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The Lord is my shepherd; there is nothing I shall want.
Psalm 23:1

MAY 3 2020
TODAY’S READINGS
First Reading — All peoples called by God will receive the gift of the Spirit if they repent and are baptized (Acts 2:14a, 36-41).
Psalm — The Lord is my shepherd; there is nothing I shall want (Psalm 23).
Second Reading — Once we were like straying sheep; but now we have been returned to the shepherd, our guardian (1 Peter 2:20b-25).
Gospel — The shepherd leads the sheep out into pastures of abundant life (John 10:1-10).


READINGS FOR THE WEEK
Monday: Acts 11:1-18; Ps 42:2-3; 43:3, 4; Jn 10:11-18
Tuesday: Acts 11:19-26; Ps 87:1b-7; Jn 10:22-30
Wednesday: Acts 12:24 — 13:5a; Ps 67:2-3, 5, 6, 8; Jn 12:44-50
Friday: Acts 13:26-33; Ps 2:6-11ab; Jn 14:1-6
Saturday: Acts 6:1-7; Ps 33:1-2, 4-5, 18-19;
1 Pt 2:4-9; Jn 14:1-12

SAINTS AND SPECIAL OBSERVANCES
Sunday: Fourth Sunday of Easter; World Day of Prayer for Vocations
Tuesday: Cinco de Mayo
Thursday: National Day of Prayer

Archiepiscopal of San Francisco
ARCHDIOCESEAN ANNUAL APPEAL 2020
Thank you to all who have already sent in their generous donations to the 2020 Archdiocesan Annual Appeal.
As of 04/20/2020, we have received $13,150.00.
We still need $62,510.00 to reach our goal of $75,660.00.
Donations may be made electronically through https://sfarch.org/aaa/DonateForm. Don’t forget to designate Holy Name as your Parish. Or you may use this form

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Archdiocese of San Francisco
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Find Help in the Bible when you are facing...

ANGER
Ephesians 4:31-32
James 1:19-20
Proverbs 15:1
ANXIETY
1 Peter 5:7
Matthew 11:28-30
Proverbs 12:25
CRISIS
Jeremiah 29:11-13
Lamentations 3:55-58
Proverbs 3:5-6

GRIEF
1 Thessalonians 4:13-18
John 11:25-27
Matthew 5:4

ILLNESS
Acts 3:16
James 5:16
Jeremiah 17:14

LONELINESS
2 Corinthians 6:8
Deuteronomy 31:6
Isaiah 43:2

DEPRESSION
Nehemiah 8:10
Hosea 6:1
Psalm 5:11

DISCOURAGEMENT
Romans 12:11-12
John 14:27
Deuteronomy 31:8

FEAR
Isaiah 41:13
Joshua 1:9
Psalm 46:1-3

TEMPERAMENT
Ephesians 5:8-11
Hebrews 4:14-16
James 1:12-15

LET US PRAY FOR:
We pray for the Sick... that they may experience God’s Love and Healing.

Those who have Died: Thomas Quinn
and asked the priest, “Where is God? The priest replied “God is not here, He is out there helping the flood victims.”

Related to this is a story about a fellow who was stuck on his rooftop in a flood. He was praying to God for help. Soon a man in a rowboat came by and the fellow shouted to the man on the roof, "Jump in, I can save you.”

The stranded fellow shouted back, "No, it's OK, I'm praying to God and he is going to save me."

So the rowboat went on.

Then a motorboat came by. "The fellow in the motorboat shouted, "Jump in, I can save you."

To this the stranded man said, "No thanks, I'm praying to God and he is going to save me. I have faith."

So the motorboat went on.

Then a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety."

To this the stranded man again replied, "No thanks, I'm praying to God and he is going to save me. I have faith."

So the helicopter reluctantly flew away.

Soon the water rose above the rooftop and the man drowned. He went to Heaven. He finally got his chance to discuss this whole situation with God, at which point he exclaimed, "I had faith in you but you didn't save me, you let me drown. I don't understand why!"

To this God replied, "I sent you a rowboat and a motorboat and a helicopter, what more did you expect?"

God is saving people at this time through our health care workers, our doctors, nurses, caregivers, medical experts, grocery workers, people in uniform and many volunteers described as front liners or first responders. Again, we salute them and thank them. A week ago, people were encouraged to take to their balconies, laptops, smartphones and backyards to send a message of love and strength to everyone’s favorite city and in tribute to all of the frontline workers in the fight against COVID-19 by singing Tony Bennett’s classic ballad "I Left My Heart in San Francisco" (Music by George Cory and Lyrics by Douglass Cross). I did my part in my room singing the song at exactly 12 noon. You can find it posted on our Holy Name Facebook page.

This Sunday is Good Shepherd Sunday and it is also the World Day of Prayer for Vocations. As we pray for more vocations to the priesthood and religious life and as we thank and appreciate the priests who have been shepherds to God’s church, our front liners have also become the shepherds of God’s people outside the physical confines of the church. Like the Good Shepherd, they are out there to lay down their lives for their sheep. They lead us to safety.

The wind is not always at our back, and the sky is not always blue. No one said that life is easy because there are no guarantees. So, trust in the Lord continually on these calm and stormy seas. The challenges we face today prepare us for tomorrow. For faith takes our fears away and peace replaces sorrow.

Be safe and stay healthy!
Pope Francis has written a short note to the faithful for the month of May 2020, offering the text of two prayers to pray at the end of the Rosary. “I myself will pray [them] in the month of May, in spiritual union with all of you,” he said.

The first prayer is the one the Holy Father offered on March 11, his entrustment of Italy and the world to Our Lady.

The second prayer offers specific petitions linked to the end of the pandemic.

Here is the note and the prayers:

Dear Brothers and Sisters,

The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you in my prayers, especially those suffering most greatly, and I ask with the heart of Mary our Mother will make us even more united as a great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary.

Amen.
Getting to Know You—Holy Spirit

In our previous edition of “Your Health Matters,” I mentioned about our Gifts of the Holy Spirit and how we can hear the Holy Spirit speak to us “in the silence of our hearts” and by practicing Lectio Divina when looking at/reading Holy Scripture. Here is a review of what is exactly Lectio Divina, which is an ancient form of connecting oneself with Holy Scripture that’s been practiced for centuries.

The 4 Steps of Lectio Divina or Prayerful Reading:

Lectio: Read a Scripture passage aloud slowly. Notice what phrase captures your attention and be attentive to its meaning. Silent pause.

Meditatio: Read the passage aloud slowly again, reflecting on the passage, allowing God to speak to you through it. Silent pause.

Oratio: Read it aloud slowly a third time, allowing it to be your prayer or response to God’s gift of insight to you. Silent pause.

Contemplatio: Read it aloud slowly a fourth time, now resting in God’s word.

God the Holy Spirit:

No one could possible love us more than God the Holy Spirit. We have given and received only natural love. God’s Love is supernatural. His love for us is unlimited. He created us just as we are. Just as He wanted us to be. He wants us to know Him. From the “Dialogue written by St. Catherine of Siena”, As St. Catherine of Siena once prayed to God for the will to know and love God, here’s is God’s response to her. Here is the way, if you would come to perfect knowledge and enjoyment of me, eternal Life: Never leave the knowledge of yourself. Then, put down as you are in the valley of humility you will know me in yourself, and from this knowledge you will draw all that you need.

God wants us to be happy and enjoy this world and this life that He gives us. With His gifts, He gives us all we need to accomplish this. He wants to give us unlimited WISDOM, KNOWLEDGE, and UNDERSTANDING. He wants to COUNCIL us and gives us FORTITUDE. He wants to make it easy for us to be close and intimate with Him through His gift to us of PIETY and with His gift of FEAR of THE LORD, so that we will love Him so much that we cannot offend Him out of FEAR of losing HIM. He wants to create in us a love for Him that will satisfy every want and desire we have.

In the next edition of “Your Health Matters,” we will be looking more deeply into these 7 gifts of the Holy Spirit and how we can, hopefully, grow in the love of God for ourselves and each other.

To your health and wellness,
Angela Testani R.N. Lay Canossian

COUNTING SHEEP

When at night you cannot sleep, talk to the Shepherd and stop counting sheep.
—Anonymous
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SCHEDULE OF MASSES
Sunday: 7:30 AM, 9:30 AM (Family Mass), 11:30 AM,
Saturday: 7:30 AM, 9:00 AM, 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, 9:00AM, and 7:00 PM
Confessions: 9:10 AM—9:25 AM and 11:10 AM—11:25 AM
on Sunday & 12:40 - 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 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

Lectio Divina (Chinese): Every Saturday—Church—3:00 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 6:30 PM
(Pastoral Center)

Holy Name Ladies Aid: every 1st Wednesday of the Month at 12:30
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: First Sunday of the month 10:30 AM—12 Noon
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