

**PASTOR/PÁRROCO/  
CHÁNH XU**

Rev. Dickens Remy

**ASSOCIATE PASTOR/PASTOR  
ASOCIADO/PHO XU**

Rev. Phien Van Pham

**ENGLISH MASS**

Monday-Saturday: 7:30 am  
Saturday Vigil 4:30 pm  
Sunday 7:30 am & 10:30 am

**CONFESSIONS**

3:00pm-4:00pm (located in the corner  
room in the back of the church)

**MISA EN ESPANOL**

Domingo 12:00pm & 5:00pm

Miércoles: 6:30pm

**RECONCILIACION**

Miércoles: 6:00pm (ubicado en la sala  
de la esquina en la parte trasera de la  
iglesia)

**THÁNH LỄ CHIỀU THỨ BẢY**

6:15 Pm

Thánh lễ chúa nhật:  
9:00 Am

Thứ hai-thứ bảy:  
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

**XÙNG TÔI THỨ BẢY**

3:00 Pm-4:00 pm (tiếng anh) nằm  
trong căn phòng góc phía sau nhà thờ

**OFFICE HOURS/  
HORAS DE LA OFICINA/ GIỜ  
HÀNH CHÍNH**

Monday/Lunes - Thursday/ Jueves:  
9:00 am - 4:30 pm

Closed/Cerrado: 12:00-1:00 pm

# Holy Spirit Catholic Church

IGLESIA CATOLICA DEL ESPIRITU SANTO | GIÁO XỨ CHÚA THÁNH LINH

2725 55th Street, San Diego, CA 92105

February 25, 2024



## SECOND SUNDAY OF LENT

“Then a cloud came, casting a shadow over them;  
from the cloud came a voice, ‘This is my beloved Son.  
Listen to him.’ Suddenly, looking around,  
they no longer saw anyone but Jesus alone with them.”

- From the Gospel of Mk 9:2-10-

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# WEEKLY PRAYER

## Sunday Readings



### Reading 1: Gn 22:1-2, 9a, 10-13, 15-18

‘I will bless you abundantly and make your descendants as countless as the stars of the sky and the sands of the seashore; your descendants shall take possession of the gates of their enemies, and in your descendants all the nations of the earth shall find blessing— all this because you obeyed my command.’

### Reading 2: Rom 8:31b-34

If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?

### Gospel: Mk 9:2-10

“Then a cloud came, casting a shadow over them; from the cloud came a voice, ‘This is my beloved Son. Listen to him.’”

## Preparation for Lenten Penance

### How to Make a Good Confession

Confession is not difficult, but it does require preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and a resolve to sin no more.

Then we review our lives since our last confession, searching our thoughts, words, and actions for that which did not conform to God’s command to love him and one another through his laws and the laws of his Church.

This is called an examination of conscience.

To make an examination of conscience:

- Begin with a prayer asking for God’s help.
- Review your life with the help of some questions, which are based on the Ten Commandments (see next panel).
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

### Examination of Conscience

Recall your sins. Prayerfully ask yourself what you have done with full knowledge and full consent against God’s and the Church’s commandments.

- Do I pray to God every day? Have I thanked God for his gifts to me?
- Did I put my faith in danger through readings contrary to Catholic teachings or involvement in non-Catholic sects? Did I engage in superstitious practices: palm reading or fortune-telling?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed days?
- Did I disobey my parents and lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs?
- Did I consent to, recommend, advise, or actively take part in an abortion?
- Did I willfully look at pornography, entertain impure thoughts, or engage in impure conversations or actions? Did I use artificial means to prevent conception?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- Did I steal or damage another’s property? Have I been honest and just in my business relations?
- Have I been responsive to the needs of the poor and respected the dignity of others?
- Did I tell lies? Did I sin by calumny, or detraction, of others? Did I judge others rashly in serious matters?
- Have I envied other people?

### Rite of Reconciliation

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest. Choose the option that is the most comfortable for you.

1. The priest gives you a blessing or greeting. He may share a brief Scripture passage.
2. Make the Sign of the Cross and say, “*Bless me, father, for I have sinned. My last confession was [give the number of weeks, months, or years].*”
3. Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, a merciful Father who wants to forgive you.
4. Following your confession of sins, say, “*I am sorry for these and all of my sins.*”
5. The priest assigns you a penance and offers advice to help you to be a better Catholic.
6. Say an Act of Contrition, expressing your sorrow for your sins. The priest, acting in the person of Christ, then absolves you from your sins.

### Act of Contrition

God, I am heartily sorry for having offended you, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to confess my sins, do penance, and to amend my life.

Amen.



United States Conference of Catholic Bishops

## A Prayer for the Forgiveness of Sins - St. Gemma Galgani

My Jesus, I place all my sins before you. In my estimation They do not deserve pardon, But I ask you To close your eyes To my want of merit And open them To your infinite merit. Since you willed To die for my sins, Grant me forgiveness For all of them. Thus, I may no longer feel The burden of my sins, A burden that oppresses me Beyond measure.

Assist me, dear Jesus, For I desire to become good No matter what the cost Take away, destroy, And utterly root out Whatever you find in me That is contrary To your holy will. At the same time, dear Jesus, illumine me so that I may walk in your holy light.



## WELCOME TO HOLY SPIRIT CATHOLIC CHURCH!

We invite you to participate, share your talents, and register. Look to page four for information about registering.

## Readings for the Week

Monday	Dn 9:4b-10; Lk 6:36-38
Tuesday	Is 1:10, 16-20; Mt 23:1-12
Wednesday	Jer 18:18-20; Mt 20:17-28
Thursday	Jer 17:5-10; Lk 16:19-31
Friday	Gn 37:3-4, 12-13a, 17b-28a; Mt 21:33-43, 45-46
Saturday	Mi 7:14-15, 18-20; Lk 15:1-3, 11-32

## Saintly Feasts of the Week

February 27: Saint Gregory of Narek, - Abbot and Doctor of the Church

*“Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners” (Luke 5:31–32).*

# PARISH ANNOUNCEMENTS

## Lenten Reconciliation

Our parish will have a Penance Service on Thursday, February 29, 2024 at 7:00 pm in the church. Priests will be available to hear confessions in English, Spanish and Vietnamese.

### Xưng Tội

Giáo Xứ chúng ta sẽ có Các Linh Mục thông thạo Tiếng Anh, Tiếng Mê, và Tiếng Việt ngồi tòa giải tội.  
Thời gian: Thứ 5, ngày 29 tháng 2 năm 2024 lúc 7 giờ 00 chiều (trong nhà thờ)  
Xin Quý Ông Bà Anh Chị Em hãy đến để xưng tội.

Nuestra parroquia tendrá un Servicio de Penitencia el jueves, 29 de febrero de 2024 a las 7:00 pm en la iglesia. Habrá sacerdotes disponibles para escuchar confesiones en inglés, español y vietnamita.

Please read the examination of conscience to prepare for confession: [usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience](https://usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience).

## Preparacion de Cuaresma

Programa de Cuaresma martes, 27 de febrero de 6:30 a 8:30 p.m.

Miercoles 28 de Febrero a las 6:00PM - Misa

Miercoles 28 de Febrero a las 7:30PM - Exposicion del Santisimo

## Message from Our Parish Office

To our Community,

Our dumpsters are not for your personal items to be disposed of. We are being charged \$700.00 extra monthly because there is too much trash in the dumpsters and the lids won't close all the way. As you can see in the pictures this is a problem. Please close the lids all the way and Do Not Dump Your Personal Trash here. If you have any questions please call me.

Peace,  
Linda



## Baby Bottle Pick Up

COLFs will be returning to collect all baby bottle donations from the black boxes located in the back of the church. The collection will be after the 5:00pm mass on Sunday Feb 25.

COLFs regresará para recoger todas las donaciones de biberones de bebé de las cajas negras ubicadas en la parte trasera de la iglesia. La recolección será después de la misa de las 5:00 p. m. el domingo 25 de febrero.

COLFs sẽ trở lại để thu thập tất cả các đóng góp của bình sữa cho trẻ em từ các hộp màu đen nằm ở phía sau nhà thờ. Việc thu thập sẽ diễn ra sau thánh lễ lúc 5:00 chiều vào Chúa Nhật, ngày 25 tháng 2.

## PARISH FINANCIAL CORNER

Weekend of February 17-18, 2024


Offerings (Cash/Check): \$9,473

Other Income Sources (Marriages): \$ 597

Other Income Sources (Candles): \$ 820

Holy Day: Ash Wednesday: \$3,927

Online Giving (Week of February 11-17, 2024): \$ 367.51

 **Total Offerings for the Parish:**  
\$15,184.51

Thanks for your continued support of our parish!



## Coffee and Donuts Fellowship



The Spanish Religious Education group will be in the hall this Sunday from 7:30am - 2:00pm with coffee, donuts, and so much more. Come and grab a bite after mass on Sunday!

## Young Adult Group

Holy Spirit has a new group for young adults ages 18-39. Their mission is to dedicate in igniting the originality and to form faithful young adults to become the "Salt and Light" of the world. Meetings are held every Tuesday at 6:45pm in the church school.

## Experiencing God in the Mountains

Holy Spirit's Youth Group held their annual retreat last weekend in Whispering Winds, Julian. The crisp mountain air welcomed 123 teens who opened their eyes and hearts to God as they engaged in Catholic activities ranging from bonfires, 24-hour eucharistic adoration, confession, testimonials from peers, and mass with Father Remy. This retreat is popularly known for changing lives and inspiring some to look at life from a holy perspective. The faith does not call us to be perfect but it does call us to seek a relationship with Christ and that is exactly what each teen experienced in their own individual ways. Keep a look out for more information about what retreat was like in the upcoming bulletins.



# PARISH RESOURCES & ANNOUNCEMENTS



**Baptism & First Communion Mass**

*Misa de Bautismo y Primera Comunión*

**Sunday**                      **Domingo**  
**April 28 2024**              **28 de Abril, 2024**  
**10:30 AM**                      **10:30 AM**



**Holy Spirit's Confirmation Mass**

**Friday/Viernes**  
**May 3, 2024**  
**6:00 PM**

Confirmation Practice  
**Monday/Lunes**  
**April 29, 2024**  
**6:00 pm**

**Reminder**  
 Confirmation Candidates & Sponsors must attend  
 Confessions prior to Confirmation Mass

**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

## CATHOLIC WORD SEARCH

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


SINS  
 RECONCILIATION  
 PENANCE  
 GRACE  
 EXAMINE  
 ACTOFCONTRITION

SIGNOFTHECROSS  
 PRIEST  
 GODSLOVE  
 GOINPEACE  
 CONSCIENCE  
 ABSOLUTION

SACRAMENT  
 PRAYER  
 HEALING  
 FOREGIVENESS  
 CELEBRATION

**Adoration Chapel/  
 Horario De la  
 Capilla De Adoración**

7:30a.m.-10:00p.m.  
 7 days a week/7 días a la semana



**Join our parish today** by registering in the Office or online: [holyspiritsd.org/join-our-parish/](http://holyspiritsd.org/join-our-parish/).

**Anointing of the Sick**  
 In case of an emergency, please call 619-952-5963 or email [linda@holyspiritsd.org](mailto: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.

**Unción De Los Enfermos**  
 En caso de emergencia, llame a 619-952-5963 o envíe un correo electrónico a [linda@holyspiritsd.org](mailto: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.

