

# Mass Schedule

**Monday 1/16 7:30am Fr. Spellman**

1 Samuel 15:16-23  
Psalm 50:8-9, 16-17, 21, 23  
Mark 2:18-22

**Tuesday 1/17 7:30am Fr. Idomele**

1 Samuel 16:1-13  
Psalm 89:20-22, 27-28  
Mark 2:23-28

**Wednesday 1/18 7:30am Fr. Spellman**

1 Samuel 17:32-33, 37, 40-51  
Psalm 144:1-2, 9-10  
Mark 3:1-6

**Thursday 1/19 7:30am Fr. Idomele**

1 Samuel 18:6-9; 19:1-7  
Psalm 56:2-3, 9-13  
Mark 3:7-12

**Friday 1/20 7:30am Fr. Spellman**

1 Samuel 24:3-21  
Psalm 57:2-4, 6, 11  
Mark 3:13-19

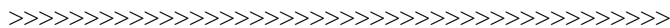
**Saturday 1/21 7:30am Fr. Spellman  
4:30pm Fr. Spellman**

2 Samuel 1:1-4, 11-12, 19, 23-27  
Psalm 80:2-3, 5-7  
Mark 3:20-21

**Sunday 1/22 Third Sunday in Ordinary Time**  
**8:00am Fr. Idomele**  
**10:00am Fr. Spellman**  
**12:30pm Fr. Spellman**

Jonah 3:1-5, 10  
Psalm 25:4-9  
1 Corinthians 7:29-31  
Mark 1:14-20

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



*Join us as we pray the Rosary  
Every 12<sup>th</sup> day of the month we will pray  
the Rosary in the church at 6:00 pm.*

## In need of our prayers...

Ethel Allen, Anita Alexander, Genevieve Alexander, Eva Anderson, Cheryl Aubrey, Donald Aubrey, Susan Augustine, Yolanda Barrio, Mrs. Oliska Batiste, Tyrone Batiste, Shannon Benjamin, Joshua Bolden, Arleen Bouscher, Cathy Brown, Jordan Brown, Iola Brown, McCoy Brown, Taylor Brown, Gloria Bunkley, Lucy Byrd, Inez Cameron, Barbara Campfield, Jerry Clary, Sheryl Cooper-McGinest, Elrena Dandy (Sister of Tina Floyd), Thomas Delon-Monroe, Beverly Dorsey, Rudi Eagleson, Barbara Ellis, Norma Ellison, Bettye Epps, Pauline Favors, Kirk Fields, Zelandia Fero, Jose Gonzalez, Raul Gonzalez, Damien Goodman, Amy Gosey, Henry Green, Joey Green, Olivia Griffin, Margaret Guillory, Charles Haynes, Yvonne Hill, Ruth Howard, (Sister of Tina Floyd), Tiffany Peppers-Jacob, Thurman Johnson, Ziana Johnson, Ellender Julian, Lorraine Julian, Warren Knox Jr., Aimee Lewis, David Lewis, Eric Lewis, Rev. Gerald Lewis, SVD, Pearl Lewis, David Little, Maria Lopez, Jennifer Lynch (niece of Debra Stewart), Karla Martinez Ochaeta (niece of Carmen El-Khouri), Kelly Matthews, Rosa Mayes, Julio Mejia, Ofelia Mena, Dennis Middleton, Audrey Miller, Shirley Miller, Robin Mitchell, Ruben Palamaris, Phyllis Pope, Christopher Ray, Joyce Robinson, Oscar Antonio Romero, Naomi Sealey, Norma Session, Verdell Shelvin, Maria Sierra, Eva Smith, James Smith, Marcia Sorey, Debra Stewart, Edwin Thomas, Sr., Mario Toledo, David Tureaud, Willie Tusan, Jr., Edna Valdry, Ophelia Walker, Elsie Weston, Sandy Wheeler, Selma Williams, West "Ted" Williams, Thad Wiltz, Santiago Zayas, Adrianna Zelaya, those seeking employment, and those struggling during these tough economic times.

## Church Bulletin Board

- Monday, January 16th** 7:00pm Spanish Prayer Group  
7:00pm Renew 2000
- Tuesday, January 17th** 6:30pm School Luncheon Meeting  
6:45pm Spanish Musicians  
7:00pm Substance Abuse  
7:00pm Spanish Intercessory  
7:00pm Young Adult Bible Study  
7:00pm RCIA
- Wednesday, January 18th** 6:00pm Mariano Ministry  
6:30pm MSC  
7:00pm Spanish Baptism Class
- Thursday, January 19th** 12:30pm Bible Study  
7:00pm Spanish Prayer Group  
7:00pm Confirmation
- Friday, January 20th** 6:30pm BDYC  
6:30pm Shining Faith  
6:45pm Spanish Musicians  
7:00pm Baptism Class  
7:00pm Bible Study
- Saturday, January 21th** 9:30am Religious Formation  
9:30am Spanish Bible Study  
12:00pm Girl Scout  
6:00pm Yvette King
- Sunday, January 22th** 9:00am Religious Formation  
12:30pm Jr. KPC/KPCLA  
2:00pm Awe Drumming

## *Pastor's Letter*

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It is no secret to anyone that we are now in the fourth year of the "**Great Recession**" in which thousands of Americans have lost their jobs, their homes, and their savings. Renters are being evicted, homeowners are facing foreclosure and small business owners are struggling to get loans to finance their inventory and aging accounts receivable. And, to no one's surprise, European countries and many other countries throughout the world are also suffering the effects of a weakened economy. President Obama and many other government leaders are seeking ways of getting more Americans back to work and many business leaders are holding on to their cash reserves out of fear of a "double-dip" Recession (or a perceived need to pay huge bonuses to key executives that are viewed as "indispensable").

Here at **Holy Name of Jesus Church** we have been working for the past few years with **One L.A.** in discerning what we can do to help the members of our parish, the residents of Jefferson Park and people throughout Southern California who are facing financial obstacles in their lives. **On Saturday, February 4th, from 10:00 a.m. to 12:00 noon** we will be holding a "**Financial Institutions Workshop and Discussion Session**" in which we are going to learn more about our local financial institutions and how they are - or how they are not - responding to the needs of our community. We will then look at ways of developing relationships with solid financial institutions, ways of building a credit history (and, as a result, a good credit score) and then we will take time to discuss the experiences of our parishioners in dealing with banks, credit unions, payday advance companies, check-cashing services, "title loan", and "buy here - pay here" car dealerships. ***Our goal is to let everyone share their experiences and to learn from one another so that we can build a solid financial foundation for our families.***

If you have any questions, suggestions, or ideas, please feel free to call me in the parish office. We want this to be a valuable two hours for our parishioners. And, after we hold this session, we will determine if we want to have something similar for the "**Our Lady of the Angels**" Pastoral Region. Remember, there is strength in numbers!

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

### **Sweetheart Dinner, Reverse Raffle**

Knights, Ladies, Brothers and Sisters,

Tickets are now on sale for the **Sweetheart Dinner and Reverse Raffle**, February 11, 2012 at "Paradise Restaurant", 889 W. 190<sup>th</sup> Street @ Vermont Avenue, Gardena, California. Social Hour 6 p.m., Dinner 7 p.m. This will be an evening of Fun, Fellowship and Camaraderie. Win up to \$3000.00 and have Fun, Dinner and Great Fellowship!

There will be only 100 tickets sold. Chances, of your ticket being drawn is much better than if you were in a Raffle with 500 to 1,000 tickets. This Raffle, All tickets will be drawn. Raffle ticket cost \$100.00, includes Dinner and Raffle, Dinner only \$40.00.

The following tickets will win \$100.00 each: The 10<sup>th</sup>, 20<sup>th</sup>, 30<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup>, 60<sup>th</sup>, 70<sup>th</sup>, 80<sup>th</sup>, 90<sup>th</sup>, ticket drawn.

Please see event contacts for tickets or more information. For your chance to "WIN", contact:

Sir Knight Robert Williams – 310-938-9716, Sir Knight Michael Hicks – 323-751-6422, Lady Sheila Thomas – 213-393-5259  
Lady Linda Carter – 323-219-6299, Brother Lonnell McBroom – 310-525-9405, Lady Sharon Agnew – 323-481-8944

All ticket money due by January 15, 2012. Thanks you for your support! Lonnell McBroom Sr. Vice President, CCC



### *Tickets on Sale Now!*

Join the Ladies Auxiliary Court 121 for their annual Mardi Gras Dinner Dance Fundraiser  
Saturday, February 18, 2012

8pm - 12am

\$25.00 pre-sale through February 12th / \$30.00 at the door

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

#### **300 Students by 2012!**

We want to thank you, the parishioners and parents of HNOJ School, for your assistance in spreading the word about Holy Name School! Your efforts have helped us reach and exceed our first target of 200 students with the goal of 300 students by the start of the 2012/2013 school year. Please continue to help recruit new students. Remember to contact Fr. Paul (323) 734-8888, Ms. Belisle (323) 731-2255 with your referrals.

#### **School Student Non-Discrimination Policy**

The school, mindful of its mission to be a witness to the love of Christ for all, admits students regardless of race, color, or national and/or ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school.

The school does not discriminate on the basis of race, color, disability, sex, or national and/or ethnic origin in the administration of educational policies and practices, scholarship programs, and athletic and other school-administered programs, although certain athletic leagues and other programs may limit participation and some archdiocesan schools operate as single sex schools.

While the school does not discriminate against students with special needs, a full range of services may not always be available to them. Decisions concerning the admission and continued enrollment of a student in the school are based upon the student's emotional, academic and physical abilities and the resources available to the school in the meeting the student's needs.

#### **San Manuel Indian Bingo & Casino**

Holy Name of Jesus 50+ Club is hosting a trip to San Manuel Casino on Friday Night February 24, 2012. Pick up time is 6:00pm. Slots/Bingo/Blackjack/Fine Dining/ Great Entertainment. For more information, call Clyde Sparrow 213) 392-1916.

#### **Holy Name of Jesus School Fourth Annual Musical Fundraiser Luncheon**

~Save the Date~

Saturday, March 17, 2012 from 11:00am to 3:00pm at St. Mary's Academy. Tickets are available in the Hall after Mass on Sundays. For more information call the School Office at 323-731-2255 or Church Office at 323-734-8888.

### *Healthy Living*

#### **SUGAR-LOADED DRINKS** - ([www.choosehealthla.com](http://www.choosehealthla.com))

#### ***Improving Nutrition, Increasing Physical Activity and Reducing Obesity in LA County***

Eating too much sugar is a major contributor to overweight and obesity, especially for LA County's children. Sugar-loaded drinks, such as sodas, sports drinks, energy drinks, and even sweetened teas and fruit juices, are a large part of the problem. How much sugar are you drinking? **Did you know?** A 20-ounce soda can contain 65 grams of sugar? That's approximately 22 packets of sugar in just one bottle. All that added sugar can have serious health consequences. The extra calories in sugar-loaded drinks can lead to obesity, diabetes and heart disease. A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda. A typical 10-year-old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda. It's recommended to limit or eliminate sweetened beverages from your diet, replacing sugar-loaded drinks with water, unsweetened beverages and low-fat or non-fat milk. **Is sugar hiding in your drink?** Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-loaded drink - high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, corn syrup, sucrose, and dextrose. **Tips for Healthy Drink Choices:** Choose water or low-calorie drinks instead of sugar-loaded drinks. Keep water stocked in your refrigerator and readily available for when you're thirsty. Carry a bottle with you and refill it throughout the day. Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water. Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink. When you do opt for a sugar-loaded drink, choose a smaller beverage size. An 8-oz. soda contains about 100 calories. **Sugar-Loaded Drinks by the Numbers:** **46 percent** – Percentage of added sugar in our diets that comes from soda, energy drinks, sports drinks and sugar-sweetened fruit drinks. **22 packs** – Approximate amount of sugar in the average 20 oz. bottle of soda, which also contains 240 calories. **27 percent** – Increase in likelihood of overweight or obesity for adults who drink one or more sodas or other sugar-loaded drinks each day. **45 gallons** – Amount of soda the average American drinks annually — that's 35 pounds of sugar. **60 percent** – Increase in a child's risk for obesity with every additional daily serving of soda.

#### **Healthy Drink Alternatives:**

- Watermelon Delight - Blend 1/2 cup diced watermelon with 1/2 cup water, strain pulp, and add a lime slice.
- Citrus Light - Cut up oranges, limes, and cucumbers, place them in a pitcher of water for 2 hours, strain and serve.
- Grape Sparkler - Mash a handful of sweet grapes into a bowl, pour juice into a glass and fill to top with seltzer water.
- Lite Lemonade - Mix juice from 1 squeezed lemon with 1 cup water, then add a few drops of honey for sweetness.
- Watermelon Lemonade - Puree 4 cups cubed seedless watermelon with juice from 3 lemons and pour over ice.
- Fresh Fruit Cooler - Blend 1/2 cup ice, 3/4 cup sugar-free sparkling water, 1/3 cup melons or berries until slushy. Garnish with mint leaves or citrus slice.

**Stewardship Report - A Spirit of Giving**

"Give and it will be given to you. They will pour into your lap a good measure -- pressed down, shaken together and running over. For by your standard of measure it will be measured to you in return."

(Luke 6:38)

**Current Year:**

January 8, 2011 = \$9,697.00

**Two Previous Years:**

January 9, 2010 = \$11,300.00

January 10, 2010 = \$8,423.00

*Thank you for your generosity!*

**Rite of Christian Initiation for Adults (RCIA)**

Are you over 18 and interested in becoming Catholic or learning more about the Catholic faith? If so please come to our inquiry classes on Tuesdays, 7:00pm to 8:30pm in the Acacia Center. The next meeting will be held Tuesday, January 17th. The topic is "Sacraments of Baptism and Confirmation" presented by Bro. Anthony AniChukwu.

**Welcome Visitors!**

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

**Office of Religious Education**

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

**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. The Youth Group meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month in the Hall from 7:00pm to 8:30pm. For more information, please see Norma Mitchell or any Youth Ministry member.

**DID YOU KNOW?****The Right Pet for Your Child's Age**

Kids and pets—a natural fit, right? Indeed, raising a child and pet together can be a lot of fun for the whole family. If you're thinking of adding a pet to the family, make sure you're bringing home an animal that is appropriate for your child's age. The ASPCA offers helpful tips to teach young members of the family to care for and 'play nice' with their pets, helping to foster humane habits and a lifelong bond. For more information, please visit the ASPCA website and click on "Kids and Pets": [www.asPCA.org](http://www.asPCA.org).

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

A Parishioner is looking for a 2 or 3 bedroom house to rent that also take Section 8. Please call the church office with information 323-734-8888 ext 1.

**Worldwide Marriage Encounter**

Your love as husband and wife is a gift to one another as well as a gift from God. Attend a Worldwide Marriage Encounter Weekend to receive the tools needed to make the most of this precious gift. Deepen your communication, strengthen your relationship, rekindle your romance and renew your sacrament by attending the next WWME weekend February 17-19, 2012 (Norwalk) or April 20-22, 2012 (Woodland Hills). For more information or to apply, go online at [www.ilovemyspouse.net](http://www.ilovemyspouse.net) or call Winston & Pansy Green at (661) 297-8271.

**REVIVAL AT TRANSFIGURATION*****"Retain Hope and Fulfill the Dream"***

Fr. Charles "Chuck" Andrus, SSJ, a dynamic spirit-filled preacher will preside over the "**Martin Luther King, Jr. Revival**" at Transfiguration Parish, 2515 W. Martin Luther King, Jr. Blvd. on Friday, Saturday and Sunday, January 13th, 14th and 15<sup>th</sup> at 7:00pm. Everyone is invited... Youth and Young adults will also enjoy every night. For more information, you may call Transfiguration's Rectory Office at 323-291-1136.

**Women's Day of Prayer**

The Central District of the Archdiocesan Council of Catholic Women invites all women of the parish to a day of prayer and fellowship with other Catholic women of the area. Every Catholic Woman is a member and there are no dues. The meeting will be held on Friday, January 20, 2012 at Holy Spirit Catholic Church, 1425 Dunsmuir Avenue, Los Angeles. The day begins at 9:30am and includes guest speaker Rev. Roger Ceasar, SSJ, Moderator, Mass and lunch. The afternoon concludes at 1:30pm. Reservations are not necessary. All are welcome to attend.

**New Bulletin Policy**

There are two ways to get information to our parishioners. One is by flyer and the second is by asking for your event to be published in the bulletin. You may choose one option or the other, **not both**. Since space is limited, the parish office will let you know which option is available. If fliers are the option available to you, you will have to provide your own copies and bring them to the office by Wednesday of that week. Fliers should not be placed in the bulletins without office approval. Thank you in advance for cooperation.