



SUNDAY, FEBRUARY 9, 2025 | 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.

5th SUNDAY IN ORDINARY TIME

Jesus said to Simon, "Do not be afraid; from now on you will be catching men."
When they brought their boats to the shore, they left everything
and followed him. - Lk 5:10-11

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

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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 (except on Holy Saturday)

Thursday before First Friday: 3:30 pm (except if it falls on Holy Thursday)

Weekdays: call for an appointment

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 1, 2025

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 7, 2025

Mass Intentions

To request a Mass, contact us at info@holyspiritfremont.org or stop by the Parish Office.

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 9 | FIFTH SUNDAY IN ORDINARY TIME

Is 6:1-2a, 3-8/Ps 138:1-2, 2-3, 4-5, 7-8 (1c)/1 Cor 15:1-11 or 15:3-8, 11/Lk 5:1-11

5:00 pm † Sebastian & Concetta Manzitto, † Anthony M. Cruz,
(Vigil Mass) † Teresita Manalaysay, † Agrifina Aragon

7:15 am † Modesto Daco

9:00 am Marla Astudillo, Leny Banta & Family, † Narciso Marzan,
† Bjorn & Mercedes Werring

10:45 am Julia Yap, Anna Rosa Hoa Chu, † Rogelio Malonzo Tulao,
† Erlinda De Guzman

12:30 pm For the People of Holy Spirit Parish

5:00 pm † Piedad Romero Castro

MONDAY, FEBRUARY 10 | MEMORIAL OF SAINT SCHOLASTICA, VIRGIN

Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24 and 35c/Mk 6:53-56

7:00 am Patrick Bajet, † Fernando Batac, † Arturo Rivas Mena

8:15 am † Cayetano & Ana Quinata, † Raymundo & Rolindo Agbulos

TUESDAY, FEBRUARY 11 | TUESDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 1:20—2:4a/Ps 8:4-5, 6-7, 8-9/Mk 7:1-13

7:00 am Jean Dunn, Raul, Rich, Cy Andres Menchavez,
† Mathew & Nohemy Harrington

8:15 am For the People of Holy Spirit Parish

WEDNESDAY, FEBRUARY 12 | WEDNESDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28, 29bc-30/Mk 7:14-23

7:00 am † John & Catherine Keily, † Lorna Arachea, † James Michael Leary

8:15 am Emelie & Melissa Sanchez

6:30 pm Mary Lou Catapang, Albert S. Buccat, Jr.

THURSDAY, FEBRUARY 13 | THURSDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 2:18-25/Ps 128:1-2, 3, 4-5/Mk 7:24-30

7:00 am † Rodolfo Jose Castaneda, † Calssi Beech Veloso, † Edmund Palao

8:15 am † Andrew P. Javier, † Joyce Marie Reuter

FRIDAY, FEBRUARY 14 | MEMORIAL OF SAINTS CYRIL, MONK, AND METHODIUS, BISHOP

Gn 3:1-8/Ps 32:1-2, 5, 6, 7/Mk 7:31-37

7:00 am † Joseph & Catherine Rowe, † James Harry & Angela Leary,
† Conrado Jaballas

8:15 am Pacita Yambao, † Ashley Cocanour, † Victoria Quinata

SATURDAY, FEBRUARY 15 | SATURDAY OF THE FIFTH WEEK IN ORDINARY TIME

Gn 3:9-24/Ps 90:2, 3-4abc, 5-6, 12-13/Mk 8:1-10

7:00 am Ray Martinez, Jr., Carol Leary, † Agustinus & Bernadette Mustika

8:15 am Lucinda Mankins, Therese & Chris Mankins, † Angel M. Sanchez,
† Sugay Family deceased members



FROM THE DESK OF DN BERNARD...

Beyond Expectations

Expectation is a confident belief or strong hope that a particular thing will happen, but in reality, may not even happen. There are things beyond our control which cannot be changed or influenced, for this is human nature. But recognizing what is beyond our control allows us to focus our energy and resources on areas we can influence and change for the better.

Often, we set the bar too high, not only for ourselves but for those around us, too. We expect others to meet the standards we set forth.

Expectation is a toss of the coin. On one hand, it may inspire us and guide our behavior toward goals and accomplishments. On the other hand, it can lead us to frustration or disappointment when reality doesn't align with what we tried to predict. If we seek God's intervention, then our expectation must be in line with the will of God. In the case of Simon (Peter), when Jesus told him to go out to the deeper water and let down the nets, he was a bit doubtful and responds: "Master, we have worked hard all night and have caught nothing". His reasoning is understandable, for he was an experienced fisherman. Normally, the way to catch fish in the Sea of Galilee was at night in the shallow part near the shore and not in the deep part during the day.

But because of Simon's affection and admiration for Jesus, just like the multitude of people who followed Jesus to listen to Him, he placed his trust in Jesus. Simon acted in faith, which contradicted his professional work experience. He was obedient to the word of the Lord and acted on the invitation. He ignored his own ego and avoided doing only what he could understand. He subjected himself to the will of the Lord.

As an employee, I always do and give my best. But there have been times when I have finished a project and presented it to my boss, he would comment, "Is this all?" or "Do you do you have other options?" In those instances, I have felt like all my hard work had gone to waste and had no desire to do things over again. But in

fairness, most of the time, the comments of others can bring out the very best results.

At times we limit ourselves instead of "going deeper." Jesus instructs, "Put out into deep water and lower your nets for a catch." Just like our faith, the Lord wants us not to remain on the shallow surface but to go deeper into our spiritual being to discover something even greater and to experience God's love and grace. The lessons of life teach us the basics to make ourselves comfortable, and when confident, venture to the unknown to make us even better.

Despite Simon's reluctance, he opened himself and followed the instruction of Jesus and said, "...but at your command I will lower the nets."

"When they had done this, they caught a great number of fish, and their nets were tearing." Here Simon Peter shows us his character and his act of faith. A deed that surpasses the boundaries of human capability.

How often do we drop our pride and put our hope in the Lord?

Sometimes, by letting go of our expectations, we also ease our burden. When we follow Jesus, amazing things happen. With authentic faith in Him, the impossible becomes possible.

When Simon Peter saw this, he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." Because of Jesus' astounding miracle, Simon became aware of his own sinfulness and his desperate need of a Savior. I guess this is a statement we, too, may say when we are desperate for help and God suddenly does marvelous things to answer our prayers, even though we don't deserve it.

Heavenly Father, grant us the courage to cast our fears aside and to trust in Your divine guidance. Just as Simon Peter cast his nets into the deep waters at Your command, help us to step out in faith, knowing that You are with us. Fill our hearts with the strength to face the unknown and the wisdom to follow Your will. May we become fishers of men, spreading Your love and light to all we encounter. In Jesus' name, we pray. Amen.

God bless us all.

Dn. Bernard & Jean



SERVE

Ministry Lead Meeting February 13, 2025 | 6:30 pm

Please join us for our next Ministry Lead meeting in the de Sousa Theater. The meeting should last approximately 45 minutes. If the lead member is unable to attend, kindly request a representative to take your place.

Join the Altar Society

We are in need of volunteers to help with the upkeep and maintenance of the sanctuary and care for altar linens. If interested, contact our Art & Environment Ministry via text 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 510.797.1660 or info@holyspiritfremont.org.



Holy Spirit Youth & Young Adult Ministry February 15-16, 2025

Next week'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 leadership development. Thank you for your generous support.



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 Corn
- ⇒ Chili
- ⇒ 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



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.

We thank our donors:
February 8 ... Baptism of Mateo
Augustine Vergara

Vocations Crucifix Program

Parishioners are encouraged to host the Vocations Crucifix for one week and pray for men and women discerning the vocation of priesthood or religious life.

The Vocations Crucifix is presented during Mass to families, individuals, or even groups of friends. Yes! Gather your friends and family together in person or on Zoom to pray for an increase in vocations.

To participate in this important prayer ministry, please contact the parish office at 510.797.1660.



Giving

Corner

Sunday, January 19

\$29,686

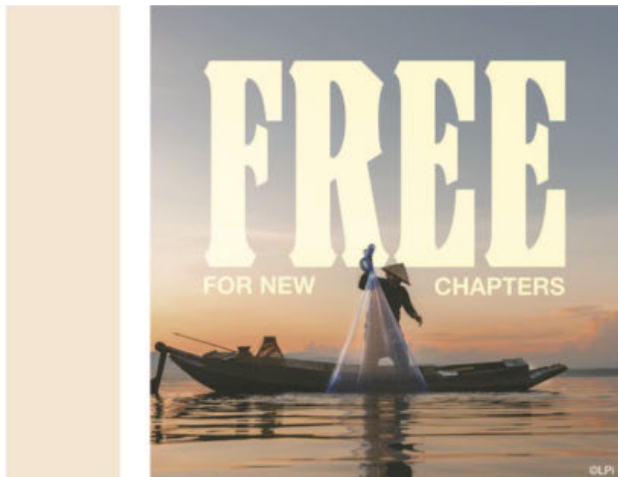
Second Collection coming up:

Holy Spirit Youth & Young Adult Ministry | February 16

Our weekly collection goal (excluding special collections):
\$34,000

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.



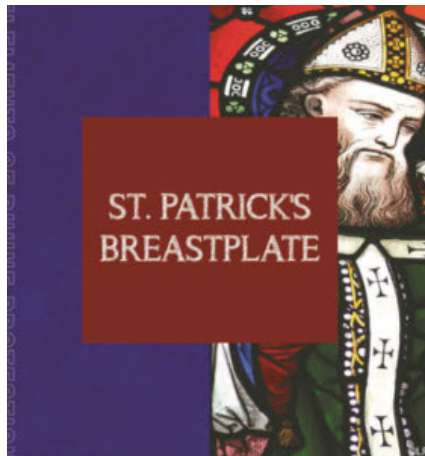
Gospel Meditation Encourage Deeper Understanding of Scripture

My parents' garage is full of old junk that no longer serves any purpose in my life. As a 46-year-old man, I admit that's pretty lame. Either due to my sentimentality or laziness (or both, probably), I just couldn't get myself to throw things away. But a few days ago, by a grace of God, I thought: "I'll hire my nephew Ryan to throw a bunch of my stuff away — he couldn't care less about my junk!" And you know what? It worked. In one day, Ryan chucked the majority of his uncle's useless stuff. I feel so free, ready for a new junk-free chapter in my life.

This kind of thing happens in this Sunday's Gospel. Peter's net is full of useless junk. Luke says he and the others are cleaning their nets after catching no fish. Imagine them dejectedly and impatiently removing a nasty assortment of seaweed, sticks and muck. The Lord teaches and calls them once their nets are cleared out. So it goes with us. Spiritual life begins by removing that which is useless and merely taking up space in our hearts, minds and lives. Then Jesus teaches and acts in a marvelous way in our lives, too.

So what's junking up your net? What habits, attachments, possessions, preoccupations? If, like me, you struggle to clean your nets by yourself, ask the Lord to send you someone like my nephew to be your "Peter" and help you clean it out. It is well worth it. Once Peter's net is clean, he is free to make a wonderful catch.

— Father John Muir



Devotions, *Explained!*

St. Patrick's Breastplate is an ancient Irish prayer attributed to St. Patrick. Its eleven sections call upon different elements of divine protection, beseeching Christ to surround the physical and spiritual reality of those who say it.

Prayer When Facing the Unknown

Dear Jesus,
When you call me to places where I am unfamiliar, be with me. When you invite me to a mission I feel ill-equipped to handle, give me your strength. Help me to leave everything and follow you.

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

- Christine Jones
- Edgar Rodriguez
- Hector Holguin
- Crestita Iscarro Despi

Pray for Our Recently Departed

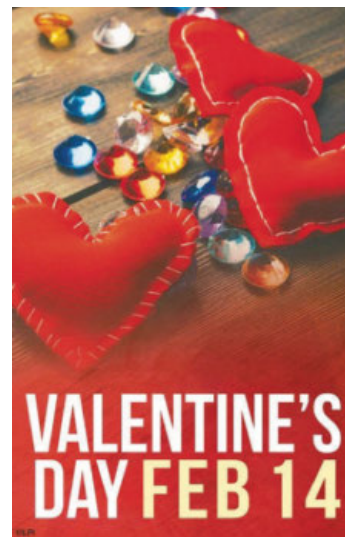
- Edward Galli
- Steve Cho
- Alfredo Pisco

Birthday Blessings

- Miles Francisco
- Veronica Rodriguez
- Grace Villo-Robbins
- Rebecca de Tagle
- Stan Deeds

Anniversary Blessings

- Louis & Vilma Fernandez (67 yrs.)



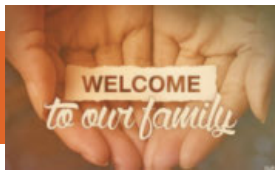
Prayer for Married Couples

Almighty and eternal God,

You blessed the union of married couples so that they might reflect the union of Christ with his Church: look with kindness on them.

Renew their marriage covenant, increase your love in them, and strengthen their bond of peace so that, with their children, they may always rejoice in the gift of your blessing.

We ask this through Christ our Lord. Amen.



INVITE

National Marriage Week

February 7-14, 2025

The observances of National Marriage Week (Feb. 7-14) and World Marriage Day (Sunday, Feb. 9) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. This year's theme is **"Marriage: Source of Hope, Spring of Renewal. Pursue a Lasting Love!"**

For resources, visit www.foryourmarriage.org.

We invite all married couples to download and take part in the At-Home Couples Retreat—go to www.foryourmarriage.org/celebrate-national-marriage-week



Valentine's Day Parents Date Night

February 14, 2025 | 5:00-9:00 pm



Parents of children ages 4-12 yrs. are invited to drop off their children at de Sousa House for a fun movie, crafts and pizza night while parents enjoy an evening out. Scan the QR code for pricing and to reserve your spot! Hosted by Holy Spirit Faith Formation.

Old Palms Needed

Please bring last year's palms by Sunday, March 2nd, and place them in the baskets near the church entrances. The ashes from burnt old palms will be used for Ash Wednesday.

Women Gather

February 15, 2025



Women Gather is an opportunity to pray, share faith and support one another. We begin at 10:00 am followed by potluck lunch and an afternoon of service. Space at Casa Julie is limited. Please RSVP to Sr. Annette at 408.390.7184 or for more information.

Maintenance Technician Lead Needed

Holy Spirit Parish & School is seeking a qualified individual as our part-time, 23 hours per week, Maintenance Technician Lead. For responsibilities and job classifications, visit the Announcements page our parish website. Go to <https://holyspiritfremont.org/announcements/>.

Interested candidates should send their cover letter and resume to Eric Hom at eric@holyspiritfremont.org.

Pilgrimage to France

August 17-29, 2025



Join Fr. Ken Sales on a faith-filled pilgrimage. Visit holy sites in Lourdes, Toulouse, Lyon, Lisieux, and Paris!

The cost of \$5290 (dbl. occ. / additional \$680 for single occ.) includes round trip airfare (from SFO), accommodations, Holy Mass, guided tours, and breakfast and dinner daily.

Registration forms and brochures are available in the Parish Office and on the Announcements page of our website. \$600 deposit is required with your registration and the final balance is due by May 10th. For more information, contact Alex Paras at 510.509.0585 or alerrparas68@gmail.com

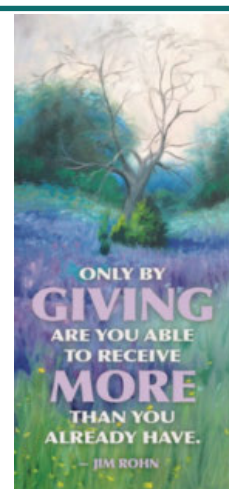


WITH JOYFUL HEARTS,
WE WELCOME OUR
NEWLY BAPTIZED.

Kaia

"Investing in our Faith, Investing in our Future, Creating Hope" Program

Over the next few weeks, you will be hearing about the upcoming "Investing in our Faith, Investing in our Future, Creating Hope" Program at Holy Spirit Catholic Church. This effort is very important as we move forward with the mission and vision of Holy Spirit Catholic Church. We, as a parish family, have changed so many lives in our community! In order to continue our mission and ministries, we encourage all parishioners to spend time in prayer and discussion with your family reflecting on the work we do. Our special Commitment Weekend will be celebrated on March 1 & 2. If you have any questions regarding the **"Investing in our Faith, Investing in our Future, Creating Hope" Program**, please contact the parish office at info@holyspiritfremont.org.



AROUND THE PARISH



Girl Scouts Cookie Sales

February 8-9 &
March 15-16, 2025

Our Girl Scout Troops #31674 and #30056 are selling their famous cookies after all the Masses in St. Francis Plaza. Please support our young girls' fundraising efforts.

Vacation Bible School

Save the date! It'll be here before you know it! Our Summer Vacation Bible School will be on June 16-20, 2025. More details to come.

Holy Spirit School Crab Feed March 1, 2025

Save the date! Holy Spirit School is hosting its annual Crab Feed & Auction. There will be lots of food, fun and fellowship.

For tickets, scan the QR code or go to <https://my.cheddarup.com/c/holy-spirit-crab-feed-2025/items?cart>. For more information, contact HSSCrabFeed@gmail.com



Join Cub Scouts Pack 154

The Cub Scouts program at Holy Spirit is more than just an activity for our youth to learn about the outdoors. Scouting provides fun, fellowship, and training to our youth as well as youth in our community. It emphasizes honesty, self-reliance, and respect. Through a year-round program, it affects character, citizenship, and personal fitness.

But the success of our Scouting depends on our volunteers who serve in a variety of leadership roles so that our young people may benefit from our Scouting ministry. As Scouting America celebrates its 115th anniversary, we salute the splendid volunteers who serve as Cubmasters, Den Leaders, Committee Members and in other positions of leadership. Cub Scout Pack 154 would like to invite you and your family to be a part of our program. Contact hspack154@gmail.com for details.

Walk for Life

Thank you to all those who participated in this year's Walk for Life Event. Let us continue to pray for the most vulnerable among us especially the unborn.



No Baptisms During Lent

Why aren't baptisms performed during Lent? Here at Holy Spirit Parish, it is a long-held practice that baptisms are not performed during the Season of Lent.

Lent is our desert time, a time of prayer, fasting, and penitence. In general, baptisms are a time of festive celebration, and thus contrary to the penitential season.

Exceptions are made, such as in cases of emergency. "An infant in danger of death is to be baptized without delay" (CAN. 867).



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 Operations

Eric Hom
510.456.4970

Faith Formation & Evangelization

Rosalyn Jose
510.456.4971

Safe Environment

Peter Scampavia
510.456.4995

Facilities Scheduling

Peter Scampavia
510.456.4995

Youth & Young Adult Ministry

Mario Castellanos
510.456.4975

Music

Paul Orella
510.673.3873



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