

# THE BAPTISM OF THE LORD JANUARY 12, 2025

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:** The first Monday of every month.  
(Check the bulletin for confirmation of date and time.)  
**Rosary** .....Monday through Friday 7:15 a.m.

*For Mass times while traveling, visit: [www.masstimes.org](http://www.masstimes.org)*

### Parish Administration

**Rev. Msgr. Douglas Cook, J.C.L, Pastor**  
**Rev. Gabriel Atidoo, Parochial Vicar**  
**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 ext.7**

### Celebrations and Sacraments

**Please call or email the parish office for details regarding:  
Weddings, Funerals, and Baptisms (advance preparation required.)**



#### **Eucharistic Ministers**

Dick Dickson

#### **Knights of Columbus**

Chuck Baur

#### **Lectors**

Carrie Young

#### **Director of Music**

Dr. Olga Spriggs

#### **Ushers**

Gary Jennison

#### **Wedding Coordinator**

Diane Lewis

#### **SJV Guild President**

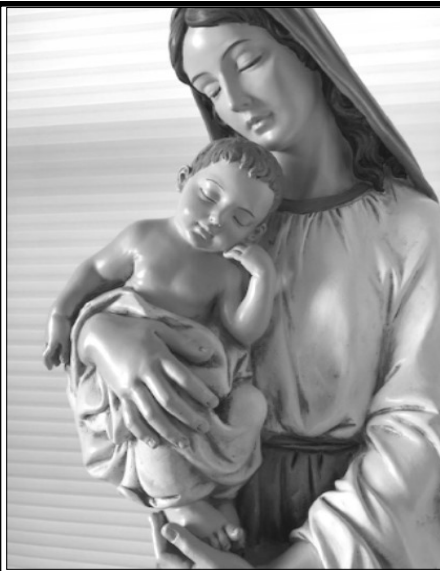
Mary Vanis

**READINGS FOR THE WEEK**  
January 13 through January 19

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

**Monday:** Heb 1:1-6 Ps 97:1, 2b, 6, 7c, 9 Mk 1:14-20  
**Tuesday:** Heb 2:5-12 Ps 8:2a, 5-9 Mk 1:21-28  
**Wednesday:** Heb 2:14-18 Ps 105:1-4, 6-9 Mk 1:29-39  
**Thursday:** Heb 3:7-14 Ps 95:6-11 Mk 1:40-45  
**Friday:** Heb 4:1-5, 11 Ps 78:3, 4bc, 6c-8 Mk 2:1-12  
**Saturday:** Heb 4:12-16 Ps 19:8-10, 15 Mk 2:13-17  
**Sunday:** Is 62:1-5 Ps 96:1-3, 7-10 1 Cor 12:4-11 Jn 2:1-11

**Monday 1/13** - St. Hilary, Bishop and Doctor of the Church  
**Tuesday 1/14** - Ratification Day  
**Wednesday 1/15** - National Bagel Day  
**Friday 1/17** - St. Anthony, Abbot  
**Saturday 1/18** - Blessed Virgin Mary  
**Sunday 1/19** - 2nd Sunday in Ordinary Time



**STATUE OF OUR LADY**

The Blessed Statue of Our Lady is being shared with families in our Chapel.

**Mariaelena Puertas**  
hosted  
**Our Lady** this week.

Would you like to host our Blessed Mother in your home for a week and commit to praying the rosary daily and offer one decade for the intentions of our priests and Chapel? **Text Adriana Farfan at: (949) 400-9136** or email her at [afarfan@pacificsir.com](mailto:afarfan@pacificsir.com)



**Enjoy coffee and donuts on the patio after the 8:00 am and 9:30 am Masses every Sunday.**



**MASS FOR THE PROTECTION OF UNBORN CHILDREN**

Everyone is invited to this Mass, celebrated by **Bishop Kevin Vann**, on **Wednesday, January 22**, at **7:00 PM** at Christ Cathedral.



**ADULT CONFIRMATION 2025**

Our Lady of Mt. Carmel's 14-week series of **Weekly Adult Confirmation Preparation Classes** for Adult Catholics (over 18+), who, for any reason, have never received the Sacrament of Confirmation, or for anyone wishing a **refresher course** in the Catholic Faith, will begin on **Tuesday evening, February 18, 2025**, from **7:30-9:00 PM** in O'Donnell Hall.

For more information, please contact **Greg Kelley**, at **(949) 645-4540** or [nbolmc@aol.com](mailto:nbolmc@aol.com)

**RECENTLY BAPTIZED at ST. JOHN VIANNEY CHAPEL**



**Isabel Marie Piscetta**



**MASS INTENTIONS**

The Holy Sacrifice of the Mass may be offered for many reasons, including the repose of the soul of a loved one, the intentions of living persons in need, upon the occasions of someone's birthday or anniversary, and in thanksgiving for blessings received.

An offering is traditionally included with the request for Mass intentions. Mass cards are available to give to the person for whom the Mass is offered or their family.

**Please call the Chapel office at (949) 673-3801 or email: [jshaw@olmc.net](mailto:jshaw@olmc.net)**



## VISIT GHANA, AFRICA THIS JUNE WITH FATHER GABRIEL

For all those interested in the trip to Ghana, there will be a meeting with **Fr. Gabriel** on **Friday January 17th at 7:00 PM at Our Lady of Mt. Carmel** in O'Donnell Hall.

If you would like to join Father on his trip and have not yet contacted the OLMC parish office, please call **Rita Hallas** at **(949) 673-3775 (ext #3)** as soon as possible or email her at [rhallas@olmc.net](mailto:rhallas@olmc.net)

## 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:

220 minus your age. Example: You're 60 years old, so  $220 - 60 = 160$

So 160 is your max heart rate.

Then calculate 60% of your max heart rate. At 60 years old, that's 76 beats per minute indicating 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 (mopping, vacuuming, washing windows, etc.)

Bike riding at 10-12 miles per hour  
Brisk walking or Gardening

### "Brisk Walking" Defined!

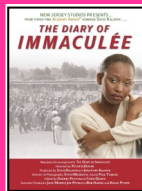
Brisk is the key word here! That means walking "like you need to get where you are going." Studies say that is a minimum of 100 steps per minute. So get out your stopwatch or timer; count the number of steps you take in a minute and add up those minutes of moderate physical activity!



## RETREAT WITH IMMACULÉE ILIBAGIZA JANUARY 24-25, 2025 AT OLMC

Immaculée is a Rwandan-American Catholic author and inspirational speaker, survivor of the 1994 Rwandan Genocide, host of EWTN-TV's "I FORGIVE" Series. During the genocide, Immaculée's mother, father, and two of her brothers were killed by Hutu soldiers. **The two day retreat at Our Lady of Mt. Carmel begins Friday, January 24, 4:00-8:30 PM and continues on Saturday, January 25 at 8:00 AM (Mass) concluding at 12:30 PM.**

For information, contact: **Carmel Dyer** at (760) 217-3102 or email: [carmeldyer@yahoo.com](mailto:carmeldyer@yahoo.com)



## Our Lady of Mt. Carmel Film Series presents The Diary of Immaculee

In conjunction with the upcoming retreat, if you are not familiar with the true story of this heroically inspirational Catholic author and speaker, the OLMC Film Series is presenting the documentary: "**The Diary of IMMACULÉE,**" on **Thursday evening, January 16, from 7:30-9:00 PM** downstairs in O'Donnell Hall.

The documentary introduces you to Immaculée and how she survived the horrific Rwandan holocaust in 1994 by hiding in a small bathroom for **91 days** with seven other women while over a million people were brutally massacred in her country.

After viewing this film you will want to register to see, meet and hear Immaculée's personal story of love, prayer and forgiveness.



## COLLECTION FOR THE CHURCH IN AFRICA, LATIN AMERICA AND EASTERN EUROPE

Today and tomorrow we are taking up a collection for the many who are experiencing challenges in these regions of the world. Due to a lack of priests, trained lay ministers, high emigration rates and the alarming number of parishioners leaving the faith, it makes it difficult for the churches to provide for their parishioners. It is more important than ever especially with the conflicts affecting the Church in Ukraine. If you're not able to give today, please take an envelope and return it next week.



## MARY & JOSEPH RETREAT CENTER

As we begin the new year, we hope you are able to join us and seek a peaceful, healing time on a retreat. The Mary & Joseph Center offers unique and different weekend or week long retreats to help refresh and heal. The center is located in beautiful Rancho Palos Verdes. For information on upcoming retreats please call **Jose Salas** at **(310) 377-4867 ext. 250** or visit their website at [www.maryjoseph.org](http://www.maryjoseph.org)