

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)



14TH SUNDAY IN ORDINARY TIME

“Come to me, all you who labor and are burdened,
and I will give you rest.” - Mt 11:28-30

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.

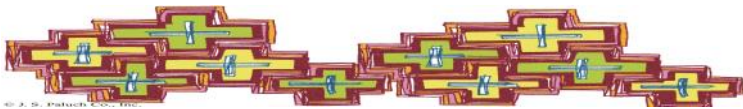
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose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

"Come to me, all you who labor and are burdened, and I will give you rest."

In contrast to the gospel message we heard last week about the difficulties of discipleship in taking up the cross, this week we learn that Jesus offers us his yoke, which is easy and light. When Jesus says, "Take my yoke," he means work closely with him in our pastoral ministry to bring God's love into the world. Jesus tells his disciples that he is meek and humble of heart and that taking on his yoke would include becoming like Jesus in attitude, disposition, and way of being in the world. In Jesus's teaching we learn that God has revealed the hidden things to the "little ones," not "the wise and the learned." Who might the "little ones" among us be? Would they be the ones who are younger in age, less developed in faith, shorter in social stature? I imagine that "the wise and the learned" ones are being challenged today to ask the question: How can we learn from each other in community about taking on the Christlike attitude and disposition of lifting burdens and helping each other?

As a community of active believers, we ought to be open to mentoring each other: carrying the heavy burdens in the world today, supporting those in need, relieving especially the pressures and stresses of those who live in underprivileged communities. As more Americans disaffiliate from religion and religious groups, are we able to offer a place for honest conversations about Christian life? Are we ready to consider true partnerships within our parish communities between youth and adults in the real work of Christian discipleship?

Source: Living Liturgy 2023

Have a blessed week!

Fr. Alfred Omar
(@fralfred808)



Important Notices

- We are in need of liturgical ministers. If you are interested in serving, please see one of our staff members or mass coordinators.

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:

See, your king shall come to you;
a just savior is he,
meek, and riding on an ass,
on a colt, the foal of an ass. (Zec 9:9)

Psalm:

I will praise your name for ever, my king and my God.
(Ps 145)
Or Alleluia.

Second Reading:

For if you live according to the flesh, you will die,
but if by the Spirit you put to death the deeds of
the body,
you will live. (Rom 8:13)

Gospel:

Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves. (Mt 11:29)

Readings for the week of July 9, 2023

Sunday:

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14
(see 1)/Rom 8:9, 11-13/Mt 11:25-30

Monday:

Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab/Mt 9:18-26

Tuesday:

Gn 32:23-33/ Ps 17:1b, 2-3, 6-7ab, and 15/
Mt 9:32-38

Wednesday:

Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3,
10-11, 18-19/Mt 10:1-7

Thursday:

Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-17,
18-19, 20-21/Mt 10:7-15

Friday:

Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28,
39-40/Mt 10:16-23

Saturday:

Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4,
6-7/Mt 10:24-33

Observances for the week of July 9, 2023

Sunday: 14th Sunday in Ordinary Time

Tuesday: St. Benedict, Abbot

Thursday: St. Henry

Friday: St. Kateri Tekakwitha, Virgin

Saturday: St. Bonaventure, Bishop 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.

Stewardship of Time, Talent and Treasure

Tithes and Offerings:

07/01/2023-07/02/2023: \$3,116.00

2nd Collection Peter's Pence: \$657.00

Online 06/23/2023-07/06/2023: \$3,981.00

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

Upcoming Second Collections:

Catholic Charities 08/05/2023-08/06/2023

Catholic University of America: 09/02/2023-09/03/2023

Ohana In Christ Diocesan Appeal: 09/30/2023-10/01/2023

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!

Family Connection

In today's Gospel, Jesus teaches an important lesson for families: from the youngest and simplest among us we can learn the most profound insights about God. Parents who are attentive to this reality can learn much from their children even as their children are learning from them. Families who create time and space for encounters with God will enrich the faith of all who share in family life.

Gather as a family and read together today's Gospel, Matthew 11:25-30. Allow time for each person to reflect on what Jesus reveals to us about God. Invite each person to show these things in a creative way, perhaps through a picture, poem, or some other means. Share these with one another. Conclude in prayer together, thanking Jesus for making God known to us. Pray together the Lord's Prayer or today's Psalm, Psalm 145.



STEWARDSHIP MOMENT

One of the most well known and beloved passages in scripture is the gentle invitation of our Lord in today's Gospel reading: "Come to me, all you who labor and are burdened, and I will give you rest." When we need physical rest, we sleep or take a nap. When we need emotional rest, we take a break, go for a walk, or when the opportunity presents itself, take a few days off. But how do we find spiritual rest? How do we discover Christ's peace as we grapple with this time of uncertainty and its complex issues deep in our hearts? Good stewards find their rest in the Lord. Reflect this week on what you do to welcome the peace of Christ into your heart.

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

A prayer for the days you just can't take it anymore

Kathleen N. Hattrup - published on 03/25/17

When life on this earth seems overwhelming, support from heaven is waiting to come.

No matter how mindful we are of our blessings, some stages of life — or simply, some days — are particularly marked by burdens.

Often, the weight we carry is made heavier because we feel alone in facing what we must.

The following prayer, attributed to St. Augustine, reminds us that, even when we feel that life is overwhelming and no one has our back, “heroes and saints of every age” are at the ready to give us support.

They are our truest brothers and sisters and friends — more attentive to our needs than any earthly helpmate, and also more able to help.

Let us, with them, “tune our hearts to brave music,” and, as St. Catherine of Siena said, “start being brave about everything.”

God of our life,

There are days when the burdens we carry
chafe our shoulders and weigh us down;
when the road seems dreary and endless,
the skies grey and threatening;
when our lives have no music in them,
and our hearts are lonely,
and our souls have lost their courage.

Flood the path with light,
turn our eyes to where the skies are full of promise;
tune our hearts to brave music;
give us the sense of comradeship
with heroes and saints of every age;
and so quicken our spirits
that we may be able to encourage
the souls of all who journey with us
on the road of life,
to your honor and glory.

Resource: <https://aleteia.org/2017/03/25/a-prayer-for-the-days-you-just-cant-take-it-anymore/>



Grow

How to deal with the problem of “phubbing” at home

Ignasi De Bofarull - published on 07/06/23

Constant internet use can damage family life. How can we deal intelligently with phubbing?

When we refer to “phubbing” (a combination of the words phone and snubbing) we’re talking about when people neglect or ignore others in favor of using their smartphone (or tablets or other digital devices). Typically it happens when we’re texting, browsing social media, or playing games.

Phubbing doesn't only occur with casual acquaintances or friends. In fact, it may be even more common among family members, with whom we feel more familiar and less obliged to abide by social norms. Mealtimes and evenings are opportunities for families to engage, but instead everyone is often in their own bubbles, ignoring everyone else.

Worth the price?

These behaviors have a real and serious cost.

By giving priority to remote and virtual interactions over our family members who are physically present, we damage our family atmosphere. Phubbing closes us off, each in our own world. It dulls feelings of affection in our relationships and prevents us from talking to each other about the things that matter to us. Phubbing also makes us habitually rude and implicitly tells the others, without words, that the banal and dispensable demands of digital entertainment are more important than family.

Prioritizing digital devices over spending quality time with family can lead to feelings of abandonment, frustration, and disconnection among family members. It hinders communication, bonding, and an overall sense of togetherness.

What we all really need

Children need to talk to their parents about a wide variety of issues. They want to feel supported, understood, and loved. Those needs can't be met if mom and dad are constantly busy scrolling through social media. And it's a lot harder to hug your kids when you're clinging to a phone.

Parents suffer, too, because they share the same basic needs for love and support that their kids have. Those are needs that can't be met by even the most sophisticated device. Only other people can respond to these deep human needs, and a family is the primary place where that dynamic happens.

That's why it's so important to address the issue of phubbing directly, perhaps through a group conversation or by opening up lines of communication that can help all family members establish healthy boundaries and help them rediscover the joys of interacting with each other.



Grow

Fortunately, there are strategies that can help.

Strategies to prevent phubbing and build family relationships

- Mark specific areas or times in which digital devices are not to be used in your home, such as during meals or family gatherings. You might have a basket where everyone places their phones during this time. The ultimate goal is to spend more time paying attention to our family members and less time on our devices.
- Parents and elders should be role models: They should provide an example of the behavior they would like to see in others. When younger family members see that you are serious about staying off your device, they will be more likely to do the same, especially when they realize that you are being more attentive to them.
- Propose regular activities to encourage interaction and engagement among family members. These could include board game or card game nights, time spent together outdoors, or even simple activities such as cooking together.
- Encourage your family members to share with each other. A grandparent could relay a bit of family history, for instance. Or you can go around the table and ask everyone what their perfect dream vacation spot would be and why. Younger children can read aloud a book they really like or show an artwork that they have made. These moments don't have to be especially elaborate, and they may not always be successful, but family communication and relationships can only grow with practice.
- If these steps are helping, then try proposing that devices not be kept in bedrooms — where supervision and accountability are almost impossible. Again, parents need to be role models in this. Ideally, TVs and video game consoles should be centralized and in plain sight. Playing games or watching movies or TV shows together can help build a stronger family culture, especially when they are discussed afterwards.

Strengthening family

With these guidelines as a starting point, we can start to rebuild our family culture. As we interact, we will grow to know, understand, and appreciate each other more.

As digital isolation disappears, authentic family life will take shape: the reward will be greater peace and family wisdom.

Resource: <https://aleteia.org/2023/06/29/alice-von-hildebrands-wit-and-wisdom-displayed-in-new-book/>

Reflect

Have you ever watched infomercials that aim at a particular product or series of products, become smitten on the product(s), and get reeled into calling the toll-free 800 number within a certain time frame to get the "special deal" and end up purchasing the product(s)? Or ever heard of these advertisements: "By using this cleaning product, you will be able to restore your furniture back to new!" or "This all-in-one gadget will cut your cooking prep time in half!" These products suddenly become the solution to everyone's cleaning and cooking problems. "And only for four payments of \$19.99!" Wow, what a deal! Now, don't we all wish there was a solution to all the problems, struggles, burdens, and challenges in our lives...

What if there is a solution to the issues we face in our lives? In this Sunday's Gospel, Jesus invites us to bring all feelings of worry, anxiety, doubt, and concern to Him, to find comfort and rest in Him, offering us to lighten our load when it gets too heavy and overwhelming. He is the solution. He understands what we need, He knows when we are hurt, He knows we cannot do this alone. May we seek comfort in the knowledge that God's love will surpass all that challenges us, let us trust in Him wholeheartedly, and may we seek His continuous guidance and strength so that we may gain the willpower to overcome any trial or tribulation that come our way.

"I plead with you – never, ever give up hope, never doubt, never tire, and never become discouraged. Be not afraid." – St. John Paul II

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)



14TH SUNDAY IN ORDINARY TIME

