WELCOME TO HOLY NAME!
We are a Stewardship Parish! If you worship with us each week or are new to our neighborhood, please register online at: http://holynamesf.org/parishregistration.

You will be on our mailing list and let us know you are willing to support your parish through your time, talent and treasure – the privilege of every Catholic.

PARISH MISSION STATEMENT
HOLY NAME OF JESUS PARISH SAN FRANCISCO is a welcoming multicultural and liturgical community that celebrates our Christian Faith. In the spirit of the “Joy of the Gospel” we work together promoting Catholic values and teachings. Our parish encourages a strong devotion to our Blessed Mother Mary, who gives us an example of faithful discipleship and a generous stewardship way of life.

HOLY NAME OF JESUS CATHOLIC CHURCH
San Francisco, California       Serving the Outer Sunset since 1925
Phone: (415) 664-8590       www.holynamesf.org

BEHOLD, THE VIRGIN SHALL CONCEIVE AND BEAR A SON, AND THEY SHALL NAME HIM EMMANUEL, WHICH MEANS “GOD IS WITH US.”
MATTHEW 1:23

FOURTH SUNDAY OF ADVENT
DECEMBER 22, 2019
TODAY’S READINGS

First Reading — You will be given this sign: The virgin shall conceive and bear a son (Isaiah 7:10-14).

Psalm — Let the Lord enter; he is king of glory (Psalm 24).

Second Reading — God has called us to belong to Jesus Christ (Romans 1:1-7).

Gospel — The son born of Mary shall be called Jesus, for he will save his people from their sins (Matthew 1:18-24).


READINGS FOR THE WEEK

Monday: Mal 3:1-4, 23-34; Ps 25:4-5ab, 8-10, 14; Lk 1:57-66
Tuesday: 2 Sm 7:1-5, 8b-12, 14a, 16; Ps 89:2-5, 27, 29; Lk 1:67-79
Thursday: Acts 6:8-10; 7:54-59; Ps 31:3cd-4, 6, 8ab, 16bc, 17; Mt 10:17-22
Friday: 1 Jn 1:1-4; Ps 97:1-2, 5-6, 11-12, Jn 20:1a, 2-8
Saturday: 1 Jn 1:5 — 22; Ps 124:2-5, 7cd-8; Heb 1:1-6; Jn 1:1-18 [1-5, 9-14]
Sunday: Sir 3:2-6, 12-14; Ps 128:1-5; Col 3:12-21 [12-17]; Mt 2:13-15, 19-23

LET US PRAY FOR:

We pray for the Sick …that they may experience God’s Love and Healing.

We pray for those who have Died….that they may be granted a home in heaven.

BUILDING & MAINTENANCE COLLECTION

Today, our Second Collection is for our Parish Building & Maintenance Fund. Your generous support allows us to take care of all the necessary repairs needed by our aging buildings.

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God bless and wishing you and your family the Merriest Christmas!
**HOLY NAME WEEKLY CALENDAR**

**Week of December 22, 2019**

**Sunday, Dec 22, 2019**
- 10:00 AM  Choir Practice  Pastoral Center

**Monday, Dec 23, 2019**
- 8:30 AM   Organ Tuning  Church
- 10:00 AM  Line Dancing Group  Flanagan Center
- 6:30 PM  SVdP Meeting  Pastoral Center

**Tuesday, Dec 24, 2019**
**CHRISTMAS EVE**

**Wednesday, Dec 25, 2019**
**CHRISTMAS DAY**
- 7:30 AM, 9:30 AM and 11:30 AM New Year's Day Mass
- The Solemnity of Mary, the Holy Mother of God

**Wednesday, January 1, 2020**
- 9:00 AM

* Please make a note that our Christmas Children’s Mass is at 4 PM and not 5 PM as in previous years.

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**YOUR HEALTH MATTERS!**

“You are the salt of the Earth”

Salt is mentioned several times in the Bible. The use of salt goes back thousands of years. It is still used widely today in our foods to enhance flavor, preserve foods, especially canned and frozen foods, and used as a leavening agent in baking, like breads, cakes, etc. But how does salt, more specifically the sodium in salt, affect our bodies? Too much sodium can increase your risk for high blood pressure, stroke, and heart failure. It can also increase your risk for osteoporosis, stomach ulcer, kidney disease, kidney stones, an enlarged heart muscle, and headaches! Your doctor might recommend for you to watch the levels or amount of sodium in your foods. That’s easy for you to do today, because the Food and Drug Administration has made it mandatory for companies to list the amount of sodium in their products.

Here are some ways to help you reduce sodium in your diet:
- Read the nutrition labels
- Prepare your own foods
- Buy fresh meats, fruits, and vegetables
- Rinse canned foods that contain sodium like beans, tuna, and smoked, cured, salted or canned meat.

Common Foods and their sodium levels:

- 1 slice whole wheat bread 240-400 mg of sodium
- Shellfish 3 oz. 100-500 mg of sodium
- Cottage cheese (1 cup) 900 mg of sodium (vs 1 cup yogurt - 150 mg)
- Croissants 400 mg of sodium
- Soy sauce 1 tablespoon 879 mg of sodium

There are many ways to help reduce the sodium levels in your body besides lowering your intake of sodium. That conversation, “tango”, needs to be happening between you and your physician.

To your health,
Angela Testani R.N.

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**HOLY NAME TREE OF LIFE ORDER FORM**

Honor your loved ones, whether living or deceased, with a gift of a leaf on our Tree of Life.

Each leaf costs $500 with a $25 engraving charge. We suggest a maximum number of characters to 5 lines, up to 25 characters per line including spaces.

Leaf color choices are gold, silver or bronze. For more information, please call (415) 664-8590 or drop by the Parish office between 9 AM –4 PM.

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**COFFEE & DONUTS SCHEDULE**

**DECEMBER, 2019**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Stewardship Council</td>
<td>Ricky Inting &amp; Cecile Sabater</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Hospitality</td>
<td>Tony Sideco</td>
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</tbody>
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**PARISH MISSION STATEMENT**

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Sister Alice Holden, CCVI
Born in Chicago in 1935, she entered the convent after high school. Education includes a BA in English, an MBA, a PhD in creative ministry from Fordham University, Certified Instructor of T’ai Chi Chih, and Certified Spiritual Director. Sister Alice was director of three residential facilities for adolescents with emotional difficulties, director of ReBarn Center for Spirituality and the Arts, and recently in San Antonio manages InterFaithINC, to empower us to remember who/Whose we are.

Janurary 4, 2020
9:30 AM—4:00 PM
FLANAGAN CENTER (underneath the Church)
on the corner 39th Ave. & Lawton St.
LUNCH IS PROVIDED!
Please RSVP to kim.skidmoremd@gmail.com

DO NOT BE CONFORMED TO THIS WORLD, BUT
BE TRANSFORMED

BY THE RENEWAL OF YOUR MIND, THAT BY TESTING YOU MAY DISCERN WHAT IS THE WILL OF GOD, WHAT IS GOOD AND ACCEPTABLE AND PERFECT.

ROMANS 12:2
ADS
ADS
**Parish Leadership**

- **Parish Pastoral Council**: Paul Roscelli, Jim Regan
- **Finance Council**: Rick Inting & Cecile Sabater
- **Stewardship Council**: Leo Nascimento, Carl Vengco, Ding Carbonel

**Liturgical Ministries**

- **Eucharistic Ministers & Children’s Liturgy**: Roberta Beach
- **Lectors**: Pat Relampagos
- **Altar Servers**: Susan Logan
- **Music Ministry**: Hilda Dela Cruz
- **Sacristans**: Carl Vengco
- **Environment**: Leo Nascimento
- **Linens**: Valerie Toy
- **Faith Formation & Catechesis**: Sr. Cristina Ovejera, FdCC
- **Religious Education**: John & Erin Grogan
- **Infant Baptism Prep**: Terry Flaherty
- **Pastoral Outreach**: Jackie Elliott Maloof RN
- **Sick & Homebound Ministry**: Pat Relampagos
- **Holy Name Ladies Aid**: Letty Palpalatoc
- **Grief & Consolation Ministry**: John & Erin Grogan
- **Knights of Holy Name**: Bill Flaherty
- **Hospitality**: Linda & Tony Sideco, Noreen McEllistrim

**Parish Nurse Program**

Carol, R.N. (415) 664-8590 ext. 109

**Chinese Ministry**

Valerie Toy & Louis Chan

**Fil-Am Ministry**

Ramsey Ramos & Freda Motak

**St. Vincent De Paul Conference**

Carol Elliott Maloof

**Marian Shrine**

Ester Aune

**Legion of Mary**

Ray Frost

**Gabriel Project and Cancer Support**

Rose Tang

**Food Bank Project at Holy Name**

Louis Chan (415)613-9075

**GREECE CENTER**

1560 40th Ave. San Francisco, CA 94122

**HOLY NAME PRESCHOOL**

(415) 664-4753

**HOLY NAME SCHOOL**

1560 40th Ave. San Francisco, CA 94122

**Parish Office Address**: 1555 39th Ave.
San Francisco, CA 94122

**Parish Office Phone Number**: (415) 664-8590

**Parish Office E-Mail**: hnparishsecretary@gmail.com

**Website**: www.holynamesf.org

**Schedule of Masses**

- **Sunday**: 7:30 AM, 9:30 AM (Family Mass), 11:30 AM, Saturday: 7:30 AM, 9:00 AM, 3:00 PM (Chinese), 5:00 PM (Vigil)
- **Weekdays**: (in Convent Chapel 1555 39th Ave) 7:30 AM, 9:00 AM Except Thursdays when school students are in attendance, Mass will be in the Church.
- **Holy Days**: 7:30 AM, 9:00 AM, and 7:00 PM
- **Confessions**: 9:10 AM—9:25 AM and 11:10 AM—11:25 AM on Sunday & 4:20 – 4:50 PM Saturday or as requested, just call the Parish office or approach any priest
- **Adoration of the Blessed Sacrament**: Every Wednesday—after the 9 AM Mass with benediction at 12 Noon Sacred Heart of Jesus Devotions: Friday after 9:00 AM Mass
- **Perpetual Help Devotions**: Every Saturday after 9:00 AM Mass
- **First Friday Devotion to the Sacred Heart of Jesus** after the 9:00 AM Mass with the Exposition, Adoration of the Blessed Sacrament and Benediction at 10:30 AM
- **First Saturday Devotion to the Blessed Virgin Mary** begins at 8:30 AM with the Rosary, then Mass & Benediction

**Baptisms by appointment**

**Baptismal Preparation**—Every 1st Saturday of the month in the Pastoral Center - 1:30 PM—You need to register for the class ahead of time.

**Baptism Ministry (Sewing Group)**: Every Monday 1-3 PM in the Pastoral Center Event Room

**Marriages**: Contact Pastoral Center 6 months in advance. Sundays 12:30-2:30 PM, Flanagan Center

**R.C.I.A. (Chinese)**: Every Saturday—Green Room—1:30 PM

**Lectio Divina**: Tuesday 10—11 AM (Pastoral Center)

**Bible Study Group (Chinese)**: Every Wednesday—7:30 PM Flanagan Center

**Parish Pastoral Council**: contact Fr. Arnold Zamora

**St. Vincent de Paul Society** meeting— every Monday at 6:30 PM (Pastoral Center)

**Holy Name Ladies Aid**: every 1st Wednesday of the Month at 12:30 PM (Pastoral Center)

**Senior Club**: every Thursday at 11:30 AM – 2:30 PM (Flanagan Center)

**Holy Name Choir Practice**: every WEDNESDAY at 5:30 PM in the Pastoral Center

**The Gabriel Project**: Contact Rose Tang (415)793-0967

**Legion of Mary**: every Tuesday at 7:30 PM

**Youth Ministry**: One designated Saturday a month 5 PM—7:30 PM including Mass. Contact person: Sr. Cristina & Team (415)664-8590

**Blood Pressure Screening**: every 2nd Wednesday from after the 7:30 AM Mass until 11 AM (Pastoral Center) except July & August

**Hospitality**: Every Wednesday after the 7:30 AM and 9 AM Masses in the Pastoral Center except July & August