



SUNDAY, MARCH 19, 2023 | FOURTH 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.

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 and Holy Saturday). All seniors and those who are seriously ill or anticipating surgery are invited to attend.
Next Mass: April 1, 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.
There is **no** Mass on Good Friday.
Next Mass: May 5, 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, MARCH 19 | FOURTH SUNDAY OF LENT—LAETARE SUNDAY

1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 (1)/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

5:00 pm (Vigil Mass)	For the People of Holy Spirit Parish
7:15 am	† Sook-Fong Chan, † Rodolfo Castaneda, Joeab Jalloh, Toni Jenkins
9:00 am	Kendee Sigmon & Family, Thomas Capehart, † St. Joseph Feast Day, † Josefina Raguindin
10:45 am	Wanda & Alysia Ladrillono, Jaime, Francis Florence Andrada Oribello Family, † Joseph Victor Shagday, † Tony Firmeza & Ernest Lengyel
12:30 pm	Bernard Hoercher, † Tony & Josie Cimino, † Mrs. Hankins, † Perry Hankins
5:00 pm	New Baby for Joseph & Maricel Taboa, † Michael Aguilar, † William Cleope, † Victor Alotaya

MONDAY, MARCH 20 | SOLEMNITY OF ST. JOSEPH, SPOUSE OF THE BL. VIRGIN MARY

2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27 and 29/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

7:00 am	† Mario Yankiling, Sr., † Romarico Tenoso, † George Luna Jr.
8:15 am	† Marcela Ferrer, † Edilberto S. Bunag, † Alice Pun Chuen See

TUESDAY, MARCH 21 | TUESDAY OF THE FOURTH WEEK OF LENT

Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/Jn 5:1-16

7:00 am	Oakland Police Dept, Suzie Faria, † Marcelino Lanuza Sr.
8:15 am	Oakland Police Dept, † Joseph Varkey, † Keih Paul Johnson

WEDNESDAY, MARCH 22 | WEDNESDAY OF THE FOURTH WEEK OF LENT

Is 49:8-15/Ps 145:8-9, 13cd-14, 17-18/Jn 5:17-30

7:00 am	McEneaney Living Family Members, † McEneaney Deceased Family Members, † Yolanda Naval
8:15 am	Familia Lechuga Meraz, † Walter Fasolis, † Leslie Mendonca
6:30 pm	† Robert C. Young, † Jose Sr. & Ester Domingo, † Everilda Reyes

THURSDAY, MARCH 23 | THURSDAY OF THE FOURTH WEEK OF LENT

Ex 32:7-14/Ps 106:19-20, 21-22, 23/Jn 5:31-47

7:00 am	Purita H. Comandante, † Antonio Mendiola, † Joseph Del Rosario
8:15 am	† Timson A. Tan, † Rosalia Ramos, † Luis Amaral

FRIDAY, MARCH 24 | FRIDAY OF THE FOURTH WEEK OF LENT

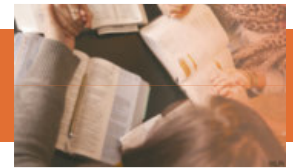
Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23/Jn 7:1-2, 10, 25-30

7:00 am	Dave Reali, † Rodolfo Jr & Sr. Comandante, † Yolanda Naval
8:15 am	Alexi Jonathan "AJ" Ramos, † Miguel & Rafaela Meraz, † Victor Magno

SATURDAY, MARCH 25 | SOLEMNITY OF THE ANNUNCIATION OF THE LORD

Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11/Heb 10:4-10/Lk 1:26-38

7:00 am	Marilyn Russell, † Jose & Simeona Albano, † Nelson Pons
8:15 am	Aileen Asis Lorenzo, Roland Acoba, Maria Isabella Braziel



FROM THE DESK OF DN. CHUCK...

EVERYTHING IS BEAUTIFUL

In today's Gospel, Jesus rubbed clay on the blind man's eyes and sent him to bathe in the pool of Siloam, the pool that Jewish travelers would purify themselves in before entering the Temple. It is there that this purifying ritual opened his eyes. Just as today, we use the pool of Baptism to purify ourselves and open our eyes, not to see a person's physical appearance; rather, to recognize the truth and the light of Jesus and the good in others' hearts and minds. Just as in the first reading today, the Lord tells Samuel, "Not as man sees does God see, because man sees the appearance but the Lord looks into the heart."

Everything is Beautiful is a song by Ray Stevens. And everything is beautiful. But do we see the beauty in the world around us or are we blinded by our prejudices and fears? Are we afraid of the light? Is that why we stay in the dark?

This darkness is not due to the absence of light

that comes from the sun or light bulbs; instead, it is due to the absence of the light of Christ in our lives. It is not easy to live the Gospel and walk in the light of Christ, especially today when we are subject to ridicule or damnation by those who want to remain in the dark.

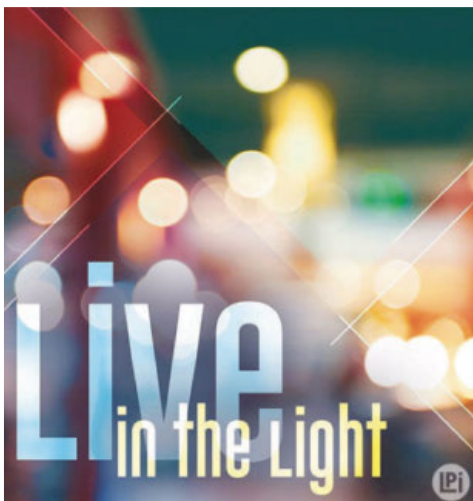
Living in the light is not a matter of sight, but a matter of mind, heart and soul. As the song goes, "there are none so blind as those who will not see."

Are you a child of the light? If not, why not? Today is a good day to start as it is Laetare Sunday. Laetare is Latin for rejoice. Let us rejoice in the Lord, praise his name, and walk in the light. Do not be afraid of the darkness. Let the Lord light your way.

Dn. Chuck & Sherry

*Everything is beautiful in its own way,
Like the starry summer night,
Or the snow covered winter's day.
And everybody's beautiful in their own way.
Under God's heaven, the world's gonna find the
way.*

By Ray Stevens



FORMED PICK OF THE WEEK



Week Four | Restore: Lent with Sr.
Miriam James Heidland, SOLT

<https://watch.formed.org/lent-week-3-4/videos/restore-week-four-the-healing-balm-of-almsgiving>

In week four of Restore, Sr. Miriam James Heidland, SOLT, reflects on almsgiving and how it heals your relationships with others. One of the most powerful ways to heal your brokenness is to give—not only money or clothing, but also your presence and love—to those whom God has placed in your life, even those who have wounded you.



SERVE

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

Eucharistic Ministers Needed

We are in need of new Eucharistic Ministers for the 5:00 pm Mass on Sundays. Please contact Dee.francisco3@yahoo.com to join this ministry.

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.

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

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

Abbey, Ellie

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 Soup
- ⇒ Spaghetti Noodles—not wheat
- ⇒ Tomato Sauce

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

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

Flower Fund

We are accepting donations towards Easter floral arrangements for our church sanctuary.

You may drop off your donation at the Parish Office or send by mail.

We thank our donors for their donation towards flowers on Laetare Sunday:

March 19... In memory of Monica Badar Daco

Giving

Corner

Sunday, March 5	\$37,900
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Special Collection coming up:
Holy Land (Good Friday) | April 7

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.



Stations of the Cross Fridays During Lent

We invite you to pray and journey with us with us through Lent.

**March 24 & 31
12:00 & 6:30 pm**

Lenten Reconciliation March 23, 2023 | 6:00 pm

Lent is a season of repentance and penance, a time of conversion. The Sacrament of Confession is one of the greatest means of conversion.

Holy Spirit is offering a parish- and school-wide Reconciliation service this Thursday in the church.

Parish Lenten Mission & Retreat: "Restore, Renew, Relive" 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.

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.

Adoration Chapel Hours Extended

During Lent, our Adoration Chapel hours have been extended so as to allow our parishioners more opportunity to spend time with our Lord Jesus Christ in the Blessed Sacrament. Daily hours are 6:00 am to 6:00 pm.

Consider being an Adorer. To sign up, visit our website or stop by the Parish Office during regular business hours.

Alpha: Lent & Easter Series

Alpha is a series of sessions exploring the Christian faith. Alpha is completely free. Sessions are on Wednesdays, 7:00 to 9:00 pm in the de Sousa House.

Contact dcnrigo@holyspiritfremont.org for more information or visit our website for the Lent & Easter series.



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

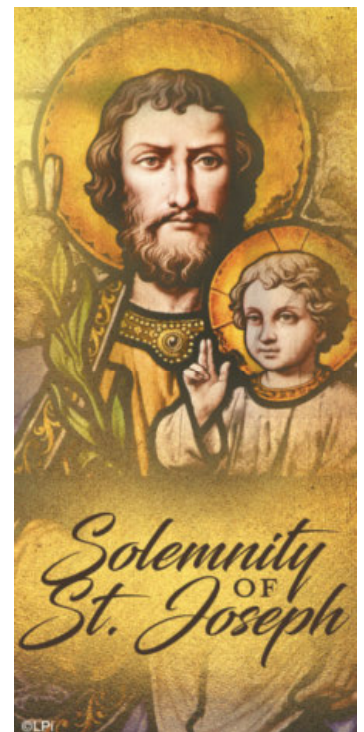
Robert Legier, Joseph Figueiredo, Bernie Hoercher, Lesli Griffiths, Reina Cabezas, Robin Oliver

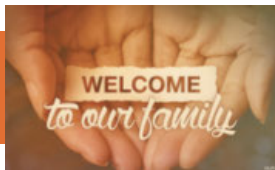
Pray for Our Recently Departed

Michael Bert Perona, Marie Silva, Geraldine Loretta Day

Birthday Blessings

Fernando Javier, Jr., Melissa Do





INVITE

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 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

Knights of Columbus Friday Fish Fry

March 24 & 31, 2023

The Knights of Columbus is hosting their Walk-Thru Fish Fry!



Pre-Order

Pre-ordering will guarantee your meal. A very limited number of walk-up meals will be available.

Meals are \$15 and include 8-10 oz. of fried fish, tater tots, and coleslaw.

Orders must be picked up no later than one hour after Stations of the Cross at the Parish Center.

To pre-order your meal(s), scan the QR code or go to <https://knights-of-colombus-george-a-coit-council-2692.square.site/fish-fry>

Cache Creek Casino Trip

March 25, 2023

Come join us for our first fundraiser casino trip since 2019, hosted by the Filipino Society!

Tickets are \$50 each. We'll leave Holy Spirit at 8:00 am sharp for a 6-hour stay before returning to Holy Spirit. For tickets or information, please contact Maryanne Gacusan at 510.289.0382.

Girl Scout Cookies Sale

March 25-26, 2023 | St. Francis Plaza

Our Girl Scout Troop #31674 is selling their famous cookies after all the Masses next weekend. Please support our young girls' fundraising efforts.

Filipino Society Meal Deal

March 26, 2023

The Filipino Society is hosting their \$7 meal deal next Sunday after the morning and 12:30 pm Masses. Stop by the parish Center and get a great meal at a deal.

For large orders, please email us by Thursday, March 23 at hsfs.communications@gmail.com. Proceeds benefit parish special projects.

Parent Spiritual Enrichment Night: Liturgical Living

Wednesday, March 29, 2023 | 7:00 pm
de Sousa House Theater

Liturgical living is the practice of bringing the faith into your home life and celebrating the seasons and feasts of the liturgy in our home. Similar to traditions like wearing green on St. Patrick's day, we'll talk about how you can bring the celebrations of the liturgy into your home in simple, yet profound ways for your family.

There will also be a raffle for some awesome liturgical living prizes!

This event is open to parents with children of all ages. Parent hours are available for parents of Holy Spirit School.

Easter Egg Hunt

April 9, 2023 | 10:15 am

**Grab your baskets for some Easter fun...
We're searching for eggs, for every last one!**

We invite families with children (12yrs. and under) to join us immediately after the 9:00 am Mass in the parking area near the Preschool. *The Easter Bunny will be there!*

Holy Spirit Preschool—Now Enrolling!

Come and join our preschool family! We are now accepting applications for our 2023-2024 school year. Our preschool offers a variety of opportunities for your child to learn and play!

Preschool children must be 3 years old and fully potty trained by Sept. 1, 2023 to be eligible. Please contact Ms. Cecilia at 510.793.2013 or email hspreschool@csdo.org.

AROUND THE PARISH



8th Grade Scholarship

The Knights of Columbus are offering a \$500 scholarship to a graduating 8th grader who is a parishioner of Holy Spirit Parish and/or a Holy Spirit School student, and who will be attending a Catholic high school this Fall 2023.

For an application, please email scoschi2@gmail.com. Deadline is May 6, 2023.

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

Feast of the Divine Mercy

Join us as we celebrate the Feast of Mercy, instituted by Saint Maria Faustina Kowalska.

Novena

April 7-15, 2023 | 3:00 pm

We invite you to pray the Divine Mercy Novena inside the church in anticipation of the Feast of the Divine Mercy.

Divine Mercy Mass

April 16, 2023

2:00 pm: Join us in the church for Exposition and Adoration of the Blessed Sacrament.

3:00 pm: We will celebrate Mass to mark the Feast of the Divine Mercy. You may bring images of the Divine Mercy to be blessed after Mass.

Spiritual kits and food will be provided immediately after Mass.

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 (retd.)

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



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BISHOP'S MINISTRIES APPEAL 2023

The Bishop's Ministries Appeal supports the ministries that go out into the parishes: faith formation and evangelization, CYO sports, formation of priests to serve parishioners, care of the retired priests, and meeting the unexpected needs of schools and parishes.

We invite you to learn more about how your support makes a difference, and donate in a way that works for you – be it a recurring gift, a one-time gift, or a pledge. Scan the QR code or go to <https://www.oakdiocese.org/bishops-appeal-donation-page>





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