



*Sunday, January 28th, 2024*  
*Fourth Sunday in Ordinary Time*

## **Holy Family Church**

13900 Church Place, Seal Beach, CA 90740 - (562) 430-8170

[www.holyfamilysb.com](http://www.holyfamilysb.com) / [holyfamily.sb@verizon.net](mailto:holyfamily.sb@verizon.net)

**Rev. Joseph Son Nguyen, Pastor**

### **Sunday Mass Schedule**

**Saturday Vigil: 4:00 p.m.**

**Sunday: 8:00 a.m., 10 a.m. & 12 Noon**

### **Weekday Masses**

**Monday –Saturday: 8:30 a.m.**

**Our Lady of Perpetual Help Novena: Wednesdays 8:15a.m**

**Anointing of the Sick Sacrament: Saturdays at 8:30 a.m. Mass**

**Bible Study: 1st and 3rd Monday of the Month 12:30 p.m.**

### **Confessions**

**Saturdays: 9:00am-9:30am / First Fridays 9:00am-9:30am**



## Ash Wednesday, February 14 Mass Schedule

**8:30 a.m.**

**12 noon**

**4:00 p.m.**

**Distribution of Ashes will be during  
Mass.**

## National Needs Collection

The annual National Needs Collection will be taken up in the Diocese of Orange on the weekend of **February 3-4, 2024**. This collection combines four national collections into one: Catholic Campaign for Human Development, Catholic Communication Campaign, Catholic University of America, and Catholic Home Missions

## Lenten Retreat for Adults

**"I am with you always." Mt. 28:20**

**Tuesday, February 20th 6:30 pm – 9 pm Or**

**Wednesday, February 21<sup>st</sup> 9:30 am – 12pm**

**In-person only. Sign up now. Registration is online.**

<https://joyfulapostolate.org/lent-retreat/>

Suggested donation \$25.00

**Please register by February 16<sup>th</sup>. Space is limited.**



*Heart of Jesus*  
**RETREAT CENTER**

**2927 S Greenville St. Santa Ana, CA 92704**

**714-557-4538**

## News from Our Parish

- **The Feast of the Presentation of the Lord** is this coming **Friday, February 2nd**. Please bring your candles to be blessed at 8:30 a.m. Mass.
- **The Exposition and Adoration of the Blessed Sacrament** will be on Friday, February 2nd, 8:30 a.m. Mass, concluding with Holy Hour and Benediction at 4 p.m. In order that the Holy Family community provides for continuous Adoration, please sign-up for the available hours in the vestibule of the Church. First Friday confessions are at 9:15 a.m.
- **Lunar New Year Eve Mass, Friday, Feb. 9<sup>th</sup>, 8:30 a.m.** Light reception afterwards.
- **Our Parish Bereavement Ministry** invites you to a workshop to pre-plan a Funeral Mass. Parishioners have been asking if they can make their arrangements and keep them on file at Holy Family office for when needed. We have done that for parishioners and will do that for you. Meeting is scheduled for Wednesday February 7th at 2 p.m. in the rectory. Please let the parish office know if you plan to attend, calling at (562)430-8170. If you attended the workshop in 2023 you are welcome to attend.

## Your Contributions- Thank you

**Sunday, January 21st, 2024: \$4,172**

**Online Giving: \$521.95**

**Thank you for your generosity!**

# The Subtleties of Grace (Catholic Reflections)

*In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. Mark 1:23–26*

It’s interesting to note that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit.

This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good.

But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken. So it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good.

This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness. In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways. **Reflect**, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path. ***Lord of all holiness, please continue to draw me into the life of perfection. Help me to grow in every virtue and to continually be aware of every gift of grace I am given. Please help me, especially, to be attentive to every small and subtle grace and to respond to those graces with a truly open and grateful heart. Jesus, I trust in You!***

## Magnificat Prayer Breakfast

**Saturday, March 2, 2024 9:30 AM - 12:30 PM** Cultural Center, Christ Cathedral 13280 Chapman Ave., Garden Grove, CA 92840  
Reservations: \$39 per person by check, must be postmarked by February 19.  
For registration information contact Loudy C or ocmagnificat3@gmail.com

## Beginning Experience March Weekend Retreat

If you are grieving the loss of your marriage through death, divorce, or separation, join us at the Pro Sanctity Spirituality Center in Fullerton, **March 8 - 10, 2024**. A trained team leads participants through a healing and growth program. If you are ready to move through your feelings of grief, into the light of a new beginning and hope, this weekend may be for you. Contact Kim at (714) 336-3221 or Melissa (bilingual, Spanish) at (949) 697-3352 for more information. Early registration is encouraged. Information and registration is available online at [beginning-experience-of-orange-county.my.canva.site](http://beginning-experience-of-orange-county.my.canva.site)

## Laugh out Loud 😊

The Sunday School teacher asks the children to draw Christmas pictures. She goes over to one student and sees he's drawn a picture of four people on an airplane.

"What is this?" she asked. "Mary and Joseph and Baby Jesus on a flight to Egypt," he says.

"Well... who's the fourth person?"

"That's Pontius, the pilot."

## Prayer Intentions for the Week

### Monday 8:30 a.m. January 29

John Hagio, RIP

### Tuesday 8:30 a.m. January 30

Nguyen Sang & Hoang Khuyen, RIP

Terry Mulholland, RIP

### Wednesday 8:30 a.m. January 31

Steve Klemin, RIP

Marven Ellingson, RIP

Larry Pollard, Sp. Int.

Unborn children

### Thursday 8:30 a.m. February 1

Nora Considine, RIP

### Friday 8:30 a.m. February 2

Maria Lee, RIP

Fr. That Son, Sp. Int.

### Saturday 8:30 a.m. February 3

Sharon Daly, RIP

Fr. That Son, RIP

### Saturday 4:00 p.m. February 3

Catherine Desmond Haug, RIP

Peter Tien Pham, RIP

Joe Maffucci, Sp. Int.

### Sunday 8:00 a.m. February 4

Henry Klega, RIP

Fr. Richard Smith, Sp. Int.

### Sunday 10:00 a.m. February 4

Matthew Yi, RIP

Peter K. Nguyen, Sp. Int.

### Sunday 12 Noon February 4

Barry Shandor, RIP

Fr. That Son, Sp. Int.