

Our Lady of Perpetual Help

Catholic Community

Fourth Sunday in Ordinary Time

January 30, 2011

Served by the Missionary Oblates of
Mary Immaculate

222 West Redoubt Avenue Soldotna, AK

Office Phone: 262-4749

Office Hour 9am-3pm Tuesday-Fridays

Closed on Mondays

Parish Hall Phone: 262-5542

Web Site: - www.olph.cc

E-mail: olph@alaska.net

PARISH MISSION STATEMENT:

*We, the faith community,
accept the call of God to
participate in the mission of
Jesus Christ by
Proclaiming the Gospel and
living the reign of God
among us as disciples.*

E-mail

		<u>Phone</u>	<u>E-mail</u>
Marlys Verba	Parish Life Coordinator	262-5542/262-4749 option 4 Home Phone: 262-8830	marlys.verba@gmail.com
Fr. Roger	Pastor	262-4749, Option 3	rgrbergkamp@gmail.com
Fr. Andrew	Pastor	262-4749, Option 3	andyomi@gmail.com
Fr. Joe	Pastor	262-4749, Option 3	joejdowling@yahoo.com

SUNDAY LITURGY: Saturday 5:00pm & Sunday 10:00am

YOUTH MASS/ACTIVITY: 3rd Sunday each month at 4:00pm

WEEKDAY MASS SCHEDULE: Tuesday through Friday, 12:05pm

Sacrament of Reconciliation: Thursday 12:45pm — Saturday 4:00 to 4:45pm

Adoration of Blessed Sacrament: Thursdays 12:30pm — Fridays 12:00 noon

Sacrament of Anointing of Sick or Communion: Available during the Sunday Masses, or as needed. Because of HIPAA laws, parishioners need to notify us if going to the hospital. Remember to request Anointing of the Sick before surgery — please call the parish @ 262-4749.

Sacrament of Baptism: for children – Parents Prep. class required. Call Marlys for reservations.

Best done prior to birth.

for adults – Contact the office about RCIA

for children 8 and older; RCIC classes — please call our Office

Sacrament of Marriage: 6 month process (several classes and FOCUS Test and/or Engaged Encounter, or Couple to Couple...contact a priest.

Funerals: contact parish office immediately after the death.

Prayer Chain: pjham@alaska.net, Pat Hamilton 262-5250

Sexual Abuse Victim Assistance Coordinator: Marlys Verba

Please Note: Submissions/articles for the weekly bulletin via email must be in by Thursdays at noon to Marlys: marlys.verba@gmail.com and, you may send a copy to: knowledgeisstrength@hotmail.com. Thanks!

Calendar for January 31, 2010 - February 6, 2011, with Daily Readings

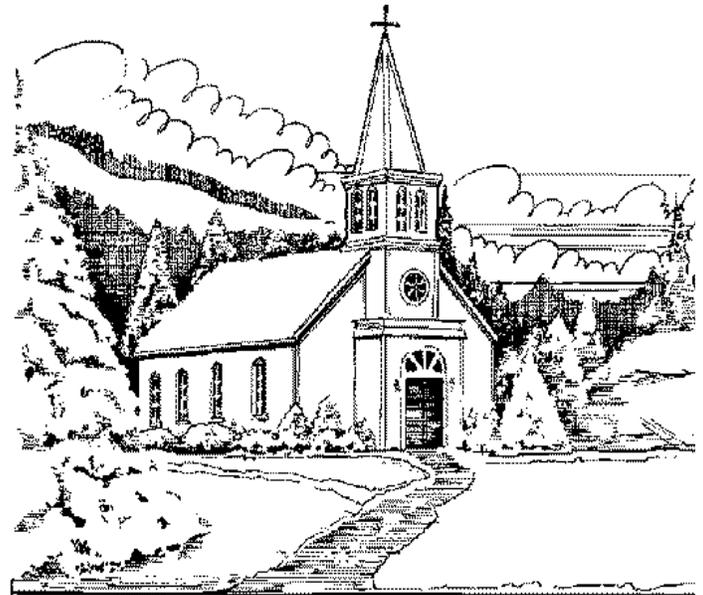
January 31, Monday: Morning Prayer 7:30am Centering Prayer 8:15am	February 1, Tuesday: Morning Prayer 7:30am Mass 12noon Legion of Mary 12:45pm	February 2, Wednesday: Morning Prayer 7:30am Mass 12noon RCIA meeting 6:30pm	February 3, Thursday: Morning Prayer 7:30am Mass 12noon	February 4, Friday: Morning Prayer 7:30am Mass 12noon Vigil 5:00pm	February 5, Saturday: RCIC Meeting 1:00pm Reconciliation 4:00pm Mass 5:00pm ACTS 6:00pm	February 6, Sunday: Mass 10am
Heb 11: 32-40 Ps 31: 20, 21, 22, 23, 24 Mk 5: 1-20	Heb 12: 1-4 Ps 22: 26b-27, 28 and 30, 31-32 Mk 5: 21-43	Mal 3: 1-4 Ps 24: 7, 8, 9, 10 Heb 2: 14-18 Lk 2: 22-40 or 2: 22-32	Heb 12: 18-19, 21-24 Ps 48: 2-3ab, 3cd-4, 9, 10-11 Mk 6: 7-13	Heb 13: 1-8 Ps 27: 1, 3, 5, 8b-9abc Mk 6: 14-29	Heb 13: 15-17, 20-21 Ps 23: 1-3a, 3b-4, 5, 6 Mk 6: 30-34	Is 58: 7-10 Ps 112: 4-5, 6-7 8-9 1 Cor 2: 1-5 Mt 5: 13-16

OBLATE MISSIONARIES

Fun Facts about the Missionary Oblates of Mary Immaculate! In 1938, Pope Pius XI called the Missionary Oblates of Mary Immaculate the "specialists in difficult missions."

FAIR TRADE COFFEE

Please note that the cost of our Fair Trade Coffee has risen. The cost of the product, plus shipping, makes it necessary to increase the cost of the coffee bag to \$12. We are hoping that you will continue to support this endeavor of the Parish to support people involved with the Fair Trade Coffee production. Enjoy a cup today!



Saturday, February 5, 2011, 5:00pm

Eucharistic Ministers: Rick Dukowitz, Sue Dukowitz, Margaret Johnson, Bill Sadler, Ruthann Truesdale

Lectors: 1st Reading: Linda Houglum 2nd Reading: Charles Miller

Altar Server:

Sunday, February 6, 2011, 10:00am

Eucharistic Ministers: Helen Bowers, Karen Evans, Lynn Senette, Danna Spring, Shirley Twohy, David & Laurie Stropes

Lectors: 1st Reading: Chuck Henry 2nd Reading: Barb O'Lena

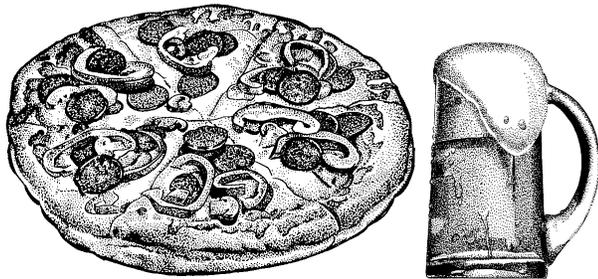
Altar Server:

Mop & Bucket 1/ 31-2/5: Curt Berriochoa Family

Collection Counters: 2/6: Elaine Woodburn & Linda McLane

SUPER BOWL SUNDAY

A fundraiser for the mission trip to New Orleans, Louisiana gets you ready for the Game! Hand-made ready-to-bake pizzas and beer for sale! Growler jugs w/1 beer-fill certificate from the Kenai River Brewery for \$15.00. If you already have a growler jug no worries...you can take the new one in and return it for \$5.00 and still get your old one filled with the certificate. Orders for pizza and growler certificates, along with payment, will be taken after masses on the weekends of January 22-23 and January 29-30. Your ready-to-bake pizza and growler certificate are to be picked up after masses on Super Bowl weekend February 5&6. If you have questions, please call Roni Aldridge 398-1747, Elaine Agosti 283-7055 or Tonilyn Spring 262-8478



STEWARDSHIP

One rechargeable battery can replace 1,000 regular batteries! Did you know? People in the United States buy three billion batteries every year. That's about 10 batteries for each person in the country, including babies. Most of these batteries are made to be thrown away (in special containers at the dump). But rechargeable batteries are made to be reused. These batteries aren't perfect. But they are better for the Earth than disposable batteries. One rechargeable can take the place of up to 1,000 regular (single-use alkaline) batteries during its lifetime. Yep, that's right 1,000! Amazing!

Make the batteries that you use last longer:

Take them out of equipment that you are putting away for a while.

Don't put batteries in really hot places, heat shortens a batteries life.

Don't use old batteries with new ones. It wears out the new ones faster.

But most important, use rechargeable batteries!

FLU SEASON IS UPON US

Per CDC, flu activity in the U.S. had decreased some during the first week of January but they don't believe it has peaked, yet. Alaska is reporting local flu activity with influenza like illness visits at 0.68%. The national average of visits is 2.2%. The type of flu being seen in Alaska is Influenza A (H3).

How do I know I have the flu?

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- diarrhea and vomiting

*Note that not everyone with the flu will have a fever

What should I do if I get sick?

If you get sick with flu-like symptoms, you should stay home and avoid contact with other people, except to get medical care. Most people with the flu have mild illness and do not need medical care or antiviral drugs. Please do not come to church.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, wear a facemask if you have one and cover coughs and sneezes with a tissue. Wash your hands frequently. Avoid touching your eyes, nose, and mouth. Germs spread this way. Remember to use the hand sanitizer in the church foyer as you come in.

RELAY FOR LIFE

Being on an American Cancer Society Relay For Life team is an amazing experience! Picture the scene: you're surrounded by your family and friends, urging each other on to make another lap around the track, and the air is filled with the sound of laughter and sometimes tears, as our community celebrates those who have fought cancer, remembers the loved ones we've lost, and fights back against a disease that has taken too much from too many. It would be an honor to have you on our team for this year's Relay For Life. The American Cancer Society is saving lives by helping people stay well, helping people get well, by finding cures, and by fighting back. Join us June 3rd and 4th at Skyview High School. Watch for team sign-up sheets coming soon. For additional information call Alyson at 262-5622 or DeeDee 262-9747. Are you ready to join the fight?

JUSTICE CHALLENGE

Sunday's Gospel is Jesus' beatitude teaching from the Sermon on the Mount. The beatitudes provide us with a blueprint on being people of faith and justice. Your challenge this week is to take one beatitude each day. Read the beatitude each morning and ask God for the strength to practice that attitude throughout the day. Then in the evening, reflect on whether or not you lived that particular "attitude of being" in your life during the day. Thank God for your successes and pray for the courage and strength to live that beatitude in the future.

MOMS

Ministry of Moms Sharing is a parish-based peer ministry that has reached over 500,000 women and their families in over 100 dioceses since 1992. It will begin meeting on Mondays from 6-8pm on February 21st through April 11th. There is a sign-up table in the Church foyer for you this weekend. We need at least 10 participants to register and pay a \$45 fee to set this up. Please join us in O'Neill Hall. If you have questions, you may call Sheila-Margaret Pothast at 262-8551. All ages and experiences are welcome. The cost includes a journal, meal, and session symbols. It's a good thing.

This Sunday is the fifth Sunday of the month. We will have an additional collection with the monies going to the St. Vincent's DePaul Society for this outreach. Please be generous.

FEBRUARY TEEN EVENT

Sunday, February 20, 2011. Schedule & Event to be Announced. This all depends on the weather so please check: FACEBOOK, the BULLETIN & the TEEN BOARD for update to date information regarding this next TEEN EVENT. Make sure you still fill out a permission slip and turn it in by Sunday, February 13, 2011. If you haven't already done so, turn in an updated medical form. For more information: Tonilyn Spring 262-8478, Brenda Ahlberg 262-5432 or Rose Henry 252-9465.

GOF

"Living Faithfully" is the topic for the February 13th GOF. We will explore the 4th commandment, "Honor your Father and Mother". The Teens/Adults will also explore the 6th/9th commandments. The presenter is Jenny Michaelson from the Tribunal at the Chancery. A sign-up sheet is in the foyer. Please remember that child care is not routinely provided unless we know there is a need. Please indicate it on the sign-up sheet.

STEWARDSHIP REFLECTION

We must do good deeds, Jesus tells us and do them for the glory of God. What sort of good deeds?

Those enumerated by the prophet Isaiah give us some idea of what we're called upon to do: "Feed the hungry...shelter the homeless...clothe the naked." But we must do these good deeds in such a way that it's clear we're doing them so that God receives the glory and not ourselves.

It takes an offering of time in prayer and worship, depending upon "the power of God" as St. Paul wrote, to grow spiritually enough to want to spend ourselves serving others and to want God to receive the praise. And it takes gifts of treasure and talent to provide the resources others need. Doing the work of God can take all we have to offer, but he will reward us with the spiritual light of his presence. But in his name we are salt and light, so we can make a difference in the world.

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JUSTFAITH

JustFaith will meet on Tuesday, February 8th at 1:00 to 3:00pm in O'Neill Hall.

If you should have a **pyx** you've used for communion calls, please return them to the Sacristy so they may be used by others. Thank you.

CONFIRMATION

The Confirmation date has been set for March 6, 2011, here at OLPH.