

# MOST HOLY REDEEMER

## Parish



Eighteenth Sunday in Ordinary Time  
August 2, 2020

Worship Hours

**Monday-Saturday** 8:00am Mass

**Saturday** 5:00pm Vigil Mass

**Sunday** 8:00am, 10:00am & 6:30pm Mass

**Holy Days** 8:00am and 7:00pm

**New Years and Thanksgiving Day** 10:00am

Reconciliation

**Saturday** 3:45-4:30pm

or by Appointment

Baptism & Marriages

Please contact the Parish Office.

For Marriages please call the parish office six months in advance.

### 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.

***God's Inclusive Love Proclaimed Here!***

**Most Holy Redeemer Catholic Church  
San Francisco, California  
18th Sunday in Ordinary Time  
August 2, 2020**



**Worship Hours**

**Monday - Friday:** 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  
**New Years & Thanksgiving Day:** 10AM

Per directive from our Archbishop with the consultation of  
the San Francisco City Health Officer,

**we will celebrate one weekend Mass via livestream only.**

Please join us at 10am for our Sunday Mass livestream  
on the Facebook page:

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

Please join us for daily Mass livestreams at  
8am Monday - Friday.

**Sunday, August 2**

Join us for virtual Coffee Hour after the 10am

Mass: visit [www.mhr.org](http://www.mhr.org) for details.

**Friday, August 7**

Noon - 3pm: Eucharistic Adoration in  
the MHR Garden

Face coverings must be worn and Social Distancing  
Guidelines must be observed.

**Daily Readings: August 3 - 9**

- ◊ Monday: Jer. 28:1-17, Mt. 14:22-36
- ◊ Tuesday: Jer. 30:1-2, 12-15, 18-22, Mt. 14:22-36
- ◊ Wednesday: Jer. 31:1-7, Mt. 15:21-28
- ◊ Thursday: Dn. 7:9-10, 13-14, 2Pt. 1:16-19, Mt. 17:1-9
- ◊ Friday: Na. 2:1, 3; 3:1-3, 6-7, Mt. 16:24-28
- ◊ Saturday: Hab. 1:12-2:4, Mt. 17:14-20
- ◊ Sunday: 1Jgs. 19:9a, 11-13a, Rom. 9:1-5, Mt. 14:22-33

**Stewardship Week of July 26th**

Misc. -	\$2,064.79
Online Giving -	\$1,265.70
Total -	\$3,330.49
Budgeted -	\$3,600.00

**Thank you for your continued support!**

**Bread for Thought**  
August 2, 2020

This week's readings have, as our readings often do, references to bread. Bread was extremely important in the lives of our biblical ancestors, as it was often the only thing they could eat to survive. Bread has walked the path of our human evolution, through tens of thousands of years, and through generations of wars and cultures. The fictional story of Jean Valjean in Victor Hugo's book, *Les Misérable*, tells the story of how hunger and bread divided the social classes. Valjean serves 19 years in prison for stealing one loaf of bread to feed his sister's starving child.

Today, bread doesn't have the same depth of meaning as it did in ancient times, even though we are all still great lovers of baked products – as attested to by the need for low-carb diets such as Atkins and Keto. Yet at the same time, during these days of pandemic, we have ironically seen an exponential rise in bread baking. Bread has always had a direct line to touch our deepest hunger, both spiritual and physical, and to soothe us in both.

Not surprisingly, scripture has hundreds and hundreds of references to bread, each one slightly different, yet all pointing to our relationship with God. Our first reading this week offers the image of bread as something essential for our bodies, to mirror God as being essential for our spirits: "Why spend your money for what is not bread; your wages for what does not satisfy?"(Isaiah 55:2)

And the Gospel acclamation clarifies our spiritual need for God as being as important as our bodily need for food: "One does not live on bread alone, but on every word that comes forth from the mouth of God." (Matthew 4:4)

Later in the book of Matthew, in feeding the crowd of 5000, Jesus shows us that faith has no bounds in meeting any of our needs: "Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds." (Matthew 14: 19)

Because Jesus himself is what feeds us: "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty" (John 6:35).

And, as such, each of us are also bread: "Because there is one bread, we who are many are one body, for we all partake of the one bread." (1 Corinthians 10:17)

And on the Road to Emmaus, the disciples are able to recognize Jesus only in the breaking of the bread. "When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him" (Luke 24: 30-31). Here, it is not the bread itself, but rather the act of breaking open the bread that allows the disciples to see with whom they sit. It is the ritual of sharing a meal amongst a group, a community, a family – a gathering of loved ones – that opens our hearts to see Jesus, and to see Jesus in one another. The bread facilitates this opening of the eyes and the opening of the heart.

So what is it about bread that can speak to us even today, to touch the deepest parts of our human need? Maybe it's the simplicity of bread itself, how filling it can be and how satisfying it is. Maybe it's the love that often goes into baking it and receiving that into our bodies. Or maybe it's the simple nature of the bread, just 3 basic ingredients: Flour, water, yeast. Father, Son, Holy Spirit. From which come – everything.

Eunice Park, MTS/MAMC  
Pastoral Associate



## MHR HIV/AIDS Support Group

Please keep our clients in your prayers. The Community Thrift store is open for curbside pick up. Donation drop-offs are accepted by appointment only. Call 415-862-4910 or visit them online at [www.communitythriftsf.org/drop-off](http://www.communitythriftsf.org/drop-off)

### Matthew 14:13-21

Stories of Jesus feeding huge crowds with only a little were an important part of the earliest traditions of Jesus' followers. Matthew's Gospel includes two near-duplicate stories (see also Matthew 15:32-39) which are close parallels of two in Mark (6:32-44 and 8:1-10). Luke (9:10-17) and John (6:1-13) also include the "feeding of the five thousand" or a parallel.

### Bread: Blessed, Broken, Given

Multiple feeding stories in the gospels should not surprise us. They echo a common theme in Israel's scriptures. As bread and fish feed the hungry crowd in the wilderness (translated "a deserted place" in Matthew), manna in the wilderness provided daily sustenance for the Israelites. Isaiah speaks of the abundance of food, drink and rich food for those without money to buy it (55:1-2). The gospel narratives of Jesus are reminiscent of the accounts of Elijah and the widow of Zarephath (1 Kg 17:8-16) and Elisha feeding one hundred (2 Kg 4:42-44). Jesus' actions over the bread echo customs of Jewish meals. Christians hear in these actions the elements of the Christian Eucharistic meal. Jesus' blessing and breaking bread are the same as those in the gospel accounts of his last meal with his disciples (see Matthew 26:26; see also I Corinthians 11:23-24; Luke 24:30; Acts 27:35).

Breaking bread together is a communal and sacramental act that echoes through scriptures and through the centuries. Sharing a meal is a primary means of creating and maintaining community. When Christians gather to break bread together, we remember and repeat Jesus' words and actions. In this sacred meal Christ satisfies our deepest hungers, heals our brokenness, binds us together as if one body, and strengthens us for service in the world. The symbols of the sacramental gathering and their multivalent meanings resonate in this narrative of Jesus feeding the crowds.—Marilyn Salmon

## Community Life

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

Per directive from our Archbishop with the consultation of the San Francisco City Health Officer, **we will celebrate one weekend Mass via livestream only.**

Please join us at 10am for the Sunday Mass livestream on our Facebook page: [www.facebook.com/mhrsf](https://www.facebook.com/mhrsf)

**We will continue to celebrate daily Mass in person M-F at 8am**



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

Christian Irizarry, Alex Amalaraj, Ephrem Callanta, Marisa Guerra, Adam Jones, Keith Upton, Areal Alvarado, Jack Bewley, Victor Gonzalez, Christopher Goodwin, Ramona Michaels, Ken Schott, Joe Fornicola, Anthony Macias, Ann Romero, Jim Moldovan, John Tallon, Jo-Anne O'Hare, Scott Perket, Patricia Plantz and Tony Vela.

## 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).

*"Situations can change; people can change.*

*Be the first to seek to bring good.*

*Do not grow accustomed to evil,  
but defeat it with good."*

—Pope Francis

## **Mass Intentions**

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

### **Sunday, August 2**

10am Steven D. Keller †  
George & Cecile Hardy †  
Xyruz Deza (L)

### **Monday, August 3**

8am Kikuzo Ishikawa †

### **Tuesday, August 4**

8am Emerita J. Deza †

### **Wednesday, August 5**

8am Chieko Ishikawa †

### **Thursday, August 6**

8am Ernie Golding †

### **Friday, August 7**

8am Audona Munoz †

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

## **Prayer Requests**

Christopher Adora Theresa Anderson, Karen Appe, Jesusa Ayala, Bernie Banonis, Beatrix Bell, Monica Berryman, David Bloom, Florinda Brewster, Junior Briones, Sally Cahur, Jaime Campos, Jim Cathcart, Margareth Cittadino, Davyd Collionson, Douglas Cotton, Fr. Harry Cronin, Joshua Daigle, Alice Jane Davenport, Tom Farmer, Keith Fitzpatrick, Tom Gratiot, Sr. Nadine Hargadon, Tan Huimeng, Anna Kane, Joanna Kennedy, Karen Kenny, Michael Kirkland, Warren Lubich, Catherine De Lucchi, Bernie Maddox, Sebastian MacLean, Jim & Cathy McSweeny, Fr. Andrew Metcalfe, David Miller, Roy Miller, Arminda Oliveira, Bill Osuna, Nancy Otchy, Hugh Pettis, Mary Beth Pitcher, Aida Reyes, Sol Rodriguez, Richard Ryan, Tim Ryan, John Schwobeda, Christopher Sumner, Randy Tichenal, Christine Lane Tracy, Joseph Vouglas, Ryan Zuniga, †Steve Castillot, †Patricia Greenet, †Mike McQuaid† and †Loyola Salvat.

## **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

**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

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

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



**John Solaegui | Broker Associate**  
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you find your place in the world.

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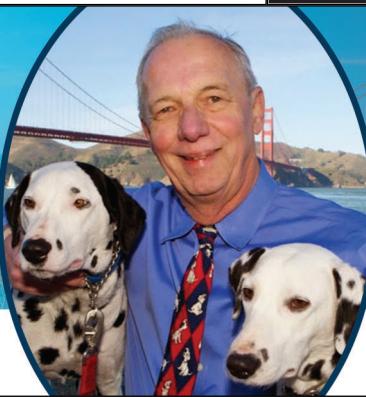
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