Three Pillars of Lent

Prayer, Fasting, and Almsgiving

During the season of Lent, we are called to participate in three Lenten practices: prayer, fasting, and almsgiving. Saint Paul urged the Thessalonians to “pray constantly” (1 Thess 5:17). During Lent, we are called to a more fervent prayer life, focusing on penance and reconciling ourselves to God and each other. For early Christians, going without food enabled a neighbor to eat. The practice of fasting—denying our human appetites—allows us a way to nurture others. Through almsgiving (or giving to charity), we show love for our neighbor. This may done by donating one’s time, talent, or treasure.

“Lord, help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent.”

Weekend
5:00 pm (Saturday Vigil)
7:15 am | 9:00 am
10:45 am | 12:30 pm
5:00 pm

Weekday
Mon. - Fri.: 7:00 & 8:15 am
Wednesday: 6:30 pm
1st Friday: 7:30 pm
Saturday: 7:00 & 8:15 am

Be Spirit filled and make disciples!
Our Vision:
Be a flourishing community of intentional disciples shining as beacons of Christ.

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?

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Sunday, March 10 | First Sunday of Lent
Dt 26:4-10; Ps 91:1-2, 10-11, 12-13, 14-15; Rom 10:8-13; Lk 4:1-13

5:00 pm (Saturday Vigil)
Elmon Ledesma & Family, Lucia Nguyen †, Ruth Nicholson †

7:15 am
Helen & Sofo Orias Jr., Lucia Pastrana & Lourdes Guevara †, Cleopatra A. Carbonel

9:00 am
For the People of Holy Spirit Parish

10:45 am
Vincente C. Llamas III †, Isabel & Clifford Mina †, Virginia V. Noguera †

12:30 pm
Amelio Cancio Amarillas, Richard Punzalan †, Ramon Sakisat †

5:00 pm
Humberto Palomarez Leon †, George Ray Tyree †, Brittney Buccat

Monday, March 11 | Monday of the First Week of Lent
Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46

7:00 am
Mavi Gonzales †

8:15 am
Roger Chang, Irene Drolick †

Tuesday, March 12 | Tuesday of the First Week of Lent
Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

7:00 am
Kyle Aticus Isidore Barnes

8:15 am
Sean Sanchez, Cabral Family

Wednesday, March 13 | Wednesday of the First Week of Lent
Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

7:00 am
Grace Oblena

8:15 am
Charles Schafer †, Jose P. Albano, Sr. †

6:30 pm
David Bettencourt †, Felicitas Gaerlan †

Thursday, March 14 | Thursday of the First Week of Lent
Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12

7:00 am
Ruth Nicholson

8:15 am
Raymund Anthony De Torres †, Virginia V. Noguera

Friday, March 15 | Friday of the First Week of Lent
1 Pt 5:1-4; Ps 23:1-3a, 4-6; Mt 16:13-19

7:00 am
Lorraine W. Manalo, Aulianna Tandean †

8:15 am
Cornelio S. Castro †, Maria Laurel Valbuena †

Saturday, March 16 | Saturday of the First Week of Lent
Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

7:00 am
Vincent R. Manalo

8:15 am
Truong & Cuong Pham †

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 Sick
Christopher Gomez, Norma Soliz, Zeny Lacey, Marilyn Bernard, Lyle Crawford

Pray for Our Recently Departed
Douglas Francisco, Irene Drolick, Nathan Albios, Jerry Goodman, Bill Meaney

Birthday Blessings
Gilbert Peng, Christopher Gee, Frank Ng, Sharlene Park, and Pauline Lowe
What’s Happening at Holy Spirit?

Q & A with SiliconSage Builders
Mar 10 | Peace Center

Harbir Bhatia, Director of Community Benefit & Innovation, will be available after the 10:45 am and 5:00 pm Masses to address questions regarding the mixed-use building project next door.

$5 Meal Deal
Mar 10 | Peace Center

The Holy Spirit Indian Society is hosting their $5 Meal Deal on Sunday, March 10, 2019, after the 7:15 am, 9:00 am, 10:45 am, and 12:30 pm Masses in the Peace Center. Come join us for fellowship and get a great meal for a great deal! Proceeds support our parish needs. Thank you for your generous support!

Lenten Fish Fry

The Knights of Columbus are hosting their Lenten Fish Fry on the following Fridays—March 15th, March 29th, and April 5th—5:30 to 7:30 pm in the Parish Center. Menu includes fried and baked fish, pasta, tater tots, green beans, tossed salad and coleslaw. Desserts and beverages also available.

18th Annual Crab Feed & Auction
Mar 23 | 4:30-11:00 pm

Tickets are on sale for the 18th Annual Holy Spirit Crab Feed & Auction. This is one of our school's biggest fundraisers—and your support is greatly appreciated! The Crab Feed & Auction is on Saturday, March 23, 2019, 4:30-11:00 pm. Purchase your tickets at our table outside or online at https://holy-spirit-school.ticketleap.com/crabfeed/dates/Mar-23-2019_at_0430PM.
From the Desk of Dcn. Steve...

In today’s Gospel, we discover that temptation happens to all of us, even Jesus. It all started with Adam and Eve; remember my homily on the blame game? “It is never our fault, someone else made me do it.”

How do we stand up to temptation in our life today?
What tempts us to buy that outfit?
What tempts us to brag about our achievements?
What tempts us to gossip about another person?

When tempted, do we try to convince ourselves that it is okay to do an action that we know we really should not do, and will regret later? Is there something in our life that leads us into that temptation?

This Lenten season, our forty days of desert time, let us contemplate on our trigger points that allow us the temptation to do what we know is wrong. Let us ask God to help eliminate trigger points in our life before we are tempted. We need to trust in God to guide us out of the stormy seas of temptation. Only with God do we succeed.

May our journey throughout Lent help us rediscover our roots in our faith and the love God has for each one of us. May God bless you and open your hearts and minds through this Lenten season.

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.

Enter into our Lord’s Passion and Death with the Stations of the Cross by St. Alphonsus Liguori. The meditative tone and pace of this devotional video featuring Catholic artistic masterpieces allows for true accompaniment with Jesus along the Way of the Cross.

Journey With Us Through Lent

Morning Reflections with Fr. Matthew: Monday-Friday mornings through Holy Thursday, Apr 18, 6:15-6:45 am, De Sousa House
Alpha Lent/Easter Series: Wednesdays beginning Mar 13, 7:00-8:30 pm, De Sousa House
Stations of the Cross: Fridays beginning Mar 15, 7:30 pm, church
Knights of Columbus Friday Fish Fry: Mar 15, Mar 29, Apr 5, 5:30-7:30 pm, Parish Center
Communal Reconciliation: Monday, Apr 15, 7:00 pm, church
**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:  
Temporarily closed for remodeling

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

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**Kidzone**  
9 am, 10:45 am, & 12:30 pm Masses  
We offer free care for your preschooler every Sunday.

We are located downstairs beneath the church. Please stop by and visit us! More info call Fran at (510) 456-4974.

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**Clergy**  
Fr. Kenneth L. Sales, Pastor  
510-456-4964  
Fr. Lee Chompoocian, Parochial Vicar  
510-797-1660  
Fr. Matthew Murray, Parochial Vicar  
510-456-4965  
Dcn. Rigo Cabezas, Dir. of Rel. Ed.  
510-456  
Dcn. Chuck Glover, Pastoral Care  
510-789-8652  
Dcn. Steve Lewellyn, RCIA  
510-598-7408  
Dcn. Tim Roberto, RCIA  
510-797-3672

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**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

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**News and Events**

**Children’s Liturgy of the Word**  
9:00 am and 10:45 am Sunday Masses  
All children K-4th grades are invited to join Children’s Liturgy of the Word. We share the Gospel and have a Gospel-related activity. No need to register and there is no fee. Just join us at the banners when the Mass celebrant invites the children to come forward. Parents are also welcome. The children return at Offertory during the Liturgy of the Eucharist.

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

*Returning Catholics* is a parish outreach program that 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.

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**Lent/Easter Alpha Series**  
Beginning Mar 13 | 7:00 pm | De Sousa House

The Alpha team invites you to dinner followed by a short video presentation designed to engage participants in conversations about faith, life, and Jesus. This Wednesday night series begins March 13, 2019, 7:00-8:30 pm, and runs through Lent and Easter.

For more information, please call Dcn. Rigo at 510-456-4975. All faith levels welcome.

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**Morning Reflection**  
De Sousa House

Join Fr. Matthew Murray for tea/coffee and donuts as he leads us through a guided reflection on *33 Days to Merciful Love.* We meet in De Sousa House on weekday mornings from 6:15 am to 6:45 am during the season of Lent through Holy Thursday.

Please contact Dcn. Rigo for more information at denrigo@holyspiritfremont.org
What’s Happening at Holy Spirit?

Thunder Valley Casino Trip

Join the Filipino Society for a day trip to Thunder Valley on Saturday, March 30, 2019. Bus leaves Holy Spirit at 8:00 am sharp. Tickets are $40, with $20 credit. Proceeds will support parish projects and the Filipino ministry. For tickets, please call Maryanne Gacusan at 510-289-0382 or Mung Bernardo at 510-710-8007. Fun,

Parish Blood Drive

We are hosting Blood Centers of the Pacific on Sunday, March 31, 2019, 8:30 am to 12:30 pm in the Peace Center. To donate blood, you must be at least 17 years old with valid identification (or if 16 years old, you must have parental consent). Appointments are available online at vitalant.org (click “Donate” then enter the Sponsor Code: HolyHoly). You may also contact Ken-dee Sigmon at 510-796-8956 or kendeehs@yahoo.com to schedule an appointment. One donation can help save up to 3 lives!

Join Our Staff!

Would you like to share the talents and graces you’ve been blessed with? Come join us! We are looking for an Office Receptionist and a Gift Shop Manager. Please go to holy-spiritfremont.org/announcements for full job descriptions and details on how to apply. Contact Jeff@holyspiritfremont.org with any in-

St. Vincent De Paul Food Pantry

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

- Pork & Beans
- Ramen Soup-Chicken
- Tomato Sauce
- Vienna Sausage

Please drop off non-perishable food donations at the rectory office. Thanks for your support!

Please note: All food donated must be in factory sealed packages/containers.

Gift Shop Closed

The Gift Shop is closed temporarily for renovations. Thank you very much for your patience.

We welcome our newly baptized!
Camille, Olivia, Dylan, Rithika, Gia, Philippa, Adrianne, and Liana

From our Youngest Stewards
I helped someone, I prayed, I studied my lessons:
Valentina, Josefina, Langston, Joachim, Ellie, Abbey, Adiv, Ohaan, Marcelo, Celestina

Giving Corner

Special Collections coming up:
Holy Spirit School 3/17

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<thead>
<tr>
<th></th>
<th>Amount</th>
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<tbody>
<tr>
<td>Last Sunday</td>
<td>$33,500</td>
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<tr>
<td>St. Vincent de Paul</td>
<td>$350</td>
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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, THY WILL BE DONE...

This could be, possibly, the scariest part of this prayer: asking that what God wants, His will, be done on earth as it is in heaven. What if I won’t like what God wants? What if it means my suffering? Can I really trust God with everything?

It could also be the most liberating prayer in my life. How can I make that happen?

Christ Himself answers this question for us. He lived out what the Church prays, “The will of God gives joy to the heart; we see all things in its light” (The Liturgy of the Hours, Week 1, Monday, Daytime Prayer). At one point, He said to His disciples, “My food is to do the will of the one who sent me and to finish his work” (John 4:34). In the garden of Gethsemane, before He entered into His passion and death, Christ prayed to the Father: “My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will” (Matthew 26:39).

No one knows the goodness, the power, the love, and mercy of the Father as His Son, Jesus Christ. When Christ told us to ask that His Father’s will be done, He was showing us His Heart. Christ knew His Father’s plan was good, even in the moments of great suffering. Jesus shows us that when we say thy will be done, we are placing our trust in the hands of His good Father. It is Christ Who teaches us to trust in God’s will.

Practical Tips
1) When I need God’s help, do I ask for His will to be done in the midst of whatever it is that is going on? My Father, what is your plan for me in this?
2) What are my resolutions for Lent? Have I asked God what He thinks about them?
3) In moments of stress, anxiety, or fear, remember that the Father has a plan for my life and that He can bring the resurrection to every cross that I bear.

Written by Fr. Matthew Murray

IN SPIRIT AND TRUTH