.

St. Agatha Choir is having a concert on Wednesday, July 27<sup>th</sup> at Holy Spirit Retreat Center. Dinner is at 6:30pm and the concert begins at 7:00pm. Please call the retreat center for the cost and more information.

### **Welcome Visitors!**

Holy Name of Jesus Church would like to welcome all visitors to the Hall after the Masses on Sunday for fellowship and complimentary refreshments.

### *Holy Name of Jesus School News!*

#### **Important Dates: Please Take Note**

1<sup>st</sup> Day of Classes (6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade) – July, 28, 2011

1<sup>st</sup> Day of Classes (Kindergarten – 5<sup>th</sup> grade) - August 1, 2011

#### **Congratulations Graduates!**

It takes a village to raise a child and the Holy Name of Jesus Parish, Pastor, Principal, Teachers, Parents, and Students have done a wonderful job this 2010-2011 school year. Congratulations to all. This past week, twenty-seven students graduated from Kindergarten and twenty-nine students graduated from 8<sup>th</sup> grade. We are pleased to announce that all are moving on to high school and twenty-seven are moving on to Catholic High Schools. Next week we will include the names of the individuals and groups who provided scholarships to the 8<sup>th</sup> graders. Remember that we are also seeking scholarships for our current kindergarten students who are moving to 1<sup>st</sup> grade. Please keep all our graduates in your prayers.

#### **After School Classes and Tutoring:**

Pam Houston Ph.D. has so graciously agreed to assist us in enhancing our After School Program. We are still seeking qualified volunteers, preferably retired teachers or school administrators to make it more comprehensive, i.e. tutoring students in subjects, facilitating life planning sessions, and supervising literacy improvement sessions. Kindly contact Mervyn Lambey at (323) 984-2766 or at the school office (323) 731-2255.

#### **HNOJ School Now Enrolling**

Sometimes, just a word from someone who knows makes the difference in whether a family will enroll their children here at Holy Name of Jesus School. If you know parents who send their children to CCD here at Holy Name on the weekends or have school age children, it won't hurt to tell them a little or a lot about our school. As you know, we provide a foundation that truly and literally lasts a lifetime. Help us spread the word. There's no marketing like "Word-of-Mouth" marketing. Help us get the message out about our wonderful school. We don't want Holy Name of Jesus School to be a best kept secret. Testing is conducted every 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month. The school office will be open during summer vacation. Interested persons can call (323)-731-2255.

All Holy Name Parishioners are cordially invited to join the Knights of Peter Claver and Ladies Auxiliary at our 96th Annual National Convention Mass celebration to be held at the Cathedral of Our Lady of Angels on Sunday, July 31, 2011 at 3:30pm. Most Reverend Jose Gomez-Archbishop of Los Angeles and Most Reverend Martin Holley-Auxiliary Bishop of Washington will preside along with other Bishops from across the United States. All Knights and Ladies are encouraged to participate. Please dress in full regalia. Please don't miss this wonderful celebration.

#### ***Family Celebration Save the Date!!!***

Mark your Calendar. This year's Family Celebration will be on Saturday, September 24, 2011 at Kenneth Hahn Park.

### *Healthy Living*

#### **Nutrition & Diet in the Elderly**

In 2007, Tufts University updated their nutrition guidelines to include specific recommendations for older adults. The modifications were designed to address the unique needs of adults older than the age of 70. The research behind these changes was based on findings that older adults generally require less calories but more nutrition to stay healthy. This poses a dilemma for some people older than the age of 70 who may not have a healthy appetite or may have health problems that can cause a loss of appetite. It is for these reasons that nutrition and diet in the elderly is important for their health and independence.

**The Importance of Fiber-Rich Foods** - According to American Family Physician, approximately 26 percent of elderly men and 34 percent of elderly women are affected by constipation. This may be caused by obstruction by an internal mass, medications or by an underlying medical condition and should always be checked by a doctor to determine the cause. Aging is another cause of constipation, due to less elasticity of the muscles of the digestive system. Additionally, constipation can be caused by a decline in consumption of foods that are rich in fiber, such as fresh, canned or frozen fruits and vegetables as well as whole-grain products.

**Adequate Fluid Intake** - Dehydration is the most commonly experienced fluid and electrolyte problem in the elderly, according to Dr. Risa J. Lavizzo-Mourey in a 1987 communication published in the "Journal of the American Medical Association." Unfortunately, aside from a general lack of enough fluid, dehydration is associated with a higher mortality rate in the elderly. Theories as to why the elderly are more prone to dehydration include decreased sense of thirst, impaired kidney functioning and decreased consumption of foods that contain significant amounts of water. Certain medications such as diuretics can also increase the excretion of water from the body, leading to dehydration.

**Emphasis on Brightly Colored Vegetables** - Brightly colored vegetables like carrots, red peppers and broccoli are rich in dietary fiber which is often deficient in an elderly person's diet. The food pyramid modified for the elderly includes canned and frozen vegetables, in an effort to include nutrient-rich foods in forms that allow for long-term storage. Brightly colored vegetables contain large amounts of vitamin C as well as other phytonutrients that can help improve immunity and decrease obesity. This is particularly important for the elderly, who may not replenish healthy foods in their house, due to inclement weather or because they rely on someone else for transportation.

**Decreased Intake of Saturated Fats** - Tufts University recommends that people older than the age of 70 use vegetable oils and soft spreads that contain no or low saturated fat. WB Kannel explains in the 1986 issue of the "Journal of the American Geriatric Society" that diets that are high in saturated fat increase the risk of cardiovascular disease. This disease is common in the elderly and the risk of it can be reduced by eating fats that are soft or liquid at room temperature. Fats like olive oil, canola oil and butter-flavored spreads that are high in omega-3 fatty acids are sources of healthier fats that can decrease cholesterol.

Read more: <http://www.livestrong.com>

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

*We are called to "bear good fruit," not just for ourselves, but for all. Thank you for the many gifts you share with this community of faith. Please take a few minutes to prayerfully consider your stewardship gift to God in thanksgiving for the many blessings you have received.*

**Current Year:**

July 17, 2011 = \$ 8,127.00

**Two Previous Years:**

July 18, 2010 = \$ 8,450.00

July 19, 2009 = \$ 7,081.00

**Thank you for your generosity!**



**Holy Name and St. Odilia Annual One Day Retreat at Children's Shriners Hospital 3160 Geneva St, Los Angeles Saturday, August 20<sup>th</sup> from 9:00am to 5:00pm. \$20.00 due by July 31<sup>st</sup>. See or Call Dolores Ricks from Holy Name (310) 412-3975 or Cheryl Burnett (424) 702-5161. Father Gus Taylor will lead the Retreat.**

**A few friendly housekeeping reminders...**

- Please do not tape any flyers, posters, etc. on the walls or doors of the church.
- 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...
- The crying room is for parents with babies only. All others will be asked to leave...
- Children must sit with their parents at all times during the mass services...
- Ushers will escort unsupervised children to their parents...
- When arriving late for mass, please remain in the church lobby until directed by an Usher...
- Turn cell phones and pagers off when entering church...
- No gum, food or drinks in the church...
- Please keep the church and church grounds clean at all times.

**Thank you for your cooperation!**

**Office of Religious Education**

Religious Formation classes (CCD) registration for 2011-2012 new and returning students will take place Saturday, August 27<sup>th</sup> from 9:00am to 12:00pm.

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.**

**Classes for Religious Formation (CCD) start on Saturday, September 10, 2011 9:30am - 11:00am or Sunday, September 11, 2011 from 9:00am - 10:00am.**

**Confirmation Registration for First and Second Year will be on Thursday, September 8<sup>th</sup> at 7:00pm.**

**Confirmation for first year students will begin on Thursday, September 15, 2011. Second Year begins on Thursday, September 22, 2011.**

**Join the Ladies Auxiliary for a Family Luau!**

Saturday, August 20, 2011 5pm - 10pm

Adults - \$20 presale / \$25 at the door

Kids ages 4 through 10 - \$15.00

Under 3 - Free

Join us for entertainment, kids' activities, food, and fun for all!



**The Spanish Prayer Group will be selling food after all masses on Sunday, July 30<sup>th</sup>. Please come and support**

**"YOUNG but not FORGOTTEN"**

ALL are invited to join the F.A.I.T.H. Young Adult Ministry and Shining Faith Young Adult Choir for our Monthly Young Adult 1st Sunday Mass. SUNDAY, August 7, 2011 at 5:00pm

This will be a spiritual uplifting like no other. Come Get Fulfilled, Anointed, Inspired, Through Him.

Holy Name of Jesus Church  
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323-734-8888

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***First Communion and Confirmation  
Certificates & Pictures***

*First Communion and Confirmation certificates and pictures are available in the church office for pick up. Office hours are Monday through Friday, 9:30am to 7:30pm.*