

Newman Center

Holy Spirit Parish

NEWMAN CENTER
HOLY SPIRIT PARISH
at the University of Hawaii - Mānoa



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2ND SUNDAY OF LENT

And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. - Mk 9:2-3

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

February 25, 2024

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

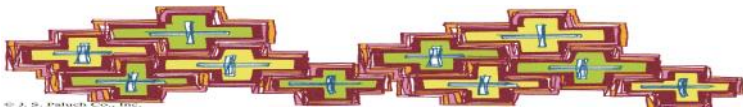
Pastor | Director of Campus Ministry 214
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Campus Minister 211
Fay Pabo
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Communications & Pastoral Assistant 211
Brandon Akiona
pastoralassistant@newmanhawaii.org

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

"I will walk before the Lord, in the land of the living."

Today's readings are a powerful testimony to God's profound love for each one of us. It is a reminder for us, as Christian stewards, to surrender all that we have to the Gracious Giver.

The First Reading from Genesis is the infamous story of God putting Abraham to the test. God commands Abraham to offer his son, Isaac, to the Lord as a sacrifice. Abraham obeys the Lord. Yet, a messenger of the Lord cries out at the last moment to stop him. Because of Abraham's faithfulness and surrender to the Lord, he is blessed abundantly.

We can only imagine how Abraham felt, offering the life of his son, not understanding why, but blindly obeying. Yet, Abraham's response of total surrender to God's plan is a testament to trust in God's deep love for us. As Christian stewards, we are called to surrender all to the Lord — our time, our talents, and even our material possessions. We should willingly give God our entire lives with the confidence that He will take care of us.

St. Paul echoes this message so beautifully in our Second Reading. He says, "He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?" God loves us so much that He gave us His only Son who suffered, died, and rose for us. He has given us His very best. Can we not entrust our entire lives to Him knowing He will continue to pour out His love on us?

As we continue our journey through Lent, let us reflect on God's profound love for us.

©www.catholicsteward.com

Have a blessed Lenten week,

Fr. Alfred Omar
(@fralfred808)



Important Notices

- Stations of the Cross FRIDAYS @ 6PM
- UH Food Vault Collection 3/2-3
- Hospitality Sunday 3/2-3
- Episcopal Visit - Weekend of 3/9-10 ALL MASSES

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

Living Liturgy

Liturgy and Justice: When we connect the words of Scripture to the realities in our daily lives, for example, the changing face of a neighborhood as the result of gentrification, we start to see a model of holding space for peace within chaos. When higher income housing development begins to stake a claim on the street corners of our unhoused neighbors, there are fewer places for the unhoused to gather, pushing them out from services they need. Poverty is soothed by collaborative community relationships, but made more difficult when housing and commercial spaces are not accessible to all.

A diversity of individuals make up the most collaborative, loving, and generous communities. As neighborhoods become less diverse, it threatens communities where unhoused and housed individuals and families could exist, which creates a reality that feels more divisive, with an atmosphere of "us" and "them." We are reminded of the second reading: "If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will not also give us everything else along with him?"

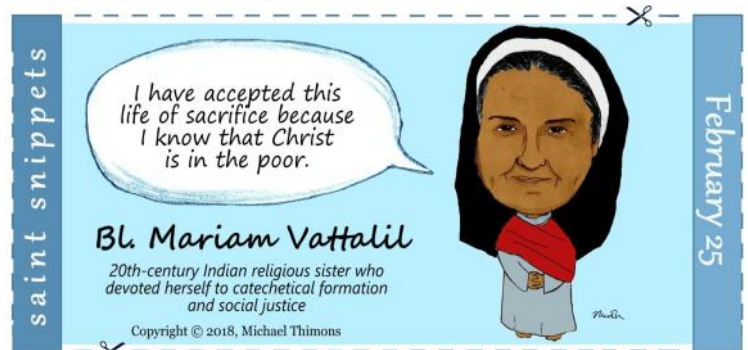
As we navigate through difficult relationships, we must dare to ask some significant questions: Can animosity survive if God is with us? How do we hold space for all people? What does radical welcome look like? (From Living Liturgy 2024)

READINGS FOR THE WEEK

Monday: Dn 9:4b-10; Ps 79:8-9, 11, 13; Lk 6:36-38
Tuesday: Is 1:10, 16-20, Ps 50:8-9, 16bc-17, 21, 23; Mt 23:1-12
Wednesday: Jer 18:18-20; Ps 31:5-6, 14-16; Mt 20:17-28
Thursday: Jer 17:5-10; Ps 1:1-4, 6; Lk 16:19-31
Friday: Gn 37:3-4, 12-13a, 17b-28a; Ps 105:16-21; Mt 21:33-43, 45-46
Saturday: Mi 7:14-15, 18-20; Ps 103:1-4, 9-12; Lk 15:1-3, 11-32



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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/>

Contemplative Prayer (via Zoom)

Monday Nights at 6:30 pm. 30 minutes of silence, followed by Scripture and Sharing. For more information,

Family Connection

Every family has special moments that they remember and share again and again. In sharing these stories, the meaning and importance of these events develop and deepen over time. This is how it was with the disciples' remembrance of Jesus' Transfiguration. The full significance of what they had seen and experienced could only be understood after Jesus' death and Resurrection. As they told other believers about this event and recorded the story for us in the Bible, our understanding of what it means to call Jesus God's own Son has also deepened. As you gather as a family, think about some special family memories that your family tells over and over again. Talk about why these memories are important to you. Recall that in the Bible we find many important memories about Jesus that have been recorded for us so that we can believe that Jesus is God's Son. Read today's Gospel, Mark 9:2-10. What do we learn about Jesus from this Gospel? (He fulfills the promises God made to Israel through the Law and the prophets. God glorified Jesus in his Resurrection. Jesus is God's Son.) Conclude in prayer together that as we continue to read the Bible, we will deepen our understanding of and our love for Jesus. Pray together the Lord's Prayer. (From Loyolapress.com)



NEXT WEEKEND

We will have our monthly collection of food for the UH food pantry next weekend. The pantry is in need of canned proteins (Vienna sausage, spam, chicken, tuna), canned vegetables, breakfast items and individual starches.

PLEASE ENSURE ITEMS ARE NOT EXPIRED

For more information about the Food Vault,
www.facebook.com/foodvaulthawaii

Stewardship of Time, Talent and Treasure

Tithes and Offerings:

02/17/2024-02/18/2024: \$1,820.00

Online Collection:

02/16/2024-02/23/2024: \$1,545.00

Ash Wednesday \$ 964.00

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

Upcoming Second Collections:

Catholic Relief Services: 03/09/2024-03/10/2024

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



Around the Parish



EPISCOPAL *Visit*



9 March 2024 | 5pm Anticipated Mass

*Bishop Silva will be presiding at all weekend masses

10 March 2024 | 9am, 11am, & 5pm Masses

**Townhall meeting after Sunday 11am Mass. Parishioners and students are invited and welcome to join the Bishop in fellowship and discussion.

Adult Confirmation

If you have not completed the Sacraments of Initiation (Confirmation and/or First Eucharist) and are aged 18 and above, we can help you. We will begin sacramental preparation for completion this coming March.

Please contact, Fr. Alfred Omar, if you are interesting in joining the preparation sessions.

Call the parish office at 808-988-6222 or email: pastor@newmanhawaii.org

New to Newman Center - Holy Spirit Parish?

Aloha! E Komo Mai!

We welcome you to your new spiritual home and are delighted to have you join our parish community!

At Newman Center - Holy Spirit Parish, we know that we are all individual parts of the mystical Body of Christ. Working together, we find great joy in doing God's work here on earth. We invite and encourage you to join us as we pray, work and fellowship together.

Please contact the Parish Office to register. Welcome!

2024 Lent and Holy Week at Newman

March 1-Stations of the Cross @6pm

March 8-Stations of the Cross @6pm

March 9 & 10 - Episcopal Visit

Townhall Meeting after 11am Mass

March 11, 12, & 13-Parish Lenten Mission

led by Fr. Radmar Jao, SJ @6pm

March 13-Lenten Penance Service @6pm

March 13 - Lenten Penance Service @6pm

March 15-Stations of the Cross @6pm

March 22-Stations of the Cross @6pm

March 24-March 30 - Holy Week

March 28-Mass of the Lord's Supper @7:30pm

March 29-Good Friday Liturgy @1pm

Taize Service @7:30pm

March 30-Easter Vigil @8pm

March 31-Easter Sunday Egg Hunt after 9am Mass

Life in the Eucharist Seminar

Discover the profound impact the Eucharist can have on your life and faith journey.

NOURISHMENT RECONCILIATION TRANSFORMATION ABIDING PRESENCE MISSION



Contact the
Parish Office
to Register



February 29 - March 2, 2024
at Mary, Star of the Sea Parish (4470 Aliikoa Street, Honolulu)
FREE!

NEWMAN CENTER-HOLY SPIRIT PARISH

Come to the Water

Lenten Parish Mission



Renewing Our Personal Encounter with Jesus

March 11 - March 13*

*Lenten Penance Service on March 13

6:00 pm

If Advent is a time to rearrange the furniture of our lives in anticipation of an infant's arrival, then Lent is our opportunity to throw out any old baby clothes and toys knowing that child has grown up and is on a mission, a mission we are invited to follow!

This 3-day parish mission invites us to renew our personal encounter with Jesus by looking at our baptism, which allows us to see the world differently, to see each other differently, and even to see ourselves differently, by recognizing and finally accepting that despite our sinful and broken nature, our primary identity is that we are God's beloved daughters and sons, who belong to a larger community of disciples, called to be of joyful service to one another!



Fr. Radmar Jao, SJ

is currently the Vocation Director for the Jesuits West province of the Society of Jesus. Prior to joining the Jesuits in 2001, he was a professional actor in Hollywood, who now uses his acting skills to witness to his faith and calling as a Jesuit priest. He is passionate about the intersection of Ignatian Spirituality and the performing arts, as well as ministering to young adults in their 20's and 30's. He's been retreat leader and spiritual director for nearly 20 years, and during his free time, he enjoys running, hiking, cooking, watching movies, good conversations, and people who make him laugh!



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Pray

This prayer of St. Ephrem
perfectly summarizes the spirit of Lent
Philip Kosloski - published on 03/10/19

Many Christians around the world pray this prayer every day of Lent.

For Eastern Christians, the liturgical season of "Great Lent" is punctuated throughout with the ancient prayer of St. Ephrem the Syrian. Ephrem was a holy and devoted hermit who lived in the 4th century and composed a variety of prayers and hymns to God.

One of them has been used by Orthodox and Byzantine Christians for many centuries during penitential liturgies. In particular, it is used during weekday liturgical services of Lent, and many believe it perfectly summarizes the spirit of Lent.

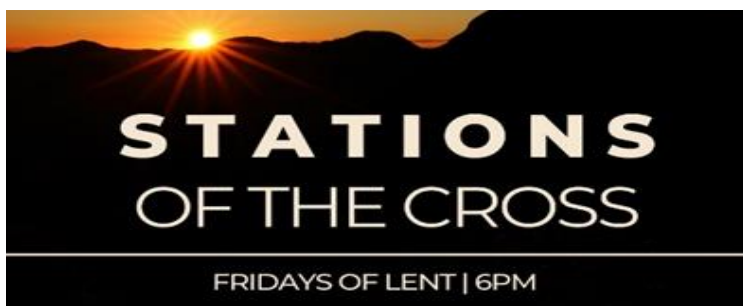
The prayer begins by asking God to take away various sins, replacing them with corresponding virtues. This is a very important part of Lent, as Lent is not a season entirely focused on purging oneself of sins, but should also bring a person closer to practicing virtue.

St. Ephrem also asks God to reveal his own sins, while not judging the sins of others. Lent is a time for interior renewal, when we do not seek to change others, but only to change ourselves.

Below is a popular English translation of the prayer, which was originally written in the Syriac language.

*O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant.
Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.*

Resource: <https://aleteia.org/2019/03/10/this-prayer-of-st-ephrem-perfectly-summarizes-the-spirit-of-lent/>



Grow

Hitting the snooze button too often is bad for sleep
Marzena Devoud - published on 02/21/24

Scientists agree: using the snooze button when you wake up to extend your night by a few minutes has the exact opposite effect to that intended by sleepers.

As much as 85% of people set an alarm clock every morning to get up. While some don't waste a second in getting about their business, others find it harder to jump out of bed. Whether it's on their good old-fashioned alarm clock or their cell phone, these people know perfectly well how to find the "snooze" button, which allows them to postpone their daily alarm by a few minutes.

This is a totally counter-productive reflex, according to Till Roenneberg, Professor of Human Chronobiology at the Institute of Medical Psychology, University of Munich, and author of the book *Internal Time*. According to him, this bonus of a few extra minutes' sleep doesn't give your body any extra rest. Worse still, it makes waking up more difficult.

The fact is, sleep is made up of several phases, of varying depths. Going back to sleep after the first morning wake-up call, thanks to the snooze button, would plunge you back into a new sleep cycle, starting with the first phase — the deep phase — which you subsequently interrupt by waking up a short time later.

"Sleep inertia" and how to avoid it

Maria Konnikova, a writer and psychologist at Harvard University, in an article published in *The New Yorker*, explains that this leads to "sleep inertia." "Sleep inertia refers to that period between waking and being fully awake, when you feel groggy. The more abruptly you are awakened, the more severe the sleep inertia."

The ideal, she goes on to explain, is to try to synchronize our sleep time with our natural biological clock, which is regulated primarily by exposure to natural light. The result is that we sleep better and wake up spontaneously and with much less sleep inertia.

Nevertheless, according to some scientists, if the snooze button is used without abuse and, above all, without falling asleep (!), it can help you wake up gently and get out of bed on the right foot.

Resource: <https://aleteia.org/2024/02/21/hitting-the-snooze-button-too-often-is-bad-for-sleep/>

CAMPUS MINISTRY

NEWMAN CENTER-HOLY SPIRIT PARISH CAMPUS MINISTRY



"Master, to whom shall we go? You have the words of eternal life." - John 6:68

LENTEN BLESSING BAG PROJECT

WE ARE SEEKING DONATIONS OF:

Toiletries: toothbrush, toothpaste, floss, soap, comb, feminine hygiene products, deodorant

Necessities: gallon size Ziploc bags, band-aids, baby wipes, hand sanitizer, small washcloth, slippers

Non-perishable items: energy bars, trail mix, gum, instant oatmeal

NEWMAN CENTER HOLY SPIRIT PARISH CAMPUS MINISTRY

Mahalo
FOR YOUR SUPPORT!

How To Give Alms This Lent

- ✓ **VOLUNTEER YOUR TIME**
- ✓ **CLEAN OUT YOUR PANTRY AND GIVE ITEMS TO A FOODBANK**
- ✓ **MAKE A MEAL FOR A NEIGHBOR OR FAMILY IN NEED**
- ✓ **SACRIFICE A TREAT (COFFEE, DESSERT) AND GIVE THAT MONEY TO THE POOR**
- ✓ **MAKE BAGS OF TOILETRY ITEMS TO GIVE TO THE HOMELESS**
- ✓ **GIVE AWAY AN OUTFIT OR ITEM YOU STILL REALLY LIKE! (AND OTHERS YOU NO LONGER USE)**

CatholicLink

Reflect

When I hear the word "sacrifice," I automatically think of parents and their ultimate love and sacrifice. They strive to make the lives of their child(ren) better even before they come into this world and continue to do so till their very last breath. This is God for us. God's sacrifice of His beloved Son illuminates His unconditional love and immeasurable sacrifice for us.

We tend to look at sacrifice as a journey towards demise, but in reality, it brings us closer to God. Yes, there is some work for us to do on our end, but when open our hearts and minds to God, and are willing to trust in Him, can you imagine the wonders of God's grace in our lives?! During this Lenten season, may we look at ourselves, and reflect on practices and/or changes we can make to better hear and respond to God's voice. We are called to seek Him in times of suffering and look forward to God's saving grace. Let us be ready to encounter, receive, and embrace Him in our lives.



"A sacrifice to be real must hurt, and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in His love than in your weakness." – St. Teresa of Calcutta

A BIG MAHALO to our parishioners and benefactors for your continued prayers, love, and support for campus ministry. We are blessed by your generosity and kindness to our student community. May we continue to pray for one another, and for peace in our world and among our brothers and sisters in Christ.

St. John Henry Newman, pray for us!

- Fay C. Pabo (@fa_jo_pab0)