



HOLY SPIRIT
FREMONT

SUNDAY, FEBRUARY 12, 2023 | SIXTH SUNDAY IN ORDINARY TIME

World Marriage Day

*Serve
one another
through
love.*

Galatians 5:13

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 12 | SIXTH SUNDAY IN ORDINARY TIME

Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34 (1b)/1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37

5:00 pm (Vigil Mass)	† Thomas & Charlotte Cunningham, † Sebastian & Concetta Manzitto, † Souls in Purgatory, † Luisa Ercillo
7:15 am	For the People of Holy Spirit Parish
9:00 am	Justin Feliciano, Albert S. Buccat Jr., Evangeline Choy Cardenas, † Ruben Vasquez Aguilar, † Tom & Rose Lopez
10:45 am	Emelie & Melissa Sanchez, Espiritu Family, Mary Lou Catapang, Jovi Tambaoan, Rhea Tambaoan, † Isabel & Marion Pat Mina
12:30 pm	Lucia Amaral, † Rosaline Hoa Chu, † Guadalupe Corona & Pablo Macias, † Lorna Arachea
5:00 pm	Graciela O. Montes, † Ana & Victoria Quinata, † Cayetano Quinata, † Lucita Tavisora

MONDAY, FEBRUARY 13 | MONDAY OF THE SIXTH WEEK IN ORDINARY TIME

Gn 4:1-15, 25/Ps 50:1 and 8, 16bc-17, 20-21/Mk 8:11-13

7:00 am	† Andrew Paz Javier, † Rodolfo Castaneda, † Ruben Vasquez Aguilar
8:15 am	† Protusada Family, † Edmund Palao, † Jose & Simeona Albano

TUESDAY, FEBRUARY 14 | MEMORIAL OF STS. CYRIL, MONK, & METHODIUS, BISHOP

Gn 6:5-8; 7:1-5, 10/Ps 29:1a and 2, 3ac-4, 3b and 9c-10/Mk 8:14-21

7:00 am	Jack Lattie, † Ruben Vasquez Aguilar, † Mary Mahusay
8:15 am	Kathleen Barrett, † Ashley Cocanour, † Valentina Asis

WEDNESDAY, FEBRUARY 15 | WEDNESDAY OF THE SIXTH WEEK IN ORDINARY TIME

Gn 8:6-13, 20-22/Ps 116:12-13, 14-15, 18-19/Mk 8:22-26

7:00 am	Christopher Martinez, Anthony A. Castro, † James Ray Magana
8:15 am	Aaron Bakke, † Ruben Vasquez Aguilar, † Matias Balajadia
6:30 pm	† Agustinus & Bernadette Mustika, † Andy Chan, † Jamie Sigua

THURSDAY, FEBRUARY 16 | THURSDAY OF THE SIXTH WEEK IN ORDINARY TIME

Gn 9:1-13/Ps 102:16-18, 19-21, 29 and 22-23/Mk 8:27-33

7:00 am	† Juno Kooliyadan, † Aucensio Torres, † Dolores Munoz
8:15 am	† Deetje Tanumihardja, † Ruben Vasquez Aguilar, † Fremioth Miranda

FRIDAY, FEBRUARY 17 | FRIDAY OF THE SIXTH WEEK IN ORDINARY TIME

Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Mk 8:34—9:1

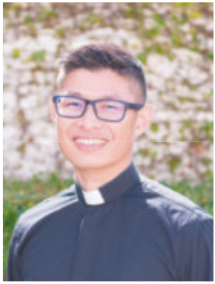
7:00 am	† Maria Asuncion Aleligay, † Napoleon Anselmo
8:15 am	Graciela O. Montes, † Ruben Vasquez Aguilar, † Joseph An Do

SATURDAY, FEBRUARY 18 | SATURDAY OF THE SIXTH WEEK IN ORDINARY TIME

Heb 11:1-7/Ps 145: 2-3, 4-5, 10-11/Mk 9:2-13

7:00 am	† David Lee, † Elodia Torres, † Lourdes Tankeh
8:15 am	† Ruben Vasquez Aguilar, † Robert C. Young, † Sofio Sr. & Natividad Orías

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 FR. PETER...

Dear Friends,

Remember the wondrous joy we felt over the Christmas season as God came to us a Babe, “stretching out HIS hands” that no one was excluded from the Love and Mercy of GOD.

This stretching forth of our hands is a basic human gesture. We see it in infants who, early on, begin to reach out for what’s in front of them; infants who reach out for us to pick them up to hold and embrace them, to feed and protect them.

Once we begin stretching forth our hands reaching out as infants -- we never stop. Even if illness or age keeps us from physically stretching forth our hands, our hearts and minds reach out all the time for what we want, what we desire, and what we choose.

This Sunday, the wise man Sirach advised us to “stretch forth our hands”! He said, “[God] has set before you fire and water; to whichever you choose, stretch forth your hand. Before man are life and death, good and evil, whichever he chooses shall be given him.”

TO WHAT do you and I stretch forth our hands? What do we reach out for? What do we try to grasp? What do we grab for?

So many times in our daily lives we choose and make choices:

between telling the truth and lying,
between being greedy and generous,
between playing fair and cutting corners,
between good, wholesome thoughts and lusty fantasies,

between foolishness and wisdom,
between honesty and fraud,
between welcoming others in or shutting others out,
between being faithful or unfaithful to one’s partner,
between healthy entertainment and junk food for the mind,
between speaking a cruel word or speaking a kind word,
between gossiping and minding my own business,
between laziness and using the talents God gave me,
between wasting time and spending my time well...

And how easy it is for any of us to point at choices and decisions that others make, and to criticize them for what we deem to be bad decisions and poor choices.

But the scriptures today call us to look at ourselves first, to see if we possess and exercise what St. Paul calls WISDOM!

We are invited here at the altar to feast on wisdom, to receive Jesus.
Jesus who is the Wisdom of God!
Jesus who laid down his life for us on the Cross and again, here in the Bread and Cup of the Eucharist.
Jesus who nourishes us and helps us make good choices, the right choices.

So, we pray together this Sunday that we will “stretch forth our hands,” to reach for that goodness that serves God and neighbor, to reach for anything and everything that deepens our life in God who is our greatest, our only, our one, true Wisdom.

F.P.



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.

Abode Services

Many heartfelt thanks to all the generous parishioners who helped by donating items to fill our laundry baskets with cleaning supplies, toiletries, and monetary donations to purchase supplies.

Holy Spirit Church has been affiliated with Abode's Rapid Rehousing Committee along with over ten different churches and congregations in our area for almost two decades. The mission is to train homeless individuals for jobs and place them and their families into safe housing.

We are sincerely grateful for your continued support of this program.

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 Corn
- ⇒ Jelly / Jam
- ⇒ Peanut Butter—16 oz.

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

CGS Catechists Needed

Become a catechist for our Catechesis of the Good Shepherd program here at Holy Spirit Parish.

Help 3- to 6-year-old children to know Jesus and to build a relationship with God.

If interested in becoming a catechist, please contact the Faith Formation Office at 510.456.4974 or faithformation@holyspiritfremont.org. Help is needed on Saturdays, 9:00 to 10:00 am.

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.

Giving

Corner

Sunday, January 29	\$29,289
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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.



Gospel Meditation

Encourage Deeper Understanding of Scripture

It's often said that the Catholic Church lays heavy rules on her members, rules that can almost seem impossible. Mass every Sunday? No lying ever? Sexual purity all the time? I recently said to some non-Catholic friends that more than fifty adults were baptized at my parish at the Easter Vigil. One responded spontaneously with shock, "Why would anyone do that?" In other words, why would someone willingly place themselves in a system with such demanding and rigorous rules?

Of course, no one in the history of religions is more demanding and rigorous than Jesus himself. In the Sermon on the Mount, he says you have to be holier than pharisees or you're out. He says if you call someone a fool, you go to fiery Gehenna. He says you can't even look at a woman with lust or you're guilty of adultery (which was punishable by death). To top it all off, he says you can't even get divorced and re-married. Doesn't he know these are basically impossible demands? What world is he living in?

The new one, actually. He is the new world. Jesus' words aren't meant to condemn. They are meant to signal something new, a restored humanity. Jesus doesn't just give external laws; he gives us his Holy Spirit to internalize the law through love. He wants to fill us with his love. That's what the Church exists to do. Love demands extraordinary things. The "demands" of the Church only make sense because she is filled with Jesus' love. That wildly demanding love is why we are Catholic.

— Father John Muir



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

Graciela Montes, Vilma Gatal-Tumampos, Didi Padlan-Ylarde, Ann Singer, Esther Garcia, Bernie Hoercher

Pray for Our Recently Departed

Esther Howell Lee, Rodel Igarta, Erlinda Igarta

Birthday Blessings

Javier Saavedra, Stan Deeds, Rebecca De Tagle, Scott Gobel, Mary Catapang



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.



INVITE

Ministry Sunday: Parish Library

Holy Spirit parish library has many spiritually inspiring book and DVD movies on lives of the saints. It also has bedtime story books and animated DVDs for children.

You can check these out on Sundays, between 9:00 am and 12:30 pm. The Parish Library is located near the Adoration Chapel inside the Governo House. Come and see!

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.

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.

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

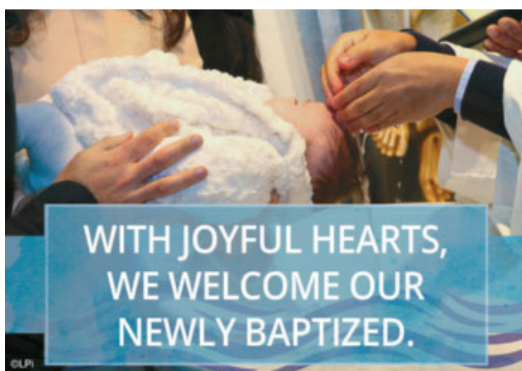
Holy Spirit School Crab Feed

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



Brayden, Jayla

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



AROUND THE PARISH



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.

Men's Hiking Group Saturday, March 18, 2023

Looking for men to join us for the Father Mathew Vellankal-Holy Spirit Men's Hiking Group!

We will meet at 7:00 am at Coyote Hills in Fremont.

The hike will be followed by fellowship, bagels, coffee & Bible study (approx. 9:00-10:00 am).

Contact Tom Fezler for more information: tfezler@ampf.com

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 Castañas,
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.)

Departments

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Jeff Van der Sluis
510.456.4970
Safe Environment
Peter Scampavia
510.456.4968
Facilities Scheduling
Rosalyn Jose
510.456.4995
Faith Formation &
Youth Ministry
510.456.4974
Music
Paul Orella
510.673.3873

HERE'S THE SITCH...

Campus Master Plan Update

After the November 15 Townhall meeting, the overwhelming feedback we received was that, although it would be the ideal project, the proposed master plan didn't fit within a realistic cost or timeline for Holy Spirit. A follow-up meeting with the Campus Master Planning Committee reinforced that sentiment.

It also became clear from our community's feedback that the highest priority projects include a safe playground for school kids, improved campus security in the form of physically closing off the campus, and an expanded preschool.

As a reminder, the master plan was created from the community's participation in the programming process and took into consideration current and future activities as well as priorities. Based on the feedback we received, the general sentiment was that the architect captured the ultimate plan from the data collected; however, it would come with too high a price tag, so compromises need to be considered.

Currently, we are working with the architects to develop a plan that considers the necessary compromises but still incorporates the data collected from the programming activities. We will also work to get accurate estimates of the costs of all aspects of each project.

Please stay tuned for updates as we continue to develop a plan that represents our community's wishes and dreams, which can be realized via a phased approach in a time frame that everyone can get excited about and embrace.

We want to continue to hear from our community to build this roadmap for the future of our parish. Feel free to send comments, suggestions, and thoughts to us: frken@holyspiritfremont.org or jeff@holyspiritfremont.org



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