

NEWMAN CENTER

Holy Spirit Parish



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THIRD SUNDAY OF **Lent**

MARCH 12, 2023

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**“Whoever drinks the water I shall give
will never thirst;
the water I shall give will become in him
a spring of water welling up to eternal life.”**

John 4:14

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.

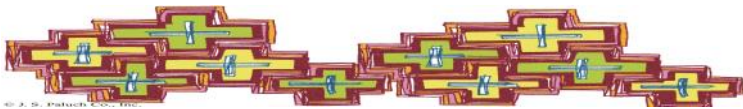
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose 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>
Pastor Director of Campus Ministry Fr. Alfred Omar B. Guerrero pastor@newmanhawaii.org	214
Administrative Assistant Alofa Leasiolagi manager@newmanhawaii.org	219
Campus Minister Fay Pabo campusministry@newmanhawaii.org	211
Communications & Pastoral Assistant 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, you are truly the Savior of the world; give me living water, that I may never thirst again."

On this Third Sunday of Lent, we hear two passages about being thirsty. In the first reading, the Israelites grumbled to Moses about being thirsty. They would rather live under slavery in Egypt than to die of thirst in the desert. Their hearts were hardened by the hardships they were going through. They tested the Lord and even doubted his presence in their midst. They thought he abandoned them in the desert to die. However, the Lord did not disappoint, and he gave them water to drink from a rock. God told Moses to strike a rock with his staff and water will flow from it. The mighty power of God was made manifest when Moses struck the rock. The second passage that we hear about thirst is in the Gospel. Jesus goes to the well of Jacob where he meets a Samaritan woman. He tells her, "Give me a drink." But Jesus wasn't speaking about a physical thirst. He was speaking about his thirst for souls. He longed to give the Samaritan woman the living waters of eternal life. Jesus says, "Whoever drinks the water I shall give will never thirst." As the Word of God is being made manifest to the Samaritan woman, the conversation is no longer about wells, cisterns, and water. Instead, living waters, true worship, and eternal life. The Samaritan woman had an encounter that would change her life forever. Today, the living waters that flow from the true rock of salvation, Jesus, is offered to us. This Lenten season gives us an opportunity to examine our lives deeper and challenges us to not harden our hearts like the Israelites. We have several more weeks of Lent left, let us utilize this time to come back to the Lord with all our hearts and drink from the living waters that flow from his resurrected body. So that like the Samaritan woman, we can bear and spread the good news to the whole world!

Have a blessed week,

Fr. Alfred Omar
(@fralfred808)



Important Notices

- 2nd Collection NEXT WEEKEND for Catholic Relief Services
- Lenten Reconciliation Service on Wednesday, March 22 at 6:00PM

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 — When the people grumbled to Moses for water in the desert, the LORD heard and brought forth water from the rock for all to drink (Exodus 17:3-7).

Psalms — Listen to God's voice today; be not hardhearted (Psalm 95).

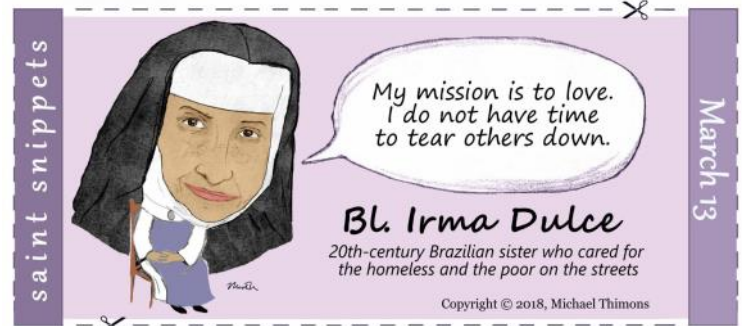
Second Reading — God's love has been poured into our hearts through the Holy Spirit (Romans 5:1-2, 5-8).

Gospel — Ask, and you will be given living water so that you will never thirst again (John 4:5-42 [5-15, 19b-26, 39a, 40-42]).

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:	2 Kgs 5:1-15ab; Ps 42:2, 3; 43:3, 4; Lk 4:24-30
Tuesday:	Dn 3:25, 34-43; Ps 25:4-5ab, 6, 7bc, 8-9; Mt 18:21-35
Wednesday:	Dt 4:1, 5-9; Ps 147:12-13, 15-16, 19-20; Mt 5:17-19
Thursday:	Jer 7:23-28; Ps 95:1-2, 6-9; Lk 11:14-23
Friday:	Hos 14:2-10; Ps 81:6c-11ab, 14, 17; Mk 12:28-34
Saturday:	Hos 6:1-6; Ps 51:3-4, 18-19, 20-21ab; Lk 18:9-14



SAINTS AND SPECIAL OBSERVANCES

Friday:	St. Patrick;
Saturday:	St. Cyril of Jerusalem

GOD EVER PURSUES US

We hear today of God's unrelenting pursuit of us. Our readings tell stories of God's intense desire to share the divine life with us. From Exodus, we see how God shows endless persistence and compassion, even to those who grumble against God, or seem to have forgotten God. From the Gospel of John, we hear of how Jesus, in his extended conversation with the Samaritan woman, gives her dignity, names uncomfortable truths, and gradually leads her into a new path of faith. We can have confidence that as we bring our own confusions, fears, and failings to God, we may receive God's mercy and forgiveness. God always persists and continually finds new ways to invite people into unity with God. As Paul describes in Romans, in the cross we see how God will go to any length to demonstrate the depth and breadth of divine love.

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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

Lent is a season for repentance. It is a season during which we are called to reflect upon and to live deeply the promises of Baptism. The well and the conversation about water immediately recall for us the Sacrament of Baptism. As the Samaritan woman was converted and sent on a mission because of the conversation about water, we too are converted and sent by our Baptism to preach the good news of Jesus to others.

Take this opportunity to reflect upon the importance of Baptism with your family. If you have photos or other mementos of your family's Baptisms, bring them out and take some time to recall the day of Baptism and its importance to you and your family. Create a prayer table that includes these mementos and a bowl of holy water. After you have spent some time talking about Baptism, invite everyone to listen carefully and prayerfully to today's Gospel. Read John 4:5-42 together. Ask how Jesus' meeting with the woman at the well is like Baptism. (Jesus knows the woman's sin and forgives her. The woman comes to know Jesus as the Messiah. The woman invites others to meet Jesus.) Pray a prayer of blessing for each member of the family that God will help each one live the promises of his or her Baptism. Pray together the Lord's Prayer.



Stewardship Moment

Jesus' longest-recorded conversation with anyone is the one he has with the Samaritan woman at the well. She discovers she can be honest with Jesus and goes and tells others about him. She gives witness. She's not the most certain, thorough or even convincing witness. But her witness is enough. It is inviting, humble, non-judgmental and sincere. What is the quality of our witness? How do our words and actions give daily testimony on behalf of Christ? During this season of Lent, how might we do a better job at proclaiming the risen Lord in word and deed?

Stewardship of Time, Talent and Treasure

Tithes and Offerings:

03/052023:

\$4,428.00

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

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

CONFESS - FORGIVE - BE FORGIVEN

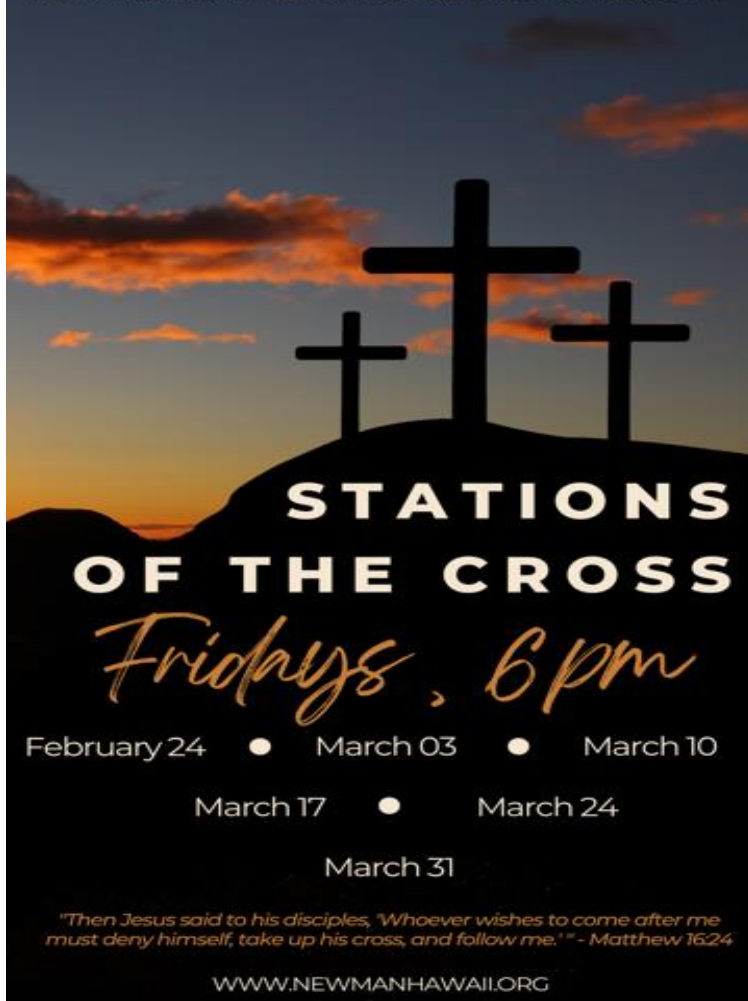
LENTEN RECONCILIATION SERVICE

WEDNESDAY, MARCH 22
6:00 PM

NEWMAN CENTER
HOLY SPIRIT PARISH

JOIN US FOR AN EVENING OF
PRAYER AND RECONCILIATION!

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

New to Newman Center - Holy Spirit Parish?

Aloha! E Komo Mail!

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!

Lenten Word Search

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

ASHES
PENANCE
GOOD FRIDAY
GIVING
CROSS
FORTY
PREPARE
HOLY WEEK
FORGIVENESS
FISH
PRAYER
PURPLE
SACRIFICE
SEASON
FASTING
STATIONS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1883690/>

The Little Ones

Jim Burrows

IF JESUS WAS PLAYING WITH US, HE'D HAVE PLENTY OF BUCKETS!

The woman said to him,
"Sir, you have nothing to draw with and the well is deep;
where then do you get that living water?" Jn 4:11

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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 sighted 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

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

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

ATLANTA: (404) 467-8041

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COORDINATOR@CATHOLICPILGRIMOFFICE.COM
WWW.CATHOLICPILGRIMOFFICE.COM



Pray

The prayer that will make us cling to God

Fr. Peter John Cameron, OP - published on 03/05/23

My nothingness must kneel below Thy Cross ...

Jesus commends the tax collector in the Temple (Lk 18:9-14): This man went home justified. The Lord praises him because the man prayed: O God, be merciful to me, a sinner. He prayed the prayer of contrition.

The Catechism defines contrition as "sorrow of the soul and detestation for the sins committed, together with the resolution not to sin again" (1451).

Facing the horror of our sins may be the most difficult thing imaginable. But, as the Catholic author George Bernanos reassures us, by contrition we enter within ourselves only to die to sin, "and that is where God awaits us." Or as the poet Rainer Maria Rilke put it, "It's here in all the pieces of my shame / that now I find myself again."

Keep in mind: To possess the knowledge of our sins is to be blessed with a precious grace God grants as a gift. No matter how distressing and off-putting it may feel, that knowledge is power. Because it is in the very knowledge of how lost and miserable we are as a result of our sins that God desires to bind ourselves to himself. For if God is the one who enables us to see the truth of our sinfulness—with all its shame and humiliation and repulsion—then God even more gives us the grace through that awareness to cling to him. St. Augustine counsels us well: "Let us never assume that if we live good lives we will be without sin; our lives should be praised only when we continue to beg for pardon."

Here's an effective way to adapt the tax collector's prayer. Recite the main part of the prayer—Lord Jesus Christ, Son of the living God, have mercy on me a sinner—and then stick on one of your actual sins: ...have mercy on me a sinner: selfish. Do that over and over until you run out of sins: ...have mercy on me a sinner: impatient. ...envious. ...angry. ...ungrateful. If I want to stay at prayer for a long, long time, that's how I pray.

The grace of contrition is captured in a moving way by Catholic World War I war poet Siegfried Sassoon:

Bring no assurance of redeemed rest,
no intimation of awarded grace.
Only contrition, cleavingly confessed
to Thy forgiving face.
I ask one world of everlasting loss in all I am,
that other world to win.
My nothingness must kneel below Thy Cross.
There let new life begin.

Grow

Lent is a perfect time to take an inventory of your spiritual life

Philip Kosloski - published on 02/28/23

Take advantage of the Lenten season by looking over your life, discovering your strengths and weaknesses.

Lent presents to us a unique time of the year when we are invited to look inside ourselves and at our spiritual lives, discovering the good and bad that is there.

If we are to be completely honest with ourselves, we will notice many areas that need growth and improvement. This can often be difficult for us, as we may not always want to see our faults and failings.

However, it is important to take a spiritual inventory during Lent, as it gives us an opportunity to reconcile ourselves with God.

Pope Benedict XVI recommended this practice in his message for Lent in 2011.

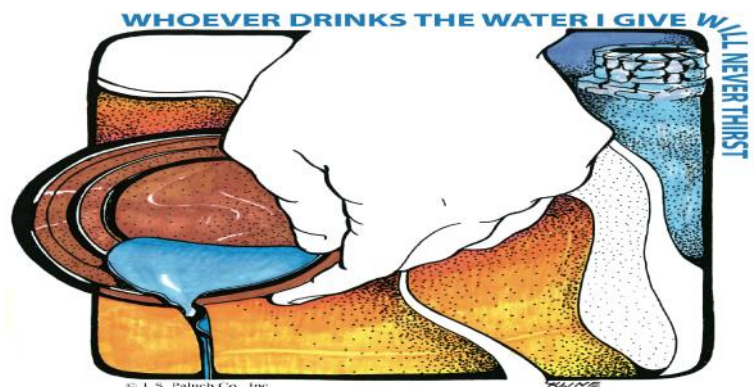
[T]he Lenten journey, in which we are invited to contemplate the Mystery of the Cross, is meant to reproduce within us "the pattern of his death" (Ph 3: 10), so as to effect a deep conversion in our lives; that we may be transformed by the action of the Holy Spirit, like St. Paul on the road to Damascus;

that we may firmly orient our existence according to the will of God; that we may be freed of our egoism, overcoming the instinct to dominate others and opening us to the love of Christ.

The Lenten period is a favorable time to recognize our weakness and to accept, through a sincere inventory of our life, the renewing Grace of the Sacrament of Penance, and walk resolutely towards Christ.

For some of us, this spiritual inventory will be more difficult to endure, as we already know our weaknesses and fear that more light upon our sins will lead us into despair.

The good news is that God reaches out to us in his mercy, ready to accept us into his loving arms. We need not be afraid of our failings, as God is ready to pick us up and set us on the right path.





Reflect

When I was in high school, I volunteered at a local hospital during summer break. I was first assigned to assist a veteran unit secretary who had worked in that unit for over 30 years. I was excited to meet and help people. Upon entering the unit corridor, the unit secretary was there to welcome me. Or so I thought. Instead of greeting me, she questioned one item around my neck – my crucifix necklace. She went on to badger me on how I would have the audacity to wear something like that around my neck. This person told me that wearing a cross with Jesus' dead body on it was sacrilegious and emphasized how ashamed I should be for being disrespectful in displaying that around my neck for everyone to see. I was so embarrassed and wanted to just disappear at that moment. She continued to go on and on, and I just stood there, bearing all the horrible things she was shouting at me. After 30 minutes of what seemed like a long scolding and lecture, I softly said, "Thank you," and left to call my dad to pick me up.

I went home and I cried for the rest of the day. I prayed so many rosaries that night, asking our Blessed Mother to pray for that lady, to forgive her for saying all those bad things to me and to bring peace to her heart. The following week, I gathered up all my courage and strength to go back and give that day a piece of my mind. As I got off the elevator, there she was. And she grabbed my hands, apologizing over and over, and said how sorry she was for her words and actions. She went on to mention that she had just lost her husband the night before, and I happened to be wearing a crucifix very similar to his, and she had lost it right then and there. We were both in tears and embraced each other.

In today's Gospel, we hear about the Samaritan woman at the well. This story teaches us about change of heart. In this beautiful conversation between Jesus and the woman, which by the way was not allowed and unacceptable, there is a transformation of the heart with the Samaritan woman. We are not defined by our sins, but by our heart. We are called to come back to God. Yes, there are times when we stumble and fall. But it is through God's love that we are lifted to walk hand in hand with Him. Our baptism is our call to mission to live out our lives as disciples. Opportunities of evangelization are necessary as we are called to tell the Good News. It could change someone's life. May our continued Lenten journey invite us to look into our hearts, that we may be loving and forgiving to our brothers and sisters in Christ, and that we continue to share that love to the whole world!

"God never tires of forgiving us; we are the ones who tire of seeking his mercy." – Pope Francis

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)



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
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