



HOLY SPIRIT FREMONT

SUNDAY, FEBRUARY 5, 2023 | FIFTH SUNDAY IN ORDINARY TIME



5th SUNDAY IN ORDINARY TIME

"You are the light of the world. A city set on a mountain cannot be hidden." - Mt 5:14

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

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
First Friday: 6:30 pm

*Masses are livestreamed on our Facebook page and YouTube channel.

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 First Friday:
3:30 pm
Weekdays: call for an appt.

Eucharistic Adoration

Visit the Adoration Chapel in the Governo House.
Mon. to Fri.: 6:00 am to 12:00 pm
Sat.: 9:00 am to 1:00 pm
Sun.: 12:00 to 5:00 pm

Anointing of the Sick

First Saturday at 12:00 pm (except if it falls on January 1). All seniors and those who are seriously ill or anticipating surgery are invited to attend.
Next Mass: March 4, 2023

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

Adoration of the Blessed Sacrament at 5:30 pm immediately followed by Mass
Next Mass: March 3, 2023

Mass Intentions

To request a Mass, contact us at info@holyspiritfremont.org or 510.797.1660

New to Holy Spirit?

Welcome! To register, contact us at info@holyspiritfremont.org or go to holyspiritfremont.org/join-our-community

Interested in Catholicism?

To learn about the Catholic faith, please call 510.456.4975

SUNDAY, FEBRUARY 5 | FIFTH SUNDAY IN ORDINARY TIME

Is 58:7-10/Ps 112:4-5, 6-7, 8-9 (4a)/1 Cor 2:1-5/Mt 5:13-16

- 5:00 pm (Vigil Mass) For the People of Holy Spirit Parish
- 7:15 am Ben Bajet, † Ildefonso S. Bernardo, † Arnel Sibal Acevedo, † Joseph Thomas Mammoottil
- 9:00 am Isaiah Froula, † John & Agatha Zawantka, † Norma Paras, † Romeo Bello
- 10:45 am Espiritu Family, Marco Tambaoan, † Jerry Eppler, † Paz Padilla Andrada
- 12:30 pm † Felisa Aguilan, † Maria Gloria Pedroza
- 5:00 pm Albert & Melanie Guerrero & Family

MONDAY, FEBRUARY 6 | MEMORIAL OF ST. PAUL MIKI AND COMPANIONS, MARTYRS

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

- 7:00 am † Clarita Bautista & Chito Francisco, † Arnel Sibal Acevedo
- 8:15 am Richelle Sibal, † Sugay Family, † Lourdes T. Orquin

TUESDAY, FEBRUARY 7 | TUESDAY OF THE FIFTH WEEK IN ORDINARY TIME

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

- 7:00 am Butch & Vivian Guerrero & Family, Annabelle Udo -O'Malley, † Prospero Ong
- 8:15 am Sharon & Francis Gomes, Kyle Atikus Isidore Barnes, † Arnel Sibal Acevedo

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

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

- 7:00 am † John & Catherine Keily, † Juan Cabangangan
- 8:15 am Lyca & Rick & Family, † Anthony Zowin Family, † Arnel Sibal Acevedo
- 6:30 pm † Andy Chan

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

Gn 2:18-25/Ps 128:1-2, 3, 4-5/Mk 7:24-30

- 7:00 am Urban Family, † Marina & Arsenio Abenojar, † George Philip Milla
- 8:15 am Angel & Fely Guerrero & Family, † George Philip Milla, † Laudemer Arboleda, † Arnel Sibal Acevedo

FRIDAY, FEBRUARY 10 | MEMORIAL OF ST. SCHOLASTICA, VIRGIN

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

- 7:00 am Patrick Bajet, Julia Yap, † Raymundo & Rolindo Agbulos
- 8:15 am Fernando Batac, † Joseph Victor Shagday, † Wilfrido J. Trias

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

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

- 7:00 am Jonathan Mano, Benjamin & Elvira Abat
- 8:15 am † Ruben Vasquez Aguilar, † Danilo Gamab

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 DN. RIGO...

Brothers and sisters in Christ... Jesus' words sear my heart, calling you and me, all of us, to be salt of the earth, light of the world. His words remind me that in Jesus' time they paid work with salt, thereby the word salary, as salt was as today a preservative, meat would last longer when salted (remember, no refrigeration in Jesus' time).

The 1st reading today is HEAVY! It is specific, concise, descriptive, and prescriptive. I wonder WHO lives like that? I, for sure, just go thru a half-hearted effort in getting these deeds done,

and sometimes I fail so miserably that I wonder if I may be accepted by Jesus upon my natural death into the Kingdom of Heaven.

That is the purpose of a holy and saintly life, one driven by prayer, right worshipping, basking in the presence of the Lord in the Blessed Sacrament in our visits to the Adoration Chapel, asking Him for His MERCY, for His guidance so we may put a solid effort into His Way of Life.

May our light shine in the darkness, may we have faith that gives us the power of the Spirit within us, may our good deeds glorify our Father in Heaven...

- Dcn Rigo

FORMED®

FORMED PICK OF THE WEEK

The Paschal Mystery: The Mystery of Jesus' Death & Resurrection

<https://watch.formed.org/videos/the-paschal-mystery-the-mystery-of-jesus-death-resurrection>

Through Jesus's Death on the Cross, God reveals himself most profoundly as the God who is love. Christ's sacrificial love saves us from sin and shows us the pathway to true human happiness. We are made to live like Christ: in total, self-giving love.

I recommend you watch this short but wonderful video regarding the death and resurrection of Christ for us to ponder the mystery of LOVE. Enjoy, reflect, meditate, discern and contemplate...

- Dcn Rigo





SERVE



Sisters of the Holy Family: Legacy Gift Award

With great excitement, we learned in December 2022 from the Board of Directors for Legacy Gifts that we were generously awarded a \$30,000 grant from the Sisters of the Holy Family.

This gift will allow 73 children from our Sister Parish, St. Joseph the Worker, to attend private schools for an entire year.

Ministry Lead Meeting February 7, 2023 | 6:30 pm

Please join us for our next in-person Ministry Lead meeting in the Peace Center.

The meeting should last approximately 45 minutes.

If the lead member(s) can not attend the meeting, kindly request a representative to take your place.



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 Green Beans
- ⇒ Chef Boyardee / Canned Pasta
- ⇒ Pork & Beans

Please drop off non-perishable food donations at the Parish Office during regular business hours or Governo House on Saturdays, 9:00-10:00 am only. **Do not leave donations outside.** 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. **PLEASE, NO EXPIRED FOOD.** Thank you for your support! For information or assistance: 510.797.3672

Flower Fund

We are accepting donations towards floral arrangements for our church sanctuary. You may drop off your donation at the Parish Office or send by mail.

For information or special requests such as dates, colors, or events (e.g., anniversary, birthday, memorial, etc.), please text Judy Young at 510.378.1933.

Jan.28 ... Ed & Maureen Kamei
Feb. 4 ... In Memory of Laxmi Mohan

Parish Office Ministry

Do you enjoy working with people? Are you looking for some meaningful work for a few hours a week?

Then join our Holy Spirit Parish Office Ministry as a volunteer receptionist.

Contact Josephine at 510.797.1660 or info@holyspiritfremont.org

Giving

Corner

Sunday, January 22	\$25,869
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Special Collection coming up:
Ash Wednesday | February 22

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

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.



HERE'S THE WORD...

A Brief Commentary on the Gospel

5th SUNDAY IN ORDINARY TIME (Cycle A): Matthew 5:13-16

Theme: Christians Living in the Image of Christ, Bring Light to the World

The mission of the covenant people of God has always been to be a "light" of hope to the world (First Reading). That mission continues for New Covenant Christians, who must remain distinctively Christian in all aspects of life. If Christians become indistinguishable from non-Christians, then the Church has lost her distinctive call to lost souls to come out of the dark, sinful influences of the world and into the "light" of Christ. Christians must transform the world without the world, leaving its mark on them. Preserving the uniquely Christian character of the Church as passed down to us by Jesus Christ is the call of Christian discipleship, responsibility, and obedience.

In the **First Reading**, the prophet Isaiah reminds the covenant people of their obligations under the Law of the Sinai Covenant to be responsible for seeing to the needs of the poor and oppressed. God commanded that there be no poor among the covenant people, and everyone, even strangers, must be treated justly (Ex 23:6-11; Lev 9:10, 18; 23:22; 25:35; Dt 15:4-11). The reward for such obedience is God's promise of blessings in that righteous person's time of need.

In the **Second Reading**, St. Paul writes to the Christian community in Corinth, Greece. He tells them he came to proclaim Christ crucified guided by the Holy Spirit. Just as St. Paul writes that his preaching to the Corinthians did not rely on worldly eloquence, we must not base our faith and the practice of our faith on human wisdom and the secular world view. Paul writes that he preaches "Christ crucified" and bases his message on a demonstration of Spirit and power, which is a reference to the action of the divine grace of God the Holy Spirit on those who listened to Paul's message with an open heart.

Our **Gospel Reading** continues with Jesus' Sermon on the Mount in Matthew Chapters 5-7. The Beatitudes (Matthew 5:2-12) outline the steps to achieve spiritual perfection, and today's Gospel message offers a teaching on the application of that perfection. Our passage focuses on two opposing forces: the righteous believer/the Church versus the unrighteous/the world. Jesus commands that Christians live the Beatitudes for the good of a world that stands in opposition to Christian values and beliefs. He approaches this teaching by using the two useful and practical metaphors of salt and light.

If the Christian is the salt that preserves, purifies, and improves the world as well as the light that enlightens humanity, then those who are attached to the secular world contribute nothing to purify the world and live in darkness. They are unlike the Christian who shares the light of Christ that has the transforming power of goodness to illuminate the world. Jesus tells us it is the faithful New Covenant believer who will save the world through the preserving salt of faith and who will provide the internal light that guides hearts and souls out of the darkness of sin and despair and into the "light" of Jesus Christ and His promise of eternal salvation.

"And the Word was made flesh...and dwelt among us."

Peace and Blessings,

Fr. Ken



Please note: Our prayer list is refreshed every week. Feel free to contact us to include your loved one. Go to <https://holyspiritfremont.org/request-a-prayer/> or call the Parish Office at 510.797.1660

Pray for Our Sick

Jorge Trevino, Jr., Samuel Cuellar, Robert Legier, Lissette Salazar, Amory Morales, Maria Da Gloria Pinheiro, Bernie Hoercher, Didi Padlan-Ylarde, Alice Becker, Quincy Cato

Pray for Our Recently Departed

Maria Cuellar, Mary Quintana

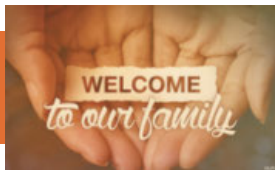
Birthday Blessings

Maria De La Vega, Kaydence De La Rosa, Jocelyn Pierre-Antoine, Pat Griffiths

Wedding Anniversary Blessings

Vincent & Michelle





INVITE

Filipino Society Food Sale

February 5, 2023 | Parish Center

The Filipino Society is hosting their \$7 meal deal after the morning and 12:30 Masses. Stop by the Parish Center and get a great meal at a deal. Proceeds benefit parish special projects. We thank you for your support.

National Marriage Week

February 7-14, 2023

The observances of National Marriage Week (February 7-14, 2023) and World Marriage Day (Sunday, February 12, 2023) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family.

Here at Holy Spirit, we will be blessing all our married couples at the 5:00 pm Mass on Saturday, February 11, and all the Masses on Sunday, February 12.

We also invite and encourage all our married couples to complete the At-Home Marriage Retreat. Go to: <https://www.usccb.org/resources/home-marriage-retreat-national-marriage-week-2023>

Old Palms Needed

We need any palms you have from previous years. Please bring them in by February 18 and place them in the baskets near the entrances to the church. The palms will be burned at the Rite for the Burning of Palms on Sunday, February 19, immediately after the 12:30 pm Mass, to make ashes for Ash Wednesday.

Ash Wednesday

February 22, 2023

"For you are dust, and to dust you shall return." (Gen 3:19)

Join us for Mass as we mark the beginning of the Lenten season. Mass times are:

7:00, 8:15, and 11:00 am
12:30, 4:00, 6:00, and 8:00 pm

Holy Spirit School Crab Feed

February 25, 2023 | 4:30 pm | Parish Center

Save the date! Holy Spirit School Crab Feed is BACK!

Join us for the return of our annual fundraiser. Enjoy fellowship and good food!

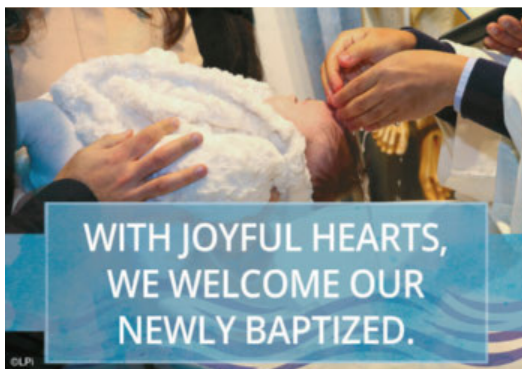
Only \$80.00 per person for all-you-can-eat crab! For more info, contact us at HSSCrabFeed@gmail.com

Holy Spirit Grandparents Club

The Holy Spirit Grandparents Club invites you to be part of this rewarding ministry as we pass on the Catholic faith to our grandchildren.

We meet every second and fourth Thursdays of the month, 9:00 am in the Fireside Lounge.

For more information, contact: Nancy, 510.673.3168; Cynthia, 510.378.2083; or Pat, 510-468-7321.



Sara, Cade, Isla, Aidynn

24 Hours for the Lord

Exposition & Adoration of the Blessed Sacrament

February 24, 2023 9:00 am to February 25, 2023 3:00 pm

Bishop Michael C. Barber, SJ invites all the faithful in the Diocese of Oakland to observe 24 Hours for the Lord.

As we begin this Lenten season, we invite you to join us in the church, to pray and reflect, and to spend time in the presence of Jesus in the Blessed Sacrament. *(During this time, the Adoration Chapel will be closed.)*

Adoration will pause for Masses and previously scheduled services.



AROUND THE PARISH



World Day of the Sick Mass February 11, 2023 | 11:00 am The Cathedral of Christ the Light Oakland

Pope John Paul II promulgated the World Day of the Sick on February 11, 1992. It is a way for believers to offer prayers for those suffering from illnesses. The day coincides with the commemoration of Our Lady of Lourdes and is a time for those who serve in Catholic health ministry to reflect on caring for those who are sick as well as those who provide care to them.

To mark the 31st Annual World Day of the Sick, join Archbishop Salvatore Cordileone and Bishop Michael C. Barber, SJ as they concelebrate Mass for those seeking God's grace and mercy. All are invited, all faiths—especially all those suffering and caring for sick, all those seeking God's grace and a life filled with goodness, truth, and beauty.

Women Gather Saturday, February 18, 2023

Join us for our next gathering. Come at 9:30 am to meet the others. Our prayer will begin at 10:00 am followed by lunch and an afternoon of service.

You are welcome to come for however long you are able. Please RSVP to Sr. Annette at 408.390.7184.

Soup Suppers for Young Adults

Instead of giving up something, let's DO something for Lent!

You are invited to Casa Julie for Soup Suppers on the six Fridays of Lent: February 24; March 3, 10, 17, 24 & 31.

Each night we will view a part of "The Letter", a video invitation from Pope Francis and a reflection on his letter, "Laudato Si".

Please RSVP to Sr. Annette at 408.390.7184

Mission Doctors Association Spring Retreat/Seminar March 17-19, 2023

Mission Doctors Association will offer the 2023 West Coast Retreat/Seminar for doctors, dentists, nurse practitioners, and physician assistants interested in short-term mission service opportunities.

The retreat/seminar will be held at Loyola Marymount University, Los Angeles, and is free of charge to those considering serving at a mission hospital or clinic in Africa or South America.

For more information, call 213.368.1872 or go to www.MissionDoctors.org

Parish Office

Mondays to Fridays
9:00 am to 4:00 pm
Saturdays
9:00 am to 12:00 pm
Sundays
9:00 am to 2:00 pm

Parish Gift Shop

Sundays
8:30 am to 2:30 pm

Parish Library

Sundays
9:00 am to 12:30 pm

Clergy

Fr. Kenneth L. Sales, Pastor
510.456.4964

Fr. Peter Lawongkerd,
Parochial Vicar
510.797.1660, ext. 206

Fr. Edilberto Castaños,
Parochial Vicar
510.456.4965

Fr. Frank Kuwornu
In Residence

Dn. Rigo Cabezas,
Dir. of Rel. Ed.
510.456.4975

Dn. Chuck Glover,
Pastoral Care
510.789.8652

Dn. Steve Lewellyn, RCIA
510.797.1660

Dn. Bernard Liwanag
510.797.1660

Dn. Tim Roberto, RCIA
510.598.7408

Dn. Richard Yee (ret'd.)

Departments

Business/Maintenance
Jeff Van der Sluis
510.456.4970

Safe Environment
Peter Scampavia
510.456.4968

Facilities Scheduling
Roselyn Jose
510.456.4995

Faith Formation &
Youth Ministry
510.456.4974

Music
Paul Orella
510.673.3873

Table of Plenty

Do you or someone you know have a fruit tree? We are looking for donations of fruit of whatever you have that is in season (like citrus fruits). Please drop off donations at the Parish office and mention that they are for Table of Plenty. Your generosity will be greatly appreciated by our guests.





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