

**SECOND SUNDAY IN  
ORDINARY TIME  
JANUARY 15, 2023**

314 Marine Ave.  
Balboa Island, CA  
92662

# St. John Vianney Chapel

## Sunday Eucharist

**Saturday (Sunday Vigil).....5:00 p.m.**

**Sunday.....8:00 a.m., 9:30 a.m. and 11:00 a.m.**

## Weekday Eucharist

Monday through Friday.....7:45 a.m.

Holy Days.....7:45 a.m.

**Eucharistic Adoration:** Usually the fourth day of every month.

Check the bulletin for confirmation of date.

**Rosary** .....Monday through Friday 7:15 a.m.

## Parish Administration

**Rev. Kenneth A. Schmit, Administrator**

Email: [fr.kschmit@olmc.net](mailto:fr.kschmit@olmc.net)

**Rev. Msgr. Lawrence J. Baird, P.A., Retired**

**Rev. Louis Hager, O. Praem**

**Deacon Patrick Bartolic**

**Parish Secretary: Joanne Shaw (949) 673-3801**

Email: [jshaw@olmc.net](mailto:jshaw@olmc.net)

**St. Vincent de Paul Society (949) 673-3775 x7**

## Celebrations and Sacraments

Please call or email the parish office for details regarding:

Weddings, Funerals, and Baptisms (advance preparation required.)



### Bereavement Ministry

Alanna Psomas

### Eucharistic Ministers

Dick Dickson

### Knights of Columbus

Mark Oravitz

### Lectors

Carrie Young

### Director of Music

Lawrence Kolakowski

[larrykola@gmail.com](mailto:larrykola@gmail.com)

### Respect Life

Peggie Parrott

### Ushers

Gary Jennison

### Wedding Coordinator

Diane Lewis

### Women's Guild

Leslie Gifford

## READINGS FOR THE WEEK January 16 through January 22

Monday: Heb 5:1-10; Ps 110:1-4; Mk 2:18-22

Tuesday: Heb 6:10-20; Ps 111:1-2, 4-5, 9, 10c; Mk 2:23-28

Wednesday: Heb 7:1-3, 15-17; Ps 110:1-4; Mk 3:1-6

Thursday: Heb 7:25 — 8:6; Ps 40:7-10, 17; Mk 3:7-12

Friday: Heb 8:6-13; Ps 85:8, 10-14; Mk 3:13-19

Saturday: Heb 9:2-3, 11-14; Ps 47:2-3, 6-9; Mk 3:20-21

Sunday: Is 8:23 — 9:3; Ps 27:1, 4, 13-14; 1 Cor 1:10-13, 17; Mt 4:12-23 [12-17]

## THIS WEEK'S CELEBRATIONS OF SAINTS AND OTHER OBSERVANCES

Sunday: Second Sunday in Ordinary Time

Monday: Martin Luther King Jr. Day

Tuesday: St. Anthony

Wednesday: Week of Prayer for Christian Unity begins

Thursday: Julian Calendar Theophany (Epiphany)

Friday: St. Fabian; St. Sebastian

Saturday: St. Agnes



### *STATUE OF OUR LADY*

The Chapel's blessed Statue of Our Lady is being shared with families in our parish.

**Sherylle Chiu and Family hosted our Lady this week.**

Would you like to host our Blessed Mother in your home for a week and commit to pray at least one decade of the Rosary for the intentions of our priests and Chapel?

Text **ADRIANA FARFAN** at  
(949) 400-9136.

### *Mark your calendar...*

- January 30 - 13 Week Grief Share Ministry begins at OLMC
- February 17 -19 Women's Retreat at Sacred Heart Retreat House
- March 14 - Balboa Island Concert Series
- March 15 - SJV Guild Retreat at St. Michael's Abbey

**St. John Vianney Chapel offers our parishioners a FREE subscription to FORMED!**

**Formed** is a premier online platform filled with over 4,000 Catholic studies, movies, audio-dramas, talks and ebooks, and even cartoons for children!

Simply visit:

**signup.FORMED.org**  
and enter parish zip code  
**92661** then choose **OLMC**,  
**Enter your name and email,**  
then **"sign in"**

### **Please note...**

Tax Donation Letters for parishioners who have contributed \$250.00 or more in 2022 to St. John Vianney are automatically mailed out by January 31, 2023. If you do not receive one by the end of the month or if you would like a donation letter regardless of the dollar amount for tax purposes please contact the Chapel office at (949) 673-3801.

As a reminder, your 2022 tax donation letter will NOT include any donations made through Faith Direct. Those totals will come under separate cover directly from Faith Direct.



### **Prayer to Begin the Day**

Lord God,  
may everything we do begin  
with your inspiration  
and continue with your help,  
so that all of our work today will bring us  
closer to you.

Guide us in our work today,  
that we may do it not for ourselves  
alone, but for the common good of all.

We ask this in your name. Amen.

## Need a little help with that New Year's Resolution?

The *Physical Activity Guidelines for Americans* recommend a minimum of 150 minutes of moderate intensity activity per week (and some studies are now saying we need even more!).

### What is Moderate Intensity Activity?

Moderate activity gets your heart rate pumping at about 50-70% of your "maximum heart rate."

First, use this easy formula to calculate your max rate is:

220 minus your age. Example: You're 50 years old, so  $220 - 50 = 170$  is your max heart rate.

Then calculate 50-70% of your max heart rate. If you are 50 years old, that's 85-119 beats per minute to indicate you are doing "moderate physical activity."

A fun, but less precise, test of moderate exertion is the "talk-sing test". If you can have a conversation during your exercise, you're in moderate-activity mode. If you can sing, work a little harder.

### Examples of moderate activity:

Housework (think mopping, vacuuming, washing windows, etc.)  
Bike riding at 10-12 miles per hour  
"Brisk walking" - See below  
Gardening

### Brisk Walking" Defined!

Brisk is the key word here! That means walking "like you need to get where you are going." Studies conclude that is a minimum of 100 steps per minute. So get out your stopwatch or timer; count the number of steps you take in a minute and add up those minutes of moderate physical activity!



## GriefShare Ministry is coming to Our Lady of Mt. Carmel Church.

GriefShare is a grief support and sharing group providing help and encouragement for those who have lost a loved one. If you are 18 or older and grieving the loss of a family member or loved one, GriefShare is a welcoming space of support and community. No one can ever fully understand the weight that you bear when you lose a loved one but having a community of people around you who can relate and journey with you through this process is important.

OLMC GriefShare Ministry will meet **weekly, for 13 weeks, beginning on Monday, January 30th from 10 a.m. to 11:30 a.m. Downstairs in O'Donnell Hall. There is no charge and you do not have to attend all sessions.**

If you are interested please call the St. John Vianney Chapel office at (949) 673-3801 or the Our Lady of Mt. Carmel office at (949) 673-3775 ext. 3 to register.



### MASS FOR THE PROTECTION OF UNBORN CHILDREN

**Monday evening, January 23**, beginning at **7:00 PM** in the **Arboretum**, on the Christ Cathedral Campus.

Principal Celebrant: **Bishop Kevin Vann.**



### WOMEN'S RETREAT

All ladies are invited to a retreat the weekend of February 17 - 19, 2023 with the **Carmelite Sisters** at the **Sacred Heart Retreat House in Alhambra**. Please register on line at: **[www.sacredheartretreathouse.com](http://www.sacredheartretreathouse.com)**

For more information contact Jill Wondries at: **[wonjill8@yahoo.com](mailto:wonjill8@yahoo.com)**



*St. John Vianney Guild's Annual Retreat  
St. Michael's Abbey  
Wednesday, March 15, 2023*

## OUR STRATEGIC GOAL

As a Church, we now move into Ordinary Time. "Ordinary" comes from the Latin root for "order," which is why we line the Sundays up on the calendar and count them—with "ordinal" numbers—one by one. The orderly way we proceed through the liturgical year reminds us that our faith offers a strategic goal for our lives: eternal happiness with God, who is love. Today's readings share stories of believers who order their daily activities toward the goal of sharing God's love. Isaiah embraces his role as God's servant and works to bring glory not only to Israel, but to the entire world. In a similar way, Saint Paul identifies himself as Christ's witness in the world and reminds the Corinthians of their life goal: "to be holy." The Gospel shows us John the Baptist, servant and witness, attentive to God's loving orders, the divine plan for salvation.