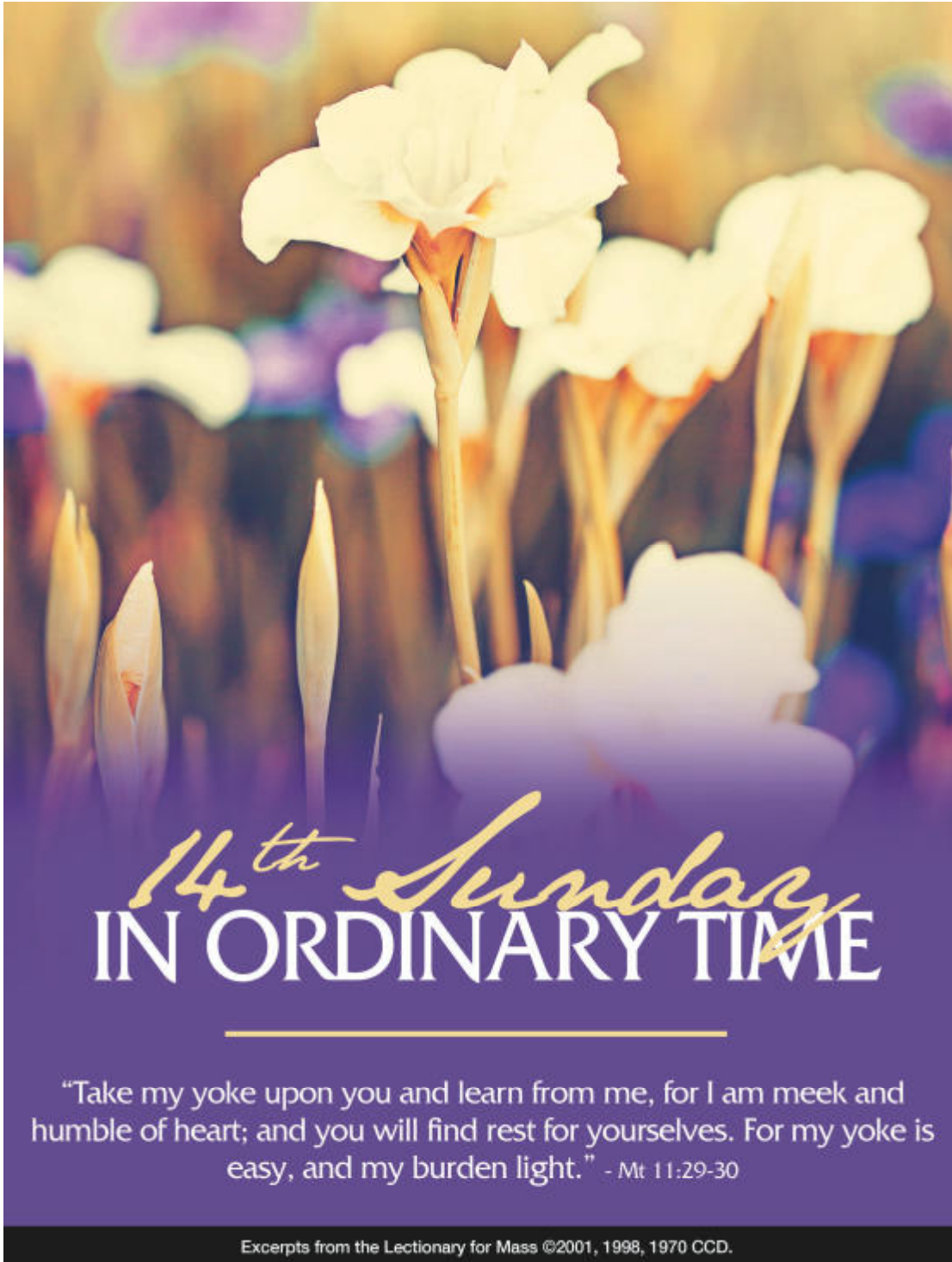




SUNDAY, JULY 5, 2020 | FOURTEENTH SUNDAY IN ORDINARY TIME



14th Sunday
IN ORDINARY TIME

“Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” - Mt 11:29-30

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

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

BE SPIRIT FILLED AND MAKE DISCIPLES!



WORSHIP

OUR VISION

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

Confession

Thursdays, 3:30-4:30 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.

First Friday Mass

7:00 am & 6:30 pm

Next Mass: August 7

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, JULY 5 | FOURTEENTH SUNDAY IN ORDINARY TIME

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14 [cf. 1]/Rom 8:9, 11-13/Mt 11:25-30

5:00 pm (Vigil Mass) Virginia Marriott †, Salvacion Villar †, Elizabeth Sarabia-Pangilinan †

7:30 am Trinidad & Ignacio Yumena †, Teresa Mariya, Nena Orduno †

10:00 am Honesto Tria †, Jay & Al King †, Augusto Escobar †, Tan & Fisher Families †, Jane Linggi, Emilio Miranda Sr. †

12:30 pm For the People of Holy Spirit Parish

5:00 pm Lawrence Lucero †, Michael Hreiz †, Alice Jorolan †

MONDAY, JULY 6 | MONDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

Hos 2:16, 17b-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9 [8a]/Mt 9:18-26

7:00 am Rogelio De Jesus †, Feliciano Mislang †, Mia K. Prado †, Telesia Anio

TUESDAY, JULY 7 | TUESDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10 [9a]/Mt 9:32-38

7:00 am Michael Krol & Michael Smith †, Rae Martinez, Loine Ahrens & Patrick Zamarripa †, Brent Thompson †

WEDNESDAY, JULY 8 | WEDNESDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7 [4b]/Mt 10:1-7

7:00 am Gary King †, Lety Austin, Julie Cruz †, Larry & Maria Paragas, Letty Aguirre, Eva Romero †

THURSDAY, JULY 9 | THURSDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16 [4b]/Mt 10:7-15

7:00 am Eva Romeo †, Craig Johnson †

FRIDAY, JULY 10 | FRIDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17 [17b]/Mt 10:16-23

7:00 am Michael Keily †, Eva Romero †

SATURDAY, JULY 11 | MEMORIAL OF SAINT BENEDICT, ABBOT

Is 6:1-8/Ps 93:1ab, 1cd-2, 5 [1a]/Mt 10:24-33

7:00 am For the People of Holy Spirit Parish

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.



FROM THE DESK OF FR. KEN...

Very often, we think that reading the Bible, especially the Gospels, is the same as living or observing them. And that is far from the truth. I think this can readily be seen in just a few words that our

Lord says in today's short selection.

Jesus tells us to go to Him if we labor and are burdened, and He will give us rest. Now I think we would all agree that these are very consoling words. But really: how many of us have ever really done this?

We all have to agree that in life we labor and are burdened. I think our Lord is referring to when things are getting more difficult than usual. Sure, we have to work every day, but I think He is especially referring to the times when the work or the burdens get bigger or harder than usual.

That can happen in so many ways, yet how often do we think to take them to our Lord? Do we ever think to just take and pour them out to our Lord in His presence?

What do you think our Lord meant when He said, "Come to me, all you who labor and are burdened..."? He meant that we should take our burdens to Him, offer them to Him, talk to Him about Him, and ask for a solution. And when we talk to Him about Him, there are times when we have to be quiet and just reflect, to see what kind of answer He might be suggesting to us.

But what do we do most of the time? I guess I should not really try to speak for you, but should only share my own experience, and perhaps relay what I have heard from my dealings with other people. Most of the time, we tend to take matters into our own hands. If we have a problem or something that is burdening or bothering us, we immediately try to fix it. To me, it seems our Lord is suggesting that we first put it in His hands, that we first entrust it to Him. Then wait and see what He is going to suggest as to the possible solution.

We might be surprised at the different and possibly much better solution. But often, we can't wait, and want what we want right now. Remember when Jesus said, "Ask and you shall receive?" He never added the word *immediately*.

Peace and Blessings,

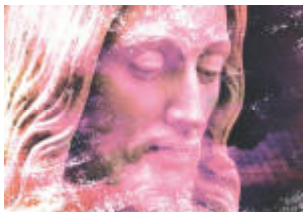
Fr. Ken

FORMED PICK OF THE WEEK

14TH SUNDAY IN ORDINARY TIME

<https://watch.formed.org/videos/14th-sunday-in-ordinary-time-july-9-2017>

Sometimes we are tempted to think that it would be so much easier to believe in Jesus if we were living when he was on earth. Maybe ... but maybe not. Today's Gospel tells us that it has never been easy to understand all of Jesus's teachings, even for those who heard him in person.



Come to me, all you who labor and are burdened,
and I will give you rest. Matthew 11:28



SERVE

St. Joseph the Worker Sister Parish Dispatch



Fr. Samwel Mvati handing out chocolates he brought home from his visit to California and Holy Spirit Parish.

Medjugorje Prayer Group

The Medjugorje Prayer Group prays together every Tuesday at 7:00 pm for our Blessed Mother's intentions. Currently, we are each praying from home.

Current members and new members can contact Eileen Ringelman to receive a copy of the prayer booklet: meringelman@yahoo.com or 510.673.6485



Blood Drive

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

Sunday, June 21

\$21,240

Special Collections coming up:
Holy Spirit Youth Ministry | July 19

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

Corner

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

See, your king shall come to you:
a just savior is he,
meek, and riding on an ass,
on a colt, the foal of an ass. (Zec 9:9b)



PSALM

I will praise your name for ever, my king
and my God. (Ps 145) or Alleluia



SECOND READING

For if you live according to the flesh, you will die,
but if by the Spirit you put to death
the deeds of the body,
you will live. (Rom 8:13)



GOSPEL

"Come to me, all you who labor and are burdened,
and I will give you rest."
(Mt 11:28)

*Excerpts from the Lectionary for Mass ©2001,
1998, 1970 CCD. The English translation of Psalm
Responses from Lectionary for Mass © 1969, 1981,
1997, International Commission on English in the
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LIFE IN THE HOLY SPIRIT



GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

We are all familiar with the refrain, "You have put on Christ. In him you have been baptized. Alleluia, alleluia!" In Baptism, we "put on" Christ. In putting on Christ, we put on all that Christ is and represents: hope, faith, and love. We are no longer bound to the sins and failures of the flesh, that part of us that resists God and relies exclusively on human means. It also means that we are not in debt to our past, complete with its sins, failures, regrets, fears, and unfulfilled dreams. There is always hope. In putting on Christ, we put on God's vision for the world, for all of His children and for us. We have been given a road map to guide our paths and a blueprint to follow for our life's journey.

There is no need for regret, and we are not tethered to our past. Is there anything in your past that you regret? Any decision or memory that continues to haunt you? We have all made mistakes, and we have this uncanny ability to continue beating ourselves up over things we can no longer do anything about, except learn from them. To put on Christ means that I can now bring God's unconditional love to my hurtful memories and sinful choices. With each new moment and every new choice, I can start clean and live in freedom.

Imagine adults when the disciples were preaching and baptizing. They came to baptism not really knowing who they were, with pasts that were broken, seeking to live the joy of the Gospel they heard spoken to them and wanting the love they saw witnessed in the lives of those who believed. What tremendous celebrations their baptisms must have been! They could now have the support of a community, full participation in the sacraments of the church, focus for their disordered lives, consolation, healing, and an understanding of what life is really all about.

Our lives are meant to be celebrations of the Spirit we have received in Baptism. How does that joy get expressed in and through you? When we truly understand that we have put on Christ, our burdens can become much lighter. It is odd that so many Christians look like they are carrying the weight of the world on their shoulders. Wouldn't it be wonderful if those weights could be lifted and joy experienced!



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

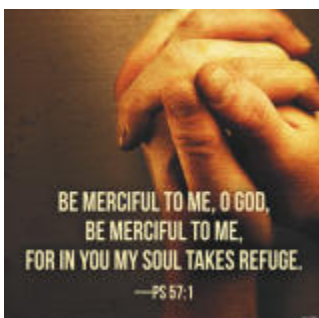
Les Carscadden, Dixie Kibbee, Joseph Figueiredo, Andrew P. Javier, Carina A. Javier, Maxeen Caballa, Vince Ramirez, Jay Esperanza, Jr.

Pray for Our Recently Departed

Sandra Perez, Brandon Keaton

Birthday Blessings

Thierry Javier, Phillip Poma, Dennis Nilmeier



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

'Prayer is the only channel through which God's great graces and favors may flow into the soul; and if this be once closed, I know no other way He can communicate them.' ~ Saint Teresa of Jesus



WELCOME BACK

Re-Opening Guidelines for Parishioners

Weekdays- 7:00 am

Weekends beginning Saturday, July 4, 2020

Saturdays (Vigil) - 5:00 pm

Sundays - 7:30 & 10:00 am, 12:30 & 5:00 pm

Dispensation: Bishop Barber's dispensation from the obligation to attend Mass will remain in place until further notice.

For those who are unable to join us for Mass, our Masses are livestreamed on our Facebook page.

If you are able to join us for Mass, you must be pre-registered to attend a Saturday Vigil or a Sunday Mass.

We will adhere to all COVID-19 guidelines:

1. Face coverings or masks are required for those age 3 years and over.
2. Six (6) feet of distance must be maintained between every individual. A family counts as 1 individual.
3. The church will be sanitized after every Mass to prepare for the next Mass.
4. Sanitize your hands upon entry into the church.
5. In order to maintain social distancing, do not congregate before or after Mass.
6. You must take the seat given to you by the usher. You cannot pick your seat or save seats.
7. Refrain from using the church bathrooms.
8. Only one person is allowed in the restroom at any time, unless a parent is accompanying a child or if you are assisting someone.
9. Dismissal from the church will be by Section and Row at the end of Mass, you cannot leave until dismissed by an usher.

Self-Assessment before coming to Mass:

1. Have you or a household member been in close contact with a confirmed COVID-19 case in the past 14 days (2 weeks)?
2. In the last 48 hours, have you had any of the following NEW symptoms? **Fever (100 F or**

37.8 C) and Chills | Cough | Trouble breathing or Shortness of Breath | Wheezing | Muscle Aches | Sore Throat | Loss of Smell or Taste | Nausea, Vomiting, or Diarrhea | Headache

3. If you answered "YES" to any of the above questions and are experiencing any of the listed symptoms, you are strongly encouraged to seek medical help. Please do not come for Mass.

To Attend Mass:

1. To attend a Saturday Vigil or a Sunday Mass, you must be pre-registered (please visit our website to register). You may also register for Mass by calling 510.456.4969.
2. Pre-registered attendees will receive an email confirmation that you will need to provide.
3. No registration required to attend weekday Masses.
4. Please arrive at least 15-30 minutes before Mass to allow enough time to be screened and seated. Please note: the doors will be closed once Mass begins.
5. Please drive in through the Fremont Boulevard/Central Avenue gate.
6. Parishioners who have physical disabilities may park and enter from the Parish Avenue (Rectory) parking area.
7. Upon your arrival, you will be directed to the Welcome Station in St. Francis Plaza for a wellness check and registration verification.
8. Mass attendees will enter the church through the St. John doors.
9. You must take the seat given to you by the usher. You cannot pick your seat or save seats.

The Mass Experience:

1. Hymns will only be sung by the cantor. No public singing.
2. The collection basket will not be passed person to person. We will have a basket or collection box at the door.
3. No shaking of hands during the Sign of Peace or holding hands at the Lord's Prayer.

(Continued on next page)

WELCOME BACK



- Holy Communion will be distributed at the conclusion of Mass.
- The Eucharist should be received on the hand.
- Masks are to be kept on until you receive the Body of Christ, then step aside and consume the Eucharist prior to leaving the church.
- Immediately after consuming the Eucharist, you will be directed to the exit doors.

Communion Outside of Mass

Participate in the celebration of the liturgy by viewing the livestreamed Mass on our Facebook page.

Distribution of the Eucharist will take place at the following times:
Saturday 6:30-7:00 pm; Sunday 2:00-2:30 pm and 6:30-7:00pm.

A. Holy Communion in the Church:

- Enter the church through the doors on either side of the St. John the Baptist stained-glass window.
- While in line for Communion, stand six (6) feet apart and maintain social distance.
- Masks are to be kept on until you receive the Body of Christ, then step aside and consume the Eucharist prior to leaving the church.
- Immediately after consuming the Eucharist, you will be directed to the exit doors.

B. Holy Communion in the Parking Lot:

- Come to Holy Spirit Parish during times mentioned above and park in the parking area behind Holy Spirit School.
- Please adhere to COVID-19 guidelines and wear a mask. Please note: If you have a compromised immune system or are unwell, please be safe and stay home.
- When one of our clergy approaches your car, exit your vehicle, keep face covering on, stand an appropriate distance, and receive the Body of Christ on the hand.
- After receiving Communion, please say a silent prayer in your car before leaving the premises.
- Please observe reverence and proper decorum at all times.

Thank you for respecting these guidelines and thank you for your patience! We ask that you comply with these guidelines so that all will have a reverent and safe experience.

To read the latest statement from Bishop Michael C. Barber, SJ, go to:

<https://www.oakdiocese.org/news/diocese-of-oakland-establishes-protocol-for-resuming-public-masses>

For information on all Alameda County Health Department COVID-19 orders or updates, go to:

<http://www.acphd.org/2019-ncov/health-officer-orders.aspx>

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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