San Lorenzo Ruiz Celebration

Holy Spirit’s first ever San Lorenzo Ruiz celebration with a procession, Mass, and reception was held on September 29 with a Novena leading up to the date.

Mass Schedule

<table>
<thead>
<tr>
<th>Weekend</th>
<th>Weekday</th>
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<tr>
<td>5:00 pm (Saturday Vigil)</td>
<td>Mon. - Fri.: 7:00 &amp; 8:15 am</td>
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<tr>
<td>7:15 am</td>
<td>9:00 am</td>
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<tr>
<td>10:45 am</td>
<td>12:30 pm</td>
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<tr>
<td>5:00 pm</td>
<td>Saturday: 7:00 &amp; 8:15 am</td>
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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.

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Sunday, October 14 | Twenty-eighth Sunday in Ordinary Time
Wis 7:7-11; Ps 90:12-17; Heb 4:12-13; Mk 10:17-30 [17-27]

5:00 pm Mary & Bill Orlandi †, Marieta A. Tan †, Christine Vu †
(Saturday Vigil)

6:30 pm Conchita Sigua, Dawson Pryor †
7:15 am Celestina Martinez, Kyle Atikus Isidore Barnes, Ben Calso †
9:00 am Hilarim Cajucom †, Ismaela Tanada †, Efren Benigno
10:45 am Primo Mina & Family, Ron & Brian Ladrillono, The Lorigan Family
12:30 pm For the People of Holy Spirit Parish
5:00 pm Romeo A. Ramilo †, Larry Cadena †, Christine Vu †

Monday, October 15 | Memorial of Saint Teresa of Jesus, Virgin and Doctor of the Church
Gal 4:22-24, 26-27, 31 -- 5:1; Ps 113:1b-5a, 6-7; Lk 11:29-32

7:00 am Rosemarie Saenz, Perfecto Caluag Sr. †
8:15 am Gilbert Galvan †, Jenny Pricilla †

Tuesday, October 16 | St. Hedwig; St. Margaret Mary Alacoque
Gal 5:1-6; Ps 119:41, 43-45, 47-48; Lk 11:37-41

7:00 am Eric & Chiara Monteiro, Placida B. Caluag †
8:15 am Ben Calso †, Eduardo David †

Wednesday, October 17 | Memorial of Saint Ignatius of Antioch, Bishop and Martyr
Gal 5:18-25; Ps 1:1-4, 6; Lk 11:42-46

7:00 am Lauriano Hilario & Maria Clemena †, Fanti Sutardji
8:15 am Ofie Flores, Cesar Tanada †
6:30 pm Estrada Family †, Carlina Racca †

Thursday, October 18 | Feast of Saint Luke, evangelist
2 Tm 4:10-17b; Ps 145:10-13, 17-18; Lk 10:1-9

7:00 am Katrina Hizon, Paul Angeles †
8:15 am Maria Pangelinan †, Ben Calso †

Friday, October 19 | Memorial of Saints John de Brébeuf and Isaac Jogues, Priests, and Companions
Eph 1:11-14; Ps 33:1-2, 4-5, 12-13; Lk 12:1-7

7:00 am Linda Agbuya, Lourdes David †
8:15 am Bernardine Goularte †, Pedro L. Valerio, Jr. †

Saturday, October 20 | St. Paul of the Cross; Blessed Virgin Mary
Eph 1:15-23; Ps 8:2-3ab, 4-7; Lk 12:8-12

7:00 am Elly Dronkers †, The Lanuza Family †
8:15 am Brian & Elizabeth Aguirre, Eloisa Seli

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.

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Pray for Our Recently Departed
Maura Saenz, Natividad Macarau, Frank Hoover

Birthday Blessings
Karol Bruce, Alfred Jeremiah III, Doug Roen, Conchita Sigua

Aniversary Blessings
Peter and Linda Cheng—20 years

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.
Newest Updates

Tootsie Roll Drive
5:00 pm | Sunday, Oct. 21 (next Sunday)

The Knights of Columbus will be passing out Tootsie Rolls and asking for donations to support people with intellectual disabilities next Sunday. Collected funds are donated to Holy Spirit SPRED, Special Olympics Road Runners Team, and Bethesda Community Homes. Please help support these worth community charities.

Filipino Society $5 meal deal
After Morning and 12:30 Masses | Sunday, Oct. 14 | Peace Center

The Filipino Society is hosting their $5 meal today in the Peace Center after Sunday Masses. Join us for fellowship and come and get a great meal at a great deal. Proceeds benefit funding for the baptismal font project. We thank you for your support.

Looking for New Catechists!

We need you! More children and adults need our assistance growing their faith in Christ. Would you be willing to share your own faith with others for about 1.5 hrs a week?
It’s easy, talk to Deacon Rigo learn how you can assist others in coming to Christ! Call Dn. Rigo at (510) 456-4974 or email dcnrigo@holyspiritfremont.org

Eucharistic Ministers to the Sick Workshop
7:00 pm | October 16 | Church
9:30 am | October 22 | Church

Current EMs to the Sick of Holy Spirit need to attend one of these two meetings. Please mark your calendars and see you there!
The Gospel of the Rich man trying to go to Heaven is a real eye opener. I remember several times in my life that I heard people saying, “The person with the most toys, when they die, wins.” Women use the word “shoes” instead of toys. But what is all this stuff to us.

These attachments can begin to control our lives. We need to store them, we need to insure them, keep them protected or they could lose their value. They become more important than our family members. And we can hold them over people to persuade them to do what we want. Are we consumed with our possessions?

How many times have you read or heard of money breaking up families. Is it the money or the attachment to a life style of living? Do family members learn about the need for attachments from you. Or is it the television commercials, radio, magazines, now the internet, or television shows that tell us we need all these things to be happy. My parents had some close friends who were very wealthy, one day one of them found out they had cancer. They soon realized that all the money in the world, all their possessions, homes, commercial buildings, cars, investments could not save them from this Cancer. The only peace they received was from family, close friends, prayer, and their church community.

What are my priorities in my life? Am I helping my family and others in our community, as God taught us to do. It is ok to be wealthy, it is what you do with it that counts. Remember we cannot take anything with us into Heaven, just our soul. So as Jesus taught and coached us, let us work on our soul, may we have a wealthy soul of God’s love. Keeping Jesus teachings as our priority to get us in God’s love and good graces, which leads into Heaven.

From the desk of

The other day my wife told me I needed to clean up my book shelves, way too many books. Yes, it is cluttered, but I need to reference from many of these books. In fact, I was going to buy another set of books and DVD movies from the author Scott Hahn, to help me better understand our Bible study series here at Holy Spirit, regarding “The Lamb’s Supper.” Guess what I discovered, I finally went on “FORMED” web page, and all the items I was going to buy were there for me to use for free. In fact, I began surfing through “FORMED” and found many of my books and videos there. I no longer need to invest into another book shelf. My wife Annette will be so happy, that I am not expanding my book and video collection, but getting all my info for free. What is that saying, “Happy wife, happy life”.

So please check this website out, need help ask. Go to holyspiritfremont.formed.org. Once in, click on the search button. Type whatever you like, names / places / Authors / Catholic movies. Trust me when I say, please try this out. ~Deacon Steve
We’re Open!

Parish Office:
- M-Sat. 9:00 - 5:00
- Closed Wednesday
- Sun. 9:00 - 2:00

Faith Formation/De Sousa House Office:
- M-Th 8:30 - 4:30

Gift Shop:
- Sun. 8:30 - 2:00

Parish Library:
- Sun. 9:00 - 12:30

Kidzone
- 9 am, 10:45 am, & 12:30 pm Masses
- We offer free care for your preschooler every Sunday.
- We are located downstairs underneath the church.
- Please stop by and visit us! More info call Fran at (510) 456-4974.

Clergy
Fr. Kenneth L. Sales, Pastor
510-456-4964
Fr. Lee Chompoochan, Parochial Vicar
510-797-1660
Fr. Matthew Murray, Parochial Vicar
510-456-4965
Dcn. Rigo Cabezas, Dir. of Rel. Ed.
510-456-4975
Dcn. Chuck Glover, Pastoral Care
510-789-8652
Dcn. Steve Lewellyn, RCIA
510-797-1660
Dcn. Tim Roberto, RCIA
510-598-7408
Dcn. Emeritus Richard Yee, Retired

Departments
Business/Maintenance: Jeff Van der Sluis
510-456-4970
Facilities Scheduling: Rosalyn Jose
510-456-4995
Faith Formation and Youth Ministry Office:
510-456-4974
Music: Paul Orella
510-673-3873
Society of St. Vincent de Paul:
510-797-3672

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News and Events

Called and Gifted Retreat
Dec. 1-2 | De Sousa House

The next Called and Gifted Retreat is happening! The Holy Spirit has gifted you with charisms but you may not know it. Come, take the Charism Inventory, then learn how you may be able to apply them to benefit others growing their relationship with Christ Jesus. Retreat date 12/1-2 at de Sousa House.
Call or email Dn. Rigo (510) 456-4974, dcnrigo@holyspiritfremont.org

Memorial Altar

During the month of November, we will have a memorial altar for photographs of our Faithful Departed. Bring your 4x6 or smaller framed pictures to the parish office. Be sure to include your name and phone number on the back of the frame so we can return the photo to you. Please let us know if your deceased loved one was in the Military as we would like to honor them in a designated space.

Parish Blood Drive
8 - 12 pm | Oct. 21 | Peace Center

Next Sunday...You can change a life! Those who have an appointment will be taken before those without. Please make an appointment for our Parish Blood Drive by going to www.bloodheroes.com and clicking "Donate Blood" then enter Sponsor Code: HolyHoly.
You may also call Kendee at (510) 796-8956 or email at kendeehs@yahoo.com.

Technology Class for Seniors
2:30 pm | Sundays | Governo House Dining Room

Arnav Singhvi will teach a free class to help seniors learn functions in devices like iPhones and iPads and applications like Messaging, Facebook, Whatsapp, etc.
For more information, contact (510) 298-8877 or connectseniors.org
News and Events

Open Door to Returning Catholics
7:15 pm | Wednesdays
St. Matthew Room in De Sousa House

Returning Catholics is a parish program that reaches our and invites non-practicing or inactive Catholics to return home to the Catholic Church. Would you or someone you know benefit from this program. Stop in! No registration necessary.

Bereavement Support Group
2:30 pm | Sundays, starting Oct. 7

Are you dealing with the death or illness of a loved one, a divorce, the loss of a job or other life changing loss? Join our deanery supported bereavement group.

For more information, please contact Helen Campbell at (510) 795-7958.
Next Session topics:
10/14/18—As You Deal with Your Loss
10/21/18—Dealing with Difficult Feelings

St. Vincent De Paul Food Pantry

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

- Ramen Soup
- Spaghetti Noodles—not wheat
- Spam

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

Online Giving:
Have some questions?

What is Online Giving?
Online giving is a way to give to Holy Spirit on a one time or recurring basis through credit card or EFT from your bank account.

How can I sign up?
Go to holyspiritfremont.org/give and follow the links on the page to go to our online giving site through OSV.

Is it safe?
It’s less risky than writing checks or bringing cash to church. Electronic contributions cannot be lost, stolen or destroyed and have an extremely high rate of accuracy.

How will my contributions be recorded?
We record contributions and send yearly reports to everyone who gives to Holy Spirit through online giving and through envelopes. Online giving reports are actually more accurate!

Welcome to our Newly Baptized!
Kayla, Vivian, Eiza, Sebastian, Kamila

Special Collections coming up:
Holy Spirit School—October 14
World Mission Sunday—October 21

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<tr>
<th>Last Sunday</th>
<th>$ 32,322</th>
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<tr>
<td>Catholic Voice</td>
<td>$ 2,835</td>
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Give
Receiving Holy Communion

The Walk
The procession towards Communion, of course, is a walk towards Christ who gives himself to us in the Eucharist. As we process towards the Eucharist, it is easy to compare that to lines of the DMV, or at Disneyland, or at Safeway. The Church teaches that our procession towards communion should be a sign of our pilgrimage towards Heaven. Let our steps towards the Eucharist, our prayers towards it, and our focus towards it develop in our hearts a readiness and reverence to enter Heaven.

The Talk
Before receiving him, we express our reverence to Jesus in the Eucharist in two ways: by our posture and by our words. Our bodies speak our belief in the presence of God in the Eucharist by a reverent bow. We bow to place ourselves in a position that bends our will towards God. It is typically appropriate and encouraged to bow as the person before you is receiving the Eucharist. When the Eucharist is personally presented to us for reception, the Communion Minister will state, “The Body of Christ.” Then we respond “Amen,” which means “so be it.” Our response must be audible and faithful in order to express that the Eucharist we receive is no longer simple bread, but is truly the body of Christ.

The Reception
Whether your preference is to receive the Eucharist in the hand or the tongue, we are reminded we are receiving the Living Person of Jesus Christ. If we are to receive in the hand, we should be sure our hands are clean, opened to receive, and allow the Communion Minister to place the Eucharist in your hand. Though we may perceive it as a convenience, we should never take the Eucharist from their minister’s hand. It is important to receive the Eucharist, not take it.

Prior to receiving communion, it is imperative we approach the Eucharist in the state of grace... More on that in next week’s In Spirit and Truth page!

This week’s In Spirit and Truth is written by Joseph Nufable