You must be prepared, for at an hour you do not expect, the Son of Man will come.

Matthew 24:44

FIRST SUNDAY OF ADVENT
DECEMBER 1, 2019
TODAY’S READINGS
First Reading — All the peoples shall stream toward the LORD’s house (Isaiah 2:1-5).
Psalm — Let us go rejoicing to the house of the Lord (Psalm 122).
Second Reading — It is the hour to cast off the dark and clothe ourselves in the light (Romans 13:11-14).
Gospel — Stay awake! Be prepared! The Son of Man will come when you least expect (Matthew 24:37-44).


READINGS FOR THE WEEK
Monday: Is 4:2-6; Ps 122:1-9; Mt 8:5-11
Tuesday: Is 11:1-10; Ps 72:1-2, 7-8, 12-13, 17; Lk 10:21-24
Wednesday: Is 25:6-10a; Ps 23:1-6; Mt 15:29-37
Thursday: Is 26:1-6; Ps 118:1, 8-9, 19-21, 25-27a; Mt 7:21, 24-27
Friday: Is 29:17-24; Ps 27:1, 4, 13-14; Mt 9:27-31
Saturday: Is 30:19-21, 23-26; Ps 147:1-6; Mt 9:35 — 10:1
Sunday: Is 11:1-10; Ps 72:1-2, 7-8, 12-13, 17; Rom 15:4-9; Mt 3:1-12

SAINTS AND SPECIAL OBSERVANCES
Sunday: First Sunday of Advent; World AIDS Awareness Day
Tuesday: St. Francis Xavier
Wednesday: St. John Damascene
Friday: St. Nicholas, First Friday
Saturday: St. Ambrose; First Saturday; Pearl Harbor Remembrance Day

ACE COLLECTION
Today’s Second Collection is the ACE COLLECTION for the benefit of our Parish School. Your generosity is very much appreciated by our school children.

NEXT SUNDAY’S SECOND COLLECTION IS FOR THE RETIREMENT FUND FOR RELIGIOUS.
Please give to those who have given a lifetime.

To donate by mail: National Religious Retirement Office 3211 4th Street NE Washington DC 20017-1194 Make check payable to Retirement Fund for Religious.

COFFEE & DONUTS SCHEDULE DECEMBER, 2019
01 Chinese Ministry Louis Chan
08 Holy Name School Mike Miller
15 Parish Pastoral Council Paul Roscelli
22 Stewardship Council Ricky Inting & Cecile Sabater
29 Hospitality Tony Sideco

PARISH MISSION STATEMENT
HOLY NAME OF JESUS PARISH SAN FRANCISCO is a welcoming multicultural and liturgical community that celebrates our Christian Faith. In the spirit of the “Joy of the Gospel” we work together promoting Catholic values and teachings. Our parish encourages a strong devotion to our Blessed Mother Mary, who gives us an example of faithful discipleship and a generous stewardship way of life.
As we start our liturgical year, we will be recom-missioning all our liturgical ministers who will be present at each mass this weekend and we thank them for their service to the church and being mission partners of Christ.

Congratulations to three of our lectors, Julie Lozano, Diane McKie and Alice Seher who received their Certification from our Archdiocese as Readers of the Word. I encourage all our other read-ers to be certified by the Archdiocese by attending the workshop that will certainly enhance your spiritual life and offer a better understanding of your liturgical role.

During this new season of Advent, we hear in the Gospel Angel Gabriel announcing to Mary that she will bear a child and shall call him Emmanuel.

We are blessed at Holy Name because we have many angels assisting pregnant mothers through the Gabriel Project. Though it is an Archdiocesan ministry under the direction of the Office of Human Life & Dignity, it is a parish-based pro-life ministry to support pregnant mothers and unborn children.

Rose Tang is the “archangel” or coordinator of our Holy Name Gabriel Project. They are currently serving two pregnant moms. Both are single moms with low or no income and are dealing with some health issues, including depression. Mom A is about to give birth and the angels assigned to her are parishioners Cathy Gilmore, Eloise Andres and Dalila Gomez. Mom B is due at the end of December and the angels assigned are young parishioner Sarah Lawlor and Maribeth, a floating angel in the City. The other angels in our parish are: Andi Ibarra, Louis Chan, Cathy Mibach, Roberta Beach, Vera Hollands, Eris Rodriguez, Jerry Back and Mary Ann White. Thank you Holy Name Angels!

If you are interested to know more about the ministry and/or to be an angel for the Gabriel Project, please contact Rose Tang at 415-793-9967 or the parish office at 415-664-8590.

As we prepare this Advent for the birth of our Lord this Christmas, we will be having an Advent Penance Service on Friday, December 6, 2019 at 6:30 PM. The celebration of God’s love and mercy will include an Exposition of the Blessed Sacrament, an Evening Prayer led by Seminarin Gerardo Vazquez and Sr. Cristina Ovejera, followed by Confessions, Silence for a Holy Hour and Benediction.

“For it’s been 20 days or 20 years, our Lord’s pardon waits for you in the Sacrament of Confession.”

Sr. Deena had just returned home from Sunday evening Penance Service when she was startled by a burglar. With great biblical authori-ty she yelled, “Stop! Acts 2:38!” which implies “Turn from your sin.”

The thief stopped dead in his tracks. Then he woman called the police and explained what she had done.

As the officer cuffed the man, he asked the burglar, “Why did you stop your burgling? All the old lady did was yell a Bible verse at you.”

“Bible verse? Replied the crook. “She said she had an ax and two 38s!”

“In GOD’s EYES, love is never absent. In GOD’s HEART, for-giveness is never impossible. In GOD’s EMBRACE, no one is ever alone."

HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath.** This can occur with or without chest dis-comfort.

- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you’re with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away.

If you’re the one having symptoms, and you can’t access the emergency medical services (EMS), have someone drive you to the hospital right away. Don’t drive yourself, unless you have absolutely no other option.

For more information, contact your nearest American Heart Association office or call 1-800-AHA-USA1 (1-800-242-8721) or online at www.heart.org

To your health,
Angela Testani R.N.
The Heart of Christ burns with love for us and He wants us to experience his immense and unfathomable mercy by confessing our sins and receiving his forgiveness.

Whether it’s been 20 days or 20 years, our Lord’s pardon waits for you in the Sacrament of Confession.

December 6, 2019

- Introductions
- Exposition of the Blessed Sacrament
- Evening Prayer (Sem. Gerardo Vázquez & Sr. Cristina Ovejera)
- Confessions*
- Silence for Holy Hour
- Benediction @ 7:30pm
  *Confessions will continue past 7:30 pm as necessary
HOLY NAME WEEKLY CALENDAR
Week of December 1, 2019

Sunday, Dec 1, 2019
10:00 AM  Choir Practice      Pastoral Center
1:00 PM  Lay Canossians Mtg.   Flanagan Center

Monday, Dec 2, 2019
10:00 AM  Line Dancing Group    Flanagan Center
1:00 PM  Sewing Group      Pastoral Center
6:30 PM  SVdP Meeting      Pastoral Center

Tuesday, Dec 3, 2019
10:00 AM  C/E Class      Pastoral Center
10:00 AM  Lectio Divina      Pastoral Center
6:30 PM HN Preschool/School Staff Yoga   Flanagan Ctr.
7:30 PM  Legion of Mary        Pastoral Center

Wednesday, Dec 4, 2019
10:00 AM  C/E Class      Pastoral Center
11:00 AM  HNLA Meeting      Pastoral Center
7:30 PM  Chinese Bible Study    Pastoral  Center

Thursday, Dec 5, 2019
11:30 AM  Senior Club      Flanagan Center
5:30 PM  Holy Name Conservatory Voice
Students Christmas Recital  Pastoral Center

Friday, Dec 6, 2019
6:30 PM  Advent Penance Service       Church

Saturday, Dec 7, 2019
1:00 PM  Chinese Ministry RCIA Green Room
1:30 PM  Pre-Baptismal Prep Class Pastoral Center
2:30 PM  Chinese Ministry Social Flanagan Center
3:00 PM  Chinese Mass Church
4:20 PM  Confessions Church
5:00 PM  Youth Ministry with Mass Pastoral Center
6:00 PM  Altar Server/ Youth Group Christmas Party
Flanagan Center

HOLY NAME TREE OF LIFE
Honor your loved ones, whether living or deceased, with a gift of a leaf on our Tree of Life.
Each leaf costs $500 with a $25 engraving charge.
We suggest a maximum number of characters to 5 lines, up to 25 characters per line including spaces.

Leaf color choices are gold, silver or bronze. For more information, please call (415)664-8590 or drop by the Parish office between 9 AM – 4 PM.

PRE-BAPTISMAL PREPARATION CLASS
Holy Name of Jesus Parish offers Pre-Baptismal Preparation Class for parents and godparents every 1st Saturday of the month at 1:30 PM in the Pastoral Center, 1555 39th Ave. San Francisco, CA 94122.
Please register for the class by calling the Parish office at (415)664-8590. Our next class is on Saturday, December 7, 2019.

HOPEFUL EXPECTATION
Our liturgical year begins with the season of Advent—a time of hopeful expectation of the coming of the Lord. On the First Sunday of Advent we look forward to the end of time when we will awaken to the dawn of Christ’s new day.

Today we hear Isaiah speak of a day when God’s power will have brought universal peace and God’s Word will have instructed all people, radiating God’s “light” (teachings) into all of human society. Only when humanity walks “in the light of the Lord” (Isaiah 2:5), when all people desire to be instructed “in [God’s] ways” (Isaiah 2:3), will the world be set aright and our deepest longings fulfilled. The reading from Romans calls us to “awake from sleep” for this final “day is at hand” (Romans 13:11, 12). Together this Sunday’s scriptures proclaim our Christian faith that Jesus is the One who will finally come to fulfill God’s plan of salvation.
ADS
ADS
**PARISH STAFF:**

Rev. Arnold E. Zamora  
Most Rev. Ignatius C. Wang  
Sr. Cristina Ovejera, FdCC  
Jackie C. Alcaraz  
Colleen A. Durkin  
Carol Elliott Maloof RN  
Seminarian Gerardo Vasquez - Pastoral Year; Director of Liturgy

**HOLY NAME SCHOOL:**

Website: www.holynamesf.com  
Michael Miller, Principal  
1560 40th Ave. San Francisco, CA 94122

**HOLY NAME PRESCHOOL:**

Alice Ho Seher, Preschool Director  
Website: www.holynamesf.com & click on Preschool

**Holy Name CONSERVATORY OF MUSIC:**

Private lessons are offered in piano, voice, violin and viola.  
To register or more information please contact Jackie at (415) 664-8590.

**RECTORY:**

3240 Lawton St. San Francisco, CA 94122  
(415) 759-4295  
Priest on Duty: (415)806-3315

**FLANAGAN CENTER:**

(415)564-2632

**PARISH NURSE PROGRAM:**

Carol, R.N. (415) 664-8590 ext. 109

**Parish Leadership**

Parish Pastoral Council  
Finance Council  
Stewardship Council

**Liturgical Ministries**

Eucharistic Ministers & Children's Liturgy  
Lectors  
Altar Servers  
Music Ministry  
Sacristans  
Environment  
Linens

**Faith Formation & Catechesis**

Religious Education  
Rite of Christian Initiation  
Youth Ministry  
Infant Baptism Prep

**Pastoral Outreach**

Sick & Homebound Ministry  
Senior Club  
Holy Name Ladies Aid  
Grief & Consolation Ministry  
Knights of Holy Name  
Hospitality

**Chinese Ministry**  
Valerie Toy & Louis Chan

**Fil-Am Ministry**  
Ramsey Ramos & Freda Motak

**St. Vincent De Paul Conference**  
Carol Elliott Maloof

**Marian Shrine**  
Ester Aue

**Legion of Mary**  
Ray Frost

**Gabriel Project and Cancer Support**  
Rose Tang

**Food Bank Project at Holy Name**  
Louis Chan (415)613-9075

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**DIRECTORY**

**Parish office address:** 1555 39th Ave.  
San Francisco, CA 94122

**PARISH OFFICE PHONE NUMBER:** (415) 664-8590

**Parish office E-MAIL:** hnparishsecretary@gmail.com

**Website:** www.holynamesf.org

**SCHEDULE OF MASSES**

**Sunday:** 7:30 AM, 9:30 AM (Family Mass), 11:30 AM,  
Saturday: 7:30 AM, 9:00 AM, 3:00 PM (Chinese), 5:00 PM (Vigil)

**Weekdays** (in Convent Chapel 1555 39th Ave)7:30 AM, 9:00 AM  
Except Thursdays when school students are in attendance, Mass will be in the Church.

**Holy Days**

7:30 AM, 9:00 AM, and 7:00 PM

**Confessions:** 9:10 AM—9:25 AM and 11:10 AM—11:25 AM  
on Sunday & 4:20 - 4:50 PM Saturday or as requested, just call the Parish office or approach any priest

**Adoration of the Blessed Sacrament**

Every Wednesday—after the 9 AM Mass with benediction at 12 Noon  
Sacred Heart of Jesus Devotions: Friday after 9:00 AM Mass

**Perpetual Help Devotions:** Every Saturday after 9:00 AM Mass

**First Friday Devotion to the Sacred Heart of Jesus**  
after the 9:00 AM Mass with the Exposition, Adoration of the Blessed Sacrament and Benediction at 10:30 AM

**First Saturday Devotion to the Blessed Virgin Mary**  
 begins at 8:30 AM with the Rosary, then Mass & Benediction

**Baptisms by appointment**

**Baptismal Preparation**—Every 1st Saturday of the month in the Pastoral Center - 1:30 PM—You need to register for the class ahead of time.

**Baptism Ministry (Sewing Group):** Every Monday 1-3 PM in the Pastoral Center Event Room

**Marriages:** Contact Pastoral Center 6 months in advance.  
Sundays 12:30-2:30 PM, Flanagan Center

**R.C.I.A. (Chinese):** Every Saturday—Green Room—1:30 PM

**Lectio Divina:** Tuesday 10—11 AM (Pastoral Center)

**Bible Study Group (Chinese):** Every Wednesday—7:30 PM Flanagan Center

**Parish Pastoral Council:** contact Fr. Arnold Zamora

**St. Vincent de Paul Society**  
meeting— every Monday at 6:30 PM (Pastoral Center)

**Holy Name Ladies Aid:** every 1st Wednesday of the Month at 12:30 PM (Pastoral Center)

**Senior Club:** every Thursday at 11:30 AM –2:30 PM (Flanagan Center)

**Holy Name Choir Practice:** every WEDNESDAY at 5:30 PM in the Pastoral Center

**The Gabriel Project:** Contact Rose Tang (415)793-0967

**Legion of Mary:** every Tuesday at 7:30 PM

**Youth Ministry:** One designated Saturday a month 5 PM—7:30 PM including Mass. Contact person: Sr. Cristina & Team (415)664-8590

**Blood Pressure Screening:** every 2nd Wednesday from after the 7:30 AM Mass until 11 AM (Pastoral Center) except July & August

**Hospitality:** Every Wednesday after the 7:30 AM and 9 AM Masses in the Pastoral Center except July & August