



Sixth Sunday of Easter | May 17, 2020  
Most Holy Redeemer Catholic Church | San Francisco, California

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**Worship Hours**

**Monday - Saturday:** Daily Mass 8:00AM  
**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  
**Thanksgiving & New Years Day:** 10AM

Due to "Shelter in Place", Masses will be celebrated by Fr. Matt and livestreamed on Facebook:

[facebook.com/mhrsf](https://facebook.com/mhrsf)

**Sunday, May 17**

Join us for virtual Coffee Hour after the 10am Mass: visit [www.mhr.org](http://www.mhr.org) for details.

**Wednesday, May 20**

Noon - 3pm: Church open for private prayer

**Friday, May 22**

Noon - 3pm: Church open for private prayer with Exposition of the Blessed Sacrament

***Proper Social Distancing Guidelines will be observed at all times.***

**Daily Readings: May 18 - 24**

- ◊ Monday: Acts 16:11-15, Jn. 15:26-26:4a
- ◊ Tuesday: Acts 16:22-34, Jn. 16:5-11
- ◊ Wednesday: Acts 17:15-22-18:1, Jn. 16:121-15
- ◊ Thursday:
- ◊ Friday: Acts 18:9-18, Jn. 16:20-23
- ◊ Saturday: Acts 16:1-10, 18:23-28, Jn. 16:23b-28
- ◊ Sunday: Acts

**Stewardship week of May 10**

Misc. -	\$1,869.70
Online Giving -	\$1,779.68
Total -	\$3,649.47

**Thank you for your continued support!**

**Fr. Matt's Message**

One of the Sacraments that isn't happening right now is First Holy Communion. My thoughts at such an eventful and joyful happening, at the moment of receiving communion those receiving were connected so deeply with Jesus and with his family, the church. As I gaze into the screen of my phone turned into camera as the Mass is live streamed, I am reminded that we are all connected to Jesus. We are all members of His Body and we are all connected by his love.

I remember one time smashing my foot and losing a toenail. I remember how the pain in that little part of my body affected the rest of me. I was uncomfortable! I was not whole and all together. It hurt. For months this little thing affected my whole body. Thankfully it has renewed itself and there is no more discomfort. I am whole again.

And so it is with Jesus and us!

When we are connected to Jesus as individual parts, the Body is whole and functional. But should one of us be hurting, or in any kind of grief or pain there is an effect upon the whole body. When we are all in sync then good things happen. We are friends, there is love, and we are nourished by the friendship. It is only common sense, because we are created to love.

Friendliness produces good things. It creates an environment of growth and reciprocation, uplifts and heals, nourishes and is life sustaining. And so it is when we are all connected to Jesus. We are His beloved friends!

Communion nourishes friendship and connection. It helps us to remain more whole and more holy. And we can all be a part of that joyful Psalm 66 and with all the earth, cry out to God with joy.

At each Mass I've been inviting us to pray an "Act of Spiritual Communion." A prayer and a reminder that even though we are not able to physically receive Jesus in the Sacrament of the Altar at this time, we pray that he comes and resides with us, in our hearts and in our lives.

Blessings, love, gratitude and prayers,  
*Fr. Matt*

**An Act of Spiritual Communion**

*My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.*

## Bread for Thought

During this quarantine, like those of us who have the privilege to do so, I have been working from home. And like so many others, I have also been doing a great deal of cooking and baking in this time. In particular, I've been baking a lot of sourdough bread. Sourdough bread differs from other kinds of bread in that the yeast doesn't come from a dehydrated packet, but rather from a living, active, and bubbly dough – what is called a *starter*.

With the rise of popularity of sourdough bread baking during these sheltered days, endless websites and recipes warn the amateur baker to take heed – a *starter* must be fed and nurtured daily. The experts talk about the living nature of the *starter* and about its constant hunger. The *starter* must be fed every single day with flour and water for it to stay alive, healthy, and active. If it is starved, it will indeed die.

Even when well fed, we can usually only see a semblance of life in the forms of tiny bubbles. But we must trust that the *starter* is indeed alive and ready to create, give, and birth bread. Its life is not always visible to the naked eye, but we must trust that it will do what it will do. And what it does is a mystery – always out of our control and even beyond our hopes and expectations. It often feels like a miracle what a little *starter* can do. And when a sourdough *starter* has been well cared for and nurtured, it is often a source of longing by others. So the *starter* is often divided, shared, and given to friends and family.

We need not stretch the symbolism very far to see how this humble sourdough really reflects our own faith lives. When our faith is fed and nurtured, it grows and bubbles over, becomes able to give life and birth newness. Our faith and the fruit of our spiritual journeys can be shared and even given away, and it will continue to grow and give, as long as we continue to feed it. Gathered, blessed, broken, and shared. Isn't this Eucharist?

In today's Gospel reading, Jesus says, "In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you" (John 14: 19-20).

So as the *starter* lives and gives life to the loaf of bread, so does God in us. And together, what was the *starter* and what has become the bread cannot be separated. They are both just part of each other, just as Jesus and we are one, and as the Father and Son are one. Through the nurturing, loving, and trusting in what will be created, we are offered up as a new creation and become Eucharist for others.

Eunice Park, MTS/MAMC  
Pastoral Associate

## Community Life

Centering Prayer is meeting via Zoom on Monday evenings @ 7:00pm. Email [centering@mhr.org](mailto:centering@mhr.org) for login details.

We are livestreaming Masses on our Facebook Page:  
[facebook.com/mhrsf](https://facebook.com/mhrsf)

Visit us:

On the web: [www.mhr.org](http://www.mhr.org)  
Facebook: [facebook.com/mhrsf](https://facebook.com/mhrsf)  
Instagram: [mhcatholicsf](https://mhcatholicsf)



## Our Parish Community Birthdays

Zachary Das, Walter Fernandes, Brendan Geary, Les Hribar, Joan McNicholl, Allie Sanchez, Victor Espinoza, Jenn Liang-Chaboud, Caitlin Greenburg, Drew Judge, Miguel Chaname, Kevin Fisher-Paulson and Arthur Santos.

## 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](mailto: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 [fvolunteer@ioaging.org](mailto:fvolunteer@ioaging.org).

## Fifth Anniversary of *Laudato Si'*: Insights and Actions - May 16 - 24

[sfarchdiocese.org/laudato-si](http://sfarchdiocese.org/laudato-si)

Melissa Vlach, Office of Human Life and Dignity  
[vlachm@sfarch.org](mailto:vlachm@sfarch.org)

Join Catholics worldwide for *Laudato Si' Week*. This celebration, with the theme "Everything is Connected," marks the fifth anniversary of Pope Francis's encyclical on caring for our common home. It also launches a year-long effort to put this message into action. As we prepare for the celebration, Fr. John Coleman, S.J., offers his insights on the encyclical in a short video, which can be found only on the Archdiocesan website, above.

## **Mass Intentions**

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

### **Saturday, May 16**

8am

### **Sunday, May 17**

10am Beverly Deters †

### **Monday, May 18**

8am

### **Tuesday, May 19**

8am Dorothy Weiss †

### **Wednesday, May 20**

8am Wednesday Night Suppers

### **Thursday, May 21**

8am Paul Tran †

### **Friday, May 22**

8am

### **Saturday, May 23**

8am Richard Fuselier †

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

## **Prayer Requests**

Jerry Anderson, Robyn Anderson, Karen Appe, Jesusa Ayala, Keri Barrett, Beatrix Bell, David Bloom, Mylene Bombon, Florinda Brewster, Junior Briones, Sally Cahur, Jim Cathcart, Regan Chapman, Davyd Collionson, Fr. Brian Costello, Fr. Harry Cronin, Joshua Daigle, Alice Jane Davenport, Maria Diamond, Joyce Doran, Tom Farmer, Keith Fitzpatrick, Craig Henderson, Les Hribar, Jr., Joanna Kennedy, Warren Lubich, Catherine De Lucchi, Bernie Maddox, Sebastian MacLean, Jim & Cathy McSweeney, Fr. Andrew Metcalfe, David Miller, Roy Miller, Tom Norris, Bill Osuna, Nancy Otchy, Mary Beth Pitcher, Aida Reyes, Richard Ryan, Tim Ryan, John Schwobeda, Michael Shriver, Christopher Sumner, Randy Tichenal, Christine Lane Tracy, Joseph Vouglas, Bob Webster, Ryan Zuniga and †Lena Florena†.

## **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*

**Most Holy Redeemer Catholic Church**

**100 Diamond Street**

**San Francisco, CA 94114**



**MOST HOLY REDEEMER PASTORAL TEAM**

**Fr. Matt Link, C.PP.S., Pastor**  
[frmatt@mhr.org](mailto:frmatt@mhr.org)

**Eunice Park, Pastoral Associate**  
[eunice@mhr.org](mailto:eunice@mhr.org)

**MUSIC MINISTRY**

**Rhonda Smith, Director of Music**  
[musicministry@mhr.org](mailto:musicministry@mhr.org)

**PARISH OFFICE**

**Michael Poma, Parish Manager**  
[mpoma@mhr.org](mailto:mpoma@mhr.org)

**Will Ives, Secretary**  
[secretary@mhr.org](mailto:secretary@mhr.org)

**Brianna Garcia, ICA Student Assistant**  
[brianna@mhr.org](mailto:brianna@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](http://www.mhr.org)

**FINANCE COUNCIL**

[finance@mhr.org](mailto:finance@mhr.org)

Marc Colelli - Chair  
Steve Adams  
Maureen Flaherty  
JD Malchow  
Mark Okashima  
John Solaegui  
Diane Trewin

**MHR HIV/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](http://www.mhr-asg.com)

**Peter Toms, HIV/AIDS Support Group**  
**Program Coordinator**  
[pete-asg@mhr.org](mailto:pete-asg@mhr.org)