

NEWMAN CENTER

Holy Spirit Parish



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SUNDAY, JULY 16, 2023

15TH SUNDAY IN ORDINARY TIME

“The seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold.” - Mt 13:23

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.

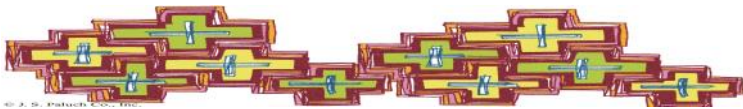
We are a spirit-filled and welcoming community that proclaims and celebrates the Good News through liturgy, the sacraments, faith sharing, outreach, and social action. As the Roman Catholic Community of the University of Hawai'i, we offer opportunities for life-long faith development to all who choose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

"We know that all creation is groaning in labor pains even until now."

In his 2015 encyclical *Laudato Si'*, Pope Francis opens with facts about how we have harmed the earth and each other. He then shows us how the Catholic faith brings hope and motivation to address environment issues. Those environmental issues that he mentions are pollution and climate change. He writes, "There is an urgent need to develop policies so that, in the next few years, the emission of carbon dioxide and other highly polluting gases can be drastically reduced, for example, substituting for fossil fuels and developing sources of renewable energy. Worldwide there is minimal access to clean and renewable energy." (26) One way that the Newman Center has done our part to draw from richer and cleaner wells of energy was the installation of solar panels.

In 2016, the Newman Center entered into an agreement with CC Solar LLC through the Diocese of Honolulu to install a renewable energy Photovoltaic (PV) system to do our part in the care of creation and to help the parish save on our electric bill.

In June 2022, the diocese acquired our PV system from CC Solar LLC and became the civil owner. To help parishes even more in saving on the utility cost, the diocese offered the parishes to canonically purchase the PV system. The purchase price for the system on the Newman Center building is \$39,808. After consultation with our parish's Finance Council and Pastoral Council, we decided to canonically purchase the system. If we decided not to purchase, the estimated costs of the remaining life of the Purchase Power Agreement (PPA) would be \$80,178.

Now that we know we will remain at this location beyond the remaining life of the PPA, it made sense to purchase the system outright. With all this said, I want to give you an opportunity to help in this effort. I humbly ask you to pray about and consider making a sacrificial gift for the restricted purpose of canonically purchasing the PV system. There is no gift too small. May God bless you for your generosity!



Have a blessed week!

Fr. Alfred Omar (@fralfred808)

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 rain and snow come down
and do not return there
till they have watered the earth,
making it fertile and fruitful. (Is 55:10)

Psalm:

The seed that falls on good ground will yield a
fruitful harvest. (Ps 65)

Second Reading:

I consider that the sufferings of this present time
are as nothing
compared with the glory to be revealed for us.
For creation awaits with eager expectation
the revelation of the children of God. (Rom 8:18-19)

Gospel:

And he spoke to them at length in parables, saying:
"A sower went out to sow. (Mt 13:3)

Readings for the week of July 16, 2023

Sunday:

Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/
Rom 8:18-23/Mt 13:1-23 or 13:1-9

Monday:

Ex 1:8-14, 22/Ps 124:1b-3, 4-6, 7-8/Mt
10:34—11:1

Tuesday:

Ex 2:1-15a/Ps 69:3, 14, 30-31, 33-34/Mt
11:20-24

Wednesday:

Ex 3:1-6, 9-12/Ps 103:1b-2, 3-4, 6-7/Mt
11:25-27

Thursday:

Ex 3:13-20/Ps 105:1 and 5, 8-9, 24-25, 26-
27/Mt 11:28-30

Friday:

Ex 11:10—12:14/Ps 116:12-13, 15 and 16bc,
17-18/Mt 12:1-8

Saturday:

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4,
5-6, 8-9/Jn 20:1-2, 11-18

Observances for the week of July 16, 2023

Sunday: 15th Sunday in Ordinary Time

Tuesday: St. Camillus de Lellis, Priest

Thursday: St. Apollinaris, Bishop and Martyr

Friday: St. Lawrence of Brindisi, Priest and
Doctor of the Church

Saturday: St. Mary Magdalene

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

Today's Gospel reminds us that in order for God's Word to take root in us and produce abundant fruit, we must endeavor to be like good soil. Families, in particular, hold the responsibility for "preparing the soil" so that the seeds of God's Word can grow strong. There are many ways in which families do this—family traditions in which faith is celebrated, prayer and reading of Scripture, and instruction on the faith. In these ways, parents fulfill the promises they made at their child's Baptism. Gather together as a family and reflect together on the Sacrament of Baptism. Tell the story of the Baptism of each child, showing any pictures that were taken. If you have your child's Baptism candle or gown, share these as well. Recall together that one of the promises that parents make at their child's Baptism is to bring them up in the practice of our faith. Talk together about the importance of this promise to your family. Then read together today's Gospel, Matthew 13:1-23. Reflect together on the ways in which your family practices your faith (daily prayer, Mass attendance, religious instruction, etc.). Remind one another that we do these things as a family so that God's Word can take root in our lives and produce abundant fruit. Conclude in prayer together by praying today's Psalm, Psalm 65.

STEWARDSHIP MOMENT

In today's second reading, Saint Paul gives us reason to hope for a wondrous future beyond our imagination. He preaches this hope amidst the suffering of the early Christian communities. "Brothers and sisters: I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us" (Romans 8:18). Good stewards realize that by remaining faithful to the Gospel with persistence, fervor and endurance, our hope in the promises of Christ Jesus will be rewarded.

Reflect this week on concrete ways you can remain faithful to the Gospel during these challenging times.



Stewardship of Time, Talent and Treasure

Tithes and Offerings:

07/08/2023-07/09/2023: \$1,942.00

Online

07/07/2023-07/13/2023: \$2,085.00

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!



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 to follow the example of St. Mary Magdalene
Philip Kosloski - published on 07/22/22

Ask God for help in following the example of St. Mary Magdalene, "apostle of the apostles."

While little is definitively known about St. Mary Magdalene, except from a few brief passages in scripture, her actions speak very loudly of her faithfulness to Jesus Christ.

She must have led a very deep and holy life to be close to Jesus at his crucifixion and to have visited his tomb on the day of his resurrection.

Here is the collect prayer for her feast, which asks God for help in imitating her example.

**Almighty, ever-living God,
your only-begotten Son Jesus Christ
made Mary Magdalene the first herald of Easter joy.**

**Grant that, following her example and helped by her prayers,
we may, in this life, proclaim the living Christ,
and come to see him reigning with you in glory.**

**Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.**

Resource: <https://aleteia.org/2022/07/22/prayer-to-follow-the-example-of-st-mary-magdalene>

Grow

Why your feelings are much too important to ignore
Fr. Michael Rennie - published on 07/09/23

As the writer Alice von Hildebrand reminds us, our emotions have an important role to play in our daily lives and in our faith.

When I was applying for seminary, like all the applicants, I underwent a psychological evaluation. Going over the results with me, the psychologist remarked that I seemed to have very little ability to identify my own emotional state at any given moment. That statement took me aback. I know what my emotions are, I thought, I totally know what I feel. Only later — much later — did I realize how annoyed I was with him for saying that.

Thus, his point was proven. He was absolutely correct. It isn't exactly that I don't know how to identify my feelings but, rather, that I often require time and reflection to do so. For instance, at the end of the day I'll reflect on my actions and realize that I was curt with my wife because some completely unrelated issue at work was stressing me out. I have to make a conscious effort to understand my feelings. I often fail to do this.

There is no escaping our emotions. Until I met that psychologist, I thought I was just the sort of person who makes decisions with the intellect and doesn't experience strong emotional reactions. I was even proud of this. I thought it made me more rational.

Grow

The psychologist pointed out that I do, indeed, have emotions just like anybody else, but I lose touch with them. When I do, my words and actions actually become less rational because I don't understand my inner condition, the circumstances that form the context for my decisions.

My emotions affect my behavior far more than I'd like to admit. That's why it's so important that I take the time to understand how I'm feeling. Acting out of unexamined emotions is a recipe for disaster. Those are the times when you might randomly and unjustifiably lash out at a random person, have a sudden emotional outburst, or if you're like me, start to close yourself off and withdraw.

Distrust of feelings

The writer Alice von Hildebrand notes that this attitude carries over into our spiritual lives, writing, "feeling are often denigrated in homilies and in spiritual direction." This is because we distrust the role that emotions play in our personal development. To have deeply rooted feelings is viewed with suspicion, as if those feelings then cloud our judgment. A truly spiritual person allegedly looks past feelings, pushes past misery or doubt or desire, and drills down to the cold hard facts of intellectual assent.

However, if this is the case, then why did the psychologist encourage me to take the time to identify my emotions? Why didn't he instead praise me for pushing them out of my active consciousness? And why does the Psalmist encourage us to, "delight in the Lord"? That idea of delight seems suspiciously to me like an emotional attachment.

The answer, of course, is that it would be profoundly unhealthy to eliminate feelings. We are bodily creatures, full of feelings for both good and ill. We are made to experience the full range of emotions. There is value to emotions. They aren't meant to be pushed aside. Quite the opposite, they are meant to be embraced.

What role should emotions play?

This isn't to say that our emotions should take the place of the intellect. Since the emotions are so variable, this would cause major issues. Imagine, for instance, if a married couple were to consider the value of their love to be directly tied up with how they currently feel about each other. The marriage would evaporate at the first argument, or even simply if the initial romance cools off over time.

The way to understand the value of following our feelings is first to acknowledge a somewhat contrary truth — our emotions cause us so much difficulty because we tend not to feel enough and not rightly. Many of our emotions are quick, unexamined reactions to various stimuli. They're only half-felt, reactionary, and indecisive. They're often in response to superficial events and colored by our selfish perspective.

This isn't how we are meant to feel. Human beings are created to feel deeply. The trick is to learn to feel full, rightly-ordered, expansive emotions about the right sort of things. The philosopher Plato phrases it succinctly when he says that should learn to, "love what should be loved."

Life isn't an intellectual exercise. Living with no emotions at all would be half a life, lacking in richness and plenitude. The intellect and the emotions are meant to cooperate — the intellect guiding the emotions, and the emotions giving body to the intellect.



Grow

Enjoy your life

A healthy person doesn't deny they have feelings but, instead, seeks to purify those feelings. In this way we arrive to a more authentic engagement with ourselves, other people, and the world.

No doubt you've noticed that it's the height of summer vacation. Take delight in it! Enjoy the beach, hiking, long-lazy days, time off work, grilling out on the holidays, watching the baseball game, playing in the park. Enjoy spending time with friends and family. Seek to feel God's presence at Mass or in prayer.

We are meant to have a positive emotional attachment to good things. This is the joy of life, to love goodness and beauty and naturally desire to appreciate them and, if possible, embody them.

A fully alive person loves that which is lovable, and they do so with their whole selves, which is why Alice von Hildebrand describes feelings which are noble and good as, "precious jewels in God's sight."

Resource: <https://aleteia.org/2023/07/09/why-your-feelings-are-much-too-important-to-ignore/>



Reflect

Ho'oulu Me Ka Ikaika – Grow with Strength

Aloha from Hilo! I am blessed to be here on a four-day retreat-camp called Ho'oulu Me Ka Ikaika, which means "Grow with Strength," as a childhood cancer survivor and retreat leader-counselor. Let me just share some background about this camp. Established in 1992 by the American Cancer Society, Ho'oulu Me Ka Ikaika is a unique opportunity for teens and young adults who have had childhood cancer and/or currently going through treatment for cancer. This fun-filled experience gives way for them to connect with peers and process the cancer experience in a safe, nonjudgmental, and supporting community. In 2020, Ho'oulu Me Ka Ikaika continues its mission in Hilo with the help of "No Na 'Opio," a non-profit entity established to support Hawaii's young people. This retreat atmosphere is one of healing as well as growing with strength and confidence into an adult cancer survivor.

In today's Gospel, Jesus shares with the large crowd the parable of the sower. The sower went out to sow, seeds fell on the path - some on rocky ground, some among thorns, and some on rich soil. We can relate to this with our own lives. For us, there are good days and then there are some not-so-good ones. We tend to focus on the rocky ground that creates chaos and thorns that disrupt our lives. We often forget about God who provides the rich soil for us to grow which in turn allows us to bear fruit in the mission of discipleship. The retreat atmosphere of this Ho'oulu Me Ka Ikaika retreat-camp is one of healing as well as growing with strength and confidence into becoming resilient and empowered survivors. We, too, can grow in that same strength and confidence in God, who is our good soil that continues to nourish our lives. May we also become examples of sunlight and water to our brothers and sisters in Christ so that we may take the good word and works of God to the world.

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)

