



Christ the King
Most Holy Redeemer Catholic Church

November 22, 2020
San Francisco, California

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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

This Week at Most Holy Redeemer

Saturday, November 21

5pm Vigil Mass - Church

Sunday, November 22

8am, 10am & 6:30pm Mass - Church

Wednesday, November 25

4pm - 5:30pm Wednesday Supper lunch
distribution at the church gates.

Thursday, November 26

10am Thanksgiving Day Mass - Church

Friday, November 27

Noon - 3pm Eucharistic Adoration - Church

Saturday, November 28

5pm Vigil Mass - Church

Sunday, November 29

8am, 10am & 6:30pm Mass - Church

**Mass attendance is limited to 25% capacity and
seat reservations are required for the weekend Masses.**

Please visit www.mhr.org to reserve a seat.

Reservations open on Thursday morning at
9:30am prior to the weekend masses.

**Face coverings must be worn and Social Distancing Guide-
lines must observed at all times.**

We will continue to livestream Masses on the
MHR Facebook page: facebook.com/mhrsf

Daily Readings: November 23 - 29

- ◇ Monday: Rv. 14:1-3, 4b-5, Lk. 21:1-4
- ◇ Tuesday: Rv. 14:14-19, Lk. 21:5-11
- ◇ Wednesday: Rv. 15:1-4, Lk. 21:12-19
- ◇ Thursday: Sir. 50:22-24, 1Cor. 1:3-9, Lk. 17:11-19
- ◇ Friday: Rv. 20:1-4, 11-21:2, Lk. 21:29-33
- ◇ Saturday: Rv. 22:1-7, Lk. 21:34-36
- ◇ Sunday: Is. 63:16b-17, 19b; 64:27, 1Cor. 1:3-9.
Mt. 13:33-37

Fr. Matt's Message

Lessons in Mindfulness

#1 Be aware of your surroundings. #2 Look both ways and watch where you're going. #3 Think before you speak. #4 Look up from your phone and look around. #5 Stay present. Be here. #6 And remember to BREATHE. Deep, cleansing breaths. We could call this Mindfulness 101. Pithy reminders to be mindful that have been sprinkled into popular vocabulary and dialogue for so long that they tend to join the background noise we train ourselves to ignore. That's too bad. Mindfulness isn't just for monks and practitioners of yoga. Jesus is always inviting us to live in mindful, watchful awareness. And on the 1st Sunday of Advent, this first day of the new liturgical year in the Church, through Scripture and the Advent season, Jesus has a good message for us.

We will hear Jesus words, "Be watchful. Stay alert, don't let the Lord find you sleeping when he comes." He is encouraging us to take the time and find a bit of silence to pray and be mindful of how we spend our time.

Isaiah, that Advent Prophet, looks around and feels tainted by life and the world around him. Even the good things he has done seem contaminated by wrong-doing, his and others. Isaiah cries out and we cry out too: O Lord the world is in such a mess and there is so much wrong. We have tried so hard and done much good, but these are such difficult times and we struggle.

Isaiah speaks to God from within a loving human relationship. Isaiah knows God as a kind and loving parent, a faithful and present redeemer, guiding us, molding and fashioning us in love, much like a potter working with clay. Isaiah is human and is looking for where to lay the blame. He lays the blame on others, lays it even on God, blame for the wrongs which he finds hard to explain.

Advent is where the story of salvation history begins. Come, come Emmanuel! We quiet ourselves, much as the coming of winter stills and quiets the natural world, we seek to prepare a place for Christ to come again and to be born anew – for his coming or "advent" in our hearts and in our world. God has a plan for each one of us, and the story of salvation is our story. And no two of our stories is exactly alike. When Jesus returns at an unexpected hour, may he find us **not** breathless with exhaustion, but breathless with hopeful expectation!

World AIDS Day

Tuesday, December 1st, we mark yet another World AIDS Day. We will remember, as we have in years past, those who have died, those who struggle, and those who work for a cure. We will create a ribbon banner of names again which will become a part of our environment and liturgy next weekend. Today, on this Feast of Christ the King and on Thursday, Thanksgiving Day, you will be given a card or cards. Please feel free to write the name of someone you know who has been somehow impacted by the global pandemic of HIV/AIDS. We will lift them up next Sunday as we lift up our prayers. We pray for those who have died and we pray for all who are living with and affected by HIV and AIDS. May we hold them lovingly in our hearts with Jesus as one family. As we begin our Advent celebration of waiting in hope for the birth of Jesus, let us remember those who wait in hope for a cure.



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

Give Thanks

It can be very easy to count our losses, our worries, our grief, our regrets and our fears. Alongside that, our faith and the wisdom of our ancestors, call us to never forget to stop, remember, and always count as well, our blessings. And once we get started, we might realize that our blessings can be too great in number to ever finish counting!

In our faith, our prayers and our gratuities often lead us into action. The Corporal Works of Mercy can give us some powerful ideas for action.

The seven **Works of Corporal Mercy** address the physical needs of the poor. These include feeding the hungry, visiting the imprisoned, burying the dead, clothing the naked, caring for the sick, giving shelter to travelers, and offering drink to the thirsty.

At Thanksgiving time, our parish tradition has always been to collect food that we donate to feed the hungry. With so many programs not accepting donations this year, we stopped and realized that we can still do our part to feed the hungry and offer drink to the thirsty by giving donations to our very own Wednesday Night Supper program.

We will collect food beginning next Sunday and on Thanksgiving Day, when we will ask God to bless the gifts. The shopping list is fairly specific since we are currently providing bag lunches for our guests.

WNS Shopping List

- Creamy Peanut Butter
- Grape Jelly
- Individually wrapped granola bars
- Individually wrapped cookies
- Individual bags of chips
- Juice Boxes
- Bottled water

Let someone know how grateful you are for their presence in your life. It does us good to express gratitude and it feels good to hear of another's gratitude.

I am thankful for the many gifts that you so generously share. I am so grateful to be your pastor.

With love and prayers,
Fr. Matt

Community Life

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

Mass this weekend:

Saturday, November 21st at 5pm

Sunday, November 22nd at 8am, 10am & 6:30pm

Seating is limited and seat reservations are required.

Reservations open up at 9:30am on Thursday prior to the weekend Masses. Reserve seats at www.mhr.org

Face coverings must be worn and Social Distancing

Guidelines must be observed.



Visit us:

On the web: www.mhr.org

Facebook: facebook.com/mhrsf

Instagram: mhrsf.catholicism



Our Parish Community Birthdays

Andy Whelan, George Herzog, Jennifer Simon-O'Neill, Mercedes Paredes, Diane Trewin, Steve Adams, Mikheal Meece, J.P. Gaynor, Kevin Soriano, Josh Spaulding, Jacque Grillo and Suelynn Clark.

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.

RCIA at Most Holy Redeemer

Our parish RCIA program is underway and meets via Zoom on Wednesdays. If you have not yet been confirmed or are interested in becoming Catholic or learning more about the church, please call the office at **415-863-6259** or you can send us an email to rcia@mhr.org

Stewardship Week of November 15

5pm -	\$390.00
8am -	\$310.00
10am -	\$604.00
6:30pm -	\$82.00
Misc. -	\$1,074.79
<u>Online Giving -</u>	<u>\$1,272.30</u>
Total -	\$3,683.09
Budgeted -	\$3,600.00

Thank you for your amazing support!

Mass Intentions

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

Saturday, November 21

5pm William & Ellen Adams †

Sunday, November 22

8am Delaney Nalepka †

10am MHR Parishioners

6:30pm Alison Ganz (L)

Monday, November 23

8am

Tuesday, November 24

8am Melva Monzon (L)

Wednesday, November 25

8am Mario Zuniga (L)

Thursday, November 26

10am Sr. Nadine Hargadon †

Friday, November 27

8am Charlie Hendrickson †

Saturday, November 28

5pm David Stevens †

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

Prayer Requests

Karen Appe, Jerry Anderson, Jesusa Ayala, Bernie Banonis, Michelle Barrett, Beatrix Bell, David Bloom, Angelo Brenes, Florinda Brewster, Junior Briones, Margareth Cittadino, Davyd Collinson, Fr. Harry Cronin, Joshua Daigle, Alice Jane Davenport, Fr. Larry Dowling, Tom Farmer, Keith Fitzpatrick, Tom Gratiot, Louis Gregory, Tan Huimeng, Anna Kane, Joanna Kennedy, Karen Kenny, Jim Lonergan, Warren Lubich, Catherine De Lucchi, Bernie Maddox, Sebastian MacLean, Estelita Manalang, Amber Martinez, Fr. Andrew Metcalfe, David Miller, Roy Miller, Bill Osuna, Nancy Otchy, Rosanne Phillippe, Mary Beth Pitcher, Aida Reyes, Sol Rodriguez, Bill Ryan, Richard Ryan, Tim Ryan, David Sanchez, Kathy Schroeder, Gregory Dake Schultz, John Schwobeda, Kathi Sparkes, Christopher Sumner, Randy Tichenal, Christine Lane Tracy, Joseph Vouglas, Ryan Zuniga, †Fr. Mark Meadow, SJ† and †Tom Schillert†.

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

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

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

