Holy Spirit parishioners led by Fr. Ken Sales attended Mass celebrated by Archbishop Salvatore Cordileone at Cathedral of St. Mary of the Assumption before participating in the Walk for Life.

**Mass Schedule**

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

**15th Annual West Coast Walk For Life**

*February 3, 2019*

37588 Fremont Blvd.
Fremont  94536

Parish: (510) 797-1660
School: (510) 793-3553
Preschool: (510) 793-2013
info@holyspiritfremont.org
holyspiritfremont.org

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*Fourth Sunday in Ordinary Time*

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*Be Spirit filled and make disciples!*

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**15th Annual West Coast Walk For Life**

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Holy Spirit parishioners led by Fr. Ken Sales attended Mass celebrated by Archbishop Salvatore Cordileone at Cathedral of St. Mary of the Assumption before participating in the Walk for Life.
**Our Vision:**

Be a flourishing community of intentional disciples shining as beacons of Christ.

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<table>
<thead>
<tr>
<th>Sunday, February 3</th>
<th>Fourth Sunday in Ordinary Time</th>
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<tbody>
<tr>
<td>5:00 pm (Saturday Vigil)</td>
<td>Lai Sisters &amp; Kathleen Lennon †, Arnulfo Arias †</td>
</tr>
<tr>
<td>7:15 am</td>
<td>Wilson Carbonel †, Filomena B. Estrada †, Zeniaida Quijano</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Mateus Rodrigues Family †, Encarnation Eduardo Nava †, Annie Kennedy †</td>
</tr>
<tr>
<td>10:45 am</td>
<td>For the People of Holy Spirit Parish</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Maria Brasil †, Cresencio &amp; Remedios Salindong †, Carmella Podesta †</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Tatiana Tapia †, Batacan Family, Mary Litwin †</td>
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<thead>
<tr>
<th>Monday, February 4</th>
<th>Monday of the Fourth Week in Ordinary Time</th>
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</thead>
<tbody>
<tr>
<td>Heb 11:32-40; Ps 31:20-24; Mk 5:1-20</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>Larry Guidotti †, Elena Abarca †</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Gilbert King †, Elena Abarca †</td>
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<thead>
<tr>
<th>Tuesday, February 5</th>
<th>Memorial of Saint Agatha, Virgin and Martyr</th>
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</thead>
<tbody>
<tr>
<td>Heb 12:1-4; Ps 22:26b-28, 30-32; Mk 5:21-43</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>Butch Pontillas †</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Floro &amp; Josefa Dabu †, Agueda Malabanan †</td>
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</tbody>
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<thead>
<tr>
<th>Wednesday, February 6</th>
<th>Memorial of Saint Paul Miki and Companions, Martyrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heb 12:4-7, 11-15; Ps 103:1-2, 13-14, 17-18a; Mk 6:1-6</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>Thompson P †</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Richelle Sibal, John Downing, Sr. †</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Alicia Ong †, David Bettencourt †</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Thursday, February 7</th>
<th>Thursday of the Fourth Week in Ordinary Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heb 12:18-19, 21-24; Ps 48:2-4, 9-11; Mk 6:7-13</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>For the People of Holy Spirit Parish</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Paulina &amp; Josie Domingo †, Angelo Medina †</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Friday, February 8</th>
<th>Friday of the Fourth Week in Ordinary Time</th>
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</thead>
<tbody>
<tr>
<td>Heb 13:1-8; Ps 27:1, 3, 5, 8b-9; Mk 6:14-29</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>For the People of Holy Spirit Parish</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Francisco &amp; Ana Bulcao †, Gloria Torbela †</td>
</tr>
</tbody>
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<table>
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<tr>
<th>Saturday, February 9</th>
<th>Saturday of the Fourth Week in Ordinary Time</th>
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</thead>
<tbody>
<tr>
<td>Heb 13:15-17, 20-21; Ps 23:1-6; Mk 6:30-34</td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td>For the People of Holy Spirit Parish</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Visitacion Medina †, Consolacion Medina †</td>
</tr>
</tbody>
</table>

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 Sick**

Zeny Lacey, Billy Bruce, Irene Drobick, Lilian Gerardo, Rita Rosario, Terri Phan, Rosemary Willis, Lyle Crawford, Sally Ramirez, Lupe Palomino and Lolita Uy.

**Anniversary Blessings**

Louis & Vilma Fernandez—61 years

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**Pray for Our Recently Departed**

Larry Bellamy, Deborah Sham, Jackie Cunningham, Paolo Maria Umlas, Theresa Averill, Anamma Yohanan, Mary Manathara and Diosdado Balcorta.

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**Birthday Blessings**

Cathy Kennedy, Teddy Scholz

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**Confession**

Saturday: 3:30 pm

Thursday before 1st Friday: 3:30 pm

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**

First Saturday (except January) at 12:00 pm.

All seniors and those seriously ill or anticipating surgery are invited to attend.

Next Mass March 2.

**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.
What’s Happening at Holy Spirit?

Bereavement Support
Feb 10– Mar 31| Sundays 2:30 pm—3:30 pm | Fireside Lounge

Are you dealing with the death or illness of a loved one, a divorce, the loss of a job or other life changing loss? Sharing your story with others may speed healing and lighten the burden of loss. Your story is uniquely yours, but pain is universal. Our deanery sponsored bereavement support group’s next series begins Sunday afternoon, February 10, 2019. We are meeting in the Fireside Lounge at Holy Spirit Parish, from 2:30 pm – 3:30 pm for 8 consecutive Sundays. Information shared is strictly confidential. For more information, please contact Helen Campbell at (510) 795-7958.

Abode Rapid Re-Housing Request
Feb 9 – Feb 10| After all masses| Fireside Lounge

On **February 9th and 10th**, we will collect items in **Saint Francis Plaza** for families who will move out of a shelter and into an apartment. Items Needed: Laundry baskets, laundry detergent, scrub brushes, Ajax, bathroom cleaners, brooms, all-purpose cleaners, Windex, paper towels, toilet paper, Kleenex, soap, shampoo, conditioner, trash bag liners, dish soap, first aid kits, flash lights.

Please contact MJ Johnson at (510) 449-6377, mjajlounymidwife@gmail.com or Amy Wilhelm at (510) 742-5295, email: amywilhelm1035@comcast.net

Oakland Retrouvaille Weekend Program
February 22 - 24, 2019

From the Desk of Fr. Ken...

Faithful to the End, Come What May...

To be chosen by God for a challenging mission is surely a great sign of honor. But in most cases, this sign of distinction becomes also a burden as the chosen “missionary” or prophet has to face difficulties, oppositions, and even persecution in the fulfillment of his/her mission. In such circumstances, faithfulness to the God-given mission carries a heavy price.

Such was the experience of the prophet Jeremiah and of Jesus himself, the greatest of all prophets who was rejected by his own townsfolk in Nazareth. But he remained faithful to the end, in spite of all opposition and disappointments, simply because he knew that the salvation of all human beings depended on his perseverance.

Faithfulness at all costs to our mission is the message of God’s Word to us today. In this Eucharist, let us place our hope in Jesus and get our strength from him as we work for the coming of his Kingdom.

Peace and Blessings,

Fr. Ken

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.

St. Francis de Sales, True Reformers Series

Determined from his youth to pursue the priesthood, Saint Francis de Sales lived a storied life as a priest and missionary before settling down to the duties of a small-town bishop in the foothills of the French Alps. The spiritual writings of this beloved teacher of everyday holiness are justly celebrated. In his doctrine, we find the summation of the teaching of the Catholic Reformation.
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
510-598-7408
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
St. Vincent de Paul:
(510) 797-3672

News and Events
Youth Ministry Second Collection and Pasta Feed
February 2-3 | Special Collection
6:00 pm | February 9 | Pasta Feed | De Sousa House

There will be a special collection this weekend, February 2-3, at all masses to support Holy Spirit Youth Ministry going to LA Youth Day. Also, HSYM is holding a Spaghetti Feed in the de Sousa house on February 9 at 6:00 pm to raise funds for this event. Tickets can be purchased at the door. Thank you for your generosity.

Married and Engaged Couples Retreat
March 15-17 | De Sousa House | $150 per couple

Couples in Cana Retreat is coming to Holy Spirit on March 15-17, this is an excellent opportunity to bring Jesus to your table, engage Him and your spouse in conversation and turn your marriage into a truly incredible journey of faith and love. Talk to Dn. Rigo at (510) 456-4974 for more information. Space is limited to 25 couples.

Holy Spirit Gift Shop closes for remodeling after this Sunday.
10:00– 2:00 pm | This Sunday ONLY

We are reimagining our Gift Shop! This is the last chance for a great deal on religious gifts, books and other items. Everything in the Gift Shop is 70% off and 10% off White wine! Don’t miss out on a great opportunity!

Filipino Society $5 meal deal
February 3, 2019 | Peace Center

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 a special project for the parish. We thank you for your support.
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
- Dry Pinto Beans
- Peanut Butter 16 oz
- Pork and Beans

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

Holy Land Pilgrimage

March 11-21, 2019 | Led by Fr. Ken Sales
$3500 per person

Fr. Ken Sales will be leading a pilgrimage to Holy Land from March 11th to March 21st this year. The cost of the trip is $3,500 per person (including all taxes) which includes round trip airfare, room, two meals daily, and all transportation for site seeing. Please contact Alex Paras at (510) 509-0585 for more information.

Please welcome our newly baptized!
Mateo and Liam

From our Youngest Stewards:

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

Langston, Abbey, Ellie, Ethan, Celestina, Jayden and Alden.

Giving

Special Collections coming up:
Holy Spirit Youth Ministry

<table>
<thead>
<tr>
<th>Last Sunday</th>
<th>$ 29,831</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holy Spirit School</td>
<td>$ 3026</td>
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</tbody>
</table>

Our pledged Weekly amount (excluding special collections) is: $31,963

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.
OUR FATHER, WHO ART IN HEAVEN...

Sound familiar? It rolls so easily off our tongue sometimes! But when we say it so easily, often we fail to say it with the adoration, confidence, and love we should have.

For the next weeks we will focus on the petitions of the Our Father. For this week, we will focus on this simple phrase that comes from Christ Himself: Our Father, Who art in Heaven.

When you look out at the beauty of creation and remember that it has an Author in God, remember also that the great Designer wants you to know Him as Father. Christ, through His death and resurrection, has made us children of God by adoption (Romans 8:15). When I pray, I am not trying to get the attention of an impersonal force. I am speaking with a Father Who loves me.

That word “father” may be difficult for me to say to God for a variety of reasons. But remember: God our Father transcends our human experiences and He is the perfection of fatherhood. “No one is father as God is Father” says the Catechism of the Catholic Church (no. 239). Our earthly experiences of fatherhood, good or bad, are nothing compared to the goodness found in the Father Who loves us.

And He truly is “our” Father, the Father of the family that is the Church. When I say this prayer, I say it in communion with the rest of my brothers and sisters, children of the same Father.

Here are a few practical ways of living in the light of this prayer:

1) Say this prayer at least three times a day. Do it intentionally. Say it with others: family, members of the parish, friends.

2) Read the Catechism from 2777-2803 about this part of the prayer.

3) Take a look at The Return of the Prodigal Son by Bartolome Esteban Murillo. So often I might feel like that son-guilty, struggling with belief, lost, needy. The Father wishes to wrap me with His presence, knowing that He cares for me. As the saying goes, let go and let God be Father.

4) Tell God your needs simply, without too many words. Be confident that He hears you!

This week’s ISAT written by Fr. Matthew

IN SPIRIT AND TRUTH