HURCH OF THE // ISITATION

Our Mission: A Roman Catholic Community celebrating Christ's presence among us

ADMINISTRATOR:

Fr. Francis Kim

IN RESIDENCE:

Fr. Jim Anguiano (Vicar General)[.] Fr. Timothy McGowan

RETIRED: Msgr. Charles E. Hill Msgr. James Forsen (Pastor Emeritus)

MASS TIMES

DAILY MASS Monday - Friday: 8:00a.m.

SUNDAY MASS Saturday (Sunday Vigil): 5:00 p.m. Sunday: 8:00 am., 9:30 a.m., and II:00 a.m.

DAILY ROSARY

Monday thru Friday following the 8 a.m. mass

HOLY HOUR (INSIDE THE CHURCH) First Friday of each month: 8:30am-9:30am

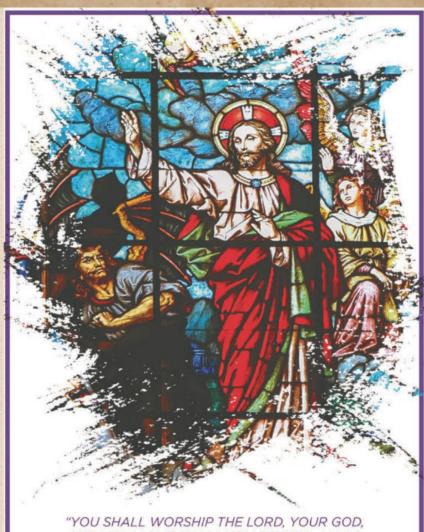
CONFESSIONS

Saturday: 3:00 p.m. - 4:00 p.m. and by appointment

PRIVATE WORSHIP (INSIDE THE CHURCH) Monday-Friday: 7:30 a.m. - 4:00 p.m.

PARISH OFFICE HOURS:

Monday - Friday 8:00 am - 4:00 pm Closed for lunch 12:00 pm - 1:00pm



"YOU SHALL WORSHIP THE LORD, YOUR GOD, AND HIM ALONE SHALL YOU SERVE." - LK 4:8

157 SUNDAY OF LENT

OIP

MARCH 9, 2025

WELCOME TO VISITATION CHURCH!

A special welcome to those who may be visiting us today, we are blessed that you are here to worship with us. If you are traveling, we hope you find this Catholic community welcoming. If you are new to this area, we hope to see you again and that you may consider joining this community.

6561 WEST 88TH STREET LOS ANGELES, CA 90045

SUNDAY'S READINGS

FIRST READING: 'We cried to the LORD, the God of our fathers, and he heard our cry.' (Dt 26:7)

PSALM: Be with me, Lord, when I am in trouble. (Ps 91)

SECOND READING: For, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Rom 10:9)

GOSPEL: Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. (Lk 4:1-2)

PARISH REGISTRATION



Are you looking for a faith community to call home? Welcome to the Viz family!

You may register as a parishioner on our website or Scan the QR code now.



Help us to reduce our envelope and postage expense and at the same time support us in a secure and convenient way by enrolling with Faith Direct.

ONLINE GIVING

It's easy to get started. Here are the ways to give:

- Visit faith.direct/CA772 or Scan QR code
- Call Faith Direct Customer Service at 866-507-8757
- Text \$ amount to GIVE NOW! Or "ENROLL" for recurring donations 310-361-1262



SCRAMENTAL PREPARATION



Please scan the QR code to get more information regarding Baptism, First Reconciliation, Holy Communion, Confirmation, Adult Baptism, Confirmation and Eucharist (OCIA), Marriage, Anointing of the Sick and Holy Orders.

WE SHARE YOUR GRIEF

Please check the Visitation website under Resources/Bereavement for a list of Grieving, Cancer, Hospice and Palliative Care note titles. These are very helpful and powerful small articles. Please contact Candy Blankenship at 310-338-9043 or blank8840@gmail.com and she will mail them to you at no charge." Such titles include Caring for yourself while Grieving, Overcoming Loneliness, What to do after the death of a Spouse, The first 12 months of Grieving, and many, many more.



Your continued support and generosity to Church of the Visitation is greatly appreciated!



SAINTS AND SPECIAL OBSERVANCES

SUNDAY - MARCH 9TH 1st Sunday of Lent; Daylight Saving Time beains

8:00am Tim Brewer

9:30am For the people of Visitation Parish

11:00am Elodia Robles †

MONDAY - MARCH 10TH

8:00am Dr. Ross Herron Jr. †

TUESDAY - MARCH 11TH

8:00am Margaret Russell †

WEDNESDAY - MARCH 12TH

8:00am William Russell †

THURSDAY - MARCH 13TH

8:00am Josephine Russell †

FRIDAY - MARCH 14TH

8:00am Rosauro Toledo †

SATURDAY - MARCH 15TH

5:00pm David Revnoso †

To request a Mass intention please call the Parish Office 310-216-1145

PRAYER REQUESTS (SICK OR DECEASED): email them to the following

vizprayerrequests@gmail.com If you would like to join in praying for the requests received, please send an email to the prayer request email address.

Dear Parish Family,

Today we celebrate the First Sunday of Lent, marking the beginning of a profound spiritual journey that calls us deeper into reflection and renewal. The term "Lent" originates from an Old English word meaning "spring," reminding us that this sacred season symbolizes rebirth, growth, and new beginnings. Yet Lent is far richer than mere preparation for Easter; it is a deliberate invitation to explore the depths of our spirituality and reconnect with God in meaningful ways.

Traditionally, Lent encourages us toward prayer, fasting, and almsgiving—practices designed not merely as obligations but as opportunities to renew our relationships with God, ourselves, and others. At its core, Lent invites us into intentional simplicity and generosity. It urges us to pause amidst our busy lives, quiet the noise of distraction, and cultivate openness and compassion. Importantly, it is also a gentle reminder to engage these practices without anxiety or overthinking. Lent is not about perfection but about creating room within our hearts for God's presence and the beauty of all creation.

Scripturally, Lent draws inspiration from Jesus' experience in the wilderness. In that desolate place, stripped of worldly comforts and distractions, Jesus faced profound challenges—temptation, isolation, and uncertainty—and yet He experienced divine care and renewal. Lent similarly invites each of us to enter our own interior deserts. It is a call to courageously confront our personal struggles, our "wild beasts" and temptations, trusting that, like Jesus, we will find strength in God's sustaining grace, our own resilience, and the compassionate support of others.

As we embark on this Lenten journey, let us move intentionally yet gently, embracing the solemn beauty of this season. Together, through ashes, deserts, and even tears, may we find renewed faith, deepened joy, and abundant hope as we journey toward the radiant celebration of Easter.

In Christ, Fr. Francis

CHRISTIAN MEDITATION

"There has always been a great danger, but one that exists especially for us today in our self-conscious and narcissistic society, of mistaking introversion, self-fixation, self-analysis, for true interiority. The great prevalence of psychological woundedness and social alienation exacerbates this danger while calling for gentle tact and compassion in dealing with it... To be truly interior is the complete opposite of being introverted. In the awareness of the indwelling presence our consciousness is turned around, con-verted, so that we are no longer, as we have habitually been doing, looking at ourselves, anticipating or remembering feelings, reactions, desires, ideas, or daydreams....

It would be easier, we think, to turn away from introspection if we knew what we were turning towards. If only we had a fixed object to look at. If only God could be represented by an image. But the true God can never be an image. Images of God are gods. To make an image of God is merely to end up looking at a refurbished image of ourselves. To be truly interior, to open the eye of the heart, means to be living within the imageless vision that is faith, and that is the vision that permits us to "see God." In faith attention is controlled by a new Spirit, no longer the spirits of materialism, self-seeking and self-preservation, but the ethos of faith which is by its nature dispossessive." *The Selfless Self*, Fr. Laurence Freeman.

If you would like to learn more about Christian meditation, the prayer of "dispossession"/letting go, please join Fr. Francis and other meditators on Wednesdays, 8-8:30 PM. Email Fr. Francis at fkim@la-archdiocese.org for the Zoom link.

LENT IS HERE!

Take a look at these opportunities to make your Lenten observance:

DAILY BRIEF

The Daily Brief is a series of daily Lenten meditations based on the day's readings and read by our very own Visitation priests. Starting with Ash Wednesday and throughout all of Lent, we invite you to take 5-6 minutes of your day to listen and reflect. Watch in full screen or close your eyes. The meditations will be available under the Resources tab on the church website.

LENT UNPLUGGED

Our popular 'Lent Unplugged' meditation series is back in person. It begins the First Week of Lent on Tuesday, March 11th at 7PM and continues for the following four Tuesdays in March until Holy Week. These drop-in, candlelit meditation evenings in the church are designed to help us slow down, unplug, and create the inner quiet we need to hear God's voice. Please consider attending.

LENTEN CHALLENGE

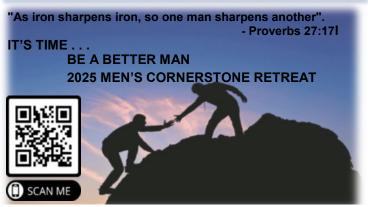


This first week of Lent, list some concrete ways you can overcome temptations that correspond with your desires. For example, you may give up snacks between meals, choose not to participate in an activity of which you are an expert, and decide to reduce social media posting by 50%. It may not seem like much, but by saying "no" to the tyranny of food, power, and fame (in this example), you'll discover true greatness. *— Father John Muir*

KNIGHTS OF COLUMBUS



MEN'S CORNERSTONE



Visitation's Annual Men's Cornerstone Retreat will be Friday evening March 28th and Saturday March 29th right here on campus. It is presented by the men of our parish who have experienced it. If you speak to a Cornerstone Brother, he'll tell you the experience has enhanced his life in many ways – he is a better husband and father to his family, he is a better friend, he is more grounded in his work, and, most importantly, he has discovered new dimensions in his relationship with Christ.

Call Mike Rotolo at 310.505.3052 with questions, or register on our Parish web site, www.visitationchurch-la.com. There is no cost to attend. Space is limited so please register soon.

LENT

QUESTION:

After attending our parish retreat and feeling much better and stronger about my faith, I want to make this Lent worthwhile. What can I do to keep the spirit and practice of Lent?

ANSWER:

Ashes You've already taken the first step by going on the parish retreat. It is important for us to "tune up" our faith, taking some time to renew ourselves through prayer, meditation and education. By deepening our knowledge and understanding of faith, we are often better attuned to its richness and meaning for our life.

Lent is an intense retreat, a forty-day period of reflection and penance that prepares us to celebrate the passion, death and resurrection of Christ. Our communication with God and our awareness of him is the purpose of prayer. Setting aside extra time each day helps intensify the season. Prayer includes daily Mass, Stations of the Cross, communal penance services and private confession. Making restitution for sin as well as disciplining our hearts and minds to focus on God is the purpose of penance. It helps us restore a sense of balance to our souls, thrown off kilter by sin. Penance includes personal sacrifice, self-denial, fasting, almsgiving and charitable works.

Finally, spiritual practices help us sharpen our understanding and insight into the meaning and understanding of our faith. When you take your faith seriously, you do what is necessary to follow Jesus more closely, to integrate your life and your faith more carefully.

©LPi

Meet. Pray. Run. And walking too!



If you'd like to get some steps in with others in our community, please join Fr. Francis and Visitation's Run/Walk group on the 1st and 3rd Saturdays of the month from 7am-8am. All are welcome!

BAPTISM ZOOM CLASS



The Sacrament of Baptism is celebrated on a separate day for each family after attendance by the parents and godparents at a Baptism zoom class. Parishioners

are invited to call the office to get an appointment for these classes. The next ZOOM class scheduled is on Sunday, March 16, 2025 at 1pm. Please register to attend by calling the parish office. If you are not a current registered parishioner of Visitation Parish and not receiving envelopes in the mail please visit out website to register as a Visitation Parishioner.

COFFEE & DONUTS

Please stop by the courtvard for coffee and donuts after mass today, March 9th. Hosted by the Knights of Columbus.



TOGETHER IN MISSION 2025

EMPLOYMENT OPPORTUNITY

GIFTS of the HEART 2025 AWULL AFFAL

As one Catholic community of faith, rooted in prayer, let us reflect on how we can support our underserved parishes and schools in the Archdiocese of Los Angeles. Did you know that one in every five parishes and one in every four Catholic schools rely on financial assistance to continue their vital ministries? Your generosity directly impacts these communities, providing the resources they need to thrive.

Let us come together to make a difference and bring the love of Christ to those in need. Please consider making a special Jubilee Year gift to Together in Mission today! Thank you to all that have sent in your pledge/ donation.

Church of the Visitation Goal \$62,490

TOGETHER IN

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PREGNANCY HELP CENTER

The Pregnancy Help Center, a pro-life medical clinic in Torrance, is hiring a Nurse Manager. Part-time, 30-32 hrs/wk with some flexibility. Performs pregnancy testing, STI screenings, and limited obstetric ultrasound exams. Training provided. Supervises volunteer nurses. Bilingual in Spanish and English preferred. Qualifications: Current CA RN or NP license. Must be non-judgemental, compassionate, and possess a desire to provide mothers with the information they need to choose life. Call Victoria at 310-320-8976 or email resume to nursemanager@phctorrance.org.

40 DAYS OF LIFE





HELP SAVE LIVES

You can protect mothers, fathers, and children by joining this worldwide mobilization to pray and fast for an end to abortion. Through prayer and fasting, peaceful vigils, and community outreach, we have inspired 1,000,000+ volunteers in 1,000 cities across 66 countries. Your presence on the sidewalk makes a difference!

With God's help, here are the proven results:

- · Over 25,000 babies saved from abortion
- · Over 250 abortion workers converted
- · Over 150 abortion centers closed



Here's how to take part:

Vigil location: Outside Planned Parenthood, 14623 Hawthorne Blvd, Lawndale Vigil hours: 7 am to 7 pm Daily, March 5th – April 13, 2025 Local contact: Laura Frederick, 202-361-5166, 40days4lifelawndale@gmail.com Get involved ...fearn more... and sign up for prayer times by visiting:

40daysforlife.com/Lawndale



APOSTLES CREED

I believe in God. the Father Almighty, Creator of heaven and earth, and in Jesus Christ. His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified. died and was buried: He descended into hell; on the third day He rose again from the dead; He ascended into heaven. and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

MASS PARTS MASS OF INCARNATE WORD

MEMORIAL ACCLAMATION: We proclaim your death and profess your resurrection until you come again.



PSALM

Be with me, Lord, when I am in trouble.

GOSPEL ACCLAMATION Glory to You, O Word of God, Lord Jesus Christ (Stephan)

PREPARATION OF THE TABLE AND GIFTS



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SENDING



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Church of the Visitation - Los Angeles, 90045

CHURCH OF THE VISITATION

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- 3. Enter your name and email

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Find this bulletin and other announcements online: visitationchurch-la.com





Are you a young adult looking to grow in your relationship to Christ and The Church? Do you desire friendship grounded in God and his goodness? Have you been hoping to spend more time in prayer, reading sacred scripture, and conversing about your faith? If you answered yes to any of these questions, then we warmly encourage you to consider joining Visitation's Young Adult Group for one of their upcoming meetings. Below you can find the group's schedule for this upcoming Spring. If you have any questions, do not hesitate to reach out to Aidan Foucher @ afoucher@lion.lmu.edu.

MARCH 13TH @ 7:00 PM: ADORATION (IN CHURCH) MARCH 20TH @ 7:00 PM: LECTIO DIVINA (IN LOWER O'GRADY CENTER) MARCH 27TH @ 7:00 PM: ADORATION (IN CHURCH) APRIL 10TH @ 7:00 PM: ADORATION (IN CHURCH) APRIL 24TH @ 7:00 PM: ADORATION (IN CHURCH)