

Holy Spirit Catholic Church Bulletin

IGLESIA CATOLICA DEL ESPIRITU SANTO | GIÁO XỨ CHÚA THÁNH LINH

PASTOR/PÁRROCO/CHÁNH
XÚ
REV. DICKENS REMY

ASSOCIATE PASTOR/PASTOR
ASOCIADO/PHÓ XÚ
REV. PHIEN VAN PHAM

MASS SCHEDULE

DAILY (MONDAY-SATURDAY):
7:30 AM

SATURDAY VIGIL: 4:30 PM

SUNDAY: 7:30 AM & 10:30 AM

CONFESIONS SATURDAYS:
3:00 PM-4:00 PM (IN ENGLISH)

DOMINGO: 12:00PM & 5:00PM

MIÉRCOLES: 6:30PM
(RECONCILIACION 6:00PM)

MISA DIARIA-LUNES-SABADO:
7:30 AM (EN INGLES)

RECONCILIACION SABADOS:
3:00PM-4:00PM (EN INGLES)

THÁNH LỄ CHIỀU THỨ BẨY:
6:15 PM

THÁNH LỄ CHÚA NHẬT:
9:00 AM

THỨ HAI-THỨ BẨY:
7:30 AM (TIẾNG ANH)

THỨ NĂM: THÁNH LỄ VIỆT
NAM
6:30 PM (THÁNH LỄ KÍNH
LÒNG)

CHÚA THƯƠNG XÓT)
THỨ SÁU: THÁNH LỄ VIỆT
NAM
6:30 PM

XUNG TÔI THỨ BẨY:
3:00 PM-4:00 PM (TIẾNG ANH)

OFFICE HOURS/ HORAS DE OFICINA:

9:00 am - 4:30 pm Monday -
Thursday
Closed/Cerrado: 12:00-1:00 pm

FIFTH SUNDAY IN ORDINARY TIME

February 5th, 2023



The month of February has arrived! Saint Valentine's Day is marketed at every corner of your local stores, our Youth Group will be journeying up to the mountains for their annual Confirmation Retreat, and before you know it Spring will be knocking on our doors. Ash Wednesday is also vastly approaching on February 22 and will mark the beginning of the Lenten Season. What is Lent? Lent is a 40-day season within the Liturgical Calendar where we fast, pray, and participate in almsgiving in preparation for the Resurrection of Jesus Christ on Easter. It is the season after Christmas and the Epiphany where Christ cleansed us by claiming our sins as his. What better way to show his love than by dying on the cross for us? This gift means we can seek him in our everyday lives and through confession. We can return to him and wash our souls of any sin or distractions that move us away from entering heaven. Starting February 22, let us prepare our bodies by fasting on days such as Ash Wednesday, avoiding meat consumption on Fridays, and saying a little more "No" to ourselves and yes to him. Continue on page 2...

¡Llegó el mes de febrero! El Día de San Valentín se anuncia en todos los rincones de sus tiendas locales, nuestro Grupo de Jóvenes viajará a las montañas para su Retiro de Confirmación anual, y antes de que se dé cuenta, la Primavera tocará a nuestras puertas. El miércoles de ceniza también se acerca enormemente el 22 de febrero y marcará el comienzo de la temporada de Cuaresma. ¿Qué es la Cuaresma? La Cuaresma es una temporada de 40 días dentro del Calendario Litúrgico donde ayunamos, oramos y participamos en la limosna en preparación para la Resurrección de Jesucristo en la Pascua. Es la temporada posterior a la Navidad y la Epifanía donde Cristo nos limpió al reclamar nuestros pecados como suyos. ¿Qué mejor manera de mostrar su amor que muriendo en la cruz por nosotros? Este don significa que podemos buscarnos en nuestra vida cotidiana ya través de la confesión. Podemos volver a él y lavar nuestras almas de cualquier pecado o distracción que nos aleje de entrar al cielo. A partir del 22 de febrero preparamos nuestro cuerpo ayunando en días como el Miércoles de Ceniza, evitando el consumo de carne los viernes, y diciendo un poco más "No" a nosotros mismos y sí a él. Continúa en la página 2...



SAINT OF THE WEEK

Saint Josephine Bakhita was born in 1869 in a small village in Sudan. After being captured and sold into slavery, she endured much suffering in her early years as various owners branded and beat her. The torture was excruciating, "I felt I was going to die any moment—" Bakhita wrote regarding one owner who cut her 114 times and then poured salt over her. She got the name Bakhita from her original captures and despite her painful childhood, she endured with great admiration for the concept of the creator of the world. She had no knowledge of religion and God but admired the world and the person



who created beautiful things such as the sun and the stars. After being sold five times, she was sold again, then sent to work as a nanny to the daughter of Augusto Michieli. During this time, Bakhita was surrounded by the Canossian Sisters. The sisters ran the school in Venice where Michieli's daughter attended and Bakhita's fascination for God developed more deeply. She was baptized with the name "Josephine Margaret". Although Bakhita wanted to remain in Italy, Michieli expected to take Bakhita abroad, and thanks to the Italian courts, she stayed and was finally acknowledged as a free woman. She entered the Canossians in 1893 and devoted her life to helping her community and anyone to seek God. Bakhita was canonized in October 2000 by Pope John Paul II and is the patron saint of human trafficking survivors and Sudan. Her feast day is February 8.

GOSPEL: MT 5:13-16

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

WHAT IS LENT?

During Lent, many Catholics look to the three main ways of preparation for the suffering, death, and resurrection of Jesus: almsgiving, prayer, and fasting. Almsgiving is the act of putting others before yourselves through donation or physical good works. Examples of this can be volunteering at your school's tutoring program, donating to your local Pro-Life organization, or cleaning your room so your parents do not have to remind you. Prayer is the act of communicating to God or asking for intercession through Mary, the Saints, and/or Angels. Prayer can be done in private or in a group setting and is meant to connect us with devotion and intention to God. The rosary is one of the strongest forms of prayer. Lastly, fasting, the act of abstaining from food and/or drink, is another form of preparation that challenges your mind and body to refocus on God. Saying no to ourselves puts our spirituality to the test and invites us to ignore, just for a bit, the needs of the body. During lent, we fast on important days such as Ash Wednesday by only eating one meal or two small meals during the day. Water is allowed. The rules of fasting also depend on a person's age and health. Following these three methods and experiencing the sacrament of reconciliation (confession) will give you the foundations for a great Lenten season in 2023. Be sure to read future bulletin publications for more information about preparing for Lent.

Durante la Cuaresma, muchos católicos buscan las tres formas principales de preparación para el sufrimiento, la muerte y la resurrección de Jesús: la limosna, la oración y el ayuno. Dar limosna es el acto de anteponer a los demás a uno mismo mediante la donación o las buenas obras físicas. Ejemplos de esto pueden ser ser voluntario en el programa de tutoría de su escuela, donar a su organización Pro-Vida local o limpiar su habitación para que sus padres no tengan que recordárselo. La oración es el acto de comunicarse con Dios o pedir la intercesión a través de María, los Santos y/o los Ángeles. La oración se puede hacer en privado o en grupo y está destinada a conectarnos con la devoción y la intención de Dios. El rosario es una de las formas más fuertes de oración. Por último, el ayuno, el acto de abstenerse de comer y/o beber, es otra forma de preparación que desafía tu mente y tu cuerpo a reenfocarse en Dios. Decir no a nosotros mismos pone a prueba nuestra espiritualidad y nos invita a ignorar, aunque sea por un momento, las necesidades del cuerpo. Durante la Cuaresma, ayunamos en días importantes como el Miércoles



de Ceniza comiendo solo una comida o dos comidas pequeñas durante el día. El agua está permitida. Las reglas del ayuno también dependen de la edad y la salud de la persona. Seguir estos tres métodos y experimentar el sacramento de la reconciliación (confesión) le dará las bases para una gran temporada de Cuaresma en 2023. Asegúrese de leer futuras publicaciones de boletines para obtener más información sobre cómo prepararse para la Cuaresma.

Scan the code for a FREE video about,
"The Significance of Ash Wednesday"
with Father Mike!

Escanea el código para ver un video GRATIS sobre,
"El significado del Miércoles de Ceniza"
con el Padre Mike!



PARISH ANNOUNCEMENTS

AFTER-ABORTION HEALING RETREAT
FOR CATHOLIC WOMEN
(or Catholic-friendly)



Given by Rachel's Hope on March 10-12, 2023. Professionally led. Held at the Diocesan Pastoral Center, 3888 Paducah Drive, San Diego. Confidentiality maintained. Closing Mass included. Group Size limited. Cost \$60; partial scholarships available. Housing available if needed. "Not judged, not lectured, just healed". For information/registration call Rosemary Benefield (858) 581-3022; text (858) 752-9378 or email rachels_hope@juno.com. Visit us on our website: www.Rachel'sHope.org

\$5,000 CASH Prize Raffle!!



St Katharine Drexel Academy will be selling raffle tickets for \$20 each after all morning masses on Sunday Feb. 19th. Cash, check, and credit cards accepted. All proceeds go to the school towards campus improvements, technology updates and many other resources for their students. The raffle will take place on March 4th, need not be present to win. Come support our neighborhood Catholic school! Good Luck!

FREE CATHOLIC APPS

How to Pray the Rosary — "Mary"

This FREE app offers a complete resource for information on the Blessed Virgin Mary, Mother of Jesus, in an easy to navigate format. A feature is included to help you pray the Rosary.

Esta aplicación GRATUITA ofrece un recurso completo de información sobre la Santísima Virgen María, Madre de Jesús, en un formato fácil de navegar. Se incluye una función para ayudarte a rezar el Rosario.

WEEKLY OFFERINGS



Weekend of January 28-29):

\$10,445.00

Online Giving (January 22-28):

\$130.94

Thank you very much for your generosity! Scan the code to donate to Holy Spirit today.



PRAYERS
Please continue to pray for our Youth Group and adult leaders as they prepare for their annual retreat to Julian, CA. This is a longstanding tradition in our church and is intended to allow our teens to travel away from worldly distractions and focus on their journey towards Confirmation into the Catholic Church. Pray for our teens, retreat team, and adult leaders for the weekend of Feb 17th.

ANOINTING OF THE SICK/ UNCIÓN DE LOS ENFERMOS

In case of an emergency, please call 619-952-5963 or email linda@holyspiritsd.org, please provide your name, and phone number, and the reason for your call.

If you are at the hospital, please call the Chaplain on site for anointing.

En caso de emergencia, llame a 619-952-5963 o envíe un correo electrónico a linda@holyspiritsd.org, proporcione su nombre, número de teléfono y el motivo de su llamada.

Si está en el hospital, llame al Capellán en el lugar para la unción.

MASS INTENTIONS

Friday 3rd

John Paul and Lucille Dienes +

Saturday 4th

Holy Spirit

Thomas and Maria Hoang +

Sunday 5th

Ricardo Alferos +

Viet Community

Bob Post +

Ivan and Carlos Guzman
Vital - Special Intention

Monday 6th

Karen Castro +

Tuesday 7th

Leonard Banegast

Wednesday 8th

Tony Castro

Thursday 9th

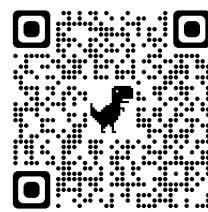
Te Quoc Kim +

Friday 10th

Leonard Banegas +

Saturday 11th

Holy Spirit



February Word Search

O	L	W	O	B	R	E	P	U	S	A	R	B	R
P	E	B	I	Y	G	S	W	E	D	L	W	L	A
L	T	H	O	O	D	N	E	R	O	O	L	A	E
V	A	L	E	N	T	I	N	E	O	W	K	C	Y
O	T	V	S	H	A	D	O	W	P	I	N	K	W
F	S	N	Y	W	E	L	L	R	B	O	N	H	E
N	L	E	A	E	E	B	L	S	E	D	W	I	N
K	O	E	G	O	H	D	N	U	O	R	G	S	E
T	A	P	Y	W	E	S	O	R	I	R	L	T	S
S	F	O	O	T	B	A	L	L	P	E	I	O	E
S	D	H	E	A	R	T	V	E	T	D	E	R	N
Y	I	R	W	W	I	N	T	E	R	O	V	Y	I
C	O	O	T	R	U	R	R	F	O	L	I	O	H
C	U	P	I	D	D	B	I	L	A	O	O	F	C

ROSE
 HEART
 SHADOW
 PINK
 GROUNDHOG
 FOOTBALL
 BLACK HISTORY
 LOVE
 CHINESE NEW YEAR
 CUPID
 WINTER
 RED
 SUPERBOWL
 VALENTINE

Daily Prayer For Priests

O Jesus,

I pray for your faithful and fervent priests;
 For your unfaithful and tepid priests;
 For your priests laboring at home or
 abroad in distant mission fields.

For your tempted priests;

For your lonely and desolate priests;

For your young priests;

For your dying priests;

For the souls of your priests in Purgatory.

But above all, I recommend to you

the priests dearest to me:

The priest who baptized me;

The priests who absolved me from my sins;

The priests at whose Masses I assisted and who gave me
 Your Body and Blood in Holy Communion;

The priests who taught and instructed me;

All the priests to whom I am indebted in any other way
 (especially.....).

O Jesus, keep them all close to your heart,

And bless them abundantly in time and in Eternity.

Amen

By St. Therese of Lisieux

Pray for Priests and Vocations

"Now we ask you to respect those who work hard
 among you. ...Hold them in the highest regard in love
 because of their work." (1 Thess. 5:12, 13, NIV)

Daily Prayer for Vocations

Jesus, Lord of the harvest, Look with love on this
 portion of your vineyard.

Bless the Diocese of San Diego with more priests to
 shepherd your people,

Priests with hearts like your own.

Mary, Mother of the Church, pray for us.

**DIOCESE OF
SAN DIEGO**



February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pope Francis	2 Cardinal Robert McElroy	3 Bishop Ramon Bejarano	4 Rev. Charles Eis
5 Rev. Raymond Elam, OSA	6 Rev. Msgr. William Elliott	7 Rev. Peter Escalante	8 Rev. Armando Escurel	9 Rev. Silverio Espenilla, Jr.	10 Rev. Damien Evangelista, OSB	11 Rev. Reynald Evangelista
12 Right Rev. Abbot Sharbel Ewen, OSB	13 Rev. David Exner	14 Rev. Emmet Farrell	15 Rev. Paul Farrelly, OSB	16 Rev. Gerardo Fernandez	17 Rev. Carlos Flores, OSB	18 Rev. Michel Froidurot
19 Rev. Enrique Fuentes	20 Rev. Charles Fuld	21 Rev. Rolando Gabutera	22 Rev. Msgr. Michael Gallagher	23 Rev. Garrett Galvin, OFM	24 Rev. Higinio Garcia	25 Rev. Anthony Garibaldi, OFM
26 Rev. Robert Gavotto, OSA	27 Rev. Adnan Ghani, OSA	28 Rev. Msgr. Anthony Giesing				

DEVOTIONS/ ORACIONES

- Our Mother of Perpetual Help (English) Every Tuesday after 7:30AM Morning Mass in the Church
- Divine Mercy (Trilingual-English, Spanish, & Vietnamese) The Last Sunday of Every Month at 2:30PM Inside the Church
- Devoción al Sagrado Corazón de Jesús (español) Todos los miércoles después de la misa en la tarde de las 6:30 p. m. en la iglesia

ADORATION CHAPEL HOURS/ HORARIO DE LA CAPILLA DE ADORACIÓN

7:30AM-10:00PM
 (7 days a week)/(7 días a la semana)

