

NEWMAN CENTER

Holy Spirit Parish

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



1941 East-West Road, Honolulu HI 96822-2321 | PH: (808) 988-6222 | FX: (808) 988-1752 | Email: info@newmanhawaii.org
Website: www.newmanhawaii.org | Facebook: www.facebook.com/NewmanHawaii | Instagram & Twitter: [@newmanhawaii](https://www.instagram.com/newmanhawaii)



Easter Sunday
of the Resurrection of the Lord
April 9, 2023

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.

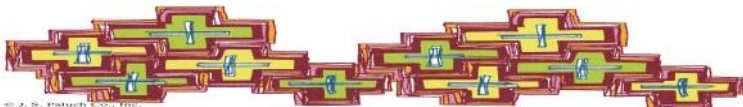
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose 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

"This is the day the Lord has made; let us rejoice and be glad."

Today, we celebrate the greatest event in the history of the world, the Lord's resurrection. While betrayal, suffering, and death continue to surround us, through the risen Christ, we encounter great hope because by dying he has destroyed our death, and by rising, restored our life. As Pope Francis reminds us in his letter *Desiderio Desideravi*, "the salvific power of the sacrifice of Jesus, his every word, his every gesture, glance, and feeling reaches us through the celebration of the sacraments... The Lord Jesus who dies no more, who lives forever with the signs of his Passion continues to pardon us, to heal us, to save us with the power of the sacraments." May we witness to the power of his Paschal Mystery in our daily lives. Have a blessed Resurrection Sunday! Christ is risen, amen! Alleluia! He is risen indeed, alleluia! Amen!

Sequence - Victimæ paschali laudes
Christians, to the Paschal Victim
Offer your thankful praises!
A Lamb the sheep redeems;
Christ, who only is sinless,
Reconciles sinners to the Father.
Death and life have contended in that combat stupendous:
The Prince of life, who died, reigns immortal.
Speak, Mary, declaring
What you saw, wayfaring.
"The tomb of Christ, who is living,
The glory of Jesus' resurrection;
bright angels attesting,
The shroud and napkin resting.
Yes, Christ my hope is arisen;
to Galilee he goes before you."
Christ indeed from death is risen, our new life obtaining.
Have mercy, victor King, ever reigning!
Amen. Alleluia.

Have a blessed week,

Fr. Alfred Omar
(@fralfred808)



Important Notices

- The Newman Center will be closed Monday, April 10

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 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 — Peter is an eyewitness: The Lord is risen (Acts 10:34a, 37-43).

Psalm — Let us be joyful in this day of the Lord (Psalm 118).

(1) Second Reading — All who are baptized, set your hearts in heaven (Colossians 3:1-4) **Gospel** — Three witnesses, Mary, Peter, and John; each responds to the empty tomb (John 20:1-9)

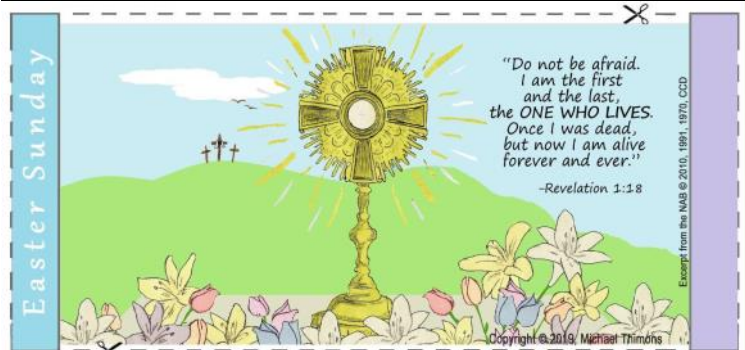
The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday:	Acts 2:14, 22-33; Ps 16:1-2, 5, 7-11; Mt 28:8-15
Tuesday:	Acts 2:36-41; Ps 33:4-5, 18-20, 22; Jn 20:11-18
Wednesday:	Acts 3:1-10; Ps 105:1-4, 6-9; Lk 24:13-35
Thursday:	Acts 3:11-26; Ps 8:2, 5-9; Lk 24:35-48
Friday:	Acts 4:1-12; Ps 118:1-2, 4, 22-27; Jn 21:1-14
Saturday:	Acts 4:13-21; Ps 118:1, 14-21; Mk 16:9-15

SAINTS AND SPECIAL OBSERVANCES

Monday:	Monday within the Octave of Easter
Tuesday:	Tuesday within the Octave of Easter
Wednesday:	Wednesday within the Octave of Easter
Thursday:	Thursday within the Octave of Easter
Friday:	Friday within the Octave of Easter;
Saturday:	Saturday within the Octave of Easter



REJOICE AND BE GLAD

If Christmas is the “most wonderful time of the year,” then Easter is the most joyous, glorious, awesome time of the year! Really? Today’s readings don’t exactly brim over with the kind of holiday cheer we find at Christmas—except for the responsorial psalm, which admittedly rings with gleeful joy. But otherwise, not so much. In the first reading from the Acts of the Apostles, Peter gives a dry, condensed rendering of the story of Jesus to a group of Gentiles in Caesarea. The Colossians reading actually does have us looking forward to glory. Most underwhelming, though, is the Gospel proclamation of the resurrection of Jesus Christ. When we want to hear about angels and earthquakes and trumpets and glory, we hear about a dark, silent, empty tomb. This Easter Sunday story from John’s Gospel is startling in its emptiness. Like Peter in the story, we must enter into this mystery.

Copyright © J. S. Paluch Co.

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

In the Easter Gospel we hear about how the disciples found the tomb empty three days after Jesus' death. We are also told that they do not yet understand the Scriptures or that Jesus had been raised from the dead. That understanding gradually unfolded for the disciples as they began to experience the risen Lord. Similarly, our understanding of Jesus' Resurrection unfolds for us throughout our lives. In the weeks ahead, we will hear how the first disciples moved from confusion, doubt, and skepticism to faith. Their experience can teach us how we too might receive this gift of faith from God.

Gather your family members and ask them to share what they know about the events that happened in the days after Jesus' crucifixion. Invite your family to imagine that they are among Jesus' first disciples. Read together today's Gospel, John 20:1-9. Reflect together on the Gospel with questions such as these: If you had been among the first disciples who heard that the stone had been removed from Jesus' tomb and that Jesus' body was no longer there, what would you think? What did Mary of Magdala, Simon Peter, and the disciple whom Jesus loved think had happened? Recall that this experience is the first indication Jesus' disciples have that he is risen. Throughout the Easter season, we will learn more about how the disciples came to believe that Jesus had been raised from the dead.

Pray together using today's psalm, Psalm 118: "This is the day the Lord has made; let us rejoice and be glad."

STEWARDSHIP MOMENT

In tonight's reading from Saint Paul's letter to the Romans, we are reminded that we are alive in Christ. And it is not merely once a year that we remember what Jesus did to give us this new life, forgiveness and peace. Every day good stewards remember their baptism. They remember that they are united with Jesus in his death; that daily they drown the old sinful nature, and that daily they rise to their new life in Christ. Let us be mindful every day, especially when we are troubled by life or tempted by sin, that our lives are no longer about us, but about Christ's active, loving presence within us. That is our baptism. Alleluia! He is risen!



Stewardship of Time, Talent and Treasure

Tithes and Offerings:

04/01/2023-04/02/2023: \$10,286.00

Online:

03/31/2023-04/06/2023 \$2,797.00

Rice bowl:

\$58.00

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

Upcoming Second Collections:

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





Pray

How to begin each morning during the Easter season

Philip Kosloski - published on 04/18/22

When you wake up in the morning during Easter, rejoice in the resurrection of Jesus Christ!

Waking up in the morning during the Easter season can have a special symbolism and depth to it. Instead of rolling out of bed and dreading the day, it can be a holy time of prayer, basking in the glow of the resurrection.

Dom Prosper Gueranger explains how we can do this in his Liturgical Year.

During Paschal Time, the Christian on waking in the morning will unite himself with the Church, who in her office of Matins says to us these solemn words, which choirs of religious men and women throughout the universe have been chanting during the deep silence of the night.

The Lord has truly risen, Alleluia!

After saying this brief prayer upon waking, a short time of meditation can be made upon the resurrection of Jesus.

[The Christian] will profoundly adore the Son of God, rising from the Tomb and surrounded with the dazzling rays of his grand triumph.

He will hail him with delighted joy, as being the divine Son of Justice, who rises on the world, that he may rescue it from the darkness of sin and illumine it with the light of grace.

It is with these ideas deeply impressed upon his mind, that he must perform his first acts of religion both interior and exterior, wherewith he begins the day.

Throughout the Easter season, try to take advantage of the symbolism of waking up at dawn and recalling to mind the beauty and glory of Jesus' resurrection,

Resource: <https://aleteia.org/2022/04/18/how-to-begin-each-morning-during-the-easter-season/>

Grow

How to change a bad habit using the habit loop

Zoe Romanowsky - published on 03/27/23

This simple formula is how habits are created, and it's also the way we can change them.

Habits make up a lot of our lives, and many of them benefit us, allowing our brains to focus on more complicated or meaningful tasks. But what about the bad habits we have that we know we need to change?

In a recent Instagram story, clinical psychologist and professor of psychology, Dr. Matthew Breuninger, spoke about how habits develop and are reinforced through what is called "a habit loop." That loop is made of three major components — a cue, a routine, and a reward.

A cue is something that triggers your behavior, and then the reward is what you get from doing the behavior, which in turn reinforces it.

5 Kinds of cues

According to Dr. Breuninger there are five main kinds of cues: location, time, emotional state, other people, and preceding behaviors.

So if we want to change a habit we need to look at our habit loop for it, write out the cues we notice, as well as the rewards or payoffs we get, and then begin working with them to change them — which will then lead to changing the behavior.

So let's say you have a habit of checking your phone every morning when you wake up, but you've decided you would like to stop that and start your day with prayer instead.

The first thing you can do is write down the cues. What triggers you to pick up your phone? It may be multiple cues — the thought of checking during your first waking moments (time) as you lie in bed (location). Perhaps you also have a degree of anxiety (emotional state) about making sure you check any messages that have come in and that you haven't missed anything important that's happened while you were asleep.

After you write down the cues, write down the rewards or payoffs you may get from checking your phone. Maybe your anxiety subsides when you pick up that phone. Maybe you feel better about yourself when you see someone has reached out to you with a message or liked a post you left the night before on social media. Maybe you feel more in control of the day if you have checked the news.

To change the behavior of checking your phone first thing in the morning, consider how you can alter the cues. For instance, maybe you can change the location of your phone so you can't reach it from your bed. Or maybe you can decide to change the time of checking your phone from the first moments of waking to a little later on, such as when you have breakfast.

How is your behavior rewarding you?

You can also look at the rewards you get from checking your phone. Examine them. Maybe checking the news first thing actually gives you a degree of anxiety and in order to truly feel more prepared for your day, prayer would lead to a more meaningful reward — a greater sense of peace and calm.

So the next time you want to change a bad habit, take a look at your habit loop, break it down, and play around with it to create a new or better habit. Habit by habit we can improve our daily lives, growing in virtue and living as the person God created us to be.



CAMPUS MINISTRY

Reflect

Alleluia! Christ is Risen! This is the day the Lord has made, let us rejoice and be glad. Our Lord Jesus Christ has conquered sin and death through His Resurrection and brings to us the beautiful gift of salvation! Let us continue to be persistent in our faith and trust in God, for He is our help and our shield. May we allow this Easter season to change our hearts and transform our lives to become true disciples of the Risen Lord, Jesus Christ. Share the joy of Easter with one another, in word and in deed. Happy Easter! The Lord has risen indeed! Let us rejoice always!

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 blessed and grateful for your generosity.

St. John Henry Newman, pray for us!

Blessings to you and your 'ohana!

- Fay C. Pabo (@fa_jo_pabo0)



*With Easter Joy we welcome the
newest fully initiated members of
our faith community*

Ramsey Takeo Tai Aviu

Ian Van Wynn

*Please keep them in your prayers as
they begin a new journey in the
Risen Christ!*

ADORE

A Night of Adoration *for Young Adults*



More Info

Wednesday, April 26 at 6:00 PM

Newman Center

Holy Spirit Parish

on the campus of the University of Hawaii - Mānoa

Newman Center Holy Spirit Parish Campus Ministry

STUDY HAVEN SCHEDULE

Saturday & Sunday
MAY 06 MAY 07

6:00 PM - 11:00 PM

Monday to Thursday
MAY 08 MAY 11

9:00 AM - 11:00 PM

Friday
MAY 12
9:00 AM - 5:00 PM

**FREE FOOD
FREE DRINKS
FREE WIFI
A/C LOUNGE
MEET FRIENDS
OPEN CHAPEL**

FOR MORE INFORMATION, CALL 808.988.6222 or
EMAIL CAMPUSMINISTRY@NEWMANHAWAII.ORG