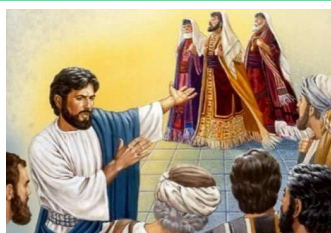


St Bernadette Catholic Church  
3825 Don Felipe Drive  
Los Angeles , CA 90008  
(323) 293-4877  
[stbernadettela.org](http://stbernadettela.org)



November 04/05.2023  
Volume 3, Issue 43



***"The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." Matthew 23:12***

Jesus seems to be asking us is to come down from the "pedestal" of our ego and make God himself — and not ourselves — the focus of attention in life. God must have the place of honor! It is important to make room for him, deepen our relationship with him and learn from him the evangelical attitude of putting ourselves last. In fact, to do so is to choose the place that God himself chose in Jesus. Although he is Lord, he chose to share the human condition and proclaim his Father's love to everyone.

"For all who exalt themselves will be humbled, and those who humble themselves will be exalted." This is also a lesson on how to build fraternity, that is, how to form a community of men and women, adults and children, healthy and sick who are capable of building bridges and serving the common good. Like Jesus, we can approach each neighbor without fear and walk side by side during both difficult and joyful times. We can value their qualities, share material and spiritual goods, encourage, give hope and forgive. We will attain the heights of charity and the freedom of God's children. In a world where the desire for personal success has led to a breakdown of society, behaving in this way means going decidedly against the tide.

### **A Message from Bishop Matt—Our Regional Bishop Peace and All Good!**

**Happy Feast of All the Saints!** Please be assured of my prayers as we celebrate this magnificent assembly of our Heavenly Church. As we know, tomorrow is All Souls Day and the beginning of the month of the Holy Souls. We have a special opportunity to remember the lives of our deceased loved ones in our prayers and Masses. I would like to encourage you to pass along the names of family and friends whom you would like to be remembered in my prayers and Mass intentions. I will place them on the altar in my residence.

In addition, we will post them collectively on our "virtual altar of our Holy Souls." In this way we can all pray for them. Please email the names to our Parish Secretary Margarita Margarita Hurst [<margarita.hurst@yahoo.com>](mailto:margarita.hurst@yahoo.com) who will collect and pass them on to the Bishop's Office. Be assured of my continued prayers as you continue to minister to the people of our region and beyond. A blessed Feast of All the Saints!  
***Our Lady of the Angels Pastoral Region***



### **INSIDE THIS ISSUE**

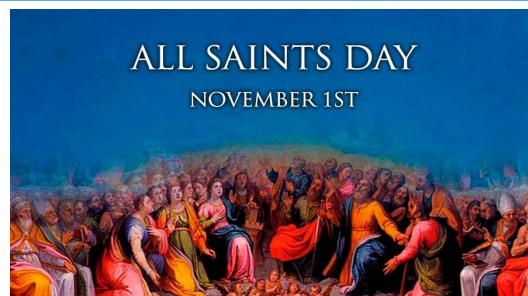
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*God Isn't Asking You to Figure it Out? He's Asking you to Trust He Already Has.*

## All Saints Day: An Historical Background

- Back when the Roman Empire persecuted Christians, a lot of martyrs died for their faith.
- A Greek Christian festival in the early fourth century was dedicated to honoring martyrs. It is believed to have ushered in All Saints' Day.
- In 609 A.D., under Pope Boniface IV, the first All Saints' Day was celebrated on May 13. He dedicated the Pantheon to the Virgin Mary and the Martyrs.
- In 837 A.D., Pope Gregory III made All Saints' Day a holiday celebrated on November 1, but it officially became a holy day of obligation under King Louis the Pious.
- People held vigils on the evening of October 31 to prepare for All Saints' Day.
- The Church in Ireland celebrated it on April 20 so that it would not coincide with Samhain, a pagan festival.
- After the Protestant Reformation, Protestants stopped praying for the dead on All Saints' Day. Instead, they commemorate the dead and those who have led holy lives on Earth.
- Methodists celebrate the day as a form of thanksgiving to God for the saints.
- Shakespeare coined the term "Hallowmas".
- White is the liturgical color of All Saints' Day.
- Common symbols associated with All Saints' Day are images or sculptures of saints, Manus Dei (the hand of God), the crown, and a sheaf of wheat.

Having celebrated the feast of all the members of the church who are believed to be in heaven, the church on earth turns, on the next day, to commemorate those souls believed to be suffering in purgatory.



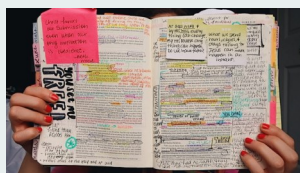
**Join us for  
Bible Study**  
**1st and 3rd Thursday**  
**1:00 & 7:00 PM**  
**Via ZOOM**  
**1:00 pm Meeting**  
**ID: 87233018319**  
**Passcode: 689472**

**Contact:**  
**Carolyn James**  
**(323) 394-5441**

\*\*\*

**7:00 pm Meeting**  
**ID 811 5705 8134**  
**Passcode: 6FuFf7**

**Contact:**  
**Elsie Dixon**  
**(310) 410-2962**



## Masses? Liturgies? Services? What's the Difference???

Liturgy and Mass are related concepts, but they are not the same thing. Liturgy refers to a set of prescribed religious rituals, prayers, and ceremonies used in a particular faith tradition. Mass, on the other hand, is the central act of worship in the Roman Catholic Church. It is a specific form of liturgy which includes the celebration of the Eucharist, which is the ritual re-enactment of the Last Supper. So, while Mass is a type of liturgy, not all liturgies are a Mass. Liturgy means official public worship. It comes from a Greek word meaning 'public work' or 'public service'. When some churches refer to their Sunday Services - 'service' in this context is a translation of 'liturgy'. The Eucharist, called by some Catholics the Mass, is the Sunday Liturgy, and the most important and universal Christian liturgy. So, the Mass is a liturgy, but not all liturgies are the Mass. Also included as liturgy are the Liturgy of the Hours (e.g., Vespers/Evensong, Morning Prayer, etc), the Sacraments, funerals, etc. Liturgy is distinct from devotions, or private prayer. It is meant as the one time of the day or week that the entire community comes together to pray together as church, while the rest of the week can be filled with your own style of prayer and devotional practice.



## What is the Mission Cooperative Plan?

The Pontifical Mission Societies in the Archdiocese of Los Angeles accept requests from Mission Dioceses, Religious Orders, and Lay Organizations working in the missions to preach at a parish for the purpose of making an appeal for financial support. These are encouraged to participate in the Mission Cooperative Plan (MCP) on an annual basis. This annual appeal helps unite the Archdiocese of Los Angeles with the Universal Church and to create mission awareness. The generous response, which is traditional amongst the people of Los Angeles, reflects the ongoing awareness and concern for the people of the world.



**We Catholics love our Coffee and Donuts  
You can be: A COFFEE AND DONUTS HERO!  
We need "Coffee and Donut Sponsors"  
No Set Up, or Pick Up, Just Pay Up.  
We will take care of the rest.  
Whether you are a Couple, a Family, a Parish  
Ministry, a Local Business Owner, or  
a Service Organization.**



**ALL YOU NEED DO IS:  
DONATE ALL OR PART OF THE (ONE TIME)  
WEEKLY COST TO THE CHURCH, AND WE  
TAKE CARE OF THE REST.  
FOR DETAILS CALL THE PARISH OFFICE  
(323)293-4877**



### **CHRISTMAS Cards For the Troops**

As in previous years we will again be sponsoring a Christmas Card signing for our troops deployed overseas.

The primary goal of Holiday Cards for our Military Challenge is the collection and delivery of personalized, signed expressions of respect, caring and gratitude to deployed U.S. troops. Veterans, & Military

Families. You can participate in several ways: 1) By collecting unused Christmas Cards from family and friends. Or, by writing hand written messages on the cards you have collected or ones provided to you. If you are interested in volunteering, please contact the Parish Office (323) 293 4877



**All Souls Day?** The "Feast of All the Faithful Departed" or 'All Souls' Day, in Roman Catholicism, is a day for commemorating **all** the faithful departed; those baptized Christians who are believed to be in purgatory because they died with the guilt of lesser sins on their souls. It is observed on November 2. Roman Catholic doctrine holds the prayers of the faithful on earth help cleanse these souls in order to make them worthy of the vision of God in heaven. All Souls Day is dedicated to prayer and remembrance. Requiem masses are commonly held, and many people visit and sometimes decorate the graves of loved ones. From antiquity certain days were devoted to intercession for particular groups of the dead. The institution of a day for a general intercession on November 2 is due to Odilo, abbot of Cluny (died 1048). The date, which became practically universal before the end of the 13th century, was chosen to follow All Saints' Day.



### **LITURGY SCHEDULE**

**MONDAY,  
NOVEMBER 06, 2023  
TO SUNDAY,  
NOVEMBER 12, 2023**

#### **Monday, November 06, 2023**

**8:00 Communion Service  
Live-Streamed and In-Person**

#### **Tuesday, November 07, 2023**

**8:00 Communion Service  
Live-Streamed and In-Person**

#### **Wednesday, Nov 08, 2023**

**8 :00 am Mass  
Live-Streamed and In-Person**

#### **\*Thursday, Nov 09, 2023**

**8:00 am Mass  
Live-Streamed and In-Person**

#### **Friday, Nov 10, 2023**

**8:00 am Mass  
Live-Streamed and In-Person**

#### **\*Saturday, Nov 11, 2023**

**3:00 pm Reconciliation  
4:00 pm Vigil Mass**

#### **Sunday, Nov. 12, 2023**

**31st Sunday Ordinary Time  
10:00 am Mass  
Coffee & Donuts  
Parish Hall  
Following Mass**

**Other Sacraments  
(as Scheduled)**

#### **Mass Intentions**

**(323) 293-4877  
j.carper.sbccc@gmail.com**

**\*LOTW: Liturgy of the Word**

## PARISH STAFF

DCN JIM CARPER, PLD  
MSGR LORETO GONZALES  
FR MARCELLINUS MBATA  
DCN EMILE ADAMS, RIP  
DAVID CHRISTENSEN  
EMANUEL HOLDER  
CLARENCE DIXON  
MARGARITA HURST  
MARINA AYALA

(OFFICE VOLUNTEERS)  
TERESA CARPER

## 1 Corinthians 15:58

*Oh Lord, help every worker to  
work wholeheartedly for the  
church. Help them to remember  
the work they do in the church is  
not in vain as Your Word  
declares Your work is never  
wasted.*



St Bernadette Catholic Church  
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(323) 293-4877

Website  
[stbernadettela.org](http://stbernadettela.org)

Facebook  
[https://www.facebook.com/  
SaintBernadetteCatholicChurch](https://www.facebook.com/SaintBernadetteCatholicChurch)

Twitter  
[https://twitter.com/stbernadettecc\\_](https://twitter.com/stbernadettecc_)



## Mass Intentions: November 04 to November 10, 2023

**Saturday 4:00 pm**

**Deacon Emile and Anona Adams (RIP)**

**Harry Armstrong (RIP)**

**Sunday 10:00 am**

**Denise Roundfield (RIP)**

**William Henry Lewis Jr (RIP)**

**Requesting a Mass Intention?**

**Contact the Parish Office (323) 293-4877**

## Did you know? November 04/05, 2023

### Keeping Children Safe in Sports

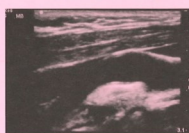
**November 4-5 || Keeping children safe in sports** Every adult has the responsibility to make sports a safe and enjoyable experience for children. Playing sports helps children work on sportsmanship, goal setting, personal responsibility, and emotional control. But sports also include some risks — the potential for physical injury, bullying, hazing, and even abuse. Because sports happen outside of “normal” school hours, there may be less safety checks than there are in school. Parents need to be vigilant in confirming that coaches and volunteers are vetted, and that their children are playing in safe environments. For more information, read the VIRTUS® article “Keeping Youth Safe in Sports” at [lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/). [Read the VIRTUS® article “Keeping Youth Safe in Sports” here.](#) For more information, read the VIRTUS® article “Minors Who Are Serving or Assisting in Volunteer-Type Activities” at [lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/). [Read the VIRTUS® article “Minors Who Are Serving or Assisting in Volunteer-Type Activities” here.](#)

## Take a step toward staying Healthy & Active

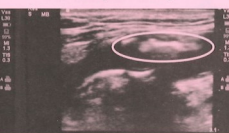
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

### Be Smart: Do More For Your Cardiovascular Health

#### No Plaque Buildup



#### Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.<sup>1</sup>

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.  
Key Risk Factors include: High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

**Where: Los Angeles - St Bernadette Catholic Church**

**Sponsored By: St. Vincent Medical Center**

**When: Monday, December 11, 2023**

To register for your appointment and to receive the special discount,  
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

LIFE LINE SCREENING  
The Power of Prevention

LLSA.SOCIAL/HC



### Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted over **10 million screenings** since 1993.



#### Carotid Artery Disease

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.



#### Atrial Fibrillation (AFib)

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.<sup>2</sup>



#### Abdominal Aortic Aneurysm (AAA)

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a life-threatening medical emergency.



#### Peripheral Artery Disease (PAD)

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.<sup>3</sup>

**4 Screenings for Only \$149**  
**Special Package Pricing**

<sup>1</sup> <https://www.heart.org/en/health-topics/atrial-fibrillation>  
<sup>2</sup> <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease>  
No single screening can detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Screening results are provided to you in about 14 days. We direct all participants with abnormal results to take the report to their physician. Appropriate modification of risk factors including high blood pressure, smoking, heart disease, diabetes and poor diet is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Price does not include any applicable review fees. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. If you are unable to attend the screening for any reason whatsoever, we will issue a gift card for the full amount to be used by you, or anyone you choose, for future screening services.