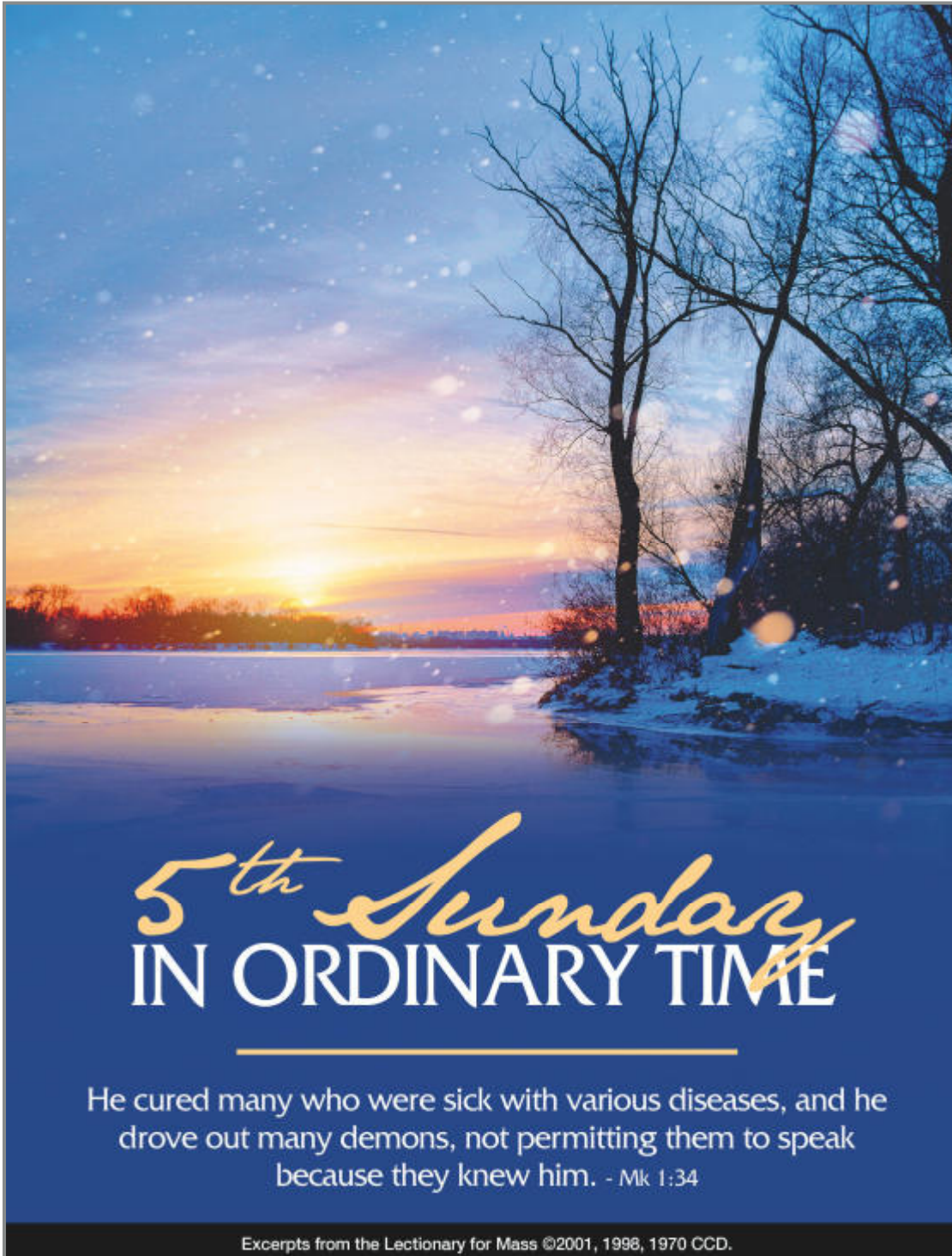




SUNDAY, FEBRUARY 7, 2021 | FIFTH SUNDAY IN ORDINARY TIME



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 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: March 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, FEBRUARY 7 | FIFTH SUNDAY IN ORDINARY TIME

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

- 3:30 pm (Vigil Mass) For the People of Holy Spirit Parish, † Souls in Purgatory
- 7:15 am Virginia Marsters, † Eugenia Mano, † Jose Hizon, † Jesus Emmanuel Cueto
- 9:00 am † Rose, Patrick & Noel Marron, † Protusada Family, Lori Bruno, † Noring Gotengco & Family
- 10:45 am Tai & Men Pham, Noel Tamayo, Demetria Alfonso & Florencio Domingo, † Alejandro L. Avila, † Alberto Lopez Yap, Sr
- 12:30 pm † Elizabeth B. Nirza, Dede Laksmana, † Salvador Esteban, Robert Hardaway

MONDAY, FEBRUARY 8 | MONDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24 and 35c [31b]/Mk 6:53-56

- 7:00 am † Juan Cabangangan, † Amber Russe
- 9:30 am Gailaza-Fredie Motas Jr.

TUESDAY, FEBRUARY 9 | TUESDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 1:20—2:4a/Ps 8:4-5, 6-7, 8-9 [2ab]/Mk 7:1-13

- 7:00 am † Christine Vu, Jason Wang
- 9:30 am † Modesto Daco

WEDNESDAY, FEBRUARY 10 | MEMORIAL OF SAINT SCHOLASTICA, VIRGIN

Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28, 29bc-30 [1a]/Mk 7:14-23

- 7:00 am † Joseph V. Shagday, John Matthew Escolastico, † Dada Oladeinde, Patrick Bajet
- 9:30 am Johnny Vu

THURSDAY, FEBRUARY 11 | THURSDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 2:18-25/Ps 128:1-2, 3, 4-5 [cf. 1a]/Mk 7:24-30

- 7:00 am † Sonia Lopez, † Ruben Vasquez Aguilar, † Danilo Gamab
- 9:30 am Rhea Tambaoan, John Angeles

FRIDAY, FEBRUARY 12 | FRIDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 3:1-8/Ps 32:1-2, 5, 6, 7 [1a]/Mk 7:31-37

- 7:00 am † Ruben Vasquez Aguilar, Alberto S. Buccat, Mary Lou Catapang
- 9:30 am Emelie & Melissa Sanchez, † Lucita Tavisora, † Ricardo Torres, Sabrina Javier

SATURDAY, FEBRUARY 13 | SATURDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 3:9-24/Ps 90:2, 3-4abc, 5-6, 12-13 [1]/Mk 8:1-10

- 7:00am † Ruben Vasquez Aguilar, Visitacion Family, † Adela Luz Medrano
- 9:30 am Aaron Bakke

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 DCN. BERNARD...

Today's readings point out life situations wherein different kinds of challenges are experienced and, likewise, show how the characters responded to them in different ways.

The first reading talks about Job's lament of misery, suffering, disappointment, and frustrations that he had experienced. St. Paul, in the second reading, narrates the compelling conditions of his life and vocation, but unlike Job, he delights in it with a commitment to proclaim the gospel. And in today's gospel, Jesus is overwhelmed by attending to the needs of the sick and the demon possessed, yet He still finds the time to connect with His Father.

It sure was a busy day for Jesus, starting with preaching in the synagogue, after which took a break and went to the house of Simon and Andrew. But on hearing about Simon's mother-in-law's predicament, He showed compassion to her and, at that very moment, restored her health to a newness of life that she was able to serve Jesus and company at once.

At sundown, the whole town was bringing the sick and the possessed to Jesus to be healed. For a moment, I was thinking that Simon's house could probably be the very first hospital

that was established (the sick were being brought there to be cured). Not only that, but the sick, perhaps, were being carried by animals or by men in stretchers and were like modern-day ambulances rushing them to the hospital.

The gospel today not only shows Jesus' actual hands-on ministry to his newly formed disciples who were like interns gaining experience - OJT (on-the-job training). He is pointing to all of us as well what it takes to be true followers of Him.

To follow Him, we should also follow His examples. We should preach the Word of God; we may not all be gifted public speakers, but we can proclaim God's Word by living our lives in conformity to God's law and will. Interceding for others (praying for each other), bringing others to Christ as well as bringing Christ to others), to be there to help and heal one another. And to top it all, despite having a long and hectic day, we should always connect with God with praise and thanksgiving.

Let us learn from Simon's mother-in-law, who served the Lord out of her great gratitude and love. Our lives would be meaningless if we don't serve the Lord in many simple ways. There are a lot of opportunities out there waiting to be explored! Let's take advantage of it!

God bless us all.

FORMED PICK OF THE WEEK

FORMED NOW! HOW TO MAKE A GOOD CONFESSION (PART 1)

<https://watch.formed.org/videos/formed-now-how-to-make-a-good-confession-part-1>



Taylor Kemp sits down with Fr. Daniel Moloney, visiting professor of Theology at the Augustine Institute Graduate School, to discuss how to make a good confession. Is there such a thing as a bad confession? Why is it good to examine ourselves? What role does confession play in our spiritual lives?



SERVE

St. Joseph the Worker: Sister Parish Dispatch

We Did It!

Because of the generous monthly donations to our Sister Parish account, Holy Spirit wired \$28,800 to the Diocese of Same to be given directly to the schools where 68 children will be attending for the 2020-2021 school year in Tanzania.

Thank you all for your continued support!

THANK YOU
for your generosity

AVAILABLE NOW!

PRINT & DIGITAL AD SPACES

The Support of Your Business is Greatly Appreciated

Kathy Dickens from LPI, our bulletin printer, will be working securing new ads for our church over the next several weeks. It is the support of the business community that helps to make our church

Church bulletin advertising is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you!

Digital advertising allows your business to be front and center to anyone who visits a church profile page on ParishesOnline.com — that's approximately 500,000 page views per month!



Kathy Dickens
Cell: 719-650-9467

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 Fruit
- ⇒ Ramen Soup - Chicken
- ⇒ Tuna

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!

Holy Spirit Ethnic Groups

To further celebrate and recognize the diversity of our community, we hope to form Chinese, Indonesian, and Vietnamese ministries here at Holy Spirit Parish.

If you are interested in helping organize these ministries, please contact Fr. Peter Lawongkerd at 510.797.1660, ext. 206 or send him an email, frpeter@holyspiritfremont.org

Holy Spirit School Alumni Association

Holy Spirit School would like to start an Alumni Association and we are looking for volunteers to get it started. Some responsibilities will include creating a more complete alumni database, provide members information about school activities, share updates about our graduates, and organize alumni events. For more information, contact aaroncbakke@gmail.com

Giving

Sunday, January 24

22,466

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 am filled with restlessness until the dawn.
(Job 7:4)



PSALM

Praise the Lord, who heals
the brokenhearted. (Ps 147)
Or Alleluia.



SECOND READING

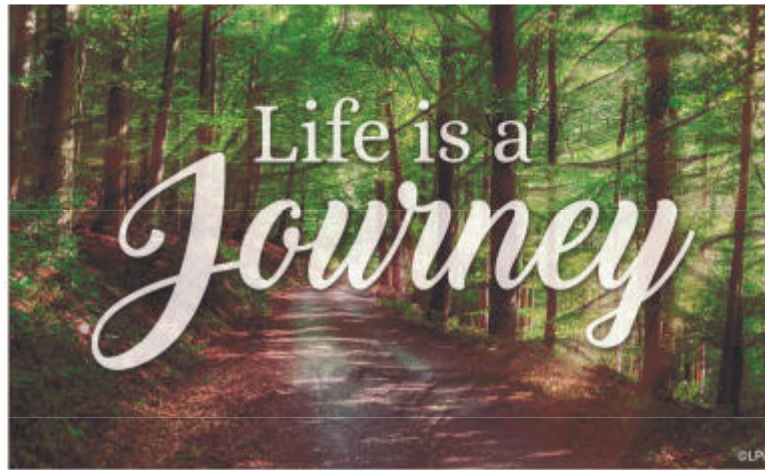
I have become all things to all,
to save at least some.
All this I do for the sake of the gospel,
so that I too may have a share in it.
(1 Cor 9:22-23)



GOSPEL

He cured many who were sick
with various diseases,
and he drove out many demons,
not permitting them to speak because they
knew him. (Mk 1:34)

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
Liturgy Corporation. All rights reserved.



GOSPEL MEDITATION Encourage Deeper Understanding of Scripture

If I only knew then what I know now, how different life would be. This sentiment, expressed in myriad ways, is found on every human being's lips at one point or another. Life may have brought us to a vulnerable place where we see some of the poor choices we made and the effects they are having. Perhaps we fell into some destructive and dysfunctional relationships or behaviors and are finding how they held us captive. Our zeal and passion for life may have drifted away and we are waking up to the reasons apathy has taken hold. Life can be hard. In fact, some would describe their lives as a drudgery. They walk through each day with an anxious unsettledness, wondering when their restlessness will cease. There is a temptation to believe that what I see is all I will get. Mortality and hopelessness await the dawn. If I could only have known what would come in the future, I could have made better choices and avoided all of this misery!

Really? While we can certainly give into weakness, sin, impulsiveness, and idiosyncrasies that cause us to stumble over ourselves, life is really a journey. If we don't make the mistake of wallowing in the mire of self-pity and realize the new life God is calling us to, then there are thrills, adventures, surprises, and soul-searching graces we can surely miss. We are not tethered to our past nor are we bound to the ills life can bring upon us. We are never hopeless or helpless. The problem is that our myopic vision only allows us to see the misery and misfortune that is before us, not the potential that can come from choosing healthier and more life-giving options. Jesus came that we might have fullness of life. We need to learn how to reach for Jesus' hand and let him help us to our feet.

We need to allow God into our pain and heal our past. We have to wrestle with our histories, agonize and search and cry out for the Divine healing we need to restore our faith, hope, and love. Job could not see how his story would end or trust the guidance of the God who called him. We live in that same blindness and suffer from the same lack of confidence. Once we allow ourselves to be touched by God's healing power, we begin to see that all of the pieces of our lives are necessary parts of a greater whole. Along the way of our lives, God uses our omissions and failures to create new things and possibilities. When doors close, others open and we can be amazed by the joyful and unexpected surprises we receive. Once we know the power of God's creative, healing, life-giving, forgiving, and dynamic presence, it is no wonder we want to put ourselves at the service of others and show them what life can be.



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

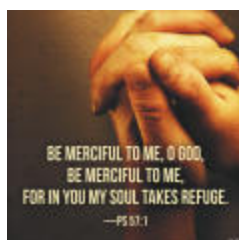
Les Carscadden, Dixie Kibbee, Joseph Figueiredo, Andrew P. Javier, Carina A. Javier, Maxeen Caballa, Lesli Griffiths, Natalie Castillo, Nathaniel Rivera, Nina Monela, Dcn. Steve Lewellyn, Lilian Ares, Vic Viray, Katherine Aberin, Betty Smith

Pray for Our Recently Departed

Alex Dow, Hilda Rodrigues, Joseph Rosario, Pilar Vega Redaus, Darlene Oliveira, Sylvia Macachor, Lorraine Pine, Jesus R. Aquino, Naomi Debevoise, Maria Lourdes Chua, Rafael D. Oquendo, Romeo Penaranda

Birthday Blessings

Rithesh Noronha, Patricia Griffiths, Alyza Paras, Stacy Quintana, Samara Olivier, Stan Deeds, Rebecca De Tagle



For our parish and community: so that, as a family of families, we may find ways to care for our married couples and support the families among us who are the domestic church.



INVITE

National Marriage Week 2021

February 7-14, 2021

The observances of National Marriage Week (Feb. 7-14) and World Marriage Day (Sunday, Feb. 14) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. This year's theme is "To Have, To Hold, To Honor."

Please visit our Facebook page and YouTube channel to view videos featuring married couples who are members of our parish. They will share their experiences, words of wisdom, and you are invited to pray with them at the end of each video.

Ministry Leads Meeting

February 9, 2021 | 6:30 pm

Please join us for our next Ministry Leads Meeting via Zoom. If the lead member is unable to attend, please request a representative to take your place.

Symptothermal Method of NFP Introductory Session

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. All are welcome to learn and ask questions. For more information or to register, contact ellenholloway100@gmail.com



Outdoor Stations of the Cross

Blessing of the Stations of the Cross
Saturday, February 13, 2021

We invite our faithful parishioners to join us in the back field behind the Parish Center immediately following the 3:30 pm Mass for the blessing of the newly erected outdoor Stations of the Cross.

Stations of the Cross
Beginning Ash Wednesday, February 17, 2021

Come and pray in our outdoor Stations of the Cross on your own or with your family. As part of your prayer experience, we encourage you to bring stones or small rocks that represent your burdens. Leave your rock at the last station as you lift up your intentions to our Lord.

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.

We invite you to take part. CRS Rice Bowls will be available beginning this weekend.

AmazonSmile

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

AROUND THE PARISH



Parish Office Services

Although our Parish Office has been closed since March 2020 because of the Alameda County shelter-in-place orders, we continue to serve our parishioners, albeit in a socially distant and limited capacity.

For all requests, please contact us at info@holyspiritfremont.org. If you do have not access to email, call 510.456.4969. In the event of an emergency and you need to reach one of our priests, call 510.797.1660 and press "0."

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.

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.myevent.com/hssbingo

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):
• Feb. 13/14 - Allan & Jennie Visitacion

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, ext. 206
- 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://holyspiritfremont.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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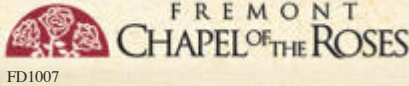
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