Holy Spirit T-shirts are Back!

Thank you for your patience! We did not anticipate the response from the t-shirts during the first sale, so we made sure to order plenty this time.

On sale after Masses this weekend!

$15 for one shirt | $13 per shirt if you buy 3 or more

Be Spirit filled and make disciples!
### Twenty-first Sunday in Ordinary Time

**Our Vision:**
Be a flourishing community of intentional disciples shining as beacons of Christ.

**Sunday, August 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 pm</td>
<td><em>Mary Milz †, Sue McDonough †, Gerald Ledesma</em></td>
</tr>
<tr>
<td>7:15 am</td>
<td><em>Renato Castaneda †, Richard &amp; Patti Orduno, Dominic Palafax</em></td>
</tr>
<tr>
<td>9:00 am</td>
<td>*Girilo Canlas †, Mike Mannix †, Enmemorita &quot;Emma&quot; Gonzales †</td>
</tr>
<tr>
<td>10:45 am</td>
<td><em>For the People of Holy Spirit Parish</em></td>
</tr>
<tr>
<td>12:30 pm</td>
<td><em>Rosalie &amp; Larry Greene †, Maria Eligi Valenzuela †, Antonio Gallegos</em></td>
</tr>
<tr>
<td>5:00 pm</td>
<td><em>M. Alfredina Da Silva, Joe Wright †, Elmon Ledesma &amp; Family</em></td>
</tr>
</tbody>
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**Monday, August 27**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td><em>Aulianna Tandean</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Ronald J. Silva †</em></td>
</tr>
</tbody>
</table>

**Tuesday, August 28**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td><em>Beatrice Quintana †</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Naida Pavlakovich †</em></td>
</tr>
</tbody>
</table>

**Wednesday, August 29**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td><em>Beatrice Quintana †</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Emiliano Lacunza †</em></td>
</tr>
<tr>
<td>6:30 pm</td>
<td><em>Francis Xavier †</em></td>
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**Thursday, August 30**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td><em>Leonard Gonzales †</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Timoteo Concepcion †</em></td>
</tr>
</tbody>
</table>

**Friday, August 31**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td><em>Adelaída de Guzman †</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Teresa Luk, Marlene Faustino</em></td>
</tr>
</tbody>
</table>

**Saturday, September 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Names</th>
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</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td><em>Dominga Pacita &amp; Florencia Flores †</em></td>
</tr>
<tr>
<td>8:15 am</td>
<td><em>Beatrice Quintana †</em></td>
</tr>
<tr>
<td>11:00</td>
<td><em>Emiliano Lacunza †</em></td>
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</tbody>
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**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. Sign up for a weekly commitment at [https://www.adoration.holyspiritfremont.org](https://www.adoration.holyspiritfremont.org).

**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](http://holyspiritfremont.org).

**Interested in Catholicism?**

Learn about Jesus, the Catholic faith, or become Catholic: (510) 456-4975.
The poor often believe in God with more sincerity than those who possess much more in the way of material goods. Worrying about what you will eat each day and how you will pay the heating bill or the rent is a great hardship.

Yet in the Psalm we are assured, "When the just cry out, the LORD hears them, and from all their distress he rescues them. The LORD is close to the brokenhearted and those who are crushed in spirit he saves."

In these times, we can be disheartened when we see those among the rich and powerful who constantly try to get richer while cynically depriving the poor of the very necessities of life. But "the LORD confronts the evildoers, to destroy remembrance of them from the earth."

This refers to those who, as in our own time, walk away from Jesus in disbelief because they can't understand what is of the Spirit and not of the flesh. They can only understand the things of the flesh; they care only for their own flesh and not that of those whom they should love and care for as part of the Body of Christ. We, too, need to take care lest we fall into the same trap.

SPIRIT AND LIFE
"This saying is hard; who can accept it?" Those who had been following Jesus found the teaching about eating his flesh and drinking his blood, words that we heard in last Sunday’s Gospel, puzzling and unbelievable. There are Catholics who innocently believe that our Eucharist is only symbolic of the Body and Blood of Christ. Yet Jesus did not command us to eat this symbol of his body and blood. He said, "This is my body" and "This is my blood."

"Does this shock you?" In fact, it did seem to shock many of his followers, the disciples no less than anyone else. Referring to another future action which would be hard to believe, Jesus says, "What if you were to see the Son of Man ascending to where he was before?" Nothing more is said about the Ascension at this time, but he is teaching them gradually how to accept something that seems unbelievable.

DO NOT LEAVE
Jesus teaches that "no one can come to me unless it is granted [them] by my Father." Jesus explains these difficult beliefs by telling them that "the spirit . . . gives life, while the flesh is of no avail. The words I have spoken to you are Spirit and life." It is in the Spirit that we truly live, and if we believe only in the flesh, we will never understand or be able to believe what seems impossible. That takes faith, and faith is a gift from God.

Because they cannot grasp this, many leave him, and so Jesus asks the Twelve, "Do you also want to leave?" But the faith of the closest followers is strong enough to hold on to what is impossible to understand literally. Peter answers for the Twelve, "Master, to whom shall we go? You have the words of eternal life."

The Apostles have come to believe that Jesus is the Christ, "the Holy One of God." Can we accept the gift of faith enough to believe?
**Jesse Manibusan and Ken Canedo in Concert**

7:30 pm | Wednesday, September 12
Tickets $12, children under 12 are free
Tickets available in the office

Jesse & Ken are bringing their joyful spirit to Holy Spirit Church on Wednesday, September 12 at 7:30 pm. The renowned Catholic composers and youth ministers will share humorous stories of faith and invite us to sing along on such beloved favorites as “Fly Like a Bird” and “Open My Eyes,” as well as songs from their new album, Fish With Me. This is their only Bay Area concert together for 2018. Don’t miss this evening of fun for the whole family!

Proceeds will be donated St. Patrick’s Seminary and University

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**RCIA starting soon!**

We are getting set to start a new RCIA journey. We will begin September 4, 2018, at 7:30-9:00 pm in the De Sousa House.

If you or someone you know is over the age of 16 and is in need of the Sacraments of Initiation (Baptism, Confirmation, and/or Holy Eucharist) or just curious to learn more about the Catholic faith, please contact dcntim@holyspiritfremont.org or dcnsteve@holyspiritfremont.org; call (510) 598-7408; or visit www.rcia.holyspiritfremont.org.

We look forward to journeying with you into a deeper relationship with Christ.

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**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 immediately after Labor Day on Wednesday September 5th. We animate parents to be catechists.

Please contact Faith Formation at (510) 456-4974 or at faithformation@holyspiritfremont.org.

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**Join our AV Team**

Interested in Audio/Video? Do you like working with cameras, sound equipment, etc.? We have limited space for new interns to be a part of our AV Team! After the internship each AV team member will receive $25 for each Mass worked. You must over 16 years old and willing to work the 5PM Mass on Saturday or Sunday.

Interested? Contact Jeff@holyspiritfremont.org

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**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

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**KidZone**

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.
Children's Liturgy of the Word
9:00 am and 10:45 am Masses
Sundays beginning Sept. 9th

Children’s Liturgy of the Word will start up again on Sept. 9th and is offered during the 9:00 am & 10:45 am Sunday Masses for K through 4th graders.
We are currently in need of adults and teens to share the Gospel message with these children. Please contact us for meeting times and information about sharing the message.
For further information, please contact Kendee at (510) 796-8956 or kendeehs@yahoo.com for the 9:00 am Mass & Cheryl at HolySpiritCheryl@gmail.com for the 10:45 am Mass.

Youth Mental Health First Aid Training

Catholic Charities of the East Bay, the social services arm for the Diocese of Oakland, is offering FREE Mental Health First Aid Trainings for those who work with youth until the end of September 2018.

These trainings help prepare people to support youth in crisis and connect them with ongoing help. These trainings offer the tools and resources needed to help answer questions such as “How can I best support someone?” or “Where can someone find help?” These 8-hour trainings are available in both English and Spanish.

To register for an upcoming Youth Mental Health First Aid Training please contact Leah Hotchkiss at hotchkiss@cceb.org or (510) 290.6103.

Retrouvaille Program

Retrouvaille helps married couples heal and renew their marriages. Oakland Retrouvaille Program: September 7-9, 2018.
Register at www.HelpOurMarriage.com or call Gus & Edda Rivera at (510) 709-6063. Retrouvaille provides marriage help! You are not alone!

Parish Blood Drive

Thank you to all those who came and donated at our Parish Blood Drive! We would especially like to thank our 3 new donors. Approximately half of the nation’s blood supply is collected at blood drives like ours. We were able to collect enough blood to help about 75 people in our community hospitals. To the patients who receive blood, and to the people who love them, you are a super hero! Thank you so much!

The Filipino 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 baptismal font project. We thank you for our support.
You can even drive up and use our grab-n-go service after the 9:00 and 10:45 Masses.
From our Youngest Stewards:
I helped someone, I prayed, I studied my lessons:

Joachim, Cha-Cha, Lilly, Adiv, Ohaan, Abbey, Maddie, Grace, Dylan, Ellie, Delaney, Aiden, Noah

St. Vincent De Paul Food Pantry

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

- Canned spaghetti sauce
- Macaroni and Cheese
- Vienna Sausages

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

Please Welcome our Newly Baptized!

Truman, Aiden, Thea, Lana, Juno, Ezekiel, Aria, Addeline, and Jose

Special Collections coming up:
Mission Co-Op—This Weekend

<table>
<thead>
<tr>
<th>Date</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, July 15</td>
<td>$33,349</td>
</tr>
<tr>
<td>Votive Offering</td>
<td>$657</td>
</tr>
</tbody>
</table>

Our pledged Weekly amount (excluding special collections) is: $29,408
The Words of Consecration

“For this is my body which will be given up for you.”

“For this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many, for the forgiveness of sins...Do this in memory of me.”

The Institution Narrative recounts the incident of the Last Supper, in which Jesus instituted the Sacrament of the Eucharist by declaring the bread to be His Body and the wine to be His Blood. These words Jesus spoke are called the Words of Consecration, and when the priest speaks these same words in the person of Christ, transubstantiation occurs, by this we mean, the bread and wine are actually changed into the Body & Blood of Christ.

I know that some find it difficult to believe that bread and wine change into the Body and Blood of Jesus because we don’t see any change in the bread or wine. The bread still tastes like bread and the wine still tastes like wine.

With our intellect, we can understand that God must be keeping the universe together, that God is the origin of everything, but reason will only take us so far. We need to add faith to our reason and intellect. We need to be humble and open to God performing a miracle every day in this church, the miracle of the Eucharist.

The same God who holds the universe is the same God who says, “This is my body given up for you, this is the chalice of my blood...” Can you add faith to your intellect? When you submit to God you will not lose anything, you will gain everything. There is a beautiful chant, “Trust, surrender, believe, receive.” Add faith to your reasoning and receive the love of God for you! The Eucharist is the gift of God’s love for you.

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