



# Our Lady of Lourdes

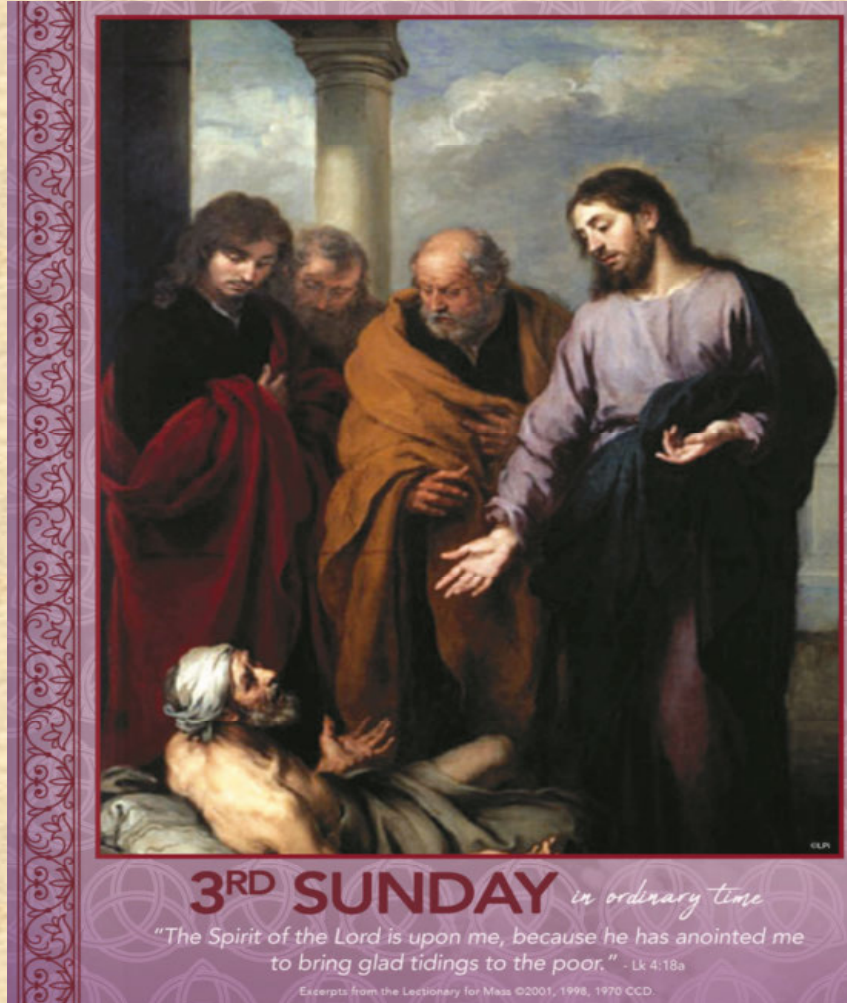
18400 Kinzie Street, Northridge, CA 91325 818-349-1500

Email: [parishcenter@ollnr.org](mailto:parishcenter@ollnr.org)

Embracing God's People \* Equipping Disciples \* Accompanying Believers



## JANUARY 23, 2022



**3<sup>RD</sup> SUNDAY** *in ordinary time*

*"The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor." - Lk 4:18a*

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD

### MASS SCHEDULE

DAILY MASS

6:30AM (except Saturday)

8:30AM

VIGIL FOR SUNDAY

5:30PM (Saturday)

SUNDAY MASS

7:30AM, 9:00AM

11:00AM, 12:30PM (Spanish)

5:30PM

Livestream Mass

See Page 5 for details

Rev. Fr. David Loftus, Pastor

Rev. Msgr. Peter C. Moran,

Emeritus Pastor

Rev. Fr. Filiberto Cortez,

Associate

Rev. Fr. Jerry O'Keeffe, Retired

Deacon Francisco Sanchez

Rev. Fr. Jeff Lima O. Carm

(Weekend Assistance)

Office Hours: Monday - Friday

9:00AM - 5:00PM

818-349-1500, [parishcenter@ollnr.org](mailto:parishcenter@ollnr.org)

### SCHOOL

18437 Superior Street

Northridge, CA 91325

Phone: 818-349-0245

[our-lady-of-lourdes-school.org](http://our-lady-of-lourdes-school.org)

Mr. Kris Brough, Principal  
Transitional Kindergarten to Grade 8



# From Our Pastor

Continuing our reflections on what it means to be a people of faith here at Our Lady of Lourdes, we consider who we are as part of a Church that is much bigger than we are in ourselves. If we are going to be as embracing of others as the Lord Jesus modeled for us, then it is important that we see ourselves as connected to his people, to his Church, and as members of His Body.

There are different practical realities that are expressed in this notion of being part of the Body of Christ, a reality and a mystery attested to by the Apostle Paul (cf 1Cor 12). The challenge of living up to all that this reality and mystery contain is not inestimable. Paul writes, "As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit. Now the body is not a single part, but many." Right away we can see that the uniformity of the Body which might be so prized by believers is a challenge, for believers themselves believe and behave and worship differently, yet are still part of the Body of Christ. The unity of the Church is the work of the Holy Spirit. For our part, we strive to grow into that unity and behave and worship and believe accordingly. It can sometimes help us when we remember that we are collectively "Christ's body, and individually parts of it."

(1 Cor 12:27). I also find it helpful to remember that "If one part (of the body) suffers, all the parts suffer with it; if one part is honored, all the parts share its joy."

There are those who believe that before we can consider ourselves part of the Church that we must believe everything the Church believes. We tell people who come to join our church that they can only join once they believe as we believe, and do as we do. However, the way in which Jesus models invitation to belonging is a little different. Then Andrew and the other disciple of John begin to follow Jesus at a distance. The gospel tells us "Jesus turned and saw them following him and said to them, 'What are you looking for?' They said to him, 'Rabbi' (which translated means Teacher), 'where are you staying?' He said to them, 'Come, and you will see.'"

Jesus says to them "Come, and you will see." In other words, as people come to us, instead of beginning by asking "what do you believe?" and "how do you live?", and then if the answers work well for us we invite them to join our community, what might it look like if we invited people to be with us, to pray with us, to worship with us? What might it look like if we invited people to accompany us, to observe how we do what we do and

how we live as we do? What might it look like if we modeled the Christian life of discipleship in such a way as to attract others to want to be part of our community... then, and only then, do we begin to have conversations about what we believe and why we conduct ourselves the way we do. Above I observed that unity in the Church is the work of the Holy Spirit. So too is the work of evangelization, a work in which we are all invited to participate.



Many Catholics are almost afraid of the word "evangelization" because we associate it with knocking on doors and inviting people to come to our church. Some people even see it as a form of proselytizing, or more problematic, a form of saving people from the errors of their ways,

because their ways are not our ways. Some still see evangelization as a righteous proclamation of the teachings of the catechism and quoting of scripture to teach others the errors of their ways. However, it appears from scripture that Jesus employed none of these approaches. The model of evangelization employed by Jesus is one of invitation to ever deeper and deeper turning of the heart toward him in response to the love and the relationship that he desires with and for us. The challenge, it would appear, is to enter into and to grow into a relationship, one with another. Perhaps this is why the more distant and dogmatic approaches endure... they're "tidier" than relationships, which admittedly can be quite messy. Nonetheless, it was through relationships that Jesus invited people to experience the saving love of God, and it was that love that brought people to turn their lives over to God.

In sum, we are a community of believers, inspired by our faith in God and by our understanding that we are called, as people of faith, to be in relationship with all God's people (cf LG n9). In this, we understand that God's people includes every person we might encounter, whether or not they believe as we believe, act as we act, or pray as we pray. We are convinced of the message of St. Paul that there is nothing that can separate anyone from the love of God in Christ (Rom 8:31-39). We are witnesses to this truth, and are committed to practicing this love. We believe that it is by loving one another as Jesus commanded (Jn 13:34-35) that we practice our own discipleship and we invite people to see our faith in action.

As Jesus met people as they were, in the ordinary circumstances of their lives, often complex and multi-faceted, so too we, as a community of believers, seek to encounter and to embrace all God's people.

Continuando con nuestras reflexiones sobre lo que significa ser un pueblo de fe aquí en Nuestra Señora de Lourdes, consideremos quiénes somos como parte de una Iglesia que es mucho más grande que nosotros mismos. Si vamos a acoger a los demás como Jesús nos modeló, entonces es importante que nos veamos conectados con Su pueblo, con Su Iglesia y como miembros de Su Cuerpo.

Hay diferentes realidades prácticas que se expresan en esta noción de ser parte del Cuerpo de Cristo—realidad y misterio del cual dio testimonio el apóstol Pablo (cf 1Cor 12). El desafío de estar a la altura de todo lo que contiene esta realidad y este misterio no son inestimables. Pablo escribe: “Las partes del cuerpo son muchas, pero el cuerpo es uno; por muchas que sean las partes, todas forman un solo cuerpo. Así también Cristo. Hemos sido bautizados en el único Espíritu para que formáramos un solo cuerpo, ya fuéramos judíos o griegos, esclavos o libres. Y todos hemos bebido del único Espíritu. Un solo miembro no basta para formar un cuerpo, sino que hacen falta muchos”. Inmediatamente podemos ver que la uniformidad del Cuerpo que puede ser tan apreciada por los creyentes es un desafío, porque los creyentes mismos creen, se comportan y adoran de maneras distintas, pero siguen siendo parte del Cuerpo de Cristo. La unidad de la Iglesia es obra del Espíritu Santo. Por nuestra parte, nos esforzamos por crecer en esa unidad creyendo, adorando, y comportándonos de acuerdo con este Cuerpo. Puede ayudarnos recordar que colectivamente somos “el cuerpo de Cristo, e individualmente partes de él”. (1 Corintios 12:27). También me parece de gran ayuda recordar que “Si una parte (del cuerpo) sufre, todas las partes sufren con ella; si una parte es honrada, todas las partes comparten su alegría”.

Hay quienes creen que antes de que podamos considerarnos parte de la Iglesia debemos creer todo lo que la Iglesia cree. Les decimos a las personas que vienen a unirse a nuestra iglesia que solo pueden unirse si creen como nosotros creemos y hacen lo que nosotros hacemos. Sin embargo, la forma en que Jesús modela la invitación a la pertenecer es un poco distinta. El evangelio nos dice que cuando Andrés y el otro discípulo de Juan comenzaron a seguir a Jesús de lejos, “Jesús se volvió y vio que lo seguían y les dijo: ‘¿Qué buscan?’ Le dijeron: ‘Rabí’ (que significa Maestro), ‘¿dónde vives?’ Él les dijo: Vengan y lo verán.”

Jesús les dice: Vengan y lo verán. En otras palabras, ¿Cómo sería si cuando la gente se nos acerca en vez de preguntar “¿en qué crees?” y “¿cómo vives?” para ver si sus respuestas nos agradan antes de invitarlos a unirse a nuestra comunidad, invitáramos a las personas a estar con nosotros, a orar con nosotros, a adorar con nosotros? ¿Cómo sería si invitáramos a las personas a acompañarnos, a observar cómo hacemos lo que hacemos y cómo vivimos como lo hacemos? ¿Cómo

sería si modeláramos la vida cristiana de discipulado de tal manera que atrajera a otros a querer ser parte de nuestra comunidad... y entonces, y solo entonces, comenzáramos a tener conversaciones sobre lo que creemos y por qué nos comportamos de la manera que lo hacemos? Previamente noté que la unidad en la Iglesia es obra del Espíritu Santo. También lo es la obra de evangelización, una obra en la que todos estamos invitados a participar.

Muchos católicos casi le temen a la palabra “evangelización” porque la asocian con tocar puertas e invitar a la gente a venir a nuestra iglesia. Algunas personas incluso lo ven como una forma de proselitismo, o más problemático, una forma de salvar a la gente de los errores de sus caminos, porque sus caminos no son nuestros caminos. Algunos todavía ven la evangelización como una recitación de las Escrituras y una justa proclamación de las enseñanzas del catecismo para enseñar a otros los errores de sus caminos. Sin embargo, en las Escrituras Jesús no empleó ninguno de estos enfoques. El modelo de evangelización que nos ofrece Jesús es el de una invitación a volver el corazón cada vez más y más profundamente hacia Él en respuesta al amor que Él nos tiene y a la relación que él desea tener con nosotros. El desafío, al parecer, es entrar y crecer en relación, uno con el otro. Tal vez por eso perduran los enfoques más distantes y dogmáticos... son más “limpios” estos enfoques que formar relaciones, ya que ciertamente puede ser bastantes “desordenadas”. No obstante, fue a través de las relaciones que Jesús invitó a las personas a experimentar el amor salvador de Dios, y fue ese amor lo que llevó a las personas a entregar sus vidas a Dios.

En suma, somos una comunidad de creyentes, inspirados por nuestra fe en Dios y por nuestro entendimiento de que estamos llamados como pueblo de fe, a estar en relación con todo el pueblo de Dios (cf LG n9). En esto, entendemos que el pueblo de Dios incluye a todas las personas con las que nos podemos encontrar, a pesar de que no crean como creemos, no actúen como actuamos o no oren como oramos. Estamos convencidos del mensaje de San Pablo: que no hay nada que nos pueda separar del amor de Dios en Cristo (Rom 8, 31-39). Somos testigos de esta verdad y estamos comprometidos a practicar este amor. Creemos que es amándonos unos a otros, como lo ordenó Jesús (Jn 13:34-35), que practicamos nuestro propio discipulado e invitamos a las personas a ver nuestra fe en acción.

Así como Jesús conoció a las personas tal como eran, en las circunstancias ordinarias de sus vidas, a menudo complejas y multifacéticas, así también nosotros, como comunidad de creyentes, buscamos encontrar y abrazar a todo el pueblo de Dios.

# Readings & News

## WEEKLY PRAYER

### READINGS FOR THE WEEK OF JANUARY 23, 2022

- Sunday:** Neh 8:2-4a, 5-6, 8-10/Ps 19:8, 9, 10, 15/1 Cor 12:12-30 or 12:12-14, 27/Lk 1:1-4; 4:14-21
- Monday:** 2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26/Mk 3:22-30
- Tuesday:** Acts 22:3-16 or Acts 9:1-22/Ps 117: 1bc, 2/Mk 16:15-18
- Wednesday:** 2 Tm 1:1-8 or Ti 1:1-5/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20
- Thursday:** 2 Sm 7:18-19, 24-29/Ps 132:1-2, 3-5, 11, 12, 13-14/Mk 4:21-25
- Friday:** 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-4, 5-6a, 6bcd-7, 10-11/Mk 4:26-34
- Saturday:** 2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15, 16-17/Mk 4:35-41
- Next Sunday:** Jer 1:4-5, 17-19/Ps 71:1-2, 3-4, 5-6, 15-17 [cf. 15ab]/1 Cor 12:31—13:13 or 13:4-13/Lk 4:21-30

### “THE SERMON AND THE MOUNT” BIBLE STUDY, BOOK-VIDEO STUDY VIA ZOOM



**Tuesdays, 7:00 - 8:30PM**  
**January 18 - February 15**

Materials needed: Catholic Bible (any version)  
Commentary: “The Sermon on

the Mount” by Clifford Yeary. Little Rock Scripture Study. You can purchase materials for \$16.95 plus tax and shipping at Amazon.com or from the Little Rock Scripture Study website. Call or email Roy and Adele Vargas with any questions at: 747-444-7994 or: adele.vargas1@gmail.com. The Bible study will be held for two parishes, St. Rose of Lima and Our Lady of Lourdes. The study will include small group discussions and reflections. Commentary, study and reflection questions, prayer and access to online lectures are included.



### Semilla del Reino

Semilla del Reino ofrecerá un nuevo curso empezando el mes agosto para personas mayores de 18 años que necesitan el sacramento de la **Primera Comunión, Confirmación, o Crecimiento En La Fe.** Para más información visite nuestra pagina web para comunicarse con Ismael Ramírez o Sylvia Barrientos

### OLL FEEDS GOD’S CHILDREN PACKAGING EVENT WILL BE RESCHEDULED DATE TO BE DETERMINED



Contact Bill Williams with any questions at: bwilliams@ollnr.org



### ADULT CONFIRMATION PREPARATION SESSIONS

Please invite any family members or friends who may be in need of this sacrament.

Meetings will begin **Tuesday, January 25, 2022 from 7:00PM - 9:00PM.** Please call Sr. Sharon to register at **818-349-2836.**

Please provide a copy of your Baptism and First Communion Certificates.

### JANUARY ANNIVERSARIES

Eduardo & Nancy Solorzano	30
Roy & Jackie Diza	30
Buenaventura & Susan Agraviador	31
Antonio & Merlinda Asuncion	37
Robert & Ofelia Saludares	45
Lee & Betty Cotter	50
Benjamin & Librada Asuncion	50
Joe & Christine Cullen	54
Wilfredo & Ursalina Agraviador	58
Vince & Willie Devita	60



### ON FEBRUARY 5 AND 6 WE WILL BE LAUNCHING TOGETHER IN MISSION 2022.



It is vital that if you plan to give or have not given to our effort for TIM to please consider doing so now to help finish our 2021 mission. If you already pledged be sure to send your payment. Please help us achieve 100%.

**Pledge payments must be mailed directly to the TIM**

**Office and not the Parish. (Together in Mission, P.O. Box 279, Kensington, CT 06037-9910.)**

God bless you and thank you for your generosity.

## MASS SCHEDULE

**Monday - Friday: 6:30AM**  
**Monday - Saturday: 8:30AM**  
**Vigil for Sunday 5:30PM (Saturday)**  
**Sundays: 7:30AM, 9:00AM, 11:00AM, 12:30PM (Spanish) and 5:30PM**

### LIVESTREAM MASS

**Monday - Saturday: 8:30AM**  
**Sundays: 9:00AM and 12:30PM (Spanish)**



To watch our masses live, just visit our [website](#).

The liturgies may also be viewed by pointing your browser to <https://vimeo.com/ollnr> where our liturgies will be available for 48 hours.

Our parish priests are praying for all of our parishioners at Our Lady of Lourdes and all those listed on our Mass Intentions.



Ella Kai Lim  
 Amelie Azcueta  
 Makayla Karen Piper  
 Carmelo Jay Correa  
 Janessa Mayorí Correa  
 Justin Bryan Pabalan Llamosa



Estilita Tupas  
 Steve Llewellyn  
 Lolita Arela Leonor

### MASS INTENTIONS FOR THE WEEK

<b>January 22</b>	8:30AM	Vincenta Vito Cruz, Rose Weller
	5:30PM	Joseph Iskandar (D), Waleed Iskandar (D)
<b>January 23</b>	7:30AM	Stanley Walter (D), Jerry Herrera (D)
	9:00AM	Jerilee Marie Jaravata, Norma Jaravata
	11:00AM	Feliciana Sayaman (D), John Nettles (D)
	12:30PM	Mary Baker (D)
<b>January 24</b>	5:30PM	Paul Vago (D), Athena Tiongson (D)
	6:30AM	Lawrence & Ophelia Carneiro (D)
	8:30AM	Imelda Chingcuangco (D) Carmen Chingcuangco (D)
<b>January 25</b>	6:30PM	OLL Benefactors
	8:30AM	William & Irene McAndrew
<b>January 26</b>	6:30AM	Michael Lee (D), Esterlita Cagas (D)
	8:30AM	Maria L. Roman, Arturo Burquez
<b>January 27</b>	6:30AM	Bruce Gerkewicz (D), Oanh to Mai (D)
	8:30AM	Joe Shumovich (D), Michael Willis (D)
<b>January 28</b>	6:30AM	Wayne Tippie (D), Miriam Clayton (D)
	8:30AM	Jean Paul Caparros (D), Brian O'Keeffe (D)
<b>January 29</b>	8:30AM	Constancia De Castro (D), Jerry Herrera (D)
	5:30PM	Rolando Aquino (D), Genaro Aquino Jr. (D)
<b>January 30</b>	7:30AM	James Powers (D), Esterlita Cagas (D)
	9:00AM	Jennifer Cruz, Jackson Morris
	11:00AM	Fr. John Coleman O.Carm. (D) Fr. Jose Delas Pinas (D)
	12:30PM	Tom Christopher Jeronimo (D) Edwin Josafat Jeronimo (D)
	5:30PM	Daniel Cornel (D), Grace Tiongson (D)



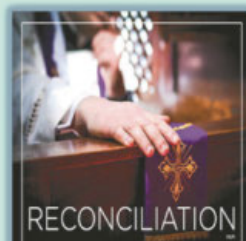
### PRAY FOR OUR SICK

Petruzzelli Family, Lucy Gomez, Margaret Natera, Jenny M., Joan Bergenty, Maria L. Roman, Eddie Velasco, Marcelo B. Valerio, Cindy Krebs, Roland Faucher, Kiem Dharmawan, Edy Sasongko Sugiarto, Rita Caldera, Jarequire Family, Dolores Edwards, Lisa Krueger, Nancy Pangilinan, Carla Margozzini, Neil McAllister, Juan & Grace Sharrer, Femary Macalino, John Cordova, Arturo Alneida, Lorena Boncaras, Ju Yon Cocco, David Merdek, Carol Mullen, Theresa Wagoner, Adeline Ricci, Ruben "AJ" Vidamo, Richard & Virginia Black, Ruel Quintillan, Lualhati Rodriguez, Janet Mayers, Rey & Prescy Vivar, Kenny Kelso, Elma Yates, Margarita Perez, Victoria Cruz, Lydia Sanchez, Clara Loesch, Tom Pigatti, Peter Stresen-Reuter, Cleotilde B. Valerio, Pamela Shafer, Patty Salazar, Lani Palomares, Lukas Araneta, Sharon Wolburn, Sr. Nola Gavin, Cyndi Swanee, Helen Bachike, Oswaldo Camero, William and Irene McAndrew, Charles Lazusky

### SACRAMENT OF RECONCILIATION

**Confession in the Church Confessional Chapels**  
**4:00 - 5:00PM and 7:30 - 8:30PM Saturdays**

Confession continues to be available by appointment in the event these times are not convenient. To avail of this opportunity, please email [parishcenter@ollnr.org](mailto:parishcenter@ollnr.org) or call 818-349-1500.





**BASTIAN & PERROTT**  
**OSWALD MORTUARY**  
 Ed Perrott - Parishioner

FDR-1955

**Cremations**  
**Advance Planning**

18728 Parthenia St., Northridge  
**(818) 886-8600**

FD# 1198



**Deborah**  
**Moore Brent**

**Realtor®**  
**Lector**  
**Parishioner**

BRE #00980205

**BUS: (818) 831•2233**  
**Cell: (818) 515•0786**

DeborahMooreBrent@yahoo.com



**NEVER MISS A BULLETIN !**

Sign up to have our weekly parish bulletin emailed to you at [www.parishesonline.com](http://www.parishesonline.com)



**NEED AN ELECTRICIAN?**



*The Old House*  
*Wiring Specialist!*  
**818.533.1975**

Lic 600983

Local Parishioner



\$25 OFF

**BUS: (818) 831•2233**  
**Cell: (818) 515•0786**  
 DeborahMooreBrent@yahoo.com



**SUPPORT YOUR LOCAL PARISH.**

Buy a bulletin ad space today!

**STAND OUT**

with a **PREMIUM DIGITAL AD** on **PARISHESONLINE.COM**



**CONTACT US AT 800-950-9952**

**FREE**  
**AD DESIGN**

WITH PURCHASE OF THIS SPACE

**LPi CALL**  
**800.950.9952**



**NORTHRIDGE LUMBER CO.**

Since 1938 | (818) 349-6703

18537 Parthenia Street  
 Northridge, CA 91324

**SUPPORT OUR ADVERTISERS!**



**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Travis Lawmaster**  
 to place an ad today!  
[tlawmaster@4LPi.com](mailto:tlawmaster@4LPi.com)  
 or **(800) 950-9952 x2688**

**PROBATE**  
**LIVING TRUSTS**  
**WILLS**

Chris Daniels  
 John Daniels  
 Attorneys at Law

17024 Lassen Street  
 Northridge  
[www.johndanielslaw.com](http://www.johndanielslaw.com)

**818-718-1250**

FREE INITIAL CONSULTATION  
 Catholic Lawyers

**800-303-MIKE**

**Roofing • Solar**  
**Insulation**  
**Gutters • Skylights**

**www.mikesroofing.com**

Lic. 422724 • 803105

GROW YOUR BUSINESS WHILE SUPPORTING YOUR LOCAL PARISH.



Purchase a bulletin ad today!



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

Our Lady of Lourdes Catholic Church, Northridge, CA

B 4C 05-0683



# support our ADVERTISERS



All-Inclusive Community Health Center  
17114 Devonshire Street, Suite 200  
Northridge, CA 91325  
818-646-1771 • aichc.org

(818) 703-9799




- FREE ESTIMATES
- 10% CHURCH DISCOUNT
- FULL PLUMBING SERVICE
- COPPER RE-PIPES
- SEWER DRAIN CLEANING
- 24 HR. EMERGENCY SERVICE

CATHOLIC IRISH OWNED AND OPERATED  
LOCAL PARISHIONER BRIAN WALSH

**AVAILABLE FOR  
A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Travis Lawmaster**  
to place an ad today!  
tlawmaster@4LPi.com  
or (800) 950-9952 x2688



**SUPPORT YOUR  
LOCAL PARISH.**

Buy a bulletin ad space today!

**Virginia Houghton**  
Realtor® | Parishioner

818-635-9130

**PINNACLE**  
ESTATE PROPERTIES, INC.

Hablo Español DRE #01849561

virginia@virginiashomes.com  
www.virginiashomes.com

**ADT-Monitored Home Security**  
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized Provider | SafeStreets

1-855-225-4251



**SUPPORT YOUR  
LOCAL PARISH.**

Buy a bulletin ad space today!



**Nancy Solorzano**  
Senior Loan Officer  
DRE #01404533 | NMLS #326914

818.573.5372 direct  
818.425.4270 cell  
818.270.9259 fax  
nancy@southbayequity.com

**SOUTH BAY**  
EQUITY LENDING

Se Habla Español

**WE'RE HIRING**  
AD SALES EXECUTIVES


**BE YOURSELF. BRING YOUR PASSION.  
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com  
www.4lpi.com/careers

**SUPPORT OUR  
ADVERTISERS!**



Established 1955

**RICHARD L. BEAULIEU, CPA**  
Accounting / Income Tax  
Trust / Non-Profit Accounting

818-361-8621 805-520-1260



**Granada Hills  
Now Open!**

Dine In • Take Out  
Catering • Fundraising

818.360.7737  
17923 Chatsworth St.  
Owners Are SJE & Crespi Alumni

Join our Mailing List at [www.PrestoPasta.com](http://www.PrestoPasta.com) to

**GET \$3 OFF ANY  
PURCHASE!**

*We've Missed You!*  
Welcome Back to Mass



Stay connected to our faith community no matter where you are  
by signing up to get our bulletin delivered straight to your email!

[www.ParishesOnline.com](http://www.ParishesOnline.com)

# Parish Family

## PARISH CENTER OFFICE HOURS

Normal office hours are: Monday - Friday, 9:00AM - 5:00PM, closure for lunch from 12:00PM - 1:00PM

Our Lady of Lourdes Parish Center, 18405 Superior Street, Northridge, California 91325

Phone: 818-349-1500 Email: parishcenter@ollnr.org, Business Manager: mnatera@ollnr.org

Visit our website at: <https://ollnr.weconnect.com> for current information.



## SAFEGUARD THE CHILDREN



### DID YOU KNOW?

#### 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>.

For more information call Safeguard at 213-637-7508 or email [bmelendez@la-archdiocese.org](mailto:bmelendez@la-archdiocese.org)

#### Platiqué 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>.

If you need to complete "Protecting God's Children" or take re-certification, "Keeping God's Promise" VIRTUS® training contact Dianne at [parishcenter@ollnr.org](mailto:parishcenter@ollnr.org). Zoom sessions are available.



JOIN US FOR A FUN AND INFORMATIVE EVENING. MEET OUR TERRIFIC FACULTY, STAFF, STUDENTS, AND PARENTS. TOUR OUR CLASSROOMS, HEAR ABOUT OUR PROGRAMS, AND DISCOVER WHAT A LOURDES EDUCATION CAN OFFER YOUR FAMILY.

OPEN HOUSE  
FEBRUARY 1ST  
5 - 7 PM

[SCHOOL.OLLNR.ORG](http://SCHOOL.OLLNR.ORG)

