



# HOLY SPIRIT PARISH

We follow Christ by Living our Faith, Sharing Knowledge and Serving the Community.

Twenty-Second Sunday in Ordinary Time

September 1st, 2019



## Back to School!

This fall, Holy Spirit School welcomed 86 new students and 9 new teachers as we began our 19<sup>th</sup> school year as the youngest Catholic elementary school in the Diocese. Our PreK – 8<sup>th</sup> grade program continues to grow and thrive as our community of students, parents, teachers and

parishioners endeavor to form the whole person through faith, knowledge and community.

Last weekend, the Dad's Club hosted one of our favorite events - the annual Back-to-School BBQ. Complete with watermelon and pie eating contests, the event brought together our families and staff, old and new alike to celebrate what makes Holy Spirit School so special --- our COMMUNITY.



We are grateful to be part of the Holy Spirit Parish community and for the immeasurable support we receive through our fundraisers, the Thursday morning school liturgies, Row's youth ministry, the shared service opportunities and so much more.



If you are interested in learning more about Holy Spirit School, please call the school office at 408.268.0794.



## A Prayer for Labor Day

Lord on this Labor Day,

We thank you for the blessing of work.

We ask for strength to complete each day.

We ask for rest when we are weary.

We ask Your guidance for everyone seeking employment.

We ask that You be with those whose faces we might never see

But who work tirelessly each day for the good of us all.

**Amen**

## Office Closed

The Parish office will be closed on **Monday, September 2nd** in honor of Labor Day.



**Parish Office /** 408-997-5101  
**24 Hour Emergency**

Rev. Brendan McGuire, Pastor  
 408-997-5105 brendan.mcguire@dsj.org

Rev. Edgar Elamparo, Parochial Vicar  
 408-997-5107 edgar.elamparo@dsj.org

Merry Reardon, Pastoral Associate  
 408-997-5112 merry.reardon@dsj.org

Penny Warne, Pastoral Associate  
 408-997-5108 penny.warne@dsj.org

Faith Formation 408-997-5112

Baptism 408-997-5115

Initiation 408-997-5112

Marriage 408-997-5115

Sacrament of the Sick 408-997-5110

Pastoral Care 408-997-5110

Social Ministries 408-997-5111

Youth Ministry 408-997-5106

Music Ministry 408-997-5121

Finance Office 408-997-5101

Finance Council John Beck  
 goya12string@yahoo.com

Pastoral Council Stephanie Kavanagh  
 stephaniekavanagh2@gmail.com

**Holy Spirit School**  
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 408-268-0794

Greg Vohs, Interim Principal  
 Maira Gutierrez-Folchi, Assistant Principal



What crosses do I carry in my life due to the fact that I follow Jesus?



Last week I spoke at all the Masses in the 4-Minutes about the need to reset our lives. I likened the challenge in life to the times that our computers or phones freeze up. You know that feeling when your iPhone or computer just stops working and often right in the middle of a project.? That spinning ball or blue screen can be frightening! We pray hard that we have not lost too much work. So what do we do?

We reset our phone or computers and go about our projects again. That "hard reset" gets the computer back to its former condition. The device is programmed that way to "reset" easily enough and most times it works seamlessly even though we might wait anxiously for minutes.

The same is true for our spiritual lives. We are programmed to "reset" each week with a Sabbath day and then annually with a vacation. That is the way Lord made us and commanded us to take a Holy Day every week. The challenge is that many of us don't take a weekend to relax but get even busier with more work projects or other home projects. Then our vacations seem to be equally as amped up. So what are we do?



We need to somehow "reset" our lives and especially our spiritual lives. When we don't, things start to go wrong. We get testy or unpleasant with our spouses and/or our children. Work starts to unravel in some way. Our friends seem to be at odds with us like never before. These are all signals that the system is about to freeze and go into "blue screen" mode. We need to stop and reset our lives. We need to come away on retreat or at the very least start a new prayer discipline.

I ask you to consider joining us for the new *Growing in Friendship with Jesus* series coming up this Fall. At the very least, I would love for you to join us at one of the plantings sessions that begin the week of **September 9th**. We will be sharing more with you over the weeks ahead so please stay tuned.

If you can take a full weekend away I encourage you to join me on retreat **October 18-20** at the Jesuit Retreat Center in Los Altos. This retreat led by me is titled "*Hard Resetting Your Spiritual Life*." I will focus what can we do to refocus our lives back on Jesus and his mission for us.

I know I sound like a broken record, but it is critical to deepen our relationship with Jesus and hear where he is calling us to grow. We need PRAYER. We need to move closer to Jesus so we can understand how God wants us to lead our lives for the good of all, including ourselves. Come and reset your life this Fall.

## LIVING THE LITURGY

### Sacred Vessels

One of the most visible signs or symbols used during liturgy are the sacred vessels, especially the chalice (or wine cup) and the paten (or metal plate). According to the General Instruction of the Roman Missal, the sacred vessels are held in special honor because from them the bread and wine are offered, consecrated and then consumed by the faithful.

Sacred vessels should be made from precious metal. If they are made from metal that rusts or from a metal less precious than gold, they should generally be gilded (covered thinly with gold leaf or gold paint) on the inside. In the Dioceses of the United States of America, it can be made from other solid materials which in the common estimation in each region are considered precious or noble, for example, ebony or other harder woods, provided that such materials are suitable for sacred use. This also applies to all other sacred vessels that are intended to hold the Consecrated Hosts, such as the communion paten (a metal plate holder for the distribution of the Hosts to the faithful), the ciborium (a large covered cup that holds the reserved Hosts and place inside the tabernacle), the pyx (a small round container to carry the Hosts for the sick), and the monstrance (an open or transparent vessel in which the Host is exposed for veneration). Additional chalices or cups that are used to distribute the Precious Blood, should be made of material that does not absorb liquids.



### READINGS FOR THE WEEK

M 9/2	1 Thes 4:13-18; Ps 96:1, 3-5, 11-13; Lk 4:16-30
T 9/3	1 Thes 5:1-6, 9-11; Ps 27:1, 4, 13-14; Lk 4:31-37
W 9/4	Col 1:1-8; Ps 52:10-11; Lk 4:38-44
TH 9/5	Col 1:9-14; Ps 98:2-6; Lk 5:1-11
F 9/6	Col 1:15-20; Ps 100:1b-5; Lk 5:33-39
S 9/7	Col 1:21-23; Ps 54:3-4, 6, 8; Lk 6:1-5
Su 9/8	Wis 9:13-18b; Ps 90:3-6, 12-17; Phlm 9-10, 12-17; Lk 14:25-33

### Weekend Masses

Saturday 5:00 p.m.  
Sunday 8:00, 9:30 & 11:30 a.m.  
6:00 p.m.

### Daily Mass / Communion Service

Monday - Friday 8:30 a.m.

### Daily Holy Hour

Monday - Friday 7:30 a.m.

### Daily Rosary

Monday - Friday 9:15 a.m.

### Holy Days of Obligation

8:30 a.m. & 7:00 p.m.

### Eucharistic Adoration & Reconciliation

First Friday of the month  
7:00 - 8:00 p.m.

### Reconciliation

Saturdays at 4:00 p.m.  
or by appointment

### MASS INTENTIONS

TH 9/5	8:30	Annette & Grady Anu
F 9/6	8:30	Edna D'Souza
S 9/7	5:00	Nevena Jeftic †
SU 9/8	8:00	Peter Thul † Idella Brenny †
	9:30	Holy Spirit Parish
	11:30	Mathachen Mathai Asuncion Sanchez † Francisco Perez †
	6:00	Lydia & George Pinto

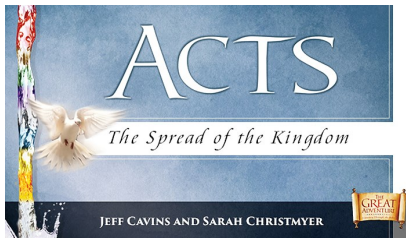
### PRAYER REQUESTS

#### For those who are ill:

Charles Palodichuck  
Russell Todd



**Scripture Study**



Holy Spirit Scripture Study begins a new study **Wednesday, September 18<sup>th</sup>**, Acts: *The Spread of the Kingdom*, by Jeff Cavins.

The Acts of the Apostles shows the Church, enlivened by the Holy Spirit, teaching, preaching healing, and restoring the outcasts in the same way that Jesus did on earth. It provides a historic framework for understanding the rest of the New Testament. Paul's letters come alive in a new way when they are read within the context of Acts. You will learn how the Gospel witness spread outward in waves, from Jerusalem to Judea, and Samaria, and to the ends of the earth. Share with the early Christians the joys and struggles of living the life of Christ, and learn how these still apply today.

We meet from 9:15AM until 11:00 in the Parish Hall. The cost of the study is \$40. for the study guide. All are welcome, no matter where you are in your faith journey or scripture study experience.

For more information contact Merry Reardon at [merry.reardon@djs.org](mailto:merry.reardon@djs.org)

**Saturday Lunch Ministry**



We meet in the Parish Hall at 10:30am to make sandwiches and then pack the lunches, which include sandwiches, fruit, cookie, and a drink. After the lunches have been made, we drive to the St. James Park area of downtown San Jose.

The **lunches are distributed** to everyone in the park. When everyone has been served, part of the group follows the light rail tracks into the center of the city and distributes lunches as they walk. The part of the group who remains in the park **cleans up litter**. Even litter that isn't part of the Holy Spirit lunches will be cleared away.

We invite ten families to join us **every 1st Saturday of the month\***. We ask for a one to one ratio of adults to students as parents need to be with their child especially during the distribution in St. James Park. Student participation is limited to sixth grade and older. A donation of \$10 is asked from each family to cover the cost of food and supplies.

Please join us for our next Saturday Lunch Ministry on September 7th. Sign up at [www.holyspiritchurch.org/sandwich-ministry](http://www.holyspiritchurch.org/sandwich-ministry).

**Social Ministry Faire  
September 21/22**



Please come join us for mimosas, coffee and snacks during our Social Ministry Faire on **September 21st and 22nd** in the courtyard after mass.

The Faire is a chance to learn about the many opportunities we offer here at Holy Spirit to minister to those on the margins of society. The opportunity to heed the call for service to others.

There are many possibilities for volunteering. From traveling on our weeklong immersion trips to Nicaragua and Texas to dig a ditch, build a house and make a friend.

You can help staff with love and compassion at Village House women's shelter here at the parish in January.

Or to minister to the poor locally in San Jose through the many program opportunities available with our partnership with Sacred Heart Community Service.

There really is something for everyone. Come take a look!!!



**Training for NEW Altar Servers**

Altar Servers have a very important role during Mass and our parish is enriched through their dedication and service. If you would like to become an altar server, join us for one of the next training sessions in the Church

**Thursday, September 5th**

1:00 - 3:00 PM **Or**

**Sunday, September 8th**

1:00 - 3:00 PM

If you plan to attend, sign up at: <https://doodle.com/poll/zaair3r8vtini8m>

Questions? German Scipioni [german@scipioni.org](mailto:german@scipioni.org) or Carolina Scipioni [carolina@scipioni.org](mailto:carolina@scipioni.org)

Note: At least one parent needs to attend the last 15 minutes as we will be reviewing the program and the scheduling.

*Who can become an altar server?*

- Both boys and girls with a desire to serve the Church
- 5th grade and older
- Have received their First Holy Communion
- Attend Mass regularly

*Already an Altar Server? Need a refresher? You are welcome to join us*



**Youth Ministry Registrations**

Registrations for Edge Middle School Ministry and 3sixty High School Ministry are now up on the website. Please consider registering for these wonderful and uplifting ministries. 3sixty kicks off on **Sunday, September 8**. The sign up for 3sixty is [holyspiritchurch.org/3sixty-high-school-youth-ministry](http://holyspiritchurch.org/3sixty-high-school-youth-ministry).



Edge starts on **Wednesday, September 11**. You can sign up for Edge at [holyspiritchurch.org/edge-middle-school-youth-ministry](http://holyspiritchurch.org/edge-middle-school-youth-ministry).

More details to follow. Contact Row at [row.david@dsj](mailto:row.david@dsj) for any questions.



**Confirmation**

Registrations for Confirmation are now open. Prospective candidates may enroll as early as the 7<sup>th</sup> grade. Confirmation is a two-year process for middle school youth. Youth in high school will be on a separate track. Registrations are all online. At [holyspiritchurch.org/confirmation](http://holyspiritchurch.org/confirmation). Contact Row for any questions.

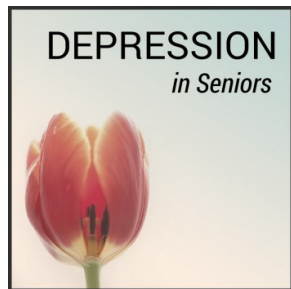
**Why RCIA?**



To search, to belong, to mature, to be nourished, to continue growing, to love and be loved: these and others are fundamental stirrings of the human heart. Our lives are lived in a manner of seeking satisfaction of these very deep hungers throughout the journey of life. RCIA is the experience of discovering that one's journey is caught up in the mystery of God's loving plan for all people.

For adults who sense a desire to become members or learn more of the Catholic Church, RCIA is the prayerful manner in which the journey to Catholic Christianity unfolds. Ordinarily, the journey follows the Church's Liturgical Year and culminates in the Celebration of Jesus' Resurrection at the Easter Vigil.

Though RCIA (Rite of Christian Initiation of Adults) has been mistakenly identified as 'convert classes' it is the procedure for unbaptized adults and adults of other Christian Churches to become members of the Catholic Church, RCIA deeply touches all aspects of Church life. In short, RCIA is the way we are Church. RCIA is a prayer of the Church that springs from God the Father's relentless and passionate desire that all respond to the offer of Divine Love in His Son, Jesus the Christ, and manifest that love in the power of the Holy Spirit as members of the Body of Christ to the world.



**Depression in Seniors**

As we grow older, we face significant life changes that can put us at risk for depression. Causes and risk factors that contribute to depression in older adults and the elderly include:

- **Health problems**—Illness and disability; chronic or severe pain; cognitive decline; damage to body image due to surgery or disease.
- **Loneliness and isolation** – Living alone; a dwindling social circle due to deaths or relocation; decreased mobility due to illness or loss of driving privileges.
- **Reduced sense of purpose** – Feelings of purposelessness or loss of identity due to retirement or physical limitations on activities.
- **Fears** – Fear of death or dying; anxiety over financial problems or health issues.
- **Recent bereavement** – The death of friends, family members, and pets; the loss of a spouse or partner.

Depression not only makes you feel sick—with aches, pains, and fatigue—it actually makes physical health worse. Depression also gets in the way of memory and concentration.

**WEEK AT A GLANCE**

Dates subject to change. View our complete calendar at: [www.holyspiritchurch.org](http://www.holyspiritchurch.org)

MON 9/2	3:00 p.m. 5:30 p.m. 7:15 p.m. 8:00 p.m.	Office Closed-Labor Day Holiday No Children's Choir Practice-Holiday No Faith Formation Classes-Holiday Men's Faith Group AA Meeting	Office Church Parish Hall Classroom 2 Classroom 3
TUE 9/3	9:00 a.m. 1:00 p.m. 6:30 p.m. 6:45 p.m. 7:00 p.m. 7:00 p.m.	Women's Faith Sharing Social Ministries Planning Meeting Music Practice Baptism Practice Class 3Sixty Core Team Meeting Women's Faith Sharing	Parish Hall Parish Office Church Church Be Still Room Parish Hall
WED 9/4	6:30 a.m. 11:00 a.m. 6:30 p.m. 7:00 p.m.	Men's Faith Group Wednesday Lunch Ministry Confirmation Year 1 Meeting Music Practice	Parish Office Parish Hall Church/Parish Hall Church
THU 9/5	8:45 a.m. 1:00 p.m.	Survival Sacks Sacred Heart Altar Service Training	Sacred Heart Church
FRI 9/6	9:30 a.m.	Al-Anon Meeting	Parish Hall
SAT 9/7	10:30 a.m. 1:00 p.m. 5:00 p.m.	Saturday Lunch Ministry John Moore Funeral Mass CLOW	Parish Office Church Parish Hall
SUN 9/8	9:30 a.m. 9:30 a.m. 10:45 a.m. 12:30 p.m. 1:00 p.m. 7:00 p.m.	Nursery CLOW Faith Formation Classes Gifts of Opportunity Meeting Altar Server Training 3Sixty Youth Night	Parish Hall Parish Hall Parish Hall Classroom 4 Church Parish Hall

In fact, it can have such an impact on thinking that it's sometimes mistaken for dementia. But depression is not a normal or necessary part of aging, and it can be successfully treated. You can feel better and enjoy your golden years once again, no matter what challenges you face.

Whether you're 18 or 80, you don't have to live with depression. Senior depression can be treated, and with the right support, you can feel better—the key word being support. It's extremely difficult to overcome depression on your own.

If you or someone you know could benefit from support resources for depression, contact Leah Harris, Pastoral Care, 408-997-5110 or [lharris@dsj.org](mailto:lharris@dsj.org).



## DIOCESE OF SAN JOSE

### Report Misconduct

Those responsible for the spiritual and material goods of the Church are entrusted with the stewardship of others' gifts, and are ultimately responsible to the Lord. As a faithful steward, the Roman Catholic Diocese of San Jose is committed to maintaining the highest standards of conduct and ethics. The mission of the Church requires no less. To this end, the Diocese of San Jose has partnered with EthicsPoint to provide a

confidential method to hear suggestions, concerns or reports of financial misconduct. The EthicsPoint Hotline allows parishioners, volunteers, employees, vendors and others to make confidential reports regarding the mismanagement of parish or school property, cash and all other assets. Reportable are also issues of apparent disregard of policies pertaining to the proper management of these assets. Suspected unethical behavior by employees, volunteers, staff, trustees, officers, directors, agents or contractors of the Diocese should also be made to EthicsPoint. All reports may be made anonymously.

It is the hope of the Diocese that EthicsPoint will assist in the protection of all who interact with the parishes, schools, chancery and other diocesan agencies. EthicsPoint accepts reports of financial misconduct through its website or Hotline: 1-888-325-7863. A complete report will be made to diocesan leadership, so that leadership may review and provide feedback and resolution for the issues that are reported.

Please direct any questions that you may have about EthicsPoint or reporting concerns to the Diocesan Compliance and Parish Financial Services.

### Growing Your Faith

**Men's Fall Cursillo Weekend**

**October 3-6, 2019**

**Women's Fall Cursillo Weekend**

**October 17-20, 2019**



**A great opportunity** to deepen your relationship with Jesus happens this Fall.

Consider going on a **Cursillo** weekend. Described as a short course on Christianity, Cursillo combines prayer, learnings, heartfelt talks, good food, and fun.

You'll meet people just like you who desire a stronger Catholic-Christian Faith. Leaders and speakers have a passion for the Faith.

A Cursillo weekend runs from Thursday after dinner through Sunday afternoon.

Let a friend know about this opportunity and encourage your spouse, too.

If you haven't attended a Cursillo, decide to go this Fall. If you have attended a Cursillo, invite a friend.

**For more information, contact John Greene / (408) 460-3099**

[www.sanjosecursillo.org/sponsorship](http://www.sanjosecursillo.org/sponsorship)