



OCTOBER 11, 2020

*On this mountain
the Lord of hosts
will provide for all peoples
a feast of rich food
and choice wines,
juicy, rich food and
pure, choice wines.*

Isaiah 25:6

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

HOLY NAME OF JESUS CATHOLIC CHURCH

San Francisco, California

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Twenty-eighth Sunday in Ordinary Time

October 11, 2020

I can do all things in him who strengthens me.
— *Philippians 4:13*

TODAY'S READINGS

First Reading — On this mountain the LORD will make for all peoples a feast of rich food and choice wines (Isaiah 25:6-10a).

Psalm — I shall live in the house of the Lord all the days of my life (Psalm 23).

Second Reading — God will supply whatever you need (Philippians 4:12-14, 19-20).

Gospel — I have prepared my banquet, and everything is ready. Come to the feast! (Matthew 22:1-14 [1-10]).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

READINGS FOR THE WEEK

Monday: Gal 4:22-24, 26-27, 31 — 5:1; Ps 113:1b-5a, 6-7; Lk 11:29-32
 Tuesday: Gal 5:1-6; Ps 119:41, 43-45, 47-48; Lk 11:37-41
 Wednesday: Gal 5:18-25; Ps 1:1-4, 6; Lk 11:42-46
 Thursday: Eph 1:1-10; Ps 98:1-6; Lk 11:47-54
 Friday: Eph 1:11-14; Ps 33:1-2, 4-5, 12-13; Lk 12:1-7
 Saturday: Eph 1:15-23; Ps 8:2-3ab, 4-7; Lk 12:8-12
 Sunday: Is 45:1, 4-6; Ps 96:1, 3-5, 7-10; 1 Thes 1:1-5b; Mt 22:15-21

SAINTS AND SPECIAL OBSERVANCES

Sunday: Twenty-eighth Sunday in Ordinary Time
 Monday: Columbus Day; Canadian Thanksgiving Day
 Wednesday: St. Callistus I
 Thursday: St. Teresa of Jesus
 Friday: St. Hedwig; St. Margaret Mary Alacoque; National Boss's Day
 Saturday: St. Ignatius of Antioch

MASS INTENTIONS

WEEK of October 11, 2020

Live Streamed via Facebook

Sun	11	9:30 AM	Eleonor Mulkeen†
		11:30 AM	Beverly Flaherty†
Mon	12	9:00 AM	McEllistrim & O'Connor Families†
Tue	13	9:00 AM	Daniel Domingo Sr.†
Wed	14	9:00 AM	Bob Solvint†
Thu	15	9:00 AM	Jim Shea†
Fri	16	9:00 AM	Special Intentions of Fr. Simon Jin
Sat	17	9:00 AM	Lou Petropoulos†
		5:00 PM	Special Intentions of Fr. Arnold Zamora

LET US PRAY FOR:

We pray for the Sick ... that they may experience God's Love and Healing.

Tom Abdella, Evangeline Agbunag, Sofia Aguirre, Rosa Maria Alonso, Laura Andrade, Gina Arenas, Eunice Ausman, George Beach, Joan Boike, Dalmacio Briones, Jr., Rolando Boo (HN '82), Zenaida Bunda, Evangelina Calceta, Janet Cariganai, Remedios Cuchapin, Joseph Chu, Fred Dayoan, Alphonse Demee, Josephine Dominguez, Mr. & Mrs. Rodolfo Ezequiel, Marge Finney, Bob Fisher, Lourdes Gatchalian, Connor Gavney, Asa Gonzales, Genoveva Guevarra, Theresa Ick, Pat Jordan, Max Kirkham, Richie Kreps, Steven Lee, Dimple Lim, Amelia Lippi, Tony Lo, Leny Lopez, Priscilla Lumba, Flory Magat, Arturo B. Martin, Amy McNally, Mary Medina, Jesus Morales Montilla, Ann Murphy, Neil O'Sullivan, Josefina Palarca, Maryanne Piwowar, Soledad Rico, Jose Rodriguez, Maria Salas, Shannon Shatara, Michael Joseph Suntar, Flor Sunga, Maureen Sweeney, Lawrence Tan, Dodie Teague, Angela Testani, Victoriana Tolentino, Rosvida Uskert, Lauretta Venenciano

We pray to those who have Died... May the souls of all the faithful departed through the mercy of God, rest in peace.

Archdiocese of San Francisco

ARCHDIOCESAN ANNUAL APPEAL 2020

Thank you to all who have already sent in their generous donations to the 2020 Archdiocesan Annual Appeal.

As of 10/06/2020, we have received **\$31,355.00** We still need \$44,305.00 to reach our goal of **\$75,660.00**

Donations may be made electronically through

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Don't forget to designate Holy Name as your Parish or you may use this form:

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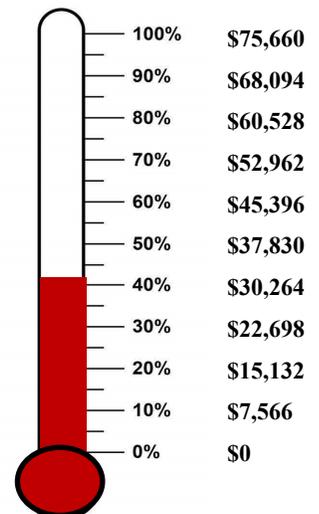
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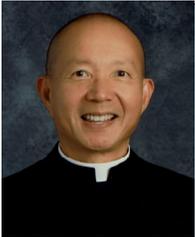
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Mail your check donation to Holy Name Church, 1555 39th Ave. San Francisco, CA 94122 or to AAA 2020, Office of Development, Archdiocese of San Francisco, One Peter Yorke Way, San Francisco, CA 94109. Thank you for your continuous support.





Pastor's Column

By Fr. Dan Nascimento

What Would Jesus Do? – Last Sunday, a group of people who attended our first indoor mass since March, got into a shouting match with neighbors or passersby. The reason this happened was because they displayed signs favoring a certain presidential candidate on their cars and they were parked in front of the school gym. Those favoring another candidate found their signs offensive and proceeded into an ugly confrontation. Those with signs on their cars were meeting up with fellow supporters to join a car rally, escorted by our SFPD. To be clear, this car rally was not organized or supported by the parish. But it was within the rights of these mass goers to express their own political preferences outside of the church facility in a public sidewalk or street.

But what would Jesus do in this toxic climate our nation is experiencing between political leaders and parties? In Jesus' time, there were also Jews who were divided and on opposite sides. There were Jews who favored working with the Romans. These were the Sadducees who were in charge of the Temple and who were open to the culture of the Romans and Greeks. Jews like Matthew, who collected taxes for the Romans were on one side of this divide. On the other side were Pharisees who wanted to remain pure and apart from Roman secular culture. That's why they had many laws to keep a faithful Jew pure from their influence. And then there were also extremists like Simon the Zealot. The Zealots at the time was a Jewish political movement that sought to incite the people to rebel against the Roman Empire. So it's interesting that Jesus chose both Matthew and Simon, who were on totally different sides, to be His disciples.

And Jesus came not to favor or take sides. When someone tried to see which side Jesus would take by asking whether it was right to pay taxes or not, Jesus did not play their game and answered instead to give whatever is due to Caesar but also to give whatever is due to God. Although it may appear that Jesus was playing both sides, Jesus was instead more interested in building the Kingdom of God. A Kingdom where:
everyone would know that they are loved by our Heavenly Father and we are His sons and daughters;
where we are brothers and sisters to one another;
where we care and support one another;
where love is central and is displayed in mercy, forgiveness and unity of heart and mind.

If we as disciples of Christ take on the tone of the political parties, if we are divided and accuse one another of not being true Catholics for taking this stance or not supporting that issue, we play right into the hands of the devil who would like to see the Church divided and unable to build the Kingdom of God on earth. We need to rise above these divisions.

As the US Bishops have stated, no one political party supports all of our Catholic values such as our consistent ethic of life, where all life from conception, to childhood, adulthood and old age are valued. One political party may say they are pro-life but they're for capital punishment and against health care access for all. Another political party may be supportive of immigrants and favor the care of our Mother Earth, but is pro-choice. We have to remember that good people can disagree and we should even love those who disagree with us and pray for their well-being. It is only in this way can we build the Kingdom of God on earth.



Hello Holy Name Parishioners!

I know it has been a long time since I updated you regarding Holy Name School, but it seems like forever since the shutdown began due to the Covid-19 pandemic in March, every day has been a new adventure. The School has been hard at work preparing for the eventual return of its students. Over the summer months, the Holy Name Reopening and Infection Mitigation Task Force was created and discussed plans to make sure that teachers, staff, students, and their families could all have a safe return when possible. It was a tremendous undertaking, but I am so proud of the work put together by the Team along with the preparation from the teachers in getting ready for the new school year. The School took advantage of the necessary updates to its facility, including installation of a new HVAC system in the gym, expansion of the classrooms for proper physical distancing, a thorough cleaning of the school basement, and upgrades to the school's internet speed capability.

The School is continuing to move forward in the Reopening Process with the City's Department of Public Health. We have passed the initial desk review and have scheduled the onsite visit for final approval. Dates for an official reopening have yet to be finalized, but there is hope on the horizon. With continued prayers and proper following of rules and regulations for mask-wearing, physical distancing, and washing of hands from the community, the City can continue to keep infection rates down and we will be able to have students once again roam the hallways of Holy Name.

Meanwhile, our students started the year off with Distance Learning and continue to progress through the curriculum, learn new things, grow in faith, care for one another, and work toward achieving their goals. More updates to follow! I have a lot to catch you up on!

Blessings and wellness,
Michael Miller, Principal

A Message from the Principal

As you may have heard, a political rally was held on Lawton Street in front of the Gym Entrance of Holy Name School. This rally was not initiated by the School or Parish in any way. Those involved with the grouping of individuals and subsequent car procession escorted by the SFPD met in front of the Holy Name campus gates. No political banners or flags were hung on Holy Name property.

Holy Name is an apolitical institution dedicated solely to the education of our children. We respect those individuals expressing their First Amendment rights, but want to put on record that Holy Name School and Parish are not affiliated with this or any other political events in any way.

Thank you.
Michael Miller, Principal

As we celebrated the feast of St. Francis last week, it is certainly appropriate to ask His intercession to help us be God's instrument of peace in our divided world, our divided Church and our divided families. *Lord, make me a channel of your peace, where there is hatred, let me sow love...* - Fr. Dan

WE NOW OFFER INDOOR MASSES AT HOLY NAME OF JESUS

Going forward, unless mandated otherwise, we will have 5 PM Mass on Saturdays and 9:30 AM and 11:30 AM Mass on Sundays.

All Masses will be in the Church.

Attendance is limited to 100 people. Covid-19 Protocols will be in place.

Wearing a mask is mandatory. If you are attending, please fill out this form below and bring it with you.

HOLY NAME OF JESUS CHURCH

Informed Consent for In-Person Attendance at Mass During COVID-19 Public Health Crisis

Holy Name Parish intends as best it can to follow all mandated Archdiocesan safety protocols and county regulations for public worship services. However, the county medical officer has advised us that public gatherings may nevertheless present an increased possibility of contagion even if safety precautions are taken, and therefore he has asked us to inform you that your participation may increase the risk for yourself and your family.

In particular, if you are over the age of 50 or have a chronic or underlying medical condition, a gathering increases your risk of contracting the virus or if you do contract the virus it may have a greater chance of creating serious illness that could even result in death. If you fall into this high-risk category and/or if you feel sick, are displaying COVID-19 symptoms (especially fever, cough or difficulty breathing) or if any of these symptoms are being experienced by someone in your household, you should stay home. The church cannot guarantee that there is no risk of infection for attendees.

Your signature below indicates that you understand these risks and agree to abide by all safety protocols and to follow all other instructions that may be given, and that you acknowledge the risks involved. This information will be kept confidential to the extent the law allows and is protected from law enforcement and immigration authorities. Should you desire to share the mass time and date, it will help with contact tracing should the need arise.

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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.

Welcome to Holy Name!

We are a Stewardship Parish!

If you worship with us each week or are new to our neighborhood, please register online at: <http://holynamesf.org/parishregistration>. You will be on our mailing list and let us know you are willing to support your parish through your time, talent and treasure – the privilege of every Catholic.

10 Things You Can Do To Stay Positive During COVID-19

Keeping Calm In The Time Of Corona By Golareh Safari-an, Mindfulness Coach, Founder at The Healing Salon

Staying positive and optimistic during times of crisis can be challenging, but it's critical to your mental well-being and immune system. Today, due to the hindrances caused by the Coronavirus pandemic, even individuals with the sunniest of outlooks may be having a hard time staying positive. Remaining optimistic in the face of social distancing and isolation, dystopian and constant news about the virus, possible loss of income, communal grief, uncertainty, and gripping fear, requires conscious effort and continuous mindfulness.

Throughout the years, numerous studies and research projects have shown a correlation between overall health and optimism. Skeptics of these studies argue that it's likely someone's good health that's making them positive and optimistic and not the optimism and positivity that is causing their good health. Regardless of these scientific studies, however, it isn't much of a stretch to say that optimists are happier than pessimists, and happiness is better for your overall mood than unhappiness.

Being vigilant of our mood in today's pandemic environment should be a priority to us all. Remaining calm and constructive at times of uncertainty can help us navigate through difficulties and find a path towards our more resilient selves. Here are ten things you can do, starting today, to improve your positive outlook:

1. Practice gratefulness. Even when life seems bleak, there are things we still have for which we should be grateful. Keep a gratefulness journal or do a quick morning gratefulness meditation. Notice both significant and small items for which you are thankful. Important things can include your home and shelter, your health, your family, your friends, your ability to put food on your table, and other essentials. Small things are more momentary pleasures, like a hot cup of coffee, a calming bath, a good book, or a funny meme. Be sure to include as much detail into your gratefulness practice as possible.

2. Start your day with a positivity routine. Morning routines are important to begin with, but even more so during times of crisis. Don't reach for your phone to check the news as soon as you wake up or while you're still in bed. Take a few minutes to find yourself – and smile. You'd be surprised at how incredibly powerful a morning smile can be in helping you start your day on a positive note. If you can, do a quick meditation practice, even if it's only a few minutes long, before you get out of bed. You can even make that gratefulness practice your morning meditation routine

3. Slow down. Don't rush into things, including any conclusions about information you're getting from the news or things you're hearing from family and friends. There is no need to hurry right now. One of the benefits of social isolation is your ability to pace yourself and let go of some usual anxieties. Pay attention to and enhance your awareness by practicing continuous mindfulness. You can do this by trying to remain as present as possible. Focus on the details around you, like scents, and sounds. Lower the volume of your thoughts, so you can hear your inner voice.

4. Relax your body. Check-in on your muscles regularly and if you're tensing up your jaw, or your shoulders, or if you're frowning, breathe and relax. Get into the habit of doing quick body scans throughout the day. From your scalp to your toes, be aware of your body, your muscles, and your breathing. This also helps make mindfulness an ongoing aspect of your daily life.

5. Exercise. This should be part of your daily routine already, but now even more so. If you're an active individual, odds are you've made necessary adjustments to keep exercising at home instead of at your usual gym which is likely on lockdown right now. If you're not regularly active, make exercising a priority and incorporate it into your day. Try yoga, or resistance training, or if you want to challenge yourself, go for

High-Intensity Interval Training. Aside from its physical benefits, exercising releases endorphins in your body which triggers feelings of positivity, so be sure to include an exercise routine into your day, even if it's only a short one.

6. Create and nurture your digital community. Just because we're all practicing social distancing, it doesn't mean we can't stay in touch with our family and friends. Thanks to all the communication technology most of us in the industrialized world have access to, doing video calls, and jumping into group chats, and even attending virtual parties and concerts, are valuable options for which we should be grateful. Check-in with your friends and reconnect with those you may not have heard from for a while. Keep in mind that your friends and family are likely suffering from the same types of anxiety and stress that you are experiencing right now, so make a mental effort to contribute positively to the conversation.

7. Practice diaphragmatic breathing. As you begin to incorporate meditation into your life, consider practicing multiple short mindfulness sessions throughout the day. A good pattern is to start your day with a gratefulness meditation, then a breathing exercise midday, and a sleep meditation at bedtime. What makes diaphragmatic breathing an excellent meditation exercise is the focus it asks you to place on your breath. By remaining engaged on how to breathe during a diaphragmatic exercise, your mind is less likely to wander away from the meditation, making it a great relaxation practice for beginners. There are also other benefits to diaphragmatic breathing, like lowering your stress hormone levels, lowering your heart rate, helping you relax, etc. If you're interested in trying diaphragmatic breathing, check out [The Healing Salon's Breathing Exercise For Anxiety, Stress Management and Relaxation](#).

8. Incorporate humor and laughter into your day. This is one of the most important steps you should take in improving your positivity and benefiting from a more optimistic disposition. Numerous studies have confirmed short-term and long-term benefits of laughter on the human body and mind. Everything from stimulating your organs to lowering your stress levels, improving your blood circulation, strengthening your immune system, and even relieving physical pain – laughter is the best medicine.

9. Walk away from distressful conversations and situations. In today's highly stressful pandemic environment, it is easy to get pulled into negative interactions and exchanges that can leave us feeling distressed, frightened, insecure and pessimistic. Recognizing these encounters early on and removing ourselves from these situations and interactions can help us manage our stress and contribute to our positivity. This also includes obsessing over constant news coverage, and updates about the spread of the virus. Staying informed and aware of what is happening locally and globally are important, and we should all make sure we are as educated and prepared as possible. But creating a healthy balance between news consumption and our daily routines is also crucial in helping us maintain a sense of normalcy and control over our mental health.

10. Have faith. I'm not talking about religious faith, although if you are a religious person and can draw from your belief systems, you most definitely should! I'm talking about having faith in humanity; in science; in technology; in our health care heroes; in collaboration; in the good in people; in our resilience; in our perseverance; in our ability to overcome even the most outrageous of obstacles to grow and evolve; in our future; in our constant and mutual commitment to improve ourselves and our communities; in our kindness; in our empathy; in our desire to provide a good life for ourselves and our loved ones; in never giving up until we find the right, permanent solution to bring this virus to heel. In life after Corona and everything we will have learned after all of this is done. Believe in yourself and your endless capacity to love.



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PARISH DIRECTORY

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San Francisco, CA 94122
PARISH OFFICE PHONE NUMBER: (415) 664-8590
Parish office E-MAIL: hnparrishsecretary@gmail.com
Website: www.holynamesf.org

PARISH STAFF:

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Rev. Celestine Tyowua, Parochial Vicar	(415) 664-8590 ext. 107 frcelestine@holynamesf.org
Sr. Cristina Ovejera, FdCC	(415) 664-8590 ext. 111 crisfdcc2016@yahoo.com
Jackie C. Alcaraz Parish Manager	(415) 664-8590 ext. 114 hnparrishsecretary@yahoo.com
Colleen A. Durkin Parish Secretary & Bookkeeper Holy Name School Alumni Coordinator Assistant to Bishop Ignatius Wang	(415) 664-8590 ext. 101 hnparrishsecretary@gmail.com

PARISH NURSE PROGRAM (KNIGHTS OF MALTA)

Carol Elliott Maloof RN Please leave a message for
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Website: www.holynamesf.com
1560 40th Ave. San Francisco, CA 94122

Michael Miller (415) 731-4077
Principal mmiller@holynamesf.com

HOLY NAME PRESCHOOL: (415) 664-4753
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In Residence:

Most Rev. Ignatius C. Wang
Auxiliary Bishop Emeritus of San Francisco

To reach Bishop Wang, please contact his Secretary, Colleen Durkin
at (415) 664-8590 ext. 101 or hnparrishsecretary@gmail.com

LIVESTREAMED DAILY MASSES VIA FACEBOOK LIVE

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and on YOUTUBE

Holy Name Church San Francisco

Daily Mass Monday-Saturday 9:00 am
Sunday 9:30 am

INDOOR MASSES AT HOLY NAME OF JESUS

Going forward, unless mandated otherwise,
we will have 5 PM Mass on Saturdays
and 9:30 AM and 11:30 AM Mass on Sundays.
All Masses will be in the Church.

Attendance is limited to 100 people.
Covid-19 Protocols will be in place.
Wearing a mask is mandatory.

Parish Leadership

Parish Pastoral Council	Paul Roscelli
Finance Council	Jim Regan
Stewardship Council	Ricky Inting & Cecile Sabater

Liturgical Ministries

Eucharistic Ministers & Children's Liturgy	Roberta Beach
Lectors	Leo Nascimento
Altar Servers	Tri Nguyen
Music Ministry	Carl Vengco
Sacristans	Ramsey Ramos
Environment	Cecilia Bermudez
Linens	Ding Carbonel

Faith Formation & Catechesis

Religious Education	Hilda Dela Cruz
Rite of Christian Initiation	Sr. Cristina Ovejera, FdCC
Youth Ministry	Julie Quock, John & Erin Grogan
Infant Baptism Prep	Terry Flaherty

Pastoral Outreach

Sick & Homebound Ministry	Susan Logan
Senior Club	Pat Relampagos
Holy Name Ladies Aid	Letty Palpalatoc
Grief & Consolation Ministry	Valerie Toy
Knights of Holy Name	Bill Flaherty
Hospitality	Linda & Tony Sideco, Noreen McEllistim, Mary Dunne
Food Bank Program	Louis Chan

Chinese Ministry

Chinese Ministry	Valerie Toy & Louis Chan
Fil-Am Ministry	Ramsey Ramos & Freda Motak
St. Vincent De Paul Conference	Carol Elliott Maloof
Marian Shrine	Ester Aure
Legion of Mary	Ray Frost
Gabriel Project and Cancer Support	Rose Tang