



SUNDAY, MARCH 1, 2020 | FIRST SUNDAY OF LENT



WELCOME

With joy we welcome all who have gathered here with us to worship God.

“How good to sing praise to our God; how pleasant to give fitting praise.” (Psalm 147:1)

Let us lift up our minds, hearts, and spirits to our loving and merciful God, from whom all good things come.

CONTACT

37588 Fremont Blvd.
Fremont, CA 94536
Parish: 510.797.1660
School: 510.793.3553
Preschool: 510.793.2013
info@holyspiritfremont.org
holyspiritfremont.org

MASS

SCHEDULE

Weekend

Saturday: 7:00 & 8:15 am
Saturday Vigil: 5:00 pm
Sunday: 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

1st SUNDAY OF LENT

Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, “All these I shall give to you, if you will prostrate yourself and worship me.” - Mt 4:8-9

Excerpts from the Lectionary for Mass © 2001, 1998, 1970 CCD.

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BE SPIRIT FILLED AND MAKE DISCIPLES!



WORSHIP

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 the Adoration Chapel, located in Governo House.
Hours: 6:00 am to 9:00 pm

Anointing of the Sick

First Saturday (except January and May) at 12:00 pm. All seniors and those seriously ill or anticipating surgery are invited to attend.
Next Mass: March 7

Sacraments

For Baptism, First Communion, Confirmation, Adult Sacraments, Marriage, Anointing of the Sick or Funeral, contact us at 510.797.1660 or holyspiritfremont.org.

First Friday Mass

Next Mass: March 6

New to Holy Spirit?

Welcome! To register, please visit the Parish Office or go online at holyspiritfremont.org/join-our-community

Interested in Catholicism?

To learn about the Catholic faith, please call 510.456.4975

SUNDAY, MARCH 1 | FIRST SUNDAY OF LENT

Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 [cf. 3a]/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

- 5:00 pm (Vigil Mass) Amador Bungcayao †, Elmon Ledesma & Family, Larry Hulse †
- 7:15 am Cleo Reece, Capiral Family †, Clarence Wilhelm Sr. †
- 9:00 am Ken Clark †, Jackson & Arie Griese, Sam Mitchell †
- 10:45 am Noah Kennedy, Anthony Joseph Nicholas †, Sara Ferreyra
- 12:30 pm Magin Austero Sr. †, Tapia Castaneda Family, Miko Revilla Palanca †
- 5:00 pm For the People of the Holy Spirit Parish

MONDAY, MARCH 2 | MONDAY OF THE FIRST WEEK OF LENT

Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 [Jn 6:63b]/Mt 25:31-46

- 7:00 am Teichert, Jonathan & Julie, Mary Chen †
- 8:15 am Johnny Vu, Ephraim Samson †

TUESDAY, MARCH 3 | TUESDAY OF THE FIRST WEEK OF LENT

Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/Mt 6:7-15

- 7:00 am Florence & Joseph A. Fisher †, Caroline Nicholas
- 8:15 am Sam Mitchell †, Ava Rivera

WEDNESDAY, MARCH 4 | WEDNESDAY OF THE FIRST WEEK OF LENT

Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/Lk 11:29-32

- 7:00 am Sophia Reece, Consuelo B. Ferrer †
- 8:15 am Noah Nguyen, Dr. M. Alexander †
- 6:30 pm Alicia Ong †, Nicholas Borg †

THURSDAY, MARCH 5 | THURSDAY OF THE FIRST WEEK OF LENT

Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8 [3a]/Mt 7:7-12

- 7:00 am Gerarda Lat †, Benjamin Gabel †
- 8:15 am Jack Faustino †, Alfonso L. Engalla †

FRIDAY, MARCH 6 | FRIDAY OF THE FIRST WEEK OF LENT

Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/Mt 5:20-26

- 7:00 am Trinidad & Ignacio Yumena †, Nicholi Reece
- 8:15 am Felicitas G. Evangelista, Joseph An Do †
- 7:30 pm Emilio Tanghal †, Nguyen Thi Hanh †

SATURDAY, MARCH 7 | SATURDAY OF THE FIRST WEEK OF LENT

Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/Mt 5:43-48

- 7:00 am Roman Castelo †, Conrado Jaballas †
- 8:15 am Armando Aspiras †, Jovito A. Alcantara Sr. †
- 12:00 pm Tony Davis †, Phil Washburn †

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.



FROM THE DESK OF FR. KEN...

When we take a serious look at ourselves, we realize that there are things that keep us from being the persons and the Christians we wish we were. We feel that we are not free to be our true selves. At the beginning of His mission, Jesus looked at himself and saw the temptations that would keep Him from carrying out His mission.

Lent is for us the time to look into ourselves, to see what keeps us from being free to serve and love God and people the way we should. Let us go with Jesus into the desert, look into the depth of ourselves, and with Jesus, reject what imprisons us and keeps us lukewarm and indifferent, so that like Him and with Him, we can serve.

On this First Sunday of Lent, we have just begun our journey of forty days to Easter. The people of God in the Old Testament needed forty years in the desert to grow, through their

trials and mistakes, into the People of God ready for the Promised Land.

Jesus spent forty days in the desert fasting and praying to prepare himself to make his choice to be the kind of Messiah God wanted. Today, we are given our forty days, too, to re-examine ourselves before God: Are we or do we want to be the kind of Christians God wants us to be? Do we ask Jesus, through His power and guidance, to help us reject the temptations that try to divert us from the task God has given us? During our forty days of Lent, we look to Jesus and try to become more like him, with the blessing of almighty God, the Father, and the Son, and the Holy Spirit. Amen. Let us go in peace to love and serve the Lord in one another.

Have a Blessed Lent!

Fr. Ken

FORMED PICK OF THE WEEK

THE BATTLE WITHIN: SIN AND HOW TO FIGHT IT BY JEFF CAVINS

<https://watch.formed.org/the-battle-within-sin-and-how-to-fight-it-by-jeff-cavins>

MARRIAGE AND FAMILY LIFE

An excerpt from the U.S. Bishops' Pastoral Letter entitled **Marriage: Love and Life in the Divine Plan (Abridged Version)**

Marriage as a Christian Sacrament

When the baptized spouses exchange their promises of loving and permanent fidelity before the Church, their marriage covenant becomes a participation in the unbreakable covenant between Christ and the Church. The Holy Spirit binds the spouses together and enables them to perform acts of self-giving love to the benefit of themselves, their families, and the whole Church. In this way their marriage does more than symbolize Christ's love; it makes that love present in the world.

In order to imitate Christ's love for his Church, the relationship between man and woman needs healing. Their relationship is not a one-sided subjection of the wife to the husband, but a mutual subjection of husband and wife, following St. Paul's charge to "be subordinate to one another out of reverence for Christ" (Eph 5:21).



To read the document go to <http://www.usccb.org/loveandlife/>



SERVE

Fingerprinting for All Members of Parish Ministries

Beginning this year, every Holy Spirit volunteer must be fingerprinted.

If you did not make an appointment to be Live Scan fingerprinted on March 1, 2020, please visit our website for a list of approved vendors and to download the Live Scan form. For additional information, please contact Keiru Bakke, keiru@holyspiritfremont.org

Training for Lectors and Eucharistic Ministers

If you are currently serving as a Lector or Eucharistic Minister, your attendance is mandatory.

New volunteers are welcome! Join our Liturgical Ministry. Become a Lector or Eucharistic Minister.

Lector Training:

March 3 or March 17

7:00 pm | Church

Please attend either training day.

Eucharistic Minister Training:

March 10 or March 24

7:00 pm | Church

Please attend either training day.

From our Youngest Stewards

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

Abbey, Aiden, Celestina,
Dylan, Ellie, Jason,
Joachim, Langston, Noah

St. Vincent de Paul Food Pantry

Heading to the store this week?

Consider picking up a few items

for our SVdP food pantry. Here's this week's grocery wish list:

- ⇒ Canned Spaghetti Sauce
- ⇒ Spaghetti Noodles—not wheat
- ⇒ Vienna Sausages

Please drop off non-perishable food donations at the Parish Office. Please note: All food donations must be in factory sealed packages and/or containers. Thank you for your support!



Adoration Chapel Adorers Needed

Spend one hour with our Lord. Our Adoration Chapel is open 6:00 am to 9:00 pm everyday. All are welcome to sit, to reflect, and to pray with Jesus. We need Adorers to be with our Lord on a regular basis especially on weekdays 12:00 noon to 3:00 pm, as well as Fridays, Saturdays, and Sundays. To sign up for a weekly commitment, please visit our Parish Office.

Mission Doctors Association

March 27-29, 2020

Mission Doctors Association will offer the **2020 Spring Retreat/Seminar** at Loyola Marymount University in L.A. for Catholic Physicians, Dentists, Nurse Practitioners, Physician Assistants, and their spouses who are interested in short-term mission service in Africa and Latin America. For more info: 213.368.1872 or www.MissionDoctors.org

Giving

Sunday, February 23

\$26,968

Special Collection coming up:
Holy Spirit School | March 15

Our pledged weekly amount (excluding special collections):
\$31,963

Corner

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Do you have an Amazon account? Shop through AmazonSmile and support Holy Spirit Parish.



Early Morning Lenten Retreat

Through Holy Thursday, April 9
De Sousa House

Join us Mondays to Fridays, 6:00 to 6:45 am, during Lent. Fr. Ken Sales will lead us in reflection on "Consoling the Heart of Jesus" by Fr. Michael Gaitley, MIC. Book price: \$20. All are welcome! Coffee will be provided. Please bring donuts, cookies, etc.

Fridays During Lent

Pray with us on Fridays:

- 7:00 pm - Stations of the Cross followed by Exposition and Adoration of the Blessed Sacrament.
- March 6 & April 3 (First Fridays) - Stations of the Cross at 7:00 pm followed by Mass at 7:30 pm. Please note: there is no Exposition on First Friday.

Alpha: Lent & Easter Series

Wednesdays, 7:00 pm
March 4 through May 20, 2020
The Alpha Team invites you to dinner on Wednesday evenings

followed by a short video presentation and discussion. Alpha is a series of sessions exploring the Christian faith. Talks are designed to engage and inspire conversation about faith, life, and Jesus. All faith levels welcome.

Alpha Weekend is on Saturday, April 18, 11:00 am to 4:00 pm. For more information, please contact Dcn. Rigo Cabezas at dcnrigo@holyspiritfremont.org or 510.456.4975.

Lenten Reconciliation

During this Lenten season, the Sacrament of Reconciliation will be available **March 5 through April 2, 2020, Thursdays and Saturdays, 3:30 to 4:30 pm.**

Reverence in the Church

Please maintain reverence and silence in the church after Mass. Please do not allow your children to play inside the church, especially near or in the sanctuary.

Be mindful of parishioners in prayer.

You are welcome to visit with family and friends in St. Francis Plaza.



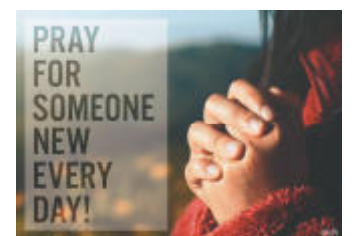
Please note: Our prayer list is refreshed every week. Feel free to call the office to include your loved one for the week: 510.797.1660

Pray for Our Sick

Les Carscadden,
Elaine Dias, Dixie Kibbee, Marilu Radcliff, Joseph Figueiredo, Lupe Wilkerson, John Douglas Prior, III, Dan McClure

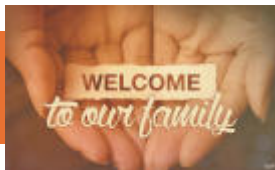
Pray for Our Recently Departed

Remedios Reyes,
Ester Leon Guerrero Benavente, Emilio Miranda, Sr., Leonardo Marbella, Sr., Silvino Tibi



"We set forth our petitions before God, not in order to make known to Him our needs and desires, but rather so that we ourselves may realize that in these things it is necessary to turn to God for help."

- Saint Thomas Aquinas



INVITE

Girl Scout Cookie Sale

February 29 and March 1, 2020

Our Girl Scout Troop #31674 is selling their famous cookies after all the Masses. Stop by their booth in St. Francis Plaza and support our young girls' fundraising efforts.

Filipino Society \$5 Meal

March 1, 2020 | Peace Center

The Filipino Society is hosting their \$5 Meal Deal after the morning and 12:30 Masses. Please come in and get a great meal at a great deal. You can even drive up and use our "grab n go" service after the 9:00 and 10:45 am Masses. We thank you for your support. Proceeds benefit parish special projects.

Bereavement Support Group

All of us experience heart-rending losses during our lives. These are not limited to deaths but also to loss of a job, health, a broken relationship, a home, a pet. Are you coping with such a loss? You are not alone. We all grieve differently, but pain is universal. At our support group, you will meet others who are also mourning a loss and be able to listen or express your feelings in a safe, confidential, and non-threatening environment. Through prayer and sharing, burdens may be lightened and hearts start to heal.

Our deanery support group meets on Sundays,

2:30 to 3:30 pm in Fireside Lounge.

Mar. 1: Consolation – Sharing a special reading

Mar. 8: Maturing Grief

Mar. 15: Sharing Memories

Mar. 22: Ritual & Healing

Mar. 29: Memorial Service

Lenten Friday Fish Fry

March 6 & 13, 2020

The Knights of Columbus are hosting a Fish Fry on Fridays during Lent, 5:30 to 7:30 pm in the Parish Center. You have a choice of baked or fried fish, vegetarian pasta, salad, and more. Dine in or "to go" option available.

Casino Trip

March 28, 2020

The Filipino Society is hosting another fundraising casino trip to Jackson Rancheria. Tickets are \$40 each, with a \$20 return. We'll leave Holy Spirit at 7:30 am sharp for a day of fun and jackpots! For tickets or information, please contact Maryanne Gacusan at 510.289.0382 or Mung Bernardo at 510.710.8007.

Pilgrimage with Fr. Ken Sales

September 26 to October 7, 2020

Join Fr. Ken in Rome, Assisi, Lourdes and several Shrines. Cost: \$400 double occupancy. Please contact Alex Paras at 510.509.0585 or alexparasromepilgrim@yahoo.com



Jackson, Leia, Alliyah, Lyle

Movie "Knights" ~ Fridays @ 7:00 pm

In partnership with the Knights of Columbus, the Faith Formation Department is hosting movie screenings. Join us in the de Sousa Theater!

- May 8 - "We Were Soldiers"
- May 15 - "Liberating a Continent"
- May 22 - "For Greater Glory"
- May 29 - "Shane"



AROUND THE PARISH



Kidzone

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

Gift Shop

Looking for Easter gifts? Visit our Parish Gift Shop and see our beautiful selection of rosaries, figurines, prayer cards, and so much more!

Please note: The Gift Shop will be closed during Holy Week and Easter weekend.

Parish Library

Looking for a good book to read or an inspiring religious movie to watch at home for this Lenten season? Visit our parish library and choose from our selection of 2000 books and 100 DVDs. We

have many DVD movies on the lives of saints, and also animated DVDs for children.

The parish library is located near the Adoration Chapel in the Governo House and is open on Sundays from 9:00 am to 12:30 pm.

Indian Society \$5 Meal

March 8, 2020

The Indian Society is hosting its \$5 Meal Deal on Sunday, March 8th. Stop by the Peace Center after the morning and 12:30 pm Masses. Get a great meal for great deal!

HERE'S THE SITCH...

My dear parishioners,

We still have stained-glass windows available for sponsorship:

- Modesty, Gentleness, Self-Control, Chastity – \$10,000 each. Sponsor(s) will receive a dedication on the glass.
- South side windows next to the side entrance door (below the large “Holy Spirit” window) – \$12,000 for narrow window and \$15,000 for wide window.
- Seven Gifts of the Holy Spirit stained-glass windows flanking the St. John's side entrance doors – the tall window and two shorter windows are each \$20,000 and \$12,000 respectively. Please see Jeff Van der Sluis in the Parish Office to discuss sponsorships. Dedications can be added anytime.

Blessings,
Fr. Ken

We're Open!

Parish Office
Mon.-Sun. | 9:00 am-5:00 pm
Faith Formation &
Youth Ministry
Tues.-Fri. | 8:30 am-4:30 pm
Gift Shop
Sat. | 6:00-7:00 pm
Sun. | 8:30 am-2:30 pm
Parish Library
Sun. | 9:00 am-12:30 pm

Clergy

Fr. Kenneth L. Sales, Pastor
510.456.4964
Fr. Lee Chompoochan,
Parochial Vicar
510.797.1660
Fr. John Carillo,
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 &
Youth Ministry Office
510.456.4974
Music
Paul Orella | 510.673.3873
Safe Environment
Keiru Bakke | 510.456.4972

St. Vincent de Paul
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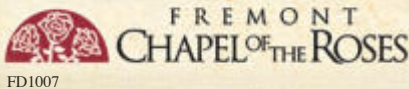
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