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?
New to Holy Spirit?
Welcome to our parish! If you need to register, please visit the Rectory Office or go online at holyspiritfremont.org/join-our-community and complete the registration form.
What’s Happening at Holy Spirit?

2019 Festival Queen Bake Sale
Mar 17, 2019

The Festival Queen Committee is hosting a bake sale on Sunday, March 17, 2019, after all the Masses. All proceeds will go toward the 2019 Presentation Ball. Thank you for your support!

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 Kendee Sigmon at 510-796-8956 or kendeehs@yahoo.com to schedule an appointment.

One donation can help save up to 3 lives!

Lenten Fish Fry

Join us for our Lenten Fish Fry on Fridays—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 available. Adults $10, children (5-12) $5. Hosted by the Knights of Columbus.

CRS Rice Bowls

In keeping with the Lenten practice of almsgiving, CRS Rice Bowls are still available in the church or Rectory Office. If you have filled up your bowl before the end of Lent, please bring it to the Rectory Office. We will also accept Rice Bowls during the Offertory at the following Masses: Palm Sunday, April 14th; Easter Sunday, April 21st; and Divine Mercy Sunday, Apr 28th.
This is my chosen Son; listen to Him.

The Gospel informs us of how the Father wants us to be in relationship with Jesus, His Only Son. There are two other references in the Gospels that bring us face to face with Jesus and compel us to pay attention to Our Lord and Savior. All three instances were included in the Luminous Mysteries of the Rosary by St John Paul II. Two of them bring us in close contact with the only two moments where the Trinity is present in human history, the First and Fourth Luminous Mysteries. In the Second Luminous Mystery, it is His Mother (and ours, too) who is front and center.

The First Luminous Mystery, the Baptism of the Lord. The Father says: “This is my beloved Son of whom I am well pleased.”

The Fourth Luminous Mystery, the Transfiguration. The Father says: “This is my chosen Son; listen to Him.”

The Second Luminous Mystery, the Wedding at Cana. The Mother says: “Do all that He tells you.”

We are called to be attentive with open eyes, minds, and hearts to the voice of God, and the Spouse of the Holy Spirit and Mother of the only living God, to become intimately familiar with the Gospel’s invitation to follow Jesus. Are we? We at Faith Formation would love to help you open your mind, heart, and eyes to the call of the Gospel to be missionary disciples and to live the Catholic Lifestyle. Please contact me at 510-456-4974 or dcn-rigo@holyspiritfremont.org or come visit me at the De Sousa House so we may start you on your own journey to become a missionary disciple. May the Lord bless every day of your life.

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.

Fr. McGivney founded the Knights of Columbus, a mutual benefit society that today remains the world’s largest Catholic lay organization with 1.8 million members in 13 nations. This film offers a rare glimpse into the life of an extraordinary priest and visionary leader.

Two organizations here at Holy Spirit that afford you the opportunity to participate in the life of the parish are St. Vincent de Paul and Knights of Columbus. Watch the documentary and call me—I will get you touch with their members.

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, 7:00-8:30 pm, De Sousa House
Stations of the Cross: Fridays, 7:30 pm, church
Knights of Columbus Friday Fish Fry: Mar 29, Apr 5, 5:30-7:30 pm, Parish Center
Communal Reconciliation: Monday, Apr 15, 7:00 pm, church
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.

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
St. Vincent de Paul:
(510) 797-3672

News and Events

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 dcnri-go@holyspiritfremont.org

Lent/Easter Alpha Series
Wednesdays | 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. We meet during Lent and Easter on Wednesdays, 7:00-8:30 pm, in the De Sousa House. For more information, please call Dcn. Rigo at 510-456-4975. All faith levels welcome.

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.

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 welcome. The children return at Offertory during the Liturgy of the Eucharist.
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, fellowship, and jackpots are ahead!

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
- Canned Spaghetti Sauce
- Dry Pinto Beans—1-lb. bags
- Spaghetti Noodles—not wheat

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.

Adoration Chapel Coordinators

We are seeking volunteers to monitor Adoration Pro, an online software to help us ensure proper coverage of the Adoration Chapel. Please call Keiru at Keiru@holyspiritfremont.org for info.

A/V Team

Do you like working with cameras, sound equipment, etc.? Join the A/V Team! After completing the internship, each team member receives $27.50 per Mass worked. Must be 16+ yrs. old and willing to work at the 5 pm Mass on Saturday; and/or 7:15 am, 5 pm Masses on Sunday. Space is limited. Please contact Jeff at jeff@holyspiritfremont.org for more information.

Table of Plenty

Table of Plenty is requesting donations of brand new socks, travel-size toiletries and hand sanitizers to be distributed to our neighbors in need. Please drop off your donations at the Rectory Office (clearly marked “Table of Plenty”).

Art & Environment Ministry

During Lent, please refrain from placing flowers in the church niches and the Adoration Chapel. The A&E Ministry, however, is accepting monetary donations towards floral arrangements and other enhancement needs for the rest of the liturgical year. If sponsoring flowers, please specify the location (church or chapel) where you would like them to be placed.

From our Youngest Stewards

I helped someone, I prayed, I studied my lessons:
Valentina, Josefin, Langston, Celestina, Ellie, Abbey, Jason, Vinitha

Giving Corner

Special Collections coming up:
Holy Spirit School 3/17

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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.
This petition of the Our Father is a simple prayer of trust. We ask that God supply us with what we need, with the confidence of children. Notice we are not asking for sumptuous meals, just daily bread. Feasts are not forbidden, but we are reminded to ask for what we need, not what we want.

We also say our daily bread, to remind us that when we go before God in prayer, we are praying not just for my own needs, which may seem like they go on and on, but for the needs of others – family, Church, and the world. It is also a call: if I ask God to provide for our needs, I must seek to share our resources with those in need. Indeed, this prayer said by a hungry person should be answered by God working in me, helping me to be generous with others.

Finally, this petition is a reminder of the Eucharist, because we are not only made for worldly bread: “…it is not by bread alone that people live, but by all that comes forth from the mouth of the Lord” (Deuteronomy 8:3). Our Father gives us the “true bread” (John 6:32), His Son in Holy Communion. St. Augustine writes, “The Eucharist is our daily bread. The power belonging to this divine food makes it a bond of union. Its effect is then understood as unity, so that, gathered into his Body and made members of him, we may become what we receive” (Catechism of the Catholic Church, 2837).

Practical Tips
1) When I pray, how much am I praying for the needs of others?
2) Do I seek to receive Holy Communion as often as I can? Do I do so worthily, which means I have confessed any mortal sins I am aware of?
3) As we continue through Lent, am I using the Catholic Relief Services Rice Bowl to remind me to share my gifts with those in need?