Welcome to Holy Name!

You will be hated by all because of my name, but not a hair on your head will be destroyed.

Luke 21:17–18
TODAY’S READINGS
First Reading — For those who fear the name of the Lord, the sun of justice will arise (Malachi 3:19-20a).
Psalm — The Lord comes to rule the earth with justice (Psalm 98).
Second Reading — Those who are living in idleness are urged to earn their own living (2 Thessalonians 3:7-12).
Gospel — Jesus foretells the destruction of Jerusalem, the persecution of his followers (Luke 21:5-19).

READINGS FOR THE WEEK
Monday: 1 Mc 1:10-15, 41-43, 54-57, 62-63; Ps 119:53, 61, 134, 150, 155, 158; Lk 18:35-43 or (for the memorial of the Dedication) Acts 28:11-16, 30-31; Ps 98:1-6; Mt 14:22-33
Tuesday: 2 Mc 6:18-31; Ps 3:2-7; Lk 19:1-10
Wednesday: 2 Mc 7:1, 20-31; Ps 17:1bc, 5-6, 8b, 15; Lk 19:11-28
Thursday: 1 Mc 2:15-29; Ps 50:1b-2, 5-6, 14-15; Lk 19:41-44
Friday: 1 Mc 4:36-37, 52-59; 1 Chr 29:10bc, 11-12; Lk 19:45-48
Saturday: 1 Mc 6:1-13; Ps 9:2-4, 6, 16, 19; Lk 20:27-40
Sunday: 2 Sm 5:1-3; Ps 122:1-5; Col 1:12-20; Lk 23:35-43

SAINTS AND SPECIAL OBSERVANCES
Sunday: Thirty-third Sunday in Ordinary Time
Monday: The Dedication of the Basilicas of Ss. Peter and Paul; St. Rose Philippine Duchesne
Thursday: The Presentation of the Blessed Virgin Mary
Friday: St. Cecilia
Saturday: St. Clement I; St. Columban; Blessed Miguel Agustin Pro; Blessed Virgin Mary

The Lay Canossians will be having a bake sale after all Masses this weekend. The proceeds will help support Casa Angelica, the Canossian home for children with severe disabilities in Albuquerque, New Mexico and the Canossian Education Center in Chihuahua, Mexico which need funds for renovations, expansion and scholarships. Thank you in advance for your support.

CAMPAIGN FOR HUMAN DEVELOPMENT
Give to the Catholic Campaign for Human Development
This November 23-24, dioceses across the United States will take up the collection for the Catholic Campaign for Human Development. When you participate in this collection, you help groups of low-income people in your diocese and across the country in their efforts to provide access to affordable housing, health care, jobs, employee-owned businesses, and rights for immigrants. By supporting CCHD, you help out your own neighbors, because 25 percent of your contribution stays within your own diocese!

Mass Intentions
Week of November 17, 2019
Sun 17 7:30 AM    Bill Shea †
         9:30 AM    Mass for the People
         11:30 AM  Merlin W. Porter, Jr. †
Mon 18  7:30 AM    Shea, Breen & Scully Families †
         9:00 AM  Frances Suthan †
Tue 19  7:30 AM    Dionisia Lualhati †
         9:00 AM  Frank Lynch †
Wed 20  7:30 AM    Ward, Quiroz, Samayoa, Emmons Families †
         9:00 AM  Fe Solido †
Thu 21  7:30 AM    William & Marie Creedon †
         9:00 AM  Sancho P. Mangrobang †
Fri 22  7:30 AM    Paul Tran †
         9:00 AM  Roger Pendenza Family L/D
Sat 23  7:30 AM    Special Intentions of Jean Louis Etchelet
         9:00 AM  Special Intentions of Gavin Octaviano
         5:00 PM  Urruty Family †

Let Us Pray For:
We pray for the Sick ...that they may experience God’s Love and Healing.

We pray for those who have Died...that they may be granted a home in heaven. Lorraine Macias, Sai Hung Lo

Today’s Second Collection is for our Parish Building & Maintenance Fund.
Your Donation Allows Us to Take Care of Our Parish Plant.
Thank You for your generous support!
November is a month to honor the deceased. It has now become a tradition in our parish to celebrate a Memorial Mass for our deceased parishioners who have died within the past twelve months. This mass is scheduled for this weekend, Saturday, November 16th at 11am. There are 27 parishioners on the list. For next year we will be adding longtime and devoted parishioner Lorraine Macias, who just passed away a week ago. More than being a devoted parishioner who was actively involved in the life of the parish, she was devoted to God faithfully praying and going to mass despite her being physically challenged. She defied the odds overcoming obstacles by riding on an electric powered wheel chair just to attend the Sunday 11:30 AM mass regularly and whenever the weekday mass was celebrated in the church, like the weekly school masses. Even with her limited mobility she enjoyed playing bingo with the Senior Club every Thursday and even going on casino trips. She is an inspiration to all of us for her unstoppable love of God. Her Memorial Mass will be this Tuesday, November 19th at 11 AM here in our church.

A few days ago, I was looking at my college diploma that has been hanging on the wall. After looking closely at the dates, I realized that this month marks the 25th year since I obtained my Bachelor’s degree in Music. In a way, this month is my Silver Jubilee after graduating from the Conservatory of Music.

What greater way to celebrate this musical milestone than the Father Arnold’s Children’s Concert that I will be leading this Friday, November 22nd and Saturday, November 23rd at 7 PM. Some twenty-five years ago my life revolved around doing concerts. I traveled around the world for concert tours with the Philippine’s premiere and world-renowned choir, The Philippine Madrignal Singers. I traveled to the different cities in the US as the choirmaster of Chorus Paulinus and as music director of the Singing Priests of Tagbilaran, both groups I founded. Haven’t even thought about it, but I have given up fame and prestige to follow the path that was meant to be.

I don’t remember now that last time I directed and produced a concert. So next weekend’s “Father Arnold’s Children’s Concert” will be special to me. We have seven talented kids in the parish who have been serving as cantors and altar servers: Natalie Arriola, 7 yrs old, Sophia Howard, 9, Benjamin Sabater, 9, Ysabella Sarignaya, 10; Angela Canlas, 11; Jaylyn Remolona, 12 and Jayden Sabater, 12. When I say “concert,” it is a production with staging, costumes and choreography. The kids will not just be standing and singing. They will be performing, dancing and acting.

Grammy Nominee Frances England, a HN school parent, will also be singing her original songs and performing with the kids. The Praise and Glory choir that I have been coaching from St. Augustine’s parish will perform an intermission number on the first night and our Holy Name 2nd & 3rd Graders will do the intermission at the next evening’s performance. They are all my children. That’s why the concert is entitled “Father’s Children.” But ultimately, we are all “The Father’s Children.” So, don’t miss the show!

One day our children will see our pictures and ask “Who are these people?” And we will smile with invisible tears because a heart is touched with a strong word and you will say: ‘IT WAS WITH THEM THAT I HAD THE BEST DAYS OF MY LIFE’.

Thank You Grief & Consolation Ministry Team for another successful activity organized and hosted in our parish. Nov. 16th marked the annual Mass of Remembrance for departed parishioners, from Nov. 2018 to October 2019. It was well attended and appreciated by the families and friends who present this weekend. As to be expected, much time and planning was involved in the preparation of an important event such as this one. Heartfelt gratitude to the Holy Name Ladies Aid Society for their generous donation for the reception after Mass. This is the meaning of inter-ministerial coordination in the context of Stewardship in our parish, full collaboration among ministries in a spirit of charity and humility.

Youth Ministry This weekend a good group of young people in our parish came together for service-oriented activities. Guided by Bro. Gerry and Alejandra Brito, one group made cord rosaries. These will be given to the sick and homebound parishioners, and those who will come to the quarterly Mass on December 8th. Thanks to Margaret Costello and the Ladies Aid Society for providing materials. Another YM activity this weekend was making 200 sandwiches for homeless people in our city. This is in collaboration with Holy Name St. Vincent De Paul Society Conference.

New schedule for Youth Ministry Youth Mass will be every first Sunday of the month at 9:30AM. Thanks to Tri Nguyen and the youth choir for their cooperation. This will start in December. The YM team is still discerning a feasible date for their monthly activities, which is scheduled every third Saturday, at 6:00-8:00OM. Any suggestions?

PARISH SUMMARY REPORT

<table>
<thead>
<tr>
<th>11/04/2019</th>
<th>11/05/2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of Envelopes</td>
<td>146</td>
</tr>
<tr>
<td>Sunday Collection total</td>
<td>$6303.11</td>
</tr>
<tr>
<td>YTD Ordinary Income</td>
<td>$254,076.94</td>
</tr>
<tr>
<td>Surplus/(Deficit)</td>
<td>$6,479.73</td>
</tr>
</tbody>
</table>

FAZtor’s Notes: By: Fr. Arnold Zamora

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A Pledge to Pray for Vocations Through the “Invisible Monastery”

Some parishioners have already pledged to participate in this committed group. It can be part of your Stewardship of Prayer commitment. Members of the Invisible Monastery pray daily or weekly, offering Mass intentions, rosaries, holy hours, or any other type of prayer members choose. When you enroll at invisiblemonastery.com you pledge to pray for vocations to priesthood and consecrated life. Thank you.

Lay Canossians. You are invited to know more about the lay faithful who live the Charism and spirituality of St. Magdalene of Canossa, with the Canossian Sisters. We welcome you to our monthly meeting, every first Sunday at 2:00-4:00PM in the Flanagan Center.

COFFEE & DONUTS SCHEDULE

<table>
<thead>
<tr>
<th>November, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Holy Name School Mike Miller</td>
</tr>
<tr>
<td>24 Fil-Am Ministry Ramsey Ramos &amp; Freda Motak</td>
</tr>
</tbody>
</table>

FAITH FORMATION CATECHESIS PASTORAL OUTREACH

Director: Sr. Cristina Ovejera, FdCC crisfdcc2016@yahoo.com (415) 664-8590

REFLECTION

Leave Nothing Undone

“All life is a serious matter and ought not to be led carelessly. Whether we consider it to be the prelude or a rough outline of the fuller, better life that we cannot enjoy here on earth. Every life involves responsibility, and we are accountable not only for the evil that we do, but also for the good that we do not do. We are convinced also that our smallest actions and our most unnoticed sacrifices have a lasting effect in time and space, and that we continue forever the good or evil that we have once begun.” -Elizabeth Leseur, “Selected Writings”
# Holy Name of Jesus Church
## Profit and Loss
### For the Year Ending 6/30/2019
### Versus Prior Year

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>41xx Collections</strong></td>
<td>$396,968.90</td>
<td>$373,841.00</td>
<td>$23,127.90</td>
<td>A</td>
</tr>
<tr>
<td><strong>42xx Sacramental Offerings</strong></td>
<td>$9,620.00</td>
<td>$8,850.00</td>
<td>$770.00</td>
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<tr>
<td><strong>43xx Development &amp; Fundraisers</strong></td>
<td>$3,509.54</td>
<td>$5,409.00</td>
<td>$(1,899.46)</td>
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</tr>
<tr>
<td><strong>44xx Educational &amp; Sacramental Fees</strong></td>
<td>$21,560.35</td>
<td>$26,583.00</td>
<td>$(5,022.65)</td>
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</tr>
<tr>
<td><strong>45xx Gifts, Donations &amp; Grants</strong></td>
<td>$41,373.00</td>
<td>$59,983.00</td>
<td>$(18,610.00)</td>
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<tr>
<td><strong>46xx Other Operating Income</strong></td>
<td>$13,608.60</td>
<td>$17,755.00</td>
<td>$(4,146.40)</td>
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<tr>
<td><strong>47xx Non Operating Income</strong></td>
<td>$25,251.39</td>
<td>$24,483.00</td>
<td>$768.39</td>
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</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>$511,891.78</td>
<td>$517,004.00</td>
<td>$(5,112.22)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>610x Personnel Costs</strong></td>
<td>$298,645.20</td>
<td>$281,239.00</td>
<td>$17,406.20</td>
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<tr>
<td><strong>62xx Payroll Taxes Employer</strong></td>
<td>$21,610.23</td>
<td>$13,836.00</td>
<td>$7,774.23</td>
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</tr>
<tr>
<td><strong>63xx Employee Benefits</strong></td>
<td>$112,836.09</td>
<td>$110,569.00</td>
<td>$2,267.09</td>
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</tr>
<tr>
<td><strong>64xx Transportation &amp; Travel</strong></td>
<td>$1,700.04</td>
<td>$3,947.00</td>
<td>$(2,246.96)</td>
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<tr>
<td><strong>70xx Educational Expenses</strong></td>
<td>$1,106.25</td>
<td>$367.00</td>
<td>$739.25</td>
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</tr>
<tr>
<td><strong>71xx Preschool Activities &amp; Services</strong></td>
<td>-</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td><strong>72xx Property Costs</strong></td>
<td>$39,680.83</td>
<td>$19,002.00</td>
<td>$20,678.83</td>
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<tr>
<td><strong>73xx Utilities</strong></td>
<td>$69,485.58</td>
<td>$65,459.00</td>
<td>$4,026.58</td>
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<tr>
<td><strong>74xx Furniture, Fixtures &amp; Equipment</strong></td>
<td>$21,747.31</td>
<td>$45,048.00</td>
<td>$(23,300.69)</td>
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<tr>
<td><strong>75xx General and Administrative</strong></td>
<td>$68,259.02</td>
<td>$104,724.00</td>
<td>$(36,464.98)</td>
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</tr>
<tr>
<td><strong>76xx Other Operating Expenses</strong></td>
<td>$96,694.00</td>
<td>$94,610.00</td>
<td>$2,084.00</td>
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<tr>
<td><strong>90xx Subsidies</strong></td>
<td>$18,220.99</td>
<td>$123,579.00</td>
<td>$(105,358.01)</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>$749,985.54</td>
<td>$862,180.00</td>
<td>$(112,194.46)</td>
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<tr>
<td><strong>Net Operating Income</strong></td>
<td>$(238,093.76)</td>
<td>$(345,176.00)</td>
<td>$107,082.24</td>
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</tr>
<tr>
<td><strong>Other Income</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>49xx Donor Restricted Donations</strong></td>
<td>$55,062.27</td>
<td>$57,652.00</td>
<td>$(2,589.73)</td>
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<tr>
<td><strong>Total Other Income</strong></td>
<td>$55,062.27</td>
<td>$57,652.00</td>
<td>$(2,589.73)</td>
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<tr>
<td><strong>Net Income</strong></td>
<td>$(183,031.49)</td>
<td>$(287,524.00)</td>
<td>$104,492.51</td>
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<tr>
<td><strong>Preschool</strong></td>
<td>$(51,412.00)</td>
<td>$97,774.00</td>
<td>$(149,186.00)</td>
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</tr>
<tr>
<td><strong>Net Loss</strong></td>
<td>$(234,443.49)</td>
<td>$(189,750.00)</td>
<td>$(44,693.49)</td>
<td></td>
</tr>
</tbody>
</table>

### Notes
- **A**: Collections up 6.1%
- **B**: Stewardship Expenses decreased to $15,924 vs $44,898 last year
- **C**: Last year Church made a $100,000 contribution to the School for the Seismic Project.
Your Health Matters!

Addiction

You have heard about the growing concern over people becoming addicted to pain medications, but did you know that people can become addicted to certain foods? The top 8 foods that people are addicted to are:

1. Pizza 4.01
2. Ice Cream 3.68
3. Chocolate 3.73
4. French Fries 3.36
5. Chips 3.73
6. Cheeseburgers 3.51
7. Cookies 3.71
8. Soda (not diet) 3.29

What causes food addiction? Consuming foods that are high in carbohydrates, fat, salt, sugar, or artificial sweeteners, triggers the pleasure center of the brain and releases “feel good” chemicals such as dopamine and serotonin. These foods affect the same area of the brain as drugs, alcohol, and behaviors such as shopping or gambling! Highly palatable foods often contain unnatural substances or higher than-normal levels of natural substances that your body and brain can’t process. This results in your body being flooded with “feel good” chemicals. There is research showing that people that are addicted to sugar has the same “feel good” effect as the person who is addicted to opiates! There is also research that says eating cheese has “morphine-like compounds” called casomorphins that attach to the brain’s opiate receptors, making the food even harder to resist than its high levels of fat and salt already did on their own.

Food addiction is difficult to prevent because it’s impossible to avoid food. However, one of the best strategies is to avoid overexposure to palatable foods by eating a healthy, balanced diet that is rich in natural, unprocessed foods, preplanning your meals, and eating more mindfully.

To your health,
Angela Testani R.N.
ADS
ADS
**Parish Staff:**

**Rev. Arnold E. Zamora**  
Pastor  
Most Rev. Ignatius C. Wang  
Auxiliary Bishop Emeritus of San Francisco, In Residence  
Sr. Cristina Ovejera, FdCC  
Pastoral Associate  
Jackie Alcaraz  
Parish Manager  
Colleen A. Durkin  
Parish Secretary  
Holy Name School Alumni Coordinator  
Assistant to Bishop Ignatius Wang  
Carol Elliott Maloof RN  
Parish Nurse  
Seminarian Gerardo Vasquez - Pastoral Year; Director of Liturgy  

**Holy Name School:**

- Website: www.holynamesf.com  
- Michael Miller, Principal  
- 1560 40th Ave. San Francisco, CA 94122  
- (415) 664-4753  
- Alice Ho Seher, Preschool Director  
  - Website: www.holynamesf.com & click on Preschool

**Holy Name Conservatory of Music:**

- Private lessons are offered in piano, voice, violin and viola.  
- To register or more information please contact Jackie at (415) 664-8590.

**Parish Office Address:**

3240 Lawton St. San Francisco, CA 94122  
(415) 759-4295  
Priest on Duty: (415) 806-3315

**SCHEDULE OF MASSES**

**Sunday:** 7:30 AM, 9:30 AM (Family Mass), 11:30 AM, 2:00 PM, 5:00 PM  
**Saturday:** 7:30 AM, 9:00 AM, 3:00 PM (Chinese), 5:00 PM (Vigil)  
**Weekdays:** (in Convent Chapel 1555 39th Ave) 7:30 AM, 9:00 AM  
**Except Thursdays when school students are in attendance, Mass will be in the Church.**  
**Holy Days:** 7:30 AM, 9:00 AM, and 7:00 PM

**Confessions:**

- 9:10 AM—9:25 AM and 11:10 AM—11:25 AM on Sunday & 4:20 - 4:50 PM Saturday or as requested, just call the Parish office or approach any priest

**Adoration of the Blessed Sacrament**

- Every Wednesday—after the 9 AM Mass with benediction at 12 Noon
- Sacred Heart of Jesus Devotions: Friday after 9:00 AM Mass

**Perpetual Help Devotions:**

- Every Saturday after 9:00 AM Mass

**First Friday Devotion to the Sacred Heart of Jesus**

- Every Wednesday—after the 9:00 AM Mass with the Exposition, Adoration of the Blessed Sacrament and Benediction at 10:30 AM

**First Saturday Devotion to the Blessed Virgin Mary**

- Begins at 8:30 AM with the Rosary, then Mass & Benediction

**Baptisms by appointment**

**Baptismal Preparation**—Every 1st Saturday of the month in the Pastoral Center - 1:30 PM—You need to register for the class ahead of time.

**Baptism Ministry (Sewing Group):**

- Every Monday 1-3 PM in the Pastoral Center Event Room

**Marriages:**

- Contact Pastoral Center 6 months in advance.
- Sundays 12:30-2:30 PM, Flanagan Center

**R.C.I.A. (Chinese):**

- Every Saturday—Green Room—1:30 PM

**Lectio Divina:**

- Tuesday 10—11 AM (Pastoral Center)

**Bible Study Group (Chinese):**

- Every Wednesday—7:30 PM Flanagan Center

**Parish Pastoral Council:**

- Contact Fr. Arnold Zamora

**St. Vincent de Paul Society**

- Meeting every Monday at 7:30 PM (Pastoral Center)

**Holy Name Ladies Aid:**

- Every 1st Wednesday of the Month at 2:00 PM (Pastoral Center)

**Senior Club:**

- Every Thursday at 11:30 AM – 2:30 PM (Flanagan Center)

**Holy Name Choir Practice:**

- Every WEDNESDAY at 5:30 PM in the Pastoral Center

**The Gabriel Project:**

- Contact Rose Tang (415)793-0967

**Legion of Mary:**

- Every Tuesday at 7:30 PM

**Youth Ministry:**

- One designated Saturday a month 5 PM—7:30 PM including Mass. Contact person: Sr. Cristina & Team (415)664-8590

**Blood Pressure Screening:**

- Every 2nd Wednesday from after the 7:30 AM Mass until 11 AM (Pastoral Center) except July & August

**Hospitality:**

- Every Wednesday after the 7:30 AM and 9 AM Masses in the Pastoral Center except July & August