OUR LADY OF PERPETUAL HELP CHURCH

10727 SO. DOWNEY AVE., DOWNEY, CA 90241

MASS SCHEDULE

MONDAY - FRIDAY: ***English*** 8:15 a.m. ***Spanish*** 7:00 p.m. *Morning Prayer: 7:45 a.m. (Monday - Friday)*
SATURDAY: ***English*** 8:15 a.m., 5:00p.m. ***Spanish*** 7:00p.m.
SUNDAY: ***English*** 6:30a.m., 8:00a.m., 9:30a.m., 11:30a.m., 5:00p.m. ***Spanish*** 1:30 p.m., 7:00 p.m.

BLESSED SACRAMENT EXPOSITION

1st Friday of the Month: 9:00a.m. - 10:00p.m.
Monday - Friday: 6:00p.m. - 7:00p.m.

CONFESSION

Monday's and Friday's: 6:00p.m. - 7:00p.m.
Saturday's: 3:45p.m. - 4:45p.m.

CLERGY

Pastor:
Monsignor Lorenzo Miranda

Associate Pastor:
Rev. Danny Garcia

Permanent Deacon:
Carlos Origel

STAFF

Secretary:
Patricia Inzunza — ext. 201
pinzunza@olphdowney.com

Liturgy Coordinator:
Theresa Nicholas — ext. 211
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Director of Music:
Amy Brent — ext. 211

Bulletin Editor:
Stephanie Montes — ext. 221
Bulletin@olphdowney.com

PARISH OFFICE HOURS

Monday –Friday:
9:00 a.m. - 7:00 p.m.

Saturday & Sunday:
9:00 a.m. - 2:00 p.m.

CONTACT US

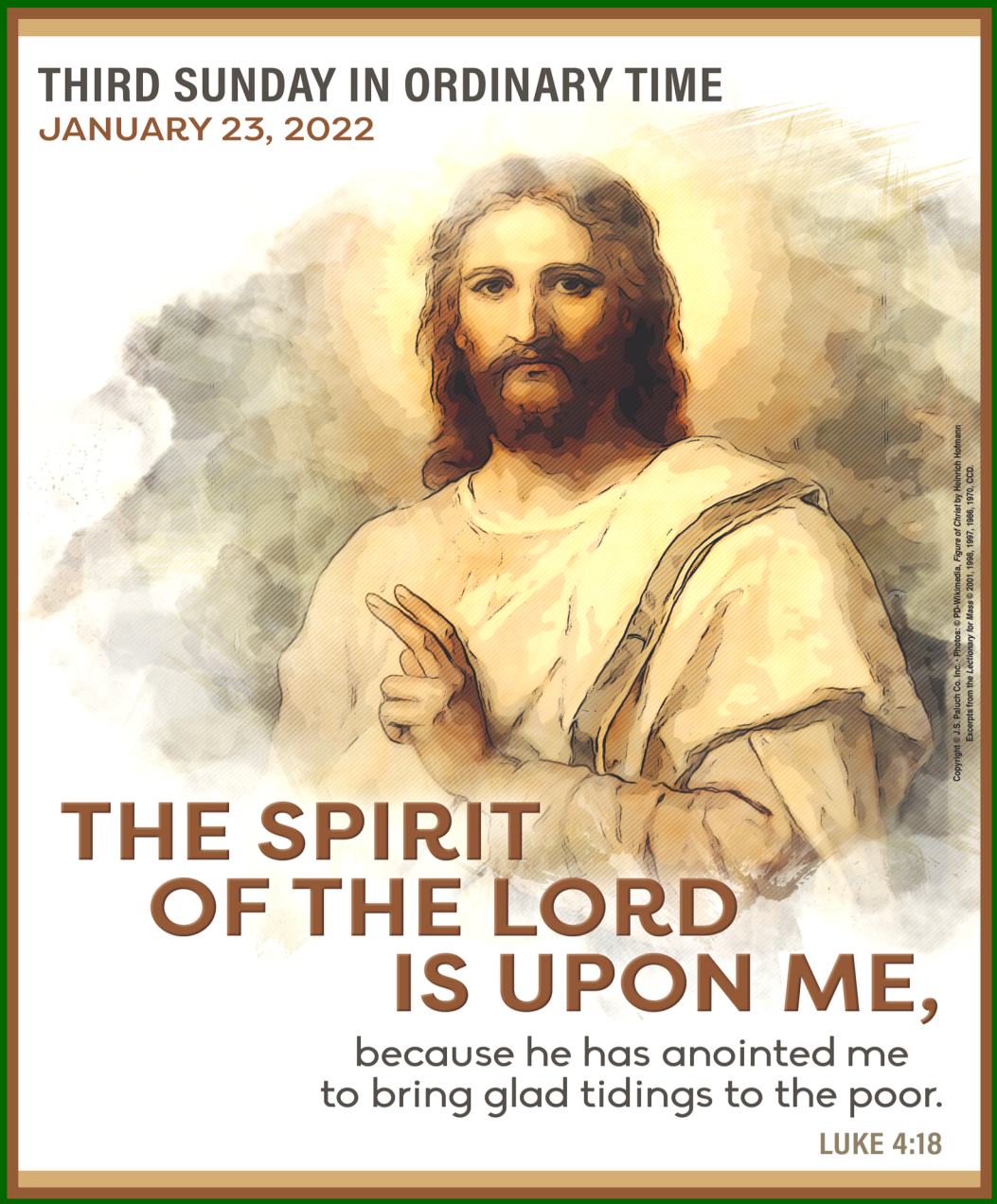
Email: office@olphdowney.com
Fax #: (562) 862-7020
Phone #: (562) 923-3246
Instagram: @olphdowney
Webpage:
www.olphdowney.com

RELIGIOUS EDUCATION

(562) 862-7268
Monday - Thursday
9:00 a.m. - 5:00 p.m.
(Temporary due to Covid)

OLPH SCHOOL

10441 Downey Ave., Downey
(562) 869-9969
Monday - Thursday:
7:30 a.m. - 3:45p.m.
Friday:
7:30 a.m. - 1:15 p.m.



"Your words, Lord, are Spirit and life…" Psalm 19

"Tus palabras, Señor, son espíritu y vida…" Salmo 19

PRAYER REQUESTS

PRAYER IS POWERFUL

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

- Paul Ortega
- Joel Rivera
- Aaron Cesar Alvarado
- Fernando Fausto
- Cesar I. Fausto
- Jose A. Fausto
- Martha Fausto Hernandez
- Martha Patricia Garcia
- Cesar J. Alvarado
- Martha C. Fausto
- Alianna L. Alvarado
- Angie Callejas
- Harvey Fiala
- Jose A. Perez
- Carlos Castillo
- Kerri Grothe Balayan
- Esperanza Granados Peña
- Geronimo Leon
- Margarita Gonzalez
- Aaron Cesar Alvarado
- Andrew Anthony Fausto
- Alianna Lyann Alvarado
- Martha Fausto Hernandez
- Jose Alfredo Fausto
- Fernando Fausto
- Cesar Ivan Fausto
- Martha P. Garcia
- Salvador Garcia
- Andrea C. Fausto
- Maya Fausto
- Samia Rivera
- Carlito Velez
- John Vargas
- Matthew Salazar
- Juana Arredondo
- William Coomes
- Roberto Nicholas Martuccio
- Ron King

For those who have gone before us...

- Adan Martinez Calderon
- Jose Fausto
- Fernando Fausto
- Margarita Fausto
- Virginia Tapia Olvera
- Sabino Hernandez
- Ann Langley Webb
- Manuel Navarro Vaca
- Jose De Jesus Rodriguez
- Cesar Flores
- Rosa Real
- Luciano del Rosario
- Cesar Flores
- Laura Flores
- Francisco Olmos Jr.
- Blanca Rossignoli
- Jose Fausto
- Virginia Olvera
- Fernando Fausto
- Margarita Fausto
- Nicholas Espinoza
- Brianna Jimenez
- Jaime Rodriguez
- Luz Estrella Gonzalez
- Ron King

MILITARY PRAYER LIST

Let us pray for our men and women serving our country.
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

To include a member's name email, Bulletin@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, CA
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, CA
C.J. Herrera US Army, N. Carolina, Qattara
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 Ariesteo 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, TX
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 Roldan Air Force, Fairbanks, AL
PFC Jonathan Frank Medrano USMC Camp Le Jeune, NC
Camille Islas US Navy, Japan
Hector Escobar US Army, Ft. Hood, TX
PFC Kristopher Montes US Army, Ft Bliss, El Paso, TX
Danniel Sapien US Army, Kuwait
Angela Nicolle Camacho US Navy, Great Lakes, Illinois
Eileen Bolaños US Navy
Mauricio Magdaleno US Army, Ft. Benning, Georgia
Mario Magdaleno US Army, Ft. Benning, Georgia
Cesar Andrez Rivero Velasco US Army, Ft. Honolulu, Hawaii
LCPL Gabriel Lozano-Hernandez US Marines, Camp Pendleton Oceanside, CA
Edgar Garabito US Army, Ft. Benning, Cusseta , Georgia
Savanna Espinoza US Army, So. Carolina
Mario Fernado Aguirre US Army, Hawaii

Masses Intentions

Saturday, January 22
8:15am † Fidela Alo
† Guadalupe Manriquez
† Adelberto Navarro
5:00pm † Paul La Motte
† Dr. Antonio & Dr. Jesusa Romero
† Ofelia Moreno
Amy Melendrez
† Stella Carrasco
Reyes Family
† Alex Santana
† Bob Lugo
7:00pm Gaspar Mondragon
Angel Valle Herrera
Cesar A Caceres
Jovita Castillo Delgado

Sunday, January 23
6:30 am Pro Populo (Parishioners of OLPH)
8:00 am Pro Populo (Parishioners of OLPH)
9:30 am Pro Populo (Parishioners of OLPH)
11:30am † Stella Carrasco
Reyes Family
† Zoile Rosa Caceres Caceres
1:30 pm Angie Callejas
Frances Cruz
5:00 pm Pro Populo (Parishioners of OLPH)
7:00 pm Jose Rodriguez
Yvette Castro
† Laura Rodriguez
Oscar & Maria Rodriguez

Monday, January 24
8:15 am † La Paz De Castro
† Rosemarie Perry
7:00 pm † Stella Carrasco
Reyes Family
† Emma Lucero Villalobos
† Isabel Caceres Caceres
† Soledad Anaya Jaime

Tuesday, January 25
8:15 am Pro Populo (Parishioners of OLPH)
7:00pm Pro Populo (Parishioners of OLPH)

Wednesday, January 26
8:15 am Jennifer Canzano
7:00pm † Stella Carrasco
Reyes Family
† Elsa Ramirez de Herrera
† Juventina Lizarde Rodriguez

Thursday, January 27
8:15 am Pro Populo (Parishioners of OLPH)
7:00 pm † Stella Carrasco
Reyes Family

Friday, January 28
8:15am † Placido & Cleotilde Rosete
7:00pm † Stella Carrasco
Reyes Family
† Maria Del Carmen Solorzano
† Jose Mario Jimenez Vega

Saturday, January 29
8:15am Pro Populo (Parishioners of OLPH)
5:00pm † Paul La Motte
† Dr. Antonio & Dr. Jesusa Romero
Christy Mayfield
† Ofelia Moreno
Amy Melendrez
† Rita English
7:00pm † Noemi Martinez
† Porfirio de La Cruz
† Consuelo Canta Castro

Sunday, January 30
6:30 am Pro Populo (Parishioners of OLPH)
8:00 am † Eloisa Velasquez
† Maria Luisa Rosete
9:30 am † Guillermo Espinoza
11:30am † David Pan
† Cindy Vracin
† Bobby Lopez
† Feliberto & Jose Del Carpio
1:30 pm Angie Callejas
† Soledad Anaya Jaime
† Arnulfo Salcido
Corina Ayers
5:00 pm Pro Populo (Parishioners of OLPH)
7:00 pm Oscar & Maria Rodriguez
† Magdalena Gomez

Fifteen Promises of Mary

to Christians Who Recite the Rosary

Promises

-I-
Whoever shall faithfully serve me by the recitation of the rosary shall receive signal graces.

- II-
I promise my special protection and the greatest graces to all those who shall recite the rosary.

-III-
The rosary shall be a powerful armor against hell, it will destroy vice, decrease sin and defeat heresies.

-IV-
It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of men from the love of the world and its canities, and will lift them to the desire of eternal things. Oh , that souls would sanctify themselves by this means.

-V-
The soul, which recommends itself to me by the recitation of the rosary, shall not perish.

-VI-
Whoever shall recite the rosary devoutly, applying himself to the consideration of its sacred mysteries, shall never be conquered by misfortune. God will not chastise him in His justice, he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God, and become worthy of eternal life.

-VII-
Whoever shall have a true devotion for the rosary shall not die without the sacraments of the Church.

-VIII-
Those who are faithful to recite the rosary shall have during their life and at their death the light of God and the plenitude of His graces; at the moment of death they shall participate in the merits of the saints in paradise.

-IX-
I shall deliver from purgatory those who have been devoted to the rosary.

-X-
The faithful children of the rosary shall merit a high degree of glory in heaven.

-XI-
You shall obtain all you ask of me by the recitation of the rosary.

-XII-
All those who propagate the holy rosary shall be aided by men in their necessities.

-XIII-
I have obtained from my Divine Son that all the advocates of the rosary shall have for intercessors the entire celestial court during their life and at the hour of death.

-XIV-
All who recite the rosary are my sons, and brothers of my only son, Jesus Christ.

-XV-
Devotion to my rosary is a great sign of predestination.

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Thank you to all the parishioners who support our parish and various ministries. God bless you.

COLLECTION FOR WEEK OF JANUARY 16, 2022

SUNDAY REGULAR COLLECTION	$ 17,798.00
SOLEMNITY MARY	$ 227.00
SCHOOL SUPPORT	$ 72.00
ELECTRONIC COLLECTION	$ 3,304.01
CAPITAL IMPROVEMENT	$ 880.00

Talk to your teenagers about Instagram

Teens and social media have been in the news a lot over the past several months, as research shows how damaging social media sites can be for self-esteem, productivity, and overall well-being. Instagram has been called out, with research citing harm done by filters and by bullying in private messages. How can parents protect their children from the negative impacts such a popular and prevalent site cause? Experts recommend keeping open lines of communication with your teenagers, talking to them often about what they see and how they feel about it. Use age and activity limits or monitoring to keep tabs on how your teens are using Instagram and other social media sites. For more information, read the Associated Press' "Instagram and teens: How to keep your kids safe," at https://apnews.com/article/technology-social-media-instagram-parents-guide-d5124f7229bbd6a892d9ac487cc04f96.

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Come Pray the Rosary with Us!

The following is the invitation
Username: 9806942787
Password: 887546
Hours: 6:00pm ***English***

The rosary moderators ask that you dial into the meeting 5 minutes before start time so they can begin the prayer on time. We hope you will join us in prayer.

PAPAL INTENTIONS FOR JANUARY

FOR TRUE HUMAN FRATERNITY

We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.

Religious Education

10441 Downey Ave., Downey, Ca 90241
Office Number: (562) 862-7268
Hours of Operation: 9:00a.m. - 5:00p.m.
Monday - Thursday

Director:
Theresa Nicholas
…….…….. Ext. 211 (562) 923-3246
EMAIL ……..…… tnicholas@olphdowney.com

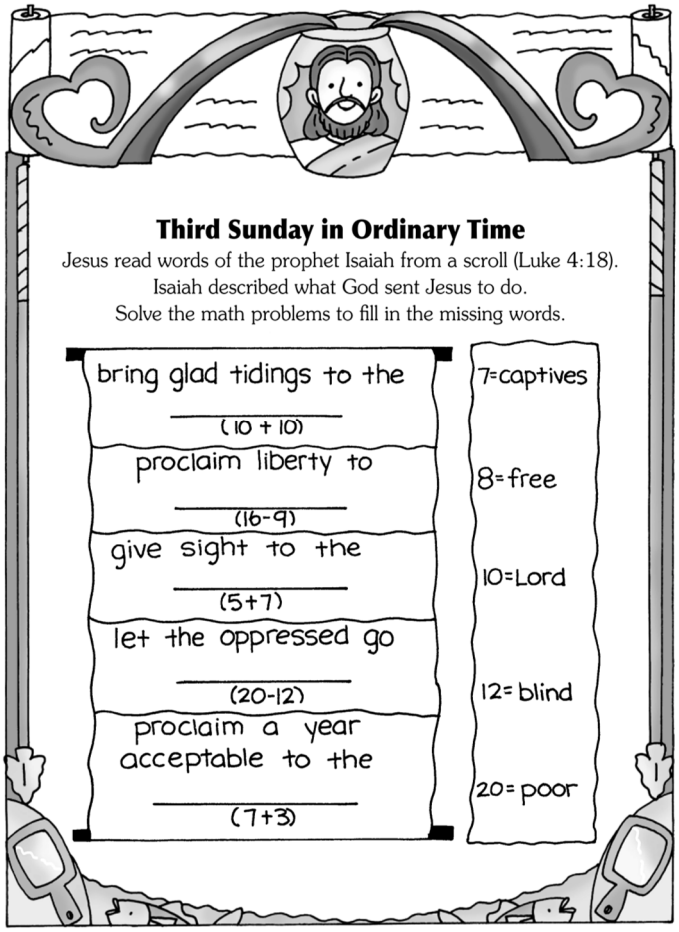
Secretary:
Mary Rogers
…….…….. (562) 862-7268
EMAIL ……..…… mrogers@olphdowney.com

O.L.P.H. SCHOOL NEWS

OUR LADY OF PERPETUAL HELP SCHOOL
"HOME OF THE TROJANS"

10441 S. DOWNEY AVE., DOWNEY, CA 90241
(562) 869-9969

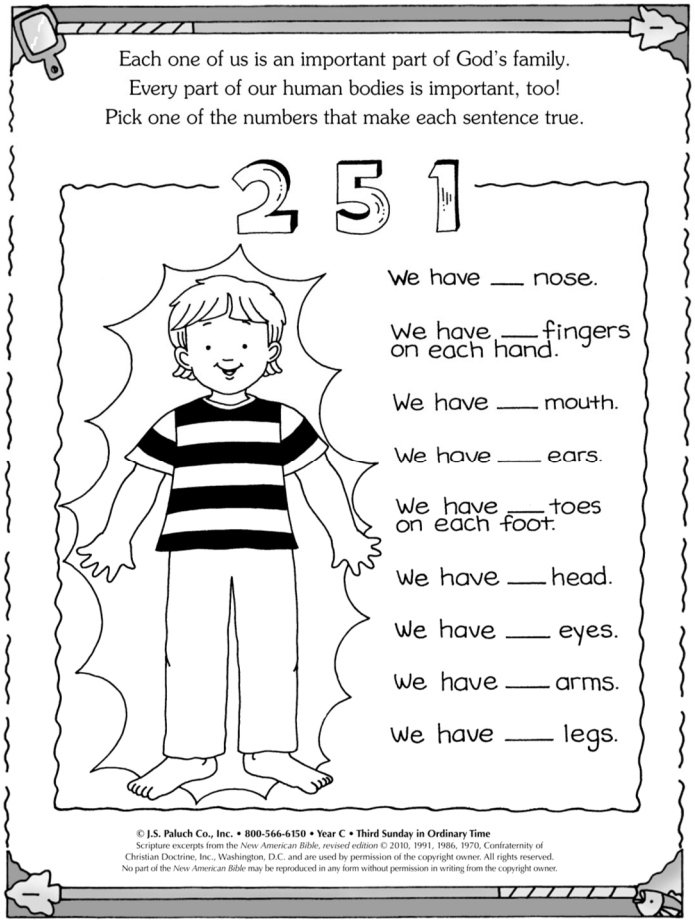
God's Word for Children



Third Sunday in Ordinary Time

Jesus read words of the prophet Isaiah from a scroll (Luke 4:18).
Isaiah described what God sent Jesus to do.
Solve the math problems to fill in the missing words.

bring glad tidings to the _____ (10 + 10)	7=captives
proclaim liberty to _____ (16-9)	8=free
give sight to the _____ (5+7)	10=Lord
let the oppressed go _____ (20-12)	12=blind
proclaim a year acceptable to the _____ (7+3)	20=poor



Each one of us is an important part of God's family.
Every part of our human bodies is important, too!
Pick one of the numbers that make each sentence true.

2 5 1

We have ___ nose.
We have ___ fingers on each hand.
We have ___ mouth.
We have ___ ears.
We have ___ toes on each foot.
We have ___ head.
We have ___ eyes.
We have ___ arms.
We have ___ legs.

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Las quince promesas de la Virgen María

A los cristianos que recen el rosario

Promesas

-I-
Aquellos que fielmente me sirvan rezando el rosario recibirán gracias notables.

- II -
Les prometo mi especial protección y las gracias más grandes a todos aquellos que recen el rosario.

-III-
El rosario será un arma ponderosa contra el infierno, destruirá el vicio, disminuirá el pecado y derrotará las herejías.

-IV-
Este suscitará que la virtud y las buenas obras florezcan; éste conseguirá la abundante misericordia de Dios para las almas; éste apartará de los corazones de los hombres el amor por el mundo y sus vanidades y les elevará su deseo por las cosas eternas. ¡Que las almas se santifiquen por este medio!

-V-
El alma que se encomiende a mí rezando el rosario no perecerá.

-VI-
Quien rece el rosario con devoción, considerando en sí mismo los sagrados misterios, no se verá oprimido por la desgracia; Dios no lo castigará en su justicia, ni tendrá una muerte desgraciada; y si es justo, permanecerá en la gracia de Dios y tendrá la recompensa de la vida eterna.

-VII-
Aquel que sea verdadero deveto del rosario no morirá sin los sacramentos de la Iglesia.

-VIII-
Aquellos fieles en rezar el rosario tendrán la luz de Dios y la plenitud de sus gracias durante su vida y en la hora de su muerte; en el momento de la muerte participarán en los méritos de los santos en el paraíso.

-IX-
Libraré del purgatorio a aquellos que hayan sido devotos al rosario.

-X-
Los hijos fieles al rosario gozarán en el cielo una gloria singular.

-XI-
Obtendrán todo lo que me piden al rezar el rosario.

-XII-
Aquellos que propaguen el santo rosario yo los asistiré en sus necesidades.

-XIII-
Mi Hijo Divino me ha concedido que todos los que defiendan el rosario tendrán a toda la corte celestial como intercesores durante su vida y a la hora de su muerte.

-XIV-
Todos los que recen el rosario son mis hijos, y hermanos de mi único hijo, Jesucristo.

-XV-
La devoción a mi rosario es una gran señal de predestinación.

¡Celebremos la vida!

Participa en a la octava caminata por la vida OneLife LA

Lema: Avanzamos con Esperanza
Cuando: sábado, 22 de enero del 2022
Hora: 12 del mediodía
Dónde: La caminata empieza en La Placita Olvera hacia el Parque Histórico de Los Ángeles.

Ven y celebra la belleza y la dignidad de la vida humana desde la concepción hasta la muerte natural.

¡Acompáñanos será un día familiar con conferencistas, música en vivo, comida y mucho más!

Para mayores informes visita: onelifela.org

Rosario Diario de OLPH

La invitación por zoom:
ID: 89635338998
La clave: 993317
Horario: 6:00 pm español

Los moderadores del rosario le piden que marque a la reunión **5 minutos antes** de la hora de inicio para que puedan comenzar la oración a tiempo. ***Preguntas llamen Roberto & Laura Cardona (562) 505-2672***

Platique con sus adolescentes sobre Instagram

Los adolescentes y las redes sociales han estado en las noticias durante los últimos meses, ya que las investigaciones muestran cuán dañinos pueden ser los sitios de redes sociales para la autoestima, la productividad y el bienestar general. Instagram ha sido criticado, con investigaciones que citan el daño causado por los filtros y el acoso en los mensajes privados. ¿Cómo pueden los padres de familia proteger a sus hijos de los impactos negativos que causa un sitio tan popular y prevalente? Los expertos recomiendan mantener abiertas las líneas de comunicación con sus adolescentes, hablando con ellos a menudo sobre lo que ven y cómo se sienten al respecto. Use límites de edad y actividad o monitoreo para controlar cómo sus adolescentes usan Instagram y otros sitios de redes sociales. Para obtener más información, lea "Instagram and teens: How to keep your kids safe" (Instagram y adolescentes: cómo mantener seguros a sus hijos) de Associated Press en https://apnews.com/article/technology-social-media-instagram-parents-guide-d5124f7229bbd6a892d9ac487cc04f96.

INTENCION DEL PAPA PARA ENERO

EDUCAR PARA LA FRATERNIDAD

Recemos para que todas las personas que sufren discriminación y persecución religiosa encuentren en las sociedades en las que viven el reconocimiento de sus derechos y la dignidad que proviene de ser hermanos y hermanas.

Los invitamos a que nos acompañe a la Misa Jubilar para recibir la Indulgencia Plenaria de las Puertas Santas. Nuestra misión es permitir que Cristo llene nuestros corazones y mentes tan profundamente que nos volvamos como Él para que cuando otros nos vean, también ellos lo vean. Esta es la gracia de Dios, en la que hace posible vivir la vida como la de Cristo.

Para recibir la indulgencia plenaria, debes...

- **Primero estar en el estado de gracia antes de caminar a través de las Puertas Santas (Confesarse antes de la misa del 18 de febrero)**

Los próximos pasos seria a verlos el...

Viernes, 18 de febrero a las 7:00 p.m.

En la Iglesia Católica de la Resurrección
3324 Opal St.
Los Ángeles, CA 90023

Si tiene preguntas, llame a la rectoría (562) 923-3246

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Monsignor Lorenzo Miranda

Associate Pastor:
Father Daniel Garcia

Permanent Deacon
Carlos Origel

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Co-Chair: Debbie Hale

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EMAIL ……..…… mrogers@olphdowney.com

Communion Coordinator:
Maria Estevez
EMAIL …….. maria.estevez@olphdowney.com

RCIA / RCIT
…….(562) 862-7268

OUR MINISTRIES & ORGANIZATIONS
MINISTERIOS Y ORGANISACIONES

Catholic Women's Guild:
JoAnn Ramirez..…… (714) 932-3449
Carrie Uva…. ……. (562) 761-0597

Little Rock Bible Study
Richard Ching …….. (562) 382-3360

Couples for Christ
Albert Mendoza ……. (951) 264-1822
Ma Cecile Mendoza ... (562) 858-2326

OLPH Young Adults
Alex & Jackie Yepez
…….. (562) 964-7317

Choir:
Amy Brent …….. Ext. 211
…… (562) 923-3246

Coro: 1:30 pm y 7:00 pm
Efrain Andrade ..…… (562) 305-1927
(Ensayo los jueves a las 7:00 pm)

Grupo de Oración
Lily Haro …….. (562) 822-6483
Adriana Santoyo …… (562) 299-4400
Deacon Rogelio Pardo
…… (213) 792-4498

Ministerio de CONSOLACION (Duelo)
Luis Santos ……..…. (562) 244-0656

Ministerio Biblico
Maria Baltazar …….. (562) 805-3543
Aurelio Rios ..…… (323) 215-5079

Sunday Scriptures Study
Gino Bosdachin ……. (562) 688-3836

Respect Life Committee
Linda Malme ……. (562) 869-6491

Ministry of Consolation (Bereavement)
Silvia Gardner ..…… (562) 882-4906

Holy Hour Vigil
1st Friday Vigil 4:30 pm - 6:00 pm
Nenita Agustion ……. (213) 550-7162

Filipino Community
Carol Bautista …… (562) 413-7173

Legion of Mary
Rosemary …….. (562) 773-4187

St. Vincent de Paul
Peter Silva ..…….. (310) 462-6672

Apostolado de la cruz
Emma Romo …… (562) 382-3188

Encuentro Matrimonial
Luis y Gaby Cardenas
…… (562) 418-1969
Email ..…. Gbuenabad73@gmail.com

Divorciados y Separados
Maria Paredes …… (562) 397-6444

Rosario
Irma Martuccio ..…… (562) 806-9823

Ministerio de Intercesión (Oración)
Beatriz Mendoza ……..(562) 879-2372

Downey's ONLY Catholic Dual Language School!

Hours of operation:
Monday - Thursday 8:00 a.m. - 3:00 p.m.
Friday 8:00 a.m. - 1:00 p.m.

Location: 10441 Downey Ave., Downey, CA 90241
Phone: (562) 869-9969

Follow us on:
Facebook:
olphTk8 or Our Lady of Perpetual Help School
Instagram: @olphtk8
Twitter: @olphtk8

SACRAMENTS & MORE

Anointing of the Sick: Call to schedule a visit by a priest …… (562)923-3246

Baptism: Pre Baptismal Preparation Classes required from parents and godparents before scheduling Baptism.

Marriage: Call Office at least 6 months (recommend 1 year) in advance to make arrangements.

Quince's: Call Office at least 6 months in advance to make arrangements. Young lady must have received the Sacraments of Baptism and First Eucharist.

WEBSITE: …… www.olphdowney.com
EMAIL: …… office@olphdowney.com

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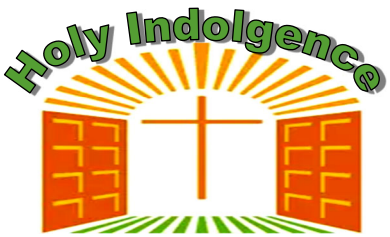
Ministry of Consolation Announcement:

Life After Loss

10 week group sessions, in English, will begin February 16, 2022
(Presented on ZOOM)
Psalm34 vs 18 says: " The Lord is close to the Broken Hearted; He rescues those whose spirits are crushed."
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, attending the Life After Loss sessions, is a way to begin. Join us as a community to begin the journey through the process.

When: Feb 16 – April 27-- Wednesday's @ 7:00 pm-8:30pm
(Presented on ZOOM) instructions will be emailed
There is no cost to register however a book is needed.
If you can purchase the book, please do so before the sessions begin.
You may purchase the book on amazon.com, the book is titled:
The New Day Journal: A Journey from Grief to Healing, by Maureen O'Brien cost is: $ 10.95

How to register:
Send an email to either:
Sylvia Gardner at: sylgardner81@gmail.com OR
Maureen Cimino at: mfcimino100@gmail.com.
Please include a contact phone number with your email.
Additional Questions – Send an email to one of the above emails, In the Subject line put Life After Loss, send us your questions and leave us a call back number. You may also call the OLPH Church Office and leave your name and number and someone will call you back.
Please notify us of your intent to participate by February 11th, 2022



Come and Join us for the Jubilee Mass in receiving the Holy Doors Plenary Indulgence. Our mission is to allow Christ to fill our hearts and minds so deeply that we become like him so that when others see us, they see him. It is grace of God that makes it possible for us to become like Christ his son.

How do you receive PLENARY INDULGENCE!?

✞ **First you need to go to Confession before February 18th**

Now lets try not to commit any mortal sins in the meantime. If you do, go back to Confession.

The other requirements to receive the indulgence we will fulfill together at

Resurrection Catholic Church
3324 Opal St.
Los Angeles, CA 90023

Friday, February 18th @ 7:00 p.m.

Questions, call the Rectory Office (562) 923-3246

Join LA's 8th annual Walk for Life!

OneLife LA

Theme: Forward in Hope!
When: Saturday, January 22, 2022
Time: 12 noon
Where: The walk will begin at La Placita/Olvera St. ending at LA Historic Park (1 mile)

Celebrate the beauty and dignity of every human life from conception to natural death.

After the walk, join us for a family friendly day of inspiring speakers, live music, food trucks and much more!

For the most up to date information visit: onelifela.org