Pan de Vida - Couples in Cana Retreat

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?
Learn about Jesus, the Catholic faith, or become Catholic: (510) 456-4975.

Sunday, March 24 | Third Sunday of Lent
Ex 3:1-8a, 13-15; Ps 103:1-4, 6-8, 11; 1 Cor 10:1-6, 10-12; Lk 13:1-9
Alternate readings (Year A): Ex 17:3-7; Ps 95:1-2, 6-9; Rom 5:1-2, 5-8; Jn 4:5-42 [5-15, 19b-26, 39a, 40-42]

5:00 pm (Saturday Vigil)
Rita Camacho †, All Souls †, Renato Velasquez †
7:15 am
Alexei Jonathan Ramos, Ruth Nicholson, Mely de Guzman Shepherd †
9:00 am
Vlado Pavlović †, Menchu Y. Rebosura †, Rosalina Balcorta †
10:45 am
Flaviano & Juana Reduque †, Engracio & Eustaquia Abagat †, Marina Arze & Lucio Vargas †
12:30 pm
For the People of Holy Spirit Parish
5:00 pm
Bernadette Valdellon, Silveira & Brasil Family †, Hermelita Filardo †

Monday, March 25 | Monday of the Third Week of Lent
Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10; Lk 1:26-38
7:00 am
AmandoBayani, Aileen A. Lorenzo
8:15 am
Julie Domingo, Marilyn Saenz

Tuesday, March 26 | Tuesday of the Third Week of Lent
Dn 3:25, 34-43; Ps 25:4-5ab, 6-7bc, 8-9; Mt 18:21-35
7:00 am
Alejandro Javier †, Eugenio Lu †
8:15 am
Angelina Galapin †, Filomena N. Datu †

Wednesday, March 27 | Wednesday of the Third Week of Lent
Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19
7:00 am
Ruth Nicholson, Maria L. Guevarra
8:15 am
Maria Miranda, Chito & Emelie Sanchez
6:30 pm
Lydia Austero, Eleodoro A. Hijare †

Thursday, March 28 | Thursday of the Third Week of Lent
Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23
7:00 am
Stacey Raab †, Nancy Sue Garcia †
8:15 am
Hung & Ninh Pham †, Teresita Dimaculangan †

Friday, March 29 | Friday of the Third Week of Lent
Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34
7:00 am
Jordan L. Bisek †, Nancy Sue Garcia †
8:15 am
Maria Amelia Freitas †, Jose Ventura Freitas †

Saturday, March 30 | Saturday of the Third Week of Lent
Hos 6:1-6; Ps 51:3-4, 18-21ab; Lk 18:9-14
7:00 am
Ruth Nicholson †
8:15 am
Sugay Family †, Jovita Carimio

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
Coby Bryant, Joseph Figuerido, Dolores Barrios, Dcn. Ron Horan, Dcn. Ben Agustin

Anniversary Blessings
Mr. & Mrs. Amando Bayani (48 yrs.)

Birthday Blessings
Amando Bayani

Pray for Our Recently Departed
Mark Caluza, Ruben de Jesus, David Miller Castillo
What’s Happening at Holy Spirit?

**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.

**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”).

**KidZone**
KidZone is hiring for the Sunday Program! Applicants must be 21+ yrs., have experience working with preschool-age children, and is *full of energy!* Work hours are 1-2 Sundays each month, 8:30 am-2:00 pm. Please contact Fran at (510) 456-4974 for more information.

**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.

**Holy Spirit Preschool Now Enrolling**
Holy Spirit Preschool offers a partnership between home and school. We are dedicated to developing the whole child by providing quality, well-rounded Catholic education for the preschool-aged child focusing on spiritual, academic, social, emotional, and physical growth in a safe, caring environment. If interested, schedule a tour (510) 793-2013. Space is limited.
Fr. Mike makes clear the truth that Christ deeply loves and wants to encounter each of us as we are, with all our imperfections. He debunks the lies we often believe about not being good enough to approach Jesus. He uses Scripture to explain why we go to priests to encounter God’s mercy in the Sacrament of Confession.

Have you ever debated with God? Tested him to bend His will to what you wanted? We probably all have at one time or another. In asking for one thing and promising another if God delivers, isn’t that a test?

Promising something that we think God wants is an empty promise if it is conditioned on what you want. If we think there is something God wants, why not just give it up to Him?

There’s really nothing God needs except for us to follow His laws to the best of our ability. He knows we will make mistakes, but mistakes can be forgiven.

We need to trust in Him to deliver what we really need, not what we think we need. And He knows there are times that we will fight against His will no matter how good that will is for us.

Lent is a good time for us to re-examine our relationship with our heavenly Father. Let’s pray that we allow God to lead us and that we will gladly follow Him. And during the times we don’t (and it will happen), we have a way to get back into a right relationship. And that is in the Sacrament of Reconciliation.

What a great name for the Sacrament. It has a much better feel than calling it Confession. The act of confessing what we have done allows us to be reconciled with God and to repair the damage caused by our sin. Praise God for that opportunity.

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. Mike makes clear the truth that Christ deeply loves and wants to encounter each of us as we are, with all our imperfections. He debunks the lies we often believe about not being good enough to approach Jesus. He uses Scripture to explain why we go to priests to encounter God’s mercy in the Sacrament of Confession.

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
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

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

What’s Happening at Holy Spirit?

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.
News and Events

Join Our Staff!
Would you like to share the talents you’ve been blessed with? We are looking for an Office Receptionist and a Gift Shop Manager. Please go to holyspiritfremont.org/announcements for more info. Contact Jeff@holyspiritfremont.org with any inquiries.

Society of St. Vincent de Paul
Our ministry has truly been blessed. With your continued support, we have been able to assist the needy in our community. Next Sunday’s second collection will help our ministry continue its mission of charity. On behalf of the neighbors who receive our help, we extend our heartfelt gratitude.

Be a Docent for Old Mission San Jose
Become a docent volunteer for Old Mission San Jose in Fremont. Docents lead tours for school children on weekdays during the schoolyear. On average, you will serve 2-3 times each month. Contact Mindy Isham at 510-683-9564 or mindyisham@comcast.net for more info.

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 yrs. old with valid identification (if 16 yrs. old, must have parental consent). For appointments, go to vitalant.org (click “Donate” then enter the Sponsor Code: Holy-Holy). You may also contact Kendee Sigmon at 510-796-8956 or kendeehs@yahoo.com. One donation can help save up to 3 lives!

St. Vincent De Paul Food Pantry
Heading to the store this week? Consider picking up a few items for our SVdP food pantry:
- Breakfast Cereal
- Macaroni & Cheese
- 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.

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.

From our Youngest Stewards
I helped someone, I prayed, I studied my lessons:

Abbey, Aiden, Celestina, Dylan, Ellie, Noah

Giving Corner

<table>
<thead>
<tr>
<th>Special Collections coming up: St. Vincent de Paul</th>
<th>Mar. 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Sunday</td>
<td>$31,255</td>
</tr>
<tr>
<td>Parish School</td>
<td>$2,236</td>
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</tbody>
</table>

Our pledged weekly amount (excluding special collections) $31,963
OUR FATHER, FORGIVE US OUR TRESPASSES.

We live in a broken world, marked by human offences. As members of the fallen human race, we tend towards harming ourselves and one another. When hurt by others, even when the offense is small, the desire is for retribution, revenge. And when someone else has hurt me deeply, forgiving and forgetting seems impossible.

The gift of salvation in Christ offers us liberation from the cycle of wounding and pain. Christ teaches us to pray: forgive us our trespasses as we forgive those who trespass against us.

We first pray for the forgiveness of our own sins. In serious ways through mortal sin or in little ways, venial sins, we reject God’s loving will for our lives. Yet He still forgives us, over and over again. When we return to God in repentance, our good Father always responds with forgiveness, no matter how many times I have fallen. I can always receive mercy.

But I can take that mercy for granted. I can get used to it, which is why there is more to the prayer: as we forgive those who trespass against us. Christ tells a story in which a servant is forgiven an unpayable debt but turns around and refuses to forgive another servant’s debt (Matthew 18:21-35). The Catechism of the Catholic Church tells us that God’s “outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us” (2840). To receive mercy, we must be willing to give it.

Forgiving those who have harmed us is not something we can do without God’s help. We need it in order to forgive! As Scott Hahn writes, “Forgiveness is an action that is purely divine. Jesus is asking us here to live the divine life that we have received”[1]. It is by the power of the Holy Spirit in us that forgiveness is possible.

Practical Tips
1) When was the last time I received the outpouring of God’s mercy in the Sacrament of Confession? Make a good confession during this season of Lent?
2) Make a list of those who have offended or harmed you. Have you forgiven them? Ask for help of the Holy Spirit, especially if this seems impossible. God’s wants to give you the gift of forgiveness!


Written by Fr. Matthew Murray