



HOLY FAMILY

CATHOLIC CHURCH

SUNDAY, JANUARY 23, 2022

Under the guidance of our Lady of Guadalupe, we welcome all to join our Community.

CLERGY

Rev. Ruben Rocha
Pastor

Rev. Daniel Sugamo, I.M.C.
Associate Pastor

Rev. Carlos Mesa
Associate Pastor

MASS TIMES

MONDAY—FRIDAY
8:30 am & 7:00 pm
Español

SATURDAY VIGIL

7:00 pm
Español

SUNDAY

6:00 am, 7:30 am, 10:30 am, 1:30 pm,
3:30 pm, 5:30 pm, & 7:00 pm
Español

9:00 am & 12:00 pm
English

CONFESSIONS

FRIDAY & SATURDAY
6:00 pm

ROSARY

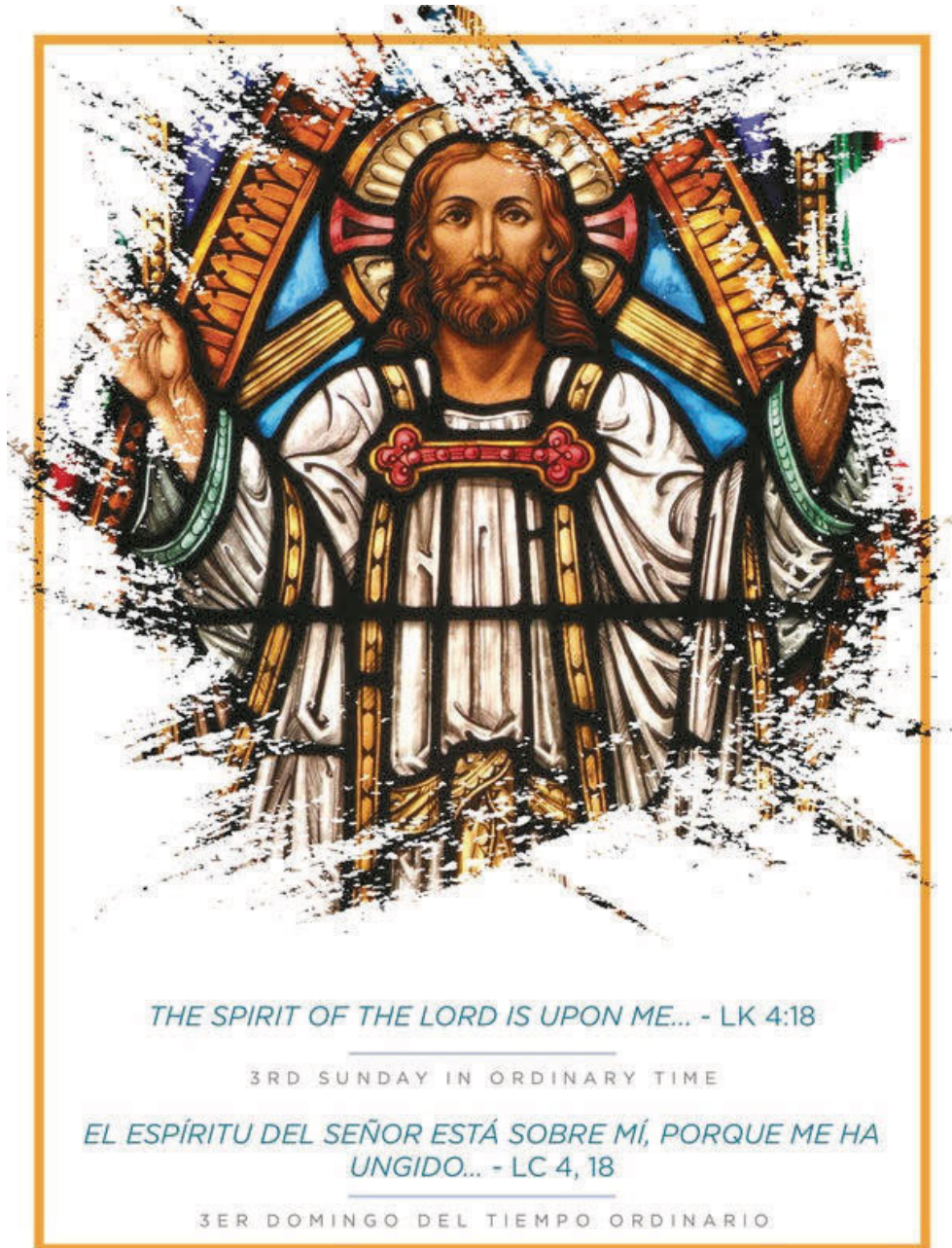
FRIDAY
6:30 pm

EUCCHARISTIC ADORATION

WEDNESDAY
9:00 am—1:00 pm

FRIDAY

7:30 pm—9:00 pm



THE SPIRIT OF THE LORD IS UPON ME... - LK 4:18

3RD SUNDAY IN ORDINARY TIME

EL ESPÍRITU DEL SEÑOR ESTÁ SOBRE MÍ, PORQUE ME HA
UNGIDO... - LC 4, 18

3ER DOMINGO DEL TIEMPO ORDINARIO

EXCERPTS FROM THE LECTIONARY FOR MASS | 2001, 1998, 1970 CCD. LECCIONARIO 9 | 1987 COMISION EPISCOPAL DE PASTORAL LITURGICA DE LA CONFERENCIA DEL EPISCOPADO MEXICANO. (LPM)

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ABOUT US | SOBRE NOSOTROS

PARISH LIFE | VIDA PARROQUIAL

MINISTRIES | MINISTERIOS

Altar Servers/Monaguillos

Lupe Morales (310) 809-3128

Eucharistic Min./Ministros de Eucaristía

Sonia Espinoza (310) 486-7619

Lectors/Lectores

Roque Pech (424) 224-2819

Ushers/Ujieres

Manuel & Dania Raya (310) 701-1157

Holy Rosary/Santo Rosario

Maria Mejia (310) 684-0394

Safeguard the Children/Protegiendo a los Niños

Lupe Morales (310) 809-3128

Vocations/Vocaciones

Teresa Cardiel (310) 684-8980

GROUPS | GRUPOS

Cursillistas

Alfonso & Alicia Navarro (310) 347-5544

Escuela de la Cruz

Lee Madera (310) 808-7284

Nuestra Señora de la Llama de Amor

Maria Teresa Manzo (424) 356-4180

Prayer Group/Grupo de Oración

Cesar & Cony Tello (310) 325-2667

Senior Citizens/Tercera Edad

Martha Herrera (310) 835-1713

OUTREACH | SERVICIOS COMUNITARIOS

Católicos en Acción

Rodolfo Ortiz (310) 874-6753

Grupo de Apoyo

Rosario Moreno (310) 344-8496

Ministerio de Caridades

Rodrigo & Lorena Soto (562) 240-7807

Pirate Club AA Meeting

Vincent P. Pallares (310) 707-7749



VISIT US | VISÍTANOS

PARISH OFFICE

Ext. 223

Monday - Friday | 8:00 am - 8:00 pm

Saturday | 8:00 am - 5:00 pm

Sunday | 7:00 am - 6:00 pm

mainoffice@holymfamilywilmington.org

RELIGIOUS EDU. OFFICE

Sister Clara Luz Bolanos, Director

Ext. 234 or (310) 549-0011

1122 E Robidoux St.

Monday - Thursday | 1:00 pm - 6:00 pm

Saturday | 9:00 am - 1:00 pm



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SACRAMENTS | SACRAMENTOS

RECONCILIATION | CONFESIÓN

Fri & Sat 6:00 pm - 6:45 pm

A Priest is also available by appointment, please call Parish Office.

Un Sacerdote también esta disponible por cita, favor de llamar a la Oficina Parroquial.

INFANT BAPTISM | BAUTIZOS PARA BEBES

Infant - 5 years

For more information, contact the Parish Office at least one month in advance.

Para mas información, llame a la Oficina Parroquial por lo menos un mes antes.

COMMUNION FOR THE SICK | COMUNIÓN PARA LOS ENFERMOS

Alfonso & Alicia Navarro (310) 347-5544

MARRIAGE | MATRIMONIO

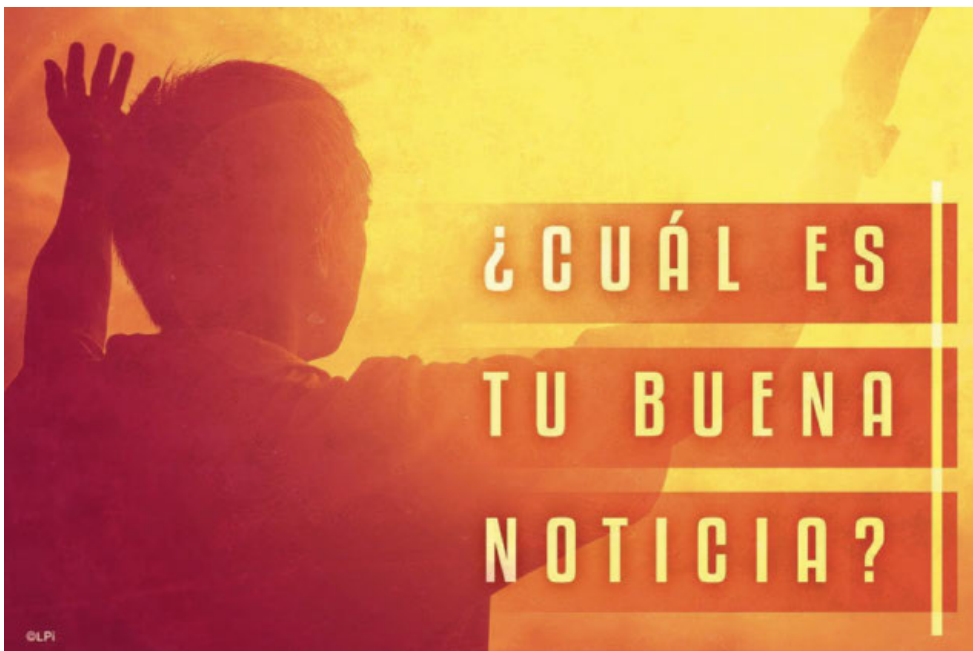
Engaged couples contact the Parish Office at least nine months prior to set up a First Interview with our Pastor.

Parejas comprometidas llamen a la Oficina Parroquial por lo menos nueve meses antes de la fecha deseada para hacer una cita para su Primera Entrevista con nuestro Pastor.

LIVE THE LITURGY | VIVIR LA LITURGIA

People can easily lose a sense of the sacred and transcendent. When we lose a sense of God's special presence, we need to be brought back. Ezra brought people back to the word of God and they realized what they were missing. Jesus proclaims God's word in the synagogue with true conviction and tells those gathered that he is the fulfillment of all that Isaiah taught. Even though people get lost, distracted, discouraged, and often journey down the wrong path, God's timeless law remains. When we allow ourselves to truly hear God's word and act on it, that living word slowly, over time, changes us. It has the power to soften and mold us, creating within us a joyful spirit. We realize the truth in what God speaks and become open to God's love. Gradually and gently God leads us back where we belong. We discover again the sacred character of life and the wonder of God's power. It is no wonder that Luke addresses his remarks to Theophilus. It is a name that means "beloved of God," a name that can be used by anyone who desires friendship with God.

La gente puede perder fácilmente el sentido de lo sagrado y trascendente. Cuando perdemos el sentido de la presencia especial de Dios, necesitamos ser devueltos. Esdras hizo que la gente volviera a la palabra de Dios y se dieron cuenta de lo que se estaban perdiendo. Jesús proclama la palabra de Dios en la sinagoga con verdadera convicción y les dice a los reunidos que Él es el cumplimiento de todo lo que Isaías enseñó. Aunque las personas se pierden, se distraen, se desaniman y, a menudo, viajan por el camino equivocado, la ley eterna de Dios permanece. Cuando nos permitimos escuchar verdaderamente la palabra de Dios y actuar de acuerdo con ella, esa palabra viva, con el tiempo, nos cambia lentamente. Tiene el poder de ablandarnos y moldearnos, creando dentro de nosotros un espíritu alegre. Nos damos cuenta de la verdad en lo que Dios habla y nos abrimos al amor de Dios. Gradual y suavemente, Dios nos lleva de regreso a donde pertenecemos. Descubrimos nuevamente el carácter sagrado de la vida y la maravilla del poder de Dios. Con razón Lucas dirige sus comentarios a Teófilo. Es un nombre que significa "amado de Dios," un nombre que puede usar cualquier persona que desee la amistad con Dios.



3rd Sunday Ordinary Time | 3^o Domingo Tiempo Ordinario



Rachel's VINEYARD

*Healing the pain of abortion -
one **weekend** at a time*

Rachel's Vineyard retreat is for men and women struggling with the emotional and spiritual pain of abortion. The retreat is designed to help participants work through repressed grief and anger in a safe, nonjudgmental setting and come to acceptance, healing, and hope for the future. Developed in the Roman Catholic Tradition, it utilizes spiritual exercises and rituals to help grieve the loss of unborn children and to accept God's forgiveness. All inquiries and registrations are confidential.

[www.youtube.com/user/
rachelsvineyard](http://www.youtube.com/user/rachelsvineyard)

March 4-6, 2022

San Fernando, CA

Cost: \$300. per person

For registration or more
information

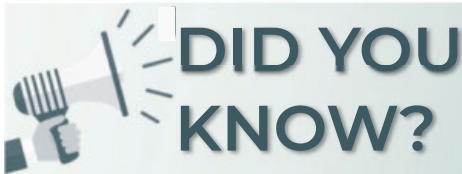
please call 323-577-5693

or

email RVLA.christine@gmail.com

www.rachelsvineyard.org





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, visit lacatholics.org/did-you-know/

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 más información, visite lacatholics.org/did-you-know/

Did You Know?

Lupe Morales is the coordinator of our Parish "Safeguard the Children of God" program. For more information, please call (310) 809-3128.

READINGS FOR THE WEEK

Monday 1 Sm 15:16-23/Ps 50:8-9, 16bc-17, 21 and 23/Mk 2:18-22
Tuesday 1 Sm 16:1-13/Ps 89:20, 21-22, 27-28/Mk 2:23-28
Wednesday 1 Sm 17:32-33, 37, 40-51/Ps 144:1b, 2, 9-10/Mk 3:1-6
Thursday 1 Sm 18:6-9; 19:1-7/Ps 56:2-3, 9-10a, 10b-11, 12-13/Mk 3:7-12
Friday 1 Sm 24:3-21/Ps 57:2, 3-4, 6 and 11/Mk 3:13-19
Saturday 2 Sm 1:1-4, 11-12, 19, 23-27/Ps 80:2-3, 5-7/Mk 3:20-21
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

LECTURAS DE LA SEMANA

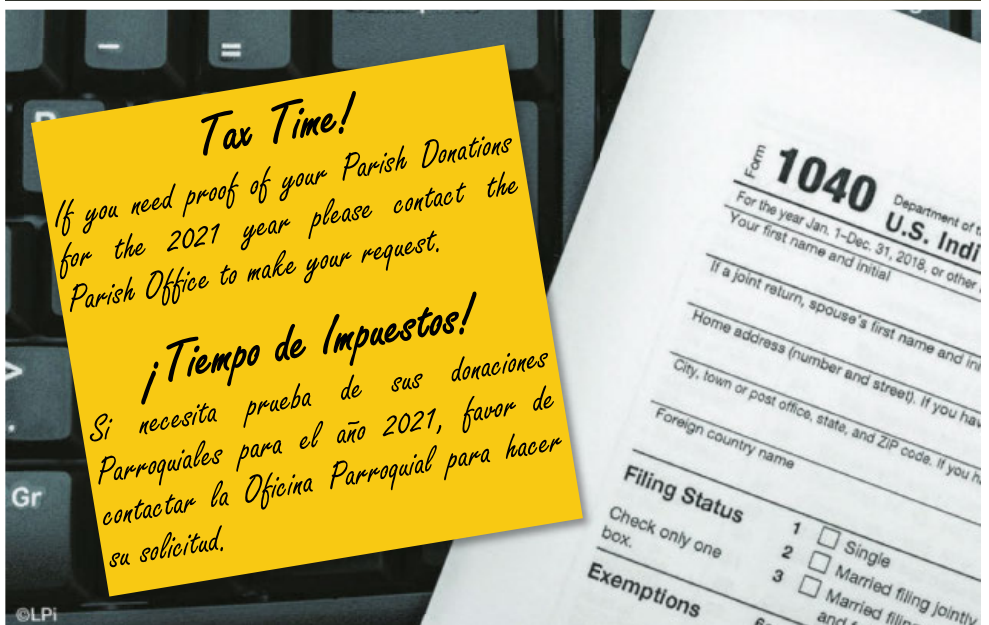
Lunes 1 Sm 15, 16-23/Sal 49, 8-9. 16-17. 21 y 23/Mc 2, 18-22
Martes 1 Sm 16, 1-13/Sal 88, 20. 21-22. 27-28/Mc 2, 23-28
Miércoles 1 Sm 17, 32-33. 37. 40-51/Sal 143, 1. 2. 9-10/Mc 3, 1-6
Jueves 1 Sm 18, 6-9; 19, 1-7/Sal 55, 2-3. 9-10. 10-11. 12-13/Mc 3, 7-12
Viernes 1 Sm 24, 3-21/Sal 56, 2. 3-4. 6 y 11/Mc 3, 13-19
Sábado 2 Sm 1, 1-4. 11-12. 17. 19. 23-27/Sal 79, 2-3. 5-7/Mc 3, 20-21
Domingo Neh 8, 2-4. 5-6. 8-10/Sal 18, 8. 9. 10. 15/1 Co 12, 12-30 o 12, 12-14. 27/Lc 1, 1-4; 4, 14-21

GRUPO DE ORACIÓN

¡Ven espíritu Santo!

- **Asamblea General**
Lunes 7:00pm
Iglesia
- **Asamblea de Niños**
Lunes 7:00pm
Escuela—Computer Lab
- **Asamblea de Mujeres**
Martes 7:00pm
Centro Pastoral—Salón L
- **Ministerio de Intercesión**
Martes 7:00pm
Centro Pastoral—Capilla
- **Asamblea de Hombres**
Miércoles 7:00pm
Escuela—Computer Lab
- **Grupo de Crecimiento**
Jueves 7:00 pm
Escuela—Salón C-7

Para mas detalles comunícate con:
Cesar & Cony Tello (310) 325-2667



Tax Time!

If you need proof of your Parish Donations for the 2021 year please contact the Parish Office to make your request.

¡Tiempo de Impuestos!

Si necesita prueba de sus donaciones Parroquiales para el año 2021, favor de contactar la Oficina Parroquial para hacer su solicitud.

ESPÍRITU

*"El espíritu del Señor
está sobre mí, porque
me ha ungido..."*

LUCAS 4, 18

Leccionario II © 1987 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

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MANTENLOS *en tus oraciones*

Ayala, Javier
Ayala, Mercedes
Camarillo, Ialo
García, Isidro
Gómez, Daniel
Gómez, Martín
Guerrero, Rosa
Manzo, Rocío
Martínez, Alejandra
Martínez, Angie
Martínez, Carmen
Martínez, Celia
Martínez, Danny
Martínez, Jimmy
Martínez, Teresa
Moreno, Patricia
Negrete, María
Rocha, Rafael
Sanchez, Jonathan

REMEMBER *in your prayers*

HOLY MASS INTENTIONS | INTENCIONES DE MISA

Domingo, 01/23

+Arturo & +Celia Flor
Por Jesús Fernández e hijos
Por las Almas del Purgatorio
+Rodrigo Hernández
+Jesús & +Palmira Márquez
+Guadalupe Ortiz
+Anatolio "Tony" Cruz
+Consuelo Carranza
+María & +Tanilo Márquez
+Paz González
+Nieves Magallanes
+Socorro Rodríguez
+José Avila
Por Luis & Dolores Ruiz

Sábado, 01/22

+Claudia Luna
+Amelia & +Daniel Ramírez

Lunes, 01/24

Cumpleaños: Luis Ruiz

Martes, 01/25

+Joe Mercado

Miércoles, 01/26

+Yolanda López
+Amelia, +Daniel
& +Francisco Ramírez
+Jesús Márquez

Jueves, 01/27

+J. Guadalupe Martínez

Viernes, 01/28

+Francisco Ortiz
+Carlos & +Brígida Martínez

OBITUARY | OBITUARIO

+Manuela Martínez
04/14/1946 - 10/11/2021

+Ma. Esperanza Cautle
03/03/1940 - 12/23/2021

+Rafael Rocha L.
10/24/1949 - 12/25/2021

+Ignacio Baca
04/30/1937 - 01/02/2022

+Ma. de Jesús Pacheco A.
05/15/1925 - 01/03/2022

+Hermila Pacheco R.
01/13/1951 - 01/04/2022

+Antonia Marín
01/31/1924 - 01/06/2022

Kids Corner

SHARING THE GOSPEL

The prophet Isaiah wrote about Jesus a long time before he was even born. When Jesus read Isaiah's words, they described Jesus perfectly. Jesus did come to free people from sin, to help those in pain, and even to help blind people see.

PRAYER

Dear God, thank you for sending Jesus to help us.

MISSION FOR THE WEEK

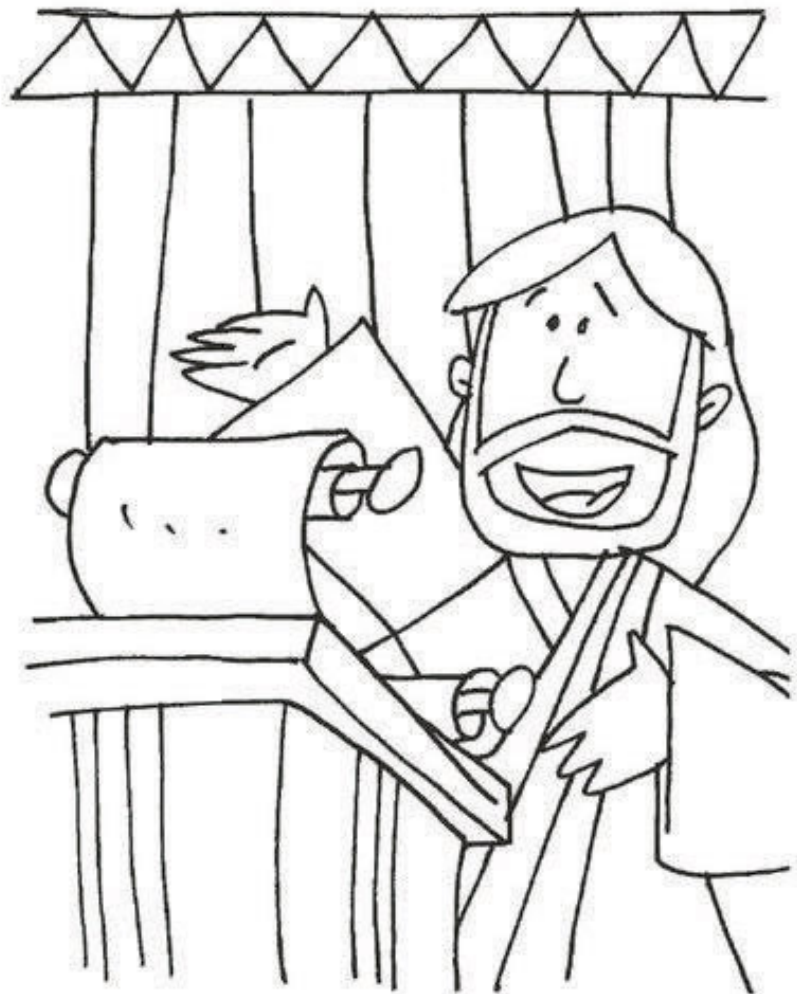
Look up Isaiah chapter 61 and read it with your family. Then read Luke 4:14-21. Jesus kept all of those promises!

GROWING 
WITH THE **Gospel**
CYCLE C



COLOR

Read the Gospel of the week and color the image.



3rd Sunday in Ordinary Time • Luke 1:1-4; 4:14-21

¡DISPONIBLE POR TIEMPO LIMITADO!

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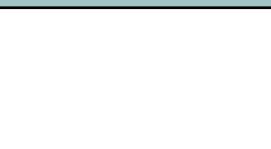
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