Our Mission at Most Holy Redeemer Catholic Church

Most Holy Redeemer Parish is a Roman Catholic Christian Community. The parish draws people from isolation to community, from searching to awakening, from indifference to concern, from selfishness to meaningful service, from fear in the midst of adversity to faith and hope in God.

The community of Most Holy Redeemer shares God’s compassionate love with all people. The parish offers a spiritual home for senior citizens and youth; single people and families; those who are straight, gay, lesbian, and transgender; the healthy and the sick, particularly persons with HIV.

As a parish community, we celebrate God’s loving presence in our lives. In worship and sacrament, especially the Eucharist, we are nurtured and challenged to extend God’s kingdom of justice, truth, love and peace by growing in the spirit of Jesus, the Most Holy Redeemer.
Worship Hours
Monday - Saturday 8:00AM Mass
Saturday Vigil Mass 5:00PM
Reconciliation 3:45PM - 4:30PM
Sunday Mass 8:00AM, 10:00AM and 6:30PM
Holy Days 8:00AM and 7:00PM

This Week at Our Parish
Monday, August 5
7pm Centering Prayer - Church

Wednesday, August 7
1pm—7pm Wednesday Night Suppers

Saturday, August 10
Gardening 11am - 1pm

Sunday, August 11
Coffee hour after the 8am & 10am Masses
MHR Library is open after the 8am & 10am Masses

Daily Readings: August 5 - 11
◊ Monday: Nm. 11:4b-15, Mt. 14:13-21
◊ Tuesday: Dn. 7:9-10, 13-14, 2Pt. 1:16-19, Lk. 9:28b-36
◊ Wednesday: Nm. 13:1-2, 25-14:1, 26a-29a, 34-35,
  Mt. 15:221-28
◊ Thursday: Nm. 20:1-13, Mt. 16:13-23
◊ Friday: Dt. 4:32-40, Mt. 16:24-28
◊ Saturday: 2Cor. 9:6:10, Jn. 12:24-26
◊ Sunday: Wis. 18:6-9, Heb. 11:1-2, 8-19 or 11:1-2, 8-12,
  Lk. 12:32-48

Fr. Matt's Message
Thank you to everyone who extended a warm welcome last weekend to Fr. Joseph T. Ellison. Father Joseph was deeply moved and impressed by your hospitality, spirit and kindness. He can’t wait to come back.

We received this note our friends at St. Ignatius and St. Agnes. Our first group of volunteers returned from the border last week. They had experiences at Casa del Refugiado that will remain with them for the rest of their lives. What follows is a reflection from one of them that ran in St. Agnes bulletin last weekend. —Fr. Matt

Dear Parishioners,
Several months ago, I felt a call, a need to go to El Paso, TX to help the refugees and migrants that Annunciation House had been receiving by the bus loads from ICE. I strongly felt that something would be revealed to me. So, I joined six other volunteers from St. Agnes, St. Ignatius and St. James Episcopal, went to El Paso from July 13 to 21, and helped the “guests” at the Casa de Refugiado (Refugee House). Here’s what was revealed to me:

- A mother’s love knows no bounds. It would give her the determination to travel with her daughter through all sorts of terrain from Guatemala, through Mexico and up to El Paso.
- A father’s love for his son would take them 17 days to walk, take countless buses, and ride trains to get from Honduras to El Paso in order to flee poverty and oppression.
- Casa de Refugiado is a refuge on their journey or “camino” to a better life. The guests often refer to the casa as the “albergue” (refuge). Not only are shelter and food offered, there’s also a lot of warmth, grace and love that are shared. We all become the body, hands and feet of Christ.
- I now know how a parent feels when a child leaves home to go to college or go on their own. I always felt worried yet hopeful every time I accompanied a family to the bus/train station or airport.
- It is painful when you say goodbye to a mother and her two children, and she asks, “Will we see each other again?” And all you can say is, “I don’t know, but I hope so. God only knows.”
- When a child is brought to the emergency room due to dehydration, recovers fully and a volunteer accompanies the mother throughout the ordeal, you are grateful to witness such a grace.
- When sharing meals and stories brings smiles and tears, one feels the ‘sublime presence of love.’
- When you toss frisbees with kids and play games with them, you feel God’s delight... and the muscle aches later that evening.

These are but a few, for every encounter with the guests and fellow volunteers at the “albergue” was a revelation. And every revelation was a grace. If accompaniment is the first step, the next step seems to be advocacy.

I’d like to offer these words to the families, this is the refrain from the song “Hold on to Love” (by Jessie Manibusan):

Hold on to love where hope is found.
Hold on to love where joy abounds.
Hold on to love where grace and mercy is overflowing.
Hold on to love.
MHR AIDS Support Group

Volunteers Needed: Volunteers normally spend 2 hours/week visiting the client in his/her home or going for walks. There are currently 1 man in need of a visiting volunteer:

A Client in Park Merced – a man who is looking for someone with whom to play chess and sometimes go to movies.

For more information about these clients and how you can help, please call the AIDS Support Group at 415-863-6259.

Facilitated Support Group: A professionally facilitated support group for people with HIV/AIDS meets Thursdays from 1:30 to 3PM weekly here at MHR. There are currently openings for new members. If you are looking for a safe space to talk about what is going on in your life and make new friends, this may be the group for you. For more information or to register, please call 415-863-6259 XT10 or email pete-asg@mhr.org.

Ministry to the Homebound Woman Parishioner at Buena Vista retirement Home: A woman, living across from Buena Vista Park, would enjoy being taken out occasionally for rides around the city. For more information, please call the rectory.

Prayer for a Summer Day

“Long warm days...
The pace of life slows...
A time for picnics and rest in the shade...

Lord,
help me rest awhile in the cooling shade of your presence.
Slow down my restless heart and fill me with gentle compassion for all your people.

Amen”
—Author Unknown

Donate by Text

“Give + Text” allows you to donate or pay our parish by just sending a text!

- On your phone, text the amount you want to give (20, 50, 100 etc.) to 650-262-0965
- The first time, you will get a prompt for a secure registration to enter your info.
- You will receive a text reply verifying your registration and a receipt for your donation amount.
- You can even set up a recurring amount! For any future payments, just save that phone number and text a donation amount to it! It’s so easy!

Our Parish Community Birthdays


Mass Intentions

Mass Intentions are celebrated for those to remember a loved one, honor someone on an important date or celebrate a special occasion. To schedule a Mass Intention please call the parish office or email secretary@mhr.org.

Are you lonely?

You can call the Friendship Line @ 800-971-0016. It's the only 24/7 toll-free warmline for older adults. Whether you're feeling alone or in crisis, you can count on the Friendship Line for a lifeline of hope and a compassionate voice. It’s free to anyone in the U.S. or Canada. Volunteer: you can also volunteer for the Friendship Line to talk to callers. Contact 415-750-4136 or flvolunteer@ioaging.org.
Mass Intentions

Our Mass celebrants will remember the following intentions during the celebration of the Eucharist:

Saturday, August 3
5pm Kikuzo Ishikawa †

Sunday, August 4
8am
10am MHR Parishioners
6:30pm

Monday, August 5
8am Chieko Ishikawa †

Tuesday, August 6
8am

Wednesday, August 7
8am Wednesday Night Suppers

Thursday, August 8
8am Giuseppe and Angelina Fazio †

Friday, August 9
8am Dorothy Weiss †

Saturday, August 10
8am
5pm Christine Prendeville †

Contact the Parish Office at 415-863-6259 to have Mass celebrated for a special intention or sponsor the weekend altar flowers.

Prayer Requests


MHR Parish Registration

- New parishioner?
- Birthday, Anniversary, sacraments, milestones?
- Notices and announcements?
- Have you moved?
- Did we miss your birthday? We are sorry if we did. Let us know when your birthday was, by updating your information with the Parish Office

Contact the Parish Office at 415-863-6259 for assistance.
MOST HOLY REDEEMER PASTORAL TEAM

Fr. Matt Link, C.P.P.S., Pastor
frmatt@mhr.org

Eunice Park, Pastoral Associate
eunice@mhr.org

PARISH OFFICE

Michael Poma, Parish Manager
mpoma@mhr.org

Will Ives, Secretary
secretary@mhr.org

Office Hours: Monday-Friday 9am - 5pm
Closed daily 12:30pm - 1:30pm
Closed Holidays
Phone: 415-863-6259 Fax: 415-552-8786
Visit us on the web: www.mhr.org

MUSIC MINISTRY

Victor Cervantes
musicministry@mhr.org

PARISH COMMITTEES

Parish Pastoral Council council@mhr.org
Kate Deaton-Gupta
Dawn Dzurilla
Buck Farmer
Richard Shaw

Finance Council finance@mhr.org
Marc Colelli - Chair
Steve Adams
Maureen Flaherty
Mark Okashima
John Solaegui
Diane Trewin

MHR AIDS Support Group

100 Diamond Street
San Francisco, CA 94114
Phone: 415-863-6259 x 10
Fax: 415-552-8786
Monday-Friday: 9:30am-2pm
www.mhr-asg.com

Peter Toms, AIDS Support Group Program Coordinator
pete-asg@mhr.org