



# HOLY SPIRIT FREMONT

SUNDAY, JANUARY 21, 2024 | THIRD SUNDAY IN ORDINARY TIME



## 3RD SUNDAY IN ORDINARY TIME

**"Come after me, and I will make you fishers of men."  
- Mk 1:17**

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

### 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: February 3, 2024

## 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: February 2, 2024

## 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, JANUARY 21 | THIRD SUNDAY IN ORDINARY TIME

Jon 3:1-5, 10/Ps 25:4-5, 6-7, 8-9 (4a)/1 Cor 7:29-31/Mk 1:14-20

- 5:00 pm (Vigil Mass) † Hermenegildo Sr. & Lucila Padlan, † Mary Atienza, † Nicole Marie Goulart, † Ed Gacerez
- 7:15 am † Souls in Purgatory, † Bonifacio Pineda, † Rosemarie Torres, † Romulo Bolante
- 9:00 am For the People of Holy Spirit Parish
- 10:45 am Espiritu Family, † Mariano & Steven Ladrillono, † Shirley Clark, † Saludacion Yap
- 12:30 pm Harry Savage, Guerrero Family, Serran-Nicolau-Madamba Family, † Thobias Serrao
- 5:00 pm Michele Javier-Poma, † Lerma Nivera, † Corazon Correa

### MONDAY, JANUARY 22 | DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN CHILDREN

2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26/Mk 3:22-30

- 7:00 am † Ann M. Zowin, † Teofilo Bayaca, † Asuncion Velasquez
- 8:15 am Brian Ignacio, † Bonifacio Pineda

### TUESDAY, JANUARY 23 | TUESDAY OF THE THIRD WEEK IN ORDINARY TIME

2 Sm 6:12b-15, 17-19/Ps 24:7, 8, 9, 10/Mk 3:31-35

- 7:00 am James L. Herpick, † Georgina Homevor, † Charita Roque
- 8:15 am † Ildefonso Bernardo, † Emilio & Felisa Miller

### WEDNESDAY, JANUARY 24 | MEMORIAL OF SAINT FRANCIS DE SALES, BISHOP AND DOCTOR OF THE CHURCH

2 Sm 7:4-17/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20

- 7:00 am Abelard Bantad and family, † Bonifacio Pineda
- 8:15 am Kimberly Buhay, † Lorna Arachea
- 6:30 pm Tessie Sugay, Jose Palma

### THURSDAY, JANUARY 25 | FEAST OF THE CONVERSION OF SAINT PAUL, APOSTLE

Acts 22:3-16 or Acts 9:1-22/Ps 117:1bc, 2/Mk 16:15-18

- 7:00 am † Josefa Ocampo, † Conrado B. Canio & Elena Canio
- 8:15 am Alan Ladrillono, † Virginia Ojales

### FRIDAY, JANUARY 26 | MEMORIAL OF SAINTS TIMOTHY AND TITUS, BISHOPS

2 Tm 1:1-8 or Ti 1:1-5/Ps 96:1-2a, 2b-3, 7-8a, 10/Mk 4:26-34

- 7:00 am Gerard & Smriti, † Frederic Luke Militante
- 8:15 am Steve Grande Family, Ned Barrett, † Dorothy M. Silva

### SATURDAY, JANUARY 27 | SATURDAY OF THE THIRD WEEK IN ORDINARY TIME

2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15, 16-17/Mk 4:35-41

- 7:00 am † Jesus Rasca Aquino, † Pilar Bruno
- 8:15 am Angelita Yumena, † Angel Salindong

*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. EDDIE...

Dear Friends in Christ,

We are just in the early start of New Year, which we can consider as a new beginning. Such is possible yet we, too, experience the enormous gravity of frustration within ourselves and with what is happening around us. Life is slipping away, and we feel like we have not done something to make a difference, not only for ourselves but also for others and God.

In today's Gospel reading, Jesus preaches the call of repentance and the nearness of the Kingdom of God. Jesus called His first disciples, the four fishermen—Simon, Andrew, James, and John – and makes them “fishers of men.” What is remarkable is that upon Jesus' words of invitation to them, they left their fishing immediately; two brothers, even their father, Zebedee, was left behind in the boat.

Jesus' calling is of a great sense of urgency and immediacy. The invitation demands quick action and so these fishermen immediately put aside their livelihood to become Jesus' disciples. Truly indeed, **“The Kingdom of God is here and now. Repent...”**

This brings to mind my own calling as a priest. I immediately responded with a “YES”, even though it was a difficult decision because I've since had to be away from my family all these years. God calls us to a particular path and to spread the message of the Gospel to others. Sometimes we are afraid of changing our ways and to venture to places and circumstances unknown to us. We have

reservations about taking risks that we find ourselves like Jonah, running away from the Lord and trying to direct the course of our own lives.

The biggest stumbling block of following God and doing His will is the presence of sin in our lives. Hence, our readings today show a sense of urgency and demand our true repentance. In today's Gospel, it is a clear requirement “to repent”, in order to become a disciple of the Lord. To be a disciple is to accept that we are in need of continuous conversion. This weekend is the West Coast Walk for Life and I truly commend those who join in standing for life and who call for the end to abortion. I strongly believe that to end abortion and to value life from the moment of conception to natural death is not only achieved by prayer alone, **but it necessitates repentance by every person who claims to be a believer and a disciple of Jesus.**

Friends, God did not create us in vain; He has a purpose for each one of us. What we need is to listen to His calling and to seek out His will and fulfill it. Life consists of being a true and faithful disciple of the Lord. Time is of the essence for us to respond with that “YES” to Him.

I pray that you and your family learn the will of God. Together may we experience the newness of each day that calls us to repentance, so that we may become His faithful and fruitful disciples. May God bless you in all that you do!

With all my prayers and affections for you and your family,

Father Eddie

Repent &  
believe  
in the  
Gospel.  
Mark 1:15

JANUARY 22, 2024

DAY OF PRAYER

for the Legal Protection  
of Unborn Children

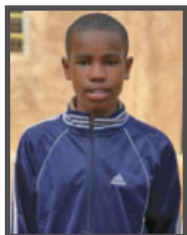


# SERVE

## St. Joseph the Worker: Sister Parish Dispatch

Meet Israel Mally!

He attends the Maua Seminary School and has been receiving a 75% Scholarship since 2019. Israel was born in 2009.



We wish you all the best in your studies, Israel!

## Flower Fund

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

## 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 info@holyspiritfremont.org or 510.797.1660.

## Eucharistic Ministers & Lectors Needed

We are in need of new Eucharistic Ministers for the 12:30 and 5:00 pm Masses on Sundays. If interested in joining this ministry, contact Dee Francisco at dee@holyspiritfremont.org

## Join the Art & Environment Ministry

We are looking for volunteers to help decorate and prepare our worship space for the different liturgical seasons. If you are interested in joining this ministry, please text Judy Young at 510.378.1933.

## 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:

- ⇒ Breakfast Cereal
- ⇒ Pork & Beans
- ⇒ Ramen Soup - Chicken

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

## Acolyte Ministry Training Saturday, February 17, 2024

Training session for new acolytes will be held in the church **6:30 to 8:00 pm**.

All children 4th grade and above, who have received their First Communion are welcome and encouraged to join this ministry.

Please email Maria Acoba or Nars Bernardo at [hsacolytes@gmail.com](mailto:hsacolytes@gmail.com) if you are interested or have any questions.

## 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 contact the Parish Office at 510.797.1660.

### Giving

|   |          |
|---|----------|
| Sunday, December 31                             | \$34,423 |
| St. Vincent de Paul / Dec. 31 Second Collection | \$7,830  |

Corner

**Special Collection coming up:**  
Holy Spirit School | January 28

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

We start telling lies around the age of three, the experts tell us. It's understandable. Lying is a god-like power. Whatever I want, I need only say it, and the world rearranges itself accordingly. It's amazing at first. But soon reality snaps back and I'm faced with a dilemma. If I remain committed to my lie I start to fracture into pieces. My words and reality drift apart, and I find myself lost in a lonely world of further falsehoods and fear of being found out.

How marvelous, then, that Jesus begins his ministry by proclaiming: **"Repent!"** We tend to think it means "stop doing bad things" but it doesn't. It literally means "go beyond the mind you have." Think in a new way. It's painful to admit, but some portion of my mind is addicted to lie-telling, usually to protect my ego or make life easier. To repent means to admit this tendency, to say, "I'm done lying," and to move beyond my split mind into a complete commitment to the truth. Perhaps that's why at Mass we together proclaim, "I have sinned in my *thoughts*, and in my *words*..." Repentance and truth-telling work together.

Those who know the twelve-step process of addiction recovery know this process well. The fourth step requires radical truth-telling: listing our moral defects. This isn't being scrupulous. Rather it is freedom from falsehood, and entrance into the real world. This week, I invite you to join me in this practice. Get your phone or piece of paper. Answer the question: what are your true moral defects? Write them down. Remember, the Lord knows them already and loves you. We have a sacrament where this truth-telling is celebrated: Confession. Perhaps it is finally time to go beyond our childish lies.

— Father John Muir

## Saint of the week

St. Juliana of Cornillon, also known as St. Juliana of Liège, is remembered for her steadfast devotion to the Eucharist and her instrumental role in establishing the Feast of Corpus Christi.

## Prayer of Discipleship

Dear Jesus,  
When you call to me, help me to listen. Give me the courage to respond bravely and boldly to your invitation for my life.  
Amen.



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

- Maria Van Uong
- Junaid Safi
- Larry Virzi

## Pray for Our Recently Departed

- Jose Naranja
- Fernando Montejano, Sr.
- Rosemarie Torres

## Birthday Blessings

- Michele Javier-Poma
- Michael Javier

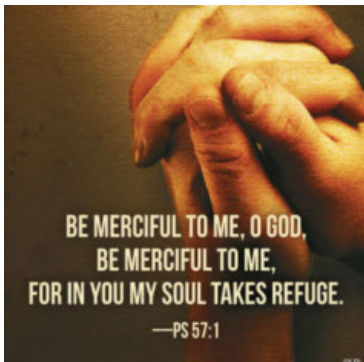


## Adoration of the Blessed Sacrament & Reconciliation

Tuesday and Thursdays  
8:45 to 9:30 am

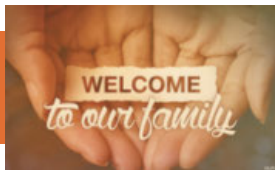
Spend time with our Lord in the Blessed Sacrament. God invites all of us to offer our joys and sorrows to Him.

Is there something holding you back from accepting His love? Our merciful God invites us to reconcile with Him in the Sacrament of Confession.



**“Come after me, and I will make you fishers of men.”**

(Mark 1:17)



# INVITE

## Filipino Society Food Sale

January 21, 2024

The Holy Spirit Filipino Society is hosting their \$10 Meal Deal after the morning and 12:30 pm Masses. Stop by the Parish Center—get a good meal at a great deal! Proceeds benefit parish special projects. Thank you for your support!

## Rosary for Life & 9 Days for Life Novena

Through January 24, 2024

Please join us as we continue praying the Rosary for Life immediately after the daily 8:15 am Mass and the 7:15 am Sunday Mass.

Also, we invite you to pray the 9 Days for Life Novena for the protection of human life. Each day's intention includes a reflection along with suggested activities and resources. Go to <https://www.respectlife.org/> for more information.

## Parents Date Night

Saturday, February 10, 2024

5:00-9:00 pm

Parents of children ages 4-12 yrs. are invited to drop off their children at the DeSousa House 4-Plex for a fun movie, crafts and pizza night while parents enjoy an evening out for Valentine's Day.

Pricing as follows:

- \$20 for One Child
- \$30 for Two Siblings
- \$12/each for Three or More Siblings

For more details, contact [Rosalyn@holyspiritfremont.org](mailto:Rosalyn@holyspiritfremont.org).

## Mandatory Lector and Eucharistic Minister Training

January 30, 2024

All new and current Lectors and Eucharistic Ministers are required to attend this training at 6:30 pm in the church. Please contact Dee Francisco at [dee@holyspiritfremont.org](mailto:dee@holyspiritfremont.org) should you have questions.

## Grief Support

Are you dealing with the death or illness of a loved one, a divorce, the loss of a job or other life-changing loss? Sharing your story with others may speed healing and lighten the burden of loss. Your story is uniquely yours but pain is universal. Information shared is strictly confidential. For more information, please contact Helen Campbell at 510.795.7958.

## Nourish—Support for Caregivers

Nourish for Caregivers is a ministry created specifically to offer support to the unique challenges of in-home caregivers. This Christ-centered program brings resources and support to family caregivers who carry both the blessing and burden of providing comfort and healing to people who are ill, suffering, and need special care. Caregivers can join local and/or national Zoom calls for support ([En Español](#)). Go to <https://oakdiocese.org/catholics-care> for additional information.

### Current Schedule of Local Nourish Calls:

1st & 3rd Tuesday (2:00 pm)

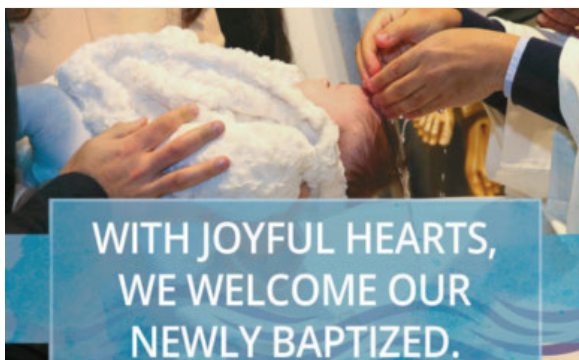
3rd Wednesday (7:00 pm)

4th Thursday (7:00 pm) **Local Nourish Calls in Spanish:**

1st & 3rd Viernes (7:00 pm)

### National Nourish Calls:

Tuesday (8am) & Thursday (8:00 am)

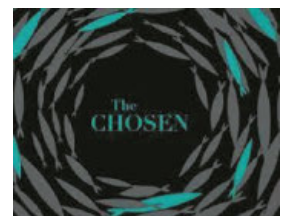


Kaleb • Zion

## The Chosen: An Interactive Bible Study

Mondays | 7:00 to 9:00 pm

de Sousa House Theater



Beginning, Monday, January 22, 2024, join Dn. Steve and Annette Lewellyn in reflection and study on the life of Jesus as portrayed in the groundbreaking series.

Registration forms available in the Parish Office. Purchase the study guide for Season 2 through [Amazon](#).

# AROUND THE PARISH



## Holy Spirit School Open House Sunday, January 28, 2024 | 10:00 am-2:00 pm

Join us for our Open House as we kick off Catholic Schools Week. Stop by and see our amazing parish school. Meet the faculty and staff, and receive information on kindergarten testing. We look forward to seeing you at the Open House!

## Holy Spirit School Fundraiser

Jan. 31, 2024 | 12:00-8:00 pm

Come join us at Billy Roy's Burger Co. in Fremont! Invite your friends and family to help support Holy Spirit School. 10% of the proceeds goes to support our students!

## HS School Crab Feed Saturday, March 16, 2024

Join us in the Parish Center for our annual Holy Spirit School Crab Feed. It's all the crab you can eat and plenty of fun! Stay tuned.

## CYO Track & Field Team 2024

Come join the Holy Spirit Track & Field Team! Run for FUN! Run for your health, mind and spirit! Open to children in Kinder through 8th grade. Our focus will be on having FUN, good sportsmanship and being a beacon of Christian fellowship. No experience required. Athletes will train at their level.

For more information please contact Coach Chris at [cdcانotal@yahoo.com](mailto:cdcanotal@yahoo.com). To register, go to:

<https://clubs.bluesombrero.com/Default.aspx?tabid=482484>



ST. PATRICK'S  
SEMINARY & UNIVERSITY

## St. Patrick's Seminary Day of Giving: March 16, 2024

Save the date! Help raise \$200,000 in 24 hours! Ways to give:

- Online at <https://igfn.us/vf/PRIEST>
- Text PRIEST to 71777
- Scan the QR Code
- By check to 320 Middlefield Road, Menlo Park, CA 94025



## Parish Office

Mondays to Fridays  
9:00 am to 5:00 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 Castañas,  
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

### Youth & Young Adult Ministry

Mario Castellanos  
510.456.4974

### Music

Paul Orella  
510.673.3873



**FUNERAL AND MEMORIAL SERVICES**  
(510) 657-1149 • WWW.VINTAGECATERING.COM



Roof replacements | Preventive maintenance  
Emergency repairs and service calls  
New Construction | Residential & Commercial  
Locally Owned & Operated  
*Official Roofer of Holy Spirit*

**510-774-0073**  
www.sullivangrouproofing.com



**99 Tea House**  
3623 Thornton Ave  
510-509-2315  
99teahouse.com  
*Parishioner 10% OFF*



37600 Central Ct. Ste. 264  
Newark, CA 94560  
510-928-7121 Cell  
510-742-6600 Office  
aidad@comcast.net  
www.aidacares.com



**Aida C. Dizon**  
**REALTOR®**  
DRE#01435690

SPECIAL  
DISCOUNT  
OFFERED

PARISHIONER  
for 25 Years



*With the right financial advisor,  
life can be brilliant.*



**Thomas R. Fezler, CRPC®, APMA®, CLTC®**  
Private Wealth Advisor  
Managing Director  
**650.226.2098**  
tfezler@ampf.com  
CA Insurance #0D82009



Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2020 Ameriprise Financial, Inc.

**IF YOU LIVE ALONE**

**MDMedAlert!**™ As Low As **\$19<sup>95</sup>** /mo.

✓ Ambulance ✓ Police/Fire  
✓ Family/Friends ✓ GPS & Fall Alert

**CALL NOW! 800.808.9294** • md-medalert.com

**COGIR OF FREMONT,  
ELEVATING SENIOR LIVING!**

Our diverse community is here to set new standards for quality senior living in Fremont. Combining an attention to resident care, with premium amenities and engaging activities ensures our residents' golden years are nothing short of rewarding.

From the freedom of independent living to the attentiveness of assisted living, Cogir of Fremont is the right place for you or your loved one.

**Call to schedule your tour today!**



2860 Country Drive  
Fremont, CA 94536  
License # 019200848

**(510) 790-1645**



**CogirSeniorLiving.com**

**Center For Implant Dentistry**



**\$14,990**  
per jaw

EXTREME *Smile* MAKE OVER

Free Consultation with CT Scan  
**Fixed Permanent Teeth  
in 2-4 Days**



Before



After

Serving California

Phone (510) 800-2447 www.bayareaimplantdentistry.com



**Kristina Para Levy - Realtor**

facebook.com/keepitrealestate.KPL  
IG: @keepitrealestate.kpl

**Parishioner**

**510.209.4442**  
DRE# 02035091

marytv.tv  
medjugorje.hr  
flameoflove.us  
marysmealsusa.org



COMPLETE AUTO REPAIR



37159 Moraine St • Fremont  
**(510) 552-1366**

**Catholic Parishioners**  
Mon - Fri 8:00 am - 5:00 pm

- General maintenance **\$10 Off Any Service**
- Smog Check
- Hybrid Vehicles service
- Tires and Alignments
- Automotive Locksmith
- A/C service
- Check Engine Light Troubleshooting
- Smog Training School
- Brake and Lamp inspection



**510 797-1900**

Lic. #FD1007

1940 Peralta Blvd • Fremont, CA 94536

Graciously Serving Families Since 1958 • Family Owned Business  
www.fremontchapeloftheroses.com • www.fremontmemorialchapel.com



**510 793-8900**

Lic. #FD1115

3723 Peralta Blvd • Fremont, CA 94536

CREMATION • BURIAL • PRE-PLANNING



**DENISE KASHYAP**  
**REALTOR®**

**510-371-1383**

DeniseKashyap@gmail.com

DRE #206539469



For ad info. call 1-800-950-9952 • www.4lpi.com

Holy Spirit, Fremont, CA

A 4C 05-1165