



HOLY SPIRIT PARISH

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

17th Sunday in Ordinary Time

July 29, 2018



Growing Our Friendship with Jesus

"I have called you friends, because I have told you everything I have heard from my Father." John 15:15

Now that Father Brendan's 4 Minute series has you interested in "Growing Our Friendship with Jesus" (GOFJ), now is a good time to pull out your calendar and see which session schedule best fits your life.

The "Growing Our Friendship with Jesus" process was developed to take everyone where they currently are in their faith journey and help them grow their own relationship with Jesus. The planting process provides you with tools and practices that will help you learn to use your daily prayer time. This process is for anyone looking to be more consistent and deliberate in their prayer life.

The participants will be presented methods of creating a sacred space for prayer, developing a routine, and using "Give Us this Day" and other prayer resources to enrich your prayer experience. In addition to the opening and closing retreats and the 4-week sessions, the participants will be asked to pray and journal daily for up to 30 minutes. At the end of the session, the participants will be ready to attend another planting session or experience one of our cultivation sessions.

Please plan to commit to the entire process on Wednesdays or Thursdays. It will be possible to move between session times if necessary but attendance at all sessions is suggested to grow your friendship with Jesus as you strengthen the roots of your session community. Please note the material offered at each set of sessions will be the same although the presenters will differ.

Growing Our Friendship with Jesus

Fall Schedule

Thursday Option:

Opening Retreat - Saturday 9/22
9:00-2:00 p.m., Parish Hall

Session 1 - Thursday 9/27
7:00-8:30 p.m., HSS Library

Session 2 - Thursday 10/4
7:00-8:30 p.m., HSS Library

Session 3 - Thursday 10/11
7:00-8:30 p.m., HSS Library

Session 4 - Thursday 10/18
7:00-8:30 p.m., HSS Library

Closing Retreat - Saturday 10/27
9:00- 4:00 p.m., Parish Hall

Wednesday Option:

Opening Retreat - Wednesday 9/26
9:00-12:00 p.m., Church

Session 1 - Wednesday 10/3
9:00-10:30 a.m., Parish Hall

Session 2 - Wednesday 10/10
9:00-10:30 a.m., Parish Hall

Session 3 - Wednesday 10/17
9:00-10:30 a.m., Parish Hall

Session 4 - Wednesday 10/24
9:00-10:30 a.m., Parish Hall

Closing Retreat - Wednesday 11/7
9:00-3:00 p.m., Parish Hall

PARISH DIRECTORY

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Youth Ministry 408-997-5106

Music Ministry 408-997-5121

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Holy Spirit School

1198 Redmond Avenue
San Jose, CA 95120
www.holyspirit-school.org
408-268-0794

Maureen Christensen, Principal
Greg Vohs, Assistant Principal

Question of the Week

What do I hunger for in my life,
that I ask Jesus for?

NOTE FROM OUR PASTOR



As many of you know over the last months, I have been working on getting more sleep. I have traditionally loved to work late at night and get up early to pray. The problem was that I was getting less than 5 hours on average and more often less than 4 hours of sleep. After reading the book "Why We Sleep?" I realize that bad habit was more than just bad and perhaps even a sinful habit. I was literally killing myself. It takes years of my life doing that. Somehow that information was not sinking in. I had convinced myself that it was for a good reason, serving the Lord in his vineyard and therefore a good thing!

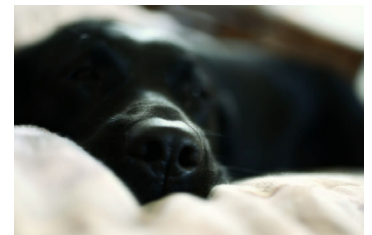
The challenge was that I never asked was is this God's will. The reality was it was not God's plan or God's will. How can I be so sure? God made every one of us in his image and part of the inherent design of the human body is that it needs 8 hours of sleep a night to recuperate from the day's activities and capture into memory all the good that has happened. That is not my opinion but science and research on 100,000's of people in thousands of studies over decades. The science is irrefutable. Sleep deficit shortens one's life and lowers the quality of life from the day we shorten our sleep.

One data point I found fascinating was the fact we do no public education on the benefit of sleep. We have curriculum for the benefits of exercise; the importance of the right choices of the right foods to eat and to avoid (the food pyramid); the importance of avoiding alcohol and drug abuse but I have never in all my years of schooling ever heard of the health benefits of sleep and harm from sleep deficit. The list of harm goes from danger in driving the car when tired (drowsy driving is the equivalent of driving with two times the alcohol legal limit), to increasing one's chance of getting Alzheimer's disease later in life by 800%. Yet never once have I heard or read about it.

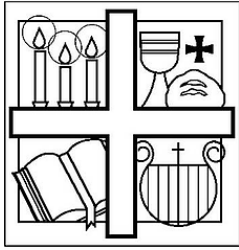
One could also suggest that there is some conspiracy against sleep but I am not a big believer in conspiracy theories. I think it is much simpler. I think it is more about the exercise of free will and that I can do whatever I want. It is true, we can. But there are consequences.

The book mentions all the consequences of the physical and psychological damages but it never mentions the spiritual side effects of such a life choice. If we believe, we are spiritual bodies, which we do, then the consequences on the spiritual bodies need to be understood. If we are so tired every night and every day then we will not be able to stay awake to pray. If we cannot pray then we cannot listen and watch the Lord show us how much he loves us, forgives us, holds us or walks with us. Basically, we have given the Evil One the easiest of all victories. We just stay busy and stay tired and the Lord is blocked out regardless.

Let's not give into the Evil One and reclaim our time for prayer with God and get to know Jesus by sleeping eight hours a night and listen to God in prayer.



LIVING THE LITURGY



Liturgical Ministry: One Body, Many Gifts

The Catholic Church has a history of community involvement dating back to the early Church. In his letter to the Romans, St. Paul writes, "For as in one body, we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another."

We are one body in Christ through our shared baptism as Christians, and are called as individuals to be a part of the work of the Church.

One of the many ways to share in the work of the Church is to participate in Liturgical Ministry. Liturgical Ministers are members of the Assembly who use their particular skills and talents to assist in the celebration of Mass.

There are two main types of ministries; ministries that happen outside of Mass, and ministries that happen during Mass. Those that happen outside of Mass include our Bread Bakers, Linen Ministers, Art & Environment team, and Prayer team. These ministers incorporate bakers, interior designers, and linguists to help uplift the preparation of materials we use during Mass, from prayers to altar cloths.

Those ministries that take place during Mass include EMOEs, who distribute Holy Communion, Lectors, who read the Word of God, Ushers who assist in smooth transitions throughout Mass, Ambassadors, who help bridge the Mass to the various other ministries at Holy Spirit Parish, Music Ministers, who lead the assembly in music, Altar Servers, who assist the Priest in celebrating Mass, and Mass Coordinators, who facilitate the success of Mass.

Just as the skills needed to perform various tasks of the Mass are diverse, we as a family in the Church are also diverse. The disciple Peter, in his letter to the early Christian provinces in Asia, wrote, "As each of us has received a gift, use it to serve one another as good stewards of God's varied grace" (1 Pt 4:10).

As members of Christ's body, we have many gifts and abilities that we are called to share in order to be those 'stewards of God's grace.' This week, let us discern in what ways we are called to be those 'stewards of God's grace' in the Mass.

READINGS FOR THE WEEK

M	Jer 13:1-11; Dt 32:18-21; Mt 13:31-35
T	Jer 14:17-22; Ps 79:8, 9, 11, 13; Mt 13:36-43
W	Jer 15:10, 16-21; Ps 59:2-4, 10-11, 17-18; Mt 13:44-46
TH	Jer 18:1-6; Ps 146:1b-6ab; Mt 13:47-53
F	Jer 26:1-9; Ps 69:5, 8-10, 14; Mt 13:54-58
S	Jer 26:11-16, 24; Ps 69:15-16, 30-31, 33-34; Mt 14:1-12
SU	Ex 16:2-4, 12-15; Ps 78:3-4, 23-25, 54; Eph 4:17, 20-24; Jn 6:24-35



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

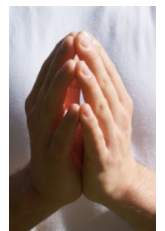
Saturdays at 4:00 p.m.
or by appointment

MASS INTENTIONS

M	8:30	Canonization of Blessed Solanus Casey Paul Sick †
W	8:30	Rahul Pinto † Renee Lowrance † Elaine Keifer †
TH	8:30	Doreen & Andy Williams
SA	5:00	Sally Murtha †
SU	8:00	Paul Sick †
	11:30	Sally Murtha † Anne Obbiso †
	6:00	Holy Spirit Parish

PRAYER REQUESTS

For those who are ill:
Raul Bejarano,
Valerie Gold,
Lorraine Scianna,
Terry Whittlesey.



For those who have recently died.



Saturday Lunch Ministry

Please consider joining us in an exciting way to serve others. We meet in the Parish Hall at 10:30 a.m. to make lunches, then drive to the St. James Park area of downtown San Jose to distribute them.

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.

Our next Saturday Lunch Ministry is **August 4th**. Sign up on the parish website!



Saturday at Sacred Heart

School aged children and older are invited to join us on **Saturday, August 18th, 9:00 a.m. to Noon**. We will help in the Food Pantry and Clothes Closet, and anywhere else we are needed to help Sacred Heart prepare to serve their customers in the week ahead.

Sign up on the parish website. School aged children under 13 must be accompanied by a parent. Service hours can be earned.

Hope to see you at The Heart!



Survival Sacks

Holy Spirit parishioners are continuing to volunteer to distribute Survival Sacks at Sacred Heart Community Center. We gather on the **first and third Thursdays of the month** to distribute Survival Sacks, organize supplies, make hygiene kits, and fill backpacks. Sacks are provided to those who are homeless and living on the streets of San Jose, usually about 45 on

each distribution day. We have the privilege of looking for the face of Christ in each of our clients.

Consider joining us in August on either the first Thursday (8/2) and/or the third Thursday (8/16) of the month. Volunteers must be 16 or older. We meet at Sacred Heart at 8:45 a.m. and finish up about 10:45 a.m. **Signups are now open on the parish website.**

For more information, contact either Patty O'Neil or Tom Burgei at tnburgei@yahoo.com.



Pack-a-Back Signups Are Still Open!

For the last two weeks, we have been collecting your generous donations of backpacks and new school supplies for children who are served by Sacred Heart Community Service. Thank you! On Thursday, a group of parishioners delivered your donations to Sacred Heart, and on Saturday morning, a crew of volunteers from Holy Spirit went to sort the new school supplies. Your donations and efforts will bring smiles to the faces of 3,300 students from kindergarten through High School.

If you would still like to get involved in Pack-a-Back, it's not too late! **Spots are still available for Distribution Day on August 11th from 9:45 a.m. to 1:00 p.m.**

Volunteers must be 16 or older. Vietnamese or Spanish language skill is helpful, but not required. This is a really rewarding day, as volunteers get to distribute the school supply kits to registered children and help them choose their new backpacks. It is a joyful experience for both volunteers and students. If we finish distribution early, we may be asked to sort food or clothing. Signups are now open on the parish website!

Please contact Alison Gibbons Chardos with any questions at alison_gibbons@yahoo.com. Thank you for helping thousands of children start school ready to learn!



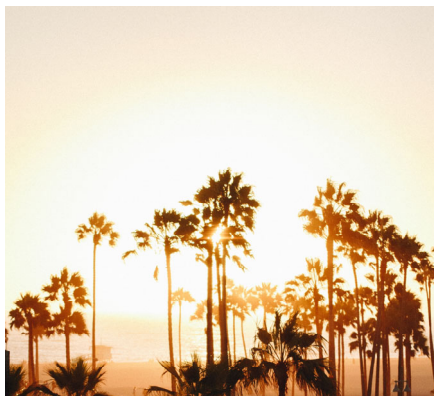
Summer Activities

Much of summer vacation has passed, but the children still have a few weeks to go before school starts! Here are a few ideas to keep them engaged and make the best of the remaining weeks before school starts:

- **Family Time Capsule Project:** all you need is an air-tight container (a Mason jar works great) and memorabilia. Come up with a few questions to include in the capsule together as a family. For example, "What are some of my favorite family memories?" or, "What would I like to tell my future self?" Decide when to dig up this time capsule and don't forget to add a few pictures!

- **Book Club with family members or friends:** pick up a fun read for the whole family and get together

(continued on page 7)



Hot August Nights

A fun summer activity for the whole family is our Hot August Nights event on **Saturday, August 25th, at 6:00 p.m.**

We will be serving salad, hot dogs, and hamburgers, and enjoying live entertainment by the Undercover 80's Band.

The cost is \$5 per person, \$20 per family of 4. **Please RSVP** on the parish website or at the parish office **no later than August 11th** with your dinner choices so that we may plan accordingly.

We are looking for volunteers to help with grilling the food, set up, and clean up. Please contact Annie Bui at pbui@dsj.org or 408-997-5104 if you are able to help.



Mass on the Beach

The annual Mass on the Beach event is **Saturday, August 4th** at Seacliff State Beach. Mass will be at 6:00 p.m. on the beach front. All are welcome!

Youth Ministry Registration

As summer winds down, please stay tuned for information regarding registration for the 2018-2019 ministry year.

Sacrament of Confirmation

Registration for the Sacrament of Confirmation will **open up next weekend**. Prospective candidates must be at least in the 7th grade. Formation for the Sacrament is a two-year process for middle schoolers. Candidates in high school, please contact Row at r david@dsj.org for information regarding formation at the high school level.

Re-registration for the second-year group will also be up and is only for the candidates who have completed their first-year formation last year.

SCHOOL NEWS



Show Choir Disney Debut

Earlier this month, the Holy Spirit School Show Choir performed at Disneyland as part of their performing arts showcase. This was quite an honor for our choir, the group has only been performing together for one year.

Congratulations to all the members of the show choir, to their director, Mr. Jim Burris, and to all the parents who have supported their fabulous performers.

PreK Open House

Come visit our PreK classroom next **Sunday, August 5th after the Sunday 9:30 and 11:30 a.m. Masses!**

To learn more about our fantastic program, please call 408.268.0794 ext. 1118.

PASTORAL CARE



Community “To Go”

At Holy Spirit Parish, we are blessed by a community of loving, faith-filled members who support one another generously. When life inevitably gets hard, we also turn to the Church for support. Holy Spirit offers many ministries of care including reaching out to parishioners who cannot make it to church on Sunday for Mass.

Pastoral Care Eucharist to the Homebound—a Holy Spirit Ministry

Even more than the reflexive feeling of empathy, compassion triggers a responsive desire to alleviate the suffering of another. The Pastoral Care to the Sick and Homebound Ministry seeks to bring the Eucharist to those who cannot be with us for Mass, whether temporarily or ongoing. The primary concern of the pastoral care minister is to show the sick how much Christ and his Church is concerned for them. We bring Christ’s love in the form of the Eucharist, the Word of God in scripture and prayer, and the Body of Christ as community.

Pastoral Care Eucharist to the Hospitalized—a Diocesan Ministry

Each parish is responsible for the care of those within its parish “boundaries”. When Holy Spirit is aware of the hospitalization of its parishioners, the priests and staff make every effort to visit when

PARISH ACTIVITIES

WEEK AT A GLANCE: JULY 29TH TO AUGUST 4TH

Dates subject to change. View our complete calendar at: www.holyspiritchurch.org

MON	9:00 a.m. 12:00 p.m. 7:15 p.m. 8:00 p.m.	Blessed Solanus Casey Feast Day Celebration Widow’s Faith Group Men’s Faith Group AA Meeting	Courtyard Classroom 2 Classroom 4 PK1 & Parish Hall
TUE	9:00 a.m. 1:30 p.m. 7:00 p.m. 7:00 p.m.	Women’s Faith Group Watercolor Workshop Women’s Faith Group Social Ministries Strategic Planning	Parish Hall Parish Hall, CR4 Parish Hall Parish Office
WED	6:30 a.m. 11:00 a.m. 6:15 p.m.	Men’s Faith Group Sandwich Ministry 3sixty Laser Tag Social	Parish Office Parish Hall Offsite
THU	8:45 a.m.	Survival Sacks	Sacred Heart
FRI	9:30 a.m. 7:00 p.m.	Al-Anon Meeting Eucharistic Adoration	Parish Hall Church
SAT	8:30 a.m. 10:30 a.m. 6:00 p.m.	Pack a Back Distribution Day Saturday Lunch Ministry Mass on the Beach	Sacred Heart Parish Office Seacliff Beach
SUN	9:30 a.m. 10:30 a.m.	Nursery Holy Spirit School PreK Open House	PreK Classroom PreK Classroom

medically appropriate. But hospitals within the Diocese also fall under the direct ministry of the neighboring parish. When you or a loved one are hospitalized, just ask the nursing staff to arrange for a Communion visit and the local volunteer ministers will respond. In the case of urgent pastoral care, hospitals can contact the Diocesan On-Call clergy for the Sacrament of Anointing of the Sick.

Online Streaming of Sunday Morning Mass--a Holy Spirit Ministry

When a parishioner is homebound but would like to “see and hear” Mass at Holy Spirit, help them visit www.holyspiritchurch.org. Click on Homilies & Videos and then select “Live Stream of Mass”. Check the sound volume level and enjoy! Live Stream is manually turned “online” during select Sunday Mass times by our wonderful sound engineer ministers. Singing along is encouraged!

If you know of someone who is in need of visits at home or you feel a calling to become a Eucharistic Minister to the Homebound, sick or aging, please contact Leah Harris, Director of Pastoral Care at 408-997-5110.

PARISH ACTIVITIES

(Summer Activities continued from page 5)

once every week or even every day to talk about the book(s). This can also be a great opportunity for parents to engage children who have summer reading requirements. Also, did you know that the Dr. Martin Luther King, Jr. Library in downtown San Jose is the largest library building in the western United States? Definitely worth the trip to check it out as a family!

- **Retreats & Camps:** Summer is often filled with camps and retreat opportunities, all great opportunities for children to grow in their faith and meet new friends. Just this past June, the Diocesan Youth Retreat (DYR) was hosted by the Diocese of San Jose where many high school students from our Holy Spirit community attended. For middle school students, the Diocese of San Jose hosted its very first Middle School Diocesan Youth Retreat (MSDYR) for incoming 6th through incoming 8th graders.. For younger children, Vacation Bible School program is hosted throughout the diocese starting in June.

- **Attend daily Mass:** Daily mass is usually half as long as Sunday Mass and is a great opportunity to familiarize children with prayers and the structure of the Liturgy. It is also an opportunity to begin the day in together in prayer. The Give Us This Day books and Living Faith booklets for children are also available at the doors of the church. Don't forget to grab a copy for yourself and encourage your children to grab a copy, too!



Join us for Revelation: The Kingdom Yet to Come, a Scripture Study program by Jeff Cavins and Thomas Smith.

Have you always wondered about the mysterious figures and images in Book of Revelation? This study shows how the kingdom established by Christ in his Church is intimately connected with the kingdom of heaven.

Join us Wednesday mornings for 11 weeks, beginning September 19th. All are welcome!

Save the Date

Scripture Study: Revelation

Wednesday Mornings

9:15 to 11:00 a.m.

September 19th - December 5th

Parish Hall Library

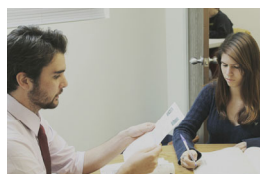
STEWARDSHIP CONTINUED



Gleaning Ministry

If you have **two hours a month** to spare, we have the ministry for you. We are looking for gleaners to pick up food and goods from Target or Trader Joe's and deliver them to Sacred Heart Community Services. You would be in pairs with one or both of you having an SUV to be able to transport the items. This is a ministry both men and women can do. It is a great way to serve those in need in our community.

If you have any questions or would like to sign up, please email Maria Pecota at mpecota@gmail.com.



ESL at OLR

We are in real need of volunteers to help teach adult classes in English as a Second Language over at Our Lady of Refuge (2265 Lucretia Blvd. in San Jose). The only requirement is knowing how to speak English. Starting in September we are looking for **a commitment of one class a week from 7:00-8:30 p.m.**

Let us know if this is a ministry you could share your time, talent and treasure with. It is very rewarding.

If you have any questions or would like to sign up, please contact Jim Gibbons at jim@gibbons.com.



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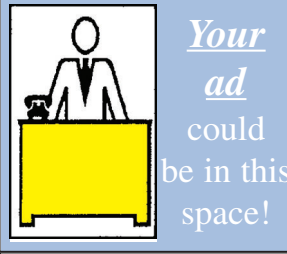
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