

NEWMAN CENTER

Holy Spirit Parish

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



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THE MOST HOLY TRINITY

God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. - Jn 3:16-17

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.

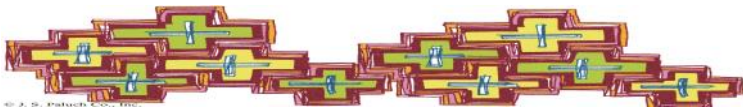
Come journey with us!

Pastoral Team

Phone Ext

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Administrative Assistant Alofa Leasiolagi manager@newmanhawaii.org	219
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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

"God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

Today we celebrate the feast of the Most Holy Trinity. The Catechism of the Catholic Church tells us that the Holy Trinity is the "central mystery of the Christian faith" (261). The concept of the Triune God — Three Persons in one God — is truly a mystery, almost too lofty for us ordinary people to even begin to grasp. Can the truth of the Holy Trinity teach us anything as everyday Christian stewards? Actually, yes!

St. John Paul II described the Holy Trinity as a "Divine Family," a community of Persons Who give themselves completely to each other and Who wishes to share Itself, Its life, with us. These concepts are at the very heart of the stewardship way of life. As stewards, we too, are called to share ourselves and our lives with others.

Our Gospel passage from John reminds us that the stewardship way of life is nothing more and nothing less than the imitation of our Most Holy Trinity. "God so loved the world that he gave his only Son so that everyone who believes might not perish but might have eternal life." He gave Himself, in the person of His Son, for the love of us. We must love this God back now by giving ourselves, our lives, to Him.

Amazingly, the more we give of ourselves to God in love, the more we will find the "grace of the Lord, the love of God, and the fellowship of the Holy Spirit within us." The God of the universe — this mysterious, Triune God — invites us to an ever-deepening intimacy with Him when we make our lives a loving gift to Him and to others through the stewardship way of life.

— ©Catholic Stewardship Consultants

Have a blessed week!

Fr. Alfred Omar
(@alfred808)



Important Notices

- Hospitality Sunday today
- UH Food Vault Collection today
- Diocese of Honolulu Seminarian Fund: 06/17 & 06/18

Liturgical Schedule

Daily Mass (*Tuesday-Friday*) 12:10PM

Sunday Mass
(*Saturday Evening Anticipated*) 5:00PM
9:00AM
11:00AM
(*Student-led Mass*) 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

Sunday's Readings

First Reading:

"The LORD, the LORD, a merciful and gracious God, slow to anger and rich in kindness and fidelity."
(Ex 34:6)

Psalm:

Glory and praise for ever! (Dn 3:52b)

Second Reading:

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you. (2 Cor 13:13)

Gospel:

For God did not send his Son into the world to condemn the world, but that the world might be saved through him.
(Jn 3:17)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Readings for the week of June 4, 2023

Sunday:

Ex 34:4b-6, 8-9/Dn 3:52, 53, 54, 55, 56 (52b)/2 Cor 13:11-13/Jn 3:16-18

Monday:

Tb 1:3; 2:1b-8/Ps 112:1b-2, 3b-4, 5-6/Mk 12:1-12

Tuesday:

Tb 2:9-14/Ps 112:1-2, 7-8, 9/Mk 12:13-17

Wednesday:

Tb 3:1-11a, 16-17a/Ps 25:2-3, 4-5ab, 6 and 7bc, 8-9/Mk 12:18-27

Thursday:

Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a/Ps 128:1-2, 3, 4-5/Mk 12:28-34

Friday:

Tb 11:5-17/Ps 146:1b-2, 6c-7, 8-9a, 9bc-10/Mk 12:35-37

Saturday:

Tb 12:1, 5-15, 20/Tb 13:2, 6efgh, 7, 8/Mk 12:38-44

Observances for the week of June 4, 2023

Sunday: The Most Holy Trinity

Monday: St. Boniface, Bishop and Martyr

Tuesday: St. Norbert, Bishop

Friday: St. Ephrem, Deacon and Doctor of the Church

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

Because of God's great love for us, he sent his Son, Jesus, to save the world. Jesus, in turn, sent the Holy Spirit so that our faith in God and his love would be strengthened. The nurturing experiences of family life also help us to understand and have faith in God's love.

Create a family poster together showing all the ways in which your family experiences God's great love. Use symbols, pictures, and words to show how you have seen God at work in your family life and in our history. Then read together today's Gospel, John 3:16-18. Pray together, thanking God for his gift of love. Conclude by praying the Glory Be to the Father or today's Psalm.

STEWARDSHIP MOMENT

In today's second reading Saint Paul's final appeal is a call for unity. God created that unity. Good stewards who share Christ's life in the Eucharist belong to each other, just as God in the three persons of Father, Son and Holy Spirit enjoy unity. We are an intimate part of God's divine bond, God's "family." Saint Paul maintains that we ought to act that way. In the Church there is a bond of family, yet plenty room for variety. Christian stewards use their uniquely varied gifts to live a Trinitarian faith, in unity, promoting Christ's peace and justice. How do we promote unity in our parish?



Stewardship of Time, Talent and Treasure

Tithes and Offerings:

05/27/2023-05/28/2023:

\$2,006.00

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

Upcoming Second Collections:

Diocese of Honolulu Seminarian Fund: 06/17 & 06/18
Holy Father (Peter's Pence) \$07/01 & 07/02

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

Offer your heart to Jesus with this prayer

Philip Kosloski - published on 06/08/21

This prayer seeks to unite your heart with the Heart of Jesus, letting Jesus mold it into a heart like his.

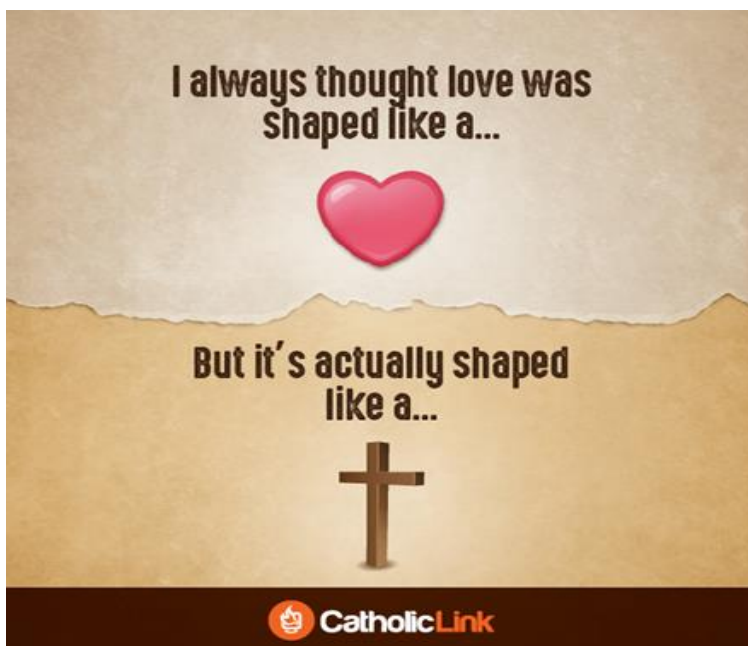
A primary goal of the spiritual life is to be more like Jesus. This isn't easy to accomplish on our own and we need all the help we can get.

Many saints offered prayers to Jesus, giving him their hearts so that God could mold their heart to be more like his.

Here is a traditional prayer that focuses on this "heart exchange."

O most holy Heart of Jesus, fountain of every blessing,
I adore you, I love you and with a lively sorrow for my sins,
I offer you this poor heart of mine.
Make me humble, patient, pure, and wholly obedient to your will.
Grant, good Jesus, that I may live in you and for you.
Protect me in the midst of danger; comfort me in my afflictions;
give me health of body, assistance in my temporal needs,
your blessings on all that I do, and the grace of a holy death.
Within your heart I place my every care.
In every need let me come to you with humble trust saying,
Heart of Jesus, help me.
Amen.

Resource: <https://aleteia.org/2021/06/08/offer-your-heart-to-jesus-with-this-prayer/>



Grow

5 Popular wellness trends to try this summer

Theresa Civantos Barber - published on 05/30/23

Some wellness trends are easy to implement and can make a real difference. Try these trends for a healthier summer!

It's surprising how many things that seem settled are actually influenced by trends, as popular research findings and public opinions change all the time.

Parenting trends, for example, change very fast. In the 10 years I've been a mom, it's been wild to see how the baby gear, toys, TV shows, and parenting books that were popular 10 years ago are no longer remotely in vogue.

Health also is surprisingly faddish. Sure, the big picture of health is pretty consistent: Exercise, eat plenty of veggies, drink lots of water, and get enough sleep.

But this advice isn't easy to capitalize on, so the smaller details of wellness have become highly susceptible to fads.

Who remembers when everyone was doing Whole 30 and juice cleanses a few years ago? Now it's mouth tape, cold exposure, and mushroom coffees.

I don't want to get too caught up in trends, but I do like to keep up with current research so I can understand how to care for my body. God made us as soul-body unities: We are called to care for ourselves in body and soul as temples of the Holy Spirit, made in God's image.

Some wellness trends are easy to implement and can make a real difference. Try these trends for a healthier summer!

Movement snacks

A "micro workout" or "movement snack" is exercise that takes less than 10 minutes. For example, you might take the stairs instead of the elevator, chase your kids at the playground instead of sitting on a bench, bike to the store instead of driving ... you get the idea.

Biomechanist Katy Bowman writes all about "nutritious movement," and I recommend her books for more info.

Movement snacks are easy to add to our day, and they can make a difference quickly.



Grow

Limiting alcohol

It's becoming increasingly popular to limit alcohol consumption or forgo alcohol completely, since most alcohol is known to have serious health risks. Drinking alcohol raises your cancer risk, for example.

"Sober cocktails" and other fun drinks that are alcohol-free are on the rise and you may be able to find them at restaurants and grocery stores near you, or make your own.

Spiritual wellness

A lot of lists mention spiritual wellness, and of course, this trend might mean something different in a secular context. But for me, I take it as a reminder to spend more time with God.

I figure I could use this little nudge to go to Mass or confession, or pray the Rosary. The Hallow app is my favorite for Catholic prayer and meditation too.

Unprocessed foods

Food writer Michael Pollan summed it up so well when he was asked how to eat and he said, "Eat food. Not too much. Mostly plants."

The idea behind the "unprocessed foods" trend is basically eating foods that our great-grandparents would recognize. They'd recognize our meats and vegetables, stews and salads, oats and sourdough bread. But ultra-processed foods? Probably unfamiliar to them.

Eating mostly whole foods with minimal processing is a good general guideline for most people. It has a lot of overlap with a Mediterranean diet, but thinking of foods in terms of how processed they are can be easier to understand and remember.

Getting outside

There are so many health benefits to spending time outdoors! This trend is always in style in my book, and summer is the best time to take advantage of the gorgeous weather. So let's get outside and enjoy how great it makes us feel!

Resource: <https://aleteia.org/2023/05/30/5-popular-wellness-trends-to-try-this-summer/>

Reflect

Car rides were the best and most fun times for me and my family. My dad owned a 1985 Red Cherry Toyota Corolla and kept it running for almost 15 years! He would stuff my brothers and I into the back seat. Dad would always take the "scenic route" aka the longest way to and from Waikiki to drop off/pick up our mom to and from work. During our long journey through Honolulu, we would often hear sirens from either a police car, fire engine, and/or ambulance that would quickly pass us by. Our parents would always remind us to make the sign of the cross to pray for those involved.

How often do you make the sign of the cross? Only when we begin and end in prayer, or when we enter the church or when one passes a church, or when one hears an ambulance pass by? We should be making the sign of the cross as often as possible. Each time we pray the sign of the cross, we mark ourselves with our faith, we pray to the Trinity – God the Father, God the Son, and God the Holy Spirit.

Today, the Church celebrates the Solemnity of the Most Holy Trinity, one God who exists eternally in three persons: God the Father, God the Son, and God the Holy Spirit. This unity of the Triune God is a mystery to us but is vital in our Christian faith. In the infamous scripture passage John 3:16, it says, "God so loved the world that He gave His only Son..." In God's infinite love for us, He sent His only begotten Son, Jesus, to save us and redeem us from sin. And in that sacrifice, we are gifted with the outpouring gifts and fruits of the Holy Spirit. God's love is impossible to forget and runaway from. His infinite love is all we need. May we, as one faith community, help our brothers and sisters in Christ, be called to live in love and peace through Him, with Him, and in Him.

Mahalo to all our parishioners and benefactors for your continued love and support in sustaining the mission and vision of campus ministry here at the 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)

