



# HOLY SPIRIT FREMONT

SUNDAY, JUNE 28, 2020 | THIRTEENTH SUNDAY IN ORDINARY TIME



## 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

All Masses are  
livestreamed on our  
Facebook page.

#### Weekend

Saturday: 7:00 am

Saturday Vigil: 5:00 pm

Sunday: 7:30 am | 10:00

am | 12:30 pm | 5:00 pm

#### Weekday

Mon. - Fri.: 7:00 am

*13<sup>th</sup> Sunday*  
**IN ORDINARY TIME**

“And whoever does not take up his cross and follow after me is not worthy of me.” - Mt 10:38

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

**BE SPIRIT FILLED AND MAKE DISCIPLES!**



# WORSHIP

## OUR VISION

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

### Confession

Thursdays, 3:30 to 4:30 pm  
St. Francis Plaza  
Please wear a face covering or mask. Ushers will be on hand to direct you.

### Eucharistic Adoration

During the COVID-19 health crisis, the Adoration Chapel is closed, until further notice.

### 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: TBD

### Sacraments

For Baptism, First Communion, Confirmation, Adult Sacraments, Marriage, Anointing of the Sick or Funeral, contact us at 510.797.1660 or [holyspiritfremont.org](http://holyspiritfremont.org).

### First Friday Mass

Next Mass: July 3

### New to Holy Spirit?

Welcome! To register, please visit the Parish Office or go online at [holyspiritfremont.org/join-our-community](http://holyspiritfremont.org/join-our-community)

### Interested in Catholicism?

To learn about the Catholic faith, please call 510.456.4975

## SUNDAY, JUNE 28 | THIRTEENTH SUNDAY IN ORDINARY TIME

2 Kgs 4:8-11, 14-16a/Ps 89:2-3, 16-17, 18-19 [2a]/Rom 6:3-4, 8-11/Mt 10:37-42

5:00 pm (Vigil Mass)	Jack Flannigan †, Louis Bamber †, Midji & Mathew Rovetta
7:30 am	Ememorita Gonzales †, Teodora & Numeriano Jacaban †, Elvira Principe †
10:00 am	Seli Family, Jaime Fernandes, Ester R. Escalante †, For the People of Holy Spirit Parish
12:30 pm	Anica Librodo, Agnes Librodo, Estrellita G. Puntero †, Kathryn Williamson, Michael Tran Phan †, Vital Silveria Family

## MONDAY, JUNE 29 | SOLEMNITY OF SAINTS PETER AND PAUL, APOSTLES

Acts 12:1-11/Ps 34:2-3, 4-5, 6-7, 8-9 [5b]/2 Tm 4:6-8, 17-18/Mt 16:13-19

7:00 am	Edith Torres, Linda Simoes †, Oscar De Torres, Miranda & Torres Family
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## TUESDAY, JUNE 30 | TUESDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Am 3:1-8; 4:11-12/Ps 5:4b-6a, 6b-7, 8 [9a]/Mt 8:23-27

7:00 am	Jordan Buccat, Danilo Torres †, Julia Villanueva †, Millie A. Engalla †
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## WEDNESDAY, JULY 1 | WEDNESDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17 [23b]/Mt 8:28-34

7:00 am	Antonia Soriano, Michael Glendon †, Lilia Carmelo, Letty R. Aguirre, Alicia Ong †
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## THURSDAY, JULY 2 | THURSDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Am 7:10-17/Ps 19:8, 9, 10, 11 [10cd]/Mt 9:1-8

7:00 am	Alejandro Javier †, Theresa Sementer †, Leticia Aguirre
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## FRIDAY, JULY 3 | FEAST OF SAINT THOMAS, APOSTLE

Eph 2:19-22/Ps 117:1bc, 2 [Mk 16:15]/Jn 20:24-29

7:00 am	Alfaro Family, Arthur & Eugenie Camire †
6:30 pm	For the People of Holy Spirit Parish

## SATURDAY, JULY 4 | SATURDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Am 9:11-15/Ps 85:9ab and 10, 11-12, 13-14 [cf. 9b]/Mt 9:14-17

7:00 am	Frank & Margaret Kane Family †, Hector Antonio Hernandez-Ibarra †, Ricaredo & Consejo Hautea †
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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.*

## PLEASE CONSIDER ONLINE GIVING

Please visit our parish website at <https://holyspiritfremont.org/give/> to enroll in Online Giving or Text-to-Give. For assistance with registration, please contact OSV at 800.348.2886 or our parish helpline at 510.456.4969.

# NOURISH



## FROM THE DESK OF FR. LEE...

Greetings,

Jesus in our Gospel today is such a challenge to our pride and love of comfort, that we either love him and hate our selfishness or we cling to our selfishness and wind up becoming indifferent and opposed to Him. This is the biggest cross – our own self-denial, loving Jesus above all things, including our very self.

And Jesus also has a great message for us this Sunday: "And I promise you that whoever gives

a cup of cold water to one of these lowly ones to drink, will surely not lose his reward." We do have people in our own time who try to turn us against others, by playing on our fears and weaknesses.

My dear sisters and brothers, as we approach the Altar to receive the Body and Blood of Jesus, and as we say, "Lord I am not worthy," let us also ask Jesus that we never again do or say a bad thing against any of our brothers or sisters, especially during this time of pain and difficulty.

Blessings,

Fr. Lee

## FORMED®

### FORMED PICK OF THE WEEK

13TH SUNDAY IN ORDINARY TIME

<https://watch.formed.org/videos/13th-sunday-in-ordinary-time-july-2-2017>

If you ask people what they want, they'll often say that they want a new car, a better job, a bigger house, or some other possession. But if you probe a little deeper, you'll find that they don't really want possessions. Rather, they desire a sense of fulfillment, a feeling of being loved and cherished.



**Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.**



Matthew 10:37-39

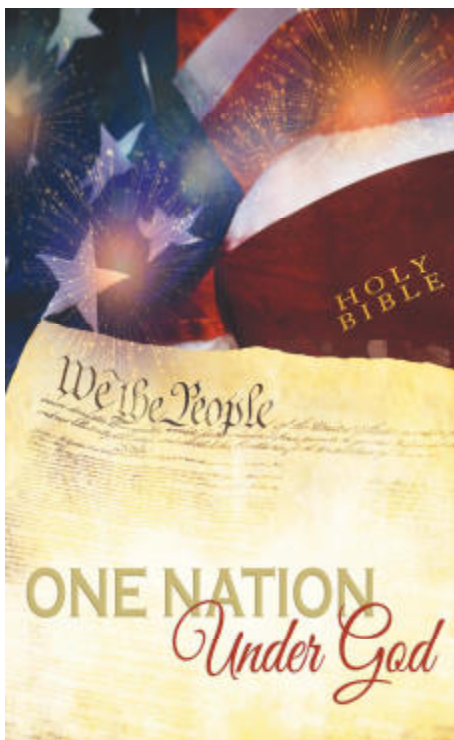


# SERVE

## St. Joseph the Worker Sister Parish Dispatch



Here's Fr. Samwel Mvati about to distribute some of the goodies he brought back, from his visit with us in November, for the children of St. Joseph the Worker. We hope that the children enjoyed the gifts that Holy Spirit sent over with Fr. Sam!



## Blood Drive

June 28, 2020  
Peace Center  
8:30 am-12:30 pm

July 28, 2020  
de Sousa House  
10:00 am-2:45 pm

Blood donation is essential! Our parish is hosting this much needed service, in coordination with Vitalant. Here are some important details:

- Vitalant is taking additional safety measures due to COVID-19. Go to - <https://www.vitalant.org/COVID-FAQs>
- Please review Blood Donor Qualifications prior to making an appointment - <https://www.vitalant.org/Donate/Donor-Eligibility.aspx>
- Donors are encouraged to make an appointment - <https://www.bloodheroes.com>
- Walk-ins will be accepted

- only if space allows.
  - Due to social distancing, please arrive for your appointment on time.
  - Donors need photo identification with first and last name.
  - Donors are required to wear a face mask or reasonable cloth-based face covering. We encourage donors to bring their own face coverings.
- For more information or to make an appointment, go to <https://www.vitalant.org>

**Because of you, life doesn't stop.**



Giving	<table border="1"> <tr> <td>Sunday, June 14</td> <td>\$30,128</td> </tr> </table>	Sunday, June 14	\$30,128	Corner
Sunday, June 14	\$30,128			
	<p><b>Special Collections coming up:</b> Holy Father (Peter's Pence)   June 28</p> <p>Our pledged weekly amount (excluding special collections): \$31,963</p>			

**PLEASE CONSIDER ONLINE GIVING**  
Please visit our parish website at <https://holyspiritfremont.org/give/> to enroll in Online Giving or Text-to-Give. For assistance with registration, please contact OSV at 800.348.2886 or our parish helpline at 510.456.4969.

# PRAY



## FIRST READING

Elisha promised, "This time next year you will be fondling a baby son." (2 Kg 4:16a)



## PSALM

For ever I will sing the goodness of the Lord. (Ps 89)



## SECOND READING

Consequently, you too must think of yourselves as dead to sin and living for God in Christ Jesus. (Rom 6:11)



## GOSPEL

"Whoever does not take up his cross and follow after me is not worthy of me." (Mt 10:38)

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## GOSPEL MEDITATION

### Encourage Deeper Understanding of Scripture

When we were baptized, we were baptized into Christ's death. Take a moment to ponder these profound words. We were baptized into death. In every sense of the word, we are asked to die. This is not just about our final death but about daily deaths due to inconvenience, discomfort, pain, loss, or others' needs. This is an incredible epiphany given the way we very often approach our lives. We do everything to avoid death, let alone encounter it! Many avoid pain, discomfort, inconvenience, uneasiness, change, interference, and suffering of any kind. We put a lot of energy into finding the easiest and least inconvenient way through many things. Even holding the door open for a stranger or saying hello to someone in the store can be major undertakings.

We are called to die. One of the biggest wake-up calls we can have is realizing that life is not about us! There are millions of other people sharing life on this planet with whom I have a relationship. Does my life celebrate those relationships? The most distracting question we can ask is, "What do I want to do?" The more focused, faith-filled question is, "What do I need to do?" What I need to do may not be what I want to do. However, asking this question more frequently will teach us how to more purposefully and intentionally live so we can be a life giving vessel for others. When we learn to live more sacrificially, to put the needs of others before our own, and to not always seek our own self-interest, we become aware of what baptism into Christ's death is really all about. These are the roots of virtue and the seedbed for justice, tolerance, solidarity, love, and peace.

Learning how to accept all the "small deaths" and sacrifices life calls us to teaches us how to approach our final death. All deaths ask us to empty ourselves into something or someone else. Whether we empty ourselves into the heart and soul of another human being or empty ourselves into God at the moment of our final death, new life is always received and nurtured. A heart that exclusively seeks its own interest is a heart that is closed to love. A heart that pours itself out to others and is content with being emptied is a heart that has been touched by and open to mercy. It is a heart that overflows with joy.



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, Dixie Kibbee, Joseph Figueiredo, Andrew P. Javier, Carina A. Javier, Maxeen Caballa, Vince Ramirez

## Pray for Our Recently Departed

Lilith Engley, Danilo Go

## Birthday Blessings

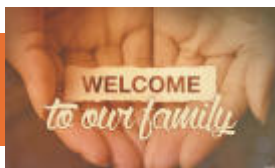
Deanna Quilalang, Andrew P. Javier



BE MERCIFUL TO ME, O GOD,  
BE MERCIFUL TO ME,  
FOR IN YOU MY SOUL TAKES REFUGE.  
—PS 57:1

*'Without prayer we have neither light nor strength to advance in the way which leads to God.'*

~ Saint Alphonsus Maria de Ligouri



# INVITE

## HERE'S WHAT'S HAPPENING

### Faith Formation, Prayer, and Worship

Though we can not be together here at Holy Spirit Parish because of the COVID-19 "Shelter-in-Place" order, we have parishioners a variety of spiritual enrichment opportunities.

These are available to you, in the comfort and safety of your own homes, via Zoom webinars and/or livestreaming on our Facebook page. Take a look! (Dates/events are subject to change.)

### Mass, Novena, and Holy Hour

Daily Masses: Mondays to Saturdays  
Join us for daily Mass at 7:00 am immediately followed by Novena. Celebrated in private and livestreamed on our Facebook page (replayed at 8:15 am).

#### Sunday Masses

The Saturday (Vigil) Mass at 5:00 pm; and Sunday Masses at 7:30 am, 10:00 am, and 12:30 pm are immediately followed by Holy Hour. Celebrated in private and livestreamed on our Facebook page.

### Divine Mercy Chaplet

Mondays to Fridays, 3:00 pm  
You and your family are invited to pray the Divine Mercy Chaplet with our clergy and staff members. Livestreamed on our Facebook page. Join us in prayer in the comfort and safety of your own home.

### Formed

Mondays and Wednesdays, 2:00 pm  
View videos on Formed.org and participate in livestreamed discussions. For more information,

please contact Dcn. Rigo Cabezas at [dcnrigo@holyspiritfremont.org](mailto:dcnrigo@holyspiritfremont.org) or 510.366.4444

### Family Rosary Night

Saturdays and Sundays, 7:00 pm  
You and your family are invited to pray the Holy Rosary with our clergy and staff members. Livestreamed on our Facebook page. Join us in prayer in the comfort and safety of your own home.

### Word on Fire

Tuesdays and Fridays, 10:00 am  
View Bishop Robert Barron's videos and take part in livestreamed discussions. Contact Dcn. Rigo Cabezas at [dcnrigo@holyspiritfremont.org](mailto:dcnrigo@holyspiritfremont.org) or 510.366.4444 for registration and information.

### Family Catechesis

Tuesdays, 7:00 pm  
Families with children are invited to pray and reflect through the beautiful practice of Lectio Divina on Tuesday evenings via Zoom. Please contact Dcn. Rigo Cabezas for registration and information at [dcnrigo@holyspiritfremont.org](mailto:dcnrigo@holyspiritfremont.org) or 510.366.4444.

### Resound & XLT

Friday, July 10, 2020  
6:00 pm  
We invite you and your family for an evening of Adoration, prayer and song in the comfort of your own home. Livestreamed on our Facebook page.

#### AmazonSmile

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# AROUND THE PARISH



## Re-Opening of Our Church

We are excited to announce that we are re-opening our church for public Masses (beginning with daily Masses).

We have finalized details which include enhanced safety protocols that are in line with diocesan and Alameda County Health regulations.

Because we are only allowed to have up to 100 people in the church for Mass – that includes clergy and volunteers – we will have a registration process for parishioners who wish to attend Mass. A link to register for Mass is available on our parish website.

The bishop's dispensation from the obligation to attend Mass will remain in place until further notice. If you are unable to join us for Mass, our Masses are livestreamed on our Facebook page.

Visit our website for more information. We have missed you and are excited to see you again!

## In Appreciation



More people to thank! We thank the following for their contributions towards floral arrangements for our church and flowers for our outdoor Pentecost Mass:

Lou & Sylvia Aljentera; Butch Cruzada; Nestor & Femy Fonacier; Jewel Gerardo, Holy Spirit School c/o 2020; Erik Latchford, Holy Spirit School c/o 2020; Megan Lundag, Holy Spirit School c/o 2019; Abrielle Mendio-la, Holy Spirit School c/o 2020; Jared Oba, Holy Spirit School c/o 2020; Dr. Cameron & Mrs. Alona Oba; Thornton Dental; Dr. Lita Trinidad; Art & Environment Ministry

Thank you for your generosity and support!

## Sacrament of Reconciliation

July 2, 2020

To prepare our hearts to receive a plenary indulgence on First Friday, Confessions are available on Thursday at 3:30 to 4:30 pm in St. Francis Plaza. Ushers will be on hand - please follow their instructions. Please wear a face covering or mask.

## First Friday Masses

July 3, 2020

7:00 am & 6:30 pm (Adoration at 5:30 pm)

Our First Friday Masses will be celebrated in public and livestreamed on our Facebook page. A link to register for the Mass will be made available on our website soon.

## 4th of July

All parish departments will be closed on Friday, July 3, 2020 in observance of Independence Day. Have a safe holiday!

## We Are Currently Closed

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  
510.797.3672

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