



HOLY SPIRIT FREMONT

SUNDAY, JULY 2, 2023 | THIRTEENTH SUNDAY IN ORDINARY TIME



SING THE GOODNESS OF THE LORD.

PSALM 89

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 (except if it falls on Holy Thursday)
Weekdays: call for an appt.

Eucharistic Adoration

Visit the Adoration Chapel in the Governo House.
Hours: 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: August 5, 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: July 7, 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, JULY 2 | THIRTEENTH SUNDAY IN ORDINARY TIME

2 Kgs 4:8-11, 14-16a/Ps 89:2-3, 16-17, 18-19 (2a)/Rom 6:3-4, 8-11/Mt 10:37-42

- 5:00 pm (Vigil Mass) Antonia Soriano, † Lanuza Family Deceased Members, † Azucena Pama, Graciela Oblena Montez
- 7:15 am † Theresa Sementer, † Katka Magdalikova, † Deceased Magdalik Family members, Roberto Family
- 9:00 am Letty R. Aguirre, † Alejandro Javier, † Eduardo Remedios, Debbie Longarini
- 10:45 am Roderick & Jocelyn Mina & Family, † Freddie E. Tambaoan, † Frances Barrios Estella, † Ligaya Bamford
- 12:30 pm † Cynthia Zambrano, † Salvador Figueroa, † Catherine Lacayo, † Melinda Caronongan
- 5:00 pm For the People of Holy Spirit Parish

MONDAY, JULY 3 | FEAST OF SAINT THOMAS, APOSTLE

Eph 2:19-22/Ps 117:1bc, 2/Jn 20:24-29

- 7:00 am † Andrew Paz Javier, † Myra Jose, † Domingo Marquez, † Melinda Caronongan
- 8:15 am Alma Zaldivar & Family, † Eusebia Ramirez, † Ricardo Ramirez, Jr.

TUESDAY, JULY 4 | TUESDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Gn 19:15-29/Ps 26:2-3, 9-10, 11-12/Mt 8:23-27

- 7:00 am † Frank & Margaret Kane, Ofelia Marquez, Virzi Family, † Melinda Caronongan
- 8:15 am † Marlene Faustina, † Meetje & Dachlan Tan, Poly Palamuttam

WEDNESDAY, JULY 5 | WEDNESDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Gn 21:5, 8-20a/Ps 34:7-8, 10-11, 12-13/Mt 8:28-34

- 7:00 am Sandoval Family, † Luz Mangubat Gopez, Mitchel Payuran
- 8:15 am Tresa Mariya Ignatius, † Maria Gloria Pedroza, Javier Zaldivar
- 6:30 pm Jing Tulio, † Andy Chan, Arroyo Family, † Melinda Caronongan

THURSDAY, JULY 6 | THURSDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Gn 22:1b-19/Ps 115:1-2, 3-4, 5-6, 8-9/Mt 9:1-8

- 7:00 am † Rogelio de Jesus, † Filomena Ferrer, Holloway Family, † Melinda Caronongan
- 8:15 am † Bimbo Batacan, † Lawrence Lucero, † Miguel & Vicenta German

FRIDAY, JULY 7 | FRIDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Gn 23:1-4, 19; 24:1-8, 62-67/Ps 106:1b-2, 3-4a, 4b-5/Mt 9:9-13

- 7:00 am Rae Martinez, Dallas Police Dept, Danisman Family
- 8:15 am Phillip Poma, Dallas Police Dept, Kyle Atikus Isidore Barnes
- 6:30 pm Johan Reyes, Visitacion Family, † Melinda Caronongan

SATURDAY, JULY 8 | SATURDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Gn 27:1-5, 15-29/Ps 135:1b-2, 3-4, 5-6/Mt 9:14-17

- 7:00 am Joel & Maryanne Gacusan, Leticia Agustin, Larry Legier
- 8:15 am † Faustino Ferrer, Sr., Natividad Family, † Truong & Cuong Pham



FROM THE DESK OF DN. BERNARD...

I know you've heard this story, or perhaps similar to it, but allow me to share it once again.

There was a man who felt that life was hard on him. He approached and told God about his situation asking if he can change his cross with another one.

God smiled at him and took him to a place that was full of different crosses and told the man to pick up whatever he wanted. The man was surprised by the generosity of God and was overwhelmed by the quantity and variety of crosses he had to choose from.

After searching all around, he finally was attracted to a smaller and lighter cross that he saw. He asked the Lord, "This is the one I would like, can I take it?" Because of our free will, God allowed him to take it.

Jesus and the man started walking. As they were carrying their crosses, they came to a point where the road had been cut off. In order to go over to the other side of the road, Jesus puts down His cross to make a bridge. The man looked at his smaller cross in despair, for it could not connect to the other side. But Jesus is always good, He allowed the man to walk His cross and follow His footsteps to redemption.

Many times, we want our way and not God's way. We insist of our will and not His will. At times we feel that our burden is too heavy, we feel the world is crumbling on us, and we wish for an easier life. We give in so

easily to what the world can offer even though we know it's wrong. Surely, we can only make it if we put our faith in God, for He knows our needs, and only gives what we can handle. He uses our weaknesses as a way for us to call on Him and show our dependence on Him in everything we do.

As a helpful advice for all who take up their crosses and follow Christ, Jesus promises this: "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Mt 11:28-30) He cares so much for all of us, and He will give us the peace that we need, a peace which the world can never give, but He alone.

This is a difficult statement:

"Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me..."

To take up our cross is to live completely with the Lord. Everything becomes secondary. Yes, there are sacrifices and sufferings that come with it; they are part of our Christian journey. But then, by showing our great love for God in placing Him first and foremost, the price that we gain becomes immeasurable.

We only need to be more trusting of Him. We may lose our faith in Him, but He will always remain faithful to us.

God bless us all.

Dn. Bernard & Jean

FORMED®

FORMED PICK OF THE WEEK

[Walk the Walk: Following Christ as His Disciple by Tim Gray](#)

Being a disciple of Jesus has always been synonymous with being a Christian. From the Scriptures and from his own experience, biblical scholar Dr. Tim Gray explains how Christian discipleship calls us to follow in the footsteps of Christ as engaged participants in God's plan, ordering our lives to bear witness to the Lord in our families, workplaces, communities, and to the world.





SERVE

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

Vocations Crucifix Program

We are looking for parishioners to host the Vocations Crucifix and pray for men and women discerning to enter the priesthood or religious life. Twice monthly on the second and fourth weekend of the month, families or an individual are presented with the Vocations Crucifix and invited to pray for two weeks. To participate in this prayer ministry, please sign up on Flocknote or call the parish office at 510.797.1660.

Table of Plenty Update

The Table of Plenty ministry would like to send a huge THANK YOU to all of you who have donated financially or groceries so we can serve our less fortunate neighbors.

We would especially like to recognize Holy Spirit Cub Scout Pack #154 and the CYO 7th grade girls basketball team for their sock donations. In addition, Holy Spirit Girl Scout Troop #31674 donated enough boxes of cookies that every ToP guest was able to choose a box!

And finally, thank you to both the Bank of America and the Stanford Neuroscience Clinics, both of which had food drives for us. May God bless you all abundantly!

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:

- ⇒ Macaroni & Cheese
- ⇒ Pork & Beans
- ⇒ White Rice

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

Second Collection: Holy Father (Peter's Pence) July 1-2, 2023

The Peter's Pence collection is a gesture of solidarity through which every member of the faithful can participate in the activity of the Pope as Pastor of the universal Church.

"The faithful's offerings to the Holy Father through the Peter's Pence Collection are destined to Church needs, to humanitarian initiatives and social promotion projects, as well as to the support of the Holy

See." (uscgb.org)

Please support our Holy Father's collection. Thank you for your generosity.

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

Sunday, June 18

\$32,284

Corner

Special Collection coming up:
Mission Cooperative Plan | August 6

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



Our Lady of Fatima Through October 2023

Join us for Mass in honor of Our Lady of Fatima:

- Thursday, July 13 @ 6:30 pm
- Monday, August 14 @ 6:30 pm
- Wednesday, September 13 @ 6:30 pm (in lieu of Our Lady of Perpetual Help)
- Friday, October 13 @ 6:30 pm (Mass to be followed by International Rosary)

An Evening of Prayer and Reflection for Vocation to Diocesan Priesthood July 22, 2023 | St. Michael's Parish

Come and See! Join us at St. Michael's Parish in Livermore as we pray for vocations to diocesan priesthood. Minors must be accompanied by parents. All men 18-40 years old are especially welcome to this prayerful event!

Schedule includes:

- 2:00 pm - Assembly
- 3:00 pm - Adoration of the Blessed Sacrament, Reflection and Sharing
- 4:30 pm - Break
- 5:00 pm - Mass in the Church
- 6:15 pm - Dinner followed by Vocation presentation

For more information or to register, please contact Rev. Carl Arcosa at: Carlarcosa@stmichaellivermore.com



Diocese of Oakland Consecration to Jesus through Mary, Mother of the Eucharist July 20 to August 22, 2023

The easiest, shortest and most perfect way of approaching Jesus is through Consecration to Jesus through Mary.

We give to God, through the hands of Mary, all our good works. She purifies, beautifies, and makes them acceptable to Her Son. Mary will bring us to the Eucharist.

In preparation for the Eucharistic Revival Congress (in September), His Excellency, Bishop Michael Barber, SJ encourages all the parishes and schools in the Diocese to participate in this program, beginning July 20. All are invited—adults, youth, and children (5 yrs. and up).

Consecration Day Mass will be held in the Cathedral of Christ the Light and presided by Bishop Barber on August 22.

Register now and receive email instructions, daily prayers, and video links. Go to consecrationgroup.org—available in English and Spanish.



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

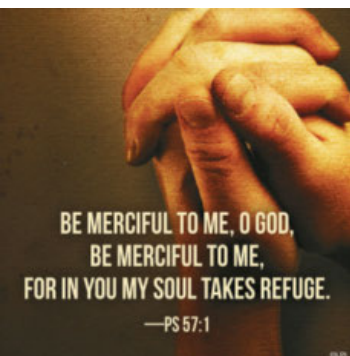
Brittany Thomas, Amory Morales, Donna Alcantara, Lissette Salazar, Alex Leon, Lesli Griffiths

Pray for Our Recently Departed

Louie Arcaina, Mela Sebial, Lourdes Paje, Melinda Caronongan

Birthday Blessings

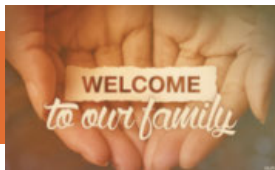
Deanna Quilalang, Phillip Poma, Donald "DJ" Albright, Dennis Nilmeier, Thierry Javier, Estrella S. Lomogda



BE MERCIFUL TO ME, O GOD,
BE MERCIFUL TO ME,
FOR IN YOU MY SOUL TAKES REFUGE.
—PS 57:1

God of justice, Father of truth, who guide creation in wisdom and goodness to fulfillment in Christ your Son, open our hearts to the truth of his Gospel, that your peace may rule in our hearts and your justice guide our lives.

(Collect Prayer from the Mass for Independence Day)



INVITE



Holiday Closure

July 4, 2023

In observance of Independence Day, all parish departments will be closed this Tuesday, July 4th. On behalf of Fr. Ken, our clergy, staff and team, we pray that you have a safe holiday.

July 4th Parade

10:00 am to 12:00 pm

Our parish will be participating in this year's City of Fremont Independence Day Parade. Come and join us!

Arrive at the staging area by 9:00 am in the parking lot of the Fremont Main Library (2400 Stevenson Boulevard).

Show up with your ministry (red) banner, sport the Holy Spirit t-shirt and any patriotic accessories, and let's have fun! Don't forget to wear comfortable shoes (we'll be doing a lot of walking!) and drink lots of water.

Filipino Society Meal Deal

July 9, 2023

The Filipino Society is hosting their \$7 Meal Deal next Sunday after the morning and 12:30 Masses. Stop by the Parish Center—get a great meal at a deal! For large orders, please email us by Thursday, July 6 at hsfs.communications@gmail.com. We thank you for your support! Proceeds benefit parish special projects.

Women Gather

July 15, 2023

Take some summer time with Women Gather!

Join us for sisterhood and faith sharing beginning at 10:00 am, followed by lunch and a couple of hours of community service.

Space at Casa Julie is limited. Please RSVP to Sr. Annette at 408.390.7184 for more information or details.

St. Vincent de Paul Back-to-School Drive

St. Vincent de Paul Society is collecting backpacks and gift cards to help families and their children that need assistance this academic year.

Please help donating one or more items listed below:

- New Backpack - size 9.8" x 6.3" x 16.9"
- \$25 Target gift card or \$25 Walmart gift card for school supplies

Cash, check, and online contributions are also welcome! Checks should be made out to "Vincent de Paul Society" and write "backpack drive" on the memo line.

Collection dates: July 15-30, 2023. Vincentians will be in St. Francis Plaza after all the weekend Masses to accept your donations.

Thank you for your love and generosity!



Danilo, Ariana, Rosalinda, Kashni, Khleo, Zoey

Welcome to Holy Spirit Parish, Fr. Hoa Binh Ha!

Fr. Hoa Binh Ha is our new Parochial Vicar. He was recently ordained to the priesthood by Bishop Michael Barber, SJ, on May 27, 2023.

We look forward to getting to know Fr. Binh as he begins his priestly ministry. Welcome, Fr. Binh, to the Holy Spirit family!



AROUND THE PARISH



Welcome, Br. Ronald!

On behalf of Fr. Ken and the parish staff, please welcome Br. Ronald Edma, a seminarian in the

Diocese of Oakland. Br. Ronald has been assigned to our parish this summer to complete his field education. When he returns to St. Patrick Seminary & University in the fall, Br. Ronald will continue to assist here at Holy Spirit on weekends. Please give Br. Ronald a warm welcome and do say "hello" when you see him out and about.

No One Dies Alone

Washington Hospital has created a new volunteer program called No One Dies Alone to train and coordinate end of life companions for those who are passing away in our hospital.

Volunteers sit vigil in the hospital room with patients actively dying at Washington Hospital. WHHS is seeking adults interested in becoming a NODA volunteer. For more info, please contact JB Goodier, Spiritual Care Coordinator, at 510.818.6569 or jeremy_goodier@whhs.com.



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

Bishop Michael C. Barber, SJ, invites the faithful in the Diocese of Oakland "to join in the National Eucharistic Revival to reflect upon the centrality of the Eucharist in our lives and to reaffirm our call to be a people nourished, fed, and renewed by the Eucharist itself." (Oct. 2022).

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

Registration is now open. 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. Edilberto Castañás,
Parochial Vicar
510.456.4965
Fr. Hoa Binh Ha
Parochial Vicar
510.797.1660
Fr. Frank Kuwornu
In Residence
Dn. Chuck Glover,
Pastoral Care
510.789.8652
Dn. Steve Lewellyn, RCIA
510.797.1660
Dn. Bernard Liwanag,
Sick & Homebound
510.797.1660
Dn. Tim Roberto, RCIA
510.598.7408

Departments

Business/Maintenance

Jeff Van der Sluis
510.456.4970

Faith Formation & Evangelization

Rosalyn Jose
510.456.4975

Safe Environment

Peter Scampavia
510.456.4995

Facilities Scheduling

Peter Scampavia
510.456.4995

Faith Formation & Youth Ministry

Mario Castellanos
510.456.4974

Music

Paul Orella
510.673.3873



I AM WITH YOU ALWAYS
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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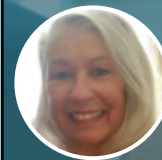


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