



SUNDAY, FEBRUARY 26, 2023 | FIRST SUNDAY OF LENT



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.

©LPi

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.
During the Season of Lent, the Adoration Chapel is open 6:00 am to 6:00 pm daily.

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 26 | FIRST SUNDAY OF LENT

Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17 (see 3a)/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

5:00 pm (Vigil Mass)	Emma Jean Aguilar, † Souls in Purgatory, † Jose F. Salgado, † Elizabeth Bolanos Pastrano
7:15 am	Janet Haber, † Rowelo Ferrer, † Tone Hankins, † Mercedes & Bjorn Werring, † Elizabeth Bolanos Pastrano
9:00 am	Bridget Froula, † Cezar Buan, † Ememorita Gonzales, † Ruben Real
10:45 am	For the People of Holy Spirit Parish
12:30 pm	Rosalia Villamor, † Florence & Joseph A. Fisher, † Felisa Aguilan
5:00 pm	For the People of Holy Spirit Parish

MONDAY, FEBRUARY 27 | MONDAY OF THE FIRST WEEK OF LENT

Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

7:00 am	† Rodlofo Mariano, † Nohemy & Matthew Harrington
8:15 am	Dexter D'sa, † Fernando Faial, † Elizabeth Bolanos Pastrano

TUESDAY, FEBRUARY 28 | TUESDAY OF THE FIRST WEEK OF LENT

Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

7:00 am	† Manuel N. Silva, † Elizabeth Bolanos Pastrano
8:15 am	Millette Nepomuceno, † Purita Jabidando

WEDNESDAY, MARCH 1 | WEDNESDAY OF THE FIRST WEEK OF LENT

Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

7:00 am	Cleo Reece, † Dub Ogi † James Michael Leary
8:15 am	Sara Ferreyra, † Herman Atienza, † Letty Disioco Reyes
6:30 pm	† Andy Chan, † Leonardo & Lourdes Salazar, Cristina Concepcion

THURSDAY, MARCH 2 | THURSDAY OF THE FIRST WEEK OF LENT

Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12

7:00 am	† Sofia Eugenio, † Elizabeth Bolanos Pastrano
8:15 am	Zayden D'sa, † Mariano Bautista, † Letty Disioco Reyes

FRIDAY, MARCH 3 | FRIDAY OF THE FIRST WEEK OF LENT

Ez 18:21-28/Ps 130:1-2, 3-4, 507a, 7bc-8/Mt 5:20-26

7:00 am	Ofelia Marquez, Blanche Glenchur, † Domingo Marquez, † Letty Disioco Reyes
8:15 am	Cleopatra Carbonel, Shawn Porio Reduque, Gemma A. Drane
11:00 am	For the People of Holy Spirit Parish
6:30 pm	Caroline Nicholas, Conigunda Bernardo, Tito Aguilar Gianan

SATURDAY, MARCH 4 | SATURDAY OF THE FIRST WEEK OF LENT

Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

7:00 am	Sophia Reece, † Emilia & Amado Ymas, † Zosima Jaballas
8:15 am	† Elizabeth Bolanos Pastrano, † Letty Disioco Reyes, † James Harry & Angela Leary
12:00 pm	For the People of Holy Spirit Parish



FROM THE DESK OF DN. STEVE...

Temptation, temptation, our lives are full of temptations.

As we hear in the Gospel today, even Jesus was tempted. Not once, but three times. And if Jesus is tempted, we know we, too, are going to be tempted throughout our life. Jesus gives us a path to follow when we are being tempted. Jesus remains faithful to his Father's will and mission.

Lent is a time of isolation, a time for us to find that quiet place, to contemplate our weaknesses that prevent us from being near our loving God. This Lent, let us focus on our temptations and pray to our Lord Jesus to help us fight the devil and all his cunning. Let us bring Jesus to the front of our life, in order for us to see Him in all things first.

Let us remember what He has taught us and showed us. And if we get confused about a temptation, remember the letters "WWJD" – **What Would Jesus Do?**

Repeat after me: *What would Jesus do?*

I do not like the way that person looked at me.
What would Jesus do?

They just cut in front of me, like they own the place.
What would Jesus do?

Why would they say something about me that's not true?
What would Jesus do?

May this Lenten season bring you to a deeper connection with and love for our God.

Pray on!

Annette and Dn Steve

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give you, if you will prostrate yourself and worship me." At

this, Jesus said to him, "Get away, Satan!"

- Mt 4:8-10a

LENTEN FASTING & ABSTINENCE FOR CATHOLICS

WHEN

Ash Wednesday & Good Friday = Fasting & Abstinence

Every Friday = Abstinence

WHO?

Catholics 14+ practice abstinence,

Catholics 18-59 practice fasting

WHAT IS FASTING?

One full meal & two smaller meals ≠ one full meal

WHAT IS ABSTINENCE?

No meat



SERVE

St. Joseph the Worker: Sister Parish Dispatch

Meet Veronika T. Kissima!



She attended Kandoto Girls Secondary School and received a 75% scholarship.

She recently passed her Form IV exams.

Congratulations, Veronika!

Art & Environment Ministry: Help Needed

We are looking for more volunteers for our Art & Environment Ministry.

Are you available to help during the weekdays and/or Saturday mornings?

The number of volunteer hours will vary depending on the Liturgical season.

Help maintain our inventory of liturgical materials and objects.

We are especially in need of persons able to move and lift large objects (up to 25 lbs.), and we welcome those who have some carpentry and electrical skills.

For more information, contact Judy Young at 510.378.1933

From our Youngest Stewards
I helped someone, I prayed,
I studied my lessons:

Abbey, Celestina, Ellie,
Langston, Veronica

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.

Volunteer Artists Needed

Our parish is looking for face painters, balloon artists, and other merry makers for our Easter Egg Hunt on Sunday, April 9, 2023. 9:45 to 10:45 am.

Come share your time and talent—and bring joy to the young children in our parish!

For more information, contact the Parish Office at 510.797.1660 or info@holyspiritfremont.org

Giving

Corner

Sunday, February 12

\$30,979

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.

PRAY



Stations of the Cross Fridays During Lent

First Friday

March 3

12:00 pm - Stations

5:30 pm - Exposition and Adoration of the Blessed Sacrament

6:30 pm - Mass immediately followed by Stations

Stations

March 10, 17, 24, 31

12:00 & 6:30 pm

Adoration Chapel Hours Extended

During Lent, our Adoration Chapel hours have been extended so as to allow our parishioners opportunity to spend time with our Lord Jesus Christ in the Blessed Sacrament.

Daily hours are 6:00 am to 6:00 pm.

Alpha: Lent & Easter Series

Alpha is a series of sessions exploring the Christian faith.

Join us for our Lent & Easter series beginning March 1, 2023. Alpha is completely free. Sessions are on Wednesdays, 7:00 to 9:00 pm in the de Sousa House.

Contact dcnriigo@holyspiritfremont.org for more information.

Parish Lenten Mission & Retreat

March 27-28, 2023

To prepare our hearts for Holy Week and Easter, please join us for our Lenten Mission & Retreat, led by the Franciscan Friars of the Renewal.

The retreat will take place in the church, immediately after the 8:15 am Mass and then again at 6:30 pm.



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

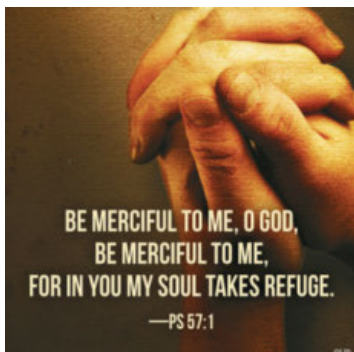
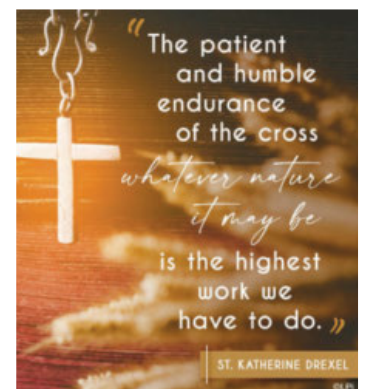
Didi Padlan-Ylarde, Cathy Sanchez, Bernie Hoercher, Josephine Kunju

Pray for Our Recently Departed

Edilberto S. Bunag, Patrick Sandoval, Most Rev. David G. O'Connell, Jirathip Silakum, Felipe Siñel Cataquiz

Birthday Blessings

Aislyn Letona



Jesus, you have known us from the beginning of time, you have known us in the depths of our dreams and in the darkness of our shame, you know us as your beloved. Help us to own that core identity more and more in this season of repentance and mercy. Give us the rock-solid assurance of your unwavering faith in us as we seek the same in you. Amen. - "From the Beginning of Time", Author Unknown



INVITE

Filipino Society Meal Deal

February 26, 2023

The Filipino Society will be 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. Thank you for your support.

“Into the Breach”

March 1, 2023 | 9:00 am

Men of the parish, join us in the Fireside Lounge for our “Into the Breach” video series! This month's topic is “Prayer”.

Don't miss out on this meaningful discussion and fellowship.

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 following Fridays of Lent: March 3, 10, 17, 24 & 31.

Each night we view a part of “The Letter”, a video invitation from Pope Francis, and reflect on his letter, “Laudato Si”. Please RSVP to Sr. Annette at 408.390.7184

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 in the de Sousa House (approximately. 9:00 to 10:00 am). Contact Tom Fezler for more information: tfezler@ampf.com

Family Bible Story Time

Sunday, April 2, 2023

Join us immediately after the 12:30 pm Palm Sunday Mass for Family Bible Story Time, hosted by our Faith Formation children and catechists.

Activities will include Bible storytelling, guided interactive Q&A, and a sing-along. All are welcome to this is a free event.

Catholic Relief Services Rice Bowls

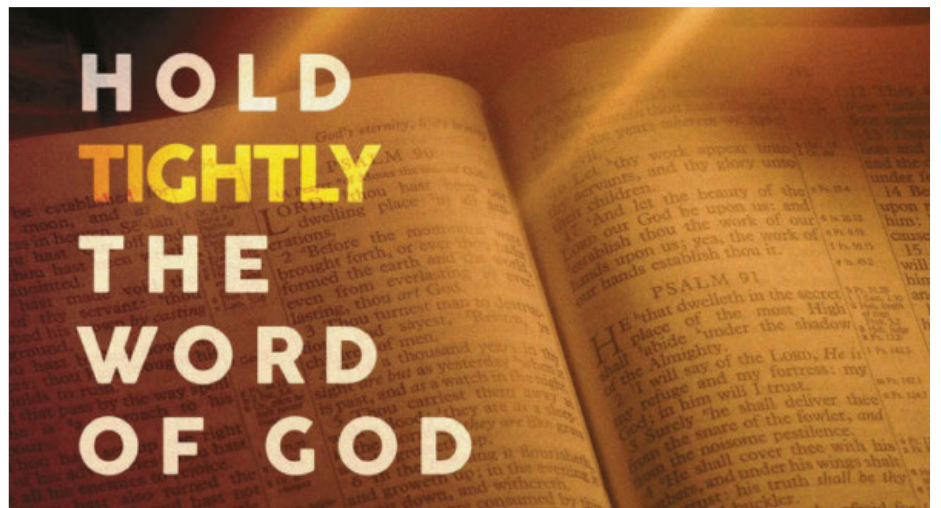
As part of our Lenten practice of prayer, fasting, and almsgiving, we encourage all the faithful to participate in CRS Rice Bowls. Rice Bowls can be found in the church.

Turn in your monetary donations by Palm Sunday. You may also go online to make a donation: crsricebowl.org/donate

What you give up for Lent changes lives!



Matthew, Kailana, Emerson, Kyle, Charlotte, Zoe, Art



AROUND THE PARISH



Missionary Families of Christ

MFC Young Couples Group invites all young families and couples to a monthly teaching series every 2nd Friday of the month. The next session is on March 10, 2023, 7:00-9:00 pm via Zoom: Meeting ID: 8967649893 Passcode: mfcyc

Strengthen the foundation of faith of your family as the "future of humanity passes by way of the family..." - St. John Paul II on *Familiaris Consortio*

Diocese of Oakland Job & Volunteer Fair March 4, 2023

The Oakland Diocese will hold interviews for school and parish positions, including teachers, staff, ministry leaders and volunteers. The event will include time for fellowship and prayerful discernment. To register, go to <https://www.eventbrite.com/e/diocese-of-oakland-job-and-volunteer-fair-tickets-541254606097?aff=ebdssbdestsearch>

Medjugorje Pilgrimage August 27-September 6, 2023

Join Fr. Thomas Vendetti, LC, on a blessed pilgrimage to the Queen of Peace in Medjugorje. The cost of \$2595 (dbl. room) includes round trip airfare (from SFO), accommodations, daily Holy Mass, guided tours, and breakfast and dinner daily. For more information, contact Agnes Lilles at 303.638.6301 or lillescolorado@msn.com

Diocesan Eucharistic Revival Congress 2023: "I Am With You Always"

Join us for what is sure to be an amazing event for youth and adults, which will include talks, Adoration, Holy Mass, and more!

- September 8-9: Spanish track
- September 15-16: English track

We are also seeking volunteers, sponsors, vendor participants, and donors. For more information, go to <https://oakdiocese.org/eucharisticrevival2023>

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

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

HERE'S THE SITCH...

We are very fortunate to have the facilities that we do which allows our parish to flourish and support the many ministries we have. Each year, we allocate a significant amount of money in our budget for deferred maintenance – for projects such as repairs, remodeling, or the standard "sprucing up".

Some years there may be extraordinary expenses; this year seems to be one of them. Between the parish and the school, eight heaters required major service which cost over \$30,000. We've also needed plumbing, gutters, electrical, painting, and tree work totaling over \$40,000. We recently completed a \$90,000 audio-visual equipment overhaul of the outdated 15-year-old system in the de Sousa House-Religious Education Center.

This is all in an ongoing effort to keep our facilities in top-notch condition. This is particularly challenging as most of the buildings on our campus are over 60 + years old. It's important to understand that your weekly contribution to the church is what funds these projects and more.



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