

# Newman Center

# Holy Spirit Parish



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5TH SUNDAY IN ORDINARY TIME

FEBRUARY 9, 2025

They left everything and followed him.

- Lk 5:11

# 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.

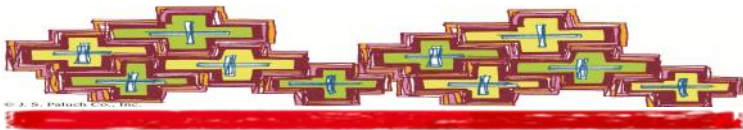
Come journey with us!

## Pastoral Team

### Phone Ext

<b>Pastor   Director of Campus Ministry</b> Fr. Alfred Omar B. Guerrero pastor@newmanhawaii.org	214
<b>Administrative Assistant</b> Alofa Leasiolagi manager@newmanhawaii.org	219
<b>Campus Minister</b> Fay Pabo campusministry@newmanhawaii.org	211
<b>Communications &amp; Pastoral Assistant</b> 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

"In the sight of the angels I will sing your praises, Lord."

Our readings today remind us of the great privilege we have in calling ourselves both children and disciples of the Most High God. The First Reading from Isaiah describes a vision of the prophet in which angels surround the Lord proclaiming, "Holy, holy, holy is the LORD of hosts! All the earth is filled with his glory!" Our God invites us to such deep intimacy and friendship with him that sometimes we can forget just how majestic and unspeakably holy he truly is. In the Gospel passage, from Luke, Jesus instructs Simon to lower his nets for a catch despite an unsuccessful night of fishing. Peter is skeptical but obeys and is amazed at the catch of fish that he makes. He kneels down before Jesus in astonishment. This sense of awe and reverence before God should motivate us to deepen our stewardship way of life. As we contemplate the holiness of God, we come to a heightened awareness of what a privilege it is that he has chosen to include us in his work of spreading the Gospel to others through the grateful sharing of the gifts he has given us. Aware of this privilege, we will then make the words of Isaiah our own: "Here I am Lord, send me!" @www.CatholicSteward.com

Last Sunday, the Friends of Newman Center elected a new Board of Directors. Congratulations to President Stephen Dyer and the new board!

Finally, all are invited to an Adult Faith Formation Event this coming Wednesday at 6pm in the Newman Center. Fr. Thomas McCarthy, OSA will give a talk on "The Confessions of St. Augustine."

Have a blessed week,

Fr. Alfred Omar  
(@fralfred808)



### Important Notices

- 2nd Collection today: Augustine Educational Foundation

## Liturgical Schedule

Daily Mass ( <i>Tuesday-Friday</i> )	12:10PM
Sunday Mass ( <i>Saturday Evening Anticipated</i> )	5:00PM 9:00AM 11:00AM ( <i>Student-led Mass</i> ) 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

**Order 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 OCIA,



## The Word of the Lord Weekly

### Sunday's Readings

**First Reading:**

Then I heard the voice of the Lord saying,  
"Whom shall I send? Who will go for us?"  
"Here I am," I said; "send me!" (Is 6:8)

**Psalm:**

In the sight of the angels I will sing your praises, Lord. (Ps 138)

**Second Reading:**

Therefore, whether it be I or they,  
so we preach and so you believed. (1 Cor 15:11)

**Gospel:**

Jesus said to Simon, "Do not be afraid;  
from now on you will be catching men."  
When they brought their boats to the shore,  
they left everything and followed him. (Lk 5:10-11)

### Readings for the week of February 9, 2025

**Sunday:**

Is 6:1-2a, 3-8/Ps 138:1-2, 2-3, 4-5,  
7-8 (1c)/1 Cor 15:1-11 or 15:3-8, 11/Lk 5:1-11

**Monday:**

Gn 1:1-19/Ps 104:1-2a, 5-6, 10 and 12, 24  
and 35c/Mk 6:53-56

**Tuesday:**

Gn 1:20—2:4a/Ps 8:4-5, 6-7, 8-9/Mk 7:1-13

**Wednesday:**

Gn 2:4b-9, 15-17/Ps 104:1-2a, 27-28,  
29bc-30/Mk 7:14-23

**Thursday:**

Gn 2:18-25/Ps 128:1-2, 3, 4-5/Mk 7:24-30

**Friday:**

Gn 3:1-8/Ps 32:1-2, 5, 6, 7/Mk 7:31-37

**Saturday:**

Gn 3:9-24/Ps 90:2, 3-4abc, 5-6, 12-13/  
Mk 8:1-10

### Observances for the week of February 9, 2025

**Sunday:** 5th Sunday in Ordinary Time, World Marriage Day

**Monday:** St. Scholastica, Virgin

**Tuesday:** Our Lady of Lourdes

**Friday:** Sts. Cyril, Monk, and Methodius, Bishop;  
Valentine's Day

## 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, contact Cheryl Treiber-Kawaoka 808-227-5162

## Family Connection

In the people whom Jesus chose to be his closest friends—his disciples—we see many of the characteristic foibles of ordinary human beings. We also see the ways that God uses the gifts he gave us to transform us into new people, the agents through whom God will lead others to Jesus and to his kingdom. Let's consider the person Jesus chose to be a leader among the disciples and whom he sent to "catch people." Based on the evidence found in Scripture, we can imagine what Peter must have been like:

- Peter seems unafraid to speak his mind, yet he is also able to take direction. In today's Gospel, Simon Peter lowers his nets as Jesus commands, but not before reminding Jesus that he and his partners have been fishing all night and haven't caught anything.
- Peter is a leader, a spokesperson for others. Today's Gospel suggests that Simon Peter was a leader in his fishing business. When Simon Peter chooses to follow Jesus, others become Jesus' disciple as well.
- Peter's personality and charisma seem to make him the center of attention; yet Peter learned to be transparent, to let others see Jesus through him.
- Peter possesses a dynamic and open relationship with Jesus. Peter often approaches Jesus and speaks what is in his heart. Gather as a family and spend some time imagining the person of Simon Peter. Encourage family members to tell details about Simon Peter that they recall from Scripture. Consider these questions: Is Peter someone you would like to be friends with? Why or why not? Do you consider Peter a good leader? Why or why not? Read aloud today's Gospel, Luke 5:1-11. Jesus chose Simon Peter to be the leader of the disciples. Peter continued to be a leader in the early Christian community; we continue to speak of Peter's leadership when we call the pope the successor of Peter. Discuss the role of the papacy and of other leaders in the Church. In what ways do we participate in the mission of the Church by leading people to Christ ("catching people")? Pray for those who lead the Church. Pray together the Prayer to St. Joseph, the Protector of the Church.

## Stewardship of Time, Talent and Treasure

### Tithes and Offerings:

02/01/2025-02/02/2025 \$3,950.00

2nd Collection \$225.00

### Online:

01/17/2025-01/24/2025 \$1,500.00

01/24/2025-01/31/2025 \$1,600.00

01/31/2025-02/07/2025 \$3,491.00

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

### Upcoming Second Collections:

Augustine Educational Foundation—February 9

### Giving Made Easy

Giving online is safe and easy using our secured online platform, by visiting WeShare at:

[newmanhawaii.weshareonline.org](http://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



Extraordinary Ministers of Holy Communion are encouraged to join us for a special training as we prayer for upcoming changes.

PLEASE RSVP with your mass coordinator as soon as possible. We look forward to seeing you then,

### **AN INVITATION!**

**WHAT** - THE GIFT OF YEARS (Joan Chittester)

An hour of camaraderie and reflection over soup and salad of and among Goldenagers (ages 60 and above)

**WHY** - There are many programs in the Church for Faith Formation with children and youth. Programs for the "Goldenagers" are few and far between and generally focus on "how to grieve," How to prepare for the end of life, etc. This gathering is for those who want to reflect on the Graces they have received and/or pray for. "Embracing the blessings of this time and overcoming the burden of it - that is the spiritual task of late life...Life is still about being all that you can be" - (Joan Chittester)

**WHEN** - Every third Sunday of the month after the 11:00 AM Mass

**WHERE** - Newman Center/Holy Spirit Parish

Contributions to the weekly agenda to be discussed by attendees after the first session. Understandably, you need to sign up at least 4 days before the third Sunday so that everyone will have a plate and a bowl...

For Questions, contact Fr. Alfred or Virgie Chattergy (808)221-8755.



## New to Newman Center - Holy Spirit Parish?

Aloha! E Komo Mail

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!

### Prayer Corner

We have added this new column in our bulletin for those in our community who are sick and those who recently died. To add someone (with their permission) or yourself to the prayer list for the sick or someone on the In Memoriam list, please contact the parish office.



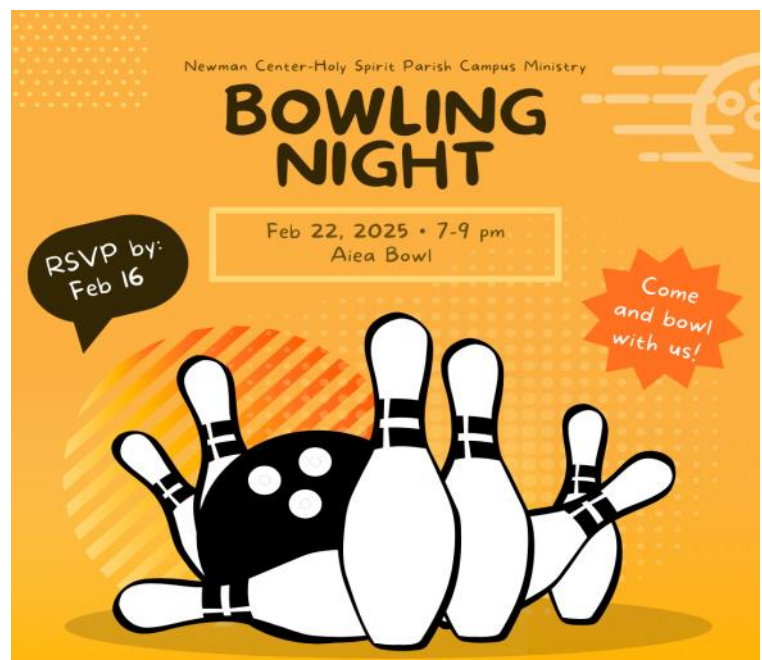
Christie Dinell  
Tom Dinell

Please remember the sick and homebound in our community. Pray that they may find comfort and healing, especially:

Denise Esposito  
Vernon Chock



In remembrance, let us pray for all who have died, that they may rejoice with the Risen Lord, especially our recently deceased:



# Four-Petals Peace Service

## Newman Center Holy Spirit Parish

This **hybrid** observance will be the 43rd multi-faith Peace Service sponsored by Newman Center Holy Spirit Parish, Church of the Crossroads, Hongwanji Shin Buddhists, and the Honolulu Friends Meeting House.

The focus is to promote peace, mindfulness, and expressions related to our common humanity that resonate among our faith traditions.

### Affirmations

- *We affirm that all people should have the opportunity to enjoy lives of harmony and peace.*
- *We affirm that while we may follow different faith traditions, our traditions and beliefs all include a strong desire for peace.*
- *We affirm that each faith tradition will offer its expression of contemplative reflection providing an experience of peaceful attentiveness with the common goal of peace and aloha.*

**Time:** The service begins at **6:30pm**  
Please arrive/log on early to sit and settle down

**Date:** **Monday, February 17, 2025**

**Place:** **In person and on Zoom**

Newman Center Holy Spirit Parish  
1941 East-West Road, Honolulu HI 96822-2321  
Parking on UH Manoa campus via Maile Way (free)  
St. Francis parking is also available

### Join Zoom Meeting

<https://us02web.zoom.us/j/83897782134?pwd=VXliTzJLTWlWakwyNWkKRkaWFjhUTop>  
OR

Meeting ID: **838 9778 2134** Passcode: **559329**

For more information on this Contemplative Prayer Service  
Contact: Cheryl Treiber-Kawaoka 808-227-5162.

## NEMWAN CENTER-HOLY SPIRIT PARISH



Faith Lift

**GUEST SPEAKER:**  
**FR. TOM MCCARTHY, OSA**

Come and join us as we hear from Fr. Tom McCarthy, an experienced teacher, administrator, retreat director, and parish mission preacher. Visit his website to learn more: <https://www.frtommccarthy.com>

**02.12.2025 | 06:00PM**

**CONTACT PARISH OFFICE FOR MORE INFO**

**808.988.6222**

**INFO@NEWMANHAWAII.ORG**



## Pray

Increase hope in your life by praying every day

*Philip Kosloski - published on 02/03/25*

At times we can be tempted to lose hope both in the world and in ourselves. We see all the death and destruction around us and begin to doubt that there is a plan in it all.

One way we can increase more hope in our lives is simply to pray.

It may sound too simple, but as with many things in life, sometimes the simplest things are what provide a solution.

Prayer

Pope Benedict XVI explains this idea in his encyclical *Spe salvi*, emphasizing the connection between prayer and hope:

A first essential setting for learning hope is prayer. When no one listens to me any more, God still listens to me. When I can no longer talk to anyone or call upon anyone, I can always talk to God. When there is no longer anyone to help me deal with a need or expectation that goes beyond the human capacity for hope, he can help me. When I have been plunged into complete solitude ...; if I pray I am never totally alone.

He then points to the example of Cardinal Nguyen Van Thuan as a beacon of hope:

The late Cardinal Nguyen Van Thuan, a prisoner for thirteen years, nine of them spent in solitary confinement, has left us a precious little book: *Prayers of Hope*. During thirteen years in jail, in a situation of seemingly utter hopelessness, the fact that he could listen and speak to God became for him an increasing power of hope, which enabled him, after his release, to become for people all over the world a witness to hope—to that great hope which does not wane even in the nights of solitude.

Having a firm hope without God is impossible. We need God's love and mercy in our lives in order to hope, trusting that there is a plan to our lives.

Even in the most desperate of situations, the more we pray, the more we are able to increase hope in our hearts.

Resource: <https://aleteia.org/2025/02/03/increase-hope-in-your-life-by-praying-every-day>

## Grow

5 Strategies to fight scrolling and recover from "brain rot"

*Daniel Esparza - published on 01/29/25*

Pope Francis recently warned about the dangers of "brain rot," a modern affliction caused by excessive scrolling on social media. He described this as a kind of mental "putrefaction" that dulls our ability to think deeply, communicate meaningfully, and engage with the world. Like any disease, brain rot has symptoms: constant distraction, shortened attention spans, and a creeping sense of dissatisfaction. It negatively impacts daily life by leaving us emotionally drained, disconnected from reality, and unable to fully focus on what matters most.

It is not just the Vatican that has raised the alarm. Oxford University Press made "brain rot" its 2025 word of the year. Mental health professionals are increasingly concerned.

But the Holy Father's words are also a call to hope. We can choose to be intentional, truthful, and courageous in how we engage with media. Here are five strategies to break free from scrolling and recover a healthier mind and spirit.

### 1. Cultivate conscious consumption

The Pope emphasized the need to approach information with intention. Instead of endlessly scrolling, set limits on when and where you engage with social media, and remain aware of why you do it. Tools like timers or app blockers can help, but the real shift happens when you commit to being present in the moment.

Ask yourself: Is this feeding my mind and soul, or just filling time?

### 2. Reconnect with physical media

Francis' call to be "truthful" in communication includes being rooted in the real world. Reading physical books, newspapers, or magazines can anchor your focus and deepen your understanding of a topic.

This slower, tactile approach fosters attention and allows for a richer intellectual experience than the fragmented bites of online content.

### 3. Create sacred screen-free spaces

The Holy Father's concern for interior life invites us to look beyond mere productivity and consider the spiritual effects of our habits. Designate certain spaces in your home, like the dining table or bedroom, as screen-free zones.

These spaces can become areas of prayer, family connection, or quiet contemplation, protecting your mind from overstimulation.



## Grow

### 4. Tell and seek stories of hope

The Pope urged journalists to “fight the good fight” by telling stories of hope. We can apply this advice in our own lives by choosing to consume media that uplifts and inspires. Curate your feeds to follow accounts or pages that promote truth, beauty, and goodness.

Better yet, share your own hopeful stories to counteract the negativity that often dominates online platforms.

### 5. Embrace digital sabbaths

Taking a break from social media can be transformative. Whether it’s an hour, a day, or an entire weekend, stepping away from screens allows your brain to rest and recover. Use this time to engage in activities that nourish your body and soul — spend time in nature, pray, do more exercise, or connect with loved ones.

As Pope Francis suggested, these moments of “rest” from constant input are vital for a healthy interior life.

### A path forward

Pope Francis’ concern about “brain rot” is not a critique of technology but a compassionate invitation to live more fully. By embracing these strategies, we can restore balance to our lives and rediscover the beauty of thoughtful communication. As the Pope reminded us, truth is not just about facts but about who we are — and this truth starts with how we choose to engage with the world around us.

Resource: <https://aleteia.org/2025/01/29/5-strategies-to-fight-scrolling-and-recover-from-brain-rot>



## Reflect

“You are worthy.”

I first heard these words at one of the very first retreats I attended as a teen. Fast forward to my early years as an adult—I received a sticker with the same exact words from a good friend. But am I really worthy? Are you? Are we? The answer is yes!

Today’s Gospel reminds us of this truth. Peter is exhausted after an entire night of fishing with no success. Then Jesus tells him to go out again and lower the nets. Despite his doubts, Peter listens. And before he knows it, the catch is so overwhelming that the nets start to break. Instead of celebrating, Peter falls to his knees and says, “Depart from me, Lord, for I am a sinful man.” Yet, Jesus doesn’t turn away from Peter’s weakness. Instead, He calls and challenges him to something greater—to not be afraid and to become a fisher of men. In response, Peter and his companions leave everything and follow Him.

God calls us when we least expect it—not because we are perfect, but because He sees far more in us than we see in ourselves. He works through our fears and weaknesses, pushing us to grow in ways we never imagined. Peter’s life changed the moment he took that leap of faith and followed Jesus. Perhaps we are being called to do the same.

Let us ask God for the courage to trust Him, even when we feel unworthy. Because the truth is—we are worthy. And saying “yes” to God is always worth it. J #CallToDiscipleship #WeAreWorthy

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.

St. John Henry Newman, pray for us!

Blessings to you and your ‘ohana!  
- **Fay C. Pabo** (@fa\_jo\_pab0)

