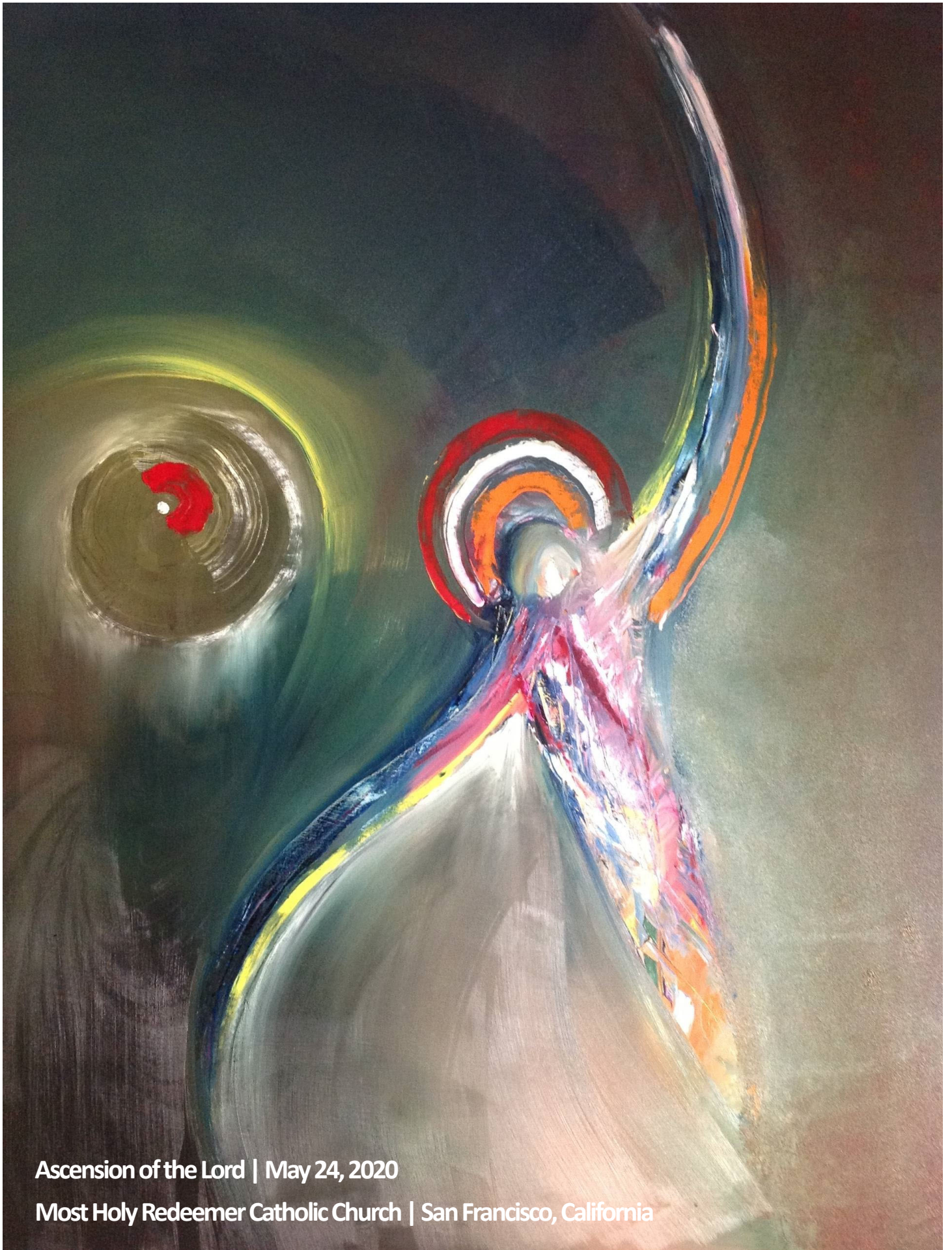




Ascension of the Lord | May 24, 2020

Most Holy Redeemer Catholic Church | San Francisco, California

**Most Holy Redeemer Catholic Church
San Francisco, California
Seventh Sunday of Easter
May 24, 2020**



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
Monday - Friday at 8am and Sunday at 10am.
Join us for the livestreams on Facebook at:

[facebook.com/mhrsfc](https://www.facebook.com/mhrsfc)

Sunday, May 24

Join us for virtual Coffee Hour after the 10am

Mass: visit www.mhr.org for details.

Friday, May 29

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 19:1-8, Jn. 16:29-33
- ◇ Tuesday: Acts 20:17-27, Jn. 17:1-11a
- ◇ Wednesday: Acts 20:28-38, Jn. 17:11b-19
- ◇ Thursday: Acts 22:30; 23:6-11, Jn. 17:20-26
- ◇ Friday: Acts 25:13b-21, Jn. 21:15-19
- ◇ Saturday: Acts 28:16-20, 30-31, Jn. 21:20-25
- ◇ Sunday: Acts 2:1-11, 1Cor. 12:3b-7, 12-13,
Jn. 20:19-23

Stewardship week of May 17

Misc. -	\$1,510.00
Online Giving -	\$1,527.52
Total -	\$3,037.52
Thank you for your continued support!	

Fr. Matt's Message

Today we celebrate the Ascension of Jesus into Heaven. It is not a day for narrowness and sadness. It is a day for openness and joy. It is a day for renewing our hope in the goal towards which the Lord is leading us all, namely, a place in his kingdom.

We continue to read from the Acts of the Apostles as we have been since Easter Sunday. Luke is the author of Acts and some commentators view it as the Gospel of the Spirit because the primary actor in Acts is the Holy Spirit. It is through the Spirit that miracles occur. It is through the Spirit the early Christian community decides that gentiles can be baptized without having to become members of the Jewish practice. It was this decision that moved Christianity from being a sect to becoming its own religion. The Christian was a believer in Jesus and "The Way" that he led and taught.

The Ascension reminds us of how Jesus, now in the glorious presence of God, continues to act through the Holy Spirit and through his followers. The ascension of Jesus is his liberation from all restrictions of time and space. It does not represent his removal from earth, but his constant presence everywhere on earth!

As we prepare for Pentecost, it might be nice to renew the habit of taking time to be quiet, listening for that voice within, that voice that reveals who Jesus is to and for us. How is the Spirit guiding you?

If there is courage, compassion, forgiveness, purity of heart, then we are living in the Spirit. Where there is an "abiding" of the Spirit within us, we pray for an indwelling of the seven gifts of the Holy Spirit -- wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Do we experience this indwelling? May there be a new Pentecost in our lives and the life of the Church; may there be an outpouring of the Holy Spirit. May **we** be Jesus' Presence in our world.

"Come Lord Jesus. Send down your Spirit. Renew the face of the earth."

Blessings, light and love on your week,
Fr. Matt



Bread for Thought

May 24, 2020

I've been spending a lot of time in the kitchen in these quarantined days. And as such, I spend a great deal of time near the refrigerator. And on my refrigerator, like many people, I have photos of loved ones – family members, children of friends, dogs, and even of myself surrounded by groups of people. I put each one on that door, with purpose, with intention, and with the goal of bringing a smile or laughter to me when I see the photo.

This is how I imagine my presence in God's life: That my photo is on God's refrigerator. And that each time God sees my face, it brings God incredible happiness and some giggles. Yes, I imagine God giggling over a photo of me! Because I believe I am a source of joy for my creator. I believe that every single one of us – in our createdness, our diverse individuality, our silly fumbblings, our ridiculous foibles, our unnecessary worrying, our endearing insecurities, our lovely vulnerability – is a source of happiness for God. All of us – in our hopefulness, our surprising strength, our silent courage, our beautiful support of each other, our enduring faith – is what gives life back to the God that first gave us life. This is blessing.

And that gives me joy...and an excuse to reach for the ice cream, yet again.

Eunice Park, MTS/MAMC
Pastoral Associate



Livestream
Mass on
Facebook

Mon-Fri 8am
Sun 10am

Community Life

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

We are livestreaming Masses on our Facebook Page:
facebook.com/mhrsf

Visit us:

On the web: www.mhr.org

Facebook: facebook.com/mhrsf

Instagram: [mhrcatholicshf](https://instagram.com/mhrcatholicshf)



Our Parish Community Birthdays

Max Baccarat, Francis Cummings, Albert Hill, Gregory Schreiner, David Varela, Dominic Taylor, Doug Wilson, George Woyames, Bill Jordan, Leonard Sabalvaro, Bob Stevenson, John Williams, Fr. Joe Klecha, Esther Sojka, Cyndy Zimmer and Junior Briones.

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.

*"God always forgives, we forgive sometimes,
but nature never forgives."*

—Pope Francis

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, May 23

8am Richard Fuselier †

Sunday, May 24

10am MHR Parishioners

Monday, May 25

8am

Tuesday, May 26

8am Dorothy Weiss †

Wednesday, May 27

8am Wednesday Night Suppers

Thursday, May 28

8am Stone W. Villamor †

Friday, May 29

8am Jose Laosantos, Jr. (L)

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 Collinson, 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, Jose Maria Sbresso, John Schwobeda, Michael Shriver, Christopher Sumner, Randy Tichenal, Christine Lane Tracy, Joseph Vouglas, Bob Webster, Ryan Zuniga and †Beverly Deters†.

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.P.P.S., Pastor

frmatt@mhr.org

Eunice Park, Pastoral Associate

eunice@mhr.org

MUSIC MINISTRY

Rhonda Smith, Director of Music

musicministry@mhr.org

PARISH OFFICE

Michael Poma, Parish Manager

mpoma@mhr.org

Will Ives, Secretary

secretary@mhr.org

Brianna Garcia, ICA Student Assistant

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

FINANCE COUNCIL

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

Peter Toms, HIV/AIDS Support Group

Program Coordinator

pete-asg@mhr.org