

OUR LADY OF PERPETUAL HELP CHURCH



PARISH OFFICE HOURS

Monday – Friday: 8:30am - 7:00pm
 Saturday: 8:30am - 7:00pm
 Sunday: 8:30am - 7:00pm
 Closed for lunch (Monday - Friday) 1:00pm - 2:00pm

SCHEDULE OF MASSES

WEEKEND

Saturday: English 5:00pm
 Spanish 7:00pm
 Sunday: English 6:30am, 8:00am
 9:30am, 11:30am, 5:00pm
 Spanish 1:30pm, 7:00pm

WEEKDAY

Morning Prayer: 7:55am (Monday - Friday)
 Morning Mass: Monday - Saturday: 8:15am
 Mass in Spanish: Monday - Friday 7:00pm

BLESSED SACRAMENT EXPOSITION:

1st Friday of the month
 8:15am - 12 midnight
 Monday - Friday
 6:00pm - 7:00pm

CONFESSIONS:

1st Friday of the month
 7:30pm - 12 midnight
 Mondays and Fridays
 6:00pm - 7:00pm
 Saturday
 3:45pm - 4:45pm

SACRAMENT OF THE SICK:

Please call the parish office.

10727 So. Downey Ave., Downey, CA. 90241 ■ www.olphdowney.com ■ Phone: (562) 923-3246 ■ Fax: (562) 862-7020 ■ Email: office@olphdowney.com

CLERGY

Pastor:
 Monsignor Lorenzo Miranda
 Associate Pastor:
 Rev. Ambrose Udoji
 Permanent Deacons:
 Carlos Origel
 Victor Ceja

STAFF

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 Betty Origel
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 Erika Sanchez
 ext. 221 esanchez@olphdowney.com
 Liturgy Coordinator:
 Theresa Nicholas
 ext. 211 tnicholas@olphdowney.com
 Director of Music:
 Amy Brent - ext. 211

RELIGIOUS EDUCATION

(562) 862-7268
 Monday - Thursday: 12:00pm - 8:30pm

OLPH SCHOOL

10441 Downey Ave., Downey
 562-869-9969
 Monday - Thursday: 7:30am - 4:00pm
 Friday: 7:30am - 1:00pm



Jesus said to the devil,
 “You shall not put the Lord, your God, to the test.”

Luke 4:12

*Be with me, Lord, when I
 am in trouble. Psalm 91*

*Está conmigo, Señor, en la
 tribulación. Salmo 91*

PASTOR'S COLUMN

Dear Community of Our Lady of Perpetual Help,

As we begin our Lenten Journey, we ask the Lord to help us live this time of blessing, seriously looking for ways to pray, offering sacrifices for our sins and letting go of much to share with the poor.

“Be with me ... Lord ... when I am in trouble ...”

“You are my God in whom I trust ... my refuge and fortress ...” Psalm 91

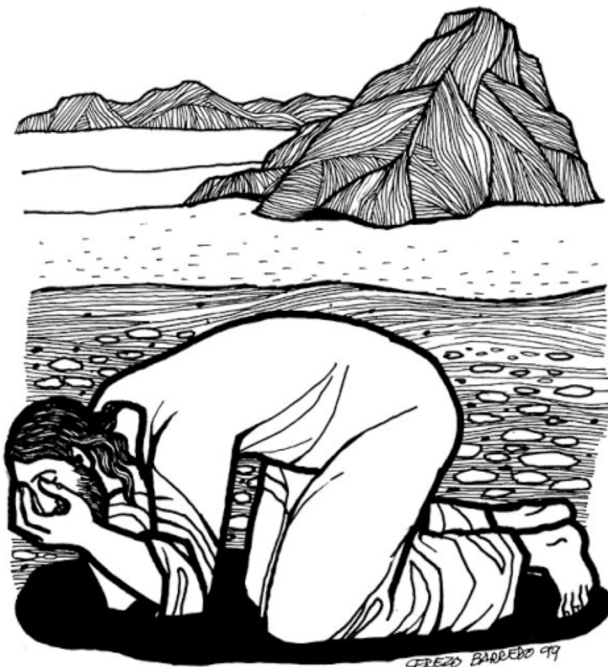
The Lord calls all of us, during these weeks of Lent. He will be blessing all of us with many spiritual graces.

“The Lord is Lord of all ... enriching all who call upon Him ...” Romans

The Lord Himself was led to the desert by the Holy Spirit. He suffered the evil temptations of the devil, the temptations of pleasure, of material possessions, of going against the will of God. Jesus, Our Lord, overcame these temptations and is with us as we fight evil every day, giving us victory.

“Everyone who calls on the Name of the Lord will be saved ...” Romans

Monsignor Lorenzo





You can support the Archdiocese's Keeping Kids Safe Campaign

The Archdiocese works to prevent abuse through our Safeguard the Children Programs on prevention and reporting, fingerprinting and background checks, and clergy formation programs. For National Child Abuse Prevention Month, the Office of Safeguard the Children has created the 2019 Child Abuse Prevention Resource Packet. The packet includes pinwheel stickers, decorations and children's activities as well as informative articles to help parents and other caring adults learn about how to protect our children and youth. This campaign provides another opportunity to transform awareness into action as we affirm every child's right for a life filled with hope, health and happiness.

buildingfaith

SEEING WITH NEW EYES

It's easy to be nice to people who are nice to you or who are considered "respectable" company. Don't be fooled by outward appearances, though. Everything done to our brothers and sisters Jesus counts as done to him. When you see someone you want to avoid, remember he or she is Christ in disguise and act accordingly.

"Do not neglect hospitality, for through it some have unknowingly entertained angels"

Hebrews 13:2

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STEWARDSHIP

We would like to thank all of our parishioners, ministries and visitors for being generous with your weekly donations. May God bless you for your continued support.

Collection for Weekend of March 3, 2019

Sunday Collection	\$16,458
Electronic Collection	\$1,854
School Support	\$677
Capital Improvements	\$3,000

Understanding our Faith

Lent is a time of reflection. On the first Sunday of Lent, the Catechumens give their names as official candidates for the Baptism that will take place on Holy Saturday night at the Easter Vigil.

During Lent, this is an intensive preparation centered on the ritual aspect. Previously, they have been preparing for several years to be baptized. This is why the church reminds us to again think seriously about our baptism and the commitments it holds. This is an opportune time for us to remember that by baptism we died to sin, that we promised to faithfully follow Christ by being witnesses of His Gospel in front of our communities and our brethren.

Deacon Carlos

PRAYER REQUEST

For those suffering illness, and those in need of our prayers

- ❖ Frances Jordan
- ❖ Felipe Preciado Mora
- ❖ Maria Jesus Rodriguez
- ❖ Raymond Lazo
- ❖ Daisy Lazo
- ❖ Patricia Wilson
- ❖ Conchita Alvarez
- ❖ Sr. Nieves Garcia
- ❖ Jose Mazon
- ❖ Cindy Vracin
- ❖ Pat Wilson
- ❖ Robert Mescavage
- ❖ Norma Apostol
- ❖ L. Tanguay
- ❖ Vivian Osterhout
- ❖ Carlotta Hardy
- ❖ Ed Camp
- ❖ Elaine Kresan
- ❖ Karla Garcia
- ❖ Kerri Grothe Balayan
- ❖ Cindy Vracin

For those who have gone before us

- ❖ Sam Puletasi
- ❖ David Giries
- ❖ Gladys Ayala
- ❖ Maria De Jesus Jimenez
- ❖ Gloria De La Cruz
- ❖ Josefina Mercado
- ❖ Jose Segura
- ❖ Lidia Segura
- ❖ Frances Jordan
- ❖ Rosita Mayorga
- ❖ Jesus Manuel Bojórquez Loya
- ❖ Victor Joaquin Jr.

Lord, Hear our prayers.

Don't Miss the
Bulletin
DEADLINE!

Mondays before 10am

Please email:

esanchez@olphdowney.com

or bring to Rectory Office. Thank you



RELIGIOUS EDUCATION

Office (562) 862-7268

Monday - Thursday

12:00pm - 8:30pm

YEAR 2 FIRST COMMUNION MARCH EVENTS

EUCHARIST RETREAT Saturday, March 16

This is a fun day for your child with games and crafts pertaining to the Eucharist. We will end our day by sharing a meal together just as Jesus did in the Last Supper. This is mandatory event for all year 2 students. Dress in comfortable clothes.

Grades 2 - 5

9am -12 noon

Grades 6 - 8

1pm – 4 pm

Check-in at
the School
Auditorium

EUCHARIST BOOK CHECK AND INTERVIEW Monday, March 18

7:00 pm – 8:30 pm

Middle school teens

OLPH School (during your teens class time)

EUCHARIST PARENT EXPERIENCE

Tuesday, March 26
Tuesday, April 2

choose 1
to attend

There is nothing more fulfilling than experiencing and understanding how the Eucharist ties into our everyday lives. No children please. This is mandatory event for all **PARENTS** of year 2 students.

7:45 pm - 9:00 pm
Church

PAPAL INTENTION FOR MARCH

Evangelization - Christian Communities

That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.

MILITARY PRAYER LIST

Please pray for our men and women serving our country. To include a family member's name please email esanchez@olphdowney.com. Please include family member name and where they are stationed.



Kevin Amador

USS Carney DDG64, Spain

Jesse Chavez

Camp Pendleton, Oceanside

Jorge Paz

Naval base, San Diego

Michael Alexander Vega

US Army, Germany

Daniel Villanueva

US Army, Ft Drum, New York

Brett Baldwin

Air Force, Colorado

Shane Hale

US Navy, Norfolk, Virginia

Andrew Goodman

US Marines, Okinawa, Japan

Jadin Sanchez

Lackland Air Force, Texas

Kadin Sanchez

Lackland Air Force, Texas

Col. Tomas Dorame

US Army, Washington D.C.

Jorge Luiz Olmos

US Army, North Carolina

Timothy Arthur Untalan

US Marine, Twenty-Nine Palms

Jennaline Reyer

US Army, Irwin Base, Ca

Javier Ovando

US Marine Corp, Japan

Jose Alfredo Jimenez

US Army, Oklahoma

Fernando Jantes

US Marine Corp, San Diego

C.J. Herrera

US Army, N. Carolina, Qatar

Elizabeth Morales

US Navy, Virginia Beach

Rodrigo Miranda

US Navy, Vandenberg

Jesus Aven Nieves

US Navy, North Carolina

Frederick McDonald

US Navy, Coronado

Jake Spieckerman

US Marine, San Diego, CA

Joseph Scott

US Marine, Camp Pendleton

Lisa Scott

US Army National Guard, Los Alamitos

Javier Garcia

US Marines, San Diego, Ca

Brian Eric Brooks

US Army, Santa Monica, CA

Adrian Aristeo Sandoval

US Air Force, Mississippi

Joseph Perez

US Marines, San Diego

Jason Martin

US Army, N. Carolina (Syria)

Heydt Quinn

US Army, Oahu Hawaii

Mikel Sambrano

US Navy, Coronado Island

Justin Aragon

US Army, JBLM Tacoma, WA

Jasper Aragon

US Army, Fort Bliss, El Paso

Allen Florence

US Navy Reserve, Coronado Isle

James Granger

US Army, Mare Island, San Diego

Eulalio Unzueta

US Army, Camp Zama, Japan

Javier Angulo

Air Force, Barksdale, Louisiana

Craig M. Steele

US Navy, Biloxi, Mississippi

Vince Mendez

US Air Force, Beals, CA

Robert C. Cadena

US Navy, San Diego, CA

LCPL Alfonso C. Rodriguez

USMC Camp Pendleton, Oceanside, CA

CPL Joey Starr

USMC Camp Pendleton, Oceanside, CA

LCPL Isaiah San Nicholas

USMC Camp Pendleton, Oceanside, CA

LCPL Gilbert Sosa

USMC Camp Pendleton, Oceanside, CA

PFC Josh Sanchez

USMC Camp Pendleton, Oceanside, CA

CPL Logan Sutte

USMC Camp Pendleton, Oceanside, CA

LCPL Jose Rodriguez

USMC Camp Pendleton, Oceanside, CA

CPL Trevor Thiel

USMC Camp Pendleton, Oceanside, CA

LCPL Jacob McCarty

USMC Camp Pendleton, Oceanside, CA

Andrew Moreno

US Army, Fort Jackson, SC

Joseph Curbelo

US Army National Guard, Ft. Gordon, GA

Rick Moody

US Marine, Quantico, VA

Peter Rodan

Air Force, Shepherd TX

PFC Jonathan Frank Medrano

USMC Camp Le Jeune, NC

Camille Islas

US Navy, Japan

Hector Escobar

US Army, Ft. Hood, Texas

Pvt. Kristopher Montes

US Army, Ft Leonard Wood, MO

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families. We ask this in the name of thy Son, Jesus Christ, our Lord and Savior. Amen

ARE YOU DISABLED OR SHUT-IN? WOULD YOU LIKE US TO BRING YOU HOLY COMMUNION?

If you answered yes, please call Isabel Valles at 562-923-3246 to make arrangements.

This service is for those who are temporarily or permanently disabled or shut-in because of illness.



the Homebound

**STAND FIRM**

It may be difficult for us to imagine Jesus being tempted. He was God, after all. But he was also fully human, and faced the temptations and trials of life just like the rest of us. In fact, this is one of the key aspects of our faith. Jesus came to be one with us in all things but sin. He understands our weaknesses and the difficulties that sometimes happen in life, and he is with us, strengthening us to stand firm in faith, as he did in the desert, throughout his earthly ministry, and on the cross.

TRUST IN GOD

When Moses and the Israelites were in the desert, they sometimes grumbled. Fearful and anxious, they questioned whether God was really with them, in spite of the many signs and wonders of God's fidelity to them. Gradually, they learned to trust that God would always lead and be with them. They grew in awareness of God's presence, and were thankful for the gifts of God in their midst. In celebrating the first harvest in the Promised Land, they gave their first fruits back to God as a sign of their gratitude. Have you ever grumbled at God in a time of anxiety or worry? At times, we may be tempted to turn away from the life to which we are called. It is in just such moments that we may learn from Jesus, who responded to temptation by turning toward God and trusting God's will completely. Look around. Be attentive to the many blessings in your life, and know that all good things come from God. Lent is a season when we turn our lives around, opening our hearts and lives to see the Lord's goodness and responding to it with our lives. Let us follow Jesus out of the desert, ready to give of our first fruits, the fruits of our lives, talents, resources, and faith.

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PERMANECE FIRME

Puede que sea difícil para nosotros imaginar a Jesús ser tentado. Él es Dios, después de todo. Pero también él era plenamente humano, y enfrentaba las tentaciones y pruebas de la vida, así como el resto de nosotros. De hecho, esto es uno de los aspectos claves de nuestra fe. Jesús vino a ser uno como nosotros, menos en el pecado. Él comprende nuestras debilidades y las dificultades que algunas veces pasan en la vida, y él está con nosotros, fortaleciéndonos para permanecer firmes en la fe, así como él lo hizo en el desierto, durante su ministerio terrenal y en la cruz.

CONFÍA EN DIOS

Cuando Moisés y los israelitas estuvieron en el desierto, algunas veces se quejaron. Asustados y preocupados, pusieron en duda si Dios estaba realmente con ellos, a pesar de los muchos signos y prodigios de la fidelidad de Dios hacia ellos. Gradualmente, aprendieron que confiar en Dios siempre los guiaría y estaría con ellos. Se hicieron más conscientes de la presencia de Dios y estuvieron agradecidos por los dones de Dios en medio de ellos. Al celebrar la primera cosecha en la Tierra Prometida, ofrecieron sus primeros frutos a Dios como un signo de su agradecimiento. ¿Alguna vez te has quejado de Dios durante un tiempo de preocupación o angustia? En ocasiones, podemos estar tentados a alejarnos de la vida a la que estamos llamados. Es justo en esos momentos en los que podemos conocer a Jesús, quien responde ante la tentación volviéndose a Dios y confiando completamente en la voluntad de Dios. Mira a tu alrededor. Se atento a las muchas bendiciones en tu vida, y ten claro que todas las cosas buenas vienen de Dios. La Cuaresma es un tiempo de gracia cuando nuestras vidas cambian de dirección, abriendo nuestros corazones y vidas para ver la bondad de Dios y responderle con nuestras vidas. Sigamos a Jesús fuera del desierto, listo para darle nuestros primeros frutos, los frutos de nuestras vidas, talentos, recursos y fe.

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COLUMNA DEL PASTOR

Querida Comunidad de Nuestra Señora del Perpetuo Socorro,

Al iniciar nuestro Caminar Cuaresmal, le pedimos al Señor que nos ayude a vivir este tiempo de bendición, buscando seriamente maneras de orar, ofreciendo sacrificios por nuestros pecados y desprendiéndonos de mucho para compartir con los pobres.

“Quédate conmigo ... Señor ... en la tribulación ...”

“Tu eres mi Dios en quien confío ... mi refugio y mi alcázar ...” Salmo 91

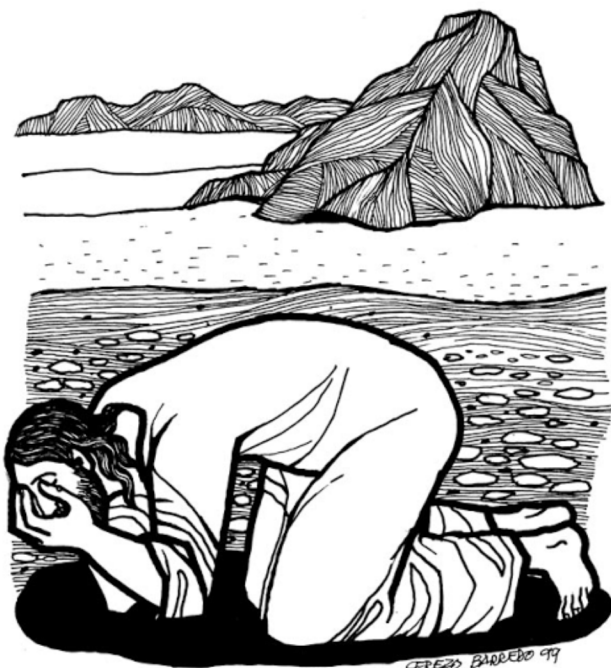
El Señor llama a todos, durante estas semanas de Cuaresma. El estará bendiciéndonos con muchas gracias espirituales.

“El Señor es Señor de todos ... espléndido con todos los que lo invocan ...” Romanos

El Señor mismo fue llevado al desierto por el Espíritu Santo. El sufrió las tentaciones malévolas del demonio, las tentaciones de placer, de las cosas materiales y de ir contra la voluntad de Dios. Jesús, Nuestro Señor, venció estas tentaciones y está con nosotros en nuestra lucha contra la maldad todos los días, dándonos la victoria.

“Todos los invoquen al Nombre del Señor ... serán salvados ...” Romanos

Monseñor Lorenzo



Entendiendo nuestra Fe

La Cuaresma es tiempo de reflexión. El primer Domingo de Cuaresma los catecúmenos daban sus nombres como candidatos oficiales para el bautismo que tendría lugar el sábado Santo por la noche en la Vigilia Pascual.

Durante la Cuaresma se hacía una preparación intensiva centrada en el aspecto ritual. Con anterioridad, ellos para ser bautizados habían sido preparados durante varios años. Por eso la Iglesia nos recuerda que volvamos a pensar seriamente sobre nuestro bautismo y los compromisos que este encierra. Este será el tiempo oportuno para que recordemos que por el Bautismo morimos al pecado, que prometimos seguir fielmente a Cristo siendo testigos de su evangelio delante nuestras comunidades y nuestros hermanos.

Díacono Carlos



VIACRUCIS TODOS LOS VIERNES DE CUARESMA

12:15pm Tradicional (ingles)

7:30pm Varios estilos del Viacrucis serán celebrados por nuestros diversos ministerios. Estas Estaciones de la Cruz serán bilingües.

Según el Calendario Siguiente:

8 de marzo - Grupo de Oración

15 de marzo - Educación Religiosa

22 de marzo - Grupo Estudio de la Biblia

29 de marzo - Escuela de OLPH

5 de abril - Diácono Carlos y Diácono Víctor

12 de abril - Grupo de Jóvenes Adultos



Usted puede apoyar la campaña de custodia de los niños de la Arquidiócesis

La Arquidiócesis previene el abuso a través de nuestros programas Protegiendo a los Niños, que incluyen la prevención y reporte, recolección de huellas dactilares y verificación de antecedentes y programas de formación de clérigos. Para el Mes Nacional de la Prevención del Abuso Infantil, la Oficina Protegiendo a los Niños ha creado el Paquete de Recursos para la Prevención del Abuso Infantil 2019. El paquete incluye calcomanías especiales, decoraciones y actividades para niños, así como artículos informativos para ayudar a los padres de familia y a otros adultos que cuidan niños a aprender cómo proteger a nuestros niños y jóvenes. Esta campaña ofrece otra oportunidad para transformar la conciencia en acción, mientras se afirma el derecho de cada niño a una vida llena de esperanza, salud y felicidad.

Nuestro Ministerio de Duelo es una reunión de 6 semanas para cualquier persona que haya sufrido una pérdida.

Martes, 12 de marzo (español)
Centro Parroquial ~ 7:00PM – 8:30pm
No es necesario registrarse



*El Señor está cerca del corazón quebrantado;
Rescata a aquellos cuyos espíritus están aplastados.
Salmo 34:18*

Este Salmo nos asegura a todos que nuestro Dios está con nosotros en tiempos de gozo y sobre todo en tiempos de tristeza. El dolor es un dolor profundo normal conectado a la pérdida de un ser querido. Sentir, procesar y pensar en la pérdida puede ser una parte esencial de la sanación, pero debemos hacer más que esto para sanar. Necesitamos un plan, asistir al grupo de duelo es una manera de empezar.

**¿ESTA INCAPACITADO O
NO PUEDE SALIR DE CASA?
¿LE GUSTARIA RECIBIR LA
SAGRADA COMUNION?**

Si respondió sí, favor de llamar a Isabel Valles a 562-923-3246 para hacer arreglos.

Este servicio es para aquellos que están incapacitados o que no pueden salir de casa por estar enfermos.



Evento para celebrar el
Día de las Madres
Sábado, 4 de mayo
9:30am - 3:30pm

Celebrando a Todas Las Mujeres
Invitada de honor: Sandy Caldera
Boletos salen en venta en marzo



FIRST SUNDAY OF LENT

PAGE 8

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Saturday, March 9

8:15 am Patty Sharpe
5:00 pm † Amparo Pe Casal
† Mary Dixon
Paul & Pat Lamont
† Dora Morales
7:00 pm † Raul Ochoa
Efrain Espinoza
† Priscilla Lozano

Sunday, March 10

6:30 am † Jean Weber
8:00 am † Richard Joe Garcia
† Victoria Isiordia de Pintado
9:30 am † Frank Hernandez
† Sally Johnson
† Victoriano Luarente
11:30 am † Maria Vaca
† Jean Loeffel
1:30 pm † Ruben Angel Lugo
† Victoria Ramirez Vergara
† Ramon Delgado Pena
† Eliseo Herrera Molina
5:00 pm † Lidia Segura
7:00 pm Sergio Garcia

Monday, March 11

8:15 am † Alicia Hosfelt
† Sally Johnson
Dr. Tom & Thomas
Carlos Medina Rodriguez
Cindy & kids
† Tia Fela
7:00 pm † Antonio Mena Aldana

Tuesday, March 12

8:15 am † Sally Johnson
† Estela Arellano
7:00 pm † Antonio Mena Aldana

Wednesday, March 13

8:15 am Corina Casal
Marisol Velazco
7:00 pm † Antonio Mena Aldana

Thursday, March 14

8:15 am Doris
Esteban Perez
Chris Potter
7:00 pm † Olivia Ocon

Friday, March 15

8:15 am Pro Populo (parishioners of OLPH)
7:00 pm Pro Populo (parishioners of OLPH)

Saturday, March 16

8:15 am Pro Populo (parishioners of OLPH)
5:00 pm Pro Populo (parishioners of OLPH)
7:00 pm Pro Populo (parishioners of OLPH)

Sunday, March 17

6:30 am † Matilde Arias
8:00 am † Victoria Isiordia de Pintado
† Jose Luis Romero
9:30 am † Frances Jordan
† Victoria Augimeri
11:30 am † David Gries
† Frances Jordan
† Angel Kai Pelaez
1:30 pm Josefina Torres
† Ruben Angel Lugo
Laura Maldonado
† Rosa de Papaná Martinez
† Sergio Estrella
† Mike Garcia
† Elvira Jimenez
† Pedro Cuvarrubias
† Sandra Hernandez
5:00 pm † Russell Davies De Leon
† Frances Jordan
† Frank De Vela
7:00pm Sergio Garcia
† Mery Paz
† Angel Frias

DIRECTORY

STAFF

Pastor: Monsignor Lorenzo Miranda
Associate Pastor: Rev. Ambrose Udoji
Permanent Deacons: Carlos Origel
Victor Ceja

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Liturgy Coordinator: Theresa Nicholas ext. 211 olph.reled@yahoo.com
Director of Music: Amy Brent - ext. 211
Pastoral Council: Chair: John Saavedra ~ Co-Chair: Vicki Carnavale
Finance Council: Chair: Ray Brown ~ Vice-Chair: Debbie Hale
Regional Vocations Director: Rev. Angel Castro - St. Helen's (562) 563-3522

RELIGIOUS EDUCATION OFFICE HOURS:

Monday - Thursday (12:00pm - 8:30pm)
(562) 862-7268

Director: Theresa Nicholas tnicholas@olphdowney.com
Secretary: Mary Rogers mrogers@olphdowney.com
Confirmation Coordinator: Daniel Rodriguez
Communion Coordinator: Maria Estevez
RCIA/RCIT Coordinator: Ruby Gaytan rgytn@hotmail.com

OLPH SCHOOL

10441 Downey Ave., Downey ~ (562) 869-9969

PARISH MINISTRIES & ORGANIZATIONS

Catholic Women's Guild: 3rd Wednesday of month at 10 am School Hall

Melodie Santana (562) 544-8188
Armida Lugo (562) 715-6142

Sunday Scriptures Study

Gino Bosdachin (562) 688-3836

Little Rock Bible Study

Richard Ching (562) 382-3360
Paul Lamotte (562) 869-1234

Respect Life Committee

Linda Malm (562) 869-6491

Couples for Christ

Albert Mendoza (951) 264-1822
Ma Cecile Mendoza (562) 858-2326

Los Padrinos Detention Ministry

Sr. Teresa Doherty (562) 940-8711

Knights of Columbus

John Kirschner (562) 923-1932

Holy Hour Vigil

1st Friday Vigil 4:30-6:00pm
Nerita Agustion (213) 550-7162

OLPH Young Adults

Alex and Jackie Yezpez (562) 964-7317

Filipino Community

Chito Romero (562) 413-7173

OLPH Men's Group

Martin (562) 416-1196

Legion of Mary

Rosemary (562) 773-4187

MINISTERIO HISPANO

RESPONSABLES:

Diácono Carlos Origel

COLABORADORES:

Maria Bertieri • Emma Romo • Aaron Lugo
Teresa Morales • Raquel Velazquez

CORO: 1:30 pm y 7 pm

Efrain Andrade (562) 305-1927

ENSAYOS DE LOS COROS jueves 7 pm

APOSTOLADO DE LA CRUZ jueves 7 pm

Emma Romo (562) 382-3188

GRUPO DE ORACIÓN lunes 7 pm

Humberto Ascani (562) 413-0912

ENCUENTRO MATRIMONIAL miércoles 7 pm

Rafael y Rocio Romero (310) 692-5430

MINISTERIO DE DUELO

Lourdes Ceja (562) 450-8125

CURSILLOS DE CRISTIANDAD

Miguel y Teresa Vela (562) 879-9516

MINISTERIO BIBLICO

Violeta Galdamez (562) 334-7787
Martha Michell (805) 888-7141

DIVORCIADOS Y SEPARADOS

Maria Paredes (562) 397-6444

ROSARIO martes 6 pm

Aaron Lugo (562) 806-9823

SACRAMENTS & MORE

Baptism: Pre-baptismal Preparation Classes required for parents and godparents prior to scheduling Baptism. It is highly recommended parents and godparents attend classes **BEFORE** the child is born.

Marriage: Call the parish office at least six (6) months (strongly recommend one (1) year) in advance to make arrangements.

Anointing of the Sick: Please call the parish office. To schedule a visit by a priest, we highly recommend that you call early in the illness.

Quinceañeras: Call the parish office at least six (6) months in advance to make arrangements. The young lady must have received the Sacraments of Baptism and First Eucharist. It is highly recommended that the young lady be enrolled in Confirmation.

Our Lady of Perpetual Help Novena

Every Thursday after the Morning Mass

First Friday of the Month

Benediction: 12:00 midnight
Eucharistic Adoration: 8:30 am - 12:00 am

www.olphdowney.com
office@olphdowney.com

STATIONS OF THE CROSS EVERY FRIDAY DURING LENT



12:15pm Traditional (English)

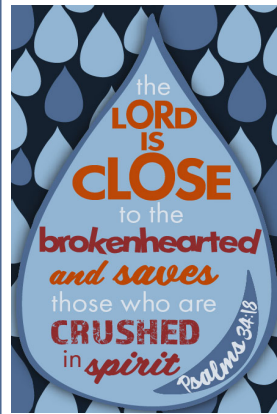
7:30pm various styles of the Stations of the Cross will be prayed by our various ministries. These Stations of the Cross will be bilingual. Schedule below:

March 8 - Prayer Group
March 15 - Religious Education
March 22 - Bible Study
March 29 - OLPH School
April 5 - Deacon Carlos and Deacon Victor
April 12 - Young Adults

Our Bereavement Ministry is a 6-week group meeting for anyone who has suffered a loss.

Wednesday, March 13 (English)
Parish Center ~ 7:00pm – 8:30pm
Registration is not necessary

This Psalm reassures us all that our God is with us in times of joy and especially in times of sorrow.



Grief is a normal deep sorrow connected to a loss of a loved one. Feeling, reprocessing and thinking about the loss can be an essential part of healing but we must do more than this to heal.

We need a plan and attending our Bereavement group is one way to begin.

The OLPH Women's Guild is sponsoring a day trip to



8:30am - 5:30pm

Tuesday, March 26

\$15 per person (round trip transportation, snacks, drinks, free bingo and prizes)

Requirements:

Must be 21 yrs. old

Valid CA ID or driver's license

Emergency name and phone number

For reservations, contact Imelda Lopez at (213) 618-8677 by March 12.

High School Confirmation

**HELP
NEEDED**

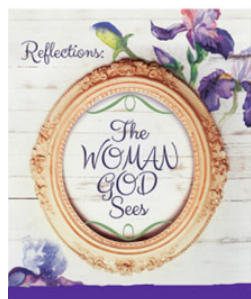
In order to keep our class sizes small the Confirmation program is seeking teachers and teacher assistants.

Training, support and teaching materials are provided. If you have the love and the calling to teach, please contact Dan Rodriguez at ephesians113@outlook.com

Mother's Day Brunch
Saturday, May 4
9:30am - 3:30pm

Celebrating all women

Speaker: Sandy Caldera
Tickets on sale in March



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May God bless you abundantly in wanting to grow your faith.