

NEWMAN CENTER

Holy Spirit Parish



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16TH SUNDAY IN ORDINARY TIME

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd. - Mk 6:34

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

"The Lord is my shepherd; there is nothing I shall want."

Today's readings remind us of how our God is compassionate and passionately loves us.

"Woe to the shepherds who mislead and scatter the flock of my pasture, says the Lord." Our First Reading from the prophet Jeremiah addresses false prophets who had misled God's people away from the Lord. The Lord declares that He will restore His people by bringing back those who have gone astray and providing for them new shepherds so that they will "no longer fear and tremble."

This reading portrays God's infinite care and concern for our lives. We can see that God is the one who loved us first. Oftentimes, we are like the people who are blind to His goodness and enticed by sin — something we think will make us happy but does not. God is the one who constantly pursues us and gives us opportunities to say "yes" to Him. He wants to win us back, and ultimately, He will make us happy.

So, we must ask ourselves, who or what is blinding us or leading us away from our ultimate happiness? Stop for a moment and name that thing — money, status, a person, career, laziness, addiction, self-image, health, etc. — that could be leading you away from a full and happy relationship with God.

As Christian disciples, deep down we really know that our true happiness is God. So, what are we waiting for? Take the leap of faith and allow yourself to radically love God in return.

As we begin this new week, let us name the things in our lives that are robbing us of our ultimate happiness, work to let go of them and let us strive to make Jesus our true shepherd by seeking Him in our daily lives.
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Greetings from the 10th National Eucharistic Congress in Indianapolis, Indiana along with 50,000+ fellow disciples! Know that I have been praying for you and your intentions.

Have a blessed week,

Fr. Alfred Omar
(@alfred808)



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:

I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. (Jer 23:4)

Psalm:

The Lord is my shepherd; there is nothing I shall want. (Ps 23)

Second Reading:

In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity. (Eph 2:13-14)

Gospel:

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. (Mk 10:34)

Readings for the week of July 21, 2024

Monday:

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

Tuesday:

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/Mt 12:46-50

Wednesday:

Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and 17/Mt 13:1-9

Thursday:

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Mt 20:20-28

Friday:

Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23

Saturday:

Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/Mt 13:24-30

Observances for the week of July 21, 2024

Sunday: 16th Sunday in Ordinary Time

Monday: St. Mary Magdalene

Tuesday: St. Bridget, Religious

Wednesday: St. Sharbel Makhlūf, Priest

Thursday: St. James, Apostle

Friday: Sts. Joachim and Anne, Parents of the Blessed Virgin Mary

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 June Naughton (808) 524-2718.

Family Connection

Family demands can make us feel like Jesus and the twelve apostles. We wish for times of relaxation and renewal, but there are errands to do, household chores to keep up with, volunteer commitments to keep. These are all good things, but we can be left feeling drained and tired as we try to keep up. Perhaps we might take the opportunity this week to give ourselves permission to find the rest and relaxation that Jesus seeks for his disciples in today's Gospel. One of the gifts we can give to one another in our family life is assistance in finding the time and space to renew ourselves through prayer.

When you gather together as a family this week, bring your family calendar. Together review your family calendar and spend some time reflecting on your family activities. In particular, ask if your family has an appropriate amount of time for rest and relaxation. If not, discuss ways in which this time for renewal might be included in the week ahead. Read together today's Gospel, Mark 6:30-34. Notice how Jesus tried to find time and space for his disciples to rest and relax after they returned from their mission. Conclude in prayer together, asking God to help us find time to renew ourselves so that we might be better disciples of Jesus. Pray together the Lord's Prayer.



Stewardship of Time, Talent and Treasure

Tithes and Offerings:

07/13/2024-07/14/2024 \$1,370.00

Online:

07/13/2024-07/19/2024 TBA

Seminarian Education Fund: \$50.00

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 Hawaii: Aug. 3-4, 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

STEWARDSHIP

SHARING THE GIFTS WE HAVE





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

3 Steps to an easy, quick digital detox for the summer
Daniel Esparza - published on 07/16/24

This summer, embrace a digital detox and rediscover the simple, profound joys that come with a life less tethered to technology.

In our hyper-connected age, screens dominate our days whether we want it or not. That is why the concept of a digital detox is quite relevant – not to say necessary. This summer, consider stepping away from your devices in a deliberate attempt to reconnect with your basic human needs and capacities.

Here are three ways to take a digital detox and improve your physical, mental, and spiritual well-being.

1. Embrace nature and physical activity

Nobody expects you to run those 10k races under the hot summer sun – fuggedaboutit. But still, one of the easiest ways to begin your digital detox is to immerse yourself in nature and some degree of physical activity. Take a hike, go swimming, or enjoy a walk in the park – in the shade, wearing a hat, and using sunscreen.

God's creation is accessible beyond and before the screen, no logins or passwords needed. Physical activity benefits your body and clears your mind, providing a natural antidote to the overstimulation of digital life.

Remember Francis of Assisi's appreciation of nature and find joy in the simplicity of being outdoors, free from the constant ping-ping-ping of notifications. Consider planning a weekend retreat or a day trip to a nearby nature preserve and, if possible, leave your phone elsewhere. Not only will this provide physical exercise, but it will also give opportunity to marvel at the beauty of God's creation, fostering a sense of gratitude and peace.

2. Engage in meaningful conversations

In a world where communication often occurs through instant messaging or social media posts, rediscovering the art of face-to-face conversation can be refreshing. Spend quality time with family and friends without putting your phone on the table. Engage in conversation, actively listen, and share stories.

This practice can strengthen your relationships and remind you of the importance of human connection. Following the example of Jesus, who spent time in intimate conversations with his disciples, we can also develop a better sense of community with those around us. Organize family dinners or gatherings with friends where everyone agrees to put away their phones – even if only for a few hours. Enjoy the richness of direct interaction and the shared joy that comes from being truly present with one another.

3. Rediscover contemplative practices

Use your digital detox as an opportunity to deepen your spiritual life through prayer and contemplation. Set some time aside each day for silent reflection, reading Scripture, or learning from the saints. These quiet moments can help you tune into God's presence in your life, away from the noise and chaos of the digital world. Inspired by the monastic traditions of the Church, this time can be a source of inner peace and spiritual rejuvenation. Consider incorporating practices such as the Liturgy of the Hours, daily meditation, or a silent retreat into your routine. These moments of silence will give you a deeper understanding of your spiritual journey.

By stepping away from our screens and reconnecting with the physical world, we can nourish our minds, bodies, and spirits. This summer, embrace a digital detox and rediscover the simple, profound joys that come with a life less tethered to technology. Let this summer be a season of renewal, inspired by the beauty of the world God has given us. Disconnecting from the digital realm will open new avenues for personal growth, deeper relationships, and a different sense of peace and purpose in our lives.

Resource: <https://aleteia.org/2024/07/16/3-steps-to-an-easy-quick-digital-detox-for-the-summer>



Reflect

Aloha from Manoa!

When I think of compassion, parents are first to come to mind. They guide us, protect us, provide for us, sacrifice for us, and believe it or not, understand everything about us. Parents know what's best for their children. We are loved and cared for 24/7, no matter how young or old we are. It's so true that when children are older, they realize and appreciate parents a bit more, perhaps understanding the reasonings for doing what they needed to do as parents.

Today's Sunday readings highlight God's care for us and promise to guide and protect us. This is His love and commitment to us. We are reminded of Christ's sacrifice, breaking down barriers. Our unity in Christ brings us peace, which is a sign of Christ's work in our lives. We are cared for and loved unconditionally. May we be moved with compassion, just like Jesus, and be living examples of compassion to those around us. May we be beacons of peace to one another and be inspired to live out our faith. A big shout out to parents – you are the epitome of faith, hope, and love. Thank you for caring and loving your child(ren) unconditionally! You rock!!

"I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness." – 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!
Blessings to you and your 'ohana!

- Fay C. Pabo (@fa_jo_pab0)



Please celebrate with us
at the 'OHANA MASS
Saturday, July 27
at 5:30 p.m.
Mary, Star of the Sea
Catholic Church
4470 Aliikoa St.
Honolulu, HI 96821

Making the Most of Moments

Accompaniment and Evangelization through Moments of Return

Presenters:
Paul & Sarah Jarzembowski

Paul is the author of two best-selling books on moments of return, *Hope from the Ashes* (2022) and *Hope for the Holidays* (2023). He has also served on staff coordinating national efforts around laity, youth, and young adults for the United States Conference of Catholic Bishops (USCCB) since 2013.

Sarah is a facilitator, trainer, mentor, pastoral minister, and co-host of the *Catholic Leadership Network* podcast. She is also the Director of Marriage and Family Life at St. Elizabeth Ann Seton Church in Crofton, Maryland, in the Archdiocese of Baltimore, where she has served since 2016.

Learn more and RSVP here:

MAUI Aug 10	St. Anthony of Padua Church 1627 Mill Street, Wailuku, Maui 9:00 a.m. - 12:00 p.m.
KAUAI Aug 14	Immaculate Conception Church 4453 Kapaia Road, Lihue, Kauai 6:00 p.m. - 8:00 p.m.
KONA Aug 16	St. Michael the Archangel Church 75-5769 Ali'i Drive, Kailua-Kona, Hawaii Island 10:00 a.m. - 1:00 p.m.
O'AHU Aug 17	St. Stephen Diocesan Center 6301 Pali Highway, Kane'ohe, O'ahu 9:00 a.m. - 12:00 p.m.

Office of Evangelization and Catechesis | catholicahawaii.org/oc/moments | oyyam@rcchawaii.org