



SUNDAY, JANUARY 31, 2021 | FOURTH SUNDAY IN ORDINARY TIME



4TH SUNDAY IN ORDINARY TIME

In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25

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

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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 and YouTube channel.

Weekend

Saturday: 7:00 & 9:30 am
Saturday Vigil: 3:30 pm
Sunday: 7:15 am | 9:00 am
10:45 am | 12:30 pm

Weekday

Mon. - Fri.: 7:00 & 9:30 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
de Sousa House 4-Plex
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 & 9:30 am
Next Mass: February 5, 2021

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, JANUARY 31 | FOURTH SUNDAY IN ORDINARY TIME

Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28

- 3:30 pm (Vigil Mass) † Joseph & Catherine Rowe, † Souls in Purgatory, † Vicente C. Llamas III, Melinda Ontimara
- 7:15 am † Celia Santos, † Eugenia Mano, † Hung & Ninh Pham, † Ignacio "Ike" Camacho, Melinda Ontimara
- 9:00 am † Geraldine Purcell, † Ememorita Gonzales,, † Enrique R. Escalante, † Frances Taitague Bryant, † Noring Gotengco & Family
- 10:45 am † Victor, Simeon, Eduardo & Modesto Gianan, Rudy Neria, † Erlinda Calderon, Jack Fawsett, † Fortunato Granda
- 12:30 pm † Antonio Estrellanes, Dr. William F. Nickolson, † Julie dela Cruz, † Phong Nguyen, † Teofilo T. Bayaca, For the People of Holy Spirit Parish

MONDAY, FEBRUARY 1 | MONDAY OF THE FOURTH SUNDAY IN ORDINARY TIME

Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20

- 7:00 am † Erlinda Calderon, † Loc & Nhat Vu, † Joefrey Bulabon, † Teofilo T. Bayaca
- 9:30 am Elizabeth Aguirre, Rowena Ignacio, Sonia Mathew, Melinda Ontimara

TUESDAY, FEBRUARY 2 | FEAST OF THE PRESENTATION OF THE LORD

Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32

- 7:00 am † Demetrio Domingo, Liza De Los Reyes, † Margaret Paynter, † Teofilo T. Bayaca
- 9:30 am † Nikola Bacica, Marco Tambaoan, Broan-Liz-Brandon-Alex Aguirre, Melinda Ontimara

WEDNESDAY, FEBRUARY 3 | WEDNESDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6

- 7:00 am † John & Catherine Keily, † Francis Vu, Skylar Payawal, Melinda Ontimara
- 9:30 am † Ruth & William, Quinn Nickolson, † Angelo Quinto, † Teofilo T. Bayaca, † Alicia Ong

THURSDAY, FEBRUARY 4 | THURSDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13

- 7:00 am † Dhelma Geduspan, † Augustine Vu, † Sylvia Macachor, Melinda Ontimara
- 9:30 am † Pascal Myo Thant, † Ferdinand S. Poblete, † Arnel G. Antonio

FRIDAY, FEBRUARY 5 | MEMORIAL OF SAINT AGATHA, VIRGIN AND MARTYR

Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29

- 7:00 am † Alexandre Antonio Simoes, Marivic De Los Reyes, Melinda Ontimara
- 9:30 am † Norma Jean Van der Sluis, † Trinidad & Ignacio Yumena, † Manuel Alcantara, † Jesus Alcantara

SATURDAY, FEBRUARY 6 | MEMORIAL OF SAINT PAUL MIKI AND COMPANIONS, MARTYRS

Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34

- 7:00am † Christine Vu, Remedios De Los Reyes, Gerard
- 9:30 am Richelle Sibal, † Angel Salindong, Jose Jr. & Leticia R. Aguirre



FROM THE DESK OF FR. PETER...

Friends, as we come to the fourth Sunday in Ordinary Time in Mark's Gospel, we find the people of Capernaum amazed by Jesus's words and actions, especially by Him

overcoming demons and restoring the possessed man back to his community. Their amazement of what they have just witnessed is similar to what you or I might say to each other: "What is this?"

Jesus Christ, who was present to the people of Capernaum about 2000 years ago, is the same Christ who is present to each of us today. He continues to talk with us, walk with each of us, and heal us in our own lives. The Lord's involvement with us has the potential to leave us astonished as the good people of Capernaum, asking the same question, "Who is this?" or "Why?"

But life these days is so full of surprises and distractions of many kinds that we can and do lose any sense of excitement about our wondrous faith. We also easily take our faith for granted. Our relationship with Christ becomes part of the routine of our lives. The

Good News of the Gospel no longer excites us or makes a deep impression on us. So here at Mass today, we have the opportunity to pause, to allow ourselves to be once again amazed and astonished by the goodness of God and of our brothers and sisters, which we can too often take for granted. We can once again ask in astonishment - "What is this?" "What or who is at work here?"

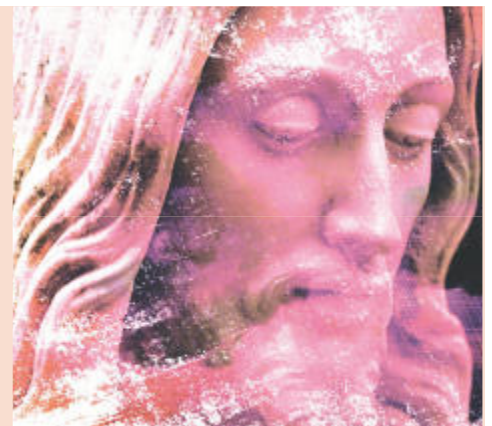
The response in our Psalm this Sunday chides us again and again and reminds us: "If today you hear his voice, harden not your hearts." Have you and I allowed our hearts to harden intentionally or unintentionally? Have we let ourselves grow cold and indifferent? Do we even care anymore? What Jesus did for the possessed man in today's Gospel, He ardently desires to do in each and every one of us now, today. The powerful, lifegiving words that Jesus addressed to the man and to the crowd in today's Gospel have lost none of their grace or newness or authority today for you and me. Let us pray for the love and grace to open ourselves to the wonder, beauty, and lifegiving words of Jesus. May they penetrate the deepest recesses of our hearts and light our lives.

Blessings,

Fr. Peter

All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

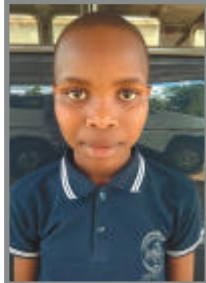
Mark 1:27-28



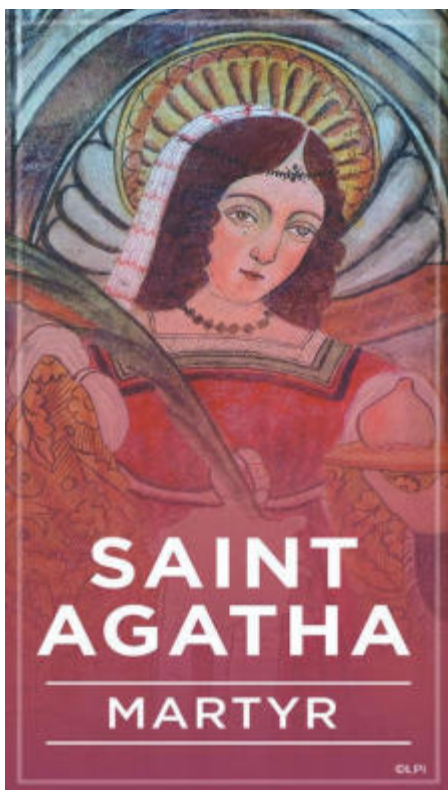


SERVE

St. Joseph the Worker: Sister Parish Dispatch



Meet Emilian Kizito. She wanted to share her report card from the last school term. She was #1 in her class! We are so proud of you, Emilian!



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:

- ⇒ Chili
- ⇒ Spam
- ⇒ White Rice

Please drop off non-perishable food donations at the Governo House on Saturdays, 9:00-10:00 am only. **Do not leave donations outside the Governo House.** Please note: We do not accept perishable, fresh foods (e.g., meats, produce, dairy, etc.). All food donations must be in factory sealed packages and/or containers. Thank you for your support—especially during this challenging time!

Special Collection: Holy Spirit School January 30-31, 2021

This weekend's Special Collection benefits our Parish School.

Your support will help us in our efforts to provide our children with an exceptional Catholic education, to form students to be good citizens of the world, and to love God and neighbor. Please be generous!

Catholic Relief Services Rice Bowls

Each Lent, Catholic families across the country unite to put their faith into action through prayer, fasting and almsgiving. Through CRS Rice Bowl, families learn about how our sisters and brothers across the globe overcome hardships like hunger and malnutrition, and how through Lenten alms, we have the power to make the world a better place for all.

Giving

Sunday, January 17

28,094

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

I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. (Dt 18)



PSALM

If today you hear his voice, harden not your hearts. (Ps 95)



SECOND READING

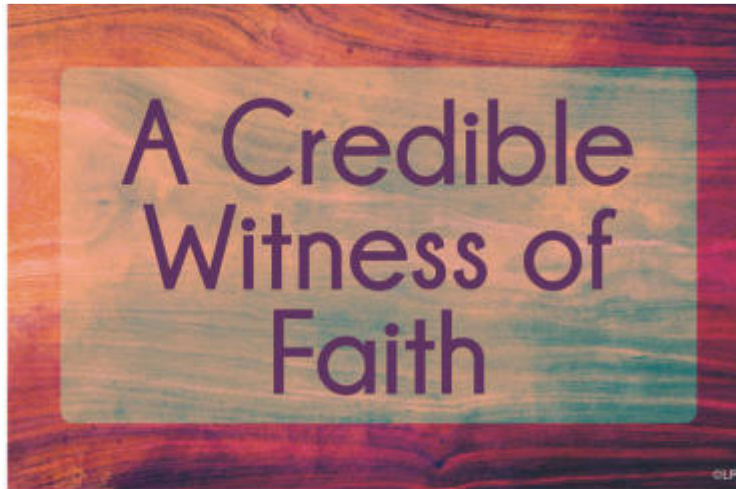
An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. (1 Cor 7:34)



GOSPEL

The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. (Mk 1:22)

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GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

Most of us are quiet people who desire to live a good and holy life, promote the values and mission of the Gospel as best we can and desire to one day inherit the surprise of life eternal God promises to us. We are not trail blazers. We are simple people who want to do the simple things of life well. But there are others who left a more profound impact along the way of the paths they walked. Folks like Dorothy Day, Martin Luther King, Thomas Merton, Gandhi, St. Teresa of Calcutta, and many others left lasting impacts and legacies. Like Moses, they show us by word and deed who God is and what integrity and a purpose driven life look like. They show us how to be holy. We need Moses people like these to give us inspiration, hope and an example of holy living.

We do not need to do what they did or even mirror their relationship with God. Each one of us is God's special creation, with a purpose and soul known only to us. We need to learn how to open up and bring, without compromise, our soul-ness to life. We know when someone is authentic and centered because they always point to truth, even though they struggle and sin themselves, and they embody an unspoken timeless wisdom that just sounds and feels right. Jesus taught with this same type of authority and it astonished many who listened. We do not need to move mountains, advance a cause, write books or become notable. All we have to do is become credible witnesses of the faith we profess. Moses people can teach us how to do this.

St. Oscar Romero was an amazing man and a Moses figure for sure. He saw God in the burning bush and brought the flame of Gospel faith to the poorest of the poor, challenging the evils of the society in which he lived. He was tireless and persistent. He must have gotten very close to the problem because it cost him his life. He suspected it would. St. Romero said, "When we leave Mass, we ought to go out the way Moses descended Mt Sinai: with his face shining, with his heart brave and strong to face the world's difficulties." We can learn from this wisdom. If we allow the power of the Mass to truly transform us, we will leave that holy encounter changed. Our face will shine, and we will have courage. We can then bring what we have received to life's challenges. That sounds doable, doesn't it? Because of the example of our simple holiness, people will be amazed.



Pray For...

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, Lesli Griffiths, Natalie Castillo, Nathaniel Rivera, Nina Monela, Cris Ares, Rhea Montalbo, John Angeles, Dcn. Steve Lewellyn, Jessie Aquino

Pray for Our Recently Departed

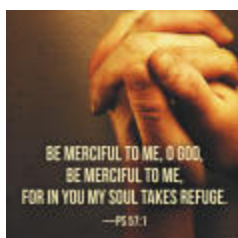
Sheri Sifuentes, Nieves R. Calara, Jose De La Torre, Olivia Montalvo, Jessica Rodriguez, Heraldo Da Silva, Pedro Tomas Simon, Benjamin Rivera

Birthday Blessings

Rachel Noronha, Pam Funcke, Raymond Quilalang, Jocelyn Pierre-Antoine

Wedding Anniversary Blessings

Rick & Mary Catapang



BE MERCIFUL TO ME, O GOD,
BE MERCIFUL TO ME,
FOR IN YOU MY SOUL TAKES REFUGE.
—PS 131

That all women, men, and family members suffering from abortion may know the Lord's tender, healing love.



INVITE

Holy Spirit Youth Ministry Drive-In & Drop-Off Donations

January 31, 2021 | 8:00 am to 1:30 pm

Our Youth Ministry is accepting donations of blankets and COVID-19/PPE items (masks, hand sanitizers, gloves, Clorox wipes, etc.). All donations will be forwarded to LifeMoves, an organization that provides housing and supportive services to homeless families and individuals.

St. Queen Isabel Ministry Winter Coat Drive

We are asking for donations of new or slightly used adult jackets and coats through January 31, 2021. Drop off your donations in the donation bin outside the De Sousa House. For questions or more information, contact Maisie@holyspiritfremont.org

Catholic Schools Week

January 31, 2021

This weekend kicks off our celebration of Catholic education. Catholic schools have a specific purpose to form students to be good citizens of the world, to love God and neighbor, and to enrich society with the leaven of the gospel and by example of faith. During Catholic Schools Week, students at Holy Spirit School will be participating in many faith-filled, spirited activities.

Want to learn more about the Holy Spirit School? Visit our virtual open house on Sunday, January 31, 10:00 am to 12:00 pm.

Check out our school website - <https://www.holyspiritschoolfremont.com/> - for more information about Holy Spirit School or to join our virtual open house.

Charting Towards Intimacy

February 4, 2021 | 7:00 pm

An introduction to the Teachings of Natural Family Planning (NFP)

This one-hour session over Zoom will dive into the Church teachings on NFP and why it's important for your life (and marriage). Never even heard of NFP? Then this is definitely the session for you. Open for anyone High School and up to attend! To register, contact ellenholloway100@gmail.com

Symptothermal Method of NFP Introductory Session

February 6, 2021 | 10:00 am

February 11, 2021 | 7:00 pm

Kurt and Ellen Holloway are instructors in the Symtopro method of Natural Family Planning. Symtopro is a symptothermal method. This one-hour session via Zoom is an introduction to the symptothermal method of NFP and is in preparation for a class session that Ellen and Kurt will begin in late February. Interested in bringing the symptothermal method of NFP to your marriage or interested in learning how to track your cycle as a single woman? All are welcome to learn and ask questions. Contact ellenholloway100@gmail.com to sign up.

Holy Spirit School Bingo Night

February 12, 2021 | 7:00 pm

Support Holy Spirit School by attending our Virtual Bingo Night via Zoom! This event is open to the public, so feel free to invite your friends, family, coworkers, etc. Prizes will be awarded for multiple bingo winners throughout the night, giving you multiple chances to say BINGO!

Space is limited so reserve your spot today! For more information: www.myevents.com/hssbingo

AROUND THE PARISH



Blessed Palms for Ashes

Bring your blessed palms from last year to any of the Masses through February 14, 2021 and place them in the large baskets/receptacles around our worship space. The palms will be burned during our Burning of the Palms service in preparation for Ash Wednesday.

Worldwide Marriage Encounter

“Brothers and sisters: I should like you to be free of anxieties.” There are many things to be anxious about in these days. Let us learn to calm our anxieties in our life by learning how to communicate better. Join us for

Worldwide Marriage
Encounter Experience
February 19-21, 2021

For info: oaklandwwme.org or
Ray & Roberta, 916.806.4601

Thank You!

The Simbang Gabi Committee would like to express our warmest gratitude to Fr. Ken, Fr. John, Fr. Peter, our deacons, and everyone who joined us for our Simbang Gabi novena. Our heartfelt thanks also to our donors, sponsors, and all those who contributed to the success of Simbang Gabi 2020. Maraming salamat sa inyong lahat!

Flower Fund

We are accepting donations towards flowers for our church sanctuary. Your donation of \$275 will provide for six (6) floral arrangements. To make a donation, please complete the form below.

We would like to thank the following donor(s):
Jan. 30/31 - Leon & Nellie Jones
Feb. 6/7 - Mylene Pelimiano in honor of Rodolfo Pelimiano

Contact Us


In case of an emergency, call 510.797.1660 and follow the prompts.

Clergy

- Fr. Kenneth L. Sales, Pastor
510.456.4964
- Fr. John Carillo,
Parochial Vicar
510.456.4965
- Fr. Peter Lawongkerd,
Parochial Vicar
510.797.1660
- 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. Bernard Liwanag
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
- Safe Environment
Sr. Asha Kooliyadan, CMC
510.456.4972
- Facilities Scheduling
Rosalyn Jose | 510.456.4995
- Faith Formation &
Youth Ministry
510.456.4974
- Music
Paul Orella | 510.673.3873
- Safe Environment
510.797.1660
- St. Vincent de Paul
510.797.3672

 Holy Spirit Church Flower Fund

To make a donation towards flowers for our church sanctuary, please complete this form and drop off in the mail slot at the parish office. You may also send via mail to: 37588 Fremont Boulevard, Fremont, CA 94536

Name: _____

Phone: (____) _____ Email: _____

Include \$275 donation with this form. Please make check payable to: Holy Spirit Church. On the Memo line, please write: Flower Fund. You may also send payment via Online Giving at <https://holyspiritthetremont.org/give/> please include your confirmation receipt with this form.

Please circle one: In Memory of In Honor of

Name of person for whom the flowers are being dedicated: _____

Preferred Sunday for flowers to be placed in sanctuary: ____/____/____

Please note: There is no guarantee that the date you have chosen will be available. We will do our best to accommodate your request to the nearest date available.

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