

# NEWMAN CENTER

## Holy Spirit Parish

NEWMAN CENTER  
HOLY SPIRIT PARISH  
at the University of Hawai'i - Mānoa



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### SECOND SUNDAY OF **Lent**

MARCH 5, 2023

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From the cloud came a voice that said,  
"This is my beloved Son,  
with whom I am well pleased;  
listen to him."

Matthew 17:5

# Aloha! Welcome!

We are the Catholic Center and Campus Ministry at the University of Hawai'i, and under the Catholic Diocese of Honolulu, serving parishioners, staff, faculty, and students alike that stimulates critical thinking and dialogue about issues that challenge Christian living and commits to a living faith that practices and promotes justice.

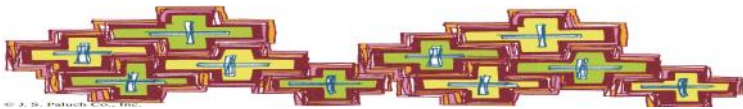
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose to join us. We invite the contribution of gifts in stewardship and evangelism, and challenge one another in the same manner that Jesus challenges us: to love the Lord, your God, with all your heart, with all your soul, and with all your mind and to love your neighbor as yourself.

Come journey with us!

## Pastoral Team

	<i>Phone Ext</i>
<b>Pastor   Director of Campus Ministry</b> Fr. Alfred Omar B. Guerrero pastor@newmanhawaii.org	214
<b>Administrative Assistant</b> Alofa Leasiolagi manager@newmanhawaii.org	219
<b>Campus Minister</b> Fay Pabo campusministry@newmanhawaii.org	211
<b>Communications &amp; Pastoral Assistant</b> Brandon Akiona pastoralassistant@newmanhawaii.org	211

We welcome your call and are here to serve you! Contact the Parish Office to speak with us or make an appointment. We look forward to hearing from you!



## Office Hours:

Monday - Friday: 9:00am to 5:00pm  
(except Diocesan Holidays)  
*Newman Center may remain open till evening programs conclude*

Saturday and Sunday:  
Open during Mass times and for activities as needed.

## From the Desk of the Pastor

"Lord, let your mercy be on us, as we place our trust in you."

So, how is your Lent going? Perhaps the vigor of the first week is starting to wear off. Or you have even fallen off the wagon and had the chocolate, drank the alcohol, or splurged on that nice juicy steak. Or maybe you are doing just fine in your Lenten observances. The Lenten season is a journey that is going to be challenging. It is about traveling on an unfamiliar road, trusting in God, and seeking to draw nearer to God. In the first reading from Genesis, we hear the Lord asking Abram to do something that might be impossible. The Lord says, "Go forth from the land of your kinsfolk and from your father's house to a land that I will show you."

After he heard the Lord, Abram goes as the Lord directed him. He didn't weigh the pros and the cons or measure the return on investment. He trusted in God and took the leap of faith. The same is asked of us during the Lenten Season. As we continue this Lenten journey of prayer, fasting, and almsgiving, we may not know what lies ahead or know where God is leading us; but we trust in God, believe, and be blessed. Let us, therefore, offer our Lenten practices to the Lord, continue the journey of Christian living, trusting and believing in God who call us to take up our cross and follow, so that in sharing in the Lord's suffering we may share in the glory of the Transfiguration.

Have a blessed week,

Fr. Alfred Omar  
(@fralfred808)



## Important Notices

- UH Food Vault Collection TODAY
- Hospitality Sunday TODAY
- 2nd Collection NEXT WEEKEND for Catholic Relief Services



## Liturgical Schedule

Daily Mass ( <i>Tuesday-Friday</i> )	12:10PM
Sunday Mass	
( <i>Saturday Evening Anticipated</i> )	5:00PM
	9:00AM
	11:00AM
( <i>Student-led Mass</i> )	5:00PM

## Sacramental Information

### Reconciliation By Appointment

Please contact the Parish Office to schedule.

### Baptism By Request

Please contact Fr. Alfred Omar at least one month before the date desired for the Baptism.

### Funerals At Need

Funerals and the Rite of Christian Burial are made in conjunction with the Mortuary of your choosing. Please contact the Parish Office prior to finalizing a date with the mortuary.

### Holy Matrimony By Request

Couples need to contact Fr. Alfred Omar at least eight months prior to your desired wedding date to begin the marriage preparation required by the Diocese of Honolulu.

### Holy Orders—Religious Life By Call

Is God calling you to the Priesthood, Diaconate, or Religious Life? God doesn't call the qualified. He qualifies the called. Call us today to setup a discussion with our Pastor where you can continue discerning God's call.

### Holy Communion Ongoing

Programs are available for those who have not yet received their First Eucharist. Please contact our Parish Office for more information.

### Confirmation Ongoing

Programs are available for those who have not yet received the Sacrament of Confirmation. Please contact our Parish Office for more information.

### Anointing of the Sick By Request

If you or someone you know are in need of receiving the Sacrament of Anointing of the Sick, please call our parish office to schedule

### Rite of Christian Initiation for Adults Ongoing

If you or someone you know are have not yet been baptized and are interested in becoming a member of the Catholic Faith, please call our parish office to learn more about the RCIA,



## The Word of the Lord Weekly

### Today's Readings

**First Reading** — The LORD said to Abram: All the families of the earth shall find blessing in you (Genesis 12:1-4a)

**Psalms** — We rely on you, O God; show us mercy (Psalm 33).

**Second Reading** — God has called us to a holy life, not because of our works but according to grace (2 Timothy 1:8b-10).

**Gospel** — Atop a high mountain, Jesus was transfigured before Peter, James, and John. (Matthew 17:1-9).

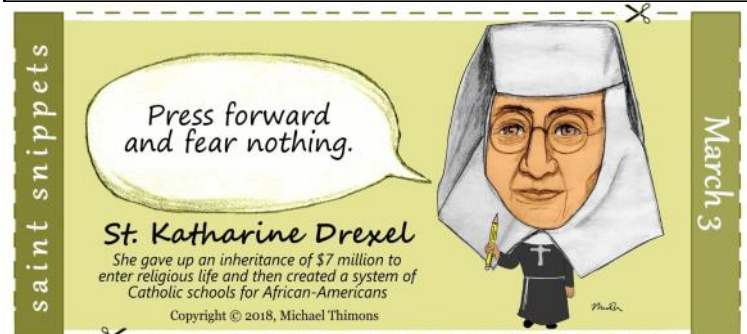
The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

### READINGS FOR THE WEEK

Monday:	Dn 9:4b-10; Ps 79:8, 9, 11, 13; Lk 6:36-38
Tuesday:	Is 1:10, 16-20; Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12
Wednesday:	Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28
Thursday:	Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
Friday:	Gn 37:3-4, 12-13a; 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46
Saturday:	Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32

### SAINTS AND SPECIAL OBSERVANCES

Tuesday:	Ss. Perpetua and Felicity
Wednesday:	St. John of God
Thursday:	St. Frances of Rome
Friday:	Abstinence



### TURNING POINTS

Our readings today describe turning points for those whom God has chosen. In Genesis, God calls Abram to leave his homeland, with the promise of forming a people in a new land. In the Gospel, the disciples see Jesus literally in a new light, the bright light of Jesus' transfiguration. They begin to see Jesus, and themselves, in a new way. These are times when God presents a new way forward, providing new purpose and energy. Our lives too have their own turning points, where God is working (usually in less spectacular fashion) to lead us into fuller maturity, and into deeper unity with God and others. The road ahead, as with Abram, Jesus, and the disciples, may be long and difficult. Lent can be a time when we reflect upon these turning points in our past, and consider how God may be stirring something new in us today.

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## Nourishing Our Faith

### Prayer On the Go

<https://pray-as-you-go.org/>  
<https://www.sacredspace.ie/>

### Daily Scripture and Reflections:

<https://www.dailyscripture.net/daily-meditation/>

### Weekly Essays on Ignatian Spirituality by

Fr. Randy Roche, SJ:

<https://mission.lmu.edu/cis/spiritualessays>

### Contemplative Prayer (via Zoom)

Monday Nights at 6:30 pm. 30 minutes of silence, followed by Scripture and Sharing. For more information, contact June Naughton (808) 524-2718.

## Family Connection

When Jesus resists the temptations presented to him by the devil, he draws on his religious upbringing and tradition. Jesus is able to quote from Scripture because he is the Son of God and because he was a human person who lived his Jewish beliefs fully. We who are responsible for raising children are also called upon to immerse them fully in our Catholic Christian tradition so that they too will be able to draw upon this tradition to resist the temptations they will face in their lives.

Use this Sunday as an opportunity to call your family's attention to the importance of Scripture in our lives. Gather your family around the family Bible and read today's Gospel, Matthew 4:1-11. Recall that Jesus rebuked the devil's temptations by quoting Scripture. Take some time as a family to talk about the words that are found in the Bible and the importance of Scripture to our faith. Perhaps the older members of the family can share a favorite Scripture passage with everyone. Younger family members can tell their favorite story from the Bible and be shown where that story can be found. In each case, encourage a deeper sharing of faith by asking each person to tell why the Scripture passage shared is important to him or her. Conclude your time together by again reading Jesus' reply to the devil found in Matthew 4:4 ("One does not live by bread alone . . .") and praying the Lord's Prayer.

## Stewardship Moment

In today's second reading, Timothy is issued a strong directive: "Bear your share of hardship for the gospel with the strength that comes from God." For the early Christians this could mean torture and execution. For most Christians today enduring hardship for the Gospel might include accepting ridicule or mockery, or the suggestion that we lack sophistication. Nevertheless, in his letters, Saint Paul is adamant that we should not be ashamed of being followers of Christ. Good stewards are not ashamed of their allegiance to Christ. They do not hide their faith. Reflect on this question: Are you willing to speak about following Christ Jesus no matter who your listeners happen to be?



## Stewardship of Time, Talent and Treasure

### Tithes and Offerings:

02/26/2023: \$1,665.00

Ash Wednesday: \$1,373.00

May we continue to receive God's gifts gratefully, manage them responsibly, and share them joyfully. Mahalo for your generosity!

### Upcoming Second Collections:

Catholic Relief Services: 03/18/2023-03/19/2023

### Giving Made Easy

Giving online is safe and easy using our secured online platform, by visiting WeShare at:

[newmanhawaii.weshareonline.org](http://newmanhawaii.weshareonline.org)

Thank you, for your continued support of our parish as we strive to meet the needs of our faith community!



### STEWARDSHIP PRAYER

Generous and Loving Creator, you have called us to  
Malama i ka Makana (Cherish the Gift).

As disciples of your Son, we ask that your Spirit open our minds and hearts to more deeply appreciate your countless blessings. Increase your transforming spirit within us, so as to nurture our call to stewardship as a way of life marked always by faith-filled prayer,  
service to others and generous giving.

With the kokua of St. Marianne and St. Damien, teach us to be good stewards so we may return a hundred-fold the makana entrusted to us.

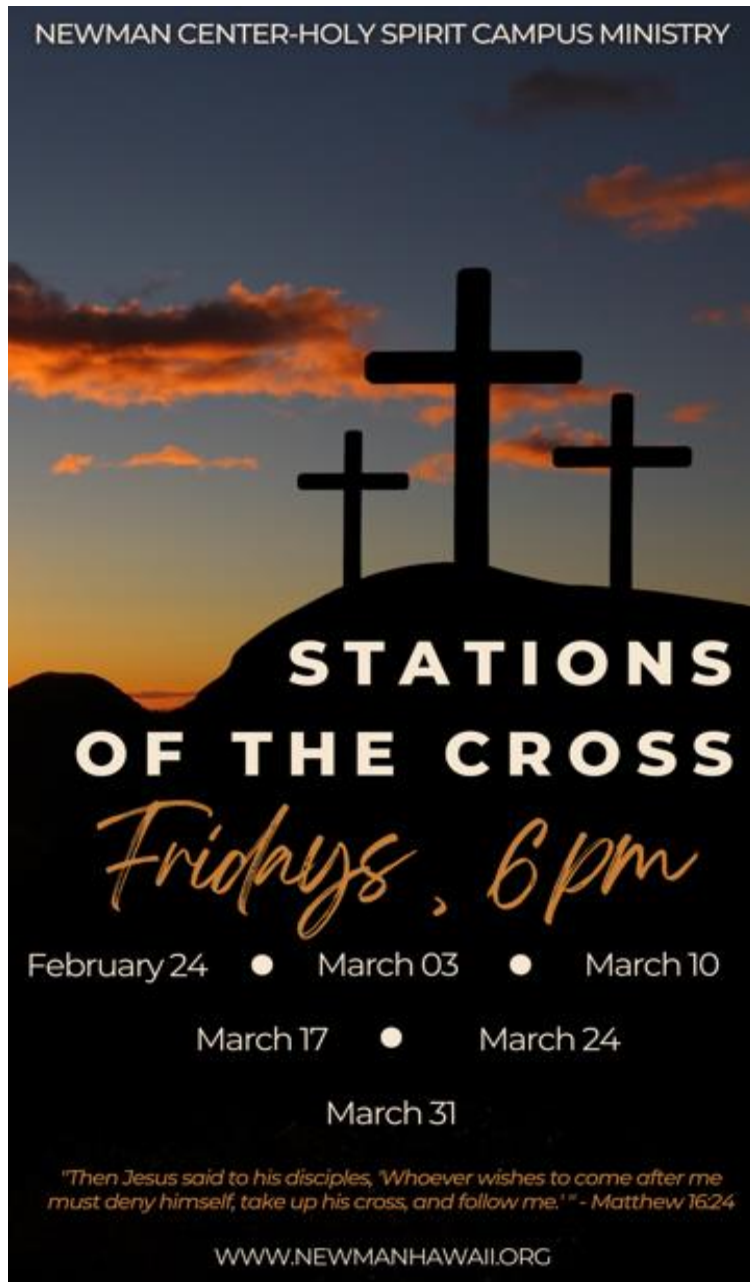
We pray this through Jesus Christ our Lord. Amen





## Around the Parish

NEWMAN CENTER-HOLY SPIRIT CAMPUS MINISTRY



# STATIONS OF THE CROSS

*Fridays, 6pm*

February 24 • March 03 • March 10

March 17 • March 24

March 31

*"Then Jesus said to his disciples, 'Whoever wishes to come after me must deny himself, take up his cross, and follow me.' " - Matthew 16:24*

WWW.NEWMANHAWAII.ORG

### *Called to Serve*

We are in need of volunteers to serve in the  
Eucharistic celebration as

#### LECTORS

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

HOSPITALITY MINISTERS/GREETERS

*"God does not call the qualified, rather, he qualifies the called!"*

If you are willing to give of your time, talent, and treasure in  
Liturgical Ministry, contact Brandon Akiona at  
pastoralassistant@newmanhawaii.org today!

We look forward to serving God's people with you!



## New to Newman Center - Holy Spirit Parish?

Aloha! E Komo Mai!

We welcome you to your new spiritual home and are delighted to have you join our parish community!

At Newman Center - Holy Spirit Parish, we know that we are all individual parts of the mystical Body of Christ. Working together, we find great joy in doing God's work here on earth. We invite and encourage you to join us as we pray, work and fellowship together.

Please contact the Parish Office to register. Welcome!

Jesus	Elijah	White
Peter	Beloved	Shone
James	Mountain	Afraid
John	Cloud	Listen
Moses	Voice	

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

### The Little Ones

Jim Burrows



WHY, YES, THAT IS MY FAVORITE GOSPEL STORY... HOW DID YOU KNOW?

WHITER than WHITE! SO BRIGHT! IMPRESS YOUR FRIENDS

DRY CLEANER

Jesus was transfigured before them; and his face shone like the sun, and his garments became as white as light. And behold, Moses and Elijah appeared to them, talking with him. Mt 17:2-3





HOSTED BY:  
Fr. Alfred Guerrero & Fr. EJ Resinto

Departing:  
**SEPTEMBER 17, 2023**  
from Honolulu, HI (HNL)

**\$4,989.00**  
All Inclusive!  
(except lunches)



# 12 DAY PILGRIMAGE TO FATIMA & HOLY LAND

*Providing Superior Catholic Pilgrimages  
for 50 Years!*



**DAY 1: SUNDAY, SEPTEMBER 17 - BEGINNING OUR PILGRIMAGE**  
Depart Honolulu for Lisbon. Meals will be served aloft.

**DAY 2: MONDAY, SEPTEMBER 18 - ARRIVE LISBON**  
Upon arrival at the Lisbon Airport we are met by our tour escort and transferred by private motorcoach to Fatima. Dinner and overnight at our hotel.

**DAY 3: TUESDAY, SEPTEMBER 19 - FATIMA**  
Our day starts with a Buffet Breakfast. We continue with our Tour Escort to explore Fatima, where in 1917 our Lady appeared six times to three children (Lucia, Jacinta and Francisco). We will visit the Basilica and Shrine of Our Lady of Fatima. In the evening, we participate in the Candlelight Procession. Dinner and overnight at our hotel.

**DAY 4: WEDNESDAY, SEPTEMBER 20 - FATIMA**  
After a Buffet Breakfast our free day is dedicated to religious activities. We can participate in the Candlelight Procession again. Dinner and overnight at our hotel.

**DAY 5: THURSDAY, SEPTEMBER 21 - FATIMA/LISBON/TEL AVIV**  
After our Buffet Breakfast we transfer by private motorcoach to Lisbon for our flight to Tel Aviv. Upon our arrival in Tel Aviv we will be met by your representative and transferred to our accommodations in Netanya where our dinner will be served.

**DAY 6: FRIDAY, SEPTEMBER 22 - NAZARETH: THE HOME TOWN OF JESUS**  
"He will be called a Nazarene." Matthew 2:23  
Breakfast. We make our way to Cana, site of Jesus' first miracle at the wedding feast; here we invite couples to renew their wedding vows. Proceed to Nazareth the home town of Jesus, where we visit the Basilica of the Annunciation for Mass, then continue to the Church of St Joseph built over the carpentry workshop of St Joseph. We visit Mary's Well a spring is located in the center of downtown Nazareth. According to a tradition, this was the place where angel Gabriel announced to Virgin Mary that she will give birth to the son of God. "And she took the pitcher, and went out to fill it with water...". Our final stop is the site of the Transfiguration at Mt. Tabor. We return to our hotel in Tiberias for dinner and overnight. (B.D)

**DAY 7: SATURDAY, SEPTEMBER 23 - JESUS' JOURNEYS AROUND GALILEE**  
"Jesus left Nazareth and made his home in Capernaum by the sea" Matt 4:13.  
In the morning we drive to Caesarea Philippi Jesus announced he would establish a



## THE TOUR Itinerary

### PILGRIMAGE FEATURES

- **Roundtrip Air Transportation**  
Honolulu, HI (HNL)
- **First Class & Deluxe Hotels**
- **Land Transportation**  
via deluxe, private motor coach with wi-fi
- **Taxes and Fuel Surcharge**  
Included. Tips also included.
- **Professional English-Speaking Guide**
- **Entrance fees** to all sites on itinerary.
- **Breakfast & Dinner Daily**
- **Daily Masses** are included.  
A boat ride on the Sea of Galilee are included.

church and gave authority over it to the apostle Simon – whom he renamed Peter. We return to the Sea of Galilee and enjoy a boat ride on the Sea of Galilee. We prayer and sing along as we sail the peaceful waters of the Sea of Galilee. At a nearby museum, we will visit a replica of a fishing boat from the time of Christ. Our visit continues to the Mt. of Beatitudes to gain a panoramic view of the Sea of Galilee. The bible teaches that Jesus climbs a hill near En Tabgha and teaches how to be blessed by God the Sermon on the Mount. From there we will visit Capernaum where Jesus began his Galilean ministry, visiting the synagogue which dates to the time of Jesus and the site of Peter's home. We will visit Tabgha where it is believed that Jesus fed the crowd of 5,000 and the nearby Church of the Primacy of Saint Peter commemorating Jesus' reinstatement of Peter as chief apostle. Here we see the altar built upon a cliff known in Latin as Mensa Christi, the Table of Christ, where the resurrected Jesus prepared bread and fishes over a fire for his disciples. We return to our hotel for dinner and overnight (B.D)

**DAY 8: SUNDAY, SEPTEMBER 24 - FROM GALILEE TO BETHLEHEM**  
"I rejoiced when I heard them say: Let us go the house of the Lord" Psalm 122  
Breakfast and check out. From Galilee you travel along the fertile Jordan Valley where Jesus walked with His disciples, we stop at first at the baptismal site on the banks of the Jordan River- Qasr al-Yahud- the traditional baptism spot on the Jordan River. Here we renew our baptismal vows. Thereafter we arrive in Jericho, being the normal route from Galilee to Jerusalem, Jesus passed through it several times. We will see the traditional sycamore tree of Zachaeus & view Mt. Temptation. We stop at the Dead Sea for optional float in the Salty waters. Check in dinner and overnight in Bethlehem (B.D)

**DAY 9: MONDAY, SEPTEMBER 25- BETHLEHEM**  
"Ye shall find the babe wrapped in swaddling clothes, lying in a manger" Luke 2:12  
Breakfast and checkout. We drive to The Shepherd's Fields the location where the Shepherds sited the Star of Nativity before venturing to visit Jesus then we continue the oldest churches in the world, where it all began: The Church of The Nativity, the birthplace of Jesus. A huge church with a long history of religious significance, you will be able to see the various chapels of the Catholic, Armenian and Greek Orthodox Christians. We will visit the caves and the Grotto of the Manger. In the evening we drive to Jerusalem; check in, dinner and overnight the hotel for dinner and overnight. (B.D)

**DAY 10: TUESDAY, SEPTEMBER 26 - MOUNTAINS OF JERUSALEM**  
"Stay here and keep watch with me" (Matthew 26:36-39).

We begin this day with a ride the Mt. of Olives, a prominent site in the life of Jesus. Here Jesus taught his pupils, and where Jesus wept over Jerusalem, and where Jesus says "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." (Matthew 26:36-39). We gain a panoramic view of the old City of Jerusalem from the top of the mountain and visit the place of the Ascension, Pater Noster (commemorating the "Our Father"), Dominus Flevis, (where Jesus wept over Jerusalem). At the foot of the mountain, stands the Church of All Nations in the Garden of Gethsemane. Thereafter we stop at the Wailing Wall and the Temple Mount. We enjoy lunch on our own then we visit Mt Zion, also called Sion, in Old Testament. We visit the Upper Room commemorating the Last Supper of Jesus and his disciples, and the coming of the Holy Spirit on the disciples. We continue onto the Church of the Dormition of Our Lady The location is identified in Christian tradition as the place where the Virgin Mary died – or "fell asleep." Finally, we visit the Church of St Peter in Gallicantu, (Latin for "cockcrow") back to the hotel for dinner and overnight. (B.D)

**DAY 11: WEDNESDAY, SEPTEMBER 27 - JERUSALEM OLD CITY – THE HOLY SEPULCHRE & FREE TIME**  
"Behold the Man!" John 19:5  
Breakfast. We Enter the Old City of Jerusalem through St. Stephen's Gate to visit the Crusader Church of St. Anne, the best-preserved Crusader church in Jerusalem, marking the traditional site of the home of Jesus' maternal grandparents, Anne and Joachim, and the birthplace of the Virgin Mary. We observe the nearby The Ecco Homo ("Behold the Man") Arch, located at the beginning of the Via Dolorosa. Tradition holds that this was where Pilate pronounced judgment on Jesus. Then we gather at the Antonia Palace to walk the Via Dolorosa, the Way of the Cross or the Way of Suffering, where nearly 2000 years ago Jesus of Nazareth carried his cross to his crucifixion. We conclude the Via Dolorosa at the site of Calvary for Mass at the Crusader's Chapel in the Church of the Holy Sepulchre. We take a moment here to reflect about the sorrows of Jesus and to repent our own sins. And he said to him, "Truly, I say to you, today you will be with me in Paradise." We enjoy a guided tour of the Holy Sepulcher and the Empty Tomb. The rest of the day is free to explore on your own. Finally we enjoy dinner at local restaurant and drive to Ben Gurion Airport for our flight back home.

**DAY 12: THURSDAY, SEPTEMBER 28 -END OF OUR PILGRIMAGE-**  
Arrive early in the morning and continue home - the end of a most enjoyable journey.

*Itinerary may be altered due to air schedule changes.*

FOR ADDITIONAL INFORMATION VISIT:  
[WWW.CATHOLICPILGRIMOFFICE.COM/ERGUERRERO](http://WWW.CATHOLICPILGRIMOFFICE.COM/ERGUERRERO)

JOIN US  
Trip of a Lifetime

YOUR  
INVITATION!

### IMPORTANT INFORMATION

**Deposit - \$500**  
(upon booking)

**2nd Payment Due:**  
**April 20, 2023**  
**Full Payment Due:**  
**July 4, 2023**

**Each tour member must hold a passport that is valid until at least March 31, 2024**

Application forms are available at your local Passport Office. Any required visas will be processed for US citizens only. **Except visas or requirements related to Covid-19. Non-US citizens are solely responsible for obtaining any required visas.**

Rates based on double occupancy, the airline tax and fuel surcharge and currency exchange rate (s) at the date of quotation to your host. Subject to change up to 30-days prior to departure.



Aloha Pilgrims:

We invite you to come with us and visit the places where the history of our salvation was played out, the places where Jesus taught and worked His signs, where He offered Himself in sacrifice, where He rose and ascended. To visit these places and to worship in them connects us with the history of our salvation with a special immediacy, and makes it more real. And often, since Jesus was very much aware of His physical surroundings, seeing the place where a teaching was given, or parable told can give us a new and more lively understanding of passages that had seemed obscure on paper. We will begin our pilgrimage in Fatima, Portugal, where the Blessed Mother appeared and called people to her son through prayer and conversion. We are excited at the opportunity to visit Fatima, Portugal and the Holy Land and to share with you the wonder and the power of these holy places.

*Fr. Alfred & Fr. EJ*

FOR MORE INFORMATION, PLEASE CONTACT:  
FR. ALFRED GUERRERO  
PHONE NUMBER: (808) 988-6222  
EMAIL: [ALGUERRERO@RCCHAWAII.ORG](mailto:ALGUERRERO@RCCHAWAII.ORG)

CONTACT US TODAY: TOLL FREE: 1(800) 769-9466

ATLANTA: (404) 467-8041

3223 PICES FERRY PLACE NW - ATLANTA, GA 30305  
[COORDINATOR@CATHOLICPILGRIMOFFICE.COM](mailto:COORDINATOR@CATHOLICPILGRIMOFFICE.COM)  
[WWW.CATHOLICPILGRIMOFFICE.COM](http://WWW.CATHOLICPILGRIMOFFICE.COM)





## Pray

Litany for a burnt-out soul  
Sarah Robsdottir - published on 12/10/22

*When I try to escape my feelings,  
When my body holds my stress,  
When I'm under pressure,  
When I am filled with anger ...*

I recently sought the advice of a friend who also happens to be a priest. I described some frustrating habits and thought patterns I'd fallen into — things that aren't necessarily sinful but aren't beneficial either.

Now these kinds of conversations are obviously meant to be private. So instead of describing my frustrating habits, I'll share the prayer he suggested as a remedy instead. I found this litany so "spot-on," I wondered for a second if my priest had been spying on me. But very quickly, I gave credit where credit's due — to the Holy Spirit.

The complete prayer is titled Litany of the Closed Heart, but I've tweaked it a bit to make it easier to memorize:

Litany for a burnt-out soul  
by soulsandhearts.com (abridged)

When I'm withdrawn, Lord, have mercy.  
When I'm consumed with worry, Lord...  
    When I numb out,  
    When I feel cynical,  
    When I've lost trust,  
    When I'm distracted,  
When I try to escape my feelings,  
When my body holds my stress,  
    When I'm under pressure,  
    When I am filled with anger,  
When I become obsessed with tasks,  
When I feel the urge to act out,  
    When I feel ashamed,  
    When I feel unforgiven,

Jesus, I know you love me in all my wounds,  
    Lord, have mercy.

Jesus, you created me in love, Hold me in your arms.  
Jesus, you created me for love, Hold me...  
Jesus, you created me to be loved...  
Jesus, you created my heart...  
Jesus, you see my soul...  
Jesus, you know my true self...  
Jesus, you treasure me...  
Jesus, you encourage me...  
Jesus, you created me as your beloved...  
    Hold me in your arms.

Amen

## Grow

Dropping social media  
By Allen Vincent | Special to the Herald

While social media started as a way to communicate and stay connected with people, smartphones have revolutionized it. We now have the world in our hands through a 6.2-inch device.

Social media has become an integral part of our lives and the very thought of staying away from it fuels FOMO (fear of missing out) on the latest trends and happenings.

But social media use can be just as addictive as alcohol, drugs, gambling or pornography. There is substantial evidence from researchers in the field of sociology, psychology and medicine that social media stimulates the chemical or neurotransmitter dopamine in the brain. Dopamine triggers feelings of pleasure that temporarily make a person feel good. The need to keep this feeling going can create an addictive cycle.

We want to make ourselves present in social media because we know that the whole world is just a tap on the screen away and we want to keep up with the trends, creating a vicious loop. We scroll through apps mindlessly, occasionally liking something that speaks to us or entertains us and then post something ourselves. Once we do that, we look forward to another person, also mindlessly scrolling, to like or retweet or comment on our post. Boom, the flow of dopamine is enormous when a notification brings in "joy." The "rewards" of social media end up becoming our identity, and very soon we end up clinging to that version of ourselves.

I have not mentioned anything about Jesus, the season of Lent or anything regarding faith so far because I felt the need to highlight this major problem we're faced with today. As God's sons and daughters, we turn to him in this desperate situation.

Luke 9:23 is one of the many verses which challenge me in my journey of following Jesus: "If anyone wants to come after me, he must deny himself and take up his cross daily and follow me."

As Christians, we are all called to follow Jesus. But to do that, we need to let go of our self-centeredness, which keeps us from focusing on the one true God. The act of self-denial, where I look for a close relationship with Jesus rather than myself, is the motivation required to fast from social media.

It is easier said than done and I know personally the urge to get back on is intense. But the constant reminder that we are called to follow Jesus and "engage" with him daily, is what we must really look forward to as we consider a social media fast this Lenten season.

I do not suggest completely wiping ourselves from social media since the need to communicate and stay in touch with loved ones across the country and the world is still important. However, moderating the use will certainly lower social media's importance in our lives.



## Grow

What helped me stay away from Facebook was simply deleting my account. This was a drastic step that I took seven years ago, but I do not regret it. The withdrawal symptoms were real, but I had my eye on the prize. I have three social media accounts now but keep my notifications off and set a 30-minute limit for all three apps combined. Once I hit 30 minutes, the phone locks my app access until the next day. I highly recommend using this feature in smartphones as it helped me a lot when I was first hooked on these sites. Did I have the urge to check the apps and my phone? Absolutely, but in the last year that I've had this routine, it's become easier.

When we make a conscious effort to deny ourselves, it eventually helps us carry our crosses and follow Jesus. May this season of Lent be the season where we fast from clinging to our social media-derived identities and feast on the joy that comes from clinging to Jesus and the cross on which he suffered and died for us.

*Allen Vincent is a chemistry graduate student at the University of Hawaii-Manoa and a parishioner at its Newman Center.*

# LENTEN

# blessing bag

## PROJECT

We will be hosting this year's Blessing Bag project, and seeking donations (see list below).  
You may bring your donations to the church.  
**Mahalo for your support!**

### NECESSITIES

GALLON SIZE ZIPLOC BAGS, BAND-AIDS, BABY WIPES, HAND SANITIZER, SMALL WASHCLOTH, LARGE SIZE SLIPPERS

TOOTHBRUSH, TOOTHPASTE, FLOSS, SOAP, COMB, FEMININE HYGIENE PRODUCTS, DEODORANT

### TOILETRIES

### NON PERISHABLE ITEMS

ENERGY BARS, TRAIL MIX, GUM, INSTANT OATMEAL

NEWMAN CENTER  
holy spirit parish  
CAMPUS MINISTRY

## Reflect

According to Forbes.com, "Smiling is not just a universal means of communicating, it's also a frequent one. More than 30% of us smile more than 20 times a day and less than 14% of us smile less than 5 times a day. In fact, those with the greatest superpowers are actually children, who smile as many as 400 times per day! Why? Because smiling is evolutionarily contagious, and we have a subconscious innate drive to smile when we see one."

When was the last time you encountered someone with a smile? My hope is several times today. Encounters are opportunities to meet people, whether is be significant or unexpected. Today's readings focus and speak on our own encounters with God. Do we fully put our faith and trust in God like Abraham in the first reading? Do we recognize Jesus when encounter Him like the disciples in the Gospel reading on the Transfiguration? Their experience of the divine presence in the transformed Jesus Christ was probably one of the "greatest moments" of their lives. Let us continue to be open to Christ, receiving Him wholeheartedly in our encounters with Him, as He continues to change our hearts so that we may be transformed to be beacons of faith

*"Let us always meeting each other with smile, for the smile is the beginning of love." -St. Teresa of Calcutta*

Mahalo to all, especially our parishioners and benefactors, for your continued love and support in sustaining the mission and vision of campus ministry here at Newman Center. We are truly grateful for your generous heart and spirit. Let us continue in building the Kingdom of God together and to love like never before!

St. John Henry Newman, pray for us!

Blessings to you and your 'ohana!

- **Fay C. Pabo** (@fa\_jo\_pabo0)

