Teens at Stuebenville Norcal

50 teens and chaperones from Holy Spirit attended the Stuebenville Norcal Conference July 27-29.
Our Vision:
Be a flourishing community of intentional disciples shining as beacons of Christ.

Reconciliation
Saturday: 3:30 - 4:30 p.m.
Thursday before 1st Friday: 3:30 p.m.
Weekdays: Call for an appointment.

Eucharistic Adoration
Perpetual Adoration is ongoing in our Governo House Adoration Chapel. Temporarily closed 9 pm—6 am.

Anointing of the Sick
1st Saturday at 11:00 a.m. All seniors and those seriously ill or anticipating surgery are invited to attend.
Next Mass September 1.

Sacraments
For Baptism, First Communion, Confirmation, Adult Sacraments, Marriage, Anointing of the Sick or Funeral call the office at 510-797-1660 or check out holyspiritfremont.org.

Interested in Catholicism?
Learn about Jesus, the Catholic faith, or become Catholic: (510) 459-4975.
Like Elijah, don’t we often get weary? We get weary for many reasons, even weary of doing good and believing all that Christ has taught. Sometimes, we forget (or fail to believe) that there are angels who constantly serve the Lord and protect us from all evil. They are mentioned in scripture, as in today's first reading, and several times in the Gospels. When an angel comes from God and wakes Elijah and tells him to eat and drink the food that God has provided, he obeys immediately and sleeps again. Again the angel awakens him and bids him eat and drink. And "strengthened by that food, he walked forty days and forty nights to the mountain of God, Horeb."

This is quite a feat--to walk for forty days on one meal. But it is symbolic of our strengthening by the Eucharist to face all that we must in our day-to-day living. Sometimes we seem to be walking forever, exhausted and discouraged, but--conscious of the strength that comes from the Eucharist--we walk with faith and courage, facing whatever difficulties we encounter along the way.

FORGIVENESS

These days, we find ourselves in a bitterly divided nation and a divided Church. We may see ourselves as both right and righteous, but we need to take a closer look at both ourselves and others before we make judgments. It is certainly possible that we are right and the other side quite wrong, but we must be aware, with humility, that we may be the ones who are wrong about many things. Even if we are in the right, Saint Paul reminds us that "All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice." To be right is of no consequence if we are constantly condemning and ridiculing our "opponents" in the world and in the Church. "And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ," says Saint Paul. So "do not grieve the Holy Spirit."

FOOD OF LIFE

"Christ loved us and handed himself over for us as a sacrificial offering to God." Jesus speaks of himself as the "bread of life." He teaches that those who come to him are called by God, and that he himself is the only one who has seen God; if we believe, we will be raised on the last day. If we think we are right only because we believe we are right, based on our own knowledge, we kid ourselves. If we believe we are right because we follow the writings of others who boast of their knowledge of God but do not show it in kindness and love for others, we are fools. If we condemn others because they do not believe as we do, we condemn ourselves for not following the humble and gentle Jesus. We must be kind, and always remember that "They shall all be taught by God." Judge not, for as Jesus tells us, "I am the living bread that came down from heaven; whoever eats this bread will live forever...whoever believes has eternal life."

Please note: our prayer list is refreshed every week. Feel free to call the office to include your loved one for the week: 510-797-1660.

Pray for our Recently Departed
Maria Madelena, Fr. Thomas Ng, Rita Mateo Breaux, Lydia Carnero De Muela, Camila Mary Aloysia, Kwong Nimg Kam

Pray for our Sick
Billy, Ruth Beltran, Jeanne Messick, Clare Beltran, Gayle Mallon

holyspiritfremont.org  8/12/18 3
Children’s Faith Formation Registration NOW OPEN!

Children's Faith Formation Registration is open. Please register your children for First Communion preparation or ongoing faith formation. Classes start the Wednesday, Thursday, or Saturday after Labor Day.

We encourage parents to join us as Catechists! Ask in the De Sousa House.

Registration is online at holyspiritfremont.org/learn or in person at the De Sousa House.

Holy Spirit Cemetery

Holy Spirit Cemetery is open by appointment only due to security reasons. Please call the rectory office for appointment at (510) 797-1660.

Rachel’s Vineyard Retreat

The next Rachel’s Vineyard Retreat, August 24-26, 2018, offers support to anyone impacted by pregnancy loss, abortion, and/or miscarriage. If the quality of your life is affected or you have never completely recovered from pregnancy loss, come experience support, compassion, and healing. Retreats are completely confidential.

For more info, please contact Anne Marie at anne.marie@realoptions.net or at (408) 229-9836.

Our Lady of Fatima Mass

6:30 pm | August 13 | In the Church

Join us in celebration of the Apparition of the Blessed Virgin Mary in Fatima Portugal on every 13th of the month from May to October.

Weekly Technology Class for Seniors

9 am | Tuesdays | Fireside Lounge

A weekly technology class for Seniors will be offered every Tuesday at 9 am—9:45 am in the Fireside Lounge. Classes will be taught by Arnav Singhvi, a junior at American High School. These free class will teach seniors functions in devices like iPhones and iPads and applications like Messaging, Facebook, Whatsapp, etc. Please bring your phones, iPads, and other devices.

For more information, contact (510) 298-8877 or connectseniors.org

We’re Open!

Gift Shop:
Sun. 8:30 - 2:00
Parish Library:
Sun. 9:00 - 12:30
Parish Office:
M-Sat 9:00 - 5:00
Sun. 9:00 - 2:00
Faith Formation/De Sousa House Office:
M-Th 8:30 - 4:30

9 am, 10:45 am, & 12:30 pm Masses
Every Sunday

We offer free care for your preschooler every Sunday. We are located downstairs underneath the church. Please stop by and visit us! More info & registration at holyspiritfremont.org or call Fran at (510) 456-4974.
Vocations Prayer Ministry
9:00 am, 10:45 am, and 5:00 pm Masses

Each Sunday, a family will receive the Vocation Cross and commit themselves to pray daily during the week for vocations. Sign ups are online at vocations.holyspiritfremont.org

SPRED: Special Religious Education

Good News! The SPRED center here at Holy Spirit is inviting young people with special needs, 11-16 years old, who would like to grow in faith within a small community setting. SPRED provides the catechists and the environment in which the Word of God is proclaimed, shared and celebrated. We are currently in urgent need of catechists for our Friends.

If you are interested or have questions, please contact Jibin Joseph at (925) 548-2257.

Adult Confirmation registration is open now!

Registration for Adult Confirmation is now open. Classes start Tuesday September 4th at the De Sousa House from 7:00 pm to 9:00 pm. Confirmation will be administered by Bishop Michael Barber, SJ late January or early February 2019.

Registration is online at holyspiritfremont.org/learn or in person at the De Sousa House.

Alpha Session Starting soon!
7:00 pm—9:00 pm | Wednesdays | De Sousa House

Alpha sessions begin Wednesday, September 5. Meetings will take place from 7 to 9 at the De Sousa house and dinner is included. This is a great series to join if you have questions about the faith, Christianity, or even God in general. If you have a friend with these questions, this is a great place to bring them! No registration is required.

Come meet the person of Christ. Everyone is invited.

Parish Blood Drive
9:00 am—1:00 pm | Sunday, August 12

Today is our Parish Blood drive! We need your help to help those in our area who need blood. Each day, 43,000 pints of blood are used in the United States and Canada and less than 10% of the population in the U.S. donates annually. Please support our Parish Blood Drive which is in the Blood Mobile in the St. Francis Plaza today, between 9am and 1pm.

You do not need an appointment however those with an appointment will be taken first. Your life giving support is really appreciated! Thank You!
From our Youngest **Stewards**:
I helped someone, I prayed, I studied my lessons:

Jayden, Alden, Valentine, Josephina, Kai, Hanami, Keiko, Noah, Dylan, Aiden, Cha-Cha, Lilly, Abbey, Delaney, Ellie, and Joachim

### St. Vincent De Paul Food Pantry

Heading to the store this week? Consider picking up a few items for our SVdP food pantry:

- Breakfast Cereal
- Canned Corn
- Tomato Sauce

Thank you in advance! Please drop off non-perishable food donations at the rectory office.

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**Stewardship**

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**Corner**

**Spotlight from our Sister Parish**

Our Holy Spirit Donations to our sister parish have helped so many children and young adults attend school.

Laurent attends the Chanjale Junior Seminary in Mwanga, Kilimanjaro. He has high marks in "Spiritual Life" and "Liturgical Participation."

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**Outreach—Sister Parish**

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**Please Welcome our Newly Baptized!**

Noah, Gian, Mario, Emily, Zacharias, Martin

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**Giving**

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**Special Collections coming up:**

- Holy Spirit School—This Week
- Mission Co-Op—August 26

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<thead>
<tr>
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<th>Amount</th>
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<tr>
<td>Sunday, Aug 4</td>
<td>$ 37,799</td>
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<tr>
<td>First Friday</td>
<td>$ 251</td>
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Our pledged Weekly amount (excluding special collections) is: $29,408
Preface Dialogue and Sanctus

The Preface Dialogue
One part of Mass often overlooked is called the Preface Dialogue. It draws our attention to the high point of the Mass, the great Eucharistic Prayer. It's kind of like getting ready for a race.

**Priest:** The Lord be with you.
**Priest:** Lift up your hearts.
**Priest:** Let us give thanks to the Lord our God.

**People:** And with your Spirit.
**People:** We lift them up to the Lord
**People:** It is right and just.

Liturgical dialogues foster communion between priest and people. They bond the people with each other to pray together, and they bond the people to the priest when the people speak to him in unison. The unity of the mystical Body of Christ is both expressed and advanced by these dialogues.

"Lift up" is derived from the Latin, "Sursum corda," literally, "Hearts aloft." In the last line, it is "right" to give thanks because that is why humans were created, and it is "just" because God deserves to be praised.

With the celebration of the Eucharist, we can resume running the race toward the Father, with Jesus as our model and the Spirit empowering us. Let us pray the Preface Dialogue with enthusiasm.

Where does Holy, Holy, Holy come from and what does “Hosanna” mean”?
This prayer is called the Sanctus because that is its first word in Latin. The first line is the hymn of the seraphim in Isaiah 6:3 and Revelation 4:8. The second part is what the crowd cried to Jesus at his triumphal entry into Jerusalem, which is modeled after Psalm 118:25.

Hosanna is derived from the Hebrew term "Yasha na." "Yasha" means "save," and "na" is an expression of entreaty or request. It can be translated in a variety of ways: "I pray," "Please," "I beseech," or "Oh." The Hebrew terms were combined - Yasha na ("O, save!") as in Psalm 118:25 - and this became Hosanna.

This week's In Spirit and Truth is written by Fr. Ken