



HOLY SPIRIT PARISH

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

27th Sunday In Ordinary Time

October 8, 2017

Texas Mission Trip – Save the Date

Sunday, February 18th to Saturday, February 24th

Holy Spirit Parish will run its 5th annual domestic mission trip with our partner Next Step Ministries in February 2018. We will return to San Augustine, Texas for the third year.

As you may know, we are committed to investing in this community long term. Given the property damage caused by Hurricane Harvey, there are even more people in need of our support. This trip is an opportunity to serve God by working to improve the living conditions and the spirits of the residents of San Augustine and the neighboring town of Broaddus. You will experience communities that selfishly support one another; appreciate all that God has given them; and have tremendous faith in the Lord without regard to their personal hardships. Through daily worship and team building activities, you will explore and enhance your relationship with God, your parent/guardian and other parishioners.

If you are interested in hearing more about the trip, please join us for an information meeting on **Thursday, October 12th at 7:00 pm in the parish hall. On line registration on the parish web site opens at 6:00 pm on Wednesday, October 18th** and closes at 6:00 pm on Monday, October 23rd.

For more information please contact Patricia Kennedy at kennedy89@sbcglobal.net or visit the parish website at <http://holyspiritchurch.org/texas-mission-trip/>



Sacred Heart Blanket Drive

Fall is upon us and it is time to be thinking about those cooler days and frosty nights. Every Thanksgiving, Sacred Heart strives to give a blanket to each of their families. Donated blankets are one of the most popular items in their Clothes Closet. They are used to bring warmth to several children sharing the same bed, shelter for homeless men and women living outside in the rain and cold, or families trying to keep warm while living in a car.



When you are out shopping or running errands think about picking up a blanket or two to warm the hearts and toes of those in need. Any gently used blankets tucked away in closets at home will also be greatly appreciated by those in need of a warm night's rest.

We will be collecting new and/or clean, gently used blankets on the weekends of **October 14th-15th and October 21st-22nd** at all Masses. Holy Spirit will store the blankets until Sacred Heart comes to collect them for the holiday distribution. Please consider giving the gift of warmth to our brothers and sisters in need.

If you have any questions, please contact Yvonne Gomez at gomezvonnie@gmail.com, or Elizabeth Ward at eliz.c.ward@gmail.com.

PARISH DIRECTORY

Parish Office / 408-997-5101
24 Hour Emergency

Rev. Brendan McGuire, Pastor
408-997-5105

Rev. Angelo David, Parochial Vicar
408-997-5107

Merry Reardon, Pastoral Associate
408-997-5112

Penny Warne, Pastoral Associate
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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 McCarthy
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Holy Spirit School

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408-268-0794

Peggy Krewson, Co-Principal
Bob Graves, Co-Principal
Colette O'Bannion, Asst. Principal

Question of the Week

Jesus has called us to His banquet (Eucharist). Am I truly ready to celebrate and receive?
How can I better prepare myself?

NOTE FROM OUR PASTOR



I love different types of foods. I love to experiment with different cultures and their classics. French, Italian, Chinese, South American, Korean, African etc. You name it, I am willing to try anything once. In the process of sampling different foods, I occasionally adopt a new dish into my own cuisine. I find it helps me enjoy the food and always keeps things surprising. Having said that I have certain dishes or meals that never change. For example, for my breakfast, I have a huge bowl of oatmeal, a yoghurt, banana, a slice or two of home-baked bread and a cup of tea. Occasionally, I will add eggs to that meal. That is my breakfast pretty much every day. My lunches and dinners on the other hand are varied depending on my busyness or travels.

The same is true of my spiritual diet. I love to try different forms of prayers to keep my prayer life fresh. Over the years, I have come across many different methodologies to pray as well as varied forms of prayers that help center me on Christ. I have no problem changing the prayer-form when it stops working for me. I think it is important to keep trying new prayer methods and forms; it helps keep the freshness in my prayer life.

Like any good food recipe, I try to pass on the good prayer recipes to others so they can try them for themselves. I have done that over the years here in this community and I hope you have tried and liked some of the different "prayer recipes" I have shared.

Today I share another one that has become a new favorite of mine. I have always loved journal writing and often reflected upon different aspects of my faith journey and recorded in my journals. It has helped me grow. Recently I personally adapted the Examen of St. Ignatius to my own need and I believe more authentic to his original form.

1. Ask the Lord to open our eyes to see as he sees our day.
2. Write down two or three blessings or moments of grace that we witnessed that day. Sometimes it is an event, a meeting or witnessing somebody do something lovely.
3. Look for the movement of the Good Spirits. Here we are seeking to identify the pattern of behavior or mindset that led us to experience the blessings or moments of grace. There is no judgment here; just observation of what led up to the moment of grace.
4. Look for the movement of the Evil Spirits. Here we are seeking to identify the pattern of behavior or mindset that led us to experience the negative moments of the day. Maybe there was a temptation or thought that recurs. Again there is no judgment here; just observation of what led up to the moment of temptation or weakness or sin.
5. Give thanks to God for the grace of this prayer

Spend 20 minutes at the end of each day thinking, praying and recording the examen. Then once a week look over the pattern of the week for the pattern of goodness and pattern of weakness. Then ask how can we address any potential ways to modify actions or thoughts to make changes in our lives.

I find it to be a profound prayer for me and it has become a new favorite spiritual food. Try it and share it!

LIVING THE LITURGY

The Early Mass

As Catholics, the Mass is at the center of our Faith. We celebrate it every Sunday as well as during the week. We know all the movements of the Mass and its responses. We are familiar with all the symbols and gestures. Each liturgical season brings its own ritual and celebrations. How did we get from Jesus's last supper to the celebration of the Mass as we know it today?

After Pentecost, the Christian community continued to celebrate the Eucharist as the "Breaking of the Bread." It was done in people's homes at a time when all could gather, say some prayers and share a meal. The question for the Apostles was how to differentiate the Passover meal that Jesus celebrated from the celebration of the Eucharist. First of all, the Passover meal was only celebrated once a year. They also did not want just a Sabbath meal with Eucharistic words included.

One of their first decisions was to move the celebration to Sunday in memory of Christ's Resurrection. Soon, the Apostles and their successors separated the Breaking of the Bread from a meal. As they thought about what was needed, they concluded that readings from scripture should precede the words of institution. From their Jewish background, they were accustomed to the services at the synagogue that included readings from Scripture, singing psalms, and hearing a homily based on the texts. They also told stories about what Jesus said and did. As the letters of Peter and Paul became popular, they were brought into the readings before they broke bread.

Originally, the Gospels were passed through word of mouth. When they were written down they too became part of their scripture readings. These scripture readings evolved over time and became formalized into what we know as the Liturgy of the Word. Just before the breaking of the bread, the priest or leader would say some prayers before the words of institution. Gradually, the Church leaders composed and formalized these prayers into what we know as the Eucharistic prayers that precede the words of institution. By the year 150, the general structure of the Eucharistic liturgy as we know it had been established. Over the centuries changes were made by popes and councils to standardize the words of the Mass as well as the rituals.

Jesus commanded the apostles to "do this in remembrance of me." For two thousand years we have been following his command and celebrating Mass.

READINGS FOR THE WEEK

M	Jon 1:1 - 2:2, 11; Jon 2:3-5, 8; Lk 10:25-37
T	Jon 3:1-10; Ps 130:1b-4ab, 7-8; Lk 10:38-42
W	Jon 4:1-11; Ps 86:3-6, 9-10; Lk 11:1-4
T	Mal 3:13-20b; Ps 1:1-4, 6; Lk 11:5-13
F	Jl 1:13-15; 2:1-2; Ps 9:2-3, 6, 16, 8-9; Lk 11:15-26
S	Jl 4:12-21; Ps 97:1-2, 5-6, 11-12; Lk 11:27-28
S	Is 25:6-10a; Ps 23:1-6; Phil 4:12-14, 19-20; Mt 22:1-14 [1-10]

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

F	8:30	Jack Pettit Kathy Moritz †
Sa	5:00	Vinette Paslaqua † Aldolfo Reyes †
Su	9:30 11:30	Holy Spirit Community Rahul Pinto † Joseph Thu Nguyen † Jorge Sanchez
	6:00	Eddie Lee †

PRAYER REQUESTS

For those who are ill:
Dolores Blaskower &
Bert Webb

For those who have
recently died



STEWARDSHIP

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God."

Philippians 4:6

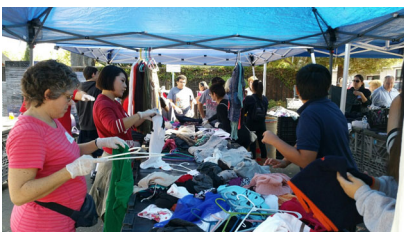


We present our request to God at every Mass during the Prayers of the Faithful and General Intercessions. These prayers are created by fellow parishioners who have stepped up to join a prayer team or work on their own, to incorporate the main theme of the Sunday readings and the needs of our parish into these beautiful prayers. Although we often take these prayers for granted, they truly enhance our Sunday Mass experience and lift our needs to God.

Through natural attrition, some of the prayer teams are no longer able to prepare the prayers for us. Ideally, we plan to have a minimum of five teams of one or more people so that no one is asked to prepare prayers more often than once a month. Prayer teams are scheduled for a full year for consistency and predictability. We supply the books, "Living Liturgy" and "Companion Missal" which provide guidance to help with prayer preparation. The Holy Spirit supplies the necessary inspiration. This is a great opportunity for someone who is looking to engage in the parish but as limited time or mobility.

If you are interested in the opportunity to serve please contact Katie Metzger at 408-997-5115 or kmetzger@dsj.org.

Saturday at Sacred Heart



School aged children and older are invited to join us for our next Saturday at Sacred Heart on **Saturday, October 21st, 9:00am 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.

Signups will open on the parish website on **October 2nd**. School aged children under 13 must be accompanied by a parent. Service hours can be earned.

Please contact Mischa Plesha at mischaplesha@sbcglobal.net with any questions. Hope to see you at The Heart!



**Scripture Study:
Israel's Story Part I
Thursday mornings,
8:15 to 10:00 am, Parish Hall
Library beginning Thursday,
October 12 - November 16**



Our Old Testament is divided into sections based on traditional understandings of the type of literature they represent. Anyone reading through the Old Testament in the order the books appear might find themselves challenged to appreciate their scope and context. How do these writings contribute to Israel's self understanding? How do they reflect the setting and period of history from which they arose? This study explores Old Testament history, theology, and stories from the creation accounts of Genesis to the fall of the Northern Kingdom (722 B.C.) and its prophets. Its goal is to provide participants with a good overview of how ancient Israel understood its relationship to God, its history, its beliefs, and its hopes, as documented in the Old Testament.

All are welcome to join this study. Please rsvp at holyspritchurch.org/scripture-study/ or in the parish office. There will be an \$18 charge for materials.

If you have any questions please contact Merry Reardon at mreardon@dsj.org.

Imaginative Prayers for Children



Are your children daydreamers? Do they love hearing stories or making them

up? Leverage the power of your children’s God-given imagination to teach them Ignatian imaginative prayer.

Imaginative prayer isn’t just for Jesuits, though. In many ways, it is particularly suited to children, for whom the line between reality and fantasy is often blurred.

Here are the basic steps of imaginative prayer:

- Before beginning, pick a scene from the Bible - preferably, one with a bit of action in it. For the purpose of this example, let’s say you choose the wedding at Cana (John 2:1-11), which has lots going on, dramatically and symbolically. Creighton University has an excellent collection of meditations for imaginative prayer that you might find helpful.
- Alternatively, you might choose an episode from the lives of the saints.
- Explain to your child what you would like to try: “We’re going to read this story about Jesus, and then we’re going to imagine what it would be like to be in the story.”
- Begin by praying to the Holy Spirit to help you “enter” the scene. Then, observe sixty seconds of silence.
- Prayerfully read the text once or twice with your child.

What you do next depends on the age and maturity level of the child.

Next week we will have suggestions for the different age levels.

3sixty High School Ministry



Last Sunday, our issue night focused on the topics of empathy. On that night we took a look at the difference between sympathy and empathy and how our faith calls us to regard each other with compassion and equality. It was a great message to be reminded of.

After the 6pm Mass, 3sixty will be having a Praise Night. These Praise Nights focus on prayer and dedicates time to praise and worship our Lord through various forms of prayer. It will be a great night to join! All high school youth are welcome to attend.

Edge Middle School Ministry

The next Edge night will be on **Wednesday, October 11th**. On this night, we will start our series for the year on what it means to be a follower of Christ and to follow in His example.

Edge Dance

On **Friday, October 20th**, Edge will be having a dance social from **7:00pm-9:30pm** in the Del Biaggio Gym. All middle school youth grades 6-8 are invited to attend. Waiver forms are required for entry. Please visit the parish website or contact Row David at rdavid@dsj.org for more info.

SCHOOL NEWS

One Friday Afternoon

Last Friday, as parents gathered to welcome home the 8th graders from their annual retreat, our campus buzzed with activities.

This is what a typical after school day looks like:

- The robotics teams were building their course and robots.
- The volleyball team was practicing in the gym.
- Speech and debate class was learning the finer points of persuasion.
- The cast of Aristocats Jr. was rehearsing their songs and dances.
- Our art teacher was plastering the 8th grade art projects.
- Extended Care students were enjoying the beautiful afternoon.



And, then finally, the 8th graders arrived!

To learn more about Holy Spirit School and all our amazing programs, please **mark your calendar for our first OPEN HOUSE – Wednesday, October 25 from 6 to 7:30 pm.**

Week at a Glance

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

Monday	9:15 a.m. 3:15 p.m. 5:30 p.m. 7:00 p.m. 7:00 p.m. 7:00 p.m. 8:00 p.m.	Small Community of Faith Children’s Choir Practice Faith Formation Classes ESL at OLR Parish Council Meeting Men’s Faith Group AA Meeting	Parish Hall Library Church Parish Hall OLR Parish Office Parish Hall Room 4 PK1 & Parish Hall
Tuesday	9:00 a.m. 1:00 p.m. 6:30 p.m. 7.00 p.m. 7:00 p.m. 7:00 p.m. 7:00 p.m.	Women’s Faith Group Watercolor Workshop Confirmation Year 1 Meeting 3sixty Core Team Meeting ESL at OLR Women’s Faith Group SMOC Meeting	Parish Hall Parish Hall & Rm 4 Church Parish Hall Rm 2 OLR Parish Hall Room 4 Parish Office
Wednesday	6:30 a.m. 9:15 a.m. 7:00 p.m. 7:00 p.m.	Men’s Faith Group Scripture Study ESL at OLR Edge Youth Night	Parish Office Parish Hall Room 4 OLR Parish Hall
Thursday	8:15 a.m. 8:30 a.m. 8:45 a.m. 5:30 p.m. 7:00 p.m. 7:00 p.m.	Scripture Study School Mass Survival Sacks Music Practice Texas Mission Trip Information Night ESL at OLR	Parish Hall Church Sacred Heart Sacred Heart Parish Hall OLR
Friday	9:30 a.m. 7:00 p.m.	Al-Anon Meeting Our Lady of Fatima Rosary and Eucharistic Adoration	Parish Hall Church
Saturday	5:00 p.m.	Children’s Liturgy of the Word	Parish Hall
Sunday	9:30 a.m. 10:45 a.m. 1:30 p.m. 7:00 p.m.	Children’s Liturgy of the Word Faith Formation Classes Girl Scouts Award Ceremony 3sixty Youth Night	Parish Hall Parish Hall Church Parish Hall

A healthy Sadness?



We all feel sad sometimes, but that doesn't necessary mean that we're actually experiencing *clinical depression*. Sadness is a normal human emotion that can make

life more interesting. Much art and poetry is inspired by sadness and melancholy. Sadness almost always accompanies loss. Sadness also helps us appreciate happiness more. Normal sadness, like other emotions, is temporary and fades with time. Here are some ways to experience normal sadness in a healthy way and to allow this emotion to enrich your life:

- **Allow yourself to be sad.** Denying such feelings may force them underground, where they can do more damage with time. Cry if you feel like it. Notice if you feel relief after the tears stop. Allow yourself a day to be alone, listen to music, and observe your thoughts and feelings. Planning time to be acknowledge your feelings can actually help you ultimately move into a happier mood.

- **Think and/or write about the context of the sad feelings.** Are you sad because of a loss or an unhappy event? Although it may be simple to discover the cause of the sadness, it takes patient reflection to understand the underlying reasons for your sadness. Exploring those feelings through writing or drawing can help you feel better.

- **Take a walk.** Sometimes some fresh air, gentle movement and a little quiet time can change your perspective.

- **Call a close friend or family member.** Sometimes venting your feelings can help you process them.

Continued over.....

- **Be kind to yourself.** This may include a hot bubble bath, indulging in a nap or splurging for some really good chocolate. Self-care is an essential tool for healing.
- **Let yourself laugh.** Fire up a favorite comedy and binge watch for a while or find a funny YouTube video.
- **Start a gratitude journal.** Focusing on the positive, even if you can only think of one thing to be grateful for per day, helps you to shift away from the negative, sad feelings.
- **Remember that sadness can result from a change that you didn't expect, or it can signal the need for a change in your life.** Change is often stressful, but it is necessary for growth. If you're sad because you need to change something, think about the steps you can change to make your life more joyful.
- **Pray.** The Lord knows our heart and knows the deepest reasons for our human feelings. But his yoke is easy. Talking to Jesus and then listening for his reassurance and love can help us feel heard, loved and held. Let the divine healer walk alongside you. If these techniques for coping with sad feelings do not alleviate your pain noticeably, your sadness lasts for more than 2 weeks or your feelings interfere with your ability to function, **call your doctor immediately.** Better to consult a professional who can help you quickly or be reassured you are experiencing normal healthy emotion than to hide your pain and suffer long term effects in your health or relationships. Help is always available. For any questions or concerns, call Leah, Holy Spirit Pastoral Care Ministries, at 408-997-5110.



Department for Evangelization

Dear Brothers and Sisters in Christ,

As the deadline for DACA Renewal expires in a few short days, many among our communities will feel the weight of uncertainty with regards to their future. They are DACA individuals and families who live among us, worship with us, and contribute to society like all of us, and yet, they are left feeling vulnerable, alienated from the very place they call "home" and fearful of deportation. As a Church, we must stand in solidarity with and pray for them. We are reminded of the words of St. Paul who spoke eloquently to the people of Corinth reminding them that we are all one body in Christ Jesus and "If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy." (1 Cor. 12:26)

In heeding the words of St. Paul and responding to this issue, we wish to gather as a diocese with Bishop Patrick J. McGrath and Vicar for Evangelization, Fr. John Hurley CSP, for a Night of Prayer in Solidarity with DACA Youth & Families on Monday, October 9, 2017 from 7:30pm - 9pm at Our Lady of Refuge Parish in San Jose. We invite our DACA youth and families along with our youth and young adult communities to join us in prayer as one body of Christ. We kindly ask for your support by your presence and spreading the word. We look forward to gathering with you in prayer for our DACA youth and families.

May God bless you and your communities.

The Department for Evangelization





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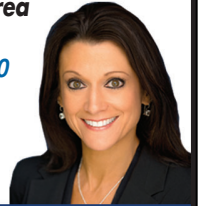
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