

CHURCH OF THE VISITATION

EST. 1943

Our Mission: A Roman Catholic Community celebrating Christ's presence among us.



February 18, 2024

FIRST SUNDAY OF LENT

WELCOME TO VISITATION CHURCH!

A special welcome to those who may be visiting us today, we are blessed that you are here to worship with us. If you are traveling, we hope you find this Catholic community welcoming. If you are new to this area, we hope to see you again and that you may consider joining this community.

MASS TIMES

DAILY MASS

Monday - Friday: 8:00 a.m.

(This mass is also live-streamed)

SUNDAY MASS

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

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

(The Sunday Mass at 8:00 a.m. is also live-streamed on our website)

6561 WEST 88TH STREET LOS ANGELES, CA 90045

ADMINISTRATOR:

Fr. Matthew Wheeler

IN RESIDENCE:

Fr. Timothy McGowan

RETIRED:

Msgr. Charles E. Hill

Msgr. James Forsen

HOLY HOUR (INSIDE THE CHURCH)

First Friday of each month: 8:30 am - 9:30 am

CONFESSIONS

(Inside the church, in the Sanctuary)

Saturday: 3:00 p.m. - 4:00 p.m. and by appointment

PRIVATE WORSHIP (INSIDE THE CHURCH)

Monday-Friday: 7:30 a.m. - 4:00 p.m.

Saturday: 8:00 a.m. - 4:00 p.m.

PARISH OFFICE HOURS:

Monday - Friday 8:00 am - 4:00 pm

Closed for lunch 12:00 pm - 1:00 pm

Tel. 310-216-1145

Fax. 310-846-5421

email: visitationchurch497@gmail.com

visitationchurch-la.com

SUNDAY'S READINGS

FIRST READING – God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you." (Gn 9:8-10)

PSALM – Your ways, O Lord, are love and truth to those who keep your covenant. (Ps 25)

SECOND READING – It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ. (1 Pt 3:21)

GOSPEL – He was among wild beasts, and the angels ministered to him. (Mk 1:13)

READINGS FOR THE WEEK

MONDAY: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

TUESDAY: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-1

WEDNESDAY: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

THURSDAY: 1 Pt 5:1-4/Ps 23:1-3A, 4, 5, 6/Mt 16:13-19

FRIDAY: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7A, 7BC-8/Mt 5:20-26

SATURDAY: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-4



STATIONS OF THE CROSS

Please join us each Friday of Lent @ 6 p.m.

Consider making this weekly spiritual pilgrimage to accompany Christ in his passion.


FEBRUARY 16 FEBRUARY 23
MARCH 1 MARCH 8
MARCH 15 MARCH 22

QUOTE OF THE WEEK

"Hope is reality grounded in faith."
-Bishop Tom Daly

PARENT LEADERSHIP

"Teach your children that beer is not a kind of soft drink with a buzz. Alcohol is a drug, drunkenness is a grave sin, and intemperance often leads to tragedies." -Jim Stenson, Compass



PRESIDENT'S DAY

The parish office will be CLOSED on Monday, February 19th for this Federal Holiday.

The office will reopen on Tuesday, February 20th 8:00 a.m. - 4:00 p.m.

WE SHARE YOUR GRIEF

Please check the Visitation website under Resources/Bereavement for a list of Grieving, Cancer, Hospice and Palliative Care note titles. These are very helpful and powerful small articles. Please contact **Candy Blankenship** at 310-338-9043 or blank8840@gmail.com and she will mail them to you at no charge." Such titles include Caring for yourself while Grieving, Overcoming Loneliness, What to do after the death of a Spouse, The first 12 months of Grieving, and many, many more.



PARISH REGISTRATION: Are you looking for a faith community to call home? Visit our website to register as a parishioner.



SAINTS AND SPECIAL OBSERVANCES

SUNDAY – FEBRUARY 18TH

1st Sunday of Lent

8:00am - Carmen Soto Wyllie †

9:30am - For the people of
Visitation Parish

11:00am - Sister Rita Callanan †

MONDAY - FEBRUARY 19TH

Presidents' Day

8:00am - Paul Sakamoto †

TUESDAY - FEBRUARY 20TH

8:00am - Tony Sales †

WEDNESDAY - FEBRUARY 21ST

St. Peter Damian, Bishop and Doctor of the Church

8:00am - Gilbert Soto †

THURSDAY - FEBRUARY 22ND

The Chair of St. Peter the Apostle

8:00am - Orozco & Killian Family

FRIDAY - FEBRUARY 23RD

St. Polycarp, Bishop and Martyr

8:00am - Dorothy Poprac †

SATURDAY - FEBRUARY 24TH

5:00pm - Nannette Fissell †

To request a Mass intention
please call the Rectory 310-216-1145

PRAYER REQUESTS: email them to the following vizprayerrequests@gmail.com If you would like to join in praying for the requests received, please send an email to the prayer request email address.

ONLINE GIVING:

Thank you for your Donations!



Dear Sisters and Brothers,

I recently attended a talk on the effect of technology on humans. As you might imagine, particular attention was given to the impact of social media on teenagers. I heard about hooks, doom scrolling, phantom vibrations, problematic porn use, deep fakes... and many other new references and terms. In light of the recent US Senate hearings with Big Tech CEOs I found it all relevant and fascinating, but also a bit terrifying.

The presenter shared that two important areas of the brain affected by technology are the amygdala and the neocortex. The amygdala is about the size of an almond and is centrally located in the brain. It deals with our most powerful emotions and perceives needs, threats, and opportunities (i.e., "I am cold" or "I need more air because I am jogging"). The neocortex or frontal cortex, however, makes up about half the volume of the brain and deals with higher decision making management. For example, the neocortex is engaged when we choose to sacrifice now in order to achieve a desired goal in the future.

Moreover, it was shared that exercising one part of the brain can actually diminish the influence of the other. This means that repeatedly responding to amygdala stimuli can actually weaken the function of the neocortex or vice versa. This is important to know because it seems that technology and social media appeal to the powerful emotions managed by the amygdala. This means that people who use technology/social media can fall prey to powerful triggers enticing them to embrace short-lived pleasures and lesser goods which at the same time reduce their capacity for higher decision making skills.

But the good news is that progress can be made and new habits can be formed! It is possible to resist short-lived amygdala stimuli and stay true to one's deeper desires and higher values. In the area of technology, one helpful way to do this during the season of Lent is by "fasting" from social media. Instead of spending hours and hours scrolling through infinite feeds, one might reduce it to 30 minutes/day. Or one might even give up Instagram, TicToc, or other platforms during Lent so as to detach from what's become an enslaving force in one's life.

So, are you still looking for something to give up for Lent? Why not try giving up technology in one way or another? It would be hard, but totally worth it! Be not afraid.

Lenten Blessings,

Fr. Matt

Don't Forget:

- **Hail Marys for Vocations.** This Lent join Bishop Matt Elshoff in praying one Hail Mary each day for an increase in vocations to the priesthood and consecrated life. Through the intercession of the Blessed Mother let us pray that the "Lord of the Harvest sends out laborers into his harvest" (Mt 9:38).
- **Register now for our Lenten Bible Study on the Eucharist!** I cannot wait to see you there!
- **Our 2024 Together in Mission annual campaign has begun!** Find out how you can support LAs poorest parishes and schools by scanning the QR code provided elsewhere in the bulletin.

HOSPITALITY NEWS!!!

Please join the Welcome Wagon after all of the Masses on Sunday for Coffee & Donuts! We will be in Mary's Courtyard (weather permitting)! We hope you have a safe President's Day weekend.

Our next Hospitality will be held on **Sun, Mar 10** hosted by the Knights of Columbus. That day is also National GIRL SCOUT Sunday, so scouts will be helping out at Mass and Hospitality as they are being invited to share their faith!



Heavenly Father, we thank you for the gift of your Son, our Lord Jesus Christ, who promised to stay with us always, until the end of the age. Reawaken our wonder at His presence in the Most Holy Eucharist. May our hearts burn within us as He opens the Scriptures and breaks the bread. Give us the eyes of faith to recognize His presence in our brothers and sisters, especially in the face of the poor and the suffering. Nourished by the Eucharist, send us forth to walk faithfully as missionary disciples, proclaiming the Gospel to every heart and extending Your kingdom to every land. We ask this through Christ our Lord. /Amen.

Viz Seniors

Join us for a Lenten Reflection with Fr. Tim McGowan
"Fasting from Regret"
 on **Wednesday, February 21st**
 in the **O'Grady Center**
 at **1:30 p.m.**

Need a ride? Give a ride?
 Let us know.

Marlene Kaufman - Mary Lou Ward - Toni Kerker

Questions?
 call Marlene 310-365-8211

Coming?
 RSVP vizenseniors@gmail.com

LENT IS HERE!

Lent is a great opportunity to involve the whole family in a Lenten practice of PRAYER: an opportunity to spend time with God and deepen our relationship with Him. FASTING: when we fast it helps us to remove obstacles between ourselves and God. GIVING: helps us serve those in need and live Jesus' message of love. These traditional Lenten practices of prayer, fasting, and giving alms, remind us that we need God in our lives.

DAILY BRIEF

The Daily Brief is a series of daily Lenten meditations based on the day's readings and read by our very own Visitation priests. Starting with Ash Wednesday on Feb. 14 and throughout all of Lent, we invite you to take 5-6 minutes of your day to listen and reflect. Watch in full screen or close your eyes. The meditations will be available under the Resources tab on the church website.

LENT UNPLUGGED

Our popular 'Lent Unplugged' meditation series is back in person. It began on Tuesday, February 20 at 7 PM and continues for the following four Tuesdays in March until Holy Week. These drop-in, candlelit meditation evenings in the church are designed to help us slow down, unplug, and create the inner quiet we need to hear God's voice. Please consider attending.

LENTEN DISCIPLINES OF FASTING & ABSTINENCE

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.


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SAFEGUARD THE CHILDREN AND VULNERABLE ADULTS

DID YOU KNOW? WHY DOES IT HELP TO COMMUNICATE YOUR CONCERNS?

During If you have concerns about someone's behavior, sharing those concerns is critical to protecting the children in that person's life. If you see or hear about inappropriate behavior, you can take your concerns to a supervisor or program director for further action. This helps those in charge launch an investigation, ask questions, and start to look for signs on their own — all of which can help keep children safe from potential abuse. Communicating your concerns, and having them investigated, can also discourage a potential offender, pushing them to leave the program or stop their behaviors. For more information, read the VIRTUS® article "Communicating Your Concerns Matters" at lacatholics.org/did-you-know/.



 Church of the Visitation

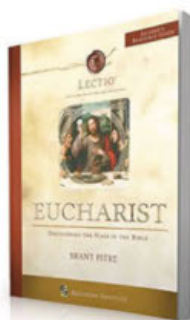
Celebrate the Eucharistic Revival at Visitation

Join us for the 10-week Amazed Lenten Bible Study Series (Eucharist: Discovering the Mass in the Bible)

In our Eucharist Revival Prayer we ask our Heavenly Father to "Reawaken our wonder at His presence in the Most Holy Eucharist".

This 10 part video Bible Study series by the renowned teacher Dr. Brant Pitre guides us through Scripture, History and Church teaching to illuminate the wonder and miracle of The Real Presence – the center-point of the Mass and our faith. Dr. Pitre gives us a fresh perspective for understanding the mystery that is the Eucharist.

Please join us as we rediscover a simple, insightful way to experience with one another the Word of God and His Presence in the Eucharist through the ancient prayer form of Lectio Divina ("Divine Reading") – a prayerful, meditative way of listening to God.



**Starting Wednesday,
February 21
7-9pm in O'Sullivan Hall**

*Class registration fee is \$20.
Study Guide and
refreshments included.
Please bring your Bible.*

Wednesday, February 21

Session #1: Source and Summit

Wednesday, February 28

Session #2: In the Beginning

Wednesday, March 6

Session #3: Lamb of God

Wednesday, March 13

Session #4: Miracles of Exodus

Wednesday, March 20

Session #5: Mysteries of the Tabernacle

Wednesday, April 10

Session #6: Miracles of Jesus

Wednesday, April 17

Session #7: Bread of Life Discourse

Wednesday, April 24

Session #8: The Last Supper and the Cross

Wednesday, May 1

Session #9: The Mass

Wednesday, May 8

Session #10: Revelation

Luke 24:12

Peter ran to the tomb, bent down, and saw the burial cloths alone; then he went home amazed at what had happened.



SCAN ME



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FISH FRY DINNERS!



WHEN:

Friday, February 23rd

TIME:

5:30pm - 7:30pm (or until we're out!)

WHERE:

Knights of Columbus Hall
8049 W Manchester Ave,
Playa Del Rey

How:

call 310-821-2324 for a
Take-out Order

MEAL:

Main: Fish, Shrimp, or Combination
Side: Baked Potato, Fries, or
Onion Rings (\$3)

All Meals: Cole Slaw and a Dinner
Roll

Prices (depending on choices):
\$15 to \$18

- ◆ Dinner proceeds benefit our Scholarship Program
 - ◆ Parking in the Rear
 - ◆ Credit Cards Accepted
- BINGO STARTS AT 7:30PM**

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of Christ**
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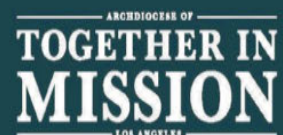
Visitation Parish Goal
\$59,133.00

Get ready for Together in Mission 2024 "Be Imitators of Christ" Annual Appeal. As a united Catholic community of faith, let's come together in prayer and reflection, exploring ways to support our struggling parishes and schools in the Archdiocese of Los Angeles.

Did you know? Your gifts help 62 parishes and 71 schools in the Archdiocese of Los Angeles. Our cumulative Together in Mission 2024 goal is \$16.9 million, encompassing the Annual Appeal's impact across all five vibrant regions.

Track the progress of our parishes' goals and celebrate your outstanding contributions throughout the year on our Together in Mission Leaderboard, accessible at togetherinmission.org. Let's imitate Christ by helping our struggling parishes and schools in the Archdiocese of Los Angeles, and gather as one Catholic family together.

The Together in Mission Annual Appeal provides essential faith-based and educational funding to struggling parishes and schools throughout the Archdiocese of Los Angeles. By seeking to serve God, these foundations of faith and learning strengthen families and communities, enrich parish life, and educate future generations.



Together in Mission • 3424 Wilshire Blvd. • Los Angeles, CA • 90010-2241 • (213) 637-7672

MATER DOLOROSA PASSIONIST RETREAT CENTER

The men of Visitation are invited to attend a silent retreat at Mater Dolorosa Retreat Center in Sierra Madre (near Pasadena) March 1st-3rd.

The theme this year is: **The Crucified One Lives! Finding comfort in the Passion of Christ.** The Passionist Priests of the center will present the theme.

Link to register:

<https://materdolorosa.ccbchurch.com/goto/forms/124/responses/new> or go to www.materdolorosa.org and then to the Events page. Scroll to March 1st to sign up and choose the Manhattan Beach group. The Center accepts everyone, regardless of the ability to pay.

Questions can be directed to Mike Rotolo at mmrotolo@gmail.com.

WHAT IS A SILENT RETREAT?

Weekend retreats begin on Friday evening and conclude on Sunday morning with Mass. During your silent 2-night stay, you will have the opportunity to explore over 20 acres of gardens, walk our historic Stations of the Cross, and experience personal times for prayer within the Garden of Seven Sorrows. Silence on a weekend retreat at Mater Dolorosa encourages one to listen and speak with God, to find a sense of renewed peace, and participate in the sacrament of Reconciliation. We invite you to join us in the New Year for a **weekend of silence and restoration!**



MERCY BAGS FOR ST MARGARET'S CENTER

One way we are answering the call to serve the poor at Visitation, is to assist St. Margaret's Center in providing hygiene bags for the homeless and working poor that they serve.

Please **consider contributing 3-5 Mercy Bags that you assemble at home** and bring to church on the designated weekend. CVS and Ralphs each have a travel section with inexpensive kits and products to choose from. Below is the recommended content list from St. Margaret's for the most needed items. Use a large Ziplock for the contents of each Mercy Bag.



- Soap or Body Wash
- Shampoo and Conditioner
- Deodorant
- Body Lotion
- Razor and Shaving Cream
- Toothbrush and Toothpaste
- Socks (Unisex tube socks)
- Comb
- Chapstick

HOW CAN YOU HELP?

Assemble 3-5 Mercy bags into Gallon Ziplocks at home with your family

Bring your Mercy Bags to the back of the church the weekend of February 25th

Consider making an extra bag or two to keep in your car to give to someone in need.

Contact Dan Smith if you have access to large amounts of these products for donation. dsmithwestchester@gmail.com

CHURCH OF THE VISITATION

Westchester, CA
www.visitation-la.com
310.216.1145



TUTORS NEEDED!

Interested in giving back to the community in an awarding way? Have you considered tutoring a child in math or English once a week at St. Margaret's Center? No experience needed just a big heart and a desire to make a difference. Please contact Karen Holyk-Casey at tutoringatstmargarets@gmail.com, and she will be glad to connect and answer all your questions.

SAVE THE DATE



STAY TUNE FOR MORE INFORMATION ON THIS FANTASTIC VISITATION COMMUNITY EVENT

Hail Marys for Vocations



This Lent join Bishop Matt Elshoff in praying one Hail Mary each day for an increase in vocations to the priesthood and consecrated life. Through the intercession of the Blessed Mother, let us pray that the “Lord of the harvest sends out laborers into his harvest” (Mt 9:38).



Let us pray.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Amen.



APOSTLES CREED

I believe in God,
 the Father Almighty,
 Creator of heaven and earth,
 and in Jesus Christ,
 His only Son, our Lord,
 who was conceived
 by the Holy Spirit,
 born of the Virgin Mary,
 suffered under Pontius Pilate,
 was crucified,
 died and was buried;
 He descended into hell;
 on the third day He rose again
 from the dead;
 He ascended into heaven,
 and is seated at the right hand
 of God the Father Almighty;
 from there He will come
 to judge the living and the dead.
 I believe in the Holy Spirit,
 the Holy Catholic Church,
 the communion of Saints,
 the forgiveness of sins,
 the resurrection of the body,
 and life everlasting.
 Amen

MASS PARTS

MASS OF
 INCARNATE WORD

GATHERING

Hold Us in Your Mercy

Cantor: Hold us in your mer - cy. *All:* Hold us in your mer - cy.

Cantor: Hold us in your mer - cy. *All:* Hold us in your mer - cy.

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PENITENTIAL

Stephan

PSALM

Your ways, O Lord, are love and truth to those who keep
 your covenant.

GOSPEL ACCLAMATION

Glory to You, O Word of God, Lord Jesus Christ (Stephan)

PREPARATION OF THE TABLE AND GIFTS

What Wondrous Love Is This

1. What won-drous love is this, O my soul, O my
 2. To God and to the Lamb I will sing, I will
 3. And when from death I'm free, I'll sing on, I'll sing

1. soul? What won-drous love is this, O my soul? What
 2. sing; To God and to the Lamb, I will sing; To
 3. on; And when from death I'm free, I'll sing on; And

1. won-drous love is this that caused the Lord of
 2. God and to the Lamb, who is the great I
 3. when from death I'm free, I'll sing and joy-ful

1. bliss To bear the dread-ful curse for my soul, for my
 2. AM, While mil-lions join the theme, I will sing, I will
 3. be, And through e-ter-ni-ty, I'll sing on, I'll sing

1. soul, To bear the dread-ful curse for my soul?
 2. sing; While mil-lions join the theme, I will sing.
 3. on! And through e-ter-ni-ty, I'll sing on.

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COMMUNION
SATURDAY

On Eagles Wings

Verse 1



1. You who dwell in the shel-ter of the Lord, who a-bide in his



1. shad-ow for life, say to the Lord: "My ref-u-ge, my rock in whom I trust!"

to Refrain

Refrain



And he will raise you up on ea-gle's wings, bear you on the



breath of dawn, make you to shine like the



sun, and hold you in the palm of his hand.

to Verses (last time to Coda) ⊕

Verse 2



2. The snare of the fowl-er will nev-er cap-ture you, and fam-ine will bring



2. you no fear: un-der his wings your ref-u-ge, his faith-ful-ness your shield.

to Refrain

Verse 3



3. You need not fear the ter-ror of the night, nor the ar-row that flies by



3. day; though thou-sands fall a-bout you, near you it shall not come.

to Refrain

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SUNDAY

Be With Me, Lord

Refrain



Be with me, Lord. Be with me, my Lord. When I'm in



trou-ble and I don't know where to go, be with me, Lord.

Verse 1



1. When I'm blind, when I can-not see, when all life's

1. trou-ble sweeps o - ver me, when I'm in dark-ness and
 1. all I see is me, be with me, Lord. to Refrain

Verse 2
 2. When I re-fuse to hear your word, when I hear your
 2. voice and do not fol - low, when I'm in trou-ble and I
 2. don't know where to go, be with me, Lord. to Refrain

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SENDING In Christ Alone

Melody
 In Christ a - lone my hope is found, he is my
 No guilt in life, no fear in death, this is the
 light, my strength, my song; this cor - ner-stone, this sol - id
 pow'r of Christ in me; from life's first cry to fi - nal
 ground, firm through the fierc - est drought and storm. What heights of
 breath, Je - sus com-mands my des - ti - ny. No pow'r of
 love, what depths of peace, when fears are stilled, when striv - ings
 hell, no scheme of man, can ev - er pluck me from his
 cease. My com - fort - er, my all in all, here in the
 hand; till he re - turns or calls me home, here in the
 love of Christ I stand. to Verse 2 ||
 pow'r of Christ I'll

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