

# Our Lady of Fatima Weekly Bulletin

Holy Family Sunday

December 26-27, 2009

Father J.D. Zatalava, Pastor † 2010 12th Avenue † Altoona, PA 16601 † 814-942-0371 † [www.ourladyoffatimaaltoona.com](http://www.ourladyoffatimaaltoona.com)

YEAR FOR  
PRIESTS  
June 19, 2009 - June 19, 2010

## Monday 12/28 - Mon The Holy Innocents, *martyrs*

7:00 AM Eucharistic Adoration for private Holy Hours  
07:40 AM Rosary Begins  
**08:00 AM Mass** Sister M. Reynita (B Weakland)  
08:30 AM Confessions until 9:00 AM  
09:00 AM Church remains open for Eucharistic Adoration  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Tuesday 12/29 - Tue St Thomas Becket, *bp. martyr*

07:00 AM Eucharistic Adoration for private Holy Hours  
07:40 AM Rosary Begins  
**08:00 AM Mass** Louis Miller (Summers Family)  
08:30 AM Confessions until 9:00 AM  
09:00 AM Church remains open for Eucharistic Adoration  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Wednesday 12/30 - Wed 6th day in Octave of Christmas

07:00 AM Eucharistic Adoration for private Holy Hours  
07:40 AM Rosary Begins  
**08:00 AM Mass** LaVerne Conway (Jean Hagan/Ann Wood)  
08:30 AM Confessions until 9:00 AM  
09:00 AM Church remains open for Eucharistic Adoration  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Thursday 12/31 - Thur New Year's Eve

07:00 AM Eucharistic Adoration for private Holy Hours  
07:40 AM Rosary Begins  
**08:00 AM Mass** Frances Kasun (Dave & Karen Conrad)  
08:30 AM Confessions until 9:00 AM  
09:00 AM Church remains open for Eucharistic Adoration  
**04:30 PM Mass Theotokos** Ray McCall (Children)  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Friday 01/01 - Fri BVM Mother of God

08:00 AM Eucharistic Adoration for private Holy Hours  
09:40 AM Rosary Begins  
**10:00 AM Mass** Residents of the City of Altoona  
09:30 AM Confessions until 9:55 AM  
10:50 AM Church remains open for Eucharistic Adoration  
12:30 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Saturday 01/02 - Sat Epiphany Vigil

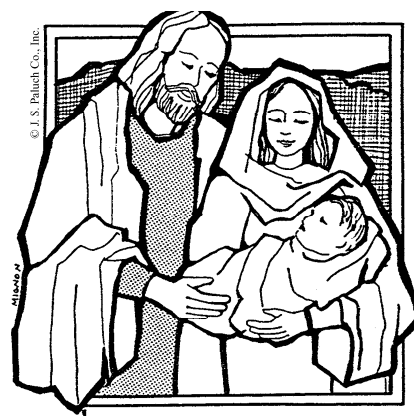
07:00 AM Eucharistic Adoration for private Holy Hours  
04:00 PM Confessions until 4:24  
04:25 PM Pulpit Announcements  
**04:30 PM Mass** Theresa Peo (M/M Paul Cassarly)  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*

## Sunday 01/03 - Sun Epiphany of the Lord

07:00 AM Eucharistic Adoration for private Holy Hours  
08:30 AM Confessions until 8:54  
08:35 AM Rosary Begins  
08:55 AM Pulpit Announcements  
**09:00 AM Mass** Phyllis Mosney, (Carol Smith)  
09:50 AM Exposition and Adoration - Pray for Priests  
10:30 AM Confessions until 10:54  
10:35 AM Rosary Begins  
10:55 AM Pulpit Announcements  
**11:00 AM Mass** Liv & Dec'd Members of OLF  
12:00 N Church open for private Eucharistic Adoration  
07:00 PM Church closed until 7:00 AM

*Check Page Two for non-Liturgical Scheduled Events*



Sunday (today) Dec. 27

Monday, Dec. 28

Tuesday, Dec. 29

Wednesday, Dec. 30

Thursday, Dec. 31

Friday, Jan 1

Saturday, Jan 2

Sunday (next week) Jan 3



### **MONEY MATTERS**

Our bulletin publisher required this copy before the weekend events occurred so there are no money matters to report. A comprehensive report will appear in the January 10, 2010 issue of the Our Lady of Fatima Bulletin.

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

- 1. Spend More Time with Family & Friends** Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year.
- 2. Fit in Fitness** The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.
- 3. Tame the Bulge** Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.
- 4. Quit Smoking** If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!
- 5. Enjoy Life More** Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you!
- 6. Quit Drug & Alcohol Abuse** While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Generally, you can't do it without professional help.
- 7. Get Out of Debt** Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.
- 8. Learn Something New** Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.
- 9. Help Others** A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help.
- 10. Get Organized** On just about every New Year's resolution top ten list, organization can be a very reasonable goal.

# *A Lingerin Voice*

Listed below weekly are the names of people whom our parishioners have requested be remembered in our daily private prayers.

Francis T. Zatalava Father of J.D. Zaatalava	Mae A. Zatalava Mother of J.D..Zatalava	John A. Zatalava Brother of J.D. Zatalava	The Zaczek Family Carol Smith	Coy R. Smith Family Carol Smith
The Jaronieski Fam. Carol Smith				
<p>For a single donation of \$50.00 your loved one will be prominently featured in our Weekly Bulletin and therefore called to mind in the personal prayer of your fellow parishioners, for a period of 26 weeks.</p> <p>Down through the centuries Church Fathers have assured us of two things:                      1. Our loved ones who are in Purgatory need and benefit from our prayers.                      2. Prayers said for those who have exited Purgatory and are already in Heaven are not wasted, but are "redirected" as expressed so beautifully in our Fatima Rosary Prayer: "Oh my Jesus save us from the fires of hell, <b>lead all souls to heaven especially those in <u>most need</u> of Thy mercy.</b>"</p> <p>Simply put your donation in an envelope with the required information and we'll take care of the rest, even to reminding you when your first 26 weeks is nearing completion.</p>				

## *A special thanks to:*

- Our "Family Choir" members:

Tim Burr, Rebecca, Elizabeth, Rachael & Sarah Clark, Duane Ehredt,  
 Alex & Andrea Hart, John, Kathy & Alexis Kasun, Paul Kowalski,  
 Bob & Kay Niemi, Deb O'Connor and Linda Smith  
*Under the direction of Patty Flanagan*