



SUNDAY, FEBRUARY 4, 2024 | FIFTH SUNDAY IN ORDINARY TIME



### 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: March 2, 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: March 1, 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, FEBRUARY 4 | FIFTH SUNDAY IN ORDINARY TIME

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 (see 3a)/1 Cor 9:16-19, 22-23/Mk 1:29-39

- 5:00 pm (Vigil Mass) For the People of Holy Spirit Parish
- 7:15 am † Charles & Marion Allen, † Maria Loida Guevarra, † Souls in Purgatory
- 9:00 am Graciela O. Montes, † Remedios Carreon, † Hilaria Miranda, † Terri Phan
- 10:45 am Espiritu Family, † Teresita Lim Ceniza, † Eduardo Jr. & Priscilla Concepcion, † Alex Ip
- 12:30 pm For the People of Holy Spirit Parish
- 5:00 pm John & Dee Francisco, † Rosemarie Webb

### MONDAY, FEBRUARY 5 | MEMORIAL OF SAINT AGATHA, VIRGIN AND MARTYR

1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/Mk 6:53-56

- 7:00 am Ben Bajer, Flordeliza Miranda
- 8:15 am Graciela O. Montes

### TUESDAY, FEBRUARY 6 | MEMORIAL OF SAINT PAUL MIKI AND COMPANIONS, MARTYRS

1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10, 11/Mk 7:1-13

- 7:00 am Carlota P.E. Rodriguez, † Marina & Arsenio Abenojar
- 8:15 am Richelle Sibal, Bobby Reyes, † Luz L. Fortaleza

### WEDNESDAY, FEBRUARY 7 | WEDNESDAY OF THE FIFTH WEEK IN ORDINARY TIME

1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/Mk 7:14-23

- 7:00 am Francis & Sharon Gomes, Carlota P.E. Rodriguez, † John & Catherine Keily
- 8:15 am † Yvonne & Al Fernandes, † Fr. Ron Fernandes, † Fr. James Kyrie
- 6:30 pm † Prospero Ong, † Cresencio & Remedios Salindong

### THURSDAY, FEBRUARY 8 | THURSDAY OF THE FIFTH WEEK IN ORDINARY TIME

1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and 40/Mk 7:24-30

- 7:00 am † Juan Cabangangan
- 8:15 am † Tony & Adel Zowin, † Tony Murray, † Sofio Sr. & Natividad Orias, † Anna Laikun Au

### FRIDAY, FEBRUARY 9 | FRIDAY OF THE FIFTH WEEK IN ORDINARY TIME

1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15/Mk 7:31-37

- 7:00 am Urban Family, † Alejandro Marquez
- 8:15 am Carlota P.E. Rodriguez, † Vincent Lo

### SATURDAY, FEBRUARY 10 | MEMORIAL OF SAINT SCHOLASTICA, VIRGIN

1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22/Mk 8:1-10

- 7:00 am Patrick Bajet, † Ester Dimalanta, † Fernando Batac
- 8:15 am Julia C. Yap, † Protusada Family, † Cayetano Ana & Quinata

*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 SR. KAREN...

Our first reading this weekend is from the Book of Job. As we recall the story, Job was faithful to God and was blessed with many children and many animals, but Satan told God that Job was only faithful because God had given him so much. The Book of Job was to help the Hebrew people see that God is with us in good times and in bad, and that good and evil happen to everyone.

God allowed Satan to cause bad things to happen and Job was in deep despair. His friends shared the beliefs of the day that he must have sinned to bring this on himself. Job spoke of accepting good and evil from God and stayed faithful. Job knew he had not done anything wrong and kept pleading for God's help. God eventually did respond, encouraging Job and condemning his friends' treatment of Job.

Our lives have times of bad luck as well as times filled with blessings. In times of deep despair, we might turn to the Book of Job and be reminded that God's heart goes out to the

afflicted when we call. Job shared his feelings with his friends, but they did not console him; instead, they criticized and blamed him. When someone opens their heart to you, how do you respond? If we listen with the Spirit's presence, we would be able to be a compassionate presence for others. As a pastoral minister to the sick, that is what we do. And in a sense, that is what we are all called to do when someone pours out their feelings. When a person sharing heavy feelings experiences God's love, the weight of suffering seems to be shared and lightened. It's like medicine for the soul that allows God's healing to enter.

Have you ever experienced the Spirit's presence in you, that becomes real for others? The tragic experiences Job suffered seemed to be over rather quickly, but the pain afterwards lingered on. We are reminded in Psalm 147 that "the Lord heals the brokenhearted". When we go through the valley of the shadow of death it is so helpful to have family and friends we can talk with who can help us deal with all the questions we are struggling with, but not all have the compassionate skill to listen with God's heart. If you find yourself going through rough times a spiritual mentor may be helpful.

Sr. Karen



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"National Marriage Week presents a chance to focus on rebuilding a culture of marriage for this generation." (NEWSWEEK magazine)

For resources and information, including date night ideas for married couples, go to <https://www.nationalmarriageweekusa.org/>







# SERVE

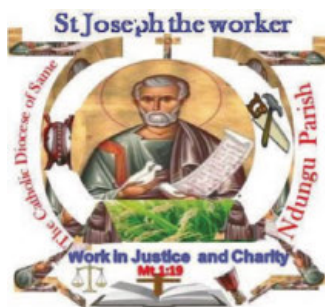
## St. Joseph the Worker: Sister Parish Dispatch

For the 2024 school year, \$32,106 was wired last November for 73 students and \$2,408 for 8 Adult Vocational students.

This is now our eighth year giving scholarships to the students of St. Joseph the Worker.

Many thanks to the Sisters of the Holy Family for their generous donation of \$30,000 in December 2022 which is being used for the 2024 school year.

Also, much gratitude to our monthly donors from our amazing Holy Spirit parishioners! We love you!



## 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. For more information, contact Josephine at [info@holyspiritfremont.org](mailto:info@holyspiritfremont.org) or 510.797.1660.

## 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 Fruit
- ⇒ Macaroni & Cheese
- ⇒ Vienna Sausage

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.



## Second Collection: Holy Spirit Youth/Young Adult Ministry February 3-4, 2024

This weekend's second collection is for our Holy Spirit Youth and Young Adult Ministry. Proceeds go towards programs such as tuition and retreat assistance, continuing education and development. Thank you for your generous support.

### Giving

Sunday, January 14

\$31,549

Corner

### Special Collection coming up:

Catholic Relief Services (Bishop's Overseas Appeal) | March 10

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.



## Lenten Schedule ©LPI

### Rite for the Burning of the Palms

February 11, 2024

Join us in St. Francis Plaza immediately after the 12:30 pm for the Rite for the Burning of the Palms. Please bring last year's palms and place them in the baskets near the church entrances. The ashes from burnt old palms will be used for Ash Wednesday.

### Ash Wednesday

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

### 24 Hours for the Lord

Exposition & Adoration of the Blessed Sacrament

February 15, 2024 9:00 am to February 16, 2024 6:30 am

Bishop Michael C. Barber, SJ, invites all the faithful in the Diocese of Oakland to observe 24 Hours for the Lord. Join us in the church, to pray and reflect, to spend time in the presence of Jesus in the Blessed Sacrament. *(During this time, the Adoration Chapel will be closed.)*

**Please note:** There will be no Confessions on Thurs., Feb. 15.

### Stations of the Cross Fridays During Lent

#### Stations

February 16, 23  
March 8, 15, 22  
12:00 & 6:30 pm

#### First Friday

March 1

12:00 pm - Stations

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

6:30 pm - Mass immediately followed by Stations

### When You Pray: A Clear Path to a Deeper Relationship with God

Feb. 21-Mar. 27, 2024  
9:00 am & 7:30 pm

You know prayer is important, but you still find it challenging. Perhaps it's hard to find time to pray, or you're unsure what to do when you do pray. Or maybe you feel restless and distracted and don't feel close to God. Even the saints struggled in prayer...

Join us in the De Sousa House for a seven-part study. Inspired by the real example of the saints, we will learn how to pray with the same consistency, trust, peace, and passion that led to deep transformation in their souls. Books are available for purchase at the Parish Office or at DSH (\$20). Contact Rosalyn@holyspiritfremont.org for more info.



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

- Marimel Hortillosa
- Rachel Hortillosa
- Raymil Hortillosa
- Junaid Safi
- Lesli Griffiths
- Lion Rafael De Tagle

### Pray for Our Recently Departed

- Lucia Trinidad Mateo
- Steven Foster
- Rose Marie Kiick
- Paz Rex
- Ligaya Daludado Rafin
- Manuel Bustamante

### Birthday Blessings

- Ophelia Cate
- Raymond Quilalang
- Christina David
- Patricia Griffiths
- Jocelyn Pierre-Antoine

### Wedding Anniversary Blessings

- John & Dee Francisco (31 years)
- Louis & Vilma Fernandez (66 years)



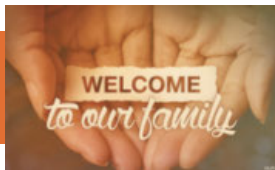
### What To Do At Mass

In this section, we want to take to the opportunity to remind the faithful of some of our practices during mass.

Entrance Procession: During the entrance procession, please show reverence by bowing as the Crucifix and as the Book of the Gospels pass you by.

Look out for the next issue of "What to do at Mass".





# INVITE

## Filipino Society Food Sale

February 4, 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!

## 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

To register, scan the QR code. For more details, contact Rosalyn@holyspiritfremont.org.



## Ministry Leads Meeting

February 13, 2024 | 6:30 pm

Please join us for our Ministry Leads meeting in the Peace Center. Our in-person meeting should last approximately 45 minutes.

If the ministry lead is unable to attend, kindly request a representative to take your place.

## Women Gather

February 17, 2024 | 10:00 am

Want to do something for Lent? This is a wonderful opportunity to meet other women and share your faith. As space is limited, please contact Sr. Annette at 408.390.7184.

## Holy Spirit Grandparents Club—Lenten Recollection

Thursday, February 22, 2024

9:00am to 12:00 noon

All grandparents: are welcome! Join us in the de Sousa for a Lenten Recollection. We will be led in prayer and reflection by Sister Mary Peter, ASSF.

Reserve your seat now! Contact: Nancy, 510.673.3168; Cynthia, 510.378.2083; or Pat: 510.468.7321.

## The Chosen: An Interactive Bible Study

Mondays | 7:00 to 9:00 pm

de Sousa House Theater

Join Dn. Steve and Annette Lewellyn in reflection and study on the life of Jesus as portrayed in the groundbreaking series. Purchase the study guide for Season 2 through [Amazon](#).

## Adult Acolytes Needed

If you are 18 years and older and a fully initiated Catholic, consider joining our ministry.

Please contact Anh Tran at anh\_tth@yahoo.com for more information.



Ezra • Kaden • Quincy  
Riley • Naya • Roman

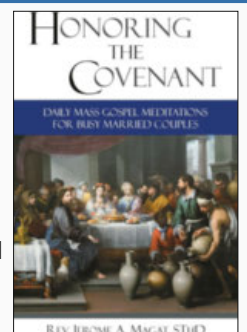
## Celebrate World Marriage Day

Sunday, February 11, 2024

In celebration of World Marriage Day, we will be joined by Fr. Jerome Magat, SThD, at the 9:00 and 10:45 am, and 12:30 pm Masses.

Fr. Jerome is a member of the Diocese of Arlington, Virginia and is currently serving in the Archdiocese of San Francisco as a professor in moral theology at St. Patrick Seminary in Menlo Park.

A speaker and published author, Fr. Jerome will be signing his latest work, "Honoring the Covenant: Daily Mass Gospel Meditations for Busy Married Couples". His book will be available for purchase after Mass. You may also purchase "Honoring the Covenant" through [Amazon](#). Meet Fr. Jerome after Mass in the Peace Center!





# AROUND THE PARISH



## Catholic Relief Services Rice Bowl

As part of our Lenten practice of prayer, fasting, and almsgiving, we encourage the faithful to participate in CRS Rice Bowl. Your support changes lives globally and in our own community. Rice Bowls are available in the church beginning Ash Wednesday.

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

Come one, come all to this year's Annual Holy Spirit School Crab Feed! This year's theme is "Yacht Rock". Dress in your best maritime attire for this memorable event. Tickets are on sale now for \$90.00. Contact HSSCrabFeed@gmail.com.



## 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.

## 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.

## 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

## Parish Staff Changes

Effective February 1, 2024:

- It is with heavy hearts that we must say goodbye to Jeff Van der Sluis, who served our parish as Business Manager for 13 years. We thank Jeff for his contributions, commitment and leadership. We wish him all the best as he begins his new adventure—retirement!
- We would like to welcome Eric Hom, our new Business Manager. Eric brings to us more than 10 years of parish administration experience. Welcome to Holy Spirit Fremont!



In Eric's words...

*I'm extremely excited and grateful for the opportunity to serve this amazing parish community to advance our mission to Be Spirit Filled and Make Disciples. I look forward to meeting and working with all of you to grow and enhance this already vibrant and diverse community.*

*A little about me. My family has lived in Livermore for fifteen years, my wife Loremae is the 2nd grade teacher at St. Michael School and has been a teacher in the Diocese of Oakland for over 20 years. We have two daughters, Madison (12th Grade) and Melanie (8th Grade) at St. Michael School. I've been the Business Manager and Director of Business Operations at both St. Raymond in Dublin and St. Michael in Livermore from 2013-2022 and most recently the Chief Operating Officer for CityServe of the Tri-Valley, a local social services non-profit organization serving the most vulnerable in the Tri-Valley community.*



*I want to thank the staff for the incredibly warm welcome that I've received and Fr. Ken for the opportunity to do God's work and serve all of you here at Holy Spirit Fremont. I look forward to spending time with all of our various ministry groups and getting to know each of you in the community.*

## Departments

### Business/Maintenance

Eric Hom  
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



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