



IHS

Holy Name of Jesus Catholic Church

10235 Ashbrook Drive, St. Louis, Missouri, 63137

314.868.2310 / Fax 314-868-3919



*Celebrating Five Years of
Friendship in Christ*

Enjoying each other's company

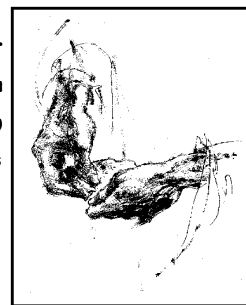
Striving to bring the best out of each other

Sharing a commitment to a common good outside of ourselves

IHS

Were not our hearts burning as he spoke to us on the road ...
And they recognized him
IN THE BREAKING OF THE BREAD

Gospel of Luke 24: 13-35



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314.868.2310 Fax 314.868.3919

Parish Pastoral Leadership

Father Michael Henning
Pastor

mickeylee48@sbcglobal.net

Sister Rose Mercurio, SSND
Pastoral Associate

rossnd@sbcglobal.net

Ms. Juanita Blackshear

Director of Administration & Programs
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Parish Nurse

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Mrs. Theresa McWilliams
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Permanent Deacon

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Mrs. Judy Krenn
Youth Ministry Coordinator

judykrenn@aol.com

Christ Light of the Nations
Catholic School

1650 Redman Avenue
St. Louis, Mo. 63138, 314.741.0400

Sister Mary Lawrence, SSND
Principal

Sr_mary@charter.net

Parish Support Staff

Mrs. Sandy Miesner
Parish Secretary

parishoffice10235@sbcglobal.net

Mr. Steve Jones
Maintenance Coordinator

Mr. David Vaughn
Parish Custodian

Mrs. Rose Fox
Rectory Housekeeping

Parish Pastoral Council

Patrick Barrett 314-388-2439

Betty Easley 314-388-0263

Gina Keppler 314-868-4824

Judy Mantch 314-868-7995

Anna Petroff 314-869-2936

Ted Piekutowski 314-355-7288

Judi Sams 314-869-2589

Bob Stolte 314-869-8147

Weekend Mass Schedule

Saturday 4:00 pm Standard Time

5:00 pm Daylight Time

Sunday 8:00am, 10:30am

Daily Mass Schedule

6:30 am Tuesday/Thursday

8:00 am Monday/Wednesday/Friday

8:00 am Wednesday/Thursday

Christ Light of the Nations School

Check the Bulletin each week
for schedule changes.

Holy Days of Obligation

8:00 am, and 7:00 pm

Civil Holidays 9:00 am

Sacrament of Reconciliation

Saturdays 2:30-3:30 (CST);

3:30-4:30 (CDT)

Advent & Lent Reconciliation Services

By appointment at any time—
call priest directly.

Liturgy of the Hours

7:35am Monday/Wednesday/Friday

Eucharistic Adoration

7:00am Tuesday-midnight

Wednesday

Becoming a Catholic Christian

The parish has a year-round/on-going process to assist adults in becoming Catholic. It also has a special program for older unbaptized children. Both can start any time. Call Deacon George (868-2310) for further information

Sacrament of Marriage

Engaged couples begin preparation for the Sacrament of Marriage at least 6 months before their wedding. Please remember—a wedding date will not be scheduled until the assessment of their readiness for the Sacrament of Marriage has been completed. Contact the rectory for more information. Weddings are not scheduled during the Season of Lent.

Anointing of the Sick

The sacrament is for those having surgery, the seriously ill, the chronically ill, and those near death. If you know in advance that you are going to the hospital, call one of the priests to arrange for anointing at home or church. In addition the sacrament is celebrated at church on the first Saturday of the month after evening Mass and on the third Sunday of the month after 8:00 Mass. It may be repeated as needed.

A PLEDGE TO
PARISH LIFE

My parish is composed of people like me. I help make it what it is. It will be friendly, if I am. Its pews will be filled, if I help fill them.

It will do great work, if I work. It will make generous gifts to causes, if I am a generous giver.

It will bring other people into its community, if I invite and bring them.

It will be a parish of loyalty and love, of fearlessness and faith, and a parish with a noble spirit, if I, who make it what it is, am filled with these same things.

Therefore, with the help of God, I shall dedicate myself to the task of being all the things that I want my parish to be.

IHS

Highlights of Life in Our Community Our Parish Life

Good for You - Good for Others

*Details in your bulletin or Parish Directory.
Being involved insures the vitality of our parish.*

Sunday, April 3rd

The Fourth Sunday of Lent

- Parish Credit Union
- *Theology of the Body Program*

Monday, April 4th

- Exercise Class
- Pinochle Club
- Men's Club Meeting

Tuesday, April 5th

- Eucharistic Adoration & Visits
- Election Day

Wednesday, April 6th

- Eucharistic Adoration & Visits
 - Parish Quilting
- Youth Group Lenten Meetings
 - Exercise Class

Thursday, April 7th

Friday, April 8th

- Parish Fish Fry
- Stations of the Way of the Cross

Saturday, April 9th

- Sacrament of Penance
- Blood Pressure Weekend

Sunday, April 10th

The Fifth Sunday of Lent

- Parish Credit Union
- Theology of the Body Program
 - Coffee/Donuts

COMING SPECIAL EVENTS

RETREAT FOR PARISH WOMEN

Monday-Thursday, April 4-7

White House Retreat Center, South St. Louis County

YOUTH GROUP RETREAT

Thursday-Friday, April 21-22

Holy Name of Jesus Community Center

STEWARDSHIP CONTACT UPDATE

It is time to update the parish's Stewardship Directory. All ministries, organizations and groups must submit information regarding current and newly elected chairs, treasurers or contact persons to the parish office so that our records will be current. If a new treasurer was elected, the previous treasurer and the newly elected treasurer must contact Juanita Blackshear at the parish office for instructions regarding the changing of signature authority for signing checks for the ministry, group or organization.

Child Abuse Prevention Month

April is National Child Abuse Prevention Month. It is most appropriate that Child Abuse Prevention Month is held during the Easter season. There is no better time than Easter to celebrate the protection of our most valuable gift from God—our children. To keep our children safe, every adult who wants to work or volunteer around young people in any parish program three or more times a year must be compliant with the Safe Environment Program established by the United States Conference of Catholic Bishops in June, 2002. For more information about program compliance, or to volunteer to become a Protecting God's Children workshop facilitator please call Angie at 792-7271.

SAFE ENVIRONMENT PROGRAM BY THE NUMBERS

Bulletin Announcement

Beginning in June, 2002 the Archdiocese of St. Louis along with every other (arch) diocese in the country implemented the United States Conference of Catholic Bishops "Charter for the Protection of Children and Youth." Under the charter all adults who work or volunteer around children in a Catholic parish setting must take an educational program, sign a code of conduct and undergo a background screening. In our archdiocese almost 95,000 individuals have attended the Protecting God's Children workshops, and about 65,000 individuals have become fully compliant with the charter. If you have any questions about compliance, or about the Safe Environment Program, contact Sandy at 868-2310.

MASS INTENTIONS

- MONDAY April 4**
8:00am John Brazil
- TUESDAY April 5**
8:00am Anna Andrzejewski
- WEDNESDAY April 6**
8:00am Mary Agnes Tebeau
8:00am School Mass at Our Lady of the Rosary
- THURSDAY April 7**
6:30am Ernestine Nilges
- FRIDAY April 8**
8:00am Rose Maixner
- SATURDAY April 9**
5:00pm Tim Ferrell
- SUNDAY April 10**
8:00am People of the Parish
10:30am Louise & Henry Beelman

To encourage and enrich your spiritual journey during Lent, listen to **Catholic radio, 1460 AM KHOJ**. Programming includes Daily Holy Mass, the Rosary, Stations of the Cross, Divine Mercy Chaplet, live call-in shows, local programming and much more. For a program schedule and a free CD, please call 314-752-7000 or toll-free 877-305-1234.

Please call Linda Schneider at 868-2374 to volunteer as Eucharistic Ministers for Holy Thursday and Holy Saturday.

 **Eucharistic Ministers**

April 9-10

- 5:00pm** Jennifer Krsul*, Mary Krsul*, Laura Lucido, Judy Mantych, Mary Migliazzo, Tony Migliazzo, Linda Schneider, Frank Schneider, Carol Oldendorf-D
- 8:00am** Debbie Maue*, Larua Petroff*, Sr. Rose, Bernice Parciak, Bob Ritter, Anne Schwanz, Pat Stolte, Will Huhmann, Merry Marquart-D
- 10:30am** Jeanne Field*, Lori Garner*, Joan Cuidon, Jim Cuidon, Pat Edgar, Mary Harris, Darlene Imhoff, Gina Keppler, Minnie Huston-D

 **LECTORS**

April 9-10

- 5:00pm** Eileen Mills
8:00am Margaret Jackson
10:30am Ed Rogers

Mass Servers 

- April 4-8**
8:00am Linda Byrns & Bob Seidel
- April 9-10**
5:00pm Erin Lucido, Audrey Corbin & Lauren Whittington
8:00am Andrew Gerhart & David Bober
10:30am Nicole Williams, Bethany Bierman & Michael Brooks

Gift Bearers 

April 9-10

- 5:00pm** Lynda Brand & Bill Herbst
8:00am Fred & Merry Marquart
10:30am Merz Family



Teachers Instructions

Seeing The Colors In Your World

There are so many beautiful colors to light up our lives. Look around and find things that are the colors listed below. Write what you find on the lines below.

1. Red _____
2. Orange _____
3. Yellow _____
4. Green _____
5. Blue _____
6. Purple _____
7. Pink _____
8. Black _____
9. Brown _____
10. White _____

GOD'S WORD FOR CHILDREN!

Fourth Sunday of Lent Year A

April 3, 2010

Jesus saw a man who was born blind. He spat on the ground and made clay, put the clay on the man's eyes and told him to wash it off.

1 Sm 16:1, 6-7, 10-13
Eph 5:8-14

Ps 23:1-6
Jn 9:1-41

Directions: Put these pictures in order of how they happened.



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*The blind man was now able to see.
This helped many people see that
Jesus was the Son of God.*

Directions: Write as many words as you can that rhyme with the word SEE.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



*But others thought that Jesus could not be from
God because He had performed this
miracle on the Sabbath.*

Directions: Unscramble the words below.

Jesus	God	Sabbath	Miracle
Blind	Man	Pharisees	Clay

1. dog-_____
2. sharepies-_____
3. cramile-_____
4. caly-_____
5. usesj-_____
6. nible-_____
7. nam-_____
8. aabbhst-_____

INFLAMMATION: What Is It and How Does It Help!

Part 2 of 3

Two weeks ago, we talked about **inflammation** being our best friend or our worst enemy and how to keep these two in check. This week, we will talk about chronic inflammation.

2. Chronic inflammation contributes to almost every major disease.

Most of you have heard of auto-immune diseases, when our body turns against us in a hyperactive defense mechanism Mode. Some common conditions are, hay fever, rheumatoid arthritis, gout, pelvic inflammatory disease, colitis and bursitis. You can also add to this list, cancer, Alzheimer's disease, type 2 diabetes, hypertension, heart disease, Parkinson's, osteoporosis, and even depression.

According to *Arizona Center on Aging*, the one thing that unifies most major diseases is inflammation. They go on to say that they are not sure if inflammation is the root cause or if diseases are made worse by the inflammatory process, but it is almost always a factor.

Scientists believe that the key to extending lifespan and late-life well being is in learning how to manipulate or cut off chronic inflammation. And all this can be done at the cellular level. Now, some of us are genetically prone to some of these conditions, but those that are not, can take these steps to better your chances of not developing chronic inflammation. Eating the right foods can repair damaged cells and keep them strong so that an inflammatory process does not turn into something chronic. When we talk about foods that help at the cellular level, we refer to these foods as antioxidants. When you are trying to remember what foods are rich in antioxidants, just remember 3 things: color, taste and aroma. For example:

- Bright or deep-hued fruits and vegetables (berries, eggplant, purple grapes, sweet potato, dark, green, leafy veggies)
 - Foods with strong flavors (bell pepper, watermelon, tomatoes, cruciferous vegetables)
 - Foods with powerful odors (garlic, onion, chives)
- Other beneficial foods are the spices turmeric, ginger and cinnamon; curry; tart cherries; green tea; red wine; and dark chocolate. **Avoid highly processed foods full of sugar and saturated fats.**

"God is the Giver of Life, let us give thanks and praise."

Peace and joy,
Buffy Modde, Parishnurse @ HNOJ



If you or a family member or friend are admitted to the hospital, please call the office at 868-2310 and give us that information. We would love to visit you and have the community pray for you. Because of HIPA, the hospitals will not let us know you are there.

Northeast County Senior Ministry Spring Bowling

- April 4th Blessed Teresa of Calcutta
- April 11th St. Martin de Porres
- April 18th St. Catherine Retirement Community
- April 25th NO BOWLING
- May 2nd Holy Name of Jesus



Catholic Charities of the Archdiocese of St. Louis is available to assist donors by providing an efficient means by which donor support can reach those in need in the most timely fashion possible.

*If you would like to aid the overseas effort to support those affected by the natural disaster in Japan, please make checks payable to **Catholic Charities** (please include the word **Japan** in the memo line) and send to:*

*Catholic Charities
P.O. Box 952393
St. Louis, MO. 63195-2393*

By donating through Catholic Charities of the Archdiocese of St. Louis, donors will receive acknowledgment of their gift with the assurance that %100 of the money donated will be used to provide for those unfortunate people most affected by this terrible tragedy.

Rest in Peace

Please pray for the repose of the soul of William Rademacher, Fran Saullo-Bnati and all who have died this week. May their soul and all the souls of the faithful departed rest in peace. Amen.

Youth News

During the Lenten season the youth room at Holy Name will be open each Wednesday from 6:30 to 8pm. We'll be having special topics and speakers to help us build our faith during this time of preparation. Come and check it out!!

Our Youth Group will be having an overnight retreat on Holy Thursday! The cost is \$15. watch for more information in the bulletin. If you have any questions about our Youth Group please give me a call or email me at judykrenn@aol.com. We have a group on Facebook too! Judy Krenn 761-6570

EXERCISE REMINDER

Holy Name of Jesus offers 2 opportunities to exercise and get physically fit each week. The first opportunity is on Monday morning @ 9 AM. This class concentrates on Range of Motion, strength training, low impact aerobics and relaxation, it is highly recommended for those who have osteoarthritis or rheumatoid arthritis. The 2nd opportunity is on Wednesday evening at 6 PM. This class concentrates on aerobic exercise and muscle toning. We have a variety of DVDs in which we use. Both classes are held in the Community Center.

Wednesday Schedule

April 6th "Walk Away the Pounds with Leslie Sansone"

April 13th "Zumba Cardio Party"

April 20th "Joel Harper's, Firming After Fifty"

April 27th "Dancing with the Stars, Latin Cardio Dance"

HELP HELP HELP

WE NEED HELP AT THE FISH FRIES



We will have a Fish Fry every Friday during Lent, including Good Friday.

Have you volunteered to help? PLEASE consider volunteering for a two hour shift. It can be fun meeting

fellow parishioners while helping out the parish. If you can help in anyway please call 868-5899.

Remember no experience is needed!!

All you bakers—don't forget we need cakes, pies, cookies etc for the Fish Fry every week!

Stations of



the Cross
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STATIONS OF THE CROSS 7PM ON FRIDAY EVENINGS DURING LENT



Special Thoughts For Special People
Written and illustrated by Judith Ann Schwartz.

A book of inspirational reading that will touch your heart Makes A great gift.

Order this book on Amazon, Books A Million, Anderson Books, Powell's Books, Alibris, Barnes & Noble, Kindle, Google, Yahoo, CreatSpace.com, Jacobs Books

New Release
Veterans Forever CD

Now available on Amazon, The Proud Hero and Heavenly Love

These songs will touch your heart, and would make a fine gift for someone special. Songs Written by Judy Schwartz
Composed and Sung by Arthur McClendon
Any question contact Judy at: jude20@sbcglobal.net





Mon 4th	9:00am	Exercise Class	CC
	1:00pm	Pinochle Club	CC
	7:30pm	Men's Club Meeting	CC
Tues 5th		ELECTION DAY	CC
Wed 6th	9:00am	Quilting	CC
	9:00am	First Wednesday Coffee/Donuts	CC
	6:00pm	Exercise Class	CC
Fri 8th	11:00am	Grief Support	CC
	3:30-6:30pm	Fish Fry	CC
	7:00pm	Stations of the Cross	C
Sat 9th		BLOOD PRESSURES	CC
Sun 10th		BLOOD PRESSURES	CC
		Coffee/Donuts	CC
Mon 11th	9:00am	Exercise Class	CC
	7:00pm	Ladies Guild Meeting	CC
Wed 13th	9:00am	Quilting	CC
	4:00pm	Room At The Inn	POC
	6:30pm	Health & Wellness	POC
	7:00pm	Lenten Reconciliation Service	C
Fri 15th	3:30-6:30pm	Fish Fry	CC
	7:00pm	Stations of the Cross	C
Sat 16th	4-7pm	FREE DINNER	CC
Sun 17th	8:45am	Anointing of the Sick	C
Mon 18th	9:00am	Exercise Class	CC
Wed 20th	9:00am	Quilting	CC
	12 noon	Young At Heart Meeting	CC
Thurs 21st	noon	Youth Group Retreat	C & CC
	7:00pm	Holy Thursday	C
Fri 22nd		Youth Group Retreat continues	C & CC
		PARISH OFFICE CLOSED	
	3:30-6:30pm	Fish Fry	CC
	7:00pm	Passion of Our Lord	C
Sat 23rd		NO 5PM Mass	
	8:00pm	Easter Vigil Service	C
Sun 24th		Easter Sunday—Regular Sunday Mass Schedule	C
Mon 25th	9:00am	Exercise Class	CC
Wed 27th	9:00am	Quilting	CC
	400pm	Room At The Inn	POC



Stewardship of Treasure
**Your Gifts of Support for
 Our Parish Mission**

Report on Parish Collections

Envelope Offerings	\$3,897.66
Loose Offerings	\$106.08
Total Sunday Collection: Parish Support	\$4,003.74
St. Vincent de Paul Society	\$415.00



Sr. Pat SSND, Theresa Coker, Harold Roberts,
 Cheryl Elder, Joshua Felts, Doris Drury,
 Jeannette Riehl, Dorothy Smith, Mary Pennock

In The Hospital...

Agnes Maixner, Jeanette Riehl

PRAYER CHAIN



If you or someone you know is
 in need of prayer, please call either
 Betty Kondracki @ 868-0176 or
 Pat Edgar @ 868-4143

Woman's Place is a safe and welcoming drop-in center serving adult women in the entire Metro St. Louis area. We have a special concern for women who are experiencing the effects of relationship violence, offering crisis intervention, referral services and support groups. There are no fees for services and appointments are not necessary. We are supported entirely by donations, grants, and our ongoing cell phone collections. Woman's Place is a 501(c)3 organization. Come visit! 7372 Marietta Ave. Maplewood, MO 63143

4th Sunday of Lent

"We have to do the works of the one who sent me while it is day." JOHN 9:4

It is important to note that Jesus used the plural "we" in this statement and not the singular "I". By saying, "We have to do the works..." Jesus commands all of us to participate in the work of God. It is not enough for us to simply know God's will. We must also do God's will, which means helping and serving others.

TODAY'S READINGS

First Reading -- As the prophet Samuel anointed David with oil, the spirit of the LORD rushed upon David and remained with him from that day forward (1 Samuel 16:1b, 6-7, 10-13a).

Psalms -- The Lord is my shepherd; there is nothing I shall want (Psalm 23).

Second Reading -- You who were once darkness are now light in the Lord. Live as children of light (Ephesians 5:8-14).

Gospel -- The man who was blind from birth proclaimed: The one called Jesus made clay with his saliva, anointed my eyes with it, and told me to wash. When I washed, I was able to see! (John 9:1-41 [1, 6-9, 13-17, 34-38])

READINGS FOR THE WEEK

Monday: Is 65:17-21; Jn 4:43-54

Tuesday: Ez 47:1-9, 12; Jn 5:1-16

Wednesday: Is 49:8-15; Jn 5:17-30

Thursday: Ex 32:7-14; Jn 5:31-47

Friday: Wis 2:1a, 12-22; Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20; Jn 7:40-53

Sunday: Ez 37:12-14; Ps 130; Rom 8:8-11;

Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

Women's Spring Retreats at White HouseMidweek

May 2-5

May 23-26

July 18-21

Weekend

May 26-29

(Memorial Day Weekend)

July 21-24

NEW 2 day Coed

(Friday –Sunday)

June 3-5

Our Lord offers His gift of peace and invites you to draw closer to Him, surrounded by the beauty of His creation at White House Retreat on the bluffs overlooking the Mississippi River in South St. Louis County. Please consider accepting His invitation. In an atmosphere of peace, you will be guided through the Spiritual Exercises of St. Ignatius that have been the keystone of the White House experience since 1922. In recent years Pope Benedict XVI has strongly encouraged the attendance at retreats based on the Spiritual Exercises. For those who have attended ACTS, The House offers an opportunity for a reunion group retreat. For information or reservations, please contact White House Retreat at 314-416-6400 or 1-800-643-1003 or visit the web site at www.whretreat.org

LADIES GUILD MEETING

Will be on Monday, April 11th at 7pm in the Community Center. Our speaker will be Sister Rose talking about her trip to Belize. Tickets for the Spring Luncheon on May 14th will be on sale for \$15 each.

Refreshments will be served. Please join us, it will be a very interesting evening. See YOU there!!!

ATTENTION MEN OF THE PARISH

The monthly Men's Club meeting will be held on Monday, April 4th instead of the usual 2nd Tuesday of the month. All men are welcome to come watch the Men's NCAA Basketball Championship! Meeting starts at 7:30.

MEAT SHOOT

The Jennings Do-Dads are sponsoring a Meat Shoot on Sunday, April 10th at Sievers Park in Jennings at the corner of Hord and Jennings Station Road. Prizes include Hams, Pork Loins, Bacon, Beef Brisket, Pork Steaks, and cash. The shoot starts at 1:00pm and lasts until 6:00pm.

The Little Sisters of the Poor—Auxiliary is holding their annual Spring Card Party on Sunday, April 10th at 1pm. At their St. Louis Residence, 3225 N. Florissant Ave, St. Louis, Mo. 63107. All proceeds will benefit the work of the Little Sisters for our needs elderly Residents. For more information, call Mary 636-939-3331.

SSM DePaul Health Center is currently seeking adult volunteers to serve on Friday, Saturdays and Sundays as Eucharistic Ministers to patients. For more information, please contact Barbara Toulster, Director of Auxiliary/Volunteer Services at 314-344-7083. SSM DePaul Health Center is located in Bridgeton, MO at 12303 DePaul Drive.

VOLUNTEERS NEEDED

Volunteers are needed for Saturday, April 16th for "Bash the Trash" program. We will meet at church and leave around 9am to go to our designated section of the highway to clean up all the litter. Help you fellow parishioners, clean up our highways!!