Please Pray for our Holy Spirit School Students

As school starts this week for Holy Spirit School, please keep the students, staff, and families in your prayers.

Lord our God, in your wisdom and love you surround us with the mysteries of the universe.

Send your Spirit upon these students and fill them with your wisdom and blessings.

Grant that they may devote themselves to their studies and draw ever closer to you, the source of all knowledge.

We ask this through Christ our Lord.

Amen.

Be Spirit filled and make disciples!
## 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) 456-4975.

---

### Sunday, August 19

**Twentieth Sunday in Ordinary Time**

Prv 9:1-6; Ps 34:2-7; Eph 5:15-20; Jn 6:51-58

- **5:00 pm** (Saturday Vigil)
  - Rita Kane Hylle †, Anna Hanh Tran †, George Silva Sr. †

- **7:15 am**
  - Rizalino Pablo Sr. †, Wilfrida V. Hernandez †, Alfonso C. Hernandez †

- **9:00 am**
  - For the People of Holy Spirit Parish

- **10:45 am**
  - Josephine & Phil Lucero †, Amanda Monteiro Lingle, Manuel S. Alvarez †

- **12:30 pm**
  - Felix D’Almeida †, Milagros Alducente †, Milagros Cortez Lansang †

- **5:00 pm**
  - Leon & Nellie Jones, Wilhelmina R. Magsaysay †, Joe & Albine Blanche

### Monday, August 20

**Memorial of Saint Bernard, Abbot and Doctor of the Church**

Ez 24:15-24; Dt 32:18-21; Mt 19:16-22

- **7:00 am**
  - Francisco & Dominador Abnojar †

- **8:15 am**
  - Manuel & Divina De la Paz †, Niko Penafiel †

### Tuesday, August 21

**Memorial of Saint Pius X, Pope**

Ez 28:1-10; Dt 32:26-28, 30, 35cd-36ab; Mt 19:23-30

- **7:00 am**
  - Marina & Arsenio Abenojar †

- **8:15 am**
  - Rodolfo Felarca †

### Wednesday, August 22

**Memorial of the Queenship of the Blessed Virgin Mary**

Ez 34:1-11; Ps 23:1-6; Mt 20:1-16

- **7:00 am**
  - Basil Sales †, John Angeles

- **8:15 am**
  - Naida Pavlakovich †

- **6:30 pm**
  - Jaime Valadez †

### Thursday, August 23

**Thursday of the Twentieth Week in Ordinary Time; St. Rose of Lima**

Ez 36:23-28; Ps 51:12-15, 18-19; Mt 22:1-14

- **7:00 am**
  - Ines & Aurelio Flores †

- **8:15 am**
  - Nathalie Langreo †

### Friday, August 24

**Feast of Saint Bartholomew, Apostle**

Rv 21:9b-14; Ps 145:10-13, 17-18; Jn 1:45-51

- **7:00 am**
  - Rodrigo Laquian Sr. †

- **8:15 am**
  - Vital Silveira, John & Maria †

### Saturday, August 25

**Saturday of the Twentieth Week in Ordinary Time; St. Louis; St. Joseph Calasanz; Blessed Virgin Mary**

Ez 43:1-7a; Ps 85:9ab, 10-14; Mt 23:1-12

- **7:00 am**
  - Gerald Ledesma

- **8:15 am**
  - Juana Rallanka †
Twentieth Sunday in Ordinary Time

Wisdom is a quality that appears to be sorely lacking in our society today. Sometimes it seems that our leaders are promoting action after action that is the exact opposite of wise or good. How can our faith survive when so much around us seems to be pulling in the opposite direction? Our readings today encourage us to seek wisdom and learn how to apply it in our own lives and in the world around us.

Wisdom (in the first reading) says, "Forsake foolishness that you may live; advance in the way of understanding." Our second reading urges that we "do not continue in ignorance, but try to understand what is the will of the Lord." Jesus teaches that "the bread that I will give is my flesh for the life of the world." For the sake of the life of our world, we must be willing to grow into wisdom.

TASTE AND SEE
Wisdom is often identified with Christ and with the Holy Spirit. Both are present in today's readings, one as a metaphor, the other as a doctrine. "To the one who lacks understanding, [Wisdom] says, Come, eat of my food, and drink of the wine I have mixed!" She urges us, "Forsake foolishness that you may live; advance in the way of understanding."

Jesus urges us to be united with him in an intimate way in his flesh and blood in the Eucharist. We are blessed with the quality of wisdom, if only we recognize this and welcome our Lord into our hearts.

WELCOME ME AND LIVE
"How can this man give us his flesh to eat?" In those days, before our understanding of the Eucharist, before the Last Supper when Jesus offered himself to his disciples in the bread and wine, this may have been a reasonable theological question, as well as a logical one. They did not understand. They did not have the wisdom to see the metaphor, or to know that further understanding would be forthcoming.

But to those who were open to Jesus' words, the bread of life was offered and accepted as the way to life eternal. They may not have understood that Jesus was speaking of eternal life, not our physical life on Earth, that would be given forever, but they were captivated by the metaphor and believed. "Whoever eats my flesh and drinks my blood has eternal life." It is possible to be puzzled and still believe.

So what does this mean for us today? Wisdom is something we sorely need in our world, and it is one of the gifts of the Holy Spirit. Partaking of the Body and Blood of the Lord is to gain wisdom as well as eternal life, to participate in the life of God, the Trinity, and of each other in love and caring. We must abandon our foolish ways and believe.

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
Bill Alemania, James Gentes, Alberta Rossetto

Birthday Blessings
Jean Young, Byron Young, Nicholas Yee

Pray for our Sick
Maura Saenz, Cheryl Ferguson, Brian Senf, Janet Leon, Dn. R. Yee, Kevin Yee, Jess K., Jeanne Messick, Victor Chu
Help Out in Our Gardens

We would like to invite volunteers interested in gardening and plant enthusiasts to tend the gardens near the rectory and back of the church (St. John’s side).

If you are interested, please contact Jeff Van Der Sluis at Jeff@holyspiritfremont.org.

St. Vincent de Paul needs you!

The Society of St. Vincent de Paul at Holy Spirit serves the poor and needy in our parish. Through your generous donations, our ministry has been able to provide many basic needs for our neighbors who are less fortunate. But we cannot do this without the efforts of volunteers. We are looking for adult volunteers as well as Junior Vincentians who need to fulfill some volunteer hours.

If you are interested in serving in this wonderful and rewarding ministry, please contact us at (510) 797-3672 or at larrybarrios@gmail.com.

Children’s Sacramental Preparation and Faith Formation

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.

Join Fr. Ken on Pilgrimage

Oct. 30—Nov. 14, 2018 | $4,900 per person

This is a pilgrimage to Medjugorje, Infant of Prague, Poland, Vienna and Shrines of Germany with Fr. Ken Sales. The cost of the trip is $4,900 per person based on double occupancy. It includes roundtrip airfare, room and two meals daily, tips and all transportation for site seeing. Mass will be celebrated daily.

For more information, contact Violeta Lantin-Sosa (510) 673-4118.

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.
Indian Society $5 Meal Deal
After Morning and 12:30 pm Masses
Sunday, August 19

The Indian Society is hosting their $5 meal today in the Peace Center after Mass. Come and get a great meal at a great deal. Join us for fellowship and get a great meal at a great deal. Proceeds benefit funding for the church. We thank you for our support.

Baptismal Font Update

Thank you for your tremendous interest and support of the Baptismal Font project! This new Baptismal font will allow us to welcome new members to our Catholic Faith, both infants and adults, with the beauty and honor that this sacrament embodies.

We now have over $129K in gifts towards the Font plus $64K from the Diocesan Capital Campaign rebates towards this project. Unfortunately our original estimate of the cost of the font was misevaluated as the font is being built over a basement area. Additional engineering and construction is needed to ensure adequate support underneath the Font. This puts the current project estimate at 400K which is about three times as much as we had originally estimated for the Font.

The project has been put on hold until we get new approval from the diocese to work on this with a much higher estimate. We are planning to value engineer this project to attempt to bring the cost down, but ultimately this will cost more than initially planned. We have adequate reserves to continue to move forward with the project, however any additional support from our Parish Community will help to move this along much more quickly.

Thank you for your understanding of the Baptismal Font project updates.

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.

Adult Confirmation Registration
7-9 pm | Tuesday beginning September 4th
De Sousa House

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 in late January or early February 2019.

Registration is online at holyspiritfremont.org/learn or in person at the De Sousa House.
From our Youngest Stewards:

I helped someone, I prayed, I studied my lessons:

Grace, Maddie, Delaney, Hanami, Cha-Cha, Lilly, Joachim, Noah, Dylan, Aiden, Kara, Kal-El

St. Vincent De Paul Food Pantry

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

- Canned Green Beans
- Jelly/Jam
- Tuna

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

Spotlight from our Sister Parish

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

Dennis excels at Chemistry, Math and Religion classes.

Please Welcome our Newly Baptized!

Kyra, Miah, and Sidney

Special Collections coming up:

Mission Co-Op—August 26

Sunday, August 12 $ 30,243
Holy Spirit School $ 2,048

Our pledged Weekly amount (excluding special collections) is: $29,408
The Eucharistic Prayer

The “Holy, Holy, Holy” has just finished and we all kneel. Now what? Let’s break down the Eucharistic Prayer and how you can pray during this part of the Mass. The priest typically selects from four different options for the Eucharistic Prayer, all of which have the same four parts that can be summed up in the simple prayer **Come, Lord Jesus, come.** (Catechism of the Catholic Church, 1352-1354).

**Come...**

When the priest stretches his hands over the bread and wine, he prays for the blessing of the Holy Spirit to **come** upon the bread and wine, which is called the **epiclesis**. In this moment, pray that the Holy Spirit come upon you as well, to direct your focus on Christ.

**...Lord...**

Jesus is **Lord**. And so, He can make bread and wine His Body and Blood. When the priest takes the large host and the chalice, he says the words of **institution** over them and they become His Body and Blood. Then in silence, the priest raises the Body and Blood of Christ for all to see. In this moment, pray that the Lord increase your faith in His presence.

**...Jesus...**

After we sing the **Memorial Acclamation**, the priest prays the **anamnesis**, where we call to mind who **Jesus** is: the One Who died, rose, and will come again. The sacrifice of His love on the Cross is now present on the altar. Remember Christ offered everything out of love for you.

**...come.**

The priest prays for the Church and the world, the living and the dead in what is called the **intercessions**. Pray along with the priest for these intentions and how your own fit in this entire prayer of the Church.

“...[In] the Eucharistic Prayer [also called the anaphora]-the prayer of thanksgiving and consecration-we come to the heart and summit of the celebration.” (CCC 1352)