On Sunday, November 11, our Knights of Columbus hosted a reception after the 9:00 am Mass to honor our parishioners who are veterans. Here is a picture from the event with the Knights and our Veterans.
Our Vision:
Be a flourishing community of intentional disciples shining as beacons of Christ.

Confession
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 December 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.

Pray for Our Recently Departed
Christina Penalosa

Birthday Blessings
Angie Cimeno

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.
What’s Happening at Holy Spirit?

Help us light up our Campus
9 am | Saturday, Dec. 1 | St. Francis Plaza

Help put up Christmas lights around our Church! Meet in the St. Francis Plaza at 9 am on December 1 to help out. See you there!

Immaculate Conception of the Blessed Mother
Saturday, Dec. 8 | Holy Day of Obligation | Mass times below

Saturday, Dec 8 is a holy day of obligation. Mass for the Immaculate Conception of the Blessed Virgin Mary will be Friday (vigil) at 7:30 pm, and Saturday at 7:00 am, 8:15 am, and 11 am. Please note the Saturday 5 pm Mass is a Sunday Mass vigil and is not a Mass for the holy day of obligation.

Cub Scouts Popcorn Sale
After Masses | Sunday, November 25 | St. Francis Plaza

Please support Cub Scout Pack 154 and buy some popcorn after all masses today!

Share Christmas
Saturday, December 15

The Share Christmas Program has begun! Grab a tag (or more) off the trees around our Church. PLEASE put your gifts in a gift bag with the self-adhesive tag attached. If you wrap them we will have to un-wrap them to check the gift. PLEASE RETURN YOUR GIFT BY SATURDAY, DECEMBER 15! WE WILL DELIVER ALL OF THE GIFTS THAT WEEKEND.
God is so immeasurable, so mysterious, that we humans can only manage to contemplate God's infinite qualities a few at a time. Today's majestic feast savors three of God's characteristics: power, eternity, and truth. The prophet Daniel relates a vision of God giving the Son of Man power over all places and all peoples, at all times. His kingship "shall not be destroyed." Very few things in our life experience last forever, but we can trust that God's power will never subside. The book of Revelation stresses this everlasting "always-ness" of God. Revelation proclaims that God was, is, and is to come-covering all of time. God's power lasts forever, and, as John's Gospel relates, so does truth. Jesus says his mission is to "testify to the truth." He invites us to "belong" to the truth, to listen to his voice and glorify God in that truth.

IMAGINATIVE PRAYER
Today marks the end of our liturgical year. Set aside a few minutes to reflect on your relationship with Christ, our King. Relax, close your eyes, and ask the Holy Spirit to guide your imagination. Choose one quality of God shared in today's readings: power, eternity, or truth. Allow your heart and mind to explore this attribute. Perhaps, like the prophet Daniel, vivid images of God will appear. Maybe the word itself will resonate more and more deeply as you consider it. You might imagine faces of people you know whom God has gifted with that particular quality. Breathe, and trust the Holy Spirit to show you something about God that will draw you closer to the divine. Continue to meditate like this as long as is comfortable.

FORMED pick of the week
Go to holyspiritfremont.formed.org, or go to our homepage at holyspiritfremont.org and click the link to be taken to FORMED. Our pick of the week will be on the top of the Community page.

This week, check out a talk from Vinny Flynn on his book the 7 Secrets of Confession.

In this inspiring presentation, popular speaker Vinny Flynn explores the “hidden” truths of the Sacrament of Reconciliation, presenting what to many will be a whole new way of approaching Confession, inviting you to begin an exciting personal journey to healing and holiness. If you do not yet look forward to Confession in the same way you look forward to Communion, this will change your life.
We’re Open!
Parish Office:
M-F. 9:00 - 5:00
Closed Wednesday
Sat. & 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
Safe Environment:
Keiru Bakke
(510) 456-4972
Society of St. Vincent de Paul:
(510) 797-3672

News and Events

New to Holy Spirit?
If you’re new and haven’t registered here at Holy Spirit there are a few easy ways to do it! Stop by the office or go online to holy-spiritfremont.org/join-our-community and fill out the registration form. You can drop off the form at the office or email it to info@holyspiritfremont.org.

Financial Education Workshop
After morning Masses | December 2
De Sousa 4Plex
Free financial education workshop. There are four 30 minute sessions in the De Sousa 4Plex. Learn about reducing taxes, retirement strategies, long-term care. For more information contact Avery Paras at (510) 512-6032 or avery-paras@gmail.com.

Christmas Baby
December 24
Our Holy Spirit tradition has a child, parents, and presider process in for each of the Christmas Eve Masses as a representative of the Christ Child. We currently need one child for each Mass on Christmas Eve. If you have a child who is between 1 - 13 months old on Christmas Eve and are interested, please contact Deacon Chuck at (510) 789-8652.

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 hours a week? Talk to Deacon Rigo and learn how you can assist others in coming to Christ! Call Dn. Rigo at (510) 456-4974 or email dcnrigo@holyspiritfremont.org
News and Events

Open Door to Returning Catholics
7:15 pm | Wednesdays | De Sousa House

Returning Catholics is a parish program that reaches out 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.

Holy Spirit Cemetery

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

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

St. Vincent De Paul Food Pantry

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

- Canned Soup
- Jelly
- Pork & Beans

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

Simbang Gabi Novena Help
5:30 am | December 16 - 24

It’s that time of year again! The Simbang Gabi committee needs your help! Simbang Gabi is a Christmas tradition of a Novena of early morning Masses in the days before Christmas. All are welcome to join and help

Eucharistic Ministers and Lectors: Sign-up sheet will be available at the vestibule in the All Saints side of the church. Please contact Sylvia Alijentera (510) 507-2135 or Femy Fonacier (408) 307-0359.

Other Committees:
Mass sponsorship: Pat Saturnio (510) 468-7321
Music: Nitz Agbayani (510) 676-3912
Breakfast: Chito Agbayani (510) 366-0111
Souvenir Booklet: Bella Asis (510) 791-6121.

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 can benefit others growing through your charisms. Retreat date 12/1-2 at de Sousa House. Call or email Dn. Rigo:
(510) 456-4974 | dcnrigo@holyspiritfremont.org to sign up.
What is the liturgical year?

Each Mass we celebrate and participate in is part of a larger liturgical year which unfolds the mysteries of salvation. Similar to how our year goes through changes in seasons – from autumn, to winter, to spring, then to summer – the Catholic Church has changing seasons of the liturgical year. In the liturgical year, we enter into the seasons Advent, Christmas, Ordinary Time, Lent, Easter Triduum, Easter, and a second season of Ordinary Time.

The Liturgical year unfolds the birth, life, passion, and resurrection of Christ and the work he did for our salvation. By following and observing the changing seasons of the liturgical calendar, the Church gives us ways to remember, follow, and enter into the life of Christ.

Through the recent season of Ordinary Time, we have spent the past 33 weeks following the life of Christ through the readings of the Gospel of Mark. After this season of Ordinary Time, we begin a new liturgical year with the First Sunday of Advent, December 2.

Why begin with Advent? The Advent season meant to be a joyful time of preparation, not only for the anniversary of the Lord’s birth on Christmas, but also to Christ’s second coming at the end of time. Through this time of preparation for the coming of Christ, we begin a new year of cycle of Mass Readings, begin again at following and entering into the life of Christ. The greatest difference from 2018’s liturgical calendar to 2019’s liturgical calendar will be a change Mass reading cycle. Every three years, the Church cycles through the Gospels of Matthew, Mark, and Luke (the Gospel of John is dispersed throughout every liturgical calendar). This year, through weekday and Sunday Masses, the Gospel of Luke will be proclaimed.

For the Church, a new year is coming. This new liturgical year, we invite you to use the changing liturgical seasons, the feast days, solemnities, and holy days of obligation, as a way of living your life with the rhythm of Christ’s life. To follow his teachings, to enter into his death, and to receive new life in him!

This week’s In Spirit and Truth was written by Joe Nufable