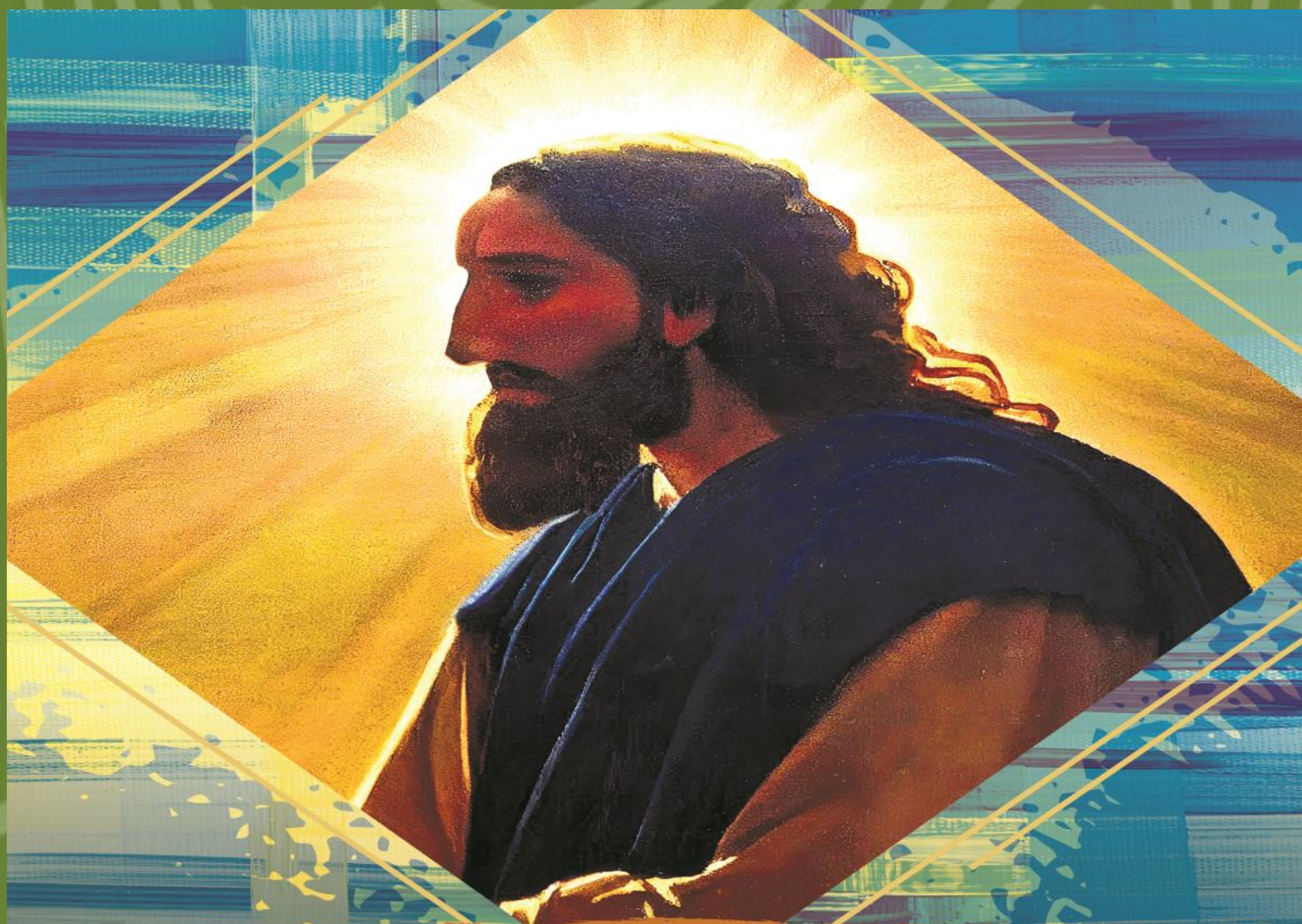


NEWMAN CENTER

Holy Spirit Parish



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)



12TH SUNDAY IN ORDINARY TIME

“Everyone who acknowledges me before others I will
acknowledge before my heavenly Father.” - Mt 10:31-33

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.

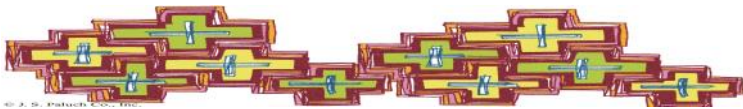
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose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

Today's readings call us to tackle the challenging issues of fear and trust — two concepts that must be confronted and dealt with by all of us who wish to live the stewardship way of life.

The Lord knows that facing down our fears and choosing to trust Him with all areas of our lives is an ongoing challenge for us. He is generous with reassurances to us throughout the Scriptures. Today's Gospel passage from Matthew is a case in point. In the span of eight verses, Jesus addresses the topic of fear four times.

"Fear no one."

"Do not be afraid of those who kill the body but cannot kill the soul."

"Rather, be afraid of the one who can destroy both soul and body."

"So do not be afraid."

And the reassurance continues. "Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted." Notice that Jesus says, "your Father" in describing God's intimate knowledge and tender care for each one of us. He is truly "Abba," our Dad, Who knows us inside and out.

With that, let us all breathe a huge sigh of relief. All is well. Our Father knows us through and through, sent His Son to save us, and will always take care of us. Let's stop wasting any more time with fear. Instead, let's put all our energy, all our time, our talents, and our treasure into trusting this great and loving God, using all that we are and all that He has given us to bring Him glory.

— @Catholic Stewardship Consultants:
www.CatholicSteward.com

Have a blessed week!

Fr. Alfred Omar
(@alfred808)



Important Notices

- UH Food Vault Collection next weekend
- Hospitality Sunday next weekend

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 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:

"Sing to the LORD,
praise the LORD,
for he has rescued the life of the poor
from the power of the wicked!" (Jer 20:13)

Psalm:

Lord, in your great love, answer me. (Ps 69)

Second Reading:

But the gift is not like the transgression.
For if by the transgression of the one the many died,
how much more did the grace of God
and the gracious gift of the one man Jesus Christ
overflow for the many. (Rom 5:15)

Gospel:

"What I say to you in the darkness, speak in the light;
what you hear whispered, proclaim on the
housetops.
And do not be afraid of those who kill the body but
cannot kill the soul." (Mt 10:28)

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.

Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

First Reading

We hear how the prophet Jeremiah turned to God when he felt alone and attacked. What do you need to pray to God for this week?

Second Reading

Paul taught that through the grace of God, Christ reversed the sin of Adam, which brought death to all. When have you felt God's grace in your life?

Gospel Reading

Jesus encourages his disciples not to be afraid. What are some fears you have that you could turn over to God?

Observances for the week of June 25, 2023

Sunday: 12th Sunday in Ordinary Time

Tuesday: St. Cyril of Alexandria, Bishop and Doctor of the Church

Wednesday: Saint Irenaeus, Bishop and Martyr

Thursday: Sts. Peter and Paul, Apostles

Friday: The First Martyrs of the Holy Roman Church

Saturday: St. Junipero Serra, Priest

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

It is not only individuals who need reassurance about God's love and protection. Communities need this reassurance as well, including the community of the family. Children rely on the confidence of their parents for this assurance. Parents can help the entire family's growth in trust and confidence in God by witnessing ways in which daily family needs are entrusted to God's care.

As the family gathers, distribute pieces of paper to each person. Tell them to write or draw ways in which they believe that God's help is needed for each person and for the family as a whole. Each slip of paper can then be collected in a basket.

Invite one member of the family to read aloud today's Gospel, Matthew 10:26-33. Recall together how well God knows your family and thank God for this wonderful grace. Conclude by praying together for each of the needs identified on the slips of paper. After each need is read, pray together, "God, we trust you because you know us so well." Conclude by praying the Glory Be to the Father.

This practice might become a regular part of your family's prayer. Set the basket in a place of prayer and encourage family members to add other needs throughout the week. Perhaps your family can pray for these things together during a family meal.

STEWARDSHIP MOMENT

Jesus minces no words with his disciples: If we acknowledge Jesus publicly, Jesus will remember us before God, our Father. If we deny Jesus, he will forget us. It is very rare that a Christian will denounce Jesus publicly. But we can deny Jesus in more subtle ways. There are many people who conveniently forget all about Jesus Christ and the work of his Kingdom in their daily lives, in moments of weakness, spiritual immaturity or when times get tough. Good stewards strengthen their confession of Christ by praying and attending Mass regularly, examining their lives and going to confession frequently, and reminding themselves daily that Christ resides in them. Take a look at your own daily life. Do you acknowledge Christ before others? How often do you remind yourself that Jesus lives in you?



Stewardship of Time, Talent and Treasure

Tithes and Offerings:

\$1,225 .00

Online:

\$1,775 .00

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

Upcoming Second Collections:

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

Prayer for strength and courage in difficult times

Philip Kosloski - published on 04/30/21

Turn to God with this prayer for the strength to endure difficult times and look forward with hope.

It is important to implore God's special graces with our prayers, especially when trying to persevere during a difficult time in our lives.

Ultimately God can give us the courage we need to stand against the tide of darkness and not be brought down into despair, losing all hope.

Here is a prayer adapted from the 19th-century prayer manual *The Catholic Prayer Book* for reliance on God's strength during our most difficult hours.

Grant, O God, during this difficult time in my life,
that I may show forth by my life whose disciple I am;
that I may be ever directed by your light,
and strengthened by your grace,
to walk courageously in the way of your commandments,
and to serve you with a clean heart,
through our Lord Jesus Christ. Amen.

Resource: <https://aleteia.org/2021/04/30/prayer-for-strength-and-courage-in-difficult-times/>

Grow

10 Secrets that really will help you avoid burnout

Jim Schroeder - published on 06/14/23

As a psychologist, I've found that the real solutions aren't often explored. But they are easy enough to put into practice.

Many of us are at a constant risk of emotional, social, physical, and even spiritual burnout. Even when we recognize that we are endowed with many gifts and blessings, we can still find ourselves drained in ways that leave us with little to give others.

Over the past two decades, through my own challenges, curiosity, and scientific and theological research, I have discovered that unfortunately, the effective keys to confronting this threat are not widely available, integrated, and explored across religious and secular wisdom.

While no one desires burnout, many of the solutions proposed only provide temporary relief, and don't get to the core with an approach that we can adopt for our whole lives.

There are keys that work, both short-term and long-term.

When we come to embrace these keys, and become excited about the potential they have to create greater resiliency and capacity, the possibility of burnout significantly lessens as does the fear associated with burnout (which often is just as bad).

Below you will find what I believe are the top 10 most important steps to help you avoid burnout.

While each deserves a book (or podcast) to flesh out the details, there is little doubt that starting with these 10 areas of focus provides a framework to pursue flourishing as God would intend.

Top 10 keys to avoiding burnout

1. Sleep is one of the greatest assets to prevent burnout. When we do not make sleep one of the primary priorities of our life, we are inviting in the demons of our days.
2. Eating healthy: Most people who think they eat healthy actually do not. When we come to learn how God truly ordains nutrition in our bodies and minds, we will discover a capacity that was previously unseen.
3. The devices designed to bring convenience and access to our lives will drain us unless we learn to control them, and not allow them to control us. Sometimes this means foregoing them altogether.
4. Human beings were designed to move about regularly not just to survive, but to thrive. We should not treat regular activity as something optional.
5. All prayer has purpose and promise beyond our ability to comprehend. But praying while in movement provides opportunities that sedentary prayer does not.
6. Openness to discomfort: In order to experience God's love fully, we must be ready to experience discomfort and deprivation. If we don't, we will struggle to experience the grace and gratitude that can be found in the extraordinary posing as the mundane.
7. Silence: We need silence to come to know ourselves as children of God, and God as our Father. Nothing — not even the best spiritual direction — will ever substitute for coming to know ourselves and God in the quietness of our souls.
8. Embrace life as an adventure: Life is an adventure to be lived one second at a time. Everyone, in any vocation, must understand and embrace this. Otherwise, despair will always remain a step away. The lows of life are replete with opportunity for meaning and growth, but only when we see life as the adventure it is.
9. Depend on God: The people in our lives are one of the greatest gifts God will ever give us. But we cannot depend on them, nor should they depend on us, for what we need and desire. Only when we continually look to God and his entire creation will we free ourselves to love fully and live wholly.
10. Clear identity: I am a child of God first and foremost. No role, no calling, will ever rival this truth. Being a pastor, a parent, a family member, friend, or worker may be my calling and my vocation. But it is not my being. At my core, I am a child of God.

Resource: <https://aleteia.org/2023/06/14/10-secrets-that-really-will-help-you-avoid-burnout/>



Reflect

When the word fear comes to mind, I think of my two fathers – God and my late father. The latter was the disciplinarian parent, and even his physical appearance would imply fear in anyone who would cross paths with him. I remember growing up when calling upon my brothers and I to do chores or our homework, my dad would bark out the loudest command for us to do so. If we dared not to move the first time, we would prepare to be very afraid of what was to come next. Despite his strict demeanor, my dad was the most loving, kind-hearted, and compassionate person I've ever known. His intentions, although at first a bit harsh, were always out of love and care for others. His life was an example of love, just as our heavenly Father is to us, his children.

As we are in this season of Ordinary Time, there is nothing ordinary about our our Father – both in heaven and on earth. The fear that is mentioned in this Sunday's gospel from Matthew speaks not about the fear that frightens us and makes us afraid, but the fear in God that will compel us in faith and thus into action. Jesus tells us that we are God-worthy and reminds us of God's infinite love and trust in us. Therefore, we reciprocate that love and trust in Him.

Yes, there are times in our own lives when we fall, and the burden of bearing of our "cross" is challenging and almost unmanageable, but it is through God's grace that we shall overcome. Jesus tells us not to be afraid and thus to be in awe and fear of God, who encourages and strengthens us to be witnesses of the joy through the Paschal Mystery. May we strive to continuously place our faith and trust in God, no matter what!

"To one who has faith, no explanation is necessary. To one without faith, no explanation is possible." – St. Thomas Aquinas

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)





Faith AND Science

with guest speaker
**FR. JUAN PABLO
MARRUFO-DEL-TORO, S.J.**

Fr. Juan Pablo Marrufo del Toro, S.J. is a native of Guadalajara, Mexico, where he studied physics and business graduating in 2001 from the Jesuit University of Guadalajara. He joined the Jesuits in 2003. As a Jesuit, he earned a M.A. in philosophy of science in 2009 from Loyola University Chicago where he was a telescope operator for the Adler Planetarium; he also earned a Master's in Divinity (2015), a master's in theology (2016) a Sacred Theology Licentiate (2016) from Santa Clara University and a master's in education from the University of San Francisco in 2023. Fr. Marrufo-del-Toro was ordained a Roman Catholic Priest in 2015 and has worked for the Vatican Observatory doing Stellar Photometry and Public Relations. Currently, Fr. Marrufo-del-Toro teaches physics and astronomy at Brophy College Preparatory in Phoenix, AZ where he is also the school's chaplain.

Wednesday, June 28, 2023 | 6:30pm

NEWMAN CENTER-HOLY SPIRIT PARISH | 1941 EAST-WEST RD, HON. HI 96822 | 808.988.6222 | WWW.NEWMANHAWAII.ORG