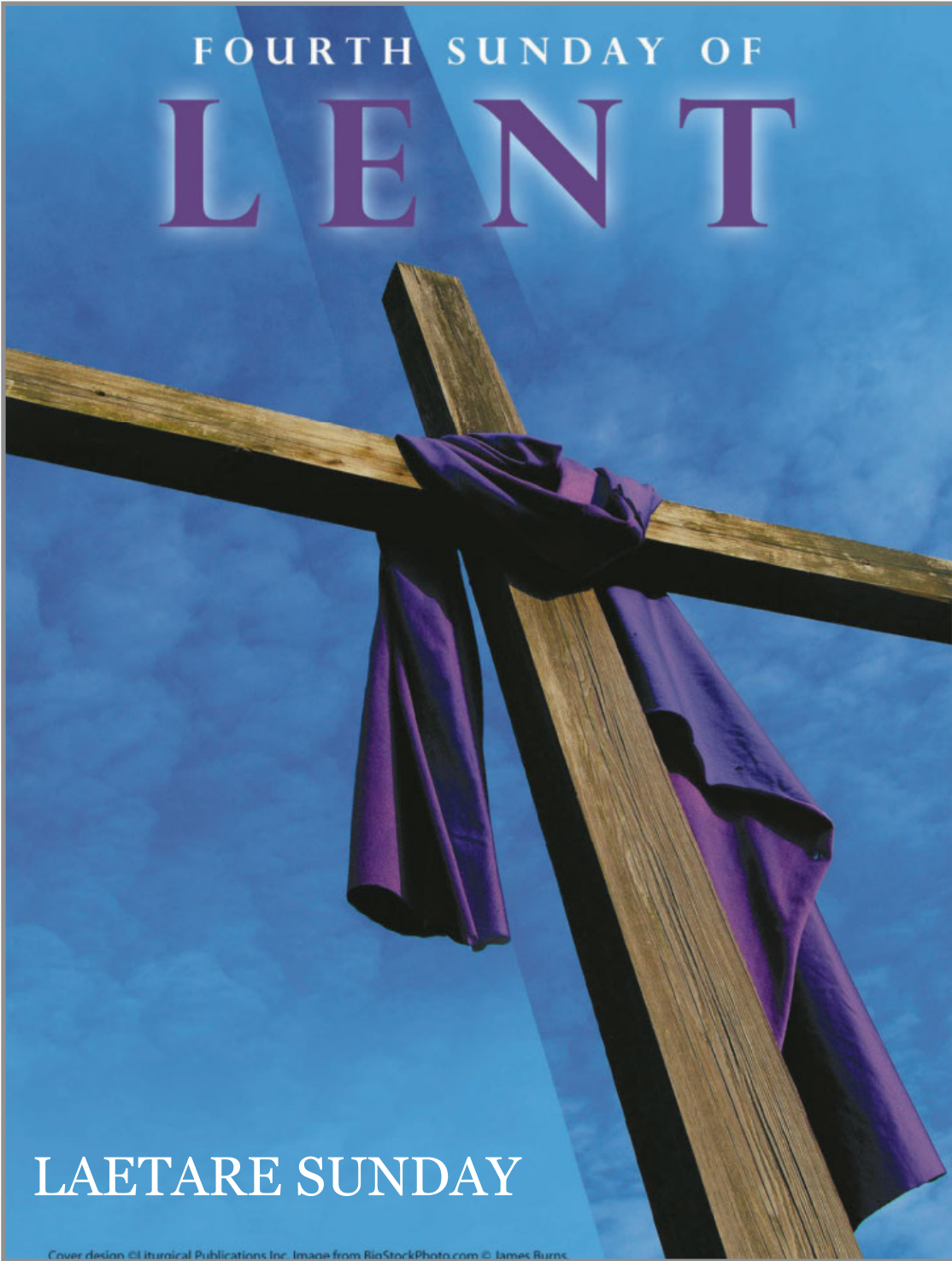




SUNDAY, MARCH 10, 2024 | FOURTH SUNDAY OF LENT



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 (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: April 7, 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: April 6, 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, MARCH 10 | FOURTH SUNDAY OF LENT – LAETARE SUNDAY

2 Chr 36:14-16, 19-23/Ps 137:1-2, 3, 4-5, 6 (6ab)/Eph 2:4-10/Jn 3:14-21
Scrutiny: 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) † Narciso Galang
- 7:15 am † Menchavez Departed Family Members, † Richard Punzalan, † Duncan Davidson, † Michael Kaeckmeister
- 9:00 am Ridenbaugh Family, Paul Lim, Joshua O. Montes, † Ester Dimalanta
- 10:45 am For the People of Holy Spirit Parish
- 12:30 pm Raman Karamian, Lucia von Clemm, † Norma Morales Tumang, Nina & Shaji
- 5:00 pm † Billy Hedden

MONDAY, MARCH 11 | MONDAY OF THE FOURTH WEEK OF LENT

Is 65:17-21/Ps 30:2 and 4, 5-6, 11-12a and 13b/Jn 4:43-54

- 7:00 am † Victoria Cogliano, † Nathalin Moniz
- 8:15 am Marivic Bruce, † Joseph Nha Nguyen

TUESDAY, MARCH 12 | 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 Ricardo de Jesus, † Lorna Arachea, † Gregoria Cabangangan
- 8:15 am Sean Sanchez, † Aquilina Rosario

WEDNESDAY, MARCH 13 | 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 Maia C. Pronchik
- 8:15 am Grace C. Oblena
- 6:30 pm † Jose & Simeona Albano, † Danilo Guevarra

THURSDAY, MARCH 14 | 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 Paulina Bajet
- 8:15 am Lisa Maria Ignatius

FRIDAY, MARCH 15 | 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 † Cecilio Oblena, Sr.
- 8:15 am † Alfredo Daniel Vega

SATURDAY, MARCH 16 | SATURDAY OF THE FOURTH WEEK OF LENT

Jer 11:18-20/Ps 7:2-3, 9bc-10, 11-12/Jn 7:40-53

- 7:00 am † Josefa Palayan Oblena
- 8:15 am † Consuelo T. Mina

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 DN. STEVE...

Time is flying by; can you believe it is already the 4th Sunday of Lent?

How are we doing this Lenten season?

Have you done a spiritual pilgrimage yet, praying before each of the 14 Stations of the Cross, our devotion of the scenes of Christ's suffering and death. Do you realize what Jesus did for each of us? Which station resonates with you? And why?

Are you getting plenty of quiet time to be with God? Remember, Jesus always went to where there was the least amount of distractions to pray and recharge with the Holy Spirit. My quiet time lately is when I am driving or while sitting in traffic.

Have you had a chance to be forgiven of all your sins, taking all that weight off your soul, starting fresh? I personally just went to the dentist and had my teeth cleaned. They removed all my plaque, checked for cavities, and I left all good with a minty taste in my mouth. My gums seemed to vibrate, refreshed. In some way, we should feel like this after we go to Reconciliation. Our soul vibrates, and we feel refreshed.

We began the Scrutinies last week and will continue through next weekend. The Scrutinies are three special rites that help prepare the Elect, those participating in the Rite of Christian Initiation of Adults (RCIA), to enter the Catholic Church. They take place during the period of RCIA formation known as Purification and Enlightenment, near the end of their formation.

The season of Lent involves a more intense period of examination and preparation for the Elect, and hopefully for those of us already living the Catholic faith. Though they are meant for the RCIA Elect, the Scrutinies can help all Catholics seeking to live a life of continuous conversion.

During each of the Scrutinies, we witness the miracle of a far-reaching encounter with Christ, who redeems us in His gentle love. This happens in the weekly Gospel story, and then in the encounter of the Elect (RCIA) with the Holy Spirit. We in the assembly are also invited to participate in the encounter, to share in the miracle by offering our prayers for our future Catholics who will receive their Sacraments during the Easter Vigil.

The Scrutinies are associated with three specific Gospel stories on the Third, Fourth, and Fifth Sundays of Lent:

- **Jesus encountering the Samaritan woman at the well**, where He offers Himself as the Living Water;
- **Jesus healing the man born blind**, where He gives Himself as Light of the World; and
- **Jesus raising Lazarus from the dead**, where He reveals Himself as the Resurrection and the Life.

The Scrutinies invite all of us to:

- **Acknowledge and know Christ as our Healer and Redeemer** – In His infinite capacity for merciful love, He died to liberate us and waits to heal and redeem us.
- **Revisit sinful patterns and attachments** – The Light of Christ shines upon them and gives us a pattern for examining ourselves regularly through thought, prayer, penance, and Reconciliation.
- **Progress in self-knowledge and repentance** – Through these, we deepen our relationship with the One Whom We Know Loves Us. As His grace penetrates our souls, our relationship with Him becomes more trusting, intimate, and fruitful.

May this Lenten season be a time when God opens our eyes, our ears, and our hearts as we journey with Jesus toward our ultimate goal – Heaven.

Keep the faith alive in your hearts.

Deacon Steve and Annette



SERVE

St. Joseph the Worker: Sister Parish Dispatch

Join us in congratulating Jofrey John, who graduated from Chanjale Seminary, Form IV.



He received a 75% scholarship.

Jofrey was recognized for his exceptional English-speaking.

Flowers in the Church and Chapel

During the season of Lent, please do not place flowers in the Church and Chapel niches.

We are accepting donations towards Easter floral arrangements. For more information, please text Judy Young at 510.378.1933.

Building & Grounds Committee

Our parish is forming a Building & Grounds Committee that would help guide and prioritize various facility project initiatives while tackling and managing our deferred maintenance.

We are looking for skilled plumbers, electricians, carpenters, civil engineers, security professionals, HVAC specialists, architects, general contractors, etc.

Our goal is to have a committee comprised of both parishioners and school parents. For more information, contact Eric Hom at eric@holyspiritfremont.org.

From our Youngest Stewards

I helped someone, I prayed,
I studied my lessons:

Abbey, Ellie, Grace, Noah

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 Spaghetti Sauce
- ⇒ Jelly/Jam
- ⇒ 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

God is Hiring!

The Society of St. Vincent de Paul-HS Conference is a network of like-minded people inspired by Gospel values, by serving Christ in the indigent with love, respect, justice, hope and joy, and by working to shape a more just and compassionate society.

Are you being called? Do you like to help others? Can you spare a few hours a month?

We are recruiting new faces, fresh perspectives, and open hearts to respond to neighbors who need help. Please consider joining this ministry to serve our neighbors. We especially invite multilingual speakers, including

Mandarin, Cantonese, Spanish, and Hindi. Please contact Cynthia Eugene at cynthia.eugene7@gmail.com or leave a message at 510.542.7036 if interested in joining our ministry.

Second Collection: CRS Overseas Appeal March 9-10, 2024

This weekend's Second Collection benefits Catholic Relief Services/Bishop's Overseas Appeal.

CRS works with organizations around the world to help poor and vulnerable people overcome emergencies, earn a living through agriculture and access affordable health care. Please be generous.

Giving

Sunday, February 18

\$31,011

Corner

Special Collections coming up:

Holy Land (Good Friday) | March 29

St. Vincent de Paul | March 31

Our pledged weekly amount (excluding special collections):
\$34,210

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

Stations of the Cross Fridays During Lent

Stations
March 8, 15, 22
12:00 & 6:30 pm

Parish Lenten Retreat Saturday | March 16, 2024 9:00 am to 11:00 am

Join us in the de Sousa House for our Lenten Retreat as we discuss Bishop Robert Barron's book, "This is My Body: A Call to Eucharistic Revival". *This is the same book that was gifted to our parish families at Christmastime.*

We will reflect on Bishop Barron's threefold analysis of the Eucharist as a sacred meal, sacrifice, and Real Presence.

When You Pray: A Clear Path to a Deeper Relationship with God Wednesdays | 9:00 am & 7:30 pm Through March 27, 2024

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 our book 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.

Outdoor Stations of the Cross

We have relocated our outdoor Stations of the Cross to the grassy areas between the DeSousa House and Governo House. Journey with Jesus to the Cross, in private prayer or with your family.

Lenten Penance Service March 19, 2024

In preparation for Easter, we invite all to receive God's divine mercy and forgiveness through the Sacrament of Reconciliation & Penance.

Priests will be available in the church for Confessions at 1:30 to 3:00 pm for those who need assistance and the elderly, and then again at 6:30 pm for all.

KoC Friday Fish Fry March 22, 2024 | 5:00 to 7:00 pm

Join us in the Parish Center for a sit-down dinner and fellowship, hosted by the Knights of Columbus. Meals include 8-10 oz. of fried fish, pasta, tater tots, green beans, and coleslaw.

Adult Meal - \$20 / Kid's Meal - \$10

Hearing God's Call: Turning Your Heart and Mind to Accompany Jesus to the Cross

March 22, 2024 | 6:00 pm
De Sousa House

We invite all parents to join us for an evening of reflection with Dn. Tim Roberto as we enter into Holy Week. While the parents are with Dn. Tim, children will have their own Lenten reflection and crafts with our HS School principal, Mrs. Marsh. Contact Tom Fezler at tfezler@ampf.com for more details.

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. Checks accepted. You may also give online at <https://www.crsricebowl.org/>



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

- Junaid Safi
- Lesli Griffiths
- Graciela O. Montes

Pray for Our Recently Departed

- Pepito Palacios
- Gary Wilson
- Denise Tannehill
- Fr. Stephen Almagno
- Generoso Virina

Birthday Blessings

- Girl Scouts
- Ivan Capiral
- C.C. Tarrant
- Fran Marron
- Dn. Steve Lewellyn
- Amy Wilhelm



Saint of the week

St. Margaret Mary Alacoque was a French nun who had visions of Jesus and his Sacred Heart. She devoted her life to promoting Eucharistic adoration and the Feast of the Sacred Heart. Her Thursday night holy hours are still a common practice among modern Catholics!



INVITE

Holy Spirit Blood Drive

March 10, 2024 | 8:30 am to 12:00 pm
Peace Center

Today is our Parish Blood Drive!

We need your help to help those in our area who need blood. Each day, 43,000 pints of blood are used in the United States and Canada and less than 10% of the population in the U.S. donates annually.

You do not need an appointment however those with an appointment will be taken first. Your life giving donation will change the life of someone in our community. We really appreciate your support! Thank You!

Women Gather

March 16, 2024 | 10:00 am

During this Lenten season, take a little time to explore and share your faith with other women. We would be happy to have you join us. Space is limited. To RSVP, contact Sr. Annette at 408.390.7184. Blessings on your Lenten journey.

HS School Crab Feed: "Yacht Rock"

Saturday, March 16, 2024
4:30 pm | Parish Center

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. Another option is a table of 8 for \$1,000 which includes 2 bottles of wine, 40 raffle tickets, and 16 beverages. For tickets or more information: HSSCrabFeed@gmail.com

Filipino Society Food Sale

March 17, 2024 | 10:00 am

The Filipino Society will be hosting their \$10 meal deal next Sunday after the morning and 12:30 Masses. Stop by the Parish Center and get a great meal at a deal. We thank you for your support. Proceeds benefit parish special projects. For large orders, please email us by Thursday, March 14th at hsfcommunications@gmail.com.

Marriage Convalidation

Couples who bring their marriage into the Church welcome God's grace and special blessings upon their marriage. If your vows were exchanged in the presence of ministers from other religious traditions or civil officials, we invite you to bring new meaning to your relationship by embracing the vocation of marriage.

This year's Group Convalidation will be on Saturday, September 28. **Registration is open through March 31, 2024.** For more information, contact us at info@holyspiritfremont.org or 510.797.1660.

Pilgrimage to Portugal, Spain, and Italy October 6-19, 2024

Join Fr. Ken Sales on a faith-filled pilgrimage. Visit holy sites in Fatima and Santiago de Compostela, tour the Vatican Museum, and experience a Papal Audience in Rome!

The cost of \$4590 (dbl. occ. / additional \$550 for single occ.) includes round trip airfare (from SFO), accommodations, Holy Mass, guided tours, and breakfast and dinner daily.

\$500 deposit is required with your registration and the final balance is due by July 1st. For more information, contact Alex Paras at 510.509.0585 or alerrparas68@gmail.com.

Vacation Bible School

June 10-14, 2024—Save the Date!

Experience what life was like for Jesus as a child in ancient Nazareth. Meet Mary and hear her stories about Jesus. VBS is open to students in Grades 1-6. Also...Calling all volunteers! Youth in Grades 7-12 and adults are welcome! Stay tuned for more information.

Holy Spirit Preschool—Now Enrolling!

Come and join our preschool family! We are now accepting applications for our 2024-2025 school year. Our preschool offers a variety of opportunities for your child to learn! Contact Ms. C.C. at 510.793.2013 or email hspreschool@csdo.org for more information.



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



HOLY WEEK & EASTER



Stations of the Cross

Holy Monday and Holy Tuesday
March 25 & 26, 2024
9:00 am and 6:30 pm

Holy Wednesday
March 27, 2024
9:00 am and

immediately after the 6:30 pm Mass

Holy Thursday
March 28, 2024

- 7:00 am: Morning Prayer
- 7:00 pm: Mass of the Lord's Supper
- 8:30 pm: Procession and Transfer of the Blessed Sacrament to the Altar of Repose (Parish Center)
- 9:00 to 11:30 pm: Adoration of the Blessed Sacrament

Good Friday
March 29, 2024

- 7:00 am: Morning Prayer
- 12:00 pm: Good Friday of the Lord's Passion: Liturgy of the Word, Veneration of the Cross, Communion
- 1:00 pm: Stations of the Cross
- 3:00 pm: Divine Mercy Novena
- 4:00 pm: Good Friday of the Lord's Passion: Liturgy of the Word, Veneration of the Cross, Communion
- 6:00 pm: Good Friday of the Lord's Passion: Liturgy of the Word, Veneration of the Cross, Communion
- 8:00 pm: Good Friday of the Lord's Passion: Liturgy of the Word, Veneration of the Cross, Communion

Holy Saturday
March 30, 2024

- 7:00 am: Morning Prayer
- 3:00 pm: Divine Mercy Novena

Parish Closures

The Parish Office & Rectory, de Sousa House, and the Adoration Chapel will be closed Good Friday through Easter Monday, March 29 to April 1, and will re-open on Tuesday, April 2.

Easter Sunday
March 31, 2024

Mass Times
Saturday | Easter Vigil
8:00 pm

Sunday
7:15 am • 9:00 am
10:45 am • 12:30 pm

Please note: There is **NO** 5:00 pm Mass on Sunday.

Divine Mercy Novena
3:00 pm (not a Mass)

Feast of the Divine Mercy

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

Novena

March 29-April 6, 2024 | 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 7, 2024

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

Special thanks to the Knights of Columbus, Holy Spirit School, and Holy Spirit Youth Ministry for their participation. Spiritual kits provided. Refreshments in de Sousa House immediately after Mass.

Easter Egg Hunt

March 31, 2024 | 10:15 am

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

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

Volunteers needed! For more details, please contact Rosalyn@holyspiritfremont.org.

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 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

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
510.456.4971

Music

Paul Orella
510.673.3873



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